



Duathlon Sprint di Platamona Lido - Femminile
Platamona Lido (SS), 27/03/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	CAPONE, ALICE	EL	1	FORHANS TEAM	00:59:02.10	00.15.47	1	3m 9 s/Km	00.33.37	1	35.69 Km/h	00.08.37	1	3m 26s/Km
2	CARTA, VALENTINA	EL	2	TRI CREMONA STRADIVARI	01:03:10.50	00.16.53	2	3m 22s/Km	00.35.58	4	33.36 Km/h	00.09.07	2	3m 38s/Km
3	CREUS DEL CAMPO, ANA CELIA	S3	1	SURVIVAL	01:04:05.80	00.17.53	6	3m 34s/Km	00.35.39	2	33.66 Km/h	00.09.21	4	3m 44s/Km
4	CURRIDORI, ELISABETTA	JU	1	FUEL TRIATHLON	01:04:37.30	00.17.50	4	3m 34s/Km	00.35.45	3	33.56 Km/h	00.09.48	5	3m 55s/Km
5	BASSETTO, PATRIZIA	S3	2	VILLACIDRO TRIATHLON	01:07:31.80	00.16.54	3	3m 22s/Km	00.40.11	6	29.86 Km/h	00.09.14	3	3m 41s/Km
6	MURA, MARIA ELENA	S2	1	TRI TEAM SASSARI	01:09:01.90	00.18.43	8	3m 44s/Km	00.38.10	5	31.44 Km/h	00.10.32	7	4m 12s/Km
7	MOSSO, ELISABETTA	S4	1	SURVIVAL	01:10:52.60	00.17.54	7	3m 34s/Km	00.41.08	9	29.17 Km/h	00.09.53	6	3m 57s/Km
8	RU, ASSUNTA ALESSIA	S3	3	TRI TEAM SASSARI	01:14:23.70	00.20.20	10	4m 3 s/Km	00.41.16	10	29.07 Km/h	00.10.51	9	4m 20s/Km
9	MASALA, GRAZIA	M2	1	TRI TEAM SASSARI	01:14:24.90	00.20.08	9	4m 1 s/Km	00.41.27	11	28.95 Km/h	00.10.44	8	4m 17s/Km
10	MOSSA, PAOLA	M1	1	TRI TEAM SASSARI	01:15:16.20	00.20.41	11	4m 8 s/Km	00.41.06	8	29.19 Km/h	00.11.46	10	4m 42s/Km
11	SILANOS, ROSSANA	M1	2	TRI TEAM SASSARI	01:16:04.20	00.21.30	12	4m 17s/Km	00.40.25	7	29.69 Km/h	00.12.15	11	4m 54s/Km
12	FALCHI, DANIELA	S3	4	TRI TEAM SASSARI	01:26:05.00	00.23.13	13	4m 38s/Km	00.47.09	12	25.45 Km/h	00.13.44	12	5m 29s/Km
DNF	LUJU, VALENTINA	-	0	TRI TEAM SASSARI	DNF	00.17.51	5	--	-	-1	--	-	-1	--