

Localidade	BAIONA	Data	Domingo, 4 de xuño de 2017	Distancia	Olímpica sen draftin
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#### Oficiais

Delegado Técnico:	MÓNICA FLORES	Xurado da Competición	MÓNICA FLORES - DT
Xuíz Arbitro:	JOSÉ MANUEL REY		OSCAR SURIS- FEGATRI
Responsable Oficiais:	JOSÉ MANUEL REY		LORENA GARCIA- MAR DE VIGO

#### Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 16 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 43	Remataron : 34	Retirados : 1	Non Presentados : 8
			Descalificados : 0

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	405	ANNEKE FORREST JENKINS	LICENZA DE 1 DÍA	1	0:18:24	01:37	1	1:03:46	37.64	00:48	1	0:38:20	<b>2:02:53</b>	
2	406	SALETA CASTRO NOGUEIRA	CIDADE DE LUGO FLUVIAL	3	0:20:31	01:52	2	1:04:42	37.1	00:49	2	0:39:13	<b>2:07:05</b>	0:04:13
3	403	SONIA PARIENTE BAGLIETTO	TRIATLÓN P.C. RÍAS BAIXAS	4	0:20:31	02:08	4	1:11:54	33.38	01:10	6	0:42:10	<b>2:17:51</b>	0:14:59
4	407	CRISTINA TORRES HERVÉS	CLUB TRIATLÓN MAR DE VIGO	5	0:22:40	02:11	3	1:11:19	33.65	00:55	11	0:48:07	<b>2:25:10</b>	0:22:18
5	411	CRISTINA GARCIA MARIN	TRIATLÓN MOTOBIKE GALAIC	2	0:19:26	02:09	7	1:17:07	31.12	00:57	8	0:46:53	<b>2:26:30</b>	0:23:38
6	425	IRIA FERNANDEZ FONTENLA	ARCADE INFORHOUSE SANTI	14	0:27:01	02:15	9	1:18:04	30.75	00:59	4	0:40:21	<b>2:28:37</b>	0:25:45
7	404	MARIA JESUS COYA OTERO	CIDADE DE LUGO FLUVIAL	15	0:27:06	02:24	10	1:18:48	30.46	01:04	3	0:39:32	<b>2:28:52</b>	0:26:00
8	410	MÓNICA MEZQUITA VAZQUEZ	NOSPORTLIMIT	9	0:25:14	02:44	8	1:17:35	30.94	01:21	7	0:46:24	<b>2:33:15</b>	0:30:23
9	418	MARÍA DEL CAMINO CARBALLEIRA	LICENZA DE 1 DÍA	10	0:25:29	02:59	5	1:15:40	31.72	01:17	12	0:48:25	<b>2:33:48</b>	0:30:55
10	429	IRIA FERNÁNDEZ ORDÓÑEZ	NATACIÓN PABELLÓN OUREN	11	0:26:44	03:06	12	1:19:12	30.31	01:09	9	0:47:13	<b>2:37:22</b>	0:34:30
11	435	AMELIA ROCA VÁZQUEZ	CIDADE DE LUGO FLUVIAL	7	0:24:21	01:57	15	1:21:42	29.38	00:42	14	0:49:09	<b>2:37:50</b>	0:34:57
12	413	DIANA RUIVO	LICENZA DE 1 DÍA	28	0:31:14	04:17	11	1:19:10	30.32	01:18	5	0:41:57	<b>2:37:55</b>	0:35:02
13	414	MARÍA FERREIRA GONZALEZ	CLUB ATLETISMO PORRIÑO	6	0:22:43	02:38	19	1:24:02	28.56	01:08	16	0:50:42	<b>2:41:11</b>	0:38:18
14	433	SABELA GARCÍA ORO	LICENZA DE 1 DÍA	22	0:29:00	02:32	13	1:21:02	29.62	01:11	10	0:47:50	<b>2:41:34</b>	0:38:42
15	427	BEGOÑA ARRANZ GONZÁLEZ	TRINORTH	12	0:26:52	02:42	17	1:23:20	28.8	00:53	13	0:48:38	<b>2:42:24</b>	0:39:32
16	445	MARÍA DEL CARMEN CABALEIRO H	LAMARGHA-BEARIZ TRIATLÓN	27	0:31:13	03:31	6	1:16:33	31.35	01:14	18	0:51:58	<b>2:44:26</b>	0:41:34
17	438	SONIA ROCA CANZOBRE	NOSPORTLIMIT	8	0:25:11	02:44	20	1:24:16	28.48	01:14	21	0:53:23	<b>2:46:46</b>	0:43:54
18	443	MARIA JOSE VELAZQUEZ GARCIA	CLUB TRIATLÓN VAO	30	0:32:21	03:40	14	1:21:14	29.55	01:24	15	0:49:20	<b>2:47:58</b>	0:45:06
19	424	ALBA CAAMAÑO FERNANDEZ	CLUB OLÍMPICO DE VEDRA	19	0:28:42	02:38	21	1:24:34	28.38	00:58	19	0:52:17	<b>2:49:07</b>	0:46:15
20	419	SANDRA NOVO FERNÁNDEZ	NOSPORTLIMIT	23	0:29:01	02:27	23	1:25:43	28	00:56	17	0:51:26	<b>2:49:32</b>	0:46:39
21	442	MARÍA BELEN LEMAT CABRAL	CIDADE DE LUGO FLUVIAL										<b>2:50:50</b>	0:47:58
22	409	ALICIA ALVAREZ RIVAS	CLUB TRIATLÓN MAR DE VIGO	29	0:32:04	03:15	16	1:21:58	29.28	01:23	24	0:53:52	<b>2:52:30</b>	0:49:38
23	440	YOLANDA ESCÁRCEGA CARREIRA	TRIATLÓN MOTOBIKE GALAIC	26	0:30:00	03:10	22	1:25:26	28.09	01:15	25	0:53:53	<b>2:53:42</b>	0:50:50
24	432	LAURA ABOLLADO REGO	LICENZA DE 1 DÍA	18	0:28:21	03:57	29	1:27:52	27.32	01:19	23	0:53:49	<b>2:55:17</b>	0:52:24
25	441	GLORIA RODRÍGUEZ GIL	LICENZA DE 1 DÍA	25	0:29:35	02:58	25	1:26:23	27.78	01:05	26	0:56:08	<b>2:56:08</b>	0:53:16
26	412	AMIRA SIMÓN MARTÍNEZ	NOSPORTLIMIT	32	0:32:57	03:28	27	1:27:05	27.56	01:00	20	0:53:01	<b>2:57:29</b>	0:54:37
27	437	MARÍA ELENA ARCOS TRILLO	NOSPORTLIMIT	24	0:29:20	02:48	18	1:23:51	28.62	01:11	30	1:00:29	<b>2:57:38</b>	0:54:46
28	436	VANESA NAVEIRA LÓPEZ	CLUB CICLISTA RIAZOR	20	0:28:57	03:27	26	1:26:54	27.62	01:15	27	0:58:04	<b>2:58:34</b>	0:55:42
29	431	SABRINA RUMBO ROEL	NOSPORTLIMIT	21	0:28:59	03:22	33	1:31:53	26.12	01:16	22	0:53:24	<b>2:58:53</b>	0:56:01
30	420	MARIA JOSE VÁZQUEZ SANTOS	NOSPORTLIMIT	17	0:27:42	03:31	28	1:27:09	27.54	02:32	31	1:01:55	<b>3:02:47</b>	0:59:55
31	439	SILVIA PEREZ PIÑEIRO	CLUB TRIATLÓN MAR DE VIGO	13	0:26:58	02:42	30	1:28:15	27.2	01:16	32	1:05:28	<b>3:04:37</b>	1:01:44
32	422	JEANNE TABOAS GARCÍA	LICENZA DE 1 DÍA	16	0:27:07	03:17	34	1:34:38	25.36	01:32	28	0:58:35	<b>3:05:07</b>	1:02:15
33	430	MONICA ALARCON HERNANDEZ	NOSPORTLIMIT	31	0:32:40	03:00	32	1:31:21	26.28	01:18	29	0:59:18	<b>3:07:34</b>	1:04:42
34	444	LYUDMYLA CHUB SAVCHENKO	CLUB DEPORTIVO PINARIUM	33	0:33:01	04:51	24	1:26:13	27.84	01:53	33	1:12:10	<b>3:18:06</b>	1:15:14
NF	426	IRIA BLANCO RODRIGUEZ	TRIATLÓN P.C. RÍAS BAIXAS	34	0:35:42	02:38	31	1:30:53	26.41	01:36				
NP	408	EDYMAR DANIELY BREA ABREU	A.D. TRI-PENTA TERRAS DE L											
NP	415	SARA CASTILLO OÑATE	TRINORTH											
NP	416	ALICIA ARAUJO LOPEZ	CLUB ATLETISMO PORRIÑO											
NP	417	IRIA CAMPOS TRABAZO	ARTROGAL-TRI 498											
NP	421	MIRIAM IGLESIAS VAZQUEZ	ASOCIACIÓN DEPORTIVA MED											
NP	423	MARÍA CRISTINA SANTIAGO MARTIN	NOSPORTLIMIT											
NP	428	SOFÍA RODRIGUEZ GÓMEZ	LICENZA DE 1 DÍA											
NP	434	ANA VARELA BARDANCA	ASOCIACIÓN DEPORTIVA MED											



# III TRIATLÓN ATLÁNTICO

BAIONA 2017

## ABSOLUTA MASCULINA

Localidade	BAIONA	Data	Domingo, 4 de xuño de 2017	Distancia	Olímpica sen draftin
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### Oficiais

Delegado Técnico:	MÓNICA FLORES	Xurado da Competición	MÓNICA FLORES - DT
Xuíz Arbitro:	JOSÉ MANUEL REY		OSCAR SURIS- FEGATRI
Responsable Oficiais:	JOSÉ MANUEL REY		LORENA GARCIA- MAR DE VIGO

### Datos da competición

Temperatura exterior: 18 °C Temperatura da auga: 16 °C Neopreno: permitido	Natación 1,5 Km. 1 volta	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 2 voltas
Inscritos : 402	Remataron : 312	Retirados : 16	Non Presentados : 69
			Descalificados : 5

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	1	PABLO DAPENA GONZALEZ	CIDADE DE LUGO FLUVIAL	1	0:16:35	01:30	1	0:58:54	40.75	00:41	2	0:34:08	<b>1:51:47</b>	
2	4	ALBERTO CASTIÑEIRA FIGUEROA	TRIATLÓN ARTEIXO	3	0:17:00	01:29	10	1:02:28	38.43	00:38	1	0:33:54	<b>1:55:28</b>	0:03:41
3	7	ISMAEL LÓPEZ GONZÁLEZ	TRIATLON VILAGARCÍA/ATENA	4	0:18:28	01:45	22	1:03:44	37.67	00:42	3	0:35:29	<b>2:00:06</b>	0:08:19
4	255	JOSE MANUEL PARDO LEIS	TRIATLÓN ARTEIXO	17	0:19:40	01:57	5	1:01:18	39.16	00:52	13	0:36:57	<b>2:00:43</b>	0:08:56
5	10	JUAN FRANCISCO FERNÁNDEZ MOL	CLUB CICLISMO-TRIATLON PO	16	0:19:39	01:51	3	1:00:49	39.47	00:44	35	0:38:42	<b>2:01:43</b>	0:09:56
6	79	ALVARO GOMEZ CARDESIN	ARTROGAL-TRI 498	6	0:18:56	02:04	34	1:04:33	37.19	00:36	4	0:35:38	<b>2:01:46</b>	0:09:59
7	6	LUIS ALBERTO PAREDES COYA	TRIATLÓN MOTOBIKE GALAIC	27	0:21:12	01:56	8	1:02:01	38.71	00:48	8	0:36:35	<b>2:02:29</b>	0:10:42
8	267	PEDRO ANTONIO ESMORIS MOLINA	TRIATLÓN ARTEIXO	15	0:19:39	01:56	4	1:01:17	39.17	00:45	43	0:39:01	<b>2:02:35</b>	0:10:48
9	178	FABIAN UBEIRA VIDAL	ASOCIACIÓN DEPORTIVA C.A.	11	0:19:18	02:07	6	1:01:50	38.82	00:42	36	0:38:46	<b>2:02:40</b>	0:10:53
10	8	MIGUEL ÁNGEL ACOSTA ALCOBA	CIDADE DE LUGO FLUVIAL	10	0:19:12	01:51	35	1:04:33	37.18	00:47	9	0:36:37	<b>2:02:58</b>	0:11:11
11	3	LUCAS ESCANEO MACIÑEIRAS	CT HURACÁN CULTBIKES	8	0:19:03	01:43	19	1:03:38	37.72	00:59	24	0:37:43	<b>2:03:05</b>	0:11:18
12	163	AGUSTIN RÍOS FERRADAS	TRIATLÓN P.C. RIAS BAIXAS	13	0:19:33	02:01	62	1:06:10	36.28	00:41	5	0:35:45	<b>2:04:08</b>	0:12:21
13	323	CARLOS DAVID PRIETO LOPEZ	CIDADE DE LUGO FLUVIAL	5	0:18:52	02:20	37	1:04:33	37.18	00:50	21	0:37:38	<b>2:04:12</b>	0:12:25
14	286	FADY HOUT VARELA	CLUB NATACIÓN LICEO	12	0:19:32	01:41	60	1:06:04	36.33	00:48	7	0:36:19	<b>2:04:23</b>	0:12:36
15	64	ALEJANDRO BALSA CASTRO	CLUB TRIATLÓN CORUÑA	44	0:21:56	02:01	12	1:02:33	38.37	00:50	22	0:37:38	<b>2:04:57</b>	0:13:10
16	5	RICARDO REY MARTINEZ	NOSPORTLIMIT	14	0:19:34	01:45	45	1:05:08	36.86	00:51	25	0:37:46	<b>2:05:02</b>	0:13:15
17	165	ALEXANDRE RODRIGUEZ PAZ	CLUB TRIATLÓN MORRAZO	29	0:21:15	02:14	21	1:03:42	37.68	00:40	29	0:38:06	<b>2:05:55</b>	0:14:08
18	24	CRISTIAN MUIÑO VARELA	ASOCIACIÓN DEPORTIVA MED	108	0:24:02	02:15	15	1:03:03	38.07	00:51	6	0:35:50	<b>2:05:59</b>	0:14:12
19	55	MARCOS VILA CID	NATACIÓN PABELLÓN OUREN	2	0:16:39	01:47	76	1:06:38	36.02	00:40	68	0:40:18	<b>2:06:00</b>	0:14:13
20	30	JOAQUIN BOISA DOSIL	ARTROGAL-TRI 498	28	0:21:15	02:07	26	1:03:54	37.56	00:38	30	0:38:19	<b>2:06:11</b>	0:14:24
21	9	RAMÓN TRONCOSO SOBRINO	CLUB ATLETISMO PORRIÑO	73	0:22:59	01:45	2	1:00:18	39.8	00:42	78	0:40:43	<b>2:06:26</b>	0:14:39
22	127	VICTOR ALONSO SAA	CLUB ATLETISMO PORRIÑO	7	0:19:03	01:52	38	1:04:38	37.13	00:46	66	0:40:08	<b>2:06:26</b>	0:14:39
23	234	ALEJANDRO GONZALEZ BUCETA	TRINORTH	37	0:21:23	02:04	41	1:04:44	37.08	00:47	27	0:37:56	<b>2:06:53</b>	0:15:06
24	389	ANDRES LOPEZ TORRES	TRIATLON VILAGARCÍA/ATENA	41	0:21:45	01:58	32	1:04:23	37.28	00:42	33	0:38:25	<b>2:07:11</b>	0:15:24
25	144	FRANCISCO SOLIÑO PIÑEIRO	CLUB CICLISMO-TRIATLON PO	31	0:21:20	02:14	31	1:04:15	37.36	00:45	39	0:38:53	<b>2:07:25</b>	0:15:38
26	104	RODRIGO PINTADO DEL CAMPO	NOSPORTLIMIT	55	0:22:25	01:55	53	1:05:46	36.5	00:53	14	0:37:01	<b>2:07:59</b>	0:16:12
27	124	DAVID LANDEIRA CASTRO	ASOCIACIÓN DEPORTIVA MED	40	0:21:40	02:04	64	1:06:22	36.17	00:46	16	0:37:14	<b>2:08:03</b>	0:16:16
28	169	FRANCISCO JOSÉ GUILLÁN PAZOS	ARTROGAL-TRI 498	19	0:20:01	02:05	33	1:04:25	37.26	00:42	111	0:41:44	<b>2:08:54</b>	0:17:07
29	172	CARLOS PARDO RODRÍGUEZ	TRIATLÓN P.C. RIAS BAIXAS	103	0:23:53	02:02	46	1:05:23	36.71	00:41	15	0:37:07	<b>2:09:04</b>	0:17:17
30	209	OSCAR HERRERO AREAL	C. T. GUADALAJARA	125	0:24:21	02:29	24	1:03:49	37.62	00:55	20	0:37:34	<b>2:09:06</b>	0:17:19
31	218	SERGIO OLIVEIRA BOGA	CLUB OLÍMPICO DE VEDRA	63	0:22:49	02:10	28	1:04:09	37.42	00:58	44	0:39:06	<b>2:09:09</b>	0:17:22
32	106	JORGE FERRADAS VALDES	CLUB OLÍMPICO DE VEDRA	65	0:22:51	02:41	29	1:04:12	37.38	00:57	42	0:38:56	<b>2:09:37</b>	0:17:50
33	314	JUAN RAMON GARCIA HERNANZ	TRIATLÓN ARTEIXO	59	0:22:44	02:25	42	1:04:46	37.06	00:42	54	0:39:41	<b>2:10:17</b>	0:18:30
34	171	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT	21	0:20:48	02:25	36	1:04:33	37.18	01:31	98	0:41:17	<b>2:10:31</b>	0:18:44
35	117	MARCOS SUCASAS MEJUTO	CLUB TRIATLÓN MAR DE VIGO	127	0:24:22	02:29	14	1:02:55	38.15	00:53	62	0:39:58	<b>2:10:35</b>	0:18:48
36	48	SANTIAGO PRESA PRESA	TRIATLÓN P.C. RIAS BAIXAS	84	0:23:20	02:17	65	1:06:23	36.16	00:46	26	0:37:53	<b>2:10:37</b>	0:18:50
37	63	HECTOR FERNANDEZ RABANAL	TRIATLÓN ARTEIXO	56	0:22:30	02:01	47	1:05:24	36.7	00:43	63	0:40:05	<b>2:10:42</b>	0:18:55
38	312	FRANCISCO JAVIER RAMOS BOTAN	CIDADE DE LUGO FLUVIAL	168	0:25:09	02:17	30	1:04:14	37.37	00:50	31	0:38:20	<b>2:10:49</b>	0:19:02
39	199	JOSE LUIS LAMOSO PORTASANY	TRIATLÓN P.C. RIAS BAIXAS	46	0:22:05	02:02	54	1:05:46	36.49	00:48	80	0:40:44	<b>2:11:24</b>	0:19:37
40	156	JAVIER FERNANDEZ FERNANDEZ	TRIATLON VILAGARCÍA/ATENA	163	0:25:06	02:40	17	1:03:19	37.91	00:44	55	0:39:42	<b>2:11:29</b>	0:19:42
41	136	MANUEL DALMEIDA LÓPEZ	TRIATLON VILAGARCÍA/ATENA	155	0:24:58	02:27	23	1:03:47	37.64	00:46	58	0:39:47	<b>2:11:43</b>	0:19:56
42	38	MARCOS PAULO ADE SCHNEIDER	NATACIÓN PABELLÓN OUREN	57	0:22:34	02:16	50	1:05:36	36.59	00:44	73	0:40:36	<b>2:11:44</b>	0:19:57
43	217	PABLO ALONSO FIGUEROA	CLUB TRIATLÓN MORRAZO	114	0:24:09	02:24	95	1:07:38	35.49	00:44	11	0:36:53	<b>2:11:45</b>	0:19:58

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
44	219	JOSE RAMON LAGO CIVES	ARTROGAL-TRI 498	205	0:26:22	02:11	43	1:04:51	37.01	01:10	17	0:37:16	<b>2:11:48</b>	0:20:01
45	246	JOSE CARLOS MENO MIGUEZ	ASOCIACIÓN DEPORTIVA C.A.	100	0:23:47	02:22	77	1:06:40	36	00:58	32	0:38:24	<b>2:12:10</b>	0:20:23
46	228	JUAN LUIS CARBIA MENDEZ	ARTROGAL-TRI 498	140	0:24:47	02:12	7	1:01:57	38.75	01:07	126	0:42:18	<b>2:12:19</b>	0:20:32
47	309	JUAN LUIS IZQUIERDO GAMALLO	NATACIÓN PABELLÓN OUREN	25	0:21:09	02:57	92	1:07:22	35.63	00:51	67	0:40:09	<b>2:12:27</b>	0:20:40
48	21	DIEGO DÁVILA COLLAZO	CLUB TRIATLÓN MAR DE VIGO	50	0:22:18	02:07	109	1:08:16	35.16	00:45	47	0:39:12	<b>2:12:35</b>	0:20:48
49	69	JOSE MANUEL TOME SUAREZ	TRIATLÓN COSTA DA MORTE	79	0:23:12	02:39	58	1:06:01	36.36	01:06	59	0:39:49	<b>2:12:45</b>	0:20:58
50	226	CARLOS COIRA LOJO	TRIATLON VILAGARCÍA/ATENA	54	0:22:24	02:02	152	1:09:57	34.31	00:57	23	0:37:43	<b>2:13:02</b>	0:21:15
51	193	GUILLERMO TUBÍO MUÑIZ	CLUB NATACIÓN RIVEIRA	93	0:23:32	02:22	48	1:05:25	36.69	00:40	93	0:41:05	<b>2:13:03</b>	0:21:16
52	179	ROMULO SOTO VÁZQUEZ	LAMARGHA-BEARIZ TRIATLÓN	106	0:23:58	02:50	11	1:02:29	38.42	00:56	143	0:42:57	<b>2:13:07</b>	0:21:20
53	150	ANXO SALGADO LOSADA	CLUB TRIATLÓN MAR DE VIGO	138	0:24:42	01:58	16	1:03:13	37.97	00:42	135	0:42:39	<b>2:13:12</b>	0:21:25
54	60	JAVIER VARELA GARCIA	ASOCIACIÓN DEPORTIVA MED	35	0:21:23	02:16	69	1:06:25	36.14	00:49	138	0:42:45	<b>2:13:36</b>	0:21:49
55	177	ROBERTO PICON ESPÍÑO	ARCADE INFORHOUSE SANTI	70	0:22:58	02:25	101	1:07:47	35.41	00:46	56	0:39:43	<b>2:13:37</b>	0:21:50
56	285	XOSÉ CARLOS GONZÁLEZ AVIÓN	TRIATLON VILAGARCÍA/ATENA	53	0:22:23	02:21	105	1:07:50	35.39	00:50	71	0:40:27	<b>2:13:49</b>	0:22:02
57	32	ANTONIO VILAS GÓMEZ	ARTROGAL-TRI 498	39	0:21:30	02:05	106	1:07:59	35.3	00:44	105	0:41:34	<b>2:13:51</b>	0:22:04
58	17	DANIEL CASAS GONZÁLEZ	CLUB NATACIÓN LICEO	36	0:21:23	02:02	115	1:08:30	35.04	00:45	100	0:41:19	<b>2:13:57</b>	0:22:10
59	211	ANTONIO LIEBANAS MÉNDEZ	LICENZA DE 1 DÍA	124	0:24:20	02:27	139	1:09:20	34.62	01:04	10	0:36:50	<b>2:13:59</b>	0:22:12
60	192	LUIS ALBERTO DOMINGUEZ FERNA	TRI OURENSE	151	0:24:56	02:23	40	1:04:44	37.08	01:11	88	0:40:59	<b>2:14:11</b>	0:22:24
61	298	MARCOS UBEIRA VIDAL	ASOCIACIÓN DEPORTIVA C.A.	90	0:23:28	02:16	78	1:06:41	35.99	00:53	91	0:41:04	<b>2:14:20</b>	0:22:33
62	148	CARLOS RODRÍGUEZ RODRÍGUEZ	NOSPORTLIMIT	117	0:24:13	02:32	39	1:04:42	37.1	01:07	114	0:41:48	<b>2:14:21</b>	0:22:34
63	72	ENRIQUE LOPEZ TRASHORRAS	CLUB CICLISTA EO	64	0:22:51	02:16	133	1:09:13	34.67	00:58	45	0:39:09	<b>2:14:26</b>	0:22:39
64	62	GUILLERMO MOSQUERA VICENTE	TRIATLÓN ARTEIXO	22	0:20:49	02:01	147	1:09:49	34.38	00:50	94	0:41:05	<b>2:14:33</b>	0:22:46
65	129	DAVID GIRALDEZ CAMESELLE	ATLETISMO BAIONA	112	0:24:08	02:15	86	1:07:10	35.74	00:58	64	0:40:06	<b>2:14:35</b>	0:22:48
66	67	ANGEL LEYENDA ALVAREZ	ATLETISMO BAIONA	58	0:22:37	02:41	74	1:06:37	36.03	00:46	120	0:42:01	<b>2:14:39</b>	0:22:52
67	51	FRANCISCO JAVIER GONZALEZ FAG	ATLETISMO BAIONA	133	0:24:29	02:20	25	1:03:50	37.6	01:21	137	0:42:43	<b>2:14:41</b>	0:22:54
68	145	ENRIQUE CRESPO PAZOS	ASOCIACIÓN DEPORTIVA C.A.	186	0:25:35	02:04	20	1:03:42	37.68	00:38	140	0:42:51	<b>2:14:48</b>	0:23:01
69	380	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	72	0:22:59	02:54	27	1:04:07	37.44	01:02	163	0:43:51	<b>2:14:51</b>	0:23:04
70	253	MIGUEL ANGEL COGOLLUDO AGUS	TRIATLÓN P.C. RIAS BAIXAS	89	0:23:28	02:19	149	1:09:52	34.36	00:49	34	0:38:28	<b>2:14:53</b>	0:23:06
71	233	PEDRO PABLO BERNÁRDEZ FERREI	TRIATLON VILAGARCÍA/ATENA	18	0:19:54	02:10	128	1:09:00	34.79	00:47	146	0:43:05	<b>2:14:54</b>	0:23:07
72	288	ANTONIO JOSÉ GARCÍA SOBRADO	CIDADE DE LUGO FLUVIAL	26	0:21:11	02:12	175	1:10:59	33.82	00:47	60	0:39:52	<b>2:14:58</b>	0:23:11
73	121	FERNANDO SIERRA GARCÍA	NOSPORTLIMIT	144	0:24:51	02:38	99	1:07:45	35.43	00:53	41	0:38:55	<b>2:15:00</b>	0:23:13
74	337	GONZALO GONZÁLEZ PIÑEIRO	TRIATLÓN P.C. RIAS BAIXAS	193	0:25:54	02:01	141	1:09:28	34.55	00:45	12	0:36:54	<b>2:15:00</b>	0:23:13
75	34	JAVIER VILA PORTO	CLUB ATLETISMO PORRIÑO	120	0:24:16	01:56	138	1:09:19	34.63	00:44	38	0:38:50	<b>2:15:04</b>	0:23:17
76	308	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	152	0:24:57	02:24	18	1:03:29	37.81	00:58	153	0:43:27	<b>2:15:13</b>	0:23:26
77	191	JOSE LUIS RODRIGUEZ MARTIN	TRIATLÓN MOTOBIKE GALAIC	178	0:25:22	02:32	89	1:07:14	35.7	00:49	48	0:39:22	<b>2:15:16</b>	0:23:29
78	85	BRUNO SOUTO PÉREZ	NOSPORTLIMIT	61	0:22:46	02:38	81	1:06:58	35.84	01:05	121	0:42:02	<b>2:15:27</b>	0:23:40
79	160	FERNANDO LÓPEZ LÓPEZ	ARTROGAL-TRI 498	68	0:22:55	02:26	126	1:08:57	34.81	00:46	74	0:40:38	<b>2:15:39</b>	0:23:52
80	44	ROBERTO GARRIDO PEREIRA	LICENZA DE 1 DÍA	214	0:26:41	02:37	96	1:07:40	35.48	00:49	28	0:37:57	<b>2:15:41</b>	0:23:54
81	37	JAVIER CASTRO OLIVEIRA	TRIATLÓN P.C. RIAS BAIXAS	32	0:21:20	02:04	169	1:10:41	33.96	00:44	95	0:41:05	<b>2:15:52</b>	0:24:05
82	355	RAFAEL ANTAS CANNAS	LAMARGHA-BEARIZ TRIATLÓN	116	0:24:10	02:13	85	1:07:08	35.75	00:41	115	0:41:51	<b>2:16:02</b>	0:24:15
83	353	ENRIQUE VILA DIAZ	CLUB CICLISTA RIAZOR	115	0:24:09	02:46	61	1:06:07	36.3	01:29	109	0:41:41	<b>2:16:11</b>	0:24:24
84	271	CARLOS JESÚS RODRIGUEZ REY	TALLERES DAVID TRIATLÓN C	91	0:23:29	02:29	93	1:07:27	35.59	01:05	113	0:41:45	<b>2:16:13</b>	0:24:26
85	366	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	208	0:26:26	02:32	55	1:05:54	36.42	00:44	75	0:40:41	<b>2:16:15</b>	0:24:28
86	114	DAVID CALZAS ÍNSUA	TRIATLÓN COSTA DA MORTE	239	0:27:37	02:42	56	1:05:55	36.41	01:11	40	0:38:54	<b>2:16:17</b>	0:24:30
87	357	ROBERTO BOGA SANDE	TRIATLÓN ARTEIXO	263	0:28:21	02:40	13	1:02:44	38.26	00:54	110	0:41:43	<b>2:16:21</b>	0:24:34
88	317	OLIBERTO FERNÁNDEZ TORRES	CLUB NATACIÓN RIVEIRA	164	0:25:07	02:20	83	1:07:00	35.83	00:46	96	0:41:14	<b>2:16:25</b>	0:24:38
89	207	FRANCISCO JAVIER ÁLVAREZ COST	ASOCIACIÓN DEPORTIVA C.A.	107	0:24:01	02:21	102	1:07:47	35.41	01:01	101	0:41:22	<b>2:16:30</b>	0:24:43
90	189	MANUEL ANTONIO GARRIDO CONC	ARTROGAL-TRI 498	192	0:25:52	02:38	75	1:06:37	36.03	00:46	79	0:40:44	<b>2:16:34</b>	0:24:47
91	45	IVAN GONZALEZ DATORRE	LAMARGHA-BEARIZ TRIATLÓN	20	0:20:08	01:59	87	1:07:11	35.73	00:42	226	0:46:39	<b>2:16:37</b>	0:24:50
92	152	FELIPE VEIGA JALDA	CLUB TRIATLÓN MORRAZO	69	0:22:56	02:15	142	1:09:37	34.48	01:05	83	0:40:47	<b>2:16:38</b>	0:24:51
93	310	LUIS ALBERTO BUGUEIRO GONZÁL	TRI OURENSE	184	0:25:33	03:48	51	1:05:37	36.58	00:55	86	0:40:50	<b>2:16:41</b>	0:24:54
94	373	JOSE FERRACES REGUEIRO	TRIATLÓN FERROL	66	0:22:52	02:23	91	1:07:21	35.64	00:52	156	0:43:32	<b>2:16:58</b>	0:25:11
95	247	FRANCISCO ESTÉVEZ PEREIRA	CLUB TRIATLÓN MORRAZO	269	0:28:30	02:39	67	1:06:24	36.15	00:45	37	0:38:47	<b>2:17:03</b>	0:25:16
96	23	BRUNO BELLO LAFUENTE	TRIATLÓN ARTEIXO	80	0:23:16	02:09	68	1:06:25	36.14	01:04	173	0:44:13	<b>2:17:05</b>	0:25:18
97	325	ANGEL PAZ BERMÚDEZ	LAMARGHA-BEARIZ TRIATLÓN	85	0:23:23	02:02	145	1:09:47	34.4	00:52	92	0:41:04	<b>2:17:06</b>	0:25:19
98	80	MIGUEL DAFONTE MARTÍNEZ	LICENZA DE 1 DÍA	81	0:23:18	02:55	121	1:08:42	34.94	00:51	103	0:41:26	<b>2:17:10</b>	0:25:23
99	146	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI 498	150	0:24:55	02:14	84	1:07:07	35.76	00:43	124	0:42:15	<b>2:17:12</b>	0:25:25
100	118	RUBEN VAZQUEZ MAGARIÑOS	CLUB CICLISMO-TRIATLON PO	183	0:25:30	02:35	59	1:06:02	36.35	00:44	128	0:42:26	<b>2:17:15</b>	0:25:28
101	249	RAMÓN VALIÑAS MARTINEZ	TRIATLON VILAGARCÍA/ATENA	76	0:23:08	02:29	72	1:06:37	36.04	01:06	167	0:44:04	<b>2:17:21</b>	0:25:34
102	261	JOSE MANUEL FERNÁNDEZ MÉNDE	CORREDORES DO MIÑO	226	0:27:09	02:14	94	1:07:28	35.58	00:53	57	0:39:43	<b>2:17:25</b>	0:25:38
103	40	DANIEL MARTINEZ GOMEZ	TRI OURENSE	97	0:23:40	02:28	170	1:10:46	33.92	01:04	50	0:39:29	<b>2:17:25</b>	0:25:38
104	123	MARCOS COSTA PEREIRA	CIDADE DE LUGO FLUVIAL	129	0:24:24	02:22	135	1:09:14	34.67	00:53	76	0:40:42	<b>2:17:33</b>	0:25:46
105	102	JESUS FRANCISCO GOMEZ SANTOS	NOSPORTLIMIT	33	0:21:20	02:29	143	1:09:43	34.43	00:53	151	0:43:16	<b>2:17:39</b>	0:25:52
106	206	RAMÓN LUIS CARNOTA MÉNDEZ	NOSPORTLIMIT	24	0:21:05	02:36	120	1:08:38	34.97	00:44	191	0:44:51	<b>2:17:52</b>	0:26:05
107	302	MIGUEL DAVID FERNÁNDEZ GARCÍA	CLUB NATACIÓN RIVEIRA	47	0:22:06	02:28	137	1:09:16	34.65	01:07	145	0:43:01	<b>2:17:56</b>	0:26:09
108	122	FRANCISCO SANCHEZ MENDEZ	INDEPENDENTE	62	0:22:48	02:18	88	1:07:13	35.71	00:50	193	0:44:54	<b>2:18:00</b>	0:26:13

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
109	78	DAVID DOMÍNGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	87	0:23:25	02:13	130	1:09:10	34.71	00:50	131	0:42:32	<b>2:18:09</b>	0:26:22
110	265	CARLOS GARCIA BLANCO	TRIATLON VILAGARCÍA/ATENA	142	0:24:49	02:29	98	1:07:45	35.43	00:41	130	0:42:31	<b>2:18:13</b>	0:26:26
111	90	MARCOS ROGELIO ALONSO GONZA	CLUB TRIATLÓN MAR DE VIGO	244	0:27:45	02:10	103	1:07:48	35.4	00:56	53	0:39:39	<b>2:18:15</b>	0:26:28
112	26	ADRIÁN SOUTO IGLESIAS	A.D. FOGAR	86	0:23:25	02:34	176	1:10:59	33.82	00:47	81	0:40:45	<b>2:18:27</b>	0:26:40
113	382	JOSE ANDRES ALDREY VARELA	CLUB TRIATLÓN CORUÑA	38	0:21:27	02:06	113	1:08:28	35.06	00:48	214	0:45:57	<b>2:18:43</b>	0:26:56
114	371	XOSÉ MIGUEL CARBALLO GONZÁLE	TRI OURENSE	51	0:22:20	02:59	134	1:09:14	34.67	01:03	148	0:43:11	<b>2:18:45</b>	0:26:58
115	113	LUCAS DEL RIO CORTEGOSO	CLUB TRIATLÓN MORRAZO	123	0:24:19	02:18	157	1:10:07	34.23	01:10	90	0:41:03	<b>2:18:55</b>	0:27:08
116	116	MANUEL ALEJANDRO TORRECILLA	CLUB TRIATLÓN MAR DE VIGO	238	0:27:34	02:09	118	1:08:36	34.99	00:44	61	0:39:54	<b>2:18:57</b>	0:27:10
117	362	LUÍS ALBERTO DIAZ PORTAS	CLUB ATLETISMO PORRIÑO	99	0:23:44	02:45	129	1:09:02	34.77	00:55	136	0:42:43	<b>2:19:06</b>	0:27:19
118	174	CARLOS MIGUEL FIDALGO RODRIG	C. TRIATLON OURENSE	191	0:25:50	02:35	66	1:06:24	36.15	01:08	150	0:43:15	<b>2:19:10</b>	0:27:23
119	112	JOSE ANTONIO GOLPE IGLESIAS	TRIATLÓN P.C. RIAS BAIXAS	43	0:21:51	01:50	178	1:11:02	33.79	00:44	165	0:43:55	<b>2:19:20</b>	0:27:33
120	321	CARLOS BARREIRO ALVAREZ	ATLETISMO BAIONA	45	0:21:58	02:14	110	1:08:19	35.13	01:00	219	0:46:12	<b>2:19:40</b>	0:27:53
121	92	LUIS ANTONIO RILO GONZALEZ-VAL	TRIATLÓN FERROL	78	0:23:10	02:55	180	1:11:05	33.77	00:54	106	0:41:38	<b>2:19:40</b>	0:27:53
122	184	JOSE ANTONIO QUINTAS CASTRO	LICENZA DE 1 DÍA	216	0:26:47	02:27	97	1:07:42	35.46	00:50	119	0:42:01	<b>2:19:44</b>	0:27:57
123	29	JAVIER GIRALDEZ PIÑEIRO	ATLETISMO BAIONA	134	0:24:29	02:20	112	1:08:25	35.09	00:56	158	0:43:37	<b>2:19:44</b>	0:27:57
124	347	JOSE LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	211	0:26:33	02:16	100	1:07:46	35.42	00:44	134	0:42:36	<b>2:19:54</b>	0:28:07
125	99	JORGE CAMAÑO RIVEIRO	CLUB TRIATLÓN MORRAZO	174	0:25:16	03:05	144	1:09:46	34.41	01:05	85	0:40:49	<b>2:19:59</b>	0:28:12
126	135	JOSE MARIA LORENZO LORENZO	CLUB TRIATLÓN MORRAZO	148	0:24:55	02:19	242	1:14:24	32.26	00:56	18	0:37:27	<b>2:20:00</b>	0:28:13
127	281	SANTIAGO GARCIA GONZALEZ	LAMARGHA-BEARIZ TRIATLÓN	181	0:25:26	03:31	206	1:12:22	33.17	01:13	19	0:37:32	<b>2:20:01</b>	0:28:14
128	170	IVÁN VEIGA RAPOSO	CIDADE DE LUGO FLUVIAL	48	0:22:08	02:17	224	1:13:06	32.84	00:57	107	0:41:39	<b>2:20:06</b>	0:28:19
129	15	JUAN PAZOS EIROA	TRIATLÓN P.C. RIAS BAIXAS	257	0:28:10	02:07	124	1:08:53	34.85	00:39	70	0:40:22	<b>2:20:09</b>	0:28:22
130	223	ROBERTO GONZÁLEZ LOMBA	LICENZA DE 1 DÍA	131	0:24:27	02:35	196	1:11:45	33.45	00:44	82	0:40:45	<b>2:20:14</b>	0:28:27
131	369	JOSE LUIS NAYA ORGEIRA	NOSPORTLIMIT	280	0:29:26	02:59	73	1:06:37	36.03	00:55	69	0:40:21	<b>2:20:15</b>	0:28:28
132	370	ARTURO PASANTES VIDAL	TRIATLÓN COSTA DA MORTE	266	0:28:24	02:45	82	1:07:00	35.83	00:56	97	0:41:15	<b>2:20:19</b>	0:28:32
133	274	LUÍS VILA ARIAS	CIDADE DE LUGO FLUVIAL	137	0:24:42	02:31	167	1:10:39	33.97			11:27:45	<b>2:20:23</b>	0:28:36
134	58	IÑAKI ANDRADE FERNANDEZ	TRIVIGO BOYER TRIATHLON	74	0:23:00	02:35	131	1:09:11	34.69	01:14	182	0:44:26	<b>2:20:25</b>	0:28:38
135	236	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	119	0:24:15	02:41	116	1:08:30	35.04	00:46	178	0:44:17	<b>2:20:27</b>	0:28:40
136	239	DANIEL LOPEZ RODRIGUEZ	TRINORTH	188	0:25:38	03:41	52	1:05:37	36.58	01:10	183	0:44:29	<b>2:20:32</b>	0:28:45
137	13	DIEGO BLANCO MARTÍNEZ	CLUB TRIATLÓN MAR DE VIGO	180	0:25:24	02:27	153	1:10:00	34.29	00:57	123	0:42:12	<b>2:20:57</b>	0:29:10
138	306	JOSE ALBERTO CASTELO SÁNCHEZ	LICENZA DE 1 DÍA	195	0:25:58	02:44	70	1:06:29	36.1	01:09	189	0:44:43	<b>2:21:01</b>	0:29:14
139	86	ALEJANDRO RODRIGUEZ FRAGUEL	CLUB NATACIÓN LICEO	197	0:26:03	02:51	146	1:09:49	34.38	01:15	99	0:41:17	<b>2:21:13</b>	0:29:26
140	363	LUIS ANGEL CASTELO SANCHEZ	LICENZA DE 1 DÍA	96	0:23:40	03:14	90	1:07:15	35.7	01:05	218	0:46:07	<b>2:21:18</b>	0:29:31
141	335	MANUEL LORENZO MEJUTO	CIDADE DE LUGO FLUVIAL	179	0:25:23	03:20	132	1:09:11	34.69	00:57	129	0:42:31	<b>2:21:20</b>	0:29:33
142	39	EDGAR BALBOA BESADA	TEAM CORBELO	135	0:24:29	02:15	44	1:05:05	36.88	00:54	258	0:48:46	<b>2:21:26</b>	0:29:39
143	216	MIGUEL ÁNGEL GONZÁLEZ CAL	CLUB TRIATLÓN CORUÑA	82	0:23:18	02:26	154	1:10:01	34.28	00:48	196	0:44:57	<b>2:21:28</b>	0:29:41
144	161	FRANCISCO DAMIÁN BLANCO GARC	TRINORTH	194	0:25:56	02:35	125	1:08:55	34.83	01:03	147	0:43:09	<b>2:21:36</b>	0:29:49
145	280	IVAN BUENO HERMIDA	TRIATLÓN COSTA DA MORTE	306	0:30:24	02:23	63	1:06:11	36.27	00:50	117	0:41:53	<b>2:21:39</b>	0:29:52
146	141	ROBERTO GARCÍA VIÑAS	CLUB TRIATLÓN CORUÑA	23	0:20:53	02:23	232	1:13:32	32.64	01:07	162	0:43:47	<b>2:21:41</b>	0:29:54
147	49	HÉCTOR SIMÓN MARTÍNEZ	NOSPORTLIMIT	166	0:25:08	02:35	216	1:12:44	33	00:52	72	0:40:34	<b>2:21:51</b>	0:30:04
148	42	ÁNGEL GIRÁLDEZ PIÑEIRO	ATLETISMO BAIONA	267	0:28:26	02:10	150	1:09:52	34.35	00:47	77	0:40:42	<b>2:21:55</b>	0:30:08
149	101	JAVIER RIVAS LÓPEZ	CLUB DEPORTIVO PINARIUM	279	0:29:24	02:35	148	1:09:51	34.36	00:48	49	0:39:24	<b>2:22:01</b>	0:30:14
150	59	IVAN LOPEZ NOVO	NOSPORTLIMIT	92	0:23:30	03:23	194	1:11:35	33.53	00:55	139	0:42:47	<b>2:22:08</b>	0:30:21
151	158	ALBERTO AGÍS GRAÑA	CLUB CICLISMO-TRIATLON PO	189	0:25:41	02:23	140	1:09:25	34.58	01:05	164	0:43:52	<b>2:22:24</b>	0:30:37
152	200	MARCOS PERISCAL REY	ASOCIACIÓN DEPORTIVA MED	176	0:25:20	02:13	123	1:08:50	34.87	01:06	200	0:45:06	<b>2:22:33</b>	0:30:46
153	22	JOSE LUIS AMENEIROS GOMEZ	TEAM CORBELO	177	0:25:21	02:19	228	1:13:22	32.72	00:50	84	0:40:48	<b>2:22:37</b>	0:30:50
154	220	ANGEL PAZÓ PEREZ	TRIVIGO BOYER TRIATHLON	122	0:24:17	02:33	185	1:11:17	33.67	01:16	152	0:43:18	<b>2:22:39</b>	0:30:52
155	57	DAVID VALES VEIGA	TRIATLÓN P.C. RIAS BAIXAS	98	0:23:40	02:25	49	1:05:31	36.64	00:50	282	0:50:19	<b>2:22:43</b>	0:30:56
156	215	RUBÉN CAMBRA FERNÁNDEZ	LICENZA DE 1 DÍA	265	0:28:23	03:14	57	1:05:58	36.38	00:55	180	0:44:20	<b>2:22:49</b>	0:31:02
157	76	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT	281	0:29:27	02:33	104	1:07:49	35.39	01:07	118	0:41:57	<b>2:22:52</b>	0:31:05
158	126	MOISES ARDAO MULET	LICENZA DE 1 DÍA	256	0:28:06	02:52	9	1:02:16	38.54	01:29	247	0:48:12	<b>2:22:53</b>	0:31:06
159	41	PABLO DOMÍNGUEZ VILA	LICENZA DE 1 DÍA	83	0:23:19	02:22	193	1:11:35	33.53	01:37	168	0:44:04	<b>2:22:55</b>	0:31:08
160	304	FERNANDO REGO PÉREZ	LICENZA DE 1 DÍA	121	0:24:17	02:47	173	1:10:51	33.88	01:05	169	0:44:06	<b>2:23:05</b>	0:31:18
161	238	JORGE MASSÓ AGUADO	CLUB ATLETISMO PORRIÑO	9	0:19:04	02:39	190	1:11:24	33.62	00:54	269	0:49:16	<b>2:23:15</b>	0:31:28
162	74	DIEGO VILA CID	NATACIÓN PABELLÓN OUREN	52	0:22:22	02:34	160	1:10:28	34.06	00:55	230	0:47:02	<b>2:23:19</b>	0:31:32
163	332	DAVID VAZQUEZ RODRIGUEZ	LICENZA DE 1 DÍA	126	0:24:22	02:35	179	1:11:02	33.79	00:41	188	0:44:43	<b>2:23:21</b>	0:31:34
164	134	VICENTE RUBEN JIMENEZ GURREA	NOSPORTLIMIT	146	0:24:54	02:51	246	1:14:48	32.09	01:26	51	0:39:31	<b>2:23:27</b>	0:31:40
165	263	ISIDRO DOMÍNGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	159	0:25:00	02:20	177	1:10:59	33.82	00:55	179	0:44:17	<b>2:23:29</b>	0:31:42
166	56	ALEJANDRO GERINO CALVO FERNA	CLUB TRIATLÓN MAR DE VIGO	130	0:24:27	03:04	158	1:10:19	34.14	01:08	185	0:44:35	<b>2:23:30</b>	0:31:43
167	293	MIGUEL ANGEL GIL GONZALEZ	CLUB ATLETISMO PORRIÑO	141	0:24:48	02:44	162	1:10:30	34.05	00:53	187	0:44:43	<b>2:23:35</b>	0:31:48
168	250	PEDRO PÉREZ GAGO	TRIATLON VILAGARCÍA/ATENA	210	0:26:29	02:27	165	1:10:36	34	00:44	161	0:43:45	<b>2:23:59</b>	0:32:12
169	266	JORGE PEREZ FERNANDEZ	LICENZA DE 1 DÍA	109	0:24:04	02:54	80	1:06:55	35.87	01:22	260	0:48:48	<b>2:24:00</b>	0:32:13
170	186	ALBERTO GONZÁLEZ DUARTE	CLUB TRIATLÓN CORUÑA	147	0:24:54	02:10	236	1:13:51	32.5	00:54	125	0:42:16	<b>2:24:05</b>	0:32:18
171	313	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT	161	0:25:05	02:45	108	1:08:09	35.22	01:06	233	0:47:09	<b>2:24:11</b>	0:32:24
172	139	PABLO OTERO PIÑEIRO	CLUB TRIATLÓN MORRAZO	139	0:24:46	03:02	189	1:11:23	33.63	00:51	177	0:44:16	<b>2:24:16</b>	0:32:29
173	279	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLÓN MAR DE VIGO	220	0:27:01	03:12	136	1:09:15	34.66	00:54	166	0:43:58	<b>2:24:18</b>	0:32:31



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
174	125	DIEGO SOTO VÁZQUEZ	LAMARGHA-BEARIZ TRIATLÓN	132	0:24:28	02:49	240	1:14:08	32.37	00:52	122	0:42:05	<b>2:24:20</b>	0:32:33
175	328	JAVIER PUENTE DÍAZ	LICENZA DE 1 DÍA	30	0:21:16	03:20	197	1:11:45	33.45	00:56	232	0:47:07	<b>2:24:23</b>	0:32:36
176	35	JAVIER DÍAZ CID	TRI OURENSE	94	0:23:33	02:58	198	1:11:47	33.44	01:27	195	0:44:55	<b>2:24:37</b>	0:32:50
177	282	MARCOS LAGO CASTRO	HÉRCULES XTREM	213	0:26:38	02:56	166	1:10:38	33.99	00:56	157	0:43:34	<b>2:24:40</b>	0:32:53
178	205	CARLOS BEIRO GONZALEZ	TRIATLÓN COSTA DA MORTE	240	0:27:38	02:12	217	1:12:45	32.99	00:50	102	0:41:24	<b>2:24:46</b>	0:32:59
179	356	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	237	0:27:26	02:23	208	1:12:24	33.16	01:35	89	0:41:02	<b>2:24:47</b>	0:33:00
180	110	MIGUEL GONZALEZ RODRIGUEZ	LICENZA DE 1 DÍA	217	0:26:57	02:40	229	1:13:23	32.71	00:56	87	0:40:58	<b>2:24:53</b>	0:33:06
181	340	SANTIAGO BESADA BRUNET	SIRENO TRIATLÓN CLUB	219	0:27:00	02:32	202	1:12:14	33.23	00:47	127	0:42:25	<b>2:24:56</b>	0:33:09
182	222	DAVID LORENZO GARCIA	TRIATLÓN P.C. RIAS BAIXAS	228	0:27:10	02:28	174	1:10:58	33.82	01:10	149	0:43:13	<b>2:24:57</b>	0:33:10
183	28	LUIS JESUS IGLESIAS FERNÁNDEZ	TRI OURENSE	153	0:24:57	02:48	259	1:15:43	31.7	01:25	65	0:40:07	<b>2:24:58</b>	0:33:11
184	329	JAVIER CRUCES FERNANDEZ	ATLETISMO BAIONA	49	0:22:15	02:31	187	1:11:19	33.65	00:54	243	0:48:01	<b>2:24:59</b>	0:33:12
185	327	ANTONIO FERNANDEZ DURAN	TRIATLÓN COSTA DA MORTE	111	0:24:06	02:27	223	1:13:05	32.84	01:03	184	0:44:33	<b>2:25:13</b>	0:33:26
186	232	ÓSCAR GONZÁLEZ GOMEZ	LAMARGHA-BEARIZ TRIATLÓN	225	0:27:08	03:13	205	1:12:18	33.2	01:00	108	0:41:40	<b>2:25:16</b>	0:33:29
187	11	ÍÑIGO MARTÍNEZ MARTÍNEZ	CLUB DEPORTIVO PINARIUM	259	0:28:15	02:20	117	1:08:33	35.02	00:56	208	0:45:34	<b>2:25:37</b>	0:33:50
188	243	VÍCTOR FERNÁNDEZ VÁZQUEZ	MONTE PENARUBIA RUNNING	182	0:25:29	03:11	199	1:11:55	33.38	00:59	174	0:44:13	<b>2:25:45</b>	0:33:58
189	251	PABLO GONZALEZ MENDEZ	MONTE PENARUBIA RUNNING	204	0:26:21	02:52	188	1:11:21	33.64	01:00	175	0:44:13	<b>2:25:45</b>	0:33:58
190	384	JOSE MANUEL QUINTEIRO GOMEZ	ASOCIACIÓN DEPORTIVA C.A.	223	0:27:06	02:50	127	1:08:58	34.81	01:17	209	0:45:40	<b>2:25:48</b>	0:34:01
191	27	DANIEL SÁNCHEZ VALENCIA	C. TRIATLÓN OURENSE	230	0:27:13	02:47	191	1:11:25	33.61	01:14	155	0:43:30	<b>2:26:07</b>	0:34:20
192	299	ANTONIO REY CARBALLEDA	TRIATLÓN MOTOBIKE GALAIC	196	0:26:01	02:50	227	1:13:20	32.73	01:22	133	0:42:35	<b>2:26:07</b>	0:34:20
193	168	LUCAS GONZÁLEZ ROCHA	NOSPORTLIMIT	242	0:27:40	02:37	122	1:08:46	34.91	01:24	212	0:45:44	<b>2:26:09</b>	0:34:22
194	372	FRANCISCO GIL ALONSO	LICENZA DE 1 DÍA	128	0:24:22	02:44	237	1:14:02	32.42	00:53	172	0:44:12	<b>2:26:12</b>	0:34:25
195	343	EMILIO GONZALEZ GARCIA	ASOCIACIÓN DEPORTIVA MED	118	0:24:14	02:46	114	1:08:29	35.05	00:53	275	0:50:03	<b>2:26:23</b>	0:34:36
196	36	NAHUM VALVERDE RUIBAL	LICENZA DE 1 DÍA	77	0:23:10	04:14	211	1:12:29	33.12	01:05	207	0:45:34	<b>2:26:30</b>	0:34:43
197	175	PEDRO GONZÁLEZ BLANCO	ARTROGAL-TRI 498	227	0:27:09	03:02	164	1:10:31	34.04	01:15	190	0:44:45	<b>2:26:40</b>	0:34:53
198	132	ANTÓN DAPENA PIÑEIRO	CLUB TRIATLÓN MAR DE VIGO	160	0:25:03	03:33	172	1:10:48	33.9	01:41	213	0:45:48	<b>2:26:52</b>	0:35:05
199	182	ALBERTO GIL RIOBÓ	CLUB TRIATLÓN MORRAZO	200	0:26:11	02:21	239	1:14:06	32.39	00:56	154	0:43:28	<b>2:26:59</b>	0:35:12
200	143	JOSE MANUEL OMIL IGLESIAS	CLUB DEPORTIVO PINARIUM	301	0:30:05	02:39	235	1:13:44	32.55	01:02	52	0:39:36	<b>2:27:03</b>	0:35:16
201	260	JUAN MANUEL MENDEZ FROJAN	ARTROGAL-TRI 498	149	0:24:55	02:57	226	1:13:14	32.77	01:05	194	0:44:54	<b>2:27:04</b>	0:35:17
202	290	PEDRO MIGUEL ALONSO	TRIVIGO BOYER TRIATHLON	156	0:25:00	03:10	203	1:12:16	33.21	01:10	206	0:45:31	<b>2:27:05</b>	0:35:18
203	95	MARTIN PROL CAMBADOS	TRIATLÓN P.C. RIAS BAIXAS	313	0:31:23	02:26	111	1:08:21	35.12	01:26	159	0:43:39	<b>2:27:13</b>	0:35:26
204	173	JAIRO PRIETO CAAMAÑO	TRIATLÓN COSTA DA MORTE	299	0:29:56	02:33	151	1:09:52	34.35	00:44	176	0:44:15	<b>2:27:19</b>	0:35:32
205	109	BORJA ROPERO BLANCO	LICENZA DE 1 DÍA	273	0:28:42	02:27	219	1:12:53	32.93	00:47	132	0:42:34	<b>2:27:20</b>	0:35:33
206	154	RAFAEL BARRERAS GARCÍA	LICENZA DE 1 DÍA	203	0:26:19	02:20	183	1:11:14	33.7	01:11	221	0:46:25	<b>2:27:26</b>	0:35:39
207	316	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLÓN MAR DE VIGO	71	0:22:58	03:44	79	1:06:52	35.9	01:38	296	0:52:35	<b>2:27:45</b>	0:35:58
208	70	AITOR LOSADA GARCIA	NOSPORTLIMIT	157	0:25:00	02:20	184	1:11:14	33.7	01:08	249	0:48:17	<b>2:27:56</b>	0:36:09
209	283	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	105	0:23:57	02:22	192	1:11:34	33.54	01:00	268	0:49:08	<b>2:28:00</b>	0:36:13
210	138	GERMAN MONTOTO PEREIRA	LICENZA DE 1 DÍA	289	0:29:34	02:35	220	1:12:55	32.92	01:30	104	0:41:32	<b>2:28:04</b>	0:36:17
211	379	JOSÉ ÁNGEL JURADO ALBARRACÍN	CLUB TRIATLÓN CORUÑA	172	0:25:15	02:50	181	1:11:11	33.72	01:01	244	0:48:01	<b>2:28:17</b>	0:36:30
212	307	FERNANDO SINES CRESPO	NOSPORTLIMIT	113	0:24:08	03:08	204	1:12:17	33.2	01:20	239	0:47:38	<b>2:28:29</b>	0:36:42
213	295	AGUSTÍN LORENZO FUSTÉ	CLUB TRIATLÓN MORRAZO	95	0:23:38	02:08	159	1:10:26	34.08	01:05	290	0:51:19	<b>2:28:33</b>	0:36:46
214	301	JOAQUÍN MINIÑO MARTÍNEZ	ATLETISMO BAIONA	234	0:27:21	02:29	222	1:13:04	32.85	00:52	203	0:45:20	<b>2:29:04</b>	0:37:17
215	159	GONZALO GONZÁLEZ-NUEVO GONZ	ATLETISMO BAIONA	162	0:25:06	02:51	119	1:08:38	34.97	01:18	287	0:51:13	<b>2:29:04</b>	0:37:17
216	98	ALEJANDRO TOURIÑO VÁZQUEZ	LICENZA DE 1 DÍA	255	0:28:02	03:49	156	1:10:07	34.23	01:16	216	0:46:05	<b>2:29:17</b>	0:37:30
217	213	MANUEL DOMINGUEZ DE LA FUENT	LAMARGHA-BEARIZ TRIATLÓN	268	0:28:28	03:06	248	1:14:55	32.04	01:14	112	0:41:44	<b>2:29:25</b>	0:37:38
218	326	JAVIER CONTRERAS AMOEDA	CLUB TRIATLÓN MAR DE VIGO	187	0:25:36	02:37	214	1:12:34	33.07	01:07	241	0:47:42	<b>2:29:34</b>	0:37:47
219	350	JOSE EUGENIO LEDO NOVOA	LICENZA DE 1 DÍA	102	0:23:52	02:40	262	1:15:46	31.68	01:07	220	0:46:15	<b>2:29:37</b>	0:37:50
220	198	IAGO QUIROGA FERNANDEZ	TRINORTH	198	0:26:09	02:47	257	1:15:31	31.78	00:52	181	0:44:25	<b>2:29:42</b>	0:37:55
221	202	ALBERTO RODRIGUEZ TUBIO	TRINORTH	251	0:27:57	02:53	213	1:12:33	33.08	00:53	204	0:45:28	<b>2:29:42</b>	0:37:55
222	131	GONZALO LÓPEZ OSORIO	CORREDORES DO MIÑO	154	0:24:58	02:25	207	1:12:22	33.17	01:09	263	0:48:54	<b>2:29:46</b>	0:37:59
223	153	GERARDO MIGUEL CALVO LÓPEZ	CLUB CICLISMO-TRIATLON PO	143	0:24:49	02:22	234	1:13:42	32.57	01:06	248	0:48:13	<b>2:30:11</b>	0:38:24
224	164	JESUS ALONSO ALVAREZ	ATLETISMO BAIONA	185	0:25:35	03:13	215	1:12:38	33.05	01:12	240	0:47:38	<b>2:30:13</b>	0:38:26
225	50	SERGIO PÉREZ TREUS	CLUB NATACIÓN RIVEIRA	199	0:26:09	02:59	251	1:15:13	31.91	00:51	201	0:45:08	<b>2:30:19</b>	0:38:32
226	137	ÓSCAR RODRÍGUEZ OTERO	CLUB ATLETISMO PORRIÑO	231	0:27:14	02:19	243	1:14:29	32.22	01:44	186	0:44:39	<b>2:30:24</b>	0:38:37
227	71	ALEJANDRO IGLESIAS GARCIA	TALLERES DAVID TRIATLÓN C	170	0:25:10	03:18	255	1:15:25	31.82	01:19	205	0:45:28	<b>2:30:38</b>	0:38:51
228	294	JAVIER FERNANDEZ LOPEZ	LICENZA DE 1 DÍA	235	0:27:22	02:31	245	1:14:34	32.19	01:16	197	0:44:58	<b>2:30:39</b>	0:38:52
229	197	OSCAR DIAZ PRADO	CLUB TRIATLÓN MAR DE VIGO	277	0:29:15	02:56	201	1:12:12	33.24	01:21	199	0:45:00	<b>2:30:43</b>	0:38:56
230	254	MARCOS OTERO LEDO	CIDADE DE LUGO FLUVIAL	262	0:28:21	02:58	182	1:11:11	33.72	01:09	237	0:47:32	<b>2:31:09</b>	0:39:22
231	241	JUAN CARLOS CASTRO VIDAL	LICENZA DE 1 DÍA	274	0:28:57	03:01	155	1:10:01	34.28	00:53	253	0:48:36	<b>2:31:26</b>	0:39:39
232	196	MIGUEL ÁNGEL BLACH ITALIANI	LICENZA DE 1 DÍA	145	0:24:53	03:10	212	1:12:30	33.11	00:52	280	0:50:15	<b>2:31:38</b>	0:39:51
233	385	JAVIER RODRIGUEZ SARMIENTO	LAMARGHA-BEARIZ TRIATLÓN	258	0:28:11	03:12	171	1:10:46	33.92	01:07	255	0:48:38	<b>2:31:54</b>	0:40:07
234	269	BRUNO PEREZ LORENZO	ATLETISMO BAIONA	229	0:27:13	03:29	281	1:17:40	30.9	00:59	142	0:42:57	<b>2:32:16</b>	0:40:29
235	339	PABLO PEREZ BLANCO	LICENZA DE 1 DÍA	278	0:29:20	03:15	263	1:15:53	31.63	00:57	141	0:42:56	<b>2:32:20</b>	0:40:33
236	273	VÍCTOR HUGO PÉREZ VELOSO	C. TRIATLÓN OURENSE	291	0:29:35	02:48	161	1:10:28	34.06	01:08	256	0:48:40	<b>2:32:38</b>	0:40:51
237	52	PABLO MANZANARES VAQUERO	LICENZA DE 1 DÍA	171	0:25:11	03:18	294	1:19:29	30.2	01:00	160	0:43:44	<b>2:32:40</b>	0:40:53
238	190	ALFREDO FERREIRO DEAÑO	LAMARGHA-BEARIZ TRIATLÓN	261	0:28:21	03:12	287	1:18:24	30.62	00:54	116	0:41:53	<b>2:32:42</b>	0:40:55

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
239	259	ALFREDO SIO UHIA	TRINORTH	60	0:22:45	02:11	273	1:16:41	31.3	01:13	281	0:50:16	<b>2:33:04</b>	0:41:17
240	33	CARLOS ENRIQUE GUTIÉRREZ GON	CLUB TRIATLÓN MAR DE VIGO	326	0:36:14	02:07	247	1:14:53	32.05	00:57	46	0:39:11	<b>2:33:20</b>	0:41:33
241	276	ROBERTO CARLOS SANTOS FERNA	CLUB TRIATLÓN MORRAZO	224	0:27:07	02:33	254	1:15:23	31.84	01:01	236	0:47:30	<b>2:33:31</b>	0:41:44
242	348	JOSÉ JAVIER NOVOA SIERRA	CORREDORES DO MIÑO	246	0:27:49	02:50	264	1:16:01	31.58	01:02	215	0:46:00	<b>2:33:38</b>	0:41:51
243	201	DAVID COUCEIRO RIVERA	ARTROGAL-TRI 498	212	0:26:35	03:49	279	1:17:23	31.02	01:09	192	0:44:53	<b>2:33:47</b>	0:42:00
244	240	JUAN LUIS FERNÁNDEZ LÓPEZ	LICENZA DE 1 DÍA	158	0:25:00	02:58	276	1:16:56	31.2	01:00	252	0:48:25	<b>2:34:18</b>	0:42:31
245	342	JUAN RODRÍGUEZ VÁZQUEZ	CLUB TRIATLÓN CORUÑA	282	0:29:28	04:03	168	1:10:40	33.97	01:18	264	0:48:59	<b>2:34:27</b>	0:42:40
246	395	JORGE SANMARTIN ALONSO	LAMARGHA-BEARIZ TRIATLÓN	284	0:29:31	04:15	209	1:12:26	33.14	01:09	234	0:47:11	<b>2:34:30</b>	0:42:43
247	331	JOSE MANUEL BELLO CASTRO	LICENZA DE 1 DÍA	218	0:27:00	02:58	256	1:15:29	31.8	01:14	245	0:48:05	<b>2:34:44</b>	0:42:57
248	224	JUAN ANTONIO GOMEZ ÁLVAREZ	CLUB TRIATLÓN MAR DE VIGO	276	0:29:13	02:44	275	1:16:54	31.21	00:58	202	0:45:13	<b>2:35:00</b>	0:43:13
249	212	ALEJANDRO FERNÁNDEZ RAMOS	NOSPORTLIMIT	308	0:30:27	02:48	274	1:16:45	31.27	01:06	171	0:44:11	<b>2:35:14</b>	0:43:27
250	381	JOSE MANUEL VAZQUEZ VARELA	CLUB TRIATLÓN MAR DE VIGO	136	0:24:33	03:08	258	1:15:35	31.75	01:09	285	0:50:56	<b>2:35:19</b>	0:43:32
251	270	SERGIO GONZÁLEZ ALONSO	CLUB TRIATLÓN MAR DE VIGO	215	0:26:42	02:24	271	1:16:37	31.33	01:01	254	0:48:37	<b>2:35:20</b>	0:43:33
252	142	ANTONIO NUÑEZ MUÑOZ	ASOCIACIÓN DEPORTIVA MED	314	0:31:27	02:47	200	1:11:58	33.35	01:32	242	0:47:47	<b>2:35:29</b>	0:43:42
253	391	JOSE HUMBERTO GALLIDORO DEL	ATLETISMO BAIONA	295	0:29:42	02:58	230	1:13:26	32.68	01:16	246	0:48:11	<b>2:35:31</b>	0:43:44
254	296	JOSE RUSSELL GIRALDEZ	LICENZA DE 1 DÍA	190	0:25:48	03:12	266	1:16:09	31.52	01:01	272	0:49:30	<b>2:35:37</b>	0:43:50
255	225	DAVID GONZÁLEZ CAMPOS	TRI OURENSE	286	0:29:32	03:10	260	1:15:44	31.69	00:56	224	0:46:26	<b>2:35:46</b>	0:43:59
256	119	RUBÉN SÁNCHEZ VÁZQUEZ	NOSPORTLIMIT	247	0:27:49	02:30	250	1:14:57	32.02	01:16	270	0:49:25	<b>2:35:56</b>	0:44:09
257	375	PEDRO FRANCISCO BLAZQUEZ FRA	LICENZA DE 1 DÍA	202	0:26:17	03:35	291	1:19:09	30.33	01:18	217	0:46:06	<b>2:36:23</b>	0:44:36
258	330	CARLOS CARRERA GONZALEZ	LICENZA DE 1 DÍA	233	0:27:17	02:58	268	1:16:25	31.41	01:06	257	0:48:45	<b>2:36:29</b>	0:44:42
259	88	ALEJANDRO VARELA INSUA	NOSPORTLIMIT	296	0:29:46	03:03	195	1:11:41	33.49	01:10	286	0:50:59	<b>2:36:37</b>	0:44:50
260	83	OMAR GAEL GONZALO CORREA	NOSPORTLIMIT	294	0:29:41	03:29	231	1:13:31	32.65	01:14	265	0:49:01	<b>2:36:55</b>	0:45:08
261	334	JOSE MANUEL MERA ALONSO	LICENZA DE 1 DÍA	310	0:30:35	03:02	241	1:14:23	32.27	01:31	235	0:47:26	<b>2:36:55</b>	0:45:08
262	383	JESUS TREJO MARCOS	LICENZA DE 1 DÍA	167	0:25:08	03:22	249	1:14:56	32.03	01:08	295	0:52:29	<b>2:37:02</b>	0:45:15
263	374	ANTONIO FILGUEIRAS BOUZA	TRIATLÓN FERROL	270	0:28:33	02:34	233	1:13:35	32.62	01:18	291	0:51:21	<b>2:37:18</b>	0:45:31
264	65	ADRIAN SOUSA DOMINGUEZ	LICENZA DE 1 DÍA	302	0:30:07	02:51	286	1:17:57	30.79	01:09	210	0:45:41	<b>2:37:44</b>	0:45:57
265	181	VICTOR SANLUIS LAGO	LICENZA DE 1 DÍA	248	0:27:50	04:03	252	1:15:18	31.88	01:21	271	0:49:26	<b>2:37:56</b>	0:46:09
266	318	JAVIER OJEA CENDÓN	LICENZA DE 1 DÍA	110	0:24:06	03:05	309	1:22:43	29.02	01:16	228	0:46:49	<b>2:37:57</b>	0:46:10
267	256	ENRIQUE DE LA FUENTE SANTOS	LICENZA DE 1 DÍA	271	0:28:39	03:23	272	1:16:38	31.32	01:18	251	0:48:24	<b>2:38:21</b>	0:46:34
268	91	JAVIER BARREDO AGRAX	LICENZA DE 1 DÍA	275	0:29:00	03:07	282	1:17:41	30.9	01:37	231	0:47:05	<b>2:38:27</b>	0:46:40
269	194	ANTONIO FERNÁNDEZ RODRÍGUEZ	CORREDORES DO MIÑO	243	0:27:45	02:55	269	1:16:29	31.38	01:05	283	0:50:20	<b>2:38:33</b>	0:46:46
270	155	JOSE MANUEL RODRIGUEZ PEREZ	INDEPENDENTE	175	0:25:17	02:31	298	1:20:32	29.81	01:33	261	0:48:50	<b>2:38:42</b>	0:46:55
271	398	FERNANDO HUELIN TRILLO	CIDADE DE LUGO FLUVIAL	169	0:25:10	03:00	221	1:12:56	32.91	00:52	305	0:57:05	<b>2:39:01</b>	0:47:14
272	183	DIEGO CARRERA COSTAS	CLUB TRIATLÓN MAR DE VIGO	236	0:27:23	03:34	210	1:12:28	33.13	00:59	300	0:54:45	<b>2:39:07</b>	0:47:20
273	185	FRANCISCO JOSE GARCÍA SOAGE	CLUB DEPORTIVO PINARIUM	283	0:29:31	02:57	261	1:15:45	31.69	00:56	276	0:50:03	<b>2:39:10</b>	0:47:23
274	188	DAVID TORRADO ALVAREZ	LICENZA DE 1 DÍA	206	0:26:24	03:03	278	1:17:08	31.12	01:24	289	0:51:18	<b>2:39:14</b>	0:47:27
275	47	ADRIÁN GONZÁLEZ CALVO	CORREDORES DO MIÑO	309	0:30:30	03:49	285	1:17:50	30.84	01:26	222	0:46:25	<b>2:39:58</b>	0:48:11
276	208	JUAN ANTONIO HERMIDA HERBELL	LICENZA DE 1 DÍA	272	0:28:39	03:06	283	1:17:47	30.86	00:55	274	0:49:49	<b>2:40:14</b>	0:48:27
277	87	JESÚS SÁENZ-DIEZ ROSÓN	LICENZA DE 1 DÍA	207	0:26:25	04:22	304	1:21:58	29.28	01:55	211	0:45:41	<b>2:40:18</b>	0:48:31
278	187	ALEJANDRO GONZÁLEZ DOMÍNGUE	LICENZA DE 1 DÍA	300	0:29:58	02:32	305	1:22:13	29.19	00:53	198	0:44:59	<b>2:40:33</b>	0:48:46
279	396	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT	222	0:27:03	02:59	163	1:10:31	34.04	01:30	308	0:58:41	<b>2:40:43</b>	0:48:56
280	195	LUIS RODRIGUEZ CASTRO	LICENZA DE 1 DÍA	320	0:33:24	02:44	296	1:19:37	30.15	01:01	170	0:44:10	<b>2:40:54</b>	0:49:07
281	338	ENRIQUE ALDEA SANCHEZ	LICENZA DE 1 DÍA	173	0:25:15	04:16	306	1:22:21	29.15	01:33	238	0:47:34	<b>2:40:57</b>	0:49:10
282	354	EDUARD FRANQUET SUGRAÑES	LICENZA DE 1 DÍA	288	0:29:33	03:05	277	1:17:00	31.17	01:16	277	0:50:10	<b>2:41:04</b>	0:49:17
283	360	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT	264	0:28:23	02:37	280	1:17:32	30.95	01:02	292	0:51:32	<b>2:41:04</b>	0:49:17
284	297	JULIO ALVAREZ-BUYLLA DE LA UZ	CLUB TRIATLÓN MAR DE VIGO	322	0:34:04	03:12	295	1:19:32	30.18	01:25	144	0:43:00	<b>2:41:10</b>	0:49:23
285	364	STEPHAN ANDRE JEANDON	ASOCIACIÓN DEPORTIVA MED	260	0:28:20	02:57	253	1:15:20	31.86	02:02	297	0:53:03	<b>2:41:41</b>	0:49:54
286	140	JAVIER LOPEZ PINO	LICENZA DE 1 DÍA	317	0:32:15	03:10	290	1:19:08	30.33	00:56	225	0:46:33	<b>2:41:59</b>	0:50:12
287	367	RAMIRO BLANCO MONTERO	TRISADA	201	0:26:14	03:11	270	1:16:30	31.38	01:24	302	0:54:51	<b>2:42:07</b>	0:50:20
288	284	MIGUEL ÁNGEL MEANA PEREIRO	LICENZA DE 1 DÍA	303	0:30:08	03:33	289	1:19:06	30.34	01:22	250	0:48:18	<b>2:42:26</b>	0:50:39
289	289	CARLOS RAMAS FIUSA	NOSPORTLIMIT	312	0:30:41	02:55	299	1:21:22	29.5	01:05	223	0:46:25	<b>2:42:26</b>	0:50:39
290	278	MIGUEL ANGEL CALVIÑO FERNAND	NATACIÓN PABELLÓN OUREN	165	0:25:07	03:52	313	1:23:36	28.71	01:31	267	0:49:06	<b>2:43:11</b>	0:51:24
291	322	JOSE ANTONIO MARTÍNEZ LEMA	HÉRCULES XTREM	324	0:34:27	03:19	244	1:14:33	32.19	01:07	278	0:50:12	<b>2:43:37</b>	0:51:50
292	394	OSCAR JOSÉ SURIS REGUEIRO	CLUB TRIATLÓN MAR DE VIGO	249	0:27:51	03:02	310	1:22:53	28.96	01:03	262	0:48:51	<b>2:43:39</b>	0:51:52
293	61	ADRIAN MORALES ENRIQUEZ	NOSPORTLIMIT	285	0:29:31	03:17	292	1:19:25	30.22	01:15	279	0:50:14	<b>2:43:40</b>	0:51:53
294	230	FEDERICO LÓPEZ FERREIRO	NOSPORTLIMIT	304	0:30:09	03:04	297	1:20:17	29.9	01:09	266	0:49:04	<b>2:43:41</b>	0:51:54
295	397	FELIX SANCHEZ ALONSO	CORREDORES DO MIÑO	311	0:30:39	05:12	267	1:16:18	31.46	01:59	273	0:49:45	<b>2:43:51</b>	0:52:04
296	341	JESUS ALONSO DA SILVA	LICENZA DE 1 DÍA	315	0:31:57	02:30	307	1:22:26	29.12	01:21	227	0:46:45	<b>2:44:57</b>	0:53:10
297	359	JAVIER RIVERO VEIGA	CLUB DEPORTIVO PINARIUM	241	0:27:38	03:26	265	1:16:06	31.54	01:35	304	0:56:35	<b>2:45:18</b>	0:53:31
298	252	JOSE CARLOS VILAR REY	TRINORTH	297	0:29:49	02:56	293	1:19:26	30.22	01:08	293	0:52:03	<b>2:45:20</b>	0:53:33
299	257	JOSÉ PEDREIRA GARCÍA	NOSPORTLIMIT	292	0:29:38	03:38	288	1:18:33	30.56	01:43	294	0:52:18	<b>2:45:48</b>	0:54:01
300	262	DAVID ABAD GREGORIO	LICENZA DE 1 DÍA	316	0:32:07	02:47	312	1:23:06	28.88	01:13	229	0:46:50	<b>2:46:02</b>	0:54:15
301	237	TOMAS COELLO PENA-MANSO	CLUB CICLISTA RIAZOR	232	0:27:15	02:50	317	1:26:12	27.85	01:17	284	0:50:30	<b>2:48:00</b>	0:56:13
302	365	RICARDO RODRÍGUEZ PIÑEIRO	LICENZA DE 1 DÍA	305	0:30:09	04:03	308	1:22:31	29.09	02:23	288	0:51:16	<b>2:50:20</b>	0:58:33
303	400	EDUARDO VIEIRA MONTENEGRO	LICENZA DE 1 DÍA	323	0:34:06	04:07	303	1:21:55	29.3	01:33	259	0:48:46	<b>2:50:26</b>	0:58:39

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
304	245	SERGIO COUTO WÖRNER	HÉRCULES XTREM	307	0:30:25	03:31	311	1:22:54	28.95	01:28	299	0:54:04	<b>2:52:20</b>	1:00:33
305	167	JORGE GONZALEZ ALVAREZ	CLUB TRIATLÓN MORRAZO	254	0:28:00	04:01	316	1:24:45	28.32	01:46	307	0:57:31	<b>2:56:00</b>	1:04:13
306	351	STEPHANE BEAUVERGER	LICENZA DE 1 DÍA	319	0:33:05	05:49	302	1:21:35	29.42	01:39	301	0:54:48	<b>2:56:53</b>	1:05:06
307	346	JOSÉ MANUEL FACAL FARIÑA	LICENZA DE 1 DÍA	104	0:23:54	04:59	315	1:24:42	28.34	01:34	309	1:02:06	<b>2:57:14</b>	1:05:27
308	151	CÉSAR AUGUSTO RUIDO TABOADA	LICENZA DE 1 DÍA	318	0:32:51	04:53	300	1:21:29	29.46	02:39	303	0:55:37	<b>2:57:27</b>	1:05:40
309	376	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	327	0:38:28	02:33	301	1:21:31	29.45	01:32	298	0:53:57	<b>2:58:00</b>	1:06:13
310	12	PEDRO FERNÁNDEZ GONZÁLEZ	TRINORTH	290	0:29:35	03:15	319	1:32:06	26.06	01:50	306	0:57:21	<b>3:04:05</b>	1:12:18
311	303	JORGE DE LA FUENTE SANTOS	LICENZA DE 1 DÍA	298	0:29:50	03:35	318	1:28:09	27.23	01:49	310	1:05:07	<b>3:08:28</b>	1:16:41
312	402	MANUEL JOSE CRUCES PRADO	CLUB DEPORTIVO PINARIUM	250	0:27:54	04:40	321	1:33:08	25.77	02:24	311	1:05:44	<b>3:13:48</b>	1:22:01
DQ	54	DAVID OLIVEIRA RODRIGUEZ	CLUB ATLETISMO PORRIÑO	NON PARAR AP CICLISMO										
DQ	108	DIEGO PEREIRO ALONSO	CLUB ATLETISMO PORRIÑO	NON PARAR AP CICLISMO										
DQ	149	MARIO CALDAS LOPEZ	CLUB CICLISMO-TRIATLON PO	NON PARAR AP CICLISMO										
DQ	272	IVAN RUBIO RUBIRA	TRIATLÓN ARTEIXO	DESOBEDECER AS ORDES DUN OFICIAL EN T2										
DQ	287	JOSE SANLES PIÑEIRO	TRIATLON VILAGARCÍA/ATENA	NON PARAR AP CICLISMO										
NF	84	GUILLERMO AROSA ROUCO	CLUB DEPORTIVO PINARIUM	67	0:22:54	02:20								
NF	93	ROBERTO COCA ARIAS	LICENZA DE 1 DÍA	221	0:27:02	02:13								
NF	94	BORJA CONEJERO JORDAN	CLUB TRIATLÓN MAR DE VIGO	34	0:21:21	02:03								
NF	107	CARLOS ELISEO AÑON CEAN	ASOCIACIÓN DEPORTIVA MED	287	0:29:33	02:43								
NF	133	RICARDO BRU VAZQUEZ	LICENZA DE 1 DÍA											
NF	204	LEONARDO RAMON FRANCO LAREU	TRINORTH	293	0:29:38	02:35	238	1:14:05	32.4	01:08				
NF	214	CÉSAR CASTRO RAMOS	ASOCIACIÓN DEPORTIVA MED	245	0:27:46	03:09	284	1:17:47	30.86	01:30				
NF	221	DAVID MALLO ALONSO	TRIVIGO BOYER TRIATHLON	321	0:33:58	02:44	314	1:24:01	28.57	01:32				
NF	229	JESÚS FIGUEROA FERNANDEZ	ASOCIACIÓN DEPORTIVA C.A.	101	0:23:51									
NF	235	JOSE RAMON TRABAZO BARCALA	CLUB CICLISMO-TRIATLON PO	253	0:27:59	03:43	71	1:06:31	36.08	01:12				
NF	358	JOSE FRANCISCO SUAREZ NUÑEZ	NOSPORTLIMIT	325	0:35:18	04:16								
NF	361	JUAN MÉNDEZ LÓPEZ	TRISADA	88	0:23:27	02:37	186	1:11:17	33.67	01:19				
NF	378	JOSE DANIEL GONZALEZ CASTRO	CLUB CICLISTA RIAZOR	209	0:26:27	02:57	225	1:13:11	32.8	00:52				
NF	388	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE L	75	0:23:03	02:14	320	1:32:41	25.9					
NF	390	JESUS ANGEL RODRIGUEZ GONZAL	CLUB TRIATLÓN VAO	42	0:21:47	02:13	107	1:07:59	35.3	00:56				
NF	392	PAULINO JOSÉ RODRÍGUEZ VILLAR	LICENZA DE 1 DÍA	252	0:27:59	03:32	218	1:12:46	32.99	01:18				
NP	2	CRISTÓBAL DIOS RÍOS	A.D. TRI-PENTA TERRAS DE L											
NP	14	VÍCTOR ROADE SÁNCHEZ	TRISADA											
NP	16	ISMAEL FERNÁNDEZ DÍAZ	TRIATLÓN ARTEIXO											
NP	18	MARCOS DEL RIO REGUEIRA	CLUB NATACIÓN LICEO											
NP	19	RUBÉN DEL RÍO REGUEIRA	CLUB NATACIÓN LICEO											
NP	20	ROMAN SANCHEZ FERNANDEZ	TRISADA											
NP	25	ALFREDO GARCÍA BALBOA	TEAM CORBELO											
NP	31	DAVID FERNANDEZ FORNIS	ARTROGAL-TRI 498											
NP	43	DIEGO FERNANDEZ BARREIRO	CLUB DEPORTIVO PINARIUM											
NP	46	MIGUEL TELLA FERREIRO	NOSPORTLIMIT											
NP	53	ALEJANDRO SEQUEIROS ARNOSI	LICENZA DE 1 DÍA											
NP	66	ALEJANDRO SANTOS VARELA	TRINORTH											
NP	68	JAVIER ROCHELA CALVO	NOSPORTLIMIT											
NP	73	RUBEN SANCHEZ VEIRAS	LICENZA DE 1 DÍA											
NP	75	ADRIÁN GONZÁLEZ BLANCO	ARTROGAL-TRI 498											
NP	77	DANIEL ARDAO MULET	LICENZA DE 1 DÍA											
NP	81	GERARDO GUERRERO ACEVEDO	CLUB TRIATLÓN MAR DE VIGO											
NP	82	LUÍS TEMBRA PENEIREIRO	CLUB NATACIÓN RIVEIRA											
NP	89	ENRIQUE RIVAS PULPEIRO	NOSPORTLIMIT											
NP	96	DAVID RODRIGUEZ SANTAMARIA	CLUB NATACIÓN RIVEIRA											
NP	97	LUIS ÁLVAREZ RUBAL	LICENZA DE 1 DÍA											
NP	100	MANUEL DOSIL LAGO	CLUB OLÍMPICO DE VEDRA											
NP	103	ADRIÁN MARTÍNEZ PENA	ASOCIACIÓN DEPORTIVA MED											
NP	105	IVAN RAMOS CADIerno	NOSPORTLIMIT											
NP	111	DANIEL MARTÍNEZ GONZÁLEZ	LICENZA DE 1 DÍA											
NP	115	AGUSTIN RIVEIRO MARTÍNEZ	LAMARGHA-BEARIZ TRIATLÓN											
NP	120	PABLO JOSÉ SANGIAO ROCA	NOSPORTLIMIT											
NP	128	DAVID BROULLON PIÑEIRO	LICENZA DE 1 DÍA											
NP	130	JOSÉ ENRIQUE SUÁREZ SUÁREZ	ASOCIACIÓN DEPORTIVA MED											
NP	147	EFREN URES SOUTO	ASOCIACIÓN DEPORTIVA MED											
NP	157	JULIO MALLO NIETO	CLUB OLÍMPICO DE VEDRA											
NP	162	HECTOR GONZALEZ CARBALLIDO	LICENZA DE 1 DÍA											
NP	166	PABLO VAZQUEZ ESMORIS	ASOCIACIÓN DEPORTIVA MED											
NP	176	AGUSTIN SOUSA GONZALEZ	NOSPORTLIMIT											
NP	180	ALBERTO LOPEZ PINO	LICENZA DE 1 DÍA											



POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	203	JAVIER GONZALEZ LOPEZ	LICENZA DE 1 DÍA								
NP	210	DAVID VIDAL GARCÍA	LICENZA DE 1 DÍA								
NP	227	DIEGO BOUZADA POMBO	TEAM CORBELO								
NP	231	JAVIER VAZQUEZ PEREIRO	LICENZA DE 1 DÍA								
NP	242	ALEJANDRO RODRÍGUEZ LORENZO	NOSPORTLIMIT								
NP	244	JOSÉ LUIS GARCIA RODRIGUEZ	TRISADA								
NP	248	RUBEN PARDO NEBRIL	NOSPORTLIMIT								
NP	258	DAVID VIEITEZ CAMPOS	LICENZA DE 1 DÍA								
NP	264	MARCOS VAZQUEZ RODRIGUEZ	ASOCIACIÓN DEPORTIVA C.A.								
NP	268	FERNANDO FERNANDEZ MARTINEZ	CLUB OLÍMPICO DE VEDRA								
NP	275	ANTONIO ABEL SEOANE ESTEVEZ	LICENZA DE 1 DÍA								
NP	277	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT								
NP	291	MANUEL MANCHEÑO PEREZ	CENTRO ASTURIANO TRIATLÓ								
NP	292	DAVID ESCUDERO DANS	HÉRCULES XTREM								
NP	300	PABLO MIGUEL CARRO SUAREZ	A.D. FOGAR								
NP	305	SANTIAGO GARCIA GONZALEZ	NOSPORTLIMIT								
NP	311	DAVID HERMIDA REIGOSA	LICENZA DE 1 DÍA								
NP	315	ENRIQUE CASTAÑO ROMERO	ARTROGAL-TRI 498								
NP	319	CARLOS PEREIRA MENOR	C. TRIATLON OURENSE								
NP	320	ÓSCAR FRANCISCO RODRÍGUEZ BL	C. TRIATLON OURENSE								
NP	324	ANTONIO BAAMONDE GONZÁLEZ	CLUB TRIATLÓN MORRAZO								
NP	333	DAVID LÓPEZ VILARIÑO	ARCADE INFORHOUSE SANTI								
NP	336	FAUSTINO MEIS VEIGA	TRIA TLÓN P.C. RIAS BAIXAS								
NP	344	FRANCISCO JOSÉ FERRER VIDAL	NOSPORTLIMIT								
NP	345	ADRIAN CASTIÑEIRAS BUJAN	SIRENO TRIATLÓN CLUB								
NP	349	INDALECIO VIÑAS CAMBA	CLUB CICLISMO-TRÍATLON PO								
NP	352	ENRIQUE MANUEL DOPICO LÓPEZ	CLUB TRIATLÓN MAR DE VIGO								
NP	368	JUAN CARLOS RODRÍGUEZ VÁZQUE	C. TRIATLON OURENSE								
NP	377	ENRIQUE JOSÉ HIDALGO LUGO	LICENZA DE 1 DÍA								
NP	386	JOSÉ ANTONIO SAAVEDRA PAZOS	LICENZA DE 1 DÍA								
NP	387	EDUARDO SOUTO VÁZQUEZ	NOSPORTLIMIT								
NP	393	ALVARO OGANDO ESPANTOSO	TRIA TLÓN P.C. RIAS BAIXAS								
NP	399	FRANCISCO JAVIER ACOSTA CRESPI	TRIA TLON VILAGARCÍA/ATENA								
NP	401	ABEL ALVAREZ FEIJOO	CORREDORES DO MIÑO								