

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 395	<b>Remataron:</b> 322	<b>Retirados:</b> 23	<b>Non presentados:</b> 49
			<b>Descualificados:</b> 1

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	237	DE LA PAZ FERNÁNDEZ, FRANCISCO DE ASIS	S23_M (1)	4:08:37	--	28:08	02:02	2:12:18	01:33	1:24:36
2	253	FERNÁNDEZ ZAPICO, LUIS	ABS_M (1)	4:12:08	+3:31	28:09	01:55	2:18:22	01:32	1:22:10
3	345	ALVAREZ MUÑOZ, ALEX	ABS_M (2)	4:12:43	+4:06	28:12	01:44	2:18:22	01:34	1:22:51
4	370	BECI CALVO, AXEL	V1_M (1)	4:15:52	+7:15	28:10	01:56	2:18:09	01:44	1:25:53
5	314	PASTOR SANCHIS, VICENT	ABS_M (3)	4:18:27	+9:50	28:03	02:08	2:23:21	02:24	1:22:31
6	341	MARTÍNEZ NOGALES, ALFONSO	ABS_M (4)	4:20:44	+12:07	30:06	01:56	2:27:21	01:47	1:19:34
7	252	POSE REGUEIRO, PASTOR ADRIAN	ABS_M (5)	4:21:53	+13:16	30:14	01:54	2:21:31	01:58	1:26:16
8	249	ALLEN SANTOS GUIMARAES COELHO, DIOGO	ABS_M (6)	4:22:55	+14:18	28:54	01:54	2:19:50	02:17	1:30:00
9	266	MUIÑO VARELA, CRISTIAN	ABS_M (7)	4:24:44	+16:07	28:28	02:26	2:22:47	01:56	1:29:07
10	288	SOUTO CORES, ABEL	ABS_M (8)	4:28:54	+20:17	30:11	01:55	2:27:11	01:39	1:27:58
11	438	VAZQUEZ DIAZ, PABLO	V1_M (2)	4:32:28	+23:51	31:13	03:26	2:23:00	01:34	1:33:15
12	416	ESCOLANTE BILBAO, PEDRO	V1_M (3)	4:32:42	+24:05	31:56	03:17	2:28:14	01:22	1:27:53
13	333	PEREIRA IGLESIAS, IVAN	ABS_M (9)	4:32:44	+24:07	31:38	03:03	2:26:55	02:18	1:28:50
14	356	SANTOS LOIS, SERGIO	V1_M (4)	4:33:48	+25:11	33:44	02:18	2:27:14	01:40	1:28:52
15	295	FRANCO MARTIN, ALBERTO	ABS_M (10)	4:34:37	+26:00	32:18	01:58	2:26:30	01:39	1:32:12

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
16	302	OLIVEIRA RODRIGUEZ, DAVID	ABS_M (11)	4:34:51	+26:14	28:27	02:13	2:29:09	01:22	1:33:40
17	568	GAYOSO REAL, MANUEL JESUS	V2_M (1)	4:35:03	+26:26	31:34	02:02	2:29:57	01:42	1:29:48
18	404	GARCÍA GONZÁLEZ, JONAY	V1_M (5)	4:35:35	+26:58	29:25	01:57	2:33:27	02:12	1:28:34
19	324	ALONSO GARCIA, ENDIKA	ABS_M (12)	4:36:01	+27:24	28:04	01:57	2:31:56	01:56	1:32:08
20	381	GONZALEZ CONCEPCION, JOSE ANGEL	V1_M (6)	4:36:22	+27:45	30:12	02:12	2:31:02	01:18	1:31:38
21	566	GARCÍA DE PAZ FERNANDEZ, MARCOS	V2_M (2)	4:36:28	+27:51	34:11	01:56	2:34:07	01:27	1:24:47
22	453	DÍAZ PÉREZ, AURELIO	V1_M (7)	4:37:48	+29:11	35:00	02:31	2:29:36	01:24	1:29:17
23	477	MILLARES GOMEZ, ROBERTO	V1_M (8)	4:38:50	+30:13	30:14	02:05	2:27:14	01:54	1:37:23
24	481	NOGUEIRA LIMA, ARMANDO JOSE	V1_M (9)	4:40:15	+31:38	30:10	03:08	2:34:45	01:40	1:30:32
25	279	OUTEDA GARRIDO, HECTOR	ABS_M (13)	4:40:30	+31:53	31:44	02:29	2:33:06	01:20	1:31:51
26	394	CANOURA ABEIJON, MANUEL	V1_M (10)	4:40:37	+32:00	32:22	01:56	2:33:43	01:19	1:31:17
27	322	SAINZ FERNÁNDEZ, IGNACIO	ABS_M (14)	4:41:17	+32:40	33:36	02:57	2:35:56	01:37	1:27:11
28	257	ROULEAU, MARIN PIERRE HOEL	ABS_M (15)	4:41:41	+33:04	30:00	02:27	2:31:56	02:35	1:34:43
29	332	IBAÑEZ BARRIOS, JOSE MARIA	ABS_M (16)	4:41:50	+33:13	31:41	02:31	2:26:30	01:37	1:39:31
30	471	MOREIRA MARTINS, NUNO	V1_M (11)	4:43:50	+35:13	31:39	02:54	2:27:59	02:13	1:39:05
31	326	MARTINEZ QUIJANO, DAVID	ABS_M (17)	4:44:54	+36:17	29:02	02:37	2:39:50	01:51	1:31:34
32	358	VILLAMISAR VARELA, SERGIO	V1_M (12)	4:45:07	+36:30	31:49	02:07	2:33:29	02:17	1:35:25
33	503	VIOTA MORENO, PABLO CESAR	V1_M (13)	4:45:15	+36:38	42:51	03:11	2:27:05	01:27	1:30:41
34	357	SABINO VALERA, PEDRO JAVIER	V1_M (14)	4:46:00	+37:23	31:20	02:15	2:33:39	02:27	1:36:19
35	294	TORRES TELLEZ, JOSE ANTONIO	ABS_M (18)	4:46:08	+37:31	29:24	02:40	2:39:03	01:53	1:33:08
36	309	LOPEZ DE IGNACIO, JOSE LUIS	ABS_M (19)	4:46:20	+37:43	34:49	02:26	2:35:26	01:21	1:32:18
37	409	IBARROLA DELGADO, DANIEL	V1_M (15)	4:46:26	+37:49	33:24	03:16	2:23:36	03:03	1:43:07
38	457	DOMINGUEZ SILVA, ANDRES	V1_M (16)	4:46:40	+38:03	29:21	01:46	2:42:20	01:22	1:31:51
39	379	HERNANDEZ ZAPATA, MARIANO	V1_M (17)	4:46:47	+38:10	29:26	02:16	2:35:28	01:57	1:37:40
40	330	JIMENEZ PIÑERA, IGNACIO	ABS_M (20)	4:46:50	+38:13	32:34	03:11	2:36:54	02:07	1:32:04
41	405	NUÑEZ MUÑOZ, JOSE ANTONIO	V1_M (18)	4:47:11	+38:34	37:13	01:39	2:31:08	02:05	1:35:06
42	351	PRESAS FARALDO, DOMINGO MANUEL	V1_M (19)	4:47:55	+39:18	33:25	02:45	2:34:14	02:58	1:34:33
43	423	SANTOS NUÑEZ, PABLO	V1_M (20)	4:48:06	+39:29	33:12	02:40	2:40:45	01:52	1:29:37

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
44	213	TENREIRO ALVAREZ, BEATRIZ	V1_F (1)	4:49:28	+40:51	28:13	01:45	2:41:55	01:33	1:36:02
45	575	PEREZ PLANCHART, POMPEYO	V2_M (3)	4:50:38	+42:01	26:28	02:36	2:40:41	02:05	1:38:48
46	305	VILLALAIN LINARES, RUBEN	ABS_M (21)	4:50:40	+42:03	25:10	02:28	2:35:31	01:55	1:45:36
47	284	URRUTIKOETXEA IBINAGA, ANDER	ABS_M (22)	4:50:50	+42:13	30:52	03:09	2:39:13	01:49	1:35:47
48	512	MORENO GOMEZ, JUAN ALBERTO	V1_M (21)	4:50:53	+42:16	35:44	03:13	2:37:23	01:32	1:33:01
49	312	FERNÁNDEZ RIVAS, EDUARDO	ABS_M (23)	4:51:15	+42:38	31:20	01:49	2:34:27	02:41	1:40:58
50	504	MARTINEZ VICENTE, JOSE MANUEL	V1_M (22)	4:52:02	+43:25	30:03	02:22	2:38:38	01:43	1:39:16
51	285	MARTINEZ BARGIELA, BRUNO	ABS_M (24)	4:52:16	+43:39	28:07	01:53	2:31:13	02:10	1:48:53
52	265	CREO SABORIDO, ALEJANDRO	ABS_M (25)	4:52:17	+43:40	37:18	02:24	2:30:24	03:08	1:39:03
53	389	CANDAL DE LA CRUZ, JUAN CARLOS	V1_M (23)	4:52:19	+43:42	36:04	03:04	2:30:56	01:34	1:40:41
54	240	TABARA RODRIGUEZ, JORGE JUAN	S23_M (2)	4:52:27	+43:50			2:35:20	02:34	1:38:37
55	401	NAVARRO FARIAS, SANTIAGO	V1_M (24)	4:52:42	+44:05	28:16	03:21	2:31:28	01:32	1:48:05
56	461	RODRIGUEZ GONZALEZ, BERNARDO	V1_M (25)	4:52:46	+44:09	29:02	02:44	2:35:40	02:42	1:42:38
57	278	LIMIÑANA MARCOS, JUAN CARLOS	ABS_M (26)	4:52:55	+44:18	34:35	02:45	2:34:39	01:56	1:39:00
58	329	GABILONDO OLMEDO, HUGO	ABS_M (27)	4:53:31	+44:54	31:14	02:46	2:43:34	02:06	1:33:51
59	508	RUIZ JIMENEZ, CESAR	V1_M (26)	4:53:37	+45:00	33:15	03:12	2:42:22	02:31	1:32:17
60	299	LOPEZ GONZALEZ, ISMAEL	ABS_M (28)	4:53:38	+45:01	25:13	02:52	2:43:42	02:05	1:39:46
61	291	RODRÍGUEZ SANTANA, JUAN PEDRO	ABS_M (29)	4:54:03	+45:26	31:56	03:14	2:37:41	02:02	1:39:10
62	246	MENENDEZ CORVILLON, ALVARO	ABS_M (30)	4:54:05	+45:28	32:54	03:12	2:33:04	03:22	1:41:33
63	398	APARICIO ROLDÁN, DANIEL	V1_M (27)	4:54:25	+45:48	38:36	02:54	2:37:52	01:49	1:33:14
64	283	VILA PORTO, JAVIER	ABS_M (31)	4:55:00	+46:23	32:13	01:43	2:34:34	01:51	1:44:39
65	444	PICON ESPIÑO, ROBERTO	V1_M (28)	4:55:01	+46:24	30:01	02:04	2:46:30	01:30	1:34:56
66	531	BALADO MOSQUERA, SERGIO ANGEL	V2_M (4)	4:55:28	+46:51	31:55	02:24	2:29:31	02:09	1:49:29
67	337	GONZALEZ FERNANDEZ, PABLO	ABS_M (32)	4:56:21	+47:44	30:15	02:11	2:39:01	02:29	1:42:25
68	363	CHAVES MON, RAMIRO	V1_M (29)	4:56:44	+48:07	31:45	03:56	2:38:48	02:15	1:40:00
69	319	RIADIGOS PIÑEIRO, BRUNO	ABS_M (33)	4:57:19	+48:42	33:04	04:43	2:48:28	02:11	1:28:53
70	534	SIO FERNANDEZ, RUBEN	V2_M (5)	4:57:24	+48:47	36:56	02:47	2:31:53	01:48	1:44:00
71	393	MEIZOSO PERMUI, ANXO	V1_M (30)	4:57:34	+48:57	35:44	01:52	2:44:46	01:32	1:33:40

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
72	297	FERNANDEZ RODRIGUEZ, DAVID	ABS_M (34)	4:57:40	+49:03	35:40	02:13	2:44:13	02:30	1:33:04
73	464	CORDERO PEREZ, BRUNO	V1_M (31)	4:57:55	+49:18	38:57	02:15	2:39:18	02:18	1:35:07
74	259	PEREZ LOPEZ, DANIEL	ABS_M (35)	4:57:59	+49:22	26:30	02:18	2:42:26	02:16	1:44:29
75	262	VAÑO PEIDRO, SERGI	ABS_M (36)	4:58:31	+49:54	29:17	02:07	2:33:16	01:26	1:52:25
76	254	ARIAS GONZÁLEZ, GUILLERMO	ABS_M (37)	4:58:41	+50:04	36:33	03:19	2:37:10	02:35	1:39:04
77	313	GONZALEZ HOYOS, RUBEN	ABS_M (38)	4:58:54	+50:17	31:21	02:37	2:46:04	03:19	1:35:33
78	576	ROSADO CABALLERO, JESUS	V2_M (6)	4:59:11	+50:34	33:43	03:04	2:32:51	01:49	1:47:44
79	359	MORALES GUERRA, JONÁS	V1_M (32)	4:59:12	+50:35	34:50	03:19	2:40:11	01:58	1:38:54
80	501	LOPEZ MARTINEZ, ALFONSO	V1_M (33)	4:59:35	+50:58	37:27	02:26	2:43:33	01:35	1:34:34
81	410	SARASA GONZALEZ, IKER	V1_M (34)	5:00:00	+51:23	34:25	04:22	2:35:03	02:38	1:43:32
82	306	MARTINEZ GRAÑA, DAVID	ABS_M (39)	5:00:09	+51:32	32:07	02:19	2:36:27	02:27	1:46:49
83	251	DE DIEGO, JUAN	ABS_M (40)	5:00:40	+52:03	39:30	04:40	2:43:47	02:14	1:30:29
84	344	PENAS VARELA, JOSE MANUEL	ABS_M (41)	5:01:02	+52:25	39:17	02:58	2:37:56	01:57	1:38:54
85	429	GOMEZ RIAZA, FRANCISCO JAVIER	V1_M (35)	5:01:54	+53:17	30:08	02:39	2:48:53	01:40	1:38:34
86	317	DOCAL FERNANDEZ, PABLO	ABS_M (42)	5:02:43	+54:06	30:11	02:21	2:46:19	02:10	1:41:42
87	513	MARTINEZ RODRIGUEZ, FERNANDO	V1_M (36)	5:02:44	+54:07	36:47	03:05	2:39:16	02:03	1:41:33
88	340	BELLO GARCIA, JUAN JOSE	ABS_M (43)	5:02:55	+54:18	37:23	02:11	2:44:46	01:34	1:37:01
89	210	MARTINEZ SIERRA, SANDRA	ABS_F (1)	5:03:13	+54:36	33:57	02:04	2:48:02	01:55	1:37:15
90	436	ASPEREZ DOPAZO, DAVID	V1_M (37)	5:03:20	+54:43	34:35	03:00	2:33:00	01:52	1:50:53
91	380	RAMIRO LOPEZ, ENRIQUE	V1_M (38)	5:03:33	+54:56	33:19	02:44	2:47:38	01:29	1:38:23
92	280	PAZ GOMEZ, ARTURO	ABS_M (44)	5:03:47	+55:10	31:41	02:04	2:35:19	02:07	1:52:36
93	432	LOPEZ LOPEZ, FERNANDO	V1_M (39)	5:04:01	+55:24	31:58	02:44	2:51:13	01:28	1:36:38
94	267	PIÑERO PRADERA, ANDONI	ABS_M (45)	5:04:15	+55:38	32:28	03:27	2:43:30	01:37	1:43:13
95	373	SOBRAL GONZALEZ, MANUEL	V1_M (40)	5:04:20	+55:43	38:28	03:11	2:51:03	02:01	1:29:37
96	521	RODRIGUEZ SANTOS, JAVIER	V2_M (7)	5:04:30	+55:53	37:00	04:08	2:37:35	02:00	1:43:47
97	467	BARANGA ARES, PEDRO	V1_M (41)	5:04:40	+56:03	31:24	02:19	2:45:23	02:01	1:43:33
98	422	MAYORDOMO MUÑOZ, BORJA	V1_M (42)	5:04:47	+56:10	39:13	02:49	2:34:05	02:27	1:46:13
99	509	MANZANARES BARBA, RAUL	V1_M (43)	5:05:07	+56:30	33:59	03:18	2:44:52	02:49	1:40:09

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
100	308	DOMÍNGUEZ PADÍN, ERIC	ABS_M (46)	5:05:09	+56:32	29:30	03:19	2:43:49	01:44	1:46:47
101	413	SUAREZ VALDERREY, FERNANDO	V1_M (44)	5:05:28	+56:51	32:46	03:08	2:40:55	01:33	1:47:06
102	342	FERNANDEZ VIDAL, PORFIRIO	ABS_M (47)	5:06:38	+58:01	39:26	02:10	2:41:00	01:37	1:42:25
103	347	SAETA BOLAÑOS, GERARDO	V1_M (45)	5:06:52	+58:15	32:44	02:53	2:43:40	02:29	1:45:06
104	486	VAZQUEZ FERNANDEZ, ROBERTO	V1_M (46)	5:07:16	+58:39	36:12	07:10	2:43:03	03:16	1:37:35
105	472	RODRIGUEZ CAMIN, RAFAEL	V1_M (47)	5:07:31	+58:54	41:38	05:14	2:42:41	02:27	1:35:31
106	549	ESCRIBANO GIRALDO, MIGUEL	V2_M (8)	5:07:40	+59:03	31:56	02:58	2:42:59	01:59	1:47:48
107	435	CRAVO RIBEIRO, ALEXANDRO	V1_M (48)	5:07:52	+59:15	43:32	03:26	2:34:51	03:06	1:42:57
108	498	PIRES DE SOUSA, NUNO MIGUEL	V1_M (49)	5:07:52	+59:15	33:35	03:06	2:47:20	02:05	1:41:46
109	270	BELLAS GOMEZ, MARTIN	ABS_M (48)	5:07:58	+59:21	28:59	02:02	2:52:02	01:30	1:43:25
110	290	GARCIA JERÓNIMO, JOSE MANUEL	ABS_M (49)	5:08:14	+59:37	32:00	03:26	2:51:01	02:25	1:39:22
111	368	FERNANDEZ CASAL, MARCOS	V1_M (50)	5:08:55	+1:00:18	34:57	03:05	2:43:11	02:41	1:45:01
112	316	FUENTES PASTOR, JAVIER	ABS_M (50)	5:09:25	+1:00:48	26:21	03:12	2:49:38	02:32	1:47:42
113	407	TRUJILLO GONZALEZ, DIEGO	V1_M (51)	5:09:35	+1:00:58	31:47	03:33	2:35:41	02:43	1:55:51
114	450	CANTARIÑO TAJES, ALVARO	V1_M (52)	5:09:53	+1:01:16	38:47	03:52	2:51:00	01:19	1:34:55
115	281	MARTINEZ FERNANDEZ, ADAN	ABS_M (51)	5:09:58	+1:01:21	37:14	03:35	2:48:03	02:26	1:38:40
116	378	DOSIL SUAREZ, ALVARO	V1_M (53)	5:11:19	+1:02:42	39:09	03:16	2:48:08	01:58	1:38:48
117	350	OTERO VARELA, CARLOS	V1_M (54)	5:11:30	+1:02:53	32:42	03:39	2:42:28	01:36	1:51:05
118	286	PUMAR LOSADA, DIEGO	ABS_M (52)	5:11:34	+1:02:57	36:33	03:12	2:33:48	01:39	1:56:22
119	366	GONZALEZ GARCIA, JORGE CARLOS	V1_M (55)	5:11:37	+1:03:00	39:25	05:07	2:47:38	02:31	1:36:56
120	554	BESADA BRUNET, SANTIAGO	V2_M (9)	5:11:45	+1:03:08	35:53	02:42	2:56:59	02:09	1:34:02
121	468	CASTRELO CONDE, FRANCISCO JAVIER	V1_M (56)	5:11:50	+1:03:13	34:24	03:27	2:44:25	01:41	1:47:53
122	352	CAAMAÑO LIRA, ALEJANDRO	V1_M (57)	5:12:20	+1:03:43	28:15	02:57	2:46:50	02:41	1:51:37
123	338	RODRIGUEZ FRAGUELA, ALEJANDRO	ABS_M (53)	5:13:16	+1:04:39	31:39	01:46	2:52:27	03:04	1:44:20
124	310	GARCIA SAAVEDRA, ALVARO	ABS_M (54)	5:13:24	+1:04:47	33:14	02:16	2:44:40	02:37	1:50:37
125	415	BARON MORRIS, RAFAEL JEROME	V1_M (58)	5:13:42	+1:05:05	37:52	04:00	2:39:31	01:39	1:50:40
126	263	CASTRO REY, DAVID	ABS_M (55)	5:14:21	+1:05:44	35:38	03:22	2:44:51	02:01	1:48:29
127	553	SERRANO SECO, JOSE ANTONIO	V2_M (10)	5:14:37	+1:06:00	36:44	02:37	2:42:59	02:39	1:49:38



### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
128	386	MEDINA RUIZ, ANGEL LUIS	V1_M (59)	5:15:34	+1:06:57	31:42	03:04	2:50:17	03:07	1:47:24
129	494	PINO PORTO, EDUARDO	V1_M (60)	5:15:35	+1:06:58	47:25	03:07	2:43:29	02:26	1:39:08
130	442	CASTRO GOMEZ, CESAR	V1_M (61)	5:15:50	+1:07:13	31:35	03:41	2:41:03	02:53	1:56:38
131	369	RAMOS CADIerno, IVAN	V1_M (62)	5:17:23	+1:08:46	31:55	03:33	2:40:23	02:29	1:59:03
132	542	VILLA VIEIRO, FERNANDO ANTONIO	V2_M (11)	5:17:38	+1:09:01	40:10	03:56	2:48:31	02:26	1:42:35
133	473	HORTA NOVA NUNES, JOSE MANUEL	V1_M (63)	5:17:43	+1:09:06	38:24	03:46	2:50:01	02:29	1:43:03
134	485	CANAIPA HENRIQUES, HUGO	V1_M (64)	5:17:48	+1:09:11	39:18	03:05	2:50:02	02:07	1:43:16
135	212	CARBONELL FERRANDEZ, ESTEFANIA	V1_F (2)	5:17:53	+1:09:16	39:15	02:56	2:52:38	01:39	1:41:25
136	260	MUGICA IZAGUIRRE, MIKEL	ABS_M (56)	5:18:07	+1:09:30	32:50	03:01	2:47:10	01:54	1:53:12
137	487	DE LA PUERTA OSUNA, IVÁN	V1_M (65)	5:18:51	+1:10:14	29:32	03:10	2:46:53	02:05	1:57:11
138	343	MORRONDO MARTÍN, JULIO CÉSAR	ABS_M (57)	5:19:05	+1:10:28	34:09	03:02	2:55:36	02:35	1:43:43
139	561	SAAVEDRA MERCADER, JUAN LUIS	V2_M (12)	5:19:10	+1:10:33	34:34	03:55	2:42:32	03:05	1:55:04
140	431	RAMIL FREAN, PABLO	V1_M (66)	5:19:18	+1:10:41	34:30	03:45	2:48:41	02:42	1:49:40
141	282	ABRIL RODRÍGUEZ, ÁNGEL	ABS_M (58)	5:19:30	+1:10:53	33:43	03:05	2:43:37	02:30	1:56:35
142	478	COBAS GARCIA, ROBERTO CARLOS	V1_M (67)	5:20:07	+1:11:30	36:13	03:06	2:47:57	01:52	1:50:59
143	320	CAMPO REGUEIRO, FERNANDO	ABS_M (59)	5:20:14	+1:11:37	32:36	03:55	2:53:10	01:51	1:48:42
144	454	HERVA MIGUEZ, JAVIER	V1_M (68)	5:20:17	+1:11:40	34:58	02:59	2:48:36	01:52	1:51:52
145	287	RUIPÉREZ GONZÁLEZ, MARCOS	ABS_M (60)	5:20:18	+1:11:41	43:20	04:48	2:46:49	03:24	1:41:57
146	360	LOSADA PALACIOS, JESUS	V1_M (69)	5:20:25	+1:11:48	33:22	02:40	2:41:23	02:29	2:00:31
147	541	BARREIRO CORDEIRO, FRANCISCO JAVIER	V2_M (13)	5:20:26	+1:11:49	39:03	03:32	3:01:57	02:01	1:33:53
148	452	FALQUINA ESPINOSA, PABLO	V1_M (70)	5:20:40	+1:12:03	31:54	03:46	2:55:27	01:57	1:47:36
149	446	COSTA VAZQUEZ, RAFAEL	V1_M (71)	5:20:57	+1:12:20	34:16	02:42	2:54:44	02:51	1:46:24
150	258	RODRÍGUEZ GOMEZ, ALEJANDRO	ABS_M (61)	5:21:13	+1:12:36	35:55	04:51	2:43:49	03:18	1:53:20
151	506	POLO COUCE, ROBERTO	V1_M (72)	5:21:30	+1:12:53	39:10	03:45	2:46:21	02:33	1:49:41
152	372	BARRETO CAMACHO, ASEMIDAN	V1_M (73)	5:21:45	+1:13:08	31:59	02:20	2:53:36	02:45	1:51:05
153	408	CESPON FIGUEIRA, MARCO ANTONIO	V1_M (74)	5:21:56	+1:13:19	36:13	03:17	2:40:48	02:53	1:58:45
154	255	FERNANDEZ PASCUAL, ADRIAN	ABS_M (62)	5:22:10	+1:13:33	34:12	03:27	2:43:35	03:42	1:57:14
155	419	CARO CRESPO, JAVIER	V1_M (75)	5:22:12	+1:13:35	35:33	03:40	2:57:11	02:17	1:43:31

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
156	235	RAMOS DAYAN, XOEL	S23_M (3)	5:22:12	+1:13:35	27:25	04:23	3:01:59	02:25	1:46:00
157	447	SANZ RODRÍGUEZ, LUIS JAVIER	V1_M (76)	5:22:29	+1:13:52	33:50	03:54	2:47:05	01:57	1:55:43
158	269	MARTINEZ LARA, CRISTIAN	ABS_M (63)	5:23:23	+1:14:46	36:06	03:28	2:53:43	02:47	1:47:19
159	256	MARTÍNEZ BARGIELA, PEDRO	ABS_M (64)	5:23:32	+1:14:55	32:18	04:06	2:56:26	01:59	1:48:43
160	399	VARELA SECO, MARCOS	V1_M (77)	5:23:45	+1:15:08	44:08	02:10	2:45:22	01:28	1:50:37
161	523	LANDROVE RODRIGUEZ, URBANO	V2_M (14)	5:24:04	+1:15:27	40:08	03:07	2:39:33	03:06	1:58:10
162	236	SANZ AYET, IGNACIO	S23_M (4)	5:24:50	+1:16:13	33:30	03:37	3:01:59	02:25	1:43:19
163	387	FERNÁNDEZ MIGUÉLEZ, CLAUDIO	V1_M (78)	5:25:02	+1:16:25	38:52	05:36	2:55:52	02:57	1:41:45
164	546	FREIRE CASTRO, PABLO	V2_M (15)	5:25:49	+1:17:12	37:32	02:58	2:54:02	01:42	1:49:35
165	525	GARCÍA SUÁREZ, ALBERTO	V2_M (16)	5:25:56	+1:17:19	46:09	04:05	2:48:10	03:14	1:44:18
166	411	LÓPEZ IBEAS, SEVERIANO	V1_M (79)	5:26:01	+1:17:24	39:20	02:23	2:58:21	02:44	1:43:13
167	583	RABANAL FERNANDEZ, ANTONIO	V2_M (17)	5:26:50	+1:18:13	36:14	05:19	2:45:00	05:00	1:55:17
168	533	SINES CRESPO, FERNANDO	V2_M (18)	5:28:18	+1:19:41	36:43	03:36	2:59:04	02:17	1:46:38
169	336	SANTABAYA GONZALEZ, YAGO EDUARDO	ABS_M (65)	5:28:39	+1:20:02	31:56	03:05	2:54:02	02:17	1:57:19
170	527	SÁNCHEZ BLEDA, JOSÉ FERNANDO	V2_M (19)	5:29:47	+1:21:10	33:50	03:00	2:45:11	01:36	2:06:10
171	293	MENDES MARTINS, RUBEN FILIPE	ABS_M (66)	5:31:23	+1:22:46	30:00	03:50	2:57:44	02:45	1:57:04
172	532	FERNANDEZ PEREZ, MARCELINO	V2_M (20)	5:31:37	+1:23:00	43:16	05:10	2:56:04	03:28	1:43:39
173	579	QUINTEIRO GOMEZ, JOSE MANUEL	V2_M (21)	5:31:48	+1:23:11	37:12	03:17	2:49:33	01:44	2:00:02
174	276	LOPEZ GRAÑA, FELIX	ABS_M (67)	5:32:40	+1:24:03	35:58	03:29	2:53:09	02:11	1:57:53
175	455	BAUTISTA GONZALVES, DAMIAN BORJA	V1_M (80)	5:32:45	+1:24:08	35:41	02:44	2:54:39	01:34	1:58:07
176	215	BOTA MOLINER, LAURA	V1_F (3)	5:33:00	+1:24:23	31:24	04:04	3:10:37	02:39	1:44:16
177	551	BARBADO TADEO, IÑIGO	V2_M (22)	5:33:20	+1:24:43	39:03	03:17	2:53:54	02:17	1:54:49
178	371	DE LAS MOZAS MAJANO, OSCAR	V1_M (81)	5:33:21	+1:24:44	36:57	05:01	2:49:55	02:34	1:58:54
179	445	GARCIA MARTINEZ, ANTONIO	V1_M (82)	5:33:57	+1:25:20	43:55	03:57	2:51:24	02:19	1:52:22
180	248	SUÁREZ GONZÁLEZ, DIEGO	ABS_M (68)	5:34:14	+1:25:37	42:05	04:02	2:54:49	02:48	1:50:30
181	327	JIMÉNEZ DE CASTRO, MARIANO	ABS_M (69)	5:36:00	+1:27:23	38:33	03:48	3:00:59	02:46	1:49:54
182	395	RONDA ORUVE, JAIRO	V1_M (83)	5:36:16	+1:27:39	42:05	06:32	2:58:08	03:33	1:45:58
183	390	HERNÁNDEZ NARANJO, ACAYMO	V1_M (84)	5:36:32	+1:27:55	36:00	02:20	3:05:49	03:02	1:49:21

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
184	376	FONDO SUAREZ, OSCAR	V1_M (85)	5:36:43	+1:28:06	40:45	04:19	2:53:32	04:01	1:54:06
185	495	GONZÁLEZ ALONSO, MIGUEL ANGEL	V1_M (86)	5:36:56	+1:28:19	39:56	03:47	2:53:57	02:40	1:56:36
186	507	FREIRE CASTRO, JOSE	V1_M (87)	5:37:22	+1:28:45	39:23	02:02	2:46:31	01:40	2:07:46
187	460	QUIROGA FERNANDEZ, IAGO	V1_M (88)	5:37:37	+1:29:00	39:15	03:42	2:57:47	03:23	1:53:30
188	274	BOUZA GARCIA, BRUNO	ABS_M (70)	5:39:07	+1:30:30	1:04:09	09:18	2:55:25	04:59	1:25:16
189	318	MARTIN MARTINEZ, DIEGO	ABS_M (71)	5:39:30	+1:30:53	43:13	04:15	2:50:40	02:16	1:59:06
190	443	FERNANDEZ SEGURADO, XOSE	V1_M (89)	5:39:35	+1:30:58	33:20	04:02	2:47:30	02:37	2:12:06
191	348	DOMINGUEZ POZO, DAVID	V1_M (90)	5:40:03	+1:31:26	29:55	03:01	2:57:46	01:49	2:07:32
192	205	FRAGA RIVAS, CARMEN MARIA	ABS_F (2)	5:40:25	+1:31:48	39:00	02:10	2:59:47	01:49	1:57:39
193	441	FERNÁNDEZ AZPEITIA, NORBERTO	V1_M (91)	5:40:33	+1:31:56	40:23	07:04	2:53:04	02:14	1:57:48
194	403	LÓPEZ PINO, JAVIER	V1_M (92)	5:40:48	+1:32:11	43:15	03:52	2:54:24	02:54	1:56:23
195	522	RODRÍGUEZ CASTAÑEDA, ÓSCAR ALEJO	V2_M (23)	5:41:56	+1:33:19	35:43	03:21	2:49:16	03:29	2:10:07
196	563	BAUTISTA DAVILA, JOSE CARLOS	V2_M (24)	5:42:43	+1:34:06	47:12	03:58	3:01:23	02:03	1:48:07
197	402	GOMEZ POSE, ISAAC	V1_M (93)	5:43:29	+1:34:52	37:03	04:34	2:57:35	02:21	2:01:56
198	463	CORRAL REY, FELIPE	V1_M (94)	5:43:48	+1:35:11	42:52	05:27	3:02:10	02:34	1:50:45
199	417	PEREZ BARBEITO, SANTIAGO	V1_M (95)	5:43:55	+1:35:18	43:36	03:10	3:01:32	01:53	1:53:44
200	420	FREIRE SALORIO, JOSE CARLOS	V1_M (96)	5:44:15	+1:35:38	39:24	03:06	2:56:00	02:42	2:03:03
201	374	ROPERO BLANCO, BORJA	V1_M (97)	5:44:32	+1:35:55	38:36	03:23	2:59:51	02:17	2:00:25
202	349	RIAL REGUEIRO, DAVID	V1_M (98)	5:44:41	+1:36:04	38:33	03:34	2:59:31	02:39	2:00:24
203	364	BUSNADIEGO PRIETO, OSCAR	V1_M (99)	5:44:45	+1:36:08	42:23	04:00	3:09:19	01:40	1:47:23
204	493	CALZON FERNANDEZ, OLIVERIO	V1_M (100)	5:45:20	+1:36:43	39:16	05:27	2:53:12	03:19	2:04:06
205	565	FERNANDEZ PEREZ, JULIO	V2_M (25)	5:45:29	+1:36:52	39:22	03:52	3:04:10	03:11	1:54:54
206	406	FRANCOS VÁZQUEZ, ROBERTO	V1_M (101)	5:45:50	+1:37:13	46:13	04:03	3:01:38	02:29	1:51:27
207	383	MENDEZ FERREIRA, RICARDO	V1_M (102)	5:45:52	+1:37:15	43:26	03:37	2:51:47	02:26	2:04:36
208	488	NOGUEROL URRUTIA, SERGIO	V1_M (103)	5:47:06	+1:38:29	32:42	03:23	3:01:26	02:59	2:06:36
209	223	DE LA FUENTE DIEZ, MARIA	V1_F (4)	5:47:11	+1:38:34	38:36	03:19	3:04:41	02:51	1:57:44
210	221	MOLINA GONZALEZ, MARIA ISABEL	V1_F (5)	5:47:11	+1:38:34	36:02	02:56	3:05:10	02:48	2:00:15
211	577	CHOVA MORANT, SERGIO	V2_M (26)	5:47:39	+1:39:02	44:14	05:03	2:57:49	03:46	1:56:47



### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
212	480	DUARTE NEVES, RICARDO JOAO	V1_M (104)	5:47:40	+1:39:03	39:13	04:03	3:06:49	02:42	1:54:53
213	530	HEVIA MORENO, RAMÓN	V2_M (27)	5:47:46	+1:39:09	39:28	02:59	2:54:19	02:59	2:08:01
214	547	ELORRIAGA LLANOS, JOSU	V2_M (28)	5:48:11	+1:39:34	35:46	02:33	2:56:24	02:31	2:10:57
215	573	QUINTANILLA GARCÍA, CARLOS	V2_M (29)	5:48:26	+1:39:49	43:25	06:04	2:58:55	05:19	1:54:43
216	328	NUÑEZ PEREZ, MARCOS	ABS_M (72)	5:49:07	+1:40:30	45:56	04:28	3:01:35	02:49	1:54:19
217	539	SEDES DOCE, NICOLAS MANUEL	V2_M (30)	5:49:12	+1:40:35	43:30	07:09	3:09:00	03:57	1:45:36
218	391	SEIJAS LOUZAO, JAIME	V1_M (105)	5:49:25	+1:40:48	58:08	04:44	2:42:34	02:34	2:01:25
219	353	VAZQUEZ VEGA, VICTOR MANUEL	V1_M (106)	5:49:46	+1:41:09	36:00	03:55	3:01:37	02:40	2:05:34
220	589	SERRAT SOTO, ANTONIO FEDERICO	V2_M (31)	5:50:52	+1:42:15	33:39	02:20	3:04:27	02:02	2:08:24
221	536	MARIN OTERO, MARIO	V2_M (32)	5:51:17	+1:42:40	44:11	04:13	3:12:51	03:10	1:46:52
222	392	GOMEZ BELLO, RAUL	V1_M (107)	5:51:26	+1:42:49	47:36	05:40	2:53:16	02:08	2:02:46
223	430	ARGÜELLES VIÑA, FRANCISCO	V1_M (108)	5:51:33	+1:42:56	48:57	03:09	2:55:56	03:13	2:00:18
224	516	FERNANDEZ BUSTELO, JAVIER	V1_M (109)	5:52:29	+1:43:52	39:17	04:40	3:09:38	03:02	1:55:52
225	578	GARCIA SANCHEZ, ANGEL JAVIER	V2_M (33)	5:52:41	+1:44:04	36:25	05:33	2:55:02	02:13	2:13:28
226	519	SOTO QUEVEDO, ÓSCAR	V1_M (110)	5:52:55	+1:44:18	38:52	03:16	2:50:16	02:25	2:18:06
227	433	FERNÁNDEZ MOSQUERA, DAVID	V1_M (111)	5:52:56	+1:44:19	39:27	05:14	3:11:08	02:09	1:54:58
228	448	CALVO SEOANE, ANGEL LUIS	V1_M (112)	5:54:29	+1:45:52	34:21	04:07	3:00:46	02:08	2:13:07
229	214	GARCIA DE LA PUENTE, AZUCENA	V1_F (6)	5:54:58	+1:46:21	33:18	02:20	3:08:32	02:24	2:08:24
230	491	GONZÁLEZ OTADUY, JULIO	V1_M (113)	5:55:09	+1:46:32	39:20	03:31	3:08:51	04:02	1:59:25
231	211	SANTOS GIMÉNEZ, EVA	V1_F (7)	5:55:29	+1:46:52	37:33	02:55	3:11:38	03:29	1:59:54
232	529	GARCIA DE PAREDES UCERO, CARLOS	V2_M (34)	5:56:02	+1:47:25	35:51	07:13	3:13:48	04:45	1:54:25
233	426	TURNES CORDEIRO, JOSE MANUEL	V1_M (114)	5:57:04	+1:48:27	47:19	04:25	3:12:19	02:31	1:50:30
234	451	MORIES CORDERO, OSCAR	V1_M (115)	5:57:29	+1:48:52	36:02	03:44	3:11:26	03:09	2:03:08
235	229	FEIJOO SANCHEZ, BEGOÑA	V1_F (8)	5:58:10	+1:49:33	38:39	03:01	3:14:35	02:17	1:59:38
236	204	FILGUEIRA CONDE, REBECA	ABS_F (3)	5:58:38	+1:50:01	36:45	02:47	3:16:04	02:34	2:00:28
237	581	LÓPEZ SÁNCHEZ, MANUEL AGUSTIN	V2_M (35)	5:58:43	+1:50:06	36:08	03:56	3:09:55	02:48	2:05:56
238	492	OTERO LEDO, MARCOS	V1_M (116)	5:59:11	+1:50:34	41:04	04:29	2:57:11	03:15	2:13:12
239	591	PASTRANA CRUZ, MANUEL	V3_M (1)	5:59:51	+1:51:14	38:15	03:06	3:09:23	03:14	2:05:53

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
240	586	LOPEZ LAGO, ARTURO	V2_M (36)	6:00:45	+1:52:08	38:09	04:35	3:08:15	03:27	2:06:19
241	489	DOMINGUEZ ZUFIAURRE, FRANCISCO JAVIER	V1_M (117)	6:01:06	+1:52:29	42:02	05:17	3:05:11	02:29	2:06:07
242	590	LASA IMAZ, MIKEL	V3_M (2)	6:01:08	+1:52:31	47:24	04:17	3:12:50	02:38	1:53:59
243	479	LORENZO GARCIA, DAVID	V1_M (118)	6:01:39	+1:53:02	39:26	03:26	3:05:34	06:37	2:06:36
244	482	GARCIA BARBEIRA, PABLO	V1_M (119)	6:01:44	+1:53:07	33:26	03:10	3:03:34	02:12	2:19:22
245	289	BARROS FONTE, ALEJANDRO	ABS_M (73)	6:01:52	+1:53:15	44:28	04:00	3:04:54	01:47	2:06:43
246	397	RODRIGUEZ MARTIN, ISAAC	V1_M (120)	6:03:09	+1:54:32	41:07	03:02	3:07:15	03:12	2:08:33
247	224	GONZALEZ COCA, MARIA TERESA	V1_F (9)	6:03:30	+1:54:53	38:34	03:52	3:17:00	02:54	2:01:10
248	264	VIDAL PÉREZ, OMAR	ABS_M (74)	6:04:20	+1:55:43	43:48	04:37	3:14:09	03:21	1:58:25
249	543	GRAJALES DE LA CRUZ, FERNANDO	V2_M (37)	6:04:38	+1:56:01	44:03	05:42	3:06:15	03:10	2:05:28
250	585	TORRES CRESPO, FRANCISCO JAVIER	V2_M (38)	6:04:59	+1:56:22	48:46	04:06	3:08:03	03:07	2:00:57
251	272	GONZALEZ-ALEGRE REIGOSA, FRANCISCO DE BORJA	ABS_M (75)	6:05:27	+1:56:50	39:01	05:00	3:13:21	03:41	2:04:24
252	311	CARAMES GIL, OSCAR BENIGNO	ABS_M (76)	6:08:09	+1:59:32	39:57	03:29	2:55:15	02:12	2:27:16
253	334	OLARZA COSTA, PABLO ALBERTO	ABS_M (77)	6:08:33	+1:59:56	41:00	02:07	3:01:21	02:44	2:21:21
254	483	QUIROS MOGUEL, DAVID	V1_M (121)	6:09:37	+2:01:00	37:54	04:22	3:20:55	03:27	2:02:59
255	241	BAO LOPEZ, ADRIAN	S23_M (5)	6:09:52	+2:01:15	38:21	02:03	3:04:23	02:18	2:22:47
256	562	DEL PIE IGLESIA, RAFAEL	V2_M (39)	6:10:21	+2:01:44	39:39	04:27	3:07:26	02:53	2:15:56
257	396	BAS HERAS, DIEGO	V1_M (122)	6:11:14	+2:02:37	36:39	03:03	3:07:05	04:19	2:20:08
258	385	GARCÍA MERINO, JAVIER	V1_M (123)	6:11:21	+2:02:44	38:17	06:34	3:08:59	04:00	2:13:31
259	500	BENITO MIGUEL, CARLOS	V1_M (124)	6:13:04	+2:04:27	44:54	05:18	3:03:02	03:21	2:16:29
260	325	POSE GARCIA, RUBEN	ABS_M (78)	6:13:39	+2:05:02	50:07	03:33	3:10:47	01:48	2:07:24
261	458	REY ESTRADA, JUAN CARLOS	V1_M (125)	6:14:23	+2:05:46	43:37	05:09	3:13:18	03:24	2:08:55
262	434	PALOMARES CUENDA, ÓSCAR	V1_M (126)	6:14:26	+2:05:49	43:52	03:29	3:10:52	02:38	2:13:35
263	208	PERNIA MIRANDA, AMAIA	ABS_F (4)	6:14:36	+2:05:59	37:36	04:09			2:05:29
264	517	SIERRA SENSO, GABRIEL	V1_M (127)	6:15:05	+2:06:28	42:05	06:15	3:03:35	03:19	2:19:51
265	560	GRIFFINI, ANDREA LAMBERTO VALERIO	V2_M (40)	6:17:23	+2:08:46	31:21	05:49	3:09:07	03:39	2:27:27
266	220	CTVRTNICKOVA, TEREZA	V1_F (10)	6:17:27	+2:08:50	39:31	03:52	3:26:37	03:21	2:04:06
267	427	CRESPO RODRIGUEZ, MARTIN BRAIS	V1_M (128)	6:17:40	+2:09:03	44:12	04:53	3:12:21	03:15	2:12:59

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
268	548	LARZABAL BENGOETXEA, IÑIGO	V2_M (41)	6:17:46	+2:09:09	37:48	03:53	3:06:31	04:19	2:25:15
269	437	COTO SOLIS, JUAN	V1_M (129)	6:17:53	+2:09:16	45:47	06:26	3:21:24	02:57	2:01:19
270	505	DE AZEVEDO FARIA, BRUNO ALEXANDRE	V1_M (130)	6:18:12	+2:09:35	44:30	05:09	3:25:46	02:16	2:00:31
271	544	CES MARTÍNEZ, AGUSTÍN MANUEL	V2_M (42)	6:19:15	+2:10:38	43:18	03:41	3:02:27	03:01	2:26:48
272	587	MUÑOZ RIOS, LUIS	V2_M (43)	6:19:40	+2:11:03	48:43	06:23	3:07:25	02:50	2:14:19
273	469	MIRANDA GOLMAR, LUIS OSCAR	V1_M (131)	6:19:59	+2:11:22	51:10	04:49	2:55:23	03:42	2:24:55
274	475	MARTIN ALVAREZ, JAVIER	V1_M (132)	6:22:03	+2:13:26	39:29	04:46	3:06:26	04:22	2:27:00
275	466	RAMOS MALLO, SAMUEL	V1_M (133)	6:23:29	+2:14:52	48:11	05:27	2:55:55	03:42	2:30:14
276	382	YAÑEZ RAMIL, PABLO	V1_M (134)	6:23:36	+2:14:59	43:00	04:39	3:07:53	03:20	2:24:44
277	564	ALONSO CUEVAS, FRANCISCO	V2_M (44)	6:24:39	+2:16:02	39:17	02:34	3:12:38	04:25	2:25:45
278	346	CRISTOBO PÉREZ, PABLO	V1_M (135)	6:24:54	+2:16:17	38:02	04:30	3:19:13	03:10	2:19:59
279	425	TERUEL ROSALES, RAUL	V1_M (136)	6:25:42	+2:17:05	46:07	04:35	3:24:51	02:15	2:07:54
280	362	LOPEZ AMOR, ALVARO JOAQUIN	V1_M (137)	6:28:22	+2:19:45	41:16	03:04	3:12:15	03:07	2:28:40
281	424	SUAREZ GARCIA, PEDRO LOIS	V1_M (138)	6:29:21	+2:20:44	35:42	03:42	3:21:22	04:33	2:24:02
282	484	MEDINA BORNACHEA, DAVID	V1_M (139)	6:29:35	+2:20:58	31:27	04:48	3:13:08	04:06	2:36:06
283	540	FERNÁNDEZ GARCÍA, FRANCISCO JOSÉ	V2_M (45)	6:30:54	+2:22:17	38:31	04:18	3:18:51	03:57	2:25:17
284	217	RUIZ MARTÍN, DEMELSA	V1_F (11)	6:32:35	+2:23:58	47:32	04:03	3:32:33	02:03	2:06:24
285	300	PEREZ PEREZ, VICTOR	ABS_M (79)	6:35:27	+2:26:50	39:16	04:30	3:10:20	02:49	2:38:32
286	277	MORENO MOLINA, ALFREDO	ABS_M (80)	6:36:32	+2:27:55	56:43				2:24:35
287	268	ORTIZ DIAZ, RAÚL	ABS_M (81)	6:36:32	+2:27:55	42:00	05:00	3:13:01	03:21	2:33:10
288	462	VEGA BANDERAS, FRANCISCO LAUREANO	V1_M (140)	6:37:07	+2:28:30	46:27	04:08	3:14:51	02:22	2:29:19
289	490	CASTAÑO VARELA, ISRAEL	V1_M (141)	6:39:52	+2:31:15	44:05	05:27	3:12:31	04:16	2:33:33
290	595	PEREZ BELLIDO, JOAQUIN	V2_M (46)	6:40:16	+2:31:39	33:56	09:52	3:18:28	07:07	2:30:53
291	594	VARELA PINTOS, MAURO JESUS	V2_M (47)	6:40:17	+2:31:40	41:13	04:49	3:20:07	03:42	2:30:26
292	203	MACEIRA PENA, MIRIAM	ABS_F (5)	6:41:40	+2:33:03	53:19	02:55	3:40:28	03:26	2:01:32
293	570	JIMENEZ SANCHEZ, FRANCISCO JAVIER	V2_M (48)	6:43:26	+2:34:49	43:42	05:12	3:29:10	04:41	2:20:41
294	592	GONZÁLEZ-PACHECO GARCÍA, RAÚL OSCAR	V3_M (3)	6:46:01	+2:37:24	43:45	06:51	3:22:12	03:30	2:29:43
295	225	VEGA PEÑA, NOELIA	V1_F (12)	6:46:42	+2:38:05	46:17	05:28	3:31:47	04:19	2:18:51

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
296	298	RIOS LESTA, JOSE DAVID	ABS_M (82)	6:50:48	+2:42:11	47:43	04:45	3:20:28	02:56	2:34:56
297	510	OTERO PIÑEIRO, CESAR	V1_M (142)	6:52:17	+2:43:40	43:39	06:14	3:17:46	03:12	2:41:26
298	216	NOVOA GONZALEZ, LUCIA	V1_F (13)	6:55:14	+2:46:37	44:34	03:36	3:51:12	03:14	2:12:38
299	247	NAVARRO GUZMÁN, DAVID	ABS_M (83)	6:55:31	+2:46:54	47:06	05:15	3:35:17	04:23	2:23:30
300	412	DE ANDRES MARTOS, JORGE	V1_M (143)	6:57:25	+2:48:48	1:03:20	05:45	3:07:15	03:35	2:37:30
301	201	VILAS PRAT, SILVIA	ABS_F (6)	6:58:30	+2:49:53	37:36	07:40	3:33:17	05:41	2:34:16
302	582	COMINO RIOS, RAFAEL	V2_M (49)	7:02:23	+2:53:46	1:07:45	04:15	3:29:49	03:15	2:17:19
303	555	PASTORIZA COUTO, MIGUEL ÁNGEL	V2_M (50)	7:03:07	+2:54:30	48:52	04:34	3:39:20	02:42	2:27:39
304	556	VIDAL RODRIGUEZ, JOSE ANGEL	V2_M (51)	7:03:13	+2:54:36	43:00	08:30	3:46:59	04:54	2:19:50
305	502	PORTO MOLLINEDO, MANUEL ALEJANDRO	V1_M (144)	7:04:52	+2:56:15	39:21	05:27	3:19:41	03:23	2:57:00
306	593	OTERO GARCÍA, FRANCISCO JAVIER	V3_M (4)	7:05:52	+2:57:15	42:09	07:17	3:39:58	03:12	2:33:16
307	571	URBANO MARTINEZ, ANTONIO	V2_M (52)	7:13:13	+3:04:36	44:58	04:39	3:39:00	03:42	2:40:54
308	388	SALGUEIRO GARCIA, ELADIO	V1_M (145)	7:18:08	+3:09:31	41:41	05:14	3:39:08	10:45	2:41:20
309	572	LOPEZ TOURIÑAN, FERNANDO	V2_M (53)	7:18:08	+3:09:31	41:26	08:28	3:42:18	04:36	2:41:20
310	239	IGLESIAS CAMPOS, ADRIÁN	S23_M (6)	7:18:10	+3:09:33	39:33	05:50	3:59:29	03:52	2:29:26
311	414	LÓPEZ MONTERO, ÁNGEL MANUEL	V1_M (146)	7:24:34	+3:15:57	45:49	12:50	3:52:23	09:27	2:24:05
312	538	SANMARTIN JORDANA, JAVIER	V2_M (54)	7:24:36	+3:15:59	41:11	06:53	3:40:55	04:46	2:50:51
313	559	LOBO REQUEJO, ALBERTO	V2_M (55)	7:27:02	+3:18:25	46:06	13:22	3:36:28	07:18	2:43:48
314	226	SÁNCHEZ GIL, MARÍA DEL CARMEN	V1_F (14)	7:29:24	+3:20:47	52:29	04:54	4:11:17	03:24	2:17:20
315	428	MORLÁN GARCÍA, IVÁN	V1_M (147)	7:33:02	+3:24:25	41:42	08:01	4:01:08	07:44	2:34:27
316	232	MARQUEZ VEGA, MARIA JESUS	V2_F (1)	7:34:36	+3:25:59	1:00:32	07:59	3:57:33	03:29	2:25:03
317	537	BENÍTEZ OCAMPO, JUAN	V2_M (56)	7:47:44	+3:39:07	53:39	05:58	3:51:36	04:09	2:52:22
318	231	GARCÍA PEREZ, LAURA	V2_F (2)	7:59:16	+3:50:39	31:25	04:25	3:53:17	04:21	3:25:48
319	233	GARCIA PEREZ, ALICIA	V2_F (3)	7:59:17	+3:50:40	32:26	04:03	4:11:05	03:00	3:08:43
320	545	VARELA DE LA TORRE, GONZALO	V2_M (57)	7:59:17	+3:50:40	41:17	06:21	3:36:54	04:19	3:30:26
321	209	DEL PINO ROMERO, CRISTINA	ABS_F (7)	8:13:38	+4:05:01	54:36	07:40	4:01:29	05:27	3:04:26
322	234	CASTRO SABIO, MARIA ELENA	V2_F (4)	8:31:46	+4:23:09	52:32	05:34	4:35:33	05:09	2:52:58
DSQ	275	SOLER ALEMANY, VICENTE	ABS_M (-1)							

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNF	202	DE VICENTE ALONSO, LUCÍA	ABS_F (-1)			43:01	05:05	3:30:59	05:09	
DNF	207	GARCIA BEIRO, CRISTINA	ABS_F (-1)			43:49	02:59	2:58:19	02:02	
DNF	219	ALARCON HERNANDEZ, MONICA	V1_F (-1)			48:38	04:43	3:15:00		
DNF	222	URIBE ARCE, VERONICA	V1_F (-1)			43:13	04:12	3:31:53	04:20	
DNF	238	MATE PULIDO, DIEGO	S23_M (-1)							
DNF	250	DOSIL SUAREZ, ALEXANDRE	ABS_M (-1)			41:05	03:07	3:17:01	02:35	
DNF	273	CASTRO REAL, RAFAEL EDUARDO	ABS_M (-1)			43:30	05:19	2:37:12	03:22	
DNF	292	SOLIS POSE, IVAN	ABS_M (-1)							
DNF	304	FERNANDEZ VAZQUEZ, OSCAR	ABS_M (-1)			32:18	01:21	2:46:14	02:56	
DNF	321	LOUREIRO VEIGA, DIEGO	ABS_M (-1)							
DNF	361	DIEGUEZ PINTOR, OSCAR	V1_M (-1)			37:42	05:11	2:53:45	01:56	
DNF	367	DOMINGUEZ GARCIA, NICOLAS	V1_M (-1)			29:57	01:35	2:21:42	01:30	
DNF	474	VAZQUEZ SANESTEBAN, LUIS	V1_M (-1)			46:46	04:33	3:08:40	04:22	
DNF	476	PEREZ GIANNETTO, ALEJANDRO	V1_M (-1)			33:52	03:26			
DNF	496	FAUS CANET, MARC	V1_M (-1)			32:31	03:27	2:51:26	02:11	
DNF	514	ALTAMIRANDA BLANCO, JOSE LUIS	V1_M (-1)							
DNF	524	LOPEZ MONTERO, FERNANDO	V2_M (-1)							
DNF	528	VITON GONZALEZ, LUIS ALBERTO	V2_M (-1)							
DNF	557	MOSTEIRO RODRIGUEZ, FRANCISCO JAVIER	V2_M (-1)			38:12	03:17	2:42:58		
DNF	567	MATE SANZ, JESUS	V2_M (-1)							
DNF	580	AYET GISBERT, JOSE JUAN	V2_M (-1)			35:53	04:52	3:36:21		
DNF	584	SANZ MARTÍN, JOSÉ MANUEL	V2_M (-1)			49:18	06:25	4:03:22		
DNF	588	GÓMEZ DE ANDRÉS, LUIS MIGUEL	V2_M (-1)			36:57	04:32	2:48:46	02:37	
DNS	206	URIARTE IPIÑA, NAROA	ABS_F (-1)							
DNS	218	GONZÁLEZ GARCÍA, BELÉN	V1_F (-1)							
DNS	227	VILLANUEVA CUESTA, ELENA	V1_F (-1)							
DNS	228	DÍEZ SANTALLA, LOURDES	V1_F (-1)							
DNS	230	ELISABETH, ROUITS	V2_F (-1)							



**RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO**

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNS	242	CRIADO MELERO, GONZALO	ABS_M (-1)							
DNS	243	FABER ARBELOA, MIKEL	ABS_M (-1)							
DNS	244	BERMEJO YANGUAS, ION	ABS_M (-1)							
DNS	245	CONDE URCEIRA, JORGE	ABS_M (-1)							
DNS	261	MALVAREZ LOURO, JESUS	ABS_M (-1)							
DNS	271	MENDES PEREIRA, FABIO ANDRE	ABS_M (-1)							
DNS	296	NIETO LAREO, ADRIAN	ABS_M (-1)							
DNS	301	VARELA GARRIDO, BORJA	ABS_M (-1)							
DNS	303	GÓMEZ GÓMEZ, PABLO ERNESTO	ABS_M (-1)							
DNS	307	VAZQUEZ GARCIA, IVAN	ABS_M (-1)							
DNS	315	FERNANDEZ SANCHEZ, CARLOS	ABS_M (-1)							
DNS	323	GAYOSO PAZ, JAVIER	ABS_M (-1)							
DNS	331	DE PRADO CAMUÑAS, SERGIO	ABS_M (-1)							
DNS	335	ALVAREZ RIESTRA, LUIS	ABS_M (-1)							
DNS	339	CORREDOIRA VAZQUEZ, FRANCISCO JOSE	ABS_M (-1)							
DNS	354	RIVAS MARTINEZ, XABIER	V1_M (-1)							
DNS	355	FUMERO EXPOSITO, CRISTO JAVIER	V1_M (-1)							
DNS	365	MARTICORENA RODRÍGUEZ, ALBERTO	V1_M (-1)							
DNS	375	NAVAL FERNANDEZ, CARLOS	V1_M (-1)							
DNS	377	MARTÍNEZ MORÁN, JOSE ALBERTO	V1_M (-1)							
DNS	384	IGLESIAS PEREZ, FERNANDO	V1_M (-1)							
DNS	400	GONZÁLEZ CARBALLAL, JOSÉ MIGUEL	V1_M (-1)							
DNS	418	SILVA RODRIGUEZ, RUBEN DANIEL	V1_M (-1)							
DNS	421	CASARES RODRIGUEZ, JAVIER	V1_M (-1)							
DNS	439	PEÑARANDA MARTINEZ, JORDI	V1_M (-1)							
DNS	440	PESTAÑA OCAÑA, ISRAEL	V1_M (-1)							
DNS	449	FERNÁNDEZ PARDO, FRAN	V1_M (-1)							
DNS	456	NUÑEZ CASAS, JUAN JOSE	V1_M (-1)							

### RESULTADOS OFICIAIS – MEDIA DISTANCIA ABSOLUTO

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNS	459	ÁLVAREZ MIGUEL, JOSÉ BENITO	V1_M (-1)							
DNS	465	PIÑEIRO ABALO, BERNARDO	V1_M (-1)							
DNS	470	FERRO DOPICO, MANUEL	V1_M (-1)							
DNS	497	BORREGA REYES, MIGUEL ÁNGEL	V1_M (-1)							
DNS	499	LOPEZ HERRAIZ, JUAN ANTONIO	V1_M (-1)							
DNS	511	GARCIA PEREZ, JAVIER	V1_M (-1)							
DNS	515	PEINADO PEREZ, BENIGNO	V1_M (-1)							
DNS	518	FERNANDEZ BERMUDEZ, BORJA	V1_M (-1)							
DNS	520	PICOS FONTICOPA, ROBERTO	V1_M (-1)							
DNS	526	CARRERO TARRIO, FRANCISCO	V2_M (-1)							
DNS	535	RIVAS ARES, ALVARO	V2_M (-1)							
DNS	550	PEREZ OSUNA, ROBERTO NICOLAS	V2_M (-1)							
DNS	552	GARMENDIA ARBILLA, JOM	V2_M (-1)							
DNS	558	VENTUREIRA DOPICO, ROBERTO	V2_M (-1)							
DNS	569	LINARES FERNÁNDEZ, JAIME	V2_M (-1)							
DNS	574	OLIVEROS PÉREZ, JESÚS	V2_M (-1)							

### CLASIFICACIÓN FEMENINA – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 34	<b>Remataron:</b> 25	<b>Retirados:</b> 4	<b>Non presentados:</b> 5
			<b>Descualificados:</b> 0

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	213	TENREIRO ALVAREZ, BEATRIZ	V1_F (1)	4:49:28	+40:51	28:13	01:45	2:41:55	01:33	1:36:02
2	210	MARTINEZ SIERRA, SANDRA	ABS_F (1)	5:03:13	+54:36	33:57	02:04	2:48:02	01:55	1:37:15
3	212	CARBONELL FERRANDEZ, ESTEFANIA	V1_F (2)	5:17:53	+1:09:16	39:15	02:56	2:52:38	01:39	1:41:25
4	215	BOTA MOLINER, LAURA	V1_F (3)	5:33:00	+1:24:23	31:24	04:04	3:10:37	02:39	1:44:16
5	205	FRAGA RIVAS, CARMEN MARIA	ABS_F (2)	5:40:25	+1:31:48	39:00	02:10	2:59:47	01:49	1:57:39
6	223	DE LA FUENTE DIEZ, MARIA	V1_F (4)	5:47:11	+1:38:34	38:36	03:19	3:04:41	02:51	1:57:44
7	221	MOLINA GONZALEZ, MARIA ISABEL	V1_F (5)	5:47:11	+1:38:34	36:02	02:56	3:05:10	02:48	2:00:15
8	214	GARCIA DE LA PUENTE, AZUCENA	V1_F (6)	5:54:58	+1:46:21	33:18	02:20	3:08:32	02:24	2:08:24
9	211	SANTOS GIMÉNEZ, EVA	V1_F (7)	5:55:29	+1:46:52	37:33	02:55	3:11:38	03:29	1:59:54
10	229	FEIJOO SANCHEZ, BEGOÑA	V1_F (8)	5:58:10	+1:49:33	38:39	03:01	3:14:35	02:17	1:59:38
11	204	FILGUEIRA CONDE, REBECA	ABS_F (3)	5:58:38	+1:50:01	36:45	02:47	3:16:04	02:34	2:00:28
12	224	GONZALEZ COCA, MARIA TERESA	V1_F (9)	6:03:30	+1:54:53	38:34	03:52	3:17:00	02:54	2:01:10
13	208	PERNIA MIRANDA, AMAIA	ABS_F (4)	6:14:36	+2:05:59	37:36	04:09			2:05:29
14	220	CTVRTNICKOVA, TEREZA	V1_F (10)	6:17:27	+2:08:50	39:31	03:52	3:26:37	03:21	2:04:06
15	217	RUIZ MARTÍN, DEMELSA	V1_F (11)	6:32:35	+2:23:58	47:32	04:03	3:32:33	02:03	2:06:24

**CLASIFICACIÓN FEMENINA – MEDIA DISTANCIA**

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
16	203	MACEIRA PENA, MIRIAM	ABS_F (5)	6:41:40	+2:33:03	53:19	02:55	3:40:28	03:26	2:01:32
17	225	VEGA PEÑA, NOELIA	V1_F (12)	6:46:42	+2:38:05	46:17	05:28	3:31:47	04:19	2:18:51
18	216	NOVOA GONZALEZ, LUCIA	V1_F (13)	6:55:14	+2:46:37	44:34	03:36	3:51:12	03:14	2:12:38
19	201	VILAS PRAT, SILVIA	ABS_F (6)	6:58:30	+2:49:53	37:36	07:40	3:33:17	05:41	2:34:16
20	226	SÁNCHEZ GIL, MARÍA DEL CARMEN	V1_F (14)	7:29:24	+3:20:47	52:29	04:54	4:11:17	03:24	2:17:20
21	232	MARQUEZ VEGA, MARIA JESUS	V2_F (1)	7:34:36	+3:25:59	1:00:32	07:59	3:57:33	03:29	2:25:03
22	231	GARCÍA PEREZ, LAURA	V2_F (2)	7:59:16	+3:50:39	31:25	04:25	3:53:17	04:21	3:25:48
23	233	GARCIA PEREZ, ALICIA	V2_F (3)	7:59:17	+3:50:40	32:26	04:03	4:11:05	03:00	3:08:43
24	209	DEL PINO ROMERO, CRISTINA	ABS_F (7)	8:13:38	+4:05:01	54:36	07:40	4:01:29	05:27	3:04:26
25	234	CASTRO SABIO, MARIA ELENA	V2_F (4)	8:31:46	+4:23:09	52:32	05:34	4:35:33	05:09	2:52:58
DNF	202	DE VICENTE ALONSO, LUCÍA	ABS_F			43:01	05:05	3:30:59	05:09	
DNF	207	GARCIA BEIRO, CRISTINA	ABS_F			43:49	02:59	2:58:19	02:02	
DNF	219	ALARCON HERNANDEZ, MONICA	V1_F			48:38	04:43	3:15:00		
DNF	222	URIBE ARCE, VERONICA	V1_F			43:13	04:12	3:31:53	04:20	
DNS	206	URIARTE IPIÑA, NAROA	ABS_F							
DNS	218	GONZÁLEZ GARCÍA, BELÉN	V1_F							
DNS	227	VILLANUEVA CUESTA, ELENA	V1_F							
DNS	228	DÍEZ SANTALLA, LOURDES	V1_F							
DNS	230	ELISABETH, ROUITS	V2_F							

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 361	<b>Remataron:</b> 297	<b>Retirados:</b> 19	<b>Non presentados:</b> 44
			<b>Descualificados:</b> 1

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	237	DE LA PAZ FERNÁNDEZ, FRANCISCO DE ASIS	S23_M (1)	4:08:37	--	28:08	02:02	2:12:18	01:33	1:24:36
2	253	FERNÁNDEZ ZAPICO, LUIS	ABS_M (1)	4:12:08	+3:31	28:09	01:55	2:18:22	01:32	1:22:10
3	345	ALVAREZ MUÑOZ, ALEX	ABS_M (2)	4:12:43	+4:06	28:12	01:44	2:18:22	01:34	1:22:51
4	370	BECI CALVO, AXEL	V1_M (1)	4:15:52	+7:15	28:10	01:56	2:18:09	01:44	1:25:53
5	314	PASTOR SANCHIS, VICENT	ABS_M (3)	4:18:27	+9:50	28:03	02:08	2:23:21	02:24	1:22:31
6	341	MARTÍNEZ NOGALES, ALFONSO	ABS_M (4)	4:20:44	+12:07	30:06	01:56	2:27:21	01:47	1:19:34
7	252	POSE REGUEIRO, PASTOR ADRIAN	ABS_M (5)	4:21:53	+13:16	30:14	01:54	2:21:31	01:58	1:26:16
8	249	ALLEN SANTOS GUIMARAES COELHO, DIOGO	ABS_M (6)	4:22:55	+14:18	28:54	01:54	2:19:50	02:17	1:30:00
9	266	MUIÑO VARELA, CRISTIAN	ABS_M (7)	4:24:44	+16:07	28:28	02:26	2:22:47	01:56	1:29:07
10	288	SOUTO CORES, ABEL	ABS_M (8)	4:28:54	+20:17	30:11	01:55	2:27:11	01:39	1:27:58
11	438	VAZQUEZ DIAZ, PABLO	V1_M (2)	4:32:28	+23:51	31:13	03:26	2:23:00	01:34	1:33:15
12	416	ESCOLANTE BILBAO, PEDRO	V1_M (3)	4:32:42	+24:05	31:56	03:17	2:28:14	01:22	1:27:53
13	333	PEREIRA IGLESIAS, IVAN	ABS_M (9)	4:32:44	+24:07	31:38	03:03	2:26:55	02:18	1:28:50
14	356	SANTOS LOIS, SERGIO	V1_M (4)	4:33:48	+25:11	33:44	02:18	2:27:14	01:40	1:28:52
15	295	FRANCO MARTIN, ALBERTO	ABS_M (10)	4:34:37	+26:00	32:18	01:58	2:26:30	01:39	1:32:12



### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
16	302	OLIVEIRA RODRIGUEZ, DAVID	ABS_M (11)	4:34:51	+26:14	28:27	02:13	2:29:09	01:22	1:33:40
17	568	GAYOSO REAL, MANUEL JESUS	V2_M (1)	4:35:03	+26:26	31:34	02:02	2:29:57	01:42	1:29:48
18	404	GARCÍA GONZÁLEZ, JONAY	V1_M (5)	4:35:35	+26:58	29:25	01:57	2:33:27	02:12	1:28:34
19	324	ALONSO GARCIA, ENDIKA	ABS_M (12)	4:36:01	+27:24	28:04	01:57	2:31:56	01:56	1:32:08
20	381	GONZALEZ CONCEPCION, JOSE ANGEL	V1_M (6)	4:36:22	+27:45	30:12	02:12	2:31:02	01:18	1:31:38
21	566	GARCÍA DE PAZ FERNANDEZ, MARCOS	V2_M (2)	4:36:28	+27:51	34:11	01:56	2:34:07	01:27	1:24:47
22	453	DÍAZ PÉREZ, AURELIO	V1_M (7)	4:37:48	+29:11	35:00	02:31	2:29:36	01:24	1:29:17
23	477	MILLARES GOMEZ, ROBERTO	V1_M (8)	4:38:50	+30:13	30:14	02:05	2:27:14	01:54	1:37:23
24	481	NOGUEIRA LIMA, ARMANDO JOSE	V1_M (9)	4:40:15	+31:38	30:10	03:08	2:34:45	01:40	1:30:32
25	279	OUTEDA GARRIDO, HECTOR	ABS_M (13)	4:40:30	+31:53	31:44	02:29	2:33:06	01:20	1:31:51
26	394	CANOURA ABEIJON, MANUEL	V1_M (10)	4:40:37	+32:00	32:22	01:56	2:33:43	01:19	1:31:17
27	322	SAINZ FERNÁNDEZ, IGNACIO	ABS_M (14)	4:41:17	+32:40	33:36	02:57	2:35:56	01:37	1:27:11
28	257	ROULEAU, MARIN PIERRE HOEL	ABS_M (15)	4:41:41	+33:04	30:00	02:27	2:31:56	02:35	1:34:43
29	332	IBAÑEZ BARRIOS, JOSE MARIA	ABS_M (16)	4:41:50	+33:13	31:41	02:31	2:26:30	01:37	1:39:31
30	471	MOREIRA MARTINS, NUNO	V1_M (11)	4:43:50	+35:13	31:39	02:54	2:27:59	02:13	1:39:05
31	326	MARTINEZ QUIJANO, DAVID	ABS_M (17)	4:44:54	+36:17	29:02	02:37	2:39:50	01:51	1:31:34
32	358	VILLAMISAR VARELA, SERGIO	V1_M (12)	4:45:07	+36:30	31:49	02:07	2:33:29	02:17	1:35:25
33	503	VIOTA MORENO, PABLO CESAR	V1_M (13)	4:45:15	+36:38	42:51	03:11	2:27:05	01:27	1:30:41
34	357	SABINO VALERA, PEDRO JAVIER	V1_M (14)	4:46:00	+37:23	31:20	02:15	2:33:39	02:27	1:36:19
35	294	TORRES TELLEZ, JOSE ANTONIO	ABS_M (18)	4:46:08	+37:31	29:24	02:40	2:39:03	01:53	1:33:08
36	309	LOPEZ DE IGNACIO, JOSE LUIS	ABS_M (19)	4:46:20	+37:43	34:49	02:26	2:35:26	01:21	1:32:18
37	409	IBARROLA DELGADO, DANIEL	V1_M (15)	4:46:26	+37:49	33:24	03:16	2:23:36	03:03	1:43:07
38	457	DOMINGUEZ SILVA, ANDRES	V1_M (16)	4:46:40	+38:03	29:21	01:46	2:42:20	01:22	1:31:51
39	379	HERNANDEZ ZAPATA, MARIANO	V1_M (17)	4:46:47	+38:10	29:26	02:16	2:35:28	01:57	1:37:40
40	330	JIMENEZ PIÑERA, IGNACIO	ABS_M (20)	4:46:50	+38:13	32:34	03:11	2:36:54	02:07	1:32:04
41	405	NUÑEZ MUÑOZ, JOSE ANTONIO	V1_M (18)	4:47:11	+38:34	37:13	01:39	2:31:08	02:05	1:35:06
42	351	PRESAS FARALDO, DOMINGO MANUEL	V1_M (19)	4:47:55	+39:18	33:25	02:45	2:34:14	02:58	1:34:33
43	423	SANTOS NUÑEZ, PABLO	V1_M (20)	4:48:06	+39:29	33:12	02:40	2:40:45	01:52	1:29:37

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
44	575	PEREZ PLANCHART, POMPEYO	V2_M (3)	4:50:38	+42:01	26:28	02:36	2:40:41	02:05	1:38:48
45	305	VILLALAIN LINARES, RUBEN	ABS_M (21)	4:50:40	+42:03	25:10	02:28	2:35:31	01:55	1:45:36
46	284	URRUTIKOETXEA IBINAGA, ANDER	ABS_M (22)	4:50:50	+42:13	30:52	03:09	2:39:13	01:49	1:35:47
47	512	MORENO GOMEZ, JUAN ALBERTO	V1_M (21)	4:50:53	+42:16	35:44	03:13	2:37:23	01:32	1:33:01
48	312	FERNÁNDEZ RIVAS, EDUARDO	ABS_M (23)	4:51:15	+42:38	31:20	01:49	2:34:27	02:41	1:40:58
49	504	MARTINEZ VICENTE, JOSE MANUEL	V1_M (22)	4:52:02	+43:25	30:03	02:22	2:38:38	01:43	1:39:16
50	285	MARTINEZ BARGIELA, BRUNO	ABS_M (24)	4:52:16	+43:39	28:07	01:53	2:31:13	02:10	1:48:53
51	265	CREO SABORIDO, ALEJANDRO	ABS_M (25)	4:52:17	+43:40	37:18	02:24	2:30:24	03:08	1:39:03
52	389	CANDAL DE LA CRUZ, JUAN CARLOS	V1_M (23)	4:52:19	+43:42	36:04	03:04	2:30:56	01:34	1:40:41
53	240	TABARA RODRIGUEZ, JORGE JUAN	S23_M (2)	4:52:27	+43:50			2:35:20	02:34	1:38:37
54	401	NAVARRO FARIAS, SANTIAGO	V1_M (24)	4:52:42	+44:05	28:16	03:21	2:31:28	01:32	1:48:05
55	461	RODRIGUEZ GONZALEZ, BERNARDO	V1_M (25)	4:52:46	+44:09	29:02	02:44	2:35:40	02:42	1:42:38
56	278	LIMIÑANA MARCOS, JUAN CARLOS	ABS_M (26)	4:52:55	+44:18	34:35	02:45	2:34:39	01:56	1:39:00
57	329	GABILONDO OLMEDO, HUGO	ABS_M (27)	4:53:31	+44:54	31:14	02:46	2:43:34	02:06	1:33:51
58	508	RUIZ JIMENEZ, CESAR	V1_M (26)	4:53:37	+45:00	33:15	03:12	2:42:22	02:31	1:32:17
59	299	LOPEZ GONZALEZ, ISMAEL	ABS_M (28)	4:53:38	+45:01	25:13	02:52	2:43:42	02:05	1:39:46
60	291	RODRÍGUEZ SANTANA, JUAN PEDRO	ABS_M (29)	4:54:03	+45:26	31:56	03:14	2:37:41	02:02	1:39:10
61	246	MENENDEZ CORVILLON, ALVARO	ABS_M (30)	4:54:05	+45:28	32:54	03:12	2:33:04	03:22	1:41:33
62	398	APARICIO ROLDÁN, DANIEL	V1_M (27)	4:54:25	+45:48	38:36	02:54	2:37:52	01:49	1:33:14
63	283	VILA PORTO, JAVIER	ABS_M (31)	4:55:00	+46:23	32:13	01:43	2:34:34	01:51	1:44:39
64	444	PICON ESPÍÑO, ROBERTO	V1_M (28)	4:55:01	+46:24	30:01	02:04	2:46:30	01:30	1:34:56
65	531	BALADO MOSQUERA, SERGIO ANGEL	V2_M (4)	4:55:28	+46:51	31:55	02:24	2:29:31	02:09	1:49:29
66	337	GONZALEZ FERNANDEZ, PABLO	ABS_M (32)	4:56:21	+47:44	30:15	02:11	2:39:01	02:29	1:42:25
67	363	CHAVES MON, RAMIRO	V1_M (29)	4:56:44	+48:07	31:45	03:56	2:38:48	02:15	1:40:00
68	319	RIADIGOS PIÑEIRO, BRUNO	ABS_M (33)	4:57:19	+48:42	33:04	04:43	2:48:28	02:11	1:28:53
69	534	SIO FERNANDEZ, RUBEN	V2_M (5)	4:57:24	+48:47	36:56	02:47	2:31:53	01:48	1:44:00
70	393	MEIZOSO PERMUI, ANXO	V1_M (30)	4:57:34	+48:57	35:44	01:52	2:44:46	01:32	1:33:40
71	297	FERNANDEZ RODRIGUEZ, DAVID	ABS_M (34)	4:57:40	+49:03	35:40	02:13	2:44:13	02:30	1:33:04

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
72	464	CORDERO PEREZ, BRUNO	V1_M (31)	4:57:55	+49:18	38:57	02:15	2:39:18	02:18	1:35:07
73	259	PEREZ LOPEZ, DANIEL	ABS_M (35)	4:57:59	+49:22	26:30	02:18	2:42:26	02:16	1:44:29
74	262	VAÑO PEIDRO, SERGI	ABS_M (36)	4:58:31	+49:54	29:17	02:07	2:33:16	01:26	1:52:25
75	254	ARIAS GONZÁLEZ, GUILLERMO	ABS_M (37)	4:58:41	+50:04	36:33	03:19	2:37:10	02:35	1:39:04
76	313	GONZALEZ HOYOS, RUBEN	ABS_M (38)	4:58:54	+50:17	31:21	02:37	2:46:04	03:19	1:35:33
77	576	ROSADO CABALLERO, JESUS	V2_M (6)	4:59:11	+50:34	33:43	03:04	2:32:51	01:49	1:47:44
78	359	MORALES GUERRA, JONÁS	V1_M (32)	4:59:12	+50:35	34:50	03:19	2:40:11	01:58	1:38:54
79	501	LOPEZ MARTINEZ, ALFONSO	V1_M (33)	4:59:35	+50:58	37:27	02:26	2:43:33	01:35	1:34:34
80	410	SARASA GONZALEZ, IKER	V1_M (34)	5:00:00	+51:23	34:25	04:22	2:35:03	02:38	1:43:32
81	306	MARTINEZ GRAÑA, DAVID	ABS_M (39)	5:00:09	+51:32	32:07	02:19	2:36:27	02:27	1:46:49
82	251	DE DIEGO, JUAN	ABS_M (40)	5:00:40	+52:03	39:30	04:40	2:43:47	02:14	1:30:29
83	344	PENAS VARELA, JOSE MANUEL	ABS_M (41)	5:01:02	+52:25	39:17	02:58	2:37:56	01:57	1:38:54
84	429	GOMEZ RIAZA, FRANCISCO JAVIER	V1_M (35)	5:01:54	+53:17	30:08	02:39	2:48:53	01:40	1:38:34
85	317	DOCAL FERNANDEZ, PABLO	ABS_M (42)	5:02:43	+54:06	30:11	02:21	2:46:19	02:10	1:41:42
86	513	MARTINEZ RODRIGUEZ, FERNANDO	V1_M (36)	5:02:44	+54:07	36:47	03:05	2:39:16	02:03	1:41:33
87	340	BELLO GARCIA, JUAN JOSE	ABS_M (43)	5:02:55	+54:18	37:23	02:11	2:44:46	01:34	1:37:01
88	436	ASPEREZ DOPAZO, DAVID	V1_M (37)	5:03:20	+54:43	34:35	03:00	2:33:00	01:52	1:50:53
89	380	RAMIRO LOPEZ, ENRIQUE	V1_M (38)	5:03:33	+54:56	33:19	02:44	2:47:38	01:29	1:38:23
90	280	PAZ GOMEZ, ARTURO	ABS_M (44)	5:03:47	+55:10	31:41	02:04	2:35:19	02:07	1:52:36
91	432	LOPEZ LOPEZ, FERNANDO	V1_M (39)	5:04:01	+55:24	31:58	02:44	2:51:13	01:28	1:36:38
92	267	PIÑERO PRADERA, ANDONI	ABS_M (45)	5:04:15	+55:38	32:28	03:27	2:43:30	01:37	1:43:13
93	373	SOBRAL GONZALEZ, MANUEL	V1_M (40)	5:04:20	+55:43	38:28	03:11	2:51:03	02:01	1:29:37
94	521	RODRIGUEZ SANTOS, JAVIER	V2_M (7)	5:04:30	+55:53	37:00	04:08	2:37:35	02:00	1:43:47
95	467	BARANGA ARES, PEDRO	V1_M (41)	5:04:40	+56:03	31:24	02:19	2:45:23	02:01	1:43:33
96	422	MAYORDOMO MUÑOZ, BORJA	V1_M (42)	5:04:47	+56:10	39:13	02:49	2:34:05	02:27	1:46:13
97	509	MANZANARES BARBA, RAUL	V1_M (43)	5:05:07	+56:30	33:59	03:18	2:44:52	02:49	1:40:09
98	308	DOMÍNGUEZ PADÍN, ERIC	ABS_M (46)	5:05:09	+56:32	29:30	03:19	2:43:49	01:44	1:46:47
99	413	SUAREZ VALDERREY, FERNANDO	V1_M (44)	5:05:28	+56:51	32:46	03:08	2:40:55	01:33	1:47:06

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
100	342	FERNANDEZ VIDAL, PORFIRIO	ABS_M (47)	5:06:38	+58:01	39:26	02:10	2:41:00	01:37	1:42:25
101	347	SAETA BOLAÑOS, GERARDO	V1_M (45)	5:06:52	+58:15	32:44	02:53	2:43:40	02:29	1:45:06
102	486	VAZQUEZ FERNANDEZ, ROBERTO	V1_M (46)	5:07:16	+58:39	36:12	07:10	2:43:03	03:16	1:37:35
103	472	RODRIGUEZ CAMIN, RAFAEL	V1_M (47)	5:07:31	+58:54	41:38	05:14	2:42:41	02:27	1:35:31
104	549	ESCRIBANO GIRALDO, MIGUEL	V2_M (8)	5:07:40	+59:03	31:56	02:58	2:42:59	01:59	1:47:48
105	435	CRAVO RIBEIRO, ALEXANDRO	V1_M (48)	5:07:52	+59:15	43:32	03:26	2:34:51	03:06	1:42:57
106	498	PIRES DE SOUSA, NUNO MIGUEL	V1_M (49)	5:07:52	+59:15	33:35	03:06	2:47:20	02:05	1:41:46
107	270	BELLAS GOMEZ, MARTIN	ABS_M (48)	5:07:58	+59:21	28:59	02:02	2:52:02	01:30	1:43:25
108	290	GARCIA JERÓNIMO, JOSE MANUEL	ABS_M (49)	5:08:14	+59:37	32:00	03:26	2:51:01	02:25	1:39:22
109	368	FERNANDEZ CASAL, MARCOS	V1_M (50)	5:08:55	+1:00:18	34:57	03:05	2:43:11	02:41	1:45:01
110	316	FUENTES PASTOR, JAVIER	ABS_M (50)	5:09:25	+1:00:48	26:21	03:12	2:49:38	02:32	1:47:42
111	407	TRUJILLO GONZALEZ, DIEGO	V1_M (51)	5:09:35	+1:00:58	31:47	03:33	2:35:41	02:43	1:55:51
112	450	CANTARIÑO TAJES, ALVARO	V1_M (52)	5:09:53	+1:01:16	38:47	03:52	2:51:00	01:19	1:34:55
113	281	MARTINEZ FERNANDEZ, ADAN	ABS_M (51)	5:09:58	+1:01:21	37:14	03:35	2:48:03	02:26	1:38:40
114	378	DOSIL SUAREZ, ALVARO	V1_M (53)	5:11:19	+1:02:42	39:09	03:16	2:48:08	01:58	1:38:48
115	350	OTERO VARELA, CARLOS	V1_M (54)	5:11:30	+1:02:53	32:42	03:39	2:42:28	01:36	1:51:05
116	286	PUMAR LOSADA, DIEGO	ABS_M (52)	5:11:34	+1:02:57	36:33	03:12	2:33:48	01:39	1:56:22
117	366	GONZALEZ GARCIA, JORGE CARLOS	V1_M (55)	5:11:37	+1:03:00	39:25	05:07	2:47:38	02:31	1:36:56
118	554	BESADA BRUNET, SANTIAGO	V2_M (9)	5:11:45	+1:03:08	35:53	02:42	2:56:59	02:09	1:34:02
119	468	CASTRELO CONDE, FRANCISCO JAVIER	V1_M (56)	5:11:50	+1:03:13	34:24	03:27	2:44:25	01:41	1:47:53
120	352	CAAMAÑO LIRA, ALEJANDRO	V1_M (57)	5:12:20	+1:03:43	28:15	02:57	2:46:50	02:41	1:51:37
121	338	RODRIGUEZ FRAGUELA, ALEJANDRO	ABS_M (53)	5:13:16	+1:04:39	31:39	01:46	2:52:27	03:04	1:44:20
122	310	GARCIA SAAVEDRA, ALVARO	ABS_M (54)	5:13:24	+1:04:47	33:14	02:16	2:44:40	02:37	1:50:37
123	415	BARON MORRIS, RAFAEL JEROME	V1_M (58)	5:13:42	+1:05:05	37:52	04:00	2:39:31	01:39	1:50:40
124	263	CASTRO REY, DAVID	ABS_M (55)	5:14:21	+1:05:44	35:38	03:22	2:44:51	02:01	1:48:29
125	553	SERRANO SECO, JOSE ANTONIO	V2_M (10)	5:14:37	+1:06:00	36:44	02:37	2:42:59	02:39	1:49:38
126	386	MEDINA RUIZ, ANGEL LUIS	V1_M (59)	5:15:34	+1:06:57	31:42	03:04	2:50:17	03:07	1:47:24
127	494	PINO PORTO, EDUARDO	V1_M (60)	5:15:35	+1:06:58	47:25	03:07	2:43:29	02:26	1:39:08

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
128	442	CASTRO GOMEZ, CESAR	V1_M (61)	5:15:50	+1:07:13	31:35	03:41	2:41:03	02:53	1:56:38
129	369	RAMOS CADIerno, IVAN	V1_M (62)	5:17:23	+1:08:46	31:55	03:33	2:40:23	02:29	1:59:03
130	542	VILLA VIEIRO, FERNANDO ANTONIO	V2_M (11)	5:17:38	+1:09:01	40:10	03:56	2:48:31	02:26	1:42:35
131	473	HORTA NOVA NUNES, JOSE MANUEL	V1_M (63)	5:17:43	+1:09:06	38:24	03:46	2:50:01	02:29	1:43:03
132	485	CANAIPA HENRIQUES, HUGO	V1_M (64)	5:17:48	+1:09:11	39:18	03:05	2:50:02	02:07	1:43:16
133	260	MUGICA IZAGUIRRE, MIKEL	ABS_M (56)	5:18:07	+1:09:30	32:50	03:01	2:47:10	01:54	1:53:12
134	487	DE LA PUERTA OSUNA, IVÁN	V1_M (65)	5:18:51	+1:10:14	29:32	03:10	2:46:53	02:05	1:57:11
135	343	MORRONDO MARTÍN, JULIO CÉSAR	ABS_M (57)	5:19:05	+1:10:28	34:09	03:02	2:55:36	02:35	1:43:43
136	561	SAAVEDRA MERCADER, JUAN LUIS	V2_M (12)	5:19:10	+1:10:33	34:34	03:55	2:42:32	03:05	1:55:04
137	431	RAMIL FREAN, PABLO	V1_M (66)	5:19:18	+1:10:41	34:30	03:45	2:48:41	02:42	1:49:40
138	282	ABRIL RODRÍGUEZ, ÁNGEL	ABS_M (58)	5:19:30	+1:10:53	33:43	03:05	2:43:37	02:30	1:56:35
139	478	COBAS GARCIA, ROBERTO CARLOS	V1_M (67)	5:20:07	+1:11:30	36:13	03:06	2:47:57	01:52	1:50:59
140	320	CAMPO REGUEIRO, FERNANDO	ABS_M (59)	5:20:14	+1:11:37	32:36	03:55	2:53:10	01:51	1:48:42
141	454	HERVA MIGUEZ, JAVIER	V1_M (68)	5:20:17	+1:11:40	34:58	02:59	2:48:36	01:52	1:51:52
142	287	RUIPÉREZ GONZÁLEZ, MARCOS	ABS_M (60)	5:20:18	+1:11:41	43:20	04:48	2:46:49	03:24	1:41:57
143	360	LOSADA PALACIOS, JESUS	V1_M (69)	5:20:25	+1:11:48	33:22	02:40	2:41:23	02:29	2:00:31
144	541	BARREIRO CORDEIRO, FRANCISCO JAVIER	V2_M (13)	5:20:26	+1:11:49	39:03	03:32	3:01:57	02:01	1:33:53
145	452	FALQUINA ESPINOSA, PABLO	V1_M (70)	5:20:40	+1:12:03	31:54	03:46	2:55:27	01:57	1:47:36
146	446	COSTA VAZQUEZ, RAFAEL	V1_M (71)	5:20:57	+1:12:20	34:16	02:42	2:54:44	02:51	1:46:24
147	258	RODRÍGUEZ GOMEZ, ALEJANDRO	ABS_M (61)	5:21:13	+1:12:36	35:55	04:51	2:43:49	03:18	1:53:20
148	506	POLO COUCE, ROBERTO	V1_M (72)	5:21:30	+1:12:53	39:10	03:45	2:46:21	02:33	1:49:41
149	372	BARRETO CAMACHO, ASEMIDAN	V1_M (73)	5:21:45	+1:13:08	31:59	02:20	2:53:36	02:45	1:51:05
150	408	CESPON FIGUEIRA, MARCO ANTONIO	V1_M (74)	5:21:56	+1:13:19	36:13	03:17	2:40:48	02:53	1:58:45
151	255	FERNANDEZ PASCUAL, ADRIAN	ABS_M (62)	5:22:10	+1:13:33	34:12	03:27	2:43:35	03:42	1:57:14
152	419	CARO CRESPO, JAVIER	V1_M (75)	5:22:12	+1:13:35	35:33	03:40	2:57:11	02:17	1:43:31
153	235	RAMOS DAYAN, XOEL	S23_M (3)	5:22:12	+1:13:35	27:25	04:23	3:01:59	02:25	1:46:00
154	447	SANZ RODRÍGUEZ, LUIS JAVIER	V1_M (76)	5:22:29	+1:13:52	33:50	03:54	2:47:05	01:57	1:55:43
155	269	MARTINEZ LARA, CRISTIAN	ABS_M (63)	5:23:23	+1:14:46	36:06	03:28	2:53:43	02:47	1:47:19



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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
156	256	MARTÍNEZ BARGIELA, PEDRO	ABS_M (64)	5:23:32	+1:14:55	32:18	04:06	2:56:26	01:59	1:48:43
157	399	VARELA SECO, MARCOS	V1_M (77)	5:23:45	+1:15:08	44:08	02:10	2:45:22	01:28	1:50:37
158	523	LANDROVE RODRIGUEZ, URBANO	V2_M (14)	5:24:04	+1:15:27	40:08	03:07	2:39:33	03:06	1:58:10
159	236	SANZ AYET, IGNACIO	S23_M (4)	5:24:50	+1:16:13	33:30	03:37	3:01:59	02:25	1:43:19
160	387	FERNÁNDEZ MIGUÉLEZ, CLAUDIO	V1_M (78)	5:25:02	+1:16:25	38:52	05:36	2:55:52	02:57	1:41:45
161	546	FREIRE CASTRO, PABLO	V2_M (15)	5:25:49	+1:17:12	37:32	02:58	2:54:02	01:42	1:49:35
162	525	GARCÍA SUÁREZ, ALBERTO	V2_M (16)	5:25:56	+1:17:19	46:09	04:05	2:48:10	03:14	1:44:18
163	411	LÓPEZ IBEAS, SEVERIANO	V1_M (79)	5:26:01	+1:17:24	39:20	02:23	2:58:21	02:44	1:43:13
164	583	RABANAL FERNANDEZ, ANTONIO	V2_M (17)	5:26:50	+1:18:13	36:14	05:19	2:45:00	05:00	1:55:17
165	533	SINES CRESPO, FERNANDO	V2_M (18)	5:28:18	+1:19:41	36:43	03:36	2:59:04	02:17	1:46:38
166	336	SANTABAYA GONZALEZ, YAGO EDUARDO	ABS_M (65)	5:28:39	+1:20:02	31:56	03:05	2:54:02	02:17	1:57:19
167	527	SÁNCHEZ BLEDA, JOSÉ FERNANDO	V2_M (19)	5:29:47	+1:21:10	33:50	03:00	2:45:11	01:36	2:06:10
168	293	MENDES MARTINS, RUBEN FILIPE	ABS_M (66)	5:31:23	+1:22:46	30:00	03:50	2:57:44	02:45	1:57:04
169	532	FERNANDEZ PEREZ, MARCELINO	V2_M (20)	5:31:37	+1:23:00	43:16	05:10	2:56:04	03:28	1:43:39
170	579	QUINTEIRO GOMEZ, JOSE MANUEL	V2_M (21)	5:31:48	+1:23:11	37:12	03:17	2:49:33	01:44	2:00:02
171	276	LOPEZ GRAÑA, FELIX	ABS_M (67)	5:32:40	+1:24:03	35:58	03:29	2:53:09	02:11	1:57:53
172	455	BAUTISTA GONZALVES, DAMIAN BORJA	V1_M (80)	5:32:45	+1:24:08	35:41	02:44	2:54:39	01:34	1:58:07
173	551	BARBADO TADEO, IÑIGO	V2_M (22)	5:33:20	+1:24:43	39:03	03:17	2:53:54	02:17	1:54:49
174	371	DE LAS MOZAS MAJANO, OSCAR	V1_M (81)	5:33:21	+1:24:44	36:57	05:01	2:49:55	02:34	1:58:54
175	445	GARCIA MARTINEZ, ANTONIO	V1_M (82)	5:33:57	+1:25:20	43:55	03:57	2:51:24	02:19	1:52:22
176	248	SUÁREZ GONZÁLEZ, DIEGO	ABS_M (68)	5:34:14	+1:25:37	42:05	04:02	2:54:49	02:48	1:50:30
177	327	JIMÉNEZ DE CASTRO, MARIANO	ABS_M (69)	5:36:00	+1:27:23	38:33	03:48	3:00:59	02:46	1:49:54
178	395	RONDA ORUVE, JAIRO	V1_M (83)	5:36:16	+1:27:39	42:05	06:32	2:58:08	03:33	1:45:58
179	390	HERNÁNDEZ NARANJO, ACAYMO	V1_M (84)	5:36:32	+1:27:55	36:00	02:20	3:05:49	03:02	1:49:21
180	376	FONDO SUAREZ, OSCAR	V1_M (85)	5:36:43	+1:28:06	40:45	04:19	2:53:32	04:01	1:54:06
181	495	GONZÁLEZ ALONSO, MIGUEL ANGEL	V1_M (86)	5:36:56	+1:28:19	39:56	03:47	2:53:57	02:40	1:56:36
182	507	FREIRE CASTRO, JOSE	V1_M (87)	5:37:22	+1:28:45	39:23	02:02	2:46:31	01:40	2:07:46
183	460	QUIROGA FERNANDEZ, IAGO	V1_M (88)	5:37:37	+1:29:00	39:15	03:42	2:57:47	03:23	1:53:30

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PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
184	274	BOUZA GARCIA, BRUNO	ABS_M (70)	5:39:07	+1:30:30	1:04:09	09:18	2:55:25	04:59	1:25:16
185	318	MARTIN MARTINEZ, DIEGO	ABS_M (71)	5:39:30	+1:30:53	43:13	04:15	2:50:40	02:16	1:59:06
186	443	FERNANDEZ SEGURADO, XOSE	V1_M (89)	5:39:35	+1:30:58	33:20	04:02	2:47:30	02:37	2:12:06
187	348	DOMINGUEZ POZO, DAVID	V1_M (90)	5:40:03	+1:31:26	29:55	03:01	2:57:46	01:49	2:07:32
188	441	FERNÁNDEZ AZPEITIA, NORBERTO	V1_M (91)	5:40:33	+1:31:56	40:23	07:04	2:53:04	02:14	1:57:48
189	403	LÓPEZ PINO, JAVIER	V1_M (92)	5:40:48	+1:32:11	43:15	03:52	2:54:24	02:54	1:56:23
190	522	RODRÍGUEZ CASTAÑEDA, ÓSCAR ALEJO	V2_M (23)	5:41:56	+1:33:19	35:43	03:21	2:49:16	03:29	2:10:07
191	563	BAUTISTA DAVILA, JOSE CARLOS	V2_M (24)	5:42:43	+1:34:06	47:12	03:58	3:01:23	02:03	1:48:07
192	402	GOMEZ POSE, ISAAC	V1_M (93)	5:43:29	+1:34:52	37:03	04:34	2:57:35	02:21	2:01:56
193	463	CORRAL REY, FELIPE	V1_M (94)	5:43:48	+1:35:11	42:52	05:27	3:02:10	02:34	1:50:45
194	417	PEREZ BARBEITO, SANTIAGO	V1_M (95)	5:43:55	+1:35:18	43:36	03:10	3:01:32	01:53	1:53:44
195	420	FREIRE SALORIO, JOSE CARLOS	V1_M (96)	5:44:15	+1:35:38	39:24	03:06	2:56:00	02:42	2:03:03
196	374	ROPERO BLANCO, BORJA	V1_M (97)	5:44:32	+1:35:55	38:36	03:23	2:59:51	02:17	2:00:25
197	349	RIAL REGUEIRO, DAVID	V1_M (98)	5:44:41	+1:36:04	38:33	03:34	2:59:31	02:39	2:00:24
198	364	BUSNADIEGO PRIETO, OSCAR	V1_M (99)	5:44:45	+1:36:08	42:23	04:00	3:09:19	01:40	1:47:23
199	493	CALZON FERNANDEZ, OLIVERIO	V1_M (100)	5:45:20	+1:36:43	39:16	05:27	2:53:12	03:19	2:04:06
200	565	FERNANDEZ PEREZ, JULIO	V2_M (25)	5:45:29	+1:36:52	39:22	03:52	3:04:10	03:11	1:54:54
201	406	FRANCOS VÁZQUEZ, ROBERTO	V1_M (101)	5:45:50	+1:37:13	46:13	04:03	3:01:38	02:29	1:51:27
202	383	MENDEZ FERREIRA, RICARDO	V1_M (102)	5:45:52	+1:37:15	43:26	03:37	2:51:47	02:26	2:04:36
203	488	NOGUEROL URRUTIA, SERGIO	V1_M (103)	5:47:06	+1:38:29	32:42	03:23	3:01:26	02:59	2:06:36
204	577	CHOVA MORANT, SERGIO	V2_M (26)	5:47:39	+1:39:02	44:14	05:03	2:57:49	03:46	1:56:47
205	480	DUARTE NEVES, RICARDO JOAO	V1_M (104)	5:47:40	+1:39:03	39:13	04:03	3:06:49	02:42	1:54:53
206	530	HEVIA MORENO, RAMÓN	V2_M (27)	5:47:46	+1:39:09	39:28	02:59	2:54:19	02:59	2:08:01
207	547	ELORRIAGA LLANOS, JOSU	V2_M (28)	5:48:11	+1:39:34	35:46	02:33	2:56:24	02:31	2:10:57
208	573	QUINTANILLA GARCÍA, CARLOS	V2_M (29)	5:48:26	+1:39:49	43:25	06:04	2:58:55	05:19	1:54:43
209	328	NUÑEZ PEREZ, MARCOS	ABS_M (72)	5:49:07	+1:40:30	45:56	04:28	3:01:35	02:49	1:54:19
210	539	SEDES DOCE, NICOLAS MANUEL	V2_M (30)	5:49:12	+1:40:35	43:30	07:09	3:09:00	03:57	1:45:36
211	391	SEIJAS LOUZAO, JAIME	V1_M (105)	5:49:25	+1:40:48	58:08	04:44	2:42:34	02:34	2:01:25

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
212	353	VAZQUEZ VEGA, VICTOR MANUEL	V1_M (106)	5:49:46	+1:41:09	36:00	03:55	3:01:37	02:40	2:05:34
213	589	SERRAT SOTO, ANTONIO FEDERICO	V2_M (31)	5:50:52	+1:42:15	33:39	02:20	3:04:27	02:02	2:08:24
214	536	MARIN OTERO, MARIO	V2_M (32)	5:51:17	+1:42:40	44:11	04:13	3:12:51	03:10	1:46:52
215	392	GOMEZ BELLO, RAUL	V1_M (107)	5:51:26	+1:42:49	47:36	05:40	2:53:16	02:08	2:02:46
216	430	ARGÜELLES VIÑA, FRANCISCO	V1_M (108)	5:51:33	+1:42:56	48:57	03:09	2:55:56	03:13	2:00:18
217	516	FERNANDEZ BUSTELO, JAVIER	V1_M (109)	5:52:29	+1:43:52	39:17	04:40	3:09:38	03:02	1:55:52
218	578	GARCIA SANCHEZ, ANGEL JAVIER	V2_M (33)	5:52:41	+1:44:04	36:25	05:33	2:55:02	02:13	2:13:28
219	519	SOTO QUEVEDO, ÓSCAR	V1_M (110)	5:52:55	+1:44:18	38:52	03:16	2:50:16	02:25	2:18:06
220	433	FERNÁNDEZ MOSQUERA, DAVID	V1_M (111)	5:52:56	+1:44:19	39:27	05:14	3:11:08	02:09	1:54:58
221	448	CALVO SEOANE, ANGEL LUIS	V1_M (112)	5:54:29	+1:45:52	34:21	04:07	3:00:46	02:08	2:13:07
222	491	GONZÁLEZ OTADUY, JULIO	V1_M (113)	5:55:09	+1:46:32	39:20	03:31	3:08:51	04:02	1:59:25
223	529	GARCIA DE PAREDES UCERO, CARLOS	V2_M (34)	5:56:02	+1:47:25	35:51	07:13	3:13:48	04:45	1:54:25
224	426	TURNES CORDEIRO, JOSE MANUEL	V1_M (114)	5:57:04	+1:48:27	47:19	04:25	3:12:19	02:31	1:50:30
225	451	MORIES CORDERO, OSCAR	V1_M (115)	5:57:29	+1:48:52	36:02	03:44	3:11:26	03:09	2:03:08
226	581	LÓPEZ SÁNCHEZ, MANUEL AGUSTIN	V2_M (35)	5:58:43	+1:50:06	36:08	03:56	3:09:55	02:48	2:05:56
227	492	OTERO LEDO, MARCOS	V1_M (116)	5:59:11	+1:50:34	41:04	04:29	2:57:11	03:15	2:13:12
228	591	PASTRANA CRUZ, MANUEL	V3_M (1)	5:59:51	+1:51:14	38:15	03:06	3:09:23	03:14	2:05:53
229	586	LOPEZ LAGO, ARTURO	V2_M (36)	6:00:45	+1:52:08	38:09	04:35	3:08:15	03:27	2:06:19
230	489	DOMINGUEZ ZUFIAURRE, FRANCISCO JAVIER	V1_M (117)	6:01:06	+1:52:29	42:02	05:17	3:05:11	02:29	2:06:07
231	590	LASA IMAZ, MIKEL	V3_M (2)	6:01:08	+1:52:31	47:24	04:17	3:12:50	02:38	1:53:59
232	479	LORENZO GARCIA, DAVID	V1_M (118)	6:01:39	+1:53:02	39:26	03:26	3:05:34	06:37	2:06:36
233	482	GARCIA BARBEIRA, PABLO	V1_M (119)	6:01:44	+1:53:07	33:26	03:10	3:03:34	02:12	2:19:22
234	289	BARROS FONTE, ALEJANDRO	ABS_M (73)	6:01:52	+1:53:15	44:28	04:00	3:04:54	01:47	2:06:43
235	397	RODRIGUEZ MARTIN, ISAAC	V1_M (120)	6:03:09	+1:54:32	41:07	03:02	3:07:15	03:12	2:08:33
236	264	VIDAL PÉREZ, OMAR	ABS_M (74)	6:04:20	+1:55:43	43:48	04:37	3:14:09	03:21	1:58:25
237	543	GRAJALES DE LA CRUZ, FERNANDO	V2_M (37)	6:04:38	+1:56:01	44:03	05:42	3:06:15	03:10	2:05:28
238	585	TORRES CRESPO, FRANCISCO JAVIER	V2_M (38)	6:04:59	+1:56:22	48:46	04:06	3:08:03	03:07	2:00:57
239	272	GONZALEZ-ALEGRE REIGOSA, FRANCISCO DE BORJA	ABS_M (75)	6:05:27	+1:56:50	39:01	05:00	3:13:21	03:41	2:04:24

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
240	311	CARAMES GIL, OSCAR BENIGNO	ABS_M (76)	6:08:09	+1:59:32	39:57	03:29	2:55:15	02:12	2:27:16
241	334	OLARZA COSTA, PABLO ALBERTO	ABS_M (77)	6:08:33	+1:59:56	41:00	02:07	3:01:21	02:44	2:21:21
242	483	QUIROS MOGUEL, DAVID	V1_M (121)	6:09:37	+2:01:00	37:54	04:22	3:20:55	03:27	2:02:59
243	241	BAO LOPEZ, ADRIAN	S23_M (5)	6:09:52	+2:01:15	38:21	02:03	3:04:23	02:18	2:22:47
244	562	DEL PIE IGLESIA, RAFAEL	V2_M (39)	6:10:21	+2:01:44	39:39	04:27	3:07:26	02:53	2:15:56
245	396	BAS HERAS, DIEGO	V1_M (122)	6:11:14	+2:02:37	36:39	03:03	3:07:05	04:19	2:20:08
246	385	GARCÍA MERINO, JAVIER	V1_M (123)	6:11:21	+2:02:44	38:17	06:34	3:08:59	04:00	2:13:31
247	500	BENITO MIGUEL, CARLOS	V1_M (124)	6:13:04	+2:04:27	44:54	05:18	3:03:02	03:21	2:16:29
248	325	POSE GARCIA, RUBEN	ABS_M (78)	6:13:39	+2:05:02	50:07	03:33	3:10:47	01:48	2:07:24
249	458	REY ESTRADA, JUAN CARLOS	V1_M (125)	6:14:23	+2:05:46	43:37	05:09	3:13:18	03:24	2:08:55
250	434	PALOMARES CUENDA, ÓSCAR	V1_M (126)	6:14:26	+2:05:49	43:52	03:29	3:10:52	02:38	2:13:35
251	517	SIERRA SENSO, GABRIEL	V1_M (127)	6:15:05	+2:06:28	42:05	06:15	3:03:35	03:19	2:19:51
252	560	GRIFFINI, ANDREA LAMBERTO VALERIO	V2_M (40)	6:17:23	+2:08:46	31:21	05:49	3:09:07	03:39	2:27:27
253	427	CRESPO RODRIGUEZ, MARTIN BRAIS	V1_M (128)	6:17:40	+2:09:03	44:12	04:53	3:12:21	03:15	2:12:59
254	548	LARZABAL BENGOTXEA, IÑIGO	V2_M (41)	6:17:46	+2:09:09	37:48	03:53	3:06:31	04:19	2:25:15
255	437	COTO SOLIS, JUAN	V1_M (129)	6:17:53	+2:09:16	45:47	06:26	3:21:24	02:57	2:01:19
256	505	DE AZEVEDO FARIA, BRUNO ALEXANDRE	V1_M (130)	6:18:12	+2:09:35	44:30	05:09	3:25:46	02:16	2:00:31
257	544	CES MARTÍNEZ, AGUSTÍN MANUEL	V2_M (42)	6:19:15	+2:10:38	43:18	03:41	3:02:27	03:01	2:26:48
258	587	MUÑOZ RIOS, LUIS	V2_M (43)	6:19:40	+2:11:03	48:43	06:23	3:07:25	02:50	2:14:19
259	469	MIRANDA GOLMAR, LUIS OSCAR	V1_M (131)	6:19:59	+2:11:22	51:10	04:49	2:55:23	03:42	2:24:55
260	475	MARTIN ALVAREZ, JAVIER	V1_M (132)	6:22:03	+2:13:26	39:29	04:46	3:06:26	04:22	2:27:00
261	466	RAMOS MALLO, SAMUEL	V1_M (133)	6:23:29	+2:14:52	48:11	05:27	2:55:55	03:42	2:30:14
262	382	YAÑEZ RAMIL, PABLO	V1_M (134)	6:23:36	+2:14:59	43:00	04:39	3:07:53	03:20	2:24:44
263	564	ALONSO CUEVAS, FRANCISCO	V2_M (44)	6:24:39	+2:16:02	39:17	02:34	3:12:38	04:25	2:25:45
264	346	CRISTOBO PÉREZ, PABLO	V1_M (135)	6:24:54	+2:16:17	38:02	04:30	3:19:13	03:10	2:19:59
265	425	TERUEL ROSALES, RAUL	V1_M (136)	6:25:42	+2:17:05	46:07	04:35	3:24:51	02:15	2:07:54
266	362	LOPEZ AMOR, ALVARO JOAQUIN	V1_M (137)	6:28:22	+2:19:45	41:16	03:04	3:12:15	03:07	2:28:40
267	424	SUAREZ GARCIA, PEDRO LOIS	V1_M (138)	6:29:21	+2:20:44	35:42	03:42	3:21:22	04:33	2:24:02

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
268	484	MEDINA BORNACHEA, DAVID	V1_M (139)	6:29:35	+2:20:58	31:27	04:48	3:13:08	04:06	2:36:06
269	540	FERNÁNDEZ GARCÍA, FRANCISCO JOSÉ	V2_M (45)	6:30:54	+2:22:17	38:31	04:18	3:18:51	03:57	2:25:17
270	300	PEREZ PEREZ, VICTOR	ABS_M (79)	6:35:27	+2:26:50	39:16	04:30	3:10:20	02:49	2:38:32
271	277	MORENO MOLINA, ALFREDO	ABS_M (80)	6:36:32	+2:27:55	56:43				2:24:35
272	268	ORTIZ DIAZ, RAÚL	ABS_M (81)	6:36:32	+2:27:55	42:00	05:00	3:13:01	03:21	2:33:10
273	462	VEGA BANDERAS, FRANCISCO LAUREANO	V1_M (140)	6:37:07	+2:28:30	46:27	04:08	3:14:51	02:22	2:29:19
274	490	CASTAÑO VARELA, ISRAEL	V1_M (141)	6:39:52	+2:31:15	44:05	05:27	3:12:31	04:16	2:33:33
275	595	PEREZ BELLIDO, JOAQUIN	V2_M (46)	6:40:16	+2:31:39	33:56	09:52	3:18:28	07:07	2:30:53
276	594	VARELA PINTOS, MAURO JESUS	V2_M (47)	6:40:17	+2:31:40	41:13	04:49	3:20:07	03:42	2:30:26
277	570	JIMENEZ SANCHEZ, FRANCISCO JAVIER	V2_M (48)	6:43:26	+2:34:49	43:42	05:12	3:29:10	04:41	2:20:41
278	592	GONZÁLEZ-PACHECO GARCÍA, RAÚL OSCAR	V3_M (3)	6:46:01	+2:37:24	43:45	06:51	3:22:12	03:30	2:29:43
279	298	RIOS LESTA, JOSE DAVID	ABS_M (82)	6:50:48	+2:42:11	47:43	04:45	3:20:28	02:56	2:34:56
280	510	OTERO PIÑEIRO, CESAR	V1_M (142)	6:52:17	+2:43:40	43:39	06:14	3:17:46	03:12	2:41:26
281	247	NAVARRO GUZMÁN, DAVID	ABS_M (83)	6:55:31	+2:46:54	47:06	05:15	3:35:17	04:23	2:23:30
282	412	DE ANDRES MARTOS, JORGE	V1_M (143)	6:57:25	+2:48:48	1:03:20	05:45	3:07:15	03:35	2:37:30
283	582	COMINO RIOS, RAFAEL	V2_M (49)	7:02:23	+2:53:46	1:07:45	04:15	3:29:49	03:15	2:17:19
284	555	PASTORIZA COUTO, MIGUEL ÁNGEL	V2_M (50)	7:03:07	+2:54:30	48:52	04:34	3:39:20	02:42	2:27:39
285	556	VIDAL RODRIGUEZ, JOSE ANGEL	V2_M (51)	7:03:13	+2:54:36	43:00	08:30	3:46:59	04:54	2:19:50
286	502	PORTO MOLLINEDO, MANUEL ALEJANDRO	V1_M (144)	7:04:52	+2:56:15	39:21	05:27	3:19:41	03:23	2:57:00
287	593	OTERO GARCÍA, FRANCISCO JAVIER	V3_M (4)	7:05:52	+2:57:15	42:09	07:17	3:39:58	03:12	2:33:16
288	571	URBANO MARTINEZ, ANTONIO	V2_M (52)	7:13:13	+3:04:36	44:58	04:39	3:39:00	03:42	2:40:54
289	388	SALGUEIRO GARCIA, ELADIO	V1_M (145)	7:18:08	+3:09:31	41:41	05:14	3:39:08	10:45	2:41:20
290	572	LOPEZ TOURIÑAN, FERNANDO	V2_M (53)	7:18:08	+3:09:31	41:26	08:28	3:42:18	04:36	2:41:20
291	239	IGLESIAS CAMPOS, ADRIÁN	S23_M (6)	7:18:10	+3:09:33	39:33	05:50	3:59:29	03:52	2:29:26
292	414	LÓPEZ MONTERO, ÁNGEL MANUEL	V1_M (146)	7:24:34	+3:15:57	45:49	12:50	3:52:23	09:27	2:24:05
293	538	SANMARTIN JORDANA, JAVIER	V2_M (54)	7:24:36	+3:15:59	41:11	06:53	3:40:55	04:46	2:50:51
294	559	LOBO REQUEJO, ALBERTO	V2_M (55)	7:27:02	+3:18:25	46:06	13:22	3:36:28	07:18	2:43:48
295	428	MORLÁN GARCÍA, IVÁN	V1_M (147)	7:33:02	+3:24:25	41:42	08:01	4:01:08	07:44	2:34:27



### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
296	537	BENÍTEZ OCAMPO, JUAN	V2_M (56)	7:47:44	+3:39:07	53:39	05:58	3:51:36	04:09	2:52:22
297	545	VARELA DE LA TORRE, GONZALO	V2_M (57)	7:59:17	+3:50:40	41:17	06:21	3:36:54	04:19	3:30:26
DSQ	275	SOLER ALEMANY, VICENTE	ABS_M							
DNF	238	MATE PULIDO, DIEGO	S23_M							
DNF	250	DOSIL SUAREZ, ALEXANDRE	ABS_M			41:05	03:07	3:17:01	02:35	
DNF	273	CASTRO REAL, RAFAEL EDUARDO	ABS_M			43:30	05:19	2:37:12	03:22	
DNF	292	SOLIS POSE, IVAN	ABS_M							
DNF	304	FERNANDEZ VAZQUEZ, OSCAR	ABS_M			32:18	01:21	2:46:14	02:56	
DNF	321	LOUREIRO VEIGA, DIEGO	ABS_M							
DNF	361	DIEGUEZ PINTOR, OSCAR	V1_M			37:42	05:11	2:53:45	01:56	
DNF	367	DOMINGUEZ GARCIA, NICOLAS	V1_M			29:57	01:35	2:21:42	01:30	
DNF	474	VAZQUEZ SANESTEBAN, LUIS	V1_M			46:46	04:33	3:08:40	04:22	
DNF	476	PEREZ GIANNETTO, ALEJANDRO	V1_M			33:52	03:26			
DNF	496	FAUS CANET, MARC	V1_M			32:31	03:27	2:51:26	02:11	
DNF	514	ALTAMIRANDA BLANCO, JOSE LUIS	V1_M							
DNF	524	LOPEZ MONTERO, FERNANDO	V2_M							
DNF	528	VITON GONZALEZ, LUIS ALBERTO	V2_M							
DNF	557	MOSTEIRO RODRIGUEZ, FRANCISCO JAVIER	V2_M			38:12	03:17	2:42:58		
DNF	567	MATE SANZ, JESUS	V2_M							
DNF	580	AYET GISBERT, JOSE JUAN	V2_M			35:53	04:52	3:36:21		
DNF	584	SANZ MARTÍN, JOSÉ MANUEL	V2_M			49:18	06:25	4:03:22		
DNF	588	GÓMEZ DE ANDRÉS, LUIS MIGUEL	V2_M			36:57	04:32	2:48:46	02:37	
DNS	242	CRiado MELERO, GONZALO	ABS_M							
DNS	243	FABER ARBELOA, MIKEL	ABS_M							
DNS	244	BERMEJO YANGUAS, ION	ABS_M							
DNS	245	CONDE URCEIRA, JORGE	ABS_M							
DNS	261	MALVAREZ LOURO, JESUS	ABS_M							
DNS	271	MENDES PEREIRA, FABIO ANDRE	ABS_M							

### CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNS	296	NIETO LAREO, ADRIAN	ABS_M							
DNS	301	VARELA GARRIDO, BORJA	ABS_M							
DNS	303	GÓMEZ GÓMEZ, PABLO ERNESTO	ABS_M							
DNS	307	VAZQUEZ GARCIA, IVAN	ABS_M							
DNS	315	FERNANDEZ SANCHEZ, CARLOS	ABS_M							
DNS	323	GAYOSO PAZ, JAVIER	ABS_M							
DNS	331	DE PRADO CAMUÑAS, SERGIO	ABS_M							
DNS	335	ALVAREZ Riestra, LUIS	ABS_M							
DNS	339	CORREDOIRA VAZQUEZ, FRANCISCO JOSE	ABS_M							
DNS	354	RIVAS MARTINEZ, XABIER	V1_M							
DNS	355	FUMERO EXPOSITO, CRISTO JAVIER	V1_M							
DNS	365	MARTICORENA RODRÍGUEZ, ALBERTO	V1_M							
DNS	375	NAVAL FERNANDEZ, CARLOS	V1_M							
DNS	377	MARTÍNEZ MORÁN, JOSE ALBERTO	V1_M							
DNS	384	IGLESIAS PEREZ, FERNANDO	V1_M							
DNS	400	GONZÁLEZ CARBALLAL, JOSÉ MIGUEL	V1_M							
DNS	418	SILVA RODRIGUEZ, RUBEN DANIEL	V1_M							
DNS	421	CASARES RODRIGUEZ, JAVIER	V1_M							
DNS	439	PEÑARANDA MARTINEZ, JORDI	V1_M							
DNS	440	PESTAÑA OCAÑA, ISRAEL	V1_M							
DNS	449	FERNÁNDEZ PARDO, FRAN	V1_M							
DNS	456	NUÑEZ CASAS, JUAN JOSE	V1_M							
DNS	459	ÁLVAREZ MIGUEL, JOSÉ BENITO	V1_M							
DNS	465	PIÑEIRO ABALO, BERNARDO	V1_M							
DNS	470	FERRO DOPICO, MANUEL	V1_M							
DNS	497	BORREGA REYES, MIGUEL ÁNGEL	V1_M							
DNS	499	LOPEZ HERRAIZ, JUAN ANTONIO	V1_M							
DNS	511	GARCIA PEREZ, JAVIER	V1_M							

**CLASIFICACIÓN MASCULINA – MEDIA DISTANCIA**

PTO	DOR	NOMBRE	CAT	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNS	515	PEINADO PEREZ, BENIGNO	V1_M							
DNS	518	FERNANDEZ BERMUDEZ, BORJA	V1_M							
DNS	520	PICOS FONTICOPA, ROBERTO	V1_M							
DNS	526	CARRERO TARRIO, FRANCISCO	V2_M							
DNS	535	RIVAS ARES, ALVARO	V2_M							
DNS	550	PEREZ OSUNA, ROBERTO NICOLAS	V2_M							
DNS	552	GARMENDIA ARBILLA, JOM	V2_M							
DNS	558	VENTUREIRA DOPICO, ROBERTO	V2_M							
DNS	569	LINARES FERNÁNDEZ, JAIME	V2_M							
DNS	574	OLIVEROS PÉREZ, JESÚS	V2_M							

### SUB 23 MASCULINA – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 7	<b>Remataron:</b> 6	<b>Retirados:</b> 0	<b>Non presentados:</b> 1
		<b>Descualificados:</b> 0	

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	237	DE LA PAZ FERNÁNDEZ, FRANCISCO DE ASIS	4:08:37	--	28:08	02:02	2:12:18	01:33	1:24:36
2	240	TABARA RODRIGUEZ, JORGE JUAN	4:52:27	+43:50			2:35:20	02:34	1:38:37
3	235	RAMOS DAYAN, XOEL	5:22:12	+1:13:35	27:25	04:23	3:01:59	02:25	1:46:00
4	236	SANZ AYET, IGNACIO	5:24:50	+1:16:13	33:30	03:37	3:01:59	02:25	1:43:19
5	241	BAO LOPEZ, ADRIAN	6:09:52	+2:01:15	38:21	02:03	3:04:23	02:18	2:22:47
6	239	IGLESIAS CAMPOS, ADRIÁN	7:18:10	+3:09:33	39:33	05:50	3:59:29	03:52	2:29:26
DNF	238	MATE PULIDO, DIEGO							

### VETERANA 1 FEMENINA – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 19	<b>Remataron:</b> 14	<b>Retirados:</b> 2	<b>Non presentados:</b> 3
			<b>Descualificados:</b> 0

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	213	TENREIRO ALVAREZ, BEATRIZ	4:49:28	+40:51	28:13	01:45	2:41:55	01:33	1:36:02
2	212	CARBONELL FERRANDEZ, ESTEFANIA	5:17:53	+1:09:16	39:15	02:56	2:52:38	01:39	1:41:25
3	215	BOTA MOLINER, LAURA	5:33:00	+1:24:23	31:24	04:04	3:10:37	02:39	1:44:16
4	223	DE LA FUENTE DIEZ, MARIA	5:47:11	+1:38:34	38:36	03:19	3:04:41	02:51	1:57:44
5	221	MOLINA GONZALEZ, MARIA ISABEL	5:47:11	+1:38:34	36:02	02:56	3:05:10	02:48	2:00:15
6	214	GARCIA DE LA PUENTE, AZUCENA	5:54:58	+1:46:21	33:18	02:20	3:08:32	02:24	2:08:24
7	211	SANTOS GIMÉNEZ, EVA	5:55:29	+1:46:52	37:33	02:55	3:11:38	03:29	1:59:54
8	229	FEIJOO SANCHEZ, BEGOÑA	5:58:10	+1:49:33	38:39	03:01	3:14:35	02:17	1:59:38
9	224	GONZALEZ COCA, MARIA TERESA	6:03:30	+1:54:53	38:34	03:52	3:17:00	02:54	2:01:10
10	220	CTVRTNICKOVA, TEREZA	6:17:27	+2:08:50	39:31	03:52	3:26:37	03:21	2:04:06
11	217	RUIZ MARTÍN, DEMELSA	6:32:35	+2:23:58	47:32	04:03	3:32:33	02:03	2:06:24
12	225	VEGA PEÑA, NOELIA	6:46:42	+2:38:05	46:17	05:28	3:31:47	04:19	2:18:51
13	216	NOVOA GONZALEZ, LUCIA	6:55:14	+2:46:37	44:34	03:36	3:51:12	03:14	2:12:38
14	226	SÁNCHEZ GIL, MARÍA DEL CARMEN	7:29:24	+3:20:47	52:29	04:54	4:11:17	03:24	2:17:20
DNF	219	ALARCON HERNANDEZ, MONICA			48:38	04:43	3:15:00		

**VETERANA 1 FEMENINA – MEDIA DISTANCIA**

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNF	222	URIBE ARCE, VERONICA			43:13	04:12	3:31:53	04:20	
DNS	218	GONZÁLEZ GARCÍA, BELÉN							
DNS	227	VILLANUEVA CUESTA, ELENA							
DNS	228	DÍEZ SANTALLA, LOURDES							



### VETERANO 1 MASCULINO – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 175	<b>Remataron:</b> 147	<b>Retirados:</b> 6	<b>Non presentados:</b> 22
			<b>Descualificados:</b> 0

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	370	BECI CALVO, AXEL	4:15:52	+7:15	28:10	01:56	2:18:09	01:44	1:25:53
2	438	VAZQUEZ DIAZ, PABLO	4:32:28	+23:51	31:13	03:26	2:23:00	01:34	1:33:15
3	416	ESCOLANTE BILBAO, PEDRO	4:32:42	+24:05	31:56	03:17	2:28:14	01:22	1:27:53
4	356	SANTOS LOIS, SERGIO	4:33:48	+25:11	33:44	02:18	2:27:14	01:40	1:28:52
5	404	GARCÍA GONZÁLEZ, JONAY	4:35:35	+26:58	29:25	01:57	2:33:27	02:12	1:28:34
6	381	GONZALEZ CONCEPCION, JOSE ANGEL	4:36:22	+27:45	30:12	02:12	2:31:02	01:18	1:31:38
7	453	DÍAZ PÉREZ, AURELIO	4:37:48	+29:11	35:00	02:31	2:29:36	01:24	1:29:17
8	477	MILLARES GOMEZ, ROBERTO	4:38:50	+30:13	30:14	02:05	2:27:14	01:54	1:37:23
9	481	NOGUEIRA LIMA, ARMANDO JOSE	4:40:15	+31:38	30:10	03:08	2:34:45	01:40	1:30:32
10	394	CANOURA ABEIJON, MANUEL	4:40:37	+32:00	32:22	01:56	2:33:43	01:19	1:31:17
11	471	MOREIRA MARTINS, NUNO	4:43:50	+35:13	31:39	02:54	2:27:59	02:13	1:39:05
12	358	VILLAMISAR VARELA, SERGIO	4:45:07	+36:30	31:49	02:07	2:33:29	02:17	1:35:25
13	503	VIOTA MORENO, PABLO CESAR	4:45:15	+36:38	42:51	03:11	2:27:05	01:27	1:30:41
14	357	SABINO VALERA, PEDRO JAVIER	4:46:00	+37:23	31:20	02:15	2:33:39	02:27	1:36:19
15	409	IBARROLA DELGADO, DANIEL	4:46:26	+37:49	33:24	03:16	2:23:36	03:03	1:43:07

### VETERANO 1 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
16	457	DOMINGUEZ SILVA, ANDRES	4:46:40	+38:03	29:21	01:46	2:42:20	01:22	1:31:51
17	379	HERNANDEZ ZAPATA, MARIANO	4:46:47	+38:10	29:26	02:16	2:35:28	01:57	1:37:40
18	405	NUÑEZ MUÑIZ, JOSE ANTONIO	4:47:11	+38:34	37:13	01:39	2:31:08	02:05	1:35:06
19	351	PRESAS FARALDO, DOMINGO MANUEL	4:47:55	+39:18	33:25	02:45	2:34:14	02:58	1:34:33
20	423	SANTOS NUÑEZ, PABLO	4:48:06	+39:29	33:12	02:40	2:40:45	01:52	1:29:37
21	512	MORENO GOMEZ, JUAN ALBERTO	4:50:53	+42:16	35:44	03:13	2:37:23	01:32	1:33:01
22	504	MARTINEZ VICENTE, JOSE MANUEL	4:52:02	+43:25	30:03	02:22	2:38:38	01:43	1:39:16
23	389	CANDAL DE LA CRUZ, JUAN CARLOS	4:52:19	+43:42	36:04	03:04	2:30:56	01:34	1:40:41
24	401	NAVARRO FARIAS, SANTIAGO	4:52:42	+44:05	28:16	03:21	2:31:28	01:32	1:48:05
25	461	RODRIGUEZ GONZALEZ, BERNARDO	4:52:46	+44:09	29:02	02:44	2:35:40	02:42	1:42:38
26	508	RUIZ JIMENEZ, CESAR	4:53:37	+45:00	33:15	03:12	2:42:22	02:31	1:32:17
27	398	APARICIO ROLDÁN, DANIEL	4:54:25	+45:48	38:36	02:54	2:37:52	01:49	1:33:14
28	444	PICON ESPÍÑO, ROBERTO	4:55:01	+46:24	30:01	02:04	2:46:30	01:30	1:34:56
29	363	CHAVES MON, RAMIRO	4:56:44	+48:07	31:45	03:56	2:38:48	02:15	1:40:00
30	393	MEIZOSO PERMUI, ANXO	4:57:34	+48:57	35:44	01:52	2:44:46	01:32	1:33:40
31	464	CORDERO PEREZ, BRUNO	4:57:55	+49:18	38:57	02:15	2:39:18	02:18	1:35:07
32	359	MORALES GUERRA, JONÁS	4:59:12	+50:35	34:50	03:19	2:40:11	01:58	1:38:54
33	501	LOPEZ MARTINEZ, ALFONSO	4:59:35	+50:58	37:27	02:26	2:43:33	01:35	1:34:34
34	410	SARASA GONZALEZ, IKER	5:00:00	+51:23	34:25	04:22	2:35:03	02:38	1:43:32
35	429	GOMEZ RIAZA, FRANCISCO JAVIER	5:01:54	+53:17	30:08	02:39	2:48:53	01:40	1:38:34
36	513	MARTINEZ RODRIGUEZ, FERNANDO	5:02:44	+54:07	36:47	03:05	2:39:16	02:03	1:41:33
37	436	ASPEREZ DOPAZO, DAVID	5:03:20	+54:43	34:35	03:00	2:33:00	01:52	1:50:53
38	380	RAMIRO LOPEZ, ENRIQUE	5:03:33	+54:56	33:19	02:44	2:47:38	01:29	1:38:23
39	432	LOPEZ LOPEZ, FERNANDO	5:04:01	+55:24	31:58	02:44	2:51:13	01:28	1:36:38
40	373	SOBRAL GONZALEZ, MANUEL	5:04:20	+55:43	38:28	03:11	2:51:03	02:01	1:29:37
41	467	BARANGA ARES, PEDRO	5:04:40	+56:03	31:24	02:19	2:45:23	02:01	1:43:33
42	422	MAYORDOMO MUÑOZ, BORJA	5:04:47	+56:10	39:13	02:49	2:34:05	02:27	1:46:13
43	509	MANZANARES BARBA, RAUL	5:05:07	+56:30	33:59	03:18	2:44:52	02:49	1:40:09

### VETERANO 1 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
44	413	SUAREZ VALDERREY, FERNANDO	5:05:28	+56:51	32:46	03:08	2:40:55	01:33	1:47:06
45	347	SAETA BOLAÑOS, GERARDO	5:06:52	+58:15	32:44	02:53	2:43:40	02:29	1:45:06
46	486	VAZQUEZ FERNANDEZ, ROBERTO	5:07:16	+58:39	36:12	07:10	2:43:03	03:16	1:37:35
47	472	RODRIGUEZ CAMIN, RAFAEL	5:07:31	+58:54	41:38	05:14	2:42:41	02:27	1:35:31
48	435	CRAVO RIBEIRO, ALEXANDRO	5:07:52	+59:15	43:32	03:26	2:34:51	03:06	1:42:57
49	498	PIRES DE SOUSA, NUNO MIGUEL	5:07:52	+59:15	33:35	03:06	2:47:20	02:05	1:41:46
50	368	FERNANDEZ CASAL, MARCOS	5:08:55	+1:00:18	34:57	03:05	2:43:11	02:41	1:45:01
51	407	TRUJILLO GONZALEZ, DIEGO	5:09:35	+1:00:58	31:47	03:33	2:35:41	02:43	1:55:51
52	450	CANTARIÑO TAJES, ALVARO	5:09:53	+1:01:16	38:47	03:52	2:51:00	01:19	1:34:55
53	378	DOSIL SUAREZ, ALVARO	5:11:19	+1:02:42	39:09	03:16	2:48:08	01:58	1:38:48
54	350	OTERO VARELA, CARLOS	5:11:30	+1:02:53	32:42	03:39	2:42:28	01:36	1:51:05
55	366	GONZALEZ GARCIA, JORGE CARLOS	5:11:37	+1:03:00	39:25	05:07	2:47:38	02:31	1:36:56
56	468	CASTRELO CONDE, FRANCISCO JAVIER	5:11:50	+1:03:13	34:24	03:27	2:44:25	01:41	1:47:53
57	352	CAAMAÑO LIRA, ALEJANDRO	5:12:20	+1:03:43	28:15	02:57	2:46:50	02:41	1:51:37
58	415	BARON MORRIS, RAFAEL JEROME	5:13:42	+1:05:05	37:52	04:00	2:39:31	01:39	1:50:40
59	386	MEDINA RUIZ, ANGEL LUIS	5:15:34	+1:06:57	31:42	03:04	2:50:17	03:07	1:47:24
60	494	PINO PORTO, EDUARDO	5:15:35	+1:06:58	47:25	03:07	2:43:29	02:26	1:39:08
61	442	CASTRO GOMEZ, CESAR	5:15:50	+1:07:13	31:35	03:41	2:41:03	02:53	1:56:38
62	369	RAMOS CADIerno, IVAN	5:17:23	+1:08:46	31:55	03:33	2:40:23	02:29	1:59:03
63	473	HORTA NOVA NUNES, JOSE MANUEL	5:17:43	+1:09:06	38:24	03:46	2:50:01	02:29	1:43:03
64	485	CANAIPA HENRIQUES, HUGO	5:17:48	+1:09:11	39:18	03:05	2:50:02	02:07	1:43:16
65	487	DE LA PUERTA OSUNA, IVÁN	5:18:51	+1:10:14	29:32	03:10	2:46:53	02:05	1:57:11
66	431	RAMIL FREAN, PABLO	5:19:18	+1:10:41	34:30	03:45	2:48:41	02:42	1:49:40
67	478	COBAS GARCIA, ROBERTO CARLOS	5:20:07	+1:11:30	36:13	03:06	2:47:57	01:52	1:50:59
68	454	HERVA MIGUEZ, JAVIER	5:20:17	+1:11:40	34:58	02:59	2:48:36	01:52	1:51:52
69	360	LOSADA PALACIOS, JESUS	5:20:25	+1:11:48	33:22	02:40	2:41:23	02:29	2:00:31
70	452	FALQUINA ESPINOSA, PABLO	5:20:40	+1:12:03	31:54	03:46	2:55:27	01:57	1:47:36
71	446	COSTA VAZQUEZ, RAFAEL	5:20:57	+1:12:20	34:16	02:42	2:54:44	02:51	1:46:24

### VETERANO 1 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
72	506	POLO COUCE, ROBERTO	5:21:30	+1:12:53	39:10	03:45	2:46:21	02:33	1:49:41
73	372	BARRETO CAMACHO, ASEMIDAN	5:21:45	+1:13:08	31:59	02:20	2:53:36	02:45	1:51:05
74	408	CESPON FIGUEIRA, MARCO ANTONIO	5:21:56	+1:13:19	36:13	03:17	2:40:48	02:53	1:58:45
75	419	CARO CRESPO, JAVIER	5:22:12	+1:13:35	35:33	03:40	2:57:11	02:17	1:43:31
76	447	SANZ RODRÍGUEZ, LUIS JAVIER	5:22:29	+1:13:52	33:50	03:54	2:47:05	01:57	1:55:43
77	399	VARELA SECO, MARCOS	5:23:45	+1:15:08	44:08	02:10	2:45:22	01:28	1:50:37
78	387	FERNÁNDEZ MIGUÉLEZ, CLAUDIO	5:25:02	+1:16:25	38:52	05:36	2:55:52	02:57	1:41:45
79	411	LÓPEZ IBEAS, SEVERIANO	5:26:01	+1:17:24	39:20	02:23	2:58:21	02:44	1:43:13
80	455	BAUTISTA GONZALVES, DAMIAN BORJA	5:32:45	+1:24:08	35:41	02:44	2:54:39	01:34	1:58:07
81	371	DE LAS MOZAS MAJANO, OSCAR	5:33:21	+1:24:44	36:57	05:01	2:49:55	02:34	1:58:54
82	445	GARCIA MARTINEZ, ANTONIO	5:33:57	+1:25:20	43:55	03:57	2:51:24	02:19	1:52:22
83	395	RONDA ORUVE, JAIRO	5:36:16	+1:27:39	42:05	06:32	2:58:08	03:33	1:45:58
84	390	HERNÁNDEZ NARANJO, ACAYMO	5:36:32	+1:27:55	36:00	02:20	3:05:49	03:02	1:49:21
85	376	FONDO SUAREZ, OSCAR	5:36:43	+1:28:06	40:45	04:19	2:53:32	04:01	1:54:06
86	495	GONZÁLEZ ALONSO, MIGUEL ANGEL	5:36:56	+1:28:19	39:56	03:47	2:53:57	02:40	1:56:36
87	507	FREIRE CASTRO, JOSE	5:37:22	+1:28:45	39:23	02:02	2:46:31	01:40	2:07:46
88	460	QUIROGA FERNANDEZ, IAGO	5:37:37	+1:29:00	39:15	03:42	2:57:47	03:23	1:53:30
89	443	FERNANDEZ SEGURADO, XOSE	5:39:35	+1:30:58	33:20	04:02	2:47:30	02:37	2:12:06
90	348	DOMINGUEZ POZO, DAVID	5:40:03	+1:31:26	29:55	03:01	2:57:46	01:49	2:07:32
91	441	FERNÁNDEZ AZPEITIA, NORBERTO	5:40:33	+1:31:56	40:23	07:04	2:53:04	02:14	1:57:48
92	403	LÓPEZ PINO, JAVIER	5:40:48	+1:32:11	43:15	03:52	2:54:24	02:54	1:56:23
93	402	GOMEZ POSE, ISAAC	5:43:29	+1:34:52	37:03	04:34	2:57:35	02:21	2:01:56
94	463	CORRAL REY, FELIPE	5:43:48	+1:35:11	42:52	05:27	3:02:10	02:34	1:50:45
95	417	PEREZ BARBEITO, SANTIAGO	5:43:55	+1:35:18	43:36	03:10	3:01:32	01:53	1:53:44
96	420	FREIRE SALORIO, JOSE CARLOS	5:44:15	+1:35:38	39:24	03:06	2:56:00	02:42	2:03:03
97	374	ROPERO BLANCO, BORJA	5:44:32	+1:35:55	38:36	03:23	2:59:51	02:17	2:00:25
98	349	RIAL REGUEIRO, DAVID	5:44:41	+1:36:04	38:33	03:34	2:59:31	02:39	2:00:24
99	364	BUSNADIEGO PRIETO, OSCAR	5:44:45	+1:36:08	42:23	04:00	3:09:19	01:40	1:47:23

### VETERANO 1 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
100	493	CALZON FERNANDEZ, OLIVERIO	5:45:20	+1:36:43	39:16	05:27	2:53:12	03:19	2:04:06
101	406	FRANCOS VÁZQUEZ, ROBERTO	5:45:50	+1:37:13	46:13	04:03	3:01:38	02:29	1:51:27
102	383	MENDEZ FERREIRA, RICARDO	5:45:52	+1:37:15	43:26	03:37	2:51:47	02:26	2:04:36
103	488	NOGUEROL URRUTIA, SERGIO	5:47:06	+1:38:29	32:42	03:23	3:01:26	02:59	2:06:36
104	480	DUARTE NEVES, RICARDO JOAO	5:47:40	+1:39:03	39:13	04:03	3:06:49	02:42	1:54:53
105	391	SEIJAS LOUZAO, JAIME	5:49:25	+1:40:48	58:08	04:44	2:42:34	02:34	2:01:25
106	353	VAZQUEZ VEGA, VICTOR MANUEL	5:49:46	+1:41:09	36:00	03:55	3:01:37	02:40	2:05:34
107	392	GOMEZ BELLO, RAUL	5:51:26	+1:42:49	47:36	05:40	2:53:16	02:08	2:02:46
108	430	ARGÜELLES VIÑA, FRANCISCO	5:51:33	+1:42:56	48:57	03:09	2:55:56	03:13	2:00:18
109	516	FERNANDEZ BUSTELO, JAVIER	5:52:29	+1:43:52	39:17	04:40	3:09:38	03:02	1:55:52
110	519	SOTO QUEVEDO, ÓSCAR	5:52:55	+1:44:18	38:52	03:16	2:50:16	02:25	2:18:06
111	433	FERNÁNDEZ MOSQUERA, DAVID	5:52:56	+1:44:19	39:27	05:14	3:11:08	02:09	1:54:58
112	448	CALVO SEOANE, ANGEL LUIS	5:54:29	+1:45:52	34:21	04:07	3:00:46	02:08	2:13:07
113	491	GONZÁLEZ OTADUY, JULIO	5:55:09	+1:46:32	39:20	03:31	3:08:51	04:02	1:59:25
114	426	TURNES CORDEIRO, JOSE MANUEL	5:57:04	+1:48:27	47:19	04:25	3:12:19	02:31	1:50:30
115	451	MORIES CORDERO, OSCAR	5:57:29	+1:48:52	36:02	03:44	3:11:26	03:09	2:03:08
116	492	OTERO LEDO, MARCOS	5:59:11	+1:50:34	41:04	04:29	2:57:11	03:15	2:13:12
117	489	DOMINGUEZ ZUFIAURRE, FRANCISCO JAVIER	6:01:06	+1:52:29	42:02	05:17	3:05:11	02:29	2:06:07
118	479	LORENZO GARCIA, DAVID	6:01:39	+1:53:02	39:26	03:26	3:05:34	06:37	2:06:36
119	482	GARCIA BARBEIRA, PABLO	6:01:44	+1:53:07	33:26	03:10	3:03:34	02:12	2:19:22
120	397	RODRIGUEZ MARTIN, ISAAC	6:03:09	+1:54:32	41:07	03:02	3:07:15	03:12	2:08:33
121	483	QUIROS MOGUEL, DAVID	6:09:37	+2:01:00	37:54	04:22	3:20:55	03:27	2:02:59
122	396	BAS HERAS, DIEGO	6:11:14	+2:02:37	36:39	03:03	3:07:05	04:19	2:20:08
123	385	GARCÍA MERINO, JAVIER	6:11:21	+2:02:44	38:17	06:34	3:08:59	04:00	2:13:31
124	500	BENITO MIGUEL, CARLOS	6:13:04	+2:04:27	44:54	05:18	3:03:02	03:21	2:16:29
125	458	REY ESTRADA, JUAN CARLOS	6:14:23	+2:05:46	43:37	05:09	3:13:18	03:24	2:08:55
126	434	PALOMARES CUENDA, ÓSCAR	6:14:26	+2:05:49	43:52	03:29	3:10:52	02:38	2:13:35
127	517	SIERRA SENSO, GABRIEL	6:15:05	+2:06:28	42:05	06:15	3:03:35	03:19	2:19:51

### VETERANO 1 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
128	427	CRESPO RODRIGUEZ, MARTIN BRAIS	6:17:40	+2:09:03	44:12	04:53	3:12:21	03:15	2:12:59
129	437	COTO SOLIS, JUAN	6:17:53	+2:09:16	45:47	06:26	3:21:24	02:57	2:01:19
130	505	DE AZEVEDO FARIA, BRUNO ALEXANDRE	6:18:12	+2:09:35	44:30	05:09	3:25:46	02:16	2:00:31
131	469	MIRANDA GOLMAR, LUIS OSCAR	6:19:59	+2:11:22	51:10	04:49	2:55:23	03:42	2:24:55
132	475	MARTIN ALVAREZ, JAVIER	6:22:03	+2:13:26	39:29	04:46	3:06:26	04:22	2:27:00
133	466	RAMOS MALLO, SAMUEL	6:23:29	+2:14:52	48:11	05:27	2:55:55	03:42	2:30:14
134	382	YAÑEZ RAMIL, PABLO	6:23:36	+2:14:59	43:00	04:39	3:07:53	03:20	2:24:44
135	346	CRISTOBO PÉREZ, PABLO	6:24:54	+2:16:17	38:02	04:30	3:19:13	03:10	2:19:59
136	425	TERUEL ROSALES, RAUL	6:25:42	+2:17:05	46:07	04:35	3:24:51	02:15	2:07:54
137	362	LOPEZ AMOR, ALVARO JOAQUIN	6:28:22	+2:19:45	41:16	03:04	3:12:15	03:07	2:28:40
138	424	SUAREZ GARCIA, PEDRO LOIS	6:29:21	+2:20:44	35:42	03:42	3:21:22	04:33	2:24:02
139	484	MEDINA BORNACHEA, DAVID	6:29:35	+2:20:58	31:27	04:48	3:13:08	04:06	2:36:06
140	462	VEGA BANDERAS, FRANCISCO LAUREANO	6:37:07	+2:28:30	46:27	04:08	3:14:51	02:22	2:29:19
141	490	CASTAÑO VARELA, ISRAEL	6:39:52	+2:31:15	44:05	05:27	3:12:31	04:16	2:33:33
142	510	OTERO PIÑEIRO, CESAR	6:52:17	+2:43:40	43:39	06:14	3:17:46	03:12	2:41:26
143	412	DE ANDRES MARTOS, JORGE	6:57:25	+2:48:48	1:03:20	05:45	3:07:15	03:35	2:37:30
144	502	PORTO MOLLINEDO, MANUEL ALEJANDRO	7:04:52	+2:56:15	39:21	05:27	3:19:41	03:23	2:57:00
145	388	SALGUEIRO GARCIA, ELADIO	7:18:08	+3:09:31	41:41	05:14	3:39:08	10:45	2:41:20
146	414	LÓPEZ MONTERO, ÁNGEL MANUEL	7:24:34	+3:15:57	45:49	12:50	3:52:23	09:27	2:24:05
147	428	MORLÁN GARCÍA, IVÁN	7:33:02	+3:24:25	41:42	08:01	4:01:08	07:44	2:34:27
DNF	361	DIEGUEZ PINTOR, OSCAR			37:42	05:11	2:53:45	01:56	
DNF	367	DOMINGUEZ GARCIA, NICOLAS			29:57	01:35	2:21:42	01:30	
DNF	474	VAZQUEZ SANESTEBAN, LUIS			46:46	04:33	3:08:40	04:22	
DNF	476	PEREZ GIANNETTO, ALEJANDRO			33:52	03:26			
DNF	496	FAUS CANET, MARC			32:31	03:27	2:51:26	02:11	
DNF	514	ALTAMIRANDA BLANCO, JOSE LUIS							
DNS	354	RIVAS MARTINEZ, XABIER							
DNS	355	FUMERO EXPOSITO, CRISTO JAVIER							



**VETERANO 1 MASCULINO – MEDIA DISTANCIA**

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
DNS	365	MARTICORENA RODRÍGUEZ, ALBERTO							
DNS	375	NAVAL FERNANDEZ, CARLOS							
DNS	377	MARTÍNEZ MORÁN, JOSE ALBERTO							
DNS	384	IGLESIAS PEREZ, FERNANDO							
DNS	400	GONZÁLEZ CARBALLAL, JOSÉ MIGUEL							
DNS	418	SILVA RODRIGUEZ, RUBEN DANIEL							
DNS	421	CASARES RODRIGUEZ, JAVIER							
DNS	439	PEÑARANDA MARTINEZ, JORDI							
DNS	440	PESTAÑA OCAÑA, ISRAEL							
DNS	449	FERNÁNDEZ PARDO, FRAN							
DNS	456	NUÑEZ CASAS, JUAN JOSE							
DNS	459	ÁLVAREZ MIGUEL, JOSÉ BENITO							
DNS	465	PIÑEIRO ABALO, BERNARDO							
DNS	470	FERRO DOPICO, MANUEL							
DNS	497	BORREGA REYES, MIGUEL ÁNGEL							
DNS	499	LOPEZ HERRAIZ, JUAN ANTONIO							
DNS	511	GARCIA PEREZ, JAVIER							
DNS	515	PEINADO PEREZ, BENIGNO							
DNS	518	FERNANDEZ BERMUDEZ, BORJA							
DNS	520	PICOS FONTICOBA, ROBERTO							

### VETERANA 2 FEMENINA – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 5	<b>Remataron:</b> 4	<b>Retirados:</b> 0	<b>Non presentados:</b> 1
			<b>Descualificados:</b> 0

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	232	MARQUEZ VEGA, MARIA JESUS	7:34:36	+3:25:59	1:00:32	07:59	3:57:33	03:29	2:25:03
2	231	GARCÍA PEREZ, LAURA	7:59:16	+3:50:39	31:25	04:25	3:53:17	04:21	3:25:48
3	233	GARCIA PEREZ, ALICIA	7:59:17	+3:50:40	32:26	04:03	4:11:05	03:00	3:08:43
4	234	CASTRO SABIO, MARIA ELENA	8:31:46	+4:23:09	52:32	05:34	4:35:33	05:09	2:52:58
DNS	230	ELISABETH, ROUITS							

### VETERANO 2 MASCULINO – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 71	<b>Remataron:</b> 57	<b>Retirados:</b> 7	<b>Non presentados:</b> 7
			<b>Descualificados:</b> 0

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	568	GAYOSO REAL, MANUEL JESUS	4:35:03	+26:26	31:34	02:02	2:29:57	01:42	1:29:48
2	566	GARCÍA DE PAZ FERNANDEZ, MARCOS	4:36:28	+27:51	34:11	01:56	2:34:07	01:27	1:24:47
3	575	PEREZ PLANCHART, POMPEYO	4:50:38	+42:01	26:28	02:36	2:40:41	02:05	1:38:48
4	531	BALADO MOSQUERA, SERGIO ANGEL	4:55:28	+46:51	31:55	02:24	2:29:31	02:09	1:49:29
5	534	SIO FERNANDEZ, RUBEN	4:57:24	+48:47	36:56	02:47	2:31:53	01:48	1:44:00
6	576	ROSADO CABALLERO, JESUS	4:59:11	+50:34	33:43	03:04	2:32:51	01:49	1:47:44
7	521	RODRIGUEZ SANTOS, JAVIER	5:04:30	+55:53	37:00	04:08	2:37:35	02:00	1:43:47
8	549	ESCRIBANO GIRALDO, MIGUEL	5:07:40	+59:03	31:56	02:58	2:42:59	01:59	1:47:48
9	554	BESADA BRUNET, SANTIAGO	5:11:45	+1:03:08	35:53	02:42	2:56:59	02:09	1:34:02
10	553	SERRANO SECO, JOSE ANTONIO	5:14:37	+1:06:00	36:44	02:37	2:42:59	02:39	1:49:38
11	542	VILLA VIEIRO, FERNANDO ANTONIO	5:17:38	+1:09:01	40:10	03:56	2:48:31	02:26	1:42:35
12	561	SAAVEDRA MERCADER, JUAN LUIS	5:19:10	+1:10:33	34:34	03:55	2:42:32	03:05	1:55:04
13	541	BARREIRO CORDEIRO, FRANCISCO JAVIER	5:20:26	+1:11:49	39:03	03:32	3:01:57	02:01	1:33:53
14	523	LANDROVE RODRIGUEZ, URBANO	5:24:04	+1:15:27	40:08	03:07	2:39:33	03:06	1:58:10
15	546	FREIRE CASTRO, PABLO	5:25:49	+1:17:12	37:32	02:58	2:54:02	01:42	1:49:35
16	525	GARCÍA SUÁREZ, ALBERTO	5:25:56	+1:17:19	46:09	04:05	2:48:10	03:14	1:44:18

### VETERANO 2 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
17	583	RABANAL FERNANDEZ, ANTONIO	5:26:50	+1:18:13	36:14	05:19	2:45:00	05:00	1:55:17
18	533	SINES CRESPO, FERNANDO	5:28:18	+1:19:41	36:43	03:36	2:59:04	02:17	1:46:38
19	527	SÁNCHEZ BLEDA, JOSÉ FERNANDO	5:29:47	+1:21:10	33:50	03:00	2:45:11	01:36	2:06:10
20	532	FERNANDEZ PEREZ, MARCELINO	5:31:37	+1:23:00	43:16	05:10	2:56:04	03:28	1:43:39
21	579	QUINTEIRO GOMEZ, JOSE MANUEL	5:31:48	+1:23:11	37:12	03:17	2:49:33	01:44	2:00:02
22	551	BARBADO TADEO, IÑIGO	5:33:20	+1:24:43	39:03	03:17	2:53:54	02:17	1:54:49
23	522	RODRÍGUEZ CASTAÑEDA, ÓSCAR ALEJO	5:41:56	+1:33:19	35:43	03:21	2:49:16	03:29	2:10:07
24	563	BAUTISTA DAVILA, JOSE CARLOS	5:42:43	+1:34:06	47:12	03:58	3:01:23	02:03	1:48:07
25	565	FERNANDEZ PEREZ, JULIO	5:45:29	+1:36:52	39:22	03:52	3:04:10	03:11	1:54:54
26	577	CHOVA MORANT, SERGIO	5:47:39	+1:39:02	44:14	05:03	2:57:49	03:46	1:56:47
27	530	HEVIA MORENO, RAMÓN	5:47:46	+1:39:09	39:28	02:59	2:54:19	02:59	2:08:01
28	547	ELORRIAGA LLANOS, JOSU	5:48:11	+1:39:34	35:46	02:33	2:56:24	02:31	2:10:57
29	573	QUINTANILLA GARCÍA, CARLOS	5:48:26	+1:39:49	43:25	06:04	2:58:55	05:19	1:54:43
30	539	SEDES DOCE, NICOLAS MANUEL	5:49:12	+1:40:35	43:30	07:09	3:09:00	03:57	1:45:36
31	589	SERRAT SOTO, ANTONIO FEDERICO	5:50:52	+1:42:15	33:39	02:20	3:04:27	02:02	2:08:24
32	536	MARIN OTERO, MARIO	5:51:17	+1:42:40	44:11	04:13	3:12:51	03:10	1:46:52
33	578	GARCIA SANCHEZ, ANGEL JAVIER	5:52:41	+1:44:04	36:25	05:33	2:55:02	02:13	2:13:28
34	529	GARCIA DE PAREDES UCERO, CARLOS	5:56:02	+1:47:25	35:51	07:13	3:13:48	04:45	1:54:25
35	581	LÓPEZ SÁNCHEZ, MANUEL AGUSTIN	5:58:43	+1:50:06	36:08	03:56	3:09:55	02:48	2:05:56
36	586	LOPEZ LAGO, ARTURO	6:00:45	+1:52:08	38:09	04:35	3:08:15	03:27	2:06:19
37	543	GRAJALES DE LA CRUZ, FERNANDO	6:04:38	+1:56:01	44:03	05:42	3:06:15	03:10	2:05:28
38	585	TORRES CRESPO, FRANCISCO JAVIER	6:04:59	+1:56:22	48:46	04:06	3:08:03	03:07	2:00:57
39	562	DEL PIE IGLESIA, RAFAEL	6:10:21	+2:01:44	39:39	04:27	3:07:26	02:53	2:15:56
40	560	GRIFFINI, ANDREA LAMBERTO VALERIO	6:17:23	+2:08:46	31:21	05:49	3:09:07	03:39	2:27:27
41	548	LARZABAL BENGOETXEA, IÑIGO	6:17:46	+2:09:09	37:48	03:53	3:06:31	04:19	2:25:15
42	544	CES MARTÍNEZ, AGUSTÍN MANUEL	6:19:15	+2:10:38	43:18	03:41	3:02:27	03:01	2:26:48
43	587	MUÑOZ RIOS, LUIS	6:19:40	+2:11:03	48:43	06:23	3:07:25	02:50	2:14:19
44	564	ALONSO CUEVAS, FRANCISCO	6:24:39	+2:16:02	39:17	02:34	3:12:38	04:25	2:25:45

### VETERANO 2 MASCULINO – MEDIA DISTANCIA

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
45	540	FERNÁNDEZ GARCÍA, FRANCISCO JOSÉ	6:30:54	+2:22:17	38:31	04:18	3:18:51	03:57	2:25:17
46	595	PEREZ BELLIDO, JOAQUIN	6:40:16	+2:31:39	33:56	09:52	3:18:28	07:07	2:30:53
47	594	VARELA PINTOS, MAURO JESUS	6:40:17	+2:31:40	41:13	04:49	3:20:07	03:42	2:30:26
48	570	JIMENEZ SANCHEZ, FRANCISCO JAVIER	6:43:26	+2:34:49	43:42	05:12	3:29:10	04:41	2:20:41
49	582	COMINO RIOS, RAFAEL	7:02:23	+2:53:46	1:07:45	04:15	3:29:49	03:15	2:17:19
50	555	PASTORIZA COUTO, MIGUEL ÁNGEL	7:03:07	+2:54:30	48:52	04:34	3:39:20	02:42	2:27:39
51	556	VIDAL RODRIGUEZ, JOSE ANGEL	7:03:13	+2:54:36	43:00	08:30	3:46:59	04:54	2:19:50
52	571	URBANO MARTINEZ, ANTONIO	7:13:13	+3:04:36	44:58	04:39	3:39:00	03:42	2:40:54
53	572	LOPEZ TOURIÑAN, FERNANDO	7:18:08	+3:09:31	41:26	08:28	3:42:18	04:36	2:41:20
54	538	SANMARTIN JORDANA, JAVIER	7:24:36	+3:15:59	41:11	06:53	3:40:55	04:46	2:50:51
55	559	LOBO REQUEJO, ALBERTO	7:27:02	+3:18:25	46:06	13:22	3:36:28	07:18	2:43:48
56	537	BENÍTEZ OCAMPO, JUAN	7:47:44	+3:39:07	53:39	05:58	3:51:36	04:09	2:52:22
57	545	VARELA DE LA TORRE, GONZALO	7:59:17	+3:50:40	41:17	06:21	3:36:54	04:19	3:30:26
DNF	524	LOPEZ MONTERO, FERNANDO							
DNF	528	VITON GONZALEZ, LUIS ALBERTO							
DNF	557	MOSTEIRO RODRIGUEZ, FRANCISCO JAVIER			38:12	03:17	2:42:58		
DNF	567	MATE SANZ, JESUS							
DNF	580	AYET GISBERT, JOSE JUAN			35:53	04:52	3:36:21		
DNF	584	SANZ MARTÍN, JOSÉ MANUEL			49:18	06:25	4:03:22		
DNF	588	GÓMEZ DE ANDRÉS, LUIS MIGUEL			36:57	04:32	2:48:46	02:37	
DNS	526	CARRERO TARRIO, FRANCISCO							
DNS	535	RIVAS ARES, ALVARO							
DNS	550	PEREZ OSUNA, ROBERTO NICOLAS							
DNS	552	GARMENDIA ARBILLA, JOM							
DNS	558	VENTUREIRA DOPICO, ROBERTO							
DNS	569	LINARES FERNÁNDEZ, JAIME							
DNS	574	OLIVEROS PÉREZ, JESÚS							

### VETERANO 3 MASCULINO – MEDIA DISTANCIA

<b>Localidade</b>	AS PONTES			<b>Distancia</b>	<b>Natación</b>	<b>Ciclismo</b>	<b>Carreira</b>
<b>Data</b>	25 de xuño de 2023	<b>Hora</b>	08:48:27	113.000 m.	1.900 m.	90 km.	21.100 m.

### OFICIAIS

<b>Delegado Técnico</b>	Julia Ferreira	<b>Xurado de Competición</b>	<b>Delegado Técnico:</b> Julia Ferreira <b>Federación Gallega:</b> Javier Campos <b>Representante Clubs:</b> Nosport Limit
<b>Xuíz Árbitro</b>	Mónica Flores		
<b>Responsables Oficiais</b>	Mónica Flores		

### DATOS DA COMPETICIÓN

<b>Temperatura exterior:</b> 22°C <b>Temperatura da auga:</b> 16°C <b>NEOPRENO OPCIONAL</b>	<b>Natación:</b> 1.900 m 1 volta	<b>Ciclismo:</b> 90 kms 2 voltas	<b>Carreira:</b> 21.100 m 2 voltas
<b>Inscritos:</b> 4	<b>Remataron:</b> 4	<b>Retirados:</b> 0	<b>Non presentados:</b> 0
			<b>Descualificados:</b> 0

PTO	DORSAL	NOMBRE	TIEMPO	DIF	T SEC 1	T1	T SEC 2	T2	T SEC 3
1	591	PASTRANA CRUZ, MANUEL	5:59:51	+1:51:14	38:15	03:06	3:09:23	03:14	2:05:53
2	590	LASA IMAZ, MIKEL	6:01:08	+1:52:31	47:24	04:17	3:12:50	02:38	1:53:59
3	592	GONZÁLEZ-PACHECO GARCÍA, RAÚL OSCAR	6:46:01	+2:37:24	43:45	06:51	3:22:12	03:30	2:29:43
4	593	OTERO GARCÍA, FRANCISCO JAVIER	7:05:52	+2:57:15	42:09	07:17	3:39:58	03:12	2:33:16



PTO	DORSAL	NOMBRE	CATEGORIA	EQUIPO	T FINAL
<b>1-MARRETAS DO NORTE (14:11:02)</b>					
8	249	ALLEN SANTOS GUIMARAES COELHO, DIOGO	ABS_M (6)	MARRETAS DO NORTE	4:22:55
24	481	NOGUEIRA LIMA, ARMANDO JOSE	V1_M (9)	MARRETAS DO NORTE	4:40:15
107	435	CRAVO RIBEIRO, ALEXANDRO	V1_M (48)	MARRETAS DO NORTE	5:07:52
<b>2-CLUB DE TRIATLÓN KORPOREA SANTURTZI (14:11:45)</b>					
19	324	ALONSO GARCIA, ENDIKA	ABS_M (12)	CLUB DE TRIATLÓN KORPOREA SANTURTZI	4:36:01
31	326	MARTINEZ QUIJANO, DAVID	ABS_M (17)	CLUB DE TRIATLÓN KORPOREA SANTURTZI	4:44:54
47	284	URRUTIKOETXEA IBINAGA, ANDER	ABS_M (22)	CLUB DE TRIATLÓN KORPOREA SANTURTZI	4:50:50
<b>3-CIDADE DE LUGO FLUVIAL (14:12:00)</b>					
7	252	POSE REGUEIRO, PASTOR ADRIAN	ABS_M (5)	CIDADE DE LUGO FLUVIAL	4:21:53
36	309	LOPEZ DE IGNACIO, JOSE LUIS	ABS_M (19)	CIDADE DE LUGO FLUVIAL	4:46:20
92	280	PAZ GOMEZ, ARTURO	ABS_M (44)	CIDADE DE LUGO FLUVIAL	5:03:47
<b>4-CLUB CERVECERIA O COTON NEGREIRA (14:14:28)</b>					
26	394	CANOURA ABEIJON, MANUEL	V1_M (10)	CLUB CERVECERIA O COTON NEGREIRA	4:40:37
38	457	DOMINGUEZ SILVA, ANDRES	V1_M (16)	CLUB CERVECERIA O COTON NEGREIRA	4:46:40
41	405	NUÑEZ MUÑIZ, JOSE ANTONIO	V1_M (18)	CLUB CERVECERIA O COTON NEGREIRA	4:47:11
<b>5-CLUB ATLETISMO PORRIÑO (14:22:07)</b>					
16	302	OLIVEIRA RODRIGUEZ, DAVID	ABS_M (11)	CLUB ATLETISMO PORRIÑO	4:34:51
51	285	MARTINEZ BARGIELA, BRUNO	ABS_M (24)	CLUB ATLETISMO PORRIÑO	4:52:16
64	283	VILA PORTO, JAVIER	ABS_M (31)	CLUB ATLETISMO PORRIÑO	4:55:00
<b>6-TRIATLON VILAGARCIA /ATENAS RUNNING (14:25:14)</b>					
14	356	SANTOS LOIS, SERGIO	V1_M (4)	TRIATLON VILAGARCIA /ATENAS RUNNING	4:33:48
43	423	SANTOS NUÑEZ, PABLO	V1_M (20)	TRIATLON VILAGARCIA /ATENAS RUNNING	4:48:06
90	436	ASPEREZ DOPAZO, DAVID	V1_M (37)	TRIATLON VILAGARCIA /ATENAS RUNNING	5:03:20
<b>7-NOSPORTLIMIT (14:30:08)</b>					
25	279	OUTEDA GARRIDO, HECTOR	ABS_M (13)	NOSPORTLIMIT	4:40:30

PTO	DORSAL	NOMBRE	CATEGORIA	EQUIPO	T FINAL
53	389	CANDAL DE LA CRUZ, JUAN CARLOS	V1_M (23)	NOSPORTLIMIT	4:52:19
69	319	RIADIGOS PIÑEIRO, BRUNO	ABS_M (33)	NOSPORTLIMIT	4:57:19
<b>8-C.C. ROSADOBIKE (14:37:21)</b>					
35	294	TORRES TELLEZ, JOSE ANTONIO	ABS_M (18)	C.C. ROSADOBIKE	4:46:08
50	504	MARTINEZ VICENTE, JOSE MANUEL	V1_M (22)	C.C. ROSADOBIKE	4:52:02
78	576	ROSADO CABALLERO, JESUS	V2_M (6)	C.C. ROSADOBIKE	4:59:11
<b>9-CLUB TRIATLON ANADE (14:37:32)</b>					
27	322	SAINZ FERNÁNDEZ, IGNACIO	ABS_M (14)	CLUB TRIATLON ANADE	4:41:17
40	330	JIMENEZ PIÑERA, IGNACIO	ABS_M (20)	CLUB TRIATLON ANADE	4:46:50
112	316	FUENTES PASTOR, JAVIER	ABS_M (50)	CLUB TRIATLON ANADE	5:09:25
<b>10-CLUB TRIATLÓN ONDARRETA ALCORCÓN (14:39:40)</b>					
21	566	GARCÍA DE PAZ FERNANDEZ, MARCOS	V2_M (2)	CLUB TRIATLÓN ONDARRETA ALCORCÓN	4:36:28
59	508	RUIZ JIMENEZ, CESAR	V1_M (26)	CLUB TRIATLÓN ONDARRETA ALCORCÓN	4:53:37
113	407	TRUJILLO GONZALEZ, DIEGO	V1_M (51)	CLUB TRIATLÓN ONDARRETA ALCORCÓN	5:09:35
<b>11-CLUB DEPORTIVO PALIBA (14:44:54)</b>					
20	381	GONZALEZ CONCEPCION, JOSE ANGEL	V1_M (6)	CLUB DEPORTIVO PALIBA	4:36:22
39	379	HERNANDEZ ZAPATA, MARIANO	V1_M (17)	CLUB DEPORTIVO PALIBA	4:46:47
152	372	BARRETO CAMACHO, ASEMIDAN	V1_M (73)	CLUB DEPORTIVO PALIBA	5:21:45
<b>12-CLUB TRIATLON CORUÑA (14:54:39)</b>					
10	288	SOUTO CORES, ABEL	ABS_M (8)	CLUB TRIATLON CORUÑA	4:28:54
101	413	SUAREZ VALDERREY, FERNANDO	V1_M (44)	CLUB TRIATLON CORUÑA	5:05:28
144	454	HERVA MIGUEZ, JAVIER	V1_M (68)	CLUB TRIATLON CORUÑA	5:20:17
<b>13-TFC LLANERA (15:05:23)</b>					
63	398	APARICIO ROLDÁN, DANIEL	V1_M (27)	TFC LLANERA	4:54:25
67	337	GONZALEZ FERNANDEZ, PABLO	ABS_M (32)	TFC LLANERA	4:56:21
127	553	SERRANO SECO, JOSE ANTONIO	V2_M (10)	TFC LLANERA	5:14:37

PTO	DORSAL	NOMBRE	CATEGORIA	EQUIPO	T FINAL
<b>14-ARTROGAL-TRI 498 (15:07:27)</b>					
66	531	BALADO MOSQUERA, SERGIO ANGEL	V2_M (4)	ARTROGAL-TRI 498	4:55:28
93	432	LOPEZ LOPEZ, FERNANDO	V1_M (39)	ARTROGAL-TRI 498	5:04:01
109	270	BELLAS GOMEZ, MARTIN	ABS_M (48)	ARTROGAL-TRI 498	5:07:58
<b>15-CLUB TRIATLON MAR DE VIGO (15:18:45)</b>					
13	333	PEREIRA IGLESIAS, IVAN	ABS_M (9)	CLUB TRIATLON MAR DE VIGO	4:32:44
82	306	MARTINEZ GRAÑA, DAVID	ABS_M (39)	CLUB TRIATLON MAR DE VIGO	5:00:09
207	383	MENDEZ FERREIRA, RICARDO	V1_M (102)	CLUB TRIATLON MAR DE VIGO	5:45:52
<b>16-CLUB DEPORTIVO DELIKIA (15:20:16)</b>					
75	262	VAÑO PEIDRO, SERGI	ABS_M (36)	CLUB DEPORTIVO DELIKIA	4:58:31
80	501	LOPEZ MARTINEZ, ALFONSO	V1_M (33)	CLUB DEPORTIVO DELIKIA	4:59:35
154	255	FERNANDEZ PASCUAL, ADRIAN	ABS_M (62)	CLUB DEPORTIVO DELIKIA	5:22:10
<b>17-CLUB TRIATLÓN ACADEMIA CIVIL-CNSO (15:21:07)</b>					
22	453	DÍAZ PÉREZ, AURELIO	V1_M (7)	CLUB TRIATLÓN ACADEMIA CIVIL-CNSO	4:37:48
74	259	PEREZ LOPEZ, DANIEL	ABS_M (35)	CLUB TRIATLÓN ACADEMIA CIVIL-CNSO	4:57:59
204	493	CALZON FERNANDEZ, OLIVERIO	V1_M (100)	CLUB TRIATLÓN ACADEMIA CIVIL-CNSO	5:45:20
<b>18-TRIATLON PARACUELLOS (15:46:57)</b>					
30	471	MOREIRA MARTINS, NUNO	V1_M (11)	TRIATLON PARACUELLOS	4:43:50
56	461	RODRIGUEZ GONZALEZ, BERNARDO	V1_M (25)	TRIATLON PARACUELLOS	4:52:46
256	562	DEL PIE IGLESIA, RAFAEL	V2_M (39)	TRIATLON PARACUELLOS	6:10:21
<b>19-ATLETAS ACEA DE AMA (16:06:59)</b>					
54	240	TABARA RODRIGUEZ, JORGE JUAN	S23_M (2)	ATLETAS ACEA DE AMA	4:52:27
97	467	BARANGA ARES, PEDRO	V1_M (41)	ATLETAS ACEA DE AMA	5:04:40
255	241	BAO LOPEZ, ADRIAN	S23_M (5)	ATLETAS ACEA DE AMA	6:09:52
<b>20-A.POLIDEPORTIVA SAN RAMON DE VILALBA (16:30:15)</b>					
12	416	ESCOLANTE BILBAO, PEDRO	V1_M (3)	A.POLIDEPORTIVA SAN RAMON DE VILALBA	4:32:42

PTO	DORSAL	NOMBRE	CATEGORIA	EQUIPO	T FINAL
179	445	GARCIA MARTINEZ, ANTONIO	V1_M (82)	A.POLIDEPORTIVA SAN RAMON DE VILALBA	5:33:57
276	382	YAÑEZ RAMIL, PABLO	V1_M (134)	A.POLIDEPORTIVA SAN RAMON DE VILALBA	6:23:36

## 21-C.T. TORREMOLINOS (16:45:11)

125	415	BARON MORRIS, RAFAEL JEROME	V1_M (58)	C.T. TORREMOLINOS	5:13:42
181	327	JIMÉNEZ DE CASTRO, MARIANO	ABS_M (69)	C.T. TORREMOLINOS	5:36:00
231	211	SANTOS GIMÉNEZ, EVA	V1_F (7)	C.T. TORREMOLINOS	5:55:29

## 22-TRIATLON VILLAMURIEL (16:50:44)

138	343	MORRONGO MARTÍN, JULIO CÉSAR	ABS_M (57)	TRIATLON VILLAMURIEL	5:19:05
145	287	RUIPÉREZ GONZÁLEZ, MARCOS	ABS_M (60)	TRIATLON VILLAMURIEL	5:20:18
258	385	GARCÍA MERINO, JAVIER	V1_M (123)	TRIATLON VILLAMURIEL	6:11:21

## 23-TRIEUME AS PONTES CLUB (17:05:16)

160	399	VARELA SECO, MARCOS	V1_M (77)	TRIEUME AS PONTES CLUB	5:23:45
161	523	LANDROVE RODRIGUEZ, URBANO	V2_M (14)	TRIEUME AS PONTES CLUB	5:24:04
266	220	CTVRTNICKOVA, TEREZA	V1_F (10)	TRIEUME AS PONTES CLUB	6:17:27

## 24-CLUB TRIATLÓN TRISAGRA (17:11:32)

128	386	MEDINA RUIZ, ANGEL LUIS	V1_M (59)	CLUB TRIATLÓN TRISAGRA	5:15:34
137	487	DE LA PUERTA OSUNA, IVÁN	V1_M (65)	CLUB TRIATLÓN TRISAGRA	5:18:51
288	462	VEGA BANDERAS, FRANCISCO LAUREANO	V1_M (140)	CLUB TRIATLÓN TRISAGRA	6:37:07

## 25-A.D. NAUTICO DE NARON (17:40:03)

87	513	MARTINEZ RODRIGUEZ, FERNANDO	V1_M (36)	A.D. NAUTICO DE NARON	5:02:44
245	289	BARROS FONTE, ALEJANDRO	ABS_M (73)	A.D. NAUTICO DE NARON	6:01:52
285	300	PEREZ PEREZ, VICTOR	ABS_M (79)	A.D. NAUTICO DE NARON	6:35:27