



Triathlon Sprint Città di Capalbìo - Femminile
Capalbìo (GR), 25/09/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	ROSSI, FRANCESCA	EL	1	FORHANS TEAM	01:08:46.00	00.13.29	1	1m 47s/100m	00.32.29	2	36.94 Km/h	00.20.56	3	4m 11s/Km
2	MENEGON, MICHELA	S3	1	TRIATH SIENA NUOTO	01:10:08.10	00.13.30	2	1m 48s/100m	00.34.57	8	34.33 Km/h	00.19.14	1	3m 50s/Km
3	NISI, CRISTINA	S2	1	SBR 3	01:11:13.80	00.16.04	6	2m 8.s/100m	00.31.27	1	38.15 Km/h	00.21.00	4	4m 12s/Km
4	ASCOLI, MANUELA	S4	1	A.S.MINERVA ROMA	01:13:18.00	00.15.57	5	2m 7.s/100m	00.34.17	4	35.00 Km/h	00.20.45	2	4m 9 s/Km
5	MARTINELLI, CAMILLA	S2	2	A.S.MINERVA ROMA	01:16:44.60	00.15.52	3	2m 6.s/100m	00.34.30	6	34.78 Km/h	00.23.42	9	4m 44s/Km
6	BRAMBILLE, VERONICA	S3	2	OLIMPIA TRIATHLON AS	01:17:02.60	00.16.10	7	2m 9.s/100m	00.34.11	3	35.10 Km/h	00.24.16	11	4m 51s/Km
7	BALDASSARI, FRANCESCA	S3	3	TRIATHLON GROSSETO	01:19:06.90	00.17.51	8	2m 22s/100m	00.36.41	12	32.71 Km/h	00.21.31	6	4m 18s/Km
8	TOTI, ISABELLA	M1	1	ATOMICA TRIATHLON	01:19:32.30	00.15.55	4	2m 7.s/100m	00.37.12	13	32.25 Km/h	00.23.22	8	4m 40s/Km
9	FOGLINO, ENRICA	M2	1	A.S. VIRTUS	01:19:51.00	00.19.56	10	2m 39s/100m	00.34.46	7	34.51 Km/h	00.22.06	7	4m 25s/Km
10	TIEZZI, SILVIA	S3	4	FIRENZE TRI	01:21:53.50	00.23.30	14	3m 7.s/100m	00.34.25	5	34.86 Km/h	00.21.11	5	4m 14s/Km
11	SOSSI, RAFFAELLA	M1	2	S.S.LAZIO	01:24:26.80	00.20.50	11	2m 46s/100m	00.36.09	11	33.19 Km/h	00.24.14	10	4m 50s/Km
12	DE PRETO, ELENA MARIA	M1	3	TRIATHLONLECCO	01:25:44.20	00.21.12	12	2m 49s/100m	00.35.02	9	34.25 Km/h	00.25.17	12	5m 3 s/Km
13	MELE, SIMONA	M2	2	A.S. TRIATH OSTIA	01:26:02.70	00.18.54	9	2m 31s/100m	00.35.51	10	33.47 Km/h	00.28.27	14	5m 41s/Km
14	CANDOLFI, CORNELIA	M1	4	SVIZZERA	01:35:08.10	00.25.12	15	3m 21s/100m	00.39.18	14	30.53 Km/h	00.27.15	13	5m 27s/Km
15	VIERI, YLENIA	S4	2	VIS CORTONA	01:41:03.00	00.22.48	13	3m 2.s/100m	00.42.36	15	28.16 Km/h	00.31.43	15	6m 20s/Km