



Duathlon Sprint MTB di Vicopisano - Femminile
Vicopisano (PI), 31/01/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	GABBANELLI, MONICA	S4	1	OLIMPIA TRIATHLON ASD	00:48:10.40	00.11.24	2	2m 16s/Km	00.29.05	1	41.26 Km/h	00.05.52	1	2m 20s/Km
2	MARSALA, SILVIA	YB	1	LA FENICE TRIATHLON A.S.D.	00:53:52.20	00.11.17	1	2m 15s/Km	00.35.14	4	34.05 Km/h	00.06.23	5	2m 33s/Km
3	TIEZZI, SILVIA	S3	1	FIRENZE TRIATHLON A.S.D.	00:54:12.90	00.12.17	5	2m 27s/Km	00.34.22	3	34.91 Km/h	00.06.23	4	2m 33s/Km
4	GHIGNOLA, TIZIANA	M1	1	1A MISTRAL TRIATHLON A.S.D.	00:54:42.30	00.11.48	4	2m 21s/Km	00.35.32	5	33.77 Km/h	00.06.01	3	2m 24s/Km
5	BUFFOLINO, GIADA	S1	1	LA FENICE TRIATHLON A.S.D.	01:01:50.30	-	-1	--	-	-1	--	01.01.50	13	--
6	PIDATELLA, DELIA	M2	1	FIRENZE TRIATHLON A.S.D.	01:01:50.40	00.13.30	7	2m 42s/Km	00.40.01	6	29.98 Km/h	00.06.46	6	2m 42s/Km
7	CASENTINI, SIMONA	S4	2	LUCCA TRIATHLON ASD	01:05:25.80	00.13.42	8	2m 44s/Km	00.42.16	7	28.39 Km/h	00.07.51	9	3m 8 s/Km
8	PEZZICA, RITA	AM	1	SURFING SHOP SPORT PROMOTION A.S.D.	01:08:00.20	00.13.18	6	2m 39s/Km	00.45.28	11	26.39 Km/h	00.07.03	7	2m 49s/Km
9	STIGNANI, LINDA	AM	2	FREESTYLE TRIATHLON VALDINIEVOLE A.S.D.	01:09:20.20	00.16.08	13	3m 13s/Km	00.42.39	8	28.13 Km/h	00.09.07	11	3m 38s/Km
10	BARIGLIANO, DEBORA	JU	1	SURFING SHOP SPORT PROMOTION A.S.D.	01:09:39.70	00.15.26	11	3m 5 s/Km	00.43.55	10	27.32 Km/h	00.08.31	10	3m 24s/Km
11	RICCIONI, CHIARA	AM	3	FREESTYLE TRIATHLON VALDINIEVOLE A.S.D.	01:10:44.80	00.16.06	12	3m 13s/Km	00.43.20	9	27.69 Km/h	00.09.34	12	3m 49s/Km
12	MEARELLI, CHIARA	AM	4	1A MISTRAL TRIATHLON A.S.D.	01:11:03.40	00.14.19	9	2m 51s/Km	00.47.32	12	25.24 Km/h	00.07.39	8	3m 3 s/Km
13	ZARANTONELLO, AURELIA	AM	5	SURFING SHOP SPORT PROMOTION A.S.D.	01:31:04.00	00.15.23	10	--	-	-1	--	01.14.46	14	--
Sq.	DEL ROSSO, BENEDETTA	S4	0	FREESTYLE TRIATHLON VALDINIEVOLE A.S.D.	00:48:28.40	00.11.25	3	2m 16s/Km	00.29.42	2	40.40 Km/h	00.05.57	2	2m 22s/Km