# IX TRÍATLON CONCELLO DE POIO

## ABSOLUTA FEMININA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

### Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

### Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 41 **Remataron :** 35 **Retirados :** 2 **Non Presentados :** 0 **Descalificados :** 0

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 109 | **NATALIA HIDALGO MARTINEZ** | CIDADE DE LUGO FLUVIAL | JNF | 2 | 0:12:51 | 2 | 0:40:37 | 29.55 | 2 | 0:20:36 | **1:14:03** | |
| **2** | 94 | **AÍDA GARCÍA LÓPEZ** | CLUB CICLISMO-TRÍATLON POI | V1F | 24 | 0:19:59 | 1 | 0:37:47 | 31.76 | 1 | 0:20:14 | **1:17:59** | 0:03:57 |
| **3** | 107 | **MYRIAN LÓPEZ MULET** | CIDADE DE LUGO FLUVIAL | CDF | 4 | 0:12:54 | 8 | 0:43:35 | 27.54 | 4 | 0:21:59 | **1:18:27** | 0:04:24 |
| **4** | 95 | **MARÍA LOIS ABAL** | ARCADE INFORHOUSE SANTIA | SUB23F | 11 | 0:14:03 | 6 | 0:42:33 | 28.21 | 6 | 0:22:35 | **1:19:10** | 0:05:07 |
| **5** | 113 | **MICAELA TATIANA SANTILLÁN** | TRIATLÓN RÍAS BAIXAS | ABF | 13 | 0:14:27 | 5 | 0:42:16 | 28.39 | 5 | 0:22:27 | **1:19:10** | 0:05:07 |
| **6** | 117 | **ANDREA IGLESIAS CARBALLID** | A.D. TRI-PENTA TERRAS DE LU | ABF | 21 | 0:19:14 | 3 | 0:40:46 | 29.44 | 3 | 0:21:50 | **1:21:49** | 0:07:46 |
| **7** | 116 | **CRISTINA GARCIA MARIN** | TRIATLÓN MOTOBIKE GALAICO | ABF | 6 | 0:13:19 | 14 | 0:45:13 | 26.54 | 13 | 0:24:49 | **1:23:20** | 0:09:17 |
| **8** | 110 | **UXIA FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | JNF | 15 | 0:15:03 | 13 | 0:44:35 | 26.92 | 10 | 0:24:19 | **1:23:57** | 0:09:54 |
| **9** | 102 | **INÉS GRAÑA GONZÁLEZ** | C. NATACIÓN CEDEIRA MUEBL | CDF | 7 | 0:13:19 | 10 | 0:44:05 | 27.23 | 26 | 0:26:38 | **1:24:01** | 0:09:59 |
| **10** | 97 | **CARLA FERNANDEZ CORBELLE** | CIDADE DE LUGO FLUVIAL | CDF | 14 | 0:15:00 | 11 | 0:44:07 | 27.2 | 20 | 0:25:32 | **1:24:38** | 0:10:36 |
| **11** | 104 | **IRIA FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | CDF | 12 | 0:14:05 | 12 | 0:44:08 | 27.19 | 25 | 0:26:36 | **1:24:49** | 0:10:46 |
| **12** | 111 | **BALBINA TARRIO MANGAS** | TRIATLÓN ARTEIXO | ABF | 17 | 0:17:09 | 9 | 0:44:03 | 27.25 | 19 | 0:25:15 | **1:26:26** | 0:12:23 |
| **13** | 101 | **ALBA OTERO LOSADA** | A.D. FOGAR | CDF | 10 | 0:13:59 | 18 | 0:46:14 | 25.96 | 29 | 0:27:36 | **1:27:48** | 0:13:46 |
| **14** | 119 | **TANIA ALCALDE BALADO** | ARCADE INFORHOUSE SANTIA | ABF | 8 | 0:13:52 | 27 | 0:49:23 | 24.31 | 16 | 0:24:57 | **1:28:10** | 0:14:08 |
| **15** | 96 | **MARTA GONZÁLEZ RIVAS** | A.D. FOGAR | CDF | 16 | 0:15:20 | 22 | 0:48:05 | 24.96 | 14 | 0:24:55 | **1:28:19** | 0:14:16 |
| **16** | 106 | **EUGENIA LÓPEZ MULET** | CIDADE DE LUGO FLUVIAL | CDF | 5 | 0:13:19 | 16 | 0:45:58 | 26.11 | 33 | 0:29:04 | **1:28:19** | 0:14:16 |
| **17** | 121 | **MARTINA LÓPEZ GESTAL** | TRIATLON VILAGARCÍA/ATENAS | ABF | 19 | 0:18:00 | 19 | 0:46:23 | 25.87 | 11 | 0:24:37 | **1:29:00** | 0:14:57 |
| **18** | 126 | **BEGOÑA ARRANZ GONZÁLEZ** | TRINORTH | ABF | 18 | 0:17:40 | 20 | 0:47:09 | 25.46 | 17 | 0:25:14 | **1:30:01** | 0:15:58 |
| **19** | 128 | **ENRIQUETA IGLESIAS VAZQUEZ** | TRIATLÓN ARTEIXO | V1F | 20 | 0:18:32 | 21 | 0:47:43 | 25.15 | 9 | 0:24:01 | **1:30:15** | 0:16:12 |
| **20** | 134 | **PURIFICACIÓN LÓPEZ MAHÍA** | CLUB HÉRCULES TERMARIA | V2F | 32 | 0:23:10 | 15 | 0:45:26 | 26.42 | 7 | 0:22:58 | **1:31:33** | 0:17:31 |
| **21** | 118 | **ESTEFANIA ABELENDA POSE** | TRIATLÓN ARTEIXO | ABF | 31 | 0:22:57 | 7 | 0:43:18 | 27.72 | 22 | 0:26:21 | **1:32:34** | 0:18:31 |
| **22** | 129 | **LORENA GARCIA LAGO** | CLUB TRIATLÓN MAR DE VIGO | V1F | 23 | 0:19:38 | 26 | 0:49:17 | 24.35 | 18 | 0:25:15 | **1:34:10** | 0:20:07 |
| **23** | 131 | **ELENA MIGUENS OTERO** | CLUB OLÍMPICO DE VEDRA | V1F | 37 | 0:29:00 | 4 | 0:42:12 | 28.45 | 8 | 0:23:24 | **1:34:35** | 0:20:32 |
| **24** | 99 | **LUCÍA SÁNCHEZ GRANDAL** | C. NATACIÓN CEDEIRA MUEBL | CDF | 3 | 0:12:53 | 37 | 0:53:49 | 22.3 | 30 | 0:28:05 | **1:34:46** | 0:20:44 |
| **25** | 105 | **SABELA REY MIGUENS** | CLUB OLÍMPICO DE VEDRA | CDF | 30 | 0:22:29 | 17 | 0:46:00 | 26.09 | 31 | 0:28:19 | **1:36:47** | 0:22:44 |
| **26** | 108 | **MICHELLE GONZALEZ FREIRE** | A.D. NÁUTICO DE NARÓN | JNF | 28 | 0:21:58 | 30 | 0:49:49 | 24.09 | 21 | 0:25:49 | **1:37:35** | 0:23:32 |
| **27** | 112 | **MARTA REDRUELLO MARTIN** | CLUB CICLISMO-TRÍATLON POI | ABF | 26 | 0:20:48 | 32 | 0:50:26 | 23.8 | 23 | 0:26:26 | **1:37:39** | 0:23:36 |
| **28** | 130 | **PALOMA HERBELLO HERMELO** | ARCADE INFORHOUSE SANTIA | V1F | 27 | 0:21:22 | 31 | 0:49:51 | 24.07 | 24 | 0:26:29 | **1:37:42** | 0:23:39 |
| **29** | 120 | **LAURA GERPE BERTOA** | TRIATLÓN ARTEIXO | ABF | 22 | 0:19:21 | 33 | 0:50:42 | 23.67 | 32 | 0:28:59 | **1:39:01** | 0:24:58 |
| **30** | 123 | **MARIA DOLORES BREA SANTIA** | CLUB CICLISMO-TRÍATLON POI | ABF | 29 | 0:22:01 | 29 | 0:49:38 | 24.19 | 28 | 0:27:31 | **1:39:08** | 0:25:06 |
| **31** | 100 | **NURIA SANTIAGO ESTÉVEZ** | TRIATLÓN MERCANTIL PONTEV | CDF | 25 | 0:20:40 | 23 | 0:48:48 | 24.6 | 35 | 0:30:15 | **1:39:41** | 0:25:39 |
| **32** | 114 | **MARÍA SOUTO PRIETO** | A.D. TRI-PENTA TERRAS DE LU | ABF | 36 | 0:27:49 | 24 | 0:49:11 | 24.4 | 15 | 0:24:56 | **1:41:54** | 0:27:52 |
| **33** | 115 | **MARÍA FRAGA RIVAS** | CLUB CICLISMO-TRÍATLON POI | ABF | 34 | 0:26:54 | 34 | 0:51:45 | 23.19 | 12 | 0:24:45 | **1:43:24** | 0:29:21 |
| **34** | 124 | **NOEMÍ FARIÑA SOUSA** | TRIATLÓN RÍAS BAIXAS | ABF | 35 | 0:27:48 | 28 | 0:49:27 | 24.27 | 27 | 0:26:43 | **1:43:58** | 0:29:55 |
| **35** | 122 | **NURIA GARCÍA COUCEIRO** | CLUB CERVECERÍA O COTÓN N | ABF | 33 | 0:23:28 | 36 | 0:52:50 | 22.72 | 34 | 0:29:28 | **1:45:45** | 0:31:42 |
| **NC** | 125 | **MARIA TERESA CONSTENLA GA** | CLUB CICLISMO-TRÍATLON POI | ABF | | 0:35:11 | | | | | | | |
| **NC** | 127 | **ANA DIZ SIENES** | CLUB TRIATLÓN MAR DE VIGO | ABF | | 0:34:17 | | | | | | | |
| **NC** | 132 | **PATRICIA IGLESIAS CORREA** | TEAM CORBELO | V1F | | 0:35:10 | | | | | | | |
| **NC** | 133 | **MARÍA BELEN LEMAT CABRAL** | CIDADE DE LUGO FLUVIAL | V2F | | 0:35:09 | | | | | | | |
| **NF** | 98 | **CANDELA CASTRILLO PÉREZ** | CLUB TRIATLÓN MAR DE VIGO | CDF | 9 | 0:13:58 | 35 | 0:52:15 | 22.97 | | | | |

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **NF** | 103 | **CATARINA PEREIRA YÁÑEZ** | CIDADE DE LUGO FLUVIAL | CDF | 1 | 0:12:50 | 25 | 0:49:13 | 24.38 | | | | |

# IX TRÍATLON CONCELLO DE POIO

## CATEGORIAS FEMININA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 41 **Remataron :** 35 **Retirados :** 2 **Non Presentados :** 0 **Descalificados :** 0

## CADETES FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 107 | **MYRIAN LÓPEZ MULET** | CIDADE DE LUGO FLUVIAL | 4 | 0:12:54 | 8 | 0:43:35 | 27.54 | 4 | 0:21:59 | **1:18:27** | 0:04:24 |
| **2** | 102 | **INÉS GRAÑA GONZÁLEZ** | C. NATACIÓN CEDEIRA MUEBLES GAR | 7 | 0:13:19 | 10 | 0:44:05 | 27.23 | 26 | 0:26:38 | **1:24:01** | 0:09:59 |
| **3** | 97 | **CARLA FERNANDEZ CORBELLE** | CIDADE DE LUGO FLUVIAL | 14 | 0:15:00 | 11 | 0:44:07 | 27.2 | 20 | 0:25:32 | **1:24:38** | 0:10:36 |
| **4** | 104 | **IRIA FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | 12 | 0:14:05 | 12 | 0:44:08 | 27.19 | 25 | 0:26:36 | **1:24:49** | 0:10:46 |
| **5** | 101 | **ALBA OTERO LOSADA** | A.D. FOGAR | 10 | 0:13:59 | 18 | 0:46:14 | 25.96 | 29 | 0:27:36 | **1:27:48** | 0:13:46 |
| **6** | 96 | **MARTA GONZÁLEZ RIVAS** | A.D. FOGAR | 16 | 0:15:20 | 22 | 0:48:05 | 24.96 | 14 | 0:24:55 | **1:28:19** | 0:14:16 |
| **7** | 106 | **EUGENIA LÓPEZ MULET** | CIDADE DE LUGO FLUVIAL | 5 | 0:13:19 | 16 | 0:45:58 | 26.11 | 33 | 0:29:04 | **1:28:19** | 0:14:16 |
| **8** | 99 | **LUCÍA SÁNCHEZ GRANDAL** | C. NATACIÓN CEDEIRA MUEBLES GAR | 3 | 0:12:53 | 37 | 0:53:49 | 22.3 | 30 | 0:28:05 | **1:34:46** | 0:20:44 |
| **9** | 105 | **SABELA REY MIGUENS** | CLUB OLÍMPICO DE VEDRA | 30 | 0:22:29 | 17 | 0:46:00 | 26.09 | 31 | 0:28:19 | **1:36:47** | 0:22:44 |
| **10** | 100 | **NURIA SANTIAGO ESTÉVEZ** | TRIATLÓN MERCANTIL PONTEVEDRA | 25 | 0:20:40 | 23 | 0:48:48 | 24.6 | 35 | 0:30:15 | **1:39:41** | 0:25:39 |
| **NF** | 103 | **CATARINA PEREIRA YÁÑEZ** | CIDADE DE LUGO FLUVIAL | 1 | 0:12:50 | 25 | 0:49:13 | 24.38 | | | | |
| **NF** | 98 | **CANDELA CASTRILLO PÉREZ** | CLUB TRIATLÓN MAR DE VIGO | 9 | 0:13:58 | 35 | 0:52:15 | 22.97 | | | | |

## JUNIOR FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 109 | **NATALIA HIDALGO MARTINEZ** | CIDADE DE LUGO FLUVIAL | 2 | 0:12:51 | 2 | 0:40:37 | 29.55 | 2 | 0:20:36 | **1:14:03** | |
| **2** | 110 | **UXIA FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | 15 | 0:15:03 | 13 | 0:44:35 | 26.92 | 10 | 0:24:19 | **1:23:57** | 0:09:54 |
| **3** | 108 | **MICHELLE GONZALEZ FREIRE** | A.D. NÁUTICO DE NARÓN | 28 | 0:21:58 | 30 | 0:49:49 | 24.09 | 21 | 0:25:49 | **1:37:35** | 0:23:32 |

## SUB-23 FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 95 | **MARÍA LOIS ABAL** | ARCADE INFORHOUSE SANTIAGO | 11 | 0:14:03 | 6 | 0:42:33 | 28.21 | 6 | 0:22:35 | **1:19:10** | 0:05:07 |

## VETERANAS 1 FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 94 | **AÍDA GARCÍA LÓPEZ** | CLUB CICLISMO-TRÍATLON POIO | 24 | 0:19:59 | 1 | 0:37:47 | 31.76 | 1 | 0:20:14 | **1:17:59** | 0:03:57 |
| **2** | 128 | **ENRIQUETA IGLESIAS VAZQUEZ** | TRIATLÓN ARTEIXO | 20 | 0:18:32 | 21 | 0:47:43 | 25.15 | 9 | 0:24:01 | **1:30:15** | 0:16:12 |
| **3** | 129 | **LORENA GARCIA LAGO** | CLUB TRIATLÓN MAR DE VIGO | 23 | 0:19:38 | 26 | 0:49:17 | 24.35 | 18 | 0:25:15 | **1:34:10** | 0:20:07 |
| **4** | 131 | **ELENA MIGUENS OTERO** | CLUB OLÍMPICO DE VEDRA | 37 | 0:29:00 | 4 | 0:42:12 | 28.45 | 8 | 0:23:24 | **1:34:35** | 0:20:32 |
| **5** | 130 | **PALOMA HERBELLO HERMELO** | ARCADE INFORHOUSE SANTIAGO | 27 | 0:21:22 | 31 | 0:49:51 | 24.07 | 24 | 0:26:29 | **1:37:42** | 0:23:39 |
| **NC** | 132 | **PATRICIA IGLESIAS CORREA** | TEAM CORBELO | | 0:35:10 | | | | | | | |

## VETERANAS 2 FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 134 | **PURIFICACIÓN LÓPEZ MAHÍA** | CLUB HÉRCULES TERMARIA | 32 | 0:23:10 | 15 | 0:45:26 | 26.42 | 7 | 0:22:58 | **1:31:33** | 0:17:31 |
| **NC** | 133 | **MARÍA BELEN LEMAT CABRAL** | CIDADE DE LUGO FLUVIAL | | 0:35:09 | | | | | | | |

# IX TRÍATLON CONCELLO DE POIO

## CLUBS FEMININA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 41 **Remataron :** 35 **Retirados :** 2 **Non Presentados :** 0 **Descalificados :** 0

| | | | |
|---|---|---|---|
| **1** | **CIDADE DE LUGO FLUVIAL** | | **3:57:08** |
| 1 | NATALIA | HIDALGO MARTINEZ | **1:14:03** |
| 2 | MYRIAN | LÓPEZ MULET | **1:18:27** |
| 3 | CARLA | FERNANDEZ CORBELLE | **1:24:38** |
| **2** | **ARCADE INFORHOUSE SANTIAGO** | | **4:25:01** |
| 1 | MARÍA | LOIS ABAL | **1:19:10** |
| 2 | TANIA | ALCALDE BALADO | **1:28:10** |
| 3 | PALOMA | HERBELLO HERMELO | **1:37:42** |
| **3** | **TRIATLÓN ARTEIXO** | | **4:29:14** |
| 1 | BALBINA | TARRIO MANGAS | **1:26:26** |
| 2 | ENRIQUETA | IGLESIAS VAZQUEZ | **1:30:15** |
| 3 | ESTEFANIA | ABELENDA POSE | **1:32:34** |
| **4** | **CLUB CICLISMO-TRÍATLON POIO** | | **4:34:46** |
| 1 | AÍDA | GARCÍA LÓPEZ | **1:17:59** |
| 2 | MARTA | REDRUELLO MARTIN | **1:37:39** |
| 3 | MARIA DOLORES | BREA SANTIAGO | **1:39:08** |

# IX TRÍATLON CONCELLO DE POIO

## ABSOLUTA MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

### Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

### Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 169 **Remataron :** 133 **Retirados :** 9 **Non Presentados :** 10 **Descalificados :** 5

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 1 | ANDRÉS CENDÁN LLORENS | CIDADE DE LUGO FLUVIAL | SUB23M | 1 | 0:10:20 | 5 | 0:34:42 | 34.58 | 2 | 0:16:48 | **1:01:49** | |
| 2 | 38 | SEBASTIAN RIVERA DEL HIERRO | TRIATLÓN ARTEIXO | SUB23M | 16 | 0:11:29 | 1 | 0:34:09 | 35.15 | 3 | 0:16:51 | **1:02:28** | 0:00:40 |
| 3 | 3 | ESTEBAN BASANTA FOUZ | CIDADE DE LUGO FLUVIAL | CDM | 3 | 0:10:31 | | | | | | **1:03:03** | 0:01:15 |
| 4 | 2 | FACUNDO MEDARD | TRIATLÓN ARTEIXO | ABM | 22 | 0:11:48 | 10 | 0:35:19 | 33.98 | 1 | 0:16:28 | **1:03:35** | 0:01:46 |
| 5 | 4 | JORGE GONZÁLEZ MARIÑO | ARCADE INFORHOUSE SANTI | JNM | 4 | 0:10:31 | 3 | 0:34:37 | 34.67 | 13 | 0:18:33 | **1:03:41** | 0:01:52 |
| 6 | 5 | MARCOS RUIZ BRAGE | TRIATLÓN FERROL | SUB23M | 10 | 0:10:47 | 4 | 0:34:41 | 34.61 | 16 | 0:18:37 | **1:04:04** | 0:02:15 |
| 7 | 21 | DAVID GONZALEZ BORGES | CLUB TRIATLÓN MAR DE VIG | CDM | 6 | 0:10:43 | 2 | 0:34:26 | 34.85 | 26 | 0:19:11 | **1:04:19** | 0:02:31 |
| 8 | 37 | JACOBO BLANCO RUIZ | CLUB NATACIÓN LICEO | SUB23M | 9 | 0:10:46 | 29 | 0:36:24 | 32.97 | 7 | 0:17:44 | **1:04:54** | 0:03:06 |
| 9 | 7 | ISMAEL LOPEZ GONZALEZ | CIDADE DE LUGO FLUVIAL | ABM | 13 | 0:11:24 | 26 | 0:36:15 | 33.11 | 5 | 0:17:26 | **1:05:04** | 0:03:16 |
| 10 | 15 | THOMAS CASTAÑEDA MALDONAD | CIDADE DE LUGO FLUVIAL | CDM | 15 | 0:11:27 | 15 | 0:35:30 | 33.8 | 8 | 0:18:09 | **1:05:05** | 0:03:17 |
| 11 | 6 | BRAIS OTERO LESTÓN | ARCADE INFORHOUSE SANTI | SUB23M | 23 | 0:11:49 | 12 | 0:35:20 | 33.96 | 17 | 0:18:45 | **1:05:53** | 0:04:05 |
| 12 | 35 | ANTONIO SOUTO PRIETO | A.D. TRI-PENTA TERRAS DE L | SUB23M | 18 | 0:11:40 | 14 | 0:35:29 | 33.83 | 20 | 0:18:56 | **1:06:03** | 0:04:15 |
| 13 | 8 | MARCOS VILA CID | NATACIÓN PABELLÓN OUREN | ABM | 2 | 0:10:29 | 28 | 0:36:23 | 32.99 | 32 | 0:19:21 | **1:06:13** | 0:04:24 |
| 14 | 32 | JUAN REJAS GABEIRAS | TRIATLÓN FERROL | JNM | 17 | 0:11:34 | 40 | 0:37:23 | 32.11 | 4 | 0:17:23 | **1:06:19** | 0:04:30 |
| 15 | 26 | JUAN REY OLVEIRA | TRIATLÓN BOIRO | CDM | 12 | 0:11:07 | 24 | 0:36:10 | 33.19 | 31 | 0:19:20 | **1:06:36** | 0:04:48 |
| 16 | 14 | DANIEL DARRIBA BELMONTE | CIDADE DE LUGO FLUVIAL | CDM | 14 | 0:11:26 | 16 | 0:35:42 | 33.61 | 40 | 0:19:42 | **1:06:49** | 0:05:01 |
| 17 | 30 | DENIS INCUTTI TELLADO | TRIATLÓN BOIRO | JNM | 20 | 0:11:46 | 36 | 0:37:11 | 32.27 | 9 | 0:18:18 | **1:07:15** | 0:05:27 |
| 18 | 10 | AGUSTIN RÍOS FERRADAS | TRIATLÓN RÍAS BAIXAS | V1M | 29 | 0:12:39 | 25 | 0:36:11 | 33.17 | 11 | 0:18:28 | **1:07:17** | 0:05:29 |
| 19 | 36 | CESAR PAZOS CANEDA | TRIATLÓN ARTEIXO | SUB23M | 8 | 0:10:46 | 46 | 0:37:53 | 31.68 | 19 | 0:18:53 | **1:07:32** | 0:05:43 |
| 20 | 84 | PEDRO PABLO BERNÁRDEZ FERR | TRIATLON VILAGARCÍA/ATEN | V1M | 21 | 0:11:47 | 37 | 0:37:15 | 32.22 | 14 | 0:18:35 | **1:07:36** | 0:05:48 |
| 21 | 22 | JORGE MORADO RUIZ | TRIATLÓN FERROL | CDM | 7 | 0:10:45 | 44 | 0:37:47 | 31.77 | 28 | 0:19:12 | **1:07:43** | 0:05:54 |
| 22 | 69 | JORGE FERRADANS VALDES | TRIATLON VILAGARCÍA/ATEN | ABM | 55 | 0:13:49 | 7 | 0:35:01 | 34.28 | 22 | 0:18:57 | **1:07:46** | 0:05:58 |
| 23 | 54 | MARCOS PAULO ADE SCHNEIDER | NATACIÓN PABELLÓN OUREN | ABM | 64 | 0:13:59 | 6 | 0:34:57 | 34.34 | 27 | 0:19:11 | **1:08:07** | 0:06:19 |
| 24 | 43 | DAVID ESTEBAN FERREIRO | TRISADA | ABM | 53 | 0:13:47 | 8 | 0:35:09 | 34.15 | 38 | 0:19:39 | **1:08:35** | 0:06:46 |
| 25 | 9 | GABRIEL ALARCON SABARIS | TRIATLÓN ARTEIXO | ABM | 57 | 0:13:53 | 23 | 0:36:10 | 33.19 | 18 | 0:18:47 | **1:08:49** | 0:07:00 |
| 26 | 79 | MIGUEL DAPORTA MÉNDEZ | CLUB OLÍMPICO DE VEDRA | V1M | 62 | 0:13:58 | 39 | 0:37:22 | 32.12 | 6 | 0:17:44 | **1:09:03** | 0:07:15 |
| 27 | 65 | IVAN JOSE GONZÁLEZ ARIAS | TRIATLÓN ARTEIXO | ABM | 97 | 0:15:37 | 9 | 0:35:15 | 34.06 | 10 | 0:18:22 | **1:09:13** | 0:07:25 |
| 28 | 53 | JAVIER CASTRO OLIVEIRA | TRIATLÓN RÍAS BAIXAS | ABM | 59 | 0:13:54 | 35 | 0:37:08 | 32.32 | 15 | 0:18:36 | **1:09:37** | 0:07:49 |
| 29 | 89 | ANTONIO XOSÉ GARCÍA SOBRAD | CIDADE DE LUGO FLUVIAL | V1M | 76 | 0:14:11 | 17 | 0:35:49 | 33.52 | 42 | 0:19:49 | **1:09:48** | 0:07:59 |
| 30 | 34 | ADRIÁN HAZ GARCÍA | A.D. TRIATLÓN OLEIROS | JNM | 11 | 0:10:50 | 49 | 0:38:21 | 31.3 | 58 | 0:20:45 | **1:09:55** | 0:08:06 |
| 31 | 40 | PABLO PEDROSA PAZ | TRIATLÓN FERROL | SUB23M | 28 | 0:12:30 | 33 | 0:36:52 | 32.56 | 57 | 0:20:41 | **1:10:01** | 0:08:13 |
| 32 | 46 | JACOBO MARTINEZ PUGA | CLUB CICLISMO-TRÍATLON P | ABM | 95 | 0:15:31 | 13 | 0:35:25 | 33.89 | 33 | 0:19:25 | **1:10:20** | 0:08:32 |
| 33 | 49 | THOMAS AFONSO LÓPEZ | ARCADE INFORHOUSE SANTI | ABM | 96 | 0:15:33 | 11 | 0:35:20 | 33.97 | 36 | 0:19:37 | **1:10:29** | 0:08:41 |
| 34 | 72 | CARLOS PARDO RODRÍGUEZ | TRIATLÓN RÍAS BAIXAS | V1M | 102 | 0:15:57 | 27 | 0:36:16 | 33.09 | 12 | 0:18:28 | **1:10:40** | 0:08:52 |
| 35 | 55 | CARLOS AGRA RIAL | TRIATLON VILAGARCÍA/ATEN | ABM | 99 | 0:15:41 | 19 | 0:35:52 | 33.47 | 30 | 0:19:19 | **1:10:50** | 0:09:02 |
| 36 | 23 | PABLO FREIRE GARCÍA | A.D. NÁUTICO DE NARÓN | CDM | 77 | 0:14:12 | 18 | 0:35:49 | 33.52 | 68 | 0:21:04 | **1:11:03** | 0:09:15 |
| 37 | 78 | JOSE LUIS LAMOSO PORTASANY | TRIATLÓN RÍAS BAIXAS | V1M | 79 | 0:14:14 | 30 | 0:36:25 | 32.96 | 52 | 0:20:29 | **1:11:06** | 0:09:18 |
| 38 | 88 | CRISTÓBAL CACHEDA CHOUZA | TEAM CORBELO | V1M | 108 | 0:16:19 | 20 | 0:35:55 | 33.42 | 29 | 0:19:16 | **1:11:29** | 0:09:41 |
| 39 | 33 | JESUS OTERO LESTÓN | ARCADE INFORHOUSE SANTI | JNM | 54 | 0:13:48 | 51 | 0:38:29 | 31.19 | 48 | 0:20:15 | **1:12:32** | 0:10:44 |
| 40 | 42 | ADRIÁN PICALLO MATO | CLUB OLÍMPICO DE VEDRA | ABM | 58 | 0:13:54 | 45 | 0:37:53 | 31.69 | 62 | 0:20:52 | **1:12:37** | 0:10:49 |
| 41 | 83 | OSCAR FERNANDEZ GONZALEZ | ARCADE INFORHOUSE SANTI | V1M | 72 | 0:14:03 | 60 | 0:38:57 | 30.81 | 39 | 0:19:41 | **1:12:40** | 0:10:52 |
| 42 | 76 | CESAR MONTES SANCHEZ | TRIATLÓN ARTEIXO | V1M | 75 | 0:14:09 | 41 | 0:37:30 | 32 | 85 | 0:21:51 | **1:13:29** | 0:11:41 |
| 43 | 61 | BORJA CANTO BAÑA | CLUB TRIATLÓN CORUÑA | ABM | 113 | 0:16:34 | 21 | 0:36:02 | 33.31 | 64 | 0:20:58 | **1:13:33** | 0:11:45 |

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **44** | 16 | **LUCAS LÓPEZ MENÉNDEZ** | A.D. NÁUTICO DE NARÓN | CDM | 69 | 0:14:01 | 69 | 0:39:34 | 30.33 | 49 | 0:20:19 | **1:13:54** | 0:12:06 |
| **45** | 70 | **RAFAEL SIERRA LÓPEZ** | TRIATLÓN RÍAS BAIXAS | ABM | 127 | 0:18:01 | 38 | 0:37:16 | 32.21 | 24 | 0:19:06 | **1:14:21** | 0:12:33 |
| **46** | 68 | **FRANCISCO JOSE CUENCA GARCI** | CLUB OLÍMPICO DE VEDRA | ABM | 74 | 0:14:05 | 80 | 0:39:59 | 30.02 | 60 | 0:20:48 | **1:14:52** | 0:13:03 |
| **47** | 41 | **ÍÑIGO MARTÍNEZ MARTÍNEZ** | CLUB CICLISMO-TRÍATLON P | SUB23M | 125 | 0:17:34 | 42 | 0:37:34 | 31.95 | 41 | 0:19:48 | **1:14:55** | 0:13:07 |
| **48** | 45 | **CRISTIAN PENAS OTERO** | ARCADE INFORHOUSE SANTI | ABM | 100 | 0:15:46 | 84 | 0:40:18 | 29.79 | 21 | 0:18:56 | **1:14:58** | 0:13:10 |
| **49** | 20 | **ÁLVARO ELIZALDE ROMERO** | A.D. FOGAR | CDM | 25 | 0:11:54 | 48 | 0:38:11 | 31.43 | 115 | 0:25:02 | **1:15:06** | 0:13:18 |
| **50** | 56 | **PABLO DOMÍNGUEZ VILA** | TRINORTH | ABM | 92 | 0:15:29 | 75 | 0:39:45 | 30.2 | 51 | 0:20:28 | **1:15:40** | 0:13:52 |
| **51** | 86 | **FRANCISCO REY PADIN** | TRIATLON VILAGARCÍA/ATEN | V1M | 126 | 0:17:37 | 43 | 0:37:41 | 31.86 | 55 | 0:20:34 | **1:15:51** | 0:14:02 |
| **52** | 11 | **MANOEL MELLID LOSADA** | TRIATLÓN MOTOBIKE GALAIC | CDM | 24 | 0:11:49 | 102 | 0:42:34 | 28.2 | 83 | 0:21:44 | **1:16:06** | 0:14:18 |
| **53** | 92 | **ANTONIO VIDAL ARES** | ARCADE INFORHOUSE SANTI | V2M | 112 | 0:16:26 | 57 | 0:38:53 | 30.87 | 61 | 0:20:50 | **1:16:07** | 0:14:19 |
| **54** | 52 | **JESÚS CARBALLIDO MENDEZ** | CLUB ATLETISMO PORRIÑO | ABM | 128 | 0:18:12 | 32 | 0:36:30 | 32.88 | 80 | 0:21:35 | **1:16:16** | 0:14:28 |
| **55** | 29 | **LEO SUAREZ URRUZOLA** | ARCADE INFORHOUSE SANTI | JNM | 31 | 0:12:40 | 73 | 0:39:41 | 30.24 | 109 | 0:24:22 | **1:16:42** | 0:14:54 |
| **56** | 51 | **RUBÉN NEGREIRA MARTÍNEZ** | ARCADE INFORHOUSE SANTI | ABM | 98 | 0:15:41 | 68 | 0:39:32 | 30.37 | 77 | 0:21:31 | **1:16:42** | 0:14:54 |
| **57** | 19 | **PABLO TRAN GUAL** | A.D. FOGAR | CDM | 36 | 0:12:58 | 101 | 0:42:33 | 28.21 | 72 | 0:21:14 | **1:16:44** | 0:14:56 |
| **58** | 63 | **IVAN SALGADO GARCIA** | TRIATLÓN O TREITO | ABM | 117 | 0:16:45 | 54 | 0:38:44 | 30.98 | 73 | 0:21:17 | **1:16:45** | 0:14:57 |
| **59** | 90 | **RAFAEL ANTAS CANNAS** | NATACIÓN PABELLÓN OUREN | V1M | 103 | 0:16:09 | 61 | 0:39:06 | 30.69 | 78 | 0:21:33 | **1:16:48** | 0:15:00 |
| **60** | 39 | **JUAN LUIS GARCIA MENIÑO** | CLUB CICLISMO-TRÍATLON P | SUB23M | 121 | 0:17:06 | 70 | 0:39:36 | 30.31 | 50 | 0:20:22 | **1:17:02** | 0:15:14 |
| **61** | 27 | **PABLO RIVERO MUIÑOS** | TRIATLÓN MOTOBIKE GALAIC | JNM | 123 | 0:17:11 | 81 | 0:40:06 | 29.93 | 46 | 0:20:06 | **1:17:23** | 0:15:34 |
| **62** | 73 | **LUCAS GARCIA IGLESIAS** | TRIATLON VILAGARCÍA/ATEN | V1M | 122 | 0:17:07 | 74 | 0:39:41 | 30.24 | 79 | 0:21:35 | **1:18:23** | 0:16:34 |
| **63** | 67 | **DAVID RODRIGUEZ SANTAMARIA** | TRIATLÓN BOIRO | ABM | 129 | 0:18:16 | 47 | 0:38:04 | 31.53 | 97 | 0:22:26 | **1:18:46** | 0:16:58 |
| **64** | 58 | **JAVIER GARCIA LOPEZ** | A.P. SAN RAMÓN DE VILALBA | ABM | 136 | 0:19:54 | 22 | 0:36:06 | 33.25 | 102 | 0:22:54 | **1:18:53** | 0:17:05 |
| **65** | 93 | **JAIME CARRODEGUAS MARTÍNEZ** | CLUB TRIATLÓN CORUÑA | V2M | 114 | 0:16:36 | 78 | 0:39:51 | 30.12 | 105 | 0:23:22 | **1:19:48** | 0:17:59 |
| **66** | 66 | **MARCOS FRANCO DOVAL** | CLUB NATACIÓN RIVEIRA | ABM | 130 | 0:18:27 | 50 | 0:38:25 | 31.24 | 118 | 0:25:11 | **1:22:02** | 0:20:13 |
| **67** | 191 | **FRANCISCO JAVIER RAMOS BOTA** | A.D. TRI-PENTA TERRAS DE L | V1M | 56 | 0:13:49 | 31 | 0:36:25 | 32.96 | 23 | 0:18:57 | **1:09:10** | 0:07:22 |
| **68** | 153 | **ALBERTO FERNÁNDEZ ENCINA** | CLUB DEPORTIVO TRIATLÓN | ABM | 43 | 0:13:26 | 55 | 0:38:45 | 30.97 | 25 | 0:19:10 | **1:11:20** | 0:09:32 |
| **69** | 159 | **MARCOS COSTA PEREIRA** | CIDADE DE LUGO FLUVIAL | ABM | 42 | 0:13:21 | 53 | 0:38:37 | 31.07 | 37 | 0:19:39 | **1:11:37** | 0:09:49 |
| **70** | 154 | **LUIS ANTONIO RILO GONZALEZ-V** | TRIATLÓN FERROL | ABM | 32 | 0:12:41 | 65 | 0:39:25 | 30.45 | 43 | 0:19:49 | **1:11:54** | 0:10:05 |
| **71** | 192 | **JUAN RAMON GARCIA HERNANZ** | TRIATLÓN ARTEIXO | V1M | 30 | 0:12:39 | 64 | 0:39:21 | 30.5 | 45 | 0:20:06 | **1:12:06** | 0:10:17 |
| **72** | 197 | **FRANCISCO JAVIER MOSTEIRO R** | TRIATLON VILAGARCÍA/ATEN | V1M | 63 | 0:13:59 | 52 | 0:38:35 | 31.1 | 44 | 0:19:58 | **1:12:32** | 0:10:43 |
| **73** | 169 | **ROBERTO PICON ESPIÑO** | ARCADE INFORHOUSE SANTI | V1M | 37 | 0:13:05 | 67 | 0:39:31 | 30.38 | 47 | 0:20:08 | **1:12:42** | 0:10:54 |
| **74** | 146 | **BORJA CATRUFO URES** | TRIATLÓN FERROL | ABM | 39 | 0:13:09 | 66 | 0:39:30 | 30.38 | 59 | 0:20:47 | **1:13:25** | 0:11:37 |
| **75** | 164 | **JULIO MALLO NIETO** | CLUB OLÍMPICO DE VEDRA | ABM | 67 | 0:14:01 | 79 | 0:39:53 | 30.1 | 35 | 0:19:33 | **1:13:27** | 0:11:38 |
| **76** | 160 | **ANXO MEIZOSO PERMUI** | TRIATLÓN ARTEIXO | ABM | 82 | 0:14:28 | 71 | 0:39:38 | 30.28 | 34 | 0:19:32 | **1:13:37** | 0:11:49 |
| **77** | 150 | **PABLO REGUEIRA MARTINEZ** | CLUB ATLETISMO PORRIÑO | ABM | 46 | 0:13:37 | 62 | 0:39:10 | 30.64 | 67 | 0:21:04 | **1:13:50** | 0:12:02 |
| **78** | 184 | **JAIME TIZÓN DAVILA** | CLUB CERVECERÍA O COTÓN | V1M | 44 | 0:13:30 | 59 | 0:38:55 | 30.84 | 84 | 0:21:45 | **1:14:10** | 0:12:22 |
| **79** | 198 | **JOSE LUIS VAZQUEZ MEIJIDE** | TRIATLON VILAGARCÍA/ATEN | V1M | 26 | 0:12:03 | 88 | 0:40:47 | 29.43 | 75 | 0:21:25 | **1:14:14** | 0:12:25 |
| **80** | 158 | **IVÁN PRIETO POVEDA** | TRIATLON VILAGARCÍA/ATEN | ABM | 71 | 0:14:02 | 76 | 0:39:49 | 30.15 | 56 | 0:20:35 | **1:14:25** | 0:12:37 |
| **81** | 141 | **RICARDO FERNÁNDEZ GARCIA** | TRIATLÓN FERROL | ABM | 88 | 0:15:10 | 58 | 0:38:55 | 30.85 | 53 | 0:20:30 | **1:14:34** | 0:12:45 |
| **82** | 167 | **ALFONSO GONDAR FONTAN** | CLUB CICLISMO-TRÍATLON P | V1M | 78 | 0:14:12 | 56 | 0:38:51 | 30.89 | 82 | 0:21:36 | **1:14:38** | 0:12:50 |
| **83** | 145 | **DANIEL GARCÍA FERNÁNDEZ** | TRIATLÓN ARTEIXO | ABM | 48 | 0:13:40 | 82 | 0:40:12 | 29.86 | 69 | 0:21:04 | **1:14:55** | 0:13:07 |
| **84** | 168 | **ANTONIO CEDRON ALVAREZ** | ARCADE INFORHOUSE SANTI | V1M | 27 | 0:12:08 | 77 | 0:39:51 | 30.12 | 104 | 0:23:11 | **1:15:10** | 0:13:21 |
| **85** | 155 | **DAVID RODRÍGUEZ HIERRO** | KURAI | ABM | 41 | 0:13:19 | 92 | 0:41:15 | 29.1 | 65 | 0:21:01 | **1:15:34** | 0:13:46 |
| **86** | 151 | **MOISES LORENZO ALONSO** | CLUB ATLETISMO PORRIÑO | ABM | 80 | 0:14:17 | 85 | 0:40:25 | 29.7 | 66 | 0:21:01 | **1:15:42** | 0:13:54 |
| **87** | 182 | **PEDRO PÉREZ GAGO** | TRIATLON VILAGARCÍA/ATEN | V1M | 47 | 0:13:38 | 83 | 0:40:12 | 29.85 | 96 | 0:22:25 | **1:16:15** | 0:14:27 |
| **88** | 142 | **VALENTIN BARCIA ANIDO** | TRIATLÓN ARTEIXO | ABM | 81 | 0:14:24 | 94 | 0:41:27 | 28.96 | 63 | 0:20:55 | **1:16:45** | 0:14:57 |
| **89** | 177 | **FELIPE DOMINGUEZ MARIÑO** | CLUB ATLETISMO PORRIÑO | V1M | 70 | 0:14:02 | 89 | 0:40:48 | 29.42 | 92 | 0:22:22 | **1:17:11** | 0:15:22 |
| **90** | 149 | **IVÁN VÁZQUEZ GARCÍA** | TRIATLON VILAGARCÍA/ATEN | ABM | 49 | 0:13:41 | 93 | 0:41:20 | 29.04 | 94 | 0:22:24 | **1:17:24** | 0:15:36 |
| **91** | 156 | **MANUEL FRANCISCO RODRIGUEZ** | KURAI | ABM | 85 | 0:14:56 | 95 | 0:41:33 | 28.89 | 70 | 0:21:06 | **1:17:33** | 0:15:45 |
| **92** | 173 | **MANUEL ENRIQUE FANDIÑO CERQ** | TRIATLÓN RÍAS BAIXAS | V1M | 61 | 0:13:58 | 104 | 0:42:48 | 28.05 | 71 | 0:21:10 | **1:17:54** | 0:16:05 |
| **93** | 171 | **BERNARDO PIÑEIRO ABALO** | TRIATLON VILAGARCÍA/ATEN | V1M | 86 | 0:15:05 | 86 | 0:40:29 | 29.64 | 95 | 0:22:24 | **1:17:57** | 0:16:09 |
| **94** | 140 | **FRANCISCO CASTRO RODRÍGUEZ** | TRIATLÓN MOTOBIKE GALAIC | JNM | 5 | 0:10:41 | 118 | 0:44:56 | 26.71 | 98 | 0:22:32 | **1:18:08** | 0:16:20 |
| **95** | 179 | **JAVIER MON FERNANDEZ** | TRIATLÓN ARTEIXO | V1M | 34 | 0:12:55 | 72 | 0:39:39 | 30.27 | 122 | 0:25:56 | **1:18:28** | 0:16:40 |
| **96** | 206 | **MARCOS FRANCES GOMEZ** | CLUB ATLETISMO PORRIÑO | V2M |  |  | 134 |  |  | 76 | 0:21:28 | **1:18:45** | 0:16:57 |
| **97** | 188 | **FERNANDO MARTINEZ RODRIGUE** | A.D. NÁUTICO DE NARÓN | V1M | 87 | 0:15:05 | 91 | 0:41:04 | 29.22 | 99 | 0:22:40 | **1:18:48** | 0:17:00 |
| **98** | 178 | **LINO VÁZQUEZ GONZALEZ** | CORREDORES DO MIÑO | V1M | 94 | 0:15:31 | 99 | 0:42:03 | 28.54 | 74 | 0:21:20 | **1:18:53** | 0:17:05 |
| **99** | 174 | **CARLOS VÁZQUEZ VILAR** | CLUB ATLETISMO PORRIÑO | V1M | 84 | 0:14:40 | 100 | 0:42:28 | 28.26 | 91 | 0:22:21 | **1:19:29** | 0:17:41 |
| **100** | 202 | **ANGEL FERNÁNDEZ VIDAL** | CLUB CERVECERÍA O COTÓN | V2M | 109 | 0:16:20 | 96 | 0:41:37 | 28.83 | 86 | 0:21:51 | **1:19:48** | 0:17:59 |
| **101** | 162 | **OSCAR RODRÍGUEZ OTERO** | CLUB ATLETISMO PORRIÑO | ABM | 89 | 0:15:13 | 109 | 0:43:25 | 27.65 | 81 | 0:21:35 | **1:20:12** | 0:18:24 |
| **102** | 175 | **MIGUEL NOVO REGUEIRA** | CLUB ATLETISMO PORRIÑO | V1M | 68 | 0:14:01 | 90 | 0:41:04 | 29.23 | 119 | 0:25:23 | **1:20:27** | 0:18:39 |
| **103** | 180 | **FRANCISCO JAVIER IGLESIAS PRA** | ARCADE INFORHOUSE SANTI | V1M | 111 | 0:16:25 | 87 | 0:40:30 | 29.64 | 107 | 0:23:43 | **1:20:37** | 0:18:49 |
| **104** | 194 | **JOSE BENITO CHARLIN TRIGO** | TRIATLON VILAGARCÍA/ATEN | V1M | 118 | 0:16:54 | 98 | 0:41:53 | 28.66 | 87 | 0:22:00 | **1:20:45** | 0:18:57 |
| **105** | 208 | **ANTONIO FEDERICO SERRAT SOT** | A.D. TRI-PENTA TERRAS DE L | V2M | 45 | 0:13:33 | 106 | 0:42:55 | 27.96 | 111 | 0:24:32 | **1:21:00** | 0:19:11 |
| **106** | 200 | **PABLO TENREIRO VARELA** | TRIATLON VILAGARCÍA/ATEN | V2M | 40 | 0:13:12 | 103 | 0:42:43 | 28.09 | 120 | 0:25:30 | **1:21:24** | 0:19:36 |
| **107** | 187 | **JOSÉ ANTONIO ARAGUNDE DIEST** | TRIATLON VILAGARCÍA/ATEN | V1M | 107 | 0:16:16 | 107 | 0:42:56 | 27.96 | 90 | 0:22:20 | **1:21:31** | 0:19:43 |
| **108** | 139 | **NICOLÁS CARR VIEITES** | CLUB TRIATLÓN MAR DE VIG | CDM | 66 | 0:14:01 | 122 | 0:45:39 | 26.29 | 89 | 0:22:17 | **1:21:56** | 0:20:08 |

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **109** | 176 | **JOSÉ RUBEN VILA LOPEZ** | TRINORTH | V1M | 90 | 0:15:25 | 105 | 0:42:55 | 27.97 | 108 | 0:24:02 | **1:22:20** | 0:20:32 |
| **110** | 196 | **FAUSTINO MEIS VEIGA** | CLUB CICLISMO-TRÍATLON P | V1M | 116 | 0:16:38 | 112 | 0:43:59 | 27.29 | 101 | 0:22:41 | **1:23:17** | 0:21:29 |
| **111** | 193 | **ALEJANDRO LISTE BASCOY** | CLUB CICLISMO-TRÍATLON P | V1M | 115 | 0:16:37 | 113 | 0:44:01 | 27.27 | 100 | 0:22:41 | **1:23:18** | 0:21:29 |
| **112** | 210 | **FRANCISCO JAVIER ACOSTA CRE** | TRIATLON VILAGARCÍA/ATEN | V3M | 52 | 0:13:46 | 125 | 0:46:11 | 25.98 | 106 | 0:23:41 | **1:23:38** | 0:21:49 |
| **113** | 195 | **JAVIER CONTRERAS AMOEDO** | CLUB TRIATLÓN MAR DE VIG | V1M | 51 | 0:13:43 | 111 | 0:43:38 | 27.51 | 124 | 0:26:37 | **1:23:56** | 0:22:08 |
| **114** | 190 | **RUBÉN BLANCO DIAZ** | A.D. NÁUTICO DE NARÓN | V1M | 50 | 0:13:42 | 117 | 0:44:43 | 26.84 | 121 | 0:25:40 | **1:24:04** | 0:22:15 |
| **115** | 135 | **OSCAR LOPEZ SAAVEDRA** | CIDADE DE LUGO FLUVIAL | CDM | 35 | 0:12:55 | 129 | 0:50:44 | 23.66 | 54 | 0:20:34 | **1:24:12** | 0:22:24 |
| **116** | 183 | **ALFREDO SIO UHIA** | TRINORTH | V1M | 38 | 0:13:07 | 115 | 0:44:17 | 27.11 | 126 | 0:26:54 | **1:24:16** | 0:22:28 |
| **117** | 209 | **ALVARO OGANDO ESPANTOSO** | TRIATLÓN RÍAS BAIXAS | V2M | 104 | 0:16:12 | 108 | 0:43:05 | 27.86 | 117 | 0:25:03 | **1:24:19** | 0:22:30 |
| **118** | 207 | **CARLOS PIÑEIRO RODRIGUEZ** | CLUB TRIATLÓN MORRAZO | V2M | 83 | 0:14:39 | 120 | 0:45:10 | 26.57 | 116 | 0:25:02 | **1:24:50** | 0:23:02 |
| **119** | 148 | **ANTONIO DE CASTRO MARTINEZ** | TRINORTH | ABM | 131 | 0:18:28 | 114 | 0:44:08 | 27.19 | 93 | 0:22:23 | **1:24:58** | 0:23:09 |
| **120** | 186 | **OLIVER GRAÑA PEREZ** | C. NATACIÓN CEDEIRA MUEB | V1M | 120 | 0:17:01 | 110 | 0:43:34 | 27.55 | 112 | 0:24:36 | **1:25:11** | 0:23:23 |
| **121** | 189 | **PABLO JACOBO SOTO ÁLVAREZ** | CLUB ATLETISMO PORRIÑO | V1M | 73 | 0:14:05 | 97 | 0:41:51 | 28.68 | 129 | 0:29:35 | **1:25:30** | 0:23:42 |
| **122** | 137 | **BRAIS MOSQUERA ALVARADO** | LAMARGHA-BEARIZ TRIATLÓ | CDM | 19 | 0:11:45 | 121 | 0:45:20 | 26.48 | 127 | 0:28:33 | **1:25:37** | 0:23:49 |
| **123** | 152 | **LEANDRO EIRAS LUEIRO** | CLUB CERVECERÍA O COTÓN | ABM | 101 | 0:15:53 | 119 | 0:45:00 | 26.67 | 114 | 0:24:47 | **1:25:38** | 0:23:50 |
| **124** | 163 | **DAVID SUÁREZ DA SILVA** | CLUB TRIATLÓN MORRAZO | ABM | 105 | 0:16:16 | 126 | 0:47:23 | 25.33 | 110 | 0:24:22 | **1:28:00** | 0:26:12 |
| **125** | 205 | **JOSÉ MANUEL NANÍN LÓPEZ** | CORREDORES DO MIÑO | V2M | 106 | 0:16:16 | 127 | 0:49:04 | 24.46 | 113 | 0:24:41 | **1:30:01** | 0:28:12 |
| **126** | 185 | **JESÚS CALVAR LORENZO** | CLUB TRIATLÓN MAR DE VIG | V1M | 139 | 0:23:48 | 116 | 0:44:19 | 27.08 | 103 | 0:23:07 | **1:31:12** | 0:29:24 |
| **127** | 199 | **RAFAEL PIÑA TEIJEIRA** | CLUB TRIATLÓN MAR DE VIG | V1M | 140 | 0:23:53 | 124 | 0:46:08 | 26.02 | 88 | 0:22:01 | **1:32:00** | 0:30:12 |
| **128** | 161 | **ISAAC RODRIGUEZ MARTIN** | TRIATLÓN ARTEIXO | ABM | 110 | 0:16:24 | 128 | 0:49:59 | 24.02 | 123 | 0:26:17 | **1:32:38** | 0:30:50 |
| **129** | 144 | **HUGO DOVAL BARREIRO** | TRIATLON VILAGARCÍA/ATEN | ABM | 137 | 0:20:38 | 123 | 0:45:45 | 26.24 | 131 | 0:31:26 | **1:37:48** | 0:35:59 |
| **130** | 203 | **IGNACIO URIBARRI DURAN** | ARCADE INFORHOUSE SANTI | V2M | 119 | 0:17:00 | 131 | 0:52:00 | 23.08 | 130 | 0:29:46 | **1:38:45** | 0:36:56 |
| **131** | 181 | **MIGUEL ANGEL FERNANDEZ MAR** | CLUB TRIATLÓN MAR DE VIG | V1M | 132 | 0:19:04 | 132 | 0:52:53 | 22.69 | 128 | 0:29:12 | **1:41:09** | 0:39:20 |
| **132** | 138 | **ALVARO MARTINEZ FERNANDEZ** | CLUB TRIATLÓN MAR DE VIG | CDM | 93 | 0:15:31 | 133 | 0:54:05 | 22.19 | 132 | 0:31:56 | **1:41:31** | 0:39:43 |
| **133** | 204 | **JAIME ALONSO DEL RIO** | I HAVE A DREAM | V2M | 138 | 0:23:46 | 130 | 0:51:27 | 23.33 | 125 | 0:26:52 | **1:42:04** | 0:40:16 |
| **NC** | 13 | **PEDRO LOPEZ OTERO** | A.D. FOGAR | CDM | | 0:13:59 | | | | | | | |
| **NC** | 17 | **IAGO IGLESIAS PRIETO** | TRIATLÓN MERCANTIL PONT | CDM | | 0:17:27 | | | | | | | |
| **NC** | 28 | **JACOBO FERNÁNDEZ GARCÍA** | TRIATLÓN MOTOBIKE GALAIC | JNM | | 0:13:49 | | | | | | | |
| **NC** | 47 | **JOSE LUIS AMENEIROS GOMEZ** | TEAM CORBELO | ABM | | 0:20:42 | | | | | | | |
| **NC** | 57 | **ALEJANDRO CASTRO LÓPEZ** | CLUB OLÍMPICO DE VEDRA | ABM | | 0:18:33 | | | | | | | |
| **NC** | 62 | **IVAN LOPEZ SABARIS** | LAMARGHA-BEARIZ TRIATLÓ | ABM | | 0:20:09 | | | | | | | |
| **NC** | 64 | **JUAN JOSE BELLO GARCIA** | CLUB CERVECERÍA O COTÓN | ABM | | 0:24:46 | | | | | | | |
| **NC** | 71 | **ÁNGEL CONDE VALLADARES** | KURAI | ABM | | 0:28:16 | | 0:31:57 | 37.56 | | | | |
| **NC** | 77 | **IAGO QUIROGA FERNÁNDEZ** | TRINORTH | V1M | | 0:19:25 | | | | | | | |
| **NC** | 82 | **ANGEL PAZÓ PEREZ** | TRINORTH | V1M | | 0:19:13 | | | | | | | |
| **NC** | 87 | **GERMAN ROMERO IGLESIAS** | TRIATLÓN O TREITO | V1M | | 0:22:53 | | | | | | | |
| **NC** | 91 | **JOSE ANTONIO VEIGA MOSQUERA** | ARCADE INFORHOUSE SANTI | V2M | | 0:19:19 | | | | | | | |
| **DQ** | 31 | **ELOY VILLANUEVA RICO** | A.D. NÁUTICO DE NARÓN | JNM | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |
| **DQ** | 75 | **ANDRÉS DOMÍNGUEZ SILVA** | CLUB CERVECERÍA O COTÓN | V1M | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |
| **DQ** | 80 | **FRANCISCO JAVIER CASTRELO C** | TRIATLON VILAGARCÍA/ATEN | V1M | ACORTAR PERCORRIDO CICLISMO | | | | | | | | |
| **DQ** | 143 | **ANDRES VIDAL GIRALDEZ** | NOSPORTLIMIT | ABM | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |
| **DQ** | 147 | **JAVIER VILLARREAL ALARCÓN** | TRIATLÓN MOTOBIKE GALAIC | ABM | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |
| **NF** | 12 | **RUBEN VAZQUEZ FERRO** | TRIATLÓN MERCANTIL PONT | CDM | 135 | 0:19:49 | | | | | | | |
| **NF** | 25 | **ALVARO ORDIALES SENDÓN** | TRIATLÓN FERROL | CDM | 33 | 0:12:41 | | | | | | | |
| **NF** | 48 | **SERGIO VÁZQUEZ OTERO** | ARCADE INFORHOUSE SANTI | ABM | 124 | 0:17:19 | 63 | 0:39:13 | 30.61 | | | | |
| **NF** | 50 | **ENRIQUE VÁZQUEZ PEÑAMARÍA** | CLUB CERVECERÍA O COTÓN | ABM | 134 | 0:19:47 | | | | | | | |
| **NF** | 60 | **IÑAKI ANDRADE FERNANDEZ** | TRINORTH | ABM | 60 | 0:13:56 | | | | | | | |
| **NF** | 74 | **PABLO CABANELAS EIRAS** | CLUB OLÍMPICO DE VEDRA | V1M | 91 | 0:15:28 | | | | | | | |
| **NF** | 85 | **ALEJANDRO GONZALEZ BUCETA** | TRINORTH | V1M | 65 | 0:14:00 | 34 | 0:37:03 | 32.39 | | | | |
| **NF** | 170 | **IAGO RODRIGUEZ FERNANDEZ** | TRIATLÓN RÍAS BAIXAS | V1M | 133 | 0:19:29 | | | | | | | |
| **NF** | 201 | **JOSE LUIS MARTINEZ PEREZ** | CLUB TRIATLÓN MAR DE VIG | V2M | | | | | | | | | |
| **NP** | 18 | **JAVIER FERNÁNDEZ PÉREZ** | TRIATLÓN MOTOBIKE GALAIC | CDM | | | | | | | | | |
| **NP** | 24 | **MARTÍN PRADO CARBAJALES** | A.D. FOGAR | CDM | | | | | | | | | |
| **NP** | 44 | **BORJA ÁLVAREZ AMIGO** | TRINORTH | ABM | | | | | | | | | |
| **NP** | 59 | **ALBERTO VÁZQUEZ OTERO** | ARCADE INFORHOUSE SANTI | ABM | | | | | | | | | |
| **NP** | 81 | **JAVIER GÓMEZ ALVAREZ** | TRINORTH | V1M | | | | | | | | | |
| **NP** | 136 | **MIGUEL MARTÍNEZ GARCIA** | A.D. NÁUTICO DE NARÓN | CDM | | | | | | | | | |
| **NP** | 157 | **SANTIAGO ROMERO ONS** | CLUB ATLETISMO PORRIÑO | ABM | | | | | | | | | |
| **NP** | 165 | **ALBERTO AGÍS GRAÑA** | CLUB CICLISMO-TRÍATLON P | ABM | | | | | | | | | |
| **NP** | 166 | **CARLOS GARCIA SALGADO** | CLUB TRIATLÓN CORUÑA | V1M | | | | | | | | | |
| **NP** | 172 | **RODRIGO LISTE FAYA** | CLUB TRIATLÓN CORUÑA | V1M | | | | | | | | | |

# IX TRÍATLON CONCELLO DE POIO

## CATEGORIAS MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 169 **Remataron :** 133 **Retirados :** 9 **Non Presentados :** 10 **Descalificados :** 5

## CADETES MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 3 | **ESTEBAN BASANTA FOUZ** | CIDADE DE LUGO FLUVIAL | 3 | 0:10:31 | | | | | | **1:03:03** | 0:01:15 |
| **2** | 21 | **DAVID GONZALEZ BORGES** | CLUB TRIATLÓN MAR DE VIGO | 6 | 0:10:43 | 2 | 0:34:26 | 34.85 | 26 | 0:19:11 | **1:04:19** | 0:02:31 |
| **3** | 15 | **THOMAS CASTAÑEDA MALDONADO** | CIDADE DE LUGO FLUVIAL | 15 | 0:11:27 | 15 | 0:35:30 | 33.8 | 8 | 0:18:09 | **1:05:05** | 0:03:17 |
| **4** | 26 | **JUAN REY OLVEIRA** | TRIATLÓN BOIRO | 12 | 0:11:07 | 24 | 0:36:10 | 33.19 | 31 | 0:19:20 | **1:06:36** | 0:04:48 |
| **5** | 14 | **DANIEL DARRIBA BELMONTE** | CIDADE DE LUGO FLUVIAL | 14 | 0:11:26 | 16 | 0:35:42 | 33.61 | 40 | 0:19:42 | **1:06:49** | 0:05:01 |
| **6** | 22 | **JORGE MORADO RUIZ** | TRIATLÓN FERROL | 7 | 0:10:45 | 44 | 0:37:47 | 31.77 | 28 | 0:19:12 | **1:07:43** | 0:05:54 |
| **7** | 23 | **PABLO FREIRE GARCÍA** | A.D. NÁUTICO DE NARÓN | 77 | 0:14:12 | 18 | 0:35:49 | 33.52 | 68 | 0:21:04 | **1:11:03** | 0:09:15 |
| **8** | 16 | **LUCAS LÓPEZ MENÉNDEZ** | A.D. NÁUTICO DE NARÓN | 69 | 0:14:01 | 69 | 0:39:34 | 30.33 | 49 | 0:20:19 | **1:13:54** | 0:12:06 |
| **9** | 20 | **ÁLVARO ELIZALDE ROMERO** | A.D. FOGAR | 25 | 0:11:54 | 48 | 0:38:11 | 31.43 | 115 | 0:25:02 | **1:15:06** | 0:13:18 |
| **10** | 11 | **MANOEL MELLID LOSADA** | TRIATLÓN MOTOBIKE GALAICO PO | 24 | 0:11:49 | 102 | 0:42:34 | 28.2 | 83 | 0:21:44 | **1:16:06** | 0:14:18 |
| **11** | 19 | **PABLO TRAN GUAL** | A.D. FOGAR | 36 | 0:12:58 | 101 | 0:42:33 | 28.21 | 72 | 0:21:14 | **1:16:44** | 0:14:56 |
| **12** | 139 | **NICOLÁS CARR VIEITES** | CLUB TRIATLÓN MAR DE VIGO | 66 | 0:14:01 | 122 | 0:45:39 | 26.29 | 89 | 0:22:17 | **1:21:56** | 0:20:08 |
| **13** | 135 | **OSCAR LOPEZ SAAVEDRA** | CIDADE DE LUGO FLUVIAL | 35 | 0:12:55 | 129 | 0:50:44 | 23.66 | 54 | 0:20:34 | **1:24:12** | 0:22:24 |
| **14** | 137 | **BRAIS MOSQUERA ALVARADO** | LAMARGHA-BEARIZ TRIATLÓN | 19 | 0:11:45 | 121 | 0:45:20 | 26.48 | 127 | 0:28:33 | **1:25:37** | 0:23:49 |
| **15** | 138 | **ALVARO MARTINEZ FERNANDEZ** | CLUB TRIATLÓN MAR DE VIGO | 93 | 0:15:31 | 133 | 0:54:05 | 22.19 | 132 | 0:31:56 | **1:41:31** | 0:39:43 |
| **NC** | 13 | **PEDRO LOPEZ OTERO** | A.D. FOGAR | | 0:13:59 | | | | | | | |
| **NC** | 17 | **IAGO IGLESIAS PRIETO** | TRIATLÓN MERCANTIL PONTEVEDR | | 0:17:27 | | | | | | | |
| **NF** | 12 | **RUBEN VAZQUEZ FERRO** | TRIATLÓN MERCANTIL PONTEVEDR | 135 | 0:19:49 | | | | | | | |
| **NF** | 25 | **ALVARO ORDIALES SENDÓN** | TRIATLÓN FERROL | 33 | 0:12:41 | | | | | | | |
| **NP** | 18 | **JAVIER FERNÁNDEZ PÉREZ** | TRIATLÓN MOTOBIKE GALAICO PO | | | | | | | | | |
| **NP** | 24 | **MARTÍN PRADO CARBAJALES** | A.D. FOGAR | | | | | | | | | |
| **NP** | 136 | **MIGUEL MARTÍNEZ GARCIA** | A.D. NÁUTICO DE NARÓN | | | | | | | | | |

## JUNIOR MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 4 | **JORGE GONZÁLEZ MARIÑO** | ARCADE INFORHOUSE SANTIAGO | 4 | 0:10:31 | 3 | 0:34:37 | 34.67 | 13 | 0:18:33 | **1:03:41** | 0:01:52 |
| **2** | 32 | **JUAN REJAS GABEIRAS** | TRIATLÓN FERROL | 17 | 0:11:34 | 40 | 0:37:23 | 32.11 | 4 | 0:17:23 | **1:06:19** | 0:04:30 |
| **3** | 30 | **DENIS INCUTTI TELLADO** | TRIATLÓN BOIRO | 20 | 0:11:46 | 36 | 0:37:11 | 32.27 | 9 | 0:18:18 | **1:07:15** | 0:05:27 |
| **4** | 34 | **ADRIÁN HAZ GARCÍA** | A.D. TRIATLÓN OLEIROS | 11 | 0:10:50 | 49 | 0:38:21 | 31.3 | 58 | 0:20:45 | **1:09:55** | 0:08:06 |
| **5** | 33 | **JESUS OTERO LESTÓN** | ARCADE INFORHOUSE SANTIAGO | 54 | 0:13:48 | 51 | 0:38:29 | 31.19 | 48 | 0:20:15 | **1:12:32** | 0:10:44 |
| **6** | 29 | **LEO SUAREZ URRUZOLA** | ARCADE INFORHOUSE SANTIAGO | 31 | 0:12:40 | 73 | 0:39:41 | 30.24 | 109 | 0:24:22 | **1:16:42** | 0:14:54 |
| **7** | 27 | **PABLO RIVERO MUIÑOS** | TRIATLÓN MOTOBIKE GALAICO PO | 123 | 0:17:11 | 81 | 0:40:06 | 29.93 | 46 | 0:20:06 | **1:17:23** | 0:15:34 |
| **8** | 140 | **FRANCISCO CASTRO RODRÍGUEZ** | TRIATLÓN MOTOBIKE GALAICO PO | 5 | 0:10:41 | 118 | 0:44:56 | 26.71 | 98 | 0:22:32 | **1:18:08** | 0:16:20 |
| **NC** | 28 | **JACOBO FERNÁNDEZ GARCÍA** | TRIATLÓN MOTOBIKE GALAICO PO | | 0:13:49 | | | | | | | |
| **DQ** | 31 | **ELOY VILLANUEVA RICO** | A.D. NÁUTICO DE NARÓN | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |

## SUB-23 MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 1 | **ANDRÉS CENDÁN LLORENS** | CIDADE DE LUGO FLUVIAL | 1 | 0:10:20 | 5 | 0:34:42 | 34.58 | 2 | 0:16:48 | **1:01:49** | |
| **2** | 38 | **SEBASTIAN RIVERA DEL HIERRO** | TRIATLÓN ARTEIXO | 16 | 0:11:29 | 1 | 0:34:09 | 35.15 | 3 | 0:16:51 | **1:02:28** | 0:00:40 |
| **3** | 5 | **MARCOS RUIZ BRAGE** | TRIATLÓN FERROL | 10 | 0:10:47 | 4 | 0:34:41 | 34.61 | 16 | 0:18:37 | **1:04:04** | 0:02:15 |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **4** | 37 | **JACOBO BLANCO RUIZ** | CLUB NATACIÓN LICEO | 9 | 0:10:46 | 29 | 0:36:24 | 32.97 | 7 | 0:17:44 | **1:04:54** | 0:03:06 |
| **5** | 6 | **BRAIS OTERO LESTÓN** | ARCADE INFORHOUSE SANTIAGO | 23 | 0:11:49 | 12 | 0:35:20 | 33.96 | 17 | 0:18:45 | **1:05:53** | 0:04:05 |
| **6** | 35 | **ANTONIO SOUTO PRIETO** | A.D. TRI-PENTA TERRAS DE LUGO | 18 | 0:11:40 | 14 | 0:35:29 | 33.83 | 20 | 0:18:56 | **1:06:03** | 0:04:15 |
| **7** | 36 | **CESAR PAZOS CANEDA** | TRIATLÓN ARTEIXO | 8 | 0:10:46 | 46 | 0:37:53 | 31.68 | 19 | 0:18:53 | **1:07:32** | 0:05:43 |
| **8** | 40 | **PABLO PEDROSA PAZ** | TRIATLÓN FERROL | 28 | 0:12:30 | 33 | 0:36:52 | 32.56 | 57 | 0:20:41 | **1:10:01** | 0:08:13 |
| **9** | 41 | **ÍÑIGO MARTÍNEZ MARTÍNEZ** | CLUB CICLISMO-TRÍATLON POIO | 125 | 0:17:34 | 42 | 0:37:34 | 31.95 | 41 | 0:19:48 | **1:14:55** | 0:13:07 |
| **10** | 39 | **JUAN LUIS GARCIA MENIÑO** | CLUB CICLISMO-TRÍATLON POIO | 121 | 0:17:06 | 70 | 0:39:36 | 30.31 | 50 | 0:20:22 | **1:17:02** | 0:15:14 |

# VETERANOS 1 MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 10 | **AGUSTIN RÍOS FERRADAS** | TRIATLÓN RÍAS BAIXAS | 29 | 0:12:39 | 25 | 0:36:11 | 33.17 | 11 | 0:18:28 | **1:07:17** | 0:05:29 |
| **2** | 84 | **PEDRO PABLO BERNÁRDEZ FERRE** | TRIATLON VILAGARCÍA/ATENAS RU | 21 | 0:11:47 | 37 | 0:37:15 | 32.22 | 14 | 0:18:35 | **1:07:36** | 0:05:48 |
| **3** | 79 | **MIGUEL DAPORTA MÉNDEZ** | CLUB OLÍMPICO DE VEDRA | 62 | 0:13:58 | 39 | 0:37:22 | 32.12 | 6 | 0:17:44 | **1:09:03** | 0:07:15 |
| **4** | 89 | **ANTONIO XOSÉ GARCÍA SOBRADO** | CIDADE DE LUGO FLUVIAL | 76 | 0:14:11 | 17 | 0:35:49 | 33.52 | 42 | 0:19:49 | **1:09:48** | 0:07:59 |
| **5** | 72 | **CARLOS PARDO RODRÍGUEZ** | TRIATLÓN RÍAS BAIXAS | 102 | 0:15:57 | 27 | 0:36:16 | 33.09 | 12 | 0:18:28 | **1:10:40** | 0:08:52 |
| **6** | 78 | **JOSE LUIS LAMOSO PORTASANY** | TRIATLÓN RÍAS BAIXAS | 79 | 0:14:14 | 30 | 0:36:25 | 32.96 | 52 | 0:20:29 | **1:11:06** | 0:09:18 |
| **7** | 88 | **CRISTÓBAL CACHEDA CHOUZA** | TEAM CORBELO | 108 | 0:16:19 | 20 | 0:35:55 | 33.42 | 29 | 0:19:16 | **1:11:29** | 0:09:41 |
| **8** | 83 | **OSCAR FERNANDEZ GONZALEZ** | ARCADE INFORHOUSE SANTIAGO | 72 | 0:14:03 | 60 | 0:38:57 | 30.81 | 39 | 0:19:41 | **1:12:40** | 0:10:52 |
| **9** | 76 | **CESAR MONTES SANCHEZ** | TRIATLÓN ARTEIXO | 75 | 0:14:09 | 41 | 0:37:30 | 32 | 85 | 0:21:51 | **1:13:29** | 0:11:41 |
| **10** | 86 | **FRANCISCO REY PADIN** | TRIATLON VILAGARCÍA/ATENAS RU | 126 | 0:17:37 | 43 | 0:37:41 | 31.86 | 55 | 0:20:34 | **1:15:51** | 0:14:02 |
| **11** | 90 | **RAFAEL ANTAS CANNAS** | NATACIÓN PABELLÓN OURENSE | 103 | 0:16:09 | 61 | 0:39:06 | 30.69 | 78 | 0:21:33 | **1:16:48** | 0:15:00 |
| **12** | 73 | **LUCAS GARCIA IGLESIAS** | TRIATLON VILAGARCÍA/ATENAS RU | 122 | 0:17:07 | 74 | 0:39:41 | 30.24 | 79 | 0:21:35 | **1:18:23** | 0:16:34 |
| **13** | 191 | **FRANCISCO JAVIER RAMOS BOTAN** | A.D. TRI-PENTA TERRAS DE LUGO | 56 | 0:13:49 | 31 | 0:36:25 | 32.96 | 23 | 0:18:57 | **1:09:10** | 0:07:22 |
| **14** | 192 | **JUAN RAMON GARCIA HERNANZ** | TRIATLÓN ARTEIXO | 30 | 0:12:39 | 64 | 0:39:21 | 30.5 | 45 | 0:20:06 | **1:12:06** | 0:10:17 |
| **15** | 197 | **FRANCISCO JAVIER MOSTEIRO RO** | TRIATLON VILAGARCÍA/ATENAS RU | 63 | 0:13:59 | 52 | 0:38:35 | 31.1 | 44 | 0:19:58 | **1:12:32** | 0:10:43 |
| **16** | 169 | **ROBERTO PICON ESPIÑO** | ARCADE INFORHOUSE SANTIAGO | 37 | 0:13:05 | 67 | 0:39:31 | 30.38 | 47 | 0:20:08 | **1:12:42** | 0:10:54 |
| **17** | 184 | **JAIME TIZÓN DAVILA** | CLUB CERVECERÍA O COTÓN NEG | 44 | 0:13:30 | 59 | 0:38:55 | 30.84 | 84 | 0:21:45 | **1:14:10** | 0:12:22 |
| **18** | 198 | **JOSE LUIS VAZQUEZ MEIJIDE** | TRIATLON VILAGARCÍA/ATENAS RU | 26 | 0:12:03 | 88 | 0:40:47 | 29.43 | 75 | 0:21:25 | **1:14:14** | 0:12:25 |
| **19** | 167 | **ALFONSO GONDAR FONTAN** | CLUB CICLISMO-TRÍATLON POIO | 78 | 0:14:12 | 56 | 0:38:51 | 30.89 | 82 | 0:21:36 | **1:14:38** | 0:12:50 |
| **20** | 168 | **ANTONIO CEDRON ALVAREZ** | ARCADE INFORHOUSE SANTIAGO | 27 | 0:12:08 | 77 | 0:39:51 | 30.12 | 104 | 0:23:11 | **1:15:10** | 0:13:21 |
| **21** | 182 | **PEDRO PÉREZ GAGO** | TRIATLON VILAGARCÍA/ATENAS RU | 47 | 0:13:38 | 83 | 0:40:12 | 29.85 | 96 | 0:22:25 | **1:16:15** | 0:14:27 |
| **22** | 177 | **FELIPE DOMINGUEZ MARIÑO** | CLUB ATLETISMO PORRIÑO | 70 | 0:14:02 | 89 | 0:40:48 | 29.42 | 92 | 0:22:22 | **1:17:11** | 0:15:22 |
| **23** | 173 | **MANUEL ENRIQUE FANDIÑO CERQ** | TRIATLÓN RÍAS BAIXAS | 61 | 0:13:58 | 104 | 0:42:48 | 28.05 | 71 | 0:21:10 | **1:17:54** | 0:16:05 |
| **24** | 171 | **BERNARDO PIÑEIRO ABALO** | TRIATLON VILAGARCÍA/ATENAS RU | 86 | 0:15:05 | 86 | 0:40:29 | 29.64 | 95 | 0:22:24 | **1:17:57** | 0:16:09 |
| **25** | 179 | **JAVIER MON FERNANDEZ** | TRIATLÓN ARTEIXO | 34 | 0:12:55 | 72 | 0:39:39 | 30.27 | 122 | 0:25:56 | **1:18:28** | 0:16:40 |
| **26** | 188 | **FERNANDO MARTINEZ RODRIGUEZ** | A.D. NÁUTICO DE NARÓN | 87 | 0:15:05 | 91 | 0:41:04 | 29.22 | 99 | 0:22:40 | **1:18:48** | 0:17:00 |
| **27** | 178 | **LINO VÁZQUEZ GONZALEZ** | CORREDORES DO MIÑO | 94 | 0:15:31 | 99 | 0:42:03 | 28.54 | 74 | 0:21:20 | **1:18:53** | 0:17:05 |
| **28** | 174 | **CARLOS VÁZQUEZ VILAR** | CLUB ATLETISMO PORRIÑO | 84 | 0:14:40 | 100 | 0:42:28 | 28.26 | 91 | 0:22:21 | **1:19:29** | 0:17:41 |
| **29** | 175 | **MIGUEL NOVO REGUEIRA** | CLUB ATLETISMO PORRIÑO | 68 | 0:14:01 | 90 | 0:41:04 | 29.23 | 119 | 0:25:23 | **1:20:27** | 0:18:39 |
| **30** | 180 | **FRANCISCO JAVIER IGLESIAS PRA** | ARCADE INFORHOUSE SANTIAGO | 111 | 0:16:25 | 87 | 0:40:30 | 29.64 | 107 | 0:23:43 | **1:20:37** | 0:18:49 |
| **31** | 194 | **JOSE BENITO CHARLIN TRIGO** | TRIATLON VILAGARCÍA/ATENAS RU | 118 | 0:16:54 | 98 | 0:41:53 | 28.66 | 87 | 0:22:00 | **1:20:45** | 0:18:57 |
| **32** | 187 | **JOSÉ ANTONIO ARAGUNDE DIESTE** | TRIATLON VILAGARCÍA/ATENAS RU | 107 | 0:16:16 | 107 | 0:42:56 | 27.96 | 90 | 0:22:20 | **1:21:31** | 0:19:43 |
| **33** | 176 | **JOSÉ RUBEN VILA LOPEZ** | TRINORTH | 90 | 0:15:25 | 105 | 0:42:55 | 27.97 | 108 | 0:24:02 | **1:22:20** | 0:20:32 |
| **34** | 196 | **FAUSTINO MEIS VEIGA** | CLUB CICLISMO-TRÍATLON POIO | 116 | 0:16:38 | 112 | 0:43:59 | 27.29 | 101 | 0:22:41 | **1:23:17** | 0:21:29 |
| **35** | 193 | **ALEJANDRO LISTE BASCOY** | CLUB CICLISMO-TRÍATLON POIO | 115 | 0:16:37 | 113 | 0:44:01 | 27.27 | 100 | 0:22:41 | **1:23:18** | 0:21:29 |
| **36** | 195 | **JAVIER CONTRERAS AMOEDO** | CLUB TRIATLÓN MAR DE VIGO | 51 | 0:13:43 | 111 | 0:43:38 | 27.51 | 124 | 0:26:37 | **1:23:56** | 0:22:08 |
| **37** | 190 | **RUBÉN BLANCO DIAZ** | A.D. NÁUTICO DE NARÓN | 50 | 0:13:42 | 117 | 0:44:43 | 26.84 | 121 | 0:25:40 | **1:24:04** | 0:22:15 |
| **38** | 183 | **ALFREDO SIO UHIA** | TRINORTH | 38 | 0:13:07 | 115 | 0:44:17 | 27.11 | 126 | 0:26:54 | **1:24:16** | 0:22:28 |
| **39** | 186 | **OLIVER GRAÑA PEREZ** | C. NATACIÓN CEDEIRA MUEBLES G | 120 | 0:17:01 | 110 | 0:43:34 | 27.55 | 112 | 0:24:36 | **1:25:11** | 0:23:23 |
| **40** | 189 | **PABLO JACOBO SOTO ÁLVAREZ** | CLUB ATLETISMO PORRIÑO | 73 | 0:14:05 | 97 | 0:41:51 | 28.68 | 129 | 0:29:35 | **1:25:30** | 0:23:42 |
| **41** | 185 | **JESÚS CALVAR LORENZO** | CLUB TRIATLÓN MAR DE VIGO | 139 | 0:23:48 | 116 | 0:44:19 | 27.08 | 103 | 0:23:07 | **1:31:12** | 0:29:24 |
| **42** | 199 | **RAFAEL PIÑA TEIJEIRA** | CLUB TRIATLÓN MAR DE VIGO | 140 | 0:23:53 | 124 | 0:46:08 | 26.02 | 88 | 0:22:01 | **1:32:00** | 0:30:12 |
| **43** | 181 | **MIGUEL ANGEL FERNANDEZ MARO** | CLUB TRIATLÓN MAR DE VIGO | 132 | 0:19:04 | 132 | 0:52:53 | 22.69 | 128 | 0:29:12 | **1:41:09** | 0:39:20 |
| **NC** | 77 | **IAGO QUIROGA FERNÁNDEZ** | TRINORTH | | 0:19:25 | | | | | | | |
| **NC** | 82 | **ANGEL PAZÓ PEREZ** | TRINORTH | | 0:19:13 | | | | | | | |
| **NC** | 87 | **GERMAN ROMERO IGLESIAS** | TRIATLÓN O TREITO | | 0:22:53 | | | | | | | |
| **DQ** | 75 | **ANDRÉS DOMÍNGUEZ SILVA** | CLUB CERVECERÍA O COTÓN NEG | ACORTAR PERCORRIDO CARREIRA A PE | | | | | | | | |
| **DQ** | 80 | **FRANCISCO JAVIER CASTRELO CO** | TRIATLON VILAGARCÍA/ATENAS RU | ACORTAR PERCORRIDO CICLISMO | | | | | | | | |
| **NF** | 74 | **PABLO CABANELAS EIRAS** | CLUB OLÍMPICO DE VEDRA | 91 | 0:15:28 | | | | | | | |
| **NF** | 85 | **ALEJANDRO GONZALEZ BUCETA** | TRINORTH | 65 | 0:14:00 | 34 | 0:37:03 | 32.39 | | | | |
| **NF** | 170 | **IAGO RODRIGUEZ FERNANDEZ** | TRIATLÓN RÍAS BAIXAS | 133 | 0:19:29 | | | | | | | |
| **NP** | 81 | **JAVIER GÓMEZ ALVAREZ** | TRINORTH | | | | | | | | | |
| **NP** | 166 | **CARLOS GARCIA SALGADO** | CLUB TRIATLÓN CORUÑA | | | | | | | | | |
| **NP** | 172 | **RODRIGO LISTE FAYA** | CLUB TRIATLÓN CORUÑA | | | | | | | | | |

# VETERANOS 2 MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 92 | **ANTONIO VIDAL ARES** | ARCADE INFORHOUSE SANTIAGO | 112 | 0:16:26 | 57 | 0:38:53 | 30.87 | 61 | 0:20:50 | **1:16:07** | 0:14:19 |
| **2** | 93 | **JAIME CARRODEGUAS MARTÍNEZ** | CLUB TRIATLÓN CORUÑA | 114 | 0:16:36 | 78 | 0:39:51 | 30.12 | 105 | 0:23:22 | **1:19:48** | 0:17:59 |
| **3** | 206 | **MARCOS FRANCES GOMEZ** | CLUB ATLETISMO PORRIÑO | | | 134 | | | 76 | 0:21:28 | **1:18:45** | 0:16:57 |
| **4** | 202 | **ANGEL FERNÁNDEZ VIDAL** | CLUB CERVECERÍA O COTÓN NEG | 109 | 0:16:20 | 96 | 0:41:37 | 28.83 | 86 | 0:21:51 | **1:19:48** | 0:17:59 |
| **5** | 208 | **ANTONIO FEDERICO SERRAT SOTO** | A.D. TRI-PENTA TERRAS DE LUGO | 45 | 0:13:33 | 106 | 0:42:55 | 27.96 | 111 | 0:24:32 | **1:21:00** | 0:19:11 |
| **6** | 200 | **PABLO TENREIRO VARELA** | TRIATLON VILAGARCÍA/ATENAS RU | 40 | 0:13:12 | 103 | 0:42:43 | 28.09 | 120 | 0:25:30 | **1:21:24** | 0:19:36 |
| **7** | 209 | **ALVARO OGANDO ESPANTOSO** | TRIATLÓN RÍAS BAIXAS | 104 | 0:16:12 | 108 | 0:43:05 | 27.86 | 117 | 0:25:03 | **1:24:19** | 0:22:30 |
| **8** | 207 | **CARLOS PIÑEIRO RODRIGUEZ** | CLUB TRIATLÓN MORRAZO | 83 | 0:14:39 | 120 | 0:45:10 | 26.57 | 116 | 0:25:02 | **1:24:50** | 0:23:02 |
| **9** | 205 | **JOSÉ MANUEL NANÍN LÓPEZ** | CORREDORES DO MIÑO | 106 | 0:16:16 | 127 | 0:49:04 | 24.46 | 113 | 0:24:41 | **1:30:01** | 0:28:12 |
| **10** | 203 | **IGNACIO URIBARRI DURAN** | ARCADE INFORHOUSE SANTIAGO | 119 | 0:17:00 | 131 | 0:52:00 | 23.08 | 130 | 0:29:46 | **1:38:45** | 0:36:56 |
| **11** | 204 | **JAIME ALONSO DEL RIO** | I HAVE A DREAM | 138 | 0:23:46 | 130 | 0:51:27 | 23.33 | 125 | 0:26:52 | **1:42:04** | 0:40:16 |
| **NC** | 91 | **JOSE ANTONIO VEIGA MOSQUERA** | ARCADE INFORHOUSE SANTIAGO | | 0:19:19 | | | | | | | |
| **NF** | 201 | **JOSE LUIS MARTINEZ PEREZ** | CLUB TRIATLÓN MAR DE VIGO | | | | | | | | | |

# VETERANOS 3 MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 210 | **FRANCISCO JAVIER ACOSTA CRES** | TRIATLON VILAGARCÍA/ATENAS RU | 52 | 0:13:46 | 125 | 0:46:11 | 25.98 | 106 | 0:23:41 | **1:23:38** | 0:21:49 |

# IX TRÍATLON CONCELLO DE POIO

## CLUBS MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 169 **Remataron :** 133 **Retirados :** 9 **Non Presentados :** 10 **Descalificados :** 5

### 1 CIDADE DE LUGO FLUVIAL — 3:09:55

| | | | |
|---|---|---|---|
| 1 | ANDRÉS | CENDÁN LLORENS | 1:01:49 |
| 2 | ESTEBAN | BASANTA FOUZ | 1:03:03 |
| 3 | ISMAEL | LOPEZ GONZALEZ | 1:05:04 |

### 2 TRIATLÓN ARTEIXO — 3:13:34

| | | | |
|---|---|---|---|
| 1 | SEBASTIAN | RIVERA DEL HIERRO | 1:02:28 |
| 2 | FACUNDO | MEDARD | 1:03:35 |
| 3 | CESAR | PAZOS CANEDA | 1:07:32 |

### 3 TRIATLÓN FERROL — 3:18:04

| | | | |
|---|---|---|---|
| 1 | MARCOS | RUIZ BRAGE | 1:04:04 |
| 2 | JUAN | REJAS GABEIRAS | 1:06:19 |
| 3 | JORGE | MORADO RUIZ | 1:07:43 |

### 4 ARCADE INFORHOUSE SANTIAGO — 3:20:02

| | | | |
|---|---|---|---|
| 1 | JORGE | GONZÁLEZ MARIÑO | 1:03:41 |
| 2 | BRAIS | OTERO LESTÓN | 1:05:53 |
| 3 | THOMAS | AFONSO LÓPEZ | 1:10:29 |

### 5 TRIATLON VILAGARCÍA/ATENAS RUNNING — 3:26:12

| | | | |
|---|---|---|---|
| 1 | PEDRO PABLO | BERNÁRDEZ FERREIRÓS | 1:07:36 |
| 2 | JORGE | FERRADANS VALDES | 1:07:46 |
| 3 | CARLOS | AGRA RIAL | 1:10:50 |

### 6 TRIATLÓN RÍAS BAIXAS — 3:27:34

| | | | |
|---|---|---|---|
| 1 | AGUSTIN | RÍOS FERRADAS | 1:07:17 |
| 2 | JAVIER | CASTRO OLIVEIRA | 1:09:37 |
| 3 | CARLOS | PARDO RODRÍGUEZ | 1:10:40 |

### 7 NATACIÓN PABELLÓN OURENSE — 3:31:07

| | | | |
|---|---|---|---|
| 1 | MARCOS | VILA CID | 1:06:13 |
| 2 | MARCOS PAULO | ADE SCHNEIDER | 1:08:07 |
| 3 | RAFAEL | ANTAS CANNAS | 1:16:48 |

### 8 TRIATLÓN BOIRO — 3:32:36

| | | | |
|---|---|---|---|
| 1 | JUAN | REY OLVEIRA | 1:06:36 |
| 2 | DENIS | INCUTTI TELLADO | 1:07:15 |
| 3 | DAVID | RODRIGUEZ SANTAMARIA | 1:18:46 |

### 9 CLUB OLÍMPICO DE VEDRA — 3:36:31

| | | | |
|---|---|---|---|
| 1 | MIGUEL | DAPORTA MÉNDEZ | 1:09:03 |
| 2 | ADRIÁN | PICALLO MATO | 1:12:37 |
| 3 | FRANCISCO JOSE | CUENCA GARCIA | 1:14:52 |

### 10 CLUB CICLISMO-TRÍATLON POIO — 3:42:16

| | | | |
|---|---|---|---|
| 1 | JACOBO | MARTINEZ PUGA | 1:10:20 |
| 2 | ÍÑIGO | MARTÍNEZ MARTÍNEZ | 1:14:55 |
| 3 | JUAN LUIS | GARCIA MENIÑO | 1:17:02 |

### 11 A.D. NÁUTICO DE NARÓN — 3:43:45

| | | | |
|---|---|---|---|
| 1 | PABLO | FREIRE GARCÍA | 1:11:03 |
| 2 | LUCAS | LÓPEZ MENÉNDEZ | 1:13:54 |
| 3 | FERNANDO | MARTINEZ RODRIGUEZ | 1:18:48 |

### 12 IATLÓN MOTOBIKE GALAICO PONTEVEDI — 3:51:36

| | | | |
|---|---|---|---|
| 1 | MANOEL | MELLID LOSADA | 1:16:06 |
| 2 | PABLO | RIVERO MUIÑOS | 1:17:23 |
| 3 | FRANCISCO | CASTRO RODRÍGUEZ | 1:18:08 |

### 13 A.D. TRI-PENTA TERRAS DE LUGO — 3:36:12

| | | | |
|---|---|---|---|
| 1 | ANTONIO | SOUTO PRIETO | 1:06:03 |
| 2 | FRANCISCO JAVIER | RAMOS BOTANA | 1:09:10 |
| 3 | ANTONIO FEDERICO | SERRAT SOTO | 1:21:00 |

### 14 CLUB ATLETISMO PORRIÑO — 3:45:48

| | | | |
|---|---|---|---|
| 1 | PABLO | REGUEIRA MARTINEZ | 1:13:50 |
| 2 | MOISES | LORENZO ALONSO | 1:15:42 |
| 3 | JESÚS | CARBALLIDO MENDEZ | 1:16:16 |

### 15 CLUB TRIATLÓN MAR DE VIGO — 3:50:11

| | | | |
|---|---|---|---|
| 1 | DAVID | GONZALEZ BORGES | 1:04:19 |
| 2 | NICOLÁS | CARR VIEITES | 1:21:56 |
| 3 | JAVIER | CONTRERAS AMOEDO | 1:23:56 |

### 16 TRINORTH — 4:02:15

| | | | |
|---|---|---|---|
| 1 | PABLO | DOMÍNGUEZ VILA | 1:15:40 |
| 2 | JOSÉ RUBEN | VILA LOPEZ | 1:22:20 |
| 3 | ALFREDO | SIO UHIA | 1:24:16 |

# IX TRÍATLON CONCELLO DE POIO

## CLUBS MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | Sprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 0.75 Km.<br>1 voltas | Ciclismo 20 Km.<br>5 voltas | Carreira 5 Km.<br>3 voltas |

**Inscritos :** 169 **Remataron :** 133 **Retirados :** 9 **Non Presentados :** 10 **Descalificados :** 5

### 17 CLUB CERVECERÍA O COTÓN NEGREIRA 3:59:35

| | | | |
|---|---|---|---|
| 1 | JAIME | TIZÓN DAVILA | **1:14:10** |
| 2 | ANGEL | FERNÁNDEZ VIDAL | **1:19:48** |
| 3 | LEANDRO | EIRAS LUEIRO | **1:25:38** |

# IX TRÍATLON CONCELLO DE POIO

## ABSOLUTA POPULAR FEMININA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | SuperSprint |
|---|---|---|---|---|---|

### Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

### Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 300 m.<br>1 volta | Ciclismo 8 Km.<br>2 voltas | Carreira 2.5 Km.<br>2 voltas |

**Inscritos :** 31 **Remataron :** 28 **Retirados :** 2 **Non Presentados :** 1 **Descalificados :** 0

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 291 | **HENAR DIANA CONS GESTIDO** | TRIATLÓN MOTOBIKE GALAICO | CDF | 1 | 0:03:39 | 1 | 0:17:01 | 28.21 | 3 | 0:10:45 | **0:31:24** | |
| **2** | 278 | **VICTORIA CONS GESTIDO** | TRIATLÓN MOTOBIKE GALAICO | INF | 6 | 0:04:10 | 2 | 0:17:05 | 28.1 | 1 | 0:10:34 | **0:31:48** | 0:00:24 |
| **3** | 275 | **AINOA GONTAN IGLESIAS** | ARCADE INFORHOUSE SANTIA | INF | 4 | 0:04:01 | 3 | 0:18:01 | 26.65 | 4 | 0:10:51 | **0:32:52** | 0:01:28 |
| **4** | 287 | **MARTA BUDIÑO FACAL** | ARCADE INFORHOUSE SANTIA | CDF | 3 | 0:03:59 | 4 | 0:18:05 | 26.55 | 7 | 0:11:59 | **0:34:02** | 0:02:38 |
| **5** | 290 | **ALBA MUÑIZ LESTA** | ARCADE INFORHOUSE SANTIA | CDF | 5 | 0:04:07 | 5 | 0:18:16 | 26.29 | 5 | 0:11:45 | **0:34:07** | 0:02:43 |
| **6** | 289 | **ANTÍA GONZÁLEZ VILAS** | ARCADE INFORHOUSE SANTIA | CDF | 2 | 0:03:51 | 6 | 0:18:22 | 26.15 | 15 | 0:12:47 | **0:35:00** | 0:03:36 |
| **7** | 281 | **UXIA BOUZAS FOSADO** | ARCADE INFORHOUSE SANTIA | INF | 16 | 0:04:52 | 13 | 0:20:00 | 24.02 | 2 | 0:10:36 | **0:35:26** | 0:04:02 |
| **8** | 276 | **DANIELA REBOLO MARTINEZ** | CIDADE DE LUGO FLUVIAL | INF | 7 | 0:04:22 | 9 | 0:19:26 | 24.71 | 10 | 0:12:14 | **0:36:01** | 0:04:37 |
| **9** | 288 | **FÁTIMA DEL BLANCO** | ARCADE INFORHOUSE SANTIA | CDF | 12 | 0:04:33 | 8 | 0:19:24 | 24.76 | 12 | 0:12:28 | **0:36:24** | 0:05:01 |
| **10** | 270 | **AINARA PITA SANCHEZ** | TRIATLÓN FERROL | INF | 11 | 0:04:33 | 12 | 0:19:56 | 24.08 | 11 | 0:12:22 | **0:36:50** | 0:05:26 |
| **11** | 285 | **SABELA MARÍA VÁZQUEZ SANT** | CLUB ATLETISMO PORRIÑO | CDF | 24 | 0:05:34 | 10 | 0:19:33 | 24.56 | 9 | 0:12:09 | **0:37:15** | 0:05:51 |
| **12** | 298 | **AMALIA GROBAS GONZÁLEZ** | UNO PUBLICIDAD TRAGALEGU | VF | 26 | 0:05:40 | 11 | 0:19:54 | 24.14 | 6 | 0:11:47 | **0:37:19** | 0:05:55 |
| **13** | 277 | **ELENA HAZ GARCÍA** | A.D. TRIATLÓN OLEIROS | INF | 8 | 0:04:28 | 16 | 0:20:40 | 23.24 | 13 | 0:12:37 | **0:37:43** | 0:06:20 |
| **14** | 272 | **LUCÍA DARRIBA BELMONTE** | CIDADE DE LUGO FLUVIAL | INF | 13 | 0:04:35 | 14 | 0:20:25 | 23.53 | 19 | 0:13:54 | **0:38:53** | 0:07:29 |
| **15** | 279 | **NOA TAIBO GARCIA** | ARCADE INFORHOUSE SANTIA | INF | 10 | 0:04:32 | 15 | 0:20:33 | 23.36 | 20 | 0:13:54 | **0:38:58** | 0:07:34 |
| **16** | 296 | **VANESA HERMIDA MARTÍNEZ** | LICENZA 1 DÍA | ABF | 23 | 0:05:32 | 17 | 0:20:44 | 23.16 | 17 | 0:12:50 | **0:39:06** | 0:07:42 |
| **17** | 282 | **VALERIA BATIRE GURIDI DIÉGU** | ARCADE INFORHOUSE SANTIA | INF | 19 | 0:05:04 | 19 | 0:22:02 | 21.8 | 8 | 0:12:02 | **0:39:06** | 0:07:42 |
| **18** | 286 | **CHLOÉ GABRIELLE BOTANA PR** | ARCADE INFORHOUSE SANTIA | CDF | 9 | 0:04:30 | 18 | 0:21:12 | 22.65 | 23 | 0:14:29 | **0:40:10** | 0:08:47 |
| **19** | 273 | **CARMELA ANTELO PINTOR** | ARCADE INFORHOUSE SANTIA | INF | 25 | 0:05:36 | 22 | 0:22:56 | 20.93 | 16 | 0:12:50 | **0:41:21** | 0:09:57 |
| **20** | 294 | **ARANTXA TOMÉ ANTELO** | CLUB TRIATLÓN COMPOSTELA | ABF | 17 | 0:05:02 | 21 | 0:22:56 | 20.94 | 21 | 0:13:55 | **0:41:51** | 0:10:27 |
| **21** | 292 | **MARTA ALONSO RODRIGUEZ** | I HAVE A DREAM | ABF | 18 | 0:05:04 | 20 | 0:22:38 | 21.22 | 22 | 0:14:14 | **0:41:54** | 0:10:30 |
| **22** | 271 | **MARÍA MARIÑO PARDO** | CLUB ATLETISMO PORRIÑO | INF | 21 | 0:05:10 | 26 | 0:24:44 | 19.41 | 18 | 0:13:01 | **0:42:54** | 0:11:30 |
| **23** | 293 | **REBECA FILGUEIRA** | LICENZA 1 DÍA | ABF | 27 | 0:05:55 | 28 | 0:24:54 | 19.28 | 14 | 0:12:38 | **0:43:26** | 0:12:02 |
| **24** | 284 | **CARLA VENTURA IGLESIAS** | CLUB TRIATLÓN MAR DE VIGO | CDF | 15 | 0:04:41 | 29 | 0:25:23 | 18.92 | 26 | 0:15:40 | **0:45:43** | 0:14:19 |
| **25** | 283 | **SABELA BOUZADA MAGARIÑOS** | TRIATLÓN MERCANTIL PONTEV | CDF | 22 | 0:05:18 | 27 | 0:24:50 | 19.33 | 27 | 0:16:40 | **0:46:48** | 0:15:24 |
| **26** | 297 | **VANESA LEMOS LOPEZ** | LICENZA 1 DÍA | ABF | 28 | 0:06:07 | 30 | 0:26:10 | 18.35 | 24 | 0:14:51 | **0:47:08** | 0:15:44 |
| **27** | 300 | **MARTA MARÍA FERNÁNDEZ-TAF** | CLUB TRIATLÓN CORUÑA | VF | 29 | 0:06:13 | 23 | 0:23:00 | 20.88 | 28 | 0:18:25 | **0:47:37** | 0:16:13 |
| **28** | 299 | **PATRICIA ESTEVEZ ARAÚJO** | LICENZA 1 DÍA | VF | 30 | 0:08:30 | 25 | 0:24:24 | 19.68 | 25 | 0:15:28 | **0:48:21** | 0:16:58 |
| **NF** | 274 | **MARUXA MALVAR TORRES** | TRIATLÓN MERCANTIL PONTEV | INF | 20 | 0:05:08 | 24 | 0:23:42 | 20.26 | | | | |
| **NF** | 280 | **LARA CASTRO LOPEZ** | ARCADE INFORHOUSE SANTIA | INF | 14 | 0:04:37 | 7 | 0:19:20 | 24.84 | | | | |
| **NP** | 295 | **IRENE GARRIDO PATÓN** | LICENZA 1 DÍA | ABF | | | | | | | | | |

# IX TRÍATLON CONCELLO DE POIO

## CATEGORIAS POPULAR FEMININA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | SuperSprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 300 m.<br>1 volta | Ciclismo 8 Km.<br>2 voltas | Carreira 2.5 Km.<br>2 voltas |

**Inscritos :** 31 **Rematearon :** 28 **Retirados :** 2 **Non Presentados :** 1 **Descalificados :** 0

## INFANTIL FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 278 | **VICTORIA CONS GESTIDO** | TRIATLÓN MOTOBIKE GALAICO PONT | 6 | 0:04:10 | 2 | 0:17:05 | 28.1 | 1 | 0:10:34 | **0:31:48** | 0:00:24 |
| **2** | 275 | **AINOA GONTAN IGLESIAS** | ARCADE INFORHOUSE SANTIAGO | 4 | 0:04:01 | 3 | 0:18:01 | 26.65 | 4 | 0:10:51 | **0:32:52** | 0:01:28 |
| **3** | 281 | **UXIA BOUZAS FOSADO** | ARCADE INFORHOUSE SANTIAGO | 16 | 0:04:52 | 13 | 0:20:00 | 24.02 | 2 | 0:10:36 | **0:35:26** | 0:04:02 |
| **4** | 276 | **DANIELA REBOLO MARTINEZ** | CIDADE DE LUGO FLUVIAL | 7 | 0:04:22 | 9 | 0:19:26 | 24.71 | 10 | 0:12:14 | **0:36:01** | 0:04:37 |
| **5** | 270 | **AINARA PITA SANCHEZ** | TRIATLÓN FERROL | 11 | 0:04:33 | 12 | 0:19:56 | 24.08 | 11 | 0:12:22 | **0:36:50** | 0:05:26 |
| **6** | 277 | **ELENA HAZ GARCÍA** | A.D. TRIATLÓN OLEIROS | 8 | 0:04:28 | 16 | 0:20:40 | 23.24 | 13 | 0:12:37 | **0:37:43** | 0:06:20 |
| **7** | 272 | **LUCÍA DARRIBA BELMONTE** | CIDADE DE LUGO FLUVIAL | 13 | 0:04:35 | 14 | 0:20:25 | 23.53 | 19 | 0:13:54 | **0:38:53** | 0:07:29 |
| **8** | 279 | **NOA TAIBO GARCIA** | ARCADE INFORHOUSE SANTIAGO | 10 | 0:04:32 | 15 | 0:20:33 | 23.36 | 20 | 0:13:54 | **0:38:58** | 0:07:34 |
| **9** | 282 | **VALERIA BATIRE GURIDI DIÉGUE** | ARCADE INFORHOUSE SANTIAGO | 19 | 0:05:04 | 19 | 0:22:02 | 21.8 | 8 | 0:12:02 | **0:39:06** | 0:07:42 |
| **10** | 273 | **CARMELA ANTELO PINTOR** | ARCADE INFORHOUSE SANTIAGO | 25 | 0:05:36 | 22 | 0:22:56 | 20.93 | 16 | 0:12:50 | **0:41:21** | 0:09:57 |
| **11** | 271 | **MARÍA MARIÑO PARDO** | CLUB ATLETISMO PORRIÑO | 21 | 0:05:10 | 26 | 0:24:44 | 19.41 | 18 | 0:13:01 | **0:42:54** | 0:11:30 |
| **NF** | 274 | **MARUXA MALVAR TORRES** | TRIATLÓN MERCANTIL PONTEVEDRA | 20 | 0:05:08 | 24 | 0:23:42 | 20.26 | | | | |
| **NF** | 280 | **LARA CASTRO LOPEZ** | ARCADE INFORHOUSE SANTIAGO | 14 | 0:04:37 | 7 | 0:19:20 | 24.84 | | | | |

## CADETES FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 291 | **HENAR DIANA CONS GESTIDO** | TRIATLÓN MOTOBIKE GALAICO PONT | 1 | 0:03:39 | 1 | 0:17:01 | 28.21 | 3 | 0:10:45 | **0:31:24** | |
| **2** | 287 | **MARTA BUDIÑO FACAL** | ARCADE INFORHOUSE SANTIAGO | 3 | 0:03:59 | 4 | 0:18:05 | 26.55 | 7 | 0:11:59 | **0:34:02** | 0:02:38 |
| **3** | 290 | **ALBA MUÑIZ LESTA** | ARCADE INFORHOUSE SANTIAGO | 5 | 0:04:07 | 5 | 0:18:16 | 26.29 | 5 | 0:11:45 | **0:34:07** | 0:02:43 |
| **4** | 289 | **ANTÍA GONZÁLEZ VILAS** | ARCADE INFORHOUSE SANTIAGO | 2 | 0:03:51 | 6 | 0:18:22 | 26.15 | 15 | 0:12:47 | **0:35:00** | 0:03:36 |
| **5** | 288 | **FÁTIMA DEL BLANCO** | ARCADE INFORHOUSE SANTIAGO | 12 | 0:04:33 | 8 | 0:19:24 | 24.76 | 12 | 0:12:28 | **0:36:24** | 0:05:01 |
| **6** | 285 | **SABELA MARÍA VÁZQUEZ SANTÁ** | CLUB ATLETISMO PORRIÑO | 24 | 0:05:34 | 10 | 0:19:33 | 24.56 | 9 | 0:12:09 | **0:37:15** | 0:05:51 |
| **7** | 286 | **CHLOÉ GABRIELLE BOTANA PRI** | ARCADE INFORHOUSE SANTIAGO | 9 | 0:04:30 | 18 | 0:21:12 | 22.65 | 23 | 0:14:29 | **0:40:10** | 0:08:47 |
| **8** | 284 | **CARLA VENTURA IGLESIAS** | CLUB TRIATLÓN MAR DE VIGO | 15 | 0:04:41 | 29 | 0:25:23 | 18.92 | 26 | 0:15:40 | **0:45:43** | 0:14:19 |
| **9** | 283 | **SABELA BOUZADA MAGARIÑOS** | TRIATLÓN MERCANTIL PONTEVEDRA | 22 | 0:05:18 | 27 | 0:24:50 | 19.33 | 27 | 0:16:40 | **0:46:48** | 0:15:24 |

## VETERANAS FEMININA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 298 | **AMALIA GROBAS GONZÁLEZ** | UNO PUBLICIDAD TRAGALEGUAS | 26 | 0:05:40 | 11 | 0:19:54 | 24.14 | 6 | 0:11:47 | **0:37:19** | 0:05:55 |
| **2** | 300 | **MARTA MARÍA FERNÁNDEZ-TAF** | CLUB TRIATLÓN CORUÑA | 29 | 0:06:13 | 23 | 0:23:00 | 20.88 | 28 | 0:18:25 | **0:47:37** | 0:16:13 |
| **3** | 299 | **PATRICIA ESTEVEZ ARAÚJO** | LICENZA 1 DÍA | 30 | 0:08:30 | 25 | 0:24:24 | 19.68 | 25 | 0:15:28 | **0:48:21** | 0:16:58 |

# IX TRÍATLON CONCELLO DE POIO

## ABSOLUTA POPULAR MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | SuperSprint |
|---|---|---|---|---|---|

### Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

### Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 300 m.<br>1 volta | Ciclismo 8 Km.<br>2 voltas | Carreira 2.5 Km.<br>2 voltas |

**Inscritos :** 59 **Remataron :** 56 **Retirados :** 1 **Non Presentados :** 2 **Descalificados :** 0

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 243 | **MARCO PULZONI MOSQUERA** | ARCADE INFORHOUSE SANTIA | CDM | 1 | 0:03:33 | 1 | 0:15:42 | 30.6 | 2 | 0:09:11 | **0:28:25** | |
| 2 | 232 | **IAGO OTERO PINTOS** | ARCADE INFORHOUSE SANTIA | INM | 2 | 0:03:34 | 2 | 0:15:47 | 30.42 | 4 | 0:09:20 | **0:28:40** | 0:00:16 |
| 3 | 221 | **BRAIS PICÓN MONTERO** | ARCADE INFORHOUSE SANTIA | INM | 6 | 0:03:44 | 3 | 0:16:03 | 29.93 | 3 | 0:09:12 | **0:28:57** | 0:00:33 |
| 4 | 241 | **PABLO DÍAZ OÍZA** | ARCADE INFORHOUSE SANTIA | CDM | 4 | 0:03:41 | 9 | 0:17:05 | 28.1 | 8 | 0:09:40 | **0:30:25** | 0:02:01 |
| 5 | 231 | **JARNO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | INM | 16 | 0:04:25 | 5 | 0:16:44 | 28.69 | 6 | 0:09:22 | **0:30:31** | 0:02:07 |
| 6 | 242 | **ANGEL LUIS GAREA LAMAS** | ARCADE INFORHOUSE SANTIA | CDM | 3 | 0:03:36 | 6 | 0:16:49 | 28.55 | 15 | 0:10:23 | **0:30:48** | 0:02:23 |
| 7 | 230 | **LUCAS ORTINS MENDEZ** | TRIATLÓN MERCANTIL PONTE | INM | 21 | 0:04:40 | 7 | 0:16:59 | 28.27 | 7 | 0:09:30 | **0:31:08** | 0:02:43 |
| 8 | 228 | **HÉCTOR RODRÍGUEZ VÁZQUEZ** | LAMARGHA-BEARIZ TRIATLÓN | INM | 26 | 0:04:45 | 11 | 0:17:12 | 27.92 | 5 | 0:09:22 | **0:31:18** | 0:02:54 |
| 9 | 251 | **PABLO SOUTO ARMESTO** | LICENZA 1 DÍA | ABM | 24 | 0:04:43 | 4 | 0:16:39 | 28.85 | 10 | 0:10:08 | **0:31:29** | 0:03:05 |
| 10 | 233 | **CARLOS BAUTISTA BUGARIN** | CLUB ATLETISMO PORRIÑO | INM | 10 | 0:04:14 | 10 | 0:17:08 | 28.03 | 14 | 0:10:19 | **0:31:40** | 0:03:16 |
| 11 | 239 | **HUGO TAIBO GARCIA** | ARCADE INFORHOUSE SANTIA | CDM | 5 | 0:03:42 | 15 | 0:17:34 | 27.33 | 23 | 0:10:44 | **0:31:59** | 0:03:35 |
| 12 | 224 | **DIEGO TOMÉ LÓPEZ** | CIDADE DE LUGO FLUVIAL | INM | 9 | 0:04:10 | 18 | 0:17:47 | 26.99 | 12 | 0:10:14 | **0:32:11** | 0:03:46 |
| 13 | 226 | **DIEGO CARBALLEIRA NOVO** | TRIATLÓN FERROL | INM | 19 | 0:04:36 | 14 | 0:17:32 | 27.39 | 11 | 0:10:09 | **0:32:16** | 0:03:52 |
| 14 | 252 | **HUGO DURAN ALVAREZ** | INDEPENDENTE | ABM | 37 | 0:05:25 | 8 | 0:17:04 | 28.15 | 9 | 0:09:59 | **0:32:27** | 0:04:03 |
| 15 | 254 | **ALBERTO GIL RIOBÓ** | LICENZA 1 DÍA | VM | 23 | 0:04:43 | 13 | 0:17:29 | 27.47 | 19 | 0:10:35 | **0:32:46** | 0:04:22 |
| 16 | 212 | **TIAGO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | INM | | | | | | | | **0:32:48** | 0:04:24 |
| 17 | 222 | **RICARDO TUBIO QUINTANS** | TRIATLÓN MOTOBIKE GALAIC | INM | 12 | 0:04:15 | 19 | 0:17:51 | 26.9 | 25 | 0:10:53 | **0:32:58** | 0:04:34 |
| 18 | 261 | **MARTIN MARTÍNEZ CABEZAS** | LICENZA 1 DÍA | VM | 42 | 0:05:40 | 12 | 0:17:25 | 27.56 | 13 | 0:10:17 | **0:33:21** | 0:04:57 |
| 19 | 266 | **FERNANDO GARCIA MARTINEZ** | TRIVIGO BOYER TRIATHLON | VM | 34 | 0:05:20 | 16 | 0:17:37 | 27.26 | 16 | 0:10:27 | **0:33:23** | 0:04:59 |
| 20 | 220 | **GONZALO CAO BLANCO** | ARCADE INFORHOUSE SANTIA | INM | 13 | 0:04:15 | 29 | 0:18:46 | 25.58 | 17 | 0:10:29 | **0:33:29** | 0:05:05 |
| 21 | 219 | **MARTIN MUIÑO MOURULLO** | ARCADE INFORHOUSE SANTIA | INM | 14 | 0:04:17 | 21 | 0:18:03 | 26.6 | 29 | 0:11:11 | **0:33:29** | 0:05:05 |
| 22 | 227 | **BRUNO CASTRO CARBALLEIRA** | TRIATLÓN FERROL | INM | 15 | 0:04:18 | 26 | 0:18:35 | 25.85 | 20 | 0:10:39 | **0:33:31** | 0:05:06 |
| 23 | 244 | **NICOLAS MANUEL BOTANA PRINI** | CLUB TRIATLÓN COMPOSTEL | JNM | 17 | 0:04:26 | 20 | 0:17:58 | 26.72 | 28 | 0:11:08 | **0:33:31** | 0:05:07 |
| 24 | 255 | **DAMIÁN BORJA BAUTISTA GONÇ** | LICENZA 1 DÍA | VM | 32 | 0:05:08 | 24 | 0:18:11 | 26.4 | 18 | 0:10:32 | **0:33:50** | 0:05:26 |
| 25 | 249 | **DANIEL CASTRO CASTRO** | LICENZA 1 DÍA | ABM | 18 | 0:04:27 | 27 | 0:18:39 | 25.74 | 27 | 0:11:02 | **0:34:07** | 0:05:43 |
| 26 | 240 | **ERNESTO CORBELLE CONDE** | CIDADE DE LUGO FLUVIAL | CDM | 8 | 0:04:02 | 35 | 0:19:09 | 25.08 | 30 | 0:11:11 | **0:34:21** | 0:05:57 |
| 27 | 234 | **ANDRES DE LA CRUZ CASALDER** | TRIATLÓN MERCANTIL PONTE | INM | 25 | 0:04:44 | 31 | 0:18:47 | 25.57 | 24 | 0:10:52 | **0:34:22** | 0:05:57 |
| 28 | 264 | **JOSÉ MANUEL SALGUEIRIÑO MA** | CLUB ATLETISMO PORRIÑO | VM | 46 | 0:05:53 | 22 | 0:18:04 | 26.58 | 22 | 0:10:42 | **0:34:38** | 0:06:14 |
| 29 | 246 | **JAVIER SÁNCHEZ SÁNCHEZ** | LICENZA 1 DÍA | ABM | 29 | 0:05:03 | 23 | 0:18:06 | 26.53 | 34 | 0:11:32 | **0:34:40** | 0:06:15 |
| 30 | 236 | **RUBEN FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | CDM | 28 | 0:05:03 | 25 | 0:18:29 | 25.98 | 32 | 0:11:25 | **0:34:56** | 0:06:32 |
| 31 | 237 | **SERGIO MARTINEZ BAZARRA** | ARCADE INFORHOUSE SANTIA | CDM | 11 | 0:04:15 | 30 | 0:18:47 | 25.58 | 37 | 0:11:59 | **0:34:59** | 0:06:35 |
| 32 | 238 | **CARLOS FERNANDEZ WALLENIU** | CLUB TRIATLÓN CORUÑA | CDM | 56 | 0:08:12 | 46 | 0:21:26 | 22.4 | 1 | 0:05:27 | **0:35:04** | 0:06:40 |
| 33 | 229 | **XOEL PULZONI MOSQUERA** | ARCADE INFORHOUSE SANTIA | INM | 7 | 0:04:02 | 32 | 0:18:48 | 25.53 | 41 | 0:12:26 | **0:35:16** | 0:06:52 |
| 34 | 235 | **ALEX SALGUEIRIÑO ÁLVAREZ** | CLUB ATLETISMO PORRIÑO | CDM | 30 | 0:05:04 | 28 | 0:18:45 | 25.61 | 33 | 0:11:30 | **0:35:18** | 0:06:54 |
| 35 | 250 | **CARLOS OTERO IGLESIAS** | LICENZA 1 DÍA | ABM | 41 | 0:05:39 | 17 | 0:17:38 | 27.24 | 38 | 0:12:05 | **0:35:21** | 0:06:56 |
| 36 | 267 | **JOSÉ CARLOS BAUTISTA DAVILA** | LICENZA 1 DÍA | VM | 40 | 0:05:38 | 34 | 0:19:07 | 25.11 | 21 | 0:10:42 | **0:35:27** | 0:07:02 |
| 37 | 258 | **DAVID MALLO ALONSO** | LICENZA 1 DÍA | VM | 35 | 0:05:21 | 33 | 0:19:04 | 25.18 | 31 | 0:11:22 | **0:35:46** | 0:07:22 |
| 38 | 217 | **NICOLAS PAIS MOSQUERA** | ARCADE INFORHOUSE SANTIA | INM | 20 | 0:04:39 | 42 | 0:20:26 | 23.51 | 35 | 0:11:38 | **0:36:41** | 0:08:17 |
| 39 | 253 | **MIGUEL FERNANDEZ FERNANDE** | LICENZA 1 DÍA | ABM | 33 | 0:05:11 | 36 | 0:19:25 | 24.72 | 40 | 0:12:18 | **0:36:53** | 0:08:29 |
| 40 | 260 | **CASIANO LEMOS FERNANDEZ** | LICENZA 1 DÍA | VM | 45 | 0:05:53 | 44 | 0:20:53 | 23 | 26 | 0:10:56 | **0:37:41** | 0:09:17 |
| 41 | 215 | **ALEJANDRO NAVARRO LOPEZ** | A.D. FOGAR | INM | 27 | 0:04:57 | 40 | 0:20:03 | 23.96 | 44 | 0:12:53 | **0:37:52** | 0:09:27 |
| 42 | 259 | **JOSE CARLOS TAIBO RIVERA** | LICENZA 1 DÍA | VM | 44 | 0:05:47 | 38 | 0:19:35 | 24.52 | 42 | 0:12:32 | **0:37:53** | 0:09:29 |

| POS. | Nº | NOME | CLUB | CAT. | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **43** | 211 | **MARCO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | INM | 22 | 0:04:42 | 39 | 0:19:56 | 24.08 | 48 | 0:13:29 | **0:38:06** | 0:09:42 |
| **44** | 216 | **ALEJANDRO SANTOME LEIRO** | CLUB DEPORTIVO PINARIUM | INM | 43 | 0:05:43 | 41 | 0:20:24 | 23.53 | 43 | 0:12:50 | **0:38:57** | 0:10:33 |
| **45** | 213 | **EDUARDO ABALDE DURAN** | ARCADE INFORHOUSE SANTIA | INM | 39 | 0:05:37 | 45 | 0:21:03 | 22.8 | 45 | 0:12:54 | **0:39:33** | 0:11:09 |
| **46** | 256 | **MANUEL ROSALES PAZOS** | CLUB DEPORTIVO PINARIUM | VM | 50 | 0:06:45 | 37 | 0:19:31 | 24.6 | 51 | 0:14:41 | **0:40:56** | 0:12:32 |
| **47** | 263 | **OSCAR PEREZ LOPEZ** | LICENZA 1 DÍA | VM | 52 | 0:07:09 | 43 | 0:20:46 | 23.12 | 47 | 0:13:16 | **0:41:10** | 0:12:46 |
| **48** | 268 | **JOSÉ RAMÓN CIDRE GARCÍA** | LICENZA 1 DÍA | VM | 53 | 0:07:26 | 47 | 0:22:13 | 21.62 | 36 | 0:11:58 | **0:41:35** | 0:13:11 |
| **49** | 223 | **ALEXANDRE DA COSTA SANMAR** | NATACIÓN PABELLÓN OUREN | INM | 36 | 0:05:21 | 51 | 0:23:46 | 20.2 | 46 | 0:13:15 | **0:42:22** | 0:13:57 |
| **50** | 262 | **GABRIEL CAMACHO CASCAJO** | LICENZA 1 DÍA | VM | 38 | 0:05:29 | 49 | 0:22:36 | 21.25 | 49 | 0:14:27 | **0:42:31** | 0:14:07 |
| **51** | 218 | **DANIEL CELIX DELGADO** | NATACIÓN PABELLÓN OUREN | INM | 49 | 0:06:40 | 48 | 0:22:22 | 21.46 | 50 | 0:14:31 | **0:43:32** | 0:15:08 |
| **52** | 257 | **VICTORIANO SANMARTIN GONZA** | LICENZA 1 DÍA | VM | 48 | 0:06:30 | 52 | 0:25:28 | 18.85 | 39 | 0:12:15 | **0:44:13** | 0:15:49 |
| **53** | 265 | **MARCO NAVARRO MATEO** | LICENZA 1 DÍA | VM | 54 | 0:08:02 | 50 | 0:23:29 | 20.44 | 52 | 0:14:56 | **0:46:27** | 0:18:02 |
| **54** | 245 | **PABLO GARZON VIDUEIRA** | LICENZA 1 DÍA | ABM | 31 | 0:05:07 | 55 | 0:29:08 | 16.48 | 53 | 0:15:01 | **0:49:15** | 0:20:51 |
| **55** | 225 | **ARON VALENTE FRANQUEIRA** | NATACIÓN PABELLÓN OUREN | INM | 47 | 0:06:21 | 54 | 0:27:13 | 17.64 | 54 | 0:17:07 | **0:50:40** | 0:22:16 |
| **56** | 214 | **ALEX MOSQUERA ALVARADO** | LAMARGHA-BEARIZ TRIATLÓN | INM | 51 | 0:06:45 | 53 | 0:27:03 | 17.75 | 55 | 0:19:36 | **0:53:24** | 0:24:59 |
| **NF** | 269 | **JOSE DANIEL GONZALEZ CASTR** | CLUB TRIATLÓN CORUÑA | VM | 55 | 0:08:12 | | | | | | | |
| **NP** | 247 | **ALFONSO OREIRO GONZÁLEZ** | TRIATLÓN O TREITO | ABM | | | | | | | | | |
| **NP** | 248 | **MANUEL VELOSO PEREZ** | LICENZA 1 DÍA | ABM | | | | | | | | | |

# IX TRÍATLON CONCELLO DE POIO

# CATEGORIAS POPULAR MASCULINA

| Localidade | Poio | Data | Sabado, 29 de xuño de 2019 | Distancia | SuperSprint |
|---|---|---|---|---|---|

Oficiais

| | | | |
|---|---|---|---|
| **Delegado Técnico:** | JULIA FERREIRA | **Xurado da Competición** | JULIA FERREIRA- DT |
| **Xuíz Arbitro:** | FELIPE CASAL | | MONICA FLORES- FEGATRI |
| **Responsable Oficiais:** | FELIPE CASAL | | MARCOS ADE- NAT. PABELLON OURENSE |

Datos da competición

| | | | |
|---|---|---|---|
| Temperatura exterior: 20.1 ºC<br>Temperatura da auga: 21.5 ºC<br>Neopreno:OPCIONAL | Natación 300 m.<br>1 volta | Ciclismo 8 Km.<br>2 voltas | Carreira 2.5 Km.<br>2 voltas |

**Inscritos :** 59 **Rematoron :** 56 **Retirados :** 1 **Non Presentados :** 2 **Descalificados :** 0

## INFANTIL MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 232 | **IAGO OTERO PINTOS** | ARCADE INFORHOUSE SANTIAGO | 2 | 0:03:34 | 2 | 0:15:47 | 30.42 | 4 | 0:09:20 | **0:28:40** | 0:00:16 |
| 2 | 221 | **BRAIS PICÓN MONTERO** | ARCADE INFORHOUSE SANTIAGO | 6 | 0:03:44 | 3 | 0:16:03 | 29.93 | 3 | 0:09:12 | **0:28:57** | 0:00:33 |
| 3 | 231 | **JARNO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | 16 | 0:04:25 | 5 | 0:16:44 | 28.69 | 6 | 0:09:22 | **0:30:31** | 0:02:07 |
| 4 | 230 | **LUCAS ORTINS MENDEZ** | TRIATLÓN MERCANTIL PONTEVEDR | 21 | 0:04:40 | 7 | 0:16:59 | 28.27 | 7 | 0:09:30 | **0:31:08** | 0:02:43 |
| 5 | 228 | **HÉCTOR RODRÍGUEZ VÁZQUEZ** | LAMARGHA-BEARIZ TRIATLÓN | 26 | 0:04:45 | 11 | 0:17:12 | 27.92 | 5 | 0:09:22 | **0:31:18** | 0:02:54 |
| 6 | 233 | **CARLOS BAUTISTA BUGARIN** | CLUB ATLETISMO PORRIÑO | 10 | 0:04:14 | 10 | 0:17:08 | 28.03 | 14 | 0:10:19 | **0:31:40** | 0:03:16 |
| 7 | 224 | **DIEGO TOMÉ LÓPEZ** | CIDADE DE LUGO FLUVIAL | 9 | 0:04:10 | 18 | 0:17:47 | 26.99 | 12 | 0:10:14 | **0:32:11** | 0:03:46 |
| 8 | 226 | **DIEGO CARBALLEIRA NOVO** | TRIATLÓN FERROL | 19 | 0:04:36 | 14 | 0:17:32 | 27.39 | 11 | 0:10:09 | **0:32:16** | 0:03:52 |
| 9 | 212 | **TIAGO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | | | | | | | | **0:32:48** | 0:04:24 |
| 10 | 222 | **RICARDO TUBIO QUINTANS** | TRIATLÓN MOTOBIKE GALAICO PON | 12 | 0:04:15 | 19 | 0:17:51 | 26.9 | 25 | 0:10:53 | **0:32:58** | 0:04:34 |
| 11 | 220 | **GONZALO CAO BLANCO** | ARCADE INFORHOUSE SANTIAGO | 13 | 0:04:15 | 29 | 0:18:46 | 25.58 | 17 | 0:10:29 | **0:33:29** | 0:05:05 |
| 12 | 219 | **MARTIN MUIÑO MOURULLO** | ARCADE INFORHOUSE SANTIAGO | 14 | 0:04:17 | 21 | 0:18:03 | 26.6 | 29 | 0:11:11 | **0:33:29** | 0:05:05 |
| 13 | 227 | **BRUNO CASTRO CARBALLEIRA** | TRIATLÓN FERROL | 15 | 0:04:18 | 26 | 0:18:35 | 25.85 | 20 | 0:10:39 | **0:33:31** | 0:05:06 |
| 14 | 234 | **ANDRES DE LA CRUZ CASALDERR** | TRIATLÓN MERCANTIL PONTEVEDR | 25 | 0:04:44 | 31 | 0:18:47 | 25.57 | 24 | 0:10:52 | **0:34:22** | 0:05:57 |
| 15 | 229 | **XOEL PULZONI MOSQUERA** | ARCADE INFORHOUSE SANTIAGO | 7 | 0:04:02 | 32 | 0:18:48 | 25.53 | 41 | 0:12:26 | **0:35:16** | 0:06:52 |
| 16 | 217 | **NICOLAS PAIS MOSQUERA** | ARCADE INFORHOUSE SANTIAGO | 20 | 0:04:39 | 42 | 0:20:26 | 23.51 | 35 | 0:11:38 | **0:36:41** | 0:08:17 |
| 17 | 215 | **ALEJANDRO NAVARRO LOPEZ** | A.D. FOGAR | 27 | 0:04:57 | 40 | 0:20:03 | 23.96 | 44 | 0:12:53 | **0:37:52** | 0:09:27 |
| 18 | 211 | **MARCO POUSADA TROITIÑO** | CIDADE DE LUGO FLUVIAL | 22 | 0:04:42 | 39 | 0:19:56 | 24.08 | 48 | 0:13:29 | **0:38:06** | 0:09:42 |
| 19 | 216 | **ALEJANDRO SANTOME LEIRO** | CLUB DEPORTIVO PINARIUM | 43 | 0:05:43 | 41 | 0:20:24 | 23.53 | 43 | 0:12:50 | **0:38:57** | 0:10:33 |
| 20 | 213 | **EDUARDO ABALDE DURAN** | ARCADE INFORHOUSE SANTIAGO | 39 | 0:05:37 | 45 | 0:21:03 | 22.8 | 45 | 0:12:54 | **0:39:33** | 0:11:09 |
| 21 | 223 | **ALEXANDRE DA COSTA SANMARTI** | NATACIÓN PABELLÓN OURENSE | 36 | 0:05:21 | 51 | 0:23:46 | 20.2 | 46 | 0:13:15 | **0:42:22** | 0:13:57 |
| 22 | 218 | **DANIEL CELIX DELGADO** | NATACIÓN PABELLÓN OURENSE | 49 | 0:06:40 | 48 | 0:22:22 | 21.46 | 50 | 0:14:31 | **0:43:32** | 0:15:08 |
| 23 | 225 | **ARON VALENTE FRANQUEIRA** | NATACIÓN PABELLÓN OURENSE | 47 | 0:06:21 | 54 | 0:27:13 | 17.64 | 54 | 0:17:07 | **0:50:40** | 0:22:16 |
| 24 | 214 | **ALEX MOSQUERA ALVARADO** | LAMARGHA-BEARIZ TRIATLÓN | 51 | 0:06:45 | 53 | 0:27:03 | 17.75 | 55 | 0:19:36 | **0:53:24** | 0:24:59 |

## CADETES MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 243 | **MARCO PULZONI MOSQUERA** | ARCADE INFORHOUSE SANTIAGO | 1 | 0:03:33 | 1 | 0:15:42 | 30.6 | 2 | 0:09:11 | **0:28:25** | |
| 2 | 241 | **PABLO DÍAZ OÍZA** | ARCADE INFORHOUSE SANTIAGO | 4 | 0:03:41 | 9 | 0:17:05 | 28.1 | 8 | 0:09:40 | **0:30:25** | 0:02:01 |
| 3 | 242 | **ANGEL LUIS GAREA LAMAS** | ARCADE INFORHOUSE SANTIAGO | 3 | 0:03:36 | 6 | 0:16:49 | 28.55 | 15 | 0:10:23 | **0:30:48** | 0:02:23 |
| 4 | 239 | **HUGO TAIBO GARCIA** | ARCADE INFORHOUSE SANTIAGO | 5 | 0:03:42 | 15 | 0:17:34 | 27.33 | 23 | 0:10:44 | **0:31:59** | 0:03:35 |
| 5 | 240 | **ERNESTO CORBELLE CONDE** | CIDADE DE LUGO FLUVIAL | 8 | 0:04:02 | 35 | 0:19:09 | 25.08 | 30 | 0:11:11 | **0:34:21** | 0:05:57 |
| 6 | 236 | **RUBEN FERNANDEZ DIAZ** | A.P. SAN RAMÓN DE VILALBA | 28 | 0:05:03 | 25 | 0:18:29 | 25.98 | 32 | 0:11:25 | **0:34:56** | 0:06:32 |
| 7 | 237 | **SERGIO MARTINEZ BAZARRA** | ARCADE INFORHOUSE SANTIAGO | 11 | 0:04:15 | 30 | 0:18:47 | 25.58 | 37 | 0:11:59 | **0:34:59** | 0:06:35 |
| 8 | 238 | **CARLOS FERNANDEZ WALLENIUS** | CLUB TRIATLÓN CORUÑA | 56 | 0:08:12 | 46 | 0:21:26 | 22.4 | 1 | 0:05:27 | **0:35:04** | 0:06:40 |
| 9 | 235 | **ALEX SALGUEIRIÑO ÁLVAREZ** | CLUB ATLETISMO PORRIÑO | 30 | 0:05:04 | 28 | 0:18:45 | 25.61 | 33 | 0:11:30 | **0:35:18** | 0:06:54 |

## JUNIOR MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 244 | **NICOLAS MANUEL BOTANA PRINI** | CLUB TRIATLÓN COMPOSTELA | 17 | 0:04:26 | 20 | 0:17:58 | 26.72 | 28 | 0:11:08 | **0:33:31** | 0:05:07 |

# VETERANOS MASCULINA

| POS. | Nº | NOME | CLUB | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META | Dif. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | 254 | **ALBERTO GIL RIOBÓ** | LICENZA 1 DÍA | 23 | 0:04:43 | 13 | 0:17:29 | 27.47 | 19 | 0:10:35 | **0:32:46** | 0:04:22 |
| **2** | 261 | **MARTIN MARTÍNEZ CABEZAS** | LICENZA 1 DÍA | 42 | 0:05:40 | 12 | 0:17:25 | 27.56 | 13 | 0:10:17 | **0:33:21** | 0:04:57 |
| **3** | 266 | **FERNANDO GARCIA MARTINEZ** | TRIVIGO BOYER TRIATHLON | 34 | 0:05:20 | 16 | 0:17:37 | 27.26 | 16 | 0:10:27 | **0:33:23** | 0:04:59 |
| **4** | 255 | **DAMIÁN BORJA BAUTISTA GONÇA** | LICENZA 1 DÍA | 32 | 0:05:08 | 24 | 0:18:11 | 26.4 | 18 | 0:10:32 | **0:33:50** | 0:05:26 |
| **5** | 264 | **JOSÉ MANUEL SALGUEIRIÑO MAC** | CLUB ATLETISMO PORRIÑO | 46 | 0:05:53 | 22 | 0:18:04 | 26.58 | 22 | 0:10:42 | **0:34:38** | 0:06:14 |
| **6** | 267 | **JOSÉ CARLOS BAUTISTA DAVILA** | LICENZA 1 DÍA | 40 | 0:05:38 | 34 | 0:19:07 | 25.11 | 21 | 0:10:42 | **0:35:27** | 0:07:02 |
| **7** | 258 | **DAVID MALLO ALONSO** | LICENZA 1 DÍA | 35 | 0:05:21 | 33 | 0:19:04 | 25.18 | 31 | 0:11:22 | **0:35:46** | 0:07:22 |
| **8** | 260 | **CASIANO LEMOS FERNANDEZ** | LICENZA 1 DÍA | 45 | 0:05:53 | 44 | 0:20:53 | 23 | 26 | 0:10:56 | **0:37:41** | 0:09:17 |
| **9** | 259 | **JOSE CARLOS TAIBO RIVERA** | LICENZA 1 DÍA | 44 | 0:05:47 | 38 | 0:19:35 | 24.52 | 42 | 0:12:32 | **0:37:53** | 0:09:29 |
| **10** | 256 | **MANUEL ROSALES PAZOS** | CLUB DEPORTIVO PINARIUM | 50 | 0:06:45 | 37 | 0:19:31 | 24.6 | 51 | 0:14:41 | **0:40:56** | 0:12:32 |
| **11** | 263 | **OSCAR PEREZ LOPEZ** | LICENZA 1 DÍA | 52 | 0:07:09 | 43 | 0:20:46 | 23.12 | 47 | 0:13:16 | **0:41:10** | 0:12:46 |
| **12** | 268 | **JOSÉ RAMÓN CIDRE GARCÍA** | LICENZA 1 DÍA | 53 | 0:07:26 | 47 | 0:22:13 | 21.62 | 36 | 0:11:58 | **0:41:35** | 0:13:11 |
| **13** | 262 | **GABRIEL CAMACHO CASCAJO** | LICENZA 1 DÍA | 38 | 0:05:29 | 49 | 0:22:36 | 21.25 | 49 | 0:14:27 | **0:42:31** | 0:14:07 |
| **14** | 257 | **VICTORIANO SANMARTIN GONZAL** | LICENZA 1 DÍA | 48 | 0:06:30 | 52 | 0:25:28 | 18.85 | 39 | 0:12:15 | **0:44:13** | 0:15:49 |
| **15** | 265 | **MARCO NAVARRO MATEO** | LICENZA 1 DÍA | 54 | 0:08:02 | 50 | 0:23:29 | 20.44 | 52 | 0:14:56 | **0:46:27** | 0:18:02 |
| **NF** | 269 | **JOSE DANIEL GONZALEZ CASTRO** | CLUB TRIATLÓN CORUÑA | 55 | 0:08:12 | | | | | | | |