



Triathlon Sprint di Torregrande - Femminile

Torregrande (OR), 26/06/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	CARTA, VALENTINA	EL	1	TRIATHLON CREMONA ST	01:05:49.00	00.12.10	1	1m 37s/100m	00.31.22	1	38.25 Km/h	00.20.56	2	4m 11s/Km
2	CAPONE, ALICE	EL	2	FORHANS TEAM	01:08:13.80	00.14.41	3	1m 57s/100m	00.32.06	2	37.38 Km/h	00.20.09	1	4m 1 s/Km
3	CURRIDORI, ELISABETTA	JU	1	FUEL TRIATHLON	01:10:40.40	00.13.25	2	1m 47s/100m	00.33.24	3	35.92 Km/h	00.22.33	3	4m 30s/Km
4	MURA, MARIA ELENA	S2	1	TRI TEAM SASSARI	01:16:00.50	00.15.44	9	2m 5.s/100m	00.34.25	5	34.86 Km/h	00.24.02	4	4m 48s/Km
5	TAGLIAFERRI, ROBERTA	M2	1	RARINANTES	01:16:50.60	00.15.31	5	2m 4.s/100m	00.34.35	7	34.69 Km/h	00.24.52	5	4m 58s/Km
6	SILANOS, ROSSANA	M1	1	TRI TEAM SASSARI	01:19:49.20	00.15.32	6	2m 4.s/100m	00.34.30	6	34.78 Km/h	00.27.45	8	5m 32s/Km
7	ORO, SARAH	S4	1	ARC BUSTO ARSIZIO	01:21:26.90	00.15.41	7	2m 5.s/100m	00.34.22	4	34.91 Km/h	00.29.23	9	5m 52s/Km
8	SOLINAS, ANNA RITA	S2	2	SINIS ORISTANO	01:23:02.40	00.15.43	8	2m 5.s/100m	00.39.35	9	30.31 Km/h	00.25.43	6	5m 8 s/Km
9	MAMELI, GIULIA	S3	1	TRISARCA	01:25:39.60	00.18.23	10	2m 27s/100m	00.37.21	8	32.12 Km/h	00.27.44	7	5m 32s/Km
10	LOIZEDDA, ALESSANDRA	M1	2	VILLACIDRO TRIATHLON	01:31:26.00	00.15.07	4	2m 0.s/100m	00.42.32	10	28.21 Km/h	00.31.12	10	6m 14s/Km