



# III TRIATLON DESAFIO PASTOR ISLAS CIES

## Resultados Oficiais

### ABSOLUTA CPTO. GALEGO - FEMININA

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	15:53	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

#### Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI LORENA GARCIA - CT MAR DE VIGO
Xuíz Arbitro:	LUIS COIRA		
Responsable Oficiais:	LUIS COIRA		

#### Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 37	Remataron : 29	Retirados : 3	Non Presentados : 1 Descalificados : 4

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.			
1	448	MARIA ORTEGA DE MIGUEL	A.D. TRI-PENTA TERRAS DE L	2	0:25:32	02:40	5	2:33:47	35.12	01:08	2	1:33:43	<b>4:36:48</b>	
2	446	CAMILA ALONSO ARADAS	TRIATLON FERROL	4	0:27:46	02:23	3	2:32:00	35.53	01:03	5	1:36:48	<b>4:39:58</b>	0:03:11
3	461	SONIA PARIENTE BAGLIETTO	GV SPORTS CLUB	3	0:27:17	02:42	8	2:36:13	34.57	01:24	4	1:35:57	<b>4:43:31</b>	0:06:43
4	476	GUADALUPE RODRÍGUEZ FERNAND	ENPHORMA TRIATLON SAN A	20	0:39:33	04:12	4	2:32:15	35.47	01:59	3	1:35:03	<b>4:53:00</b>	0:16:12
5	472	BLANCA LABANDEIRA FERNANDEZ	CLUB TRIATLON MAR DE VIG	5	0:31:11	03:22	6	2:34:16	35.01	01:12	8	1:44:00	<b>4:53:59</b>	0:17:12
6	452	SARA CASTILLO OÑATE	ADVENTURE BIKE/ LA BAJERA	7	0:32:25	03:52	16	2:51:50	31.43	01:34	1	1:33:42	<b>5:03:20</b>	0:26:33
7	456	MARÍA CRISTINA SANTIAGO MARTIN	NOSPORTLIMIT-TREK GALICIA	11	0:35:53	03:38	10	2:40:33	33.64	03:01	10	1:45:51	<b>5:08:54</b>	0:32:06
8	449	MARÍA MARTÍNEZ GONZÁLEZ	CLUB ATLETISMO PORRIÑO	6	0:32:18	02:23	15	2:50:32	31.67	01:24	9	1:45:49	<b>5:12:24</b>	0:35:37
9	468	PATRICIA FRONTELA DIEGUEZ	LICENZA DE 1 DIA	10	0:34:51	05:02	18	2:53:10	31.19	01:56	6	1:38:31	<b>5:13:27</b>	0:36:39
10	455	ANA MARÍA OTERO PIÑEIRO	ABSOLUT SPORT	13	0:36:40	03:03	17	2:52:13	31.36	01:26	7	1:43:03	<b>5:16:22</b>	0:39:35
11	481	MERCEDES TORRES SERUENDO	SELER UNIVEST TRIATHLON T	16	0:38:30	05:11	11	2:46:30	32.44	01:23	11	1:46:45	<b>5:18:17</b>	0:41:30
12	482	MARÍA DEL CARMEN CABALEIRO H	CLUB CICLISTA DE LA FUENT	24	0:40:29	04:29	9	2:39:40	33.82	01:41	18	1:55:42	<b>5:22:00</b>	0:45:12
13	467	SABELA GARCÍA ORO	NOSPORTLIMIT-TREK GALICIA	19	0:39:14	04:12	12	2:49:36	31.84	01:41	12	1:49:15	<b>5:23:56</b>	0:47:08
14	458	LARA LOIS GARCÍA	GV SPORTS CLUB	22	0:39:46	04:09	7	2:34:36	34.93	01:16	25	2:09:08	<b>5:28:53</b>	0:52:06
15	480	MARIA JOSE VELAZQUEZ GARCIA	LICENZA DE 1 DIA	23	0:39:58	04:39	20	2:56:54	30.53	02:00	13	1:50:20	<b>5:33:49</b>	0:57:01
16	459	VANESA VILLAR DIEGUEZ	TEAM SPORT SPIRIT	12	0:36:32	05:04	23	3:00:03	29.99	01:22	15	1:51:18	<b>5:34:18</b>	0:57:31
17	466	TATIANA PEREZ GONZALEZ	LICENZA DE 1 DIA	25	0:41:38	04:22	21	2:58:32	30.25	01:54	14	1:51:09	<b>5:37:32</b>	1:00:44
18	465	BETH AMI HALL	TRIATLON MOTOBIKE PONTE	8	0:33:15	04:47	14	2:50:13	31.73	01:53	24	2:07:46	<b>5:37:52</b>	1:01:04
19	478	ANA ANDRES DE LA IGLESIA	LICENZA DE 1 DIA									14:14:54	<b>5:40:07</b>	1:03:20
20	470	Jael Fernández Castaño	INTELLIGENT RUNNING - INTE	14	0:37:36	05:42	22	2:58:38	30.23	01:52	19	1:59:14	<b>5:43:00</b>	1:06:12
21	463	IRIA FERNANDEZ ORDOÑEZ	LICENZA DE 1 DIA	15	0:38:01	05:43	24	3:04:26	29.28	02:31	16	1:52:46	<b>5:43:25</b>	1:06:37
22	464	RAQUEL ZAPATA RODRIGUEZ	CLUB TRIATLON MAR DE VIG	31	0:49:37	04:57	13	2:49:49	31.8	01:45	21	2:02:20	<b>5:48:26</b>	1:11:39
23	450	MÓNICA MEZQUITA VÁZQUEZ	NOSPORTLIMIT-TREK GALICIA	21	0:39:38	05:25	25	3:07:13	28.85	02:12	17	1:55:13	<b>5:49:39</b>	1:12:52
24	453	DANIELA ALEXANDRA ORBE ZARAT	GV SPORTS CLUB	28	0:45:14	03:36	19	2:54:15	30.99	02:09	23	2:07:02	<b>5:52:14</b>	1:15:26
25	462	BEGOÑA ARRANZ GONZÁLEZ	TRINORTH-NOGASA	18	0:38:57	04:45	26	3:08:53	28.59	01:46	27	2:11:47	<b>6:06:07</b>	1:29:19
26	457	MARIA LUISA RUA PRIETO	TRISADA	27	0:44:58	04:09	27	3:13:35	27.9	01:43	28	2:15:10	<b>6:19:33</b>	1:42:46
27	477	MARIA EUGENIA TORRES COSTAS	LICENZA DE 1 DIA	26	0:44:15	06:38	30	3:25:23	26.29	03:39	20	1:59:52	<b>6:19:45</b>	1:42:58
28	469	RUTH PÉREZ PONTE	CLUB TRIATLON MAR DE VIG	29	0:47:00	06:35	28	3:21:36	26.79	02:18	22	2:05:21	<b>6:22:48</b>	1:46:01
29	479	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	30	0:47:27	06:43	29	3:24:36	26.39	02:43	26	2:11:16	<b>6:32:43</b>	1:55:56
DQ	451	DIANA RUIVO DE OLIVEIRA	LICENZA DE 1 DIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	454	MAR VILLAR ZAMUZ	TRINORTH-NOGASA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	460	IRIA BLANCO RODRIGUEZ	GV SPORTS CLUB	ACORTAR PERCORRIDO CARREIRA A PE										
DQ	474	EVA ENDRESS	LICENZA DE 1 DIA	AXUDA EXTERNA										
NF	447	ANNEKE FORREST JENKINS	CIDADE DE LUGO FLUVIAL	1	0:24:23	02:34	1	2:25:36	37.09	01:11				
NF	471	ALMUDENA VÁZQUEZ FERNÁNDEZ	LICENZA DE 1 DIA	17	0:38:55	04:15								
NF	475	MARÍA REMEDIOS CARRASCO TAVE	ABSOLUT SPORT	9	0:33:31	02:48	2	2:29:33	36.11	01:23				
NP	473	NATALIA MIGUEZ LÓPEZ	TRISADA											





# III TRIATLON DESAFIO PASTOR ISLAS CIES

## Resultados Oficiais

### CATEGORIAS CPTO. GALEGO - FEMININA

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	15:54	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

#### Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT
Xuíz Arbitro:	LUIS COIRA		LUIS PIÑA - FEGATRI
Responsable Oficiais:	LUIS COIRA		LORENA GARCIA - CT MAR DE VIGO

#### Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 37	Remataron : 29	Retirados : 3	Non Presentados : 1
			Descalificados : 4

## SUB-23 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	446	CAMILA ALONSO ARADAS	TRIATLON FERROL	4	0:27:46	3	2:32:00	35.53	5	1:36:48	<b>4:39:58</b>	0:03:11

## VETERANAS 1 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	476	GUADALUPE RODRÍGUEZ FERNA	ENPHORMA TRIATLON SAN AGUSTIN	20	0:39:33	4	2:32:15	35.47	3	1:35:03	<b>4:53:00</b>	0:16:12
2	480	MARIA JOSE VELAZQUEZ GARGI	LICENZA DE 1 DIA	23	0:39:58	20	2:56:54	30.53	13	1:50:20	<b>5:33:49</b>	0:57:01
3	478	ANA ANDRES DE LA IGLESIA	LICENZA DE 1 DIA							14:14:54	<b>5:40:07</b>	1:03:20
4	477	MARIA EUGENIA TORRES COSTA	LICENZA DE 1 DIA	26	0:44:15	30	3:25:23	26.29	20	1:59:52	<b>6:19:45</b>	1:42:58
5	479	MARIA ELENA CASTRO SABIO	NOSPORTLIMIT-TREK GALICIA	30	0:47:27	29	3:24:36	26.39	26	2:11:16	<b>6:32:43</b>	1:55:56
DQ	474	EVA ENDRESS	LICENZA DE 1 DIA	AXUDA EXTERNA								
NF	475	MARÍA REMEDIOS CARRASCO T	ABSOLUT SPORT	9	0:33:31	2	2:29:33	36.11				
NP	473	NATALIA MIGUEZ LÓPEZ	TRISADA									

## VETERANAS 2 FEMININA

POS.	Nº	NOME	CLUB	P. Natación	P. Natación	P. Ciclismo	Km/h.	P. Carreira	META	Dif.		
1	481	MERCEDES TORRES SERUENDO	SELER UNIVEST TRIATHLON TEAM	16	0:38:30	11	2:46:30	32.44	11	1:46:45	<b>5:18:17</b>	0:41:30
2	482	MARÍA DEL CARMEN CABALEIR	CLUB CICLISTA DE LA FUENTE	24	0:40:29	9	2:39:40	33.82	18	1:55:42	<b>5:22:00</b>	0:45:12



Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	16:01	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

#### Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI LORENA GARCIA - CT MAR DE VIGO
Xuíz Arbitro:	LUIS COIRA		
Responsable Oficiais:	LUIS COIRA		

#### Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 445	Remataron : 376	Retirados : 17	Non Presentados : 35 Descalificados : 17

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	4	LUIS MIGUEL VELASQUEZ RAMOS	A.D. TRI-PENTA TERRAS DE L	1	0:22:31	02:18	1	2:11:36	41.04	00:57	9	1:23:28	<b>4:00:49</b>	
2	6	DANIEL BAYÓN LEONARDO	ACADEMIA CIVIL - CNSO	10	0:26:46	02:25	10	2:16:35	39.54	01:42	1	1:17:42	<b>4:05:08</b>	0:04:19
3	2	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO	15	0:27:07	02:33	6	2:15:24	39.89	01:16	4	1:20:40	<b>4:06:58</b>	0:06:10
4	1	RICARDO REY MARTINEZ	NOSPORTLIMIT-TREK GALICIA	8	0:26:42	02:23	8	2:15:58	39.72	01:03	10	1:23:31	<b>4:09:35</b>	0:08:46
5	79	ALVARO GOMEZ CARDESIN	ARTROGAL-TRI 498	4	0:25:18	02:44	14	2:17:03	39.41	01:09	12	1:23:39	<b>4:09:51</b>	0:09:02
6	5	CRISTÓBAL DIOS RÍOS	TRIATLON ARTEIXO	25	0:28:48	02:24	4	2:13:55	40.32	01:35	16	1:24:38	<b>4:11:18</b>	0:10:30
7	7	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	32	0:29:51	02:32	20	2:17:53	39.17	01:26	2	1:20:24	<b>4:12:05</b>	0:11:17
8	150	RUBEN GUERRA LOPEZ	R.CANOE TRIATLON STORE	50	0:30:37	03:08	22	2:17:56	39.15	01:43	3	1:20:38	<b>4:13:59</b>	0:13:11
9	257	SERGIO OLIVEIRA BOGA	OLIMPICO DE VEDRA	26	0:28:51	02:35	15	2:17:05	39.4	01:36	15	1:24:22	<b>4:14:28</b>	0:13:39
10	10	IÑAKI PENA-MANSO CARRAL	CLUB TRIATLON CORUÑA	22	0:28:24	02:49	36	2:21:21	38.21	01:19	5	1:21:04	<b>4:14:54</b>	0:14:06
11	184	AGUSTIN RÍOS FERRADAS	CLUB TRIATLON MORRAZO	13	0:27:04	02:21	56	2:23:47	37.56	00:59	6	1:21:18	<b>4:15:27</b>	0:14:39
12	74	ADRIÁN GONZÁLEZ BLANCO	CLUB TRIATLON MAR DE VIG	40	0:30:12	03:52	31	2:20:44	38.37	01:36	14	1:24:08	<b>4:20:31</b>	0:19:42
13	228	ALFONSO MARTÍNEZ RUÍZ	C.D TRIATLON ZAMORA	29	0:29:14	03:35	59	2:24:03	37.49	01:20	7	1:23:12	<b>4:21:22</b>	0:20:33
14	140	SERGIO GAMAZO FERNANDEZ	LINEA DE META SKECHERS	86	0:32:29	03:11	19	2:17:39	39.23	03:09	17	1:25:02	<b>4:21:29</b>	0:20:40
15	295	MIKEL LARRAZABAL ÁLVAREZ	EZKERRALDEA TRIATLOI TAL	88	0:32:30	03:13	18	2:17:39	39.23	01:11	24	1:28:00	<b>4:22:31</b>	0:21:43
16	215	JOAQUIN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICIA	176	0:35:07	03:10	7	2:15:37	39.82	02:04	21	1:26:43	<b>4:22:39</b>	0:21:51
17	121	JOSÉ MANUEL FERNÁNDEZ LÓPEZ	AD NAUTICO DE NARON	132	0:34:08	03:12	5	2:14:56	40.02	01:03	40	1:29:29	<b>4:22:47</b>	0:21:58
18	39	ISMAEL LÓPEZ GONZÁLEZ	CLUB NATACION RIVEIRA	2	0:24:40	02:30	91	2:27:12	36.69	02:12	20	1:26:16	<b>4:22:49</b>	0:22:00
19	3	FERNANDO LUIÑA VELA	PILOÑA.DEPORTE	16	0:27:20	02:42	24	2:18:28	39	02:02	60	1:32:25	<b>4:22:56</b>	0:22:07
20	379	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENT	82	0:32:25	03:29	2	2:12:38	40.72	01:40	64	1:32:47	<b>4:22:58</b>	0:22:09
21	192	CARLOS PARDO RODRÍGUEZ	TRIATLON P.C. RIAS BAIXAS	80	0:32:23	03:10	35	2:21:17	38.22	01:08	18	1:25:03	<b>4:23:00</b>	0:22:11
22	94	DANIEL GIRALDO MARTINEZ	ACADEMIA CIVIL - CNSO	5	0:25:43	02:30	33	2:20:55	38.32	01:16	71	1:33:41	<b>4:24:03</b>	0:23:15
23	393	RAMON ARIAS GARCIA	T. MURALLA LUGO	30	0:29:20	03:30	34	2:21:16	38.23	01:26	35	1:28:53	<b>4:24:23</b>	0:23:35
24	329	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	42	0:30:12	03:25	44	2:22:01	38.03	01:07	31	1:28:26	<b>4:25:08</b>	0:24:20
25	91	XABIER TRIFOL IGLESIAS	TRIRUNNERS GETXO	44	0:30:15	03:46	32	2:20:47	38.36	01:23	37	1:29:09	<b>4:25:19</b>	0:24:30
26	104	BRAIS RODRIGUEZ SANCHEZ	CIDADE DE LUGO FLUVIAL	11	0:26:47	02:42	25	2:18:48	38.91	01:27	102	1:36:07	<b>4:25:49</b>	0:25:00
27	21	DIEGO MARTÍN CONDE	LICENZA DE 1 DIA	115	0:33:22	02:43	13	2:16:57	39.43	01:46	48	1:31:06	<b>4:25:52</b>	0:25:04
28	188	ANTONIO GOMEZ DORRIO	TRISADA	3	0:24:57	02:45	45	2:22:02	38.02	01:55	82	1:34:31	<b>4:26:07</b>	0:25:18
29	386	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	303	0:39:08	03:29	3	2:13:30	40.45	01:38	33	1:28:43	<b>4:26:25</b>	0:25:36
30	252	PABLO ALONSO FIGUEROA	CLUB TRIATLON MORRAZO	96	0:32:40	03:04	78	2:26:15	36.92	01:08	8	1:23:27	<b>4:26:33</b>	0:25:45
31	54	ANDONI GARCÍA MATUTE	C.D.ATLETICO 42195.ES VITO	39	0:30:11	03:23	60	2:24:07	37.47	01:19	23	1:27:48	<b>4:26:45</b>	0:25:57
32	413	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIG	57	0:31:16	02:41	49	2:22:39	37.86	00:58	38	1:29:20	<b>4:26:52</b>	0:26:04
33	15	JORGE DIOS RIOS	LICENZA DE 1 DIA	66	0:31:42	03:26	43	2:22:00	38.03	01:29	29	1:28:22	<b>4:26:58</b>	0:26:10
34	304	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON C	68	0:31:50	03:00	27	2:19:14	38.79	01:27	55	1:31:59	<b>4:27:27</b>	0:26:39
35	149	HUGO PACHON MORENO	CLUB NATACION RIVEIRA	28	0:29:03	03:00	47	2:22:15	37.97	02:17	58	1:32:23	<b>4:28:56</b>	0:28:08
36	130	JACOBO CREGO FERNANDEZ	OLIMPICO DE VEDRA	20	0:28:15	02:31	11	2:16:39	39.52	01:28	147	1:40:13	<b>4:29:04</b>	0:28:16
37	36	ZOÉ SORIA FERNÁNDEZ	ABSOLUT SPORT	70	0:31:57	03:25	50	2:22:44	37.83	01:27	41	1:29:53	<b>4:29:25</b>	0:28:37
38	32	ÁLVARO SANCHIDRIÁN RIVERO	INDEPENDENTE	27	0:29:02	03:05	37	2:21:22	38.2	01:38	86	1:34:43	<b>4:29:48</b>	0:28:59
39	52	IAGO GÓMEZ ALONSO	CLUB TRIATLON MORRAZO	81	0:32:25	03:13	38	2:21:23	38.2	01:38	52	1:31:49	<b>4:30:26</b>	0:29:37
40	12	ALEJANDRO ÁLVAREZ COSTAS	LICENZA DE 1 DIA	62	0:31:31	02:54	137	2:31:32	35.64	01:04	11	1:23:35	<b>4:30:34</b>	0:29:46
41	164	NICOLAS PICHEL CASTRO	A.D. FOGAR	101	0:32:46	03:05	64	2:24:34	37.35	01:55	28	1:28:21	<b>4:30:40</b>	0:29:52

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
42	64	JOSE MANUEL TOME SUAREZ	TRIATLON COSTA DA MORTE	78	0:32:18	03:59	42	2:21:53	38.06	01:17	50	1:31:22	<b>4:30:47</b>	0:29:59
43	118	RODRIGO PINTADO DEL CAMPO	NOSPORTLIMIT-TREK GALICIA	84	0:32:28	03:09	39	2:21:25	38.19	01:46	56	1:32:03	<b>4:30:48</b>	0:30:00
44	225	CESAR MONTES SANCHEZ	CLUB TRIATLON CORUÑA	19	0:28:06	02:34	57	2:23:52	37.54	01:24	92	1:35:14	<b>4:31:08</b>	0:30:20
45	45	ELOY DE LA FUENTE OLITE	ABSOLUT SPORT	14	0:27:05	02:54	130	2:30:52	35.79	01:32	36	1:29:08	<b>4:31:30</b>	0:30:42
46	311	ALFONSO MONCLUS MARCELLÁN	CLUB TRIATLON EUROPA	156	0:34:30	04:09	28	2:19:25	38.73	01:14	62	1:32:32	<b>4:31:48</b>	0:30:59
47	261	TEÓFILO MARCOS PEÑACOBA	CLUB DEPORTIVO TRILEON	59	0:31:26	03:33	90	2:27:11	36.69	01:20	27	1:28:20	<b>4:31:48</b>	0:31:00
48	374	ADRIAN CASTIÑEIRAS BUJAN	TRINITY TRIATLON	21	0:28:19	02:29	48	2:22:29	37.9	01:17	116	1:37:22	<b>4:31:54</b>	0:31:06
49	137	VICTOR ALONSO SAA	CLUB ATLETISMO PORRIÑO	9	0:26:46	02:36	81	2:26:32	36.86	01:10	110	1:36:42	<b>4:33:45</b>	0:32:56
50	232	IAGO VARA ADRIO	REAL CLUB NAUTICO DE VIGO	24	0:28:47	03:32	84	2:26:47	36.79	01:41	67	1:33:10	<b>4:33:55</b>	0:33:07
51	191	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT-TREK GALICIA	17	0:28:01	03:07	66	2:24:49	37.29	01:39	104	1:36:22	<b>4:33:55</b>	0:33:07
52	198	MANUEL IGNACIO GOMEZ ROMERO	CASTRILLÓN TRIATLÓN	45	0:30:16	03:18	121	2:30:12	35.96	01:23	34	1:28:51	<b>4:33:57</b>	0:33:09
53	203	ROMULO SOTO VÁZQUEZ	AXA AGENCIA GARRIGA-BEAR	117	0:33:31	03:27	17	2:17:33	39.26	01:36	128	1:38:40	<b>4:34:45</b>	0:33:56
54	341	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	178	0:35:13	03:28	12	2:16:43	39.5	01:22	123	1:38:16	<b>4:34:59</b>	0:34:11
55	90	DAVID JIMÉNEZ SÁNCHEZ	BICICLETAS MORENITO CDE	47	0:30:25	03:30	69	2:25:13	37.19	01:18	89	1:34:59	<b>4:35:23</b>	0:34:35
56	315	SANTIAGO VALES MENDEZ	LICENZA DE 1 DIA	248	0:37:13	03:37	79	2:26:20	36.91	01:19	22	1:27:12	<b>4:35:40</b>	0:34:51
57	316	MARCOS BENAGES DUCH	CLUB ESPORTIU PRORUNNE	139	0:34:14	04:07	55	2:23:46	37.56	01:51	54	1:31:59	<b>4:35:55</b>	0:35:06
58	51	PABLO REGUEIRA MARTINEZ	CLUB ATLETISMO PORRIÑO	89	0:32:30	02:32	63	2:24:30	37.37	01:34	93	1:35:25	<b>4:36:30</b>	0:35:42
59	256	NUNO MIGUEL OLIVEIRA VIEIRA	TRIATLO AASM	58	0:31:25	03:42	113	2:29:33	36.11	01:59	42	1:29:56	<b>4:36:33</b>	0:35:44
60	127	MANUEL SANTOS DOCAL	MONTE PENARUBIA RUNNING	112	0:33:15	03:32	29	2:19:52	38.61	01:29	126	1:38:38	<b>4:36:44</b>	0:35:55
61	27	JOSE LÓPEZ SALMERÓN	ABSOLUT SPORT	110	0:33:13	03:19	123	2:30:28	35.89	01:27	32	1:28:31	<b>4:36:56</b>	0:36:08
62	133	MARCOS SUCASAS MEJUTO	CLUB TRIATLON MAR DE VIG	170	0:34:50	02:57	70	2:25:31	37.11	01:39	61	1:32:31	<b>4:37:25</b>	0:36:36
63	174	FERNANDO LOPEZ LOPEZ	ARTROGAL-TRI 498	46	0:30:24	03:19	107	2:29:13	36.19	01:09	70	1:33:41	<b>4:37:44</b>	0:36:55
64	57	ALEJANDRO SANTOS VARELA	TRINORTH-NOGASA	130	0:34:06	03:05	85	2:26:48	36.79	01:34	59	1:32:23	<b>4:37:54</b>	0:37:06
65	230	RUBÉN GARCIA LUGONES	TEAM SPORT SPIRIT	114	0:33:20	03:24	94	2:27:31	36.61	01:38	63	1:32:39	<b>4:38:30</b>	0:37:42
66	55	JOSE JAVIER VILELLA GARCIA	INDEPENDENTE	75	0:32:11	03:28	88	2:27:03	36.72	01:26	87	1:34:45	<b>4:38:52</b>	0:38:04
67	62	ADRIÁN CASTRO RODRÍGUEZ	T. MURALLA LUGO	135	0:34:11	03:43	67	2:24:55	37.27	01:34	88	1:34:48	<b>4:39:08</b>	0:38:20
68	145	SANTOS JAVIER HOLGADO RODRÍG	CLUB TRIATLÓN SALAMANCA	224	0:36:26	02:56	104	2:28:41	36.32	01:29	43	1:30:05	<b>4:39:35</b>	0:38:47
69	170	ALBERTO CANDAL VIQUEIRA	TEAM CORBELO									13:12:23	<b>4:39:36</b>	0:38:48
70	310	PABLO ROURA HERNÁNDEZ	LICENZA DE 1 DIA	35	0:30:05	03:10	117	2:29:46	36.06	02:13	84	1:34:34	<b>4:39:46</b>	0:38:58
71	71	EDUARDO SAAVEDRA LAGARES	TRIATLON FERROL	69	0:31:54	03:28	106	2:28:49	36.29	01:22	77	1:34:19	<b>4:39:49</b>	0:39:01
72	226	LUIS ALBERTO DOMINGUEZ FERNA	TRI OURENSE	131	0:34:07	03:10	65	2:24:47	37.3	01:23	107	1:36:28	<b>4:39:52</b>	0:39:04
73	318	RICARDO AGUILAR LAUDO	C.D.E. TRIATLON GALAPAGAR	122	0:33:48	03:36	61	2:24:14	37.44	02:08	105	1:36:23	<b>4:40:08</b>	0:39:19
74	92	JONATHAN CARREÑO RODRIGUEZ	TEAM SPORT SPIRIT	153	0:34:27	04:00	52	2:23:31	37.63	01:42	108	1:36:32	<b>4:40:09</b>	0:39:21
75	362	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	56	0:31:13	03:00	40	2:21:41	38.12	01:34	179	1:42:45	<b>4:40:10</b>	0:39:22
76	339	LEOPOLDO LÓPEZ MAÑAS	C.D.E. 3STYLE TRIATLON	136	0:34:12	04:16	148	2:32:09	35.49	01:41	26	1:28:17	<b>4:40:33</b>	0:39:45
77	77	CARLOS MADEJON ARRANZ	SELER UNIVEST TRIATHLON T	164	0:34:42	04:37	98	2:28:25	36.39	02:34	46	1:30:23	<b>4:40:38</b>	0:39:50
78	404	JUAN CARLOS RODRÍGUEZ VÁZQUE	C.TRIATLON OURENSE	261	0:37:43	03:02	21	2:17:53	39.17	01:49	148	1:40:17	<b>4:40:42</b>	0:39:54
79	196	MANUEL PASCUAL ESTEBAN	CLUB TRIATLON LAS ROZAS	219	0:36:22	02:56	103	2:28:39	36.33	01:33	51	1:31:33	<b>4:41:00</b>	0:40:12
80	274	JUAN LUIS FERNÁNDEZ LÓPEZ	CLUB TRIATLON MORRAZO	63	0:31:34	03:29	89	2:27:06	36.71	02:29	109	1:36:34	<b>4:41:10</b>	0:40:21
81	427	JESUS ANGEL RODRIGUEZ GONZAL	CLUB TRIATLON MAR DE VIG	31	0:29:33	03:00	86	2:26:59	36.74	01:23	153	1:40:29	<b>4:41:22</b>	0:40:34
82	375	MARCOS GONZALEZ TALAVERO	CLUB CICLISTA RIAZOR	73	0:32:08	03:49	135	2:31:08	35.73	01:22	66	1:33:08	<b>4:41:34</b>	0:40:46
83	308	JOSE ANTONIO RECOUSO CAAMAÑ	LICENZA DE 1 DIA	264	0:37:46	04:37	179	2:34:03	35.05	01:16	13	1:24:03	<b>4:41:44</b>	0:40:56
84	159	CARLOS RODRÍGUEZ RODRÍGUEZ	NOSPORTLIMIT-TREK GALICIA	190	0:35:27	04:37	53	2:23:31	37.63	01:33	111	1:36:43	<b>4:41:49</b>	0:41:00
85	346	SANTIAGO PALACIO FERNANDEZ	TEAM SPORT SPIRIT	189	0:35:25	04:05	161	2:32:54	35.32	01:29	25	1:28:03	<b>4:41:54</b>	0:41:05
86	16	DIEGO DÁVILA COLLAZO	CLUB TRIATLON MAR DE VIG	43	0:30:15	03:03	75	2:25:56	37.01	01:25	165	1:41:19	<b>4:41:56</b>	0:41:08
87	209	JOSE LUIS DORADO VIÉTEZ	TRINORTH-NOGASA	87	0:32:29	02:53	82	2:26:33	36.85	01:22	131	1:38:48	<b>4:42:04</b>	0:41:15
88	53	GERMÁN RODAL CARAMÉS	LICENZA DE 1 DIA	34	0:30:02	02:40	282	2:42:36	33.21	01:34	19	1:25:27	<b>4:42:17</b>	0:41:29
89	80	FRANCISCO JAVIER ROSADO LÓPE	LICENZA DE 1 DIA	159	0:34:32	04:24	120	2:30:08	35.97	02:00	49	1:31:16	<b>4:42:18</b>	0:41:29
90	88	PABLO FRANCO YAÑEZ	CLUB TRIATLON CORUÑA	185	0:35:23	04:04	111	2:29:32	36.11	01:26	57	1:32:08	<b>4:42:31</b>	0:41:43
91	120	IVAN RAMOS CADIERNO	NOSPORTLIMIT-TREK GALICIA	71	0:32:07	04:08	126	2:30:44	35.83	01:34	73	1:34:04	<b>4:42:35</b>	0:41:47
92	139	MATTHEW MURPHY-O'CONNOR CA	CLUB TRIATLON LAS ROZAS	23	0:28:43	03:17	80	2:26:30	36.86	01:43	176	1:42:27	<b>4:42:39</b>	0:41:51
93	284	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	85	0:32:28	03:46	30	2:20:35	38.41	01:52	193	1:44:06	<b>4:42:45</b>	0:41:56
94	200	SALVADOR IZQUIERDO SALGUEIRO	CLUB TRIATLON MAR DE VIG	166	0:34:45	03:29	76	2:26:08	36.95	01:07	117	1:37:27	<b>4:42:54</b>	0:42:06
95	18	RICARDO CORES VAZQUEZ	CLUB NATACION RIVEIRA	49	0:30:29	02:55	102	2:28:37	36.34	01:21	140	1:39:36	<b>4:42:56</b>	0:42:07
96	373	GABRIEL POZO JUNQUERO	GASTEIZKO BULLETVAN T.K.T	55	0:31:04	03:49	46	2:22:02	38.02	02:05	197	1:44:21	<b>4:43:19</b>	0:42:31
97	384	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	193	0:35:31	02:43	110	2:29:27	36.13	01:20	85	1:34:34	<b>4:43:34</b>	0:42:46
98	388	ANTONIO LIBOREIRO COMESAÑA	LICENZA DE 1 DIA	77	0:32:17	04:18	83	2:26:44	36.8	02:22	121	1:38:07	<b>4:43:46</b>	0:42:57
99	205	LUIS GARCIA LÓPEZ	A.D. FOGAR	202	0:35:53	03:14	140	2:31:44	35.59	01:07	53	1:31:52	<b>4:43:48</b>	0:42:59
100	269	ADRIAN FERNANDEZ GARCIA	CASTRILLÓN TRIATLÓN									13:16:38	<b>4:43:51</b>	0:43:03
101	38	IGNACIO JOSE MOSQUERA AMOR	CLUB TRIATLON MAR DE VIG	210	0:36:10	03:15	62	2:24:24	37.4	01:30	127	1:38:40	<b>4:43:57</b>	0:43:08
102	144	VICENTE RUBEN JIMENEZ GURREA	NOSPORTLIMIT-TREK GALICIA	192	0:35:28	03:42	168	2:33:17	35.23	01:32	45	1:30:21	<b>4:44:18</b>	0:43:30
103	314	ALBERTO SOTO CAMPOS	NOSPORTLIMIT-TREK GALICIA	150	0:34:24	04:08	51	2:23:27	37.64	01:56	152	1:40:25	<b>4:44:18</b>	0:43:30
104	384	MANUEL MARIÑO CARREÑO	CLUB TRIATLON LEON	225	0:36:29	04:01	185	2:34:22	34.98	01:27	30	1:28:23	<b>4:44:41</b>	0:43:52
105	22	RICARDO MARTÍN MARTIN	BICICLETAS MORENITO CDE	100	0:32:44	03:31	72	2:25:39	37.08	01:42	169	1:41:53	<b>4:45:28</b>	0:44:39
106	136	PAULO BRUNO FERNANDES	MCDONALDS TRI BRAGA	74	0:32:10	03:08	191	2:34:59	34.85	01:02	76	1:34:17	<b>4:45:34</b>	0:44:45



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
107	289	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	79	0:32:21	03:28	236	2:38:22	34.1	01:13	47	1:30:54	<b>4:46:16</b>	0:45:28
108	201	ROBERTO PICON ESPIÑO	TALLERES DAVID TRIATLON C	146	0:34:19	03:26	154	2:32:34	35.4	01:05	91	1:35:01	<b>4:46:22</b>	0:45:34
109	271	JOSE RAMON TRABAZO BARCALA	CLUB CICLISMO-TRIATLÓN PO	263	0:37:45	03:41	16	2:17:15	39.35	02:02	217	1:46:09	<b>4:46:50</b>	0:46:01
110	69	ALEXIS BLANCO BRAGA	ACADEMIA CIVIL - CNSO	214	0:36:15	04:50	119	2:30:05	35.98	02:24	69	1:33:17	<b>4:46:50</b>	0:46:01
111	263	ALBERTO ANTELO SANCHEZ	A.D. FOGAR	7	0:26:36	03:08	133	2:31:00	35.77	01:06	214	1:45:55	<b>4:47:42</b>	0:46:53
112	223	DANIEL SIEIRA BLANCO	LICENZA DE 1 DIA	180	0:35:18	03:41	145	2:32:01	35.52	01:48	90	1:35:00	<b>4:47:47</b>	0:46:59
113	11	ALBERTO FERNÁNDEZ BONILLA	TRIMAD	221	0:36:23	03:14	99	2:28:27	36.38	01:35	122	1:38:11	<b>4:47:49</b>	0:47:01
114	401	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE	109	0:33:12	03:28	134	2:31:04	35.75	01:31	133	1:38:54	<b>4:48:08</b>	0:47:19
115	281	JAIIME MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	237	0:36:50	03:58	54	2:23:43	37.58	01:47	172	1:42:06	<b>4:48:21</b>	0:47:33
116	354	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	83	0:32:26	02:59	164	2:32:59	35.3	01:31	125	1:38:28	<b>4:48:22</b>	0:47:33
117	244	JOSÉ MIGUEL PÉREZ GARCÍA	CLUB TRIATLON SAMBURIEL	169	0:34:50	03:41	115	2:29:41	36.08	01:42	132	1:38:54	<b>4:48:45</b>	0:47:56
118	292	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIG	53	0:30:52	03:16	93	2:27:31	36.61	01:47	210	1:45:32	<b>4:48:57</b>	0:48:09
119	194	ROMÁN CICERO GONZÁLEZ	LICENZA DE 1 DIA	107	0:33:08	03:56	201	2:35:41	34.69	01:45	81	1:34:29	<b>4:48:58</b>	0:48:09
120	117	JESUS FRANCISCO GOMEZ SANTOS	NOSPORTLIMIT-TREK GALICIA	36	0:30:07	03:37	114	2:29:37	36.1	02:31	182	1:43:11	<b>4:49:01</b>	0:48:12
121	110	MARTIN PROL CAMBADOS	GV SPORTS CLUB	372	0:44:38	03:27	68	2:25:02	37.23	01:55	75	1:34:11	<b>4:49:11</b>	0:48:23
122	321	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIG	269	0:37:53	03:59	71	2:25:32	37.11	02:06	142	1:39:46	<b>4:49:13</b>	0:48:25
123	325	RUBÉN FERNÁNDEZ VILLAR	LICENZA DE 1 DIA	353	0:42:24	04:26	9	2:16:20	39.61	02:24	194	1:44:11	<b>4:49:43</b>	0:48:54
124	135	FERNANDO GARCIA LEMA	LICENZA DE 1 DIA	322	0:39:47	04:18	87	2:26:59	36.74	01:57	115	1:37:11	<b>4:50:10</b>	0:49:21
125	183	JACOBO CASTRO FERNÁNDEZ	C.T. CAMALEÓN	177	0:35:11	04:58	95	2:27:31	36.61	01:38	160	1:41:00	<b>4:50:17</b>	0:49:28
126	276	JUAN ZUNZUNGUI GUIMERANS	LICENZA DE 1 DIA	233	0:36:45	03:55	176	2:33:47	35.12	01:30	79	1:34:24	<b>4:50:20</b>	0:49:32
127	424	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	182	0:35:20	05:01	155	2:32:40	35.37	01:31	101	1:36:03	<b>4:50:33</b>	0:49:45
128	86	GUILLERMO MARTÍNEZ VERGARA	C.D.B. TRIATLÓN ALCÁZAR-	157	0:34:31	04:00	183	2:34:16	35	02:10	98	1:35:55	<b>4:50:50</b>	0:50:02
129	408	ANTONIO FRANCISCO GIL ALONSO	LICENZA DE 1 DIA	93	0:32:37	04:00	208	2:36:01	34.61	01:22	114	1:37:08	<b>4:51:06</b>	0:50:17
130	84	BORJA COSTA ROJO	NOSPORTLIMIT-TREK GALICIA	61	0:31:29	03:09	200	2:35:32	34.72	01:25	141	1:39:36	<b>4:51:11</b>	0:50:23
131	67	IGNACIO SAINZ FERNANDEZ	TRIMAD	222	0:36:23	03:43	169	2:33:21	35.21	01:47	100	1:36:03	<b>4:51:15</b>	0:50:27
132	288	DAVID RODRIGUEZ APARICIO	LEGIOTRI							38:30	212	1:45:42	<b>4:51:24</b>	0:50:36
133	31	BRUNO CARDAMAS FREIRE	TRINITY TRIATLON	306	0:39:17	04:40	141	2:31:48	35.58	01:16	80	1:34:27	<b>4:51:26</b>	0:50:38
134	73	BORJA SÁNCHEZ MOLINA	BICICLETAS MORENITO CDE	37	0:30:09	02:58	74	2:25:52	37.02	01:52	262	1:50:52	<b>4:51:42</b>	0:50:54
135	162	EUTIQUIANO APARICIO MARTINEZ	SAN ROQUE-TRIATLON VIVEI	137	0:34:13	04:42	203	2:35:44	34.68	01:54	94	1:35:27	<b>4:51:58</b>	0:51:10
136	367	JUAN MANUEL MARTINEZ RODRIGU	CLUB DEPORTIVO TRILEON	106	0:33:08	03:37	178	2:34:01	35.06	01:23	146	1:39:54	<b>4:52:00</b>	0:51:12
137	317	ROBERTO OVIEDO PÉREZ	TRIATLON COSTA QUEBRADA	95	0:32:39	04:11	171	2:33:35	35.16	02:53	130	1:38:44	<b>4:52:01</b>	0:51:12
138	327	ALBERTO CAMESELLE ALVES	LICENZA DE 1 DIA	228	0:36:37	03:28	258	2:40:37	33.62	01:26	44	1:30:12	<b>4:52:18</b>	0:51:29
139	238	IVÁN GUERRERO HERNÁNDEZ	C.T. CAMALEÓN	142	0:34:15	04:09	182	2:34:09	35.03	01:50	120	1:38:03	<b>4:52:24</b>	0:51:35
140	9	PABLO ZOBRA LOJO	CLUB TRIATLON MORRAZO	251	0:37:18	03:17	206	2:35:56	34.63	01:26	83	1:34:33	<b>4:52:28</b>	0:51:40
141	72	IVAN GUTIERREZ FERNANDEZ	LICENZA DE 1 DIA	293	0:38:39	04:25	58	2:24:00	37.5	01:19	198	1:44:31	<b>4:52:52</b>	0:52:03
142	161	ANXO SALGADO LOSADA	CLUB TRIATLON MAR DE VIG	165	0:34:43	02:42	23	2:18:14	39.07	01:16	296	1:56:00	<b>4:52:53</b>	0:52:05
143	113	JAVIER RODRIGUEZ GOMEZ	CLUB CICLISTA DE LA FUENT	236	0:36:48	03:35	108	2:29:24	36.15	01:17	174	1:42:17	<b>4:53:19</b>	0:52:31
144	68	VÍCTOR IGLESIAS FUERTES	TRI OURENSE	246	0:37:11	03:01	210	2:36:12	34.57	01:23	95	1:35:37	<b>4:53:21</b>	0:52:33
145	369	XOAN SANMARTIN PENA	C.D.KAIROSCORE	310	0:39:26	04:39	96	2:28:06	36.46	02:16	135	1:39:01	<b>4:53:26</b>	0:52:37
146	433	FAUSTINO BLANCO MANCEBO	CLUB DEPORTIVO TRIATLON	247	0:37:11	04:53	127	2:30:47	35.81	01:46	134	1:38:58	<b>4:53:33</b>	0:52:45
147	300	ALFONSO LÓPEZ MARTÍNEZ	OLIMPICO DE VEDRA	374	0:44:51	03:25	122	2:30:22	35.91	01:13	74	1:34:07	<b>4:53:56</b>	0:53:08
148	296	JOSE MANUEL FERNÁNDEZ MÉNDE	INDEPENDENTE	230	0:36:43	03:20	287	2:43:08	33.1	01:19	39	1:29:29	<b>4:53:57</b>	0:53:08
149	83	SANTIAGO ÁLVAREZ MIJARES	TEAM SPORT SPIRIT	329	0:40:07	03:43	100	2:28:29	36.37	01:25	150	1:40:24	<b>4:54:06</b>	0:53:18
150	251	MIGUEL ÁNGEL GONZÁLEZ CAL	TRINITY TRIATLON	151	0:34:26	03:37	146	2:32:03	35.52	01:12	186	1:43:28	<b>4:54:44</b>	0:53:56
151	138	DAVID BROULLON PIÑEIRO	CLUB TRIATLON MORRAZO	215	0:36:16	03:38	160	2:32:51	35.33	01:49	149	1:40:21	<b>4:54:52</b>	0:54:04
152	286	XURXO GÓMEZ VÁZQUEZ	TRIATLON FERROL	181	0:35:19	03:45	172	2:33:37	35.15	01:10	162	1:41:14	<b>4:55:03</b>	0:54:14
153	76	FELIX ARRANZ TORRES	TRIATLÓN CLAVERÍA MÓSTOL	168	0:34:48	05:47	166	2:33:12	35.25	02:05	138	1:39:20	<b>4:55:11</b>	0:54:23
154	81	HUGO LATORRE SAN JOSÉ	LICENZA DE 1 DIA	149	0:34:24	04:42	170	2:33:27	35.19	01:36	161	1:41:07	<b>4:55:14</b>	0:54:25
155	431	PAULINO JOSÉ RODRIGUEZ VILLAR	LICENZA DE 1 DIA	203	0:35:54	03:56	219	2:36:53	34.42	01:38	112	1:37:01	<b>4:55:20</b>	0:54:32
156	109	BORJA CONEJERO JORDAN	CLUB TRIATLON MAR DE VIG	60	0:31:28	02:54	207	2:35:58	34.62	01:17	191	1:43:46	<b>4:55:21</b>	0:54:32
157	287	ANTONIO FERNANDEZ PÉREZ	LICENZA DE 1 DIA	331	0:40:16	06:09	173	2:33:38	35.15	02:19	68	1:33:16	<b>4:55:36</b>	0:54:48
158	44	DAVID OLIVEIRA RODRIGUEZ	CLUB ATLETISMO PORRIÑO	64	0:31:36	03:32	192	2:35:00	34.84	01:05	205	1:44:54	<b>4:56:04</b>	0:55:16
159	250	DAVID CABEZA JAREÑO	CLUB TRIATLON SAMBURIEL	292	0:38:38	05:02	220	2:36:59	34.4	01:27	72	1:34:01	<b>4:56:05</b>	0:55:16
160	258	ANGEL PAZÓ PEREZ	LICENZA DE 1 DIA	175	0:35:05	03:15	184	2:34:18	35	01:41	171	1:42:00	<b>4:56:18</b>	0:55:30
161	114	JORGE CAMAÑO RIVEIRO	CLUB TRIATLON MORRAZO	216	0:36:17	04:05	152	2:32:29	35.42	01:46	170	1:41:53	<b>4:56:28</b>	0:55:39
162	134	ALBERTO LOPEZ CRESPO	NOSPORTLIMIT-TREK GALICIA	179	0:35:16	03:47	226	2:37:38	34.26	01:31	124	1:38:21	<b>4:56:30</b>	0:55:42
163	430	MANUEL TOQUERO FONTAL	MARLINS TRIATLON MADRID	33	0:30:00	03:11	128	2:30:51	35.8	01:45	263	1:50:54	<b>4:56:39</b>	0:55:51
164	368	JOSÉ JOAQUÍN BARRIENTOS MARTÍ	INDEPENDENTE	223	0:36:25	05:20	224	2:37:17	34.34	01:50	99	1:35:57	<b>4:56:47</b>	0:55:59
165	122	FRANCISCO JAVIER FERNÁNDEZ PÉ	NOSPORTLIMIT-TREK GALICIA	97	0:32:41	03:07	158	2:32:47	35.34	01:28	230	1:47:03	<b>4:57:04</b>	0:56:16
166	260	ALEJANDRO GARCÍA LÓPEZ	A.D. ECOSPORT TRIATLON AL	67	0:31:44	03:47	242	2:39:29	33.86	01:48	151	1:40:25	<b>4:57:10</b>	0:56:22
167	392	JOSE RAJA RODRÍGUEZ	A.D. RUMBO FIJO-CICLOS BLE	265	0:37:49	03:57	92	2:27:15	36.67	03:22	202	1:44:50	<b>4:57:11</b>	0:56:23
168	376	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	218	0:36:22	03:46	189	2:34:41	34.91	01:32	159	1:40:58	<b>4:57:16</b>	0:56:28
169	17	XABIER RODRÍGUEZ MARTÍNEZ	CLUB TRIATLO SABADELL	99	0:32:43	03:56	131	2:30:55	35.78	01:30	242	1:48:19	<b>4:57:21</b>	0:56:33
170	167	ZDRAVKO VITKOV YORDANOV	LICENZA DE 1 DIA	284	0:38:29	04:50	165	2:33:07	35.27	01:50	137	1:39:11	<b>4:57:24</b>	0:56:36
171	381	ISIDRO SANTOS GARRIDO	OET TEAM	148	0:34:21	03:50	271	2:41:56	33.35	01:15	106	1:36:24	<b>4:57:44</b>	0:56:56

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
172	166	JUAN IGNACIO GARCIA SUAREZ	ACADEMIA CIVIL - CNSO	147	0:34:19	04:04	214	2:36:32	34.5	01:50	163	1:41:14	<b>4:57:58</b>	0:57:09
173	421	MARCOS EGUIA LOUZAN	LICENZA DE 1 DIA	162	0:34:37	05:16	136	2:31:15	35.7	02:06	204	1:44:52	<b>4:58:04</b>	0:57:16
174	303	JUAN CARLOS ARROYO LUELMO	C.D TRIATLON ZAMORA	52	0:30:44	03:29	124	2:30:40	35.84	02:27	269	1:51:15	<b>4:58:34</b>	0:57:45
175	189	LUCAS GONZÁLEZ ROCHA	NOSPORTLIMIT-TREK GALICIA	290	0:38:34	04:28	129	2:30:51	35.8	02:35	173	1:42:14	<b>4:58:42</b>	0:57:53
176	265	RAÚL SÁNCHEZ RODRÍGUEZ	SANSE OUTSIDERS TRIATLÓN	172	0:34:57	05:03	112	2:29:33	36.11	01:55	232	1:47:20	<b>4:58:46</b>	0:57:57
177	391	ALVARO LORENZO-FARIÑA DOMING	INDEPENDENTE	113	0:33:20	04:17	105	2:28:43	36.31	02:06	255	1:50:27	<b>4:58:51</b>	0:58:02
178	99	ALEJANDRO GONZALEZ MONTERO	MONTE PENARUBIA RUNNING	234	0:36:46	04:28	174	2:33:45	35.12	01:24	178	1:42:38	<b>4:59:00</b>	0:58:11
179	82	GERARDO GUERRERO ACEVEDO	LICENZA DE 1 DIA	327	0:40:06	04:05	101	2:28:31	36.36	01:46	200	1:44:39	<b>4:59:05</b>	0:58:17
180	180	JUAN SEBASTIÁN DIAZ IGLESIAS	CLUB CICLISMO-TRIATLÓN PO	253	0:37:23	03:15	239	2:38:33	34.06	01:07	136	1:39:09	<b>4:59:24</b>	0:58:36
181	126	ENRIQUE RAMIRO LÓPEZ	BICICLETAS MORENITO CDE	212	0:36:13	03:57	215	2:36:35	34.49	01:33	167	1:41:47	<b>5:00:03</b>	0:59:15
182	231	BRUNO GOBERNA RODRÍGUEZ	LICENZA DE 1 DIA	262	0:37:44	03:48	73	2:25:43	37.06	01:57	268	1:51:05	<b>5:00:14</b>	0:59:26
183	242	LUIS GARCÍA RIOS	TRINITY TRIATLON	289	0:38:33	03:59	289	2:43:23	33.05	01:33	65	1:32:58	<b>5:00:24</b>	0:59:36
184	34	PABLO DOMÍNGUEZ VILA	REAL CLUB NAUTICO DE VIGO	65	0:31:36	03:25	222	2:37:08	34.37	02:10	216	1:46:08	<b>5:00:25</b>	0:59:37
185	414	ENRIQUE MUÑOZ CANTERO	LICENZA DE 1 DIA	125	0:34:03	04:08	218	2:36:40	34.47	01:59	189	1:43:38	<b>5:00:27</b>	0:59:39
186	124	JOSE ANTONIO GOLPE IGLESIAS	GV SPORTS CLUB	48	0:30:28	02:49	213	2:36:28	34.51	01:21	249	1:49:34	<b>5:00:37</b>	0:59:49
187	270	ANTONIO MERINO REQUEJO	TRIATLON DUERO	105	0:32:49	04:52	181	2:34:05	35.05	02:18	224	1:46:37	<b>5:00:39</b>	0:59:51
188	356	FRANCISCO JAVIER MIGUEZ CARBO	LICENZA DE 1 DIA	161	0:34:34	03:38	263	2:41:04	33.53	01:38	143	1:39:49	<b>5:00:42</b>	0:59:53
189	116	DANIEL JESÚS ALONSO DEL RÍO	LICENZA DE 1 DIA	220	0:36:22	07:45	151	2:32:23	35.44	01:44	177	1:42:31	<b>5:00:43</b>	0:59:55
190	93	FRANCISCO MANUEL RODRÍGUEZ G	TRIATLON COSTA DA MORTE	51	0:30:43	03:54	194	2:35:09	34.81	02:06	246	1:49:03	<b>5:00:53</b>	1:00:05
191	297	PABLO MIGUEZ CORDO	CLUB ATLETISMO PORRIÑO	235	0:36:48	03:46	205	2:35:52	34.65	01:15	185	1:43:25	<b>5:01:03</b>	1:00:15
192	96	ANTONIO RUBIO GARCÍA	CLUB TRIATLON CORUÑA	186	0:35:23	05:46	175	2:33:47	35.12	02:03	195	1:44:17	<b>5:01:15</b>	1:00:26
193	187	GABRIEL IZQUIERDO GARCÍA	CLUB TRIATLON SAMBURIEL	140	0:34:14	04:08	109	2:29:26	36.14	01:30	275	1:52:01	<b>5:01:16</b>	1:00:28
194	264	HERNÁN OREJAS MARTINEZ	LICENZA DE 1 DIA	277	0:38:08	04:57	278	2:42:21	33.26	02:01	78	1:34:20	<b>5:01:45</b>	1:00:56
195	115	ALEJANDRO PEREIRA MARTINEZ	LICENZA DE 1 DIA	288	0:38:32	03:42	167	2:33:14	35.24	02:01	196	1:44:19	<b>5:01:46</b>	1:00:58
196	340	JOSE ALBERTO CASTELO SANCHEZ	LICENZA DE 1 DIA	204	0:35:58	03:50	159	2:32:49	35.34	02:19	228	1:46:55	<b>5:01:50</b>	1:01:01
197	155	RUBEN LOPEZ FERNANDEZ	TRIATLON FERROL	358	0:42:40	04:03	139	2:31:40	35.6	01:56	166	1:41:34	<b>5:01:53</b>	1:01:04
198	322	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	308	0:39:22	05:12	156	2:32:43	35.36	01:59	180	1:43:03	<b>5:02:17</b>	1:01:29
199	175	LUCAS TUDO SANDES	CLUB TRIATLON CORUÑA	257	0:37:29	04:17	187	2:34:32	34.94	01:19	201	1:44:49	<b>5:02:26</b>	1:01:38
200	278	GUSTAVO SUAREZ GULLON	LICENZA DE 1 DIA	183	0:35:20	04:29	209	2:36:12	34.57	01:44	206	1:44:55	<b>5:02:38</b>	1:01:50
201	338	MANUEL MONCLUS MARCELLÁN	S'ESCAPADA TRIATHLON TEA	155	0:34:29	04:13	196	2:35:10	34.8	01:42	233	1:47:24	<b>5:02:56</b>	1:02:08
202	234	ISAAC FRAGOSO PEREZ	NOSPORTLIMIT-TREK GALICIA	239	0:36:57	04:04	240	2:38:52	33.99	02:21	156	1:40:46	<b>5:02:58</b>	1:02:10
203	432	MANUEL PEREZ MALDONADO	SELER UNIVEST TRIATHLON T	196	0:35:43	04:29	97	2:28:19	36.41	01:31	282	1:53:01	<b>5:03:01</b>	1:02:13
204	290	JAIME SAMPOL BRAZIS	LICENZA DE 1 DIA	103	0:32:48	04:31	198	2:35:22	34.76	01:36	247	1:49:09	<b>5:03:24</b>	1:02:35
205	313	DAVID ALVAREZ GUTIERREZ	CLUB TRIATLÓN OVIEDO	302	0:39:07	04:41	237	2:38:32	34.06	01:22	145	1:39:52	<b>5:03:33</b>	1:02:45
206	345	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT-TREK GALICIA	124	0:33:57	03:41	157	2:32:44	35.36	02:45	259	1:50:39	<b>5:03:45</b>	1:02:56
207	319	ANTONIO ABEL SEOANE ESTÉVEZ	CLUB CICLISMO-TRIATLÓN PO	6	0:26:30	02:43	190	2:34:55	34.86	01:44	310	1:58:19	<b>5:04:09</b>	1:03:20
208	371	EMILIO GONZALEZ GARCIA	A.D. FOGAR	232	0:36:45	03:47	149	2:32:11	35.48	01:17	258	1:50:34	<b>5:04:33</b>	1:03:44
209	173	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICIA	201	0:35:50	04:49	235	2:38:20	34.11	01:59	192	1:44:01	<b>5:04:57</b>	1:04:09
210	143	LUIS ARADAS LOPEZ	LICENZA DE 1 DIA	332	0:40:21	04:55	244	2:39:38	33.83	02:09	119	1:37:57	<b>5:04:59</b>	1:04:10
211	422	FRANCISCO JAVIER PÉREZ GÓMEZ	ALIGATORS SEYNOD TRIATHL	133	0:34:09	03:55	273	2:42:08	33.31	01:38	184	1:43:22	<b>5:05:10</b>	1:04:22
212	147	ANGEL CARRERA CARRERA	LICENZA DE 1 DIA	199	0:35:45	04:59	195	2:35:09	34.81	02:57	223	1:46:29	<b>5:05:17</b>	1:04:28
213	291	MARCOS LOPEZ PEREZ	LICENZA DE 1 DIA	279	0:38:17	05:09	279	2:42:33	33.22	02:16	113	1:37:05	<b>5:05:18</b>	1:04:29
214	154	MIGUEL NOVO FERNANDEZ	LICENZA DE 1 DIA	184	0:35:22	05:21	277	2:42:18	33.27	01:37	155	1:40:43	<b>5:05:19</b>	1:04:30
215	59	DAVID MUÑOZ GONZALEZ	LICENZA DE 1 DIA	198	0:35:45	06:04	241	2:39:25	33.87	02:18	168	1:41:49	<b>5:05:20</b>	1:04:31
216	312	FRANCISCO VILLACAMPA CAAMAÑ	LICENZA DE 1 DIA	102	0:32:47	04:47	197	2:35:15	34.78	02:09	256	1:50:28	<b>5:05:24</b>	1:04:36
217	131	FERNANDO IGLESIAS PÉREZ	TRINORTH-NOGASA	197	0:35:44	05:05	138	2:31:39	35.61	02:10	265	1:50:57	<b>5:05:34</b>	1:04:45
218	219	HECTOR MERA PIÑON	TRINITY TRIATLON	245	0:37:10	05:02	266	2:41:28	33.45	01:16	157	1:40:51	<b>5:05:44</b>	1:04:56
219	235	MARCOS PERISCAL REY	NOSPORTLIMIT-TREK GALICIA	268	0:37:52	03:10	188	2:34:38	34.92	01:41	245	1:48:52	<b>5:06:11</b>	1:05:22
220	85	ALBERTO ESCOURIDO MOAR	NOSPORTLIMIT-TREK GALICIA	205	0:35:59	03:44	217	2:36:39	34.47	01:31	243	1:48:41	<b>5:06:32</b>	1:05:44
221	416	PABLO MARTINEZ MAHAMUD	CDE BUSCADORES	120	0:33:38	04:15	260	2:40:52	33.57	01:30	227	1:46:51	<b>5:07:04</b>	1:06:15
222	405	ENRIQUE ARNAIZ IBARRONDO	INDEPENDENTE	38	0:30:11	04:47	262	2:41:00	33.54	01:48	248	1:49:25	<b>5:07:09</b>	1:06:20
223	227	GUILLERMO TUBÍO MUÑIZ	LICENZA DE 1 DIA	275	0:38:07	04:54	308	2:46:02	32.52	01:58	103	1:36:17	<b>5:07:16</b>	1:06:28
224	273	DANIEL LOPEZ RODRIGUEZ	X3M	227	0:36:32	05:01	144	2:31:53	35.55	01:49	277	1:52:17	<b>5:07:30</b>	1:06:42
225	102	DAVID LUSQUIÑOS BALLESTEROS	LICENZA DE 1 DIA	294	0:38:44	04:34	216	2:36:36	34.48	01:38	221	1:46:25	<b>5:07:55</b>	1:07:06
226	394	JOSE MANUEL MOSQUERA VELLO	CLUB TRIATLON MAR DE VIG	206	0:36:03	03:10	77	2:26:09	36.95	01:25	327	2:01:15	<b>5:07:59</b>	1:07:11
227	213	DIEGO CARRERA COSTAS	CLUB TRIATLON MAR DE VIG	309	0:39:22	03:18	199	2:35:28	34.74	01:37	241	1:48:16	<b>5:08:00</b>	1:07:11
228	420	GONZALO TRIUNFO DELGADO	ARTROGAL-TRI 498	252	0:37:21	04:22	229	2:37:56	34.19	01:36	226	1:46:48	<b>5:08:01</b>	1:07:13
229	334	ANTONIO REY CARBALLEIRA	TRIATLON MOTOBIKE PONTE	121	0:33:39	04:01	230	2:37:56	34.19	01:43	267	1:51:01	<b>5:08:18</b>	1:07:30
230	168	ANDONI ARCHANCO ARDANAZ	OET TEAM	108	0:33:09	05:25	212	2:36:27	34.52	03:22	264	1:50:57	<b>5:09:19</b>	1:08:30
231	29	JAVIER VILA PORTO	CLUB NATACIÓN PONTEAREA	98	0:32:42	04:15	257	2:40:35	33.63	01:30	254	1:50:22	<b>5:09:22</b>	1:08:33
232	87	MARTIN PENELAS SALGUEIRO	NOSPORTLIMIT-TREK GALICIA	274	0:38:05	03:54	312	2:46:31	32.43	01:42	144	1:39:50	<b>5:10:00</b>	1:09:12
233	142	ANTÓN DAPENA PIÑEIRO	LICENZA DE 1 DIA	171	0:34:56	04:12	153	2:32:32	35.4	01:32	304	1:56:51	<b>5:10:01</b>	1:09:13
234	20	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.	242	0:37:08	03:09	231	2:37:57	34.19	01:22	257	1:50:30	<b>5:10:04</b>	1:09:16
235	66	LUCAS FREIRE LAGE	LICENZA DE 1 DIA	286	0:38:31	05:54	233	2:38:08	34.15	01:31	215	1:46:06	<b>5:10:08</b>	1:09:20
236	224	MANUEL PONTE LORENZO	TALLERES DAVID TRIATLON C	238	0:36:56	04:33	311	2:46:28	32.44	01:23	158	1:40:51	<b>5:10:09</b>	1:09:21



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
237	351	FRANCISCO JAVIER BARREIRO COR	NOSPORTLIMIT-TREK GALICIA	342	0:41:15	05:18	283	2:42:38	33.21	02:28	129	1:38:41	<b>5:10:18</b>	1:09:30
238	253	IKER CID CHASCO	C.D.CICLISTA VIBIKE	346	0:41:43	04:48	162	2:32:56	35.31	02:15	244	1:48:45	<b>5:10:25</b>	1:09:37
239	216	JAVIER MAGDALENA VERA	CLUB TRIATLON MAR DE VIG	343	0:41:19	04:15	143	2:31:50	35.57	01:48	270	1:51:21	<b>5:10:31</b>	1:09:43
240	43	MIGUEL CASTRO RAMOS	A.D. FOGAR	91	0:32:35	03:11	132	2:30:59	35.77	01:58	335	2:02:21	<b>5:11:02</b>	1:10:13
241	78	DOMINGO FIGUEROA CARRERA	LICENZA DE 1 DIA	18	0:28:04	03:34	328	2:50:40	31.64	02:29	220	1:46:18	<b>5:11:04</b>	1:10:16
242	357	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	152	0:34:26	04:03	274	2:42:12	33.29	02:41	237	1:47:58	<b>5:11:18</b>	1:10:30
243	370	SANTIAGO BESADA BRUNET	LICENZA DE 1 DIA	280	0:38:20	03:34	326	2:50:07	31.74	01:42	118	1:37:40	<b>5:11:23</b>	1:10:34
244	60	ADRIÁN AMOEDO CORREA	CLUB TRIATLON MAR DE VIG	143	0:34:16	03:48	228	2:37:46	34.23	01:16	289	1:54:29	<b>5:11:32</b>	1:10:44
245	148	DANIEL BETTENCOURT REIS	TRIATLO AASM	90	0:32:33	03:23	234	2:38:19	34.11	01:17	300	1:56:20	<b>5:11:51</b>	1:11:02
246	179	FRANCISCO DAMIÁN BLANCO GARC	TRINORTH-NOGASA	300	0:39:03	04:16	247	2:39:50	33.79	03:02	213	1:45:42	<b>5:11:51</b>	1:11:03
247	298	LUIS DÍAZ MARCOS	LICENZA DE 1 DIA	167	0:34:48	04:05	309	2:46:03	32.52	02:35	203	1:44:52	<b>5:12:20</b>	1:11:32
248	207	MIGUEL ALONSO CALVAR	LICENZA DE 1 DIA	129	0:34:04	04:58	306	2:45:48	32.57	01:58	211	1:45:40	<b>5:12:27</b>	1:11:38
249	382	ROGER ARDÉVOL LATORRE	ABSOLUT SPORT	313	0:39:28	03:52	267	2:41:32	33.43	01:31	219	1:46:12	<b>5:12:33</b>	1:11:45
250	305	VICTOR DIAZ PAZ	LICENZA DE 1 DIA	323	0:39:49	04:56	204	2:35:46	34.67	02:14	253	1:49:56	<b>5:12:39</b>	1:11:50
251	282	JAVIER DE LA TORRE FUSTES	LICENZA DE 1 DIA	138	0:34:13	04:36	125	2:30:42	35.83	03:20	320	2:00:09	<b>5:12:59</b>	1:12:10
252	366	RUBEN REIGADA SEIJO	LICENZA DE 1 DIA	213	0:36:13	05:56	225	2:37:37	34.26	02:21	266	1:51:00	<b>5:13:05</b>	1:12:17
253	277	JOSE LUIS GARCIA RODRIGUEZ	TRISADA	270	0:37:57	04:37	255	2:40:31	33.64	02:04	239	1:48:05	<b>5:13:12</b>	1:12:24
254	390	JUAN MÉNDEZ LÓPEZ	TRISADA	154	0:34:28	03:47	186	2:34:24	34.97	02:22	308	1:58:17	<b>5:13:16</b>	1:12:28
255	412	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	334	0:40:34	03:43	250	2:40:16	33.7	01:50	229	1:47:00	<b>5:13:20</b>	1:12:32
256	410	DEAN FLETCHER	CLUB CICLISTA DE LA FUENT	363	0:43:14	04:53	142	2:31:49	35.57	02:03	273	1:51:55	<b>5:13:53</b>	1:13:05
257	103	OLIVER GARCÍA MATO	LICENZA DE 1 DIA	317	0:39:33	04:44	177	2:33:49	35.11	01:25	291	1:54:56	<b>5:14:25</b>	1:13:37
258	185	MIGUEL RODRÍGUEZ FORTES	POBLATS MARITIMS TRIATLÓ	123	0:33:56	04:04	330	2:51:12	31.54	02:13	183	1:43:13	<b>5:14:37</b>	1:13:48
259	26	MATEO HERNÁNDEZ SOTO	LICENZA DE 1 DIA	291	0:38:37	05:20	299	2:44:26	32.84	02:46	190	1:43:41	<b>5:14:47</b>	1:13:58
260	182	ALEXANDRE MARTINS FERREIRA	ASOCIAÇÃO ACADEMICA DE S	298	0:38:59	04:56	302	2:45:03	32.72	02:20	188	1:43:35	<b>5:14:51</b>	1:14:03
261	343	DAVID GONZÁLEZ VINUESA	BICICLETAS MORENITO CDE	259	0:37:31	04:31	265	2:41:23	33.46	01:42	251	1:49:52	<b>5:14:57</b>	1:14:08
262	385	FERNANDO DE CELIS PUENTE	LICENZA DE 1 DIA	249	0:37:15	04:57	285	2:42:55	33.15	01:59	238	1:48:00	<b>5:15:04</b>	1:14:15
263	344	MANUEL LEIRACHA VALENTIN	TRIATLON FERROL	379	0:45:41	04:48	293	2:43:51	32.96	01:31	139	1:39:22	<b>5:15:12</b>	1:14:23
264	397	DIEGO SECO LAMAS	TRINITY TRIATLON	344	0:41:26	05:08	254	2:40:27	33.66	01:29	225	1:46:43	<b>5:15:12</b>	1:14:23
265	89	LUIS ARMAS CABEZUDO	LICENZA DE 1 DIA	200	0:35:48	04:39	310	2:46:19	32.47	02:06	222	1:46:28	<b>5:15:19</b>	1:14:30
266	206	IGNACIO MONCLUS MARCELLÁN	STADIUM CASABLANCA-ALMO	195	0:35:34	04:29	296	2:44:13	32.88	01:22	252	1:49:56	<b>5:15:32</b>	1:14:43
267	395	CEFERINO FRANCISCO PÉREZ	TRIATLON DUERO	307	0:39:22	04:19	238	2:38:33	34.06	01:28	272	1:51:53	<b>5:15:33</b>	1:14:45
268	112	ANDRÉS BENITO GARZÓN	CLUB TRIATLON SAMBURIEL	373	0:44:42	04:10	292	2:43:30	33.03	01:38	175	1:42:20	<b>5:16:19</b>	1:15:30
269	415	MANUEL RODRÍGUEZ COELLO	LICENZA DE 1 DIA	330	0:40:11	04:11	281	2:42:36	33.21	01:26	236	1:47:57	<b>5:16:19</b>	1:15:30
270	426	JOSE VIDAL RIAL	LICENZA DE 1 DIA	297	0:38:58	06:07	340	2:52:24	31.32	03:43	96	1:35:39	<b>5:16:49</b>	1:16:01
271	279	EMILIO JOSÉ GONZÁLEZ LEMOS	INDEPENDENTE	287	0:38:32	04:05	221	2:37:00	34.4	01:51	294	1:55:28	<b>5:16:53</b>	1:16:05
272	171	JOSÉ MANUEL TURNES CORDEIRO	NOSPORTLIMIT-TREK GALICIA	355	0:42:29	04:44	337	2:52:04	31.38	02:00	97	1:35:54	<b>5:17:08</b>	1:16:20
273	259	ÁNGEL LÓPEZ LÓPEZ	INDEPENDENTE	354	0:42:26	03:47	261	2:40:53	33.57	02:12	240	1:48:07	<b>5:17:23</b>	1:16:35
274	352	RICARDO FERNÁNDEZ ROSA	TRISPORT GETAFE	240	0:37:01	03:38	232	2:37:59	34.18	02:17	301	1:56:32	<b>5:17:24</b>	1:16:35
275	111	VICTOR RODRIGO MELO MEDINA	LICENZA DE 1 DIA	335	0:40:43	04:32	193	2:35:05	34.82	01:58	292	1:55:09	<b>5:17:25</b>	1:16:36
276	49	OSCAR FREIRE BARGO	TEAM CORBELO	296	0:38:52	04:24	249	2:40:06	33.73	02:04	276	1:52:15	<b>5:17:39</b>	1:16:51
277	181	IGOR MONTERO DEL BARRIO	LICENZA DE 1 DIA	134	0:34:10	04:46	300	2:44:51	32.76	01:40	278	1:52:23	<b>5:17:48</b>	1:16:59
278	275	GUILLERMO LIAÑO VIDAL	TRISADA	119	0:33:33	05:47	303	2:45:18	32.67	03:40	250	1:49:42	<b>5:17:58</b>	1:17:10
279	301	MANUEL PORTO MOLLINEDO	ARTROGAL-TRI 498	127	0:34:04	04:33	223	2:37:15	34.34	01:56	321	2:00:20	<b>5:18:05</b>	1:17:17
280	178	JUAN LÓPEZ CASTAÑEIRA	LICENZA DE 1 DIA	267	0:37:50	05:16	284	2:42:51	33.16	01:33	260	1:50:50	<b>5:18:19</b>	1:17:31
281	229	ROBERTO ZORZO PALOMEQUE	BICICLETAS MORENITO CDE	194	0:35:34	04:03	336	2:52:00	31.4	01:41	207	1:45:05	<b>5:18:20</b>	1:17:32
282	428	LUIS REDONDO BADAS	CD TRIATLÓN BOMBEROS VA	278	0:38:09	04:21	344	2:53:30	31.12	01:47	154	1:40:36	<b>5:18:21</b>	1:17:33
283	24	ALEJANDRO RODRIGUEZ OUTEIRIÑ	TRI OURENSE	208	0:36:05	04:16	295	2:44:13	32.88	01:33	279	1:52:28	<b>5:18:33</b>	1:17:45
284	197	JORGE PÉREZ SANDOVAL	TRIATLON PEÑA-ROJA	254	0:37:23	05:01	211	2:36:17	34.56	01:46	307	1:58:11	<b>5:18:36</b>	1:17:48
285	56	ADRIAN SOUSA DOMINGUEZ	LICENZA DE 1 DIA	351	0:42:17	03:54	245	2:39:41	33.82	02:16	261	1:50:51	<b>5:18:57</b>	1:18:09
286	400	CARLOS IGLESIAS RODRIGUEZ	LICENZA DE 1 DIA	272	0:37:59	04:43	317	2:47:34	32.23	02:44	218	1:46:12	<b>5:19:10</b>	1:18:22
287	389	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIG	295	0:38:49	04:06	291	2:43:29	33.03	01:41	271	1:51:35	<b>5:19:39</b>	1:18:50
288	125	NUNO MOREIRA RIBEIRO	LICENZA DE 1 DIA	260	0:37:40	05:19	351	2:55:01	30.86	01:50	164	1:41:19	<b>5:21:07</b>	1:20:19
289	399	RAMÓN FERREIRO OTTIGER	LICENZA DE 1 DIA	281	0:38:23	08:12	324	2:49:23	31.88	02:24	187	1:43:30	<b>5:21:51</b>	1:21:02
290	241	BORJA ALONSO GÓMEZ	PERLAS TRIATLÓN COLMENA	241	0:37:08	05:08	297	2:44:16	32.88	02:07	285	1:53:27	<b>5:22:04</b>	1:21:15
291	262	JUAN IGNACIO SENDINO LAMELA	LICENZA DE 1 DIA	338	0:40:57	04:35	150	2:32:12	35.48	01:35	337	2:03:24	<b>5:22:41</b>	1:21:53
292	423	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	145	0:34:18	04:43	315	2:46:55	32.35	02:06	293	1:55:19	<b>5:23:20</b>	1:22:32
293	33	DANIEL IGLESIAS LÓPEZ - CARCED	LICENZA DE 1 DIA	316	0:39:31	04:19	251	2:40:19	33.69	01:26	306	1:57:57	<b>5:23:30</b>	1:22:42
294	75	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT-TREK GALICIA	364	0:43:15	04:06	323	2:49:14	31.91	01:44	209	1:45:17	<b>5:23:35</b>	1:22:46
295	378	SANTIAGO FIGUEIRAS GARCIA	LICENZA DE 1 DIA	158	0:34:32	04:07	270	2:41:54	33.36	02:30	324	2:00:50	<b>5:23:51</b>	1:23:03
296	435	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENT	299	0:39:00	04:00	118	2:29:47	36.05	15:32	295	1:55:42	<b>5:23:59</b>	1:23:11
297	350	JULIO CESAR PEREZ VAZQUEZ	INDEPENDENTE	244	0:37:10	03:47	259	2:40:47	33.59	02:24	318	1:59:56	<b>5:24:02</b>	1:23:14
298	128	DAVID PIÑA LOPEZ	LICENZA DE 1 DIA	271	0:37:59	05:11	333	2:51:34	31.47	01:54	234	1:47:29	<b>5:24:06</b>	1:23:17
299	23	ALFONSO JOSÉ CONDE FIGUEROA	CLUB ATLETISMO PORRIÑO	54	0:30:53	02:33	248	2:40:04	33.74	01:07	348	2:09:45	<b>5:24:20</b>	1:23:31
300	272	JUAN ALAPONT SOLANO	LICENZA DE 1 DIA	273	0:38:03	05:20	280	2:42:34	33.22	01:56	302	1:56:35	<b>5:24:26</b>	1:23:38
301	177	JUAN MANUEL MIRA IGLESIAS	ARTROGAL-TRI 498	276	0:38:08	04:43	252	2:40:24	33.67	02:18	316	1:59:34	<b>5:25:05</b>	1:24:16



POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
302	333	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	12	0:26:59	04:56	327	2:50:17	31.71	02:18	322	2:00:39	<b>5:25:08</b>	1:24:20
303	172	FERNANDO GARCÍA - CARPINTERO	CLUB TRIATLON CORUÑA	345	0:41:39	06:54	268	2:41:34	33.42	01:59	283	1:53:06	<b>5:25:11</b>	1:24:22
304	19	JORGE VICENTE GONZÁLEZ	LICENZA DE 1 DIA	255	0:37:25	04:05	264	2:41:07	33.52	01:34	329	2:01:16	<b>5:25:24</b>	1:24:36
305	107	LUCAS LAGO RODRÍGUEZ	LICENZA DE 1 DIA	116	0:33:24	03:36	298	2:44:24	32.85	02:37	331	2:01:42	<b>5:25:41</b>	1:24:52
306	222	DAVID CALVO ESTEVEZ	LICENZA DE 1 DIA	339	0:41:01	04:19	329	2:51:02	31.58	02:24	231	1:47:10	<b>5:25:52</b>	1:25:04
307	58	ENRIQUE HERRERO SANTANA	LICENZA DE 1 DIA	328	0:40:06	03:46	202	2:35:41	34.69	01:47	341	2:04:40	<b>5:25:58</b>	1:25:10
308	123	MIGUEL GONZALEZ RODRIGUEZ	LICENZA DE 1 DIA	336	0:40:49	03:43	335	2:51:57	31.41	01:52	235	1:47:42	<b>5:26:01</b>	1:25:12
309	342	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	144	0:34:18	04:16	227	2:37:41	34.25	02:18	346	2:07:45	<b>5:26:16</b>	1:25:27
310	365	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	359	0:42:54	04:00	246	2:39:44	33.81	01:15	313	1:58:42	<b>5:26:34</b>	1:25:45
311	434	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIG	226	0:36:31	03:42	332	2:51:30	31.49	01:31	286	1:53:32	<b>5:26:44</b>	1:25:55
312	63	ÁNGEL SERÉN CASANOVA	LICENZA DE 1 DIA	250	0:37:17	04:04	331	2:51:13	31.54	01:51	280	1:52:30	<b>5:26:54</b>	1:26:05
313	320	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	229	0:36:38	04:43	301	2:44:56	32.74	01:48	315	1:58:53	<b>5:26:56</b>	1:26:08
314	306	ALBERTO SOTO UGALDE	LICENZA DE 1 DIA	312	0:39:28	04:26	286	2:43:05	33.11	01:44	312	1:58:39	<b>5:27:20</b>	1:26:31
315	411	FERNANDO ALVAREZ CID	LICENZA DE 1 DIA	315	0:39:30	04:52	253	2:40:26	33.66	03:03	317	1:59:37	<b>5:27:27</b>	1:26:39
316	233	OSCAR DIAZ PRADO	CLUB TRIATLON MAR DE VIG	320	0:39:46	04:02	305	2:45:47	32.57	01:49	299	1:56:13	<b>5:27:35</b>	1:26:47
317	309	IGNACIO SANZ RODRIGUEZ	CLUB TRIATLON SAMBURIEL	324	0:39:57	04:06	358	2:57:54	30.36	01:59	199	1:44:32	<b>5:28:25</b>	1:27:37
318	61	MIGUEL ÁNGEL FERNÁNDEZ VAREL	ARCADE INFORHOUSE SANTI	311	0:39:27	04:19	269	2:41:49	33.37	02:04	326	2:01:03	<b>5:28:41</b>	1:27:52
319	240	JORGE VENTURA REGO	CLUB TRIATLON MAR DE VIG	325	0:39:58	06:02	318	2:47:39	32.21	02:03	284	1:53:08	<b>5:28:49</b>	1:28:01
320	214	DIEGO GRANJA BREY	A.D. ECOSPORT TRIATLON AL	207	0:36:04	03:24	367	3:03:09	29.48	02:20	208	1:45:10	<b>5:30:04</b>	1:29:16
321	441	JOSÉ ALFONSO VÁZQUEZ CORREA	LICENZA DE 1 DIA	385	0:48:45	05:09	334	2:51:40	31.46	02:15	181	1:43:09	<b>5:30:56</b>	1:30:08
322	299	SANTIAGO NUÑEZ PAREDES	CLUB TRIATLON MORRAZO	333	0:40:28	04:41	290	2:43:29	33.03	02:38	323	2:00:47	<b>5:32:01</b>	1:31:13
323	307	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	126	0:34:03	04:10	355	2:56:44	30.56	01:45	297	1:56:03	<b>5:32:43</b>	1:31:54
324	13	PABLO LORENZO ROMÁN	LICENZA DE 1 DIA	231	0:36:43	04:37	307	2:45:49	32.57	02:28	344	2:04:52	<b>5:34:27</b>	1:33:39
325	212	PABLO FALQUINA ESPINOSA	A.D. ECOSPORT TRIATLON AL	211	0:36:11	03:44	325	2:49:31	31.86	02:06	336	2:03:07	<b>5:34:38</b>	1:33:49
326	41	ÁLVARO MIRANDA CARBAJO	LICENZA DE 1 DIA	321	0:39:46	05:04	349	2:54:46	30.9	02:41	281	1:52:51	<b>5:35:07</b>	1:34:19
327	106	RAFA LÓPEZ ALONSO	PERLAS TRIATLÓN COLMENA	318	0:39:35	06:09	321	2:48:40	32.02	02:28	311	1:58:22	<b>5:35:11</b>	1:34:23
328	8	SERGI GARCIA CAMPANY	LICENZA DE 1 DIA	128	0:34:04	03:51	364	3:02:25	29.6	01:59	287	1:53:35	<b>5:35:52</b>	1:35:04
329	217	LUIS ANTONIO MARTIN ROBLES	TRITLON DUERO	357	0:42:35	04:33	304	2:45:36	32.61	02:05	330	2:01:16	<b>5:36:03</b>	1:35:15
330	169	DANIEL GALLEGO LANNERSKOOG	LICENZA DE 1 DIA	141	0:34:15	04:44	243	2:39:34	33.84	01:58	357	2:15:34	<b>5:36:03</b>	1:35:15
331	239	LEONARDO RAMON FRANCO LARE	CLUB TRIATLON MAR DE VIG	366	0:43:19	06:17	275	2:42:15	33.28	02:45	332	2:01:50	<b>5:36:23</b>	1:35:35
332	348	ELIAS ALFONSO ÁLVAREZ	LICENZA DE 1 DIA	348	0:42:00	05:37	272	2:42:02	33.33	02:44	342	2:04:44	<b>5:37:06</b>	1:36:17
333	425	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE L	118	0:33:32	02:59	320	2:48:21	32.08	01:45	350	2:10:42	<b>5:37:16</b>	1:36:28
334	429	HUMBERTO GALLIDORO DEL MONT	CLUB TRIATLON MAR DE VIG	382	0:46:37	04:17	276	2:42:18	33.27	01:46	338	2:03:26	<b>5:38:22</b>	1:37:34
335	403	ANGEL LORENZO SAEZ	LICENZA DE 1 DIA	326	0:40:03	05:02	339	2:52:23	31.33	03:03	309	1:58:17	<b>5:38:46</b>	1:37:58
336	437	MANUEL MEIXEIRA PÉREZ	CLUB TRIATLÓN SALAMANCA	94	0:32:39	05:37	346	2:54:02	31.03	03:04	339	2:03:52	<b>5:39:12</b>	1:38:23
337	332	RICARDO SOLER VIDAL	LICENZA DE 1 DIA	305	0:39:15	04:38	347	2:54:21	30.97	03:06	314	1:58:48	<b>5:40:06</b>	1:39:17
338	152	JAVIER LOPEZ PINO	CLUB TRIATLON MAR DE VIG	384	0:48:31	04:34	319	2:47:59	32.15	01:39	305	1:57:29	<b>5:40:11</b>	1:39:22
339	30	JORGE JUAN GONZÁLEZ VÁZQUEZ	LICENZA DE 1 DIA	370	0:44:24	04:56	356	2:57:11	30.48	02:09	274	1:51:58	<b>5:40:37</b>	1:39:48
340	438	MANUEL PASTRANA CRUZ	MONTE PENARUBIA RUNNING	381	0:45:55	04:05	352	2:55:09	30.83	01:42	290	1:54:32	<b>5:41:21</b>	1:40:33
341	249	JORGE CASAL ANTÓN	LICENZA DE 1 DIA	314	0:39:29	07:10	342	2:53:17	31.16	02:57	328	2:01:15	<b>5:44:06</b>	1:43:17
342	245	SINESIO NOVO FERNÁNDEZ	LICENZA DE 1 DIA	360	0:42:57	04:52	348	2:54:35	30.93	01:48	319	1:59:59	<b>5:44:10</b>	1:43:21
343	439	RAMON MARTÍNEZ MARQUEZ	LICENZA DE 1 DIA	388	0:59:07		382	12:18:11	7.32	02:37	303	1:56:48	<b>5:44:49</b>	1:44:00
344	132	ADRIAN QUEVEDO PEREZ	NOSPORTLIMIT-TREK GALICIA	319	0:39:35	03:54	369	3:05:19	29.14	01:48	288	1:54:23	<b>5:44:57</b>	1:44:09
345	337	CARLOS OUTEDA REY	LICENZA DE 1 DIA	283	0:38:25	03:55	313	2:46:38	32.41	01:55	355	2:14:56	<b>5:45:48</b>	1:44:59
346	247	GUSTAVO ORTIZ ARIZA	C.D.E. TRIATLON J.A.S. COLM	376	0:45:23	05:15	316	2:47:27	32.25	02:00	345	2:06:09	<b>5:46:12</b>	1:45:23
347	157	ALFONSO MARTÍN REINA	INDEPENDENTE	349	0:42:02	04:47	366	3:02:39	29.57	01:44	298	1:56:06	<b>5:47:16</b>	1:46:28
348	254	JOSE MARIA LAMELA BARCIA	SAN ROQUE-TRIATLON VIVEI	362	0:42:59	04:24	338	2:52:07	31.37	01:43	347	2:08:10	<b>5:49:22</b>	1:48:33
349	436	FERNANDO HORMAZA CANO	TRIRUNNERS GETXO	337	0:40:54	07:03	350	2:54:49	30.89	01:53	343	2:04:48	<b>5:49:25</b>	1:48:37
350	193	ALEJANDRO BLANCO BLANCO	CLUB TRIATLON CORUÑA	258	0:37:30	06:08	314	2:46:46	32.38	02:03	360	2:17:56	<b>5:50:21</b>	1:49:33
351	294	PABLO JOSÉ PAZOS HERNÁNDEZ	CLUB TRIATLON CORUÑA	256	0:37:25	04:52	322	2:48:49	31.99	02:32	358	2:16:45	<b>5:50:21</b>	1:49:33
352	293	ALFREDO SIO UHIA	TRINORTH-NOGASA	266	0:37:49	03:48	294	2:44:02	32.92	02:15	367	2:24:36	<b>5:52:28</b>	1:51:40
353	380	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIG	367	0:43:21	03:52	343	2:53:30	31.13	01:53	349	2:10:05	<b>5:52:39</b>	1:51:51
354	108	ANTÓN ROMANÍ FARO	LICENZA DE 1 DIA	104	0:32:48	04:58	376	3:11:22	28.22	02:04	334	2:02:07	<b>5:53:18</b>	1:52:29
355	361	ALBERTO GARCÍA OTERO	LICENZA DE 1 DIA	304	0:39:13	05:08	368	3:04:37	29.25	02:50	333	2:02:03	<b>5:53:48</b>	1:52:59
356	100	ALFONSO FERNÁNDEZ RODRÍGUEZ	LICENZA DE 1 DIA	369	0:44:21	07:00	363	3:02:16	29.63	01:58	325	2:01:00	<b>5:56:32</b>	1:55:44
357	48	FERNANDO MÍLLARA ROLÁN	LICENZA DE 1 DIA	188	0:35:24	05:52	357	2:57:40	30.4	03:16	354	2:14:54	<b>5:57:04</b>	1:56:16
358	248	OSCAR PEREIRO SANESTEBAN	LICENZA DE 1 DIA	209	0:36:06	04:01	341	2:52:24	31.32	02:16	368	2:24:41	<b>5:59:27</b>	1:58:38
359	163	ANXO BEA SAMPEDRO	LICENZA DE 1 DIA	217	0:36:17	05:18	362	3:01:36	29.74	01:46	361	2:19:24	<b>6:04:19</b>	2:03:31
360	330	FRANCISCO LORENZO RODRIGEZ	LICENZA DE 1 DIA	350	0:42:04	05:02	373	3:09:21	28.52	03:47	340	2:04:24	<b>6:04:35</b>	2:03:47
361	50	MIGUEL MÉNDEZ CONDE	LICENZA DE 1 DIA	361	0:42:58	04:42	354	2:55:50	30.71	02:54	362	2:19:49	<b>6:06:12</b>	2:05:23
362	336	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIG	301	0:39:05	04:33	371	3:07:46	28.76	02:22	353	2:13:43	<b>6:07:27</b>	2:06:38
363	28	ALEJANDRO MUSEROS ALEGRE	LICENZA DE 1 DIA	282	0:38:25	07:04	370	3:06:32	28.95	02:20	359	2:17:48	<b>6:12:07</b>	2:11:19
364	353	JUAN JOSE PITA FRAGOSO	LICENZA DE 1 DIA	352	0:42:21	08:06	374	3:09:31	28.5	03:56	351	2:11:20	<b>6:15:11</b>	2:14:23
365	360	EVARISTO JOSE PARDO PERNAS	LICENZA DE 1 DIA	365	0:43:18	05:58	365	3:02:37	29.57	03:42	363	2:21:47	<b>6:17:19</b>	2:16:31
366	444	MANUEL MARTINEZ RODRIGUEZ	LICENZA DE 1 DIA	341	0:41:09	06:47	372	3:08:28	28.65	03:27	364	2:22:51	<b>6:22:40</b>	2:21:51





POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
367	246	LUIS TRANCHO BAYON	FITNESS SPORTS TRIATLON	386	0:48:51	07:35	361	3:00:43	29.88	05:09	366	2:23:25	<b>6:25:42</b>	2:24:53
368	105	JORGE GONZALEZ MENDEZ	LICENZA DE 1 DIA	387	0:50:27	06:55	379	3:16:12	27.52	02:47	352	2:11:42	<b>6:28:01</b>	2:27:13
369	409	CARLOS JACINTO RIAL SUAREZ	LICENZA DE 1 DIA	368	0:44:17	08:46	378	3:14:44	27.73	05:12	356	2:15:31	<b>6:28:28</b>	2:27:39
370	35	JORGE PEREZ PAZOS	LICENZA DE 1 DIA	375	0:45:20	04:38	377	3:13:14	27.95	02:55	365	2:22:52	<b>6:28:57</b>	2:28:09
371	210	EDWARD JOSÉ GONZÁLEZ VIDAL	LICENZA DE 1 DIA	371	0:44:25	07:35	375	3:09:59	28.42	02:28	369	2:29:11	<b>6:33:35</b>	2:32:47
372	387	OCTAVIO SUSACASA NOVAL	NOSPORTLIMIT-TREK GALICIA	377	0:45:23	06:14	380	3:21:27	26.81	02:39	371	2:38:02	<b>6:53:44</b>	2:52:55
373	445	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	285	0:38:29	06:34	381	3:32:06	25.46	04:21	370	2:32:52	<b>6:54:20</b>	2:53:31
374	417	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	389	1:03:00		384	12:45:25	7.06	02:28	372	2:40:22	<b>6:55:27</b>	2:54:38
375	151	OSCAR MACIAS CAJETE	LICENZA DE 1 DIA	390	1:03:00		383	12:20:09	7.3	27:44	373	2:40:32	<b>6:55:36</b>	2:54:48
376	160	RUI BASTOS DAS NEVES	LICENZA DE 1 DIA	380	0:45:46	04:36	360	2:59:10	30.14	02:18	374	3:23:49	<b>7:15:37</b>	3:14:48
DQ	37	CÉSAR BARRABES REBOLLO	CLUB TRITRAINING	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	40	FRANCISCO JAVIER GONZALEZ FAG	LICENZA DE 1 DIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	46	ALBERTO VÁZQUEZ OTERO	ARCADE INFORHOUSE SANTI	AXUDA EXTERNA										
DQ	47	DAVID MARTINEZ GRAÑA	LICENZA DE 1 DIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	129	VICTOR MANUEL SEIJAS FOLGUEIR	CIDADE DE LUGO FLUVIAL	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	146	MANUEL SANGUEIRO ÁLVAREZ	CLUB ATLETISMO PORRIÑO	ACORTAR PERCORRIDO CARREIRA A PE										
DQ	165	GUILLERMO LOPEZ PIEDRA	TEAM SPORT SPIRIT	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	202	FABIAN UBEIRA VIDAL	ASOCIACION DEPORTIVA C.A.	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	204	ALBERTO LOPEZ PINO	CLUB TRIATLON MAR DE VIG	ENTRAR EN META ACOMPAÑADO										
DQ	236	ENRIQUE RODRÍGUEZ RODRÍGUEZ	SANSE OUTSIDERS TRIATLÓN	ENTRAR EN META ACOMPAÑADO										
DQ	268	PABLO ISRAEL RODRIGUEZ LOPEZ	LICENZA DE 1 DIA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	280	CARLOS CARREIRO BOULLOSA	INDEPENDENTE	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	347	JOSE ÁNGEL RACIONERO SANCHEZ	LICENZA DE 1 DIA	ENTRAR EN META ACOMPAÑADO										
DQ	363	RAFAEL CABAÑEROS ROBLES	TRINITY TRIATLON	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	372	DANIEL PAZOS FERNANDEZ	TRISADA	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	377	MANUEL VILA RIBERA	CLUB TRIATLON SAMBURIEL	NON PARAR NA AREA DE PENALIZACIÓN										
DQ	440	JUSTO GARCIA GUERRA	CLUB TRIATLON LEON	NON PARAR NA AREA DE PENALIZACIÓN										
NF	65	CARLOS AVELINO LOPEZ PÉREZ	INDEPENDENTE	41	0:30:12	03:35	116	2:29:42	36.07	01:10				
NF	153	IVAN FERNÁNDEZ GONZÁLEZ	OLIMPICO DE VEDRA	347	0:41:44	04:36	288	2:43:12	33.09	01:49				
NF	190	PABLO VÁZQUEZ DÍAZ	BICICLETAS MORENITO CDE	76	0:32:15	03:14								
NF	195	CARLOS MIGUEL FIDALGO RODRIG	LICENZA DE 1 DIA	340	0:41:02	04:15	147	2:32:03	35.52	01:29				
NF	199	XOSÉ FERNÁNDEZ SEGURADO	LICENZA DE 1 DIA	173	0:34:57	05:31	163	2:32:57	35.31	02:17				
NF	243	FRANCISCO SEOANE GARCIA DE SE	ARTROGAL-TRI 498	187	0:35:24	05:14	345	2:53:40	31.09	01:18				
NF	267	JUAN LUIS CARBIA MENDEZ	ARTROGAL-TRI 498	163	0:34:37	03:11	26	2:19:09	38.81	01:38				
NF	283	JESÚS VILLAVERDE LÓPEZ	LICENZA DE 1 DIA	174	0:34:58	06:15	180	2:34:04	35.05	02:09				
NF	285	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	111	0:33:15	02:59	41	2:21:43	38.11	01:48				
NF	323	MIGUEL ANGEL SOTO GARCIA	LICENZA DE 1 DIA	378	0:45:40	04:15								
NF	349	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIG	92	0:32:37	04:03								
NF	355	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIG	191	0:35:27	03:47	256	2:40:32	33.64					
NF	398	LUIS ANGEL CASTELO SANCHEZ	LICENZA DE 1 DIA	72	0:32:08	03:43								
NF	407	MARCOS SANTOS CENTENERA	CLUB TRIATLON LAS ROZAS	356	0:42:29	06:02								
NF	418	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	160	0:34:33	04:21								
NF	442	JAVIER BELTRÁN MUÑOZ	LICENZA DE 1 DIA	243	0:37:10	06:18	353	2:55:26	30.78	02:48				
NF	443	EDUARDO VIEIRA MONTENEGRO	REAL CLUB NAUTICO DE VIGO	383	0:46:56	05:17	359	2:58:35	30.24	01:46				
NP	14	JOSE JAVIER HERNANDEZ SERRAN	LICENZA DE 1 DIA											
NP	25	IVÁN RODRÍGUEZ VICENTE	LICENZA DE 1 DIA											
NP	42	JESÚS FERNÁNDEZ QUEIRÓS	LICENZA DE 1 DIA											
NP	70	IVAN PEREIRA IGLESIAS	CLUB TRIATLON MAR DE VIG											
NP	95	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICIA											
NP	97	PABLO GONZALEZ FERNANDEZ	ACADEMIA CIVIL - CNSO											
NP	98	JOSÉ MARÍA GARCÍA GONZÁLEZ	TRITLÓN AVILES											
NP	101	MANUEL GONZALO ALVAREZ	LICENZA DE 1 DIA											
NP	119	SERGIO PÉREZ MOLPECERES	SANSE OUTSIDERS TRIATLÓN											
NP	141	ALEJANDRO HERNÁNDEZ GAYO	LICENZA DE 1 DIA											
NP	156	DAVID CASTRO GRAIÑO	INDEPENDENTE											
NP	158	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICIA											
NP	176	ALEJANDRO ANDRES LOPEZ	ACADEMIA CIVIL - CNSO											
NP	186	ABEL IGLESIAS FUERTES	TRI OURENSE											
NP	208	ROBERTO DOLDÁN CORRAL	NOSPORTLIMIT-TREK GALICIA											
NP	211	RUBEN LORENZO BLANCO	LICENZA DE 1 DIA											
NP	218	ANDRES DOMINGUEZ SILVA	CLUB TRIATLON CORUÑA											
NP	220	JORGE MÉNDEZ ABONJO	CLUB ATLETISMO PORRIÑO											
NP	221	GORKA PAGAZAURTUNDUA BETI	CLUB TRIATLON TRES CANTO											
NP	237	BRUNO CORDERO PÉREZ	LICENZA DE 1 DIA											
NP	255	JUAN FRANCISCO FERNANDEZ MOL	CLUB CICLISMO-TRITLÓN PO											

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carreira	META	Dif.
NP	266	GILBERTO SUAREZ SUAREZ	TEAM SPORT SPIRIT								
NP	302	MARIANO ALVAREZ IGLESIAS	LICENZA DE 1 DIA								
NP	324	ALFONSO RIVILLA CUEVAS	PERLAS TRIATLÓN COLMENA								
NP	326	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA								
NP	328	JESUS MARIA MARTIN CALVO	INTELLIGENT RUNNING - INTE								
NP	331	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO								
NP	335	MIGUEL ANGEL HERVA LÓPEZ	TRIATLON FERROL								
NP	358	FRANCISCO JAVIER TORA MIRA	LICENZA DE 1 DIA								
NP	359	JOSÉ MARÍA DÍAZ MARTÍNEZ	ENPHORMA TRIATLON SAN A								
NP	364	ALFREDO VARGAS LÓPEZ	CENTRO ASTURIANO OVIEDO								
NP	396	JUAN PEDRO VERJAGA GÓMEZ	CLUB TRIATLON MORALZARZ								
NP	402	JOSÉ RAMÓN MARTÍ PATIÑO	ARTROGAL-TRI 498								
NP	406	LUIS MORGADO MIRANDA	CLUB TRIATLON SAMBURIEL								
NP	419	JAVIER RODRIGUEZ FERNANDEZ	CLUB ATLETISMO PORRIÑO								

Localidade	VIGO			Distancia	Natación	Ciclismo	Carreira
Data	Domingo, 12 de setembro de 2	Hora	15:57	Media Distancia	1.9 Km.	90 Km.	21.1 Km.

#### Oficiais

Delegado Técnico:	MONICA FLORES	Xurado da Competición	MONICA FLORES - DT LUIS PIÑA - FEGATRI LORENA GARCIA - CT MAR DE VIGO
Xuíz Arbitro:	LUIS COIRA		
Responsable Oficiais:	LUIS COIRA		

#### Datos da competición

Temperatura exterior: 16 °C Temperatura da auga: 18 °C Neopreno: permitido	Natación 1.9 Km. 1 volta	Ciclismo 90 Km. 4 voltas	Carreira 21.1 Km. 4 voltas
Inscritos : 445	Remataron : 376	Retirados : 17	Non Presentados : 35 Descalificados : 17

## SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	4	LUIS MIGUEL VELASQUEZ RAMOS	A.D. TRI-PENTA TERRAS DE LUGO	1	0:22:31	1	2:11:36	41.04	9	1:23:28	<b>4:00:49</b>	
2	10	IÑAKI PENA-MANSO CARRAL	CLUB TRIATLON CORUÑA	22	0:28:24	36	2:21:21	38.21	5	1:21:04	<b>4:14:54</b>	0:14:06
3	15	JORGE DIOS RIOS	LICENZA DE 1 DIA	66	0:31:42	43	2:22:00	38.03	29	1:28:22	<b>4:26:58</b>	0:26:10
4	12	ALEJANDRO ÁLVAREZ COSTAS	LICENZA DE 1 DIA	62	0:31:31	137	2:31:32	35.64	11	1:23:35	<b>4:30:34</b>	0:29:46
5	16	DIEGO DÁVILA COLLAZO	CLUB TRIATLON MAR DE VIGO	43	0:30:15	75	2:25:56	37.01	165	1:41:19	<b>4:41:56</b>	0:41:08
6	18	RICARDO CORES VAZQUEZ	CLUB NATACION RIVEIRA	49	0:30:29	102	2:28:37	36.34	140	1:39:36	<b>4:42:56</b>	0:42:07
7	11	ALBERTO FERNÁNDEZ BONILLA	TRIMAD	221	0:36:23	99	2:28:27	36.38	122	1:38:11	<b>4:47:49</b>	0:47:01
8	9	PABLO ZOBRA LOJO	CLUB TRIATLON MORRAZO	251	0:37:18	206	2:35:56	34.63	83	1:34:33	<b>4:52:28</b>	0:51:40
9	17	XABIER RODRÍGUEZ MARTÍNEZ	CLUB TRIATLO SABADELL	99	0:32:43	131	2:30:55	35.78	242	1:48:19	<b>4:57:21</b>	0:56:33
10	20	DAVID VIDAL COLLAZO	ASOCIACION DEPORTIVA C.A.R.	242	0:37:08	231	2:37:57	34.19	257	1:50:30	<b>5:10:04</b>	1:09:16
11	19	JORGE VICENTE GONZÁLEZ	LICENZA DE 1 DIA	255	0:37:25	264	2:41:07	33.52	329	2:01:16	<b>5:25:24</b>	1:24:36
12	13	PABLO LORENZO ROMÁN	LICENZA DE 1 DIA	231	0:36:43	307	2:45:49	32.57	344	2:04:52	<b>5:34:27</b>	1:33:39
13	8	SERGI GARCIA CAMPANY	LICENZA DE 1 DIA	128	0:34:04	364	3:02:25	29.6	287	1:53:35	<b>5:35:52</b>	1:35:04
NP	14	JOSE JAVIER HERNANDEZ SERRAN	LICENZA DE 1 DIA									

## VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	2	JOSE MANUEL PARDO LEIS	TRIATLON ARTEIXO	15	0:27:07	6	2:15:24	39.89	4	1:20:40	<b>4:06:58</b>	0:06:10
2	7	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	32	0:29:51	20	2:17:53	39.17	2	1:20:24	<b>4:12:05</b>	0:11:17
3	295	MIKEL LARRAZABAL ÁLVAREZ	EZKERRALDEA TRIATLOI TALDEA	88	0:32:30	18	2:17:39	39.23	24	1:28:00	<b>4:22:31</b>	0:21:43
4	379	CARLOS PRADO FERNANDEZ	CLUB CICLISTA DE LA FUENTE	82	0:32:25	2	2:12:38	40.72	64	1:32:47	<b>4:22:58</b>	0:22:09
5	393	RAMON ARIAS GARCIA	T. MURALLA LUGO	30	0:29:20	34	2:21:16	38.23	35	1:28:53	<b>4:24:23</b>	0:23:35
6	329	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	42	0:30:12	44	2:22:01	38.03	31	1:28:26	<b>4:25:08</b>	0:24:20
7	386	ROBERTO BOGA SANDE	TRIATLON ARTEIXO	303	0:39:08	3	2:13:30	40.45	33	1:28:43	<b>4:26:25</b>	0:25:36
8	413	ENRIQUE JOSE HIDALGO LUGO	CLUB TRIATLON MAR DE VIGO	57	0:31:16	49	2:22:39	37.86	38	1:29:20	<b>4:26:52</b>	0:26:04
9	304	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COMP	68	0:31:50	27	2:19:14	38.79	55	1:31:59	<b>4:27:27</b>	0:26:39
10	311	ALFONSO MONCLUS MARCELLÁN	CLUB TRIATLON EUROPA	156	0:34:30	28	2:19:25	38.73	62	1:32:32	<b>4:31:48</b>	0:30:59
11	374	ADRIAN CASTIÑEIRAS BUJAN	TRINITY TRIATLON	21	0:28:19	48	2:22:29	37.9	116	1:37:22	<b>4:31:54</b>	0:31:06
12	341	RUBÉN SIO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	178	0:35:13	12	2:16:43	39.5	123	1:38:16	<b>4:34:59</b>	0:34:11
13	315	SANTIAGO VALES MENDEZ	LICENZA DE 1 DIA	248	0:37:13	79	2:26:20	36.91	22	1:27:12	<b>4:35:40</b>	0:34:51
14	316	MARCOS BENAGES DUCH	CLUB ESPORTIU PRORUNNERS	139	0:34:14	55	2:23:46	37.56	54	1:31:59	<b>4:35:55</b>	0:35:06
15	310	PABLO ROURA HERNÁNDEZ	LICENZA DE 1 DIA	35	0:30:05	117	2:29:46	36.06	84	1:34:34	<b>4:39:46</b>	0:38:58
16	318	RICARDO AGUILAR LAUDO	C.D.E. TRIATLON GALAPAGAR	122	0:33:48	61	2:24:14	37.44	105	1:36:23	<b>4:40:08</b>	0:39:19
17	362	OSCAR MARTINEZ FERNANDEZ	TRINORTH-NOGASA	56	0:31:13	40	2:21:41	38.12	179	1:42:45	<b>4:40:10</b>	0:39:22
18	339	LEOPOLDO LÓPEZ MAÑAS	C.D.E. 3STYLE TRIATLON	136	0:34:12	148	2:32:09	35.49	26	1:28:17	<b>4:40:33</b>	0:39:45
19	404	JUAN CARLOS RODRÍGUEZ VÁZQU	C.TRIATLON OURENSE	261	0:37:43	21	2:17:53	39.17	148	1:40:17	<b>4:40:42</b>	0:39:54
20	375	MARCOS GONZALEZ TALAVERO	CLUB CICLISTA RIAZOR	73	0:32:08	135	2:31:08	35.73	66	1:33:08	<b>4:41:34</b>	0:40:46
21	308	JOSE ANTONIO RECOUSO CAAMAÑ	LICENZA DE 1 DIA	264	0:37:46	179	2:34:03	35.05	13	1:24:03	<b>4:41:44</b>	0:40:56
22	346	SANTIAGO PALACIO FERNANDEZ	TEAM SPORT SPIRIT	189	0:35:25	161	2:32:54	35.32	25	1:28:03	<b>4:41:54</b>	0:41:05

23	284	RUBEN PARDO NEBRIL	NOSPORTLIMIT-TREK GALICIA	85	0:32:28	30	2:20:35	38.41	193	1:44:06	<b>4:42:45</b>	0:41:56
24	373	GABRIEL POZO JUNQUERO	GASTEIZKO BULLETVAN T.K.T.	55	0:31:04	46	2:22:02	38.02	197	1:44:21	<b>4:43:19</b>	0:42:31
25	384	FERNANDO GARCIA MARTINEZ	TRIVIGO BOYER TRIATHLON	193	0:35:31	110	2:29:27	36.13	85	1:34:34	<b>4:43:34</b>	0:42:46
26	388	ANTONIO LIBOREIRO COMESAÑA	LICENZA DE 1 DIA	77	0:32:17	83	2:26:44	36.8	121	1:38:07	<b>4:43:46</b>	0:42:57
27	314	ALBERTO SOTO CAMPOS	NOSPORTLIMIT-TREK GALICIA	150	0:34:24	51	2:23:27	37.64	152	1:40:25	<b>4:44:18</b>	0:43:30
28	383	MANUEL MARIÑO CARREÑO	CLUB TRIATLON LEON	225	0:36:29	185	2:34:22	34.98	30	1:28:23	<b>4:44:41</b>	0:43:52
29	289	MIGUEL ANGEL COGOLLUDO AGUS	GV SPORTS CLUB	79	0:32:21	236	2:38:22	34.1	47	1:30:54	<b>4:46:16</b>	0:45:28
30	401	JUAN IGNACIO GARCIA VALLEJO	TRI OURENSE	109	0:33:12	134	2:31:04	35.75	133	1:38:54	<b>4:48:08</b>	0:47:19
31	354	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	83	0:32:26	164	2:32:59	35.3	125	1:38:28	<b>4:48:22</b>	0:47:33
32	292	ALBERTO TOMBO GONZÁLEZ	CLUB TRIATLON MAR DE VIGO	53	0:30:52	93	2:27:31	36.61	210	1:45:32	<b>4:48:57</b>	0:48:09
33	321	JORGE ANTONIO ALVAREZ RICO	CLUB TRIATLON MAR DE VIGO	269	0:37:53	71	2:25:32	37.11	142	1:39:46	<b>4:49:13</b>	0:48:25
34	325	RUBÉN FERNÁNDEZ VILLAR	LICENZA DE 1 DIA	353	0:42:24	9	2:16:20	39.61	194	1:44:11	<b>4:49:43</b>	0:48:54
35	408	ANTONIO FRANCISCO GIL ALONSO	LICENZA DE 1 DIA	93	0:32:37	208	2:36:01	34.61	114	1:37:08	<b>4:51:06</b>	0:50:17
36	288	DAVID RODRIGUEZ APARICIO	LEGIOTRI						212	1:45:42	<b>4:51:24</b>	0:50:36
37	367	JUAN MANUEL MARTINEZ RODRIGU	CLUB DEPORTIVO TRILEON	106	0:33:08	178	2:34:01	35.06	146	1:39:54	<b>4:52:00</b>	0:51:12
38	317	ROBERTO OVIEDO PÉREZ	TRIATLON COSTA QUEBRADA	95	0:32:39	171	2:33:35	35.16	130	1:38:44	<b>4:52:01</b>	0:51:12
39	327	ALBERTO CAMESELLE ALVES	LICENZA DE 1 DIA	228	0:36:37	258	2:40:37	33.62	44	1:30:12	<b>4:52:18</b>	0:51:29
40	369	XOAN SANMARTIN PENA	C.D.KAIROSCORE	310	0:39:26	96	2:28:06	36.46	135	1:39:01	<b>4:53:26</b>	0:52:37
41	300	ALFONSO LÓPEZ MARTÍNEZ	OLIMPICO DE VEDRA	374	0:44:51	122	2:30:22	35.91	74	1:34:07	<b>4:53:56</b>	0:53:08
42	296	JOSE MANUEL FERNÁNDEZ MÉNDE	INDEPENDENTE	230	0:36:43	287	2:43:08	33.1	39	1:29:29	<b>4:53:57</b>	0:53:08
43	286	XURXO GÓMEZ VÁZQUEZ	TRIATLON FERROL	181	0:35:19	172	2:33:37	35.15	162	1:41:14	<b>4:55:03</b>	0:54:14
44	287	ANTONIO FERNANDEZ PÉREZ	LICENZA DE 1 DIA	331	0:40:16	173	2:33:38	35.15	68	1:33:16	<b>4:55:36</b>	0:54:48
45	368	JOSÉ JOAQUÍN BARRIENTOS MART	INDEPENDENTE	223	0:36:25	224	2:37:17	34.34	99	1:35:57	<b>4:56:47</b>	0:55:59
46	392	JOSE RAJA RODRÍGUEZ	A.D. RUMBO FIJO-CICLOS BLEDA	265	0:37:49	92	2:27:15	36.67	202	1:44:50	<b>4:57:11</b>	0:56:23
47	376	JOSÉ LUIS CASTRO CONDE	CLUB ATLETISMO PORRIÑO	218	0:36:22	189	2:34:41	34.91	159	1:40:58	<b>4:57:16</b>	0:56:28
48	381	ISIDRO SANTOS GARRIDO	OET TEAM	148	0:34:21	271	2:41:56	33.35	106	1:36:24	<b>4:57:44</b>	0:56:56
49	303	JUAN CARLOS ARROYO LUELMO	C.D TRIATLON ZAMORA	52	0:30:44	124	2:30:40	35.84	269	1:51:15	<b>4:58:34</b>	0:57:45
50	391	ALVARO LORENZO-FARIÑA DOMIN	INDEPENDENTE	113	0:33:20	105	2:28:43	36.31	255	1:50:27	<b>4:58:51</b>	0:58:02
51	414	ENRIQUE MUÑOZ CANTERO	LICENZA DE 1 DIA	125	0:34:03	218	2:36:40	34.47	189	1:43:38	<b>5:00:27</b>	0:59:39
52	356	FRANCISCO JAVIER MIGUEZ CARB	LICENZA DE 1 DIA	161	0:34:34	263	2:41:04	33.53	143	1:39:49	<b>5:00:42</b>	0:59:53
53	297	PABLO MIGUEZ CORDO	CLUB ATLETISMO PORRIÑO	235	0:36:48	205	2:35:52	34.65	185	1:43:25	<b>5:01:03</b>	1:00:15
54	340	JOSE ALBERTO CASTELO SANCHE	LICENZA DE 1 DIA	204	0:35:58	159	2:32:49	35.34	228	1:46:55	<b>5:01:50</b>	1:01:01
55	322	IVÁN BUENO HERMIDA	TRIATLON COSTA DA MORTE	308	0:39:22	156	2:32:43	35.36	180	1:43:03	<b>5:02:17</b>	1:01:29
56	338	MANUEL MONCLUS MARCELLÁN	S'ESCAPADA TRIATHLON TEAM	155	0:34:29	196	2:35:10	34.8	233	1:47:24	<b>5:02:56</b>	1:02:08
57	290	JAIME SAMPOL BRAZIS	LICENZA DE 1 DIA	103	0:32:48	198	2:35:22	34.76	247	1:49:09	<b>5:03:24</b>	1:02:35
58	313	DAVID ALVAREZ GUTIERREZ	CLUB TRIATLÓN OVIEDO	302	0:39:07	237	2:38:32	34.06	145	1:39:52	<b>5:03:33</b>	1:02:45
59	345	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT-TREK GALICIA	124	0:33:57	157	2:32:44	35.36	259	1:50:39	<b>5:03:45</b>	1:02:56
60	319	ANTONIO ABEL SEOANE ESTÉVEZ	CLUB CICLISMO-TRIATLÓN POIO	6	0:26:30	190	2:34:55	34.86	310	1:58:19	<b>5:04:09</b>	1:03:20
61	371	EMILIO GONZALEZ GARCIA	A.D. FOGAR	232	0:36:45	149	2:32:11	35.48	258	1:50:34	<b>5:04:33</b>	1:03:44
62	291	MARCOS LOPEZ PEREZ	LICENZA DE 1 DIA	279	0:38:17	279	2:42:33	33.22	113	1:37:05	<b>5:05:18</b>	1:04:29
63	312	FRANCISCO VILLACAMPA CAAMAÑ	LICENZA DE 1 DIA	102	0:32:47	197	2:35:15	34.78	256	1:50:28	<b>5:05:24</b>	1:04:36
64	416	PABLO MARTINEZ MAHAMUD	CDE BUSCADORES	120	0:33:38	260	2:40:52	33.57	227	1:46:51	<b>5:07:04</b>	1:06:15
65	405	ENRIQUE ARNAIZ IBARRONDO	INDEPENDENTE	38	0:30:11	262	2:41:00	33.54	248	1:49:25	<b>5:07:09</b>	1:06:20
66	394	JOSE MANUEL MOSQUERA VELLO	CLUB TRIATLON MAR DE VIGO	206	0:36:03	77	2:26:09	36.95	327	2:01:15	<b>5:07:59</b>	1:07:11
67	334	ANTONIO REY CARBALLEIRA	TRIATLON MOTOBIKE PONTEVEDR	121	0:33:39	230	2:37:56	34.19	267	1:51:01	<b>5:08:18</b>	1:07:30
68	351	FRANCISCO JAVIER BARREIRO CO	NOSPORTLIMIT-TREK GALICIA	342	0:41:15	283	2:42:38	33.21	129	1:38:41	<b>5:10:18</b>	1:09:30
69	357	ANTONIO FERNANDEZ DURAN	TRIATLON COSTA DA MORTE	152	0:34:26	274	2:42:12	33.29	237	1:47:58	<b>5:11:18</b>	1:10:30
70	370	SANTIAGO BESADA BRUNET	LICENZA DE 1 DIA	280	0:38:20	326	2:50:07	31.74	118	1:37:40	<b>5:11:23</b>	1:10:34
71	298	LUIS DÍAZ MARCOS	LICENZA DE 1 DIA	167	0:34:48	309	2:46:03	32.52	203	1:44:52	<b>5:12:20</b>	1:11:32
72	382	ROGER ARDÈVOL LATORRE	ABSOLUT SPORT	313	0:39:28	267	2:41:32	33.43	219	1:46:12	<b>5:12:33</b>	1:11:45
73	305	VICTOR DIAZ PAZ	LICENZA DE 1 DIA	323	0:39:49	204	2:35:46	34.67	253	1:49:56	<b>5:12:39</b>	1:11:50
74	366	RUBEN REIGADA SEIJO	LICENZA DE 1 DIA	213	0:36:13	225	2:37:37	34.26	266	1:51:00	<b>5:13:05</b>	1:12:17
75	390	JUAN MÉNDEZ LÓPEZ	TRISADA	154	0:34:28	186	2:34:24	34.97	308	1:58:17	<b>5:13:16</b>	1:12:28
76	412	FERNANDO ABREU FERNANDEZ	CLUB ATLETISMO PORRIÑO	334	0:40:34	250	2:40:16	33.7	229	1:47:00	<b>5:13:20</b>	1:12:32
77	410	DEAN FLETCHER	CLUB CICLISTA DE LA FUENTE	363	0:43:14	142	2:31:49	35.57	273	1:51:55	<b>5:13:53</b>	1:13:05
78	343	DAVID GONZÁLEZ VINUESA	BICICLETAS MORENITO CDE	259	0:37:31	265	2:41:23	33.46	251	1:49:52	<b>5:14:57</b>	1:14:08
79	385	FERNANDO DE CELIS PUENTE	LICENZA DE 1 DIA	249	0:37:15	285	2:42:55	33.15	238	1:48:00	<b>5:15:04</b>	1:14:15
80	344	MANUEL LEIRACHA VALENTIN	TRIATLON FERROL	379	0:45:41	293	2:43:51	32.96	139	1:39:22	<b>5:15:12</b>	1:14:23
81	397	DIEGO SECO LAMAS	TRINITY TRIATLON	344	0:41:26	254	2:40:27	33.66	225	1:46:43	<b>5:15:12</b>	1:14:23
82	395	CEFERINO FRANCISCO PÉREZ	TRIATLON DUERO	307	0:39:22	238	2:38:33	34.06	272	1:51:53	<b>5:15:33</b>	1:14:45
83	415	MANUEL RODRÍGUEZ COELLO	LICENZA DE 1 DIA	330	0:40:11	281	2:42:36	33.21	236	1:47:57	<b>5:16:19</b>	1:15:30
84	352	RICARDO FERNÁNDEZ ROSA	TRISPORT GETAFE	240	0:37:01	232	2:37:59	34.18	301	1:56:32	<b>5:17:24</b>	1:16:35
85	301	MANUEL PORTO MOLLINEDO	ARTROGAL-TRI 498	127	0:34:04	223	2:37:15	34.34	321	2:00:20	<b>5:18:05</b>	1:17:17
86	400	CARLOS IGLESIAS RODRIGUEZ	LICENZA DE 1 DIA	272	0:37:59	317	2:47:34	32.23	218	1:46:12	<b>5:19:10</b>	1:18:22
87	389	CARLOS PEREZ PEREZ	CLUB TRIATLON MAR DE VIGO	295	0:38:49	291	2:43:29	33.03	271	1:51:35	<b>5:19:39</b>	1:18:50
88	399	RAMÓN FERREIRO OTTIGER	LICENZA DE 1 DIA	281	0:38:23	324	2:49:23	31.88	187	1:43:30	<b>5:21:51</b>	1:21:02



89	378	SANTIAGO FIGUEIRAS GARCIA	LICENZA DE 1 DIA	158	0:34:32	270	2:41:54	33.36	324	2:00:50	<b>5:23:51</b>	1:23:03
90	350	JULIO CESAR PEREZ VAZQUEZ	INDEPENDENTE	244	0:37:10	259	2:40:47	33.59	318	1:59:56	<b>5:24:02</b>	1:23:14
91	333	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	12	0:26:59	327	2:50:17	31.71	322	2:00:39	<b>5:25:08</b>	1:24:20
92	342	HECTOR ALBERTE LISTA	CLUB TRIATLON CORUÑA	144	0:34:18	227	2:37:41	34.25	346	2:07:45	<b>5:26:16</b>	1:25:27
93	365	JOSE MANUEL MERA ALONSO	CIDADE DE LUGO FLUVIAL	359	0:42:54	246	2:39:44	33.81	313	1:58:42	<b>5:26:34</b>	1:25:45
94	320	DAVID VÁZQUEZ DOCE	NOSPORTLIMIT-TREK GALICIA	229	0:36:38	301	2:44:56	32.74	315	1:58:53	<b>5:26:56</b>	1:26:08
95	306	ALBERTO SOTO UGALDE	LICENZA DE 1 DIA	312	0:39:28	286	2:43:05	33.11	312	1:58:39	<b>5:27:20</b>	1:26:31
96	411	FERNANDO ALVAREZ CID	LICENZA DE 1 DIA	315	0:39:30	253	2:40:26	33.66	317	1:59:37	<b>5:27:27</b>	1:26:39
97	309	IGNACIO SANZ RODRIGUEZ	CLUB TRIATLON SAMBURIEL	324	0:39:57	358	2:57:54	30.36	199	1:44:32	<b>5:28:25</b>	1:27:37
98	299	SANTIAGO NUÑEZ PAREDES	CLUB TRIATLON MORRAZO	333	0:40:28	290	2:43:29	33.03	323	2:00:47	<b>5:32:01</b>	1:31:13
99	307	IÑAKI DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	126	0:34:03	355	2:56:44	30.56	297	1:56:03	<b>5:32:43</b>	1:31:54
100	348	ELIAS ALFONSO ÁLVAREZ	LICENZA DE 1 DIA	348	0:42:00	272	2:42:02	33.33	342	2:04:44	<b>5:37:06</b>	1:36:17
101	403	ANGEL LORENZO SAEZ	LICENZA DE 1 DIA	326	0:40:03	339	2:52:23	31.33	309	1:58:17	<b>5:38:46</b>	1:37:58
102	332	RICARDO SOLER VIDAL	LICENZA DE 1 DIA	305	0:39:15	347	2:54:21	30.97	314	1:58:48	<b>5:40:06</b>	1:39:17
103	337	CARLOS OUTEDA REY	LICENZA DE 1 DIA	283	0:38:25	313	2:46:38	32.41	355	2:14:56	<b>5:45:48</b>	1:44:59
104	294	PABLO JOSÉ PAZOS HERNÁNDEZ	CLUB TRIATLON CORUÑA	256	0:37:25	322	2:48:49	31.99	358	2:16:45	<b>5:50:21</b>	1:49:33
105	293	ALFREDO SIO UHIA	TRINORTH-NOGASA	266	0:37:49	294	2:44:02	32.92	367	2:24:36	<b>5:52:28</b>	1:51:40
106	380	SANTIAGO FENOLLERA BOLÍBAR	CLUB TRIATLON MAR DE VIGO	367	0:43:21	343	2:53:30	31.13	349	2:10:05	<b>5:52:39</b>	1:51:51
107	361	ALBERTO GARCÍA OTERO	LICENZA DE 1 DIA	304	0:39:13	368	3:04:37	29.25	333	2:02:03	<b>5:53:48</b>	1:52:59
108	330	FRANCISCO LORENZO RODRIGEZ	LICENZA DE 1 DIA	350	0:42:04	373	3:09:21	28.52	340	2:04:24	<b>6:04:35</b>	2:03:47
109	336	ALEJANDRO FUENTES FERNÁNDEZ	CLUB TRIATLON MAR DE VIGO	301	0:39:05	371	3:07:46	28.76	353	2:13:43	<b>6:07:27</b>	2:06:38
110	353	JUAN JOSE PITA FRAGOSO	LICENZA DE 1 DIA	352	0:42:21	374	3:09:31	28.5	351	2:11:20	<b>6:15:11</b>	2:14:23
111	360	EVARISTO JOSE PARDO PERNAS	LICENZA DE 1 DIA	365	0:43:18	365	3:02:37	29.57	363	2:21:47	<b>6:17:19</b>	2:16:31
112	409	CARLOS JACINTO RIAL SUAREZ	LICENZA DE 1 DIA	368	0:44:17	378	3:14:44	27.73	356	2:15:31	<b>6:28:28</b>	2:27:39
113	387	OCTAVIO SUSACASA NOVAL	NOSPORTLIMIT-TREK GALICIA	377	0:45:23	380	3:21:27	26.81	371	2:38:02	<b>6:53:44</b>	2:52:55
114	417	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	389	1:03:00	384	12:45:25	7.06	372	2:40:22	<b>6:55:27</b>	2:54:38
DQ	347	JOSE ÁNGEL RACIONERO SANCHE	LICENZA DE 1 DIA	ENTRAR EN META ACOMPAÑADO								
DQ	363	RAFAEL CABAÑEROS ROBLES	TRINITY TRIATLON	NON PARAR NA AREA DE PENALIZACIÓN								
DQ	372	DANIEL PAZOS FERNANDEZ	TRISADA	NON PARAR NA AREA DE PENALIZACIÓN								
DQ	377	MANUEL VILA RIBERA	CLUB TRIATLON SAMBURIEL	NON PARAR NA AREA DE PENALIZACIÓN								
NF	283	JESÚS VILLAVARDE LÓPEZ	LICENZA DE 1 DIA	174	0:34:58	180	2:34:04	35.05				
NF	285	RAMÓN VALIÑAS MARTINEZ	OLIMPICO DE VEDRA	111	0:33:15	41	2:21:43	38.11				
NF	323	MIGUEL ANGEL SOTO GARCIA	LICENZA DE 1 DIA	378	0:45:40							
NF	349	DAVID FERNANDEZ-ALVARIÑO DEL	CLUB TRIATLON MAR DE VIGO	92	0:32:37							
NF	355	JAVIER CONTRERAS AMOEDO	CLUB TRIATLON MAR DE VIGO	191	0:35:27	256	2:40:32	33.64				
NF	398	LUIS ANGEL CASTELO SANCHEZ	LICENZA DE 1 DIA	72	0:32:08							
NF	407	MARCOS SANTOS CENTENERA	CLUB TRIATLON LAS ROZAS	356	0:42:29							
NP	302	MARIANO ALVAREZ IGLESIAS	LICENZA DE 1 DIA									
NP	324	ALFONSO RIVILLA CUEVAS	PERLAS TRIATLÓN COLMENAR VIE									
NP	326	ALBERTO GONZALEZ MAHIA	NOSPORTLIMIT-TREK GALICIA									
NP	328	JESUS MARIA MARTIN CALVO	INTELLIGENT RUNNING - INTERVAL									
NP	331	JUAN JOSÉ ANDRÉS IGLESIAS	CLUB TRIATLON MORRAZO									
NP	335	MIGUEL ANGEL HERVA LÓPEZ	TRIATLON FERROL									
NP	358	FRANCISCO JAVIER TORA MIRA	LICENZA DE 1 DIA									
NP	359	JOSÉ MARÍA DÍAZ MARTÍNEZ	ENPHORMA TRIATLON SAN AGUSTI									
NP	364	ALFREDO VARGAS LÓPEZ	CENTRO ASTURIANO OVIEDO									
NP	396	JUAN PEDRO VERJAGA GÓMEZ	CLUB TRIATLON MORALZARZAL									
NP	402	JOSÉ RAMÓN MARTÍ PATIÑO	ARTROGAL-TRI 498									
NP	406	LUIS MORGADO MIRANDA	CLUB TRIATLON SAMBURIEL									

## VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	427	JESUS ANGEL RODRIGUEZ GONZA	CLUB TRIATLON MAR DE VIGO	31	0:29:33	86	2:26:59	36.74	153	1:40:29	<b>4:41:22</b>	0:40:34
2	424	JULIO JOSÉ SOUTO DIZ	CLUB TRIATLON CORUÑA	182	0:35:20	155	2:32:40	35.37	101	1:36:03	<b>4:50:33</b>	0:49:45
3	433	FAUSTINO BLANCO MANCEBO	CLUB DEPORTIVO TRIATLON BIERZ	247	0:37:11	127	2:30:47	35.81	134	1:38:58	<b>4:53:33</b>	0:52:45
4	431	PAULINO JOSÉ RODRIGUEZ VILLAR	LICENZA DE 1 DIA	203	0:35:54	219	2:36:53	34.42	112	1:37:01	<b>4:55:20</b>	0:54:32
5	430	MANUEL TOQUERO FONTAL	MARLINS TRIATLON MADRID	33	0:30:00	128	2:30:51	35.8	263	1:50:54	<b>4:56:39</b>	0:55:51
6	421	MARCOS EGUIA LOUZAN	LICENZA DE 1 DIA	162	0:34:37	136	2:31:15	35.7	204	1:44:52	<b>4:58:04</b>	0:57:16
7	432	MANUEL PEREZ MALDONADO	SELER UNIVEST TRIATHLON TEAM	196	0:35:43	97	2:28:19	36.41	282	1:53:01	<b>5:03:01</b>	1:02:13
8	422	FRANCISCO JAVIER PÉREZ GÓMEZ	ALIGATORS SEYNOD TRIATHLON	133	0:34:09	273	2:42:08	33.31	184	1:43:22	<b>5:05:10</b>	1:04:22
9	420	GONZALO TRIUNFO DELGADO	ARTROGAL-TRI 498	252	0:37:21	229	2:37:56	34.19	226	1:46:48	<b>5:08:01</b>	1:07:13
10	426	JOSE VIDAL RIAL	LICENZA DE 1 DIA	297	0:38:58	340	2:52:24	31.32	96	1:35:39	<b>5:16:49</b>	1:16:01
11	428	LUIS REDONDO BADAS	CD TRIATLÓN BOMBEROS VALLAD	278	0:38:09	344	2:53:30	31.12	154	1:40:36	<b>5:18:21</b>	1:17:33
12	423	ARTURO LOPEZ LAGO	CLUB TRIATLON CORUÑA	145	0:34:18	315	2:46:55	32.35	293	1:55:19	<b>5:23:20</b>	1:22:32
13	435	JORGE SANMARTIN ALONSO	CLUB CICLISTA DE LA FUENTE	299	0:39:00	118	2:29:47	36.05	295	1:55:42	<b>5:23:59</b>	1:23:11
14	434	OSCAR SURIS REGUEIRO	CLUB TRIATLON MAR DE VIGO	226	0:36:31	332	2:51:30	31.49	286	1:53:32	<b>5:26:44</b>	1:25:55



15	441	JOSÉ ALFONSO VÁZQUEZ CORREA	LICENZA DE 1 DIA	385	0:48:45	334	2:51:40	31.46	181	1:43:09	<b>5:30:56</b>	1:30:08
16	425	ANTONIO FEDERICO SERRAT SOTO	A.D. TRI-PENTA TERRAS DE LUGO	118	0:33:32	320	2:48:21	32.08	350	2:10:42	<b>5:37:16</b>	1:36:28
17	429	HUMBERTO GALLIDORO DEL MONT	CLUB TRIATLON MAR DE VIGO	382	0:46:37	276	2:42:18	33.27	338	2:03:26	<b>5:38:22</b>	1:37:34
18	437	MANUEL MEIXEIRA PÉREZ	CLUB TRIATLÓN SALAMANCA	94	0:32:39	346	2:54:02	31.03	339	2:03:52	<b>5:39:12</b>	1:38:23
19	438	MANUEL PASTRANA CRUZ	MONTE PENARUBIA RUNNING LUG	381	0:45:55	352	2:55:09	30.83	290	1:54:32	<b>5:41:21</b>	1:40:33
20	439	RAMON MARTÍNEZ MARQUEZ	LICENZA DE 1 DIA	388	0:59:07	382	12:18:11	7.32	303	1:56:48	<b>5:44:49</b>	1:44:00
21	436	FERNANDO HORMAZA CANO	TRIRUNNERS GETXO	337	0:40:54	350	2:54:49	30.89	343	2:04:48	<b>5:49:25</b>	1:48:37
DQ	440	JUSTO GARCIA GUERRA	CLUB TRIATLON LEON	NON PARAR NA AREA DE PENALIZACIÓN								
NF	418	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	160	0:34:33							
NP	419	JAVIER RODRIGUEZ FERNANDEZ	CLUB ATLETISMO PORRIÑO									

## VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	P.	Ciclismo	Km/h.	P.	Carreira	META	Dif.
1	444	MANUEL MARTINEZ RODRIGUEZ	LICENZA DE 1 DIA	341	0:41:09	372	3:08:28	28.65	364	2:22:51	<b>6:22:40</b>	2:21:51
2	445	MANUEL CRUCES PRADO	CLUB DEPORTIVO PINARIUM	285	0:38:29	381	3:32:06	25.46	370	2:32:52	<b>6:54:20</b>	2:53:31
NF	442	JAVIER BELTRÁN MUÑOZ	LICENZA DE 1 DIA	243	0:37:10	353	2:55:26	30.78				
NF	443	EDUARDO VIEIRA MONTENEGRO	REAL CLUB NAUTICO DE VIGO	383	0:46:56	359	2:58:35	30.24				

