

# II TRÍATLON RIAS BAIXAS

## Resultados Oficiais

### ABSOLUTA FEMININA

Localidade	SANXENXO			Distancia	Natación	Ciclismo	Carreira
Data	domingo, 14 de xuño de 2015	Hora	17:23	Estándar	1,5 Km.	40 Km.	10 Km.

#### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT ENRIQUE HIDALGO - FEGATRI SERGIO GARCIA - ARCADE INFORHOUSE
Xuíz Arbitro:	MONICA FLORES		
Responsable Oficiais:	MONICA FLORES		

#### Datos da competición

Temperatura exterior: 12 °C Temperatura da auga: 15 °C Neopreno: permitido	Natación 1,5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 27	Remataron : 21	Retirados : 2	Non Presentados : 3 Descalificados : 1

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	26	RITA MARIA LOPES	MCDONALDS/TRIBRAGA	3	0:23:50	03:28	1	1:11:23	33.62	01:12	1	0:40:47	<b>2:20:39</b>	
2	1	SONIA PARIENTE BAGLIETTO	GV SPORTS CLUB	2	0:22:15	03:10	2	1:14:09	32.37	01:24	4	0:43:32	<b>2:24:28</b>	0:03:50
3	3	SARA CASTILLO OÑATE	ADVENTURE BIKE/ LA BAJERA	5	0:25:40	05:09	8	1:23:17	28.82	01:42	2	0:41:07	<b>2:36:52</b>	0:16:14
4	4	LARA LOIS GARCIA	GV SPORTS CLUB	14	0:30:58	03:37	3	1:16:07	31.53	01:38	5	0:46:42	<b>2:39:01</b>	0:18:23
5	23	VERONICA MON SEIJAS	AXA AGENCIA GARRIGA-BEARI	10	0:29:39	04:21	6	1:22:06	29.23	01:29	3	0:43:31	<b>2:41:04</b>	0:20:25
6	18	SANDRA SOBREIRA OTERO	CLUB ATLETISMO PORRIÑO	4	0:24:29	03:42	12	1:27:46	27.35	01:49	8	0:48:00	<b>2:45:45</b>	0:25:06
7	27	ISABEL GONZALEZ FUENTEFRIA	Licenza de 1 día	7	0:28:42	04:13	7	1:22:55	28.95	01:28	9	0:48:42	<b>2:45:58</b>	0:25:20
8	15	SABELA GARCIA ORO	NOSPORTLIMIT-TREK GALICIA	16	0:31:42	04:09	5	1:22:04	29.25	01:47	7	0:47:55	<b>2:47:35</b>	0:26:57
9	12	NATALIA MIGUEZ LOPEZ	TRISADA	9	0:29:36	05:01	9	1:23:20	28.8	02:03	15	0:53:08	<b>2:53:07</b>	0:32:28
10	19	SARA ESPERON BELLO	GV SPORTS CLUB	13	0:30:48	04:39	10	1:24:35	28.37	01:54	12	0:51:38	<b>2:53:32</b>	0:32:54
11	17	DANIELA ALEXANDRA ORBE ZARATE	GV SPORTS CLUB	22	0:38:11	04:15	4	1:20:40	29.76	01:59	10	0:49:08	<b>2:54:11</b>	0:33:32
12	22	CRISTINA FERNANDEZ CID	NOSPORTLIMIT-TREK GALICIA	8	0:29:35	04:55	14	1:28:55	26.99	01:38	11	0:49:23	<b>2:54:24</b>	0:33:45
13	7	YOLANDA ESCARCEGA CARREIRA	TRIATLON MOTOBIKE PONTE	15	0:31:25	04:19	11	1:26:31	27.74	02:00	13	0:51:53	<b>2:56:06</b>	0:35:28
14	16	BETHAN AMI HALL	TRIATLON MOTOBIKE PONTE	6	0:26:36	05:37	13	1:28:02	27.26	01:59	16	0:54:06	<b>2:56:19</b>	0:35:41
15	20	ANA ROSA ALONSO GARCIA	CLUB TRIATLON MAR DE VIGO	17	0:36:04	05:29	16	1:30:32	26.51	02:08	6	0:47:49	<b>3:02:01</b>	0:41:23
16	6	BEGOÑA ARRANZ GONZALEZ	TRINORTH-NOGASA	12	0:30:46	04:43	17	1:32:02	26.08	01:50	14	0:53:01	<b>3:02:20</b>	0:41:42
17	25	SILVIA PEREZ PIÑEIRO	CLUB TRIATLON MAR DE VIGO	11	0:29:42	04:50	15	1:30:14	26.6	01:56	21	1:02:36	<b>3:09:15</b>	0:48:37
18	11	MONICA ALARCON HERNANDEZ	NOSPORTLIMIT-TREK GALICIA	23	0:38:26	05:22	19	1:33:34	25.65	02:53	18	0:56:29	<b>3:16:43</b>	0:56:04
19	8	MARIA TALLON GARCIA	CLUB TRIATLON MAR DE VIGO	19	0:36:14	05:05	18	1:33:21	25.71	02:08	20	1:02:00	<b>3:18:46</b>	0:58:08
20	9	RUTH PEREZ PONTE	CLUB TRIATLON MAR DE VIGO	18	0:36:12	04:59	22	1:45:29	22.75	02:10	17	0:54:21	<b>3:23:09</b>	1:02:31
21	21	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	21	0:37:11	05:19	20	1:41:53	23.56	02:45	19	1:00:55	<b>3:28:01</b>	1:07:23
DQ	10	BEATRIZ CUÑARRO MENDEZ	CICLISMO TRIATLON MONTE	ACORTAR PERCORRIDO CARREIRA A PE										
NF	2	MARTA BARBEITO DOMINGUEZ	A.D. FOGAR	1	0:21:46	03:23								
NF	13	IRIA BLANCO RODRIGUEZ	GV SPORTS CLUB	20	0:36:50	05:11	21	1:42:04	23.52					
NP	5	CRISTINA FERNANDEZ LOPEZ	CLUB TRIATLON MORRAZO											
NP	14	HELENA FERNANDEZ LAGO	CLUB NATACION RIVEIRA											
NP	24	PAULINA ANDREA MOSQUERA AZAR	NOSPORTLIMIT-TREK GALICIA											

# II TRIATLON RIAS BAIXAS

## Resultados Oficiais

### CATEGORIAS FEMININA

Localidade	SANXENXO			Distancia	Natación	Ciclismo	Carreira
Data	domingo, 14 de xuño de 2015	Hora	17:24	Estándar	1,5 Km.	40 Km.	10 Km.

#### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	MONICA FLORES		ENRIQUE HIDALGO - FEGATRI
Responsable Oficiais:	MONICA FLORES		SERGIO GARCIA - ARCADE INFORHOUSE

#### Datos da competición

Temperatura exterior: 12 °C Temperatura da auga: 15 °C Neopreno: permitido	Natación 1,5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 27	Remataron : 21	Retirados : 2	Non Presentados : 3
			Descalificados : 1

### SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	26	RITA MARIA LOPES	MCDONALDS/TRIBRAGA	3	0:23:50	1	1:11:23 33.62	1	0:40:47	<b>2:20:39</b>	
2	18	SANDRA SOBREIRA OTERO	CLUB ATLETISMO PORRIÑO	4	0:24:29	12	1:27:46 27.35	8	0:48:00	<b>2:45:45</b>	0:25:06
3	19	SARA ESPERON BELLO	GV SPORTS CLUB	13	0:30:48	10	1:24:35 28.37	12	0:51:38	<b>2:53:32</b>	0:32:54

### VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo Km/h.	P.	Carreira	META	Dif.
1	23	VERONICA MON SEIJAS	AXA AGENCIA GARRIGA-BEARIZ TRIAT	10	0:29:39	6	1:22:06 29.23	3	0:43:31	<b>2:41:04</b>	0:20:25
2	12	NATALIA MIGUEZ LOPEZ	TRISADA	9	0:29:36	9	1:23:20 28.8	15	0:53:08	<b>2:53:07</b>	0:32:28
3	22	CRISTINA FERNANDEZ CID	NOSPORTLIMIT-TREK GALICIA	8	0:29:35	14	1:28:55 26.99	11	0:49:23	<b>2:54:24</b>	0:33:45
4	7	YOLANDA ESCARCEGA CARREIR	TRIATLON MOTOBIKE PONTEVEDRA	15	0:31:25	11	1:26:31 27.74	13	0:51:53	<b>2:56:06</b>	0:35:28
5	20	ANA ROSA ALONSO GARCIA	CLUB TRIATLON MAR DE VIGO	17	0:36:04	16	1:30:32 26.51	6	0:47:49	<b>3:02:01</b>	0:41:23
6	25	SILVIA PEREZ PIÑEIRO	CLUB TRIATLON MAR DE VIGO	11	0:29:42	15	1:30:14 26.6	21	1:02:36	<b>3:09:15</b>	0:48:37
7	21	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	21	0:37:11	20	1:41:53 23.56	19	1:00:55	<b>3:28:01</b>	1:07:23
NP	24	PAULINA ANDREA MOSQUERA A	NOSPORTLIMIT-TREK GALICIA								

# II TRÍATLON RIAS BAIXAS

## Resultados Oficiais

### ABSOLUTA MASCULINA

Localidade	SANXENXO			Distancia	Natación	Ciclismo	Carreira
Data	domingo, 14 de xuño de 2015	Hora	18:17	Estándar	1,5 Km.	40 Km.	10 Km.

#### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT ENRIQUE HIDALGO - FEGATRI SERGIO GARCIA - ARCADE INFORHOUSE
Xuíz Arbitro:	MONICA FLORES		
Responsable Oficiais:	MONICA FLORES		

#### Datos da competición

Temperatura exterior: 12 °C Temperatura da auga: 15 °C Neopreno: permitido	Natación 1,5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 314	Remataron : 246	Retirados : 16	Non Presentados : 43 Descalificados : 9

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	144	SERGIO GARCIA RODRIGUEZ	ARCADE INFORHOUSE SANTI	2	0:19:51	02:45	3	1:03:00	38.1	01:08	3	0:36:15	<b>2:02:58</b>	
2	35	JOSE ANGEL PENAS TALLON	TRINITY TRIATLON	9	0:22:25	02:56	4	1:03:21	37.89	01:07	1	0:34:29	<b>2:04:15</b>	0:01:17
3	34	LUCAS ESCANEO MACIÑEIRAS	CLUB TRIATLON MORRAZO	3	0:20:29	02:48	5	1:03:55	37.55	01:26	15	0:37:35	<b>2:06:11</b>	0:03:14
4	33	FABIAN UBEIRA VIDAL	ASOCIACION DEPORTIVA C.A.	4	0:21:19	03:10	2	1:02:34	38.36	01:17	22	0:38:27	<b>2:06:45</b>	0:03:47
5	32	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	11	0:22:49	03:00	11	1:05:10	36.83	01:11	2	0:35:10	<b>2:07:18</b>	0:04:20
6	330	MIGUEL ANGEL VARELA FERNANDE	AXA AGENCIA GARRIGA-BEAR	33	0:24:08	03:13	1	0:59:40	40.22	01:27	41	0:39:44	<b>2:08:12</b>	0:05:14
7	42	LUCIANO JESUS CARRETERO SANC	TRINITY TRIATLON	27	0:24:00	02:51	9	1:04:58	36.95	01:00	11	0:36:54	<b>2:09:42</b>	0:06:44
8	43	SERGIO GONZALEZ CAMPOS	CLUB ATLETISMO PORRIÑO	20	0:23:45	02:59	15	1:05:31	36.63	01:04	8	0:36:41	<b>2:09:58</b>	0:07:00
9	39	ANDRES LOPEZ TORRES	CICLISMO TRIATLON MONTE	21	0:23:52	02:58	21	1:06:23	36.16	01:02	6	0:36:38	<b>2:10:51</b>	0:07:53
10	62	AGUSTIN RIOS FERRADAS	CLUB TRIATLON MORRAZO	5	0:21:38	02:58	64	1:09:12	34.69	01:18	4	0:36:32	<b>2:11:37</b>	0:08:39
11	191	OSCAR FERNANDEZ VAZQUEZ	ARCADE INFORHOUSE SANTI	18	0:23:44	03:05	23	1:06:27	36.12	01:03	14	0:37:32	<b>2:11:49</b>	0:08:51
12	240	JOSE LUIS RODRIGUEZ MARTÍN	TRIATLON MOTOBIKE PONTE	43	0:24:47	03:21	19	1:06:21	36.18	01:17	5	0:36:34	<b>2:12:17</b>	0:09:20
13	249	FRANCISCO SOLIÑO PIÑEIRO	CLUB TRIATLON MORRAZO	7	0:22:19	03:32	26	1:06:35	36.05	01:06	33	0:39:07	<b>2:12:37</b>	0:09:39
14	53	CRISTOBAL CACHEDA TOUZA	TEAM CORBELO	51	0:25:01	03:05	10	1:05:08	36.85	01:11	20	0:38:22	<b>2:12:46</b>	0:09:48
15	154	GABRIEL ALARCON SABARIS	CICLISMO TRIATLON MONTE	16	0:23:29	03:00	53	1:08:36	34.99	01:11	9	0:36:42	<b>2:12:57</b>	0:09:59
16	57	MANUEL CASTRO RODRIGUEZ	CLUB ATLETISMO PORRIÑO	1	0:19:42	03:02	49	1:08:25	35.09	01:08	69	0:41:13	<b>2:13:27</b>	0:10:29
17	46	JOSE RAMON JACOME MAZAS	TRIATLON P.C. RIAS BAIXAS	48	0:24:58	03:13	13	1:05:27	36.68	01:28	23	0:38:32	<b>2:13:35</b>	0:10:37
18	49	JAIME VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	25	0:23:59	03:06	62	1:09:08	34.72	01:09	12	0:37:06	<b>2:14:27</b>	0:11:29
19	45	XOSE CARLOS GONZALEZ AVION	CIDADE DE LUGO FLUVIAL	26	0:24:00	03:25	65	1:09:14	34.67	01:13	10	0:36:54	<b>2:14:44</b>	0:11:46
20	50	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI 498	39	0:24:32	03:41	33	1:07:11	35.73	01:11	26	0:38:50	<b>2:15:23</b>	0:12:26
21	228	CARLOS PARDO RODRIGUEZ	TRIATLON P.C. RIAS BAIXAS	90	0:26:08	03:16	29	1:06:59	35.83	01:15	21	0:38:22	<b>2:15:58</b>	0:13:00
22	297	GUSTAVO LOPEZ MARTINEZ	TRINITY TRIATLON	139	0:27:40	04:17	7	1:04:16	37.35	01:11	24	0:38:44	<b>2:16:05</b>	0:13:07
23	68	BRUNO SOUTO PEREZ	NOSPORTLIMIT-TREK GALICIA	53	0:25:08	03:40	22	1:06:24	36.15	01:26	39	0:39:40	<b>2:16:15</b>	0:13:18
24	47	UXIO FERNANDEZ HERMO	TRINORTH-NOGASA	68	0:25:35	02:54	56	1:08:48	34.89	01:10	17	0:38:00	<b>2:16:25</b>	0:13:28
25	254	JOSE MANUEL TOME SUAREZ	TRIATLON COSTA DA MORTE	80	0:25:53	04:26	8	1:04:57	36.96	01:26	44	0:39:58	<b>2:16:39</b>	0:13:41
26	51	JOSE LUIS NESPEREIRA GOMEZ	C. TRIATLON OURENSE	136	0:27:39	03:19	6	1:04:13	37.38	01:29	47	0:40:09	<b>2:16:45</b>	0:13:48
27	48	NICOLAS BAYON MELEIRO	CIDADE DE LUGO FLUVIAL	8	0:22:24	03:30	25	1:06:32	36.08	01:38	96	0:42:54	<b>2:16:56</b>	0:13:58
28	94	IVAN LOPEZ NOVO	NOSPORTLIMIT-TREK GALICIA	15	0:23:27	03:20	66	1:09:18	34.63	01:28	37	0:39:37	<b>2:17:09</b>	0:14:11
29	256	ANTONIO TOUCEDO ESTEVEZ	CLUB ATLETISMO PORRIÑO	71	0:25:41	03:36	75	1:09:57	34.31	01:21	7	0:36:40	<b>2:17:14</b>	0:14:16
30	74	FELIPE VEIGA JALDA	CLUB TRIATLON MORRAZO	36	0:24:19	03:28	59	1:08:53	34.84	01:16	35	0:39:27	<b>2:17:21</b>	0:14:23
31	59	ENRIQUE CRESPO PAZOS	ASOCIACION DEPORTIVA C.A.	119	0:26:54	03:29	12	1:05:18	36.75	01:15	53	0:40:34	<b>2:17:29</b>	0:14:31
32	54	PABLO ALONSO FIGUEROA	CLUB TRIATLON MORRAZO	160	0:28:07	03:22	50	1:08:28	35.06	01:08	13	0:37:15	<b>2:18:18</b>	0:15:20
33	329	MARCOS ANTONIO UBEIRA VIDAL	ASOCIACION DEPORTIVA C.A.	46	0:24:55	03:44	51	1:08:31	35.03	01:28	43	0:39:56	<b>2:18:33</b>	0:15:35
34	173	BORJA COSTA ROJO	NOSPORTLIMIT-TREK GALICIA	37	0:24:26	03:41	41	1:07:57	35.32	01:08	75	0:41:31	<b>2:18:41</b>	0:15:44
35	64	JESUS FIGUEROA FERNANDEZ	ASOCIACION DEPORTIVA C.A.	52	0:25:02	03:31	74	1:09:50	34.37	01:27	30	0:38:56	<b>2:18:45</b>	0:15:47
36	61	LUIS TEMBRA PENEIREIRO	CLUB NATACION RIVEIRA	57	0:25:14	03:22	89	1:10:55	33.85	01:12	19	0:38:11	<b>2:18:52</b>	0:15:54
37	261	JAVIER VILA PORTO	CLUB NATACION PONTEAREA	67	0:25:34	04:01	58	1:08:51	34.87	01:30	32	0:39:02	<b>2:18:55</b>	0:15:57
38	176	MANUEL DALMEIDA LOPEZ	OLIMPICO DE VEDRA	150	0:28:00	03:17	17	1:05:59	36.38	01:35	49	0:40:20	<b>2:19:09</b>	0:16:11
39	58	HUGO PACHON MORENO	CLUB NATACION RIVEIRA	23	0:23:55	03:40	60	1:09:06	34.74	01:45	60	0:40:50	<b>2:19:14</b>	0:16:16
40	180	JUAN SEBASTIAN DIAZ IGLESIAS	CICLISMO TRIATLON MONTE	137	0:27:40	03:22	45	1:08:16	35.16	01:06	36	0:39:30	<b>2:19:52</b>	0:16:54
41	75	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO	144	0:27:49	03:49	20	1:06:21	36.18	01:19	54	0:40:38	<b>2:19:53</b>	0:16:56

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
42	65	DIEGO GONZALEZ GONZALEZ	C. TRIATLON OURENSE	167	0:28:27	03:47	39	1:07:42	35.45	01:11	27	0:38:53	<b>2:19:58</b>	0:17:00
43	291	JOSE VICENTE GUZMAN ARES	ARCADE INFORHOUSE SANTI	29	0:24:02	03:48	40	1:07:45	35.43	01:43	94	0:42:42	<b>2:19:58</b>	0:17:01
44	223	PABLO NOGUEIRA GONZALEZ	TRIATLON P.C. RIAS BAIXAS	86	0:26:06	03:30	52	1:08:32	35.02	01:30	52	0:40:33	<b>2:20:09</b>	0:17:11
45	347	JOAO FERREIRA	MCDONALDS/TRIBRAGA	32	0:24:06	03:46	126	1:13:06	32.83	01:20	18	0:38:10	<b>2:20:26</b>	0:17:28
46	80	ENRIQUE LOPEZ TRASHORRAS	MONTE PENARUBIA RUNNING	63	0:25:24	04:07	71	1:09:42	34.44	01:16	45	0:39:59	<b>2:20:27</b>	0:17:29
47	205	JOSU MIKEL GUTIERREZ RAMOS	AD NAUTICO DE NARON	64	0:25:28	03:57	32	1:07:09	35.74	01:32	90	0:42:26	<b>2:20:30</b>	0:17:32
48	201	MANUEL ENRIQUE FANDIÑO CERQU	TRIATLON P.C. RIAS BAIXAS	58	0:25:17	03:18	105	1:11:47	33.44	01:21	31	0:39:00	<b>2:20:40</b>	0:17:42
49	284	JOSE FERRACES REGUEIRO	TRIATLON FERROL	24	0:23:57	03:15	107	1:11:56	33.37	01:13	56	0:40:40	<b>2:20:58</b>	0:18:01
50	81	LUIS ALBERTO DOMINGUEZ FERNA	TRI OURENSE	75	0:25:46	04:00	44	1:08:06	35.25	01:37	80	0:41:48	<b>2:21:15</b>	0:18:17
51	79	JUAN DIAZ PARDO	TRIATLON FERROL	79	0:25:52	03:31	36	1:07:21	35.64	01:30	101	0:43:10	<b>2:21:21</b>	0:18:24
52	209	FERNANDO LOPEZ LOPEZ	ARTROGAL-TRI 498	22	0:23:53	03:49	98	1:11:30	33.57	01:14	65	0:41:01	<b>2:21:26</b>	0:18:28
53	196	TOMAS BASDEDIOS BARBEITO	TEAM CORBELO	218	0:30:48	03:01	18	1:06:06	36.31	01:23	48	0:40:14	<b>2:21:30</b>	0:18:32
54	66	ROBERTO PICON ESPÍÑO	TALLERES DAVID TRIATLON C	123	0:27:12	03:51	82	1:10:39	33.97	01:16	25	0:38:48	<b>2:21:45</b>	0:18:47
55	87	ANTONIO ABEL SEOANE ESTEVEZ	CICLISMO TRIATLON MONTE	10	0:22:36	03:19	97	1:11:22	33.63	01:30	99	0:43:04	<b>2:21:49</b>	0:18:51
56	71	MANUEL SALGUEIRO ALVAREZ	CLUB ATLETISMO PORRIÑO	115	0:26:48	03:40	54	1:08:39	34.96	01:24	76	0:41:34	<b>2:22:04</b>	0:19:06
57	111	LUIS VILA ARIAS	CIDADE DE LUGO FLUVIAL	28	0:24:01	03:36	119	1:12:39	33.04	01:15	64	0:40:58	<b>2:22:28</b>	0:19:30
58	63	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	66	0:25:33	03:52	112	1:12:14	33.23	01:15	40	0:39:40	<b>2:22:33</b>	0:19:35
59	72	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	38	0:24:27	04:01	16	1:05:49	36.47	02:08	157	0:46:17	<b>2:22:41</b>	0:19:43
60	37	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	188	0:29:10	03:23	61	1:09:08	34.72	01:09	42	0:39:55	<b>2:22:42</b>	0:19:44
61	84	MANUEL ALBERTO PEREZ GARCIA	ASOCIACION DEPORTIVA C.A.	117	0:26:50	03:41	78	1:10:10	34.2	01:16	59	0:40:48	<b>2:22:43</b>	0:19:46
62	277	PABLO DÍAZ DE LA CUESTA	Licenza de 1 día	168	0:28:27	03:59	38	1:07:36	35.51	01:39	67	0:41:05	<b>2:22:44</b>	0:19:46
63	322	JUAN CARLOS RODRIGUEZ VAZQUE	C. TRIATLON OURENSE	184	0:29:04	03:40	14	1:05:28	36.67	01:35	100	0:43:09	<b>2:22:54</b>	0:19:56
64	76	RAMON VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	94	0:26:12	03:42	24	1:06:28	36.11	01:33	144	0:45:29	<b>2:23:22</b>	0:20:24
65	198	JOSE ANTONIO GOLPE IGLESIAS	GV SPORTS CLUB	44	0:24:48	03:06	95	1:11:16	33.68	01:08	105	0:43:16	<b>2:23:33</b>	0:20:35
66	300	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	30	0:24:03	03:24	27	1:06:46	35.95	01:21	183	0:48:13	<b>2:23:46</b>	0:20:48
67	98	VICTOR IGLESIAS FUERTES	TRI OURENSE	111	0:26:36	03:44	117	1:12:36	33.06	01:27	34	0:39:26	<b>2:23:47</b>	0:20:50
68	207	VICENTE RUBEN JIMENEZ GURREA	NOSPORTLIMIT-TREK GALICIA	116	0:26:49	03:30	129	1:13:26	32.69	01:12	28	0:38:54	<b>2:23:48</b>	0:20:51
69	275	LUIS ANGEL CASTELO SANCHEZ	Licenza de 1 día	56	0:25:13	04:06	31	1:07:05	35.78	01:47	148	0:45:45	<b>2:23:53</b>	0:20:55
70	160	DAVID ASPEREZ DOPAZO	Licenza de 1 día	148	0:27:57	04:57	30	1:07:03	35.8	01:51	84	0:42:14	<b>2:24:00</b>	0:21:03
71	346	PAULO BRUNO DA SILVA VIDES FER	MCDONALDS/TRIBRAGA	101	0:26:24	03:23	114	1:12:27	33.13	01:06	61	0:40:50	<b>2:24:08</b>	0:21:10
72	93	CARLOS LOBELLE CARUS	CLUB TRIATLON MORRAZO	142	0:27:48	03:42	79	1:10:15	34.17	01:21	68	0:41:12	<b>2:24:16</b>	0:21:18
73	320	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA	78	0:25:50	03:30	76	1:10:03	34.27	01:25	109	0:43:32	<b>2:24:18</b>	0:21:21
74	95	OSCAR FRANCISCO RODRIGUEZ BL	C. TRIATLON OURENSE	118	0:26:51	03:52	85	1:10:45	33.93	01:38	72	0:41:17	<b>2:24:20</b>	0:21:22
75	263	JOSE LUIS LAMOSO PORTASANY	TRIATLON P.C. RIAS BAIXAS	89	0:26:07	03:22	73	1:09:49	34.38	01:26	114	0:43:48	<b>2:24:31</b>	0:21:33
76	239	CARLOS RODRIGUEZ LEAL	AD NAUTICO DE NARON	35	0:24:17	03:24	150	1:15:01	32	01:33	50	0:40:21	<b>2:24:34</b>	0:21:36
77	206	CHRISTIAN HERNANDEZ BARBEITO	TEAM CORBELO	122	0:27:11	03:43	86	1:10:47	33.91	01:55	66	0:41:02	<b>2:24:37</b>	0:21:39
78	279	MIGUEL DAVID FERNANDEZ GARCIA	CLUB NATACION RIVEIRA	74	0:25:46	03:40	80	1:10:24	34.1	01:25	112	0:43:42	<b>2:24:55</b>	0:21:57
79	316	ROBERTO CARLOS RAMILO CARBA	Licenza de 1 día	104	0:26:27	04:33	83	1:10:43	33.94	01:27	82	0:41:54	<b>2:25:03</b>	0:22:05
80	158	IVAN ARES CARRERA	CLUB TRIATLON MAR DE VIG	60	0:25:21	03:26	124	1:13:01	32.88	01:26	88	0:42:20	<b>2:25:32</b>	0:22:34
81	168	ROBERTO CARLOS COBAS GARCIA	NOSPORTLIMIT-TREK GALICIA	83	0:26:03	04:00	101	1:11:41	33.48	01:34	85	0:42:17	<b>2:25:34</b>	0:22:36
82	86	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE	88	0:26:07	03:47	139	1:14:19	32.29	01:22	46	0:40:08	<b>2:25:41</b>	0:22:43
83	101	ISAAC GUERRA TEIJEIRO	CLUB DEPORTIVO PINARIUM	128	0:27:20	04:03	90	1:11:01	33.8	02:04	71	0:41:17	<b>2:25:42</b>	0:22:44
84	82	FRANCISCO MANUEL RODRIGUEZ G	TRIATLON COSTA DA MORTE	13	0:23:13	04:27	87	1:10:49	33.89	01:49	146	0:45:35	<b>2:25:51</b>	0:22:54
85	304	JOSE LUIS NAYA ORGEIRA	NOSPORTLIMIT-TREK GALICIA	180	0:28:55	04:21	69	1:09:32	34.52	02:16	62	0:40:51	<b>2:25:53</b>	0:22:55
86	189	MIGUEL ANGEL FERNÁNDEZ RIVER	Licenza de 1 día	106	0:26:30	03:25	46	1:08:18	35.14	01:23	159	0:46:31	<b>2:26:06</b>	0:23:08
87	55	JUAN LUIS FERNANDEZ LOPEZ	CLUB TRIATLON MORRAZO	17	0:23:31	03:32	121	1:12:47	32.98	01:29	136	0:45:07	<b>2:26:24</b>	0:23:26
88	112	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	131	0:27:27	04:09	93	1:11:09	33.74	01:19	92	0:42:30	<b>2:26:32</b>	0:23:34
89	188	FRANCISCO JAVIER FERNANDEZ PE	NOSPORTLIMIT-TREK GALICIA	61	0:25:24	03:23	113	1:12:17	33.21	01:18	124	0:44:27	<b>2:26:48</b>	0:23:50
90	264	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.	149	0:27:57	03:29	104	1:11:45	33.45	01:20	91	0:42:26	<b>2:26:56</b>	0:23:58
91	104	CARLOS RODRIGUEZ RODRIGUEZ	NOSPORTLIMIT-TREK GALICIA	151	0:28:01	04:51	35	1:07:16	35.68	02:09	129	0:44:44	<b>2:27:00</b>	0:24:02
92	83	BRUNO VAZQUEZ ALVAREZ	TRIVIGO BOYER TRIATHLON	31	0:24:04	03:49	118	1:12:37	33.05	01:34	138	0:45:16	<b>2:27:18</b>	0:24:20
93	204	BORJA GONZÁLEZ VAZQUEZ	Licenza de 1 día	127	0:27:19	05:04	120	1:12:40	33.03	01:58	51	0:40:28	<b>2:27:26</b>	0:24:28
94	283	OLIVIER FERNANDEZ TORRES	CLUB NATACION RIVEIRA	194	0:29:24	04:03	68	1:09:25	34.58	01:25	104	0:43:15	<b>2:27:31</b>	0:24:33
95	225	DAVID NOVO MARTINEZ	ARTROGAL-TRI 498	99	0:26:20	04:54	106	1:11:50	33.41	02:04	93	0:42:38	<b>2:27:44</b>	0:24:46
96	161	JUAN CARLOS BEIRO GONZALEZ	Licenza de 1 día	181	0:28:55	03:39	84	1:10:44	33.94	01:17	106	0:43:18	<b>2:27:50</b>	0:24:53
97	152	ALBERTO AGIS GRAÑA	CICLISMO TRIATLON MONTE	113	0:26:41	04:03	88	1:10:53	33.86	01:37	127	0:44:40	<b>2:27:54</b>	0:24:56
98	210	ELIGIO LÓPEZ PÉREZ	Licenza de 1 día	145	0:27:52	04:41	128	1:13:15	32.77	01:42	58	0:40:46	<b>2:28:14</b>	0:25:16
99	102	IGNACIO DELGADO RODRIGUEZ	C. TRIATLON OURENSE	176	0:28:49	03:50	63	1:09:11	34.7	01:49	132	0:44:47	<b>2:28:24</b>	0:25:26
100	265	PABLO ZOBRA LOJO	CLUB TRIATLON MORRAZO	175	0:28:47	03:47	136	1:13:49	32.51	01:13	63	0:40:53	<b>2:28:27</b>	0:25:29
101	157	PABLO ARBOLEYA IGLESIAS	ACADEMIA CIVIL-CNSO	87	0:26:07	04:22	110	1:12:02	33.32	01:45	122	0:44:15	<b>2:28:29</b>	0:25:31
102	342	DOMINGO MANUEL PRESAS FARAL	Licenza de 1 día	228	0:31:36	04:08	57	1:08:49	34.88	02:00	83	0:42:02	<b>2:28:33</b>	0:25:35
103	236	MARTIN PROL CAMBADOS	GV SPORTS CLUB										<b>2:28:40</b>	0:25:43
104	100	JOSE MANUEL OMIL IGLESIAS	CLUB DEPORTIVO PINARIUM	219	0:30:51	04:02	146	1:14:48	32.09	01:22	16	0:37:45	<b>2:28:47</b>	0:25:49
105	343	JOSE MIGUEL PATIÑO NOGUEIRA	Licenza de 1 día	54	0:25:09	03:32	123	1:12:55	32.92	01:30	149	0:45:48	<b>2:28:52</b>	0:25:54
106	88	ROBERTO CARLOS SANTOS FERNA	CLUB TRIATLON MORRAZO	162	0:28:10	03:54	111	1:12:05	33.3	01:22	108	0:43:27	<b>2:28:57</b>	0:25:59

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
107	166	JUAN PABLO CASAS MORANTE	Licenza de 1 día	50	0:24:59	04:17	102	1:11:44	33.46	01:33	160	0:46:33	<b>2:29:04</b>	0:26:06
108	113	ANGEL PAZÓ PÉREZ	Licenza de 1 día	105	0:26:28	03:43	147	1:14:54	32.04	01:47	86	0:42:17	<b>2:29:08</b>	0:26:10
109	89	IGNACIO PEREZ RODRIGUEZ	C. TRIATLON OURENSE	235	0:32:04	03:55	96	1:11:17	33.67	01:23	57	0:40:46	<b>2:29:22</b>	0:26:25
110	303	ENRIQUE MUÑOZ CANTERO	Licenza de 1 día	93	0:26:11	03:49	116	1:12:32	33.09	01:39	139	0:45:18	<b>2:29:27</b>	0:26:30
111	107	MANUEL JESUS RIVERO FERNANDE	C. TRIATLON OURENSE	156	0:28:04	03:56	108	1:12:00	33.34	01:35	116	0:43:58	<b>2:29:31</b>	0:26:34
112	119	ALBERTO LOPEZ CRESPO	NOSPORTLIMIT-TREK GALICIA	170	0:28:30	04:10	132	1:13:28	32.67	01:25	89	0:42:20	<b>2:29:53</b>	0:26:55
113	287	SANTIAGO GARCIA GONZALEZ	NOSPORTLIMIT-TREK GALICIA	134	0:27:35	04:19	92	1:11:09	33.74	01:41	140	0:45:18	<b>2:29:59</b>	0:27:01
114	248	DANIEL SIEIRA BLANCO	Licenza de 1 día	178	0:28:52	04:09	143	1:14:30	32.22	01:24	70	0:41:14	<b>2:30:06</b>	0:27:09
115	153	ANGEL MANUEL AGIS SOLLEIRO	CICLISMO TRIATLON MONTE	187	0:29:10	03:17	43	1:08:02	35.28	01:15	188	0:48:32	<b>2:30:14</b>	0:27:16
116	296	DAVID MARCOS LOPEZ BARBERO	NOSPORTLIMIT-TREK GALICIA	45	0:24:52	04:47	149	1:14:59	32.01	01:52	117	0:44:00	<b>2:30:29</b>	0:27:31
117	123	JORGE CAMAÑO RIVEIRO	CLUB TRIATLON MORRAZO	197	0:29:27	04:19	130	1:13:27	32.68	01:38	79	0:41:43	<b>2:30:33</b>	0:27:35
118	251	PABLO SOUTO ARMESTO	Licenza de 1 día	73	0:25:43	03:57	157	1:15:51	31.65	01:37	111	0:43:37	<b>2:30:43</b>	0:27:45
119	78	ALEJANDRO GARCIA LOPEZ	A.D. ECOSPORT TRIATLON AL	55	0:25:09	04:28	100	1:11:37	33.52	02:17	170	0:47:19	<b>2:30:48</b>	0:27:50
120	260	JUAN ANTONIO VIDAL SOUTO	TRIATLON FERROL	169	0:28:28	04:03	81	1:10:37	33.99	01:29	156	0:46:16	<b>2:30:51</b>	0:27:53
121	96	JOSE CARLOS RECAMAN HERMIDA	GV SPORTS CLUB	95	0:26:13	03:18	134	1:13:43	32.56	01:33	153	0:46:07	<b>2:30:52</b>	0:27:54
122	165	MARIO CAO OTERO	CLUB TRIATLON MORRAZO	102	0:26:25	04:15	145	1:14:30	32.22	01:22	126	0:44:30	<b>2:31:01</b>	0:28:03
123	290	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT-TREK GALICIA	77	0:25:50	04:19	127	1:13:09	32.81	01:39	154	0:46:07	<b>2:31:03</b>	0:28:05
124	167	JUAN CARLOS CASTRO VIDAL	Licenza de 1 día	190	0:29:16	03:40	91	1:11:01	33.8	01:17	150	0:45:51	<b>2:31:04</b>	0:28:06
125	299	CARLOS MALDONADO GONZALEZ	ARCADE INFORHOUSE SANTI	124	0:27:12	04:12	148	1:14:57	32.02	01:31	103	0:43:13	<b>2:31:05</b>	0:28:07
126	252	JOSE ANTONIO SOUTO GONZALEZ	Licenza de 1 día	107	0:26:31	04:20	174	1:17:19	31.04	01:40	73	0:41:19	<b>2:31:07</b>	0:28:10
127	302	JUAN CARLOS MUÑOZ NIETO	TEAM CORBELO	135	0:27:37	05:12	47	1:08:21	35.12	02:06	181	0:48:04	<b>2:31:19</b>	0:28:21
128	319	FRANCISCO BORJA RIOS GARCIA	CLUB TRIATLON MORRAZO	72	0:25:42	04:03	190	1:18:29	30.58	01:40	74	0:41:30	<b>2:31:23</b>	0:28:25
129	60	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	96	0:26:13	03:35	184	1:18:18	30.65	01:52	77	0:41:40	<b>2:31:37</b>	0:28:39
130	337	FERNANDO JOSE HUELIN TRILLO	CIDADE DE LUGO FLUVIAL	100	0:26:23	03:26	115	1:12:30	33.11	01:34	178	0:47:56	<b>2:31:48</b>	0:28:50
131	105	PEDRO CASTILLO CABRERO	CLUB DEPORTIVO PINARIUM	172	0:28:35	04:05	72	1:09:48	34.38	01:59	174	0:47:31	<b>2:31:57</b>	0:28:59
132	273	SERGIO HILARIO CASTELLANOS JI	HERCULES XTRM	62	0:25:24	05:09	137	1:13:55	32.47	02:05	143	0:45:29	<b>2:32:00</b>	0:29:03
133	192	JORGE FERRADÁNS VALDÉS	Licenza de 1 día	125	0:27:13	06:09	99	1:11:31	33.56	02:17	133	0:44:58	<b>2:32:07</b>	0:29:09
134	298	ALFONSO LOPEZ MARTINEZ	OLIMPICO DE VEDRA	238	0:32:28	03:59	109	1:12:02	33.32	01:30	87	0:42:17	<b>2:32:14</b>	0:29:16
135	211	CARLOS AVELINO LOPEZ PEREZ	INDEPENDIENTE	12	0:22:53	04:32	34	1:07:14	35.7	01:15	237	0:56:33	<b>2:32:25</b>	0:29:27
136	253	ALBERTO JESUS SOUTO PAEZ	INDEPENDIENTES	153	0:28:02	04:58	55	1:08:46	34.9	01:50	201	0:49:14	<b>2:32:48</b>	0:29:50
137	269	MATIAS BARREIRO RUIBAL	CLUB TRIATLON MORRAZO	196	0:29:26	03:32	178	1:17:45	30.87	01:36	55	0:40:39	<b>2:32:56</b>	0:29:58
138	237	DIEGO RIVAS OLIVEIRA	CLUB TRIATLON CORUÑA	129	0:27:22	04:31	183	1:18:16	30.66	01:24	78	0:41:41	<b>2:33:13</b>	0:30:15
139	213	MANUEL LUGILDE RODRÍGUEZ	Licenza de 1 día	76	0:25:49	04:53	122	1:12:47	32.98	01:35	184	0:48:15	<b>2:33:16</b>	0:30:19
140	214	CARLOS MAIZ MANSO	CLUB TRIATLON CORUÑA	47	0:24:56	05:01	186	1:18:22	30.63	01:47	107	0:43:23	<b>2:33:26</b>	0:30:29
141	301	JOSE MANUEL MOSQUERA VELLO	CLUB TRIATLON MAR DE VIG	195	0:29:25	04:15	42	1:07:58	35.31	01:31	209	0:50:21	<b>2:33:29</b>	0:30:31
142	227	HERNÁN OREJAS MARTINEZ	Licenza de 1 día	174	0:28:43	04:32	155	1:15:26	31.82	02:07	95	0:42:48	<b>2:33:33</b>	0:30:36
143	120	LUCAS GONZALEZ ROCHA	NOSPORTLIMIT-TREK GALICIA	209	0:29:53	03:56	133	1:13:41	32.57	02:12	119	0:44:13	<b>2:33:52</b>	0:30:54
144	333	FRANCISCO JAVIER ACOSTA CRES	OLIMPICO DE VEDRA	103	0:26:26	04:36	162	1:16:10	31.52	01:22	142	0:45:25	<b>2:33:56</b>	0:30:58
145	109	XOAN ANTON PEON VALLE	TRIATLON MOTOBIKE PONTE	41	0:24:37	04:09	189	1:18:28	30.59	01:42	135	0:45:04	<b>2:33:57</b>	0:31:00
146	245	ALEJANDRO SANTOS VARELA	TRINORTH-NOGASA	182	0:28:56	04:01	158	1:15:56	31.61	01:19	115	0:43:53	<b>2:34:03</b>	0:31:06
147	270	SANTIAGO BESADA BRUNET	Licenza de 1 día	138	0:27:40	04:44	206	1:20:24	29.85	01:43	38	0:39:38	<b>2:34:08</b>	0:31:10
148	130	DAVID RODRIGUEZ SANTAMARIA	CLUB NATACION RIVEIRA	206	0:29:47	03:51	103	1:11:45	33.45	01:30	171	0:47:21	<b>2:34:12</b>	0:31:15
149	155	DANIEL JESUS ALONSO DEL RIO	Licenza de 1 día	166	0:28:26	05:26	141	1:14:24	32.26	02:06	120	0:44:14	<b>2:34:33</b>	0:31:36
150	182	ROBERTO DOLDAN CORRAL	NOSPORTLIMIT-TREK GALICIA	171	0:28:33	04:41	151	1:15:08	31.94	02:39	113	0:43:44	<b>2:34:43</b>	0:31:45
151	217	ALBERTO MARTINEZ MILLAN	HERCULES XTRM	34	0:24:10	03:37	138	1:14:16	32.32	01:27	217	0:51:17	<b>2:34:45</b>	0:31:48
152	229	JOSE PARDO VAZQUEZ	NOSPORTLIMIT-TREK GALICIA	85	0:26:05	03:38	172	1:16:51	31.23	01:56	158	0:46:27	<b>2:34:56</b>	0:31:59
153	197	FRANCISCO JOSE GARCIA SOAGE	CLUB DEPORTIVO PINARIUM	242	0:32:38	03:37	125	1:13:03	32.85	01:22	123	0:44:25	<b>2:35:04</b>	0:32:07
154	267	JUAN LUIS ALVAREZ CARNOTA	NOSPORTLIMIT-TREK GALICIA	108	0:26:31	04:41	173	1:17:01	31.17	01:40	141	0:45:22	<b>2:35:13</b>	0:32:16
155	114	JAVIER CARNERO VALCÁRCCEL	Licenza de 1 día	109	0:26:33	04:36	207	1:20:28	29.83	01:13	97	0:42:59	<b>2:35:46</b>	0:32:49
156	116	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	146	0:27:54	03:37	171	1:16:50	31.24	01:23	161	0:46:34	<b>2:36:17</b>	0:33:19
157	311	EMILIO PÉREZ BELLIDO	Licenza de 1 día	191	0:29:19	05:22	164	1:16:26	31.4	02:02	102	0:43:11	<b>2:36:19</b>	0:33:21
158	115	ALEJANDRO LAGO DURAN	CIDADE DE LUGO FLUVIAL	157	0:28:05	04:01	156	1:15:26	31.82	01:52	165	0:47:08	<b>2:36:30</b>	0:33:33
159	325	JULIO SIMARRO ESPLA	CLUB NATACION RIVEIRA	19	0:23:44	04:09	166	1:16:37	31.33	01:32	213	0:50:38	<b>2:36:38</b>	0:33:41
160	117	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	152	0:28:01	04:24	161	1:16:04	31.56	01:32	164	0:47:05	<b>2:37:05</b>	0:34:07
161	276	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	81	0:25:54	04:07	153	1:15:13	31.91	01:53	210	0:50:26	<b>2:37:33</b>	0:34:35
162	140	JOSE MANUEL FERNANDEZ MENDE	INDEPENDIENTES	185	0:29:04	04:27	198	1:19:32	30.18	01:25	110	0:43:32	<b>2:37:58</b>	0:35:00
163	314	FEDERICO PORTO ARIAS	CLUB TRIATLON CORUÑA	112	0:26:39	04:37	185	1:18:19	30.65	01:07	173	0:47:31	<b>2:38:12</b>	0:35:14
164	312	JULIO CESAR PEREZ VAZQUEZ	INDEPENDIENTES	179	0:28:52	04:17	144	1:14:30	32.22	01:33	198	0:49:09	<b>2:38:19</b>	0:35:21
165	134	JACOBO ANICETO SANCHEZ-BALG	NOSPORTLIMIT-TREK GALICIA	155	0:28:04	03:51	204	1:20:00	30	01:45	131	0:44:46	<b>2:38:25</b>	0:35:28
166	106	ALEJANDRO TOURIÑO VÁZQUEZ	Licenza de 1 día	207	0:29:48	04:55	154	1:15:21	31.86	02:20	155	0:46:10	<b>2:38:32</b>	0:35:34
167	295	MIGUEL LAMEIRO NIETO	CLUB CICLISTA RIAZOR	243	0:32:42	05:44	94	1:11:10	33.73	01:42	172	0:47:25	<b>2:38:40</b>	0:35:43
168	121	ELOY FRANCISCO RUIZ FERNANDE	TRISADA	132	0:27:29	04:30	135	1:13:46	32.54	01:44	215	0:51:13	<b>2:38:40</b>	0:35:43
169	221	JUAN MANUEL MIRA IGLESIAS	ARTROGAL-TRI 498	186	0:29:07	05:32	181	1:18:02	30.76	01:55	118	0:44:10	<b>2:38:44</b>	0:35:46
170	308	SERVANDO PARDO ALONSO	TRI OURENSE	257	0:36:43	04:14	140	1:14:24	32.26	01:35	81	0:41:54	<b>2:38:47</b>	0:35:49
171	125	DIEGO FERNANDEZ BARREIRO	CLUB DEPORTIVO PINARIUM	214	0:30:32	03:30	182	1:18:16	30.66	01:30	134	0:45:01	<b>2:38:47</b>	0:35:49



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
172	294	MARCOS LAGO CASTRO	Licenza de 1 día	199	0:29:32	05:03	176	1:17:26	31	02:11	128	0:44:42	<b>2:38:53</b>	0:35:55
173	132	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	240	0:32:35	04:19	159	1:16:00	31.59	01:27	130	0:44:45	<b>2:39:04</b>	0:36:06
174	203	MIGUEL GONZALEZ RODRIGUEZ	Licenza de 1 día	203	0:29:42	04:49	228	1:23:59	28.58	01:52	29	0:38:54	<b>2:39:14</b>	0:36:16
175	128	PABLO ALONSO VALLIN	INDEPENDIENTES	82	0:25:55	04:55	177	1:17:41	30.9	02:24	190	0:48:40	<b>2:39:33</b>	0:36:35
176	175	ROI CUBA DORADO	CIDADE DE LUGO FLUVIAL										<b>2:39:35</b>	0:36:38
177	243	RUBEN SANCHEZ VAZQUEZ	NOSPORTLIMIT-TREK GALICIA	216	0:30:44	03:51	152	1:15:12	31.92	01:36	186	0:48:19	<b>2:39:39</b>	0:36:41
178	336	FRANCISCO JAVIER DE RAMON CAS	INDEPENDIENTES	192	0:29:22	04:43	196	1:19:24	30.23	01:48	125	0:44:28	<b>2:39:44</b>	0:36:46
179	137	ALVARO OGANDO ESPANTOSO	TRIATLON P.C. RIAS BAIXAS	215	0:30:35	03:52	167	1:16:39	31.31	01:32	180	0:48:03	<b>2:40:39</b>	0:37:41
180	186	DAVID FERNANDEZ FORNIS	ARTROGAL-TRI 498	189	0:29:15	05:06	170	1:16:45	31.28	01:43	179	0:48:01	<b>2:40:48</b>	0:37:50
181	118	ANTONIO PARDO LOPEZ	NOSPORTLIMIT-TREK GALICIA	213	0:30:25	04:08	142	1:14:26	32.24	01:40	212	0:50:37	<b>2:41:15</b>	0:38:17
182	238	MANUEL FRANCISCO RODRIGUEZ F	CLUB DEPORTIVO PINARIUM	236	0:32:06	04:19	205	1:20:17	29.9	01:35	98	0:43:04	<b>2:41:19</b>	0:38:22
183	124	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	198	0:29:31	04:58	202	1:19:58	30.02	01:57	145	0:45:29	<b>2:41:51</b>	0:38:53
184	179	JUAN CLEMENTE DIAZ CHEDA	CLUB TRIATLON CORUÑA	231	0:31:47	04:54	165	1:16:32	31.36	01:28	166	0:47:12	<b>2:41:51</b>	0:38:53
185	172	JORGE CORTIZO VAZQUEZ	Licenza de 1 día	92	0:26:10	04:50	211	1:21:13	29.56	01:57	177	0:47:45	<b>2:41:53</b>	0:38:55
186	163	GONZALO BROULLON DURAN	CLUB TRIATLON MORRAZO	183	0:28:57	03:58	192	1:18:57	30.4	01:20	192	0:48:50	<b>2:42:01</b>	0:39:03
187	141	JAVIER RIVAS LOPEZ	CLUB DEPORTIVO PINARIUM	254	0:35:24	03:48	175	1:17:24	31.01	01:27	121	0:44:14	<b>2:42:16</b>	0:39:18
188	280	ADOLFO FERNANDEZ GONZALEZ	TRIATLON MOTOBIKE PONTE	40	0:24:33	03:52	209	1:20:37	29.78	01:32	221	0:51:57	<b>2:42:29</b>	0:39:31
189	181	FRANCISCO DOCAMPO DIAZ	CLUB TRIATLON CORUÑA	98	0:26:19	04:27	212	1:21:20	29.51	02:03	189	0:48:38	<b>2:42:44</b>	0:39:47
190	266	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	232	0:31:54	04:16	195	1:19:21	30.25	01:39	147	0:45:39	<b>2:42:47</b>	0:39:50
191	127	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE L	49	0:24:58	03:49	218	1:22:10	29.21	01:43	214	0:50:50	<b>2:43:29</b>	0:40:31
192	178	SERGIO DEL ARCO MARQUIZ	OLIMPICO DE VEDRA	222	0:31:01	04:08	169	1:16:43	31.29	01:39	206	0:50:02	<b>2:43:31</b>	0:40:33
193	328	ANTONIO TORRON CASAL	GV SPORTS CLUB	114	0:26:46	04:24	233	1:24:59	28.24	01:26	152	0:46:00	<b>2:43:32</b>	0:40:35
194	184	GUILLERMO DORADO MARTINEZ	CICLISMO TRIATLON MONTE	173	0:28:36	04:47	193	1:19:00	30.38	01:31	205	0:49:58	<b>2:43:49</b>	0:40:52
195	338	JUAN CARLOS LOPEZ QUINTELA	TRI OURENSE	200	0:29:36	04:41	131	1:13:27	32.68	01:58	229	0:54:15	<b>2:43:55</b>	0:40:57
196	241	ALEJANDRO RODRIGUEZ OUTEIRIÑ	TRI OURENSE	161	0:28:08	04:42	213	1:21:29	29.46	01:36	182	0:48:11	<b>2:44:04</b>	0:41:06
197	135	JOSE MIGUEL IRIONDO TAPIOLES	Licenza de 1 día	84	0:26:04	04:54	224	1:23:26	28.77	02:05	176	0:47:38	<b>2:44:05</b>	0:41:08
198	293	CARLOS IGLESIAS RODRIGUEZ	Licenza de 1 día	177	0:28:51	05:20	215	1:21:34	29.43	02:34	162	0:46:36	<b>2:44:52</b>	0:41:54
199	230	JOSE MANUEL PENA LAMAS	Licenza de 1 día	220	0:30:52	05:42	179	1:17:56	30.8	02:21	187	0:48:23	<b>2:45:12</b>	0:42:14
200	226	PABLO OLARZA COSTA	NOSPORTLIMIT-TREK GALICIA	244	0:32:56	03:40	188	1:18:27	30.6	01:48	191	0:48:42	<b>2:45:30</b>	0:42:33
201	272	DIEGO CARRO SANCHEZ	TRIATLON MOTOBIKE PONTE	230	0:31:43	05:31	197	1:19:27	30.21	01:37	167	0:47:16	<b>2:45:32</b>	0:42:35
202	255	DAVID TORRADO ALVAREZ	Licenza de 1 día	141	0:27:42	05:37	208	1:20:31	29.81	02:47	196	0:49:02	<b>2:45:38</b>	0:42:40
203	318	RAMON REGUEIRA OTERO	Licenza de 1 día	154	0:28:03	05:41	203	1:19:58	30.02	02:57	197	0:49:08	<b>2:45:45</b>	0:42:47
204	171	BRUNO CORDERO PÉREZ	Licenza de 1 día	237	0:32:18	05:21	168	1:16:41	31.3	02:32	200	0:49:12	<b>2:46:02</b>	0:43:05
205	345	JUAN RODRIGUEZ VAZQUEZ	CLUB TRIATLON CORUÑA	208	0:29:50	05:43	160	1:16:02	31.57	02:40	224	0:52:23	<b>2:46:35</b>	0:43:37
206	131	JORGE VENTURA REGO	Licenza de 1 día	246	0:33:23	05:05	210	1:21:07	29.59	01:58	137	0:45:08	<b>2:46:40</b>	0:43:42
207	309	EDUARDO PAREDES FERRIO	Licenza de 1 día	217	0:30:47	04:47	187	1:18:24	30.62	02:28	208	0:50:21	<b>2:46:44</b>	0:43:46
208	164	MARIO CALDAS LOPEZ	CICLISMO TRIATLON MONTE	97	0:26:19	04:46	180	1:17:59	30.78	01:40	234	0:56:13	<b>2:46:55</b>	0:43:57
209	159	SERGIO ARES CHAO	Licenza de 1 día	65	0:25:32	05:04	244	1:28:18	27.18	02:10	163	0:46:55	<b>2:47:58</b>	0:45:00
210	246	NACHO SENDINO LAMELA	Licenza de 1 día	234	0:32:01	05:54	194	1:19:14	30.29	01:53	194	0:49:00	<b>2:48:01</b>	0:45:03
211	174	DAVID COUCEIRO RIVERA	Licenza de 1 día	163	0:28:12	04:55	230	1:24:09	28.52	01:47	195	0:49:01	<b>2:48:02</b>	0:45:05
212	326	ALFREDO SIO UHIA	TRINORTH-NOGASA	159	0:28:07	03:59	236	1:25:06	28.21	02:11	193	0:48:56	<b>2:48:16</b>	0:45:18
213	133	JAVIER LOPEZ PINO	CLUB TRIATLON MAR DE VIG	249	0:33:44	05:11	200	1:19:36	30.16	01:53	185	0:48:15	<b>2:48:37</b>	0:45:39
214	317	JOSé JAVIER RAMOS ULLOA	Licenza de 1 día	229	0:31:39	05:49	199	1:19:34	30.17	02:31	199	0:49:10	<b>2:48:41</b>	0:45:43
215	148	JOSE ALBERTO ESCOURIDO MOAR	NOSPORTLIMIT-TREK GALICIA	164	0:28:18	03:54	232	1:24:56	28.26	01:38	211	0:50:35	<b>2:49:19</b>	0:46:22
216	268	JUAN ARNOTT FERNANDEZ	Licenza de 1 día	202	0:29:42	05:05	237	1:25:14	28.16	01:52	175	0:47:35	<b>2:49:26</b>	0:46:28
217	129	DAVID VAZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	211	0:30:00	05:46	220	1:22:23	29.14	02:10	203	0:49:32	<b>2:49:49</b>	0:46:51
218	200	IVAN GOMEZ RIVERA	TRIATLON FERROL	140	0:27:40	04:42	229	1:24:06	28.54	01:24	223	0:52:13	<b>2:50:04</b>	0:47:06
219	219	JORGE MENDEZ ABONJO	CLUB ATLETISMO PORRIÑO	225	0:31:28	04:06	241	1:27:14	27.52	01:35	151	0:45:57	<b>2:50:19</b>	0:47:21
220	292	MIGUEL ANGEL HERVA LOPEZ	TRIATLON FERROL	251	0:34:34	05:16	216	1:21:47	29.35	01:38	168	0:47:17	<b>2:50:29</b>	0:47:31
221	156	LUIS ALVAREZ RUBAL	Licenza de 1 día	201	0:29:36	06:12	217	1:21:48	29.34	01:52	220	0:51:55	<b>2:51:20</b>	0:48:23
222	247	FRANCISCO SEOANE GARCIA DE SE	ARTROGAL-TRI 498	120	0:27:01	05:07	223	1:23:14	28.84	01:42	230	0:54:40	<b>2:51:41</b>	0:48:43
223	340	JAVIER RODRIGUEZ MEIRAMA	Licenza de 1 día	241	0:32:37	04:36	221	1:22:50	28.98	01:50	207	0:50:21	<b>2:52:13</b>	0:49:15
224	143	JORGE GARCIA FERNANDEZ	TRISADA	165	0:28:21	05:40	231	1:24:09	28.52	01:57	226	0:52:57	<b>2:53:03</b>	0:50:06
225	278	VICTOR F. DIAZ PAZ	Licenza de 1 día	223	0:31:06	05:49	234	1:24:59	28.24	02:21	202	0:49:14	<b>2:53:27</b>	0:50:29
226	216	DAVID MARTINEZ GRAÑA	Licenza de 1 día	130	0:27:23	06:09	201	1:19:39	30.14	03:06	239	0:57:33	<b>2:53:48</b>	0:50:51
227	331	NICOLÁS Vázquez DE PARGA	Licenza de 1 día	147	0:27:56	05:03	245	1:28:34	27.1	01:17	225	0:52:25	<b>2:55:12</b>	0:52:15
228	194	GIOVANI GARCIA ESTEVEZ	NOSPORTLIMIT-TREK GALICIA	256	0:36:19	05:03	235	1:25:03	28.22	01:50	169	0:47:17	<b>2:55:31</b>	0:52:33
229	122	GUILLERMO LIAÑO VIDAL	TRISADA	121	0:27:03	05:45	222	1:23:12	28.85	02:25	240	0:58:01	<b>2:56:24</b>	0:53:26
230	149	DANIEL PAZOS FERNÁNDEZ	TRISADA	226	0:31:29	05:00	219	1:22:17	29.17	02:22	236	0:56:18	<b>2:57:24</b>	0:54:26
231	222	HECTOR MOLDES MUÑIZ	TEAM CORBELO	248	0:33:35	06:05	225	1:23:36	28.71	02:11	222	0:52:05	<b>2:57:30</b>	0:54:32
232	274	OSCAR CASTELLANOS JIMENEZ	Licenza de 1 día	210	0:29:56	05:20	240	1:26:30	27.75	02:24	228	0:54:00	<b>2:58:07</b>	0:55:09
233	214	ELISARDO López ROSALES	Licenza de 1 día	233	0:31:59	04:32	226	1:23:38	28.7	02:29	233	0:55:44	<b>2:58:20</b>	0:55:22
234	332	JOSE MANUEL VAZQUEZ VARELA	Licenza de 1 día	158	0:28:06	05:01	246	1:30:10	26.62	02:32	227	0:53:05	<b>2:58:52</b>	0:55:55
235	146	CARLOS REINLEIN FARRE	TRISADA	227	0:31:30	05:30	247	1:30:18	26.58	02:01	204	0:49:55	<b>2:59:11</b>	0:56:14
236	259	ALEJANDRO VARELA INSUA	NOSPORTLIMIT-TREK GALICIA	255	0:36:18	04:08	214	1:21:32	29.44	01:40	232	0:55:41	<b>2:59:18</b>	0:56:20

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	323	JAVIER SAAVEDRA SANTIAGO	GV SPORTS CLUB	205	0:29:47	04:17	249	1:32:08	26.05	01:53	219	0:51:53	<b>2:59:55</b>	0:56:57
238	170	ROBERTO COCA ARIAS	Licenza de 1 día	212	0:30:10	05:38	227	1:23:51	28.62	01:54	241	0:58:35	<b>3:00:06</b>	0:57:08
239	313	PABLO PORTELA FERNÁNDEZ	Licenza de 1 día	133	0:27:34	05:22	252	1:33:38	25.64	02:59	216	0:51:15	<b>3:00:45</b>	0:57:48
240	271	EMILIO ANTONIO CAEIRO CASAS	CIDADE DE LUGO FLUVIAL	143	0:27:48	04:56	243	1:27:52	27.31	01:47	242	0:58:39	<b>3:01:00</b>	0:58:03
241	327	RICARDO SOLER VIDAL	Licenza de 1 día	247	0:33:24	05:07	242	1:27:37	27.4	02:14	238	0:57:12	<b>3:05:32</b>	1:02:35
242	339	FELIX JOSE MENOR FERNANDEZ	Licenza de 1 día	252	0:34:49	05:22	251	1:33:25	25.69	01:50	218	0:51:47	<b>3:07:10</b>	1:04:13
243	289	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA	250	0:34:17	05:55	238	1:26:03	27.89	03:25	244	0:59:28	<b>3:09:05</b>	1:06:07
244	258	JONATAN TRIGO TAJADURA	Licenza de 1 día	245	0:33:06	07:01	248	1:31:52	26.13	02:58	235	0:56:15	<b>3:11:10</b>	1:08:12
245	244	RUBEN SANCHEZ VEIRAS	TRI OURENSE	258	0:41:19	05:13	250	1:32:21	25.99	02:20	231	0:55:29	<b>3:16:39</b>	1:13:42
246	150	MANUEL JOSE CRUCES PRADO	CLUB DEPORTIVO PINARIUM	221	0:31:00	08:06	253	1:36:26	24.89	03:02	243	0:59:18	<b>3:17:49</b>	1:14:51
DQ	44	VICTOR ALONSO SAA	CLUB ATLETISMO PORRIÑO	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	67	ANTONIO REY CARBALLEDA	TRIATLON MOTOTRIKE PONTE	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	73	DAVID CASTRO GRAIÑO	INDEPENDIENTES	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	85	JOSE LUIS VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	177	MIGUEL DAPORTA MENDEZ	OLIMPICO DE VEDRA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	185	ANDRES DURAN BAUTISTA	CICLISMO TRIATLON MONTE	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	231	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT-TREK GALICIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	341	ABEL ALVAREZ FEIJOO	Licenza de 1 día	DESOBEDECER AS ORDES DUN OFICIAL EN T2										
DQ	344	JOAO RENATO TEIXEIRA	MCDONALDS-TRIBRAGA	NON PARAR NA AREA DE PENALIZACIÓN										
NF	36	JUAN FRANCISCO FERNANDEZ MOL	CICLISMO TRIATLON MONTE	6	0:21:46	02:48								
NF	40	ALEJANDRO GONZALEZ BUCETA	TRINORTH-NOGASA	69	0:25:39	03:14	28	1:06:52	35.89	01:21				
NF	56	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT-TREK GALICIA	14	0:23:27	03:26	67	1:09:23	34.6					
NF	91	ABEL IGLESIAS FUERTES	TRI OURENSE	91	0:26:09	03:58	77	1:10:05	34.25	01:36				
NF	92	FRANCISCO JAVIER DURAN PAMPIN	ASOCIACION DEPORTIVA C.A.	126	0:27:18	03:21	48	1:08:25	35.09	01:16				
NF	97	MANOLO VALES BAHAMONDE	Licenza de 1 día	110	0:26:36	04:04								
NF	103	ANTONIO RODRIGUEZ FERNANDEZ	CLUB DEPORTIVO PINARIUM	193	0:29:23	04:30	37	1:07:26	35.6					
NF	138	LEONARDO RAMON FRANCO LARE	CLUB TRIATLON MAR DE VIG	253	0:35:03	06:10	239	1:26:14	27.83	02:56				
NF	145	DANIEL GARCIA CASTIÑEIRAS	GV SPORTS CLUB	42	0:24:41	04:05								
NF	162	CELSO BLANCO GARCIA	Licenza de 1 día	59	0:25:20	05:47								
NF	193	MARCOS FRANCO DOVAL	CLUB NATACION RIVEIRA	224	0:31:09	03:52	163	1:16:20	31.45					
NF	195	LUIS GARCIA RIOS	TRINITY TRIATLON	239	0:32:30	04:30								
NF	234	MIGUEL PIÑON DAPENA	Licenza de 1 día	70	0:25:41	04:37	191	1:18:34	30.55					
NF	235	JAIRO PRIETO CAAMAÑO	TRIATLON COSTA DA MORTE											
NF	257	JOSE RAMON TRABAZO BARCALA	CICLISMO TRIATLON MONTE	204	0:29:45	04:27	70	1:09:35	34.49	01:47				
NF	282	JAVIER FERNANDEZ NEIRA	OLIMPICO DE VEDRA											
NP	38	MANUEL FERNANDO ABUIN ROUCO	T. MURALLA LUGO											
NP	41	JAVIER RAMOS BOTANA	CIDADE DE LUGO FLUVIAL											
NP	52	JAVIER FERNANDEZ FERNANDEZ	INDEPENDIENTES											
NP	69	ANGEL PAZ BERMUDEZ	BIKESTRADA TRIATLON											
NP	70	ADRIAN FERNANDEZ GARCIA	TRISADA											
NP	90	ANTONIO CARBALLAL GONZALEZ	Licenza de 1 día											
NP	99	ANGEL CHAPARRO VELACORACHO	TRI OURENSE											
NP	108	ALBERTO CASTELO SANCHEZ	Licenza de 1 día											
NP	110	JOSE CARLOS FREIRE SALORIO	NOSPORTLIMIT-TREK GALICIA											
NP	136	OSCAR FERNANDEZ GONZALEZ	ARCADE INFORHOUSE SANTI											
NP	139	HECTOR LOPEZ LOPEZ	MONTE PENARUBIA RUNNING											
NP	142	CARLOS PEREIRA MENOR	C. TRIATLON OURENSE											
NP	147	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA											
NP	151	ENRIQUE ABELLEIRA SIEIRO	Licenza de 1 día											
NP	169	JORGE COBELAS SOBRINO	CLUB TRIATLON MORRAZO											
NP	183	PABLO DOMINGUEZ VILA	REAL CLUB NAUTICO DE VIGO											
NP	187	ENRIQUE FERNANDEZ PEÑA	ARTROGAL-TRI 498											
NP	190	DAVID FERNANDEZ TABOADA	TALLERES DAVID TRIATLON C											
NP	199	AGUSTIN GOMEZ VALIÑAS	TRAGALEGUAS											
NP	208	RAMON LAGO CARRERA	CLUB ATLETISMO PORRIÑO											
NP	215	JULIO MALLO NIETO	OLIMPICO DE VEDRA											
NP	218	VICENTE MARTINEZ POLO	Licenza de 1 día											
NP	220	MARCOS MIGUELEZ RODRIGUEZ	Licenza de 1 día											
NP	224	FERNANDO MOSQUERA PARADA	NOSPORTLIMIT-TREK GALICIA											
NP	232	OSCAR PEREIRO SANESTEBAN	Licenza de 1 día											
NP	233	JORGE PEREZ PAZOS	Licenza de 1 día											
NP	242	NESTOR ROMERO AGRA	ARTROGAL-TRI 498											
NP	250	ADRIAN SOUSA DOMINGUEZ	Licenza de 1 día											
NP	262	RICARDO CORES VAZQUEZ	CLUB NATACION RIVEIRA											
NP	281	RAMON FERNANDEZ LAGO	CLUB NATACION RIVEIRA											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	285	FRANCISCO JOSE FERRER VIDAL	NOSPORTLIMIT-TREK GALICIA								
NP	286	ALEJANDRO FUENTES FERNANDEZ	CLUB TRIATLON MAR DE VIG								
NP	288	JAVIER GARCIA LAGO	CLUB TRIATLON MORRAZO								
NP	305	MIGUEL ANGEL NEGRAL FERNAND	MONTE PENARUBIA RUNNING								
NP	306	ANTONIO JOSE OJEA GARCIA	TALLERES DAVID TRIATLON C								
NP	307	JOSE IGNACIO OUVIÑA GONZALEZ	ARTROGAL-TRI 498								
NP	310	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT-TREK GALICIA								
NP	315	CARLOS RAMAS FIUSA	NOSPORTLIMIT-TREK GALICIA								
NP	321	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICIA								
NP	324	JOSE SANLES PIÑEIRO	CLUB NATACION RIVEIRA								
NP	334	JORGE ALONSO CASUSCELLI	Licenza de 1 día								
NP	335	ABDON CRUCES CARIDE	REAL CLUB NAUTICO DE VIGO								
NP	348	GONZALO SIMO CARDALDA	Licenza de 1 día								



# II TRIATLON RIAS BAIXAS

## Resultados Oficiais

### CATEGORIAS MASCULINA

Localidade	SANXENXO			Distancia	Natación	Ciclismo	Carreira
Data	domingo, 14 de xuño de 2015	Hora	18:17	Estándar	1,5 Km.	40 Km.	10 Km.

#### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	MONICA FLORES		ENRIQUE HIDALGO - FEGATRI
Responsable Oficiais:	MONICA FLORES		SERGIO GARCIA - ARCADE INFORHOUSE

#### Datos da competición

Temperatura exterior: 12 °C Temperatura da auga: 15 °C Neopreno: permitido	Natación 1,5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 314	Remataron : 246	Retirados : 16	Non Presentados : 43 Descalificados : 9

## SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	47	UXIO FERNANDEZ HERMO	TRINORTH-NOGASA	68	0:25:35	56	1:08:48	34.89	17	0:38:00	<b>2:16:25</b>	0:13:28
2	264	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.R.	149	0:27:57	104	1:11:45	33.45	91	0:42:26	<b>2:26:56</b>	0:23:58
3	265	PABLO ZOBRA LOJO	CLUB TRIATLON MORRAZO	175	0:28:47	136	1:13:49	32.51	63	0:40:53	<b>2:28:27</b>	0:25:29
DQ	344	JOAO RENATO TEIXEIRA	MCDONALDS-TRIBRAGA	NON PARAR NA AREA DE PENALIZACIÓN								
NP	70	ADRIAN FERNANDEZ GARCIA	TRISADA									
NP	262	RICARDO CORES VAZQUEZ	CLUB NATACION RIVEIRA									

## VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	32	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	11	0:22:49	11	1:05:10	36.83	2	0:35:10	<b>2:07:18</b>	0:04:20
2	330	MIGUEL ANGEL VARELA FERNAND	AXA AGENCIA GARRIGA-BEARIZ TRI	33	0:24:08	1	0:59:40	40.22	41	0:39:44	<b>2:08:12</b>	0:05:14
3	53	CRISTOBAL CACHEDA TOUZA	TEAM CORBELO	51	0:25:01	10	1:05:08	36.85	20	0:38:22	<b>2:12:46</b>	0:09:48
4	46	JOSE RAMON JACOME MAZAS	TRIATLON P.C. RIAS BAIXAS	48	0:24:58	13	1:05:27	36.68	23	0:38:32	<b>2:13:35</b>	0:10:37
5	45	XOSE CARLOS GONZALEZ AVION	CIDADE DE LUGO FLUVIAL	26	0:24:00	65	1:09:14	34.67	10	0:36:54	<b>2:14:44</b>	0:11:46
6	297	GUSTAVO LOPEZ MARTINEZ	TRINITY TRIATLON	139	0:27:40	7	1:04:16	37.35	24	0:38:44	<b>2:16:05</b>	0:13:07
7	51	JOSE LUIS NESPHEREIRA GOMEZ	C. TRIATLON OURENSE	136	0:27:39	6	1:04:13	37.38	47	0:40:09	<b>2:16:45</b>	0:13:48
8	48	NICOLAS BAYON MELEIRO	CIDADE DE LUGO FLUVIAL	8	0:22:24	25	1:06:32	36.08	96	0:42:54	<b>2:16:56</b>	0:13:58
9	329	MARCOS ANTONIO UBEIRA VIDAL	ASOCIACION DEPORTIVA C.A.R.	46	0:24:55	51	1:08:31	35.03	43	0:39:56	<b>2:18:33</b>	0:15:35
10	261	JAVIER VILA PORTO	CLUB NATACIÓN PONTEAREAS	67	0:25:34	58	1:08:51	34.87	32	0:39:02	<b>2:18:55</b>	0:15:57
11	75	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO	144	0:27:49	20	1:06:21	36.18	54	0:40:38	<b>2:19:53</b>	0:16:56
12	291	JOSE VICENTE GUZMAN ARES	ARCADE INFORHOUSE SANTIAGO	29	0:24:02	40	1:07:45	35.43	94	0:42:42	<b>2:19:58</b>	0:17:01
13	223	PABLO NOGUEIRA GONZALEZ	TRIATLON P.C. RIAS BAIXAS	86	0:26:06	52	1:08:32	35.02	52	0:40:33	<b>2:20:09</b>	0:17:11
14	347	JOAO FERREIRA	MCDONALDS/TRIBRAGA	32	0:24:06	126	1:13:06	32.83	18	0:38:10	<b>2:20:26</b>	0:17:28
15	201	MANUEL ENRIQUE FANDIÑO CERQ	TRIATLON P.C. RIAS BAIXAS	58	0:25:17	105	1:11:47	33.44	31	0:39:00	<b>2:20:40</b>	0:17:42
16	284	JOSE FERRACES REGUEIRO	TRIATLON FERROL	24	0:23:57	107	1:11:56	33.37	56	0:40:40	<b>2:20:58</b>	0:18:01
17	196	TOMAS BASDEDIOS BARBEITO	TEAM CORBELO	218	0:30:48	18	1:06:06	36.31	48	0:40:14	<b>2:21:30</b>	0:18:32
18	87	ANTONIO ABEL SEOANE ESTEVEZ	CICLISMO TRIATLON MONTE ABAIX	10	0:22:36	97	1:11:22	33.63	99	0:43:04	<b>2:21:49</b>	0:18:51
19	111	LUIS VILA ARIAS	CIDADE DE LUGO FLUVIAL	28	0:24:01	119	1:12:39	33.04	64	0:40:58	<b>2:22:28</b>	0:19:30
20	63	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	66	0:25:33	112	1:12:14	33.23	40	0:39:40	<b>2:22:33</b>	0:19:35
21	72	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	38	0:24:27	16	1:05:49	36.47	157	0:46:17	<b>2:22:41</b>	0:19:43
22	37	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	188	0:29:10	61	1:09:08	34.72	42	0:39:55	<b>2:22:42</b>	0:19:44
23	84	MANUEL ALBERTO PEREZ GARCIA	ASOCIACION DEPORTIVA C.A.R.	117	0:26:50	78	1:10:10	34.2	59	0:40:48	<b>2:22:43</b>	0:19:46
24	277	PABLO DÍAZ DE LA CUESTA	Licenza de 1 día	168	0:28:27	38	1:07:36	35.51	67	0:41:05	<b>2:22:44</b>	0:19:46
25	322	JUAN CARLOS RODRIGUEZ VAZQU	C. TRIATLON OURENSE	184	0:29:04	14	1:05:28	36.67	100	0:43:09	<b>2:22:54</b>	0:19:56
26	76	RAMON VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	94	0:26:12	24	1:06:28	36.11	144	0:45:29	<b>2:23:22</b>	0:20:24
27	300	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	30	0:24:03	27	1:06:46	35.95	183	0:48:13	<b>2:23:46</b>	0:20:48
28	275	LUIS ANGEL CASTELO SANCHEZ	Licenza de 1 día	56	0:25:13	31	1:07:05	35.78	148	0:45:45	<b>2:23:53</b>	0:20:55
29	93	CARLOS LOBELLE CARUS	CLUB TRIATLON MORRAZO	142	0:27:48	79	1:10:15	34.17	68	0:41:12	<b>2:24:16</b>	0:21:18
30	320	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA	78	0:25:50	76	1:10:03	34.27	109	0:43:32	<b>2:24:18</b>	0:21:21

31	95	OSCAR FRANCISCO RODRIGUEZ BL	C. TRIATLON OURENSE	118	0:26:51	85	1:10:45	33.93	72	0:41:17	<b>2:24:20</b>	0:21:22
32	263	JOSE LUIS LAMOSO PORTASANY	TRIATLON P.C. RIAS BAIXAS	89	0:26:07	73	1:09:49	34.38	114	0:43:48	<b>2:24:31</b>	0:21:33
33	279	MIGUEL DAVID FERNANDEZ GARC	CLUB NATACION RIVEIRA	74	0:25:46	80	1:10:24	34.1	112	0:43:42	<b>2:24:55</b>	0:21:57
34	316	ROBERTO CARLOS RAMILO CARBA	Licenza de 1 día	104	0:26:27	83	1:10:43	33.94	82	0:41:54	<b>2:25:03</b>	0:22:05
35	86	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE	88	0:26:07	139	1:14:19	32.29	46	0:40:08	<b>2:25:41</b>	0:22:43
36	304	JOSE LUIS NAYA ORGEIRA	NOSPORTLIMIT-TREK GALICIA	180	0:28:55	69	1:09:32	34.52	62	0:40:51	<b>2:25:53</b>	0:22:55
37	283	OLIVIER FERNANDEZ TORRES	CLUB NATACION RIVEIRA	194	0:29:24	68	1:09:25	34.58	104	0:43:15	<b>2:27:31</b>	0:24:33
38	102	IGNACIO DELGADO RODRIGUEZ	C. TRIATLON OURENSE	176	0:28:49	63	1:09:11	34.7	132	0:44:47	<b>2:28:24</b>	0:25:26
39	157	PABLO ARBOLEYA IGLESIAS	ACADEMIA CIVIL-CNISO	87	0:26:07	110	1:12:02	33.32	122	0:44:15	<b>2:28:29</b>	0:25:31
40	236	MARTIN PROL CAMBADOS	GV SPORTS CLUB								<b>2:28:40</b>	0:25:43
41	343	JOSE MIGUEL PATIÑO NOGUEIRA	Licenza de 1 día	54	0:25:09	123	1:12:55	32.92	149	0:45:48	<b>2:28:52</b>	0:25:54
42	88	ROBERTO CARLOS SANTOS FERNA	CLUB TRIATLON MORRAZO	162	0:28:10	111	1:12:05	33.3	108	0:43:27	<b>2:28:57</b>	0:25:59
43	89	IGNACIO PEREZ RODRIGUEZ	C. TRIATLON OURENSE	235	0:32:04	96	1:11:17	33.67	57	0:40:46	<b>2:29:22</b>	0:26:25
44	303	ENRIQUE MUÑOZ CANTERO	Licenza de 1 día	93	0:26:11	116	1:12:32	33.09	139	0:45:18	<b>2:29:27</b>	0:26:30
45	107	MANUEL JESUS RIVERO FERNAND	C. TRIATLON OURENSE	156	0:28:04	108	1:12:00	33.34	116	0:43:58	<b>2:29:31</b>	0:26:34
46	287	SANTIAGO GARCIA GONZALEZ	NOSPORTLIMIT-TREK GALICIA	134	0:27:35	92	1:11:09	33.74	140	0:45:18	<b>2:29:59</b>	0:27:01
47	296	DAVID MARCOS LOPEZ BARBERO	NOSPORTLIMIT-TREK GALICIA	45	0:24:52	149	1:14:59	32.01	117	0:44:00	<b>2:30:29</b>	0:27:31
48	78	ALEJANDRO GARCIA LOPEZ	A.D. ECOSPORT TRIATLON ALCOBE	55	0:25:09	100	1:11:37	33.52	170	0:47:19	<b>2:30:48</b>	0:27:50
49	290	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT-TREK GALICIA	77	0:25:50	127	1:13:09	32.81	154	0:46:07	<b>2:31:03</b>	0:28:05
50	299	CARLOS MALDONADO GONZALEZ	ARCADE INFORHOUSE SANTIAGO	124	0:27:12	148	1:14:57	32.02	103	0:43:13	<b>2:31:05</b>	0:28:07
51	302	JUAN CARLOS MUÑOZ NIETO	TEAM CORBELO	135	0:27:37	47	1:08:21	35.12	181	0:48:04	<b>2:31:19</b>	0:28:21
52	319	FRANCISCO BORJA RIOS GARCIA	CLUB TRIATLON MORRAZO	72	0:25:42	190	1:18:29	30.58	74	0:41:30	<b>2:31:23</b>	0:28:25
53	60	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	96	0:26:13	184	1:18:18	30.65	77	0:41:40	<b>2:31:37</b>	0:28:39
54	105	PEDRO CASTILLO CABRERO	CLUB DEPORTIVO PINARIUM	172	0:28:35	72	1:09:48	34.38	174	0:47:31	<b>2:31:57</b>	0:28:59
55	273	SERGIO HILARIO CASTELLANOS JI	HERCULES XTRM	62	0:25:24	137	1:13:55	32.47	143	0:45:29	<b>2:32:00</b>	0:29:03
56	298	ALFONSO LOPEZ MARTINEZ	OLIMPICO DE VEDRA	238	0:32:28	109	1:12:02	33.32	87	0:42:17	<b>2:32:14</b>	0:29:16
57	269	MATIAS BARREIRO RUIBAL	CLUB TRIATLON MORRAZO	196	0:29:26	178	1:17:45	30.87	55	0:40:39	<b>2:32:56</b>	0:29:58
58	301	JOSE MANUEL MOSQUERA VELLO	CLUB TRIATLON MAR DE VIGO	195	0:29:25	42	1:07:58	35.31	209	0:50:21	<b>2:33:29</b>	0:30:31
59	109	XOAN ANTON PEON VALLE	TRIATLON MOTOBIKE PONTEVEDR	41	0:24:37	189	1:18:28	30.59	135	0:45:04	<b>2:33:57</b>	0:31:00
60	270	SANTIAGO BESADA BRUNET	Licenza de 1 día	138	0:27:40	206	1:20:24	29.85	38	0:39:38	<b>2:34:08</b>	0:31:10
61	182	ROBERTO DOLDAN CORRAL	NOSPORTLIMIT-TREK GALICIA	171	0:28:33	151	1:15:08	31.94	113	0:43:44	<b>2:34:43</b>	0:31:45
62	267	JUAN LUIS ALVAREZ CARNOTA	NOSPORTLIMIT-TREK GALICIA	108	0:26:31	173	1:17:01	31.17	141	0:45:22	<b>2:35:13</b>	0:32:16
63	311	EMILIO PÉREZ BELLIDO	Licenza de 1 día	191	0:29:19	164	1:16:26	31.4	102	0:43:11	<b>2:36:19</b>	0:33:21
64	115	ALEJANDRO LAGO DURAN	CIDADE DE LUGO FLUVIAL	157	0:28:05	156	1:15:26	31.82	165	0:47:08	<b>2:36:30</b>	0:33:33
65	325	JULIO SIMARRO ESPLA	CLUB NATACION RIVEIRA	19	0:23:44	166	1:16:37	31.33	213	0:50:38	<b>2:36:38</b>	0:33:41
66	117	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	152	0:28:01	161	1:16:04	31.56	164	0:47:05	<b>2:37:05</b>	0:34:07
67	276	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	81	0:25:54	153	1:15:13	31.91	210	0:50:26	<b>2:37:33</b>	0:34:35
68	140	JOSE MANUEL FERNANDEZ MENDE	INDEPENDIENTES	185	0:29:04	198	1:19:32	30.18	110	0:43:32	<b>2:37:58</b>	0:35:00
69	314	FEDERICO PORTO ARIAS	CLUB TRIATLON CORUÑA	112	0:26:39	185	1:18:19	30.65	173	0:47:31	<b>2:38:12</b>	0:35:14
70	312	JULIO CESAR PEREZ VAZQUEZ	INDEPENDIENTES	179	0:28:52	144	1:14:30	32.22	198	0:49:09	<b>2:38:19</b>	0:35:21
71	134	JACOBO ANICETO SANCHEZ-BALG	NOSPORTLIMIT-TREK GALICIA	155	0:28:04	204	1:20:00	30	131	0:44:46	<b>2:38:25</b>	0:35:28
72	295	MIGUEL LAMEIRO NIETO	CLUB CICLISTA RIAZOR	243	0:32:42	94	1:11:10	33.73	172	0:47:25	<b>2:38:40</b>	0:35:43
73	308	SERVANDO PARDO ALONSO	TRI OURENSE	257	0:36:43	140	1:14:24	32.26	81	0:41:54	<b>2:38:47</b>	0:35:49
74	294	MARCOS LAGO CASTRO	Licenza de 1 día	199	0:29:32	176	1:17:26	31	128	0:44:42	<b>2:38:53</b>	0:35:55
75	132	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	240	0:32:35	159	1:16:00	31.59	130	0:44:45	<b>2:39:04</b>	0:36:06
76	128	PABLO ALONSO VALLIN	INDEPENDIENTES	82	0:25:55	177	1:17:41	30.9	190	0:48:40	<b>2:39:33</b>	0:36:35
77	280	ADOLFO FERNANDEZ GONZALEZ	TRIATLON MOTOBIKE PONTEVEDR	40	0:24:33	209	1:20:37	29.78	221	0:51:57	<b>2:42:29</b>	0:39:31
78	266	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	232	0:31:54	195	1:19:21	30.25	147	0:45:39	<b>2:42:47</b>	0:39:50
79	328	ANTONIO TORRON CASAL	GV SPORTS CLUB	114	0:26:46	233	1:24:59	28.24	152	0:46:00	<b>2:43:32</b>	0:40:35
80	135	JOSE MIGUEL IRIONDO TAPIOLES	Licenza de 1 día	84	0:26:04	224	1:23:26	28.77	176	0:47:38	<b>2:44:05</b>	0:41:08
81	293	CARLOS IGLESIAS RODRIGUEZ	Licenza de 1 día	177	0:28:51	215	1:21:34	29.43	162	0:46:36	<b>2:44:52</b>	0:41:54
82	272	DIEGO CARRO SANCHEZ	TRIATLON MOTOBIKE PONTEVEDR	230	0:31:43	197	1:19:27	30.21	167	0:47:16	<b>2:45:32</b>	0:42:35
83	318	RAMON REGUEIRA OTERO	Licenza de 1 día	154	0:28:03	203	1:19:58	30.02	197	0:49:08	<b>2:45:45</b>	0:42:47
84	345	JUAN RODRIGUEZ VAZQUEZ	CLUB TRIATLON CORUÑA	208	0:29:50	160	1:16:02	31.57	224	0:52:23	<b>2:46:35</b>	0:43:37
85	309	EDUARDO PAREDES FERRO	Licenza de 1 día	217	0:30:47	187	1:18:24	30.62	208	0:50:21	<b>2:46:44</b>	0:43:46
86	326	ALFREDO SIO UHIA	TRINORTH-NOGASA	159	0:28:07	236	1:25:06	28.21	193	0:48:56	<b>2:48:16</b>	0:45:18
87	317	JOSÉ JAVIER RAMOS ULLOA	Licenza de 1 día	229	0:31:39	199	1:19:34	30.17	199	0:49:10	<b>2:48:41</b>	0:45:43
88	268	JUAN ARNOTT FERNANDEZ	Licenza de 1 día	202	0:29:42	237	1:25:14	28.16	175	0:47:35	<b>2:49:26</b>	0:46:28
89	129	DAVID VAZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	211	0:30:00	220	1:22:23	29.14	203	0:49:32	<b>2:49:49</b>	0:46:51
90	292	MIGUEL ANGEL HERVA LOPEZ	TRIATLON FERROL	251	0:34:34	216	1:21:47	29.35	168	0:47:17	<b>2:50:29</b>	0:47:31
91	143	JORGE GARCIA FERNANDEZ	TRISADA	165	0:28:21	231	1:24:09	28.52	226	0:52:57	<b>2:53:03</b>	0:50:06
92	278	VICTOR F. DIAZ PAZ	Licenza de 1 día	223	0:31:06	234	1:24:59	28.24	202	0:49:14	<b>2:53:27</b>	0:50:29
93	331	NICOLÁS Vázquez DE PARGA	Licenza de 1 día	147	0:27:56	245	1:28:34	27.1	225	0:52:25	<b>2:55:12</b>	0:52:15
94	149	DANIEL PAZOS FERNÁNDEZ	TRISADA	226	0:31:29	219	1:22:17	29.17	236	0:56:18	<b>2:57:24</b>	0:54:26
95	274	OSCAR CASTELLANOS JIMENEZ	Licenza de 1 día	210	0:29:56	240	1:26:30	27.75	228	0:54:00	<b>2:58:07</b>	0:55:09
96	332	JOSE MANUEL VAZQUEZ VARELA	Licenza de 1 día	158	0:28:06	246	1:30:10	26.62	227	0:53:05	<b>2:58:52</b>	0:55:55

97	146	CARLOS REINLEIN FARRE	TRISADA	227	0:31:30	247	1:30:18	26.58	204	0:49:55	<b>2:59:11</b>	0:56:14
98	323	JAVIER SAAVEDRA SANTIAGO	GV SPORTS CLUB	205	0:29:47	249	1:32:08	26.05	219	0:51:53	<b>2:59:55</b>	0:56:57
99	313	PABLO PORTELA FERNÁNDEZ	Licenza de 1 día	133	0:27:34	252	1:33:38	25.64	216	0:51:15	<b>3:00:45</b>	0:57:48
100	271	EMILIO ANTONIO CAEIRO CASAS	CIDADE DE LUGO FLUVIAL	143	0:27:48	243	1:27:52	27.31	242	0:58:39	<b>3:01:00</b>	0:58:03
101	327	RICARDO SOLER VIDAL	Licenza de 1 día	247	0:33:24	242	1:27:37	27.4	238	0:57:12	<b>3:05:32</b>	1:02:35
102	289	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA	250	0:34:17	238	1:26:03	27.89	244	0:59:28	<b>3:09:05</b>	1:06:07
DQ	67	ANTONIO REY CARBALLEDA	TRIATLON MOTOBIKE PONTEVEDR	NON PARAR NA AREA DE PENALIZACIÓN								
DQ	85	JOSE LUIS VAZQUEZ MEJIDE	CIDADE DE LUGO FLUVIAL	NON PARAR NA AREA DE PENALIZACIÓN								
NF	145	DANIEL GARCIA CASTIÑEIRAS	GV SPORTS CLUB	42	0:24:41							
NF	282	JAVIER FERNANDEZ NEIRA	OLIMPICO DE VEDRA									
NP	41	JAVIER RAMOS BOTANA	CIDADE DE LUGO FLUVIAL									
NP	69	ANGEL PAZ BERMUDEZ	BIKESTRADA TRIATLON									
NP	108	ALBERTO CASTELO SANCHEZ	Licenza de 1 día									
NP	142	CARLOS PEREIRA MENOR	C. TRIATLON OURENSE									
NP	147	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA									
NP	281	RAMON FERNANDEZ LAGO	CLUB NATACION RIVEIRA									
NP	285	FRANCISCO JOSE FERRER VIDAL	NOSPORTLIMIT-TREK GALICIA									
NP	286	ALEJANDRO FUENTES FERNANDEZ	CLUB TRIATLON MAR DE VIGO									
NP	288	JAVIER GARCIA LAGO	CLUB TRIATLON MORRAZO									
NP	305	MIGUEL ANGEL NEGRAL FERNAND	MONTE PENARUBIA RUNNING LUG									
NP	306	ANTONIO JOSE OJEA GARCIA	TALLERES DAVID TRIATLON COMP									
NP	307	JOSE IGNACIO OUVIÑA GONZALEZ	ARTROGAL-TRI 498									
NP	310	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT-TREK GALICIA									
NP	315	CARLOS RAMAS FIUSA	NOSPORTLIMIT-TREK GALICIA									
NP	321	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICIA									
NP	324	JOSE SANLES PIÑEIRO	CLUB NATACION RIVEIRA									
NP	348	GONZALO SIMO CARDALDA	Licenza de 1 día									

## VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	39	ANDRES LOPEZ TORRES	CICLISMO TRIATLON MONTE ABAIX	21	0:23:52	21	1:06:23	36.16	6	0:36:38	<b>2:10:51</b>	0:07:53
2	337	FERNANDO JOSE HUELIN TRILLO	CIDADE DE LUGO FLUVIAL	100	0:26:23	115	1:12:30	33.11	178	0:47:56	<b>2:31:48</b>	0:28:50
3	333	FRANCISCO JAVIER ACOSTA CRES	OLIMPICO DE VEDRA	103	0:26:26	162	1:16:10	31.52	142	0:45:25	<b>2:33:56</b>	0:30:58
4	336	FRANCISCO JAVIER DE RAMON CA	INDEPENDIENTES	192	0:29:22	196	1:19:24	30.23	125	0:44:28	<b>2:39:44</b>	0:36:46
5	137	ALVARO OGANDO ESPANTOSO	TRIATLON P.C. RIAS BAIXAS	215	0:30:35	167	1:16:39	31.31	180	0:48:03	<b>2:40:39</b>	0:37:41
6	118	ANTONIO PARDO LOPEZ	NOSPORTLIMIT-TREK GALICIA	213	0:30:25	142	1:14:26	32.24	212	0:50:37	<b>2:41:15</b>	0:38:17
7	127	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE LUGO	49	0:24:58	218	1:22:10	29.21	214	0:50:50	<b>2:43:29</b>	0:40:31
8	338	JUAN CARLOS LOPEZ QUINTELA	TRI OURENSE	200	0:29:36	131	1:13:27	32.68	229	0:54:15	<b>2:43:55</b>	0:40:57
9	340	JAVIER RODRIGUEZ MEIRAMA	Licenza de 1 día	241	0:32:37	221	1:22:50	28.98	207	0:50:21	<b>2:52:13</b>	0:49:15
10	339	FELIX JOSE MENOR FERNANDEZ	Licenza de 1 día	252	0:34:49	251	1:33:25	25.69	218	0:51:47	<b>3:07:10</b>	1:04:13
NF	97	MANOLO VALES BAHAMONDE	Licenza de 1 día	110	0:26:36							
NP	334	JORGE ALONSO CASUSCELLI	Licenza de 1 día									
NP	335	ABDON CRUCES CARIDE	REAL CLUB NAUTICO DE VIGO									

## VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	150	MANUEL JOSE CRUCES PRADO	CLUB DEPORTIVO PINARIUM	221	0:31:00	253	1:36:26	24.89	243	0:59:18	<b>3:17:49</b>	1:14:51
DQ	341	ABEL ALVAREZ FEIJOO	Licenza de 1 día	DESOSBEDECER AS ORDES DUN OFICIAL EN T2								