



LOCALIDADE	LOUSAME	DATA	17/11/2019	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROS		
Delegado Técnico	ALBERTO MORLAN OTERO			XURADO DE COMPETICIÓN		ALBERTO MORLAN OTERO			
Xuíz Árbitro	ARANTXA TOMÉ ANTELO					PABLO CABANELAS EIRAS			
Respons. Oficiais	ARANTXA TOMÉ ANTELO					FRANCISCO JAVIER IGLESIAS PRADO (ARCADE INFORHOUSE)			
PROBA			TEMP	CARREIRA		CICLISMO	CARREIRA		
V DUATLON CROSS LOUSAME			-	4800 METROS		18 KILÓMETROS	2800 METROS		
ABSOLUTA MASCULINO				1 voltas		3 voltas	2 volta		
INSCRITOS	106	ACABAN	84	RETIRADOS	7	DESCALIFICADOS	0	NON PRESENTADOS	15

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	CARREIRA		CICLISMO		CAR.2 - V1	CAR.2 - V2	CARREIRA 2		META
1	1	42	GOMEZ RIOS , JOSE ANTONIO	V1M	ARTROGAL-TRI 498	00:16:12	03:23 min/Km	00:55:21	19,5 Km/h	00:05:27	00:05:39	00:11:06	04:07 min/Km	01:22:38
2		86	REGUEIRA RELLAN , MARTIN	ABM	LICENCIA 1 DIA	00:15:52	03:19 min/Km	00:57:05	18,9 Km/h	00:05:14	00:05:36	00:10:49	04:01 min/Km	01:23:44
3		17	CALZAS INSUA , DAVID	ABM	TRIATLON COSTA DA MORTE	00:16:45	03:30 min/Km	00:56:43	19,0 Km/h	00:05:28	00:05:55	00:11:23	04:13 min/Km	01:24:49
4		23	CASTIÑEIRA PAIS , GABRIEL	ABM	TRIATLON COSTA DA MORTE	00:16:50	03:31 min/Km	00:57:13	18,9 Km/h	00:05:37	00:05:56	00:11:32	04:17 min/Km	01:25:35
5		77	PAIS FONDO , FRANCISCO	ABM	TRIATLON COSTA DA MORTE	00:16:47	03:30 min/Km	00:57:56	18,6 Km/h	00:05:33	00:05:50	00:11:23	04:13 min/Km	01:26:06
6		69	MATO CARAMES , ANTONIO	ABM	CLUB PEÑA CICLISTA TOXO	00:18:51	03:56 min/Km	00:55:18	19,5 Km/h	00:05:57	00:06:11	00:12:07	04:30 min/Km	01:26:14
7		49	JUANATEY GARCIA , CARLOS	ABM	ARTROGAL-TRI 498	00:16:41	03:29 min/Km	00:59:26	18,2 Km/h	00:05:38	00:05:43	00:11:20	04:12 min/Km	01:27:26
8	1	4	ARAGUNDE CALVO , DAVID	JNM	LICENCIA 1 DIA	00:18:18	03:49 min/Km	00:58:27	18,5 Km/h	00:05:52	00:06:05	00:11:57	04:26 min/Km	01:28:41
9		36	FERNANDEZ VIDAL , PORFIRIO	ABM	CLUB CICLISMO-TRIATLON POIO	00:17:39	03:41 min/Km	00:59:25	18,2 Km/h	00:05:45	00:05:56	00:11:40	04:20 min/Km	01:28:43
10		92	RODRIGUEZ POUSO , JOSE ANGEL	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:34	03:40 min/Km	00:59:50	18,1 Km/h	00:06:01	00:06:04	00:12:05	04:29 min/Km	01:29:28
11	2	84	RAMOS RODRIGUEZ , ELADIO	V1M	CLUB CICLISMO-TRIATLON POIO	00:17:52	03:44 min/Km	01:00:11	17,9 Km/h	00:05:51	00:06:00	00:11:50	04:23 min/Km	01:29:52
12		20	CARRETERO SANCHEZ , LUCIANO JESUS	ABM	LICENCIA 1 DIA	00:17:47	03:43 min/Km	01:00:26	17,9 Km/h	00:05:49	00:06:01	00:11:49	04:23 min/Km	01:30:01
13		50	LANDEIRA CASTRO , DAVID	ABM	ASOCIACION DEPORTIVA MEDIA DUCIA	00:16:58	03:33 min/Km	01:02:08	17,4 Km/h	00:05:43	00:05:47	00:11:30	04:16 min/Km	01:30:34
14		88	RIAL RODRIGUEZ , UXIO	ABM	LICENCIA 1 DIA	00:17:43	03:42	01:00:20	17,9	00:06:17	00:06:21	00:12:37	04:41	01:30:39



						min/Km		Km/h				min/Km	
15	100	SANTIAGO REY , DIEGO	ABM	LICENCIA 1 DIA	00:18:50	03:56 min/Km	00:59:25	18,2 Km/h	00:06:07	00:06:25	00:12:31	04:39 min/Km	01:30:45
16	89	RIVAS PULPEIRO , ENRIQUE	ABM	NOSPORTLIMIT	00:19:29	04:04 min/Km	00:58:39	18,4 Km/h	00:06:27	00:06:55	00:13:22	04:58 min/Km	01:31:29
17	3	119 VILLAR CAAMAÑO , JOSE ALFONSO	V1M	TRIATLON O TREITO	00:18:16	03:49 min/Km	01:00:58	17,7 Km/h	00:06:16	00:06:21	00:12:37	04:41 min/Km	01:31:51
18	4	21 CASADO PORTO , DAVID	V1M	LICENCIA 1 DIA	00:19:01	03:58 min/Km	01:06:18	16,3 Km/h	00:10:08	00:06:24	00:06:52	02:33 min/Km	01:32:08
19	5	67 MARTÍNEZ LEMA , JOSÉ ÁNGEL	V1M	LICENCIA 1 DIA	00:19:00	03:58 min/Km	01:06:19	16,3 Km/h	00:10:09	00:06:24	00:06:52	02:33 min/Km	01:32:10
20		90 RODRIGUEZ CAMBON , JOSE ADRIAN	ABM	ASOCIACION DEPORTIVA MEDIA DUCIA	00:17:59	03:45 min/Km	01:02:02	17,4 Km/h	00:06:05	00:06:25	00:12:30	04:38 min/Km	01:32:29
21	6	39 GARCIA BLANCO , CARLOS	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:35	03:53 min/Km	01:01:20	17,6 Km/h	00:06:20	00:06:37	00:12:56	04:48 min/Km	01:32:51
22	7	109 TARELA MIRAMONTES , DANIEL	V1M	TRIATLON O TREITO	00:20:14	04:13 min/Km	00:59:49	18,1 Km/h	00:06:50	00:06:48	00:13:37	05:03 min/Km	01:33:39
23		72 MOSQUERA FILGUEIRA , GERMAN	ABM	ARTROGAL-TRI 498	00:18:20	03:50 min/Km	01:03:58	16,9 Km/h	00:05:58	00:06:12	00:12:10	04:31 min/Km	01:34:27
24	8	10 BUJAN SANTOS , EDUARDO	V1M	CLUB PEÑA CICLISTA TOXO	00:18:30	03:52 min/Km	01:03:53	16,9 Km/h	00:06:26	00:06:41	00:13:06	04:52 min/Km	01:35:28
25	9	75 NIETO GONZÁLEZ , JOSÉ MANUEL	V1M	LICENCIA 1 DIA	00:17:53	03:44 min/Km	01:05:45	16,4 Km/h	00:05:57	00:06:17	00:12:14	04:32 min/Km	01:35:52
26		55 LORENZO FERNANDEZ , BRAIS	ABM	LICENCIA 1 DIA	00:19:11	03:60 min/Km	01:03:41	17,0 Km/h	00:06:21	00:06:43	00:13:03	04:50 min/Km	01:35:54
27		63 MARTINEZ CASTRO , JESUS	ABM	CLUB PEÑA CICLISTA TOXO	00:20:38	04:18 min/Km	01:01:43	17,5 Km/h	00:06:49	00:07:01	00:13:49	05:08 min/Km	01:36:10
28		117 VILAS GOMEZ , ANTONIO	ABM	ARTROGAL-TRI 498	00:18:48	03:55 min/Km	01:04:01	16,9 Km/h	00:06:46	00:06:46	00:13:31	05:01 min/Km	01:36:20
29		22 CASAS ROLDÓS , BRAIS	ABM	LICENCIA 1 DIA	00:18:27	03:51 min/Km	01:05:17	16,5 Km/h	00:06:14	00:06:32	00:12:46	04:44 min/Km	01:36:30
30	3	AGRASAR CES , MARTIN	ABM	CLUB PEÑA CICLISTA TOXO	00:19:43	04:07 min/Km	01:04:44	16,7 Km/h	00:06:14	00:06:17	00:12:31	04:39 min/Km	01:36:56
31		24 CASTIÑEIRA PAIS , MARCO	ABM	LICENCIA 1 DIA	00:18:20	03:50 min/Km	01:05:20	16,5 Km/h	00:06:36	00:06:43	00:13:18	04:56 min/Km	01:36:56
32		111 TOMBO GONZÁLEZ , JORGE DANIEL	ABM	LICENCIA 1 DIA	00:18:52	03:56 min/Km	01:05:23	16,5 Km/h	00:06:21	00:06:22	00:12:43	04:43 min/Km	01:36:56
33		5 BALAYO GARCIA , ALBERTO	ABM	LICENCIA 1 DIA	00:19:04	03:59 min/Km	01:06:01	16,4 Km/h	00:06:12	00:06:27	00:12:39	04:42 min/Km	01:37:43
34		37 FREIRE CALVO , DIEGO	ABM	CLUB CICLISMO-TRIATLON POIO	00:19:12	04:00 min/Km	01:06:14	16,3 Km/h	00:06:13	00:06:20	00:12:32	04:39 min/Km	01:37:56



35	10	103	SIEIRA RIOS , FERNANDO	V1M	ARTROGAL-TRI 498	00:18:48	03:55 min/Km	01:07:03	16,1 Km/h	00:06:16	00:06:22	00:12:38	04:41 min/Km	01:38:28
36	11	98	SÁNCHEZ RAMOS , ALEJANDRO	V1M	LICENCIA 1 DIA	00:19:13	04:01 min/Km	01:06:15	16,3 Km/h	00:06:31	00:06:34	00:13:04	04:51 min/Km	01:38:31
37		27	COSTA FERNÁNDEZ , BENJAMIN	ABM	LICENCIA 1 DIA	00:19:07	03:59 min/Km	01:06:20	16,3 Km/h	00:06:32	00:06:36	00:13:07	04:52 min/Km	01:38:33
38	2	58	MARNOTES NOGUEIRA , DIEGO	JNM	LICENCIA 1 DIA	00:20:30	04:17 min/Km	01:05:34	16,5 Km/h	00:06:12	00:06:56	00:13:08	04:52 min/Km	01:39:11
39	12	95	ROMERO IGLESIAS , FRANCISCO GERMAN	V1M	TRIATLON O TREITO	00:20:28	04:16 min/Km	01:06:18	16,3 Km/h	00:06:57	00:06:52	00:13:49	05:08 min/Km	01:40:34
40	13	18	CAMEAN CAMEAN , ROBERTO	V1M	LICENCIA 1 DIA	00:19:36	04:05 min/Km	01:09:07	15,6 Km/h	00:06:25	00:06:48	00:13:13	04:54 min/Km	01:41:55
41		85	REGO POSE , MARTÍN	ABM	LICENCIA 1 DIA	00:20:16	04:14 min/Km	01:07:35	16,0 Km/h	00:06:41	00:07:35	00:14:15	05:17 min/Km	01:42:04
42		8	BLANCO PENSADO , JONATAN	ABM	LICENCIA 1 DIA	00:20:29	04:17 min/Km	01:08:18	15,8 Km/h	00:07:00	00:07:45	00:14:45	05:28 min/Km	01:43:31
43		28	CUNDINS ORONS , RUBEN	ABM	LICENCIA 1 DIA	00:20:13	04:13 min/Km	01:08:53	15,7 Km/h	00:07:11	00:07:37	00:14:47	05:29 min/Km	01:43:53
44	14	16	CALVIÑO CARREÑO , JOSE	V1M	LICENCIA 1 DIA	00:21:37	04:31 min/Km	01:07:45	15,9 Km/h	00:07:10	00:07:32	00:14:41	05:27 min/Km	01:44:02
45		99	SANTIAGO POUSO , ROBERTO	ABM	LICENCIA 1 DIA	00:20:19	04:14 min/Km	01:10:01	15,4 Km/h	00:06:56	00:07:03	00:13:58	05:11 min/Km	01:44:17
46		45	GONZALEZ FRAGA , OSCAR	ABM	LICENCIA 1 DIA	00:19:45	04:07 min/Km	01:11:00	15,2 Km/h	00:07:05	00:07:17	00:14:22	05:20 min/Km	01:45:06
47		82	PIÑEIRO LAMAS , JOSE RAMON	ABM	CLUB TRIATLON RIANXO	00:19:27	04:04 min/Km	01:12:38	14,9 Km/h	00:06:27	00:06:44	00:13:11	04:53 min/Km	01:45:14
48		19	CANDAL DE LA CRUZ , JUAN CARLOS	ABM	NOSPORTLIMIT	00:22:13	04:38 min/Km	01:07:53	15,9 Km/h	00:07:33	00:07:41	00:15:13	05:39 min/Km	01:45:19
49		38	FUENTE GONZALEZ , VICTORINO	ABM	CLUB CICLISMO-TRIATLON POIO	00:21:38	04:31 min/Km	01:10:00	15,4 Km/h	00:06:51	00:07:08	00:13:59	05:11 min/Km	01:45:36
50	15	73	MOURIÑO FORTES , VICTOR MANUEL	V1M	CLUB ATLETISMO PORRIÑO	00:20:59	04:23 min/Km	01:10:56	15,2 Km/h	00:06:59	00:07:21	00:14:19	05:19 min/Km	01:46:14
51	16	41	GÓMEZ GÓMEZ , MANUEL	V1M	LICENCIA 1 DIA	00:18:07	03:47 min/Km	01:15:34	14,3 Km/h	00:06:12	00:06:37	00:12:49	04:45 min/Km	01:46:30
52		57	LOUREIRO AMENEIROS , JOSE DANIEL	ABM	ARTROGAL-TRI 498	00:20:12	04:13 min/Km	01:13:31	14,7 Km/h	00:06:35	00:06:56	00:13:31	05:01 min/Km	01:47:12
53		25	CASTRO FERNANDEZ , JUAN CARLOS	ABM	LICENCIA 1 DIA	00:19:09	03:60 min/Km	01:13:01	14,8 Km/h	00:08:12	00:07:39	00:15:51	05:53 min/Km	01:48:00
54	17	76	OTERO RODRIGUEZ , SANTIAGO ALFONSO	V1M	LICENCIA 1 DIA	00:20:46	04:20 min/Km	01:13:34	14,7 Km/h	00:06:49	00:07:00	00:13:48	05:07 min/Km	01:48:07
55		113	TRILLO BLANCO , ANGEL	ABM	CLUB PEÑA CICLISTA TOXO	00:22:09	04:37 min/Km	01:11:32	15,1 Km/h	00:07:28	00:07:02	00:14:30	05:23 min/Km	01:48:10



56	18	6	BALBOA PADIN , JOSE MANUEL	V1M	CLUB CICLISMO-TRIATLON POIO	00:19:44	04:07 min/Km	01:13:11	14,8 Km/h	00:07:30	00:07:47	00:15:17	05:40 min/Km	01:48:11
57	1	59	MARNOTES VILLANUEVA , ANTONIO	V2M	LICENCIA 1 DIA	00:20:30	04:17 min/Km	01:12:16	14,9 Km/h	00:08:16	00:07:17	00:15:33	05:46 min/Km	01:48:17
58	19	12	BUSTO GALLARDO , JOSE MANUEL	V1M	LICENCIA 1 DIA	00:21:35	04:30 min/Km	01:13:45	14,6 Km/h	00:07:01	00:07:16	00:14:17	05:18 min/Km	01:49:36
59		112	TRIGO RODRIGUEZ , IVAN	ABM	LICENCIA 1 DIA	00:21:01	04:23 min/Km	01:14:01	14,6 Km/h	00:07:16	00:07:24	00:14:39	05:26 min/Km	01:49:40
60	20	26	CASTROMÁN CASAL , FRANCISCO JAVIER	V1M	LICENCIA 1 DIA	00:20:46	04:20 min/Km	01:14:32	14,5 Km/h	00:06:58	00:07:36	00:14:34	05:24 min/Km	01:49:52
61		43	GONZÁLEZ CANCELA , MARIO	ABM	LICENCIA 1 DIA	00:21:44	04:32 min/Km	01:13:47	14,6 Km/h	00:07:06	00:07:46	00:14:52	05:31 min/Km	01:50:23
62	21	7	BERIAS LAIÑO , LUIS MIGUEL	V1M	LICENCIA 1 DIA	00:23:25	04:53 min/Km	01:09:57	15,4 Km/h	00:08:48	00:09:07	00:17:55	06:39 min/Km	01:51:15
63	22	81	PICOS ROMERO , VICTOR MANUEL	V1M	LICENCIA 1 DIA	00:20:58	04:23 min/Km	01:14:28	14,5 Km/h	00:07:35	00:08:20	00:15:54	05:54 min/Km	01:51:18
64	1	107	SOUTO PRIETO , ANTONIO	SUB23M	A.D. TRI-PENTA TERRAS DE LUGO	00:18:10	03:48 min/Km	01:19:08	13,6 Km/h	00:06:33	00:07:55	00:14:28	05:22 min/Km	01:51:45
65	23	31	DIZ CHAVES , MANUEL	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:20:20	04:15 min/Km	01:16:44	14,1 Km/h	00:07:05	00:07:47	00:14:52	05:31 min/Km	01:51:55
66	2	34	FERNANDEZ ANTELO , FRANCISCO	V2M	TRIATLON O TREITO	00:22:00	04:35 min/Km	01:15:20	14,3 Km/h	00:07:39	00:07:21	00:14:59	05:33 min/Km	01:52:19
67		110	TEMBRA CESPON , PEDRO	ABM	LICENCIA 1 DIA	00:20:19	04:14 min/Km	01:18:03	13,8 Km/h	00:06:57	00:07:33	00:14:29	05:22 min/Km	01:52:50
68	3	2	ACUÑA TRABAZO , FERNANDO	V2M	CLUB DEPORTIVO PINARIUM	00:20:21	04:15 min/Km	01:18:53	13,7 Km/h	00:06:40	00:07:02	00:13:41	05:05 min/Km	01:52:54
69	4	108	SOUTO VAZQUEZ , EDUARDO	V2M	NOSPORTLIMIT	00:20:46	04:20 min/Km	01:12:59	14,8 Km/h	00:06:43	00:13:40	00:20:23	07:33 min/Km	01:54:07
70		94	ROMERO CHOUZA , OSCAR	ABM	CLUB CICLISTA MUROS	00:20:24	04:15 min/Km	01:20:14	13,5 Km/h	00:06:56	00:07:06	00:14:02	05:12 min/Km	01:54:39
71	5	46	GONZÁLEZ GARCÍA , JOSE ROBERTO	V2M	LICENCIA 1 DIA	00:20:20	04:15 min/Km	01:21:00	13,3 Km/h	00:07:04	00:07:12	00:14:15	05:17 min/Km	01:55:34
72	24	15	CALVAR LORENZO , JESUS	V1M	CLUB TRIATLON MAR DE VIGO	00:21:53	04:34 min/Km	01:18:34	13,7 Km/h	00:07:36	00:07:41	00:15:16	05:40 min/Km	01:55:43
73		74	MUÑIZ FERNANDEZ , RUBEN	ABM	LICENCIA 1 DIA	00:23:04	04:49 min/Km	01:18:55	13,7 Km/h	00:07:39	00:08:12	00:15:51	05:53 min/Km	01:57:48
74		80	PEREIRO REGUEIRA , JOSÉ MARTIN	ABM	LICENCIA 1 DIA	00:24:31	05:07 min/Km	01:21:27	13,3 Km/h	00:08:50	00:09:52	00:18:41	06:56 min/Km	02:04:38
75		116	VEIGA AGUIÓN , VICTOR	ABM	LICENCIA 1 DIA	00:23:26	04:53 min/Km	01:24:27	12,8 Km/h	00:08:00	00:09:58	00:17:58	06:40 min/Km	02:05:50
76	25	115	TUBIO PIÑEIRO , TOMAS	V1M	CLUB TRIATLON RIANXO	00:22:14	04:38 min/Km	01:29:03	12,1 Km/h	00:07:20	00:07:43	00:15:02	05:35 min/Km	02:06:18



NP	64	MARTÍNEZ COMESAÑA , LUIS ENRIQUE	ABM	LICENCIA 1 DIA
NP	66	MARTINEZ LAGE , MATEO	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING
NP	78	PARDO NEBRIL , RUBEN DARIO	V1M	NOSPORTLIMIT
NP	96	ROUCO REGUEIRO , DANIEL	V1M	LICENCIA 1 DIA
NP	105	SOUSA GONZALEZ , AGUSTIN	V1M	NOSPORTLIMIT
NP	106	SOUTO PEREZ , BRUNO	ABM	NOSPORTLIMIT
NP	114	TUBIO MUÑIZ , GUILLERMO	V1M	CLUB TRIATLON RIANXO

EQUIPOS MASC

1 TRIATLON COSTA DA MORTE

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
3		17	CALZAS INSUA , DAVID	ABM	TRIATLON COSTA DA MORTE	01:24:49	4:16:30
4		23	CASTIÑEIRA PAIS , GABRIEL	ABM	TRIATLON COSTA DA MORTE	01:25:35	
5		77	PAIS FONDO , FRANCISCO	ABM	TRIATLON COSTA DA MORTE	01:26:06	

2 ARTROGAL-TRI 498

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
1	1	42	GOMEZ RIOS , JOSE ANTONIO	V1M	ARTROGAL-TRI 498	01:22:38	4:24:31
7		49	JUANATEY GARCIA , CARLOS	ABM	ARTROGAL-TRI 498	01:27:26	
23		72	MOSQUERA FILGUEIRA , GERMAN	ABM	ARTROGAL-TRI 498	01:34:27	



3 CLUB CICLISMO-TRIATLON POIO

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
9		36	FERNANDEZ VIDAL , PORFIRIO	ABM	CLUB CICLISMO-TRIATLON POIO	01:28:43	4:36:31
11	2	84	RAMOS RODRIGUEZ , ELADIO	V1M	CLUB CICLISMO-TRIATLON POIO	01:29:52	
34		37	FREIRE CALVO , DIEGO	ABM	CLUB CICLISMO-TRIATLON POIO	01:37:56	

4 CLUB PEÑA CICLISTA TOXO

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
6		69	MATO CARAMES , ANTONIO	ABM	CLUB PEÑA CICLISTA TOXO	01:26:14	4:37:52
24	8	10	BUJAN SANTOS , EDUARDO	V1M	CLUB PEÑA CICLISTA TOXO	01:35:28	
27		63	MARTINEZ CASTRO , JESUS	ABM	CLUB PEÑA CICLISTA TOXO	01:36:10	

5 TRIATLON O TREITO

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
17	3	119	VILLAR CAAMAÑO , JOSE ALFONSO	V1M	TRIATLON O TREITO	01:31:51	4:46:04
22	7	109	TARELA MIRAMONTES , DANIEL	V1M	TRIATLON O TREITO	01:33:39	
39	12	95	ROMERO IGLESIAS , FRANCISCO GERMAN	V1M	TRIATLON O TREITO	01:40:34	

6 TRIATLON VILAGARCIA /ATENAS RUNNING

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META	
10		92	RODRIGUEZ POUSO , JOSE ANGEL	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	01:29:28	4:54:14
21	6	39	GARCIA BLANCO , CARLOS	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	01:32:51	
65	23	31	DIZ CHAVES , MANUEL	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	01:51:55	



EQUIPOS FEMENINO

1 NOSPORTLIMIT

POS.	P.CAT.	DORSAL	PARTICIPANTE	CAT	CLUB	META
77		104	SIMON MARTINEZ , AMIRA	ABF	NOSPORTLIMIT	02:03:09
83	1	54	LOPEZ MORAN , CRISTINA	V1F	NOSPORTLIMIT	02:07:26
91		79	PEDROSA TORRES , LORETO	ABF	NOSPORTLIMIT	02:22:14



LOCALIDADE	LOUSAME	DATA	17/11/2019	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROS- RELEVOS		
Delegado Técnico	ALBERTO MORLAN OTERO			XURADO DE COMPETICIÓN	ALBERTO MORLAN OTERO				
Xuíz Árbitro	ARANTXA TOMÉ ANTELO				PABLO CABANELAS EIRAS				
Respons. Oficiais	ARANTXA TOMÉ ANTELO				FRANCISCO JAVIER IGLESIAS PRADO (ARCADE INFORHOUSE)				
PROBA				TEMP	CARREIRA	CICLISMO	CARREIRA		
V DUATLON CROSS LOUSAME				-	4800 METROS	18 KILÓMETROS	2800 METROS		
ABSOLUTA MASCULINO					1 voltas	3 voltas	2 volta		
INSCRITOS	106	ACABAN	84	RETIRADOS	7	DESCALIFICADOS	0	NON PRESENTADOS	15

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	POS.	P.CAT.	META
1	1	213	MANEIROS TEAM	MALE	MALE	MANEIRO TRILLO , DANIEL - MANEIRO RODRIGUEZ , ÁNGEL	1	1	01:21:06
2	2	216	TEAM BOIRO	MALE	MALE	NAVARRO ANTON , JOSE - CASTRO LAGO , MANUEL	2	2	01:24:34
3	3	219	LOS VIDALES	MALE	MALE	VIDAL DE SA , CARLOS IVAN - VIDAL DE SA , DAVID	3	3	01:25:26
4	4	202	ZAMPABOLOS	MALE	MALE	BAÑA MARTÍNEZ , SAMUEL - RODRÍGUEZ GONZÁLEZ , ALBERTO	4	4	01:28:38
5	5	201	AD MEDIA DUCIA OU VAI RACHA	MALE	MALE	AÑON CEAN , CARLOS ELISEO - VAZQUEZ MARIÑAS , DAVID	5	5	01:28:54
6	6	210	8OTAS	MALE	MALE	LOPEZ CAAMAÑO , DIEGO - FROJAN CANLE , FERNANDO	6	6	01:33:57
7	7	203	PÑA CICLISTA LAR	MALE	MALE	CHAVES MON , RAMIRO - FERNANDEZ SEGURADO , XOSE	7	7	01:34:33
8	8	207	JAZAFELLOS1	MALE	MALE	GARCIA PREGO , JOSE - PUENTE GÓMEZ , GONZALO	8	8	01:36:32
9	9	212	FRTL	MALE	MALE	LOPEZ FERNANDEZ , JOSE ANTONIO - REY LAGO , FRANCISCO	9	9	01:37:08
10	10	211	LOPEZ EIROA	MALE	MALE	LÓPEZ EIROA , MARCOS - LÓPEZ EIROA , SIMON	10	10	01:37:25
11	11	208	FUTURANEATABYTEC	MALE	MALE	GONZÁLEZ OUTES , ALEX - ROO MAROÑAS , PABLO	11	11	01:38:02
12	1	227	ADRIAN VANESA	MIXED	MIXED	VARELA PUÑAL , ADRIAN - ANIDO NIETO , VANESA	12	1	01:39:23



13	2	223	ALUMINIOS MARTINEZ LS	MIXED	MIXED	IGLESIAS MULEIRO , SANTIAGO - PEON SANTOME , LUCÍA	13	2	01:39:34
14	12	215	JAZAFELLOS2	MALE	MALE	MOURE PIÑEIRO , SERGIO - PUENTE GÓMEZ , DIEGO	14	12	01:39:41
15	3	221	CLUB CICLISTA MUROS	MIXED	MIXED	FERNANDEZ BARREIROS , TINA MARIE - FIGUEROA LEON , VICTOR	15	3	01:40:19
16	4	222	ATOSTEAM	MIXED	MIXED	GOMEZ VILA , ALBERTO - PENA CARBÓN , NOEMI	16	4	01:41:02
17	5	226	AD MEDIA DUCIA	MIXED	MIXED	TASENDE ANDRADE , MARTINA - TOMÉ CANCELA , RICARDO	17	5	01:43:30
18	6	228	OBJETIVO TRAIL	MIXED	MIXED	VASCO VARELA , VÍCTOR - REY FERNÁNDEZ , ROCIO	18	6	01:45:55
19	13	209	DOS ERAN DOS	MALE	MALE	IBÁÑEZ PEREIRO , AITOR - SANTOS GARCÍA , JUAN JOSÉ	19	13	01:48:28
20	7	224	ALUMINIOS MARTINEZ BJ	MIXED	MIXED	MARTINEZ VARELA , JOSE LUIS - OTERO GIL , BEGOÑA	20	7	01:50:57
21	14	205	SALTAMONTES	MALE	MALE	FERNANDEZ SANTAMARIA , JOAQUIN - MARTINEZ CHOUZA , JOSE LUIS	21	14	01:51:04
22	8	225	CLUB CICLISTA MESOIRO	MIXED	MIXED	PORTO BLANCO , EDELMIRO - LÓPEZ AMENEDO , ELENA	22	8	01:54:42
23	9	220	CARTOR	MIXED	MIXED	CAROU FERNÁNDEZ , CARLOS - TOREA TOREA , ELENA	23	9	01:56:57
24	15	214	OCR CROSS TEO	MALE	MALE	MEIJIDE PAZOS , CRISTIAN - ARES CRIADO , MIGUEL	24	15	01:58:09
25	16	204	AD MEDIA DUCIA 4	MALE	MALE	EIRÍS ESPAÑA , CARLOS - CARBALLAL IGLESIAS , ALBERTO	25	16	01:58:26
26	17	217	TEIRA E PICOS	MALE	MALE	PICOS REY , RAMON JOSE - TEIRA GONZALEZ , MIGUEL	26	17	02:00:03
27	1	229	BOMBAYLOCA	FEMALE	FEMALE	ALARCON HERNANDEZ , MONICA - CASAL ROSALEZ , NAZARET	27	1	02:10:38
NF		206	PONTE TEAM	MALE	MALE	FREIRE LEIS , ROBERTO - QUINTIÁN AGRAFOJO , CHEMA			
NP		218	AD MEDIA DUCIA 2	MALE	MALE	RAMA ESTRAMIL , JOSE ANTONIO - BARDANCA PALLAS , JOSE			