

## ABSOLUTA FEMININA

|            |           |      |                                 |           |         |
|------------|-----------|------|---------------------------------|-----------|---------|
| Localidade | Portonovo | Data | Domingo, 15 de setembro de 2019 | Distancia | Oímpico |
|------------|-----------|------|---------------------------------|-----------|---------|

### Oficiais

|                       |               |                       |                            |
|-----------------------|---------------|-----------------------|----------------------------|
| Delegado Técnico:     | MONICA FLORES | Xurado da Competición | MONICA FLORES- DT          |
| Xuíz Arbitro:         | FELIPE CASAL  |                       | ENRIQUE HERNANDEZ- FEGATRI |
| Responsable Oficiais: | FELIPE CASAL  |                       | RICARDO REY-NOSPORTLIMIT   |

### Datos da competición

|   |                              |                             |                             |
|---|------------------------------|-----------------------------|-----------------------------|
| Temperatura exterior: 24 °C<br>Temperatura da auga: 16.2 °C<br>Neopreno: OPCIONAL | Natación 1.5 Km.<br>2 voltas | Ciclismo 40 Km.<br>2 voltas | Carreira 10 Km.<br>4 voltas |
| Inscritos : 22  | Remataron : 18               | Retirados : 1               | Non Presentados : 2         |
|   |                              |                             | Descalificados : 1          |

| POS. | Nº  | NOME                       | CLUB                       | CAT.   | P. | Natación | P. | Ciclismo | Km/h. | P. | Carreira | META           | Dif.                        |
|------|-----|----------------------------|----------------------------|--------|----|----------|----|----------|-------|----|----------|----------------|-----------------------------|
| 1    | 213 | IRIA CAMPOS TRABAZO        | TRIA TLÓN MOTOBIKE GALAICO | ABF    | 3  | 0:24:47  | 1  | 1:11:38  | 33.5  | 2  | 0:42:12  | <b>2:18:37</b> |                             |
| 2    | 208 | MARÍA GONZÁLEZ MARTÍNEZ    | ARTROGAL-TRI 498           | ABF    | 11 | 0:31:10  | 3  | 1:12:51  | 32.95 | 1  | 0:40:32  | <b>2:24:32</b> | 0:05:55                     |
| 3    | 211 | ISABEL GONZÁLEZ FUENTEFRI  | MARLINS TRIATLÓN MADRID    | ABF    | 4  | 0:26:42  | 4  | 1:13:21  | 32.73 | 3  | 0:45:30  | <b>2:25:32</b> | 0:06:56                     |
| 4    | 205 | CRISTINA TORRES HERVÉS     | CLUB TRIATLÓN MAR DE VIGO  | SUB23F | 1  | 0:23:27  | 2  | 1:12:49  | 32.96 | 9  | 0:50:04  | <b>2:26:19</b> | 0:07:43                     |
| 5    | 204 | MARTA BARBEITO DOMINGUEZ   | A.D. NÁUTICO DE NARÓN      | ABF    | 2  | 0:23:28  | 6  | 1:16:11  | 31.5  | 11 | 0:50:26  | <b>2:30:05</b> | 0:11:28                     |
| 6    | 217 | PAULA BLANCO LATORRE       | NOSPORTLIMIT               | ABF    | 6  | 0:29:23  | 5  | 1:13:54  | 32.48 | 7  | 0:49:16  | <b>2:32:31</b> | 0:13:55                     |
| 7    | 221 | SONIA ROCA CANZOBRE        | NOSPORTLIMIT               | V1F    | 5  | 0:26:58  | 8  | 1:17:30  | 30.97 | 5  | 0:48:35  | <b>2:33:01</b> | 0:14:25                     |
| 8    | 215 | MARÍA JOSÉ VÁZQUEZ SANTOS  | NOSPORTLIMIT               | ABF    | 8  | 0:29:31  | 7  | 1:16:29  | 31.38 | 12 | 0:51:49  | <b>2:37:48</b> | 0:19:12                     |
| 9    | 207 | AMIRA SIMÓN MARTÍNEZ       | NOSPORTLIMIT               | ABF    | 17 | 0:34:07  | 10 | 1:18:19  | 30.65 | 4  | 0:47:03  | <b>2:39:29</b> | 0:20:52                     |
| 10   | 209 | ESTEFANIA ABELENDIA POSE   | TRIA TLÓN ARTEIXO          | ABF    | 13 | 0:31:52  | 12 | 1:20:07  | 29.96 | 6  | 0:48:52  | <b>2:40:50</b> | 0:22:14                     |
| 11   | 219 | NURIA ESPESO DÍAZ          | TEAM SPORT SPIRIT          | V1F    | 18 | 0:34:10  | 9  | 1:17:33  | 30.95 | 8  | 0:49:33  | <b>2:41:15</b> | 0:22:38                     |
| 12   | 216 | MIRIAM IGLESIAS VAZQUEZ    | A.D. MEDIADUCIA            | ABF    | 7  | 0:29:29  | 13 | 1:22:15  | 29.18 | 10 | 0:50:18  | <b>2:42:01</b> | 0:23:25                     |
| 13   | 218 | MÓNICA ALARCÓN HERNÁNDEZ   | NOSPORTLIMIT               | V1F    | 12 | 0:31:38  | 11 | 1:18:59  | 30.39 | 16 | 0:58:18  | <b>2:48:55</b> | 0:30:18                     |
| 14   | 214 | LORETO PEDROSA TORRES      | NOSPORTLIMIT               | ABF    | 10 | 0:30:57  | 14 | 1:25:09  | 28.19 | 14 | 0:55:01  | <b>2:51:06</b> | 0:32:30                     |
| 15   | 212 | REBECA ROLO RODRÍGUEZ      | CLUB ATLETISMO PORRIÑO     | ABF    | 14 | 0:32:09  | 17 | 1:31:21  | 26.27 | 13 | 0:52:34  | <b>2:56:04</b> | 0:37:28                     |
| 16   | 206 | GEMMA MARTÍNEZ ALONSO      | TRIA TLÓN ARTEIXO          | ABF    | 16 | 0:34:05  | 15 | 1:27:14  | 27.52 | 15 | 0:55:59  | <b>2:57:17</b> | 0:38:41                     |
| 17   | 222 | MAR MARTINEZ FRIGOLA       | NOSPORTLIMIT               | V1F    | 9  | 0:29:42  | 18 | 1:38:17  | 24.42 | 17 | 1:00:15  | <b>3:08:12</b> | 0:49:36                     |
| 18   | 220 | ELENA ARCOS TRILLO         | NOSPORTLIMIT               | V1F    | 15 | 0:32:27  | 16 | 1:28:30  | 27.12 | 18 | 1:07:18  | <b>3:08:13</b> | 0:49:37                     |
| DQ   | 225 | LYUDMYLA CHUB SAVCHENKO    | CLUB DEPORTIVO PINARIUM    | V2F    |    |          |    |          |       |    |          |                | ACORTAR PERCORRIDO NATACION |
| NF   | 224 | MARIA TERESA SILVARREY RED | NOSPORTLIMIT               | V2F    |    |          |    |          |       |    |          |                |                             |
| NP   | 210 | CRISTINA GARCÍA GONZÁLEZ   | CLUB TRIATLÓN CORUÑA       | ABF    |    |          |    |          |       |    |          |                |                             |
| NP   | 223 | PASTORA VÁZQUEZ HERNÁNDEZ  | NOSPORTLIMIT               | V1F    |    |          |    |          |       |    |          |                |                             |

## CATEGORIAS FEMININA

|            |           |      |                                 |           |         |
|------------|-----------|------|---------------------------------|-----------|---------|
| Localidade | Portonovo | Data | Domingo, 15 de setembro de 2019 | Distancia | Oímpico |
|------------|-----------|------|---------------------------------|-----------|---------|

### Oficiais

|                       |               |                       |                            |
|-----------------------|---------------|-----------------------|----------------------------|
| Delegado Técnico:     | MONICA FLORES | Xurado da Competición | MONICA FLORES- DT          |
| Xuíz Arbitro:         | FELIPE CASAL  |                       | ENRIQUE HERNANDEZ- FEGATRI |
| Responsable Oficiais: | FELIPE CASAL  |                       | RICARDO REY-NOSPORTLIMIT   |

### Datos da competición

|   |                              |                             |                             |
|---|------------------------------|-----------------------------|-----------------------------|
| Temperatura exterior: 24 °C<br>Temperatura da auga: 16.2 °C<br>Neopreno: OPCIONAL | Natación 1.5 Km.<br>2 voltas | Ciclismo 40 Km.<br>2 voltas | Carreira 10 Km.<br>4 voltas |
| Inscritos : 22  | Remataron : 18               | Retirados : 1               | Non Presentados : 2         |
|   |                              |                             | Descalificados : 1          |

## SUB-23 FEMININA

| POS. | Nº  | NOME                   | CLUB                      | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META  | Dif. |         |                |         |
|------|-----|------------------------|---------------------------|-------------|-------------|-------|-------------|-------|------|---------|----------------|---------|
| 1    | 205 | CRISTINA TORRES HERVÉS | CLUB TRIATLÓN MAR DE VIGO | 1           | 0:23:27     | 2     | 1:12:49     | 32.96 | 9    | 0:50:04 | <b>2:26:19</b> | 0:07:43 |

## VETERANAS 1 FEMININA

| POS. | Nº  | NOME                     | CLUB              | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META  | Dif. |         |                |         |
|------|-----|--------------------------|-------------------|-------------|-------------|-------|-------------|-------|------|---------|----------------|---------|
| 1    | 221 | SONIA ROCA CANZOBRE      | NOSPORTLIMIT      | 5           | 0:26:58     | 8     | 1:17:30     | 30.97 | 5    | 0:48:35 | <b>2:33:01</b> | 0:14:25 |
| 2    | 219 | NURIA ESPESO DÍAZ        | TEAM SPORT SPIRIT | 18          | 0:34:10     | 9     | 1:17:33     | 30.95 | 8    | 0:49:33 | <b>2:41:15</b> | 0:22:38 |
| 3    | 218 | MÓNICA ALARCÓN HERNÁNDEZ | NOSPORTLIMIT      | 12          | 0:31:38     | 11    | 1:18:59     | 30.39 | 16   | 0:58:18 | <b>2:48:55</b> | 0:30:18 |
| 4    | 222 | MAR MARTINEZ FRIGOLA     | NOSPORTLIMIT      | 9           | 0:29:42     | 18    | 1:38:17     | 24.42 | 17   | 1:00:15 | <b>3:08:12</b> | 0:49:36 |
| 5    | 220 | ELENA ARCOS TRILLO       | NOSPORTLIMIT      | 15          | 0:32:27     | 16    | 1:28:30     | 27.12 | 18   | 1:07:18 | <b>3:08:13</b> | 0:49:37 |
| NP   | 223 | PASTORA VÁZQUEZ HERNÁNDE | NOSPORTLIMIT      |             |             |       |             |       |      |         |                |         |

## VETERANAS 2 FEMININA

| POS. | Nº  | NOME                       | CLUB                    | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META | Dif. |                             |
|------|-----|----------------------------|-------------------------|-------------|-------------|-------|-------------|------|------|-----------------------------|
| DQ   | 225 | LYUDMYLA CHUB SAVCHENKO    | CLUB DEPORTIVO PINARIUM |             |             |       |             |      |      | ACORTAR PERCORRIDO NATACION |
| NF   | 224 | MARIA TERESA SILVARREY RED | NOSPORTLIMIT            |             |             |       |             |      |      |                             |

## ABSOLUTA MASCULINA

|            |           |      |                                 |           |         |
|------------|-----------|------|---------------------------------|-----------|---------|
| Localidade | Portonovo | Data | Domingo, 15 de setembro de 2019 | Distancia | Oímpico |
|------------|-----------|------|---------------------------------|-----------|---------|

### Oficiais

|                       |               |                       |                            |
|-----------------------|---------------|-----------------------|----------------------------|
| Delegado Técnico:     | MONICA FLORES | Xurado da Competición | MONICA FLORES- DT          |
| Xuíz Arbitro:         | FELIPE CASAL  |                       | ENRIQUE HERNANDEZ- FEGATRI |
| Responsable Oficiais: | FELIPE CASAL  |                       | RICARDO REY-NOSPORTLIMIT   |

### Datos da competición

|   |                              |                             |                             |
|---|------------------------------|-----------------------------|-----------------------------|
| Temperatura exterior: 24 °C<br>Temperatura da auga: 16.2 °C<br>Neopreno: OPCIONAL | Natación 1.5 Km.<br>2 voltas | Ciclismo 40 Km.<br>2 voltas | Carreira 10 Km.<br>4 voltas |
| Inscritos : 203   | Remataron : 175              | Retirados : 7               | Non Presentados : 19        |
|   |                              |                             | Descalificados : 2          |

| POS. | Nº  | NOME                        | CLUB                      | CAT.   | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META  | Dif. |         |                |         |
|------|-----|-----------------------------|---------------------------|--------|-------------|-------------|-------|-------------|-------|------|---------|----------------|---------|
| 1    | 3   | FACUNDO MEDARD              | TRIATLÓN ARTEIXO          | ABM    | 2           | 0:19:56     | 6     | 0:59:21     | 40.44 | 1    | 0:32:05 | <b>1:51:21</b> |         |
| 2    | 1   | CRISTÓBAL DIOS RÍOS         | A.D TRI-PENTA TERRAS DE L | ABM    | 8           | 0:21:30     | 1     | 0:56:11     | 42.72 | 2    | 0:34:15 | <b>1:51:55</b> | 0:00:34 |
| 3    | 128 | RICARDO REY MARTINEZ        | NOSPORTLIMIT              | V1M    | 7           | 0:21:24     | 5     | 0:59:18     | 40.48 | 4    | 0:35:14 | <b>1:55:55</b> | 0:04:35 |
| 4    | 84  | RAMÓN TRONCOSO SOBRINO      | CLUB ATLETISMO PORRIÑO    | ABM    | 15          | 0:22:46     | 2     | 0:57:08     | 42.02 | 14   | 0:36:50 | <b>1:56:42</b> | 0:05:22 |
| 5    | 7   | BRAIS OTERO LESTÓN          | ARCADE INFORHOUSE SANTI   | SUB23M | 4           | 0:20:00     | 18    | 1:01:28     | 39.06 | 6    | 0:36:01 | <b>1:57:27</b> | 0:06:07 |
| 6    | 71  | JORGE FERRADANS VALDES      | TRIATLON VILAGARCÍA/ATEN  | ABM    | 9           | 0:21:33     | 7     | 0:59:31     | 40.33 | 15   | 0:36:52 | <b>1:57:55</b> | 0:06:34 |
| 7    | 112 | DANIEL MUÑIZ GÓMEZ          | LICENZA DE UN DÍA         | V1M    | 6           | 0:20:39     | 4     | 0:57:57     | 41.42 | 45   | 0:39:41 | <b>1:58:17</b> | 0:06:56 |
| 8    | 113 | MIGUEL DAPORTA MÉNDEZ       | CLUB OLÍMPICO DE VEDRA    | V1M    | 14          | 0:22:33     | 17    | 1:01:18     | 39.16 | 5    | 0:35:30 | <b>1:59:20</b> | 0:07:59 |
| 9    | 15  | CRISTIAN MUIÑO VARELA       | ARCADE INFORHOUSE SANTI   | ABM    | 44          | 0:24:38     | 11    | 1:00:06     | 39.93 | 3    | 0:34:52 | <b>1:59:35</b> | 0:08:15 |
| 10   | 54  | JOSE ANTONIO CASTILLA MENEN | TRIATLÓN FACTORY COACHI   | ABM    | 31          | 0:23:46     | 8     | 0:59:38     | 40.25 | 10   | 0:36:15 | <b>1:59:38</b> | 0:08:18 |
| 11   | 156 | LUIS ALBERTO PAREDES COYA   | TRIATLÓN MOTOBIKE GALAIC  | V1M    | 21          | 0:23:05     | 13    | 1:00:57     | 39.38 | 8    | 0:36:05 | <b>2:00:06</b> | 0:08:46 |
| 12   | 162 | CARLOS DAVID PRIETO LOPEZ   | CIDADE DE LUGO FLUVIAL    | V1M    | 5           | 0:20:01     | 31    | 1:03:20     | 37.9  | 13   | 0:36:48 | <b>2:00:08</b> | 0:08:47 |
| 13   | 42  | PABLO BEASCOECHEA PORTAS    | CLUB CICLISMO-TRIATLON P  | ABM    | 24          | 0:23:27     | 19    | 1:01:36     | 38.96 | 12   | 0:36:35 | <b>2:01:38</b> | 0:10:18 |
| 14   | 44  | ALVARO GOMEZ CARDESIN       | TRIATLÓN ARTEIXO          | ABM    | 1           | 0:19:52     | 50    | 1:05:15     | 36.79 | 16   | 0:36:52 | <b>2:01:58</b> | 0:10:37 |
| 15   | 96  | JAVIER FERNANDEZ FERNANDEZ  | TRIATLON VILAGARCÍA/ATEN  | ABM    | 72          | 0:25:19     | 9     | 0:59:46     | 40.16 | 22   | 0:37:22 | <b>2:02:26</b> | 0:11:05 |
| 16   | 59  | JUAN JOSE GONZÁLEZ ARIAS    | TRIATLÓN ARTEIXO          | ABM    | 28          | 0:23:37     | 30    | 1:03:04     | 38.06 | 11   | 0:36:20 | <b>2:03:00</b> | 0:11:39 |
| 17   | 13  | THOMAS AFONSO LÓPEZ         | ARCADE INFORHOUSE SANTI   | ABM    | 23          | 0:23:26     | 20    | 1:01:51     | 38.8  | 27   | 0:38:09 | <b>2:03:26</b> | 0:12:05 |
| 18   | 102 | DANIEL FEIJOO FERREIRO      | TRIEUME AS PONTES CLUB    | V1M    | 53          | 0:25:00     | 23    | 1:02:12     | 38.59 | 18   | 0:36:58 | <b>2:04:08</b> | 0:12:48 |
| 19   | 105 | LEANDRO PINTO               | TRIBRAGA                  | V1M    | 18          | 0:22:55     | 27    | 1:02:47     | 38.23 | 32   | 0:38:33 | <b>2:04:14</b> | 0:12:53 |
| 20   | 67  | SERGIO SANTOS LOIS          | CLUB CICLISMO-TRIATLON P  | ABM    | 81          | 0:25:48     | 16    | 1:01:11     | 39.24 | 24   | 0:37:25 | <b>2:04:23</b> | 0:13:02 |
| 21   | 149 | CRISTÓBAL CACHEDA CHOUZA    | TEAM CORBELO              | V1M    | 47          | 0:24:42     | 28    | 1:02:52     | 38.18 | 17   | 0:36:54 | <b>2:04:27</b> | 0:13:06 |
| 22   | 31  | DAVID OLIVEIRA RODRIGUEZ    | CLUB ATLETISMO PORRIÑO    | ABM    | 12          | 0:21:59     | 32    | 1:03:32     | 37.78 | 39   | 0:39:11 | <b>2:04:40</b> | 0:13:20 |
| 23   | 30  | ROI MARTINEZ MARTIN         | TRI OURENSE               | ABM    | 35          | 0:24:11     | 24    | 1:02:14     | 38.57 | 30   | 0:38:18 | <b>2:04:43</b> | 0:13:22 |
| 24   | 119 | PABLO ALONSO FIGUEROA       | CLUB CICLISMO-TRIATLON P  | V1M    | 37          | 0:24:22     | 43    | 1:04:47     | 37.06 | 7    | 0:36:05 | <b>2:05:13</b> | 0:13:52 |
| 25   | 49  | IVAN SALGADO GARCIA         | TRIATLÓN O TREITO         | ABM    | 40          | 0:24:27     | 12    | 1:00:41     | 39.56 | 52   | 0:40:18 | <b>2:05:24</b> | 0:14:03 |
| 26   | 100 | GONZALO FERNANDEZ OTERO     | TRIATLON VILAGARCÍA/ATEN  | V1M    | 48          | 0:24:43     | 22    | 1:02:08     | 38.63 | 38   | 0:39:02 | <b>2:05:51</b> | 0:14:31 |
| 27   | 69  | ISAAC RODRÍGUEZ IGNACIO     | TRIATLÓN MOTOBIKE GALAIC  | ABM    | 3           | 0:20:00     | 72    | 1:07:06     | 35.77 | 43   | 0:39:32 | <b>2:06:37</b> | 0:15:17 |
| 28   | 64  | ENRIQUE RIVAS PULPEIRO      | NOSPORTLIMIT              | ABM    | 22          | 0:23:12     | 21    | 1:02:02     | 38.69 | 70   | 0:41:31 | <b>2:06:44</b> | 0:15:23 |
| 29   | 52  | DIEGO GONZÁLEZ GONZÁLEZ     | LICENZA DE UN DÍA         | ABM    | 71          | 0:25:19     | 42    | 1:04:40     | 37.12 | 21   | 0:37:20 | <b>2:07:18</b> | 0:15:57 |
| 30   | 110 | JOSE LUIS RODRIGUEZ MARTIN  | TRIATLÓN MOTOBIKE GALAIC  | V1M    | 57          | 0:25:05     | 39    | 1:04:06     | 37.45 | 28   | 0:38:10 | <b>2:07:20</b> | 0:15:59 |
| 31   | 104 | JOSE RAMON LARIÑO LAGO      | CLUB CICLISTA MUROS       | V1M    | 65          | 0:25:12     | 10    | 0:59:58     | 40.03 | 87   | 0:42:24 | <b>2:07:32</b> | 0:16:12 |
| 32   | 134 | IVAN VIDAL DE SA            | CLUB TRIATLÓN MORRAZO     | V1M    | 125         | 0:28:21     | 3     | 0:57:10     | 41.99 | 84   | 0:42:16 | <b>2:07:47</b> | 0:16:26 |
| 33   | 24  | BRUNO MARTÍNEZ BARGIELA     | CLUB ATLETISMO PORRIÑO    | ABM    | 11          | 0:21:58     | 62    | 1:05:55     | 36.41 | 48   | 0:40:00 | <b>2:07:52</b> | 0:16:32 |
| 34   | 28  | LUIS MARTÍNEZ LOUZAO        | INDEPENDENTE              | ABM    | 30          | 0:23:45     | 53    | 1:05:24     | 36.7  | 40   | 0:39:18 | <b>2:08:26</b> | 0:17:06 |
| 35   | 34  | CARLOS RODRIGUEZ LEAL       | A.D. NÁUTICO DE NARÓN     | ABM    | 54          | 0:25:01     | 47    | 1:05:10     | 36.83 | 29   | 0:38:16 | <b>2:08:26</b> | 0:17:06 |
| 36   | 58  | PORFIRIO FERNÁNDEZ VIDAL    | CLUB CICLISMO-TRIATLON P  | ABM    | 98          | 0:26:39     | 25    | 1:02:23     | 38.48 | 44   | 0:39:38 | <b>2:08:38</b> | 0:17:18 |
| 37   | 18  | ADRIÁN SOUTO IGLESIAS       | A.D. FOGAR                | ABM    | 36          | 0:24:16     | 58    | 1:05:42     | 36.54 | 37   | 0:38:57 | <b>2:08:54</b> | 0:17:34 |
| 38   | 90  | CARLOS JUANATEY GARCIA      | ARTROGAL-TRI 498          | ABM    | 87          | 0:25:59     | 41    | 1:04:18     | 37.33 | 35   | 0:38:50 | <b>2:09:06</b> | 0:17:45 |
| 39   | 23  | JAVIER VILA PORTO           | CLUB ATLETISMO PORRIÑO    | ABM    | 101         | 0:26:57     | 45    | 1:05:05     | 36.88 | 20   | 0:37:13 | <b>2:09:14</b> | 0:17:54 |
| 40   | 25  | ABEL SOUTO CORES            | CLUB TRIATLÓN CORUÑA      | ABM    | 49          | 0:24:43     | 34    | 1:03:40     | 37.7  | 63   | 0:41:06 | <b>2:09:29</b> | 0:18:08 |
| 41   | 99  | VICTOR CALLES MARTINEZ      | A.D.TRIATLÓN AVILES       | V1M    | 19          | 0:22:56     | 44    | 1:04:57     | 36.95 | 78   | 0:41:50 | <b>2:09:42</b> | 0:18:21 |
| 42   | 60  | JOSE RAMON HERMO LOJO       | LICENZA DE UN DÍA         | ABM    | 25          | 0:23:34     | 49    | 1:05:14     | 36.8  | 60   | 0:40:56 | <b>2:09:42</b> | 0:18:22 |
| 43   | 124 | JORGE JANEIRO LORENZO       | CLUB CICLISMO-TRIATLON P  | V1M    | 148         | 0:29:25     | 29    | 1:02:59     | 38.11 | 23   | 0:37:25 | <b>2:09:49</b> | 0:18:28 |

| POS. | Nº  | NOME                        | CLUB                       | CAT.   | P.  | Natación | P.  | Ciclismo | Km/h. | P.  | Carreira | META           | Dif.    |
|------|-----|-----------------------------|----------------------------|--------|-----|----------|-----|----------|-------|-----|----------|----------------|---------|
| 44   | 122 | ROBERTO CARLOS COBAS GARCIA | NOSPORTLIMIT               | V1M    | 90  | 0:26:03  | 38  | 1:04:02  | 37.49 | 49  | 0:40:05  | <b>2:10:09</b> | 0:18:48 |
| 45   | 5   | JUAN LUIS GARCIA MENIÑO     | CLUB CICLISMO-TRIATLON P   | SUB23M | 85  | 0:25:53  | 57  | 1:05:39  | 36.56 | 33  | 0:38:38  | <b>2:10:10</b> | 0:18:49 |
| 46   | 80  | RAMIRO GONZÁLEZ FRANCO      | TRIATLÓN COSTA DA MORTE    | ABM    | 88  | 0:26:00  | 40  | 1:04:06  | 37.44 | 50  | 0:40:05  | <b>2:10:10</b> | 0:18:50 |
| 47   | 89  | GERMAN MONTOTO PEREIRA      | CLUB TRIATLÓN MAR DE VIG   | ABM    | 74  | 0:25:20  | 61  | 1:05:47  | 36.49 | 41  | 0:39:21  | <b>2:10:27</b> | 0:19:07 |
| 48   | 62  | DAVID LUSQUIÑOS BALLESTEROS | CLUB TRIATLÓN VAO          | ABM    | 26  | 0:23:36  | 59  | 1:05:42  | 36.53 | 69  | 0:41:29  | <b>2:10:46</b> | 0:19:26 |
| 49   | 12  | EDGAR CASTELO RODRÍGUEZ     | NOSPORTLIMIT               | ABM    | 56  | 0:25:05  | 65  | 1:06:17  | 36.22 | 42  | 0:39:28  | <b>2:10:48</b> | 0:19:28 |
| 50   | 17  | ANDRES VIDAL GIRALDEZ       | NOSPORTLIMIT               | ABM    | 51  | 0:24:50  | 33  | 1:03:39  | 37.71 | 91  | 0:42:35  | <b>2:11:04</b> | 0:19:43 |
| 51   | 140 | GONZALO SUÁREZ SUÁREZ       | LICENZA DE UN DÍA          | V1M    | 33  | 0:23:52  | 54  | 1:05:25  | 36.69 | 77  | 0:41:49  | <b>2:11:05</b> | 0:19:44 |
| 52   | 75  | LUCAS DEL RIO CORTEGOSO     | CLUB TRIATLÓN MORRAZO      | ABM    | 63  | 0:25:10  | 69  | 1:06:40  | 36    | 47  | 0:39:52  | <b>2:11:41</b> | 0:20:20 |
| 53   | 86  | JOSE MARIA LORENZO LORENZO  | CLUB TRIATLÓN MORRAZO      | ABM    | 38  | 0:24:22  | 108 | 1:10:17  | 34.15 | 19  | 0:37:05  | <b>2:11:44</b> | 0:20:23 |
| 54   | 150 | ROGER SUAREZ DOSIL          | ARTROGAL-TRI 498           | V1M    | 41  | 0:24:32  | 74  | 1:07:16  | 35.68 | 53  | 0:40:30  | <b>2:12:17</b> | 0:20:56 |
| 55   | 6   | ÍÑIGO MARTÍNEZ MARTÍNEZ     | CLUB CICLISMO-TRIATLON P   | SUB23M | 94  | 0:26:09  | 46  | 1:05:06  | 36.87 | 65  | 0:41:15  | <b>2:12:29</b> | 0:21:08 |
| 56   | 43  | ADRIAN SÁNCHEZ VÁZQUEZ      | CLUB TRIATLÓN COMPOSTEL    | ABM    | 46  | 0:24:41  | 52  | 1:05:23  | 36.71 | 93  | 0:42:40  | <b>2:12:43</b> | 0:21:22 |
| 57   | 142 | CARLOS JESÚS RODRIGUEZ REY  | CLUB TRIATLÓN COMPOSTEL    | V1M    | 84  | 0:25:52  | 37  | 1:03:55  | 37.55 | 97  | 0:42:57  | <b>2:12:43</b> | 0:21:22 |
| 58   | 195 | JOSE ANDRES ALDREY VARELA   | CLUB TRIATLÓN CORUÑA       | V2M    | 20  | 0:23:04  | 67  | 1:06:32  | 36.08 | 98  | 0:43:09  | <b>2:12:44</b> | 0:21:23 |
| 59   | 4   | MARTIN ESPÍNEIRA MOSQUERA   | NOSPORTLIMIT               | SUB23M | 50  | 0:24:45  | 98  | 1:09:15  | 34.66 | 34  | 0:38:46  | <b>2:12:45</b> | 0:21:25 |
| 60   | 116 | JOSE MANUEL LORES MEIS      | CLUB CICLISMO-TRIATLON P   | V1M    | 73  | 0:25:19  | 70  | 1:06:47  | 35.95 | 59  | 0:40:43  | <b>2:12:48</b> | 0:21:27 |
| 61   | 167 | JOSÉ MARÍA EIROA FEAL       | TRIATLÓN FERROL            | V1M    | 91  | 0:26:05  | 51  | 1:05:18  | 36.76 | 73  | 0:41:43  | <b>2:13:05</b> | 0:21:44 |
| 62   | 81  | ELOY REY MARTÍNEZ           | ARTROGAL-TRI 498           | ABM    | 17  | 0:22:48  | 83  | 1:08:08  | 35.23 | 88  | 0:42:27  | <b>2:13:22</b> | 0:22:01 |
| 63   | 197 | JOSE LUIS NESPHEREIRA GOMEZ | C. TRIATLÓN OURENSE        | V2M    | 103 | 0:27:07  | 35  | 1:03:45  | 37.65 | 94  | 0:42:45  | <b>2:13:36</b> | 0:22:16 |
| 64   | 173 | JOSE ÁNGEL SÁNCHEZ REDONDO  | TRIATLÓN MURALLA DE LUG    | V1M    | 156 | 0:30:17  | 73  | 1:07:11  | 35.73 | 9   | 0:36:15  | <b>2:13:42</b> | 0:22:21 |
| 65   | 87  | MANUEL DALMEIDA LÓPEZ       | TRIATLON VILAGARCÍA/ATEN   | ABM    | 58  | 0:25:06  | 36  | 1:03:54  | 37.56 | 123 | 0:44:55  | <b>2:13:54</b> | 0:22:33 |
| 66   | 115 | RAMÓN CARNOTA MÉNDEZ        | NOSPORTLIMIT               | V1M    | 16  | 0:22:47  | 91  | 1:08:54  | 34.84 | 83  | 0:42:15  | <b>2:13:56</b> | 0:22:35 |
| 67   | 127 | CARLOS COIRA LOJO           | TRIATLON VILAGARCÍA/ATEN   | V1M    | 39  | 0:24:26  | 80  | 1:07:55  | 35.34 | 75  | 0:41:47  | <b>2:14:08</b> | 0:22:47 |
| 68   | 97  | ALBERTO AGÍS GRAÑA          | CLUB CICLISMO-TRIATLON P   | ABM    | 83  | 0:25:50  | 79  | 1:07:46  | 35.42 | 58  | 0:40:38  | <b>2:14:13</b> | 0:22:53 |
| 69   | 154 | RUBÉN SÍO FERNÁNDEZ         | CLUB ATLETISMO PORRIÑO     | V1M    | 120 | 0:28:15  | 26  | 1:02:23  | 38.48 | 109 | 0:43:46  | <b>2:14:22</b> | 0:23:02 |
| 70   | 39  | MANUEL ALEXANDRE ALONSO MU  | CLUB TRIATLÓN MAR DE VIG   | ABM    | 110 | 0:27:23  | 86  | 1:08:20  | 35.12 | 36  | 0:38:54  | <b>2:14:36</b> | 0:23:15 |
| 71   | 194 | ANTONIO VIDAL ARES          | ARCADE INFORHOUSE SANTI    | V2M    | 67  | 0:25:16  | 71  | 1:06:57  | 35.85 | 95  | 0:42:48  | <b>2:15:00</b> | 0:23:39 |
| 72   | 114 | FRANCISCO JAVIER CASTRELO C | TRIATLON VILAGARCÍA/ATEN   | V1M    | 82  | 0:25:49  | 68  | 1:06:36  | 36.04 | 92  | 0:42:40  | <b>2:15:04</b> | 0:23:43 |
| 73   | 130 | FELIPE DOMINGUEZ MARIÑO     | CLUB ATLETISMO PORRIÑO     | V1M    | 79  | 0:25:35  | 81  | 1:07:57  | 35.33 | 76  | 0:41:48  | <b>2:15:19</b> | 0:23:59 |
| 74   | 196 | ARMANDO PIÑEIRO PÉREZ       | LAMARGHA-BEARIZ TRIATLÓ    | V2M    | 34  | 0:24:08  | 76  | 1:07:32  | 35.54 | 113 | 0:43:55  | <b>2:15:35</b> | 0:24:14 |
| 75   | 32  | ALBERTO CORRAL BAHAMONDE    | A.D. NÁUTICO DE NARÓN      | ABM    | 133 | 0:28:46  | 66  | 1:06:21  | 36.18 | 55  | 0:40:37  | <b>2:15:42</b> | 0:24:21 |
| 76   | 137 | F. GERMÁN ROMERO IGLESIAS   | TRIATLÓN O TREITO          | V1M    | 108 | 0:27:19  | 14  | 1:01:08  | 39.26 | 145 | 0:47:17  | <b>2:15:44</b> | 0:24:23 |
| 77   | 200 | JOSE MANUEL OTERO FERNANDE  | TRIATLÓN MURALLA DE LUG    | V2M    | 27  | 0:23:36  | 87  | 1:08:23  | 35.1  | 114 | 0:43:58  | <b>2:15:56</b> | 0:24:35 |
| 78   | 11  | JOSE LUIS AMENEIROS GOMEZ   | TEAM CORBELO               | ABM    | 106 | 0:27:13  | 112 | 1:11:00  | 33.81 | 25  | 0:37:45  | <b>2:15:58</b> | 0:24:37 |
| 79   | 103 | JAIRO PRIETO CAAMAÑO        | TRIATLÓN COSTA DA MORTE    | V1M    | 153 | 0:29:40  | 55  | 1:05:29  | 36.66 | 61  | 0:40:58  | <b>2:16:06</b> | 0:24:45 |
| 80   | 38  | AITOR RODRIGUEZ ALONSO      | 220PPM                     | ABM    | 145 | 0:29:20  | 97  | 1:09:11  | 34.69 | 26  | 0:37:59  | <b>2:16:29</b> | 0:25:08 |
| 81   | 184 | JOSE JAVIER GOMEZ IGLESIAS  | TRI OURENSE                | V2M    | 137 | 0:28:57  | 64  | 1:06:16  | 36.22 | 68  | 0:41:28  | <b>2:16:39</b> | 0:25:19 |
| 82   | 95  | ÁLVARO CIMARRAS IGLESIAS    | NOSPORTLIMIT               | ABM    | 29  | 0:23:43  | 134 | 1:13:23  | 32.71 | 46  | 0:39:42  | <b>2:16:47</b> | 0:25:26 |
| 83   | 68  | DAVID CUTRÍN LÓPEZ          | CLUB TRIATLÓN COMPOSTEL    | ABM    | 96  | 0:26:10  | 93  | 1:09:00  | 34.79 | 72  | 0:41:38  | <b>2:16:47</b> | 0:25:27 |
| 84   | 46  | AITOR LOSADA GARCIA         | NOSPORTLIMIT               | ABM    | 45  | 0:24:38  | 90  | 1:08:52  | 34.86 | 112 | 0:43:53  | <b>2:17:22</b> | 0:26:02 |
| 85   | 132 | DANIEL LOPEZ RODRIGUEZ      | CLUB TRIATLÓN MAR DE VIG   | V1M    | 111 | 0:27:24  | 56  | 1:05:38  | 36.57 | 122 | 0:44:40  | <b>2:17:41</b> | 0:26:21 |
| 86   | 91  | CARLOS MÁIZ MANSO           | CLUB TRIATLÓN CORUÑA       | ABM    | 32  | 0:23:48  | 116 | 1:11:23  | 33.62 | 90  | 0:42:35  | <b>2:17:46</b> | 0:26:25 |
| 87   | 8   | SERGIO HERMELO GÓMEZ        | LICENZA DE UN DÍA          | ABM    | 64  | 0:25:11  | 125 | 1:12:34  | 33.08 | 51  | 0:40:14  | <b>2:17:58</b> | 0:26:37 |
| 88   | 138 | ALFONSO LÓPEZ MARTÍNEZ      | LICENZA DE UN DÍA          | V1M    | 149 | 0:29:26  | 77  | 1:07:39  | 35.48 | 67  | 0:41:23  | <b>2:18:28</b> | 0:27:07 |
| 89   | 143 | JUAN AGRASAR REY            | TRIATLÓN MOTOBIKE GALAIC   | V1M    | 55  | 0:25:02  | 115 | 1:11:17  | 33.67 | 82  | 0:42:15  | <b>2:18:33</b> | 0:27:12 |
| 90   | 109 | LUIS ALBERTO DOMINGUEZ FERN | TRI OURENSE                | V1M    | 146 | 0:29:20  | 63  | 1:05:59  | 36.38 | 101 | 0:43:20  | <b>2:18:38</b> | 0:27:18 |
| 91   | 187 | FEDERICO PORTO ARIAS        | CLUB TRIATLÓN CORUÑA       | V2M    | 62  | 0:25:09  | 118 | 1:11:37  | 33.51 | 80  | 0:42:03  | <b>2:18:49</b> | 0:27:28 |
| 92   | 106 | MIGUEL SANTOMIL LAPIDO      | ARTROGAL-TRI 498           | V1M    | 60  | 0:25:08  | 121 | 1:11:48  | 33.43 | 79  | 0:41:57  | <b>2:18:52</b> | 0:27:31 |
| 93   | 146 | FERNANDO MARTINEZ RODRIGUE  | A.D. NÁUTICO DE NARÓN      | V1M    | 119 | 0:28:09  | 75  | 1:07:27  | 35.58 | 106 | 0:43:32  | <b>2:19:08</b> | 0:27:47 |
| 94   | 159 | JOSE BENITO CHARLIN TRIGO   | TRIATLON VILAGARCÍA/ATEN   | V1M    | 144 | 0:29:18  | 82  | 1:08:00  | 35.3  | 81  | 0:42:03  | <b>2:19:20</b> | 0:27:59 |
| 95   | 136 | JESUS HEVIA GOMEZ           | NOSPORTLIMIT               | V1M    | 132 | 0:28:41  | 60  | 1:05:46  | 36.5  | 124 | 0:44:55  | <b>2:19:21</b> | 0:28:00 |
| 96   | 174 | EUGENIO BATÁN AMORÍN        | LAMARGHA-BEARIZ TRIATLÓ    | V1M    | 128 | 0:28:29  | 94  | 1:09:09  | 34.71 | 74  | 0:41:45  | <b>2:19:23</b> | 0:28:02 |
| 97   | 51  | JAVIER MENÉNDEZ NISTAL      | CLUB CICLISTA EO PILLABIKE | ABM    | 92  | 0:26:07  | 106 | 1:10:04  | 34.26 | 100 | 0:43:14  | <b>2:19:24</b> | 0:28:03 |
| 98   | 73  | ALBERTO MARTÍNEZ MORAN      | TRIATLÓN GOZÓN             | ABM    | 42  | 0:24:35  | 15  | 1:01:09  | 39.25 | 167 | 0:53:59  | <b>2:19:43</b> | 0:28:22 |
| 99   | 186 | XOSÉ MIGUEL CARBALLO GONZÁ  | TRI OURENSE                | V2M    | 61  | 0:25:08  | 99  | 1:09:17  | 34.64 | 131 | 0:45:24  | <b>2:19:48</b> | 0:28:28 |
| 100  | 29  | CARLOS RIVAS BARCALA        | A.D. TRIATLÓN ECOSPORT AL  | ABM    | 77  | 0:25:28  | 156 | 1:16:32  | 31.36 | 31  | 0:38:25  | <b>2:20:24</b> | 0:29:04 |
| 101  | 57  | ALEJANDRO E GONZALEZ GONZÁ  | NOSPORTLIMIT               | ABM    | 134 | 0:28:47  | 84  | 1:08:09  | 35.22 | 107 | 0:43:38  | <b>2:20:32</b> | 0:29:12 |
| 102  | 37  | IVÁN VÁZQUEZ GARCÍA         | TRIATLON VILAGARCÍA/ATEN   | ABM    | 105 | 0:27:13  | 100 | 1:09:18  | 34.64 | 117 | 0:44:04  | <b>2:20:34</b> | 0:29:13 |
| 103  | 193 | JOSE MANUEL ALVAREZ RIVAS   | TRIATLÓN MURALLA DE LUG    | V2M    | 163 | 0:31:14  | 85  | 1:08:11  | 35.2  | 64  | 0:41:11  | <b>2:20:34</b> | 0:29:14 |
| 104  | 144 | FELIPE IGLESIAS MIRA        | NATACIÓN PABELLÓN OUREN    | V1M    | 43  | 0:24:36  | 103 | 1:09:47  | 34.4  | 137 | 0:46:36  | <b>2:20:58</b> | 0:29:37 |
| 105  | 123 | ANGEL PAZÓ PEREZ            | TRINORTH                   | V1M    | 102 | 0:27:00  | 96  | 1:09:10  | 34.7  | 126 | 0:45:10  | <b>2:21:18</b> | 0:29:58 |
| 106  | 172 | IGNACIO PEREZ RODRIGUEZ     | C. TRIATLÓN OURENSE        | V1M    | 169 | 0:32:08  | 88  | 1:08:42  | 34.93 | 56  | 0:40:37  | <b>2:21:26</b> | 0:30:06 |
| 107  | 147 | MARCOS LAGO CASTRO          | CLUB HÉRCULES TERMARIA     | V1M    | 127 | 0:28:27  | 95  | 1:09:09  | 34.71 | 115 | 0:43:59  | <b>2:21:34</b> | 0:30:14 |
| 108  | 65  | DIEGO ROSAL CHAVES          | TEAM CORBELO               | ABM    | 117 | 0:27:53  | 119 | 1:11:39  | 33.5  | 85  | 0:42:20  | <b>2:21:51</b> | 0:30:30 |



| POS. | Nº  | NOME                         | CLUB                       | CAT. | P.  | Natación | P.  | Ciclismo | Km/h. | P.  | Carreira | META           | Dif.    |
|------|-----|------------------------------|----------------------------|------|-----|----------|-----|----------|-------|-----|----------|----------------|---------|
| 109  | 70  | SAMUEL ALONSO BARREIRO       | LICENZA DE UN DÍA          | ABM  | 122 | 0:28:16  | 114 | 1:11:08  | 33.74 | 89  | 0:42:33  | <b>2:21:56</b> | 0:30:36 |
| 110  | 78  | PABLO SANXIAO ROCA           | NOSPORTLIMIT               | ABM  | 121 | 0:28:16  | 78  | 1:07:45  | 35.43 | 135 | 0:46:03  | <b>2:22:03</b> | 0:30:43 |
| 111  | 21  | GONZALO LOPEZ DE GUEREÑU N   | TRIATLÓN MOTOBIKE GALAIC   | ABM  | 165 | 0:31:20  | 110 | 1:10:30  | 34.04 | 57  | 0:40:37  | <b>2:22:26</b> | 0:31:06 |
| 112  | 9   | ENRIQUE VILAR CASAL          | LICENZA DE UN DÍA          | ABM  | 76  | 0:25:23  | 127 | 1:12:43  | 33.01 | 120 | 0:44:25  | <b>2:22:31</b> | 0:31:10 |
| 113  | 160 | FLAVIO LOMBARDÍA TOIRÁN      | TRIATLÓN MURALLA DE LUG    | V1M  | 59  | 0:25:07  | 122 | 1:12:00  | 33.34 | 132 | 0:45:28  | <b>2:22:34</b> | 0:31:14 |
| 114  | 165 | JAVIER FERNANDEZ NEIRA       | LICENZA DE UN DÍA          | V1M  | 115 | 0:27:41  | 102 | 1:09:40  | 34.46 | 127 | 0:45:15  | <b>2:22:35</b> | 0:31:14 |
| 115  | 47  | DAVID MARTÍNEZ IGLESIAS      | CLUB CICLISTA EO PILLABIKE | ABM  | 138 | 0:29:00  | 123 | 1:12:21  | 33.18 | 71  | 0:41:32  | <b>2:22:52</b> | 0:31:31 |
| 116  | 36  | DAVID MARTINEZ GRAÑA         | CLUB TRIATLÓN MAR DE VIG   | ABM  | 69  | 0:25:16  | 124 | 1:12:32  | 33.09 | 128 | 0:45:20  | <b>2:23:07</b> | 0:31:46 |
| 117  | 63  | PABLO MIRANDA MÉNDEZ         | LICENZA DE UN DÍA          | ABM  | 107 | 0:27:19  | 101 | 1:09:28  | 34.55 | 139 | 0:46:43  | <b>2:23:29</b> | 0:32:08 |
| 118  | 170 | PABLO PEREZ BLANCO           | CLUB TRIATLÓN MAR DE VIG   | V1M  | 109 | 0:27:21  | 111 | 1:10:52  | 33.87 | 130 | 0:45:22  | <b>2:23:34</b> | 0:32:13 |
| 119  | 131 | JOSÉ MANUEL GARCÍA MENDOZA   | EMC TRIATLÓN               | V1M  | 160 | 0:30:37  | 89  | 1:08:48  | 34.89 | 118 | 0:44:13  | <b>2:23:37</b> | 0:32:16 |
| 120  | 76  | LUIS MIGUEL VITTORI ROMERO   | LICENZA DE UN DÍA          | ABM  | 142 | 0:29:16  | 132 | 1:13:10  | 32.8  | 66  | 0:41:20  | <b>2:23:46</b> | 0:32:25 |
| 121  | 169 | JOSE ANTONIO COSTA RODRIGUE  | LICENZA DE UN DÍA          | V1M  | 126 | 0:28:23  | 130 | 1:13:04  | 32.85 | 86  | 0:42:23  | <b>2:23:49</b> | 0:32:28 |
| 122  | 19  | ESTEBAN DEL RIO BLANCO       | LICENZA DE UN DÍA          | ABM  | 112 | 0:27:28  | 92  | 1:08:57  | 34.81 | 147 | 0:47:35  | <b>2:23:59</b> | 0:32:38 |
| 123  | 199 | EDUARDO SOUTO VÁZQUEZ        | NOSPORTLIMIT               | V2M  | 104 | 0:27:08  | 107 | 1:10:10  | 34.21 | 142 | 0:46:58  | <b>2:24:15</b> | 0:32:54 |
| 124  | 88  | OSCAR RODRÍGUEZ OTERO        | CLUB ATLETISMO PORRIÑO     | ABM  | 140 | 0:29:14  | 120 | 1:11:44  | 33.46 | 102 | 0:43:20  | <b>2:24:17</b> | 0:32:57 |
| 125  | 45  | CARLOS OTERO IGLESIAS        | LICENZA DE UN DÍA          | ABM  | 168 | 0:32:06  | 48  | 1:05:14  | 36.8  | 143 | 0:47:02  | <b>2:24:20</b> | 0:33:00 |
| 126  | 141 | GONZALO ORTIZ ALONSO         | NOSPORTLIMIT               | V1M  | 66  | 0:25:13  | 152 | 1:15:59  | 31.59 | 103 | 0:43:28  | <b>2:24:39</b> | 0:33:18 |
| 127  | 157 | ENRIQUE GRIÑAN TORRADO       | NOSPORTLIMIT               | V1M  | 80  | 0:25:39  | 117 | 1:11:28  | 33.58 | 148 | 0:47:41  | <b>2:24:48</b> | 0:33:27 |
| 128  | 201 | JOSE RILO LOPEZ              | NOSPORTLIMIT               | V2M  | 118 | 0:28:06  | 133 | 1:13:15  | 32.77 | 108 | 0:43:44  | <b>2:25:04</b> | 0:33:43 |
| 129  | 178 | JOSÉ MARIA FERNANDEZ REY     | TRIATLON VILAGARCÍA/ATEN   | V2M  | 78  | 0:25:30  | 146 | 1:15:17  | 31.88 | 119 | 0:44:24  | <b>2:25:11</b> | 0:33:50 |
| 130  | 22  | ARTURO PAZ GOMEZ             | ATLETAS ACEA DE AMA        | ABM  | 143 | 0:29:17  | 131 | 1:13:09  | 32.81 | 96  | 0:42:49  | <b>2:25:14</b> | 0:33:53 |
| 131  | 82  | PABLO VILA MAYOR             | LICENZA DE UN DÍA          | ABM  | 97  | 0:26:14  | 147 | 1:15:18  | 31.88 | 116 | 0:44:02  | <b>2:25:32</b> | 0:34:12 |
| 132  | 198 | ANTONIO RIVAS FEAL           | CLUB HÉRCULES TERMARIA     | V2M  | 13  | 0:22:21  | 168 | 1:19:57  | 30.02 | 111 | 0:43:51  | <b>2:26:08</b> | 0:34:47 |
| 133  | 94  | DANIEL GALLEGO LANNERSKOOG   | CDE TRIFUGAS               | ABM  | 89  | 0:26:02  | 136 | 1:13:29  | 32.66 | 138 | 0:46:40  | <b>2:26:11</b> | 0:34:50 |
| 134  | 145 | JORGE ANTONIO ALVAREZ RICO   | CLUB TRIATLÓN MAR DE VIG   | V1M  | 130 | 0:28:36  | 143 | 1:14:41  | 32.14 | 105 | 0:43:31  | <b>2:26:47</b> | 0:35:27 |
| 135  | 125 | PABLO JESUS GARCÍA FREIRE    | LICENZA DE UN DÍA          | V1M  | 131 | 0:28:38  | 140 | 1:13:58  | 32.45 | 129 | 0:45:21  | <b>2:27:56</b> | 0:36:36 |
| 136  | 182 | ANGEL FERNÁNDEZ VIDAL        | CLUB CERVECERÍA O COTÓN    | V2M  | 164 | 0:31:14  | 135 | 1:13:28  | 32.67 | 104 | 0:43:30  | <b>2:28:11</b> | 0:36:51 |
| 137  | 191 | FERNANDO ABREU FERNANDEZ     | CLUB ATLETISMO PORRIÑO     | V2M  | 155 | 0:30:14  | 104 | 1:09:56  | 34.32 | 150 | 0:48:13  | <b>2:28:23</b> | 0:37:02 |
| 138  | 40  | BASILIO CAMIÑA UCHA          | LICENZA DE UN DÍA          | ABM  | 158 | 0:30:27  | 145 | 1:14:50  | 32.07 | 99  | 0:43:10  | <b>2:28:27</b> | 0:37:06 |
| 139  | 33  | ALEJANDRO GERINO CALVO FER   | LICENZA DE UN DÍA          | ABM  | 100 | 0:26:46  | 159 | 1:17:16  | 31.07 | 121 | 0:44:26  | <b>2:28:27</b> | 0:37:07 |
| 140  | 98  | ÓSCAR RODRÍGUEZ RODRÍGUEZ    | MONTE PENARUBIA RUNNING    | V1M  | 129 | 0:28:34  | 113 | 1:11:04  | 33.78 | 159 | 0:50:17  | <b>2:29:54</b> | 0:38:34 |
| 141  | 61  | DAVID IGLESIAS OTERO         | CLUB TRIATLÓN MAR DE VIG   | ABM  | 150 | 0:29:30  | 151 | 1:15:38  | 31.73 | 125 | 0:45:07  | <b>2:30:13</b> | 0:38:53 |
| 142  | 111 | MIGUEL GONZALEZ RODRIGUEZ    | NOSPORTLIMIT               | V1M  | 52  | 0:24:59  | 148 | 1:15:19  | 31.87 | 158 | 0:50:14  | <b>2:30:32</b> | 0:39:11 |
| 143  | 155 | RUBÉN BLANCO DIAZ            | A.D. NÁUTICO DE NARÓN      | V1M  | 75  | 0:25:22  | 129 | 1:12:56  | 32.91 | 165 | 0:52:19  | <b>2:30:36</b> | 0:39:16 |
| 144  | 72  | MIGUEL GONZALEZ RODRIGUEZ    | LICENZA DE UN DÍA          | ABM  | 177 | 0:33:29  | 157 | 1:16:54  | 31.21 | 54  | 0:40:33  | <b>2:30:55</b> | 0:39:35 |
| 145  | 92  | GERARDO MIGUEL CALVO LÓPEZ   | CLUB CICLISMO-TRIATLON P   | ABM  | 99  | 0:26:40  | 139 | 1:13:53  | 32.49 | 160 | 0:50:33  | <b>2:31:06</b> | 0:39:45 |
| 146  | 188 | JESUS JAVIER GONZALEZ ESPINO | EMC TRIATLÓN               | V2M  | 93  | 0:26:09  | 149 | 1:15:29  | 31.8  | 155 | 0:49:43  | <b>2:31:20</b> | 0:39:59 |
| 147  | 189 | MANUEL OTERO GOMEZ           | NOSPORTLIMIT               | V2M  | 174 | 0:33:09  | 137 | 1:13:42  | 32.57 | 134 | 0:45:40  | <b>2:32:31</b> | 0:41:10 |
| 148  | 120 | ALEJANDRO PEREZ GIANNETTO    | NOSPORTLIMIT               | V1M  | 116 | 0:27:45  | 163 | 1:18:46  | 30.48 | 136 | 0:46:16  | <b>2:32:46</b> | 0:41:25 |
| 149  | 133 | ALEJANDRO RODRÍGUEZ LORENZ   | NOSPORTLIMIT               | V1M  | 123 | 0:28:17  | 160 | 1:17:44  | 30.88 | 141 | 0:46:56  | <b>2:32:57</b> | 0:41:36 |
| 150  | 161 | JOSE ANTONIO MARTÍNEZ LEMA   | CLUB HÉRCULES TERMARIA     | V1M  | 136 | 0:28:55  | 128 | 1:12:55  | 32.92 | 162 | 0:51:11  | <b>2:33:01</b> | 0:41:40 |
| 151  | 163 | ANTONIO BAAMONDE GONZÁLEZ    | CLUB TRIATLÓN MORRAZO      | V1M  | 135 | 0:28:48  | 158 | 1:17:08  | 31.11 | 144 | 0:47:17  | <b>2:33:12</b> | 0:41:52 |
| 152  | 74  | ÁLVARO DOSIL SUÁREZ          | LICENZA DE UN DÍA          | ABM  | 162 | 0:31:11  | 126 | 1:12:41  | 33.03 | 154 | 0:49:38  | <b>2:33:29</b> | 0:42:08 |
| 153  | 14  | MATIAS RODRIGUEZ RAMIREZ     | LICENZA DE UN DÍA          | ABM  | 154 | 0:29:41  | 164 | 1:19:00  | 30.38 | 133 | 0:45:29  | <b>2:34:09</b> | 0:42:48 |
| 154  | 107 | ALFREDO FERREIRO DEAÑO       | LAMARGHA-BEARIZ TRIATLÓ    | V1M  | 152 | 0:29:38  | 173 | 1:23:49  | 28.64 | 62  | 0:41:03  | <b>2:34:29</b> | 0:43:08 |
| 155  | 20  | HUGO DOVAL BARREIRO          | TRIATLON VILAGARCÍA/ATEN   | ABM  | 180 | 0:35:08  | 109 | 1:10:21  | 34.12 | 152 | 0:49:26  | <b>2:34:54</b> | 0:43:34 |
| 156  | 164 | JACOBO ANICETO SANCHEZ-BÁL   | NOSPORTLIMIT               | V1M  | 151 | 0:29:33  | 155 | 1:16:22  | 31.43 | 151 | 0:49:11  | <b>2:35:05</b> | 0:43:44 |
| 157  | 118 | ELISARDO LÓPEZ ROSALES       | LICENZA DE UN DÍA          | V1M  | 139 | 0:29:13  | 150 | 1:15:32  | 31.78 | 161 | 0:50:50  | <b>2:35:33</b> | 0:44:13 |
| 158  | 177 | FRANCISCO FERNÁNDEZ ANTELO   | TRIATLÓN O TREITO          | V2M  | 172 | 0:32:40  | 138 | 1:13:50  | 32.51 | 157 | 0:49:58  | <b>2:36:26</b> | 0:45:06 |
| 159  | 83  | RAFAEL SABUCEDO MARTINEZ     | LICENZA DE UN DÍA          | ABM  | 147 | 0:29:23  | 167 | 1:19:48  | 30.08 | 149 | 0:48:09  | <b>2:37:19</b> | 0:45:58 |
| 160  | 190 | JOSÉ MANUEL NANÍN LÓPEZ      | CORREDORES DO MIÑO         | V2M  | 159 | 0:30:36  | 169 | 1:20:17  | 29.9  | 140 | 0:46:47  | <b>2:37:39</b> | 0:46:19 |
| 161  | 183 | JESUS ROBRES ZARDOYA         | CLUB TRIATLÓN CORUÑA       | V2M  | 95  | 0:26:09  | 142 | 1:14:22  | 32.28 | 172 | 0:57:28  | <b>2:37:58</b> | 0:46:38 |
| 162  | 126 | FRANCISCO DOCAMPO DIAZ       | CLUB TRIATLÓN CORUÑA       | V1M  | 114 | 0:27:40  | 153 | 1:16:06  | 31.54 | 168 | 0:54:20  | <b>2:38:06</b> | 0:46:45 |
| 163  | 27  | JORGE PEREZ PAZOS            | LICENZA DE UN DÍA          | ABM  | 170 | 0:32:11  | 154 | 1:16:18  | 31.46 | 163 | 0:51:35  | <b>2:40:03</b> | 0:48:43 |
| 164  | 152 | JAVIER GONZÁLEZ FLÓREZ       | INDEPENDENTE               | V1M  | 173 | 0:33:08  | 162 | 1:18:11  | 30.7  | 153 | 0:49:38  | <b>2:40:56</b> | 0:49:35 |
| 165  | 171 | JOSÉ VIDAL RODRÍGUEZ         | ARCADE INFORHOUSE SANTI    | V1M  | 157 | 0:30:20  | 176 | 1:26:23  | 27.79 | 146 | 0:47:22  | <b>2:44:03</b> | 0:52:43 |
| 166  | 77  | MIGUEL TORRES OTERO          | LICENZA DE UN DÍA          | ABM  | 113 | 0:27:35  | 172 | 1:22:00  | 29.27 | 169 | 0:54:52  | <b>2:44:25</b> | 0:53:05 |
| 167  | 151 | RAMON ABELLA CARRERA         | LICENZA DE UN DÍA          | V1M  | 124 | 0:28:20  | 180 | 1:33:04  | 25.79 | 110 | 0:43:46  | <b>2:45:10</b> | 0:53:49 |
| 168  | 108 | VÍCTOR MANUEL VILAR REINA    | A.D. NÁUTICO DE NARÓN      | V1M  | 166 | 0:31:22  | 171 | 1:21:47  | 29.35 | 166 | 0:52:40  | <b>2:45:49</b> | 0:54:28 |
| 169  | 158 | ANDRES MANCENÍDO DIEZ        | LICENZA DE UN DÍA          | V1M  | 141 | 0:29:15  | 170 | 1:20:50  | 29.69 | 171 | 0:56:23  | <b>2:46:27</b> | 0:55:06 |
| 170  | 66  | XABIER RIVAS MARTÍNEZ        | CLUB HÉRCULES TERMARIA     | ABM  | 178 | 0:33:47  | 165 | 1:19:03  | 30.37 | 170 | 0:54:54  | <b>2:47:42</b> | 0:56:22 |
| 171  | 181 | JOSE ANTONIO PÉREZ NOVOA     | LICENZA DE UN DÍA          | V2M  | 181 | 0:36:15  | 174 | 1:24:56  | 28.26 | 156 | 0:49:54  | <b>2:51:04</b> | 0:59:43 |
| 172  | 50  | ALBERTO CORTIZO DAVIÑA       | TRIATLÓN MOTOBIKE GALAIC   | ABM  | 179 | 0:34:18  | 175 | 1:25:57  | 27.92 | 164 | 0:52:04  | <b>2:52:18</b> | 1:00:57 |
| 173  | 79  | ELADIO SALGUEIRO GARCIA      | NOSPORTLIMIT               | ABM  | 176 | 0:33:23  | 178 | 1:29:31  | 26.81 | 173 | 0:57:48  | <b>3:00:41</b> | 1:09:21 |

| POS. | Nº  | NOME                       | CLUB                      | CAT. | P. Natación                       | P. Ciclismo | Km/h. | P. Carreira | META           | Dif.    |
|------|-----|----------------------------|---------------------------|------|-----------------------------------|-------------|-------|-------------|----------------|---------|
| 174  | 202 | ALVARO GARCIA DIEGUEZ      | CLUB TRIATLÓN CORUÑA      | V3M  | 161 0:31:06                       | 179 1:29:57 | 26.68 | 174 1:01:37 | <b>3:02:38</b> | 1:11:18 |
| 175  | 203 | MANUEL JOSÉ CRUCES PRADO   | CLUB DEPORTIVO PINARIUM   | V3M  | 171 0:32:34                       | 181 1:40:23 | 23.91 | 175 1:06:19 | <b>3:19:15</b> | 1:27:55 |
| DQ   | 16  | PELAYO ALVAREZ GARCÍA      | TRIA TLÓN GOZÓN           | ABM  | NON PARAR NA AREA DE PENALIZACIÓN |             |       |             |                |         |
| DQ   | 166 | FAUSTINO MEIS VEIGA        | CLUB CICLISMO-TRIÁT LON P | V1M  | NON PASAR O CONTROL DE MATERIAL   |             |       |             |                |         |
| NF   | 2   | RODRIGO LÓPEZ SORIANO      | A.D TRI-PENTA TERRAS DE L | ABM  | 10 0:21:50                        |             |       |             |                |         |
| NF   | 26  | EDGAR BALBOA BESADA        | CLUB CICLISMO-TRIÁT LON P | ABM  | 86 0:25:57                        | 105 1:09:59 | 34.3  |             |                |         |
| NF   | 135 | SERGIO NOGUEROL URRUTIA    | NOSPORTLIMIT              | V1M  | 68 0:25:16                        | 166 1:19:31 | 30.19 |             |                |         |
| NF   | 175 | JAVIER RIVERO VEIGA        | CLUB DEPORTIVO PINARIUM   | V2M  | 167 0:31:36                       | 177 1:27:23 | 27.47 |             |                |         |
| NF   | 176 | JOSE LUIS MARTINEZ PEREZ   | CLUB TRIATLÓN MAR DE VIG  | V2M  | 182 0:41:32                       | 161 1:17:47 | 30.86 |             |                |         |
| NF   | 179 | LUIS ANGEL CASTELO SANCHEZ | LICENZA DE UN DÍA         | V2M  | 70 0:25:18                        | 141 1:14:02 | 32.42 |             |                |         |
| NF   | 185 | JOSE LUIS NAYA ORGEIRA     | NOSPORTLIMIT              | V2M  | 175 0:33:20                       | 144 1:14:48 | 32.09 |             |                |         |
| NP   | 10  | ISMAEL VIEITEZ PORTO       | TRIA TLÓN ARTEIXO         | ABM  |                                   |             |       |             |                |         |
| NP   | 35  | DAVID VALES VEIGA          | TRIA TLÓN RÍAS BAIXAS     | ABM  |                                   |             |       |             |                |         |
| NP   | 41  | ALEJANDRO BALSA CASTRO     | CLUB NATACIÓN LICEO       | ABM  |                                   |             |       |             |                |         |
| NP   | 48  | IVAN LOPEZ SABARIS         | LAMARGHA-BEARIZ TRIATLÓ   | ABM  |                                   |             |       |             |                |         |
| NP   | 53  | JORGE URBANO MARTÍNEZ      | LICENZA DE UN DÍA         | ABM  |                                   |             |       |             |                |         |
| NP   | 55  | PABLO OLARZA COSTA         | NOSPORTLIMIT              | ABM  |                                   |             |       |             |                |         |
| NP   | 56  | GUILLERMO AROSA ROUCO      | CLUB DEPORTIVO PINARIUM   | ABM  |                                   |             |       |             |                |         |
| NP   | 85  | CARLOS ALBERTO PEREZ GOMEZ | NOSPORTLIMIT              | ABM  |                                   |             |       |             |                |         |
| NP   | 93  | RAFAEL BARRERAS GARCÍA     | SIRENO TRIATLÓN CLUB      | ABM  |                                   |             |       |             |                |         |
| NP   | 101 | LUCAS GONZÁLEZ ROCHA       | NOSPORTLIMIT              | V1M  |                                   |             |       |             |                |         |
| NP   | 117 | JAVIER MARTÍN ALVAREZ      | TRIA TLÓN RÍAS BAIXAS     | V1M  |                                   |             |       |             |                |         |
| NP   | 121 | JORGE SIEIRO GONZALEZ      | CLUB TRIATLÓN MAR DE VIG  | V1M  |                                   |             |       |             |                |         |
| NP   | 129 | VICTOR SOTO PÉREZ          | LICENZA DE UN DÍA         | V1M  |                                   |             |       |             |                |         |
| NP   | 139 | FERNANDO FERNANDEZ MARTINE | CLUB OLÍMPICO DE VEDRA    | V1M  |                                   |             |       |             |                |         |
| NP   | 148 | ISMAEL GIL FERNÁNDEZ       | LICENZA DE UN DÍA         | V1M  |                                   |             |       |             |                |         |
| NP   | 153 | JOSE ALBERTO CASTELO SÁNC  | NOSPORTLIMIT              | V1M  |                                   |             |       |             |                |         |
| NP   | 168 | XOAN SANMARTIN PENA        | TEAM CORBELO              | V1M  |                                   |             |       |             |                |         |
| NP   | 180 | LUÍS ALBERTO DIAZ PORTAS   | CLUB ATLETISMO PORRIÑO    | V2M  |                                   |             |       |             |                |         |
| NP   | 192 | ENRIQUE JOSÉ HIDALGO LUGO  | CLUB TRIATLÓN MAR DE VIG  | V2M  |                                   |             |       |             |                |         |

### CATEGORIAS MASCULINA

|            |           |      |                                 |           |         |
|------------|-----------|------|---------------------------------|-----------|---------|
| Localidade | Portonovo | Data | Domingo, 15 de setembro de 2019 | Distancia | Oímpico |
|------------|-----------|------|---------------------------------|-----------|---------|

#### Oficiais

|                       |               |                       |                            |
|-----------------------|---------------|-----------------------|----------------------------|
| Delegado Técnico:     | MONICA FLORES | Xurado da Competición | MONICA FLORES- DT          |
| Xuíz Arbitro:         | FELIPE CASAL  |                       | ENRIQUE HERNANDEZ- FEGATRI |
| Responsable Oficiais: | FELIPE CASAL  |                       | RICARDO REY-NOSPORTLIMIT   |

#### Datos da competición

|   |                              |                             |                             |
|---|------------------------------|-----------------------------|-----------------------------|
| Temperatura exterior: 24 °C<br>Temperatura da auga: 16.2 °C<br>Neopreno: OPCIONAL | Natación 1.5 Km.<br>2 voltas | Ciclismo 40 Km.<br>2 voltas | Carreira 10 Km.<br>4 voltas |
| Inscritos : 203   | Remataron : 175              | Retirados : 7               | Non Presentados : 19        |
|   |                              |                             | Descalificados : 2          |

### SUB-23 MASCULINA

| POS. | Nº | NOME                      | CLUB                        | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META           | Dif.    |
|------|----|---------------------------|-----------------------------|-------------|-------------|-------|-------------|----------------|---------|
| 1    | 7  | BRAIS OTERO LESTÓN        | ARCADE INFORHOUSE SANTIAGO  | 4 0:20:00   | 18 1:01:28  | 39.06 | 6 0:36:01   | <b>1:57:27</b> | 0:06:07 |
| 2    | 5  | JUAN LUIS GARCIA MENIÑO   | CLUB CICLISMO-TRIATLON POIO | 85 0:25:53  | 57 1:05:39  | 36.56 | 33 0:38:38  | <b>2:10:10</b> | 0:18:49 |
| 3    | 6  | ÍNIGO MARTÍNEZ MARTÍNEZ   | CLUB CICLISMO-TRIATLON POIO | 94 0:26:09  | 46 1:05:06  | 36.87 | 65 0:41:15  | <b>2:12:29</b> | 0:21:08 |
| 4    | 4  | MARTIN ESPÍNEIRA MOSQUERA | NOSPORTLIMIT                | 50 0:24:45  | 98 1:09:15  | 34.66 | 34 0:38:46  | <b>2:12:45</b> | 0:21:25 |

### VETERANOS 1 MASCULINA

| POS. | Nº  | NOME                         | CLUB                          | P. Natación | P. Ciclismo | Km/h. | P. Carreira | META           | Dif.    |
|------|-----|------------------------------|-------------------------------|-------------|-------------|-------|-------------|----------------|---------|
| 1    | 128 | RICARDO REY MARTINEZ         | NOSPORTLIMIT                  | 7 0:21:24   | 5 0:59:18   | 40.48 | 4 0:35:14   | <b>1:55:55</b> | 0:04:35 |
| 2    | 112 | DANIEL MUÑOZ GÓMEZ           | LICENZA DE UN DÍA             | 6 0:20:39   | 4 0:57:57   | 41.42 | 45 0:39:41  | <b>1:58:17</b> | 0:06:56 |
| 3    | 113 | MIGUEL DAPORTA MÉNDEZ        | CLUB OLÍMPICO DE VEDRA        | 14 0:22:33  | 17 1:01:18  | 39.16 | 5 0:35:30   | <b>1:59:20</b> | 0:07:59 |
| 4    | 156 | LUIS ALBERTO PAREDES COYA    | TRIATLÓN MOTOBIKE GALAICO PO  | 21 0:23:05  | 13 1:00:57  | 39.38 | 8 0:36:05   | <b>2:00:06</b> | 0:08:46 |
| 5    | 162 | CARLOS DAVID PRIETO LOPEZ    | CIDADE DE LUGO FLUVIAL        | 5 0:20:01   | 31 1:03:20  | 37.9  | 13 0:36:48  | <b>2:00:08</b> | 0:08:47 |
| 6    | 102 | DANIEL FEIJOO FERREIRO       | TRIEUME AS PONTES CLUB        | 53 0:25:00  | 23 1:02:12  | 38.59 | 18 0:36:58  | <b>2:04:08</b> | 0:12:48 |
| 7    | 105 | LEANDRO PINTO                | TRIBRAGA                      | 18 0:22:55  | 27 1:02:47  | 38.23 | 32 0:38:33  | <b>2:04:14</b> | 0:12:53 |
| 8    | 149 | CRISTÓBAL CACHEDA CHOUZA     | TEAM CORBELO                  | 47 0:24:42  | 28 1:02:52  | 38.18 | 17 0:36:54  | <b>2:04:27</b> | 0:13:06 |
| 9    | 119 | PABLO ALONSO FIGUEROA        | CLUB CICLISMO-TRIATLON POIO   | 37 0:24:22  | 43 1:04:47  | 37.06 | 7 0:36:05   | <b>2:05:13</b> | 0:13:52 |
| 10   | 100 | GONZALO FERNANDEZ OTERO      | TRIATLON VILAGARCÍA/ATENAS RU | 48 0:24:43  | 22 1:02:08  | 38.63 | 38 0:39:02  | <b>2:05:51</b> | 0:14:31 |
| 11   | 110 | JOSE LUIS RODRIGUEZ MARTIN   | TRIATLÓN MOTOBIKE GALAICO PO  | 57 0:25:05  | 39 1:04:06  | 37.45 | 28 0:38:10  | <b>2:07:20</b> | 0:15:59 |
| 12   | 104 | JOSE RAMON LARIÑO LAGO       | CLUB CICLISTA MUROS           | 65 0:25:12  | 10 0:59:58  | 40.03 | 87 0:42:24  | <b>2:07:32</b> | 0:16:12 |
| 13   | 134 | IVAN VIDAL DE SA             | CLUB TRIATLÓN MORRAZO         | 125 0:28:21 | 3 0:57:10   | 41.99 | 84 0:42:16  | <b>2:07:47</b> | 0:16:26 |
| 14   | 99  | VICTOR CALLES MARTINEZ       | A.D.TRIATLÓN AVILES           | 19 0:22:56  | 44 1:04:57  | 36.95 | 78 0:41:50  | <b>2:09:42</b> | 0:18:21 |
| 15   | 124 | JORGE JANEIRO LORENZO        | CLUB CICLISMO-TRIATLON POIO   | 148 0:29:25 | 29 1:02:59  | 38.11 | 23 0:37:25  | <b>2:09:49</b> | 0:18:28 |
| 16   | 122 | ROBERTO CARLOS COBAS GARCIA  | NOSPORTLIMIT                  | 90 0:26:03  | 38 1:04:02  | 37.49 | 49 0:40:05  | <b>2:10:09</b> | 0:18:48 |
| 17   | 140 | GONZALO SUÁREZ SUÁREZ        | LICENZA DE UN DÍA             | 33 0:23:52  | 54 1:05:25  | 36.69 | 77 0:41:49  | <b>2:11:05</b> | 0:19:44 |
| 18   | 150 | ROGER SUAREZ DOSIL           | ARTROGAL-TRI 498              | 41 0:24:32  | 74 1:07:16  | 35.68 | 53 0:40:30  | <b>2:12:17</b> | 0:20:56 |
| 19   | 142 | CARLOS JESÚS RODRIGUEZ REY   | CLUB TRIATLÓN COMPOSTELA      | 84 0:25:52  | 37 1:03:55  | 37.55 | 97 0:42:57  | <b>2:12:43</b> | 0:21:22 |
| 20   | 116 | JOSE MANUEL LORES MEIS       | CLUB CICLISMO-TRIATLON POIO   | 73 0:25:19  | 70 1:06:47  | 35.95 | 59 0:40:43  | <b>2:12:48</b> | 0:21:27 |
| 21   | 167 | JOSÉ MARÍA EIROA FEAL        | TRIATLÓN FERROL               | 91 0:26:05  | 51 1:05:18  | 36.76 | 73 0:41:43  | <b>2:13:05</b> | 0:21:44 |
| 22   | 173 | JOSE ÁNGEL SÁNCHEZ REDONDO   | TRIATLÓN MURALLA DE LUGO      | 156 0:30:17 | 73 1:07:11  | 35.73 | 9 0:36:15   | <b>2:13:42</b> | 0:22:21 |
| 23   | 115 | RAMÓN CARNOTA MÉNDEZ         | NOSPORTLIMIT                  | 16 0:22:47  | 91 1:08:54  | 34.84 | 83 0:42:15  | <b>2:13:56</b> | 0:22:35 |
| 24   | 127 | CARLOS COIRA LOJO            | TRIATLON VILAGARCÍA/ATENAS RU | 39 0:24:26  | 80 1:07:55  | 35.34 | 75 0:41:47  | <b>2:14:08</b> | 0:22:47 |
| 25   | 154 | RUBÉN SÍO FERNÁNDEZ          | CLUB ATLETISMO PORRIÑO        | 120 0:28:15 | 26 1:02:23  | 38.48 | 109 0:43:46 | <b>2:14:22</b> | 0:23:02 |
| 26   | 114 | FRANCISCO JAVIER CASTRELO CO | TRIATLON VILAGARCÍA/ATENAS RU | 82 0:25:49  | 68 1:06:36  | 36.04 | 92 0:42:40  | <b>2:15:04</b> | 0:23:43 |
| 27   | 130 | FELIPE DOMINGUEZ MARIÑO      | CLUB ATLETISMO PORRIÑO        | 79 0:25:35  | 81 1:07:57  | 35.33 | 76 0:41:48  | <b>2:15:19</b> | 0:23:59 |
| 28   | 137 | F. GERMÁN ROMERO IGLESIAS    | TRIATLÓN O TREITO             | 108 0:27:19 | 14 1:01:08  | 39.26 | 145 0:47:17 | <b>2:15:44</b> | 0:24:23 |
| 29   | 103 | JAIRO PRIETO CAAMAÑO         | TRIATLÓN COSTA DA MORTE       | 153 0:29:40 | 55 1:05:29  | 36.66 | 61 0:40:58  | <b>2:16:06</b> | 0:24:45 |
| 30   | 132 | DANIEL LOPEZ RODRIGUEZ       | CLUB TRIATLÓN MAR DE VIGO     | 111 0:27:24 | 56 1:05:38  | 36.57 | 122 0:44:40 | <b>2:17:41</b> | 0:26:21 |
| 31   | 138 | ALFONSO LÓPEZ MARTÍNEZ       | LICENZA DE UN DÍA             | 149 0:29:26 | 77 1:07:39  | 35.48 | 67 0:41:23  | <b>2:18:28</b> | 0:27:07 |
| 32   | 143 | JUAN AGRASAR REY             | TRIATLÓN MOTOBIKE GALAICO PO  | 55 0:25:02  | 115 1:11:17 | 33.67 | 82 0:42:15  | <b>2:18:33</b> | 0:27:12 |
| 33   | 109 | LUIS ALBERTO DOMINGUEZ FERNA | TRI OURENSE                   | 146 0:29:20 | 63 1:05:59  | 36.38 | 101 0:43:20 | <b>2:18:38</b> | 0:27:18 |
| 34   | 106 | MIGUEL SANTOMIL LAPIDO       | ARTROGAL-TRI 498              | 60 0:25:08  | 121 1:11:48 | 33.43 | 79 0:41:57  | <b>2:18:52</b> | 0:27:31 |

|    |     |                              |                               |                                 |         |     |         |       |     |         |                |         |
|----|-----|------------------------------|-------------------------------|---------------------------------|---------|-----|---------|-------|-----|---------|----------------|---------|
| 35 | 146 | FERNANDO MARTINEZ RODRIGUEZ  | A.D. NÁUTICO DE NARÓN         | 119                             | 0:28:09 | 75  | 1:07:27 | 35.58 | 106 | 0:43:32 | <b>2:19:08</b> | 0:27:47 |
| 36 | 159 | JOSE BENITO CHARLIN TRIGO    | TRIATLON VILAGARCÍA/ATENAS RU | 144                             | 0:29:18 | 82  | 1:08:00 | 35.3  | 81  | 0:42:03 | <b>2:19:20</b> | 0:27:59 |
| 37 | 136 | JESUS HEVIA GOMEZ            | NOSPORTLIMIT                  | 132                             | 0:28:41 | 60  | 1:05:46 | 36.5  | 124 | 0:44:55 | <b>2:19:21</b> | 0:28:00 |
| 38 | 174 | EUGENIO BATÁN AMORÍN         | LAMARGHA-BEARIZ TRIATLÓN      | 128                             | 0:28:29 | 94  | 1:09:09 | 34.71 | 74  | 0:41:45 | <b>2:19:23</b> | 0:28:02 |
| 39 | 144 | FELIPE IGLESIAS MIRA         | NATACIÓN PABELLÓN OURENSE     | 43                              | 0:24:36 | 103 | 1:09:47 | 34.4  | 137 | 0:46:36 | <b>2:20:58</b> | 0:29:37 |
| 40 | 123 | ANGEL PAZÓ PEREZ             | TRINORTH                      | 102                             | 0:27:00 | 96  | 1:09:10 | 34.7  | 126 | 0:45:10 | <b>2:21:18</b> | 0:29:58 |
| 41 | 172 | IGNACIO PEREZ RODRIGUEZ      | C. TRIATLÓN OURENSE           | 169                             | 0:32:08 | 88  | 1:08:42 | 34.93 | 56  | 0:40:37 | <b>2:21:26</b> | 0:30:06 |
| 42 | 147 | MARCOS LAGO CASTRO           | CLUB HÉRCULES TERMARIA        | 127                             | 0:28:27 | 95  | 1:09:09 | 34.71 | 115 | 0:43:59 | <b>2:21:34</b> | 0:30:14 |
| 43 | 160 | FLAVIO LOMBARDÍA TOIRÁN      | TRIATLÓN MURALLA DE LUGO      | 59                              | 0:25:07 | 122 | 1:12:00 | 33.34 | 132 | 0:45:28 | <b>2:22:34</b> | 0:31:14 |
| 44 | 165 | JAVIER FERNANDEZ NEIRA       | LICENZA DE UN DÍA             | 115                             | 0:27:41 | 102 | 1:09:40 | 34.46 | 127 | 0:45:15 | <b>2:22:35</b> | 0:31:14 |
| 45 | 170 | PABLO PEREZ BLANCO           | CLUB TRIATLÓN MAR DE VIGO     | 109                             | 0:27:21 | 111 | 1:10:52 | 33.87 | 130 | 0:45:22 | <b>2:23:34</b> | 0:32:13 |
| 46 | 131 | JOSÉ MANUEL GARCÍA MENDOZA   | EMC TRIATLÓN                  | 160                             | 0:30:37 | 89  | 1:08:48 | 34.89 | 118 | 0:44:13 | <b>2:23:37</b> | 0:32:16 |
| 47 | 169 | JOSE ANTONIO COSTA RODRIGUEZ | LICENZA DE UN DÍA             | 126                             | 0:28:23 | 130 | 1:13:04 | 32.85 | 86  | 0:42:23 | <b>2:23:49</b> | 0:32:28 |
| 48 | 141 | GONZALO ORTIZ ALONSO         | NOSPORTLIMIT                  | 66                              | 0:25:13 | 152 | 1:15:59 | 31.59 | 103 | 0:43:28 | <b>2:24:39</b> | 0:33:18 |
| 49 | 157 | ENRIQUE GRIÑAN TORRADO       | NOSPORTLIMIT                  | 80                              | 0:25:39 | 117 | 1:11:28 | 33.58 | 148 | 0:47:41 | <b>2:24:48</b> | 0:33:27 |
| 50 | 145 | JORGE ANTONIO ALVARO RICO    | CLUB TRIATLÓN MAR DE VIGO     | 130                             | 0:28:36 | 143 | 1:14:41 | 32.14 | 105 | 0:43:31 | <b>2:26:47</b> | 0:35:27 |
| 51 | 125 | PABLO JESUS GARCÍA FREIRE    | LICENZA DE UN DÍA             | 131                             | 0:28:38 | 140 | 1:13:58 | 32.45 | 129 | 0:45:21 | <b>2:27:56</b> | 0:36:36 |
| 52 | 98  | ÓSCAR RODRÍGUEZ RODRÍGUEZ    | MONTE PENARUBIA RUNNING LUG   | 129                             | 0:28:34 | 113 | 1:11:04 | 33.78 | 159 | 0:50:17 | <b>2:29:54</b> | 0:38:34 |
| 53 | 111 | MIGUEL GONZALEZ RODRIGUEZ    | NOSPORTLIMIT                  | 52                              | 0:24:59 | 148 | 1:15:19 | 31.87 | 158 | 0:50:14 | <b>2:30:32</b> | 0:39:11 |
| 54 | 155 | RUBÉN BLANCO DIAZ            | A.D. NÁUTICO DE NARÓN         | 75                              | 0:25:22 | 129 | 1:12:56 | 32.91 | 165 | 0:52:19 | <b>2:30:36</b> | 0:39:16 |
| 55 | 120 | ALEJANDRO PEREZ GIANNETTO    | NOSPORTLIMIT                  | 116                             | 0:27:45 | 163 | 1:18:46 | 30.48 | 136 | 0:46:16 | <b>2:32:46</b> | 0:41:25 |
| 56 | 133 | ALEJANDRO RODRÍGUEZ LORENZO  | NOSPORTLIMIT                  | 123                             | 0:28:17 | 160 | 1:17:44 | 30.88 | 141 | 0:46:56 | <b>2:32:57</b> | 0:41:36 |
| 57 | 161 | JOSE ANTONIO MARTÍNEZ LEMA   | CLUB HÉRCULES TERMARIA        | 136                             | 0:28:55 | 128 | 1:12:55 | 32.92 | 162 | 0:51:11 | <b>2:33:01</b> | 0:41:40 |
| 58 | 163 | ANTONIO BAAMONDE GONZÁLEZ    | CLUB TRIATLÓN MORRAZO         | 135                             | 0:28:48 | 158 | 1:17:08 | 31.11 | 144 | 0:47:17 | <b>2:33:12</b> | 0:41:52 |
| 59 | 107 | ALFREDO FERREIRO DEAÑO       | LAMARGHA-BEARIZ TRIATLÓN      | 152                             | 0:29:38 | 173 | 1:23:49 | 28.64 | 62  | 0:41:03 | <b>2:34:29</b> | 0:43:08 |
| 60 | 164 | JACOBO ANICETO SANCHEZ-BÁLG  | NOSPORTLIMIT                  | 151                             | 0:29:33 | 155 | 1:16:22 | 31.43 | 151 | 0:49:11 | <b>2:35:05</b> | 0:43:44 |
| 61 | 118 | ELISARDO LÓPEZ ROSALES       | LICENZA DE UN DÍA             | 139                             | 0:29:13 | 150 | 1:15:32 | 31.78 | 161 | 0:50:50 | <b>2:35:33</b> | 0:44:13 |
| 62 | 126 | FRANCISCO DOCAMPO DIAZ       | CLUB TRIATLÓN CORUÑA          | 114                             | 0:27:40 | 153 | 1:16:06 | 31.54 | 168 | 0:54:20 | <b>2:38:06</b> | 0:46:45 |
| 63 | 152 | JAVIER GONZÁLEZ FLÓREZ       | INDEPENDENTE                  | 173                             | 0:33:08 | 162 | 1:18:11 | 30.7  | 153 | 0:49:38 | <b>2:40:56</b> | 0:49:35 |
| 64 | 171 | JOSÉ VIDAL RODRÍGUEZ         | ARCADE INFORHOUSE SANTIAGO    | 157                             | 0:30:20 | 176 | 1:26:23 | 27.79 | 146 | 0:47:22 | <b>2:44:03</b> | 0:52:43 |
| 65 | 151 | RAMON ABELLA CARRERA         | LICENZA DE UN DÍA             | 124                             | 0:28:20 | 180 | 1:33:04 | 25.79 | 110 | 0:43:46 | <b>2:45:10</b> | 0:53:49 |
| 66 | 108 | VÍCTOR MANUEL VILAR REINA    | A.D. NÁUTICO DE NARÓN         | 166                             | 0:31:22 | 171 | 1:21:47 | 29.35 | 166 | 0:52:40 | <b>2:45:49</b> | 0:54:28 |
| 67 | 158 | ÁNDRES MANCEÑIDO DIEZ        | LICENZA DE UN DÍA             | 141                             | 0:29:15 | 170 | 1:20:50 | 29.69 | 171 | 0:56:23 | <b>2:46:27</b> | 0:55:06 |
| DQ | 166 | FAUSTINO MEIS VEIGA          | CLUB CICLISMO-TRIATLON POIO   | NON PASAR O CONTROL DE MATERIAL |         |     |         |       |     |         |                |         |
| NF | 135 | SERGIO NOGUEROL URRUTIA      | NOSPORTLIMIT                  | 68                              | 0:25:16 | 166 | 1:19:31 | 30.19 |     |         |                |         |
| NP | 101 | LUCAS GONZÁLEZ ROCHA         | NOSPORTLIMIT                  |                                 |         |     |         |       |     |         |                |         |
| NP | 117 | JAVIER MARTÍN ALVAREZ        | TRIATLÓN RÍAS BAIXAS          |                                 |         |     |         |       |     |         |                |         |
| NP | 121 | JORGE SIEIRO GONZALEZ        | CLUB TRIATLÓN MAR DE VIGO     |                                 |         |     |         |       |     |         |                |         |
| NP | 129 | VICTOR SOTO PÉREZ            | LICENZA DE UN DÍA             |                                 |         |     |         |       |     |         |                |         |
| NP | 139 | FERNANDO FERNANDEZ MARTINEZ  | CLUB OLÍMPICO DE VEDRA        |                                 |         |     |         |       |     |         |                |         |
| NP | 148 | ISMAEL GIL FERNÁNDEZ         | LICENZA DE UN DÍA             |                                 |         |     |         |       |     |         |                |         |
| NP | 153 | JOSE ALBERTO CASTELO SÁNCHE  | NOSPORTLIMIT                  |                                 |         |     |         |       |     |         |                |         |
| NP | 168 | XOAN SANMARTIN PENA          | TEAM CORBELO                  |                                 |         |     |         |       |     |         |                |         |

## VETERANOS 2 MASCULINA

| POS. | Nº  | NOME                          | CLUB                          | P.  | Natación | P.  | Ciclismo | Km/h. | P.  | Carreira | META           | Dif.    |
|------|-----|-------------------------------|-------------------------------|-----|----------|-----|----------|-------|-----|----------|----------------|---------|
| 1    | 195 | JOSE ANDRES ALDREY VARELA     | CLUB TRIATLÓN CORUÑA          | 20  | 0:23:04  | 67  | 1:06:32  | 36.08 | 98  | 0:43:09  | <b>2:12:44</b> | 0:21:23 |
| 2    | 197 | JOSE LUIS NESPHEREIRA GOMEZ   | C. TRIATLÓN OURENSE           | 103 | 0:27:07  | 35  | 1:03:45  | 37.65 | 94  | 0:42:45  | <b>2:13:36</b> | 0:22:16 |
| 3    | 194 | ANTONIO VIDAL ARES            | ARCADE INFORHOUSE SANTIAGO    | 67  | 0:25:16  | 71  | 1:06:57  | 35.85 | 95  | 0:42:48  | <b>2:15:00</b> | 0:23:39 |
| 4    | 196 | ARMANDO PIÑEIRO PÉREZ         | LAMARGHA-BEARIZ TRIATLÓN      | 34  | 0:24:08  | 76  | 1:07:32  | 35.54 | 113 | 0:43:55  | <b>2:15:35</b> | 0:24:14 |
| 5    | 200 | JOSE MANUEL OTERO FERNANDEZ   | TRIATLÓN MURALLA DE LUGO      | 27  | 0:23:36  | 87  | 1:08:23  | 35.1  | 114 | 0:43:58  | <b>2:15:56</b> | 0:24:35 |
| 6    | 184 | JOSE JAVIER GOMEZ IGLESIAS    | TRI OURENSE                   | 137 | 0:28:57  | 64  | 1:06:16  | 36.22 | 68  | 0:41:28  | <b>2:16:39</b> | 0:25:19 |
| 7    | 187 | FEDERICO PORTO ARIAS          | CLUB TRIATLÓN CORUÑA          | 62  | 0:25:09  | 118 | 1:11:37  | 33.51 | 80  | 0:42:03  | <b>2:18:49</b> | 0:27:28 |
| 8    | 186 | XOSÉ MIGUEL CARBALLO GONZÁL   | TRI OURENSE                   | 61  | 0:25:08  | 99  | 1:09:17  | 34.64 | 131 | 0:45:24  | <b>2:19:48</b> | 0:28:28 |
| 9    | 193 | JOSE MANUEL ALVAREZ RIVAS     | TRIATLÓN MURALLA DE LUGO      | 163 | 0:31:14  | 85  | 1:08:11  | 35.2  | 64  | 0:41:11  | <b>2:20:34</b> | 0:29:14 |
| 10   | 199 | EDUARDO SOUTO VÁZQUEZ         | NOSPORTLIMIT                  | 104 | 0:27:08  | 107 | 1:10:10  | 34.21 | 142 | 0:46:58  | <b>2:24:15</b> | 0:32:54 |
| 11   | 201 | JOSE RILO LOPEZ               | NOSPORTLIMIT                  | 118 | 0:28:06  | 133 | 1:13:15  | 32.77 | 108 | 0:43:44  | <b>2:25:04</b> | 0:33:43 |
| 12   | 178 | JOSÉ MARIA FERNANDEZ REY      | TRIATLON VILAGARCÍA/ATENAS RU | 78  | 0:25:30  | 146 | 1:15:17  | 31.88 | 119 | 0:44:24  | <b>2:25:11</b> | 0:33:50 |
| 13   | 198 | ANTONIO RIVAS FEAL            | CLUB HÉRCULES TERMARIA        | 13  | 0:22:21  | 168 | 1:19:57  | 30.02 | 111 | 0:43:51  | <b>2:26:08</b> | 0:34:47 |
| 14   | 182 | ANGEL FERNÁNDEZ VIDAL         | CLUB CERVECERÍA O COTÓN NEG   | 164 | 0:31:14  | 135 | 1:13:28  | 32.67 | 104 | 0:43:30  | <b>2:28:11</b> | 0:36:51 |
| 15   | 191 | FERNANDO ABREU FERNANDEZ      | CLUB ATLETISMO PORRIÑO        | 155 | 0:30:14  | 104 | 1:09:56  | 34.32 | 150 | 0:48:13  | <b>2:28:23</b> | 0:37:02 |
| 16   | 188 | JESUS JAVIER GONZALEZ ESPINOS | EMC TRIATLÓN                  | 93  | 0:26:09  | 149 | 1:15:29  | 31.8  | 155 | 0:49:43  | <b>2:31:20</b> | 0:39:59 |
| 17   | 189 | MANUEL OTERO GOMEZ            | NOSPORTLIMIT                  | 174 | 0:33:09  | 137 | 1:13:42  | 32.57 | 134 | 0:45:40  | <b>2:32:31</b> | 0:41:10 |
| 18   | 177 | FRANCISCO FERNÁNDEZ ANTELO    | TRIATLÓN O TREITO             | 172 | 0:32:40  | 138 | 1:13:50  | 32.51 | 157 | 0:49:58  | <b>2:36:26</b> | 0:45:06 |
| 19   | 190 | JOSÉ MANUEL NANÍN LÓPEZ       | CORREDORES DO MIÑO            | 159 | 0:30:36  | 169 | 1:20:17  | 29.9  | 140 | 0:46:47  | <b>2:37:39</b> | 0:46:19 |
| 20   | 183 | JESUS ROBRES ZARDOYA          | CLUB TRIATLÓN CORUÑA          | 95  | 0:26:09  | 142 | 1:14:22  | 32.28 | 172 | 0:57:28  | <b>2:37:58</b> | 0:46:38 |





|    |     |                            |                           |     |         |     |         |       |     |         |                |         |
|----|-----|----------------------------|---------------------------|-----|---------|-----|---------|-------|-----|---------|----------------|---------|
| 21 | 181 | JOSE ANTONIO PÉREZ NOVOA   | LICENZA DE UN DÍA         | 181 | 0:36:15 | 174 | 1:24:56 | 28.26 | 156 | 0:49:54 | <b>2:51:04</b> | 0:59:43 |
| NF | 175 | JAVIER RIVERO VEIGA        | CLUB DEPORTIVO PINARIUM   | 167 | 0:31:36 | 177 | 1:27:23 | 27.47 |     |         |                |         |
| NF | 176 | JOSE LUIS MARTINEZ PEREZ   | CLUB TRIATLÓN MAR DE VIGO | 182 | 0:41:32 | 161 | 1:17:47 | 30.86 |     |         |                |         |
| NF | 179 | LUIS ANGEL CASTELO SANCHEZ | LICENZA DE UN DÍA         | 70  | 0:25:18 | 141 | 1:14:02 | 32.42 |     |         |                |         |
| NF | 185 | JOSE LUIS NAYA ORGEIRA     | NOSPORTLIMIT              | 175 | 0:33:20 | 144 | 1:14:48 | 32.09 |     |         |                |         |
| NP | 180 | LUÍS ALBERTO DIAZ PORTAS   | CLUB ATLETISMO PORRIÑO    |     |         |     |         |       |     |         |                |         |
| NP | 192 | ENRIQUE JOSÉ HIDALGO LUGO  | CLUB TRIATLÓN MAR DE VIGO |     |         |     |         |       |     |         |                |         |

## VETERANOS 3 MASCULINA

| POS. | Nº  | NOME                     | CLUB                    | P.  | Natación | P.  | Ciclismo | Km/h. | P.  | Carreira | META           | Dif.    |
|------|-----|--------------------------|-------------------------|-----|----------|-----|----------|-------|-----|----------|----------------|---------|
| 1    | 202 | ALVARO GARCIA DIEGUEZ    | CLUB TRIATLÓN CORUÑA    | 161 | 0:31:06  | 179 | 1:29:57  | 26.68 | 174 | 1:01:37  | <b>3:02:38</b> | 1:11:18 |
| 2    | 203 | MANUEL JOSÉ CRUCES PRADO | CLUB DEPORTIVO PINARIUM | 171 | 0:32:34  | 181 | 1:40:23  | 23.91 | 175 | 1:06:19  | <b>3:19:15</b> | 1:27:55 |