



Duathlon Sprint di Cascina - Femminile

Cascina (PI), 21/02/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	SELLA, MARIA ALFONS	EL	1	T.D. RIMINI	01:00:12.20	00:16.54	1	3m 22s/Km	00:32.42	11	36.69 Km/h	00:09.01	2	3m 36s/Km
2	GAIADELLI, MARTA	EL	2	G.S. FIAMME AZZURRE	01:00:19.20	00:17.06	2	3m 25s/Km	00:32.31	10	36.90 Km/h	00:09.09	3	3m 39s/Km
3	CAPONE, ALICE	EL	3	JHONNY TRI FORHANS	01:00:44.60	00:17.24	3	3m 28s/Km	00:32.18	9	37.15 Km/h	00:09.25	4	3m 46s/Km
4	PRIARONE, GIORGIA	JU	1	A.S. VIRTUS	01:00:51.80	00:17.37	4	3m 31s/Km	00:32.04	8	37.42 Km/h	00:09.26	5	3m 46s/Km
5	GRASSI, MYRIAM	YB	1	LA FENICE TRI	01:01:25.80	00:18.36	7	3m 43s/Km	00:31.03	5	38.64 Km/h	00:10.00	8	4m 0 s/Km
6	LOCARDI, GISELLA	S3	1	PIACENZA TRI VIVO	01:01:27.20	00:18.12	5	3m 38s/Km	00:31.20	7	38.29 Km/h	00:09.51	6	3m 56s/Km
7	SERAFINI, SILVIA	EL	4	T.D. RIMINI	01:01:33.50	00:18.41	10	3m 44s/Km	00:30.51	2	38.89 Km/h	00:09.54	7	3m 57s/Km
8	DORSI, PATRIZIA	S4	1	PIACENZA TRI VIVO	01:01:45.20	00:18.46	12	3m 45s/Km	00:30.57	3	38.77 Km/h	00:10.10	10	4m 3 s/Km
9	ROSSI, NADIA	S4	2	T.D. RIMINI	01:01:46.30	00:18.27	6	3m 41s/Km	00:31.03	6	38.64 Km/h	00:10.03	9	4m 1 s/Km
10	BORDIGA, CLAUDIA	EL	5	PEPERONCINO TEAM	01:02:06.90	00:18.37	8	3m 43s/Km	00:31.01	4	38.68 Km/h	00:10.27	12	4m 10s/Km
11	ZAVANONE, ILARIA	S2	1	TORINO 3	01:02:28.30	00:18.38	9	3m 43s/Km	00:30.40	1	39.13 Km/h	00:10.46	15	4m 18s/Km
12	BORDINO, CATERINA	EL	6	ATLBELLINZAGO	01:06:10.70	00:18.55	13	3m 46s/Km	00:34.47	26	34.49 Km/h	00:10.37	13	4m 14s/Km
13	FERRARI, DANIELA	S4	3	ARC BUSTO ARSIZIO	01:06:14.90	00:18.43	11	3m 44s/Km	00:34.26	18	34.84 Km/h	00:10.25	11	4m 10s/Km
14	BARUCCI, LARA	EL	7	T.D. RIMINI	01:06:49.90	00:19.37	14	3m 55s/Km	00:34.43	23	34.56 Km/h	00:10.38	14	4m 15s/Km
15	MATARAZZO, MARINA	S4	4	LUCCA TRIATHLON ASD	01:07:06.90	00:19.38	15	3m 55s/Km	00:34.44	25	34.54 Km/h	00:10.52	18	4m 20s/Km
16	CANCELLI, BRUNA	M3	1	LOS TIGRES	01:07:18.30	00:20.09	17	4m 1 s/Km	00:34.00	16	35.29 Km/h	00:10.48	16	4m 19s/Km
17	MARSALA, SILVIA	YB	2	LA FENICE TRI	01:07:19.50	00:19.38	16	3m 55s/Km	00:34.42	22	34.58 Km/h	00:11.08	22	4m 27s/Km
18	GABBANELLI, MONICA	EL	8	OLIMPIA TRIATHLON AS	01:07:29.00	00:20.35	22	4m 6 s/Km	00:33.21	12	35.98 Km/h	00:11.00	19	4m 24s/Km
19	WHITE, JACQUELINE	M2	1	TORINO 3	01:09:07.00	00:20.10	18	4m 1 s/Km	00:35.51	37	33.47 Km/h	00:11.02	20	4m 24s/Km
20	CAMERA, TEODOLINDA	YB	3	A.S. VIRTUS	01:09:08.00	00:20.11	19	4m 2 s/Km	00:35.47	36	33.53 Km/h	00:11.07	21	4m 26s/Km
21	GHIGNOLA, TIZIANA	M1	1	1A MISTRAL TRIATHLON	01:09:15.50	00:20.12	20	4m 2 s/Km	00:35.34	33	33.73 Km/h	00:10.50	17	4m 19s/Km
22	PORRO, GIUDITTA	S3	2	TRIATHLON PAVESE	01:09:19.00	00:20.26	21	4m 5 s/Km	00:35.21	30	33.94 Km/h	00:11.10	23	4m 28s/Km
23	SPURI SILVESTRINI, MICHELA	S3	3	OLIMPIA TRIATHLON AS	01:09:35.40	00:21.09	27	4m 13s/Km	00:34.35	20	34.69 Km/h	00:11.15	24	4m 30s/Km
24	PORTA, ELENA	M2	2	TRIANGOLO LARIANO LA	01:09:39.30	00:20.46	23	4m 9 s/Km	00:34.50	27	34.44 Km/h	00:11.24	26	4m 33s/Km
25	FRIGERI, ROBERTA	S4	5	ARC BUSTO ARSIZIO	01:09:53.10	00:21.30	33	4m 17s/Km	00:34.32	19	34.74 Km/h	00:11.55	31	4m 46s/Km
26	MARIANI, ANNA LISA	YB	4	T.D. RIMINI	01:10:13.10	00:21.15	29	4m 15s/Km	00:34.44	24	34.54 Km/h	00:12.13	35	4m 53s/Km
27	FATTORI, VALENTINA	S4	6	PADOVANUOTO TRI	01:10:23.20	00:21.42	36	4m 20s/Km	00:34.08	17	35.15 Km/h	00:12.13	34	4m 53s/Km
28	ASSIRELLI, CLAUDIA	M2	3	SURFING SHOP TRIATHL	01:10:35.20	00:22.18	41	4m 27s/Km	00:33.33	13	35.76 Km/h	00:12.18	37	4m 55s/Km
29	SCUPILLITI, LORENA	M1	2	FREEZONE	01:10:40.70	00:21.38	35	4m 19s/Km	00:33.58	15	35.32 Km/h	00:12.25	41	4m 58s/Km
30	PALTRONIERI, VALERIA	S2	2	CUS PARMA MEDEL	01:10:52.60	00:21.21	30	4m 16s/Km	00:35.38	34	33.67 Km/h	00:11.35	27	4m 38s/Km
31	RAMPONI, GIULIA	S2	3	PADOVANUOTO TRI	01:11:44.20	00:22.10	40	4m 26s/Km	00:33.50	14	35.46 Km/h	00:12.59	46	5m 11s/Km
32	TIEZZI, SILVIA	S3	4	FIRENZE TRI	01:11:50.20	00:20.54	24	4m 10s/Km	00:37.30	42	32.0 Km/h	00:11.22	25	4m 32s/Km
33	CARULLO, PAMELA	S2	4	ASD POLETTI	01:11:53.40	00:21.03	26	4m 12s/Km	00:35.46	35	33.55 Km/h	00:12.09	32	4m 51s/Km
34	PEDRAZZINI, ANNA	S3	5	PADOVANUOTO TRI	01:12:16.90	00:21.33	34	4m 18s/Km	00:35.24	31	33.89 Km/h	00:12.09	33	4m 51s/Km
35	BALDASSARI, FRANCESCA	S3	6	TRIATHLON GROSSETO	01:12:49.80	00:21.22	31	4m 16s/Km	00:36.24	38	32.96 Km/h	00:12.21	39	4m 56s/Km
36	CORRIAS, BARBARA	M1	3	ARC BUSTO ARSIZIO	01:13:48.00	00:22.07	39	4m 25s/Km	00:36.36	39	32.78 Km/h	00:12.42	42	5m 4 s/Km
37	SCATTOLIN, LINDA	S4	7	PADOVANUOTO TRI	01:13:51.10	00:21.28	32	4m 17s/Km	00:36.44	40	32.66 Km/h	00:12.16	36	4m 54s/Km
38	CAPANNINI, CHIARA	S2	5	FIRENZE TRI	01:14:03.70	00:23.29	49	4m 41s/Km	00:35.26	32	33.86 Km/h	00:12.55	44	5m 10s/Km



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39	BALLONI, SARA	S2	6	TEAM MARBLEMAN	01:14:29.80	00:23.16	45	4m 39s/Km	00.35.16	29	34.02 Km/h	00.13.01	47	5m 12s/Km
40	JONES, BRISTIN SCALZO	S2	7	OLIMPIA TRIATHLON AS	01:14:36.20	00:21.14	28	4m 14s/Km	00.38.31	47	31.15 Km/h	00.11.51	30	4m 44s/Km
41	CODAZZI, ELEONORA	S2	8	LOS TIGRES	01:14:39.90	00:21.50	38	4m 21s/Km	00.38.05	46	31.50 Km/h	00.12.24	40	4m 57s/Km
42	BIONDI, NATASCIA	S3	7	SURFING SHOP TRIATHL	01:15:14.60	00:23.29	50	4m 41s/Km	00.34.55	28	34.36 Km/h	00.13.29	51	5m 23s/Km
43	FANTINI, DILETTA	S3	8	OLIMPIA TRIATHLON AS	01:16:20.40	00:23.28	46	4m 41s/Km	00.37.44	43	31.80 Km/h	00.12.18	38	4m 55s/Km
44	MILIOLI, GIORGIA	S4	8	CUS PARMA MEDEL	01:16:34.10	00:21.47	37	4m 21s/Km	00.40.04	52	29.95 Km/h	00.11.46	29	4m 42s/Km
45	LOSURDO, PASQUALINA	S2	9	SURFING SHOP TRIATHL	01:16:35.60	00:24.14	53	4m 50s/Km	00.34.39	21	34.63 Km/h	00.15.21	57	6m 8 s/Km
46	BERARDINO, DORIS	M1	4	ASD POLETTI	01:16:40.10	00:22.44	43	4m 32s/Km	00.37.56	45	31.63 Km/h	00.12.58	45	5m 11s/Km
47	GIORGETTI, AMBRA	YB	5	LA FENICE TRI	01:16:48.80	00:20.58	25	4m 11s/Km	00.42.01	54	28.56 Km/h	00.11.37	28	4m 38s/Km
48	BOCCHI, BARBARA	S4	9	PIACENZA TRI VIVO	01:16:51.90	00:24.20	54	4m 51s/Km	00.36.58	41	32.46 Km/h	00.13.06	48	5m 14s/Km
49	GRAZZINI, ROSALBA	S4	10	1A MISTRAL TRIATHLON	01:17:46.10	00:23.28	47	4m 41s/Km	00.37.45	44	31.78 Km/h	00.13.48	52	5m 31s/Km
50	PIDATELLA, DELIA	M2	4	FIRENZE TRI	01:18:06.70	00:22.52	44	4m 34s/Km	00.39.38	51	30.27 Km/h	00.12.53	43	5m 9 s/Km
51	DE GIUSEPPE, DEBORAH	S4	11	TORINO 3	01:18:25.00	00:23.28	48	4m 41s/Km	00.38.36	48	31.08 Km/h	00.13.07	49	5m 14s/Km
52	FABBRESCHI, PAMELA	S2	10	TRIATHLON GROSSETO	01:23:08.80	00:25.20	57	5m 3 s/Km	00.39.34	49	30.32 Km/h	00.14.23	55	5m 45s/Km
53	CARRARI, GIORGIA	S4	12	PADOVANUOTO TRI	01:23:21.80	00:25.47	58	5m 9 s/Km	00.39.34	50	30.32 Km/h	00.14.38	56	5m 51s/Km
54	PEZZICA, RITA	M5	1	TRIATHLON CARRARA	01:23:53.00	00:23.42	51	4m 44s/Km	00.57.12	59	20.97 Km/h	00.13.10	50	5m 15s/Km
55	CORUZZI, VIVIANA	M1	5	CUS PARMA MEDEL	01:24:34.70	00:23.57	52	4m 47s/Km	00.43.54	56	27.33 Km/h	00.14.23	54	5m 45s/Km
56	STRATA, MARGHERITA	M5	2	TORINO 3	01:27:51.70	00:27.21	59	5m 28s/Km	00.40.41	53	29.49 Km/h	00.16.11	58	6m 28s/Km
57	MEARELLI, CHIARA	M1	6	1A MISTRAL TRIATHLON	01:28:55.20	00:24.45	56	4m 57s/Km	00.46.56	57	25.56 Km/h	00.14.19	53	5m 43s/Km
58	BUFFOLINO, GIULIA	S1	1	LA FENICE TRI	01:30:15.80	00:22.19	42	4m 27s/Km	00.42.32	55	28.21 Km/h	00.07.34	1	3m 1 s/Km
59	BENDINELLI, MARIA	M4	1	FIRENZE TRI	01:49:41.80	00:32.20	60	6m 28s/Km	00.48.26	58	24.77 Km/h	00.17.25	59	6m 58s/Km
DNF	CASENTINI, SIMONA	-	0	LUCCA TRIATHLON ASD	DNF	00.24.42	55	--	-	-1	--	-	-1	--
DNS	PIOVANO, SARA	-	0	SAVONA TRIATHLON	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	DAL MOLIN, CHIARA	-	0	LOS TIGRES	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	BARIGLIANO, DEBORA	-	0	PISA TRIATHLON	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	COCCONCELLI, MARGHERITA	-	0	CUS PARMA MEDEL	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	OLIVETO, DOMENICA	-	0	LOS TIGRES	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	LA MONACA, GIORGIA	-	0	PIACENZA TRI VIVO	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MONALDINI, NADIA	-	0	T.D. RIMINI	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	FORNARI, ALESSANDRA	-	0	PIACENZA TRI VIVO	DNS	-	-1	--	-	-1	--	-	-1	--