

# NORTHWEST TRIMAN 2016, 25/06/2016

## IRONMAN ABSOLUTA MASCULINA

LLEG 192

Pto	Dorsal	Nombre	PtoCat	PtoGE	T_Final
1	160	ENRIQUE MORAN GONZALEZ		GE35-39M/ 1	09:17:10
2	92	RAFAEL DELAUNAY GOMES		GE30-34M/ 1	09:25:18
3	99	PEDRO ESCOLANTE BILBAO		GE35-39M/ 2	09:27:00
4	18	MANUEL FERNANDO ABUÍN ROUCO		GE35-39M/ 3	09:32:03
5	24	FRANCISCO SOLIÑO PIÑEIRO		GE35-39M/ 4	09:32:08
6	20	RAMON ARIAS GARCIA	V1M/ 1	GE45-49M/ 1	09:43:36
7	206	JORGE TIRAPU MENDIOROZ	V1M/ 2	GE40-44M/ 1	09:44:40
8	93	JAVIER DELGADO CALZON	V1M/ 3	GE40-44M/ 2	09:46:01
9	169	FRANCISCO PEDRERO SALCEDO		GE35-39M/ 5	09:46:44
10	105	AITOR FRANCO BOUZA		GE30-34M/ 2	09:49:15
11	218	FRANCISCO JAVIER VILA LOPEZ		GE30-34M/ 3	09:51:08
12	215	RAMÓN VARELA GARCÍA		GE35-39M/ 6	09:51:44
13	182	JOSE RIVEIRO NUÑEZ	V1M/ 4	GE40-44M/ 3	09:56:35
14	116	DAVID GARCIA PEREZ		GE35-39M/ 7	09:57:59
15	146	FERNANDO LUIÑA VELA	V1M/ 5	GE40-44M/ 4	09:58:39
16	111	OSCAR GARCÍA CANTO	V1M/ 6	GE40-44M/ 5	09:58:56
17	27	JOSE ANTONIO RECOUSO CAAMAÑO	V1M/ 7	GE40-44M/ 6	10:00:04
18	21	JAIME TIZÓN DAVILA	V1M/ 8	GE40-44M/ 7	10:01:09
19	19	PASTOR ADRIÁN POSE REGUEIRO	SUB23M/	GE20-24M/ 1	10:01:52
20	213	ERNESTO VALIENTE ALVARO		GE35-39M/ 8	10:04:59
21	35	FLORINDO JOSE GONZALEZ GONZALEZ	V1M/ 9	GE40-44M/ 8	10:05:43
22	104	PAULO FERREIRA	V1M/ 10	GE45-49M/ 2	10:06:24
23	194	JOSE RAMON SANCHEZ QUINTELA		GE35-39M/ 9	10:07:16
24	77	ILDEFONSO CEGARRA MANZANERA	V1M/ 11	GE45-49M/ 3	10:07:56
25	189	ANDRES ROMERO ORTIZ		GE35-39M/ 10	10:08:31
26	112	JOSÉ MARÍA GARCÍA DE LAS HERAS	V1M/ 12	GE40-44M/ 9	10:08:50
27	180	SANTIAGO REMEDIOS GONZÁLEZ		GE35-39M/ 11	10:10:12
28	90	HUGO DAS NEVES FERREIRA	V1M/ 13	GE40-44M/ 10	10:11:16
29	226	EUGENIO MARTÍNEZ PÉREZ	V2M/ 1	GE50-54M/ 1	10:12:19
30	176	CARLOS PROENÇA		GE30-34M/ 4	10:13:17
31	161	JOAQUIN MORENO FERNANDEZ		GE35-39M/ 12	10:14:01
32	72	JOSE ALBERTO CARBALLO LOUZAO	V1M/ 14	GE40-44M/ 11	10:21:51
33	12	ANXO SALGADO LOSADA		GE35-39M/ 13	10:22:45
34	117	LUIS GARCÍA RIOS		GE35-39M/ 14	10:23:02
35	11	BORJA COSTA ROJO		GE30-34M/ 5	10:25:14
36	91	ANTONIO DE NOVALES JIMENEZ	V1M/ 15	GE40-44M/ 12	10:26:15
37	28	CARLOS RODRIGUEZ LEAL		GE25-29M/ 1	10:26:52
38	163	ANTONIO MORENO PECES	V1M/ 16	GE45-49M/ 4	10:28:02
39	209	LUCAS TUDO SANDES		GE35-39M/ 15	10:28:22
40	50	LUIS ALEGRIAS	V1M/ 17	GE40-44M/ 13	10:28:49
41	23	XURXO GÓMEZ VÁZQUEZ	V1M/ 18	GE40-44M/ 14	10:29:07
42	217	ANTONIO VEGA CAZALLA		GE35-39M/ 16	10:31:06
43	164	VICTOR MANUEL MOURIÑO FORTES		GE35-39M/ 17	10:31:27
44	60	JOAO BAPTISTA		GE30-34M/ 6	10:32:13
45	156	JOSÉ MATEUS		GE35-39M/ 18	10:32:14
46	102	DAVID FERNÁNDEZ LÓPEZ		GE35-39M/ 19	10:35:36

47	119	JOAO PEDRO GOMES		GE30-34M/ 7	10:36:30
48	71	JOSÉ MARÍA CAMACHO FERNÁNDEZ	V1M/ 19	GE40-44M/ 15	10:37:12
49	145	JAIRO LORENZO		GE30-34M/ 8	10:40:21
50	87	TIAGO COVINHA		GE30-34M/ 9	10:40:48
51	79	JAVIER CLAVERO FORCÉN	V2M/ 2	GE50-54M/ 2	10:42:22
52	196	DANIEL SANTOS GARRIDO		GE35-39M/ 20	10:43:00
53	39	RAFAEL RAMOS FOJÓN		GE35-39M/ 21	10:43:26
54	174	JOSÉ PRADOS SÁNCHEZ		GE35-39M/ 22	10:44:27
55	168	MANUEL PASCUAL ESTEBAN		GE35-39M/ 23	10:45:19
56	41	CARLOS ELISEO AÑON CEAN		GE30-34M/ 10	10:45:53
57	143	ROBERTO LÓPEZ SOBRADO	V1M/ 20	GE40-44M/ 16	10:46:19
58	62	CARLOS BARCALA PÉREZ		GE35-39M/ 24	10:46:25
59	22	LUIS ALBERTO DOMINGUEZ FERNANDEZ		GE35-39M/ 25	10:46:50
60	115	JOSÉ RAMON GARCIA OCHOA	V1M/ 21	GE45-49M/ 5	10:47:25
61	220	JOSE ALFONSO VILLAR CAAMAÑO		GE35-39M/ 26	10:47:35
62	155	JOAQUIN MATEOS FUENTES		GE35-39M/ 27	10:47:41
63	165	FRANCISCO JAVIER NIETO LÓPEZ		GE30-34M/ 11	10:49:01
64	139	RAUL LISTA SUAREZ	V1M/ 22	GE40-44M/ 17	10:50:38
65	150	JAVIER MARTIN MARTIN		GE35-39M/ 28	10:51:21
66	100	ANTONIO MIGUEL EZNARRIAGA GUTIERR	V1M/ 23	GE40-44M/ 18	10:51:42
67	70	JORGE CAMACHO FERNÁNDEZ	V1M/ 24	GE40-44M/ 19	10:52:15
68	135	VICENTE RUBEN JIMENEZ GURREA		GE35-39M/ 29	10:52:30
69	147	ALVARO FRANCISCO MANZANO ARENAS		GE30-34M/ 12	10:52:50
70	159	ANTONIO MERINO REQUEJO	V1M/ 25	GE40-44M/ 20	10:53:19
71	223	ANTONIO VIVANCOS BERNAL	V1M/ 26	GE40-44M/ 21	10:53:43
72	56	PEDRO FILIPE GUERREIRO HONRADO SILVA AMARA		GE35-39M/ 30	10:53:56
73	95	OSCAR DÍAZ SÁNCHEZ	V1M/ 27	GE40-44M/ 22	10:54:45
74	214	JOSE VARELA	V1M/ 28	GE40-44M/ 23	10:55:49
75	170	JAVIER PEREZ BOUZA	V1M/ 29	GE40-44M/ 24	10:56:00
76	80	JOÃO COELHO COELHO	V1M/ 30	GE45-49M/ 6	10:57:12
77	88	JOÃO PEDRO DA COSTA PINTO LARANJEIRA		GE30-34M/ 13	10:57:29
78	13	LUCAS GONZÁLEZ ROCHA		GE35-39M/ 31	10:59:12
79	199	PAULO SIMÕES TELES	V1M/ 31	GE45-49M/ 7	10:59:41
80	186	IVAN RODRIGUEZ HERNANDEZ		GE35-39M/ 32	11:00:17
81	85	RUI PEDRO COSTA	V1M/ 32	GE40-44M/ 25	11:01:27
82	181	RICARDO REYERO HERMOSILLA	V2M/ 3	GE50-54M/ 3	11:01:38
83	29	DIEGO ROJO GARRIDO	V1M/ 33	GE45-49M/ 8	11:04:19
84	103	XOSÉ FERNÁNDEZ SEGURADO		GE35-39M/ 33	11:08:00
85	121	LUIS ANXO GONZALEZ ARES	V1M/ 34	GE45-49M/ 9	11:09:50
86	47	CARLOS ABRIL BLANCO	V1M/ 35	GE40-44M/ 26	11:10:27
87	120	ANDRÉ LUIZ GOMES DE MACEDO	V1M/ 36	GE40-44M/ 27	11:11:18
88	61	RAUL BARBEITO GESTAL		GE35-39M/ 34	11:13:15
89	133	PABLO INSUA PEDROSA		GE35-39M/ 35	11:13:35
90	63	MODESTO BARRO ROCHELA	V2M/ 4	GE50-54M/ 4	11:14:08
91	136	JOSÉ JOAQUÍN LARA COBANO		GE35-39M/ 36	11:14:32
92	25	IÑAKI ANDRADE FERNANDEZ		GE25-29M/ 2	11:14:38
93	67	EDUARDO CABANILLAS FERNANDEZ		GE35-39M/ 37	11:15:19
94	224	MIGUEL CASTRO RAMOS		GE25-29M/ 3	11:16:26
95	193	JUAN GREGORIO SÁNCHEZ MORENO	V1M/ 37	GE40-44M/ 28	11:16:50
96	38	FERNANDO GARCIA MARTINEZ	V1M/ 38	GE45-49M/ 10	11:17:06
97	78	RAMIRO CHAVES MON		GE30-34M/ 14	11:18:02
98	86	MÁRIO COUTO		GE35-39M/ 38	11:18:56

99	205 MAURO TEZZA DIOTTO		GE30-34M/ 15	11:19:33
100	74 PAULO SÉRGIO CARVALHINHO	V1M/ 39	GE45-49M/ 11	11:21:04
101	44 JORGE ANTONIO ALVAREZ RICO	V1M/ 40	GE40-44M/ 29	11:21:26
102	68 DANIEL CADENAS TORRÓN		GE35-39M/ 39	11:23:31
103	89 DIEGO ALBERTO RICARDO DANERI CALLEJ	V1M/ 41	GE45-49M/ 12	11:24:05
104	94 ESTEBAN DIAZ PEREZ		GE35-39M/ 40	11:25:28
105	107 PABLO FRANCO YAÑEZ		GE30-34M/ 16	11:26:03
106	40 CARLOS BEIRO GONZALEZ		GE35-39M/ 41	11:26:22
107	228 PEPE SANCHEZ DEL VALLE	V1M/ 42	GE45-49M/ 13	11:28:02
108	124 JUAN MANUEL GONZALEZ MUÑOZ	V2M/ 5	GE50-54M/ 5	11:28:26
109	185 RAFAEL RODRIGUEZ GONZALEZ		GE35-39M/ 42	11:28:44
110	141 RUBEN LOPEZ FERNANDEZ		GE35-39M/ 43	11:30:06
111	36 ROI MARTINEZ MARTIN		GE25-29M/ 4	11:30:47
112	130 RAMON HEVIA MORENO	V1M/ 43	GE40-44M/ 30	11:33:14
113	98 SEBASTIAN DURAN GONZALEZ	V1M/ 44	GE40-44M/ 31	11:35:17
114	76 MIGUEL ANTONIO CASTRO VAZQUEZ		GE35-39M/ 44	11:35:26
115	66 PEDRO BRANDAO		GE35-39M/ 45	11:36:11
116	126 JORGE GRAÑA BAEZA		GE25-29M/ 5	11:37:40
117	32 RUBEN ALVAREZ IGLESIAS		GE35-39M/ 46	11:38:22
118	211 VASCO ALEXANDRE VALENTE FERRO BRIT	V1M/ 45	GE45-49M/ 14	11:40:28
119	128 RUBEN GUZMAN RUIZ	V1M/ 46	GE45-49M/ 15	11:41:21
120	114 PEDRO LUIS GARCIA MARTIN	V1M/ 47	GE40-44M/ 32	11:41:28
121	82 LUIS CONDEARENA ORTEGA	V1M/ 48	GE45-49M/ 16	11:42:29
122	137 ANTONIO LAUROBA ORZANCO	V1M/ 49	GE45-49M/ 17	11:43:15
123	33 MANUEL DOMINGUEZ DE LA FUENTE		GE35-39M/ 47	11:43:21
124	198 RAFAEL SEPÚLVEDA LUCENA		GE35-39M/ 48	11:43:45
125	15 CARLOS MIGUEL FIDALGO RODRIGUEZ		GE35-39M/ 49	11:44:50
126	75 JOAQUIN CASADO JIMENEZ	V1M/ 50	GE40-44M/ 33	11:45:06
127	97 HUGO DURAN ALVAREZ		GE30-34M/ 17	11:46:06
128	49 JUAN JOAQUIN AGUILELLA SUCH		GE35-39M/ 50	11:48:49
129	48 JAVIER AGUILELLA SUCH		GE35-39M/ 51	11:48:49
130	34 FRANCISCO GARCÍA DANS	V1M/ 51	GE40-44M/ 34	11:51:37
131	26 OSCAR FREIRE BARGO		GE25-29M/ 6	11:55:36
132	16 GIOVANI GARCÍA ESTÉVEZ		GE30-34M/ 18	11:55:57
133	17 JOSE CARLOS FREIRE SALORIO		GE35-39M/ 52	11:59:26
134	118 ÁNGEL JAVIER GARCÍA SÁNCHEZ	V1M/ 52	GE45-49M/ 18	11:59:59
135	123 JORGE GONZALEZ MARTINEZ		GE35-39M/ 53	12:00:36
136	31 PABLO RAMIL FREÁN		GE35-39M/ 54	12:01:25
137	222 GUILLERMO VISO ÁLVAREZ		GE35-39M/ 55	12:01:43
138	55 ADRIÁN ÁLVAREZ MÁRQUEZ		GE25-29M/ 7	12:02:23
139	201 JUAN SOLÍS PASCUAL	V2M/ 6	GE50-54M/ 6	12:03:05
140	57 PABLO ANIDO COUCE		GE30-34M/ 19	12:04:41
141	101 JOSÉ MIGUEL FERNÁNDEZ CRUZ		GE30-34M/ 20	12:05:10
142	106 JUANMA FRANCO MARTÍNEZ	V1M/ 53	GE45-49M/ 19	12:05:34
143	207 ANTONIO MIGUEL TORO GUERRERO	V1M/ 54	GE40-44M/ 35	12:05:34
144	127 PAULO GUEDES	V2M/ 7	GE55-59M/ 1	12:10:06
145	175 CÉSAR PRIETO VALERA		GE30-34M/ 21	12:13:35
146	195 FRANCESC SANTAMARIA BERNABEU		GE30-34M/ 22	12:14:08
147	14 ALVARO CIMARRAS IGLESIAS		GE35-39M/ 56	12:15:11
148	178 MANUEL RAMOS FERNANDEZ	V1M/ 55	GE45-49M/ 20	12:15:49
149	131 JOSE IGNACIO HIERRO DE MIGUEL		GE35-39M/ 57	12:16:48
150	216 ALFREDO VARGAS LÓPEZ	V1M/ 56	GE45-49M/ 21	12:19:29

151	221	ANTONIO VIRGILI RODRIGUEZ	V1M/ 57	GE45-49M/ 22	12:19:29
152	202	LEANDRO CÉSAR MATEUS SOUSA BARROS		GE25-29M/ 8	12:22:31
153	184	JAVIER RODRÍGUEZ GARCÍA		GE30-34M/ 23	12:22:34
154	73	ASIER CARRASCO DIEGO		GE35-39M/ 58	12:31:23
155	162	JOSUÉ MORENO LIRA		GE25-29M/ 9	12:31:24
156	138	JESUS LAZARO LAZARO	V2M/ 8	GE50-54M/ 7	12:31:24
157	177	CARLOS ANDRÉS RAMÍREZ DUARTE	V1M/ 58	GE45-49M/ 23	12:31:54
158	96	IÑIGO DOMÍNGUEZ MARTÍN	V1M/ 59	GE40-44M/ 36	12:33:31
159	212	ANDREA LAMBERTO VALERIO GRIFFINI	V1M/ 60	GE45-49M/ 24	12:34:29
160	58	GERARDO AÑÓN VEGA		GE25-29M/ 10	12:35:15
161	45	OMAR GAEL GONZALO CORREA		GE30-34M/ 24	12:35:15
162	30	PABLO FERNANDEZ RODRIGUEZ	V1M/ 61	GE45-49M/ 25	12:35:54
163	125	JUAN JOSE GONZALEZ RAMIL	V2M/ 9	GE50-54M/ 8	12:38:47
164	153	SAMUEL MARTINEZ LORENZO	V1M/ 62	GE40-44M/ 37	12:39:23
165	42	JACOBO ANICETO SANCHEZ-BÁLGOMA LÓPEZ	V1M/ 63	GE45-49M/ 26	12:41:54
166	188	FERNANDO ROMERO CUENCA	V1M/ 64	GE45-49M/ 27	12:42:41
167	142	ANGEL LOPEZ LOPEZ	V1M/ 65	GE40-44M/ 38	12:43:30
168	197	JUAN IGNACIO SENDINO LAMELA	V1M/ 66	GE40-44M/ 39	12:44:28
169	43	ALBERTO SOTO BARRIOS		GE30-34M/ 25	12:46:12
170	129	RODRIGO HERNANZ DE SALAS		GE30-34M/ 26	12:48:30
171	210	ANTONIO URBANO MARTÍNEZ	V1M/ 67	GE45-49M/ 28	12:52:47
172	110	JUAN CARLOS GARCÍA ARIAS	V1M/ 68	GE40-44M/ 40	13:03:53
173	157	CELESTINO MATO PEON	V1M/ 69	GE40-44M/ 41	13:04:32
174	191	JOSÉ ANTONIO SAAVEDRA PAZOS	V2M/ 10	GE50-54M/ 9	13:05:24
175	183	JESÚS RODIL PATRICIO	V1M/ 70	GE40-44M/ 42	13:05:46
176	151	LUIS ANTONIO MARTIN ROBLES		GE35-39M/ 59	13:06:22
177	190	DOMINGO ROMERO PECELLÍN	V1M/ 71	GE40-44M/ 43	13:08:41
178	51	FRANCISCO ALONSO CUEVAS	V1M/ 72	GE45-49M/ 29	13:21:43
179	109	JUAN JOSE GALLEGRO MARTINEZ	V1M/ 73	GE40-44M/ 44	13:24:19
180	69	PAULO CALIXTO	V1M/ 74	GE40-44M/ 45	13:25:40
181	59	CONSTANTINO ARES DURRUTI	V3M/ 1	GE60-64M/ 1	13:27:02
182	154	JOÃO MARTINS		GE35-39M/ 60	13:27:39
183	204	PABLO TEIJEIRO LÓPEZ	V1M/ 75	GE45-49M/ 30	13:29:16
184	179	ANTÓNIO JOSÉ REIA MORIÉS	V2M/ 11	GE50-54M/ 10	13:32:14
185	81	INÁCIO JOSÉ CONCHA FAÍSCA	V1M/ 76	GE40-44M/ 46	13:35:21
186	144	JOSE LUIS LOPEZ SOMOANO		GE35-39M/ 61	13:36:09
187	192	MANUEL SABUGUEIRO RIVAS	V2M/ 12	GE50-54M/ 11	13:38:44
188	172	JUAN JOSE PITA FRAGOSO	V1M/ 77	GE40-44M/ 47	13:43:46
189	166	FRANCISCO JOSE OTERO LOPEZ	V1M/ 78	GE45-49M/ 31	13:44:49
190	52	JAVIER ALONSO ENCINAS		GE30-34M/ 27	14:13:11
191	187	MODESTO RODRIGUEZ OTERO	V2M/ 13	GE50-54M/ 12	14:57:56
192	173	RAÚL POLLEDO GONZÁLEZ		GE30-34M/ 28	15:46:44

**DESC 1**

Pto	Dorsal	Nombre	PtoCat	PtoGE	T_Final
0	64	JOSE MANUEL BERMUDEZ RICO	V2M/ 0	GE50-54M/ 0	

**RETI 8**

Pto	Dorsal	Nombre	PtoCat	PtoGE	T_Final
0	84	MARCO COSTA		GE35-39M/ 0	
0	140	PEDRO LISTA SUÁREZ	V1M/ 0	GE45-49M/ 0	
0	152	DAVID MARTINEZ GRAÑA		GE25-29M/ 0	

0	167	IGNACIO OUVIÑA GONZALEZ	V1M/ 0	GE45-49M/ 0
0	132	SANTOS JAVIER HOLGADO RODRIGUEZ		GE35-39M/ 0
0	208	F.JAVIER TORRES NUÑEZ		GE35-39M/ 0
0	65	FAUSTINO BLANCO MANCEBO	V2M/ 0	GE55-59M/ 0
0	158	VICTOR MELO MEDINA		GE30-34M/ 0

**NO 17**

Pto	Dorsal	Nombre	PtoCat	PtoGE	T_Final
0	149	JAVIER MARTÍN ALVAREZ		GE35-39M/ 0	
0	148	IVAN MARCOS ALVAREZ		GE35-39M/ 0	
0	83	DAVID CORTES MARTINEZ	V1M/ 0	GE45-49M/ 0	
0	203	XAN XOSE SUAREZ VILELA		GE35-39M/ 0	
0	227	EMILIO RUIZ LAGO		GE35-39M/ 0	
0	225	FRANCISCO JOSÉ FERRER VIDAL	V1M/ 0	GE45-49M/ 0	
0	200	EDUARDO SOLERA SANCHEZ	V1M/ 0	GE40-44M/ 0	
0	134	PATXI ITURRIBARRIA	V2M/ 0	GE50-54M/ 0	
0	219	CARLOS VILLA ACEBAL		GE35-39M/ 0	
0	46	RICARDO ABAD MARTINEZ	V1M/ 0	GE45-49M/ 0	
0	108	LUCAS FREIRE LAGE		GE30-34M/ 0	
0	37	DAVID VAZQUEZ RODRIGUEZ	V1M/ 0	GE45-49M/ 0	
0	171	SANTIAGO PÉREZ PONTE		GE25-29M/ 0	
0	53	CELSO ALONSO NUÑEZ	V1M/ 0	GE45-49M/ 0	
0	54	MANUEL ÁLVAREZ BARTOLOME	V2M/ 0	GE50-54M/ 0	
0	122	JULIO GONZÁLEZ DIÉGUEZ	V1M/ 0	GE40-44M/ 0	
0	113	VICTOR JAVIER GARCIA GONZALEZ		GE25-29M/ 0	

Publicada as 9:33:53 do 26/06/2016

Natacion (Km 1,9)	Natacion	Tr1	Ciclismo (Km 23)	Ciclismo (Km 68)	Ciclismo (Km 113)
00:33:00	1:07:33 ( 4)	12:20	01:51:14	03:04:12	04:17:27
00:30:46	1:02:06 ( 5)	13:05	01:47:17	03:01:46	04:18:34
00:31:22	1:04:29 ( 1)	12:30	01:49:26	03:03:38	04:19:41
00:34:02	1:09:44 ( 5)	12:59	01:55:12	03:07:32	04:21:37
00:30:01	1:00:46 ( 4)	12:54	01:47:19	03:02:51	04:20:51
00:30:27	1:02:23 ( 1)	12:46	01:50:06	03:08:16	04:29:39
00:32:30	1:07:28 ( 3)	13:27	01:53:05	03:06:44	04:22:28
00:33:54	1:09:05 ( 5)	12:32	01:56:08	03:14:12	04:34:40
00:30:27	1:02:20 ( 1)	13:04	01:51:06	03:10:07	04:29:54
00:37:20	1:16:55 ( 1)	14:17	02:02:45	03:14:37	04:28:20
00:33:38	1:09:25 ( 5)	14:32	01:59:02	03:18:10	04:38:22
00:31:10	1:04:41 ( 2)	12:54	01:51:12	03:08:19	04:28:11
00:34:01	1:08:45 ( 4)	13:14	01:54:02	03:09:24	04:25:18
00:30:30	1:02:14 ( 7)	13:52	01:49:36	03:04:04	04:21:04
00:28:34	0:57:43 ( 2)	12:28	01:42:41	02:55:51	04:11:18
00:33:42	1:09:36 ( 5)	13:03	01:59:34	03:19:50	04:39:52
00:35:22	1:11:37 ( 7)	13:16	02:01:28	03:21:45	04:43:40
00:33:11	1:07:34 ( 4)	12:48	01:52:57	03:09:00	04:29:01
00:30:33	1:02:16 ( 9)	13:23	01:49:41	03:08:30	04:29:53
00:37:41	1:17:34 ( 1)	13:32	02:04:44	03:20:54	04:40:23
00:35:35	1:11:23 ( 6)	13:25	01:55:42	03:07:37	04:21:58
00:36:57	1:17:11 ( 1)	13:17	02:02:10	03:15:39	04:33:05
00:35:19	1:14:44 ( 9)	13:41	02:04:17	03:25:05	04:45:30
00:31:12	1:03:31 ( 1)	14:01	01:52:37	03:10:03	04:29:15
00:35:23	1:11:32 ( 6)	13:05	02:00:27	03:22:44	04:46:51
00:33:46	1:07:59 ( 4)	14:39	01:58:49	03:19:23	04:39:46
00:34:13	1:11:44 ( 7)	13:01	02:00:06	03:20:19	04:41:04
00:33:57	1:10:03 ( 5)	12:37	01:58:37	03:20:16	04:37:58
00:32:55	1:07:24 ( 3)	13:30	01:53:07	03:06:47	04:22:33
00:36:23	1:16:34 ( 1)	14:48	02:04:07	03:21:10	04:38:55
00:32:10	1:05:09 ( 2)	12:47	01:52:29	03:10:25	04:30:47
00:35:13	1:11:34 ( 7)	13:50	02:00:07	03:17:33	04:38:11
00:36:20	1:14:48 ( 9)	12:41	02:00:23	03:15:02	04:31:01
00:37:37	1:17:34 ( 1)	12:55	02:05:27	03:25:35	04:46:54
00:30:43	1:03:55 ( 1)	12:31	01:51:28	03:10:53	04:35:54
00:35:20	1:11:35 ( 7)	12:47	01:59:12	03:17:42	04:38:54
00:33:24	1:09:56 ( 5)	14:26	01:59:24	03:18:45	04:41:51
00:32:34	1:07:30 ( 3)	12:30	01:53:11	03:12:36	04:34:43
00:32:55	1:07:35 ( 4)	13:53	01:58:13	03:20:05	04:45:46
00:34:42	1:12:29 ( 8)	16:31	02:01:57	03:18:56	04:39:33
00:35:26	1:12:03 ( 7)	12:48	01:59:20	03:18:38	04:39:32
00:31:56	1:04:45 ( 2)	15:32	01:56:06	03:15:23	04:35:57
00:31:21	1:03:51 ( 1)	13:02	01:54:05	03:16:51	04:38:19
00:28:44	0:59:36 ( 3)	13:04	01:47:40	03:06:06	04:25:25
00:29:41	1:02:19 ( 1)	13:46	01:52:39	03:13:19	04:35:42
00:37:33	1:17:20 ( 1)	14:36	02:09:48	03:34:05	04:59:49

00:34:23	1:12:08 ( 8:4:28 02:02:22	03:21:18	04:43:31
00:37:35	1:17:26 ( 1:4:33 02:05:21	03:21:50	04:40:09
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00:32:53	1:07:35 ( 4:3:19 01:58:10	03:18:20	04:40:16
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00:35:38	1:11:03 ( 6:6:02 02:05:04	03:29:04	04:54:03
00:35:21	1:11:35 ( 7:4:56 02:04:04	03:26:57	04:49:46
00:38:09	1:20:35 ( 1:5:30 02:10:12	03:29:50	04:49:31
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00:39:45	1:20:16 ( 1:3:41 02:07:34	03:25:12	04:47:05
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00:30:29	1:02:10 ( 6:4:00 01:55:30	03:21:40	04:47:51
00:31:44	1:04:53 ( 2:3:14 01:55:20	03:17:24	04:41:12
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00:36:22	1:15:13 ( 1:7:17 02:08:21	03:30:24	04:57:17
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00:36:17	1:14:45 ( 9 7 3:30 02:06:10	03:29:23	05:00:09
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00:39:19	1:20:47 ( 1 5 2:32 02:11:33	03:35:45	05:02:44
00:32:44	1:07:39 ( 4 5 4:32 02:03:39	03:32:44	05:01:25
00:44:00	1:31:58 ( 1 8 8:30 02:29:04	03:53:40	05:21:31
00:34:01	1:08:41 ( 4 8 4:43 02:00:36	03:21:02	04:44:12
00:43:39	1:27:29 ( 1 7 3:45 02:19:25	03:44:04	05:15:46
00:30:56	1:03:07 ( 1 4 5:12 01:54:22	03:14:29	04:41:07
00:37:19	1:17:36 ( 1 2 4:58 02:06:56	03:25:30	04:48:38
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00:36:15	1:14:42 ( 9 4 4:18 02:08:03	03:33:01	05:04:44
00:33:30	1:09:26 ( 5 4 4:37 02:01:48	03:23:44	04:52:12
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00:35:34	1:13:54 ( 8 5 4:21 02:06:07	03:31:28	05:03:54
00:43:07	1:27:55 ( 1 7 5:35 02:24:10	03:51:12	05:21:19
00:38:46	1:19:55 ( 1 4 3:19 02:11:12	03:38:06	05:10:05
00:37:45	1:18:10 ( 1 5 6:34 02:15:57	03:44:57	05:15:49
00:33:57	1:10:36 ( 6 2 3:39 02:01:23	03:23:23	04:49:41
00:40:42	1:24:05 ( 1 6 4:21 02:19:35	03:47:42	05:19:42
00:40:21	1:21:36 ( 1 5 5:06 02:16:30	03:43:18	05:12:38
00:37:47	1:20:41 ( 1 4 3:39 02:10:38	03:35:36	05:04:58
00:32:13	1:07:22 ( 3 5 3:46 02:02:30	03:34:19	05:11:52
00:36:17	1:15:50 ( 1 16:27 02:11:06	03:36:53	05:10:11
00:40:19	1:25:40 ( 1 7 7:18 02:19:14	03:40:41	05:05:53
00:37:15	1:16:16 ( 1 15:14 02:10:29	03:35:44	05:05:54
00:44:23	1:30:54 ( 1 8 4:35 02:28:10	04:01:07	05:34:55
00:37:56	1:19:29 ( 1 4 3:38 02:10:47	03:35:35	05:05:03
00:42:56	1:28:44 ( 1 8 5:37 02:25:48	03:58:35	05:35:35
00:38:20	1:20:51 ( 1 5 4:57 02:13:59	03:42:54	05:15:18
00:34:36	1:10:48 ( 6 5 4:35 02:05:46	03:34:12	05:07:40
00:36:30	1:16:35 ( 1 14:04 02:13:24	03:44:40	05:18:14
00:37:44	1:17:09 ( 1 5 5:56 02:14:04	03:44:27	05:17:53
00:36:53	1:15:51 ( 1 13:59 02:08:58	03:40:10	05:15:28
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00:36:00	1:15:36 ( 1 6 6:53 02:13:37	03:44:15	05:18:23
00:40:17	1:23:16 ( 1 6 4:23 02:14:05	03:40:12	05:10:36
00:44:13	1:32:01 ( 1 8 6:19 02:30:49	04:02:40	05:34:41
00:35:19	1:13:10 ( 8 7 4:48 02:10:04	03:43:20	05:20:22
00:36:16	1:14:55 ( 1 6 6:24 02:10:47	03:38:27	05:08:58
00:36:12	1:14:43 ( 9 5 7:57 02:11:54	03:36:55	05:06:37
00:36:07	1:15:03 ( 1 5 5:24 02:08:27	03:32:58	05:01:05
00:35:02	1:11:37 ( 7 4 4:29 02:08:38	03:38:20	05:12:08
00:37:16	1:15:43 ( 1 7 7:26 02:14:15	03:43:52	05:15:22
00:38:03	1:22:26 ( 1 6 6:28 02:23:25	03:59:04	05:32:40
00:36:32	1:15:48 ( 1 7 7:14 02:14:31	03:42:21	05:12:50



00:38:17	1:19:18 ( 1:6:18 02:16:11	03:43:25	05:12:41
00:38:01	1:18:27 ( 1:8:23 02:15:58	03:40:59	05:09:00
00:31:45	1:05:01 ( 2:9:30 02:05:16	03:32:56	05:05:56
00:35:25	1:11:54 ( 7:6:41 02:09:00	03:40:13	05:14:23
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00:44:38	1:37:26 ( 1:7:02 02:34:25	04:05:16	05:38:39
00:36:51	1:16:25 ( 1:4:47 02:10:53	03:37:18	05:03:09
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00:32:17	1:07:33 ( 4:8:11 02:10:02	03:41:24	05:20:13
00:39:34	1:20:38 ( 1:5:04 02:19:43	03:53:31	05:31:30
00:44:20	1:34:22 ( 1:9:23 02:35:57	04:06:23	05:36:53
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00:40:58	1:22:16 ( 1:0:40 02:20:29	03:43:55	05:10:31
00:41:54	1:26:12 ( 1:5:16 02:26:37	04:04:22	05:48:05
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00:41:38	1:22:08 ( 1:7:45 02:23:39	04:01:54	05:47:51
00:45:22	1:31:16 ( 1:7:32 02:30:45	03:58:42	05:32:26
00:44:24	1:32:04 ( 1:4:53 02:30:38	04:06:37	05:45:40
00:42:51	1:27:04 ( 1:7:59 02:32:27	04:11:33	05:55:04
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00:53:49	1:54:21 ( 1:3:59 02:56:16	04:30:37	06:06:34
00:37:42	1:21:03 ( 1:2:21 02:25:42	03:58:09	05:40:35
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00:41:42	1:24:34 ( 1:7:53 02:27:06	04:05:47	05:48:58
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00:44:35	1:29:56 ( 181) 2:		
00:44:43	1:35:58 ( 1:0:13 02:40:53	04:21:27	06:05:44
00:59:43	2:08:30 ( 2:8:07 03:15:57	04:55:21	06:41:45
00:38:43	1:20:15 ( 1:9:58 02:29:17	04:18:37	06:19:26

**Natacion (Km 1,9) Natacion Tr1 Ciclismo (Km 23) Ciclismo (Km 68) Ciclismo (Km 113)**  
01:07:05

**Natacion (Km 1,9) Natacion Tr1 Ciclismo (Km 23) Ciclismo (Km 68) Ciclismo (Km 113)**  
00:31:26 1:04:46 ( 2:2:47 01:51:21 03:08:13 04:27:49  
00:33:49 1:09:58 ( 5:3:20 01:59:18 03:20:30 04:44:45  
00:35:26 1:12:40 ( 8:6:04 02:08:51 03:33:20 05:04:49



Ciclismo (Km 158)	Ciclismo	Tr2	Nat+Cic	Carrera (Km 5,9)	Carrera (Km 15,4)	
05:32:24	5:01:07	( 3	2:24	6:13:23	( 06:37:11	07:17:30
05:36:37	5:11:07	( 1	1:36	6:17:52	( 06:41:38	07:21:56
05:38:36	5:11:28	( 1	1:50	6:20:15	( 06:43:27	07:26:07
05:37:08	5:04:47	( 6	2:38	6:20:07	( 06:45:26	07:28:51
05:39:30	5:15:43	( 1	1:28	6:20:50	( 06:45:27	07:28:51
05:52:14	5:29:43	( 3	1:54	6:36:45	( 07:00:51	07:42:29
05:40:18	5:08:35	( 8	2:00	6:21:29	( 06:47:15	07:31:47
05:56:44	5:27:06	( 2	2:14	6:40:56	( 07:05:11	07:48:10
05:50:59	5:27:57	( 3	1:34	6:34:53	( 06:59:57	07:42:42
05:43:59	5:01:51	( 4	2:01	6:25:03	( 06:51:45	07:37:25
06:00:07	5:27:42	( 2	1:22	6:43:01	( 07:08:30	07:51:29
05:48:33	5:23:34	( 2	2:03	6:33:11	( 06:59:33	07:46:35
05:42:41	5:10:51	( 1	2:38	6:25:25	( 06:52:34	07:39:23
05:42:03	5:19:03	( 1	1:29	6:26:38	( 06:53:38	07:42:18
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05:49:07	5:19:46	( 1	1:53	6:32:00	( 06:58:56	07:45:57
05:53:32	5:29:51	( 3	2:09	6:37:37	( 07:02:46	07:47:03
06:02:10	5:22:19	( 2	2:58	6:46:21	( 07:13:48	07:59:39
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05:52:42	5:13:49	( 1	2:15	6:36:31	( 07:02:02	07:49:06
06:09:19	5:34:39	( 5	2:05	6:55:07	( 07:20:12	08:05:08
05:49:48	5:24:06	( 2	3:19	6:34:56	( 07:03:28	07:51:10
06:10:26	5:39:02	( 6	3:07	6:56:45	( 07:21:11	08:04:06
06:05:01	5:35:13	( 5	2:45	6:50:34	( 07:16:46	08:00:10
05:58:56	5:25:12	( 2	2:03	6:41:58	( 07:08:24	07:52:37
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05:59:45	5:28:20	( 3	2:01	6:45:42	( 07:11:36	07:55:34
05:47:19	5:10:14	( 9	2:31	6:30:12	( 06:59:14	07:49:53
06:10:55	5:34:36	( 5	2:20	6:57:25	( 07:22:12	08:06:57
06:06:36	5:45:36	( 7	2:15	6:54:15	( 07:20:23	08:02:23
05:59:04	5:26:41	( 2	2:00	6:43:02	( 07:12:13	07:59:19
06:09:44	5:42:21	( 6	3:57	7:00:38	( 07:28:42	08:17:10
05:56:40	5:28:59	( 3	1:30	6:40:28	( 07:06:43	07:52:29
06:13:13	5:47:35	( 7	2:22	7:01:23	( 07:29:16	08:15:23
06:05:00	5:31:35	( 4	2:29	6:53:03	( 07:19:45	08:08:40
06:00:16	5:27:53	( 3	3:16	6:45:59	( 07:14:49	08:05:53
06:03:04	5:36:36	( 5	3:25	6:50:18	( 07:19:26	08:09:14
06:01:08	5:38:46	( 6	2:53	6:48:30	( 07:17:43	08:07:33
05:47:56	5:29:48	( 3	4:41	6:37:07	( 07:05:55	07:58:47
06:00:14	5:36:54	( 5	2:21	6:45:18	( 07:13:50	08:04:07
06:23:41	5:45:16	( 7	3:19	7:10:29	( 07:37:53	08:23:18

06:05:36	5:30:38 ( 4:3:07 6:50:19 ( 07:18:14	08:06:27
05:58:58	5:17:39 ( 1:3:24 6:43:02 ( 07:13:52	08:04:39
	5:49:02 ( 8:2:07 7:05:49 ( 07:34:27	08:23:31
06:11:04	5:35:25 ( 5:3:20 6:57:06 ( 07:26:42	08:17:50
06:05:41	5:38:23 ( 6:3:32 6:52:48 ( 07:23:07	08:10:58
06:12:02	5:35:18 ( 5:3:03 6:58:06 ( 07:26:17	08:18:24
06:21:36	5:47:56 ( 8:2:54 7:07:53 ( 07:36:15	08:25:46
06:20:06	5:50:48 ( 8:3:03 7:10:20 ( 07:39:47	08:26:18
06:08:30	5:23:20 ( 2:2:06 6:51:30 ( 07:17:02	08:04:11
06:27:19	5:36:37 ( 5:1:45 7:13:35 ( 07:41:18	08:29:24
06:13:34	5:33:40 ( 4:1:53 6:59:29 ( 07:29:00	08:21:45
06:06:44	5:45:15 ( 7:1:38 6:52:09 ( 07:19:40	08:13:02
06:07:01	5:31:43 ( 4:2:04 6:54:23 ( 07:24:32	08:14:14
06:33:17	5:54:57 ( 1:2:17 7:23:10 ( 07:47:45	08:31:31
06:10:13	5:30:20 ( 3:3:31 6:56:22 ( 07:25:52	08:17:52
06:08:36	5:32:46 ( 4:2:43 6:53:02 ( 07:26:27	08:20:24
06:18:47	6:00:09 ( 1:2:37 7:08:55 ( 07:38:47	08:28:34
06:08:27	5:45:39 ( 7:1:55 6:55:39 ( 07:25:52	08:17:39
06:03:21	5:35:23 ( 5:3:41 6:49:37 ( 07:21:41	08:14:16
05:44:24	5:28:07 ( 3:3:26 6:31:37 ( 07:02:04	07:52:35
06:19:25	5:32:57 ( 4:3:10 7:05:41 ( 07:34:17	08:21:33
06:40:28	6:10:03 ( 1:2:29 7:28:13 ( 07:55:10	08:42:23
06:14:58	5:38:59 ( 6:1:23 7:00:10 ( 07:30:58	08:24:01
06:24:11	5:45:14 ( 7:3:16 7:10:58 ( 07:43:00	08:33:26
06:25:21	5:49:25 ( 8:1:59 7:10:17 ( 07:39:22	08:28:37
06:29:16	5:51:42 ( 9:2:00 7:14:33 ( 07:44:26	08:30:30
06:33:33	5:52:36 ( 9:5:30 7:24:51 ( 07:51:53	08:39:47
06:30:04	5:49:13 ( 8:3:27 7:18:42 ( 07:46:25	08:34:49
06:00:38	5:34:51 ( 5:2:11 6:45:38 ( 07:15:28	
06:04:06	5:34:27 ( 4:2:28 6:48:48 ( 07:19:46	08:12:49
06:31:06	6:09:29 ( 1:3:02 7:21:17 ( 07:48:51	08:38:35
06:26:25	5:44:07 ( 6:3:06 7:12:36 ( 07:43:52	08:33:59
06:17:45	5:48:22 ( 8:2:12 7:04:52 ( 07:36:55	08:31:29
06:10:06	5:44:35 ( 7:4:24 6:58:03 ( 07:25:58	08:17:34
06:25:26	5:46:01 ( 7:3:59 7:14:33 ( 07:45:51	08:37:58
06:28:42	5:54:23 ( 9:3:23 7:16:46 ( 07:45:01	08:36:02
06:34:30	6:03:29 ( 1:2:00 7:23:36 ( 07:51:47	08:40:23
06:11:57	5:47:55 ( 7:3:54 7:03:39 ( 07:32:39	08:24:06
06:43:29	5:48:29 ( 8:2:36 7:29:47 ( 07:58:07	08:46:04
06:36:05	6:01:32 ( 1:7:56 7:33:40 ( 08:04:27	08:49:28
06:07:41	5:46:11 ( 7:2:56 6:56:26 ( 07:28:49	08:24:18
06:29:32	5:52:02 ( 9:4:12 7:21:57 ( 07:51:52	08:39:54
06:11:11	5:33:36 ( 4:1:58 6:56:53 ( 07:25:41	08:16:23
06:49:36	6:08:15 ( 1:2:14 7:38:44 ( 08:05:08	08:51:57
06:18:58	5:54:59 ( 1:5:25 7:11:06 ( 07:41:19	08:32:53
06:28:48	6:12:18 ( 1:2:45 7:19:53 ( 07:48:39	08:39:34
06:30:24	5:53:22 ( 9:2:13 7:16:40 ( 07:50:14	08:42:55
06:22:02	5:55:41 ( 1:2:19 7:12:05 ( 07:43:46	08:41:29
06:41:29	6:23:04 ( 1:2:36 7:33:51 ( 08:03:07	08:51:04
06:32:45	5:55:17 ( 1:3:45 7:21:09 ( 07:48:46	08:41:38
06:14:14	5:51:28 ( 8:3:22 7:04:47 ( 07:34:43	08:27:30
06:40:34	5:55:30 ( 1:3:24 7:29:11 ( 07:58:11	08:45:49

06:37:26	6:06:16 ( 1.2:41 7:27:43 ( : 07:55:55	08:46:30
06:34:01	6:06:06 ( 1.4:41 7:26:59 ( : 07:56:15	08:47:56
06:45:24	6:07:16 ( 1.4:20 7:38:33 ( : 08:06:18	08:53:45
06:27:32	5:41:56 ( 6.2:55 7:13:06 ( : 07:45:55	08:40:33
06:46:36	6:14:58 ( 1.2:30 7:37:59 ( : 08:09:27	09:00:30
06:35:32	6:09:30 ( 1.2:33 7:30:16 ( : 07:58:23	08:46:25
06:36:32	6:02:43 ( 1.2:56 7:28:37 ( : 07:57:03	08:44:27
06:35:19	5:59:03 ( 1.2:34 7:24:55 ( : 07:54:45	08:38:02
06:29:10	6:01:49 ( 1.3:09 7:17:08 ( : 07:47:25	08:41:30
06:48:19	5:52:23 ( 9.2:45 7:35:33 ( : 08:05:58	08:58:17
06:09:11	5:39:44 ( 6.4:36 6:57:43 ( : 07:29:10	08:25:23
06:56:09	6:11:29 ( 1.3:33 7:46:14 ( : 08:18:43	09:12:24
06:11:09	5:49:17 ( 8.2:52 7:00:27 ( : 07:33:13	08:29:55
06:15:42	5:37:28 ( 6.5:01 7:05:02 ( : 07:38:23	08:37:29
06:41:21	6:04:45 ( 1.6:20 7:34:39 ( : 08:03:07	08:51:04
06:38:49	6:07:08 ( 1.2:07 7:28:14 ( : 08:01:53	08:57:58
06:23:20	6:03:01 ( 1.3:29 7:20:32 ( : 07:54:20	08:56:06
06:20:43	5:51:28 ( 9.5:36 7:11:48 ( : 07:43:44	08:39:47
06:16:14	5:51:38 ( 9.1:50 7:03:55 ( : 07:34:57	08:29:33
06:35:59	6:03:19 ( 1.2:25 7:23:57 ( : 07:57:26	08:53:18
06:52:25	6:06:54 ( 1.3:58 7:44:21 ( : 08:16:00	09:07:03
06:47:02	6:11:19 ( 1.3:36 7:38:08 ( : 08:07:41	09:02:12
06:51:22	6:13:28 ( 1.5:00 7:43:10 ( : 08:14:20	09:08:29
06:18:20	5:50:16 ( 8.4:30 7:09:01 ( : 07:40:29	08:35:53
06:54:21	6:13:42 ( 1.2:48 7:44:55 ( : 08:13:08	09:03:37
06:49:12	6:09:25 ( 1.3:42 7:39:47 ( : 08:10:38	09:03:48
06:40:15	6:03:49 ( 1.5:08 7:33:17 ( : 08:08:18	09:05:21
06:56:15	6:36:56 ( 1.3:30 7:51:33 ( : 08:21:49	09:14:21
06:48:44	6:12:24 ( 1.2:05 7:36:44 ( : 08:07:26	08:58:45
06:38:33	5:53:52 ( 9.7:00 7:33:48 ( : 08:06:05	09:01:03
06:38:43	6:05:31 ( 1.6:48 7:33:48 ( : 08:06:05	09:01:03
07:09:48	6:22:51 ( 1.4:34 8:02:53 ( : 08:34:23	09:28:04
06:35:38	6:00:40 ( 1.6:47 7:30:32 ( : 08:04:36	09:01:15
07:10:36	6:23:57 ( 1.2:46 8:01:02 ( : 08:32:54	09:28:40
06:47:24	6:07:51 ( 1.4:17 7:37:54 ( : 08:13:14	09:10:55
06:44:15	6:17:36 ( 1.2:26 7:35:23 ( : 08:08:10	09:05:24
06:58:10	6:28:55 ( 1.2:54 7:52:27 ( : 08:24:40	09:26:32
06:55:29	6:22:49 ( 1.3:34 7:49:26 ( : 08:21:25	09:17:55
06:56:33	6:30:43 ( 1.2:38 7:53:10 ( : 08:22:33	09:16:16
06:36:30	6:06:59 ( 1.5:20 7:30:24 ( : 08:02:58	08:59:48
07:09:43	6:40:34 ( 1.4:19 8:07:43 ( : 08:35:50	09:24:43
06:55:56	6:23:12 ( 1.3:30 7:49:10 ( : 08:17:10	09:09:25
07:25:51	6:43:40 ( 1.2:34 8:13:51 ( : 08:42:22	09:31:36
07:06:13	6:14:05 ( 1.2:35 7:54:59 ( : 08:28:27	09:23:23
07:05:45	6:40:11 ( 1.3:54 8:02:01 ( : 08:33:02	09:24:40
06:39:14	6:04:37 ( 1.2:35 7:28:30 ( : 07:59:23	08:55:21
06:38:26	6:01:43 ( 1.7:07 7:31:28 ( : 08:03:59	09:04:19
06:37:30	6:03:33 ( 1.3:32 7:27:30 ( : 07:58:50	08:51:35
06:48:10	6:20:21 ( 1.3:38 7:40:03 ( : 08:14:55	09:17:12
06:49:28	6:12:53 ( 1.8:43 7:44:43 ( : 08:17:37	09:17:17
07:09:10	6:27:26 ( 1.4:01 8:00:20 ( : 08:31:58	09:10:18
06:49:17	6:14:33 ( 1.7:15 7:44:49 ( : 08:18:43	09:18:42

06:49:11	6:11:50 ( 1 7:24 7:44:48 ( : 08:18:29	09:18:42
06:44:53	6:08:02 ( 1 3:15 7:38:06 ( : 08:07:56	09:06:18
06:44:47	6:20:54 ( 1 3:41 7:39:06 ( : 08:11:59	09:10:57
07:01:38	6:31:58 ( 1 2:56 7:53:27 ( : 08:24:24	09:23:43
06:49:43	6:19:55 ( 1 6:19 7:44:22 ( : 08:14:39	09:11:33
07:16:40	6:20:13 ( 1 3:49 8:08:28 ( : 08:42:05	09:40:31
06:36:10	6:00:42 ( 1 8:28 7:30:21 ( : 08:05:23	09:07:52
07:21:02	6:58:16 ( 1 5:05 8:24:36 ( : 08:55:49	09:47:25
06:59:02	6:35:21 ( 1 4:18 7:55:21 ( : 08:31:02	09:32:02
07:13:45	6:39:01 ( 1 5:05 8:09:48 ( : 08:43:08	09:43:20
07:11:17	6:16:21 ( 1 8:29 8:08:33 ( : 08:43:08	09:43:20
06:50:02	6:06:50 ( 1 3:05 7:42:52 ( : 08:19:37	09:24:37
06:48:25	6:21:49 ( 1 4:01 7:42:45 ( : 08:19:14	09:17:12
07:30:28	6:50:51 ( 1 5:10 8:27:56 ( : 08:59:25	09:55:06
07:12:01	6:38:03 ( 1 3:53 8:06:19 ( : 08:38:14	09:34:50
07:03:26	6:25:57 ( 1 5:31 7:58:38 ( : 08:34:08	09:34:51
07:00:21	6:25:38 ( 1 3:03 7:54:16 ( : 08:29:05	09:28:19
06:58:54	6:11:33 ( 1 5:11 7:51:30 ( : 08:28:23	09:33:00
06:46:46	5:58:54 ( 1 7:18 7:37:55 ( : 08:13:17	09:14:39
06:51:38	6:29:54 ( 1 6:18 7:50:31 ( : 08:24:15	09:27:31
07:25:26	6:35:44 ( 1 3:18 8:18:34 ( : 08:49:31	09:43:20
06:40:06	5:51:45 ( 9 8:13 7:32:52 ( : 08:10:10	09:14:11
07:33:23	6:54:22 ( 1 3:43 8:29:31 ( : 09:02:00	09:56:55
08:12:09	7:25:09 ( 1 5:57 9:15:27 ( : 09:47:17	10:36:36
07:24:54	6:44:18 ( 1 0:26 8:24:36 ( : 08:55:24	09:53:23
07:21:33	6:40:29 ( 1 7:26 8:26:41 ( : 08:59:42	09:54:14
07:27:47	6:42:28 ( 1 4:08 8:23:32 ( : 08:59:01	10:03:07
07:43:26	7:05:26 ( 1 8:33 8:49:01 ( : 09:26:50	10:26:44
07:10:18	6:32:00 ( 1 7:25 8:11:58 ( : 08:47:17	09:52:17
07:49:06	6:45:02 ( 1 7:45 8:51:05 ( : 09:27:36	10:31:44
07:29:24	6:50:27 ( 1 5:27 8:29:17 ( : 09:04:11	10:09:18
07:18:51	6:52:47 ( 1 3:31 8:15:35 ( : 08:49:22	09:56:35
07:35:05	6:45:32 ( 1 2:20 8:27:22 ( : 09:00:22	10:23:43
07:29:23	6:36:19 ( 1 6:32 8:26:48 ( : 09:05:31	10:14:12
07:26:20	6:35:43 ( 1 5:04 8:20:51 ( : 09:03:35	10:12:02
08:03:37	6:47:54 ( 1 3:48 9:00:56 ( : 09:37:08	10:38:54
07:33:07	6:54:33 ( 1 3:29 8:30:28 ( : 09:03:48	10:04:20
07:46:08	7:06:40 ( 1 5:57 8:48:54 ( : 09:25:33	10:32:22
07:57:22	7:09:07 ( 1 5:15 9:00:31 ( : 09:36:52	10:43:18
08:32:19	7:09:21 ( 1 3:36 9:29:33 ( : 10:09:22	11:23:44
08:20:38	7:51:33 ( 1 2:43 9:34:27 ( : 10:18:15	11:32:23

Ciclismo (Km 158)	Ciclismo	Tr2	Nat+Cic	Carrera (Km 5,9)	Carrera (Km 15,4)
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Ciclismo (Km 158)	Ciclismo	Tr2	Nat+Cic	Carrera (Km 5,9)	Carrera (Km 15,4)
05:47:51	5:21:17 ( 2 1:13 6:30:02 ( : 06:53:02				07:32:49
06:08:57	5:39:13 ( 6 1:43 6:54:13 ( : 07:26:43				
06:43:35	6:17:21 ( 149) 28.62 Km/h				

4:59:25 ( 2) 36.07 Km/h

3:01:42 ( 1) 59.44 Km/h

**Ciclismo (Km 158)    Ciclismo    Tr2    Nat+Cic    Carrera (Km 5,9)    Carrera (Km 15,4)**

Carrera (Km 24,9)	Carrera (Km 34,4)	Carrera	Club
07:59:29	08:44:16	3:03:48 (	CLUB ATLETISMO PORRIÑO
08:05:08	08:51:43	3:07:26 (	CLUBE CAO H
08:11:30	08:55:17	3:06:45 (	TRINITY TRIATLON
08:13:12	08:58:33	3:11:56 (	TRIATLON MURALLA LUGO
08:13:12	08:58:33	3:11:18 (	CLUB TRIATLON MORRAZO
08:26:05	09:10:58	3:06:52 (	CIDADE DE LUGO FLUVIAL
08:18:39	09:09:47	3:23:11 (	INDEPENDIENTE
08:31:15	09:15:20	3:05:06 (	LICENCIA DE 1 DIA
08:26:17	09:13:10	3:11:51 (	CLUB TRIATLON CARTAGENA
08:23:57	09:13:33	3:24:12 (	LICENCIA DE 1 DIA
08:33:55	09:18:03	3:08:08 (	LICENCIA DE 1 DIA
08:35:12	09:21:29	3:18:34 (	ARTROGAL-TRI 498
08:27:58	09:19:00	3:31:10 (	ARTROGAL-TRI 498
08:27:28	09:18:43	3:31:22 (	TRIATLON FERROL
08:13:22	09:11:09	3:48:58 (	PILOÑA.DEPORTE
08:40:49	09:25:26	3:13:12 (	TRIBU TRIATLON VALDEMORO
08:42:32	09:27:07	3:08:56 (	NOSPORTLIMIT
08:35:14	09:24:54	3:29:09 (	TALLERES DAVID TRIATLON COMPOSTELA
08:35:37	09:24:59	3:24:15 (	NOSPORTLIMIT
08:45:50	09:32:17	3:18:39 (	CLUB TRIATLON HDG
08:36:16	09:27:58	3:44:41 (	AXA AGENCIA GARRIGA-BEARIZ TRIATLON
08:37:21	09:28:51	3:29:54 (	EDV VIANA TRIATLO
08:49:27	09:35:21	3:12:09 (	CIDADE DE LUGO FLUVIAL
08:42:24	09:33:06	3:33:00 (	LEGIOTRI
08:48:18	09:33:56	3:11:46 (	TRIBU TRIATLON VALDEMORO
08:45:58	09:33:33	3:18:16 (	PILOÑA.DEPORTE
08:39:13	09:33:36	3:28:14 (	CLUB TRIATLON TRIPTO
08:40:59	09:30:41	3:28:16 (	GARMIN CLUBE OLIMPICO DE OEIRAS
08:35:56	09:32:12	3:49:06 (	CIDADE DE LUGO FLUVIAL
08:48:12	09:36:45	3:31:11 (	KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
08:38:58	09:32:15	3:33:07 (	C.T. CAMALEON
08:45:06	09:42:07	3:36:09 (	LEGIOTRI
08:44:21	09:40:54	3:52:34 (	CLUB TRIATLON MAR DE VIGO
08:54:44	09:47:44	3:25:38 (	TRINITY TRIATLON
08:48:17	09:50:24	3:30:59 (	NOSPORTLIMIT
08:50:22	09:45:54	3:43:13 (	FITNESS SPORTS TRIATLON
09:05:16	09:52:47	3:26:14 (	A.D. NAUTICO DE NARON
08:45:16	09:43:12	3:47:35 (	C.D.E. AGUVERDE
09:02:32	09:53:02	3:26:59 (	CLUB TRIATLON CORUÑA
08:58:56	09:51:00	3:35:47 (	KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
08:58:49	09:52:38	3:43:08 (	TRIATLON FERROL
09:00:23	09:52:54	3:40:49 (	C.T. CAMALEON
08:59:47	09:52:09	3:42:57 (	CLUB ATLETISMO PORRIÑO
08:56:50	09:52:14	3:55:06 (	INDEPENDIENTE
08:56:46	09:51:52	3:46:56 (	KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
09:09:56	09:58:49	3:25:07 (	NUN GARRES



08:59:24	09:57:59	3:46:12 ( LICENCIA DE 1 DIA
08:58:43	09:55:07	3:54:11 ( LICENCIA DE 1 DIA
09:13:23	10:04:12	3:34:33 ( C.E.TRIATS.SOM
09:10:28	10:01:13	3:43:42 ( PEDALARTE
09:03:44	09:59:28	3:49:34 ( STADIUM CASABLANCA -ALMOZARA 2000
09:09:49	10:04:51	3:44:55 ( LICENCIA DE 1 DIA
09:16:36	10:07:48	3:35:34 ( LICENCIA DE 1 DIA
09:14:59	10:06:08	3:34:07 ( LICENCIA DE 1 DIA
08:59:25	10:01:50	3:53:49 ( CLUB TRIATLÓN LAS ROZAS
09:18:24	10:09:24	3:32:19 ( A.D. MEDIA DUCIA
09:14:58	10:08:29	3:46:50 ( NOSPORTLIMIT
09:07:25	10:04:38	3:54:17 ( ARTROGAL-TRI 498
09:09:13	10:06:52	3:52:28 ( TRI OURENSE
09:19:41	10:11:03	3:24:15 ( C.D.E. AGUVERDE
09:11:28	10:06:05	3:51:13 ( TRIATLON O TREITO
09:16:35	10:11:52	3:54:40 ( NOSPORTLIMIT
09:18:44	10:10:49	3:40:07 ( PEGASO H3O TRIATLON
09:11:11	10:08:17	3:54:59 ( CC RIAZOR
09:10:28	10:10:32	4:01:45 ( LICENCIA DE 1 DIA
08:47:58	09:59:50	4:20:05 ( TRIATLON APOL-ANA
09:12:47	10:09:21	3:46:34 ( LICENCIA DE 1 DIA
09:28:25	10:19:12	3:24:17 ( LICENCIA DE 1 DIA
09:19:00	10:15:09	3:52:41 ( TRIATLON NAZARI
09:21:15	10:13:04	3:42:21 ( TRIATLON DUERO
09:21:04	10:15:08	3:43:27 ( CLUB DEPORTIVO BAHIA DE MAZARRON
09:16:50	10:09:28	3:39:23 ( KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
09:28:49	10:19:15	3:29:54 ( LICENCIA DE 1 DIA
09:24:22	10:17:23	3:37:08 ( KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
		4:10:22 ( TRINITY TRIATLON
09:10:34	10:12:51	4:08:24 ( CCD CREDITO AGRICOLA
09:27:35	10:20:30	3:36:13 ( LICENCIA DE 1 DIA
09:25:46	10:20:03	3:46:36 ( NOSPORTLIMIT
09:26:10	10:20:18	3:54:49 ( INDEPENDIENTE
09:16:53	10:18:46	4:02:15 ( REEBOK SPORTS CLUB
09:29:30	10:22:46	3:46:54 ( KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
09:28:32	10:23:33	3:44:52 ( INDEPENDIENTE
09:31:53	10:24:54	3:40:44 ( LICENCIA DE 1 DIA
09:22:01	10:21:51	4:04:22 ( PEÑA CICLISTA LAR
09:35:15	10:29:02	3:40:03 ( C.D. BAHIA DE MAZARRON
09:38:23	10:34:02	3:36:47 ( TRIATLON PISUERGA-TRIPI
09:24:05	10:27:23	4:14:52 ( TRI OURENSE
09:33:42	10:32:13	3:51:18 ( LICENCIA DE 1 DIA
09:12:24	10:22:56	4:16:43 ( ARTROGAL-TRI 498
09:42:58	10:37:13	3:35:25 ( LICENCIA DE 1 DIA
09:27:56	10:30:16	4:03:27 ( C.A. FILÍPIDES PARADAS
09:38:54	10:34:55	3:54:45 ( TRIVIGO BOYER TRIATHLON
09:36:48	10:35:14	3:58:39 ( LICENCIA DE 1 DIA
09:41:09	10:38:04	4:04:21 ( A.D. MEDIA DUCIA
09:41:48	10:35:45	3:42:59 ( CLUB TRIBU TRIATLON VALDEMORO
09:38:53	10:37:46	3:55:57 ( TRIVIGO BOYER TRIATHLON
09:25:52	10:31:48	4:13:15 ( LICENCIA DE 1 DIA
09:38:27	10:36:04	3:49:45 ( INDEPENDIENTE

09:42:07	10:38:51	3:51:51 ( LICENCIA DE 1 DIA
09:42:26	10:40:28	3:54:05 ( KAINÁGUA - CLUBE NATAÇÃO E TRIATLO DO ALENTE
09:50:56	10:44:39	3:42:54 ( CLUB TRIATLON MAR DE VIGO
09:38:38	10:40:03	4:10:25 ( CC RIAZOR
09:51:34	10:44:34	3:46:07 ( LICENCIA DE 1 DIA
09:42:58	10:40:51	3:55:12 ( LICENCIA DE 1 DIA
09:37:58	10:36:10	3:57:27 ( CLUB TRIATLON CORUÑA
09:33:11	10:46:04	4:01:28 ( TRIATLON COSTA DA MORTE
09:39:02	10:42:33	4:10:54 ( LICENCIA DE 1 DIA
09:52:02	10:47:16	3:52:53 ( TRIATLON SIERRA OESTE3
09:31:14	10:37:35	4:31:02 ( LICENCIA DE 1 DIA
10:04:53	10:54:20	3:43:52 ( TRIATLON FERROL
09:32:23	10:39:55	4:30:21 ( CLUB TRIATLON NATACION PABELLON OURENSE
09:40:18	10:45:55	4:28:13 ( CENTRO ASTURIANO DE OVIEDO
09:46:54	10:49:52	4:00:38 ( C. D. TRIATLON GRANADA
09:56:09	10:53:17	4:07:12 ( LICENCIA DE 1 DIA
09:50:46	10:52:55	4:15:39 ( LICENCIA DE 1 DIA
09:44:57	10:52:00	4:25:53 ( DUET TRI MADRID
09:35:42	10:50:37	4:34:28 ( VIGO MASTER CLUB
09:50:38	10:51:20	4:16:31 ( INDEPENDIENTE
09:59:15	10:54:02	3:57:00 ( CT HDG
10:01:27	11:02:05	4:03:21 ( TRIATLON AGUILARENSE ALBERTO FERNANDEZ
10:04:17	11:02:43	3:59:19 ( CLUB NATACIÓN PAMPLONA
09:35:58	10:51:33	4:34:14 ( LICENCIA DE 1 DIA
09:56:54	10:57:05	3:58:27 ( LICENCIA DE 1 DIA
09:59:26	11:00:24	4:03:59 ( C.D. TRIAT-ALANDALUS
10:03:19	11:02:21	4:11:34 ( CLUB TRIATLON OURENSE
10:09:00	11:04:54	3:53:34 ( LICENCIA DE 1 DIA
09:58:59	11:01:46	4:09:23 ( LICENCIA DE 1 DIA
09:57:41	11:00:56	4:15:01 ( LICENCIA DE 1 DIA
09:57:41	11:00:56	4:15:01 ( LICENCIA DE 1 DIA
10:21:53	11:13:47	3:48:45 ( NOSPORTLIMIT
10:06:58	11:11:39	4:25:04 ( TALLERES DAVID TRIATLON COMPOSTELA
10:24:17	11:17:55	3:54:56 ( NOSPORTLIMIT
10:10:54	11:12:47	4:21:33 ( NOSPORTLIMIT
10:08:45	11:15:27	4:24:37 ( CLUB TRIATLON OVIEDO
10:23:18	11:22:25	4:08:09 ( LICENCIA DE 1 DIA
10:15:27	11:16:50	4:11:59 ( NOSPORTLIMIT
10:18:14	11:23:14	4:08:33 ( LICENCIA DE 1 DIA
10:00:01	11:08:55	4:31:59 ( LICENCIA DE 1 DIA
10:20:14	11:20:42	3:55:23 ( C.T. CAMALEON
10:09:20	11:15:38	4:15:32 ( NOSPORTLIMIT
10:26:34	11:24:13	3:51:19 ( CLUB ATLETISMO PORRIÑO
10:21:51	11:21:20	4:10:36 ( LICENCIA DE 1 DIA
10:21:43	11:21:20	4:03:33 ( BIKE STATION RACING A.D.
09:59:34	11:14:07	4:41:37 ( INDEPENDIENTE
10:06:47	11:17:07	4:42:07 ( LICENCIA DE 1 DIA
10:01:52	11:21:43	4:46:39 ( CLUB TRIATLO CAFS XIXONA
10:22:32	11:26:06	4:35:08 ( NOSPORTLIMIT
10:19:32	11:26:00	4:31:06 ( TRIATLON COSTA QUEBRADA
10:26:06	11:30:21	4:16:29 ( TRIATLÓN CARMONA PAEZ
10:25:28	11:33:10	4:34:40 ( CENTRO ASTURIANO DE OVIEDO

10:25:03	11:33:10	4:34:41 ( CENTRO ASTURIANO DE OVIEDO
10:17:36	11:29:58	4:44:26 ( INDEPENDIENTE
10:18:49	11:29:52	4:43:29 ( LICENCIA DE 1 DIA
10:31:08	11:37:45	4:37:56 ( ANTZAR KORRIKALARIAK
10:27:29	11:37:45	4:47:02 ( LICENCIA DE 1 DIA
10:41:09	11:44:04	4:22:57 ( LICENCIA DE 1 DIA
10:22:49	11:37:47	5:01:34 ( TRIATLÓN TRES CANTOS
10:44:24	11:47:22	4:08:55 ( C.D.E. AGUVERDE
10:36:41	11:45:08	4:39:08 ( NOSPORTLIMIT
10:47:35	11:51:40	4:25:28 ( NOSPORTLIMIT
10:47:35	11:51:40	4:26:42 ( NOSPORTLIMIT
10:33:20	11:44:54	4:53:02 ( LICENCIA DE 1 DIA
10:26:50	11:45:56	4:56:03 ( CLUB TRIATLON CORUÑA
10:54:09	11:54:59	4:11:27 ( LICENCIA DE 1 DIA
10:45:13	11:54:07	4:35:35 ( NOSPORTLIMIT
10:41:24	11:55:45	4:44:04 ( LICENCIA DE 1 DIA
10:37:04	11:52:19	4:49:14 ( TRISPORT GETAFE
10:42:26	11:53:35	4:52:58 ( LICENCIA DE 1 DIA
10:36:59	11:51:40	5:08:18 ( NOSPORTLIMIT
10:37:04	11:52:19	4:58:00 ( LICENCIA DE 1 DIA
10:47:23	11:57:34	4:34:13 ( TRIATLON ATLETI
10:23:56	11:44:04	5:31:01 ( LICENCIA DE 1 DIA
11:02:15	12:16:29	4:35:02 ( ARTROGAL-TRI 498
11:30:00	12:26:55	3:49:57 ( LICENCIA DE 1 DIA
11:09:16	12:21:07	4:41:10 ( CLUB ATLETICO OCLE
11:02:51	12:17:50	4:39:42 ( TRIATLON DUERO
11:12:05	12:24:31	4:45:10 ( LICENCIA DE 1 DIA
11:30:18	12:33:24	4:32:42 ( NOSPORTLIMIT
11:08:57	12:29:51	5:12:21 ( TRIATLON KABRAS KORDOBA
11:31:15	12:39:26	4:34:36 ( ATENEU CARTAXENSE
11:17:26	12:31:00	4:57:46 ( NOSPORTLIMIT
11:11:38	12:34:07	5:12:05 ( MOTRINDE - CLUBE DOS GALITOS
11:50:26	12:51:29	5:01:54 ( CLUB TRIATLON CORUÑA
11:25:56	12:40:59	5:05:27 ( CLUBE MILLENNIUMBPCP
11:22:27	12:42:44	5:14:31 ( CLUBE TRIATLO ABRANTES
11:41:29	12:48:50	4:35:14 ( LICENCIA DE 1 DIA
11:14:10	12:38:26	5:08:17 ( LICENCIA DE 1 DIA
11:37:46	12:51:12	4:54:53 ( LICENCIA DE 1 DIA
		21:15:22 LICENCIA DE 1 DIA
11:58:37	13:14:10	5:12:40 ( LICENCIA DE 1 DIA
12:39:56	13:58:58	5:28:24 ( AXA AGENCIA GARRIGA-BEARIZ TRIATLON
13:00:32	14:35:28	6:12:17 ( LICENCIA DE 1 DIA

<b>Carrera (Km 24,9)</b>	<b>Carrera (Km 34,4)</b>	<b>Carrera</b>	<b>Club</b>
			LICENCIA DE 1 DIA

<b>Carrera (Km 24,9)</b>	<b>Carrera (Km 34,4)</b>	<b>Carrera</b>	<b>Club</b>
			GARMIN CLUBE OLIMPICO DE OEIRAS
			CC RIAZOR
			LICENCIA DE 1 DIA

	ARTROGAL-TRI 498
	CLUB TRIATLON SALAMANCA
	C.T.O.A.
	CLUB DEPORTIVO TRIATLON BIERZO
	TRISPORT GETAFE

Carrera (Km 24,9)	Carrera (Km 34,4)	Carrera	Club
			TRINITY TRIATLON
			LICENCIA DE 1 DIA
			TRIBU TRIATLON VALDEMORO
			CLUB NATACION CEDEIRA MUEBLES GARCIA
			NOSPORTLIMIT
			NOSPORTLIMIT
			LICENCIA DE 1 DIA
			INDEPENDIENTE
			LICENCIA DE 1 DIA
			CD OBERENA
			LICENCIA DE 1 DIA
			TRI OURENSE
			LICENCIA DE 1 DIA
			CLUB DEPORTIVO TRIATLON BIERZO
			LICENCIA DE 1 DIA
			AXA AGENCIA GARRIGA-BEARIZ TRIATLON
			INTELLIGENT-INTERVAL

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