

# I DÚATLOS CROS DE MEIRÁS

SADA

## ABSOLUTA CAMP GALEGO FEMININA

Localidade	SADA	Data	Domingo, 24 de febreiro de 2019	Distancia	SPRINT
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### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	NURIA BRAGE		AMANDO GUERRERO- FEGATRI
Responsable Oficiais:	NURIA BRAGE		RICARDO REY - NOSPORTLIMIT

### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 13	Remataron : 11	Retirados : 2	Non Presentados : 0
			Descalificados : 0

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	125	TERESA BARREIRA SALGADO	TRIATLÓN FERROL	1	0:34:28	00:58	1	0:56:05	20.33	00:34	2	0:21:10	<b>1:53:14</b>	
2	127	AÍDA GARCÍA LÓPEZ	CLUB CICLISMO-TRIATLON PO	2	0:34:28	00:40	2	0:59:01	19.32	00:33	1	0:20:06	<b>1:54:47</b>	0:01:34
3	119	MAR DELGADO GONZALEZ	TRIATLÓN FERROL	3	0:35:36	00:32	3	1:00:50	18.74	00:27	3	0:21:21	<b>1:58:44</b>	0:05:31
4	122	NURIA SENRA VIDAL	A.D. NÁUTICO DE NARÓN	5	0:37:49	00:37	4	1:03:52	17.85	00:27	5	0:22:28	<b>2:05:11</b>	0:11:58
5	116	FATIMA PAZ PAZ GAGO	TRIATLÓN FERROL	4	0:35:36	00:40	7	1:11:48	15.88	00:49	4	0:21:50	<b>2:10:42</b>	0:17:29
6	118	AMIRA SIMÓN MARTÍNEZ	NOSPORTLIMIT	8	0:40:58	01:15	6	1:09:37	16.38	00:51	8	0:24:43	<b>2:17:22</b>	0:24:08
7	124	CRISTINA LÓPEZ MORÁN	NOSPORTLIMIT	9	0:41:47	00:53	5	1:09:06	16.5	00:33	9	0:25:41	<b>2:17:58</b>	0:24:45
8	120	TAMARA LOPEZ DIAZ	A.D. NÁUTICO DE NARÓN	6	0:38:37	01:03	8	1:14:05	15.39	00:55	7	0:24:35	<b>2:19:12</b>	0:25:59
9	129	PURIFICACIÓN LÓPEZ MAHÍA	CLUB HÉRCULES TERMARIA	7	0:40:15	00:27	9	1:15:31	15.1	00:31	6	0:24:30	<b>2:21:11</b>	0:27:58
10	126	BEATRIZ ROMERO ROEL	NOSPORTLIMIT	11	0:46:09	01:43	10	1:17:24	14.73	01:16	10	0:28:24	<b>2:34:55</b>	0:41:42
11	128	MARIA TERESA SILVARREY REDON	NOSPORTLIMIT	12	0:57:27	01:38	11	1:51:24	10.23	01:52	11	0:43:07	<b>3:35:26</b>	1:42:13
NF	117	NOELIA SERANTES BARREIRO	A.D. NÁUTICO DE NARÓN											
NF	123	SABRINA RUMBO ROEL	NOSPORTLIMIT	10	0:45:00	00:58								

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Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT AMANDO GUERRERO- FEGATRI RICARDO REY - NOSPORTLIMIT
Xuíz Arbitro:	NURIA BRAGE		
Responsable Oficiais:	NURIA BRAGE		

#### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 13	Remataron : 11	Retirados : 2	Non Presentados : 0
			Descalificados : 0

## JUNIOR FEMININA

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
NF	117	NOELIA SERANTES BARREIR	A.D. NÁUTICO DE NARÓN											

## VETERANAS FEMININA

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	125	TERESA BARREIRA SALGAD	TRIA TLÓN FERROL	1	0:34:28	00:58	1	0:56:05	20.33	00:34	2	0:21:10	<b>1:53:14</b>	
2	127	AÍDA GARCÍA LÓPEZ	CLUB CICLISMO-TRIA TLON POIO	2	0:34:28	00:40	2	0:59:01	19.32	00:33	1	0:20:06	<b>1:54:47</b>	0:01:34
3	122	NURIA SENRA VIDAL	A.D. NÁUTICO DE NARÓN	5	0:37:49	00:37	4	1:03:52	17.85	00:27	5	0:22:28	<b>2:05:11</b>	0:11:58
4	116	FATIMA PAZ PAZ GAGO	TRIA TLÓN FERROL	4	0:35:36	00:40	7	1:11:48	15.88	00:49	4	0:21:50	<b>2:10:42</b>	0:17:29
5	124	CRISTINA LÓPEZ MORÁN	NOSPORTLIMIT	9	0:41:47	00:53	5	1:09:06	16.5	00:33	9	0:25:41	<b>2:17:58</b>	0:24:45
6	129	PURIFICACIÓN LÓPEZ MAHÍA	CLUB HÉRCULES TERMARIA	7	0:40:15	00:27	9	1:15:31	15.1	00:31	6	0:24:30	<b>2:21:11</b>	0:27:58
7	126	BEATRIZ ROMERO ROEL	NOSPORTLIMIT	11	0:46:09	01:43	10	1:17:24	14.73	01:16	10	0:28:24	<b>2:34:55</b>	0:41:42
8	128	MARIA TERESA SILVARREY	NOSPORTLIMIT	12	0:57:27	01:38	11	1:51:24	10.23	01:52	11	0:43:07	<b>3:35:26</b>	1:42:13
NF	123	SABRINA RUMBO ROEL	NOSPORTLIMIT	10	0:45:00	00:58								

# I DÚATLOS CROS DE MEIRÁS

SADA

## CLUBS CAMP GALEGO FEMININA

Localidade	SADA	Data	Domingo, 24 de febreiro de 2019	Distancia	SPRINT
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### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	NURIA BRAGE		AMANDO GUERRERO- FEGATRI
Responsable Oficiais:	NURIA BRAGE		RICARDO REY - NOSPORTLIMIT

### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 13	Remataron : 11	Retirados : 2	Non Presentados : 0
			Descalificados : 0

<b>1</b>	<b>TRIATLÓN FERROL</b>	<b>6:02:38</b>
1	TERESA BARREIRA SALGADO	1:53:14
2	MAR DELGADO GONZALEZ	1:58:44
3	FATIMA PAZ PAZ GAGO	2:10:42
<b>2</b>	<b>NOSPORTLIMIT</b>	<b>7:10:14</b>
1	AMIRA SIMÓN MARTÍNEZ	2:17:22
2	CRISTINA LÓPEZ MORÁN	2:17:58
3	BEATRIZ ROMERO ROEL	2:34:55

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### Oficiais

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Xuíz Arbitro:	NURIA BRAGE		AMANDO GUERRERO- FEGATRI
Responsable Oficiais:	NURIA BRAGE		RICARDO REY - NOSPORTLIMIT

### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 89	Remataron : 74	Retirados : 7	Non Presentados : 8
			Descalificados : 0

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	3	MANUEL PIÑEIRO LÓPEZ	CIDADE DE LUGO FLUVIAL	1	0:29:19	00:37	2	0:46:02	24.77	00:29	2	0:17:33	<b>1:33:58</b>	
2	42	DAVID CALZAS ÍNSUA	TRIATLÓN COSTA DA MORTE	3	0:29:48	00:35	4	0:48:36	23.46	00:29	5	0:17:45	<b>1:37:11</b>	0:03:14
3	67	MARCOS MAYO FIGUEIRA	TRIATLÓN O TREITO	15	0:31:42	00:42	3	0:46:34	24.48	00:33	7	0:18:21	<b>1:37:50</b>	0:03:53
4	66	ENRIQUE MORAN GONZALEZ	CLUB ATLETISMO PORRIÑO	8	0:30:32	00:35	6	0:49:35	23	00:30	1	0:17:31	<b>1:38:42</b>	0:04:44
5	10	ADRIAN ABOAL LOSADA	TRIATLÓN RÍAS BAIXAS	4	0:29:52	00:35	8	0:50:20	22.65	00:30	6	0:18:03	<b>1:39:18</b>	0:05:21
6	68	DANIEL TARELA MIRAMONTES	TRIATLÓN O TREITO	12	0:30:58	00:35	7	0:50:09	22.73	00:29	12	0:18:52	<b>1:41:01</b>	0:07:04
7	18	GABRIEL CASTIÑEIRA PAIS	TRIATLÓN COSTA DA MORTE	11	0:30:48	00:32	9	0:52:01	21.92	00:27	8	0:18:25	<b>1:42:11</b>	0:08:14
8	51	DAVID LANDEIRA CASTRO	ASOCIACIÓN DEPORTIVA MED	2	0:29:31	00:32	17	0:54:05	21.08	00:44	9	0:18:30	<b>1:43:20</b>	0:09:23
9	36	JUAN JOSE GONZÁLEZ ARIAS	TRIATLÓN ARTEIXO	7	0:30:25	00:32	20	0:54:19	20.99	00:27	4	0:17:41	<b>1:43:22</b>	0:09:25
10	81	DIEGO SOTELO FERNÁNDEZ	C. TRIATLÓN OURENSE	14	0:31:26	00:34	10	0:52:15	21.82	00:31	11	0:18:43	<b>1:43:27</b>	0:09:30
11	15	ANTONIO MATO CARAMES	CLUB PEÑA CICLISTA TOXO	31	0:33:26	00:36	5	0:49:00	23.27	00:43	21	0:19:48	<b>1:43:31</b>	0:09:34
12	29	EDUARDO SAAVEDRA LAGARES	TRIATLÓN FERROL	5	0:29:57	00:35	24	0:54:51	20.79	00:35	3	0:17:41	<b>1:43:37</b>	0:09:40
13	2	FADY HOUT VARELA	CLUB NATACIÓN LICEO	13	0:31:14	00:33	12	0:53:08	21.46	00:24	13	0:19:00	<b>1:44:17</b>	0:10:20
14	76	RICARDO REY MARTINEZ	NOSPORTLIMIT	18	0:31:53	00:30	15	0:53:50	21.18	00:31	10	0:18:42	<b>1:45:24</b>	0:11:27
15	65	DANIEL MARTINEZ RIVERA	A.D. NÁUTICO DE NARÓN	9	0:30:37	00:33	26	0:55:14	20.64	00:30	17	0:19:23	<b>1:46:14</b>	0:12:17
16	23	ADRIAN RODRIGUEZ CAMBON	ASOCIACIÓN DEPORTIVA MED	17	0:31:53	00:37	21	0:54:28	20.93	00:33	19	0:19:34	<b>1:47:03</b>	0:13:06
17	84	EDUARDO BUJAN SANTOS	CLUB PEÑA CICLISTA TOXO	26	0:32:55	00:34	16	0:54:05	21.08	00:26	18	0:19:32	<b>1:47:30</b>	0:13:33
18	35	PORFIRIO FERNÁNDEZ VIDAL	CLUB CICLISMO-TRIATLÓN PO	19	0:32:09	00:37	18	0:54:13	21.03	00:33	28	0:20:25	<b>1:47:54</b>	0:13:57
19	115	MANUEL GONZALEZ OJEA	TRIATLÓN RÍAS BAIXAS	32	0:33:38	00:48	19	0:54:17	21.01	00:33	14	0:19:08	<b>1:48:21</b>	0:14:24
20	41	DAVID MARTÍNEZ LEIRAS	A.D. NÁUTICO DE NARÓN	21	0:32:26	00:36	25	0:54:59	20.74	00:52	20	0:19:37	<b>1:48:28</b>	0:14:31
21	85	CARLOS GARCIA BLANCO	TRIATLÓN VILAGARCÍA - ATEN	38	0:34:06	00:41	14	0:53:48	21.19	00:22	24	0:20:16	<b>1:49:10</b>	0:15:13
22	50	RAMIRO GONZÁLEZ FRANCO	TRIATLÓN COSTA DA MORTE	29	0:33:23	00:41	23	0:54:34	20.9	00:24	33	0:20:38	<b>1:49:37</b>	0:15:40
23	14	JAVIER RODRIGUEZ GONZALEZ	CLUB PEÑA CICLISTA TOXO	27	0:32:55	00:36	28	0:55:32	20.53	00:29	27	0:20:20	<b>1:49:51</b>	0:15:54
24	55	ELOY REY MARTÍNEZ	ARTROGAL-TRI 498	23	0:32:51	00:43	31	0:56:09	20.31	00:33	22	0:20:08	<b>1:50:22</b>	0:16:24
25	57	JOSE ANGEL RODRÍGUEZ POUSO	TRIATLÓN VILAGARCÍA - ATEN	33	0:33:43	00:33	29	0:55:59	20.37	00:31	31	0:20:28	<b>1:51:12</b>	0:17:14
26	54	CÉSAR IGLESIAS DOCAL	MONTE PENARUBIA RUNNING	41	0:34:25	00:48	27	0:55:19	20.61	00:37	23	0:20:09	<b>1:51:15</b>	0:17:18
27	82	RUBEN DARIO PARDO NEBRIL	NOSPORTLIMIT	49	0:35:56	00:59	11	0:53:03	21.49	00:55	32	0:20:32	<b>1:51:23</b>	0:17:26
28	93	MAXIMINO DE LA IGLESIA CREO	TRIATLÓN O TREITO	34	0:33:44	00:34	22	0:54:31	20.91	00:33	46	0:22:11	<b>1:51:32</b>	0:17:35
29	39	ANGEL VILANOVA TOMÉ	TRIATLÓN O TREITO	52	0:36:13	00:36	13	0:53:43	21.22	00:31	34	0:21:08	<b>1:52:10</b>	0:18:12
30	52	ANXO MEIZOSO PERMUI	TRIATLÓN ARTEIXO										<b>1:52:15</b>	0:18:18
31	7	ALFONSO MATA GONZALEZ	ARCADE INFORHOUSE SANTI	22	0:32:48	00:31	33	0:56:55	20.03	00:26	45	0:22:05	<b>1:52:43</b>	0:18:45
32	20	ADRIÁN ROJO LUACES	TRIATLÓN COSTA DA MORTE	10	0:30:48	00:32	50	1:01:15	18.61	00:34	26	0:20:18	<b>1:53:25</b>	0:19:28
33	69	JAIRO PRIETO CAAMAÑO	TRIATLÓN COSTA DA MORTE	30	0:33:25	00:43	39	0:58:21	19.54	00:32	29	0:20:26	<b>1:53:25</b>	0:19:28
34	4	ELOY VILLANUEVA RICO	A.D. NÁUTICO DE NARÓN	16	0:31:45	00:21	53	1:01:55	18.41	00:19	16	0:19:21	<b>1:53:39</b>	0:19:42
35	16	GERMÁN MOSQUERA FILGUEIRA	ARTROGAL-TRI 498	28	0:33:06	00:33	41	0:58:48	19.39	00:33	40	0:21:40	<b>1:54:38</b>	0:20:40
36	64	JOSE MANUEL BALBOA PADIN	CLUB CICLISMO-TRIATLÓN PO	40	0:34:14	00:44	36	0:57:47	19.73	00:40	39	0:21:34	<b>1:54:57</b>	0:21:00
37	112	JOSE FERRACES REGUEIRO	TRIATLÓN FERROL	45	0:34:42	00:39	35	0:57:25	19.86	00:44	36	0:21:31	<b>1:54:59</b>	0:21:01
38	11	RICARDO FERNÁNDEZ GARCIA	TRIATLÓN FERROL	42	0:34:26	00:39	43	0:59:08	19.28	00:35	25	0:20:16	<b>1:55:01</b>	0:21:04
39	6	ÍÑIGO MARTÍNEZ MARTÍNEZ	CLUB CICLISMO-TRIATLÓN PO	20	0:32:11	00:38	46	0:59:57	19.02	00:30	43	0:21:51	<b>1:55:05</b>	0:21:07
40	26	MARTÍN GONZÁLEZ VÁZQUEZ	TRIATLÓN ARTEIXO	36	0:34:03	00:48	44	0:59:23	19.2			13:01:26	<b>1:55:39</b>	0:21:42
41	31	ANGEL TRILLO BLANCO	CLUB PEÑA CICLISTA TOXO	51	0:36:12	00:45	38	0:58:13	19.58	00:46	30	0:20:27	<b>1:56:21</b>	0:22:24
42	12	JESUS MARTINEZ CASTRO	CLUB PEÑA CICLISTA TOXO	58	0:37:10	00:38	32	0:56:53	20.04	00:33	42	0:21:48	<b>1:57:01</b>	0:23:03
43	37	ENRIQUE RIVAS PULPEIRO	NOSPORTLIMIT	50	0:35:57	00:43	30	0:56:04	20.34	00:38	60	0:24:33	<b>1:57:52</b>	0:23:55

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
44	87	ALBERTO SOTO CAMPOS	NOSPORTLIMIT	46	0:35:21	00:40	37	0:58:02	19.65	00:40	56	0:23:12	<b>1:57:53</b>	0:23:55
45	72	ALBERTO CANEIRO CANEIRO	TRIATLÓN FERROL	44	0:34:40	00:35	51	1:01:24	18.57	00:43	37	0:21:32	<b>1:58:52</b>	0:24:55
46	40	ALVARO JOAQUIN LÓPEZ AMOR	NOSPORTLIMIT	48	0:35:49	00:41	47	1:00:30	18.85	00:32	44	0:22:04	<b>1:59:34</b>	0:25:37
47	113	MANUEL ANGEL PITA PEREIRA	TRIATLÓN FERROL	59	0:37:13	00:44	42	0:58:57	19.34	00:35	51	0:22:40	<b>2:00:08</b>	0:26:10
48	100	JOSE BENITO CHARLIN TRIGO	TRIATLÓN VILAGARCÍA - ATEN	53	0:36:24	01:06	45	0:59:40	19.11	00:51	49	0:22:28	<b>2:00:27</b>	0:26:30
49	48	DIEGO FREIRE CALVO	CLUB CICLISMO-TRIATLON PO	54	0:36:49	00:48	48	1:00:41	18.79	00:43	54	0:23:00	<b>2:01:58</b>	0:28:01
50	58	ESTEBAN FERNANDEZ DIAZ	NOSPORTLIMIT	24	0:32:53	00:43	61	1:06:15	17.21	00:37	38	0:21:33	<b>2:02:00</b>	0:28:02
51	104	CELSO SUAREZ FERNANDEZ	KURAI	61	0:37:41	00:50	40	0:58:38	19.45	00:47	61	0:24:44	<b>2:02:37</b>	0:28:40
52	109	ENRIQUE LUIS ALVAREZ ESTEVEZ	NOSPORTLIMIT	63	0:37:55	00:52	49	1:01:12	18.63	00:44	58	0:23:35	<b>2:04:17</b>	0:30:20
53	13	VALENTIN BARCIA ANIDO	TRIATLÓN ARTEIXO	47	0:35:31	00:51	59	1:05:02	17.53	00:48	48	0:22:20	<b>2:04:30</b>	0:30:33
54	46	RUBÉN SÁNCHEZ VÁZQUEZ	NOSPORTLIMIT	57	0:36:54	00:52	55	1:03:26	17.97	00:31	52	0:22:50	<b>2:04:31</b>	0:30:34
55	22	DANIEL LÓPEZ GARCÍA	KURAI	56	0:36:53	01:08	54	1:02:16	18.31	01:17	55	0:23:06	<b>2:04:39</b>	0:30:42
56	70	LUIS GARCIA LOPEZ	CLUB TRIATLÓN CORUÑA	25	0:32:53	00:20	69	1:10:24	16.2	00:25	35	0:21:11	<b>2:05:11</b>	0:31:14
57	95	LUIS FERNANDEZ ESPADA	KURAI	43	0:34:33	01:13	66	1:10:01	16.28	01:26	15	0:19:15	<b>2:06:26</b>	0:32:29
58	60	RUBEN JOSE LOPEZ FERNANDEZ	A.D. NÁUTICO DE NARÓN	62	0:37:49		75	12:49:52	1.48	00:29	47		<b>2:06:49</b>	0:32:52
59	98	JOSE MANUEL CERNADAS FERNAN	NOSPORTLIMIT	65	0:38:17	01:02	56	1:04:22	17.71	01:03	50	0:22:36	<b>2:07:18</b>	0:33:21
60	24	ANTONIO RODRÍGUEZ FERNÁNDEZ	KURAI	70	0:39:12	00:25	60	1:05:45	17.34	00:33	59	0:23:56	<b>2:09:49</b>	0:35:52
61	106	FRANCISCO FERNÁNDEZ ANTELO	TRIATLÓN O TREITO	74	0:40:43	00:54	57	1:04:28	17.68	00:36	57	0:23:30	<b>2:10:09</b>	0:36:12
62	25	ALBERTO RODRIGUEZ GONZÁLEZ	TRIATLÓN COSTA DA MORTE	55	0:36:50	00:36	58	1:04:38	17.64	00:39	68	0:27:46	<b>2:10:27</b>	0:36:30
63	79	FRANCISCO JAVIER IGLESIAS PRAD	ARCADE INFORHOUSE SANTI	60	0:37:40	00:34	62	1:06:32	17.14	01:27	64	0:25:09	<b>2:11:19</b>	0:37:22
64	90	JOSE ANTONIO VIDAL MANSO	TRIATLÓN FERROL	73	0:39:58	00:38	52	1:01:41	18.48	00:39	69	0:28:32	<b>2:11:26</b>	0:37:29
65	107	JOSE DANIEL LOSADA GONZÁLEZ	TRIATLÓN ARTEIXO	67	0:38:20	01:14	63	1:07:00	17.02	01:36	62	0:24:53	<b>2:13:01</b>	0:39:03
66	71	JORGE BARATA ALONSO	CLUB HÉRCULES TERMARIA	64	0:38:16	00:58	70	1:11:40	15.91	00:56	53	0:22:55	<b>2:14:42</b>	0:40:45
67	17	DAVID FERNANDEZ FORNIS	ARTROGAL-TRI 498	71	0:39:18	00:58	64	1:08:07	16.74	00:57	67	0:26:47	<b>2:16:06</b>	0:42:09
68	62	JOSE CARLOS FREIRE SALORIO	NOSPORTLIMIT	69	0:38:49	01:23	65	1:09:49	16.33	01:03	65	0:25:32	<b>2:16:34</b>	0:42:37
69	77	GUILLERMO LIAÑO VIDAL	A.D. TRIATLÓN OLEIROS	68	0:38:28	01:08	67	1:10:18	16.22	00:53	66	0:26:11	<b>2:16:56</b>	0:42:59
70	96	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT	72	0:39:34	01:10	68	1:10:21	16.21	01:07	63	0:24:57	<b>2:17:07</b>	0:43:09
71	111	MANUEL OTERO GOMEZ	NOSPORTLIMIT	66	0:38:17	00:58	72	1:15:34	15.09	00:56	41	0:21:40	<b>2:17:23</b>	0:43:25
72	78	JAVIER MON FERNANDEZ	TRIATLÓN ARTEIXO	75	0:41:24	00:35	71	1:13:13	15.57	00:50	71	0:34:37	<b>2:30:37</b>	0:56:40
73	75	MARCO CASTRO SUAREZ	NOSPORTLIMIT	79	0:46:07	01:22	73	1:17:48	14.65	01:27	70	0:29:53	<b>2:36:34</b>	1:02:37
74	49	ELADIO SALGUEIRO GARCIA	NOSPORTLIMIT	80	0:57:28	01:09	74	1:51:52	10.19	01:26	72	0:43:35	<b>3:35:27</b>	2:01:30
NF	9	FRANCISCO PAIS FONDO	TRIATLÓN COSTA DA MORTE	6	0:30:09	00:31								
NF	19	DANIEL GARCÍA FERNÁNDEZ	TRIATLÓN ARTEIXO	37	0:34:03	00:38								
NF	30	ÓSCAR GONZALEZ ESTEVEZ	TRIATLÓN ARTEIXO	39	0:34:09	00:45								
NF	47	JUAN MANUEL RODRIGUEZ PUGA	NOSPORTLIMIT	76	0:42:28	00:58								
NF	56	ISAAC RODRIGUEZ MARTIN	TRIATLÓN ARTEIXO	78	0:45:18	01:20								
NF	99	JUAN MANUEL EXPÓSITO ABELEDO	TRIATLÓN MURALLA DE LUGO	35	0:33:47	00:40	34	0:57:02	19.99					
NF	108	STEPHAN JEANDON	ASOCIACIÓN DEPORTIVA MED	77	0:43:32	01:03	1	0:43:36	26.15					
NP	1	DARÍO MANUEL OTERO PAMPIN	TRIATLÓN O TREITO											
NP	32	BRUNO SOUTO PEREZ	NOSPORTLIMIT											
NP	33	ANTONIO RUBIO GARCÍA	CLUB TRIATLÓN CORUÑA											
NP	86	PABLO ROURA HERNÁNDEZ	INDEPENDIENTE											
NP	94	JOSE ALBERTO CASTELO SÁNCHEZ	NOSPORTLIMIT											
NP	103	MANUEL SAZ CEBRIÁN	NOSPORTLIMIT											
NP	105	LUÍS ALBERTO DIAZ PORTAS	CLUB ATLETISMO PORRIÑO											
NP	110	ANDRES MIGUEL PRIETO LOPEZ	A.D. FOGAR											

Localidade	SADA	Data	Domingo, 24 de febreiro de 2019	Distancia	SPRINT
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### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT AMANDO GUERRERO- FEGATRI RICARDO REY - NOSPORTLIMIT
Xuíz Arbitro:	NURIA BRAGE		
Responsable Oficiais:	NURIA BRAGE		

### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 89	Remataron : 74	Retirados : 7	Non Presentados : 8
			Descalificados : 0

## JUNIOR MASCULINA

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	4	ELOY VILLANUEVA RICO	A.D. NÁUTICO DE NARÓN	16	0:31:45	00:21	53	1:01:55	18.41	00:19	16	0:19:21	<b>1:53:39</b>	0:19:42

## VETERANOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Carreira	T1	P.	Ciclismo	Km/h.	T2	P.	Carreira	META	Dif.
1	67	MARCOS MAYO FIGUEIRA	TRIATLÓN O TREITO	15	0:31:42	00:42	3	0:46:34	24.48	00:33	7	0:18:21	<b>1:37:50</b>	0:03:53
2	66	ENRIQUE MORAN GONZALEZ	CLUB ATLETISMO PORRIÑO	8	0:30:32	00:35	6	0:49:35	23	00:30	1	0:17:31	<b>1:38:42</b>	0:04:44
3	68	DANIEL TARELA MIRAMONTE	TRIATLÓN O TREITO	12	0:30:58	00:35	7	0:50:09	22.73	00:29	12	0:18:52	<b>1:41:01</b>	0:07:04
4	81	DIEGO SOTELO FERNÁNDEZ	C. TRIATLÓN OURENSE	14	0:31:26	00:34	10	0:52:15	21.82	00:31	11	0:18:43	<b>1:43:27</b>	0:09:30
5	2	FADY HOUT VARELA	CLUB NATACIÓN LICEO	13	0:31:14	00:33	12	0:53:08	21.46	00:24	13	0:19:00	<b>1:44:17</b>	0:10:20
6	76	RICARDO REY MARTINEZ	NOSPORTLIMIT	18	0:31:53	00:30	15	0:53:50	21.18	00:31	10	0:18:42	<b>1:45:24</b>	0:11:27
7	65	DANIEL MARTINEZ RIVERA	A.D. NÁUTICO DE NARÓN	9	0:30:37	00:33	26	0:55:14	20.64	00:30	17	0:19:23	<b>1:46:14</b>	0:12:17
8	84	EDUARDO BUJAN SANTOS	CLUB PEÑA CICLISTA TOXO	26	0:32:55	00:34	16	0:54:05	21.08	00:26	18	0:19:32	<b>1:47:30</b>	0:13:33
9	115	MANUEL GONZALEZ OJEA	TRIATLÓN RÍAS BAIXAS	32	0:33:38	00:48	19	0:54:17	21.01	00:33	14	0:19:08	<b>1:48:21</b>	0:14:24
10	85	CARLOS GARCIA BLANCO	TRIATLÓN VILAGARCÍA - ATENAS R	38	0:34:06	00:41	14	0:53:48	21.19	00:22	24	0:20:16	<b>1:49:10</b>	0:15:13
11	82	RUBEN DARIO PARDO NEBRI	NOSPORTLIMIT	49	0:35:56	00:59	11	0:53:03	21.49	00:55	32	0:20:32	<b>1:51:23</b>	0:17:26
12	93	MAXIMINO DE LA IGLESIA CR	TRIATLÓN O TREITO	34	0:33:44	00:34	22	0:54:31	20.91	00:33	46	0:22:11	<b>1:51:32</b>	0:17:35
13	69	JAIRO PRIETO CAAMAÑO	TRIATLÓN COSTA DA MORTE	30	0:33:25	00:43	39	0:58:21	19.54	00:32	29	0:20:26	<b>1:53:25</b>	0:19:28
14	64	JOSE MANUEL BALBOA PADI	CLUB CICLISMO-TRIATLON POIO	40	0:34:14	00:44	36	0:57:47	19.73	00:40	39	0:21:34	<b>1:54:57</b>	0:21:00
15	112	JOSE FERRACES REGUEIRO	TRIATLÓN FERROL	45	0:34:42	00:39	35	0:57:25	19.86	00:44	36	0:21:31	<b>1:54:59</b>	0:21:01
16	87	ALBERTO SOTO CAMPOS	NOSPORTLIMIT	46	0:35:21	00:40	37	0:58:02	19.65	00:40	56	0:23:12	<b>1:57:53</b>	0:23:55
17	72	ALBERTO CANEIRO CANEIR	TRIATLÓN FERROL	44	0:34:40	00:35	51	1:01:24	18.57	00:43	37	0:21:32	<b>1:58:52</b>	0:24:55
18	113	MANUEL ANGEL PITA PEREI	TRIATLÓN FERROL	59	0:37:13	00:44	42	0:58:57	19.34	00:35	51	0:22:40	<b>2:00:08</b>	0:26:10
19	100	JOSE BENITO CHARLIN TRIG	TRIATLÓN VILAGARCÍA - ATENAS R	53	0:36:24	01:06	45	0:59:40	19.11	00:51	49	0:22:28	<b>2:00:27</b>	0:26:30
20	104	CELSO SUAREZ FERNANDEZ	KURAI	61	0:37:41	00:50	40	0:58:38	19.45	00:47	61	0:24:44	<b>2:02:37</b>	0:28:40
21	109	ENRIQUE LUIS ALVAREZ EST	NOSPORTLIMIT	63	0:37:55	00:52	49	1:01:12	18.63	00:44	58	0:23:35	<b>2:04:17</b>	0:30:20
22	70	LUIS GARCIA LOPEZ	CLUB TRIATLÓN CORUÑA	25	0:32:53	00:20	69	1:10:24	16.2	00:25	35	0:21:11	<b>2:05:11</b>	0:31:14
23	95	LUIS FERNANDEZ ESPADA	KURAI	43	0:34:33	01:13	66	1:10:01	16.28	01:26	15	0:19:15	<b>2:06:26</b>	0:32:29
24	98	JOSE MANUEL CERNADAS F	NOSPORTLIMIT	65	0:38:17	01:02	56	1:04:22	17.71	01:03	50	0:22:36	<b>2:07:18</b>	0:33:21
25	106	FRANCISCO FERNÁNDEZ AN	TRIATLÓN O TREITO	74	0:40:43	00:54	57	1:04:28	17.68	00:36	57	0:23:30	<b>2:10:09</b>	0:36:12
26	79	FRANCISCO JAVIER IGLESIA	ARCADE INFORHOUSE SANTIAGO	60	0:37:40	00:34	62	1:06:32	17.14	01:27	64	0:25:09	<b>2:11:19</b>	0:37:22
27	90	JOSE ANTONIO VIDAL MANS	TRIATLÓN FERROL	73	0:39:58	00:38	52	1:01:41	18.48	00:39	69	0:28:32	<b>2:11:26</b>	0:37:29
28	107	JOSE DANIEL LOSADA GONZ	TRIATLÓN ARTEIXO	67	0:38:20	01:14	63	1:07:00	17.02	01:36	62	0:24:53	<b>2:13:01</b>	0:39:03
29	71	JORGE BARATA ALONSO	CLUB HÉRCULES TERMARIA	64	0:38:16	00:58	70	1:11:40	15.91	00:56	53	0:22:55	<b>2:14:42</b>	0:40:45
30	77	GUILLERMO LIAÑO VIDAL	A.D. TRIATLÓN OLEIROS	68	0:38:28	01:08	67	1:10:18	16.22	00:53	66	0:26:11	<b>2:16:56</b>	0:42:59
31	96	ENRIQUE GRIÑAN TORRADO	NOSPORTLIMIT	72	0:39:34	01:10	68	1:10:21	16.21	01:07	63	0:24:57	<b>2:17:07</b>	0:43:09
32	111	MANUEL OTERO GOMEZ	NOSPORTLIMIT	66	0:38:17	00:58	72	1:15:34	15.09	00:56	41	0:21:40	<b>2:17:23</b>	0:43:25
33	78	JAVIER MON FERNANDEZ	TRIATLÓN ARTEIXO	75	0:41:24	00:35	71	1:13:13	15.57	00:50	71	0:34:37	<b>2:30:37</b>	0:56:40
34	75	MARCO CASTRO SUAREZ	NOSPORTLIMIT	79	0:46:07	01:22	73	1:17:48	14.65	01:27	70	0:29:53	<b>2:36:34</b>	1:02:37
NF	99	JUAN MANUEL EXPÓSITO AB	TRIATLÓN MURALLA DE LUGO	35	0:33:47	00:40	34	0:57:02	19.99					
NF	108	STEPHAN JEANDON	ASOCIACIÓN DEPORTIVA MEDIA DU	77	0:43:32	01:03	1	0:43:36	26.15					
NP	86	PABLO ROURA HERNÁNDEZ	INDEPENDIENTE											
NP	94	JOSE ALBERTO CASTELO SÁ	NOSPORTLIMIT											
NP	103	MANUEL SAZ CEBRIÁN	NOSPORTLIMIT											



# I DÚATLOS CROS DE MEIRÁS

SADA

## CLUBS CAMP. GALEGO MASCULINA

Localidade	SADA	Data	Domingo, 24 de febreiro de 2019	Distancia	SPRINT
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### Oficiais

Delegado Técnico:	JUAN LUIS BOTANA	Xurado da Competición	JUAN LUIS BOTANA - DT
Xuíz Arbitro:	NURIA BRAGE		AMANDO GUERRERO- FEGATRI
Responsable Oficiais:	NURIA BRAGE		RICARDO REY - NOSPORTLIMIT

### Datos da competición

Temperatura exterior: 19 °C	Carreira 7,85 Km. 2 voltas	Ciclismo 19 Km. 4 voltas	Carreira 4,35 Km. 1 volta
Inscritos : 89	Remataron : 74	Retirados : 7	Non Presentados : 8
			Descalificados : 0

#### 1 TRIATLÓN COSTA DA MORTE 5:08:59

1	DAVID	CALZAS ÍNSUA	1:37:11
2	GABRIEL	CASTIÑEIRA PAIS	1:42:11
3	RAMIRO	GONZÁLEZ FRANCO	1:49:37

#### 2 TRIATLÓN O TREITO 5:10:23

1	MARCOS	MAYO FIGUEIRA	1:37:50
2	DANIEL	TARELA MIRAMONTES	1:41:01
3	MAXIMINO	DE LA IGLESIA CREO	1:51:32

#### 3 CLUB PEÑA CICLISTA TOXO 5:20:51

1	ANTONIO	MATO CARAMES	1:43:31
2	EDUARDO	BUJAN SANTOS	1:47:30
3	JAVIER	RODRIGUEZ GONZALEZ	1:49:51

#### 4 A.D. NÁUTICO DE NARÓN 5:28:21

1	DANIEL	MARTINEZ RIVERA	1:46:14
2	DAVID	MARTÍNEZ LEIRAS	1:48:28
3	ELOY	VILLANUEVA RICO	1:53:39

#### 5 TRIATLÓN ARTEIXO 5:31:16

1	JUAN JOSE	GONZÁLEZ ARIAS	1:43:22
2	ANXO	MEIZOSO PERMUI	1:52:15
3	MARTÍN	GONZÁLEZ VÁZQUEZ	1:55:39

#### 6 TRIATLÓN FERROL 5:33:35

1	EDUARDO	SAAVEDRA LAGARES	1:43:37
2	JOSE	FERRACES REGUEIRO	1:54:59
3	RICARDO	FERNÁNDEZ GARCIA	1:55:01

#### 7 NOSPORTLIMIT 5:34:39

1	RICARDO	REY MARTINEZ	1:45:24
2	RUBEN DARIO	PARDO NEBRIL	1:51:23
3	ENRIQUE	RIVAS PULPEIRO	1:57:52

#### 8 CLUB CICLISMO-TRIATLON POIO 5:37:55

1	PORFIRIO	FERNÁNDEZ VIDAL	1:47:54
2	JOSE MANUEL	BALBOA PADIN	1:54:57
3	ÍÑIGO	MARTÍNEZ MARTÍNEZ	1:55:05

#### 9 TRIATLÓN VILAGARCÍA - ATENAS RUNNING 5:40:48

1	CARLOS	GARCIA BLANCO	1:49:10
2	JOSE ANGEL	RODRÍGUEZ POUSO	1:51:12
3	JOSE BENITO	CHARLIN TRIGO	2:00:27

#### 10 ARTROGAL-TRI 498 6:01:04

1	ELOY	REY MARTÍNEZ	1:50:22
2	GERMÁN	MOSQUERA FILGUEIRA	1:54:38
3	DAVID	FERNANDEZ FORNIS	2:16:06

#### 11 KURAI 6:13:42

1	CELSO	SUAREZ FERNANDEZ	2:02:37
2	DANIEL	LÓPEZ GARCÍA	2:04:39
3	LUIS	FERNANDEZ ESPADA	2:06:26





# I DÚATLOS CROS DE MEIRÁS

SADA

## CLUBS CAMP. GALEGO MASCULINA

<b>Localidade</b>	SADA	<b>Data</b>	Domingo, 24 de febreiro de 2019	<b>Distancia</b>	SPRINT
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### Oficiais

<b>Delegado Técnico:</b>	JUAN LUIS BOTANA	<b>Xurado da Competición</b>	JUAN LUIS BOTANA - DT
<b>Xuíz Arbitro:</b>	NURIA BRAGE		AMANDO GUERRERO- FEGATRI
<b>Responsable Oficiais:</b>	NURIA BRAGE		RICARDO REY - NOSPORTLIMIT

### Datos da competición

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<b>Inscritos :</b> 89	<b>Remataron :</b> 74	<b>Retirados :</b> 7	<b>Non Presentados :</b> 8	<b>Descalificados :</b> 0