

## ABSOLUTA FEMININA

Localidade	Portonovo	Data	Domingo, 15 de setembro de 2019	Distancia	Oímpico
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### 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 Temperatura da auga: 16.2 °C Neopreno: OPCIONAL	Natación 1.5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 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	TRIATLÓN 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 ABELEDA POSE	TRIATLÓN 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	TRIATLÓN 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 HERNÁNDE	NOSPORTLIMIT	V1F									

## CATEGORIAS FEMININA

Localidade	Portonovo	Data	Domingo, 15 de setembro de 2019	Distancia	Oímpico
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### 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 Temperatura da auga: 16.2 °C Neopreno: OPCIONAL	Natación 1.5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 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
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### 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 Temperatura da auga: 16.2 °C Neopreno: OPCIONAL	Natación 1.5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 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 GALLEGU 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 MANUELA 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 MANCENIDO 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 BALSACASTRO	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 SÁNCHEZ	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
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### 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 Temperatura da auga: 16.2 °C Neopreno: OPCIONAL	Natación 1.5 Km. 2 voltas	Ciclismo 40 Km. 2 voltas	Carreira 10 Km. 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	1:57:27	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	2:10:10	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	2:12:29	0:21:08
4	4	MARTIN ESPÍNEIRA MOSQUERA	NOSPORTLIMIT	50 0:24:45	98 1:09:15	34.66	34 0:38:46	2:12:45	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	1:55:55	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	1:58:17	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	1:59:20	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	2:00:06	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	2:00:08	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	2:04:08	0:12:48
7	105	LEANDRO PINTO	TRIBRAGA	18 0:22:55	27 1:02:47	38.23	32 0:38:33	2:04:14	0:12:53
8	149	CRISTÓBAL CACHEDA CHOUZA	TEAM CORBELO	47 0:24:42	28 1:02:52	38.18	17 0:36:54	2:04:27	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	2:05:13	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	2:05:51	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	2:07:20	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	2:07:32	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	2:07:47	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	2:09:42	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	2:09:49	0:18:28
16	122	ROBERTO CARLOS COBAS GARCIA	NOSPORTLIMIT	90 0:26:03	38 1:04:02	37.49	49 0:40:05	2:10:09	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	2:11:05	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	2:12:17	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	2:12:43	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	2:12:48	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	2:13:05	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	2:13:42	0:22:21
23	115	RAMÓN CARNOTA MÉNDEZ	NOSPORTLIMIT	16 0:22:47	91 1:08:54	34.84	83 0:42:15	2:13:56	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	2:14:08	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	2:14:22	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	2:15:04	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	2:15:19	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	2:15:44	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	2:16:06	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	2:17:41	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	2:18:28	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	2:18:33	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	2:18:38	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	2:18:52	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 NESPEREIRA 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