

# Triathlon Sprint di Lerici - Femminile

## Lerici (SP), 13.10.2013

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	DOSSENA, SARA	S2	1	TRIATHLON CREMONA ST	01:12:19.70	00:11:21.46	16	1m 30s/100m	-	-	00:42:35.50	28.18 Km/h	-	-	00:18:21.90	3m 40s/Km		
2	INGLETTO, CHIARA	S2	2	FIRENZE TRI	01:16:05.50	00:11:25.49	19	1m 31s/100m	-	-	00:44:10.10	27.16 Km/h	-	-	00:20:29.50	4m 5 s/Km		
3	GRASSI, MYRIAM	JU	1	PEPERONCINO TEAM	01:16:23.40	00:11:11.46	16	1m 29s/100m	-	-	00:44:23.50	27.03 Km/h	-	-	00:20:48.10	4m 9 s/Km		
4	PERONCINI, ELEONORA	S2	3	CUS PARMA MEDEL	01:17:05.10	00:12:22.54	22	1m 38s/100m	-	-	00:42:38.20	28.14 Km/h	-	-	00:22:03.90	4m 24s/Km		
5	FASOLIS, COSTANZA	S2	4	A.S.D. TORINO TRIATH	01:17:08.60	00:12:26.16	23	1m 39s/100m	-	-	00:42:45.50	28.07 Km/h	-	-	00:21:56.50	4m 23s/Km		
6	RAMUNDO, MICOL	S3	1	DDS	01:17:23.00	00:12:09.57	11	1m 37s/100m	-	-	00:45:13.00	26.53 Km/h	-	-	00:19:59.70	3m 59s/Km		
7	ZAVANONE, ILARIA	S3	2	A.S.D. TORINO TRIATH	01:18:41.80	00:14:00.72	26	1m 52s/100m	-	-	00:43:27.50	27.61 Km/h	-	-	00:21:13.30	4m 14s/Km		
8	STEFANI, ANGELA	M1	1	IRONWOMAN	01:19:21.60	00:14:40.32	24	1m 57s/100m	-	-	00:42:25.20	28.29 Km/h	-	-	00:22:15.30	4m 27s/Km		
9	CONTU, ISABELLA	JU	2	VALLE D'AOSTA	01:19:27.60	00:11:20.55	15	1m 30s/100m	-	-	00:46:28.30	25.82 Km/h	-	-	00:21:37.70	4m 19s/Km		
10	BALESTRA, MARTINA	JU	3	POOL SPORT	01:19:45.80	00:10:23.30	10	1m 23s/100m	-	-	00:47:05.30	25.48 Km/h	-	-	00:22:15.90	4m 27s/Km		
11	CAPELLUPO, SABRINA	S4	1	CUS TORINO TRIATHLON	01:20:01.20	00:10:47.72	12	1m 26s/100m	-	-	00:46:40.50	25.71 Km/h	-	-	00:22:32.00	4m 30s/Km		
12	FIORI-BALESTRA, CAROLA	M1	2	SVIZZERA	01:21:18.20	00:14:20.50	20	1m 54s/100m	-	-	00:44:41.70	26.85 Km/h	-	-	00:22:15.50	4m 27s/Km		
13	BORSARI, MONICA	S2	5	G.S.PASTA GRANAROLO	01:21:44.90	00:11:48.16	10	1m 34s/100m	-	-	00:47:57.30	25.02 Km/h	-	-	00:21:58.40	4m 23s/Km		
14	VEZZINI, SILVIA	M1	3	EUROPA S.C. BRESCIA	01:22:29.70	00:14:29.93	23	1m 55s/100m	-	-	00:44:28.30	26.98 Km/h	-	-	00:23:31.30	4m 42s/Km		
15	FERLAZZO, FRANCESCA	YB	1	ASD SPEZIA TRIATHLO	01:22:56.70	00:11:13.56	13	1m 29s/100m	-	-	00:48:49.30	24.58 Km/h	-	-	00:22:53.50	4m 34s/Km		
16	BASSI, ELISA	S2	6	KINO - MANA	01:23:01.30	00:11:40.59	14	1m 33s/100m	-	-	00:47:04.00	25.49 Km/h	-	-	00:24:16.70	4m 51s/Km		
17	BORDIGA, CLAUDIA	M1	4	PEPERONCINO TEAM	01:23:14.60	00:14:16.12	19	1m 54s/100m	-	-	00:45:33.50	26.34 Km/h	-	-	00:23:24.50	4m 40s/Km		
18	CAPONE, AMELIA	S2	7	CUS PARMA MEDEL	01:23:52.70	00:12:26.37	24	1m 39s/100m	-	-	00:48:49.50	24.58 Km/h	-	-	00:22:35.90	4m 30s/Km		
19	GOLDONI, PAOLA	M2	1	DESENZANO TRIATHLON	01:24:05.60	00:15:03.12	22	2m 0.s/100m	-	-	00:46:46.30	25.65 Km/h	-	-	00:22:15.50	4m 27s/Km		
20	LONGONI, SARA	S1	1	TEAM UCSA	01:24:30.20	00:11:36.58	18	1m 32s/100m	-	-	00:48:19.20	24.83 Km/h	-	-	00:24:34.10	4m 54s/Km		
21	GALLINA, SILVIA	M1	5	LOS TIGRES	01:25:08.70	00:12:36.36	26	1m 40s/100m	-	-	00:49:24.90	24.29 Km/h	-	-	00:23:06.30	4m 37s/Km		
22	FUSTINONI, DEBORA	M1	6	PRO PATRIA A.R.C. B	01:25:45.80	00:14:11.17	17	1m 53s/100m	-	-	00:47:06.00	25.47 Km/h	-	-	00:24:27.90	4m 53s/Km		
23	FERRARI, FIORELLA	M1	7	RASCHIANI TRI PAVESE	01:26:06.90	00:15:01.52	21	2m 0.s/100m	-	-	00:47:07.70	25.46 Km/h	-	-	00:23:56.70	4m 47s/Km		
24	CONTIERO, ROBERTA	S4	2	RASCHIANI TRI PAVESE	01:27:21.90	00:13:59.45	15	1m 51s/100m	-	-	00:48:54.00	24.53 Km/h	-	-	00:24:28.20	4m 53s/Km		
25	LOMBARDO, ILARIA	M1	8	ASD SPEZIA TRIATHLO	01:28:34.30	00:15:51.28	28	2m 6.s/100m	-	-	00:43:27.30	27.61 Km/h	-	-	00:29:14.30	5m 50s/Km		
26	BOCCHI, BARBARA	M1	9	PIACENZA TRI VIVO	01:28:58.30	00:13:33.52	21	1m 48s/100m	-	-	00:49:14.40	24.37 Km/h	-	-	00:26:09.30	5m 13s/Km		
27	PIOVANO, SARA	S4	3	SAVONA TRIATHLON	01:29:35.20	00:12:52.38	18	1m 42s/100m	-	-	00:52:25.50	22.89 Km/h	-	-	00:24:16.90	4m 51s/Km		
28	CAVATORTA, STEFANIA	S4	4	KINO - MANA	01:29:47.10	00:16:15.98	28	2m 9.s/100m	-	-	00:49:08.20	24.42 Km/h	-	-	00:24:21.90	4m 52s/Km		
29	CAROTI GHELLI, FRANCESCA	M1	10	LA FENICE TRI	01:31:02.10	00:15:19.74	18	2m 2.s/100m	-	-	00:54:56.40	21.84 Km/h	-	-	00:20:45.00	4m 9 s/Km		
30	PELATI, MICHELA	M1	11	KINO - MANA	01:31:17.10	00:14:40.95	15	1m 57s/100m	-	-	00:50:46.50	23.63 Km/h	-	-	00:25:49.70	5m 9 s/Km		
31	MILEO, SARA	S4	5	RHO TRIATHLON CLUB	01:31:34.20	00:16:05.56	21	2m 8.s/100m	-	-	00:51:25.30	23.33 Km/h	-	-	00:24:03.10	4m 48s/Km		
32	AMBROSIO, LARA	M1	12	DESENZANO TRIATHLON	01:31:41.70	00:15:50.57	17	2m 6.s/100m	-	-	00:50:57.40	23.55 Km/h	-	-	00:24:53.40	4m 58s/Km		
33	MONACCHINI, ELISA	JU	4	VIS CORTONA	01:32:05.60	00:12:29.24	15	1m 39s/100m	-	-	00:52:51.50	22.70 Km/h	-	-	00:26:43.90	5m 20s/Km		
34	ZANARDI, FEDERICA	S2	8	RASCHIANI TRI PAVESE	01:32:12.30	00:13:55.52	24	1m 51s/100m	-	-	00:52:58.50	22.65 Km/h	-	-	00:25:17.40	5m 3 s/Km		
35	GALIMBERTI, ALESSANDRA	M1	13	ASD CNM TRIATHLON	01:32:16.80	00:14:45.27	19	1m 57s/100m	-	-	00:53:38.20	22.37 Km/h	-	-	00:23:52.70	4m 46s/Km		
36	GABRIEL, GUNDULA	M3	1	FERRARA TRIATH	01:33:07.20	00:13:41.72	12	1m 49s/100m	-	-	00:55:00.50	21.81 Km/h	-	-	00:24:24.50	4m 52s/Km		
37	CRAVERO, BARBARA	M1	14	ASD TEAM HIBISCUS	01:33:22.20	00:13:47.43	13	1m 50s/100m	-	-	00:54:22.00	22.07 Km/h	-	-	00:25:12.50	5m 2 s/Km		
38	CANOVESE, SILVIA	S4	6	1A MISTRAL TRIATHLON	01:33:49.70	00:14:26.42	13	1m 55s/100m	-	-	00:51:55.50	23.11 Km/h	-	-	00:27:27.50	5m 29s/Km		

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39	BIANCHI, MARINA	S4	7	RIVTRI92	01:33:57.30	00:13:05.00	1m 44s/100m	-	-	00:55:07.63	21.77 Km/h	-	-	00:25:43.70	5m 8 s/Km
40	NATTERO, ALICE	S2	9	F.I.TRI.	01:34:04.20	00:15:20.99	2m 2.s/100m	-	-	00:54:43.78	21.93 Km/h	-	-	00:23:59.52	4m 47s/Km
41	FERRARESI, MAURA	S4	8	F.I.TRI.	01:34:19.20	00:14:46.99	1m 58s/100m	-	-	00:52:18.40	22.94 Km/h	-	-	00:27:13.73	5m 26s/Km
42	PEROSI, ALESSANDRA	M2	2	TRIATHLON GROSSETO A	01:34:28.30	00:15:31.55	2m 4.s/100m	-	-	00:54:17.93	22.10 Km/h	-	-	00:24:38.07	4m 55s/Km
43	GARAMPELLI, STEFANIA	M2	3	ASD CNM TRIATHLON	01:35:41.00	00:15:11.42	2m 1.s/100m	-	-	00:52:46.57	22.74 Km/h	-	-	00:27:42.47	5m 32s/Km
44	SQUERI, ELEONORA	S2	10	PIACENZA TRI VIVO	01:35:49.90	00:15:40.25	2m 5.s/100m	-	-	00:54:26.46	22.04 Km/h	-	-	00:25:42.54	5m 8 s/Km
45	SANTAMBROGIO, CECILIA	S3	3	TRI TEAM BRIANZA	01:35:53.30	00:15:03.16	2m 0.s/100m	-	-	00:56:32.16	21.22 Km/h	-	-	00:24:17.40	4m 51s/Km
46	SANTINI, LAURA	M1	15	F.I.TRI.	01:36:09.30	00:14:54.36	1m 59s/100m	-	-	00:55:10.54	21.75 Km/h	-	-	00:26:04.40	5m 12s/Km
47	FOGLINO, ENRICA	M2	4	A.S. VIRTUS	01:36:14.80	00:15:41.75	2m 5.s/100m	-	-	01:04:55.07	18.48 Km/h	-	-	00:15:37.50	3m 7 s/Km
48	VACCANI, FRANCESCA	M2	5	3 LIFE	01:36:22.40	00:15:12.40	2m 1.s/100m	-	-	00:54:50.90	21.88 Km/h	-	-	00:26:18.72	5m 15s/Km
49	BORGHINI, GIORGIA	S2	11	F.I.TRI.	01:36:47.10	00:15:47.56	2m 6.s/100m	-	-	00:56:06.79	21.39 Km/h	-	-	00:24:52.28	4m 58s/Km
50	SALEMI, ANTONELLA	M2	6	IRONWOMAN	01:36:49.60	00:17:40.56	2m 21s/100m	-	-	00:52:46.46	22.74 Km/h	-	-	00:26:22.43	5m 16s/Km
51	GIOLITTO, ROBERTA	M2	7	TRI GENOVA	01:37:03.40	00:16:10.26	2m 9.s/100m	-	-	00:48:10.11	24.91 Km/h	-	-	00:32:42.95	6m 32s/Km
52	FIORINZANI, LAURA	M1	16	TRIATHLON GROSSETO A	01:37:21.90	00:12:39.97	1m 41s/100m	-	-	00:57:28.97	20.88 Km/h	-	-	00:27:13.02	5m 26s/Km
53	BURLANDO, MARTINA	S4	9	ASD ZENA TRI TEAM	01:37:29.90	00:14:14.52	1m 53s/100m	-	-	00:57:31.69	20.86 Km/h	-	-	00:25:43.35	5m 8 s/Km
54	ROSSATO, BERTILLA PAT	M3	2	ESSECI	01:37:47.60	00:16:06.12	2m 8.s/100m	-	-	00:54:45.99	21.91 Km/h	-	-	00:26:55.49	5m 23s/Km
55	EANDI, ANNA CHIARA	S1	2	TRI TEAM SAVIGLIANO	01:37:49.00	00:14:44.26	1m 57s/100m	-	-	00:56:11.20	21.35 Km/h	-	-	00:26:52.98	5m 22s/Km
56	DURSTON, EMMA	S4	10	F.I.TRI.	01:37:50.30	00:16:35.91	2m 12s/100m	-	-	00:56:03.98	21.40 Km/h	-	-	00:25:10.50	5m 1 s/Km
57	PUTTI, MARINA	M3	3	F.I.TRI.	01:37:56.50	00:15:35.53	2m 4.s/100m	-	-	00:53:38.41	22.37 Km/h	-	-	00:28:42.31	5m 44s/Km
58	POZZONI, SUSANNA	M1	17	F.I.TRI.	01:38:12.60	00:14:21.25	1m 54s/100m	-	-	00:54:36.97	21.97 Km/h	-	-	00:29:14.70	5m 50s/Km
59	LÜTHI, KARIN	S4	11	SVIZZERA	01:38:25.10	00:16:12.34	2m 9.s/100m	-	-	00:52:27.50	22.87 Km/h	-	-	00:29:45.10	5m 57s/Km
60	TOSI, VALENTINA	S1	3	F.I.TRI.	01:38:29.30	00:15:17.34	2m 2.s/100m	-	-	00:56:20.41	21.30 Km/h	-	-	00:26:50.16	5m 21s/Km
61	GIUSTI, PAOLA	M4	1	LA FENICE TRI	01:38:49.80	00:15:19.74	2m 2.s/100m	-	-	00:54:13.52	22.13 Km/h	-	-	00:29:16.28	5m 51s/Km
62	ZONI, STEFANIA	M2	8	CUS PARMA MEDEL	01:38:52.40	00:16:18.16	2m 10s/100m	-	-	00:55:48.67	21.50 Km/h	-	-	00:26:46.25	5m 21s/Km
63	RIGHI, LIDIA	S3	4	F.I.TRI.	01:39:19.70	00:17:03.73	2m 16s/100m	-	-	00:58:10.44	20.63 Km/h	-	-	00:24:05.37	4m 48s/Km
64	DONZI, MARINA	M2	9	RHO TRIATHLON CLUB	01:39:33.50	00:17:30.54	2m 20s/100m	-	-	00:54:21.14	22.07 Km/h	-	-	00:27:42.16	5m 32s/Km
65	SARTONI, CAROLINA	S2	12	TRIATHLON GROSSETO A	01:39:56.30	00:12:59.14	1m 43s/100m	-	-	00:57:11.66	20.98 Km/h	-	-	00:29:45.20	5m 57s/Km
66	ZATTI, SELENA	S3	5	KINO - MANA	01:40:04.60	00:15:28.50	2m 3.s/100m	-	-	00:57:44.30	20.78 Km/h	-	-	00:26:50.77	5m 21s/Km
67	GRISO, ELISA	S3	6	IRONWOMAN	01:40:17.40	00:17:53.07	2m 23s/100m	-	-	00:56:36.33	21.20 Km/h	-	-	00:25:47.57	5m 9 s/Km
68	DELLA TORRE, CLAUDIA	M3	4	RHO TRIATHLON CLUB	01:40:24.70	00:16:12.46	2m 9.s/100m	-	-	00:55:28.75	21.63 Km/h	-	-	00:28:43.02	5m 44s/Km
69	MINONNE, DEBORA	M1	18	SAVONA TRIATHLON	01:40:39.50	00:15:33.92	2m 4.s/100m	-	-	00:57:46.41	20.77 Km/h	-	-	00:27:18.34	5m 27s/Km
70	REGHITTO, NICOLETTA	M2	10	AIRONE TRIATHLON	01:42:50.10	00:18:43.92	2m 29s/100m	-	-	00:59:30.38	20.16 Km/h	-	-	00:24:34.76	4m 54s/Km
71	GRANELLI, FRANCESCA	S3	7	KINO - MANA	01:42:57.70	00:21:47.90	2m 54s/100m	-	-	00:55:29.66	21.62 Km/h	-	-	00:25:39.93	5m 7 s/Km
72	BOTTONI, ROSANNA	M4	2	1A MISTRAL TRIATHLON	01:43:06.60	00:16:15.16	2m 9.s/100m	-	-	00:57:53.93	20.73 Km/h	-	-	00:28:56.93	5m 47s/Km
73	FRATI, RENATA	M3	5	RHO TRIATHLON CLUB	01:43:35.10	00:18:41.71	2m 29s/100m	-	-	00:56:51.05	21.10 Km/h	-	-	00:28:02.09	5m 36s/Km
74	MICHELINI, LAURA	S2	13	TRI GENOVA	01:44:10.70	00:16:15.46	2m 9.s/100m	-	-	00:58:44.35	20.43 Km/h	-	-	00:29:09.55	5m 49s/Km
75	RICETTI, ANNALISA	S4	12	IRONWOMAN	01:44:31.00	00:20:36.88	2m 44s/100m	-	-	00:57:52.02	20.73 Km/h	-	-	00:26:02.19	5m 12s/Km
76	DI IORIO, FILOMENA MIL	M1	19	RHO TRIATHLON CLUB	01:44:32.10	00:18:40.50	2m 29s/100m	-	-	00:56:46.54	21.13 Km/h	-	-	00:29:04.54	5m 48s/Km
77	MARIANI, SILVIA	M2	11	A.S.D. TORINO TRIATH	01:46:09.70	00:21:29.79	2m 51s/100m	-	-	00:57:31.38	20.86 Km/h	-	-	00:27:08.30	5m 25s/Km
78	PONZINI, STEFANIA	M1	20	PIACENZA TRI VIVO	01:47:27.60	00:14:45.38	1m 57s/100m	-	-	01:02:24.11	19.23 Km/h	-	-	00:30:17.23	6m 3 s/Km

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79	VALENZANO, PAOLA	M3	6	ELBAMAN TEAM	01:48:20.40	00:17:39.195	2m 21s/100m	-	-	01:00:07.009	19.96 Km/h	-	-	00:30:33.584	6m 6 s/Km	
80	BONI, COSETTA	M2	12	GALILEO TRIATHLON	01:48:40.60	00:16:48.972	2m 14s/100m	-	-	00:59:06.706	20.30 Km/h	-	-	00:32:44.886	6m 32s/Km	
81	CROSTA, ANTONELLA	M2	13	F.I.TRI.	01:50:03.00	00:19:53.386	2m 39s/100m	-	-	01:02:57.582	19.06 Km/h	-	-	00:27:11.781	5m 26s/Km	
82	GARGIONI, GIULIANA	M1	21	ROAD RUNNERS	01:50:04.50	00:23:03.591	3m 4.s/100m	-	-	01:03:36.884	18.86 Km/h	-	-	00:23:23.720	4m 40s/Km	
83	D'ANTUONO, ANNALISA	M1	22	PIACENZA TRI VIVO	01:50:14.40	00:19:56.287	2m 39s/100m	-	-	01:02:08.180	19.31 Km/h	-	-	00:28:09.270	5m 37s/Km	
84	TOSI, FRANCA	M2	14	LUCCA TRIATHLON ASD	01:50:15.00	00:19:02.284	2m 32s/100m	-	-	01:03:16.783	18.96 Km/h	-	-	00:27:55.988	5m 34s/Km	
85	PETANI, ORIANA	S4	13	SAI FRECCHE BIANCHE	01:51:14.90	00:16:31.870	2m 12s/100m	-	-	00:59:20.507	20.22 Km/h	-	-	00:35:21.588	7m 4 s/Km	
86	CANALI, SARA	M1	23	CUS PARMA MEDEL	01:55:36.20	00:18:21.078	2m 26s/100m	-	-	01:07:04.890	17.89 Km/h	-	-	00:30:10.882	6m 1 s/Km	
87	REDAELLI, EMANUELA	M1	24	TRIATHLONLECCO	01:57:27.70	00:18:58.383	2m 31s/100m	-	-	01:05:10.388	18.41 Km/h	-	-	00:33:18.287	6m 39s/Km	
88	GUIDOTTI, FIORENZA	M5	1	F.I.TRI.	01:58:07.60	00:23:42.393	3m 9.s/100m	-	-	01:04:27.706	18.61 Km/h	-	-	00:29:57.381	5m 59s/Km	
89	TALDO, PAOLA	S3	8	F.I.TRI.	02:00:30.00	00:18:28.099	2m 27s/100m	-	-	01:03:56.885	18.76 Km/h	-	-	00:38:05.089	7m 36s/Km	
90	BOIS, GABRIELLA	M7	1	CUNEO TRI	02:05:42.50	00:19:26.485	2m 35s/100m	-	-	01:06:28.589	18.05 Km/h	-	-	00:39:46.790	7m 57s/Km	
DNF	PERNECHELE, LORENA	-	0	IRONWOMAN	DNF	00:23:08.492	--	-	-	-	-1	--	-	-	-1	--
DNF	TEDESCO, CLAUDIA	-	0	CUS PARMA MEDEL	DNF	00:16:04.580	--	-	-	-	-1	--	-	-	-1	--
DNF	DOGLIANI, GIULIA	-	0	A TEAM	DNF	00:16:01.189	--	-	-	-	-1	--	-	-	-1	--
DNS	LA MONACA, GIORGIA	-	0	PIACENZA TRI VIVO	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	GIUSTI, MELISSA	-	0	ATOMICA TRIATHLON	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	CIBIN, MONICA	-	0	FORHANS TEAM	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	OTTRIA, MICHELA	-	0	AIRONE TRIATHLON	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	CONTU, MANUELA	-	0	VALLE D'AOSTA	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	RIGGIO, ANGELA	-	0	F.I.TRI.	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	DODERO, EUGENIA	-	0	F.I.TRI.	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	MICHELOTTI, LAURA	-	0	F.I.TRI.	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	BRERO, MICAELA	-	0	RIVTRI92	DNS	-	-1	--	-	-	-1	--	-	-	-1	--
DNS	PARACCHINI, NICOLETTA	-	0	CUS TORINO TRIATHLON	DNS	-	-1	--	-	-	-1	--	-	-	-1	--