



NADA E CORRE LUGO- CLASIFICATORIA ZONA 1 04/12/2022

PREBENXAMÍN FEMININO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	2	MARIA	BENASACH LOPEZ	PBF	TRITLON FERROL	00:32,18	00:56,20	01:28,38
2	3	ADRIANA	ERKENS	PBF	C. NATACION CEDEIRA MUEBLES GARCIA	00:34,94	00:55,10	01:30,04
3	1	AROA	PRADO FERNANDEZ	PBF	CIDADE DE LUGO FLUVIAL	00:42,04	00:58,20	01:40,24

PREBENXAMÍN MASCULINO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	6	JAVIER	LOPEZ GONZALEZ	PBM	CLUB TRIATLON CORUÑA	00:33,70	00:50,40	01:24,10
2	8	JORGE	LOPEZ GONZALEZ	PBM	CLUB TRIATLON CORUÑA	00:34,52	00:51,40	01:25,92
3	4	RAUL	ALVITE LOPEZ	PBM	TRITLON FERROL	00:39,47	00:51,40	01:30,87
N.P.	5	PEDRO	VILELA QUINTELA	PBM	CLUB MAR DE ARTABRIA			
N.P.	7	MARCO	HORJALES COUCE	PBM	C. NATACION CEDEIRA MUEBLES GARCIA			
N.P.	9	ADRIAN	GOMEZ CANEIRO	PBM	C. NATACION CEDEIRA MUEBLES GARCIA			

BENXAMÍN FEMININO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	21	NOA MARIA	AMADO SOUTO	BJF	TRIATLON FERROL	00:47,59	01:53,50	02:41,09
2	22	MARTINA	SANTOME GARCIA	BJF	A.D. FOGAR	00:47,58	01:54,40	02:41,98
3	20	VEGA	YAÑEZ AMENEIRO	BJF	A.D. NAUTICO DE NARON	00:52,82	01:51,20	02:44,02
4	23	MAIA	PARDO BARRETO	BJF	C. NATACION CEDEIRA MUEBLES GARCIA	00:49,88	02:03,10	02:52,98
5	16	CARLA	COLMENERO FERNANDEZ	BJF	TRIATLON FERROL	00:57,65	02:01,30	02:58,95
6	14	LUCIA	ALVITE LOPEZ	BJF	TRIATLON FERROL	01:03,18	01:56,20	02:59,38
7	19	CECILIA	BENASACH LOPEZ	BJF	TRIATLON FERROL	01:05,28	01:59,40	03:04,68
8	25	LEIRE	SANTIN DIAZ	BJF	CIDADE DE LUGO FLUVIAL	00:52,60	02:16,30	03:08,90
9	11	ANTONELLA	BELLON GARCIA	BJF	A.D. NAUTICO DE NARON	01:06,82	02:03,50	03:10,32
10	18	ANA	RAMOS LOPEZ	BJF	CIDADE DE LUGO FLUVIAL	00:55,55	02:18,10	03:13,65
11	15	ICIA	BALADO FLORES	BJF	CIDADE DE LUGO FLUVIAL	00:57,78	02:27,50	03:25,28
12	17	CARLA	VICENTE MEIER	BJF	A.D. FOGAR	01:00,98	02:28,50	03:29,48
13	12	MARIA	GIRALDEZ DAFONTE	BJF	A.D. FOGAR	01:02,82	02:29,40	03:32,22
14	10	LUA	FERNANDEZ GAYOSO	BJF	A.D. TRI-PENTA TERRAS DE LUGO	00:59,66	02:43,20	03:42,86
15	24	UXIA	RODRIGUEZ NOVO	BJF	CIDADE DE LUGO FLUVIAL	00:52,74	02:53,60	03:46,34
NP	13	SARA	BERGANTIÑOS LAMAS	BJF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	N.P.	N.P.	N.P.

BENXAMÍN MASCULINO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	45	NICOLAS	VILLAR FERNANDEZ	BJM	CIDADE DE LUGO FLUVIAL	00:41,74	01:44,90	02:26,64
2	44	IAGO	GOIRIZ BRAÑAS	BJM	TRIATLON FERROL	00:40,90	01:49,70	02:30,60
3	43	ALVARO	DIAZ PEREZ	BJM	CLUB TRIATLON CORUÑA	00:42,64	01:54,60	02:37,24
4	46	LEO	SANTOME MIRANDA	BJM	CLUB TRIATLON CORUÑA	00:43,42	01:56,10	02:39,52
5	42	ANTON	GARCIA GOMEZ	BJM	CLUB TRIATLON CORUÑA	00:50,42	01:52,80	02:43,22
6	36	IVAN	GOMEZ CANEIRO	BJM	C. NATACION CEDEIRA MUEBLES GARCIA	00:57,44	01:49,50	02:46,94
7	32	NUNO	BARCIA BUGALLO	BJM	A.D. FOGAR	01:00,50	01:52,50	02:53,00
8	47	Luca	Millan Vidal	BJM	CLUB MAR DE ARTABRIA	00:51,66	02:05,70	02:57,36
9	28	ADRIAN	LOPEZ LOPEZ	BJM	CIDADE DE LUGO FLUVIAL	00:57,20	02:02,10	02:59,30

10	34	GABRIEL	ERKENS	BJM	C. NATACION CEDEIRA MUEBLES GARCIA	00:57,30	02:06,70	03:04,00
11	35	PABLO	ALCAIDE EITOR	BJM	CLUB TRIATLON CORUÑA	01:01,00	02:05,40	03:06,40
12	27	IAGO	PEREIRA HERNANDEZ	BJM	CIDADE DE LUGO FLUVIAL	01:01,44	02:07,00	03:08,44
13	38	LUCAS	FERNANDEZ FERNANDEZ	BJM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:03,88	02:04,60	03:08,48
14	39	DAVID	LOPEZ MARTINEZ	BJM	CIDADE DE LUGO FLUVIAL	00:50,42	02:24,30	03:14,72
15	26	MANUEL	RODRIGUEZ COEDO	BJM	CIDADE DE LUGO FLUVIAL	01:07,08	02:43,50	03:50,58
N.P.	29	ENEKO	POL VAZQUEZ	BJM	A.D. TRI-PENTA TERRAS DE LUGO			
N.P.	30	XIAO	DIAZ-ROBLES DOPICO	BJM	A.D. NAUTICO DE NARON			
N.P.	31	GUILLERMO	CARCEDO LOPEZ	BJM	CIDADE DE LUGO FLUVIAL			
N.P.	33	LEO	MATO LOPEZ	BJM	A.D. FOGAR			
N.P.	37	AITOR	BERGANTIÑOS LAMAS	BJM	A.POLIDEPORTIVA SAN RAMON DE VILALBA			
N.P.	40	HUGO	GONZALEZ GONZALEZ	BJM	A.D. NAUTICO DE NARON			
N.P.	41	PEDRO	PRADA MAROÑO	BJM	CLUB HERCULES TERMARIA			



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ALEVÍN FEMININO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	63	LEIRE	FERNANDEZ-PEITEADO ECHEVER	ALF	CLUB HERCULES TERMARIA	01:25,48	01:43,70	03:09,18
2	64	NOA	VILLADONIGA SANESTEBAN	ALF	C. NATACION CEDEIRA MUEBLES GARCIA	01:28,96	01:42,20	03:11,16
3	55	MARA	SANTOS FERNANDEZ	ALF	CIDADE DE LUGO FLUVIAL	01:35,92	01:38,90	03:14,82
4	62	XIANA	FARIAS NOVOA	ALF	CIDADE DE LUGO FLUVIAL	01:25,76	01:51,80	03:17,56
5	65	CARMEN	GONZALEZ BURGO	ALF	CIDADE DE LUGO FLUVIAL	01:29,89	01:51,40	03:21,29
6	57	ITZIAR	FERNANDEZ RIVAS	ALF	A.D. NAUTICO DE NARON	01:32,64	01:59,10	03:31,74
7	61	CARMEN	DIAZ PEREZ	ALF	CLUB TRIATLON CORUÑA	01:27,28	02:07,60	03:34,88
8	53	MARTHA	ANSEDE NOVO	ALF	A.D. NAUTICO DE NARON	01:52,72	01:43,70	03:36,42
9	48	ICIA	LORENZO LOPEZ	ALF	A.D. NAUTICO DE NARON	01:44,00	01:57,10	03:41,10
10	58	LARA	RODRIGUEZ NOVO	ALF	CIDADE DE LUGO FLUVIAL	01:42,36	02:01,85	03:44,21
11	59	MATILDE	CARCEDO LOPEZ	ALF	CIDADE DE LUGO FLUVIAL	01:43,70	02:00,70	03:44,40
12	60	AINHOA	DOPICO PENA	ALF	C. NATACION CEDEIRA MUEBLES GARCIA	01:40,42	02:04,20	03:44,62
13	54	CLAUDIA	VIVERO ALVAREZ	ALF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:49,45	01:55,37	03:44,82
14	52	CLOE	YAÑEZ AMENEIRO	ALF	A.D. NAUTICO DE NARON	01:50,40	02:01,85	03:52,25
15	56	DANIELA	BARRO GARCIA	ALF	CLUB TRIATLON CORUÑA	01:39,04	02:16,42	03:55,46
16	50	INES	GUTIERREZ CANTERO	ALF	A.D. NAUTICO DE NARON	01:42,05	02:15,79	03:57,84
17	51	CARLA	GUERRA IGLESIAS	ALF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:56,66	02:05,50	04:02,16
N.P.	49	NOA	CARRACEDO GARCIA	ALF	A.D. NAUTICO DE NARON			
N.P.	66	IRENE	GARCIA NEBRIL	ALF	C. NATACION CEDEIRA MUEBLES GARCIA			

ALEVÍN MASCULINO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	83	MATEO	DIAZ SANMARTIN	ALM	CLUB TRIATLON BETANZOS	01:26,80	01:36,09	03:02,89
2	98	PABLO	PIGUEIRAS ESCUREDO	ALM	CIDADE DE LUGO FLUVIAL	01:23,14	01:39,80	03:02,94
3	90	ADRIAN	CANOSA FIDALGO	ALM	TRIATLON FERROL	01:26,46	01:36,60	03:03,06
4	95	DIEGO	SOUTO ANDUJAR	ALM	A.D. FOGAR	01:24,86	01:38,40	03:03,26
5	96	JUAN	GIRALDEZ DAFONTE	ALM	A.D. FOGAR	01:25,54	01:40,20	03:05,74
6	89	ROQUE	CANEIRO FONTICOBA	ALM	C. NATACION CEDEIRA MUEBLES GARCIA	01:27,06	01:39,10	03:06,16
7	94	ASIER	PITA SANCHEZ	ALM	TRIATLON FERROL	01:26,70	01:39,50	03:06,20
8	99	MATEO	CASTELO VARELA	ALM	LICENZA TEMPORAL 1 DIA	01:22,26	01:47,10	03:09,36
9	88	ESTEBAN	ROUCO ROMERO	ALM	A.D. NAUTICO DE NARON	01:31,96	01:37,80	03:09,76
10	92	ALEJANDRO	CASAL ALONSO	ALM	CLUB TRIATLON CORUÑA	01:34,02	01:45,00	03:19,02
11	79	PABLO	VILAR MENDEZ	ALM	TRIATLON FERROL	01:33,86	01:45,60	03:19,46
12	78	MATEO	BOUZON BLANCO	ALM	CLUB MAR DE ARTABRIA	01:34,06	01:47,60	03:21,66
13	82	MIGUEL	BENASACH LOPEZ	ALM	TRIATLON FERROL	01:40,12	01:41,70	03:21,82
14	84	ANTON	VIÑA LOPEZ	ALM	CLUB TRIATLON CORUÑA	01:49,50	01:32,90	03:22,40
15	85	HUGO	PITA PAZOS	ALM	CLUB TRIATLON BETANZOS	01:40,32	01:43,20	03:23,52
16	93	AITOR	BRUZOS ALONSO	ALM	CIDADE DE LUGO FLUVIAL	01:41,58	01:42,00	03:23,58
17	91	ALEJANDRO	YERA REGUEIRA	ALM	CLUB MAR DE ARTABRIA	01:34,16	01:52,60	03:26,76
18	81	JORGE	RODRIGUEZ COTROFE	ALM	CLUB TRIATLON CORUÑA	01:44,76	01:42,80	03:27,56
19	71	IAGO	LOPEZ BAÑOBRE	ALM	A.D. NAUTICO DE NARON	01:50,63	01:42,50	03:33,13
20	74	MARTIN	GUIZAN GONZALEZ	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:46,30	01:52,20	03:38,50
21	70	FRANCISCO JAVIER	MIRAGAYA ASCARIZ	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:55,18	01:44,70	03:39,88
22	77	DIEGO	DIAZ LEMA	ALM	CIDADE DE LUGO FLUVIAL	01:48,50	01:52,90	03:41,40
23	87	MARTIN	CID REBOLLO	ALM	A.D. FOGAR	01:39,32	02:08,80	03:48,12
24	75	BRUNO	PINTOS LOPEZ	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:46,06	02:04,60	03:50,66
25	72	FABIAN	CHOUSA PAN	ALM	CLUB MAR DE ARTABRIA	01:54,49	01:59,90	03:54,39
26	69	XAVI	YAÑEZ AMADO	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	01:55,82	02:15,80	04:11,62
27	73	RODRIGO	YAÑEZ DIAZ	ALM	A.D. NAUTICO DE NARON	01:56,34	02:17,20	04:13,54

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
28	68	ALONSO	MACEIRA VILASUSO	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	02:06,62	02:10,80	04:17,42
29	76	ALVARO	VARELA PEREIRA	ALM	A.D. FOGAR	02:04,14	02:14,50	04:18,64
	67	MATEO	CUPEIRO LOPEZ	ALM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	N.P.	N.P.	N.P.
	80	ENRIQUE	SUAREZ IGLESIAS	ALM	TRIATLON ARTEIXO	N.P.	N.P.	N.P.
	86	IAGO	PUELLES LOREDO	ALM	CLUB TRIATLON BETANZOS	N.P.	N.P.	N.P.
	97	TEO	PEREZ LORENZO	ALM	TRIATLON FERROL	N.P.	N.P.	N.P.



NADA E CORRE LUGO- CLASIFICATORIA ZONA 1 04/12/2022

INFANTIL FEMININO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	114	CARMEN	RABADE REY	IFF	CIDADE DE LUGO FLUVIAL	02:35,38	03:15,50	05:50,88
2	112	DANIELA	BRUZOS ALONSO	IFF	CIDADE DE LUGO FLUVIAL	02:38,55	03:28,70	06:07,25
3	113	INES	DUARTE BAILON	IFF	CLUB MAR DE ARTABRIA	02:33,50	03:36,10	06:09,60
4	111	CLAUDIA	MORAN GARCIA	IFF	CIDADE DE LUGO FLUVIAL	02:44,38	03:28,30	06:12,68
5	115	CARLA	CORTON PRADO	IFF	CIDADE DE LUGO FLUVIAL	02:46,14	03:37,10	06:23,24
6	116	SARA	BASANTA PAZ	IFF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	02:48,56	03:36,60	06:25,16
7	106	EUGENIA	VEREZ SEOANE	IFF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	03:05,04	03:37,50	06:42,54
8	109	IRENE	SANTOME GARCIA	IFF	A.D. FOGAR	03:08,61	03:35,70	06:44,31
9	105	MARIÑA	ESMORIS VARELA	IFF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	02:58,54	03:47,50	06:46,04
10	107	JAZMIN	RUBIO PARDO	IFF	TRIATLON ARTEIXO	02:52,40	04:22,84	07:15,24
11	102	CRISTINA	MARTINEZ SENRA	IFF	A.D. NAUTICO DE NARON	03:33,84	03:46,70	07:20,54
12	110	MARIA	MARTINEZ ESMORIS	IFF	CIDADE DE LUGO FLUVIAL	03:38,06	04:01,96	07:40,02
13	108	LIA	RODRIGUEZ SOBRADO	IFF	CIDADE DE LUGO FLUVIAL	02:48,26	04:55,50	07:43,76
14	101	SABELA	PEREZ IGLESIAS	IFF	C. NATACION CEDEIRA MUEBLES GARCIA	03:28,62	04:25,10	07:53,72
15	104	NEREA	GUERRA IGLESIAS	IFF	A.POLIDEPORTIVA SAN RAMON DE VILALBA	03:50,64	04:05,33	07:55,97
16	100	LOLA	FERNANDEZ PIÑEIRO	IFF	A.D. NAUTICO DE NARON	03:55,78	06:10,30	10:06,08
N.P.	103	LEIRE	GARCIA PICO	IFF	LICENZA TEMPORAL 1 DIA			

INFANTIL MASCULINO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	135	TEO	SANESTEBAN LOPEZ	IFM	C. NATACION CEDEIRA MUEBLES GARCIA	02:23,21	03:26,10	05:49,31
2	134	XABI	CAMBA VAZQUEZ	IFM	CLUB NATACION LICEO	02:37,50	03:24,90	06:02,40
3	128	ARIEL	SOTO MEIZOSO	IFM	TRIATLON FERROL	02:56,00	03:17,30	06:13,30
4	133	IAGO	GUITIAN LOPEZ	IFM	LICENZA TEMPORAL 1 DIA	02:42,84	03:35,41	06:18,25
5	131	JAVIER	CAMPOS PACIO	IFM	A.D. NAUTICO DE NARON	02:55,62	03:34,26	06:29,88
6	126	ADRIAN	PAZ CELEIRO	IFM	CLUB TRIATLON CORUÑA	03:17,52	03:16,40	06:33,92
7	136	IAGO	COSTA RODRIGUEZ	IFM	CIDADE DE LUGO FLUVIAL	02:59,84	03:39,95	06:39,79
8	127	LINO	SOUTO TABOADA	IFM	A.D. FOGAR	03:03,40	03:36,50	06:39,90
9	132	HUGO	PITA SANCHEZ	IFM	TRIATLON FERROL	02:51,58	03:55,67	06:47,25
10	122	KRISZTOFER	RUBIO PARDO	IFM	TRIATLON ARTEIXO	03:20,44	03:49,42	07:09,86
11	118	NICOLAS	MATO LOPEZ	IFM	A.D. FOGAR	03:30,80	04:02,22	07:33,02
12	117	IZAN	GONZALEZ LORA	IFM	CIDADE DE LUGO FLUVIAL	03:30,70	04:02,57	07:33,27
13	129	ALEX	VICENTE MEIER	IFM	A.D. FOGAR	03:12,61	04:31,06	07:43,67
14	124	SAMUEL	LEGASPI VAZQUEZ	IFM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	03:32,80	04:27,05	07:59,85
15	120	ALEX	FERNANDEZ FERNANDEZ	IFM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	03:29,86	04:37,53	08:07,39
16	119	ANDRES	MACEIRA VILASUSO	IFM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	03:52,96	04:29,11	08:22,07
NP	121	ALVARO	DURAN CARRO	IFM	CLUB MAR DE ARTABRIA			
NP	123	TOMAS	FERRACES GOMEZ	IFM	TRIATLON FERROL			
NP	125	LUCAS	PRADA MAROÑO	IFM	CLUB HERCULES TERMARIA			
NP	130	XABIER	FERRACES GOMEZ	IFM	TRIATLON FERROL			



NADA E CORRE LUGO- CLASIFICATORIA ZONA 1 04/12/2022

CADETE FEMININO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	148	IRENE	FREIRE PERNAS	CDF	C. NATACION CEDEIRA MUEBLES GARCIA	03:56,72	05:34,37	09:31,09
2	149	ADRIANA	REBOLO MARTINEZ	CDF	CIDADE DE LUGO FLUVIAL	04:00,74	05:33,80	09:34,54
3	150	LARA	SOLSONA SANTAS	CDF	CLUB HERCULES TERMARIA	04:09,86	05:33,69	09:43,55
4	141	NOA	SOUTO DURAN	CDF	TRIATLON FERROL	04:24,40	05:31,50	09:55,90
5	145	ANXELA	MELLID LOSADA	CDF	A.D. NAUTICO DE NARON	04:03,98	05:54,46	09:58,44
6	146	ALBA	GRAÑA GONZALEZ	CDF	C. NATACION CEDEIRA MUEBLES GARCIA	04:03,78	06:09,63	10:13,41
7	142	MARIA	CAMBA VAZQUEZ	CDF	CLUB NATACION LICEO	04:13,90	06:25,88	10:39,78
8	147	MARIA	PUGA PUENTE	CDF	A.D. FOGAR	04:13,78	06:30,39	10:44,17
9	137	ARIADNA	SOTO MEIZOSO	CDF	TRIATLON FERROL	04:57,08	07:59,34	12:56,42
10	140	IRIA	DIZ ROCA	CDF	CLUB TRIATLON CORUÑA	06:01,05	08:23,13	14:24,18
N.F.	139	ANDREA	DIAZ IGLESIAS	CDF	C. NATACION CEDEIRA MUEBLES GARCIA	05:17,82		
N.F.	143	XULIA	PEREZ IGLESIAS	CDF	C. NATACION CEDEIRA MUEBLES GARCIA	04:23,02		
N.P.	138	ANDREA	VIVERO ALVAREZ	CDF	A.POLIDEPORTIVA SAN RAMON DE VILALBA			
N.P.	144	LOLA	GONZALEZ BURGO	CDF	CIDADE DE LUGO FLUVIAL			

CADETE MASCULINO

Posto	Dorsal	Nome	Apelidos	Cat	Club	Natación	Carreira	Total
1	171	DAMIAN	SUAREZ COUTO	CDM	C. NATACION CEDEIRA MUEBLES GARCIA	03:16,74	04:23,77	07:40,51
2	172	MANUEL	SOUTO RAMOS	CDM	A.D. FOGAR	03:22,06	04:38,86	08:00,92
3	167	LUCAS	RIOLA DELGADO	CDM	C. NATACION CEDEIRA MUEBLES GARCIA	03:38,74	04:23,14	08:01,88
4	170	DIEGO	GONZALEZ PERNAS	CDM	TRIATLON FERROL	03:25,32	04:43,00	08:08,32
5	166	OSCAR	ALBERTE TEIJEIRO	CDM	A.D. FOGAR	03:24,86	04:44,44	08:09,30
6	164	AARON	CRENDE LOPEZ	CDM	CIDADE DE LUGO FLUVIAL	03:31,80	04:39,29	08:11,09
7	163	ADRIAN	SANCHO FERNANDEZ	CDM	A.D. FOGAR	03:42,78	04:31,12	08:13,90
8	173	JOEL	BARCIA BUGALLO	CDM	A.D. FOGAR	03:28,24	04:47,69	08:15,93
9	174	HUGO	SOUTO ANDUJAR	CDM	A.D. FOGAR	03:39,82	04:38,35	08:18,17
10	169	SAMUEL	SANCHEZ GRANDAL	CDM	C. NATACION CEDEIRA MUEBLES GARCIA	03:28,26	04:50,44	08:18,70
11	160	MICHEL	NUÑEZ MUÑOZ	CDM	A.D. FOGAR	04:03,46	04:41,06	08:44,52
12	168	MANUEL ANGEL	MUIÑO PEREZ	CDM	C. NATACION CEDEIRA MUEBLES GARCIA	03:45,76	05:04,02	08:49,78
13	159	SAMUEL	FERNANDEZ VAZQUEZ	CDM	CIDADE DE LUGO FLUVIAL	03:54,86	05:22,21	09:17,07
14	157	JUAN PABLO	FERNANDEZ DE SANMAMED I	CDM	CIDADE DE LUGO FLUVIAL	04:07,92	05:23,50	09:31,42
15	155	PABLO	BARRO GARCIA	CDM	CLUB TRIATLON CORUÑA	04:53,30	05:00,27	09:53,57
16	153	DAVID	CANEIRO HERMIDA	CDM	TRIATLON FERROL	04:19,82	06:03,65	10:23,47
17	154	MANUEL FERNAND	COBAS DOBARRO	CDM	A.D. TRI-PENTA TERRAS DE LUGO	05:02,22	05:42,09	10:44,31
18	151	ALEJANDRO	ROUCO ROMERO	CDM	A.D. NAUTICO DE NARON	05:27,90	05:52,80	11:20,70
19	156	SANTIAGO	CANCELAS LOPEZ	CDM	A.POLIDEPORTIVA SAN RAMON DE VILALBA	06:42,44	06:35,26	13:17,70
NF	162	IÑIGO	FERNANDEZ-PEITEADO ECHEV	CDM	CLUB HERCULES TERMARIA	04:22,36		
NP	152	JUAN	BOUZON BLANCO	CDM	CLUB MAR DE ARTABRIA			
NP	158	ANTON	NO NUÑEZ	CDM	CLUB HERCULES TERMARIA			
NP	161	HUGO	LOPEZ CASANOVA	CDM	CIDADE DE LUGO FLUVIAL			
NP	165	DAVID	GARROTE CAMOIRA	CDM	TRIATLON FERROL			