



Duathlon Sprint di Manerba - Femminile

Manerba del Garda (BS), 20/03/2011



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	BATTISTONI, ELISA	S3	1	A.S. FREEZONE	01:04:29.00	00.18.18	1	3m 39s/Km	00.34.41	2	34.59 Km/h	00.10.32	1	4m 12s/Km
2	RAMUNDO, MICOL	S3	2	TRIATHLON CREMONA STRADIVARI S.S.D. R.L.	01:05:50.20	00.18.28	2	3m 41s/Km	00.35.35	4	33.72 Km/h	00.10.48	2	4m 19s/Km
3	GOLDONI, PAOLA	M1	1	A.S.D. PER UNA VITA MIGLIORE	01:07:35.60	00.19.54	3	3m 58s/Km	00.35.37	5	33.69 Km/h	00.11.15	3	4m 30s/Km
4	LAZZARO, ILENIA	S3	3	PADOVANUOTO TRIATHLON A.S.D.	01:09:25.90	00.20.54	6	4m 10s/Km	00.34.49	3	34.46 Km/h	00.12.05	4	4m 49s/Km
5	NEGRISOLI, ANNA	M2	1	G.S. MANERBA A.S.D.	01:10:35.90	00.20.48	4	4m 9 s/Km	00.35.39	6	33.66 Km/h	00.12.21	6	4m 56s/Km
6	BALLESTRI, GIULIA	S1	1	TRIATHLON TEAM AVIA PERVIA MODENA	01:12:45.80	00.21.50	9	4m 21s/Km	00.37.16	7	32.20 Km/h	00.12.22	7	4m 56s/Km
7	OROPEZA, MARIELA	M1	2	RHO TRIATHLON CLUB	01:12:58.20	00.21.40	7	4m 19s/Km	00.37.42	8	31.83 Km/h	00.12.29	8	4m 59s/Km
8	FIORIN, MICHELA	S2	1	CE.MS. CENTRO MULT. PIACENZA TRIAT.	01:13:58.80	00.25.09	18	5m 1 s/Km	00.30.43	1	39.06 Km/h	00.15.36	18	6m 14s/Km
9	BETTOLI, CHIARA	M3	1	TRIATHLON FAENZA TEAM MULTISPORT	01:14:47.70	00.20.53	5	4m 10s/Km	00.40.05	11	29.93 Km/h	00.12.06	5	4m 50s/Km
10	RAMPONI, GIULIA	S2	2	PADOVANUOTO TRIATHLON A.S.D.	01:16:32.00	00.22.51	12	4m 34s/Km	00.38.34	9	31.11 Km/h	00.13.48	13	5m 31s/Km
11	CHIARINI, MIRIAM	M1	3	A.S.D. PER UNA VITA MIGLIORE	01:17:34.30	00.22.35	11	4m 30s/Km	00.39.58	10	30.02 Km/h	00.13.07	10	5m 14s/Km
12	TEDESCO, CLAUDIA	S4	1	C.U.S. PARMA A.S.D.	01:18:13.20	00.21.47	8	4m 21s/Km	00.42.18	14	28.36 Km/h	00.13.07	9	5m 14s/Km
13	SAMBO, ILARIA	M1	4	PRO PATRIA MILANO SRL S.S.D.	01:18:19.80	00.22.11	10	4m 26s/Km	00.40.57	12	29.30 Km/h	00.13.12	11	5m 16s/Km
14	LIDEO, ELISABETTA	S4	2	PADOVA TRIATHLON DUATHLON A.S.D.	01:22:58.20	00.23.18	15	4m 39s/Km	00.42.07	13	28.49 Km/h	00.15.28	17	6m 11s/Km
15	VACCANI, FRANCESCA	M2	2	3 LIFE A.S.D.	01:24:23.50	00.22.59	13	4m 35s/Km	00.45.02	18	26.64 Km/h	00.13.13	12	5m 17s/Km
16	ZONI, STEFANIA	M1	5	C.U.S. PARMA A.S.D.	01:24:35.70	00.23.09	14	4m 37s/Km	00.44.55	17	26.71 Km/h	00.15.25	16	6m 10s/Km
17	IABICHELLA, LUISELLA	M4	1	ROAD RUNNERS CLUB MILANO TRIATHLON	01:25:03.40	00.24.33	17	4m 54s/Km	00.44.16	15	27.10 Km/h	00.15.05	15	6m 1 s/Km
18	FASSON, PAOLA	M1	6	PADOVANUOTO TRIATHLON A.S.D.	01:27:12.00	00.24.29	16	4m 53s/Km	00.45.53	19	26.15 Km/h	00.14.43	14	5m 53s/Km
19	CARRARI, GIORGIA	S4	3	PADOVANUOTO TRIATHLON A.S.D.	01:33:06.30	00.27.06	19	5m 25s/Km	00.48.31	20	24.73 Km/h	00.16.15	19	6m 30s/Km
20	GARIBOLDI, CARLA DOMENI	S4	4	ROAD RUNNERS CLUB MILANO TRIATHLON	01:36:11.80	00.33.13	20	6m 38s/Km	00.44.50	16	26.76 Km/h	00.16.25	20	6m 33s/Km
21	SILECCHIA, ANGELA	M1	7	ROAD RUNNERS CLUB MILANO TRIATHLON	01:46:17.90	00.33.18	21	6m 39s/Km	00.51.26	21	23.33 Km/h	00.20.04	21	8m 1 s/Km
DNS	DASOLI, ELISABETTA	-	0	G.S. MANERBA A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	ARRIGONI, GIULIANA	-	0	3 LIFE A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MAZZARI, ALESSANDRA	-	0	CE.MS. CENTRO MULT. PIACENZA TRIAT.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	OLIVARI, NICOLE	-	0	A.S.D. TORINO TRIATHLON	DNS	-	-1	--	-	-1	--	-	-1	--