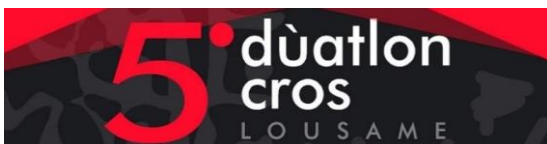


LOCALIDADE	LOUSAME	DATA	21/11/2021	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROSS		
Delegado Técnico	JOSE MANUEL REY RODRIGUEZ			JURADO DE COMPETICIÓN		JOSE MANUEL REY RODRIGUEZ (DT)			
Juez Árbitro	ANTONIO ALONSO					JOSE MANUEL SABORIDO (FEGATRI)			
Respons. Oficiais	ANTONIO ALONSO					CT MAR DE VIGO			
PROBA				TEMP	CARRERA	CICLISMO	CARRERA		
V DUATLON CROSS CONCELLO DE LOUSAME				-	5800 METROS	20.1 KILÓMETROS	3600 METROS		
ABSOLUTA MASCULINO					2 voltas	2 voltas	1 volta		
INSCRITOS	74	ACABAN	59	RETIRADOS	5	DESCALIFICADOS	0	NON PRESENTADOS	10

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CARRERA V1	CARRERA 1	RITMO	CICLISMO	MEDIA	CARRERA 2	RITMO	META
1	1	2	CASTIÑEIRA PAIS , GABRIEL	ABSOLUTA	TRIATLON COSTA DA MORTE	00:10:41	00:22:14	03:50 min/Km	00:59:50	23,2 Km/h	00:11:28	03:58 min/Km	01:33:31
2	2	25	GÓMEZ OTERO , DANIEL	ABSOLUTA	INDEPENDIENTE 1 DIA	00:10:44	00:21:44	03:45 min/Km	01:00:47	22,8 Km/h	00:11:04	03:49 min/Km	01:33:35
3	1	1	MAYO FIGUEIRA , MARCOS	VETERANO	TRIATLON O TREITO	00:11:11	00:23:07	03:60 min/Km	00:58:56	23,5 Km/h	00:13:02	04:30 min/Km	01:35:04
4	3	7	RODRIGUEZ TRUJILLO , ALEJANDRO	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:10:45	00:22:06	03:49 min/Km	01:05:34	21,1 Km/h	00:11:40	04:02 min/Km	01:39:19
5	2	51	SOTELO FERNANDEZ , DIEGO JESUS	VETERANO	C. TRIATLON OURENSE	00:11:39	00:24:02	04:09 min/Km	01:04:16	21,6 Km/h	00:12:34	04:20 min/Km	01:40:52
6	4	12	MARTINEZ LOUZAO , LUIS	ABSOLUTA	Independiente	00:10:46	00:22:14	03:50 min/Km	01:07:31	20,5 Km/h	00:11:37	04:01 min/Km	01:41:21
7	3	46	MORAN GONZALEZ , ENRIQUE	VETERANO	CLUB ATLETISMO PORRIÑO	00:11:09	00:23:10	03:60 min/Km	01:06:40	20,8 Km/h	00:11:53	04:06 min/Km	01:41:42
8	4	43	RODRIGUEZ POUSO , JOSE ANGEL	VETERANO	TRIATLON VILAGARCIA /ATENAS RUNNING	00:11:00	00:23:01	03:59 min/Km	01:06:48	20,7 Km/h	00:12:53	04:27 min/Km	01:42:41
9	5	28	DAVILA OUTEIRAL , IAGO	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:10	00:24:59	04:19 min/Km	01:04:57	21,3 Km/h	00:12:58	04:29 min/Km	01:42:54
10	5	47	UBEIRA VIDAL , FABIAN	VETERANO	ASOCIACION DEPORTIVA C.A.R.	00:11:49	00:24:26	04:13 min/Km	01:06:49	20,7 Km/h	00:12:39	04:22 min/Km	01:43:53
11	6	26	OLIVA DENIS , RICHARD DANIEL	ABSOLUTA	INDEPENDIENTE 1 DIA	00:11:13	00:23:34	04:04 min/Km	01:06:34	20,8 Km/h	00:14:15	04:55 min/Km	01:44:22
12	7	4	CASTIÑEIRA PAIS , MARCO	ABSOLUTA	TRIATLON COSTA DA MORTE	00:11:26	00:23:44	04:06 min/Km	01:07:54	20,4 Km/h	00:12:55	04:28 min/Km	01:44:32
13	8	11	ESCUDEIRO RIVAS , ADRIAN	ABSOLUTA	CLUB TRIATLON POIO	00:11:10	00:22:59	03:58 min/Km	01:10:14	19,7 Km/h	00:12:02	04:09 min/Km	01:45:14
14	9	3	CALZAS INSUA , DAVID	ABSOLUTA	TRIATLON COSTA DA MORTE	00:11:29	00:23:31	04:04 min/Km	01:08:03	20,4 Km/h	00:13:41	04:44 min/Km	01:45:14
15	10	17	FERNANDEZ ENCINA , ALBERTO	ABSOLUTA	CLUB DEPORTIVO TRIATLON BIERZO	00:10:44	00:22:13	03:50 min/Km	01:11:07	19,5 Km/h	00:12:21	04:16 min/Km	01:45:40
16	11	18	FERNANDEZ VIDAL , PORFIRIO	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:11:28	00:23:35	04:04 min/Km	01:09:40	19,9 Km/h	00:12:35	04:21 min/Km	01:45:49
17	12	33	PÉREZ MARTÍNEZ , GUSTAVO	ABSOLUTA	INDEPENDIENTE 1 DIA	00:13:06	00:27:01	04:40 min/Km	01:05:06	21,3 Km/h	00:15:03	05:12 min/Km	01:47:09



18	13	5	AGEITOS PASANTES , JOSE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:12:01	00:24:27	04:13 min/Km	01:10:00	19,8 Km/h	00:12:50	04:26 min/Km	01:47:16
19	6	69	CASADO PORTO , DAVID	VETERANO	INDEPENDIENTE 1 DIA	00:12:25	00:25:38	04:26 min/Km	01:09:37	19,9 Km/h	00:13:16	04:35 min/Km	01:48:30
20	14	31	LOPEZ RODRIGUEZ , DAVID	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:22	00:25:34	04:25 min/Km	01:09:53	19,8 Km/h	00:13:30	04:40 min/Km	01:48:56
21	15	34	QUINTELA PAIS , FÉLIX	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:22	00:25:10	04:21 min/Km	01:11:11	19,5 Km/h	00:13:10	04:33 min/Km	01:49:30
22	16	16	BALAYO GARCIA , ALBERTO	ABSOLUTA	CLUB CICLISTA MUROS	00:12:24	00:25:37	04:25 min/Km	01:11:50	19,3 Km/h	00:12:52	04:27 min/Km	01:50:18
23	17	13	AGRASAR CES , MARTIN	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:12:26	00:25:40	04:26 min/Km	01:11:15	19,5 Km/h	00:13:37	04:42 min/Km	01:50:31
24	18	37	TOMBO GONZALEZ , JORGE	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:08	00:25:36	04:25 min/Km	01:12:31	19,1 Km/h	00:14:01	04:50 min/Km	01:52:07
25	7	59	CABADO LOURES , ANTONIO	VETERANO	CIDADE DE LUGO FLUVIAL	00:12:12	00:25:04	04:20 min/Km	01:14:02	18,7 Km/h	00:13:06	04:32 min/Km	01:52:11
26	19	8	MARTINEZ CASTRO , JESUS	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:13:49	00:28:44	04:58 min/Km	01:08:16	20,3 Km/h	00:15:19	05:17 min/Km	01:52:18
27	8	60	GARCIA ABALO , FRANCISCO JAVIER	VETERANO	CLUB TRIATLON POIO	00:12:10	00:25:15	04:22 min/Km	01:13:50	18,8 Km/h	00:13:17	04:35 min/Km	01:52:21
28	20	15	SESTAYO SEOANE , ELOY	ABSOLUTA	ARTROGAL-TRI 498	00:12:15	00:26:08	04:31 min/Km	01:11:49	19,3 Km/h	00:14:53	05:08 min/Km	01:52:50
29	21	36	PRIETO GONZALEZ , DIEGO	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:23	00:25:32	04:25 min/Km	01:13:31	18,9 Km/h	00:14:03	04:51 min/Km	01:53:04
30	9	56	SIEIRA RIOS , FERNANDO	VETERANO	ARTROGAL-TRI 498	00:12:02	00:25:09	04:21 min/Km	01:14:30	18,6 Km/h	00:13:34	04:41 min/Km	01:53:12
31	10	68	BARCIELA CAMIÑA , MANUEL	VETERANO	INDEPENDIENTE 1 DIA	00:12:58	00:27:22	04:44 min/Km	01:10:55	19,5 Km/h	00:15:09	05:14 min/Km	01:53:24
32	22	9	REGO POSE , MARTIN	ABSOLUTA	TRIATLON COSTA DA MORTE	00:13:07	00:27:22	04:44 min/Km	01:11:45	19,3 Km/h	00:14:22	04:58 min/Km	01:53:28
33	1	42	CAMPOS VILLAVERDE , ÁLVARO	JUNIOR	INDEPENDIENTE 1 DIA	00:11:34	00:23:36	04:05 min/Km	01:17:32	17,9 Km/h	00:12:40	04:23 min/Km	01:53:48
34	11	70	NIETO GONZALEZ , JOSE MANUEL	VETERANO	INDEPENDIENTE 1 DIA	00:12:17	00:24:48	04:17 min/Km	01:15:14	18,4 Km/h	00:14:07	04:53 min/Km	01:54:08
35	12	61	SUAREZ FERNANDEZ , CELSO	VETERANO	KURAI	00:12:44	00:26:18	04:33 min/Km	01:13:00	19,0 Km/h	00:14:52	05:08 min/Km	01:54:09
36	23	27	ALVARADO RODRÍGUEZ , FELIPE	ABSOLUTA	INDEPENDIENTE 1 DIA	00:13:05	00:26:40	04:36 min/Km	01:15:59	18,2 Km/h	00:14:03	04:51 min/Km	01:56:41
37	24	41	CALVIÑO FROIZ , BREOGÁN	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:34	00:26:12	04:32 min/Km	01:16:50	18,0 Km/h	00:14:35	05:02 min/Km	01:57:36
38	13	62	FERNANDEZ VIDAL , ANGEL MANUEL	VETERANO	CLUB CERVECERIA O COTON NEGREIRA	00:12:43	00:26:16	04:32 min/Km	01:18:16	17,7 Km/h	00:13:41	04:44 min/Km	01:58:12
39	25	32	FERNANDEZ DEVESA , JULIO	ABSOLUTA	INDEPENDIENTE 1 DIA	00:12:21	00:25:53	04:28 min/Km	01:18:44	17,6 Km/h	00:14:10	04:54 min/Km	01:58:46
40	26	29	VIDAL SANDE , FERNANDO	ABSOLUTA	INDEPENDIENTE 1 DIA	00:14:07	00:29:28	05:05 min/Km	01:15:08	18,4 Km/h	00:15:33	05:22 min/Km	02:00:09
41	14	48	CORRAL REY , FELIPE	VETERANO	NOSPORTLIMIT	00:12:17	00:25:31	04:24 min/Km	01:22:07	16,9 Km/h	00:12:53	04:27 min/Km	02:00:30
42	15	50	IGLESIAS PRADO , FRANCISCO JAVIER	VETERANO	TRIATLON INFORHOUSE SANTIAGO	00:13:04	00:27:00	04:40 min/Km	01:21:04	17,1 Km/h	00:14:55	05:09 min/Km	02:02:58
43	16	73	ALONSO VEIGA , JOSÉ	VETERANO	INDEPENDIENTE 1 DIA	00:14:06	00:28:20	04:54 min/Km	01:20:09	17,3 Km/h	00:14:59	05:10 min/Km	02:03:27
44	17	65	MARTÍNEZ ALONSO , MARCELINO	VETERANO	INDEPENDIENTE 1 DIA	00:14:01	00:28:57	04:60 min/Km	01:19:34	17,4 Km/h	00:15:35	05:23 min/Km	02:04:05



DNP	49	FERNANDEZ MOLDES , JUAN FRANCISCO	VETERANO	A.D. TRI-PENTA TERRAS DE LUGO
DNP	63	HERNANDEZ MOLDES , ENRIQUE	VETERANO	TRIATLON RIAS BAIXAS
DNP	66	AREVALILLO ROMERO , SERGIO	VETERANO	INDEPENDIENTE 1 DIA

