

3CON_CORTE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1	1	95	MUIÑO VARELA , CRISTIAN	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:15:16.690	03:04 min/Km	00:34:22.890	32,3 Km/h	00:07:54.370	03:10 min/Km	00:57:33.950
2	2	59	DOSIL LAGO , MANUEL DOMINGO	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:15:17.160	03:04 min/Km	00:34:31.230	32,2 Km/h	00:07:51.720	03:09 min/Km	00:57:40.110
3	3	52	CENDAN LLORENS , FRANCISCO	MALE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:15:50.440	03:11 min/Km	00:33:55.020	32,7 Km/h	00:08:01.570	03:13 min/Km	00:57:47.030
4	4	37	BALSA CASTRO , ALEJANDRO	MALE	ABSOLUTA	CLUB NATACION LICEO	00:15:17.770	03:04 min/Km	00:34:39.140	32,0 Km/h	00:08:01.370	03:13 min/Km	00:57:58.280
5	1	78	GONZALEZ MARIÑO , JORGE	MALE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:15:22.900	03:05 min/Km	00:34:31.820	32,1 Km/h	00:08:15.710	03:19 min/Km	00:58:10.430
6	5	120	SANTIAGO FERNANDEZ , GUSTAVO	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:15:06.010	03:02 min/Km	00:35:20.450	31,4 Km/h	00:07:47.580	03:08 min/Km	00:58:14.040
7	1	96	OTERO LESTON , BRAIS	MALE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:15:50.750	03:11 min/Km	00:33:57.150	32,7 Km/h	00:08:28.050	03:24 min/Km	00:58:15.950
8	1	34	AGRELO GOMEZ , ROBERTO CARLOS	MALE	VET1	ARTROGAL-TRI 498	00:15:17.360	03:04 min/Km	00:34:44.330	32,0 Km/h	00:08:19.410	03:20 min/Km	00:58:21.100
9	6	93	MENDEZ ARIAS , DAVID	MALE	ABSOLUTA	KURAI	00:15:41.310	03:09 min/Km	00:34:57.270	31,8 Km/h	00:07:56.470	03:11 min/Km	00:58:35.050
10	7	127	TRONCOSO SOBRINO , RAMON	MALE	ABSOLUTA	CLUB ATLETISMO PORRIÑO	00:16:06.790	03:14 min/Km	00:33:53.120	32,8 Km/h	00:08:43.160	03:30 min/Km	00:58:43.070
11	8	97	PAIS FONDO , FRANCISCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:51.920	03:11 min/Km	00:35:02.890	31,7 Km/h	00:07:55.830	03:11 min/Km	00:58:50.640
12	2	70	FRAGA DIAZ , MANUEL	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:16:02.360	03:13 min/Km	00:34:23.650	32,3 Km/h	00:08:25.600	03:23 min/Km	00:58:51.610
13	9	81	IGLESIAS AREA , CARLOS	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:15:50.780	03:11 min/Km	00:34:44.170	32,0 Km/h	00:08:18.140	03:20 min/Km	00:58:53.090
14	3	58	DOPAZO MIGUEZ , ALBERTO	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:15:51.520	03:11 min/Km	00:34:52.750	31,8 Km/h	00:08:12.200	03:17 min/Km	00:58:56.470
15	4	38	BALSA ESTEVEZ , JUAN JOSE	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:16:18.790	03:16 min/Km	00:34:24.780	32,3 Km/h	00:08:18.390	03:20 min/Km	00:59:01.960
16	5	83	JANEIRO LORENZO , JORGE	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:15:51.750	03:11 min/Km	00:35:01.260	31,7 Km/h	00:08:17.080	03:19 min/Km	00:59:10.090
17	10	91	MARTINEZ TRIGO , ROBERTO	MALE	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:16:05.430	03:14 min/Km	00:34:41.630	32,0 Km/h	00:08:25.010	03:23 min/Km	00:59:12.070
18	11	31	ADE SCHNEIDER , MARCOS PAULO	MALE	ABSOLUTA	NATAACION PABELLON OURENSE	00:16:18.520	03:16 min/Km	00:34:36.890	32,1 Km/h	00:08:19.750	03:20 min/Km	00:59:15.160
19	12	48	CALZAS INSUA , DAVID	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:51.730	03:11 min/Km	00:35:05.040	31,6 Km/h	00:08:22.550	03:22 min/Km	00:59:19.320
20	1	100	PEREZ BLANCO , XOSE	MALE	CADETE	LAMARGHA-BEARIZ TRIATLON	00:16:03.880	03:13 min/Km	00:34:42.300	32,0 Km/h	00:08:40.800	03:29 min/Km	00:59:26.980
21	13	85	LAGO MONROY , ISMAEL	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:16:01.850	03:13 min/Km	00:34:54.350	31,8 Km/h	00:08:48.770	03:32 min/Km	00:59:44.970
22	14	62	FELPETE OURO , DAVID	MALE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:15:52.540	03:11 min/Km	00:34:57.170	31,8 Km/h	00:08:58.390	03:36 min/Km	00:59:48.100
23	2	125	SOUTO PRIETO , ANTONIO	MALE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:05.080	03:14 min/Km	00:34:57.890	31,7 Km/h	00:08:47.060	03:31 min/Km	00:59:50.030
24	3	92	MATA GONZALEZ , ALFONSO	MALE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:01.330	03:13 min/Km	00:35:02.010	31,7 Km/h	00:08:48.040	03:32 min/Km	00:59:51.380
25	15	64	FERNANDEZ FERNANDEZ , JAVIER	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:03.620	03:13 min/Km	00:34:48.300	31,9 Km/h	00:09:10.250	03:41 min/Km	01:00:02.170
26	6	119	RUBIO RUBIRA , IVAN	MALE	VET1	TRIATLON ARTEIXO	00:16:24.220	03:17 min/Km	00:35:26.010	31,3 Km/h	00:08:37.880	03:38 min/Km	01:00:28.110
27	16	79	GONZALEZ REY , JOSE	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:49.720	03:22 min/Km	00:35:02.630	31,7 Km/h	00:08:42.030	03:29 min/Km	01:00:34.380
28	17	68	FERRADANS VALDES , JORGE	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:22.890	03:17 min/Km	00:35:37.780	31,2 Km/h	00:08:54.530	03:34 min/Km	01:00:55.200
29	18	63	FERNANDEZ ENCINA , ALBERTO	MALE	ABSOLUTA	CLUB DEPORTIVO TRIATLON BIERZO	00:15:51.130	03:11 min/Km	00:36:40.880	30,3 Km/h	00:08:34.650	03:26 min/Km	01:01:06.660
30	4	45	BLANCO RUIZ , JACOBO	MALE	SUB23	CLUB NATACION LICEO	00:15:22.620	03:05 min/Km	00:37:38.720	29,5 Km/h	00:08:12.400	03:17 min/Km	01:01:13.740
31	19	54	CONDE VALLADARES , ANGEL	MALE	ABSOLUTA	KURAI	00:16:18.140	03:16 min/Km	00:36:11.380	30,7 Km/h	00:08:46.350	03:31 min/Km	01:01:15.870
32	7	108	RAMOS FERROL , ARTURO BENIGNO	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:16:25.680	03:18 min/Km	00:36:10.730	30,7 Km/h	00:08:42.140	03:29 min/Km	01:01:18.550
33	20	88	MALVAREZ LOURO , JESUS	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:47.030	03:22 min/Km	00:35:31.250	31,2 Km/h	00:09:05.390	03:39 min/Km	01:01:23.670
34	21	67	FERNANDEZ VAZQUEZ , OSCAR	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:16:59.780	03:24 min/Km	00:35:31.810	31,2 Km/h	00:09:38.670	03:52 min/Km	01:02:10.260
35	22	32	AGRA RIAL , CARLOS	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:23.370	03:17 min/Km	00:37:03.960	29,9 Km/h	00:08:47.610	03:32 min/Km	01:02:14.940
36	8	42	BERNARDEZ FERREIROS , PEDRO PABLO	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:16:23.090	03:17 min/Km	00:37:05.020	29,9 Km/h	00:08:47.040	03:31 min/Km	01:02:15.150
37	9	107	RAMOS BOTANA , JAVIER	MALE	VET1	A.D. TRI-PENTA TERRAS DE LUGO	00:16:23.980	03:17 min/Km	00:36:22.030	30,5 Km/h	00:10:01.930	04:01 min/Km	01:02:47.940
38	23	116	RODRIGUEZ OTERO , BORJA	MALE	ABSOLUTA	CLUB TRIATLON RIANXO	00:17:41.960	03:33 min/Km	00:35:21.650	31,4 Km/h	00:09:53.220	03:58 min/Km	01:02:56.830
39	10	61	ESTEVEZ PEREIRA , FRANCISCO	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:49.100	03:22 min/Km	00:37:07.080	29,9 Km/h	00:09:03.530	03:38 min/Km	01:02:59.710
40	24	60	ESTEBAN FERREIRO , DAVID	MALE	ABSOLUTA	TRISADA	00:16:47.430	03:22 min/Km	00:37:13.430	29,8 Km/h	00:09:00.120	03:37 min/Km	01:03:00.980
41	25	84	LAGO FIGUEROA , SANTIAGO	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:16:50.150	03:23 min/Km	00:37:24.360	29,7 Km/h	00:08:56.980	03:35 min/Km	01:03:11.490
42	26	98	PENA SOTO , FRANCISCO JAVIER	MALE	ABSOLUTA	TRIATLON FERROL	00:16:04.450	03:13 min/Km	00:38:34.850	28,8 Km/h	00:08:34.740	03:26 min/Km	01:03:14.040
43	27	104	POSE REGUEIRO , PASTOR ADRIAN	MALE	ABSOLUTA	TRISADA	00:17:29.570	03:30 min/Km	00:36:50.970	30,1 Km/h	00:09:05.810	03:39 min/Km	01:03:26.350
44	11	66	FERNANDEZ OTERO , GONZALO	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:08.740	03:26 min/Km	00:37:20.900	29,7 Km/h	00:08:57.070	03:35 min/Km	01:03:26.710
45	28	55	DA SILVA ANTONIO , DANIEL	MALE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:17:00.780	03:25 min/Km	00:37:20.840	29,7 Km/h	00:09:16.520	03:43 min/Km	01:03:38.140
46	12	46	BUJAN OTERO , JOSE CARLOS	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:16:28.340	03:18 min/Km	00:38:27.070	28,9 Km/h	00:08:48.300	03:32 min/Km	01:03:43.710
47	29	36	ANDRADE FERNANDEZ , IÑAKI OMAR	MALE	ABSOLUTA	TRINORTH	00:16:40.990	03:30 min/Km	00:36:46.370	30,2 Km/h	00:09:16.400	03:43 min/Km	01:03:43.760
48	5	44	BLANCO PORTO , RAUL	MALE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:16:19.190	03:16 min/Km	00:39:08.840	28,4 Km/h	00:08:18.690	03:20 min/Km	01:03:46.720
49	30	124	SOUTO CORES , ABEL	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:16:59.380	03:24 min/Km	00:37:46.090	29,4 Km/h	00:09:02.040	03:37 min/Km	01:03:47.510

50	6	90	MARTINEZ MARTINEZ, IÑIGO	MALE	SUB23	CLUB CICLISMO-TRIATLON POIO	00:16:31.830	03:19 min/Km	00:38:27.290	28,9 Km/h	00:08:54.450	03:34 min/Km	01:03:53.570
51	13	35	ALONSO FIGUEROA, PABLO	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:33.670	03:19 min/Km	00:38:32.330	28,8 Km/h	00:08:47.960	03:32 min/Km	01:03:53.960
52	14	106	QUINTEIRO SILVA, JOSE LUIS	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:16:43.290	03:21 min/Km	00:38:29.410	28,8 Km/h	00:08:42.880	03:30 min/Km	01:03:55.580
53	15	73	GARCIA PEREZ, DAVID	MALE	VET1	TRIATLON FERROL	00:16:51.080	03:23 min/Km	00:38:13.640	29,0 Km/h	00:09:15.220	03:43 min/Km	01:04:19.940
54	2	122	SENDIÑA PINTOS, CARLOS ANDRES	MALE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:16:30.670	03:19 min/Km	00:38:42.410	28,7 Km/h	00:09:18.550	03:44 min/Km	01:04:31.630
55	31	40	BEASCOECHEA PORTAS, PABLO JUAN	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:16:22.460	03:17 min/Km	00:39:07.970	28,4 Km/h	00:09:04.070	03:38 min/Km	01:04:34.500
56	16	51	CASTRELO CONDE, FRANCISCO JAVIER	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:33.980	03:31 min/Km	00:37:49.790	29,3 Km/h	00:09:18.530	03:44 min/Km	01:04:42.300
57	2	111	REY OLIVEIRA, JUAN	MALE	CADETE	TRIATLON BOIRO	00:16:23.400	03:17 min/Km	00:38:56.680	28,5 Km/h	00:09:28.980	03:48 min/Km	01:04:49.060
58	32	87	MALLO NIETO, JULIO	MALE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:16:45.490	03:22 min/Km	00:39:16.270	28,3 Km/h	00:08:49.960	03:32 min/Km	01:04:51.720
59	33	102	PICALLO MATO, ADRIAN	MALE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:17:35.800	03:32 min/Km	00:37:58.610	29,2 Km/h	00:09:23.140	03:46 min/Km	01:04:57.550
60	17	47	CABANELAS EIRAS, PABLO	MALE	VET1	CLUB OLIMPICO DE VEDRA	00:17:49.120	03:34 min/Km	00:37:34.680	29,5 Km/h	00:09:45.020	03:55 min/Km	01:05:08.820
61	18	75	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:16:45.510	03:22 min/Km	00:39:33.040	28,1 Km/h	00:09:03.690	03:38 min/Km	01:05:22.240
62	3	77	GONZALEZ BORGES, DAVID	MALE	CADETE	CLUB TRIATLON MAR DE VIGO	00:17:55.420	03:36 min/Km	00:39:00.430	28,5 Km/h	00:08:29.320	03:24 min/Km	01:05:25.170
63	3	123	SIMON COTELO, MANUEL	MALE	JUNIOR	CLUB NATACION LICEO	00:17:01.860	03:25 min/Km	00:38:13.530	29,0 Km/h	00:10:25.930	04:11 min/Km	01:05:41.320
64	34	99	PENAS OTERO, CRISTIAN	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:16:05.870	03:14 min/Km	00:41:01.010	27,1 Km/h	00:08:53.360	03:34 min/Km	01:06:00.240
65	19	130	VEIGA RAPOSO, IVAN	MALE	VET1	CIDADE DE LUGO FLUVIAL	00:16:19.640	03:16 min/Km	00:40:39.590	27,3 Km/h	00:09:24.890	03:46 min/Km	01:06:24.120
66	20	112	REY PADIN, FRANCISCO JAVIER	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:34.320	03:31 min/Km	00:39:32.270	28,1 Km/h	00:09:32.970	03:50 min/Km	01:06:39.560
67	35	105	PRESAS FARALDO, DOMINGO MANUEL	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:17:48.790	03:34 min/Km	00:39:20.200	28,2 Km/h	00:09:35.040	03:51 min/Km	01:06:44.030
68	36	33	AGRASAR CES, MARTIN	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:17.010	03:40 min/Km	00:38:54.780	28,5 Km/h	00:09:46.680	03:55 min/Km	01:06:58.470
69	21	76	GOMEZ AGRAS, LUIS	MALE	VET1	TRIATLON FERROL	00:16:55.730	03:24 min/Km	00:40:44.500	27,2 Km/h	00:09:21.710	03:45 min/Km	01:07:01.940
70	22	86	LARIÑO LAGO, JOSE RAMON	MALE	VET1	CLUB CICLISTA MUROS	00:18:00.690	03:37 min/Km	00:39:20.960	28,2 Km/h	00:09:45.190	03:55 min/Km	01:07:06.840
71	23	72	GARCIA IGLESIAS, LUCAS	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:47.560	03:34 min/Km	00:40:23.940	27,5 Km/h	00:09:14.520	03:42 min/Km	01:07:26.020
72	37	117	RODRIGUEZ SANTAMARIA, DAVID	MALE	ABSOLUTA	TRIATLON BOIRO	00:18:27.190	03:42 min/Km	00:39:19.970	28,2 Km/h	00:09:52.830	03:58 min/Km	01:07:39.990
73	24	41	BEIRO GONZALEZ, JUAN CARLOS	MALE	VET1	CLUB CICLISTA MUROS	00:17:48.280	03:34 min/Km	00:40:21.800	27,5 Km/h	00:09:42.720	03:54 min/Km	01:07:52.800
74	25	39	BARREIRO PEREIRA, XOSE ANTON	MALE	VET1	ARTROGAL-TRI 498	00:17:17.660	03:28 min/Km	00:41:20.490	26,8 Km/h	00:09:17.010	03:43 min/Km	01:07:55.160
75	26	121	SANTOMIL LAPIDO, MIGUEL	MALE	VET1	ARTROGAL-TRI 498	00:17:26.730	03:30 min/Km	00:40:56.710	27,1 Km/h	00:09:34.690	03:50 min/Km	01:07:58.130
76	7	69	FERRON MOURE, ADRIAN	MALE	SUB23	CLUB NATACION RIVEIRA	00:17:02.390	03:25 min/Km	00:41:20.350	26,9 Km/h	00:09:39.720	03:52 min/Km	01:08:02.460
77	38	128	TUBIO DEL RIO, ANDRES MANUEL	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:15.690	03:40 min/Km	00:40:27.810	27,4 Km/h	00:09:53.740	03:58 min/Km	01:08:37.240
DNF		103	PIMENTEL PEREZ, MIGUEL	MALE	SUB23	OURENSE ATLETISMO	00:16:46.720	03:22 min/Km	00:37:38.980	29,5 Km/h			
DNF		126	TRILLO BLANCO, ANGEL	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:35.780	03:44 min/Km	00:45:54.580	24,2 Km/h			
DNF		82	INCUTTI TELLADO, DENIS	MALE	JUNIOR	TRIATLON BOIRO	00:15:18.090	03:04 min/Km					
DNF		71	GARCIA CASTRO, MARCOS	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:15:49.760	03:10 min/Km					
DNF		109	RAMOS REY, ARTURO	MALE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:15:49.890	03:10 min/Km					
DNF		113	RODRIGUEZ ABAD, XOEL	MALE	CADETE	CLUB TRIATLON MAR DE VIGO	00:15:55.000	03:11 min/Km					
DNF		101	PEREZ SOLOVIEV, VICENTE	MALE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:16:23.360	03:17 min/Km					
DNF		80	HAZ GARCIA, ADRIAN	MALE	JUNIOR	A.D. TRIATLON OLEIROS	00:16:46.260	03:22 min/Km					
DNF		65	FERNANDEZ MARTINEZ, FERNANDO FRANCISCO	MALE	VET1	CLUB OLIMPICO DE VEDRA	00:18:05.390	03:38 min/Km					
DNF		74	GARCIA PIÑEIRO, ANDRE	MALE	ABSOLUTA	CLUB OLIMPICO DE VEDRA	00:18:24.910	03:41 min/Km					
DNF		43	BLANCO GARCIA, FRANCISCO DAMIAN	MALE	VET1	TRINORTH	00:18:52.410	03:47 min/Km					
DNF		89	MARTINEZ CASTRO, JESUS	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:19:00.920	03:49 min/Km					
DNS		49	CANOSA FERNANDEZ, BRAIS	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
DNS		50	CASTIÑEIRA FIGUEROA, ALBERTO	MALE	SUB23	ARCADE INFORHOUSE SANTIAGO							
DNS		53	COIRA LOJO, CARLOS	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
DNS		56	DE CASTRO MARTINEZ, ANTONIO JESUS	MALE	ABSOLUTA	TRINORTH							
DNS		57	DIAZ PORTAS, LUIS ALBERTO	MALE	VET2	CLUB ATLETISMO PORRIÑO							
DNS		94	MOSQUERA FILGUEIRA, GERMAN	MALE	ABSOLUTA	ARTROGAL-TRI 498							
DNS		110	RAÑO REBOLO, DAVID	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING							
DNS		114	RODRIGUEZ GONZALEZ, JAVIER	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO							
DNS		115	RODRIGUEZ MACEIRA, DAVID	MALE	ABSOLUTA	CLUB ATLETISMO PORRIÑO							
DNS		118	ROJO LUACES, ADRIAN	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE							
DNS		129	VEIGA MOSQUERA, JOSE ANTONIO	MALE	VET2	ARCADE INFORHOUSE SANTIAGO							

50	17	202	RIVAS RODRIGUEZ , ENRIQUE	MALE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:44.293	03:57 min/Km	00:39:52.760	27,8 Km/h	00:10:26.900	04:11 min/Km	01:10:03.953
51	18	165	GONTAN CASTRO , JOSE ANTONIO	MALE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:43.753	03:57 min/Km	00:39:47.150	27,9 Km/h	00:10:33.940	04:14 min/Km	01:10:04.843
52	19	177	LOPEZ SUAREZ , MANUEL ANTONIO	MALE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:14.133	03:51 min/Km	00:40:47.570	27,2 Km/h	00:10:25.240	04:11 min/Km	01:10:26.943
53	29	167	GONZALEZ SUAREZ , ALBERTO ALBINO	MALE	ABSOLUTA	KURAI	00:17:21.343	03:29 min/Km	00:43:29.320	25,5 Km/h	00:09:37.630	03:52 min/Km	01:10:28.293
54	30	207	RODRIGUEZ HIERRO , DAVID	MALE	ABSOLUTA	KURAI	00:18:01.643	03:37 min/Km	00:42:31.760	26,1 Km/h	00:09:55.490	03:59 min/Km	01:10:28.893
55	20	219	SUEIRO MENDEZ , ANDRES	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:45.723	03:34 min/Km	00:42:49.440	25,9 Km/h	00:09:59.180	03:60 min/Km	01:10:34.343
56	31	211	ROMERO CHOUZA , OSCAR	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:18:33.293	03:43 min/Km	00:42:14.110	26,3 Km/h	00:09:47.750	03:56 min/Km	01:10:35.153
57	21	151	COSTOYA PRADO , CESAR	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:18:26.453	03:42 min/Km	00:41:43.340	26,6 Km/h	00:10:27.900	04:12 min/Km	01:10:37.693
58	4	182	MENDEZ LOPEZ , JUAN	MALE	VET2	TRISADA	00:18:20.123	03:41 min/Km	00:43:04.410	25,8 Km/h	00:09:26.030	03:47 min/Km	01:10:50.563
59	5	189	OUTEIRO LOPEZ , XOSE RICARDO	MALE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:52.603	03:47 min/Km	00:42:09.140	26,3 Km/h	00:10:02.490	04:01 min/Km	01:11:04.233
60	22	176	LOPEZ FERNANDEZ , JOSE ANTONIO	MALE	VET1	ARTROGAL-TRI 498	00:18:42.743	03:45 min/Km	00:42:01.450	26,4 Km/h	00:10:27.250	04:11 min/Km	01:11:11.443
61	6	190	PASTRANA CRUZ , MANUEL	MALE	VET2	MONTE PENARUBIA RUNNING LUGO	00:18:47.573	03:46 min/Km	00:42:38.960	26,0 Km/h	00:10:02.870	04:02 min/Km	01:11:29.403
62	23	156	FANDIÑO GARCIA , OSCAR	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:17:56.903	03:36 min/Km	00:43:54.900	25,3 Km/h	00:09:40.510	03:53 min/Km	01:11:32.313
63	24	178	MALDONADO GONZALEZ , CARLOS	MALE	VET1	ARCADE INFORHOUSE SANTIAGO	00:19:14.713	03:51 min/Km	00:42:36.040	26,1 Km/h	00:10:17.910	04:08 min/Km	01:12:08.663
64	25	170	HERNANDEZ NAVEIRO , RAFAEL	MALE	VET1	CLUB TRIATLON RIANXO	00:18:58.923	03:48 min/Km	00:43:20.700	25,6 Km/h	00:09:53.710	03:58 min/Km	01:12:13.333
65	32	166	GONZALEZ CALVO , ADRIAN	MALE	ABSOLUTA	CORREDORES DO MIÑO	00:18:59.183	03:48 min/Km	00:42:52.270	25,9 Km/h	00:10:30.640	04:13 min/Km	01:12:22.093
66	26	174	LISTE BASCOY , ALEJANDRO	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:23.073	03:41 min/Km	00:43:29.850	25,5 Km/h	00:10:36.810	04:15 min/Km	01:12:29.733
67	33	142	CABARCOS ROUCO , MIGUEL	MALE	ABSOLUTA	A.D. NAUTICO DE NARON	00:18:42.163	03:45 min/Km	00:43:36.420	25,5 Km/h	00:10:29.540	04:12 min/Km	01:12:48.123
68	27	164	GARCIA SALGADO , CARLOS	MALE	VET1	CLUB TRIATLON CORUÑA	00:20:02.073	04:01 min/Km	00:42:26.040	26,2 Km/h	00:10:40.040	04:17 min/Km	01:13:08.153
69	34	214	SABORIDO FERNANDEZ , EMILIO	MALE	ABSOLUTA	CLUB TRIATLON RIANXO	00:18:56.343	03:48 min/Km	00:44:31.130	24,9 Km/h	00:10:11.460	04:05 min/Km	01:13:38.933
70	35	200	QUINTANS VAZQUEZ , JOSE ANTONIO	MALE	ABSOLUTA	CLUB TRIATLON COMPOSTELA	00:19:33.973	03:55 min/Km	00:43:19.910	25,6 Km/h	00:11:24.010	04:34 min/Km	01:14:17.893
71	28	208	RODRIGUEZ MARTINEZ , FERNANDO	MALE	VET1	A.D. NAUTICO DE NARON	00:19:22.973	03:53 min/Km	00:43:36.870	25,5 Km/h	00:11:31.090	04:37 min/Km	01:14:30.933
72	36	199	QUINTANA RODRIGUEZ , MARCOS	MALE	ABSOLUTA	NOSPORTLIMIT	00:20:00.823	04:01 min/Km	00:43:05.950	25,8 Km/h	00:11:30.770	04:37 min/Km	01:14:37.543
73	29	145	CASTRO AMBOAGE , GUSTAVO	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:19:40.813	03:57 min/Km	00:44:06.840	25,2 Km/h	00:11:48.420	04:44 min/Km	01:15:36.073
74	37	187	NIETO LAREO , ADRIAN	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:20:07.123	04:02 min/Km	00:43:21.690	25,6 Km/h	00:12:08.730	04:52 min/Km	01:15:37.543
75	2	160	FERNANDEZ GARCIA , JACOBO	MALE	JUNIOR	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:19:07.103	03:50 min/Km	00:46:36.860	23,8 Km/h	00:10:30.000	04:12 min/Km	01:16:13.963
76	30	196	PONTE LORENZO , MANUEL	MALE	VET1	CLUB TRIATLON COMPOSTELA	00:19:29.893	03:54 min/Km	00:46:37.500	23,8 Km/h	00:10:30.130	04:13 min/Km	01:16:37.523
77	31	223	VAZQUEZ GONZALEZ , LINO	MALE	VET1	CORREDORES DO MIÑO	00:18:59.273	03:48 min/Km	00:46:48.890	23,7 Km/h	00:10:51.270	04:21 min/Km	01:16:39.433
78	38	172	LAMEIRO PÉREZ , MARTÍN	MALE	ABSOLUTA	TRIATLON BOIRO	00:20:32.523	04:07 min/Km	00:43:09.010	25,7 Km/h	00:12:59.790	05:12 min/Km	01:16:41.323
79	32	183	MOLINERO RECIO , HUGO	MALE	VET1	CLUB NATACION LICEO	00:19:52.463	03:59 min/Km	00:46:48.870	23,7 Km/h	00:10:43.430	04:18 min/Km	01:17:24.763
80	1	220	VALIÑO GARCIA , UXIO	MALE	CADETE	TRIATLON FERROL	00:19:12.553	03:51 min/Km	00:48:11.010	23,0 Km/h	00:11:02.530	04:26 min/Km	01:18:26.093
81	7	195	PITA PEREIRA , MANUEL ANGEL	MALE	VET2	TRIATLON FERROL	00:19:11.583	03:51 min/Km	00:41:49.630	26,5 Km/h	00:17:27.000	06:59 min/Km	01:18:28.213
82	2	227	VIAN PEREZ , GABRIEL	MALE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO	00:19:09.523	03:50 min/Km	00:49:20.500	22,5 Km/h	00:10:53.920	04:22 min/Km	01:19:23.943
83	39	179	MARTINEZ SANJORGE , ANTONIO JESUS	MALE	ABSOLUTA	CLUB DEPORTIVO PINARIUM	00:20:59.123	04:12 min/Km	00:49:10.740	22,6 Km/h	00:11:35.960	04:39 min/Km	01:21:45.823
84	8	184	NANIN LOPEZ , JOSE MANUEL	MALE	VET2	CORREDORES DO MIÑO	00:19:50.123	03:59 min/Km	00:51:39.210	21,5 Km/h	00:10:35.740	04:15 min/Km	01:22:05.073
85	1	203	RODRIGUEZ CARAMES , JOSE MANUEL	MALE	VET3	CLUB ATLETISMO PORRIÑO	00:20:51.943	04:11 min/Km	00:50:30.910	22,0 Km/h	00:11:51.350	04:45 min/Km	01:23:14.203
86	40	209	RODRIGUEZ PUGA , JUAN MANUEL	MALE	ABSOLUTA	NOSPORTLIMIT	00:21:04.923	04:13 min/Km	00:50:21.060	22,0 Km/h	00:11:58.630	04:48 min/Km	01:23:24.613
DNF		181	MEIS VEIGA , FAUSTINO	MALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:55.873	03:48 min/Km					
DNS		133	AMENEIRO MARTINEZ , FRANCISCO JAVIER	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO							
DNS		135	BALADO NEIRO , DANIEL	MALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
DNS		139	BUGALLO SENRA , JOSE	MALE	VET1	CLUB CICLISMO-TRIATLON POIO							
DNS		168	GRAÑA PEREZ , OLIVER	MALE	VET1	C. NATACION CEDEIRA MUEBLES GARCIA							
DNS		185	NAVIA GIRALDEZ , SEGUNDO	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
DNS		204	RODRIGUEZ FERNANDEZ , ANTONIO	MALE	ABSOLUTA	KURAI							
DNS		206	RODRIGUEZ FERNANDEZ , MANUEL FRANCISCO	MALE	ABSOLUTA	KURAI							
DNS		210	RODRIGUEZ VAZQUEZ , ADRIAN	MALE	ABSOLUTA	OURENSE ATLETISMO							
DNS		212	ROSELL HURTADO , DANIEL	MALE	ABSOLUTA	OURENSE ATLETISMO							
DNS		216	SAYANS REY , JOAQUIN	MALE	VET1	TRIATLON VILAGARCIA /ATENAS RUNNING							
DNS		217	SIMON MARTINEZ , HECTOR	MALE	ABSOLUTA	NOSPORTLIMIT							
DNS		221	VAZQUEZ FERNANDEZ , FRANCISCO	MALE	VET1	TRIATLON MURALLA DE LUGO							

4_FEMENINO

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CARREIRA		CICLISMO		CARREIRA 2		META
1	1	12	GARCIA LOPEZ, AIDA	FEMALE	VET1	CLUB CICLISMO-TRIATLON POIO	00:18:27.097	03:42 min/Km	00:38:15.020	29,0 Km/h	00:09:32.540	03:42 min/Km	01:05:54.657
2	2	2	BARREIRA SALGADO , MARIA TERESA	FEMALE	VET1	TRIATLON FERROL	00:18:15.537	03:40 min/Km	00:38:46.940	28,6 Km/h	00:09:24.880	03:46 min/Km	01:06:27.357
3	1	4	CASTAÑO GARCIA , CARLA	FEMALE	SUB23	ARCADE INFORHOUSE SANTIAGO	00:18:33.897	03:43 min/Km	00:43:58.860	25,2 Km/h	00:10:22.570	04:10 min/Km	01:12:55.327
4	1	10	FERNANDEZ FONTENLA , IRIA	FEMALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO	00:18:00.057	03:37 min/Km	00:50:40.740	21,9 Km/h	00:09:05.310	03:39 min/Km	01:17:46.107
5	2	30	VILLAVERDE ROSALES , MARGARITA	FEMALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:20:00.927	04:01 min/Km	00:47:14.670	23,5 Km/h	00:10:53.070	04:22 min/Km	01:18:08.667
6	1	18	LEMAT CABRAL , Mª BELEN	FEMALE	VET2	CIDADE DE LUGO FLUVIAL	00:20:42.597	04:09 min/Km	00:46:43.910	23,8 Km/h	00:10:53.840	04:22 min/Km	01:18:20.347
7	2	20	LOPEZ MAHIA , PURIFICACION	FEMALE	VET2	CLUB HERCULES TERMARIA	00:20:16.357	04:04 min/Km	00:47:52.660	23,2 Km/h	00:10:25.350	04:11 min/Km	01:18:34.367
8	1	9	FERNANDEZ DIAZ , UXIA	FEMALE	JUNIOR	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:21:54.337	04:23 min/Km	00:46:23.510	23,9 Km/h	00:10:53.660	04:22 min/Km	01:19:11.507
9	1	7	CONS GESTIDO , MARTINA MANUELA	FEMALE	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:42.957	04:09 min/Km	00:48:07.520	23,1 Km/h	00:10:34.040	04:14 min/Km	01:19:24.517
10	3	1	ALVAREZ RODRIGUEZ , PATRICIA	FEMALE	VET1	LAMARGHA-BEARIZ TRIATLON	00:20:43.127	04:09 min/Km	00:48:02.710	23,1 Km/h	00:10:43.130	04:18 min/Km	01:19:28.967
11	3	3	CABARCOS BARRO , LAURA	FEMALE	ABSOLUTA	A.D. NAUTICO DE NARON	00:20:49.977	04:10 min/Km	00:48:49.300	22,7 Km/h	00:11:22.960	04:34 min/Km	01:21:02.237
12	4	21	LORENZO PEREZ , NATALIA	FEMALE	VET1	CLUB TRIATLON COMPOSTELA	00:20:19.137	04:04 min/Km	00:50:47.660	21,9 Km/h	00:10:48.670	04:20 min/Km	01:21:55.467
13	2	13	GRAÑA GONZALEZ , INES	FEMALE	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:22:52.987	04:35 min/Km	00:47:49.450	23,2 Km/h	00:11:36.780	04:39 min/Km	01:22:19.217
14	4	11	GARCIA GONZALEZ , LAURA	FEMALE	ABSOLUTA	TRIATLON FERROL	00:20:43.417	04:09 min/Km	00:51:51.630	21,4 Km/h	00:11:14.190	04:30 min/Km	01:23:49.237
15	3	8	FERNANDEZ DIAZ , IRIA	FEMALE	CADETE	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:22:35.927	04:32 min/Km	00:49:32.860	22,4 Km/h	00:12:42.130	05:05 min/Km	01:24:50.917
16	5	15	IGLESIAS VAZQUEZ , MIRIAM	FEMALE	ABSOLUTA	ASOCIACION DEPORTIVA MEDIA DUCIA	00:21:50.937	04:23 min/Km	00:52:52.730	21,0 Km/h	00:11:58.230	04:48 min/Km	01:26:41.897
17	6	29	SOUTO PRIETO , MARIA	FEMALE	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:21:54.017	04:23 min/Km	00:54:09.140	20,5 Km/h	00:11:40.000	04:40 min/Km	01:27:43.157
18	7	19	LOPEZ GESTAL , MARTINA	FEMALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:23:19.157	04:40 min/Km	00:53:22.960	20,8 Km/h	00:12:20.450	04:57 min/Km	01:29:02.567
19	5	14	HERBELLO HERMELO , PALOMA	FEMALE	VET1	ARCADE INFORHOUSE SANTIAGO	00:23:01.997	04:37 min/Km	00:55:29.580	20,0 Km/h	00:14:19.600	05:44 min/Km	01:32:51.177
20	8	27	RUA PRIETO , MARIA LUISA	FEMALE	ABSOLUTA	TRISADA	00:26:08.437	05:14 min/Km	00:54:02.040	20,5 Km/h	00:13:32.420	05:25 min/Km	01:33:42.897
21	9	16	JACOME GALVAN , JUDIT DANIELA	FEMALE	ABSOLUTA	CORREDORES DO MIÑO	00:27:25.477	05:30 min/Km	00:56:08.410	19,8 Km/h	00:14:36.790	05:51 min/Km	01:38:10.677
DNF		22	NOVO DIOS , MARIA	FEMALE	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:20:42.767	04:09 min/Km					
DNF		28	SANCHEZ GRANDAL , LUCIA	FEMALE	CADETE	C. NATACION CEDEIRA MUEBLES GARCIA	00:23:08.607	04:38 min/Km					
DNF		26	RODRIGUEZ LOURES , ANDREA	FEMALE	ABSOLUTA	TRISADA	00:31:36.597	06:20 min/Km					
DNS		5	CONDE PAZOS , ELENA	FEMALE	SUB23	A.D. TRI-PENTA TERRAS DE LUGO							
DNS		6	CONS GESTIDO , HENAR DIANA	FEMALE	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA							
DNS		17	KIM RAQUEL , EMDE	FEMALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
DNS		23	PENSADO DEUS , ADRIANA	FEMALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
DNS		24	RODRIGUEZ DIEZ , ESTHER	FEMALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							
DNS		25	RODRIGUEZ DIEZ , ESTHER	FEMALE	ABSOLUTA	ARCADE INFORHOUSE SANTIAGO							

1_POPULAR

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CARREIRA		CICLISMO	CARREIRA 2		META	
1	1	260	PEREZ CASTRO , DAVID ROGELIO	MALE	ABSOLUTA	LICENZA 1 DIA	00:08:14.187	03:18 min/Km	00:24:29.270	32,3 Km/h	00:04:53.570	03:55 min/Km	00:37:37.027
2	2	251	Iglesias Maceira , Brais	MALE	ABSOLUTA	LICENZA 1 DIA	00:07:56.387	03:11 min/Km	00:26:28.180	29,9 Km/h	00:04:47.380	03:50 min/Km	00:39:11.947
3	3	262	PIÑEIRO GONZALEZ , JAVIER	MALE	ABSOLUTA	LICENZA 1 DIA	00:08:16.507	03:19 min/Km	00:26:12.890	30,2 Km/h	00:04:50.700	03:53 min/Km	00:39:20.097
4	4	273	VILANOVA TOME , ANGEL	MALE	ABSOLUTA	TRIATLON O TREITO	00:08:45.947	03:31 min/Km	00:25:48.470	30,7 Km/h	00:05:15.020	04:13 min/Km	00:39:49.437
5	5	243	FERNANDEZ RIOS , JONATHAN	MALE	ABSOLUTA	LICENZA 1 DIA	00:07:31.247	03:01 min/Km	00:28:15.350	28,0 Km/h	00:04:12.630	03:23 min/Km	00:39:59.227
6	1	236	CASAL MOURELOS , MARTIN	MALE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:08:46.087	03:31 min/Km	00:26:33.290	29,8 Km/h	00:05:29.330	04:24 min/Km	00:40:48.707
7	1	232	ARANDA FERNANDEZ , ANTON	MALE	CADETE	ARCADE INFORHOUSE SANTIAGO	00:08:16.797	03:19 min/Km	00:27:53.200	28,4 Km/h	00:05:16.300	04:14 min/Km	00:41:26.297
8	1	231	AMENEDO GONZALEZ , RICARDO	MALE	VET1	LICENZA 1 DIA	00:08:42.657	03:30 min/Km	00:27:45.670	28,5 Km/h	00:05:12.620	04:11 min/Km	00:41:40.947
9	1	244	FERNANDEZ VIDAL , ANGEL MANUEL	MALE	VET2	Independiente	00:08:55.977	03:35 min/Km	00:27:25.560	28,9 Km/h	00:05:27.610	04:23 min/Km	00:41:49.147
10	2	257	OTERO LESTON , JESUS	MALE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:08:44.277	03:30 min/Km	00:27:24.020	28,9 Km/h	00:05:43.280	04:35 min/Km	00:41:51.577
11	3	271	SUAREZ URRUZOLA , LEO	MALE	JUNIOR	ARCADE INFORHOUSE SANTIAGO	00:08:46.727	03:31 min/Km	00:27:44.130	28,6 Km/h	00:05:52.220	04:42 min/Km	00:42:23.077
12	6	256	MONTEAGUDO RODRIGUEZ-TUBIO , SERGIO	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:08:34.977	03:26 min/Km	00:29:16.030	27,1 Km/h	00:05:05.950	04:05 min/Km	00:42:56.957
13	2	258	OTERO RODRIGUEZ , SANTIAGO ALFONSO	MALE	VET1	LICENZA 1 DIA	00:09:25.017	03:47 min/Km	00:28:18.810	28,0 Km/h	00:05:41.080	04:23 min/Km	00:43:24.907
14	4	263	PORTO FERNANDES , ALBERTO	MALE	JUNIOR	CLUB TRIATLON COMPOSTELA	00:08:53.217	03:34 min/Km	00:28:32.550	27,7 Km/h	00:06:07.580	04:55 min/Km	00:43:33.347
15	3	269	SANTIAGO MARIÑO , VICTOR L.	MALE	VET1	LICENZA 1 DIA	00:09:15.677	03:43 min/Km	00:29:33.490	26,8 Km/h	00:05:28.030	04:23 min/Km	00:44:17.197
16	2	270	SEVILLA CORRAL , MARTIN	MALE	CADETE	CLUB TRIATLON COMPOSTELA	00:09:06.347	03:39 min/Km	00:30:08.300	26,3 Km/h	00:05:25.210	04:21 min/Km	00:44:39.857
17	3	254	MELLID LOSADA , MANOEL	MALE	CADETE	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:09:13.027	03:42 min/Km	00:30:25.250	26,0 Km/h	00:05:23.250	04:19 min/Km	00:45:01.527
18	1	237	CONS GESTIDO , VICTORIA ANNA	FEMALE	INFANTIL-F	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:09:13.107	03:42 min/Km	00:30:53.510	25,6 Km/h	00:05:28.930	04:24 min/Km	00:45:35.547
19	4	253	MARTINEZ SILVEIRA , LUIS CLODOMIRO	MALE	VET1	LICENZA 1 DIA	00:08:37.057	03:27 min/Km	00:31:47.980	24,9 Km/h	00:05:20.050	04:17 min/Km	00:45:45.087
20	5	247	GARCÍA BARREIRO , BENIGNO	MALE	VET1	LICENZA 1 DIA	00:08:55.567	03:35 min/Km	00:31:47.360	24,9 Km/h	00:05:23.140	04:19 min/Km	00:46:06.067
21	6	249	GARROTE RAMIL , JOSE LUIS	MALE	VET1	LICENZA 1 DIA	00:09:46.037	03:55 min/Km	00:30:26.460	26,0 Km/h	00:06:13.400	04:59 min/Km	00:46:25.897
22	7	238	DOSIL SUAREZ , ALVARO	MALE	ABSOLUTA	LICENZA 1 DIA	00:10:18.637	04:08 min/Km	00:30:11.990	26,2 Km/h	00:06:18.340	05:03 min/Km	00:46:48.967
23	7	239	FARO NEGREIRA , JUAN MANUEL	MALE	VET1	Independiente	00:10:16.187	04:07 min/Km	00:30:23.460	26,1 Km/h	00:06:35.490	05:17 min/Km	00:47:15.137
24	8	268	SANCHEZ RAMOS , ALEJANDRO	MALE	ABSOLUTA	CLUB TRIATLON CORUÑA	00:09:22.877	03:46 min/Km	00:31:40.560	25,0 Km/h	00:06:35.890	05:17 min/Km	00:47:39.327
25	9	246	FIGUEIREDO DOMINGUEZ , ANTONIO	MALE	ABSOLUTA	LICENZA 1 DIA	00:09:23.557	03:46 min/Km	00:31:40.200	25,0 Km/h	00:06:35.790	05:17 min/Km	00:47:39.547
26	4	266	RUSO QUINTANS , DAVID	MALE	CADETE	CLUB CERVECERIA O COTON NEGREIRA	00:10:50.057	04:21 min/Km	00:30:37.350	25,9 Km/h	00:07:02.550	05:39 min/Km	00:48:29.957
27	10	264	Pose Suárez , Carlos	MALE	ABSOLUTA	LICENZA 1 DIA	00:08:53.817	03:34 min/Km	00:33:13.880	23,8 Km/h	00:06:25.650	05:09 min/Km	00:48:33.347
28	1	242	FERNANDEZ MACIAS , MIREIA	FEMALE	VET1-F	LICENZA 1 DIA	00:10:34.027	04:14 min/Km	00:31:04.990	25,5 Km/h	00:06:54.940	05:32 min/Km	00:48:33.957
29	1	250	HERMIDA MARTINEZ , VANESA	FEMALE	ABSOLUTA-F	LICENZA 1 DIA	00:10:36.667	04:15 min/Km	00:32:47.900	24,1 Km/h	00:06:14.340	04:46 min/Km	00:49:38.907
30	2	267	Salgado Albores , Maite	FEMALE	VET1-F	LICENZA 1 DIA	00:10:15.827	04:07 min/Km	00:33:38.360	23,5 Km/h	00:05:47.550	04:39 min/Km	00:49:41.737
31	3	261	PERNAS GOMEZ , MARIA BEGOÑA	FEMALE	VET1-F	LICENZA 1 DIA	00:10:34.107	04:14 min/Km	00:33:43.680	23,5 Km/h	00:06:23.630	05:07 min/Km	00:50:41.417
32	1	241	FERNANDEZ GONZALEZ , ELENA	FEMALE	JUNIOR-F	CLUB HERCULES TERMARIA	00:10:15.037	04:07 min/Km	00:34:40.460	22,8 Km/h	00:06:20.460	05:05 min/Km	00:51:15.957
33	8	235	Cao Espido , Gonzalo	MALE	VET1	LICENZA 1 DIA	00:11:30.737	04:37 min/Km	00:34:30.020	23,0 Km/h	00:07:17.080	05:50 min/Km	00:53:17.837
34	9	252	LOPEZ LORENZO , ANGEL	MALE	VET1	LICENZA 1 DIA	00:11:30.277	04:37 min/Km	00:34:30.010	23,0 Km/h	00:07:18.570	05:51 min/Km	00:53:18.857
35	4	259	PEREZ CASTRILLON , EVA MARIA	FEMALE	VET1-F	LICENZA 1 DIA	00:10:34.757	04:14 min/Km	00:36:40.650	21,6 Km/h	00:06:13.230	04:59 min/Km	00:53:28.637
36	5	265	REY DA SILVA , DOLORES	FEMALE	VET1-F	CLUB TRIATLON COMPOSTELA	00:11:07.717	04:28 min/Km	00:35:43.700	22,2 Km/h	00:06:59.410	05:36 min/Km	00:53:50.827
37	10	272	TEJEIRO GONZALEZ , JAVIER	MALE	VET1	LICENZA 1 DIA	00:09:54.317	03:58 min/Km	00:34:34.810	22,9 Km/h	00:09:29.770	07:36 min/Km	00:53:58.897
38	11	255	Miranda , Oscar	MALE	VET1	LICENZA 1 DIA	00:10:30.137	04:13 min/Km	00:37:59.390	20,8 Km/h	00:06:19.420	05:04 min/Km	00:54:48.947
39	2	230	ALCALDE BALADO , MARIA TANIA	FEMALE	ABSOLUTA-F	ARCADE INFORHOUSE SANTIAGO	00:10:25.047	04:11 min/Km	00:38:14.450	20,7 Km/h	00:06:36.260	05:18 min/Km	00:55:15.757
40	1	245	FERNANDEZ-TAFALL SALGADO , MARTA MARIA	FEMALE	VET2-F	CLUB TRIATLON CORUÑA	00:12:45.237	05:07 min/Km	00:38:04.970	20,8 Km/h	00:08:20.830	06:41 min/Km	00:59:11.037
DNS		233	BOUZON OTERO , FERNANDO ANTONIO	MALE	VET1	TRISADA							
DNS		234	CAAMAÑO MONTEAGUDO , JOSE MARIA	MALE	VET1	ARCADE INFORHOUSE SANTIAGO							
DNS		240	FERNANDEZ COCHON , AXEL	MALE	INFANTIL	CLUB TRIATLON MAR DE VIGO							
DNS		248	GARCIA GONZALEZ , IGNACIO	MALE	ABSOLUTA	TRIATLON PISUERGA-TRIPI							