



Duathlon Sprint di Grosseto - Femminile
Grosseto (GR), 07/02/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	NISI, CRISTINA	S2	1	SBR3 A.S.D	01:08:54.60	00.20.40	2	4m 8 s/Km	00.37.24	1	32.08 Km/h	00.10.50	1	4m 19s/Km
2	GRASSI, MYRIAM	YB	1	LA FENICE TRIATHLON A.S.D.	01:14:17.70	00.20.04	1	4m 0 s/Km	00.43.06	3	27.84 Km/h	00.11.07	2	4m 26s/Km
3	MARSALA, SILVIA	YB	2	LA FENICE TRIATHLON A.S.D.	01:15:57.80	00.21.04	3	4m 12s/Km	00.42.31	2	28.22 Km/h	00.12.22	7	4m 56s/Km
4	GHIGNOLA, TIZIANA	M1	1	1A MISTRAL TRIATHLON A.S.D.	01:17:27.30	00.22.10	5	4m 26s/Km	00.43.20	4	27.69 Km/h	00.11.57	6	4m 46s/Km
5	TIEZZI, SILVIA	S3	1	FIRENZE TRIATHLON A.S.D.	01:17:55.20	00.22.13	6	4m 26s/Km	00.44.10	6	27.16 Km/h	00.11.32	3	4m 36s/Km
6	SPURI SILVESTRINI, MICHELA	S3	2	OLIMPIA TRIATHLON ASD	01:18:12.30	00.22.33	7	4m 30s/Km	00.43.52	5	27.35 Km/h	00.11.47	4	4m 42s/Km
7	DEL ROSSO, BENEDETTA	S4	1	FREESTYLE TRIATHLON VALDINIEVOLE A.S.D.	01:19:37.20	00.21.49	4	4m 21s/Km	00.45.54	8	26.14 Km/h	00.11.54	5	4m 45s/Km
8	BALDASSARI, FRANCESCA	S3	3	SOC. NUOTO GROSSETO	01:20:08.70	00.22.44	8	4m 32s/Km	00.44.54	7	26.72 Km/h	00.12.30	8	5m 0 s/Km
9	FANTINI, DILETTA	S3	4	OLIMPIA TRIATHLON ASD	01:24:59.10	00.24.11	11	4m 50s/Km	00.47.06	9	25.47 Km/h	00.13.42	12	5m 28s/Km
10	JONES, BRISTIN SCALZO	S2	2	OLIMPIA TRIATHLON ASD	01:25:04.50	00.23.06	10	4m 37s/Km	00.48.52	11	24.55 Km/h	00.13.06	11	5m 14s/Km
11	GIORGETTI, AMBRA	YB	3	LA FENICE TRIATHLON A.S.D.	01:25:31.40	00.22.47	9	4m 33s/Km	00.50.13	12	23.89 Km/h	00.12.31	9	5m 0 s/Km
12	PIDATELLA, DELIA	M2	1	FIRENZE TRIATHLON A.S.D.	01:25:46.30	00.24.39	12	4m 55s/Km	00.48.22	10	24.81 Km/h	00.12.45	10	5m 5 s/Km
13	PEZZICA, RITA	M5	1	ASD TEAM BICISPORT CARRARA	01:35:46.10	00.26.06	13	5m 13s/Km	00.55.08	13	21.76 Km/h	00.14.32	13	5m 48s/Km