

Fecha 02/06/2019

Ciudad VILAFRANCA DEL BIERZO

DISTANCIAS	VUELTAS	Temp.
NATACION 950 ms	1	23 C
CICLISMO 42 Kms	1	27 C
CARRERA A PIE 10,5 Kms	1	29 C

**Jurado de Competición:**  
**MIGUEL MARTINEZ BASURCO**  
**MARCOS LOBO**  
**JAVIER GARCIA VELASCO**

**Oficiales:**  
 Delegado Técnico: **MARCOS LOBO**  
 Juez General: **RAUL ZANCAJO**  
 Clasificaciones: **SPORTCHIP**

COMIENZAN 251

FINALIZADOS 241

NO PRESENTADOS 28

DESCALIFICADOS 2

Pos	Dorsal	Nombre	Apellidos	Club	Pos	Natación			Ciclismo			Carrera a pie			Tiempo Meta	Dif		
						Cat	Pos	Tiempo / Vel	T1	Pos	Tiempo / Vel	T2	Pos	Tiempo / Vel				
1	445	MIKEL	SAEZ DE LA FUENTE RUBIOTKRONO TRIATLON GETXO	ABM	3	15:12	1:36 min/m	1:57	9	1:05:43	38.3 km/h	1:14	2	38:11	3:38 min/km	<b>2:02:20</b>	+0	
2	239	LUIS	HEVIA GARCIA-BOBIA PILONA DEPORTE	ABM	5	15:27	1:37 min/m	1:53	7	1:05:28	38.5 km/h	58	4	38:47	3:41 min/km	<b>2:02:34</b>	+14	
3	255	BORJA	FERNANDEZ SALEGUI CLUB DEPORTIVO TRILEON	ABM	8	15:55	1:40 min/m	2:20	2	1:03:42	39.6 km/h	1:14	14	40:42	3:52 min/km	<b>2:03:55</b>	+1:34	
4	289	DIEGO	RUIZ BREIJO TRISADA	ABM	52	18:03	1:54 min/m	3:00	4	1:04:32	39.0 km/h	1:03	1	37:27	3:34 min/km	<b>2:04:09</b>	+1:49	
5	443	GORKA	BLASCO DIAZ TKRONO TRIATLON GETXO	ABM	2	15:12	1:36 min/m	2:01	27	1:07:34	37.3 km/h	1:18	5	39:01	3:43 min/km	<b>2:05:08</b>	+2:48	
6	264	OSCAR	FERRERAS PEREZ CLUB TRIATLON SALAMANCA	V1M	1	15:22	1:37 min/m	2:14	20	1:07:08	37.5 km/h	48	9	39:51	3:47 min/km	<b>2:05:25</b>	+3:05	
7	427	CHRISTIAN	VILLAZALA CARTON NO FEDERADO	ABM	19	16:44	1:45 min/m	1:44	22	1:07:11	37.5 km/h	57	6	39:11	3:43 min/km	<b>2:05:49</b>	+3:28	
8	297	JAIME	HERVAS ARRANZ Independiente	ABM	62	18:15	1:55 min/m	2:50	10	1:05:47	38.3 km/h	1:05	3	38:27	3:39 min/km	<b>2:06:25</b>	+4:04	
9	248	ROBERTO	ANTA ALVAREZ CLUB DEPORTIVO TRIATLON BIERZO	ABM	54	18:06	1:54 min/m	1:58	3	1:04:21	39.2 km/h	57	20	41:16	3:55 min/km	<b>2:06:40</b>	+4:20	
10	280	DANIEL	FEJOO FERREIRO TRIEUME AS PONTES CLUB	V1M	2	43	17:42	1:51 min/m	2:35	11	1:05:51	38.3 km/h	1:24	7	39:14	3:44 min/km	<b>2:06:48</b>	+4:27
11	444	ALVARO	INFANTE LOPEZ TKRONO TRIATLON GETXO	ABM	49	17:58	1:53 min/m	1:55	16	1:06:39	37.8 km/h	1:05	8	39:14	3:44 min/km	<b>2:06:53</b>	+4:33	
12	244	CARLOS	GONZALEZ FLOREZ 220PPM	ABM	28	17:12	1:48 min/m	1:51	21	1:07:10	37.5 km/h	47	19	41:16	3:55 min/km	<b>2:08:18</b>	+5:58	
13	434	ANGEL LUIS	CILLERO MAZA SALMANTICA TRIATLON CLUB	ABM	46	17:51	1:52 min/m	2:04	19	1:07:02	37.6 km/h	55	13	40:35	3:51 min/km	<b>2:08:30</b>	+6:10	
14	275	FRANCISCO	FRANGANILLO BOTAS TRICAN BANEZA	ABM	131	21:21	2:14 min/m	2:20	1	1:02:15	40.5 km/h	1:14	30	42:01	4:00 min/km	<b>2:09:13</b>	+6:53	
15	301	FERNANDO	ALVAREZ GORRITI MONTE PENARUBIA RUNNING LUGO	V1M	3	15	16:22	1:43 min/m	2:09	24	1:07:18	37.4 km/h	57	36	42:33	4:03 min/km	<b>2:09:21</b>	+7:00
16	287	ROBERTO	SAINZ MARTINEZ TRION - CLINICA DENTAL OSCAR GALLO	V1M	4	60	18:13	1:55 min/m	2:14	18	1:06:44	37.8 km/h	1:08	17	41:14	3:55 min/km	<b>2:09:34</b>	+7:14
17	263	BRUNO DANIEL	DE ALMEIDA DIAS CLUB TRIATLON SALAMANCA	ABM	9	15:56	1:40 min/m	1:49	43	1:09:15	36.4 km/h	1:05	25	41:38	3:57 min/km	<b>2:09:44</b>	+7:23	
18	468	HECTOR	MERA PIÑON TRIATLON FERROL	V1M	5	40	17:27	1:50 min/m	3:18	14	1:06:07	38.1 km/h	1:02	29	41:57	3:59 min/km	<b>2:09:54</b>	+7:34
19	291	RICARDO	CALDERON BUSTO UNO PUBLICIDAD TRAGALEGUAS	V1M	6	53	18:05	1:54 min/m	2:27	6	1:05:15	38.6 km/h	1:13	48	43:42	4:09 min/km	<b>2:10:44</b>	+8:23
20	323	OSCAR VALENTIN	COSTAS OTERO ARTROGAL-TRI 498	V1M	7	24	16:58	1:47 min/m	2:35	28	1:07:35	37.3 km/h	57	37	42:44	4:04 min/km	<b>2:10:51</b>	+8:31
21	363	ADRIAN	FERNANDEZ GARCIA NO FEDERADO	ABM	34	17:20	1:49 min/m	2:58	26	1:07:25	37.4 km/h	54	33	42:16	4:01 min/km	<b>2:10:55</b>	+8:35	
22	440	RAUL	RIVAS NOSTI SKYPI TEAM	ABM	11	16:00	1:41 min/m	2:09	47	1:09:33	36.2 km/h	1:00	34	42:22	4:02 min/km	<b>2:11:06</b>	+8:46	
23	312	BORJA	CANTO BAÑA CLUB TRIATLON CORUÑA	ABM	23	16:56	1:46 min/m	2:29	13	1:06:05	38.1 km/h	1:06	57	44:49	4:16 min/km	<b>2:11:28</b>	+9:07	
24	436	JAIME	ROMO SANTAMARIA SALMANTICA TRIATLON CLUB	SUB23	M1	25	17:02	1:47 min/m	2:03	67	1:11:18	35.3 km/h	1:15	11	40:04	3:49 min/km	<b>2:11:43</b>	+9:23
25	374	DANIEL	GARCIA GARCIA NO FEDERADO	V1M	8	4	15:17	1:36 min/m	2:44	51	1:09:47	36.1 km/h	1:11	39	42:47	4:04 min/km	<b>2:11:48</b>	+9:28
26	304	ANTONIO	GIL ROMERO CLUB TRIATLON LAS ROZAS	V1M	9	10	15:57	1:40 min/m	2:38	38	1:08:45	36.7 km/h	1:07	45	43:23	4:07 min/km	<b>2:11:50</b>	+9:30

Pos	Dorsal	Nombre	Apellidos	Club	Pos		Natación			Ciclismo			Carrera a pie			Tiempo		
					Cat	Cat.	Pos /	Tiempo /	Vel	T1	Pos /	Tiempo /	Vel	T2	Pos /	Tiempo /	Vel	Meta
27	435	DANIEL	HERNANDEZ HIDALGO	SALMANTICA TRIATLON CLUB	ABM	17	16:37	1:44 min/m	2:08	12	1:05:57	38.2 km/h	57	77	46:23	4:25 min/km	<b>2:12:03</b>	+9:43
28	292	JAVIER	TOME BENITEZ	UNO PUBLICIDAD TRAGALEGUAS	ABM	76	19:00	2:00 min/m	3:04	41	1:09:01	36.5 km/h	1:11	12	40:34	3:51 min/km	<b>2:12:51</b>	+10:31
29	241	RUBEN	CABALLERO MARTINEZ	220PPM	ABM	143	21:54	2:18 min/m	2:01	34	1:08:20	36.9 km/h	55	10	40:04	3:48 min/km	<b>2:13:14</b>	+10:54
30	382	ISMAEL	GONZALEZ VILLAR	NO FEDERADO	ABM	18	16:41	1:45 min/m	2:29	75	1:11:45	35.1 km/h	1:12	16	41:09	3:55 min/km	<b>2:13:18</b>	+10:57
31	294	LUCAS	DIAZ GARCIA	CUENCA DEL NAVIA TRIATLON	SUB23 M2	16	16:25	1:43 min/m	2:29	70	1:11:28	35.3 km/h	1:04	28	41:55	3:59 min/km	<b>2:13:23</b>	+11:03
32	320	ABEL	SOUTO CORES	CLUB TRIATLON CORUÑA	ABM	48	17:57	1:53 min/m	2:32	15	1:06:33	37.9 km/h	1:07	62	45:16	4:18 min/km	<b>2:13:27</b>	+11:07
33	328	EUGENIO MAXIMINO MARTINEZ PEREZ	CIDADE DE LUGO FLUVIAL		V2M 1	29	17:12	1:48 min/m	2:57	8	1:05:34	38.4 km/h	1:14	87	46:39	4:26 min/km	<b>2:13:39</b>	+11:18
34	252	MANUEL	ZAPICO GAZTELUMENDI	CLUB DEPORTIVO TRIATLON BIERZO	ABM	50	17:59	1:53 min/m	2:13	25	1:07:22	37.4 km/h	1:20	58	44:56	4:16 min/km	<b>2:13:52</b>	+11:32
35	284	OSCAR	ORTEGA ARNAIZ	TRION - CLINICA DENTAL OSCAR GALLO	ABM	65	18:24	1:56 min/m	2:59	57	1:10:21	35.8 km/h	1:00	18	41:15	3:55 min/km	<b>2:14:00</b>	+11:40
36	259	JUAN LUIS	SANCHEZ GONZALEZ	CLUB TRIATLON IMD SEGOVIA	V1M 10	112	20:38	2:10 min/m	3:05	5	1:04:36	39.0 km/h	1:10	56	44:37	4:15 min/km	<b>2:14:08</b>	+11:48
37	290	FAUSTINO	ALONSO MANRIQUE	UNO PUBLICIDAD TRAGALEGUAS	V1M 11	88	19:16	2:01 min/m	3:02	23	1:07:17	37.5 km/h	1:38	43	43:13	4:06 min/km	<b>2:14:28</b>	+12:08
38	285	PEDRO	ROJO FRIAS	TRION - CLINICA DENTAL OSCAR GALLO	ABM	108	20:29	2:09 min/m	3:23	37	1:08:43	36.7 km/h	1:01	22	41:22	3:56 min/km	<b>2:15:01</b>	+12:41
39	266	ALEJANDRO	GONZALEZ REDONDO	CLUB TRIATLON SALAMANCA	ABM	31	17:17	1:49 min/m	2:16	62	1:10:40	35.7 km/h	53	51	44:15	4:12 min/km	<b>2:15:22</b>	+13:02
40	249	RUBEN	GONZALEZ HOYOS	CLUB DEPORTIVO TRIATLON BIERZO	ABM	27	17:06	1:48 min/m	2:29	104	1:13:01	34.5 km/h	56	27	41:53	3:59 min/km	<b>2:15:27</b>	+13:07
41	283	MIGUEL ANGEL	CALVO DE LAS HERAS	TRION - CLINICA DENTAL OSCAR GALLO	ABM	89	19:17	2:01 min/m	3:11	60	1:10:32	35.7 km/h	1:06	23	41:24	3:56 min/km	<b>2:15:31</b>	+13:11
42	332	RAUL	PEREZ TATO	CLUB DEPORTIVO ELEMENTAL TRI NAT	ABM	86	19:16	2:01 min/m	2:47	79	1:11:54	35.0 km/h	51	15	40:47	3:53 min/km	<b>2:15:37</b>	+13:17
43	470	LUIS ANTONIO	RILO GONZALEZ-VALLES	TRIA TLON FERROL	ABM	32	17:17	1:49 min/m	2:21	69	1:11:25	35.3 km/h	1:19	44	43:17	4:07 min/km	<b>2:15:41</b>	+13:20
44	414	TASIO	REGUERA PANIZO	NO FEDERADO	ABM	103	20:08	2:07 min/m	1:43	33	1:08:19	36.9 km/h	1:06	55	44:29	4:14 min/km	<b>2:15:47</b>	+13:26
45	432	FRANCISCO DAVID	OREJA PIRIS	PERLAS TRIATLÓN COLMENAR VIEJO	ABM	13	16:11	1:42 min/m	2:17	111	1:14:00	34.0 km/h	1:16	38	42:46	4:04 min/km	<b>2:16:33</b>	+14:12
46	399	ROBERTO	MENDEZ ALONSO	NO FEDERADO	V1M 12	67	18:31	1:56 min/m	3:16	44	1:09:24	36.3 km/h	1:11	53	44:17	4:13 min/km	<b>2:16:41</b>	+14:20
47	429	ALVARO	CIMARRAS IGLESIAS	NOSPORTLIMIT	ABM	30	17:16	1:49 min/m	2:53	87	1:12:18	34.9 km/h	1:05	42	43:13	4:06 min/km	<b>2:16:46</b>	+14:26
48	268	MIGUEL ANGEL	PEDROSA HIRUELAS	CLUB TRIATLON SAMBURIEL	V1M 13	70	18:51	1:59 min/m	2:52	53	1:10:07	35.9 km/h	1:24	47	43:33	4:08 min/km	<b>2:16:49</b>	+14:28
49	258	ALEJANDRO	SALVADOR ALONSO	CLUB TRIATLON IMD SEGOVIA	ABM	113	20:42	2:10 min/m	2:54	50	1:09:46	36.1 km/h	1:25	31	42:12	4:01 min/km	<b>2:17:00</b>	+14:40
50	256	OSCAR	MORLA SAN JUAN	CLUB DEPORTIVO TRILEON	ABM	92	19:31	2:03 min/m	3:30	55	1:10:17	35.9 km/h	57	40	42:47	4:04 min/km	<b>2:17:03</b>	+14:43
51	254	MIGUEL ANGEL	ANTON TEJERINA	CLUB DEPORTIVO TRILEON	V2M 2	71	18:53	1:59 min/m	3:12	61	1:10:35	35.7 km/h	1:19	49	43:51	4:10 min/km	<b>2:17:52</b>	+15:32
52	431	ANDRES	VIDAL GIRALDEZ	NOSPORTLIMIT	ABM	64	18:19	1:55 min/m	2:05	59	1:10:30	35.7 km/h	57	68	46:05	4:23 min/km	<b>2:17:56</b>	+15:36
53	359	CARLOS	FABA RODRIGUEZ	NO FEDERADO	V1M 14	149	22:11	2:20 min/m	4:02	40	1:08:57	36.5 km/h	1:31	21	41:19	3:56 min/km	<b>2:18:03</b>	+15:42
54	324	JOSE GERMAN	DE DIEGO GONZALEZ	BASQUE TRIBE	ABM	99	19:58	2:06 min/m	3:00	83	1:12:07	34.9 km/h	1:11	26	41:47	3:58 min/km	<b>2:18:06</b>	+15:46
55	433	PEDRO JOSE	ARDUENGO CUESTA	PILONA DEPORTE	V1M 15	73	18:56	1:59 min/m	2:30	78	1:11:50	35.1 km/h	1:06	50	43:53	4:10 min/km	<b>2:18:17</b>	+15:56
56	302	MARCOS	RODRIGUEZ BALIÑA	MONTE PENARUBIA RUNNING LUGO	V1M 16	6	15:32	1:38 min/m	2:12	45	1:09:27	36.3 km/h	1:06	127	50:15	4:47 min/km	<b>2:18:34</b>	+16:14
57	465	BORJA	CATRUFO URES	TRIA TLON FERROL	ABM	22	16:55	1:46 min/m	2:27	107	1:13:26	34.3 km/h	1:30	52	44:16	4:12 min/km	<b>2:18:36</b>	+16:16
58	453	ANXO	MEIZOSO PERMUI	TRIA TLON ARTEIXO	ABM	128	21:20	2:14 min/m	2:32	77	1:11:48	35.1 km/h	1:19	24	41:36	3:57 min/km	<b>2:18:37</b>	+16:16
59	454	MIGUEL	CARRERA GARCIA	TRIA TLON ASTUDILLO	ABM	21	16:54	1:46 min/m	2:36	68	1:11:22	35.3 km/h	1:46	70	46:07	4:23 min/km	<b>2:18:46</b>	+16:26
60	460	JUAN LUIS	FRESNO PERNIA	TRIA TLON DUERO	SUB23 M3	26	17:02	1:47 min/m	2:48	90	1:12:30	34.8 km/h	1:13	64	45:19	4:19 min/km	<b>2:18:54</b>	+16:34
61	260	ANIBAL	SANCHEZ GONZALEZ	CLUB TRIATLON IMD SEGOVIA	V1M 17	124	21:12	2:13 min/m					1:25	61	45:10	4:18 min/km	<b>2:18:59</b>	+16:39
62	316	CARLOS	MAIZ MANSO	CLUB TRIATLON CORUÑA	ABM	12	16:01	1:41 min/m	2:29	105	1:13:13	34.4 km/h	1:12	69	46:06	4:23 min/km	<b>2:19:02</b>	+16:42
63	463	ALFONSO	QUIJADA GIL	TRIA TLON DUERO	V1M 18	7	15:34	1:38 min/m	3:32	72	1:11:39	35.2 km/h	1:20	96	47:11	4:29 min/km	<b>2:19:18</b>	+16:58
64	457	CRISTIAN	ALISTE ESCALERO	TRIA TLON DUERO	ABM	36	17:23	1:49 min/m	2:36	31	1:08:04	37.0 km/h	1:04	128	50:17	4:47 min/km	<b>2:19:26</b>	+17:06
65	288	IVAN	PADIN DIAS	TRION - CLINICA DENTAL OSCAR GALLO	ABM	75	18:59	1:59 min/m	2:39	113	1:14:02	34.0 km/h	1:24	35	42:23	4:02 min/km	<b>2:19:30</b>	+17:09
66	474	IGNACIO	GARCIA GONZALEZ	TRIA TLON PISUERGA-TRIPI	ABM	35	17:23	1:49 min/m	2:25	56	1:10:17	35.9 km/h	1:31	106	48:01	4:34 min/km	<b>2:19:39</b>	+17:18
67	364	RAMON	FERNANDEZ MARTINEZ	NO FEDERADO	V1M 19	101	20:01	2:06 min/m	3:27	52	1:09:58	36.0 km/h	1:18	63	45:19	4:18 min/km	<b>2:20:04</b>	+17:44
68	358	JOSE MIGUEL	ESTEBANEZ GAVELA	NO FEDERADO	V1M 20	95	19:34	2:03 min/m	3:40	29	1:07:46	37.2 km/h	1:17	105	47:59	4:34 min/km	<b>2:20:18</b>	+17:58

Pos	Dorsal	Nombre	Apellidos	Club	Pos Natación				Ciclismo				Carrera a pie			Tiempo			
					Cat	Cat.	Pos	Tiempo	Vel	T1	Pos	Tiempo	Vel	T2	Pos	Tiempo	Vel	Meta	Dif
69	442	RAUL	ZAPICO LOPEZ	SKYPI TEAM	V1M	21	20	16:50	1:46 min/m	2:52	80	1:11:59	35.0 km/h	2:07	82	46:31	4:25 min/km	<b>2:20:21</b>	+18:01
70	327	JAIME	MAGDALENA VERA	CIDADE DE LUGO FLUVIAL	V1M	22	84	19:14	2:01 min/m	2:40	76	1:11:48	35.1 km/h	1:03	66	45:36	4:20 min/km	<b>2:20:23</b>	+18:03
71	322	JUAN LUIS	CARBIA MENDEZ	ARTROGAL-TRI 498	V1M	23	63	18:19	1:55 min/m	2:33	32	1:08:15	36.9 km/h	1:13	126	50:10	4:46 min/km	<b>2:20:32</b>	+18:12
72	240	PABLO	BLANCO LAIZ	220PPM	ABM		82	19:10	2:01 min/m	3:45	39	1:08:46	36.6 km/h	1:53	93	46:59	4:28 min/km	<b>2:20:36</b>	+18:15
73	257	HECTOR	MARTIN ALONSO	CLUB TRIATLON IMD SEGOVIA	ABM		68	18:32	1:57 min/m	2:30	30	1:08:01	37.0 km/h	1:10	130	50:24	4:48 min/km	<b>2:20:39</b>	+18:19
74	369	AITOR	FERNANDEZ-PELLO SANTAINO FEDERADO		V1M	24	39	17:25	1:50 min/m	2:39	65	1:11:07	35.4 km/h	1:30	107	48:01	4:34 min/km	<b>2:20:44</b>	+18:24
75	439	ALEJANDRO	MENDEZ FERNANDEZ	SKYPI TEAM	V1M	25	115	20:49	2:11 min/m	2:36	49	1:09:41	36.2 km/h	1:02	85	46:37	4:26 min/km	<b>2:20:48</b>	+18:27
76	279	DAVID	RODRIGUEZ APARICIO	TRICAN BANEZA	V1M	26	74	18:56	1:59 min/m	2:42	74	1:11:42	35.1 km/h	1:17	88	46:45	4:27 min/km	<b>2:21:24</b>	+19:04
77	262	ALVARO	ACERA LORENZO	CLUB TRIATLON SALAMANCA	ABM		78	19:03	2:00 min/m	2:30	115	1:14:10	34.0 km/h	48	60	45:04	4:17 min/km	<b>2:21:36</b>	+19:15
78	277	JESUS	MARTINEZ RAMOS	TRICAN BANEZA	ABM		41	17:28	1:50 min/m	3:19	81	1:12:03	35.0 km/h	1:27	98	47:25	4:30 min/km	<b>2:21:43</b>	+19:23
79	336	RAMON	ABELLA CARRERA	NO FEDERADO	V1M	27	44	17:43	1:51 min/m	3:29	89	1:12:28	34.8 km/h	1:29	84	46:33	4:26 min/km	<b>2:21:44</b>	+19:24
80	424	BORJA	VARELA GARRIDO	NO FEDERADO	ABM		1	14:47	1:33 min/m	2:52	42	1:09:08	36.4 km/h	1:16	157	53:52	5:07 min/km	<b>2:21:57</b>	+19:36
81	419	EDUARDO	SANTOS GARCIA	NO FEDERADO	V1M	28	130	21:21	2:14 min/m	3:07	54	1:10:13	35.9 km/h	1:15	73	46:11	4:23 min/km	<b>2:22:09</b>	+19:49
82	343	ANGEL	ARGUMANEZ	NO FEDERADO	ABM		150	22:20	2:21 min/m	3:10	96	1:12:40	34.7 km/h	1:28	41	43:00	4:05 min/km	<b>2:22:39</b>	+20:19
83	339	JOSE CARLOS	ALONSO MARCOS	NO FEDERADO	V1M	29	111	20:37	2:10 min/m	2:54	99	1:12:46	34.6 km/h	1:26	59	44:57	4:16 min/km	<b>2:22:42</b>	+20:21
84	321	JULIO JOSE	SOUTO DIZ	CLUB TRIATLON CORUÑA	V2M	3	104	20:20	2:08 min/m	3:40	71	1:11:32	35.2 km/h	1:15	71	46:08	4:23 min/km	<b>2:22:57</b>	+20:36
85	410	SERGIO	PEREZ SANCHEZ	NO FEDERADO	ABM		97	19:44	2:04 min/m	3:18	91	1:12:32	34.7 km/h	1:00	83	46:32	4:25 min/km	<b>2:23:08</b>	+20:48
86	298	JOSE IGNACIO	ROBLA BLAS	Independiente	V1M	30	166	23:18	2:27 min/m	4:50	17	1:06:40	37.8 km/h	2:00	78	46:24	4:25 min/km	<b>2:23:14</b>	+20:53
87	326	OSCAR	FREIRE CORDERO	CIDADE DE LUGO FLUVIAL	V1M	31	33	17:18	1:49 min/m	3:19	100	1:12:51	34.6 km/h	1:10	117	49:00	4:40 min/km	<b>2:23:41</b>	+21:20
88	247	JOSE BENITO	ALVAREZ MIGUEL	CLUB DEPORTIVO TRIATLON BIERZO	V1M	32	134	21:31	2:15 min/m	2:58	95	1:12:39	34.7 km/h	2:42	54	44:26	4:13 min/km	<b>2:24:18</b>	+21:58
89	469	MANUEL ANGEL	PITA PEREIRA	TRIATLON FERROL	V2M	4	133	21:30	2:15 min/m	2:18	73	1:11:39	35.2 km/h	1:19	100	47:36	4:32 min/km	<b>2:24:24</b>	+22:04
90	278	JOSE RAMON	RODRIGO HERRERO	TRICAN BANEZA	ABM		110	20:35	2:10 min/m	3:06	92	1:12:33	34.7 km/h	1:19	92	46:57	4:28 min/km	<b>2:24:33</b>	+22:12
91	329	RUBEN	REIGADA SEIJO	CIDADE DE LUGO FLUVIAL	V1M	33	85	19:15	2:01 min/m	3:32	103	1:12:58	34.5 km/h	1:46	95	47:03	4:28 min/km	<b>2:24:35</b>	+22:15
92	295	RENE DAVID	BARAGAÑO BLANCO	Independiente	V1M	34	91	19:29	2:03 min/m	2:30	94	1:12:37	34.7 km/h	1:24	111	48:37	4:37 min/km	<b>2:24:39</b>	+22:19
93	393	DANIEL	MARCOS MARTINEZ	NO FEDERADO	ABM		59	18:13	1:55 min/m	3:57	108	1:13:38	34.2 km/h	1:08	103	47:44	4:32 min/km	<b>2:24:42</b>	+22:21
94	473	AARON MIGUEL	CASTRODA COPA	TRIATLON MURALLA DE LUGO	ABM		45	17:51	1:52 min/m	2:41	152	1:17:23	32.6 km/h	1:04	67	45:46	4:21 min/km	<b>2:24:47</b>	+22:26
95	337	MANUEL	ALBA TASCÓN	NO FEDERADO	ABM		159	22:59	2:25 min/m	3:37	46	1:09:29	36.3 km/h	1:46	91	46:56	4:28 min/km	<b>2:24:48</b>	+22:28
96	386	JAVIER	JIMENEZ JIMENEZ	NO FEDERADO	ABM		81	19:10	2:01 min/m	3:40	102	1:12:55	34.6 km/h	2:00	97	47:22	4:30 min/km	<b>2:25:07</b>	+22:47
97	381	CARLOS	GONZALEZ GONZALEZ	NO FEDERADO	ABM		93	19:34	2:03 min/m	2:47	127	1:14:58	33.6 km/h	1:12	89	46:45	4:27 min/km	<b>2:25:18</b>	+22:58
98	466	LUIS	GOMEZ AGRAS	TRIATLON FERROL	V1M	35	107	20:27	2:09 min/m	3:10	109	1:13:57	34.1 km/h	1:19	81	46:31	4:25 min/km	<b>2:25:26</b>	+23:06
99	477	ROBERTO	GANDARILLAS REVUELTA	TRIATLÓN TORRELAVERGA	V1M	36	37	17:24	1:49 min/m	2:49	117	1:14:23	33.9 km/h	1:30	121	49:54	4:45 min/km	<b>2:26:01</b>	+23:41
100	272	NOE	FERNANDEZ CASTAÑO	TRICAN BANEZA	ABM		83	19:12	2:01 min/m	3:04	112	1:14:01	34.0 km/h	2:02	110	48:30	4:37 min/km	<b>2:26:51</b>	+24:31
101	404	JOSE ANTONIO	NISTAL MORAN	NO FEDERADO	ABM		169	23:33	2:28 min/m	2:47	98	1:12:45	34.6 km/h	1:28	79	46:27	4:25 min/km	<b>2:27:01</b>	+24:41
102	286	NACHO	RUEDA MARTINEZ	TRION - CLINICA DENTAL OSCAR GALLO	V1M	37	176	24:16	2:33 min/m	2:53	63	1:10:56	35.5 km/h	1:22	101	47:39	4:32 min/km	<b>2:27:08</b>	+24:48
103	270	MANUEL	VILA RIBERA	CLUB TRIATLON SAMBURIEL	V1M	38	114	20:49	2:11 min/m	3:28	82	1:12:03	35.0 km/h	1:28	119	49:33	4:43 min/km	<b>2:27:24</b>	+25:04
104	269	JOSE LUIS	SANCHEZ GOMEZ	CLUB TRIATLON SAMBURIEL	V1M	39	160	22:59	2:25 min/m	3:23	97	1:12:41	34.7 km/h	1:19	94	47:00	4:28 min/km	<b>2:27:24</b>	+25:04
105	461	DANIEL	GONZALEZ MARTIN	TRIATLON DUERO	ABM		189	24:50	2:36 min/m	2:56	133	1:15:44	33.3 km/h	58	46	43:24	4:08 min/km	<b>2:27:54</b>	+25:33
106	293	RICARDO	CASAO GONZALEZ	CLUB TRIATLON VILLAMURIEL	ABM		69	18:43	1:58 min/m	3:28	145	1:17:08	32.7 km/h	2:01	86	46:39	4:26 min/km	<b>2:28:01</b>	+25:40
107	464	DAVID	VEGA DE LA VIUDA	TRIATLON DUERO	ABM		146	22:07	2:19 min/m	3:10	114	1:14:03	34.0 km/h	1:12	99	47:34	4:31 min/km	<b>2:28:08</b>	+25:47
108	394	MARIO	MARIN OTERO	NO FEDERADO	V1M	40	153	22:43	2:23 min/m	3:04	118	1:14:26	33.9 km/h	1:11	90	46:52	4:27 min/km	<b>2:28:17</b>	+25:57
109	451	JOSE MANUEL	SANCHEZ LOPEZ	TRI MANIACS	ABM		120	21:03	2:13 min/m	3:03	85	1:12:12	34.9 km/h	1:19	132	50:41	4:49 min/km	<b>2:28:21</b>	+26:00
110	331	JOSE MANUEL	SALGUEIRIÑO MACEIRA	CLUB ATLETISMO PORRINO	V1M	41	174	24:00	2:31 min/m	3:59	88	1:12:22	34.8 km/h	2:31	72	46:11	4:23 min/km	<b>2:29:05</b>	+26:45

Pos	Dorsal	Nombre	Apellidos	Club	Pos Natación			Ciclismo			Carrera a pie			Tiempo					
					Cat	Pos	Tempo / Vel	T1	Pos	Tempo / Vel	T2	Pos	Tempo / Vel	Meta	Dif				
111	418	JAIRO	RONDA ORUVE	NO FEDERADO	ABM	173	23:47	2:30 min/m	4:23	86	1:12:17	34.9 km/h	2:10	80	46:29	4:25 min/km	<b>2:29:07</b>	+26:46	
112	479	JAVIER	RODRIGUEZ ALONSO	TRICAM VILLAVICIOSA	V1M	42	57	18:08	1:54 min/m	2:23	123	1:14:34	33.8 km/h	1:38	145	52:27	4:59 min/km	<b>2:29:12</b>	+26:52
113	478	ANGEL	RODRIGUEZ ALONSO	TRICAM VILLAVICIOSA	ABM	58	18:10	1:54 min/m	3:51	143	1:17:02	32.7 km/h	1:53	108	48:14	4:35 min/km	<b>2:29:12</b>	+26:52	
114	273	ALFREDO	FERNANDEZ MORO	TRICAN BANEZA	V1M	43	180	24:32	2:35 min/m	3:18	66	1:11:18	35.3 km/h	1:42	112	48:39	4:38 min/km	<b>2:29:31</b>	+27:11
115	274	VICTOR	FERNANDEZ PEREZ	TRICAN BANEZA	ABM	118	21:02	2:12 min/m	3:05	126	1:14:54	33.6 km/h	1:42	113	48:48	4:38 min/km	<b>2:29:32</b>	+27:11	
116	471	JOSE MARIA	CONDE FERNANDEZ	TRIATLON LUGONES	V1M	44	42	17:35	1:51 min/m	3:06	122	1:14:32	33.8 km/h	1:54	149	52:44	5:01 min/km	<b>2:29:54</b>	+27:33
117	375	HUGO	GARCIA GARCIA	NO FEDERADO	ABM	87	19:16	2:01 min/m	4:12	131	1:15:34	33.3 km/h	2:03	114	48:51	4:39 min/km	<b>2:29:58</b>	+27:37	
118	416	DANIEL	RIOJA GARCIA	NO FEDERADO	ABM	72	18:54	1:59 min/m	3:47	48	1:09:37	36.2 km/h	1:50	173	56:09	5:20 min/km	<b>2:30:18</b>	+27:58	
119	350	ROBERTO	CARCEDO BARRIO	NO FEDERADO	ABM					155	1:17:43	32.4 km/h	59	109	48:30	4:37 min/km	<b>2:30:47</b>	+28:26	
120	456	FERNANDO	DELGADO DIAZ	TRIATLON ATLETI	V1M	45	132	21:22	2:15 min/m	3:39	125	1:14:45	33.7 km/h	1:32	118	49:31	4:42 min/km	<b>2:30:51</b>	+28:31
121	365	IAGO	FERNANDEZ MUÑOZ	NO FEDERADO	JNM	1	122	21:08	2:13 min/m	3:49	158	1:18:26	32.1 km/h	1:22	74	46:12	4:24 min/km	<b>2:30:59</b>	+28:39
122	422	RUBEN DANIEL	SILVA RODRIGUEZ	NO FEDERADO	ABM	66	18:28	1:56 min/m	4:09	64	1:11:03	35.5 km/h	1:08	175	56:20	5:21 min/km	<b>2:31:10</b>	+28:50	
123	250	JUAN ANTONIO	LOPEZ ALONSO	CLUB DEPORTIVO TRIATLON BIERZO	V2M	5	61	18:14	1:55 min/m	3:31	149	1:17:12	32.6 km/h	2:16	125	50:05	4:46 min/km	<b>2:31:20</b>	+29:00
124	361	JORGE	FERNANDEZ ARIAS	NO FEDERADO	V1M	46	140	21:43	2:17 min/m	4:17	84	1:12:08	34.9 km/h	1:49	138	51:41	4:55 min/km	<b>2:31:39</b>	+29:19
125	391	MARCOS	LOPEZ SALGADO	NO FEDERADO	V2M	6	148	22:11	2:20 min/m	4:13	36	1:08:41	36.7 km/h	1:30	169	55:06	5:14 min/km	<b>2:31:44</b>	+29:23
126	330	MARCELINO	PRIETO LORENZO	CLUB ATLETISMO PORRINO	V1M	47	141	21:49	2:17 min/m	2:51	124	1:14:36	33.8 km/h	1:18	137	51:27	4:54 min/km	<b>2:32:01</b>	+29:41
127	400	JONATHAN	MIMOSO BARTOLOME	NO FEDERADO	ABM	162	23:02	2:25 min/m	4:50	93	1:12:36	34.7 km/h	1:43	123	49:59	4:45 min/km	<b>2:32:11</b>	+29:51	
128	459	CEFERINO	FRANCISCO PEREZ	TRIATLON DUERO	V2M	7	121	21:06	2:13 min/m	3:18	135	1:16:01	33.1 km/h	1:08	134	50:51	4:50 min/km	<b>2:32:27</b>	+30:06
129	281	CARLOS	BENITO RAMOS	TRIKATLÓN TRES CANTOS	V2M	8	156	22:54	2:24 min/m	4:33	134	1:15:50	33.2 km/h	1:42	104	47:55	4:33 min/km	<b>2:32:55</b>	+30:34
130	421	NICOLAS	SEDES DOCE	NO FEDERADO	V1M	48	200	26:50	2:49 min/m	6:44	128	1:15:06	33.6 km/h	2:05	32	42:13	4:01 min/km	<b>2:33:01</b>	+30:40
131	360	RAFAEL ANIBAL	FERNANDEZ ALVAREZ	NO FEDERADO	V1M	49	126	21:15	2:14 min/m	3:56	153	1:17:32	32.5 km/h	1:29	115	48:53	4:39 min/km	<b>2:33:07</b>	+30:47
132	261	JUSTO	GARCIA GUERRA	CLUB TRIATLON LEON	V3M	1	139	21:41	2:16 min/m	3:40	120	1:14:32	33.8 km/h	1:36	139	51:45	4:55 min/km	<b>2:33:15</b>	+30:55
133	276	HUMBERTO	GORDON CRESPO	TRICAN BANEZA	V1M	50	187	24:44	2:36 min/m	4:34	146	1:17:09	32.7 km/h	1:33	65	45:32	4:20 min/km	<b>2:33:34</b>	+31:14
134	407	IVAN	PEDROSA HIRUELAS	NO FEDERADO	V1M	51	147	22:09	2:19 min/m	4:11	157	1:18:15	32.2 km/h	1:26	102	47:41	4:32 min/km	<b>2:33:43</b>	+31:22
135	354	VICTOR	CISNAL CASTRILLO	NO FEDERADO	SUB23	M4	47	17:57	1:53 min/m	4:13	121	1:14:32	33.8 km/h	2:00	168	54:59	5:14 min/km	<b>2:33:43</b>	+31:23
136	441	RICARDO	RODRIGUEZ CASTRO	SKYPI TEAM	V2M	9	186	24:44	2:36 min/m	3:36	154	1:17:42	32.4 km/h	1:27	76	46:13	4:24 min/km	<b>2:33:43</b>	+31:23
137	384	VALENTIN	HUERTA GARCIA	NO FEDERADO	V2M	10	168	23:33	2:28 min/m	4:02	101	1:12:54	34.6 km/h	1:36	140	51:47	4:55 min/km	<b>2:33:52</b>	+31:32
138	355	DAVID	CRESPO	NO FEDERADO	ABM	100	19:59	2:06 min/m	3:47	137	1:16:08	33.1 km/h	1:17	150	52:51	5:02 min/km	<b>2:34:04</b>	+31:44	
139	334	OSCAR	ARROYO MOLINERO	CLUB DEPORTIVO TRIATLON ARANDA	ABM	163	23:06	2:25 min/m	2:40	58	1:10:29	35.7 km/h	1:09	178	56:53	5:25 min/km	<b>2:34:19</b>	+31:58	
140	311	ALEJANDRO	BLANCO BLANCO	CLUB TRIATLON CORUÑA	V1M	52	105	20:25	2:08 min/m	3:14	130	1:15:33	33.4 km/h	1:22	158	53:53	5:07 min/km	<b>2:34:29</b>	+32:09
141	335	JESUS	ABAD BUSTO	NO FEDERADO	V2M	11	164	23:08	2:26 min/m	2:48	151	1:17:20	32.6 km/h	2:14	116	48:58	4:39 min/km	<b>2:34:29</b>	+32:09
142	325	DIEGO	SECO LAMAS	BIERZO TRIMAN	V2M	12	181	24:34	2:35 min/m	3:31	110	1:13:58	34.1 km/h	1:52	133	50:44	4:49 min/km	<b>2:34:40</b>	+32:20
143	315	ARTURO	LOPEZ LAGO	CLUB TRIATLON CORUÑA	V2M	13	94	19:34	2:03 min/m	2:58	140	1:16:23	33.0 km/h	1:39	161	54:27	5:11 min/km	<b>2:35:04</b>	+32:43
144	342	RODRIGO	AMARO PEREDA	NO FEDERADO	V1M	53	14	16:13	1:42 min/m	3:50	136	1:16:04	33.1 km/h	1:43	181	57:31	5:28 min/km	<b>2:35:24</b>	+33:03
145	307	JOSE ANTONIO	MARTINEZ LEMA	CLUB HERCULES TERMARIA	V1M	54	144	22:00	2:18 min/m	2:31	129	1:15:29	33.4 km/h	1:03	163	54:32	5:11 min/km	<b>2:35:37</b>	+33:17
146	366	ALBERTO EDERALD	FERNANDEZ PEREZ	NO FEDERADO	V1M	55	127	21:17	2:14 min/m	4:46	142	1:17:02	32.7 km/h	1:39	136	51:17	4:53 min/km	<b>2:36:03</b>	+33:43
147	411	RUBEN	PERTEJO GUTIERREZ	NO FEDERADO	V1M	56	129	21:21	2:14 min/m	3:45	144	1:17:05	32.7 km/h	1:20	152	53:08	5:03 min/km	<b>2:36:41</b>	+34:20
148	340	ANDRES JAVIER	ALVAREZ GARCIA	NO FEDERADO	ABM	175	24:11	2:32 min/m	5:46	163	1:19:01	31.9 km/h	2:07	75	46:12	4:24 min/km	<b>2:37:20</b>	+35:00	
149	467	DAVID	GOMEZ AGRAS	TRIATLON FERROL	V1M	57	145	22:01	2:19 min/m	3:22	170	1:19:29	31.7 km/h	2:50	122	49:56	4:45 min/km	<b>2:37:40</b>	+35:20
150	357	GUILLERMO	DIAZ HERNANDEZ	NO FEDERADO	ABM	51	18:00	1:53 min/m	3:29	167	1:19:11	31.8 km/h	2:18	165	54:55	5:13 min/km	<b>2:37:55</b>	+35:35	
151	352	LUIS JAVIER	CARRACEDO CORDOVILLA	NO FEDERADO	ABM	77	19:00	2:00 min/m	4:11	175	1:20:48	31.2 km/h	1:41	147	52:38	5:00 min/km	<b>2:38:20</b>	+36:00	
152	378	TINO	GIL VALLE	NO FEDERADO	V1M	58	178	24:23	2:34 min/m	4:45	148	1:17:11	32.6 km/h	2:50	124	50:02	4:45 min/km	<b>2:39:15</b>	+36:54

Pos	Dorsal	Nombre	Apellidos	Club	Pos Natación				Ciclismo				Carrera a pie				Tiempo Meta	Dif	
					Cat	Pos	Tempo	Vel	T1	Pos	Tempo	Vel	T2	Pos	Tempo	Vel			
153	405	BENITO	OTERO	NO FEDERADO	V2M	14	116	20:55	2:12 min/m	4:01	147	1:17:11	32.6 km/h	1:45	171	55:30	5:17 min/km	<b>2:39:23</b>	+37:03
154	387	TOMAS	JIMENEZ MAYENCO	NO FEDERADO	ABM	79	19:08	2:00 min/m	3:35	141	1:16:50	32.8 km/h	1:14	186	59:18	5:38 min/km	<b>2:40:07</b>	+37:46	
155	450	ALVARO	FERRIN GOMEZ	TRI MANIACS	V1M	59	137	21:37	2:16 min/m	3:48	160	1:18:31	32.1 km/h	1:15	166	54:57	5:14 min/km	<b>2:40:10</b>	+37:50
156	309	LUIS ALBERTO	GONZALEZ BERNARDO	CLUB TRIATLÓN ACADEMIA CIVIL-CNSO	V2M	15	90	19:23	2:02 min/m	3:37	166	1:19:04	31.9 km/h	1:13	179	56:56	5:25 min/km	<b>2:40:14</b>	+37:54
157	319	ANTONIO	RUBIO GARCIA	CLUB TRIATLON CORUÑA	ABM	125	21:14	2:14 min/m	3:45	165	1:19:03	31.9 km/h	1:23	167	54:58	5:14 min/km	<b>2:40:24</b>	+38:04	
158	396	ALBERTO	MARTINEZ MILLAN	NO FEDERADO	ABM	56	18:06	1:54 min/m	2:15	119	1:14:28	33.8 km/h	2:00	196	1:03:42	6:04 min/km	<b>2:40:33</b>	+38:12	
159	372	JUAN	GARCIA DE TUÑÓN	NO FEDERADO	V2M	16	183	24:35	2:35 min/m	4:05	169	1:19:20	31.8 km/h	2:20	131	50:32	4:48 min/km	<b>2:40:53</b>	+38:32
160	415	FERNANDO	REQUES HERRERO	NO FEDERADO	V1M	60	158	22:56	2:24 min/m	3:43	116	1:14:17	33.9 km/h	2:21	183	57:39	5:29 min/km	<b>2:40:58</b>	+38:38
161	392	ANDRES	MANCEÑIDO DIEZ	NO FEDERADO	V1M	61	96	19:40	2:04 min/m	4:50	177	1:21:36	30.9 km/h	1:41	153	53:10	5:03 min/km	<b>2:40:59</b>	+38:39
162	296	JAVIER	GONZALEZ FLOREZ	Independiente	V1M	62	184	24:40	2:35 min/m	2:56	161	1:18:46	32.0 km/h	1:10	156	53:47	5:07 min/km	<b>2:41:20</b>	+39:00
163	373	IVAN	GARCIA FERNANDEZ	NO FEDERADO	V1M	63	135	21:35	2:16 min/m	4:40	171	1:20:06	31.5 km/h	1:10	159	53:56	5:08 min/km	<b>2:41:29</b>	+39:09
164	425	MARCOS	VARELA SECO	NO FEDERADO	ABM	177	24:23	2:34 min/m	4:59	168	1:19:16	31.8 km/h	1:50	135	51:12	4:52 min/km	<b>2:41:41</b>	+39:21	
165	448	JAVIER	PEIRA GARCIA	TRI + MORALZARZAL	V2M	17	106	20:25	2:08 min/m	3:45	159	1:18:27	32.1 km/h	1:51	182	57:36	5:29 min/km	<b>2:42:05</b>	+39:45
166	310	MIGUEL	GRANDA MENDEZ	CLUB TRIATLÓN ACADEMIA CIVIL-CNSO	ABM	155	22:46	2:23 min/m	4:42	164	1:19:01	31.9 km/h	1:17	164	54:47	5:13 min/km	<b>2:42:35</b>	+40:15	
167	449	MARIO	VILLAREJO PERALTA	TRI + MORALZARZAL	V1M	64	109	20:32	2:09 min/m	3:32	178	1:21:41	30.9 km/h	1:28	172	55:52	5:19 min/km	<b>2:43:07</b>	+40:47
168	475	DIEGO	VILLEGAS ARAGUZ	TRIATLON PISUERGA-TRIPI	V1M	65	152	22:42	2:23 min/m	3:08	184	1:23:39	30.1 km/h	1:15	148	52:43	5:01 min/km	<b>2:43:29</b>	+41:09
169	333	MARCOS GASTON	VENTURELLI LEDESMA	CLUB DEPORTIVO ELEMENTAL TRI NAT	V1M	66	179	24:27	2:34 min/m	3:30	181	1:23:02	30.3 km/h	1:06	143	52:03	4:57 min/km	<b>2:44:10</b>	+41:50
170	398	PEDRO	MATILLA CASTAÑO	NO FEDERADO	ABM	119	21:03	2:12 min/m	3:50	150	1:17:17	32.6 km/h	1:30	190	1:00:42	5:46 min/km	<b>2:44:24</b>	+42:04	
171	341	LUIS GUILLERMO	ALVAREZ SUAREZ	NO FEDERADO	V1M	67	204	27:25	2:53 min/m	3:53	174	1:20:47	31.2 km/h	2:09	129	50:23	4:47 min/km	<b>2:44:39</b>	+42:19
172	420	DAVID	SEDES DOCE	NO FEDERADO	ABM	201	27:01	2:50 min/m	6:37	138	1:16:13	33.1 km/h	2:50	142	51:57	4:56 min/km	<b>2:44:40</b>	+42:20	
173	455	JESUS	ALONSO GAFO	TRIATLON ATLETI	V1M	68	192	25:03	2:38 min/m	3:29	156	1:17:54	32.3 km/h	1:46	177	56:48	5:24 min/km	<b>2:45:03</b>	+42:42
174	383	ROBERTO	GRANDA BLANCO	NO FEDERADO	ABM	193	25:08	2:38 min/m	5:10	173	1:20:41	31.2 km/h	2:15	146	52:31	5:00 min/km	<b>2:45:47</b>	+43:27	
175	397	RODRIGO	MATA GUTIERREZ	NO FEDERADO	ABM	117	20:55	2:12 min/m	4:04	189	1:24:14	29.9 km/h	2:02	162	54:30	5:11 min/km	<b>2:45:48</b>	+43:27	
176	349	IGNACIO	CAÑO LUNA	NO FEDERADO	V1M	69	123	21:11	2:13 min/m	2:29	200	1:29:14	28.2 km/h	1:37	141	51:54	4:56 min/km	<b>2:46:27</b>	+44:06
177	408	JORGE	PEREZ DIZ	NO FEDERADO	ABM	171	23:40	2:29 min/m	3:25	162	1:18:59	31.9 km/h	1:31	189	1:00:23	5:45 min/km	<b>2:48:00</b>	+45:40	
178	245	FRANCISCO JAVIER	MARTIN CALVO	220PPM	V2M	18	80	19:08	2:00 min/m	4:23	186	1:23:48	30.1 km/h	1:45	185	58:57	5:36 min/km	<b>2:48:05</b>	+45:44
179	446	FRANCISCO JAVIER	ALMARZA ACEDO	TRI + MORALZARZAL	V2M	19	136	21:36	2:16 min/m	3:32	198	1:28:46	28.4 km/h	1:44	154	53:36	5:06 min/km	<b>2:49:15</b>	+46:55
180	303	FELIPE	IGLESIAS DE LA TORRE	NATACION PABELLON OURENSE	V1M	70	151	22:23	2:21 min/m	3:37	195	1:27:42	28.7 km/h	2:22	155	53:43	5:06 min/km	<b>2:49:48</b>	+47:28
181	406	ABELARDO	OVALLE DE LA SIERRA	NO FEDERADO	V1M	71	102	20:07	2:07 min/m	3:47	196	1:28:15	28.6 km/h	2:31	174	56:11	5:21 min/km	<b>2:50:53</b>	+48:32
182	388	DANIEL	JIMENEZ URMENETA	NO FEDERADO	V1M	72	190	24:52	2:37 min/m	8:04	188	1:24:13	29.9 km/h	4:01	120	49:53	4:45 min/km	<b>2:51:04</b>	+48:44
183	385	DANIEL	JIMENEZ JIMENEZ	NO FEDERADO	ABM	203	27:21	2:52 min/m	3:57	132	1:15:39	33.3 km/h	1:37	193	1:03:08	6:00 min/km	<b>2:51:43</b>	+49:23	
184	305	JOSE ENRIQUE	ALVAREZ PEREZ	CLUB HERCULES TERMARIA	V2M	20	196	26:23	2:46 min/m	4:25	187	1:24:11	29.9 km/h	2:38	170	55:21	5:16 min/km	<b>2:53:00</b>	+50:40
185	243	PEDRO EDUARDO	FERNANDEZ FERNANDEZ	220PPM	V1M	73	198	26:33	2:47 min/m	4:21	179	1:21:52	30.8 km/h	1:32	184	58:56	5:36 min/km	<b>2:53:16</b>	+50:55
186	476	JOSE LUIS	CRUZ ALVAREZ	TRIATLÓN TORRELAVEGA	V3M	2	185	24:42	2:36 min/m	4:35	176	1:21:29	30.9 km/h	2:15	192	1:02:23	5:56 min/km	<b>2:55:26</b>	+53:06
187	351	FERNANDO	CARIDE	NO FEDERADO	ABM	191	25:00	2:37 min/m	3:55	205	1:32:46	27.2 km/h	1:59	144	52:13	4:58 min/km	<b>2:55:54</b>	+53:33	
188	306	JOSE ALEJANDRO	ALVAREZ RODRIGUEZ	CLUB HERCULES TERMARIA	ABM	205	27:32	2:53 min/m	3:30	192	1:26:52	29.0 km/h	1:27	176	56:38	5:23 min/km	<b>2:56:01</b>	+53:41	
189	447	DAVID	GUTIERREZ MARCOS	TRI + MORALZARZAL	ABM	161	23:00	2:25 min/m	4:26	185	1:23:42	30.1 km/h	1:29	197	1:03:50	6:04 min/km	<b>2:56:29</b>	+54:09	
190	242	JAVIER	DEL AMO MATEOS	220PPM	V1M	74	199	26:41	2:48 min/m	3:58	172	1:20:10	31.4 km/h	2:05	195	1:03:41	6:03 min/km	<b>2:56:37</b>	+54:17
191	389	PABLO	JORDAN DE LA FUENTE	NO FEDERADO	ABM	165	23:14	2:26 min/m	5:44	202	1:29:48	28.1 km/h	1:01	180	57:08	5:26 min/km	<b>2:56:57</b>	+54:37	
192	371	SANTOS	FUERTES RODRIGUEZ	NO FEDERADO	V1M	75	138	21:38	2:16 min/m	3:44	194	1:27:37	28.8 km/h	2:08	191	1:02:07	5:54 min/km	<b>2:57:15</b>	+54:55
193	367	PABLO ANDRES	FERNANDEZ RUIZ	NO FEDERADO	V1M	76	206	27:43	2:55 min/m	6:16	193	1:27:15	28.9 km/h	3:07	160	54:26	5:11 min/km	<b>2:58:49</b>	+56:29
194	426	MARCOS	VAZQUEZ PENA	NO FEDERADO	ABM	208	29:22	3:05 min/m	4:53	201	1:29:40	28.1 km/h	2:27	151	52:59	5:02 min/km	<b>2:59:24</b>	+57:03	

Pos	Dorsal	Nombre	Apellidos	Club	Pos Natación				Ciclismo			Carrera a pie			Tiempo				
					Cat	Pos	Pos / Tiempo / Vel	T1	Pos / Tiempo / Vel	T2	Pos / Tiempo / Vel	Meta	Dif						
195	377	ANDRES	GARCIA GONZALEZ	NO FEDERADO	V1M	77	197	26:29	2:47 min/m	4:00	190	1:24:28	29.8 km/h	1:43	194	1:03:11	6:01 min/km	<b>2:59:54</b>	+57:34
196	376	ANGEL	GARCIA GARCIA	NO FEDERADO	V2M	21	188	24:48	2:36 min/m	4:24	182	1:23:26	30.2 km/h	3:30	199	1:05:16	6:13 min/km	<b>3:01:27</b>	+59:07
197	362	ANTONIO	FERNANDEZ BELLO	NO FEDERADO	V2M	22	154	22:44	2:23 min/m	7:38	183	1:23:29	30.2 km/h	2:24	200	1:06:12	6:18 min/km	<b>3:02:30</b>	+1:00:10
198	430	OCTAVIO AUGUSTO	SUSACASA NOVAL	NOSPORTLIMIT	V2M	23	182	24:34	2:35 min/m	4:29	191	1:25:58	29.3 km/h	2:28	198	1:05:12	6:12 min/km	<b>3:02:42</b>	+1:00:22
199	423	VICTOR	UDIAS FERNANDEZ	NO FEDERADO	ABM		195	25:53	2:43 min/m	6:31	207	1:34:24	26.7 km/h	1:20	188	59:42	5:41 min/km	<b>3:07:53</b>	+1:05:32
200	314	ALVARO VALENTIN	GARCIA DIEGUEZ	CLUB TRIATLON CORUÑA	V3M	3	157	22:55	2:24 min/m	4:39	197	1:28:45	28.4 km/h	3:37	201	1:08:02	6:28 min/km	<b>3:08:00</b>	+1:05:40
201	368	MANUEL	FERNANDEZ SANCHEZ	NO FEDERADO	ABM		202	27:12	2:51 min/m	5:59	180	1:22:21	30.6 km/h	2:38	204	1:09:57	6:39 min/km	<b>3:08:09</b>	+1:05:48
202	390	MIGUEL	LAGE	NO FEDERADO	ABM		172	23:44	2:29 min/m	8:08	208	1:37:46	25.8 km/h	2:01	187	59:23	5:39 min/km	<b>3:11:03</b>	+1:08:43
203	401	SIMEON	MOLINA ROJAS	NO FEDERADO	V1M	78	142	21:53	2:18 min/m	5:43	199	1:28:49	28.4 km/h	3:03	206	1:15:11	7:09 min/km	<b>3:14:40</b>	+1:12:20
204	356	GONZALO	DE LA ESPERANZA RUBIO	NO FEDERADO	ABM		194	25:26	2:40 min/m	5:44	206	1:33:10	27.0 km/h	1:02	203	1:09:17	6:35 min/km	<b>3:14:40</b>	+1:12:20
205	403	LUIS ANGEL	MORAN JUAREZ	NO FEDERADO	V3M	4	209	29:50	3:08 min/m	4:29	203	1:30:35	27.8 km/h	1:38	202	1:08:18	6:30 min/km	<b>3:14:53</b>	+1:12:32
206	345	MANUEL	BERNARDO ALVAREZ	NO FEDERADO	V3M	5	210	30:47	3:14 min/m	7:16	204	1:31:40	27.5 km/h	1:54	205	1:12:07	6:52 min/km	<b>3:23:46</b>	+1:21:26
207	370	MARCOS ALEJANDR	FINAZZI	NO FEDERADO	ABM		211	32:37	3:26 min/m	5:48	209	1:43:39	24.3 km/h	1:31	207	1:32:50	8:50 min/km	<b>3:56:27</b>	+1:54:07
RET	380	BRAIS	GONZALEZ DIEUEZ	NO FEDERADO	ABM		167	23:23	2:27 min/m	3:22	210	2:19:03	18.1 km/h	1:20					
RET	417	FRANCISCO JOSE	ROCA LOPEZ	NO FEDERADO	V2M		207	28:01	2:56 min/m	4:42	106	1:13:20	34.4 km/h						
RET	428	LUIS	ZAMORA JUAREZ	NO FEDERADO	V2M														
RET	437	RUBEN	ARRIBAS SALAZAR	SESTAO TRIATLOI TALDEA	ABM		38	17:25	1:50 min/m	2:06									
RET	338	MARCOS	ALONSO FILGUEIRA	NO FEDERADO	ABM		170	23:37	2:29 min/m	3:26	139	1:16:23	33.0 km/h	2:28					
RET	318	DOMINGO MANUEL	PRESAS FARALDO	CLUB TRIATLON CORUÑA	ABM		98	19:51	2:05 min/m	2:47									
RET	299	ANDER	URIARTE BIKARREGI	Independiente	ABM		55	18:06	1:54 min/m	2:16	35	1:08:26	36.8 km/h						
NP	246	VICTOR MANUEL	ROJO TRUJILLO	220PPM	ABM														
NP	253	JORGE	ALONSO MACIA	CLUB DEPORTIVO TRILEON	ABM														
NP	251	NOEL	MERAYO RODRIGUEZ	CLUB DEPORTIVO TRIATLON BIERZO	ABM														
NP	271	DIEGO	VILA RIBERA	CLUB TRIATLON SAMBURIEL	V1M														
NP	267	FRANCISCO	IGLESIAS GIL	CLUB TRIATLON SALAMANCA	ABM														
NP	265	MARIO	FRECHILLA DAZA	CLUB TRIATLON SALAMANCA	ABM														
NP	300	LEOPOLDO	ARIAS CARRASCO	MOLPESA UNIVEST (OLID TRIATHLON TE	V1M														
NP	308	OSCAR	REGAL GONZALEZ	CLUB HERCULES TERMARIA	V1M														
NP	282	JAVIER	BUENO UROZ	TRION - CLINICA DENTAL OSCAR GALLO	ABM														
NP	313	IÑAKI	DE SANTIAGO MARIN	CLUB TRIATLON CORUÑA	V1M														
NP	346	FRANCISCO JAVIER	BERROCOSA QUIROGA	NO FEDERADO	ABM														
NP	344	FCO JAVIER	BAEZA DIAZ	NO FEDERADO	V1M														
NP	438	FRANCISCO JOSE	GARCIA FERNANDEZ	SKYPI TEAM	ABM														
NP	452	MARTIN	GONZALEZ VAZQUEZ	TRIATLON ARTEIXO	ABM														
NP	472	JOSE MANUEL	ALVAREZ RIVAS	TRIATLON MURALLA DE LUGO	V2M														
NP	458	LUIS ALBERTO	DOMINGUEZ RIVERA	TRIATLON DUERO	V1M														
NP	462	DAVID	MARTIN PEÑA	TRIATLON DUERO	ABM														
NP	409	FRANCISCO JAVIER	PEREZ MARTINEZ	NO FEDERADO	V1M														
NP	412	BENITO	QUIÑONES GARCIA	NO FEDERADO	V1M														
NP	413	DIEGO	RAÑA BOUZA	NO FEDERADO	V1M														
NP	402	ALBERTO	MONTENEGRO AMADO	NO FEDERADO	ABM														
NP	395	ALVARO	MARTIN LOPEZ	NO FEDERADO	ABM														

Pos	Dorsal	Nombre	Apellidos	Club	Pos Natación		T1	Ciclismo		T2	Carrera a pie		Tiempo	
					Cat	Cat.		Pos / Tiempo / Vel	Pos / Tiempo / Vel		Pos / Tiempo / Vel	Meta	Dif	
NP	379	JOSE MANUEL	GONZALEZ CASTRO	NO FEDERADO			V1M							
NP	353	PEDRO	CHACON RUIZ	NO FEDERADO			V2M							
NP	348	MANUEL	CALDERON FERNANDEZ	NO FEDERADO			V1M							
DSQ	347	EMILIO	BOSCH VILA	NO FEDERADO			V1M	No Parar	Penalty Box					
DSQ	317	FEDERICO	PORTO ARIAS	CLUB TRIATLON CORUÑA			V2M	No Parar	Penalty Box					