



CLASIFICACIÓN ABSOLUTA

PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	EQUIPO	TIEMPO OFICIAL	CATEGORIA	PTO SEXO	PTO CAT	TIEMPO SECTOR 1	PTO SEC 1	RITMO SEC 1	TIEMPO TRAN 1	TIEMPO SECTOR 2	PTO SEC 2	VEL MEDIA	TIEMPO TRAN 2	TIEMPO SECTOR 3	RITMO SEC 3
1	11	Uxio	Abuin Ares	M	Olimpico De Vedra	54:15.7	Senior	1	0	5:26.4	2	0:43	34.3	32:03.1	2	39,31 Km/h	23.8	15:47.9	3:09
2	217	Antonio	Benito López	M	Cidade De Lugo Fluvial	54:28.2	Sub-23	2	0	5:35.4	5	0:45	27.2	32:01.8	1	39,35 Km/h	20.1	16:03.5	3:13
3	207	Andrés	Cendán Llorens	M	Cidade De Lugo Fluvial	57:47.9	Sub-23	3	0	5:37.4	6	0:45	31.4	34:01.1	21	37,04 Km/h	21.7	17:16.2	3:27
4	40	Diego	Paz Sobreira	M	Arcade Infor House Santiago	57:55.2	Senior	4	1	5:32.0	4	0:44	33.6	34:06.2	23	36,95 Km/h	23.1	17:20.3	3:28
5	3	Jacobo	Crego Fernandez	M	Olimpico De Vedra	58:28.9	Senior	5	2	6:47.4	27	0:54	35.0	32:44.0	4	38,49 Km/h	23.0	17:59.4	3:36
6	216	Francisco	Cendán Llorens	M	Talleres David Triathlon Compostela	58:54.2	Sub-23	6	1	6:12.9	13	0:50	30.7	33:23.9	9	37,74 Km/h	23.7	18:22.8	3:40
7	179	Jose Manuel	Pardo Leis	M	Triatlón Arteixo	59:12.9	Veterano	7	1	6:12.9	14	0:50	1:11.2	32:47.5	5	38,43 Km/h	27.5	18:33.7	3:43
8	208	Vicente	Perez Soloviev	M	Arcade Infor House Santiago	59:30.8	Sub-23	8	2	6:12.9	15	0:50	20.4	33:38.3	14	37,46 Km/h	24.0	18:55.0	3:47
9	308	Anneke	Jenkins	F	Cidade De Lugo Fluvial	59:40.1	Senior	1	0	5:49.4	8	0:47	31.9	33:52.7	18	37,20 Km/h	25.3	19:00.5	3:48
10	14	Manuel	Dosil Lago	M	Olimpico De Vedra	1:00:30.8	Senior	9	3	7:53.4	64	1:03	39.9	34:10.7	24	36,87 Km/h	25.6	17:21.1	3:28
11	210	Brais	Otero Leston	M	Arcade Infor House Santiago	1:00:34.6	Sub-23	10	3	6:11.5	12	0:49	26.6	33:35.5	13	37,51 Km/h	26.1	19:54.6	3:59
12	108	Oscar	Fernandez	M	Ninguno	1:00:41.0	Senior	11	4	7:08.9	33	0:57	40.4	33:26.1	11	37,68 Km/h	23.2	19:02.2	3:48
13	211	Raul	García Agra	M	Arcade Infor House Santiago	1:00:50.7	Sub-23	12	4	5:14.4	1	0:42	1:00.0	33:58.2	19	37,09 Km/h	37.6	20:00.3	4:00
14	112	Fabian	Ubeira Vidal	M	Club Triatlón C.A.R	1:00:52.7	Senior	13	5	6:28.9	22	0:52	1:00.0	33:24.9	10	37,72 Km/h	29.0	19:29.8	3:54
15	53	Enrique	Moran Gonzalez	M	Atletismo Porriño	1:01:07.0	Senior	14	6	8:09.9	77	1:05	48.3	32:58.9	6	38,22 Km/h	32.7	18:36.8	3:43
16	47	Antonio	Gomez Dorrio	M	Club Natacion Riveira	1:01:12.7	Senior	15	7	5:59.1	10	0:48	40.3	33:08.5	7	38,02 Km/h	1:00.0	20:23.9	4:05
17	311	Melina	Alonso Aradas	F	Club Triatlón Ferrol	1:01:16.2	Senior	2	0	5:56.1	9	0:47	1:00.0	33:58.3	20	37,09 Km/h	25.3	19:56.3	3:59
18	1	Francisco José	Guillan Pazos	M	Artrogl Tri 498	1:01:23.5	Senior	16	8	6:29.6	23	0:52	46.1	33:35.1	12	37,51 Km/h	37.7	19:54.9	3:59
19	91	Ismael	García Carballo	M	Olimpico De Vedra	1:01:31.0	Senior	17	9	7:31.4	44	1:00	36.2	33:46.5	17	37,31 Km/h	24.2	19:12.5	3:50
20	92	Juan	Negreira Montero	M	Ninguno	1:01:41.2	Senior	18	10	7:28.5	41	0:60	1:05.6	33:39.8	15	37,44 Km/h	1:00.0	18:27.2	3:41
21	107	Tono	Mato Carames	M	Toxo	1:02:20.0	Senior	19	11	8:58.6	116	1:12	1:06.2	33:20.8	8	37,80 Km/h	1:00.0	17:54.2	3:35
22	328	Cecilia	Santamaria Surroca	F	Cidade De Lugo Fluvial	1:02:20.0	Sub-23	3	0	5:48.5	7	0:46	1:00.0	35:43.2	55	35,27 Km/h	31.3	19:16.9	3:51
23	22	David	Sanisidro Rego	M	Club Natacion Riveira	1:02:23.7	Senior	20	12	7:01.9	31	0:56	35.8	34:50.2	35	36,17 Km/h	30.6	19:25.1	3:53
24	27	Alberto	Alvarez Bendaña	M	Artrogl Tri 498	1:02:42.7	Senior	21	13	6:46.3	26	0:54	44.9	34:58.7	39	36,03 Km/h	28.1	19:44.5	3:57
25	152	Pedro Pablo	Bernárdez Ferreirós	M	Atenas Running Vda - Triatlón Vilagarcia	1:02:43.2	Veterano	22	2	6:21.0	19	0:51	1:00.0	35:09.6	42	35,84 Km/h	33.4	19:39.1	3:56
26	104	Alberto	Fernandez Encina	M	Triatlón Bierzo	1:02:54.0	Senior	23	14	7:49.8	61	1:03	1:00.0	34:47.4	34	36,22 Km/h	46.4	18:30.2	3:42
27	110	David	García Guillen	M	C.C. Riazor	1:03:19.0	Senior	24	15	7:47.6	59	1:02	44.6	33:44.3	16	37,35 Km/h	1:00.0	20:02.4	4:00
28	24	Jorge	Ferradáns Valdés	M	Olimpico De Vedra	1:03:22.0	Senior	25	16	7:25.5	40	0:59	54.6	34:33.3	29	36,46 Km/h	35.6	19:52.8	3:58
29	180	Jose Carlos	Meno Miguez	M	Asociación Deportiva Car	1:03:30.3	Veterano	26	3	7:29.2	42	0:60	1:07.8	34:58.9	40	36,03 Km/h	37.8	19:16.3	3:51
30	37	Roberto C.	Agrelo Gómez	M	Artrogl Tri 498	1:03:34.6	Senior	27	17	8:11.6	79	1:05	45.5	34:40.3	32	36,34 Km/h	42.9	19:14.2	3:51
31	219	Ignacio	Castro Santos	M	Arcade Infor House Santiago	1:03:41.1	Sub-23	28	5	6:22.4	20	0:51	32.7	35:37.3	53	35,37 Km/h	27.4	20:41.2	4:08
32	105	Luis	Tempra Peneireiro	M	Club Natacion Riveira	1:03:51.0	Senior	29	18	7:17.3	38	0:58	1:00.0	34:50.8	36	36,17 Km/h	1:00.0	19:42.8	3:56
33	19	Javier	Pena Boquete	M	Arcade Infor House Santiago	1:04:00.8	Senior	30	19	7:48.7	60	1:02	48.0	35:05.1	41	35,91 Km/h	49.9	19:29.0	3:54
34	126	Fernando	Fernández Martinez	M	Olimpico De Vedra	1:04:02.8	Veterano	31	4	8:10.2	78	1:05	52.2	34:40.3	31	36,34 Km/h	29.9	19:50.0	3:58
35	325	Carmen	Gómez Cortés	F	Triatlón Ferrol	1:04:06.3	Sub-23	4	1	6:14.5	16	0:50	32.7	36:53.5	78	34,16 Km/h	29.7	19:55.8	3:59
36	131	Carlos Luis	Sánchez Lareo	M	C.C.T. Poio	1:04:08.9	Veterano	32	5	8:53.8	111	1:11	1:00.7	34:11.2	25	36,86 Km/h	35.2	19:27.9	3:53
37	42	Franchu	Duran Pampin	M	Ninguno	1:04:12.5	Senior	33	20	7:33.5	45	1:00	38.0	35:21.5	47	35,64 Km/h	34.6	20:04.7	4:01
38	70	Eloy	Gonzalez Horta	M	Artrogl Tri 498	1:04:20.0	Senior	34	21	7:15.9	36	0:58	49.8	35:39.0	54	35,34 Km/h	35.1	20:00.0	4:00
39	324	Sara	Guerrero Manso	F	A.D. Náutico Narón	1:04:22.3	Sub-23	5	2	6:15.6	17	0:50	44.2	36:46.0	77	34,27 Km/h	30.7	20:05.7	4:01
40	66	Iago	Ruanova Fernandez	M	Iago Ruanova	1:04:22.3	Senior	35	22	6:23.6	21	0:51	46.3	36:25.8	71	34,59 Km/h	33.5	20:13.0	4:03
41	18	Cristian	Penas Otero	M	Ninguno	1:04:26.4	Senior	36	23	7:39.9	52	1:01	47.6	36:09.4	66	34,85 Km/h	39.0	19:10.3	3:50
42	94	Alberto	Candal Viqueira	M	Club Btt Triatlón O Treito	1:04:39.1	Senior	37	24	8:21.1	87	1:07	41.2	34:34.2	30	36,45 Km/h	35.3	20:27.0	4:05
43	205	Xesús Martiño	Iglesias Campaña	M	Talleres David Triathlon Compostela	1:04:40.9	Cadetes	38	1	6:07.3	11	0:49	1:00.0	35:25.8	49	35,57 Km/h	27.1	21:40.5	4:20
44	100	Angel	Conde Valladares	M	Kurai	1:04:50.4	Senior	39	25	8:51.4	108	1:11	57.4	35:16.6	44	35,72 Km/h	38.8	19:06.0	3:49
45	118	Oscar	Costas Otero	M	Artrogl Tri 498	1:04:59.9	Veterano	40	6	8:48.2	107	1:10	52.6	35:26.1	50	35,55 Km/h	30.4	19:22.4	3:52
46	90	Rubén	Vázquez Magariños	M	C.C.T. Poio	1:05:06.0	Senior	41	26	8:15.0	81	1:06	53.7	34:29.7	28	36,53 Km/h	33.5	20:53.8	4:11
47	125	Jose Ramon	Lago Cives	M	Artrogl Tri 498	1:05:06.2	Veterano	42	7	8:38.5	98	1:09	54.6	35:30.9	51	35,49 Km/h	42.7	19:19.3	3:52
48	60	Pablo	Zobra Lojo	M	Club Triatlón Morrazo	1:05:10.7	Senior	43	27	8:26.2	90	1:07	46.6	34:27.7	27	36,57 Km/h	30.7	20:59.4	4:12
49	17	Marcos	Franco Doval	M	Club Natacion Riveira	1:05:17.9	Senior	44	28	7:34.1	46	1:01	47.9	35:19.5	45	35,67 Km/h	33.8	21:02.5	4:12



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PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	EQUIPO	TIEMPO OFICIAL	CATEGORIA	PTO SEXO	PTO CAT	TIEMPO SECTOR 1	PTO SEC 1	RITMO SEC 1	TIEMPO TRAN 1	TIEMPO SECTOR 2	PTO SEC 2	VEL MEDIA	TIEMPO TRAN 2	TIEMPO SECTOR 3	RITMO SEC 3
50	203	Jose Antonio	Veiga Mosquera	M	Arcade Infor House Santiago	1:05:20.5	Veterano	45	8	8:07.8	74	1:05	39.0	34:44.9	33	36,27 Km/h	37.3	21:11.3	4:14
51	9	Roberto	Picón Espiño	M	Arcade Infor House Santiago	1:05:42.2	Senior	46	29	7:38.4	49	1:01	53.2	36:06.7	64	34,90 Km/h	35.9	20:27.9	4:05
52	209	Adrián	Ferrón Moure	M	Club Triatlón Riveira	1:05:49.0	Sub-23	47	6	6:32.4	24	0:52	46.2	35:14.3	43	35,76 Km/h	27.6	22:48.2	4:34
53	141	José Manuel	Lago Ces	M	O Peiran	1:05:52.0	Veterano	48	9	8:39.7	100	1:09	1:00.0	36:16.7	67	34,74 Km/h	23.6	19:31.8	3:54
54	115	Fernando	Sieira Rios	M	Artrogal Tri 498	1:05:53.0	Veterano	49	10	8:18.5	82	1:06	57.0	36:18.0	68	34,71 Km/h	28.1	19:51.1	3:58
55	114	Jose	Sanles Piñeiro	M	Triathlon Villagarcia	1:05:54.9	Veterano	50	11	7:14.8	35	0:58	1:00.0	35:58.3	60	35,03 Km/h	42.5	20:59.3	4:12
56	36	Fernando	López López	M	Artrogal Tri 498	1:06:10.5	Senior	51	30	7:39.4	51	1:01	55.0	35:57.5	59	35,04 Km/h	32.9	21:05.6	4:13
57	145	Arturo	Ramos Ferrol	M	Talleres David Triathlon Compostela	1:06:18.2	Veterano	52	12	9:31.7	145	1:16	57.1	35:23.2	48	35,60 Km/h	35.4	19:50.6	3:58
58	213	David	Esteban Ferreiro	M	Ninguno	1:06:22.0	Sub-23	53	7	7:35.9	47	1:01	1:00.0	36:03.6	63	34,95 Km/h	44.0	20:58.3	4:12
59	7	Manuel Antonio	Garrido Conchado	M	Artrogal Tri 498	1:06:24.9	Senior	54	31	8:40.9	102	1:09	53.0	36:06.9	65	34,90 Km/h	29.4	20:14.5	4:03
60	169	Manuel	Lorenzo Mejuto	M	Cidade De Lugo Fluvial	1:06:27.6	Veterano	55	13	8:00.7	70	1:04	50.6	36:19.6	69	34,69 Km/h	51.2	20:25.2	4:05
61	38	Sergio	Vazquez Otero	M	Arcade Infor House Santiago	1:06:27.6	Senior	56	32	7:13.0	34	0:58	39.5	37:14.6	90	33,84 Km/h	30.7	20:49.6	4:10
62	71	Andres	Domínguez Silva	M	Club Triatlón Coruña	1:06:27.7	Senior	57	33	7:17.1	37	0:58	41.3	37:01.7	82	34,03 Km/h	30.0	20:57.3	4:11
63	95	Bruno	Cardamas Freire	M	Ninguno	1:06:32.6	Senior	58	34	8:37.8	96	1:09	1:20.8	36:01.8	62	34,98 Km/h	31.5	20:00.6	4:00
64	147	Carlos Jesús	Rodríguez Rey	M	Talleres David Triathlon Compostela	1:06:36.1	Veterano	59	14	7:55.7	67	1:03	46.1	35:46.4	57	35,22 Km/h	35.9	21:31.7	4:18
65	162	Jesus Figueroa	Figueroa Fernandez	M	Ninguno	1:06:42.1	Veterano	60	15	7:45.9	56	1:02	1:00.0	36:44.5	76	34,30 Km/h	36.0	20:35.4	4:07
66	68	Xurxo	Carballo Monteaguso	M	Olimpico De Vedra	1:06:43.7	Senior	61	35	7:56.3	68	1:03	51.9	34:01.4	22	37,04 Km/h	28.6	23:25.4	4:41
67	2	David	Rodríguez Santamaría	M	Club Triatlón Riveira	1:06:44.0	Senior	62	36	8:42.2	104	1:10	49.7	34:56.2	38	36,06 Km/h	30.8	21:44.9	4:21
68	178	Olivier	Fernández Torres	M	Club Triatlón Riveira	1:06:44.0	Veterano	63	16	8:59.7	119	1:12	52.5	35:59.2	61	35,01 Km/h	34.7	20:17.7	4:03
69	50	Alberto	Agís Graña	M	C.C.T. Poio	1:06:56.0	Senior	64	37	8:09.6	75	1:05	51.4	36:26.1	72	34,58 Km/h	42.2	20:46.4	4:09
70	6	Martin	Pais Pais	M	Ninguno	1:06:57.2	Senior	65	38	6:53.7	28	0:55	1:19.1	35:31.2	52	35,47 Km/h	42.7	22:30.3	4:30
71	26	Anxo	Ruanova Fernandez	M	Ninguno	1:07:03.8	Senior	66	39	7:02.8	32	0:56	53.2	37:06.5	85	33,96 Km/h	36.7	21:24.4	4:17
72	187	Ivan	Vidal De Sa	M	Ninguno	1:07:05.8	Veterano	67	17	10:32.3	181	1:24	2:01.8	32:12.9	3	39,13 Km/h	40.9	21:37.7	4:19
73	46	Jorge	Crespo Arias	M	Ninguno	1:07:06.2	Senior	68	40	9:21.1	138	1:15	1:00.0	39:01.7	123	32,29 Km/h	30.8	17:12.4	3:26
74	170	Ramón	Valiñas Martínez	M	Atenas Running Vda - Triathlon Vilagarcia	1:07:10.1	Veterano	69	18	7:39.2	50	1:01	45.7	35:20.8	46	35,66 Km/h	39.7	22:44.6	4:33
75	28	Abelardo Manuel	Soler Rivas	M	Artrogal Tri 498	1:07:17.3	Senior	70	41	8:29.8	93	1:08	55.5	37:50.6	102	33,30 Km/h	33.4	19:27.9	3:53
76	156	Pedro	Pérez Gago	M	Atenas Running Vda - Triathlon Vilagarcia	1:07:29.2	Veterano	71	19	8:13.6	80	1:06	49.7	36:33.9	75	34,47 Km/h	30.2	21:21.6	4:16
77	97	Francisco	Fernández Guzmán	M	Ninguno	1:07:46.1	Senior	72	42	8:47.9	106	1:10	1:30.0	37:23.9	96	33,70 Km/h	40.7	19:23.5	3:53
78	65	Valentín	Barcia Anido	M	Arcade Infor House Santiago	1:07:53.3	Senior	73	43	8:06.2	72	1:05	35.3	37:12.2	88	33,87 Km/h	33.2	21:26.3	4:17
79	81	Antonio	Rodríguez Fernandez	M	Kurai	1:07:55.8	Senior	74	44	7:55.5	66	1:03	1:04.2	37:03.4	84	34,00 Km/h	39.0	21:13.6	4:15
80	48	Victor	Laiño Silva	M	Ninguno	1:08:14.5	Senior	75	45	8:28.4	92	1:08	1:14.7	35:44.8	56	35,26 Km/h	31.7	22:14.8	4:27
81	20	Daniel	Balado Neiro	M	Arcade Infor House Santiago	1:08:17.3	Senior	76	46	9:08.7	128	1:13	55.1	35:53.9	58	35,11 Km/h	37.1	21:42.3	4:20
82	199	Carlos	García Blanco	M	Atenas Running Vda - Triathlon Vilagarcia	1:08:21.3	Veterano	77	20	8:09.7	76	1:05	42.1	37:21.0	93	33,73 Km/h	27.4	21:40.9	4:20
83	64	Ignacio	García González	M	Nosportlimit	1:08:36.3	Senior	78	47	7:46.0	57	1:02	45.2	37:23.8	95	33,70 Km/h	35.6	22:05.7	4:25
84	83	Enrique	Vázquez Peñamaría	M	Kurai	1:09:11.9	Senior	79	48	9:19.3	136	1:15	56.3	45:07.3	176	27,92 Km/h	47.8	13:00.9	2:36
85	99	Marcos	Costa Pereira	M	Cidade De Lugo Fluvial	1:09:16.0	Senior	80	49	9:18.5	135	1:14	52.3	37:28.4	97	33,62 Km/h	32.0	21:04.6	4:13
86	317	Silvia	Deira Barcala	F	Olimpico De Vedra	1:09:18.3	Veterano	6	1	7:41.3	53	1:01	34.5	38:02.6	109	33,12 Km/h	30.4	22:29.3	4:30
87	78	Carlos	Máiz Manso	M	Club Triatlón Coruña	1:09:28.4	Senior	81	50	7:23.9	39	0:59	41.5	37:51.3	103	33,28 Km/h	46.2	22:45.2	4:33
88	4	Lito	Rodríguez Pouso	M	Club Btt Triatlón O Treito	1:09:37.3	Senior	82	51	10:15.8	177	1:22	50.7	36:33.3	74	34,47 Km/h	34.8	21:22.5	4:16
89	89	Alfredo	García Balboa	M	Team Corbelo	1:09:43.0	Senior	83	52	9:02.1	123	1:12	1:09.5	38:36.5	116	32,64 Km/h	38.0	20:16.7	4:03
90	194	Miguel Angel	González Cal	M	Club Triatlón Coruña	1:09:52.9	Veterano	84	21	8:19.9	85	1:07	1:00.0	37:52.6	104	33,27 Km/h	45.8	21:54.5	4:23
91	193	Carmelo	Oubiña Duran	M	C.C.T. Poio	1:09:53.0	Veterano	85	22	9:26.7	141	1:15	1:19.6	37:03.2	83	34,00 Km/h	40.6	21:22.7	4:16
92	72	Cesar	Costoya Prado	M	Talleres David Triathlon Compostela	1:09:57.9	Senior	86	53	9:42.3	148	1:18	58.2	37:14.5	89	33,84 Km/h	31.4	21:31.4	4:18
93	80	Manuel	Rodríguez Fernández	M	Kurai	1:09:59.4	Senior	87	54	9:12.8	130	1:14	1:16.2	38:33.6	114	32,68 Km/h	38.7	20:17.8	4:03
94	201	Jose M.	Fernández Torres	M	A.D.C. Arnela	1:10:00.4	Veterano	88	23	8:39.9	101	1:09	1:22.5	36:24.3	70	34,61 Km/h	56.4	22:37.1	4:31
95	57	Pablo	Regueira Martínez	M	Atletismo Porriño	1:10:01.9	Senior	89	55	7:54.9	65	1:03	49.7	39:03.7	124	32,26 Km/h	1:12.9	21:00.5	4:12
96	86	Daniel	Sieira Blanco	M	Artrogal Tri 498	1:10:02.9	Senior	90	56	8:39.1	99	1:09	1:17.3	37:48.3	100	33,33 Km/h	32.0	21:45.9	4:21
97	202	Alberto	López González	M	Kurai	1:10:05.9	Veterano	91	24	8:27.6	91	1:08	1:00.0	37:09.5	87	33,91 Km/h	45.0	22:43.6	4:33
98	93	Manuel	Mariño Lois	M	Ninguno	1:10:07.9	Senior	92	57	9:13.9	131	1:14	1:02.5	36:58.1	81	34,08 Km/h	37.3	22:15.9	4:27



CLASIFICACIÓN ABSOLUTA

PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	EQUIPO	TIEMPO OFICIAL	CATEGORIA	PTO SEXO	PTO CAT	TIEMPO SECTOR 1	PTO SEC 1	RITMO SEC 1	TIEMPO TRAN 1	TIEMPO SECTOR 2	PTO SEC 2	VEL MEDIA	TIEMPO TRAN 2	TIEMPO SECTOR 3	RITMO SEC 3
99	106	Martin	Cespon Peneireiro	M	Club Natacion Riveira	1:10:12.4	Senior	93	58	9:27.6	142	1:16	56.2	37:17.5	91	33,79 Km/h	37.3	21:53.6	4:23
100	215	Jorge	Sieira Hermida	M	Ninguno	1:10:27.9	Sub-23	94	8	9:42.1	147	1:18	1:22.5	40:15.6	137	31,30 Km/h	50.6	18:16.8	3:39
101	69	Sergio	Pérez Treus	M	Ninguno	1:10:37.4	Senior	95	59	8:38.4	97	1:09	56.4	38:53.0	121	32,40 Km/h	40.4	21:29.1	4:18
102	62	Raúl	Corrales Marcos	M	Ninguno	1:10:46.0	Senior	96	60	8:59.5	118	1:12	1:29.0	39:38.3	128	31,79 Km/h	48.4	19:50.6	3:58
103	117	David	Muñiz Dios	M	Artrogal Tri 498	1:10:50.5	Veterano	97	25	8:22.0	88	1:07	1:00.0	36:31.1	73	34,50 Km/h	51.8	24:05.4	4:49
104	25	Adrian	Nieto Lareo	M	Arcade Infor House Santiago	1:11:07.0	Senior	98	61	7:52.6	63	1:03	1:15.0	36:53.5	79	34,16 Km/h	37.9	24:27.7	4:53
105	181	Emilio Jose	Ferreiro Herves	M	Motobike Galaico Pontevedra	1:11:09.8	Veterano	99	26	10:49.8	183	1:27	56.5	37:20.6	92	33,75 Km/h	37.8	21:24.8	4:17
106	120	Miguel David	Fernández García	M	Club Triatlón Riveira	1:11:22.6	Veterano	100	27	7:31.2	43	1:00	55.4	38:41.3	118	32,57 Km/h	50.8	23:23.7	4:41
107	167	Xose	Nercellas Méndez	M	Beariz Triatlon	1:11:36.1	Veterano	101	28	9:21.4	139	1:15	1:37.6	40:27.4	141	31,14 Km/h	54.8	19:14.6	3:51
108	195	Federico	Porto Arias	M	Club Triatlón Coruña	1:11:37.8	Veterano	102	29	9:19.9	137	1:15	1:28.4	38:02.2	108	33,12 Km/h	38.4	22:08.8	4:26
109	198	Carlos	Iglesias	M	Ninguno	1:11:40.1	Veterano	103	30	8:52.1	109	1:11	1:00.0	39:55.0	132	31,56 Km/h	1:00.0	20:52.9	4:10
110	52	Borja	Covelo Pérez	M	Ninguno	1:11:44.5	Senior	104	62	9:56.5	160	1:19	1:41.0	36:53.7	80	34,16 Km/h	43.0	22:30.1	4:30
111	153	José M	Caamaño Monteagudo	M	Arcade Infor House Santiago	1:11:48.5	Veterano	105	31	8:01.5	71	1:04	43.3	38:22.9	111	32,84 Km/h	1:10.0	23:30.6	4:42
112	84	Manuel	Sobral Gonzalez	M	C.D. Pinarium	1:11:56.8	Senior	106	63	11:07.1	186	1:29	1:44.8	38:35.6	115	32,65 Km/h	40.4	19:48.7	3:58
113	32	Alfonso	Agraso Torres	M	Club Btt Triatlón O Treito	1:11:59.1	Senior	107	64	8:45.7	105	1:10	55.1	37:31.1	98	33,58 Km/h	34.3	24:12.6	4:50
114	304	Helena	Lago	F	Arcade Infor House Santiago	1:12:07.4	Senior	7	1	7:42.0	54	1:02	36.9	38:39.4	117	32,60 Km/h	35.9	24:33.1	4:55
115	88	Francisco	Martínez Sanmartín	M	Team Corbelo	1:12:08.2	Senior	108	65	9:01.6	122	1:12	1:27.6	37:09.1	86	33,91 Km/h	49.1	23:40.6	4:44
116	44	Adrián	Campaña Barros	M	Olimpico De Vedra	1:12:18.0	Senior	109	66	6:20.0	18	0:51	53.2	39:47.4	130	31,67 Km/h	46.9	24:30.2	4:54
117	85	Diego	Pazos Rego	M	Ninguno	1:12:23.0	Senior	110	67	6:54.5	29	0:55	1:06.9	40:50.5	150	30,85 Km/h	42.0	22:48.9	4:34
118	75	Gerardo	Calvo López	M	C.C.T. Poio	1:12:25.9	Senior	111	68	8:18.5	83	1:06	1:00.0	37:50.2	101	33,30 Km/h	44.1	24:32.9	4:54
119	302	Olalla	Duro Liñares	F	Artrogal Tri 498	1:12:40.0	Senior	8	2	7:58.5	69	1:04	1:00.0	37:59.3	107	33,17 Km/h	38.5	25:03.5	5:01
120	164	Chema	Fernández Rey	M	Atenas Running Vda - Triatlon Vilagarcia	1:12:55.7	Veterano	112	32	8:57.7	114	1:12	1:00.0	40:17.3	139	31,27 Km/h	42.1	21:58.5	4:24
121	171	Jose Carlos	Rivera Larralde	M	Ninguno	1:13:08.3	Veterano	113	33	10:05.6	167	1:21	1:00.0	38:58.9	122	32,33 Km/h	33.6	22:30.1	4:30
122	305	Cristina	García Marín	F	Triathlon Moto Bike Galaico	1:13:18.1	Senior	9	3	6:34.7	25	0:53	46.3	40:41.6	147	30,97 Km/h	1:00.0	24:15.3	4:51
123	8	Daniel	Loureiro Ameneiros	M	Tri Trail Fonseca	1:13:21.3	Senior	114	69	10:14.4	175	1:22	1:08.9	40:27.4	142	31,14 Km/h	34.2	20:56.1	4:11
124	183	Jose Antonio	Costa Rodriguez	M	Agrupación Atlética Mazí	1:13:26.7	Veterano	115	34	9:52.5	157	1:19	1:36.2	40:17.1	138	31,27 Km/h	41.1	20:59.6	4:12
125	148	Enrique	De La Fuente Santos	M	Ninguno	1:13:36.2	Veterano	116	35	9:15.7	132	1:14	1:20.8	39:18.3	127	32,06 Km/h	39.1	23:02.1	4:36
126	35	Juan Jose	Bello Garcia	M	Ninguno	1:13:39.7	Senior	117	70	9:44.7	149	1:18	1:12.2	38:23.3	112	32,82 Km/h	42.1	23:37.3	4:43
127	157	Jose Benito	Charlin Trigo	M	Atenas Running Vda - Triatlon Vilagarcia	1:14:08.8	Veterano	118	36	9:58.5	163	1:20	1:05.1	39:04.1	125	32,25 Km/h	40.7	23:20.3	4:40
128	206	Fabian	Linares Noya	M	Dubra Team	1:14:16.3	Cadetes	119	2	9:28.6	143	1:16	1:00.0	38:32.1	113	32,69 Km/h	23.1	24:52.3	4:58
129	15	Miguel	Santomil Lapido	M	Ninguno	1:14:21.0	Senior	120	71	9:11.7	129	1:13	1:40.6	40:32.7	144	31,08 Km/h	1:09.9	21:45.9	4:21
130	79	Angel Manuel	Agís Solleiro	M	C.C.T. Poio	1:14:22.8	Senior	121	72	9:01.2	120	1:12	54.0	37:47.6	99	33,34 Km/h	37.8	26:02.1	5:12
131	121	Manuel Alejandro	Porto Mollinedo	M	Artrogal Tri 498	1:14:30.8	Veterano	122	37	8:25.0	89	1:07	1:16.9	39:40.2	129	31,76 Km/h	1:25.2	23:43.3	4:45
132	130	Claudio	Vera Sanmartín	M	C.C.T. Poio	1:14:38.0	Veterano	123	38	9:49.0	152	1:19	1:13.6	39:05.9	126	32,23 Km/h	41.2	23:48.1	4:46
133	56	Miguel	Míguez Meijomil	M	Deportes Cibeira	1:14:40.3	Senior	124	73	9:39.0	146	1:17	1:47.0	41:51.8	157	30,10 Km/h	46.4	20:35.8	4:07
134	168	Manuel	Sanmartín Malvarez	M	Club Triatlón Coruña	1:15:10.5	Veterano	125	39	9:01.5	121	1:12	1:00.0	38:48.0	120	32,47 Km/h	46.7	25:34.3	5:07
135	101	José Manuel	Calero Fernandez	M	Club Btt Triatlón O Treito	1:15:11.3	Senior	126	74	10:08.1	170	1:21	1:21.0	40:04.0	134	31,44 Km/h	1:06.0	22:32.1	4:30
136	134	Gonzalo	Ortiz Alonso	M	Nosportlimit	1:15:20.0	Veterano	127	40	8:21.0	86	1:07	1:59.4	41:03.3	153	30,69 Km/h	45.5	23:10.6	4:38
137	54	Manuel	López Suarez	M	Ninguno	1:15:50.0	Senior	128	75							#¡VALOR!			
138	154	Marcelino	Alvarez González	M	Club Triatlon Bomberos Valladolid	1:15:51.8	Veterano	129	41	9:08.5	127	1:13	2:19.1	40:02.7	133	31,47 Km/h	47.1	23:34.3	4:43
139	87	Emilio	Saborido Fernandez	M	S.D. Barbantia Roda	1:15:59.4	Senior	130	76	10:07.0	169	1:21	1:17.5	40:47.4	148	30,89 Km/h	1:18.6	22:28.6	4:30
140	326	Beatriz	Gómez Cortés	F	Club Triatlón Galaico Motobike	1:16:00.3	Sub-23	10	3	5:29.5	3	0:44	1:00.0	42:57.0	164	29,33 Km/h	49.5	25:44.2	5:09
141	184	Jose Benito	Muñiz Vilar	M	Club Natacion Riveira	1:16:03.6	Veterano	131	42	7:42.4	55	1:02	52.8	39:54.1	131	31,57 Km/h	39.2	26:54.9	5:23
142	33	Alberto	Gonzalez Suarez	M	Kurai	1:16:20.0	Senior	132	77	10:12.6	172	1:22	56.7	40:22.6	140	31,21 Km/h	46.3	24:01.6	4:48
143	23	Adan	Martínez Fernandez	M	Ninguno	1:16:39.0	Senior	133	78	9:03.3	124	1:12	1:38.5	40:06.8	135	31,42 Km/h	1:13.2	24:37.1	4:55
144	185	Jose Manuel	Sampedro Perez	M	Club Natacion Riveira	1:17:03.0	Veterano	134	43	8:57.3	113	1:12	59.3	42:13.6	159	29,84 Km/h	41.9	24:10.7	4:50
145	127	Pablo	Nieto Leis	M	Kurai	1:17:09.4	Veterano	135	44	9:23.2	140	1:15	1:30.4	40:34.0	145	31,05 Km/h	1:03.5	24:38.1	4:56
146	116	Antonio	Dosil Blanco	M	Ninguno	1:17:35.3	Veterano	136	45	8:57.7	115	1:12	1:36.3	40:47.7	149	30,89 Km/h	1:29.0	24:44.4	4:57
147	133	Manolo	Arca Pedrido	M	Artrogal Tri 498	1:17:47.4	Veterano	137	46	11:09.1	187	1:29	1:27.9	40:10.1	136	31,36 Km/h	52.8	24:07.2	4:49



CLASIFICACIÓN ABSOLUTA

PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	EQUIPO	TIEMPO OFICIAL	CATEGORIA	PTO SEXO	PTO CAT	TIEMPO SECTOR 1	PTO SEC 1	RITMO SEC 1	TIEMPO TRAN 1	TIEMPO SECTOR 2	PTO SEC 2	VEL MEDIA	TIEMPO TRAN 2	TIEMPO SECTOR 3	RITMO SEC 3
148	320	Adriana	Pensado Deus	F	Arcade Infor House Santiago	1:17:50.0	Sub-23	11	4	7:37.1	48	1:01	41.0	45:32.3	178	27,67 Km/h	32.4	23:27.0	4:41
149	12	Eloy	Sestayo Seoane	M	Artrogal Tri 498	1:18:00.9	Senior	138	79	11:59.6	191	1:36	1:03.2	40:32.1	143	31,08 Km/h	43.4	23:42.4	4:44
150	39	Juan	Diaz-romeral Ruiz	M	Ninguno	1:18:09.4	Senior	139	80	8:30.0	94	1:08	1:25.8	41:42.7	155	30,21 Km/h	42.7	25:48.1	5:10
151	122	F. Germán	Romero Iglesias	M	Club Btt Triatlón O Treito	1:18:09.4	Veterano	140	47	10:05.7	168	1:21	1:47.3	37:58.3	106	33,18 Km/h	1:08.8	27:09.1	5:26
152	172	Fernando	Filgueira Ponce	M	Ninguno	1:18:09.8	Veterano	141	48	12:30.4	195	1:40	1:00.0	42:14.8	160	29,83 Km/h	59.3	21:25.2	4:17
153	313	Andrea	Iglesias Carballido	F	Tripta Terras De Lugo	1:18:23.5	Senior	12	4	9:57.7	161	1:20	54.3	43:21.5	166	29,06 Km/h	35.4	23:34.4	4:43
154	166	Víctor F.	Díaz Paz	M	Trinorth	1:18:30.8	Veterano	142	49	9:51.9	156	1:19	1:27.9	40:53.1	151	30,81 Km/h	1:11.2	25:06.6	5:01
155	34	Alejandro	Caamaño Lira	M	Ninguno	1:18:39.6	Senior	143	81	7:46.1	58	1:02	52.9	41:55.0	158	30,05 Km/h	40.8	27:24.6	5:29
156	16	Ricardo	Domínguez Gago	M	Artrogal Tri 498	1:18:45.8	Senior	144	82	9:04.5	125	1:13	1:03.8	42:39.9	161	29,54 Km/h	41.8	25:15.5	5:03
157	55	Antonio	Matalobos Bustelo	M	Olimpico De Vedra	1:19:06.8	Senior	145	83	9:49.0	153	1:19	1:41.4	43:04.8	165	29,25 Km/h	36.5	23:54.9	4:47
158	160	Joaquin	Gobzalez Penas	M	Olimpico De Vedra	1:19:15.6	Veterano	146	50	9:56.4	159	1:19	1:00.0	41:46.3	156	30,16 Km/h	49.9	25:42.9	5:08
159	142	Francisco	Fernandez Antelo	M	Club Btt Triatlón O Treito	1:19:29.4	Veterano	147	51	12:16.9	193	1:38	1:00.0	40:36.1	146	31,03 Km/h	59.5	24:36.7	4:55
160	314	Paloma	Herbello Hermelo	F	Arcade Infor House Santiago	1:20:10.0	Veterano	13	2	8:59.3	117	1:12	48.9	45:06.4	175	27,93 Km/h	36.8	24:38.4	4:56
161	186	Domingo	Ferreiro Diaz	M	Monte Penarubia Running Lugo	1:20:24.4	Veterano	148	52	9:54.7	158	1:19	1:28.0	43:26.4	167	29,00 Km/h	59.1	24:36.0	4:55
162	197	Tomás	Tubío Piñeiro	M	Nos Bares Fálase Moito	1:20:33.1	Veterano	149	53	8:35.5	95	1:09	1:45.7	44:44.3	172	28,16 Km/h	44.2	24:43.2	4:57
163	159	Eduard	Franquet Sugañes	M	Ninguno	1:20:36.8	Veterano	150	54	10:01.2	164	1:20	1:28.2	42:50.3	162	29,41 Km/h	50.4	25:26.5	5:05
164	309	Maria Delcarmen	Lorenzo Lodeiro	F	Cidade De Lugo Fluvial	1:20:46.0	Senior	14	5	9:30.5	144	1:16	1:08.6	45:00.4	174	28,00 Km/h	1:01.2	24:05.1	4:49
165	163	Jose Manuel	Quinteiro Gomez	M	Asociación Deportiva Car	1:21:36.0	Veterano	151	55	9:45.7	150	1:18	1:00.0	37:21.5	94	33,73 Km/h	52.9	32:35.8	6:31
166	137	Alejandro	Rodríguez Lorenzo	M	Nosportlimit	1:21:36.9	Veterano	152	56	9:17.1	134	1:14	1:48.2	44:56.8	173	28,04 Km/h	1:00.0	24:34.6	4:55
167	312	Monica	Alarcon Hernandez	F	Nosportlimit	1:22:51.0	Senior	15	6	9:51.4	154	1:19	1:00.0	44:27.1	170	28,34 Km/h	49.6	26:42.8	5:20
168	5	Alberto	Varela Collazo	M	Tri Trail Fonseca	1:23:53.1	Senior	153	84	10:10.4	171	1:21	1:31.2	42:51.0	163	29,40 Km/h	1:08.6	28:11.6	5:38
169	113	Javier	Rey Miranda	M	Tri Trail Fonseca	1:23:53.1	Veterano	154	57	10:12.7	173	1:22	1:02.8	41:41.3	154	30,22 Km/h	1:05.6	29:50.4	5:58
170	306	Sabela	Paz Fraga	F	Ninguno	1:24:00.0	Senior	16	7	10:33.3	182	1:24	1:00.0	48:28.3	185	25,99 Km/h	51.2	23:07.0	4:37
171	212	David	Rascado Dopico	M	Ninguno	1:25:25.7	Sub-23	155	9	10:13.7	174	1:22	1:02.5	45:26.8	177	27,73 Km/h	39.9	28:02.7	5:36
172	158	Jose Antonio	Fernández Blanco	M	Ninguno	1:26:01.0	Veterano	156	58	11:37.2	189	1:33	1:29.4	46:51.1	181	26,89 Km/h	38.9	25:24.2	5:05
173	165	Alvaro	García Dieguez	M	Nosportlimit	1:26:06.0	Veterano	157	59	9:58.0	162	1:20	2:21.2	47:50.4	184	26,34 Km/h	1:32.3	24:23.8	4:53
174	135	Manuel	Lago Moledo	M	Ninguno	1:26:28.0	Veterano	158	60	8:41.0	103	1:09	1:46.7	46:21.7	180	27,18 Km/h	1:04.0	28:34.4	5:43
175	102	José	Márquez Pastor	M	Ninguno	1:26:41.3	Senior	159	85	10:02.6	165	1:20	1:00.0	50:19.0	188	25,04 Km/h	1:14.2	24:05.4	4:49
176	150	Jose	Suarez Nuñez	M	Nosportlimit	1:27:53.8	Veterano	160	61	10:50.4	184	1:27	1:19.8	48:34.5	186	25,94 Km/h	48.9	26:20.0	5:16
177	301	Ana	Ramos Ons	F	Artrogal Tri 498	1:27:57.7	Senior	17	8	11:58.8	190	1:36	1:33.4	46:19.2	179	27,20 Km/h	52.5	27:13.6	5:27
178	155	Jose Francisco	Torres	M	Ninguno	1:28:05.0	Veterano	161	62	11:28.0	188	1:32	1:10.8	51:27.7	190	24,48 Km/h	38.9	23:19.6	4:40
179	144	Manuel	Ra?a Prego	M	Teamelite Raña	1:28:39.4	Veterano	162	63	12:36.5	197	1:41	2:43.3	44:37.6	171	28,24 Km/h	1:03.5	27:38.3	5:32
180	177	Enrique Fernando	Pena Carril	M	Ninguno	1:30:29.5	Veterano	163	64	12:24.2	194	1:39	1:29.6	49:38.4	187	25,38 Km/h	1:26.4	25:30.7	5:06
181	63	Hugo	Doval Barreiro	M	Ninguno	1:30:51.3	Senior	164	86	12:09.1	192	1:37	2:14.2	43:50.4	168	28,74 Km/h	1:04.0	31:33.4	6:19
182	173	Ignacio	Ouviña González	M	Ninguno	1:30:52.0	Veterano	165	65	9:46.3	151	1:18	1:27.7	37:57.8	105	33,20 Km/h	39.8	41:00.3	8:12
183	96	Iago	Muleiro	M	Ninguno	1:34:12.5	Senior	166	87	10:22.7	179	1:23	1:41.7	50:39.4	189	24,87 Km/h	42.5	30:46.0	6:09
184	310	Nuria	García Couceiro	F	Club Atletismo Negreira	1:36:41.8	Senior	18	9	10:55.2	185	1:27	1:00.0	55:08.9	191	22,85 Km/h	38.1	28:59.6	5:48
185	318	Luz	Perez García	F	Ninguno	1:40:37.2	Veterano	19	3	12:35.4	196	1:41	1:43.9	55:32.7	192	22,68 Km/h	53.2	29:51.9	5:58
ABD	29	Antonio	Vilas Gómez	M	Artrogal Tri 498		Senior	0	0	8:19.1	84	1:07	1:06.7	34:19.4	26	36,71 Km/h	41.5		
ABD	58	Pablo	Muñiz Sampedro	M	Artrogal Tri 498		Senior	0	0	6:59.8	30	0:56	35.8	34:52.8	37	36,13 Km/h	27.7		
ABD	73	Alberto	Santos Cea	M	Lamargha Beariz Triatlón		Senior	0	0	9:16.9	133	1:14	1:03.3	38:08.4	110	33,04 Km/h	39.1		
ABD	31	Alberto	Lado Porto	M	Arcade Infor House Santiago		Senior	0	0	8:06.7	73	1:05	1:00.4	38:45.3	119	32,51 Km/h	41.6		
ABD	161	Andres	Faraldo Vallés	M	Ninguno		Veterano	0	0	10:20.3	178	1:23	1:00.0	40:56.0	152	30,78 Km/h	1:09.6		
ABD	182	Emilio	Caeiro Casás	M	Atenas Running Vda - Triatlón Vilagarcía		Veterano	0	0	8:54.9	112	1:11	1:04.8	44:25.6	169	28,36 Km/h	44.0		
ABD	21	David	Fernandez Fornis	M	Artrogal Tri 498		Senior	0	0	9:51.8	155	1:19	1:12.1	47:08.7	182	26,73 Km/h	1:30.4		
ABD	45	Pablo	Duarte	M	Ninguno		Senior	0	0	10:27.2	180	1:24	1:12.7	47:18.6	183	26,63 Km/h	40.5		
ABD	10	Eloy	Martínez	M	Ninguno		Senior	0	0	7:50.5	62	1:03	1:14.6						
ABD	196	Ramón	Fungueiriño Suárez	M	Ninguno		Veterano	0	0	8:52.5	110	1:11	1:33.3						
ABD	119	Xosé Antón	Barreiro Pereira	M	Olimpico De Vedra		Veterano	0	0	9:05.7	126	1:13	59.7						



G.P. TRIATLÓN POBRA DO CARAMIÑAL

PARALELO 42°



CLASIFICACIÓN ABSOLUTA

PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	EQUIPO	TIEMPO OFICIAL	CATEGORIA	PTO SEXO	PTO CAT	TIEMPO SECTOR 1	PTO SEC 1	RITMO SEC 1	TIEMPO TRAN 1	TIEMPO SECTOR 2	PTO SEC 2	VEL MEDIA	TIEMPO TRAN 2	TIEMPO SECTOR 3	RITMO SEC 3
ABD	103	Ramón	Piñeiro Lamas	M	S.D. Barbantia Roda		Senior	0	0	10:02.6	166	1:20	2:53.9						
ABD	192	Andrés	Villaverde Martínez	M	Ninguno		Veterano	0	0	10:15.5	176	1:22	2:38.0						