

# NORTHWEST TRIMAN 2015

## CLASIFICACIÓN

## ABSOLUTA MASCULINA

<b>OFICIAIS</b>		<b>DATA</b> 28/06/2015						
Delegado Técnico		<b>HORA DE PUBLICACION</b> <b>01/07/2015</b> <b>0:16 Horas</b>						
Xuiz Arbitro								
Responsable Oficiais								
<b>COMITE DE APELACIÓN</b>		Inscritos	307	Firma conformidade do Xuiz Arbitro				
		Remataron	265					
		Retirados	15					
		Descalificados	0					
		Non presentados	27					
<b>Distancias</b>								
Natación	3,8	Kms.	Ciclismo	180	Kms.	Carrera	42,2	Kms.

\*NF=Non finalizado;NP=Non presentado; SD=Descalificado

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	189	FERNANDO LUIÑA	INDEPENDIENTE	3	0:55:27	02:18	3	4:53:41	36.77	03:15	8	3:28:31	<b>9:23:10</b>	
2	11	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	17	1:02:35	02:32	4	4:58:03	36.24	01:52	1	3:22:16	<b>9:27:16</b>	0:04:06
3	12	JOSÉ ÁNGEL PENAS TALLÓN	TRINITY TRIATLON	9	1:01:30	01:58	5	4:59:23	36.08	01:38	3	3:25:38	<b>9:30:06</b>	0:06:56
4	133	PEDRO ESCOLANTE BILBAO	TRINITY TRIATLON	20	1:02:42	02:38	8	5:04:59	35.41	01:55	4	3:26:03	<b>9:38:14</b>	0:15:05
5	179	ENRIC RIGAU BAULIDA	CLUB TRIATLON PACENSE	89	1:09:44	03:11	7	5:04:22	35.48	02:23	2	3:24:18	<b>9:43:57</b>	0:20:47
6	214	FERNANDO AIELLO CAÑAS	TRIMAD	99	1:10:40						262	16:50:20	<b>9:49:12</b>	0:26:03
7	26	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COM	63	1:06:34	03:11	14	5:09:43	34.87	02:09	9	3:30:52	<b>9:52:27</b>	0:29:18
8	286	MANOLO GONZALEZ CUEVAS	CLUB NATACIÓ RUBI	19	1:02:40	02:34	13	5:09:31	34.89	02:10	14	3:37:15	<b>9:54:09</b>	0:30:59
9	22	RAMON ARIAS GARCIA	TRIATLON MURALLA LUGO	7	1:00:30	03:04	35	5:21:40	33.58	02:04	10	3:30:57	<b>9:58:13</b>	0:35:04
10	159	RAMÓN VARELA GARCÍA	ARTROGAL-TRI498	12	1:01:41	02:33	18	5:12:37	34.55	02:07	16	3:39:21	<b>9:58:18</b>	0:35:08
11	192	JAVIER DELGADO CALZON	SALTOKI TRIKIDEAK	58	1:06:11	02:44	29	5:19:01	33.85	02:11	11	3:31:38	<b>10:01:43</b>	0:38:33
12	13	LUCIANO JESÚS CARRETERO SANCHEZ	TRINITY TRIATLON	25	1:03:33	01:38	17	5:12:24	34.57	01:07	26	3:49:04	<b>10:07:44</b>	0:44:35
13	14	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	21	1:02:43	03:14	36	5:22:10	33.52	03:08	15	3:39:10	<b>10:10:23</b>	0:47:14
14	149	JORGE RAMOS RAMOS	C.D. TRIAT-ALANDALUS	2	0:55:23	03:06	48	5:25:53	33.14	01:50	22	3:47:17	<b>10:13:28</b>	0:50:19
15	108	DANIEL FERNÁNDEZ CORVO	A.D. SAN ROQUE -VIVEIRO	180	1:17:45	04:20	50	5:26:25	33.09	02:09	5	3:26:25	<b>10:17:02</b>	0:53:53
16	24	JAVIER FERNANDEZ FERNANDEZ	INDEPENDIENTE	152	1:15:25	02:41	21	5:14:04	34.39	02:45	17	3:43:03	<b>10:17:57</b>	0:54:47
17	105	ARTURO GUERRA PARKINSON	LICENCIA DE 1 DIA	65	1:06:39	03:42	25	5:17:49	33.98	02:07	24	3:48:22	<b>10:18:37</b>	0:55:28
18	125	ERNESTO SOBRINO MARFULL	LICENCIA DE 1 DIA	48	1:05:07	05:22	28	5:18:59	33.86	06:12	20	3:46:38	<b>10:22:16</b>	0:59:07
19	154	JOSE RAMON SANCHEZ QUINTELA	NOSPORTLIMIT-TREK GALICIA	175	1:17:09	03:25	65	5:32:06	32.52	01:59	7	3:28:23	<b>10:22:59</b>	0:59:49
20	185	JOSE RIVEIRO NUÑEZ	ARTROGAL-TRI498	53	1:05:14	02:51	11	5:08:41	34.99	02:14	50	4:07:28	<b>10:26:26</b>	1:03:17
21	162	ÁNGEL ROMERO GIL	CLUB TRI401	157	1:15:48	02:58	42	5:23:06	33.43	01:56	19	3:46:14	<b>10:30:00</b>	1:06:50
22	275	SAMUEL CAMILO UBEIRA NOGUERA	TRISPORT SIERRA DE MADRID	60	1:06:26	03:14	38	5:22:24	33.5	02:55	30	3:55:38	<b>10:30:35</b>	1:07:25
23	62	LUIS SÁNCHEZ	C.T. MOTRIL	137	1:13:47	04:03	47	5:25:47	33.15	01:39	25	3:49:04	<b>10:34:17</b>	1:11:07
24	114	JUAN JOSÉ GARCÍA BAUTISTA	TRIATLÓN SIERRA NORTE	34	1:04:45	02:52	9	5:05:13	35.38	02:01	76	4:19:46	<b>10:34:36</b>	1:11:26
25	59	TIAGO MENDES	MOTRINDE - CLUBE DOS GALITOS	36	1:04:48	01:52	33	5:20:28	33.7	01:46	49	4:07:10	<b>10:36:02</b>	1:12:53
26	17	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICIA	70	1:07:06	03:29	66	5:32:27	32.49	02:51	27	3:50:44	<b>10:36:34</b>	1:13:24
27	93	JOSÉ MANUEL MORALES MUÑOZ	C.D. TRIAT-ALANDALUS	39	1:04:54	03:31	46	5:25:21	33.2	02:48	43	4:04:52	<b>10:41:24</b>	1:18:15
28	262	RICARDO ABAD MARTINEZ	C.D. OBERENA	113	1:11:05	08:07	27	5:18:53	33.87	06:25	35	3:59:18	<b>10:43:47</b>	1:20:38
29	28	VICENTE RUBEN JIMENEZ GURREA	NOSPORTLIMIT-TREK GALICIA	90	1:10:06	03:27	136	5:52:23	30.65	02:36	13	3:35:58	<b>10:44:27</b>	1:21:18
30	104	JUAN CARLOS CANDAL DE LA CRUZ	NOSPORTLIMIT-TREK GALICIA	155	1:15:40	03:19	20	5:13:49	34.42	02:45	54	4:08:57	<b>10:44:27</b>	1:21:18
31	15	JAIME VAZQUEZ MEJIDE	CIDADE DE LUGO FLUVIAL	22	1:02:44	02:34	77	5:36:48	32.07	02:02	36	4:00:35	<b>10:44:42</b>	1:21:32
32	157	JOAQUÍN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICIA	188	1:18:39	02:43	22	5:15:59	34.18	04:07	39	4:03:19	<b>10:44:45</b>	1:21:35
33	53	PASTOR ADRIÁN POSE REGUEIRO	NOSPORTLIMIT-TREK GALICIA	23	1:03:13	03:34	58	5:30:17	32.7	01:57	46	4:06:19	<b>10:45:18</b>	1:22:09
34	296	PEDRO NOGUEIRA SILVA	INDEPENDIENTE	119	1:11:30	03:15	74	5:35:31	32.19	01:35	29	3:53:37	<b>10:45:27</b>	1:22:17
35	120	FRANCISCO GUEIMUNDE CABAILEIRO	LICENCIA DE 1 DIA	172	1:16:51	05:01	51	5:26:31	33.08	02:19	32	3:57:00	<b>10:47:39</b>	1:24:30
36	23	BORJA COSTA ROJO	NOSPORTLIMIT-TREK GALICIA	47	1:05:05	02:49	61	5:31:05	32.62	02:50	45	4:06:01	<b>10:47:48</b>	1:24:38
37	36	RUBEN ALVAREZ IGLESIAS	TRIVIGO	61	1:06:30	04:50	26	5:18:38	33.9	02:14	66	4:15:50	<b>10:48:00</b>	1:24:50
38	97	MARCO FERREIRA	MOTRINDE - CLUBE DOS GALITOS	102	1:10:49	02:50	31	5:20:02	33.75	02:54	60	4:12:22	<b>10:48:56</b>	1:25:46
39	79	TIAGO SANTOS	FRATELLI ENDURANCE SPORTS	105	1:10:54						263	17:50:05	<b>10:48:57</b>	1:25:48
40	71	MIGUEL FIGUEIRA NUÑEZ	ARTROGAL-TRI498	4	0:58:24	02:50	12	5:09:15	34.92	02:38	109	4:35:53	<b>10:48:58</b>	1:25:48
41	209	RAUL OVIEDO MORENO	FITNESS SPORT TRIATLON	35	1:04:47	02:55	53	5:27:05	33.02	02:36	59	4:12:01	<b>10:49:23</b>	1:26:13

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
42	280	JUAN CARLOS BARRO ROCHELA	LICENCIA DE 1 DIA	87	1:09:15	03:55	111	5:47:33	31.07	02:14	21	3:46:39	<b>10:49:35</b>	1:26:26
43	180	OSCAR LOPEZ MORENO	C.D. ELEMENTAL IRONNESS	42	1:05:00	04:42	180	6:04:53	29.6	03:12	12	3:31:59	<b>10:49:44</b>	1:26:35
44	297	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	50	1:05:09	03:53	23	5:16:54	34.08	01:43	83	4:22:53	<b>10:50:30</b>	1:27:21
45	126	JESUS MARIA MORON MACIAS	LICENCIA DE 1 DIA	140	1:13:57	04:13	95	5:43:20	31.46	02:26	23	3:47:41	<b>10:51:34</b>	1:28:24
46	27	FERNANDO REGO PÉREZ	INDEPENDIENTE	64	1:06:37	03:05	91	5:42:00	31.58	02:25	33	3:57:32	<b>10:51:37</b>	1:28:27
47	122	ALBERTO RODRIGUEZ ARES	LICENCIA DE 1 DIA	43	1:05:01	04:47	24	5:17:39	34	02:51	81	4:21:28	<b>10:51:45</b>	1:28:36
48	98	DAVID CALZAS ÍNSUA	TRIATLON COSTA DA MORTE	176	1:17:12	04:22	40	5:23:00	33.44	03:09	44	4:04:58	<b>10:52:39</b>	1:29:30
49	216	SANTIAGO GARCIA GONZALEZ	LICENCIA DE 1 DIA	163	1:16:11	06:05	162	5:59:34	30.04	04:16	6	3:28:17	<b>10:54:21</b>	1:31:11
50	70	LUÍS SOUSA	MOTRINDE - CLUB DE DOS GALITOS	122	1:12:16	02:40	49	5:26:18	33.1	02:43	58	4:10:53	<b>10:54:48</b>	1:31:39
51	21	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON	150	1:15:18	03:45	6	5:04:05	35.52	03:55	94	4:28:33	<b>10:55:34</b>	1:32:24
52	66	ISRAEL ESCRIBANO CASTILLO	TRIJOTE	85	1:09:09	04:12	72	5:35:28	32.19	03:07	41	4:04:28	<b>10:56:23</b>	1:33:13
53	30	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	246	1:29:34	04:12	39	5:22:29	33.49	02:28	34	3:57:52	<b>10:56:33</b>	1:33:24
54	132	EUTQUIANO APARICIO MARTINEZ	A.D. SAN ROQUE -VIVEIRO	96	1:10:35	07:22	94	5:43:19	31.46	02:25	28	3:53:06	<b>10:56:45</b>	1:33:36
55	273	LUIS BARBEL FERNANDEZ	A.D.A BOMBEROS DE MADRID	10	1:01:31	03:14	43	5:23:17	33.41	02:03	91	4:26:48	<b>10:56:51</b>	1:33:42
56	261	XOAN SANMARTIN PENA	C.D. KAIROSCORE	138	1:13:51	03:18	41	5:23:03	33.43	03:43	62	4:13:07	<b>10:57:01</b>	1:33:51
57	183	SANTI REMEDIOS GONZALEZ	TRIPTO	56	1:05:24	03:07	54	5:29:01	32.83	03:14	75	4:19:32	<b>11:00:16</b>	1:37:07
58	256	MIGUEL MARTINEZ BASURCO	LICENCIA DE 1 DIA	77	1:08:12	04:32	125	5:49:19	30.92	03:06	31	3:56:40	<b>11:01:47</b>	1:38:38
59	204	FRANCISCO ROMÁN GONZÁLEZ	C.D. TRIAT-ALANDALUS	220	1:24:47	02:59	105	5:45:41	31.24	02:52	18	3:45:38	<b>11:01:55</b>	1:38:45
60	199	EDUARDO RODRIGUEZ NOTARIO	CLUB IBERIA TRIATLON	46	1:05:03	05:10	52	5:27:04	33.02	04:32	79	4:21:02	<b>11:02:50</b>	1:39:41
61	56	ISMAEL GARCÍA CARBALLO	LICENCIA DE 1 DIA	88	1:09:23	03:28	44	5:24:32	33.28	02:39	85	4:23:45	<b>11:03:45</b>	1:40:36
62	161	ALBERTO CAO PENA	LICENCIA DE 1 DIA	69	1:07:03	03:08	114	5:48:01	31.03	02:56	47	4:06:26	<b>11:07:33</b>	1:44:24
63	64	FRANCISCO JAVIER NIETO LÓPEZ	PEGASO H30 TRIATLON	15	1:02:27	03:46	73	5:35:28	32.19	04:14	84	4:23:13	<b>11:09:06</b>	1:45:57
64	33	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	38	1:04:52	02:26	126	5:49:37	30.89	04:25	53	4:08:21	<b>11:09:39</b>	1:46:30
65	113	ANGEL DOS ANJOS SENDON	ARTROGAL-TRI498	18	1:02:39	02:46	15	5:09:45	34.87	02:07	145	4:53:24	<b>11:10:39</b>	1:47:30
66	158	AVELINO CAAMAÑO NIETO	ARTROGAL-TRI498	199	1:19:35	04:16	90	5:41:46	31.6	02:28	38	4:03:15	<b>11:11:19</b>	1:48:09
67	74	JOSE MANUEL AZCONA REVILLA	CLUB DEPORTIVO TRILEON	33	1:04:44	04:10	101	5:44:57	31.31	03:50	63	4:13:47	<b>11:11:26</b>	1:48:17
68	89	ISRAEL PLAZA PACIN	U.C.S.S.REYES	55	1:05:19	02:34	55	5:29:08	32.81	02:53	101	4:31:42	<b>11:11:35</b>	1:48:25
69	80	FRAN GARCIA SEOANE	LICENCIA DE 1 DIA	44	1:05:02	03:25	60	5:30:58	32.63	02:11	98	4:30:03	<b>11:11:37</b>	1:48:28
70	228	JESUS FRANCISCO FERNANDEZ MENESES	CLUB ATLETICO OCLE	207	1:21:36	06:25	76	5:36:05	32.13	03:38	40	4:04:18	<b>11:12:00</b>	1:48:51
71	65	AITOR FRANCO BOUZA	LICENCIA DE 1 DIA	164	1:16:16	03:31	10	5:07:22	35.14	02:03	121	4:42:58	<b>11:12:09</b>	1:49:00
72	25	JOSÉ VICENTE GUZMÁN ARES	TRIATLON ARCADE INFORHOUSE	41	1:04:59	03:27	16	5:11:17	34.7	02:16	138	4:52:08	<b>11:14:05</b>	1:50:56
73	96	LUIS MIGUEL PRIETO TORRES	C.D. TRIAT-ALANDALUS	11	1:01:34	02:04	30	5:19:09	33.84	02:13	132	4:49:53	<b>11:14:52</b>	1:51:42
74	143	FRANCISCO JOSÉ GUILLÁN PAZOS	ARTROGAL-TRI498	26	1:03:36	02:07	19	5:12:40	34.54	02:01	148	4:55:21	<b>11:15:42</b>	1:52:33
75	274	JOSE CARLOS GUDIEL MACHIN	DARKSID3 TRIATLON	111	1:11:04	05:44	128	5:50:35	30.81	03:50	48	4:06:42	<b>11:17:52</b>	1:54:43
76	249	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	59	1:06:18	03:12	117	5:48:32	30.99	01:53	71	4:18:13	<b>11:18:06</b>	1:54:56
77	220	MIGUEL ANGEL ESMORIS GARCÍA	A.D. SAN ROQUE -VIVEIRO	184	1:18:12	04:19	78	5:36:52	32.06	02:37	74	4:19:02	<b>11:21:01</b>	1:57:51
78	128	CARLOS CABRERIZO IZQUIERDO	TRIATLÓN BOMBEROS VALLADOLI	95	1:10:32	05:17	80	5:37:44	31.98	04:38	82	4:22:53	<b>11:21:03</b>	1:57:53
79	37	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	45	1:05:03	03:57	115	5:48:07	31.03	05:03	73	4:18:56	<b>11:21:04</b>	1:57:55
80	31	ROBERTO CARLOS RAMILO CARBALLIDO	LICENCIA DE 1 DIA	108	1:10:57	04:10	122	5:48:47	30.97	02:23	69	4:16:26	<b>11:22:41</b>	1:59:32
81	141	JORGE GARCIA BLANCO	C.D. BIKILA GRANADA	49	1:05:08	03:48	154	5:56:41	30.28	02:47	64	4:15:05	<b>11:23:27</b>	2:00:18
82	233	RAMON HEVIA MORENO	CENTRO ASTURIANO DE OVIEDO	154	1:15:39	03:21	32	5:20:16	33.72	04:13	116	4:41:24	<b>11:24:52</b>	2:01:42
83	198	OSCAR DIAZ SANCHEZ	LICENCIA DE 1 DIA	212	1:23:20	05:54	100	5:44:25	31.36	03:11	52	4:08:15	<b>11:25:03</b>	2:01:54
84	308	MANU BAEZA NAVARRO	CLUB TRIATLON BAEZA , CTB	158	1:15:50	03:07	123	5:48:56	30.95	02:09	65	4:15:06	<b>11:25:06</b>	2:01:57
85	81	ROBERTO RODRIGUEZ RODRIGO	C.D.E.DARKSID3 TRIATLON	32	1:04:40	04:35	181	6:04:59	29.59	03:09	51	4:08:11	<b>11:25:33</b>	2:02:23
86	101	VICTOR GARCIA FERNANDEZ	LICENCIA DE 1 DIA	221	1:24:50	05:04	113	5:47:49	31.05	03:46	42	4:04:42	<b>11:26:08</b>	2:02:59
87	137	LUCAS TUDO SANDES	CLUB TRIATLON CORUÑA	124	1:12:27	03:29	84	5:38:34	31.9	01:55	100	4:30:35	<b>11:26:57</b>	2:03:48
88	166	LLUIS GARCIA PAREDES	CLUB NATACIÓ RUBI	167	1:16:29	03:47	97	5:44:10	31.38	03:06	77	4:20:23	<b>11:27:54</b>	2:04:45
89	298	RICARDO REYERO HERMOSILLA	INDEPENDIENTE	130	1:13:10	05:45	108	5:46:50	31.14	03:31	78	4:20:31	<b>11:29:45</b>	2:06:35
90	75	MARCOS LUNA SANGUINO	CTOA	66	1:06:41	07:00	168	5:59:51	30.01	07:12	56	4:09:52	<b>11:30:34</b>	2:07:25
91	73	CARLOS ÁLVAREZ PEÑA	INDEPENDIENTE	162	1:16:09	03:30	56	5:29:12	32.81	03:04	114	4:40:43	<b>11:32:37</b>	2:09:28
92	77	JUAN GALERA PÉREZ	SOLUTTIA TRIATLON IBI	31	1:04:40	04:34	67	5:33:52	32.35	03:00	127	4:46:47	<b>11:32:50</b>	2:09:40
93	219	FRANCISCO ALEJANDRO PEREDA GUTIÉRR	LICENCIA DE 1 DIA	166	1:16:19	06:19	87	5:39:47	31.79	04:55	90	4:26:15	<b>11:33:33</b>	2:10:24
94	206	FERNANDO SALVADOR	CLUBE FLUVIAL VILACONDENSE	235	1:27:18	04:08	63	5:31:53	32.54	03:24	93	4:27:21	<b>11:34:02</b>	2:10:53
95	160	ANDRES DOMINGUEZ SILVA	CLUB TRIATLON CORUÑA	68	1:06:57	02:38	88	5:40:51	31.69	02:18	122	4:43:00	<b>11:35:42</b>	2:12:33
96	241	MANUEL LEIRACHA VALENTIN	TRIATLÓN FERROL	231	1:26:11	08:18	157	5:57:09	30.24	03:29	37	4:01:04	<b>11:36:08</b>	2:12:59
97	205	MANUEL PEDRE VAZQUEZ	NOSPORTLIMIT-TREK GALICIA	118	1:11:27	04:23	45	5:24:40	33.27	02:38	142	4:53:11	<b>11:36:16</b>	2:13:07
98	237	ROBERTO CAMPOS LORENZO	C.D. TRIATLON BOMBEROS VALLA	28	1:03:48	03:49	124	5:48:59	30.95	02:52	113	4:38:23	<b>11:37:50</b>	2:14:40
99	106	DANIEL CADENAS TORRÓN	CC RIAZOR	185	1:18:24	03:34	79	5:37:11	32.03	03:10	110	4:35:56	<b>11:38:12</b>	2:15:03
100	83	ABRAHAN MACHO TROYANO	TRIMAD	173	1:16:54	04:26	62	5:31:11	32.61	04:25	118	4:41:48	<b>11:38:43</b>	2:15:33
101	184	DANIEL CERNADAS CAMPOS	LICENCIA DE 1 DIA	6	0:58:27	03:40	37	5:22:22	33.5	04:08	183	5:11:09	<b>11:39:44</b>	2:16:34
102	236	ALBERTO FERNANDEZ MUÑIZ	NOSPORTLIMIT-TREK GALICIA	37	1:04:51	03:21	206	6:14:51	28.81	01:55	68	4:16:11	<b>11:41:08</b>	2:17:58
103	196	VITOR ANDRADE	CLUBE FLUVIAL VILACONDENSE	253	1:30:22	06:10	69	5:34:36	32.28	03:33	92	4:27:14	<b>11:41:53</b>	2:18:44
104	200	JOSÉ ALBERTO CARBALLO LOUZA	LEGIOTRI	84	1:09:09	03:52	85	5:39:08	31.85	03:16	129	4:47:11	<b>11:42:33</b>	2:19:23
105	151	DAVID FLOREZ SOTO	LICENCIA DE 1 DIA	211	1:22:52	03:44	161	5:58:53	30.09	04:21	61	4:12:54	<b>11:42:42</b>	2:19:32
106	217	MARCO MACHADO FERNANDES	INDEPENDIENTE	97	1:10:38	06:20	99	5:44:18	31.37	04:29	112	4:37:39	<b>11:43:22</b>	2:20:12

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
107	55	MARTIN LAMEIRO PEREZ	LICENCIA DE 1 DIA	104	1:10:54	03:43	176	6:02:52	29.76	02:46	86	4:24:00	11:44:13	2:21:04
108	69	LUCAS FREIRE LAGE	LICENCIA DE 1 DIA	116	1:11:19	08:22	57	5:30:12	32.71	04:35	136	4:51:33	11:45:59	2:22:50
109	152	ROMÁN DIEZ GEA	INDEPENDIENTE	129	1:13:01	02:57	82	5:38:11	31.94	02:06	133	4:50:23	11:46:36	2:23:26
110	211	RICARDO REOLID SANCHEZ	C.D. TRIAT-ALANDALUS	219	1:24:47	04:42	119	5:48:37	30.98	04:00	89	4:25:38	11:47:42	2:24:33
111	95	JONATAN DIEZ MORAL	LICENCIA DE 1 DIA	125	1:12:33	04:28	174	6:02:27	29.8	04:00	87	4:24:24	11:47:51	2:24:41
112	153	DANIEL CARRERA GALVAN	LICENCIA DE 1 DIA	206	1:21:34	03:45	171	6:01:32	29.87	02:36	72	4:18:55	11:48:19	2:25:09
113	231	OSCAR MARIN ARTECHE	C.D. TRIAT-ALANDALUS	159	1:15:58	05:21	64	5:31:59	32.53	04:15	135	4:51:30	11:49:00	2:25:51
114	242	JOSE MARIA GUEIMUNDE CABALEIRO	LICENCIA DE 1 DIA	170	1:16:47	04:54	118	5:48:34	30.99	03:13	108	4:35:51	11:49:17	2:26:08
115	208	MARTÍN AMARELLE GARCÍA	LICENCIA DE 1 DIA	136	1:13:45	05:24	131	5:51:17	30.75	06:05	103	4:33:53	11:50:21	2:27:12
116	35	JUAN CARLOS BEIRO GONZALEZ	LICENCIA DE 1 DIA	233	1:26:46	03:18	155	5:56:54	30.26	02:49	80	4:21:08	11:50:53	2:27:43
117	235	MANUEL REMESAL GONZALEZ	LICENCIA DE 1 DIA	98	1:10:39	05:29	146	5:55:08	30.41	04:44	107	4:35:46	11:51:45	2:28:35
118	32	HECTOR FERNANDEZ RABANAL	LICENCIA DE 1 DIA	110	1:11:04	04:51	177	6:03:45	29.69	02:48	99	4:30:06	11:52:32	2:29:23
119	16	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI498	76	1:08:11	03:30	68	5:34:29	32.29	02:10	167	5:04:45	11:53:03	2:29:53
120	123	CARLOS ALBERTO PASCUAL MARTOS	AQUASLAVA	264	1:37:59	03:30	166	5:59:48	30.02	02:53	55	4:09:08	11:53:17	2:30:07
121	207	FRANCISCO JAVIER PRADAS CADENAS	CLUB TRIATHLON CÓRDOBA	151	1:15:19	04:33	83	5:38:28	31.91	02:54	144	4:53:21	11:54:33	2:31:23
122	86	RUBÉN PLUMED POLO	LICENCIA DE 1 DIA	193	1:19:05	04:01	200	6:11:40	29.06	04:06	67	4:16:09	11:54:58	2:31:49
123	213	MANUEL ANGEL FROIZ AGUDO	CLUB TRIATHLON LAS ROZAS	16	1:02:30	03:29	86	5:39:30	31.81	03:03	175	5:06:42	11:55:12	2:32:02
124	131	MANUEL ALVAREZ FUENTES	INDEPENDIENTE	168	1:16:31	04:51	152	5:56:11	30.32	03:00	106	4:35:08	11:55:40	2:32:31
125	76	JAVIER MORENO SANZ	CLUB TRIATHLON ONDARRETA ALC	134	1:13:34	07:47	153	5:56:16	30.31	06:50	102	4:33:12	11:57:38	2:34:28
126	124	RUBEN LOPEZ FERNANDEZ	TRIATLÓN FERROL	239	1:28:55	05:34	75	5:35:56	32.15	05:21	120	4:42:04	11:57:47	2:34:37
127	251	PAULO ESTEVES PEREIRA	MOTRINDE - CLUBE DOS GALITOS	5	0:58:25	02:25	59	5:30:58	32.63	02:19	199	5:23:51	11:57:56	2:34:46
128	112	JOSÉ MANUEL PEDROSA MAYO	ARTROGAL-TRI498	143	1:14:53	04:47	96	5:44:05	31.39	02:31	146	4:53:34	11:59:48	2:36:39
129	167	ISMAEL GARCÍA VÁZQUEZ	CLUB OLÍMPICO DE VEDRA	145	1:14:57	03:11	139	5:53:03	30.59	03:15	126	4:45:54	12:00:18	2:37:08
130	317	CARLOS DIEZ FERRER	C.N TERRASSA-CICLES MORENIT	51	1:05:10	04:02	133	5:51:45	30.7	03:47	153	4:55:56	12:00:39	2:37:29
131	68	VICTOR FERNANDEZ MARTIN	C.E. WHERE IS THE LIMIT?	251	1:30:09	09:15	120	5:48:37	30.98	08:12	88	4:24:59	12:01:10	2:38:01
132	148	XOSÉ FERNÁNDEZ SEGURADO	LICENCIA DE 1 DIA	78	1:08:20	05:28	112	5:47:43	31.06	04:17	150	4:55:38	12:01:23	2:38:14
133	288	LUIS CAMPALLO ISACHE	LICENCIA DE 1 DIA	248	1:29:42	03:57	127	5:49:39	30.89	02:51	111	4:37:02	12:03:10	2:40:01
134	168	RICARDO FROIS	LICENCIA DE 1 DIA	24	1:03:14	03:19	109	5:47:01	31.12	02:57	177	5:07:49	12:04:19	2:41:09
135	72	RICARDO TAXA	LICENCIA DE 1 DIA	30	1:04:19	02:41	103	5:45:22	31.27	02:05	181	5:10:50	12:05:16	2:42:06
136	190	ANTÓN LÓPEZ-LEITÓN VEIGA	LICENCIA DE 1 DIA	201	1:19:41	08:13	110	5:47:30	31.08	05:34	125	4:45:15	12:06:11	2:43:01
137	268	CARLOS ANDRÉS RAMÍREZ DUARTE	TRIATLÓN TRES CANTOS	106	1:10:56	04:13	89	5:41:01	31.67	05:50	168	5:05:06	12:07:03	2:43:53
138	144	FÉLIX IVÁN SUÁREZ DÍAZ	TRIPTO	227	1:25:59	04:31	106	5:46:19	31.19	03:40	130	4:47:26	12:07:54	2:44:44
139	142	CARLOS BARCALA PÉREZ	ARTROGAL-TRI498	13	1:02:21	02:43	188	6:06:36	29.46	01:52	159	4:59:04	12:12:34	2:49:25
140	238	ZIGOR JIMENEZ BENITO	ANTXINTXIIKA SERVIMASA	52	1:05:12	05:20	142	5:53:48	30.53	03:42	173	5:05:50	12:13:51	2:50:42
141	150	IVAN TRABALON HIDALGO	LICENCIA DE 1 DIA	54	1:05:18	04:10	70	5:35:01	32.24	02:15	206	5:27:54	12:14:37	2:51:28
142	247	MARCELINO ACUÑA ARTIME	CENTRO ASTURIANO DE OVIEDO	29	1:03:49	04:18	81	5:37:47	31.97	05:00	200	5:24:05	12:14:57	2:51:47
143	119	MIGUEL NOVO FERNANDEZ	LICENCIA DE 1 DIA	148	1:15:13	06:06	217	6:21:14	28.33	03:52	95	4:28:37	12:15:01	2:51:52
144	222	OSCAR AYLÓN AGEA	LICENCIA DE 1 DIA	192	1:19:01	08:09	222	6:24:10	28.11	06:41	70	4:17:07	12:15:06	2:51:57
145	177	JAVIER MARTIN ALVAREZ	CLUB NATACIÓN PONTEAREAS	141	1:14:02	03:09	194	6:09:28	29.23	03:31	124	4:45:10	12:15:18	2:52:08
146	18	JAVIER VILA PORTO	CLUB NATACIÓN PONTEAREAS	80	1:08:26	03:29	147	5:55:10	30.41	03:04	170	5:05:10	12:15:18	2:52:09
147	307	GERMAN JULIAN BARROS	C.D. TRIAT-ALANDALUS	149	1:15:15	03:47	135	5:52:04	30.68	02:40	165	5:02:20	12:16:03	2:52:54
148	54	GUILLERMO GIMENEZ FERREIRO	LICENCIA DE 1 DIA	210	1:22:08	03:19	187	6:06:36	29.46	04:03	115	4:40:58	12:17:02	2:53:53
149	48	SERGIO DEL ARCO MARQUIZ	CLUB OLÍMPICO DE VEDRA	232	1:26:33	02:54	107	5:46:22	31.18	03:30	157	4:58:00	12:17:18	2:54:08
150	45	FAUSTINO BLANCO MANCEBO	C.D. TRIATHLON BIERZO	160	1:16:02	06:40	193	6:09:19	29.24	04:22	117	4:41:43	12:18:04	2:54:54
151	195	NUNO MARIO ALMEIDA FONSECA	INDEPENDIENTE	169	1:16:45	03:48	98	5:44:11	31.38	03:36	184	5:11:10	12:19:28	2:56:19
152	255	CHRISTOPHE FERREIRA	CLUBE FLUVIAL VILACONDENSE	261	1:32:40	04:47	129	5:50:54	30.78	04:28	128	4:46:53	12:19:39	2:56:30
153	136	JOSÉ MANUEL TURNES CORDEIRO	NOSPORTLIMIT-TREK GALICIA	236	1:27:28	05:32	192	6:09:07	29.26	03:55	105	4:34:02	12:20:03	2:56:53
154	155	LUIS ALBERTO GALLARDO PEREZ	LICENCIA DE 1 DIA	112	1:11:04	07:55	132	5:51:17	30.75	04:33	172	5:05:41	12:20:29	2:57:19
155	163	PEDRO MIGUEL GUEDES DOS SANTOS	LICENCIA DE 1 DIA	217	1:24:08	04:19	148	5:55:15	30.4	03:28	147	4:53:47	12:20:56	2:57:47
156	248	ANDRÉ LUIZ GOMES DE MACEDO	TRI OURENSE	57	1:06:00	02:33	151	5:56:01	30.34	03:45	186	5:13:13	12:21:29	2:58:20
157	100	MIGUEL ANGEL AIELLO CAÑAS	LICENCIA DE 1 DIA	182	1:17:58	05:36	251	6:44:55	26.67	03:11	57	4:10:45	12:22:23	2:59:14
158	271	MIGUEL LAMELA MÉNDEZ	LICENCIA DE 1 DIA	237	1:27:50	07:43	163	5:59:37	30.03	05:32	119	4:41:53	12:22:34	2:59:24
159	202	EDUARDO FILIPE AMARO FERREIRA	CLUBE MILLENNIUM BCP	255	1:31:25	05:48	104	5:45:37	31.25	04:07	156	4:57:40	12:24:34	3:01:25
160	111	JOSÉ MARÍA PILAR FERNÁNDEZ	LICENCIA DE 1 DIA	101	1:10:46	06:10	196	6:10:05	29.18	05:00	143	4:53:14	12:25:14	3:02:04
161	260	FRANCISCO NAVARRO LARROSA	LA APARECIDA C.D.	183	1:17:59	05:28	116	5:48:11	31.02	04:55	178	5:09:17	12:25:47	3:02:38
162	181	JESÚS RODIL PATRICIO	CLUB ATLETICO OCLE								264	19:27:48	12:26:40	3:03:31
163	92	SANTIAGO IGLESIAS MARTIN	LICENCIA DE 1 DIA	86	1:09:13	04:36	143	5:54:14	30.49	04:21	188	5:14:39	12:27:01	3:03:52
164	19	IVAN LOPEZ NOVO	NOSPORTLIMIT-TREK GALICIA	74	1:07:56	03:33	179	6:04:31	29.63	05:31	176	5:06:55	12:28:25	3:05:15
165	191	ADOLFO PÉREZ URIONDO	LICENCIA DE 1 DIA	83	1:08:52	03:24	164	5:59:47	30.02	04:28	185	5:12:55	12:29:22	3:06:13
166	41	ISAAC FRAGOSO PEREZ	NOSPORTLIMIT-TREK GALICIA	230	1:26:10	04:03	178	6:04:22	29.64	03:35	137	4:52:01	12:30:09	3:07:00
167	218	ISMAEL GIL FERNANDEZ	ATLETIC SAN SEBASTIA	14	1:02:26	05:42	121	5:48:44	30.97	05:25	207	5:28:01	12:30:16	3:07:06
168	46	OSCAR BERNÁRDEZ LOSADA	TRIATHLON MURALLA LUGO	229	1:26:04	07:59	93	5:42:53	31.5	08:28	171	5:05:41	12:31:04	3:07:55
169	110	JAVIER SAN MIGUEL ORÚS	TRIATLÓN CIERZO	234	1:26:55	05:54	144	5:54:33	30.46	04:25	162	5:00:04	12:31:49	3:08:39
170	39	JUAN MÉNDEZ LÓPEZ	TRISADA	127	1:12:54	03:12	140	5:53:16	30.57	02:23	194	5:20:08	12:31:50	3:08:40
171	51	FRANCISCO ÁLVAREZ VÁZQUEZ	LICENCIA DE 1 DIA	174	1:16:57	04:36	203	6:12:40	28.98	04:11	152	4:55:47	12:34:09	3:10:59

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
172	305	JUAN ROMAN LUNA LUNA	COREBO	195	1:19:20	04:57	195	6:10:00	29.19	04:25	151	4:55:42	<b>12:34:21</b>	3:11:12
173	266	CELSO SUÁREZ FERNANDEZ	TRINITY TRIATLON	202	1:19:53	05:41	102	5:45:07	31.29	04:58	193	5:19:14	<b>12:34:51</b>	3:11:41
174	34	DAVID NOVO MARTÍNEZ	ARTROGAL-TRI498	190	1:18:51	08:04	228	6:27:29	27.87	06:54	104	4:34:01	<b>12:35:17</b>	3:12:07
175	293	ÁNGEL JAVIER GARCÍA SÁNCHEZ	CLUB TRIATLON OVIEDO	94	1:10:27	04:43	158	5:58:31	30.13	02:26	197	5:21:27	<b>12:37:33</b>	3:14:23
176	309	JOSE IGNACIO RECIO SANCHEZ	DARKSID3 TRIATLON	194	1:19:12	04:59	209	6:17:53	28.58	06:01	134	4:50:37	<b>12:38:40</b>	3:15:30
177	229	PABLO MIGUEZ LOPEZ	LICENCIA DE 1 DIA	117	1:11:21	05:47	255	6:49:41	26.36	04:03	97	4:29:33	<b>12:40:23</b>	3:17:14
178	295	NEVILLE SUZMAN	LICENCIA DE 1 DIA	187	1:18:38	09:29	198	6:10:42	29.13	11:32	140	4:52:23	<b>12:42:42</b>	3:19:32
179	313	DANIEL SERRANO GARCIA	A.D. COREBO	142	1:14:15	09:51	205	6:14:45	28.82	06:55	155	4:57:36	<b>12:43:20</b>	3:20:11
180	88	ÁLVARO FERNÁNDEZ MUÑOZ	CLUB TRIATLON ONDARRETA ALC	123	1:12:23	07:32	202	6:12:07	29.02	06:05	174	5:06:23	<b>12:44:29</b>	3:21:19
181	127	JAVIER SANCHEZ NICOLAS	BCN MADRID	107	1:10:56	05:01	230	6:27:41	27.86	07:12	149	4:55:29	<b>12:46:17</b>	3:23:08
182	49	ROMAN SANCHEZ FERNANDEZ	TRISADA	139	1:13:55	02:57	150	5:55:44	30.36	03:01	210	5:31:28	<b>12:47:03</b>	3:23:53
183	291	JOSE LUIS LOPEZ PINEDO	CLUB NATACIÓ RUBI	126	1:12:36	04:28	186	6:06:29	29.47	04:09	196	5:20:19	<b>12:47:58</b>	3:24:49
184	115	JORGE LEAL	MOTRINDE - CLUBE DOS GALITOS	205	1:21:32	04:30	216	6:21:07	28.34	02:48	160	4:59:13	<b>12:49:08</b>	3:25:59
185	284	JOSE LUIS ARROYO GONZALEZ	LICENCIA DE 1 DIA	252	1:30:14	07:10	220	6:22:56	28.2	05:46	123	4:43:21	<b>12:49:26</b>	3:26:16
186	234	ENRIQUE ETXEBARRIA BILBAO	LICENCIA DE 1 DIA	82	1:08:43	07:11	130	5:50:58	30.77	04:30	226	5:38:50	<b>12:50:11</b>	3:27:01
187	40	ALBERTO SOUTO PAEZ	INDEPENDIENTE	132	1:13:27	05:11	71	5:35:10	32.22	04:41	240	5:51:44	<b>12:50:11</b>	3:27:01
188	57	IKER GIL MIGUELIZ	INDEPENDIENTE	254	1:30:36	05:09	145	5:54:37	30.46	06:30	191	5:15:26	<b>12:52:15</b>	3:29:06
189	279	FRANCISCO VACA DE LA MOTA	A.D. COREBO	208	1:21:36	07:13	182	6:05:18	29.57	07:18	182	5:10:59	<b>12:52:22</b>	3:29:13
190	302	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	131	1:13:20	03:40	156	5:56:57	30.26	02:53	221	5:37:20	<b>12:54:08</b>	3:30:58
191	29	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA	161	1:16:05	02:26	159	5:58:33	30.12	02:04	218	5:35:19	<b>12:54:26</b>	3:31:16
192	239	LUIS ALBERTO BUGUEIRO GONZÁLEZ	TRI OURENSE	165	1:16:18	06:39	219	6:22:32	28.23	04:41	166	5:04:27	<b>12:54:35</b>	3:31:26
193	42	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICIA	171	1:16:50	05:05	207	6:14:52	28.81	02:57	190	5:15:13	<b>12:54:55</b>	3:31:46
194	281	ENRIQUE LUIS ALVAREZ ESTEVEZ	NOSPORTLIMIT-TREK GALICIA	191	1:19:00	03:47	138	5:52:52	30.61	02:07	225	5:38:48	<b>12:56:32</b>	3:33:23
195	169	PEDRO BRANDAO	LICENCIA DE 1 DIA	71	1:07:13	04:46	134	5:52:02	30.68	03:47	239	5:50:41	<b>12:58:27</b>	3:35:17
196	223	LUIS BERNARDO DUARTE DE MATOS FARIA	CLUBE MILLENNIUM BCP	115	1:11:16	06:10	183	6:05:25	29.56	03:58	211	5:31:57	<b>12:58:44</b>	3:35:35
197	85	ALVARO FRANCISCO MANZANO ARENAS	TRIATLON NAZARI								265	20:00:08	<b>12:59:00</b>	3:35:51
198	277	ERNESTO MENDIETA GARROTE	INDEPENDIENTE	103	1:10:53	08:23	211	6:19:57	28.43	09:39	180	5:10:38	<b>12:59:29</b>	3:36:19
199	215	JULIO GONZÁLEZ DIÉGUEZ	LICENCIA DE 1 DIA	79	1:08:25	05:36	173	6:02:10	29.82	05:38	227	5:39:01	<b>13:00:48</b>	3:37:39
200	201	ROBERTO CID SANMARTIN	CLUB TRIATLON CORUÑA	189	1:18:45	08:32	232	6:28:32	27.8	09:30	161	4:59:34	<b>13:04:51</b>	3:41:42
201	289	CARLOS PEREIRA	LICENCIA DE 1 DIA	144	1:14:54	05:31	256	6:51:21	26.26	02:28	141	4:52:26	<b>13:06:39</b>	3:43:30
202	99	ALEJANDRO GARCIA DELGADO	LICENCIA DE 1 DIA	62	1:06:33	08:39	137	5:52:37	30.63	05:27	244	5:56:48	<b>13:10:03</b>	3:46:53
203	44	JUAN MANUEL MIRA IGLESIAS	ARTROGAL-TRI498	203	1:20:33	06:13	175	6:02:50	29.77	11:47	96	4:28:50	<b>13:10:10</b>	3:47:01
204	304	AGUSTÍN RISUEÑO MARTÍN	TRIATLÓN SALAMANCA	242	1:29:16	04:35	167	5:59:51	30.01	01:53	217	5:34:56	<b>13:10:29</b>	3:47:20
205	171	MANUEL ALVAREZ DE PIQUER	LICENCIA DE 1 DIA	73	1:07:53	07:07	210	6:19:30	28.46	04:25	212	5:32:23	<b>13:11:17</b>	3:48:07
206	224	PEDRO MIGUEL ALONSO	LICENCIA DE 1 DIA	133	1:13:32					36:20	224	5:38:42	<b>13:13:53</b>	3:50:44
207	139	CRISTÓBAL RODIL PATRICIO	AXA AGENCIA GARRIGA-BEARIZ T	247	1:29:38	05:47	197	6:10:10	29.18	04:57	198	5:23:37	<b>13:14:07</b>	3:50:57
208	84	HUGO LAFUENTE GÓMEZ	LICENCIA DE 1 DIA	75	1:07:59	03:39	165	5:59:48	30.02	03:50	245	5:59:25	<b>13:14:39</b>	3:51:29
209	135	ALVARO CIMARRAS IGLESIAS	LICENCIA DE 1 DIA	120	1:11:59	04:10	204	6:13:10	28.94	03:19	229	5:42:31	<b>13:15:08</b>	3:51:59
210	91	PEDRO VENTURA	CLUBE FLUVIAL VILACONDENSE	258	1:31:31	03:53	247	6:41:36	26.89	02:40	154	4:57:07	<b>13:16:44</b>	3:53:35
211	147	CARLOS MIGUEL FIDALGO RODRIGUEZ	LICENCIA DE 1 DIA	263	1:35:57	04:30	172	6:02:05	29.83	06:07	209	5:29:19	<b>13:17:56</b>	3:54:46
212	212	JOSE SUAREZ	LICENCIA DE 1 DIA	216	1:24:07	06:53	233	6:28:48	27.78	05:16	187	5:13:35	<b>13:18:36</b>	3:55:27
213	156	PABLO INSUA PEDROSA	ARTROGAL-TRI498	250	1:29:53	03:19	169	6:00:44	29.94	03:02	228	5:42:20	<b>13:19:16</b>	3:56:07
214	287	IGNACIO OUVIÑA GONZALEZ	ARTROGAL-TRI498	197	1:19:31	04:17	189	6:06:54	29.44	04:54	231	5:43:42	<b>13:19:17</b>	3:56:07
215	197	CÉSAR SANMARTÍN ABÁN	LICENCIA DE 1 DIA	114	1:11:14	07:43	221	6:23:29	28.16	04:30	213	5:32:49	<b>13:19:43</b>	3:56:34
216	164	IGNACIO RAMIREZ GONZALEZ	TRIATLON LUGONES	135	1:13:44	08:27	184	6:06:00	29.51	08:01	232	5:43:43	<b>13:19:53</b>	3:56:44
217	102	RAFAEL FERNÁNDEZ SÁNCHEZ	A.D. COREBO	186	1:18:31	08:26	190	6:07:05	29.42	09:37	219	5:36:24	<b>13:20:01</b>	3:56:52
218	188	IVAN COCA TORRES	ENCINAS DE BOADILLA	91	1:10:12	04:18	141	5:53:27	30.56	03:20	249	6:10:01	<b>13:21:15</b>	3:58:06
219	290	GONZALO DE CASTRO PARGA	LICENCIA DE 1 DIA	262	1:34:05	08:07	235	6:30:29	27.66	09:33	163	5:00:35	<b>13:22:47</b>	3:59:37
220	226	JOSE JAVIER IGLESIAS PEREIRA	LICENCIA DE 1 DIA	268	1:45:41	05:29	238	6:31:22	27.6	02:26	158	4:58:43	<b>13:23:39</b>	4:00:30
221	311	RICARDO VICENTE CORREDERA	LICENCIA DE 1 DIA	245	1:29:32	10:42	215	6:20:40	28.37	08:08	189	5:14:39	<b>13:23:39</b>	4:00:30
222	87	CELSO ALONSO GONZÁLEZ	LICENCIA DE 1 DIA	215	1:24:06	07:15	212	6:20:00	28.42	06:16	205	5:27:41	<b>13:25:17</b>	4:02:07
223	43	JOSÉ PARDO VÁZQUEZ	NOSPORTLIMIT-TREK GALICIA	146	1:14:57	07:14	191	6:09:07	29.26	06:29	237	5:48:30	<b>13:26:15</b>	4:03:05
224	270	ANDREA GRIFFINI	NOSPORTLIMIT-TREK GALICIA	92	1:10:19	05:34	201	6:12:02	29.03	05:02	242	5:53:21	<b>13:26:16</b>	4:03:06
225	292	JUAN MANUEL LOPEZ GOMEZ	LICENCIA DE 1 DIA	228	1:26:00	07:56	239	6:31:30	27.59	05:26	192	5:16:06	<b>13:26:57</b>	4:03:47
226	203	JOSE ANTONIO RUBIO GARCIA	X3M MAJADAHONDA	27	1:03:44	04:20	243	6:37:18	27.18	07:35	216	5:34:15	<b>13:27:10</b>	4:04:00
227	232	VITOR COELHO	RUNNING TEAM LANTEMIL	238	1:28:09	05:44	214	6:20:30	28.38	06:52	202	5:26:31	<b>13:27:44</b>	4:04:34
228	312	JOSE MANUEL SUAREZ MURIAS	CENTRO ASTURIANO DE OVIEDO	241	1:29:14	07:23	258	6:57:52	25.85	05:08	131	4:48:15	<b>13:27:50</b>	4:04:40
229	38	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	1	0:54:45	06:43	226	6:25:46	28	05:57	243	5:56:45	<b>13:29:55</b>	4:06:45
230	259	GENE PEDRUEZA FUNCIA	TRIRUNNERS	198	1:19:33	06:31	245	6:38:47	27.08	03:38	204	5:27:23	<b>13:35:51</b>	4:12:42
231	116	SERGIO MONTEAGUDO RODRIGUEZ	CLUB TRIATLON CORUÑA	147	1:14:58	07:43	253	6:47:28	26.51	03:42	201	5:25:09	<b>13:38:58</b>	4:15:48
232	94	LUIS JAVIER ARENAS DOMINGO	LICENCIA DE 1 DIA	81	1:08:39	07:08	267	7:28:27	24.08	02:49	139	4:52:17	<b>13:39:18</b>	4:16:08
233	146	PAULO JORGE LOPES SOARES	LICENCIA DE 1 DIA	269	1:47:42	07:07	248	6:42:03	26.86	03:00	164	5:01:48	<b>13:41:38</b>	4:18:28
234	272	PABLO TEJJEIRO LÓPEZ	CLUB TRIATLON CORUÑA	256	1:31:27	04:51	236	6:30:35	27.65	02:14	214	5:33:50	<b>13:42:54</b>	4:19:45
235	254	ELOY MADERO ANTON	LICENCIA DE 1 DIA	213	1:23:22	06:49	160	5:58:35	30.12	04:11	250	6:10:19	<b>13:43:13</b>	4:20:04
236	194	CELESTINO MATO PEON	ARTROGAL-TRI498	225	1:25:19	05:53	240	6:31:44	27.57	02:11	222	5:38:18	<b>13:43:23</b>	4:20:13

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
237	20	JACOBO A. SANCHEZ-BÁLGOMA Y LÓPEZ	NOSPORTLIMIT-TREK GALICIA	196	1:19:21	03:29	242	6:37:14	27.19	03:02	230	5:43:10	<b>13:46:14</b>	4:23:05
238	285	JOSÉ CARLOS ÁLVAREZ DE LA IGLESIA	BEARIZ TRIATLON	271	1:50:02	04:30	218	6:21:37	28.3	04:22	203	5:26:44	<b>13:47:13</b>	4:24:03
239	252	CARLOS SILVA	LICENCIA DE 1 DIA	267	1:42:56	04:15	213	6:20:19	28.4	02:54	223	5:38:23	<b>13:48:45</b>	4:25:36
240	145	RAFAEL RODRIGUEZ GONZALEZ	LICENCIA DE 1 DIA	100	1:10:42	08:49	241	6:32:56	27.49	11:53	234	5:44:34	<b>13:48:53</b>	4:25:44
241	257	EDUARDO MANUEL REALES CARBONERO	TRIXNA	200	1:19:38	06:11	259	6:58:04	25.83	04:58	195	5:20:16	<b>13:49:06</b>	4:25:57
242	130	MIGUEL ANTONIO CASTRO VAZQUEZ	LICENCIA DE 1 DIA	153	1:15:37	07:08	250	6:44:37	26.69	05:16	220	5:37:16	<b>13:49:52</b>	4:26:43
243	240	PEDRO PRATAS	LICENCIA DE 1 DIA	270	1:47:45	09:33	254	6:48:05	26.47	05:56	169	5:05:07	<b>13:56:25</b>	4:33:15
244	82	ADRIAN COLLADOS	IVECO-FANDOS TURIA EXTREME	223	1:25:13	05:56	252	6:46:19	26.58	05:49	215	5:34:05	<b>13:57:20</b>	4:34:11
245	294	ENRIC ALMIÑANA	SDB	214	1:24:04	11:18	264	7:08:54	25.18	08:17	179	5:09:29	<b>14:02:01</b>	4:38:51
246	314	LUIS JAVIER ARENAS VILLARROEL	LICENCIA DE 1 DIA	177	1:17:15	09:31				42:44	208	5:28:08	<b>14:09:44</b>	4:46:34
247	186	RUBÉN SARABIA PÉREZ	SOLUTIA TRIATLON IBI	156	1:15:47	04:37	224	6:24:41	28.08	03:49	256	6:21:31	<b>14:10:23</b>	4:47:14
248	107	ALEJANDRO LÓPEZ VEGA	TRIATLON ATLETI	224	1:25:13	04:43	223	6:24:30	28.09	05:42	252	6:11:03	<b>14:11:09</b>	4:47:59
249	258	ANTONIO VIRGILI RODRIGUEZ	CENTRO ASTURIANO DE OVIEDO	181	1:17:58	08:57	246	6:40:12	26.99	08:28	246	5:59:29	<b>14:15:03</b>	4:51:53
250	173	LUIS FERNÁNDEZ DE VERA	LICENCIA DE 1 DIA	121	1:12:08	06:54	225	6:24:57	28.06	06:24	258	6:27:42	<b>14:18:04</b>	4:54:54
251	193	JAVIER MARTIN MARTIN	PERSONAL RUNNING TRIATLON	265	1:40:52	06:07	244	6:38:13	27.12	04:49	241	5:53:04	<b>14:23:04</b>	4:59:55
252	278	ANTONIO URBANO MARTÍNEZ	LICENCIA DE 1 DIA	260	1:32:18	04:43	260	6:58:33	25.8	03:55	233	5:44:33	<b>14:24:00</b>	5:00:50
253	61	IOSU GANUZA RODRÍGUEZ	LICENCIA DE 1 DIA	259	1:31:59	13:15	237	6:30:37	27.65	04:50	254	6:12:36	<b>14:33:16</b>	5:10:06
254	303	MANUEL CARLOS HEREDIA GARCIA	C.D. TRIAT-ALANDALUS	222	1:25:03	08:28	227	6:26:48	27.92	08:38	257	6:24:40	<b>14:33:35</b>	5:10:25
255	264	HERMANN HEINRICHS ROSON	LICENCIA DE 1 DIA	128	1:12:56	13:34	257	6:54:30	26.06	09:00	248	6:05:11	<b>14:35:09</b>	5:11:59
256	172	FRANCISCO FELICES BARCIA	LICENCIA DE 1 DIA			16:41	208	6:15:00	28.8	04:38	261	7:01:45	<b>14:36:53</b>	5:13:44
257	283	MARCO ANTONIO LOPEZ FRANCO	NOSPORTLIMIT-TREK GALICIA	218	1:24:19	16:23	234	6:29:13	27.75	13:12	255	6:17:12	<b>14:40:17</b>	5:17:07
258	301	MODESTO RODRIGUEZ OTERO	AXA AGENCIA GARRIGA-BEARIZ T	275	2:06:52	09:39	249	6:43:20	26.78	04:56	236	5:48:11	<b>14:52:56</b>	5:29:47
259	250	JUAN JOSE PITA FRAGOSO	LICENCIA DE 1 DIA	249	1:29:52	10:00	261	7:03:03	25.53	07:22	247	6:03:03	<b>14:53:18</b>	5:30:09
260	175	NUNO SOUSA	LICENCIA DE 1 DIA	257	1:31:30	06:13	265	7:15:54	24.78	04:27	253	6:11:34	<b>15:09:36</b>	5:46:27
261	246	MANUEL CASTILLO MARTIN	INDEPENDIENTE	243	1:29:19	09:26	262	7:03:23	25.51	06:50	259	6:30:45	<b>15:19:41</b>	5:56:31
262	230	JOSE LUIS FERNANDEZ SANCHEZ	LICENCIA DE 1 DIA	72	1:07:25	08:45	263	7:06:08	25.34	04:59	260	6:56:10	<b>15:23:26</b>	6:00:16
263	276	VITOR GOMES	CLUBE MILLENNIUM BCP	272	1:54:45	12:35	270	7:40:50	23.44	06:57	235	5:45:00	<b>15:40:05</b>	6:16:55
264	315	BERNARD BERGE	LICENCIA DE 1 DIA	273	2:00:58	09:16	268	7:34:03	23.79	09:25	238	5:48:36	<b>15:42:17</b>	6:19:07
265	299	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	274	2:03:06	13:32	269	7:37:33	23.6	07:25	251	6:10:44	<b>16:12:17</b>	6:49:08
NF	103	JUAN FRANCISCO BALSERA MERINO	LICENCIA DE 1 DIA	109	1:11:00	05:34	199	6:10:49	29.13					
NF	170	JUAN JESUS PORRAS PORTALES	C.D. TRIAT-ALANDALUS	179	1:17:28	06:58	229	6:27:38	27.86	10:10				
NF	58	GILBERTO TORREALBA	LICENCIA DE 1 DIA											
NF	221	MANUEL LÓPEZ CARBALLEIRA	TRINITY TRIATLON	244	1:29:29	05:04	170	6:00:55	29.92	01:57				
NF	243	DAVID CARBALLO URSA	LICENCIA DE 1 DIA	178	1:17:18	06:46	1	3:43:35	48.31					
NF	253	JUAN RAMON CARBO ORTIZ	LICENCIA DE 1 DIA	93	1:10:25	04:44	185	6:06:21	29.48	02:49				
NF	109	DANIEL PASCUAL ANGUIA	C.D. NATACION MALAGA	240	1:29:09	05:04	231	6:27:59	27.84					
NF	78	MIGUEL MONDELO FEIJOO	LICENCIA DE 1 DIA											
NF	50	JORGE MÉNDEZ ABONJO	CLUB ATLETISMO PORRIÑO	226	1:25:26	03:43								
NF	134	RUBEN DIAZ FRANCO	NOSPORTLIMIT-TREK GALICIA	67	1:06:54	03:59	92	5:42:46	31.51	02:31				
NF	138	MANUEL JESUS FERNANDEZ GONZALEZ	LICENCIA DE 1 DIA	40	1:04:54	03:59								
NF	140	JOSE LUIS FERNANDEZ ARIAS	LICENCIA DE 1 DIA	204	1:20:53	10:46	266	7:22:21	24.42	08:28				
NF	47	DANIEL LOPEZ RODRIGUEZ	X3M	209	1:21:37	05:13	149	5:55:39	30.37	03:29				
NF	174	JORGE PABLO RUIZ DE OÑA CRESPO	PILOÑA.DEPORTE	266	1:42:09	04:44	34	5:21:40	33.58	06:29				
NF	187	PABLO ISRAEL RODRIGUEZ LOPEZ	LICENCIA DE 1 DIA	8	1:01:08	02:29	2	3:57:56	45.39					
NP	121	DIEGO RODRIGUEZ ALVAREZ	C.T. BICIS PINA-SOLISS-TRITOLED											
NP	182	JORGE GARCIA ZAS	NOSPORTLIMIT-TREK GALICIA											
NP	269	PEDRO DE CASTRO GARCIA	LICENCIA DE 1 DIA											
NP	118	ANTONIO JESUS GONZALEZ BARRERA	C.T. MORON											
NP	117	EDUARDO ALCAIDE GARCIA	TRIATLÓN SIERRA NORTE											
NP	176	JORGE CASAL ANTÓN	LICENCIA DE 1 DIA											
NP	210	ISIDRO SILVEIRA REY	LICENCIA DE 1 DIA											
NP	245	PEDRO BERNABE VALERA	PEGASO											
NP	165	IVAN MARCOS ALVAREZ	LICENCIA DE 1 DIA											
NP	310	JOSE MANUEL PERNAS VAZQUEZ	A.D. SAN ROQUE -VIVEIRO											
NP	129	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICIA											
NP	244	MANUEL MONASTERIO PACHECO	TRIONIX											
NP	63	MARIO LIÑAYO HERMO	LICENCIA DE 1 DIA											
NP	9	SIN DATOS DEL DORSAL 9												
NP	90	GUILLERMO COUCE CARO	LICENCIA DE 1 DIA											
NP	316	RAMON COUCE SEIJAS	CLUB TRIATLONCIEN											
NP	300	JOSÉ ANTONIO SAAVEDRA PAZOS	LICENCIA DE 1 DIA											
NP	227	ANTONIO VILLANUEVA GONZÁLEZ	CLUB TRIATLON MAR DE VIGO											
NP	52	JOSE RAMON MUIÑO MARTÍNEZ	NOSPORTLIMIT-TREK GALICIA											
NP	178	JOSE ISIDRO SANCHEZ CAMARERO	INDEPENDIENTE											
NP	10	SIN DATOS DEL DORSAL 10												

POS.	Nº	NOME	CLUB	P. Natación	T1	P. Ciclismo	Km/h.	T2	P. Carrera	META	Dif.
NP	60	ALEJANDRO CRUZ BOO	NOSPORTLIMIT-TREK GALICIA								
NP	67	VICTOR GONZALEZ MARTINEZ	C.T.LEGIOTRI								
NP	306	JUAN MANUEL MARTIN JIMENEZ	C D SOHAIL								
NP	263	EDER FERNANDEZ PEREZ	GV SPORTS CLUB								
NP	318	SIN DATOS DEL DORSAL 318									
NP	265	ABEL PANIAGUA BENITO	JARAMUGOS Y JUMENTOS								
NP	282	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA								
NP	267	STEPHANE A BEAUVERGER	LICENCIA DE 1 DIA								
NP	225	DAVID HERRERO GUTIERREZ DEL ANILLO	TRIATLON SANTANDER								

# NORTHWEST TRIMAN 2015

## CLASIFICACIÓN POR CATEGORÍAS

## ABSOLUTA MASCULINA

<b>OFICIAIS</b>		<b>DATA</b> 28/06/2015											
Delegado Técnico		<b>HORA DE PUBLICACION</b> <b>01/07/2015</b> <b>0:17 Horas</b>											
Xuiz Arbitro													
Responsable Oficiais													
<b>COMITE DE APELACIÓN</b>		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Inscritos</td> <td style="text-align: center;">307</td> </tr> <tr> <td>Remataron</td> <td style="text-align: center;">265</td> </tr> <tr> <td>Retirados</td> <td style="text-align: center;">15</td> </tr> <tr> <td>Descalificados</td> <td style="text-align: center;">0</td> </tr> <tr> <td>No presentados</td> <td style="text-align: center;">27</td> </tr> </table>	Inscritos	307	Remataron	265	Retirados	15	Descalificados	0	No presentados	27	Firma conformidade do Xuiz Arbitro
Inscritos	307												
Remataron	265												
Retirados	15												
Descalificados	0												
No presentados	27												
		<b>Distancias</b>											
Natación	3,8	Kms.	Ciclismo	180	Kms.	Carrera	42,2	Kms.					

\*NF=Non finalizado;NP=Non presentado; SD=Descalificado

### SUB-23 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	53	PASTOR ADRIÁN POSE REGUEIRO	NOSPORTLIMIT-TREK GALICIA	23	1:03:13	03:34	58	5:30:17	32.7	01:57	46	4:06:19	<b>10:45:18</b>	1:22:09
2	54	GUILLERMO GIMENEZ FERREIRO	LICENCIA DE 1 DIA	210	1:22:08	03:19	187	6:06:36	29.46	04:03	115	4:40:58	<b>12:17:02</b>	2:53:53
3	49	ROMAN SANCHEZ FERNANDEZ	TRISADA	139	1:13:55	02:57	150	5:55:44	30.36	03:01	210	5:31:28	<b>12:47:03</b>	3:23:53

### VETERANOS 1 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	11	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	17	1:02:35	02:32	4	4:58:03	36.24	01:52	1	3:22:16	<b>9:27:16</b>	0:04:06
2	214	FERNANDO AIELLO CAÑAS	TRIMAD	99	1:10:40						262	16:50:20	<b>9:49:12</b>	0:26:03
3	26	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COMPOST	63	1:06:34	03:11	14	5:09:43	34.87	02:09	9	3:30:52	<b>9:52:27</b>	0:29:18
4	286	MANOLO GONZALEZ CUEVAS	CLUB NATACIÓ RUBI	19	1:02:40	02:34	13	5:09:31	34.89	02:10	14	3:37:15	<b>9:54:09</b>	0:30:59
5	22	RAMON ARIAS GARCIA	TRIATLON MURALLA LUGO	7	1:00:30	03:04	35	5:21:40	33.58	02:04	10	3:30:57	<b>9:58:13</b>	0:35:04
6	14	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	21	1:02:43	03:14	36	5:22:10	33.52	03:08	15	3:39:10	<b>10:10:23</b>	0:47:14
7	275	SAMUEL CAMILO UBEIRA NOGUERA	TRISPORT SIERRA DE MADRID	60	1:06:26	03:14	38	5:22:24	33.5	02:55	30	3:55:38	<b>10:30:35</b>	1:07:25
8	262	RICARDO ABAD MARTINEZ	C.D. OBERENA	113	1:11:05	08:07	27	5:18:53	33.87	06:25	35	3:59:18	<b>10:43:47</b>	1:20:38
9	296	PEDRO NOGUEIRA SILVA	INDEPENDIENTE	119	1:11:30	03:15	74	5:35:31	32.19	01:35	29	3:53:37	<b>10:45:27</b>	1:22:17
10	209	RAUL OVIEDO MORENO	FITNESS SPORT TRIATLON	35	1:04:47	02:55	53	5:27:05	33.02	02:36	59	4:12:01	<b>10:49:23</b>	1:26:13
11	280	JUAN CARLOS BARRO ROCHELA	LICENCIA DE 1 DIA	87	1:09:15	03:55	111	5:47:33	31.07	02:14	21	3:46:39	<b>10:49:35</b>	1:26:26
12	297	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	50	1:05:09	03:53	23	5:16:54	34.08	01:43	83	4:22:53	<b>10:50:30</b>	1:27:21
13	27	FERNANDO REGO PÉREZ	INDEPENDIENTE	64	1:06:37	03:05	91	5:42:00	31.58	02:25	33	3:57:32	<b>10:51:37</b>	1:28:27
14	216	SANTIAGO GARCIA GONZALEZ	LICENCIA DE 1 DIA	163	1:16:11	06:05	162	5:59:34	30.04	04:16	6	3:28:17	<b>10:54:21</b>	1:31:11
15	21	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON	150	1:15:18	03:45	6	5:04:05	35.52	03:55	94	4:28:33	<b>10:55:34</b>	1:32:24
16	30	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	246	1:29:34	04:12	39	5:22:29	33.49	02:28	34	3:57:52	<b>10:56:33</b>	1:33:24
17	273	LUIS BARBEL FERNANDEZ	A.D.A BOMBEROS DE MADRID	10	1:01:31	03:14	43	5:23:17	33.41	02:03	91	4:26:48	<b>10:56:51</b>	1:33:42
18	261	XOAN SANMARTIN PENA	C.D. KAIROSCORE	138	1:13:51	03:18	41	5:23:03	33.43	03:43	62	4:13:07	<b>10:57:01</b>	1:33:51
19	256	MIGUEL MARTINEZ BASURCO	LICENCIA DE 1 DIA	77	1:08:12	04:32	125	5:49:19	30.92	03:06	31	3:56:40	<b>11:01:47</b>	1:38:38
20	204	FRANCISCO ROMÁN GONZÁLEZ	C.D. TRIAT-ALANDALUS	220	1:24:47	02:59	105	5:45:41	31.24	02:52	18	3:45:38	<b>11:01:55</b>	1:38:45
21	199	EDUARDO RODRIGUEZ NOTARIO	CLUB IBERIA TRIATLON	46	1:05:03	05:10	52	5:27:04	33.02	04:32	79	4:21:02	<b>11:02:50</b>	1:39:41
22	33	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	38	1:04:52	02:26	126	5:49:37	30.89	04:25	53	4:08:21	<b>11:09:39</b>	1:46:30
23	228	JESUS FRANCISCO FERNANDEZ MEN	CLUB ATLETICO OCLE	207	1:21:36	06:25	76	5:36:05	32.13	03:38	40	4:04:18	<b>11:12:00</b>	1:48:51
24	25	JOSÉ VICENTE GUZMÁN ARES	TRIATLON ARCADE INFORHOUSE SAN	41	1:04:59	03:27	16	5:11:17	34.7	02:16	138	4:52:08	<b>11:14:05</b>	1:50:56
25	274	JOSE CARLOS GUDIEL MACHIN	DARKSID3 TRIATLON	111	1:11:04	05:44	128	5:50:35	30.81	03:50	48	4:06:42	<b>11:17:52</b>	1:54:43
26	249	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	59	1:06:18	03:12	117	5:48:32	30.99	01:53	71	4:18:13	<b>11:18:06</b>	1:54:56
27	220	MIGUEL ANGEL ESMORIS GARCÍA	A.D. SAN ROQUE -VIVEIRO	184	1:18:12	04:19	78	5:36:52	32.06	02:37	74	4:19:02	<b>11:21:01</b>	1:57:51
28	37	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	45	1:05:03	03:57	115	5:48:07	31.03	05:03	73	4:18:56	<b>11:21:04</b>	1:57:55
29	31	ROBERTO CARLOS RAMILO CARBAL	LICENCIA DE 1 DIA	108	1:10:57	04:10	122	5:48:47	30.97	02:23	69	4:16:26	<b>11:22:41</b>	1:59:32
30	233	RAMON HEVIA MORENO	CENTRO ASTURIANO DE OVIEDO	154	1:15:39	03:21	32	5:20:16	33.72	04:13	116	4:41:24	<b>11:24:52</b>	2:01:42
31	198	OSCAR DIAZ SANCHEZ	LICENCIA DE 1 DIA	212	1:23:20	05:54	100	5:44:25	31.36	03:11	52	4:08:15	<b>11:25:03</b>	2:01:54
32	298	RICARDO REYERO HERMOSILLA	INDEPENDIENTE	130	1:13:10	05:45	108	5:46:50	31.14	03:31	78	4:20:31	<b>11:29:45</b>	2:06:35
33	219	FRANCISCO ALEJANDRO PEREDA GU	LICENCIA DE 1 DIA	166	1:16:19	06:19	87	5:39:47	31.79	04:55	90	4:26:15	<b>11:33:33</b>	2:10:24
34	206	FERNANDO SALVADOR	CLUBE FLUVIAL VILACONDENSE	235	1:27:18	04:08	63	5:31:53	32.54	03:24	93	4:27:21	<b>11:34:02</b>	2:10:53
35	241	MANUEL LEIRACHA VALENTIN	TRIATLÓN FERROL	231	1:26:11	08:18	157	5:57:09	30.24	03:29	37	4:01:04	<b>11:36:08</b>	2:12:59

36	205	MANUEL PEDRE VAZQUEZ	NOSPORTLIMIT-TREK GALICIA	118	1:11:27	04:23	45	5:24:40	33.27	02:38	142	4:53:11	<b>11:36:16</b>	2:13:07
37	237	ROBERTO CAMPOS LORENZO	C.D. TRIATLON BOMBEROS VALLADOLI	28	1:03:48	03:49	124	5:48:59	30.95	02:52	113	4:38:23	<b>11:37:50</b>	2:14:40
38	236	ALBERTO FERNANDEZ MUÑIZ	NOSPORTLIMIT-TREK GALICIA	37	1:04:51	03:21	206	6:14:51	28.81	01:55	68	4:16:11	<b>11:41:08</b>	2:17:58
39	196	VITOR ANDRADE	CLUBE FLUVIAL VILACONDENSE	253	1:30:22	06:10	69	5:34:36	32.28	03:33	92	4:27:14	<b>11:41:53</b>	2:18:44
40	200	JOSÉ ALBERTO CARBALLO LOUZAO	LEGIOTRI	84	1:09:09	03:52	85	5:39:08	31.85	03:16	129	4:47:11	<b>11:42:33</b>	2:19:23
41	217	MARCO MACHADO FERNANDES	INDEPENDIENTE	97	1:10:38	06:20	99	5:44:18	31.37	04:29	112	4:37:39	<b>11:43:22</b>	2:20:12
42	211	RICARDO REOLID SANCHEZ	C.D. TRIAT-ALANDALUS	219	1:24:47	04:42	119	5:48:37	30.98	04:00	89	4:25:38	<b>11:47:42</b>	2:24:33
43	231	OSCAR MARIN ARTECHE	C.D. TRIAT-ALANDALUS	159	1:15:58	05:21	64	5:31:59	32.53	04:15	135	4:51:30	<b>11:49:00</b>	2:25:51
44	242	JOSE MARIA GUEIMUNDE CABALEIRO	LICENCIA DE 1 DIA	170	1:16:47	04:54	118	5:48:34	30.99	03:13	108	4:35:51	<b>11:49:17</b>	2:26:08
45	208	MARTÍN AMARELLE GARCÍA	LICENCIA DE 1 DIA	136	1:13:45	05:24	131	5:51:17	30.75	06:05	103	4:33:53	<b>11:50:21</b>	2:27:12
46	235	MANUEL REMESAL GONZALEZ	LICENCIA DE 1 DIA	98	1:10:39	05:29	146	5:55:08	30.41	04:44	107	4:35:46	<b>11:51:45</b>	2:28:35
47	207	FRANCISCO JAVIER PRADAS CADEN	CLUB TRIATHLON CÓRDOBA	151	1:15:19	04:33	83	5:38:28	31.91	02:54	144	4:53:21	<b>11:54:33</b>	2:31:23
48	213	MANUEL ANGEL FROIZ AGUDO	CLUB TRIATLON LAS ROZAS	16	1:02:30	03:29	86	5:39:30	31.81	03:03	175	5:06:42	<b>11:55:12</b>	2:32:02
49	251	PAULO ESTEVES PEREIRA	MOTRINDE - CLUBE DOS GALITOS	5	0:58:25	02:25	59	5:30:58	32.63	02:19	199	5:23:51	<b>11:57:56</b>	2:34:46
50	288	LUIS CAMPALLO ISACHE	LICENCIA DE 1 DIA	248	1:29:42	03:57	127	5:49:39	30.89	02:51	111	4:37:02	<b>12:03:10</b>	2:40:01
51	268	CARLOS ANDRÉS RAMÍREZ DUARTE	TRIATLÓN TRES CANTOS	106	1:10:56	04:13	89	5:41:01	31.67	05:50	168	5:05:06	<b>12:07:03</b>	2:43:53
52	238	ZIGOR JIMENEZ BENITO	ANTXINTXIKA SERVIMASA	52	1:05:12	05:20	142	5:53:48	30.53	03:42	173	5:05:50	<b>12:13:51</b>	2:50:42
53	247	MARCELINO ACUÑA ARTIME	CENTRO ASTURIANO DE OVIEDO	29	1:03:49	04:18	81	5:37:47	31.97	05:00	200	5:24:05	<b>12:14:57</b>	2:51:47
54	222	OSCAR AYLLÓN AGEA	LICENCIA DE 1 DIA	192	1:19:01	08:09	222	6:24:10	28.11	06:41	70	4:17:07	<b>12:15:06</b>	2:51:57
55	195	NUNO MARIO ALMEIDA FONSECA	INDEPENDIENTE	169	1:16:45	03:48	98	5:44:11	31.38	03:36	184	5:11:10	<b>12:19:28</b>	2:56:19
56	255	CHRISTOPHE FERREIRA	CLUBE FLUVIAL VILACONDENSE	261	1:32:40	04:47	129	5:50:54	30.78	04:28	128	4:46:53	<b>12:19:39</b>	2:56:30
57	248	ANDRÉ LUIZ GOMES DE MACEDO	TRI OURENSE	57	1:06:00	02:33	151	5:56:01	30.34	03:45	186	5:13:13	<b>12:21:29</b>	2:58:20
58	271	MIGUEL LAMELA MÉNDEZ	LICENCIA DE 1 DIA	237	1:27:50	07:43	163	5:59:37	30.03	05:32	119	4:41:53	<b>12:22:34</b>	2:59:24
59	202	EDUARDO FILIPE AMARO FERREIRA	CLUBE MILLENNIUM BCP	255	1:31:25	05:48	104	5:45:37	31.25	04:07	156	4:57:40	<b>12:24:34</b>	3:01:25
60	260	FRANCISCO NAVARRO LARROSA	LA APARECIDA C.D.	183	1:17:59	05:28	116	5:48:11	31.02	04:55	178	5:09:17	<b>12:25:47</b>	3:02:38
61	218	ISMAEL GIL FERNANDEZ	ATLETICO SAN SEBASTIA	14	1:02:26	05:42	121	5:48:44	30.97	05:25	207	5:28:01	<b>12:30:16</b>	3:07:06
62	39	JUAN MÉNDEZ LÓPEZ	TRISADA	127	1:12:54	03:12	140	5:53:16	30.57	02:23	194	5:20:08	<b>12:31:50</b>	3:08:40
63	266	CELSO SUÁREZ FERNANDEZ	TRINITY TRIATLON	202	1:19:53	05:41	102	5:45:07	31.29	04:58	193	5:19:14	<b>12:34:51</b>	3:11:41
64	293	ÁNGEL JAVIER GARCÍA SÁNCHEZ	CLUB TRIATLON OVIEDO	94	1:10:27	04:43	158	5:58:31	30.13	02:26	197	5:21:27	<b>12:37:33</b>	3:14:23
65	229	PABLO MIGUEZ LOPEZ	LICENCIA DE 1 DIA	117	1:11:21	05:47	255	6:49:41	26.36	04:03	97	4:29:33	<b>12:40:23</b>	3:17:14
66	295	NEVILLE SUZMAN	LICENCIA DE 1 DIA	187	1:18:38	09:29	198	6:10:42	29.13	11:32	140	4:52:23	<b>12:42:42</b>	3:19:32
67	291	JOSE LUIS LOPEZ PINEDO	CLUB NATACIÓ RUBI	126	1:12:36	04:28	186	6:06:29	29.47	04:09	196	5:20:19	<b>12:47:58</b>	3:24:49
68	284	JOSE LUIS ARROYO GONZALEZ	LICENCIA DE 1 DIA	252	1:30:14	07:10	220	6:22:56	28.2	05:46	123	4:43:21	<b>12:49:26</b>	3:26:16
69	234	ENRIQUE ETXEBARRIA BILBAO	LICENCIA DE 1 DIA	82	1:08:43	07:11	130	5:50:58	30.77	04:30	226	5:38:50	<b>12:50:11</b>	3:27:01
70	279	FRANCISCO VACA DE LA MOTA	A.D. COREBO	208	1:21:36	07:13	182	6:05:18	29.57	07:18	182	5:10:59	<b>12:52:22</b>	3:29:13
71	29	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA	161	1:16:05	02:26	159	5:58:33	30.12	02:04	218	5:35:19	<b>12:54:26</b>	3:31:16
72	239	LUIS ALBERTO BUGUEIRO GONZÁLE	TRI OURENSE	165	1:16:18	06:39	219	6:22:32	28.23	04:41	166	5:04:27	<b>12:54:35</b>	3:31:26
73	281	ENRIQUE LUIS ALVAREZ ESTEVEZ	NOSPORTLIMIT-TREK GALICIA	191	1:19:00	03:47	138	5:52:52	30.61	02:07	225	5:38:48	<b>12:56:32</b>	3:33:23
74	223	LUIS BERNARDO DUARTE DE MATOS	CLUBE MILLENNIUM BCP	115	1:11:16	06:10	183	6:05:25	29.56	03:58	211	5:31:57	<b>12:58:44</b>	3:35:35
75	277	ERNESTO MENDIETA GARROTE	INDEPENDIENTE	103	1:10:53	08:23	211	6:19:57	28.43	09:39	180	5:10:38	<b>12:59:29</b>	3:36:19
76	215	JULIO GONZÁLEZ DIÉGUEZ	LICENCIA DE 1 DIA	79	1:08:25	05:36	173	6:02:10	29.82	05:38	227	5:39:01	<b>13:00:48</b>	3:37:39
77	201	ROBERTO CID SANMARTIN	CLUB TRIATLON CORUÑA	189	1:18:45	08:32	232	6:28:32	27.8	09:30	161	4:59:34	<b>13:04:51</b>	3:41:42
78	289	CARLOS PEREIRA	LICENCIA DE 1 DIA	144	1:14:54	05:31	256	6:51:21	26.26	02:28	141	4:52:26	<b>13:06:39</b>	3:43:30
79	224	PEDRO MIGUEL ALONSO	LICENCIA DE 1 DIA	133	1:13:32					36:20	224	5:38:42	<b>13:13:53</b>	3:50:44
80	212	JOSE SUAREZ	LICENCIA DE 1 DIA	216	1:24:07	06:53	233	6:28:48	27.78	05:16	187	5:13:35	<b>13:18:36</b>	3:55:27
81	287	IGNACIO OUVIÑA GONZALEZ	ARTROGAL-TRI498	197	1:19:31	04:17	189	6:06:54	29.44	04:54	231	5:43:42	<b>13:19:17</b>	3:56:07
82	197	CÉSAR SANMARTÍN ABÁN	LICENCIA DE 1 DIA	114	1:11:14	07:43	221	6:23:29	28.16	04:30	213	5:32:49	<b>13:19:43</b>	3:56:34
83	290	GONZALO DE CASTRO PARGA	LICENCIA DE 1 DIA	262	1:34:05	08:07	235	6:30:29	27.66	09:33	163	5:00:35	<b>13:22:47</b>	3:59:37
84	226	JOSE JAVIER IGLESIAS PEREIRA	LICENCIA DE 1 DIA	268	1:45:41	05:29	238	6:31:22	27.6	02:26	158	4:58:43	<b>13:23:39</b>	4:00:30
85	270	ANDREA GRIFFINI	NOSPORTLIMIT-TREK GALICIA	92	1:10:19	05:34	201	6:12:02	29.03	05:02	242	5:53:21	<b>13:26:16</b>	4:03:06
86	292	JUAN MANUEL LOPEZ GOMEZ	LICENCIA DE 1 DIA	228	1:26:00	07:56	239	6:31:30	27.59	05:26	192	5:16:06	<b>13:26:57</b>	4:03:47
87	203	JOSE ANTONIO RUBIO GARCIA	X3M MAJADAHONDA	27	1:03:44	04:20	243	6:37:18	27.18	07:35	216	5:34:15	<b>13:27:10</b>	4:04:00
88	232	VITOR COELHO	RUNNING TEAM LANTEMIL	238	1:28:09	05:44	214	6:20:30	28.38	06:52	202	5:26:31	<b>13:27:44</b>	4:04:34
89	38	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	1	0:54:45	06:43	226	6:25:46	28	05:57	243	5:56:45	<b>13:29:55</b>	4:06:45
90	259	GENE PEDRUEZA FUNCIA	TRIRUNNERS	198	1:19:33	06:31	245	6:38:47	27.08	03:38	204	5:27:23	<b>13:35:51</b>	4:12:42
91	272	PABLO TEJEIRO LÓPEZ	CLUB TRIATLON CORUÑA	256	1:31:27	04:51	236	6:30:35	27.65	02:14	214	5:33:50	<b>13:42:54</b>	4:19:45
92	254	ELOY MADERO ANTON	LICENCIA DE 1 DIA	213	1:23:22	06:49	160	5:58:35	30.12	04:11	250	6:10:19	<b>13:43:13</b>	4:20:04
93	194	CELESTINO MATO PEON	ARTROGAL-TRI498	225	1:25:19	05:53	240	6:31:44	27.57	02:11	222	5:38:18	<b>13:43:23</b>	4:20:13
94	20	JACOBO A. SANCHEZ-BÁLGOMA Y L	NOSPORTLIMIT-TREK GALICIA	196	1:19:21	03:29	242	6:37:14	27.19	03:02	230	5:43:10	<b>13:46:14</b>	4:23:05
95	285	JOSÉ CARLOS ÁLVAREZ DE LA IGLES	BEARIZ TRIATLON	271	1:50:02	04:30	218	6:21:37	28.3	04:22	203	5:26:44	<b>13:47:13</b>	4:24:03
96	252	CARLOS SILVA	LICENCIA DE 1 DIA	267	1:42:56	04:15	213	6:20:19	28.4	02:54	223	5:38:23	<b>13:48:45</b>	4:25:36
97	257	EDUARDO MANUEL REALES CARBON	TRIXNA	200	1:19:38	06:11	259	6:58:04	25.83	04:58	195	5:20:16	<b>13:49:06</b>	4:25:57
98	240	PEDRO PRATAS	LICENCIA DE 1 DIA	270	1:47:45	09:33	254	6:48:05	26.47	05:56	169	5:05:07	<b>13:56:25</b>	4:33:15
99	294	ENRIC ALMIÑANA	SDB	214	1:24:04	11:18	264	7:08:54	25.18	08:17	179	5:09:29	<b>14:02:01</b>	4:38:51
100	258	ANTONIO VIRGILI RODRIGUEZ	CENTRO ASTURIANO DE OVIEDO	181	1:17:58	08:57	246	6:40:12	26.99	08:28	246	5:59:29	<b>14:15:03</b>	4:51:53
101	193	JAVIER MARTIN MARTIN	PERSONAL RUNNING TRIATLON	265	1:40:52	06:07	244	6:38:13	27.12	04:49	241	5:53:04	<b>14:23:04</b>	4:59:55
102	278	ANTONIO URBANO MARTÍNEZ	LICENCIA DE 1 DIA	260	1:32:18	04:43	260	6:58:33	25.8	03:55	233	5:44:33	<b>14:24:00</b>	5:00:50
103	264	HERMANN HEINRICHS ROSON	LICENCIA DE 1 DIA	128	1:12:56	13:34	257	6:54:30	26.06	09:00	248	6:05:11	<b>14:35:09</b>	5:11:59
104	283	MARCO ANTONIO LOPEZ FRANCO	NOSPORTLIMIT-TREK GALICIA	218	1:24:19	16:23	234	6:29:13	27.75	13:12	255	6:17:12	<b>14:40:17</b>	5:17:07
105	301	MODESTO RODRIGUEZ OTERO	AXA AGENCIA GARRIGA-BEARIZ TRIAT	275	2:06:52	09:39	249	6:43:20	26.78	04:56	236	5:48:11	<b>14:52:56</b>	5:29:47
106	250	JUAN JOSE PITA FRAGOSO	LICENCIA DE 1 DIA	249	1:29:52	10:00	261	7:03:03	25.53	07:22	247	6:03:03	<b>14:53:18</b>	5:30:09



107	246	MANUEL CASTILLO MARTIN	INDEPENDIENTE	243	1:29:19	09:26	262	7:03:23	25.51	06:50	259	6:30:45	<b>15:19:41</b>	5:56:31
108	230	JOSE LUIS FERNANDEZ SANCHEZ	LICENCIA DE 1 DIA	72	1:07:25	08:45	263	7:06:08	25.34	04:59	260	6:56:10	<b>15:23:26</b>	6:00:16
109	276	VITOR GOMES	CLUBE MILLENNIUM BCP	272	1:54:45	12:35	270	7:40:50	23.44	06:57	235	5:45:00	<b>15:40:05</b>	6:16:55
110	299	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	274	2:03:06	13:32	269	7:37:33	23.6	07:25	251	6:10:44	<b>16:12:17</b>	6:49:08
NF	243	DAVID CARBALLO URSA	LICENCIA DE 1 DIA	178	1:17:18	06:46	1	3:43:35	48.31					
NF	253	JUAN RAMON CARBO ORTIZ	LICENCIA DE 1 DIA	93	1:10:25	04:44	185	6:06:21	29.48	02:49				
NF	221	MANUEL LÓPEZ CARBALLEIRA	TRINITY TRIATLON	244	1:29:29	05:04	170	6:00:55	29.92	01:57				
NP	245	PEDRO BERNABE VALERA	PEGASO											
NP	263	EDER FERNANDEZ PEREZ	GV SPORTS CLUB											
NP	227	ANTONIO VILLANUEVA GONZÁLEZ	CLUB TRIATLON MAR DE VIGO											
NP	269	PEDRO DE CASTRO GARCIA	LICENCIA DE 1 DIA											
NP	267	STEPHANE A BEAUVERGER	LICENCIA DE 1 DIA											
NP	265	ABEL PANIAGUA BENITO	JARAMUGOS Y JUMENTOS											
NP	225	DAVID HERRERO GUTIERREZ DEL ANI	TRIATLON SANTANDER											
NP	210	ISIDRO SILVEIRA REY	LICENCIA DE 1 DIA											
NP	244	MANUEL MONASTERIO PACHECO	TRIONIX											
NP	52	JOSE RAMON MUIÑO MARTÍNEZ	NOSPORTLIMIT-TREK GALICIA											
NP	300	JOSÉ ANTONIO SAAVEDRA PAZOS	LICENCIA DE 1 DIA											
NP	282	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA											

## VETERANOS 2 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	308	MANU BAEZA NAVARRO	CLUB TRIATLON BAEZA , CTB	158	1:15:50	03:07	123	5:48:56	30.95	02:09	65	4:15:06	<b>11:25:06</b>	2:01:57
2	307	GERMAN JULIAN BARROS	C.D. TRIAT-ALANDALUS	149	1:15:15	03:47	135	5:52:04	30.68	02:40	165	5:02:20	<b>12:16:03</b>	2:52:54
3	45	FAUSTINO BLANCO MANCEBO	C.D. TRIATLON BIERZO	160	1:16:02	06:40	193	6:09:19	29.24	04:22	117	4:41:43	<b>12:18:04</b>	2:54:54
4	305	JUAN ROMAN LUNA LUNA	COREBO	195	1:19:20	04:57	195	6:10:00	29.19	04:25	151	4:55:42	<b>12:34:21</b>	3:11:12
5	309	JOSE IGNACIO RECIO SANCHEZ	DARKSID3 TRIATLON	194	1:19:12	04:59	209	6:17:53	28.58	06:01	134	4:50:37	<b>12:38:40</b>	3:15:30
6	313	DANIEL SERRANO GARCIA	A.D. COREBO	142	1:14:15	09:51	205	6:14:45	28.82	06:55	155	4:57:36	<b>12:43:20</b>	3:20:11
7	302	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	131	1:13:20	03:40	156	5:56:57	30.26	02:53	221	5:37:20	<b>12:54:08</b>	3:30:58
8	304	AGUSTÍN RISUEÑO MARTÍN	TRIATLÓN SALAMANCA	242	1:29:16	04:35	167	5:59:51	30.01	01:53	217	5:34:56	<b>13:10:29</b>	3:47:20
9	311	RICARDO VICENTE CORREDERA	LICENCIA DE 1 DIA	245	1:29:32	10:42	215	6:20:40	28.37	08:08	189	5:14:39	<b>13:23:39</b>	4:00:30
10	312	JOSE MANUEL SUAREZ MURIAS	CENTRO ASTURIANO DE OVIEDO	241	1:29:14	07:23	258	6:57:52	25.85	05:08	131	4:48:15	<b>13:27:50</b>	4:04:40
11	314	LUIS JAVIER ARENAS VILLARROEL	LICENCIA DE 1 DIA	177	1:17:15	09:31				42:44	208	5:28:08	<b>14:09:44</b>	4:46:34
12	303	MANUEL CARLOS HEREDIA GARCIA	C.D. TRIAT-ALANDALUS	222	1:25:03	08:28	227	6:26:48	27.92	08:38	257	6:24:40	<b>14:33:35</b>	5:10:25
NP	306	JUAN MANUEL MARTIN JIMENEZ	C D SOHAIL											
NP	310	JOSE MANUEL PERNAS VAZQUEZ	A.D. SAN ROQUE -VIVEIRO											

## VETERANOS 3 MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	315	BERNARD BERGE	LICENCIA DE 1 DIA	273	2:00:58	09:16	268	7:34:03	23.79	09:25	238	5:48:36	<b>15:42:17</b>	6:19:07
NP	316	RAMON COUCE SEIJAS	CLUB TRIATLONCIEN											

# NORTHWEST TRIMAN 2015

## CLASIFICACIÓN POR GRUPOS DE EDAD

## ABSOLUTA MASCULINA

<b>OFICIAIS</b>		<b>DATA</b> 28/06/2015						
Delegado Técnico		<b>HORA DE PUBLICACION</b> <b>01/07/2015</b>  <b>0:18 Horas</b>						
xuiz Arbitro								
Responsable Oficiais								
<b>COMITE DE APELACIÓN</b>		Inscritos	307					
		Remataron	265					
		Retirados	15					
		Descalificados	0					
		No presentados	27					
<b>Distancias</b>								
Natación	3,8	Kms.	Ciclismo	180	Kms.	Carrera	42,2	Kms.

\*NF=Non finalizado;NP=Non presentado; SD=Descalificado

### DE 20 A 24 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	53	PASTOR ADRIÁN POSE REGUEIRO	NOSPORTLIMIT-TREK GALICIA	23	1:03:13	03:34	58	5:30:17	32.7	01:57	46	4:06:19	<b>10:45:18</b>	1:22:09
2	54	GUILLERMO GIMENEZ FERREIRO	LICENCIA DE 1 DIA	210	1:22:08	03:19	187	6:06:36	29.46	04:03	115	4:40:58	<b>12:17:02</b>	2:53:53
3	49	ROMAN SANCHEZ FERNANDEZ	TRISADA	139	1:13:55	02:57	150	5:55:44	30.36	03:01	210	5:31:28	<b>12:47:03</b>	3:23:53

### DE 25 A 29 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	62	LUIS SÁNCHEZ	C.T. MOTRIL	137	1:13:47	04:03	47	5:25:47	33.15	01:39	25	3:49:04	<b>10:34:17</b>	1:11:07
2	59	TIAGO MENDES	MOTRINDE - CLUBE DOS GALITOS	36	1:04:48	01:52	33	5:20:28	33.7	01:46	49	4:07:10	<b>10:36:02</b>	1:12:53
3	66	ISRAEL ESCRIBANO CASTILLO	TRIJOTE	85	1:09:09	04:12	72	5:35:28	32.19	03:07	41	4:04:28	<b>10:56:23</b>	1:33:13
4	56	ISMAEL GARCÍA CARBALLO	LICENCIA DE 1 DIA	88	1:09:23	03:28	44	5:24:32	33.28	02:39	85	4:23:45	<b>11:03:45</b>	1:40:36
5	64	FRANCISCO JAVIER NIETO LÓPEZ	PEGASO H30 TRIATLON	15	1:02:27	03:46	73	5:35:28	32.19	04:14	84	4:23:13	<b>11:09:06</b>	1:45:57
6	65	AITOR FRANCO BOUZA	LICENCIA DE 1 DIA	164	1:16:16	03:31	10	5:07:22	35.14	02:03	121	4:42:58	<b>11:12:09</b>	1:49:00
7	55	MARTIN LAMEIRO PEREZ	LICENCIA DE 1 DIA	104	1:10:54	03:43	176	6:02:52	29.76	02:46	86	4:24:00	<b>11:44:13</b>	2:21:04
8	32	HECTOR FERNANDEZ RABANAL	LICENCIA DE 1 DIA	110	1:11:04	04:51	177	6:03:45	29.69	02:48	99	4:30:06	<b>11:52:32</b>	2:29:23
9	18	JAVIER VILA PORTO	CLUB NATACIÓN PONTEAREAS	80	1:08:26	03:29	147	5:55:10	30.41	03:04	170	5:05:10	<b>12:15:18</b>	2:52:09
10	19	IVAN LOPEZ NOVO	NOSPORTLIMIT-TREK GALICIA	74	1:07:56	03:33	179	6:04:31	29.63	05:31	176	5:06:55	<b>12:28:25</b>	3:05:15
11	57	IKER GIL MIGUELIZ	INDEPENDIENTE	254	1:30:36	05:09	145	5:54:37	30.46	06:30	191	5:15:26	<b>12:52:15</b>	3:29:06
12	61	IOSU GANUZA RODRÍGUEZ	LICENCIA DE 1 DIA	259	1:31:59	13:15	237	6:30:37	27.65	04:50	254	6:12:36	<b>14:33:16</b>	5:10:06
NF	58	GILBERTO TORREALBA	LICENCIA DE 1 DIA											
NP	63	MARIO LIÑAYO HERMO	LICENCIA DE 1 DIA											
NP	67	VICTOR GONZALEZ MARTINEZ	C.T.LEGIOTRI											
NP	60	ALEJANDRO CRUZ BOO	NOSPORTLIMIT-TREK GALICIA											

### DE 30 A 34 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	12	JOSÉ ÁNGEL PENAS TALLÓN	TRINITY TRIATLON	9	1:01:30	01:58	5	4:59:23	36.08	01:38	3	3:25:38	<b>9:30:06</b>	0:06:56
2	13	LUCIANO JESÚS CARRETERO SANCH	TRINITY TRIATLON	25	1:03:33	01:38	17	5:12:24	34.57	01:07	26	3:49:04	<b>10:07:44</b>	0:44:35
3	108	DANIEL FERNÁNDEZ CORVO	A.D. SAN ROQUE -VIVEIRO	180	1:17:45	04:20	50	5:26:25	33.09	02:09	5	3:26:25	<b>10:17:02</b>	0:53:53
4	105	ARTURO GUERRA PARKINSON	LICENCIA DE 1 DIA	65	1:06:39	03:42	25	5:17:49	33.98	02:07	24	3:48:22	<b>10:18:37</b>	0:55:28
5	114	JUAN JOSÉ GARCÍA BAUTISTA	TRIATLÓN SIERRA NORTE	34	1:04:45	02:52	9	5:05:13	35.38	02:01	76	4:19:46	<b>10:34:36</b>	1:11:26
6	17	BRUNO SOUTO PÉREZ	NOSPORTLIMIT-TREK GALICIA	70	1:07:06	03:29	66	5:32:27	32.49	02:51	27	3:50:44	<b>10:36:34</b>	1:13:24
7	93	JOSÉ MANUEL MORALES MUÑOZ	C.D. TRIAT-ALANDALUS	39	1:04:54	03:31	46	5:25:21	33.2	02:48	43	4:04:52	<b>10:41:24</b>	1:18:15
8	28	VICENTE RUBEN JIMENEZ GURREA	NOSPORTLIMIT-TREK GALICIA	90	1:10:06	03:27	136	5:52:23	30.65	02:36	13	3:35:58	<b>10:44:27</b>	1:21:18
9	104	JUAN CARLOS CANDAL DE LA CRUZ	NOSPORTLIMIT-TREK GALICIA	155	1:15:40	03:19	20	5:13:49	34.42	02:45	54	4:08:57	<b>10:44:27</b>	1:21:18
10	23	BORJA COSTA ROJO	NOSPORTLIMIT-TREK GALICIA	47	1:05:05	02:49	61	5:31:05	32.62	02:50	45	4:06:01	<b>10:47:48</b>	1:24:38
11	97	MARCO FERREIRA	MOTRINDE - CLUBE DOS GALITOS	102	1:10:49	02:50	31	5:20:02	33.75	02:54	60	4:12:22	<b>10:48:56</b>	1:25:46
12	79	TIAGO SANTOS	FRATELLI ENDURANCE SPORTS	105	1:10:54						263	17:50:05	<b>10:48:57</b>	1:25:48
13	71	MIGUEL FIGUEIRA NUÑEZ	ARTROGAL-TRI498	4	0:58:24	02:50	12	5:09:15	34.92	02:38	109	4:35:53	<b>10:48:58</b>	1:25:48
14	98	DAVID CALZAS ÍNSUA	TRIATLON COSTA DA MORTE	176	1:17:12	04:22	40	5:23:00	33.44	03:09	44	4:04:58	<b>10:52:39</b>	1:29:30
15	70	LUÍS SOUSA	MOTRINDE - CLUBE DOS GALITOS	122	1:12:16	02:40	49	5:26:18	33.1	02:43	58	4:10:53	<b>10:54:48</b>	1:31:39
16	113	ANGEL DOS ANJOS SENDON	ARTROGAL-TRI498	18	1:02:39	02:46	15	5:09:45	34.87	02:07	145	4:53:24	<b>11:10:39</b>	1:47:30

17	74	JOSE MANUEL AZCONA REVILLA	CLUB DEPORTIVO TRILEON	33	1:04:44	04:10	101	5:44:57	31.31	03:50	63	4:13:47	<b>11:11:26</b>	1:48:17
18	89	ISRAEL PLAZA PACIN	U.C.S.S.REYES	55	1:05:19	02:34	55	5:29:08	32.81	02:53	101	4:31:42	<b>11:11:35</b>	1:48:25
19	80	FRAN GARCIA SEOANE	LICENCIA DE 1 DIA	44	1:05:02	03:25	60	5:30:58	32.63	02:11	98	4:30:03	<b>11:11:37</b>	1:48:28
20	96	LUIS MIGUEL PRIETO TORRES	C.D. TRIAT-ALANDALUS	11	1:01:34	02:04	30	5:19:09	33.84	02:13	132	4:49:53	<b>11:14:52</b>	1:51:42
21	81	ROBERTO RODRIGUEZ RODRIGO	C.D.E.DARKSID3 TRIATLON	32	1:04:40	04:35	181	6:04:59	29.59	03:09	51	4:08:11	<b>11:25:33</b>	2:02:23
22	101	VICTOR GARCIA FERNANDEZ	LICENCIA DE 1 DIA	221	1:24:50	05:04	113	5:47:49	31.05	03:46	42	4:04:42	<b>11:26:08</b>	2:02:59
23	75	MARCOS LUNA SANGUINO	CTOA	66	1:06:41	07:00	168	5:59:51	30.01	07:12	56	4:09:52	<b>11:30:34</b>	2:07:25
24	73	CARLOS ÁLVAREZ PEÑA	INDEPENDIENTE	162	1:16:09	03:30	56	5:29:12	32.81	03:04	114	4:40:43	<b>11:32:37</b>	2:09:28
25	77	JUAN GALERA PÉREZ	SOLUTTIA TRIATLON IBI	31	1:04:40	04:34	67	5:33:52	32.35	03:00	127	4:46:47	<b>11:32:50</b>	2:09:40
26	106	DANIEL CADENAS TORRÓN	CC RIAZOR	185	1:18:24	03:34	79	5:37:11	32.03	03:10	110	4:35:56	<b>11:38:12</b>	2:15:03
27	83	ABRAHAN MACHO TROYANO	TRIMAD	173	1:16:54	04:26	62	5:31:11	32.61	04:25	118	4:41:48	<b>11:38:43</b>	2:15:33
28	69	LUCAS FREIRE LAGE	LICENCIA DE 1 DIA	116	1:11:19	08:22	57	5:30:12	32.71	04:35	136	4:51:33	<b>11:45:59</b>	2:22:50
29	95	JONATAN DIEZ MORAL	LICENCIA DE 1 DIA	125	1:12:33	04:28	174	6:02:27	29.8	04:00	87	4:24:24	<b>11:47:51</b>	2:24:41
30	86	RUBÉN PLUMED POLO	LICENCIA DE 1 DIA	193	1:19:05	04:01	200	6:11:40	29.06	04:06	67	4:16:09	<b>11:54:58</b>	2:31:49
31	76	JAVIER MORENO SANZ	CLUB TRIATLON ONDARRETA ALCORC	134	1:13:34	07:47	153	5:56:16	30.31	06:50	102	4:33:12	<b>11:57:38</b>	2:34:28
32	112	JOSÉ MANUEL PEDROSA MAYO	ARTROGAL-TRI498	143	1:14:53	04:47	96	5:44:05	31.39	02:31	146	4:53:34	<b>11:59:48</b>	2:36:39
33	68	VICTOR FERNANDEZ MARTIN	C.E. WHERE IS THE LIMIT?	251	1:30:09	09:15	120	5:48:37	30.98	08:12	88	4:24:59	<b>12:01:10</b>	2:38:01
34	72	RICARDO TAXA	LICENCIA DE 1 DIA	30	1:04:19	02:41	103	5:45:22	31.27	02:05	181	5:10:50	<b>12:05:16</b>	2:42:06
35	100	MIGUEL ANGEL AIELLO CAÑAS	LICENCIA DE 1 DIA	182	1:17:58	05:36	251	6:44:55	26.67	03:11	57	4:10:45	<b>12:22:23</b>	2:59:14
36	111	JOSÉ MARÍA PILAR FERNÁNDEZ	LICENCIA DE 1 DIA	101	1:10:46	06:10	196	6:10:05	29.18	05:00	143	4:53:14	<b>12:25:14</b>	3:02:04
37	92	SANTIAGO IGLESIAS MARTIN	LICENCIA DE 1 DIA	86	1:09:13	04:36	143	5:54:14	30.49	04:21	188	5:14:39	<b>12:27:01</b>	3:03:52
38	110	JAVIER SAN MIGUEL ORÚS	TRIATLÓN CIERZO	234	1:26:55	05:54	144	5:54:33	30.46	04:25	162	5:00:04	<b>12:31:49</b>	3:08:39
39	51	FRANCISCO ÁLVAREZ VÁZQUEZ	LICENCIA DE 1 DIA	174	1:16:57	04:36	203	6:12:40	28.98	04:11	152	4:55:47	<b>12:34:09</b>	3:10:59
40	88	ÁLVARO FERNÁNDEZ MUÑOZ	CLUB TRIATLON ONDARRETA ALCORC	123	1:12:23	07:32	202	6:12:07	29.02	06:05	174	5:06:23	<b>12:44:29</b>	3:21:19
41	40	ALBERTO SOUTO PAEZ	INDEPENDIENTE	132	1:13:27	05:11	71	5:35:10	32.22	04:41	240	5:51:44	<b>12:50:11</b>	3:27:01
42	85	ALVARO FRANCISCO MANZANO ARE	TRIATLON NAZARI								265	20:00:08	<b>12:59:00</b>	3:35:51
43	99	ALEJANDRO GARCIA DELGADO	LICENCIA DE 1 DIA	62	1:06:33	08:39	137	5:52:37	30.63	05:27	244	5:56:48	<b>13:10:03</b>	3:46:53
44	84	HUGO LAFUENTE GÓMEZ	LICENCIA DE 1 DIA	75	1:07:59	03:39	165	5:59:48	30.02	03:50	245	5:59:25	<b>13:14:39</b>	3:51:29
45	91	PEDRO VENTURA	CLUBE FLUVIAL VILACONDENSE	258	1:31:31	03:53	247	6:41:36	26.89	02:40	154	4:57:07	<b>13:16:44</b>	3:53:35
46	102	RAFAEL FERNÁNDEZ SÁNCHEZ	A.D. COREBO	186	1:18:31	08:26	190	6:07:05	29.42	09:37	219	5:36:24	<b>13:20:01</b>	3:56:52
47	87	CELSO ALONSO GONZÁLEZ	LICENCIA DE 1 DIA	215	1:24:06	07:15	212	6:20:00	28.42	06:16	205	5:27:41	<b>13:25:17</b>	4:02:07
48	94	LUIS JAVIER ARENAS DOMINGO	LICENCIA DE 1 DIA	81	1:08:39	07:08	267	7:28:27	24.08	02:49	139	4:52:17	<b>13:39:18</b>	4:16:08
49	82	ADRIAN COLLADOS	IVECO-FANDOS TURIA EXTREME	223	1:25:13	05:56	252	6:46:19	26.58	05:49	215	5:34:05	<b>13:57:20</b>	4:34:11
50	107	ALEJANDRO LÓPEZ VEGA	TRIATLON ATLETI	224	1:25:13	04:43	223	6:24:30	28.09	05:42	252	6:11:03	<b>14:11:09</b>	4:47:59
NF	103	JUAN FRANCISCO BALSERA MERINO	LICENCIA DE 1 DIA	109	1:11:00	05:34	199	6:10:49	29.13					
NF	78	MIGUEL MONDELO FEJOO	LICENCIA DE 1 DIA											
NF	109	DANIEL PASCUAL ANGUITA	C.D. NATACION MALAGA	240	1:29:09	05:04	231	6:27:59	27.84					
NP	10	SIN DATOS DEL DORSAL 10												
NP	318	SIN DATOS DEL DORSAL 318												
NP	90	GUILLERMO COUCE CARO	LICENCIA DE 1 DIA											
NP	9	SIN DATOS DEL DORSAL 9												

## DE 35 A 39 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	189	FERNANDO LUIÑA	INDEPENDIENTE	3	0:55:27	02:18	3	4:53:41	36.77	03:15	8	3:28:31	<b>9:23:10</b>	
2	133	PEDRO ESCOLANTE BILBAO	TRINITY TRIATLON	20	1:02:42	02:38	8	5:04:59	35.41	01:55	4	3:26:03	<b>9:38:14</b>	0:15:05
3	179	ENRIC RIGAU BAULIDA	CLUB TRIATLON PACENSE	89	1:09:44	03:11	7	5:04:22	35.48	02:23	2	3:24:18	<b>9:43:57</b>	0:20:47
4	159	RAMÓN VARELA GARCÍA	ARTROGAL-TRI498	12	1:01:41	02:33	18	5:12:37	34.55	02:07	16	3:39:21	<b>9:58:18</b>	0:35:08
5	192	JAVIER DELGADO CALZON	SALTOKI TRIKIDEAK	58	1:06:11	02:44	29	5:19:01	33.85	02:11	11	3:31:38	<b>10:01:43</b>	0:38:33
6	149	JORGE RAMOS RAMOS	C.D. TRIAT-ALANDALUS	2	0:55:23	03:06	48	5:25:53	33.14	01:50	22	3:47:17	<b>10:13:28</b>	0:50:19
7	24	JAVIER FERNANDEZ FERNANDEZ	INDEPENDIENTE	152	1:15:25	02:41	21	5:14:04	34.39	02:45	17	3:43:03	<b>10:17:57</b>	0:54:47
8	125	ERNESTO SOBRINO MARFULL	LICENCIA DE 1 DIA	48	1:05:07	05:22	28	5:18:59	33.86	06:12	20	3:46:38	<b>10:22:16</b>	0:59:07
9	154	JOSE RAMON SANCHEZ QUINTELA	NOSPORTLIMIT-TREK GALICIA	175	1:17:09	03:25	65	5:32:06	32.52	01:59	7	3:28:23	<b>10:22:59</b>	0:59:49
10	185	JOSE RIVEIRO NUÑEZ	ARTROGAL-TRI498	53	1:05:14	02:51	11	5:08:41	34.99	02:14	50	4:07:28	<b>10:26:26</b>	1:03:17
11	162	ÁNGEL ROMERO GIL	CLUB TRI401	157	1:15:48	02:58	42	5:23:06	33.43	01:56	19	3:46:14	<b>10:30:00</b>	1:06:50
12	15	JAIME VAZQUEZ MEIJIDE	CIDADE DE LUGO FLUVIAL	22	1:02:44	02:34	77	5:36:48	32.07	02:02	36	4:00:35	<b>10:44:42</b>	1:21:32
13	157	JOAQUÍN MATEOS FUENTES	NOSPORTLIMIT-TREK GALICIA	188	1:18:39	02:43	22	5:15:59	34.18	04:07	39	4:03:19	<b>10:44:45</b>	1:21:35
14	120	FRANCISCO GUEIMUNDE CABALEIRO	LICENCIA DE 1 DIA	172	1:16:51	05:01	51	5:26:31	33.08	02:19	32	3:57:00	<b>10:47:39</b>	1:24:30
15	36	RUBEN ALVAREZ IGLESIAS	TRIVIGO	61	1:06:30	04:50	26	5:18:38	33.9	02:14	66	4:15:50	<b>10:48:00</b>	1:24:50
16	180	OSCAR LOPEZ MORENO	C.D. ELEMENTAL IRONNESS	42	1:05:00	04:42	180	6:04:53	29.6	03:12	12	3:31:59	<b>10:49:44</b>	1:26:35
17	126	JESUS MARIA MORON MACIAS	LICENCIA DE 1 DIA	140	1:13:57	04:13	95	5:43:20	31.46	02:26	23	3:47:41	<b>10:51:34</b>	1:28:24
18	122	ALBERTO RODRIGUEZ ARES	LICENCIA DE 1 DIA	43	1:05:01	04:47	24	5:17:39	34	02:51	81	4:21:28	<b>10:51:45</b>	1:28:36
19	132	EUTIQUIANO APARICIO MARTINEZ	A.D. SAN ROQUE -VIVEIRO	96	1:10:35	07:22	94	5:43:19	31.46	02:25	28	3:53:06	<b>10:56:45</b>	1:33:36
20	183	SANTI REMEDIOS GONZALEZ	TRIPTO	56	1:05:24	03:07	54	5:29:01	32.83	03:14	75	4:19:32	<b>11:00:16</b>	1:37:07
21	161	ALBERTO CAO PENA	LICENCIA DE 1 DIA	69	1:07:03	03:08	114	5:48:01	31.03	02:56	47	4:06:26	<b>11:07:33</b>	1:44:24
22	158	AVELINO CAAMAÑO NIETO	ARTROGAL-TRI498	199	1:19:35	04:16	90	5:41:46	31.6	02:28	38	4:03:15	<b>11:11:19</b>	1:48:09
23	143	FRANCISCO JOSÉ GUILLÁN PAZOS	ARTROGAL-TRI498	26	1:03:36	02:07	19	5:12:40	34.54	02:01	148	4:55:21	<b>11:15:42</b>	1:52:33
24	128	CARLOS CABRERIZO IZQUIERDO	TRIATLÓN BOMBEROS VALLADOLID	95	1:10:32	05:17	80	5:37:44	31.98	04:38	82	4:22:53	<b>11:21:03</b>	1:57:53
25	141	JORGE GARCIA BLANCO	C.D. BIKILA GRANADA	49	1:05:08	03:48	154	5:56:41	30.28	02:47	64	4:15:05	<b>11:23:27</b>	2:00:18
26	137	LUCAS TUDO SANDES	CLUB TRIATLON CORUÑA	124	1:12:27	03:29	84	5:38:34	31.9	01:55	100	4:30:35	<b>11:26:57</b>	2:03:48
27	166	LLUIS GARCIA PAREDES	CLUB NATACIÓ RUBI	167	1:16:29	03:47	97	5:44:10	31.38	03:06	77	4:20:23	<b>11:27:54</b>	2:04:45

28	160	ANDRES DOMINGUEZ SILVA	CLUB TRIATLON CORUÑA	68	1:06:57	02:38	88	5:40:51	31.69	02:18	122	4:43:00	<b>11:35:42</b>	2:12:33
29	184	DANIEL CERNADAS CAMPOS	LICENCIA DE 1 DIA	6	0:58:27	03:40	37	5:22:22	33.5	04:08	183	5:11:09	<b>11:39:44</b>	2:16:34
30	151	DAVID FLOREZ SOTO	LICENCIA DE 1 DIA	211	1:22:52	03:44	161	5:58:53	30.09	04:21	61	4:12:54	<b>11:42:42</b>	2:19:32
31	152	ROMÁN DIEZ GEA	INDEPENDIENTE	129	1:13:01	02:57	82	5:38:11	31.94	02:06	133	4:50:23	<b>11:46:36</b>	2:23:26
32	153	DANIEL CARRERA GALVAN	LICENCIA DE 1 DIA	206	1:21:34	03:45	171	6:01:32	29.87	02:36	72	4:18:55	<b>11:48:19</b>	2:25:09
33	35	JUAN CARLOS BEIRO GONZALEZ	LICENCIA DE 1 DIA	233	1:26:46	03:18	155	5:56:54	30.26	02:49	80	4:21:08	<b>11:50:53</b>	2:27:43
34	16	ENRIQUE MUIÑOS REYES	ARTROGAL-TRI498	76	1:08:11	03:30	68	5:34:29	32.29	02:10	167	5:04:45	<b>11:53:03</b>	2:29:53
35	123	CARLOS ALBERTO PASCUAL MARTO	AQUASLAVA	264	1:37:59	03:30	166	5:59:48	30.02	02:53	55	4:09:08	<b>11:53:17</b>	2:30:07
36	131	MANUEL ALVAREZ FUENTES	INDEPENDIENTE	168	1:16:31	04:51	152	5:56:11	30.32	03:00	106	4:35:08	<b>11:55:40</b>	2:32:31
37	124	RUBEN LOPEZ FERNANDEZ	TRIATLÓN FERROL	239	1:28:55	05:34	75	5:35:56	32.15	05:21	120	4:42:04	<b>11:57:47</b>	2:34:37
38	167	ISMAEL GARCÍA VÁZQUEZ	CLUB OLÍMPICO DE VEDRA	145	1:14:57	03:11	139	5:53:03	30.59	03:15	126	4:45:54	<b>12:00:18</b>	2:37:08
39	317	CARLOS DIEZ FERRER	C.N TERRASSA-CICLES MORENITO	51	1:05:10	04:02	133	5:51:45	30.7	03:47	153	4:55:56	<b>12:00:39</b>	2:37:29
40	148	XOSÉ FERNÁNDEZ SEGURADO	LICENCIA DE 1 DIA	78	1:08:20	05:28	112	5:47:43	31.06	04:17	150	4:55:38	<b>12:01:23</b>	2:38:14
41	168	RICARDO FROIS	LICENCIA DE 1 DIA	24	1:03:14	03:19	109	5:47:01	31.12	02:57	177	5:07:49	<b>12:04:19</b>	2:41:09
42	190	ANTÓN LÓPEZ-LEITÓN VEIGA	LICENCIA DE 1 DIA	201	1:19:41	08:13	110	5:47:30	31.08	05:34	125	4:45:15	<b>12:06:11</b>	2:43:01
43	144	FÉLIX IVÁN SUÁREZ DÍAZ	TRIPTO	227	1:25:59	04:31	106	5:46:19	31.19	03:40	130	4:47:26	<b>12:07:54</b>	2:44:44
44	142	CARLOS BARCALA PÉREZ	ARTROGAL-TRI498	13	1:02:21	02:43	188	6:06:36	29.46	01:52	159	4:59:04	<b>12:12:34</b>	2:49:25
45	150	IVAN TRABALON HIDALGO	LICENCIA DE 1 DIA	54	1:05:18	04:10	70	5:35:01	32.24	02:15	206	5:27:54	<b>12:14:37</b>	2:51:28
46	119	MIGUEL NOVO FERNANDEZ	LICENCIA DE 1 DIA	148	1:15:13	06:06	217	6:21:14	28.33	03:52	95	4:28:37	<b>12:15:01</b>	2:51:52
47	177	JAVIER MARTIN ALVAREZ	CLUB NATACIÓN PONTEAREAS	141	1:14:02	03:09	194	6:09:28	29.23	03:31	124	4:45:10	<b>12:15:18</b>	2:52:08
48	48	SERGIO DEL ARCO MARQUIZ	CLUB OLÍMPICO DE VEDRA	232	1:26:33	02:54	107	5:46:22	31.18	03:30	157	4:58:00	<b>12:17:18</b>	2:54:08
49	136	JOSÉ MANUEL TURNES CORDEIRO	NOSPORTLIMIT-TREK GALICIA	236	1:27:28	05:32	192	6:09:07	29.26	03:55	105	4:34:02	<b>12:20:03</b>	2:56:53
50	155	LUIS ALBERTO GALLARDO PEREZ	LICENCIA DE 1 DIA	112	1:11:04	07:55	132	5:51:17	30.75	04:33	172	5:05:41	<b>12:20:29</b>	2:57:19
51	163	PEDRO MIGUEL GUEDES DOS SANTO	LICENCIA DE 1 DIA	217	1:24:08	04:19	148	5:55:15	30.4	03:28	147	4:53:47	<b>12:20:56</b>	2:57:47
52	181	JESÚS RODIL PATRICIO	CLUB ATLETICO OCLE								264	19:27:48	<b>12:26:40</b>	3:03:31
53	191	ADOLFO PÉREZ URIONDO	LICENCIA DE 1 DIA	83	1:08:52	03:24	164	5:59:47	30.02	04:28	185	5:12:55	<b>12:29:22</b>	3:06:13
54	41	ISAAC FRAGOSO PEREZ	NOSPORTLIMIT-TREK GALICIA	230	1:26:10	04:03	178	6:04:22	29.64	03:35	137	4:52:01	<b>12:30:09</b>	3:07:00
55	46	OSCAR BERNÁRDEZ LOSADA	TRIATLON MURALLA LUGO	229	1:26:04	07:59	93	5:42:53	31.5	08:28	171	5:05:41	<b>12:31:04</b>	3:07:55
56	34	DAVID NOVO MARTÍNEZ	ARTROGAL-TRI498	190	1:18:51	08:04	228	6:27:29	27.87	06:54	104	4:34:01	<b>12:35:17</b>	3:12:07
57	127	JAVIER SANCHEZ NICOLAS	BCN MADRID	107	1:10:56	05:01	230	6:27:41	27.86	07:12	149	4:55:29	<b>12:46:17</b>	3:23:08
58	115	JORGE LEAL	MOTRINDE - CLUBE DOS GALITOS	205	1:21:32	04:30	216	6:21:07	28.34	02:48	160	4:59:13	<b>12:49:08</b>	3:25:59
59	42	PABLO RAMIL FREÁN	NOSPORTLIMIT-TREK GALICIA	171	1:16:50	05:05	207	6:14:52	28.81	02:57	190	5:15:13	<b>12:54:55</b>	3:31:46
60	169	PEDRO BRANDAO	LICENCIA DE 1 DIA	71	1:07:13	04:46	134	5:52:02	30.68	03:47	239	5:50:41	<b>12:58:27</b>	3:35:17
61	44	JUAN MANUEL MIRA IGLESIAS	ARTROGAL-TRI498	203	1:20:33	06:13	175	6:02:50	29.77	11:47	96	4:28:50	<b>13:10:10</b>	3:47:01
62	171	MANUEL ALVAREZ DE PIQUER	LICENCIA DE 1 DIA	73	1:07:53	07:07	210	6:19:30	28.46	04:25	212	5:32:23	<b>13:11:17</b>	3:48:07
63	139	CRISTÓBAL RODIL PATRICIO	AXA AGENCIA GARRIGA-BEARIZ TRIAT	247	1:29:38	05:47	197	6:10:10	29.18	04:57	198	5:23:37	<b>13:14:07</b>	3:50:57
64	135	ALVARO CIMARRAS IGLESIAS	LICENCIA DE 1 DIA	120	1:11:59	04:10	204	6:13:10	28.94	03:19	229	5:42:31	<b>13:15:08</b>	3:51:59
65	147	CARLOS MIGUEL FIDALGO RODRIGU	LICENCIA DE 1 DIA	263	1:35:57	04:30	172	6:02:05	29.83	06:07	209	5:29:19	<b>13:17:56</b>	3:54:46
66	156	PABLO INSUA PEDROSA	ARTROGAL-TRI498	250	1:29:53	03:19	169	6:00:44	29.94	03:02	228	5:42:20	<b>13:19:16</b>	3:56:07
67	164	IGNACIO RAMIREZ GONZALEZ	TRIATLON LUGONES	135	1:13:44	08:27	184	6:06:00	29.51	08:01	232	5:43:43	<b>13:19:53</b>	3:56:44
68	188	IVAN COCA TORRES	ENCINAS DE BOADILLA	91	1:10:12	04:18	141	5:53:27	30.56	03:20	249	6:10:01	<b>13:21:15</b>	3:58:06
69	43	JOSÉ PARDO VÁZQUEZ	NOSPORTLIMIT-TREK GALICIA	146	1:14:57	07:14	191	6:09:07	29.26	06:29	237	5:48:30	<b>13:26:15</b>	4:03:05
70	116	SERGIO MONTEAGUDO RODRIGUEZ	CLUB TRIATLON CORUÑA	147	1:14:58	07:43	253	6:47:28	26.51	03:42	201	5:25:09	<b>13:38:58</b>	4:15:48
71	146	PAULO JORGE LOPES SOARES	LICENCIA DE 1 DIA	269	1:47:42	07:07	248	6:42:03	26.86	03:00	164	5:01:48	<b>13:41:38</b>	4:18:28
72	145	RAFAEL RODRIGUEZ GONZALEZ	LICENCIA DE 1 DIA	100	1:10:42	08:49	241	6:32:56	27.49	11:53	234	5:44:34	<b>13:48:53</b>	4:25:44
73	130	MIGUEL ANTONIO CASTRO VAZQUEZ	LICENCIA DE 1 DIA	153	1:15:37	07:08	250	6:44:37	26.69	05:16	220	5:37:16	<b>13:49:52</b>	4:26:43
74	186	RUBÉN SARABIA PÉREZ	SOLUTTIA TRIATLON IBI	156	1:15:47	04:37	224	6:24:41	28.08	03:49	256	6:21:31	<b>14:10:23</b>	4:47:14
75	173	LUIS FERNÁNDEZ DE VERA	LICENCIA DE 1 DIA	121	1:12:08	06:54	225	6:24:57	28.06	06:24	258	6:27:42	<b>14:18:04</b>	4:54:54
76	172	FRANCISCO FELICES BARCIA	LICENCIA DE 1 DIA	16:41			208	6:15:00	28.8	04:38	261	7:01:45	<b>14:36:53</b>	5:13:44
77	175	NUNO SOUSA	LICENCIA DE 1 DIA	257	1:31:30	06:13	265	7:15:54	24.78	04:27	253	6:11:34	<b>15:09:36</b>	5:46:27
NF	170	JUAN JESUS PORRAS PORTALES	C.D. TRIAT-ALANDALUS	179	1:17:28	06:58	229	6:27:38	27.86	10:10				
NF	187	PABLO ISRAEL RODRIGUEZ LOPEZ	LICENCIA DE 1 DIA	8	1:01:08	02:29	2	3:57:56	45.39					
NF	47	DANIEL LOPEZ RODRIGUEZ	X3M	209	1:21:37	05:13	149	5:55:39	30.37	03:29				
NF	174	JORGE PABLO RUIZ DE OÑA CRESPO	PILOÑA.DEPORTE	266	1:42:09	04:44	34	5:21:40	33.58	06:29				
NF	50	JORGE MÉNDEZ ABONJO	CLUB ATLETISMO PORRIÑO	226	1:25:26	03:43								
NF	138	MANUEL JESUS FERNANDEZ GONZA	LICENCIA DE 1 DIA	40	1:04:54	03:59								
NF	140	JOSE LUIS FERNANDEZ ARIAS	LICENCIA DE 1 DIA	204	1:20:53	10:46	266	7:22:21	24.42	08:28				
NF	134	RUBEN DIAZ FRANCO	NOSPORTLIMIT-TREK GALICIA	67	1:06:54	03:59	92	5:42:46	31.51	02:31				
NP	118	ANTONIO JESUS GONZALEZ BARRER	C.T. MORON											
NP	117	EDUARDO ALCAIDE GARCIA	TRIATLÓN SIERRA NORTE											
NP	178	JOSÉ ISIDRO SANCHEZ CAMARERO	INDEPENDIENTE											
NP	165	IVAN MARCOS ALVAREZ	LICENCIA DE 1 DIA											
NP	129	EMILIO RUIZ LAGO	NOSPORTLIMIT-TREK GALICIA											
NP	121	DIEGO RODRIGUEZ ALVAREZ	C.T. BICIS PINA-SOLISS-TRITOLEDO											
NP	182	JORGE GARCIA ZAS	NOSPORTLIMIT-TREK GALICIA											
NP	176	JORGE CASAL ANTÓN	LICENCIA DE 1 DIA											

## DE 40 A 44 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.	
1	11	LUIS ALBERTO PAREDES COYA	CLUB TRIATLON MORRAZO	17	1:02:35	02:32	4	4:58:03	36.24	01:52	1	3:22:16	<b>9:27:16</b>	0:04:06	
2	214	FERNANDO AIELLO CAÑAS	TRIMAD	99	1:10:40							262	16:50:20	<b>9:49:12</b>	0:26:03

3	26	JAIME TIZÓN DAVILA	TALLERES DAVID TRIATLON COMPOST	63	1:06:34	03:11	14	5:09:43	34.87	02:09	9	3:30:52	<b>9:52:27</b>	0:29:18
4	14	XOSÉ CARLOS GONZÁLEZ AVIÓN	CIDADE DE LUGO FLUVIAL	21	1:02:43	03:14	36	5:22:10	33.52	03:08	15	3:39:10	<b>10:10:23</b>	0:47:14
5	262	RICARDO ABAD MARTINEZ	C.D. OBERENA	113	1:11:05	08:07	27	5:18:53	33.87	06:25	35	3:59:18	<b>10:43:47</b>	1:20:38
6	209	RAUL OVIEDO MORENO	FITNESS SPORT TRIATLON	35	1:04:47	02:55	53	5:27:05	33.02	02:36	59	4:12:01	<b>10:49:23</b>	1:26:13
7	27	FERNANDO REGO PÉREZ	INDEPENDIENTE	64	1:06:37	03:05	91	5:42:00	31.58	02:25	33	3:57:32	<b>10:51:37</b>	1:28:27
8	216	SANTIAGO GARCIA GONZÁLEZ	LICENCIA DE 1 DIA	163	1:16:11	06:05	162	5:59:34	30.04	04:16	6	3:28:17	<b>10:54:21</b>	1:31:11
9	21	GUSTAVO LÓPEZ MARTÍNEZ	TRINITY TRIATLON	150	1:15:18	03:45	6	5:04:05	35.52	03:55	94	4:28:33	<b>10:55:34</b>	1:32:24
10	261	XOAN SANMARTIN PENA	C.D. KAIROSCORE	138	1:13:51	03:18	41	5:23:03	33.43	03:43	62	4:13:07	<b>10:57:01</b>	1:33:51
11	256	MIGUEL MARTINEZ BASURCO	LICENCIA DE 1 DIA	77	1:08:12	04:32	125	5:49:19	30.92	03:06	31	3:56:40	<b>11:01:47</b>	1:38:38
12	204	FRANCISCO ROMÁN GONZÁLEZ	C.D. TRIAT-ALANDALUS	220	1:24:47	02:59	105	5:45:41	31.24	02:52	18	3:45:38	<b>11:01:55</b>	1:38:45
13	199	EDUARDO RODRIGUEZ NOTARIO	CLUB IBERIA TRIATLON	46	1:05:03	05:10	52	5:27:04	33.02	04:32	79	4:21:02	<b>11:02:50</b>	1:39:41
14	33	ANGEL PAZ BERMÚDEZ	BIKESTRADATRIATLÓN	38	1:04:52	02:26	126	5:49:37	30.89	04:25	53	4:08:21	<b>11:09:39</b>	1:46:30
15	228	JESUS FRANCISCO FERNANDEZ MEN	CLUB ATLETICO OCLE	207	1:21:36	06:25	76	5:36:05	32.13	03:38	40	4:04:18	<b>11:12:00</b>	1:48:51
16	25	JOSÉ VICENTE GUZMÁN ARES	TRIATLON ARCADE INFORHOUSE SAN	41	1:04:59	03:27	16	5:11:17	34.7	02:16	138	4:52:08	<b>11:14:05</b>	1:50:56
17	249	FERNANDO SILVARREY REDONDO	NOSPORTLIMIT-TREK GALICIA	59	1:06:18	03:12	117	5:48:32	30.99	01:53	71	4:18:13	<b>11:18:06</b>	1:54:56
18	220	MIGUEL ANGEL ESMORIS GARCÍA	A.D. SAN ROQUE -VIVEIRO	184	1:18:12	04:19	78	5:36:52	32.06	02:37	74	4:19:02	<b>11:21:01</b>	1:57:51
19	31	ROBERTO CARLOS RAMILO CARBAL	LICENCIA DE 1 DIA	108	1:10:57	04:10	122	5:48:47	30.97	02:23	69	4:16:26	<b>11:22:41</b>	1:59:32
20	233	RAMON HEVIA MORENO	CENTRO ASTURIANO DE OVIEDO	154	1:15:39	03:21	32	5:20:16	33.72	04:13	116	4:41:24	<b>11:24:52</b>	2:01:42
21	198	OSCAR DIAZ SANCHEZ	LICENCIA DE 1 DIA	212	1:23:20	05:54	100	5:44:25	31.36	03:11	52	4:08:15	<b>11:25:03</b>	2:01:54
22	219	FRANCISCO ALEJANDRO PEREDA GU	LICENCIA DE 1 DIA	166	1:16:19	06:19	87	5:39:47	31.79	04:55	90	4:26:15	<b>11:33:33</b>	2:10:24
23	206	FERNANDO SALVADOR	CLUBE FLUVIAL VILACONDENSE	235	1:27:18	04:08	63	5:31:53	32.54	03:24	93	4:27:21	<b>11:34:02</b>	2:10:53
24	241	MANUEL LEIRACHA VALENTIN	TRIATLÓN FERROL	231	1:26:11	08:18	157	5:57:09	30.24	03:29	37	4:01:04	<b>11:36:08</b>	2:12:59
25	205	MANUEL PEDRE VAZQUEZ	NOSPORTLIMIT-TREK GALICIA	118	1:11:27	04:23	45	5:24:40	33.27	02:38	142	4:53:11	<b>11:36:16</b>	2:13:07
26	237	ROBERTO CAMPOS LORENZO	C.D. TRIATLON BOMBEROS VALLADOLI	28	1:03:48	03:49	124	5:48:59	30.95	02:52	113	4:38:23	<b>11:37:50</b>	2:14:40
27	236	ALBERTO FERNANDEZ MUÑOZ	NOSPORTLIMIT-TREK GALICIA	37	1:04:51	03:21	206	6:14:51	28.81	01:55	68	4:16:11	<b>11:41:08</b>	2:17:58
28	196	VITOR ANDRADE	CLUBE FLUVIAL VILACONDENSE	253	1:30:22	06:20	69	5:34:36	32.28	03:33	92	4:27:14	<b>11:41:53</b>	2:18:44
29	200	JOSÉ ALBERTO CARBALLO LOUZAO	LEGIOTRI	84	1:09:09	03:52	85	5:39:08	31.85	03:16	129	4:47:11	<b>11:42:33</b>	2:19:23
30	217	MARCO MACHADO FERNANDES	INDEPENDIENTE	97	1:10:38	06:20	99	5:44:18	31.37	04:29	112	4:37:39	<b>11:43:22</b>	2:20:12
31	211	RICARDO REOLID SANCHEZ	C.D. TRIAT-ALANDALUS	219	1:24:47	04:42	119	5:48:37	30.98	04:00	89	4:25:38	<b>11:47:42</b>	2:24:33
32	231	OSCAR MARIN ARTECHE	C.D. TRIAT-ALANDALUS	159	1:15:58	05:21	64	5:31:59	32.53	04:15	135	4:51:30	<b>11:49:00</b>	2:25:51
33	242	JOSE MARIA GUEIMUNDE CABALEIRO	LICENCIA DE 1 DIA	170	1:16:47	04:54	118	5:48:34	30.99	03:13	108	4:35:51	<b>11:49:17</b>	2:26:08
34	208	MARTÍN AMARELLE GARCÍA	LICENCIA DE 1 DIA	136	1:13:45	05:24	131	5:51:17	30.75	06:05	103	4:33:53	<b>11:50:21</b>	2:27:12
35	235	MANUEL REMESAL GONZALEZ	LICENCIA DE 1 DIA	98	1:10:39	05:29	146	5:55:08	30.41	04:44	107	4:35:46	<b>11:51:45</b>	2:28:35
36	207	FRANCISCO JAVIER PRADAS CADEN	CLUB TRIATHLON CÓRDOBA	151	1:15:19	04:33	83	5:38:28	31.91	02:54	144	4:53:21	<b>11:54:33</b>	2:31:23
37	213	MANUEL ANGEL FROIZ AGUDO	CLUB TRIATLON LAS ROZAS	16	1:02:30	03:29	86	5:39:30	31.81	03:03	175	5:06:42	<b>11:55:12</b>	2:32:02
38	251	PAULO ESTEVES PEREIRA	MOTRINDE - CLUBE DOS GALITOS	5	0:58:25	02:25	59	5:30:58	32.63	02:19	199	5:23:51	<b>11:57:56</b>	2:34:46
39	238	ZIGOR JIMENEZ BENITO	ANTXINTXIKA SERVIMASA	52	1:05:12	05:20	142	5:53:48	30.53	03:42	173	5:05:50	<b>12:13:51</b>	2:50:42
40	247	MARCELINO ACUÑA ARTIME	CENTRO ASTURIANO DE OVIEDO	29	1:03:49	04:18	81	5:37:47	31.97	05:00	200	5:24:05	<b>12:14:57</b>	2:51:47
41	222	OSCAR AYLLÓN AGEA	LICENCIA DE 1 DIA	192	1:19:01	08:09	222	6:24:10	28.11	06:41	70	4:17:07	<b>12:15:06</b>	2:51:57
42	195	NUNO MARIO ALMEIDA FONSECA	INDEPENDIENTE	169	1:16:45	03:48	98	5:44:11	31.38	03:36	184	5:11:10	<b>12:19:28</b>	2:56:19
43	255	CHRISTOPHE FERREIRA	CLUBE FLUVIAL VILACONDENSE	261	1:32:40	04:47	129	5:50:54	30.78	04:28	128	4:46:53	<b>12:19:39</b>	2:56:30
44	248	ANDRÉ LUIZ GOMES DE MACEDO	TRI OURENSE	57	1:06:00	02:33	151	5:56:01	30.34	03:45	186	5:13:13	<b>12:21:29</b>	2:58:20
45	202	EDUARDO FILIPE AMARO FERREIRA	CLUBE MILLENNIUM BCP	255	1:31:25	05:48	104	5:45:37	31.25	04:07	156	4:57:40	<b>12:24:34</b>	3:01:25
46	260	FRANCISCO NAVARRO LARROSA	LA APARECIDA C.D.	183	1:17:59	05:28	116	5:48:11	31.02	04:55	178	5:09:17	<b>12:25:47</b>	3:02:38
47	218	ISMAEL GIL FERNANDEZ	ATLETICO SAN SEBASTIA	14	1:02:26	05:42	121	5:48:44	30.97	05:25	207	5:28:01	<b>12:30:16</b>	3:07:06
48	229	PABLO MIGUEZ LOPEZ	LICENCIA DE 1 DIA	117	1:11:21	05:47	255	6:49:41	26.36	04:03	97	4:29:33	<b>12:40:23</b>	3:17:14
49	234	ENRIQUE ETXEBARRIA BILBAO	LICENCIA DE 1 DIA	82	1:08:43	07:11	130	5:50:58	30.77	04:30	226	5:38:50	<b>12:50:11</b>	3:27:01
50	29	ALVARO RIVAS ARES	CLUB TRIATLON CORUÑA	161	1:16:05	02:26	159	5:58:33	30.12	02:04	218	5:35:19	<b>12:54:26</b>	3:31:16
51	239	LUIS ALBERTO BUGUEIRO GONZÁLE	TRI OURENSE	165	1:16:18	06:39	219	6:22:32	28.23	04:41	166	5:04:27	<b>12:54:35</b>	3:31:26
52	223	LUIS BERNARDO DUARTE DE MATOS	CLUBE MILLENNIUM BCP	115	1:11:16	06:10	183	6:05:25	29.56	03:58	211	5:31:57	<b>12:58:44</b>	3:35:35
53	215	JULIO GONZÁLEZ DIÉGUEZ	LICENCIA DE 1 DIA	79	1:08:25	05:36	173	6:02:10	29.82	05:38	227	5:39:01	<b>13:00:48</b>	3:37:39
54	201	ROBERTO CID SANMARTIN	CLUB TRIATLON CORUÑA	189	1:18:45	08:32	232	6:28:32	27.8	09:30	161	4:59:34	<b>13:04:51</b>	3:41:42
55	224	PEDRO MIGUEL ALONSO	LICENCIA DE 1 DIA	133	1:13:32					36:20	224	5:38:42	<b>13:13:53</b>	3:50:44
56	212	JOSE SUAREZ	LICENCIA DE 1 DIA	216	1:24:07	06:53	233	6:28:48	27.78	05:16	187	5:13:35	<b>13:18:36</b>	3:55:27
57	197	CÉSAR SANMARTÍN ABÁN	LICENCIA DE 1 DIA	114	1:11:14	07:43	231	6:23:29	28.16	04:30	213	5:32:49	<b>13:19:43</b>	3:56:34
58	226	JOSE JAVIER IGLESIAS PEREIRA	LICENCIA DE 1 DIA	268	1:45:41	05:29	238	6:31:22	27.6	02:26	158	4:58:43	<b>13:23:39</b>	4:00:30
59	203	JOSE ANTONIO RUBIO GARCIA	X3M MAJADAHONDA	27	1:03:44	04:20	243	6:37:18	27.18	07:35	216	5:34:15	<b>13:27:10</b>	4:04:00
60	232	VITOR COELHO	RUNNING TEAM LANTEMIL	238	1:28:09	05:44	214	6:20:30	28.38	06:52	202	5:26:31	<b>13:27:44</b>	4:04:34
61	38	JESÚS CARLOS QUINTAS BARROS	NOSPORTLIMIT-TREK GALICIA	1	0:54:45	06:43	226	6:25:46	28	05:57	243	5:56:45	<b>13:29:55</b>	4:06:45
62	259	GENE PEDRUEZA FUNCIA	TRIRUNNERS	198	1:19:33	06:31	245	6:38:47	27.08	03:38	204	5:27:23	<b>13:35:51</b>	4:12:42
63	254	ELOY MADERO ANTON	LICENCIA DE 1 DIA	213	1:23:22	06:49	160	5:58:35	30.12	04:11	250	6:10:19	<b>13:43:13</b>	4:20:04
64	194	CELESTINO MATO PEON	ARTROGAL-TRI498	225	1:25:19	05:53	240	6:31:44	27.57	02:11	222	5:38:18	<b>13:43:23</b>	4:20:13
65	20	JACOBO A. SANCHEZ-BÁLGOMA Y L	NOSPORTLIMIT-TREK GALICIA	196	1:19:21	03:29	242	6:37:14	27.19	03:02	230	5:43:10	<b>13:46:14</b>	4:23:05
66	252	CARLOS SILVA	LICENCIA DE 1 DIA	267	1:42:56	04:15	213	6:20:19	28.4	02:54	223	5:38:23	<b>13:48:45</b>	4:25:36
67	257	EDUARDO MANUEL REALES CARBON	TRIEXNA	200	1:19:38	06:11	259	6:58:04	25.83	04:58	195	5:20:16	<b>13:49:06</b>	4:25:57
68	240	PEDRO PRATAS	LICENCIA DE 1 DIA	270	1:47:45	09:33	254	6:48:05	26.47	05:56	169	5:05:07	<b>13:56:25</b>	4:33:15
69	258	ANTONIO VIRGILI RODRIGUEZ	CENTRO ASTURIANO DE OVIEDO	181	1:17:58	08:57	246	6:40:12	26.99	08:28	246	5:59:29	<b>14:15:03</b>	4:51:53
70	193	JAVIER MARTIN MARTIN	PERSONAL RUNNING TRIATLON	265	1:40:52	06:07	244	6:38:13	27.12	04:49	241	5:53:04	<b>14:23:04</b>	4:59:55
71	250	JUAN JOSE PITA FRAGOSO	LICENCIA DE 1 DIA	249	1:29:52	10:00	261	7:03:03	25.53	07:22	247	6:03:03	<b>14:53:18</b>	5:30:09
72	246	MANUEL CASTILLO MARTIN	INDEPENDIENTE	243	1:29:19	09:26	262	7:03:23	25.51	06:50	259	6:30:45	<b>15:19:41</b>	5:56:31
73	230	JOSE LUIS FERNANDEZ SANCHEZ	LICENCIA DE 1 DIA	72	1:07:25	08:45	263	7:06:08	25.34	04:59	260	6:56:10	<b>15:23:26</b>	6:00:16

NF	243	DAVID CARBALLO URSA	LICENCIA DE 1 DIA	178	1:17:18	06:46	1	3:43:35	48.31				
NF	221	MANUEL LÓPEZ CARBALLEIRA	TRIATLON TRIATLON	244	1:29:29	05:04	170	6:00:55	29.92	01:57			
NF	253	JUAN RAMON CARBO ORTIZ	LICENCIA DE 1 DIA	93	1:10:25	04:44	185	6:06:21	29.48	02:49			
NP	225	DAVID HERRERO GUTIERREZ DEL ANI	TRIATLON SANTANDER										
NP	263	EDER FERNANDEZ PEREZ	GV SPORTS CLUB										
NP	210	ISIDRO SILVEIRA REY	LICENCIA DE 1 DIA										
NP	227	ANTONIO VILLANUEVA GONZÁLEZ	CLUB TRIATLON MAR DE VIGO										
NP	52	JOSE RAMON MUIÑO MARTÍNEZ	NOSPORTLIMIT-TREK GALICIA										
NP	245	PEDRO BERNABE VALERA	PEGASO										
NP	244	MANUEL MONASTERIO PACHECO	TRIONIX										

## DE 45 A 49 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	286	MANOLO GONZALEZ CUEVAS	CLUB NATACIÓ RUBI	19	1:02:40	02:34	13	5:09:31	34.89	02:10	14	3:37:15	<b>9:54:09</b>	0:30:59
2	22	RAMON ARIAS GARCIA	TRIATLON MURALLA LUGO	7	1:00:30	03:04	35	5:21:40	33.58	02:04	10	3:30:57	<b>9:58:13</b>	0:35:04
3	275	SAMUEL CAMILO UBEIRA NOGUERA	TRISPORT SIERRA DE MADRID	60	1:06:26	03:14	38	5:22:24	33.5	02:55	30	3:55:38	<b>10:30:35</b>	1:07:25
4	296	PEDRO NOGUEIRA SILVA	INDEPENDIENTE	119	1:11:30	03:15	74	5:35:31	32.19	01:35	29	3:53:37	<b>10:45:27</b>	1:22:17
5	280	JUAN CARLOS BARRO ROCHELA	LICENCIA DE 1 DIA	87	1:09:15	03:55	111	5:47:33	31.07	02:14	21	3:46:39	<b>10:49:35</b>	1:26:26
6	297	EUGENIO MARTÍNEZ PÉREZ	CIDADE DE LUGO FLUVIAL	50	1:05:09	03:53	23	5:16:54	34.08	01:43	83	4:22:53	<b>10:50:30</b>	1:27:21
7	30	JOSE JAVIER GOMEZ IGLESIAS	TRI OURENSE	246	1:29:34	04:12	39	5:22:29	33.49	02:28	34	3:57:52	<b>10:56:33</b>	1:33:24
8	273	LUIS BARBEL FERNANDEZ	A.D.A BOMBEROS DE MADRID	10	1:01:31	03:14	43	5:23:17	33.41	02:03	91	4:26:48	<b>10:56:51</b>	1:33:42
9	274	JOSE CARLOS GUDIEL MACHIN	DARKSID3 TRIATLON	111	1:11:04	05:44	128	5:50:35	30.81	03:50	48	4:06:42	<b>11:17:52</b>	1:54:43
10	37	MIGUEL CARBALLO GONZÁLEZ	TRI OURENSE	45	1:05:03	03:57	115	5:48:07	31.03	05:03	73	4:18:56	<b>11:21:04</b>	1:57:55
11	298	RICARDO REYERO HERMOSILLA	INDEPENDIENTE	130	1:13:10	05:45	108	5:46:50	31.14	03:31	78	4:20:31	<b>11:29:45</b>	2:06:35
12	288	LUIS CAMPALLO ISACHE	LICENCIA DE 1 DIA	248	1:29:42	03:57	127	5:49:39	30.89	02:51	111	4:37:02	<b>12:03:10</b>	2:40:01
13	268	CARLOS ANDRÉS RAMÍREZ DUARTE	TRIATLÓN TRES CANTOS	106	1:10:56	04:13	89	5:41:01	31.67	05:50	168	5:05:06	<b>12:07:03</b>	2:43:53
14	271	MIGUEL LAMELA MÉNDEZ	LICENCIA DE 1 DIA	237	1:27:50	07:43	163	5:59:37	30.03	05:32	119	4:41:53	<b>12:22:34</b>	2:59:24
15	39	JUAN MÉNDEZ LÓPEZ	TRISADA	127	1:12:54	03:12	140	5:53:16	30.57	02:23	194	5:20:08	<b>12:31:50</b>	3:08:40
16	266	CELSE SUÁREZ FERNANDEZ	TRIATLON TRIATLON	202	1:19:53	05:41	102	5:45:07	31.29	04:58	193	5:19:14	<b>12:34:51</b>	3:11:41
17	293	ÁNGEL JAVIER GARCÍA SÁNCHEZ	CLUB TRIATLON OVIEDO	94	1:10:27	04:43	158	5:58:31	30.13	02:26	197	5:21:27	<b>12:37:33</b>	3:14:23
18	295	NEVILLE SUZMAN	LICENCIA DE 1 DIA	187	1:18:38	09:29	198	6:10:42	29.13	11:32	140	4:52:23	<b>12:42:42</b>	3:19:32
19	291	JOSE LUIS LOPEZ PINEDO	CLUB NATACIÓ RUBI	126	1:12:36	04:28	186	6:06:29	29.47	04:09	196	5:20:19	<b>12:47:58</b>	3:24:49
20	284	JOSE LUIS ARROYO GONZALEZ	LICENCIA DE 1 DIA	252	1:30:14	07:10	220	6:22:56	28.2	05:46	123	4:43:21	<b>12:49:26</b>	3:26:16
21	279	FRANCISCO VACA DE LA MOTA	A.D. COREBO	208	1:21:36	07:13	182	6:05:18	29.57	07:18	182	5:10:59	<b>12:52:22</b>	3:29:13
22	281	ENRIQUE LUIS ALVAREZ ESTEVEZ	NOSPORTLIMIT-TREK GALICIA	191	1:19:00	03:47	138	5:52:52	30.61	02:07	225	5:38:48	<b>12:56:32</b>	3:33:23
23	277	ERNESTO MENDIETA GARROTE	INDEPENDIENTE	103	1:10:53	08:23	211	6:19:57	28.43	09:39	180	5:10:38	<b>12:59:29</b>	3:36:19
24	289	CARLOS PEREIRA	LICENCIA DE 1 DIA	144	1:14:54	05:31	256	6:51:21	26.26	02:28	141	4:52:26	<b>13:06:39</b>	3:43:30
25	287	IGNACIO OUVIÑA GONZALEZ	ARTROGAL-TRI498	197	1:19:31	04:17	189	6:06:54	29.44	04:54	231	5:43:42	<b>13:19:17</b>	3:56:07
26	290	GONZALO DE CASTRO PARGA	LICENCIA DE 1 DIA	262	1:34:05	08:07	235	6:30:29	27.66	09:33	163	5:00:35	<b>13:22:47</b>	3:59:37
27	270	ANDREA GRIFFINI	NOSPORTLIMIT-TREK GALICIA	92	1:10:19	05:34	201	6:12:02	29.03	05:02	242	5:53:21	<b>13:26:16</b>	4:03:06
28	292	JUAN MANUEL LOPEZ GOMEZ	LICENCIA DE 1 DIA	228	1:26:00	07:56	239	6:31:30	27.59	05:26	192	5:16:06	<b>13:26:57</b>	4:03:47
29	272	PABLO TEJEIRO LÓPEZ	CLUB TRIATLON CORUÑA	256	1:31:27	04:51	236	6:30:35	27.65	02:14	214	5:33:50	<b>13:42:54</b>	4:19:45
30	285	JOSÉ CARLOS ÁLVAREZ DE LA IGLESIA	BEARIZ TRIATLON	271	1:50:02	04:30	218	6:21:37	28.3	04:22	203	5:26:44	<b>13:47:13</b>	4:24:03
31	294	ENRIC ALMIÑANA	SDB	214	1:24:04	11:18	264	7:08:54	25.18	08:17	179	5:09:29	<b>14:02:01</b>	4:38:51
32	278	ANTONIO URBANO MARTÍNEZ	LICENCIA DE 1 DIA	260	1:32:18	04:43	260	6:58:33	25.8	03:55	233	5:44:33	<b>14:24:00</b>	5:00:50
33	264	HERMANN HEINRICHS ROSON	LICENCIA DE 1 DIA	128	1:12:56	13:34	257	6:54:30	26.06	09:00	248	6:05:11	<b>14:35:09</b>	5:11:59
34	283	MARCO ANTONIO LOPEZ FRANCO	NOSPORTLIMIT-TREK GALICIA	218	1:24:19	16:23	234	6:29:13	27.75	13:12	255	6:17:12	<b>14:40:17</b>	5:17:07
35	301	MODESTO RODRIGUEZ OTERO	AXA AGENCIA GARRIGA-BEARIZ TRIAT	275	2:06:52	09:39	249	6:43:20	26.78	04:56	236	5:48:11	<b>14:52:56</b>	5:29:47
36	276	VITOR GOMES	CLUBE MILLENNIUM BCP	272	1:54:45	12:35	270	7:40:50	23.44	06:57	235	5:45:00	<b>15:40:05</b>	6:16:55
37	299	RODRIGO BOBIS PUENTE	LINEA DE META SKECHERS	274	2:03:06	13:32	269	7:37:33	23.6	07:25	251	6:10:44	<b>16:12:17</b>	6:49:08
NP	267	STEPHANE A BEAUVERGER	LICENCIA DE 1 DIA											
NP	269	PEDRO DE CASTRO GARCIA	LICENCIA DE 1 DIA											
NP	282	JUAN JOSE GOMEZ NEGREIRA	CLUB TRIATLON CORUÑA											
NP	265	ABEL PANIAGUA BENITO	JARAMUGOS Y JUMENTOS											
NP	300	JOSÉ ANTONIO SAAVEDRA PAZOS	LICENCIA DE 1 DIA											

## DE 50 A 54 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	308	MANU BAEZA NAVARRO	CLUB TRIATLON BAEZA , CTB	158	1:15:50	03:07	123	5:48:56	30.95	02:09	65	4:15:06	<b>11:25:06</b>	2:01:57
2	307	GERMAN JULIAN BARROS	C.D. TRIAT-ALANDALUS	149	1:15:15	03:47	135	5:52:04	30.68	02:40	165	5:02:20	<b>12:16:03</b>	2:52:54
3	45	FAUSTINO BLANCO MANCEBO	C.D. TRIATLON BIERZO	160	1:16:02	06:40	193	6:09:19	29.24	04:22	117	4:41:43	<b>12:18:04</b>	2:54:54
4	305	JUAN ROMAN LUNA LUNA	COREBO	195	1:19:20	04:57	195	6:10:00	29.19	04:25	151	4:55:42	<b>12:34:21</b>	3:11:12
5	309	JOSE IGNACIO RECIO SANCHEZ	DARKSID3 TRIATLON	194	1:19:12	04:59	209	6:17:53	28.58	06:01	134	4:50:37	<b>12:38:40</b>	3:15:30
6	302	JUAN JOSE GONZALEZ RAMIL	CLUB TRIATLON CORUÑA	131	1:13:20	03:40	156	5:56:57	30.26	02:53	221	5:37:20	<b>12:54:08</b>	3:30:58
7	304	AGUSTÍN RISUEÑO MARTÍN	TRIATLÓN SALAMANCA	242	1:29:16	04:35	167	5:59:51	30.01	01:53	217	5:34:56	<b>13:10:29</b>	3:47:20
8	311	RICARDO VICENTE CORREDERA	LICENCIA DE 1 DIA	245	1:29:32	10:42	215	6:20:40	28.37	08:08	189	5:14:39	<b>13:23:39</b>	4:00:30
9	312	JOSE MANUEL SUAREZ MURIAS	CENTRO ASTURIANO DE OVIEDO	241	1:29:14	07:23	258	6:57:52	25.85	05:08	131	4:48:15	<b>13:27:50</b>	4:04:40
10	303	MANUEL CARLOS HEREDIA GARCIA	C.D. TRIAT-ALANDALUS	222	1:25:03	08:28	227	6:26:48	27.92	08:38	257	6:24:40	<b>14:33:35</b>	5:10:25
NP	306	JUAN MANUEL MARTIN JIMENEZ	C D SOHAIL											
NP	310	JOSE MANUEL PERNAS VAZQUEZ	A.D. SAN ROQUE -VIVEIRO											

## DE 55 A 59 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	313	DANIEL SERRANO GARCIA	A.D. COREBO	142	1:14:15	09:51	205	6:14:45	28.82	06:55	155	4:57:36	<b>12:43:20</b>	3:20:11
2	314	LUIS JAVIER ARENAS VILLARROEL	LICENCIA DE 1 DIA	177	1:17:15	09:31				42:44	208	5:28:08	<b>14:09:44</b>	4:46:34

## DE 60 A 64 AÑOS MASCULINA

POS.	Nº	NOME	CLUB	P.	Natación	T1	P.	Ciclismo	Km/h.	T2	P.	Carrera	META	Dif.
1	315	BERNARD BERGE	LICENCIA DE 1 DIA	273	2:00:58	09:16	268	7:34:03	23.79	09:25	238	5:48:36	<b>15:42:17</b>	6:19:07
NP	316	RAMON COUCE SEIJAS	CLUB TRIATLONCIEN											

**NORTHWEST TRIMAN, 15/06/2014**  
**ABSOLUTA MASCULINA**  
**CLASIFICACION POR EQUIPOS**

<b>1</b>	<b>TRINITY TRIATLON</b>			Inscritos: 6	Llegados: 5	Tiempo total: 29:16:03
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
3	1	JOSÉ ÁNGEL PENAS TALLÓN	9:30:06	TRINITY TRIATLON		
4	2	PEDRO ESCOLANTE BILBAO	9:38:14	TRINITY TRIATLON		
12	3	LUCIANO JESÚS CARRETERO SANCHEZ	10:07:44	TRINITY TRIATLON		
<b>2</b>	<b>ARTROGAL-TRI498</b>			Inscritos: 14	Llegados: 14	Tiempo total: 31:13:41
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
10	1	RAMÓN VARELA GARCÍA	9:58:18	ARTROGAL-TRI498		
20	2	JOSE RIVEIRO NUÑEZ	10:26:26	ARTROGAL-TRI498		
40	3	MIGUEL FIGUEIRA NUÑEZ	10:48:58	ARTROGAL-TRI498		
<b>3</b>	<b>NOSPORTLIMIT-TREK GALICIA</b>			Inscritos: 25	Llegados: 20	Tiempo total: 31:43:59
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
19	1	JOSE RAMON SANCHEZ QUINTELA	10:22:59	NOSPORTLIMIT-TREK GALICIA		
26	2	BRUNO SOUTO PÉREZ	10:36:34	NOSPORTLIMIT-TREK GALICIA		
29	3	VICENTE RUBEN JIMENEZ GURREA	10:44:27	NOSPORTLIMIT-TREK GALICIA		
<b>4</b>	<b>CIDADE DE LUGO FLUVIAL</b>			Inscritos: 3	Llegados: 3	Tiempo total: 31:45:34
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
13	1	XOSÉ CARLOS GONZÁLEZ AVIÓN	10:10:23	CIDADE DE LUGO FLUVIAL		
31	2	JAIME VAZQUEZ MEIJIDE	10:44:42	CIDADE DE LUGO FLUVIAL		
44	3	EUGENIO MARTÍNEZ PÉREZ	10:50:30	CIDADE DE LUGO FLUVIAL		
<b>5</b>	<b>C.D. TRIAT-ALANDALUS</b>			Inscritos: 9	Llegados: 8	Tiempo total: 31:56:46
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
14	1	JORGE RAMOS RAMOS	10:13:28	C.D. TRIAT-ALANDALUS		
27	2	JOSÉ MANUEL MORALES MUÑOZ	10:41:24	C.D. TRIAT-ALANDALUS		
59	3	FRANCISCO ROMÁN GONZÁLEZ	11:01:55	C.D. TRIAT-ALANDALUS		
<b>6</b>	<b>MOTRINDE - CLUBE DOS GALITOS</b>			Inscritos: 5	Llegados: 5	Tiempo total: 32:19:45
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
25	1	TIAGO MENDES	10:36:02	MOTRINDE - CLUBE DOS GALITOS		
38	2	MARCO FERREIRA	10:48:56	MOTRINDE - CLUBE DOS GALITOS		
50	3	LUÍS SOUSA	10:54:48	MOTRINDE - CLUBE DOS GALITOS		
<b>7</b>	<b>A.D. SAN ROQUE -VIVEIRO</b>			Inscritos: 4	Llegados: 3	Tiempo total: 32:34:47
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
15	1	DANIEL FERNÁNDEZ CORVO	10:17:02	A.D. SAN ROQUE -VIVEIRO		
54	2	EUTIQUIANO APARICIO MARTINEZ	10:56:45	A.D. SAN ROQUE -VIVEIRO		
77	3	MIGUEL ANGEL ESMORIS GARCÍA	11:21:01	A.D. SAN ROQUE -VIVEIRO		
<b>8</b>	<b>CLUB NATACIÓ RUBI</b>			Inscritos: 3	Llegados: 3	Tiempo total: 34:10:00
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
8	1	MANOLO GONZALEZ CUEVAS	9:54:09	CLUB NATACIÓ RUBI		
88	2	LLUIS GARCIA PAREDES	11:27:54	CLUB NATACIÓ RUBI		
183	3	JOSE LUIS LOPEZ PINEDO	12:47:58	CLUB NATACIÓ RUBI		
<b>9</b>	<b>TRI OURENSE</b>			Inscritos: 4	Llegados: 4	Tiempo total: 34:39:06
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
53	1	JOSE JAVIER GOMEZ IGLESIAS	10:56:33	TRI OURENSE		
79	2	MIGUEL CARBALLO GONZÁLEZ	11:21:04	TRI OURENSE		
156	3	ANDRÉ LUIZ GOMES DE MACEDO	12:21:29	TRI OURENSE		
<b>10</b>	<b>CLUBE FLUVIAL VILACONDENSE</b>			Inscritos: 4	Llegados: 4	Tiempo total: 35:35:34
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
94	1	FERNANDO SALVADOR	11:34:02	CLUBE FLUVIAL VILACONDENSE		
103	2	VITOR ANDRADE	11:41:53	CLUBE FLUVIAL VILACONDENSE		
152	3	CHRISTOPHE FERREIRA	12:19:39	CLUBE FLUVIAL VILACONDENSE		
<b>11</b>	<b>CLUB TRIATLON CORUÑA</b>			Inscritos: 8	Llegados: 7	Tiempo total: 35:56:46
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
87	1	LUCAS TUDO SANDES	11:26:57	CLUB TRIATLON CORUÑA		
95	2	ANDRES DOMINGUEZ SILVA	11:35:42	CLUB TRIATLON CORUÑA		
190	3	JUAN JOSE GONZALEZ RAMIL	12:54:08	CLUB TRIATLON CORUÑA		
<b>12</b>	<b>CENTRO ASTURIANO DE OVIEDO</b>			Inscritos: 4	Llegados: 4	Tiempo total: 37:07:37
<b>PtoG</b>	<b>PtoClub</b>	<b>Nombre</b>	<b>T Meta</b>	<b>CLUB</b>		
82	1	RAMON HEVIA MORENO	11:24:52	CENTRO ASTURIANO DE OVIEDO		
142	2	MARCELINO ACUÑA ARTIME	12:14:57	CENTRO ASTURIANO DE OVIEDO		
228	3	JOSE MANUEL SUAREZ MURIAS	13:27:50	CENTRO ASTURIANO DE OVIEDO		



**NORTHWEST TRIMAN, 15/06/2014**  
**ABSOLUTA MASCULINA**  
**CLASIFICACION POR EQUIPOS**

13 A.D. COREBO Inscritos: 3 Llegados: 3 Tiempo total: 38:55:43

PtoG	PtoClub	Nombre	T. Meta	CLUB
179	1	DANIEL SERRANO GARCIA	12:43:20	A.D. COREBO
189	2	FRANCISCO VACA DE LA MOTA	12:52:22	A.D. COREBO
217	3	RAFAEL FERNÁNDEZ SÁNCHEZ	13:20:01	A.D. COREBO

14 CLUBE MILLENNIUM BCP Inscritos: 3 Llegados: 3 Tiempo total: 41:03:22

PtoG	PtoClub	Nombre	T. Meta	CLUB
159	1	EDUARDO FILIPE AMARO FERREIRA	12:24:34	CLUBE MILLENNIUM BCP
196	2	LUIS BERNARDO DUARTE DE MATOS FARIA	12:58:44	CLUBE MILLENNIUM BCP
263	3	VITOR GOMES	15:40:05	CLUBE MILLENNIUM BCP