



I TRIATLON POPULAR DE CEDEIRA

Resultados Oficiais

ABSOLUTA FEMININA

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro		Xurado Da competición	José Antonio Barreiro
Xuíz Arbitro	Roi Cuba			Juan Luis Pedrosa
Responsable oficiais	Roi Cuba			Jaime Ruíz (Triatlón Ferrol)

Datos da competición

Temperatura exterior: 20º	Natación: 750 m. 1 volta	Ciclismo: 20 Km. 2 voltas	Carreira: 5 Km. 2 voltas	
Temperatura da auga: 18º				
Neopreno: Permitido				
Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20	Descualificados: 0

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACION	CICLISMO	CARREIRA	TEMPO
1	4	MARTA	BARBEITO DOMINGUEZ	ABF	A.D. FOGAR	11:01,0	31:04,0	31:16,0	1:13:21
2	5	AGNIESZKA MARIA	TRZCINSKA	ABF	A.D. FOGAR	11:56,0	33:36,0	30:08,0	1:15:40
3	12	HELENA	FERNANDEZ LAGO	ABF	CLUB NATACION RIVEIRA	12:57,0	33:09,0	31:00,0	1:17:06
4	37	AÍDA	GARCÍA LÓPEZ	V1F	Licenza de 1 día	15:39,0	32:27,0	29:01,0	1:17:07
5	16	SILVIA	FERNANDEZ AGUADO	ABF	MONTE PENARUBIA RUNNING LUGO	16:07,0	35:50,0	26:43,0	1:18:40
6	10	AMELIA	ROCA VAZQUEZ	ABF	CIDADE DE LUGO FLUVIAL	13:11,0	35:02,0	30:44,0	1:18:57
7	9	IRIA	CAMPOS TRABAZO	ABF	ARTROGAL-TRI 498	12:59,0	36:16,0	29:53,0	1:19:08
8	30	PALOMA	HERBELLO HERMELO	V1F	ARCADE INFORHOUSE SANTIAGO	14:33,0	35:09,0	30:02,0	1:19:44
9	27	MARTA	GIL FERNÁNDEZ	ABF	Licenza de 1 día	12:47,0	35:41,0	31:28,0	1:19:56
10	32	MONTSERRAT	HERNANDEZ GARCIA	V1F	CLUB CICLISTA RIAZOR				1:20:28
11	22	SONIA MARIA	ROCA CANZOBRE	ABF	NOSPORTLIMIT-TREK GALICIA	14:37,0	37:10,0	30:38,0	1:22:25
12	15	ESTEFANIA	ARIAS CEDRON	ABF	MONTE PENARUBIA RUNNING LUGO	12:45,0	38:56,0	34:15,0	1:25:56
13	18	ESTIBALIZ	GARCIA GOMEZ	ABF	NOSPORTLIMIT-TREK GALICIA	17:20,0	35:56,0	33:42,0	1:26:58
14	24	ELSA	CHAO GIRALDEZ	ABF	TRINITY TRIATLON	16:22,0	37:12,0	33:25,0	1:26:59
15	19	MARIA JESUS	GARCIA TRABAZO	ABF	NOSPORTLIMIT-TREK GALICIA	14:45,0	42:12,0	33:02,0	1:29:59
16	8	ROCIO	OTERO GARCIA	ABF	ARCADE INFORHOUSE SANTIAGO	16:49,0	37:43,0	35:40,0	1:30:12
17	21	SANDRA	NOVO FERNANDEZ	ABF	NOSPORTLIMIT-TREK GALICIA	19:40,0	37:47,0	35:28,0	1:32:55
18	20	MONICA	MEZQUITA VAZQUEZ	ABF	NOSPORTLIMIT-TREK GALICIA	17:30,0	45:49,0	31:50,0	1:35:09
19	13	LAURA	CAMIÑOS PEREZ	ABF	CLUB TRIATLON CORUÑA	17:44,0	41:09,0	36:20,0	1:35:13
20	25	MARIA LUISA	RUA PRIETO	ABF	TRISADA	18:32,0	41:59,0	35:44,0	1:36:15
21	34	PAULINA ANDREA	MOSQUERA AZAR	V1F	NOSPORTLIMIT-TREK GALICIA	17:42,0	42:10,0	37:58,0	1:37:50
22	26	ELENA	ARCOS TRILLO	ABF	Licenza de 1 día	18:50,0	41:41,0	38:46,0	1:39:17
23	28	LUCIA	LENDOIRO REGUEIRO	ABF	Licenza de 1 día	22:08,0	43:34,0	36:20,0	1:42:02
24	23	ARANTXA	TOME ANTELO	ABF	OLIMPICO DE VEDRA	15:06,0	47:47,0	40:12,0	1:43:05
25	33	MARTA MARIA	FERNANDEZ-TAFALL SALGADO	V1F	CLUB TRIATLON CORUÑA	17:40,0	43:22,0	42:04,0	1:43:06
26	31	SONIA	GOMEZ NAYA	V1F	CLUB CICLISTA RIAZOR	20:52,0	42:46,0	44:04,0	1:47:42
27	17	SANDRA MARIA	FARIÑA BALSÁ	ABF	NOSPORTLIMIT-TREK GALICIA	22:07,0	50:38,0	40:59,0	1:53:44
28	38	ANA ISABEL	GARCIA MONTIEL	V1F	Licenza de 1 día	26:14,0	47:22,0	51:24,0	2:05:00
29	36	MARIA TERESA	SILVARREY REDONDO	V1F	NOSPORTLIMIT-TREK GALICIA	26:13,0	51:39,0	47:09,0	2:05:01
NP	1	IRENE	MERA GONZALEZ	CDF	AD NAUTICO DE NARON				NP
NP	2	MARIÑA	RAMOS SANCHEZ	CDF	GV SPORTS CLUB				NP
NP	3	LETICIA	BAÑA CALVO	SUB23F	AD NAUTICO DE NARON				NP
NP	6	ALBA EDERALDO	FERNANDEZ PEREZ	ABF	ARCADE INFORHOUSE SANTIAGO				NP
NP	7	RAQUEL	GULDRIS REY	ABF	ARCADE INFORHOUSE SANTIAGO				NP
NP	11	CRISTINA	PINO AGUIRRE	ABF	CLUB CICLISTA RIAZOR				NP
NP	14	ELISA	ALONSO SANGIL	ABF	MONTE PENARUBIA RUNNING LUGO				NP
NP	29	IZASKUN	HERNAEZ LOPEZ	V1F	AD NAUTICO DE NARON				NP
NP	35	PATRICIA MARIA	SANCHEZ LOPEZ	V1F	NOSPORTLIMIT-TREK GALICIA				NP



I TRIATLON POPULAR DE CEDEIRA

Resultados Oficiais

ABSOLUTA MASCULINA

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro	Xurado Da competición	José Antonio Barreiro
Xuíz Arbitro	Roi Cuba		Juan Luis Pedrosa
Responsable oficiais	Roi Cuba		Jaime Ruíz (Triatlón Ferrol)

Datos da competición

Temperatura exterior: 20º	Natación: 750 m. 1 volta	Ciclismo: 20 Km. 2 voltas	Carreira: 5 Km. 2 voltas
Temperatura da auga: 18º			
Neopreno: Permitido			

Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20	Descualificados: 0
----------------	----------------	--------------	---------------------	--------------------

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACION	CICLISMO	CARREIRA	TEMPO
1	58	SERGIO	GARCIA RODRIGUEZ	ABM	ARCADE INFORHOUSE SANTIAGO	10:31,0	30:55,0	0:19:59	1:01:25
2	148	FADY	HOUT VARELA	VM	CLUB TRIATLON CORUÑA	11:10,0	32:29,0	0:19:53	1:03:32
3	78	CESAR	MONTES SANCHEZ	ABM	CLUB TRIATLON CORUÑA	11:39,0	31:54,0	0:20:21	1:03:54
4	40	BRAIS	OTERO LESTON	JNM	ARCADE INFORHOUSE SANTIAGO	10:36,0	32:58,0	0:20:46	1:04:20
5	194	ANDRES	LOPEZ TORRES	VM	CLUB CICLISMO-TRIATLON POIO		44:38,0	0:19:47	1:04:25
6	84	ALEXANDRE	RODRIGUEZ PAZ	ABM	CLUB TRIATLON MORRAZO	12:34,0			1:04:33
7	77	JONATHAN	MONTEAGUDO LEAL	ABM	CLUB TRIATLON CORUÑA	11:52,0	31:42,0	0:21:07	1:04:41
8	112	PEDRO	ESCOLANTE BILBAO	ABM	TRINITY TRIATLON	12:45,0	32:00,0	0:20:06	1:04:51
9	47	MIGUEL ANGEL	ALVAREZ ESMORIS	ABM	A.D. FOGAR	11:24,0	32:13,0	0:21:24	1:05:01
10	39	RAUL	GARCIA AGRA	JNM	ARCADE INFORHOUSE SANTIAGO	10:36,0	32:59,0	0:21:49	1:05:24
11	57	OSCAR	FERNANDEZ VAZQUEZ	ABM	ARCADE INFORHOUSE SANTIAGO	12:36,0			1:05:27
12	99	SERGIO	OLIVEIRA BOGA	ABM	OLIMPICO DE VEDRA	12:43,0	32:56,0	0:19:52	1:05:31
13	60	ALBERTO	VAZQUEZ OTERO	ABM	ARCADE INFORHOUSE SANTIAGO	12:08,0	33:03,0	0:20:25	1:05:36
14	102	DAVID	ARIAS DIAZ	ABM	TRIATLON FERROL	13:08,0	32:33,0	0:20:13	1:05:54
15	110	LUCIANO JESUS	CARRETERO SANCHEZ	ABM	TRINITY TRIATLON	12:40,0	33:00,0	0:20:23	1:06:03
16	108	BASILIO	SEIJAS FRANCO	ABM	TRIATLON FERROL	13:11,0	32:25,0	0:20:33	1:06:09
17	61	PABLO MANUEL	MUÑIZ SAMPEDRO	ABM	ARTROGAL-TRI 498	12:13,0	32:21,0	0:21:41	1:06:15
18	49	JOSE MANUEL	FERNANDEZ LOPEZ	ABM	AD NAUTICO DE NARON	13:18,0			1:06:38
19	54	ANTONIO	CEDRON ALVAREZ	ABM	ARCADE INFORHOUSE SANTIAGO	12:14,0	32:23,0	0:22:12	1:06:49
20	55	OSCAR	FERNANDEZ GONZALEZ	ABM	ARCADE INFORHOUSE SANTIAGO	12:12,0	33:28,0	0:21:16	1:06:56
21	143	JAVIER	RAMOS BOTANA	VM	CIDADE DE LUGO FLUVIAL	14:02,0	32:36,0	0:20:45	1:07:23
22	59	RUBEN	QUIÑOY VILARIÑO	ABM	ARCADE INFORHOUSE SANTIAGO	13:11,0	32:29,0	0:22:02	1:07:42
23	162	JOSE	FERRACES REGUEIRO	VM	TRIATLON FERROL	12:54,0	32:50,0	0:22:06	1:07:50
24	142	GONZALO	GONZALEZ PIÑEIRO	VM	ASOCIACION DEPORTIVA C.A.R.	14:13,0	33:32,0	0:20:22	1:08:07
25	127	XABIER	FERNANDEZ LAGUNA	ABM	Licenza de 1 día		46:49,0	0:21:25	1:08:14
26	187	PABLO	MENENDEZ IGLESIAS	VM	Licenza de 1 día	12:58,0	33:01,0	0:22:22	1:08:21
27	94	IVAN	LOPEZ NOVO	ABM	NOSPORTLIMIT-TREK GALICIA	12:46,0	33:50,0	0:21:55	1:08:31
28	193	DIEGO	VÁZQUEZ TRILLO	VM	Licenza de 1 día		47:25,0	0:21:28	1:08:53
29	107	EDUARDO ALBERTO	SAAVEDRA LAGARES	ABM	TRIATLON FERROL		47:38,0	0:21:19	1:08:57
30	43	CARLOS JOSE	CANDAMO BELLO	SUB23M	TRIATLON FERROL	13:09,0	34:21,0	0:21:38	1:09:08
31	195	JAIME	CARRODEGUAS MARTINEZ	VM	CLUB TRIATLON CORUÑA		45:46,0	0:23:45	1:09:31
32	158	RUBEN	PARDO NEBRIL	VM	NOSPORTLIMIT-TREK GALICIA	13:02,0			1:09:32
33	116	VICTOR	GONZALEZ RUIZ	ABM	A.D. DUATLON POLANCO	14:29,0	33:48,0	0:21:22	1:09:39
34	68	DAVID	SANISIDRO REGO	ABM	CLUB NATACION RIVEIRA	13:10,0	34:24,0	0:22:09	1:09:43
35	91	MANUEL	SANTOS DOCAL	ABM	MONTE PENARUBIA RUNNING LUGO	13:07,0	32:49,0	0:23:49	1:09:45
36	146	PEDRO ALFONSO	LISTA SUAREZ	VM	CLUB CICLISTA RIAZOR	13:15,0	34:27,0	0:22:12	1:09:54
37	109	BRUNO	CARDAMAS FREIRE	ABM	TRINITY TRIATLON	13:59,0	34:06,0	0:22:21	1:10:26
38	50	JOSU MIKEL	GUTIERREZ RAMOS	ABM	AD NAUTICO DE NARON	13:17,0	33:46,0	0:23:33	1:10:36
39	73	PABLO	FRANCO YAÑEZ	ABM	CLUB TRIATLON CORUÑA	13:50,0	35:14,0	0:21:36	1:10:40
40	53	CARLOS	RODRIGUEZ LEAL	ABM	AD NAUTICO DE NARON	13:12,0	35:51,0	0:21:52	1:10:55
41	103	JUAN	DIAZ PARDO	ABM	TRIATLON FERROL	14:07,0	33:38,0	0:23:29	1:11:14
42	147	RAMON	FERNANDEZ LAGO	VM	CLUB NATACION RIVEIRA	12:39,0	35:37,0	0:23:07	1:11:23
43	200	JORGE ROBERTO	GARCIA CASTAÑÓN	VM	SAN ROQUE-TRIATLON VIVEIRO		48:02,0	0:23:21	1:11:23
44	186	JOSÉ MANUEL	LAGO CÉS	VM	Licenza de 1 día	15:15,0	35:55,0	0:20:22	1:11:32
45	92	ROBERTO CARLOS	COBAS GARCIA	ABM	NOSPORTLIMIT-TREK GALICIA		49:09,0	0:22:34	1:11:43
46	141	ANTONIO	VIDAL ARES	VM	ARCADE INFORHOUSE SANTIAGO	13:19,0	35:43,0	0:23:07	1:12:09
47	41	XURXO	RIGUEIRA DIAZ	JNM	CLUB TRIATLON MAR DE VIGO	12:05,0	37:22,0	0:22:58	1:12:25
48	83	CARLOS	IGLESIAS AREA	ABM	CLUB TRIATLON MORRAZO	17:09,0	34:50,0	0:20:32	1:12:31

49	167	PABLO	SANTIAGO LOPEZ	VM	TRIATLON FERROL	13:21,0			1:12:37
50	126	ROBERTO	EIMIL VAZQUEZ	ABM	Licenza de 1 día	13:51,0	37:29,0	0:21:21	1:12:41
51	101	JAVIER	MON FERNANDEZ	ABM	TRIATLON ARTEIXO				1:12:51
52	46	JUAN ALFONSO	COLLAZO VILAS	ABM	TRIVIGO BOYER TRIATHLON	15:53,0	34:12,0	0:22:48	1:12:53
53	170	JOSE MANUEL	DOCAL RUBIDO	VM	TRINITY TRIATLON		49:34,0	0:23:26	1:13:00
54	166	PABLO	SANJURJO POVEDA	VM	TRIATLON FERROL	11:54,0	36:18,0	0:24:58	1:13:10
55	120	NICOLÁS	BELLO BUGALLO	ABM	Licenza de 1 día	13:25,0	38:26,0	0:21:29	1:13:20
56	180	LUIS ANGEL	CASTELO SANCHEZ	VM	Licenza de 1 día	13:15,0	35:54,0	0:24:11	1:13:20
57	79	DOMINGO	PRESAS FARALDO	ABM	CLUB TRIATLON CORUÑA	15:29,0	35:28,0	0:22:28	1:13:25
58	173	ALEJANDRO	CABALLERO CAGIGAO	VM	C.D. GANDO TALDEA	13:14,0	38:17,0	0:22:07	1:13:38
59	153	MARCOS ANTONIO	SANCHO REY	VM	CLUB TRIATLON CORUÑA	14:26,0	36:52,0	0:22:36	1:13:54
60	80	DIEGO	RIVAS OLIVEIRA	ABM	CLUB TRIATLON CORUÑA		51:40,0	0:22:17	1:13:57
61	171	JUAN	MENDEZ LOPEZ	VM	TRISADA	13:56,0	37:53,0	0:22:20	1:14:09
62	74	CARLOS	GARCIA SALGADO	ABM	CLUB TRIATLON CORUÑA		49:52,0	0:24:20	1:14:12
63	81	ANTONIO	RUBIO GARCIA	ABM	CLUB TRIATLON CORUÑA	14:05,0	37:47,0	0:22:21	1:14:13
64	90	ANTON	RODRIGUEZ PRIETO	ABM	MONTE PENARUBIA RUNNING LUGO	14:55,0	35:57,0	0:23:25	1:14:17
65	165	MANUEL	LEIRACHA VALENTIN	VM	TRIATLON FERROL	16:34,0	36:20,0	0:21:25	1:14:19
66	86	ALEJANDRO	GONZALEZ MONTERO	ABM	MONTE PENARUBIA RUNNING LUGO	14:01,0	36:42,0	0:23:44	1:14:27
67	65	FERNANDO	SUAÑEZ VALDERREY	ABM	CLUB CICLISTA RIAZOR	13:20,0	36:30,0	0:24:39	1:14:29
68	161	RAMON	VALIÑAS MARTINEZ	VM	OLIMPICO DE VEDRA	13:27,0	36:08,0	0:25:11	1:14:46
69	64	CARLOS	COIRA LOJO	ABM	CLUB CICLISMO-TRIATLON POIO	13:26,0	37:03,0	0:24:21	1:14:50
70	48	JOAN	POMAR PONS	ABM	A.D. FOGAR	14:03,0	38:15,0	0:22:36	1:14:54
71	51	HECTOR ALFONSO	MARTINEZ FERNANDEZ	ABM	AD NAUTICO DE NARON	12:11,0	40:41,0	0:22:08	1:15:00
72	133	ALEJANDRO	PEREIRA MARTINEZ	ABM	Licenza de 1 día	15:56,0	36:51,0	0:22:23	1:15:10
73	106	LUIS ANTONIO	RILO GONZALEZ-VALLES	ABM	TRIATLON FERROL		52:27,0	0:23:28	1:15:55
74	100	CESAR	COSTOYA PRADO	ABM	TEAM CORBELO	15:53,0			1:16:00
75	87	JOSE CARLOS	GONZALEZ MONTERO	ABM	MONTE PENARUBIA RUNNING LUGO	14:06,0	37:57,0	0:24:03	1:16:06
76	179	MARCOS	CANEIRO CANEIRO	VM	Licenza de 1 día	17:25,0	35:51,0	0:22:53	1:16:09
77	115	GUILLERMO	LIAÑO VIDAL	ABM	TRISADA	14:01,0	37:31,0	0:24:41	1:16:13
78	129	FRANCISCO JAVIER	IGLESIAS PRADO	ABM	Licenza de 1 día	16:06,0			1:16:17
79	150	JOSE ANGEL	JURADO ALBARRACIN-MARTINON	VM	CLUB TRIATLON CORUÑA		51:21,0	0:25:00	1:16:21
80	131	JOSE DANIEL	LOUREIRO AMENEIROS	ABM	Licenza de 1 día		53:49,0	0:22:35	1:16:24
81	130	ALBERTO	LOPEZ GONZALEZ	ABM	Licenza de 1 día	14:18,0	37:46,0	0:24:25	1:16:29
82	135	FRANCISCO J.	REY PADIN	ABM	Licenza de 1 día	15:21,0		1:16:45	1:16:45
83	190	JUAN	PATIÑO VARELA	VM	Licenza de 1 día	13:29,0	38:12,0	0:25:06	1:16:47
84	124	JUAN CARLOS	CASTRO VIDAL	ABM	Licenza de 1 día	15:30,0			1:16:51
85	75	FERNANDO	GARCIA-CARPINTERO DIAZ	ABM	CLUB TRIATLON CORUÑA				1:16:53
86	113	LUIS	GARCIA RIOS	ABM	TRINITY TRIATLON	15:37,0	38:28,0	0:22:50	1:16:55
87	66	ANTONIO	RODRIGUEZ FERNANDEZ	ABM	CLUB DEPORTIVO PINARIUM	14:11,0	39:42,0	0:23:19	1:17:12
88	85	ALBERTO	MARTINEZ MILLAN	ABM	HERCULES XTRM	12:41,0	37:23,0	0:27:31	1:17:35
89	196	ARTURO	LOPEZ LAGO	VM	CLUB TRIATLON CORUÑA	14:03,0	38:47,0	0:24:53	1:17:43
90	169	DIEGO	CARRO SANCHEZ	VM	TRIATLON MOTOBIKE PONTEVEDRA		55:15,0	0:23:02	1:18:17
91	95	ALEJANDRO	NUÑEZ ALONSO	ABM	NOSPORTLIMIT-TREK GALICIA	14:21,0	37:52,0	0:26:25	1:18:38
92	67	MANUEL FRANCISCO	RODRIGUEZ FERNANDEZ	ABM	CLUB DEPORTIVO PINARIUM	16:11,0	39:37,0	0:22:51	1:18:39
93	144	CARLOS	FERNANDEZ EXPOSITO	VM	CLUB CICLISTA RIAZOR		54:04,0	0:24:52	1:18:56
94	121	CELSE	BLANCO GARCIA	ABM	Licenza de 1 día	12:56,0	40:33,0	0:25:38	1:19:07
95	76	FERNANDO	MATO VIDAL	ABM	CLUB TRIATLON CORUÑA	14:25,0			1:19:11
96	96	PABLO	OLARZA COSTA	ABM	NOSPORTLIMIT-TREK GALICIA	15:49,0	39:06,0	0:24:20	1:19:15
97	114	JOSE LUIS	GARCIA RODRIGUEZ	ABM	TRISADA	15:18,0	38:48,0	0:25:19	1:19:25
98	149	PABLO SERGIO	IENCENELLA CABELLO	VM	CLUB TRIATLON CORUÑA	12:35,0			1:19:34
99	69	ALEJANDRO	BLANCO BLANCO	ABM	CLUB TRIATLON CORUÑA	15:02,0			1:19:47
100	136	ENRIQUE	RIVAS PULPEIRO	ABM	Licenza de 1 día	13:14,0	38:46,0	0:27:51	1:19:51
101	111	DAVID	DAPENA CARTELLE	ABM	TRINITY TRIATLON		55:27,0	0:24:34	1:20:01
102	104	IGNACIO	MACFEIRAS ARTABE	ABM	TRIATLON FERROL	15:28,0	37:44,0	0:26:55	1:20:07
103	152	JUAN	RODRIGUEZ VAZQUEZ	VM	CLUB TRIATLON CORUÑA	15:25,0	39:46,0	0:24:57	1:20:08
104	71	JUAN CLEMENTE	DIAZ CHEDA	ABM	CLUB TRIATLON CORUÑA	16:39,0	38:56,0	0:24:53	1:20:28
105	88	HECTOR	LOPEZ LOPEZ	ABM	MONTE PENARUBIA RUNNING LUGO		55:51,0	0:24:48	1:20:39
106	89	RAMON	RODRIGUEZ BLANCO	ABM	MONTE PENARUBIA RUNNING LUGO	16:03,0	41:06,0	0:23:45	1:20:54
107	45	JERÓNIMO	MARTÍNEZ LÓPEZ	SUB23M	Licenza de 1 día		54:29,0	0:26:26	1:20:55
108	145	JOSE DANIEL	GONZALEZ CASTRO	VM	CLUB CICLISTA RIAZOR	13:01,0	40:58,0	0:27:23	1:21:22
109	156	JESUS	HEVIA GOMEZ	VM	NOSPORTLIMIT-TREK GALICIA	16:01,0	39:54,0	0:25:46	1:21:41
110	178	FERNANDO	CABANAS PORTO	VM	Licenza de 1 día	14:00,0	40:26,0	0:27:51	1:22:17
111	198	JOSE MIGUEL	PIÑEIRO OTERO	VM	TRINITY TRIATLON	14:15,0	41:29,0	0:28:06	1:23:50
112	56	MIGUEL ANGEL	FERNANDEZ VARELA	ABM	ARCADE INFORHOUSE SANTIAGO		57:52,0	0:26:30	1:24:22
113	168	ROBERTO	VENTUREIRA DOPICO	VM	TRIATLON FERROL	16:32,0	43:59,0	0:24:02	1:24:33
114	177	JOSÉ MANUEL	BELLO CASTRO	VM	Licenza de 1 día	14:50,0	43:04,0	0:26:56	1:24:50
115	44	MANUEL	BACORELLE FREIRE	SUB23M	Licenza de 1 día	15:40,0	42:36,0	0:26:44	1:25:00
116	137	CARLOS	RUIZ SEIJO	ABM	Licenza de 1 día	19:16,0	38:05,0	0:27:53	1:25:14
117	140	ALEJANDRO	LAMELA ARIAS	VM	A.D. TRI-PENTA TERRAS DE LUGO	16:09,0	44:19,0	0:25:17	1:25:45
118	182	EDUARD	FRANQUET SUGRAÑES	VM	Licenza de 1 día		59:21,0	0:26:46	1:26:07
119	163	ANTONIO	FILGUEIRAS BOUZA	VM	TRIATLON FERROL		56:53,0	0:29:17	1:26:10
120	181	ENRIQUE M	DOPICO LÓPEZ	VM	Licenza de 1 día	14:34,0	47:09,0	0:24:43	1:26:26
121	119	JAVIER	BARREDO AGRAX	ABM	Licenza de 1 día	16:58,0	41:31,0	0:28:18	1:26:47
122	138	ALBERTO	VARELA COLLAZO	ABM	Licenza de 1 día	16:58,0	42:04,0	0:27:47	1:26:49
123	164	JULIO	FREIRE MUIÑO	VM	TRIATLON FERROL	17:33,0	43:33,0	0:25:58	1:27:04
124	175	JOSE ENRIQUE	ALVAREZ PEREZ	VM	Licenza de 1 día	12:55,0	48:23,0	0:25:59	1:27:17
125	122	ALBERTO	CANEIRO CANEIRO	ABM	Licenza de 1 día	22:22,0	39:03,0	0:25:56	1:27:21
126	123	FRANCISCO	CASTIÑEIRA VEIGA	ABM	Licenza de 1 día	17:04,0	43:50,0	0:26:32	1:27:26
127	117	HECTOR	AMADO ABAD	ABM	A.D. TRIATLON LA JANDA	17:16,0	43:49,0	0:26:22	1:27:27
128	70	ISAAC	CIBRAN CARRIL	ABM	CLUB TRIATLON CORUÑA	16:07,0	43:35,0	0:27:50	1:27:32
129	125	IAGO	CRESPO TABOADA	ABM	Licenza de 1 día				1:27:43

130	118	MARCOS	ALONSO FILGUEIRA	ABM	Licenza de 1 día	17:40,0	45:58,0	0:24:20	1:27:58
131	132	MANUEL	MONTES SANCHEZ	ABM	Licenza de 1 día	13:42,0	45:48,0	0:28:37	1:28:07
132	174	JESUS	ALVAREZ CASAPRIMA	VM	Licenza de 1 día	13:15,0	46:10,0	0:28:48	1:28:13
133	97	RUBEN	SANCHEZ VAZQUEZ	ABM	NOSPORTLIMIT-TREK GALICIA				1:28:24
134	172	ROBERTO JOSE	VIZOSO BLANCO	VM	TRISADA	14:22,0	43:48,0	0:30:43	1:28:53
135	157	JOSE RAMON	MUIÑO MARTINEZ	VM	NOSPORTLIMIT-TREK GALICIA	19:25,0	41:24,0	0:28:59	1:29:48
136	134	FELIPE	PITA BARROS	ABM	Licenza de 1 día	20:34,0	44:36,0	0:24:49	1:29:59
137	191	JAVIER	REY MIRANDA	VM	Licenza de 1 día				1:30:07
138	139	FELIPE	VILARIÑO CUTRÍN	ABM	Licenza de 1 día	16:12,0	46:01,0	0:28:24	1:30:37
139	183	EDUARDO	GARCÍA SEISDEDOS	VM	Licenza de 1 día	15:10,0	49:23,0	0:27:08	1:31:41
140	199	JOSÉ ENRIQUE	RODRÍGUEZ LISTA	VM	Licenza de 1 día	17:00,0	45:17,0	0:31:08	1:33:25
141	184	EMILIO JOSE	GARROCHO DURAN	VM	Licenza de 1 día	16:10,0	47:08,0	0:31:41	1:34:59
142	176	FRANCISCO JOSE	BELLAS ANEIROS	VM	Licenza de 1 día	16:56,0	48:15,0	0:31:15	1:36:26
143	189	FERNANDO MARIA	OTERO ESTEBAN	VM	Licenza de 1 día	19:13,0	46:00,0	0:35:08	1:40:21
144	93	IGNACIO	GARCIA GONZALEZ	ABM	NOSPORTLIMIT-TREK GALICIA	12:49,0	53:05,0	0:35:28	1:41:22
145	197	ALVARO VALENTIN	GARCIA DIEGUEZ	VM	NOSPORTLIMIT-TREK GALICIA	16:27,0	50:28,0	0:34:27	1:41:22
146	159	MIGUEL ANGEL	PAZ DANS	VM	NOSPORTLIMIT-TREK GALICIA	16:59,0	52:14,0	0:46:26	1:55:39
147	42	MANUEL JOSÉ	RODRÍGUEZ GIRÁLDEZ	JNM	Licenza de 1 día	13:26,0	02:39,0	0:41:12	1:57:17
RET	52	HUMBERTO	PEREZ MAURIZ	ABM	AD NAUTICO DE NARON	10:32,0			RET
RET	82	BORJA	SANCHEZ CAMPOS	ABM	CLUB TRIATLON CORUÑA				RET
RET	151	PABLO JOSE	PAZOS HERNANDEZ	VM	CLUB TRIATLON CORUÑA	14:43,0			RET
RET	192	JAVIER	TEIJEIRO GONZALEZ	VM	Licenza de 1 día	16:19,0			RET
NP	62	PABLO	VARELA PAZ	ABM	CIDADE DE LUGO FLUVIAL		00:00,0		NP
NP	63	IVAN	VEIGA RAPOSO	ABM	CIDADE DE LUGO FLUVIAL				NP
NP	72	FRANCISCO	DOCAMPO DIAZ	ABM	CLUB TRIATLON CORUÑA				NP
NP	98	AGUSTIN	SOUSA GONZALEZ	ABM	NOSPORTLIMIT-TREK GALICIA				NP
NP	105	DANIEL	NAVEIRAS OREONA	ABM	TRIATLON FERROL		00:00,0		NP
NP	128	BORJA	GARGALLO MÉNDEZ	ABM	Licenza de 1 día				NP
NP	154	JOSE ANTONIO	SUAREZ SANCHEZ	VM	CLUB TRIATLON CORUÑA		00:00,0		NP
NP	155	BORJA	FERNANDEZ BERMUDEZ	VM	NOSPORTLIMIT-TREK GALICIA				NP
NP	160	OCTAVIO AUGUSTO	SUSACASA NOVAL	VM	NOSPORTLIMIT-TREK GALICIA		00:00,0		NP
NP	185	UNAI	HERNAEZ LOPEZ	VM	Licenza de 1 día		00:00,0		NP
NP	188	GONZALO	ORTIZ ALONSO	VM	Licenza de 1 día		00:00,0		NP



I TRIATLON POPULAR DE CEDEIRA

Resultados Oficiais

JUNIOR MASCULINA

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro	Xurado Da competición	José Antonio Barreiro
Xuíz Arbitro	Roi Cuba		Juan Luis Pedrosa
Responsable oficiais	Roi Cuba		Jaime Ruíz (Triatlón Ferrol)

Datos da competición

Temperatura exterior: 20º	Natación: 750 m.	Ciclismo: 20 Km.	Carreira: 5 Km.
Temperatura da auga: 18º	1 volta	2 voltas	2 voltas
Neopreno: Permitido			
Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20
			Descualificados: 0

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACIÓN	CICLISMO	CARREIRA	TEMPO
1	40	BRAIS	OTERO LESTON	JNM	ARCADE INFORHOUSE SANTIAGO	10:36,0	32:58,0	0:20:46	1:04:20
2	39	RAUL	GARCIA AGRA	JNM	ARCADE INFORHOUSE SANTIAGO	10:36,0	32:59,0	0:21:49	1:05:24
3	41	XURXO	RIGUEIRA DIAZ	JNM	CLUB TRIATLON MAR DE VIGO	12:05,0	37:22,0	0:22:58	1:12:25
4	42	MANUEL JOSÉ	RODRÍGUEZ GIRÁLDEZ	JNM	Licenza de 1 día	13:26,0	02:39,0	0:41:12	1:57:17



I TRIATLÓN POPULAR DE CEDEIRA

Resultados Oficiais

SUB-23 MASCULINA

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro	Xurado Da competición	José Antonio Barreiro
Xuíz Arbitro	Roi Cuba		Juan Luis Pedrosa
Responsable oficiais	Roi Cuba		Jaime Ruíz (Triatlón Ferrol)

Datos da competición

Temperatura exterior: 20º	Natación: 750 m. 1 volta	Ciclismo: 20 Km. 2 voltas	Carreira: 5 Km. 2 voltas	
Temperatura da auga: 18º				
Neopreno: Permitido				
Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20	Descualificados: 0

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACIÓN	CICLISMO	CARREIRA	TEMPO
1	43	CARLOS JOSE	CANDAMO BELLO	SUB23M	TRITLON FERROL	13:09,0	34:21,0	0:21:38	1:09:08
2	45	JERÓNIMO	MARTÍNEZ LÓPEZ	SUB23M	Licenza de 1 día		54:29,0	0:26:26	1:20:55
3	44	MANUEL	BACORELLE FREIRE	SUB23M	Licenza de 1 día	15:40,0	42:36,0	0:26:44	1:25:00



I TRIATLON POPULAR DE CEDEIRA

Resultados Oficiais

VETERANA FEMININA

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro			Xurado Da competición	José Antonio Barreiro		
Xuíz Arbitro	Roi Cuba				Juan Luis Pedrosa		
Responsable oficiais	Roi Cuba				Jaime Ruíz (Triatlón Ferrol)		

Datos da competición

Temperatura exterior: 20º Temperatura da auga: 18º Neopreno: Permitido	Natación: 750 m. 1 volta	Ciclismo: 20 Km. 2 voltas	Carreira: 5 Km. 2 voltas
Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20 Descualificados: 0

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACIÓN	CICLISMO	CARREIRA	TEMPO
1	37	AÍDA	GARCÍA LÓPEZ	V1F	Licenza de 1 día	15:39,0	32:27,0	29:01,0	1:17:07
2	30	PALOMA	HERBELLO HERMELO	V1F	ARCADE INFORHOUSE SANTIAGO	14:33,0	35:09,0	30:02,0	1:19:44
3	32	MONTERRAT	HERNANDEZ GARCIA	V1F	CLUB CICLISTA RIAZOR				1:20:28
4	34	PAULINA ANDREA	MOSQUERA AZAR	V1F	NOSPORTLIMIT-TREK GALICIA	17:42,0	42:10,0	37:58,0	1:37:50
5	33	MARTA MARIA	FERNANDEZ-TAFALL SALGADO	V1F	CLUB TRIATLON CORUÑA	17:40,0	43:22,0	42:04,0	1:43:06
6	31	SONIA	GOMEZ NAYA	V1F	CLUB CICLISTA RIAZOR	20:52,0	42:46,0	44:04,0	1:47:42
7	38	ANA ISABEL	GARCIA MONTIEL	V1F	Licenza de 1 día	26:14,0	47:22,0	51:24,0	2:05:00
8	36	MARIA TERESA	SILVARREY REDONDO	V1F	NOSPORTLIMIT-TREK GALICIA	26:13,0	51:39,0	47:09,0	2:05:01
NP	29	IZASKUN	HERNAEZ LOPEZ	V1F	AD NAUTICO DE NARON				NP
NP	35	PATRICIA MARIA	SANCHEZ LOPEZ	V1F	NOSPORTLIMIT-TREK GALICIA				NP



I TRIATLON POPULAR DE CEDEIRA

Resultados Oficiais

VETERANO MASCULINO

Localidade	Cedeira			Distancia	Natación	Ciclismo	Carreira
Data	12/07/2015	Hora	12:45	Sprint	750m	20Km	5Km

Oficiais

Delegado Técnico	José Antonio Barreiro		Xurado Da competición	José Antonio Barreiro
Xuíz Arbitro	Roi Cuba			Juan Luis Pedrosa
Responsable oficiais	Roi Cuba			Jaime Ruíz (Triatlón Ferrol)

Datos da competición

Temperatura exterior: 20º	Natación: 750 m. 1 volta	Ciclismo: 20 Km. 2 voltas	Carreira: 5 Km. 2 voltas	
Temperatura da auga: 18º				
Neopreno: Permitido				
Inscritos: 200	Remataron: 176	Retirados: 4	Non presentados: 20	Descualificados: 0

POSTO	DORSAL	NOME	APELIDOS	CAT	CLUB	NATACION	CICLISMO	CARREIRA	META
1	148	FADY	HOUT VARELA	VM	CLUB TRIATLON CORUÑA	11:10,0	32:29,0	0:19:53	1:03:32
2	194	ANDRES	LOPEZ TORRES	VM	CLUB CICLISMO-TRIATLON POIO		44:38,0	0:19:47	1:04:25
3	143	JAVIER	RAMOS BOTANA	VM	CIDADE DE LUGO FLUVIAL	14:02,0	32:36,0	0:20:45	1:07:23
4	162	JOSE	FERRACES REGUEIRO	VM	TRIATLON FERROL	12:54,0	32:50,0	0:22:06	1:07:50
5	142	GONZALO	GONZALEZ PIÑEIRO	VM	ASOCIACION DEPORTIVA C.A.R.	14:13,0	33:32,0	0:20:22	1:08:07
6	187	PABLO	MENENDEZ IGLESIAS	VM	Licenza de 1 día	12:58,0	33:01,0	0:22:22	1:08:21
7	193	DIEGO	VÁZQUEZ TRILLO	VM	Licenza de 1 día		47:25,0	0:21:28	1:08:53
8	195	JAIME	CARRODEGUAS MARTINEZ	VM	CLUB TRIATLON CORUÑA		45:46,0	0:23:45	1:09:31
9	158	RUBEN	PARDO NEBRIL	VM	NOSPORTLIMIT-TREK GALICIA	13:02,0			1:09:32
10	146	PEDRO ALFONSO	LISTA SUAREZ	VM	CLUB CICLISTA RIAZOR	13:15,0	34:27,0	0:22:12	1:09:54
11	147	RAMON	FERNANDEZ LAGO	VM	CLUB NATACION RIVEIRA	12:39,0	35:37,0	0:23:07	1:11:23
12	200	JORGE ROBERTO	GARCIA CASTAÑÓN	VM	SAN ROQUE-TRIATLON VIVEIRO		48:02,0	0:23:21	1:11:23
13	186	JOSÉ MANUEL	LAGO CES	VM	Licenza de 1 día	15:15,0	35:55,0	0:20:22	1:11:32
14	141	ANTONIO	VIDAL ARES	VM	ARCADE INFORHOUSE SANTIAGO	13:19,0	35:43,0	0:23:07	1:12:09
15	167	PABLO	SANTIAGO LOPEZ	VM	TRIATLON FERROL	13:21,0			1:12:37
16	170	JOSE MANUEL	DOCAL RUBIDO	VM	TRINITY TRIATLON		49:34,0	0:23:26	1:13:00
17	166	PABLO	SANJURJO POVEDA	VM	TRIATLON FERROL	11:54,0	36:18,0	0:24:58	1:13:10
18	180	LUIS ANGEL	CASTELO SANCHEZ	VM	Licenza de 1 día	13:15,0	35:54,0	0:24:11	1:13:20
19	173	ALEJANDRO	CABALLERO CAGIGAO	VM	C.D. GANDO TALDEA	13:14,0	38:17,0	0:22:07	1:13:38
20	153	MARCOS ANTONIO	SANCHO REY	VM	CLUB TRIATLON CORUÑA	14:26,0	36:52,0	0:22:36	1:13:54
21	171	JUAN	MENDEZ LOPEZ	VM	TRISADA	13:56,0	37:53,0	0:22:20	1:14:09
22	165	MANUEL	LEIRACHA VALENTIN	VM	TRIATLON FERROL	16:34,0	36:20,0	0:21:25	1:14:19
23	161	RAMON	VALIÑAS MARTINEZ	VM	OLIMPICO DE VEDRA	13:27,0	36:08,0	0:25:11	1:14:46
24	179	MARCOS	CANEIRO CANEIRO	VM	Licenza de 1 día	17:25,0	35:51,0	0:22:53	1:16:09
25	150	JOSE ANGEL	JURADO ALBARRACIN-MARTINON	VM	CLUB TRIATLON CORUÑA				1:16:21
26	190	JUAN	PATÍÑO VARELA	VM	Licenza de 1 día	13:29,0	38:12,0	0:25:06	1:16:47
27	196	ARTURO	LOPEZ LAGO	VM	CLUB TRIATLON CORUÑA	14:03,0	38:47,0	0:24:53	1:17:43
28	169	DIEGO	CARRO SANCHEZ	VM	TRIATLON MOTOBike PONTEVEDRA		55:15,0	0:23:02	1:18:17
29	144	CARLOS	FERNANDEZ EXPOSITO	VM	CLUB CICLISTA RIAZOR		54:04,0	0:24:52	1:18:56
30	149	PABLO SERGIO	IENCENELLA CABELLO	VM	CLUB TRIATLON CORUÑA	12:35,0			1:19:34
31	152	JUAN	RODRIGUEZ VAZQUEZ	VM	CLUB TRIATLON CORUÑA	15:25,0	39:46,0	0:24:57	1:20:08
32	145	JOSE DANIEL	GONZALEZ CASTRO	VM	CLUB CICLISTA RIAZOR	13:01,0	40:58,0	0:27:23	1:21:22
33	156	JESUS	HEVIA GOMEZ	VM	NOSPORTLIMIT-TREK GALICIA	16:01,0	39:54,0	0:25:46	1:21:41
34	178	FERNANDO	CABANAS PORTO	VM	Licenza de 1 día	14:00,0	40:26,0	0:27:51	1:22:17
35	198	JOSE MIGUEL	PIÑEIRO OTERO	VM	TRINITY TRIATLON	14:15,0	41:29,0	0:28:06	1:23:50
36	168	ROBERTO	VENTUREIRA DOPICO	VM	TRIATLON FERROL	16:32,0	43:59,0	0:24:02	1:24:33
37	177	JOSÉ MANUEL	BELLO CASTRO	VM	Licenza de 1 día	14:50,0	43:04,0	0:26:56	1:24:50
38	140	ALEJANDRO	LAMELA ARIAS	VM	A.D. TRI-PENTA TERRAS DE LUGO	16:09,0	44:19,0	0:25:17	1:25:45
39	182	EDUARD	FRANQUET SUGRAÑES	VM	Licenza de 1 día		59:21,0	0:26:46	1:26:07
40	163	ANTONIO	FILGUEIRAS BOUZA	VM	TRIATLON FERROL		56:53,0	0:29:17	1:26:10
41	181	ENRIQUE M	DOPICO LÓPEZ	VM	Licenza de 1 día	14:34,0	47:09,0	0:24:43	1:26:26
42	164	JULIO	FREIRE MUIÑO	VM	TRIATLON FERROL	17:33,0	43:33,0	0:25:58	1:27:04
43	175	JOSE ENRIQUE	ALVAREZ PEREZ	VM	Licenza de 1 día	12:55,0	48:23,0	0:25:59	1:27:17
44	174	JESUS	ALVAREZ CASAPRIMA	VM	Licenza de 1 día	13:15,0	46:10,0	0:28:48	1:28:13
45	172	ROBERTO JOSE	VIZOSO BLANCO	VM	TRISADA	14:22,0	43:48,0	0:30:43	1:28:53

46	157	JOSE RAMON	MUIÑO MARTINEZ	VM	NOSPORTLIMIT-TREK GALICIA	19:25,0	41:24,0	0:28:59	1:29:48
47	191	JAVIER	REY MIRANDA	VM	Licenza de 1 día				1:30:07
48	183	EDUARDO	GARCÍA SEISDEDOS	VM	Licenza de 1 día	15:10,0	49:23,0	0:27:08	1:31:41
49	199	JOSÉ ENRIQUE	RODRÍGUEZ LISTA	VM	Licenza de 1 día	17:00,0	45:17,0	0:31:08	1:33:25
50	184	EMILIO JOSE	GARROCHO DURAN	VM	Licenza de 1 día	16:10,0	47:08,0	0:31:41	1:34:59
51	176	FRANCISCO JOSE	BELLAS ANEIROS	VM	Licenza de 1 día	16:56,0	48:15,0	0:31:15	1:36:26
52	189	FERNANDO MARIA	OTERO ESTEBAN	VM	Licenza de 1 día	19:13,0	46:00,0	0:35:08	1:40:21
53	197	ALVARO VALENTIN	GARCIA DIEGUEZ	VM	NOSPORTLIMIT-TREK GALICIA	16:27,0	50:28,0	0:34:27	1:41:22
54	159	MIGUEL ANGEL	PAZ DANS	VM	NOSPORTLIMIT-TREK GALICIA	16:59,0	52:14,0	0:46:26	1:55:39
RET	151	PABLO JOSE	PAZOS HERNANDEZ	VM	CLUB TRIATLON CORUÑA	14:43,0			RET
RET	192	JAVIER	TEJUIRO GONZALEZ	VM	Licenza de 1 día	16:19,0	46:22,0		RET
NP	154	JOSE ANTONIO	SUAREZ SANCHEZ	VM	CLUB TRIATLON CORUÑA		00:00,0		NP
NP	155	BORJA	FERNANDEZ BERMUDEZ	VM	NOSPORTLIMIT-TREK GALICIA				NP
NP	160	OCTAVIO AUGUSTO	SUSACASA NOVAL	VM	NOSPORTLIMIT-TREK GALICIA		00:00,0		NP
NP	185	UNAI	HERNAEZ LOPEZ	VM	Licenza de 1 día		00:00,0		NP
NP	188	GONZALO	ORTIZ ALONSO	VM	Licenza de 1 día		00:00,0		NP