



Triathlon Promo, Kids e Youth di Vallecrosia - Giovani Femminile
Vallecrosia (IM), 04/09/2011



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	ACARNE, MATILDE	CU	1	A.S. VIRTUS	00:05:14.20	00:00.51	1	0m 25s/100m	00:03.17	1	109.6 Km/h	00:01.06	4	0m 43s/Km
2	CAPROTTI, SOFIA	CU	2	TRI TEAM BRIANZA	00:05:18.50	00:01.05	2	0m 32s/100m	00:03.17	2	109.6 Km/h	00:00.56	1	0m 37s/Km
3	PERTICATI, CHIARA	CU	3	FRIESIAN TEAM	00:05:49.50	00:01.11	3	0m 35s/100m	00:03.35	3	100.4 Km/h	00:01.03	2	0m 42s/Km
4	PASSERINI, ARIANNA	CU	4	ASD CNM TRIATHLON	00:06:45.30	00:01.17	5	0m 38s/100m	00:04.18	4	83.72 Km/h	00:01.10	6	0m 46s/Km
5	GIOCA', MARGHERITA	CU	5	ASD CNM TRIATHLON	00:06:47.50	00:01.19	6	0m 39s/100m	00:04.22	5	82.44 Km/h	00:01.06	5	0m 43s/Km
6	SALI, FRANCESCA	CU	6	TRIATHLON CREMONA ST	00:07:11.30	00:01.13	4	0m 36s/100m	00:04.53	6	73.72 Km/h	00:01.05	3	0m 43s/Km
7	CHiodo, IRENE	ES	1	A.S. VIRTUS	00:07:56.40	00:01.24	8	0m 42s/100m	00:05.04	7	71.05 Km/h	00:01.28	7	0m 58s/Km
8	ROSCALLA, ELISABETTA	ES	2	PRO PATRIA SCOTT	00:08:10.40	00:01.21	7	0m 40s/100m	00:05.05	8	70.81 Km/h	00:01.44	9	1m 9 s/Km
9	PITONZO, VERONICA	ES	3	ASD CNM TRIATHLON	00:08:32.10	00:01.25	9	0m 42s/100m	00:05.25	9	66.46 Km/h	00:01.42	8	1m 7 s/Km
10	GOTTARDI, SOFIA	ES	4	A.S. VIRTUS	00:09:18.90	00:01.45	16	0m 52s/100m	00:05.46	12	62.42 Km/h	00:01.47	10	1m 11s/Km
11	POZZI, ALICE	ES	5	FRIESIAN TEAM	00:09:24.80	00:01.40	13	0m 50s/100m	00:05.40	10	63.52 Km/h	00:02.04	15	1m 22s/Km
12	VENTURA, ELISABETH	ES	6	A.S. VIRTUS	00:09:25.60	00:01.38	11	0m 49s/100m	00:05.51	14	61.53 Km/h	00:01.56	11	1m 17s/Km
13	VAGHI, VALERIA	ES	7	FRIESIAN TEAM	00:09:29.80	00:01.41	14	0m 50s/100m	00:05.51	13	61.53 Km/h	00:01.57	12	1m 18s/Km
14	BARUFFOLO, ELISA	ES	8	PIANETA ACQUA	00:09:56.50	00:01.41	15	0m 50s/100m	00:06.12	16	58.06 Km/h	00:02.03	14	1m 22s/Km
15	SCALA, MARGHERITA	ES	9	PRO PATRIA SCOTT	00:10:10.50	00:01.46	17	0m 52s/100m	00:05.40	11	63.52 Km/h	00:02.44	19	1m 49s/Km
16	MAFFIO, MARIAGIULIA	ES	10	ASD CNM TRIATHLON	00:10:57.50	00:01.39	12	0m 49s/100m	00:07.01	17	51.30 Km/h	00:02.17	16	1m 31s/Km
17	PRATO, LORENZA	ES	11	TRIATHLON BORDIGHERA	00:11:04.00	00:01.30	10	0m 44s/100m	00:07.09	18	50.34 Km/h	00:02.25	17	1m 36s/Km
18	POLLICINI, SILVIA	RA	1	VALLE D'AOSTA	00:14:00.70	00:02.09	23	1m 4.s/100m	00:09.05	19	39.63 Km/h	00:02.46	20	1m 50s/Km
19	BARRERA, GIORGIA	RA	2	JCT VIGEVANO	00:14:17.90	00:02.01	19	1m 0.s/100m	00:09.29	21	37.96 Km/h	00:02.47	21	1m 51s/Km
20	TAVERNA, BEATRICE	RA	3	FRIESIAN TEAM	00:14:26.20	00:02.10	24	1m 4.s/100m	00:09.36	22	37.5 Km/h	00:02.40	18	1m 46s/Km
21	CASSINARI, CATERINA	RA	4	PIANETA ACQUA	00:14:38.60	00:02.03	21	1m 1.s/100m	00:09.41	23	37.17 Km/h	00:02.54	23	1m 55s/Km
22	TACCONI, SILVIA	RA	5	FRIESIAN TEAM	00:14:47.30	00:02.18	25	1m 8.s/100m	00:09.28	20	38.02 Km/h	00:03.01	25	2m 0 s/Km
23	TOMEI, SERENA	RA	6	A.S.D. TORINO TRIATH	00:15:03.80	00:02.06	22	1m 3.s/100m	00:09.56	25	36.24 Km/h	00:03.01	24	2m 0 s/Km
24	BONACINA, CARLOTTA	RA	7	APDIL FOR YOU CLUB	00:15:20.00	00:02.20	26	1m 10s/100m	00:10.11	26	35.35 Km/h	00:02.49	22	1m 52s/Km
25	MARZELLA, AURORA	RA	8	PIANETA ACQUA	00:15:42.10	00:02.02	20	1m 0.s/100m	00:10.19	27	34.89 Km/h	00:03.21	30	2m 14s/Km
26	BOERI, ELISA	RA	9	FRIESIAN TEAM	00:15:49.70	00:02.37	29	1m 18s/100m	00:09.55	24	36.30 Km/h	00:03.17	29	2m 11s/Km
27	GOYET, MICHELLE	RA	10	VALLE D'AOSTA	00:15:58.00	00:02.22	27	1m 11s/100m	00:10.29	29	34.34 Km/h	00:03.07	27	2m 4 s/Km
28	ROLLO, ELIZABETH	RA	11	RIVTRI92	00:16:01.10	00:02.26	28	1m 12s/100m	00:10.23	28	34.67 Km/h	00:03.12	28	2m 7 s/Km
29	REVELLI, VERONICA	RA	12	RIVTRI92	00:17:22.20	00:02.38	30	1m 18s/100m	00:11.40	30	30.85 Km/h	00:03.04	26	2m 2 s/Km
30	OLMO, ANGELICA	YA	1	PIANETA ACQUA	00:22:34.90	00:02.43	31	1m 21s/100m	00:15.36	35	23.07 Km/h	00:04.15	31	2m 50s/Km
31	PARODI, FEDERICA	YA	2	A.S. VIRTUS	00:22:48.50	00:02.50	33	1m 25s/100m	00:15.29	33	23.25 Km/h	00:04.29	33	2m 59s/Km
32	ZANLUNGO, CECILIA	YA	3	PIANETA ACQUA	00:23:31.20	00:02.49	32	1m 24s/100m	00:15.33	34	23.15 Km/h	00:05.09	35	3m 25s/Km
33	CONTU, MANUELA	YA	4	VALLE D'AOSTA	00:23:45.00	00:03.08	38	1m 34s/100m	00:16.09	36	22.29 Km/h	00:04.28	32	2m 58s/Km
34	CONTU, ISABELLA	YB	1	VALLE D'AOSTA	00:23:46.90	00:03.09	40	1m 34s/100m	00:15.23	32	23.40 Km/h	00:05.14	36	3m 29s/Km
35	MASSANO, FRANCESCA	YA	5	A.S. VIRTUS	00:23:48.70	00:02.58	35	1m 29s/100m	00:15.22	31	23.42 Km/h	00:05.28	42	3m 38s/Km
36	BARONCHELLI, VALENTINA	YB	2	DDS	00:24:41.90	00:03.09	39	1m 34s/100m	00:16.35	37	21.70 Km/h	00:04.57	34	3m 17s/Km
37	BERTI, CATERINA	YA	6	DDS	00:24:54.40	00:02.53	34	1m 26s/100m	00:16.38	38	21.64 Km/h	00:05.23	40	3m 35s/Km
38	VACCHELLI, LAURA	YB	3	TRIATHLON CREMONA ST	00:25:07.70	00:03.06	37	1m 33s/100m	00:16.41	40	21.57 Km/h	00:05.20	39	3m 33s/Km



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39	AMBROSTOLO, GLORIA	YB	4	A.S. VIRTUS	00:25:27.90	00.03.14	42	1m 37s/100m	00.16.38	39	21.64 Km/h	00.05.35	43	3m 43s/Km
40	CASOLARI, SAMANTHA	YB	5	ARC BUSTO ARSIZIO	00:25:43.00	00.03.13	41	1m 36s/100m	00.16.43	41	21.53 Km/h	00.05.47	44	3m 51s/Km
41	PRIARONE, CAMILLA	YA	7	A.S. VIRTUS	00:27:02.90	00.03.27	44	1m 43s/100m	00.18.15	43	19.72 Km/h	00.05.20	38	3m 33s/Km
42	ROGGERO, DOMIZIAN	YB	6	ARC BUSTO ARSIZIO	00:27:23.80	00.03.33	46	1m 46s/100m	00.18.32	44	19.42 Km/h	00.05.18	37	3m 31s/Km
43	GIANGOLINI, MARTINA	YA	8	FRIESIAN TEAM	00:28:03.20	00.03.19	43	1m 39s/100m	00.17.48	42	20.22 Km/h	00.06.56	47	4m 37s/Km
44	CAPOZUCCA, LARA	YA	9	RIVTRI92	00:28:08.00	00.03.05	36	1m 32s/100m	00.18.43	45	19.23 Km/h	00.06.20	46	4m 13s/Km
45	GUALLA, CRISTINA	YA	10	PRO PATRIA SCOTT	00:28:31.50	00.03.29	45	1m 44s/100m	00.18.56	46	19.01 Km/h	00.06.06	45	4m 3 s/Km
46	ADAMI, GIORGIA	YA	11	RIVTRI92	00:28:46.20	00.03.39	47	1m 49s/100m	00.19.41	47	18.28 Km/h	00.05.26	41	3m 37s/Km
DNS	REDAELLI, CARLOTTA	-	0	ASD CNM TRIATHLON	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	PETRELLA, SARA ROSELLA	-	0	FRIESIAN TEAM	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MANTOVANI, FEDERICA	-	0	PIANETA ACQUA	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	LAVANGA, CHIARA	-	0	FRIESIAN TEAM	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MOLINARO, ARIANNA	-	0	VALLE D'AOSTA	DNS	-	-1	--	-	-1	--	-	-1	--
Sq.	COCORULLO, GAIA	ES	0	A.S. VIRTUS	00:09:52.30	00.01.47	18	0m 53s/100m	00.06.03	15	59.50 Km/h	00.02.02	13	1m 21s/Km