

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, de junio de 2016	Hora	9:12	Olímpica sen Drafting	1.5 Km.	40 Km.	2,5 Km.

Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	JOSE A. BARREIRO		LUIS PIÑA - FEGATRI
Responsable Oficiais:	JOSE A. BARREIRO		JACOOO MOSQUERA - BEARIZ

Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 17.6 °C Neopreno: permitido	Natación 1.5 Km. 1 voltas	Ciclismo 40 Km. 2 voltas	Carreira 2,5 Km. 2.5 volta
Inscritos : 31	Remataron : 26	Retirados : 1	Non Presentados : 4
			Descalificados : 0

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	360	MARIA ORTEGA DE MIGUEL	A.D. TRI-PENTA TERRAS DE L	1	0:20:59	01:53	1	1:08:53	34.85	00:35	3	0:41:43	2:14:01	
2	358	SONIA PARIENTE BAGLIETTO	GV SPORTS CLUB	2	0:21:52	02:01	2	1:09:15	34.66	00:53	4	0:41:57	2:15:57	0:01:56
3	359	MARIA JESÚS COYA OTERO	GV SPORTS CLUB	9	0:27:09	02:06	3	1:11:12	33.71	00:40	1	0:40:21	2:21:27	0:07:26
4	377	BLANCA LABANDEIRA FERNANDEZ	CLUB TRIATLON MAR DE VIG	3	0:22:02	02:31	7	1:17:23	31.02	01:00	5	0:45:33	2:28:26	0:14:25
5	384	CAMINO CARBALLEIRA	LICENZA 1 DÍA	8	0:26:44	03:09	6	1:16:42	31.3	01:35	7	0:48:00	2:36:08	0:22:07
6	379	PALOMA HERBELLO HERMELO	ARCADE INFORHOUSE SANTI	7	0:26:12	02:21	8	1:19:37	30.15	00:43	8	0:48:33	2:37:25	0:23:24
7	371	AMELIA ROCA VAZQUEZ	CIDADE DE LUGO FLUVIAL	6	0:25:35	02:10	15	1:21:11	29.57	00:36	9	0:49:26	2:38:56	0:24:55
8	363	DIANA RUIVO	LICENZA 1 DÍA	19	0:31:52	03:34	14	1:21:07	29.59	01:03	2	0:41:31	2:39:05	0:25:04
9	375	ALMUDENA VÁZQUEZ FERNÁNDEZ	LICENZA 1 DÍA	18	0:31:49	02:51	4	1:13:33	32.63	01:21	10	0:49:45	2:39:17	0:25:16
10	362	MÓNICA MEZQUITA VÁZQUEZ	NOSPORTLIMIT	11	0:29:19	03:00	11	1:20:28	29.83	00:56	6	0:47:12	2:40:52	0:26:51
11	376	SONIA ROCA CANZOBRE	NOSPORTLIMIT	5	0:25:33	02:45	12	1:20:54	29.67	01:00	12	0:50:57	2:41:07	0:27:06
12	382	MARÍA DEL CARMEN CABALEIRO H	AXA AGENCIA GARRIGA-BEAR	23	0:31:57	03:53	5	1:14:08	32.38	01:12	15	0:52:27	2:43:36	0:29:35
13	366	ALBA CAAMAÑO FERNANDEZ	INDEPENDIENTE	12	0:29:28	03:24	13	1:20:59	29.64	01:02	16	0:52:42	2:47:32	0:33:31
14	364	SANDRA NOVO FERNÁNDEZ	NOSPORTLIMIT	17	0:31:49	02:45	16	1:21:39	29.39	00:54	13	0:51:25	2:48:30	0:34:29
15	380	YOLANDA ESCÁRCEGA CARREIRA	TRIATLON MOTOBIKE GALAIC	14	0:29:38	03:15	17	1:23:37	28.7	01:12	14	0:51:50	2:49:31	0:35:30
16	374	CRISTINA FERNÁNDEZ LÓPEZ	CLUB TRIATLON MORRAZO	13	0:29:32	02:48	21	1:26:07	27.87	01:17	11	0:49:52	2:49:34	0:35:33
17	381	SANDRA SANTODOMINGO FABIAN	LICENZA 1 DÍA	20	0:31:53	02:39	10	1:20:03	29.98	00:58	19	0:54:25	2:49:57	0:35:56
18	386	MARICRUZ CABRERA ALVARGONZÁ	TRINORTH-NOGASA	10	0:27:58	02:54	9	1:19:48	30.08	01:12	23	0:58:12	2:50:02	0:36:01
19	373	VANESA NAVEIRA LOPEZ	CLUB CICLISTA RIAZOR	16	0:31:35	03:29	18	1:23:49	28.64	01:02	17	0:53:37	2:53:29	0:39:28
20	361	SANDRA SOBREIRA OTERO	CLUB ATLETISMO PORRIÑO	4	0:24:04	02:08	27	1:32:42	25.89	00:58	18	0:54:16	2:54:07	0:40:06
21	388	NURIA PRADO FERNANDEZ	LICENZA 1 DÍA	15	0:31:09	03:26	22	1:26:33	27.73	01:16	20	0:55:14	2:57:37	0:43:36
22	368	ESTEFANIA FERNANDEZ REY	MONTEPENARUBIA RUNNIG L	25	0:34:23	02:43	20	1:25:21	28.12	00:59	21	0:55:52	2:59:17	0:45:16
23	367	MARIA LUISA RUA PRIETO	TRISADA	24	0:33:45	02:58	19	1:25:02	28.22	00:57	24	0:58:17	3:00:58	0:46:57
24	387	GLORIA RODRÍGUEZ GIL	LICENZA 1 DÍA	21	0:31:53	04:20	23	1:26:48	27.65	01:23	22	0:56:53	3:01:15	0:47:14
25	383	ANA TORRES HERCE	LICENZA 1 DÍA	22	0:31:54	03:45	25	1:29:20	26.87	01:19	25	0:58:28	3:04:43	0:50:42
26	370	MONICA ALARCON HERNANDEZ	NOSPORTLIMIT	26	0:37:40	03:27	24	1:28:59	26.97	01:52	26	1:05:21	3:17:18	1:03:17
NF	369	IRIA BLANCO RODRIGUEZ	GV SPORTS CLUB	27	0:40:13	03:15	26	1:30:41	26.47					
NP	365	MARÍA CRISTINA SANTIAGO MARTIN	NOSPORTLIMIT											
NP	372	RUTH PÉREZ PONTE	CLUB TRIATLON MAR DE VIG											
NP	378	PATRICIA MARÍA SANCHEZ LOPEZ	NOSPORTLIMIT											
NP	385	MARÍA TALLÓN GARCÍA	CLUB TRIATLON MAR DE VIG											

II TRIATLÓN ATLÁNTICO BAIONA

Resultados Oficiais

CATEGORIAS FEMININA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, de junio de 2016	Hora	9:12	Olímpica sen Drafting	1.5 Km.	40 Km.	2,5 Km.

Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	JOSE A. BARREIRO		LUIS PIÑA - FEGATRI
Responsable Oficiais:	JOSE A. BARREIRO		JACOBBO MOSQUERA - BEARIZ

Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 17.6 °C Neopreno: permitido	Natación 1.5 Km. 1 voltas	Ciclismo 40 Km. 2 voltas	Carreira 2,5 Km. 2.5 volta
Inscritos : 31	Remataron : 26	Retirados : 1	Non Presentados : 4
			Descalificados : 0

SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	361	SANDRA SOBREIRA OTERO	CLUB ATLETISMO PORRIÑO	4	0:24:04	02:08	27	1:32:42	25.89	00:58	18	0:54:16	2:54:07	0:40:06

VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	377	BLANCA LABANDEIRA FERN	CLUB TRIATLON MAR DE VIGO	3	0:22:02	02:31	7	1:17:23	31.02	01:00	5	0:45:33	2:28:26	0:14:25
2	379	PALOMA HERBELLO HERME	ARCADE INFORHOUSE SANTIAGO	7	0:26:12	02:21	8	1:19:37	30.15	00:43	8	0:48:33	2:37:25	0:23:24
3	376	SONIA ROCA CANZOBRE	NOSPORTLIMIT	5	0:25:33	02:45	12	1:20:54	29.67	01:00	12	0:50:57	2:41:07	0:27:06
4	380	YOLANDA ESCÁRCEGA CAR	TRIATLON MOTOBIKE GALAICO PO	14	0:29:38	03:15	17	1:23:37	28.7	01:12	14	0:51:50	2:49:31	0:35:30
5	381	SANDRA SANTODOMINGO F	LICENZA 1 DÍA	20	0:31:53	02:39	10	1:20:03	29.98	00:58	19	0:54:25	2:49:57	0:35:56
6	386	MARICRUZ CABRERA ALVAR	TRINORTH-NOGASA	10	0:27:58	02:54	9	1:19:48	30.08	01:12	23	0:58:12	2:50:02	0:36:01
7	388	NURIA PRADO FERNANDEZ	LICENZA 1 DÍA	15	0:31:09	03:26	22	1:26:33	27.73	01:16	20	0:55:14	2:57:37	0:43:36
8	387	GLORIA RODRÍGUEZ GIL	LICENZA 1 DÍA	21	0:31:53	04:20	23	1:26:48	27.65	01:23	22	0:56:53	3:01:15	0:47:14
NP	378	PATRICIA MARÍA SANCHEZ L	NOSPORTLIMIT											

VETERANAS 2 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	382	MARÍA DEL CARMEN CABAL	AXA AGENCIA GARRIGA-BEARIZ TRI	23	0:31:57	03:53	5	1:14:08	32.38	01:12	15	0:52:27	2:43:36	0:29:35

II TRIATLÓN ATLÁNTICO BAIONA

Resultados Oficiais

ABSOLUTA MASCULINA

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, de junio de 2016	Hora	9:02	Oímpica sen Drafting	1.5 Km.	40 Km.	2,5 Km.

Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	JOSE A. BARREIRO		LUIS PIÑA - FEGATRI
Responsable Oficiais:	JOSE A. BARREIRO		JACOOO MOSQUERA - BEARIZ

Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 17.6 °C Neopreno: permitido	Natación 1.5 Km. 1 voltas	Ciclismo 40 Km. 2 voltas	Carreira 2,5 Km. 2.5 volta
Inscritos : 357	Remataron : 271	Retirados : 7	Non Presentados : 79 Descalificados : 0

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	1	PABLO DAPENA GONZÁLEZ	CIDADE DE LUGO FLUVIAL										1:51:56	
2	2	CRISTÓBAL DIOS RÍOS	A.D. TRI-PENTA TERRAS DE L	15	0:19:57	01:42	3	1:00:10	39.9	00:50	1	0:35:35	1:58:12	0:06:16
3	9	LUCAS ESCANEO MACIÑEIRAS	CLUB TRIATLON MORRAZO	7	0:19:43	01:38	16	1:02:43	38.27	00:40	6	0:36:36	2:01:18	0:09:22
4	86	SERGIO GARCIA RODRIGUEZ	ARCADE INFORHOUSE SANTI	4	0:19:13	01:40	22	1:03:18	37.92	00:34	9	0:37:20	2:02:02	0:10:06
5	4	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	22	0:22:10	01:53	11	1:02:05	38.66	00:43	4	0:36:05	2:02:53	0:10:57
6	195	IVAN RUBIO RUBIRA	TRIATLON ARTEIXO	1	0:17:21	01:48	53	1:04:57	36.96	00:34	19	0:38:39	2:03:18	0:11:22
7	224	MIGUEL ANGEL VARELA FERNANDE	AXA AGENCIA GARRIGA-BEAR	58	0:23:40	02:05	1	0:59:01	40.67	01:01	28	0:39:07	2:04:53	0:12:57
8	117	AGUSTIN RÍOS FERRADAS	CLUB CICLISMO-TRIATLON PO	10	0:19:49	01:58	110	1:07:00	35.82	00:34	2	0:35:41	2:05:01	0:13:05
9	67	MANUEL DOSIL LAGO	OLIMPICO DE VEDRA	55	0:23:28	01:44	29	1:03:40	37.7	00:38	3	0:35:45	2:05:13	0:13:17
10	31	OSCAR FERNANDEZ VAZQUEZ	ARCADE INFORHOUSE SANTI	27	0:22:24	02:00	8	1:01:51	38.8	00:37	20	0:38:40	2:05:31	0:13:35
11	123	FRANCISCO JOSÉ GUILLÁN PAZOS	ARTROGAL-TRI 498	18	0:21:08	02:09	9	1:01:59	38.72				2:06:12	0:14:16
12	276	ANDRES LOPEZ TORRES	TRIATLON VILAGARCIA / ATEN	28	0:22:29	01:49	40	1:04:26	37.25	00:33	7	0:37:01	2:06:16	0:14:20
13	10	ISMAEL FERNÁNDEZ DÍAZ	TRIATLON ARTEIXO	9	0:19:49	01:55	75	1:05:54	36.42	00:37	14	0:38:05	2:06:17	0:14:21
14	13	ISMAEL VIEITEZ PORTO	TRIATLON ARTEIXO	5	0:19:20	01:50	73	1:05:50	36.46	00:34	24	0:38:52	2:06:23	0:14:27
15	119	ALEXANDRE RODRIGUEZ PAZ	CLUB TRIATLON MORRAZO	16	0:20:48	02:00	55	1:05:04	36.89	00:48	13	0:37:50	2:06:26	0:14:30
16	209	FADY HOUT VARELA	CLUB TRIATLON CORUÑA	14	0:19:56	02:00	62	1:05:21	36.73	01:01	17	0:38:34	2:06:50	0:14:54
17	323	XACOB AGRA CARRERA	CLUB ATLETISMO PORRIÑO	8	0:19:45	02:01	30	1:03:45	37.66	00:47	59	0:40:59	2:07:14	0:15:18
18	156	SERGIO OLIVEIRA BOGA	OLIMPICO DE VEDRA	38	0:22:51	02:29	13	1:02:29	38.41	00:52	25	0:38:53	2:07:33	0:15:37
19	111	JAVIER FERNANDEZ FERNANDEZ	TRIATLON VILAGARCIA / ATEN	154	0:26:57	02:16	4	1:00:37	39.6	00:49	8	0:37:09	2:07:45	0:15:49
20	99	FRANCISCO SOLIÑO PIÑEIRO	CLUB TRIATLON MORRAZO	19	0:21:10	02:15	41	1:04:27	37.24	00:45	29	0:39:16	2:07:52	0:15:56
21	140	IAGO VARA ADRIO	SIRENO TRIATLON CLUB	24	0:22:15	02:24	36	1:04:17	37.34	00:47	21	0:38:41	2:08:23	0:16:27
22	71	RODRIGO PINTADO DEL CAMPO	NOSPORTLIMIT	67	0:24:03	02:02	32	1:03:52	37.58	00:52	16	0:38:10	2:08:58	0:17:02
23	207	XOSÉ CARLOS GONZÁLEZ AVIÓN	TRIATLON VILAGARCIA / ATEN	30	0:22:30	02:08	38	1:04:18	37.33	00:41	30	0:39:27	2:09:02	0:17:06
24	39	JOSE MANUEL TOME SUAREZ	TRIATLON COSTA DA MORTE	72	0:24:13	02:33	20	1:03:13	37.97	00:50	27	0:39:00	2:09:47	0:17:51
25	151	PABLO ALONSO FIGUEROA	CLUB TRIATLON MORRAZO	98	0:25:39	02:20	47	1:04:37	37.14	00:47	5	0:36:35	2:09:56	0:18:00
26	210	JOSE SANLES PIÑEIRO	CLUB NATACION RIVEIRA	25	0:22:21	02:32	34	1:03:57	37.53	00:47	47	0:40:30	2:10:06	0:18:10
27	131	ROMULO SOTO VÁZQUEZ	AXA AGENCIA GARRIGA-BEAR	69	0:24:07	02:23	7	1:01:20	39.13	00:50	66	0:41:31	2:10:09	0:18:13
28	43	ADRIÁN GONZÁLEZ BLANCO	CLUB TRIATLON MAR DE VIG	59	0:23:42	02:21	67	1:05:31	36.64	00:42	15	0:38:05	2:10:18	0:18:22
29	32	IÑAKI ANDRADE FERNANDEZ	TRIVIGO BOYER TRIATHLON	31	0:22:33	02:06	39	1:04:26	37.26	00:57	61	0:41:10	2:11:09	0:19:13
30	163	CARLOS COIRA LOJO	TRIATLON VILAGARCIA / ATEN	68	0:24:04	02:27	59	1:05:15	36.79	00:45	23	0:38:44	2:11:13	0:19:17
31	284	ADRIÁN PICALLO MATO	LICENZA 1 DÍA	33	0:22:36	02:39	15	1:02:34	38.36	00:46	96	0:42:51	2:11:24	0:19:28
32	7	BORJA COSTA ROJO	NOSPORTLIMIT	32	0:22:35	02:18	80	1:06:06	36.31	00:38	34	0:39:50	2:11:25	0:19:29
33	267	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIG	42	0:23:02	02:09	50	1:04:49	37.03	01:04	45	0:40:23	2:11:26	0:19:30
34	265	JOSE FERRACES REGUEIRO	TRIATLON FERROL	61	0:23:48	02:09	52	1:04:54	36.98	00:50	35	0:39:50	2:11:29	0:19:33
35	138	JOSE LUIS RODRIGUEZ MARTIN	TRIATLON MOTOBIKE GALAIC	87	0:25:17	02:44	45	1:04:34	37.17	00:42	26	0:38:59	2:12:14	0:20:18
36	29	DAVID OLIVEIRA RODRIGUEZ	CLUB ATLETISMO PORRIÑO	34	0:22:37	02:12	103	1:06:46	35.95	00:44	39	0:40:06	2:12:24	0:20:28
37	19	JAVIER VILA PORTO	TRINITY TRIATLON	46	0:23:09	02:19	66	1:05:27	36.67	00:58	51	0:40:36	2:12:26	0:20:30
38	93	MANUEL DALMEIDA LÓPEZ	TRIATLON VILAGARCIA / ATEN	223	0:29:21	02:09	10	1:02:01	38.71	00:44	18	0:38:36	2:12:49	0:20:53
39	148	GONZALO FERNÁNDEZ ALBERTE	AXA AGENCIA GARRIGA-BEAR	97	0:25:35	02:18	91	1:06:34	36.06	00:40	12	0:37:48	2:12:53	0:20:57
40	114	FERNANDO LOPEZ LOPEZ	ARTROGAL-TRI 498	45	0:23:08	02:47	54	1:04:59	36.94	00:52	64	0:41:19	2:13:03	0:21:07
41	42	ANTONIO GONZALEZ DATORRE	AXA AGENCIA GARRIGA-BEAR	6	0:19:42	02:08	120	1:07:23	35.62	00:46	104	0:43:10	2:13:07	0:21:11

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
42	285	DIEGO DÁVILA COLLAZO	CLUB TRIATLON MAR DE VIG	39	0:22:55	02:05	56	1:05:07	36.86	00:46	85	0:42:18	2:13:10	0:21:14
43	78	DAVID CALZAS ÍNSUA	TRIATLON COSTA DA MORTE	158	0:27:07	02:36	21	1:03:15	37.95	00:56	31	0:39:33	2:13:25	0:21:29
44	101	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI 498	93	0:25:27	02:11	35	1:04:02	37.49	00:35	62	0:41:12	2:13:26	0:21:30
45	166	JESÚS FIGUEROA FERNANDEZ	ASOCIACION DEPORTIVA C.A.	54	0:23:28	02:08	117	1:07:19	35.66	00:52	40	0:40:06	2:13:51	0:21:55
46	61	BORJA CONEJERO JORDAN	CLUB TRIATLON MAR DE VIG	23	0:22:13	01:51	143	1:08:41	34.95	00:37	50	0:40:35	2:13:55	0:21:59
47	257	FRANCISCO JAVIER FONTAO AGEIT	CLUB NATACION RIVEIRA	21	0:22:01	02:24	46	1:04:36	37.16	00:47	130	0:44:10	2:13:56	0:22:00
48	35	BORJA CANTO BAÑA	LICENZA 1 DÍA	75	0:24:24	02:26	81	1:06:08	36.29	00:45	54	0:40:43	2:14:24	0:22:28
49	88	MATTHEW OWEN MURPHY-O'CONN	NOSPORTLIMIT	49	0:23:13	02:11	99	1:06:43	35.98	00:55	70	0:41:41	2:14:42	0:22:46
50	259	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	177	0:27:33	02:34	23	1:03:25	37.85	00:56	42	0:40:16	2:14:42	0:22:46
51	356	JAVIER RODRIGUEZ FERNANDEZ	CLUB ATLETISMO PORRIÑO	29	0:22:29	02:57	25	1:03:28	37.82	00:51	154	0:45:00	2:14:44	0:22:48
52	100	ENRIQUE CRESPO PAZOS	ASOCIACION DEPORTIVA C.A.	144	0:26:37	02:06	24	1:03:26	37.84	00:45	78	0:42:02	2:14:54	0:22:58
53	277	JESUS ANGEL RODRIGUEZ GONZAL	CLUB TRIATLON MAR DE VIG	26	0:22:23	02:07	88	1:06:28	36.11	00:44	107	0:43:18	2:14:58	0:23:02
54	263	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	40	0:22:58	02:56	58	1:05:09	36.84	01:02	101	0:43:01	2:15:04	0:23:08
55	103	ANXO SALGADO LOSADA	CLUB TRIATLON MAR DE VIG	124	0:26:12	02:26	6	1:01:11	39.23	01:18	124	0:44:04	2:15:09	0:23:13
56	126	MANUEL CASTRO RODRIGUEZ	CLUB ATLETISMO PORRIÑO	2	0:19:09	01:57	113	1:07:05	35.78	01:02	174	0:45:59	2:15:10	0:23:14
57	296	HECTOR FERNANDEZ RABANAL	NOSPORTLIMIT	122	0:26:08	02:03	83	1:06:19	36.19	00:41	37	0:40:02	2:15:11	0:23:15
58	108	RUBEN ALVAREZ IGLESIAS	VIGO MASTER CLUB	37	0:22:45	03:07	60	1:05:16	36.78	00:56	105	0:43:15	2:15:18	0:23:22
59	107	NICOLAS PICHEL CASTRO	A.D. FOGAR	80	0:24:41	02:39	106	1:06:49	35.92	00:58	41	0:40:14	2:15:19	0:23:23
60	177	ALBERTO DOMÍ-NGUEZ LEMOS	CLUB ATLETISMO PORRIÑO	153	0:26:56	02:09	37	1:04:17	37.34	00:59	60	0:41:09	2:15:28	0:23:32
61	292	ROBERTO GARRIDO PEREIRA	LICENZA 1 DÍA	176	0:27:30	02:36	76	1:06:00	36.37	00:43	22	0:38:42	2:15:29	0:23:33
62	47	LUÍS TEMBRA PENEIREIRO	CLUB NATACION RIVEIRA	64	0:23:58	02:11	149	1:09:01	34.78	00:35	36	0:39:58	2:15:41	0:23:45
63	130	ROBERTO PICON ESPÍÑO	ARCADE INFORHOUSE SANTI	106	0:25:50	02:31	82	1:06:18	36.2	00:52	44	0:40:23	2:15:54	0:23:58
64	104	FELIPE VEIGA JALDA	CLUB TRIATLON MORRAZO	79	0:24:41	02:38	107	1:06:50	35.91	00:53	58	0:40:56	2:15:56	0:24:00
65	34	JAVIER VARELA GARCIA	ASOCIACION DEPORTIVA ME	50	0:23:15	02:43	111	1:07:02	35.81	00:56	81	0:42:07	2:16:01	0:24:05
66	181	RUBEN PARDO NEBRIL	NOSPORTLIMIT	41	0:23:00	02:17	27	1:03:29	37.81	01:03	184	0:46:29	2:16:17	0:24:21
67	70	ADRIÁN MARTÍNEZ PENA	ASOCIACION DEPORTIVA ME	11	0:19:50	02:12	178	1:10:10	34.21	00:43	111	0:43:27	2:16:20	0:24:24
68	141	JAVIER FREIRE GALLEGO	AXA AGENCIA GARRIGA-BEAR	89	0:25:18	02:36	109	1:06:59	35.83	00:37	56	0:40:55	2:16:23	0:24:27
69	57	ENRIQUE RIVAS PULPEIRO	NOSPORTLIMIT	74	0:24:19	02:25	28	1:03:32	37.78	00:50	164	0:45:26	2:16:30	0:24:34
70	186	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	85	0:25:02	02:38	127	1:07:47	35.41	00:41	46	0:40:28	2:16:35	0:24:39
71	180	FLORINDO JOSÉ GONZÁLEZ GONZÁ	AXA AGENCIA GARRIGA-BEAR	107	0:25:52	02:43	26	1:03:29	37.81	00:57	116	0:43:39	2:16:37	0:24:41
72	275	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	114	0:25:59	03:12	74	1:05:54	36.43	00:46	57	0:40:55	2:16:44	0:24:48
73	27	ROI MARTINEZ MARTIN	NATACION PABELLON OUREN	83	0:24:53	02:34	43	1:04:29	37.23	00:53	129	0:44:10	2:16:57	0:25:01
74	216	MIGUEL DAVID FERNANDEZ GARCIA	CLUB NATACION RIVEIRA	48	0:23:11	02:28	87	1:06:27	36.12	00:58	123	0:43:56	2:16:58	0:25:02
75	298	ANGEL LEYENDA ALVAREZ	LICENZA 1 DÍA	43	0:23:03	02:16	129	1:07:49	35.39	00:58	98	0:42:57	2:17:01	0:25:05
76	30	DAVID DIZ FERREIRA	LICENZA 1 DÍA	125	0:26:13	02:51	31	1:03:49	37.62	00:59	106	0:43:15	2:17:04	0:25:08
77	14	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.	113	0:25:58	01:58	102	1:06:45	35.96	00:40	72	0:41:52	2:17:11	0:25:15
78	221	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	152	0:26:55	02:34	14	1:02:30	38.41	01:10	127	0:44:06	2:17:12	0:25:16
79	11	DANIEL CASAS GONZÁLEZ	LICENZA 1 DÍA	35	0:22:39	02:16	84	1:06:19	36.19	00:46	161	0:45:16	2:17:14	0:25:18
80	40	PABLO MIGUÉNS TRIÑANES	ARTROGAL-TRI 498	82	0:24:45	02:25	128	1:07:48	35.4	00:44	68	0:41:34	2:17:15	0:25:19
81	319	ALEJANDRO LOIRA IGLESIAS	CLUB TRIATLON MAR DE VIG	94	0:25:29	03:22	70	1:05:42	36.53	00:45	80	0:42:06	2:17:22	0:25:26
82	249	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	241	0:30:24	02:46	5	1:01:10	39.24	01:18	75	0:41:56	2:17:31	0:25:35
83	24	IGNACIO JOSE MOSQUERA AMOR	CLUB TRIATLON MAR DE VIG	101	0:25:46	02:39	71	1:05:46	36.49	00:47	91	0:42:36	2:17:32	0:25:36
84	212	JORGE MANUEL GARCIA RODRIGUE	TALLERES DAVID TRIATLON C	199	0:28:27	02:37	78	1:06:04	36.33	00:47	32	0:39:42	2:17:35	0:25:39
85	197	ANTONIO ABEL SEOANE ESTÉVEZ	CLUB CICLISMO-TRIATLON PO	13	0:19:55	02:46	161	1:09:35	34.49	01:07	133	0:44:16	2:17:36	0:25:40
86	133	JOSE ANTONIO QUINTAS CASTRO	LICENZA 1 DÍA	116	0:26:00	02:18	96	1:06:40	36.01	00:48	84	0:42:12	2:17:56	0:26:00
87	235	DAVID VAZQUEZ RODRIGUEZ	TRI OURENSE	88	0:25:17	02:15	44	1:04:33	37.18	00:49	156	0:45:06	2:17:57	0:26:01
88	97	ROBERTO GARCÍA VIÑAS	CLUB TRIATLON CORUÑA	20	0:21:17	02:23	171	1:09:55	34.33	00:51	114	0:43:36	2:18:00	0:26:04
89	339	FERNANDO REGO PÉREZ	INDEPENDIENTE	91	0:25:20	03:33	97	1:06:40	36	00:53	69	0:41:38	2:18:01	0:26:05
90	248	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	181	0:27:37	02:21	61	1:05:19	36.74	00:40	83	0:42:11	2:18:06	0:26:10
91	201	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	205	0:28:53	02:09	33	1:03:54	37.56	00:46	87	0:42:27	2:18:07	0:26:11
92	202	DAVID MUÑIZ DIOS	ARTROGAL-TRI 498	73	0:24:18	02:15	69	1:05:34	36.61	01:06	152	0:44:58	2:18:08	0:26:12
93	129	XURXO CARBALLO MONTEAGUDO	OLIMPICO DE VEDRA	136	0:26:29	02:23	122	1:07:38	35.49	00:48	55	0:40:53	2:18:09	0:26:13
94	313	RAFAEL RAMOS FOJÓN	LICENZA 1 DÍA	137	0:26:32	04:04	72	1:05:49	36.47	01:15	53	0:40:43	2:18:21	0:26:25
95	222	GUILLERMO SOTELO JUNCAL	CLUB TRIATLON MORRAZO	196	0:28:14	02:45	17	1:02:54	38.16	00:51	120	0:43:47	2:18:29	0:26:33
96	178	FRANCISCO ESTÉVEZ PEREIRA	CLUB TRIATLON MORRAZO	244	0:30:32	02:33	48	1:04:44	37.08	00:46	43	0:40:22	2:18:54	0:26:58
97	219	JOSE ALBERTO CASTELO SÁNCHEZ	LICENZA 1 DÍA	134	0:26:27	03:11	65	1:05:26	36.68	00:47	110	0:43:21	2:19:10	0:27:14
98	26	FRANCISCO JAVIER GONZALEZ FAG	LICENZA 1 DÍA	78	0:24:40	02:22	95	1:06:39	36.01	01:02	140	0:44:30	2:19:12	0:27:16
99	297	JOSE LUIS CARREÇO DANTAS	LICENZA 1 DÍA	246	0:30:39	02:43	19	1:03:08	38.02	01:03	74	0:41:54	2:19:25	0:27:29
100	230	ANGEL PAZ BERMÚDEZ	AXA AGENCIA GARRIGA-BEAR	36	0:22:44	02:39	157	1:09:20	34.62	00:43	132	0:44:16	2:19:40	0:27:44
101	169	JORGE MASSÓ AGUADO	CLUB ATLETISMO PORRIÑO	3	0:19:13	02:01	189	1:10:57	33.83	00:55	195	0:46:42	2:19:46	0:27:50
102	309	ÓSCAR RODRÍGUEZ OTERO	CLUB ATLETISMO PORRIÑO	145	0:26:38	02:35	133	1:08:03	35.27	01:00	67	0:41:33	2:19:48	0:27:52
103	21	ALBERTO GÓMEZ VILA	AXA AGENCIA GARRIGA-BEAR	202	0:28:40	02:15	63	1:05:25	36.69	01:07	88	0:42:29	2:19:55	0:27:59
104	158	ANGEL PAZÓ PEREZ	TRIVIGO BOYER TRIATHLON	126	0:26:13	02:23	105	1:06:49	35.92	00:49	118	0:43:45	2:19:58	0:28:02
105	247	RAFAEL ANTAS CANNAS	AXA AGENCIA GARRIGA-BEAR	131	0:26:20	02:16	132	1:07:56	35.33	00:53	92	0:42:39	2:20:02	0:28:06
106	83	MARCOS COSTA PEREIRA	CIDADE DE LUGO FLUVIAL	159	0:27:09	02:32	101	1:06:45	35.96	00:53	97	0:42:55	2:20:11	0:28:15



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
107	227	OLIVIER FERNÁNDEZ TORRES	CLUB NATACION RIVEIRA	215	0:29:05	02:24	68	1:05:31	36.64	00:46	89	0:42:32	2:20:17	0:28:21
108	245	JOSE LUIS VAZQUEZ MEIJIDE	TRIATLON VILAGARCIA / ATEN	60	0:23:44	02:19	180	1:10:19	34.13	00:49	103	0:43:08	2:20:17	0:28:21
109	182	RAMÓN VALIÑAS MARTINEZ	TRIATLON VILAGARCIA / ATEN	76	0:24:34	02:13	49	1:04:48	37.04	00:54	218	0:48:04	2:20:30	0:28:34
110	308	DAVID GIRALDEZ CAMESELLE	LICENZA 1 DÍA	138	0:26:33	02:29	154	1:09:11	34.7	00:50	65	0:41:30	2:20:30	0:28:34
111	345	OSCAR FRANCISCO RODRIGUEZ BL	C.TRIATLON OURENSE	112	0:25:58	02:46	121	1:07:29	35.57	01:01	108	0:43:18	2:20:30	0:28:34
112	110	ALVARO CIMARRAS IGLESIAS	NOSPORTLIMIT	104	0:25:49	02:39	135	1:08:05	35.26	01:06	99	0:42:58	2:20:34	0:28:38
113	128	CARLOS MIGUEL FIDALGO RODRIG	C.TRIATLON OURENSE	173	0:27:24	03:14	42	1:04:28	37.23	00:56	145	0:44:47	2:20:47	0:28:51
114	206	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	56	0:23:38	02:06	158	1:09:23	34.59	00:40	159	0:45:08	2:20:53	0:28:57
115	229	CARLOS MALDONADO GONZÁLEZ	ARCADE INFORHOUSE SANTI	169	0:27:22	02:33	140	1:08:24	35.09	00:45	73	0:41:54	2:20:56	0:29:00
116	204	SANTIAGO GARCÍA GONZÁLEZ	AXA AGENCIA GARRIGA-BEAR	156	0:27:02	03:47	192	1:11:11	33.72	01:27	11	0:37:36	2:21:01	0:29:05
117	77	JOSE ANTONIO GOLPE IGLESIAS	GV SPORTS CLUB	52	0:23:21	02:01	159	1:09:25	34.58	00:42	170	0:45:50	2:21:16	0:29:20
118	346	CARLOS BARREIRO ALVAREZ	LICENZA 1 DÍA	51	0:23:16	02:21	131	1:07:51	35.37	00:54	201	0:47:01	2:21:21	0:29:25
119	185	PABLO GONZALEZ MENDEZ	MONTEPENARUBIA RUNNIG L	140	0:26:35	02:42	89	1:06:31	36.08	00:51	151	0:44:56	2:21:34	0:29:38
120	136	NESTOR ROMERO AGRA	ARTROGAL-TRI 498	164	0:27:15	02:30	100	1:06:44	35.97	00:45	135	0:44:23	2:21:35	0:29:39
121	134	ALBERTO GONZÁLEZ DUARTE	CLUB TRIATLON CORUÑA	77	0:24:36	02:58	214	1:12:53	32.93	00:44	49	0:40:30	2:21:39	0:29:43
122	215	JOAQUIN MINIÑO MARTINEZ	LICENZA 1 DÍA	160	0:27:11	02:13	116	1:07:12	35.72	00:46	137	0:44:24	2:21:45	0:29:49
123	189	JOSE MANUEL FERNÁNDEZ MÉNDE	TRI OURENSE	200	0:28:36	02:14	164	1:09:38	34.47	00:48	52	0:40:36	2:21:51	0:29:55
124	233	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	71	0:24:10	02:29	184	1:10:36	34	00:44	121	0:43:54	2:21:51	0:29:55
125	46	GERARDO GUERRERO ACEVEDO	CLUB TRIATLON MAR DE VIG	201	0:28:38	03:09	145	1:08:48	34.89	00:57	48	0:40:30	2:22:00	0:30:04
126	66	JORGE CAMAÑO RIVEIRO	CLUB TRIATLON MORRAZO	187	0:27:54	02:54	139	1:08:20	35.12	01:08	71	0:41:46	2:22:01	0:30:05
127	122	LUCAS GONZÁLEZ ROCHA	NOSPORTLIMIT	184	0:27:45	02:41	77	1:06:01	36.36	01:24	134	0:44:16	2:22:05	0:30:09
128	142	FELIPE CORRAL REY	NOSPORTLIMIT	213	0:29:04	02:51	112	1:07:03	35.8	01:07	79	0:42:03	2:22:05	0:30:09
129	241	SANTIAGO BESADA BRUNET	SIRENO TRIATLON CLUB	166	0:27:17	02:32	201	1:11:45	33.45	00:47	33	0:39:46	2:22:06	0:30:10
130	17	DANIEL SÁNCHEZ VALENCIA	C.TRIATLON OURENSE	105	0:25:50	02:40	160	1:09:29	34.54	01:26	95	0:42:50	2:22:13	0:30:17
131	262	JOSE LUIS NAYA ORGEIRA	NOSPORTLIMIT	216	0:29:06	02:51	108	1:06:57	35.85	01:00	86	0:42:21	2:22:14	0:30:18
132	314	HECTOR GONZALEZ CARBALLIDO	LICENZA 1 DÍA	95	0:25:30	02:55	51	1:04:50	37.02	00:57	219	0:48:10	2:22:21	0:30:25
133	291	ÁNGEL GIRÁLDEZ PIÑEIRO	LICENZA 1 DÍA	146	0:26:40	02:45	150	1:09:05	34.74	00:48	102	0:43:05	2:22:22	0:30:26
134	352	ANTONIO FRANCISCO GIL ALONSO	LICENZA 1 DÍA	66	0:24:02	02:51	188	1:10:44	33.93	01:12	115	0:43:39	2:22:26	0:30:30
135	87	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	149	0:26:49	02:58	104	1:06:49	35.93	00:48	160	0:45:10	2:22:32	0:30:36
136	150	MIGUEL ÁNGEL GONZÁLEZ CAL	TRINITY TRIATLON	99	0:25:41	02:32	153	1:09:08	34.72	00:45	141	0:44:32	2:22:37	0:30:41
137	59	DOMINGO PRESAS FARALDO	CLUB TRIATLON CORUÑA	248	0:30:51	03:05	18	1:03:08	38.02	01:04	148	0:44:50	2:22:56	0:31:00
138	325	CARLOS BEIRO GONZALEZ	TRIATLON COSTA DA MORTE	235	0:29:46	02:28	118	1:07:19	35.66	00:43	94	0:42:47	2:23:01	0:31:05
139	190	ISIDRO DOMÍNGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	118	0:26:04	02:20	134	1:08:04	35.26	00:46	171	0:45:53	2:23:05	0:31:09
140	256	LUIS ANGEL CASTELO SANCHEZ	LICENZA 1 DÍA	57	0:23:39	02:47	115	1:07:09	35.75	01:06	224	0:48:32	2:23:11	0:31:15
141	75	FRANCISCO JAVIER FERNÁNDEZ PÉ	NOSPORTLIMIT	84	0:25:00	02:17	144	1:08:46	34.9	00:45	188	0:46:32	2:23:18	0:31:22
142	253	JUAN MÉNDEZ LÓPEZ	TRISADA	70	0:24:09	02:38	166	1:09:45	34.41	00:52	173	0:45:56	2:23:19	0:31:23
143	65	JACOBO MOSQUERA ALVAREZ	AXA AGENCIA GARRIGA-BEAR	130	0:26:17	02:26	181	1:10:23	34.1	00:55	113	0:43:31	2:23:30	0:31:34
144	334	MARCOS VAZQUEZ RODRIGUEZ	ASOCIACION DEPORTIVA C.A.	183	0:27:42	02:29	147	1:08:52	34.85	00:55	117	0:43:40	2:23:35	0:31:39
145	69	JESUS FRANCISCO GOMEZ SANTOS	NOSPORTLIMIT	47	0:23:09	02:53	168	1:09:50	34.37	01:10	193	0:46:40	2:23:39	0:31:43
146	315	PEDRO GONZÁLEZ BLANCO	ARTROGAL-TRI 498	132	0:26:24	03:13	146	1:08:52	34.86	01:09	126	0:44:06	2:23:41	0:31:45
147	295	ALEJANDRO GERINO CALVO FERNÁ	CLUB TRIATLON MAR DE VIG	115	0:26:00	03:01	119	1:07:20	35.65	01:07	186	0:46:30	2:23:55	0:31:59
148	98	JOSE MANUEL OMIL IGLESIAS	CLUB DEPORTIVO PINARIUM	240	0:30:23	03:01	209	1:12:22	33.16	00:56	10	0:37:23	2:24:04	0:32:08
149	228	CARLOS LOBELLE CARÚS	LICENZA 1 DÍA	207	0:28:56	02:20	126	1:07:47	35.41	00:53	131	0:44:11	2:24:05	0:32:09
150	187	MARCOS OTERO LEDO	CIDADE DE LUGO FLUVIAL	189	0:27:56	02:55	114	1:07:06	35.77	01:11	153	0:45:00	2:24:06	0:32:10
151	193	CARLOS GARCIA BLANCO	TRIATLON VILAGARCIA / ATEN	100	0:25:44	02:31	175	1:10:09	34.22	00:57	150	0:44:53	2:24:12	0:32:16
152	15	BRUNO BELLO LAFUENTE	NOSPORTLIMIT	90	0:25:19	02:27	93	1:06:38	36.02	01:09	228	0:48:46	2:24:17	0:32:21
153	170	DANIEL LOPEZ RODRIGUEZ	TRIATLON X3M	150	0:26:52	04:12	57	1:05:08	36.85	01:28	197	0:46:47	2:24:24	0:32:28
154	74	CARLOS ELISEO AÑON CEAN	ASOCIACION DEPORTIVA ME	259	0:32:18	02:59	136	1:08:09	35.22	01:03	38	0:40:03	2:24:29	0:32:33
155	60	LUIS ANTONIO RILO GONZALEZ-VAL	TRIATLON FERROL	53	0:23:28	02:40	230	1:14:05	32.4	01:00	109	0:43:20	2:24:30	0:32:34
156	38	PEDRO PÉREZ GAGO	TRIATLON VILAGARCIA / ATEN	180	0:27:35	02:18	130	1:07:50	35.39	00:48	175	0:46:02	2:24:31	0:32:35
157	234	JACOBO ANICETO SANCHEZ-BÁLG	NOSPORTLIMIT	147	0:26:41	02:26	195	1:11:21	33.64	00:38	112	0:43:29	2:24:34	0:32:38
158	105	RUBÉN MODIA LÓPEZ	MONTEPENARUBIA RUNNIG L	172	0:27:24	02:58	142	1:08:39	34.96	00:50	147	0:44:49	2:24:38	0:32:42
159	225	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIG	65	0:24:02	03:29	64	1:05:25	36.69	01:34	239	0:50:11	2:24:40	0:32:44
160	92	ANTÓN DAPENA PIÑEIRO	CLUB TRIATLON MAR DE VIG	128	0:26:16	03:23	125	1:07:46	35.42	00:52	181	0:46:25	2:24:41	0:32:45
161	143	BRUNO CORDERO PÉREZ	ASOCIACION DEPORTIVA ME	230	0:29:42	03:30	137	1:08:13	35.19	01:05	93	0:42:46	2:25:15	0:33:19
162	44	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT	247	0:30:49	02:31	172	1:09:56	34.32	01:07	63	0:41:17	2:25:39	0:33:43
163	173	GUILLERMO LIAÑO VIDAL	TRISADA	62	0:23:53	03:11	213	1:12:48	32.97	01:09	143	0:44:43	2:25:42	0:33:46
164	191	ALFONSO LÓPEZ MARTÍNEZ	OLIMPICO DE VEDRA	261	0:32:27	02:33	98	1:06:43	35.98	01:04	100	0:43:00	2:25:44	0:33:48
165	198	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT	143	0:26:36	02:52	176	1:10:10	34.21	00:45	169	0:45:44	2:26:05	0:34:09
166	16	ADRIÁN SOUTO IGLESIAS	A.D. NAUTICO DE NARON	139	0:26:34	02:25	198	1:11:34	33.54	00:46	149	0:44:51	2:26:09	0:34:13
167	333	PABLO MIGUEZ CORDO	CLUB ATLETISMO PORRIÑO	182	0:27:41	02:12	165	1:09:40	34.46	00:45	172	0:45:54	2:26:09	0:34:13
168	127	JAIRO PRIETO CAAMAÑO	TRIATLON COSTA DA MORTE	234	0:29:45	02:39	123	1:07:41	35.46	00:52	162	0:45:18	2:26:14	0:34:18
169	280	FERNANDO HUELIN TRILLO	CIDADE DE LUGO FLUVIAL	133	0:26:27	02:32	85	1:06:26	36.13	00:55	238	0:50:03	2:26:21	0:34:25
170	51	ALBERTO SOTO BARRIOS	NOSPORTLIMIT	233	0:29:45	02:45	92	1:06:38	36.02	01:16	176	0:46:03	2:26:25	0:34:29
171	274	JUAN ANTONIO CARIDE GRANDAL	CLUB TRIATLON MORRAZO	178	0:27:34	02:41	199	1:11:36	33.52	00:59	119	0:43:46	2:26:34	0:34:38



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
172	318	RODRIGO ALONSO FERNANDEZ	LICENZA 1 DÍA	250	0:30:53	03:01	169	1:09:51	34.36	00:51	82	0:42:11	2:26:45	0:34:49
173	337	JAVIER FERNANDEZ LOPEZ	LICENZA 1 DÍA	168	0:27:21	02:38	196	1:11:22	33.63	01:04	142	0:44:34	2:26:57	0:35:01
174	353	JUAN MANUEL GAGO ALONSO	LICENZA 1 DÍA	192	0:28:06	02:33	152	1:09:07	34.72	00:42	191	0:46:36	2:27:03	0:35:07
175	172	FRANCISCO REY PADIN	TRIATLON VILAGARCIA / ATEN	224	0:29:21	02:38	170	1:09:52	34.35	00:53	136	0:44:23	2:27:07	0:35:11
176	232	FRANCISCO JAVIER MIGUEZ CARBO	LICENZA 1 DÍA	120	0:26:05	02:44	225	1:13:26	32.69	01:18	122	0:43:54	2:27:25	0:35:29
177	149	IAGO DEL POZO SANCHEZ	CLUB LA FUGA-KURAI	102	0:25:46	02:55	200	1:11:37	33.52	00:45	187	0:46:31	2:27:32	0:35:36
178	330	MARCOS NÚÑEZ ÁNGEL	TRINORTH-NOGASA	175	0:27:28	02:53	151	1:09:07	34.73	00:46	210	0:47:35	2:27:47	0:35:51
179	200	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIG	163	0:27:15	02:35	204	1:12:08	33.28	01:27	144	0:44:45	2:28:07	0:36:11
180	18	DAVID FERNÁNDEZ FORNIS	ARTROGAL-TRI 498	188	0:27:54	03:21	186	1:10:39	33.98	00:56	166	0:45:35	2:28:23	0:36:27
181	50	OMAR GAEL GONZALO CORREA	NOSPORTLIMIT	195	0:28:13	03:15	124	1:07:43	35.45	00:58	221	0:48:17	2:28:23	0:36:27
182	144	ALBERTO RODRIGUEZ TUBIO	TRINORTH-NOGASA	219	0:29:14	03:14	163	1:09:38	34.47	02:07	139	0:44:29	2:28:41	0:36:45
183	331	JUAN CARLOS CASTRO VIDAL	LICENZA 1 DÍA	231	0:29:44	02:51	148	1:08:57	34.81	00:52	180	0:46:20	2:28:42	0:36:46
184	244	JUAN LUIS ALVAREZ CARNOTA	NOSPORTLIMIT	117	0:26:01	03:05	222	1:13:17	32.75	00:52	165	0:45:30	2:28:43	0:36:47
185	23	ENRIQUE JOSÉ LOPEZ FIGUEIRA	NOSPORTLIMIT	193	0:28:09	03:01	162	1:09:35	34.49	01:18	194	0:46:42	2:28:43	0:36:47
186	22	DIEGO FERNANDEZ BARREIRO	CLUB DEPORTIVO PINARIUM	217	0:29:09	02:18	174	1:10:00	34.29	00:50	196	0:46:43	2:28:57	0:37:01
187	242	CARLOS FERNANDEZ EXPOSITO	CLUB CICLISTA RIAZOR	167	0:27:19	02:38	185	1:10:39	33.98	01:03	208	0:47:27	2:29:03	0:37:07
188	268	RICARDO MASIÁN BESSARD	NOSPORTLIMIT	103	0:25:48	02:58	218	1:13:07	32.83	01:01	178	0:46:13	2:29:05	0:37:09
189	211	PEDRO MIGUEL ALONSO	TRIVIGO BOYER TRIATHLON	110	0:25:56	02:25	183	1:10:33	34.02	00:50	233	0:49:31	2:29:14	0:37:18
190	192	MARCOS ORDÓÑEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIG	253	0:31:46	03:31	94	1:06:38	36.02	00:57	183	0:46:28	2:29:18	0:37:22
191	174	VÍCTOR FERNÁNDEZ VÁZQUEZ	MONTEPENARUBIA RUNNIG L	185	0:27:48	03:28	187	1:10:43	33.94	00:58	182	0:46:26	2:29:21	0:37:25
192	175	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	190	0:28:02	03:10	207	1:12:18	33.2	01:09	146	0:44:49	2:29:26	0:37:30
193	269	JOSE DANIEL GONZALEZ CASTRO	CLUB CICLISTA RIAZOR	108	0:25:54	03:02	79	1:06:05	36.32	00:46	255	0:53:42	2:29:27	0:37:31
194	342	JOSE CARLOS RIVERA LARRALDE	LICENZA 1 DÍA	204	0:28:51	02:53	173	1:09:56	34.32	00:55	199	0:46:55	2:29:29	0:37:33
195	54	ALEJANDRO RODRIGUEZ FRAGUEL	INDEPENDIENTE	161	0:27:12	03:27	215	1:12:56	32.91	00:55	158	0:45:06	2:29:35	0:37:39
196	184	ANTONIO FERNANDEZ PÉREZ	CLUB TRIATLON MAR DE VIG	232	0:29:45	04:22	205	1:12:18	33.2	01:24	77	0:42:00	2:29:47	0:37:51
197	63	ALEJANDRO TOURIÑO VÁZQUEZ	LICENZA 1 DÍA	191	0:28:05	03:24	182	1:10:28	34.07	01:44	185	0:46:29	2:30:09	0:38:13
198	82	PABLO JOSÉ SANGIAO ROCA	NOSPORTLIMIT	214	0:29:05	03:09	167	1:09:48	34.39	01:06	203	0:47:06	2:30:12	0:38:16
199	113	GONZALO GONZÁLEZ-NUEVO GONZ	LICENZA 1 DÍA	170	0:27:22	02:50	86	1:06:27	36.12	01:02	251	0:52:39	2:30:19	0:38:23
200	106	JOSE CARLOS FREIRE SALORIO	NOSPORTLIMIT	194	0:28:10	02:58	155	1:09:18	34.63	00:54	229	0:49:10	2:30:29	0:38:33
201	316	JOSE ANTONIO VIÑUELA NUÑEZ	TRINORTH-NOGASA	251	0:30:56	02:41	226	1:13:27	32.68	00:55	90	0:42:34	2:30:31	0:38:35
202	281	FRANCISCO JAVIER ACOSTA CRES	TRIATLON VILAGARCIA / ATEN	81	0:24:44	03:21	216	1:13:00	32.88	01:00	225	0:48:32	2:30:36	0:38:40
203	137	ALFREDO FERREIRO DEAÑO	AXA AGENCIA GARRIGA-BEAR	222	0:29:20	02:42	244	1:15:45	31.69	01:00	76	0:41:57	2:30:43	0:38:47
204	332	DAVID VIETEZ CAMPOS	TRINORTH-NOGASA	209	0:28:57	02:28	202	1:11:57	33.36	00:42	204	0:47:07	2:31:10	0:39:14
205	317	ALBERTO GIL RIOBÓ	CLUB TRIATLON MORRAZO	198	0:28:23	02:32	233	1:14:18	32.31	01:00	155	0:45:02	2:31:12	0:39:16
206	36	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	86	0:25:08	02:20	239	1:15:14	31.91	02:31	177	0:46:08	2:31:19	0:39:23
207	155	JOSE MARIA LAMELA BARCIA	NOSPORTLIMIT	236	0:29:47	03:10	203	1:11:59	33.35	01:20	167	0:45:35	2:31:49	0:39:53
208	287	JAVIER GIRÁLDEZ PIÑEIRO	LICENZA 1 DÍA	142	0:26:36	02:42	190	1:10:59	33.82	00:57	242	0:50:43	2:31:55	0:39:59
209	231	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	129	0:26:17	02:22	223	1:13:24	32.7	01:01	230	0:49:13	2:32:15	0:40:19
210	176	SERGIO COUTO WÖRNER	NOSPORTLIMIT	227	0:29:29	03:12	237	1:14:41	32.14	00:55	128	0:44:07	2:32:22	0:40:26
211	188	ALFREDO SIO UHIA	TRINORTH-NOGASA	96	0:25:32	02:26	224	1:13:24	32.7	01:10	236	0:49:57	2:32:28	0:40:32
212	321	MARCOS CID CID	TRINORTH-NOGASA	186	0:27:51	02:50	179	1:10:16	34.16	01:12	241	0:50:22	2:32:28	0:40:32
213	349	JOSE JAVIER ALFAYA SOLLA	LICENZA 1 DÍA	109	0:25:55	03:49	236	1:14:39	32.15	01:10	212	0:47:38	2:33:09	0:41:13
214	322	DAVID COUCEIRO RIVERA	ARTROGAL-TRI 498	123	0:26:09	03:42	253	1:16:40	31.31	01:25	163	0:45:23	2:33:17	0:41:21
215	109	JOSE MANUEL RODRIGUEZ PEREZ	LICENZA 1 DÍA	135	0:26:28	02:46	232	1:14:13	32.34	02:21	214	0:47:48	2:33:33	0:41:37
216	343	PABLO CURRÁS PAREDES	CLUB TRIATLON MORRAZO	111	0:25:57	02:50	217	1:13:02	32.86	01:06	246	0:50:56	2:33:50	0:41:54
217	132	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIG	211	0:28:58	02:52	220	1:13:16	32.76	01:12	216	0:47:52	2:34:09	0:42:13
218	320	DAVID TORRADO ALVAREZ	LICENZA 1 DÍA	127	0:26:16	03:33	194	1:11:12	33.72	01:28	248	0:51:51	2:34:17	0:42:21
219	237	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	260	0:32:20	02:43	191	1:11:01	33.8	01:17	207	0:47:17	2:34:35	0:42:39
220	326	JUAN ANTONIO HERMIDA HERBELL	LICENZA 1 DÍA	165	0:27:16	03:09	247	1:15:53	31.63	01:15	205	0:47:09	2:34:40	0:42:44
221	213	EDUARDO GARCIA SEISDEDOS	NOSPORTLIMIT	148	0:26:49	03:34	241	1:15:19	31.87	01:26	211	0:47:37	2:34:44	0:42:48
222	289	DANIEL IGLESIAS LÓPEZ - CARCED	CLUB ATLETISMO PORRIÑO	238	0:30:04	03:13	206	1:12:18	33.2	00:41	226	0:48:36	2:34:51	0:42:55
223	338	JOSE RUSSELL GIRALDEZ	LICENZA 1 DÍA	179	0:27:34	02:55	229	1:14:00	32.43	00:45	237	0:49:59	2:35:11	0:43:15
224	293	PABLO MANZANARES VAQUERO	LICENZA 1 DÍA	151	0:26:54	03:27	251	1:16:26	31.4	01:34	206	0:47:17	2:35:36	0:43:40
225	303	ROBERTO COCA ARIAS	LICENZA 1 DÍA	203	0:28:43	03:23	235	1:14:33	32.2	00:51	220	0:48:12	2:35:41	0:43:45
226	266	ANTONIO FILGUEIRAS BOUZA	TRIATLON FERROL	228	0:29:31	02:59	156	1:09:19	34.63	01:11	252	0:52:49	2:35:46	0:43:50
227	76	BORJA ROPERO BLANCO	CLUB TRIATLON MAR DE VIG	265	0:33:12	02:25	221	1:13:16	32.76	01:03	179	0:46:16	2:36:10	0:44:14
228	306	DAVID PIÑA LOPEZ	LICENZA 1 DÍA	208	0:28:57	03:26	242	1:15:22	31.85	00:58	209	0:47:32	2:36:13	0:44:17
229	252	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIG	220	0:29:15	02:55	193	1:11:11	33.72	00:46	249	0:52:18	2:36:22	0:44:26
230	179	OSCAR JOSÉ SURIS REGUEIRO	CLUB TRIATLON MAR DE VIG	162	0:27:15	02:32	259	1:18:00	30.77	00:54	215	0:47:50	2:36:28	0:44:32
231	212	JUAN CLEMENTE DIAZ CHEDA	CLUB TRIATLON CORUÑA	254	0:31:54	03:11	210	1:12:33	33.08	01:04	217	0:47:52	2:36:32	0:44:36
232	115	OSCAR RODRIGUEZ RODRIGUEZ	MONTEPENARUBIA RUNNIG L	262	0:32:30	03:22	177	1:10:10	34.21	01:01	232	0:49:31	2:36:33	0:44:37
233	25	HÉCTOR SIMÓN MARTÍNEZ	NOSPORTLIMIT	221	0:29:18	02:46	260	1:18:37	30.53	01:13	157	0:45:06	2:36:58	0:45:02
234	49	PABLO OLARZA COSTA	NOSPORTLIMIT	245	0:30:35	02:16	243	1:15:29	31.8	01:26	213	0:47:42	2:37:26	0:45:30
235	348	JAVIER CRUCES FERNANDEZ	LICENZA 1 DÍA	44	0:23:03	02:32	219	1:13:10	32.81	00:56	264	0:58:11	2:37:50	0:45:54
236	246	EDUARD FRANQUET SUGRAÑES	LICENZA 1 DÍA	210	0:28:58	02:58	250	1:16:20	31.44	01:01	227	0:48:46	2:38:01	0:46:05

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	152	MARCELINO PRIETO LORENZO	CLUB ATLETISMO PORRIÑO	256	0:31:57	02:48	234	1:14:22	32.28	00:47	223	0:48:23	2:38:15	0:46:19
238	161	JUAN ANTONIO GOMEZ ÁLVAREZ	CLUB TRIATLON MAR DE VIG	252	0:31:41	02:53	249	1:16:14	31.49	00:59	190	0:46:33	2:38:18	0:46:22
239	56	ALEJANDRO VARELA INSUA	NOSPORTLIMIT	264	0:32:51	02:48	211	1:12:37	33.05	00:53	231	0:49:28	2:38:35	0:46:39
240	336	CARLOS RAMAS FIUSA	NOSPORTLIMIT	242	0:30:25	03:06	255	1:17:30	30.97	01:08	200	0:46:57	2:39:04	0:47:08
241	236	DAVID LÓPEZ VILARIÑO	ARCADE INFORHOUSE SANTI	171	0:27:23	03:33	245	1:15:49	31.66	01:18	247	0:51:36	2:39:36	0:47:40
242	300	ALEJANDRO IGLESIAS GARCÍA	NOSPORTLIMIT	157	0:27:04	03:56	258	1:17:39	30.91	01:15	235	0:49:54	2:39:46	0:47:50
243	167	FEDERICO LÓPEZ FERREIRO	NOSPORTLIMIT	237	0:30:01	03:23	238	1:14:48	32.09	01:54	234	0:49:46	2:39:51	0:47:55
244	146	SIMON KIENAST	LICENZA 1 DÍA	249	0:30:52	03:00	208	1:12:21	33.17	00:46	253	0:53:09	2:40:06	0:48:10
245	159	DAVID MALLO ALONSO	TRIVIGO BOYER TRIATHLON	268	0:33:28	02:24	254	1:16:52	31.23	01:09	192	0:46:38	2:40:28	0:48:32
246	179	SERGIO NOGUEROL URRUTIA	NOSPORTLIMIT	63	0:23:54	02:54	231	1:14:12	32.35	01:06	265	0:58:54	2:40:59	0:49:03
247	278	HUMBERTO GALLIDORO DEL MONT	CLUB TRIATLON MAR DE VIG	263	0:32:47	03:21	227	1:13:36	32.61	01:20	240	0:50:19	2:41:21	0:49:25
248	20	JORGE JUAN GONZALEZ VAZQUEZ	NOSPORTLIMIT	269	0:33:30	03:26	252	1:16:39	31.32	01:30	198	0:46:55	2:41:57	0:50:01
249	307	PABLO MARTINEZ PATIÑO	LICENZA 1 DÍA	225	0:29:28	03:00	268	1:21:22	29.5	01:07	202	0:47:03	2:41:57	0:50:01
250	302	DAVID GARCÍA LORIGADOS	LICENZA 1 DÍA	218	0:29:09	02:44	273	1:23:30	28.74	01:16	168	0:45:37	2:42:14	0:50:18
251	341	JUAN COMESAÑA PEREIRA	LICENZA 1 DÍA	92	0:25:27	04:51	266	1:19:50	30.06	01:46	244	0:50:48	2:42:41	0:50:45
252	264	MANUEL OTERO GOMEZ	NOSPORTLIMIT	275	0:37:26	02:42	256	1:17:35	30.94	01:03	125	0:44:05	2:42:48	0:50:52
253	135	ALEJANDRO GONZÁLEZ DOMÍNGUE	LICENZA 1 DÍA	266	0:33:16	02:38	269	1:21:34	29.43	01:04	138	0:44:25	2:42:54	0:50:58
254	90	ÁNGEL MANUEL AGÍS SOLLEIRO	CLUB CICLISMO-TRIATLON PO	258	0:32:14	02:14	197	1:11:23	33.63	01:05	261	0:56:25	2:43:19	0:51:23
255	272	ROBERTO JOSÉ VIZOSO BLANCO	TRISADA	174	0:27:26	02:58	248	1:16:04	31.55	00:56	260	0:56:21	2:43:43	0:51:47
256	347	EMILIO GALLEGOS SOTELO	LICENZA 1 DÍA	255	0:31:56	03:23	212	1:12:39	33.04	01:34	258	0:54:38	2:44:09	0:52:13
257	118	JESUS ALONSO ALVAREZ	LICENZA 1 DÍA	229	0:29:33	03:34	228	1:13:51	32.5	01:08	262	0:56:54	2:44:58	0:53:02
258	220	FERNANDO SINES CRESPO	NOSPORTLIMIT	141	0:26:35	04:23	267	1:21:19	29.52	02:03	243	0:50:44	2:45:02	0:53:06
259	96	JAVIER LOPEZ PINO	CLUB TRIATLON MAR DE VIG	271	0:35:28	03:18	257	1:17:36	30.93	01:10	222	0:48:20	2:45:50	0:53:54
260	251	FRANCISCO JAVIER RIVERO VEIGA	CLUB DEPORTIVO PINARIUM	257	0:32:05	04:06	240	1:15:17	31.88	00:52	256	0:53:45	2:46:04	0:54:08
261	311	RAFAEL BARRERAS GARCÍA	LICENZA 1 DÍA	270	0:35:26	03:27	265	1:19:39	30.14	01:03	189	0:46:32	2:46:05	0:54:09
262	91	NICOLÁS CHAO FERNÁNDEZ	CIDADE DE LUGO FLUVIAL	212	0:29:00	04:38	263	1:19:17	30.27	01:46	250	0:52:26	2:47:05	0:55:09
263	261	JOSE MANUEL NAVARRO LORENZO	CLUB TRIATLON MAR DE VIG	206	0:28:54	03:03	262	1:19:00	30.38	01:43	259	0:55:41	2:48:20	0:56:24
264	354	JORGE GARCÍA FERNÁNDEZ	TRISADA	197	0:28:20	03:13	272	1:22:30	29.09	01:14	263	0:58:07	2:53:23	1:01:27
265	294	PABLO POLO FISSGUS	LICENZA 1 DÍA	274	0:36:34	03:34	264	1:19:39	30.14	00:47	254	0:53:11	2:53:42	1:01:46
266	116	FRANCISCO DAMIÁN BLANCO GARC	TRINORTH-NOGASA	267	0:33:21	03:27	270	1:21:47	29.35	02:02	257	0:53:58	2:54:32	1:02:36
267	95	ROBERTO GARCIA FRAGUEIRO	LICENZA 1 DÍA	277	0:38:58	03:58	271	1:22:12	29.2	01:44	245	0:50:56	2:57:46	1:05:50
268	299	CARLOS RODRIGUEZ AMO	LICENZA 1 DÍA	273	0:36:09	03:57	274	1:26:28	27.76	01:36	267	1:02:01	3:10:10	1:18:14
269	357	ALVARO GARCIA DIÉGUEZ	NOSPORTLIMIT	239	0:30:21	04:39	276	1:29:14	26.9	02:00	268	1:05:01	3:11:13	1:19:17
270	283	PEDRO FERNÁNDEZ GONZÁLEZ	CLUB NATACION VIGO RIAS B	272	0:35:28	03:31	275	1:28:36	27.09	01:28	269	1:06:38	3:15:40	1:23:44
271	254	XULIO XOSÉ DE SANTIAGO FERNÁN	CLUB DEPORTIVO PINARIUM	276	0:38:51	04:48	277	1:34:10	25.49	00:50	266	1:00:02	3:18:39	1:26:43
NF	5	JUAN FRANCISCO FERNÁNDEZ MOL	A.D. TRI-PENTA TERRAS DE L	17	0:20:58	01:54	12	1:02:19	38.51	00:38				
NF	8	PEDRO ANTONIO ESMORIS MOLINA	TRIATLON ARTEIXO	12	0:19:51	01:58	2	1:00:06	39.94	00:42				
NF	165	MIGUEL NOVO REGUEIRA	CLUB ATLETISMO PORRIÑO	155	0:26:58	02:25	138	1:08:15	35.17	01:20				
NF	168	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	121	0:26:07	02:47	90	1:06:33	36.06	00:49				
NF	240	EMILIO ANTONIO CAEIRO CASAS	TRIATLON VILAGARCIA / ATEN	119	0:26:04	02:46	246	1:15:52	31.64					
NF	328	DAVID LORENZO GARCÍA	TRIATLON P.C. RIAS BAIXAS	226	0:29:28	02:15	141	1:08:37	34.98					
NF	350	FERNANDO ALVAREZ BLANCO	CLUB TRIATLON MAR DE VIG	243	0:30:30	03:13	261	1:18:58	30.39	01:41				
NP	3	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO											
NP	6	PABLO MIGUEL CARRO SUAREZ	A.D. FOGAR											
NP	12	ROMAN SANCHEZ FERNANDEZ	TRISADA											
NP	28	MIGUEL CASTRO RAMOS	ASOCIACION DEPORTIVA ME											
NP	33	IVAN LOPEZ NOVO	NOSPORTLIMIT											
NP	37	GERMÁN RODAL CARAMÉS	CLUB TRIATLON MAR DE VIG											
NP	41	RAMÓN LAGO CARRERA	CLUB ATLETISMO PORRIÑO											
NP	45	ALVARO GOMEZ CARDESIN	ARTROGAL-TRI 498											
NP	48	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT											
NP	52	BRUNO SOUTO PÉREZ	NOSPORTLIMIT											
NP	53	ANTONIO RUBIO GARCÍA	CLUB TRIATLON CORUÑA											
NP	55	JOSÉ LUIS SANTOS FERNÁNDEZ	ARTROGAL-TRI 498											
NP	58	MARCOS ROGELIO ALONSO GONZA	CLUB TRIATLON MAR DE VIG											
NP	62	VICTOR MANUEL VAZQUEZ VEGA	LICENZA 1 DÍA											
NP	64	JAVIER RODRIGUEZ GOMEZ	CLUB TRIATLON MAR DE VIG											
NP	68	LUCIANO JESÚS CARRETERO SANC	CLUB TRIATLON CORUÑA											
NP	72	IVAN RAMOS CADIerno	NOSPORTLIMIT											
NP	73	JORGE FERRADANS VALDES	INDEPENDIENTE											
NP	79	JACOBO CREGO FERNANDEZ	OLIMPICO DE VEDRA											
NP	80	ALBERTO LOPEZ CRESPO	NOSPORTLIMIT											
NP	81	RUBÉN SÁNCHEZ VÁZQUEZ	NOSPORTLIMIT											
NP	84	CARLOS IGLESIAS AREA	CLUB TRIATLON MORRAZO											
NP	85	VICTOR ALONSO SAA	CLUB ATLETISMO PORRIÑO											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	89	JOSÉ ENRIQUE SUÁREZ SUÁREZ	ASOCIACION DEPORTIVA ME								
NP	94	HUGO PACHON MORENO	CLUB NATACION RIVEIRA								
NP	102	EMILIO RUIZ LAGO	NOSPORTLIMIT								
NP	120	PEDRO GINÉS BLANCO	CLUB CICLISMO-TRIATLON PO								
NP	121	PABLO GONZALEZ PRIETO	NOSPORTLIMIT								
NP	124	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT								
NP	125	JOSÉ JOAQUÍN BARRIENTOS MARTÍ	TRIATLON VILAGARCIA / ATEN								
NP	139	ANDRÉS FERNÁNDEZ SOTELO	C.TRIATLON OURENSE								
NP	145	JORGE VENTURA REGO	CLUB TRIATLON MAR DE VIG								
NP	147	FRANCISCO SEOANE GARCIA DE SE	ARTROGAL-TRI 498								
NP	153	ROBERTO CARLOS COBAS GARCIA	NOSPORTLIMIT								
NP	154	BRUNO VÁZQUEZ ÁLVAREZ	TRIVIGO BOYER TRIATHLON								
NP	157	JOSE RAMON LAGO CIVES	ARTROGAL-TRI 498								
NP	160	JAIME VAZQUEZ MEIJIDE	TRIATLON VILAGARCIA / ATEN								
NP	162	JORGE GARCIA ZAS	NOSPORTLIMIT								
NP	164	DAVID TORRES GONZALEZ	LICENZA 1 DÍA								
NP	171	JUAN LUIS FERNÁNDEZ LÓPEZ	CLUB TRIATLON MORRAZO								
NP	183	GUSTAVO LÓPEZ MARTÍNEZ	TRIATLON VILAGARCIA / ATEN								
NP	194	VICTOR DIAZ PAZ	TRINORTH-NOGASA								
NP	196	JUAN AGRASAR REY	TRIATLON MOTOBIKE GALAIC								
NP	199	MIGUEL ÁNGEL NEGRAL FERNÁND	MONTEPENARUBIA RUNNIG L								
NP	203	CARLOS ARMENTEROS LEÓN	LICENZA 1 DÍA								
NP	205	JOAQUÍN DIBUJA BARREIROS	AXA AGENCIA GARRIGA-BEAR								
NP	208	MANUEL LÓPEZ CARBALLEIRA	TRINITY TRIATLON								
NP	214	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT								
NP	217	JACOBO RODRIGUEZ COBO	LICENZA 1 DÍA								
NP	218	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIG								
NP	223	MARCOS ANTONIO SANCHO REY	CLUB TRIATLON CORUÑA								
NP	226	JULIO SIMARRO ESPLA	CLUB NATACION RIVEIRA								
NP	238	DANIEL PAZOS FERNANDEZ	TRISADA								
NP	239	FAUSTINO MEIS VEIGA	TRIATLON P.C. RIAS BAIXAS								
NP	243	FRANCISCO JOSÉ FERRER VIDAL	NOSPORTLIMIT								
NP	250	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT								
NP	255	XABIER LOSADA DIAZ	CLUB TRIATLON MAR DE VIG								
NP	258	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE								
NP	260	RAMIRO BLANCO MONTERO	TRISADA								
NP	270	JOSE MANUEL VAZQUEZ VARELA	CLUB TRIATLON MAR DE VIG								
NP	271	JOSE ANDRES ALDREY VARELA	CLUB TRIATLON CORUÑA								
NP	273	JAVIER RODRIGUEZ SARMIENTO	AXA AGENCIA GARRIGA-BEAR								
NP	282	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM								
NP	286	JOSE LUIS AMENEIROS GOMEZ	LICENZA 1 DÍA								
NP	288	EDGAR BALBOA BESADA	LICENZA 1 DÍA								
NP	290	PABLO DOMÍNGUEZ VILA	LICENZA 1 DÍA								
NP	301	ÁNGEL CID PÉREZ	C.TRIATLON OURENSE								
NP	304	LUIS ALVAREZ RUBAL	LICENZA 1 DÍA								
NP	305	MIGUEL GONZALEZ RODRIGUEZ	LICENZA 1 DÍA								
NP	310	PABLO OTERO PIÑEIRO	CLUB TRIATLON MORRAZO								
NP	312	DAVID FERNÁNDEZ TABOADA	ARTROGAL-TRI 498								
NP	324	JUAN ALFONSO COLLAZO VILAS	TRIVIGO BOYER TRIATHLON								
NP	327	ANTONIO LIEBANAS MENDEZ	LICENZA 1 DÍA								
NP	329	RAUL GONZALEZ GARCIA	TRIATLON COSTA DA MORTE								
NP	335	IGNACIO DELGADO RODRIGUEZ	C.TRIATLON OURENSE								
NP	340	RICARDO MARTINEZ ABRIL	LICENZA 1 DÍA								
NP	344	RICARDO PÉREZ CAMESELLE	TRIVIGO BOYER TRIATHLON								
NP	351	MIGUEL IRIONDO TAPIOLES	LICENZA 1 DÍA								
NP	355	FRANCISCO MANUEL VILA ESTEVEZ	VIGO MASTER CLUB								

Localidade	BAIONA			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, de junio de 2016	Hora	9:02	Oímpica sen Drafting	1.5 Km.	40 Km.	2,5 Km.

Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	JOSE A. BARREIRO		LUIS PIÑA - FEGATRI
Responsable Oficiais:	JOSE A. BARREIRO		JACOBOO MOSQUERA - BEARIZ

Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 17.6 °C Neopreno: permitido	Natación 1.5 Km. 1 voltas	Ciclismo 40 Km. 2 voltas	Carreira 2,5 Km. 2.5 volta
Inscritos : 357	Remataron : 271	Retirados : 7	Non Presentados : 79 Descalificados : 0

SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	10	ISMAEL FERNÁNDEZ DÍAZ	TRIATLON ARTEIXO	9	0:19:49	01:55	75	1:05:54	36.42	00:37	14	0:38:05	2:06:17	0:14:21
2	284	ADRIÁN PICALLO MATO	LICENZA 1 DÍA	33	0:22:36	02:39	15	1:02:34	38.36	00:46	96	0:42:51	2:11:24	0:19:28
3	11	DANIEL CASAS GONZÁLEZ	LICENZA 1 DÍA	35	0:22:39	02:16	84	1:06:19	36.19	00:46	161	0:45:16	2:17:14	0:25:18
4	283	PEDRO FERNÁNDEZ GONZÁ	CLUB NATACION VIGO RIAS BAIXAS	272	0:35:28	03:31	275	1:28:36	27.09	01:28	269	1:06:38	3:15:40	1:23:44

VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	4	LUIS ALBERTO PAREDES CO	CLUB TRIATLON MORRAZO	22	0:22:10	01:53	11	1:02:05	38.66	00:43	4	0:36:05	2:02:53	0:10:57
2	195	IVAN RUBIO RUBIRA	TRIATLON ARTEIXO	1	0:17:21	01:48	53	1:04:57	36.96	00:34	19	0:38:39	2:03:18	0:11:22
3	224	MIGUEL ANGEL VARELA FER	AXA AGENCIA GARRIGA-BEARIZ TRI	58	0:23:40	02:05	1	0:59:01	40.67	01:01	28	0:39:07	2:04:53	0:12:57
4	209	FADY HOUT VARELA	CLUB TRIATLON CORUÑA	14	0:19:56	02:00	62	1:05:21	36.73	01:01	17	0:38:34	2:06:50	0:14:54
5	207	XOSÉ CARLOS GONZÁLEZ A	TRIATLON VILAGARCIA / ATENAS R	30	0:22:30	02:08	38	1:04:18	37.33	00:41	30	0:39:27	2:09:02	0:17:06
6	210	JOSE SANLES PIÑEIRO	CLUB NATACION RIVEIRA	25	0:22:21	02:32	34	1:03:57	37.53	00:47	47	0:40:30	2:10:06	0:18:10
7	163	CARLOS COIRA LOJO	TRIATLON VILAGARCIA / ATENAS R	68	0:24:04	02:27	59	1:05:15	36.79	00:45	23	0:38:44	2:11:13	0:19:17
8	265	JOSE FERRACES REGUEIRO	TRIATLON FERROL	61	0:23:48	02:09	52	1:04:54	36.98	00:50	35	0:39:50	2:11:29	0:19:33
9	166	JESÚS FIGUEROA FERNAND	ASOCIACION DEPORTIVA C.A.R	54	0:23:28	02:08	117	1:07:19	35.66	00:52	40	0:40:06	2:13:51	0:21:55
10	257	FRANCISCO JAVIER FONTAO	CLUB NATACION RIVEIRA	21	0:22:01	02:24	46	1:04:36	37.16	00:47	130	0:44:10	2:13:56	0:22:00
11	259	JOSE JAVIER GOMEZ IGLESI	TRI OURENSE	177	0:27:33	02:34	23	1:03:25	37.85	00:56	42	0:40:16	2:14:42	0:22:46
12	263	MIGUEL CARBALLO GONZÁL	TRI OURENSE	40	0:22:58	02:56	58	1:05:09	36.84	01:02	101	0:43:01	2:15:04	0:23:08
13	177	ALBERTO DOMÍNGUEZ LEM	CLUB ATLETISMO PORRIÑO	153	0:26:56	02:09	37	1:04:17	37.34	00:59	60	0:41:09	2:15:28	0:23:32
14	181	RUBEN PARDO NEBRIL	NOSPORTLIMIT	41	0:23:00	02:17	27	1:03:29	37.81	01:03	184	0:46:29	2:16:17	0:24:21
15	186	MIGUEL ANGEL COGOLLUD	GV SPORTS CLUB	85	0:25:02	02:38	127	1:07:47	35.41	00:41	46	0:40:28	2:16:35	0:24:39
16	180	FLORINDO JOSÉ GONZÁLEZ	AXA AGENCIA GARRIGA-BEARIZ TRI	107	0:25:52	02:43	26	1:03:29	37.81	00:57	116	0:43:39	2:16:37	0:24:41
17	216	MIGUEL DAVID FERNANDEZ	CLUB NATACION RIVEIRA	48	0:23:11	02:28	87	1:06:27	36.12	00:58	123	0:43:56	2:16:58	0:25:02
18	221	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	152	0:26:55	02:34	14	1:02:30	38.41	01:10	127	0:44:06	2:17:12	0:25:16
19	249	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	241	0:30:24	02:46	5	1:01:10	39.24	01:18	75	0:41:56	2:17:31	0:25:35
20	212	JORGE MANUEL GARCIA RO	TALLERES DAVID TRIATLON COMP	199	0:28:27	02:37	78	1:06:04	36.33	00:47	32	0:39:42	2:17:35	0:25:39
21	197	ANTONIO ABEL SEOANE EST	CLUB CICLISMO-TRIATLON POIO	13	0:19:55	02:46	161	1:09:35	34.49	01:07	133	0:44:16	2:17:36	0:25:40
22	235	DAVID VAZQUEZ RODRIGUE	TRI OURENSE	88	0:25:17	02:15	44	1:04:33	37.18	00:49	156	0:45:06	2:17:57	0:26:01
23	339	FERNANDO REGO PÉREZ	INDEPENDIENTE	91	0:25:20	03:33	97	1:06:40	36	00:53	69	0:41:38	2:18:01	0:26:05
24	248	FERNANDO GARCIA MARTIN	TRIVIGO BOYER TRIATHLON	181	0:27:37	02:21	61	1:05:19	36.74	00:40	83	0:42:11	2:18:06	0:26:10
25	201	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	205	0:28:53	02:09	33	1:03:54	37.56	00:46	87	0:42:27	2:18:07	0:26:11
26	202	DAVID MUÑOZ DIOS	ARTROGAL-TRI 498	73	0:24:18	02:15	69	1:05:34	36.61	01:06	152	0:44:58	2:18:08	0:26:12
27	222	GUILLERMO SOTELO JUNCA	CLUB TRIATLON MORRAZO	196	0:28:14	02:45	17	1:02:54	38.16	00:51	120	0:43:47	2:18:29	0:26:33
28	178	FRANCISCO ESTÉVEZ PEREI	CLUB TRIATLON MORRAZO	244	0:30:32	02:33	48	1:04:44	37.08	00:46	43	0:40:22	2:18:54	0:26:58
29	219	JOSE ALBERTO CASTELO S	LICENZA 1 DÍA	134	0:26:27	03:11	65	1:05:26	36.68	00:47	110	0:43:21	2:19:10	0:27:14
30	230	ANGEL PAZ BERMÚDEZ	AXA AGENCIA GARRIGA-BEARIZ TRI	36	0:22:44	02:39	157	1:09:20	34.62	00:43	132	0:44:16	2:19:40	0:27:44
31	169	JORGE MASSÓ AGUADO	CLUB ATLETISMO PORRIÑO	3	0:19:13	02:01	189	1:10:57	33.83	00:55	195	0:46:42	2:19:46	0:27:50
32	158	ANGEL PAZÓ PEREZ	TRIVIGO BOYER TRIATHLON	126	0:26:13	02:23	105	1:06:49	35.92	00:49	118	0:43:45	2:19:58	0:28:02
33	247	RAFAEL ANTAS CANNAS	AXA AGENCIA GARRIGA-BEARIZ TRI	131	0:26:20	02:16	132	1:07:56	35.33	00:53	92	0:42:39	2:20:02	0:28:06
34	227	OLIVIER FERNÁNDEZ TORRE	CLUB NATACION RIVEIRA	215	0:29:05	02:24	68	1:05:31	36.64	00:46	89	0:42:32	2:20:17	0:28:21

NF	8	PEDRO ANTONIO ESMORIS	TRIATLON ARTEIXO	12	0:19:51	01:58	2	1:00:06	39.94	00:42		
NF	165	MIGUEL NOVO REGUEIRA	CLUB ATLETISMO PORRIÑO	155	0:26:58	02:25	138	1:08:15	35.17	01:20		
NF	168	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	121	0:26:07	02:47	90	1:06:33	36.06	00:49		
NF	240	EMILIO ANTONIO CAEIRO CA	TRIATLON VILAGARCIA / ATENAS R	119	0:26:04	02:46	246	1:15:52	31.64			
NF	328	DAVID LORENZO GARCÍA	TRIATLON P.C. RIAS BAIXAS	226	0:29:28	02:15	141	1:08:37	34.98			
NF	350	FERNANDO ALVAREZ BLANC	CLUB TRIATLON MAR DE VIGO	243	0:30:30	03:13	261	1:18:58	30.39	01:41		
NP	3	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO									
NP	6	PABLO MIGUEL CARRO SUA	A.D. FOGAR									
NP	125	JOSÉ JOAQUÍN BARRIENTOS	TRIATLON VILAGARCIA / ATENAS R									
NP	157	JOSE RAMON LAGO CIVES	ARTROGAL-TRI 498									
NP	160	JAIME VAZQUEZ MEIJIDE	TRIATLON VILAGARCIA / ATENAS R									
NP	162	JORGE GARCIA ZAS	NOSPORTLIMIT									
NP	164	DAVID TORRES GONZALEZ	LICENZA 1 DÍA									
NP	171	JUAN LUIS FERNÁNDEZ LÓP	CLUB TRIATLON MORRAZO									
NP	183	GUSTAVO LÓPEZ MARTÍNEZ	TRIATLON VILAGARCIA / ATENAS R									
NP	194	VICTOR DIAZ PAZ	TRINORTH-NOGASA									
NP	196	JUAN AGRASAR REY	TRIATLON MOTOBIKE GALAICO PO									
NP	199	MIGUEL ÁNGEL NEGRAL FE	MONTEPENARUBIA RUNNIG LUGO									
NP	203	CARLOS ARMENTEROS LEÓ	LICENZA 1 DÍA									
NP	205	JOAQUÍN DIBUJA BARREIRO	AXA AGENCIA GARRIGA-BEARIZ TRI									
NP	208	MANUEL LÓPEZ CARBALLEI	TRINITY TRIATLON									
NP	214	JESÚS CARLOS QUINTAS BA	NOSPORTLIMIT									
NP	217	JACOBO RODRIGUEZ COBO	LICENZA 1 DÍA									
NP	218	ALEJANDRO FUENTES FERN	CLUB TRIATLON MAR DE VIGO									
NP	223	MARCOS ANTONIO SANCHO	CLUB TRIATLON CORUÑA									
NP	226	JULIO SIMARRO ESPLA	CLUB NATACION RIVEIRA									
NP	238	DANIEL PAZOS FERNANDEZ	TRISADA									
NP	239	FAUSTINO MEIS VEIGA	TRIATLON P.C. RIAS BAIXAS									
NP	243	FRANCISCO JOSÉ FERRER V	NOSPORTLIMIT									
NP	250	MIGUEL ANGEL PAZ DANS	NOSPORTLIMIT									
NP	255	XABIER LOSADA DIAZ	CLUB TRIATLON MAR DE VIGO									
NP	258	JUAN IGNACIO GARCIA VALL	TRI OURENSE									
NP	260	RAMIRO BLANCO MONTERO	TRISADA									
NP	329	RAUL GONZALEZ GARCIA	TRIATLON COSTA DA MORTE									
NP	335	IGNACIO DELGADO RODRIG	C.TRIATLON OURENSE									
NP	340	RICARDO MARTINEZ ABRIL	LICENZA 1 DÍA									
NP	344	RICARDO PÉREZ CAMESELL	TRIVIGO BOYER TRIATHLON									
NP	351	MIGUEL IRIONDO TAPIOLES	LICENZA 1 DÍA									

VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	276	ANDRES LOPEZ TORRES	TRIATLON VILAGARCIA / ATENAS R	28	0:22:29	01:49	40	1:04:26	37.25	00:33	7	0:37:01	2:06:16	0:14:20
2	267	ENRIQUE JOSE HIDALGO LU	CLUB TRIATLON MAR DE VIGO	42	0:23:02	02:09	50	1:04:49	37.03	01:04	45	0:40:23	2:11:26	0:19:30
3	356	JAVIER RODRIGUEZ FERNAN	CLUB ATLETISMO PORRIÑO	29	0:22:29	02:57	25	1:03:28	37.82	00:51	154	0:45:00	2:14:44	0:22:48
4	277	JESUS ANGEL RODRIGUEZ	CLUB TRIATLON MAR DE VIGO	26	0:22:23	02:07	88	1:06:28	36.11	00:44	107	0:43:18	2:14:58	0:23:02
5	275	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	114	0:25:59	03:12	74	1:05:54	36.43	00:46	57	0:40:55	2:16:44	0:24:48
6	280	FERNANDO HUELIN TRILLO	CIDADE DE LUGO FLUVIAL	133	0:26:27	02:32	85	1:06:26	36.13	00:55	238	0:50:03	2:26:21	0:34:25
7	274	JUAN ANTONIO CARIDE GRA	CLUB TRIATLON MORRAZO	178	0:27:34	02:41	199	1:11:36	33.52	00:59	119	0:43:46	2:26:34	0:34:38
8	268	RICARDO MASIÁN BESSARD	NOSPORTLIMIT	103	0:25:48	02:58	218	1:13:07	32.83	01:01	178	0:46:13	2:29:05	0:37:09
9	269	JOSE DANIEL GONZALEZ CA	CLUB CICLISTA RIAZOR	108	0:25:54	03:02	79	1:06:05	36.32	00:46	255	0:53:42	2:29:27	0:37:31
10	279	OSCAR JOSÉ SURIS REGUEI	CLUB TRIATLON MAR DE VIGO	162	0:27:15	02:32	259	1:18:00	30.77	00:54	215	0:47:50	2:36:28	0:44:32
11	278	HUMBERTO GALLIDORO DEL	CLUB TRIATLON MAR DE VIGO	263	0:32:47	03:21	227	1:13:36	32.61	01:20	240	0:50:19	2:41:21	0:49:25
12	272	ROBERTO JOSÉ VIZOSO BLA	TRISADA	174	0:27:26	02:58	248	1:16:04	31.55	00:56	260	0:56:21	2:43:43	0:51:47
13	357	ALVARO GARCIA DIÉGUEZ	NOSPORTLIMIT	239	0:30:21	04:39	276	1:29:14	26.9	02:00	268	1:05:01	3:11:13	1:19:17
NP	270	JOSE MANUEL VAZQUEZ VA	CLUB TRIATLON MAR DE VIGO											
NP	271	JOSE ANDRES ALDREY VAR	CLUB TRIATLON CORUÑA											
NP	273	JAVIER RODRIGUEZ SARMIE	AXA AGENCIA GARRIGA-BEARIZ TRI											
NP	355	FRANCISCO MANUEL VILA E	VIGO MASTER CLUB											

VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	281	FRANCISCO JAVIER ACOSTA	TRIATLON VILAGARCIA / ATENAS R	81	0:24:44	03:21	216	1:13:00	32.88	01:00	225	0:48:32	2:30:36	0:38:40
NP	282	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM											

