

## ABSOLUTA PRO FEMININA

Localidade: Playa del Vao (Vigo)

Data: 22 de setembro de 2019

Distancia	MEDIO IRONMAN
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### Oficiais

Delegado Técnico: Mónica Flores

Xuíz Arbitro: Alberto Morlán

Responsable Oficiais: Alberto Morlán

Xurado da Competición: Mónica Flores (DT)

Bárbara Carbajales (FEGATRI)

Rogelio Ferreira (MOTOBIKE GALAICO PONTEVED)

### Datos da competición

Temperatura exterior: 15 °C  
 Temperatura da auga: 15,8 °C  
 Neopreno: Obligatorio

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 8

Remataron : 5

Retirados : 1

Non Presentados : 2

Descalificados : 0

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carrera	META	Dif.			
1	69	MARIA REMEDIOS CARRASCO TAVE	INDEPENDIENTE	3	0:34:14	03:09	1	2:33:32	34.39	01:58	1	1:38:14	<b>4:51:05</b>	
2	65	ANDREA IGLESIAS CARBALLIDO	A.D. TRI-PENTA TERRAS DE L	4	0:34:26	03:16	2	2:35:33	33.95	01:23	2	1:41:04	<b>4:55:40</b>	0:04:35
3	66	MARTINA LÓPEZ GESTAL	TRIATLON VILAGARCIA /ATEN	2	0:32:43	04:22	4	2:44:29	32.1	01:14	3	1:46:29	<b>5:09:14</b>	0:18:09
4	67	CAROLINA LAURENTIU GRANJA	CLUB DEPORTIVO TRIATLON	5	0:34:30	03:14	3	2:41:05	32.78	01:47	4	1:55:15	<b>5:15:49</b>	0:24:44
5	68	MÓNICA ALARCÓN HERNÁNDEZ	NOSPORTLIMIT	6	0:39:01	03:49	5	2:48:36	31.32	01:55	5	2:05:40	<b>5:38:59</b>	0:47:54
NF	62	SONIA PARIENTE BAGLIETTO	TRIATLON RIAS BAIXAS	1	0:30:27	03:12								
NP	63	IRIA CAMPOS TRABAZO	TRIATLON MOTOBIKE GALAIC											
NP	64	MIRIAN PORTELA VARELA	TEAM CORBELO											

## CATEGORIAS PRO FEMININA

Localidade: Playa del Vao (Vigo)

Data: 22 de setembro de 2019

Distancia	MEDIO IRONMAN
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### Oficiais

Delegado Técnico: [Mónica Flores](#)

Xuíz Arbitro: [Alberto Morlán](#)

Responsable Oficiais: [Alberto Morlán](#)

Xurado da Competición: [Mónica Flores \(DT\)](#)

[Bárbara Carbajales \(FEGATRI\)](#)

[Rogelio Ferreira \(MOTOBIKE GALAICO PONTEVED\)](#)

### Datos da competición

Temperatura exterior: 15 °C  
 Temperatura da auga: 15,8 °C  
 Neopreno: Obligatorio

Natación 1,9 km  
 2 voltas

Ciclismo 88 km  
 4 voltas

Carrera 21,097 km  
 3 voltas

Inscritos : 8

Remataron : 5

Retirados : 1

Non Presentados : 2

Descalificados : 0

## VETERANAS FEMININA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	69	MARIA REMEDIOS CARRASC	INDEPENDIENTE	3	0:34:14	03:09	1	2:33:32	34.39	01:58	1	1:38:14	<b>4:51:05</b>	
2	68	MÓNICA ALARCÓN HERNÁN	NOSPORTLIMIT	6	0:39:01	03:49	5	2:48:36	31.32	01:55	5	2:05:40	<b>5:38:59</b>	0:47:54

## GRUPOS DE IDADE GRUPOS DE EDAD FEMENINO

Localidade **Playa del Vao (Vigo)**

Data **22 de setembro de 2019**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Alberto Morlán**  
 Responsable Oficiais: **Alberto Morlán**

Xurado da Competición: **Mónica Flores (DT)**  
**Bárbara Carbajales (FEGATRI)**  
**Rogelio Ferreira (MOTOBIKE GALAICO PONTEVED)**

### Datos da competición

Temperatura exterior: 15 °C      Natación 1,9 km      Ciclismo 88 km      Carrera 21,097 km  
 Temperatura da auga: 15,8 °C      2 voltas      4 voltas      3 voltas  
 Neopreno: Obligatorio

Inscritos : 25      Remataron : 17      Retirados : 1      Non Presentados : 7      Descalificados : 0

### DE 25 A 29 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	70	SORAYA VALVERDE COSTA	I HAVE A DREAM	15	0:44:59	04:58	11	3:09:12	27.91	02:12	9	2:02:41	<b>6:04:00</b>	0:57:48

### DE 30 A 34 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	72	SILVIA GARCIA LORENZO	ARTROGAL-TRI 498	5	0:38:34	04:09	2	2:37:58	33.43	01:29	1	1:44:05	<b>5:06:13</b>	
2	73	INES ANTON BLANCO	TRIATLÓN FRÓMISTA	16	0:46:06	05:33	10	3:06:39	28.29	02:13	6	1:57:58	<b>5:58:27</b>	0:52:15
NP	71	ELENA HERNÁNDEZ MERCH	CLUB TRIATLON CHARRO											

### DE 35 A 39 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	75	PAULA BLANCO LATORRE	NOSPORTLIMIT	2	0:34:25	03:21	1	2:36:38	33.71	02:06	4	1:55:38	<b>5:12:06</b>	0:05:53
2	76	LILIANA PEREIRA	AASM TRIATLO	13	0:41:53	05:39	12	3:10:37	27.7	01:59	16	2:33:03	<b>6:33:09</b>	1:26:56
NP	74	ANA OTERO PIÑEIRO	C.E. KATOA BARCELONA											
NP	77	BEGOÑA ARRANZ GONZÁLE	TRINORTH											

### DE 40 A 44 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	83	MARTA REDONDO VICENTE	AD TRIATLÓN ECOSPORT ALCOBEN	7	0:39:25	04:45	5	2:50:33	30.96	01:48	2	1:49:17	<b>5:25:46</b>	0:19:34
2	85	MARIA ANDIA NOGUERAS	CLUBE DE TRIATLO VISEU	1	0:30:42	05:03	3	2:46:04	31.8	02:22	11	2:10:25	<b>5:34:34</b>	0:28:21
3	79	NURIA ESPESO DÍAZ	TEAM SPORT SPIRIT	12	0:41:14	05:06	6	2:52:46	30.56	02:37	3	1:54:42	<b>5:36:24</b>	0:30:11
4	80	VERÓNICA URIBE ARCE	MUNAY KIROL KLUBA	8	0:39:46	05:12	4	2:49:59	31.06	04:12	7	2:00:15	<b>5:39:22</b>	0:33:10
5	82	VANESA NAVEIRA LÓPEZ	CLUB HERCULES TERMARIA	9	0:39:52	05:12	8	3:00:09	29.31	03:43	15	2:28:09	<b>6:17:03</b>	1:10:50
6	84	ALEJANDRA VARELA FONTE	LICENZA 1 DIA	10	0:40:18	10:17	16	3:27:06	25.5	04:51	12	2:12:41	<b>6:35:10</b>	1:28:58
7	78	EVA ALVAREZ MATEU	LICENZA 1 DIA	17	0:50:37	05:52	14	3:21:38	26.19	02:58	14	2:15:25	<b>6:36:27</b>	1:30:15
NP	81	SONSOLES SUÁREZ SAAVED	LICENZA 1 DIA											

### DE 45 A 49 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	91	CRISTINA FERNANDEZ CID	NOSPORTLIMIT	3	0:38:01	04:27	7	2:55:23	30.11	02:13	5	1:56:48	<b>5:36:51</b>	0:30:38
2	90	INMACULADA GONZALEZ SA	TEAM SPORT SPIRIT	6	0:39:15	06:00	9	3:04:13	28.66	02:40	10	2:10:24	<b>6:02:30</b>	0:56:17
3	86	TERESA HERNÁNDEZ	TEAM SPORT SPIRIT	4	0:38:03						17	14:26:00	<b>6:06:26</b>	1:00:14
4	88	MIREN ARGÍÑE GARCIA DE A	MUNAY KIROL KLUBA	14	0:44:16	06:04	13	3:11:40	27.55	04:55	8	2:02:00	<b>6:08:54</b>	1:02:41
NP	87	GEMMA CARDIGONDE LAFU	LICENZA 1 DIA											
NP	89	MARIA ROSA ROMERO ANTO	MUNAY KIROL KLUBA											

### DE 50 A 54 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	92	SANDRA SANTODOMINGO	ATLETISMO BAIONA	11	0:40:53	05:42	15	3:23:57	25.89	04:19	13	2:15:06	<b>6:29:56</b>	1:23:43
NP	93	MÓNICA GANCEDO VALDES	TRICAN BAÑEZA											

### DE 55 A 59 AÑOS FEMENINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
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## ABSOLUTA PRO MASCULINA

Localidade Playa del Vao (Vigo)

Data 22 de setembro de 2019

Distancia MEDIO IRONMAN

### Oficiais

Delegado Técnico: [Mónica Flores](#)  
 Xuíz Arbitro: [Alberto Morlán](#)  
 Responsable Oficiais: [Alberto Morlán](#)

Xurado da Competición: [Mónica Flores \(DT\)](#)  
[Bárbara Carbajales \(FEGATRI\)](#)  
[Rogelio Ferreira \(MOTOBIKE GALAICO PONTEVED\)](#)

### Datos da competición

Temperatura exterior: 15 °C      Natación 1,9 km      Ciclismo 88 km      Carrera 21,097 km  
 Temperatura da auga: 15,8 °C      2 voltas      4 voltas      3 voltas  
 Neopreno: Obligatorio

Inscritos : 61      Remataron : 51      Retirados : 5      Non Presentados : 5      Descalificados : 0

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	1	CRISTOBAL DIOS RIOS	A.D. TRI-PENTA TERRAS DE L	8	0:26:48	02:42	1	2:00:39	43.77	01:40	1	1:19:26	<b>3:51:14</b>	
2	9	FRANCISCO PERALES RUIZ	MARLINS TRIATLON MADRID	2	0:25:04	02:30	3	2:07:45	41.33	01:25	2	1:20:14	<b>3:56:56</b>	0:05:43
3	4	JACOBO CREGO FERNANDEZ	TRIATLON BOIRO	11	0:28:14	02:20	5	2:10:57	40.32	01:33	8	1:25:30	<b>4:08:31</b>	0:17:18
4	33	JORGE FERRADANS VALDES	TRIATLON VILAGARCIA /ATEN	7	0:26:43	02:50	6	2:12:01	40	01:22	11	1:26:06	<b>4:09:00</b>	0:17:46
5	5	RAMÓN TRONCOSO SOBRINO	CLUB ATLETISMO PORRIÑO	21	0:29:41	02:41	4	2:09:02	40.92	01:08	14	1:28:11	<b>4:10:42</b>	0:19:28
6	3	LUIS ALBERTO PAREDES COYA	TRIATLON MOTOBIKE GALAIC	18	0:28:37	02:40	10	2:15:48	38.88	01:37	5	1:23:09	<b>4:11:48</b>	0:20:34
7	39	JAVIER FERNANDEZ FERNANDEZ	TRIATLON VILAGARCIA /ATEN	35	0:32:25	03:05	7	2:12:08	39.96	01:09	10	1:25:55	<b>4:14:41</b>	0:23:27
8	21	PABLO BEASCOECHEA PORTAS	CLUB CICLISMO-TRIATLON PO	23	0:29:59	02:39	9	2:15:20	39.02	01:15	9	1:25:51	<b>4:15:02</b>	0:23:48
9	46	ROBERTO CARLOS AGRELO GOME	ARTROGAL-TRI 498	24	0:30:01	02:44	14	2:17:48	38.32	02:03	4	1:22:54	<b>4:15:28</b>	0:24:14
10	2	RICARDO REY MARTINEZ	NOSPORTLIMIT	6	0:26:30	02:33	18	2:20:38	37.55	01:19	15	1:29:08	<b>4:20:07</b>	0:28:53
11	36	JOSÉ ÁNGEL PENAS TALLÓN	BIERZO TRIMAN	29	0:30:20	02:36	17	2:20:14	37.65	01:36	7	1:25:23	<b>4:20:07</b>	0:28:54
12	28	GABRIEL ALARCON SABARIS	TRIATLON ARTEIXO	10	0:28:10	02:44	25	2:22:25	37.08	01:40	13	1:27:33	<b>4:22:30</b>	0:31:16
13	29	SERGIO SANTOS LOIS	CLUB CICLISMO-TRIATLON PO	45	0:34:00	03:53	11	2:16:37	38.65	01:31	12	1:27:01	<b>4:23:00</b>	0:31:46
14	38	OSCAR PAZOS BARBEITO	ATLETAS ACEA DE AMA	20	0:29:25	03:18	29	2:25:54	36.19	01:27	6	1:23:30	<b>4:23:32</b>	0:32:18
15	41	FRANCISCO JOSÉ GUILLÁN PAZOS	ARTROGAL-TRI 498	12	0:28:14	02:28	12	2:16:53	38.58	01:29	25	1:34:37	<b>4:23:39</b>	0:32:25
16	49	PABLO ALONSO FIGUEROA	CLUB CICLISMO-TRIATLON PO	33	0:31:58	02:51	27	2:24:41	36.5	01:46	3	1:22:39	<b>4:23:53</b>	0:32:40
17	35	DAVID LANDEIRA CASTRO	ASOCIACION DEPORTIVA ME	19	0:29:20	03:00	20	2:20:54	37.48	01:44	16	1:29:19	<b>4:24:15</b>	0:33:01
18	11	XABIER RODRÍGUEZ MARTÍNEZ	SIRENO TRIATLON CLUB	37	0:32:34	04:05	13	2:17:17	38.46	01:19	17	1:29:28	<b>4:24:41</b>	0:33:28
19	56	CARLOS IVAN VIDAL DE SA	CLUB TRIATLON MORRAZO	54	0:36:31	03:05	2	2:07:07	41.54	01:10	36	1:39:35	<b>4:27:26</b>	0:36:12
20	42	JOSE LUIS SANTOME COLLAZO	NOSPORTLIMIT	15	0:28:26	03:29	22	2:21:11	37.4	01:11	24	1:34:34	<b>4:28:49</b>	0:37:35
21	25	EDUARDO SAAVEDRA LAGARES	TRIATLON FERROL	9	0:28:04	02:55	31	2:25:59	36.17	01:38	19	1:31:12	<b>4:29:47</b>	0:38:33
22	23	ALVARO GOMEZ CARDESIN	TRIATLON ARTEIXO	3	0:25:09	02:46	24	2:22:15	37.12	02:18	33	1:37:50	<b>4:30:16</b>	0:39:02
23	31	MANUEL DOSIL LAGO	CLUB CICLISTA MUROS	25	0:30:02	02:46	30	2:25:58	36.18	01:32	18	1:30:50	<b>4:31:05</b>	0:39:51
24	32	ISAAC RODRÍGUEZ IGNACIO	TRIATLON MOTOBIKE GALAIC	1	0:24:51	02:51	40	2:29:02	35.43	01:55	23	1:33:53	<b>4:32:31</b>	0:41:17
25	16	OSCAR FERNANDEZ VAZQUEZ	ARCADE INFORHOUSE SANTI	22	0:29:45	02:41	8	2:13:53	39.44	01:13	44	1:46:17	<b>4:33:48</b>	0:42:34
26	24	ANTONIO GONZALEZ DATORRE	LAMARGHA-BEARIZ TRIATLON	13	0:28:16	02:57	33	2:26:36	36.02	01:26	26	1:34:42	<b>4:33:56</b>	0:42:42
27	19	DIEGO TEJERINA ZAPICO	INDEPENDIENTE	44	0:33:22	03:34	19	2:20:51	37.49	01:21	27	1:35:11	<b>4:34:17</b>	0:43:03
28	15	DAVID OLIVEIRA RODRIGUEZ	CLUB ATLETISMO PORRIÑO	16	0:28:28	02:54	28	2:25:07	36.39	01:02	31	1:37:10	<b>4:34:38</b>	0:43:24
29	48	IAGO VARA ADRIO	SIRENO TRIATLON CLUB	14	0:28:17	03:10	35	2:26:53	35.95	02:25	28	1:35:50	<b>4:36:34</b>	0:45:20
30	47	JOSE LUIS RODRIGUEZ MARTIN	TRIATLON MOTOBIKE GALAIC	34	0:32:22	03:01	37	2:28:12	35.63	01:46	22	1:33:21	<b>4:38:40</b>	0:47:26
31	6	JUAN LUIS GARCIA MENIÑO	CLUB CICLISMO-TRIATLON PO	47	0:34:08	03:04	38	2:28:37	35.53	01:30	20	1:31:49	<b>4:39:06</b>	0:47:52
32	17	DAVID MARTINEZ GRAÑA	CLUB TRIATLON MAR DE VIGO	28	0:30:19	03:23	36	2:27:13	35.87	02:07	35	1:39:17	<b>4:42:17</b>	0:51:03
33	10	ALEJANDRO ALVAREZ COSTAS	ATLETISMO BAIONA	26	0:30:02	03:30	42	2:30:22	35.12	01:44	32	1:37:29	<b>4:43:06</b>	0:51:52
34	8	ÍÑIGO MARTÍNEZ MARTÍNEZ	CLUB CICLISMO-TRIATLON PO	39	0:33:01	03:08	41	2:29:29	35.33	01:16	29	1:36:30	<b>4:43:22</b>	0:52:08
35	18	NUNO MIGUEL SAMPAIO BARBOSA	LICENZA 1 DIA	53	0:35:44	04:55	16	2:20:09	37.67	01:41	41	1:42:45	<b>4:45:12</b>	0:53:58
36	55	DANIEL LOPEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIGO	52	0:35:29	04:24	23	2:21:52	37.22	01:35	39	1:42:19	<b>4:45:36</b>	0:54:23
37	43	ALBERTO LOPEZ PINO	SIRENO TRIATLON CLUB	31	0:31:39	04:16	32	2:26:01	36.16	01:37	38	1:42:15	<b>4:45:47</b>	0:54:33
38	34	LUCAS DEL RIO CORTEGOSO	CLUB TRIATLON MORRAZO	36	0:32:31	03:19	44	2:31:35	34.83	01:43	30	1:36:53	<b>4:45:59</b>	0:54:45
39	50	JAVIER GÓMEZ ÁLVAREZ	TRINORTH	4	0:25:14	03:23	39	2:28:49	35.48	02:12	46	1:47:25	<b>4:47:02</b>	0:55:48
40	61	ENRIQUE VILA DIAZ	ATLETAS ACEA DE AMA	38	0:32:57	03:32	46	2:35:34	33.94	03:07	34	1:38:15	<b>4:53:23</b>	1:02:09
41	51	ANGEL PAZÓ PEREZ	TRINORTH	49	0:34:26	03:07	43	2:31:20	34.89	03:21	37	1:42:06	<b>4:54:18</b>	1:03:04
42	12	IVAN GONZALEZ DATORRE	LAMARGHA-BEARIZ TRIATLON	5	0:26:27	02:54	48	2:36:42	33.7	01:30	45	1:47:14	<b>4:54:46</b>	1:03:32
43	14	HUGO GARCIA MARTÍNEZ	LICENZA 1 DIA	50	0:35:26	03:32	45	2:34:51	34.1	01:23	47	1:48:41	<b>5:03:51</b>	1:12:37

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
44	7	JUAN LUIS FRESNO PERNÍA	TRIATLON DUERO	32	0:31:42	04:00	50	2:42:18	32.53	02:20	43	1:43:45	<b>5:04:03</b>	1:12:49
45	52	CARLOS IGLESIAS CARRERA	LICENZA 1 DIA	41	0:33:08	03:56	52	2:44:43	32.06	01:42	42	1:43:34	<b>5:06:59</b>	1:15:46
46	13	HÉCTOR SIMON MARTINEZ	NOSPORTLIMIT	43	0:33:19	03:15	53	2:46:47	31.66	01:47	40	1:42:30	<b>5:07:35</b>	1:16:22
47	26	JUAN DOMÍNGUEZ SANCHEZ	CLUB TRIATLÓN SALAMANCA	40	0:33:05	02:59	49	2:41:26	32.71	01:44	49	1:58:44	<b>5:17:56</b>	1:26:43
48	22	ALVARO HERNANDEZ LIVIANOS	CLUB TRIATLÓN SALAMANCA	56	0:40:05	05:43	55	3:02:24	28.95	02:49	21	1:32:43	<b>5:23:42</b>	1:32:28
49	37	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI 498	42	0:33:12	02:55	26	2:23:21	36.84	01:05	51	2:25:09	<b>5:25:41</b>	1:34:27
50	20	OSCAR GONZALEZ FRAGA	LICENZA 1 DIA	55	0:37:04	04:35	51	2:43:01	32.39	02:28	50	2:02:47	<b>5:29:53</b>	1:38:39
51	40	ANTONIO GONZÁLEZ SEOANE	INDEPENDIENTE	51	0:35:28	09:24	54	2:54:45	30.22	03:21	48	1:52:55	<b>5:35:51</b>	1:44:38
NF	27	PORFIRIO FERNÁNDEZ VIDAL	CLUB CICLISMO-TRIATLON PO	46	0:34:07	03:18	34	2:26:53	35.95	01:14				
NF	45	ANDRÉS DOMÍNGUEZ SILVA	CLUB CERVECERIA O COTON	30	0:30:42	03:03			0					
NF	54	ALEJANDRO GONZALEZ BUCETA	TRINORTH	17	0:28:34	02:52	21	2:21:03	37.44	01:18				
NF	57	ALBERTO TOMBO GONZÁLEZ	LICENZA 1 DIA	27	0:30:12	04:15	47	2:35:44	33.9	02:13				
NF	60	CARLOS PRADO FERNANDEZ	LICENZA 1 DIA	48	0:34:11	04:50	15	2:18:36	38.1	04:24				
NP	30	EDER BERNAL GONZALEZ	LICENZA 1 DIA						0					
NP	44	IGNACIO MONCLUS MARCELLÁN	LICENZA 1 DIA						0					
NP	53	JOSE RIVEIRO NUÑEZ	ARTROGAL-TRI 498						0					
NP	58	ALFONSO MONCLUS MARCELLÁN	CLUB TRIATLON EUROPA						0					
NP	59	MANUEL MONCLUS MARCELLÁN	XTREMCALVIÀ						0					

## CATEGORIAS PRO MASCULINA

Localidade Playa del Vao (Vigo)

Data 22 de setembro de 2019

Distancia MEDIO IRONMAN

### Oficiais

Delegado Técnico: [Mónica Flores](#)  
 Xuíz Arbitro: [Alberto Morlán](#)  
 Responsable Oficiais: [Alberto Morlán](#)

Xurado da Competición: [Mónica Flores \(DT\)](#)  
[Bárbara Carbajales \(FEGATRI\)](#)  
[Rogelio Ferreira \(MOTOBIKE GALAICO PONTEVED\)](#)

### Datos da competición

Temperatura exterior: 15 °C      Natación 1,9 km      Ciclismo 88 km      Carrera 21,097 km  
 Temperatura da auga: 15,8 °C      2 voltas      4 voltas      3 voltas  
 Neopreno: Obligatorio

Inscritos : 61      Remataron : 51      Retirados : 5      Non Presentados : 5      Descalificados : 0

## SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	6	JUAN LUIS GARCIA MENIÑO	CLUB CICLISMO-TRIATLON POIO	47	0:34:08	03:04	38	2:28:37	35.53	01:30	20	1:31:49	<b>4:39:06</b>	0:47:52
2	8	ÍÑIGO MARTÍNEZ MARTÍNEZ	CLUB CICLISMO-TRIATLON POIO	39	0:33:01	03:08	41	2:29:29	35.33	01:16	29	1:36:30	<b>4:43:22</b>	0:52:08
3	7	JUAN LUIS FRESNO PERNÍA	TRIATLON DUERO	32	0:31:42	04:00	50	2:42:18	32.53	02:20	43	1:43:45	<b>5:04:03</b>	1:12:49

## VETERANOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	3	LUIS ALBERTO PAREDES CO	TRIATLON MOTOBIKE GALAICO PO	18	0:28:37	02:40	10	2:15:48	38.88	01:37	5	1:23:09	<b>4:11:48</b>	0:20:34
2	46	ROBERTO CARLOS AGRELO	ARTROGAL-TRI 498	24	0:30:01	02:44	14	2:17:48	38.32	02:03	4	1:22:54	<b>4:15:28</b>	0:24:14
3	2	RICARDO REY MARTINEZ	NOSPORTLIMIT	6	0:26:30	02:33	18	2:20:38	37.55	01:19	15	1:29:08	<b>4:20:07</b>	0:28:53
4	41	FRANCISCO JOSÉ GUILLÁN	ARTROGAL-TRI 498	12	0:28:14	02:28	12	2:16:53	38.58	01:29	25	1:34:37	<b>4:23:39</b>	0:32:25
5	49	PABLO ALONSO FIGUEROA	CLUB CICLISMO-TRIATLON POIO	33	0:31:58	02:51	27	2:24:41	36.5	01:46	3	1:22:39	<b>4:23:53</b>	0:32:40
6	56	CARLOS IVAN VIDAL DE SA	CLUB TRIATLON MORRAZO	54	0:36:31	03:05	2	2:07:07	41.54	01:10	36	1:39:35	<b>4:27:26</b>	0:36:12
7	42	JOSE LUIS SANTOME COLLA	NOSPORTLIMIT	15	0:28:26	03:29	22	2:21:11	37.4	01:11	24	1:34:34	<b>4:28:49</b>	0:37:35
8	48	IAGO VARA ADRIO	SIRENO TRIATLON CLUB	14	0:28:17	03:10	35	2:26:53	35.95	02:25	28	1:35:50	<b>4:36:34</b>	0:45:20
9	47	JOSE LUIS RODRIGUEZ MAR	TRIATLON MOTOBIKE GALAICO PO	34	0:32:22	03:01	37	2:28:12	35.63	01:46	22	1:33:21	<b>4:38:40</b>	0:47:26
10	55	DANIEL LOPEZ RODRIGUEZ	CLUB TRIATLON MAR DE VIGO	52	0:35:29	04:24	23	2:21:52	37.22	01:35	39	1:42:19	<b>4:45:36</b>	0:54:23
11	43	ALBERTO LOPEZ PINO	SIRENO TRIATLON CLUB	31	0:31:39	04:16	32	2:26:01	36.16	01:37	38	1:42:15	<b>4:45:47</b>	0:54:33
12	50	JAVIER GÓMEZ ÁLVAREZ	TRINORTH	4	0:25:14	03:23	39	2:28:49	35.48	02:12	46	1:47:25	<b>4:47:02</b>	0:55:48
13	61	ENRIQUE VILA DIAZ	ATLETAS ACEA DE AMA	38	0:32:57	03:32	46	2:35:34	33.94	03:07	34	1:38:15	<b>4:53:23</b>	1:02:09
14	51	ANGEL PAZÓ PEREZ	TRINORTH	49	0:34:26	03:07	43	2:31:20	34.89	03:21	37	1:42:06	<b>4:54:18</b>	1:03:04
15	52	CARLOS IGLESIAS CARRERA	LICENZA 1 DIA	41	0:33:08	03:56	52	2:44:43	32.06	01:42	42	1:43:34	<b>5:06:59</b>	1:15:46
16	40	ANTONIO GONZÁLEZ SEOAN	INDEPENDIENTE	51	0:35:28	09:24	54	2:54:45	30.22	03:21	48	1:52:55	<b>5:35:51</b>	1:44:38
NF	45	ANDRÉS DOMÍNGUEZ SILVA	CLUB CERVECERIA O COTON NEGR	30	0:30:42	03:03			0					
NF	54	ALEJANDRO GONZALEZ BUC	TRINORTH	17	0:28:34	02:52	21	2:21:03	37.44	01:18				
NF	57	ALBERTO TOMBO GONZÁLE	LICENZA 1 DIA	27	0:30:12	04:15	47	2:35:44	33.9	02:13				
NF	60	CARLOS PRADO FERNANDE	LICENZA 1 DIA	48	0:34:11	04:50	15	2:18:36	38.1	04:24				
NP	44	IGNACIO MONCLUS MARCEL	LICENZA 1 DIA						0					
NP	53	JOSE RIVEIRO NUÑEZ	ARTROGAL-TRI 498						0					
NP	58	ALFONSO MONCLUS MARCE	CLUB TRIATLON EUROPA						0					
NP	59	MANUEL MONCLUS MARCEL	XTREMCALVIÀ						0					

Localidade **Playa del Vao (Vigo)**

Data **22 de setembro de 2019**

Distancia **MEDIO IRONMAN**

### Oficiais

Delegado Técnico: **Mónica Flores**  
 Xuíz Arbitro: **Alberto Morlán**  
 Responsable Oficiais: **Alberto Morlán**

Xurado da Competición: **Mónica Flores (DT)**  
**Bárbara Carbajales (FEGATRI)**  
**Rogelio Ferreira (MOTOBIKE GALAICO PONTEVED)**

### Datos da competición

Temperatura exterior: 15 °C      Natación 1,9 km      Ciclismo 88 km      Carrera 21,097 km  
 Temperatura da auga: 15,8 °C      2 voltas      4 voltas      3 voltas  
 Neopreno: Obligatorio

Inscritos : 326      Remataron : 271      Retirados : 20      Non Presentados : 34      Descalificados : 1

## DE 20 A 24 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	96	IGNACIO CHICO FUENTES	LICENZA 1 DIA	16	0:30:04					27:12	136	1:47:01	<b>4:51:37</b>	0:38:21
2	100	PABLO JOEL CONCEPCIÓN	LICENZA 1 DIA	225	0:41:03	04:43	95	2:32:44	34.57	01:35	122	1:45:12	<b>5:05:15</b>	0:51:59
3	98	MARCO CASTIÑEIRA PAIS	LICENZA 1 DIA	10	0:29:40	05:00	196	2:44:17	32.14	02:16	190	1:53:41	<b>5:14:52</b>	1:01:36
4	99	IVAN HERNANDEZ MARTIN	ZORROTZAKO GAZTEEN TRIATLOI	46	0:32:06	03:39	161	2:39:11	33.17	01:25	252	2:09:03	<b>5:25:21</b>	1:12:06
NF	95	ANDY TORRES BLANCO	LICENZA 1 DIA	227	0:41:19	06:36	281	3:14:14	27.18	03:21				
NP	97	RUI NORBERTO MORAIS DE	GRUPO DESPORTIVO GOMA											

## DE 25 A 29 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	122	GABRIEL CASTIÑEIRA PAIS	TRIATLON COSTA DA MORTE	240	0:42:01	03:03	1	2:13:01	39.7	01:05	25	1:30:58	<b>4:30:06</b>	0:16:50
2	120	DANIEL GANDÓN ALFAYA	ASS ESPORTIVA ROCKETS	84	0:33:44	04:25	19	2:22:35	37.03	01:41	12	1:28:34	<b>4:30:58</b>	0:17:42
3	124	FRANCISCO JAVIER FERRAD	TRIATLON BOIRO	60	0:32:52	04:36	17	2:21:14	37.39	01:23	39	1:33:29	<b>4:33:33</b>	0:20:18
4	107	MANUEL PIÑEIRO FIEL	TRIATLON RIAS BAIXAS	54	0:32:39	03:46	20	2:22:41	37.01	01:15	37	1:33:25	<b>4:33:44</b>	0:20:28
5	103	ALVARO RODRIGUEZ SEDA	LICENZA 1 DIA	66	0:33:16	04:54	26	2:23:38	36.76	01:28	34	1:32:20	<b>4:35:33</b>	0:22:18
6	121	ANTONIO VILAS GOMEZ	ARTROGAL-TRI 498	11	0:29:43	02:53	28	2:24:00	36.67	01:46	73	1:39:17	<b>4:37:37</b>	0:24:22
7	102	DANIEL POLO PÉREZ	A.D. FOGAR	18	0:30:14	03:13	187	2:43:08	32.37	01:16	40	1:33:31	<b>4:51:20</b>	0:38:05
8	123	FERNANDO FERNANDEZ AL	LICENZA 1 DIA	185	0:37:54	06:31	92	2:32:35	34.61	02:11	58	1:37:03	<b>4:56:11</b>	0:42:55
9	116	GONZALO LOPEZ DE GUERE	TRIATLON MOTOBIKE GALAICO PO	187	0:37:55	04:39	149	2:37:55	33.44	02:02	69	1:39:04	<b>5:01:33</b>	0:48:18
10	112	HUGO REVUELTA VALDEMO	LICENZA 1 DIA	175	0:37:26	04:53	113	2:35:01	34.06	02:23	109	1:43:39	<b>5:03:19</b>	0:50:03
11	108	GABRIEL GARCÍA BARROS	LICENZA 1 DIA	278	0:45:37	04:34	115	2:35:07	34.04	02:27	111	1:43:48	<b>5:11:31</b>	0:58:16
12	115	ALBERTO GARCÍA RODRÍGU	LICENZA 1 DIA	241	0:42:03	06:47	76	2:30:46	35.02	03:15	165	1:50:15	<b>5:13:04</b>	0:59:49
13	109	JONATAN PELÁEZ BLANCO	TRIATLON DUERO	197	0:38:05	05:26	155	2:38:43	33.27	01:45	182	1:51:53	<b>5:15:49</b>	1:02:34
14	114	HUGO DOVAL BARREIRO	TRIATLON VILAGARCIA /ATENAS RU	231	0:41:39	04:02	108	2:34:44	34.13	01:25	202	1:54:47	<b>5:16:35</b>	1:03:20
15	117	ADAN MARTINEZ FERNANDE	ARTROGAL-TRI 498	188	0:37:57	04:08	134	2:36:15	33.79	03:36	201	1:54:47	<b>5:16:41</b>	1:03:25
16	110	LUIS VELO RODRÍGUEZ	ASOCIACION DEPORTIVA MEDIA DU	39	0:31:50	04:08	228	2:49:06	31.22	01:57	170	1:50:42	<b>5:17:41</b>	1:04:25
17	106	ADRIÁN FERNÁNDEZ GARCÍ	LICENZA 1 DIA	139	0:35:28	04:52	211	2:46:35	31.7	02:18	226	1:59:27	<b>5:28:37</b>	1:15:22
18	119	DAVID FERNANDEZ FORNIS	ARTROGAL-TRI 498	132	0:35:15	05:04	222	2:48:14	31.39	02:18	250	2:08:19	<b>5:39:07</b>	1:25:52
19	111	DAVID ALVES FRASQUET	LICENZA 1 DIA	186	0:37:55	07:26	271	3:03:54	28.71	03:32	144	1:48:07	<b>5:40:52</b>	1:27:36
20	104	RÚBEN JOSÉ CARDOSO PER	LICENZA 1 DIA	228	0:41:25	06:33	261	2:58:17	29.62	01:59	216	1:56:51	<b>5:45:03</b>	1:31:48
21	105	JUAN MANUEL RIOS ALCAID	LICENZA 1 DIA	35	0:31:41	05:38	282	3:14:24	27.16	01:56	264	2:19:07	<b>6:12:45</b>	1:59:30
NP	101	MARIANO PEÑAS PEÑÍN	LICENZA 1 DIA											
NP	113	MANUEL VELOSO PEREZ	LICENZA 1 DIA											
NP	118	BRAIS GONZALEZ DIEGUEZ	LICENZA 1 DIA											

## DE 30 A 34 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	145	ALFREDO MONTES DÍAZ	DISA HOSPITAL PERPETUO SOCOR	1	0:23:38	03:13	6	2:15:53	38.86	02:59	30	1:32:04	<b>4:17:45</b>	0:04:30
2	155	BRAIS RODRIGUEZ LOPEZ	A.D. TRIATLON CAMARGO-ASTILLE	114	0:34:38	03:46	24	2:23:07	36.9	02:02	2	1:21:21	<b>4:24:51</b>	0:11:35
3	125	JORGE ALFARO MARTINEZ	2XTRI	49	0:32:11	03:17	25	2:23:07	36.9	01:33	8	1:27:02	<b>4:27:07</b>	0:13:52
4	154	IVAN SALGADO GARCIA	TRIATLON O TREITO	17	0:30:11	03:50	7	2:16:09	38.78	01:26	67	1:39:01	<b>4:30:35</b>	0:17:19
5	147	ADRIAN SÁNCHEZ VÁZQUEZ	CLUB TRIATLON COMPOSTELA	24	0:30:37	03:06	82	2:31:24	34.88	01:19	22	1:30:25	<b>4:36:49</b>	0:23:34
6	158	FRAN FRANGANILLO BOTAS	TRICAN BAÑEZA	183	0:37:46	03:10	8	2:19:02	37.98	02:04	53	1:36:37	<b>4:38:38</b>	0:25:22
7	134	ROI CUBA DORADO	CIDADE DE LUGO FLUVIAL	19	0:30:17	02:46	44	2:27:07	35.89	03:53	47	1:35:12	<b>4:39:14</b>	0:25:58



8	150	JAVIER GARCIA CALVO	LICENZA 1 DIA	28	0:30:58	03:53	67	2:29:48	35.25	02:05	36	1:33:00	<b>4:39:42</b>	0:26:27
9	132	ROI MARTINEZ MARTIN	TRI OURENSE	23	0:30:34	04:01	11	2:19:52	37.75	01:29	127	1:45:47	<b>4:41:42</b>	0:28:26
10	157	GIOVANI GARCÍA ESTÉVEZ	NOSPORTLIMIT	168	0:36:58	03:29	55	2:28:12	35.63	02:11	29	1:31:39	<b>4:42:27</b>	0:29:11
11	160	GERARDO GUERRERO ACEV	CLUB TRIATLON MAR DE VIGO	166	0:36:40	03:41	73	2:30:26	35.1	00:58	92	1:42:05	<b>4:53:48</b>	0:40:32
12	139	RUBEN SENDIN RODRIGUEZ	LICENZA 1 DIA	129	0:35:11	04:26	132	2:36:01	33.85	01:30	70	1:39:06	<b>4:56:11</b>	0:42:56
13	151	MANUEL PAZ NOVO	INDEPENDIENTE	176	0:37:27	05:55	37	2:26:16	36.1	02:55	120	1:45:08	<b>4:57:39</b>	0:44:23
14	130	DAVID FERNÁNDEZ RODRÍG	LICENZA 1 DIA	107	0:34:27	05:16	151	2:38:11	33.38	02:04	62	1:38:02	<b>4:57:58</b>	0:44:42
15	144	PABLO REGUEIRA MARTINE	CLUB ATLETISMO PORRIÑO	26	0:30:49	02:45	90	2:32:18	34.67	02:12	168	1:50:37	<b>4:58:39</b>	0:45:24
16	128	ALEJANDRO DE ANCA ESCU	CLUB TRIATLÓN CAMPOS DE CASTI	151	0:35:57	05:25	130	2:35:47	33.9	03:16	116	1:44:44	<b>5:05:08</b>	0:51:52
17	142	JOSÉ LUIS LÓPEZ IGNACIO	LICENZA 1 DIA	172	0:37:20	04:56	158	2:38:52	33.24	01:46	119	1:44:58	<b>5:07:49</b>	0:54:34
18	140	JESUS MARTINEZ RAMOS	TRICAN BAÑEZA	73	0:33:28	04:22	96	2:32:50	34.55	02:57	215	1:56:30	<b>5:10:05</b>	0:56:50
19	138	VICTOR HERNANDEZ HERNAN	CLUB TRIATLON CHARRO	97	0:34:11	03:54	111	2:34:57	34.08	03:04	203	1:54:51	<b>5:10:54</b>	0:57:39
20	149	CARLOS FERNANDEZ SANC	LICENZA 1 DIA	263	0:43:43	06:45	197	2:44:18	32.14	02:05	52	1:36:37	<b>5:13:26</b>	1:00:10
21	135	JULIO GUTIERREZ PRIETO	CENTRO ASTURIANO DE OVIEDO	12	0:29:44	04:22	215	2:47:26	31.54	02:45	161	1:49:56	<b>5:14:11</b>	1:00:55
22	133	SERGIO IZQUIERDO MARCO	CLUB TRIATLÓN SALAMANCA	62	0:32:58	03:21	106	2:34:31	34.17	02:24	240	2:03:08	<b>5:16:20</b>	1:03:04
23	141	DANIEL ARENAS LAGO	LICENZA 1 DIA	229	0:41:30	07:06	162	2:39:22	33.13	02:35	155	1:49:23	<b>5:19:54</b>	1:06:39
24	148	BRUNO PEREIRA	LICENZA 1 DIA	142	0:35:30	08:05	216	2:47:32	31.52	02:13	177	1:51:25	<b>5:24:44</b>	1:11:28
25	143	DANIEL RICARTE CARBALL	LICENZA 1 DIA	58	0:32:46	05:17	252	2:54:17	30.3	01:34	193	1:53:48	<b>5:27:39</b>	1:14:24
26	159	PEDRO NUNO COSTA MARTI	CLUBE DE TRIATLO VISEU	67	0:33:26	07:00	269	3:02:46	28.89	02:35	154	1:49:16	<b>5:35:00</b>	1:21:45
27	136	BORJA PRIETO RIO	LICENZA 1 DIA	208	0:39:00	07:19	231	2:49:40	31.12	04:12	219	1:57:50	<b>5:37:59</b>	1:24:44
28	156	RODRIGO MARQUÉS COELH	SPORTING CLUBE DE ESPINHO - TR	262	0:43:40	07:05	224	2:48:26	31.35	03:00	224	1:59:16	<b>5:41:25</b>	1:28:09
29	129	FRANCESCO DE VIRGILIIS	LICENZA 1 DIA	167	0:36:46	06:10	272	3:05:40	28.44	02:17	230	1:59:47	<b>5:50:37</b>	1:37:22
30	131	ALVARO CALVO CAÑEDO-AR	LICENZA 1 DIA	204	0:38:34	06:00	277	3:10:38	27.7	02:36	241	2:03:15	<b>6:01:00</b>	1:47:45
SD	127	PABLO MARIJUAN ORTIZ RECORZADO	CLUB DE TRIATLÓN CARRERA A PIE										<b>4:52:15</b>	0:39:00
NF	152	ENDIKA ALONSO GARCIA	C.D. TALAVERA TRAINING	2	0:27:21	03:06								
NF	153	JOSE SOLER GONZALEZ	PERSONAL RUNNING TRIATLÓN	27	0:30:55	03:05	74	2:30:32	35.08	02:17				
NP	126	JORGE PEREZ PAZOS	LICENZA 1 DIA											
NP	137	ANGEL MORALEDA GONZAL	LICENZA 1 DIA											
NP	146	EDUARDO MEDINA REINA	CLUB DE TRIATLÓN DIABLILLOS DE											

## DE 35 A 39 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	168	PEDRO RICARDO BARREIRA	GRUPO DESPORTIVO GOMA	15	0:29:52	03:25	3	2:13:28	39.56	01:22	4	1:25:12	<b>4:13:16</b>	
2	190	CARLOS ALFARO MARTINEZ	2XTRI	20	0:30:19	03:18	14	2:20:21	37.62	01:48	7	1:26:40	<b>4:22:25</b>	0:09:09
3	173	JACOBO DE PRADO RODRÍG	CIDADE DE LUGO FLUVIAL	3	0:27:23	02:59	4	2:13:36	39.52	01:49	76	1:39:55	<b>4:25:39</b>	0:12:23
4	201	RUBEN INIESTA PEREA	SESTAO TRIATLOI TALDEA	108	0:34:29	03:26	13	2:20:15	37.65	01:31	24	1:30:50	<b>4:30:29</b>	0:17:14
5	239	FRANCISCO FERNANDEZ GU	LICENZA 1 DIA	64	0:33:08	04:18	48	2:27:20	35.84	01:34	5	1:25:31	<b>4:31:48</b>	0:18:33
6	207	OSCAR ORTEGA ARNAIZ	TRION - CLINICA DENTAL OSCAR G	52	0:32:36	03:19	39	2:26:24	36.07	01:52	15	1:28:50	<b>4:32:59</b>	0:19:43
7	232	CARLOS JUANATEY GARCIA	ARTROGAL-TRI 498	103	0:34:20	02:40	79	2:31:09	34.94	01:23	3	1:24:53	<b>4:34:23</b>	0:21:07
8	211	RAÚL CORRALES MARCOS	LICENZA 1 DIA								272	12:58:30	<b>4:35:55</b>	0:22:40
9	183	ADRIAN FERNANDEZ GARC	LICENZA 1 DIA	78	0:33:34	04:26	61	2:29:15	35.38	01:45	9	1:27:18	<b>4:36:15</b>	0:23:00
10	176	VICTOR MÚGICA PÉREZ	LICENZA 1 DIA	4	0:27:27	03:39	60	2:29:02	35.43	01:36	61	1:38:01	<b>4:39:42</b>	0:26:27
11	192	ALVARO GARCIA CALVO	LICENZA 1 DIA	22	0:30:30	03:38	57	2:28:34	35.54	01:34	49	1:35:29	<b>4:39:42</b>	0:26:27
12	197	NUNO AFONSO	LICENZA 1 DIA	131	0:35:13	03:37	32	2:25:36	36.27	01:58	45	1:34:17	<b>4:40:39</b>	0:27:23
13	210	DANIEL CADENAS TORRÓN	ATLETAS ACEA DE AMA	87	0:33:52	04:00	71	2:30:06	35.18	01:27	35	1:32:59	<b>4:42:23</b>	0:29:07
14	203	RAMIRO GONZÁLEZ FRANCO	TRIATLÓN COSTA DA MORTE	65	0:33:10	03:31	52	2:28:07	35.65	01:12	71	1:39:14	<b>4:45:13</b>	0:31:57
15	181	VICENTE GÓMEZ MUÑOZ	CLUB TRIATLON CHARRO	113	0:34:36	03:21	53	2:28:08	35.65	01:42	60	1:37:38	<b>4:45:23</b>	0:32:07
16	221	MARCOS ANTONIO COUTO C	ASOCIACION DEPORTIVA MEDIA DU	119	0:34:50	04:27	69	2:29:56	35.22	01:41	57	1:36:56	<b>4:47:48</b>	0:34:32
17	220	LUIS PENA MORANDEIRA	I HAVE A DREAM	211	0:39:16	03:16	56	2:28:14	35.62	01:30	55	1:36:44	<b>4:48:58</b>	0:35:42
18	223	LUIS PEDRE CARRODEGUAS	LICENZA 1 DIA	112	0:34:34	03:32	36	2:26:12	36.12	01:35	133	1:46:13	<b>4:52:04</b>	0:38:48
19	205	NUNO RIBEIRO	GRUPO DESPORTIVO GOMA	83	0:33:43	04:39	35	2:26:07	36.14	01:58	131	1:46:09	<b>4:52:34</b>	0:39:19
20	169	DIEGO TRIGO CASTEDO	LICENZA 1 DIA	13	0:29:48	04:22	104	2:34:22	34.2	01:59	110	1:43:40	<b>4:54:09</b>	0:40:54
21	189	DANIEL JESUS ALONSO DEL	LICENZA 1 DIA	80	0:33:38	04:51	72	2:30:15	35.14	02:26	108	1:43:37	<b>4:54:46</b>	0:41:30
22	175	SERGIO SANTOS GOMEZ	TRIATLÓN FRÓMISTA	199	0:38:17	04:44	65	2:29:42	35.27	01:45	84	1:41:03	<b>4:55:29</b>	0:42:13
23	222	ADELINO JOSÉ SOUTINHO D	GRUPO DESPORTIVO GOMA	154	0:36:02	04:05	141	2:36:51	33.66	01:23	68	1:39:02	<b>4:57:21</b>	0:44:06
24	163	BORJA HERNANDEZ CAMPO	I HAVE A DREAM	14	0:29:49	04:05	81	2:31:24	34.88	01:55	166	1:50:25	<b>4:57:36</b>	0:44:20
25	214	ALBERTO LUGONES LÁZAR	CLUB TRIATLÓN SALAMANCA	134	0:35:16	03:47	112	2:34:59	34.07	01:53	96	1:42:25	<b>4:58:19</b>	0:45:03
26	174	JUAN FRANCISCO VICENTE	CLUB TRIATLÓN SALAMANCA	279	0:45:40	04:05	152	2:38:15	33.37	01:21	17	1:29:17	<b>4:58:36</b>	0:45:21
27	166	YAGO EDUARDO SANTABAY	TRIATLON REAL CANOE	47	0:32:08	04:25	77	2:31:00	34.97	02:44	151	1:49:03	<b>4:59:18</b>	0:46:03
28	219	CESAR FRANCISCO BLANCO	CLUB TRIATLON MORRAZO	271	0:44:14	07:53	18	2:22:26	37.07	03:15	87	1:41:44	<b>4:59:30</b>	0:46:15
29	233	IGNACIO GARCÍA ÁLVAREZ	LICENZA 1 DIA	57	0:32:44	04:15	143	2:37:14	33.58	01:33	113	1:44:27	<b>5:00:11</b>	0:46:56
30	199	RAÚL MARTÍN RICO	CLUB TRIATLÓN SALAMANCA	164	0:36:35	04:37	128	2:35:42	33.91	01:34	89	1:41:51	<b>5:00:19</b>	0:47:03
31	187	HUGO DURAN ALVAREZ	INDEPENDIENTE	150	0:35:56	04:42	105	2:34:26	34.19	02:57	98	1:42:28	<b>5:00:27</b>	0:47:11
32	204	MANUEL SANMARTÍN CHAO	LICENZA 1 DIA	213	0:39:24	04:54	126	2:35:38	33.93	02:20	64	1:38:19	<b>5:00:33</b>	0:47:17
33	164	NOÉ FERNÁNDEZ CASTAÑO	TRICAN BAÑEZA	99	0:34:14	03:57	129	2:35:44	33.9	01:56	121	1:45:09	<b>5:00:58</b>	0:47:43
34	224	OSCAR RODRÍGUEZ OTERO	CLUB ATLETISMO PORRIÑO	193	0:38:00	03:43	121	2:35:12	34.02	01:38	101	1:42:34	<b>5:01:05</b>	0:47:50
35	234	SAUL NEMESIO VAZQUEZ PE	LICENZA 1 DIA	214	0:39:35	04:35	181	2:41:50	32.63	01:53	48	1:35:27	<b>5:03:18</b>	0:50:03
36	161	JOSE ANTONIO CASTELLAN	LICENZA 1 DIA	76	0:33:30	04:43	118	2:35:10	34.03	01:28	150	1:48:47	<b>5:03:36</b>	0:50:20
37	229	JAVIER LOPEZ PINO	SIRENO TRIATLON CLUB	224	0:40:58	04:12	80	2:31:23	34.88	01:26	130	1:45:57	<b>5:03:54</b>	0:50:39
38	171	ALEJANDRO RODRIGUEZ FR	SILICMAG TRISPORT	37	0:31:45	04:49	153	2:38:16	33.36	03:11	129	1:45:57	<b>5:03:57</b>	0:50:41
39	217	RICARDO BRU VAZQUEZ	LICENZA 1 DIA	220	0:40:43	06:06	127	2:35:42	33.91	01:51	75	1:39:38	<b>5:03:58</b>	0:50:42



40	186	JOHN DOMINGUEZ MARCOS	C.D.E. TRIBOOST	267	0:43:57	06:27	109	2:34:47	34.11	02:31	63	1:38:17	<b>5:05:57</b>	0:52:42
41	241	DAVID COSTAS VARELA	LICENZA 1 DIA	34	0:31:36	05:08	145	2:37:21	33.56	02:14	171	1:50:57	<b>5:07:14</b>	0:53:58
42	235	CHRISTIAN BESADA IGLESIA	TRIATLON VILAGARCIA /ATENAS RU	79	0:33:36	05:55	203	2:45:38	31.88	02:38	86	1:41:32	<b>5:09:17</b>	0:56:01
43	179	DIEGO ROSAL CHAVES	TEAM CORBELO	152	0:35:58	04:28	191	2:43:21	32.33	01:51	142	1:47:25	<b>5:13:01</b>	0:59:45
44	193	SANTIAGO ROMERO ONS	CLUB ATLETISMO PORRIÑO	105	0:34:27	03:03	120	2:35:10	34.03	02:13	228	1:59:36	<b>5:14:27</b>	1:01:12
45	216	ANTÓN DAPENA PIÑEIRO	CLUB TRIATLON MAR DE VIGO	75	0:33:29	03:41	136	2:36:21	33.77	01:48	234	2:00:21	<b>5:15:39</b>	1:02:23
46	177	JOSE RAMON RODRIGO HER	TRICAN BAÑEZA	156	0:36:11	04:09	184	2:42:30	32.49	01:32	179	1:51:44	<b>5:16:04</b>	1:02:49
47	191	PABLO HERMO VILLAR	ARTROGAL-TRI 498	260	0:43:34	04:15	116	2:35:08	34.04	01:34	187	1:52:13	<b>5:16:41</b>	1:03:25
48	180	PEDRO MATILLA CASTAÑO	LICENZA 1 DIA	63	0:33:03	04:40	146	2:37:25	33.54	01:25	233	2:00:18	<b>5:16:49</b>	1:03:33
49	198	RICARDO MÉNDEZ FERREIR	LICENZA 1 DIA	217	0:40:02	04:23	139	2:36:47	33.68	02:11	195	1:54:00	<b>5:17:22</b>	1:04:06
50	226	SANTIAGO REDONDO BAZA	TRIATLON PISUERGA-TRIPÍ	61	0:32:55	04:26	241	2:51:16	30.83	02:00	145	1:48:17	<b>5:18:52</b>	1:05:36
51	215	MARCOS VARELA SECO	LICENZA 1 DIA	269	0:44:02	05:43	174	2:40:33	32.89	03:11	140	1:47:11	<b>5:20:39</b>	1:07:23
52	202	VICTOR FERNÁNDEZ PEREZ	TRICAN BAÑEZA	205	0:38:44	04:49	204	2:45:45	31.86	01:47	186	1:52:09	<b>5:23:12</b>	1:09:57
53	231	MANUEL MIGUEL PAIVA	VARZIM SPORT CLUB	53	0:32:38	05:19	193	2:44:05	32.18	03:06	227	1:59:35	<b>5:24:41</b>	1:11:25
54	170	MARTIN TRIGO ALVAREZ	LICENZA 1 DIA	25	0:30:39	03:30	119	2:35:10	34.03	01:53	260	2:14:23	<b>5:25:33</b>	1:12:18
55	184	RUBEN MENDEZ PEREZ	LICENZA 1 DIA	249	0:42:31	04:57	194	2:44:08	32.17	02:56	175	1:51:16	<b>5:25:46</b>	1:12:30
56	194	RODRIGO BRASAL GARRIDO	LICENZA 1 DIA	145	0:35:36	07:11	220	2:48:03	31.42	03:27	217	1:56:53	<b>5:31:09</b>	1:17:53
57	172	MARCOS ALVAREZ GONZAL	LICENZA 1 DIA	148	0:35:47	03:43	150	2:38:00	33.42	01:47	258	2:12:29	<b>5:31:43</b>	1:18:27
58	218	ABRAHAM RODRÍGUEZ GAR	LICENZA 1 DIA	140	0:35:29	04:31	255	2:55:34	30.08	01:59	199	1:54:45	<b>5:32:16</b>	1:19:00
59	227	BORJA FERNANDEZ SUAREZ	LICENZA 1 DIA	242	0:42:06	05:21	235	2:50:41	30.94	01:55	192	1:53:47	<b>5:33:47</b>	1:20:32
60	245	MARTÍN BRAIS CRESPO ROD	CLUB TRIATLON CORUÑA	207	0:38:54	06:18	236	2:50:47	30.92	02:24	210	1:55:49	<b>5:34:09</b>	1:20:53
61	178	RAMÓN GARCIA LUNA	HOTEL LOS MONTEROS TRIATLÓN	259	0:43:32	04:58	59	2:28:44	35.5	03:09	262	2:16:14	<b>5:36:35</b>	1:23:19
62	182	FERNANDO VÁZQUEZ ÁLVAR	LICENZA 1 DIA	253	0:42:37	07:33	231	2:54:13	30.31	02:49	180	1:51:47	<b>5:38:58</b>	1:25:42
63	230	JUAN GREGORIO ACEMEL	LICENZA 1 DIA	238	0:41:57	06:23	232	2:49:46	31.1	01:52	237	2:02:38	<b>5:42:33</b>	1:29:18
64	195	HÉCTOR VALDESUEIRO	LICENZA 1 DIA	201	0:38:31	08:06	280	3:14:14	27.19	02:41	176	1:51:17	<b>5:54:47</b>	1:41:32
65	212	JUAN RODRIGUEZ DOMINGU	LICENZA 1 DIA	272	0:44:19	04:49	265	2:59:32	29.41	03:57	245	2:06:14	<b>5:58:48</b>	1:45:33
66	243	JOSE MANUEL RODRIGUEZ	LICENZA 1 DIA	122	0:34:53	05:09	270	3:03:08	28.83	02:49	266	2:20:19	<b>6:06:15</b>	1:52:59
67	244	PEDRO SAI GONZÁLEZ MOR	LICENZA 1 DIA	7	0:29:29	09:05	268	3:02:28	28.94	04:21	268	2:23:05	<b>6:08:28</b>	1:55:12
68	208	JAVIER LAGO ARENAS	LICENZA 1 DIA	261	0:43:38	05:10	275	3:07:23	28.18	01:34	256	2:11:49	<b>6:09:33</b>	1:56:17
69	228	CAMILO PRIETO RÍO	LICENZA 1 DIA	179	0:37:35	07:17	278	3:10:40	27.69	05:34	270	2:26:53	<b>6:27:58</b>	2:14:42
NF	200	ANDRÉ GUERRA	SPORTING CLUBE DE ESPINHO - TR	239	0:41:59	05:36								
NF	213	JOSÉ MANUEL CALERO FER	TRIATLON O TREITO	283	0:47:28	07:09	170	2:40:26	32.91	01:59				
NF	225	JUAN CARLOS ESCOTET SE	NOSPORTLIMIT											
NF	237	RUBEN SILVA RODRIGUEZ	LICENZA 1 DIA	81	0:33:40	04:31	99	2:33:21	34.43	02:22				
NF	240	BRAIS SÁNCHEZ GONZÁLEZ	A.POLIDEPORTIVA SAN RAMON DE	115	0:34:40	04:17	29	2:24:27	36.55	01:22				
NF	242	DANIEL GALLEGU LANNERS	CDE TRIFUGAS	40	0:31:50	04:15	205	2:45:45	31.86	01:57				
NP	162	DAVID MARTIN PEÑA	TRIATLON DUERO											
NP	165	DAVID GALLEGU	LICENZA 1 DIA											
NP	167	FRANCISCO JAVIER CUADRA	TRIATLON DUERO											
NP	185	CARLOS MATO RODRIGUEZ	INDEPENDIENTE											
NP	188	GUILLERMO APARICIO LEAL	CLUB TRIATLON LAS ROZAS											
NP	196	NOEL ZAFRA RAYA	CLUB TRIATLON LAS ROZAS											
NP	206	YONATHAN MONTESDEOCA	LICENZA 1 DIA											
NP	209	PABLO GONZÁLEZ FRUTOS	LICENZA 1 DIA											
NP	236	SERGIO TORRES DELGADO	LICENZA 1 DIA											
NP	238	ROBERTO FERNÁNDEZ MAR	LICENZA 1 DIA											
NP	246	DANIEL GONZALEZ JIMENEZ	LICENZA 1 DIA											

## DE 40 A 44 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	256	PABLO VAZQUEZ DIAZ	ON MORALZARZAL TRIATLON	5	0:28:39	02:57	5	2:15:53	38.86	01:46	16	1:29:05	<b>4:18:18</b>	0:05:02
2	309	FERNANDO FERNANDES GO	EDV TRIATLO	29	0:31:06	03:20	16	2:21:02	37.44	01:30	10	1:27:24	<b>4:24:20</b>	0:11:04
3	300	JAVIER NEIRA GARCÍA	INDEPENDIENTE	42	0:31:55	04:04	12	2:20:08	37.68	01:25	32	1:32:17	<b>4:29:47</b>	0:16:31
4	276	HÉCTOR MERA PIÑÓN	TRIATLON FERROL	109	0:34:30	03:57	15	2:20:54	37.47	01:09	20	1:30:20	<b>4:30:48</b>	0:17:33
5	304	JOSE RAMON LAGO CIVES	ARTROGAL-TRI 498	33	0:31:32	04:20	22	2:22:41	37.01	01:47	26	1:31:05	<b>4:31:24</b>	0:18:08
6	275	RAMÓN VARELA GARCÍA	ARTROGAL-TRI 498	41	0:31:53	03:23	34	2:26:04	36.15	02:01	19	1:30:05	<b>4:33:23</b>	0:20:08
7	320	CARLOS CARREIRO BOULLO	SIRENO TRIATLON CLUB	51	0:32:32	04:04	21	2:22:41	37.01	02:20	41	1:33:32	<b>4:35:07</b>	0:21:51
8	263	RUBÉN RODRÍGUEZ MONTE	AD TRIATLÓN ECOSPORT ALCOBEN	55	0:32:39	05:01	45	2:27:08	35.89	01:23	33	1:32:18	<b>4:38:28</b>	0:25:13
9	252	ALFONSO CALVO ARGÜELLE	LICENZA 1 DIA	59	0:32:50	04:33	100	2:33:35	34.38	01:30	6	1:26:34	<b>4:39:00</b>	0:25:45
10	248	ANGEL GUTIERREZ CALZAD	CLUB TRIATLON CHARRO	181	0:37:36	04:23	70	2:30:05	35.18	01:47	13	1:28:36	<b>4:42:24</b>	0:29:09
11	305	RUI PINHEIRO	CLUBE DESPORTIVO ESCOLA DE S	219	0:40:39	04:02	30	2:25:23	36.32	01:44	23	1:30:47	<b>4:42:34</b>	0:29:18
12	328	ROGELIO FERREIRA SÁNCH	TRIATLON MOTOBIKE GALAICO PO	9	0:29:31	03:15	41	2:26:32	36.03	01:51	112	1:44:16	<b>4:45:23</b>	0:32:08
13	269	MANUEL PORDOMINGO LÓP	LICENZA 1 DIA	254	0:42:41	06:17	23	2:22:58	36.93	01:43	31	1:32:04	<b>4:45:41</b>	0:32:25
14	262	RAUL BARBEITO GESTAL	TRIENTRENOS	127	0:34:59	05:07	54	2:28:11	35.63	02:15	51	1:36:36	<b>4:47:06</b>	0:33:51
15	329	ALFONSO LÓPEZ MARTÍNEZ	LICENZA 1 DIA	192	0:37:59	02:58	87	2:32:08	34.71	01:20	42	1:33:41	<b>4:48:04</b>	0:34:49
16	280	LUIS ALBERTO DOMINGUEZ	TRI OURENSE	160	0:36:14	03:14	31	2:25:25	36.31	01:31	91	1:42:04	<b>4:48:26</b>	0:35:10
17	324	F. GERMÁN ROMERO IGLESI	TRIATLON O TREITO	120	0:34:51	04:05	2	2:13:25	39.58	01:47	204	1:54:52	<b>4:49:00</b>	0:35:44
18	316	FELIPE DOMINGUEZ MARIÑO	CLUB ATLETISMO PORRIÑO	88	0:33:54	03:58	75	2:30:42	35.04	01:23	93	1:42:12	<b>4:52:07</b>	0:38:52
19	254	ALEX RIBEIRO	LICENZA 1 DIA	223	0:40:49	03:48	51	2:27:53	35.71	02:11	59	1:37:31	<b>4:52:11</b>	0:38:56
20	261	JORGE PÉREZ SANDOVAL	LICENZA 1 DIA	100	0:34:17	04:35	91	2:32:34	34.61	02:25	66	1:39:00	<b>4:52:49</b>	0:39:33
21	274	FERNANDO PEREZ ARELLAN	XTREMCALVIÀ	173	0:37:20	05:55	33	2:25:39	36.25	01:43	104	1:43:07	<b>4:53:42</b>	0:40:26



22	281	RAMÓN DA COSTA GONZÁLE	CLUB TRIATLON MORRAZO	8	0:29:30	04:22	147	2:37:42	33.48	02:31	82	1:40:30	<b>4:54:33</b>	0:41:18
23	293	ISMAEL REY VARELA	CLUB CICLISTA EO PILLABIKES TRI	92	0:34:01	05:04	58	2:28:42	35.51	02:10	132	1:46:09	<b>4:56:04</b>	0:42:48
24	303	DARIO ARIAS COSTAS	LICENZA 1 DIA	282	0:47:08	03:31	10	2:19:33	37.84	01:39	114	1:44:35	<b>4:56:25</b>	0:43:10
25	259	CARLOS MIGUEL FIDALGO R	NATACION PABELLON OURENSE	106	0:34:27	05:13	62	2:29:22	35.35	01:45	128	1:45:47	<b>4:56:33</b>	0:43:18
26	333	MARTIN MARTÍNEZ CABEZAS	LICENZA 1 DIA	102	0:34:19	04:35	137	2:36:31	33.74	01:29	77	1:39:56	<b>4:56:48</b>	0:43:33
27	311	RAUL SANCHEZ RODRIGUEZ	SANSE OUTSIDERS TRIATLÓN	69	0:33:27	04:48	68	2:29:52	35.23	02:34	139	1:47:08	<b>4:57:46</b>	0:44:31
28	257	PABLO FERNANDEZ VAZQUE	LICENZA 1 DIA	200	0:38:18	04:16	102	2:33:45	34.34	01:40	78	1:40:07	<b>4:58:03</b>	0:44:48
29	260	FERNANDO MARTÍNEZ RODR	LICENZA 1 DIA	248	0:42:29	04:58	156	2:38:46	33.26	01:52	28	1:31:26	<b>4:59:29</b>	0:46:13
30	266	VICTORIANO SANLUIS LAGO	SIRENO TRIATLON CLUB	117	0:34:44	03:48	110	2:34:53	34.09	01:16	124	1:45:29	<b>5:00:07</b>	0:46:52
31	287	IAGO QUIROGA FERNÁNDEZ	TRINORTH	144	0:35:33	03:35	172	2:40:30	32.9	01:23	94	1:42:14	<b>5:03:13</b>	0:49:58
32	291	FELIPE CORRAL REY	NOSPORTLIMIT	118	0:34:46	04:21	138	2:36:44	33.69	02:41	123	1:45:17	<b>5:03:47</b>	0:50:31
33	318	JAIME MORANT BARDINET	CLUB VILLA DE VALDEMORO TRIAT	85	0:33:49	03:09	117	2:35:09	34.03	01:42	164	1:50:06	<b>5:03:54</b>	0:50:38
34	323	BERNARDO DURAN DURAN	LICENZA 1 DIA	96	0:34:10	03:31	207	2:46:07	31.79	01:19	85	1:41:06	<b>5:06:12</b>	0:52:56
35	283	FERNANDO ALONSO AVEZU	LICENZA 1 DIA	91	0:33:56	04:50	123	2:35:17	34	03:53	178	1:51:33	<b>5:09:27</b>	0:56:12
36	270	DIEGO CARRERA COSTAS	LICENZA 1 DIA	111	0:34:34	04:22	103	2:33:50	34.32	01:25	214	1:56:24	<b>5:10:33</b>	0:57:17
37	271	JUAN DÍAZ PARDO	TRITLON FERROL	101	0:34:18	04:51	142	2:36:57	33.64	02:37	184	1:51:58	<b>5:10:40</b>	0:57:24
38	310	HERNÁN OREJAS MARTINEZ	LICENZA 1 DIA	169	0:37:17	06:09	227	2:48:44	31.29	03:40	50	1:36:16	<b>5:12:04</b>	0:58:49
39	307	PABLO JESUS GARCÍA FREI	LICENZA 1 DIA	128	0:34:59	04:57	175	2:40:45	32.85	01:46	162	1:49:58	<b>5:12:24</b>	0:59:08
40	290	OSCAR DAVID BLANCO OLL	LICENZA 1 DIA	218	0:40:29	11:06	173	2:40:32	32.89	04:28	54	1:36:42	<b>5:13:16</b>	1:00:01
41	299	MANUEL ARCA PEDRIDO	ARTROGAL-TRI 498	195	0:38:02	04:43	107	2:34:35	34.16	01:50	200	1:54:46	<b>5:13:54</b>	1:00:39
42	317	JORDI LARIOS SANCHIS	LICENZA 1 DIA	95	0:34:10	04:24	209	2:46:31	31.71	02:35	149	1:48:40	<b>5:16:19</b>	1:03:03
43	289	ENRIQUE RODRIGUEZ RODRI	SANSE OUTSIDERS TRIATLÓN	94	0:34:07	05:34	189	2:43:12	32.35	04:03	157	1:49:34	<b>5:16:28</b>	1:03:12
44	253	HUMBERTO GORDON CRESPI	TRICAN BAÑEZA	277	0:45:20	05:59	221	2:48:05	31.41	01:42	65	1:38:39	<b>5:19:42</b>	1:06:27
45	249	PEDRO JIMÉNEZ SÁNCHEZ	LICENZA 1 DIA	50	0:32:26	04:41	206	2:45:52	31.84	02:40	198	1:54:42	<b>5:20:18</b>	1:07:02
46	251	HUGO FILIPE CAMPOS GOM	CLUBE DE TRIATLO VISEU	190	0:37:58	06:33	192	2:44:00	32.2	02:00	163	1:50:02	<b>5:20:32</b>	1:07:17
47	312	JOSÉ RUBEN VILA LOPEZ	TRINORTH	163	0:36:29	04:36	200	2:44:50	32.03	01:42	194	1:53:53	<b>5:21:28</b>	1:08:13
48	332	ANGEL M PEON LADO	CLUB CERVECERIA O COTON NEGR	286	0:53:18	05:57	97	2:32:50	34.55	02:05	148	1:48:35	<b>5:22:44</b>	1:09:28
49	296	MANUEL SANMARTÍN MALVÁ	CLUB CERVECERIA O COTON NEGR	70	0:33:27	04:24	40	2:26:24	36.07	02:33	261	2:15:58	<b>5:22:44</b>	1:09:29
50	295	ESTEBAN FOLGAR BREA	LICENZA 1 DIA	184	0:37:52	06:13	177	2:41:03	32.79	04:08	205	1:54:58	<b>5:24:12</b>	1:10:57
51	321	OSCAR RIO BALSA	LICENZA 1 DIA	209	0:39:09	07:14	219	2:47:43	31.48	03:11	141	1:47:21	<b>5:24:36</b>	1:11:21
52	265	MANUEL FONSECA	ASSOCIAÇÃO BEAT YOUR LIMIT	38	0:31:46	05:38	213	2:46:45	31.66	02:17	223	1:59:14	<b>5:25:39</b>	1:12:23
53	319	DIEGO GUTIERREZ MEDIAVIL	TRION - CLINICA DENTAL OSCAR G	256	0:43:02	05:22	195	2:44:13	32.15	02:53	174	1:51:02	<b>5:26:29</b>	1:13:14
54	272	JUAN FERNÁNDEZ BALADO	LICENZA 1 DIA	178	0:37:28	06:59	188	2:43:12	32.35	03:20	212	1:55:54	<b>5:26:50</b>	1:13:35
55	247	SIMON DOMINGUEZ	LICENZA 1 DIA	268	0:44:01	05:34	249	2:53:29	30.44	01:58	99	1:42:31	<b>5:27:30</b>	1:14:15
56	264	LUIS GARCIA LOPEZ	CLUB TRIATLON CORUÑA	158	0:36:12	04:51	234	2:50:32	30.96	01:51	206	1:55:03	<b>5:28:27</b>	1:15:11
57	294	CARLOS TORRES RIVAS	LICENZA 1 DIA	216	0:39:46	07:15	242	2:51:27	30.8	02:53	143	1:48:05	<b>5:29:24</b>	1:16:09
58	330	DAVID FERNÁNDEZ FERNÁN	LICENZA 1 DIA	221	0:40:43	04:33	202	2:45:34	31.89	01:48	218	1:57:11	<b>5:29:47</b>	1:16:31
59	292	ANTONIO COSTAS FERNAND	LICENZA 1 DIA	153	0:36:00	04:27	223	2:48:16	31.38	01:51	229	1:59:38	<b>5:30:09</b>	1:16:53
60	277	IVÁN GÓMEZ MARTÍN	TRITLON PARACUELLOS	275	0:44:56	06:16	164	2:40:01	33	02:21	220	1:58:42	<b>5:32:15</b>	1:18:59
61	255	GONZALO BATTANER PEÑA	LICENZA 1 DIA	189	0:37:57	07:08	237	2:50:52	30.9	01:54	207	1:55:05	<b>5:32:55</b>	1:19:39
62	288	OSCAR DIAZ PRADO	LICENZA 1 DIA	143	0:35:33	03:49	171	2:40:26	32.91	02:50	257	2:11:57	<b>5:34:33</b>	1:21:17
63	327	DAVID GALDO ALVAREZ	LICENZA 1 DIA	206	0:38:47	03:45	180	2:41:29	32.7	02:08	251	2:08:33	<b>5:34:40</b>	1:21:25
64	315	MARCOS NÚÑEZ ANGEL	LICENZA 1 DIA	159	0:36:13	04:43	230	2:49:37	31.13	05:17	235	2:00:35	<b>5:36:23</b>	1:23:07
65	297	LUIS VAZQUEZ SANESTEBA	LICENZA 1 DIA	264	0:43:51	06:18	179	2:41:27	32.71	03:05	238	2:02:40	<b>5:37:19</b>	1:24:04
66	326	DAVID VIEITEZ CAMPOS	LICENZA 1 DIA	180	0:37:35	06:09	253	2:54:55	30.19	02:14	225	1:59:27	<b>5:40:17</b>	1:27:02
67	298	GONCALO RODRIGUES	VETERANOS DO PORTO	257	0:43:04	06:40	201	2:44:57	32.01	04:17	239	2:02:55	<b>5:41:51</b>	1:28:35
68	322	DAVID PIRES	LICENZA 1 DIA	170	0:37:18	07:44	266	2:59:43	29.38	04:04	209	1:55:18	<b>5:44:05</b>	1:30:50
69	285	OSCAR ANSUAR	MONTE PENARUBIA RUNNING LUG	194	0:38:01	05:58	250	2:54:11	30.32	03:03	247	2:06:52	<b>5:48:04</b>	1:34:48
70	306	DANIEL LOPEZ RODRIGUEZ	LICENZA 1 DIA	270	0:44:07	06:02	246	2:52:54	30.54	03:13	242	2:03:42	<b>5:49:56</b>	1:36:41
71	284	ALBERTO PRIETO MANRIQU	LICENZA 1 DIA	191	0:37:58	05:35	263	2:58:49	29.53	03:20	246	2:06:40	<b>5:52:22</b>	1:39:06
72	250	FRANCISCO DAMIÁN BLANC	TRINORTH	174	0:37:21	04:08	239	2:51:04	30.87	01:44	265	2:19:30	<b>5:53:47</b>	1:40:31
73	325	RENATO CARVALHO	LICENZA 1 DIA	245	0:42:22	07:09	258	2:56:11	29.97	04:10	243	2:04:09	<b>5:53:59</b>	1:40:44
74	278	JOSE ANGEL LOPEZ MORAL	C.D.E. LA TRIBU 4BS TRIATLON	230	0:41:36	06:35	254	2:55:01	30.17	04:37	254	2:10:09	<b>5:57:56</b>	1:44:41
75	313	GERARD NOVELL LERUTH	TRITLON VILAGARCIA /ATENAS RU	89	0:33:56	06:13	259	2:56:13	29.96	02:04	269	2:24:23	<b>6:02:47</b>	1:49:31
76	279	FERNANDO MARIA ROYO MO	LICENZA 1 DIA	182	0:37:36	06:25	274	3:07:00	28.24	03:37	263	2:17:37	<b>6:12:14</b>	1:58:58
77	301	MIGUEL ÁNGEL CERDEIRA T	LICENZA 1 DIA	273	0:44:19	05:54	247	2:53:02	30.52	03:24	271	2:28:41	<b>6:15:17</b>	2:02:02
NF	258	DANIEL FEIJOO FERREIRO	TRIEUME AS PONTES CLUB	32	0:31:13	02:53								
NF	267	DARÍO CASAS BARRAL	LICENZA 1 DIA	130	0:35:12	04:20								
NF	282	HÉCTOR AMADO ABAD	LICENZA 1 DIA	98	0:34:13	04:07	125	2:35:33	33.95	02:09	1	1:16:29	<b>4:32:29</b>	0:19:13
NP	268	JOAQUIN MAZARIEGOS BAS	LICENZA 1 DIA											
NP	273	DAVID HURTADO SAIZ	C.D. VALDEBEBAS											
NP	286	BRUNO GOBERNA RODRIGU	LICENZA 1 DIA											
NP	302	JORGE SIEIRO	CLUB TRIATLON MAR DE VIGO											
NP	308	DAVID LORENZO GARCÍA	TRITLON RIAS BAIXAS											
NP	314	DIEGO PORTELA CAJIAO	LICENZA 1 DIA											
NP	331	LUIS VASQUES DE CARVALH	LICENZA 1 DIA											
NP	334	ROBERTO J VAZQUEZ LUCE	AD TRIATLÓN ECOSPORT ALCOBEN											
NP	335	GONZALO SUÁREZ SUÁREZ	LICENZA 1 DIA											

## DE 45 A 49 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carrera	META	Dif.
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1	339	RUI SILVA	SPORTING CLUBE DE ESPINHO - TR	77	0:33:33	03:57	27	2:23:38	36.76	01:37	14	1:28:45	<b>4:31:29</b>	0:18:13
2	374	SANTIAGO BESADA BRUNET	SIRENO TRIATLON CLUB	90	0:33:56	03:01	46	2:27:08	35.89	01:52	11	1:28:32	<b>4:34:26</b>	0:21:11
3	366	ROBERTO SAINZ MARTÍNEZ	TRION - CLINICA DENTAL OSCAR G	116	0:34:40	03:24	42	2:26:39	36.01	01:33	18	1:29:22	<b>4:35:36</b>	0:22:21
4	357	XOSÉ ANTÓN BARREIRO PE	ARTROGAL-TRI 498	68	0:33:26	03:21	47	2:27:12	35.87	01:49	43	1:33:56	<b>4:39:42</b>	0:26:26
5	356	RUBÉN SÍO FERNÁNDEZ	CLUB ATLETISMO PORRIÑO	121	0:34:52	04:08	9	2:19:08	37.95	01:27	90	1:41:55	<b>4:41:28</b>	0:28:12
6	342	EMANUEL MATOS	GRUPO DESPORTIVO GOMA	171	0:37:19	03:20	49	2:27:35	35.78	03:06	21	1:30:21	<b>4:41:39</b>	0:28:23
7	337	RUBEN MARTINEZ NIETO	CLUB TRIATLON VAO	72	0:33:28	03:49	98	2:33:11	34.47	01:24	44	1:34:04	<b>4:45:55</b>	0:32:39
8	381	RAFAEL ANTAS CANNAS	NATACION PABELLON OURENSE	30	0:31:06	03:49	66	2:29:45	35.26	01:43	106	1:43:34	<b>4:49:56</b>	0:36:40
9	380	SANTIAGO SOLETO CEREIJO	CLUB OLIMPICO DE VEDRA	56	0:32:41	03:38	50	2:27:42	35.75	02:04	138	1:47:05	<b>4:53:08</b>	0:39:52
10	355	NUNO CALOS FIGUEIREDO C	GRUPO DESPORTIVO GOMA	198	0:38:15	05:23	85	2:31:56	34.75	02:38	46	1:35:07	<b>4:53:18</b>	0:40:02
11	382	FERNANDO GARCIA MARTIN	TRIVIGO BOYER TRIATHLON	135	0:35:20	02:58	144	2:37:19	33.57	01:48	56	1:36:45	<b>4:54:07</b>	0:40:52
12	358	JOSE CARLOS RIVERA LARR	INDEPENDIENTE	86	0:33:51	04:10	133	2:36:15	33.79	01:28	74	1:39:28	<b>4:55:09</b>	0:41:54
13	372	MIGUEL ESCRIBANO GIRALD	TRIA TLON ALBACETE	82	0:33:41	04:56	135	2:36:18	33.78	03:33	72	1:39:16	<b>4:57:42</b>	0:44:27
14	338	JUAN ANTONIO NAVARRO G	LICENZA 1 DIA	104	0:34:25	05:52	131	2:35:53	33.87	02:55	79	1:40:09	<b>4:59:13</b>	0:45:57
15	377	NACHO RUEDA MARTINEZ	TRION - CLINICA DENTAL OSCAR G	233	0:41:45	03:39	84	2:31:54	34.76	01:59	88	1:41:47	<b>5:01:02</b>	0:47:46
16	352	FERNANDO SINES CRESPO	NOSPORTLIMIT	48	0:32:09	04:27	154	2:38:36	33.29	02:33	107	1:43:34	<b>5:01:18</b>	0:48:03
17	336	JUAN AGRASAR REY	TRIA TLON MOTOBIKE GALAICO PO	45	0:32:05	04:25	148	2:37:54	33.44	02:06	118	1:44:56	<b>5:01:23</b>	0:48:08
18	364	JOSE FRANCISCO VILLADAN	INDEPENDIENTE	138	0:35:25	03:22	176	2:41:03	32.79	01:57	103	1:42:55	<b>5:04:40</b>	0:51:24
19	343	PABLO LOURES DACOSTA	LICENZA 1 DIA	74	0:33:28	03:27	124	2:35:22	33.99	01:19	183	1:51:53	<b>5:05:27</b>	0:52:12
20	344	DAVID CABALEIRO	LICENZA 1 DIA	210	0:39:11	04:00	167	2:40:20	32.93	01:38	95	1:42:18	<b>5:07:26</b>	0:54:10
21	341	RAUL CRISTOBAL GARCÍA	CLUB TRIATLÓN ACADEMIA CIVIL-C	251	0:42:36	04:22	101	2:33:38	34.37	01:35	125	1:45:30	<b>5:07:39</b>	0:54:23
22	367	ANTONIO BAAMONDE GONZ	CLUB TRIATLON MORRAZO	161	0:36:16	05:27	178	2:41:26	32.71	01:44	117	1:44:49	<b>5:09:40</b>	0:56:25
23	345	MIGUEL ANGEL GIL GONZAL	CLUB ATLETISMO PORRIÑO	110	0:34:32	03:58	182	2:41:54	32.61	01:34	173	1:51:01	<b>5:12:57</b>	0:59:41
24	375	ADRIAN CASTIÑEIRAS BUJA	LICENZA 1 DIA	6	0:28:53	03:40	226	2:48:43	31.3	02:39	159	1:49:41	<b>5:13:34</b>	1:00:18
25	379	VÍCTOR MANUEL GARCÍA PÉ	LICENZA 1 DIA	222	0:40:47	05:34	198	2:44:21	32.13	02:07	97	1:42:27	<b>5:15:14</b>	1:01:59
26	360	ANTONIO GATO HERNANDEZ	TRIA TLON DUERO	124	0:34:54	04:34	163	2:39:45	33.05	01:24	213	1:56:20	<b>5:16:56</b>	1:03:40
27	376	FCO JAVIER LOPEZ VALLE	INDEPENDIENTE	71	0:33:27	04:40	157	2:38:49	33.25	03:20	232	1:59:47	<b>5:20:01</b>	1:06:46
28	354	JOSE ANTONIO LOPEZ FERN	ARTROGAL-TRI 498	236	0:41:53	05:30	190	2:43:16	32.34	02:10	185	1:52:05	<b>5:24:53</b>	1:11:37
29	348	JULIO ALVAREZ-BUYLLA DE	CLUB TRIATLON MAR DE VIGO	266	0:43:56	04:17	225	2:48:38	31.31	01:50	134	1:46:22	<b>5:25:01</b>	1:11:45
30	359	MARIO MARIN OTERO	LICENZA 1 DIA	243	0:42:08	05:08	244	2:51:50	30.73	01:35	135	1:46:44	<b>5:27:23</b>	1:14:08
31	340	MARCOS MARTINEZ MOREIR	LICENZA 1 DIA	252	0:42:37	06:41	214	2:47:12	31.58	02:57	160	1:49:53	<b>5:29:17</b>	1:16:02
32	347	URBANO LANDROVE RODRI	LICENZA 1 DIA	246	0:42:26	05:17	140	2:36:48	33.67	03:01	236	2:02:01	<b>5:29:31</b>	1:16:16
33	383	RAFAEL PIÑA TEJEIRA	CLUB TRIATLON MAR DE VIGO	281	0:46:36	04:33	262	2:58:20	29.61	01:52	105	1:43:18	<b>5:34:37</b>	1:21:21
34	368	RUBEN GARCIA VARA	CLUB TRIATLÓN ACADEMIA CIVIL-C	284	0:48:47	03:53	217	2:47:36	31.51	02:22	191	1:53:42	<b>5:36:18</b>	1:23:03
35	365	FERNANDO VILLA VIEIRO	LICENZA 1 DIA	237	0:41:54	06:06	260	2:57:06	29.82	02:07	172	1:50:57	<b>5:38:08</b>	1:24:52
36	373	VIRIATO GIL ALMEIDA	SPORTING CLUBE DE ESPINHO - TR	274	0:44:27	07:05	238	2:50:57	30.89	03:28	196	1:54:04	<b>5:39:58</b>	1:26:43
37	361	JAVIER DIEGO GRANADO	LICENZA 1 DIA	235	0:41:52	06:06	267	3:00:17	29.29	02:50	158	1:49:39	<b>5:40:42</b>	1:27:26
38	362	MIGUEL JORGE FERNANDES	ASSOCIAÇÃO ACADÉMICA DE SAO	196	0:38:02	05:49	229	2:49:27	31.16	02:23	249	2:07:36	<b>5:43:16</b>	1:30:01
39	371	ALBERTO GARCÍA OTERO	LICENZA 1 DIA	215	0:39:39	05:35	245	2:51:57	30.71	03:56	244	2:05:24	<b>5:46:29</b>	1:33:13
40	363	JUAN GONZALEZ BARRAJON	LICENZA 1 DIA	125	0:34:55	05:05	264	2:59:29	29.42	02:22	248	2:07:26	<b>5:49:15</b>	1:36:00
NF	349	ALEJANDRO FUENTES FERN	TRIVIGO BOYER TRIATHLON	202	0:38:32	04:23	283	3:15:49	26.96	02:35				
NF	350	JOSÉ MANUEL SALGUEIRIÑ	CLUB ATLETISMO PORRIÑO	226	0:41:08	05:47	212	2:46:40	31.68	06:38				
NF	351	ALEX MEROÑO SALVATIERR	INDEPENDIENTE	162	0:36:19	03:54	64	2:29:42	35.27	02:32				
NF	353	JESUS RODRIGUEZ FERNAN	LICENZA 1 DIA	212	0:39:17	07:31	257	2:55:55	30.02	03:05				
NF	369	JAVIER CONTRERAS AMOED	CLUB TRIATLON MAR DE VIGO	137	0:35:22	04:17	218	2:47:42	31.49	01:42				
NP	346	LUIS ALBERTO DOMÍNGUEZ	TRIA TLON DUERO											
NP	370	ILDEFONSO CEGARRA MANZ	CLUB TRIATLÓN L.T.											
NP	378	DAVID SANCHEZ LABORDA	CLUB TRIATLON EUROPA											

## DE 50 A 54 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	406	RICARDO REYERO HERMOSI	INDEPENDIENTE	93	0:34:05	04:36	38	2:26:21	36.08	02:24	27	1:31:06	<b>4:38:30</b>	0:25:15
2	395	PEPE SABORIDO MARTINEZ	ARTROGAL-TRI 498	31	0:31:07	04:15	43	2:26:40	36	01:57	100	1:42:33	<b>4:46:30</b>	0:33:14
3	384	ANTONIO LIBOREIRO COMES	ATHLETICS AVENTURA XTREM	133	0:35:16	06:04	83	2:31:36	34.83	03:05	83	1:41:03	<b>4:57:02</b>	0:43:47
4	407	ERNESTO CARVAJAL DE LA	XTREMCALVIÀ	36	0:31:42	04:29	88	2:32:09	34.7	01:57	146	1:48:18	<b>4:58:33</b>	0:45:18
5	390	ALFREDO GONZALEZ TABAR	OURENSE ATLETISMO	203	0:38:34	04:35	168	2:40:21	32.93	02:34	38	1:33:26	<b>4:59:28</b>	0:46:12
6	386	CARLOS SPUCH SANCHEZ	LICENZA 1 DIA	141	0:35:29	04:34	159	2:38:55	33.23	01:15	80	1:40:12	<b>5:00:24</b>	0:47:08
7	408	ANTONIO RABANAL FERNÁN	TRIA TLON MURALLA DE LUGO	43	0:31:56	04:10	86	2:32:06	34.72	01:33	208	1:55:12	<b>5:04:55</b>	0:51:40
8	403	FERNANDO ABREU FERNAN	CLUB ATLETISMO PORRIÑO	177	0:37:27	04:09	63	2:29:25	35.34	02:03	188	1:52:19	<b>5:05:21</b>	0:52:06
9	388	CEFERINO FRANCISCO PÉR	TRIA TLON DUERO	149	0:35:50	04:34	160	2:38:56	33.22	01:27	137	1:47:03	<b>5:07:48</b>	0:54:33
10	398	ANTONIO VAZQUEZ JIMENEZ	LICENZA 1 DIA	157	0:36:11	03:55	165	2:40:08	32.97	01:28	167	1:50:29	<b>5:12:09</b>	0:58:54
11	397	GONZALO DE CASTRO PARG	SIRENO TRIATLON CLUB	258	0:43:13	05:37	122	2:35:13	34.02	02:45	126	1:45:35	<b>5:12:21</b>	0:59:06
12	401	ALBERTO DIAZ AYUSO	TRIA TLON REAL CANOE	136	0:35:20	04:20	210	2:46:35	31.7	02:09	115	1:44:41	<b>5:13:02</b>	0:59:47
13	392	CARLOS QUINTANILLA GAR	INDEPENDIENTE	244	0:42:20	06:55	169	2:40:23	32.92	03:36	102	1:42:54	<b>5:16:07</b>	1:02:51
14	385	JOSÉ CARLOS BAUTISTA DA	LICENZA 1 DIA	265	0:43:52	06:53	199	2:44:42	32.06	03:07	81	1:40:17	<b>5:18:50</b>	1:05:34
15	393	JUAN ANTONIO LÓPEZ ALON	CLUB DEPORTIVO TRIATLON BIERZ	21	0:30:21	06:07	233	2:50:12	31.02	02:38	189	1:52:36	<b>5:21:52</b>	1:08:37
16	391	JOSE LUIS GONZALEZ MARTI	TEAM SPORT SPIRIT	123	0:34:53	04:44	93	2:32:37	34.6	02:08	253	2:09:06	<b>5:23:28</b>	1:10:12
17	402	JUAN GARCIA DE TUÑON	LICENZA 1 DIA	255	0:42:54	06:14	240	2:51:13	30.84	02:48	152	1:49:08	<b>5:32:16</b>	1:19:00
18	404	JAVIER PEIRA GARCIA	TRI + MORALZARZAL	165	0:36:39	05:21	243	2:51:46	30.74	02:44	255	2:11:26	<b>5:47:54</b>	1:34:38
19	387	JOSE LUIS MARTINEZ PEREZ	CLUB TRIATLON MAR DE VIGO	288	0:55:14	04:44	248	2:53:22	30.46	02:06	221	1:59:10	<b>5:54:34</b>	1:41:19
20	409	JESUS ABAD BUSTO	LICENZA 1 DIA	250	0:42:32	06:20	273	3:06:09	28.37	03:16	222	1:59:14	<b>5:57:28</b>	1:44:13



NF	394	JOSE JAVIER GOMEZ IGLESI	TRI OURENSE	155	0:36:08	04:21	78	2:31:03	34.96	02:42
NF	400	FRANCISCO GIL ALONSO	CLUB TRIATLON VAO	44	0:32:05	03:29				
NF	405	JOSE MANUEL QUINTEIRO G	ASOCIACION DEPORTIVA C.A.R.	147	0:35:43	04:04	94	2:32:42	34.58	01:29
NP	389	ROBERTO FERNÁNDEZ ALO	TRI OURENSE							
NP	396	JOSE LUIS CORRAL BUSTO	LICENZA 1 DIA							
NP	399	CHEMA REIGOSA MARTÍNEZ	CLUB HERCULES TERMARIA							

## DE 55 A 59 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	414	FAUSTINO BLANCO MANCEB	CLUB DEPORTIVO TRIATLON BIERZ	126	0:34:56	04:00	89	2:32:16	34.68	02:19	147	1:48:19	<b>5:01:48</b>	0:48:33
2	412	JUAN MANUEL TÁBARA ROD	ATLETAS ACEA DE AMA	232	0:41:44	03:52	114	2:35:03	34.05	02:12	169	1:50:37	<b>5:13:27</b>	1:00:11
3	416	JACQUES CANON	LICENZA 1 DIA	276	0:45:03	05:48	166	2:40:17	32.94	02:49	211	1:55:50	<b>5:29:45</b>	1:16:29
4	417	JORGE SANMARTIN ALONSO	LAMARGHA-BEARIZ TRIATLON	247	0:42:28	07:22	186	2:42:59	32.4	01:54	231	1:59:47	<b>5:34:28</b>	1:21:12
5	411	MARC DIVER	LICENZA 1 DIA	285	0:50:05	05:55	185	2:42:38	32.47	02:06	197	1:54:29	<b>5:35:11</b>	1:21:56
6	413	JOSÉ MANUEL PERNAS VAZ	PEÑA CICLISTA LAR	280	0:46:30	05:50	256	2:55:48	30.04	02:07	153	1:49:15	<b>5:39:28</b>	1:26:12
7	410	EMILIO LARRIBA DE LA RUBI	TRIATLÓN ATLETI	289	1:04:03	05:43	276	3:10:29	27.72	02:17	267	2:22:45	<b>6:45:15</b>	2:31:59
NP	415	OSCAR JOSÉ SURIS REGUEI	CLUB TRIATLON MAR DE VIGO											

## DE 60 A 64 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	418	ANTONIO PARDO LÓPEZ	NOSPORTLIMIT	146	0:35:41	05:20	183	2:42:03	32.58	02:04	259	2:13:59	<b>5:39:07</b>	1:25:51

## DE 65 A 69 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	419	EDUARDO VIEIRA MONTENE	SIRENO TRIATLON CLUB	234	0:41:49	05:53	208	2:46:31	31.71	02:10	156	1:49:29	<b>5:25:49</b>	1:12:34
2	420	FERNANDO CABEZAS DAPE	LICENZA 1 DIA	287	0:53:26	07:32	279	3:12:08	27.48	02:30	181	1:51:52	<b>6:07:26</b>	1:54:11