

## ABSOLUTA PRO FEMININA

Localidade: Playa del Vao (Vigo)

Data: 24 de setembro de 2016

|           |               |
|-----------|---------------|
| Distancia | MEDIO IRONMAN |
|-----------|---------------|

### Oficiais

Delegado Técnico: Mónica Flores  
 Xuíz Arbitro: Juan Luís Botana  
 Responsable Oficiais: Juan Luís Botana

Xurado da Competición: Mónica Flores (DT)  
 Luís Piña (FEGATRI)  
 Ricardo Rey (NOSPORTLIMIT)

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 6      Remataron : 5      Retirados : 1      Non Presentados : 0      Descalificados : 0

| POS. | Nº | NOME                           | CLUB                       | P. Natación | T1      | P. Ciclismo | Km/h.   | T2    | P. Carrera | META | Dif.    |                        |
|------|----|--------------------------------|----------------------------|-------------|---------|-------------|---------|-------|------------|------|---------|------------------------|
| 1    | 51 | MARIA ORTEGA DE MIGUEL         | A.D. TRI-PENTA TERRAS DE L | 2           | 0:26:07 | 3           | 2:42:15 | 32.54 | 01:10      | 1    | 1:31:13 | <b>4:43:04</b>         |
| 2    | 55 | MARIA JESUS COYA OTERO         | GV SPORTS CLUB             | 5           | 0:34:45 | 1           | 2:36:37 | 33.72 | 02:26      | 2    | 1:33:21 | <b>4:49:33</b> 0:06:29 |
| 3    | 56 | RUTH GÓMEZ ALVAREZ             | TRICAM-VILLAVICIOSA        | 4           | 0:34:43 | 2           | 2:41:16 | 32.74 | 01:19      | 3    | 1:46:00 | <b>5:06:35</b> 0:23:31 |
| 4    | 52 | MARTA BARBEITO DOMINGUEZ       | A.D. FOGAR                 | 1           | 0:26:05 | 4           | 2:43:10 | 32.36 | 01:32      | 5    | 1:54:58 | <b>5:07:59</b> 0:24:55 |
| 5    | 54 | MARÍA CRISTINA SANTIAGO MARTIN | NOSPORTLIMIT               | 6           | 0:42:18 | 5           | 2:47:32 | 31.52 | 01:30      | 4    | 1:47:22 | <b>5:22:07</b> 0:39:03 |
| NF   | 53 | MARÍA MARTÍNEZ GONZÁLEZ        | CLUB ATLETISMO PORRIÑO     | 3           | 0:32:03 |             |         | 0     |            |      |         |                        |



# IV TRIATLÓN DESAFÍO ISLAS CÍES

## CATEGORIAS PRO FEMININA

Localidade: Playa del Vao (Vigo)

Data: 24 de setembro de 2016

Distancia: MEDIO IRONMAN

### Oficiais

Delegado Técnico: [Mónica Flores](#)  
Xuíz Arbitro: [Juan Luís Botana](#)  
Responsable Oficiais: [Juan Luís Botana](#)

Xurado da Competición: [Mónica Flores \(DT\)](#)  
[Luís Piña \(FEGATRI\)](#)  
[Ricardo Rey \(NOSPORTLIMIT\)](#)

### Datos da competición

Temperatura exterior: 18 °C  
Temperatura da auga: 14 °C  
Neopreno: permitido

Natación: 1,9 km  
2 voltas

Ciclismo: 88 km  
4 voltas

Carrera: 21,097 km  
3 voltas

Inscritos: 6

Remataron: 5

Retirados: 1

Non Presentados: 0

Descalificados: 0

## VETERANAS FEMININA

| POS. | Nº | NOME               | CLUB                | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|--------------------|---------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 56 | RUTH GÓMEZ ALVAREZ | TRICAM-VILLAVICIOSA | 4  | 0:34:43  | 03:19 | 2  | 2:41:16  | 32.74 | 01:19 | 3  | 1:46:00 | <b>5:06:35</b> | 0:23:31 |



## ABSOLUTA PRO MASCULINA

Localidade: Playa del Vao (Vigo)

Data: 24 de setembro de 2016

Distancia: MEDIO IRONMAN

### Oficiais

Delegado Técnico: Mónica Flores  
 Xuíz Arbitro: Juan Luís Botana  
 Responsable Oficiais: Juan Luís Botana

Xurado da Competición: Mónica Flores (DT)  
 Luís Piña (FEGATRI)  
 Ricardo Rey (NOSPORTLIMIT)

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación: 1,9 km  
 2 voltas

Ciclismo: 88 km  
 4 voltas

Carrera: 21,097 km  
 3 voltas

Inscritos : 49      Remataron : 43      Retirados : 3      Non Presentados : 3      Descalificados : 0

| POS. | Nº | NOME                          | CLUB                       | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera  | META           | Dif.    |
|------|----|-------------------------------|----------------------------|----|----------|-------|----|----------|-------|-------|----|----------|----------------|---------|
| 1    | 2  | CRISTOBAL DIOS RIOS           | A.D. TRI-PENTA TERRAS DE L | 6  | 0:26:48  | 02:13 | 1  | 2:09:34  | 40.75 | 01:23 | 2  | 1:19:53  | <b>3:59:50</b> |         |
| 2    | 27 | JOSE MANUEL MONTERO GONZALE   | C.D. TRIATLON ERESMA       | 13 | 0:28:10  | 02:20 | 2  | 2:10:49  | 40.36 | 01:14 | 1  | 1:19:36  | <b>4:02:07</b> | 0:02:18 |
| 3    | 43 | LUIS ALBERTO PAREDES COYA     | CLUB TRIATLON MORRAZO      | 10 | 0:27:58  | 02:27 | 4  | 2:13:58  | 39.41 | 01:07 | 5  | 1:21:21  | <b>4:06:48</b> | 0:06:59 |
| 4    | 8  | ISMAEL LÓPEZ GONZÁLEZ         | CLUB TRIATLON VILAGARCÍA/  | 1  | 0:24:29  | 02:42 | 11 | 2:17:04  | 38.52 | 01:08 | 7  | 1:22:45  | <b>4:08:06</b> | 0:08:17 |
| 5    | 13 | DIEGO PÉREZ VEITES            | TRINORTH-NOGASA            | 11 | 0:28:00  | 02:29 | 3  | 2:13:39  | 39.51 | 01:16 | 10 | 1:23:25  | <b>4:08:47</b> | 0:08:58 |
| 6    | 47 | MANUEL JESUS GAYOSO REAL      | T. MURALLA LUGO            | 9  | 0:27:57  | 02:28 | 6  | 2:14:38  | 39.22 | 01:25 | 8  | 1:22:55  | <b>4:09:22</b> | 0:09:33 |
| 7    | 31 | ALFONSO MARTÍNEZ RUIZ         | C.D. TRIATLON ZAMORA       |    |          |       |    |          | 0     |       | 43 | 12:45:53 | <b>4:14:01</b> | 0:14:12 |
| 8    | 26 | AGUSTIN RÍOS FERRADAS         | CLUB CICLISMO-TRIATLON PO  | 2  | 0:26:31  | 02:22 | 23 | 2:25:15  | 36.35 | 00:58 | 3  | 1:20:43  | <b>4:15:48</b> | 0:15:58 |
| 9    | 25 | JAVIER FERNANDEZ FERNANDEZ    | TRIATLON VILAGARCIA/ATEN   | 28 | 0:33:09  | 02:45 | 14 | 2:19:35  | 37.83 | 01:16 | 9  | 1:23:08  | <b>4:19:52</b> | 0:20:03 |
| 10   | 29 | MANUEL FERNANDO ABUÍN ROUCO   | T. MURALLA LUGO            | 34 | 0:35:20  | 02:39 | 5  | 2:14:34  | 39.24 | 01:35 | 14 | 1:25:56  | <b>4:20:02</b> | 0:20:13 |
| 11   | 1  | RICARDO REY MARTINEZ          | NOSPORTLIMIT               | 3  | 0:26:35  | 02:09 | 7  | 2:15:23  | 39    | 01:03 | 26 | 1:35:31  | <b>4:20:39</b> | 0:20:50 |
| 12   | 30 | ALBERTO LOPEZ PINO            | CLUB TRIATLON MAR DE VIGO  | 19 | 0:31:17  | 03:34 | 9  | 2:16:57  | 38.56 | 01:12 | 17 | 1:28:05  | <b>4:21:03</b> | 0:21:14 |
| 13   | 12 | ADRIÁN GONZÁLEZ BLANCO        | CLUB TRIATLON MAR DE VIGO  | 18 | 0:31:00  | 03:09 | 20 | 2:23:40  | 36.76 | 01:27 | 6  | 1:22:24  | <b>4:21:38</b> | 0:21:49 |
| 14   | 39 | ALEJANDRO GONZALEZ BUCETA     | TRINORTH-NOGASA            | 22 | 0:31:45  | 02:36 | 15 | 2:21:10  | 37.4  | 01:26 | 12 | 1:25:09  | <b>4:22:04</b> | 0:22:15 |
| 15   | 16 | DAVID MÉNDEZ ARIAS            | CIDADE DE LUGO FLUVIAL     | 35 | 0:35:33  | 03:11 | 8  | 2:16:43  | 38.62 | 01:20 | 15 | 1:26:30  | <b>4:23:16</b> | 0:23:27 |
| 16   | 35 | PABLO ALONSO FIGUEROA         | CLUB TRIATLON MORRAZO      | 25 | 0:32:06  | 02:37 | 17 | 2:22:50  | 36.97 | 01:27 | 11 | 1:24:20  | <b>4:23:17</b> | 0:23:28 |
| 17   | 17 | JOSÉ MANUEL FERNÁNDEZ LÓPEZ   | A. D. NAUTICO DE NARON     | 30 | 0:34:01  | 02:42 | 10 | 2:17:00  | 38.54 | 00:53 | 20 | 1:29:36  | <b>4:24:10</b> | 0:24:21 |
| 18   | 41 | PABLO YÁÑEZ VEGA              | CLUB CICLISTA EO           | 26 | 0:32:42  | 02:50 | 16 | 2:21:53  | 37.22 | 01:12 | 16 | 1:26:39  | <b>4:25:13</b> | 0:25:24 |
| 19   | 37 | JAIMÉ VAZQUEZ MEJIDE          | TRIATLON VILAGARCIA/ATEN   | 15 | 0:30:05  | 02:50 | 22 | 2:25:13  | 36.36 | 01:17 | 18 | 1:28:20  | <b>4:27:43</b> | 0:27:54 |
| 20   | 14 | ALVARO GOMEZ CARDESIN         | ARTROGAL-TRI 498           | 5  | 0:26:44  | 02:32 | 21 | 2:24:43  | 36.49 | 01:08 | 24 | 1:33:19  | <b>4:28:24</b> | 0:28:35 |
| 21   | 28 | CARLOS PARDO RODRÍGUEZ        | TRIATLON PC RIAS BAIXAS    | 21 | 0:31:43  | 02:36 | 19 | 2:23:24  | 36.82 | 01:06 | 21 | 1:30:41  | <b>4:29:27</b> | 0:29:38 |
| 22   | 36 | JUAN FRANCISCO FERNÁNDEZ MOL  | A.D. TRI-PENTA TERRAS DE L | 4  | 0:26:41  | 02:23 | 12 | 2:18:21  | 38.17 | 01:38 | 32 | 1:42:52  | <b>4:31:54</b> | 0:32:05 |
| 23   | 44 | GONZALO GONZÁLEZ PIÑEIRO      | ASOCIACION DEPORTIVA C.A.  | 33 | 0:35:08  | 02:35 | 26 | 2:28:16  | 35.61 | 01:12 | 13 | 1:25:32  | <b>4:32:42</b> | 0:32:53 |
| 24   | 48 | RAMON ARIAS GARCÍA            | CIDADE DE LUGO FLUVIAL     | 12 | 0:28:06  | 03:02 | 25 | 2:27:27  | 35.81 | 01:31 | 25 | 1:34:34  | <b>4:34:39</b> | 0:34:50 |
| 25   | 10 | PABLO MUÑIZ FUENTE            | CLUB CASTRILLON TRIATLON   | 7  | 0:27:32  | 02:33 | 24 | 2:27:06  | 35.9  | 01:29 | 29 | 1:38:12  | <b>4:36:50</b> | 0:37:01 |
| 26   | 11 | ELOY GONZALEZ HORTA           | ARTROGAL-TRI 498           | 16 | 0:30:58  | 03:02 | 28 | 2:31:27  | 34.87 | 01:14 | 22 | 1:32:49  | <b>4:39:28</b> | 0:39:39 |
| 27   | 19 | VICTOR MANUEL SEIJAS FOLGUEIR | CIDADE DE LUGO FLUVIAL     | 40 | 0:37:48  | 03:22 | 34 | 2:38:59  | 33.21 | 01:10 | 4  | 1:20:51  | <b>4:42:10</b> | 0:42:21 |
| 28   | 32 | JOSE LUIS LAMOSO PORTASANY    | TRIATLON PC RIAS BAIXAS    | 20 | 0:31:19  | 03:03 | 18 | 2:22:53  | 36.96 | 01:38 | 35 | 1:48:16  | <b>4:47:08</b> | 0:47:19 |
| 29   | 22 | ENRIQUE MUIÑOS REYES          | ARTROGAL-TRI 498           | 29 | 0:33:37  | 02:35 | 27 | 2:29:17  | 35.37 | 01:15 | 30 | 1:41:14  | <b>4:47:55</b> | 0:48:06 |
| 30   | 40 | MIGUEL ANGEL COGOLLUDO AGUS   | GV SPORTS CLUB             | 27 | 0:32:47  | 02:50 | 33 | 2:38:40  | 33.28 | 01:24 | 23 | 1:32:57  | <b>4:48:35</b> | 0:48:46 |
| 31   | 6  | ALEJANDRO ALVAREZ COSTAS      | LICENZA 1 DÍA              | 23 | 0:31:50  | 02:42 | 37 | 2:44:16  | 32.14 | 01:09 | 19 | 1:29:27  | <b>4:49:23</b> | 0:49:34 |
| 32   | 33 | CARLOS BEIRO GONZALEZ         | TRIATLON COSTA DA MORTE    | 41 | 0:38:58  | 03:01 | 32 | 2:36:44  | 33.69 | 01:19 | 27 | 1:37:04  | <b>4:57:04</b> | 0:57:15 |
| 33   | 38 | OSCAR COSTAS OTERO            | LICENZA 1 DÍA              | 37 | 0:35:49  | 03:14 | 35 | 2:40:34  | 32.89 | 01:28 | 28 | 1:37:29  | <b>4:58:31</b> | 0:58:42 |
| 34   | 5  | JUAN PAZOS EIROA              | GV SPORTS CLUB             | 42 | 0:40:22  | 02:48 | 30 | 2:34:44  | 34.13 | 01:23 | 31 | 1:42:06  | <b>5:01:21</b> | 1:01:32 |
| 35   | 15 | JOSE HERVES BLANCO            | TRIATLON MOTOBIKE GALAIC   | 43 | 0:43:59  | 03:19 | 29 | 2:31:50  | 34.78 | 01:28 | 33 | 1:43:50  | <b>5:04:24</b> | 1:04:35 |
| 36   | 18 | JOSE ANTONIO GOLPE IGLESIAS   | GV SPORTS CLUB             | 17 | 0:30:59  | 02:18 | 31 | 2:35:59  | 33.85 | 01:20 | 41 | 2:01:07  | <b>5:11:41</b> | 1:11:52 |
| 37   | 23 | MIGUEL ANTONIO CASTRO VAZQUE  | LICENZA 1 DÍA              | 31 | 0:34:36  | 04:52 | 36 | 2:42:16  | 32.54 | 02:00 | 38 | 1:54:01  | <b>5:17:42</b> | 1:17:53 |
| 38   | 34 | JUAN ANTONIO HERMIDA HERBELL  | LICENZA 1 DÍA              | 38 | 0:36:35  | 03:36 | 38 | 2:46:33  | 31.7  | 02:10 | 36 | 1:49:52  | <b>5:18:43</b> | 1:18:54 |
| 39   | 24 | PEDRO ARIAS URONES            | CLUB LA FUGA - KURAI       | 32 | 0:34:55  | 03:23 | 39 | 2:49:06  | 31.23 | 01:52 | 39 | 1:58:47  | <b>5:28:01</b> | 1:28:12 |
| 40   | 4  | MANUEL ABREU AMOR             | CLUB TRIATLON MAR DE VIGO  | 24 | 0:31:55  | 03:09 | 40 | 2:58:35  | 29.57 | 01:55 | 37 | 1:53:10  | <b>5:28:41</b> | 1:28:51 |
| 41   | 49 | GONZALO GONZALEZ GONZALEZ     | CLUB TRIATLON MAR DE VIGO  | 44 | 0:48:31  | 06:30 | 41 | 3:00:44  | 29.22 | 02:57 | 34 | 1:43:59  | <b>5:42:39</b> | 1:42:50 |
| 42   | 42 | FERNANDO RODRIGUEZ CID        | LICENZA 1 DIA              | 39 | 0:36:48  | 05:53 | 42 | 3:13:34  | 27.28 | 02:34 | 40 | 1:59:22  | <b>5:58:10</b> | 1:58:21 |
| 43   | 45 | GUSTAVO VAZQUEZ SANCHEZ       | LICENZA 1 DÍA              | 45 | 0:54:59  | 10:55 | 43 | 3:19:59  | 26.4  | 05:41 | 42 | 2:33:12  | <b>7:04:44</b> | 3:04:55 |

| POS. | Nº | NOME                     | CLUB                      | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META | Dif. |
|------|----|--------------------------|---------------------------|----|----------|-------|----|----------|-------|-------|----|---------|------|------|
| NF   | 3  | IÑAKI PENA-MANSO CARRAL  | INDEPENDIENTE             | 8  | 0:27:52  | 02:31 |    |          |       | 0     |    |         |      |      |
| NF   | 20 | MARCOS SUCASAS MEJUTO    | CLUB TRIATLON MAR DE VIGO | 36 | 0:35:34  | 02:40 | 13 | 2:19:09  | 37.95 | 01:33 |    |         |      |      |
| NF   | 21 | HUGO PACHON MORENO       | CLUB NATACION RIVEIRA     | 14 | 0:30:00  | 03:13 |    |          |       | 0     |    |         |      |      |
| NP   | 7  | JORGE CANO GARCÍA        | LICENZA 1 DÍA             |    |          |       |    |          |       | 0     |    |         |      |      |
| NP   | 9  | JESÚS FERNÁNDEZ QUIRÓS   | LICENZA 1 DÍA             |    |          |       |    |          |       | 0     |    |         |      |      |
| NP   | 46 | JUAN JESUS SERENO ARAUJO | LICENZA 1 DÍA             |    |          |       |    |          |       | 0     |    |         |      |      |

## CATEGORIAS PRO MASCULINA

Localidade **Playa del Vao (Vigo)**

Data **24 de setembro de 2016**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Juan Luís Botana**  
 Responsable Oficiais: **Juan Luís Botana**

Xurado da Competición: **Mónica Flores (DT)**  
**Luis Piña (FEGATRI)**  
**Ricardo Rey (NOSPORTLIMIT)**

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 49      Remataron : 43      Retirados : 3      Non Presentados : 3      Descalificados : 0

## SUB-23 MASCULINA

| POS. | Nº | NOME                    | CLUB                      | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|-------------------------|---------------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 6  | ALEJANDRO ALVAREZ COST  | LICENZA 1 DÍA             | 23 | 0:31:50  | 02:42 | 37 | 2:44:16  | 32.14 | 01:09 | 19 | 1:29:27 | <b>4:49:23</b> | 0:49:34 |
| 2    | 5  | JUAN PAZOS EIROA        | GV SPORTS CLUB            | 42 | 0:40:22  | 02:48 | 30 | 2:34:44  | 34.13 | 01:23 | 31 | 1:42:06 | <b>5:01:21</b> | 1:01:32 |
| 3    | 4  | MANUEL ABREU AMOR       | CLUB TRIATLON MAR DE VIGO | 24 | 0:31:55  | 03:09 | 40 | 2:58:35  | 29.57 | 01:55 | 37 | 1:53:10 | <b>5:28:41</b> | 1:28:51 |
| NF   | 3  | IÑAKI PENA-MANSO CARRAL | INDEPENDIENTE             | 8  | 0:27:52  | 02:31 |    |          | 0     |       |    |         |                |         |

## VETERANOS MASCULINA

| POS. | Nº | NOME                    | CLUB                          | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|-------------------------|-------------------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 43 | LUIS ALBERTO PAREDES CO | CLUB TRIATLON MORRAZO         | 10 | 0:27:58  | 02:27 | 4  | 2:13:58  | 39.41 | 01:07 | 5  | 1:21:21 | <b>4:06:48</b> | 0:06:59 |
| 2    | 47 | MANUEL JESUS GAYOSO RE  | T. MURALLA LUGO               | 9  | 0:27:57  | 02:28 | 6  | 2:14:38  | 39.22 | 01:25 | 8  | 1:22:55 | <b>4:09:22</b> | 0:09:33 |
| 3    | 1  | RICARDO REY MARTINEZ    | NOSPORTLIMIT                  | 3  | 0:26:35  | 02:09 | 7  | 2:15:23  | 39    | 01:03 | 26 | 1:35:31 | <b>4:20:39</b> | 0:20:50 |
| 4    | 39 | ALEJANDRO GONZALEZ BUC  | TRINORTH-NOGASA               | 22 | 0:31:45  | 02:36 | 15 | 2:21:10  | 37.4  | 01:26 | 12 | 1:25:09 | <b>4:22:04</b> | 0:22:15 |
| 5    | 41 | PABLO YÁÑEZ VEGA        | CLUB CICLISTA EO              | 26 | 0:32:42  | 02:50 | 16 | 2:21:53  | 37.22 | 01:12 | 16 | 1:26:39 | <b>4:25:13</b> | 0:25:24 |
| 6    | 37 | JAIME VAZQUEZ MEIJIDE   | TRIATLON VILAGARCIA/ATENAS RU | 15 | 0:30:05  | 02:50 | 22 | 2:25:13  | 36.36 | 01:17 | 18 | 1:28:20 | <b>4:27:43</b> | 0:27:54 |
| 7    | 44 | GONZALO GONZÁLEZ PIÑEIR | ASOCIACION DEPORTIVA C.A.R.   | 33 | 0:35:08  | 02:35 | 26 | 2:28:16  | 35.61 | 01:12 | 13 | 1:25:32 | <b>4:32:42</b> | 0:32:53 |
| 8    | 48 | RAMON ARIAS GARCÍA      | CIDADE DE LUGO FLUVIAL        | 12 | 0:28:06  | 03:02 | 25 | 2:27:27  | 35.81 | 01:31 | 25 | 1:34:34 | <b>4:34:39</b> | 0:34:50 |
| 9    | 40 | MIGUEL ANGEL COGOLLUD   | GV SPORTS CLUB                | 27 | 0:32:47  | 02:50 | 33 | 2:38:40  | 33.28 | 01:24 | 23 | 1:32:57 | <b>4:48:35</b> | 0:48:46 |
| 10   | 38 | OSCAR COSTAS OTERO      | LICENZA 1 DÍA                 | 37 | 0:35:49  | 03:14 | 35 | 2:40:34  | 32.89 | 01:28 | 28 | 1:37:29 | <b>4:58:31</b> | 0:58:42 |
| 11   | 49 | GONZALO GONZALEZ GONZ   | CLUB TRIATLON MAR DE VIGO     | 44 | 0:48:31  | 06:30 | 41 | 3:00:44  | 29.22 | 02:57 | 34 | 1:43:59 | <b>5:42:39</b> | 1:42:50 |
| 12   | 42 | FERNANDO RODRIGUEZ CID  | LICENZA 1 DIA                 | 39 | 0:36:48  | 05:53 | 42 | 3:13:34  | 27.28 | 02:34 | 40 | 1:59:22 | <b>5:58:10</b> | 1:58:21 |
| 13   | 45 | GUSTAVO VAZQUEZ SANCH   | LICENZA 1 DÍA                 | 45 | 0:54:59  | 10:55 | 43 | 3:19:59  | 26.4  | 05:41 | 42 | 2:33:12 | <b>7:04:44</b> | 3:04:55 |
| NP   | 46 | JUAN JESUS SERENO ARAU  | LICENZA 1 DÍA                 |    |          |       |    |          | 0     |       |    |         |                |         |

## ABSOLUTA GRUPOS DE EDAD FEMININO

Localidade **Playa del Vao (Vigo)**

Data **24 de setembro de 2016**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Juan Luís Botana**  
 Responsable Oficiais: **Juan Luís Botana**

Xurado da Competición: **Mónica Flores (DT)**  
**Luis Piña (FEGATRI)**  
**Ricardo Rey (NOSPORTLIMIT)**

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 12

Remataron : 10

Retirados : 0

Non Presentados : 2

Descalificados : 0

| POS. | Nº | NOME                          | CLUB                    | P. Natación | T1      | P. Ciclismo | Km/h.      | T2    | P. Carrera | META       | Dif.           |         |
|------|----|-------------------------------|-------------------------|-------------|---------|-------------|------------|-------|------------|------------|----------------|---------|
| 1    | 58 | DIANA CAROLINA RUIVO OLIVEIRA | LICENCIA DE 1 DIA       | 7           | 0:40:51 | 05:35       | 1 2:45:11  | 31.96 | 02:01      | 1 1:31:01  | <b>5:04:37</b> |         |
| 2    | 57 | MÓNICA MEZQUITA VAZQUEZ       | NOSPORTLIMIT            | 2           | 0:35:07 | 03:19       | 2 2:45:57  | 31.82 | 01:33      | 3 1:44:09  | <b>5:10:02</b> | 0:05:26 |
| 3    | 64 | IRIA FERNÁNDEZ ORDÓÑEZ        | NATACION PABELLON OUREN | 6           | 0:36:23 | 04:44       | 3 2:51:20  | 30.82 | 01:49      | 2 1:43:35  | <b>5:17:49</b> | 0:13:12 |
| 4    | 63 | BEGOÑA ARRANZ GONZÁLEZ        | TRINORTH-NOGASA         | 4           | 0:35:41 | 03:37       | 7 2:58:25  | 29.59 | 01:21      | 4 1:48:36  | <b>5:27:39</b> | 0:23:02 |
| 5    | 67 | SONIA ROCA CANZOBRE           | NOSPORTLIMIT            | 1           | 0:34:42 | 03:25       | 8 2:59:05  | 29.48 | 01:20      | 7 1:54:43  | <b>5:33:12</b> | 0:28:36 |
| 6    | 62 | VANESA VILLAR DIEGUEZ         | DAVID GARCIA PONTIGO    | 3           | 0:35:26 | 04:14       | 9 2:59:18  | 29.45 | 01:36      | 6 1:53:10  | <b>5:33:42</b> | 0:29:06 |
| 7    | 69 | MARIA JOSE VELAZQUEZ GARCIA   | LICENCIA DE 1 DIA       | 8           | 0:41:33 | 05:05       | 5 2:55:39  | 30.06 | 02:20      | 5 1:49:56  | <b>5:34:33</b> | 0:29:56 |
| 8    | 61 | ALBA CAAMAÑO FERNANDEZ        | INDEPENDIENTE           | 5           | 0:36:18 | 03:39       | 4 2:55:20  | 30.12 | 01:55      | 8 2:01:33  | <b>5:38:43</b> | 0:34:07 |
| 9    | 60 | DANIELA ORBE ZARATE           | LICENZA 1 DÍA           | 9           | 0:45:23 | 03:54       | 6 2:56:55  | 29.85 | 02:38      | 9 2:07:59  | <b>5:56:47</b> | 0:52:11 |
| 10   | 68 | MARÍA ELENA CASTRO SABÍO      | NOSPORTLIMIT            | 10          | 0:49:10 | 06:08       | 10 3:28:27 | 25.33 | 04:11      | 10 2:24:32 | <b>6:52:27</b> | 1:47:51 |
| NP   | 65 | VERONIQUE ANSELMO DE BASTOS   | C.D. CICLISTA VIBIKE    |             |         |             |            |       |            |            |                |         |
| NP   | 66 | MARÍA JESÚS SIERRA BARROSO    | WUG-OCTAVA.TV           |             |         |             |            |       |            |            |                |         |

## GRUPOS DE IDADE GRUPOS DE EDAD FEMENINO

Localidade **Playa del Vao (Vigo)**

Data **24 de setembro de 2016**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Juan Luís Botana**  
 Responsable Oficiais: **Juan Luís Botana**

Xurado da Competición: **Mónica Flores (DT)**  
**Luis Piña (FEGATRI)**  
**Ricardo Rey (NOSPORTLIMIT)**

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 12      Remataron : 10      Retirados : 0      Non Presentados : 2      Descalificados : 0

### DE 25 A 29 AÑOS FEMENINA

| POS. | Nº | NOME                     | CLUB              | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|--------------------------|-------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 58 | DIANA CAROLINA RUIVO OLI | LICENCIA DE 1 DIA | 7  | 0:40:51  | 05:35 | 1  | 2:45:11  | 31.96 | 02:01 | 1  | 1:31:01 | <b>5:04:37</b> |         |
| 2    | 57 | MÓNICA MEZQUITA VAZQUE   | NOSPORTLIMIT      | 2  | 0:35:07  | 03:19 | 2  | 2:45:57  | 31.82 | 01:33 | 3  | 1:44:09 | <b>5:10:02</b> | 0:05:26 |

### DE 30 A 34 AÑOS FEMENINA

| POS. | Nº | NOME                  | CLUB          | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|-----------------------|---------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 61 | ALBA CAAMAÑO FERNANDE | INDEPENDIENTE | 5  | 0:36:18  | 03:39 | 4  | 2:55:20  | 30.12 | 01:55 | 8  | 2:01:33 | <b>5:38:43</b> | 0:34:07 |
| 2    | 60 | DANIELA ORBE ZARATE   | LICENZA 1 DÍA | 9  | 0:45:23  | 03:54 | 6  | 2:56:55  | 29.85 | 02:38 | 9  | 2:07:59 | <b>5:56:47</b> | 0:52:11 |

### DE 35 A 39 AÑOS FEMENINA

| POS. | Nº | NOME                    | CLUB                      | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|-------------------------|---------------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 64 | IRIA FERNÁNDEZ ORDÓÑEZ  | NATACION PABELLON OURENSE | 6  | 0:36:23  | 04:44 | 3  | 2:51:20  | 30.82 | 01:49 | 2  | 1:43:35 | <b>5:17:49</b> | 0:13:12 |
| 2    | 63 | BEGOÑA ARRANZ GONZÁLE   | TRINORTH-NOGASA           | 4  | 0:35:41  | 03:37 | 7  | 2:58:25  | 29.59 | 01:21 | 4  | 1:48:36 | <b>5:27:39</b> | 0:23:02 |
| 3    | 62 | VANESA VILLAR DIEGUEZ   | DAVID GARCIA PONTIGO      | 3  | 0:35:26  | 04:14 | 9  | 2:59:18  | 29.45 | 01:36 | 6  | 1:53:10 | <b>5:33:42</b> | 0:29:06 |
| NP   | 65 | VERONIQUE ANSELMO DE B  | C.D. CICLISTA VIBIKE      |    |          |       |    |          |       |       |    |         |                |         |
| NP   | 66 | MARÍA JESÚS SIERRA BARR | WUG-OCTAVA.TV             |    |          |       |    |          |       |       |    |         |                |         |

### DE 40 A 44 AÑOS FEMENINA

| POS. | Nº | NOME                | CLUB         | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|---------------------|--------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 67 | SONIA ROCA CANZOBRE | NOSPORTLIMIT | 1  | 0:34:42  | 03:25 | 8  | 2:59:05  | 29.48 | 01:20 | 7  | 1:54:43 | <b>5:33:12</b> | 0:28:36 |

### DE 45 A 49 AÑOS FEMENINA

| POS. | Nº | NOME                    | CLUB              | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif.    |
|------|----|-------------------------|-------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|---------|
| 1    | 69 | MARIA JOSE VELAZQUEZ GA | LICENCIA DE 1 DIA | 8  | 0:41:33  | 05:05 | 5  | 2:55:39  | 30.06 | 02:20 | 5  | 1:49:56 | <b>5:34:33</b> | 0:29:56 |
| 2    | 68 | MARÍA ELENA CASTRO SABÍ | NOSPORTLIMIT      | 10 | 0:49:10  | 06:08 | 10 | 3:28:27  | 25.33 | 04:11 | 10 | 2:24:32 | <b>6:52:27</b> | 1:47:51 |

## ABSOLUTA GRUPOS DE EDAD MASCULINO

Localidade Playa del Vao (Vigo)

Data 24 de setembro de 2016

Distancia MEDIO IRONMAN

### Oficiais

Delegado Técnico: Mónica Flores  
 Xuíz Arbitro: Juan Luís Botana  
 Responsable Oficiais: Juan Luís Botana

Xurado da Competición: Mónica Flores (DT)  
 Luís Piña (FEGATRI)  
 Ricardo Rey (NOSPORTLIMIT)

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 246

Remataron : 226

Retirados : 12

Non Presentados : 7

Descalificados : 1

| POS. | Nº  | NOME                          | CLUB                       | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera  | META           | Dif.    |
|------|-----|-------------------------------|----------------------------|-----|----------|-------|-----|----------|-------|-------|-----|----------|----------------|---------|
| 1    | 179 | IAGO VARA ADRIO               | SIRENO TRIATLON CLUB       | 3   | 0:28:34  | 02:40 | 8   | 2:23:12  | 36.87 | 01:30 | 6   | 1:27:29  | <b>4:23:23</b> |         |
| 2    | 123 | BENITO MARTÍN MANCEBO         | CARRASCO..ES CICLISMO-MU   | 27  | 0:31:57  | 04:13 | 5   | 2:20:23  | 37.61 | 01:17 | 3   | 1:25:48  | <b>4:23:36</b> | 0:00:14 |
| 3    | 245 | RUBÉN SIO FERNÁNDEZ           | CLUB ATLETISMO PORRIÑO     | 83  | 0:34:14  | 02:55 | 1   | 2:15:59  | 38.83 | 01:25 | 43  | 1:36:21  | <b>4:30:52</b> | 0:07:29 |
| 4    | 74  | CHRISTIAN VILLAZALA CARTÓN    | TRICAN BAÑEZA              | 11  | 0:31:05  | 02:37 | 46  | 2:30:53  | 35    | 01:31 | 2   | 1:25:31  | <b>4:31:36</b> | 0:08:13 |
| 5    | 82  | ROBERTO GARRIDO PEREIRA       | LICENZA 1 DIA              | 125 | 0:35:35  | 04:04 | 22  | 2:27:08  | 35.89 | 01:15 | 1   | 1:23:41  | <b>4:31:40</b> | 0:08:18 |
| 6    | 161 | PABLO VAZQUEZ DIAZ            | TRIATLON VILLALBA          | 12  | 0:31:18  | 05:02 | 7   | 2:22:41  | 37.01 | 01:42 | 16  | 1:31:17  | <b>4:31:58</b> | 0:08:35 |
| 7    | 165 | MANUEL PASCUAL ESTEBAN        | CLUB TRIATLÓN LAS ROZAS    | 102 | 0:34:55  | 02:52 | 9   | 2:23:21  | 36.83 | 01:43 | 13  | 1:29:58  | <b>4:32:47</b> | 0:09:25 |
| 8    | 222 | ALFONSO MONCLUS MARCELLÁN     | CLUB TRIATLON EUROPA       | 65  | 0:33:39  | 03:59 | 4   | 2:20:01  | 37.71 | 01:12 | 28  | 1:34:02  | <b>4:32:51</b> | 0:09:28 |
| 9    | 156 | FERNANDO LÓPEZ LÓPEZ          | ARTROGAL-TRI 498           | 15  | 0:31:38  | 02:48 | 23  | 2:27:16  | 35.86 | 01:04 | 15  | 1:30:08  | <b>4:32:52</b> | 0:09:29 |
| 10   | 143 | CARLOS RODRÍGUEZ RODRÍGUEZ    | NOSPORTLIMIT               | 28  | 0:32:01  | 03:08 | 10  | 2:23:27  | 36.81 | 01:29 | 22  | 1:32:53  | <b>4:32:56</b> | 0:09:33 |
| 11   | 231 | JOSE SANLES PIÑEIRO           | CLUB NATACION RIVEIRA      | 5   | 0:29:06  | 02:53 | 17  | 2:26:27  | 36.06 | 01:13 | 29  | 1:34:08  | <b>4:33:45</b> | 0:10:22 |
| 12   | 95  | HECTOR FERNANDEZ RABANAL      | NOSPORTLIMIT               |     |          |       |     |          | 0     |       | 226 | 13:14:30 | <b>4:36:38</b> | 0:13:16 |
| 13   | 174 | RAMÓN VARELA GARCÍA           | ARTROGAL-TRI 498           | 13  | 0:31:35  | 04:16 | 21  | 2:27:02  | 35.91 | 01:23 | 21  | 1:32:35  | <b>4:36:49</b> | 0:13:26 |
| 14   | 184 | LUIS GARCÍA RIOS              | TRINITY TRIATLON           | 120 | 0:35:25  | 03:50 | 40  | 2:30:16  | 35.14 | 01:58 | 5   | 1:26:44  | <b>4:38:11</b> | 0:14:49 |
| 15   | 300 | JOSE ANDRES ALDREY VARELA     | CLUB TRIATLON CORUÑA       | 6   | 0:29:13  | 02:41 | 26  | 2:28:30  | 35.56 | 01:06 | 52  | 1:37:38  | <b>4:39:05</b> | 0:15:43 |
| 16   | 199 | JUAN ZUNZUNEGUI GUIMERANS     | LICENZA 1 DÍA              | 103 | 0:34:55  | 04:03 | 15  | 2:25:23  | 36.32 | 01:25 | 25  | 1:33:23  | <b>4:39:07</b> | 0:15:44 |
| 17   | 101 | ALBERTO LORENZO CRESPO        | CD TRIATLON ZAMORA         | 38  | 0:32:23  | 03:34 | 38  | 2:30:09  | 35.17 | 01:45 | 19  | 1:31:49  | <b>4:39:37</b> | 0:16:14 |
| 18   | 219 | ALFONSO LÓPEZ MARTÍNEZ        | OLIMPICO DE VEDRA          | 200 | 0:39:38  | 02:50 | 16  | 2:26:13  | 36.11 | 01:19 | 12  | 1:29:56  | <b>4:39:55</b> | 0:16:32 |
| 19   | 192 | JOSE RAMON LAGO CIVES         | ARTROGAL-TRI 498           | 211 | 0:41:07  | 03:29 | 13  | 2:24:29  | 36.55 | 01:46 | 10  | 1:29:09  | <b>4:39:59</b> | 0:16:36 |
| 20   | 282 | ENRIQUE VILA DIAZ             | CLUB CICLISTA RIAZOR       | 24  | 0:31:56  | 03:23 | 53  | 2:32:04  | 34.72 | 01:38 | 18  | 1:31:46  | <b>4:40:44</b> | 0:17:21 |
| 21   | 276 | SANTIAGO BESADA BRUNET        | SIRENO TRIATLON CLUB       | 107 | 0:35:00  | 03:25 | 51  | 2:31:44  | 34.8  | 01:21 | 14  | 1:30:07  | <b>4:41:35</b> | 0:18:12 |
| 22   | 203 | CARLOS CARREIRO BOULLOSA      | LICENCIA DE 1 DIA          | 29  | 0:32:04  | 03:17 | 19  | 2:26:42  | 36    | 02:09 | 51  | 1:37:30  | <b>4:41:40</b> | 0:18:17 |
| 23   | 162 | JOSE LUIS SANTOME COLLAZO     | NOSPORTLIMIT               | 1   | 0:28:29  | 02:39 | 43  | 2:30:32  | 35.08 | 01:56 | 60  | 1:38:30  | <b>4:42:05</b> | 0:18:42 |
| 24   | 127 | FRANCISCO SANCHEZ MENDEZ      | LICENZA 1 DÍA              | 41  | 0:32:27  | 04:01 | 3   | 2:18:00  | 38.27 | 01:29 | 121 | 1:46:21  | <b>4:42:16</b> | 0:18:53 |
| 25   | 175 | HECTOR MERA PIÑÓN             | TRINITY TRIATLON           | 71  | 0:33:57  | 04:27 | 29  | 2:29:05  | 35.42 | 01:36 | 27  | 1:33:58  | <b>4:43:01</b> | 0:19:38 |
| 26   | 75  | XABIER RODRÍGUEZ MARTÍNEZ     | LICENZA 1 DÍA              | 43  | 0:32:33  | 03:53 | 39  | 2:30:15  | 35.14 | 01:18 | 34  | 1:35:05  | <b>4:43:02</b> | 0:19:39 |
| 27   | 319 | JOSÉ VALLS SANTOS             | CLUB TRIATLÓN SALAMANCA    | 81  | 0:34:12  | 03:10 | 84  | 2:35:56  | 33.86 | 01:20 | 8   | 1:28:42  | <b>4:43:18</b> | 0:19:55 |
| 28   | 291 | JUAN CARLOS RODRÍGUEZ VÁZQUE  | C. TRIATLON OURENSE        | 183 | 0:38:28  | 03:06 | 6   | 2:22:21  | 37.09 | 01:29 | 56  | 1:38:22  | <b>4:43:43</b> | 0:20:20 |
| 29   | 204 | JAIME MAGDALENA VERA          | A.D. TRI-PENTA TERRAS DE L | 115 | 0:35:19  | 03:19 | 24  | 2:28:03  | 35.67 | 01:08 | 44  | 1:36:27  | <b>4:44:15</b> | 0:20:52 |
| 30   | 104 | GERARDO GUERRERO ACEVEDO      | CLUB TRIATLON MAR DE VIGO  | 180 | 0:38:21  | 03:57 | 79  | 2:35:24  | 33.98 | 01:11 | 4   | 1:25:57  | <b>4:44:48</b> | 0:21:25 |
| 31   | 289 | CELSO LOPEZ VAZQUEZ           | CLUB TRIATLON CORUÑA       | 42  | 0:32:30  | 03:13 | 14  | 2:25:17  | 36.35 | 01:37 | 91  | 1:42:24  | <b>4:44:59</b> | 0:21:36 |
| 32   | 322 | JESUS ANGEL RODRIGUEZ GONZAL  | CLUB TRIATLON MAR DE VIGO  | 7   | 0:29:57  | 02:31 | 57  | 2:32:36  | 34.6  | 01:20 | 62  | 1:38:41  | <b>4:45:04</b> | 0:21:41 |
| 33   | 317 | RICARDO REYERO HERMOSILLA     | INDEPENDIENTE              | 69  | 0:33:52  | 03:32 | 59  | 2:32:55  | 34.53 | 02:12 | 23  | 1:33:16  | <b>4:45:44</b> | 0:22:21 |
| 34   | 112 | DAVID LUSQUIÑOS BALLESTEROS   | CLUB TRIATLON MAR DE VIGO  | 34  | 0:32:17  | 03:20 | 49  | 2:31:38  | 34.82 | 01:12 | 47  | 1:37:20  | <b>4:45:44</b> | 0:22:22 |
| 35   | 230 | JAVIER IVAN RODRIGUEZ CALLEJA | TEAM SPORT SPIRIT          | 101 | 0:34:54  | 04:54 | 73  | 2:34:52  | 34.1  | 02:12 | 9   | 1:28:58  | <b>4:45:48</b> | 0:22:26 |
| 36   | 144 | ANXO SALGADO LOSADA           | CLUB TRIATLON MAR DE VIGO  | 74  | 0:34:02  | 02:36 | 2   | 2:17:30  | 38.4  | 01:17 | 137 | 1:50:30  | <b>4:45:52</b> | 0:22:29 |
| 37   | 122 | LUCAS DEL RIO CORTEGOSO       | CLUB TRIATLON MORRAZO      | 44  | 0:32:38  | 03:37 | ### | 2:38:29  | 33.32 | 01:45 | 11  | 1:29:25  | <b>4:45:53</b> | 0:22:30 |
| 38   | 191 | MARCOS OTERO COUSELO          | TRIATHLON FESTIVAL CLUB    | 66  | 0:33:42  | 03:46 | 54  | 2:32:16  | 34.68 | 02:24 | 31  | 1:34:22  | <b>4:46:28</b> | 0:23:06 |
| 39   | 273 | JOSÉ MARÍA EIROA FEAL         | LICENCIA DE 1 DIA          | 86  | 0:34:16  | 04:00 | 35  | 2:29:48  | 35.25 | 01:09 | 49  | 1:37:21  | <b>4:46:33</b> | 0:23:10 |
| 40   | 78  | BORJA GARGALLO MÉNDEZ         | PEÑA CICLISTA LAR          | 48  | 0:32:50  | 04:00 | 65  | 2:33:52  | 34.32 | 01:27 | 33  | 1:34:39  | <b>4:46:47</b> | 0:23:24 |
| 41   | 243 | JOSE ALBERTO CASTELO SÁNCHEZ  | LICENZA 1 DÍA              | 31  | 0:32:11  | 03:12 | 45  | 2:30:52  | 35    | 02:21 | 64  | 1:38:50  | <b>4:47:25</b> | 0:24:02 |
| 42   | 129 | DAVID BROULLON PIÑEIRO        | CLUB TRIATLON MORRAZO      | 121 | 0:35:25  | 03:46 | 47  | 2:31:00  | 34.97 | 01:37 | 39  | 1:35:45  | <b>4:47:30</b> | 0:24:07 |
| 43   | 181 | JOSE ANTONIO SOUTO GONZALEZ   | LICENZA 1 DÍA              | 79  | 0:34:10  | 03:47 | 63  | 2:33:42  | 34.36 | 01:38 | 30  | 1:34:15  | <b>4:47:31</b> | 0:24:08 |



| POS. | Nº  | NOME                          | CLUB                       | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META    | Dif.    |
|------|-----|-------------------------------|----------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|---------|---------|
| 44   | 103 | DAVID ABARCA AHIJADO          | LICENZA 1 DÍA              | 111 | 0:35:06  | 04:37 | 30  | 2:29:06  | 35.42 | 01:30 | 53  | 1:37:53 | 4:48:09 | 0:24:46 |
| 45   | 168 | PEDRO GONZÁLEZ BLANCO         | ARTROGAL-TRI 498           | 56  | 0:33:27  | 03:34 | 44  | 2:30:45  | 35.03 | 02:06 | 59  | 1:38:30 | 4:48:20 | 0:24:57 |
| 46   | 227 | JOSE MANUEL GAVELA OBARRIO    | A.D. FEFEME TRIATLON DO MI | 122 | 0:35:25  |       | ### | 11:49:55 | 7.44  | 01:29 | 54  | 1:38:09 | 4:48:39 | 0:25:16 |
| 47   | 90  | ALEJANDRO GERINO CALVO FERNÁ  | CLUB TRIATLON MAR DE VIGO  | 18  | 0:31:45  | 03:59 | 42  | 2:30:31  | 35.08 | 02:04 | 84  | 1:40:36 | 4:48:52 | 0:25:29 |
| 48   | 197 | VICENTE FERNANDEZ ROSADO      | C3S TRIATLON               | 90  | 0:34:22  | 04:06 | 25  | 2:28:08  | 35.65 | 01:29 | 85  | 1:40:51 | 4:48:54 | 0:25:31 |
| 49   | 258 | ANGEL PAZ BERMÚDEZ            | AXA AGENCIA GARRIGA-BEAR   | 8   | 0:30:28  | 02:47 | 72  | 2:34:47  | 34.11 | 01:18 | 77  | 1:39:45 | 4:49:03 | 0:25:40 |
| 50   | 178 | LUIS ALBERTO DOMINGUEZ FERNA  | TRI OURENSE                | 116 | 0:35:20  | 03:03 | 32  | 2:29:09  | 35.4  | 01:27 | 82  | 1:40:08 | 4:49:05 | 0:25:42 |
| 51   | 211 | BERNARDO DURÁN DURÁN          | LICENZA 1 DÍA              | 60  | 0:33:32  | 03:59 | ### | 2:37:47  | 33.47 | 01:56 | 20  | 1:32:25 | 4:49:37 | 0:26:14 |
| 52   | 280 | FABER BASTOS                  | ASOCIAÇON ATLETICA SAO M   | 98  | 0:34:36  | 04:54 | 70  | 2:34:30  | 34.18 | 02:17 | 24  | 1:33:22 | 4:49:37 | 0:26:14 |
| 53   | 283 | FERNANDO GARCIA MARTINEZ      | TRIVIGO BOYER TRIATHLON    | 127 | 0:35:41  | 02:45 | 93  | 2:36:23  | 33.77 | 01:33 | 26  | 1:33:54 | 4:50:14 | 0:26:51 |
| 54   | 229 | ALBERT OLCINA PUIGDEVALL      | LICENZA 1 DÍA              | 45  | 0:32:39  | 04:05 | 28  | 2:28:38  | 35.53 | 01:31 | 104 | 1:43:53 | 4:50:44 | 0:27:21 |
| 55   | 167 | JOSE LUIS GANGES MIGUEL       | CLUB DEPORTIVO ATHOMSP     | 40  | 0:32:26  | 04:32 | 55  | 2:32:20  | 34.66 | 02:02 | 74  | 1:39:33 | 4:50:51 | 0:27:28 |
| 56   | 278 | MARCOS GONZALEZ TALAVERO      | LICENZA 1 DÍA              | 36  | 0:32:18  | 03:54 | 97  | 2:36:46  | 33.68 | 01:57 | 41  | 1:36:13 | 4:51:05 | 0:27:42 |
| 57   | 119 | MANUEL HERRERO GARCIA         | C.D. TRIATLON ZAMORA       | 53  | 0:33:20  | 02:58 | 81  | 2:35:38  | 33.93 | 01:56 | 48  | 1:37:21 | 4:51:10 | 0:27:47 |
| 58   | 207 | FLORINDO JOSE GONZÁLEZ GONZÁ  | AXA AGENCIA GARRIGA-BEAR   | 16  | 0:31:41  | 03:47 | 11  | 2:23:29  | 36.8  | 01:26 | 141 | 1:50:51 | 4:51:12 | 0:27:49 |
| 59   | 210 | IVAN TEJEIRO BOUZA            | PEÑA CICLISTA LAR          | 52  | 0:33:19  | 03:38 | 18  | 2:26:27  | 36.06 | 01:55 | 118 | 1:46:11 | 4:51:27 | 0:28:04 |
| 60   | 233 | MIGUEL ANGEL GIL GONZALEZ     | CLUB ATLETISMO PORRIÑO     | 62  | 0:33:35  | 03:11 | 50  | 2:31:39  | 34.82 | 01:39 | 89  | 1:41:31 | 4:51:33 | 0:28:10 |
| 61   | 169 | SALVADOR IZQUIERDO SALGUEIRO  | CLUB TRIATLON MAR DE VIGO  | 55  | 0:33:26  | 03:16 | 58  | 2:32:49  | 34.55 | 01:09 | 87  | 1:40:57 | 4:51:36 | 0:28:13 |
| 62   | 151 | JULIO MALLO NIETO             | OLIMPICO DE VEDRA          | 126 | 0:35:35  | 03:11 | 90  | 2:36:14  | 33.8  | 01:16 | 37  | 1:35:26 | 4:51:39 | 0:28:17 |
| 63   | 254 | OSCAR FRANCISCO RODRIGUEZ BL  | C. TRIATLON OURENSE        | 80  | 0:34:10  | 04:12 | 92  | 2:36:23  | 33.77 | 01:37 | 38  | 1:35:43 | 4:52:03 | 0:28:40 |
| 64   | 71  | PABLO ZOBRA LOJO              | CLUB TRIATLON MORRAZO      | 72  | 0:33:57  | 02:53 | 67  | 2:34:14  | 34.24 | 01:25 | 75  | 1:39:37 | 4:52:04 | 0:28:41 |
| 65   | 198 | DAVID CALVO GAITE             | SELER UNIVEST TRIATHLON T  | 17  | 0:31:43  | 03:08 | 85  | 2:36:04  | 33.83 | 02:00 | 68  | 1:39:11 | 4:52:04 | 0:28:41 |
| 66   | 145 | DAVID FILIPE ALVES TOPETE     | LICENZA 1 DÍA              | 190 | 0:39:02  | 04:02 | 80  | 2:35:27  | 33.97 | 02:16 | 17  | 1:31:28 | 4:52:14 | 0:28:51 |
| 67   | 251 | CARLOS LOBELLE CARÚS          | LICENCIA DE 1 DIA          | 177 | 0:38:16  | 04:00 | 33  | 2:29:26  | 35.33 | 01:39 | 76  | 1:39:45 | 4:53:04 | 0:29:42 |
| 68   | 93  | PABLO REGUEIRA MARTINEZ       | CLUB ATLETISMO PORRIÑO     | 22  | 0:31:53  | 03:05 | 83  | 2:35:49  | 33.89 | 02:13 | 83  | 1:40:22 | 4:53:21 | 0:29:58 |
| 69   | 202 | GUSTAVO SUAREZ GULLON         | LICENZA 1 DÍA              | 92  | 0:34:24  | 04:30 | ### | 2:37:54  | 33.44 | 01:59 | 40  | 1:35:46 | 4:54:31 | 0:31:08 |
| 70   | 320 | LUIS MIGUEL GÓMEZ DE ANDRÉS   | CLUB AGUAVERDE             | 139 | 0:36:19  | 04:59 | 48  | 2:31:18  | 34.9  | 02:21 | 79  | 1:39:51 | 4:54:48 | 0:31:25 |
| 71   | 153 | JUAN FRANCISCO RODRIGUEZ MAR  | CLUB TRIATLON LAS ROZAS    | 95  | 0:34:29  | 04:11 | ### | 2:46:23  | 31.73 | 01:39 | 7   | 1:28:18 | 4:54:59 | 0:31:36 |
| 72   | 206 | JESÚS VILLAVERDE LÓPEZ        | LICENZA 1 DÍA              | 54  | 0:33:25  | 05:17 | 76  | 2:35:10  | 34.03 | 02:42 | 61  | 1:38:40 | 4:55:12 | 0:31:49 |
| 73   | 105 | PABLO FRANCO YAÑEZ            | CLUB TRIATLON CORUÑA       | 58  | 0:33:31  | 04:37 | 66  | 2:34:09  | 34.25 | 01:35 | 88  | 1:41:30 | 4:55:20 | 0:31:57 |
| 74   | 163 | CÉSAR CARVAJAL                | PERLAS TRIATLON COLMENA    | 146 | 0:36:48  | 04:08 | 27  | 2:28:33  | 35.55 | 01:51 | 107 | 1:44:20 | 4:55:38 | 0:32:15 |
| 75   | 148 | ALVARO CIMARRAS IGLESIAS      | NOSPORTLIMIT               | 73  | 0:34:00  | 03:18 | ### | 2:37:19  | 33.56 | 01:35 | 73  | 1:39:33 | 4:55:43 | 0:32:20 |
| 76   | 186 | RAMON LUÍS CARNOTA MENDEZ     | NOSPORTLIMIT               | 2   | 0:28:33  | 03:00 | ### | 2:37:14  | 33.58 | 01:09 | 116 | 1:45:48 | 4:55:43 | 0:32:20 |
| 77   | 134 | ÓSCAR RODRÍGUEZ OTERO         | CLUB ATLETISMO PORRIÑO     | 112 | 0:35:13  | 02:59 | 89  | 2:36:12  | 33.8  | 02:12 | 70  | 1:39:18 | 4:55:52 | 0:32:29 |
| 78   | 83  | DIEGO CASTRO PÉREZ            | LICENZA 1 DÍA              | 152 | 0:37:12  | 03:56 | 20  | 2:26:58  | 35.93 | 02:04 | 117 | 1:45:51 | 4:55:59 | 0:32:36 |
| 79   | 190 | JAVIER HIDALGO GIL            | LICENZA 1 DÍA              | 140 | 0:36:20  | 03:17 | 99  | 2:36:49  | 33.67 | 01:53 | 58  | 1:38:29 | 4:56:46 | 0:33:23 |
| 80   | 120 | DANIEL JESUS ALONSO DEL RIO   | LICENZA 1 DÍA              | 64  | 0:33:37  | 04:50 | 60  | 2:33:15  | 34.46 | 02:25 | 97  | 1:42:56 | 4:57:00 | 0:33:37 |
| 81   | 275 | JOSÉ JOAQUÍN BARRIENTOS MARTÍ | TRIATLON VILAGARCIA/ATEN   | 87  | 0:34:16  | 04:01 | ### | 2:40:03  | 32.99 | 01:23 | 50  | 1:37:23 | 4:57:05 | 0:33:42 |
| 82   | 91  | DAVID MARTINEZ GRAÑA          | LICENZA 1 DÍA              | 85  | 0:34:15  | 03:51 | 36  | 2:29:57  | 35.21 | 02:00 | 128 | 1:47:48 | 4:57:49 | 0:34:26 |
| 83   | 77  | BRUNO BELLO LAFUENTE          | NOSPORTLIMIT               | 59  | 0:33:32  | 02:31 | 71  | 2:34:35  | 34.16 | 01:37 | 114 | 1:45:37 | 4:57:51 | 0:34:28 |
| 84   | 284 | CARLOS SPUCH SANCHEZ          | LICENCIA DE 1 DIA          | 147 | 0:36:51  | 04:18 | 88  | 2:36:11  | 33.81 | 01:22 | 69  | 1:39:11 | 4:57:51 | 0:34:28 |
| 85   | 292 | JOSE LUIS NAYA ORGEIRA        | NOSPORTLIMIT               | 158 | 0:37:27  | 03:28 | 77  | 2:35:11  | 34.03 | 02:04 | 78  | 1:39:50 | 4:57:57 | 0:34:34 |
| 86   | 324 | PAULINO JOSÉ RODRIGUEZ VILLAR | LICENCIA DE 1 DIA          | 149 | 0:36:57  | 03:18 | ### | 2:37:39  | 33.49 | 01:47 | 57  | 1:38:26 | 4:58:04 | 0:34:41 |
| 87   | 97  | JOSE JAVIER VILELLA GARCIA    | LICENZA 1 DÍA              | 26  | 0:31:56  | 03:32 | ### | 2:36:51  | 33.66 | 01:52 | 106 | 1:44:09 | 4:58:19 | 0:34:56 |
| 88   | 260 | FRANCISCO JAVIER MIGUEZ CARBO | LICENCIA DE 1 DIA          | 46  | 0:32:46  | 03:20 | ### | 2:43:55  | 32.21 | 01:40 | 46  | 1:36:57 | 4:58:35 | 0:35:12 |
| 89   | 321 | MIGUEL ABREU FERNÁNDEZ        | CLUB TRIATLON MAR DE VIGO  | 142 | 0:36:26  | 02:48 | ### | 2:39:30  | 33.11 | 01:20 | 66  | 1:38:54 | 4:58:56 | 0:35:34 |
| 90   | 116 | JORGE CAMAÑO RIVEIRO          | CLUB TRIATLON MORRAZO      | 156 | 0:37:24  | 03:44 | 62  | 2:33:33  | 34.39 | 01:18 | 98  | 1:43:05 | 4:59:02 | 0:35:39 |
| 91   | 130 | DANIEL CADENAS TORRÓN         | CLUB CICLISTA RIAZOR       | 157 | 0:37:26  | 04:37 | 37  | 2:30:00  | 35.2  | 01:27 | 113 | 1:45:37 | 4:59:05 | 0:35:42 |
| 92   | 225 | DAVID VÁZQUEZ DOCE            | NOSPORTLIMIT               | 82  | 0:34:13  | 03:43 | 87  | 2:36:08  | 33.82 | 01:20 | 103 | 1:43:45 | 4:59:07 | 0:35:44 |
| 93   | 288 | LUIS GUSTAVO PEDRAZA GALINDO  | SELER UNIVEST TRIATLON TE  | 76  | 0:34:08  | 03:55 | ### | 2:43:07  | 32.37 | 01:28 | 45  | 1:36:43 | 4:59:19 | 0:35:56 |
| 94   | 171 | DIEGO CARRERA COSTAS          | CLUB TRIATLON MAR DE VIGO  | 99  | 0:34:36  | 03:41 | 61  | 2:33:19  | 34.44 | 01:32 | 123 | 1:46:44 | 4:59:51 | 0:36:28 |
| 95   | 164 | CARLOS MIGUEL FIDALGO RODRIG  | C. TRIATLON OURENSE        | 94  | 0:34:27  | 03:18 | 56  | 2:32:34  | 34.61 | 01:43 | 129 | 1:47:51 | 4:59:53 | 0:36:30 |
| 96   | 98  | DAVID SOLLA DOMINGUEZ         | LICENCIA DE 1 DIA          | 162 | 0:37:30  | 04:19 | 94  | 2:36:33  | 33.73 | 02:04 | 80  | 1:39:58 | 5:00:22 | 0:36:59 |
| 97   | 182 | FELIPE CORRAL REY             | NOSPORTLIMIT               | 188 | 0:38:54  | 04:30 | ### | 2:40:00  | 33    | 01:52 | 35  | 1:35:14 | 5:00:28 | 0:37:05 |
| 98   | 159 | ANTONIO GONZÁLEZ SEOANE       | TRIATLON UNIVERSITARIO DE  | 10  | 0:30:40  | 06:10 | ### | 2:45:28  | 31.91 | 02:06 | 42  | 1:36:15 | 5:00:36 | 0:37:13 |
| 99   | 102 | GIOVANI GARCÍA ESTÉVEZ        | NOSPORTLIMIT               | 184 | 0:38:31  | 03:02 | ### | 2:39:20  | 33.14 | 01:40 | 55  | 1:38:09 | 5:00:39 | 0:37:17 |
| 100  | 85  | FRAN GONZALEZ FAGUNDEZ        | LICENCIA DE 1 DIA          | 70  | 0:33:55  | 03:11 | 12  | 2:23:50  | 36.71 | 02:01 | 175 | 1:57:56 | 5:00:51 | 0:37:28 |
| 101  | 226 | JORGE ANTONIO ALVAREZ RICO    | CLUB TRIATLON MAR DE VIGO  | 138 | 0:36:13  | 04:15 | 86  | 2:36:04  | 33.83 | 01:56 | 95  | 1:42:37 | 5:01:04 | 0:37:41 |
| 102  | 128 | BORJA ALONSO GONZALEZ         | LICENZA 1 DÍA              | 113 | 0:35:15  | 04:10 | 52  | 2:31:51  | 34.77 | 01:20 | 135 | 1:49:10 | 5:01:45 | 0:38:22 |
| 103  | 270 | RUBÉN REIGADA SEIJO           | CIDADE DE LUGO FLUVIAL     | 89  | 0:34:22  | 04:00 | 75  | 2:34:54  | 34.09 | 01:36 | 126 | 1:47:16 | 5:02:07 | 0:38:44 |
| 104  | 140 | ALEJANDRO BARBUO DELGADO      | LICENZA 1 DÍA              | 78  | 0:34:10  | 03:34 | ### | 2:42:52  | 32.42 | 01:38 | 86  | 1:40:52 | 5:03:04 | 0:39:41 |
| 105  | 286 | ALVARO LORENZO-FARIÑA DOMING  | INDEPENDIENTE              | 93  | 0:34:24  | 04:11 | 68  | 2:34:19  | 34.22 | 02:07 | 131 | 1:48:21 | 5:03:20 | 0:39:57 |
| 106  | 271 | PEPE SANCHEZ DEL VALLE        | LICENZA 1 DIA              | 14  | 0:31:37  | 04:39 | ### | 2:41:52  | 32.62 | 03:09 | 93  | 1:42:35 | 5:03:49 | 0:40:26 |
| 107  | 109 | ANTONIO RUBIO GARCÍA          | CLUB TRIATLON CORUÑA       | 106 | 0:35:00  | 04:12 | ### | 2:37:46  | 33.47 | 01:45 | 119 | 1:46:13 | 5:04:54 | 0:41:31 |
| 108  | 298 | ENRIQUE MUÑOZ CANTERO         | LICENCIA DE 1 DIA          | 35  | 0:32:17  | 03:20 | ### | 2:42:22  | 32.52 | 01:26 | 115 | 1:45:42 | 5:05:06 | 0:41:43 |



| POS. | Nº  | NOME                          | CLUB                      | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|-------------------------------|---------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 109  | 217 | JOSE MANUEL FERNÁNDEZ MÉNDE   | TRI OURENSE               | 137 | 0:36:09  | 02:26 | ### | 2:49:56  | 31.07 | 01:19 | 36  | 1:35:19 | <b>5:05:07</b> | 0:41:44 |
| 110  | 133 | LUIS PEDRE CARRODEGUAS        | LICENZA 1 DÍA             | 117 | 0:35:21  | 05:01 | ### | 2:40:03  | 32.99 | 01:51 | 99  | 1:43:06 | <b>5:05:21</b> | 0:41:58 |
| 111  | 170 | IGNACIO MONCLUS MARCELLÁN     | LICENZA 1 DÍA             | 75  | 0:34:05  | 05:21 | ### | 2:40:21  | 32.93 | 01:20 | 111 | 1:45:04 | <b>5:06:09</b> | 0:42:46 |
| 112  | 108 | ALBERTO SOTO BARRIOS          | NOSPORTLIMIT              | 173 | 0:38:08  | 03:05 | 31  | 2:29:06  | 35.42 | 01:41 | 159 | 1:54:42 | <b>5:06:39</b> | 0:43:16 |
| 113  | 212 | ANTONIO FERNANDEZ PÉREZ       | CLUB TRIATLON MAR DE VIGO | 199 | 0:39:37  | 05:06 | ### | 2:40:51  | 32.83 | 01:58 | 71  | 1:39:24 | <b>5:06:54</b> | 0:43:31 |
| 114  | 252 | FRANCISCO JAVIER BARREIRO COR | NOSPORTLIMIT              | 196 | 0:39:33  | 06:14 | 82  | 2:35:40  | 33.92 | 02:30 | 101 | 1:43:16 | <b>5:07:11</b> | 0:43:48 |
| 115  | 160 | RUBEN FERNANDEZ CERDEIRA      | LICENZA 1 DÍA             | 230 | 0:44:55  | 04:04 | 69  | 2:34:20  | 34.21 | 01:54 | 90  | 1:42:05 | <b>5:07:15</b> | 0:43:52 |
| 116  | 193 | ANGEL PAZÓ PEREZ              | TRIVIGO BOYER TRIATHLON   | 154 | 0:37:18  | 02:52 | ### | 2:40:17  | 32.94 | 01:56 | 110 | 1:44:57 | <b>5:07:18</b> | 0:43:55 |
| 117  | 138 | MIGUEL NOVO FERNANDEZ         | LICENZA 1 DÍA             | 57  | 0:33:28  | 04:13 | ### | 2:44:48  | 32.04 | 01:31 | 102 | 1:43:35 | <b>5:07:33</b> | 0:44:10 |
| 118  | 79  | DANIEL MARTINEZ GOMEZ         | LICENZA 1 DÍA             | 168 | 0:37:39  | 03:58 | ### | 2:50:35  | 30.96 | 01:29 | 32  | 1:34:26 | <b>5:08:05</b> | 0:44:42 |
| 119  | 76  | PABLO ROJO FRESNEDA           | CD TRIATLON ARANDA        | 217 | 0:42:13  | 05:23 | ### | 2:39:17  | 33.15 | 01:31 | 81  | 1:40:00 | <b>5:08:21</b> | 0:44:58 |
| 120  | 131 | ANTÓN DAPENA PIÑEIRO          | CLUB TRIATLON MAR DE VIGO | 63  | 0:33:35  | 03:34 | 98  | 2:36:48  | 33.67 | 01:51 | 149 | 1:53:15 | <b>5:09:01</b> | 0:45:39 |
| 121  | 196 | JUAN ANTONIO GOMEZ ÁLVAREZ    | CLUB TRIATLON MAR DE VIGO | 171 | 0:37:58  | 03:43 | ### | 2:41:40  | 32.66 | 01:46 | 105 | 1:43:58 | <b>5:09:04</b> | 0:45:41 |
| 122  | 274 | GUILLERMO DE OYA IGLESIAS     | LICENZA 1 DÍA             | 91  | 0:34:23  | 04:54 | ### | 2:44:00  | 32.2  | 02:44 | 100 | 1:43:12 | <b>5:09:11</b> | 0:45:48 |
| 123  | 125 | RUBÉN SÁNCHEZ VÁZQUEZ         | NOSPORTLIMIT              | 181 | 0:38:23  | 03:41 | 95  | 2:36:37  | 33.71 | 02:17 | 132 | 1:48:33 | <b>5:09:30</b> | 0:46:07 |
| 124  | 117 | HUGO DURAN ALVAREZ            | LICENZA 1 DÍA             | 114 | 0:35:16  | 04:15 | 34  | 2:29:35  | 35.3  | 01:23 | 179 | 1:59:07 | <b>5:09:34</b> | 0:46:11 |
| 125  | 201 | JOSE LUIS GARCIA RODRIGUEZ    | TRISADA                   | 133 | 0:35:58  | 04:05 | ### | 2:43:05  | 32.38 | 01:52 | 112 | 1:45:22 | <b>5:10:19</b> | 0:46:56 |
| 126  | 106 | OMAR GAEL GONZALO CORREA      | NOSPORTLIMIT              | 167 | 0:37:38  | 04:09 | ### | 2:37:37  | 33.5  | 01:44 | 139 | 1:50:34 | <b>5:11:41</b> | 0:48:18 |
| 127  | 287 | JUAN PEDRO VERJAGA GÓMEZ      | TRI+ MORALZARZAL          | 50  | 0:33:14  | 04:37 | ### | 2:42:35  | 32.48 | 01:46 | 136 | 1:49:32 | <b>5:11:42</b> | 0:48:19 |
| 128  | 87  | ALEJANDRO SEQUEIROS ARNOSI    | LICENZA 1 DÍA             | 207 | 0:40:35  | 05:53 | ### | 2:39:21  | 33.14 | 03:19 | 96  | 1:42:55 | <b>5:12:00</b> | 0:48:37 |
| 129  | 80  | OSCAR FERNANDEZ SANCHEZ       | PERLAS TRIATLON COLMENA   | 97  | 0:34:35  | 05:17 | ### | 2:39:41  | 33.07 | 01:23 | 145 | 1:51:42 | <b>5:12:35</b> | 0:49:13 |
| 130  | 173 | JAVIER CHECA RODRIGUEZ        | LICENZA 1 DÍA             | 39  | 0:32:24  | 05:32 | 96  | 2:36:42  | 33.7  | 01:46 | 169 | 1:56:35 | <b>5:12:57</b> | 0:49:34 |
| 131  | 242 | MANUEL MONCLUS MARCELLÁN      | CLUB ESPORTIU PALMARUNN   | 110 | 0:35:03  | 04:32 | ### | 2:39:59  | 33    | 02:18 | 151 | 1:53:27 | <b>5:15:17</b> | 0:51:54 |
| 132  | 297 | FERNANDO ABREU FERNANDEZ      | CLUB ATLETISMO PORRIÑO    | 198 | 0:39:35  | 02:56 | ### | 2:43:57  | 32.21 | 02:29 | 124 | 1:46:57 | <b>5:15:52</b> | 0:52:29 |
| 133  | 224 | JUAN AGRASAR REY              | TRIATLON MOTOBike GALAIC  | 88  | 0:34:18  | 03:38 | ### | 2:45:23  | 31.93 | 01:41 | 143 | 1:51:13 | <b>5:16:11</b> | 0:52:48 |
| 134  | 150 | JOSÉ MANUEL TURNES CORDEIRO   | NOSPORTLIMIT              | 213 | 0:41:13  | 04:49 | ### | 2:49:49  | 31.09 | 02:18 | 72  | 1:39:24 | <b>5:17:31</b> | 0:54:08 |
| 135  | 268 | ALFREDO VARGAS LÓPEZ          | CENTRO ASTURIANO DE OVIE  | 124 | 0:35:35  | 05:38 | ### | 2:40:02  | 32.99 | 02:06 | 156 | 1:54:18 | <b>5:17:37</b> | 0:54:14 |
| 136  | 323 | JUAN MANUEL TÁBARA RODRÍGUE   | CLUB CICLISTA RIAZOR      | 216 | 0:42:12  | 05:32 | ### | 2:38:13  | 33.37 | 03:00 | 134 | 1:48:58 | <b>5:17:53</b> | 0:54:30 |
| 137  | 180 | OSCAR DIAZ PRADO              | CLUB TRIATLON MAR DE VIGO | 197 | 0:39:34  | 03:12 | ### | 2:38:31  | 33.31 | 01:44 | 162 | 1:55:19 | <b>5:18:19</b> | 0:54:56 |
| 138  | 185 | SIMON KIENAST                 | LICENZA 1 DÍA             | 159 | 0:37:28  | 03:57 | 74  | 2:34:53  | 34.09 | 01:20 | 185 | 2:00:46 | <b>5:18:21</b> | 0:54:58 |
| 139  | 299 | ANTONIO MARTÍNEZ GARZÓN       | LICENZA 1 DÍA             | 51  | 0:33:16  | 06:17 | ### | 2:58:48  | 29.53 | 01:56 | 63  | 1:38:46 | <b>5:19:02</b> | 0:55:39 |
| 140  | 228 | JOSÉ MANUEL PATIÑO ABEIJÓN    | NOSPORTLIMIT              | 202 | 0:39:44  | 03:44 | ### | 2:49:38  | 31.13 | 01:50 | 108 | 1:44:33 | <b>5:19:28</b> | 0:56:05 |
| 141  | 126 | PABLO JOSÉ SANGIAO ROCA       | NOSPORTLIMIT              | 189 | 0:38:56  | 04:32 | ### | 2:43:17  | 32.34 | 02:13 | 142 | 1:50:54 | <b>5:19:50</b> | 0:56:27 |
| 142  | 172 | APOLONIO RUIZ CANTERO         | LICENZA 1 DÍA             | 129 | 0:35:52  | 03:25 | ### | 2:45:20  | 31.94 | 02:11 | 150 | 1:53:24 | <b>5:20:10</b> | 0:56:47 |
| 143  | 223 | FRANCISCO VILLACAMPA CAAMAÑ   | LICENZA 1 DÍA             | 20  | 0:31:49  | 03:59 | ### | 2:39:38  | 33.08 | 01:38 | 194 | 2:03:17 | <b>5:20:19</b> | 0:56:56 |
| 144  | 195 | RAÚL ANDRADE SÁNCHEZ          | LICENZA 1 DÍA             | 172 | 0:38:04  | 03:56 | ### | 2:40:27  | 32.91 | 01:33 | 168 | 1:56:34 | <b>5:20:32</b> | 0:57:09 |
| 145  | 259 | JAVIER CONTRERAS AMOEDO       | CLUB TRIATLON MAR DE VIGO | 108 | 0:35:01  | 03:36 | ### | 2:45:05  | 31.98 | 01:50 | 163 | 1:55:23 | <b>5:20:53</b> | 0:57:30 |
| 146  | 154 | FERNANDO GARCÍA-CARPINTERO D  | CLUB TRIATLON CORUÑA      | 170 | 0:37:46  | 04:56 | ### | 2:39:10  | 33.17 | 01:29 | 173 | 1:57:45 | <b>5:21:04</b> | 0:57:41 |
| 147  | 220 | MARCOS ORDÓÑEZ RODRÍGUEZ      | CLUB TRIATLON MAR DE VIGO | 193 | 0:39:22  | 04:47 | ### | 2:42:33  | 32.48 | 01:42 | 147 | 1:52:48 | <b>5:21:11</b> | 0:57:48 |
| 148  | 216 | PABLO JOSE PAZOS HERNANDEZ    | CLUB TRIATLON CORUÑA      | 145 | 0:36:40  | 05:06 | ### | 2:42:38  | 32.47 | 02:12 | 160 | 1:54:57 | <b>5:21:31</b> | 0:58:08 |
| 149  | 248 | FRAN FERNÁNDEZ GARCÍA         | CLUB DEPORTIVO TRIMINEIT  | 84  | 0:34:14  | 04:09 | ### | 2:47:30  | 31.52 | 02:05 | 152 | 1:53:43 | <b>5:21:39</b> | 0:58:16 |
| 150  | 189 | JUAN CARLOS SANCHEZ MOLINA    | C.D. TRIATLON SERRANIA DE | 163 | 0:37:32  | 03:34 | ### | 2:44:55  | 32.02 | 01:20 | 157 | 1:54:22 | <b>5:21:41</b> | 0:58:18 |
| 151  | 213 | DAVID RODRIGUEZ APARICIO      | TRICAN BAÑEZA             | 128 | 0:35:50  | 04:45 | ### | 2:49:33  | 31.14 | 02:49 | 133 | 1:48:50 | <b>5:21:46</b> | 0:58:23 |
| 152  | 249 | DAVID FERNANDEZ-ALVARIÑO DEL  | CLUB TRIATLON MAR DE VIGO | 9   | 0:30:38  | 04:20 | 41  | 2:30:28  | 35.09 | 02:12 | 210 | 2:14:24 | <b>5:22:01</b> | 0:58:38 |
| 153  | 265 | LORENZO POQUIS HUERTAS        | TRIATLON APOL-ANA ALICANT | 220 | 0:42:54  | 05:35 | ### | 2:48:59  | 31.25 | 02:11 | 92  | 1:42:31 | <b>5:22:08</b> | 0:58:45 |
| 154  | 294 | GONZALO DE CASTRO PARGA       | TRINITY TRIATLON          | 227 | 0:44:12  | 06:34 | ### | 2:41:36  | 32.67 | 03:26 | 122 | 1:46:40 | <b>5:22:27</b> | 0:59:05 |
| 155  | 137 | JAVIER LOPEZ PINO             | CLUB TRIATLON MAR DE VIGO | 219 | 0:42:53  | 04:43 | ### | 2:45:11  | 31.97 | 01:47 | 130 | 1:48:00 | <b>5:22:33</b> | 0:59:10 |
| 156  | 113 | ALEJANDRO VARELA INSUA        | NOSPORTLIMIT              | 203 | 0:39:49  | 03:37 | ### | 2:37:14  | 33.58 | 01:23 | 186 | 2:00:53 | <b>5:22:54</b> | 0:59:31 |
| 157  | 152 | VITOR FERNANDO RODRIGUES DA   | PEDAL'ARTE                | 179 | 0:38:20  | 05:01 | ### | 2:50:52  | 30.9  | 01:58 | 125 | 1:47:06 | <b>5:23:16</b> | 0:59:53 |
| 158  | 118 | MANUEL RAMÓN INSUA CANOSA     | LICENZA 1 DÍA             | 166 | 0:37:36  | 05:00 | ### | 2:43:45  | 32.25 | 03:13 | 153 | 1:54:03 | <b>5:23:35</b> | 1:00:12 |
| 159  | 157 | JUAN MANUEL MIRA IGLESIAS     | LICENZA 1 DÍA             | 134 | 0:35:58  | 04:24 | ### | 2:45:57  | 31.82 | 01:36 | 166 | 1:55:57 | <b>5:23:49</b> | 1:00:26 |
| 160  | 187 | SINESIO NOVO FERNÁNDEZ        | LICENZA 1 DÍA             | 153 | 0:37:18  | 04:10 | ### | 2:55:04  | 30.16 | 01:36 | 120 | 1:46:19 | <b>5:24:25</b> | 1:01:02 |
| 161  | 92  | IVAN CERNADAS VÁZQUEZ         | LICENZA 1 DÍA             | 209 | 0:40:42  | 04:39 | ### | 2:38:09  | 33.39 | 03:26 | 174 | 1:57:45 | <b>5:24:39</b> | 1:01:17 |
| 162  | 158 | HUMBERTO GORDON CRESPO        | TRICAN BAÑEZA             | 218 | 0:42:49  | 05:10 | ### | 2:55:30  | 30.09 | 02:21 | 67  | 1:38:58 | <b>5:24:47</b> | 1:01:24 |
| 163  | 235 | FRANCISCO JAVIER DE FRUTOS G  | SANSE OUTSIDERS TRIATLÓN  | 61  | 0:33:33  | 13:32 | 64  | 2:33:51  | 34.32 | 03:46 | 182 | 2:00:08 | <b>5:24:48</b> | 1:01:25 |
| 164  | 328 | JAVIER DE RAMÓN CASADO        | INDEPENDIENTE             | 141 | 0:36:25  | 03:50 | ### | 2:51:54  | 30.72 | 02:34 | 138 | 1:50:33 | <b>5:25:14</b> | 1:01:51 |
| 165  | 279 | JOSÉ LUIS CASTRO CONDE        | CLUB ATLETISMO PORRIÑO    | 130 | 0:35:53  | 02:50 | ### | 2:42:47  | 32.44 | 01:40 | 192 | 2:02:13 | <b>5:25:22</b> | 1:01:59 |
| 166  | 141 | ALBERTO GONZÁLEZ POZA         | LICENZA 1 DÍA             | 186 | 0:38:46  | 05:03 | ### | 3:00:07  | 29.32 | 02:39 | 65  | 1:38:50 | <b>5:25:23</b> | 1:02:00 |
| 167  | 269 | JOSE MANUEL MERA ALONSO       | CIDADE DE LUGO FLUVIAL    | 212 | 0:41:12  | 03:49 | ### | 2:41:09  | 32.77 | 01:27 | 176 | 1:58:10 | <b>5:25:44</b> | 1:02:22 |
| 168  | 250 | JESÚS FRANCISCO GARCÍA DANS   | NOSPORTLIMIT              | 208 | 0:40:39  | 04:42 | ### | 2:47:05  | 31.6  | 02:30 | 144 | 1:51:17 | <b>5:26:11</b> | 1:02:49 |
| 169  | 261 | JACOBO ANICETO SANCHEZ-BÁLG   | NOSPORTLIMIT              | 150 | 0:37:07  | 03:40 | ### | 2:49:37  | 31.13 | 01:36 | 155 | 1:54:14 | <b>5:26:12</b> | 1:02:49 |
| 170  | 266 | DANIEL FRANCISCO GARCÍA ORDO  | ALHAURIN IRONTRIATH       | 109 | 0:35:02  | 04:16 | ### | 2:49:51  | 31.09 | 01:59 | 165 | 1:55:43 | <b>5:26:49</b> | 1:03:26 |
| 171  | 244 | FERNANDO SINES CRESPO         | NOSPORTLIMIT              | 49  | 0:32:58  | 04:55 | ### | 2:52:52  | 30.54 | 02:17 | 154 | 1:54:09 | <b>5:27:10</b> | 1:03:47 |
| 172  | 94  | JAVIER CATALAN GARCIA         | LICENZA 1 DÍA             | 105 | 0:34:58  | 04:07 | ### | 2:54:09  | 30.32 | 01:44 | 146 | 1:52:31 | <b>5:27:27</b> | 1:04:04 |
| 173  | 124 | FERNANDO IGLESIAS PÉREZ       | LICENZA 1 DÍA             | 119 | 0:35:24  | 04:33 | 91  | 2:36:20  | 33.78 | 02:11 | 205 | 2:10:25 | <b>5:28:52</b> | 1:05:29 |

| POS. | Nº  | NOME                         | CLUB                       | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|------------------------------|----------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 174  | 215 | ALFREDO SIO UHIA             | TRINORTH-NOGASA            | 23  | 0:31:55  | 02:46 | ### | 2:51:17  | 30.83 | 01:38 | 190 | 2:01:58 | <b>5:29:31</b> | 1:06:08 |
| 175  | 208 | RICARDO CASTAÑO GONZALEZ     | TRIATLON DUERO             | 118 | 0:35:24  | 05:44 | ### | 2:44:23  | 32.12 | 02:17 | 191 | 2:02:05 | <b>5:29:52</b> | 1:06:29 |
| 176  | 209 | JESUS HEVIA GOMEZ            | NOSPORTLIMIT               | 174 | 0:38:10  | 03:21 | ### | 2:51:48  | 30.73 | 02:24 | 158 | 1:54:27 | <b>5:30:08</b> | 1:06:45 |
| 177  | 237 | JOSE RUSELL GIRALDEZ         | LICENZA 1 DÍA              | 132 | 0:35:55  | 04:07 | ### | 2:51:35  | 30.77 | 01:54 | 170 | 1:56:52 | <b>5:30:22</b> | 1:06:59 |
| 178  | 132 | IGNACIO MACEIRAS ARTABE      | TRIATLON FERROL            | 169 | 0:37:40  | 04:33 | ### | 2:44:38  | 32.07 | 02:33 | 189 | 2:01:42 | <b>5:31:04</b> | 1:07:42 |
| 179  | 281 | HÉCTOR MORÁN OLVERA          | INDEPENDIENTE              | 47  | 0:32:48  | 07:33 | ### | 2:49:02  | 31.24 | 02:54 | 178 | 1:59:00 | <b>5:31:15</b> | 1:07:52 |
| 180  | 84  | HÉCTOR SIMÓN MARTÍNEZ        | NOSPORTLIMIT               | 191 | 0:39:06  | 03:41 | ### | 2:56:32  | 29.91 | 01:34 | 140 | 1:50:48 | <b>5:31:39</b> | 1:08:16 |
| 181  | 121 | SANTIAGO ROMERO ONS          | CLUB ATLETISMO PORRIÑO     | 161 | 0:37:29  | 02:59 | ### | 2:46:58  | 31.62 | 02:22 | 193 | 2:02:43 | <b>5:32:29</b> | 1:09:06 |
| 182  | 88  | JULIO GUTIERREZ PRIETO       | CENTRO ASTURIANO DE OVIE   | 4   | 0:29:01  | 04:51 | ### | 3:12:03  | 27.49 | 02:18 | 109 | 1:44:46 | <b>5:32:57</b> | 1:09:34 |
| 183  | 146 | DANIEL GALLEGU LANNERSKOOG   | 3D TRIATLON                | 68  | 0:33:52  | 04:25 | ### | 2:40:59  | 32.8  | 01:29 | 208 | 2:12:53 | <b>5:33:35</b> | 1:10:12 |
| 184  | 326 | OSCAR JOSÉ SURIS REGUEIRO    | CLUB TRIATLON MAR DE VIGO  | 148 | 0:36:54  | 03:12 | ### | 2:59:27  | 29.43 | 01:18 | 148 | 1:53:10 | <b>5:33:59</b> | 1:10:36 |
| 185  | 246 | ALBERTO RODRIGUEZ MEIRIÑO    | LICENZA 1 DÍA              | 237 | 0:54:04  | 04:58 | ### | 2:50:41  | 30.94 | 02:41 | 94  | 1:42:36 | <b>5:34:58</b> | 1:11:35 |
| 186  | 86  | IVÁN RUIZ BARTOLOMÉ          | PERLAS TRIATLON COLMENA    | 176 | 0:38:15  | 03:27 | ### | 2:42:17  | 32.54 | 01:46 | 204 | 2:09:53 | <b>5:35:36</b> | 1:12:13 |
| 187  | 327 | VÍCTOR MANUEL GARCÍA BUSTO   | CLUB EMC TRIATLON          | 160 | 0:37:29  | 03:17 | ### | 2:50:26  | 30.98 | 01:55 | 195 | 2:03:31 | <b>5:36:35</b> | 1:13:13 |
| 188  | 142 | FERNANDO EYTOR               | LICENZA 1 DÍA              | 67  | 0:33:48  | 09:39 | ### | 2:50:55  | 30.9  | 02:49 | 180 | 1:59:34 | <b>5:36:42</b> | 1:13:20 |
| 189  | 96  | OSCAR GONZALEZ FRAGA         | LICENZA 1 DÍA              | 175 | 0:38:13  | 04:49 | ### | 2:57:33  | 29.74 | 01:32 | 167 | 1:56:14 | <b>5:38:19</b> | 1:14:56 |
| 190  | 256 | JUAN JOSE PITA FRAGOSO       | LICENZA 1 DÍA              | 144 | 0:36:39  | 06:54 | ### | 2:54:59  | 30.18 | 02:18 | 177 | 1:58:19 | <b>5:39:06</b> | 1:15:44 |
| 191  | 296 | FERNANDO ALVAREZ CID         | LICENZA 1 DÍA              | 164 | 0:37:33  | 03:49 | ### | 2:50:52  | 30.9  | 02:34 | 197 | 2:04:55 | <b>5:39:40</b> | 1:16:17 |
| 192  | 166 | FERNANDO MARTÍNEZ RODRÍGUEZ  | LICENZA 1 DÍA              | 236 | 0:53:08  | 05:00 | ### | 2:51:38  | 30.76 | 02:39 | 127 | 1:47:36 | <b>5:40:00</b> | 1:16:37 |
| 193  | 147 | JOSE MANUEL RODRIGUEZ PEREZ  | INDEPENDIENTE              | 33  | 0:32:15  | 02:52 | ### | 2:49:16  | 31.19 | 02:15 | 211 | 2:14:33 | <b>5:41:10</b> | 1:17:47 |
| 194  | 255 | DANIEL MARCOS ESMORIS ARRANZ | NOSPORTLIMIT               | 131 | 0:35:54  | 04:29 | ### | 2:45:12  | 31.96 | 02:03 | 209 | 2:13:53 | <b>5:41:31</b> | 1:18:08 |
| 195  | 177 | MIGUEL ÁNGEL ORTIZ ANDRÉS    | TRIMAD                     | 210 | 0:41:07  | 06:24 | ### | 2:52:53  | 30.54 | 02:16 | 181 | 1:59:43 | <b>5:42:20</b> | 1:18:57 |
| 196  | 99  | JOSE MIGUEL TATAY SORIA      | LICENZA 1 DÍA              | 178 | 0:38:19  | 07:17 | ### | 3:00:07  | 29.32 | 02:45 | 161 | 1:54:57 | <b>5:43:24</b> | 1:20:01 |
| 197  | 295 | JOSE MARIA REIGOSA           | CIDADE DE LUGO FLUVIAL     | 195 | 0:39:29  | 04:34 | ### | 2:56:28  | 29.92 | 02:53 | 184 | 2:00:19 | <b>5:43:41</b> | 1:20:18 |
| 198  | 139 | DIEGO GARCIA GIL             | LICENZA 1 DÍA              | 201 | 0:39:42  | 08:57 | ### | 2:44:45  | 32.05 | 04:22 | 199 | 2:06:16 | <b>5:43:59</b> | 1:20:37 |
| 199  | 136 | ROBERTO GARCIA FRAGUEIRO     | LICENZA 1 DÍA              | 204 | 0:39:50  | 05:22 | ### | 2:57:47  | 29.7  | 03:09 | 183 | 2:00:16 | <b>5:46:21</b> | 1:22:59 |
| 200  | 247 | ELIAS ALFONSO ALVAREZ        | LICENZA 1 DÍA              | 214 | 0:41:36  | 05:24 | ### | 2:51:11  | 30.85 | 03:07 | 198 | 2:05:07 | <b>5:46:22</b> | 1:22:59 |
| 201  | 238 | JOAQUIN GARCIA TORRECILLA    | LICENZA 1 DÍA              | 225 | 0:43:24  | 04:54 | ### | 2:57:51  | 29.69 | 02:45 | 172 | 1:57:42 | <b>5:46:34</b> | 1:23:11 |
| 202  | 110 | ALEJANDRO RODRIGUEZ FRAGUEL  | INDEPENDIENTE              | 155 | 0:37:23  | 03:53 | ### | 2:47:18  | 31.56 | 02:22 | 214 | 2:16:48 | <b>5:47:41</b> | 1:24:18 |
| 203  | 234 | RICARDO SOLER VIDAL          | LICENZA 1 DÍA              | 182 | 0:38:26  | 04:23 | ### | 2:57:23  | 29.77 | 01:50 | 200 | 2:06:25 | <b>5:48:25</b> | 1:25:02 |
| 204  | 200 | DAVID FERNANDEZ BELANDO      | LICENZA 1 DÍA              | 228 | 0:44:19  | 04:18 | ### | 3:04:49  | 28.57 | 02:27 | 164 | 1:55:37 | <b>5:51:28</b> | 1:28:05 |
| 205  | 329 | ALBERTO VÁZQUEZ DOCAMPO      | LICENZA 1 DÍA              | 192 | 0:39:10  | 07:46 | ### | 3:02:56  | 28.86 | 04:23 | 171 | 1:57:37 | <b>5:51:51</b> | 1:28:28 |
| 206  | 277 | SANTIAGO REBOYRAS            | CIDADE DE LUGO FLUVIAL     | 135 | 0:35:59  | 05:28 | ### | 3:04:08  | 28.68 | 02:02 | 196 | 2:04:19 | <b>5:51:54</b> | 1:28:31 |
| 207  | 330 | EDUARDO VIEIRA MONTENEGRO    | LICENZA 1 DÍA              | 229 | 0:44:30  | 05:45 | ### | 3:00:44  | 29.22 | 02:44 | 187 | 2:01:19 | <b>5:55:01</b> | 1:31:38 |
| 208  | 264 | ALBERTO GARCÍA OTERO         | LICENCIA DE 1 DIA          | 194 | 0:39:24  | 05:50 | ### | 2:54:30  | 30.26 | 02:23 | 213 | 2:16:17 | <b>5:58:22</b> | 1:34:59 |
| 209  | 72  | PABLO LORENZO ROMÁN          | LICENZA 1 DÍA              | 96  | 0:34:34  | 04:36 | ### | 2:53:05  | 30.51 | 02:05 | 218 | 2:24:58 | <b>5:59:16</b> | 1:35:54 |
| 210  | 257 | ANTONIO BAAMONDE GONZALEZ    | CLUB TRIATLON MORRAZO      | 206 | 0:40:26  | 05:04 | ### | 3:01:01  | 29.17 | 02:58 | 206 | 2:10:50 | <b>6:00:16</b> | 1:36:54 |
| 211  | 81  | JORGE PEREZ PAZOS            | LICENZA 1 DÍA              | 222 | 0:43:08  | 04:26 | ### | 2:55:43  | 30.05 | 01:37 | 215 | 2:17:55 | <b>6:02:47</b> | 1:39:24 |
| 212  | 188 | LUIS TRANCHO BAYON           | FITNESS SPORTS TRIATLON    | 231 | 0:46:11  | 06:11 | ### | 2:59:13  | 29.46 | 02:53 | 202 | 2:08:36 | <b>6:03:03</b> | 1:39:40 |
| 213  | 325 | JOSE RAMON SANTOS PAZ        | PEÑA CICLISTA LAR          | 233 | 0:48:18  | 07:51 | ### | 2:54:27  | 30.27 | 03:42 | 203 | 2:09:32 | <b>6:03:48</b> | 1:40:25 |
| 214  | 285 | FRANCISCO ALONSO CUEVAS      | NOSPORTLIMIT               | 136 | 0:35:59  | 03:17 | ### | 3:06:54  | 28.25 | 02:02 | 216 | 2:19:45 | <b>6:07:56</b> | 1:44:33 |
| 215  | 70  | CRISTIAN VALENCIA RODRIGUEZ  | LICENZA 1 DÍA              | 235 | 0:51:32  | 06:13 | ### | 3:08:06  | 28.07 | 02:06 | 188 | 2:01:30 | <b>6:09:24</b> | 1:46:02 |
| 216  | 290 | ALFREDO FENOLLERA CAAMAÑO    | LICENZA 1 DÍA              | 100 | 0:34:48  | 04:55 | ### | 2:57:03  | 29.82 | 01:50 | 224 | 2:31:43 | <b>6:10:16</b> | 1:46:53 |
| 217  | 205 | RICARDO TERCEIRO VILLASECA   | LICENZA 1 DÍA              | 165 | 0:37:34  | 04:31 | ### | 3:04:28  | 28.62 | 02:20 | 217 | 2:21:25 | <b>6:10:16</b> | 1:46:54 |
| 218  | 114 | JORGE GONZALEZ MENDEZ        | LICENZA 1 DÍA              | 234 | 0:49:42  | 06:23 | ### | 3:02:24  | 28.95 | 01:53 | 207 | 2:11:37 | <b>6:11:57</b> | 1:48:34 |
| 219  | 115 | FERNANDO VAZQUEZ ALVAREZ     | LICENCIA DE 1 DIA          | 205 | 0:39:56  | 08:05 | ### | 3:13:12  | 27.33 | 03:10 | 201 | 2:08:00 | <b>6:12:21</b> | 1:48:58 |
| 220  | 263 | EVARISTO PARDO PERNAS        | LICENZA 1 DÍA              | 215 | 0:41:38  | 05:15 | ### | 2:55:59  | 30    | 03:15 | 222 | 2:26:40 | <b>6:12:45</b> | 1:49:22 |
| 221  | 89  | RODRIGO SALTO PEREZ          | LICENZA 1 DÍA              | 151 | 0:37:10  | 06:08 | ### | 3:08:23  | 28.03 | 02:36 | 220 | 2:25:31 | <b>6:19:46</b> | 1:56:23 |
| 222  | 316 | CARLOS HERRANZ ESTEVEZ       | LICENZA 1 DÍA              | 143 | 0:36:35  |       |     |          | 0     | 38:35 | 219 | 2:25:18 | <b>6:23:00</b> | 1:59:37 |
| 223  | 241 | ALEJANDRO FUENTES FERNÁNDEZ  | CLUB TRIATLON MAR DE VIGO  | 187 | 0:38:46  | 04:49 | ### | 3:12:18  | 27.46 | 01:50 | 221 | 2:26:28 | <b>6:24:09</b> | 2:00:46 |
| 224  | 100 | CARLOS RODRIGUEZ AMO         | LICENZA 1 DÍA              | 232 | 0:46:41  | 04:17 | ### | 3:17:23  | 26.75 | 02:12 | 212 | 2:16:01 | <b>6:26:32</b> | 2:03:10 |
| 225  | 111 | DAVID IGLESIAS OTERO         | CLUB TRIATLON MAR DE VIGO  | 226 | 0:44:03  | 05:07 | ### | 3:13:23  | 27.3  | 02:18 | 223 | 2:30:34 | <b>6:35:23</b> | 2:12:00 |
| 226  | 107 | HECTOR RIVERO ONTIYUELO      | CLUB DEPORTIVO ATHOMSP     | 223 | 0:43:17  | 05:57 | ### | 3:04:37  | 28.6  | 02:39 | 225 | 2:52:33 | <b>6:49:00</b> | 2:25:37 |
| SD   | 194 | DAVID LORENZO GARCIA         | TRIATLON P. C. RIAS BAIXAS |     |          |       |     |          |       |       |     |         | <b>5:50:56</b> | 1:27:33 |
| NF   | 73  | DANIEL IGLESIAS GARCIA       | LICENZA 1 DÍA              | 185 | 0:38:38  | 04:08 |     |          | 0     |       |     |         |                |         |
| NF   | 135 | LUCAS OUBIÑA YAÑEZ           | NOSPORTLIMIT               | 123 | 0:35:30  | 04:52 | ### | 2:47:48  | 31.47 | 01:49 |     |         |                |         |
| NF   | 155 | PABLO RAMIL FREÁN            | NOSPORTLIMIT               | 77  | 0:34:09  | 04:27 | ### | 2:45:33  | 31.89 | 02:27 |     |         |                |         |
| NF   | 176 | DANIEL SIEIRA BLANCO         | ARTROGAL-TRI 498           | 37  | 0:32:20  | 02:52 |     |          | 0     |       |     |         |                |         |
| NF   | 183 | LEONARDO RAMON FRANCO LARE   | TRINORTH-NOGASA            | 221 | 0:43:02  | 04:01 | ### | 3:04:09  | 28.67 | 02:46 |     |         |                |         |
| NF   | 214 | JAVIER CARRACEDO FERNANDEZ   | TRIATLON DUERO             | 104 | 0:34:57  | 04:26 | ### | 2:37:53  | 33.45 | 01:38 |     |         |                |         |
| NF   | 218 | MIKEL LARRAZABAL ALVAREZ     | PEÑOTA DENTAL EZKERRALD    | 32  | 0:32:13  | 03:05 |     |          | 0     |       |     |         |                |         |
| NF   | 221 | IÑAKI DE SANTIAGO MARIN      | CLUB CICLISTA RIAZOR       | 21  | 0:31:53  | 04:00 | ### | 2:38:04  | 33.41 | 01:51 |     |         |                |         |
| NF   | 232 | PEDRO MIGUEL ALONSO          | TRIVIGO BOYER TRIATHLON    | 19  | 0:31:46  | 03:56 | 78  | 2:35:12  | 34.02 | 01:30 |     |         |                |         |
| NF   | 239 | ALFREDO HIDALGO GIL          | LICENZA 1 DÍA              | 25  | 0:31:56  | 04:27 | ### | 2:45:21  | 31.93 | 02:33 |     |         |                |         |
| NF   | 253 | DICTINO CASTAÑO GONZALEZ     | LICENZA 1 DÍA              | 224 | 0:43:23  | 09:56 | ### | 3:08:02  | 28.08 | 05:09 |     |         |                |         |



| POS. | Nº  | NOME                       | CLUB                      | P. | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P. | Carrera | META | Dif. |
|------|-----|----------------------------|---------------------------|----|----------|-------|-----|----------|-------|-------|----|---------|------|------|
| NF   | 262 | JAIME PONTE GONZÁLEZ       | LICENZA 1 DÍA             | 30 | 0:32:10  | 04:12 | ### | 2:47:50  | 31.46 | 02:35 |    |         |      |      |
| NP   | 149 | JOAQUÍN GONZÁLEZ GARCÍA    | INDEPENDIENTE             |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 236 | JAIME VAQUERIZO ORTIZ      | A.D. ECOSPORT TRIATLON AL |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 240 | PABLO DUQUE ECHEVARRÍA     | LICENZA 1 DÍA             |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 267 | EDUARDO JIMÉNEZ-ORTA ORTA  | LICENZA 1 DÍA             |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 272 | ALFONSO VARELA RODRÍGUEZ   | LICENZA 1 DÍA             |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 293 | EDUARDO NISTAL GARCIA      | CLUB CICLISTA EO          |    |          |       |     |          |       |       |    |         |      |      |
| NP   | 318 | JAVIER RODRIGUEZ FERNANDEZ | CLUB ATLETISMO PORRIÑO    |    |          |       |     |          |       |       |    |         |      |      |

Localidade **Playa del Vao (Vigo)**

Data **24 de setembro de 2016**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Juan Luís Botana**  
 Responsable Oficiais: **Juan Luís Botana**

Xurado da Competición: **Mónica Flores (DT)**  
**Luis Piña (FEGATRI)**  
**Ricardo Rey (NOSPORTLIMIT)**

### Datos da competición

Temperatura exterior: 18 °C  
 Temperatura da auga: 14 °C  
 Neopreno: permitido

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 246

Remataron : 226

Retirados : 12

Non Presentados : 7

Descalificados : 1

### DE 20 A 24 AÑOS MASCULINA

| POS. | Nº | NOME                     | CLUB                  | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|----|--------------------------|-----------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 74 | CHRISTIAN VILLAZALA CART | TRICAN BAÑEZA         | 11  | 0:31:05  | 02:37 | 46  | 2:30:53  | 35    | 01:31 | 2   | 1:25:31 | <b>4:31:36</b> | 0:08:13 |
| 2    | 75 | XABIER RODRÍGUEZ MARTÍN  | LICENZA 1 DÍA         | 43  | 0:32:33  | 03:53 | 39  | 2:30:15  | 35.14 | 01:18 | 34  | 1:35:05 | <b>4:43:02</b> | 0:19:39 |
| 3    | 71 | PABLO ZOBRA LOJO         | CLUB TRIATLON MORRAZO | 72  | 0:33:57  | 02:53 | 67  | 2:34:14  | 34.24 | 01:25 | 75  | 1:39:37 | <b>4:52:04</b> | 0:28:41 |
| 4    | 77 | BRUNO BELLO LAFUENTE     | NOSPORTLIMIT          | 59  | 0:33:32  | 02:31 | 71  | 2:34:35  | 34.16 | 01:37 | 114 | 1:45:37 | <b>4:57:51</b> | 0:34:28 |
| 5    | 76 | PABLO ROJO FRESNEDA      | CD TRIATLON ARANDA    | 217 | 0:42:13  | 05:23 | 116 | 2:39:17  | 33.15 | 01:31 | 81  | 1:40:00 | <b>5:08:21</b> | 0:44:58 |
| 6    | 72 | PABLO LORENZO ROMÁN      | LICENZA 1 DÍA         | 96  | 0:34:34  | 04:36 | 194 | 2:53:05  | 30.51 | 02:05 | 218 | 2:24:58 | <b>5:59:16</b> | 1:35:54 |
| 7    | 70 | CRISTIAN VALENCIA RODRIG | LICENZA 1 DÍA         | 235 | 0:51:32  | 06:13 | 226 | 3:08:06  | 28.07 | 02:06 | 188 | 2:01:30 | <b>6:09:24</b> | 1:46:02 |
| NF   | 73 | DANIEL IGLESIAS GARCIA   | LICENZA 1 DÍA         | 185 | 0:38:38  | 04:08 |     |          | 0     |       |     |         |                |         |

### DE 25 A 29 AÑOS MASCULINA

| POS. | Nº | NOME                   | CLUB                          | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|----|------------------------|-------------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 82 | ROBERTO GARRIDO PEREIR | LICENZA 1 DIA                 | 125 | 0:35:35  | 04:04 | 22  | 2:27:08  | 35.89 | 01:15 | 1   | 1:23:41 | <b>4:31:40</b> | 0:08:18 |
| 2    | 78 | BORJA GARGALLO MÉNDEZ  | PEÑA CICLISTA LAR             | 48  | 0:32:50  | 04:00 | 65  | 2:33:52  | 34.32 | 01:27 | 33  | 1:34:39 | <b>4:46:47</b> | 0:23:24 |
| 3    | 90 | ALEJANDRO GERINO CALVO | CLUB TRIATLON MAR DE VIGO     | 18  | 0:31:45  | 03:59 | 42  | 2:30:31  | 35.08 | 02:04 | 84  | 1:40:36 | <b>4:48:52</b> | 0:25:29 |
| 4    | 83 | DIEGO CASTRO PÉREZ     | LICENZA 1 DÍA                 | 152 | 0:37:12  | 03:56 | 20  | 2:26:58  | 35.93 | 02:04 | 117 | 1:45:51 | <b>4:55:59</b> | 0:32:36 |
| 5    | 91 | DAVID MARTINEZ GRAÑA   | LICENZA 1 DÍA                 | 85  | 0:34:15  | 03:51 | 36  | 2:29:57  | 35.21 | 02:00 | 128 | 1:47:48 | <b>4:57:49</b> | 0:34:26 |
| 6    | 85 | FRAN GONZALEZ FAGUNDEZ | LICENCIA DE 1 DIA             | 70  | 0:33:55  | 03:11 | 12  | 2:23:50  | 36.71 | 02:01 | 175 | 1:57:56 | <b>5:00:51</b> | 0:37:28 |
| 7    | 79 | DANIEL MARTINEZ GOMEZ  | LICENZA 1 DÍA                 | 168 | 0:37:39  | 03:58 | 181 | 2:50:35  | 30.96 | 01:29 | 32  | 1:34:26 | <b>5:08:05</b> | 0:44:42 |
| 8    | 87 | ALEJANDRO SEQUEIROS AR | LICENZA 1 DÍA                 | 207 | 0:40:35  | 05:53 | 118 | 2:39:21  | 33.14 | 03:19 | 96  | 1:42:55 | <b>5:12:00</b> | 0:48:37 |
| 9    | 80 | OSCAR FERNANDEZ SANCH  | PERLAS TRIATLON COLMENAR VIEJ | 97  | 0:34:35  | 05:17 | 121 | 2:39:41  | 33.07 | 01:23 | 145 | 1:51:42 | <b>5:12:35</b> | 0:49:13 |
| 10   | 92 | IVAN CERNADAS VÁZQUEZ  | LICENZA 1 DÍA                 | 209 | 0:40:42  | 04:39 | 111 | 2:38:09  | 33.39 | 03:26 | 174 | 1:57:45 | <b>5:24:39</b> | 1:01:17 |
| 11   | 84 | HÉCTOR SIMÓN MARTÍNEZ  | NOSPORTLIMIT                  | 191 | 0:39:06  | 03:41 | 204 | 2:56:32  | 29.91 | 01:34 | 140 | 1:50:48 | <b>5:31:39</b> | 1:08:16 |
| 12   | 88 | JULIO GUTIERREZ PRIETO | CENTRO ASTURIANO DE OVIEDO T  | 4   | 0:29:01  | 04:51 | 228 | 3:12:03  | 27.49 | 02:18 | 109 | 1:44:46 | <b>5:32:57</b> | 1:09:34 |
| 13   | 86 | IVÁN RUIZ BAROLOMÉ     | PERLAS TRIATLON COLMENAR VIEJ | 176 | 0:38:15  | 03:27 | 136 | 2:42:17  | 32.54 | 01:46 | 204 | 2:09:53 | <b>5:35:36</b> | 1:12:13 |
| 14   | 81 | JORGE PEREZ PAZOS      | LICENZA 1 DÍA                 | 222 | 0:43:08  | 04:26 | 201 | 2:55:43  | 30.05 | 01:37 | 215 | 2:17:55 | <b>6:02:47</b> | 1:39:24 |
| 15   | 89 | RODRIGO SALTO PEREZ    | LICENZA 1 DÍA                 | 151 | 0:37:10  | 06:08 | 227 | 3:08:23  | 28.03 | 02:36 | 220 | 2:25:31 | <b>6:19:46</b> | 1:56:23 |

### DE 30 A 34 AÑOS MASCULINA

| POS. | Nº  | NOME                     | CLUB                          | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera  | META           | Dif.    |
|------|-----|--------------------------|-------------------------------|-----|----------|-------|-----|----------|-------|-------|-----|----------|----------------|---------|
| 1    | 123 | BENITO MARTÍN MANCEBO    | CARRASCO..ES CICLISMO-MULTIDE | 27  | 0:31:57  | 04:13 | 5   | 2:20:23  | 37.61 | 01:17 | 3   | 1:25:48  | <b>4:23:36</b> | 0:00:14 |
| 2    | 95  | HECTOR FERNANDEZ RABA    | NOSPORTLIMIT                  |     |          |       |     |          | 0     |       | 226 | 13:14:30 | <b>4:36:38</b> | 0:13:16 |
| 3    | 101 | ALBERTO LORENZO CRESP    | CD TRIATLON ZAMORA            | 38  | 0:32:23  | 03:34 | 38  | 2:30:09  | 35.17 | 01:45 | 19  | 1:31:49  | <b>4:39:37</b> | 0:16:14 |
| 4    | 127 | FRANCISCO SANCHEZ MEND   | LICENZA 1 DÍA                 | 41  | 0:32:27  | 04:01 | 3   | 2:18:00  | 38.27 | 01:29 | 121 | 1:46:21  | <b>4:42:16</b> | 0:18:53 |
| 5    | 104 | GERARDO GUERRERO ACEV    | CLUB TRIATLON MAR DE VIGO     | 180 | 0:38:21  | 03:57 | 79  | 2:35:24  | 33.98 | 01:11 | 4   | 1:25:57  | <b>4:44:48</b> | 0:21:25 |
| 6    | 112 | DAVID LUSQUIÑOS BALLEST  | CLUB TRIATLON MAR DE VIGO     | 34  | 0:32:17  | 03:20 | 49  | 2:31:38  | 34.82 | 01:12 | 47  | 1:37:20  | <b>4:45:44</b> | 0:22:22 |
| 7    | 122 | LUCAS DEL RIO CORTEGOS   | CLUB TRIATLON MORRAZO         | 44  | 0:32:38  | 03:37 | 113 | 2:38:29  | 33.32 | 01:45 | 11  | 1:29:25  | <b>4:45:53</b> | 0:22:30 |
| 8    | 103 | DAVID ABARCA AHIJADO     | LICENZA 1 DÍA                 | 111 | 0:35:06  | 04:37 | 30  | 2:29:06  | 35.42 | 01:30 | 53  | 1:37:53  | <b>4:48:09</b> | 0:24:46 |
| 9    | 119 | MANUEL HERRERO GARCIA    | C.D. TRIATLON ZAMORA          | 53  | 0:33:20  | 02:58 | 81  | 2:35:38  | 33.93 | 01:56 | 48  | 1:37:21  | <b>4:51:10</b> | 0:27:47 |
| 10   | 93  | PABLO REGUEIRA MARTINE   | CLUB ATLETISMO PORRIÑO        | 22  | 0:31:53  | 03:05 | 83  | 2:35:49  | 33.89 | 02:13 | 83  | 1:40:22  | <b>4:53:21</b> | 0:29:58 |
| 11   | 105 | PABLO FRANCO YAÑEZ       | CLUB TRIATLON CORUÑA          | 58  | 0:33:31  | 04:37 | 66  | 2:34:09  | 34.25 | 01:35 | 88  | 1:41:30  | <b>4:55:20</b> | 0:31:57 |
| 12   | 120 | DANIEL JESUS ALONSO DEL  | LICENZA 1 DÍA                 | 64  | 0:33:37  | 04:50 | 60  | 2:33:15  | 34.46 | 02:25 | 97  | 1:42:56  | <b>4:57:00</b> | 0:33:37 |
| 13   | 97  | JOSE JAVIER VILELLA GARC | LICENZA 1 DÍA                 | 26  | 0:31:56  | 03:32 | 100 | 2:36:51  | 33.66 | 01:52 | 106 | 1:44:09  | <b>4:58:19</b> | 0:34:56 |
| 14   | 116 | JORGE CAMAÑO RIVEIRO     | CLUB TRIATLON MORRAZO         | 156 | 0:37:24  | 03:44 | 62  | 2:33:33  | 34.39 | 01:18 | 98  | 1:43:05  | <b>4:59:02</b> | 0:35:39 |

|    |     |                         |                           |     |         |       |     |         |       |       |     |         |                |         |
|----|-----|-------------------------|---------------------------|-----|---------|-------|-----|---------|-------|-------|-----|---------|----------------|---------|
| 15 | 98  | DAVID SOLLA DOMINGUEZ   | LICENCIA DE 1 DIA         | 162 | 0:37:30 | 04:19 | 94  | 2:36:33 | 33.73 | 02:04 | 80  | 1:39:58 | <b>5:00:22</b> | 0:36:59 |
| 16 | 102 | GIOVANI GARCÍA ESTÉVEZ  | NOSPORTLIMIT              | 184 | 0:38:31 | 03:02 | 117 | 2:39:20 | 33.14 | 01:40 | 55  | 1:38:09 | <b>5:00:39</b> | 0:37:17 |
| 17 | 109 | ANTONIO RUBIO GARCÍA    | CLUB TRIATLON CORUÑA      | 106 | 0:35:00 | 04:12 | 106 | 2:37:46 | 33.47 | 01:45 | 119 | 1:46:13 | <b>5:04:54</b> | 0:41:31 |
| 18 | 108 | ALBERTO SOTO BARRIOS    | NOSPORTLIMIT              | 173 | 0:38:08 | 03:05 | 31  | 2:29:06 | 35.42 | 01:41 | 159 | 1:54:42 | <b>5:06:39</b> | 0:43:16 |
| 19 | 125 | RUBÉN SÁNCHEZ VÁZQUEZ   | NOSPORTLIMIT              | 181 | 0:38:23 | 03:41 | 95  | 2:36:37 | 33.71 | 02:17 | 132 | 1:48:33 | <b>5:09:30</b> | 0:46:07 |
| 20 | 117 | HUGO DURAN ALVAREZ      | LICENZA 1 DÍA             | 114 | 0:35:16 | 04:15 | 34  | 2:29:35 | 35.3  | 01:23 | 179 | 1:59:07 | <b>5:09:34</b> | 0:46:11 |
| 21 | 106 | OMAR GAEL GONZALO COR   | NOSPORTLIMIT              | 167 | 0:37:38 | 04:09 | 104 | 2:37:37 | 33.5  | 01:44 | 139 | 1:50:34 | <b>5:11:41</b> | 0:48:18 |
| 22 | 126 | PABLO JOSÉ SANGIAO ROC  | NOSPORTLIMIT              | 189 | 0:38:56 | 04:32 | 145 | 2:43:17 | 32.34 | 02:13 | 142 | 1:50:54 | <b>5:19:50</b> | 0:56:27 |
| 23 | 113 | ALEJANDRO VARELA INSUA  | NOSPORTLIMIT              | 203 | 0:39:49 | 03:37 | 101 | 2:37:14 | 33.58 | 01:23 | 186 | 2:00:53 | <b>5:22:54</b> | 0:59:31 |
| 24 | 118 | MANUEL RAMÓN INSUA CAN  | LICENZA 1 DÍA             | 166 | 0:37:36 | 05:00 | 146 | 2:43:45 | 32.25 | 03:13 | 153 | 1:54:03 | <b>5:23:35</b> | 1:00:12 |
| 25 | 94  | JAVIER CATALAN GARCIA   | LICENZA 1 DÍA             | 105 | 0:34:58 | 04:07 | 195 | 2:54:09 | 30.32 | 01:44 | 146 | 1:52:31 | <b>5:27:27</b> | 1:04:04 |
| 26 | 124 | FERNANDO IGLESIAS PÉREZ | LICENZA 1 DÍA             | 119 | 0:35:24 | 04:33 | 91  | 2:36:20 | 33.78 | 02:11 | 205 | 2:10:25 | <b>5:28:52</b> | 1:05:29 |
| 27 | 121 | SANTIAGO ROMERO ONS     | CLUB ATLETISMO PORRIÑO    | 161 | 0:37:29 | 02:59 | 165 | 2:46:58 | 31.62 | 02:22 | 193 | 2:02:43 | <b>5:32:29</b> | 1:09:06 |
| 28 | 96  | OSCAR GONZALEZ FRAGA    | LICENZA 1 DÍA             | 175 | 0:38:13 | 04:49 | 207 | 2:57:33 | 29.74 | 01:32 | 167 | 1:56:14 | <b>5:38:19</b> | 1:14:56 |
| 29 | 99  | JOSE MIGUEL TATAY SORIA | LICENZA 1 DÍA             | 178 | 0:38:19 | 07:17 | 213 | 3:00:07 | 29.32 | 02:45 | 161 | 1:54:57 | <b>5:43:24</b> | 1:20:01 |
| 30 | 110 | ALEJANDRO RODRIGUEZ FR  | INDEPENDIENTE             | 155 | 0:37:23 | 03:53 | 167 | 2:47:18 | 31.56 | 02:22 | 214 | 2:16:48 | <b>5:47:41</b> | 1:24:18 |
| 31 | 114 | JORGE GONZALEZ MENDEZ   | LICENZA 1 DÍA             | 234 | 0:49:42 | 06:23 | 217 | 3:02:24 | 28.95 | 01:53 | 207 | 2:11:37 | <b>6:11:57</b> | 1:48:34 |
| 32 | 115 | FERNANDO VAZQUEZ ALVAR  | LICENCIA DE 1 DIA         | 205 | 0:39:56 | 08:05 | 230 | 3:13:12 | 27.33 | 03:10 | 201 | 2:08:00 | <b>6:12:21</b> | 1:48:58 |
| 33 | 100 | CARLOS RODRIGUEZ AMO    | LICENZA 1 DÍA             | 232 | 0:46:41 | 04:17 | 232 | 3:17:23 | 26.75 | 02:12 | 212 | 2:16:01 | <b>6:26:32</b> | 2:03:10 |
| 34 | 111 | DAVID IGLESIAS OTERO    | CLUB TRIATLON MAR DE VIGO | 226 | 0:44:03 | 05:07 | 231 | 3:13:23 | 27.3  | 02:18 | 223 | 2:30:34 | <b>6:35:23</b> | 2:12:00 |
| 35 | 107 | HECTOR RIVERO ONTIYUEL  | CLUB DEPORTIVO ATHOMSPORT | 223 | 0:43:17 | 05:57 | 222 | 3:04:37 | 28.6  | 02:39 | 225 | 2:52:33 | <b>6:49:00</b> | 2:25:37 |

## DE 35 A 39 AÑOS MASCULINA

| POS. | Nº  | NOME                      | CLUB                           | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|---------------------------|--------------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 179 | IAGO VARA ADRIO           | SIRENO TRIATLON CLUB           | 3   | 0:28:34  | 02:40 | 8   | 2:23:12  | 36.87 | 01:30 | 6   | 1:27:29 | <b>4:23:23</b> |         |
| 2    | 161 | PABLO VAZQUEZ DIAZ        | TRIAATLON VILLALBA             | 12  | 0:31:18  | 05:02 | 7   | 2:22:41  | 37.01 | 01:42 | 16  | 1:31:17 | <b>4:31:58</b> | 0:08:35 |
| 3    | 165 | MANUEL PASCUAL ESTEBA     | CLUB TRIATLÓN LAS ROZAS        | 102 | 0:34:55  | 02:52 | 9   | 2:23:21  | 36.83 | 01:43 | 13  | 1:29:58 | <b>4:32:47</b> | 0:09:25 |
| 4    | 156 | FERNANDO LÓPEZ LÓPEZ      | ARTROGAL-TRI 498               | 15  | 0:31:38  | 02:48 | 23  | 2:27:16  | 35.86 | 01:04 | 15  | 1:30:08 | <b>4:32:52</b> | 0:09:29 |
| 5    | 143 | CARLOS RODRÍGUEZ RODRÍ    | NOSPORTLIMIT                   | 28  | 0:32:01  | 03:08 | 10  | 2:23:27  | 36.81 | 01:29 | 22  | 1:32:53 | <b>4:32:56</b> | 0:09:33 |
| 6    | 174 | RAMÓN VARELA GARCÍA       | ARTROGAL-TRI 498               | 13  | 0:31:35  | 04:16 | 21  | 2:27:02  | 35.91 | 01:23 | 21  | 1:32:35 | <b>4:36:49</b> | 0:13:26 |
| 7    | 184 | LUIS GARCÍA RIOS          | TRINITY TRIATLON               | 120 | 0:35:25  | 03:50 | 40  | 2:30:16  | 35.14 | 01:58 | 5   | 1:26:44 | <b>4:38:11</b> | 0:14:49 |
| 8    | 162 | JOSE LUIS SANTOME COLLA   | NOSPORTLIMIT                   | 1   | 0:28:29  | 02:39 | 43  | 2:30:32  | 35.08 | 01:56 | 60  | 1:38:30 | <b>4:42:05</b> | 0:18:42 |
| 9    | 175 | HECTOR MERA PIÑON         | TRINITY TRIATLON               | 71  | 0:33:57  | 04:27 | 29  | 2:29:05  | 35.42 | 01:36 | 27  | 1:33:58 | <b>4:43:01</b> | 0:19:38 |
| 10   | 144 | ANXO SALGADO LOSADA       | CLUB TRIATLON MAR DE VIGO      | 74  | 0:34:02  | 02:36 | 2   | 2:17:30  | 38.4  | 01:17 | 137 | 1:50:30 | <b>4:45:52</b> | 0:22:29 |
| 11   | 191 | MARCOS OTERO COUSELO      | TRIATHLON FESTIVAL CLUB        | 66  | 0:33:42  | 03:46 | 54  | 2:32:16  | 34.68 | 02:24 | 31  | 1:34:22 | <b>4:46:28</b> | 0:23:06 |
| 12   | 129 | DAVID BROULLON PIÑEIRO    | CLUB TRIATLON MORRAZO          | 121 | 0:35:25  | 03:46 | 47  | 2:31:00  | 34.97 | 01:37 | 39  | 1:35:45 | <b>4:47:30</b> | 0:24:07 |
| 13   | 181 | JOSE ANTONIO SOUTO GON    | LICENZA 1 DÍA                  | 79  | 0:34:10  | 03:47 | 63  | 2:33:42  | 34.36 | 01:38 | 30  | 1:34:15 | <b>4:47:31</b> | 0:24:08 |
| 14   | 168 | PEDRO GONZÁLEZ BLANCO     | ARTROGAL-TRI 498               | 56  | 0:33:27  | 03:34 | 44  | 2:30:45  | 35.03 | 02:06 | 59  | 1:38:30 | <b>4:48:20</b> | 0:24:57 |
| 15   | 178 | LUIS ALBERTO DOMINGUEZ    | TRI OURENSE                    | 116 | 0:35:20  | 03:03 | 32  | 2:29:09  | 35.4  | 01:27 | 82  | 1:40:08 | <b>4:49:05</b> | 0:25:42 |
| 16   | 167 | JOSE LUIS GANGES MIGUEL   | CLUB DEPORTIVO ATHOMSPORT      | 40  | 0:32:26  | 04:32 | 55  | 2:32:20  | 34.66 | 02:02 | 74  | 1:39:33 | <b>4:50:51</b> | 0:27:28 |
| 17   | 169 | SALVADOR IZQUIERDO SAL    | CLUB TRIATLON MAR DE VIGO      | 55  | 0:33:26  | 03:16 | 58  | 2:32:49  | 34.55 | 01:09 | 87  | 1:40:57 | <b>4:51:36</b> | 0:28:13 |
| 18   | 151 | JULIO MALLO NIETO         | OLIMPICO DE VEDRA              | 126 | 0:35:35  | 03:11 | 90  | 2:36:14  | 33.8  | 01:16 | 37  | 1:35:26 | <b>4:51:39</b> | 0:28:17 |
| 19   | 145 | DAVID FILIPE ALVES TOPETE | LICENZA 1 DÍA                  | 190 | 0:39:02  | 04:02 | 80  | 2:35:27  | 33.97 | 02:16 | 17  | 1:31:28 | <b>4:52:14</b> | 0:28:51 |
| 20   | 153 | JUAN FRANCISCO RODRIGU    | CLUB TRIATLON LAS ROZAS        | 95  | 0:34:29  | 04:11 | 164 | 2:46:23  | 31.73 | 01:39 | 7   | 1:28:18 | <b>4:54:59</b> | 0:31:36 |
| 21   | 163 | CÉSAR CARVAJAL            | PERLAS TRIATLON COLMENAR VIEJ  | 146 | 0:36:48  | 04:08 | 27  | 2:28:33  | 35.55 | 01:51 | 107 | 1:44:20 | <b>4:55:38</b> | 0:32:15 |
| 22   | 148 | ALVARO CIMARRAS IGLESIA   | NOSPORTLIMIT                   | 73  | 0:34:00  | 03:18 | 103 | 2:37:19  | 33.56 | 01:35 | 73  | 1:39:33 | <b>4:55:43</b> | 0:32:20 |
| 23   | 186 | RAMON LUÍS CARNOTA MEN    | NOSPORTLIMIT                   | 2   | 0:28:33  | 03:00 | 102 | 2:37:14  | 33.58 | 01:09 | 116 | 1:45:48 | <b>4:55:43</b> | 0:32:20 |
| 24   | 134 | ÓSCAR RODRÍGUEZ OTERO     | CLUB ATLETISMO PORRIÑO         | 112 | 0:35:13  | 02:59 | 89  | 2:36:12  | 33.8  | 02:12 | 70  | 1:39:18 | <b>4:55:52</b> | 0:32:29 |
| 25   | 190 | JAVIER HIDALGO GIL        | LICENZA 1 DÍA                  | 140 | 0:36:20  | 03:17 | 99  | 2:36:49  | 33.67 | 01:53 | 58  | 1:38:29 | <b>4:56:46</b> | 0:33:23 |
| 26   | 130 | DANIEL CADENAS TORRÓN     | CLUB CICLISTA RIAZOR           | 157 | 0:37:26  | 04:37 | 37  | 2:30:00  | 35.2  | 01:27 | 113 | 1:45:37 | <b>4:59:05</b> | 0:35:42 |
| 27   | 171 | DIEGO CARRERA COSTAS      | CLUB TRIATLON MAR DE VIGO      | 99  | 0:34:36  | 03:41 | 61  | 2:33:19  | 34.44 | 01:32 | 123 | 1:46:44 | <b>4:59:51</b> | 0:36:28 |
| 28   | 164 | CARLOS MIGUEL FIDALGO R   | C. TRIATLON OURENSE            | 94  | 0:34:27  | 03:18 | 56  | 2:32:34  | 34.61 | 01:43 | 129 | 1:47:51 | <b>4:59:53</b> | 0:36:30 |
| 29   | 182 | FELIPE CORRAL REY         | NOSPORTLIMIT                   | 188 | 0:38:54  | 04:30 | 123 | 2:40:00  | 33    | 01:52 | 35  | 1:35:14 | <b>5:00:28</b> | 0:37:05 |
| 30   | 159 | ANTONIO GONZÁLEZ SEOAN    | TRIAATLÓN UNIVERSITARIO DE MAD | 10  | 0:30:40  | 06:10 | 161 | 2:45:28  | 31.91 | 02:06 | 42  | 1:36:15 | <b>5:00:36</b> | 0:37:13 |
| 31   | 128 | BORJA ALONSO GONZALEZ     | LICENZA 1 DÍA                  | 113 | 0:35:15  | 04:10 | 52  | 2:31:51  | 34.77 | 01:20 | 135 | 1:49:10 | <b>5:01:45</b> | 0:38:22 |
| 32   | 140 | ALEJANDRO BARBUDEL        | LICENZA 1 DÍA                  | 78  | 0:34:10  | 03:34 | 142 | 2:42:52  | 32.42 | 01:38 | 86  | 1:40:52 | <b>5:03:04</b> | 0:39:41 |
| 33   | 133 | LUIS PEDRE CARRODEGUAS    | LICENZA 1 DÍA                  | 117 | 0:35:21  | 05:01 | 126 | 2:40:03  | 32.99 | 01:51 | 99  | 1:43:06 | <b>5:05:21</b> | 0:41:58 |
| 34   | 170 | IGNACIO MONCLUS MARCEL    | LICENZA 1 DÍA                  | 75  | 0:34:05  | 05:21 | 128 | 2:40:21  | 32.93 | 01:20 | 111 | 1:45:04 | <b>5:06:09</b> | 0:42:46 |
| 35   | 160 | RUBEN FERNANDEZ CERDEI    | LICENZA 1 DÍA                  | 230 | 0:44:55  | 04:04 | 69  | 2:34:20  | 34.21 | 01:54 | 90  | 1:42:05 | <b>5:07:15</b> | 0:43:52 |
| 36   | 138 | MIGUEL NOVO FERNANDEZ     | LICENZA 1 DÍA                  | 57  | 0:33:28  | 04:13 | 153 | 2:44:48  | 32.04 | 01:31 | 102 | 1:43:35 | <b>5:07:33</b> | 0:44:10 |
| 37   | 131 | ANTÓN DAPENA PIÑEIRO      | CLUB TRIATLON MAR DE VIGO      | 63  | 0:33:35  | 03:34 | 98  | 2:36:48  | 33.67 | 01:51 | 149 | 1:53:15 | <b>5:09:01</b> | 0:45:39 |
| 38   | 173 | JAVIER CHECA RODRIGUEZ    | LICENZA 1 DÍA                  | 39  | 0:32:24  | 05:32 | 96  | 2:36:42  | 33.7  | 01:46 | 169 | 1:56:35 | <b>5:12:57</b> | 0:49:34 |
| 39   | 150 | JOSÉ MANUEL TURNES COR    | NOSPORTLIMIT                   | 213 | 0:41:13  | 04:49 | 177 | 2:49:49  | 31.09 | 02:18 | 72  | 1:39:24 | <b>5:17:31</b> | 0:54:08 |
| 40   | 180 | OSCAR DIAZ PRADO          | CLUB TRIATLON MAR DE VIGO      | 197 | 0:39:34  | 03:12 | 114 | 2:38:31  | 33.31 | 01:44 | 162 | 1:55:19 | <b>5:18:19</b> | 0:54:56 |
| 41   | 185 | SIMON KIENAST             | LICENZA 1 DÍA                  | 159 | 0:37:28  | 03:57 | 74  | 2:34:53  | 34.09 | 01:20 | 185 | 2:00:46 | <b>5:18:21</b> | 0:54:58 |
| 42   | 172 | APOLONIO RUIZ CANTERO     | LICENZA 1 DÍA                  | 129 | 0:35:52  | 03:25 | 158 | 2:45:20  | 31.94 | 02:11 | 150 | 1:53:24 | <b>5:20:10</b> | 0:56:47 |
| 43   | 154 | FERNANDO GARCÍA-CARPIN    | CLUB TRIATLON CORUÑA           | 170 | 0:37:46  | 04:56 | 115 | 2:39:10  | 33.17 | 01:29 | 173 | 1:57:45 | <b>5:21:04</b> | 0:57:41 |
| 44   | 189 | JUAN CARLOS SANCHEZ MO    | C.D. TRIATLON SERRANIA DE ROND | 163 | 0:37:32  | 03:34 | 154 | 2:44:55  | 32.02 | 01:20 | 157 | 1:54:22 | <b>5:21:41</b> | 0:58:18 |
| 45   | 137 | JAVIER LOPEZ PINO         | CLUB TRIATLON MAR DE VIGO      | 219 | 0:42:53  | 04:43 | 156 | 2:45:11  | 31.97 | 01:47 | 130 | 1:48:00 | <b>5:22:33</b> | 0:59:10 |
| 46   | 152 | VITOR FERNANDO RODRIGU    | PEDALARTE                      | 179 | 0:38:20  | 05:01 | 184 | 2:50:52  | 30.9  | 01:58 | 125 | 1:47:06 | <b>5:23:16</b> | 0:59:53 |
| 47   | 157 | JUAN MANUEL MIRA IGLESIA  | LICENZA 1 DIA                  | 134 | 0:35:58  | 04:24 | 163 | 2:45:57  | 31.82 | 01:36 | 166 | 1:55:57 | <b>5:23:49</b> | 1:00:26 |

|    |     |                         |                         |     |         |       |     |         |       |       |     |         |                |         |
|----|-----|-------------------------|-------------------------|-----|---------|-------|-----|---------|-------|-------|-----|---------|----------------|---------|
| 48 | 187 | SINESIO NOVO FERNÁNDEZ  | LICENZA 1 DÍA           | 153 | 0:37:18 | 04:10 | 199 | 2:55:04 | 30.16 | 01:36 | 120 | 1:46:19 | <b>5:24:25</b> | 1:01:02 |
| 49 | 158 | HUMBERTO GORDON CRESP   | TRICAN BAÑEZA           | 218 | 0:42:49 | 05:10 | 200 | 2:55:30 | 30.09 | 02:21 | 67  | 1:38:58 | <b>5:24:47</b> | 1:01:24 |
| 50 | 141 | ALBERTO GONZÁLEZ POZA   | LICENZA 1 DÍA           | 186 | 0:38:46 | 05:03 | 214 | 3:00:07 | 29.32 | 02:39 | 65  | 1:38:50 | <b>5:25:23</b> | 1:02:00 |
| 51 | 132 | IGNACIO MACEIRAS ARTABE | TRIATLON FERROL         | 169 | 0:37:40 | 04:33 | 151 | 2:44:38 | 32.07 | 02:33 | 189 | 2:01:42 | <b>5:31:04</b> | 1:07:42 |
| 52 | 146 | DANIEL GALLEGRO LANNERS | 3D TRIATLON             | 68  | 0:33:52 | 04:25 | 131 | 2:40:59 | 32.8  | 01:29 | 208 | 2:12:53 | <b>5:33:35</b> | 1:10:12 |
| 53 | 142 | FERNANDO EYTOR          | LICENZA 1 DÍA           | 67  | 0:33:48 | 09:39 | 185 | 2:50:55 | 30.9  | 02:49 | 180 | 1:59:34 | <b>5:36:42</b> | 1:13:20 |
| 54 | 166 | FERNANDO MARTÍNEZ RODR  | LICENZA 1 DÍA           | 236 | 0:53:08 | 05:00 | 189 | 2:51:38 | 30.76 | 02:39 | 127 | 1:47:36 | <b>5:40:00</b> | 1:16:37 |
| 55 | 147 | JOSE MANUEL RODRIGUEZ   | INDEPENDIENTE           | 33  | 0:32:15 | 02:52 | 173 | 2:49:16 | 31.19 | 02:15 | 211 | 2:14:33 | <b>5:41:10</b> | 1:17:47 |
| 56 | 177 | MIGUEL ÁNGEL ORTIZ ANDR | TRIMAD                  | 210 | 0:41:07 | 06:24 | 193 | 2:52:53 | 30.54 | 02:16 | 181 | 1:59:43 | <b>5:42:20</b> | 1:18:57 |
| 57 | 139 | DIEGO GARCIA GIL        | LICENZA 1 DÍA           | 201 | 0:39:42 | 08:57 | 152 | 2:44:45 | 32.05 | 04:22 | 199 | 2:06:16 | <b>5:43:59</b> | 1:20:37 |
| 58 | 136 | ROBERTO GARCIA FRAGUEI  | LICENZA 1 DÍA           | 204 | 0:39:50 | 05:22 | 208 | 2:57:47 | 29.7  | 03:09 | 183 | 2:00:16 | <b>5:46:21</b> | 1:22:59 |
| 59 | 188 | LUIS TRANCHO BAYON      | FITNESS SPORTS TRIATLON | 231 | 0:46:11 | 06:11 | 211 | 2:59:13 | 29.46 | 02:53 | 202 | 2:08:36 | <b>6:03:03</b> | 1:39:40 |
| NF | 135 | LUCAS OUBIÑA YAÑEZ      | NOSPORTLIMIT            | 123 | 0:35:30 | 04:52 | 169 | 2:47:48 | 31.47 | 01:49 |     |         |                |         |
| NF | 155 | PABLO RAMIL FREÁN       | NOSPORTLIMIT            | 77  | 0:34:09 | 04:27 | 162 | 2:45:33 | 31.89 | 02:27 |     |         |                |         |
| NF | 176 | DANIEL SIEIRA BLANCO    | ARTROGAL-TRI 498        | 37  | 0:32:20 | 02:52 |     |         | 0     |       |     |         |                |         |
| NF | 183 | LEONARDO RAMON FRANCO   | TRINORTH-NOGASA         | 221 | 0:43:02 | 04:01 | 220 | 3:04:09 | 28.67 | 02:46 |     |         |                |         |
| NP | 149 | JOAQUÍN GONZÁLEZ GARCÍ  | INDEPENDIENTE           |     |         |       |     |         | 0     |       |     |         |                |         |

## DE 40 A 44 AÑOS MASCULINA

| POS. | Nº  | NOME                     | CLUB                           | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|--------------------------|--------------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 245 | RUBÉN SIO FERNÁNDEZ      | CLUB ATLETISMO PORRIÑO         | 83  | 0:34:14  | 02:55 | 1   | 2:15:59  | 38.83 | 01:25 | 43  | 1:36:21 | <b>4:30:52</b> | 0:07:29 |
| 2    | 222 | ALFONSO MONCLUS MARCE    | CLUB TRIATLON EUROPA           | 65  | 0:33:39  | 03:59 | 4   | 2:20:01  | 37.71 | 01:12 | 28  | 1:34:02 | <b>4:32:51</b> | 0:09:28 |
| 3    | 231 | JOSE SANLES PIÑEIRO      | CLUB NATACION RIVEIRA          | 5   | 0:29:06  | 02:53 | 17  | 2:26:27  | 36.06 | 01:13 | 29  | 1:34:08 | <b>4:33:45</b> | 0:10:22 |
| 4    | 199 | JUAN ZUNZUNEGUI GUIMER   | LICENZA 1 DÍA                  | 103 | 0:34:55  | 04:03 | 15  | 2:25:23  | 36.32 | 01:25 | 25  | 1:33:23 | <b>4:39:07</b> | 0:15:44 |
| 5    | 219 | ALFONSO LÓPEZ MARTÍNEZ   | OLIMPICO DE VEDRA              | 200 | 0:39:38  | 02:50 | 16  | 2:26:13  | 36.11 | 01:19 | 12  | 1:29:56 | <b>4:39:55</b> | 0:16:32 |
| 6    | 192 | JOSE RAMON LAGO CIVES    | ARTROGAL-TRI 498               | 211 | 0:41:07  | 03:29 | 13  | 2:24:29  | 36.55 | 01:46 | 10  | 1:29:09 | <b>4:39:59</b> | 0:16:36 |
| 7    | 203 | CARLOS CARREIRO BOULLO   | LICENCIA DE 1 DIA              | 29  | 0:32:04  | 03:17 | 19  | 2:26:42  | 36    | 02:09 | 51  | 1:37:30 | <b>4:41:40</b> | 0:18:17 |
| 8    | 204 | JAIME MAGDALENA VERA     | A.D. TRI-PENTA TERRAS DE LUGO  | 115 | 0:35:19  | 03:19 | 24  | 2:28:03  | 35.67 | 01:08 | 44  | 1:36:27 | <b>4:44:15</b> | 0:20:52 |
| 9    | 230 | JAVIER IVAN RODRIGUEZ CA | TEAM SPORT SPIRIT              | 101 | 0:34:54  | 04:54 | 73  | 2:34:52  | 34.1  | 02:12 | 9   | 1:28:58 | <b>4:45:48</b> | 0:22:26 |
| 10   | 243 | JOSE ALBERTO CASTELO S   | LICENZA 1 DÍA                  | 31  | 0:32:11  | 03:12 | 45  | 2:30:52  | 35    | 02:21 | 64  | 1:38:50 | <b>4:47:25</b> | 0:24:02 |
| 11   | 227 | JOSE MANUEL GAVELA OBA   | A.D. FEFEME TRIATLON DO MIÑO   | 122 | 0:35:25  |       | 233 | 11:49:55 | 7.44  | 01:29 | 54  | 1:38:09 | <b>4:48:39</b> | 0:25:16 |
| 12   | 197 | VICENTE FERNANDEZ ROSA   | C3S TRIATLON                   | 90  | 0:34:22  | 04:06 | 25  | 2:28:08  | 35.65 | 01:29 | 85  | 1:40:51 | <b>4:48:54</b> | 0:25:31 |
| 13   | 258 | ANGEL PAZ BERMÚDEZ       | AXA AGENCIA GARRIGA-BEARIZ TRI | 8   | 0:30:28  | 02:47 | 72  | 2:34:47  | 34.11 | 01:18 | 77  | 1:39:45 | <b>4:49:03</b> | 0:25:40 |
| 14   | 211 | BERNARDO DURÁN DURÁN     | LICENZA 1 DÍA                  | 60  | 0:33:32  | 03:59 | 107 | 2:37:47  | 33.47 | 01:56 | 20  | 1:32:25 | <b>4:49:37</b> | 0:26:14 |
| 15   | 229 | ALBERT OLCINA PUIGDEVAL  | LICENZA 1 DÍA                  | 45  | 0:32:39  | 04:05 | 28  | 2:28:38  | 35.53 | 01:31 | 104 | 1:43:53 | <b>4:50:44</b> | 0:27:21 |
| 16   | 207 | FLORINDO JOSE GONZÁLEZ   | AXA AGENCIA GARRIGA-BEARIZ TRI | 16  | 0:31:41  | 03:47 | 11  | 2:23:29  | 36.8  | 01:26 | 141 | 1:50:51 | <b>4:51:12</b> | 0:27:49 |
| 17   | 210 | IVAN TEIJEIRO BOUZA      | PEÑA CICLISTA LAR              | 52  | 0:33:19  | 03:38 | 18  | 2:26:27  | 36.06 | 01:55 | 118 | 1:46:11 | <b>4:51:27</b> | 0:28:04 |
| 18   | 233 | MIGUEL ANGEL GIL GONZAL  | CLUB ATLETISMO PORRIÑO         | 62  | 0:33:35  | 03:11 | 50  | 2:31:39  | 34.82 | 01:39 | 89  | 1:41:31 | <b>4:51:33</b> | 0:28:10 |
| 19   | 254 | OSCAR FRANCISCO RODRIG   | C. TRIATLON OURENSE            | 80  | 0:34:10  | 04:12 | 92  | 2:36:23  | 33.77 | 01:37 | 38  | 1:35:43 | <b>4:52:03</b> | 0:28:40 |
| 20   | 198 | DAVID CALVO GAITE        | SELER UNIVEST TRIATHLON TEAM   | 17  | 0:31:43  | 03:08 | 85  | 2:36:04  | 33.83 | 02:00 | 68  | 1:39:11 | <b>4:52:04</b> | 0:28:41 |
| 21   | 251 | CARLOS LOBELLE CARÚS     | LICENCIA DE 1 DIA              | 177 | 0:38:16  | 04:00 | 33  | 2:29:26  | 35.33 | 01:39 | 76  | 1:39:45 | <b>4:53:04</b> | 0:29:42 |
| 22   | 202 | GUSTAVO SUAREZ GULLON    | LICENZA 1 DÍA                  | 92  | 0:34:24  | 04:30 | 109 | 2:37:54  | 33.44 | 01:59 | 40  | 1:35:46 | <b>4:54:31</b> | 0:31:08 |
| 23   | 206 | JESÚS VILLAVEVERDE LÓPEZ | LICENZA 1 DÍA                  | 54  | 0:33:25  | 05:17 | 76  | 2:35:10  | 34.03 | 02:42 | 61  | 1:38:40 | <b>4:55:12</b> | 0:31:49 |
| 24   | 260 | FRANCISCO JAVIER MIGUEZ  | LICENCIA DE 1 DIA              | 46  | 0:32:46  | 03:20 | 147 | 2:43:55  | 32.21 | 01:40 | 46  | 1:36:57 | <b>4:58:35</b> | 0:35:12 |
| 25   | 225 | DAVID VÁZQUEZ DOCE       | NOSPORTLIMIT                   | 82  | 0:34:13  | 03:43 | 87  | 2:36:08  | 33.82 | 01:20 | 103 | 1:43:45 | <b>4:59:07</b> | 0:35:44 |
| 26   | 226 | JORGE ANTONIO ALVAREZ R  | CLUB TRIATLON MAR DE VIGO      | 138 | 0:36:13  | 04:15 | 86  | 2:36:04  | 33.83 | 01:56 | 95  | 1:42:37 | <b>5:01:04</b> | 0:37:41 |
| 27   | 217 | JOSE MANUEL FERNÁNDEZ    | TRI OURENSE                    | 137 | 0:36:09  | 02:26 | 179 | 2:49:56  | 31.07 | 01:19 | 36  | 1:35:19 | <b>5:05:07</b> | 0:41:44 |
| 28   | 212 | ANTONIO FERNANDEZ PÉRE   | CLUB TRIATLON MAR DE VIGO      | 199 | 0:39:37  | 05:06 | 130 | 2:40:51  | 32.83 | 01:58 | 71  | 1:39:24 | <b>5:06:54</b> | 0:43:31 |
| 29   | 252 | FRANCISCO JAVIER BARREI  | NOSPORTLIMIT                   | 196 | 0:39:33  | 06:14 | 82  | 2:35:40  | 33.92 | 02:30 | 101 | 1:43:16 | <b>5:07:11</b> | 0:43:48 |
| 30   | 193 | ANGEL PAZÓ PEREZ         | TRIVIGO BOYER TRIATHLON        | 154 | 0:37:18  | 02:52 | 127 | 2:40:17  | 32.94 | 01:56 | 110 | 1:44:57 | <b>5:07:18</b> | 0:43:55 |
| 31   | 196 | JUAN ANTONIO GOMEZ ÁLV   | CLUB TRIATLON MAR DE VIGO      | 171 | 0:37:58  | 03:43 | 134 | 2:41:40  | 32.66 | 01:46 | 105 | 1:43:58 | <b>5:09:04</b> | 0:45:41 |
| 32   | 201 | JOSE LUIS GARCIA RODRIG  | TRISADA                        | 133 | 0:35:58  | 04:05 | 143 | 2:43:05  | 32.38 | 01:52 | 112 | 1:45:22 | <b>5:10:19</b> | 0:46:56 |
| 33   | 242 | MANUEL MONCLUS MARCEL    | CLUB ESPORTIU PALMARUNNERS     | 110 | 0:35:03  | 04:32 | 122 | 2:39:59  | 33    | 02:18 | 151 | 1:53:27 | <b>5:15:17</b> | 0:51:54 |
| 34   | 224 | JUAN AGRASAR REY         | TRIATLON MOTOBIKE GALAICO PO   | 88  | 0:34:18  | 03:38 | 160 | 2:45:23  | 31.93 | 01:41 | 143 | 1:51:13 | <b>5:16:11</b> | 0:52:48 |
| 35   | 228 | JOSÉ MANUEL PATIÑO ABEI  | NOSPORTLIMIT                   | 202 | 0:39:44  | 03:44 | 176 | 2:49:38  | 31.13 | 01:50 | 108 | 1:44:33 | <b>5:19:28</b> | 0:56:05 |
| 36   | 223 | FRANCISCO VILLACAMPA C   | LICENZA 1 DÍA                  | 20  | 0:31:49  | 03:59 | 120 | 2:39:38  | 33.08 | 01:38 | 194 | 2:03:17 | <b>5:20:19</b> | 0:56:56 |
| 37   | 195 | RAÚL ANDRADE SÁNCHEZ     | LICENZA 1 DÍA                  | 172 | 0:38:04  | 03:56 | 129 | 2:40:27  | 32.91 | 01:33 | 168 | 1:56:34 | <b>5:20:32</b> | 0:57:09 |
| 38   | 259 | JAVIER CONTRERAS AMOED   | CLUB TRIATLON MAR DE VIGO      | 108 | 0:35:01  | 03:36 | 155 | 2:45:05  | 31.98 | 01:50 | 163 | 1:55:23 | <b>5:20:53</b> | 0:57:30 |
| 39   | 220 | MARCOS ORDÓÑEZ RODRÍG    | CLUB TRIATLON MAR DE VIGO      | 193 | 0:39:22  | 04:47 | 138 | 2:42:33  | 32.48 | 01:42 | 147 | 1:52:48 | <b>5:21:11</b> | 0:57:48 |
| 40   | 216 | PABLO JOSE PAZOS HERNA   | CLUB TRIATLON CORUÑA           | 145 | 0:36:40  | 05:06 | 140 | 2:42:38  | 32.47 | 02:12 | 160 | 1:54:57 | <b>5:21:31</b> | 0:58:08 |
| 41   | 248 | FRAN FERNÁNDEZ GARCÍA    | CLUB DEPORTIVO TRIMINEITORS    | 84  | 0:34:14  | 04:09 | 168 | 2:47:30  | 31.52 | 02:05 | 152 | 1:53:43 | <b>5:21:39</b> | 0:58:16 |
| 42   | 213 | DAVID RODRIGUEZ APARICI  | TRICAN BAÑEZA                  | 128 | 0:35:50  | 04:45 | 174 | 2:49:33  | 31.14 | 02:49 | 133 | 1:48:50 | <b>5:21:46</b> | 0:58:23 |
| 43   | 249 | DAVID FERNANDEZ-ALVARIÑ  | CLUB TRIATLON MAR DE VIGO      | 9   | 0:30:38  | 04:20 | 41  | 2:30:28  | 35.09 | 02:12 | 210 | 2:14:24 | <b>5:22:01</b> | 0:58:38 |
| 44   | 235 | FRANCISCO JAVIER DE FRU  | SANSE OUTSIDERS TRIATLÓN       | 61  | 0:33:33  | 13:32 | 64  | 2:33:51  | 34.32 | 03:46 | 182 | 2:00:08 | <b>5:24:48</b> | 1:01:25 |
| 45   | 250 | JESÚS FRANCISCO GARCÍA   | NOSPORTLIMIT                   | 208 | 0:40:39  | 04:42 | 166 | 2:47:05  | 31.6  | 02:30 | 144 | 1:51:17 | <b>5:26:11</b> | 1:02:49 |
| 46   | 244 | FERNANDO SINES CRESPO    | NOSPORTLIMIT                   | 49  | 0:32:58  | 04:55 | 192 | 2:52:52  | 30.54 | 02:17 | 154 | 1:54:09 | <b>5:27:10</b> | 1:03:47 |
| 47   | 215 | ALFREDO SIO UHIA         | TRINORTH-NOGASA                | 23  | 0:31:55  | 02:46 | 187 | 2:51:17  | 30.83 | 01:38 | 190 | 2:01:58 | <b>5:29:31</b> | 1:06:08 |
| 48   | 208 | RICARDO CASTAÑO GONZAL   | TRIATLON DUERO                 | 118 | 0:35:24  | 05:44 | 150 | 2:44:23  | 32.12 | 02:17 | 191 | 2:02:05 | <b>5:29:52</b> | 1:06:29 |
| 49   | 209 | JESUS HEVIA GOMEZ        | NOSPORTLIMIT                   | 174 | 0:38:10  | 03:21 | 190 | 2:51:48  | 30.73 | 02:24 | 158 | 1:54:27 | <b>5:30:08</b> | 1:06:45 |
| 50   | 237 | JOSE RUSSELL GIRALDEZ    | LICENZA 1 DÍA                  | 132 | 0:35:55  | 04:07 | 188 | 2:51:35  | 30.77 | 01:54 | 170 | 1:56:52 | <b>5:30:22</b> | 1:06:59 |
| 51   | 246 | ALBERTO RODRIGUEZ MEIRI  | LICENZA 1 DÍA                  | 237 | 0:54:04  | 04:58 | 182 | 2:50:41  | 30.94 | 02:41 | 94  | 1:42:36 | <b>5:34:58</b> | 1:11:35 |



|    |     |                         |                                 |     |         |       |     |         |       |       |     |         |                |         |
|----|-----|-------------------------|---------------------------------|-----|---------|-------|-----|---------|-------|-------|-----|---------|----------------|---------|
| 52 | 256 | JUAN JOSE PITA FRAGOSO  | LICENZA 1 DÍA                   | 144 | 0:36:39 | 06:54 | 198 | 2:54:59 | 30.18 | 02:18 | 177 | 1:58:19 | <b>5:39:06</b> | 1:15:44 |
| 53 | 255 | DANIEL MARCOS ESMORIS A | NOSPORTLIMIT                    | 131 | 0:35:54 | 04:29 | 157 | 2:45:12 | 31.96 | 02:03 | 209 | 2:13:53 | <b>5:41:31</b> | 1:18:08 |
| 54 | 247 | ELIAS ALFONSO ALVAREZ   | LICENZA 1 DÍA                   | 214 | 0:41:36 | 05:24 | 186 | 2:51:11 | 30.85 | 03:07 | 198 | 2:05:07 | <b>5:46:22</b> | 1:22:59 |
| 55 | 238 | JOAQUIN GARCIA TORRECIL | LICENZA 1 DÍA                   | 225 | 0:43:24 | 04:54 | 209 | 2:57:51 | 29.69 | 02:45 | 172 | 1:57:42 | <b>5:46:34</b> | 1:23:11 |
| 56 | 234 | RICARDO SOLER VIDAL     | LICENZA 1 DÍA                   | 182 | 0:38:26 | 04:23 | 206 | 2:57:23 | 29.77 | 01:50 | 200 | 2:06:25 | <b>5:48:25</b> | 1:25:02 |
| 57 | 200 | DAVID FERNANDEZ BELAND  | LICENZA 1 DÍA                   | 228 | 0:44:19 | 04:18 | 223 | 3:04:49 | 28.57 | 02:27 | 164 | 1:55:37 | <b>5:51:28</b> | 1:28:05 |
| 58 | 257 | ANTONIO BAAMONDE GONZ   | CLUB TRIATLON MORRAZO           | 206 | 0:40:26 | 05:04 | 216 | 3:01:01 | 29.17 | 02:58 | 206 | 2:10:50 | <b>6:00:16</b> | 1:36:54 |
| 59 | 205 | RICARDO TERCEIRO VILLAS | LICENZA 1 DÍA                   | 165 | 0:37:34 | 04:31 | 221 | 3:04:28 | 28.62 | 02:20 | 217 | 2:21:25 | <b>6:10:16</b> | 1:46:54 |
| 60 | 241 | ALEJANDRO FUENTES FERN  | CLUB TRIATLON MAR DE VIGO       | 187 | 0:38:46 | 04:49 | 229 | 3:12:18 | 27.46 | 01:50 | 221 | 2:26:28 | <b>6:24:09</b> | 2:00:46 |
| SD | 194 | DAVID LORENZO GARCIA    | CLUB TRIATLON P. C. RIAS BAIXAS |     |         |       |     |         |       |       |     |         | <b>5:50:56</b> | 1:27:33 |
| NF | 214 | JAVIER CARRACEDO FERNA  | TRIATLON DUERO                  | 104 | 0:34:57 | 04:26 | 108 | 2:37:53 | 33.45 | 01:38 |     |         |                |         |
| NF | 218 | MIKEL LARRAZABAL ALVAR  | PEÑOTA DENTAL EZKERRALDEA TT    | 32  | 0:32:13 | 03:05 |     |         |       | 0     |     |         |                |         |
| NF | 221 | IÑAKI DE SANTIAGO MARIN | CLUB CICLISTA RIAZOR            | 21  | 0:31:53 | 04:00 | 110 | 2:38:04 | 33.41 | 01:51 |     |         |                |         |
| NF | 232 | PEDRO MIGUEL ALONSO     | TRIVIGO BOYER TRIATHLON         | 19  | 0:31:46 | 03:56 | 78  | 2:35:12 | 34.02 | 01:30 |     |         |                |         |
| NF | 239 | ALFREDO HIDALGO GIL     | LICENZA 1 DÍA                   | 25  | 0:31:56 | 04:27 | 159 | 2:45:21 | 31.93 | 02:33 |     |         |                |         |
| NF | 253 | DICTINO CASTAÑO GONZAL  | LICENZA 1 DÍA                   | 224 | 0:43:23 | 09:56 | 225 | 3:08:02 | 28.08 | 05:09 |     |         |                |         |
| NP | 236 | JAIME VAQUERIE ORTIZ    | A.D. ECOSPORT TRIATLON ALCOBE   |     |         |       |     |         |       |       |     |         | 0              |         |
| NP | 240 | PABLO DUQUE ECHEVARRÍA  | LICENZA 1 DÍA                   |     |         |       |     |         |       |       |     |         | 0              |         |

## DE 45 A 49 AÑOS MASCULINA

| POS. | Nº  | NOME                     | CLUB                          | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|--------------------------|-------------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 282 | ENRIQUE VILA DIAZ        | CLUB CICLISTA RIAZOR          | 24  | 0:31:56  | 03:23 | 53  | 2:32:04  | 34.72 | 01:38 | 18  | 1:31:46 | <b>4:40:44</b> | 0:17:21 |
| 2    | 276 | SANTIAGO BESADA BRUNET   | SIRENO TRIATLON CLUB          | 107 | 0:35:00  | 03:25 | 51  | 2:31:44  | 34.8  | 01:21 | 14  | 1:30:07 | <b>4:41:35</b> | 0:18:12 |
| 3    | 291 | JUAN CARLOS RODRÍGUEZ    | C. TRIATLON OURENSE           | 183 | 0:38:28  | 03:06 | 6   | 2:22:21  | 37.09 | 01:29 | 56  | 1:38:22 | <b>4:43:43</b> | 0:20:20 |
| 4    | 289 | CELSE LOPEZ VAZQUEZ      | CLUB TRIATLON CORUÑA          | 42  | 0:32:30  | 03:13 | 14  | 2:25:17  | 36.35 | 01:37 | 91  | 1:42:24 | <b>4:44:59</b> | 0:21:36 |
| 5    | 273 | JOSÉ MARÍA EIROA FEAL    | LICENCIA DE 1 DIA             | 86  | 0:34:16  | 04:00 | 35  | 2:29:48  | 35.25 | 01:09 | 49  | 1:37:21 | <b>4:46:33</b> | 0:23:10 |
| 6    | 280 | FABER BASTOS             | ASOCIAÇON ATLETICA SAO MAMED  | 98  | 0:34:36  | 04:54 | 70  | 2:34:30  | 34.18 | 02:17 | 24  | 1:33:22 | <b>4:49:37</b> | 0:26:14 |
| 7    | 283 | FERNANDO GARCIA MARTIN   | TRIVIGO BOYER TRIATHLON       | 127 | 0:35:41  | 02:45 | 93  | 2:36:23  | 33.77 | 01:33 | 26  | 1:33:54 | <b>4:50:14</b> | 0:26:51 |
| 8    | 278 | MARCOS GONZALEZ TALAV    | LICENZA 1 DÍA                 | 36  | 0:32:18  | 03:54 | 97  | 2:36:46  | 33.68 | 01:57 | 41  | 1:36:13 | <b>4:51:05</b> | 0:27:42 |
| 9    | 275 | JOSÉ JOAQUÍN BARRIENTOS  | TRIATLON VILAGARCIA/ATENAS RU | 87  | 0:34:16  | 04:01 | 125 | 2:40:03  | 32.99 | 01:23 | 50  | 1:37:23 | <b>4:57:05</b> | 0:33:42 |
| 10   | 284 | CARLOS SPUCH SANCHEZ     | LICENCIA DE 1 DIA             | 147 | 0:36:51  | 04:18 | 88  | 2:36:11  | 33.81 | 01:22 | 69  | 1:39:11 | <b>4:57:51</b> | 0:34:28 |
| 11   | 292 | JOSE LUIS NAYA ORGEIRA   | NOSPORTLIMIT                  | 158 | 0:37:27  | 03:28 | 77  | 2:35:11  | 34.03 | 02:04 | 78  | 1:39:50 | <b>4:57:57</b> | 0:34:34 |
| 12   | 288 | LUIS GUSTAVO PEDRAZA GA  | SELER UNIVEST TRIATLON TEAM   | 76  | 0:34:08  | 03:55 | 144 | 2:43:07  | 32.37 | 01:28 | 45  | 1:36:43 | <b>4:59:19</b> | 0:35:56 |
| 13   | 270 | RUBÉN REIGADA SEIJO      | CIDADE DE LUGO FLUVIAL        | 89  | 0:34:22  | 04:00 | 75  | 2:34:54  | 34.09 | 01:36 | 126 | 1:47:16 | <b>5:02:07</b> | 0:38:44 |
| 14   | 286 | ALVARO LORENZO-FARIÑA    | INDEPENDIENTE                 | 93  | 0:34:24  | 04:11 | 68  | 2:34:19  | 34.22 | 02:07 | 131 | 1:48:21 | <b>5:03:20</b> | 0:39:57 |
| 15   | 271 | PEPE SANCHEZ DEL VALLE   | LICENZA 1 DIA                 | 14  | 0:31:37  | 04:39 | 135 | 2:41:52  | 32.62 | 03:09 | 93  | 1:42:35 | <b>5:03:49</b> | 0:40:26 |
| 16   | 274 | GUILLERMO DE OYA IGLESIA | LICENZA 1 DÍA                 | 91  | 0:34:23  | 04:54 | 149 | 2:44:00  | 32.2  | 02:44 | 100 | 1:43:12 | <b>5:09:11</b> | 0:45:48 |
| 17   | 287 | JUAN PEDRO VERJAGA GÓM   | TRI+ MORALZARZAL              | 50  | 0:33:14  | 04:37 | 139 | 2:42:35  | 32.48 | 01:46 | 136 | 1:49:32 | <b>5:11:42</b> | 0:48:19 |
| 18   | 297 | FERNANDO ABREU FERNAN    | CLUB ATLETISMO PORRIÑO        | 198 | 0:39:35  | 02:56 | 148 | 2:43:57  | 32.21 | 02:29 | 124 | 1:46:57 | <b>5:15:52</b> | 0:52:29 |
| 19   | 268 | ALFREDO VARGAS LÓPEZ     | CENTRO ASTURIANO DE OVIEDO T  | 124 | 0:35:35  | 05:38 | 124 | 2:40:02  | 32.99 | 02:06 | 156 | 1:54:18 | <b>5:17:37</b> | 0:54:14 |
| 20   | 265 | LORENZO POQUIS HUERTAS   | TRIATLON APOL-ANA ALICANTE    | 220 | 0:42:54  | 05:35 | 171 | 2:48:59  | 31.25 | 02:11 | 92  | 1:42:31 | <b>5:22:08</b> | 0:58:45 |
| 21   | 294 | GONZALO DE CASTRO PARG   | TRINITY TRIATLON              | 227 | 0:44:12  | 06:34 | 133 | 2:41:36  | 32.67 | 03:26 | 122 | 1:46:40 | <b>5:22:27</b> | 0:59:05 |
| 22   | 279 | JOSÉ LUIS CASTRO CONDE   | CLUB ATLETISMO PORRIÑO        | 130 | 0:35:53  | 02:50 | 141 | 2:42:47  | 32.44 | 01:40 | 192 | 2:02:13 | <b>5:25:22</b> | 1:01:59 |
| 23   | 269 | JOSE MANUEL MERA ALONS   | CIDADE DE LUGO FLUVIAL        | 212 | 0:41:12  | 03:49 | 132 | 2:41:09  | 32.77 | 01:27 | 176 | 1:58:10 | <b>5:25:44</b> | 1:02:22 |
| 24   | 261 | JACOBO ANICETO SANCHEZ   | NOSPORTLIMIT                  | 150 | 0:37:07  | 03:40 | 175 | 2:49:37  | 31.13 | 01:36 | 155 | 1:54:14 | <b>5:26:12</b> | 1:02:49 |
| 25   | 266 | DANIEL FRANCISCO GARCÍA  | ALHAURIN IRONTRIATH           | 109 | 0:35:02  | 04:16 | 178 | 2:49:51  | 31.09 | 01:59 | 165 | 1:55:43 | <b>5:26:49</b> | 1:03:26 |
| 26   | 281 | HÉCTOR MORÁN OLVERA      | INDEPENDIENTE                 | 47  | 0:32:48  | 07:33 | 172 | 2:49:02  | 31.24 | 02:54 | 178 | 1:59:00 | <b>5:31:15</b> | 1:07:52 |
| 27   | 296 | FERNANDO ALVAREZ CID     | LICENZA 1 DÍA                 | 164 | 0:37:33  | 03:49 | 183 | 2:50:52  | 30.9  | 02:34 | 197 | 2:04:55 | <b>5:39:40</b> | 1:16:17 |
| 28   | 295 | JOSE MARIA REIGOSA       | CIDADE DE LUGO FLUVIAL        | 195 | 0:39:29  | 04:34 | 203 | 2:56:28  | 29.92 | 02:53 | 184 | 2:00:19 | <b>5:43:41</b> | 1:20:18 |
| 29   | 277 | SANTIAGO REBOYRAS        | CIDADE DE LUGO FLUVIAL        | 135 | 0:35:59  | 05:28 | 219 | 3:04:08  | 28.68 | 02:02 | 196 | 2:04:19 | <b>5:51:54</b> | 1:28:31 |
| 30   | 264 | ALBERTO GARCÍA OTERO     | LICENCIA DE 1 DIA             | 194 | 0:39:24  | 05:50 | 197 | 2:54:30  | 30.26 | 02:23 | 213 | 2:16:17 | <b>5:58:22</b> | 1:34:59 |
| 31   | 285 | FRANCISCO ALONSO CUEVA   | NOSPORTLIMIT                  | 136 | 0:35:59  | 03:17 | 224 | 3:06:54  | 28.25 | 02:02 | 216 | 2:19:45 | <b>6:07:56</b> | 1:44:33 |
| 32   | 290 | ALFREDO FENOLLERA CAA    | LICENZA 1 DÍA                 | 100 | 0:34:48  | 04:55 | 205 | 2:57:03  | 29.82 | 01:50 | 224 | 2:31:43 | <b>6:10:16</b> | 1:46:53 |
| 33   | 263 | EVARISTO PARDO PERNAS    | LICENZA 1 DÍA                 | 215 | 0:41:38  | 05:15 | 202 | 2:55:59  | 30    | 03:15 | 222 | 2:26:40 | <b>6:12:45</b> | 1:49:22 |
| NF   | 262 | JAIME PONTE GONZÁLEZ     | LICENZA 1 DÍA                 | 30  | 0:32:10  | 04:12 | 170 | 2:47:50  | 31.46 | 02:35 |     |         |                |         |
| NP   | 267 | EDUARDO JIMÉNEZ-ORTA O   | LICENZA 1 DÍA                 |     |          |       |     |          |       |       |     |         | 0              |         |
| NP   | 272 | ALFONSO VARELA RODRÍGU   | LICENZA 1 DÍA                 |     |          |       |     |          |       |       |     |         | 0              |         |
| NP   | 293 | EDUARDO NISTAL GARCIA    | CLUB CICLISTA EO              |     |          |       |     |          |       |       |     |         | 0              |         |

## DE 50 A 54 AÑOS MASCULINA

| POS. | Nº  | NOME                    | CLUB                      | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|-------------------------|---------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 300 | JOSE ANDRES ALDREY VAR  | CLUB TRIATLON CORUÑA      | 6   | 0:29:13  | 02:41 | 26  | 2:28:30  | 35.56 | 01:06 | 52  | 1:37:38 | <b>4:39:05</b> | 0:15:43 |
| 2    | 319 | JOSÉ VALLS SANTOS       | CLUB TRIATLÓN SALAMANCA   | 81  | 0:34:12  | 03:10 | 84  | 2:35:56  | 33.86 | 01:20 | 8   | 1:28:42 | <b>4:43:18</b> | 0:19:55 |
| 3    | 322 | JESUS ANGEL RODRIGUEZ G | CLUB TRIATLON MAR DE VIGO | 7   | 0:29:57  | 02:31 | 57  | 2:32:36  | 34.6  | 01:20 | 62  | 1:38:41 | <b>4:45:04</b> | 0:21:41 |
| 4    | 317 | RICARDO REYERO HERMOSI  | INDEPENDIENTE             | 69  | 0:33:52  | 03:32 | 59  | 2:32:55  | 34.53 | 02:12 | 23  | 1:33:16 | <b>4:45:44</b> | 0:22:21 |
| 5    | 320 | LUIS MIGUEL GÓMEZ DE AN | CLUB AGUASVERDE           | 139 | 0:36:19  | 04:59 | 48  | 2:31:18  | 34.9  | 02:21 | 79  | 1:39:51 | <b>4:54:48</b> | 0:31:25 |
| 6    | 324 | PAULINO JOSÉ RODRIGUEZ  | LICENCIA DE 1 DIA         | 149 | 0:36:57  | 03:18 | 105 | 2:37:39  | 33.49 | 01:47 | 57  | 1:38:26 | <b>4:58:04</b> | 0:34:41 |
| 7    | 321 | MIGUEL ABREU FERNÁNDEZ  | CLUB TRIATLON MAR DE VIGO | 142 | 0:36:26  | 02:48 | 119 | 2:39:30  | 33.11 | 01:20 | 66  | 1:38:54 | <b>4:58:56</b> | 0:35:34 |
| 8    | 298 | ENRIQUE MUÑOZ CANTERO   | LICENCIA DE 1 DIA         | 35  | 0:32:17  | 03:20 | 137 | 2:42:22  | 32.52 | 01:26 | 115 | 1:45:42 | <b>5:05:06</b> | 0:41:43 |
| 9    | 323 | JUAN MANUEL TÁBARA ROD  | CLUB CICLISTA RIAZOR      | 216 | 0:42:12  | 05:32 | 112 | 2:38:13  | 33.37 | 03:00 | 134 | 1:48:58 | <b>5:17:53</b> | 0:54:30 |





|    |     |                         |                        |     |         |       |     |         |       |       |       |         |                |                |         |
|----|-----|-------------------------|------------------------|-----|---------|-------|-----|---------|-------|-------|-------|---------|----------------|----------------|---------|
| 10 | 299 | ANTONIO MARTÍNEZ GARZÓ  | LICENZA 1 DÍA          | 51  | 0:33:16 | 06:17 | 210 | 2:58:48 | 29.53 | 01:56 | 63    | 1:38:46 | <b>5:19:02</b> | 0:55:39        |         |
| 11 | 325 | JOSE RAMON SANTOS PAZ   | PEÑA CICLISTA LAR      | 233 | 0:48:18 | 07:51 | 196 | 2:54:27 | 30.27 | 03:42 | 203   | 2:09:32 | <b>6:03:48</b> | 1:40:25        |         |
| 12 | 316 | CARLOS HERRANZ ESTEVEZ  | LICENZA 1 DÍA          | 143 | 0:36:35 |       |     |         |       | 0     | 38:35 | 219     | 2:25:18        | <b>6:23:00</b> | 1:59:37 |
| NP | 318 | JAVIER RODRIGUEZ FERNAN | CLUB ATLETISMO PORRIÑO |     |         |       |     |         |       |       |       |         |                |                | 0       |

## DE 55 A 59 AÑOS MASCULINA

| POS. | Nº  | NOME                    | CLUB                      | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|-------------------------|---------------------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 328 | JAVIER DE RAMÓN CASADO  | INDEPENDIENTE             | 141 | 0:36:25  | 03:50 | 191 | 2:51:54  | 30.72 | 02:34 | 138 | 1:50:33 | <b>5:25:14</b> | 1:01:51 |
| 2    | 326 | OSCAR JOSÉ SURIS REGUEI | CLUB TRIATLON MAR DE VIGO | 148 | 0:36:54  | 03:12 | 212 | 2:59:27  | 29.43 | 01:18 | 148 | 1:53:10 | <b>5:33:59</b> | 1:10:36 |
| 3    | 327 | VÍCTOR MANUEL GARCÍA BU | CLUB EMC TRIATLON         | 160 | 0:37:29  | 03:17 | 180 | 2:50:26  | 30.98 | 01:55 | 195 | 2:03:31 | <b>5:36:35</b> | 1:13:13 |
| 4    | 329 | ALBERTO VÁZQUEZ DOCAM   | LICENZA 1 DÍA             | 192 | 0:39:10  | 07:46 | 218 | 3:02:56  | 28.86 | 04:23 | 171 | 1:57:37 | <b>5:51:51</b> | 1:28:28 |

## DE 60 A 64 AÑOS MASCULINA

| POS. | Nº  | NOME                   | CLUB          | P.  | Natación | T1    | P.  | Ciclismo | Km/h. | T2    | P.  | Carrera | META           | Dif.    |
|------|-----|------------------------|---------------|-----|----------|-------|-----|----------|-------|-------|-----|---------|----------------|---------|
| 1    | 330 | EDUARDO VIEIRA MONTENE | LICENZA 1 DIA | 229 | 0:44:30  | 05:45 | 215 | 3:00:44  | 29.22 | 02:44 | 187 | 2:01:19 | <b>5:55:01</b> | 1:31:38 |



# IV TRIATLÓN DESAFÍO ISLAS CÍES

## ABSOLUTA PT5

Localidade: Playa del Vao (Vigo)

Data: 24 de setembro de 2016

Distancia: MEDIO IRONMAN

### Oficiais

Delegado Técnico: Mónica Flores  
Xuíz Arbitro: Juan Luís Botana  
Responsable Oficiais: Juan Luís Botana

Xurado da Competición: Mónica Flores (DT)  
Luís Piña (FEGATRI)  
Ricardo Rey (NOSPORTLIMIT)

### Datos da competición

Temperatura exterior: 18 °C  
Temperatura da auga: 14 °C  
Neopreno: permitido

Natación: 1,9 km  
2 voltas

Ciclismo: 88 km  
4 voltas

Carrera: 21,097 km  
3 voltas

Inscritos : 1      Remataron : 1      Retirados : 0      Non Presentados : 0      Descalificados : 0

| POS. | Nº | NOME                   | CLUB                      | P. | Natación | T1    | P. | Ciclismo | Km/h. | T2    | P. | Carrera | META           | Dif. |
|------|----|------------------------|---------------------------|----|----------|-------|----|----------|-------|-------|----|---------|----------------|------|
| 1    | 59 | SUSANA RODRIGUEZ GACIO | CLUB TRIATLON MAR DE VIGO | 1  | 0:31:59  | 03:53 | 1  | 2:29:54  | 35.22 | 02:01 | 1  | 1:52:13 | <b>4:59:59</b> |      |

