



Triathlon Olimpico del Lago del Salto - Femminile
Lago del Salto (RI), 24/07/2010



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	MENEGON, MICHELA	S3	1	TRIATH SIENA NUOTO	02:19:05.60	00.30.53	1	2m 3.s/100m	01.06.33	3	36.06 Km/h	00.41.39	3	4m 9 s/Km
2	SARTI, GESSICA	S4	1	TRIATHLON FAENZA	02:24:39.50	00.35.41	2	2m 22s/100m	01.06.03	1	36.33 Km/h	00.42.55	4	4m 17s/Km
3	DI MARCO, GIULIA	S3	2	TRIATHLON TRASIMENO	02:33:47.70	00.40.15	3	2m 40s/100m	01.12.04	5	33.30 Km/h	00.41.28	2	4m 8 s/Km
4	NIELSEN, ENOLE MARIE	M1	1	FORHANS TEAM	02:37:34.40	00.40.46	4	2m 43s/100m	01.11.25	4	33.60 Km/h	00.45.23	6	4m 32s/Km
5	KACZKO, SARA	S3	3	TORRINO TRI TEAM	02:38:33.20	00.42.13	5	2m 48s/100m	01.12.38	6	33.04 Km/h	00.43.42	5	4m 22s/Km
6	CAROTI GHELLI, FRANCESCA	M1	2	PISA TRIATHLON	02:42:22.40	00.43.48	7	2m 55s/100m	01.17.37	12	30.92 Km/h	00.40.57	1	4m 5 s/Km
7	MELE, RAFFAELLA	M1	3	FORHANS TEAM	02:45:14.40	00.44.19	9	2m 57s/100m	01.14.19	9	32.29 Km/h	00.46.36	9	4m 39s/Km
8	MANCINI, MONIKA MANUELA	M1	4	INUIT	02:46:13.10	00.51.04	12	3m 24s/100m	01.06.04	2	36.32 Km/h	00.49.05	10	4m 54s/Km
9	GENTILE, NELITA	S4	2	FORHANS TEAM	02:46:23.20	00.43.56	8	2m 55s/100m	01.13.18	7	32.74 Km/h	00.49.09	11	4m 54s/Km
10	AZZARO, FRANCESCA	S4	3	FORHANS TEAM	02:55:53.20	00.53.39	13	3m 34s/100m	01.16.41	10	31.29 Km/h	00.45.33	8	4m 33s/Km
11	TRIBUZIO, ROSA	S3	4	CUS BARI	02:57:00.60	00.44.55	10	2m 59s/100m	01.19.12	14	30.30 Km/h	00.52.53	14	5m 17s/Km
12	MIGNOGNA, MARIA GRAZIA	M2	1	FORHANS TEAM	02:57:49.60	00.58.52	15	3m 55s/100m	01.13.26	8	32.68 Km/h	00.45.31	7	4m 33s/Km
13	SOSSI, RAFFAELLA	M1	5	S.S.LAZIO	02:58:53.20	00.48.44	11	3m 14s/100m	01.18.09	13	30.71 Km/h	00.52.00	12	5m 12s/Km
14	ROSSATO, BERTILLA	M3	1	ATOMICA TRIATHLON	03:04:37.20	00.55.11	14	3m 40s/100m	01.17.12	11	31.08 Km/h	00.52.14	13	5m 13s/Km
15	TICCONI, CRISTINA	M1	6	ASD 3.4 FUN	03:07:41.70	00.42.14	6	2m 48s/100m	01.28.08	16	27.23 Km/h	00.57.19	15	5m 43s/Km
16	SATOLLI, SARA	S3	5	PESCARA TRIATHLON	03:34:14.60	01.04.00	16	4m 15s/100m	01.26.54	15	27.61 Km/h	01.03.20	16	6m 19s/Km