NORTHWEST TRIMAN 2018, 17/06/2018

LARGA DISTANCIA FEMININO

LLEG 11

Pos	Dorsal	Nombre	Cat/Pos	Grupo	Natación (1.5k)	Transición 1	Ciclismo (40k)	Transición 2	Carrera (10k)	Tiempo (10k)	Tiempo (20k)	Tiempo (30k)	Tiempo (35k)	Tiempo (40k)	Tiempo (45k)	Tiempo	Ritmo	Natación (1.5k)	Ciclismo (40k)	Carrera (10k)	Carrera (20k)	Carrera (30k)	Carrera (35k)	Carrera (40k)	Carrera (45k)	Carrera	Club	Poblac.
1	6	ANA LÓPEZ DE SAN ROMAN BLANCO	V1F/ 1	GE40-44F/ 1	11:14:58	00:33:30	1:08:53 (3) 1:49	2:58 (1)	02:03:37	03:28:57	04:59:07	06:34:22	6:08:11 (2) 29.33 Km/h	1:50 (1)	7:21:52 (2)	07:54:47	08:47:17	09:44:16	10:39:12	3:52:07 (1) 5:32	TRIATLÓN CLAVIERA MÓSTOLES	MADRID
2	1	MÓNICA MEZQUITA VAZQUEZ	GE25-29F/ 1	11:18:58	00:32:37	1:06:53 (2) 1:46	6:03 (9)	02:03:39	03:30:23	04:59:19	06:31:37	6:05:33 (1) 29.55 Km/h	2:44 (4)	7:21:11 (1)	07:57:02	08:50:26	09:44:59	10:41:34	3:57:47 (2) 5:39	NOSPORTUMIT	A CORUÑA
3	9	OLGA VILLANUEVA VÁZQUEZ	V1F/ 2	GE45-49F/ 1	12:17:06	00:38:43	1:20:11 (8) 2:07	3:30 (2)	02:20:01	03:50:28	05:21:27	06:58:44	6:23:19 (3) 28.18 Km/h	2:09 (2)	7:49:07 (5)	08:25:06	09:21:48	10:21:46	11:31:13	4:28:00 (3) 6:22	TRISPORT GETAFE	MADRID
4	3	OLALLA DURO LIÑARES	GE35-39F/ 1	12:49:58	00:34:26	1:10:59 (4) 1:53	5:43 (8)	02:09:12	03:40:08	05:16:36	06:56:45	6:29:19 (5) 27.74 Km/h	2:14 (3)	7:48:12 (4)	08:25:19	09:27:34	10:37:30	11:54:41	5:01:46 (7) 7:10	LICENCIA DE 1 DIA	PORTO DO SON
5	8	FERNANDA MARIA CASTANHEIRA DA COSTA MARQUES SANTINHA	V1F/ 3	GE45-49F/ 2	13:07:06	00:38:33	1:19:30 (7) 2:06	4:18 (4)	02:25:00	04:06:04	05:47:04	07:31:08	7:01:02 (9) 25.65 Km/h	4:21 (8)	8:29:10 (9)	09:06:55	10:08:41	11:13:09	12:19:37	4:37:57 (4) 6:36	COL	LINDA -A-VELHA
6	7	SARA COLAÇO	V1F/ 4	GE40-44F/ 2	13:13:46	00:37:01	1:16:49 (6) 2:02	3:30 (3)	02:22:56	03:59:11	05:40:08	07:25:46	6:57:53 (8) 25.85 Km/h	8:15 (11)	8:26:25 (8)	09:12:56	10:16:52	11:23:47	12:31:48	4:47:21 (5) 6:49	COL	LISBOA
7	4	PATRICIA GONZÁLEZ GARCÍA		GE35-39F/ 2	13:25:23	00:36:56	1:15:48 (5) 2:00	5:40 (6)	02:18:56	03:56:13	05:35:12	07:23:24	6:55:59 (7) 25.96 Km/h	2:56 (5)	8:20:21 (7)	08:59:53	10:03:14	11:17:02	12:37:34	5:05:03 (8) 7:14	LICENCIA DE 1 DIA	ALCORCÓN
8	2	SONIA ROGA CANDOIRE	V1F/ 5	GE40-44F/ 3	13:30:54	00:32:41	1:06:37 (1) 1:48	5:04 (5)	02:06:53	03:39:52	05:15:11	06:52:41	6:29:08 (4) 27.75 Km/h	4:04 (7)	7:44:51 (3)	08:19:37	09:28:04	10:39:27	12:20:48	5:46:03 (10) 8:13	NOSPORTUMIT	A CORUÑA
9	10	ANA MARGARIDA VIEIRA LOPES	V1F/ 6	GE45-49F/ 3	13:33:46	00:43:06	1:29:53 (10) 2:22	7:34 (11)	02:34:55	04:09:26	05:45:19	07:25:56	6:37:36 (6) 27.16 Km/h	4:29 (9)	8:19:30 (6)	09:01:58	10:09:09	11:26:51	12:45:00	5:14:16 (9) 7:27	ESCOLA TRIATLO SANTO ANTÓNIO - ÉVORA	ÉVORA
10	5	VANESA BENÍTEZ BANGEL	V1F/ 7	GE40-44F/ 4	13:40:04	00:40:04	1:21:54 (9) 2:10	5:43 (7)	02:32:15	04:18:57	06:04:24	07:52:07	7:17:03 (10) 24.73 Km/h	4:39 (10)	8:49:37 (10)	09:30:58	10:38:08	11:47:22	12:55:33	4:50:48 (6) 6:54	C.T. CAMALEÓN	DOS HERMANAS
11	11	MARÍA JOSÉ REYES PERELLO	V1F/ 8	GE45-49F/ 4	15:02:06	00:45:56	1:34:43 (11) 2:30	6:23 (10)	02:46:30	04:32:50	06:21:14	08:13:28	7:25:50 (11) 24.23 Km/h	3:23 (6)	9:10:18 (11)	09:56:56	11:15:28	12:34:19	14:04:26	5:51:49 (11) 8:21	SPORTPHYSIOLOGY	

Publicada as 10:04:03 do 18/06/2018