

II TRIATLÓN DSF ISLASCIES

CLASIFICACIÓN

FEMININA

OFICIAIS		DATA	14/09/2014					
Delegado Técnico	MONICA FLORES							
Xuiz Arbitro	ROI CUBA							
Responsable Oficiais	ROI CUBA							
COMITE DE APELACIÓN		HORA DE PUBLICACION						
MONICA FLORES - DT		14/09/2014						
LUIS PIÑA - FEGATRI		15:35 Horas						
LORENA GARCIA - CT MAR DE VIGO		Inscritos	30					
		Remataron	24					
		Retirados	1					
		Descalificados	1					
		Non presentados	4					
Firma conformidade do Xuiz Arbitro								
Distancias								
Natación	1,9	Kms.	Ciclismo	82	Kms.	Carreira	21,125	Kms.



*NF=Non finalizado; NP=Non presentado; SD=Descalificado

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	24	SILVIA DEIRA BARCALA	ARCADE INFORHOUSE SANTI	3	0:38:17	02:47	2	2:39:46	30.8	01:10	3	1:37:35	4:59:33	
2	13	IRIA FERNANDEZ FONTENLA	ARCADE INFORHOUSE SANTI	6	0:41:11	03:11	3	2:40:26	30.67	01:53	2	1:37:08	5:03:47	0:04:14
3	2	BLANCA LABANDEIRA FERNÁNDEZ	CLUB TRIATLON MAR DE VIG	2	0:33:34	03:34	4	2:43:10	30.15	01:09	6	1:44:34	5:05:59	0:06:27
4	18	MARIA JESÚS COYA OTERO	TRIATLON DUERO	13	0:46:52	03:06	7	2:47:41	29.34	01:35	1	1:31:46	5:10:59	0:11:26
5	1	ALMUDENA VÁZQUEZ FERNÁNDEZ	TRINORTH	8	0:42:34	03:10	1	2:39:44	30.8	01:41	8	1:49:22	5:16:29	0:16:57
6	11	Mª CRISTINA SANTIAGO MARTINEZ	NOSPORTLIMIT-TREK GALICIA	16	0:50:04	03:20	6	2:45:25	29.75	01:45	4	1:43:48	5:24:20	0:24:47
7	15	RAQUEL ZAPATA RODRIGUEZ	CLUB TRIATLON MAR DE VIG	20	0:52:25	03:47	8	2:48:50	29.14	01:40	7	1:48:13	5:34:53	0:35:21
8	3	LORENA GARCIA LAGO	CLUB TRIATLON MAR DE VIG	4	0:40:14	03:33	9	2:51:42	28.66	01:58	13	2:03:11	5:40:36	0:41:03
9	21	CRISTINA FERNÁNDEZ LÓPEZ	TRIATLON MORRAZO	9	0:43:06	03:55	15	3:01:11	27.16	01:33	12	1:52:31	5:42:14	0:42:41
10	30	MARIA JOSE VELAZQUEZ GARCIA	LICENCIA DE 1 DIA	12	0:46:35	04:49	18	3:05:28	26.53	02:29	5	1:44:18	5:43:37	0:44:05
11	12	SILVIA GARCÍA IGLESIAS	CLUB TRIATLON MAR DE VIG	10	0:43:51	04:39	5	2:43:14	30.14	01:45	18	2:11:18	5:44:45	0:45:12
12	5	SARA CARABALLO CHICANO	ALCOBENDAS	1	0:33:05	03:08	12	2:57:32	27.71	02:42	17	2:09:59	5:46:24	0:46:51
13	16	SABELA GARCÍA ORO	NOSPORTLIMIT-TREK GALICIA	17	0:50:17	03:44	13	2:58:32	27.56	02:45	10	1:51:53	5:47:08	0:47:35
14	17	MARIA ALONSO CASTRO	NOSPORTLIMIT TREK-GALICIA	22	0:52:39	03:35	19	3:06:55	26.32	02:08	9	1:49:38	5:54:53	0:55:21
15	10	ANA MARÍA OTERO PIÑEIRO	LICENCIA DE 1 DIA	24	0:54:30	03:14	16	3:03:29	26.82	01:44	11	1:52:31	5:55:26	0:55:53
16	6	MARTA DIEZ GONZALEZ	LICENCIA DE 1 DIA	18	0:51:09	03:36	14	2:59:00	27.49	01:28	16	2:08:35	6:03:46	1:04:14
17	22	SILVIA PÉREZ PIÑEIRO	CLUB TRIATLON MAR DE VIG	5	0:40:32	03:35	10	2:53:53	28.3	02:05	22	2:25:48	6:05:51	1:06:19
18	28	ANA ANDRES DE LA IGLESIA	LICENCIA DE 1 DIA	11	0:44:12	07:41	20	3:11:35	25.68	04:15	14	2:03:26	6:11:08	1:11:35
19	9	DANIELA ALEXANDRA ORBE ZARAT	TRIATLON MOTOBIKE PONTE	25	1:06:03	02:58	11	2:54:35	28.18	01:58	15	2:06:43	6:12:14	1:12:41
20	7	ISABEL JUSTE PEREZ	LICENCIA DE 1 DIA	14	0:48:05	04:17	21	3:12:00	25.63	02:52	19	2:23:11	6:30:23	1:30:51
21	26	PAULINA ANDREA MOSQUERA AZA	NOSPORTLIMIT-TREK GALICIA	15	0:48:50	05:00	22	3:17:06	24.96	03:13	20	2:23:49	6:37:56	1:38:23
22	29	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	23	0:54:01	04:26	25	3:31:22	23.28	02:48	21	2:24:22	6:56:56	1:57:23
23	27	MARIA TERESA SILVARREY REDON	NOSPORTLIMIT-TREK GALICIA	19	0:51:17	05:27	23	3:19:28	24.67	03:07	23	2:37:40	6:56:57	1:57:25
24	14	IRIA BLANCO RODRIGUEZ	CLUB DEPORTIVO PINARIUM	21	0:52:33	04:26	24	3:31:21	23.28	02:09	24	2:44:30	7:14:58	2:15:25
SD	20	ALINE BOSCH MATHIAS	CLUB TRIATLON MAR DE VIG	ACORTAR RECORRIDO										
NF	4	IRIS SOTO BLANCO	TRIATLON GALAICO CIDADE D	7	0:42:22	03:13	17	3:04:23	26.69	03:01				
NP	23	TERESA HERNÁNDEZ CRESPO	LICENCIA DE 1 DIA											
NP	8	ESTEFANÍA ARIAS CEDRÓN	CLUB MONTEPENARUBIA LUG											
NP	25	OLGA VILLANUEVA VÁZQUEZ	TRISPORT GETAFE											
NP	19	RUTH PÉREZ PONTE	CLUB TRIATLON MAR DE VIG											

II TRIATLÓN DSF ISLASCIES

CLASIFICACIÓN CATEGORIAS

FEMININA

OFICIAIS		DATA	14/09/2014					
Delegado Técnico	MONICA FLORES	HORA DE PUBLICACION 14/09/2014 15:36 Horas						
xuiz Arbitro	ROI CUBA							
Responsable Oficiais	ROI CUBA							
XURADO DA COMPETIÇÃO		Inscritos	30	Firma conformidade do Xuiz Arbitro				
MONICA FLORES - DT		Remataron	24					
LUIS PIÑA - FEGATRI		Retirados	1					
LORENA GARCIA - CT MAR DE VIGO		Descalificados	1					
		No presentados	4					
Distancias								
Natación	1,9	Kms.	Ciclismo	82	Kms.	Carreira	21,125	Kms.

*NF=Non finalizado;NP=Non presentado; SD=Descalificado

SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
NF	4	IRIS SOTO BLANCO	TRIATLON GALAICO CIDADE DE PONT	7	0:42:22	17	3:04:23	26.69				

VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	24	SILVIA DEIRA BARCALA	ARCADE INFORHOUSE SANTIAGO	3	0:38:17	2	2:39:46	30.8	3	1:37:35	4:59:33	
2	30	MARIA JOSE VELAZQUEZ GARCIA	LICENCIA DE 1 DIA	12	0:46:35	18	3:05:28	26.53	5	1:44:18	5:43:37	0:44:05
3	22	SILVIA PÉREZ PIÑEIRO	CLUB TRIATLON MAR DE VIGO	5	0:40:32	10	2:53:53	28.3	22	2:25:48	6:05:51	1:06:19
4	28	ANA ANDRES DE LA IGLESIA	LICENCIA DE 1 DIA	11	0:44:12	20	3:11:35	25.68	14	2:03:26	6:11:08	1:11:35
5	26	PAULINA ANDREA MOSQUERA A	NOSPORTLIMIT-TREK GALICIA	15	0:48:50	22	3:17:06	24.96	20	2:23:49	6:37:56	1:38:23
6	29	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	23	0:54:01	25	3:31:22	23.28	21	2:24:22	6:56:56	1:57:23
7	27	MARIA TERESA SILVARREY RED	NOSPORTLIMIT-TREK GALICIA	19	0:51:17	23	3:19:28	24.67	23	2:37:40	6:56:57	1:57:25
NP	23	TERESA HERNÁNDEZ CRESPO	LICENCIA DE 1 DIA									
NP	25	OLGA VILLANUEVA VÁZQUEZ	TRISPORT GETAFE									

II TRIATLÓN DSF ISLASCIES

CLASIFICACIÓN

MASCULINA

OFICIAIS		DATA	14/09/2014					
Delegado Técnico	MONICA FLORES							
Xuiz Arbitro	ROI CUBA							
Responsable Oficiais	ROI CUBA							
COMITE DE APELACIÓN		HORA DE PUBLICACION						
MONICA FLORES - DT		14/09/2014						
LUIS PIÑA - FEGATRI		15:37 Horas						
LORENA GARCIA - CT MAR DE VIGO		Inscritos	369					
		Remataron	319					
		Retirados	15					
		Descalificados	4					
		Non presentados	31					
Firma conformidade do Xuiz Arbitro								
Distancias								
Natación	1,9	Kms.	Ciclismo	82	Kms.	Carreira	21,125	Kms.



*NF=Non finalizado;NP=Non presentado; SD=Descalificado

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	239	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICIA	2	0:28:44	02:16	1	2:08:35	38.27	01:00	15	1:27:24	4:07:58	
2	133	SERGIO GAMAZO FERNANDEZ	LINEA DE META	34	0:34:03	02:43	3	2:11:31	37.41	01:14	4	1:21:22	4:10:51	0:02:54
3	362	JORGE LOPEZ DE LA PUENTE	A.D. TRIPENTA TERRAS DE LU	67	0:36:07	02:49	5	2:15:10	36.4	01:20	1	1:16:14	4:11:39	0:03:41
4	33	LUIS ALBERTO PAREDES COYA	TRIATLON MORRAZO	18	0:32:24	02:13	13	2:17:54	35.68	01:13	2	1:19:22	4:13:05	0:05:07
5	42	CRISTÓBAL DIOS RIOS	TRIATLON GALAICO CIDADE D	41	0:35:00	02:24	4	2:13:56	36.74	01:31	5	1:23:06	4:15:54	0:07:57
6	31	MIGUEL FIGUEIRA NUÑEZ	TRIATLON MORRAZO	6	0:30:23	02:24	18	2:19:52	35.18	01:10	7	1:24:19	4:18:06	0:10:09
7	32	MANUEL JESUS GAYOSO REAL	T. MURALLA LUGO	9	0:31:38	02:41	14	2:18:23	35.55	01:05	8	1:24:25	4:18:11	0:10:14
8	105	LUCIANO JESÚS CARRETERO SANC	TRINITY TRIATLÓN	75	0:36:35	02:10	7	2:16:06	36.15	00:52	17	1:27:36	4:23:17	0:15:20
9	165	LUCAS ESCANEO MACIÑEIRAS	TRIATLON MORRAZO	7	0:30:23	02:24	11	2:17:41	35.74	01:17	48	1:32:33	4:24:17	0:16:20
10	173	PEDRO GINÉS BLANCO	CICLISMO TRIATLON MONTE	57	0:35:56	02:18	9	2:17:32	35.77	01:10	16	1:27:31	4:24:26	0:16:29
11	141	JUÁN JOSÉ GARCÍA BAUTISTA	C.D. TRIATLÓN SIERRA NORT	58	0:35:56	02:35	6	2:15:39	36.27	01:15	28	1:29:42	4:25:05	0:17:07
12	98	BRAIS RODRIGUEZ SANCHEZ	CIDADE DE LUGO FLUVIAL	5	0:30:17	02:28	19	2:20:29	35.03	01:46	42	1:32:01	4:27:00	0:19:03
13	70	JUAN CARLOS AZORÍN MARCO	CT ARABI-YECLA	10	0:31:48	03:26	21	2:21:10	34.86	01:19	27	1:29:36	4:27:16	0:19:19
14	151	FRANCISCO SOLIÑO PIÑEIRO	TRIATLÓN MORRAZO	14	0:32:09	03:01	20	2:20:51	34.93	00:55	31	1:30:28	4:27:21	0:19:24
15	182	ALBERTO LOPEZ PINO	CLUB TRIATLON MAR DE VIG	22	0:33:05	02:50	23	2:22:12	34.6	00:58	22	1:29:07	4:28:11	0:20:14
16	126	DAVID LANDEIRA CASTRO	INDEPENDIENTE	40	0:34:57	02:36	38	2:24:48	33.98	01:20	9	1:24:33	4:28:12	0:20:15
17	134	DANIEL FERNÁNDEZ CORVO	TRIATLON MORRAZO	110	0:38:38	05:03	25	2:22:41	34.48	02:24	3	1:20:51	4:29:35	0:21:38
18	88	EMMANUEL IODICE SCHATURSKYJ	CEINE ALMIRANTE BROWN	33	0:33:53	02:42	54	2:27:33	33.34	01:03	10	1:24:44	4:29:53	0:21:56
19	211	DAVID GARCIA PEREZ	TRINITY TRIATLÓN	20	0:33:02	02:31	47	2:25:56	33.72	00:58	19	1:27:45	4:30:10	0:22:12
20	191	RAMÓN VARELA GARCÍA	ARTROGAL-TRI498	38	0:34:48	02:53	34	2:24:37	34.02			12:48:49	4:31:15	0:23:18
21	205	IAGO VARA ADRIO	REAL CLUB NAUTICO DE VIGO	21	0:33:05	02:39	35	2:24:39	34.01	01:39	34	1:30:44	4:32:46	0:24:48
22	171	AGUSTIN RIOS FERRADAS	TRIATLON MORRAZO	4	0:30:16	02:11	58	2:28:10	33.21	01:08	40	1:31:25	4:33:07	0:25:10
23	282	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	25	0:33:17	02:54	60	2:28:27	33.14	01:00	18	1:27:36	4:33:12	0:25:15
24	117	JACOBO CREGO FERNANDEZ	CLUB OLÍMPICO DE VEDRA	28	0:33:25	02:28	8	2:16:57	35.93	01:22	103	1:39:08	4:33:19	0:25:22
25	336	GONZALO GONZÁLEZ PIÑEIRO	TRIATLON MOTOBIKE PONTE	69	0:36:14	02:16	53	2:27:28	33.36	01:02	14	1:26:43	4:33:42	0:25:44
26	356	ROBERTO BOGA SANDE	T. MURALLA LUGO	199	0:42:14	03:31	12	2:17:42	35.73	01:36	25	1:29:20	4:34:22	0:26:25
27	348	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENT	46	0:35:12	03:41	2	2:10:56	37.58	02:03	142	1:42:40	4:34:30	0:26:33
28	143	HUGO PACHÓN MORENO	CLUB NATACIÓN RIVEIRA	15	0:32:16	02:54	56	2:27:52	33.27	02:40	24	1:29:13	4:34:53	0:26:56
29	233	JAIME VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	44	0:35:08	02:49	83	2:31:04	32.57	00:57	12	1:26:10	4:36:06	0:28:09
30	243	ALEJANDRO GONZALEZ BUCETA	TRINORTH	106	0:38:32	02:43	22	2:21:14	34.84	01:32	47	1:32:22	4:36:20	0:28:23
31	321	JUAN LUIS SORIANO PASTOR	LICENCIA DE 1 DIA	12	0:32:03	02:49	40	2:24:51	33.97	01:37	70	1:35:03	4:36:21	0:28:23
32	199	BASILIO SEIJAS FRANCO	CLUB TRIATLON FERROL	39	0:34:57	02:32	52	2:27:20	33.4	01:02	35	1:31:04	4:36:54	0:28:57
33	297	ALFONSO MONCLUS MARCELLÁN	TRIATLÓN EUROPA	71	0:36:24	03:23	24	2:22:29	34.53	01:03	67	1:34:55	4:38:12	0:30:15
34	153	ENRIQUE MUIÑOS REYES	TRIATLON MOTOBIKE PONTE	37	0:34:30	02:45	33	2:24:24	34.08	01:00	75	1:35:43	4:38:20	0:30:23
35	184	JOSE ANGEL DÍAZ BAUTISTA	CLUB TRIATLON CORUÑA	139	0:40:11	03:16	57	2:28:00	33.25	01:08	13	1:26:30	4:39:03	0:31:06
36	375	ENRIQUE JOSÉ HIDALGO LUGO	CLUB TRIATLON MAR DE VIG	24	0:33:17	02:42	67	2:29:34	32.9	01:16	46	1:32:19	4:39:06	0:31:09
37	209	BERNARDO RODRÍGUEZ GONZÁLEZ	TONIBIKE TRIATLÓN PARACU	19	0:32:54	02:55	41	2:24:56	33.95	01:23	89	1:37:05	4:39:12	0:31:14
38	150	XAN XOSE SUAREZ VILELA	CLUB TRIATLON FERROL	27	0:33:25	03:20	59	2:28:23	33.16	01:09	52	1:33:05	4:39:20	0:31:23
39	190	JUANJO NUÑEZ CASAS	AVANT ELCANTERO DE LETU	72	0:36:32	03:08	86	2:31:48	32.41	01:14	20	1:28:04	4:40:44	0:32:47
40	291	MARCOS ALVAREZ SEOANE	LICENCIA DE 1 DIA	36	0:34:29	03:08	103	2:33:52	31.98	01:00	21	1:28:33	4:41:01	0:33:04
41	253	RAMÓN VALIÑAS MARTINEZ	CLUB OLIMPICO DE VEDRA	62	0:36:02	02:54	15	2:18:59	35.4	01:05	139	1:42:25	4:41:24	0:33:27



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
42	99	MIGUEL CARRERA GARCÍA	TRIATLÓN ASTUDILLO	23	0:33:14	02:46	50	2:26:22	33.62	02:11	87	1:37:00	4:41:31	0:33:34
43	48	EDUARDO PÉREZ CAJARAVILLE	LICENCIA DE 1 DIA	172	0:40:52	03:02	17	2:19:47	35.2	01:23	85	1:36:57	4:41:59	0:34:02
44	263	JAIME TIZÓN DAVILA	DEXTER TRIATLÓN COMPOST	56	0:35:55	03:21	51	2:26:48	33.52	01:38	61	1:34:24	4:42:04	0:34:06
45	57	ALEJANDRO CRUZ BOO	NOSPORTLIMIT-TREK GALICIA	186	0:41:30	02:55	30	2:23:43	34.24	01:25	49	1:32:37	4:42:08	0:34:11
46	186	RUBÉN FERNÁNDEZ ESCALONA	ZR-TRIATLON CENTER	66	0:36:07	03:45	43	2:25:07	33.91	02:45	65	1:34:49	4:42:31	0:34:34
47	188	JOAQUÍN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICIA	213	0:42:33	02:51	36	2:24:39	34.01	02:18	43	1:32:02	4:44:22	0:36:25
48	78	EDUARDO SAAVEDRA LAGARES	CLUB TRIATLON FERROL	51	0:35:45	03:00	92	2:32:37	32.24	01:06	45	1:32:18	4:44:43	0:36:46
49	267	FERNANDO FERNANDEZ MARTINEZ	CLUB OLÍMPICO DE VEDRA	137	0:40:06	03:25	70	2:29:53	32.83	01:07	29	1:30:15	4:44:44	0:36:47
50	69	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	61	0:36:00	02:20	84	2:31:17	32.52	01:34	57	1:33:39	4:44:48	0:36:51
51	68	GUILLERMO MOSQUERA VICENTE	NOSPORTLIMIT-TREK GALICIA	49	0:35:21	02:33	79	2:30:38	32.66	01:15	73	1:35:31	4:45:16	0:37:19
52	174	J. LUIS SANTOME COLLAZO	NOSPORTLIMIT-TREK GALICIA	13	0:32:05	03:11	74	2:30:16	32.74	01:56	101	1:39:00	4:46:27	0:38:29
53	390	JESÚS FIGUEROA FERNANDEZ	TRIATLON MOTOBIKE PONTE	55	0:35:55	02:26	117	2:35:45	31.59	01:14	41	1:31:39	4:46:57	0:39:00
54	230	PANCHO MARCOS PEÑACOBA	LICENCIA DE 1 DIA	100	0:38:21	03:12	107	2:34:36	31.82	01:25	26	1:29:35	4:47:08	0:39:11
55	158	FRANCISCO AMADOR FERNANDEZ	TRIATLON PONTEVEDRA	210	0:42:31	04:08	98	2:32:59	32.16	01:28	11	1:26:04	4:47:08	0:39:11
56	280	JAVIER PEREZ BOUZA	TRINITY TRIATLON	82	0:36:45	02:34	37	2:24:40	34.01	01:25	136	1:42:00	4:47:22	0:39:24
57	311	FRANCISCO JAVIER RAMOS BOTAN	CIDADE DE LUGO FLUVIAL	158	0:40:36	02:30	28	2:23:12	34.36	01:24	110	1:39:48	4:47:29	0:39:32
58	201	JOSE LUIS RODRIGUEZ MARTIN	TRIATLON MOTOBIKE PONTE	107	0:38:33	02:51	77	2:30:26	32.71	01:12	72	1:35:07	4:48:07	0:40:10
59	234	FRANCISCO J. RODRIGUEZ MATO	CLUB TRIATLON CORUÑA	147	0:40:25	02:59	44	2:25:24	33.84	01:48	91	1:37:46	4:48:20	0:40:23
60	223	BORJA ESCUDERO GÓMEZ	LICENCIA DE 1 DIA	127	0:39:30	03:06	63	2:28:43	33.09	01:31	74	1:35:39	4:48:27	0:40:29
61	195	ALBERTO BERMEJO NAVAS	TRIATLÓN ÁVILA	243	0:43:49	04:21	46	2:25:39	33.78	01:55	50	1:32:55	4:48:38	0:40:40
62	250	ROMAN REBANAL ALFAYA	TRIATLON MOTOBIKE PONTE	77	0:36:38	03:03	76	2:30:25	32.71	01:10	97	1:38:03	4:49:16	0:41:19
63	52	JOSUE MORENO LIRA	LICENCIA DE 1 DIA	80	0:36:43	04:16	80	2:30:39	32.66	01:52	76	1:35:48	4:49:16	0:41:19
64	175	MANUEL CASTRO RODRÍGUEZ	CT ARABI-YECLA	1	0:28:43	02:25	39	2:24:50	33.97	01:43	221	1:51:46	4:49:26	0:41:29
65	351	JOSÉ MANUEL COMESAÑA FORTES	TRIOURENSE	117	0:38:54	02:38	42	2:25:05	33.91	01:25	128	1:41:28	4:49:28	0:41:31
66	302	RUBÉN SIO FERNANDEZ	CLUB ATLETISMO PORRIÑO	227	0:43:07	02:51	31	2:24:02	34.16	01:56	96	1:38:02	4:49:55	0:41:58
67	226	JOSE MANUEL ABALO LOJO	ARTROGAL-TRI498	144	0:40:18	04:10	81	2:31:03	32.58	01:41	51	1:32:58	4:50:08	0:42:11
68	343	JOSÉ ÁNGEL SÁNCHEZ REDONDO	T. MURALLA LUGO	256	0:44:56	03:33	111	2:35:12	31.7	02:32	6	1:24:07	4:50:18	0:42:21
69	373	PEDRO ALFONSO LISTA SUÁREZ	A.D. FOGAR	73	0:36:32	02:55	72	2:29:59	32.81	01:09	116	1:40:22	4:50:55	0:42:58
70	61	AARON GARCIA EHRHARDT	LICENCIA DE 1 DIA	30	0:33:49	03:25	168	2:40:52	30.59	01:37	37	1:31:17	4:50:57	0:43:00
71	352	MANUEL MARIÑO CARREÑO	TRIATLON LEON	143	0:40:16	04:30	100	2:33:26	32.07	01:59	36	1:31:10	4:51:19	0:43:22
72	168	FERNANDO LOPEZ LOPEZ	ARTROGAL-TRI498	60	0:35:59	03:21	120	2:36:17	31.48	01:07	64	1:34:46	4:51:29	0:43:32
73	71	IGNACIO ARENAS DOMINGO	LICENCIA DE 1 DIA	26	0:33:23	03:24	154	2:39:41	30.81	01:47	56	1:33:38	4:51:51	0:43:54
74	249	JAIME MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	165	0:40:41	03:02	55	2:27:46	33.3	01:41	100	1:38:57	4:52:04	0:44:07
75	192	ANDRES DOMINGUEZ SILVA	CLUB TRIATLON CORUÑA	79	0:36:41	02:33	90	2:32:11	32.33	01:02	112	1:39:55	4:52:20	0:44:23
76	92	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICIA	48	0:35:15	03:22	85	2:31:19	32.51	01:39	119	1:40:57	4:52:30	0:44:33
77	322	PAULO ESTEVES PEREIRA	LICENCIA DE 1 DIA	53	0:35:51	03:28	109	2:35:06	31.72	01:14	88	1:37:01	4:52:39	0:44:41
78	301	MANUEL POLO GUNDIN	CLUB TRIATLON FERROL	125	0:39:22	02:35	105	2:34:01	31.95	01:06	78	1:36:03	4:53:05	0:45:07
79	96	GABRIEL ALARCÓN SABARÍS	CICLISMO TRIATLON MONTE	42	0:35:01	03:14	162	2:40:18	30.69	01:18	54	1:33:22	4:53:12	0:45:14
80	324	DAVID ANTONIO ROMERO PEREIRA	CLUB TRIATLON MAR DE VIG	286	0:48:39	03:12	48	2:25:58	33.71	01:37	60	1:34:08	4:53:32	0:45:34
81	344	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	132	0:39:50	03:06	68	2:29:39	32.88	01:27	106	1:39:33	4:53:32	0:45:35
82	238	DAVID LUIÑA GARCIA	ACADEMIA CIVIL - CNSO	269	0:46:03	03:42	26	2:22:41	34.48	02:04	102	1:39:07	4:53:34	0:45:37
83	103	JAIRO DIEZ GONZALEZ	TRILEON	159	0:40:37	03:33	61	2:28:31	33.13	01:17	113	1:39:57	4:53:52	0:45:55
84	366	JOSE JAVIER GOMEZ IGLESIAS	TRIOURENSE	265	0:45:37	03:03	69	2:29:44	32.86	01:11	62	1:34:41	4:54:14	0:46:17
85	40	ALEJANDRO ELÚA PINÍN	LICENCIA DE 1 DIA	32	0:33:51	02:56	211	2:45:34	29.72	01:11	33	1:30:44	4:54:15	0:46:18
86	180	ROBERTO PICON ESPÍÑO	DEXTER TRIATLÓN COMPOST	104	0:38:27	02:51	133	2:37:26	31.25	01:00	66	1:34:50	4:54:31	0:46:34
87	317	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	129	0:39:38	03:15	130	2:36:56	31.35	01:14	55	1:33:35	4:54:37	0:46:40
88	378	JUAN ANTONIO CARIDE GRANDAL	TRIATLÓN MORRAZO	196	0:42:13	03:29	143	2:38:30	31.04	01:27	23	1:29:10	4:54:47	0:46:50
89	215	FRANCISCO JAVIER ALVAREZ COST	CLUB TRIATLON MAR DE VIG	81	0:36:43	03:00	135	2:37:53	31.16	01:08	80	1:36:17	4:54:59	0:47:01
90	203	ANTONIO GOMES SALGADO	LICENCIA DE 1 DIA	167	0:40:46	04:22	95	2:32:41	32.23	02:41	63	1:34:43	4:55:10	0:47:13
91	183	LUIS GARCIA LOPEZ	A.D. FOGAR	146	0:40:20	02:20	118	2:36:04	31.53	01:49	69	1:35:02	4:55:33	0:47:36
92	246	JUAN MANUEL MARTÍNEZ MARTÍNE	DEXTER TRIATLÓN COMPOST	52	0:35:48	02:51	88	2:31:53	32.39	01:19	156	1:44:28	4:56:17	0:48:20
93	79	JOSE MANUEL AZCONA REVILLA	CLUB DEPORTIVO TRILEON	91	0:37:32	03:39	128	2:36:46	31.39	01:46	84	1:36:38	4:56:19	0:48:22
94	74	PASCUAL FANDOS GOMEZ	BICI TERUEL	109	0:38:35	04:19	32	2:24:16	34.1	01:43	190	1:47:30	4:56:22	0:48:25
95	306	MANUEL LEIRACHA VALENTIN	CLUB TRIATLON FERROL	257	0:44:56	03:06	125	2:36:35	31.42	01:21	32	1:30:34	4:56:31	0:48:34
96	64	IÑAKI ANDRADE FERNÁNDEZ	LICENCIA DE 1 DIA	65	0:36:06	03:18	78	2:30:37	32.67	01:12	172	1:45:41	4:56:52	0:48:55
97	384	JOSE VIDAL RIAL	LICENCIA DE 1 DIA	194	0:42:05	04:03	139	2:38:18	31.08	02:19	38	1:31:24	4:58:06	0:50:09
98	115	MANUEL SANTOS DOCAL	CLUB MONTEPENARUBIA LUG	87	0:37:17	04:05	75	2:30:17	32.74	01:34	165	1:45:02	4:58:14	0:50:17
99	124	MARCOS COSTA PEREIRA	CIDADE DE LUGO FLUVIAL	214	0:42:36	03:27	87	2:31:52	32.4	01:12	104	1:39:11	4:58:16	0:50:19
100	347	INDALECIO VIÑAS CAMBA	TRIATLON GALAICO CIDADE D	113	0:38:41	02:56	127	2:36:40	31.41	01:12	99	1:38:55	4:58:22	0:50:25
101	355	FERNANDO GARCIA MARTINEZ	LICENCIA DE 1 DIA	236	0:43:32	02:40	93	2:32:40	32.23	01:40	94	1:37:55	4:58:25	0:50:28
102	123	DAVID ALVAREZ ALONSO	LICENCIA DE 1 DIA	207	0:42:28	03:43	119	2:36:10	31.51	01:35	68	1:35:00	4:58:54	0:50:57
103	132	DANIEL CADENAS TORRÓN	LICENCIA DE 1 DIA	217	0:42:39	02:58	91	2:32:25	32.28	01:04	114	1:39:57	4:59:01	0:51:04
104	382	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	161	0:40:38	04:07	142	2:38:27	31.05	01:32	71	1:35:04	4:59:45	0:51:48
105	289	MANUEL GONZALEZ CUÑA	CLUB TRIATLON MAR DE VIG	311	0:51:54	03:26	73	2:30:11	32.76	01:32	53	1:33:13	5:00:14	0:52:17
106	288	JOSE G SANTIN RIOS	TRIATLON PONTEVEDRA	260	0:45:11	03:23	64	2:29:11	32.98	01:37	131	1:41:41	5:01:01	0:53:04

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
107	125	JAVIER RODRIGUEZ DIAZ	CN LOS CRISTIANOS	45	0:35:09	03:40	132	2:37:24	31.26	01:22	150	1:44:07	5:01:40	0:53:43
108	286	MIGUEL ANGEL GIL GONZALEZ	CLUB ATLETISMO PORRIÑO	131	0:39:47	02:32	99	2:33:15	32.11	01:14	161	1:44:57	5:01:43	0:53:46
109	179	SALVADOR IZQUIERDO SALGUEIRO	CLUB TRIATLON MAR DE VIG	138	0:40:09	02:45	101	2:33:33	32.04	01:16	155	1:44:27	5:02:09	0:54:12
110	335	JUAN CARLOS SANMARTIN PENA	C.D. KAIROSCORE	215	0:42:38	03:29	82	2:31:03	32.57	02:21	143	1:42:49	5:02:19	0:54:21
111	200	LUIS ALBERTO DOMINGUEZ FERNA	LICENCIA DE 1 DIA	173	0:40:57	04:13	106	2:34:02	31.94	01:49	132	1:41:41	5:02:40	0:54:43
112	140	JAVIER BOULLOSA CORTEGOSO	TRIATLÓN MOTOBIKE PONTE	198	0:42:13	02:25	131	2:36:58	31.35	01:33	107	1:39:34	5:02:42	0:54:44
113	329	ABEL VARELA CERNADAS	CLUB TRIATLON MAR DE VIG	261	0:45:13	03:57	140	2:38:22	31.07	01:27	59	1:33:51	5:02:49	0:54:52
114	386	LUIS EMILIO SANCHEZ SECO	TRIOURENSE	76	0:36:36	04:05	150	2:39:31	30.84	01:35	127	1:41:26	5:03:11	0:55:14
115	160	NICOLAS PICHEL CASTRO	A.D. FOGAR	184	0:41:18	03:50	89	2:32:09	32.34	01:51	152	1:44:12	5:03:19	0:55:22
116	363	RAFAEL CAVA ROMERO	LICENCIA DE 1 DIA	154	0:40:33	04:18	153	2:39:37	30.83	02:28	82	1:36:37	5:03:31	0:55:34
117	120	SANTIAGO CASAS MIGUELEZ	TRIATLON MOTOBIKE PONTE	85	0:36:53	03:10	169	2:40:54	30.58	01:32	123	1:41:06	5:03:34	0:55:37
118	106	BORJA BLANCO SUAREZ	INTERVAL RUNNING	253	0:44:41	03:51	97	2:32:54	32.18	01:25	121	1:41:00	5:03:49	0:55:52
119	56	DAVID DIZ FERREIRA	LICENCIA DE 1 DIA	244	0:43:53	04:32	62	2:28:40	33.1	02:35	164	1:45:02	5:04:40	0:56:43
120	118	FERNANDO IGLESIAS PÉREZ	TRINORTH	179	0:41:08	04:07	66	2:29:30	32.91	02:51	188	1:47:11	5:04:44	0:56:47
121	54	JONATHAN JESÚS ARTILES GODOY	TRICAN	169	0:40:49	03:12	27	2:23:01	34.4	01:44	250	1:56:43	5:05:27	0:57:30
122	304	ÁLVARO GARCÍA ALBA	TRISPORT GETAFE	136	0:40:06	03:28	102	2:33:41	32.02	01:34	186	1:46:46	5:05:34	0:57:36
123	256	MIGUEL ANGEL COGOLLUDO AGUS	TRIATLON MOTOBIKE PONTE	70	0:36:15	02:57	116	2:35:29	31.64	01:05	205	1:49:52	5:05:37	0:57:40
124	264	GONZALO DE LAS HERAS PALMER	TRIRUNNERS GETXO	176	0:41:05	03:42	144	2:38:37	31.02	01:16	120	1:40:59	5:05:37	0:57:40
125	217	FRANCISCO CORTEGOSO DÍAZ	TRIATLON MOTOBIKE PONTE	94	0:38:08	02:49	175	2:41:15	30.51	01:12	138	1:42:15	5:05:38	0:57:40
126	277	JOSE LUIS ALTAMIRANDA BLANCO	TRINITY TRIATLON	231	0:43:11	03:32	94	2:32:40	32.23	02:36	151	1:44:09	5:06:06	0:58:09
127	325	ISAAC BALIN VEGA	CLUB IBERIA TRIATLÓN	188	0:41:35	03:44	146	2:38:56	30.96	01:21	124	1:41:10	5:06:44	0:58:47
128	89	FRANCISCO GARCIA SEOANE	LICENCIA DE 1 DIA	74	0:36:34	04:13	145	2:38:48	30.98	02:17	160	1:44:56	5:06:46	0:58:48
129	319	SANTIAGO GARCÍA VILAS	CIDADE DE LUGO FLUVIAL	175	0:41:00	03:34	71	2:29:54	32.82	01:41	212	1:50:50	5:06:57	0:59:00
130	331	JOSÉ Mª EIROA FEAL	LICENCIA DE 1 DIA	123	0:39:15	04:25	137	2:37:56	31.15	01:30	153	1:44:23	5:07:27	0:59:30
131	163	ALVARO GIL GONZÁLEZ	LICENCIA DE 1 DIA	225	0:43:04	03:45	160	2:40:16	30.7	02:38	93	1:37:51	5:07:32	0:59:35
132	172	ABEL IGLESIAS FUERTES	TRIOURENSE	151	0:40:29	02:57	114	2:35:24	31.66	02:09	182	1:46:37	5:07:34	0:59:36
133	370	MIGUEL CARBALLO GONZÁLEZ	TRIOURENSE	86	0:36:54	03:29	194	2:43:36	30.08	01:41	134	1:41:56	5:07:34	0:59:37
134	157	ANXO SALGADO LOSADA	CLUB TRIATLON MAR DE VIG	183	0:41:13	02:50	49	2:26:12	33.65	01:22	248	1:56:24	5:08:00	1:00:03
135	295	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICIA	35	0:34:26	03:08	236	2:47:59	29.29	02:45	109	1:39:47	5:08:04	1:00:06
136	389	LALO RODRIGUEZ VILLAR	LICENCIA DE 1 DIA	218	0:42:40	04:12	179	2:41:48	30.41	02:02	95	1:38:00	5:08:40	1:00:43
137	107	FRANCISCO ÁLVAREZ VÁZQUEZ	LICENCIA DE 1 DIA	204	0:42:23	04:13	164	2:40:32	30.65	02:01	111	1:39:50	5:08:58	1:01:00
138	170	PEDRO COMESAÑA ALFARO	LICENCIA DE 1 DIA	178	0:41:08	04:42	231	2:47:21	29.4	02:15	58	1:33:46	5:09:09	1:01:12
139	55	NICOLÁS BELLO BUGALLO	LICENCIA DE 1 DIA	142	0:40:14	02:51	210	2:45:25	29.75	02:15	98	1:38:34	5:09:18	1:01:20
140	285	JUAN JOSÉ ANDRÉS IGLESIAS	TRIATLON GALAICO CIDADE D	93	0:38:01	02:47	220	2:46:24	29.57	01:09	122	1:41:01	5:09:21	1:01:24
141	129	ROBERTO DOMINGUEZ JUAREZ	LICENCIA DE 1 DIA	166	0:40:44	04:32	208	2:45:19	29.76	01:55	86	1:36:58	5:09:27	1:01:30
142	39	ADRIÁN FERNÁNDEZ GARCÍA	TRISADA	115	0:38:45	04:03	193	2:43:33	30.08	01:50	125	1:41:23	5:09:32	1:01:35
143	75	VÍCTOR IGLESIAS FUERTES	TRIOURENSE	272	0:46:31	02:52	233	2:47:42	29.34	01:14	39	1:31:25	5:09:43	1:01:45
144	34	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT-TREK GALICIA	202	0:42:21	03:26	180	2:41:49	30.41	01:40	117	1:40:29	5:09:43	1:01:46
145	73	ADRIÁN CASTRO RODRÍGUEZ	T. MURALLA LUGO	116	0:38:49	03:28	281	2:55:02	28.11	02:03	30	1:30:26	5:09:46	1:01:49
146	271	LUÍS VILA ARIAS	CIDADE DE LUGO FLUVIAL	102	0:38:26	02:59	129	2:36:51	31.37	01:31	209	1:50:16	5:10:01	1:02:03
147	169	CARLOS GARCIA SALGADO	CLUB TRIATLON CORUÑA	43	0:35:05	03:53	222	2:46:36	29.53	01:21	145	1:43:26	5:10:18	1:02:21
148	47	IÑAKI EIRAS RODRIGUEZ	LICENCIA DE 1 DIA	31	0:33:51	04:12	112	2:35:18	31.68	02:11	243	1:55:07	5:10:37	1:02:40
149	65	IVAN LOPEZ NOVO	NOSPORTLIMIT-TREK GALICIA	163	0:40:38	03:26	167	2:40:45	30.61	01:30	154	1:44:25	5:10:43	1:02:46
150	266	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	96	0:38:09	04:07	121	2:36:19	31.48	01:20	215	1:50:57	5:10:49	1:02:52
151	279	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	111	0:38:39	02:25	122	2:36:19	31.48	01:07	225	1:52:29	5:10:57	1:03:00
152	388	MANOLO VALES BAHAMONDE	TRIATLON PONTEVEDRA	152	0:40:31	04:06	188	2:43:07	30.16	01:50	129	1:41:38	5:11:10	1:03:13
153	207	ISAAC FRAGOSO PEREZ	NOSPORTLIMIT-TREK GALICIA	226	0:43:05	03:27	157	2:39:58	30.76	01:49	144	1:42:57	5:11:15	1:03:18
154	111	FRANCISCO JAVIER FERNÁNDEZ PÉ	NOSPORTLIMIT-TREK GALICIA	124	0:39:19	02:47	163	2:40:21	30.69	01:25	189	1:47:25	5:11:15	1:03:18
155	273	BENITO SANTANA GOMEZ	ARCADE INFORHOUSE SANTI	108	0:38:33	02:52	138	2:38:11	31.11	01:36	210	1:50:17	5:11:28	1:03:31
156	161	ROI GONZÁLEZ MOLINES	CLUB TRIATLON CORUÑA	121	0:39:11	03:46	115	2:35:26	31.66	02:01	218	1:51:06	5:11:29	1:03:32
157	196	CRISTIAN MARCELINO REPRESAS	LICENCIA DE 1 DIA	177	0:41:07	04:42	96	2:32:42	32.22	02:10	216	1:50:58	5:11:36	1:03:39
158	312	ENRIQUE MUÑOZ BERRON	TRIAVILA	273	0:46:32	05:01	177	2:41:30	30.47	02:33	81	1:36:32	5:12:05	1:04:08
159	242	OSCAR POUSEU ARGIBAY	LICENCIA DE 1 DIA	160	0:40:38	03:29	134	2:37:27	31.25	01:51	197	1:48:46	5:12:10	1:04:13
160	50	PABLO DOMÍNGUEZ VILA	LICENCIA DE 1 DIA	59	0:35:56	03:05	155	2:39:49	30.79	02:00	223	1:52:11	5:13:00	1:05:03
161	97	JOSÉ LUIS SANTOS FERNÁNDEZ	ARTROGAL-TRI498	247	0:44:10	04:40	245	2:49:12	29.08	02:52	44	1:32:10	5:13:02	1:05:05
162	380	ÁLVARO ABASCAL DÍAZ	TRIMADRID	221	0:42:45	03:55	183	2:42:09	30.35	02:23	135	1:41:58	5:13:07	1:05:10
163	265	EDUARDO SEOANE SANTISO	NOSPORTLIMIT-TREK GALICIA	95	0:38:08	04:57	263	2:52:00	28.61	01:59	79	1:36:08	5:13:10	1:05:13
164	44	ADRIÁN ÁLVAREZ MÁRQUEZ	LICENCIA DE 1 DIA	97	0:38:13	04:01	148	2:39:06	30.93	02:00	206	1:49:57	5:13:15	1:05:17
165	49	ALBERTO REY MOLANO	LICENCIA DE 1 DIA	122	0:39:12	04:40	216	2:46:00	29.64	04:02	108	1:39:35	5:13:28	1:05:31
166	367	XOAN ANTON PEON VALLE	TRIATLON MOTOBIKE PONTE	98	0:38:17	04:01	224	2:46:57	29.47	02:00	140	1:42:28	5:13:40	1:05:43
167	93	DAVID SUÁREZ SANTANA	C.N. LOS CRISTIANOS	240	0:43:46	03:43	161	2:40:17	30.7	02:14	148	1:43:48	5:13:46	1:05:49
168	260	LUIS PAULINO LLANOS	ENPHORMA TRIATLÓN	197	0:42:13	03:07	209	2:45:20	29.76	01:36	130	1:41:38	5:13:52	1:05:55
169	108	CARLOS ELISEO AÑON CEAN	A.D. FOGAR	292	0:49:30	04:31	171	2:41:01	30.56	01:58	92	1:37:47	5:14:45	1:06:48
170	204	ANGEL LUIS NORIEGA PEREZ	TRIATLON MOTOBIKE PONTE	78	0:36:39	03:06	187	2:42:36	30.26	01:40	213	1:50:50	5:14:49	1:06:52
171	371	ANTONIO FRANCISCO GIL ALONSO	LICENCIA DE 1 DIA	99	0:38:18	04:09	219	2:46:20	29.58	01:35	157	1:44:30	5:14:50	1:06:53



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
172	90	PABLO FRANCO YAÑEZ	CLUB TRIATLON CORUÑA	229	0:43:09	03:50	156	2:39:53	30.77	01:25	185	1:46:40	5:14:55	1:06:58
173	251	RUBEN PARDO NEBRIL	LICENCIA DE 1 DIA	89	0:37:25	04:02	123	2:36:21	31.47	02:21	240	1:54:53	5:15:00	1:07:03
174	177	EMILIO JOSÉ GARCÍA MORÁN	ZONA BOXES - DESNIVEL 0%	105	0:38:28	03:26	201	2:44:14	29.96	02:06	187	1:46:58	5:15:10	1:07:13
175	208	MARCOS PERISCAL REY	NOSPORTLIMIT-TREK GALICIA	223	0:42:53	03:39	176	2:41:17	30.51	02:07	168	1:45:22	5:15:16	1:07:19
176	119	MARCOS SUCASAS MEJUTO	LICENCIA DE 1 DIA	185	0:41:18	04:18	214	2:45:56	29.65	03:54	115	1:40:12	5:15:36	1:07:39
177	155	FERNANDO SINES CASTRO	ARTROGAL-TRI498	203	0:42:23	02:43	165	2:40:34	30.64	01:40	195	1:48:28	5:15:45	1:07:48
178	241	ALFREDO FERNÁNDEZ ROSA	TRISPORT GETAFE	246	0:44:03	03:58	149	2:39:28	30.85	01:45	184	1:46:39	5:15:52	1:07:54
179	357	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIG	222	0:42:49	03:35	104	2:33:56	31.96	01:25	241	1:54:58	5:16:42	1:08:44
180	340	EDER FERNANDEZ PEREZ	TRIATLON MOTOBIKE PONTE	63	0:36:04	03:27	226	2:47:03	29.45	01:55	196	1:48:40	5:17:07	1:09:10
181	76	DIEGO TABOADA CASTRO	TRIATLON GALAICO CIDADE D	168	0:40:49	03:04	189	2:43:07	30.16	01:23	198	1:48:51	5:17:12	1:09:15
182	392	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENT	258	0:45:07	04:20	113	2:35:19	31.68	01:37	214	1:50:52	5:17:13	1:09:16
183	138	LUIS ARADAS LOPEZ	LICENCIA DE 1 DIA	259	0:45:09	04:50	232	2:47:35	29.36	03:05	83	1:36:37	5:17:14	1:09:16
184	274	LUIS ALBERTO FERNÁNDEZ ESCAL	ZR-TRIATLON CENTER	174	0:40:59	03:43	202	2:44:34	29.9	01:51	178	1:46:11	5:17:16	1:09:19
185	294	MIGUEL ANGEL HERVA LÓPEZ	CLUB TRIATLON FERROL	162	0:40:38	03:42	195	2:43:42	30.06	02:25	191	1:47:30	5:17:55	1:09:58
186	313	DAVID FERNANDEZ-ALVARÍO DEL	CLUB TRIATLON MAR DE VIG	83	0:36:50	04:33	126	2:36:35	31.42	02:44	256	1:57:58	5:18:39	1:10:42
187	326	OSCAR MARTINEZ FERRANDEZ	TRINORTH	88	0:37:22	02:40	45	2:25:28	33.83	01:36	304	2:11:42	5:18:47	1:10:50
188	341	FRANCISCO JOSÉ FERRER VIDAL	NOSPORTLIMIT-TREK GALICIA	149	0:40:28	03:19	225	2:46:57	29.47	02:08	175	1:46:00	5:18:50	1:10:52
189	46	ISIDRO SANTOS GARRIDO	INDEPENDIENTE	212	0:42:33	03:32	260	2:51:44	28.65	01:40	105	1:39:24	5:18:51	1:10:54
190	359	ALVARO LORENZO FARIÑA DOMING	INDEPENDIENTE	112	0:38:40	04:53	110	2:35:07	31.72	03:29	251	1:56:43	5:18:52	1:10:54
191	364	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA	128	0:39:32	02:55	159	2:40:08	30.73	01:28	242	1:55:03	5:19:05	1:11:07
192	247	PABLO SÁNCHEZ GOMEZ	TRINITY TRIATLÓN	68	0:36:08	03:29	173	2:41:15	30.51	01:29	252	1:56:50	5:19:10	1:11:12
193	53	RUBÉN PARDO ÁLVAREZ	CLUB TRIATLÓN ZAMORA	254	0:44:47	03:56	190	2:43:20	30.12	01:44	171	1:45:35	5:19:19	1:11:22
194	131	DAVID BROULLON PIÑEIRO	TRIATLON MORRAZO	283	0:48:30	03:57	181	2:41:54	30.39	01:40	147	1:43:40	5:19:40	1:11:42
195	80	SERGIO SILVA GUIADANES	LICENCIA DE 1 DIA	3	0:30:16	03:58	213	2:45:49	29.67	01:55	255	1:57:57	5:19:52	1:11:55
196	342	IGNACIO PEREZ RODRIGUEZ	CLUB TRIATLON OURENSE	305	0:50:54	03:13	230	2:47:18	29.41	01:17	90	1:37:17	5:19:57	1:12:00
197	84	BORJA LUQUE MORENO CID	CLUB TRIATLÓN ZDM	228	0:43:08	03:54	199	2:44:04	29.99	03:31	169	1:45:29	5:20:03	1:12:06
198	224	DAVID FERREIRA LAREDO	CLUB TRIATLON MAR DE VIG	321	0:53:22	03:34	217	2:46:05	29.62	01:27	77	1:35:57	5:20:23	1:12:26
199	156	GONZALO VALES IGLESIAS	TRIOURENSE	157	0:40:35	03:54	241	2:48:53	29.13	01:31	174	1:45:46	5:20:36	1:12:39
200	198	HECTOR VAZQUEZ REY	LICENCIA DE 1 DIA	302	0:50:29	03:42	151	2:39:32	30.84	02:32	159	1:44:35	5:20:49	1:12:51
201	41	BRUNO BELLO LAFUENTE	NOSPORTLIMIT-TREK GALICIA	277	0:47:24	03:28	108	2:34:40	31.81	01:32	236	1:53:58	5:21:00	1:13:03
202	216	FELIX CASTRO DE PAZOS	LICENCIA DE 1 DIA	219	0:42:41	04:00	234	2:47:43	29.34	01:45	167	1:45:18	5:21:25	1:13:27
203	212	CARLOS TORRES RIVAS	BIKESTRADA TRIATLÓN	148	0:40:27	04:40	174	2:41:15	30.51	02:08	228	1:53:04	5:21:33	1:13:35
204	142	MARCOS LÓPEZ BONILLA	TRIATLÓN MAREA	130	0:39:40	04:02	124	2:36:31	31.43	02:12	263	1:59:56	5:22:19	1:14:22
205	77	RAMÓN LAGO CARRERA	CLUB ATLETISMO PORRIÑO	84	0:36:53	03:31	215	2:46:00	29.64	01:22	239	1:54:49	5:22:33	1:14:36
206	269	PEDRO GARCIA FERNANDEZ	CLUB RIOJA TRIATLÓN	47	0:35:14	04:37	239	2:48:37	29.18	02:58	219	1:51:12	5:22:36	1:14:39
207	345	EMILIO PEREZ BELLIDO	LICENCIA DE 1 DIA	288	0:48:51	04:55	204	2:44:58	29.83	02:02	141	1:42:37	5:23:21	1:15:24
208	374	FERNANDO ABREU FERNANDEZ	LICENCIA DE 1 DIA	276	0:47:19	04:06	192	2:43:32	30.09	02:32	176	1:46:06	5:23:33	1:15:36
209	361	PABLO SEIVANE VIOR	NOSPORTLIMIT-TREK GALICIA	252	0:44:35	05:58	197	2:43:57	30.01	02:08	193	1:48:04	5:24:41	1:16:44
210	136	NICOLÁS CHAO FERNÁNDEZ	CIDADE DE LUGO FLUVIAL	182	0:41:11	03:47	235	2:47:46	29.33	02:27	204	1:49:51	5:25:01	1:17:04
211	298	MANUEL MONCLUS MARCELLÁN	G.E.S. ESCAPDA	193	0:41:53	03:33	267	2:52:29	28.52	02:16	162	1:44:58	5:25:08	1:17:11
212	127	PABLO SIEIRO BARRIO	TRIATLÓN MORRAZO	290	0:49:12	04:26	205	2:45:05	29.8	02:03	158	1:44:34	5:25:19	1:17:22
213	60	JESUS CORTES VILLAVARDE	LICENCIA DE 1 DIA	239	0:43:45	03:05	229	2:47:11	29.43	01:22	207	1:50:07	5:25:28	1:17:31
214	394	JAVIER DE RAMÓN CASADO	LICENCIA DE 1 DIA	181	0:41:10	04:02	272	2:53:47	28.31	02:33	149	1:44:03	5:25:34	1:17:37
215	339	CARLOS FERNANDEZ EXPOSITO	A.D. FOGAR	216	0:42:38	03:03	147	2:39:04	30.93	01:53	260	1:59:05	5:25:41	1:17:43
216	379	GONZALO TRIUNFO DELGADO	ARTROGAL-TRI498	189	0:41:40	04:40	250	2:50:09	28.92	02:22	192	1:47:47	5:26:37	1:18:39
217	146	SERGIO MONTEAGUDO RODRÍGUEZ	CLUB TRIATLON CORUÑA	120	0:39:04	04:47	276	2:54:04	28.27	02:12	183	1:46:37	5:26:43	1:18:46
218	391	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIG	191	0:41:52	03:25	256	2:50:55	28.79	01:36	202	1:49:24	5:27:11	1:19:13
219	393	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT-TREK GALICIA	220	0:42:45	03:12	141	2:38:22	31.07	01:24	276	2:02:37	5:28:18	1:20:21
220	258	ROBERTO CID SANMARTIN	CLUB TRIATLON CORUÑA	170	0:40:51	03:59	237	2:48:15	29.24	02:15	229	1:53:11	5:28:28	1:20:31
221	137	ANTÓN DAPENA PIÑEIRO	LICENCIA DE 1 DIA	211	0:42:33	04:48	178	2:41:40	30.43	01:45	258	1:58:06	5:28:50	1:20:53
222	130	JOSE MAGDALENA VERA	LICENCIA DE 1 DIA	281	0:48:09	03:36	227	2:47:03	29.45	02:06	194	1:48:18	5:29:10	1:21:13
223	43	ALEJANDRO RODRIGUEZ OUTEIRIÑ	TRIOURENSE	206	0:42:24	05:18	268	2:52:51	28.47	02:26	179	1:46:24	5:29:22	1:21:25
224	220	JAVIER HIDALGO GIL	LICENCIA DE 1 DIA	317	0:52:23	03:40	246	2:49:27	29.04	01:52	137	1:42:04	5:29:24	1:21:27
225	381	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	90	0:37:28	05:01	274	2:53:55	28.29	01:41	220	1:51:26	5:29:29	1:21:32
226	338	SANTIAGO BESADA BRUNET	INDEPENDIENTE	201	0:42:20	04:03	309	3:01:52	27.05	01:19	118	1:40:34	5:30:06	1:22:09
227	231	DAVID MALLO ALONSO	LICENCIA DE 1 DIA	303	0:50:31	02:29	244	2:49:08	29.09	01:45	181	1:46:25	5:30:16	1:22:19
228	189	ANDRÉS CASTRO FERNÁNDEZ	INDEPENDIENTE	237	0:43:34	03:56	242	2:49:03	29.11	01:54	232	1:53:15	5:31:39	1:23:42
229	262	MARCOS ORDOÑEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIG	307	0:51:08	04:43	182	2:41:59	30.38	02:03	226	1:52:41	5:32:32	1:24:34
230	333	ADRIANU MANUEL GOUVEIA	LICENCIA DE 1 DIA	180	0:41:10	04:13	212	2:45:42	29.69	01:42	264	2:00:00	5:32:45	1:24:48
231	149	MIGUEL NOVO FERNANDEZ	LICENCIA DE 1 DIA	140	0:40:14	03:46	310	3:02:01	27.03	01:18	170	1:45:30	5:32:46	1:24:49
232	240	CÉSAR APARICIO	INDEPENDIENTE	114	0:38:44	04:39	292	2:57:25	27.73	02:07	208	1:50:08	5:33:01	1:25:03
233	245	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	209	0:42:30	04:32	288	2:57:02	27.79	02:37	180	1:46:25	5:33:04	1:25:07
234	176	CARLOS FIDALGO RODRÍGUEZ	LICENCIA DE 1 DIA	291	0:49:18	04:02	184	2:42:20	30.31	02:09	245	1:55:33	5:33:20	1:25:23
235	101	VICTOR RODRIGO MELO MEDINA	TRISPORT GETAFE	268	0:46:02	03:41	207	2:45:16	29.77	02:18	247	1:56:12	5:33:27	1:25:29
236	252	ÓSCAR VÁZQUEZ VÁZQUEZ	LICENCIA DE 1 DIA	304	0:50:44	03:57	198	2:44:00	30	01:30	235	1:53:50	5:34:00	1:26:03

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	353	GUILLERMO PÉREZ MORALEDA	TRIJAS COLMENAR VIEJO	133	0:39:56	04:25	251	2:50:11	28.91	01:33	257	1:58:00	5:34:02	1:26:05
238	293	ALFREDO HIDALGO GIL	LICENCIA DE 1 DIA	101	0:38:22	05:52	247	2:49:59	28.95	03:14	249	1:56:43	5:34:07	1:26:10
239	327	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	308	0:51:12	03:56	191	2:43:26	30.1	01:28	237	1:54:08	5:34:09	1:26:12
240	222	JOSÉ PARDO VÁZQUEZ	NOSPORTLIMIT-TREK GALICIA	92	0:37:39	02:59	243	2:49:08	29.09	02:48	275	2:02:20	5:34:51	1:26:54
241	104	MANUEL COSTAS LAGO	LICENCIA DE 1 DIA	248	0:44:13	04:20	262	2:51:50	28.63	01:49	227	1:53:01	5:35:11	1:27:14
242	166	JORGE GONZALEZ MARTINEZ	LICENCIA DE 1 DIA	242	0:43:49	04:50	249	2:50:06	28.93	01:49	244	1:55:22	5:35:53	1:27:55
243	290	MIGUEL SUAREZ CARRIEDO	TRIATLÓN LUGONES	171	0:40:51	05:31	293	2:57:50	27.67	03:02	199	1:48:52	5:36:04	1:28:07
244	164	JOSÉ MANUEL TURNES CORDEIRO	NOSPORTLIMIT-TREK GALICIA	324	0:54:24	05:02	258	2:51:31	28.69	03:48	126	1:41:24	5:36:07	1:28:09
245	395	FERNANDO ESTEBAN MARTÍN	TRISPORT GETAFE	153	0:40:33	04:03	240	2:48:39	29.17	02:48	267	2:00:24	5:36:25	1:28:28
246	268	IGNACIO SANZ RODRÍGUEZ	TRIATLÓN SAMBURIEL	287	0:48:43	03:48	297	3:00:01	27.33	02:18	133	1:41:48	5:36:37	1:28:40
247	259	PABLO JOSÉ PAZOS HERNÁNDEZ	CLUB TRIATLON CORUÑA	200	0:42:16	05:07	223	2:46:54	29.48	02:43	262	1:59:49	5:36:48	1:28:51
248	72	ADRIÁN AMOEDO CORREA	LICENCIA DE 1 DIA	238	0:43:43	04:11	221	2:46:27	29.56	01:44	269	2:00:53	5:36:56	1:28:59
249	323	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	150	0:40:28	02:55	279	2:54:48	28.15	01:54	253	1:57:28	5:37:31	1:29:34
250	185	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIG	270	0:46:18	03:06	255	2:50:46	28.81	01:24	246	1:56:09	5:37:42	1:29:45
251	91	GAEL GONZALO CORREA	LICENCIA DE 1 DIA	267	0:45:53	04:47	203	2:44:44	29.87	02:35	266	2:00:07	5:38:05	1:30:07
252	181	JAVIER MUÑOZ CASTROVERDE	A.D. FOGAR	280	0:48:08	03:56	295	2:58:36	27.55	02:00	173	1:45:45	5:38:23	1:30:26
253	219	JAVIER MARTIN ALVAREZ	TRIOURENSE	264	0:45:35	04:34	186	2:42:33	30.27	02:26	281	2:04:02	5:39:08	1:31:11
254	248	EMILIO XOSÉ GONZÁLEZ LEMOS	LICENCIA DE 1 DIA	275	0:47:10	03:54	185	2:42:22	30.3	03:13	278	2:03:07	5:39:43	1:31:46
255	284	LUIS OSCAR RODRIGUEZ BAROLO	LICENCIA DE 1 DIA	192	0:41:53	05:01	284	2:55:52	27.98	03:47	233	1:53:25	5:39:56	1:31:59
256	383	ANTONIO FEDERICO SERRAT SOTO	A.D. TRIPENTA TERRAS DE LU	118	0:38:56	03:42	248	2:50:03	28.93	02:14	290	2:05:46	5:40:40	1:32:43
257	332	EDUARDO MANUEL REALES CARBO	T3 EXTREMADURA	119	0:38:58	03:36	253	2:50:17	28.89	02:58	289	2:05:42	5:41:30	1:33:33
258	135	ANGEL MANUEL AGÍS SOLLEIRO	LICENCIA DE 1 DIA	282	0:48:28	02:39	136	2:37:56	31.15	02:04	301	2:10:44	5:41:50	1:33:52
259	81	JUAN MIGUEL HERRERO GARCÍA	LICENCIA DE 1 DIA	249	0:44:17	04:14	158	2:40:08	30.73	01:56	303	2:11:28	5:42:01	1:34:03
260	330	JOSÉ CARLOS MONTENEGRO ZURI	TEAM CORBELO TRIATLÓN	266	0:45:40	03:32	200	2:44:04	29.99	02:17	292	2:06:44	5:42:16	1:34:19
261	162	DANIEL GALLEGO LANNERSKOOG	LICENCIA DE 1 DIA	126	0:39:27	05:03	261	2:51:48	28.64	02:48	279	2:03:15	5:42:19	1:34:22
262	305	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	103	0:38:27	03:34	282	2:55:18	28.07	02:26	277	2:03:02	5:42:44	1:34:47
263	315	FRANCISCO GARCÍA DANS	LICENCIA DE 1 DIA	319	0:52:45	05:25	270	2:53:39	28.33	02:05	201	1:49:07	5:42:58	1:35:01
264	37	PABLO LORENZO ROMÁN	LICENCIA DE 1 DIA	241	0:43:47	04:48	254	2:50:20	28.88	02:34	273	2:02:00	5:43:28	1:35:31
265	385	JESUS ANGEL RODRIGUEZ GONZAL	LICENCIA DE 1 DIA	274	0:46:35	03:50	313	3:06:09	26.43	02:01	166	1:45:04	5:43:37	1:35:40
266	387	JOSE ANTONIO FORMOSO GONZAL	LICENCIA DE 1 DIA	294	0:49:44	06:26	304	3:01:02	27.18	03:20	146	1:43:37	5:44:07	1:36:10
267	112	MIGUEL GONZALEZ RODRIGUEZ	LICENCIA DE 1 DIA	310	0:51:52	04:49	299	3:00:22	27.28	02:16	163	1:45:00	5:44:17	1:36:19
268	232	JUAN IGNACIO SENDINO LAMELA	LICENCIA DE 1 DIA	306	0:51:02	04:44	172	2:41:11	30.52	03:17	287	2:04:36	5:44:48	1:36:51
269	369	GONZALO DE CASTRO PARGA	LICENCIA DE 1 DIA	301	0:50:24	06:06	259	2:51:39	28.66	03:37	231	1:53:14	5:44:58	1:37:00
270	36	ÍÑIGO HERRERO URQUIZA	LICENCIA DE 1 DIA	297	0:50:07	05:46	286	2:56:53	27.82	02:51	203	1:49:41	5:45:16	1:37:19
271	236	JOSÉ SIMÓN MARTÍN MATA	LICENCIA DE 1 DIA	316	0:52:20	04:51	206	2:45:14	29.78	03:40	261	1:59:47	5:45:51	1:37:54
272	114	ALBERTO CRESPO MUÑOZ	LICENCIA DE 1 DIA	279	0:48:00	05:04	170	2:40:59	30.57	03:54	300	2:08:33	5:46:29	1:38:32
273	275	CARLOS CASTRO RODRIGUEZ	NOSPORTLIMIT-TREK GALICIA	334	3:51:17					11:25	234	1:53:48	5:47:39	1:39:42
274	214	FRANCISCO SEOANE GARCIA DE SE	ARTROGAL-TRI498	145	0:40:19	04:33	289	2:57:03	27.79	01:25	283	2:04:23	5:47:41	1:39:44
275	349	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIG	293	0:49:34	03:03	269	2:53:13	28.4	01:15	268	2:00:40	5:47:44	1:39:47
276	86	JULIÁN DE GRACIA REY DE PEREA	LICENCIA DE 1 DIA	318	0:52:34	05:05	273	2:53:54	28.29	03:45	230	1:53:14	5:48:30	1:40:33
277	147	JAVIER LOPEZ PINO	LICENCIA DE 1 DIA	326	0:54:33	05:05	285	2:56:24	27.89	01:34	217	1:51:05	5:48:39	1:40:42
278	365	JESUS ROBRES ZARDOYA	CLUB TRIATLON CORUÑA	64	0:36:06	04:29	228	2:47:06	29.44	02:34	311	2:18:43	5:48:56	1:40:59
279	194	JORGE MÉNDEZ ABONJO	LICENCIA DE 1 DIA	298	0:50:11	05:09	300	3:00:24	27.27	02:11	222	1:51:48	5:49:40	1:41:43
280	102	JUAN CANEDO GARCÍA	LICENCIA DE 1 DIA	285	0:48:36	04:15	166	2:40:43	30.61	02:35	308	2:13:34	5:49:42	1:41:44
281	255	MARCOS CARRERA TABOAS	LICENCIA DE 1 DIA	312	0:51:58	04:09	192	2:39:35	30.83	01:44	307	2:13:01	5:50:25	1:42:28
282	193	TITO RODRIGUEZ MARQUEZ	LICENCIA DE 1 DIA	135	0:40:05	05:25	290	2:57:24	27.74	02:37	288	2:05:09	5:50:37	1:42:40
283	87	PABLO GALINDO CARABALLO	LICENCIA DE 1 DIA	50	0:35:25	04:16	311	3:02:37	26.94	02:02	293	2:06:45	5:51:04	1:43:07
284	210	MIGUEL RODRÍGUEZ MARTÍN	LICENCIA DE 1 DIA	262	0:45:16	04:31	302	3:00:36	27.24	02:06	259	1:58:37	5:51:04	1:43:07
285	197	GUILLERMO BLANCO PITA	LICENCIA DE 1 DIA	187	0:41:33	04:22	271	2:53:43	28.32	04:21	295	2:07:30	5:51:28	1:43:30
286	35	ÁLVARO FERNÁNDEZ GARCÍA	LICENCIA DE 1 DIA	314	0:52:11	05:40	218	2:46:14	29.6	03:25	282	2:04:22	5:51:50	1:43:53
287	318	CESAR LLOPIS GOY	LICENCIA DE 1 DIA	278	0:47:33	04:56	280	2:54:54	28.13	03:05	270	2:01:36	5:52:02	1:44:05
288	337	ANTONIO VÁZQUEZ GÓMEZ	DEXTER TRIATLÓN COMPOST	156	0:40:35	04:09	306	3:01:32	27.1	01:30	285	2:04:27	5:52:11	1:44:14
289	95	CELSO ALONSO GONZÁLEZ	SDI	232	0:43:11	04:15	277	2:54:17	28.23	02:07	299	2:08:33	5:52:21	1:44:24
290	206	OSCAR DIAZ PRADO	CLUB TRIATLON MAR DE VIG	296	0:50:05	03:47	283	2:55:34	28.02	01:41	271	2:01:37	5:52:43	1:44:46
291	154	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICIA	313	0:52:08	03:44	312	3:02:50	26.91	02:05	224	1:52:19	5:53:04	1:45:06
292	350	CRISTOPHE RIBEIRO	LICENCIA DE 1 DIA	284	0:48:30	05:58	238	2:48:30	29.2	02:02	297	2:08:16	5:53:15	1:45:18
293	221	NACHO LOURIÑO VAZQUEZ	CLUB ATLETISMO PORRIÑO	323	0:53:46	03:28	278	2:54:42	28.16	02:41	265	2:00:07	5:54:41	1:46:44
294	368	JOSÉ LUIS NAYA ORGEIRA	NOSPORTLIMIT-TREK GALICIA	329	0:55:44	06:03	287	2:57:01	27.8	02:25	238	1:54:18	5:55:29	1:47:32
295	110	SANTIAGO ROMERO ONS	CLUB ATLETISMO PORRIÑO	141	0:40:14	04:02	298	3:00:20	27.28	03:16	296	2:07:56	5:55:48	1:47:51
296	128	MARCOS NUÑEZ MARTELO	NOSPORTLIMIT-TREK GALICIA	235	0:43:31	03:33	266	2:52:06	28.59	02:04	310	2:17:09	5:58:20	1:50:23
297	396	LUIS ARENAS VILLARROEL	LICENCIA DE 1 DIA	250	0:44:19	06:44	303	3:01:21	27.13	02:45	286	2:04:30	5:59:37	1:51:39
298	83	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT-TREK GALICIA	333	1:02:03	04:59	305	3:00:57	27.19	03:05	211	1:50:36	6:01:38	1:53:41
299	376	MIGUEL ÁNGEL LÓPEZ ARIAS	NOSPORTLIMIT-TREK GALICIA	328	0:55:40	05:55	265	2:52:05	28.59	03:45	284	2:02:24	6:01:47	1:53:50
300	228	RUBÉN GARRIDO RIVERO	LICENCIA DE 1 DIA	299	0:50:18	04:33	307	3:01:46	27.07	03:26	272	2:04:00	6:02:01	1:54:04
301	397	EDUARDO VIEIRA MONTENEGRO	LICENCIA DE 1 DIA	325	0:54:26	05:55	317	3:10:59	25.76	02:19	200	1:48:56	6:02:33	1:54:36



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
302	300	JAVIER SAAVEDRA SANTIAGO	TRIATLON MOTOBIKE PONTE	224	0:42:55	04:00	315	3:07:29	26.24	01:35	294	2:07:10	6:03:07	1:55:09
303	139	ENRIQUE JAIME DAVILA LÓPEZ	SDI	320	0:53:08	03:27	275	2:53:57	28.29	04:42	298	2:08:18	6:03:31	1:55:33
304	328	JOSE RAMON MUIÑO MARTÍNEZ	NOSPORTLIMIT-TREK GALICIA	331	0:58:46	05:14	257	2:51:15	28.73	02:26	291	2:06:15	6:03:54	1:55:57
305	144	ANDRÉS GUTIERREZ ALLER	LICENCIA DE 1 DIA	322	0:53:28	04:46	314	3:07:12	26.28	02:44	254	1:57:33	6:05:41	1:57:44
306	310	DAVID CARBALLO URSÁ	LICENCIA DE 1 DIA	195	0:42:07	04:30	319	3:14:54	25.25	02:06	274	2:02:07	6:05:42	1:57:44
307	66	FERNANDO MÍLLARA ROLÁN	LICENCIA DE 1 DIA	190	0:41:52	06:45	301	3:00:29	27.26	05:05	309	2:14:29	6:08:38	2:00:41
308	159	LUIS CASERIO ALVAREZ	LICENCIA DE 1 DIA	289	0:49:11	06:31	294	2:58:12	27.61	03:43	305	2:11:48	6:09:23	2:01:26
309	121	CARLOS FADRIQUE DEL CAMPO	LICENCIA DE 1 DIA	327	0:54:43	05:42	291	2:57:25	27.73	03:04	306	2:12:19	6:13:11	2:05:14
310	167	FERNANDO GARCÍA - CARPINTERO	CLUB TRIATLON CORUÑA	255	0:44:51	05:28	316	3:09:37	25.95	02:37	302	2:10:55	6:13:27	2:05:30
311	377	JOSÉ ANTONIO SAAVEDRA PAZOS	RUNAWAYS	330	0:57:41	09:22	322	3:16:53	24.99	04:00	177	1:46:10	6:14:05	2:06:07
312	67	MIGUEL MENDEZ CONDE	LICENCIA DE 1 DIA	233	0:43:11	06:00	296	2:59:45	27.37	05:14	312	2:23:02	6:17:11	2:09:13
313	372	PEDRO BLÁZQUEZ FRAGOSO	LICENCIA DE 1 DIA	295	0:50:05	05:10	318	3:14:15	25.33	05:34	280	2:03:43	6:18:45	2:10:48
314	45	DIEGO GIL ALONSO	LICENCIA DE 1 DIA	234	0:43:21	06:20	252	2:50:17	28.89	04:18	318	2:40:10	6:24:24	2:16:27
315	213	LEONARDO RAMON FRANCO LARE	CLUB TRIATLON MAR DE VIG	332	1:00:15	05:18	308	3:01:47	27.07	03:24	313	2:24:09	6:34:51	2:26:53
316	51	JORGE PEREZ PAZOS	LICENCIA DE 1 DIA	300	0:50:20	03:49	320	3:14:56	25.24	02:48	316	2:34:03	6:45:53	2:37:56
317	296	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIG	271	0:46:31	03:48	321	3:15:29	25.17	02:31	317	2:37:49	6:46:06	2:38:08
318	399	MANUEL JOSE CRUCES PRADO	CLUB DEPORTIVO PINARIUM	230	0:43:10	06:09	324	3:31:29	23.26	04:51	314	2:27:56	6:53:34	2:45:37
319	59	JOSE MANUEL PEDROSA GIL	LICENCIA DE 1 DIA	315	0:52:16	05:18	323	3:24:28	24.06	02:44	315	2:29:22	6:54:07	2:46:09
SD	244	JUAN LUIS FERNÁNDEZ LÓPEZ	TRIATLON MORRAZO										4:58:31	0:50:33
SD	257	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIG										6:16:45	2:08:47
SD	316	JUAN GONZALEZ BARRAJON	LICENCIA DE 1 DIA										5:48:50	1:40:53
SD	145	PABLO MUÑIZ SAMPEDRO	ARTROGAL-TRI498										4:42:13	0:34:15
NF	307	FRANCISCO JOSÉ SÁNCHEZ FERNÁ	LICENCIA DE 1 DIA	208	0:42:28	04:10								
NF	237	LEONARDO FIGUEROA VILA	CLUB TRIATLON MAR DE VIG	205	0:42:24	02:46				57:32				
NF	85	ALEJANDRO BREA LOPEZ	TRIATLON GALAICO CIDADE D	11	0:31:59	03:17	196	2:43:55	30.02	01:18				
NF	287	ANTONIO VILLANUEVA GONZÁLEZ	LICENCIA DE 1 DIA	164	0:40:39	03:16								
NF	225	JUAN FRANCISCO FERNANDEZ MOL	CICLISMO TRIATLON MONTE	16	0:32:18	02:14	16	2:19:07	35.37	01:28				
NF	309	ANTONIO NAVARRO CORTIZO	TRINITY TRIATLÓN	155	0:40:34	02:34								
NF	272	ANTONIO ABEL SEOANE ESTEVEZ	CICLISMO TRIATLON MONTE	17	0:32:20	02:42								
NF	116	DANIEL ROSENDO MOREIRA	LICENCIA DE 1 DIA	263	0:45:21	06:26				56:13				
NF	202	FRANCISCO RAMALLO GONZALEZ	LICENCIA DE 1 DIA	134	0:40:02	03:30	65	2:29:20	32.95	02:23				
NF	308	MIGUEL ANGEL VARELA FERNANDE	AXA AGENCIA GARRIGA-BEAR	54	0:35:51	02:22								
NF	148	PEDRO ANGEL MARTÍNEZ GRAÑA	CLUB CICLISTA RIAZOR	8	0:31:35	03:17	29	2:23:13	34.36	01:38				
NF	113	ROBERTO HERRERO TOMÉ	LICENCIA DE 1 DIA	309	0:51:45	05:15	264	2:52:02	28.6	12:22				
NF	281	JAVIER LISTE LEBORAN	CLUB OLIMPICO DE VEDRA	245	0:43:57	03:58								
NF	100	BORJA CONEJERO JORDAN	CLUB TRIATLON MAR DE VIG	29	0:33:41	02:20								
NF	218	JORGE CASAL ANTÓN	LICENCIA DE 1 DIA	251	0:44:19	05:28	10	2:17:35	35.76					
NP	276	MIGUEL ANGEL SOTO GARCIA	LICENCIA DE 1 DIA											
NP	152	DAVID CASTRO GRAIÑO	INDEPENDIENTE											
NP	270	FRANCISCO GARCÍA GARCÍA	FITNESS SPORT TRIATLÓN											
NP	38	ROMAN SANCHEZ FERNANDEZ	TRISADA											
NP	109	IÑAKI PEREZ IGLESIAS	LICENCIA DE 1 DIA											
NP	303	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA											
NP	82	LUIS EDUARDO LOSADA ALVAREZ	LICENCIA DE 1 DIA											
NP	261	MARTIÑO NOGUEIRA CANLE	LICENCIA DE 1 DIA											
NP	94	FRANCISCO JOSÉ CORREDOIRA VÁ	CT DIABLILLOS DE RIVAS											
NP	278	OSCAR LOSADA ÁLVAREZ	LICENCIA DE 1 DIA											
NP	235	GABRIEL CAJIGAL ALPERI	LICENCIA DE 1 DIA											
NP	254	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON											
NP	360	STEPHAN JEANDON TENCONI	NOSPORTLIMIT-TREK GALICIA											
NP	358	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA											
NP	227	ENRIQUE FERNANDEZ PEÑA	ARTROGAL-TRI498											
NP	178	AGUSTIN SOUSA GONZÁLEZ	NOSPORTLIMIT-TREK GALICIA											
NP	122	RUBEN QUEIRUGA MELLA	A.D. FOGAR											
NP	354	CARLOS VALES PORTO	LICENCIA DE 1 DIA											
NP	187	JERÓNIMO HERNÁNDEZ CRESPO	LICENCIA DE 1 DIA											
NP	62	IÑAKI ALVAREZ LOSADA	INDEPENDIENTE											
NP	314	JULIO CESAR PEREZ VAZQUEZ	LICENCIA DE 1 DIA											
NP	334	SANTIAGO MESEGUER LUACES	LICENCIA DE 1 DIA											
NP	320	JUAN JOSE PITA FRAGOSO	CLUB TRIATLON MAR DE VIG											
NP	58	MARCOS DOMINGUEZ GOMEZ	LICENCIA DE 1 DIA											
NP	292	MIGUEL DAVID FERNANDEZ GARCIA	CLUB NATACIÓN RIVEIRA											
NP	398	MANUEL MARTINEZ RODRIGUEZ	LICENCIA DE 1 DIA											
NP	283	LUIS BALDÓ MACÍA	A.D. FOGAR											
NP	63	DAVID MARTINEZ GRAÑA	LICENCIA DE 1 DIA											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	299	CARLOS LODEIRO LOPEZ	CLUB CICLISTA RIAZOR								
NP	346	FABER SERGIO BASTOS	LICENCIA DE 1 DIA								
NP	229	ANGEL PAZÓ PEREZ	LICENCIA DE 1 DIA								



II TRIATLÓN DSF ISLASCIES

CLASIFICACIÓN CATEGORIAS

MASCULINA

OFICIAIS		DATA	14/09/2014
Delegado Técnico	MONICA FLORES	HORA DE PUBLICACION 14/09/2014 15:37 Horas	
Xuiz Arbitro	ROI CUBA		
Responsable Oficiais	ROI CUBA		
XURADO DA COMPETIÇÃO		Inscritos	369
MONICA FLORES - DT		Remataron	319
LUIS PIÑA - FEGATRI		Retirados	15
LORENA GARCIA - CT MAR DE VIGO		Descalificados	4
		Non presentados	31
Distancias			
Natación	1,9 Kms.	Ciclismo	82 Kms.
		Carreira	21,125 Kms.



Firma conformidade do
Xuiz Arbitro

*NF=Non finalizado;NP=Non presentado; SD=Descalificado

SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	42	CRISTÓBAL DIOS RIOS	TRIATLON GALAICO CIDADE DE PO	41	0:35:00	4	2:13:56	36.74	5	1:23:06	4:15:54	0:07:57
2	40	ALEJANDRO ELÚA PINÍN	LICENCIA DE 1 DIA	32	0:33:51	211	2:45:34	29.72	33	1:30:44	4:54:15	0:46:18
3	39	ADRIÁN FERNÁNDEZ GARCÍA	TRISADA	115	0:38:45	193	2:43:33	30.08	125	1:41:23	5:09:32	1:01:35
4	34	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT-TREK GALICIA	202	0:42:21	180	2:41:49	30.41	117	1:40:29	5:09:43	1:01:46
5	41	BRUNO BELLO LAFUENTE	NOSPORTLIMIT-TREK GALICIA	277	0:47:24	108	2:34:40	31.81	236	1:53:58	5:21:00	1:13:03
6	37	PABLO LORENZO ROMÁN	LICENCIA DE 1 DIA	241	0:43:47	254	2:50:20	28.88	273	2:02:00	5:43:28	1:35:31
7	36	ÍÑIGO HERRERO URQUIZA	LICENCIA DE 1 DIA	297	0:50:07	286	2:56:53	27.82	203	1:49:41	5:45:16	1:37:19
8	35	ÁLVARO FERNÁNDEZ GARCÍA	LICENCIA DE 1 DIA	314	0:52:11	218	2:46:14	29.6	282	2:04:22	5:51:50	1:43:53
NP	38	ROMAN SANCHEZ FERNANDEZ	TRISADA									

VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	362	JORGE LOPEZ DE LA PUENTE	A.D. TRIPENTA TERRAS DE LUGO	67	0:36:07	5	2:15:10	36.4	1	1:16:14	4:11:39	0:03:41
2	33	LUIS ALBERTO PAREDES COYA	TRIATLON MORRAZO	18	0:32:24	13	2:17:54	35.68	2	1:19:22	4:13:05	0:05:07
3	32	MANUEL JESUS GAYOSO REAL	T. MURALLA LUGO	9	0:31:38	14	2:18:23	35.55	8	1:24:25	4:18:11	0:10:14
4	282	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	25	0:33:17	60	2:28:27	33.14	18	1:27:36	4:33:12	0:25:15
5	336	GONZALO GONZÁLEZ PIÑEIRO	TRIATLON MOTOBIKE PONTEVEDR	69	0:36:14	53	2:27:28	33.36	14	1:26:43	4:33:42	0:25:44
6	356	ROBERTO BOGA SANDE	T. MURALLA LUGO	199	0:42:14	12	2:17:42	35.73	25	1:29:20	4:34:22	0:26:25
7	348	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENTE	46	0:35:12	2	2:10:56	37.58	142	1:42:40	4:34:30	0:26:33
8	321	JUAN LUIS SORIANO PASTOR	LICENCIA DE 1 DIA	12	0:32:03	40	2:24:51	33.97	70	1:35:03	4:36:21	0:28:23
9	375	ENRIQUE JOSÉ HIDALGO LUGO	CLUB TRIATLON MAR DE VIGO	24	0:33:17	67	2:29:34	32.9	46	1:32:19	4:39:06	0:31:09
10	291	MARCOS ALVAREZ SEOANE	LICENCIA DE 1 DIA	36	0:34:29	103	2:33:52	31.98	21	1:28:33	4:41:01	0:33:04
11	280	JAVIER PEREZ BOUZA	TRINITY TRIATLON	82	0:36:45	37	2:24:40	34.01	136	1:42:00	4:47:22	0:39:24
12	311	FRANCISCO JAVIER RAMOS BOTAN	CIDADE DE LUGO FLUVIAL	158	0:40:36	28	2:23:12	34.36	110	1:39:48	4:47:29	0:39:32
13	351	JOSÉ MANUEL COMESAÑA FORTES	TRIOURENSE	117	0:38:54	42	2:25:05	33.91	128	1:41:28	4:49:28	0:41:31
14	302	RUBÉN SIO FERNANDEZ	CLUB ATLETISMO PORRIÑO	227	0:43:07	31	2:24:02	34.16	96	1:38:02	4:49:55	0:41:58
15	343	JOSÉ ÁNGEL SÁNCHEZ REDONDO	T. MURALLA LUGO	256	0:44:56	111	2:35:12	31.7	6	1:24:07	4:50:18	0:42:21
16	373	PEDRO ALFONSO LISTA SUÁREZ	A.D. FOGAR	73	0:36:32	72	2:29:59	32.81	116	1:40:22	4:50:55	0:42:58
17	352	MANUEL MARIÑO CARREÑO	TRIATLON LEON	143	0:40:16	100	2:33:26	32.07	36	1:31:10	4:51:19	0:43:22
18	322	PAULO ESTEVES PEREIRA	LICENCIA DE 1 DIA	53	0:35:51	109	2:35:06	31.72	88	1:37:01	4:52:39	0:44:41
19	301	MANUEL POLO GUNDIN	CLUB TRIATLON FERROL	125	0:39:22	105	2:34:01	31.95	78	1:36:03	4:53:05	0:45:07
20	324	DAVID ANTONIO ROMERO PEREIRA	CLUB TRIATLON MAR DE VIGO	286	0:48:39	48	2:25:58	33.71	60	1:34:08	4:53:32	0:45:34
21	344	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	132	0:39:50	68	2:29:39	32.88	106	1:39:33	4:53:32	0:45:35
22	366	JOSE JAVIER GOMEZ IGLESIAS	TRIOURENSE	265	0:45:37	69	2:29:44	32.86	62	1:34:41	4:54:14	0:46:17
23	317	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	129	0:39:38	130	2:36:56	31.35	55	1:33:35	4:54:37	0:46:40
24	378	JUAN ANTONIO CARIDE GRANDAL	TRIATLÓN MORRAZO	196	0:42:13	143	2:38:30	31.04	23	1:29:10	4:54:47	0:46:50
25	306	MANUEL LEIRACHA VALENTIN	CLUB TRIATLON FERROL	257	0:44:56	125	2:36:35	31.42	32	1:30:34	4:56:31	0:48:34
26	347	INDALECIO VIÑAS CAMBA	TRIATLON GALAICO CIDADE DE PO	113	0:38:41	127	2:36:40	31.41	99	1:38:55	4:58:22	0:50:25
27	355	FERNANDO GARCIA MARTINEZ	LICENCIA DE 1 DIA	236	0:43:32	93	2:32:40	32.23	94	1:37:55	4:58:25	0:50:28

28	289	MANUEL GONZALEZ CUÑA	CLUB TRIATLON MAR DE VIGO	311	0:51:54	73	2:30:11	32.76	53	1:33:13	5:00:14	0:52:17
29	288	JOSE G SANTIN RIOS	TRITLON PONTEVEDRA	260	0:45:11	64	2:29:11	32.98	131	1:41:41	5:01:01	0:53:04
30	286	MIGUEL ANGEL GIL GONZALEZ	CLUB ATLETISMO PORRIÑO	131	0:39:47	99	2:33:15	32.11	161	1:44:57	5:01:43	0:53:46
31	335	JUAN CARLOS SANMARTIN PENA	C.D. KAIROSCORE	215	0:42:38	82	2:31:03	32.57	143	1:42:49	5:02:19	0:54:21
32	329	ABEL VARELA CERNADAS	CLUB TRIATLON MAR DE VIGO	261	0:45:13	140	2:38:22	31.07	59	1:33:51	5:02:49	0:54:52
33	363	RAFAEL CAVA ROMERO	LICENCIA DE 1 DIA	154	0:40:33	153	2:39:37	30.83	82	1:36:37	5:03:31	0:55:34
34	304	ÁLVARO GARCÍA ALBA	TRISPORT GETAFE	136	0:40:06	102	2:33:41	32.02	186	1:46:46	5:05:34	0:57:36
35	277	JOSE LUIS ALTAMIRANDA BLANCO	TRINITY TRIATLON	231	0:43:11	94	2:32:40	32.23	151	1:44:09	5:06:06	0:58:09
36	325	ISAAC BALIN VEGA	CLUB IBERIA TRIATLÓN	188	0:41:35	146	2:38:56	30.96	124	1:41:10	5:06:44	0:58:47
37	319	SANTIAGO GARCÍA VILAS	CIDADE DE LUGO FLUVIAL	175	0:41:00	71	2:29:54	32.82	212	1:50:50	5:06:57	0:59:00
38	331	JOSÉ Mª EIROA FEAL	LICENCIA DE 1 DIA	123	0:39:15	137	2:37:56	31.15	153	1:44:23	5:07:27	0:59:30
39	370	MIGUEL CARBALLO GONZÁLEZ	TRIOURENSE	86	0:36:54	194	2:43:36	30.08	134	1:41:56	5:07:34	0:59:37
40	295	JACOBO RODRIGUEZ COBO	NOSPORTLIMIT-TREK GALICIA	35	0:34:26	236	2:47:59	29.29	109	1:39:47	5:08:04	1:00:06
41	285	JUAN JOSÉ ANDRÉS IGLESIAS	TRITLON GALAICO CIDADE DE PO	93	0:38:01	220	2:46:24	29.57	122	1:41:01	5:09:21	1:01:24
42	271	LUÍS VILA ARIAS	CIDADE DE LUGO FLUVIAL	102	0:38:26	129	2:36:51	31.37	209	1:50:16	5:10:01	1:02:03
43	279	PABLO JACOBO SOTO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	111	0:38:39	122	2:36:19	31.48	225	1:52:29	5:10:57	1:03:00
44	273	BENITO SANTANA GOMEZ	ARCADE INFORHOUSE SANTIAGO	108	0:38:33	138	2:38:11	31.11	210	1:50:17	5:11:28	1:03:31
45	312	ENRIQUE MUÑOZ BERRON	TRIAVILA	273	0:46:32	177	2:41:30	30.47	81	1:36:32	5:12:05	1:04:08
46	380	ÁLVARO ABASCAL DÍAZ	TRIMADRID	221	0:42:45	183	2:42:09	30.35	135	1:41:58	5:13:07	1:05:10
47	367	XOAN ANTON PEON VALLE	TRITLON MOTOBIKE PONTEVEDR	98	0:38:17	224	2:46:57	29.47	140	1:42:28	5:13:40	1:05:43
48	371	ANTONIO FRANCISCO GIL ALONSO	LICENCIA DE 1 DIA	99	0:38:18	219	2:46:20	29.58	157	1:44:30	5:14:50	1:06:53
49	357	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIGO	222	0:42:49	104	2:33:56	31.96	241	1:54:58	5:16:42	1:08:44
50	340	EDER FERNANDEZ PEREZ	TRITLON MOTOBIKE PONTEVEDR	63	0:36:04	226	2:47:03	29.45	196	1:48:40	5:17:07	1:09:10
51	274	LUIS ALBERTO FERNÁNDEZ ESCAL	ZR-TRITLON CENTER	174	0:40:59	202	2:44:34	29.9	178	1:46:11	5:17:16	1:09:19
52	294	MIGUEL ANGEL HERVA LÓPEZ	CLUB TRIATLON FERROL	162	0:40:38	195	2:43:42	30.06	191	1:47:30	5:17:55	1:09:58
53	313	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	83	0:36:50	126	2:36:35	31.42	256	1:57:58	5:18:39	1:10:42
54	326	OSCAR MARTINEZ FERNANDEZ	TRINORTH	88	0:37:22	45	2:25:28	33.83	304	2:11:42	5:18:47	1:10:50
55	341	FRANCISCO JOSÉ FERRER VIDAL	NOSPORTLIMIT-TREK GALICIA	149	0:40:28	225	2:46:57	29.47	175	1:46:00	5:18:50	1:10:52
56	46	ISIDRO SANTOS GARRIDO	INDEPENDIENTE	212	0:42:33	260	2:51:44	28.65	105	1:39:24	5:18:51	1:10:54
57	359	ALVARO LORENZO FARIÑA DOMIN	INDEPENDIENTE	112	0:38:40	110	2:35:07	31.72	251	1:56:43	5:18:52	1:10:54
58	364	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA	128	0:39:32	159	2:40:08	30.73	242	1:55:03	5:19:05	1:11:07
59	342	IGNACIO PEREZ RODRIGUEZ	CLUB TRIATLON OURENSE	305	0:50:54	230	2:47:18	29.41	90	1:37:17	5:19:57	1:12:00
60	345	EMILIO PEREZ BELLIDO	LICENCIA DE 1 DIA	288	0:48:51	204	2:44:58	29.83	141	1:42:37	5:23:21	1:15:24
61	374	FERNANDO ABREU FERNANDEZ	LICENCIA DE 1 DIA	276	0:47:19	192	2:43:32	30.09	176	1:46:06	5:23:33	1:15:36
62	361	PABLO SEIVANE VIOR	NOSPORTLIMIT-TREK GALICIA	252	0:44:35	197	2:43:57	30.01	193	1:48:04	5:24:41	1:16:44
63	298	MANUEL MONCLUS MARCELLÁN	G.E.S. ESCAPDA	193	0:41:53	267	2:52:29	28.52	162	1:44:58	5:25:08	1:17:11
64	339	CARLOS FERNANDEZ EXPOSITO	A.D. FOGAR	216	0:42:38	147	2:39:04	30.93	260	1:59:05	5:25:41	1:17:43
65	379	GONZALO TRIUNFO DELGADO	ARTROGAL-TRI498	189	0:41:40	250	2:50:09	28.92	192	1:47:47	5:26:37	1:18:39
66	338	SANTIAGO BESADA BRUNET	INDEPENDIENTE	201	0:42:20	309	3:01:52	27.05	118	1:40:34	5:30:06	1:22:09
67	333	ADRIANU MANUEL GOUVEIA	LICENCIA DE 1 DIA	180	0:41:10	212	2:45:42	29.69	264	2:00:00	5:32:45	1:24:48
68	353	GUILLERMO PÉREZ MORALEDA	TRIJAS COLMENAR VIEJO	133	0:39:56	251	2:50:11	28.91	257	1:58:00	5:34:02	1:26:05
69	293	ALFREDO HIDALGO GIL	LICENCIA DE 1 DIA	101	0:38:22	247	2:49:59	28.95	249	1:56:43	5:34:07	1:26:10
70	327	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	308	0:51:12	191	2:43:26	30.1	237	1:54:08	5:34:09	1:26:12
71	290	MIGUEL SUAREZ CARRIEDO	TRITLÓN LUGONES	171	0:40:51	293	2:57:50	27.67	199	1:48:52	5:36:04	1:28:07
72	323	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	150	0:40:28	279	2:54:48	28.15	253	1:57:28	5:37:31	1:29:34
73	284	LUIS OSCAR RODRIGUEZ BARTOLO	LICENCIA DE 1 DIA	192	0:41:53	284	2:55:52	27.98	233	1:53:25	5:39:56	1:31:59
74	332	EDUARDO MANUEL REALES CARB	T3 EXTREMADURA	119	0:38:58	253	2:50:17	28.89	289	2:05:42	5:41:30	1:33:33
75	330	JOSÉ CARLOS MONTENEGRO ZURI	TEAM CORBELO TRIATLÓN	266	0:45:40	200	2:44:04	29.99	292	2:06:44	5:42:16	1:34:19
76	305	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	103	0:38:27	282	2:55:18	28.07	277	2:03:02	5:42:44	1:34:47
77	315	FRANCISCO GARCÍA DANS	LICENCIA DE 1 DIA	319	0:52:45	270	2:53:39	28.33	201	1:49:07	5:42:58	1:35:01
78	369	GONZALO DE CASTRO PARGA	LICENCIA DE 1 DIA	301	0:50:24	259	2:51:39	28.66	231	1:53:14	5:44:58	1:37:00
79	275	CARLOS CASTRO RODRIGUEZ	NOSPORTLIMIT-TREK GALICIA	334	3:51:17				234	1:53:48	5:47:39	1:39:42
80	349	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIGO	293	0:49:34	269	2:53:13	28.4	268	2:00:40	5:47:44	1:39:47
81	365	JESUS ROBRES ZARDOYA	CLUB TRIATLON CORUÑA	64	0:36:06	228	2:47:06	29.44	311	2:18:43	5:48:56	1:40:59
82	318	CESAR LLOPIS GOY	LICENCIA DE 1 DIA	278	0:47:33	280	2:54:54	28.13	270	2:01:36	5:52:02	1:44:05
83	337	ANTONIO VÁZQUEZ GÓMEZ	DEXTER TRIATLÓN COMPOSTELA	156	0:40:35	306	3:01:32	27.1	285	2:04:27	5:52:11	1:44:14
84	350	CRISTOPHE RIBEIRO	LICENCIA DE 1 DIA	284	0:48:30	238	2:48:30	29.2	297	2:08:16	5:53:15	1:45:18
85	368	JOSÉ LUIS NAYA ORGEIRA	NOSPORTLIMIT-TREK GALICIA	329	0:55:44	287	2:57:01	27.8	238	1:54:18	5:55:29	1:47:32
86	376	MIGUEL ÁNGEL LÓPEZ ARIAS	NOSPORTLIMIT-TREK GALICIA	328	0:55:40	265	2:52:05	28.59	284	2:04:24	6:01:47	1:53:50
87	300	JAVIER SAAVEDRA SANTIAGO	TRITLON MOTOBIKE PONTEVEDR	224	0:42:55	315	3:07:29	26.24	294	2:07:10	6:03:07	1:55:09
88	328	JOSE RAMON MUIÑO MARTÍNEZ	NOSPORTLIMIT-TREK GALICIA	331	0:58:46	257	2:51:15	28.73	291	2:06:15	6:03:54	1:55:57
89	310	DAVID CARBALLO URSA	LICENCIA DE 1 DIA	195	0:42:07	319	3:14:54	25.25	274	2:02:07	6:05:42	1:57:44
90	372	JOSÉ ANTONIO SAAVEDRA PAZOS	RUNWAYS	330	0:57:41	322	3:16:53	24.99	177	1:46:10	6:14:05	2:06:07
91	377	PEDRO BLÁZQUEZ FRAGOSO	LICENCIA DE 1 DIA	295	0:50:05	318	3:14:15	25.33	280	2:03:43	6:18:45	2:10:48
92	296	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIGO	271	0:46:31	321	3:15:29	25.17	317	2:37:49	6:46:06	2:38:08
SD	316	JUAN GONZALEZ BARRAJON	LICENCIA DE 1 DIA								5:48:50	1:40:53



NF	272	ANTONIO ABEL SEOANE ESTEVEZ	CICLISMO TRIATLON MONTE ABAIX	17	0:32:20
NF	287	ANTONIO VILLANUEVA GONZÁLEZ	LICENCIA DE 1 DIA	164	0:40:39
NF	307	FRANCISCO JOSÉ SÁNCHEZ FERNÁ	LICENCIA DE 1 DIA	208	0:42:28
NF	308	MIGUEL ANGEL VARELA FERNAND	AXA AGENCIA GARRIGA-BEARIZ TRI	54	0:35:51
NF	281	JAVIER LISTE LEBORAN	CLUB OLIMPICO DE VEDRA	245	0:43:57
NF	309	ANTONIO NAVARRO CORTIZO	TRINITY TRIATLÓN	155	0:40:34
NP	303	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA		
NP	358	FRANCISCO ALONSO CUEVAS	NOSPORTLIMIT-TREK GALICIA		
NP	320	JUAN JOSE PITA FRAGOSO	CLUB TRIATLON MAR DE VIGO		
NP	292	MIGUEL DAVID FERNANDEZ GARCI	CLUB NATACIÓN RIVEIRA		
NP	354	CARLOS VALES PORTO	LICENCIA DE 1 DIA		
NP	360	STEPHAN JEANDON TENCONI	NOSPORTLIMIT-TREK GALICIA		
NP	299	CARLOS LODEIRO LOPEZ	CLUB CICLISTA RIAZOR		
NP	278	OSCAR LOSADA ÁLVAREZ	LICENCIA DE 1 DIA		
NP	270	FRANCISCO GARCÍA GARCÍA	FITNESS SPORT TRIATLÓN		
NP	314	JULIO CESAR PEREZ VAZQUEZ	LICENCIA DE 1 DIA		
NP	334	SANTIAGO MESEGUER LUACES	LICENCIA DE 1 DIA		
NP	346	FABER SERGIO BASTOS	LICENCIA DE 1 DIA		
NP	283	LUIS BALDÓ MACÍA	A.D. FOGAR		
NP	276	MIGUEL ANGEL SOTO GARCIA	LICENCIA DE 1 DIA		

VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	384	JOSE VIDAL RIAL	LICENCIA DE 1 DIA	194	0:42:05	139	2:38:18	31.08	38	1:31:24	4:58:06	0:50:09
2	382	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	161	0:40:38	142	2:38:27	31.05	71	1:35:04	4:59:45	0:51:48
3	386	LUIS EMILIO SANCHEZ SECO	TRIOURENSE	76	0:36:36	150	2:39:31	30.84	127	1:41:26	5:03:11	0:55:14
4	389	LALO RODRIGUEZ VILLAR	LICENCIA DE 1 DIA	218	0:42:40	179	2:41:48	30.41	95	1:38:00	5:08:40	1:00:43
5	388	MANOLO VALES BAHAMONDE	TRIATLON PONTEVEDRA	152	0:40:31	188	2:43:07	30.16	129	1:41:38	5:11:10	1:03:13
6	392	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENTE	258	0:45:07	113	2:35:19	31.68	214	1:50:52	5:17:13	1:09:16
7	394	JAVIER DE RAMÓN CASADO	LICENCIA DE 1 DIA	181	0:41:10	272	2:53:47	28.31	149	1:44:03	5:25:34	1:17:37
8	391	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIGO	191	0:41:52	256	2:50:55	28.79	202	1:49:24	5:27:11	1:19:13
9	393	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT-TREK GALICIA	220	0:42:45	141	2:38:22	31.07	276	2:02:37	5:28:18	1:20:21
10	381	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	90	0:37:28	274	2:53:55	28.29	220	1:51:26	5:29:29	1:21:32
11	395	FERNANDO ESTEBAN MARTÍN	TRISPORT GETAFE	153	0:40:33	240	2:48:39	29.17	267	2:00:24	5:36:25	1:28:28
12	383	ANTONIO FEDERICO SERRAT SOTO	A.D. TRIPENTA TERRAS DE LUGO	118	0:38:56	248	2:50:03	28.93	290	2:05:46	5:40:40	1:32:43
13	385	JESUS ANGEL RODRIGUEZ GONZA	LICENCIA DE 1 DIA	274	0:46:35	313	3:06:09	26.43	166	1:45:04	5:43:37	1:35:40
14	387	JOSE ANTONIO FORMOSO GONZAL	LICENCIA DE 1 DIA	294	0:49:44	304	3:01:02	27.18	146	1:43:37	5:44:07	1:36:10
15	396	LUIS ARENAS VILLARROEL	LICENCIA DE 1 DIA	250	0:44:19	305	3:01:21	27.13	286	2:04:30	5:59:37	1:51:39
NF	237	LEONARDO FIGUEROA VILA	CLUB TRIATLON MAR DE VIGO	205	0:42:24							

VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	397	EDUARDO VIEIRA MONTENEGRO	LICENCIA DE 1 DIA	325	0:54:26	317	3:10:59	25.76	200	1:48:56	6:02:33	1:54:36
NP	398	MANUEL MARTINEZ RODRIGUEZ	LICENCIA DE 1 DIA									

VETERANOS 4 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	399	MANUEL JOSE CRUCES PRADO	CLUB DEPORTIVO PINARIUM	230	0:43:10	324	3:31:29	23.26	314	2:27:56	6:53:34	2:45:37