



Triathlon Medio Candia - MF
Candia (TO), 15/05/2011



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	GUGLIELMETTI, BARBARA	S3	1	SVIZZERA	04:28:13.40	00.25.16	3	1m 19s/100m	02.21.53	2	38.05 Km/h	01.38.50	2	4m 41s/Km
2	ZAVANONE, ILARIA	EL	1	A.S.D. TORINO TRIATH	04:32:22.10	00.31.47	9	1m 40s/100m	02.19.15	1	38.77 Km/h	01.38.52	3	4m 41s/Km
3	CAPPELLINI, ADELAIDE	EL	2	G.S. FF.OO.	04:33:22.50	00.25.14	2	1m 19s/100m	02.23.05	4	37.74 Km/h	01.43.04	5	4m 53s/Km
4	PALLARO, DANIELA	EL	3	PADOVA TRIATHLON	04:35:00.20	00.26.54	4	1m 24s/100m	02.27.44	6	36.55 Km/h	01.37.05	1	4m 36s/Km
5	TESSARO, EVELYN	S3	2	ASD TRIATHLON 3V	04:36:27.90	00.27.33	5	1m 26s/100m	02.23.19	5	37.67 Km/h	01.42.32	4	4m 51s/Km
6	TESSARO, MICHELA	S3	3	ASD TRIATHLON 3V	04:43:22.50	00.25.12	1	1m 19s/100m	02.30.09	7	35.96 Km/h	01.45.18	6	4m 59s/Km
7	FASOLIS, COSTANZA	S2	1	A.S.D. TORINO TRIATH	04:45:43.90	00.28.29	6	1m 29s/100m	02.22.36	3	37.86 Km/h	01.52.24	8	5m 19s/Km
8	BERNASCONI, MERY	S4	1	SVIZZERA	05:01:05.10	00.32.55	11	1m 43s/100m	02.35.09	9	34.80 Km/h	01.50.33	7	5m 14s/Km
9	RAVAROTTO, FRANCESCA	S3	4	ASD POLETTI	05:13:06.80	00.35.39	15	1m 52s/100m	02.37.42	10	34.24 Km/h	01.56.31	9	5m 31s/Km
10	GALLINA, SILVIA	M1	1	CUNEO TRI	05:15:59.30	00.30.04	7	1m 34s/100m	02.45.23	13	32.65 Km/h	01.56.44	10	5m 31s/Km
11	LIGUGNANA, ALESSIA	S4	2	HARBOUR CLUB A.S.D.	05:17:40.30	00.31.55	10	1m 40s/100m	02.38.42	11	34.02 Km/h	02.02.56	14	5m 49s/Km
12	CAPANNINI, CHIARA	S2	2	FIRENZE TRI	05:26:09.20	00.31.36	8	1m 39s/100m	02.41.30	12	33.43 Km/h	02.07.57	16	6m 3 s/Km
13	DE GIUSEPPE, DEBORAH	S4	3	A.S.D. TORINO TRIATH	05:28:07.00	00.33.41	13	1m 46s/100m	02.48.17	14	32.08 Km/h	02.02.01	13	5m 47s/Km
14	PULITANO', ILENIA	S4	4	ALBA TRI	05:35:43.50	00.33.19	12	1m 45s/100m	02.58.17	16	30.28 Km/h	01.59.34	12	5m 40s/Km
15	PARISI, CATERINA	M2	1	FRIESIAN TEAM	05:40:07.00	00.38.13	17	2m 0.s/100m	03.00.22	17	29.93 Km/h	01.57.16	11	5m 33s/Km
16	GALIMBERTI, ALESSANDRA	M1	2	CNM TRIATHLON	05:55:27.10	00.35.30	14	1m 52s/100m	03.07.18	19	28.83 Km/h	02.07.33	15	6m 2 s/Km
17	BOSIO, NICOLETTA	M2	2	TRIATHLON BERGAMO	06:09:37.70	00.43.28	18	2m 17s/100m	02.53.32	15	31.11 Km/h	02.27.03	17	6m 58s/Km
18	STRATA, MARGHERITA	M5	1	A.S.D. TORINO TRIATH	06:40:37.80	00.46.51	19	2m 27s/100m	03.03.41	18	29.39 Km/h	02.41.40	18	7m 39s/Km
DNF	SOSELLA, LIA	-	0	ASD TRIATHLON 3V	DNF	00.37.29	16	--	02.32.00	8	--	-	-1	--
DNS	BOCCONE, ISABELLA	-	0	TRIATHLON CREMONA ST	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MANENTE, ELISA	-	0	C.U.S. TORINO TRI	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	BRUGNETTI, MARINA	-	0	ARC BUSTO ARSIZIO	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	FERRO, FEDERICA	-	0	ASD TRIATHLON 3V	DNS	-	-1	--	-	-1	--	-	-1	--