



Roma Duathlon Sprint - Maschile

Roma Labaro (RM), 29/11/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	PALMUCCI, DANILO	M2	1	S.S.LAZIO	01:04:14.50	00:19.30	1	3m 53s/Km	00:34.58	4	34.31 Km/h	00:09.05	1	3m 37s/Km
2	BENTIVEGNA, ENRICO	JU	1	NEW GREEN HILL	01:04:23.60	00:19.30	2	3m 53s/Km	00:34.56	3	34.35 Km/h	00:09.14	2	3m 41s/Km
3	SIBILIO, SILVANO	M1	1	T.D. RIMINI	01:06:52.40	00:19.58	4	3m 59s/Km	00:35.55	6	33.41 Km/h	00:10.05	4	4m 1 s/Km
4	AMBROSI, LEONARDO	S3	1	S.S.LAZIO	01:07:36.50	00:20.43	5	4m 8 s/Km	00:34.51	2	34.43 Km/h	00:10.29	6	4m 11s/Km
5	PUCCINI, MICHELE	M2	2	TORRINO TRI TEAM	01:08:35.60	00:20.59	8	4m 11s/Km	00:35.48	5	33.51 Km/h	00:10.37	8	4m 14s/Km
6	RISTUCCIA, RENZO	M2	3	JHONNY TRI FORHANS	01:09:35.60	00:21.19	13	4m 15s/Km	00:36.45	10	32.65 Km/h	00:10.44	10	4m 17s/Km
7	AMATO, LUIGI	M2	4	S.S.LAZIO	01:10:25.50	00:21.32	15	4m 18s/Km	00:36.17	7	33.07 Km/h	00:11.28	16	4m 35s/Km
8	GRENGA, VINCENZO	M4	1	S.S.LAZIO	01:10:52.50	00:21.18	12	4m 15s/Km	00:37.12	12	32.25 Km/h	00:11.12	14	4m 28s/Km
9	BUSSOLETTI, ANDREA	M2	5	S.S.LAZIO	01:10:53.20	00:21.05	10	4m 13s/Km	00:37.16	13	32.20 Km/h	00:10.59	12	4m 23s/Km
10	BALDI, MARCO	M2	6	JHONNY TRI FORHANS	01:11:24.00	00:21.33	16	4m 18s/Km	00:36.20	8	33.02 Km/h	00:12.25	24	4m 58s/Km
11	BENETTI, MASSIMO	S4	1	JHONNY TRI FORHANS	01:11:30.60	00:21.01	9	4m 12s/Km	00:38.15	15	31.37 Km/h	00:10.26	5	4m 10s/Km
12	VIALI, FRANCO	M1	2	JHONNY TRI FORHANS	01:12:02.20	00:22.36	21	4m 31s/Km	00:36.23	9	32.98 Km/h	00:11.41	17	4m 40s/Km
13	ROMEO, FRANCESCO	M1	3	TRI TEAM LEPROTTI	01:13:10.80	00:20.54	7	4m 10s/Km	00:40.57	19	29.30 Km/h	00:10.30	7	4m 12s/Km
14	SCAFFIDI MUTA, BENEDETTO	JU	2	ATL TRIATHL M ROTOND	01:14:04.30	-	-1	--	-	-1	--	01:14.04	38	--
15	ALESSANDRINI, MIRKO	S4	2	S.S.LAZIO	01:14:19.80	00:22.44	22	4m 32s/Km	00:37.36	14	31.91 Km/h	00:12.34	25	5m 1 s/Km
16	PIAGENTINI, MARCO	S4	3	JHONNY TRI FORHANS	01:15:08.50	00:21.47	17	4m 21s/Km	00:41.04	20	29.22 Km/h	00:11.17	15	4m 30s/Km
17	GIORDANI, ALFREDO	M2	7	PETERPAN TRIATHL	01:15:53.90	00:23.05	27	4m 36s/Km	00:38.59	16	30.78 Km/h	00:12.23	23	4m 57s/Km
18	REDAELLI, ANDREA	M1	4	TRI TEAM LEPROTTI	01:16:29.70	00:21.08	11	4m 13s/Km	00:42.53	24	27.98 Km/h	00:10.41	9	4m 16s/Km
19	DAVID, ROBERTO	M1	5	JHONNY TRI FORHANS	01:16:43.20	00:23.16	28	4m 39s/Km	00:40.02	17	29.97 Km/h	00:11.58	21	4m 47s/Km
20	BELOCCHI, LORENZO	M1	6	S.S.LAZIO	01:16:52.40	00:23.03	24	4m 36s/Km	00:40.08	18	29.90 Km/h	00:11.54	20	4m 45s/Km
21	ASCENZI, MASSIMO	M1	7	JHONNY TRI FORHANS	01:19:38.50	00:22.29	20	4m 29s/Km	00:43.36	29	27.52 Km/h	00:12.38	26	5m 3 s/Km
22	RISI, UMBERTO	M6	1	C.C. ANIENE	01:19:41.70	00:22.46	23	4m 33s/Km	00:43.25	28	27.63 Km/h	00:11.53	19	4m 45s/Km
23	BALDI, GUIDO	M1	8	JHONNY TRI FORHANS	01:19:50.00	00:23.38	30	4m 43s/Km	00:41.08	21	29.17 Km/h	00:13.52	32	5m 32s/Km
24	CARBONE, MASSIMO	M1	9	S.S.LAZIO	01:19:55.50	00:23.53	31	4m 46s/Km	00:41.21	22	29.02 Km/h	00:13.32	31	5m 24s/Km
25	SAMEK, ALESSANDRO	M3	1	TRI TEAM LEPROTTI	01:20:19.20	00:23.04	26	4m 36s/Km	00:42.59	25	27.91 Km/h	00:13.02	28	5m 12s/Km
26	LEONE, GIANCARLO	M1	10	S.S.LAZIO	01:21:05.90	00:24.27	33	4m 53s/Km	00:41.38	23	28.82 Km/h	00:13.16	29	5m 18s/Km
27	SICILIANO, MARIO	M2	8	ATLAS TRIATHLON CS	01:21:32.10	00:23.55	32	4m 46s/Km	00:43.22	27	27.67 Km/h	00:13.18	30	5m 19s/Km
28	RUSSO, MARCELLO	M1	11	PETERPAN TRIATHL	01:21:38.20	00:23.36	29	4m 43s/Km	00:43.08	26	27.82 Km/h	00:12.51	27	5m 8 s/Km
29	CASTELLANO, GIANCARLO	S3	2	PETERPAN TRIATHL	01:21:43.50	00:21.21	14	4m 16s/Km	00:47.58	34	25.01 Km/h	00:10.48	11	4m 19s/Km
30	LAMANNA, FRANCESCO	M1	12	TORRINO TRI TEAM	01:22:11.20	00:22.14	19	4m 26s/Km	00:45.16	31	26.50 Km/h	00:11.11	13	4m 28s/Km
31	LIVERANI, LUCA	M2	9	TRI TEAM LEPROTTI	01:23:04.30	00:23.04	25	4m 36s/Km	00:46.40	32	25.71 Km/h	00:12.13	22	4m 53s/Km
32	BOTTI, MAURO	M4	2	JHONNY TRI FORHANS	01:28:51.00	00:24.49	34	4m 57s/Km	00:48.25	36	24.78 Km/h	00:14.19	33	5m 43s/Km
33	FULLONI, ALESSANDRO	M1	13	A.S. TRIATH OSTIA	01:30:32.40	00:28.35	36	5m 43s/Km	00:44.18	30	27.08 Km/h	00:15.17	34	6m 6 s/Km
34	BRUNO, LUCA	M2	10	JHONNY TRI FORHANS	01:36:14.10	00:29.39	38	5m 55s/Km	00:48.49	37	24.58 Km/h	00:15.47	36	6m 18s/Km
35	IENCENELLI, FABIO	S3	3	S.S.LAZIO	01:36:56.00	-	-1	--	-	-1	--	01:36.56	39	--
DNF	MASSARUCCI, ERNELIO	-	0	JHONNY TRI FORHANS	DNF	00:20.45	6	--	-	-1	--	-	-1	--
Sq.	PELLEGRINO, MICHELE	S4	0	PETERPAN TRIATHL	01:31:27.40	00:25.03	35	5m 0 s/Km	00:46.55	33	25.57 Km/h	00:15.44	35	6m 17s/Km
Sq.	SPINA, STEFANO	M1	0	JHONNY TRI FORHANS	01:07:30.60	00:19.47	3	3m 57s/Km	00:37.06	11	32.34 Km/h	00:09.50	3	3m 55s/Km



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Sq.	BOMBINI, GIANCARLO	S4	0	S.S.LAZIO	01:07:07.40	00:22.13	18	4m 26s/Km	00.31.58	1	37.53 Km/h	00.11.42	18	4m 40s/Km
Sq.	NERI, MASSIMILIANO	S4	0	S.S.LAZIO	01:34:34.80	00:28.46	37	5m 45s/Km	00.48.11	35	24.90 Km/h	00.16.33	37	6m 37s/Km