

XII CAMPIONATO GALEGO DE DUATLON CROS 2021  
**DUATLON de REIS**  
 Canello de Vimianzo

LOCALIDADE	VIMIANZO	DATA	25/04/2021	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROS
Delegado Técnico	JUAN LUIS BOTANA MOSQUERA			JURADO DE COMPETICIÓN		JUAN LUIS BOTANA MOSQUERA (DT)	
Juez Árbitro	NURIA BRAGE					MÓNICA FLORES FERREIRO (FEGATRI)	
Respons. Oficiais	NURIA BRAGE					TRIATLÓN VILAGARCÍA	
PROBA				TEMP	CARREIRA	CICLISMO	CARRERA
XII DUATLON DE REIS CONCELLO DE VIMIANZO CAMPIONATO GALEGO ABSOLUTA FEMENINO				-	5400 METROS	21 KILÓMETROS	3600 METROS
				17ª	1 volta	2 voltas	1 volta
INSCRITOS	12	ACABAN	11	RETIRADOS	0	DESCALIFICADOS	0
						NON PRESENTADOS	1

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	CARRERA 1		CICLISMO	CARRERA 2		META	
1		107	DELGADO GONZALEZ , MARIA DEL MAR	ABF	TRIATLON FERROL	00:25:22	04:42 min/Km	01:06:09	19,0 Km/h	00:17:25	04:51 min/Km	01:48:55
2	1	119	VILAS PEREZ , ANA MARIA	V1F	CLUB TRIATLON COMPOSTELA	00:27:13	05:03 min/Km	01:09:10	18,2 Km/h	00:17:58	04:60 min/Km	01:54:19
3		110	SIMON MARTINEZ , AMIRA	ABF	CLUB TRIATLON CORUÑA	00:25:33	04:44 min/Km	01:13:34	17,1 Km/h	00:17:28	04:52 min/Km	01:56:35
4	1	108	PAZ GAGO , MARIA FATIMA	V3F	TRIATLON FERROL	00:25:09	04:40 min/Km	01:17:01	16,4 Km/h	00:15:44	04:23 min/Km	01:57:52
5		111	MARTINEZ ALVAREZ , MARIA JOSE	ABF	TRIATLON FERROL	00:28:07	05:13 min/Km	01:12:13	17,4 Km/h	00:18:25	05:07 min/Km	01:58:43
6	2	115	DEIRA BARCALA , SILVIA	V1F	JEALSA TRIATLON BOIRO	00:27:54	05:10 min/Km	01:16:26	16,5 Km/h	00:18:13	05:04 min/Km	02:02:33
7	3	109	RAMOS ONS , ANA	V1F	CLUB CERVECERIA O COTON NEGREIRA	00:28:53	05:21 min/Km	01:18:52	16,0 Km/h	00:18:40	05:12 min/Km	02:06:25
8	4	117	IGLESIAS VAZQUEZ , ENRIQUETA	V1F	TRIATLON ARTEIXO	00:28:23	05:16 min/Km	01:21:35	15,4 Km/h	00:16:42	04:39 min/Km	02:06:40
9		114	TARRIO MANGAS , BALBINA	ABF	TRIATLON ARTEIXO	00:28:04	05:12 min/Km	01:20:38	15,6 Km/h	00:18:51	05:15 min/Km	02:07:31
10	5	118	REY DA SILVA , DOLORES	V1F	CLUB TRIATLON COMPOSTELA	00:27:27	05:05 min/Km	01:43:55	12,1 Km/h	00:18:44	05:13 min/Km	02:30:05
11	6	116	FERNÁNDEZ GARCÍA , VICTORIA	V1F	CLUB TRIATLON COMPOSTELA	00:30:43	05:42 min/Km	01:45:41	11,9 Km/h	00:20:44	05:46 min/Km	02:37:07



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Concello de Vimianzo

DNS

112 BARBEITO, MARTA

ABF

AD NAUTICO DE NARON





## CLUBES

1 TRIATLON FERROL							5:45:30
POS.		DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META	
<b>1</b>		107	<b>DELGADO GONZALEZ , MARIA DEL MAR</b>	ABF	TRIATLON FERROL	<b>01:48:55</b>	
<b>4</b>		108	<b>PAZ GAGO , MARIA FATIMA</b>	V3F	TRIATLON FERROL	<b>01:57:52</b>	
<b>5</b>		111	<b>MARTINEZ ALVAREZ , MARIA JOSE</b>	ABF	TRIATLON FERROL	<b>01:58:43</b>	

  

2 CLUB TRIATLON COMPOSTELA							7:01:31
POS.		DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META	
<b>2</b>	1	119	<b>VILAS PEREZ , ANA MARIA</b>	V1F	CLUB TRIATLON COMPOSTELA	<b>01:54:19</b>	
<b>10</b>	5	118	<b>REY DA SILVA , DOLORES</b>	V1F	CLUB TRIATLON COMPOSTELA	<b>02:30:05</b>	
<b>11</b>	6	116	<b>FERNÁNDEZ GARCÍA , VICTORIA</b>	V1F	CLUB TRIATLON COMPOSTELA	<b>02:37:07</b>	



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LOCALIDADE	VIMIANZO	DATA	25/04/2021	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROS
Delegado Técnico	JUAN LUIS BOTANA MOSQUERA			JURADO DE COMPETICIÓN		JUAN LUIS BOTANA MOSQUERA (DT)	
Juez Árbitro	NURIA BRAGE					MÓNICA FLORES FERREIRO (FEGATRI)	
Respons. Oficiais	NURIA BRAGE					TRIATLÓN VILAGARCÍA	
PROBA				TEMP	CARREIRA	CICLISMO	CARREIRA
XII DUATLON DE REIS CONCELLO DE VIMIANZO CAMPEONATO GALEGO ABSOLUTA MASCULINO				-	5400 METROS	21 KILÓMETROS	3600 METROS
				17ª	1 volta	2 voltas	1 volta
INSCRITOS	91	ACABAN	79	RETIRADOS	3	DESCALIFICADOS	0
						NON PRESENTADOS	12

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	CARRERA 1		CICLISMO	CARRERA 2		META	
1		27	CASTIÑEIRA PAIS , GABRIEL	ABM	TRIATLON COSTA DA MORTE	00:19:30	03:37 min/Km	00:50:47	24,8 Km/h	00:12:48	03:34 min/Km	01:23:04
2	1	1	MAYO FIGUEIRA , MARCOS	V1M	TRIATLON O TREITO	00:20:39	03:50 min/Km	00:51:04	24,7 Km/h	00:13:13	03:41 min/Km	01:24:55
3		2	ROJO LUACES , ADRIAN	ABM	TRIATLON INFORHOUSE SANTIAGO	00:19:02	03:32 min/Km	00:53:32	23,5 Km/h	00:12:32	03:29 min/Km	01:25:05
4	2	4	GOMEZ RIOS , JOSE ANTONIO	V1M	ARTROGAL-TRI 498	00:20:36	03:49 min/Km	00:52:14	24,1 Km/h	00:13:16	03:42 min/Km	01:26:06
5		3	CALZAS INSUA , DAVID	ABM	TRIATLON COSTA DA MORTE	00:19:57	03:42 min/Km	00:53:11	23,7 Km/h	00:13:25	03:44 min/Km	01:26:33
6		8	SANTIAGO REY , DIEGO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:19:27	03:37 min/Km	00:54:30	23,1 Km/h	00:12:53	03:35 min/Km	01:26:49
7	3	67	FERNANDEZ FERNANDEZ , JAVIER	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:19:54	03:42 min/Km	00:54:37	23,1 Km/h	00:12:41	03:32 min/Km	01:27:11
8		49	MISA GARCIA , BRAIS	ABM	TRIATLON INFORHOUSE SANTIAGO	00:19:29	03:37 min/Km	00:55:39	22,6 Km/h	00:12:14	03:24 min/Km	01:27:21
9	4	5	MORAN GONZALEZ , ENRIQUE	V1M	CLUB ATLETISMO PORRIÑO	00:20:23	03:47 min/Km	00:54:07	23,3 Km/h	00:13:04	03:38 min/Km	01:27:33
10	5	9	RODRIGUEZ ESPASANDIN , JOSE	V1M	TRIATLON COSTA DA MORTE	00:20:46	03:51 min/Km	00:54:01	23,3 Km/h	00:13:17	03:42 min/Km	01:28:03
11		15	RODRIGUEZ CAMBON , JOSE ADRIAN	ABM	TRIATLON COSTA DA MORTE	00:20:09	03:44 min/Km	00:55:13	22,8 Km/h	00:13:28	03:45 min/Km	01:28:49



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12	6	6	JUANATEY GARCIA , CARLOS	V1M	ARTROGAL-TRI 498	00:19:22	03:36 min/Km	00:57:03	22,1 Km/h	00:12:40	03:32 min/Km	01:29:05
13		16	OTERO IGLESIAS , ALEXANDRE	ABM	CLUB TRIATLON RIANXO	00:21:03	03:54 min/Km	00:55:28	22,7 Km/h	00:13:24	03:44 min/Km	01:29:55
14	7	7	RODRIGUEZ POUSO , JOSE ANGEL	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:20:09	03:44 min/Km	00:57:24	22,0 Km/h	00:12:40	03:32 min/Km	01:30:12
15		10	FERNANDEZ VIDAL , PORFIRIO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:20:37	03:50 min/Km	00:56:17	22,4 Km/h	00:13:21	03:43 min/Km	01:30:14
16	8	71	MARTINEZ RIVEIRA , DANIEL	V1M	A.D. NAUTICO DE NARON	00:19:59	03:43 min/Km	00:57:36	21,9 Km/h	00:12:46	03:33 min/Km	01:30:20
17		55	SANTOS LOIS , SERGIO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:19:46	03:40 min/Km	00:58:30	21,5 Km/h	00:12:23	03:27 min/Km	01:30:38
18		59	TOME SUAREZ , JOSE MANUEL	ABM	TRIATLON COSTA DA MORTE	00:20:49	03:52 min/Km	00:56:19	22,4 Km/h	00:14:07	03:56 min/Km	01:31:14
19		39	BLANCO PORTO , RAUL	ABM	A.D. TRI-PENTA TERRAS DE LUGO	00:20:43	03:51 min/Km	00:58:33	21,5 Km/h	00:12:35	03:30 min/Km	01:31:49
20	9	84	SANTOS NUÑEZ , PABLO	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:19:52	03:41 min/Km	00:59:37	21,1 Km/h	00:12:37	03:31 min/Km	01:32:05
21	10	28	GONZALEZ FRANCO , RAMIRO	V1M	TRIATLON COSTA DA MORTE	00:21:23	03:58 min/Km	00:57:46	21,8 Km/h	00:14:08	03:56 min/Km	01:33:16
22	11	29	GARCIA BLANCO , CARLOS	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:21:31	03:60 min/Km	00:57:44	21,8 Km/h	00:14:24	04:00 min/Km	01:33:38
23	12	80	RAMOS FERROL , ARTURO BENIGNO	V1M	CLUB TRIATLON COMPOSTELA	00:21:02	03:54 min/Km	00:59:27	21,2 Km/h	00:13:30	03:45 min/Km	01:33:57
24		17	REGO POSE , MARTIN	ABM	TRIATLON COSTA DA MORTE	00:22:12	04:07 min/Km	00:56:32	22,3 Km/h	00:15:44	04:23 min/Km	01:34:27
25		53	RODRIGUEZ TRUJILLO , ALEJANDRO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:21:29	03:59 min/Km	00:58:51	21,4 Km/h	00:14:25	04:01 min/Km	01:34:45
26	13	68	FERNANDEZ MOLDES , JUAN FRANCISCO	V1M	A.D. TRI-PENTA TERRAS DE LUGO	00:22:44	04:13 min/Km	00:58:34	21,5 Km/h	00:13:36	03:47 min/Km	01:34:52
27	14	86	SUAREZ SUAREZ , GONZALO	V1M	CLUB TRIATLON CORUÑA	00:22:19	04:08 min/Km	00:58:22	21,6 Km/h	00:14:26	04:01 min/Km	01:35:06
28		51	OTERO IGLESIAS , CARLOS	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:22:42	04:13 min/Km	00:58:13	21,6 Km/h	00:14:25	04:01 min/Km	01:35:18
29	15	11	RODRIGUEZ PAZ , ALEXANDRE	V1M	TRIATLON ARTEIXO	00:21:36	04:00 min/Km	00:59:24	21,2 Km/h	00:14:30	04:02 min/Km	01:35:29
30		37	BALAYO GARCIA , ALBERTO	ABM	CLUB CICLISTA MUROS	00:21:44	04:02 min/Km	01:00:36	20,8 Km/h	00:14:11	03:57 min/Km	01:36:30
31		13	AGRASAR CES , MARTIN	ABM	CLUB PEÑA CICLISTA TOXO	00:22:29	04:10 min/Km	00:59:39	21,1 Km/h	00:14:46	04:07 min/Km	01:36:54
32	16	12	VILLAR CAAMAÑO , JOSE ALFONSO	V1M	TRIATLON O TREITO	00:22:03	04:05 min/Km	00:59:23	21,2 Km/h	00:15:32	04:19 min/Km	01:36:58
33	17	36	PRIETO CAAMAÑO , JAIRO	V1M	TRIATLON COSTA DA MORTE	00:21:58	04:05 min/Km	01:00:54	20,7 Km/h	00:14:19	03:59 min/Km	01:37:10



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34	1	63	SOUTO PRIETO , ANTONIO	SUB23M	A.D. TRI-PENTA TERRAS DE LUGO	00:21:18	03:57 min/Km	01:02:06	20,3 Km/h	00:13:48	03:50 min/Km	01:37:12
35	18	18	SIEIRA RIOS , FERNANDO	V1M	ARTROGAL-TRI 498	00:21:57	04:04 min/Km	01:01:17	20,6 Km/h	00:14:00	03:54 min/Km	01:37:13
36		38	BELLO GARCIA , JUAN JOSE	ABM	CLUB CERVECERIA O COTON NEGREIRA	00:21:49	04:03 min/Km	01:01:55	20,3 Km/h	00:13:53	03:52 min/Km	01:37:35
37	19	65	CASTRELO CONDE , FRANCISCO JAVIER	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:22:26	04:10 min/Km	01:01:18	20,6 Km/h	00:14:03	03:55 min/Km	01:37:45
38	2	62	DANIS CASTRO , CRISTIAN	SUB23M	TRIATLON COSTA DA MORTE	00:21:21	03:58 min/Km	01:03:27	19,9 Km/h	00:13:38	03:48 min/Km	01:38:25
39		30	RIVAS PULPEIRO , ENRIQUE	ABM	NOSPORTLIMIT	00:24:07	04:28 min/Km	00:58:53	21,4 Km/h	00:15:30	04:19 min/Km	01:38:29
40		58	SESTAYO SEOANE , ELOY	ABM	ARTROGAL-TRI 498	00:22:37	04:12 min/Km	01:01:51	20,4 Km/h	00:15:29	04:19 min/Km	01:39:56
41	1	60	ELIZALDE ROMERO , ALVARO	JNM	A.D. FOGAR	00:20:41	03:50 min/Km	01:03:21	19,9 Km/h	00:16:01	04:27 min/Km	01:40:02
42	20	77	PIÑEIRO ABALO , BERNARDO	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:23:35	04:23 min/Km	01:01:54	20,4 Km/h	00:15:01	04:11 min/Km	01:40:29
43	21	73	MIRA IGLESIAS , JUAN MANUEL	V1M	ARTROGAL-TRI 498	00:23:16	04:19 min/Km	01:02:50	20,1 Km/h	00:14:58	04:10 min/Km	01:41:03
44		48	LOPEZ ROMERO , IVAN	ABM	TRIATLON COSTA DA MORTE	00:23:26	04:21 min/Km	01:01:27	20,5 Km/h	00:16:27	04:35 min/Km	01:41:20
45		26	NIETO LAREO , ADRIAN	ABM	TRIATLON INFORHOUSE SANTIAGO	00:23:26	04:21 min/Km	01:02:44	20,1 Km/h	00:15:20	04:16 min/Km	01:41:29
46	22	72	MEIZOSO PERMUI , ANXO	V1M	TRIATLON ARTEIXO	00:22:01	04:05 min/Km	01:03:57	19,7 Km/h	00:15:38	04:21 min/Km	01:41:35
47	1	89	BLANCO PAMPIN , JOSE MARIA	V2M	TRIATLON INFORHOUSE SANTIAGO	00:23:13	04:18 min/Km	01:04:22	19,6 Km/h	00:14:56	04:09 min/Km	01:42:30
48	23	70	LOPEZ FERNANDEZ , RUBEN JOSE	V1M	A.D. NAUTICO DE NARON	00:22:51	04:14 min/Km	01:05:03	19,4 Km/h	00:14:41	04:05 min/Km	01:42:33
49		42	CUPEIRO PEREZ , BRAIS	ABM	A.D. NAUTICO DE NARON	00:21:07	03:55 min/Km	01:09:27	18,1 Km/h	00:12:47	03:34 min/Km	01:43:20
50		43	DIAZ URBIETA , ANTONIO	ABM	Independiente	00:21:44	04:02 min/Km	01:07:46	18,6 Km/h	00:14:01	03:54 min/Km	01:43:30
51	24	75	ORDOÑEZ RODRIGUEZ , MARCOS ANDRES	V1M	ATLETAS ACEA DE AMA	00:24:09	04:29 min/Km	01:03:39	19,8 Km/h	00:15:45	04:23 min/Km	01:43:32
52	2	91	FERNANDEZ VIDAL , ANGEL MANUEL	V2M	CLUB CERVECERIA O COTON NEGREIRA	00:23:01	04:16 min/Km	01:05:22	19,3 Km/h	00:15:17	04:15 min/Km	01:43:40
53	3	19	SUAREZ FERNANDEZ , CELSO	V2M	KURAI	00:23:33	04:22 min/Km	01:04:52	19,4 Km/h	00:15:26	04:18 min/Km	01:43:51
54	25	69	LANDROVE RODRIGUEZ , URBANO	V1M	Independiente	00:23:47	04:25 min/Km	01:04:15	19,6 Km/h	00:15:55	04:26 min/Km	01:43:56
55	26	64	CANDAL DE LA CRUZ , JUAN CARLOS	V1M	NOSPORTLIMIT	00:25:45	04:47 min/Km	01:00:41	20,8 Km/h	00:17:32	04:53 min/Km	01:43:56



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56	27	81	REBOREDO PROL, MANUEL	V1M	ARTROGAL-TRI 498	00:23:01	04:16 min/Km	01:05:31	19,2 Km/h	00:15:49	04:24 min/Km	01:44:21
57	4	92	GARCIA ABALO, FRANCISCO JAVIER	V2M	CLUB TRIATLON POIO	00:23:07	04:17 min/Km	01:07:56	18,5 Km/h	00:14:29	04:02 min/Km	01:45:31
58		34	LEMA NANTON, VICTOR	ABM	TRIATLON COSTA DA MORTE	00:23:27	04:21 min/Km	01:07:26	18,7 Km/h	00:14:42	04:05 min/Km	01:45:34
59		57	SARDINERO GONZALEZ, ALAN	ABM	CLUB DEPORTIVO PINARIUM	00:22:11	04:07 min/Km	01:09:35	18,1 Km/h	00:14:00	03:54 min/Km	01:45:44
60	28	82	SANCHEZ ROMERO, DANIEL	V1M	CLUB TRIATLON CORUÑA	00:23:58	04:27 min/Km	01:07:05	18,8 Km/h	00:15:27	04:18 min/Km	01:46:29
61	29	88	VARELA SECO, MARCOS	V1M	Independiente	00:23:47	04:25 min/Km	01:08:00	18,5 Km/h	00:15:14	04:14 min/Km	01:47:01
62		47	FONDO SUAREZ, OSCAR	ABM	NOSPORTLIMIT	00:23:18	04:19 min/Km	01:08:21	18,4 Km/h	00:15:45	04:23 min/Km	01:47:24
63	30	21	CALVIÑO CARREÑO, JOSE	V1M	TRIATLON O TREITO	00:25:06	04:39 min/Km	01:06:01	19,1 Km/h	00:16:22	04:33 min/Km	01:47:28
64	31	76	PEREZ GAGO, PEDRO	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	00:23:11	04:18 min/Km	01:10:06	18,0 Km/h	00:15:24	04:17 min/Km	01:48:40
65		45	EIRAS RODRIGUEZ, MANUEL	ABM	Independiente	00:19:53	03:41 min/Km	01:15:54	16,6 Km/h	00:13:26	03:44 min/Km	01:49:12
66	32	83	SANJORGE GRANDAL, JUAN ANTONIO	V1M	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:24:30	04:33 min/Km	01:09:33	18,1 Km/h	00:15:29	04:19 min/Km	01:49:31
67	33	78	PRIETO GARCIA, JOSE HERMINDO	V1M	NOSPORTLIMIT	00:25:48	04:47 min/Km	01:07:06	18,8 Km/h	00:16:55	04:42 min/Km	01:49:49
68		54	SANCHEZ SEOANE, TOMAS	ABM	ASOCIACION DEPORTIVA MEDIA DUCIA	00:26:10	04:51 min/Km	01:07:35	18,6 Km/h	00:16:41	04:39 min/Km	01:50:25
69		50	OTERO CRESPO, DAVID	ABM	CLUB DEPORTIVO PINARIUM	00:25:25	04:43 min/Km	01:08:04	18,5 Km/h	00:17:36	04:54 min/Km	01:51:04
70	34	74	MOUZO DOVAL, MANUEL	V1M	TRIATLON COSTA DA MORTE	00:25:12	04:40 min/Km	01:07:36	18,6 Km/h	00:18:21	05:06 min/Km	01:51:07
71	35	22	FREIRE SALORIO, JOSE CARLOS	V1M	NOSPORTLIMIT	00:25:17	04:41 min/Km	01:09:39	18,1 Km/h	00:16:26	04:34 min/Km	01:51:21
72		24	TRIGO RODRIGUEZ, IVAN	ABM	TRIATLON COSTA DA MORTE	00:26:08	04:51 min/Km	01:08:41	18,3 Km/h	00:18:16	05:05 min/Km	01:53:04
73		35	PALMA GOMEZ, ALVARO	ABM	A.D. NAUTICO DE NARON	00:23:39	04:23 min/Km	01:14:28	16,9 Km/h	00:16:04	04:28 min/Km	01:54:10
74	36	66	FERNANDEZ DURAN, ANTONIO	V1M	TRIATLON COSTA DA MORTE	00:24:24	04:32 min/Km	01:12:43	17,3 Km/h	00:17:13	04:47 min/Km	01:54:19
75	5	25	LOSADA GONZALEZ, JOSE DANIEL	V2M	TRIATLON ARTEIXO	00:25:46	04:47 min/Km	01:13:05	17,2 Km/h	00:17:16	04:48 min/Km	01:56:06
76	37	79	QUINTANS VAZQUEZ, JOSE ANTONIO	V1M	CLUB TRIATLON COMPOSTELA	00:23:39	04:23 min/Km	01:19:52	15,8 Km/h	00:16:00	04:27 min/Km	01:59:31
77		56	SANTOS SUAREZ, MARTIN	ABM	TRIATLON COSTA DA MORTE	00:22:30	04:10 min/Km	01:22:43	15,2 Km/h	00:16:27	04:35 min/Km	02:01:39



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78	40	CAAMAÑO LIRA , ALEJANDRO	ABM	CLUB CERVECERIA O COTON NEGREIRA	00:27:29	05:06 min/Km	01:17:55	16,2 Km/h	00:17:30	04:52 min/Km	<b>02:02:53</b>
79	2	61 NUÑEZ SOUTO , SAMUEL	JNM	A.D. FOGAR	00:21:43	04:02 min/Km	01:35:08	13,2 Km/h	00:18:43	05:12 min/Km	<b>02:15:33</b>
DNF		31 SOUTO PEREZ , BRUNO	ABM	NOSPORTLIMIT							
DNF		41 CARREIRA CASAIS , ANXO	ABM	CLUB TRIATLON COMPOSTELA	00:22:20	04:09 min/Km					
DNF		33 SANGIAO ROCA , PABLO JOSE	ABM	NOSPORTLIMIT	00:23:26	04:21 min/Km					
DNS		14 CASTIÑEIRA PAIS , MARCO	ABM	TRIATLON COSTA DA MORTE							
DNS		32 SANCHEZ VAZQUEZ , RUBEN	ABM	TRIATLON ARTEIXO							
DNS		44 DOVAL BARREIRO , HUGO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING							
DNS		52 RODRIGUEZ COLLAZO , JAVIER	ABM	ARTROGAL-TRI 498							
DNS		20 CARBIA MENDEZ , JUAN LUIS	V1M	Independiente							
DNS		85 SANTOS PEREZ , JUAN MANUEL	V1M	CLUB TRIATLON COMPOSTELA							
DNS		87 VARELA MALLON , DAVID	V1M	A.D. FEFEME TRIATLON DO MIÑO							
DNS		23 EIROA FEAL , JOSE MARIA	V2M	TRIATLON FERROL							
DNS		90 DIAZ PORTAS , LUIS ALBERTO	V2M	CLUB ATLETISMO PORRIÑO							







## CLUBES

1 TRIATLON COSTA DA MORTE							04:17:40
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
1	27	CASTIÑEIRA PAIS , GABRIEL	ABM	TRIATLON COSTA DA MORTE	01:23:04		
5	3	CALZAS INSUA , DAVID	ABM	TRIATLON COSTA DA MORTE	01:26:33		
10	9	RODRIGUEZ ESPASANDIN , JOSE	V1M	TRIATLON COSTA DA MORTE	01:28:03		

2 TRIATLON VILAGARCIA /ATENAS RUNNING							04:24:12
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
6	8	SANTIAGO REY , DIEGO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	01:26:49		
7	67	FERNANDEZ FERNANDEZ , JAVIER	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	01:27:11		
14	7	RODRIGUEZ POUSO , JOSE ANGEL	V1M	TRIATLON VILAGARCIA /ATENAS RUNNING	01:30:12		

3 ARTROGAL-TRI 498							04:32:24
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
4	4	GOMEZ RIOS , JOSE ANTONIO	V1M	ARTROGAL-TRI 498	01:26:06		
12	6	JUANATEY GARCIA , CARLOS	V1M	ARTROGAL-TRI 498	01:29:05		
35	18	SIEIRA RIOS , FERNANDO	V1M	ARTROGAL-TRI 498	01:37:13		



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4 TRIATLON INFORHOUSE SANTIAGO							04:33:55
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
3	2	ROJO LUACES , ADRIAN	ABM	TRIATLON INFORHOUSE SANTIAGO	01:25:05		
8	49	MISA GARCIA , BRAIS	ABM	TRIATLON INFORHOUSE SANTIAGO	01:27:21		
45	26	NIETO LAREO , ADRIAN	ABM	TRIATLON INFORHOUSE SANTIAGO	01:41:29		

5 A.D. TRI-PENTA TERRAS DE LUGO							04:43:53
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
19	39	BLANCO PORTO , RAUL	ABM	A.D. TRI-PENTA TERRAS DE LUGO	01:31:49		
26	68	FERNANDEZ MOLDES , JUAN FRANCISCO	V1M	A.D. TRI-PENTA TERRAS DE LUGO	01:34:52		
34	63	SOUTO PRIETO , ANTONIO	SUB23M	A.D. TRI-PENTA TERRAS DE LUGO	01:37:12		

6 TRIATLON O TREITO							04:49:21
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
2	1	MAYO FIGUEIRA , MARCOS	V1M	TRIATLON O TREITO	01:24:55		
32	12	VILLAR CAAMAÑO , JOSE ALFONSO	V1M	TRIATLON O TREITO	01:36:58		
63	21	CALVIÑO CARREÑO , JOSE	V1M	TRIATLON O TREITO	01:47:28		



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7 A.D. NAUTICO DE NARON							04:56:13
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
16	71	MARTINEZ RIVEIRA , DANIEL	V1M	A.D. NAUTICO DE NARON	01:30:20		
48	70	LOPEZ FERNANDEZ , RUBEN JOSE	V1M	A.D. NAUTICO DE NARON	01:42:33		
49	42	CUPEIRO PEREZ , BRAIS	ABM	A.D. NAUTICO DE NARON	01:43:20		

8 NOSPORTLIMIT							05:09:49
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
39	30	RIVAS PULPEIRO , ENRIQUE	ABM	NOSPORTLIMIT	01:38:29		
55	64	CANDAL DE LA CRUZ , JUAN CARLOS	V1M	NOSPORTLIMIT	01:43:56		
62	47	FONDO SUAREZ , OSCAR	ABM	NOSPORTLIMIT	01:47:24		

9 TRIATLON ARTEIXO							05:13:10
POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META		
29	11	RODRIGUEZ PAZ , ALEXANDRE	V1M	TRIATLON ARTEIXO	01:35:29		
46	72	MEIZOSO PERMUI , ANXO	V1M	TRIATLON ARTEIXO	01:41:35		
75	25	LOSADA GONZALEZ , JOSE DANIEL	V2M	TRIATLON ARTEIXO	01:56:06		



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11 CLUB CERVECERIA O COTON NEGREIRA	POS.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	META	05:24:08
	36	38	BELLO GARCIA , JUAN JOSE	ABM	CLUB CERVECERIA O COTON NEGREIRA	01:37:35	
	52	91	FERNANDEZ VIDAL , ANGEL MANUEL	V2M	CLUB CERVECERIA O COTON NEGREIRA	01:43:40	
	78	40	CAAMAÑO LIRA , ALEJANDRO	ABM	CLUB CERVECERIA O COTON NEGREIRA	02:02:53	

