



## XV DÚATLON CIDADE DE SANTIAGO

### Oficiais

Delegada Técnica	Mónica Flores
Xuíz Árbitro	José Manuel Rey

### Xurado de Competición

DT Mónica Flores  
FEGATRI Juan Carlos Brión  
CLUBS Amando Guerrero (AD Nautico Narón)

### DISTANCIA SPRINT

Carreira	5Km.	2Voltas
Ciclismo	19,2 Km.	4 voltas
Carreira	2,5 Km.	1 volta

Inscritos	192
Non Finalizados	14
Non presentados	9
Descualificados	0
Fóra de corte	5

### ABSOLUTA MASCULINA

POS.	NUMBER	PARTICIPANT	P.CAT.	CATEGORY	CLUB	POS.	Carreira	min/Km	POS.	Ciclismo	Km/h.	POS.	Carreira	min/Km.	META
1	39	SERRAT SEOANE , ANTONIO	1	SUB23M	A.D. TRI-PENTA TERRAS DE LUGO	1	0:15:42	03:09 min/Km	1	0:32:18	37,1 Km/h	1	0:08:04	03:14 min/Km	0:56:04
2	41	CANOSA FERNANDEZ , BRAIS		ABM	ARCADE INFORHOUSE SANTIAGO	3	0:16:32	03:19 min/Km	8	0:33:50	35,5 Km/h	2	0:08:14	03:18 min/Km	0:58:37
3	56	GONZALEZ BUGANZA , JAIME	2	SUB23M	CIDADE DE LUGO FLUVIAL	2	0:16:32	03:19 min/Km	9	0:33:51	35,4 Km/h	3	0:08:19	03:20 min/Km	0:58:44
4	62	MISA GARCIA , BRAIS		ABM	CLUB ATLETISMO PORRIÑO	7	0:16:56	03:24 min/Km	4	0:33:28	35,9 Km/h	5	0:08:39	03:28 min/Km	0:59:04
5	77	CARRERA COSTAS , MARTIN	3	SUB23M	CLUB NATACION RIVEIRA	12	0:17:14	03:27 min/Km	5	0:33:37	35,7 Km/h	4	0:08:24	03:22 min/Km	0:59:15
6	82	CREGO FERNANDEZ , JACOBO		ABM	CLUB OLIMPICO DE VEDRA	11	0:17:04	03:25 min/Km	2	0:33:17	36,0 Km/h	12	0:08:57	03:36 min/Km	0:59:19
7	38	LORENZO SOTO , IAGO		ABM	A.D. TRI-PENTA TERRAS DE LUGO	10	0:16:58	03:24 min/Km	19	0:34:06	35,2 Km/h	6	0:08:43	03:30 min/Km	0:59:49
8	97	DOMINGUEZ GARCIA , NICOLAS		ABM	DISA HOSPITAL PERPETUO SOCORRO TRIATLÓN (DISA HPS TRIATLÓN)	14	0:17:16	03:28 min/Km	6	0:33:43	35,6 Km/h	11	0:08:57	03:36 min/Km	0:59:57
9	71	MORENZA PEREZ , IAGO		ABM	CLUB DEPORTIVO PINARIUM	9	0:16:58	03:24 min/Km	17	0:34:03	35,2 Km/h	23	0:09:17	03:43 min/Km	1:00:19
10	48	OTERO LESTON , BRAIS	4	SUB23M	ARCADE INFORHOUSE SANTIAGO	18	0:17:28	03:30 min/Km	3	0:33:20	36,0 Km/h	41	0:09:39	03:52 min/Km	1:00:28
11	65	DIAZ IGLESIAS , JUAN SEBASTIAN		ABM	CLUB CICLISMO-TRIATLON POIO	8	0:16:57	03:24 min/Km	12	0:33:58	35,3 Km/h	40	0:09:39	03:52 min/Km	1:00:35
12	50	GOMEZ CARDESIN , ALVARO		ABM	ARTROGAL-TRI 498	13	0:17:14	03:27 min/Km	13	0:33:59	35,3 Km/h	31	0:09:24	03:46 min/Km	1:00:38
13	83	DAPORTA MENDEZ , MIGUEL	1	V1M	CLUB OLIMPICO DE VEDRA	23	0:17:31	03:31 min/Km	24	0:34:18	35,0 Km/h	15	0:09:01	03:37 min/Km	1:00:50
14	31	BOUZA CANOSA , CARLOS		ABM	A.D. NAUTICO DE NARON	17	0:17:27	03:30 min/Km	31	0:34:31	34,8 Km/h	7	0:08:51	03:33 min/Km	1:00:51
15	111	CACHEDA TOUZA , CRISTOBAL	2	V1M	TEAM CORBELO	33	0:17:52	03:35 min/Km	16	0:34:03	35,2 Km/h	13	0:08:59	03:36 min/Km	1:00:55
16	70	JANEIRO LORENZO , JORGE	3	V1M	CLUB DEPORTIVO PINARIUM	22	0:17:30	03:31 min/Km	27	0:34:30	34,8 Km/h	8	0:08:55	03:35 min/Km	1:00:56
17	61	LAGO MONROY , ISMAEL		ABM	CLUB ATLETISMO PORRIÑO	15	0:17:27	03:30 min/Km	34	0:34:33	34,7 Km/h	14	0:09:00	03:37 min/Km	1:01:00
18	81	CEPEDA REBOIRAS , JOSE JUAN	4	V1M	CLUB OLIMPICO DE VEDRA	25	0:17:35	03:32 min/Km	25	0:34:25	34,9 Km/h	16	0:09:02	03:38 min/Km	1:01:03
19	63	MORAN GONZALEZ , ENRIQUE		ABM	CLUB ATLETISMO PORRIÑO	42	0:18:00	03:37 min/Km	15	0:34:00	35,3 Km/h	19	0:09:12	03:42 min/Km	1:01:13
20	127	PADES COYA , LUIS ALBERTO	5	V1M	TRIATLÓN MOTOBIKE GALAICO PONTEVEDRA	38	0:17:56	03:36 min/Km	20	0:34:07	35,2 Km/h	21	0:09:12	03:42 min/Km	1:01:16
21	139	COIRA LOJO , CARLOS	6	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	28	0:17:38	03:32 min/Km	26	0:34:26	34,8 Km/h	24	0:09:17	03:44 min/Km	1:01:23
22	129	OTERO PAMPIN , DARIO MANUEL		ABM	TRIATLON O TREITO	21	0:17:29	03:30 min/Km	36	0:34:35	34,7 Km/h	26	0:09:20	03:45 min/Km	1:01:24
23	131	ABOAL LOSADA , ADRIAN		ABM	TRIATLON P.C. RIAS BAIXAS	45	0:18:05	03:38 min/Km	11	0:33:58	35,3 Km/h	30	0:09:24	03:46 min/Km	1:01:28
24	72	FERNANDEZ ENCINA , ALBERTO		ABM	CLUB DEPORTIVO TRIATLON BIERZO	19	0:17:28	03:30 min/Km	37	0:34:40	34,6 Km/h	28	0:09:24	03:46 min/Km	1:01:32
25	34	FERNANDEZ LOPEZ , JOSE MANUEL		ABM	A.D. NAUTICO DE NARON	40	0:17:56	03:36 min/Km	18	0:34:03	35,2 Km/h	38	0:09:38	03:52 min/Km	1:01:38
26	141	GONZALEZ BUCETA , ALEJANDRO	7	V1M	TRINORTH	29	0:17:44	03:33 min/Km	21	0:34:07	35,2 Km/h	48	0:09:47	03:56 min/Km	1:01:40
27	140	RODRIGUEZ RODRIGUEZ , PABLO		ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	41	0:17:59	03:36 min/Km	10	0:33:55	35,4 Km/h	50	0:09:49	03:56 min/Km	1:01:44
28	108	RAMOS REY , ARTURO	1	CDM	TALLERES DAVID TRIATLON COMPOSTELA	5	0:16:55	03:24 min/Km	60	0:36:01	33,3 Km/h	9	0:08:55	03:35 min/Km	1:01:52
29	29	ALVAREZ RODRIGUEZ , PEDRO	5	SUB23M	A.D. FOGAR	24	0:17:33	03:31 min/Km	30	0:34:30	34,8 Km/h	53	0:09:52	03:57 min/Km	1:01:56
30	116	ARIAS DIAZ , DAVID	8	V1M	TRIATLON FERROL	20	0:17:28	03:30 min/Km	49	0:35:16	34,0 Km/h	25	0:09:19	03:44 min/Km	1:02:04
31	94	ESTEVEZ PEREIRA , FRANCISCO	9	V1M	CLUB TRIATLON MORRAZO	36	0:17:54	03:35 min/Km	33	0:34:33	34,7 Km/h	44	0:09:41	03:53 min/Km	1:02:08
32	136	PRESA PRESA , SANTIAGO		ABM	TRIATLON P.C. RIAS BAIXAS	46	0:18:05	03:38 min/Km	7	0:33:49	35,5 Km/h	63	0:10:14	04:06 min/Km	1:02:08
33	95	BLANCO FARIÑAS , MARCOS		ABM	CORREDORES DO MIÑO	50	0:18:08	03:38 min/Km	40	0:34:55	34,4 Km/h	18	0:09:08	03:40 min/Km	1:02:12
34	93	PEREZ LORENZO , DANIEL		ABM	CLUB TRIATLON MAR DE VIGO	16	0:17:27	03:30 min/Km	59	0:35:53	33,4 Km/h	10	0:08:56	03:35 min/Km	1:02:17
35	121	GONZALEZ OROZCO , JUAN CARLOS	10	V1M	TRIATLON FERROL	52	0:18:17	03:40 min/Km	38	0:34:45	34,5 Km/h	22	0:09:16	03:43 min/Km	1:02:19
36	51	BASANTA FOUZ , ESTEBAN	2	CDM	CIDADE DE LUGO FLUVIAL	70	0:18:37	03:44 min/Km	29	0:34:30	34,8 Km/h	20	0:09:12	03:42 min/Km	1:02:20
37	75	HOUT VARELA , FADY	11	V1M	CLUB NATACION LICEO	51	0:18:13	03:39 min/Km	39	0:34:47	34,5 Km/h	29	0:09:24	03:46 min/Km	1:02:24
38	106	GARCIA RODRIGUEZ , JORGE MANUEL	12	V1M	TALLERES DAVID TRIATLON COMPOSTELA	37	0:17:54	03:35 min/Km	45	0:35:07	34,2 Km/h	27	0:09:23	03:46 min/Km	1:02:25
39	73	CASAS GONZALEZ , DANIEL		ABM	CLUB NATACION LICEO	39	0:17:56	03:36 min/Km	46	0:35:08	34,1 Km/h	32	0:09:29	03:48 min/Km	1:02:34
40	64	TRONCOSO SOBRINO , RAMON		ABM	CLUB ATLETISMO PORRIÑO	71	0:18:37	03:44 min/Km	22	0:34:17	35,0 Km/h	42	0:09:40	03:53 min/Km	1:02:35
41	90	NOYA SUAREZ , DAVID		ABM	CLUB OLIMPICO DE VEDRA	59	0:18:28	03:42 min/Km	35	0:34:34	34,7 Km/h	36	0:09:36	03:51 min/Km	1:02:38
42	134	PARDO RODRIGUEZ , CARLOS		ABM	TRIATLON P.C. RIAS BAIXAS	49	0:18:07	03:38 min/Km	44	0:35:05	34,2 Km/h	34	0:09:33	03:50 min/Km	1:02:47
43	59	ALONSO SAA , VICTOR		ABM	CLUB ATLETISMO PORRIÑO	64	0:18:32	03:43 min/Km	32	0:34:31	34,8 Km/h	46	0:09:45	03:55 min/Km	1:02:49
44	112	MARTINEZ COSTA , DAVID	13	V1M	TEAM CORBELO	30	0:17:47	03:34 min/Km	62	0:36:03	33,3 Km/h	17	0:09:04	03:38 min/Km	1:02:55
45	107	RAMOS FERROL , ARTURO BENIGNO	14	V1M	TALLERES DAVID TRIATLON COMPOSTELA	43	0:18:02	03:37 min/Km	43	0:35:04	34,2 Km/h	49	0:09:49	03:56 min/Km	1:02:57
46	55	GOMEZ MONTES , FRANCISCO	3	CDM	CIDADE DE LUGO FLUVIAL	69	0:18:37	03:44 min/Km	28	0:34:30	34,8 Km/h	52	0:09:51	03:57 min/Km	1:02:59
47	45	IGLESIAS MACEIRA , BRAIS	6	SUB23M	ARCADE INFORHOUSE SANTIAGO	6	0:16:55	03:24 min/Km	14	0:34:00	35,3 Km/h	88	0:12:14	04:54 min/Km	1:03:11
48	58	RIOS GRAÑA , DANIEL	4	CDM	CIDADE DE LUGO FLUVIAL	67	0:18:37	03:44 min/Km	42	0:35:00	34,3 Km/h	35	0:09:35	03:51 min/Km	1:03:13

49	52	CAMPOS DACOSTA , ELOY	15	V1M	CIDADE DE LUGO FLUVIAL	26	0:17:36	03:32 min/Km	67	0:36:08	33,2 Km/h	33	0:09:33	03:50 min/Km	1:03:18
50	49	PEREZ SOLOVIEV , VICENTE	7	SUB23M	ARCADE INFORHOUSE SANTIAGO	74	0:18:40	03:45 min/Km	23	0:34:17	35,0 Km/h	70	0:10:23	04:10 min/Km	1:03:22
51	68	MARTINEZ PUGA , JACOBO		ABM	CLUB CICLISMO-TRIATLON POIO	53	0:18:19	03:40 min/Km	51	0:35:25	33,9 Km/h	43	0:09:40	03:53 min/Km	1:03:25
52	89	MALLO NIETO , JULIO		ABM	CLUB OLIMPICO DE VEDRA	32	0:17:51	03:35 min/Km	58	0:35:51	33,5 Km/h	51	0:09:50	03:57 min/Km	1:03:33
53	92	DAVILA COLLAZO , DIEGO		ABM	CLUB TRIATLON MAR DE VIGO	60	0:18:29	03:42 min/Km	47	0:35:09	34,1 Km/h	66	0:10:15	04:07 min/Km	1:03:54
54	86	FERRADANS VALDES , JORGE		ABM	CLUB OLIMPICO DE VEDRA	82	0:18:55	03:48 min/Km	41	0:34:58	34,3 Km/h	59	0:10:10	04:05 min/Km	1:04:04
55	74	DEL RIO REQUEIRA , RUBEN		ABM	CLUB NATACION LICEO	72	0:18:38	03:44 min/Km	50	0:35:17	34,0 Km/h	68	0:10:19	04:08 min/Km	1:04:15
56	133	JACOME MAZAS , JOSE RAMON	16	V1M	TRIATLON P.C. RIAS BAIXAS	73	0:18:38	03:44 min/Km	48	0:35:11	34,1 Km/h	76	0:10:31	04:13 min/Km	1:04:21
57	128	SEOANE UZAL , JOSE LUIS		ABM	TRIATLÓN MOTOBIKE GALAICO PONTEVEDRA	48	0:18:07	03:38 min/Km	55	0:35:42	33,6 Km/h	78	0:10:39	04:16 min/Km	1:04:29
58	117	CANDAMO BELLO , CARLOS JOSE	8	SUB23M	TRIATLON FERROL	63	0:18:31	03:43 min/Km	70	0:36:27	32,9 Km/h	39	0:09:38	03:52 min/Km	1:04:37
59	99	SOUTO PRIETO , ANTONIO	1	JNM	Independiente	54	0:18:20	03:41 min/Km	73	0:36:43	32,7 Km/h	37	0:09:36	03:51 min/Km	1:04:40
60	80	CABANELAS EIRAS , PABLO		ABM	CLUB OLIMPICO DE VEDRA	81	0:18:54	03:47 min/Km	54	0:35:39	33,6 Km/h	58	0:10:09	04:04 min/Km	1:04:43
61	91	PICALLO MATO , ADRIAN	9	SUB23M	CLUB OLIMPICO DE VEDRA	75	0:18:42	03:45 min/Km	66	0:36:07	33,2 Km/h	54	0:09:55	03:59 min/Km	1:04:45
62	44	GONZALEZ VAZ , MIGUEL	10	SUB23M	ARCADE INFORHOUSE SANTIAGO	57	0:18:25	03:42 min/Km	63	0:36:06	33,2 Km/h	62	0:10:14	04:06 min/Km	1:04:46
63	120	GARCIA PEREZ , DAVID	17	V1M	TRIATLON FERROL	27	0:17:36	03:32 min/Km	77	0:36:57	32,5 Km/h	73	0:10:26	04:11 min/Km	1:05:00
64	66	GARCIA ABALO , FRANCISCO JAVIER	18	V1M	CLUB CICLISMO-TRIATLON POIO	87	0:19:13	03:51 min/Km	52	0:35:28	33,8 Km/h	71	0:10:24	04:10 min/Km	1:05:05
65	115	SANCHEZ TEMES , PABLO		ABM	TRI OURENSE	86	0:19:09	03:50 min/Km	57	0:35:48	33,5 Km/h	61	0:10:13	04:06 min/Km	1:05:11
66	114	GIL GONZALEZ , ALVARO		ABM	TRI OURENSE	85	0:19:09	03:50 min/Km	56	0:35:45	33,6 Km/h	67	0:10:18	04:08 min/Km	1:05:12
67	118	CANEIRO CANEIRO , MARCOS	19	V1M	TRIATLON FERROL	65	0:18:33	03:43 min/Km	69	0:36:25	32,9 Km/h	64	0:10:14	04:06 min/Km	1:05:13
68	87	FIGUEIRAS NUÑEZ , EDUARDO		ABM	CLUB OLIMPICO DE VEDRA	61	0:18:31	03:43 min/Km	71	0:36:37	32,8 Km/h	60	0:10:12	04:05 min/Km	1:05:20
69	46	LOSADA GARCIA , MARCOS	20	V1M	ARCADE INFORHOUSE SANTIAGO	95	0:19:31	03:55 min/Km	65	0:36:07	33,2 Km/h	45	0:09:43	03:54 min/Km	1:05:22
70	88	LEMA SAAVEDRA , ANXO	11	SUB23M	CLUB OLIMPICO DE VEDRA	31	0:17:49	03:34 min/Km	79	0:37:07	32,3 Km/h	77	0:10:34	04:14 min/Km	1:05:31
71	36	BENAVENT DE LA FUENTE , MIGUEL	5	CDM	A.D. TRIATLON OLEIROS	47	0:18:06	03:38 min/Km	72	0:36:41	32,7 Km/h	84	0:10:49	04:20 min/Km	1:05:37
72	101	CRESPO MEJUTO , ALEJANDRO	2	JNM	LAMARGHA-BEARIZ TRIATLON	44	0:18:03	03:37 min/Km	76	0:36:55	32,5 Km/h	81	0:10:42	04:17 min/Km	1:05:40
73	69	GARCIA LOPEZ , LUIS		ABM	CLUB CICLISTA RIAZOR	56	0:18:22	03:41 min/Km	83	0:37:39	31,9 Km/h	55	0:09:56	03:59 min/Km	1:05:58
74	100	CARIDE ALONSO , PABLO	6	CDM	LAMARGHA-BEARIZ TRIATLON	78	0:18:49	03:46 min/Km	74	0:36:49	32,6 Km/h	69	0:10:22	04:09 min/Km	1:06:00
75	33	COSTA RIVAS , ALVARO		ABM	A.D. NAUTICO DE NARON	76	0:18:45	03:46 min/Km	82	0:37:30	32,0 Km/h	47	0:09:47	03:55 min/Km	1:06:03
76	79	BARREIRO PEREIRA , XOSE ANTON	21	V1M	CLUB OLIMPICO DE VEDRA	84	0:19:08	03:50 min/Km	78	0:36:57	32,5 Km/h	57	0:10:04	04:02 min/Km	1:06:10
77	32	CABARCOS NOVAS , SIMON		ABM	A.D. NAUTICO DE NARON	89	0:19:17	03:52 min/Km	68	0:36:18	33,0 Km/h	82	0:10:46	04:19 min/Km	1:06:22
78	142	SANTOS VARELA , ALEJANDRO		ABM	TRINORTH	88	0:19:17	03:52 min/Km	75	0:36:50	32,6 Km/h	74	0:10:28	04:12 min/Km	1:06:36
79	135	PAZOS EIROA , JUAN	12	SUB23M	TRIATLON P.C. RIAS BAIXAS	77	0:18:46	03:46 min/Km	84	0:37:40	31,9 Km/h	65	0:10:14	04:06 min/Km	1:06:41
80	130	VILANOVA TOME , ANGEL		ABM	TRIATLON O TREITO	83	0:19:07	03:50 min/Km	53	0:35:28	33,8 Km/h	87	0:12:07	04:51 min/Km	1:06:42
81	113	MARTINEZ GIGIRIN , FELIX		ABM	TEAM CORBELO	100	0:20:03	04:01 min/Km	61	0:36:02	33,3 Km/h	83	0:10:46	04:19 min/Km	1:06:52
82	84	DOBALO CASTRO , MARCOS	3	JNM	CLUB OLIMPICO DE VEDRA	80	0:18:49	03:46 min/Km	81	0:37:24	32,1 Km/h	79	0:10:41	04:17 min/Km	1:06:55
83	125	REY-SEIJO ALCALA , JOSE	22	V1M	TRIATLON FERROL	99	0:20:02	04:01 min/Km	64	0:36:06	33,2 Km/h	86	0:11:00	04:25 min/Km	1:07:09
84	35	VILLANUEVA RICO , ELOY	7	CDM	A.D. NAUTICO DE NARON	90	0:19:18	03:52 min/Km	80	0:37:09	32,3 Km/h	85	0:10:49	04:20 min/Km	1:07:18
85	103	SILVA SAYANS , JOSE BENITO	8	CDM	LAMARGHA-BEARIZ TRIATLON	55	0:18:21	03:41 min/Km	88	0:39:03	30,7 Km/h	56	0:09:59	03:60 min/Km	1:07:24
86	98	AMATRIA BARRAL , IÑAKI	4	JNM	GV SPORTS CLUB	62	0:18:31	03:43 min/Km	87	0:38:51	30,9 Km/h	72	0:10:25	04:11 min/Km	1:07:48
87	110	AMENEIROS GOMEZ , JOSE LUIS		ABM	TEAM CORBELO	79	0:18:49	03:46 min/Km	86	0:38:39	31,0 Km/h	75	0:10:30	04:13 min/Km	1:08:00
88	37	GARCIA REBOREDO , JAVIER		ABM	A.D. TRI-PENTA TERRAS DE LUGO	92	0:19:28	03:54 min/Km	85	0:38:14	31,4 Km/h	80	0:10:41	04:17 min/Km	1:08:24
89	164	RAMOS BOTANA , JAVIER	1	V1M	CIDADE DE LUGO FLUVIAL	1	0:17:56	03:36 min/Km	5	0:36:02	33,3 Km/h	3	0:09:50	03:57 min/Km	1:03:49
90	176	CARBALLO MONTEAGUDO , XURXO		ABM	CLUB OLIMPICO DE VEDRA	4	0:18:43	03:45 min/Km	3	0:35:46	33,5 Km/h	5	0:09:56	03:59 min/Km	1:04:27
91	158	SUAREZ URRUZOLA , LEO	1	CDM	ARCADE INFORHOUSE SANTIAGO	7	0:18:53	03:47 min/Km	1	0:35:28	33,8 Km/h	19	0:10:28	04:12 min/Km	1:04:49
92	145	AFONSO LOPEZ , THOMAS		ABM	ARCADE INFORHOUSE SANTIAGO	6	0:18:47	03:46 min/Km	2	0:35:45	33,6 Km/h	25	0:10:33	04:14 min/Km	1:05:06
93	206	GARCIA ALVAREZ , ALVARO JAVIER	1	V2M	TRIATLON FERROL	8	0:18:54	03:47 min/Km	14	0:36:38	32,7 Km/h	2	0:09:37	03:52 min/Km	1:05:11
94	153	PENA BOQUETE , JAVIER		ABM	ARCADE INFORHOUSE SANTIAGO	3	0:18:27	03:42 min/Km	12	0:36:33	32,8 Km/h	11	0:10:13	04:06 min/Km	1:05:14
95	163	COSTA PEREIRA , MARCOS		ABM	CIDADE DE LUGO FLUVIAL	9	0:18:56	03:48 min/Km	13	0:36:35	32,8 Km/h	4	0:09:55	03:59 min/Km	1:05:27
96	211	FANDIÑO CERQUEIRA , MANUEL ENRIQUE	2	V1M	TRIATLON P.C. RIAS BAIXAS	10	0:18:58	03:48 min/Km	6	0:36:12	33,1 Km/h	37	0:11:00	04:25 min/Km	1:06:11
97	221	MENDEZ LOPEZ , JUAN	3	V1M	TRISADA	13	0:19:21	03:53 min/Km	21	0:36:55	32,5 Km/h	6	0:09:58	03:60 min/Km	1:06:15
98	208	RODRIGUEZ BARCIA , JESUS	2	CDM	TRIATLON FERROL	24	0:19:30	03:55 min/Km	17	0:36:50	32,6 Km/h	7	0:10:04	04:02 min/Km	1:06:25
99	209	SEIJAS FRANCO , BASILIO		ABM	TRIATLON FERROL	11	0:19:06	03:50 min/Km	23	0:37:10	32,3 Km/h	8	0:10:07	04:04 min/Km	1:06:25
100	173	CESPON PENEIREIRO , MARTIN		ABM	CLUB NATACION RIVEIRA	30	0:19:48	03:58 min/Km	8	0:36:20	33,0 Km/h	12	0:10:18	04:08 min/Km	1:06:27
101	198	RODRIGUEZ REY , CARLOS JESUS	4	V1M	TALLERES DAVID TRIATLON COMPOSTELA	22	0:19:29	03:54 min/Km	9	0:36:23	33,0 Km/h	26	0:10:35	04:15 min/Km	1:06:28
102	178	DOMINGUEZ SILVA , ANDRES		ABM	CLUB TRIATLON CORUÑA	21	0:19:25	03:54 min/Km	22	0:36:59	32,4 Km/h	9	0:10:09	04:04 min/Km	1:06:33
103	200	RIAL GONDAR , ALBERTO		ABM	TEAM CORBELO	20	0:19:24	03:53 min/Km	18	0:36:51	32,6 Km/h	20	0:10:28	04:12 min/Km	1:06:44
104	151	NEGREIRA MARTINEZ , RUBEN		ABM	ARCADE INFORHOUSE SANTIAGO	12	0:19:18	03:52 min/Km	20	0:36:53	32,5 Km/h	28	0:10:40	04:17 min/Km	1:06:51
105	161	VIDAL ARES , ANTONIO	2	V2M	ARCADE INFORHOUSE SANTIAGO	14	0:19:22	03:53 min/Km	24	0:37:11	32,3 Km/h	15	0:10:22	04:09 min/Km	1:06:56
106	184	ANTAS CANNAS , RAFAEL	5	V1M	LAMARGHA-BEARIZ TRIATLON	26	0:19:34	03:55 min/Km	15	0:36:39	32,7 Km/h	30	0:10:43	04:18 min/Km	1:06:56
107	148	BLANCO PAMPIN , JOSE MARIA	6	V1M	ARCADE INFORHOUSE SANTIAGO	36	0:20:09	04:02 min/Km	11	0:36:26	32,9 Km/h	18	0:10:26	04:11 min/Km	1:07:03
108	217	VAZQUEZ MEIJIDE , JOSE LUIS	7	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	25	0:19:31	03:55 min/Km	16	0:36:48	32,6 Km/h	38	0:11:03	04:26 min/Km	1:07:24
109	180	SANCHO REY , MARCOS ANTONIO	8	V1M	CLUB TRIATLON CORUÑA	18	0:19:23	03:53 min/Km	26	0:37:38	31,9 Km/h	17	0:10:26	04:11 min/Km	1:07:28
110	149	IGLESIAS PRADO , FRANCISCO JAVIER	9	V1M	ARCADE INFORHOUSE SANTIAGO	40	0:20:26	04:06 min/Km	4	0:35:52	33,5 Km/h	43	0:11:16	04:31 min/Km	1:07:35
111	154	PENAS OTERO , CRISTIAN		ABM	ARCADE INFORHOUSE SANTIAGO	2	0:18:15	03:40 min/Km	54	0:39:44	30,2 Km/h	1	0:09:36	03:51 min/Km	1:07:37
112	155	PICON ESPÍÑO , ROBERTO		ABM	ARCADE INFORHOUSE SANTIAGO	16	0:19:23	03:53 min/Km	39	0:38:20	31,3 Km/h	13	0:10:18	04:08 min/Km	1:08:02
113	199	BALBOA BESADA , EDGAR		ABM	TEAM CORBELO	35	0:20:07	04:02 min/Km	7	0:36:19	33,0 Km/h	53	0:11:43	04:42 min/Km	1:08:09



<b>NP</b>	40	BARRAL NOYA , ROBERTO	ABM	ARCADE INFORHOUSE SANTIAGO						
<b>NP</b>	42	CASTRO SANTOS , IGNACIO	SUB23M	ARCADE INFORHOUSE SANTIAGO						
<b>NP</b>	43	GARCIA AGRA , RAUL	SUB23M	ARCADE INFORHOUSE SANTIAGO						
<b>NP</b>	47	MAIZ BAR , BERNARDO	V1M	ARCADE INFORHOUSE SANTIAGO						
<b>NP</b>	53	FERNANDEZ FERNADEZ , JESUS	V1M	CIDADE DE LUGO FLUVIAL						
<b>NP</b>	76	BRION SAMPEDRO , CARLOS	SUB23M	CLUB NATACION RIVEIRA						
<b>NP</b>	102	PEREZ BLANCO , XOSE	CDM	LAMARGHA-BEARIZ TRIATLON						
<b>NP</b>	124	REJAS GABEIRAS , JUAN	CDM	TRIATLON FERROL						
<b>NP</b>	132	COSTAS FALCON , ADRIAN	ABM	TRIATLON P.C. RIAS BAIXAS						
<b>NC</b>	104	RODRIGUEZ VILARIÑO , DIEGO	CDM	NOSPORTLIMIT	101	0:20:06	04:02 min/Km	89	00:42:28.090	28,3 Km/h
<b>NC</b>	109	ABADIN IGLESIAS , JOSE LUIS	ABM	TEAM CORBELO	102	0:20:24	04:05 min/Km			
<b>NC</b>	119	CANEIRO CANEIRO , ALBERTO	ABM	TRIATLON FERROL	98	0:19:56	03:60 min/Km			
<b>NC</b>	138	SIERRA LOPEZ , RAFAEL	ABM	TRIATLON P.C. RIAS BAIXAS	93	0:19:30	03:55 min/Km			
<b>NC</b>	137	RODRIGUEZ FERNANDEZ , IAGO	ABM	TRIATLON P.C. RIAS BAIXAS	94	0:19:31	03:55 min/Km			





## CLUBS MASCULINA

POS. CLUB	POS.	NUMBER	CLUB/PARTICIPANTE	TOTAL
<b>1º</b>	6	82	<b>CLUB OLIMPICO DE VEDRA</b>	<b>3:01:12</b>
	13	83	CREGO FERNANDEZ , JACOBO	0:59:19
	18	81	DAPORTA MENDEZ , MIGUEL	1:00:50
			CEPEDA REBOIRAS , JOSE JUAN	1:01:03
<b>2º</b>	4	62	<b>CLUB ATLETISMO PORRIÑO</b>	<b>3:01:17</b>
	17	61	MISA GARCIA , BRAIS	0:59:04
	19	63	LAGO MONROY , ISMAEL	1:01:00
		MORAN GONZALEZ , ENRIQUE	1:01:13	
<b>3º</b>	2	41	<b>ARCADE INFORHOUSE SANTIAGO</b>	<b>3:02:16</b>
	10	48	CANOSA FERNANDEZ , BRAIS	0:58:37
	47	45	OTERO LESTON , BRAIS	1:00:28
		IGLESIAS MACEIRA , BRAIS	1:03:11	
<b>4º</b>	3	56	<b>CIDADE DE LUGO FLUVIAL</b>	<b>3:04:03</b>
	36	51	GONZALEZ BUGANZA , JAIME	0:58:44
	46	55	BASANTA FOUZ , ESTEBAN	1:02:20
		GOMEZ MONTES , FRANCISCO	1:02:59	
<b>5º</b>	1	39	<b>A.D. TRI-PENTA TERRAS DE LUGO</b>	<b>3:04:17</b>
	7	38	SERRAT SEOANE , ANTONIO	0:56:04
	88	37	LORENZO SOTO , IAGO	0:59:49
		GARCIA REBOREDO , JAVIER	1:08:24	
<b>6º</b>	23	131	<b>TRIATLON P.C. RIAS BAIXAS</b>	<b>3:06:23</b>
	32	136	ABOAL LOSADA , ADRIAN	1:01:28
	42	134	PRESA PRESA , SANTIAGO	1:02:08
		PARDO RODRIGUEZ , CARLOS	1:02:47	
<b>7º</b>	28	108	<b>TALLERES DAVID TRIATLON COMPOSTELA</b>	<b>3:07:14</b>
	38	106	RAMOS REY , ARTURO	1:01:52
	45	107	GARCIA RODRIGUEZ , JORGE MANUEL	1:02:25
		RAMOS FERROL , ARTURO BENIGNO	1:02:57	
<b>8º</b>	14	31	<b>A.D. NAUTICO DE NARON</b>	<b>3:08:32</b>
	25	34	BOUZA CANOSA , CARLOS	1:00:51
	75	33	FERNANDEZ LOPEZ , JOSE MANUEL	1:01:38
		COSTA RIVAS , ALVARO	1:06:03	
<b>9º</b>	30	116	<b>TRIATLON FERROL</b>	<b>3:09:00</b>
	35	121	ARIAS DIAZ , DAVID	1:02:04
	58	117	GONZALEZ OROZCO , JUAN CARLOS	1:02:19
		CANDAMO BELLO , CARLOS JOSE	1:04:37	
<b>10º</b>	11	65	<b>CLUB CICLISMO-TRIATLON POIO</b>	<b>3:09:05</b>
	51	68	DIAZ IGLESIAS , JUAN SEBASTIAN	1:00:35
	64	66	MARTINEZ PUGA , JACOBO	1:03:25
		GARCIA ABALO , FRANCISCO JAVIER	1:05:05	
<b>11º</b>	37	75	<b>CLUB NATACION LICEO</b>	<b>3:09:13</b>
	39	73	HOUT VARELA , FADY	1:02:24
	55	74	CASAS GONZALEZ , DANIEL	1:02:34
		DEL RIO REQUEIRA , RUBEN	1:04:15	
<b>12º</b>	15	111	<b>TEAM CORBELO</b>	<b>3:10:42</b>
	44	112	CACHEDA TOUZA , CRISTOBAL	1:00:55
	81	113	MARTINEZ COSTA , DAVID	1:02:55
		MARTINEZ GIGIRIN , FELIX	1:06:52	

<b>13º</b>	72	101	<b>LAMARGHA-BEARIZ TRIATLON</b>	<b>3:19:04</b>
	74	100	CRESPO MEJUTO , ALEJANDRO	1:05:40
	85	103	CARIDE ALONSO , PABLO SILVA SAYANS , JOSE BENITO	1:06:00 1:07:24
<b>14º</b>	9	71	<b>CLUB DEPORTIVO PINARIUM</b>	<b>3:12:01</b>
	16	70	MORENZA PEREZ , IAGO	1:00:19
	133	169	JANEIRO LORENZO , JORGE HERNANDEZ VILLAVERDE , OSCAR	1:00:56 1:10:46
<b>15º</b>	65	115	<b>TRI OURENSE</b>	<b>3:18:38</b>
	66	114	SANCHEZ TEMES , PABLO	1:05:11
	115	202	GIL GONZALEZ , ALVARO FERNANDEZ ALONSO , ROBERTO	1:05:12 1:08:15
<b>16º</b>	5	77	<b>CLUB NATACION RIVEIRA</b>	<b>3:18:52</b>
	100	173	CARRERA COSTAS , MARTIN	0:59:15
	144	174	CESPON PENEIREIRO , MARTIN LOPEZ FRANCO , MARTIN	1:06:27 1:13:10
<b>17º</b>	31	94	<b>CLUB TRIATLON MORRAZO</b>	<b>3:20:36</b>
	116	183	ESTEVEZ PEREIRA , FRANCISCO	1:02:08
	126	182	DEL RIO CORTEGOSO , LUCAS BARREIRO RUIBAL , MATIAS	1:08:36 1:09:52
<b>18º</b>	102	178	<b>CLUB TRIATLON CORUÑA</b>	<b>3:24:34</b>
	109	180	DOMINGUEZ SILVA , ANDRES	1:06:33
	132	181	SANCHO REY , MARCOS ANTONIO SOTO VIÑAS , DIEGO	1:07:28 1:10:33
<b>19º</b>	138	190	<b>MONTE PENARUBIA RUNNING LUGO</b>	<b>3:37:36</b>
	139	189	ROUCO REGUEIRO , DANIEL	1:11:19
	152	188	PASTRANA CRUZ , MANUEL FERNANDEZ GARCIA , RICARDO	1:11:35 1:14:42

## CLUBS FEMININA

POS. CLUB	POS.	NUMBER	CLUB/PARTICIPANTE	TOTAL
<b>1º</b>			<b>ARCADE INFORHOUSE SANTIAGO</b>	<b>3:30:31</b>
	2	9	FERNANDEZ FONTENLA , IRIA	1:09:30
	3	8	CASTAÑO GARCIA , INES	1:09:57
	5	7	CASTAÑO GARCIA , CARLA	1:11:04
<b>2º</b>	8	4	<b>A.D. NAUTICO DE NARON</b>	<b>3:54:56</b>
	15	2	SANTISO PRADO , ANA MARIA	1:13:51
	18	1	BÖHME - , KAROLA BARBEITO DOMINGUEZ , MARTA	1:19:32 1:21:33