

Triathlon Sprint di Torregrande - Maschile

Torregrande (OR), 26.06.2010

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	BARALLA, FABRIZIO	EL	1	FORHANS TEAM	00:59:25.40	00.10.44	2	1m 25s/100m	00.00.24	2	00.29.06	3	41.23 Km/h	00.00.51	20	00.18.20	1	3m 39s/Km
2	MUSU, PIER LUIGI	EL	2	ASD G&M 3SPORT	01:00:46.00	00.10.06	1	1m 20s/100m	00.00.24	1	00.29.53	17	40.15 Km/h	00.00.55	30	00.19.28	7	3m 53s/Km
3	SCAPIN, MARCO	M1	1	ARC BUSTO ARSIZIO	01:01:28.80	00.12.20	12	1m 38s/100m	00.00.27	9	00.29.34	12	40.58 Km/h	00.00.45	4	00.18.22	2	3m 40s/Km
4	TRAMONTE, FABIO	S2	1	MENS SANA	01:01:54.00	00.12.34	21	1m 40s/100m	00.00.30	17	00.29.18	5	40.95 Km/h	00.00.45	5	00.18.47	4	3m 45s/Km
5	CURRIDORI, GIOVANNI	S3	1	FUEL TRIATHLON	01:02:09.40	00.12.21	13	1m 38s/100m	00.00.27	8	00.29.35	13	40.56 Km/h	00.00.46	7	00.19.00	5	3m 47s/Km
6	AMBU, WALTER	M1	2	RARINANTES	01:02:23.10	00.12.22	15	1m 38s/100m	00.00.32	22	00.29.31	11	40.65 Km/h	00.00.49	16	00.19.09	6	3m 49s/Km
7	CAPRA, NICOLA	S4	1	SURVIVAL	01:02:50.50	00.11.28	6	1m 31s/100m	00.00.24	3	00.30.11	21	39.75 Km/h	00.00.47	9	00.20.00	11	4m 0 s/Km
8	DEMURTAS, SIMONE	M1	3	MENS SANA	01:02:55.00	00.12.27	19	1m 39s/100m	00.00.27	10	00.29.29	9	40.70 Km/h	00.00.46	8	00.19.46	9	3m 57s/Km
9	MORO, ROBERTO	M1	4	TRISARCA	01:02:56.60	00.12.09	10	1m 37s/100m	00.00.25	5	00.29.45	15	40.33 Km/h	00.00.48	13	00.19.49	10	3m 57s/Km
10	SABA, CORRADO	M1	5	CERBERO	01:03:28.00	00.12.27	20	1m 39s/100m	00.00.30	16	00.29.26	8	40.77 Km/h	00.00.44	2	00.20.21	13	4m 4 s/Km
11	MOI, EMANUELE	M1	6	MENS SANA	01:03:37.20	00.12.23	16	1m 39s/100m	00.00.28	11	00.29.30	10	40.67 Km/h	00.00.47	10	00.20.29	14	4m 5 s/Km
12	AMBU, GIOVANNI	S3	2	TRISARCA	01:03:47.10	00.12.23	18	1m 39s/100m	00.00.37	31	00.29.25	7	40.79 Km/h	00.00.51	19	00.20.31	16	4m 6 s/Km
13	CASSESE, PASQUALE	S3	3	TRI TEAM SASSARI	01:04:24.80	00.13.25	42	1m 47s/100m	00.00.30	15	00.28.58	2	41.42 Km/h	00.00.48	12	00.20.43	20	4m 8 s/Km
14	BARRA, SIMONE	S3	4	TRI TEAM SASSARI	01:04:27.10	00.13.06	34	1m 44s/100m	00.00.47	47	00.30.11	22	39.75 Km/h	00.00.46	6	00.19.37	8	3m 55s/Km
15	ARGIOLAS, MASSIMO	M2	1	RARINANTES	01:05:10.20	00.13.05	32	1m 44s/100m	00.00.31	19	00.28.48	1	41.66 Km/h	00.00.51	23	00.21.55	30	4m 23s/Km
16	MARONGIU, PAOLO	M1	7	RARINANTES	01:05:43.80	00.11.25	5	1m 31s/100m	00.00.42	42	00.30.20	25	39.56 Km/h	00.00.51	22	00.22.25	39	4m 29s/Km
17	GREGORIO, MATTEO	S2	2	SHARDANATRI	01:05:45.50	00.13.23	41	1m 47s/100m	00.00.52	55	00.29.52	16	40.17 Km/h	00.00.58	38	00.20.40	19	4m 8 s/Km
18	PIRODDI, ROBERTO	M2	2	TRI TEAM SASSARI	01:05:47.20	00.13.49	46	1m 50s/100m	00.00.27	7	00.29.42	14	40.40 Km/h	00.00.51	21	00.20.58	21	4m 11s/Km
19	SECCHI, GIOVANNI RAFFAELE	S1	1	ISLAND TEAM	01:05:48.70	00.12.54	25	1m 43s/100m	00.00.38	33	00.30.49	30	38.93 Km/h	00.00.48	11	00.20.39	18	4m 7 s/Km
20	MURA, MATTEO	JU	1	FUEL TRIATHLON	01:06:11.00	00.11.25	4	1m 31s/100m	00.00.24	4	00.30.37	28	39.19 Km/h	00.00.44	3	00.23.01	45	4m 36s/Km
21	NACCARATO, LUCA	S4	2	RARINANTES	01:07:00.20	00.11.19	3	1m 30s/100m	00.00.49	50	00.31.33	37	38.03 Km/h	00.01.18	74	00.22.01	34	4m 24s/Km
22	SANNA, ANTONIO	S3	5	TRI TEAM SASSARI	01:07:09.20	00.13.05	31	1m 44s/100m	00.00.44	45	00.30.09	19	39.80 Km/h	00.00.49	14	00.22.22	38	4m 28s/Km
23	CERMELLI, IVAN GIOVANNI	S4	3	TRI TEAM SASSARI	01:07:15.20	00.13.04	30	1m 44s/100m	00.00.33	24	00.30.28	27	39.38 Km/h	00.00.57	33	00.22.13	37	4m 26s/Km
24	ROMAGNANI, ALBERTO	M1	8	SURVIVAL	01:07:25.30	00.13.02	28	1m 44s/100m	00.00.43	43	00.32.08	44	37.34 Km/h	00.00.56	32	00.20.36	17	4m 7 s/Km
25	ZARDI, GUIDO	M3	1	SINIS ORISTANO	01:07:29.20	00.12.49	24	1m 42s/100m	00.00.57	61	00.29.09	4	41.16 Km/h	00.00.58	36	00.23.36	52	4m 43s/Km
26	MASTINO, DANILO	S4	4	VILLACIDRO TRIATHLON	01:07:58.30	00.14.57	58	1m 59s/100m	00.00.57	60	00.30.04	18	39.91 Km/h	00.00.50	17	00.21.10	23	4m 14s/Km
27	BELLU, GIOVANNI	M1	9	TRI TEAM SASSARI	01:08:12.90	00.14.19	51	1m 54s/100m	00.01.11	73	00.30.23	26	39.49 Km/h	00.01.06	56	00.21.13	24	4m 14s/Km
28	CONGIATU, UMBERTO	M1	10	TRI TEAM SASSARI	01:08:19.20	00.12.23	17	1m 39s/100m	00.00.36	29	00.31.24	36	38.21 Km/h	00.00.52	25	00.23.04	46	4m 36s/Km
29	BRAVIN, GIORGIO	M3	2	SINIS ORISTANO	01:08:22.80	00.13.00	27	1m 44s/100m	00.00.33	23	00.29.24	6	40.81 Km/h	00.00.49	15	00.24.36	65	4m 55s/Km
30	DEVENUTO, RICCARDO	M1	11	VILLACIDRO TRIATHLON	01:08:25.80	00.15.11	61	2m 1.s/100m	00.01.02	67	00.32.15	48	37.20 Km/h	00.01.29	83	00.18.28	3	3m 41s/Km
31	SESSINI, NICOLA	YB	1	VILLACIDRO TRIATHLON	01:08:41.90	00.13.38	43	1m 49s/100m	00.00.29	13	00.31.40	38	37.89 Km/h	00.01.00	43	00.21.54	29	4m 22s/Km
32	CANU, LUCIANO	M2	3	SINIS ORISTANO	01:08:45.70	00.13.00	26	1m 44s/100m	00.00.43	44	00.30.20	24	39.56 Km/h	00.01.07	59	00.23.35	51	4m 43s/Km
33	LURANI, PAOLO	M3	3	TRI TEAM SASSARI	01:08:50.40	00.14.43	55	1m 57s/100m	00.01.01	65	00.30.10	20	39.77 Km/h	00.00.58	35	00.21.58	32	4m 23s/Km
34	DENOTTI, GIANLUCA	M1	12	MENS SANA	01:08:52.60	00.15.07	59	2m 0.s/100m	00.00.35	27	00.30.14	23	39.69 Km/h	00.00.56	31	00.22.00	33	4m 24s/Km
35	CASU, MATTEO	S1	2	TRI TEAM SASSARI	01:08:57.00	00.11.29	7	1m 31s/100m	00.00.25	6	00.31.03	33	38.64 Km/h	00.00.51	18	00.25.09	71	5m 1 s/Km
36	SPANU, FABRIZIO	M1	13	CERBERO	01:09:03.70	00.12.20	11	1m 38s/100m	00.00.36	30	00.31.49	41	37.71 Km/h	00.01.03	48	00.23.15	48	4m 39s/Km
37	SCANU, MARCO	S3	6	TRI TEAM SASSARI	01:09:06.80	00.12.21	14	1m 38s/100m	00.00.34	26	00.33.03	60	36.30 Km/h	00.01.03	49	00.22.05	35	4m 25s/Km
38	COCCO, GIANFRANCO	S3	7	FUEL TRIATHLON	01:09:10.90	00.14.29	53	1m 55s/100m	00.00.28	12	00.30.53	31	38.85 Km/h	00.01.07	60	00.22.13	36	4m 26s/Km

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39	DENACI, GIANLUCA	S4	5	MENS SANA	01:09:18.40	00.11.34	9	1m 32s/100m	00.01.06	71	00.32.09	45	37.32 Km/h	00.01.03	47	00.23.26	50	4m 41s/Km
40	DEMONTIS, ALDO	M3	4	TRISARCA	01:09:18.50	00.13.16	39	1m 46s/100m	00.00.31	20	00.32.07	43	37.36 Km/h	00.00.52	26	00.22.32	41	4m 30s/Km
41	MOI, MARCO	S1	3	MENS SANA	01:09:24.40	00.13.14	38	1m 45s/100m	00.00.50	51	00.34.03	70	35.24 Km/h	00.00.58	37	00.20.19	12	4m 3 s/Km
42	MAXIA, ANTONIO	M2	4	TRISARCA	01:09:31.20	00.14.26	52	1m 55s/100m	00.00.29	14	00.31.00	32	38.70 Km/h	00.00.52	27	00.22.44	42	4m 32s/Km
43	SCHIAVINO, ANDREA R.	S1	4	MULTISPORT CATANIA	01:09:35.20	00.13.06	33	1m 44s/100m	00.00.32	21	00.30.43	29	39.06 Km/h	00.00.52	24	00.24.22	64	4m 52s/Km
44	PIRASTRU, GIOVANNI	S4	6	TRI TEAM SASSARI	01:09:46.80	00.14.47	56	1m 58s/100m	00.00.49	49	00.31.22	35	38.25 Km/h	00.00.59	40	00.21.49	27	4m 21s/Km
45	ARGIOLAS, FABIO	S3	8	MENS SANA	01:09:54.80	00.14.07	50	1m 52s/100m	00.00.34	25	00.31.46	40	37.77 Km/h	00.00.36	1	00.22.51	44	4m 34s/Km
46	ORRÙ, ANDREA	S3	9	ASD G&M 3SPORT	01:10:15.10	00.13.20	40	1m 46s/100m	00.00.54	56	00.31.44	39	37.81 Km/h	00.00.55	28	00.23.22	49	4m 40s/Km
47	MELONI, ANDREA	S2	3	CERBERO	01:11:04.30	00.13.03	29	1m 44s/100m	00.00.31	18	00.34.38	75	34.64 Km/h	00.00.59	39	00.21.53	28	4m 22s/Km
48	MARRAS, ANDREA	S4	7	FREE TRIATHLON	01:11:11.80	00.12.45	23	1m 42s/100m	00.00.42	41	00.32.30	53	36.92 Km/h	00.01.03	50	00.24.11	62	4m 50s/Km
49	PISA', ALBERTO	M1	14	MENS SANA	01:11:11.80	00.13.06	35	1m 44s/100m	00.00.35	28	00.32.13	47	37.24 Km/h	00.01.05	54	00.24.12	63	4m 50s/Km
50	MERELLA, STEFANO	M2	5	VILLACIDRO TRIATHLON	01:11:13.50	00.16.00	70	2m 7.s/100m	00.01.01	66	00.32.28	51	36.96 Km/h	00.01.14	67	00.20.30	15	4m 5 s/Km
51	PINNA, PIERGIOVANNI	M1	15	TRI TEAM SASSARI	01:12:02.30	00.13.59	49	1m 51s/100m	00.00.38	34	00.32.22	49	37.07 Km/h	00.01.00	42	00.24.03	61	4m 48s/Km
52	LIORI, IVAN	S3	10	SURVIVAL	01:12:15.20	00.13.09	36	1m 45s/100m	00.01.17	78	00.34.00	67	35.29 Km/h	00.01.01	44	00.22.48	43	4m 33s/Km
53	MASSIDDA, GIOVANNI	M2	6	TRISARCA	01:13:02.60	00.15.55	68	2m 7.s/100m	00.01.24	80	00.33.32	62	35.78 Km/h	00.01.08	64	00.21.03	22	4m 12s/Km
54	LEONI, GIAN CARLO	M2	7	TRI TEAM SASSARI	01:13:07.40	00.16.17	71	2m 10s/100m	00.00.42	40	00.31.10	34	38.50 Km/h	00.01.08	65	00.23.50	56	4m 46s/Km
55	SERCIS, LORENZO	S4	8	SINIS ORISTANO	01:13:15.60	00.13.55	48	1m 51s/100m	00.00.52	53	00.33.19	61	36.01 Km/h	00.01.18	73	00.23.51	58	4m 46s/Km
56	SAIU, DAVIDE	M1	16	VILLACIDRO TRIATHLON	01:13:15.70	00.15.28	65	2m 3.s/100m	00.00.51	52	00.31.50	42	37.69 Km/h	00.01.15	68	00.23.51	57	4m 46s/Km
57	ORRU', SANDRO	M3	5	SURVIVAL	01:13:44.70	00.15.13	62	2m 1.s/100m	00.00.46	46	00.32.34	54	36.84 Km/h	00.01.09	66	00.24.02	60	4m 48s/Km
58	SIMBULA, ANTONIO	M2	8	SINIS ORISTANO	01:14:02.90	00.13.55	47	1m 51s/100m	00.00.59	63	00.33.43	65	35.59 Km/h	00.01.25	79	00.24.00	59	4m 47s/Km
59	LUTZU, ROBERTO	M4	1	SINIS ORISTANO	01:14:17.70	00.15.25	64	2m 3.s/100m	00.00.40	37	00.32.24	50	37.03 Km/h	00.01.03	46	00.24.45	67	4m 57s/Km
60	CASU, ANTONIO	S4	9	TRI TEAM SASSARI	01:14:32.90	00.18.10	80	2m 25s/100m	00.00.41	39	00.32.45	55	36.64 Km/h	00.00.59	41	00.21.57	31	4m 23s/Km
61	TANGIANU, MORENO	S2	4	FREE TRIATHLON	01:15:13.20	00.13.10	37	1m 45s/100m	00.00.40	38	00.34.34	73	34.71 Km/h	00.01.03	45	00.25.46	73	5m 9 s/Km
62	CASAMASSIMA, LUIGI	S4	10	TRI TEAM SASSARI	01:16:03.10	00.19.50	86	2m 38s/100m	00.00.38	35	00.32.10	46	37.30 Km/h	00.00.55	29	00.22.30	40	4m 30s/Km
63	SISSA, STEFANO	M1	17	RARINANTES	01:16:05.80	00.13.44	45	1m 49s/100m	00.00.56	59	00.34.01	69	35.27 Km/h	00.01.07	57	00.26.17	76	5m 15s/Km
64	GHIANI, ANDREA	M1	18	SINIS ORISTANO	01:16:11.50	00.17.40	79	2m 21s/100m	00.01.15	77	00.34.36	74	34.68 Km/h	00.01.07	58	00.21.33	26	4m 18s/Km
65	LIXI, ROBERTO	M1	19	FUEL TRIATHLON	01:16:20.20	00.17.19	78	2m 18s/100m	00.00.58	62	00.35.34	79	33.73 Km/h	00.01.04	51	00.21.25	25	4m 16s/Km
66	PORCU, LAURO	S4	11	SURVIVAL	01:16:47.70	00.15.23	63	2m 3.s/100m	00.01.40	85	00.34.00	68	35.29 Km/h	00.01.07	61	00.24.37	66	4m 55s/Km
67	UGGIAS, GIOVANNINO	M1	20	FREE TRIATHLON	01:16:54.80	00.14.39	54	1m 57s/100m	00.01.28	84	00.35.46	81	33.55 Km/h	00.01.16	70	00.23.45	55	4m 44s/Km
68	SAIU, GIORGIO	M2	9	VILLACIDRO TRIATHLON	01:16:58.40	00.16.49	75	2m 14s/100m	00.01.18	79	00.32.50	57	36.54 Km/h	00.01.05	53	00.24.56	69	4m 59s/Km
69	SESSINI, PAOLO	M1	21	VILLACIDRO TRIATHLON	01:16:58.70	00.15.54	67	2m 7.s/100m	00.01.12	74	00.32.29	52	36.94 Km/h	00.01.23	78	00.26.00	74	5m 12s/Km
70	TOWNSHEND, ROBERTO	M2	10	TORRINO TRI TEAM	01:17:01.60	00.14.54	57	1m 59s/100m	00.00.54	57	00.32.50	56	36.54 Km/h	00.01.08	62	00.27.15	78	5m 27s/Km
71	INCOSTANTE, EMANUELE	M2	11	RARINANTES	01:17:58.10	00.12.39	22	1m 41s/100m	00.00.47	48	00.35.08	77	34.15 Km/h	00.01.25	80	00.27.59	81	5m 35s/Km
72	SALIS, MARCELLO	S4	12	SINIS ORISTANO	01:18:16.20	00.19.09	85	2m 33s/100m	00.00.37	32	00.33.42	64	35.60 Km/h	00.01.06	55	00.23.42	53	4m 44s/Km
73	GUIDI, BORIS	S4	13	SINIS ORISTANO	01:18:16.30	00.15.32	66	2m 4.s/100m	00.01.12	75	00.34.17	71	35.00 Km/h	00.01.05	52	00.26.10	75	5m 14s/Km
74	MURGIA, MARCO	S2	5	TRIATHLON PAVESE	01:19:01.10	00.16.33	74	2m 12s/100m	00.01.28	83	00.32.54	59	36.47 Km/h	00.01.41	85	00.26.25	77	5m 16s/Km
75	MURGIA, UMBERTO	M2	12	FREE TRIATHLON	01:19:58.30	00.15.56	69	2m 7.s/100m	00.01.27	81	00.36.24	84	32.96 Km/h	00.01.21	76	00.24.50	68	4m 58s/Km
76	LATTE, VITTORIO	M2	13	TRI TEAM SASSARI	01:20:04.80	00.17.00	76	2m 15s/100m	00.01.06	69	00.32.53	58	36.49 Km/h	00.01.19	75	00.27.46	79	5m 33s/Km
77	NORI, ALBERTO	S3	11	VILLACIDRO TRIATHLON	01:20:04.90	00.15.11	60	2m 1.s/100m	00.01.14	76	00.34.22	72	34.91 Km/h	00.01.29	82	00.27.48	80	5m 33s/Km
78	GIANGRASSO, MATTEO	M2	14	SURVIVAL	01:20:17.30	00.17.17	77	2m 18s/100m	00.01.55	86	00.36.01	82	33.31 Km/h	00.01.51	86	00.23.13	47	4m 38s/Km

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79	SPANO, ANTONIO LORENZO	S3	12	TRI TEAM SASSARI	01:20:19.10	00.16.26	72	2m 11s/100m	00.00.39	36	00.33.49	66	35.48 Km/h	00.01.08	63	00.28.17	82	5m 39s/Km
80	FRESI, STEFANO	S4	14	TRI TEAM SASSARI	01:20:40.50	00.18.49	84	2m 30s/100m	00.01.06	70	00.36.04	83	33.27 Km/h	00.00.57	34	00.23.44	54	4m 44s/Km
81	SANNA, GIANMICHELE	S2	6	TRI TEAM SASSARI	01:21:37.70	00.11.29	8	1m 31s/100m	00.01.00	64	00.38.39	86	31.04 Km/h	00.01.15	69	00.29.14	83	5m 50s/Km
82	DEFFENU, DANIELE	M1	22	TRI TEAM SASSARI	01:21:37.90	00.16.28	73	2m 11s/100m	00.00.52	54	00.33.37	63	35.69 Km/h	00.01.16	71	00.29.24	84	5m 52s/Km
83	VACCA, NICOLA	M1	23	FUEL TRIATHLON	01:22:02.30	00.18.30	82	2m 28s/100m	00.01.05	68	00.35.30	78	33.80 Km/h	00.01.33	84	00.25.24	72	5m 4 s/Km
84	SANTESE, PAOLO	M1	24	TORRINO TRI TEAM	01:22:31.50	00.18.44	83	2m 29s/100m	00.00.56	58	00.36.34	85	32.81 Km/h	00.01.18	72	00.24.59	70	4m 59s/Km
85	BOGO, ANTONIO	M3	6	SINIS ORISTANO	01:26:06.70	00.18.18	81	2m 26s/100m	00.01.27	82	00.34.57	76	34.33 Km/h	00.01.22	77	00.30.02	85	6m 0 s/Km
DNF	GUSI, MARIO	-	0	SINIS ORISTANO	DNF	00.13.43	44	--	00.01.08	72	00.35.39	80	--	00.01.25	81	-	-1	--