



Triathlon Sprint MTB di Massarosa - Femminile
Massarosa (LU), 21/03/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	ORLA, ALESSIA	JU	1	TORINO 3	01:07:01.60	00.10.51	2	1m 26s/100m	00.35.55	1	20.04 Km/h	00.19.06	1	3m 49s/Km
2	GRASSI, MYRIAM	YB	1	LA FENICE TRI	01:10:00.10	00.10.18	1	1m 22s/100m	00.38.53	4	18.51 Km/h	00.19.44	2	3m 56s/Km
3	MARSALA, SILVIA	YB	2	LA FENICE TRI	01:10:56.50	00.10.54	3	1m 27s/100m	00.37.32	3	19.18 Km/h	00.21.42	5	4m 20s/Km
4	INGLETTO, CHIARA	S1	1	FIRENZE TRI	01:14:35.00	00.12.06	4	1m 36s/100m	00.39.05	5	18.42 Km/h	00.21.21	4	4m 16s/Km
5	MATARAZZO, MARINA	S4	1	LUCCA TRIATHLON ASD	01:16:11.20	00.12.31	5	1m 40s/100m	00.42.16	9	17.03 Km/h	00.20.13	3	4m 2 s/Km
6	PELUSO, SANDRA	M2	1	TORINO 3	01:18:40.90	00.12.48	6	1m 42s/100m	00.40.14	6	17.89 Km/h	00.23.45	7	4m 44s/Km
7	ROSI, STEFANIA	AM	1	TRIATHLON PAVESE	01:19:51.30	00.16.12	10	2m 9.s/100m	00.37.23	2	19.25 Km/h	00.23.54	8	4m 46s/Km
8	ROSSATO, BERTILLA	M3	1	ATOMICA TRIATHLON	01:25:19.80	00.15.51	9	2m 6.s/100m	00.42.08	8	17.08 Km/h	00.25.36	11	5m 7 s/Km
9	CASENTINI, SIMONA	S4	2	LUCCA TRIATHLON ASD	01:25:59.80	00.16.23	11	2m 11s/100m	00.41.09	7	17.49 Km/h	00.26.27	12	5m 17s/Km
10	MORI, SIMONETTA	S4	3	ASD SPEZIA TRIATHLO	01:26:10.40	00.14.40	8	1m 57s/100m	00.45.26	11	15.84 Km/h	00.24.09	9	4m 49s/Km
11	BUFFOLINO, GIULIA	S1	2	LA FENICE TRI	01:28:09.20	00.16.26	12	2m 11s/100m	00.46.37	12	15.44 Km/h	00.23.29	6	4m 41s/Km
12	RINFORZI, MELANIA	S4	4	LA FENICE TRI	01:29:44.10	00.19.59	14	2m 39s/100m	00.42.38	10	16.88 Km/h	00.25.05	10	5m 0 s/Km
13	BARIGLIANO, DEBORA	JU	2	PISA TRIATHLON	01:36:31.00	00.14.00	7	1m 52s/100m	00.48.25	13	14.87 Km/h	00.31.54	14	6m 22s/Km
14	NENCI, SILVIA	M1	1	LA FENICE TRI	01:38:59.40	00.17.01	13	2m 16s/100m	00.51.22	14	14.01 Km/h	00.28.47	13	5m 45s/Km