

**DUATLON CROSS DE LOUSAME - GENERAL**

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB	POS.	P.CAT.	RUN 1	RITMO R1	POS.	P.CAT.	BIKE	MEDIA	POS.	P.CAT.	RUN 2	RITMO R2	POS.	P.CAT.	META	DIFF.1º
1	1	90	OTERO PAMPIN DARIO MANUEL	MALE	ABSOLUTO	TEAM CORBELO	1	1	00:22:44.727	03:48 min/Km	1	1	01:07:56.780	15,9 Km/h	4	3	00:12:49.420	04:17 min/Km	1	1	01:43:30.927	
2	2	17	CALZAS INSUA DAVID	MALE	ABSOLUTO	INDEPENDIENTE	3	3	00:23:17.597	03:53 min/Km	2	2	01:08:50.710	15,7 Km/h	2	2	00:12:22.980	04:08 min/Km	2	2	01:44:31.287	+00:01:00.360
3	3	98	PEREZ FERNANDEZ BRUNO	MALE	ABSOLUTO	TEAM CORBELO	5	4	00:23:19.607	03:54 min/Km	3	3	01:09:30.840	15,5 Km/h	15	10	00:13:11.700	04:24 min/Km	3	3	01:46:02.147	+00:02:31.220
4	4	26	CASTRO LAGO RAUL	MALE	ABSOLUTO	TRIATLON O TREITO	13	9	00:23:56.047	03:60 min/Km	4	4	01:10:15.540	14,6 Km/h	30	22	00:14:12.130	04:45 min/Km	4	4	01:48:23.717	+00:04:52.790
5	5	114	RODRÍGUEZ TRIÑANES BRAIS	MALE	ABSOLUTO	BIKERS DO VILAN	19	14	00:24:31.857	04:06 min/Km	5	5	01:11:40.210	15,1 Km/h	12	8	00:13:06.180	04:23 min/Km	5	5	01:49:18.247	+00:05:47.320
6	6	19	CANDAL VIQUEIRA ALBERTO	MALE	ABSOLUTO	TEAM CORBELO	23	16	00:24:40.637	04:07 min/Km	7	7	01:11:49.350	15,0 Km/h	11	7	00:13:06.160	04:23 min/Km	6	6	01:49:36.147	+00:06:05.220
7	1	105	RAMOS RODRIGUEZ ELADIO	MALE	VETERAN	GV SPORTS	4	1	00:23:19.187	03:54 min/Km	11	3	01:13:47.370	14,6 Km/h	7	3	00:12:54.200	04:19 min/Km	7	1	01:50:00.757	+00:06:29.830
8	7	30	DA SILVA SOUSA BRUNO DANIEL	MALE	ABSOLUTO	ADC OS MOSQUETEIROS	18	13	00:24:20.117	04:04 min/Km	8	8	01:12:30.400	14,9 Km/h	19	14	00:13:33.810	04:32 min/Km	8	7	01:50:24.327	+00:06:53.400
9	8	125	TARELA MIRAMONTES DANIEL	MALE	ABSOLUTO	TRIATLON O TREITO	21	15	00:24:38.797	04:07 min/Km	6	6	01:11:48.680	15,0 Km/h	28	21	00:13:58.370	04:40 min/Km	9	8	01:50:25.847	+00:06:54.920
10	9	66	LANDEIRA CASTRO DAVID	MALE	ABSOLUTO	INDEPENDIENTE	6	5	00:23:19.927	03:54 min/Km	12	9	01:14:13.350	14,6 Km/h	23	17	00:13:44.880	04:35 min/Km	10	9	01:51:18.157	+00:07:47.230
11	10	126	TEIJO GONZALEZ DAVID	MALE	ABSOLUTO	CLUB CICLISTA BETANZOS	12	8	00:23:51.927	03:59 min/Km	13	10	01:14:28.780	14,5 Km/h	16	11	00:13:15.930	04:26 min/Km	11	10	01:51:36.637	+00:08:05.710
12	11	127	TOMÉ SUAREZ JOSE MANUEL	MALE	ABSOLUTO	TRIATLON COSTA DA MORTE	24	17	00:24:44.517	04:08 min/Km	14	11	01:14:30.820	14,5 Km/h	22	16	00:13:39.190	04:34 min/Km	12	11	01:52:54.527	+00:09:23.600
13	2	56	GONZÁLEZ CUÑA MANUEL	MALE	VETERAN	TRIATLÓN MAR DE VIGO	20	6	00:24:38.257	04:07 min/Km	16	5	01:14:55.490	14,4 Km/h	20	6	00:13:35.170	04:32 min/Km	13	2	01:53:08.917	+00:09:37.990
14	3	25	CASTRO LAGO MANUEL	MALE	VETERAN	INDEPENDIENTE	41	12	00:25:55.837	04:20 min/Km	9	1	01:13:12.810	14,8 Km/h	41	11	00:14:48.230	04:57 min/Km	14	3	01:53:56.877	+00:10:25.950
15	4	41	FORMOSO OTERO JOSÉ VICENTE	MALE	VETERAN	C.C.DUMBRIÁ	43	13	00:26:07.527	04:22 min/Km	10	2	01:13:42.150	14,7 Km/h	31	9	00:14:14.900	04:45 min/Km	15	4	01:54:04.577	+00:10:33.650
16	12	49	GARCÍA VIDAL FRANCISCO JAVIER	MALE	ABSOLUTO	P.C. NOELA	29	19	00:25:16.927	04:13 min/Km	17	12	01:15:14.170	14,4 Km/h	24	18	00:13:46.690	04:36 min/Km	16	12	01:54:17.787	+00:10:46.860
17	5	59	GONZÁLEZ OJEA MANUEL	MALE	VETERAN	RIAS BAIXAS	17	5	00:24:16.987	04:03 min/Km	20	6	01:17:58.240	13,9 Km/h	3	1	00:12:41.220	04:14 min/Km	17	5	01:54:56.447	+00:11:25.520
18	6	31	DE LA IGLESIA CREO MAXI	MALE	VETERAN	TRIATLON O TREITO	28	10	00:25:11.727	04:12 min/Km	15	4	01:14:41.300	14,5 Km/h	50	14	00:15:22.380	05:08 min/Km	18	6	01:55:15.407	+00:11:44.480
19	7	123	SIEIRA RIOS FERNANDO	MALE	VETERAN	CORUÑA COMARCA	11	4	00:23:44.447	03:58 min/Km	22	8	01:18:48.410	13,7 Km/h	8	4	00:12:55.280	04:19 min/Km	19	7	01:55:28.137	+00:11:57.210
20	8	13	BUJÁN OTERO JOSÉ CARLOS	MALE	VETERAN	NOITEBRA F.C.	10	3	00:23:37.547	03:57 min/Km	23	9	01:18:52.580	13,7 Km/h	14	5	00:13:09.570	04:24 min/Km	20	8	01:55:39.697	+00:12:08.770
21	9	14	BUJÁN SANTOS EDUARDO	MALE	VETERAN	INDEPENDIENTE	22	7	00:24:39.597	04:07 min/Km	21	7	01:18:39.710	13,7 Km/h	26	7	00:13:53.570	04:38 min/Km	21	9	01:57:12.877	+00:13:41.950
22	10	134	VIDAL FRAGUAS JAVIER	MALE	VETERAN	GV SPORTS	8	2	00:23:26.617	03:55 min/Km	28	10	01:21:02.440	13,3 Km/h	5	2	00:12:50.360	04:17 min/Km	22	10	01:57:19.417	+00:13:48.490
23	13	74	MARTÍNEZ COMESAÑA LUIS ENRIQUE	MALE	ABSOLUTO	COUTADAS TRAIL TEAM	15	11	00:24:06.617	04:02 min/Km	29	19	01:21:12.510	13,3 Km/h	1	1	00:12:13.570	04:05 min/Km	23	13	01:57:32.697	+00:14:01.770
24	14	84	MORENZA PÉREZ IAGO	MALE	ABSOLUTO	CLUB DEPORTIVO PINARIUM	2	2	00:22:52.777	03:49 min/Km	34	24	01:22:42.780	13,1 Km/h	10	6	00:13:03.270	04:22 min/Km	24	14	01:58:38.827	+00:15:07.900
25	15	27	CASUSO CASTRO MANUEL	MALE	ABSOLUTO	BIKESTRADA	56	41	00:27:01.567	04:31 min/Km	19	14	01:17:41.770	13,9 Km/h	32	23	00:14:15.660	04:46 min/Km	25	15	01:58:58.897	+00:15:27.970
26	16	63	JANEIRO LORENZO JORGE	MALE	ABSOLUTO	C.D PINARIUM	7	6	00:23:22.617	03:54 min/Km	35	25	01:23:05.310	13,0 Km/h	6	4	00:12:51.660	04:18 min/Km	26	16	01:59:19.587	+00:15:48.660
27	17	36	FERNANDEZ SAMPEDRO JOSE MARIA	MALE	ABSOLUTO	ARTROGAL TRI 498	16	12	00:24:08.807	04:02 min/Km	32	22	01:22:06.790	13,2 Km/h	18	13	00:13:26.970	04:29 min/Km	27	17	01:59:42.567	+00:16:11.640
28	18	51	GÓMEZ CARDÉSIN ALVARO	MALE	ABSOLUTO	ARTROGAL TRI498	35	24	00:25:29.930	04:15 min/Km	27	18	01:20:49.063	13,4 Km/h	21	15	00:13:37.597	04:33 min/Km	28	18	01:59:56.590	+00:16:25.663
29	19	67	LAREDO PESQUEIRA JAVIER	MALE	ABSOLUTO	INDEPENDIENTE	64	45	00:28:07.927	04:42 min/Km	18	13	01:16:22.923	14,1 Km/h	54	37	00:15:29.690	05:10 min/Km	29	19	02:00:00.537	+00:16:29.610
30	20	120	SALGADO GARCIA IVAN	MALE	ABSOLUTO	TRIATLON O TREITO	39	28	00:25:47.107	04:18 min/Km	25	16	01:19:54.450	13,5 Km/h	37	28	00:14:37.980	04:53 min/Km	30	20	02:00:19.537	+00:16:48.610
31	21	131	VALIÑO SANMIGUEL RICARDO	MALE	ABSOLUTO	OS AFORCADOS	14	10	00:23:56.687	03:60 min/Km	33	23	01:22:42.700	13,1 Km/h	27	20	00:13:57.100	04:40 min/Km	31	21	02:00:36.487	+00:17:05.560
32	22	80	MATEOS FUENTES JOAQUÍN	MALE	ABSOLUTO	NOSPORTLIMIT	25	18	00:24:49.437	04:09 min/Km	37	26	01:23:11.930	13,0 Km/h	9	5	00:13:02.200	04:21 min/Km	32	22	02:01:03.567	+00:17:32.640
33	23	137	VILLAR CAAMAÑO JOSÉ ALFONSO	MALE	ABSOLUTO	TRIATLON O TREITO	38	27	00:25:45.977	04:18 min/Km	30	20	01:21:16.120	13,3 Km/h	36	27	00:14:37.160	04:53 min/Km	33	23	02:01:39.257	+00:18:08.330
34	24	62	IGLESIAS AREA CARLOS	MALE	ABSOLUTO	AISI 316	9	7	00:23:30.577	03:56 min/Km	44	31	01:25:33.330	12,6 Km/h	13	9	00:13:07.650	04:23 min/Km	34	24	02:02:11.537	+00:18:40.610
35	11	94	PASANTES VIDAL ARTURO	MALE	VETERAN	TRIATLON COSTA DA MORTE	27	9	00:25:00.637	04:11 min/Km	36	11	01:23:06.940	13,0 Km/h	29	8	00:14:04.590	04:42 min/Km	35	11	02:02:12.167	+00:18:41.240
36	25	23	CASAL REY ANTONIO	MALE	ABSOLUTO	CLUB CICLISTA CORBELO	54	39	00:26:57.667	04:30 min/Km	31	21	01:21:31.240	13,2 Km/h	34	25	00:14:22.640	04:48 min/Km	36	25	02:02:51.547	+00:19:20.620
37	26	138	VILLAR CASTELO FRANCISCO	MALE	ABSOLUTO	TRIATLON O TREITO	52	37	00:26:50.307	04:29 min/Km	24	15	01:19:09.520	13,6 Km/h	71	49	00:17:24.620	05:49 min/Km	37	26	02:03:25.097	+00:19:54.170
38	27	107	REY MARTÍNEZ ELOY	MALE	ABSOLUTO	INDEPENDIENTE	30	20	00:25:19.157	04:14 min/Km	40	28	01:24:30.280	12,8 Km/h	25	19	00:13:47.620	04:36 min/Km	38	27	02:03:37.057	+00:20:06.130
39	28	88	NOGUEIRA PÉREZ MIGUEL ANXO	MALE	ABSOLUTO	NOITEBRA F.C.	33	23	00:25:25.827	04:15 min/Km	42	29	01:25:22.600	12,6 Km/h	17	12	00:13:26.700	04:29 min/Km	39	28	02:04:15.127	+00:20:44.200
40	29	38	FERNÁNDEZ VIDAL PORFIRIO	MALE	ABSOLUTO	C. T. POIO	51	36	00:26:50.307	04:29 min/Km	38	27	01:23:35.150	12,9 Km/h	40	30	00:14:46.280	04:56 min/Km	40	29	02:05:11.737	+00:21:40.810
41	30	117	ROMERO CES IGNACIO LUIS	MALE	ABSOLUTO	ARTROGAL TRI 498	48	34	00:26:37.477	04:27 min/Km	26	17	01:19:57.810	13,5 Km/h	87	58	00:19:20.600	06:27 min/Km	41	30	02:05:55.887	+00:22:24.960
42	12	86	MOSTEIRO FRAN	MALE	VETERAN	INDEPENDIENTE	40	11	00:25:48.847	04:19 min/Km	41	13	01:24:49.787	12,7 Km/h	51	15	00:15:23.543	05:08 min/Km	42	12	02:06:02.177	+00:22:31.250
43	13	40	FIGUEIRA TOÑO	MALE	VETERAN	S.D. BARBANTARODA	26	8	00:24:55.907	04:10 min/Km	47	14	01:26:21.130	12,5 Km/h	42	12	00:14:51.740	04:58 min/Km	43	13	02:06:08.777	+00:22:37.850
44	14	45	GARCIA BLANCO CARLOS	MALE	VETERAN	CLUB TRIATLON POIO	58	15	00:27:24.207	04:35 min/Km	39	12	01:24:28.530	12,8 Km/h	45	13	00:15:05.970	05:02 min/Km	44	14	02:06:58.707	+00:23:27.780
45	31	102	PRIETO CAAMAÑO JAIRO	MALE	ABSOLUTO	TRIATLON COSTA DA MORTE	55	40	00:27:00.347	04:31 min/Km	45	32	01:25:46.090	12,6 Km/h	35	26	00:14:29.030	04:50 min/Km	45	31	02:07:15.467	+00:23:44.540
46	32	20	CANOSA LINES MANUEL FCO	MALE	ABSOLUTO	INDEPENDIENTE	45	31	00:26:12.337	04:23 min/Km	51	36	01:28:06.640	12,3 Km/h	38	29	00:14:43.700	04:55 min/Km	46	32	02:09:02.677	+00:25:31.750
47	33	71	MALLO NIETO JULIO	MALE	ABSOLUTO	OLÍMPICO DE VEDRA	36	25	00:25:31.797	04:16 min/Km	55	40	01:28:55.390	12,1 Km/h	53	36	00:15:27.300	05:10 min/Km	47	33	02:09:54.487	+00:26:23.560
48	34	16	CALVIÑO CARREÑO JOSÉ	MALE	ABSOLUTO	TRIATLON O TREITO	76	54	00:29:01.577	04:51 min/Km	43	30	01:25:24.960	12,6 Km/h	59	40	00:16:22.450	05:28 min/Km	48	34	02:10:48.987	+00:27:18.060
49	35	57	GONZÁLEZ DÍAZ PAULO	MALE	ABSOLUTO	C.D PINARIUM	73	52	00:28:53.327	04:49 min/Km	46	33	01:26:07.200	12,5 Km/h	62	42	00:16:28.220	05:30 min/Km	49	35	02:11:28.747	+00:27:57.820
50	1	69	LORENZO GARCÍA YERAY	MALE	JUNIOR	REVOLTAS	34	1	00:25:26.157	04:15 min/Km	59	1	01:31:19.390	11,8 Km/h	43	1	00:14:51.790	04:58 min/Km	50	1	02:11:37.337	+00:28:06.410
51	15	7	BEIS CABANAS JESUS	MALE	VETERAN	MONTAELVA O PINO	65	18	00:28:09.8													

**DUATLON CROSS DE LOUSAME - GENERAL**

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB	POS.	P.CAT.	RUN 1	RITMO R1	POS.	P.CAT.	BIKE	MEDIA	POS.	P.CAT.	RUN 2	RITMO R2	POS.	P.CAT.	META	DIFF.1º
62	46	52	GÓMEZ FERNÁNDEZ DIEGO	MALE	ABSOLUTO	INDEPENDIENTE	53	38	00:26:54.947	04:30 min/Km	60	44	01:31:54.940	11,7 Km/h	92	61	00:19:41.150	06:34 min/Km	62	46	02:18:31.037	+00:35:00.110
63	16	37	FERNÁNDEZ TORRES OLIVIER	MALE	VETERAN	CLUB NATACIÓN RIVEIRA	49	14	00:26:37.977	04:27 min/Km	72	20	01:37:38.290	11,1 Km/h	39	10	00:14:45.450	04:56 min/Km	63	16	02:19:01.717	+00:35:30.790
64	47	79	MATA CASAL JAIME	MALE	ABSOLUTO	OS DO MONTE BRAVO	68	47	00:28:29.257	04:45 min/Km	62	46	01:33:10.530	11,6 Km/h	75	51	00:17:35.030	05:52 min/Km	64	47	02:19:14.817	+00:35:43.890
65	48	85	MOSQUERA MONTEAGUDO MANUEL	MALE	ABSOLUTO	OS DO MONTE BRAVO	69	48	00:28:29.265	04:45 min/Km	63	47	01:33:11.710	11,6 Km/h	74	50	00:17:34.030	05:52 min/Km	65	48	02:19:15.107	+00:35:44.180
66	49	29	COUCEIRO OTERO LUIS	MALE	ABSOLUTO	MONTAEVAI O PINO	89	64	00:30:22.627	05:04 min/Km	58	43	01:30:34.960	11,9 Km/h	89	60	00:19:26.190	06:29 min/Km	66	49	02:20:23.777	+00:36:52.850
67	50	106	REIRIZ VÁZQUEZ DANIEL	MALE	ABSOLUTO	AISI 316	67	46	00:28:23.637	04:44 min/Km	68	49	01:36:18.290	11,2 Km/h	60	41	00:16:25.370	05:29 min/Km	67	50	02:21:07.297	+00:37:36.370
68	51	128	TRILLO BLANCO ANGEL	MALE	ABSOLUTO	INDEPENDIENTE	86	62	00:30:10.947	05:02 min/Km	70	50	01:37:09.210	11,1 Km/h	48	33	00:15:15.930	05:06 min/Km	68	51	02:22:36.087	+00:39:05.160
69	17	91	OUTEIRAL DAVILA JOSÉ MANUEL	MALE	VETERAN	INDEPENDIENTE	90	24	00:30:42.847	05:08 min/Km	65	16	01:35:19.220	11,3 Km/h	65	19	00:16:35.890	05:32 min/Km	69	17	02:22:37.957	+00:39:07.030
70	18	65	LAMELA FORMOSO TEODORO	MALE	VETERAN	C.C. OS ESFOLA ARRÓS	84	22	00:29:38.867	04:57 min/Km	69	19	01:36:33.670	11,2 Km/h	61	18	00:16:26.860	05:29 min/Km	70	18	02:22:39.397	+00:39:08.470
71	52	96	PENEDO TABOADA MIGUEL	MALE	ABSOLUTO	INDEPENDIENTE	31	21	00:25:20.517	04:14 min/Km	75	53	01:40:17.900	10,8 Km/h	77	53	00:17:46.770	05:56 min/Km	71	52	02:23:25.187	+00:39:54.260
72	19	139	VILLAVEVERDE VIAÑO ANDRÉS	MALE	VETERAN	C.C. OS ESFOLA ARRÓS	93	26	00:30:57.157	05:10 min/Km	66	17	01:35:24.000	11,3 Km/h	86	24	00:19:08.780	06:23 min/Km	72	19	02:25:29.937	+00:41:59.010
73	53	115	RODRIGUEZ VAZQUEZ SERGIO	MALE	ABSOLUTO	AD JARNACHAS	47	33	00:26:14.447	04:23 min/Km	84	58	01:44:33.840	10,3 Km/h	49	34	00:15:19.010	05:07 min/Km	73	53	02:26:07.297	+00:42:36.370
74	54	61	HERNANDEZ VILLAVEVERDE OSCAR	MALE	ABSOLUTO	CD PINARIUM	72	51	00:28:52.627	04:49 min/Km	73	52	01:38:31.090	11,0 Km/h	82	56	00:18:49.000	06:17 min/Km	74	54	02:26:12.717	+00:42:41.790
75	55	2	ALCALDE RESUA OSCAR	MALE	ABSOLUTO	BARBANTIA RODA	46	32	00:26:13.447	04:23 min/Km	82	57	01:43:59.590	10,4 Km/h	57	39	00:16:04.060	05:22 min/Km	75	55	02:26:17.097	+00:42:46.170
76	56	101	POSE CASTRO SAMUEL	MALE	ABSOLUTO	INDEPENDIENTE	61	43	00:28:03.857	04:41 min/Km	79	55	01:42:53.390	10,5 Km/h	55	38	00:15:30.870	05:11 min/Km	76	56	02:26:28.117	+00:42:57.190
77	20	8	BERIAS LAÍÑO LUIS MIGUEL	MALE	VETERAN	ARTOGAL-TRI 498	97	27	00:31:31.027	05:16 min/Km	67	18	01:36:00.930	11,2 Km/h	90	25	00:19:38.590	06:33 min/Km	77	20	02:27:10.547	+00:43:39.620
78	57	35	FERNANDEZ FORNIS DAVID	MALE	ABSOLUTO	ARTOGAL TRI 498	81	59	00:29:36.007	04:57 min/Km	77	54	01:42:10.740	10,6 Km/h	69	47	00:16:48.410	05:37 min/Km	78	57	02:28:35.157	+00:45:04.230
79	21	73	MARTINEZ CHOUZA JOSE LUIS	MALE	VETERAN	OS SALTAMONTES	83	21	00:29:37.987	04:57 min/Km	76	22	01:41:28.550	10,6 Km/h	73	22	00:17:30.390	05:51 min/Km	79	21	02:28:36.927	+00:45:06.000
80	58	78	MARTINEZ VARELA ALEJANDRO	MALE	ABSOLUTO	A.D. JARNACHAS	79	57	00:29:23.307	04:54 min/Km	80	56	01:42:53.920	10,5 Km/h	67	46	00:16:44.000	05:35 min/Km	80	58	02:29:01.227	+00:45:30.300
81	22	12	BOUZADA SANMARTIN JOSE	MALE	VETERAN	INDEPENDIENTE	88	23	00:30:21.377	05:04 min/Km	78	23	01:42:43.130	10,5 Km/h	72	21	00:17:26.440	05:49 min/Km	81	22	02:30:30.947	+00:47:00.020
82	23	116	ROJO GARRIDO DIEGO	MALE	VETERAN	INDEPENDIENTE	74	20	00:28:55.637	04:50 min/Km	83	25	01:44:03.720	10,4 Km/h	80	23	00:18:32.920	06:11 min/Km	82	23	02:31:32.277	+00:48:01.350
83	59	39	FERREÑO GARCIA JOSE	MALE	ABSOLUTO	NOSPORTLIMIT	77	55	00:29:01.757	04:51 min/Km	86	59	01:46:08.400	10,2 Km/h	66	45	00:16:40.400	05:34 min/Km	83	59	02:31:50.557	+00:48:19.630
84	24	33	FERNÁNDEZ ANTELO FRANCISCO	MALE	VETERAN	OS RAPOSOS	100	28	00:31:41.777	05:17 min/Km	74	21	01:39:01.680	10,9 Km/h	102	28	00:21:32.950	07:11 min/Km	84	24	02:32:16.407	+00:48:45.480
85	25	135	VIEITES RODRIGUEZ MANUEL	MALE	VETERAN	C.C. OS ESFOLA ARRÓS	66	19	00:28:22.587	04:44 min/Km	85	26	01:45:10.010	10,3 Km/h	95	26	00:20:06.940	06:43 min/Km	85	25	02:33:39.537	+00:50:08.610
86	26	100	PORTALS CAAMAÑO JOSE HIGINIO	MALE	VETERAN	INDEPENDIENTE	91	25	00:30:42.867	05:08 min/Km	87	27	01:47:11.000	10,1 Km/h	58	17	00:16:14.900	05:25 min/Km	86	26	02:34:08.767	+00:50:37.840
87	27	93	PARGA CODESIDO RUBEN	MALE	VETERAN	MONTAEVAI O PINO	102	29	00:32:23.037	05:24 min/Km	81	24	01:43:18.960	10,5 Km/h	98	27	00:20:42.490	06:55 min/Km	87	27	02:36:24.487	+00:52:53.560
88	60	70	LOUREIRO AMENEIROS DANIEL	MALE	ABSOLUTO	TRI-FONSECA	70	49	00:28:40.007	04:47 min/Km	88	60	01:49:50.110	9,8 Km/h	93	62	00:19:51.580	06:38 min/Km	88	60	02:38:21.697	+00:54:50.770
89	1	5	BAAMONDE OTERO ALBA	FEMALE	ABSOLUTO-F	COFFE TIMES NOIES	57	1	00:27:16.517	04:33 min/Km	95	2	01:56:46.780	9,2 Km/h	44	1	00:14:54.430	04:59 min/Km	89	1	02:38:57.727	+00:55:26.800
90	28	68	LOPEZ FERNANDEZ JOSE ANTONIO	MALE	VETERAN	INDEPENDIENTE	63	17	00:28:07.037	04:42 min/Km	94	28	01:54:56.880	9,4 Km/h	68	20	00:16:44.600	05:35 min/Km	90	28	02:39:48.517	+00:56:17.590
91	61	60	GUNDIN LOPEZ LUIS	MALE	ABSOLUTO	AISI 316	99	69	00:31:40.687	05:17 min/Km	91	63	01:51:00.440	9,7 Km/h	83	57	00:18:50.430	06:17 min/Km	91	61	02:41:31.557	+00:58:00.630
92	62	75	MARTINEZ GARCIA MARCOS	MALE	ABSOLUTO	INDEPENDIENTE	87	63	00:30:17.047	05:03 min/Km	89	61	01:50:23.400	9,8 Km/h	103	68	00:21:53.180	07:18 min/Km	92	62	02:42:33.627	+00:59:02.700
93	63	136	VILARIÑO CASTRO JOSE LUIS	MALE	ABSOLUTO	MONTAEVAI O PINO	92	65	00:30:52.067	05:09 min/Km	90	62	01:50:24.960	9,8 Km/h	100	66	00:21:17.730	07:06 min/Km	93	63	02:42:34.757	+00:59:03.830
94	64	64	KIENAST SIMON	MALE	ABSOLUTO	INDEPENDIENTE	95	67	00:31:05.017	05:11 min/Km	93	64	01:53:04.930	9,6 Km/h	88	59	00:19:24.960	06:29 min/Km	94	64	02:43:34.907	+01:00:03.980
95	2	77	MARTINEZ MÁRQUEZ NOELIA	FEMALE	ABSOLUTO-F	BIKE OU NON VAI	107	5	00:33:58.167	05:40 min/Km	92	1	01:51:25.417	9,7 Km/h	91	4	00:19:38.853	06:33 min/Km	95	2	02:45:02.437	+01:01:31.510
96	65	112	RODRIGUEZ PUGA JUAN MANUEL	MALE	ABSOLUTO	NOSPORTLIMIT TREK GALICIA	94	66	00:30:57.427	05:10 min/Km	97	66	02:00:03.480	9,0 Km/h	79	55	00:18:17.940	06:06 min/Km	96	65	02:49:18.847	+01:05:47.920
97	3	48	GARCÍA GÓMEZ ESTIBALIZ	FEMALE	ABSOLUTO-F	NOSPORTLIMIT	105	4	00:33:51.697	05:39 min/Km	98	3	02:01:01.730	8,9 Km/h	84	3	00:18:58.520	06:20 min/Km	97	3	02:53:51.947	+01:10:21.020
98	1	119	ROMERO ROEL BEA	FEMALE	VETERAN-F	NOSPORTLIMIT TREK GALICIA	106	1	00:33:52.997	05:39 min/Km	100	1	02:04:05.850	8,7 Km/h	85	1	00:18:59.480	06:20 min/Km	98	1	02:56:58.327	+01:13:27.400
99	66	83	MILLARES FILGUEIRA FRAN	MALE	ABSOLUTO	INDEPENDIENTE	108	72	00:35:20.207	05:54 min/Km	96	65	02:00:01.400	9,0 Km/h	104	69	00:22:44.220	07:35 min/Km	99	66	02:58:05.827	+01:14:34.900
100	67	95	PENEDO TABOADA MARCOS	MALE	ABSOLUTO	INDEPENDIENTE	80	58	00:29:25.767	04:55 min/Km	99	67	02:01:15.490	8,9 Km/h	105	70	00:28:46.650	09:36 min/Km	100	67	02:59:27.907	+01:15:56.980
101	68	11	BOTANA MOSQUERA JUAN LUIS	MALE	ABSOLUTO	INDEPENDIENTE	96	68	00:31:18.637	05:14 min/Km	103	69	02:10:50.590	8,3 Km/h	78	54	00:17:51.620	05:58 min/Km	101	68	03:00:00.847	+01:16:29.920
102	69	104	RAMOS MIRANDA MARTIN	MALE	ABSOLUTO	INDEPENDIENTE	104	71	00:33:20.327	05:34 min/Km	101	68	02:07:13.450	8,5 Km/h	101	67	00:21:26.670	07:09 min/Km	102	69	03:02:00.447	+01:18:29.520
103	4	34	FERNANDEZ BLANCO LORENA	FEMALE	ABSOLUTO-F	INDEPENDIENTE	103	3	00:33:02.827	05:31 min/Km	102	4	02:08:55.230	8,4 Km/h	94	5	00:20:02.540	06:41 min/Km	103	4	03:02:00.597	+01:18:29.670
104	5	58	GONZÁLEZ GOCE LAURA	FEMALE	ABSOLUTO-F	COUTADAS TRAIL TEAM	98	2	00:31:33.477	05:16 min/Km	104	5	02:16:33.840	7,9 Km/h	81	2	00:18:46.330	06:16 min/Km	104	5	03:06:53.647	+01:23:22.720
105	70	22	CARREIRA PARRADO MIGUEL	MALE	ABSOLUTO	QUEIXO BIKERS	101	70	00:31:54.167	05:20 min/Km	105	70	02:16:40.870	7,9 Km/h	96	63	00:20:07.240	06:43 min/Km	105	70	03:08:42.277	+01:25:11.350

**I DUATLON CROSS DE LOUSAME - ABANDONOS**

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB	POS.	P.CAT.	RUN 1	RITMO R1	POS.	P.CAT.	BIKE	MEDIA	POS.	P.CAT.	RUN 2	RITMO R2	POS.	P.CAT.	META	DIFF.1º	
ABD		43	FREIRE DOMINGUEZ DANIEL	MALE	ABSOLUTO	INDEPENDIENTE			00:31:33.127	05:16 min/Km			01:01:52.470	17,5 Km/h									
ABD		109	RODRIGUEZ DEVESA JOSE LUIS	MALE	ABSOLUTO	VAI OU NON BIKE			00:27:23.757	04:34 min/Km			01:06:01.710	16,4 Km/h									
ABD		111	RODRIGUEZ POUSO LITO	MALE	ABSOLUTO	PAPÁ,O CAN É NOSO			00:25:30.817	04:16 min/Km			01:07:54.630	15,9 Km/h									
ABD		47	GARCÍA FACHAL JULIO	MALE	ABSOLUTO	ARTROGAL TRI498			00:24:42.427	04:08 min/Km			01:08:43.210	15,7 Km/h									
ABD		44	GARCIA ABALO KIKO	MALE	VETERAN	MONTE ABAIXO			00:24:06.417	04:02 min/Km			01:09:19.130	15,6 Km/h									
ABD		28	CEPEDA REBOIRAS JUAN	MALE	ABSOLUTO	INDEPENDIENTE			00:23:44.897	03:58 min/Km													
ABD		133	VAZQUEZ SANTOS ASIER	MALE	ABSOLUTO	INDEPENDIENTE	42	29	00:26:00.597	04:21 min/Km													
ABD		9	BLANCO PAMPÍN JOSÉ MARÍA	MALE	VETERAN	MONTEAEVAL O PINO	59	16	00:27:38.877	04:37 min/Km													
ABD		122	SÁNCHEZ SEJO ADRIÁN	MALE	ABSOLUTO	INDEPENDIENTE	82	60	00:29:37.087	04:57 min/Km													
ABD		3	ANDRADE VILLAR ROBERTO	MALE	ABSOLUTO	AD JARNACHAS			00:29:38.357	04:57 min/Km													
ABD		89	NUÑEZ VARELA GONZALO	MALE	ABSOLUTO	INDEPENDIENTE			00:31:19.987	05:14 min/Km													
ABD		46	GARCIA CODESIDO MIGUEL	MALE	ABSOLUTO	INDEPENDIENTE			00:34:03.497	05:41 min/Km													
ABD		132	VARELA BELLO VANESA	FEMALE	ABSOLUTO-F	INDEPENDIENTE	109	6	00:36:29.967	06:05 min/Km													

**I DUATLON CROSS DE LOUSAME - NO SALEN**

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB
DNS		10	BOGO SAAVEDRA DANIEL	MALE	VETERAN	BESTARRUZATRINITY
DNS		18	CAMBADOS MARQUEZ JAVI	MALE	VETERAN	CLUB CICLISTA O GROVE
DNS		21	CAROU FERNANDEZ JOSÉ RAMÓN	MALE	VETERAN	TRIATLON O TREITO
DNS		32	DIZ FERREIRA DAVID	MALE	ABSOLUTO	INDEPENDIENTE
DNS		53	GÓMEZ OÚRILLE NICOLAS	MALE	ABSOLUTO	INDEPENDIENTE
DNS		55	GONZALEZ ARIAS JUAN	MALE	ABSOLUTO	INDEPENDIENTE
DNS		72	MARTINEZ CASTRO JESUS	MALE	ABSOLUTO	PC TOXO
DNS		82	MAYO BALDERRABANO FRAN	MALE	VETERAN	INDEPENDIENTE
DNS		87	MUÑIZ VILAR JOSE BENITO	MALE	VETERAN	CLUB NATACION RIBEIRA
DNS		97	PEREZ BOUZA JAVICHÍN	MALE	VETERAN	TRINITY
DNS		99	PIÑEIRO DOMINGUEZ YOLI	FEMALE	VETERAN-F	CLUB CICLISTA O GROVE
DNS		103	PUERTA MÓRANTE DANIEL	MALE	ABSOLUTO	CLUB TRIATLÓN DIABLILLOS
DNS		108	REY MIRANDA JAVIER	MALE	VETERAN	INDEPENDIENTE
DNS		110	RODRIGUEZ GONZALEZ JAVIER	MALE	ABSOLUTO	CPC O TOXO
DNS		113	RODRIGUEZ RODRIGUEZ ORLANDO	MALE	VETERAN	CLUB DEPORTIVO PINARIUM
DNS		118	ROMERO ONS SANTIAGO	MALE	ABSOLUTO	TRIATLON O TREITO
DNS		121	SAMPEDRO PEREZ JOSE MANUEL	MALE	VETERAN	CLUB NATACION RIVEIRA
DNS		124	SOTELO FERNANDEZ DIEGO	MALE	VETERAN	CLUB TRIATLON OURENSE
DNS		129	TUBIO TUBIO MIGUEL	MALE	VETERAN	INDEPENDIENTE
DNS		130	VAAMONDE VILLAR ANDRES	MALE	ABSOLUTO	INDEPENDIENTE