



Campionato Italiano Duathlon Ind. Giovani - Ragazzi Femminile

Capaccio (SA), 01.04.2017



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	P.S.	Media	T1	P.T1	Bike	P.B.	Media	T2	P.T2	Run	P.R.	Media
1	GERMANI, VALENTINA	RA	1	ASD CNM TRIATHLON	00:12:59.80	00:02:45.18	3	3m 26s/Km	00:00:38.40	4	00:06:31.50	10	27.62 Km/h	00:00:57.20	5	00:02:07.40	8	5m 17s/Km
2	DAL MAS, MATILDE	RA	2	SILCA ULTRALITE	00:13:05.90	00:02:49.16	8	3m 31s/Km	00:00:40.60	15	00:06:19.90	2	28.49 Km/h	00:00:53.90	1	00:02:22.30	17	5m 54s/Km
3	CROCIANI, SARA	RA	3	POL. RICCIONE	00:13:06.10	00:02:47.62	6	3m 28s/Km	00:00:38.30	3	00:06:29.20	7	27.76 Km/h	00:00:58.20	7	00:02:12.00	9	5m 29s/Km
4	GOBBI, ALICE	RA	4	T.D. RIMINI	00:13:12.80	00:02:45.24	4	3m 26s/Km	00:00:38.40	5	00:06:24.90	4	28.12 Km/h	00:00:57.80	6	00:02:26.20	21	6m 4 s/Km
5	ALESSANDRI, ALICE	RA	5	T.D. RIMINI	00:13:16.40	00:02:50.60	9	3m 32s/Km	00:00:38.90	6	00:06:26.30	5	27.97 Km/h	00:00:56.70	3	00:02:23.00	18	5m 57s/Km
6	CASADEI, GIULIA	RA	6	T.D. RIMINI	00:13:22.10	00:02:53.40	12	3m 36s/Km	00:00:40.00	11	00:06:22.00	3	28.27 Km/h	00:01:02.70	16	00:02:24.00	19	5m 59s/Km
7	FAVILLI, SARA	RA	7	CUS PARMA ASD	00:13:26.00	00:02:48.64	7	3m 29s/Km	00:00:39.10	7	00:06:27.90	6	27.90 Km/h	00:01:01.40	13	00:02:28.00	24	6m 9 s/Km
8	TERRONONI, SUSANNA	RA	8	GREEN HILL	00:13:27.90	00:02:57.44	16	3m 41s/Km	00:00:41.40	17	00:06:34.60	13	27.41 Km/h	00:00:56.40	2	00:02:18.00	13	5m 44s/Km
9	BIZ, ELEONORA	RA	9	SILCA ULTRALITE	00:13:33.10	00:02:44.56	2	3m 24s/Km	00:00:37.10	1	00:06:53.60	26	26.15 Km/h	00:00:57.10	4	00:02:19.90	15	5m 47s/Km
10	PIRODDI, ALICE	RA	10	SABINA TEVERE	00:13:34.00	00:02:57.89	17	3m 41s/Km	00:00:42.20	24	00:06:38.00	16	27.13 Km/h	00:01:01.30	12	00:02:14.30	12	5m 34s/Km
11	VOLIANI, MARGHERITA	RA	11	NUOTO LIVORNO 3	00:13:34.70	00:02:45.77	5	3m 26s/Km	00:00:41.50	18	00:06:51.20	24	26.27 Km/h	00:01:03.30	20	00:02:12.10	10	5m 29s/Km
12	SALVAGNO, MATILDE	RA	12	CUNEO1198 TRITEAM	00:13:36.90	00:02:57.10	15	3m 41s/Km	00:00:39.70	10	00:06:40.10	18	27.0 Km/h	00:01:00.70	11	00:02:18.60	14	5m 44s/Km
13	SAIU, GIULIA	RA	13	VILLACIDRO TRIATHLON	00:13:42.40	00:02:58.39	19	3m 42s/Km	00:00:37.20	2	00:06:16.10	1	28.72 Km/h	00:01:03.20	17	00:02:47.10	55	6m 57s/Km
14	DUTTO, MARIA	RA	14	CUNEO1198 TRITEAM	00:13:43.00	00:02:58.23	18	3m 42s/Km	00:00:40.80	16	00:06:37.60	15	27.20 Km/h	00:01:06.20	28	00:02:20.00	16	5m 49s/Km
15	ROSSI, GIULIA	RA	15	NUOTO LIVORNO 3	00:13:43.60	00:03:00.44	21	3m 44s/Km	00:00:40.30	12	00:06:31.00	9	27.62 Km/h	00:01:00.20	8	00:02:31.20	26	6m 17s/Km
16	BADIOLI, CAMILLA	RA	16	T.D. RIMINI	00:13:49.60	00:02:55.84	14	3m 38s/Km	00:00:39.50	8	00:06:46.00	21	26.60 Km/h	00:01:02.60	15	00:02:25.50	20	6m 2 s/Km
17	PECORARI, IRIS	RA	17	CSA GORIZIA	00:13:58.00	00:03:05.41	25	3m 51s/Km	00:00:45.50	46	00:06:33.80	12	27.48 Km/h	00:01:00.70	10	00:02:32.30	29	6m 19s/Km
18	ORSOLINI, ZOE	RA	18	CSD YMCA	00:14:04.70	00:03:07.86	30	3m 53s/Km	00:00:44.30	36	00:06:30.80	8	27.69 Km/h	00:01:00.40	9	00:02:40.40	45	6m 39s/Km
19	VAGHI, SARA	RA	19	FRIESIAN TEAM	00:14:10.70	00:03:07.87	31	3m 53s/Km	00:00:44.00	32	00:06:36.20	14	27.27 Km/h	00:01:04.70	24	00:02:37.60	36	6m 32s/Km
20	PIATTI, ELISA	RA	20	FRIESIAN TEAM	00:14:13.50	00:03:09.66	36	3m 56s/Km	00:00:41.70	19	00:06:39.10	17	27.06 Km/h	00:01:05.20	25	00:02:37.60	37	6m 32s/Km
21	MANCINI, MARTINA	RA	21	LEONE	00:14:14.00	00:02:51.10	10	3m 33s/Km	00:00:43.20	30	00:07:05.10	32	25.41 Km/h	00:01:04.10	21	00:02:30.40	25	6m 14s/Km
22	KOVIC, SARA	RA	22	CSA GORIZIA	00:14:16.00	00:02:51.47	11	3m 33s/Km	00:00:42.90	27	00:06:59.40	29	25.77 Km/h	00:01:02.50	14	00:02:38.90	42	6m 34s/Km
23	LASCHI, RACHELE	RA	23	NUOTO LIVORNO 3	00:14:16.40	00:03:06.32	26	3m 52s/Km	00:00:42.90	28	00:06:52.10	25	26.21 Km/h	00:01:03.20	18	00:02:31.80	28	6m 17s/Km
24	CASTALDO, FRANCESCA	RA	24	GREEN HILL	00:14:20.00	00:02:59.23	20	3m 43s/Km	00:00:42.10	23	00:06:32.50	11	27.55 Km/h	00:01:07.10	29	00:02:58.10	63	7m 24s/Km
25	GREGANTI, NICOLE	RA	25	A.S.MINERVA ROMA	00:14:22.80	00:03:07.47	27	3m 53s/Km	00:00:43.40	31	00:06:49.80	23	26.40 Km/h	00:01:04.40	23	00:02:37.70	38	6m 32s/Km
26	RUZZO, EMMA	RA	26	DDS	00:14:24.00	00:03:01.45	22	3m 46s/Km	00:00:48.00	56	00:06:42.90	20	26.86 Km/h	00:01:12.90	51	00:02:37.90	39	6m 32s/Km
27	CADEDDU, MARTA	RA	27	VILLACIDRO TRIATHLON	00:14:31.60	00:03:03.19	24	3m 48s/Km	00:00:40.60	14	00:06:47.90	22	26.53 Km/h	00:01:07.50	32	00:02:51.90	58	7m 7 s/Km
28	PUCCI, ALESSANDRA	RA	28	ATLAS TRIATHLON CS	00:14:35.30	00:03:22.40	56	4m 12s/Km	00:00:41.90	20	00:06:40.70	19	27.0 Km/h	00:01:03.30	19	00:02:47.00	54	6m 57s/Km
29	RIMONDI, ANNA	RA	29	CUS PARMA ASD	00:14:41.60	00:03:12.35	39	3m 59s/Km	00:00:42.00	22	00:06:57.60	28	25.89 Km/h	00:01:06.10	27	00:02:43.10	50	6m 47s/Km
30	LOMBARDO, ELENA	RA	30	CUNEO1198 TRITEAM	00:14:43.90	00:03:15.09	45	4m 3 s/Km	00:00:41.90	21	00:07:11.60	38	25.05 Km/h	00:01:07.80	34	00:02:26.70	23	6m 4 s/Km
31	RESEN, GIORGIA	RA	31	CSA GORIZIA	00:14:45.50	00:03:13.87	43	4m 1 s/Km	00:00:46.30	51	00:07:05.90	33	25.41 Km/h	00:01:07.40	30	00:02:31.30	27	6m 17s/Km
32	TONON, SOFIA	RA	32	SILCA ULTRALITE	00:14:45.60	00:02:44.28	1	3m 24s/Km	00:00:39.60	9	00:08:04.30	63	22.31 Km/h	00:01:04.30	22	00:02:12.30	11	5m 29s/Km
33	FABBI, GIULIA	RA	33	CUS PARMA ASD	00:14:46.20	00:03:11.23	37	3m 58s/Km	00:00:50.20	65	00:06:55.10	27	26.02 Km/h	00:01:08.50	40	00:02:41.00	46	6m 42s/Km
34	CORTI, ELEONORA	RA	34	PROPATRIA MILANO	00:14:47.00	00:03:08.41	32	3m 54s/Km	00:00:45.30	45	00:07:16.50	46	24.77 Km/h	00:01:10.20	44	00:02:26.50	22	6m 4 s/Km
35	MALMESI, COSTANZA	RA	35	CUS PARMA ASD	00:14:48.10	00:03:11.30	38	3m 58s/Km	00:00:46.00	48	00:07:08.10	35	25.23 Km/h	00:01:08.90	42	00:02:33.60	32	6m 22s/Km
36	BERANGER, ALICE	RA	36	ASD CNM TRIATHLON	00:14:50.40	00:03:07.51	28	3m 53s/Km	00:00:40.40	13	00:07:04.80	31	25.47 Km/h	00:01:15.30	56	00:02:41.90	48	6m 42s/Km
37	VITTOZZI, DARIA	RA	37	LEONE	00:14:52.10	-	-1	--	00:03:56.47	74	00:07:09.20	37	--	00:01:08.00	36	00:02:38.10	40	--
38	FORZATO, MARTINA	RA	38	CUS UDINE	00:14:54.20	00:03:07.52	29	3m 53s/Km	00:00:44.30	38	00:07:15.00	41	24.82 Km/h	00:01:08.10	37	00:02:38.40	41	6m 34s/Km



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39	TANARA, SOFIA	RA	39	CUS PARMA ASD	00:14:56.90	00:03:12.48	40	3m 59s/Km	00:00:45.60	47	00:07:07.80	34	25.29 Km/h	00:01:07.60	33	00:02:43.20	51	6m 47s/Km
40	BRUNO, MIKAELA	RA	40	ATLAS TRIATHLON CS	00:14:57.30	00:03:08.68	33	3m 54s/Km	00:00:43.00	29	00:07:16.10	44	24.77 Km/h	00:01:07.80	35	00:02:41.30	47	6m 42s/Km
41	QUAGLIA, CARLOTTA	RA	41	AZZURRA TRIATHLON TE	00:15:06.20	00:03:19.35	51	4m 8 s/Km	00:00:45.20	43	00:07:16.40	45	24.77 Km/h	00:01:05.30	26	00:02:39.00	43	6m 37s/Km
42	DALMASSO, CHIARA	RA	42	CUNEO1198 TRITEAM	00:15:08.50	00:03:18.34	49	4m 7 s/Km	00:00:42.90	26	00:07:04.80	30	25.47 Km/h	00:01:09.20	43	00:02:52.30	59	7m 9 s/Km
43	DE REMIGIS, GIULIA	RA	43	TERAMO TRIATHLON	00:15:10.40	00:03:15.51	46	4m 3 s/Km	00:00:44.30	39	00:07:26.30	50	24.21 Km/h	00:01:07.40	31	00:02:35.90	34	6m 27s/Km
44	VICINI, DARIA	RA	44	PHISIO SPORT LAB TRI	00:15:12.00	00:03:15.91	48	4m 3 s/Km	00:01:01.30	72	00:07:13.10	39	24.94 Km/h	00:01:08.30	39	00:02:32.70	30	6m 19s/Km
45	BOLOGNINI, ARIANNA	RA	45	TERAMO TRIATHLON	00:15:14.20	00:03:15.81	47	4m 3 s/Km	00:00:44.20	34	00:07:29.50	52	24.05 Km/h	00:01:11.50	47	00:02:32.90	31	6m 19s/Km
46	PERINA, GIULIA	RA	46	B4S-TTT	00:15:18.90	00:03:13.70	42	4m 1 s/Km	00:00:45.20	44	00:07:29.80	53	24.05 Km/h	00:01:12.60	49	00:02:37.00	35	6m 32s/Km
47	BERNARDI, SARA	RA	47	CUNEO1198 TRITEAM	00:15:24.70	00:03:21.97	54	4m 11s/Km	00:00:44.00	33	00:07:22.50	49	24.43 Km/h	00:01:12.60	48	00:02:43.60	52	6m 47s/Km
48	DI VITTORIO, CHIARA	RA	48	CUS PARMA ASD	00:15:26.90	00:03:09.42	34	3m 56s/Km	00:00:48.50	59	00:07:15.50	43	24.82 Km/h	00:01:12.60	50	00:03:00.20	64	7m 29s/Km
49	MAZZOCCO, ALICE	RA	49	THE HURRICANE S.S.D.	00:15:28.40	00:03:09.53	35	3m 56s/Km	00:00:46.90	52	00:07:27.40	51	24.16 Km/h	00:01:15.10	55	00:02:49.40	57	7m 2 s/Km
50	BACCARO, CARLOTTA	RA	50	CSA GORIZIA	00:15:31.70	00:03:25.29	57	4m 16s/Km	00:00:44.30	35	00:07:17.50	47	24.71 Km/h	00:01:10.80	45	00:02:53.00	61	7m 12s/Km
51	TERZI, RACHELE	RA	51	PHISIO SPORT LAB TRI	00:15:36.70	00:03:31.21	61	4m 23s/Km	00:00:44.30	37	00:07:20.60	48	24.54 Km/h	00:01:16.80	59	00:02:43.00	49	6m 47s/Km
52	MOCCI, ALESSIA	RA	52	VILLACIDRO TRIATHLON	00:15:39.90	00:03:26.54	59	4m 17s/Km	00:00:46.30	50	00:07:29.90	54	24.05 Km/h	00:01:10.90	46	00:02:45.80	53	6m 52s/Km
53	SANTORO, LINDA	RA	53	PHISIO SPORT LAB TRI	00:15:41.20	00:03:30.83	60	4m 22s/Km	00:00:48.70	60	00:07:15.00	42	24.82 Km/h	00:01:17.20	60	00:02:49.10	56	7m 2 s/Km
54	MARGARIA, GAIA	RA	54	CUNEO1198 TRITEAM	00:15:43.80	00:03:37.38	67	4m 31s/Km	00:00:47.30	53	00:07:08.40	36	25.23 Km/h	00:01:08.70	41	00:03:01.40	66	7m 32s/Km
55	IOIME, ANTONIETTA	RA	55	CENTRO ESTER TT	00:15:51.60	00:03:18.67	50	4m 7 s/Km	00:00:52.60	67	00:07:14.90	40	24.88 Km/h	00:01:17.70	61	00:03:07.50	68	7m 47s/Km
56	IACHETTA, REBECCA	RA	56	LEONE	00:15:53.70	00:03:22.10	55	4m 12s/Km	00:00:44.90	42	00:07:30.70	56	24.0 Km/h	00:01:14.60	54	00:03:00.50	65	7m 29s/Km
57	DUCA, VIRGINIA	RA	57	ROMA TRIATHLON	00:16:06.70	00:03:13.32	41	4m 1 s/Km	00:00:48.90	61	00:07:39.40	59	23.52 Km/h	00:01:19.80	62	00:03:04.60	67	7m 39s/Km
58	SERAFINI, VALENTINA	RA	58	POL. RICCIONE	00:16:16.40	00:03:19.72	53	4m 8 s/Km	00:00:49.50	62	00:08:18.40	67	21.68 Km/h	00:01:13.70	52	00:02:34.70	33	6m 24s/Km
59	BISI, EMMA	RA	59	PHISIO SPORT LAB TRI	00:16:30.60	00:03:33.96	63	4m 26s/Km	00:00:49.70	63	00:08:18.00	66	21.68 Km/h	00:01:08.20	38	00:02:40.00	44	6m 39s/Km
60	SESSINI, GIULIA	RA	60	VILLACIDRO TRIATHLON	00:16:31.90	00:03:37.27	66	4m 31s/Km	00:00:51.60	66	00:07:40.60	60	23.47 Km/h	00:01:25.70	68	00:02:56.50	62	7m 19s/Km
61	GUERRA, GIULIA	RA	61	DDS	00:16:37.90	00:03:19.48	52	4m 8 s/Km	00:00:52.70	68	00:08:17.40	65	21.73 Km/h	00:01:15.40	57	00:02:52.60	60	7m 9 s/Km
62	ANNUNZIATA, EMANUELA	RA	62	CENTRO ESTER TT	00:16:42.70	00:03:40.14	68	4m 34s/Km	00:00:47.60	54	00:07:38.70	58	23.58 Km/h	00:01:25.10	67	00:03:10.80	69	7m 54s/Km
63	FERRARI, ELIANA	RA	63	CUS UDINE	00:16:46.00	00:03:40.31	69	4m 34s/Km	00:00:46.20	49	00:07:32.70	57	23.89 Km/h	00:01:14.30	53	00:03:31.80	71	8m 47s/Km
64	RICCOBONO, AURORA	RA	64	NUOTO LIVORNO 3	00:17:00.90	00:03:54.38	71	4m 52s/Km	00:00:57.90	71	00:07:30.60	55	24.0 Km/h	00:01:20.10	63	00:03:17.50	70	8m 12s/Km
65	VALLEGGI, ANITA	RA	65	PHISIO SPORT LAB TRI	00:18:29.00	00:03:51.49	70	4m 48s/Km	00:00:49.90	64	00:08:12.40	64	21.95 Km/h	00:01:33.60	70	00:04:01.20	72	10m 2 s/Km
DNF	IORIO, MARTINA	-	0	SABINA TEVERE	DNF	00:03:02.60	23	--	00:00:42.40	25	-	-1	--	-	-	-	-1	--
DNF	PASSONE, AGNESE	-	0	SILCA ULTRALITE	DNF	00:02:55.21	13	--	00:00:44.60	40	-	-1	--	-	-	-	-1	--
DNS	CAPUTO, GAIA	-	0	ATLAS TRIATHLON CS	DNS	-	-1	--	-	-	-	-1	--	-	-	-	-1	--
DNS	MALACALZA, DEUSA	-	0	PIACENZA TRI VIVO	DNS	-	-1	--	-	-	-	-1	--	-	-	-	-1	--
DNS	G?LLER, LENA	-	0	KSV TRIATHLON	DNS	-	-1	--	-	-	-	-1	--	-	-	-	-1	--
Sq.	CASSARINO, MIRIAM FLAMINIA	RA	0	MAGMA TEAM	00:16:21.20	00:03:34.04	64	4m 27s/Km	00:00:48.00	55	00:09:38.00	72	18.68 Km/h	00:01:26.70	69	00:00:53.80	5	2m 12s/Km
Sq.	LEONE, ANNA MARIA	RA	0	CENTRO ESTER TT	00:18:13.00	00:05:05.79	73	6m 21s/Km	00:01:16.60	73	00:08:37.60	70	20.88 Km/h	00:01:48.80	72	00:01:23.40	7	3m 27s/Km
Sq.	VINCH, LILY	RA	0	UNICUSANO POSILLIPO	00:13:48.40	00:03:14.81	44	4m 2 s/Km	00:00:44.80	41	00:07:49.60	61	23.02 Km/h	00:01:16.70	58	00:00:42.00	2	1m 44s/Km
Sq.	MIGNANO, ASSUNTA	RA	0	CENTRO ESTER TT	00:17:52.30	00:04:28.88	72	5m 34s/Km	00:00:56.60	70	00:09:35.20	71	18.78 Km/h	00:01:44.70	71	00:01:06.30	6	2m 44s/Km
Sq.	VELARDITA, NOEMI	RA	0	MAGMA TEAM	00:15:02.40	00:03:33.11	62	4m 26s/Km	00:00:56.50	69	00:08:21.30	68	21.55 Km/h	00:01:21.60	66	00:00:48.90	3	1m 59s/Km
Sq.	GHIRO, MARIA	RA	0	PROPATRIA MILANO	00:14:09.50	00:03:25.35	58	4m 16s/Km	00:00:48.50	58	00:07:54.00	62	22.78 Km/h	00:01:20.80	64	00:00:40.70	1	1m 39s/Km
Sq.	POMPEI, ALICE	RA	0	A.S.MINERVA ROMA	00:15:05.20	00:03:35.21	65	4m 28s/Km	00:00:48.20	57	00:08:29.90	69	21.21 Km/h	00:01:21.20	65	00:00:50.60	4	2m 4 s/Km