

I TRIATLÓN ATLÁNTICO BAIONA

Resultados Oficiais

ABSOLUTA FEMININA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	sábado, 16 de maio de 2015	Hora	19:56	Curta	1,5 Km.	40 Km.	10 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	ROI CUBA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	ROI CUBA		JAVIER MON - TRIATLON ARTEIXO

Datos da competición

Temperatura exterior: 25,5 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 3 voltas
Inscritos : 31	Remataron : 26	Retirados : 1	Non Presentados : 4 Descalificados : 0

POS.	Nº	NOME	CLUB	CAT.	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.
1	367	MARIA ORTEGA DE MIGUEL	A.D. TRI-PENTA TERRAS DE LU	ABF	1	0:21:57	2 1:13:27 32.68	2	0:38:25	2:13:48
2	366	JOSELYN DANIELY BREA ABRE	A.D. TRI-PENTA TERRAS DE LU	SUB23F	5	0:26:13	1 1:13:10 32.81	1	0:37:49	2:17:11 0:03:24
3	381	SONIA PARIENTE BAGLIETTO	GV SPORTS CLUB	ABF	2	0:23:35	5 1:20:51 29.68	4	0:44:49	2:29:15 0:15:27
4	390	BLANCA LABANDEIRA FERNAND	CLUB TRIATLON MAR DE VIGO	ABF	4	0:25:56	4 1:19:37 30.15	5	0:46:28	2:32:00 0:18:13
5	368	MAR VILLAR ZAMUZ	TRINORTH-NOGASA	ABF	12	0:31:41	3 1:16:24 31.41	10	0:50:16	2:38:20 0:24:33
6	371	MARÍA MARTÍNEZ GONZÁLEZ	CLUB ATLETISMO PORRIÑO	ABF	6	0:28:22	10 1:24:19 28.47	7	0:47:54	2:40:34 0:26:46
7	375	MARÍA CRISTINA SANTIAGO MA	NOSPORTLIMIT-TREK GALICIA	ABF	14	0:33:00	8 1:22:16 29.18	9	0:49:11	2:44:27 0:30:39
8	369	MARTA BARBEITO DOMINGUEZ	A.D. FOGAR	ABF	3	0:24:07	11 1:24:56 28.26	17	0:55:37	2:44:39 0:30:52
9	392	PALOMA HERBELLO HERMELO	ARCADE INFORHOUSE SANTIA	V1F	11	0:31:24	12 1:26:27 27.76	8	0:48:17	2:46:07 0:32:20
10	372	SARA CASTILLO OÑATE	ADVENTURE BIKE /LA BAJERA	ABF	7	0:29:00	20 1:33:34 25.65	3	0:44:31	2:47:04 0:33:16
11	395	Mª BELEN LEMAT CABRAL	CIDADE DE LUGO FLUVIAL	V1F	25	0:42:02	6 1:21:49 29.33	6	0:47:33	2:51:24 0:37:36
12	378	LARA LOIS GARCÍA	GV SPORTS CLUB	ABF	20	0:36:43	7 1:22:15 29.18	16	0:54:38	2:53:35 0:39:48
13	386	SABELA GARCÍA ORO	NOSPORTLIMIT-TREK GALICIA	ABF	18	0:34:41	14 1:28:44 27.05	11	0:50:23	2:53:46 0:39:59
14	389	CRISTINA FERNÁNDEZ LÓPEZ	CLUB TRIATLON MORRAZO	ABF	15	0:33:06	15 1:28:54 27	13	0:51:58	2:53:57 0:40:09
15	385	LAURA ABOLLADO REGO	LICENZA 1 DÍA	ABF	9	0:30:53	19 1:33:07 25.78	12	0:51:07	2:55:06 0:41:19
16	387	LORENA GARCIA LAGO	CLUB TRIATLON MAR DE VIGO	ABF	10	0:31:13	16 1:30:29 26.53	15	0:54:26	2:56:07 0:42:19
17	370	IRENE SERRAT SEOANE	A.D. TRI-PENTA TERRAS DE LU	JNF	13	0:31:47	13 1:26:50 27.64	19	0:57:58	2:56:34 0:42:47
18	396	MARÍA DEL CARMEN CABALEIR	CLUB CICLISTA DE LA FUENTE	V2F	22	0:40:55	9 1:23:43 28.67	14	0:52:31	2:57:08 0:43:20
19	382	BEGOÑA ARRANZ GONZÁLEZ	TRINORTH-NOGASA	ABF	16	0:33:25	23 1:37:36 24.59	18	0:56:16	3:07:16 0:53:29
20	374	ESTEFANÍA ARIAS CEDRÓN	MONTE PENARUBIA RUNNING L	ABF	8	0:29:33	21 1:35:44 25.07	23	1:02:24	3:07:40 0:53:53
21	394	YOLANDA ESCARCEGA CARREI	TRIATLON MOTOBIKE PONTEV	V1F	17	0:34:19	24 1:37:36 24.59	20	0:58:11	3:10:06 0:56:18
22	376	MARIA LUISA RUA PRIETO	TRISADA	ABF	21	0:37:35	18 1:32:49 25.86	22	1:00:15	3:10:38 0:56:50
23	379	KERRIE ANN MC EVOY	INDEPENDIENTE	ABF	19	0:35:01	17 1:31:25 26.26	25	1:09:31	3:15:56 1:02:08
24	384	RAQUEL ZAPATA RODRIGUEZ	CLUB TRIATLON MAR DE VIGO	ABF	24	0:42:01	22 1:36:20 24.92	21	0:59:01	3:17:21 1:03:34
25	383	MARÍA TALLÓN GARCÍA	CLUB TRIATLON MAR DE VIGO	ABF	26	0:42:59	25 1:39:23 24.15	24	1:03:26	3:25:47 1:11:59
26	380	IRIA BLANCO RODRIGUEZ	GV SPORTS CLUB	ABF	23	0:41:56	26 1:47:01 22.43	26	1:16:11	3:45:07 1:31:19
NF	388	RUTH PÉREZ PONTE	CLUB TRIATLON MAR DE VIGO	ABF	27	0:54:57				
NP	373	BEATRIZ CUÑARRO MENDEZ	CICLISMO TRIATLON MONTE A	ABF						
NP	377	IRIA FERNANDEZ GONZALEZ	MONTE PENARUBIA RUNNING L	ABF						
NP	391	NATALIA MIGUEZ LÓPEZ	TRISADA	V1F						
NP	393	ANA MARIA LOPEZ CRUZ	TRI OURENSE	V1F						

I TRIATLON ATLÁNTICO BAIONA

Resultados Oficiais

CATEGORIAS FEMININA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	sábado, 16 de maio de 2015	Hora	19:57	Curta	1,5 Km.	40 Km.	10 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	ROI CUBA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	ROI CUBA		JAVIER MON - TRIATLON ARTEIXO

Datos da competición

Temperatura exterior: 25,5 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 3 voltas
Inscritos : 31	Remataron : 26	Retirados : 1	Non Presentados : 4
			Descalificados : 0

JUNIOR FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	370	IRENE SERRAT SEOANE	A.D. TRI-PENTA TERRAS DE LUGO	13	0:31:47	13	1:26:50 27.64	19	0:57:58	2:56:34	0:42:47

SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	366	JOSELYN DANIELY BREA ABREU	A.D. TRI-PENTA TERRAS DE LUGO	5	0:26:13	1	1:13:10 32.81	1	0:37:49	2:17:11	0:03:24

VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	392	PALOMA HERBELLO HERMELO	ARCADE INFORHOUSE SANTIAGO	11	0:31:24	12	1:26:27 27.76	8	0:48:17	2:46:07	0:32:20
2	395	Mª BELEN LEMAT CABRAL	CIDADE DE LUGO FLUVIAL	25	0:42:02	6	1:21:49 29.33	6	0:47:33	2:51:24	0:37:36
3	394	YOLANDA ESCARCEGA CARREIR	TRIATLON MOTOBIKE PONTEVEDRA	17	0:34:19	24	1:37:36 24.59	20	0:58:11	3:10:06	0:56:18
NP	391	NATALIA MIGUEZ LÓPEZ	TRISADA								
NP	393	ANA MARIA LOPEZ CRUZ	TRI OURENSE								

VETERANAS 2 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	396	MARÍA DEL CARMEN CABALEIRO	CLUB CICLISTA DE LA FUENTE	22	0:40:55	9	1:23:43 28.67	14	0:52:31	2:57:08	0:43:20

I TRIATLON ATLÁNTICO BAIONA

Resultados Oficiais

ABSOLUTA MASCULINA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	sábado, 16 de maio de 2015	Hora	20:17	Curta	1,5 Km.	40 Km.	10 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI JAVIER MON - TRIATLON ARTEIXO
Xuíz Arbitro:	ROI CUBA		
Responsable Oficiais:	ROI CUBA		

Datos da competición

Temperatura exterior: 25,5 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 3 voltas
Inscritos : 362	Remataron : 292	Retirados : 20	Non Presentados : 43 Descalificados : 7

POS.	Nº	NOME	CLUB	CAT.	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.
1	1	UXIO ABUIN ARES	TRIATLON ARTEIXO	ABM	1 0:18:30	2 1:03:57	37.54	2 0:33:17	1:55:42	
2	2	CESAR RAMIRO SARACHO RAVEL	TRIATLON ARTEIXO	SUB23M	4 0:21:05	43 1:11:01	33.8	1 0:32:35	2:04:40	0:08:58
3	3	JOSE RICARDO VEGA CEBRIAN	TRIATLON ARTEIXO	SUB23M	3 0:21:01	14 1:07:53	35.36	4 0:35:48	2:04:41	0:08:59
4	9	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICI	ABM	11 0:22:12	3 1:04:16	37.35	10 0:38:25	2:04:52	0:09:10
5	10	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	V1M	31 0:24:26	6 1:06:08	36.29	6 0:36:15	2:06:48	0:11:06
6	8	FABIAN UBEIRA VIDAL	ASOCIACIÓN DEPORTIVA C.A.	ABM	10 0:22:07	12 1:06:55	35.87	22 0:39:42	2:08:44	0:13:02
7	27	BRAIS MISA GARCÍA	CLUB ATLETISMO PORRIÑO	ABM	32 0:24:29	5 1:06:01	36.36	12 0:38:35	2:09:04	0:13:22
8	6	LUCAS ESCANEO MACIÑEIRAS	CLUB TRIATLON MORRAZO	ABM	9 0:21:46	8 1:06:15	36.23	40 0:41:26	2:09:26	0:13:44
9	94	JOSÉ ÁNGEL PENAS TALLÓN	TRINITY TRIATLON	ABM	33 0:24:32	18 1:09:08	34.72	5 0:35:58	2:09:37	0:13:55
10	7	JUAN FRANCISCO FERNANDEZ M	CICLISMO TRIATLON MONTE	ABM	16 0:23:18	10 1:06:22	36.16	31 0:40:36	2:10:15	0:14:33
11	313	MANUEL JESUS GAYOSO REAL	T. MURALLA LUGO	V1M	21 0:23:43	15 1:08:04	35.26	15 0:38:44	2:10:30	0:14:48
12	112	ALBERTO ALVAREZ BENDAÑA	T. MURALLA LUGO	ABM	18 0:23:25	31 1:10:23	34.1	8 0:37:32	2:11:20	0:15:38
13	142	ENRIQUE MORAN GONZALEZ	CLUB ATLETISMO PORRIÑO	ABM	65 0:27:10	9 1:06:16	36.22	9 0:38:03	2:11:28	0:15:47
14	20	CRISTÓBAL DIOS RÍOS	TRIATLON ARTEIXO	ABM	39 0:25:05	11 1:06:53	35.89	21 0:39:42	2:11:38	0:15:57
15	49	DIEGO PÉREZ VEITES	TRINORTH-NOGASA	ABM	34 0:24:33	13 1:07:03	35.8	52 0:41:50	2:13:24	0:17:42
16	169	IAGO VARA ADRIO	REAL CLUB NÁUTICO DE VIG	ABM	25 0:23:50	32 1:10:24	34.1	23 0:39:48	2:14:01	0:18:19
17	300	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENT	V1M	80 0:27:22	7 1:06:14	36.24	29 0:40:26	2:14:02	0:18:20
18	149	MANUEL FERNANDO ABUÍN ROUC	T. MURALLA LUGO	ABM	120 0:28:06	4 1:05:13	36.81	34 0:40:49	2:14:07	0:18:26
19	348	ANDRES LOPEZ TORRES	CICLISMO TRIATLON MONTE	V2M	35 0:24:33	50 1:11:41	33.48	17 0:39:17	2:15:31	0:19:49
20	185	SERGIO OLIVEIRA BOGA	OLIMPICO DE VEDRA	ABM	84 0:27:24	17 1:08:23	35.1	26 0:40:00	2:15:46	0:20:04
21	154	JOSE LUIS DORADO VIÉITEZ	TRINORTH-NOGASA	ABM	71 0:27:14	34 1:10:32	34.03	11 0:38:31	2:16:16	0:20:34
22	189	RAMON LOPEZ ROUCO	T. MURALLA LUGO	ABM					2:17:05	0:21:24
23	195	ALEJANDRO GONZALEZ BUCETA	TRINORTH-NOGASA	ABM	113 0:27:50	25 1:09:52	34.36	25 0:39:55	2:17:36	0:21:54
24	269	FRANCISCO JAVIER RAMOS BOTA	CIDADE DE LUGO FLUVIAL	V1M	126 0:28:16	21 1:09:22	34.61	27 0:40:00	2:17:36	0:21:55
25	72	LUCIANO JESÚS CARRETERO SA	TRINITY TRIATLON	ABM	104 0:27:39	23 1:09:30	34.54	33 0:40:45	2:17:53	0:22:11
26	62	SERGIO GONZALEZ CAMPOS	CLUB ATLETISMO PORRIÑO	ABM	99 0:27:33	26 1:09:53	34.34	30 0:40:31	2:17:56	0:22:14
27	238	ENRIQUE GOCE PEREIRA	OLIMPICO DE VEDRA	V1M	154 0:29:33	28 1:10:13	34.18	13 0:38:39	2:18:24	0:22:42
28	93	VICTOR ALONSO SAA	CLUB ATLETISMO PORRIÑO	ABM	13 0:22:16	99 1:14:39	32.16	45 0:41:32	2:18:26	0:22:45
29	337	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIG	V1M	57 0:26:52	37 1:10:43	33.94	36 0:40:54	2:18:28	0:22:47
30	137	ANTONIO GOMEZ DORRIO	TRISADA	ABM	7 0:21:32	64 1:12:45	32.99	93 0:44:16	2:18:32	0:22:50
31	314	RAMON ARIAS GARCIA	T. MURALLA LUGO	V1M	27 0:24:08	57 1:12:12	33.25	64 0:42:55	2:19:14	0:23:32
32	244	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	V1M	58 0:26:54	38 1:10:48	33.9	54 0:42:02	2:19:43	0:24:01
33	321	JOSE RAMON JACOME MAZAS	TRIATLON P.C. RIAS BAIXAS	V1M	69 0:27:12	35 1:10:35	34.01	57 0:42:23	2:20:09	0:24:27
34	320	JAVIER FONTAO AGEITOS	CLUB NATACION RIVEIRA	V1M					2:20:10	0:24:29
35	14	UXÍO FERNÁNDEZ HERMO	TRINORTH-NOGASA	SUB23M	77 0:27:21	56 1:12:11	33.25	35 0:40:54	2:20:25	0:24:43
36	333	NICOLAS BAYON MELEIRO	CIDADE DE LUGO FLUVIAL	V1M	22 0:23:44	29 1:10:18	34.14	135 0:46:27	2:20:28	0:24:46
37	188	JAIME VAZQUEZ MEJIDE	CIDADE DE LUGO FLUVIAL	ABM	78 0:27:21	80 1:13:41	32.58	20 0:39:38	2:20:40	0:24:58
38	114	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI498	ABM	73 0:27:16	55 1:12:09	33.27	44 0:41:29	2:20:54	0:25:12
39	12	DAVID LISTE VÁZQUEZ	TALLERES DAVID TRIATLON	JNM	6 0:21:19	111 1:15:19	31.87	96 0:44:33	2:21:10	0:25:28
40	208	DIEGO SOTELO FERNANDEZ	C. TRIATLON OURENSE	V1M	5 0:21:19	61 1:12:34	33.08	153 0:47:27	2:21:19	0:25:37
41	340	JOSE LUIS NESPEREIRA GOMEZ	C. TRIATLON OURENSE	V1M	188 0:31:04	22 1:09:22	34.6	46 0:41:35	2:22:00	0:26:18

POS.	Nº	NOME	CLUB	CAT.	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
42	123	JAVIER FERNANDEZ FERNANDEZ	INDEPENDIENTE	ABM	211	0:31:43	20	1:09:19	34.63	38	0:41:10	2:22:11	0:26:29
43	136	PEDRO GINÉS BLANCO	CICLISMO TRIATLON MONTE	ABM	68	0:27:12	24	1:09:49	34.38	113	0:45:15	2:22:15	0:26:33
44	257	MARCOS ANTONIO UBEIRA VIDAL	ASOCIACIÓN DEPORTIVA C.A.	V1M	123	0:28:11	72	1:13:09	32.81	37	0:40:56	2:22:16	0:26:34
45	242	CRISTÓBAL CACHEDA CHOUZA	TEAM CORBELO	V1M	160	0:30:01	41	1:10:52	33.87	42	0:41:28	2:22:19	0:26:37
46	175	FRANCISCO JAVIER ALVAREZ CO	CLUB TRIATLON MAR DE VIG	ABM	119	0:28:05	63	1:12:41	33.02	48	0:41:39	2:22:24	0:26:42
47	183	PABLO ALONSO FIGUEROA	CLUB TRIATLON MORRAZO	ABM	158	0:29:56	68	1:13:03	32.86	19	0:39:30	2:22:28	0:26:47
48	200	JUAN LUIS FERNÁNDEZ LÓPEZ	CLUB TRIATLON MORRAZO	ABM	50	0:26:23	93	1:14:24	32.26	49	0:41:45	2:22:31	0:26:49
49	251	ARTURO RAMOS FERROL	TALLERES DAVID TRIATLON	V1M	192	0:31:11	42	1:10:54	33.85	32	0:40:39	2:22:43	0:27:02
50	177	GONZALO FERNÁNDEZ ALBERTE	AXA AGENCIA GARRIGA-BEA	ABM	152	0:29:17	106	1:14:47	32.1	14	0:38:42	2:22:45	0:27:03
51	140	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT-TREK GALICI	ABM	23	0:23:46	65	1:12:49	32.96	133	0:46:20	2:22:55	0:27:13
52	143	MANUEL CASTRO RODRÍGUEZ	CLUB ATLETISMO PORRIÑO	ABM	8	0:21:42	44	1:11:05	33.76	198	0:50:23	2:23:10	0:27:28
53	223	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON	V1M	97	0:27:32	52	1:11:58	33.35	83	0:43:44	2:23:13	0:27:31
54	105	HUGO PACHON MORENO	CLUB NATACION RIVEIRA	ABM	38	0:25:02	104	1:14:44	32.12	79	0:43:37	2:23:22	0:27:40
55	77	RODRIGO PINTADO DEL CAMPO	NOSPORTLIMIT-TREK GALICI	ABM	86	0:27:26	83	1:13:49	32.51	55	0:42:10	2:23:24	0:27:43
56	113	ENRIQUE CRESPO PAZOS	ASOCIACIÓN DEPORTIVA C.A.	ABM	144	0:28:54	33	1:10:32	34.03	89	0:44:01	2:23:26	0:27:44
57	64	BORJA CONEJERO JORDAN	CLUB TRIATLON MAR DE VIG	ABM	43	0:25:41	97	1:14:36	32.17	71	0:43:12	2:23:29	0:27:47
58	86	MANUEL SANTOS DOCAL	MONTE PENARUBIA RUNNIN	ABM	133	0:28:27	30	1:10:18	34.14	101	0:44:45	2:23:29	0:27:47
59	210	FLORINDO JOSE GONZALEZ GONZ	AXA AGENCIA GARRIGA-BEA	V1M	115	0:27:57	47	1:11:36	33.53	91	0:44:05	2:23:37	0:27:55
60	152	ROMULO SOTO VÁZQUEZ	AXA AGENCIA GARRIGA-BEA	ABM	98	0:27:33	39	1:10:51	33.88	114	0:45:19	2:23:41	0:28:00
61	264	FERNANDO REGO PÉREZ	INDEPENDIENTE	V1M	96	0:27:31	85	1:13:57	32.45	59	0:42:34	2:24:02	0:28:20
62	91	MARCOS COSTA PEREIRA	CIDADE DE LUGO FLUVIAL	ABM	137	0:28:41	59	1:12:22	33.17	68	0:43:07	2:24:09	0:28:28
63	291	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	V1M	108	0:27:42	53	1:12:00	33.34	95	0:44:33	2:24:13	0:28:31
64	336	PEDRO LISTA SUÁREZ	CLUB CICLISTA RIAZOR	V1M	106	0:27:40	77	1:13:28	32.67	70	0:43:11	2:24:18	0:28:36
65	54	LÚIS TEMBRA PENEIREIRO	CLUB NATACION RIVEIRA	ABM	61	0:27:03	146	1:17:24	31.01	24	0:39:54	2:24:20	0:28:38
66	36	IAGO GÓMEZ ALONSO	CLUB TRIATLON MORRAZO	ABM	54	0:26:45	70	1:13:09	32.81	97	0:44:34	2:24:26	0:28:44
67	133	AGUSTIN RIOS FERRADAS	CLUB TRIATLON MORRAZO	ABM	19	0:23:29	160	1:17:58	30.78	69	0:43:08	2:24:34	0:28:52
68	216	MIGUEL ANGEL COGOLLUDO AGU	GV SPORTS CLUB	V1M	83	0:27:24	116	1:15:54	31.63	41	0:41:27	2:24:44	0:29:02
69	179	ANTONIO LIEBANAS MENDEZ	LICENZA 1 DÍA	ABM	135	0:28:32	176	1:19:03	30.36	7	0:37:16	2:24:50	0:29:08
70	306	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	V1M	244	0:33:50	16	1:08:05	35.26	77	0:43:28	2:25:22	0:29:41
71	349	JESÚS ÁNGEL RODRÍGUEZ GONZ	CLUB TRIATLON MAR DE VIG	V2M	36	0:24:58	147	1:17:27	30.99	66	0:43:01	2:25:25	0:29:43
72	192	JESÚS FIGUEROA FERNANDEZ	ASOCIACIÓN DEPORTIVA C.A.	ABM	110	0:27:48	114	1:15:41	31.71	53	0:41:58	2:25:26	0:29:44
73	155	JOSE ANGEL DÍAZ BAUTISTA	CLUB TRIATLON CORUÑA	ABM	170	0:30:28	120	1:16:02	31.57	18	0:39:24	2:25:53	0:30:12
74	34	GUILLERMO MOSQUERA VICENTE	LICENZA 1 DÍA	ABM	48	0:26:09	81	1:13:42	32.57	129	0:46:12	2:26:02	0:30:20
75	50	DIEGO GONZÁLEZ GONZÁLEZ	C. TRIATLON OURENSE	ABM	190	0:31:06	75	1:13:21	32.72	50	0:41:46	2:26:13	0:30:31
76	148	ROBERTO PICON ESPÍÑO	TALLERES DAVID TRIATLON	ABM	130	0:28:20	109	1:15:07	31.95	61	0:42:49	2:26:15	0:30:33
77	324	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	V1M	234	0:33:22	27	1:09:56	34.32	67	0:43:05	2:26:22	0:30:40
78	138	JOSE ANTONIO MARTINEZ PEREZ	CLUB CICLISTA DE LA FUENT	ABM	139	0:28:47	112	1:15:19	31.87	60	0:42:35	2:26:39	0:30:58
79	37	HECTOR FERNANDEZ RABANAL	LICENZA 1 DÍA	ABM	114	0:27:53	91	1:14:09	32.37	100	0:44:44	2:26:45	0:31:03
80	90	FRANCISCO SANCHEZ MENDEZ	LICENZA 1 DÍA	ABM	62	0:27:03	36	1:10:37	33.99	177	0:49:09	2:26:49	0:31:07
81	63	MARCOS ROGELIO ALONSO GONZ	LICENZA 1 DÍA	ABM	181	0:30:52	118	1:15:59	31.59	28	0:40:04	2:26:55	0:31:13
82	259	ANTONIO REY CARBALLEIRA	TRIATLON MOTOBIKE PONTE	V1M	90	0:27:28	88	1:14:04	32.4	118	0:45:30	2:27:02	0:31:20
83	24	ALBERTO GÓMEZ VILA	AXA AGENCIA GARRIGA-BEA	ABM	208	0:31:38	67	1:12:59	32.89	58	0:42:28	2:27:04	0:31:22
84	174	VICTOR MANUEL MOURIÑO FORT	CLUB ATLETISMO PORRIÑO	ABM	44	0:25:42	92	1:14:12	32.35	151	0:47:22	2:27:15	0:31:33
85	350	JOSE MANUEL OTERO FERNANDE	T. MURALLA LUGO	V2M	45	0:26:02	123	1:16:18	31.46	107	0:44:58	2:27:16	0:31:35
86	59	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICI	ABM	109	0:27:45	78	1:13:33	32.63	127	0:46:05	2:27:23	0:31:41
87	283	ANGEL PAZ BERMÚDEZ	BIKESTRADA TRIATLÓN	V1M	51	0:26:24	139	1:17:00	31.17	88	0:44:00	2:27:24	0:31:42
88	18	ADRIÁN FERNÁNDEZ GARCÍA	TRISADA	SUB23M	76	0:27:20	66	1:12:58	32.9	146	0:47:08	2:27:26	0:31:44
89	28	SERGIO GILHERME SOUSA ALPIU	PEDALARTE	ABM	92	0:27:29	71	1:13:09	32.81	140	0:46:49	2:27:26	0:31:44
90	32	DAVID DIZ FERREIRA	LICENZA 1 DÍA	ABM	155	0:29:38	90	1:14:08	32.38	84	0:43:46	2:27:32	0:31:50
91	104	MANUEL SALGUEIRO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	ABM	176	0:30:37	40	1:10:51	33.87	134	0:46:27	2:27:54	0:32:13
92	211	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICI	V1M	53	0:26:41	69	1:13:03	32.86	164	0:48:14	2:27:57	0:32:16
93	280	SANTIAGO GARCÍA VILAS	CIDADE DE LUGO FLUVIAL	V1M	175	0:30:36	84	1:13:50	32.51	82	0:43:44	2:28:09	0:32:27
94	111	DAVID CASTRO GRAIÑO	INDEPENDIENTE	ABM	177	0:30:39	101	1:14:40	32.15	62	0:42:54	2:28:11	0:32:29
95	31	ROI MARTINEZ MARTIN	LICENZA 1 DÍA	ABM	103	0:27:37	76	1:13:28	32.67	145	0:47:07	2:28:11	0:32:29
96	52	FEDERICO RAMON LAMAS LIEB	C. TRIATLON OURENSE	ABM	223	0:32:31	58	1:12:20	33.19	75	0:43:23	2:28:13	0:32:31
97	122	RUBEN ALVAREZ IGLESIAS	TRIVIGO BOYER TRIATHLON	ABM	101	0:27:34	73	1:13:10	32.8	158	0:47:45	2:28:28	0:32:46
98	118	FELIPE VEIGA JALDA	CLUB TRIATLON MORRAZO	ABM	63	0:27:04	131	1:16:32	31.36	105	0:44:57	2:28:31	0:32:50
99	89	DAVID SANISIDRO REGO	CLUB NATACION RIVEIRA	ABM	75	0:27:20	86	1:14:00	32.44	149	0:47:19	2:28:39	0:32:57
100	331	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	V1M	55	0:26:48	148	1:17:29	30.98	94	0:44:26	2:28:41	0:32:59
101	194	ENRIQUE VIÑAS ROMERO	CLUB TRIATLON MORRAZO	ABM	94	0:27:30	119	1:16:02	31.57	110	0:45:10	2:28:41	0:33:00
102	147	SALVADOR IZQUIERDO SALGUEIR	CLUB TRIATLON MAR DE VIG	ABM	159	0:29:57	89	1:14:05	32.4	106	0:44:57	2:28:59	0:33:17
103	267	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO	V1M	221	0:32:27	45	1:11:20	33.65	115	0:45:20	2:29:06	0:33:24
104	157	JOSE ANTONIO QUINTAS CASTRO	LICENZA 1 DÍA	ABM	141	0:28:48	60	1:12:26	33.14	161	0:47:56	2:29:09	0:33:27
105	212	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	V1M	148	0:28:57	48	1:11:37	33.51	166	0:48:36	2:29:09	0:33:28
106	318	HUMBERTO DIEGUEZ CONSTENLA	LICENZA 1 DÍA	V1M	52	0:26:28	209	1:21:30	29.45	43	0:41:29	2:29:26	0:33:44

POS.	Nº	NOME	CLUB	CAT.	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
107	305	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	V1M	199	0:31:23	107	1:14:53	32.05	74	0:43:20	2:29:36	0:33:54
108	158	JUAN DÍAZ PARDO	TRIATLON FERROL	ABM	151	0:29:06	74	1:13:18	32.75	150	0:47:21	2:29:44	0:34:03
109	338	ANTONIO VIDAL ARES	ARCADE INFORHOUSE SANTI	V1M	64	0:27:09	138	1:16:58	31.18	123	0:45:49	2:29:56	0:34:14
110	46	ENRIQUE LOPEZ TRASHORRAS	MONTE PENARUBIA RUNNIN	ABM	117	0:28:02	129	1:16:31	31.37	116	0:45:25	2:29:57	0:34:15
111	35	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	ABM	93	0:27:29	127	1:16:25	31.41	128	0:46:07	2:30:01	0:34:19
112	181	RUBÉN CAMBRA FERNÁNDEZ	LICENZA 1 DÍA	ABM	256	0:34:11	54	1:12:03	33.31	87	0:43:54	2:30:08	0:34:26
113	167	LUIS ALBERTO DOMINGUEZ FERN	TRI OURENSE	ABM	131	0:28:22	110	1:15:18	31.88	138	0:46:46	2:30:24	0:34:42
114	58	FRANCISCO MANUEL RODRIGUEZ	TRIATLON COSTA DA MORTE	ABM	29	0:24:20	149	1:17:31	30.97	167	0:48:38	2:30:28	0:34:46
115	250	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO	V1M	88	0:27:28	157	1:17:49	30.85	112	0:45:14	2:30:29	0:34:47
116	184	BRUNO VÁZQUEZ ÁLVAREZ	TRIVIGO BOYER TRIATHLON	ABM	41	0:25:15	136	1:16:51	31.23	165	0:48:26	2:30:32	0:34:50
117	57	FÉLIX MARTÍNEZ GIGIRÍN	TEAM CORBELO	ABM	138	0:28:44	51	1:11:57	33.36	190	0:49:55	2:30:35	0:34:53
118	276	ANDRÉ LUIS GÓMEZ DE MACEND	TRI OURENSE	V1M	30	0:24:25	152	1:17:33	30.95	171	0:48:46	2:30:43	0:35:01
119	256	JESÚS CARLOS QUINTAS BARRO	NOSPORTLIMIT-TREK GALICI	V1M	15	0:23:13	202	1:20:46	29.72	137	0:46:45	2:30:43	0:35:01
120	23	JAVIER VILA PORTO	CLUB NATACIÓN PONTEARE	ABM	111	0:27:48	189	1:19:44	30.11	72	0:43:12	2:30:43	0:35:01
121	26	ROBERTO GARRIDO PEREIRA	LICENZA 1 DÍA	ABM	224	0:32:35	140	1:17:02	31.16	39	0:41:20	2:30:57	0:35:15
122	316	LUIS ANGEL CASTELO SANCHEZ	LICENZA 1 DÍA	V1M	72	0:27:15	79	1:13:41	32.58	195	0:50:07	2:31:01	0:35:19
123	273	MANUEL ALBERTO PEREZ GARCÍ	ASOCIACIÓN DEPORTIVA C.A.	V1M	178	0:30:41	142	1:17:04	31.15	86	0:43:53	2:31:37	0:35:55
124	294	FAUSTINO MEIS VEIGA	TRIATLON P.C. RIAS BAIXAS	V1M	125	0:28:15	185	1:19:34	30.16	85	0:43:51	2:31:39	0:35:57
125	76	JESUS FRANCISCO GOMEZ SANT	NOSPORTLIMIT-TREK GALICI	ABM	40	0:25:06	158	1:17:49	30.84	180	0:49:10	2:32:04	0:36:22
126	56	PABLO FRANCO YAÑEZ	CLUB TRIATLON CORUÑA	ABM	166	0:30:12	177	1:19:03	30.36	65	0:42:57	2:32:12	0:36:30
127	303	JOSE LUIS VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	V1M	79	0:27:22	188	1:19:43	30.11	108	0:45:09	2:32:13	0:36:31
128	254	JORGE MANUEL GARCIA RODRIG	TALLERES DAVID TRIATLON	V1M	266	0:34:53	103	1:14:42	32.13	63	0:42:54	2:32:28	0:36:46
129	83	BORJA ROPERO BLANCO	CLUB TRIATLON MAR DE VIG	ABM	182	0:30:55	163	1:18:22	30.63	76	0:43:24	2:32:39	0:36:58
130	117	ANXO SALGADO LOSADA	CLUB TRIATLON MAR DE VIG	ABM	165	0:30:11	19	1:09:16	34.66	245	0:53:14	2:32:40	0:36:58
131	84	JOSE ANTONIO GOLPE IGLESIAS	GV SPORTS CLUB	ABM	74	0:27:20	121	1:16:13	31.49	182	0:49:12	2:32:44	0:37:02
132	231	ANTONIO ABEL SEOANE ESTEVEZ	LICENZA 1 DÍA	V1M	17	0:23:24	164	1:18:23	30.62	207	0:51:01	2:32:47	0:37:05
133	312	JUAN MÉNDEZ LÓPEZ	TRISADA	V1M	112	0:27:49	194	1:20:03	29.98	109	0:45:09	2:33:01	0:37:19
134	205	JUAN MANUEL MARTÍNEZ MARTÍN	TALLERES DAVID TRIATLON	ABM	100	0:27:34	130	1:16:31	31.37	179	0:49:10	2:33:13	0:37:31
135	344	JUAN ANTONIO CARIDE GRANDAL	CLUB TRIATLON MORRAZO	V2M	203	0:31:29	193	1:19:57	30.02	51	0:41:50	2:33:15	0:37:33
136	97	PEDRO DOCAMPO BLANCO	LICENZA 1 DÍA	ABM	127	0:28:17	186	1:19:36	30.16	119	0:45:30	2:33:22	0:37:40
137	232	ROBERTO CARLOS SANTOS FERN	CLUB TRIATLON MORRAZO	V1M	222	0:32:29	132	1:16:34	31.35	104	0:44:56	2:33:57	0:38:16
138	132	HECTOR GONZALEZ CARBALLIDO	LICENZA 1 DÍA	ABM	122	0:28:11	82	1:13:46	32.54	228	0:52:02	2:33:57	0:38:16
139	298	IGNACIO PEREZ RODRIGUEZ	C. TRIATLON OURENSE	V1M	284	0:37:04	102	1:14:41	32.14	56	0:42:19	2:34:02	0:38:20
140	110	ANTONIO CARBALLAL GONZALEZ	LICENZA 1 DÍA	ABM	232	0:33:05	161	1:17:59	30.78	81	0:43:43	2:34:47	0:39:05
141	134	ABEL IGLESIAS FUERTES	TRI OURENSE	ABM	128	0:28:18	137	1:16:55	31.21	186	0:49:38	2:34:50	0:39:08
142	171	ISAAC FRAGOSO PEREZ	NOSPORTLIMIT-TREK GALICI	ABM	202	0:31:27	153	1:17:34	30.95	126	0:45:54	2:34:54	0:39:12
143	60	ALEJANDRO GONZALEZ MONTER	MONTE PENARUBIA RUNNIN	ABM	153	0:29:26	133	1:16:37	31.33	176	0:48:58	2:34:59	0:39:18
144	145	JUAN JOSÉ DALMEIDA MONTES	CLUB TRIATLON MAR DE VIG	ABM	273	0:36:05	113	1:15:29	31.8	78	0:43:29	2:35:02	0:39:20
145	127	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICI	ABM	173	0:30:34	182	1:19:25	30.23	111	0:45:10	2:35:08	0:39:26
146	81	FRANCISCO JAVIER DURÁN PAMP	ASOCIACIÓN DEPORTIVA C.A.	ABM	147	0:28:57	289	1:31:20	26.28	3	0:35:00	2:35:15	0:39:34
147	51	BRAIS PÉREZ GONZÁLEZ	C. TRIATLON OURENSE	ABM	249	0:33:55	87	1:14:02	32.42	154	0:47:32	2:35:27	0:39:45
148	274	CARLOS LOBELLE CARUS	CLUB TRIATLON MORRAZO	V1M	252	0:33:56	122	1:16:15	31.48	121	0:45:42	2:35:52	0:40:11
149	33	IVAN LOPEZ NOVO	NOSPORTLIMIT-TREK GALICI	ABM	81	0:27:23	150	1:17:31	30.96	209	0:51:11	2:36:04	0:40:22
150	130	JOSÉ CALVIÑO CARREÑO	TRIATLON O TREITO	ABM	118	0:28:03	134	1:16:37	31.33	218	0:51:27	2:36:07	0:40:25
151	240	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	V1M	142	0:28:50	126	1:16:21	31.44	205	0:50:57	2:36:07	0:40:25
152	278	OSCAR FRANCISCO RODRÍGUEZ	C. TRIATLON OURENSE	V1M	168	0:30:15	179	1:19:18	30.27	139	0:46:47	2:36:19	0:40:37
153	289	DAVID ANTONIO ROMERO PEREIR	CLUB TRIATLON MAR DE VIG	V1M	292	0:37:43	141	1:17:02	31.16	47	0:41:37	2:36:22	0:40:40
154	295	JOSÉ BARRIENTOS MARTÍNEZ	INDEPENDIENTE	V1M	87	0:27:27	249	1:24:24	28.44	98	0:44:36	2:36:25	0:40:44
155	70	JACOBO MOSQUERA ALVAREZ	AXA AGENCIA GARRIGA-BEA	ABM	129	0:28:18	204	1:21:00	29.64	148	0:47:14	2:36:31	0:40:49
156	163	DAVID RINCON SEBASTIAN	LICENZA 1 DÍA	ABM	82	0:27:23	159	1:17:55	30.8	215	0:51:20	2:36:37	0:40:56
157	209	SERGIO NOGUEROL URRUTIA	NOSPORTLIMIT-TREK GALICI	V1M	60	0:27:01	151	1:17:32	30.96	231	0:52:12	2:36:44	0:41:03
158	220	PABLO MIGUEZ CORDO	LICENZA 1 DÍA	V1M	169	0:30:21	169	1:18:44	30.49	157	0:47:44	2:36:48	0:41:06
159	151	JOSE CARLOS RECAMAN HERMID	GV SPORTS CLUB	ABM	143	0:28:52	98	1:14:37	32.17	251	0:53:30	2:36:58	0:41:16
160	352	MANOLO VALES BAHAMONDE	LICENZA 1 DÍA	V2M	132	0:28:26	201	1:20:28	29.83	163	0:48:13	2:37:06	0:41:24
161	43	VÍCTOR IGLESIAS FUERTES	TRI OURENSE	ABM	213	0:31:58	211	1:21:37	29.41	80	0:43:39	2:37:13	0:41:31
162	92	ANGEL CHAPARRO VELACORACH	TRI OURENSE	ABM	269	0:35:09	171	1:18:49	30.46	73	0:43:16	2:37:13	0:41:31
163	40	JOSÉ MIGUEL FERNÁNDEZ CRUZ	CLUB ATLETISMO PORRIÑO	ABM	250	0:33:55	95	1:14:29	32.23	175	0:48:57	2:37:20	0:41:38
164	215	PABLO GONZALEZ MENDEZ	MONTE PENARUBIA RUNNIN	V1M	229	0:32:56	125	1:16:20	31.45	162	0:48:08	2:37:24	0:41:42
165	235	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	V1M	262	0:34:38	143	1:17:11	31.1	120	0:45:37	2:37:25	0:41:43
166	21	DANIEL SÁNCHEZ VALENCIA	C. TRIATLON OURENSE	ABM	215	0:32:17	154	1:17:46	30.87	152	0:47:24	2:37:25	0:41:43
167	109	JOSE MANUEL OMIL IGLESIAS	CLUB DEPORTIVO PINARIUM	ABM	278	0:36:54	220	1:22:05	29.24	16	0:38:58	2:37:55	0:42:14
168	253	MANUEL GONZALEZ CUÑA	CLUB TRIATLON MAR DE VIG	V1M	295	0:38:12	100	1:14:39	32.15	117	0:45:28	2:38:18	0:42:37
169	355	FAUSTINO BLANCO MANCEBO	CLUB DEPORTIVO TRIATLON	V2M	167	0:30:13	192	1:19:55	30.03	168	0:48:39	2:38:46	0:43:05
170	124	OSCAR BERNÁRDEZ LOSADA	T. MURALLA LUGO	ABM	226	0:32:45	94	1:14:24	32.26	221	0:51:41	2:38:49	0:43:07
171	61	ISAAC GUERRA TEJJEIRO	CLUB DEPORTIVO PINARIUM	ABM	214	0:32:05	217	1:22:02	29.26	99	0:44:44	2:38:49	0:43:08

POS.	Nº	NOME	CLUB	CAT.	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
172	156	MANUEL PONTE LORENZO	TALLERES DAVID TRIATLON	ABM	187	0:30:59	216	1:22:00	29.27	125	0:45:54	2:38:52	0:43:10
173	45	MIGUEL CORTIZO BOULLOSA	ASOCIACIÓN DEPORTIVA C.A.	ABM	171	0:30:29	241	1:23:31	28.74	102	0:44:53	2:38:53	0:43:11
174	249	IGNACIO DELGADO RODRIGUEZ	C. TRIATLON OURENSE	V1M	254	0:33:59	124	1:16:19	31.45	170	0:48:44	2:39:00	0:43:18
175	234	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIG	V1M	253	0:33:58	162	1:18:04	30.75	147	0:47:09	2:39:11	0:43:29
176	106	PABLO OTERO PIÑEIRO	CLUB TRIATLON MORRAZO	ABM	157	0:29:42	231	1:22:48	28.99	143	0:46:55	2:39:25	0:43:43
177	129	LUIS IGLESIAS ALVAREZ	LICENZA 1 DÍA	ABM	241	0:33:49	155	1:17:46	30.86	160	0:47:56	2:39:30	0:43:48
178	153	ALBERTO GIL RIOBO	CLUB TRIATLON MORRAZO	ABM	183	0:30:55	183	1:19:26	30.22	181	0:49:11	2:39:32	0:43:50
179	260	JOAQUIN MINIÑO MARTINEZ	LICENZA 1 DÍA	V1M	270	0:35:10	170	1:18:47	30.47	122	0:45:45	2:39:42	0:44:00
180	30	FRANCISCO GONZALEZ FAGUNDE	LICENZA 1 DÍA	ABM	161	0:30:03	145	1:17:19	31.04	234	0:52:24	2:39:45	0:44:03
181	29	ANTONIO RODRIGUEZ FERNANDE	CLUB DEPORTIVO PINARIUM	ABM	184	0:30:56	235	1:22:59	28.92	124	0:45:53	2:39:48	0:44:06
182	207	JAIME MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	ABM	258	0:34:23	156	1:17:47	30.86	155	0:47:40	2:39:49	0:44:07
183	271	DAVID FERNANDEZ-ALVARIÑO DE	CLUB TRIATLON MAR DE VIG	V1M	102	0:27:35	180	1:19:21	30.25	240	0:52:58	2:39:53	0:44:11
184	357	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENT	V2M	238	0:33:36	166	1:18:36	30.54	156	0:47:42	2:39:53	0:44:11
185	198	JORGE MASSÓ AGUADO	CLUB ATLETISMO PORRIÑO	ABM	14	0:22:40	207	1:21:20	29.51	267	0:55:56	2:39:55	0:44:13
186	116	CARLOS RODRÍGUEZ RODRÍGUEZ	NOSPORTLIMIT-TREK GALICI	ABM	265	0:34:52	167	1:18:36	30.54	142	0:46:55	2:40:22	0:44:40
187	146	DIEGO CARRILLO PEREZ	OLIMPICO DE VEDRA	ABM	207	0:31:35	223	1:22:11	29.2	136	0:46:41	2:40:26	0:44:44
188	102	EFREN ALVAREZ PRADA	TRI OURENSE	ABM	189	0:31:05	238	1:23:14	28.84	131	0:46:16	2:40:34	0:44:52
189	262	PEDRO CASTILLO CABRERO	CLUB DEPORTIVO PINARIUM	V1M	164	0:30:09	168	1:18:37	30.53	230	0:52:05	2:40:50	0:45:08
190	199	DANIEL LOPEZ RODRIGUEZ	TRITLON X3M	ABM	194	0:31:15	187	1:19:38	30.14	191	0:49:59	2:40:51	0:45:09
191	16	ROMAN SANCHEZ FERNANDEZ	TRISADA	SUB23M	163	0:30:08	178	1:19:14	30.29	219	0:51:31	2:40:52	0:45:10
192	322	JESUS ROBRES ZARDOYA	CLUB TRIATLON CORUÑA	V1M	91	0:27:28	205	1:21:12	29.56	232	0:52:15	2:40:54	0:45:12
193	66	ALEJANDRO TOURIÑO VÁZQUEZ	LICENZA 1 DÍA	ABM	257	0:34:21	191	1:19:49	30.07	144	0:46:58	2:41:07	0:45:25
194	141	MARIO ELORZA LEMA	C.D.E. 3 STYLE TRIATLÓN	ABM	46	0:26:03	215	1:21:49	29.34	246	0:53:17	2:41:08	0:45:26
195	227	BRUNO PEREZ LORENZO	LICENZA 1 DÍA	V1M	149	0:29:02	242	1:23:33	28.73	172	0:48:51	2:41:26	0:45:44
196	265	JOSE LUIS FERNANDEZ SARMIEN	CLUB DEPORTIVO TRIATLON	V1M	204	0:31:29	175	1:18:55	30.42	208	0:51:11	2:41:34	0:45:52
197	131	JOSE ALFONSO VILLAR CAAMAÑ	TRITLON O TREITO	ABM	246	0:33:52	135	1:16:38	31.32	210	0:51:11	2:41:40	0:45:58
198	279	CARLOS BARREIRO ALVAREZ	LICENZA 1 DÍA	V1M	66	0:27:10	226	1:22:33	29.08	229	0:52:04	2:41:46	0:46:04
199	310	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIG	V1M	228	0:32:47	184	1:19:27	30.21	187	0:49:39	2:41:52	0:46:10
200	247	MANUEL RIVERO FERNANDEZ	C. TRIATLON OURENSE	V1M	179	0:30:50	199	1:20:25	29.85	200	0:50:40	2:41:54	0:46:12
201	266	JOSE ALBERTO CASTELO SANCH	LICENZA 1 DÍA	V1M	205	0:31:32	181	1:19:22	30.24	211	0:51:13	2:42:06	0:46:25
202	329	XOAN ANTON PEON VALLE	TRITLON MOTOBIKE PONTE	V1M	70	0:27:13	255	1:24:58	28.25	193	0:50:02	2:42:13	0:46:31
203	120	JOSE CARLOS FREIRE SALORIO	NOSPORTLIMIT-TREK GALICI	ABM	230	0:33:03	172	1:18:53	30.43	199	0:50:23	2:42:18	0:46:37
204	230	LUÍS VILA ARIAS	CIDADE DE LUGO FLUVIAL	V1M	59	0:26:59	200	1:20:26	29.84	260	0:54:57	2:42:21	0:46:40
205	96	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	ABM	227	0:32:45	206	1:21:12	29.56	169	0:48:41	2:42:38	0:46:56
206	103	JAVIER BOULLOSA CORTEGOSO	GV SPORTS CLUB	ABM	195	0:31:20	196	1:20:05	29.97	216	0:51:21	2:42:45	0:47:03
207	166	ALFREDO FERREIRO DEAÑO	AXA AGENCIA GARRIGA-BEA	ABM	245	0:33:51	246	1:24:13	28.5	103	0:44:55	2:42:58	0:47:16
208	39	ALBERTO SOTOS MARTÍNEZ	LICENZA 1 DÍA	ABM	219	0:32:23	237	1:23:05	28.89	159	0:47:47	2:43:14	0:47:32
209	119	RUBÉN MODIA LÓPEZ	MONTE PENARUBIA RUNNIN	ABM	240	0:33:48	195	1:20:05	29.97	183	0:49:24	2:43:16	0:47:34
210	343	FRANCISCO MANUEL VILA ESTEV	TRIVIGO BOYER TRIATHLON	V1M	274	0:36:35	128	1:16:26	31.4	197	0:50:20	2:43:20	0:47:38
211	186	ANGEL PAZÓ PEREZ	LICENZA 1 DÍA	ABM	146	0:28:56	213	1:21:44	29.37	237	0:52:46	2:43:24	0:47:42
212	69	JAVIER CARNERO VALCARCEL	LICENZA 1 DÍA	ABM	174	0:30:35	244	1:24:03	28.56	174	0:48:57	2:43:33	0:47:52
213	79	ELIGIO LOPEZ PEREZ	LICENZA 1 DÍA	ABM	218	0:32:22	219	1:22:03	29.25	178	0:49:09	2:43:34	0:47:52
214	236	ALEJANDRO LAGO DURAN	CIDADE DE LUGO FLUVIAL	V1M	196	0:31:21	173	1:18:53	30.43	249	0:53:25	2:43:38	0:47:56
215	197	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	ABM	186	0:30:58	212	1:21:41	29.38	214	0:51:17	2:43:55	0:48:13
216	226	FERNANDO FERNANDEZ MARTINE	OLIMPICO DE VEDRA	V1M	145	0:28:55	221	1:22:06	29.24	241	0:52:59	2:43:59	0:48:17
217	284	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	V1M	162	0:30:07	210	1:21:36	29.42	233	0:52:17	2:43:59	0:48:17
218	95	JOSE MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	ABM	271	0:35:50	208	1:21:24	29.48	141	0:46:54	2:44:08	0:48:26
219	358	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT-TREK GALICI	V2M	235	0:33:26	117	1:15:54	31.62	259	0:54:50	2:44:10	0:48:28
220	88	ALBERTO LOPEZ CRESPO	NOSPORTLIMIT-TREK GALICI	ABM	180	0:30:51	218	1:22:02	29.26	217	0:51:27	2:44:20	0:48:38
221	229	JOSÉ HIGINIO PORTALS CAAMAÑ	LICENZA 1 DÍA	V1M	255	0:34:01	165	1:18:28	30.59	227	0:52:02	2:44:29	0:48:47
222	203	VÍCTOR FERNÁNDEZ VÁZQUEZ	MONTE PENARUBIA RUNNIN	ABM	191	0:31:11	232	1:22:52	28.97	203	0:50:51	2:44:52	0:49:10
223	182	MIGUEL ÁNGEL GONZÁLEZ CAL	TRINITY TRIATLON	ABM	198	0:31:22	225	1:22:32	29.08	212	0:51:14	2:45:07	0:49:25
224	128	OSCAR RODRIGUEZ RODRIGUEZ	MONTE PENARUBIA RUNNIN	ABM	264	0:34:51	190	1:19:45	30.1	202	0:50:49	2:45:25	0:49:43
225	285	ANTONIO FERNANDEZ DURAN	TRITLON COSTA DA MORTE	V1M	121	0:28:08	264	1:25:50	27.96	225	0:52:00	2:45:56	0:50:15
226	139	LUCAS GONZÁLEZ ROCHA	NOSPORTLIMIT-TREK GALICI	ABM	263	0:34:43	265	1:25:50	27.96	132	0:46:17	2:46:49	0:51:07
227	176	DAVID VIDAL GARCÍA	TRI OURENSE	ABM	156	0:29:40	253	1:24:40	28.35	236	0:52:39	2:46:58	0:51:16
228	178	ELOY FRANCISCO RUIZ FERNÁND	TRISADA	ABM	201	0:31:25	174	1:18:54	30.42	269	0:56:54	2:47:12	0:51:30
229	201	GUILLERMO LIAÑO VIDAL	TRISADA	ABM	124	0:28:12	267	1:26:02	27.9	242	0:53:05	2:47:18	0:51:36
230	193	EDUARDO GRANDA FERNANDEZ	TRISADA	ABM	116	0:28:02	258	1:25:19	28.13	255	0:53:58	2:47:18	0:51:36
231	258	ALBERTO GONZALEZ GONZALEZ	LICENZA 1 DÍA	V1M	140	0:28:48	252	1:24:33	28.39	256	0:54:11	2:47:31	0:51:49
232	315	DIEGO SECO LAMAS	TRINITY TRIATLON	V1M	290	0:37:30	197	1:20:17	29.9	192	0:50:01	2:47:47	0:52:05
233	101	ANTÓN DAPENA PIÑEIRO	LICENZA 1 DÍA	ABM	216	0:32:20	224	1:22:19	29.16	252	0:53:32	2:48:10	0:52:28
234	353	JOSE LUIS MODREGO CASALOTS	TRINORTH-NOGASA	V2M	47	0:26:08	245	1:24:09	28.53	274	0:58:30	2:48:46	0:53:04
235	71	JORGE CAMAÑO RIVEIRO	CLUB TRIATLON MORRAZO	ABM	259	0:34:27	247	1:24:14	28.5	196	0:50:08	2:48:48	0:53:06
236	204	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	ABM	220	0:32:25	262	1:25:45	27.99	201	0:50:47	2:48:56	0:53:14



POS.	Nº	NOME	CLUB	CAT.	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
237	248	IGNACIO AREAL ABALLE	LICENZA 1 DÍA	V1M	251	0:33:55	214	1:21:45	29.36	258	0:54:31	2:50:10	0:54:29
238	25	DIEGO FERNANDEZ BARREIRO	CLUB DEPORTIVO PINARIUM	ABM	275	0:36:37	243	1:23:59	28.58	189	0:49:53	2:50:28	0:54:46
239	170	OSCAR DIAZ PRADO	CLUB TRIATLON MAR DE VIG	ABM	239	0:33:42	248	1:24:17	28.48	235	0:52:32	2:50:31	0:54:49
240	346	ANTONIO FEDERICO SERRAT SOT	A.D. TRI-PENTA TERRAS DE L	V2M	105	0:27:39	266	1:25:52	27.95	270	0:57:10	2:50:41	0:54:59
241	222	MARCOS ORDOÑEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIG	V1M	279	0:36:57	203	1:20:47	29.71	243	0:53:11	2:50:54	0:55:13
242	73	FRANCISCO ÁLVAREZ VÁZQUEZ	LICENZA 1 DÍA	ABM	236	0:33:28	276	1:27:45	27.35	188	0:49:46	2:50:58	0:55:16
243	165	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIG	ABM	261	0:34:35	270	1:26:28	27.76	194	0:50:05	2:51:07	0:55:25
244	330	PABLO ALONSO VALLÍN	INDEPENDIENTE	V1M			303	18:00:12	2.22	261	0:55:02	2:51:07	0:55:25
245	255	JOSE RUSSELL GIRALDEZ	LICENZA 1 DÍA	V1M	217	0:32:20	236	1:23:05	28.89	266	0:55:44	2:51:08	0:55:26
246	75	MANUEL FRANCISCO RODRIGUEZ	CLUB DEPORTIVO PINARIUM	ABM	293	0:38:04	250	1:24:25	28.43	173	0:48:52	2:51:20	0:55:38
247	233	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICI	V1M	231	0:33:04	275	1:27:25	27.46	220	0:51:32	2:52:00	0:56:18
248	187	DAVID MALLO ALONSO	TRIVIGO BOYER TRIATHLON	ABM	303	0:41:52	268	1:26:05	27.88	90	0:44:05	2:52:02	0:56:20
249	190	RAMON RODRIGUEZ BLANCO	MONTE PENARUBIA RUNNIN	ABM	280	0:36:57	259	1:25:36	28.04	185	0:49:30	2:52:02	0:56:20
250	241	BENJAMÍN MURAS GEADA	MONTE PENARUBIA RUNNIN	V1M	300	0:38:35	234	1:22:52	28.96	224	0:51:53	2:53:18	0:57:36
251	228	JOSE GUILLÉN ALONSO	TRIATLON COSTA DA MORTE	V1M	268	0:35:02	277	1:27:59	27.28	204	0:50:53	2:53:53	0:58:11
252	288	FERNANDO MARTINEZ REY	LICENZA 1 DÍA	V1M	150	0:29:04	294	1:33:07	25.77	226	0:52:01	2:54:11	0:58:29
253	282	JOSE MANUEL PEREZ ALVAREZ	LICENZA 1 DÍA	V1M	283	0:37:01	287	1:31:11	26.32	130	0:46:14	2:54:25	0:58:43
254	65	DAVID RODRIGUEZ SANTAMARIA	CLUB NATACION RIVEIRA	ABM	247	0:33:52	198	1:20:17	29.9	278	1:00:25	2:54:33	0:58:51
255	19	JORGE VICENTE GONZÁLEZ	LICENZA 1 DÍA	SUB23M	210	0:31:42	284	1:28:59	26.97	254	0:53:56	2:54:36	0:58:55
256	292	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	V1M	304	0:43:20	222	1:22:07	29.23	184	0:49:29	2:54:56	0:59:14
257	107	JAVIER LOPEZ PINO	CLUB TRIATLON MAR DE VIG	ABM	298	0:38:15	260	1:25:40	28.02	213	0:51:17	2:55:11	0:59:29
258	286	JACOBO ANICETO SANCHEZ-BÁL	NOSPORTLIMIT-TREK GALICI	V1M	200	0:31:25	283	1:28:31	27.12	263	0:55:19	2:55:14	0:59:32
259	144	GONZALO ALONSO SANGIL	MONTE PENARUBIA RUNNIN	ABM	248	0:33:53	240	1:23:23	28.78	271	0:58:11	2:55:26	0:59:44
260	323	MIGUEL IRIONDO TAPIOLES	LICENZA 1 DÍA	V1M	136	0:28:35	295	1:33:17	25.73	253	0:53:35	2:55:27	0:59:45
261	309	ADOLFO FERNANDEZ GONZALEZ	TRIATLON MOTOBIKE PONTE	V1M	56	0:26:51	279	1:28:08	27.24	279	1:00:49	2:55:46	1:00:04
262	354	ALVARO OGANDO ESPANTOSO	TRIATLON P.C. RIAS BAIXAS	V2M	299	0:38:18	254	1:24:48	28.31	238	0:52:51	2:55:56	1:00:14
263	172	LEONARDO RAMON FRANCO LAR	CLUB TRIATLON MAR DE VIG	ABM	294	0:38:05	251	1:24:30	28.4	250	0:53:25	2:55:59	1:00:17
264	164	HECTOR LOPEZ LOPEZ	MONTE PENARUBIA RUNNIN	ABM	288	0:37:27	273	1:27:13	27.52	223	0:51:50	2:56:29	1:00:47
265	361	JULIO MANUEL GALLO FERNÁNDE	LICENZA 1 DÍA	V3M	281	0:36:58	297	1:35:39	25.09	92	0:44:16	2:56:52	1:01:10
266	345	MODESTO ARAUJO DOMINGUEZ	C. TRIATLON OURENSE	V2M								2:57:12	1:01:31
267	359	FELIX SANCHEZ ALONSO	C. TRIATLON OURENSE	V2M	289	0:37:30	272	1:26:53	27.63	247	0:53:21	2:57:42	1:02:01
268	22	ADRIAN SANCHEZ BALADO	LICENZA 1 DÍA	ABM	277	0:36:51	278	1:28:01	27.27	239	0:52:52	2:57:43	1:02:01
269	219	JOSE MANUEL FERNÁNDEZ MÉND	INDEPENDIENTE	V1M	242	0:33:49	291	1:32:08	26.05	222	0:51:49	2:57:46	1:02:04
270	44	RUBEN MARTINEZ ROSALES	TEAM CORBELO	ABM	193	0:31:13	227	1:22:33	29.07	287	1:05:17	2:59:03	1:03:21
271	74	JAVIER RIVAS LÓPEZ	CLUB DEPORTIVO PINARIUM	ABM	272	0:35:51	256	1:25:05	28.21	275	0:58:58	2:59:52	1:04:11
272	293	JOSÉ RAMÓN MUIÑO MARTINEZ	NOSPORTLIMIT-TREK GALICI	V1M	305	0:43:46	229	1:22:42	29.03	257	0:54:16	3:00:43	1:05:01
273	327	JOSE MANUEL NAVARRO LORENZ	CLUB TRIATLON MAR DE VIG	V1M	225	0:32:43	263	1:25:48	27.97	283	1:02:21	3:00:52	1:05:10
274	150	JOSE ANTONIO VIÑUELA NUÑEZ	LICENZA 1 DÍA	ABM	276	0:36:48	290	1:31:20	26.28	244	0:53:11	3:01:19	1:05:37
275	206	EMILIO JOSÉ GONZÁLEZ LEMOS	INDEPENDIENTE	ABM	286	0:37:21	261	1:25:42	28.01	273	0:58:20	3:01:22	1:05:40
276	356	JUAN BARRERAS GARCIA-REBOR	CLUB TRIATLON MAR DE VIG	V2M	297	0:38:14	281	1:28:11	27.22	262	0:55:07	3:01:31	1:05:49
277	277	CARLOS PEREIRA MENOR	C. TRIATLON OURENSE	V1M	233	0:33:15	269	1:26:19	27.81	282	1:02:13	3:01:46	1:06:04
278	335	JORGE GARCÍA FERNÁNDEZ	TRISADA	V1M	197	0:31:21	292	1:32:46	25.87	272	0:58:18	3:02:25	1:06:43
279	351	FRANCOIS BROUET	LICENZA 1 DÍA	V2M	287	0:37:24	285	1:29:26	26.84	265	0:55:42	3:02:32	1:06:50
280	80	SANTIAGO ROMERO ONS	CLUB ATLETISMO PORRIÑO	ABM	237	0:33:34	280	1:28:11	27.22	281	1:02:01	3:03:44	1:08:02
281	159	FRANCISCO JOSE GARCÍA SOAGE	CLUB DEPORTIVO PINARIUM	ABM	301	0:41:42	274	1:27:15	27.51	264	0:55:24	3:04:21	1:08:39
282	246	DANIEL GARCIA CASTIÑEIRA	GV SPORTS CLUB	V1M	42	0:25:16	286	1:29:50	26.72	289	1:11:31	3:06:36	1:10:54
283	196	MARCOS NÚÑEZ ÁNGEL	LICENZA 1 DÍA	ABM	206	0:31:33	288	1:31:15	26.3	286	1:03:56	3:06:44	1:11:02
284	334	CARLOS REINLEIN FARRÉ	TRISADA	V1M	285	0:37:19	300	1:39:06	24.22	206	0:51:00	3:07:24	1:11:43
285	311	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICI	V1M	209	0:31:41	293	1:33:01	25.8	284	1:02:45	3:07:27	1:11:45
286	308	ARTURO PONTE LORENZO	TALLERES DAVID TRIATLON	V1M	302	0:41:45	296	1:33:35	25.65	248	0:53:22	3:08:41	1:12:59
287	53	ALBERTO ESCOURIDO MOAR	NOSPORTLIMIT-TREK GALICI	ABM	282	0:37:00	298	1:35:42	25.08	268	0:56:06	3:08:48	1:13:06
288	296	DANIEL PAZOS FERNANDEZ	TRISADA	V1M	296	0:38:13	282	1:28:29	27.13	288	1:05:51	3:12:31	1:16:50
289	362	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	V3M	243	0:33:50	302	1:41:24	23.67	276	0:59:30	3:14:43	1:19:02
290	221	MARIO CAMIÑA IGLESIAS	LICENZA 1 DÍA	V1M	307	0:48:41	257	1:25:14	28.16	280	1:01:28	3:15:21	1:19:40
291	237	CARLOS ARMENTEROS LEÓN	LICENZA 1 DÍA	V1M	291	0:37:43	301	1:40:50	23.8	277	1:00:15	3:18:47	1:23:05
292	287	GONZALO SIMÓ CARDALDA	LICENZA 1 DÍA	V1M	306	0:47:40	299	1:36:52	24.78	285	1:03:23	3:27:54	1:32:12
DQ	42	JOSE MANUEL TOME SUAREZ	TRIATLON COSTA DA MORTE	ABM								2:27:11	0:31:29
DQ	55	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT-TREK GALICI	ABM								2:52:37	0:56:55
DQ	162	JAVIER MAGDALENA VERA	LICENZA 1 DÍA	ABM								2:33:54	0:38:13
DQ	191	DAVID GONZÁLEZ CAMPOS	LICENZA 1 DÍA	ABM								2:41:48	0:46:06
DQ	225	EFREN FERNANDEZ LAGO	CLUB NATACION RIVEIRA	V1M								2:36:10	0:40:28
DQ	261	MIGUEL DAVID FERNANDEZ GARC	CLUB NATACION RIVEIRA	V1M								2:31:37	0:35:55
DQ	328	JUAN CARLOS RODRÍGUEZ VÁZQ	C. TRIATLON OURENSE	V1M								2:31:05	0:35:23
NF	4	DIEGO ALFREDO PÉREZ FLORES	TRIATLON ARTEIXO	SUB23M	2	0:18:31	49	1:11:41	33.49				
NF	5	BRAIS CANOSA FERNÁNDEZ	ARCADE INFORHOUSE SANTI	ABM	12	0:22:15							



POS.	Nº	NOME	CLUB	CAT.	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
NF	17	ADÁN NOGUEIRA RODRÍGUEZ	CLUB CICLISTA DE LA FUENT	SUB23M	212	0:31:45	96	1:14:34	32.19				
NF	48	RAMÓN LAGO CARRERA	CLUB ATLETISMO PORRIÑO	ABM	107	0:27:40	239	1:23:16	28.82				
NF	85	ANTONIO BERMO SAMPEDRO	CLUB NATACION RIVEIRA	ABM	26	0:23:55	144	1:17:19	31.04				
NF	161	JOSÉ CARLOS GONZÁLEZ MONTE	MONTE PENARUBIA RUNNIN	ABM	267	0:35:00							
NF	173	JUAN CARLOS BEIRO GONZALEZ	LICENZA 1 DÍA	ABM	260	0:34:33	271	1:26:30	27.75				
NF	217	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIG	V1M	95	0:27:31	105	1:14:46	32.11				
NF	224	PEDRO ANTONIO ESMORIS MOLIN	TRIATLON ARTEIXO	V1M	24	0:23:47							
NF	268	MIGUEL ANGEL VARELA FERNAN	AXA AGENCIA GARRIGA-BEA	V1M	67	0:27:10	1	1:02:46	38.24				
NF	272	JULIO SIMARRO SPLA	CLUB NATACION RIVEIRA	V1M	37	0:25:01	233	1:22:52	28.97				
NF	275	RAMON FERNÁNDEZ LAGO	CLUB NATACION RIVEIRA	V1M	28	0:24:09							
NF	281	JOSÉ MANUEL LORENZO FERNÁN	TRIVIGO BOYER TRIATHLON	V1M	89	0:27:28	230	1:22:45	29.01				
NF	290	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	V1M	49	0:26:11	108	1:14:57	32.02				
NF	297	ADRIAN CASTIÑEIRAS BUJAN	LICENZA 1 DÍA	V1M	20	0:23:39	46	1:11:32	33.56				
NF	307	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT-TREK GALICI	V1M	308	0:48:58							
NF	326	JAVIER GARCIA LAGO	CLUB TRIATLON MORRAZO	V1M	85	0:27:25	62	1:12:35	33.07				
NF	339	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	V1M	172	0:30:33							
NF	342	JAVIER RODRIGUEZ SARMIENTO	AXA AGENCIA GARRIGA-BEA	V1M	185	0:30:57	115	1:15:47	31.67				
NF	360	FRANCISCO JAVIER ACOSTA CRE	OLIMPICO DE VEDRA	V2M	134	0:28:29	228	1:22:38	29.05				
NP	11	ARTURO PEIXOTO SÁNCHEZ	CLUB TRIATLON MAR DE VIG	JNM									
NP	13	FRANCISCO CENDAN LLORENS	TALLERES DAVID TRIATLON	SUB23M				17:34:02	2.28				
NP	15	JOSE MANUEL VÁZQUEZ FILGUEI	TALLERES DAVID TRIATLON	SUB23M									
NP	38	ADRIAN SOUSA DOMINGUEZ	LICENZA 1 DÍA	ABM									
NP	41	ADRIÁN CASTRO RODRÍGUEZ	T. MURALLA LUGO	ABM									
NP	47	SANTIAGO FREIRE RODRÍGUEZ	CLUB TRIATLON MAR DE VIG	ABM									
NP	67	ALEJO ALVITE DEL RIO	OLIMPICO DE VEDRA	ABM									
NP	68	JAVIER RODRIGUEZ GOMEZ	CLUB CICLISTA DE LA FUENT	ABM									
NP	78	IVAN RAMOS CADIerno	NOSPORTLIMIT-TREK GALICI	ABM									
NP	82	MOISES BLANCO PIÑEIRA	OLIMPICO DE VEDRA	ABM									
NP	87	JACOBO CREGO FERNANDEZ	OLIMPICO DE VEDRA	ABM									
NP	98	DAVID GIRALDEZ CAMESELLA	LICENZA 1 DÍA	ABM									
NP	99	DANIEL FERNÁNDEZ CORVO	LICENZA 1 DÍA	ABM									
NP	100	ANGEL MANUEL AGÍS SOLLEIRO	CICLISMO TRIATLON MONTE	ABM									
NP	108	IVAN FERNÁNDEZ GONZÁLEZ	OLIMPICO DE VEDRA	ABM									
NP	115	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICI	ABM									
NP	121	PABLO GONZÁLEZ FERNÁNDEZ	NOSPORTLIMIT-TREK GALICI	ABM									
NP	125	ALBERTO AGIS GRAÑA	CICLISMO TRIATLON MONTE	ABM									
NP	126	DAVID FERNÁNDEZ TABOADA	LICENZA 1 DÍA	ABM									
NP	135	ALEXANDRE RODRIGUEZ PAZ	CLUB TRIATLON MORRAZO	ABM									
NP	160	JOAQUÍN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICI	ABM									
NP	168	JOSE LUIS RODRIGUEZ MARTIN	TRIATLON MOTOBike PONTE	ABM									
NP	180	JORGE CASAL ANTÓN	LICENZA 1 DÍA	ABM									
NP	202	JORGE COBELAS SOBRINO	CLUB TRIATLON MORRAZO	ABM									
NP	213	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON	V1M									
NP	214	MATIAS BARREIRO RUIBAL	CLUB TRIATLON MORRAZO	V1M									
NP	218	DAVID VIETEZ CAMPOS	LICENZA 1 DÍA	V1M									
NP	239	JOAQUÍN DIBUJA BARREIROS	AXA AGENCIA GARRIGA-BEA	V1M									
NP	243	JAVIER LISTE LEBORAN	OLIMPICO DE VEDRA	V1M									
NP	245	MANUEL LÓPEZ CARBALLEIRA	TRINITY TRIATLON	V1M									
NP	252	ANTONIO VILLANUEVA GONZÁLEZ	CLUB TRIATLON MAR DE VIG	V1M									
NP	263	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICI	V1M									
NP	270	JOSÉ LUÍS GAINZARAIN GONZÁLE	LICENZA 1 DÍA	V1M									
NP	299	ROBERTO TOME MARCOTE	CIDADE DE LUGO FLUVIAL	V1M									
NP	301	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIG	V1M									
NP	302	MARIANO GIACONE ARAYA	CLUB TRIATLON MAR DE VIG	V1M									
NP	304	JOSE JAVIER ALFAYA SOLLA	LICENZA 1 DÍA	V1M									
NP	317	JOSÉ NERCELLAS MÉNDEZ	AXA AGENCIA GARRIGA-BEA	V1M									
NP	319	CELSO ALONSO NUÑEZ	CLUB DEPORTIVO TRIATLON	V1M									
NP	325	RAMIRO BLANCO MONTERO	TRISADA	V1M									
NP	332	JOSE LUIS TORRES LOPEZ	CIDADE DE LUGO FLUVIAL	V1M									
NP	341	ROBERTO JOSÉ VIZOSO BLANCO	TRISADA	V1M									
NP	347	JOSE MANUEL FILGUEIRA ABILLEI	LICENZA 1 DÍA	V2M									

I TRIATLON ATLÁNTICO BAIONA

Resultados Oficiais

CATEGORIAS MASCULINA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	sábado, 16 de maio de 2015	Hora	20:18	Curta	1,5 Km.	40 Km.	10 Km.

Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI JAVIER MON - TRIATLON ARTEIXO
Xuíz Arbitro:	ROI CUBA		
Responsable Oficiais:	ROI CUBA		

Datos da competición

Temperatura exterior: 25,5 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 3 voltas
Inscritos : 362	Remataron : 292	Retirados : 20	Non Presentados : 43 Descalificados : 7

JUNIOR MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	12	DAVID LISTE VÁZQUEZ	TALLERES DAVID TRIATLON COMP	6	0:21:19	111	1:15:19	31.87	96	0:44:33	2:21:10	0:25:28
NP	11	ARTURO PEIXOTO SÁNCHEZ	CLUB TRIATLON MAR DE VIGO									

SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	2	CESAR RAMIRO SARACHO RAVELO	TRITLON ARTEIXO	4	0:21:05	43	1:11:01	33.8	1	0:32:35	2:04:40	0:08:58
2	3	JOSE RICARDO VEGA CEBRIAN	TRITLON ARTEIXO	3	0:21:01	14	1:07:53	35.36	4	0:35:48	2:04:41	0:08:59
3	14	UXÍO FERNÁNDEZ HERMO	TRINORTH-NOGASA	77	0:27:21	56	1:12:11	33.25	35	0:40:54	2:20:25	0:24:43
4	18	ADRIÁN FERNÁNDEZ GARCÍA	TRISADA	76	0:27:20	66	1:12:58	32.9	146	0:47:08	2:27:26	0:31:44
5	16	ROMAN SANCHEZ FERNANDEZ	TRISADA	163	0:30:08	178	1:19:14	30.29	219	0:51:31	2:40:52	0:45:10
6	19	JORGE VICENTE GONZÁLEZ	LICENZA 1 DÍA	210	0:31:42	284	1:28:59	26.97	254	0:53:56	2:54:36	0:58:55
NF	4	DIEGO ALFREDO PÉREZ FLORES	TRITLON ARTEIXO	2	0:18:31	49	1:11:41	33.49				
NF	17	ADÁN NOGUEIRA RODRÍGUEZ	CLUB CICLISTA DE LA FUENTE	212	0:31:45	96	1:14:34	32.19				
NP	13	FRANCISCO CENDAN LLORENS	TALLERES DAVID TRIATLON COMP				17:34:02	2.28				
NP	15	JOSE MANUEL VÁZQUEZ FILGUEIR	TALLERES DAVID TRIATLON COMP									

VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	10	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	31	0:24:26	6	1:06:08	36.29	6	0:36:15	2:06:48	0:11:06
2	313	MANUEL JESUS GAYOSO REAL	T. MURALLA LUGO	21	0:23:43	15	1:08:04	35.26	15	0:38:44	2:10:30	0:14:48
3	300	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENTE	80	0:27:22	7	1:06:14	36.24	29	0:40:26	2:14:02	0:18:20
4	269	FRANCISCO JAVIER RAMOS BOTAN	CIDADE DE LUGO FLUVIAL	126	0:28:16	21	1:09:22	34.61	27	0:40:00	2:17:36	0:21:55
5	238	ENRIQUE GOCE PEREIRA	OLIMPICO DE VEDRA	154	0:29:33	28	1:10:13	34.18	13	0:38:39	2:18:24	0:22:42
6	337	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIGO	57	0:26:52	37	1:10:43	33.94	36	0:40:54	2:18:28	0:22:47
7	314	RAMON ARIAS GARCIA	T. MURALLA LUGO	27	0:24:08	57	1:12:12	33.25	64	0:42:55	2:19:14	0:23:32
8	244	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	58	0:26:54	38	1:10:48	33.9	54	0:42:02	2:19:43	0:24:01
9	321	JOSE RAMON JACOME MAZAS	TRITLON P.C. RIAS BAIXAS	69	0:27:12	35	1:10:35	34.01	57	0:42:23	2:20:09	0:24:27
10	320	JAVIER FONTAO AGEITOS	CLUB NATACION RIVEIRA								2:20:10	0:24:29
11	333	NICOLAS BAYON MELEIRO	CIDADE DE LUGO FLUVIAL	22	0:23:44	29	1:10:18	34.14	135	0:46:27	2:20:28	0:24:46
12	208	DIEGO SOTELO FERNANDEZ	C. TRIATLON OURENSE	5	0:21:19	61	1:12:34	33.08	153	0:47:27	2:21:19	0:25:37
13	340	JOSE LUIS NESPEREIRA GOMEZ	C. TRIATLON OURENSE	188	0:31:04	22	1:09:22	34.6	46	0:41:35	2:22:00	0:26:18
14	257	MARCOS ANTONIO UBEIRA VIDAL	ASOCIACIÓN DEPORTIVA C.A.R	123	0:28:11	72	1:13:09	32.81	37	0:40:56	2:22:16	0:26:34
15	242	CRISTÓBAL CACHEDA CHOUZA	TEAM CORBELO	160	0:30:01	41	1:10:52	33.87	42	0:41:28	2:22:19	0:26:37
16	251	ARTURO RAMOS FERROL	TALLERES DAVID TRIATLON COMP	192	0:31:11	42	1:10:54	33.85	32	0:40:39	2:22:43	0:27:02
17	223	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COMP	97	0:27:32	52	1:11:58	33.35	83	0:43:44	2:23:13	0:27:31
18	210	FLORINDO JOSE GONZALEZ GONZ	AXA AGENCIA GARRIGA-BEARIZ TRI	115	0:27:57	47	1:11:36	33.53	91	0:44:05	2:23:37	0:27:55
19	264	FERNANDO REGO PÉREZ	INDEPENDIENTE	96	0:27:31	85	1:13:57	32.45	59	0:42:34	2:24:02	0:28:20
20	291	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	108	0:27:42	53	1:12:00	33.34	95	0:44:33	2:24:13	0:28:31
21	336	PEDRO LISTA SUÁREZ	CLUB CICLISTA RIAZOR	106	0:27:40	77	1:13:28	32.67	70	0:43:11	2:24:18	0:28:36
22	216	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	83	0:27:24	116	1:15:54	31.63	41	0:41:27	2:24:44	0:29:02

23	306	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	244	0:33:50	16	1:08:05	35.26	77	0:43:28	2:25:22	0:29:41
24	324	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	234	0:33:22	27	1:09:56	34.32	67	0:43:05	2:26:22	0:30:40
25	259	ANTONIO REY CARBALLEIRA	TRIATLON MOTOBIKE PONTEVEDR	90	0:27:28	88	1:14:04	32.4	118	0:45:30	2:27:02	0:31:20
26	283	ANGEL PAZ BERMÚDEZ	BIKESTRADA TRIATLÓN	51	0:26:24	139	1:17:00	31.17	88	0:44:00	2:27:24	0:31:42
27	211	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	53	0:26:41	69	1:13:03	32.86	164	0:48:14	2:27:57	0:32:16
28	280	SANTIAGO GARCÍA VILAS	CIDADE DE LUGO FLUVIAL	175	0:30:36	84	1:13:50	32.51	82	0:43:44	2:28:09	0:32:27
29	331	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	55	0:26:48	148	1:17:29	30.98	94	0:44:26	2:28:41	0:32:59
30	267	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO	221	0:32:27	45	1:11:20	33.65	115	0:45:20	2:29:06	0:33:24
31	212	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	148	0:28:57	48	1:11:37	33.51	166	0:48:36	2:29:09	0:33:28
32	318	HUMBERTO DIEGUEZ CONSTENLA	LICENZA 1 DÍA	52	0:26:28	209	1:21:30	29.45	43	0:41:29	2:29:26	0:33:44
33	305	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	199	0:31:23	107	1:14:53	32.05	74	0:43:20	2:29:36	0:33:54
34	338	ANTONIO VIDAL ARES	ARCADE INFORHOUSE SANTIAGO	64	0:27:09	138	1:16:58	31.18	123	0:45:49	2:29:56	0:34:14
35	250	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO	88	0:27:28	157	1:17:49	30.85	112	0:45:14	2:30:29	0:34:47
36	276	ANDRÉ LUIS GÓMEZ DE MACENDO	TRI OURENSE	30	0:24:25	152	1:17:33	30.95	171	0:48:46	2:30:43	0:35:01
37	256	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	15	0:23:13	202	1:20:46	29.72	137	0:46:45	2:30:43	0:35:01
38	316	LUIS ANGEL CASTELO SANCHEZ	LICENZA 1 DÍA	72	0:27:15	79	1:13:41	32.58	195	0:50:07	2:31:01	0:35:19
39	273	MANUEL ALBERTO PEREZ GARCIA	ASOCIACIÓN DEPORTIVA C.A.R	178	0:30:41	142	1:17:04	31.15	86	0:43:53	2:31:37	0:35:55
40	294	FAUSTINO MEIS VEIGA	TRIATLON P.C. RIAS BAIXAS	125	0:28:15	185	1:19:34	30.16	85	0:43:51	2:31:39	0:35:57
41	303	JOSE LUIS VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	79	0:27:22	188	1:19:43	30.11	108	0:45:09	2:32:13	0:36:31
42	254	JORGE MANUEL GARCIA RODRIGU	TALLERES DAVID TRIATLON COMP	266	0:34:53	103	1:14:42	32.13	63	0:42:54	2:32:28	0:36:46
43	231	ANTONIO ABEL SEOANE ESTEVEZ	LICENZA 1 DÍA	17	0:23:24	164	1:18:23	30.62	207	0:51:01	2:32:47	0:37:05
44	312	JUAN MÉNDEZ LÓPEZ	TRISADA	112	0:27:49	194	1:20:03	29.98	109	0:45:09	2:33:01	0:37:19
45	232	ROBERTO CARLOS SANTOS FERNA	CLUB TRIATLON MORRAZO	222	0:32:29	132	1:16:34	31.35	104	0:44:56	2:33:57	0:38:16
46	298	IGNACIO PEREZ RODRIGUEZ	C. TRIATLON OURENSE	284	0:37:04	102	1:14:41	32.14	56	0:42:19	2:34:02	0:38:20
47	274	CARLOS LOBELLE CARUS	CLUB TRIATLON MORRAZO	252	0:33:56	122	1:16:15	31.48	121	0:45:42	2:35:52	0:40:11
48	240	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	142	0:28:50	126	1:16:21	31.44	205	0:50:57	2:36:07	0:40:25
49	278	OSCAR FRANCISCO RODRÍGUEZ BL	C. TRIATLON OURENSE	168	0:30:15	179	1:19:18	30.27	139	0:46:47	2:36:19	0:40:37
50	289	DAVID ANTONIO ROMERO PEREIRA	CLUB TRIATLON MAR DE VIGO	292	0:37:43	141	1:17:02	31.16	47	0:41:37	2:36:22	0:40:40
51	295	JOSÉ BARRIENTOS MARTÍNEZ	INDEPENDIENTE	87	0:27:27	249	1:24:24	28.44	98	0:44:36	2:36:25	0:40:44
52	209	SERGIO NOGUEROL URRUTIA	NOSPORTLIMIT-TREK GALICIA	60	0:27:01	151	1:17:32	30.96	231	0:52:12	2:36:44	0:41:03
53	220	PABLO MIGUEZ CORDO	LICENZA 1 DÍA	169	0:30:21	169	1:18:44	30.49	157	0:47:44	2:36:48	0:41:06
54	215	PABLO GONZALEZ MENDEZ	MONTE PENARUBIA RUNNING LUG	229	0:32:56	125	1:16:20	31.45	162	0:48:08	2:37:24	0:41:42
55	235	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	262	0:34:38	143	1:17:11	31.1	120	0:45:37	2:37:25	0:41:43
56	253	MANUEL GONZALEZ CUÑA	CLUB TRIATLON MAR DE VIGO	295	0:38:12	100	1:14:39	32.15	117	0:45:28	2:38:18	0:42:37
57	249	IGNACIO DELGADO RODRIGUEZ	C. TRIATLON OURENSE	254	0:33:59	124	1:16:19	31.45	170	0:48:44	2:39:00	0:43:18
58	234	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIGO	253	0:33:58	162	1:18:04	30.75	147	0:47:09	2:39:11	0:43:29
59	260	JOAQUIN MINIÑO MARTINEZ	LICENZA 1 DÍA	270	0:35:10	170	1:18:47	30.47	122	0:45:45	2:39:42	0:44:00
60	271	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	102	0:27:35	180	1:19:21	30.25	240	0:52:58	2:39:53	0:44:11
61	262	PEDRO CASTILLO CABRERO	CLUB DEPORTIVO PINARIUM	164	0:30:09	168	1:18:37	30.53	230	0:52:05	2:40:50	0:45:08
62	322	JESUS ROBRES ZARDOYA	CLUB TRIATLON CORUÑA	91	0:27:28	205	1:21:12	29.56	232	0:52:15	2:40:54	0:45:12
63	227	BRUNO PEREZ LORENZO	LICENZA 1 DÍA	149	0:29:02	242	1:23:33	28.73	172	0:48:51	2:41:26	0:45:44
64	265	JOSE LUIS FERNANDEZ SARMIENT	CLUB DEPORTIVO TRIATLON BIERZ	204	0:31:29	175	1:18:55	30.42	208	0:51:11	2:41:34	0:45:52
65	279	CARLOS BARREIRO ALVAREZ	LICENZA 1 DÍA	66	0:27:10	226	1:22:33	29.08	229	0:52:04	2:41:46	0:46:04
66	310	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIGO	228	0:32:47	184	1:19:27	30.21	187	0:49:39	2:41:52	0:46:10
67	247	MANUEL RIVERO FERNANDEZ	C. TRIATLON OURENSE	179	0:30:50	199	1:20:25	29.85	200	0:50:40	2:41:54	0:46:12
68	266	JOSE ALBERTO CASTELO SANCHE	LICENZA 1 DÍA	205	0:31:32	181	1:19:22	30.24	211	0:51:13	2:42:06	0:46:25
69	329	XOAN ANTON PEON VALLE	TRIATLON MOTOBIKE PONTEVEDR	70	0:27:13	255	1:24:58	28.25	193	0:50:02	2:42:13	0:46:31
70	230	LUÍS VILA ARIAS	CIDADE DE LUGO FLUVIAL	59	0:26:59	200	1:20:26	29.84	260	0:54:57	2:42:21	0:46:40
71	343	FRANCISCO MANUEL VILA ESTEVE	TRIVIGO BOYER TRIATHLON	274	0:36:35	128	1:16:26	31.4	197	0:50:20	2:43:20	0:47:38
72	236	ALEJANDRO LAGO DURAN	CIDADE DE LUGO FLUVIAL	196	0:31:21	173	1:18:53	30.43	249	0:53:25	2:43:38	0:47:56
73	226	FERNANDO FERNANDEZ MARTINEZ	OLIMPICO DE VEDRA	145	0:28:55	221	1:22:06	29.24	241	0:52:59	2:43:59	0:48:17
74	284	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	162	0:30:07	210	1:21:36	29.42	233	0:52:17	2:43:59	0:48:17
75	229	JOSÉ HIGINIO PORTALS CAAMAÑO	LICENZA 1 DÍA	255	0:34:01	165	1:18:28	30.59	227	0:52:02	2:44:29	0:48:47
76	285	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	121	0:28:08	264	1:25:50	27.96	225	0:52:00	2:45:56	0:50:15
77	258	ALBERTO GONZALEZ GONZALEZ	LICENZA 1 DÍA	140	0:28:48	252	1:24:33	28.39	256	0:54:11	2:47:31	0:51:49
78	315	DIEGO SECO LAMAS	TRINITY TRIATLON	290	0:37:30	197	1:20:17	29.9	192	0:50:01	2:47:47	0:52:05
79	248	IGNACIO AREAL ABALLE	LICENZA 1 DÍA	251	0:33:55	214	1:21:45	29.36	258	0:54:31	2:50:10	0:54:29
80	222	MARCOS ORDOÑEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIGO	279	0:36:57	203	1:20:47	29.71	243	0:53:11	2:50:54	0:55:13
81	330	PABLO ALONSO VALLÍN	INDEPENDIENTE			303	18:00:12	2.22	261	0:55:02	2:51:07	0:55:25
82	255	JOSE RUSSELL GIRALDEZ	LICENZA 1 DÍA	217	0:32:20	236	1:23:05	28.89	266	0:55:44	2:51:08	0:55:26
83	233	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	231	0:33:04	275	1:27:25	27.46	220	0:51:32	2:52:00	0:56:18
84	241	BENJAMÍN MURAS GEADA	MONTE PENARUBIA RUNNING LUG	300	0:38:35	234	1:22:52	28.96	224	0:51:53	2:53:18	0:57:36
85	228	JOSE GUILLÉN ALONSO	TRIATLON COSTA DA MORTE	268	0:35:02	277	1:27:59	27.28	204	0:50:53	2:53:53	0:58:11
86	288	FERNANDO MARTINEZ REY	LICENZA 1 DÍA	150	0:29:04	294	1:33:07	25.77	226	0:52:01	2:54:11	0:58:29
87	282	JOSE MANUEL PEREZ ALVAREZ	LICENZA 1 DÍA	283	0:37:01	287	1:31:11	26.32	130	0:46:14	2:54:25	0:58:43
88	292	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	304	0:43:20	222	1:22:07	29.23	184	0:49:29	2:54:56	0:59:14

89	286	JACOBO ANICETO SANCHEZ-BÁLG	NOSPORTLIMIT-TREK GALICIA	200	0:31:25	283	1:28:31	27.12	263	0:55:19	2:55:14	0:59:32
90	323	MIGUEL IRIONDO TAPIOLES	LICENZA 1 DÍA	136	0:28:35	295	1:33:17	25.73	253	0:53:35	2:55:27	0:59:45
91	309	ADOLFO FERNANDEZ GONZALEZ	TRIATLON MOTOBIKE PONTEVEDR	56	0:26:51	279	1:28:08	27.24	279	1:00:49	2:55:46	1:00:04
92	219	JOSE MANUEL FERNÁNDEZ MÉNDE	INDEPENDIENTE	242	0:33:49	291	1:32:08	26.05	222	0:51:49	2:57:46	1:02:04
93	293	JOSÉ RAMÓN MUIÑO MARTINEZ	NOSPORTLIMIT-TREK GALICIA	305	0:43:46	229	1:22:42	29.03	257	0:54:16	3:00:43	1:05:01
94	327	JOSE MANUEL NAVARRO LORENZO	CLUB TRIATLON MAR DE VIGO	225	0:32:43	263	1:25:48	27.97	283	1:02:21	3:00:52	1:05:10
95	277	CARLOS PEREIRA MENOR	C. TRIATLON OURENSE	233	0:33:15	269	1:26:19	27.81	282	1:02:13	3:01:46	1:06:04
96	335	JORGE GARCÍA FERNÁNDEZ	TRISADA	197	0:31:21	292	1:32:46	25.87	272	0:58:18	3:02:25	1:06:43
97	246	DANIEL GARCIA CASTIÑEIRA	GV SPORTS CLUB	42	0:25:16	286	1:29:50	26.72	289	1:11:31	3:06:36	1:10:54
98	334	CARLOS REINLEIN FARRÉ	TRISADA	285	0:37:19	300	1:39:06	24.22	206	0:51:00	3:07:24	1:11:43
99	311	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA	209	0:31:41	293	1:33:01	25.8	284	1:02:45	3:07:27	1:11:45
100	308	ARTURO PONTE LORENZO	TALLERES DAVID TRIATLON COMP	302	0:41:45	296	1:33:35	25.65	248	0:53:22	3:08:41	1:12:59
101	296	DANIEL PAZOS FERNANDEZ	TRISADA	296	0:38:13	282	1:28:29	27.13	288	1:05:51	3:12:31	1:16:50
102	221	MARIO CAMIÑA IGLESIAS	LICENZA 1 DÍA	307	0:48:41	257	1:25:14	28.16	280	1:01:28	3:15:21	1:19:40
103	237	CARLOS ARMENTEROS LEÓN	LICENZA 1 DÍA	291	0:37:43	301	1:40:50	23.8	277	1:00:15	3:18:47	1:23:05
104	287	GONZALO SIMÓ CARDALDA	LICENZA 1 DÍA	306	0:47:40	299	1:36:52	24.78	285	1:03:23	3:27:54	1:32:12
DQ	328	JUAN CARLOS RODRÍGUEZ VÁZQU	C. TRIATLON OURENSE								2:31:05	0:35:23
DQ	261	MIGUEL DAVID FERNANDEZ GARC	CLUB NATACION RIVEIRA								2:31:37	0:35:55
DQ	225	EFREN FERNANDEZ LAGO	CLUB NATACION RIVEIRA								2:36:10	0:40:28
NF	217	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIGO	95	0:27:31	105	1:14:46	32.11				
NF	224	PEDRO ANTONIO ESMORIS MOLINA	TRIATLON ARTEIXO	24	0:23:47							
NF	268	MIGUEL ANGEL VARELA FERNAND	AXA AGENCIA GARRIGA-BEARIZ TRI	67	0:27:10	1	1:02:46	38.24				
NF	272	JULIO SIMARRO SPLA	CLUB NATACION RIVEIRA	37	0:25:01	233	1:22:52	28.97				
NF	275	RAMON FERNÁNDEZ LAGO	CLUB NATACION RIVEIRA	28	0:24:09							
NF	281	JOSÉ MANUEL LORENZO FERNÁND	TRIVIGO BOYER TRIATHLON	89	0:27:28	230	1:22:45	29.01				
NF	290	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	49	0:26:11	108	1:14:57	32.02				
NF	297	ADRIAN CASTIÑEIRAS BUJAN	LICENZA 1 DÍA	20	0:23:39	46	1:11:32	33.56				
NF	307	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT-TREK GALICIA	308	0:48:58							
NF	326	JAVIER GARCIA LAGO	CLUB TRIATLON MORRAZO	85	0:27:25	62	1:12:35	33.07				
NF	339	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	172	0:30:33							
NF	342	JAVIER RODRIGUEZ SARMIENTO	AXA AGENCIA GARRIGA-BEARIZ TRI	185	0:30:57	115	1:15:47	31.67				
NP	213	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON									
NP	214	MATIAS BARREIRO RUIBAL	CLUB TRIATLON MORRAZO									
NP	218	DAVID VIETEZ CAMPOS	LICENZA 1 DÍA									
NP	239	JOAQUÍN DIBUJA BARREIROS	AXA AGENCIA GARRIGA-BEARIZ TRI									
NP	243	JAVIER LISTE LEBORAN	OLIMPICO DE VEDRA									
NP	245	MANUEL LÓPEZ CARBALLEIRA	TRINITY TRIATLON									
NP	252	ANTONIO VILLANUEVA GONZÁLEZ	CLUB TRIATLON MAR DE VIGO									
NP	263	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICIA									
NP	270	JOSÉ LUÍS GAINZARAIN GONZÁLEZ	LICENZA 1 DÍA									
NP	299	ROBERTO TOME MARCOTE	CIDADE DE LUGO FLUVIAL									
NP	301	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIGO									
NP	302	MARIANO GIACONE ARAYA	CLUB TRIATLON MAR DE VIGO									
NP	304	JOSE JAVIER ALFAYA SOLLA	LICENZA 1 DÍA									
NP	317	JOSÉ NERCELLAS MÉNDEZ	AXA AGENCIA GARRIGA-BEARIZ TRI									
NP	319	CELSO ALONSO NUÑEZ	CLUB DEPORTIVO TRIATLON BIERZ									
NP	325	RAMIRO BLANCO MONTERO	TRISADA									
NP	332	JOSE LUIS TORRES LOPEZ	CIDADE DE LUGO FLUVIAL									
NP	341	ROBERTO JOSÉ VIZOSO BLANCO	TRISADA									

VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	348	ANDRÉS LOPEZ TORRES	CICLISMO TRIATLON MONTE ABAIX	35	0:24:33	50	1:11:41	33.48	17	0:39:17	2:15:31	0:19:49
2	349	JESÚS ÁNGEL RODRÍGUEZ GONZÁ	CLUB TRIATLON MAR DE VIGO	36	0:24:58	147	1:17:27	30.99	66	0:43:01	2:25:25	0:29:43
3	350	JOSE MANUEL OTERO FERNANDEZ	T. MURALLA LUGO	45	0:26:02	123	1:16:18	31.46	107	0:44:58	2:27:16	0:31:35
4	344	JUAN ANTONIO CARIDE GRANDAL	CLUB TRIATLON MORRAZO	203	0:31:29	193	1:19:57	30.02	51	0:41:50	2:33:15	0:37:33
5	352	MANOLO VALES BAHAMONDE	LICENZA 1 DÍA	132	0:28:26	201	1:20:28	29.83	163	0:48:13	2:37:06	0:41:24
6	355	FAUSTINO BLANCO MANCEBO	CLUB DEPORTIVO TRIATLON BIERZ	167	0:30:13	192	1:19:55	30.03	168	0:48:39	2:38:46	0:43:05
7	357	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENTE	238	0:33:36	166	1:18:36	30.54	156	0:47:42	2:39:53	0:44:11
8	358	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT-TREK GALICIA	235	0:33:26	117	1:15:54	31.62	259	0:54:50	2:44:10	0:48:28
9	353	JOSE LUIS MODREGO CASALOTS	TRINORTH-NOGASA	47	0:26:08	245	1:24:09	28.53	274	0:58:30	2:48:46	0:53:04
10	346	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE LUGO	105	0:27:39	266	1:25:52	27.95	270	0:57:10	2:50:41	0:54:59
11	354	ALVARO OGANDO ESPANTOSO	TRIATLON P.C. RIAS BAIXAS	299	0:38:18	254	1:24:48	28.31	238	0:52:51	2:55:56	1:00:14
12	345	MODESTO ARAUJO DOMINGUEZ	C. TRIATLON OURENSE								2:57:12	1:01:31
13	359	FELIX SANCHEZ ALONSO	C. TRIATLON OURENSE	289	0:37:30	272	1:26:53	27.63	247	0:53:21	2:57:42	1:02:01
14	356	JUAN BARRERAS GARCIA-REBORE	CLUB TRIATLON MAR DE VIGO	297	0:38:14	281	1:28:11	27.22	262	0:55:07	3:01:31	1:05:49



15	351	FRANCOIS BROUET	LICENZA 1 DÍA	287	0:37:24	285	1:29:26	26.84	265	0:55:42	3:02:32	1:06:50
NF	360	FRANCISCO JAVIER ACOSTA CRES	OLIMPICO DE VEDRA	134	0:28:29	228	1:22:38	29.05				
NP	347	JOSE MANUEL FILGUEIRA ABILLEIR	LICENZA 1 DÍA									

VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	361	JULIO MANUEL GALLO FERNÁNDEZ	LICENZA 1 DÍA	281	0:36:58	297	1:35:39	25.09	92	0:44:16	2:56:52	1:01:10
2	362	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	243	0:33:50	302	1:41:24	23.67	276	0:59:30	3:14:43	1:19:02