



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



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	BARALLA, FABRIZIO	EL	1	FORHANS TEAM	00:56:45.50	00.09.31	3	1m 16s/100m	00.29.48	2	24.16 Km/h	00.16.27	1	3m 17s/Km
2	QUINTAVALLE, MARCO	EL	2	G.S. FF.OO.	00:57:26.00	-	-1	--	-	-1	--	00.16.38	2	--
3	COLOSI, MARTINO	M1	1	SBR 3	00:59:54.40	00.11.08	18	1m 29s/100m	00.29.23	1	24.50 Km/h	00.17.53	7	3m 34s/Km
4	TONSA, LORENZO	JU	1	NUOTO LIVORNO 3	01:01:06.40	00.09.27	2	1m 15s/100m	00.32.32	10	22.13 Km/h	00.18.14	15	3m 38s/Km
5	MENICACCI, MASSIMO	M1	2	FIRENZE TRI	01:01:33.90	00.10.41	11	1m 25s/100m	00.31.31	3	22.84 Km/h	00.18.21	19	3m 40s/Km
6	SECCHI, TOMMASO	S1	1	LA FENICE TRI	01:02:32.00	00.09.37	5	1m 16s/100m	00.33.50	23	21.28 Km/h	00.17.42	5	3m 32s/Km
7	NICOLAI, FRANCESCO	EL	3	LA FENICE TRI	01:02:58.70	00.09.25	1	1m 15s/100m	00.34.17	29	21.00 Km/h	00.18.06	11	3m 37s/Km
8	AMBROSINI, LUCA	S2	1	ASD SPEZIA TRIATHLO	01:03:32.10	00.11.05	15	1m 28s/100m	00.32.36	12	22.08 Km/h	00.18.37	23	3m 43s/Km
9	PIERI, FEDERICO	S1	2	LA FENICE TRI	01:03:33.00	00.09.31	4	1m 16s/100m	00.33.56	25	21.21 Km/h	00.19.04	27	3m 48s/Km
10	NISLIC, MAURIZIO	AM	1	FIRENZE TRI	01:03:40.10	00.11.40	31	1m 33s/100m	00.33.24	17	21.55 Km/h	00.17.32	3	3m 30s/Km
11	BALESTRINI, GABRIELE	M1	3	LA FENICE TRI	01:03:46.30	00.11.09	19	1m 29s/100m	00.33.49	22	21.29 Km/h	00.17.43	6	3m 32s/Km
12	DE VANNI, VALERIO	YB	1	NUOTO LIVORNO 3	01:03:56.30	00.10.25	7	1m 23s/100m	00.34.42	31	20.74 Km/h	00.17.34	4	3m 30s/Km
13	PARDINI, SIMONE	YB	2	LA FENICE TRI	01:04:08.30	00.09.59	6	1m 19s/100m	00.34.54	34	20.63 Km/h	00.17.55	9	3m 35s/Km
14	CASSESE, PASQUALE	S3	1	TRI TEAM SASSARI	01:04:10.90	00.12.38	47	1m 41s/100m	00.32.32	11	22.13 Km/h	00.17.55	8	3m 35s/Km
15	ALTISSIMO, LUCA	S1	3	CE.MS.PIACENZA TRI	01:04:12.90	00.11.44	32	1m 33s/100m	00.32.27	9	22.18 Km/h	00.18.14	16	3m 38s/Km
16	LUCHINI, MATTEO	S4	1	FIRENZE TRI	01:04:13.40	00.11.23	23	1m 31s/100m	00.33.18	15	21.62 Km/h	00.18.06	10	3m 37s/Km
17	DELL'AMICO, FABIO	S1	4	TRIATHLON CARRARA	01:04:17.30	00.11.20	22	1m 30s/100m	00.32.21	6	22.25 Km/h	00.19.32	31	3m 54s/Km
18	MARTINELLI, ALESSANDRO	S1	5	LA FENICE TRI	01:04:32.00	00.11.37	29	1m 32s/100m	00.33.40	20	21.38 Km/h	00.18.16	17	3m 39s/Km
19	BERTI, DAVID	S4	2	TRIATHLON GROSSETO	01:04:40.90	00.10.33	10	1m 24s/100m	00.34.03	26	21.14 Km/h	00.19.06	29	3m 49s/Km
20	BORETTI, ALESSANDRO	S4	3	FIRENZE TRI	01:04:55.00	00.11.26	24	1m 31s/100m	00.33.20	16	21.6 Km/h	00.18.50	25	3m 46s/Km
21	PRATESI, NICOLA	S2	2	1A MISTRAL TRIATHLON	01:05:12.20	00.12.01	36	1m 36s/100m	00.33.07	14	21.74 Km/h	00.18.22	20	3m 40s/Km
22	PICA, ANIELLO	S3	2	LUCCA TRIATHLON ASD	01:05:35.20	-	-1	--	-	-1	--	01.05.35	94	--
23	SALINI, ENRICO	M3	1	B2K TRIATHLON	01:05:59.50	00.11.51	35	1m 34s/100m	00.34.34	30	20.82 Km/h	00.18.35	22	3m 43s/Km
24	ALESSANDRI, FRANCESCO	M3	2	FREESTYLE TRIATHLON	01:06:16.10	00.11.36	28	1m 32s/100m	00.32.21	7	22.25 Km/h	00.21.11	57	4m 14s/Km
25	LENCIONI, GIULIO	S2	3	LA FENICE TRI	01:06:21.30	00.12.03	37	1m 36s/100m	00.32.07	5	22.41 Km/h	00.20.57	53	4m 11s/Km
26	PIERSANTE, ANDREA	S2	4	TEAM MARBLEMAN	01:06:46.05	00.12.57	51	1m 43s/100m	00.34.12	27	21.05 Km/h	00.18.10	13	3m 37s/Km
27	DIANA, STEFANO	M3	3	TRI GENOVA	01:06:46.10	00.11.32	27	1m 32s/100m	00.33.30	18	21.49 Km/h	00.20.05	37	4m 0 s/Km
28	SOLDAINI, JACOPO	S4	4	FIRENZE TRI	01:06:49.90	00.13.26	59	1m 47s/100m	00.33.36	19	21.42 Km/h	00.18.10	12	3m 37s/Km
29	MAFFEZZINI, MARIO	S2	5	TRISPORTS.IT TEAM	01:07:31.70	00.12.15	40	1m 37s/100m	00.35.07	37	20.50 Km/h	00.18.19	18	3m 39s/Km
30	SANNA, LUCA	S3	3	SURVIVAL	01:07:32.50	00.11.16	21	1m 30s/100m	00.35.34	41	20.24 Km/h	00.18.49	24	3m 45s/Km
31	ORLA, PIERGIORGIO	M3	4	TORINO 3	01:07:35.20	00.12.29	45	1m 39s/100m	00.32.23	8	22.23 Km/h	00.20.36	48	4m 7 s/Km
32	FASANO, ENZO	S4	5	LUCCA TRIATHLON ASD	01:07:37.10	00.10.57	13	1m 27s/100m	00.36.25	52	19.77 Km/h	00.19.06	28	3m 49s/Km
33	PELLEGRINI, DEVI	S3	4	LA FENICE TRI	01:07:48.30	00.11.15	20	1m 30s/100m	00.35.43	42	20.15 Km/h	00.19.45	33	3m 57s/Km
34	PELLICIONI, LUKA SLAPSAK	S2	6	SBR 3	01:08:02.30	00.11.32	26	1m 32s/100m	00.35.11	38	20.46 Km/h	00.19.53	35	3m 58s/Km
35	PIVA, ALESSANDRO	M2	1	MOLINARI TRI COMO	01:08:21.70	00.11.50	34	1m 34s/100m	00.36.57	57	19.48 Km/h	00.18.13	14	3m 38s/Km
36	PALADINI, GABRIELE	S1	6	LA FENICE TRI	01:08:32.70	00.10.58	14	1m 27s/100m	00.35.01	36	20.56 Km/h	00.21.36	62	4m 19s/Km
37	GALLI SORDI, DAVIDE	S2	7	TRIATH SIENA NUOTO	01:08:47.10	00.12.25	43	1m 39s/100m	00.34.17	28	21.00 Km/h	00.20.30	45	4m 5 s/Km
38	CADDEO, EMANUELE	M1	4	BLACKSPRUTS FDM	01:08:59.40	00.13.09	52	1m 45s/100m	00.35.22	40	20.35 Km/h	00.19.12	30	3m 50s/Km



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39	SALVATORI, ANTONIO WALT	M4	1	BLACKSPRUTS FDM	01:09:23.90	00.12.09	39	1m 37s/100m	00.34.55	35	20.62 Km/h	00.20.59	54	4m 11s/Km
40	CHIODI, NICCOLA'	S2	8	FIRENZE TRI	01:09:31.80	00.13.36	60	1m 48s/100m	00.33.45	21	21.33 Km/h	00.20.11	40	4m 2 s/Km
41	RAMUZZI, MARCO	M1	5	FIRENZE TRI	01:09:53.10	00.14.25	70	1m 55s/100m	00.32.50	13	21.92 Km/h	00.21.07	56	4m 13s/Km
42	MERCATI, ANDREA	S4	6	TRI ALTO TEVERE	01:10:03.20	00.12.03	38	1m 36s/100m	00.35.13	39	20.44 Km/h	00.20.35	46	4m 6 s/Km
43	TOMMASI, EMANUELE	S2	9	LUCCA TRIATHLON ASD	01:10:16.80	00.10.52	12	1m 26s/100m	00.38.15	65	18.82 Km/h	00.19.04	26	3m 48s/Km
44	AMMOGLI, ANDREA	S3	5	LA FENICE TRI	01:10:28.10	00.11.05	16	1m 28s/100m	00.37.19	61	19.29 Km/h	00.21.01	55	4m 12s/Km
45	FANCIULLI, LUCA	S2	10	SBR 3	01:11:10.10	00.12.31	46	1m 40s/100m	00.36.40	54	19.63 Km/h	00.20.16	42	4m 3 s/Km
46	VIANI, PATRIZIO	S4	7	LUCCA TRIATHLON ASD	01:11:23.80	00.12.28	44	1m 39s/100m	00.36.56	56	19.49 Km/h	00.20.08	39	4m 1 s/Km
47	CARTEI, GIANLUCA	M4	2	ATOMICA TRIATHLON	01:11:34.40	00.15.58	81	2m 7.s/100m	00.33.52	24	21.25 Km/h	00.20.21	43	4m 4 s/Km
48	PARDOCCHI, ALESSANDRO	S4	8	FREESTYLE TRIATHLON	01:11:35.00	00.13.48	61	1m 50s/100m	00.36.01	46	19.99 Km/h	00.20.16	41	4m 3 s/Km
49	INDACO, MAURIZIO	S1	7	ASD V. BUONCONVENTO	01:11:45.90	00.11.46	33	1m 34s/100m	00.35.57	45	20.02 Km/h	00.22.18	65	4m 27s/Km
50	ARIOTI BRANCIFORTI, ASCANIO	S4	9	ATOMICA TRIATHLON	01:11:54.20	00.13.10	54	1m 45s/100m	00.36.21	50	19.80 Km/h	00.20.40	49	4m 8 s/Km
51	RUBERTI, DARIO	S1	8	LA FENICE TRI	01:12:04.80	00.12.52	50	1m 42s/100m	00.37.07	58	19.39 Km/h	00.20.51	52	4m 10s/Km
52	POMI, MARCO	AM	2	TEAM MARBLEMAN	01:12:09.60	00.14.58	74	1m 59s/100m	00.35.50	44	20.09 Km/h	00.20.03	36	4m 0 s/Km
53	FONTANELLI, FABIO	S3	6	SBR 3	01:12:20.60	00.15.46	79	2m 6.s/100m	00.31.37	4	22.77 Km/h	00.22.29	66	4m 29s/Km
54	BACCELLI, FRANCO	M1	6	LUCCA TRIATHLON ASD	01:12:23.40	00.12.39	48	1m 41s/100m	00.36.23	51	19.78 Km/h	00.21.31	61	4m 18s/Km
55	LANDUCCI, LUCA	M1	7	ASD SPEZIA TRIATHLO	01:12:41.40	00.13.49	62	1m 50s/100m	00.36.01	47	19.99 Km/h	00.20.06	38	4m 1 s/Km
56	ZAINA, LUCA	S3	7	FIRENZE TRI	01:13:13.80	00.14.58	73	1m 59s/100m	00.37.28	62	19.21 Km/h	00.18.31	21	3m 42s/Km
57	BIONDI, MICHELANGELO	S1	9	ASD V. BUONCONVENTO	01:13:18.60	00.10.32	8	1m 24s/100m	00.37.08	59	19.38 Km/h	00.23.58	82	4m 47s/Km
58	ANGELI, ALDO	M3	5	BLACKSPRUTS FDM	01:13:39.60	00.14.00	65	1m 52s/100m	00.36.04	48	19.96 Km/h	00.21.52	64	4m 22s/Km
59	AGRESTINI, DAVID	M1	8	LUCCA TRIATHLON ASD	01:13:41.20	00.12.23	42	1m 39s/100m	00.36.07	49	19.93 Km/h	00.22.41	70	4m 32s/Km
60	SGROMO, VITTORIO	M1	9	FREESTYLE TRIATHLON	01:13:42.90	00.13.50	63	1m 50s/100m	00.38.19	66	18.79 Km/h	00.19.49	34	3m 57s/Km
61	CLERICI, ANDREA ANGELO	S4	10	LUCCA TRIATHLON ASD	01:14:08.80	00.12.20	41	1m 38s/100m	00.36.40	53	19.63 Km/h	00.23.22	76	4m 40s/Km
62	MARTINELLI, GIACOMO	YB	3	LA FENICE TRI	01:14:18.10	00.12.42	49	1m 41s/100m	00.37.37	63	19.14 Km/h	00.23.07	74	4m 37s/Km
63	LEONI, GIUSEPPE	M2	2	ESSECIN	01:14:20.00	00.13.10	55	1m 45s/100m	00.37.43	64	19.08 Km/h	00.21.14	58	4m 14s/Km
64	ROSINI, DARIO	M1	10	ASD V. BUONCONVENTO	01:14:43.20	00.17.37	92	2m 20s/100m	00.34.49	33	20.67 Km/h	00.20.36	47	4m 7 s/Km
65	PASTACALDI, ALESSANDRO	M2	3	FIRENZE TRI	01:15:14.40	00.14.01	66	1m 52s/100m	00.36.51	55	19.53 Km/h	00.21.15	59	4m 15s/Km
66	TOSINI, ENRICO	M2	4	ASD SPEZIA TRIATHLO	01:15:41.20	00.13.10	53	1m 45s/100m	00.34.47	32	20.69 Km/h	00.25.21	88	5m 4 s/Km
67	NAVARRA, SIMONE	S1	10	LA FENICE TRI	01:15:44.20	00.14.42	71	1m 57s/100m	00.38.28	67	18.71 Km/h	00.20.47	51	4m 9 s/Km
68	COLI, MATTEO	YB	4	LA FENICE TRI	01:15:59.40	00.11.38	30	1m 33s/100m	00.38.31	68	18.69 Km/h	00.24.47	86	4m 57s/Km
69	MELIS, ROBERTO	S2	11	FIRENZE TRI	01:16:21.30	00.13.17	58	1m 46s/100m	00.37.16	60	19.32 Km/h	00.24.06	83	4m 49s/Km
70	LAVORGNA, ANTONIO	S4	11	LUCCA TRIATHLON ASD	01:16:53.00	00.14.21	69	1m 54s/100m	00.40.15	79	17.88 Km/h	00.20.26	44	4m 5 s/Km
71	VAIANI, FAUSTO	M1	11	1A MISTRAL TRIATHLON	01:17:10.70	00.15.50	80	2m 6.s/100m	00.38.51	70	18.53 Km/h	00.20.40	50	4m 8 s/Km
72	ALESSI, VINCENZO	S3	8	LA FENICE TRI	01:17:21.00	00.16.02	82	2m 8.s/100m	00.40.20	80	17.85 Km/h	00.19.44	32	3m 56s/Km
73	HERD SMITH, MARTIN	AM	3	FIRENZE TRI	01:17:29.20	00.10.33	9	1m 24s/100m	00.39.23	74	18.28 Km/h	00.25.16	87	5m 3 s/Km
74	TONGIANI, FRANCESCO	S4	12	ASD SPEZIA TRIATHLO	01:17:48.70	00.14.13	68	1m 53s/100m	00.38.38	69	18.63 Km/h	00.22.56	72	4m 35s/Km
75	MARLAZZI, ANDREA	M3	6	ATOMICA TRIATHLON	01:17:52.90	00.14.56	72	1m 59s/100m	00.35.50	43	20.09 Km/h	00.24.31	85	4m 54s/Km
76	POGACCINI, FRANCESCO	AM	4	LA FENICE TRI	01:17:59.60	00.11.27	25	1m 31s/100m	00.41.17	82	17.44 Km/h	00.23.37	78	4m 43s/Km
77	FRASSINELLI, MAUVIN NICOLA	JU	2	SBR 3	01:18:53.00	00.15.09	77	2m 1.s/100m	00.39.32	76	18.21 Km/h	00.22.37	68	4m 31s/Km
78	BARTOLOZZI, PAOLO	M4	3	VERSILIA SPORT ASD	01:19:39.00	00.17.14	88	2m 17s/100m	00.39.15	72	18.34 Km/h	00.21.26	60	4m 17s/Km



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79	LAINO, FRANCESCO	S3	9	LUCCA TRIATHLON ASD	01:21:13.70	00.14.09	67	1m 53s/100m	00.41.38	83	17.29 Km/h	00.22.46	71	4m 33s/Km
80	NICOLOÀ, ALBERTO	S3	10	TRI TEAM BRIANZA	01:21:22.90	00.16.31	86	2m 12s/100m	00.39.20	73	18.30 Km/h	00.22.58	73	4m 35s/Km
81	BUFFOLINO, FABIO	M3	7	LA FENICE TRI	01:21:35.20	00.17.35	91	2m 20s/100m	00.40.34	81	17.74 Km/h	00.21.40	63	4m 19s/Km
82	CITI, ANDREA	M1	12	LA FENICE TRI	01:21:36.10	00.15.03	76	2m 0.s/100m	00.42.11	85	17.06 Km/h	00.22.39	69	4m 31s/Km
83	TARASCONI, DOMENICO	M2	5	ASD SPEZIA TRIATHLO	01:22:03.10	00.16.04	83	2m 8.s/100m	00.39.54	77	18.04 Km/h	00.23.48	80	4m 45s/Km
84	PROIETTI, ENZO	M4	4	ATOMICA TRIATHLON	01:22:05.20	00.16.38	87	2m 13s/100m	00.39.05	71	18.42 Km/h	00.23.26	77	4m 41s/Km
85	RAMAGLI, RICCARDO	M1	13	LA FENICE TRI	01:22:12.00	00.16.29	85	2m 11s/100m	00.40.08	78	17.94 Km/h	00.23.22	75	4m 40s/Km
86	PASSARELLI, LUCA	M2	6	LA FENICE TRI	01:22:30.00	00.17.27	90	2m 19s/100m	00.39.31	75	18.22 Km/h	00.23.42	79	4m 44s/Km
87	CAVALLINI, CRISTIANO	M2	7	1A MISTRAL TRIATHLON	01:24:45.20	00.13.56	64	1m 51s/100m	00.41.55	84	17.17 Km/h	00.27.01	90	5m 24s/Km
88	BARIGLIANO, CARMINE	M2	8	PISA TRIATHLON	01:24:46.90	00.17.23	89	2m 19s/100m	00.42.58	86	16.75 Km/h	00.22.31	67	4m 30s/Km
89	MUGNAINI, ANDREA	S1	11	LA FENICE TRI	01:25:25.10	00.15.02	75	2m 0.s/100m	00.44.49	88	16.06 Km/h	00.24.15	84	4m 50s/Km
90	PRATESI, MARINO	M5	1	1A MISTRAL TRIATHLON	01:27:03.10	00.13.13	56	1m 45s/100m	00.48.21	91	14.89 Km/h	00.23.56	81	4m 47s/Km
91	HINRICHSEN, GIOVANNI	M4	5	ALTA LUNIGIANA A'04	01:28:35.90	00.13.15	57	1m 46s/100m	00.46.09	89	15.60 Km/h	00.27.16	92	5m 27s/Km
92	TIRINNANZI, SIMONE	M1	14	FREESTYLE TRIATHLON	01:30:34.70	00.15.26	78	2m 3.s/100m	00.46.48	90	15.38 Km/h	00.25.26	89	5m 5 s/Km
93	RICCHI, IACOPO	AM	5	FIRENZE TRI	01:31:31.00	00.16.19	84	2m 10s/100m	00.44.36	87	16.14 Km/h	00.27.03	91	5m 24s/Km
94	SULIS, GIUSEPPE	M5	2	TEAM MARBLEMAN	01:45:06.30	00.21.26	93	2m 51s/100m	00.51.31	92	13.97 Km/h	00.28.31	93	5m 42s/Km
DNF	KUHNREICH, ELIA	-	0	TRI GENOVA	DNF	00.11.06	17	--	00.57.40	93	--	-	-1	--