



Triathlon Sprint Città di Capalbio - Femminile
Capalbio (GR), 22/04/2012



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	FIORAVANTI, ILARIA	JU	1	A.S.MINERVA ROMA	01:07:47.60	00.19.52	1	3m 58s/Km	00.37.19	3	32.15 Km/h	00.09.06	1	3m 38s/Km
2	BUGGINI, IRENE	S3	1	A.S. TRIATH OSTIA	01:08:53.70	00.20.46	2	4m 9 s/Km	00.36.44	1	32.66 Km/h	00.09.43	2	3m 53s/Km
3	GIGONI, ARIANNA	S2	1	FREESTYLE TRIATHLON	01:09:14.40	00.20.57	3	4m 11s/Km	00.36.50	2	32.57 Km/h	00.09.58	3	3m 59s/Km
4	CHIERICI, ERIKA	S4	1	FREESTYLE TRIATHLON	01:12:14.60	00.21.40	4	4m 19s/Km	00.38.50	5	30.90 Km/h	00.10.18	4	4m 7 s/Km
5	BERNARDINI, SIMONETTA	M2	1	LIVORNO TRIATHLON	01:12:44.80	00.21.59	5	4m 23s/Km	00.38.31	4	31.15 Km/h	00.10.46	5	4m 18s/Km
6	BALDASSARI, FRANCESCA	S3	2	TRIATHLON GROSSETO A	01:17:22.90	00.22.38	6	4m 31s/Km	00.41.34	10	28.86 Km/h	00.10.55	6	4m 21s/Km
7	VITALI, CLEMENTINA	YB	1	GREEN HILL	01:20:01.60	00.23.50	7	4m 46s/Km	00.42.19	12	28.35 Km/h	00.12.22	7	4m 56s/Km
8	CESARINI, NICOLETTA	M2	2	A.S. TRIATH OSTIA	01:22:00.90	00.24.53	8	4m 58s/Km	00.41.46	11	28.73 Km/h	00.12.50	9	5m 8 s/Km
9	BOTTONI, ROSANNA	M3	1	1A MISTRAL TRIATHLON	01:24:41.20	00.27.49	9	5m 33s/Km	00.41.26	9	28.96 Km/h	00.12.45	8	5m 5 s/Km
10	SARTONI, CAROLINA	S2	2	SBR 3	01:25:08.30	00.29.08	12	5m 49s/Km	00.40.35	6	29.56 Km/h	00.13.31	10	5m 24s/Km
11	BIENTINESI, FRANCESCA	S1	1	FREESTYLE TRIATHLON	01:25:55.70	00.29.06	10	5m 49s/Km	00.40.46	8	29.43 Km/h	00.14.16	11	5m 42s/Km
12	BOSSINI, SAMUELA	S2	3	SBR 3	01:26:54.00	00.29.07	11	5m 49s/Km	00.40.38	7	29.53 Km/h	00.15.08	12	6m 3 s/Km