

TRÍATLON MD DESAFIO ISLAS CIES

CLASIFICACIÓN

FEMININA

OFICIAIS		DATA	15/09/2013					
Delegado Técnico	MONICA FLORES							
Xuiz Arbitro	JUAN LUIS BOTANA							
Responsable Oficiais	JUAN LUIS BOTANA							
COMITE DE APELACIÓN		HORA DE PUBLICACION						
MONICA FLORES - DT		18/09/2013						
SILVIA ALVAREZ - FEGATRI		17:26 Horas						
LORENA GARCIA - MAR DE VIGO		Inscritos	21					
		Remataron	20					
		Retirados	0					
		Descalificados	0					
		Non presentados	1					
Firma conformidade do Xuiz Arbitro								
Distancias								
Natación	1,9	Kms.	Ciclismo	90	Kms.	Carreira	21	Kms.




*NF=Non finalizado; NP=Non presentado; SD=Descalificado

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.	
1	11	AIDA VALIÑO GÓMEZ	WILD WOLF CIDADE DE LUGO	1	0:26:11	1	2:17:13	39.36	01:07	1	1:27:03	4:13:30
2	15	TATIANA DOMINGUEZ RODRIGUEZ	TRIATLON MOTOBIKE PONTEV	2	0:29:49	4	2:37:21	34.32	01:21	5	1:38:12	4:48:46 0:35:17
3	24	ALMUDENA VAZQUEZ FERNANDEZ	CLUB TRIATLON MAR DE VIGO	8	0:39:14	3	2:33:33	35.17	01:43	4	1:36:59	4:54:43 0:41:14
4	12	BLANCA LABANDEIRA FERNÁNDEZ	CLUB TRIATLON MAR DE VIGO	3	0:31:38	7	2:40:40	33.61	01:23	6	1:40:02	4:57:27 0:43:58
5	31	Mª BELEN LEMAT CABRAL	WILD WOLF CIDADE DE LUGO	20	0:48:45	8	2:41:24	33.46	01:25	2	1:33:11	5:08:09 0:54:39
6	18	ROCIO PORTO ARIAS	TRIATLON MOTOBIKE PONTEV	15	0:44:16	11	2:46:31	32.43	01:51	3	1:33:35	5:09:52 0:56:23
7	13	LORENA GARCIA LAGO	CLUB TRIATLON MAR DE VIGO	4	0:33:36	6	2:40:16	33.69	01:24	12	1:52:22	5:10:23 0:56:54
8	20	MARINA GONZALEZ RODRIGUEZ	ARCADE INFORHOUSE SANTI	18	0:44:56	2	2:30:59	35.77	01:26	11	1:52:04	5:11:31 0:58:02
9	21	ISABEL DEL BARRIO IZQUIERDO	X3M MAJADAHONDA	7	0:36:14	5	2:39:08	33.94	01:42	13	1:52:52	5:13:55 1:00:26
10	19	LAURA GARCIA GARRIDO	INDEPENDIENTE	6	0:36:10	10	2:46:09	32.5	06:18	7	1:42:59	5:18:02 1:04:33
11	17	ROCIO CUPEIRO COTO	CLUB EUROPEO DE TRIATLÓN	5	0:35:15	13	2:53:08	31.19	01:59	9	1:47:33	5:23:51 1:10:22
12	14	IRIS SOTO BLANCO	OLÍMPICO DE VEDRA	13	0:42:55	9	2:43:52	32.96	01:45	16	2:01:54	5:33:16 1:19:47
13	22	SANDRA GARCIA SANCHEZ	LEGIOTRI	19	0:47:49	14	2:54:23	30.97	03:03	14	1:53:37	5:44:09 1:30:40
14	26	ELENA BUJIA RODRIGUEZ	INDEPENDIENTE	12	0:42:21	18	3:11:39	28.18	03:21	8	1:43:07	5:45:19 1:31:50
15	28	YOLANDA ESCARCEGA CARREIRA	INDEPENDIENTE	16	0:44:19	15	3:03:40	29.4	02:56	10	1:50:26	5:45:36 1:32:07
16	25	SILVIA PÉREZ PIÑEIRO	CLUB TRIATLON MAR DE VIGO	9	0:40:29	12	2:52:30	31.31	03:59	18	2:06:00	5:47:56 1:34:27
17	27	TERESA HERNÁNDEZ	independiente	10	0:41:42	19	3:11:56	28.14	02:33	15	2:00:12	6:00:38 1:47:09
18	23	ALINE BOSCH MATIAS	CLUB TRIATLON MAR DE VIGO	11	0:42:10	16	3:06:32	28.95	02:16	19	2:09:29	6:03:41 1:50:11
19	16	CRISTINA CASAL GARRE	INDEPENDIENTE	14	0:44:07	20	3:14:34	27.76	02:07	17	2:04:24	6:10:31 1:57:02
20	30	PAULINA ANDREA MOSQUERA	NOSPORTLIMIT-TREK GALICIA	17	0:44:20	17	3:08:20	28.67	01:55	20	2:27:21	6:25:32 2:12:03
NP	29	GUADALUPE RODRÍGUEZ FERNAND	ENPHORMA TRIATLÓN									

TRÍATLON MD DESAFIO ISLAS CIES

CLASIFICACIÓN

MASCULINA

OFICIAIS		DATA 15/09/2013											
Delegado Técnico	MONICA FLORES	HORA DE PUBLICACION 18/09/2013 17:26 Horas											
Xuiz Arbitro	JUAN LUIS BOTANA												
Responsable Oficiais	JUAN LUIS BOTANA	<table border="1"> <tr><td>Inscritos</td><td>472</td></tr> <tr><td>Remataron</td><td>405</td></tr> <tr><td>Retirados</td><td>12</td></tr> <tr><td>Descalificados</td><td>1</td></tr> <tr><td>Non presentados</td><td>54</td></tr> </table>	Inscritos	472	Remataron	405	Retirados	12	Descalificados	1	Non presentados	54	Firma conformidade do Xuiz Arbitro
Inscritos	472												
Remataron	405												
Retirados	12												
Descalificados	1												
Non presentados	54												
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Distancias													
Natación	1,9 Kms.	Ciclismo	90 Kms.	Carreira	21 Kms.								

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POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	276	JOSE MANUEL PARDO LEIS	T. MURALLA LUGO	12	0:29:26	02:47	9	2:12:52	40.64	01:14	3	1:13:19	3:59:36	
2	62	MIGUEL FIGUEIRA NUÑEZ	CLUB NATACION RIVEIRA	7	0:28:59	02:11	13	2:14:07	40.26	01:30	4	1:13:40	4:00:25	0:00:49
3	422	MANUEL JESUS GAYOSO REAL	T. MURALLA LUGO	13	0:29:36	02:08	10	2:13:26	40.47	01:06	6	1:15:02	4:01:16	0:01:40
4	194	PAULO ADAO COELHO	CLUB TRIATLO DE PEROSINH	4	0:28:39	01:45	17	2:14:55	40.03	01:20	5	1:14:44	4:01:20	0:01:44
5	348	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	18	0:30:33	01:55	31	2:17:24	39.3	01:36	1	1:11:20	4:02:46	0:03:11
6	1	JOSÉ ÁNGEL PENAS TALLÓN	TRIATLON FERROL	36	0:32:20	01:52	22	2:15:44	39.79	01:17	2	1:12:27	4:03:38	0:04:02
7	178	FABIAN UBEIRA VIDAL	TRIATLON MOTOBIKE PONTEV	5	0:28:42	02:29	12	2:14:03	40.29	01:46	12	1:18:46	4:05:44	0:06:08
8	163	ALEXANDRE RODRIGUEZ PAZ	CLUB TRIATLON MORRAZO	11	0:29:24	01:45	14	2:14:08	40.26	01:38	19	1:19:47	4:06:41	0:07:05
9	6	ENRIQUE MORAN GONZALEZ	CLUB ATLETISMO PORRIÑO	158	0:36:27	02:09	4	2:11:18	41.13	01:22	7	1:16:22	4:07:37	0:08:01
10	5	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICIA	25	0:31:13	02:00	7	2:11:53	40.95	01:19	33	1:22:07	4:08:30	0:08:54
11	187	JOSE LUIS DORADO VIÉTEZ	CLUB TRIATLON MAR DE VIGO	123	0:35:26	02:01	8	2:12:43	40.69	01:07	16	1:19:19	4:10:35	0:10:59
12	205	IAGO VARA ADRIO	REAL CLUB NAUTICO DE VIGO	24	0:31:10	03:25	20	2:15:22	39.89	01:42	17	1:19:25	4:11:02	0:11:26
13	138	FRANCISCO SOLIÑO PIÑEIRO	CLUB TRIATLÓN MORRAZO	20	0:30:54	02:31	23	2:16:27	39.57	01:10	23	1:20:42	4:11:43	0:12:07
14	146	PEDRO ESCOLANTE BILBAO	WILD WOLF CIDADE DE LUGO	73	0:33:37	01:46	35	2:17:57	39.15	01:37	9	1:17:55	4:12:50	0:13:14
15	423	RAMON ARIAS GARCIA	T. MURALLA LUGO	19	0:30:42	03:02	43	2:18:56	38.87	01:18	20	1:19:47	4:13:43	0:14:08
16	396	ADRIAN CASTIÑEIRAS BUJAN	REAL CLUB NAUTICO DE VIGO	9	0:29:12	01:53	41	2:18:46	38.92	01:48	36	1:22:24	4:14:01	0:14:25
17	151	LUCAS ESCAÑO MACIÑEIRAS	CLUB TRIATLON MORRAZO	3	0:28:38	02:03	19	2:15:04	39.98	01:10	96	1:27:39	4:14:33	0:14:57
18	165	PEDRO ALBERTO GINES BLANCO	CLUB DEPORTIVO PINARIUM	77	0:33:48	02:09	11	2:14:02	40.29	01:21	54	1:23:31	4:14:49	0:15:13
19	114	DAVID LANDEIRA CASTRO	INDEPENDIENTE	121	0:35:21	02:23	24	2:16:40	39.51	01:23	18	1:19:32	4:15:17	0:15:41
20	8	JOSE LUIS NESPEREIRA GOMEZ	CLUB TRIATLÓN OURENSE	148	0:36:12	02:11	6	2:11:44	41	01:51	51	1:23:26	4:15:22	0:15:46
21	181	ALBERTO LOPEZ PINO	TRIATLÓN MAR DE VIGO	41	0:32:30	02:45	16	2:14:26	40.17	01:24	61	1:24:33	4:15:36	0:16:00
22	124	SERGIO GAMAZO FERNANDEZ	LINEA DE META	51	0:32:47	02:38	29	2:17:21	39.32	03:14	28	1:21:17	4:17:16	0:17:40
23	147	DANIEL PÉREZ LORENZO	CLUB TRIATLON MAR DE VIGO	117	0:35:16	03:43	45	2:19:17	38.77	01:27	10	1:18:01	4:17:42	0:18:06
24	403	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENTE	135	0:35:42	03:14	3	2:11:03	41.21	02:03	82	1:26:28	4:18:28	0:18:53
25	134	HUGO PACHON MORENO	CLUB NATACION RIVEIRA									12:28:44	4:18:33	0:18:58
26	388	GONZALO GONZÁLEZ PIÑEIRO	TRIATLON MOTOBIKE PONTEV	112	0:35:08	02:17	32	2:17:36	39.25	01:14	39	1:22:42	4:18:54	0:19:18
27	2	DANIEL FERNÁNDEZ CORVO	CLUB TRIATLON MORRAZO	132	0:35:38	03:06	62	2:21:23	38.2	01:18	8	1:17:37	4:19:00	0:19:24
28	305	CARLOS BELARRA ARENAS	TRIATLÓN CLAVERÍA MÓSTOL	15	0:29:53	02:46	82	2:22:50	37.81	01:12	35	1:22:23	4:19:02	0:19:26
29	314	XOSÉ CARLOS GONZÁLEZ AVIÓN	WILD WOLF CIDADE DE LUGO									12:29:23	4:19:12	0:19:37
30	224	ANTONIO FONTELA GOMEZ	REAL CLUB NAUTICO DE VIGO	21	0:30:58	01:56	91	2:24:37	37.34	01:34	22	1:20:35	4:19:38	0:20:02
31	150	JAVIER FERNANDEZ FERNANDEZ	ROCK N ROLL TEAM	261	0:39:13	02:50	21	2:15:36	39.83	01:31	27	1:20:56	4:20:04	0:20:28
32	455	ENRIQUE JOSÉ HIDALGO LUGO	CLUB TRIATLON MAR DE VIGO	70	0:33:29	02:41	79	2:22:34	37.88	01:11	26	1:20:52	4:20:46	0:21:10
33	184	VIRGILIO LAGES BARBOSA	INDEPENDIENTE	30	0:31:31	02:54	39	2:18:36	38.96	01:42	79	1:26:08	4:20:49	0:21:13
34	353	JUAN RAMON GARCIA HERNANZ	A.D. FOGAR	34	0:32:16	02:47	54	2:20:26	38.45	01:20	62	1:24:40	4:21:28	0:21:52
35	212	DAVID GARCIA PEREZ	TRIATLON FERROL	52	0:32:49	02:26	80	2:22:44	37.83	01:13	37	1:22:33	4:21:43	0:22:07
36	60	HÉLIO FERNANDES DE CARVALHO	INDEPENDIENTE	14	0:29:49	02:53	36	2:18:12	39.08	01:55	113	1:28:57	4:21:45	0:22:10
37	277	JOSÉ ALBERTO CARBALLO LOUZA	CLUB TRIATLON LEGIOTRI	98	0:34:44	02:51	47	2:19:32	38.7	01:38	46	1:23:11	4:21:54	0:22:18
38	81	BRAIS RODRIGUEZ SANCHEZ	WILD WOLF CIDADE DE LUGO	8	0:29:09	02:36	44	2:19:09	38.81	01:54	118	1:29:16	4:22:01	0:22:25
39	242	JESUS FIGUEROA FERNANDEZ	TRIATLON MOTOBIKE PONTEV	116	0:35:14	02:37	56	2:20:42	38.38	01:04	41	1:22:49	4:22:24	0:22:48
40	272	RAMÓN VALIÑAS MARTINEZ	CLUB OLIMPICO DE VEDRA	39	0:32:27	02:30	18	2:15:00	40	01:11	145	1:31:26	4:22:32	0:22:57
41	65	DIEGO ABEIJON MARTINEZ	INDEPENDIENTE	2	0:26:46	02:26	111	2:26:20	36.9	01:21	74	1:25:46	4:22:37	0:23:01

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
42	149	ADÁN NAVARRO GRANDA	CASTRILLÓN TRIATLÓN	71	0:33:30	02:37	66	2:21:44	38.1	01:53	53	1:23:31	4:23:13	0:23:37
43	216	VICTOR MANUEL MOURIÑO FORTES	CLUB ATLETISMO PORRIÑO	23	0:31:05	01:49	68	2:21:51	38.07	01:16	92	1:27:27	4:23:26	0:23:50
44	167	FRANCISCO JOSÉ GUILLÁN PAZOS	CLUB NATACION RIVEIRA	17	0:30:29	01:58	69	2:21:58	38.04	01:36	95	1:27:39	4:23:38	0:24:02
45	234	JAIME VAZQUEZ MEIJIDE	WILD WOLF CIDADE DE LUGO	166	0:36:34	02:41	87	2:23:48	37.56	01:35	15	1:19:13	4:23:49	0:24:13
46	76	JOSE COSTAL CAMIÑA	TRIATLON MOTOBike PONTEV	6	0:28:55	01:53	150	2:29:12	36.19	01:09	40	1:22:48	4:23:56	0:24:20
47	142	DAVID TEJEDOR HIDALGO	MOLPESA UNIVEST TRIATHLO	95	0:34:39	02:55	50	2:20:01	38.57	01:24	67	1:25:07	4:24:04	0:24:28
48	269	DIEGO SOTELO FERNÁNDEZ	CLUB TRIATLÓN OURENSE	1	0:26:37	02:25	58	2:20:58	38.31	01:19	161	1:32:54	4:24:11	0:24:35
49	292	ALFONSO MONCLUS MARCELLÁN	CLUB TRIATLÓN EUROPA	86	0:34:08	02:47	33	2:17:44	39.21	01:28	102	1:28:14	4:24:19	0:24:43
50	185	PABLO GONZÁLEZ FERNÁNDEZ	NOSPORTLIMIT-TREK GALICIA	169	0:36:47	03:51	57	2:20:45	38.37			12:34:45	4:24:34	0:24:58
51	102	DANIEL PIÑEIRO SANTOS	INDEPENDIENTE	75	0:33:42	03:47	106	2:25:56	37.01	02:28	13	1:18:55	4:24:47	0:25:11
52	40	EDUARDO PÉREZ CAJARAVILLE	NOSPORTLIMIT-TREK GALICIA	141	0:35:58	02:24	25	2:16:59	39.42	01:22	106	1:28:24	4:25:06	0:25:30
53	203	FERNANDO MUIÑA FUENTES	A.D. FOGAR	85	0:34:04	02:38	103	2:25:50	37.03	01:09	32	1:21:32	4:25:12	0:25:36
54	179	XOSE MARTINEZ REBOREDO	INDEPENDIENTE	119	0:35:17	02:42	51	2:20:03	38.56	01:53	72	1:25:27	4:25:21	0:25:45
55	377	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	157	0:36:23	02:59	37	2:18:20	39.04	01:22	80	1:26:20	4:25:23	0:25:47
56	329	MARTIN PAZÓ PAZÓ	Club Triatlón Mar de Vigo	182	0:37:08	03:04	34	2:17:49	39.19	02:29	69	1:25:11	4:25:39	0:26:03
57	3	OSCAR SILGUERO GARCIA	NOSPORTLIMIT-TREK GALICIA	69	0:33:28	02:29	70	2:22:00	38.03	01:32	84	1:26:37	4:26:04	0:26:28
58	4	JOSE LUIS RODRIGUEZ MARTIN	Triatlón Motobike Pontevedra	99	0:34:48	01:56	115	2:26:46	36.8	01:17	30	1:21:26	4:26:11	0:26:35
59	209	SANTIAGO REMEDIOS GONZÁLEZ	CLUB TRIATLONTRIPTO	50	0:32:47	02:36	73	2:22:08	37.99	01:31	91	1:27:18	4:26:17	0:26:41
60	437	ENRIQUE LUIS ALVAREZ ESTEVEZ	NOSPORTLIMIT-TREK GALICIA	232	0:38:32	02:45	65	2:21:34	38.15	01:10	38	1:22:38	4:26:38	0:27:02
61	171	BASILIO SEIJAS FRANCO	TRIATLON FERROL	60	0:33:04	02:33	120	2:27:06	36.71	01:02	44	1:23:03	4:26:48	0:27:12
62	413	PEDRO MARCELO TOMÉ HERNAND	TRIATLON MOTOBike PONTEV	49	0:32:40	03:26	60	2:21:06	38.28	01:25	104	1:28:16	4:26:50	0:27:14
63	109	RUBEN QUEIRUGA MELLA	A.D. FOGAR	62	0:33:06	02:35	52	2:20:04	38.56	02:24	116	1:29:06	4:27:12	0:27:36
64	482	ABDÓN CRUCES CARIDE	REAL CLUB NAUTICO DE VIGO	126	0:35:27	03:23	42	2:18:55	38.87	01:23	100	1:28:08	4:27:14	0:27:38
65	398	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	145	0:36:07	02:03	48	2:19:41	38.66	01:19	101	1:28:08	4:27:16	0:27:41
66	96	DIEGO PEREIRO ALONSO	CLUB ATLETISMO PORRIÑO	64	0:33:16	02:10	152	2:29:30	36.12	01:42	25	1:20:47	4:27:24	0:27:48
67	64	SANTIAGO FREIRE RODRÍGUEZ	CLUB TRIATLON MAR DE VIGO	155	0:36:21	02:10	53	2:20:05	38.55	01:48	94	1:27:33	4:27:55	0:28:19
68	330	MARCOS ANTONIO UBEIRA VIDAL	TRIATLON MOTOBike PONTEV	89	0:34:26	02:12	109	2:26:13	36.93	01:46	50	1:23:24	4:27:59	0:28:23
69	44	YAGO LEIRO CAMBESES	TRIATLON MOTOBike PONTEV	55	0:32:51	02:09	138	2:28:38	36.33	01:13	52	1:23:30	4:28:19	0:28:43
70	428	LINO PORTELA CORDEIRO	CLUB TRIATLÓN MORRAZO	106	0:35:00	02:39	157	2:29:54	36.03	01:37	14	1:19:13	4:28:22	0:28:46
71	164	JACOBO PEREZ CALVO	TRIATLON FERROL	201	0:37:49	02:13	76	2:22:32	37.89	01:18	64	1:24:45	4:28:36	0:29:00
72	284	ROGELIO FERREIRA SÁNCHEZ	TRIATLON MOTOBike PONTEV	131	0:35:33	02:53	102	2:25:36	37.09	01:08	55	1:23:38	4:28:45	0:29:10
73	207	BERNARDO RODRÍGUEZ GONZÁLE	MTB PARACUELLOS TONIBIKE	27	0:31:27	02:59	135	2:28:05	36.47	01:29	68	1:25:11	4:29:08	0:29:32
74	188	FERNANDO VAZQUEZ LORENZO	INDEPENDIENTE	190	0:37:34	03:33	107	2:26:05	36.97	01:44	21	1:20:19	4:29:13	0:29:37
75	477	JUAN CARLOS LOPEZ QUINTELA	TRI OURENSE									12:39:31	4:29:20	0:29:45
76	326	MARCOS ÁLVAREZ SEOANE	INDEPENDIENTE	124	0:35:27	03:42	101	2:25:35	37.09	01:22	49	1:23:22	4:29:26	0:29:50
77	93	RAMON DIAZ LEON	INDEPENDIENTE	210	0:37:58	05:01	63	2:21:29	38.17	02:07	43	1:22:58	4:29:30	0:29:54
78	262	CARLOS CARREIRO BOULLOSA	INDEPENDIENTE	100	0:34:50	02:31	55	2:20:39	38.39	01:28	128	1:30:14	4:29:40	0:30:05
79	268	ROMAN REBANAL ALFAYA	TRIATLON MOTOBike PONTEV	218	0:38:12	02:46	72	2:22:04	38.01	01:13	73	1:25:36	4:29:49	0:30:14
80	217	FRANCISCO JAVIER ALVAREZ COST	CLUB TRIATLON MAR DE VIGO	209	0:37:57	03:25	59	2:21:02	38.29	01:38	86	1:26:47	4:30:48	0:31:12
81	273	GUSTAVO LÓPEZ MARTÍNEZ	CLUB OLIMPICO DE VEDRA	243	0:38:48	03:14	61	2:21:09	38.26	01:28	81	1:26:26	4:31:04	0:31:28
82	173	AGUSTIN SOUSA GONZÁLEZ	NOSPORTLIMIT-TREK GALICIA	138	0:35:50	02:43	27	2:17:03	39.4	01:39	171	1:33:58	4:31:11	0:31:35
83	296	JOSE MANUEL CURISES LOPEZ	CLUB CICLISTA DE LA FUENTE	227	0:38:28	02:23	28	2:17:04	39.4	01:26	153	1:32:06	4:31:25	0:31:49
84	248	ENRIQUE VIÑAS ROMERO	TRIATLÓN MAR DE VIGO	110	0:35:06	04:47	96	2:24:54	37.27	01:20	78	1:26:02	4:32:06	0:32:30
85	373	ILDEFONSO CEGARRA MANZANERA	CLUB TRIATLON LEGIOTRI	28	0:31:30	02:58	100	2:25:29	37.12	03:25	111	1:28:49	4:32:09	0:32:33
86	48	IÑAKI ALVAREZ LOSADA	NOSPORTLIMIT-TREK GALICIA	45	0:32:32	03:59	134	2:28:04	36.47	01:48	76	1:25:49	4:32:11	0:32:35
87	365	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	221	0:38:15	02:55	108	2:26:08	36.95	01:20	57	1:24:06	4:32:42	0:33:06
88	235	FRANCISCO JAVIER RODRIGUEZ MA	CLUB TRIATLON CORUÑA	134	0:35:39	03:02	83	2:23:09	37.72	01:21	127	1:30:08	4:33:17	0:33:41
89	236	JULIO CESAR DOMINGUEZ DURAN	CLUB TRIATLON MAR DE VIGO	236	0:38:41	02:57	77	2:22:32	37.89	01:27	105	1:28:21	4:33:55	0:34:19
90	289	FERNANDO FERNANDEZ MARTINEZ	CT EUROTRI	205	0:37:53	03:11	133	2:27:49	36.53	01:12	56	1:23:55	4:33:57	0:34:21
91	113	JUAN CARLOS CANDAL DE LA CRUZ	NOSPORTLIMIT-TREK GALICIA	327	0:42:35	02:41	40	2:18:45	38.92	01:44	107	1:28:27	4:34:09	0:34:33
92	417	ROBERTO BOGA SANDE	T. MURALLA LUGO	292	0:40:35	05:10	64	2:21:31	38.16	01:53	70	1:25:12	4:34:19	0:34:43
93	135	IAGO LEIROS CARRERA	TRIATLÓN MAR DE VIGO	107	0:35:01	03:24	26	2:17:02	39.41	01:39	210	1:37:25	4:34:30	0:34:54
94	61	IAGO LAGO GONZALEZ	TRIATLON MOTOBike PONTEV	53	0:32:49	03:02	129	2:27:45	36.55	01:04	123	1:29:56	4:34:34	0:34:59
95	50	MARCOS GARCIA MAHIA	INDEPENDIENTE	93	0:34:36	03:31	174	2:31:45	35.59	01:21	58	1:24:11	4:35:22	0:35:46
96	112	MARCOS COSTA PEREIRA	WILD WOLF CIDADE DE LUGO	253	0:39:03	03:24	97	2:24:55	37.26	01:15	89	1:27:02	4:35:38	0:36:02
97	259	JUAN MANUEL MARTÍNEZ MARTÍNE	INDEPENDIENTE	108	0:35:03	02:35	151	2:29:21	36.16	01:33	90	1:27:08	4:35:39	0:36:03
98	137	ERNESTO SOBRINO MARFULL	INDEPENDIENTE	56	0:32:51	03:37	159	2:30:16	35.94	02:10	88	1:26:57	4:35:48	0:36:13
99	335	ROBERTO CARLOS RAMILO CARBA	INDEPENDIENTE	109	0:35:04	02:53	94	2:24:50	37.29	01:23	149	1:31:47	4:35:55	0:36:19
100	110	FRANCISCO SANCHEZ MENDEZ	CLUB TRIATLON MAR DE VIGO	105	0:34:58	02:45	75	2:22:21	37.94	01:24	177	1:34:31	4:35:56	0:36:21
101	339	MARCELO RODRIGUEZ FILGUEIRAS	A.D. FOGAR	164	0:36:33	03:30	78	2:22:32	37.89	01:21	154	1:32:17	4:36:10	0:36:34
102	219	ANGEL LOZANO NOVAS	NOSPORTLIMIT TREK GALICIA	258	0:39:10	03:53	137	2:28:30	36.37	01:27	47	1:23:17	4:36:15	0:36:39
103	190	JOSE ANGELO DÍAZ BAUTISTA	CLUB TRIATLON CORUÑA	271	0:39:43	02:45	170	2:31:15	35.7	01:21	29	1:21:19	4:36:23	0:36:47
104	246	JOSÉ OSCAR SARMIENTO CALLE	LEGIOTRI	54	0:32:50	03:11	168	2:30:42	35.84	02:19	93	1:27:28	4:36:28	0:36:52
105	321	MIGUEL ANGEL GIL GONZALEZ	CLUB ATLETISMO PORRIÑO	172	0:36:50	02:21	95	2:24:54	37.27	01:36	137	1:30:54	4:36:32	0:36:56
106	131	RUBEN DARIO PINTOS RODRIGUEZ	TRIATLON MOTOBike PONTEV	65	0:33:17	03:08	46	2:19:19	38.76	01:41	225	1:39:15	4:36:38	0:37:02

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
107	144	JAVIER DE SAN JOSÉ GONZÁLEZ	LÍNEA DE META	198	0:37:44	03:51	67	2:21:47	38.09	01:23	150	1:31:56	4:36:40	0:37:04
108	99	BRANDÁN XESÚS VALBUENA GARCÍA	NOSPORTLIMIT-TREK GALICIA	111	0:35:06	03:00	148	2:29:10	36.2	01:40	98	1:27:49	4:36:44	0:37:08
109	457	ARMANDO PIÑEIRO PEREZ	BIKESTRADA TRIATLON	44	0:32:32	03:13	140	2:28:44	36.31	01:40	135	1:30:43	4:36:49	0:37:13
110	426	ROBERTO DE VEGA SANCHEZ	Club de Triathlon Salamanca	122	0:35:22	02:57	147	2:29:07	36.21	01:14	103	1:28:14	4:36:52	0:37:16
111	439	ANGEL GOMEZ GOMEZ	CLUB NATACION RIVEIRA	61	0:33:06	02:29	142	2:28:49	36.29	02:19	131	1:30:26	4:37:08	0:37:32
112	128	MANUEL NODAR JIMÉNEZ	INDEPENDIENTE	207	0:37:55	04:00	121	2:27:11	36.69	01:16	87	1:26:53	4:37:13	0:37:37
113	425	LUIS ANGEL CASTELO SANCHEZ	ARCADE INFORHOUSE SANTI	63	0:33:11	02:36	49	2:19:56	38.59	02:12	228	1:39:29	4:37:22	0:37:46
114	408	PEDRO DE CASTRO GARCIA	INDEPENDIENTE	180	0:37:06	02:38	81	2:22:44	37.83	02:15	162	1:33:03	4:37:44	0:38:09
115	361	CARLOS LOBELLE CARUS	TRIATLON MORRAZO	284	0:40:13	02:47	88	2:24:13	37.44	01:46	112	1:28:56	4:37:53	0:38:17
116	475	JESUS ANGEL RODRIGUEZ GONZAL	INDEPENDIENTE	79	0:33:53	03:16	176	2:31:58	35.54	01:26	97	1:27:41	4:38:12	0:38:36
117	83	BORJA CONEJERO	CLUB TRIATLON MAR DE VIGO	33	0:32:11	02:42	132	2:27:47	36.54	01:08	179	1:34:38	4:38:24	0:38:48
118	331	ANTONIO REY CARBALLEIRA	TRIATLON MOTOTBIKE PONTEV	94	0:34:37	03:39	114	2:26:43	36.81	01:44	157	1:32:31	4:39:12	0:39:36
119	139	DAVID CASTRO GRAÑO	INDEPENDIENTE								12:49:25		4:39:14	0:39:39
120	221	FRANCISCO CORTEGOSO DÍAZ	TRIATLON MOTOTBIKE PONTEV	114	0:35:13	02:41	153	2:29:38	36.09	01:20	130	1:30:25	4:39:15	0:39:39
121	363	ANDRÉ LUIZ GOMEZ DE MACEDO	TRI OURENSE	43	0:32:31	02:31	128	2:27:37	36.58	02:07	178	1:34:32	4:39:17	0:39:41
122	180	ROMULO SOTO VAZQUEZ	BEARIZ TRIATLON	222	0:38:18	03:05	105	2:25:54	37.01	01:14	144	1:31:24	4:39:53	0:40:17
123	53	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	88	0:34:13	03:15	173	2:31:44	35.59	02:00	110	1:28:44	4:39:54	0:40:18
124	176	JORGE GAGO IGLESIAS	INDEPENDIENTE	29	0:31:30	02:30	90	2:24:27	37.39	01:10	238	1:40:23	4:39:58	0:40:22
125	360	MANUEL ALBERTO PEREZ GARCIA	TRIATLON MOTOTBIKE PONTEV	191	0:37:34	02:35	89	2:24:25	37.39	01:17	175	1:34:23	4:40:13	0:40:37
126	456	JOSE DANIEL GONZALEZ CASTRO	A.D. FOGAR	188	0:37:33	03:00	71	2:22:03	38.02	01:23	193	1:36:18	4:40:14	0:40:38
127	130	CARLOS ALBERTO PEREZ GOMEZ	NOSPORTLIMIT-TREK GALICIA	215	0:38:08	03:38	167	2:30:37	35.86	02:54	71	1:25:13	4:40:28	0:40:52
128	386	JOSE JOAQUIN BARRIENTOS MARTI	INDEPENDIENTE	120	0:35:20	04:55	179	2:32:11	35.49	01:33	83	1:26:35	4:40:32	0:40:56
129	476	LUIS EMILIO SANCHEZ SECO	TRIOURENSE	84	0:33:56	04:02	220	2:36:48	34.44	01:44	59	1:24:16	4:40:45	0:41:09
130	237	JAVIER SANTA CLARA RODRIGUEZ	CLUB TRIATLÓN MORRAZO	152	0:36:18	03:30	238	2:37:58	34.19	01:30	34	1:22:23	4:41:37	0:42:01
131	145	FERNANDO SUAREZ VALDERREY	A.D. FOGAR	90	0:34:27	03:14	118	2:26:59	36.74	01:34	184	1:35:29	4:41:41	0:42:05
132	366	JOSÉ ÁNGEL TORRES GONZÁLEZ	TRIATLON MOTOTBIKE PONTEV	211	0:38:01	02:44	110	2:26:13	36.93	01:22	167	1:33:26	4:41:44	0:42:08
133	480	LALO RODRIGUEZ VILLAR	REAL CLUB NAUTICO DE VIGO	246	0:38:52	04:13	155	2:29:41	36.08	02:20	85	1:26:42	4:41:45	0:42:09
134	467	MARCOS EGUÍA LOUZÁN	Independiente	153	0:36:18	03:27	123	2:27:20	36.65	01:37	163	1:33:11	4:41:52	0:42:16
135	357	PABLO CURRÁS PAREDES	CLUB TRIATLON MORRAZO	130	0:35:32	02:30	149	2:29:11	36.2	01:28	165	1:33:20	4:42:00	0:42:24
136	263	ALBERTO DOMÍNGUEZ LEMOS	CLUB ATLETISMO PORRIÑO	303	0:41:25	02:14	85	2:23:20	37.68	01:35	169	1:33:42	4:42:15	0:42:40
137	267	ROBERTO LOPEZ SOBRADO	NOSPORTLIMIT-TREK GALICIA	293	0:40:39	03:16	84	2:23:15	37.7	01:22	176	1:34:31	4:43:02	0:43:26
138	208	JAVIER FREIRE GALLEGRO	INDEPENDIENTE	171	0:36:50	02:50	119	2:27:05	36.71	01:07	185	1:35:47	4:43:36	0:44:01
139	350	FERNANDO SANMARTIN FREIJO	TRIATLON MOTOTBIKE PONTEV	254	0:39:04	03:05	161	2:30:19	35.93	01:21	120	1:29:51	4:43:38	0:44:02
140	466	LUIS VIDAL GARCÍA	INDEPENDIENTE	321	0:42:25	04:27	406	3:22:17	26.7	03:40	395	2:15:13	4:43:58	0:44:22
141	461	MANUEL ESTEVEZ GARCIA	CLUB TRIATLON MAR DE VIGO	82	0:33:54	03:10	143	2:28:51	36.28	01:42	195	1:36:26	4:44:01	0:44:26
142	376	DAVID ANTONIO ROMERO PEREIRA	CLUB TRIATLON MAR DE VIGO	362	0:44:45	03:15	156	2:29:51	36.04	01:44	65	1:24:51	4:44:24	0:44:48
143	275	MIGUEL ANGEL COGOLLUDO AGUS	TRIATLON MOTOTBIKE PONTEV	186	0:37:28	03:33	160	2:30:18	35.93	01:51	143	1:31:22	4:44:30	0:44:55
144	108	SANTIAGO CASAS MIGUELEZ	TRIATLON MOTOTBIKE PONTEV	143	0:36:00	03:07	201	2:34:51	34.87	01:33	115	1:29:01	4:44:31	0:44:55
145	58	IGNACIO ARENAS DOMINGO	INDEPENDIENTE	48	0:32:39	04:29	281	2:42:59	33.13	01:55	48	1:23:18	4:45:18	0:45:43
146	85	ALEJO ALVITE DEL RIO	INDEPENDIENTE	58	0:32:55	03:01	131	2:27:47	36.54	01:58	231	1:39:45	4:45:23	0:45:48
147	371	CESAR LUIS SANZ DE LA GARZA	INDEPENDIENTE	281	0:40:05	05:07	124	2:27:22	36.65	01:34	142	1:31:21	4:45:27	0:45:51
148	126	DANIEL MARTINEZ YAÑEZ	TRIATLON LUGONES	59	0:33:02	03:09	239	2:38:10	34.14	01:23	124	1:29:58	4:45:41	0:46:05
149	55	DIEGO PÉREZ SANTOS	NOSPORTLIMIT-TREK GALICIA	337	0:43:06	03:08	112	2:26:34	36.85	02:42	129	1:30:16	4:45:45	0:46:09
150	240	DAVID TORRES GONZALEZ	TRIATLON MOTOTBIKE PONTEV	264	0:39:24	02:25	98	2:25:05	37.22	01:26	211	1:37:32	4:45:50	0:46:14
151	264	JAIME MAGDALENA VERA	CLUB TRIATLON MAR DE VIGO	241	0:38:47	03:29	93	2:24:44	37.31	02:05	208	1:37:23	4:46:25	0:46:50
152	411	JUAN PATIÑO VARELA	NOSPORTLIMIT-TREK GALICIA	133	0:35:38	03:03	139	2:28:40	36.32	02:04	205	1:37:17	4:46:40	0:47:04
153	172	PABLO CABANELAS EIRAS	CLUB OLIMPICO DE VEDRA	42	0:32:30	02:03	189	2:33:25	35.2	01:28	207	1:37:18	4:46:42	0:47:07
154	255	JAVIER DE ANTA LORENZO	BEARIZ TRIATLON	330	0:42:48	02:17	141	2:28:44	36.31	01:44	140	1:31:17	4:46:49	0:47:13
155	67	MIGUEL PÉREZ RAMOS	independiente	226	0:38:27	02:49	104	2:25:51	37.02	02:41	204	1:37:05	4:46:51	0:47:15
156	183	IGNACIO MONCLUS MARCELLÁN	STADIUM CASABLANCA- ALM	67	0:33:27	03:13	193	2:33:52	35.1	02:02	173	1:34:21	4:46:53	0:47:17
157	414	FERNANDO GARCIA MARTINEZ	INDEPENDIENTE	296	0:40:42	03:00	154	2:29:40	36.08	02:59	136	1:30:46	4:47:05	0:47:29
158	445	JUAN CARLOS RODRÍGUEZ VÁZQUE	C. TRIATLON OURENSE	308	0:41:31	02:57	74	2:22:17	37.95	02:08	221	1:38:59	4:47:51	0:48:15
159	193	JOSE RAMON SANCHEZ QUINTELA	INDEPENDIENTE	275	0:39:59	03:41	269	2:41:37	33.41	01:51	24	1:20:44	4:47:51	0:48:15
160	204	ANGEL LUIS NORIEGA PEREZ	TRIATLON MOTOTBIKE PONTEV	87	0:34:09	03:05	175	2:31:49	35.57	01:23	214	1:37:48	4:48:13	0:48:37
161	249	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	159	0:36:29	03:15	202	2:34:55	34.86	01:36	156	1:32:18	4:48:31	0:48:55
162	313	PABLO GARCÍA ALBA	BICICLETAS PINA TRITOLED	250	0:39:01	03:31	263	2:41:07	33.52	01:49	45	1:23:07	4:48:33	0:48:57
163	430	HUMBERTO DIEGUEZ CONSTENLA	INDEPENDIENTE	47	0:32:38	04:45	321	2:47:51	32.17	01:52	31	1:21:28	4:48:33	0:48:57
164	177	DAVID RAMOS TABOADA	A.D. FOGAR	170	0:36:48	03:10	92	2:24:43	37.32	01:18	265	1:42:48	4:48:45	0:49:09
165	66	EDUARDO SAAVEDRA LAGARES	INDEPENDIENTE	146	0:36:09	03:40	194	2:34:03	35.06	02:06	160	1:32:54	4:48:49	0:49:13
166	332	DAVID FERNANDEZ SAAVEDRA	CLUB ATLETISMO PORRIÑO	40	0:32:29	02:23	166	2:30:36	35.86	02:37	246	1:40:59	4:49:02	0:49:26
167	119	JOSE MAGDALENA VERA	CLUB TRIATLON MAR DE VIGO	333	0:42:53	03:28	136	2:28:07	36.46	01:29	166	1:33:24	4:49:19	0:49:43
168	346	ALVARO RIVAS ARES	A.D. FOGAR	151	0:36:17	03:38	126	2:27:25	36.63	01:26	241	1:40:40	4:49:25	0:49:49
169	427	MARIO PANIAGUA SÁNCHEZ	X3M MAJADAHONDA	162	0:36:32	02:50	184	2:33:06	35.27	01:55	183	1:35:20	4:49:40	0:50:04
170	107	MIGUEL FRAGA COSTA	INDEPENDIENTE	31	0:31:52	02:54	216	2:36:37	34.48	02:03	191	1:36:17	4:49:40	0:50:05
171	471	JULIO J. SOUTO DIZ	CLUB TRIATLON CORUÑA	249	0:38:57	05:30	205	2:35:14	34.79	01:36	109	1:28:42	4:49:57	0:50:21

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
172	84	JUAN LUIS GONZÁLEZ MARTÍNEZ	INDEPENDIENTE	165	0:36:33	03:48	236	2:37:54	34.2	02:06	121	1:29:52	4:50:12	0:50:36
173	316	CARLOS MANUEL TRIÑANES SANCH	INDEPENDIENTE	147	0:36:11	04:43	165	2:30:34	35.87	02:39	189	1:36:08	4:50:12	0:50:37
174	299	BENITO SANTANA GOMEZ	ARCADE INFORHOUSE SANTI	177	0:37:04	03:09	145	2:28:57	36.25	02:50	219	1:38:36	4:50:35	0:50:59
175	121	DANIEL CADENAS TORRÓN	INDEPENDIENTE	340	0:43:13	02:39	196	2:34:18	35	01:14	117	1:29:15	4:50:37	0:51:01
176	271	JOSÉ ANTONIO SUÁREZ SÁNCHEZ	CLUB TRIATLON CORUÑA	96	0:34:40	03:25	248	2:39:45	33.81	01:37	139	1:31:12	4:50:38	0:51:02
177	57	JOSÉ MIGUEL FERNÁNDEZ CRUZ	CLUB ATLETISMO PORRIÑO	276	0:40:00	02:47	117	2:26:50	36.78	01:38	232	1:39:46	4:50:59	0:51:23
178	433	CARLOS ROCA RODRIGUEZ	INDEPENDIENTE	16	0:30:16	04:43	326	2:48:20	32.08	02:00	75	1:25:49	4:51:06	0:51:30
179	322	ANTONIO VILLANUEVA GONZÁLEZ	INDEPENDIENTE	219	0:38:13	03:14	188	2:33:24	35.2	01:48	181	1:34:52	4:51:29	0:51:53
180	458	JUAN ANTONIO CARIDE GRANDAL	CLUB TRIATLON MORRAZO	323	0:42:29	02:34	306	2:46:11	32.5	01:50	11	1:18:31	4:51:32	0:51:56
181	341	ALBERTO FERNANDEZ MUÑIZ	NOSPORTLIMIT-TREK GALICIA	68	0:33:28	03:41	258	2:40:40	33.61	01:29	155	1:32:17	4:51:33	0:51:57
182	186	JAVIER CUELLAS PEREIRA	CLUB TRIATLON MAR DE VIGO	173	0:36:52	03:28	86	2:23:27	37.65	02:20	296	1:45:45	4:51:48	0:52:13
183	358	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	81	0:33:54	03:29	113	2:26:36	36.84	02:39	290	1:45:22	4:51:58	0:52:22
184	229	JOSE MANUEL ABALO LOJO	INDEPENDIENTE	225	0:38:24	04:18	230	2:37:20	34.32	01:54	126	1:30:06	4:52:00	0:52:24
185	202	FRANCISCO RAMALLO GONZALEZ	CLUB TRIATLON MAR DE VIGO	156	0:36:22	02:56	38	2:18:29	39	02:04	346	1:52:22	4:52:10	0:52:35
186	387	JUAN CARLOS SANMARTIN PENA	INDEPENDIENTE	318	0:42:11	03:10	122	2:27:15	36.67	01:58	212	1:37:41	4:52:13	0:52:37
187	239	JUAN A. GOMEZ ÁLVAREZ	CLUB TRIATLON MAR DE VIGO	314	0:41:59	04:39	252	2:39:54	33.77	01:29	60	1:24:30	4:52:30	0:52:54
188	392	UXIO SANCHEZ ALONSO	RUNNERS DE FORTUNA	113	0:35:10	03:03	213	2:36:10	34.58	01:17	202	1:37:02	4:52:39	0:53:03
189	115	ANGEL CHAPARRO VELACORACHO	TRI OURENSE	260	0:39:11	03:01	267	2:41:25	33.45	01:18	99	1:28:04	4:52:57	0:53:21
190	287	EDUARDO SEOANE SANTISO	CLUB TRIATLON CORUÑA	142	0:36:00	04:58	278	2:42:51	33.16	03:36	77	1:25:57	4:53:19	0:53:43
191	54	FERMIN MUÑOZ SUAREZ	independiente	270	0:39:42	03:04	191	2:33:41	35.14	01:06	200	1:36:56	4:54:27	0:54:52
192	35	MARCOS VÁZQUEZ ALONSO	NOSPORTLIMIT-TREK GALICIA	139	0:35:53	03:18	209	2:35:45	34.67	01:45	216	1:38:16	4:54:55	0:55:19
193	297	JORGE UBEIRA FERNANDEZ	INDEPENDIENTE	35	0:32:19	03:46	210	2:35:46	34.67	02:12	247	1:41:01	4:55:01	0:55:25
194	68	JUAN PEREZ MARTIN	independiente	206	0:37:54	03:25	190	2:33:28	35.19	01:28	220	1:38:55	4:55:08	0:55:32
195	79	JORGE TOMBO GONZALEZ	CLUB TRIATLON MAR DE VIGO	280	0:40:04	02:39	177	2:32:03	35.52	01:18	223	1:39:07	4:55:08	0:55:32
196	59	MIGUEL PEREZ GOMEZ	NOSPORTLIMIT-TREK GALICIA	74	0:33:41	03:53	229	2:37:20	34.33	02:12	215	1:38:08	4:55:12	0:55:36
197	127	LUIS ARADAS LOPEZ	INDEPENDIENTE	290	0:40:28	04:26	240	2:38:11	34.14	02:17	122	1:29:53	4:55:13	0:55:37
198	324	MANUEL GONZALEZ CUÑA	CLUB TRIATLON MAR DE VIGO	399	0:52:50	03:09	182	2:32:32	35.4	01:46	66	1:25:04	4:55:19	0:55:43
199	309	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	137	0:35:49	01:59	207	2:35:25	34.75	01:53	240	1:40:33	4:55:37	0:56:01
200	447	JOSE LUIS NAYA ORGEIRA	CLUB TRIATLON CORUÑA	302	0:41:09	04:42	231	2:37:22	34.32	01:49	134	1:30:42	4:55:42	0:56:07
201	247	ENRIQUE ABELLEIRA SIEIRO	INDEPENDIENTE	266	0:39:30	04:06	162	2:30:24	35.91	01:32	237	1:40:21	4:55:50	0:56:14
202	201	JAVIER REGO SANFIZ	WILD WOLF CIDADE DE LUGO	91	0:34:27	02:50	180	2:32:26	35.43	01:09	288	1:45:02	4:55:53	0:56:17
203	381	ABEL VARELA CERNADAS	CLUB TRIATLON MAR DE VIGO	381	0:47:17	04:17	256	2:40:37	33.62	01:22	42	1:22:57	4:56:28	0:56:52
204	260	MARCOS BARRIO ROBLES	TRIATLÓN LEÓN	176	0:37:01	05:46	221	2:36:51	34.43	03:30	168	1:33:42	4:56:48	0:57:12
205	211	ISMAEL REY VARELA	WILD WOLF CIDADE DE LUGO	103	0:34:57	03:11	204	2:35:04	34.83	02:35	253	1:41:25	4:57:10	0:57:34
206	389	EMILIO GONZALEZ GARCIA	A.D. FOGAR	185	0:37:23	03:23	163	2:30:30	35.88	01:38	278	1:44:31	4:57:23	0:57:47
207	483	LEONARDO FIGUEROA VILA	CLUB TRIATLON MAR DE VIGO	331	0:42:48	04:00	171	2:31:26	35.66	01:37	213	1:37:41	4:57:30	0:57:54
208	378	RAFAEL CABAÑEROS ROBLES	CLUB TRIATLÓN OVIEDO	245	0:38:50	04:06	217	2:36:41	34.47	02:12	186	1:35:48	4:57:35	0:57:59
209	390	ISRAEL FERNÁNDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	80	0:33:54	03:46	222	2:36:53	34.42	01:57	251	1:41:08	4:57:37	0:58:01
210	343	JOSE ALBERTO CASTELO SANCHEZ	ARCADE INFORHOUSE SANTI	239	0:38:46	03:28	227	2:37:12	34.35	02:33	187	1:35:57	4:57:53	0:58:18
211	463	MODESTO ARAUJO DOMINGUEZ	CLUB TRIATLON OURENSE	283	0:40:12	02:41	203	2:35:01	34.84	01:50	217	1:38:17	4:57:59	0:58:23
212	261	EMILIO XOSÉ GONZÁLEZ LEMOS	INDEPENDIENTE	332	0:42:50	03:20	158	2:30:15	35.94	02:46	222	1:38:59	4:58:07	0:58:31
213	344	JOAQUÍN VÁZQUEZ GÓMEZ	CLUB TRIATLON MAR DE VIGO	160	0:36:29	03:20	290	2:44:14	32.88	01:35	158	1:32:45	4:58:22	0:58:46
214	241	MIGUEL NOVO REGUEIRA	CLUB ATLETISMO PORRIÑO	175	0:36:55	02:09	197	2:34:32	34.94	02:00	269	1:43:03	4:58:37	0:59:01
215	254	GUILLERMO LIAÑO VIDAL	INDEPENDIENTE	92	0:34:32	04:42	186	2:33:15	35.24	03:17	267	1:42:54	4:58:39	0:59:03
216	438	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA	238	0:38:45	02:24	172	2:31:28	35.65	01:47	277	1:44:24	4:58:47	0:59:11
217	375	MARCOS DUATO MOLLERA	X3M MAJADAHONDA	231	0:38:31	04:15	219	2:36:42	34.46	02:05	206	1:37:17	4:58:48	0:59:12
218	270	DAVID LOPEZ BARBERO	INDEPENDIENTE	125	0:35:27	03:40	212	2:35:50	34.65	01:36	264	1:42:42	4:59:13	0:59:37
219	198	OSCAR LORENZO FERREIRA	INDEPENDIENTE	345	0:43:20	03:56	246	2:39:27	33.87	01:23	141	1:31:18	4:59:22	0:59:46
220	192	ALEJANDRO LOIRA IGLESIAS	TRIATLÓN MAR DE VIGO	127	0:35:28	05:22	130	2:27:47	36.54	03:02	311	1:47:45	4:59:22	0:59:47
221	391	JOSE MANUEL VAZQUEZ MARTINEZ	BEARIZ TRIATLON	248	0:38:56	02:48	268	2:41:27	33.45	01:56	174	1:34:22	4:59:27	0:59:52
222	133	AITOR VALES PORTO	INDEPENDIENTE	233	0:38:34	03:47	297	2:45:11	32.69	01:35	132	1:30:26	4:59:32	0:59:56
223	52	IÑAKI VALCARCEL LOPEZ	INDEPENDIENTE	37	0:32:26	04:11	260	2:40:45	33.59	02:09	233	1:40:06	4:59:35	0:59:59
224	442	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	382	0:47:19	03:42	206	2:35:24	34.75	01:32	148	1:31:41	4:59:35	1:00:00
225	280	ALBERTO POUSADA DUARTE	NOSPORTLIMIT-TREK GALICIA	257	0:39:07	03:11	262	2:41:05	33.53	02:04	172	1:34:11	4:59:35	1:00:00
226	250	MARCOS VALENCIA GARCÍA	TRI OURENSE	267	0:39:33	02:50	116	2:26:48	36.78	01:40	321	1:48:46	4:59:36	1:00:00
227	111	DAVID ALVAREZ ALONSO	INDEPENDIENTE	252	0:39:03	04:59	343	2:49:32	31.85	01:24	63	1:24:42	4:59:38	1:00:02
228	454	JESUS GOCE LEMOS	CLUB TRIATLON MAR DE VIGO	326	0:42:34	04:37	245	2:39:07	33.94	01:39	151	1:31:57	4:59:52	1:00:16
229	98	ANDRÉS CARRERA COSTAS	INDEPENDIENTE	178	0:37:04	03:39	226	2:37:10	34.36	01:24	249	1:41:07	5:00:22	1:00:46
230	301	FELIPE PAMPILLÓN DOMÍNGUEZ	INDEPENDIENTE	401	0:53:40	03:46	181	2:32:32	35.41	01:32	114	1:28:59	5:00:26	1:00:51
231	320	JUAN JOSÉ ANDRÉS IGLESIAS	TRIATLON GALAICO CIDADE D	118	0:35:17	02:52	293	2:44:30	32.83	01:26	197	1:36:27	5:00:29	1:00:54
232	214	MANUEL ALVAREZ DE PIQUER	Triatlón Lugones	83	0:33:56	03:31	294	2:44:52	32.76	01:49	194	1:36:25	5:00:30	1:00:54
233	206	MARCOS PERISCAL REY	NOSPORTLIMIT-TREK GALICIA	237	0:38:43	02:54	169	2:30:53	35.79	01:35	302	1:46:39	5:00:42	1:01:07
234	220	MANUEL LUGILDE RODRÍGUEZ	INDEPENDIENTE	72	0:33:31	03:38	178	2:32:07	35.5	01:53	330	1:49:54	5:01:01	1:01:25
235	152	JORGE GONZALEZ MARTINEZ	INDEPENDIENTE	234	0:38:35	04:03	299	2:45:19	32.67	01:30	147	1:31:36	5:01:02	1:01:26
236	141	PABLO CASTEDO LÓPEZ	A.D. FOGAR	217	0:38:12	02:59	185	2:33:08	35.27	01:57	285	1:44:56	5:01:10	1:01:34

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	97	BORJA ROPERO BLANCO	CLUB TRIATLON MAR DE VIGO	316	0:42:08	03:18	211	2:35:50	34.66	01:31	218	1:38:27	5:01:11	1:01:35
238	319	PEDRO MIGUEL ALONSO	INDEPENDIENTE	192	0:37:35	03:56	215	2:36:36	34.48	02:55	250	1:41:08	5:02:08	1:02:33
239	279	ROBERTO ENRIQUE CID SANMARTI	CLUB TRIATLON CORUÑA	216	0:38:10	03:30	265	2:41:14	33.49	02:15	209	1:37:25	5:02:31	1:02:55
240	432	PABLO SEIVANE VIOR	CLUB TRIATLON CORUÑA	282	0:40:11	06:06	228	2:37:15	34.34	02:24	199	1:36:44	5:02:38	1:03:02
241	90	BORJA BLANCO SUAREZ	ACADEMIA CIVIL- EL MUSEL	364	0:44:47	03:12	223	2:36:53	34.42	01:52	192	1:36:17	5:02:59	1:03:23
242	215	JOSE CARLOS GAGO DORNA	CLUB ATLETISMO PORRIÑO	342	0:43:15	04:02	261	2:40:54	33.56	01:46	164	1:33:13	5:03:09	1:03:34
243	218	DAVID VIDAL GARCIA	TRI OURENSE	197	0:37:43	04:53	327	2:48:21	32.08	02:02	133	1:30:32	5:03:29	1:03:54
244	45	JOSÉ DAPENA ORTIZ	CT TRICULPELAT FISIOMAR A	247	0:38:54	04:04	342	2:49:27	31.87	01:57	119	1:29:17	5:03:35	1:03:59
245	195	JESUS VILLAR QUINTIANA	Independiente	355	0:43:53	03:34	200	2:34:44	34.9	01:23	242	1:40:40	5:04:12	1:04:36
246	86	ANGEL ARREDONDAS PIQUERO	INDEPENDIENTE									13:14:24	5:04:13	1:04:38
247	323	JOSÉ GERARDO SANTÍN RÍOS	INDEPENDIENTE	356	0:43:57	02:45	214	2:36:34	34.49	01:49	224	1:39:12	5:04:15	1:04:39
248	393	CARLOS FERNANDEZ EXPOSITO	A.D. FOGAR	274	0:39:55	02:45	251	2:39:50	33.79	01:32	244	1:40:41	5:04:41	1:05:05
249	308	PABLO PÉREZ VÁZQUEZ	NOSPORTLIMIT- TREK GALICI	189	0:37:33	04:17	241	2:38:34	34.06	02:26	255	1:41:53	5:04:42	1:05:06
250	337	MANUEL MONCLUS MARCELLÁN	G.E.S. ESCAPADA	136	0:35:44	03:19	259	2:40:41	33.61	02:43	259	1:42:23	5:04:48	1:05:12
251	157	JESUS DARRIBA FERRADAS	Club Triatlón Mar de Vigo	235	0:38:38	03:50	225	2:37:06	34.38	01:43	272	1:43:51	5:05:05	1:05:29
252	328	IGNACIO LINARES CALAZA	X3M MAJADAHONDA	339	0:43:11	03:18	146	2:29:03	36.23	02:06	312	1:47:56	5:05:33	1:05:57
253	295	JOSE HIGINIO PORTALS CAAMAÑO	INDEPENDIENTE	300	0:40:57	03:16	286	2:43:46	32.98	01:37	196	1:36:26	5:06:00	1:06:24
254	283	OSCAR BARALLOBRE EIROA	TRIATLON MOTOBIKE PONTEV	228	0:38:28	02:36	192	2:33:43	35.13	01:30	333	1:50:14	5:06:29	1:06:53
255	232	ALBERTO IGLESIAS BARROS	INDEPENDIENTE	389	0:49:28	03:16	183	2:32:57	35.31	01:15	230	1:39:40	5:06:33	1:06:57
256	354	SANTIAGO PALACIO FERNANDEZ	INDEPENDIENTE	272	0:39:48	04:28	354	2:51:14	31.54	02:55	108	1:28:32	5:06:56	1:07:20
257	473	ARTURO GONZÁLEZ MCDOWEL	X3M MAJADAHONDA	101	0:34:54	03:07	233	2:37:33	34.28	02:15	329	1:49:44	5:07:32	1:07:56
258	253	DANIEL LÓPEZ RODRÍGUEZ	X3M MAJADAHONDA	328	0:42:36	04:10	218	2:36:42	34.46	02:11	256	1:41:55	5:07:32	1:07:56
259	82	RAUL ALCOECER IBÁÑEZ	INDEPENDIENTE	392	0:49:38	07:38	234	2:37:53	34.2	02:30	125	1:30:01	5:07:38	1:08:02
260	72	MICHAEL CARRO NOYA	INDEPENDIENTE	32	0:32:00	02:55	164	2:30:32	35.88	02:20	369	1:59:54	5:07:38	1:08:02
261	159	RAFAEL RAMOS FOJÓN	TRIATLÓN FERROL	315	0:42:00	05:29	253	2:40:12	33.71	03:09	203	1:37:04	5:07:53	1:08:17
262	415	JUAN ALBERTO OTERO ARAUJO	INDEPENDIENTE	22	0:31:01	05:09	307	2:46:11	32.49	03:04	266	1:42:50	5:08:13	1:08:37
263	103	DANIEL ROSENDO MOREIRA	INDEPENDIENTE	220	0:38:14	05:27	187	2:33:18	35.23	02:14	325	1:49:19	5:08:30	1:08:54
264	223	JAVIER MARTIN ALVAREZ	C TRIATLON PITORRA QUINTA	279	0:40:03	03:41	244	2:38:54	33.98	01:55	280	1:44:40	5:09:13	1:09:37
265	41	ILDEFONSO DÍAZ GONZÁLEZ	INDEPENDIENTE	286	0:40:15	04:08	338	2:49:17	31.9	01:37	170	1:33:57	5:09:13	1:09:37
266	156	CARLOS GARCIA SALGADO	CLUB TRIATLON CORUÑA	57	0:32:54	04:43	298	2:45:17	32.67	01:50	283	1:44:48	5:09:31	1:09:55
267	407	JOSE LUIS VAZQUEZ MEIJIDE	WILD WOLF CIDADE DE LUGO	144	0:36:01	04:08	300	2:45:36	32.61	01:18	262	1:42:35	5:09:35	1:09:59
268	453	FERNANDO ABREU FERNANDEZ	INDEPENDIENTE	306	0:41:27	03:37	353	2:51:12	31.54	01:57	146	1:31:29	5:09:40	1:10:04
269	395	FRANCISCO JOSÉ FERRER VIDAL	INDEPENDIENTE	259	0:39:11	03:12	341	2:49:26	31.87	02:12	190	1:36:10	5:10:09	1:10:33
270	394	RAMIRO EDER FERNANDEZ PEREZ	INDEPENDIENTE	78	0:33:50	04:23	301	2:45:43	32.59	01:44	279	1:44:32	5:10:10	1:10:35
271	293	PEDRO GARCIA FERNANDEZ	CLUB RIOJA TRIATLON	38	0:32:27	03:50	292	2:44:22	32.86	02:36	305	1:47:02	5:10:15	1:10:39
272	120	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	338	0:43:08	03:55	264	2:41:07	33.52	01:32	245	1:40:51	5:10:30	1:10:54
273	370	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	214	0:38:05	03:28	276	2:42:34	33.22	01:31	286	1:44:56	5:10:33	1:10:57
274	317	LUIS BALDÓ MACÍA	A.D. FOGAR	202	0:37:50	03:03	275	2:42:19	33.27	02:14	291	1:45:23	5:10:47	1:11:12
275	470	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	104	0:34:57	03:06	319	2:47:43	32.2	02:36	263	1:42:39	5:11:00	1:11:24
276	374	ALEJANDRO BATAN FERNANDEZ	INDEPENDIENTE	294	0:40:40	04:44	195	2:34:17	35	02:49	318	1:48:37	5:11:05	1:11:29
277	175	SALVADOR IZQUIERDO SALGUEIRO	CLUB TRIATLON MAR DE VIGO	213	0:38:05	03:37	274	2:42:11	33.3	01:27	298	1:45:52	5:11:10	1:11:34
278	429	STEPHAN JEANDON	NOSPORTLIMIT-TREK GALICIA	357	0:44:00	04:11	257	2:40:38	33.62	02:01	239	1:40:28	5:11:15	1:11:39
279	33	CARLOS BARREIRO ALVAREZ	INDEPENDIENTE	76	0:33:45	04:19	250	2:39:47	33.8	02:00	342	1:51:36	5:11:26	1:11:50
280	43	JAVIER VILA PORTO	INDEPENDIENTE	196	0:37:42	04:59	254	2:40:14	33.7	01:50	303	1:46:47	5:11:31	1:11:55
281	416	FRANCISCO TIELAS TATO	CLUB TRIATLON MAR DE VIGO	309	0:41:37	03:19	328	2:48:41	32.01	02:13	188	1:36:02	5:11:51	1:12:15
282	347	HECTOR ALBERTO LISTA	CLUB TRIATLON CORUÑA	128	0:35:30	04:21	255	2:40:16	33.7	02:42	326	1:49:20	5:12:07	1:12:31
283	161	PABLO BANCIELLA ALVARO	INDEPENDIENTE	304	0:41:26	06:01	336	2:49:07	31.93	04:02	152	1:32:04	5:12:37	1:13:01
284	225	DAVID FERREIRA LAREDO	CLUB TRIATLON MAR DE VIGO	397	0:51:08	04:05	271	2:41:51	33.37	02:56	159	1:32:46	5:12:44	1:13:09
285	472	JUAN-CARLOS FEAL RIVERA	INDEPENDIENTE	379	0:47:11	03:17	280	2:42:57	33.14	02:40	198	1:36:42	5:12:45	1:13:09
286	479	MANUEL VALES BAHAMONDE	INDEPENDIENTE	187	0:37:31	03:33	249	2:39:46	33.8	02:02	332	1:50:05	5:12:55	1:13:19
287	122	CESAR GARCIA NAVAL	TRI OURENSE	350	0:43:38	03:36	288	2:43:55	32.94	01:18	252	1:41:11	5:13:37	1:14:01
288	213	CARLOS CASÁS FERNÁNDEZ	INDEPENDIENTE	354	0:43:50	03:46	198	2:34:40	34.92	02:31	323	1:49:10	5:13:55	1:14:19
289	32	JUAN PEDRO MARTÍNEZ RIVERA	INDEPENDIENTE	240	0:38:46	05:40	322	2:48:00	32.15	02:09	227	1:39:24	5:13:57	1:14:22
290	71	PABLO FRANCO YAÑEZ	INDEPENDIENTE	351	0:43:42	04:21	339	2:49:17	31.9	02:12	180	1:34:52	5:14:22	1:14:46
291	362	JUAN GONZALEZ BARRAJON	INDEPENDIENTE	193	0:37:36	04:07	284	2:43:35	33.01	02:34	304	1:46:48	5:14:38	1:15:02
292	400	SANTIAGO FIGUEIRAS GARCIA	BEARIZ TRIATLON	163	0:36:33	03:13	285	2:43:44	32.98	02:28	320	1:48:44	5:14:40	1:15:04
293	169	JESUS FERNANDEZ RICO	WILD WOLF CIDADE DE LUGO	262	0:39:20	03:50	380	2:58:48	30.2	02:02	138	1:31:00	5:14:59	1:15:23
294	465	FERNANDO RASCADO DEL PRADO	CLUB TRIATLON MAR DE VIGO	305	0:41:26	03:36	333	2:49:02	31.95	01:45	226	1:39:16	5:15:04	1:15:28
295	397	ROBERTO TOME MARCOTE	NOSPORTLIMIT-TREK GALICIA	183	0:37:14	03:54	266	2:41:24	33.46	01:48	337	1:50:52	5:15:10	1:15:34
296	481	BENITO FERNANDEZ FERNANDEZ	INDEPENDIENTE	195	0:37:42	03:32	309	2:46:40	32.4	01:53	294	1:45:29	5:15:13	1:15:37
297	116	CARLOS DE LUIS GONZALEZ	LEGIOTRI	313	0:41:57	04:15	289	2:44:10	32.89	01:33	276	1:43:59	5:15:53	1:16:17
298	262	ABEL IGLESIAS FUERTES	TRI OURENSE	149	0:36:12	03:35	273	2:42:09	33.3	02:21	343	1:51:47	5:16:04	1:16:28
299	165	FELIPE IGLESIAS DE LA TORRE	TRI OURENSE	223	0:38:19	03:41	287	2:43:47	32.97	02:01	314	1:48:18	5:16:04	1:16:28
300	318	CARLOS RABADÁN CARRERO	FITNESS SPORT TRIATLON	167	0:36:41	04:44	308	2:46:35	32.42	03:20	284	1:44:49	5:16:07	1:16:31
301	154	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICIA	317	0:42:10	05:01	270	2:41:39	33.41	01:55	295	1:45:38	5:16:21	1:16:45

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
302	418	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIGO	251	0:39:02	03:31	208	2:35:31	34.72	01:36	359	1:56:49	5:16:27	1:16:51
303	200	ALFREDO FERREIRO DEAÑO	BEARIZ TRIATLON	273	0:39:52	03:36	358	2:52:01	31.39	01:23	243	1:40:41	5:17:31	1:17:55
304	117	ROBERTO DOMINGUEZ JUAREZ	independiente	204	0:37:52	05:25	340	2:49:25	31.88	02:39	260	1:42:30	5:17:49	1:18:14
305	47	RUBÉN PARDO ÁLVAREZ	INDEPENDIENTE	336	0:43:02	04:32	305	2:45:47	32.57	02:06	261	1:42:33	5:17:59	1:18:23
306	196	JERÓNIMO HERNÁNDEZ	independiente	150	0:36:14	04:30	355	2:51:19	31.52	02:46	270	1:43:14	5:18:01	1:18:25
307	382	JOSÉ MARIA EIROA FEAL	INDEPENDIENTE	299	0:40:47	04:45	295	2:44:59	32.73	02:07	292	1:45:26	5:18:03	1:18:27
308	34	SANTIAGO GONZÁLEZ RODRÍGUEZ	INDEPENDIENTE	194	0:37:38	03:06	127	2:27:34	36.59	02:03	391	2:07:52	5:18:13	1:18:37
309	38	ADRIAN SANCHEZ BALADO	INDEPENDIENTE	295	0:40:41	06:27	334	2:49:03	31.95	02:05	235	1:40:12	5:18:26	1:18:50
310	446	XOAN ANTON PEON VALLE	TRIATLON MOTOTBIKE PONTEV	161	0:36:30	04:37	314	2:47:18	32.28	01:47	316	1:48:23	5:18:33	1:18:57
311	345	MANUEL MONASTERIO PACHECO	TRIONIX	181	0:37:06	03:25	311	2:46:52	32.36	03:04	315	1:48:21	5:18:46	1:19:10
312	281	SANTIAGO TRIÑANES SÁNCHEZ	INDEPENDIENTE	256	0:39:07	05:10	237	2:37:54	34.2	03:35	349	1:54:15	5:20:00	1:20:24
313	404	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIGO	341	0:43:14	03:36	344	2:49:39	31.83	02:07	254	1:41:28	5:20:02	1:20:27
314	245	ANTÓN LOPEZ-LEITÓN VEIGA	ROQSPORT.COM-SAN ROQUE								13:30:21	5:20:10	1:20:35	
315	385	SANTIAGO MESEGUER LUACES	INDEPENDIENTE	140	0:35:55	04:54	346	2:49:44	31.82	01:57	313	1:48:12	5:20:40	1:21:04
316	487	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIGO	230	0:38:30	03:00	323	2:48:01	32.14	01:34	328	1:49:37	5:20:40	1:21:04
317	288	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	168	0:36:47	04:27	357	2:51:32	31.48	02:31	293	1:45:28	5:20:43	1:21:07
318	336	PABLO DUQUE ECHEVARRÍA	TENJOY TEAM	66	0:33:17	03:56	235	2:37:53	34.2	03:16	381	2:02:54	5:21:14	1:21:38
319	87	LUIS JAVIER ARENAS DOMINGO	INDEPENDIENTE	203	0:37:51	05:03	352	2:50:58	31.59	02:32	287	1:44:59	5:21:22	1:21:46
320	80	HÉCTOR LORENZO VALLE	INDEPENDIENTE	394	0:49:51	04:29	324	2:48:05	32.13	02:11	201	1:37:02	5:21:36	1:22:00
321	383	ADRIANU GOUVEIA	PORTO RUNNERS	212	0:38:01	03:56	366	2:54:01	31.03	01:51	274	1:43:56	5:21:43	1:22:07
322	37	DARÍO GERPE MEIRÁS	INDEPENDIENTE	385	0:48:09	05:28	282	2:43:07	33.11	04:50	248	1:41:06	5:22:38	1:23:02
323	304	CARDOSO RENATO	PORTO RUNNERS	263	0:39:22	03:31	369	2:54:30	30.95	02:39	268	1:42:57	5:22:57	1:23:21
324	73	FRANCISCO JAVIER FERRERAS RO	NOSPORTLIMIT-TREK GALICIA	208	0:37:56	04:12	304	2:45:46	32.58	01:40	348	1:53:29	5:23:02	1:23:26
325	266	ARTURO ANTÓN CASADO	INDEPENDIENTE	360	0:44:32	03:05	345	2:49:42	31.82	01:53	275	1:43:58	5:23:09	1:23:33
326	256	DAVID ALVAREZ GONZALEZ	Triatlon Lugones	402	0:54:01	02:23	296	2:45:04	32.72	02:07	229	1:39:38	5:23:10	1:23:34
327	291	CARLOS SANTOS MARTINEZ	INDEPENDIENTE	319	0:42:13	06:08	303	2:45:45	32.58	03:58	300	1:45:59	5:24:01	1:24:25
328	91	FRANCISCO ÁLVAREZ VÁZQUEZ	INDEPENDIENTE	298	0:40:45	07:24	330	2:48:45	32	04:03	271	1:43:25	5:24:19	1:24:43
329	210	MIGUEL ÁNGEL CASADO NISTAL	INDEPENDIENTE	348	0:43:30	03:54	348	2:50:01	31.76	02:15	289	1:45:03	5:24:41	1:25:05
330	285	VICTOR DIAZ PAZ	INDEPENDIENTE	380	0:47:17	03:15	283	2:43:31	33.02	02:59	319	1:48:38	5:25:38	1:26:02
331	450	FEDERICO PORTO ARIAS	CLUB TRIATLON CORUÑA	224	0:38:23	03:03	370	2:54:34	30.93	01:18	317	1:48:37	5:25:53	1:26:17
332	484	GUILLERMO DIEZ FERNANDEZ	INDEPENDIENTE	329	0:42:47	03:33	356	2:51:29	31.49	01:48	301	1:46:26	5:26:01	1:26:26
333	443	JOSÉ RAMÓN GARCÍA VÁZQUEZ	MARLINS TRIATLON	242	0:38:47	04:29	372	2:54:52	30.88	02:24	297	1:45:51	5:26:21	1:26:45
334	39	JOSÉ MANUEL VICENTE DOS SANT	INDEPENDIENTE	344	0:43:18	05:33	291	2:44:17	32.87	02:52	335	1:50:40	5:26:38	1:27:03
335	274	MARCOS CARRERA TÁBOAS	INDEPENDIENTE	374	0:46:01	04:39	199	2:34:40	34.91	02:02	367	1:59:24	5:26:45	1:27:09
336	298	JAVIER YEBRIN	INDEPENDIENTE	244	0:38:49	06:02	329	2:48:43	32.01	02:41	336	1:50:49	5:27:01	1:27:26
337	486	JUAN BARRERAS GARCIA REBORE	CLUB TRIATLON MAR DE VIGO	386	0:48:37	03:39	351	2:50:55	31.6	01:37	258	1:42:17	5:27:04	1:27:28
338	143	EMILIO RUIZ LAGO	INDEPENDIENTE	375	0:46:04	03:53	316	2:47:36	32.22	01:56	308	1:47:41	5:27:08	1:27:32
339	174	MIGUEL CRUCES MOLINA	INDEPENDIENTE	288	0:40:24	07:17	361	2:52:49	31.25	02:27	282	1:44:42	5:27:37	1:28:01
340	230	JOSE BRIONES DE MIGUEL	INDEPENDIENTE	289	0:40:24	07:20	362	2:52:51	31.24	02:22	281	1:44:41	5:27:37	1:28:01
341	464	LUIS PUGA LANDIN	independiente	388	0:49:19	05:38	242	2:38:43	34.02	02:35	341	1:51:28	5:27:41	1:28:05
342	492	LUIS ARENAS VILLARROEL	INDEPENDIENTE	200	0:37:49	06:57	337	2:49:08	31.93	04:52	324	1:49:17	5:28:01	1:28:26
343	340	JAVIER SAAVEDRA SANTIAGO	TRIATLON MOTOTBIKE PONTEV	268	0:39:33	03:42	325	2:48:19	32.09	01:41	358	1:55:51	5:29:04	1:29:28
344	104	RICARDO MÉNDEZ FERREIRA	INDEPENDIENTE	366	0:44:48	05:16	313	2:47:16	32.28	02:08	334	1:50:23	5:29:50	1:30:15
345	222	JORGE CASAL ANTÓN	INDEPENDIENTE	349	0:43:32	06:29	317	2:47:38	32.21	02:25	331	1:49:54	5:29:57	1:30:21
346	338	CARLOS LODEIRO LOPEZ	INDEPENDIENTE	174	0:36:54	03:24	247	2:39:41	33.82	02:07	394	2:09:28	5:31:33	1:31:57
347	191	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIGO	312	0:41:56	04:53	312	2:47:09	32.31	02:43	353	1:54:56	5:31:35	1:32:00
348	384	JOSE CARLOS MONTENEGRO ZURIT	INDEPENDIENTE	310	0:41:44	03:17	243	2:38:51	34	01:51	387	2:05:55	5:31:36	1:32:00
349	412	CARLOS VALES PORTO	INDEPENDIENTE	269	0:39:41	04:34	368	2:54:20	30.98	02:43	340	1:51:23	5:32:37	1:33:02
350	419	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA	229	0:38:29	03:05	349	2:50:20	31.7	02:44	365	1:58:48	5:33:25	1:33:49
351	233	RUBÉN GARRIDO RIVERO	INDEPENDIENTE	320	0:42:24	06:34	332	2:49:00	31.95	02:50	347	1:53:02	5:33:48	1:34:12
352	490	EVARISTO GONZÁLEZ FERNÁNDEZ	INDEPENDIENTE	184	0:37:21	05:25	387	3:01:45	29.71	03:44	299	1:45:57	5:34:11	1:34:35
353	420	JOSE ALBERTO DELGADO PASTRA	WILD WOLF CIDADE DE LUGO	334	0:42:54	04:11	376	2:58:08	30.32	02:08	306	1:47:07	5:34:27	1:34:51
354	460	JAVIER RODRIGUEZ MEIRAMA	INDEPENDIENTE	367	0:44:50	05:06	315	2:47:21	32.27	02:17	354	1:55:16	5:34:48	1:35:12
355	36	RODRIGO LOURIDO RODRÍGUEZ	TRIATLÓN MAR DE VIGO	343	0:43:17	05:46	367	2:54:13	31	02:11	327	1:49:27	5:34:54	1:35:18
356	441	JESUS ROBRES ZARDOYA	INDEPENDIENTE	115	0:35:13	04:30	363	2:52:55	31.23	02:41	370	1:59:59	5:35:16	1:35:41
357	170	CARLOS BELTRÁN CARRIÓN	INDEPENDIENTE	335	0:43:00	05:27	331	2:48:51	31.98	03:29	355	1:55:28	5:36:12	1:36:36
358	160	EDUARDO DEL CAMPO CAMPOS	INDEPENDIENTE	393	0:49:46	06:24	279	2:42:53	33.15	01:53	357	1:55:32	5:36:26	1:36:51
359	489	ANTONIO PARDO LOPEZ	NOSPORTLIMIT-TREK GALICIA	265	0:39:26	03:09	302	2:45:45	32.58	01:48	389	2:06:26	5:36:32	1:36:56
360	290	IGNACIO SANZ RODRÍGUEZ	INDEPENDIENTE	359	0:44:26	03:56	389	3:04:37	29.25	03:32	234	1:40:11	5:36:41	1:37:05
361	312	NICOLÁS VÁZQUEZ DE PARGA BENÍ	INDEPENDIENTE	370	0:45:16	05:38	374	2:56:14	30.64	02:25	310	1:47:43	5:37:14	1:37:38
362	459	MIGUEL LÓPEZ ARIAS	CLUB TRIATLON CORUÑA	410	1:00:15	05:19	232	2:37:24	34.31	03:31	339	1:51:10	5:37:36	1:38:00
363	89	JESÚS HERNÁNDEZ CRESPO	INDEPENDIENTE	277	0:40:01	04:48	350	2:50:37	31.65	02:38	371	2:00:01	5:38:03	1:38:27
364	356	ÁLVARO BARROS ARAÚJO	INDEPENDIENTE	358	0:44:09	06:56	375	2:56:29	30.6	03:13	307	1:47:25	5:38:09	1:38:33
365	197	JAVIER MAGDALENA VERA	INDEPENDIENTE	383	0:47:20	04:41	272	2:42:04	33.32	02:44	376	2:02:22	5:39:11	1:39:35
366	451	JOSÉ IGNACIO DONNAY FERRO	INDEPENDIENTE	129	0:35:31	03:30	373	2:55:18	30.81	02:05	379	2:02:49	5:39:11	1:39:35

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
367	436	ALFREDO FENOLLERA CAAMAÑO	BIKESTRADA TRIATLON	307	0:41:28	04:34	320	2:47:44	32.2	02:12	383	2:03:26	5:39:21	1:39:45
368	227	PATRICIO FARIAS FORNEIRO	WILD WOLF CIDADE DE LUGO	404	0:55:47	02:43	378	2:58:27	30.26	02:28	236	1:40:16	5:39:39	1:40:03
369	95	JOSE LUIS GONZALEZ TEMPRANO	NOSPORTLIMIT-TREK GALICIA	373	0:46:01	03:09	385	3:00:24	29.93	01:38	322	1:48:52	5:40:03	1:40:27
370	491	FELIX SANCHEZ ALONSO	INDEPENDIENTE	391	0:49:36	06:13	310	2:46:51	32.37	02:16	356	1:55:31	5:40:24	1:40:48
371	74	CELSO ALONSO GONZÁLEZ	INDEPENDIENTE	287	0:40:16	06:21	360	2:52:18	31.34	04:13	363	1:57:55	5:41:02	1:41:27
372	51	MIGUEL ALVAREZ GARRIDO	TRI OURENSE	199	0:37:47	03:47	364	2:53:19	31.16	01:43	386	2:05:43	5:42:18	1:42:42
373	478	JOSE ANTONIO FORMOSO GONZAL	INDEPENDIENTE	352	0:43:44	08:28	398	3:12:42	28.02	02:45	182	1:35:11	5:42:48	1:43:12
374	153	JOSÉ MANUEL GUILLAMÓN MARÍN	INDEPENDIENTE	371	0:45:37	04:44	277	2:42:36	33.21	02:17	392	2:08:34	5:43:47	1:44:11
375	49	DAVID MARTINEZ GRAÑA	INDEPENDIENTE	285	0:40:15	08:10	318	2:47:39	32.21	06:22	377	2:02:35	5:44:58	1:45:23
376	106	FERNANDO IGLESIAS PÉREZ	INDEPENDIENTE	324	0:42:31	05:22	347	2:49:54	31.78	06:24	374	2:01:10	5:45:18	1:45:42
377	252	DAVID VIEITO AMOR	INDEPENDIENTE	369	0:45:02	05:24	388	3:04:15	29.31	03:17	309	1:47:42	5:45:38	1:46:02
378	496	MANUEL MARTINEZ RODRIGUEZ	INDEPENDIENTE	311	0:41:52	05:22	386	3:01:04	29.82	02:45	362	1:57:52	5:48:53	1:49:17
379	70	DIEGO PEREZ PARDO	independiente	301	0:41:02	05:41	392	3:05:51	29.06	02:04	352	1:54:37	5:49:13	1:49:37
380	369	ANGEL VATICÓN SALAMANCA	LEGIOTRI	387	0:48:58	06:23	379	2:58:35	30.24	04:32	338	1:51:00	5:49:26	1:49:50
381	399	JOSÉ MENDUIÑA COSTA	INDEPENDIENTE	368	0:44:54	06:47	396	3:09:19	28.52	05:01	273	1:43:54	5:49:53	1:50:17
382	42	BRAIS COMESAÑA GONZÁLEZ	INDEPENDIENDENTE	353	0:43:44	04:50	359	2:52:02	31.39	01:39	393	2:08:35	5:50:47	1:51:12
383	444	JOSE MANUEL NAVARRO LORENZO	UNIVERSIDADE DE VIGO	346	0:43:23	03:59	382	2:59:00	30.17	04:20	372	2:00:13	5:50:53	1:51:17
384	372	GONZALO SIMÓ CARDALDA	CLUB TRIATLON MAR DE VIGO	400	0:53:37	05:53	365	2:53:43	31.09	02:14	360	1:57:17	5:52:44	1:53:08
385	77	FRANCISCO JOSÉ CORREDOIRA VÁ	INDEPENDIENTE	297	0:40:44	03:35	394	3:07:10	28.85	01:39	373	2:00:17	5:53:23	1:53:47
386	199	TITO RODRIGUEZ MARQUEZ	INDEPENDIENTE	179	0:37:05	05:35	390	3:04:38	29.25	02:52	382	2:03:22	5:53:31	1:53:55
387	494	JAVIER BELTRÁN MUÑOZ	INDEPENDIENTE	365	0:44:48	05:23	377	2:58:08	30.31	03:45	384	2:04:17	5:56:20	1:56:44
388	359	JULIO CESAR PEREZ VAZQUEZ	INDEPENDIENTE	278	0:40:02	07:16	381	2:58:52	30.19	03:07	390	2:07:25	5:56:39	1:57:04
389	327	CARLOS LOPEZ LUIS	WILD WOLF CIDADE DE LUGO	363	0:44:46	05:10	383	2:59:41	30.05	02:10	388	2:06:19	5:58:04	1:58:28
390	302	MIGUEL ÁNGEL NEGRAL FERNÁNDE	T MURALLA DE LUGO	407	0:56:17	04:27	371	2:54:51	30.89	04:16	366	1:59:21	5:59:10	1:59:34
391	118	PABLO GONZÁLEZ FRUTOS	INDEPENDIENTE	384	0:47:47	05:12	404	3:18:16	27.24	06:03	257	1:41:58	5:59:14	1:59:38
392	69	SANTIAGO MARTINEZ ONGAY	INDEPENDIENTE	376	0:46:56	03:53	401	3:13:57	27.84	03:03	345	1:52:12	5:59:59	2:00:23
393	94	SANTIAGO RUEDA RODRÍGUEZ-VILA	INDEPENDIENTE	372	0:45:55	09:07	393	3:06:02	29.03	06:27	350	1:54:23	6:01:52	2:02:16
394	469	NICANOR GONZÁLEZ FERNÁNDEZ	INDEPENDIENTE	255	0:39:07	06:22	403	3:15:44	27.59	01:27	378	2:02:36	6:05:14	2:05:38
395	123	JUAN RODRÍGUEZ DOMÍNGUEZ	INDEPENDIENTE	395	0:50:21	05:26	402	3:14:05	27.82	03:40	344	1:51:57	6:05:28	2:05:52
396	100	GONZALO GARCÍA SÁNCHEZ-LAULH	INDEPENDIENTE	405	0:55:58	06:12	395	3:08:52	28.59	03:15	351	1:54:34	6:08:48	2:09:13
397	424	DIEGO VALCARCE BEHAGUE	INDEPENDIENTE	325	0:42:33	04:40	391	3:04:50	29.22	01:56	396	2:15:29	6:09:27	2:09:52
398	132	NICOLÁS DÍAZ CID	CLUB TRIATLON MAR DE VIGO	378	0:47:03	05:32	399	3:12:58	27.98	02:51	375	2:02:21	6:10:44	2:11:08
399	88	MANUEL DA SILVA MARTÍNEZ	INDEPENDIENTE	390	0:49:29	04:28	397	3:12:14	28.09	02:25	385	2:04:46	6:13:21	2:13:45
400	368	YAGO ALVARADO GONZÁLEZ	INDEPENDIENTE	347	0:43:25	09:23	405	3:19:07	27.12	03:31	364	1:58:07	6:13:31	2:13:55
401	440	JUAN LUIS LIMORTE URRUTIA	NOSPORTLIMIT-TREK GALICIA	408	0:56:53	05:03	335	2:49:03	31.94	02:42	398	2:28:15	6:21:53	2:22:17
402	410	JOSE PEREIRA GATO BONITO	WIKABOO	406	0:56:05	05:54	384	2:59:58	30.01	04:32	397	2:16:59	6:23:26	2:23:50
403	342	JOSÉ LUIS GÓMEZ CABALLERO	INDEPENDIENTE	361	0:44:34	08:13	408	3:26:47	26.12	04:27	368	1:59:27	6:23:27	2:23:51
404	431	RAMON MARTINEZ ONGAY	INDEPENDIENTE	411	1:03:03	05:24	400	3:13:11	27.95	03:12	380	2:02:54	6:27:42	2:28:06
405	310	ÓSCAR OTERO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	403	0:55:25	05:07	409	3:28:45	25.87	04:15	361	1:57:38	6:31:08	2:31:33
SD	488	MAXIMINO ALONSO DE LA CAMPA	CLUB TRIATLON MAR DE VIGO	NO PARAR AEROS PENALIZACION						01:27			4:46:00	0:46:24
NF	300	PABLO YÁÑEZ VEGA	INDEPENDIENTE	154	0:36:21	04:07	30	2:17:23	39.31	02:07				
NF	401	CELSO SUÁREZ FERNANDEZ	NOSPORTLIMIT-TREK GALICIA	291	0:40:30	02:43	144	2:28:52	36.27					
NF	367	JOSÉ ANTONIO RODRÍGUEZ BUTRA	INDEPENDIENTE	396	0:50:31	27:56	1	0:04:44	141.85					
NF	311	ENRIQUE TELLADO NOGUEIRA	INDEPENDIENTE	322	0:42:27	03:40	224	2:37:00	34.4	01:32				
NF	10	IVAN PEREIRA IGLESIAS	CLUB TRIATLON MAR DE VIGO	46	0:32:35	02:34	15	2:14:20	40.2	01:22				
NF	364	CARLOS PEREIRA MENOR	CLUB TRIATLÓN OURENSE	377	0:46:59	04:39								
NF	258	LUIS IGLESIAS CABALEIRO	INDEPENDIENTE	398	0:52:30	04:00	99	2:25:06	37.22	02:40				
NF	228	JUAN FRANCISCO FERNANDEZ MOL	CICLISMO TRIATLON MONTE A	10	0:29:15	01:59	2	2:10:38	41.34	01:29				
NF	9	JAVIER PEREZ BOUZA	TRIATLON FERROL	26	0:31:18	02:05	5	2:11:42	41.01	01:16				
NF	251	DIEGO CRUZ PENA	CLUB TRIATLON CORUÑA	102	0:34:57	03:03								
NF	278	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIGO	97	0:34:42	02:49	125	2:27:22	36.64	01:36				
NF	495	EDUARDO VIEIRA MONTENEGRO	CLUB TRIATLON MAR DE VIGO	409	0:57:21	05:40	407	3:25:50	26.24	06:01				
NP	434	MANUEL ANGUITA LÓPEZ	X3M MAJADAHONDA											
NP	462	SANTIAGO FERNANDEZ-MIRANDA T	NOSPORTLIMIT-TREK GALICIA											
NP	155	DIEGO LOPEZ SENIN	ARCADE INFORHOUSE SANTI											
NP	189	FERMÍN RIAÑO NUERO	X3M MAJADAHONDA											
NP	136	XAN XOSÉ SUAREZ VILELA	TRIATLON FERROL											
NP	449	JOSE CABADO CASTRO	INDEPENDIENTE											
NP	352	ROBERTO FARIÑA CHARLIN	INDEPENDIENTE											
NP	351	JOSE SAMBADE CARREIRA	INDEPENDIENTE											
NP	231	SERGIO OLIVEIRA BOGA	CLUB NATACION RIVEIRA											
NP	78	JOSÉ MARÍA GARCÍA GONZÁLEZ	Triatlón Lugones											
NP	105	JACOBO CREGO FERNANDEZ	INDEPENDIENTE											
NP	406	JOSE BENITO FRESCO LOPEZ	NOSPORTLIMIT-TREK GALICIA											
NP	286	JOSÉ DAVID VILA ABREU	CLUB ATLETISMO PORRIÑO											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	303	ROQUE VARELA DE LIMIA COMINGE	Independiente								
NP	306	PABLO FUENTES BERMÚDEZ	CLUB TRIATLON MAR DE VIGO								
NP	148	NICOLAS PICHEL CASTRO	A.D. FOGAR								
NP	257	XURXO COBELAS SOBRINO	WILD WOLF CIDADE DE LUGO								
NP	56	JOSE GARRIDO RODRÍGUEZ	TRIATLÓN GALAICO CIDADE D								
NP	92	ALVARO SANCHEZ PARAJA	INDEPENDIENTE								
NP	244	CÉSAR APARICIO	INDEPENDIENTE								
NP	243	SERGIO RODRÍGUEZ FERNÁNDEZ	INDEPENDIENTE								
NP	182	LUIS GARCIA LOPEZ	A.D. FOGAR								
NP	140	OSCAR REGALADO GARCÍA	CLUB NATACIÓN PAMPLONA								
NP	497	RAMÓN COUCE SEIJAS	INDEPENDIENTE								
NP	238	DIEGO ISASI VILA	TRIATLÓN FERROL								
NP	405	EMILIO J. FERREIRO HERVES	BIKESTRADA TRIATLON								
NP	168	YAGO GARCÍA-RODES MACÍAS	INDEPENDIENTE								
NP	379	ROBERTO GONZALEZ BLANCO	CLUB TRIATLON MAR DE VIGO								
NP	380	RAUL BOLDU TORO	INDEPENDIENTE								
NP	7	DAVID SENRA EIROA	NOSPORTLIMIT-TREK GALICIA								
NP	448	LUIS ANTONIO GONZÁLEZ FERNÁNDEZ	REAL CLUB NAUTICO DE VIGO								
NP	334	JORGE VELÁZQUEZ MORO	INDEPENDIENTE								
NP	333	PABLO ORDÓÑEZ MENÉNDEZ	Triatlón Lugones								
NP	63	MIGUEL CORTIZO BOULLOSA	CLUB TRIATLON MAR DE VIGO								
NP	46	JAIRO VILASBOAS CARBALLIDO	INDEPENDIENTE								
NP	315	JUAN ANTONIO SANJORGE GRAND	TRIATLON MOTOBIKE PONTEV								
NP	125	PABLO CASAS MORANTE	INDEPENDIENTE								
NP	435	CELSO LÓPEZ VÁZQUEZ	CLUB TRIATLON CORUÑA								
NP	349	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO								
NP	325	SANTIAGO BLANCO DÍAZ-MOREU	FITNESS SPORT TRIATLON								
NP	129	ABRAHAM RODRÍGUEZ GARCÍA	INDEPENDIENTE								
NP	468	JAVIER TABOADA PEDREIRA	NOSPORTLIMIT-TREK GALICIA								
NP	75	FERNANDO CAAMAÑO ÁLVAREZ	NOSPORTLIMIT-TREK GALICIA								
NP	452	JOSE FERRACES REGUEIRO	TRIATLON FERROL								
NP	282	GONZALO TRIÑANES SÁNCHEZ	INDEPENDIENTE								
NP	474	JOSE MANUEL FILGUEIRA ABILLEIR	INDEPENDIENTE								
NP	166	EDUARDO PARRA GARCÍA	INDEPENDIENTE								
NP	101	ROQUE OCA PERNAS	REAL CLUB NAUTICO DE VIGO								
NP	294	IGNACIO ANGELI	FITNESS SPORT TRIATLON								
NP	409	ROBERTO VIDAL REFOJOS	CLUB TRIATLON MAR DE VIGO								
NP	402	DANIEL LÁZARO MOYA	INDEPENDIENTE								
NP	485	ANTONIO UCHA DOMINGO	INDEPENDIENTE								
NP	226	MIGUEL ANGEL DÉVORA JIMENEZ	CLUB TRIATLON MAR DE VIGO								
NP	421	ANICETO FERNANDES DE CARBALL	INDEPENDIENTE								

TRIATLON MD DESAFIO ISLAS CIES

CLASIFICACIÓN GRUPOS DE IDADE

FEMININA

OFICIAIS		DATA	15/09/2013
Delegado Técnico	MONICA FLORES		
Xuíz Arbitro	JUAN LUIS BOTANA		
Responsable Oficiais	JUAN LUIS BOTANA		
COMITE DE APELACIÓN		HORA DE PUBLICACION	
MONICA FLORES - DT		15/09/2013	
SILVIA ALVAREZ - FEGATRI		14:55 Horas	
LORENA GARCIA - MAR DE VIGO		Inscritos	21
		Remataron	20
		Retirados	0
		Descalificados	0
		No presentados	1
Firma conformidade do Xuíz Arbitro			
Distancias			
Natación	1,9 Kms.	Ciclismo	90 Kms.
		Carreira	21 Kms.

*NF=Non finalizado;NP=Non presentado; SD=Descalificado

DE 20 A 24 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	14	IRIS SOTO BLANCO	OLÍMPICO DE VEDRA	13	0:42:55	02:51	9	2:43:52	32.96	01:45	16	2:01:54	5:33:16	1:19:47

DE 25 A 29 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	11	AIDA VALIÑO GÓMEZ	WILD WOLF CIDADE DE LUGO	1	0:26:11	01:57	1	2:17:13	39.36	01:07	1	1:27:03	4:13:30	
2	15	TATIANA DOMINGUEZ RODRI	TRIATLON MOTOBIKE PONTEVEDRA	2	0:29:49	02:04	4	2:37:21	34.32	01:21	5	1:38:12	4:48:46	0:35:17

DE 30 A 34 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	18	ROCIO PORTO ARIAS	TRIATLON MOTOBIKE PONTEVEDRA	15	0:44:16	03:41	11	2:46:31	32.43	01:51	3	1:33:35	5:09:52	0:56:23
2	20	MARINA GONZALEZ RODRIG	ARCADE INFORHOUSE SANTIAGO	18	0:44:56	02:07	2	2:30:59	35.77	01:26	11	1:52:04	5:11:31	0:58:02
3	21	ISABEL DEL BARRIO IZQUIER	X3M MAJADAHONDA	7	0:36:14	04:02	5	2:39:08	33.94	01:42	13	1:52:52	5:13:55	1:00:26
4	19	LAURA GARCIA GARRIDO	INDEPENDIENTE	6	0:36:10	06:28	10	2:46:09	32.5	06:18	7	1:42:59	5:18:02	1:04:33
5	17	ROCIO CUPEIRO COTO	CLUB EUROPEO DE TRIATLÓN	5	0:35:15	05:58	13	2:53:08	31.19	01:59	9	1:47:33	5:23:51	1:10:22
6	22	SANDRA GARCIA SANCHEZ	LEGIOTRI	19	0:47:49	05:20	14	2:54:23	30.97	03:03	14	1:53:37	5:44:09	1:30:40
7	16	CRISTINA CASAL GARRE	INDEPENDIENTE	14	0:44:07	05:22	20	3:14:34	27.76	02:07	17	2:04:24	6:10:31	1:57:02

DE 35 A 39 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	24	ALMUDENA VAZQUEZ FERNA	CLUB TRIATLON MAR DE VIGO	8	0:39:14	03:17	3	2:33:33	35.17	01:43	4	1:36:59	4:54:43	0:41:14
2	12	BLANCA LABANDEIRA FERN	CLUB TRIATLON MAR DE VIGO	3	0:31:38	03:47	7	2:40:40	33.61	01:23	6	1:40:02	4:57:27	0:43:58
3	13	LORENA GARCIA LAGO	CLUB TRIATLON MAR DE VIGO	4	0:33:36	02:47	6	2:40:16	33.69	01:24	12	1:52:22	5:10:23	0:56:54
4	26	ELENA BUJIA RODRIGUEZ	INDEPENDIENTE	12	0:42:21	04:54	18	3:11:39	28.18	03:21	8	1:43:07	5:45:19	1:31:50
5	25	SILVIA PÉREZ PIÑEIRO	CLUB TRIATLON MAR DE VIGO	9	0:40:29	05:00	12	2:52:30	31.31	03:59	18	2:06:00	5:47:56	1:34:27
6	27	TERESA HERNÁNDEZ	independiente	10	0:41:42	04:18	19	3:11:56	28.14	02:33	15	2:00:12	6:00:38	1:47:09
7	23	ALINE BOSCH MATIAS	CLUB TRIATLON MAR DE VIGO	11	0:42:10	03:15	16	3:06:32	28.95	02:16	19	2:09:29	6:03:41	1:50:11

DE 40 A 44 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	28	YOLANDA ESCARCEGA CAR	INDEPENDIENTE	16	0:44:19	04:17	15	3:03:40	29.4	02:56	10	1:50:26	5:45:36	1:32:07
2	30	PAULINA ANDREA MOSQUER	NOSPORTLIMIT-TREK GALICIA	17	0:44:20	03:37	17	3:08:20	28.67	01:55	20	2:27:21	6:25:32	2:12:03
NP	29	GUADALUPE RODRÍGUEZ FE	ENPHORMA TRIATLÓN											

DE 45 A 49 AÑOS FEMENINA


POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	31	Mª BELEN LEMAT CABRAL	WILD WOLF CIDADE DE LUGO FLUVI	20	0:48:45	03:25	8	2:41:24	33.46	01:25	2	1:33:11	5:08:09	0:54:39

TRIATLON MD DESAFIO ISLAS CIES

CLASIFICACIÓN GRUPOS DE IDADE

MASCULINA

OFICIAIS		DATA	15/09/2013
Delegado Técnico	MONICA FLORES	HORA DE PUBLICACION 16/09/2013 9:59 Horas	
xuiz Arbitro	JUAN LUIS BOTANA		
Responsable Oficiais	JUAN LUIS BOTANA		
COMITE DE APELACIÓN		Inscritos	472
MONICA FLORES - DT		Remataron	405
SILVIA ALVAREZ - FEGATRI		Retirados	12
LORENA GARCIA - MAR DE VIGO		Descalificados	1
		No presentados	54
Distancias			
Natación	1,9 Kms.	Ciclismo	90 Kms.
		Carreira	21 Kms.



Firma conformidade do
Xuiz Arbitro

*NF=Non finalizado;NP=Non presentado; SD=Descalificado

DE 17 A 19 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	35	MARCOS VÁZQUEZ ALONSO	NOSPORTLIMIT-TREK GALICIA	139	0:35:53	03:18	209	2:35:45	34.67	01:45	216	1:38:16	4:54:55	0:55:19
2	34	SANTIAGO GONZÁLEZ RODRÍ	INDEPENDIENTE	194	0:37:38	03:06	127	2:27:34	36.59	02:03	391	2:07:52	5:18:13	1:18:37

DE 20 A 24 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	40	EDUARDO PÉREZ CAJARAVI	NOSPORTLIMIT-TREK GALICIA	141	0:35:58	02:24	25	2:16:59	39.42	01:22	106	1:28:24	4:25:06	0:25:30
2	44	YAGO LEIRO CAMBES	TRIATLON MOTOBIKE PONTEVEDRA	55	0:32:51	02:09	138	2:28:38	36.33	01:13	52	1:23:30	4:28:19	0:28:43
3	41	ILDEFONSO DÍAZ GONZÁLEZ	INDEPENDIENTE	286	0:40:15	04:08	338	2:49:17	31.9	01:37	170	1:33:57	5:09:13	1:09:37
4	43	JAVIER VILA PORTO	INDEPENDIENTE	196	0:37:42	04:59	254	2:40:14	33.7	01:50	303	1:46:47	5:11:31	1:11:55
5	32	JUAN PEDRO MARTÍNEZ RIV	INDEPENDIENTE	240	0:38:46	05:40	322	2:48:00	32.15	02:09	227	1:39:24	5:13:57	1:14:22
6	38	ADRIAN SANCHEZ BALADO	INDEPENDIENTE	295	0:40:41	06:27	334	2:49:03	31.95	02:05	235	1:40:12	5:18:26	1:18:50
7	37	DARÍO GERPE MEIRÁS	INDEPENDIENTE	385	0:48:09	05:28	282	2:43:07	33.11	04:50	248	1:41:06	5:22:38	1:23:02
8	39	JOSÉ MANUEL VICENTE DOS	INDEPENDIENTE	344	0:43:18	05:33	291	2:44:17	32.87	02:52	335	1:50:40	5:26:38	1:27:03
9	36	RODRIGO LOURIDO RODRÍG	TRIATLÓN MAR DE VIGO	343	0:43:17	05:46	367	2:54:13	31	02:11	327	1:49:27	5:34:54	1:35:18
10	42	BRAIS COMESAÑA GONZÁLE	INDEPENDIENTE	353	0:43:44	04:50	359	2:52:02	31.39	01:39	393	2:08:35	5:50:47	1:51:12

DE 25 A 29 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	62	MIGUEL FIGUEIRA NUÑEZ	CLUB NATACION RIVEIRA	7	0:28:59	02:11	13	2:14:07	40.26	01:30	4	1:13:40	4:00:25	0:00:49
2	60	HÉLIO FERNANDES DE CARV	INDEPENDIENTE	14	0:29:49	02:53	36	2:18:12	39.08	01:55	113	1:28:57	4:21:45	0:22:10
3	65	DIEGO ABEIJON MARTINEZ	INDEPENDIENTE	2	0:26:46	02:26	111	2:26:20	36.9	01:21	74	1:25:46	4:22:37	0:23:01
4	76	JOSE COSTAL CAMIÑA	TRIATLON MOTOBIKE PONTEVEDRA	6	0:28:55	01:53	150	2:29:12	36.19	01:09	40	1:22:48	4:23:56	0:24:20
5	64	SANTIAGO FREIRE RODRÍGU	CLUB TRIATLON MAR DE VIGO	155	0:36:21	02:10	53	2:20:05	38.55	01:48	94	1:27:33	4:27:55	0:28:19
6	48	IÑAKI ALVAREZ LOSADA	NOSPORTLIMIT-TREK GALICIA	45	0:32:32	03:59	134	2:28:04	36.47	01:48	76	1:25:49	4:32:11	0:32:35
7	61	IAGO LAGO GONZALEZ	TRIATLON MOTOBIKE PONTEVEDRA	53	0:32:49	03:02	129	2:27:45	36.55	01:04	123	1:29:56	4:34:34	0:34:59
8	50	MARCOS GARCIA MAHIA	INDEPENDIENTE	93	0:34:36	03:31	174	2:31:45	35.59	01:21	58	1:24:11	4:35:22	0:35:46
9	53	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	88	0:34:13	03:15	173	2:31:44	35.59	02:00	110	1:28:44	4:39:54	0:40:18
10	58	IGNACIO ARENAS DOMINGO	INDEPENDIENTE	48	0:32:39	04:29	281	2:42:59	33.13	01:55	48	1:23:18	4:45:18	0:45:43
11	55	DIEGO PÉREZ SANTOS	NOSPORTLIMIT-TREK GALICIA	337	0:43:06	03:08	112	2:26:34	36.85	02:42	129	1:30:16	4:45:45	0:46:09
12	67	MIGUEL PÉREZ RAMOS	independiente	226	0:38:27	02:49	104	2:25:51	37.02	02:41	204	1:37:05	4:46:51	0:47:15
13	66	EDUARDO SAAVEDRA LAGA	INDEPENDIENTE	146	0:36:09	03:40	194	2:34:03	35.06	02:06	160	1:32:54	4:48:49	0:49:13
14	57	JOSÉ MIGUEL FERNÁNDEZ C	CLUB ATLETISMO PORRIÑO	276	0:40:00	02:47	117	2:26:50	36.78	01:38	232	1:39:46	4:50:59	0:51:23
15	54	FERMIN MUÑOZ SUAREZ	independiente	270	0:39:42	03:04	191	2:33:41	35.14	01:06	200	1:36:56	4:54:27	0:54:52
16	68	JUAN PEREZ MARTIN	independiente	206	0:37:54	03:25	190	2:33:28	35.19	01:28	220	1:38:55	4:55:08	0:55:32
17	79	JORGE TOMBO GONZALEZ	CLUB TRIATLON MAR DE VIGO	280	0:40:04	02:39	177	2:32:03	35.52	01:18	223	1:39:07	4:55:08	0:55:32
18	59	MIGUEL PEREZ GOMEZ	NOSPORTLIMIT-TREK GALICIA	74	0:33:41	03:53	229	2:37:20	34.33	02:12	215	1:38:08	4:55:12	0:55:36
19	52	IÑAKI VALCARCEL LOPEZ	INDEPENDIENTE	37	0:32:26	04:11	260	2:40:45	33.59	02:09	233	1:40:06	4:59:35	0:59:59
20	45	JOSÉ DAPENA ORTIZ	CT TRICULPELAT FISIOMAR ALAQU	247	0:38:54	04:04	342	2:49:27	31.87	01:57	119	1:29:17	5:03:35	1:03:59
21	72	MICHAEL CARRO NOYA	INDEPENDIENTE	32	0:32:00	02:55	164	2:30:32	35.88	02:20	369	1:59:54	5:07:38	1:08:02
22	71	PABLO FRANCO YAÑEZ	INDEPENDIENTE	351	0:43:42	04:21	339	2:49:17	31.9	02:12	180	1:34:52	5:14:22	1:14:46
23	47	RUBÉN PARDO ÁLVAREZ	INDEPENDIENTE	336	0:43:02	04:32	305	2:45:47	32.57	02:06	261	1:42:33	5:17:59	1:18:23

24	80	HÉCTOR LORENZO VALLE	INDEPENDIENTE	394	0:49:51	04:29	324	2:48:05	32.13	02:11	201	1:37:02	5:21:36	1:22:00
25	73	FRANCISCO JAVIER FERRER	NOSPORTLIMIT-TREK GALICIA	208	0:37:56	04:12	304	2:45:46	32.58	01:40	348	1:53:29	5:23:02	1:23:26
26	74	CELSO ALONSO GONZÁLEZ	INDEPENDIENTE	287	0:40:16	06:21	360	2:52:18	31.34	04:13	363	1:57:55	5:41:02	1:41:27
27	51	MIGUEL ALVAREZ GARRIDO	TRI OURENSE	199	0:37:47	03:47	364	2:53:19	31.16	01:43	386	2:05:43	5:42:18	1:42:42
28	49	DAVID MARTINEZ GRAÑA	INDEPENDIENTE	285	0:40:15	08:10	318	2:47:39	32.21	06:22	377	2:02:35	5:44:58	1:45:23
29	70	DIEGO PEREZ PARDO	independiente	301	0:41:02	05:41	392	3:05:51	29.06	02:04	352	1:54:37	5:49:13	1:49:37
30	77	FRANCISCO JOSÉ CORREDO	INDEPENDIENTE	297	0:40:44	03:35	394	3:07:10	28.85	01:39	373	2:00:17	5:53:23	1:53:47
31	69	SANTIAGO MARTINEZ ONGA	INDEPENDIENTE	376	0:46:56	03:53	401	3:13:57	27.84	03:03	345	1:52:12	5:59:59	2:00:23
NF	10	IVAN PEREIRA IGLESIAS	CLUB TRIATLON MAR DE VIGO	46	0:32:35	02:34	15	2:14:20	40.2	01:22				
NP	63	MIGUEL CORTIZO BOULLOS	CLUB TRIATLON MAR DE VIGO											
NP	75	FERNANDO CAAMAÑO ÁLVA	NOSPORTLIMIT-TREK GALICIA											
NP	56	JOSE GARRIDO RODRÍGUEZ	TRIATLÓN GALAICO CIDADE DE PO											
NP	78	JOSÉ MARÍA GARCÍA GONZÁ	Triatlón Lugones											
NP	46	JAIRO VILASBOAS CARBALLI	INDEPENDIENTE											
NP	7	DAVID SENRA EIROA	NOSPORTLIMIT-TREK GALICIA											

DE 30 A 34 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	1	JOSÉ ÁNGEL PENAS TALLÓN	TRIATLON FERROL	36	0:32:20	01:52	22	2:15:44	39.79	01:17	2	1:12:27	4:03:38	0:04:02
2	163	ALEXANDRE RODRIGUEZ PA	CLUB TRIATLON MORRAZO	11	0:29:24	01:45	14	2:14:08	40.26	01:38	19	1:19:47	4:06:41	0:07:05
3	6	ENRIQUE MORAN GONZALEZ	CLUB ATLETISMO PORRIÑO	158	0:36:27	02:09	4	2:11:18	41.13	01:22	7	1:16:22	4:07:37	0:08:01
4	138	FRANCISCO SOLIÑO PIÑEIRO	CLUB TRIATLÓN MORRAZO	20	0:30:54	02:31	23	2:16:27	39.57	01:10	23	1:20:42	4:11:43	0:12:07
5	146	PEDRO ESCOLANTE BILBAO	WILD WOLF CIDADE DE LUGO FLUVI	73	0:33:37	01:46	35	2:17:57	39.15	01:37	9	1:17:55	4:12:50	0:13:14
6	151	LUCAS ESCANEO MACIÑEIR	CLUB TRIATLON MORRAZO	3	0:28:38	02:03	19	2:15:04	39.98	01:10	96	1:27:39	4:14:33	0:14:57
7	165	PEDRO ALBERTO GINES BLA	CLUB DEPORTIVO PINARIUM	77	0:33:48	02:09	11	2:14:02	40.29	01:21	54	1:23:31	4:14:49	0:15:13
8	114	DAVID LANDEIRA CASTRO	INDEPENDIENTE	121	0:35:21	02:23	24	2:16:40	39.51	01:23	18	1:19:32	4:15:17	0:15:41
9	124	SERGIO GAMAZO FERNANDE	LINEA DE META	51	0:32:47	02:38	29	2:17:21	39.32	03:14	28	1:21:17	4:17:16	0:17:40
10	147	DANIEL PÉREZ LORENZO	CLUB TRIATLON MAR DE VIGO	117	0:35:16	03:43	45	2:19:17	38.77	01:27	10	1:18:01	4:17:42	0:18:06
11	134	HUGO PACHON MORENO	CLUB NATACION RIVEIRA									12:28:44	4:18:33	0:18:58
12	2	DANIEL FERNÁNDEZ CORVO	CLUB TRIATLON MORRAZO	132	0:35:38	03:06	62	2:21:23	38.2	01:18	8	1:17:37	4:19:00	0:19:24
13	150	JAVIER FERNANDEZ FERNAN	ROCK N ROLL TEAM	261	0:39:13	02:50	21	2:15:36	39.83	01:31	27	1:20:56	4:20:04	0:20:28
14	81	BRAIS RODRIGUEZ SANCHE	WILD WOLF CIDADE DE LUGO FLUVI	8	0:29:09	02:36	44	2:19:09	38.81	01:54	118	1:29:16	4:22:01	0:22:25
15	149	ADÁN NAVARRO GRANDA	CASTRILLÓN TRIATLÓN	71	0:33:30	02:37	66	2:21:44	38.1	01:53	53	1:23:31	4:23:13	0:23:37
16	167	FRANCISCO JOSÉ GUILLÁN	CLUB NATACION RIVEIRA	17	0:30:29	01:58	69	2:21:58	38.04	01:36	95	1:27:39	4:23:38	0:24:02
17	142	DAVID TEJEDOR HIDALGO	MOLPESA UNIVEST TRIATHLON TEA	95	0:34:39	02:55	50	2:20:01	38.57	01:24	67	1:25:07	4:24:04	0:24:28
18	185	PABLO GONZÁLEZ FERNÁND	NOSPORTLIMIT-TREK GALICIA	169	0:36:47	03:51	57	2:20:45	38.37			12:34:45	4:24:34	0:24:58
19	102	DANIEL PIÑEIRO SANTOS	INDEPENDIENTE	75	0:33:42	03:47	106	2:25:56	37.01	02:28	13	1:18:55	4:24:47	0:25:11
20	171	BASILIO SEIJAS FRANCO	TRIATLON FERROL	60	0:33:04	02:33	120	2:27:06	36.71	01:02	44	1:23:03	4:26:48	0:27:12
21	109	RUBEN QUEIRUGA MELLA	A.D. FOGAR	62	0:33:06	02:35	52	2:20:04	38.56	02:24	116	1:29:06	4:27:12	0:27:36
22	96	DIEGO PEREIRO ALONSO	CLUB ATLETISMO PORRIÑO	64	0:33:16	02:10	152	2:29:30	36.12	01:42	25	1:20:47	4:27:24	0:27:48
23	164	JACOBO PEREZ CALVO	TRIATLON FERROL	201	0:37:49	02:13	76	2:22:32	37.89	01:18	64	1:24:45	4:28:36	0:29:00
24	93	RAMON DIAZ LEON	INDEPENDIENTE	210	0:37:58	05:01	63	2:21:29	38.17	02:07	43	1:22:58	4:29:30	0:29:54
25	173	AGUSTIN SOUSA GONZÁLEZ	NOSPORTLIMIT-TREK GALICIA	138	0:35:50	02:43	27	2:17:03	39.4	01:39	171	1:33:58	4:31:11	0:31:35
26	113	JUAN CARLOS CANDAL DE L	NOSPORTLIMIT-TREK GALICIA	327	0:42:35	02:41	40	2:18:45	38.92	01:44	107	1:28:27	4:34:09	0:34:33
27	135	IAGO LEIROS CARRERA	TRIATLÓN MAR DE VIGO	107	0:35:01	03:24	26	2:17:02	39.41	01:39	210	1:37:25	4:34:30	0:34:54
28	112	MARCOS COSTA PEREIRA	WILD WOLF CIDADE DE LUGO FLUVI	253	0:39:03	03:24	97	2:24:55	37.26	01:15	89	1:27:02	4:35:38	0:36:02
29	137	ERNESTO SOBRINO MARFUL	INDEPENDIENTE	56	0:32:51	03:37	159	2:30:16	35.94	02:10	88	1:26:57	4:35:48	0:36:13
30	110	FRANCISCO SANCHEZ MEND	CLUB TRIATLON MAR DE VIGO	105	0:34:58	02:45	75	2:22:21	37.94	01:24	177	1:34:31	4:35:56	0:36:21
31	131	RUBEN DARIO PINTOS RODR	TRIATLON MOTOBike PONTEVEDRA	65	0:33:17	03:08	46	2:19:19	38.76	01:41	225	1:39:15	4:36:38	0:37:02
32	144	JAVIER DE SAN JOSÉ GONZÁ	LINEA DE META	198	0:37:44	03:51	67	2:21:47	38.09	01:23	150	1:31:56	4:36:40	0:37:04
33	99	BRANDÁN XESÚS VALBUEN	NOSPORTLIMIT-TREK GALICIA	111	0:35:06	03:00	148	2:29:10	36.2	01:40	98	1:27:49	4:36:44	0:37:08
34	128	MANUEL NODAR JIMÉNEZ	INDEPENDIENTE	207	0:37:55	04:00	121	2:27:11	36.69	01:16	87	1:26:53	4:37:13	0:37:37
35	83	BORJA CONEJERO	CLUB TRIATLON MAR DE VIGO	33	0:32:11	02:42	132	2:27:47	36.54	01:08	179	1:34:38	4:38:24	0:38:48
36	139	DAVID CASTRO GRAIÑO	INDEPENDIENTE									12:49:25	4:39:14	0:39:39
37	176	JORGE GAGO IGLESIAS	INDEPENDIENTE	29	0:31:30	02:30	90	2:24:27	37.39	01:10	238	1:40:23	4:39:58	0:40:22
38	130	CARLOS ALBERTO PEREZ G	NOSPORTLIMIT-TREK GALICIA	215	0:38:08	03:38	167	2:30:37	35.86	02:54	71	1:25:13	4:40:28	0:40:52
39	145	FERNANDO SUAREZ VALDER	A.D. FOGAR	90	0:34:27	03:14	118	2:26:59	36.74	01:34	184	1:35:29	4:41:41	0:42:05
40	108	SANTIAGO CASAS MIGUELEZ	TRIATLON MOTOBike PONTEVEDRA	143	0:36:00	03:07	201	2:34:51	34.87	01:33	115	1:29:01	4:44:31	0:44:55
41	85	ALEJO ALVITE DEL RIO	INDEPENDIENTE	58	0:32:55	03:01	131	2:27:47	36.54	01:58	231	1:39:45	4:45:23	0:45:48
42	126	DANIEL MARTINEZ YAÑEZ	TRIATLON LUGONES	59	0:33:02	03:09	239	2:38:10	34.14	01:23	124	1:29:58	4:45:41	0:46:05
43	172	PABLO CABANELAS EIRAS	CLUB OLIMPICO DE VEDRA	42	0:32:30	02:03	189	2:33:25	35.2	01:28	207	1:37:18	4:46:42	0:47:07
44	119	JOSE MAGDALENA VERA	CLUB TRIATLON MAR DE VIGO	333	0:42:53	03:28	136	2:28:07	36.46	01:29	166	1:33:24	4:49:19	0:49:43
45	107	MIGUEL FRAGA COSTA	INDEPENDIENTE	31	0:31:52	02:54	216	2:36:37	34.48	02:03	191	1:36:17	4:49:40	0:50:05
46	84	JUAN LUIS GONZÁLEZ MARTÍ	INDEPENDIENTE	165	0:36:33	03:48	236	2:37:54	34.2	02:06	121	1:29:52	4:50:12	0:50:36
47	121	DANIEL CADENAS TORRÓN	INDEPENDIENTE	340	0:43:13	02:39	196	2:34:18	35	01:14	117	1:29:15	4:50:37	0:51:01
48	115	ANGEL CHAPARRO VELACO	TRI OURENSE	260	0:39:11	03:01	267	2:41:25	33.45	01:18	99	1:28:04	4:52:57	0:53:21
49	127	LUIS ARADAS LOPEZ	INDEPENDIENTE	290	0:40:28	04:26	240	2:38:11	34.14	02:17	122	1:29:53	4:55:13	0:55:37
50	133	AITOR VALES PORTO	INDEPENDIENTE	233	0:38:34	03:47	297	2:45:11	32.69	01:35	132	1:30:26	4:59:32	0:59:56
51	111	DAVID ALVAREZ ALONSO	INDEPENDIENTE	252	0:39:03	04:59	343	2:49:32	31.85	01:24	63	1:24:42	4:59:38	1:00:02
52	98	ANDRÉS CARRERA COSTAS	INDEPENDIENTE	178	0:37:04	03:39	226	2:37:10	34.36	01:24	249	1:41:07	5:00:22	1:00:46
53	152	JORGE GONZALEZ MARTINE	INDEPENDIENTE	234	0:38:35	04:03	299	2:45:19	32.67	01:30	147	1:31:36	5:01:02	1:01:26

54	141	PABLO CASTEDO LÓPEZ	A.D. FOGAR	217	0:38:12	02:59	185	2:33:08	35.27	01:57	285	1:44:56	5:01:10	1:01:34
55	97	BORJA ROPERO BLANCO	CLUB TRIATLON MAR DE VIGO	316	0:42:08	03:18	211	2:35:50	34.66	01:31	218	1:38:27	5:01:11	1:01:35
56	90	BORJA BLANCO SUAREZ	ACADEMIA CIVIL- EL MUSEL	364	0:44:47	03:12	223	2:36:53	34.42	01:52	192	1:36:17	5:02:59	1:03:23
57	86	ANGEL ARREDONDAS PIQUE	INDEPENDIENTE								13:14:24	5:04:13	1:04:38	
58	157	JESUS DARRIBA FERRADAS	Club Triatlón Mar de Vigo	235	0:38:38	03:50	225	2:37:06	34.38	01:43	272	1:43:51	5:05:05	1:05:29
59	82	RAUL ALCOZER IBÁÑEZ	INDEPENDIENTE	392	0:49:38	07:38	234	2:37:53	34.2	02:30	125	1:30:01	5:07:38	1:08:02
60	159	RAFAEL RAMOS FOJÓN	TRIATLÓN FERROL	315	0:42:00	05:29	253	2:40:12	33.71	03:09	203	1:37:04	5:07:53	1:08:17
61	103	DANIEL ROSENDO MOREIRA	INDEPENDIENTE	220	0:38:14	05:27	187	2:33:18	35.23	02:14	325	1:49:19	5:08:30	1:08:54
62	156	CARLOS GARCIA SALGADO	CLUB TRIATLON CORUÑA	57	0:32:54	04:43	298	2:45:17	32.67	01:50	283	1:44:48	5:09:31	1:09:55
63	120	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	338	0:43:08	03:55	264	2:41:07	33.52	01:32	245	1:40:51	5:10:30	1:10:54
64	175	SALVADOR IZQUIERDO SALG	CLUB TRIATLON MAR DE VIGO	213	0:38:05	03:37	274	2:42:11	33.3	01:27	298	1:45:52	5:11:10	1:11:34
65	161	PABLO BANCIELLA ALVARO	INDEPENDIENTE	304	0:41:26	06:01	336	2:49:07	31.93	04:02	152	1:32:04	5:12:37	1:13:01
66	122	CESAR GARCIA NAVAL	TRI OURENSE	350	0:43:38	03:36	288	2:43:55	32.94	01:18	252	1:41:11	5:13:37	1:14:01
67	169	JESUS FERNANDEZ RICO	WILD WOLF CIDADE DE LUGO FLUVI	262	0:39:20	03:50	380	2:58:48	30.2	02:02	138	1:31:00	5:14:59	1:15:23
68	116	CARLOS DE LUIS GONZALEZ	LEGIOTRI	313	0:41:57	04:15	289	2:44:10	32.89	01:33	276	1:43:59	5:15:53	1:16:17
69	162	ABEL IGLESIAS FUERTES	TRI OURENSE	149	0:36:12	03:35	273	2:42:09	33.3	02:21	343	1:51:47	5:16:04	1:16:28
70	154	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICIA	317	0:42:10	05:01	270	2:41:39	33.41	01:55	295	1:45:38	5:16:21	1:16:45
71	117	ROBERTO DOMINGUEZ JUAR	independiente	204	0:37:52	05:25	340	2:49:25	31.88	02:39	260	1:42:30	5:17:49	1:18:14
72	87	LUIS JAVIER ARENAS DOMIN	INDEPENDIENTE	203	0:37:51	05:03	352	2:50:58	31.59	02:32	287	1:44:59	5:21:22	1:21:46
73	91	FRANCISCO ÁLVAREZ VÁZQ	INDEPENDIENTE	298	0:40:45	07:24	330	2:48:45	32	04:03	271	1:43:25	5:24:19	1:24:43
74	143	EMILIO RUIZ LAGO	INDEPENDIENTE	375	0:46:04	03:53	316	2:47:36	32.22	01:56	308	1:47:41	5:27:08	1:27:32
75	174	MIGUEL CRUCES MOLINA	INDEPENDIENTE	288	0:40:24	07:17	361	2:52:49	31.25	02:27	282	1:44:42	5:27:37	1:28:01
76	104	RICARDO MÉNDEZ FERREIR	INDEPENDIENTE	366	0:44:48	05:16	313	2:47:16	32.28	02:08	334	1:50:23	5:29:50	1:30:15
77	170	CARLOS BELTRÁN CARRIÓN	INDEPENDIENTE	335	0:43:00	05:27	331	2:48:51	31.98	03:29	355	1:55:28	5:36:12	1:36:36
78	160	EDUARDO DEL CAMPO CAM	INDEPENDIENTE	393	0:49:46	06:24	279	2:42:53	33.15	01:53	357	1:55:32	5:36:26	1:36:51
79	89	JESÚS HERNÁNDEZ CRESPO	INDEPENDIENTE	277	0:40:01	04:48	350	2:50:37	31.65	02:38	371	2:00:01	5:38:03	1:38:27
80	95	JOSE LUIS GONZALEZ TEMP	NOSPORTLIMIT-TREK GALICIA	373	0:46:01	03:09	385	3:00:24	29.93	01:38	322	1:48:52	5:40:03	1:40:27
81	153	JOSÉ MANUEL GUILLAMÓN	INDEPENDIENTE	371	0:45:37	04:44	277	2:42:36	33.21	02:17	392	2:08:34	5:43:47	1:44:11
82	106	FERNANDO IGLESIAS PÉREZ	INDEPENDIENTE	324	0:42:31	05:22	347	2:49:54	31.78	06:24	374	2:01:10	5:45:18	1:45:42
83	118	PABLO GONZÁLEZ FRUTOS	INDEPENDIENTE	384	0:47:47	05:12	404	3:18:16	27.24	06:03	257	1:41:58	5:59:14	1:59:38
84	94	SANTIAGO RUEDA RODRÍGU	INDEPENDIENTE	372	0:45:55	09:07	393	3:06:02	29.03	06:27	350	1:54:23	6:01:52	2:02:16
85	123	JUAN RODRÍGUEZ DOMÍNGU	INDEPENDIENTE	395	0:50:21	05:26	402	3:14:05	27.82	03:40	344	1:51:57	6:05:28	2:05:52
86	100	GONZALO GARCÍA SÁNCHEZ	INDEPENDIENTE	405	0:55:58	06:12	395	3:08:52	28.59	03:15	351	1:54:34	6:08:48	2:09:13
87	132	NICOLÁS DÍAZ CID	CLUB TRIATLON MAR DE VIGO	378	0:47:03	05:32	399	3:12:58	27.98	02:51	375	2:02:21	6:10:44	2:11:08
88	88	MANUEL DA SILVA MARTÍNE	INDEPENDIENTE	390	0:49:29	04:28	397	3:12:14	28.09	02:25	385	2:04:46	6:13:21	2:13:45
NP	92	ALVARO SANCHEZ PARAJA	INDEPENDIENTE											
NP	140	OSCAR REGALADO GARCÍA	CLUB NATACIÓN PAMPLONA											
NP	125	PABLO CASAS MORANTE	INDEPENDIENTE											
NP	136	XAN XOSÉ SUAREZ VILELA	TRIATLON FERROL											
NP	155	DIEGO LOPEZ SENIN	ARCADE INFORHOUSE SANTIAGO											
NP	168	YAGO GARCÍA-RODES MACÍ	INDEPENDIENTE											
NP	129	ABRAHAM RODRÍGUEZ GAR	INDEPENDIENTE											
NP	148	NICOLAS PICHEL CASTRO	A.D. FOGAR											
NP	101	ROQUE OCA PERNAS	REAL CLUB NAUTICO DE VIGO											
NP	166	EDUARDO PARRA GARCÍA	INDEPENDIENTE											
NP	105	JACOBO CREGO FERNANDE	INDEPENDIENTE											

DE 35 A 39 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	276	JOSE MANUEL PARDO LEIS	T. MURALLA LUGO	12	0:29:26	02:47	9	2:12:52	40.64	01:14	3	1:13:19	3:59:36	
2	194	PAULO ADAO COELHO	CLUB TRIATLO DE PEROSINHO	4	0:28:39	01:45	17	2:14:55	40.03	01:20	5	1:14:44	4:01:20	0:01:44
3	178	FABIAN UBEIRA VIDAL	TRIATLON MOTOBIKE PONTEVEDRA	5	0:28:42	02:29	12	2:14:03	40.29	01:46	12	1:18:46	4:05:44	0:06:08
4	5	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICIA	25	0:31:13	02:00	7	2:11:53	40.95	01:19	33	1:22:07	4:08:30	0:08:54
5	187	JOSE LUIS DORADO VIÉITEZ	CLUB TRIATLON MAR DE VIGO	123	0:35:26	02:01	8	2:12:43	40.69	01:07	16	1:19:19	4:10:35	0:10:59
6	205	IAGO VARA ADRIO	REAL CLUB NAUTICO DE VIGO	24	0:31:10	03:25	20	2:15:22	39.89	01:42	17	1:19:25	4:11:02	0:11:26
7	181	ALBERTO LOPEZ PINO	TRIATLÓN MAR DE VIGO	41	0:32:30	02:45	16	2:14:26	40.17	01:24	61	1:24:33	4:15:36	0:16:00
8	305	CARLOS BELARRA ARENAS	TRIATLÓN CLAVERÍA MÓSTOLES	15	0:29:53	02:46	82	2:22:50	37.81	01:12	35	1:22:23	4:19:02	0:19:26
9	314	XOSÉ CARLOS GONZÁLEZ A	WILD WOLF CIDADE DE LUGO FLUVI								12:29:23	4:19:12	0:19:37	
10	224	ANTONIO FONTELA GOMEZ	REAL CLUB NAUTICO DE VIGO	21	0:30:58	01:56	91	2:24:37	37.34	01:34	22	1:20:35	4:19:38	0:20:02
11	184	VIRGILIO LAGES BARBOSA	INDEPENDIENTE	30	0:31:31	02:54	39	2:18:36	38.96	01:42	79	1:26:08	4:20:49	0:21:13
12	212	DAVID GARCIA PEREZ	TRIATLON FERROL	52	0:32:49	02:26	80	2:22:44	37.83	01:13	37	1:22:33	4:21:43	0:22:07
13	277	JOSÉ ALBERTO CARBALLO L	CLUB TRIATLON LEGIOTRI	98	0:34:44	02:51	47	2:19:32	38.7	01:38	46	1:23:11	4:21:54	0:22:18
14	242	JESUS FIGUEROA FERNAND	TRIATLON MOTOBIKE PONTEVEDRA	116	0:35:14	02:37	56	2:20:42	38.38	01:04	41	1:22:49	4:22:24	0:22:48
15	272	RAMÓN VALIÑAS MARTINEZ	CLUB OLIMPICO DE VEDRA	39	0:32:27	02:30	18	2:15:00	40	01:11	145	1:31:26	4:22:32	0:22:57
16	216	VICTOR MANUEL MOURIÑO F	CLUB ATLETISMO PORRIÑO	23	0:31:05	01:49	68	2:21:51	38.07	01:16	92	1:27:27	4:23:26	0:23:50
17	234	JAIME VAZQUEZ MEJIDE	WILD WOLF CIDADE DE LUGO FLUVI	166	0:36:34	02:41	87	2:23:48	37.56	01:35	15	1:19:13	4:23:49	0:24:13
18	269	DIEGO SOTELO FERNÁNDEZ	CLUB TRIATLÓN OURENSE	1	0:26:37	02:25	58	2:20:58	38.31	01:19	161	1:32:54	4:24:11	0:24:35
19	292	ALFONSO MONCLUS MARCE	CLUB TRIATLÓN EUROPA	86	0:34:08	02:47	33	2:17:44	39.21	01:28	102	1:28:14	4:24:19	0:24:43
20	203	FERNANDO MUIÑA FUENTES	A.D. FOGAR	85	0:34:04	02:38	103	2:25:50	37.03	01:09	32	1:21:32	4:25:12	0:25:36
21	179	XOSE MARTINEZ REBOREDO	INDEPENDIENTE	119	0:35:17	02:42	51	2:20:03	38.56	01:53	72	1:25:27	4:25:21	0:25:45
22	4	JOSE LUIS RODRIGUEZ MAR	Triatlón Motobike Pontevedra	99	0:34:48	01:56	115	2:26:46	36.8	01:17	30	1:21:26	4:26:11	0:26:35

23	209	SANTIAGO REMEDIOS GONZ	CLUB TRIATLONTRIPTO	50	0:32:47	02:36	73	2:22:08	37.99	01:31	91	1:27:18	4:26:17	0:26:41
24	284	ROGELIO FERREIRA SÁNC	TRIATLON MOTOBIKE PONTEVEDRA	131	0:35:33	02:53	102	2:25:36	37.09	01:08	55	1:23:38	4:28:45	0:29:10
25	207	BERNARDO RODRÍGUEZ GO	MTB PARACUELLOS TONIBIKE	27	0:31:27	02:59	135	2:28:05	36.47	01:29	68	1:25:11	4:29:08	0:29:32
26	188	FERNANDO VAZQUEZ LOREN	INDEPENDIENTE	190	0:37:34	03:33	107	2:26:05	36.97	01:44	21	1:20:19	4:29:13	0:29:37
27	262	CARLOS CARREIRO BOULLO	INDEPENDIENTE	100	0:34:50	02:31	55	2:20:39	38.39	01:28	128	1:30:14	4:29:40	0:30:05
28	268	ROMAN REBANAL ALFAYA	TRIATLON MOTOBIKE PONTEVEDRA	218	0:38:12	02:46	72	2:22:04	38.01	01:13	73	1:25:36	4:29:49	0:30:14
29	217	FRANCISCO JAVIER ALVARE	CLUB TRIATLON MAR DE VIGO	209	0:37:57	03:25	59	2:21:02	38.29	01:38	86	1:26:47	4:30:48	0:31:12
30	273	GUSTAVO LÓPEZ MARTÍNEZ	CLUB OLIMPICO DE VEDRA	243	0:38:48	03:14	61	2:21:09	38.26	01:28	81	1:26:26	4:31:04	0:31:28
31	296	JOSE MANUEL CURIESES LO	CLUB CICLISTA DE LA FUENTE	227	0:38:28	02:23	28	2:17:04	39.4	01:26	153	1:32:06	4:31:25	0:31:49
32	248	ENRIQUE VIÑAS ROMERO	TRIATLÓN MAR DE VIGO	110	0:35:06	04:47	96	2:24:54	37.27	01:20	78	1:26:02	4:32:06	0:32:30
33	235	FRANCISCO JAVIER RODRIG	CLUB TRIATLON CORUÑA	134	0:35:39	03:02	83	2:23:09	37.72	01:21	127	1:30:08	4:33:17	0:33:41
34	236	JULIO CESAR DOMINGUEZ D	CLUB TRIATLON MAR DE VIGO	236	0:38:41	02:57	77	2:22:32	37.89	01:27	105	1:28:21	4:33:55	0:34:19
35	289	FERNANDO FERNANDEZ MA	CT EUROTRI	205	0:37:53	03:11	133	2:27:49	36.53	01:12	56	1:23:55	4:33:57	0:34:21
36	259	JUAN MANUEL MARTÍNEZ M	INDEPENDIENTE	108	0:35:03	02:35	151	2:29:21	36.16	01:33	90	1:27:08	4:35:39	0:36:03
37	219	ANGEL LOZANO NOVAS	NOSPORTLIMIT TREK GALICIA	258	0:39:10	03:53	137	2:28:30	36.37	01:27	47	1:23:17	4:36:15	0:36:39
38	190	JOSE ANGEL DÍAZ BAUTISTA	CLUB TRIATLON CORUÑA	271	0:39:43	02:45	170	2:31:15	35.7	01:21	29	1:21:19	4:36:23	0:36:47
39	246	JOSÉ OSCAR SANTIAGO C	LEGIOTRI	54	0:32:50	03:11	168	2:30:42	35.84	02:19	93	1:27:28	4:36:28	0:36:52
40	221	FRANCISCO CORTEGOSO DÍ	TRIATLON MOTOBIKE PONTEVEDRA	114	0:35:13	02:41	153	2:29:38	36.09	01:20	130	1:30:25	4:39:15	0:39:39
41	180	ROMULO SOTO VAZQUEZ	BEARIZ TRIATLON	222	0:38:18	03:05	105	2:25:54	37.01	01:14	144	1:31:24	4:39:53	0:40:17
42	237	JAVIER SANTACLARA RODRI	CLUB TRIATLÓN MORRAZO	152	0:36:18	03:30	238	2:37:58	34.19	01:30	34	1:22:23	4:41:37	0:42:01
43	263	ALBERTO DOMÍNGUEZ LEMO	CLUB ATLETISMO PORRIÑO	303	0:41:25	02:14	85	2:23:20	37.68	01:35	169	1:33:42	4:42:15	0:42:40
44	267	ROBERTO LOPEZ SOBRADO	NOSPORTLIMIT-TREK GALICIA	293	0:40:39	03:16	84	2:23:15	37.7	01:22	176	1:34:31	4:43:02	0:43:26
45	208	JAVIER FREIRE GALLEGRO	INDEPENDIENTE	171	0:36:50	02:50	119	2:27:05	36.71	01:07	185	1:35:47	4:43:36	0:44:01
46	275	MIGUEL ANGEL COGOLLUDO	TRIATLON MOTOBIKE PONTEVEDRA	186	0:37:28	03:33	160	2:30:18	35.93	01:51	143	1:31:22	4:44:30	0:44:55
47	240	DAVID TORRES GONZALEZ	TRIATLON MOTOBIKE PONTEVEDRA	264	0:39:24	02:25	98	2:25:05	37.22	01:26	211	1:37:32	4:45:50	0:46:14
48	264	JAIMÉ MAGDALENA VERA	CLUB TRIATLON MAR DE VIGO	241	0:38:47	03:29	93	2:24:44	37.31	02:05	208	1:37:23	4:46:25	0:46:50
49	255	JAVIER DE ANTA LORENZO	BEARIZ TRIATLON	330	0:42:48	02:17	141	2:28:44	36.31	01:44	140	1:31:17	4:46:49	0:47:13
50	183	IGNACIO MONCLUS MARCEL	STADIUM CASABLANCA- ALMOZARA	67	0:33:27	03:13	193	2:33:52	35.1	02:02	173	1:34:21	4:46:53	0:47:17
51	193	JOSE RAMON SANCHEZ QUI	INDEPENDIENTE	275	0:39:59	03:41	269	2:41:37	33.41	01:51	24	1:20:44	4:47:51	0:48:15
52	204	ANGEL LUIS NORIEGA PERE	TRIATLON MOTOBIKE PONTEVEDRA	87	0:34:09	03:05	175	2:31:49	35.57	01:23	214	1:37:48	4:48:13	0:48:37
53	249	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	159	0:36:29	03:15	202	2:34:55	34.86	01:36	156	1:32:18	4:48:31	0:48:55
54	313	PABLO GARCÍA ALBA	BICICLETAS PINA TRITOLED	250	0:39:01	03:31	263	2:41:07	33.52	01:49	45	1:23:07	4:48:33	0:48:57
55	177	DAVID RAMOS TABOADA	A.D. FOGAR	170	0:36:48	03:10	92	2:24:43	37.32	01:18	265	1:42:48	4:48:45	0:49:09
56	316	CARLOS MANUEL TRIÑANES	INDEPENDIENTE	147	0:36:11	04:43	165	2:30:34	35.87	02:39	189	1:36:08	4:50:12	0:50:37
57	299	BENITO SANTANA GOMEZ	ARCADE INFORHOUSE SANTIAGO	177	0:37:04	03:09	145	2:28:57	36.25	02:50	219	1:38:36	4:50:35	0:50:59
58	271	JOSÉ ANTONIO SUÁREZ SÁN	CLUB TRIATLON CORUÑA	96	0:34:40	03:25	248	2:39:45	33.81	01:37	139	1:31:12	4:50:38	0:51:02
59	186	JAVIER CUELLAS PEREIRA	CLUB TRIATLON MAR DE VIGO	173	0:36:52	03:28	86	2:23:27	37.65	02:20	296	1:45:45	4:51:48	0:52:13
60	229	JOSE MANUEL ABALO LOJO	INDEPENDIENTE	225	0:38:24	04:18	230	2:37:20	34.32	01:54	126	1:30:06	4:52:00	0:52:24
61	202	FRANCISCO RAMALLO GONZ	CLUB TRIATLON MAR DE VIGO	156	0:36:22	02:56	38	2:18:29	39	02:04	346	1:52:22	4:52:10	0:52:35
62	239	JUAN A. GOMEZ ÁLVAREZ	CLUB TRIATLON MAR DE VIGO	314	0:41:59	04:39	252	2:39:54	33.77	01:29	60	1:24:30	4:52:30	0:52:54
63	287	EDUARDO SEOANE SANTISO	CLUB TRIATLON CORUÑA	142	0:36:00	04:58	278	2:42:51	33.16	03:36	77	1:25:57	4:53:19	0:53:43
64	297	JORGE UBEIRA FERNANDEZ	INDEPENDIENTE	35	0:32:19	03:46	210	2:35:46	34.67	02:12	247	1:41:01	4:55:01	0:55:25
65	309	PABLO JACOBO SOTO ÁLVA	CLUB ATLETISMO PORRIÑO	137	0:35:49	01:59	207	2:35:25	34.75	01:53	240	1:40:33	4:55:37	0:56:01
66	247	ENRIQUE ABELLEIRA SIEIRO	INDEPENDIENTE	266	0:39:30	04:06	162	2:30:24	35.91	01:32	237	1:40:21	4:55:50	0:56:14
67	201	JAVIER REGO SANFIZ	WILD WOLF CIDADE DE LUGO FLUVI	91	0:34:27	02:50	180	2:32:26	35.43	01:09	288	1:45:02	4:55:53	0:56:17
68	260	MARCOS BARRIO ROBLES	TRIATLÓN LEÓN	176	0:37:01	05:46	221	2:36:51	34.43	03:30	168	1:33:42	4:56:48	0:57:12
69	211	ISMAEL REY VARELA	WILD WOLF CIDADE DE LUGO FLUVI	103	0:34:57	03:11	204	2:35:04	34.83	02:35	253	1:41:25	4:57:10	0:57:34
70	261	EMILIO XOSÉ GONZÁLEZ LE	INDEPENDIENTE	332	0:42:50	03:20	158	2:30:15	35.94	02:46	222	1:38:59	4:58:07	0:58:31
71	241	MIGUEL NOVO REGUEIRA	CLUB ATLETISMO PORRIÑO	175	0:36:55	02:09	197	2:34:32	34.94	02:00	269	1:43:03	4:58:37	0:59:01
72	254	GUILLERMO LIAÑO VIDAL	INDEPENDIENTE	92	0:34:32	04:42	186	2:33:15	35.24	03:17	267	1:42:54	4:58:39	0:59:03
73	270	DAVID LOPEZ BARBERO	INDEPENDIENTE	125	0:35:27	03:40	212	2:35:50	34.65	01:36	264	1:42:42	4:59:13	0:59:37
74	198	OSCAR LORENZO FERREIRA	INDEPENDIENTE	345	0:43:20	03:56	246	2:39:27	33.87	01:23	141	1:31:18	4:59:22	0:59:46
75	192	ALEJANDRO LOIRA IGLESIAS	TRIATLÓN MAR DE VIGO	127	0:35:28	05:22	130	2:27:47	36.54	03:02	311	1:47:45	4:59:22	0:59:47
76	280	ALBERTO POUSADA DUART	NOSPORTLIMIT-TREK GALICIA	257	0:39:07	03:11	262	2:41:05	33.53	02:04	172	1:34:11	4:59:35	1:00:00
77	250	MARCOS VALENCIA GARCÍA	TRI OURENSE	267	0:39:33	02:50	116	2:26:48	36.78	01:40	321	1:48:46	4:59:36	1:00:00
78	301	FELIPE PAMPILLÓN DOMÍNG	INDEPENDIENTE	401	0:53:40	03:46	181	2:32:32	35.41	01:32	114	1:28:59	5:00:26	1:00:51
79	214	MANUEL ALVAREZ DE PIQUE	Triathlon Lugones	83	0:33:56	03:31	294	2:44:52	32.76	01:49	194	1:36:25	5:00:30	1:00:54
80	206	MARCOS PERISCAL REY	NOSPORTLIMIT-TREK GALICIA	237	0:38:43	02:54	169	2:30:53	35.79	01:35	302	1:46:39	5:00:42	1:01:07
81	220	MANUEL LUGILDE RODRÍGU	INDEPENDIENTE	72	0:33:31	03:38	178	2:32:07	35.5	01:53	330	1:49:54	5:01:01	1:01:25
82	279	ROBERTO ENRIQUE CID SAN	CLUB TRIATLON CORUÑA	216	0:38:10	03:30	265	2:41:14	33.49	02:15	209	1:37:25	5:02:31	1:02:55
83	215	JOSE CARLOS GAGO DORNA	CLUB ATLETISMO PORRIÑO	342	0:43:15	04:02	261	2:40:54	33.56	01:46	164	1:33:13	5:03:09	1:03:34
84	218	DAVID VIDAL GARCIA	TRI OURENSE	197	0:37:43	04:53	327	2:48:21	32.08	02:02	133	1:30:32	5:03:29	1:03:54
85	195	JESUS VILLAR QUINTANA	Independiente	355	0:43:53	03:34	200	2:34:44	34.9	01:23	242	1:40:40	5:04:12	1:04:36
86	308	PABLO PÉREZ VÁZQUEZ	NOSPORTLIMIT- TREK GALICIA	189	0:37:33	04:17	241	2:38:34	34.06	02:26	255	1:41:53	5:04:42	1:05:06
87	295	JOSE HIGINIO PORTALS CAA	INDEPENDIENTE	300	0:40:57	03:16	286	2:43:46	32.98	01:37	196	1:36:26	5:06:00	1:06:24
88	283	OSCAR BARALLOBRE EIROA	TRIATLON MOTOBIKE PONTEVEDRA	228	0:38:28	02:36	192	2:33:43	35.13	01:30	333	1:50:14	5:06:29	1:06:53
89	232	ALBERTO IGLESIAS BARROS	INDEPENDIENTE	389	0:49:28	03:16	183	2:32:57	35.31	01:15	230	1:39:40	5:06:33	1:06:57
90	253	DANIEL LÓPEZ RODRÍGUEZ	X3M MAJADAHONDA	328	0:42:36	04:10	218	2:36:42	34.46	02:11	256	1:41:55	5:07:32	1:07:56
91	223	JAVIER MARTIN ALVAREZ	C TRIATLON PITORRA QUINTANAR	279	0:40:03	03:41	244	2:38:54	33.98	01:55	280	1:44:40	5:09:13	1:09:37
92	293	PEDRO GARCIA FERNANDEZ	CLUB RIOJA TRIATLON	38	0:32:27	03:50	292	2:44:22	32.86	02:36	305	1:47:02	5:10:15	1:10:39
93	317	LUIS BALDÓ MACÍA	A.D. FOGAR	202	0:37:50	03:03	275	2:42:19	33.27	02:14	291	1:45:23	5:10:47	1:11:12

94	225	DAVID FERREIRA LAREDO	CLUB TRIATLON MAR DE VIGO	397	0:51:08	04:05	271	2:41:51	33.37	02:56	159	1:32:46	5:12:44	1:13:09
95	213	CARLOS CASÁS FERNÁNDEZ	INDEPENDIENTE	354	0:43:50	03:46	198	2:34:40	34.92	02:31	323	1:49:10	5:13:55	1:14:19
96	265	FELIPE IGLESIAS DE LA TOR	TRI OURENSE	223	0:38:19	03:41	287	2:43:47	32.97	02:01	314	1:48:18	5:16:04	1:16:28
97	200	ALFREDO FERREIRO DEAÑO	BEARIZ TRIATLON	273	0:39:52	03:36	358	2:52:01	31.39	01:23	243	1:40:41	5:17:31	1:17:55
98	196	JERÓNIMO HERNÁNDEZ	independiente	150	0:36:14	04:30	355	2:51:19	31.52	02:46	270	1:43:14	5:18:01	1:18:25
99	281	SANTIAGO TRIÑANES SÁNCHEZ	INDEPENDIENTE	256	0:39:07	05:10	237	2:37:54	34.2	03:35	349	1:54:15	5:20:00	1:20:24
100	245	ANTÓN LOPEZ-LEITÓN VEIG	ROQSPORT.COM-SAN ROQUE								13:30:21	5:20:10	1:20:35	
101	288	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	168	0:36:47	04:27	357	2:51:32	31.48	02:31	293	1:45:28	5:20:43	1:21:07
102	304	CARDOSO RENATO	PORTO RUNNERS	263	0:39:22	03:31	369	2:54:30	30.95	02:39	268	1:42:57	5:22:57	1:23:21
103	266	ARTURO ANTÓN CASADO	INDEPENDIENTE	360	0:44:32	03:05	345	2:49:42	31.82	01:53	275	1:43:58	5:23:09	1:23:33
104	256	DAVID ALVAREZ GONZALEZ	Triatlón Lugones	402	0:54:01	02:23	296	2:45:04	32.72	02:07	229	1:39:38	5:23:10	1:23:34
105	291	CARLOS SANTOS MARTINEZ	INDEPENDIENTE	319	0:42:13	06:08	303	2:45:45	32.58	03:58	300	1:45:59	5:24:01	1:24:25
106	210	MIGUEL ÁNGEL CASADO NIS	INDEPENDIENTE	348	0:43:30	03:54	348	2:50:01	31.76	02:15	289	1:45:03	5:24:41	1:25:05
107	285	VICTOR DIAZ PAZ	INDEPENDIENTE	380	0:47:17	03:15	283	2:43:31	33.02	02:59	319	1:48:38	5:25:38	1:26:02
108	274	MARCOS CARRERA TÁBOAS	INDEPENDIENTE	374	0:46:01	04:39	199	2:34:40	34.91	02:02	367	1:59:24	5:26:45	1:27:09
109	298	JAVIER YEBRIN	INDEPENDIENTE	244	0:38:49	06:02	329	2:48:43	32.01	02:41	336	1:50:49	5:27:01	1:27:26
110	230	JOSE BRIONES DE MIGUEL	INDEPENDIENTE	289	0:40:24	07:20	362	2:52:51	31.24	02:22	281	1:44:41	5:27:37	1:28:01
111	222	JORGE CASAL ANTÓN	INDEPENDIENTE	349	0:43:32	06:29	317	2:47:38	32.21	02:25	331	1:49:54	5:29:57	1:30:21
112	191	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIGO	312	0:41:56	04:53	312	2:47:09	32.31	02:43	353	1:54:56	5:31:35	1:32:00
113	233	RUBÉN GARRIDO RIVERO	INDEPENDIENTE	320	0:42:24	06:34	332	2:49:00	31.95	02:50	347	1:53:02	5:33:48	1:34:12
114	290	IGNACIO SANZ RODRÍGUEZ	INDEPENDIENTE	359	0:44:26	03:56	389	3:04:37	29.25	03:32	234	1:40:11	5:36:41	1:37:05
115	312	NICOLÁS VÁZQUEZ DE PARG	INDEPENDIENTE	370	0:45:16	05:38	374	2:56:14	30.64	02:25	310	1:47:43	5:37:14	1:37:38
116	197	JAVIER MAGDALENA VERA	INDEPENDIENTE	383	0:47:20	04:41	272	2:42:04	33.32	02:44	376	2:02:22	5:39:11	1:39:35
117	227	PATRICIO FARIAS FORNEIRO	WILD WOLF CIDADE DE LUGO FLUVI	404	0:55:47	02:43	378	2:58:27	30.26	02:28	236	1:40:16	5:39:39	1:40:03
118	252	DAVID VIEITO AMOR	INDEPENDIENTE	369	0:45:02	05:24	388	3:04:15	29.31	03:17	309	1:47:42	5:45:38	1:46:02
119	199	TITO RODRÍGUEZ MARQUEZ	INDEPENDIENTE	179	0:37:05	05:35	390	3:04:38	29.25	02:52	382	2:03:22	5:53:31	1:53:55
120	302	MIGUEL ÁNGEL NEGRAL FER	T MURALLA DE LUGO	407	0:56:17	04:27	371	2:54:51	30.89	04:16	366	1:59:21	5:59:10	1:59:34
121	310	ÓSCAR OTERO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	403	0:55:25	05:07	409	3:28:45	25.87	04:15	361	1:57:38	6:31:08	2:31:33
NF	251	DIEGO CRUZ PENA	CLUB TRIATLON CORUÑA	102	0:34:57	03:03								
NF	278	ALBERTO TOMBO GONZÁLE	CLUB TRIATLON MAR DE VIGO	97	0:34:42	02:49	125	2:27:22	36.64	01:36				
NF	258	LUIS IGLESIAS CABALEIRO	INDEPENDIENTE	398	0:52:30	04:00	99	2:25:06	37.22	02:40				
NF	228	JUAN FRANCISCO FERNAND	CICLISMO TRIATLON MONTE ABAIX	10	0:29:15	01:59	2	2:10:38	41.34	01:29				
NF	311	ENRIQUE TELLADO NOGUEI	INDEPENDIENTE	322	0:42:27	03:40	224	2:37:00	34.4	01:32				
NF	9	JAVIER PEREZ BOUZA	TRIATLON FERROL	26	0:31:18	02:05	5	2:11:42	41.01	01:16				
NF	300	PABLO YÁÑEZ VEGA	INDEPENDIENTE	154	0:36:21	04:07	30	2:17:23	39.31	02:07				
NP	182	LUIS GARCIA LOPEZ	A.D. FOGAR											
NP	282	GONZALO TRIÑANES SÁNCHEZ	INDEPENDIENTE											
NP	286	JOSÉ DAVID VILA ABREU	CLUB ATLETISMO PORRIÑO											
NP	294	IGNACIO ANGELI	FITNESS SPORT TRIATLON											
NP	303	ROQUE VARELA DE LIMIA CO	Independiente											
NP	257	XURXO COBELAS SOBRINO	WILD WOLF CIDADE DE LUGO FLUVI											
NP	306	PABLO FUENTES BERMÚDEZ	CLUB TRIATLON MAR DE VIGO											
NP	315	JUAN ANTONIO SANJORGE	TRIATLON MOTOBIKE PONTEVEDRA											
NP	231	SERGIO OLIVEIRA BOGA	CLUB NATACION RIVEIRA											
NP	189	FERMÍN RIAÑO NUERO	X3M MAJADAHONDA											
NP	238	DIEGO ISASI VILA	TRIATLÓN FERROL											
NP	244	CÉSAR APARICIO	INDEPENDIENTE											
NP	243	SERGIO RODRÍGUEZ FERNÁ	INDEPENDIENTE											
NP	226	MIGUEL ANGEL DÉVORA JIM	CLUB TRIATLON MAR DE VIGO											

DE 40 A 44 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	422	MANUEL JESUS GAYOSO RE	T. MURALLA LUGO	13	0:29:36	02:08	10	2:13:26	40.47	01:06	6	1:15:02	4:01:16	0:01:40
2	348	LUIS ALBERTO PAREDES CO	CLUB TRIATLON MORRAZO	18	0:30:33	01:55	31	2:17:24	39.3	01:36	1	1:11:20	4:02:46	0:03:11
3	423	RAMON ARIAS GARCIA	T. MURALLA LUGO	19	0:30:42	03:02	43	2:18:56	38.87	01:18	20	1:19:47	4:13:43	0:14:08
4	396	ADRIAN CASTIÑEIRAS BUJA	REAL CLUB NAUTICO DE VIGO	9	0:29:12	01:53	41	2:18:46	38.92	01:48	36	1:22:24	4:14:01	0:14:25
5	403	CARLOS PRADO FERNANDE	CLUB CICLISTA DE LA FUENTE	135	0:35:42	03:14	3	2:11:03	41.21	02:03	82	1:26:28	4:18:28	0:18:53
6	388	GONZALO GONZÁLEZ PIÑEIR	TRIATLON MOTOBIKE PONTEVEDRA	112	0:35:08	02:17	32	2:17:36	39.25	01:14	39	1:22:42	4:18:54	0:19:18
7	353	JUAN RAMON GARCIA HERN	A.D. FOGAR	34	0:32:16	02:47	54	2:20:26	38.45	01:20	62	1:24:40	4:21:28	0:21:52
8	377	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	157	0:36:23	02:59	37	2:18:20	39.04	01:22	80	1:26:20	4:25:23	0:25:47
9	329	MARTIN PAZÓ PAZÓ	Club Triatlón Mar de Vigo	182	0:37:08	03:04	34	2:17:49	39.19	02:29	69	1:25:11	4:25:39	0:26:03
10	413	PEDRO MARCELO TOMÉ HER	TRIATLON MOTOBIKE PONTEVEDRA	49	0:32:40	03:26	60	2:21:06	38.28	01:25	104	1:28:16	4:26:50	0:27:14
11	398	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	145	0:36:07	02:03	48	2:19:41	38.66	01:19	101	1:28:08	4:27:16	0:27:41
12	330	MARCOS ANTONIO UBEIRA V	TRIATLON MOTOBIKE PONTEVEDRA	89	0:34:26	02:12	109	2:26:13	36.93	01:46	50	1:23:24	4:27:59	0:28:23
13	428	LINO PORTELA CORDEIRO	CLUB TRIATLÓN MORRAZO	106	0:35:00	02:39	157	2:29:54	36.03	01:37	14	1:19:13	4:28:22	0:28:46
14	326	MARCOS ÁLVAREZ SEOANE	INDEPENDIENTE	124	0:35:27	03:42	101	2:25:35	37.09	01:22	49	1:23:22	4:29:26	0:29:50
15	373	ILDEFONSO CEGARRA MANZ	CLUB TRIATLON LEGIOTRI	28	0:31:30	02:58	100	2:25:29	37.12	03:25	111	1:28:49	4:32:09	0:32:33
16	365	FERNANDO SILVARREY RED	NOSPORTLIMIT-TREK GALICIA	221	0:38:15	02:55	108	2:26:08	36.95	01:20	57	1:24:06	4:32:42	0:33:06
17	417	ROBERTO BOGA SANDE	T. MURALLA LUGO	292	0:40:35	05:10	64	2:21:31	38.16	01:53	70	1:25:12	4:34:19	0:34:43
18	335	ROBERTO CARLOS RAMILO	INDEPENDIENTE	109	0:35:04	02:53	94	2:24:50	37.29	01:23	149	1:31:47	4:35:55	0:36:19
19	339	MARCELO RODRIGUEZ FILG	A.D. FOGAR	164	0:36:33	03:30	78	2:22:32	37.89	01:21	154	1:32:17	4:36:10	0:36:34

20	321	MIGUEL ANGEL GIL GONZAL	CLUB ATLETISMO PORRIÑO	172	0:36:50	02:21	95	2:24:54	37.27	01:36	137	1:30:54	4:36:32	0:36:56
21	426	ROBERTO DE VEGA SANCHE	Club de Triatlón Salamanca	122	0:35:22	02:57	147	2:29:07	36.21	01:14	103	1:28:14	4:36:52	0:37:16
22	425	LUIS ANGEL CASTELO SANC	ARCADE INFORHOUSE SANTIAGO	63	0:33:11	02:36	49	2:19:56	38.59	02:12	228	1:39:29	4:37:22	0:37:46
23	408	PEDRO DE CASTRO GARCÍA	INDEPENDIENTE	180	0:37:06	02:38	81	2:22:44	37.83	02:15	162	1:33:03	4:37:44	0:38:09
24	361	CARLOS LOBELLE CARUS	TRIATLÓN MORRAZO	284	0:40:13	02:47	88	2:24:13	37.44	01:46	112	1:28:56	4:37:53	0:38:17
25	331	ANTONIO REY CARBALLEIRA	TRIATLÓN MOTOBIKE PONTEVEDRA	94	0:34:37	03:39	114	2:26:43	36.81	01:44	157	1:32:31	4:39:12	0:39:36
26	363	ANDRÉ LUIZ GOMES DE MAC	TRI OURENSE	43	0:32:31	02:31	128	2:27:37	36.58	02:07	178	1:34:32	4:39:17	0:39:41
27	360	MANUEL ALBERTO PEREZ G	TRIATLÓN MOTOBIKE PONTEVEDRA	191	0:37:34	02:35	89	2:24:25	37.39	01:17	175	1:34:23	4:40:13	0:40:37
28	386	JOSE JOAQUIN BARRIENTOS	INDEPENDIENTE	120	0:35:20	04:55	179	2:32:11	35.49	01:33	83	1:26:35	4:40:32	0:40:56
29	366	JOSÉ ÁNGEL TORRES GONZ	TRIATLÓN MOTOBIKE PONTEVEDRA	211	0:38:01	02:44	110	2:26:13	36.93	01:22	167	1:33:26	4:41:44	0:42:08
30	357	PABLO CURRÁS PAREDES	CLUB TRIATLÓN MORRAZO	130	0:35:32	02:30	149	2:29:11	36.2	01:28	165	1:33:20	4:42:00	0:42:24
31	350	FERNANDO SANMARTIN FREI	TRIATLÓN MOTOBIKE PONTEVEDRA	254	0:39:04	03:05	161	2:30:19	35.93	01:21	120	1:29:51	4:43:38	0:44:02
32	376	DAVID ANTONIO ROMERO PE	CLUB TRIATLÓN MAR DE VIGO	362	0:44:45	03:15	156	2:29:51	36.04	01:44	65	1:24:51	4:44:24	0:44:48
33	371	CESAR LUIS SANZ DE LA GA	INDEPENDIENTE	281	0:40:05	05:07	124	2:27:22	36.65	01:34	142	1:31:21	4:45:27	0:45:51
34	411	JUAN PATIÑO VARELA	NOSPORTLIMIT-TREK GALICIA	133	0:35:38	03:03	139	2:28:40	36.32	02:04	205	1:37:17	4:46:40	0:47:04
35	414	FERNANDO GARCIA MARTIN	INDEPENDIENTE	296	0:40:42	03:00	154	2:29:40	36.08	02:59	136	1:30:46	4:47:05	0:47:29
36	430	HUMBERTO DIEGUEZ CONST	INDEPENDIENTE	47	0:32:38	04:45	321	2:47:51	32.17	01:52	31	1:21:28	4:48:33	0:48:57
37	332	DAVID FERNANDEZ SAAVED	CLUB ATLETISMO PORRIÑO	40	0:32:29	02:23	166	2:30:36	35.86	02:37	246	1:40:59	4:49:02	0:49:26
38	346	ALVARO RIVAS ARES	A.D. FOGAR	151	0:36:17	03:38	126	2:27:25	36.63	01:26	241	1:40:40	4:49:25	0:49:49
39	427	MARIO PANIAGUA SÁNCHEZ	X3M MAJADAHONDA	162	0:36:32	02:50	184	2:33:06	35.27	01:55	183	1:35:20	4:49:40	0:50:04
40	322	ANTONIO VILLANUEVA GONZ	INDEPENDIENTE	219	0:38:13	03:14	188	2:33:24	35.2	01:48	181	1:34:52	4:51:29	0:51:53
41	341	ALBERTO FERNANDEZ MUÑI	NOSPORTLIMIT-TREK GALICIA	68	0:33:28	03:41	258	2:40:40	33.61	01:29	155	1:32:17	4:51:33	0:51:57
42	358	DAVID FERNANDEZ-ALVARIÑ	CLUB TRIATLÓN MAR DE VIGO	81	0:33:54	03:29	113	2:26:36	36.84	02:39	290	1:45:22	4:51:58	0:52:22
43	387	JUAN CARLOS SANMARTIN P	INDEPENDIENTE	318	0:42:11	03:10	122	2:27:15	36.67	01:58	212	1:37:41	4:52:13	0:52:37
44	392	UXIO SANCHEZ ALONSO	RUNNERS DE FORTUNA	113	0:35:10	03:03	213	2:36:10	34.58	01:17	202	1:37:02	4:52:39	0:53:03
45	324	MANUEL GONZALEZ CUÑA	CLUB TRIATLÓN MAR DE VIGO	399	0:52:50	03:09	182	2:32:32	35.4	01:46	66	1:25:04	4:55:19	0:55:43
46	381	ABEL VARELA CERNADAS	CLUB TRIATLÓN MAR DE VIGO	381	0:47:17	04:17	256	2:40:37	33.62	01:22	42	1:22:57	4:56:28	0:56:52
47	389	EMILIO GONZALEZ GARCIA	A.D. FOGAR	185	0:37:23	03:23	163	2:30:30	35.88	01:38	278	1:44:31	4:57:23	0:57:47
48	378	RAFAEL CABAÑEROS ROBL	CLUB TRIATLÓN OVIEDO	245	0:38:50	04:06	217	2:36:41	34.47	02:12	186	1:35:48	4:57:35	0:57:59
49	390	ISRAEL FERNÁNDEZ-ALVARI	CLUB TRIATLÓN MAR DE VIGO	80	0:33:54	03:46	222	2:36:53	34.42	01:57	251	1:41:08	4:57:37	0:58:01
50	343	JOSE ALBERTO CASTELO SA	ARCADE INFORHOUSE SANTIAGO	239	0:38:46	03:28	227	2:37:12	34.35	02:33	187	1:35:57	4:57:53	0:58:18
51	344	JOAQUÍN VÁZQUEZ GÓMEZ	CLUB TRIATLÓN MAR DE VIGO	160	0:36:29	03:20	290	2:44:14	32.88	01:35	158	1:32:45	4:58:22	0:58:46
52	375	MARCOS DUATO MOLLERA	X3M MAJADAHONDA	231	0:38:31	04:15	219	2:36:42	34.46	02:05	206	1:37:17	4:58:48	0:59:12
53	391	JOSE MANUEL VAZQUEZ MA	BEARIZ TRIATLÓN	248	0:38:56	02:48	268	2:41:27	33.45	01:56	174	1:34:22	4:59:27	0:59:52
54	320	JUAN JOSÉ ANDRÉS IGLESIA	TRIATLÓN GALAICO CIDADE DE PO	118	0:35:17	02:52	293	2:44:30	32.83	01:26	197	1:36:27	5:00:29	1:00:54
55	319	PEDRO MIGUEL ALONSO	INDEPENDIENTE	192	0:37:35	03:56	215	2:36:36	34.48	02:55	250	1:41:08	5:02:08	1:02:33
56	323	JOSÉ GERARDO SANTÍN RÍO	INDEPENDIENTE	356	0:43:57	02:45	214	2:36:34	34.49	01:49	224	1:39:12	5:04:15	1:04:39
57	393	CARLOS FERNANDEZ EXPOS	A.D. FOGAR	274	0:39:55	02:45	251	2:39:50	33.79	01:32	244	1:40:41	5:04:41	1:05:05
58	337	MANUEL MONCLUS MARCEL	G.E.S. ESCAPADA	136	0:35:44	03:19	259	2:40:41	33.61	02:43	259	1:42:23	5:04:48	1:05:12
59	328	IGNACIO LINARES CALAZA	X3M MAJADAHONDA	339	0:43:11	03:18	146	2:29:03	36.23	02:06	312	1:47:56	5:05:33	1:05:57
60	354	SANTIAGO PALACIO FERNAN	INDEPENDIENTE	272	0:39:48	04:28	354	2:51:14	31.54	02:55	108	1:28:32	5:06:56	1:07:20
61	415	JUAN ALBERTO OTERO ARA	INDEPENDIENTE	22	0:31:01	05:09	307	2:46:11	32.49	03:04	266	1:42:50	5:08:13	1:08:37
62	407	JOSE LUIS VAZQUEZ MEIJID	WILD WOLF CIDADE DE LUGO FLUVI	144	0:36:01	04:08	300	2:45:36	32.61	01:18	262	1:42:35	5:09:35	1:09:59
63	395	FRANCISCO JOSÉ FERRER V	INDEPENDIENTE	259	0:39:11	03:12	341	2:49:26	31.87	02:12	190	1:36:10	5:10:09	1:10:33
64	394	RAMIRO EDER FERNANDEZ	INDEPENDIENTE	78	0:33:50	04:23	301	2:45:43	32.59	01:44	279	1:44:32	5:10:10	1:10:35
65	370	JAVIER CONTRERAS AMOED	CLUB TRIATLÓN MAR DE VIGO	214	0:38:05	03:28	276	2:42:34	33.22	01:31	286	1:44:56	5:10:33	1:10:57
66	374	ALEJANDRO BATAN FERNAN	INDEPENDIENTE	294	0:40:40	04:44	195	2:34:17	35	02:49	318	1:48:37	5:11:05	1:11:29
67	429	STEPHAN JEANDON	NOSPORTLIMIT-TREK GALICIA	357	0:44:00	04:11	257	2:40:38	33.62	02:01	339	1:40:28	5:11:15	1:11:39
68	33	CARLOS BARREIRO ALVARE	INDEPENDIENTE	76	0:33:45	04:19	250	2:39:47	33.8	02:00	342	1:51:36	5:11:26	1:11:50
69	416	FRANCISCO TIELAS TATO	CLUB TRIATLÓN MAR DE VIGO	309	0:41:37	03:19	328	2:48:41	32.01	02:13	188	1:36:02	5:11:51	1:12:15
70	347	HECTOR ALBERTE LISTA	CLUB TRIATLÓN CORUÑA	128	0:35:30	04:21	255	2:40:16	33.7	02:42	326	1:49:20	5:12:07	1:12:31
71	362	JUAN GONZALEZ BARRAJON	INDEPENDIENTE	193	0:37:36	04:07	284	2:43:35	33.01	02:34	304	1:46:48	5:14:38	1:15:02
72	400	SANTIAGO FIGUEIRAS GARCÍ	BEARIZ TRIATLÓN	163	0:36:33	03:13	285	2:43:44	32.98	02:28	320	1:48:44	5:14:40	1:15:04
73	397	ROBERTO TOMÉ MARCOTE	NOSPORTLIMIT-TREK GALICIA	183	0:37:14	03:54	266	2:41:24	33.46	01:48	337	1:50:52	5:15:10	1:15:34
74	318	CARLOS RABADÁN CARRER	FITNESS SPORT TRIATLÓN	167	0:36:41	04:44	308	2:46:35	32.42	03:20	284	1:44:49	5:16:07	1:16:31
75	418	CARLOS PEREZ PEREZ	CLUB TRIATLÓN MAR DE VIGO	251	0:39:02	03:31	208	2:35:31	34.72	01:36	359	1:56:49	5:16:27	1:16:51
76	382	JOSÉ MARIA EIROA FEAL	INDEPENDIENTE	299	0:40:47	04:45	295	2:44:59	32.73	02:07	292	1:45:26	5:18:03	1:18:27
77	345	MANUEL MONASTERIO PACH	TRIONIX	181	0:37:06	03:25	311	2:46:52	32.36	03:04	315	1:48:21	5:18:46	1:19:10
78	404	SANTIAGO FENOLLERA BOLÍ	CLUB TRIATLÓN MAR DE VIGO	341	0:43:14	03:36	344	2:49:39	31.83	02:07	254	1:41:28	5:20:02	1:20:27
79	385	SANTIAGO MESEGUER LUAC	INDEPENDIENTE	140	0:35:55	04:54	346	2:49:44	31.82	01:57	313	1:48:12	5:20:40	1:21:04
80	336	PABLO DUQUE ECHEVARRÍA	TIJENJOY TEAM	66	0:33:17	03:56	235	2:37:53	34.2	03:16	381	2:02:54	5:21:14	1:21:38
81	383	ADRIANU GOUVEIA	PORTO RUNNERS	212	0:38:01	03:56	366	2:54:01	31.03	01:51	274	1:43:56	5:21:43	1:22:07
82	340	JAVIER SAAVEDRA SANTIAG	TRIATLÓN MOTOBIKE PONTEVEDRA	268	0:39:33	03:42	325	2:48:19	32.09	01:41	358	1:55:51	5:29:04	1:29:28
83	338	CARLOS LODEIRO LOPEZ	INDEPENDIENTE	174	0:36:54	03:24	247	2:39:41	33.82	02:07	394	2:09:28	5:31:33	1:31:57
84	384	JOSE CARLOS MONTENEGR	INDEPENDIENTE	310	0:41:44	03:17	243	2:38:51	34	01:51	387	2:05:55	5:31:36	1:32:00
85	412	CARLOS VALES PORTO	INDEPENDIENTE	269	0:39:41	04:34	368	2:54:20	30.98	02:43	340	1:51:23	5:32:37	1:33:02
86	419	FRANCISCO ALONSO CUEVA	NOSPORTLIMIT-TREK GALICIA	229	0:38:29	03:05	349	2:50:20	31.7	02:44	365	1:58:48	5:33:25	1:33:49
87	420	JOSE ALBERTO DELGADO P	WILD WOLF CIDADE DE LUGO FLUVI	334	0:42:54	04:11	376	2:58:08	30.32	02:08	306	1:47:07	5:34:27	1:34:51
88	356	ÁLVARO BARROS ARAÚJO	INDEPENDIENTE	358	0:44:09	06:56	375	2:56:29	30.6	03:13	307	1:47:25	5:38:09	1:38:33
89	369	ANGEL VATICÓN SALAMANC	LEGIOTRI	387	0:48:58	06:23	379	2:58:35	30.24	04:32	338	1:51:00	5:49:26	1:49:50
90	399	JOSÉ MENDUIÑA COSTA	INDEPENDIENTE	368	0:44:54	06:47	396	3:09:19	28.52	05:01	273	1:43:54	5:49:53	1:50:17

91	372	GONZALO SIMÓ CARDALDA	CLUB TRIATLON MAR DE VIGO	400	0:53:37	05:53	365	2:53:43	31.09	02:14	360	1:57:17	5:52:44	1:53:08
92	359	JULIO CESAR PEREZ VAZQU	INDEPENDIENTE	278	0:40:02	07:16	381	2:58:52	30.19	03:07	390	2:07:25	5:56:39	1:57:04
93	327	CARLOS LOPEZ LUIS	WILD WOLF CIDADE DE LUGO FLUVI	363	0:44:46	05:10	383	2:59:41	30.05	02:10	388	2:06:19	5:58:04	1:58:28
94	424	DIEGO VALCARCE BEHAGUE	INDEPENDIENTE	325	0:42:33	04:40	391	3:04:50	29.22	01:56	396	2:15:29	6:09:27	2:09:52
95	368	YAGO ALVARADO GONZÁLE	INDEPENDIENTE	347	0:43:25	09:23	405	3:19:07	27.12	03:31	364	1:58:07	6:13:31	2:13:55
96	410	JOSE PEREIRA GATO BONIT	WIKABOO	406	0:56:05	05:54	384	2:59:58	30.01	04:32	397	2:16:59	6:23:26	2:23:50
97	342	JOSÉ LUIS GÓMEZ CABALLE	INDEPENDIENTE	361	0:44:34	08:13	408	3:26:47	26.12	04:27	368	1:59:27	6:23:27	2:23:51
NF	401	CELSO SUÁREZ FERNANDE	NOSPORTLIMIT-TREK GALICIA	291	0:40:30	02:43	144	2:28:52	36.27					
NF	364	CARLOS PEREIRA MENOR	CLUB TRIATLON OURENSE	377	0:46:59	04:39								
NF	367	JOSÉ ANTONIO RODRÍGUEZ	INDEPENDIENTE	396	0:50:31	27:56	1	0:04:44	41.85					
NP	379	ROBERTO GONZALEZ BLAN	CLUB TRIATLON MAR DE VIGO											
NP	421	ANICETO FERNANDES DE CA	INDEPENDIENTE											
NP	402	DANIEL LÁZARO MOYA	INDEPENDIENTE											
NP	405	EMILIO J. FERREIRO HERVES	BIKESTRADA TRIATLON											
NP	406	JOSE BENITO FRESCO LOPE	NOSPORTLIMIT-TREK GALICIA											
NP	409	ROBERTO VIDAL REFOJOS	CLUB TRIATLON MAR DE VIGO											
NP	351	JOSE SAMBADE CARREIRA	INDEPENDIENTE											
NP	380	RAUL BOLDU TORO	INDEPENDIENTE											
NP	333	PABLO ORDÓÑEZ MENÉNDE	Triatlón Lugones											
NP	349	GUILLERMO SOTELO JUNCA	CLUB TRIATLON MORRAZO											
NP	325	SANTIAGO BLANCO DÍAZ-MO	FITNESS SPORT TRIATLON											
NP	334	JORGE VELÁZQUEZ MORO	INDEPENDIENTE											
NP	352	ROBERTO FARIÑA CHARLIN	INDEPENDIENTE											

DE 45 A 49 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	8	JOSE LUIS NESPEREIRA GO	CLUB TRIATLÓN OURENSE	148	0:36:12	02:11	6	2:11:44	41	01:51	51	1:23:26	4:15:22	0:15:46
2	455	ENRIQUE JOSÉ HIDALGO LU	CLUB TRIATLON MAR DE VIGO	70	0:33:29	02:41	79	2:22:34	37.88	01:11	26	1:20:52	4:20:46	0:21:10
3	3	OSCAR SILGUERO GARCIA	NOSPORTLIMIT-TREK GALICIA	69	0:33:28	02:29	70	2:22:00	38.03	01:32	84	1:26:37	4:26:04	0:26:28
4	437	ENRIQUE LUIS ALVAREZ EST	NOSPORTLIMIT-TREK GALICIA	232	0:38:32	02:45	65	2:21:34	38.15	01:10	38	1:22:38	4:26:38	0:27:02
5	457	ARMANDO PIÑEIRO PEREZ	BIKESTRADA TRIATLON	44	0:32:32	03:13	140	2:28:44	36.31	01:40	135	1:30:43	4:36:49	0:37:13
6	439	ANGEL GOMEZ GOMEZ	CLUB NATACION RIVEIRA	61	0:33:06	02:29	142	2:28:49	36.29	02:19	131	1:30:26	4:37:08	0:37:32
7	456	JOSE DANIEL GONZALEZ CA	A.D. FOGAR	188	0:37:33	03:00	71	2:22:03	38.02	01:23	193	1:36:18	4:40:14	0:40:38
8	467	MARCOS EGUÍA LOUZÁN	Independiente	153	0:36:18	03:27	123	2:27:20	36.65	01:37	163	1:33:11	4:41:52	0:42:16
9	466	LUIS VIDAL GARCÍA	INDEPENDIENTE	321	0:42:25	04:27	406	3:22:17	26.7	03:40	395	2:15:13	4:43:58	0:44:22
10	461	MANUEL ESTEVEZ GARCIA	CLUB TRIATLON MAR DE VIGO	82	0:33:54	03:10	143	2:28:51	36.28	01:42	195	1:36:26	4:44:01	0:44:26
11	445	JUAN CARLOS RODRÍGUEZ V	C. TRIATLON OURENSE	308	0:41:31	02:57	74	2:22:17	37.95	02:08	221	1:38:59	4:47:51	0:48:15
12	471	JULIO J. SOUTO DIZ	CLUB TRIATLON CORUÑA	249	0:38:57	05:30	205	2:35:14	34.79	01:36	109	1:28:42	4:49:57	0:50:21
13	433	CARLOS ROCA RODRIGUEZ	INDEPENDIENTE	16	0:30:16	04:43	326	2:48:20	32.08	02:00	75	1:25:49	4:51:06	0:51:30
14	458	JUAN ANTONIO CARIDE GRA	CLUB TRIATLON MORRAZO	323	0:42:29	02:34	306	2:46:11	32.5	01:50	11	1:18:31	4:51:32	0:51:56
15	447	JOSE LUIS NAYA ORGEIRA	CLUB TRIATLON CORUÑA	302	0:41:09	04:42	231	2:37:22	34.32	01:49	134	1:30:42	4:55:42	0:56:07
16	463	MODESTO ARAUJO DOMING	CLUB TRIATLON OURENSE	283	0:40:12	02:41	203	2:35:01	34.84	01:50	217	1:38:17	4:57:59	0:58:23
17	438	JUAN JOSE GOMEZ NEGREIR	CLUB TRIATLON CORUÑA	238	0:38:45	02:24	172	2:31:28	35.65	01:47	277	1:44:24	4:58:47	0:59:11
18	442	JOSE JAVIER GOMEZ IGLESI	TRI OURENSE	382	0:47:19	03:42	206	2:35:24	34.75	01:32	148	1:31:41	4:59:35	1:00:00
19	454	JESUS GOCE LEMOS	CLUB TRIATLON MAR DE VIGO	326	0:42:34	04:37	245	2:39:07	33.94	01:39	151	1:31:57	4:59:52	1:00:16
20	432	PABLO SEIVANE VIOR	CLUB TRIATLON CORUÑA	282	0:40:11	06:06	228	2:37:15	34.34	02:24	199	1:36:44	5:02:38	1:03:02
21	473	ARTURO GONZÁLEZ MCDOW	X3M MAJADAHONDA	101	0:34:54	03:07	233	2:37:33	34.28	02:15	329	1:49:44	5:07:32	1:07:56
22	453	FERNANDO ABREU FERNAN	INDEPENDIENTE	306	0:41:27	03:37	353	2:51:12	31.54	01:57	146	1:31:29	5:09:40	1:10:04
23	470	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	104	0:34:57	03:06	319	2:47:43	32.2	02:36	263	1:42:39	5:11:00	1:11:24
24	472	JUAN-CARLOS FEAL RIVERA	INDEPENDIENTE	379	0:47:11	03:17	280	2:42:57	33.14	02:40	198	1:36:42	5:12:45	1:13:09
25	465	FERNANDO RASCADO DEL P	CLUB TRIATLON MAR DE VIGO	305	0:41:26	03:36	333	2:49:02	31.95	01:45	226	1:39:16	5:15:04	1:15:28
26	446	XOAN ANTON PEON VALLE	TRIATLON MOTOBike PONTEVEDRA	161	0:36:30	04:37	314	2:47:18	32.28	01:47	316	1:48:23	5:18:33	1:18:57
27	450	FEDERICO PORTO ARIAS	CLUB TRIATLON CORUÑA	224	0:38:23	03:03	370	2:54:34	30.93	01:18	317	1:48:37	5:25:53	1:26:17
28	443	JOSÉ RAMÓN GARCÍA VÁZQ	MARLINS TRIATLON	242	0:38:47	04:29	372	2:54:52	30.88	02:24	297	1:45:51	5:26:21	1:26:45
29	464	LUIS PUGA LANDIN	independiente	388	0:49:19	05:38	242	2:38:43	34.02	02:35	341	1:51:28	5:27:41	1:28:05
30	460	JAVIER RODRIGUEZ MEIRAM	INDEPENDIENTE	367	0:44:50	05:06	315	2:47:21	32.27	02:17	354	1:55:16	5:34:48	1:35:12
31	441	JESUS ROBRES ZARDOYA	INDEPENDIENTE	115	0:35:13	04:30	363	2:52:55	31.23	02:41	370	1:59:59	5:35:16	1:35:41
32	459	MIGUEL LÓPEZ ARIAS	CLUB TRIATLON CORUÑA	410	1:00:15	05:19	232	2:37:24	34.31	03:31	339	1:51:10	5:37:36	1:38:00
33	451	JOSÉ IGNACIO DONNAY FER	INDEPENDIENTE	129	0:35:31	03:30	373	2:55:18	30.81	02:05	379	2:02:49	5:39:11	1:39:35
34	436	ALFREDO FENOLLERA CAAM	BIKESTRADA TRIATLON	307	0:41:28	04:34	320	2:47:44	32.2	02:12	383	2:03:26	5:39:21	1:39:45
35	444	JOSE MANUEL NAVARRO LO	UNIVERSIDADE DE VIGO	346	0:43:23	03:59	382	2:59:00	30.17	04:20	372	2:00:13	5:50:53	1:51:17
36	469	NICANOR GONZÁLEZ FERNÁ	INDEPENDIENTE	255	0:39:07	06:22	403	3:15:44	27.59	01:27	378	2:02:36	6:05:14	2:05:38
37	440	JUAN LUIS LIMORTE URRUTI	NOSPORTLIMIT-TREK GALICIA	408	0:56:53	05:03	335	2:49:03	31.94	02:42	398	2:28:15	6:21:53	2:22:17
38	431	RAMON MARTINEZ ONGAY	INDEPENDIENTE	411	1:03:03	05:24	400	3:13:11	27.95	03:12	380	2:02:54	6:27:42	2:28:06
NP	452	JOSE FERRACES REGUEIRO	TRIATLON FERROL											
NP	462	SANTIAGO FERNANDEZ-MIR	NOSPORTLIMIT-TREK GALICIA											
NP	468	JAVIER TABOADA PEDREIRA	NOSPORTLIMIT-TREK GALICIA											
NP	449	JOSE CABADO CASTRO	INDEPENDIENTE											
NP	448	LUIS ANTONIO GONZÁLEZ FE	REAL CLUB NAUTICO DE VIGO											
NP	434	MANUEL ANGUITA LÓPEZ	X3M MAJADAHONDA											
NP	435	CELSO LÓPEZ VÁZQUEZ	CLUB TRIATLON CORUÑA											

DE 50 A 54 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	482	ABDÓN CRUCES CARIDE	REAL CLUB NAUTICO DE VIGO	126	0:35:27	03:23	42	2:18:55	38.87	01:23	100	1:28:08	4:27:14	0:27:38
2	477	JUAN CARLOS LOPEZ QUINT	TRI OURENSE									12:39:31	4:29:20	0:29:45
3	475	JESUS ANGEL RODRIGUEZ G	INDEPENDIENTE	79	0:33:53	03:16	176	2:31:58	35.54	01:26	97	1:27:41	4:38:12	0:38:36
4	476	LUIS EMILIO SANCHEZ SECO	TRIOURENSE	84	0:33:56	04:02	220	2:36:48	34.44	01:44	59	1:24:16	4:40:45	0:41:09
5	480	LALO RODRIGUEZ VILLAR	REAL CLUB NAUTICO DE VIGO	246	0:38:52	04:13	155	2:29:41	36.08	02:20	85	1:26:42	4:41:45	0:42:09
6	483	LEONARDO FIGUEROA VILA	CLUB TRIATLON MAR DE VIGO	331	0:42:48	04:00	171	2:31:26	35.66	01:37	213	1:37:41	4:57:30	0:57:54
7	479	MANUEL VALES BAHAMOND	INDEPENDIENTE	187	0:37:31	03:33	249	2:39:46	33.8	02:02	332	1:50:05	5:12:55	1:13:19
8	481	BENITO FERNANDEZ FERNA	INDEPENDIENTE	195	0:37:42	03:32	309	2:46:40	32.4	01:53	294	1:45:29	5:15:13	1:15:37
9	487	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIGO	230	0:38:30	03:00	323	2:48:01	32.14	01:34	328	1:49:37	5:20:40	1:21:04
10	484	GUILLERMO DIEZ FERNANDE	INDEPENDIENTE	329	0:42:47	03:33	356	2:51:29	31.49	01:48	301	1:46:26	5:26:01	1:26:26
11	486	JUAN BARRERAS GARCIA R	CLUB TRIATLON MAR DE VIGO	386	0:48:37	03:39	351	2:50:55	31.6	01:37	258	1:42:17	5:27:04	1:27:28
12	490	EVARISTO GONZÁLEZ FERN	INDEPENDIENTE	184	0:37:21	05:25	387	3:01:45	29.71	03:44	299	1:45:57	5:34:11	1:34:35
13	489	ANTONIO PARDO LOPEZ	NOSPORTLIMIT-TREK GALICIA	265	0:39:26	03:09	302	2:45:45	32.58	01:48	389	2:06:26	5:36:32	1:36:56
14	478	JOSE ANTONIO FORMOSO G	INDEPENDIENTE	352	0:43:44	08:28	398	3:12:42	28.02	02:45	182	1:35:11	5:42:48	1:43:12
SD	488	MAXIMINO ALONSO DE LA C	CLUB TRIATLON MAR DE VIGO										4:46:00	0:46:24
NP	474	JOSE MANUEL FILGUEIRA A	INDEPENDIENTE											
NP	485	ANTONIO UCHA DOMINGO	INDEPENDIENTE											

DE 55 A 59 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	492	LUIS ARENAS VILLARROEL	INDEPENDIENTE	200	0:37:49	06:57	337	2:49:08	31.93	04:52	324	1:49:17	5:28:01	1:28:26
2	491	FELIX SANCHEZ ALONSO	INDEPENDIENTE	391	0:49:36	06:13	310	2:46:51	32.37	02:16	356	1:55:31	5:40:24	1:40:48
3	494	JAVIER BELTRÁN MUÑOZ	INDEPENDIENTE	365	0:44:48	05:23	377	2:58:08	30.31	03:45	384	2:04:17	5:56:20	1:56:44
NF	495	EDUARDO VIEIRA MONTENE	CLUB TRIATLON MAR DE VIGO	409	0:57:21	05:40	407	3:25:50	26.24	06:01				

DE 60 A 64 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	496	MANUEL MARTINEZ RODRIG	INDEPENDIENTE	311	0:41:52	05:22	386	3:01:04	29.82	02:45	362	1:57:52	5:48:53	1:49:17
NP	497	RAMÓN COUCE SEIJAS	INDEPENDIENTE											