

CRISTIAN OLM'ISSIMO AGNOLI				3V MELLITO SPORT BOOK				
				DETEMIR	GLULISINE	CHO	NOTES	
WHAT	PLACE	HOUR	BG	BASAL	BOLUS			
BASAL OF THE DAY BEFORE				*11			BASALE DELLA SERA @ 11 (-2 U)	
WAKE UP	AREZZO	07.00	79				CGM ON!	
BREAKFAST	AREZZO	07.30			4	90	YOGURT, FETTE BISCOTTATE, PAVESINI, MIELE, MARMELLATA, CAFFE', ACQUA	
ON TRAVEL	A1 FI-BS	10.30	73					
LUNCH	A1 FI-BS	11.45	103		3	55	TORTA MANDORLE & MARMELLATA	
PRE RACE	BRESCIA	13.30	60					
PRE RACE	BRESCIA	14.00	74			80	60 GR PASTA + PANINO PICCOLO + PESCA	
RACE START	BRESCIA	15.00	162					
RACE IN	NAVE	KM 17	100			30	BANANA + COCA COLA 20 CC	
RACE IN	S.GIORGIO	KM 25	112			18	1 BUSTINA DI MIELE 13 CHO DISCIOLTI IN BORRACCIA	
RACE IN	PASSO CAVALLO	KM 28,1	144			55	2 FETTINE CROSTATA 2 BICCH COCA 20 CC	
RACE IN	SONCLINO	KM 39	198			43	COCA 33 CC + MIELE 1 BUSTINA + SALI 20 CC	
RACE IN	GARDONE VT	KM 49	166	8		60	30 GR PASTA + BIRRA + PANINO ALLA COPPA+SORSO COCA	
RACE IN	S.M. GIOGO	KM 56	110			40	2 FETTE PIZZA + BIRRA	
RACE IN	POLAVENO	KM 63	130			15	THE DOLCE + BRODO	
RACE IN	LA COLMETTA	KM 68	149			15	CAFFE' + THE' DOLCD	
RACE IN	SANTUARIO STELLA	KM 78	130			22	BARRETTA MANDORLE E MIELE	
RACE IN	M.PESO	KM 81	122			15	THE' CALDO DOLCE	
RACE IN	CAMPIANI	KM 83	110				TOTAL CHO IN AF = 393 + ACQUA A VOLONTA'	
RACE STOP	BRESCIA BADIA	KM90=H5.20	88			10	FETTA BISCOTTATA CON NUTELLA	
POST RACE	BRESCIA BADIA	05.55	109		2	80	BIRRA E 2 PANIAZZI AL SALAME	
POST RACE	BRESCIA CENTRO	07.00	110				CAFFE' MACCHIATO AL BAR	
ON TRAVEL	A4 BS-VR	07.30	108					
SLEEP	VERONA	08.30	99				MICRO CICLO DI SONNO 2H30	
LUNCH	VERONA	11.45	102		6	130	120 GR DI PASTA + 1 PANINO	
ON TRAVEL	A1 VR-FI	13.00	98					
LUNCH	FIRENZE	15.15	115		4	85	PASTO @ MEYER	
SUMMIT	FIRENZE	17.00	121				MEYER FIRENZE C&D 4 KIDS	
MELLITO ID			STATS	BG AVG	TOTAL BASAL	TOTAL BOLUS	TOT CHO	RACE RESULT
				114,3	8,0	19	843	
AGE	39	DIABETIC SINCE	2005	A1C	6.5	TRAIL 3V @ 14H16MIN 90K 5000 D+ 3RD PLACE		
TOWN	GARDA VR	THERAPY	MI	I:CHO	1X19			