

# XVII DUATLÓN

## CIDADE DE SANTIAGO

LOCALIDADE	SANTIAGO	DATA	23/03/2019	DISTANCIA	SPRINT	MODALIDADE	DUATLON		
Delegado Técnico	JOSE MANUEL REY RODRIGUEZ			JURADO DE COMPETICIÓN		JOSE MANUEL REY RODRIGUEZ (DT)			
Juez Árbitro	JAVIER SAMPEDRO VILA					AMANDO GUERRERO GIL (FEGATRI)			
Respons. Oficiais	JAVIER SAMPEDRO VILA					JAIME RUIZ DEL GANSO (TRIATLON FERROL)			
PROBA			TEMP	CARREIRA		CICLISMO		CARREIRA	
XVII DUATLON CIDADE DE SANTIAGO			-	5000 METROS		18,5 KILÓMETROS		2,5 KILOMETROS	
ABSOLUTO MASCULINO				2 voltas		3 voltas		1 volta	
INSCRITOS	196	ACABAN	163	RETIRADOS	10	DESCALIFICADOS	0	NON PRESENTADOS	23

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1		95	MUIÑO VARELA , CRISTIAN	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:15:17	03:04 min/Km	00:34:23	32,3 Km/h	00:07:55	03:10 min/Km	00:57:34
2		59	DOSIL LAGO , MANUEL DOMINGO	HOMBRE	ABSOLUTA	CLUB CICLISTA MUROS	00:15:18	03:04 min/Km	00:34:32	32,1 Km/h	00:07:52	03:09 min/Km	00:57:41
3		52	CENDAN LLORENS , FRANCISCO	HOMBRE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:15:51	03:11 min/Km	00:33:56	32,7 Km/h	00:08:02	03:13 min/Km	00:57:48
4		37	BALSA CASTRO , ALEJANDRO	HOMBRE	ABSOLUTA	CLUB NATACION LICEO	00:15:18	03:04 min/Km	00:34:40	32,0 Km/h	00:08:02	03:13 min/Km	00:57:59
5	1	78	GONZALEZ MARIÑO , JORGE	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:15:23	03:05 min/Km	00:34:32	32,1 Km/h	00:08:16	03:19 min/Km	00:58:11
6		120	SANTIAGO FERNANDEZ , GUSTAVO	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:15:07	03:02 min/Km	00:35:21	31,4 Km/h	00:07:48	03:08 min/Km	00:58:15
7	1	96	OTERO LESTON , BRAIS	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:15:51	03:11 min/Km	00:33:58	32,7 Km/h	00:08:29	03:24 min/Km	00:58:16
8	1	34	AGRELO GOMEZ , ROBERTO CARLOS	HOMBRE	VET1	ARTROGAL-TRI 498	00:15:18	03:04 min/Km	00:34:45	31,9 Km/h	00:08:20	03:20 min/Km	00:58:22
9		93	MENDEZ ARIAS , DAVID	HOMBRE	ABSOLUTA	KURAI	00:15:42	03:09 min/Km	00:34:58	31,7 Km/h	00:07:57	03:11 min/Km	00:58:36
10		127	TRONCOSO SOBRINO , RAMON	HOMBRE	ABSOLUTA	CLUB ATLETISMO PORRIÑO	00:16:07	03:14 min/Km	00:33:54	32,7 Km/h	00:08:44	03:30 min/Km	00:58:44
11		97	PAIS FONDO , FRANCISCO	HOMBRE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:52	03:11 min/Km	00:35:03	31,7 Km/h	00:07:56	03:11 min/Km	00:58:51
12	2	70	FRAGA DIAZ , MANUEL	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:03	03:13 min/Km	00:34:24	32,3 Km/h	00:08:26	03:23 min/Km	00:58:52
13		81	IGLESIAS AREA , CARLOS	HOMBRE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:15:51	03:11 min/Km	00:34:45	31,9 Km/h	00:08:19	03:20 min/Km	00:58:54
14	3	58	DOPAZO MIGUEZ , ALBERTO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:15:52	03:11 min/Km	00:34:53	31,8 Km/h	00:08:13	03:18 min/Km	00:58:57
15	4	38	BALSA ESTEVEZ , JUAN JOSE	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:19	03:16 min/Km	00:34:25	32,3 Km/h	00:08:19	03:20 min/Km	00:59:02



# XIII DUATLÓN

## CIDADE DE SANTIAGO

16	5	83	JANEIRO LORENZO , JORGE	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:15:52	03:11 min/Km	00:35:02	31,7 Km/h	00:08:18	03:20 min/Km	00:59:11
17		91	MARTINEZ TRIGO , ROBERTO	HOMBRE	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:16:06	03:14 min/Km	00:34:42	32,0 Km/h	00:08:26	03:23 min/Km	00:59:13
18		31	ADE SCHNEIDER , MARCOS PAULO	HOMBRE	ABSOLUTA	NATAACION PABELLON OURENSE	00:16:19	03:16 min/Km	00:34:37	32,1 Km/h	00:08:20	03:20 min/Km	00:59:16
19		48	CALZAS INSUA , DAVID	HOMBRE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:52	03:11 min/Km	00:35:06	31,6 Km/h	00:08:23	03:22 min/Km	00:59:20
20	1	100	PEREZ BLANCO , XOSE	HOMBRE	CADETE	LAMARGHA-BEARIZ TRIATLON	00:16:04	03:13 min/Km	00:34:43	32,0 Km/h	00:08:41	03:29 min/Km	00:59:27
21		85	LAGO MONROY , ISMAEL	HOMBRE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:16:02	03:13 min/Km	00:34:55	31,8 Km/h	00:08:49	03:32 min/Km	00:59:45
22		62	FELPETE OURO , DAVID	HOMBRE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:15:53	03:11 min/Km	00:34:58	31,7 Km/h	00:08:59	03:36 min/Km	00:59:49
23	2	125	SOUTO PRIETO , ANTONIO	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:06	03:14 min/Km	00:34:58	31,7 Km/h	00:08:48	03:32 min/Km	00:59:51
24	3	92	MATA GONZALEZ , ALFONSO	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:02	03:13 min/Km	00:35:03	31,7 Km/h	00:08:49	03:32 min/Km	00:59:52
25		64	FERNANDEZ FERNANDEZ , JAVIER	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:04	03:13 min/Km	00:34:49	31,9 Km/h	00:09:11	03:41 min/Km	01:00:03
26	6	119	RUBIO RUBIRA , IVAN	HOMBRE	VET1	TRIATLON ARTEIXO	00:16:25	03:17 min/Km	00:35:27	31,3 Km/h	00:08:38	03:28 min/Km	01:00:29
27		79	GONZALEZ REY , JOSE	HOMBRE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:50	03:22 min/Km	00:35:03	31,7 Km/h	00:08:43	03:30 min/Km	01:00:35
28		68	FERRADANS VALDES , JORGE	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:23	03:17 min/Km	00:35:38	31,2 Km/h	00:08:55	03:34 min/Km	01:00:56
29		63	FERNANDEZ ENCINA , ALBERTO	HOMBRE	ABSOLUTA	CLUB DEPORTIVO TRIATLON BIERZO	00:15:52	03:11 min/Km	00:36:41	30,3 Km/h	00:08:35	03:26 min/Km	01:01:07
30	4	45	BLANCO RUIZ , JACOBO	HOMBRE	SUB23	CLUB NATAACION LICEO	00:15:23	03:05 min/Km	00:37:39	29,5 Km/h	00:08:13	03:18 min/Km	01:01:14
31		54	CONDE VALLADARES , ANGEL	HOMBRE	ABSOLUTA	KURAI	00:16:19	03:16 min/Km	00:36:12	30,7 Km/h	00:08:47	03:31 min/Km	01:01:16
32	7	108	RAMOS FERROL , ARTURO BENIGNO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:26	03:18 min/Km	00:36:11	30,7 Km/h	00:08:43	03:30 min/Km	01:01:19
33		88	MALVAREZ LOURO , JESUS	HOMBRE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:48	03:22 min/Km	00:35:32	31,2 Km/h	00:09:06	03:39 min/Km	01:01:24
34		67	FERNANDEZ VAZQUEZ , OSCAR	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:17:00	03:24 min/Km	00:35:32	31,2 Km/h	00:09:39	03:52 min/Km	01:02:11
35		32	AGRA RIAL , CARLOS	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:24	03:17 min/Km	00:37:04	29,9 Km/h	00:08:48	03:32 min/Km	01:02:15
36	8	42	BERNARDEZ FERREIROS , PEDRO PABLO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:24	03:17 min/Km	00:37:06	29,9 Km/h	00:08:48	03:32 min/Km	01:02:16
37	9	107	RAMOS BOTANA , JAVIER	HOMBRE	VET1	A.D. TRI-PENTA TERRAS DE LUGO	00:16:24	03:17 min/Km	00:36:23	30,5 Km/h	00:10:02	04:01 min/Km	01:02:48
38		116	RODRIGUEZ OTERO , BORJA	HOMBRE	ABSOLUTA	CLUB TRIATLON RIANXO	00:17:42	03:33 min/Km	00:35:22	31,4 Km/h	00:09:54	03:58 min/Km	01:02:57
39	10	61	ESTEVEZ PEREIRA , FRANCISCO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:50	03:22 min/Km	00:37:08	29,9 Km/h	00:09:04	03:38 min/Km	01:03:00
40		60	ESTEBAN FERREIRO , DAVID	HOMBRE	ABSOLUTA	TRISADA	00:16:48	03:22 min/Km	00:37:14	29,8 Km/h	00:09:01	03:37 min/Km	01:03:01



# XXIII DUATLÓN

## CIDADE DE LUGO DE SANTIAGO

41	84	<b>LAGO FIGUEROA , SANTIAGO</b>	HOMBRE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:51	03:23 min/Km	00:37:25	29,7 Km/h	00:08:57	03:35 min/Km	<b>01:03:12</b>	
42	98	<b>PENA SOTO , FRANCISCO JAVIER</b>	HOMBRE	ABSOLUTA	TRIATLON FERROL	00:16:05	03:13 min/Km	00:38:35	28,8 Km/h	00:08:35	03:26 min/Km	<b>01:03:15</b>	
43	104	<b>POSE REGUEIRO , PASTOR ADRIAN</b>	HOMBRE	ABSOLUTA	TRISADA	00:17:30	03:30 min/Km	00:36:51	30,1 Km/h	00:09:06	03:39 min/Km	<b>01:03:27</b>	
44	11	66	<b>FERNANDEZ OTERO , GONZALO</b>	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:09	03:26 min/Km	00:37:21	29,7 Km/h	00:08:58	03:36 min/Km	<b>01:03:27</b>
45		55	<b>DA SILVA ANTONIO , DANIEL</b>	HOMBRE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:17:01	03:25 min/Km	00:37:21	29,7 Km/h	00:09:17	03:43 min/Km	<b>01:03:39</b>
46	12	46	<b>BUJAN OTERO , JOSE CARLOS</b>	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:29	03:18 min/Km	00:38:28	28,9 Km/h	00:08:49	03:32 min/Km	<b>01:03:44</b>
47		36	<b>ANDRADE FERNANDEZ , IÑAKI OMAR</b>	HOMBRE	ABSOLUTA	TRINORTH	00:17:41	03:33 min/Km	00:36:47	30,2 Km/h	00:09:17	03:43 min/Km	<b>01:03:44</b>
48	5	44	<b>BLANCO PORTO , RAUL</b>	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:20	03:16 min/Km	00:39:09	28,4 Km/h	00:08:19	03:20 min/Km	<b>01:03:47</b>
49		124	<b>SOUTO CORES , ABEL</b>	HOMBRE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:17:00	03:24 min/Km	00:37:47	29,4 Km/h	00:09:03	03:38 min/Km	<b>01:03:48</b>
50	6	90	<b>MARTINEZ MARTINEZ , IÑIGO</b>	HOMBRE	SUB23	CLUB CICLISMO-TRIATLON POIO	00:16:32	03:19 min/Km	00:38:28	28,9 Km/h	00:08:55	03:34 min/Km	<b>01:03:54</b>
51	13	35	<b>ALONSO FIGUEROA , PABLO</b>	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:34	03:19 min/Km	00:38:33	28,8 Km/h	00:08:48	03:32 min/Km	<b>01:03:54</b>
52	14	106	<b>QUINTEIRO SILVA , JOSE LUIS</b>	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:44	03:21 min/Km	00:38:30	28,8 Km/h	00:08:43	03:30 min/Km	<b>01:03:56</b>
53	15	73	<b>GARCIA PEREZ , DAVID</b>	HOMBRE	VET1	TRIATLON FERROL	00:16:52	03:23 min/Km	00:38:14	29,0 Km/h	00:09:16	03:43 min/Km	<b>01:04:20</b>
54	2	122	<b>SENDIÑA PINTOS , CARLOS ANDRES</b>	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:16:31	03:19 min/Km	00:38:43	28,7 Km/h	00:09:19	03:44 min/Km	<b>01:04:32</b>
55		40	<b>BEASCOECHEA PORTAS , PABLO JUAN</b>	HOMBRE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:16:23	03:17 min/Km	00:39:08	28,4 Km/h	00:09:05	03:38 min/Km	<b>01:04:35</b>
56	16	51	<b>CASTRELO CONDE , FRANCISCO JAVIER</b>	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:34	03:31 min/Km	00:37:50	29,3 Km/h	00:09:19	03:44 min/Km	<b>01:04:43</b>
57	2	111	<b>REY OLIVEIRA , JUAN</b>	HOMBRE	CADETE	TRIATLON BOIRO	00:16:24	03:17 min/Km	00:38:57	28,5 Km/h	00:09:29	03:48 min/Km	<b>01:04:50</b>
58		87	<b>MALLO NIETO , JULIO</b>	HOMBRE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:16:46	03:22 min/Km	00:39:17	28,3 Km/h	00:08:50	03:32 min/Km	<b>01:04:52</b>
59		102	<b>PICALLO MATO , ADRIAN</b>	HOMBRE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:17:36	03:32 min/Km	00:37:59	29,2 Km/h	00:09:24	03:46 min/Km	<b>01:04:58</b>
60	17	47	<b>CABANELAS EIRAS , PABLO</b>	HOMBRE	VET1	CLUB OLIMPICO DE VEDRA	00:17:50	03:34 min/Km	00:37:35	29,5 Km/h	00:09:46	03:55 min/Km	<b>01:05:09</b>
61	18	75	<b>GARCIA RODRIGUEZ , JORGE MANUEL</b>	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:46	03:22 min/Km	00:39:34	28,1 Km/h	00:09:04	03:38 min/Km	<b>01:05:23</b>
62	3	77	<b>GONZALEZ BORGES , DAVID</b>	HOMBRE	CADETE	CLUB TRIATLON MAR DE VIGO	00:17:56	03:36 min/Km	00:39:01	28,4 Km/h	00:08:30	03:24 min/Km	<b>01:05:26</b>
63	3	123	<b>SIMON COTELO , MANUEL</b>	HOMBRE	JUNIOR	CLUB NATACION LICEO	00:17:02	03:25 min/Km	00:38:14	29,0 Km/h	00:10:26	04:11 min/Km	<b>01:05:42</b>
64		99	<b>PENAS OTERO , CRISTIAN</b>	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:16:06	03:14 min/Km	00:41:02	27,1 Km/h	00:08:54	03:34 min/Km	<b>01:06:01</b>
65	19	130	<b>VEIGA RAPOSO , IVAN</b>	HOMBRE	VET1	CIDADE DE LUGO FLUVIAL	00:16:20	03:16 min/Km	00:40:40	27,3 Km/h	00:09:25	03:46 min/Km	<b>01:06:25</b>



# XIII DUATLÓN

## CIDADE DE SANTIAGO

66	20	112	REY PADIN , FRANCISCO JAVIER	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:35	03:31 min/Km	00:39:33	28,1 Km/h	00:09:33	03:50 min/Km	01:06:40
67		105	PRESAS FARALDO , DOMINGO MANUEL	HOMBRE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:17:49	03:34 min/Km	00:39:21	28,2 Km/h	00:09:36	03:51 min/Km	01:06:45
68		33	AGRASAR CES , MARTIN	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:18	03:40 min/Km	00:38:55	28,5 Km/h	00:09:47	03:55 min/Km	01:06:59
69	21	76	GOMEZ AGRAS , LUIS	HOMBRE	VET1	TRIATLON FERROL	00:16:56	03:24 min/Km	00:40:45	27,2 Km/h	00:09:22	03:45 min/Km	01:07:02
70	22	86	LARIÑO LAGO , JOSE RAMON	HOMBRE	VET1	CLUB CICLISTA MUROS	00:18:01	03:37 min/Km	00:39:21	28,2 Km/h	00:09:46	03:55 min/Km	01:07:07
71	23	72	GARCIA IGLESIAS , LUCAS	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:48	03:34 min/Km	00:40:24	27,5 Km/h	00:09:15	03:42 min/Km	01:07:27
72		117	RODRIGUEZ SANTAMARIA , DAVID	HOMBRE	ABSOLUTA	TRIATLON BOIRO	00:18:28	03:42 min/Km	00:39:20	28,2 Km/h	00:09:53	03:58 min/Km	01:07:40
73	24	41	BEIRO GONZALEZ , JUAN CARLOS	HOMBRE	VET1	CLUB CICLISTA MUROS	00:17:49	03:34 min/Km	00:40:22	27,5 Km/h	00:09:43	03:54 min/Km	01:07:53
74	25	39	BARREIRO PEREIRA , XOSE ANTON	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:18	03:28 min/Km	00:41:21	26,8 Km/h	00:09:18	03:44 min/Km	01:07:56
75	26	121	SANTOMIL LAPIDO , MIGUEL	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:27	03:30 min/Km	00:40:57	27,1 Km/h	00:09:35	03:50 min/Km	01:07:59
76	7	69	FERRON MOURE , ADRIAN	HOMBRE	SUB23	CLUB NATACION RIVEIRA	00:17:03	03:25 min/Km	00:41:21	26,8 Km/h	00:09:40	03:52 min/Km	01:08:03
77		128	TUBIO DEL RIO , ANDRES MANUEL	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:16	03:40 min/Km	00:40:28	27,4 Km/h	00:09:54	03:58 min/Km	01:08:38
78		154	DOMINGUEZ GARCIA , NICOLAS	HOMBRE	ABSOLUTA	DISA HOSPITAL PERPETUO SOCORRO TRIATLÓN	00:15:36	03:08 min/Km	00:35:19	31,4 Km/h	00:08:09	03:16 min/Km	00:59:02
79		197	PRESA PRESA , SANTIAGO	HOMBRE	ABSOLUTA	TRIATLON RIAS BAIXAS	00:16:17	03:16 min/Km	00:35:29	31,3 Km/h	00:08:50	03:32 min/Km	01:00:35
80		180	MATO CARAMES , ANTONIO	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:22	03:41 min/Km	00:34:53	31,8 Km/h	00:09:01	03:37 min/Km	01:02:15
81		149	COSTA PEREIRA , MARCOS	HOMBRE	ABSOLUTA	CIDADE DE LUGO FLUVIAL	00:16:52	03:23 min/Km	00:37:33	29,6 Km/h	00:08:50	03:32 min/Km	01:03:13
82		192	PEREIRO ALONSO , DIEGO	HOMBRE	ABSOLUTA	CLUB ATLETISMO PORRIÑO	00:16:51	03:23 min/Km	00:37:34	29,5 Km/h	00:08:59	03:36 min/Km	01:03:23
83	4	131	ALONSO CAMPO , DIEGO	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:15:28	03:06 min/Km	00:39:47	27,9 Km/h	00:08:55	03:34 min/Km	01:04:09
84	27	136	BENAVIDES FALCON , OSCAR	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:17:38	03:32 min/Km	00:37:10	29,9 Km/h	00:09:38	03:52 min/Km	01:04:24
85	1	163	GARCIA ALVAREZ , ALVARO JAVIER	HOMBRE	VET2	TRIATLON FERROL	00:17:17	03:28 min/Km	00:38:22	28,9 Km/h	00:09:10	03:40 min/Km	01:04:49
86		171	LAIÑO SILVA , VICTOR	HOMBRE	ABSOLUTA	TRIATLON BOIRO	00:17:29	03:30 min/Km	00:38:01	29,2 Km/h	00:09:27	03:47 min/Km	01:04:57
87		144	CANTO BAÑA , BORJA	HOMBRE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:18:28	03:42 min/Km	00:37:05	29,9 Km/h	00:09:37	03:51 min/Km	01:05:09
88	2	161	FERRACES REGUEIRO , JOSE	HOMBRE	VET2	TRIATLON FERROL	00:17:42	03:33 min/Km	00:37:53	29,3 Km/h	00:09:48	03:56 min/Km	01:05:22
89		225	VAZQUEZ OTERO , SERGIO	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:17:18	03:28 min/Km	00:39:03	28,4 Km/h	00:09:20	03:44 min/Km	01:05:41
90		134	AÑON CEAN , CARLOS ELISEO	HOMBRE	ABSOLUTA	ASOCIACION DEPORTIVA MEDIA DUCIA	00:17:55	03:35 min/Km	00:39:26	28,1 Km/h	00:09:20	03:44 min/Km	01:06:40



# XIII DUATLÓN

## CIDADE DE AMARAL DE SANTIAGO

91	28	138	BOUZON OTERO , FERNANDO ANTONIO	HOMBRE	VET1	TRISADA	00:18:01	03:37 min/Km	00:39:45	27,9 Km/h	00:09:10	03:40 min/Km	01:06:55
92		229	VILAS GOMEZ , ANTONIO	HOMBRE	ABSOLUTA	ARTROGAL-TRI 498	00:18:22	03:41 min/Km	00:38:15	29,0 Km/h	00:10:23	04:10 min/Km	01:07:00
93	29	215	SANCHO REY , MARCOS ANTONIO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:17:37	03:32 min/Km	00:39:53	27,8 Km/h	00:09:38	03:52 min/Km	01:07:08
94		158	FERNANDEZ DOMINGUEZ , ADRIAN	HOMBRE	ABSOLUTA	TRIATLON BOIRO	00:17:18	03:28 min/Km	00:40:35	27,4 Km/h	00:09:22	03:45 min/Km	01:07:14
95	30	193	PICON ESPÍÑO , ROBERTO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:17:41	03:33 min/Km	00:40:43	27,3 Km/h	00:08:51	03:33 min/Km	01:07:14
96		186	NEGREIRA MARTINEZ , RUBEN	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:16:51	03:23 min/Km	00:40:57	27,1 Km/h	00:09:33	03:50 min/Km	01:07:20
97		159	FERNANDEZ FONTICOBA , EMILIO JOSE	HOMBRE	ABSOLUTA	TRIATLON FERROL	00:17:33	03:31 min/Km	00:40:10	27,6 Km/h	00:09:56	03:59 min/Km	01:07:37
98	31	140	BUJAN SANTOS , EDUARDO	HOMBRE	VET1	CLUB PEÑA CICLISTA TOXO	00:18:21	03:41 min/Km	00:39:47	27,9 Km/h	00:09:32	03:49 min/Km	01:07:40
99		147	CATRUFO URES , BORJA	HOMBRE	ABSOLUTA	TRIATLON FERROL	00:17:44	03:33 min/Km	00:40:45	27,2 Km/h	00:09:12	03:41 min/Km	01:07:40
100		191	PAZ GOMEZ , ARTURO	HOMBRE	ABSOLUTA	ATLETAS ACEA DE AMA	00:17:42	03:33 min/Km	00:40:27	27,4 Km/h	00:09:35	03:50 min/Km	01:07:42
101		153	CUTRIN LOPEZ , DAVID	HOMBRE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:18:20	03:40 min/Km	00:40:13	27,6 Km/h	00:09:11	03:41 min/Km	01:07:43
102		162	FREIRE CALVO , DIEGO	HOMBRE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:18:10	03:38 min/Km	00:40:11	27,6 Km/h	00:09:36	03:51 min/Km	01:07:55
103		152	CUENCA GARCIA , FRANCISCO JOSE	HOMBRE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:17:36	03:32 min/Km	00:40:42	27,3 Km/h	00:09:48	03:56 min/Km	01:08:05
104		198	PRIETO POVEDA , IVAN	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:08	03:38 min/Km	00:40:46	27,2 Km/h	00:09:34	03:50 min/Km	01:08:27
105		201	RILO GONZALEZ-VALLES , LUIS ANTONIO	HOMBRE	ABSOLUTA	TRIATLON FERROL	00:17:36	03:32 min/Km	00:40:54	27,1 Km/h	00:10:04	04:02 min/Km	01:08:32
106	32	175	LISTE FAYA , RODRIGO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:18:14	03:39 min/Km	00:40:27	27,4 Km/h	00:09:56	03:59 min/Km	01:08:36
107	33	169	GUIMAREY SENIN , JAVIER	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:24	03:29 min/Km	00:42:00	26,4 Km/h	00:09:14	03:42 min/Km	01:08:37
108	8	141	CABALLERO GARCIA , PABLO	HOMBRE	SUB23	NOSPORTLIMIT	00:17:44	03:33 min/Km	00:41:40	26,6 Km/h	00:09:13	03:42 min/Km	01:08:37
109	34	218	SOTO VIÑAS , DIEGO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:18:37	03:44 min/Km	00:40:31	27,4 Km/h	00:09:41	03:53 min/Km	01:08:49
110		157	FERNANDEZ DIAZ , ESTEBAN	HOMBRE	ABSOLUTA	NOSPORTLIMIT	00:17:35	03:31 min/Km	00:41:51	26,5 Km/h	00:09:26	03:47 min/Km	01:08:52
111	35	155	DOMINGUEZ SILVA , ANDRES	HOMBRE	VET1	CLUB CERVECERIA O COTON NEGREIRA	00:18:20	03:40 min/Km	00:40:47	27,2 Km/h	00:09:53	03:58 min/Km	01:08:59
112	36	143	CANEIRO CANEIRO , ALBERTO	HOMBRE	VET1	TRIATLON FERROL	00:17:42	03:33 min/Km	00:41:35	26,7 Km/h	00:09:44	03:54 min/Km	01:09:00
113		146	CASTRO LOPEZ , ALEJANDRO	HOMBRE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:18:26	03:42 min/Km	00:41:13	26,9 Km/h	00:09:28	03:48 min/Km	01:09:06
114	3	132	ALVAREZ RIVAS , JOSE MANUEL	HOMBRE	VET2	TRIATLON MURALLA DE LUGO	00:17:34	03:31 min/Km	00:42:11	26,3 Km/h	00:09:24	03:46 min/Km	01:09:08
115	37	150	COSTA VAZQUEZ , RAFAEL	HOMBRE	VET1	MONTE PENARUBIA RUNNING LUGO	00:17:47	03:34 min/Km	00:40:55	27,1 Km/h	00:10:28	04:12 min/Km	01:09:09



# XIII DUATLÓN

## CIDADE DE LUGO DE SANTIAGO

116	148	CESPON FIGUEIRA , MARCO ANTONIO	HOMBRE	ABSOLUTA	CLUB TRIATLON RIANXO	00:19:07	03:50 min/Km	00:40:02	27,7 Km/h	00:10:05	04:02 min/Km	01:09:13
117	38	RUSO GIRAUT , JOSE MARIA	HOMBRE	VET1	CLUB CERVECERIA O COTON NEGREIRA	00:18:56	03:48 min/Km	00:39:54	27,8 Km/h	00:10:26	04:11 min/Km	01:09:14
118	137	BESADA IGLESIAS , CRISTIAN	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:24	03:29 min/Km	00:42:26	26,2 Km/h	00:09:27	03:47 min/Km	01:09:16
119	39	OTERO LEDO , MARCOS	HOMBRE	VET1	CIDADE DE LUGO FLUVIAL	00:18:40	03:44 min/Km	00:40:21	27,5 Km/h	00:10:16	04:07 min/Km	01:09:16
120	40	PIÑEIRO ABALO , BERNARDO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:36	03:44 min/Km	00:40:53	27,2 Km/h	00:09:59	03:60 min/Km	01:09:28
121	222	VAZQUEZ GARCIA , IVAN	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:21	03:41 min/Km	00:41:26	26,8 Km/h	00:09:50	03:56 min/Km	01:09:36
122	41	VIDAL MANSO , JOSE ANTONIO	HOMBRE	VET1	TRIATLON FERROL	00:19:11	03:51 min/Km	00:39:49	27,9 Km/h	00:10:39	04:16 min/Km	01:09:38
123	226	VAZQUEZ PEÑAMARIA , ENRIQUE MANUEL	HOMBRE	ABSOLUTA	CLUB CERVECERIA O COTON NEGREIRA	00:18:24	03:41 min/Km	00:41:43	26,6 Km/h	00:09:33	03:50 min/Km	01:09:40
124	224	VAZQUEZ LOPEZ , DANIEL	HOMBRE	ABSOLUTA	MONTE PENARUBIA RUNNING LUGO	00:19:09	03:50 min/Km	00:40:27	27,4 Km/h	00:10:06	04:03 min/Km	01:09:41
125	173	LEMA NANTON , VICTOR	HOMBRE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:19:02	03:49 min/Km	00:40:33	27,4 Km/h	00:10:21	04:09 min/Km	01:09:55
126	42	RODRIGUEZ FERNANDEZ , IAGO	HOMBRE	VET1	TRIATLON RIAS BAIXAS	00:17:36	03:32 min/Km	00:42:46	26,0 Km/h	00:09:39	03:52 min/Km	01:09:59
127	43	RIVAS RODRIGUEZ , ENRIQUE	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:45	03:57 min/Km	00:39:53	27,8 Km/h	00:10:27	04:11 min/Km	01:10:04
128	44	GONTAN CASTRO , JOSE ANTONIO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:44	03:57 min/Km	00:39:48	27,9 Km/h	00:10:34	04:14 min/Km	01:10:05
129	45	LOPEZ SUAREZ , MANUEL ANTONIO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:15	03:51 min/Km	00:40:48	27,2 Km/h	00:10:26	04:11 min/Km	01:10:27
130	167	GONZALEZ SUAREZ , ALBERTO ALBINO	HOMBRE	ABSOLUTA	KURAI	00:17:22	03:29 min/Km	00:43:30	25,5 Km/h	00:09:38	03:52 min/Km	01:10:29
131	207	RODRIGUEZ HIERRO , DAVID	HOMBRE	ABSOLUTA	KURAI	00:18:02	03:37 min/Km	00:42:32	26,1 Km/h	00:09:56	03:59 min/Km	01:10:29
132	46	SUEIRO MENDEZ , ANDRES	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:46	03:34 min/Km	00:42:50	25,9 Km/h	00:10:00	04:00 min/Km	01:10:35
133	211	ROMERO CHOUZA , OSCAR	HOMBRE	ABSOLUTA	CLUB CICLISTA MUROS	00:18:34	03:43 min/Km	00:42:15	26,3 Km/h	00:09:48	03:56 min/Km	01:10:36
134	47	COSTOYA PRADO , CESAR	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:18:27	03:42 min/Km	00:41:44	26,6 Km/h	00:10:28	04:12 min/Km	01:10:38
135	4	MENDEZ LOPEZ , JUAN	HOMBRE	VET2	TRISADA	00:18:21	03:41 min/Km	00:43:05	25,8 Km/h	00:09:27	03:47 min/Km	01:10:51
136	5	OUTEIRO LOPEZ , XOSE RICARDO	HOMBRE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:53	03:47 min/Km	00:42:10	26,3 Km/h	00:10:03	04:02 min/Km	01:11:05
137	48	LOPEZ FERNANDEZ , JOSE ANTONIO	HOMBRE	VET1	ARTROGAL-TRI 498	00:18:43	03:45 min/Km	00:42:02	26,4 Km/h	00:10:28	04:12 min/Km	01:11:12
138	6	PASTRANA CRUZ , MANUEL	HOMBRE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:48	03:46 min/Km	00:42:39	26,0 Km/h	00:10:03	04:02 min/Km	01:11:30
139	49	FANDIÑO GARCIA , OSCAR	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:57	03:36 min/Km	00:43:55	25,3 Km/h	00:09:41	03:53 min/Km	01:11:33
140	50	MALDONADO GONZALEZ , CARLOS	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:15	03:51 min/Km	00:42:37	26,0 Km/h	00:10:18	04:08 min/Km	01:12:09



# XIII DUATLÓN

## CIDADE DE SANTIAGO

141	51	170	HERNANDEZ NAVEIRO , RAFAEL	HOMBRE	VET1	CLUB TRIATLON RIANXO	00:18:59	03:48 min/Km	00:43:21	25,6 Km/h	00:09:54	03:58 min/Km	01:12:14
142		166	GONZALEZ CALVO , ADRIAN	HOMBRE	ABSOLUTA	CORREDORES DO MIÑO	00:19:00	03:48 min/Km	00:42:53	25,9 Km/h	00:10:31	04:13 min/Km	01:12:23
143	52	174	LISTE BASCOY , ALEJANDRO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:24	03:41 min/Km	00:43:30	25,5 Km/h	00:10:37	04:15 min/Km	01:12:30
144		142	CABARCOS ROUCO , MIGUEL	HOMBRE	ABSOLUTA	A.D. NAUTICO DE NARON	00:18:43	03:45 min/Km	00:43:37	25,4 Km/h	00:10:30	04:12 min/Km	01:12:49
145	53	164	GARCIA SALGADO , CARLOS	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:20:03	04:01 min/Km	00:42:27	26,1 Km/h	00:10:41	04:17 min/Km	01:13:09
146		214	SABORIDO FERNANDEZ , EMILIO	HOMBRE	ABSOLUTA	CLUB TRIATLON RIANXO	00:18:57	03:48 min/Km	00:44:32	24,9 Km/h	00:10:12	04:05 min/Km	01:13:39
147		200	QUINTANS VAZQUEZ , JOSE ANTONIO	HOMBRE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:19:34	03:55 min/Km	00:43:20	25,6 Km/h	00:11:25	04:34 min/Km	01:14:18
148	54	208	RODRIGUEZ MARTINEZ , FERNANDO	HOMBRE	VET1	A.D. NAUTICO DE NARON	00:19:23	03:53 min/Km	00:43:37	25,4 Km/h	00:11:32	04:37 min/Km	01:14:31
149		199	QUINTANA RODRIGUEZ , MARCOS	HOMBRE	ABSOLUTA	NOSPORTLIMIT	00:20:01	04:01 min/Km	00:43:06	25,8 Km/h	00:11:31	04:37 min/Km	01:14:38
150	55	145	CASTRO AMBOAGE , GUSTAVO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:19:41	03:57 min/Km	00:44:07	25,2 Km/h	00:11:49	04:44 min/Km	01:15:37
151		187	NIETO LAREO , ADRIAN	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:20:08	04:02 min/Km	00:43:22	25,6 Km/h	00:12:09	04:52 min/Km	01:15:38
152	5	160	FERNANDEZ GARCIA , JACOBO	HOMBRE	JUNIOR	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:19:08	03:50 min/Km	00:46:37	23,8 Km/h	00:10:30	04:12 min/Km	01:16:14
153	56	196	PONTE LORENZO , MANUEL	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:19:30	03:54 min/Km	00:46:38	23,8 Km/h	00:10:31	04:13 min/Km	01:16:38
154	57	223	VAZQUEZ GONZALEZ , LINO	HOMBRE	VET1	CORREDORES DO MIÑO	00:19:00	03:48 min/Km	00:46:49	23,7 Km/h	00:10:52	04:21 min/Km	01:16:40
155		172	LAMEIRO PÉREZ , MARTÍN	HOMBRE	ABSOLUTA	TRIATLON BOIRO	00:20:33	04:07 min/Km	00:43:10	25,7 Km/h	00:13:00	05:12 min/Km	01:16:42
156	58	183	MOLINERO RECIO , HUGO	HOMBRE	VET1	CLUB NATACION LICEO	00:19:53	03:59 min/Km	00:46:49	23,7 Km/h	00:10:44	04:18 min/Km	01:17:25
157	4	220	VALIÑO GARCIA , UXIO	HOMBRE	CADETE	TRIATLON FERROL	00:19:13	03:51 min/Km	00:48:12	23,0 Km/h	00:11:03	04:26 min/Km	01:18:27
158	7	195	PITA PEREIRA , MANUEL ANGEL	HOMBRE	VET2	TRIATLON FERROL	00:19:12	03:51 min/Km	00:41:50	26,5 Km/h	00:17:27	06:59 min/Km	01:18:29
159	9	227	VIAN PEREZ , GABRIEL	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:19:10	03:50 min/Km	00:49:21	22,5 Km/h	00:10:54	04:22 min/Km	01:19:24
160		179	MARTINEZ SANJORGE , ANTONIO JESUS	HOMBRE	ABSOLUTA	CLUB DEPORTIVO PINARIUM	00:21:00	04:12 min/Km	00:49:11	22,6 Km/h	00:11:36	04:39 min/Km	01:21:46
161	8	184	NANIN LOPEZ , JOSE MANUEL	HOMBRE	VET2	CORREDORES DO MIÑO	00:19:51	03:59 min/Km	00:51:40	21,5 Km/h	00:10:36	04:15 min/Km	01:22:06
162	9	203	RODRIGUEZ CARAMES , JOSE MANUEL	HOMBRE	VET3	CLUB ATLETISMO PORRIÑO	00:20:52	04:11 min/Km	00:50:31	22,0 Km/h	00:11:52	04:45 min/Km	01:23:15
163		209	RODRIGUEZ PUGA , JUAN MANUEL	HOMBRE	ABSOLUTA	NOSPORTLIMIT	00:21:05	04:13 min/Km	00:50:22	22,0 Km/h	00:11:59	04:48 min/Km	01:23:25
NF		71	GARCIA CASTRO , MARCOS	HOMBRE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:15:50	03:10 min/Km					
NF		109	RAMOS REY , ARTURO	HOMBRE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:15:50	03:10 min/Km					



# XIII DUATLÓN

## CIDADE DE SANTIAGO

NF	113	RODRIGUEZ ABAD , XOEL	HOMBRE	CADETE	CLUB TRIATLON MAR DE VIGO	00:15:55	03:11 min/Km
NF	101	PEREZ SOLOVIEV , VICENTE	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:24	03:17 min/Km
NF	80	HAZ GARCIA , ADRIAN	HOMBRE	JUNIOR	A.D. TRIATLON OLEIROS	00:16:47	03:22 min/Km
NF	65	FERNANDEZ MARTINEZ , FERNANDO FRANCISCO	HOMBRE	VET1	CLUB OLIMPICO DE VEDRA	00:18:06	03:38 min/Km
NF	74	GARCIA PIÑEIRO , ANDRE	HOMBRE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:18:25	03:41 min/Km
NF	43	BLANCO GARCIA , FRANCISCO DAMIAN	HOMBRE	VET1	TRINORTH	00:18:53	03:47 min/Km
NF	89	MARTINEZ CASTRO , JESUS	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:19:01	03:49 min/Km
NF	181	MEIS VEIGA , FAUSTINO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:56	03:48 min/Km
NP	49	CANOSA FERNANDEZ , BRAIS	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO		
NP	50	CASTIÑEIRA FIGUEROA , ALBERTO	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO		
NP	53	COIRA LOJO , CARLOS	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING		
NP	56	DE CASTRO MARTINEZ , ANTONIO JESUS	HOMBRE	ABSOLUTA	TRINORTH		
NP	57	DIAZ PORTAS , LUIS ALBERTO	HOMBRE	VET2	CLUB ATLETISMO PORRIÑO		
NP	94	MOSQUERA FILGUEIRA , GERMAN	HOMBRE	ABSOLUTA	ARTROGAL-TRI 498		
NP	110	RAÑO REBOLO , DAVID	HOMBRE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING		
NP	114	RODRIGUEZ GONZALEZ , JAVIER	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO		
NP	115	RODRIGUEZ MACEIRA , DAVID	HOMBRE	ABSOLUTA	CLUB ATLETISMO PORRIÑO		
NP	118	ROJO LUACES , ADRIAN	HOMBRE	ABSOLUTA	TRIATLON COSTA DA MORTE		
NP	129	VEIGA MOSQUERA , JOSE ANTONIO	HOMBRE	VET2	ARCADE INFORHOUSE SANTIAGO		
NP	133	AMENEIRO MARTINEZ , FRANCISCO JAVIER	HOMBRE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO		
NP	135	BALADO NEIRO , DANIEL	HOMBRE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO		
NP	139	BUGALLO SENRA , JOSE	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO		
NP	168	GRAÑA PEREZ , OLIVER	HOMBRE	VET1	C. NATACION CEDEIRA MUEBLES GARCIA		
NP	185	NAVIA GIRALDEZ , SEGUNDO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING		
NP	204	RODRIGUEZ FERNANDEZ , ANTONIO	HOMBRE	ABSOLUTA	KURAI		





# XIII DUATLÓN

## CIDADE DE SANTIAGO

NP	206	RODRIGUEZ FERNANDEZ , MANUEL FRANCISCO	HOMBRE	ABSOLUTA	KURAI
NP	210	RODRIGUEZ VAZQUEZ , ADRIAN	HOMBRE	ABSOLUTA	OURENSE ATLETISMO
NP	212	ROSELL HURTADO , DANIEL	HOMBRE	ABSOLUTA	OURENSE ATLETISMO
NP	216	SAYANS REY , JOAQUIN	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING
NP	217	SIMON MARTINEZ , HECTOR	HOMBRE	ABSOLUTA	NOSPORTLIMIT
NP	221	VAZQUEZ FERNANDEZ , FRANCISCO	HOMBRE	VET1	TRIATLON MURALLA DE LUGO

### CATEGORIAS

#### CADETE

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO	CARREIRA 2		META	
20	1	100	PEREZ BLANCO , XOSE	HOMBRE	CADETE	LAMARGHA-BEARIZ TRIATLON	00:16:04	03:13 min/Km	00:34:43	32,0 Km/h	00:08:41	03:29 min/Km	00:59:27
57	2	111	REY OLVEIRA , JUAN	HOMBRE	CADETE	TRIATLON BOIRO	00:16:24	03:17 min/Km	00:38:57	28,5 Km/h	00:09:29	03:48 min/Km	01:04:50
62	3	77	GONZALEZ BORGES , DAVID	HOMBRE	CADETE	CLUB TRIATLON MAR DE VIGO	00:17:56	03:36 min/Km	00:39:01	28,4 Km/h	00:08:30	03:24 min/Km	01:05:26
157	4	220	VALIÑO GARCIA , UXIO	HOMBRE	CADETE	TRIATLON FERROL	00:19:13	03:51 min/Km	00:48:12	23,0 Km/h	00:11:03	04:26 min/Km	01:18:27



# XIII DUATLÓN

## CIDADE DE SANTIAGO

NF	113	RODRIGUEZ ABAD , XOEL	HOMBRE	CADETE	CLUB TRIATLON MAR DE VIGO	00:15:55	03:11 min/Km
----	-----	-----------------------	--------	--------	---------------------------	----------	--------------

JUNIOR													
POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
5	1	78	GONZALEZ MARIÑO , JORGE	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:15:23	03:05 min/Km	00:34:32	32,1 Km/h	00:08:16	03:19 min/Km	00:58:11
54	2	122	SENDIÑA PINTOS , CARLOS ANDRES	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:16:31	03:19 min/Km	00:38:43	28,7 Km/h	00:09:19	03:44 min/Km	01:04:32
63	3	123	SIMON COTELO , MANUEL	HOMBRE	JUNIOR	CLUB NATACION LICEO	00:17:02	03:25 min/Km	00:38:14	29,0 Km/h	00:10:26	04:11 min/Km	01:05:42
83	4	131	ALONSO CAMPO , DIEGO	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:15:28	03:06 min/Km	00:39:47	27,9 Km/h	00:08:55	03:34 min/Km	01:04:09
152	5	160	FERNANDEZ GARCIA , JACOBO	HOMBRE	JUNIOR	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:19:08	03:50 min/Km	00:46:37	23,8 Km/h	00:10:30	04:12 min/Km	01:16:14
NF		109	RAMOS REY , ARTURO	HOMBRE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:15:50	03:10 min/Km					
NF		80	HAZ GARCIA , ADRIAN	HOMBRE	JUNIOR	A.D. TRIATLON OLEIROS	00:16:47	03:22 min/Km					

SUB23													
POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
7	1	96	OTERO LESTON , BRAIS	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:15:51	03:11 min/Km	00:33:58	32,7 Km/h	00:08:29	03:24 min/Km	00:58:16
23	2	125	SOUTO PRIETO , ANTONIO	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:06	03:14 min/Km	00:34:58	31,7 Km/h	00:08:48	03:32 min/Km	00:59:51
24	3	92	MATA GONZALEZ , ALFONSO	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:02	03:13 min/Km	00:35:03	31,7 Km/h	00:08:49	03:32 min/Km	00:59:52
30	4	45	BLANCO RUIZ , JACOBO	HOMBRE	SUB23	CLUB NATACION LICEO	00:15:23	03:05 min/Km	00:37:39	29,5 Km/h	00:08:13	03:18 min/Km	01:01:14
48	5	44	BLANCO PORTO , RAUL	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:20	03:16 min/Km	00:39:09	28,4 Km/h	00:08:19	03:20 min/Km	01:03:47
50	6	90	MARTINEZ MARTINEZ , IÑIGO	HOMBRE	SUB23	CLUB CICLISMO-TRIATLON POIO	00:16:32	03:19 min/Km	00:38:28	28,9 Km/h	00:08:55	03:34 min/Km	01:03:54
76	7	69	FERRON MOURE , ADRIAN	HOMBRE	SUB23	CLUB NATACION RIVEIRA	00:17:03	03:25 min/Km	00:41:21	26,8 Km/h	00:09:40	03:52 min/Km	01:08:03



# XXIII DUATLÓN

## CIDADEA DE SANTIAGO

108	8	141	CABALLERO GARCIA , PABLO	HOMBRE	SUB23	NOSPORTLIMIT	00:17:44	03:33 min/Km	00:41:40	26,6 Km/h	00:09:13	03:42 min/Km	01:08:37
159	9	227	VIAN PEREZ , GABRIEL	HOMBRE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:19:10	03:50 min/Km	00:49:21	22,5 Km/h	00:10:54	04:22 min/Km	01:19:24
NF		101	PEREZ SOLOVIEV , VICENTE	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:24	03:17 min/Km					
NP		50	CASTIÑEIRA FIGUEROA , ALBERTO	HOMBRE	SUB23	ARCADE INFORHOUSE SANTIAGO							

### VET1

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
8	1	34	AGRELO GOMEZ , ROBERTO CARLOS	HOMBRE	VET1	ARTROGAL-TRI 498	00:15:18	03:04 min/Km	00:34:45	31,9 Km/h	00:08:20	03:20 min/Km	00:58:22
12	2	70	FRAGA DIAZ , MANUEL	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:03	03:13 min/Km	00:34:24	32,3 Km/h	00:08:26	03:23 min/Km	00:58:52
14	3	58	DOPAZO MIGUEZ , ALBERTO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:15:52	03:11 min/Km	00:34:53	31,8 Km/h	00:08:13	03:18 min/Km	00:58:57
15	4	38	BALSA ESTEVEZ , JUAN JOSE	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:19	03:16 min/Km	00:34:25	32,3 Km/h	00:08:19	03:20 min/Km	00:59:02
16	5	83	JANEIRO LORENZO , JORGE	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:15:52	03:11 min/Km	00:35:02	31,7 Km/h	00:08:18	03:20 min/Km	00:59:11
26	6	119	RUBIO RUBIRA , IVAN	HOMBRE	VET1	TRIATLON ARTEIXO	00:16:25	03:17 min/Km	00:35:27	31,3 Km/h	00:08:38	03:28 min/Km	01:00:29
32	7	108	RAMOS FERROL , ARTURO BENIGNO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:26	03:18 min/Km	00:36:11	30,7 Km/h	00:08:43	03:30 min/Km	01:01:19
36	8	42	BERNARDEZ FERREIROS , PEDRO PABLO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:24	03:17 min/Km	00:37:06	29,9 Km/h	00:08:48	03:32 min/Km	01:02:16
37	9	107	RAMOS BOTANA , JAVIER	HOMBRE	VET1	A.D. TRI-PENTA TERRAS DE LUGO	00:16:24	03:17 min/Km	00:36:23	30,5 Km/h	00:10:02	04:01 min/Km	01:02:48
39	10	61	ESTEVEZ PEREIRA , FRANCISCO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:50	03:22 min/Km	00:37:08	29,9 Km/h	00:09:04	03:38 min/Km	01:03:00
44	11	66	FERNANDEZ OTERO , GONZALO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:09	03:26 min/Km	00:37:21	29,7 Km/h	00:08:58	03:36 min/Km	01:03:27
46	12	46	BUJAN OTERO , JOSE CARLOS	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:29	03:18 min/Km	00:38:28	28,9 Km/h	00:08:49	03:32 min/Km	01:03:44
51	13	35	ALONSO FIGUEROA , PABLO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:34	03:19 min/Km	00:38:33	28,8 Km/h	00:08:48	03:32 min/Km	01:03:54
52	14	106	QUINTEIRO SILVA , JOSE LUIS	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:44	03:21 min/Km	00:38:30	28,8 Km/h	00:08:43	03:30 min/Km	01:03:56
53	15	73	GARCIA PEREZ , DAVID	HOMBRE	VET1	TRIATLON FERROL	00:16:52	03:23 min/Km	00:38:14	29,0 Km/h	00:09:16	03:43 min/Km	01:04:20
56	16	51	CASTRELO CONDE , FRANCISCO JAVIER	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:34	03:31 min/Km	00:37:50	29,3 Km/h	00:09:19	03:44 min/Km	01:04:43
60	17	47	CABANELAS EIRAS , PABLO	HOMBRE	VET1	CLUB OLIMPICO DE VEDRA	00:17:50	03:34 min/Km	00:37:35	29,5 Km/h	00:09:46	03:55 min/Km	01:05:09
61	18	75	GARCIA RODRIGUEZ , JORGE MANUEL	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:16:46	03:22 min/Km	00:39:34	28,1 Km/h	00:09:04	03:38 min/Km	01:05:23



# XIII DUATLÓN

## CIDADE DE LUGO DE SANTIAGO

65	19	130	VEIGA RAPOSO , IVAN	HOMBRE	VET1	CIDADE DE LUGO FLUVIAL	00:16:20	03:16 min/Km	00:40:40	27,3 Km/h	00:09:25	03:46 min/Km	01:06:25
66	20	112	REY PADIN , FRANCISCO JAVIER	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:35	03:31 min/Km	00:39:33	28,1 Km/h	00:09:33	03:50 min/Km	01:06:40
69	21	76	GOMEZ AGRAS , LUIS	HOMBRE	VET1	TRIATLON FERROL	00:16:56	03:24 min/Km	00:40:45	27,2 Km/h	00:09:22	03:45 min/Km	01:07:02
70	22	86	LARIÑO LAGO , JOSE RAMON	HOMBRE	VET1	CLUB CICLISTA MUROS	00:18:01	03:37 min/Km	00:39:21	28,2 Km/h	00:09:46	03:55 min/Km	01:07:07
71	23	72	GARCIA IGLESIAS , LUCAS	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:48	03:34 min/Km	00:40:24	27,5 Km/h	00:09:15	03:42 min/Km	01:07:27
73	24	41	BEIRO GONZALEZ , JUAN CARLOS	HOMBRE	VET1	CLUB CICLISTA MUROS	00:17:49	03:34 min/Km	00:40:22	27,5 Km/h	00:09:43	03:54 min/Km	01:07:53
74	25	39	BARREIRO PEREIRA , XOSE ANTON	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:18	03:28 min/Km	00:41:21	26,8 Km/h	00:09:18	03:44 min/Km	01:07:56
75	26	121	SANTOMIL LAPIDO , MIGUEL	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:27	03:30 min/Km	00:40:57	27,1 Km/h	00:09:35	03:50 min/Km	01:07:59
84	27	136	BENAVIDES FALCON , OSCAR	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:17:38	03:32 min/Km	00:37:10	29,9 Km/h	00:09:38	03:52 min/Km	01:04:24
91	28	138	BOUZON OTERO , FERNANDO ANTONIO	HOMBRE	VET1	TRISADA	00:18:01	03:37 min/Km	00:39:45	27,9 Km/h	00:09:10	03:40 min/Km	01:06:55
93	29	215	SANCHO REY , MARCOS ANTONIO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:17:37	03:32 min/Km	00:39:53	27,8 Km/h	00:09:38	03:52 min/Km	01:07:08
95	30	193	PICON ESPÍÑO , ROBERTO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:17:41	03:33 min/Km	00:40:43	27,3 Km/h	00:08:51	03:33 min/Km	01:07:14
98	31	140	BUJAN SANTOS , EDUARDO	HOMBRE	VET1	CLUB PEÑA CICLISTA TOXO	00:18:21	03:41 min/Km	00:39:47	27,9 Km/h	00:09:32	03:49 min/Km	01:07:40
106	32	175	LISTE FAYA , RODRIGO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:18:14	03:39 min/Km	00:40:27	27,4 Km/h	00:09:56	03:59 min/Km	01:08:36
107	33	169	GUIMAREY SENIN , JAVIER	HOMBRE	VET1	ARTROGAL-TRI 498	00:17:24	03:29 min/Km	00:42:00	26,4 Km/h	00:09:14	03:42 min/Km	01:08:37
109	34	218	SOTO VIÑAS , DIEGO	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:18:37	03:44 min/Km	00:40:31	27,4 Km/h	00:09:41	03:53 min/Km	01:08:49
111	35	155	DOMINGUEZ SILVA , ANDRES	HOMBRE	VET1	CLUB CERVECERIA O COTON NEGREIRA	00:18:20	03:40 min/Km	00:40:47	27,2 Km/h	00:09:53	03:58 min/Km	01:08:59
112	36	143	CANEIRO CANEIRO , ALBERTO	HOMBRE	VET1	TRIATLON FERROL	00:17:42	03:33 min/Km	00:41:35	26,7 Km/h	00:09:44	03:54 min/Km	01:09:00
115	37	150	COSTA VAZQUEZ , RAFAEL	HOMBRE	VET1	MONTE PENARUBIA RUNNING LUGO	00:17:47	03:34 min/Km	00:40:55	27,1 Km/h	00:10:28	04:12 min/Km	01:09:09
117	38	213	RUSO GIRAUT , JOSE MARIA	HOMBRE	VET1	CLUB CERVECERIA O COTON NEGREIRA	00:18:56	03:48 min/Km	00:39:54	27,8 Km/h	00:10:26	04:11 min/Km	01:09:14
119	39	188	OTERO LEDO , MARCOS	HOMBRE	VET1	CIDADE DE LUGO FLUVIAL	00:18:40	03:44 min/Km	00:40:21	27,5 Km/h	00:10:16	04:07 min/Km	01:09:16
120	40	194	PIÑEIRO ABALO , BERNARDO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:36	03:44 min/Km	00:40:53	27,2 Km/h	00:09:59	03:60 min/Km	01:09:28
122	41	228	VIDAL MANSO , JOSE ANTONIO	HOMBRE	VET1	TRIATLON FERROL	00:19:11	03:51 min/Km	00:39:49	27,9 Km/h	00:10:39	04:16 min/Km	01:09:38
126	42	205	RODRIGUEZ FERNANDEZ , IAGO	HOMBRE	VET1	TRIATLON RIAS BAIXAS	00:17:36	03:32 min/Km	00:42:46	26,0 Km/h	00:09:39	03:52 min/Km	01:09:59
127	43	202	RIVAS RODRIGUEZ , ENRIQUE	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:45	03:57 min/Km	00:39:53	27,8 Km/h	00:10:27	04:11 min/Km	01:10:04



# XIII DUATLÓN

## CIDADE DE SANTIAGO

128	44	165	GONTAN CASTRO , JOSE ANTONIO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:44	03:57 min/Km	00:39:48	27,9 Km/h	00:10:34	04:14 min/Km	01:10:05
129	45	177	LOPEZ SUAREZ , MANUEL ANTONIO	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:15	03:51 min/Km	00:40:48	27,2 Km/h	00:10:26	04:11 min/Km	01:10:27
132	46	219	SUEIRO MENDEZ , ANDRES	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:46	03:34 min/Km	00:42:50	25,9 Km/h	00:10:00	04:00 min/Km	01:10:35
134	47	151	COSTOYA PRADO , CESAR	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:18:27	03:42 min/Km	00:41:44	26,6 Km/h	00:10:28	04:12 min/Km	01:10:38
137	48	176	LOPEZ FERNANDEZ , JOSE ANTONIO	HOMBRE	VET1	ARTROGAL-TRI 498	00:18:43	03:45 min/Km	00:42:02	26,4 Km/h	00:10:28	04:12 min/Km	01:11:12
139	49	156	FANDIÑO GARCIA , OSCAR	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:57	03:36 min/Km	00:43:55	25,3 Km/h	00:09:41	03:53 min/Km	01:11:33
140	50	178	MALDONADO GONZALEZ , CARLOS	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:15	03:51 min/Km	00:42:37	26,0 Km/h	00:10:18	04:08 min/Km	01:12:09
141	51	170	HERNANDEZ NAVEIRO , RAFAEL	HOMBRE	VET1	CLUB TRIATLON RIANXO	00:18:59	03:48 min/Km	00:43:21	25,6 Km/h	00:09:54	03:58 min/Km	01:12:14
143	52	174	LISTE BASCOY , ALEJANDRO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:24	03:41 min/Km	00:43:30	25,5 Km/h	00:10:37	04:15 min/Km	01:12:30
145	53	164	GARCIA SALGADO , CARLOS	HOMBRE	VET1	CLUB TRIATLON CORUÑA	00:20:03	04:01 min/Km	00:42:27	26,1 Km/h	00:10:41	04:17 min/Km	01:13:09
148	54	208	RODRIGUEZ MARTINEZ , FERNANDO	HOMBRE	VET1	A.D. NAUTICO DE NARON	00:19:23	03:53 min/Km	00:43:37	25,4 Km/h	00:11:32	04:37 min/Km	01:14:31
150	55	145	CASTRO AMBOAGE , GUSTAVO	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:19:41	03:57 min/Km	00:44:07	25,2 Km/h	00:11:49	04:44 min/Km	01:15:37
153	56	196	PONTE LORENZO , MANUEL	HOMBRE	VET1	CLUB TRIATLON COMPOSTELA	00:19:30	03:54 min/Km	00:46:38	23,8 Km/h	00:10:31	04:13 min/Km	01:16:38
154	57	223	VAZQUEZ GONZALEZ , LINO	HOMBRE	VET1	CORREDORES DO MIÑO	00:19:00	03:48 min/Km	00:46:49	23,7 Km/h	00:10:52	04:21 min/Km	01:16:40
156	58	183	MOLINERO RECIO , HUGO	HOMBRE	VET1	CLUB NATACION LICEO	00:19:53	03:59 min/Km	00:46:49	23,7 Km/h	00:10:44	04:18 min/Km	01:17:25
NF		65	FERNANDEZ MARTINEZ , FERNANDO FRANCISCO	HOMBRE	VET1	CLUB OLIMPICO DE VEDRA	00:18:06	03:38 min/Km					
NF		43	BLANCO GARCIA , FRANCISCO DAMIAN	HOMBRE	VET1	TRINORTH	00:18:53	03:47 min/Km					
NF		181	MEIS VEIGA , FAUSTINO	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:56	03:48 min/Km					
NP		53	COIRA LOJO , CARLOS	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
NP		139	BUGALLO SENRA , JOSE	HOMBRE	VET1	CLUB CICLISMO-TRIATLON POIO							
NP		168	GRAÑA PEREZ , OLIVER	HOMBRE	VET1	C. NATACION CEDEIRA MUEBLES GARCIA							
NP		185	NAVIA GIRALDEZ , SEGUNDO	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
NP		216	SAYANS REY , JOAQUIN	HOMBRE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
NP		221	VAZQUEZ FERNANDEZ , FRANCISCO	HOMBRE	VET1	TRIATLON MURALLA DE LUGO							



# XIII DUATLÓN

## CIDADE DE SANTIAGO

VET2													
POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
85	1	163	GARCIA ALVAREZ , ALVARO JAVIER	HOMBRE	VET2	TRIATLON FERROL	00:17:17	03:28 min/Km	00:38:22	28,9 Km/h	00:09:10	03:40 min/Km	01:04:49
88	2	161	FERRACES REGUEIRO , JOSE	HOMBRE	VET2	TRIATLON FERROL	00:17:42	03:33 min/Km	00:37:53	29,3 Km/h	00:09:48	03:56 min/Km	01:05:22
114	3	132	ALVAREZ RIVAS , JOSE MANUEL	HOMBRE	VET2	TRIATLON MURALLA DE LUGO	00:17:34	03:31 min/Km	00:42:11	26,3 Km/h	00:09:24	03:46 min/Km	01:09:08
135	4	182	MENDEZ LOPEZ , JUAN	HOMBRE	VET2	TRISADA	00:18:21	03:41 min/Km	00:43:05	25,8 Km/h	00:09:27	03:47 min/Km	01:10:51
136	5	189	OUTEIRO LOPEZ , XOSE RICARDO	HOMBRE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:53	03:47 min/Km	00:42:10	26,3 Km/h	00:10:03	04:02 min/Km	01:11:05
138	6	190	PASTRANA CRUZ , MANUEL	HOMBRE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:48	03:46 min/Km	00:42:39	26,0 Km/h	00:10:03	04:02 min/Km	01:11:30
158	7	195	PITA PEREIRA , MANUEL ANGEL	HOMBRE	VET2	TRIATLON FERROL	00:19:12	03:51 min/Km	00:41:50	26,5 Km/h	00:17:27	06:59 min/Km	01:18:29
161	8	184	NANIN LOPEZ , JOSE MANUEL	HOMBRE	VET2	CORREDORES DO MIÑO	00:19:51	03:59 min/Km	00:51:40	21,5 Km/h	00:10:36	04:15 min/Km	01:22:06
NP		57	DIAZ PORTAS , LUIS ALBERTO	HOMBRE	VET2	CLUB ATLETISMO PORRIÑO							
NP		129	VEIGA MOSQUERA , JOSE ANTONIO	HOMBRE	VET2	ARCADE INFORHOUSE SANTIAGO							

VET3													
POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
162	9	203	RODRIGUEZ CARAMES , JOSE MANUEL	HOMBRE	VET3	CLUB ATLETISMO PORRIÑO	00:20:52	04:11 min/Km	00:50:31	22,0 Km/h	00:11:52	04:45 min/Km	01:23:15



# XVII DUATLÓN

CIDADE DE  
DE  
SANTIAGO

## CLUBES

### 1 ARCADE INFORHOUSE SANTIAGO

02:54:00

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
1	95	MUIÑO VARELA , CRISTIAN	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:57:34
5	78	GONZALEZ MARIÑO , JORGE	MALE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:58:11
6	120	SANTIAGO FERNANDEZ , GUSTAVO	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:58:15

### 2 CLUB TRIATLON COMPOSTELA

02:55:37

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
3	52	CENDAN LLORENS , FRANCISCO	MALE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:57:48
12	70	FRAGA DIAZ , MANUEL	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:58:52
14	58	DOPAZO MIGUEZ , ALBERTO	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:58:57

### 3 CLUB CICLISMO-TRIATLON POIO

02:57:50

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
13	81	IGLESIAS AREA , CARLOS	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:58:54
16	83	JANEIRO LORENZO , JORGE	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:59:11
21	85	LAGO MONROY , ISMAEL	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:59:45



# XIII DUATLÓN

## CIDADE DE SANTIAGO

4 CLUB CICLISTA MUROS							02:59:40
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

2	59	DOSIL LAGO , MANUEL DOMINGO	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:57:41
27	79	GONZALEZ REY , JOSE	MALE	ABSOLUTA	CLUB CICLISTA MUROS	01:00:35
33	88	MALVAREZ LOURO , JESUS	MALE	ABSOLUTA	CLUB CICLISTA MUROS	01:01:24

5 A.D. TRI-PENTA TERRAS DE LUGO							03:01:52
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

17	91	MARTINEZ TRIGO , ROBERTO	MALE	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:59:13
23	125	SOUTO PRIETO , ANTONIO	MALE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:59:51
37	107	RAMOS BOTANA , JAVIER	MALE	VET1	A.D. TRI-PENTA TERRAS DE LUGO	01:02:48

6 TRIATLON VILAGARCIA /ATENAS RUNNING							3:03:14
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

25	64	FERNANDEZ FERNANDEZ , JAVIER	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	01:00:03
28	68	FERRADANS VALDES , JORGE	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	01:00:56
35	32	AGRA RIAL , CARLOS	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	01:02:15

7 CLUB NATACION LICEO							03:04:55
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

4	37	BALSA CASTRO , ALEJANDRO	MALE	ABSOLUTA	CLUB NATACION LICEO	00:57:59
30	45	BLANCO RUIZ , JACOBO	MALE	SUB23	CLUB NATACION LICEO	01:01:14
63	123	SIMON COTELO , MANUEL	MALE	JUNIOR	CLUB NATACION LICEO	01:05:42





# XIII DUATLÓN

CIDADE DE  
DE  
SANTIAGO

8 TRIATLON COSTA DA MORTE							3:08:06
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

11	97	PAIS FONDO , FRANCISCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:58:51
19	48	CALZAS INSUA , DAVID	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:59:20
48	173	LEMA NANTON , VICTOR	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	01:09:55

9 KURAI							3:10:21
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

9	93	MENDEZ ARIAS , DAVID	MALE	ABSOLUTA	KURAI	00:58:36
31	54	CONDE VALLADARES , ANGEL	MALE	ABSOLUTA	KURAI	01:01:16
53	167	GONZALEZ SUAREZ , ALBERTO ALBINO	MALE	ABSOLUTA	KURAI	01:10:29

10 TRISADA							3:13:23
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

40	60	ESTEBAN FERREIRO , DAVID	MALE	ABSOLUTA	TRISADA	01:03:01
43	104	POSE REGUEIRO , PASTOR ADRIAN	MALE	ABSOLUTA	TRISADA	01:03:27
14	138	BOUZON OTERO , FERNANDO ANTONIO	MALE	VET1	TRISADA	01:06:55

11 ARTROGAL-TRI 498							03:14:17
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

8	34	AGRELO GOMEZ , ROBERTO CARLOS	MALE	VET1	ARTROGAL-TRI 498	00:58:22
74	39	BARREIRO PEREIRA , XOSE ANTON	MALE	VET1	ARTROGAL-TRI 498	01:07:56
75	121	SANTOMIL LAPIDO , MIGUEL	MALE	VET1	ARTROGAL-TRI 498	01:07:59



# XVI DUATLÓN



12 TRIATLON FERROL							3:14:37
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

42	98	PENA SOTO , FRANCISCO JAVIER	MALE	ABSOLUTA	TRIATLON FERROL	01:03:15
53	73	GARCIA PEREZ , DAVID	MALE	VET1	TRIATLON FERROL	01:04:20
69	76	GOMEZ AGRAS , LUIS	MALE	VET1	TRIATLON FERROL	01:07:02

13 CLUB TRIATLON CORUÑA							3:14:57
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

49	124	SOUTO CORES , ABEL	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	01:03:48
67	105	PRESAS FARALDO , DOMINGO MANUEL	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	01:06:45
7	136	BENAVIDES FALCON , OSCAR	MALE	VET1	CLUB TRIATLON CORUÑA	01:04:24

14 CLUB OLIMPICO DE VEDRA							03:14:59
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

58	87	MALLO NIETO , JULIO	MALE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	01:04:52
59	102	PICALLO MATO , ADRIAN	MALE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	01:04:58
60	47	CABANELAS EIRAS , PABLO	MALE	VET1	CLUB OLIMPICO DE VEDRA	01:05:09

15 TRIATLON BOIRO							3:17:27
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

57	111	REY OLVEIRA , JUAN	MALE	CADETE	TRIATLON BOIRO	01:04:50
72	117	RODRIGUEZ SANTAMARIA , DAVID	MALE	ABSOLUTA	TRIATLON BOIRO	01:07:40
9	171	LAIÑO SILVA , VICTOR	MALE	ABSOLUTA	TRIATLON BOIRO	01:04:57



# XVII DUATLÓN

CIDADE DE LUGO  
DE  
SANTIAGO

16 TRIATLON FERROL							03:17:48
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

8	163	GARCIA ALVAREZ , ALVARO JAVIER	MALE	VET2	TRIATLON FERROL	01:04:49
11	161	FERRACES REGUEIRO , JOSE	MALE	VET2	TRIATLON FERROL	01:05:22
20	159	FERNANDEZ FONTICOBA , EMILIO JOSE	MALE	ABSOLUTA	TRIATLON FERROL	01:07:37

17 CLUB PEÑA CICLISTA TOXO							3:17:52
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

68	33	AGRASAR CES , MARTIN	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	01:06:59
77	128	TUBIO DEL RIO , ANDRES MANUEL	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	01:08:38
3	180	MATO CARAMES , ANTONIO	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	01:02:15

18 CIDADE DE LUGO FLUVIAL							3:18:54
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

65	130	VEIGA RAPOSO , IVAN	MALE	VET1	CIDADE DE LUGO FLUVIAL	01:06:25
4	149	COSTA PEREIRA , MARCOS	MALE	ABSOLUTA	CIDADE DE LUGO FLUVIAL	01:03:13
42	188	OTERO LEDO , MARCOS	MALE	VET1	CIDADE DE LUGO FLUVIAL	01:09:16



# XVII DUATLÓN

## CIDADE DE SAN TIAGO

19 CLUB TRIATLON RIANXO							3:24:24
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

38	116	RODRIGUEZ OTERO , BORJA	MALE	ABSOLUTA	CLUB TRIATLON RIANXO	01:02:57
39	148	CESPON FIGUEIRA , MARCO ANTONIO	MALE	ABSOLUTA	CLUB TRIATLON RIANXO	01:09:13
64	170	HERNANDEZ NAVEIRO , RAFAEL	MALE	VET1	CLUB TRIATLON RIANXO	01:12:14

20 CLUB ATLETISMO PORRIÑO							3:25:22
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

10	127	TRONCOSO SOBRINO , RAMON	MALE	ABSOLUTA	CLUB ATLETISMO PORRIÑO	00:58:44
5	192	PEREIRO ALONSO , DIEGO	MALE	ABSOLUTA	CLUB ATLETISMO PORRIÑO	01:03:23
85	203	RODRIGUEZ CARAMES , JOSE MANUEL	MALE	VET3	CLUB ATLETISMO PORRIÑO	01:23:15

21 TRIATLON VILAGARCIA /ATENAS RUNNING							03:27:11
POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	

27	198	PRIETO POVEDA , IVAN	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	01:08:27
41	137	BESADA IGLESIAS , CRISTIAN	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	01:09:16
43	194	PIÑEIRO ABALO , BERNARDO	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	01:09:28



# XIII DUATLÓN

CIDADE DE  
DE  
SANTIAGO

## 22 CLUB CERVECERIA O COTON NEGREIRA

03:27:53

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
34	155	DOMINGUEZ SILVA , ANDRES	MALE	VET1	CLUB CERVECERIA O COTON NEGREIRA	01:08:59
40	213	RUSO GIRAUT , JOSE MARIA	MALE	VET1	CLUB CERVECERIA O COTON NEGREIRA	01:09:14
46	226	VAZQUEZ PEÑAMARIA , ENRIQUE MANUEL	MALE	ABSOLUTA	CLUB CERVECERIA O COTON NEGREIRA	01:09:40

## 23 MONTE PENARUBIA RUNNING LUGO

03:29:55

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
38	150	COSTA VAZQUEZ , RAFAEL	MALE	VET1	MONTE PENARUBIA RUNNING LUGO	01:09:09
47	224	VAZQUEZ LOPEZ , DANIEL	MALE	ABSOLUTA	MONTE PENARUBIA RUNNING LUGO	01:09:41
59	189	OUTEIRO LOPEZ , XOSE RICARDO	MALE	VET2	MONTE PENARUBIA RUNNING LUGO	01:11:05

## 24 NOSPORTLIMIT

03:32:07

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
31	141	CABALLERO GARCIA , PABLO	MALE	SUB23	NOSPORTLIMIT	01:08:37
33	157	FERNANDEZ DIAZ , ESTEBAN	MALE	ABSOLUTA	NOSPORTLIMIT	01:08:52
72	199	QUINTANA RODRIGUEZ , MARCOS	MALE	ABSOLUTA	NOSPORTLIMIT	01:14:38

## 25 CORREDORES DO MIÑO

03:51:09

POS.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
65	166	GONZALEZ CALVO , ADRIAN	MALE	ABSOLUTA	CORREDORES DO MIÑO	01:12:23
77	223	VAZQUEZ GONZALEZ , LINO	MALE	VET1	CORREDORES DO MIÑO	01:16:40
84	184	NANIN LOPEZ , JOSE MANUEL	MALE	VET2	CORREDORES DO MIÑO	01:22:06



# XVII DUATLÓN

## CIDADE DE SANTIAGO

LOCALIDADE	SANTIAGO	DATA	23/03/2019	DISTANCIA	SPRINT	MODALIDADE	DUATLON		
Delegado Técnico	JOSE MANUEL REY RODRIGUEZ			JURADO DE COMPETICIÓN		JOSE MANUEL REY RODRIGUEZ (DT)			
Juez Árbitro	JAVIER SAMPEDRO VILA					AMANDO GUERRERO GIL (FEGATRI)			
Respons. Oficiais	JAVIER SAMPEDRO VILA					JAIME RUIZ DEL GANSO (TRIATLON FERROL)			
PROBA				TEMP	CARREIRA	CICLISMO	CARREIRA		
XVII DUATLON CIDADE DE SANTIAGO				-	5000 METROS	18,5 KILÓMETROS	2,5 KILOMETROS		
ABSOLUTA FEMENINO					2 voltas	3 voltas	1 volta		
INSCRITOS	30	ACABAN	21	RETIRADOS	3	DESCALIFICADOS	0	NON PRESENTADOS	6

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1	1	12	GARCIA LOPEZ , AIDA	MUJER	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:28	03:42 min/Km	00:38:16	29,0 Km/h	00:09:13	03:42 min/Km	01:05:55
2	2	2	BARREIRA SALGADO , MARIA TERESA	MUJER	VET1	TRIATLON FERROL	00:18:16	03:40 min/Km	00:38:47	28,6 Km/h	00:09:25	03:46 min/Km	01:06:28
3	1	4	CASTAÑO GARCIA , CARLA	MUJER	SUB23	ARCADE INFORHOUSE SANTIAGO	00:18:34	03:43 min/Km	00:43:59	25,2 Km/h	00:10:23	04:10 min/Km	01:12:56
4		10	FERNANDEZ FONTENLA , IRIA	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:18:01	03:37 min/Km	00:50:41	21,9 Km/h	00:09:06	03:39 min/Km	01:17:47
5		30	VILLAVERDE ROSALES , MARGARITA	MUJER	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:20:01	04:01 min/Km	00:47:15	23,5 Km/h	00:10:54	04:22 min/Km	01:18:09
6	1	18	LEMAT CABRAL , Mª BELEN	MUJER	VET2	CIDADE DE LUGO FLUVIAL	00:20:43	04:09 min/Km	00:46:44	23,8 Km/h	00:10:54	04:22 min/Km	01:18:21
7	2	20	LOPEZ MAHIA , PURIFICACION	MUJER	VET2	CLUB HERCULES TERMARIA	00:20:17	04:04 min/Km	00:47:53	23,2 Km/h	00:10:26	04:11 min/Km	01:18:35
8	1	9	FERNANDEZ DIAZ , UXIA	MUJER	JUNIOR	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:21:55	04:23 min/Km	00:46:24	23,9 Km/h	00:10:54	04:22 min/Km	01:19:12
9	1	7	CONS GESTIDO , MARTINA MANUELA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:43	04:09 min/Km	00:48:08	23,1 Km/h	00:10:35	04:14 min/Km	01:19:25
10	3	1	ALVAREZ RODRIGUEZ , PATRICIA	MUJER	VET1	LAMARGHA-BEARIZ TRIATLON	00:20:44	04:09 min/Km	00:48:03	23,1 Km/h	00:10:44	04:18 min/Km	01:19:29
11		3	CABARCOS BARRO , LAURA	MUJER	ABSOLUTA	A.D. NAUTICO DE NARON	00:20:50	04:10 min/Km	00:48:50	22,7 Km/h	00:11:23	04:34 min/Km	01:21:03
12	4	21	LORENZO PEREZ , NATALIA	MUJER	VET1	CLUB TRIATLON COMPOSTELA	00:20:20	04:04 min/Km	00:50:48	21,9 Km/h	00:10:49	04:20 min/Km	01:21:56
13	2	13	GRAÑA GONZALEZ , INES	MUJER	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:22:53	04:35 min/Km	00:47:50	23,2 Km/h	00:11:37	04:39 min/Km	01:22:20
14		11	GARCIA GONZALEZ , LAURA	MUJER	ABSOLUTA	TRIATLON FERROL	00:20:44	04:09 min/Km	00:51:52	21,4 Km/h	00:11:15	04:30 min/Km	01:23:50



# XXIII DUATLÓN

## CIDADE DE SANTIAGO

15	3	8	FERNANDEZ DIAZ , IRIA	MUJER	CADETE	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:22:36	04:32 min/Km	00:49:33	22,4 Km/h	00:12:43	05:06 min/Km	01:24:51
16		15	IGLESIAS VAZQUEZ , MIRIAM	MUJER	ABSOLUTA	ASOCIACION DEPORTIVA MEDIA DUCIA	00:21:51	04:23 min/Km	00:52:53	21,0 Km/h	00:11:59	04:48 min/Km	01:26:42
17		29	SOUTO PRIETO , MARIA	MUJER	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:21:55	04:23 min/Km	00:54:10	20,5 Km/h	00:11:40	04:40 min/Km	01:27:44
18		19	LOPEZ GESTAL , MARTINA	MUJER	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:23:20	04:40 min/Km	00:53:23	20,8 Km/h	00:12:21	04:57 min/Km	01:29:03
19	5	14	HERBELLO HERMELO , PALOMA	MUJER	VET1	ARCADE INFORHOUSE SANTIAGO	00:23:02	04:37 min/Km	00:55:30	20,0 Km/h	00:14:20	05:44 min/Km	01:32:52
20		27	RUA PRIETO , MARIA LUISA	MUJER	ABSOLUTA	TRISADA	00:26:09	05:14 min/Km	00:54:03	20,5 Km/h	00:13:33	05:26 min/Km	01:33:43
21		16	JACOME GALVAN , JUDIT DANIELA	MUJER	ABSOLUTA	CORREDORES DO MIÑO	00:27:26	05:30 min/Km	00:56:09	19,8 Km/h	00:14:37	05:51 min/Km	01:38:11
NF		26	RODRIGUEZ LOURES , ANDREA	MUJER	ABSOLUTA	TRISADA	00:31:37	06:20 min/Km					
NF		22	NOVO DIOS , MARIA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:43	04:09 min/Km					
NF		28	SANCHEZ GRANDAL , LUCIA	MUJER	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:23:09	04:38 min/Km					
NP		17	KIM RAQUEL , EMDE	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
NP		23	PENSADO DEUS , ADRIANA	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
NP		24	RODRIGUEZ DIEZ , ESTHER	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
NP		25	RODRIGUEZ DIEZ , ESTHER	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
NP		6	CONS GESTIDO , HENAR DIANA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA							
NP		5	CONDE PAZOS , ELENA	MUJER	SUB23	A.D. TRI-PENTA TERRAS DE LUGO							



# XIII DUATLÓN

## CIDADE DE SANTIAGO

### CATEGORIAS

#### CADETE

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
9	1	7	CONS GESTIDO , MARTINA MANUELA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:43	04:09 min/Km	00:48:08	23,1 Km/h	00:10:35	04:14 min/Km	01:19:25
13	2	13	GRAÑA GONZALEZ , INES	MUJER	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:22:53	04:35 min/Km	00:47:50	23,2 Km/h	00:11:37	04:39 min/Km	01:22:20
15	3	8	FERNANDEZ DIAZ , IRIA	MUJER	CADETE	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:22:36	04:32 min/Km	00:49:33	22,4 Km/h	00:12:43	05:06 min/Km	01:24:51
NF		22	NOVO DIOS , MARIA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:43	04:09 min/Km					
NF		28	SANCHEZ GRANDAL , LUCIA	MUJER	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:23:09	04:38 min/Km					
NP		6	CONS GESTIDO , HENAR DIANA	MUJER	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA							

#### JUNIOR

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
8	1	9	FERNANDEZ DIAZ , UXIA	MUJER	JUNIOR	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:21:55	04:23 min/Km	00:46:24	23,9 Km/h	00:10:54	04:22 min/Km	01:19:12

#### SUB23

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
3	1	4	CASTAÑO GARCIA , CARLA	MUJER	SUB23	ARCADE INFORHOUSE SANTIAGO	00:18:34	03:43 min/Km	00:43:59	25,2 Km/h	00:10:23	04:10 min/Km	01:12:56
NP		5	CONDE PAZOS , ELENA	MUJER	SUB23	A.D. TRI-PENTA TERRAS DE LUGO							





# XXIII DUATLÓN

## CIDADE DE SANTIAGO

### VET1

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1	1	12	GARCIA LOPEZ , AIDA	MUJER	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:28	03:42 min/Km	00:38:16	29,0 Km/h	00:09:13	03:42 min/Km	01:05:55
2	2	2	BARREIRA SALGADO , MARIA TERESA	MUJER	VET1	TRIATLON FERROL	00:18:16	03:40 min/Km	00:38:47	28,6 Km/h	00:09:25	03:46 min/Km	01:06:28
10	3	1	ALVAREZ RODRIGUEZ , PATRICIA	MUJER	VET1	LAMARGHA-BEARIZ TRIATLON	00:20:44	04:09 min/Km	00:48:03	23,1 Km/h	00:10:44	04:18 min/Km	01:19:29
12	4	21	LORENZO PEREZ , NATALIA	MUJER	VET1	CLUB TRIATLON COMPOSTELA	00:20:20	04:04 min/Km	00:50:48	21,9 Km/h	00:10:49	04:20 min/Km	01:21:56
19	5	14	HERBELLO HERMELO , PALOMA	MUJER	VET1	ARCADE INFORHOUSE SANTIAGO	00:23:02	04:37 min/Km	00:55:30	20,0 Km/h	00:14:20	05:44 min/Km	01:32:52

### VET2

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
6	1	18	LEMAT CABRAL , M <sup>a</sup> BELEN	MUJER	VET2	CIDADE DE LUGO FLUVIAL	00:20:43	04:09 min/Km	00:46:44	23,8 Km/h	00:10:54	04:22 min/Km	01:18:21
7	2	20	LOPEZ MAHIA , PURIFICACION	MUJER	VET2	CLUB HERCULES TERMARIA	00:20:17	04:04 min/Km	00:47:53	23,2 Km/h	00:10:26	04:11 min/Km	01:18:35



# XVI DUATLÓN

## CIDADE DE SANTIAGO

CLUBES

1 ARCADE INFORHOUSE SANTIAGO

04:03:35

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
3	1	4	CASTAÑO GARCIA , CARLA	MUJER	SUB23	ARCADE INFORHOUSE SANTIAGO	01:12:56
4	1	10	FERNANDEZ FONTENLA , IRIA	MUJER	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	01:17:47
19	5	14	HERBELLO HERMELO , PALOMA	MUJER	VET1	ARCADE INFORHOUSE SANTIAGO	01:32:52



# XVII DUATLÓN

## CIDADE DE SANTIAGO

LOCALIDADE	SANTIAGO	DATA	23/03/2019	DISTANCIA	SPRINT	MODALIDADE	DUATLON		
Delegado Técnico	JOSE MANUEL REY RODRIGUEZ			JURADO DE COMPETICIÓN		JOSE MANUEL REY RODRIGUEZ (DT)			
Juez Árbitro	JAVIER SAMPEDRO VILA					AMANDO GUERRERO GIL (FEGATRI)			
Respons. Oficiais	JAVIER SAMPEDRO VILA					JAIME RUIZ DEL GANSO (TRIATLON FERROL)			
PROBA				TEMP	CARREIRA	CICLISMO	CARREIRA		
XVII DUATLON CIDADE DE SANTIAGO				-	2500 METROS	13,2 KILÓMETROS	1,25 KILOMETROS		
SUPERSPRINT POPULAR					1 voltas	4 voltas	1 volta		
INSCRITOS	44	ACABAN	40	RETIRADOS	0	DESCALIFICADOS	0	NON PRESENTADOS	4

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1	1	260	PEREZ CASTRO , DAVID ROGELIO	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:08:15	03:18 min/Km	00:24:30	32,3 Km/h	00:04:54	03:56 min/Km	00:37:38
2	2	251	Iglesias Maceira , Brais	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:07:57	03:11 min/Km	00:26:29	29,9 Km/h	00:04:48	03:51 min/Km	00:39:12
3	3	262	PIÑEIRO GONZALEZ , JAVIER	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:08:17	03:19 min/Km	00:26:13	30,2 Km/h	00:04:51	03:53 min/Km	00:39:21
4	4	273	VILANOVA TOME , ANGEL	HOMBRE	ABSOLUTA	TRIATLON O TREITO	00:08:46	03:31 min/Km	00:25:49	30,7 Km/h	00:05:16	04:13 min/Km	00:39:50
5	5	243	FERNANDEZ RIOS , JONATHAN	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:07:32	03:01 min/Km	00:28:16	28,0 Km/h	00:04:13	03:23 min/Km	00:40:00
6	1	236	CASAL MOURELOS , MARTIN	HOMBRE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:08:47	03:31 min/Km	00:26:34	29,8 Km/h	00:05:30	04:24 min/Km	00:40:49
7	1	232	ARANDA FERNANDEZ , ANTON	HOMBRE	CADETE	ARCADE INFORHOUSE SANTIAGO	00:08:17	03:19 min/Km	00:27:54	28,4 Km/h	00:05:17	04:14 min/Km	00:41:27
8	1	231	AMENEDO GONZALEZ , RICARDO	HOMBRE	VET1	LICENZA 1 DIA	00:08:43	03:30 min/Km	00:27:46	28,5 Km/h	00:05:13	04:11 min/Km	00:41:41
9	1	244	FERNANDEZ VIDAL , ANGEL MANUEL	HOMBRE	VET2	Independiente	00:08:56	03:35 min/Km	00:27:26	28,9 Km/h	00:05:28	04:23 min/Km	00:41:50
10	2	257	OTERO LESTON , JESUS	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:08:45	03:30 min/Km	00:27:25	28,9 Km/h	00:05:44	04:36 min/Km	00:41:52
11	3	271	SUAREZ URRUZOLA , LEO	HOMBRE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:08:47	03:31 min/Km	00:27:45	28,5 Km/h	00:05:53	04:43 min/Km	00:42:24
12	6	256	MONTEAGUDO RODRIGUEZ-TUBIO , SERGIO	HOMBRE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:08:35	03:26 min/Km	00:29:17	27,0 Km/h	00:05:06	04:05 min/Km	00:42:57
13	2	258	OTERO RODRIGUEZ , SANTIAGO ALFONSO	HOMBRE	VET1	LICENZA 1 DIA	00:09:26	03:47 min/Km	00:28:19	28,0 Km/h	00:05:42	04:34 min/Km	00:43:25
14	4	263	PORTO FERNANDES , ALBERTO	HOMBRE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:08:54	03:34 min/Km	00:28:33	27,7 Km/h	00:06:08	04:55 min/Km	00:43:34
15	3	269	SANTIAGO MARIÑO , VICTOR L.	HOMBRE	VET1	LICENZA 1 DIA	00:09:16	03:43 min/Km	00:29:34	26,8 Km/h	00:05:29	04:24 min/Km	00:44:18



# XIII DUATLÓN

## CIDADE DE SANTIAGO

16	2	270	SEVILLA CORRAL , MARTIN	HOMBRE	CADETE	CLUB TRIATLON COMPOSTELA	00:09:07	03:39 min/Km	00:30:09	26,3 Km/h	00:05:26	04:21 min/Km	00:44:40
17	3	254	MELLID LOSADA , MANOEL	HOMBRE	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:09:14	03:42 min/Km	00:30:26	26,0 Km/h	00:05:24	04:20 min/Km	00:45:02
18	1	237	CONS GESTIDO , VICTORIA ANNA	MUJER	INFANTIL-F	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:09:14	03:42 min/Km	00:30:54	25,6 Km/h	00:05:29	04:24 min/Km	00:45:36
19	4	253	MARTINEZ SILVEIRA , LUIS CLODOMIRO	HOMBRE	VET1	LICENZA 1 DIA	00:08:38	03:28 min/Km	00:31:48	24,9 Km/h	00:05:21	04:17 min/Km	00:45:46
20	5	247	GARCÍA BARREIRO , BENIGNO	HOMBRE	VET1	LICENZA 1 DIA	00:08:56	03:35 min/Km	00:31:48	24,9 Km/h	00:05:24	04:20 min/Km	00:46:07
21	6	249	GARROTE RAMIL , JOSE LUIS	HOMBRE	VET1	LICENZA 1 DIA	00:09:47	03:55 min/Km	00:30:27	26,0 Km/h	00:06:14	04:60 min/Km	00:46:26
22	7	238	DOSIL SUAREZ , ALVARO	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:10:19	04:08 min/Km	00:30:12	26,2 Km/h	00:06:19	05:04 min/Km	00:46:49
23	7	239	FARO NEGREIRA , JUAN MANUEL	HOMBRE	VET1	Independiente	00:10:17	04:07 min/Km	00:30:24	26,1 Km/h	00:06:36	05:17 min/Km	00:47:16
24	8	268	SANCHEZ RAMOS , ALEJANDRO	HOMBRE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:09:23	03:46 min/Km	00:31:41	25,0 Km/h	00:06:36	05:17 min/Km	00:47:40
25	9	246	FIGUEIREDO DOMINGUEZ , ANTONIO	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:09:24	03:46 min/Km	00:31:41	25,0 Km/h	00:06:36	05:17 min/Km	00:47:40
26	4	266	RUSO QUINTANS , DAVID	HOMBRE	CADETE	CLUB CERVECERIA O COTON NEGREIRA	00:10:51	04:21 min/Km	00:30:38	25,9 Km/h	00:07:03	05:39 min/Km	00:48:30
27	10	264	Pose Suárez , Carlos	HOMBRE	ABSOLUTA	LICENZA 1 DIA	00:08:54	03:34 min/Km	00:33:14	23,8 Km/h	00:06:26	05:09 min/Km	00:48:34
28	1	242	FERNANDEZ MACIAS , MIREIA	MUJER	VET1-F	LICENZA 1 DIA	00:10:35	04:14 min/Km	00:31:05	25,5 Km/h	00:06:55	05:32 min/Km	00:48:34
29	1	250	HERMIDA MARTINEZ , VANESA	MUJER	ABSOLUTA-F	LICENZA 1 DIA	00:10:37	04:15 min/Km	00:32:48	24,1 Km/h	00:06:15	05:00 min/Km	00:49:39
30	2	267	Salgado Albores , Maite	MUJER	VET1-F	LICENZA 1 DIA	00:10:16	04:07 min/Km	00:33:39	23,5 Km/h	00:05:48	04:39 min/Km	00:49:42
31	3	261	PERNAS GOMEZ , MARIA BEGOÑA	MUJER	VET1-F	LICENZA 1 DIA	00:10:35	04:14 min/Km	00:33:44	23,5 Km/h	00:06:24	05:08 min/Km	00:50:42
32	1	241	FERNANDEZ GONZALEZ , ELENA	MUJER	JUNIOR-F	CLUB HERCULES TERMARIA	00:10:16	04:07 min/Km	00:34:41	22,8 Km/h	00:06:21	05:05 min/Km	00:51:16
33	8	235	Cao Espido , Gonzalo	HOMBRE	VET1	LICENZA 1 DIA	00:11:31	04:37 min/Km	00:34:31	22,9 Km/h	00:07:18	05:51 min/Km	00:53:18
34	9	252	LOPEZ LORENZO , ANGEL	HOMBRE	VET1	LICENZA 1 DIA	00:11:31	04:37 min/Km	00:34:31	22,9 Km/h	00:07:19	05:52 min/Km	00:53:19
35	4	259	PEREZ CASTRILLON , EVA MARIA	MUJER	VET1-F	LICENZA 1 DIA	00:10:35	04:14 min/Km	00:36:41	21,6 Km/h	00:06:14	04:60 min/Km	00:53:29
36	5	265	REY DA SILVA , DOLORES	MUJER	VET1-F	CLUB TRIATLON COMPOSTELA	00:11:08	04:28 min/Km	00:35:44	22,2 Km/h	00:07:00	05:36 min/Km	00:53:51
37	10	272	TEJEIRO GONZALEZ , JAVIER	HOMBRE	VET1	LICENZA 1 DIA	00:09:55	03:58 min/Km	00:34:35	22,9 Km/h	00:09:30	07:36 min/Km	00:53:59
38	11	255	Miranda , Oscar	HOMBRE	VET1	LICENZA 1 DIA	00:10:31	04:13 min/Km	00:38:00	20,8 Km/h	00:06:20	05:04 min/Km	00:54:49
39	2	230	ALCALDE BALADO , MARIA TANIA	MUJER	ABSOLUTA-F	ARCADE INFORHOUSE SANTIAGO	00:10:26	04:11 min/Km	00:38:15	20,7 Km/h	00:06:37	05:18 min/Km	00:55:16
40	1	245	FERNANDEZ-TAFALL SALGADO , MARTA MARIA	MUJER	VET2-F	CLUB TRIATLON CORUÑA	00:12:46	05:07 min/Km	00:38:05	20,8 Km/h	00:08:21	06:41 min/Km	00:59:12



# XVII DUATLÓN

## CIDADE DE SANTIAGO

NP	233	BOUZON OTERO , FERNANDO ANTONIO	HOMBRE	VET1	TRISADA
NP	234	CAAMAÑO MONTEAGUDO , JOSE MARIA	HOMBRE	VET1	ARCADE INFORHOUSE SANTIAGO
NP	240	FERNANDEZ COCHON , AXEL	HOMBRE	INFANTIL	CLUB TRIATLON MAR DE VIGO
NP	248	GARCIA GONZALEZ , IGNACIO	HOMBRE	ABSOLUTA	TRIATLON PISUERGA-TRIPI

