

Boramultisportrieste
pre-calendario attività 2019

| ASD BORAMULTISPORTRIESTE - COPPA SPRITZ 2019 - ATTIVITA' SOCIALE | | | | | |
|---|-------------|---------------------------------|------------------------------|-----------------|-----------------|
| BIKE&MTB | data | tipologia | triathlon | localita | km |
| 1 | 20-gen | MTB | Lanaro Granfondo | TRIESTE | 33K |
| 2 | 10-mar | MTB | KRAS CORSS MTB | SLO | |
| 3 | 14-apr | BIKE | RANDONEE DELLA GIULIA | TRIESTE | 120/200-300/400 |
| 4 | 12-mag | BIKE | CORSA PER HAITI | CIVIDALE | AAT BIKE |
| 5 | 09-giu | BIKE | MARATHON FRANJA | LUBIANA | AAT BIKE |
| 6 | 23-giu | BIKE | SELLA RONDA BIKE DAY | CORVARA | 50 |
| 7 | 14-lug | BIKE | LEGGENDARIA CHARLIE GAUL | BONDONE | AAT BIKE |
| 8 | 21-lug | BIKE | CARNIA CLASSIC ZONCOLAN | TOLMEZZO | AAT BIKE |
| 9 | 25-ago | BIKE | GF DEI TEMPLARI | PORDENONE | AAT BIKE |
| 10 | 08-set | BIKE | GRAN FONDO D'EUROPA | TRIESTE | 120 AAT BIKE |
| 11 | 15-set | BIKE | LUBIANA - TRIESTE | LUBIANA | 100 |
| 12 | 15-set | BIKE | RAMPIGADA SANTA | TRIESTE | 3 |
| 13 | 20-ott | BIKE | TRIESTE-OPICINA | TRIESTE | 4 |
| 14 | 18-nov | BIKE | BORA BIKE DAY | TRIESTE | 30 |
| DUA&TRI | data | tipologia | triathlon | localita | |
| 0 | 27-mar | TRIATHLON - OBIETTIVO TRIATHLON | INIZIO CORSO AVVIAMENTO | TRIESTE | |
| 1 | 25-apr | TRIATHLON SPRINT | CERVIA | CERVIA | |
| 2 | 27-apr | TRIATHLON SPRINT | 3° CITTA' DI LIGNANO | LIGNANO | AAT + TRI CUP |
| 3 | 12-mag | TRIATHLON SPRINT | CITTA' DI CAORLE | CAORLE | |
| 4 | 18-mag | TRIATHLON OLIMPICO | BIBIONE | BIBIONE | |
| 5 | 19-mag | TRIATHLON SPRINT | BIBIONE | BIBIONE | |
| 6 | 25-mag | TRIATHLON SPRINT | Ankaran | ANCARANO | AAT TRI |
| 7 | 01-giu | TRIATHLON SPRINT/OLIMPICO | KOPER | KOPER | |
| 8 | 03-giu | TRIATHLON SPRINT | RAB | RAB | AAT TRI |
| 9 | 05-giu | TRIATHLON/ACQUATHLON | TORVISCOSA | TORVISCOSA | TRI CUP |
| 0 | 08-giu | TRIESTE SPORT BUFFET | PROVA LIBERA TRIATHLON | TRIESTE | |
| 10 | 15-giu | TRIATHLON SPRINT | KLagenfurt | WOOTHERSEE | AAT TRI |
| 11 | 15-giu | TRIATHLON OLIMPICO | BARDOLINO | BARDOLINO | |
| 12 | 23-giu | TRIATHLON SPRINT | UDINE | UDINE | AAT + TRI CUP |
| 13 | 29-giu | TRIATHLON SPRINT | GOESSELDORF | AUSTRIA | |
| 14 | 29-giu | TRIATHLON SPRINT | ABBAZZIA TRIATHLON | FIUME | AAT TRI |
| 15 | 27-lug | TRIATHLON SPRINT | SILCA CUP - ALPAGO | ALPAGO | |
| 16 | 25-ago | TRIATHLON SPRINT | Kraigersee Sprint | KRAIGERSEE | AAT TRI |
| 17 | 31-ago | TRIATHLON OLIMPICO | BLED | BLED | AAT TRI |
| 18 | 31-ago | TRIATHLON OLIMPICO | LETS GO TRIATHLON | GRADO | TRI CUP |
| 19 | 08-set | TRIATHLON SPRINT | CITTA DI CHIOGGIA | CHIOGGIA | |
| 20 | 22-set | TRIATHLON SPRINT | LIGERMAN FESTIVAL | JESOLO | |
| 21 | 28-set | TRIATHLON SPRINT | C.I. INDIVIDUALE E STAFFETTA | LIGNANO | TRI CUP |
| 22 | 27-ott | DUATHLON | DUATHLON DEI LEONI | TRIESTE | |
| RUN&TRAIL | data | tipologia | triathlon | localita | |
| 1 | 06-gen | TRAIL | Corsa della Bora | TRIESTE | 8/21/57 |
| 2 | 11-gen | RUN | RUN FRIDAY | TRIESTE | 4 |
| 3 | 20-gen | TRAIL | Lanaro Granfondo | TRIESTE | 33 |
| 5 | 10-feb | RUN | KRAS CORSS RUN | SLO | 14 |
| 6 | 15-feb | RUN | RUN FRIDAY | TRIESTE | 3 |
| 7 | 23-feb | TRAIL | CORTINA SNOW TRAIL | CORTINA | 10/17 CIM |
| 4 | 09-mar | TRAIL | TARVISIO WINTER TRAIL | TARVISIO | 15 |
| 8 | 17-mar | TRAIL | KOKOS TRAIL | TRIESTE | 8/16 CIM |
| 9 | 22-mar | RUN | RUN FRIDAY | TRIESTE | |
| 10 | 05-apr | RUN | RUN FRIDAY | TRIESTE | |
| 11 | 26-apr | RUN | MUJALONGA SERALE | MUGGIA | 10 |
| 12 | 05-mag | RUN | MEZZAMARATONA TRIESTE | TRIESTE | 21 |
| 13 | 19-mag | TRAIL | JAMA RUN | BAGNOLI | |
| 14 | 28-giu | TRAIL | SUMMER TRAIL | MUGGIA | 8 CIM |
| 15 | 20-lug | TRAIL | OSMICA TRAIL | CARSO | 6 CIM |
| 16 | 15-set | RUN | RAMPIGADA SANTA | TRIESTE | 3 |
| 17 | 22-set | RUN | MARATONINA DI UDINE | UDINE | 21 |
| 18 | 22-set | TRAIL | MEMORIAL BRATINA | AURONZO | 8 CIM |
| 19 | 06-ott | TRAIL | EUROMARATHON | MUGGIA | 23 |
| 20 | 11-ott | RUN | RUN FRIDAY | CARSO | |
| 21 | 08-nov | RUN | RUN FRIDAY | CARSO | |
| 22 | 24-nov | RUN | MARATONINA DI PALMANOVA | PALMANOVA | 21 |
| 23 | 24-nov | TRAIL | CRONTRAVERSATA MAESTRO | TRIESTE | 3 CIM |
| 24 | 01-dic | TRAIL | SENTIERO 3 | TRIESTE | 52 |