



Triathlon Olimpico di Ostia - Age Group Women

Ostia (RM), 17/05/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	ASCOLI, MANUELA	S4	1	MINERVA ROMA - SEZ.TRIATHLON A.S.D.	02:07:46.70	00.16.43	4	1m 6.s/100m	01.09.23	4	34.59 Km/h	00.41.40	1	4m 10s/Km
2	MARTINELLI, CAMILLA	S2	1	MINERVA ROMA - SEZ.TRIATHLON A.S.D.	02:14:11.50	00.16.50	5	1m 7.s/100m	01.08.14	2	35.17 Km/h	00.49.07	9	4m 54s/Km
3	CASOLA, CLAUDIA	S4	2	A.S.D. CIRCOLO NAUTICO POSILLIPO	02:14:41.80	00.18.12	9	1m 12s/100m	01.09.01	3	34.77 Km/h	00.47.28	8	4m 44s/Km
4	ALBERTINI, GIOVANNA	S4	3	TORRINO TRIATHLON TEAM A.S.D.	02:15:10.60	00.17.49	7	1m 11s/100m	01.11.51	5	33.40 Km/h	00.45.30	4	4m 32s/Km
5	RAPPELLI, FIORELLA	S4	4	SOC. NUOTO GROSSETO	02:19:12.80	00.18.29	10	1m 13s/100m	01.14.25	9	32.25 Km/h	00.46.18	6	4m 37s/Km
6	DE VITO, MANUELA	S2	2	A.S.D. ERMES CAMPANIA	02:22:07.80	00.18.11	8	1m 12s/100m	01.14.34	11	32.18 Km/h	00.49.22	10	4m 56s/Km
7	MELE, RAFFAELLA	S4	5	JHONNY TRIATHLON A.S.D.	02:23:35.30	00.18.38	11	1m 14s/100m	01.15.05	13	31.96 Km/h	00.49.52	11	4m 59s/Km
8	SOSSI, RAFFAELLA	M1	1	S.S. LAZIO TRIATHLON	02:23:35.50	00.21.25	15	1m 25s/100m	01.12.00	6	33.33 Km/h	00.50.10	12	5m 0 s/Km
9	SALVATORE, VALENTINA	M2	1	A.S. DILETTANTISTICA PESCARA TRIATHLON	02:25:57.60	00.21.26	16	1m 25s/100m	01.12.17	7	33.20 Km/h	00.52.14	14	5m 13s/Km
10	MIGNOGNA, MARIA GRAZIA	M2	2	JHONNY TRIATHLON A.S.D.	02:26:46.90	00.27.08	19	1m 48s/100m	01.13.53	8	32.48 Km/h	00.45.45	5	4m 34s/Km
11	GRAZZINI, ROSALBA	S4	6	1A MISTRAL TRIATHLON A.S.D.	02:30:17.00	00.19.44	13	1m 18s/100m	01.17.13	15	31.08 Km/h	00.53.20	15	5m 19s/Km
12	BELLUCCI, MICHELA	S4	7	TRIATHLON ALTO TEVERE ASA A.S.D.	02:32:08.10	00.24.40	18	1m 38s/100m	01.20.34	17	29.78 Km/h	00.46.54	7	4m 41s/Km
13	GALASSO, FRANCA	M2	3	MGP TRIATHLON A.S.D.	02:33:36.20	00.21.24	14	1m 25s/100m	01.17.08	14	31.11 Km/h	00.55.04	16	5m 30s/Km
14	MELE, SIMONA	M2	4	TRIATHLON OSTIA A.S.D.	02:39:34.60	00.21.44	17	1m 26s/100m	01.20.03	16	29.98 Km/h	00.57.47	17	5m 46s/Km
DNF	BIANCO, MONICA	-	0	INUITRIATHLON	DNF	00.18.59	12	--	00.59.54	1	--	-	-1	--
DNF	BRAMBILLE, VERONICA	-	0	MINERVA ROMA - SEZ.TRIATHLON A.S.D.	DNF	00.17.48	6	--	-	-1	--	-	-1	--
DNS	FAVILLA, MARIA	-	0	TRIATHLON OSTIA A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	DI MARCO, GIULIA	-	0	TRIATHLON TRASIMENO A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
Sq.	CARBOTTI, SABINA	M2	0	CIRCOLO CANOTTIERI ANIENE ASD	02:17:37.10	00.12.37	3	0m 50s/100m	01.14.28	10	32.22 Km/h	00.50.32	13	5m 3 s/Km
Sq.	DI VITA, LUISA	M1	0	CIRCOLO CANOTTIERI ANIENE ASD	02:11:59.60	00.07.32	1	0m 30s/100m	01.21.23	18	29.49 Km/h	00.43.04	3	4m 18s/Km
Sq.	OSTILI, PAOLA	S4	0	JHONNY TRIATHLON A.S.D.	02:07:49.20	00.11.02	2	0m 44s/100m	01.14.53	12	32.04 Km/h	00.41.54	2	4m 11s/Km