



III TRIATLON DESAFIO PASTOR ISLAS CIES

Resultados Oficiais

ABSOLUTA CPTO. GALEGO - FEMININA

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	15:53	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI LORENA GARCIA - CT MAR DE VIGO
Xuíz Arbitro:	LUIS COIRA		
Responsable Oficiais:	LUIS COIRA		

Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 37	Remataron : 29	Retirados : 3	Non Presentados : 1 Descalificados : 4

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	448	MARIA ORTEGA DE MIGUEL	A.D. TRI-PENTA TERRAS DE L	2	0:25:32	02:40	5	2:33:47	35.12	01:08	2	1:33:43	4:36:48	
2	446	CAMILA ALONSO ARADAS	TRIATLON FERROL	4	0:27:46	02:23	3	2:32:00	35.53	01:03	5	1:36:48	4:39:58	0:03:11
3	461	SONIA PARIENTE BAGLIETTO	GV SPORTS CLUB	3	0:27:17	02:42	8	2:36:13	34.57	01:24	4	1:35:57	4:43:31	0:06:43
4	476	GUADALUPE RODRÍGUEZ FERNAND	ENPHORMA TRIATLON SAN A	20	0:39:33	04:12	4	2:32:15	35.47	01:59	3	1:35:03	4:53:00	0:16:12
5	472	BLANCA LABANDEIRA FERNANDEZ	CLUB TRIATLON MAR DE VIG	5	0:31:11	03:22	6	2:34:16	35.01	01:12	8	1:44:00	4:53:59	0:17:12
6	452	SARA CASTILLO OÑATE	ADVENTURE BIKE/ LA BAJERA	7	0:32:25	03:52	16	2:51:50	31.43	01:34	1	1:33:42	5:03:20	0:26:33
7	456	MARÍA CRISTINA SANTIAGO MARTIN	NOSPORTLIMIT-TREK GALICIA	11	0:35:53	03:38	10	2:40:33	33.64	03:01	10	1:45:51	5:08:54	0:32:06
8	449	MARÍA MARTÍNEZ GONZÁLEZ	CLUB ATLETISMO PORRIÑO	6	0:32:18	02:23	15	2:50:32	31.67	01:24	9	1:45:49	5:12:24	0:35:37
9	468	PATRICIA FRONTELA DIEGUEZ	LICENZA DE 1 DIA	10	0:34:51	05:02	18	2:53:10	31.19	01:56	6	1:38:31	5:13:27	0:36:39
10	455	ANA MARÍA OTERO PIÑEIRO	ABSOLUT SPORT	13	0:36:40	03:03	17	2:52:13	31.36	01:26	7	1:43:03	5:16:22	0:39:35
11	481	MERCEDES TORRES SERUENDO	SELER UNIVEST TRIATHLON T	16	0:38:30	05:11	11	2:46:30	32.44	01:23	11	1:46:45	5:18:17	0:41:30
12	482	MARÍA DEL CARMEN CABALEIRO H	CLUB CICLISTA DE LA FUENT	24	0:40:29	04:29	9	2:39:40	33.82	01:41	18	1:55:42	5:22:00	0:45:12
13	467	SABELA GARCÍA ORO	NOSPORTLIMIT-TREK GALICIA	19	0:39:14	04:12	12	2:49:36	31.84	01:41	12	1:49:15	5:23:56	0:47:08
14	458	LARA LOIS GARCÍA	GV SPORTS CLUB	22	0:39:46	04:09	7	2:34:36	34.93	01:16	25	2:09:08	5:28:53	0:52:06
15	480	MARIA JOSE VELAZQUEZ GARCIA	LICENZA DE 1 DIA	23	0:39:58	04:39	20	2:56:54	30.53	02:00	13	1:50:20	5:33:49	0:57:01
16	459	VANESA VILLAR DIEGUEZ	TEAM SPORT SPIRIT	12	0:36:32	05:04	23	3:00:03	29.99	01:22	15	1:51:18	5:34:18	0:57:31
17	466	TATIANA PEREZ GONZALEZ	LICENZA DE 1 DIA	25	0:41:38	04:22	21	2:58:32	30.25	01:54	14	1:51:09	5:37:32	1:00:44
18	465	BETH AMI HALL	TRIATLON MOTOBIKE PONTE	8	0:33:15	04:47	14	2:50:13	31.73	01:53	24	2:07:46	5:37:52	1:01:04
19	478	ANA ANDRES DE LA IGLESIA	LICENZA DE 1 DIA									14:14:54	5:40:07	1:03:20
20	470	Jael Fernández Castaño	INTELLIGENT RUNNING - INTE	14	0:37:36	05:42	22	2:58:38	30.23	01:52	19	1:59:14	5:43:00	1:06:12
21	463	IRIA FERNANDEZ ORDOÑEZ	LICENZA DE 1 DIA	15	0:38:01	05:43	24	3:04:26	29.28	02:31	16	1:52:46	5:43:25	1:06:37
22	464	RAQUEL ZAPATA RODRIGUEZ	CLUB TRIATLON MAR DE VIG	31	0:49:37	04:57	13	2:49:49	31.8	01:45	21	2:02:20	5:48:26	1:11:39
23	450	MÓNICA MEZQUITA VÁZQUEZ	NOSPORTLIMIT-TREK GALICIA	21	0:39:38	05:25	25	3:07:13	28.85	02:12	17	1:55:13	5:49:39	1:12:52
24	453	DANIELA ALEXANDRA ORBE ZARAT	GV SPORTS CLUB	28	0:45:14	03:36	19	2:54:15	30.99	02:09	23	2:07:02	5:52:14	1:15:26
25	462	BEGOÑA ARRANZ GONZÁLEZ	TRINORTH-NOGASA	18	0:38:57	04:45	26	3:08:53	28.59	01:46	27	2:11:47	6:06:07	1:29:19
26	457	MARIA LUISA RUA PRIETO	TRISADA	27	0:44:58	04:09	27	3:13:35	27.9	01:43	28	2:15:10	6:19:33	1:42:46
27	477	MARIA EUGENIA TORRES COSTAS	LICENZA DE 1 DIA	26	0:44:15	06:38	30	3:25:23	26.29	03:39	20	1:59:52	6:19:45	1:42:58
28	469	RUTH PÉREZ PONTE	CLUB TRIATLON MAR DE VIG	29	0:47:00	06:35	28	3:21:36	26.79	02:18	22	2:05:21	6:22:48	1:46:01
29	479	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	30	0:47:27	06:43	29	3:24:36	26.39	02:43	26	2:11:16	6:32:43	1:55:56
DQ	451	DIANA RUIVO DE OLIVEIRA	LICENZA DE 1 DIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	454	MAR VILLAR ZAMUZ	TRINORTH-NOGASA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	460	IRIA BLANCO RODRIGUEZ	GV SPORTS CLUB	ACORTAR PERCORRIDO CARREIRA A PE										
DQ	474	EVA ENDRESS	LICENZA DE 1 DIA	AXUDA EXTERNA										
NF	447	ANNEKE FORREST JENKINS	CIDADE DE LUGO FLUVIAL	1	0:24:23	02:34	1	2:25:36	37.09	01:11				
NF	471	ALMUDENA VÁZQUEZ FERNÁNDEZ	LICENZA DE 1 DIA	17	0:38:55	04:15								
NF	475	MARÍA REMEDIOS CARRASCO TAVE	ABSOLUT SPORT	9	0:33:31	02:48	2	2:29:33	36.11	01:23				
NP	473	NATALIA MIGUEZ LÓPEZ	TRISADA											



III TRIATLON DESAFIO PASTOR ISLAS CIES, 12/09/2015

CONTROL DE PASO CARREIRA A PE

Paso4	Paso3	Paso2	Paso1	Dorsal	NOMBRE	Seg1	Seg2	Seg3	T_Final	NomClub
26:03	24:24	24:13	21:41	446	CAMILA ALONSO ARADAS	27:46	2:32:00	1:36:48	4:39:58	TRIATLON FERROL
				447	ANNEKE FORREST JENKINS	24:23	2:25:36			CIDADE DE LUGO FLUVIAL
22:43	24:24	24:14	21:46	448	MARIA ORTEGA DE MIGUEL	25:32	2:33:47	1:33:43	4:36:48	A.D. TRI-PENTA TERRAS DE LUGO
28:28	27:26	25:14	24:05	449	MARÍA MARTÍNEZ GONZÁLEZ	32:18	2:50:32	1:45:49	5:12:24	CLUB ATLETISMO PORRIÑO
29:22	29:04	28:23	27:46	450	MÓNICA MEZQUITA VÁZQUEZ	39:38	3:07:13	1:55:13	5:49:39	NOSPORTLIMIT-TREK GALICIA
23:17	22:59	22:46	22:28	451	DIANA RUIVO DE OLIVEIRA	39:21	2:48:33	1:32:01	5:06:58	LICENZA DE 1 DIA
24:52	23:38	22:37	22:01	452	SARA CASTILLO OÑATE	32:25	2:51:50	1:33:42	5:03:20	ADVENTURE BIKE/ LA BAJERA
34:00	33:13	30:24	28:42	453	DANIELA ALEXANDRA ORBE ZARATE	45:14	2:54:15	2:07:02	5:52:14	GV SPORTS CLUB
24:18	25:09	25:16	24:41	454	MAR VILLAR ZAMUZ	31:15	2:24:29	1:39:53	4:40:01	TRINORTH-NOGASA
26:37	25:45	25:24	24:45	455	ANA MARÍA OTERO PIÑEIRO	36:40	2:52:13	1:43:03	5:16:22	ABSOLUT SPORT
26:37	27:25	25:51	25:26	456	MARÍA CRISTINA SANTIAGO MARTIN	35:53	2:40:33	1:45:51	5:08:54	NOSPORTLIMIT-TREK GALICIA
34:52	34:18	32:59	32:21	457	MARIA LUISA RUA PRIETO	44:58	3:13:35	2:15:10	6:19:33	TRISADA
31:46	31:59	30:57	33:51	458	LARA LOIS GARCÍA	39:46	2:34:36	2:09:08	5:28:53	GV SPORTS CLUB
28:41	28:16	27:41	26:09	459	VANESA VILLAR DIEGUEZ	36:32	3:00:03	1:51:18	5:34:18	TEAM SPORT SPIRIT
	45:06	41:30	35:51	460	IRIA BLANCO RODRIGUEZ	48:55	3:27:58	2:03:20	6:26:15	GV SPORTS CLUB
24:07	24:27	23:57	22:57	461	SONIA PARIENTE BAGLIETTO	27:17	2:36:13	1:35:57	4:43:31	GV SPORTS CLUB
34:27	32:38	31:52	32:11	462	BEGOÑA ARRANZ GONZÁLEZ	38:57	3:08:53	2:11:47	6:06:07	TRINORTH-NOGASA
28:53	29:35	27:29	26:18	463	IRIA FERNANDEZ ORDOÑEZ	38:01	3:04:26	1:52:46	5:43:25	LICENZA DE 1 DIA
31:31	31:32	29:36	28:55	464	RAQUEL ZAPATA RODRIGUEZ	49:37	2:49:49	2:02:20	5:48:26	CLUB TRIATLON MAR DE VIGO
33:08	31:41	30:43	31:34	465	BETH AMI HALL	33:15	2:50:13	2:07:46	5:37:52	TRIATLON MOTOBIKE PONTEVEDR
28:17	28:18	27:21	26:38	466	TATIANA PEREZ GONZALEZ	41:38	2:58:32	1:51:09	5:37:32	LICENZA DE 1 DIA
27:10	27:39	27:06	26:44	467	SABELA GARCÍA ORO	39:14	2:49:36	1:49:15	5:23:56	NOSPORTLIMIT-TREK GALICIA
26:30	24:44	23:35	23:06	468	PATRICIA FRONTELA DIEGUEZ	34:51	2:53:10	1:38:31	5:13:27	LICENZA DE 1 DIA
32:54	32:38	30:00	29:02	469	RUTH PÉREZ PONTE	47:00	3:21:36	2:05:21	6:22:48	CLUB TRIATLON MAR DE VIGO
30:47	30:29	29:23	28:00	470	JAEI FERNÁNDEZ CASTAÑO	37:36	2:58:38	1:59:14	5:43:00	INTELLIGENT RUNNING - INTERVA
26:35	26:05	25:20	25:26	472	BLANCA LABANDEIRA FERNANDEZ	31:11	2:34:16	1:44:00	4:53:59	CLUB TRIATLON MAR DE VIGO
			25:02	475	MARÍA REMEDIOS CARRASCO TAVE	33:31	2:29:33			ABSOLUT SPORT
25:03	23:58	22:59	22:28	476	GUADALUPE RODRÍGUEZ FERNANDI	39:33	2:32:15	1:35:03	4:53:00	ENPHORMA TRIATLON SAN AGUS
31:03	30:46	29:31	27:53	477	MARIA EUGENIA TORRES COSTAS	44:15	3:25:23	1:59:52	6:19:45	LICENZA DE 1 DIA
32:25	31:57	33:51	32:24	479	MARIA ELENA CASTRO SABIO	47:27	3:24:36	2:11:16	6:32:43	NOSPORTLIMIT-TREK GALICIA
28:47	28:30	26:46	25:37	480	MARIA JOSE VELAZQUEZ GARCIA	39:58	2:56:54	1:50:20	5:33:49	LICENZA DE 1 DIA
27:42	26:46	26:03	25:36	481	MERCEDES TORRES SERUENDO	38:30	2:46:30	1:46:45	5:18:17	SELER UNIVEST TRIATHLON TEAM
30:06	29:29	28:20	27:05	482	MARÍA DEL CARMEN CABALEIRO HE	40:29	2:39:40	1:55:42	5:22:00	CLUB CICLISTA DE LA FUENTE



III TRIATLON DESAFIO PASTOR ISLAS CIES

Resultados Oficiais

ABSOLUTA CPTO. GALEGO - PARATRIATLON FEMININA

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 20	Hora	20:08	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	LUIS COIRA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	LUIS COIRA		LORENA GARCIA - CT MAR DE VIGO

Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 1	Remataron : 1	Retirados : 0	Non Presentados : 0
			Descalificados : 0

POS.	Nº	NOME	CLUB	CAT.	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.
1	483	SUSANA RODRIGUEZ GACIO	CIDADE DE LUGO FLUVIAL	PT5F	1	0:35:26	1 2:25:17 37.17	1	1:53:29	5:00:41



III TRIATLON DESAFIO PASTOR ISLAS CIES

Resultados Oficiais

CATEGORIAS CPTO. GALEGO - FEMININA

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	15:54	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	LUIS COIRA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	LUIS COIRA		LORENA GARCIA - CT MAR DE VIGO

Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 37	Remataron : 29	Retirados : 3	Non Presentados : 1
			Descalificados : 4

SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	446	CAMILA ALONSO ARADAS	TRIATLON FERROL	4	0:27:46	3	2:32:00	35.53	5	1:36:48	4:39:58	0:03:11

VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	476	GUADALUPE RODRÍGUEZ FERNA	ENPHORMA TRIATLON SAN AGUSTIN	20	0:39:33	4	2:32:15	35.47	3	1:35:03	4:53:00	0:16:12
2	480	MARIA JOSE VELAZQUEZ GARGI	LICENZA DE 1 DIA	23	0:39:58	20	2:56:54	30.53	13	1:50:20	5:33:49	0:57:01
3	478	ANA ANDRES DE LA IGLESIA	LICENZA DE 1 DIA							14:14:54	5:40:07	1:03:20
4	477	MARIA EUGENIA TORRES COSTA	LICENZA DE 1 DIA	26	0:44:15	30	3:25:23	26.29	20	1:59:52	6:19:45	1:42:58
5	479	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	30	0:47:27	29	3:24:36	26.39	26	2:11:16	6:32:43	1:55:56
DQ	474	EVA ENDRESS	LICENZA DE 1 DIA	AXUDA EXTERNA								
NF	475	MARÍA REMEDIOS CARRASCO T	ABSOLUT SPORT	9	0:33:31	2	2:29:33	36.11				
NP	473	NATALIA MIGUEZ LÓPEZ	TRISADA									

VETERANAS 2 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	481	MERCEDES TORRES SERUENDO	SELER UNIVEST TRIATHLON TEAM	16	0:38:30	11	2:46:30	32.44	11	1:46:45	5:18:17	0:41:30
2	482	MARÍA DEL CARMEN CABALEIR	CLUB CICLISTA DE LA FUENTE	24	0:40:29	9	2:39:40	33.82	18	1:55:42	5:22:00	0:45:12



Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	20:28	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI LORENA GARCIA - CT MAR DE VIGO
Xuíz Arbitro:	LUIS COIRA		
Responsable Oficiais:	LUIS COIRA		

Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 445	Remataron : 376	Retirados : 17	Non Presentados : 35 Descalificados : 17

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	4	LUIS MIGUEL VELASQUEZ RAMOS	A.D. TRI-PENTA TERRAS DE L	1	0:22:31	02:18	1	2:11:36	41.04	00:57	9	1:23:28	4:00:49	
2	6	DANIEL BAYÓN LEONARDO	ACADEMIA CIVIL - CNSO	10	0:26:46	02:25	10	2:16:35	39.54	01:42	1	1:17:42	4:05:08	0:04:19
3	2	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO	15	0:27:07	02:33	6	2:15:24	39.89	01:16	4	1:20:40	4:06:58	0:06:10
4	1	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICIA	8	0:26:42	02:23	8	2:15:58	39.72	01:03	10	1:23:31	4:09:35	0:08:46
5	79	ALVARO GOMEZ CARDESIN	ARTROGAL-TRI 498	4	0:25:18	02:44	14	2:17:03	39.41	01:09	12	1:23:39	4:09:51	0:09:02
6	5	CRISTÓBAL DIOS RÍOS	TRIATLON ARTEIXO	25	0:28:48	02:24	4	2:13:55	40.32	01:35	16	1:24:38	4:11:18	0:10:30
7	7	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	32	0:29:51	02:32	20	2:17:53	39.17	01:26	2	1:20:24	4:12:05	0:11:17
8	150	RUBEN GUERRA LOPEZ	R.CANOE TRIATLON STORE	50	0:30:37	03:08	22	2:17:56	39.15	01:43	3	1:20:38	4:13:59	0:13:11
9	257	SERGIO OLIVEIRA BOGA	OLIMPICO DE VEDRA	26	0:28:51	02:35	15	2:17:05	39.4	01:36	15	1:24:22	4:14:28	0:13:39
10	10	IÑAKI PENA-MANSO CARRAL	CLUB TRIATLON CORUÑA	22	0:28:24	02:49	36	2:21:21	38.21	01:19	5	1:21:04	4:14:54	0:14:06
11	184	AGUSTIN RÍOS FERRADAS	CLUB TRIATLON MORRAZO	13	0:27:04	02:21	56	2:23:47	37.56	00:59	6	1:21:18	4:15:27	0:14:39
12	74	ADRIÁN GONZÁLEZ BLANCO	CLUB TRIATLON MAR DE VIG	40	0:30:12	03:52	31	2:20:44	38.37	01:36	14	1:24:08	4:20:31	0:19:42
13	228	ALFONSO MARTÍNEZ RUÍZ	C.D TRIATLON ZAMORA	29	0:29:14	03:35	59	2:24:03	37.49	01:20	7	1:23:12	4:21:22	0:20:33
14	140	SERGIO GAMAZO FERNANDEZ	LINEA DE META SKECHERS	87	0:32:29	03:11	19	2:17:39	39.23	03:09	17	1:25:02	4:21:29	0:20:40
15	295	MIKEL LARRAZABAL ÁLVAREZ	EZKERRALDEA TRIATLOI TAL	89	0:32:30	03:13	18	2:17:39	39.23	01:11	24	1:28:00	4:22:31	0:21:43
16	215	JOAQUIN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICIA	177	0:35:07	03:10	7	2:15:37	39.82	02:04	21	1:26:43	4:22:39	0:21:51
17	121	JOSÉ MANUEL FERNÁNDEZ LÓPEZ	AD NAUTICO DE NARON	133	0:34:08	03:12	5	2:14:56	40.02	01:03	40	1:29:29	4:22:47	0:21:58
18	39	ISMAEL LÓPEZ GONZÁLEZ	CLUB NATACION RIVEIRA	2	0:24:40	02:30	92	2:27:12	36.69	02:12	20	1:26:16	4:22:49	0:22:00
19	3	FERNANDO LUIÑA VELA	PILOÑA.DEPORTE	16	0:27:20	02:42	24	2:18:28	39	02:02	60	1:32:25	4:22:56	0:22:07
20	379	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENT	83	0:32:25	03:29	2	2:12:38	40.72	01:40	64	1:32:47	4:22:58	0:22:09
21	192	CARLOS PARDO RODRÍGUEZ	TRIATLON P.C. RIAS BAIXAS	81	0:32:23	03:10	35	2:21:17	38.22	01:08	18	1:25:03	4:23:00	0:22:11
22	94	DANIEL GIRALDO MARTINEZ	ACADEMIA CIVIL - CNSO	5	0:25:43	02:30	33	2:20:55	38.32	01:16	71	1:33:41	4:24:03	0:23:15
23	393	RAMON ARIAS GARCIA	T. MURALLA LUGO	30	0:29:20	03:30	34	2:21:16	38.23	01:26	35	1:28:53	4:24:23	0:23:35
24	329	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	41	0:30:12	03:25	44	2:22:01	38.03	01:07	31	1:28:26	4:25:08	0:24:20
25	91	XABIER TRIFOL IGLESIAS	TRIRUNNERS GETXO	44	0:30:15	03:46	32	2:20:47	38.36	01:23	37	1:29:09	4:25:19	0:24:30
26	104	BRAIS RODRIGUEZ SANCHEZ	CIDADE DE LUGO FLUVIAL	11	0:26:47	02:42	25	2:18:48	38.91	01:27	102	1:36:07	4:25:49	0:25:00
27	21	DIEGO MARTÍN CONDE	LICENZA DE 1 DIA	116	0:33:22	02:43	13	2:16:57	39.43	01:46	48	1:31:06	4:25:52	0:25:04
28	188	ANTONIO GOMEZ DORRIO	TRISADA	3	0:24:57	02:45	45	2:22:02	38.02	01:55	82	1:34:31	4:26:07	0:25:18
29	386	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	304	0:39:08	03:29	3	2:13:30	40.45	01:38	33	1:28:43	4:26:25	0:25:36
30	252	PABLO ALONSO FIGUEROA	CLUB TRIATLON MORRAZO	97	0:32:40	03:04	79	2:26:15	36.92	01:08	8	1:23:27	4:26:33	0:25:45
31	54	ANDONI GARCÍA MATUTE	C.D.ATLETICO 42195.ES VITO	39	0:30:11	03:23	60	2:24:07	37.47	01:19	23	1:27:48	4:26:45	0:25:57
32	413	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIG	57	0:31:16	02:41	49	2:22:39	37.86	00:58	38	1:29:20	4:26:52	0:26:04
33	15	JORGE DIOS RIOS	LICENZA DE 1 DIA	66	0:31:42	03:26	43	2:22:00	38.03	01:29	29	1:28:22	4:26:58	0:26:10
34	304	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON C	68	0:31:50	03:00	27	2:19:14	38.79	01:27	55	1:31:59	4:27:27	0:26:39
35	149	HUGO PACHON MORENO	CLUB NATACION RIVEIRA	28	0:29:03	03:00	47	2:22:15	37.97	02:17	58	1:32:23	4:28:56	0:28:08
36	130	JACOBO CREGO FERNANDEZ	OLIMPICO DE VEDRA	20	0:28:15	02:31	11	2:16:39	39.52	01:28	147	1:40:13	4:29:04	0:28:16
37	36	ZOÉ SORIA FERNÁNDEZ	ABSOLUT SPORT	70	0:31:57	03:25	50	2:22:44	37.83	01:27	41	1:29:53	4:29:25	0:28:37
38	32	ÁLVARO SANCHIDRIÁN RIVERO	INDEPENDENTE	27	0:29:02	03:05	37	2:21:22	38.2	01:38	86	1:34:43	4:29:48	0:28:59
39	52	IAGO GÓMEZ ALONSO	CLUB TRIATLON MORRAZO	82	0:32:25	03:13	38	2:21:23	38.2	01:38	52	1:31:49	4:30:26	0:29:37
40	12	ALEJANDRO ÁLVAREZ COSTAS	LICENZA DE 1 DIA	62	0:31:31	02:54	138	2:31:32	35.64	01:04	11	1:23:35	4:30:34	0:29:46
41	164	NICOLAS PICHEL CASTRO	A.D. FOGAR	102	0:32:46	03:05	64	2:24:34	37.35	01:55	28	1:28:21	4:30:40	0:29:52

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	351	FRANCISCO JAVIER BARREIRO COR	NOSPORTLIMIT-TREK GALICIA	343	0:41:15	05:18	284	2:42:38	33.21	02:28	129	1:38:41	5:10:18	1:09:30
238	253	IKER CID CHASCO	C.D.CICLISTA VIBIKE	347	0:41:43	04:48	163	2:32:56	35.31	02:15	244	1:48:45	5:10:25	1:09:37
239	216	JAVIER MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	344	0:41:19	04:15	144	2:31:50	35.57	01:48	270	1:51:21	5:10:31	1:09:43
240	43	MIGUEL CASTRO RAMOS	A.D. FOGAR	92	0:32:35	03:11	133	2:30:59	35.77	01:58	335	2:02:21	5:11:02	1:10:13
241	78	DOMINGO FIGUEROA CARRERA	LICENZA DE 1 DIA	18	0:28:04	03:34	329	2:50:40	31.64	02:29	220	1:46:18	5:11:04	1:10:16
242	357	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	153	0:34:26	04:03	275	2:42:12	33.29	02:41	237	1:47:58	5:11:18	1:10:30
243	370	SANTIAGO BESADA BRUNET	LICENZA DE 1 DIA	281	0:38:20	03:34	327	2:50:07	31.74	01:42	118	1:37:40	5:11:23	1:10:34
244	60	ADRIÁN AMOEDO CORREA	CLUB TRIATLON MAR DE VIG	144	0:34:16	03:48	229	2:37:46	34.23	01:16	289	1:54:29	5:11:32	1:10:44
245	148	DANIEL BETTENCOURT REIS	TRIATLO AASM	91	0:32:33	03:23	235	2:38:19	34.11	01:17	300	1:56:20	5:11:51	1:11:02
246	179	FRANCISCO DAMIÁN BLANCO GARC	TRINORTH-NOGASA	301	0:39:03	04:16	248	2:39:50	33.79	03:02	213	1:45:42	5:11:51	1:11:03
247	298	LUIS DÍAZ MARCOS	LICENZA DE 1 DIA	168	0:34:48	04:05	310	2:46:03	32.52	02:35	203	1:44:52	5:12:20	1:11:32
248	207	MIGUEL ALONSO CALVAR	LICENZA DE 1 DIA	130	0:34:04	04:58	307	2:45:48	32.57	01:58	211	1:45:40	5:12:27	1:11:38
249	382	ROGER ARDEVOL LATORRE	ABSOLUT SPORT	314	0:39:28	03:52	268	2:41:32	33.43	01:31	219	1:46:12	5:12:33	1:11:45
250	305	VICTOR DIAZ PAZ	LICENZA DE 1 DIA	324	0:39:49	04:56	205	2:35:46	34.67	02:14	253	1:49:56	5:12:39	1:11:50
251	282	JAVIER DE LA TORRE FUSTES	LICENZA DE 1 DIA	139	0:34:13	04:36	126	2:30:42	35.83	03:20	320	2:00:09	5:12:59	1:12:10
252	366	RUBEN REIGADA SEIJO	LICENZA DE 1 DIA	214	0:36:13	05:56	226	2:37:37	34.26	02:21	266	1:51:00	5:13:05	1:12:17
253	277	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	271	0:37:57	04:37	256	2:40:31	33.64	02:04	239	1:48:05	5:13:12	1:12:24
254	390	JUAN MÉNDEZ LÓPEZ	TRISADA	155	0:34:28	03:47	187	2:34:24	34.97	02:22	308	1:58:17	5:13:16	1:12:28
255	412	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	335	0:40:34	03:43	251	2:40:16	33.7	01:50	229	1:47:00	5:13:20	1:12:32
256	410	DEAN FLETCHER	CLUB CICLISTA DE LA FUENT	364	0:43:14	04:53	143	2:31:49	35.57	02:03	273	1:51:55	5:13:53	1:13:05
257	103	OLIVER GARCÍA MATO	LICENZA DE 1 DIA	318	0:39:33	04:44	178	2:33:49	35.11	01:25	291	1:54:56	5:14:25	1:13:37
258	185	MIGUEL RODRÍGUEZ FORTES	POBLATS MARITIMS TRIATLÓ	124	0:33:56	04:04	331	2:51:12	31.54	02:13	183	1:43:13	5:14:37	1:13:48
259	26	MATEO HERNÁNDEZ SOTO	LICENZA DE 1 DIA	292	0:38:37	05:20	300	2:44:26	32.84	02:46	190	1:43:41	5:14:47	1:13:58
260	182	ALEXANDRE MARTINS FERREIRA	ASOCIAÇÃO ACADEMICA DE S	299	0:38:59	04:56	303	2:45:03	32.72	02:20	188	1:43:35	5:14:51	1:14:03
261	343	DAVID GONZÁLEZ VINUESA	BICICLETAS MORENITO CDE	260	0:37:31	04:31	266	2:41:23	33.46	01:42	251	1:49:52	5:14:57	1:14:08
262	385	FERNANDO DE CELIS PUENTE	LICENZA DE 1 DIA	250	0:37:15	04:57	286	2:42:55	33.15	01:59	238	1:48:00	5:15:04	1:14:15
263	344	MANUEL LEIRACHA VALENTIN	TRIATLON FERROL	380	0:45:41	04:48	294	2:43:51	32.96	01:31	139	1:39:22	5:15:12	1:14:23
264	397	DIEGO SECO LAMAS	TRINITY TRIATLON	345	0:41:26	05:08	255	2:40:27	33.66	01:29	225	1:46:43	5:15:12	1:14:23
265	89	LUIS ARMAS CABEZUDO	LICENZA DE 1 DIA	201	0:35:48	04:39	311	2:46:19	32.47	02:06	222	1:46:28	5:15:19	1:14:30
266	206	IGNACIO MONCLUS MARCELLÁN	STADIUM CASABLANCA-ALMO	196	0:35:34	04:29	297	2:44:13	32.88	01:22	252	1:49:56	5:15:32	1:14:43
267	395	CEFERINO FRANCISCO PÉREZ	TRIATLON DUERO	308	0:39:22	04:19	239	2:38:33	34.06	01:28	272	1:51:53	5:15:33	1:14:45
268	112	ANDRÉS BENITO GARZÓN	CLUB TRIATLON SAMBURIEL	374	0:44:42	04:10	293	2:43:30	33.03	01:38	175	1:42:20	5:16:19	1:15:30
269	415	MANUEL RODRÍGUEZ COELLO	LICENZA DE 1 DIA	331	0:40:11	04:11	282	2:42:36	33.21	01:26	236	1:47:57	5:16:19	1:15:30
270	426	JOSE VIDAL RIAL	LICENZA DE 1 DIA	298	0:38:58	06:07	341	2:52:24	31.32	03:43	96	1:35:39	5:16:49	1:16:01
271	279	EMILIO JOSÉ GONZÁLEZ LEMOS	INDEPENDENTE	288	0:38:32	04:05	222	2:37:00	34.4	01:51	294	1:55:28	5:16:53	1:16:05
272	171	JOSÉ MANUEL TURNES CORDEIRO	NOSPORTLIMIT-TREK GALICIA	356	0:42:29	04:44	338	2:52:04	31.38	02:00	97	1:35:54	5:17:08	1:16:20
273	259	ÁNGEL LÓPEZ LÓPEZ	INDEPENDENTE	355	0:42:26	03:47	262	2:40:53	33.57	02:12	240	1:48:07	5:17:23	1:16:35
274	352	RICARDO FERNÁNDEZ ROSA	TRISPORT GETAFE	241	0:37:01	03:38	233	2:37:59	34.18	02:17	301	1:56:32	5:17:24	1:16:35
275	111	VICTOR RODRIGO MELO MEDINA	LICENZA DE 1 DIA	336	0:40:43	04:32	194	2:35:05	34.82	01:58	292	1:55:09	5:17:25	1:16:36
276	49	OSCAR FREIRE BARGO	TEAM CORBELO	297	0:38:52	04:24	250	2:40:06	33.73	02:04	276	1:52:15	5:17:39	1:16:51
277	181	IGOR MONTERO DEL BARRIO	LICENZA DE 1 DIA	135	0:34:10	04:46	301	2:44:51	32.76	01:40	278	1:52:23	5:17:48	1:16:59
278	275	GUILLERMO LIAÑO VIDAL	TRISADA	120	0:33:33	05:47	304	2:45:18	32.67	03:40	250	1:49:42	5:17:58	1:17:10
279	301	MANUEL PORTO MOLLINEDO	ARTROGAL-TRI 498	128	0:34:04	04:33	224	2:37:15	34.34	01:56	321	2:00:20	5:18:05	1:17:17
280	178	JUAN LÓPEZ CASTAÑEIRA	LICENZA DE 1 DIA	268	0:37:50	05:16	285	2:42:51	33.16	01:33	260	1:50:50	5:18:19	1:17:31
281	229	ROBERTO ZORZO PALOMEQUE	BICICLETAS MORENITO CDE	195	0:35:34	04:03	337	2:52:00	31.4	01:41	207	1:45:05	5:18:20	1:17:32
282	428	LUIS REDONDO BADAS	CD TRIATLÓN BOMBEROS VA	279	0:38:09	04:21	345	2:53:30	31.12	01:47	154	1:40:36	5:18:21	1:17:33
283	24	ALEJANDRO RODRIGUEZ OUTEIRIÑ	TRI OURENSE	209	0:36:05	04:16	296	2:44:13	32.88	01:33	279	1:52:28	5:18:33	1:17:45
284	197	JORGE PÉREZ SANDOVAL	TRIATLON PEÑA-ROJA	255	0:37:23	05:01	212	2:36:17	34.56	01:46	307	1:58:11	5:18:36	1:17:48
285	56	ADRIAN SOUSA DOMINGUEZ	LICENZA DE 1 DIA	352	0:42:17	03:54	246	2:39:41	33.82	02:16	261	1:50:51	5:18:57	1:18:09
286	400	CARLOS IGLESIAS RODRIGUEZ	LICENZA DE 1 DIA	273	0:37:59	04:43	318	2:47:34	32.23	02:44	218	1:46:12	5:19:10	1:18:22
287	389	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIG	296	0:38:49	04:06	292	2:43:29	33.03	01:41	271	1:51:35	5:19:39	1:18:50
288	125	NUNO MOREIRA RIBEIRO	LICENZA DE 1 DIA	261	0:37:40	05:19	352	2:55:01	30.86	01:50	164	1:41:19	5:21:07	1:20:19
289	399	RAMÓN FERREIRO OTTIGER	LICENZA DE 1 DIA	282	0:38:23	08:12	325	2:49:23	31.88	02:24	187	1:43:30	5:21:51	1:21:02
290	241	BORJA ALONSO GÓMEZ	PERLAS TRIATLÓN COLMENA	242	0:37:08	05:08	298	2:44:16	32.88	02:07	285	1:53:27	5:22:04	1:21:15
291	262	JUAN IGNACIO SENDINO LAMELA	LICENZA DE 1 DIA	339	0:40:57	04:35	151	2:32:12	35.48	01:35	337	2:03:24	5:22:41	1:21:53
292	423	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	146	0:34:18	04:43	316	2:46:55	32.35	02:06	293	1:55:19	5:23:20	1:22:32
293	33	DANIEL IGLESIAS LÓPEZ - CARCED	LICENZA DE 1 DIA	317	0:39:31	04:19	252	2:40:19	33.69	01:26	306	1:57:57	5:23:30	1:22:42
294	75	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT-TREK GALICIA	365	0:43:15	04:06	324	2:49:14	31.91	01:44	209	1:45:17	5:23:35	1:22:46
295	378	SANTIAGO FIGUEIRAS GARCIA	LICENZA DE 1 DIA	159	0:34:32	04:07	271	2:41:54	33.36	02:30	324	2:00:50	5:23:51	1:23:03
296	435	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENT	300	0:39:00	04:00	119	2:29:47	36.05	15:32	295	1:55:42	5:23:59	1:23:11
297	350	JULIO CESAR PEREZ VAZQUEZ	INDEPENDENTE	245	0:37:10	03:47	260	2:40:47	33.59	02:24	318	1:59:56	5:24:02	1:23:14
298	128	DAVID PIÑA LOPEZ	LICENZA DE 1 DIA	272	0:37:59	05:11	334	2:51:34	31.47	01:54	234	1:47:29	5:24:06	1:23:17
299	23	ALFONSO JOSÉ CONDE FIGUEROA	CLUB ATLETISMO PORRIÑO	54	0:30:53	02:33	249	2:40:04	33.74	01:07	348	2:09:45	5:24:20	1:23:31
300	272	JUAN ALAPONT SOLANO	LICENZA DE 1 DIA	274	0:38:03	05:20	281	2:42:34	33.22	01:56	302	1:56:35	5:24:26	1:23:38
301	177	JUAN MANUEL MIRA IGLESIAS	ARTROGAL-TRI 498	277	0:38:08	04:43	253	2:40:24	33.67	02:18	316	1:59:34	5:25:05	1:24:16

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
302	333	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	12	0:26:59	04:56	328	2:50:17	31.71	02:18	322	2:00:39	5:25:08	1:24:20
303	172	FERNANDO GARCÍA - CARPINTERO	CLUB TRIATLON CORUÑA	346	0:41:39	06:54	269	2:41:34	33.42	01:59	283	1:53:06	5:25:11	1:24:22
304	19	JORGE VICENTE GONZÁLEZ	LICENZA DE 1 DIA	256	0:37:25	04:05	265	2:41:07	33.52	01:34	329	2:01:16	5:25:24	1:24:36
305	107	LUCAS LAGO RODRÍGUEZ	LICENZA DE 1 DIA	117	0:33:24	03:36	299	2:44:24	32.85	02:37	331	2:01:42	5:25:41	1:24:52
306	222	DAVID CALVO ESTEVEZ	LICENZA DE 1 DIA	340	0:41:01	04:19	330	2:51:02	31.58	02:24	231	1:47:10	5:25:52	1:25:04
307	58	ENRIQUE HERRERO SANTANA	LICENZA DE 1 DIA	329	0:40:06	03:46	203	2:35:41	34.69	01:47	341	2:04:40	5:25:58	1:25:10
308	123	MIGUEL GONZALEZ RODRIGUEZ	LICENZA DE 1 DIA	337	0:40:49	03:43	336	2:51:57	31.41	01:52	235	1:47:42	5:26:01	1:25:12
309	342	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	145	0:34:18	04:16	228	2:37:41	34.25	02:18	346	2:07:45	5:26:16	1:25:27
310	365	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	360	0:42:54	04:00	247	2:39:44	33.81	01:15	313	1:58:42	5:26:34	1:25:45
311	434	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIG	227	0:36:31	03:42	333	2:51:30	31.49	01:31	286	1:53:32	5:26:44	1:25:55
312	63	ÁNGEL SERÉN CASANOVA	LICENZA DE 1 DIA	251	0:37:17	04:04	332	2:51:13	31.54	01:51	280	1:52:30	5:26:54	1:26:05
313	320	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	230	0:36:38	04:43	302	2:44:56	32.74	01:48	315	1:58:53	5:26:56	1:26:08
314	306	ALBERTO SOTO UGALDE	LICENZA DE 1 DIA	313	0:39:28	04:26	287	2:43:05	33.11	01:44	312	1:58:39	5:27:20	1:26:31
315	411	FERNANDO ALVAREZ CID	LICENZA DE 1 DIA	316	0:39:30	04:52	254	2:40:26	33.66	03:03	317	1:59:37	5:27:27	1:26:39
316	233	OSCAR DIAZ PRADO	CLUB TRIATLON MAR DE VIG	321	0:39:46	04:02	306	2:45:47	32.57	01:49	299	1:56:13	5:27:35	1:26:47
317	309	IGNACIO SANZ RODRIGUEZ	CLUB TRIATLON SAMBURIEL	325	0:39:57	04:06	359	2:57:54	30.36	01:59	199	1:44:32	5:28:25	1:27:37
318	61	MIGUEL ÁNGEL FERNÁNDEZ VAREL	ARCADE INFORHOUSE SANTI	312	0:39:27	04:19	270	2:41:49	33.37	02:04	326	2:01:03	5:28:41	1:27:52
319	240	JORGE VENTURA REGO	CLUB TRIATLON MAR DE VIG	326	0:39:58	06:02	319	2:47:39	32.21	02:03	284	1:53:08	5:28:49	1:28:01
320	214	DIEGO GRANJA BREY	A.D. ECOSPORT TRIATLON AL	208	0:36:04	03:24	368	3:03:09	29.48	02:20	208	1:45:10	5:30:04	1:29:16
321	441	JOSÉ ALFONSO VÁZQUEZ CORREA	LICENZA DE 1 DIA	386	0:48:45	05:09	335	2:51:40	31.46	02:15	181	1:43:09	5:30:56	1:30:08
322	299	SANTIAGO NUÑEZ PAREDES	CLUB TRIATLON MORRAZO	334	0:40:28	04:41	291	2:43:29	33.03	02:38	323	2:00:47	5:32:01	1:31:13
323	307	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	127	0:34:03	04:10	356	2:56:44	30.56	01:45	297	1:56:03	5:32:43	1:31:54
324	13	PABLO LORENZO ROMÁN	LICENZA DE 1 DIA	232	0:36:43	04:37	308	2:45:49	32.57	02:28	344	2:04:52	5:34:27	1:33:39
325	212	PABLO FALQUINA ESPINOSA	A.D. ECOSPORT TRIATLON AL	212	0:36:11	03:44	326	2:49:31	31.86	02:06	336	2:03:07	5:34:38	1:33:49
326	41	ÁLVARO MIRANDA CARBAJO	LICENZA DE 1 DIA	322	0:39:46	05:04	350	2:54:46	30.9	02:41	281	1:52:51	5:35:07	1:34:19
327	106	RAFA LÓPEZ ALONSO	PERLAS TRIATLÓN COLMENA	319	0:39:35	06:09	322	2:48:40	32.02	02:28	311	1:58:22	5:35:11	1:34:23
328	8	SERGI GARCIA CAMPANY	LICENZA DE 1 DIA	129	0:34:04	03:51	365	3:02:25	29.6	01:59	287	1:53:35	5:35:52	1:35:04
329	217	LUIS ANTONIO MARTIN ROBLES	TRIIATLON DUERO	358	0:42:35	04:33	305	2:45:36	32.61	02:05	330	2:01:16	5:36:03	1:35:15
330	169	DANIEL GALLEGO LANNERSKOOG	LICENZA DE 1 DIA	142	0:34:15	04:44	244	2:39:34	33.84	01:58	357	2:15:34	5:36:03	1:35:15
331	239	LEONARDO RAMON FRANCO LARE	CLUB TRIATLON MAR DE VIG	367	0:43:19	06:17	276	2:42:15	33.28	02:45	332	2:01:50	5:36:23	1:35:35
332	348	ELIAS ALFONSO ÁLVAREZ	LICENZA DE 1 DIA	349	0:42:00	05:37	273	2:42:02	33.33	02:44	342	2:04:44	5:37:06	1:36:17
333	425	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE L	119	0:33:32	02:59	321	2:48:21	32.08	01:45	350	2:10:42	5:37:16	1:36:28
334	429	HUMBERTO GALLIDORO DEL MONT	CLUB TRIATLON MAR DE VIG	383	0:46:37	04:17	277	2:42:18	33.27	01:46	338	2:03:26	5:38:22	1:37:34
335	403	ANGEL LORENZO SAEZ	LICENZA DE 1 DIA	327	0:40:03	05:02	340	2:52:23	31.33	03:03	309	1:58:17	5:38:46	1:37:58
336	437	MANUEL MEIXEIRA PÉREZ	CLUB TRIATLÓN SALAMANCA	95	0:32:39	05:37	347	2:54:02	31.03	03:04	339	2:03:52	5:39:12	1:38:23
337	332	RICARDO SOLER VIDAL	LICENZA DE 1 DIA	306	0:39:15	04:38	348	2:54:21	30.97	03:06	314	1:58:48	5:40:06	1:39:17
338	152	JAVIER LOPEZ PINO	CLUB TRIATLON MAR DE VIG	385	0:48:31	04:34	320	2:47:59	32.15	01:39	305	1:57:29	5:40:11	1:39:22
339	30	JORGE JUAN GONZÁLEZ VÁZQUEZ	LICENZA DE 1 DIA	371	0:44:24	04:56	357	2:57:11	30.48	02:09	274	1:51:58	5:40:37	1:39:48
340	438	MANUEL PASTRANA CRUZ	MONTE PENARUBIA RUNNING	382	0:45:55	04:05	353	2:55:09	30.83	01:42	290	1:54:32	5:41:21	1:40:33
341	249	JORGE CASAL ANTÓN	LICENZA DE 1 DIA	315	0:39:29	07:10	343	2:53:17	31.16	02:57	328	2:01:15	5:44:06	1:43:17
342	245	SINESIO NOVO FERNÁNDEZ	LICENZA DE 1 DIA	361	0:42:57	04:52	349	2:54:35	30.93	01:48	319	1:59:59	5:44:10	1:43:21
343	439	RAMON MARTÍNEZ MARQUEZ	LICENZA DE 1 DIA	389	0:59:07		383	12:18:11	7.32	02:37	303	1:56:48	5:44:49	1:44:00
344	132	ADRIAN QUEVEDO PEREZ	NOSPORTLIMIT-TREK GALICIA	320	0:39:35	03:54	370	3:05:19	29.14	01:48	288	1:54:23	5:44:57	1:44:09
345	337	CARLOS OUTEDA REY	LICENZA DE 1 DIA	284	0:38:25	03:55	314	2:46:38	32.41	01:55	355	2:14:56	5:45:48	1:44:59
346	247	GUSTAVO ORTIZ ARIZA	C.D.E. TRIATLON J.A.S. COLM	377	0:45:23	05:15	317	2:47:27	32.25	02:00	345	2:06:09	5:46:12	1:45:23
347	157	ALFONSO MARTÍN REINA	INDEPENDENTE	350	0:42:02	04:47	367	3:02:39	29.57	01:44	298	1:56:06	5:47:16	1:46:28
348	254	JOSE MARIA LAMELA BARCIA	SAN ROQUE-TRIATLON VIVEI	363	0:42:59	04:24	339	2:52:07	31.37	01:43	347	2:08:10	5:49:22	1:48:33
349	436	FERNANDO LORMAZA CANO	TRIRUNNERS GETXO	338	0:40:54	07:03	351	2:54:49	30.89	01:53	343	2:04:48	5:49:25	1:48:37
350	193	ALEJANDRO BLANCO BLANCO	CLUB TRIATLON CORUÑA	259	0:37:30	06:08	315	2:46:46	32.38	02:03	360	2:17:56	5:50:21	1:49:33
351	294	PABLO JOSÉ PAZOS HERNÁNDEZ	CLUB TRIATLON CORUÑA	257	0:37:25	04:52	323	2:48:49	31.99	02:32	358	2:16:45	5:50:21	1:49:33
352	293	ALFREDO SIO UHIA	TRINORTH-NOGASA	266	0:37:49	03:48	295	2:44:02	32.92	02:15	367	2:24:36	5:52:28	1:51:40
353	380	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIG	368	0:43:21	03:52	344	2:53:30	31.13	01:53	349	2:10:05	5:52:39	1:51:51
354	108	ANTÓN ROMANÍ FARO	LICENZA DE 1 DIA	105	0:32:48	04:58	377	3:11:22	28.22	02:04	334	2:02:07	5:53:18	1:52:29
355	361	ALBERTO GARCÍA OTERO	LICENZA DE 1 DIA	305	0:39:13	05:08	369	3:04:37	29.25	02:50	333	2:02:03	5:53:48	1:52:59
356	100	ALFONSO FERNÁNDEZ RODRÍGUEZ	LICENZA DE 1 DIA	370	0:44:21	07:00	364	3:02:16	29.63	01:58	325	2:01:00	5:56:32	1:55:44
357	48	FERNANDO MILLARA ROLÁN	LICENZA DE 1 DIA	189	0:35:24	05:52	358	2:57:40	30.4	03:16	354	2:14:54	5:57:04	1:56:16
358	248	OSCAR PEREIRO SANESTEBAN	LICENZA DE 1 DIA	210	0:36:06	04:01	342	2:52:24	31.32	02:16	368	2:24:41	5:59:27	1:58:38
359	163	ANXO BEA SAMPEDRO	LICENZA DE 1 DIA	218	0:36:17	05:18	363	3:01:36	29.74	01:46	361	2:19:24	6:04:19	2:03:31
360	330	FRANCISCO LORENZO RODRIGEZ	LICENZA DE 1 DIA	351	0:42:04	05:02	374	3:09:21	28.52	03:47	340	2:04:24	6:04:35	2:03:47
361	50	MIGUEL MÉNDEZ CONDE	LICENZA DE 1 DIA	362	0:42:58	04:42	355	2:55:50	30.71	02:54	362	2:19:49	6:06:12	2:05:23
362	336	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIG	302	0:39:05	04:33	372	3:07:46	28.76	02:22	353	2:13:43	6:07:27	2:06:38
363	28	ALEJANDRO MUSEROS ALEGRE	LICENZA DE 1 DIA	283	0:38:25	07:04	371	3:06:32	28.95	02:20	359	2:17:48	6:12:07	2:11:19
364	353	JUAN JOSE PITA FRAGOSO	LICENZA DE 1 DIA	353	0:42:21	08:06	375	3:09:31	28.5	03:56	351	2:11:20	6:15:11	2:14:23
365	360	EVARISTO JOSE PARDO PERNAS	LICENZA DE 1 DIA	366	0:43:18	05:58	366	3:02:37	29.57	03:42	363	2:21:47	6:17:19	2:16:31
366	444	MANUEL MARTINEZ RODRIGUEZ	LICENZA DE 1 DIA	342	0:41:09	06:47	373	3:08:28	28.65	03:27	364	2:22:51	6:22:40	2:21:51



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
367	246	LUIS TRANCHO BAYON	FITNESS SPORTS TRIATLON	387	0:48:51	07:35	362	3:00:43	29.88	05:09	366	2:23:25	6:25:42	2:24:53
368	105	JORGE GONZALEZ MENDEZ	LICENZA DE 1 DIA	388	0:50:27	06:55	380	3:16:12	27.52	02:47	352	2:11:42	6:28:01	2:27:13
369	409	CARLOS JACINTO RIAL SUAREZ	LICENZA DE 1 DIA	369	0:44:17	08:46	379	3:14:44	27.73	05:12	356	2:15:31	6:28:28	2:27:39
370	35	JORGE PEREZ PAZOS	LICENZA DE 1 DIA	376	0:45:20	04:38	378	3:13:14	27.95	02:55	365	2:22:52	6:28:57	2:28:09
371	210	EDWARD JOSÉ GONZÁLEZ VIDAL	LICENZA DE 1 DIA	372	0:44:25	07:35	376	3:09:59	28.42	02:28	369	2:29:11	6:33:35	2:32:47
372	387	OCTAVIO SUSACASA NOVAL	NOSPORTLIMIT-TREK GALICIA	378	0:45:23	06:14	381	3:21:27	26.81	02:39	371	2:38:02	6:53:44	2:52:55
373	445	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	286	0:38:29	06:34	382	3:32:06	25.46	04:21	370	2:32:52	6:54:20	2:53:31
374	417	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	391	1:03:00		385	12:45:25	7.06	02:28	372	2:40:22	6:55:27	2:54:38
375	151	OSCAR MACIAS CAJETE	LICENZA DE 1 DIA	390	1:03:00		384	12:20:09	7.3	27:44	373	2:40:32	6:55:36	2:54:48
376	160	RUI BASTOS DAS NEVES	LICENZA DE 1 DIA	381	0:45:46	04:36	361	2:59:10	30.14	02:18	374	3:23:49	7:15:37	3:14:48
DQ	37	CÉSAR BARRABES REBOLLO	CLUB TRITRAINING											NON PARAR NA AREA DE PENALIZACIÓN
DQ	40	FRANCISCO JAVIER GONZALEZ FAG	LICENZA DE 1 DIA											NON PARAR NA AREA DE PENALIZACIÓN
DQ	46	ALBERTO VÁZQUEZ OTERO	ARCADE INFORHOUSE SANTI											AXUDA EXTERNA
DQ	47	DAVID MARTINEZ GRAÑA	LICENZA DE 1 DIA											NON PARAR NA AREA DE PENALIZACIÓN
DQ	129	VICTOR MANUEL SEIJAS FOLGUEIR	CIDADE DE LUGO FLUVIAL											NON PARAR NA AREA DE PENALIZACIÓN
DQ	146	MANUEL SANGUEIRO ÁLVAREZ	CLUB ATLETISMO PORRIÑO											ACORTAR PERCORRIDO CARREIRA A PE
DQ	165	GUILLERMO LOPEZ PIEDRA	TEAM SPORT SPIRIT											NON PARAR NA AREA DE PENALIZACIÓN
DQ	202	FABIAN UBEIRA VIDAL	ASOCIACION DEPORTIVA C.A.											NON PARAR NA AREA DE PENALIZACIÓN
DQ	204	ALBERTO LOPEZ PINO	CLUB TRIATLON MAR DE VIG											ENTRAR EN META ACOMPAÑADO
DQ	236	ENRIQUE RODRÍGUEZ RODRÍGUEZ	SANSE OUTSIDERS TRIATLÓN											ENTRAR EN META ACOMPAÑADO
DQ	268	PABLO ISRAEL RODRIGUEZ LOPEZ	LICENZA DE 1 DIA											NON PARAR NA AREA DE PENALIZACIÓN
DQ	280	CARLOS CARREIRO BOULLOSA	INDEPENDENTE											NON PARAR NA AREA DE PENALIZACIÓN
DQ	347	JOSE ÁNGEL RACIONERO SANCHEZ	LICENZA DE 1 DIA											ENTRAR EN META ACOMPAÑADO
DQ	363	RAFAEL CABAÑEROS ROBLES	TRINITY TRIATLON											NON PARAR NA AREA DE PENALIZACIÓN
DQ	372	DANIEL PAZOS FERNANDEZ	TRISADA											NON PARAR NA AREA DE PENALIZACIÓN
DQ	377	MANUEL VILA RIBERA	CLUB TRIATLON SAMBURIEL											NON PARAR NA AREA DE PENALIZACIÓN
DQ	440	JUSTO GARCIA GUERRA	CLUB TRIATLON LEON											NON PARAR NA AREA DE PENALIZACIÓN
NF	65	CARLOS AVELINO LOPEZ PÉREZ	INDEPENDENTE	42	0:30:12	03:35	117	2:29:42	36.07	01:10				
NF	153	IVAN FERNÁNDEZ GONZÁLEZ	OLIMPICO DE VEDRA	348	0:41:44	04:36	289	2:43:12	33.09	01:49				
NF	190	PABLO VÁZQUEZ DÍAZ	BICICLETAS MORENITO CDE	77	0:32:15	03:14								
NF	195	CARLOS MIGUEL FIDALGO RODRIG	LICENZA DE 1 DIA	341	0:41:02	04:15	148	2:32:03	35.52	01:29				
NF	199	XOSÉ FERNÁNDEZ SEGURADO	LICENZA DE 1 DIA	174	0:34:57	05:31	164	2:32:57	35.31	02:17				
NF	243	FRANCISCO SEOANE GARCIA DE SE	ARTROGAL-TRI 498	188	0:35:24	05:14	346	2:53:40	31.09	01:18				
NF	267	JUAN LUIS CARBIA MENDEZ	ARTROGAL-TRI 498	164	0:34:37	03:11	26	2:19:09	38.81	01:38				
NF	283	JESÚS VILLAVERDE LÓPEZ	LICENZA DE 1 DIA	175	0:34:58	06:15	181	2:34:04	35.05	02:09				
NF	285	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	112	0:33:15	02:59	41	2:21:43	38.11	01:48				
NF	323	MIGUEL ANGEL SOTO GARCIA	LICENZA DE 1 DIA	379	0:45:40	04:15								
NF	349	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIG	93	0:32:37	04:03								
NF	355	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	192	0:35:27	03:47	257	2:40:32	33.64					
NF	398	LUIS ANGEL CASTELO SANCHEZ	LICENZA DE 1 DIA	73	0:32:08	03:43								
NF	407	MARCOS SANTOS CENTENERA	CLUB TRIATLON LAS ROZAS	357	0:42:29	06:02								
NF	418	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	161	0:34:33	04:21								
NF	442	JAVIER BELTRÁN MUÑOZ	LICENZA DE 1 DIA	244	0:37:10	06:18	354	2:55:26	30.78	02:48				
NF	443	EDUARDO VIEIRA MONTENEGRO	REAL CLUB NAUTICO DE VIGO	384	0:46:56	05:17	360	2:58:35	30.24	01:46				
NP	14	JOSE JAVIER HERNANDEZ SERRAN	LICENZA DE 1 DIA											
NP	25	IVÁN RODRÍGUEZ VICENTE	LICENZA DE 1 DIA											
NP	42	JESÚS FERNÁNDEZ QUEIRÓS	LICENZA DE 1 DIA											
NP	70	IVAN PEREIRA IGLESIAS	CLUB TRIATLON MAR DE VIG											
NP	95	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICIA											
NP	97	PABLO GONZALEZ FERNANDEZ	ACADEMIA CIVIL - CNSO											
NP	98	JOSÉ MARÍA GARCÍA GONZÁLEZ	TRITLÓN AVILES											
NP	101	MANUEL GONZALO ALVAREZ	LICENZA DE 1 DIA											
NP	119	SERGIO PÉREZ MOLPECERES	SANSE OUTSIDERS TRIATLÓN											
NP	141	ALEJANDRO HERNÁNDEZ GAYO	LICENZA DE 1 DIA											
NP	156	DAVID CASTRO GRAIÑO	INDEPENDENTE											
NP	158	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICIA											
NP	176	ALEJANDRO ANDRES LOPEZ	ACADEMIA CIVIL - CNSO											
NP	186	ABEL IGLESIAS FUERTES	TRI OURENSE											
NP	208	ROBERTO DOLDÁN CORRAL	NOSPORTLIMIT-TREK GALICIA											
NP	211	RUBEN LORENZO BLANCO	LICENZA DE 1 DIA											
NP	218	ANDRES DOMINGUEZ SILVA	CLUB TRIATLON CORUÑA											
NP	220	JORGE MÉNDEZ ABONJO	CLUB ATLETISMO PORRIÑO											
NP	221	GORKA PAGAZAURTUNDUA BETI	CLUB TRIATLON TRES CANTO											
NP	237	BRUNO CORDERO PÉREZ	LICENZA DE 1 DIA											
NP	255	JUAN FRANCISCO FERNANDEZ MOL	CLUB CICLISMO-TRITLÓN PO											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	266	GILBERTO SUAREZ SUAREZ	TEAM SPORT SPIRIT								
NP	302	MARIANO ALVAREZ IGLESIAS	LICENZA DE 1 DIA								
NP	324	ALFONSO RIVILLA CUEVAS	PERLAS TRIATLÓN COLMENA								
NP	326	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA								
NP	328	JESUS MARIA MARTIN CALVO	INTELLIGENT RUNNING - INTE								
NP	331	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO								
NP	335	MIGUEL ANGEL HERVA LÓPEZ	TRIATLON FERROL								
NP	358	FRANCISCO JAVIER TORA MIRA	LICENZA DE 1 DIA								
NP	359	JOSÉ MARÍA DÍAZ MARTÍNEZ	ENPHORMA TRIATLON SAN A								
NP	364	ALFREDO VARGAS LÓPEZ	CENTRO ASTURIANO OVIEDO								
NP	396	JUAN PEDRO VERJAGA GÓMEZ	CLUB TRIATLON MORALZARZ								
NP	402	JOSÉ RAMÓN MARTÍ PATIÑO	ARTROGAL-TRI 498								
NP	406	LUIS MORGADO MIRANDA	CLUB TRIATLON SAMBURIEL								
NP	419	JAVIER RODRIGUEZ FERNANDEZ	CLUB ATLETISMO PORRIÑO								

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	20:29	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	LUIS COIRA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	LUIS COIRA		LORENA GARCIA - CT MAR DE VIGO

Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 445	Remataron : 376	Retirados : 17	Non Presentados : 35
			Descalificados : 17

SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	4	LUIS MIGUEL VELASQUEZ RAMOS	A.D. TRI-PENTA TERRAS DE LUGO	1	0:22:31	1	2:11:36	41.04	9	1:23:28	4:00:49	
2	10	IÑAKI PENA-MANSO CARRAL	CLUB TRIATLON CORUÑA	22	0:28:24	36	2:21:21	38.21	5	1:21:04	4:14:54	0:14:06
3	15	JORGE DIOS RIOS	LICENZA DE 1 DIA	66	0:31:42	43	2:22:00	38.03	29	1:28:22	4:26:58	0:26:10
4	12	ALEJANDRO ÁLVAREZ COSTAS	LICENZA DE 1 DIA	62	0:31:31	138	2:31:32	35.64	11	1:23:35	4:30:34	0:29:46
5	16	DIEGO DÁVILA COLLAZO	CLUB TRIATLON MAR DE VIGO	43	0:30:15	76	2:25:56	37.01	165	1:41:19	4:41:56	0:41:08
6	18	RICARDO CORES VAZQUEZ	CLUB NATACION RIVEIRA	49	0:30:29	103	2:28:37	36.34	140	1:39:36	4:42:56	0:42:07
7	11	ALBERTO FERNÁNDEZ BONILLA	TRIMAD	222	0:36:23	100	2:28:27	36.38	122	1:38:11	4:47:49	0:47:01
8	9	PABLO ZOBRA LOJO	CLUB TRIATLON MORRAZO	252	0:37:18	207	2:35:56	34.63	83	1:34:33	4:52:28	0:51:40
9	17	XABIER RODRÍGUEZ MARTÍNEZ	CLUB TRIATLO SABADELL	100	0:32:43	132	2:30:55	35.78	242	1:48:19	4:57:21	0:56:33
10	20	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.R.	243	0:37:08	232	2:37:57	34.19	257	1:50:30	5:10:04	1:09:16
11	19	JORGE VICENTE GONZÁLEZ	LICENZA DE 1 DIA	256	0:37:25	265	2:41:07	33.52	329	2:01:16	5:25:24	1:24:36
12	13	PABLO LORENZO ROMÁN	LICENZA DE 1 DIA	232	0:36:43	308	2:45:49	32.57	344	2:04:52	5:34:27	1:33:39
13	8	SERGI GARCIA CAMPANY	LICENZA DE 1 DIA	129	0:34:04	365	3:02:25	29.6	287	1:53:35	5:35:52	1:35:04
NP	14	JOSE JAVIER HERNANDEZ SERRAN	LICENZA DE 1 DIA									

VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	2	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO	15	0:27:07	6	2:15:24	39.89	4	1:20:40	4:06:58	0:06:10
2	7	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	32	0:29:51	20	2:17:53	39.17	2	1:20:24	4:12:05	0:11:17
3	295	MIKEL LARRAZABAL ÁLVAREZ	EZKERRALDEA TRIATLOI TALDEA	89	0:32:30	18	2:17:39	39.23	24	1:28:00	4:22:31	0:21:43
4	379	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENTE	83	0:32:25	2	2:12:38	40.72	64	1:32:47	4:22:58	0:22:09
5	393	RAMON ARIAS GARCIA	T. MURALLA LUGO	30	0:29:20	34	2:21:16	38.23	35	1:28:53	4:24:23	0:23:35
6	329	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	41	0:30:12	44	2:22:01	38.03	31	1:28:26	4:25:08	0:24:20
7	386	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	304	0:39:08	3	2:13:30	40.45	33	1:28:43	4:26:25	0:25:36
8	413	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIGO	57	0:31:16	49	2:22:39	37.86	38	1:29:20	4:26:52	0:26:04
9	304	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COMP	68	0:31:50	27	2:19:14	38.79	55	1:31:59	4:27:27	0:26:39
10	311	ALFONSO MONCLUS MARCELLÁN	CLUB TRIATLON EUROPA	157	0:34:30	28	2:19:25	38.73	62	1:32:32	4:31:48	0:30:59
11	374	ADRIAN CASTIÑEIRAS BUJAN	TRINITY TRIATLON	21	0:28:19	48	2:22:29	37.9	116	1:37:22	4:31:54	0:31:06
12	341	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	179	0:35:13	12	2:16:43	39.5	123	1:38:16	4:34:59	0:34:11
13	315	SANTIAGO VALES MENDEZ	LICENZA DE 1 DIA	249	0:37:13	80	2:26:20	36.91	22	1:27:12	4:35:40	0:34:51
14	316	MARCOS BENAGES DUCH	CLUB ESPORTIU PRORUNNERS	140	0:34:14	55	2:23:46	37.56	54	1:31:59	4:35:55	0:35:06
15	310	PABLO ROURA HERNÁNDEZ	LICENZA DE 1 DIA	35	0:30:05	118	2:29:46	36.06	84	1:34:34	4:39:46	0:38:58
16	318	RICARDO AGUILAR LAUDO	C.D.E. TRIATLON GALAPAGAR	123	0:33:48	61	2:24:14	37.44	105	1:36:23	4:40:08	0:39:19
17	362	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	56	0:31:13	40	2:21:41	38.12	179	1:42:45	4:40:10	0:39:22
18	339	LEOPOLDO LÓPEZ MAÑAS	C.D.E. 3STYLE TRIATLON	137	0:34:12	149	2:32:09	35.49	26	1:28:17	4:40:33	0:39:45
19	404	JUAN CARLOS RODRÍGUEZ VÁZQU	C.TRIATLON OURENSE	262	0:37:43	21	2:17:53	39.17	148	1:40:17	4:40:42	0:39:54
20	375	MARCOS GONZALEZ TALAVERO	CLUB CICLISTA RIAZOR	74	0:32:08	136	2:31:08	35.73	66	1:33:08	4:41:34	0:40:46
21	308	JOSE ANTONIO RECOUSO CAAMAÑ	LICENZA DE 1 DIA	265	0:37:46	180	2:34:03	35.05	13	1:24:03	4:41:44	0:40:56
22	346	SANTIAGO PALACIO FERNANDEZ	TEAM SPORT SPIRIT	190	0:35:25	162	2:32:54	35.32	25	1:28:03	4:41:54	0:41:05

23	284	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	86	0:32:28	30	2:20:35	38.41	193	1:44:06	4:42:45	0:41:56
24	373	GABRIEL POZO JUNQUERO	GASTEIZKO BULLETVAN T.K.T.	55	0:31:04	46	2:22:02	38.02	197	1:44:21	4:43:19	0:42:31
25	384	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	194	0:35:31	111	2:29:27	36.13	85	1:34:34	4:43:34	0:42:46
26	388	ANTONIO LIBOREIRO COMESAÑA	LICENZA DE 1 DIA	78	0:32:17	84	2:26:44	36.8	121	1:38:07	4:43:46	0:42:57
27	314	ALBERTO SOTO CAMPOS	NOSPORTLIMIT-TREK GALICIA	151	0:34:24	51	2:23:27	37.64	152	1:40:25	4:44:18	0:43:30
28	383	MANUEL MARIÑO CARREÑO	CLUB TRIATLON LEON	226	0:36:29	186	2:34:22	34.98	30	1:28:23	4:44:41	0:43:52
29	289	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	80	0:32:21	237	2:38:22	34.1	47	1:30:54	4:46:16	0:45:28
30	401	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE	110	0:33:12	135	2:31:04	35.75	133	1:38:54	4:48:08	0:47:19
31	354	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	84	0:32:26	165	2:32:59	35.3	125	1:38:28	4:48:22	0:47:33
32	292	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIGO	53	0:30:52	94	2:27:31	36.61	210	1:45:32	4:48:57	0:48:09
33	321	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIGO	270	0:37:53	72	2:25:32	37.11	142	1:39:46	4:49:13	0:48:25
34	325	RUBÉN FERNÁNDEZ VILLAR	LICENZA DE 1 DIA	354	0:42:24	9	2:16:20	39.61	194	1:44:11	4:49:43	0:48:54
35	408	ANTONIO FRANCISCO GIL ALONSO	LICENZA DE 1 DIA	94	0:32:37	209	2:36:01	34.61	114	1:37:08	4:51:06	0:50:17
36	288	DAVID RODRIGUEZ APARICIO	LEGIOTRI	71	0:32:00	70	2:25:30	37.11	212	1:45:42	4:51:24	0:50:36
37	367	JUAN MANUEL MARTINEZ RODRIGU	CLUB DEPORTIVO TRILEON	107	0:33:08	179	2:34:01	35.06	146	1:39:54	4:52:00	0:51:12
38	317	ROBERTO OVIEDO PÉREZ	TRIATLON COSTA QUEBRADA	96	0:32:39	172	2:33:35	35.16	130	1:38:44	4:52:01	0:51:12
39	327	ALBERTO CAMESELLE ALVES	LICENZA DE 1 DIA	229	0:36:37	259	2:40:37	33.62	44	1:30:12	4:52:18	0:51:29
40	369	XOAN SANMARTIN PENA	C.D.KAIROSCORE	311	0:39:26	97	2:28:06	36.46	135	1:39:01	4:53:26	0:52:37
41	300	ALFONSO LÓPEZ MARTÍNEZ	OLIMPICO DE VEDRA	375	0:44:51	123	2:30:22	35.91	74	1:34:07	4:53:56	0:53:08
42	296	JOSE MANUEL FERNÁNDEZ MÉNDE	INDEPENDENTE	231	0:36:43	288	2:43:08	33.1	39	1:29:29	4:53:57	0:53:08
43	286	XURXO GÓMEZ VÁZQUEZ	TRIATLON FERROL	182	0:35:19	173	2:33:37	35.15	162	1:41:14	4:55:03	0:54:14
44	287	ANTONIO FERNANDEZ PÉREZ	LICENZA DE 1 DIA	332	0:40:16	174	2:33:38	35.15	68	1:33:16	4:55:36	0:54:48
45	368	JOSÉ JOAQUÍN BARRIENTOS MART	INDEPENDENTE	224	0:36:25	225	2:37:17	34.34	99	1:35:57	4:56:47	0:55:59
46	392	JOSE RAJA RODRÍGUEZ	A.D. RUMBO FIJO-CICLOS BLEDA	267	0:37:49	93	2:27:15	36.67	202	1:44:50	4:57:11	0:56:23
47	376	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	219	0:36:22	190	2:34:41	34.91	159	1:40:58	4:57:16	0:56:28
48	381	ISIDRO SANTOS GARRIDO	OET TEAM	149	0:34:21	272	2:41:56	33.35	106	1:36:24	4:57:44	0:56:56
49	303	JUAN CARLOS ARROYO LUELMO	C.D TRIATLON ZAMORA	52	0:30:44	125	2:30:40	35.84	269	1:51:15	4:58:34	0:57:45
50	391	ALVARO LORENZO-FARIÑA DOMIN	INDEPENDENTE	114	0:33:20	106	2:28:43	36.31	255	1:50:27	4:58:51	0:58:02
51	414	ENRIQUE MUÑOZ CANTERO	LICENZA DE 1 DIA	126	0:34:03	219	2:36:40	34.47	189	1:43:38	5:00:27	0:59:39
52	356	FRANCISCO JAVIER MIGUEZ CARB	LICENZA DE 1 DIA	162	0:34:34	264	2:41:04	33.53	143	1:39:49	5:00:42	0:59:53
53	297	PABLO MIGUEZ CORDO	CLUB ATLETISMO PORRIÑO	236	0:36:48	206	2:35:52	34.65	185	1:43:25	5:01:03	1:00:15
54	340	JOSE ALBERTO CASTELO SANCHE	LICENZA DE 1 DIA	205	0:35:58	160	2:32:49	35.34	228	1:46:55	5:01:50	1:01:01
55	322	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	309	0:39:22	157	2:32:43	35.36	180	1:43:03	5:02:17	1:01:29
56	338	MANUEL MONCLUS MARCELLÁN	S'ESCAPADA TRIATHLON TEAM	156	0:34:29	197	2:35:10	34.8	233	1:47:24	5:02:56	1:02:08
57	290	JAIME SAMPOL BRAZIS	LICENZA DE 1 DIA	104	0:32:48	199	2:35:22	34.76	247	1:49:09	5:03:24	1:02:35
58	313	DAVID ALVAREZ GUTIERREZ	CLUB TRIATLÓN OVIEDO	303	0:39:07	238	2:38:32	34.06	145	1:39:52	5:03:33	1:02:45
59	345	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT-TREK GALICIA	125	0:33:57	158	2:32:44	35.36	259	1:50:39	5:03:45	1:02:56
60	319	ANTONIO ABEL SEOANE ESTÉVEZ	CLUB CICLISMO-TRIATLÓN POIO	6	0:26:30	191	2:34:55	34.86	310	1:58:19	5:04:09	1:03:20
61	371	EMILIO GONZALEZ GARCIA	A.D. FOGAR	233	0:36:45	150	2:32:11	35.48	258	1:50:34	5:04:33	1:03:44
62	291	MARCOS LOPEZ PEREZ	LICENZA DE 1 DIA	280	0:38:17	280	2:42:33	33.22	113	1:37:05	5:05:18	1:04:29
63	312	FRANCISCO VILLACAMPA CAAMAÑ	LICENZA DE 1 DIA	103	0:32:47	198	2:35:15	34.78	256	1:50:28	5:05:24	1:04:36
64	416	PABLO MARTINEZ MAHAMUD	CDE BUSCADORES	121	0:33:38	261	2:40:52	33.57	227	1:46:51	5:07:04	1:06:15
65	405	ENRIQUE ARNAIZ IBARRONDO	INDEPENDENTE	38	0:30:11	263	2:41:00	33.54	248	1:49:25	5:07:09	1:06:20
66	394	JOSE MANUEL MOSQUERA VELLO	CLUB TRIATLON MAR DE VIGO	207	0:36:03	78	2:26:09	36.95	327	2:01:15	5:07:59	1:07:11
67	334	ANTONIO REY CARBALLEIRA	TRIATLON MOTOBIKE PONTEVEDR	122	0:33:39	231	2:37:56	34.19	267	1:51:01	5:08:18	1:07:30
68	351	FRANCISCO JAVIER BARREIRO CO	NOSPORTLIMIT-TREK GALICIA	343	0:41:15	284	2:42:38	33.21	129	1:38:41	5:10:18	1:09:30
69	357	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	153	0:34:26	275	2:42:12	33.29	237	1:47:58	5:11:18	1:10:30
70	370	SANTIAGO BESADA BRUNET	LICENZA DE 1 DIA	281	0:38:20	327	2:50:07	31.74	118	1:37:40	5:11:23	1:10:34
71	298	LUIS DÍAZ MARCOS	LICENZA DE 1 DIA	168	0:34:48	310	2:46:03	32.52	203	1:44:52	5:12:20	1:11:32
72	382	ROGER ARDÈVOL LATORRE	ABSOLUT SPORT	314	0:39:28	268	2:41:32	33.43	219	1:46:12	5:12:33	1:11:45
73	305	VICTOR DIAZ PAZ	LICENZA DE 1 DIA	324	0:39:49	205	2:35:46	34.67	253	1:49:56	5:12:39	1:11:50
74	366	RUBEN REIGADA SEIJO	LICENZA DE 1 DIA	214	0:36:13	226	2:37:37	34.26	266	1:51:00	5:13:05	1:12:17
75	390	JUAN MÉNDEZ LÓPEZ	TRISADA	155	0:34:28	187	2:34:24	34.97	308	1:58:17	5:13:16	1:12:28
76	412	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	335	0:40:34	251	2:40:16	33.7	229	1:47:00	5:13:20	1:12:32
77	410	DEAN FLETCHER	CLUB CICLISTA DE LA FUENTE	364	0:43:14	143	2:31:49	35.57	273	1:51:55	5:13:53	1:13:05
78	343	DAVID GONZÁLEZ VINUESA	BICICLETAS MORENITO CDE	260	0:37:31	266	2:41:23	33.46	251	1:49:52	5:14:57	1:14:08
79	385	FERNANDO DE CELIS PUENTE	LICENZA DE 1 DIA	250	0:37:15	286	2:42:55	33.15	238	1:48:00	5:15:04	1:14:15
80	344	MANUEL LEIRACHA VALENTIN	TRIATLON FERROL	380	0:45:41	294	2:43:51	32.96	139	1:39:22	5:15:12	1:14:23
81	397	DIEGO SECO LAMAS	TRINITY TRIATLON	345	0:41:26	255	2:40:27	33.66	225	1:46:43	5:15:12	1:14:23
82	395	CEFERINO FRANCISCO PÉREZ	TRIATLON DUERO	308	0:39:22	239	2:38:33	34.06	272	1:51:53	5:15:33	1:14:45
83	415	MANUEL RODRÍGUEZ COELLO	LICENZA DE 1 DIA	331	0:40:11	282	2:42:36	33.21	236	1:47:57	5:16:19	1:15:30
84	352	RICARDO FERNÁNDEZ ROSA	TRISPORT GETAFE	241	0:37:01	233	2:37:59	34.18	301	1:56:32	5:17:24	1:16:35
85	301	MANUEL PORTO MOLLINEDO	ARTROGAL-TRI 498	128	0:34:04	224	2:37:15	34.34	321	2:00:20	5:18:05	1:17:17
86	400	CARLOS IGLESIAS RODRIGUEZ	LICENZA DE 1 DIA	273	0:37:59	318	2:47:34	32.23	218	1:46:12	5:19:10	1:18:22
87	389	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIGO	296	0:38:49	292	2:43:29	33.03	271	1:51:35	5:19:39	1:18:50
88	399	RAMÓN FERREIRO OTTIGER	LICENZA DE 1 DIA	282	0:38:23	325	2:49:23	31.88	187	1:43:30	5:21:51	1:21:02



89	378	SANTIAGO FIGUEIRAS GARCIA	LICENZA DE 1 DIA	159	0:34:32	271	2:41:54	33.36	324	2:00:50	5:23:51	1:23:03
90	350	JULIO CESAR PEREZ VAZQUEZ	INDEPENDENTE	245	0:37:10	260	2:40:47	33.59	318	1:59:56	5:24:02	1:23:14
91	333	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	12	0:26:59	328	2:50:17	31.71	322	2:00:39	5:25:08	1:24:20
92	342	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	145	0:34:18	228	2:37:41	34.25	346	2:07:45	5:26:16	1:25:27
93	365	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	360	0:42:54	247	2:39:44	33.81	313	1:58:42	5:26:34	1:25:45
94	320	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	230	0:36:38	302	2:44:56	32.74	315	1:58:53	5:26:56	1:26:08
95	306	ALBERTO SOTO UGALDE	LICENZA DE 1 DIA	313	0:39:28	287	2:43:05	33.11	312	1:58:39	5:27:20	1:26:31
96	411	FERNANDO ALVAREZ CID	LICENZA DE 1 DIA	316	0:39:30	254	2:40:26	33.66	317	1:59:37	5:27:27	1:26:39
97	309	IGNACIO SANZ RODRIGUEZ	CLUB TRIATLON SAMBURIEL	325	0:39:57	359	2:57:54	30.36	199	1:44:32	5:28:25	1:27:37
98	299	SANTIAGO NUÑEZ PAREDES	CLUB TRIATLON MORRAZO	334	0:40:28	291	2:43:29	33.03	323	2:00:47	5:32:01	1:31:13
99	307	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	127	0:34:03	356	2:56:44	30.56	297	1:56:03	5:32:43	1:31:54
100	348	ELIAS ALFONSO ÁLVAREZ	LICENZA DE 1 DIA	349	0:42:00	273	2:42:02	33.33	342	2:04:44	5:37:06	1:36:17
101	403	ANGEL LORENZO SAEZ	LICENZA DE 1 DIA	327	0:40:03	340	2:52:23	31.33	309	1:58:17	5:38:46	1:37:58
102	332	RICARDO SOLER VIDAL	LICENZA DE 1 DIA	306	0:39:15	348	2:54:21	30.97	314	1:58:48	5:40:06	1:39:17
103	337	CARLOS OUTEDA REY	LICENZA DE 1 DIA	284	0:38:25	314	2:46:38	32.41	355	2:14:56	5:45:48	1:44:59
104	294	PABLO JOSÉ PAZOS HERNÁNDEZ	CLUB TRIATLON CORUÑA	257	0:37:25	323	2:48:49	31.99	358	2:16:45	5:50:21	1:49:33
105	293	ALFREDO SIO UHIA	TRINORTH-NOGASA	266	0:37:49	295	2:44:02	32.92	367	2:24:36	5:52:28	1:51:40
106	380	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIGO	368	0:43:21	344	2:53:30	31.13	349	2:10:05	5:52:39	1:51:51
107	361	ALBERTO GARCÍA OTERO	LICENZA DE 1 DIA	305	0:39:13	369	3:04:37	29.25	333	2:02:03	5:53:48	1:52:59
108	330	FRANCISCO LORENZO RODRIGEZ	LICENZA DE 1 DIA	351	0:42:04	374	3:09:21	28.52	340	2:04:24	6:04:35	2:03:47
109	336	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIGO	302	0:39:05	372	3:07:46	28.76	353	2:13:43	6:07:27	2:06:38
110	353	JUAN JOSE PITA FRAGOSO	LICENZA DE 1 DIA	353	0:42:21	375	3:09:31	28.5	351	2:11:20	6:15:11	2:14:23
111	360	EVARISTO JOSE PARDO PERNAS	LICENZA DE 1 DIA	366	0:43:18	366	3:02:37	29.57	363	2:21:47	6:17:19	2:16:31
112	409	CARLOS JACINTO RIAL SUAREZ	LICENZA DE 1 DIA	369	0:44:17	379	3:14:44	27.73	356	2:15:31	6:28:28	2:27:39
113	387	OCTAVIO SUSACASA NOVAL	NOSPORTLIMIT-TREK GALICIA	378	0:45:23	381	3:21:27	26.81	371	2:38:02	6:53:44	2:52:55
114	417	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	391	1:03:00	385	12:45:25	7.06	372	2:40:22	6:55:27	2:54:38
DQ	347	JOSE ÁNGEL RACIONERO SANCHE	LICENZA DE 1 DIA	ENTRAR EN META ACOMPAÑADO								
DQ	363	RAFAEL CABAÑEROS ROBLES	TRINITY TRIATLON	NON PARAR NA AREA DE PENALIZACIÓN								
DQ	372	DANIEL PAZOS FERNANDEZ	TRISADA	NON PARAR NA AREA DE PENALIZACIÓN								
DQ	377	MANUEL VILA RIBERA	CLUB TRIATLON SAMBURIEL	NON PARAR NA AREA DE PENALIZACIÓN								
NF	283	JESÚS VILLVERDE LÓPEZ	LICENZA DE 1 DIA	175	0:34:58	181	2:34:04	35.05				
NF	285	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	112	0:33:15	41	2:21:43	38.11				
NF	323	MIGUEL ANGEL SOTO GARCIA	LICENZA DE 1 DIA	379	0:45:40							
NF	349	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	93	0:32:37							
NF	355	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	192	0:35:27	257	2:40:32	33.64				
NF	398	LUIS ANGEL CASTELO SANCHEZ	LICENZA DE 1 DIA	73	0:32:08							
NF	407	MARCOS SANTOS CENTENERA	CLUB TRIATLON LAS ROZAS	357	0:42:29							
NP	302	MARIANO ALVAREZ IGLESIAS	LICENZA DE 1 DIA									
NP	324	ALFONSO RIVILLA CUEVAS	PERLAS TRIATLÓN COLMENAR VIE									
NP	326	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA									
NP	328	JESUS MARIA MARTIN CALVO	INTELLIGENT RUNNING - INTERVAL									
NP	331	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO									
NP	335	MIGUEL ANGEL HERVA LÓPEZ	TRIATLON FERROL									
NP	358	FRANCISCO JAVIER TORA MIRA	LICENZA DE 1 DIA									
NP	359	JOSÉ MARÍA DÍAZ MARTÍNEZ	ENPHORMA TRIATLON SAN AGUSTI									
NP	364	ALFREDO VARGAS LÓPEZ	CENTRO ASTURIANO OVIEDO									
NP	396	JUAN PEDRO VERJAGA GÓMEZ	CLUB TRIATLON MORALZARZAL									
NP	402	JOSÉ RAMÓN MARTÍ PATIÑO	ARTROGAL-TRI 498									
NP	406	LUIS MORGADO MIRANDA	CLUB TRIATLON SAMBURIEL									

VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	427	JESUS ANGEL RODRIGUEZ GONZA	CLUB TRIATLON MAR DE VIGO	31	0:29:33	87	2:26:59	36.74	153	1:40:29	4:41:22	0:40:34
2	424	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	183	0:35:20	156	2:32:40	35.37	101	1:36:03	4:50:33	0:49:45
3	433	FAUSTINO BLANCO MANCEBO	CLUB DEPORTIVO TRIATLON BIERZ	248	0:37:11	128	2:30:47	35.81	134	1:38:58	4:53:33	0:52:45
4	431	PAULINO JOSÉ RODRIGUEZ VILLAR	LICENZA DE 1 DIA	204	0:35:54	220	2:36:53	34.42	112	1:37:01	4:55:20	0:54:32
5	430	MANUEL TOQUERO FONTAL	MARLINS TRIATLON MADRID	33	0:30:00	129	2:30:51	35.8	263	1:50:54	4:56:39	0:55:51
6	421	MARCOS EGUIA LOUZAN	LICENZA DE 1 DIA	163	0:34:37	137	2:31:15	35.7	204	1:44:52	4:58:04	0:57:16
7	432	MANUEL PEREZ MALDONADO	SELER UNIVEST TRIATHLON TEAM	197	0:35:43	98	2:28:19	36.41	282	1:53:01	5:03:01	1:02:13
8	422	FRANCISCO JAVIER PÉREZ GÓMEZ	ALIGATORS SEYNOD TRIATHLON	134	0:34:09	274	2:42:08	33.31	184	1:43:22	5:05:10	1:04:22
9	420	GONZALO TRIUNFO DELGADO	ARTROGAL-TRI 498	253	0:37:21	230	2:37:56	34.19	226	1:46:48	5:08:01	1:07:13
10	426	JOSE VIDAL RIAL	LICENZA DE 1 DIA	298	0:38:58	341	2:52:24	31.32	96	1:35:39	5:16:49	1:16:01
11	428	LUIS REDONDO BADAS	CD TRIATLÓN BOMBEROS VALLAD	279	0:38:09	345	2:53:30	31.12	154	1:40:36	5:18:21	1:17:33
12	423	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	146	0:34:18	316	2:46:55	32.35	293	1:55:19	5:23:20	1:22:32
13	435	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENTE	300	0:39:00	119	2:29:47	36.05	295	1:55:42	5:23:59	1:23:11
14	434	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIGO	227	0:36:31	333	2:51:30	31.49	286	1:53:32	5:26:44	1:25:55



15	441	JOSÉ ALFONSO VÁZQUEZ CORREA	LICENZA DE 1 DIA	386	0:48:45	335	2:51:40	31.46	181	1:43:09	5:30:56	1:30:08
16	425	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE LUGO	119	0:33:32	321	2:48:21	32.08	350	2:10:42	5:37:16	1:36:28
17	429	HUMBERTO GALLIDORO DEL MONT	CLUB TRIATLON MAR DE VIGO	383	0:46:37	277	2:42:18	33.27	338	2:03:26	5:38:22	1:37:34
18	437	MANUEL MEIXEIRA PÉREZ	CLUB TRIATLÓN SALAMANCA	95	0:32:39	347	2:54:02	31.03	339	2:03:52	5:39:12	1:38:23
19	438	MANUEL PASTRANA CRUZ	MONTE PENARUBIA RUNNING LUG	382	0:45:55	353	2:55:09	30.83	290	1:54:32	5:41:21	1:40:33
20	439	RAMON MARTÍNEZ MARQUEZ	LICENZA DE 1 DIA	389	0:59:07	383	12:18:11	7.32	303	1:56:48	5:44:49	1:44:00
21	436	FERNANDO HORMAZA CANO	TRIRUNNERS GETXO	338	0:40:54	351	2:54:49	30.89	343	2:04:48	5:49:25	1:48:37
DQ	440	JUSTO GARCIA GUERRA	CLUB TRIATLON LEON	NON PARAR NA AREA DE PENALIZACIÓN								
NF	418	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	161	0:34:33							
NP	419	JAVIER RODRIGUEZ FERNANDEZ	CLUB ATLETISMO PORRIÑO									

VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	444	MANUEL MARTINEZ RODRIGUEZ	LICENZA DE 1 DIA	342	0:41:09	373	3:08:28	28.65	364	2:22:51	6:22:40	2:21:51
2	445	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	286	0:38:29	382	3:32:06	25.46	370	2:32:52	6:54:20	2:53:31
NF	442	JAVIER BELTRÁN MUÑOZ	LICENZA DE 1 DIA	244	0:37:10	354	2:55:26	30.78				
NF	443	EDUARDO VIEIRA MONTENEGRO	REAL CLUB NAUTICO DE VIGO	384	0:46:56	360	2:58:35	30.24				

III TRIATLON DESAFIO PASTOR ISLAS CIES, 12/09/2015

CONTROL DE PASO CARREIRA A PE

Paso4	Paso3	Paso2	Paso1	Dorsal	NOMBRE	Seg1	Seg2	Seg3	T_Final	NomClub
29:33	27:37	25:16	24:12	338	MANUEL MONCLUS MARCELLÁN	34:29	2:35:10	1:47:24	5:02:56	S'ESCAPADA TRIATHLON TEAM
21:44	22:17	21:49	21:57	339	LEOPOLDO LÓPEZ MAÑAS	34:12	2:32:09	1:28:17	4:40:33	C.D.E. 3STYLE TRIATHLON
27:47	27:17	26:08	25:08	340	JOSE ALBERTO CASTELO SANCHEZ	35:58	2:32:49	1:46:55	5:01:50	LICENZA DE 1 DIA
25:05	25:05	24:18	23:17	341	RUBÉN SIO FERNÁNDEZ	35:13	2:16:43	1:38:16	4:34:59	CLUB ATLETISMO PORRIÑO
34:29	33:07	30:51	28:30	342	HECTOR ALBERTE LISTA	34:18	2:37:41	2:07:45	5:26:16	CLUB TRIATLON CORUÑA
28:04	28:27	27:22	25:23	343	DAVID GONZÁLEZ VINUESA	37:31	2:41:23	1:49:52	5:14:57	BICICLETAS MORENITO CDE
26:46	25:21	23:58	22:45	344	MANUEL LEIRACHA VALENTIN	45:41	2:43:51	1:39:22	5:15:12	TRIATLON FERROL
29:44	28:22	26:54	25:02	345	ENRIQUE GRIÑAN TORRADO	33:57	2:32:44	1:50:39	5:03:45	NOSPORTLIMIT-TREK GALICIA
21:47	22:09	21:39	22:02	346	SANTIAGO PALACIO FERNANDEZ	35:25	2:32:54	1:28:03	4:41:54	TEAM SPORT SPIRIT
29:06	28:41	26:53	27:03	347	JOSE ÁNGEL RACIONERO SANCHEZ	39:45	2:54:50	1:52:53	5:35:09	LICENZA DE 1 DIA
32:37	34:15	29:03	28:09	348	ELIAS ALFONSO ÁLVAREZ	42:00	2:42:02	2:04:44	5:37:06	LICENZA DE 1 DIA
32:56	30:22	29:07	26:55	350	JULIO CESAR PEREZ VAZQUEZ	37:10	2:40:47	1:59:56	5:24:02	INDEPENDENTE
24:41	24:16	24:36	24:37	351	FRANCISCO JAVIER BARREIRO COR	41:15	2:42:38	1:38:41	5:10:18	NOSPORTLIMIT-TREK GALICIA
29:28	29:36	27:56	28:52	352	RICARDO FERNÁNDEZ ROSA	37:01	2:37:59	1:56:32	5:17:24	TRISPORT GETAFE
33:50	32:14	32:14	32:17	353	JUAN JOSE PITA FRAGOSO	42:21	3:09:31	2:11:20	6:15:11	LICENZA DE 1 DIA
25:54	24:56	23:45	23:26	354	ANGEL PAZ BERMÚDEZ	32:26	2:32:59	1:38:28	4:48:22	BIKESTRADATRIATLÓN
25:23	25:22	24:26	24:02	356	FRANCISCO JAVIER MIGUEZ CARBO	34:34	2:41:04	1:39:49	5:00:42	LICENZA DE 1 DIA
27:43	28:02	26:40	24:58	357	ANTONIO FERNANDEZ DURAN	34:26	2:42:12	1:47:58	5:11:18	TRIATLON COSTA DA MORTE
39:06	36:35	33:43	31:44	360	EVARISTO JOSE PARDO PERNAS	43:18	3:02:37	2:21:47	6:17:19	LICENZA DE 1 DIA
31:43	31:18	29:37	28:49	361	ALBERTO GARCÍA OTERO	39:13	3:04:37	2:02:03	5:53:48	LICENZA DE 1 DIA
26:04	25:40	25:09	25:15	362	OSCAR MARTINEZ FERNANDEZ	31:13	2:21:41	1:42:45	4:40:10	TRINORTH-NOGASA
32:30	29:59	28:06	27:26	365	JOSE MANUEL MERA ALONSO	42:54	2:39:44	1:58:42	5:26:34	CIDADE DE LUGO FLUVIAL
28:51	27:41	27:08	26:39	366	RUBEN REIGADA SEIJO	36:13	2:37:37	1:51:00	5:13:05	LICENZA DE 1 DIA
25:22	24:54	24:29	24:32	367	JUAN MANUEL MARTINEZ RODRIGUE	33:08	2:34:01	1:39:54	4:52:00	CLUB DEPORTIVO TRILEON
24:30	24:10	23:42	23:03	368	JOSÉ JOAQUÍN BARRIENTOS MARTÍI	36:25	2:37:17	1:35:57	4:56:47	INDEPENDENTE
24:07	24:37	24:40	25:03	369	XOAN SANMARTIN PENA	39:26	2:28:06	1:39:01	4:53:26	C.D.KAIROSCORE
26:05	25:24	23:14	22:23	370	SANTIAGO BESADA BRUNET	38:20	2:50:07	1:37:40	5:11:23	LICENZA DE 1 DIA
27:01	28:20	27:43	26:53	371	EMILIO GONZALEZ GARCIA	36:45	2:32:11	1:50:34	5:04:33	A.D. FOGAR
37:06	37:05	34:26	31:14	372	DANIEL PAZOS FERNANDEZ	43:17	2:47:50	2:20:42	5:58:51	TRISADA
25:21	27:03	26:39	24:46	373	GABRIEL POZO JUNQUERO	31:04	2:22:02	1:44:21	4:43:19	GASTEIZKO BULLETVAN T.K.T.
26:14	25:19	22:59	22:10	374	ADRIAN CASTIÑEIRAS BUJAN	28:19	2:22:29	1:37:22	4:31:54	TRINITY TRIATLON
23:40	23:47	22:59	22:13	375	MARCOS GONZALEZ TALAVERO	32:08	2:31:08	1:33:08	4:41:34	CLUB CICLISTA RIAZOR
26:06	25:07	24:48	24:21	376	JOSÉ LUIS CASTRO CONDE	36:22	2:34:41	1:40:58	4:57:16	CLUB ATLETISMO PORRIÑO
25:06	24:25	23:13	23:56	377	MANUEL VILA RIBERA	38:39	2:26:54	1:37:14	4:48:56	CLUB TRIATLON SAMBURIEL
33:42	31:19	28:47	26:17	378	SANTIAGO FIGUEIRAS GARCIA	34:32	2:41:54	2:00:50	5:23:51	LICENZA DE 1 DIA
23:57	23:32	22:53	21:57	379	CARLOS PRADO FERNANDEZ	32:25	2:12:38	1:32:47	4:22:58	CLUB CICLISTA DE LA FUENTE
34:30	35:26	31:37	27:52	380	SANTIAGO FENOLLERA BOLÍBAR	43:21	2:53:30	2:10:05	5:52:39	CLUB TRIATLON MAR DE VIGO
24:51	24:06	23:26	23:31	381	ISIDRO SANTOS GARRIDO	34:21	2:41:56	1:36:24	4:57:44	OET TEAM
29:45	26:43	24:26	24:38	382	ROGER ARDEVOL LATORRE	39:28	2:41:32	1:46:12	5:12:33	ABSOLUT SPORT
21:47	21:58	21:36	22:34	383	MANUEL MARIÑO CARREÑO	36:29	2:34:22	1:28:23	4:44:41	CLUB TRIATLON LEON
22:55	22:58	23:03	25:09	384	FERNANDO GARCIA MARTINEZ	35:31	2:29:27	1:34:34	4:43:34	TRIVIGO BOYER TRIATHLON
27:21	27:27	26:44	26:00	385	FERNANDO DE CELIS PUENTE	37:15	2:42:55	1:48:00	5:15:04	LICENZA DE 1 DIA
22:14	21:59	21:59	22:00	386	ROBERTO BOGA SANDE	39:08	2:13:30	1:28:43	4:26:25	TRIATLON ARTEIXO
44:01	40:45	39:38	32:54	387	OCTAVIO SUSACASA NOVAL	45:23	3:21:27	2:38:02	6:53:44	NOSPORTLIMIT-TREK GALICIA
24:03	24:36	24:47	24:12	388	ANTONIO LIBOREIRO COMESAÑA	32:17	2:26:44	1:38:07	4:43:46	LICENZA DE 1 DIA
26:58	30:11	27:16	26:41	389	CARLOS PEREZ PEREZ	38:49	2:43:29	1:51:35	5:19:39	CLUB TRIATLON MAR DE VIGO
29:27	29:30	32:07	26:36	390	JUAN MÉNDEZ LÓPEZ	34:28	2:34:24	1:58:17	5:13:16	TRISADA
28:23	28:05	27:27	25:53	391	ALVARO LORENZO-FARIÑA DOMINGI	33:20	2:28:43	1:50:27	4:58:51	INDEPENDENTE
27:51	26:51	25:24	24:05	392	JOSE RAJA RODRÍGUEZ	37:49	2:27:15	1:44:50	4:57:11	A.D. RUMBO FIJO-CICLOS BLEDA
22:00	21:58	22:08	22:17	393	RAMON ARIAS GARCIA	29:20	2:21:16	1:28:53	4:24:23	T. MURALLA LUGO
30:19	33:47	29:09	27:24	394	JOSE MANUEL MOSQUERA VELLO	36:03	2:26:09	2:01:15	5:07:59	CLUB TRIATLON MAR DE VIGO
28:26	28:25	27:41	26:46	395	CEFERINO FRANCISCO PÉREZ	39:22	2:38:33	1:51:53	5:15:33	TRIATLON DUERO
26:45	27:20	26:24	25:41	397	DIEGO SECO LAMAS	41:26	2:40:27	1:46:43	5:15:12	TRINITY TRIATLON
26:58	26:12	24:48	24:52	399	RAMÓN FERREIRO OTTIGER	38:23	2:49:23	1:43:30	5:21:51	LICENZA DE 1 DIA
28:25	28:04	25:42	23:23	400	CARLOS IGLESIAS RODRIGUEZ	37:59	2:47:34	1:46:12	5:19:10	LICENZA DE 1 DIA
26:02	25:20	23:39	23:23	401	JUAN IGNACIO GARCIA VALLEJO	33:12	2:31:04	1:38:54	4:48:08	TRI OURENSE
35:54	30:32	26:46	24:15	403	ANGEL LORENZO SAEZ	40:03	2:52:23	1:58:17	5:38:46	LICENZA DE 1 DIA
25:36	25:29	24:17	24:21	404	JUAN CARLOS RODRÍGUEZ VÁZQUE	37:43	2:17:53	1:40:17	4:40:42	C.TRIATLON OURENSE
27:53	27:40	27:21	25:58	405	ENRIQUE ARNAIZ IBARRONDO	30:11	2:41:00	1:49:25	5:07:09	INDEPENDENTE
24:54	24:48	23:51	23:08	408	ANTONIO FRANCISCO GIL ALONSO	32:37	2:36:01	1:37:08	4:51:06	LICENZA DE 1 DIA
38:55	35:00	31:02	29:44	409	CARLOS JACINTO RIAL SUAREZ	44:17	3:14:44	2:15:31	6:28:28	LICENZA DE 1 DIA
29:54	28:49	26:42	25:47	410	DEAN FLETCHER	43:14	2:31:49	1:51:55	5:13:53	CLUB CICLISTA DE LA FUENTE
32:49	30:13	29:08	26:50	411	FERNANDO ALVAREZ CID	39:30	2:40:26	1:59:37	5:27:27	LICENZA DE 1 DIA
27:39	26:40	26:07	25:55	412	FERNANDO ABREU FERNANDEZ	40:34	2:40:16	1:47:00	5:13:20	CLUB ATLETISMO PORRIÑO
22:49	22:16	22:01	21:45	413	ENRIQUE JOSE HIDALGO LUGO	31:16	2:22:39	1:29:20	4:26:52	CLUB TRIATLON MAR DE VIGO
26:40	25:51	24:45	24:36	414	ENRIQUE MUÑOZ CANTERO	34:03	2:36:40	1:43:38	5:00:27	LICENZA DE 1 DIA
28:45	27:42	24:57	25:55	415	MANUEL RODRÍGUEZ COELLO	40:11	2:42:36	1:47:57	5:16:19	LICENZA DE 1 DIA
25:49	26:42	26:39	27:08	416	PABLO MARTINEZ MAHAMUD	33:38	2:40:52	1:46:51	5:07:04	CDE BUSCADORES