



Triathlon Sprint di Porto Santo Stefano - Femminile
Porto Santo Stefano (GR), 17/10/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	GRASSI, MYRIAM	YB	1	LA FENICE TRI	01:07:21.10	00.17.55	1	3m 35s/Km	00.38.28	2	31.19 Km/h	00.09.43	1	3m 53s/Km
2	NISI, CRISTINA	S2	1	SBR 3	01:08:45.00	00.20.22	5	4m 4 s/Km	00.35.28	1	33.83 Km/h	00.11.09	5	4m 27s/Km
3	BUGGINI, IRENE	S3	1	A.S. TRIATH OSTIA	01:12:43.90	00.19.59	3	3m 59s/Km	00.40.45	3	29.44 Km/h	00.10.15	3	4m 5 s/Km
4	INGLETTO, CHIARA	S1	1	FIRENZE TRI	01:13:41.50	00.18.55	2	3m 46s/Km	00.42.52	4	27.99 Km/h	00.09.59	2	3m 59s/Km
5	MARSALA, SILVIA	YB	2	LA FENICE TRI	01:19:39.70	00.21.02	6	4m 12s/Km	00.44.45	5	26.81 Km/h	00.12.03	8	4m 49s/Km
6	CAROZZO, COSTANZA	JU	1	SBR 3	01:21:17.80	00.21.26	7	4m 17s/Km	00.46.15	6	25.94 Km/h	00.11.16	6	4m 30s/Km
7	PAPINI, SARA	S3	2	BIKE STATION TRIATHL	01:21:18.10	00.20.08	4	4m 1 s/Km	00.47.49	8	25.09 Km/h	00.10.55	4	4m 21s/Km
8	GRAZZINI, ROSALBA	S4	1	1A MISTRAL TRIATHLON	01:24:03.90	00.22.07	9	4m 25s/Km	00.47.20	7	25.35 Km/h	00.12.10	9	4m 51s/Km
9	GENTILE, NELITA	S4	2	FORHANS TEAM	01:24:10.70	00.21.46	8	4m 21s/Km	00.48.01	9	24.99 Km/h	00.11.43	7	4m 41s/Km
10	ROSSATO, BERTILLA PATRIZIA	M3	1	ATOMICA TRIATHLON	01:27:18.90	00.23.19	11	4m 39s/Km	00.48.36	10	24.69 Km/h	00.12.59	12	5m 11s/Km
11	SUBRI, MARINA	M2	1	BIKE STATION TRIATHL	01:28:32.20	00.22.58	10	4m 35s/Km	00.50.09	11	23.92 Km/h	00.12.57	10	5m 10s/Km
12	MELE, SIMONA	M2	2	A.S. TRIATH OSTIA	01:32:54.00	00.23.43	12	4m 44s/Km	00.52.57	12	22.66 Km/h	00.12.59	11	5m 11s/Km
13	BOTTONI, ROSANNA	M3	2	1A MISTRAL TRIATHLON	01:37:03.20	00.24.30	14	4m 54s/Km	00.55.11	13	21.74 Km/h	00.14.09	14	5m 39s/Km
14	CESARINI, NICOLETTA	M2	3	A.S. TRIATH OSTIA	01:40:45.90	00.23.56	13	4m 47s/Km	01.00.05	14	19.97 Km/h	00.13.20	13	5m 19s/Km
15	FIorentini, PATRIZIA	M1	1	A.S. TRIATH OSTIA	01:47:40.70	00.28.01	15	5m 36s/Km	01.00.48	15	19.73 Km/h	00.15.42	15	6m 16s/Km