

Localidade	MUROS			Distancia	Natación	Ciclismo	Carreira a pé
Data	7 de xuño de 2025	Hora	17:00	25.750 m.	750 m.	20000 m.	5000 m.

OFICIAIS

Delegado Técnico	Javier Ángel Vázquez Orejas	Xurado de Competición	Javier Ángel Vázquez Orejas (DT)
Xuíz Árbitro	Manoel Mellid Losada		Javier Campos Peña (FEGATRI)
			Pablo Beis (CLUBS, Triatlón Inforhouse Santiago)

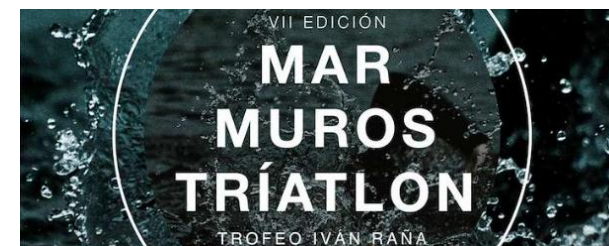
DATOS DA COMPETICIÓN

Temperatura exterior: 18 °C Temperatura da auga: 18,2 °C Neopreno: Opcional	Natación: 750 m	Ciclismo: 20 km 4 voltas	Carreira a pé: 5 km 4 voltas
Inscritos: 118	Remataron: 104	Retirados: 1	Non presentados: 13
Descualificados: 0			

ABSOLUTA MASCULINA

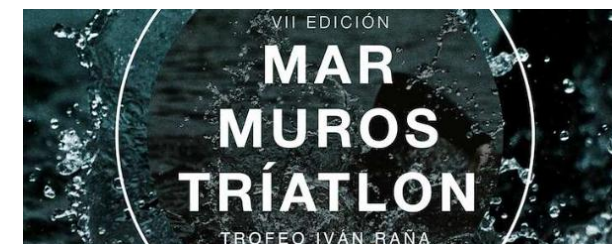
POS.	DORSAL	DEPORTISTA	CAT	P.CAT	CLUB	Natación	T1	Ciclismo	T2	Carreira	META	Dif.
1	4	LISTE MONTEAGUDO, PEDRO	SUB23M	1	CIDADE DE LUGO FLUVIAL	0:09:29	01:11	0:31:08	00:27	0:16:02	00:58:17	
2	1	DÍAZ OÍZA, JUAN PABLO	SUB23M	2	TRIATLON INFORHOUSE SANTIAGO	0:09:29	01:04	0:31:13	00:26	0:16:17	00:58:29	0:00:12
3	6	CAO BLANCO, GONZALO	SUB23M	3	TRIATLON INFORHOUSE SANTIAGO	0:09:02	01:06	0:31:38	00:26	0:16:28	00:58:40	0:00:23
4	2	SANCHO FERNANDEZ, DAVID	SUB23M	4	A.D. FOGAR	0:09:03	01:09	0:31:36	00:24	0:17:02	00:59:14	0:00:57
5	8	TOMÉ BRANDÓN, ALBERTO	ABM	1	TRIATLON INFORHOUSE SANTIAGO	0:09:21	01:10	0:31:19	00:29	0:17:03	00:59:22	0:01:05
6	5	OTERO PINTOS, IAGO	SUB23M	5	TRIATLON INFORHOUSE SANTIAGO	0:09:05	01:08	0:31:35	00:28	0:17:20	00:59:36	0:01:19
7	14	SUAREZ URRUZOLA, LEO	ABM	2	TRIATLON INFORHOUSE SANTIAGO	0:09:24	01:05	0:31:15	00:24	0:17:29	00:59:37	0:01:20
8	10	CARRASCO GARCIA, ALEJANDRO	XVM	1	TRIATLON INFORHOUSE SANTIAGO	0:09:29	01:05	0:31:15	00:27	0:18:00	01:00:16	0:01:59
9	7	GOMEZ QUINTAS, ALVARO	JNM	1	CIDADE DE LUGO FLUVIAL	0:09:35	01:09	0:32:50	00:32	0:16:49	01:00:55	0:02:38
10	60	DOMINGUEZ GARCIA, NICOLAS	V1M	1	TRIATLON INFORHOUSE SANTIAGO	0:11:04	01:10	0:32:06	00:30	0:16:41	01:01:31	0:03:14
11	61	FERRADANS VALDES, JORGE	V1M	2	CLUB TRIATLON COMPOSTELA	0:10:15	01:16	0:31:59	00:34	0:18:11	01:02:15	0:03:58
12	84	BERNÁRDEZ FERREIRÓS, PEDRO PABLO	V1M	3	TRIATLON VILAGARCIA	0:09:57	01:17	0:32:17	00:34	0:18:11	01:02:16	0:03:59
13	9	MUIÑO VARELA, CRISTIAN	ABM	3	TRIATLON INFORHOUSE SANTIAGO	0:11:24	01:25	0:31:28	00:36	0:17:40	01:02:33	0:04:16
14	96	HOUT VARELA, FADY	V2M	1	TRI ARTEIXO-ACEA DE AMA	0:10:07	01:31	0:31:54	00:35	0:18:28	01:02:35	0:04:18
15	18	OTERO LESTON, JESUS	ABM	4	TRIATLON INFORHOUSE SANTIAGO	0:10:07	01:08	0:32:13	00:31	0:18:44	01:02:43	0:04:26

RESULTADOS OFICIAIS



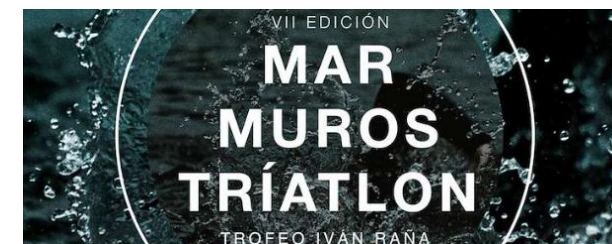
16	59	DOSIL LAGO, MANUEL DOMINGO	V1M	4	CLUB CICLISTA MUROS	0:11:50	01:10	0:32:40	00:29	0:17:05	01:03:14	0:04:57
17	30	VAZQUEZ TEIRA, DAVID	ABM	5	CLUB CERVECERIA O COTON NEGREIRA	0:11:30	01:20	0:31:28	00:37	0:18:24	01:03:19	0:05:02
18	39	SOUTO CORES, ABEL	ABM	6	TRIATLON ATLANTICO	0:11:27	01:20	0:31:32	00:32	0:18:31	01:03:22	0:05:05
19	57	SANTOS LOIS, SERGIO	V1M	5	TRIATLON VILAGARCIA	0:13:14	01:20	0:31:07	00:41	0:17:27	01:03:49	0:05:32
20	75	DOMINGUEZ SILVA, ANDRES	V1M	6	CLUB CERVECERIA O COTON NEGREIRA	0:10:52	01:22	0:32:16	00:36	0:18:59	01:04:05	0:05:48
21	71	FERNANDEZ OTERO, GONZALO	V1M	7	TRIATLON VILAGARCIA	0:11:57	01:17	0:32:29	00:35	0:17:55	01:04:13	0:05:56
22	28	ALONSO NOGUEIRA, DAVID	ABM	7	TRI ARTEIXO-ACEA DE AMA	0:12:35	01:29	0:33:02	00:33	0:17:13	01:04:52	0:06:35
23	12	PUENTE CUIEL, JACOBO	XVM	2	TRIATLON INFORHOUSE SANTIAGO	0:11:14	01:11	0:32:04	00:28	0:19:57	01:04:54	0:06:37
24	43	LAIÑO SILVA, VICTOR	ABM	8	CLUB TRIATLON RIANXO	0:11:51	01:24	0:32:27	00:28	0:18:59	01:05:09	0:06:52
25	22	SOUTO PRIETO, ANTONIO	ABM	9	TRIATLON FERROL	0:10:18	01:30	0:32:36	00:42	0:20:10	01:05:16	0:06:59
26	33	CASTELO RODRIGUEZ, EDGAR	ABM	10	CIDADE DE LUGO FLUVIAL	0:12:31	01:22	0:33:02	00:36	0:17:51	01:05:22	0:07:05
27	23	ESPIÑEIRA MOSQUERA, MARTÍN	ABM	11	NOSPORTLIMIT	0:11:57	01:48	0:33:19	00:52	0:18:01	01:05:57	0:07:40
28	80	DOPAZO MIGUEZ, ALBERTO	V1M	8	CLUB TRIATLON COMPOSTELA	0:13:13	01:17	0:33:15	00:37	0:18:07	01:06:29	0:08:12
29	15	TABARA RODRIGUEZ, JORGE JUAN	ABM	12	TRI ARTEIXO-ACEA DE AMA	0:12:51	01:33	0:33:22	00:39	0:18:16	01:06:41	0:08:24
30	116	LOPEZ TORRES, ANDRES	V3M	1	TRIATLON VILAGARCIA	0:12:30	01:35	0:33:42	00:49	0:18:25	01:07:01	0:08:44
31	78	PEREZ VARGAS, FRANCISCO	V1M	9	TRIATLON FERROL	0:12:31	01:24	0:32:59	00:39	0:19:38	01:07:11	0:08:54
32	94	SIEIRA RIOS, FERNANDO	V2M	2	CLUB TRIATLON RIANXO	0:12:47	01:53	0:33:09	00:50	0:18:51	01:07:30	0:09:13
33	51	QUINTELA PAIS, FELIX	V1M	10	CLUB CERVECERIA O COTON NEGREIRA	0:12:59	01:42	0:33:13	00:44	0:18:59	01:07:37	0:09:20
34	74	PICON ESPIÑO, ROBERTO	V1M	11	CLUB CERVECERIA O COTON NEGREIRA	0:11:27	01:32	0:33:45	00:42	0:20:36	01:08:02	0:09:45
35	98	BARREIRO PEREIRA, XOSÉ ANTÓN	V2M	3	CLUB CERVECERIA O COTON NEGREIRA	0:13:01	01:36	0:33:23	00:35	0:19:43	01:08:18	0:10:01
36	41	RODRIGUEZ FERNANDEZ, ANTONIO	ABM	13	LICENZA 1 DIA	0:12:26	01:41	0:33:45	00:42	0:19:46	01:08:20	0:10:03
37	52	IGLESIAS BARREIRA, DAVID	V1M	12	TRIATLON INFORHOUSE SANTIAGO	0:11:34	01:26	0:33:59	00:44	0:20:56	01:08:39	0:10:22
38	79	BARANGA ARES, PEDRO	V1M	13	TRI ARTEIXO-ACEA DE AMA	0:12:29	01:25	0:33:09	00:53	0:20:55	01:08:51	0:10:34
39	34	CREO SABORIDO, ALEJANDRO	ABM	14	CLUB TRIATLON RIANXO	0:14:42	01:53	0:33:29	00:53	0:18:05	01:09:02	0:10:45
40	113	VIDAL ARES, ANTONIO	V2M	4	CLUB TRIATLON RIANXO	0:12:25	01:40	0:33:42	00:46	0:20:29	01:09:02	0:10:45
41	66	GONZALEZ FRANCO, RAMIRO	V1M	14	LICENZA 1 DIA	0:13:01	01:36	0:33:13	00:46	0:20:27	01:09:03	0:10:46
42	36	CAMPANA BARROS, ADRIAN	ABM	15	CLUB OLIMPICO DE VEDRA	0:09:56	01:47	0:35:18	00:42	0:21:35	01:09:18	0:11:01
43	13	ABOAL MARQUES, MANUEL	XVM	3	TRIATLON INFORHOUSE SANTIAGO	0:09:40	01:11	0:34:08	00:31	0:23:54	01:09:24	0:11:07
44	104	ANTAS CANNAS, RAFAEL	V2M	5	TRI OURENSE	0:12:33	01:28	0:33:48	00:47	0:20:49	01:09:25	0:11:08
45	76	MARTÍNEZ LOUREIRO, JOSÉ MANUEL	V1M	15	TRIATLON MURALLA DE LUGO	0:11:21	01:09	0:35:30	00:37	0:21:30	01:10:07	0:11:50
46	106	SPUCH SANCHEZ, CARLOS	V2M	6	TRIATLON ATLANTICO	0:13:14	01:47	0:34:14	00:36	0:20:39	01:10:30	0:12:13
47	58	RODRÍGUEZ HIERRO, DAVID	V1M	16	LICENZA 1 DIA	0:12:39	01:57	0:35:48	00:49	0:19:21	01:10:34	0:12:17
48	85	HERNANDEZ NAVEIRO, RAFAEL	V1M	17	CLUB TRIATLON RIANXO	0:14:02	01:50	0:34:16	00:40	0:19:51	01:10:39	0:12:22

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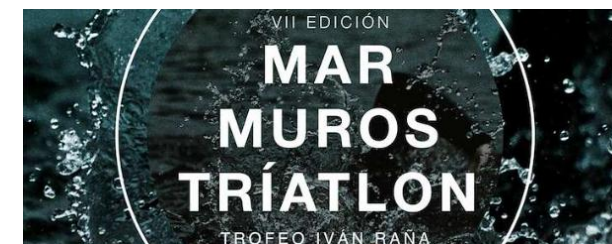
49	3	TAIBO GARCIA, HUGO	SUB23M	6	TRIATLON INFORHOUSE SANTIAGO	0:11:22	01:23	0:34:16	00:36	0:23:12	01:10:49	0:12:32
50	11	LORENTE PAZ, ELOI	XVM	4	TRIATLON INFORHOUSE SANTIAGO	0:11:38	01:42	0:34:49	00:57	0:21:47	01:10:53	0:12:36
51	53	RODRIGUEZ FRAGUELA, ALEJANDRO	V1M	18	INDEPENDIENTE	0:12:34	01:32	0:36:11	00:39	0:20:10	01:11:06	0:12:49
52	111	GOMEZ IGLESIAS, JOSE JAVIER	V2M	7	TRI OURENSE	0:14:39	01:44	0:34:32	00:38	0:19:42	01:11:15	0:12:58
53	54	BELLO GARCIA, JUAN JOSE	V1M	19	CLUB CERVECERIA O COTON NEGREIRA	0:15:05	01:36	0:34:27	00:41	0:19:31	01:11:20	0:13:03
54	97	RAMOS FERROL, ARTURO BENIGNO	V2M	8	CLUB TRIATLON COMPOSTELA	0:13:03	02:10	0:35:00	00:58	0:20:20	01:11:31	0:13:14
55	93	LAGO CASTRO, MARCOS	V2M	9	TRIATLON ATLANTICO	0:13:56	01:48	0:34:31	00:56	0:20:21	01:11:32	0:13:15
56	45	GIGIREY CANCELA, BREOGAN JOSE	ABM	16	CLUB TRIATLON COMPOSTELA	0:11:44	01:31	0:33:51	00:49	0:23:43	01:11:38	0:13:21
57	67	RODRIGUEZ MARTIN, ISAAC	V1M	20	TRI ARTEIXO-ACEA DE AMA	0:12:57	02:15	0:35:06	00:53	0:20:32	01:11:43	0:13:26
58	48	CAMIÑA UCHA, BASILIO	ABM	17	TRIATLON VILAGARCIA	0:14:17	02:11	0:35:25	00:43	0:19:09	01:11:45	0:13:28
59	72	RAMA GARCIA, DANIEL	V1M	21	TRIATLON INFORHOUSE SANTIAGO	0:11:57	01:43	0:35:33	00:35	0:22:12	01:12:00	0:13:43
60	63	CERNADAS CREO, SALVADOR	V1M	22	ESCOLA TRIATLON OUTES	0:13:13	01:42	0:35:34	00:46	0:20:46	01:12:01	0:13:44
61	37	MARTINEZ FERNANDEZ, ADAN	ABM	18	ARTROGAL-TRI 498	0:13:52	02:10	0:35:08	01:08	0:20:33	01:12:51	0:14:34
62	91	FREIRE CASTRO, JOSÉ	V2M	10	CLUB TRIATLON CORUÑA	0:15:09	01:30	0:34:30	00:40	0:21:05	01:12:54	0:14:37
63	31	FERNÁNDEZ ARBAIZA, SERGIO	ABM	19	NOSPORTLIMIT	0:11:35	01:58	0:34:57	00:49	0:23:38	01:12:57	0:14:40
64	65	CAAMAÑO SESTAYO, SANTIAGO	V1M	23	LICENZA 1 DIA	0:13:16	01:56	0:34:04	00:42	0:23:03	01:13:01	0:14:44
65	118	GARCIA CASTAÑON, JORGE ROBERTO	V3M	2	CLUB TRIATLON BETANZOS	0:11:55	01:55	0:36:37	00:48	0:22:10	01:13:25	0:15:08
66	55	PRESAS FARALDO, DOMINGO MANUEL	V1M	24	CLUB TRIATLON BETANZOS	0:14:01	02:00	0:34:09	00:47	0:22:32	01:13:29	0:15:12
67	16	PAZ PINTOR, JACOBO	ABM	20	LICENZA 1 DIA	0:13:10	02:32	0:37:49	00:31	0:19:30	01:13:32	0:15:15
68	24	BAO SOUTO, ELISEO	ABM	21	LICENZA 1 DIA	0:14:01	02:00	0:34:55	00:58	0:21:48	01:13:42	0:15:25
69	95	MARTINEZ LAFUENTE, IAGO	V2M	11	CLUB TRIATLON CORUÑA	0:15:12	01:49	0:36:27	00:40	0:19:48	01:13:56	0:15:39
70	40	GONZALEZ CALVO, ADRIAN	ABM	22	NOSPORTLIMIT	0:14:04	02:23	0:36:17	01:00	0:20:18	01:14:02	0:15:45
71	83	GONZALEZ GOMEZ, OSCAR	V1M	25	TRI OURENSE	0:15:02	02:29	0:35:56	00:27	0:20:08	01:14:02	0:15:45
72	20	FERNÁNDEZ DEL RÍO, IAGO	ABM	23	TRI ARTEIXO-ACEA DE AMA	0:12:11	01:46	0:37:50	00:38	0:21:49	01:14:14	0:15:57
73	44	LEMA NANTON, VICTOR	ABM	24	TRIATLON COSTA DA MORTE	0:14:14	02:38	0:34:57	00:47	0:21:44	01:14:20	0:16:03
74	110	FERNÁNDEZ VIDAL, ANGEL MANUEL	V2M	12	CLUB CERVECERIA O COTON NEGREIRA	0:15:04	01:53	0:36:29	00:48	0:20:24	01:14:38	0:16:21
75	26	CARRAL AMENEDO, DIEGO	ABM	25	LICENZA 1 DIA	0:12:51	01:48	0:35:35	01:24	0:23:15	01:14:53	0:16:36
76	73	FIGUEIRAS NUÑEZ, EDUARDO	V1M	26	ESCOLA TRIATLON OUTES	0:12:55	01:44	0:37:58	00:49	0:21:54	01:15:20	0:17:03
77	38	ALONSO FILGUEIRA, MARCOS	ABM	26	TRIATLON FERROL	0:15:47	02:13	0:36:55	00:51	0:19:49	01:15:35	0:17:18
78	50	EIRAS LUEIRO, LEANDRO	V1M	27	CLUB CERVECERIA O COTON NEGREIRA	0:13:55	01:54	0:37:43	00:47	0:21:17	01:15:36	0:17:19
79	82	VILA LOPEZ, JOSE RUBEN	V1M	28	TRINORTH	0:14:35	01:58	0:35:18	01:02	0:22:50	01:15:43	0:17:26
80	56	ROSAL CHAVES, DIEGO	V1M	29	LICENZA 1 DIA	0:14:15	02:14	0:37:56	00:57	0:20:49	01:16:11	0:17:54
81	105	BAUTISTA DAVILA, JOSE CARLOS	V2M	13	CLUB ATLETISMO PORRIÑO	0:15:49	02:03	0:36:47	00:48	0:20:50	01:16:17	0:18:00

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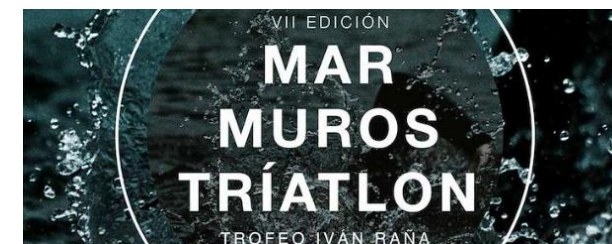


82	90	TAIBO RIVERA, JOSE CARLOS	V2M	14	TRIATLON INFORHOUSE SANTIAGO	0:14:39	01:47	0:36:13	00:45	0:23:00	01:16:24	0:18:07
83	88	BARREIRO RUIBAL, MATIAS	V2M	15	CLUB DEPORTIVO PINARIUM	0:15:29	02:20	0:36:55	00:56	0:21:26	01:17:06	0:18:49
84	19	RODRÍGUEZ CARRIL, XAIME	ABM	27	LICENZA 1 DIA	0:13:50	02:18	0:38:08	01:17	0:21:42	01:17:15	0:18:58
85	17	RÍOS OTERO, MARCOS	ABM	28	LICENZA 1 DIA	0:15:25	02:36	0:35:28	00:47	0:23:09	01:17:25	0:19:08
86	86	FELIPE PEREZ, JOSE CARLOS	V1M	30	TRIATLON ATLANTICO	0:14:45	01:38	0:34:48	00:50	0:25:58	01:17:59	0:19:42
87	92	PEREZ LORENZO, BRUNO	V2M	16	LICENZA 1 DIA	0:14:33	02:23	0:38:05	00:59	0:22:36	01:18:36	0:20:19
88	107	PAZ GIAO, EMILIO	V2M	17	INDEPENDIENTE	0:14:56	02:30	0:37:12	00:29	0:23:36	01:18:43	0:20:26
89	100	CONTRERAS AMOEDO, JAVIER	V2M	18	TRINORTH	0:13:18	01:48	0:37:38	00:51	0:25:22	01:18:57	0:20:40
90	115	GONZALEZ VIZOSO, LUIS RAFAEL	V3M	3	LICENZA 1 DIA	0:15:35	02:19	0:37:03	00:58	0:23:25	01:19:20	0:21:03
91	49	GHANNAM VARELA, TAREK	ABM	29	TRIATLON ATLANTICO	0:14:08	01:40	0:38:53	00:55	0:24:07	01:19:43	0:21:26
92	21	GÓMEZ BARRAL, GONZALO	ABM	30	LICENZA 1 DIA	0:16:41	02:05	0:40:31	00:59	0:19:41	01:19:57	0:21:40
93	117	ARGIBAY PEREZ, JUAN ANTONIO	V3M	4	CLUB NATACION RIVEIRA	0:15:02	02:26	0:38:58	01:02	0:23:31	01:20:59	0:22:42
94	47	BAUTISTA VILLANUEVA, ANTON	ABM	31	LICENZA 1 DIA	0:14:01	01:57	0:41:08	00:54	0:23:08	01:21:08	0:22:51
95	35	PINTOS TORRES, JONATHAN	ABM	32	TRIATLON RIAS BAIXAS	0:14:48	02:55	0:36:56	00:52	0:26:11	01:21:42	0:23:25
96	103	REPRESA GARAZO, ALFONSO	V2M	19	TRIATLON INFORHOUSE SANTIAGO	0:13:19	02:43	0:39:40	01:23	0:25:08	01:22:13	0:23:56
97	112	ALCALA ZAMORA CANEL, EMILIO	V2M	20	TRIATLON ATLANTICO	0:15:22	02:37	0:40:48	01:14	0:23:17	01:23:18	0:25:01
98	101	PEREZ OSUNA, ROBERTO NICOLAS	V2M	21	NOSPORTLIMIT	0:17:05	02:32	0:41:08	01:21	0:23:30	01:25:36	0:27:19
99	46	RODRÍGUEZ CHAO, ION	ABM	33	LICENZA 1 DIA	0:15:14	02:32	0:40:23	01:11	0:26:20	01:25:40	0:27:23
100	102	VIDAL RODRIGUEZ, JOSE	V2M	22	CLUB CERVECERIA O COTON NEGREIRA	0:16:36	02:35	0:44:18	01:19	0:21:29	01:26:17	0:28:00
101	77	MERA GARCIA, FRANCISCO GABRIEL	V1M	31	LICENZA 1 DIA	0:18:10	02:27	0:40:00	01:12	0:27:40	01:29:29	0:31:12
102	32	MUÑIZ FERNANDEZ, RUBEN	ABM	34	LICENZA 1 DIA						01:31:21	0:33:04
103	64	RODRÍGUEZ PAZ, ÓSCAR	V1M	32	LICENZA 1 DIA	0:15:16	03:01	0:42:46	01:11	0:30:14	01:32:28	0:34:11
104	81	FERNANDEZ GONZALEZ, JUAN	V1M	33	TRIATLON ATLANTICO	0:16:27	02:51	0:44:43	01:15	0:29:02	01:34:18	0:36:01
DNF	89	CAROU FERNÁNDEZ, JOSÉ RAMÓN	V2M		LICENZA 1 DIA	0:13:05	01:52	0:37:25	00:55			
DNS	25	PEREZ BARBAZAN, ANXO	ABM		CLUB CERVECERIA O COTON NEGREIRA							
DNS	27	CANABAL GARCIA, RAFAEL	ABM		TRIATLON INFORHOUSE SANTIAGO							
DNS	29	MARIN MOLLINEDO, NICOLAS	ABM		TRIATLON VILAGARCIA							
DNS	42	WIRZ RIVERA, RAMON	ABM		TRIATLON ATLANTICO							
DNS	62	GALLEGO CID, ADRIAN	V1M		CLUB CERVECERIA O COTON NEGREIRA							
DNS	68	PEDROSA MAYO, JOSÉ MANUEL	V1M		LICENZA 1 DIA							
DNS	69	SANCHEZ SAN LUIS, JOSE MARIA	V1M		INDEPENDIENTE							
DNS	70	VARELA PEREZ, IGNACIO	V1M		TRIATLON INFORHOUSE SANTIAGO							
DNS	87	DOMÍNGUEZ ZUFIAURRE, FRANCISCO JAVIER	V2M		TRI OURENSE							

RESULTADOS OFICIAIS



DNS	99	MOSQUERA MONTERO, MIGUEL	V2M		LICENZA 1 DIA							
DNS	108	SUÁREZ ANSEDE, FRANCISCO JAVIER	V2M		LICENZA 1 DIA							
DNS	109	PAZOS CARBÓN, PEDRO JOSE	V2M		LICENZA 1 DIA							
DNS	114	ABELED PATIÑO, TOMAS ARTURO	V3M		TRI ARTEIXO-ACEA DE AMA							



Localidade	MUROS			Distancia	Natación	Ciclismo	Carreira a pé
Data	7 de xuño de 2025	Hora	17:04	25.750 m.	750 m.	20000 m.	5000 m.

OFICIAIS

Delegado Técnico	Javier Ángel Vázquez Orejas	Xurado de Competición	Javier Ángel Vázquez Orejas (DT)
Xuíz Árbitro	Manoel Mellid Losada		Javier Campos Peña (FEGATRI)
			Pablo Beis (CLUBS, Triatlón Inforhouse Santiago)

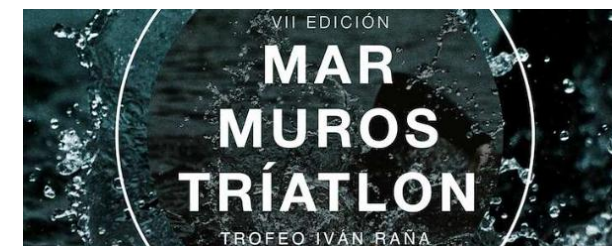
DATOS DA COMPETICIÓN

Temperatura exterior: 18 °C Temperatura da auga: 18,2 °C Neopreno: Opcional	Natación: 750 m	Ciclismo: 20 km 4 voltas	Carreira a pé: 5 km 4 voltas
Inscritas: 23	Remataron: 19	Retiradas: 1	Non presentadas: 2
Descualificadas: 1			

ABSOLUTA FEMININA

POS.	DORSAL	DEPORTISTA	CAT	P.CAT	CLUB	Natación	T1	Ciclismo	T2	Carreira	META	Dif.
1	127	TRIGO CASTRO, MIRIAN	ABF	1	TRIATLON INFORHOUSE SANTIAGO	0:10:14	01:20	0:34:42	00:30	0:20:05	01:06:51	
2	120	CASTRO LÓPEZ, LARA	SUB23F	1	CIDADE DE LUGO FLUVIAL	0:10:49	01:13	0:36:46	00:28	0:19:07	01:08:23	0:01:32
3	123	IGLESIAS GÓMEZ, SARA	SUB23F	2	CLUB DEPORTIVO DELIKIA	0:09:43	01:21	0:38:48	00:36	0:20:18	01:10:46	0:03:55
4	137	LOPEZ GESTAL, MARTINA	ABF	2	TRIATLON INFORHOUSE SANTIAGO	0:11:52	01:18	0:36:41	00:36	0:20:50	01:11:17	0:04:26
5	130	PENSADO DEUS, ADRIANA	ABF	3	TRIATLON INFORHOUSE SANTIAGO	0:11:02	01:29	0:37:19	00:37	0:23:21	01:13:48	0:06:57
6	121	GONZÁLEZ VILAS, SABELA	SUB23F	3	TRIATLON INFORHOUSE SANTIAGO	0:10:59	01:26	0:37:27	00:38	0:24:45	01:15:15	0:08:24
7	122	FERNANDEZ MARTINEZ, ROSANA	SUB23F	4	TRIATLON INFORHOUSE SANTIAGO	0:12:12	01:12	0:39:22	00:37	0:22:39	01:16:02	0:09:11
8	133	FERNANDEZ DIAZ, RAQUEL	ABF	4	MARLINS TRIATLON MADRID	0:15:02	01:53	0:38:36	00:43	0:20:25	01:16:39	0:09:48
9	119	FERNÁNDEZ MARTÍNEZ, MARIA	JNF	1	TRIATLON INFORHOUSE SANTIAGO	0:11:50	01:19	0:42:43	00:34	0:24:03	01:20:29	0:13:38
10	129	PAZOS SUENA, CARLOTA	ABF	5	TRIATLON COSTA DA MORTE	0:15:18	02:13	0:41:17	00:50	0:22:05	01:21:43	0:14:52
11	126	FUENTES REY, MARIA	ABF	6	CLUB OLIMPICO DE VEDRA	0:13:17	01:28	0:42:06	00:41	0:25:15	01:22:47	0:15:56
12	136	FERNANDEZ LOPEZ, ANTIA	ABF	7	CLUB ATLETISMO PORRIÑO	0:14:14	02:24	0:40:32	00:53	0:25:45	01:23:48	0:16:57
13	135	GARCÍA BEIRO, CRISTINA	ABF	8	CLUB CERVECERIA O COTON NEGREIRA	0:15:22	02:05	0:39:38	01:26	0:26:25	01:24:56	0:18:05
14	131	TARRIO MANGAS, BALBINA	ABF	9	A.D. FOGAR	0:14:06	01:40	0:41:20	00:53	0:29:00	01:26:59	0:20:08
15	128	NAVARRO MARTINEZ, MARIA	ABF	10	TRIATLON INFORHOUSE SANTIAGO	0:13:37	01:50	0:46:11	00:31	0:26:10	01:28:19	0:21:28
16	132	MACEIRA PENA, MIRIAN	ABF	11	TRIATLON VILAGARCIA	0:17:07	02:15	0:45:13	01:00	0:23:35	01:29:10	0:22:19

RESULTADOS OFICIAIS



17	134	GRUEIRO ACCIÓN, ISABEL	ABF	12	TRIATLON FERROL	0:15:25	02:50	0:47:27	00:51	0:24:58	01:31:31	0:24:40
18	140	NOVOA GONZALEZ, LUCIA	V1F	1	CLUB ATLETISMO PORRIÑO	0:17:14	02:15	0:46:04	01:09	0:24:56	01:31:38	0:24:47
19	138	FERNANDEZ CAAMAÑO, TERESA	V1F	2	NOSPORTLIMIT	0:15:06	02:49	0:48:39	01:52	0:33:22	01:41:48	0:34:57
DNF	124	GONZALEZ VILAS, ANTIA	SUB23F		TRIATLON INFORHOUSE SANTIAGO	0:10:57	01:17	0:39:31	00:45			
DNS	125	COUSELO MIRA, ALEXIA MARIA	ABF		TRIATLON INFORHOUSE SANTIAGO							
DNS	141	GÓMEZ CHAO, MARIA SOL	V2F		NOSPORTLIMIT							
DSQ	139	BLANCO LATORRE, PAULA	V1F		TRI ARTEIXO-ACEA DE AMA	SECTOR CARRERA A PIE NO COMPLETADO						