

2PAREJAS

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	RUN1	BIKE	RUN2	META			
1	1	123	VALIÑA AMEIJENDA, CARLOS - VALIÑA LISTA, CARLOS	MALE	HOMBRE	OSRUBIOS3AG	00:19:12	03:34 min/Km	00:54:12	23,2 Km/h	00:11:55	03:19 min/Km	01:25:18
2	2	121	BARDANCA PALLAS, JOSE MANUEL - PARDIÑAS VARELA, MARCOS	MALE	HOMBRE	TEAMLEO	00:20:28	03:48 min/Km	00:53:58	23,3 Km/h	00:12:33	03:30 min/Km	01:26:58
3	3	120	ALVAREZ CURES, JUAN JOSE - RAMA ESTRAMIL, JOSE ANTONIO	MALE	HOMBRE	ADMEDIADUCIA1	00:19:36	03:38 min/Km	00:56:27	22,3 Km/h	00:12:17	03:25 min/Km	01:28:18
4	4	132	VIDAL DE SA, DAVID - VIDAL DE SA, IVÁN	MALE	HOMBRE	VIDALESTEAM	00:20:37	03:50 min/Km	00:55:14	22,8 Km/h	00:12:41	03:32 min/Km	01:28:31
5	5	137	INSUA DIAZ, RUBEN - LOURO DÍAZ, MANUEL	MALE	HOMBRE	CARRAÑOLOS	00:19:48	03:40 min/Km	00:58:27	21,6 Km/h	00:12:04	03:22 min/Km	01:30:17
6	6	138	ROMERO LEMA, IVÁN - TOMÉ SUAREZ, JOSE MANUEL	MALE	HOMBRE	CACHAROZATEAM	00:22:04	04:06 min/Km	00:54:40	23,0 Km/h	00:13:38	03:48 min/Km	01:30:21
7	7	133	FROJÁN CANLE, FERNANDO - LOPEZ CAAMAÑO, DIEGO	MALE	HOMBRE	80TAS	00:22:43	04:13 min/Km	00:54:34	23,1 Km/h	00:14:03	03:55 min/Km	01:31:18
8	8	130	ANTELO LOPEZ, JOSE RAMON - PASANTES BARBEIRA, DAVID	MALE	HOMBRE	CAMARIÑAS	00:22:00	04:05 min/Km	00:57:04	22,1 Km/h	00:13:38	03:48 min/Km	01:32:41
9	1	147	RIVAS SUAREZ, NATALIA - VAZQUEZ MARIÑAS, DAVID	MIXED	MIXTO	ADMEDIADUCIA2	00:24:45	04:35 min/Km	00:55:57	22,5 Km/h	00:15:29	04:19 min/Km	01:36:10
10	2	151	FERNANDEZ BARREIROS, TINA MARIE - FIGUEROA LEON, VICTOR MANUEL	MIXED	MIXTO	CLUB CICLISTA MUROS	00:21:08	03:55 min/Km	01:02:38	20,1 Km/h	00:13:17	03:42 min/Km	01:37:02
11	9	134	ALLO MIÑONES, IVAN - ROMERO ALBORES, DAVID	MALE	HOMBRE	TRIATLONCOSTADAMORTE	00:22:04	04:06 min/Km	01:01:14	20,6 Km/h	00:14:04	03:55 min/Km	01:37:21
12	10	131	POSE POSE, PABLO - ROMERO LEMA, PABLO	MALE	HOMBRE	PABLOSTEAM	00:23:54	04:26 min/Km	00:59:16	21,3 Km/h	00:14:56	04:09 min/Km	01:38:05
13	11	126	GOLAN PARDO, DAVID - MUIÑO CODESIDO, GONZALO	MALE	HOMBRE	PALMERAS	00:23:02	04:16 min/Km	01:02:41	20,1 Km/h	00:15:25	04:17 min/Km	01:41:07
14	12	122	ANGERIZ FELIPEZ, VALENTÍN - GÁNDARA LEMA, PERFECTO	MALE	HOMBRE	VALENNACHO	00:24:03	04:28 min/Km	01:03:36	19,8 Km/h	00:15:16	04:15 min/Km	01:42:54
15	3	150	ESTEIRO RAMOS, PAULA - LÓPEZ ROMERO, IVÁN	MIXED	MIXTO	CONCOBOX	00:24:37	04:34 min/Km	01:03:23	19,9 Km/h	00:15:25	04:17 min/Km	01:43:24
16	13	139	LAVANDEIRA TAJES, JOSE MANUEL - ROGET PEREZ, FELIX	MALE	HOMBRE	VIMIANZO	00:22:37	04:12 min/Km	01:07:03	18,8 Km/h	00:14:14	03:58 min/Km	01:43:54
17	4	144	GARCÍA BARREIRA, JUAN MANUEL - SOLÍS CAAMAÑO, MONTSERRAT	MIXED	MIXTO	COMPITRUENO	00:24:11	04:29 min/Km	01:05:03	19,4 Km/h	00:15:17	04:15 min/Km	01:44:30
18	1	153	VILLAVERDE ROSALES, MARGARITA - VÁZQUEZ CRESPO, LUCIA	FEMALE	MUJER	EQUIPOGVSPORTS	00:24:55	04:37 min/Km	01:03:27	19,9 Km/h	00:16:17	04:32 min/Km	01:44:38
19	14	127	FONDO SUÁREZ, ÓSCAR - SANTOS SUÁREZ, MARTÍN	MALE	HOMBRE	MAROSC	00:23:55	04:26 min/Km	01:07:41	18,6 Km/h	00:15:09	04:13 min/Km	01:46:45
20	15	128	SANTOS SUAREZ, VICTOR MANUEL - SANTOS SUAREZ, JOSE LUIS	MALE	HOMBRE	DKASTRO	00:29:20	05:26 min/Km	01:01:51	20,4 Km/h	00:15:40	04:22 min/Km	01:46:51
21	5	149	ANIDO NIETO, VANESA - VARELA PUÑAL, ADRIAN	MIXED	MIXTO	MEDIADUCIAADRIANVANESA	00:28:38	05:19 min/Km	01:00:11	20,9 Km/h	00:18:09	05:03 min/Km	01:46:57
22	16	141	CALO ARAN, JOSE MANUEL - LAGO LOUZAN, DAVID	MALE	HOMBRE	JABADAYS	00:26:42	04:57 min/Km	01:04:14	19,6 Km/h	00:16:24	04:34 min/Km	01:47:19
23	17	125	BELLO RAMA, MARTIN - LAVANDEIRA GARCIA, VICTOR MANUEL	MALE	HOMBRE	MARTINVICTOR	00:26:09	04:51 min/Km	01:05:56	19,1 Km/h	00:15:52	04:25 min/Km	01:47:56
24	18	140	INSUA LEMA, RODRIGO - MARTÍNEZ CAAMAÑO, JOSE	MALE	HOMBRE	REZAGADOS	00:27:34	05:07 min/Km	01:04:23	19,6 Km/h	00:16:06	04:29 min/Km	01:48:01
25	19	136	MOUZO DOVAL, MANUEL - ROMERO RODRÍGUEZ, MARIO	MALE	HOMBRE	PILLERIA	00:24:23	04:31 min/Km	01:08:57	18,3 Km/h	00:16:08	04:29 min/Km	01:49:27
26	6	145	GARCIA QUIZA, SANTIAGO - NOVO QUIZA, NATALIA	MIXED	MIXTO	OSCORZOSDOORTEGAL	00:30:15	05:37 min/Km	01:03:56	19,7 Km/h	00:19:04	05:18 min/Km	01:53:14
27	20	124	GARRIDO POSE, RULLAR ADRIAN - GONZALEZ LAGE, ESTEBAN	MALE	HOMBRE	RULLARESTEBAN	00:26:32	04:55 min/Km	01:12:35	17,4 Km/h	00:16:42	04:39 min/Km	01:55:48
28	7	143	CASTRO MOURA, MARCOS - SALCES PECHO, IRIS NINETH	MIXED	MIXTO	MESOIROTEAM	00:27:11	05:03 min/Km	01:08:55	18,3 Km/h	00:20:12	05:37 min/Km	01:56:17
29	8	146	LÓPEZ AMENEDO, ELENA - PORTO BLANCO, EDELMIRO	MIXED	MIXTO	CCMESOIRO	00:33:25	06:12 min/Km	01:02:10	20,3 Km/h	00:20:42	05:45 min/Km	01:56:17
30	2	154	CASTRO LEMA, CARMEN - GARCÍA CRUZ, ALICIA	FEMALE	MUJER	LASVILLANAS	00:28:02	05:12 min/Km	01:19:04	15,9 Km/h	00:17:45	04:56 min/Km	02:04:50
31	3	155	ALARCON HERNANDEZ, MONICA - CASAL ROSALES, NAZARET	FEMALE	MUJER	BOMBAYLOCA	00:30:10	05:36 min/Km	01:19:31	15,8 Km/h	00:18:32	05:09 min/Km	02:08:12
32	21	135	GRAIÑO VILAR, MARCOS - MENDEZ PEREZ, GUILLERMO	MALE	HOMBRE	MARGUIFIT	00:27:54	05:10 min/Km	01:24:48	14,9 Km/h	00:17:16	04:48 min/Km	02:09:57
RET		148	TASENDE ANDRADE, MARTINA - TOMÉ CANCELA, RICARDO	MIXED	MIXTO	MTDUCIO	00:24:34	04:33 min/Km					
NP		129	BERMÚDEZ VARELA, JOSÉ - EIRIS ESPAÑA, CARLOS	MALE	HOMBRE	ADMEDIADUCIA4							
NP		142	MOREIRA PEREIRO, ADRIÁN - REY PENELAS, ALBA	MIXED	MIXTO	PIPIOLXSJARNACHAS3AG							
NP		152	MONTES VILLAR, VERONICA - VELO PICALLO, VANESSA	FEMALE	MUJER	FISIOSTEAM							