

## III DUATLON TRAIL DE LOUSAME 2017

## - GENERAL INDIVIDUAL -

26 NOVEMBRO 2017

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	RUN1	RITMO	BIKE	MEDIA	RUN2	RITMO	META	DIF. 1º
1	1	55	CALZAS INSUA , DAVID	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:09.810	03:48 min/Km	00:50:54.890	21,2 Km/h	00:05:50.250	02:56 min/Km	<b>01:11:54.950</b>	
2	1	88	GOMEZ RIOS , JOSE ANTONIO	MALE	VETERANO	ARTROGAL TRI498	00:15:04.150	03:47 min/Km	00:50:59.570	21,2 Km/h	00:05:54.560	02:58 min/Km	<b>01:11:58.280</b>	+00:00:03.330
3	2	56	CASTIÑEIRA PAIS , GABRIEL	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:33.800	03:54 min/Km	00:53:15.400	20,3 Km/h	00:06:16.880	03:09 min/Km	<b>01:15:06.080</b>	+00:03:11.130
4	3	14	MORAN GONZALEZ , ENRIQUE	MALE	ABSOLUTA	ATLETISMO PORRIÑO	00:16:06.700	04:02 min/Km	00:54:26.530	19,8 Km/h	00:06:22.190	03:12 min/Km	<b>01:16:55.420</b>	+00:05:00.470
5	4	74	TARELA MIRAMONTES , DANIEL	MALE	ABSOLUTA	O TREITO	00:16:33.020	04:09 min/Km	00:54:11.900	19,9 Km/h	00:06:33.710	03:17 min/Km	<b>01:17:18.630</b>	+00:05:23.680
6	5	40	PAIS FONDO , FRANCISCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:15:53.600	03:59 min/Km	00:55:30.130	19,5 Km/h	00:06:17.070	03:09 min/Km	<b>01:17:40.800</b>	+00:05:45.850
7	6	12	LIÑARES CUENCE , PABLO	MALE	ABSOLUTA	C.C. OS ESFOLA ARROS	00:17:40.540	04:26 min/Km	00:53:02.490	20,4 Km/h	00:07:06.260	03:34 min/Km	<b>01:17:49.290</b>	+00:05:54.340
8	2	58	RODRÍGUEZ PENA , JOSE MARIA	MALE	VETERANO	MONTAÑA FERROL	00:16:42.600	04:11 min/Km	00:54:44.310	19,7 Km/h	00:06:44.980	03:23 min/Km	<b>01:18:11.890</b>	+00:06:16.940
9	7	5	FERNANDEZ VIDAL , PORFIRIO	MALE	ABSOLUTA	CCT POIO	00:16:32.670	04:09 min/Km	00:55:23.290	19,5 Km/h	00:06:37.810	03:19 min/Km	<b>01:18:33.770</b>	+00:06:38.820
10	3	51	EXPOSITO ABELEDO , JUAN	MALE	VETERANO	MTC RACING TEAM	00:16:39.470	04:10 min/Km	00:55:34.310	19,4 Km/h	00:06:30.200	03:16 min/Km	<b>01:18:43.980</b>	+00:06:49.030
11	8	25	LOSADA MIRANDA , JOSE ANTONIO	MALE	ABSOLUTA	INDEPENDIENTE	00:16:36.820	04:10 min/Km	00:55:57.190	19,3 Km/h	00:06:34.870	03:18 min/Km	<b>01:19:08.880</b>	+00:07:13.930
12	9	76	RODRIGUEZ GONZALEZ , JAVIER	MALE	ABSOLUTA	O TREITO	00:16:32.020	04:09 min/Km	00:56:15.760	19,2 Km/h	00:06:50.830	03:26 min/Km	<b>01:19:38.610</b>	+00:07:43.660
13	10	52	MARTÍNEZ RIVERA , DANIEL	MALE	ABSOLUTA	MTB ESKORNABOIS	00:16:51.950	04:13 min/Km	00:56:14.480	19,2 Km/h	00:06:32.783	03:17 min/Km	<b>01:19:39.213</b>	+00:07:44.263
14	4	35	FONTÁN TRONCOSO , ROBERTO	MALE	VETERANO	TEAM CORBELO	00:17:49.680	04:28 min/Km	00:55:12.520	19,6 Km/h	00:06:43.380	03:22 min/Km	<b>01:19:45.580</b>	+00:07:50.630
15	11	20	PAZ CARRAMAL , MANUEL	MALE	ABSOLUTA	RACHAMONTES BTT	00:17:33.060	04:24 min/Km	00:55:33.690	19,4 Km/h	00:06:39.970	03:20 min/Km	<b>01:19:46.720</b>	+00:07:51.770
16	12	78	RODRÍGUEZ POUSO , LITO	MALE	ABSOLUTA	O TREITO	00:17:05.090	04:17 min/Km	00:55:39.240	19,4 Km/h	00:07:08.420	03:35 min/Km	<b>01:20:12.750</b>	+00:07:56.800
17	13	42	BASDEDIOS BARBEITO , TOMAS	MALE	ABSOLUTA	TEAM CORBELO	00:17:40.460	04:26 min/Km	00:55:33.240	19,4 Km/h	00:06:51.540	03:26 min/Km	<b>01:20:05.240</b>	+00:08:10.290
18	5	79	ABEIJON GOMES , AGOSTIÑO	MALE	VETERANO	O TREITO	00:16:46.630	04:12 min/Km	00:56:40.390	19,1 Km/h	00:06:47.400	03:24 min/Km	<b>01:20:14.420</b>	+00:08:19.470
19	14	54	PIÑEIRO LOPEZ , MANUEL	MALE	ABSOLUTA	MTC RACING TEAM	00:15:30.730	03:53 min/Km	00:58:21.000	18,5 Km/h	00:06:23.600	03:12 min/Km	<b>01:20:15.330</b>	+00:08:20.380
20	6	21	DEZA SAEZ , RINGO	MALE	VETERANO	TEAM CORBELO	00:19:01.320	04:46 min/Km	00:54:15.590	19,9 Km/h	00:07:24.830	03:43 min/Km	<b>01:20:41.740</b>	+00:08:46.790
21	15	68	MARTÍNEZ COMESAÑA , LUIS ENRIQUE	MALE	ABSOLUTA	COUTADAS	00:16:56.320	04:15 min/Km	00:58:25.710	18,5 Km/h	00:06:31.170	03:16 min/Km	<b>01:21:53.200</b>	+00:09:58.250
22	1	73	ARAGUNDE CALVO , DAVID	MALE	JUNIOR	ARMENTEIRA E PUNTO	00:17:44.140	04:27 min/Km	00:57:16.030	18,9 Km/h	00:07:00.740	03:31 min/Km	<b>01:22:00.910</b>	+00:10:05.960
23	16	65	VILASOA SILVA , JOSE FRANCISCO	MALE	ABSOLUTA	OS AFORCADOS MTB	00:17:54.560	04:29 min/Km	00:57:38.550	18,7 Km/h	00:07:26.370	03:44 min/Km	<b>01:22:59.480</b>	+00:11:04.530
24	7	36	GARCIA FERNANDEZ , ALBERTO	MALE	VETERANO	AD. NAUTICO NARON	00:17:33.980	04:24 min/Km	00:58:14.250	18,5 Km/h	00:07:13.590	03:37 min/Km	<b>01:23:01.820</b>	+00:11:06.870
25	8	66	PAZOS GARCIA , CELESTINO	MALE	VETERANO	ARMENTEIRA E PUNTO	00:18:50.280	04:43 min/Km	00:57:39.240	18,7 Km/h	00:06:58.350	03:30 min/Km	<b>01:23:27.870</b>	+00:11:32.920
26	9	67	VILLANUEVA GÓMEZ , JOSÉ RAMÓN	MALE	VETERANO	ARMENTEIRA E PUNTO	00:18:06.270	04:32 min/Km	00:58:08.060	18,6 Km/h	00:07:13.730	03:37 min/Km	<b>01:23:28.060</b>	+00:11:33.110
27	10	19	SIEIRA RIOS , FERNANDO	MALE	VETERANO	ARTROGAL TRI 498	00:16:40.020	04:11 min/Km	00:59:44.470	18,1 Km/h	00:07:04.120	03:33 min/Km	<b>01:23:28.610</b>	+00:11:33.660
28	11	82	GARCIA IGESIAS , LUCHO	MALE	VETERANO	O TREITO	00:17:42.080	04:26 min/Km	00:58:41.500	18,4 Km/h	00:07:35.200	03:48 min/Km	<b>01:23:58.780</b>	+00:12:03.830
29	17	87	JUANATEY GARCIA , CARLOS	MALE	ABSOLUTA	ARTROGAL TRI498	00:16:31.200	04:08 min/Km	01:01:20.770	17,6 Km/h	00:06:09.470	03:05 min/Km	<b>01:24:01.440</b>	+00:12:06.490
30	18	72	FREIRE CALVO , DIEGO	MALE	ABSOLUTA	CCT POIO	00:17:43.010	04:26 min/Km	01:00:14.330	17,9 Km/h	00:06:55.060	03:28 min/Km	<b>01:24:52.400</b>	+00:12:57.450
31	19	77	MARTINEZ CASTRO , JESUS	MALE	ABSOLUTA	O TREITO	00:18:23.800	04:36 min/Km	00:59:31.590	18,1 Km/h	00:07:17.700	03:39 min/Km	<b>01:25:13.090</b>	+00:13:18.140
32	20	1	MESIAS RODRIGUEZ , JACOBO	MALE	ABSOLUTA	PEÑA CICLISTA TIRAMILLAS	00:18:55.720	04:44 min/Km	00:59:49.780	18,1 Km/h	00:07:28.910	03:45 min/Km	<b>01:26:14.410</b>	+00:14:19.460
33	21	50	CASTIÑEIRA PAIS , MARCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:17:58.620	04:30 min/Km	01:01:39.430	17,5 Km/h	00:07:27.260	03:44 min/Km	<b>01:27:05.310</b>	+00:15:10.360
34	22	31	PRIETO CAAMAÑO , JAIRO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:18:17.300	04:35 min/Km	01:02:07.590	17,4 Km/h	00:07:12.000	03:36 min/Km	<b>01:27:36.890</b>	+00:15:41.940
35	23	2	MALLO DOMINGUEZ , AARON	MALE	ABSOLUTA	MUEVE TU VIDA	00:19:32.450	04:54 min/Km	01:01:34.000	17,5 Km/h	00:07:03.850	03:32 min/Km	<b>01:28:10.300</b>	+00:16:15.350
36	24	34	ALVAREZ VILLAR , BORJA	MALE	ABSOLUTA	MC BIKES PRO TEAM	00:18:52.690	04:44 min/Km	01:02:27.770	17,3 Km/h	00:06:50.100	03:32 min/Km	<b>01:28:10.560</b>	+00:16:15.610
37	12	59	BOGO SAAVEDRA , DANI	MALE	VETERANO	CC. OS IRMANDIÑOS	00:17:51.190	04:28 min/Km	01:03:11.660	17,1 Km/h	00:07:17.210	03:39 min/Km	<b>01:28:20.060</b>	+00:16:25.110
38	25	38	TORRADO VIDAL , JOSE RAMON	MALE	ABSOLUTA	OS AFORCADOS	00:20:19.060	05:05 min/Km	01:00:16.240	17,9 Km/h	00:07:53.930	03:57 min/Km	<b>01:28:29.230</b>	+00:16:34.280
39	26	85	SANTIAGO POUSO , ROBERTO	MALE	ABSOLUTA	INDEPENDIENTE	00:20:31.150	05:08 min/Km	01:00:09.510	18,0 Km/h	00:07:53.017	03:57 min/Km	<b>01:28:33.677</b>	+00:16:38.727
40	2	83	MOLDES BUCETA , DAVID	MALE	JUNIOR	ARMENTEIRA E PUNTO	00:17:50.410	04:28 min/Km	01:03:38.050	17,3 Km/h	00:07:41.240	03:51 min/Km	<b>01:29:09.700</b>	+00:17:14.750
41	27	27	MOSQUERA , GERMÁN	MALE	ABSOLUTA	CLUB O TREITO	00:16:34.140	04:09 min/Km	01:05:48.790	16,4 Km/h	00:06:56.120	03:29 min/Km	<b>01:29:19.050</b>	+00:17:24.100
42	13	49	PIÑEIRO , ANTONIO	MALE	VETERANO	INDEPENDIENTE	00:21:12.100	05:19 min/Km	00:59:49.420	18,1 Km/h	00:08:45.430	04:23 min/Km	<b>01:29:46.950</b>	+00:17:52.000
43	14	43	SOLETO CEREJO , SANTIAGO	MALE	VETERANO	C.C. OS ESFOLA ARRÓS	00:19:54.270	04:59 min/Km	01:02:40.250	17,2 Km/h	00:08:12.370	04:07 min/Km	<b>01:30:46.890</b>	+00:18:51.940
44	28	30	FIGUEIRO CALO , JOSE RAMON	MALE	ABSOLUTA	COTO DAMOREIRA	00:19:41.230	04:56 min/Km	01:02:47.390	17,2 Km/h	00:08:21.750	04:11 min/Km	<b>01:30:50.370</b>	+00:18:55.420

## III DUATLON TRAIL DE LOUSAME 2017

## - GENERAL INDIVIDUAL -

26 NOVEMBRO 2017

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	RUN1	RITMO	BIKE	MEDIA	RUN2	RITMO	META	DIF. 1ª
45	29	18	ANTELO MARTINEZ , JOSÉ RAMON	MALE	ABSOLUTA	PONTE TRAIL	00:19:37.190	04:55 min/Km	01:03:37.320	17,0 Km/h	00:07:46.660	03:54 min/Km	<b>01:31:01.170</b>	+00:19:06.220
46	30	75	AGRASO TORRES , ALFONSO	MALE	ABSOLUTA	O TREITO	00:20:50.410	05:13 min/Km	01:03:42.590	17,0 Km/h	00:07:31.200	03:46 min/Km	<b>01:32:04.200</b>	+00:20:09.250
47	15	45	VIEITES RODRIGUEZ , MANUEL	MALE	VETERANO	C.C. OS ESFOLA ARRÓS	00:19:38.530	04:55 min/Km	01:03:06.430	17,1 Km/h	00:10:11.830	05:06 min/Km	<b>01:32:56.790</b>	+00:21:01.840
48	31	84	CORDAL BARREIRO , IVAN	MALE	ABSOLUTA	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:19:59.980	04:60 min/Km	01:06:08.180	16,3 Km/h	00:08:00.910	04:01 min/Km	<b>01:34:09.070</b>	+00:22:14.120
49	32	6	PEDROSA MAYO , JOSE MANUEL	MALE	ABSOLUTA	PONTE TRAIL	00:21:10.520	05:18 min/Km	01:04:37.500	16,7 Km/h	00:08:25.780	04:13 min/Km	<b>01:34:13.800</b>	+00:22:18.850
50	1	60	DELGADO GONZALEZ , MAR	FEMALE	ABSOLUTA-F	LAFUGA	00:20:29.990	05:08 min/Km	01:07:07.350	16,1 Km/h	00:08:15.750	04:08 min/Km	<b>01:35:53.090</b>	+00:23:58.140
51	16	81	FERNANDEZ ANTELO , FRANCISCO	MALE	VETERANO	O TREITO	00:19:33.950	04:54 min/Km	01:08:07.450	15,9 Km/h	00:08:34.020	04:18 min/Km	<b>01:36:15.420</b>	+00:24:20.470
52	17	48	SUÁREZ BRELLA , XULIO	MALE	VETERANO	C.C. OS ESFOLA ARRÓS	00:19:58.330	04:60 min/Km	01:08:17.310	15,8 Km/h	00:08:10.350	04:06 min/Km	<b>01:36:25.990</b>	+00:24:31.040
53	33	63	HERMO TUBIO , PABLO	MALE	ABSOLUTA	CPC O TOXO	00:21:30.700	05:23 min/Km	01:06:42.230	16,2 Km/h	00:08:30.720	04:16 min/Km	<b>01:36:43.650</b>	+00:24:48.700
54	18	46	DOMINGUEZ RECAREY , FRANCISCO	MALE	VETERANO	PONTE TRAIL	00:20:04.130	05:02 min/Km	01:09:14.410	15,6 Km/h	00:08:25.290	04:13 min/Km	<b>01:37:43.830</b>	+00:25:48.880
55	19	44	VILLAVERDE VIAÑO , ANDRÉS	MALE	VETERANO	C.C. OS ESFOLA ARRÓS	00:20:55.750	05:14 min/Km	01:08:11.920	15,8 Km/h	00:08:40.820	04:21 min/Km	<b>01:37:48.490</b>	+00:25:53.540
56	3	3	CAROU MOLEDO , IAGO	MALE	JUNIOR	INDEPENDIENTE	00:18:16.060	04:35 min/Km	01:10:57.680	15,2 Km/h	00:08:41.940	04:21 min/Km	<b>01:37:55.680</b>	+00:26:00.730
57	20	53	BOUZADA SANMARTIN , JOSE MANUEL	MALE	VETERANO	TEAM CORBELO	00:18:49.790	04:43 min/Km	01:11:33.890	15,1 Km/h	00:07:32.730	03:47 min/Km	<b>01:37:56.410</b>	+00:26:01.460
58	21	15	VERÍAS LAIÑO , LUÍS MIGUEL	MALE	VETERANO	PONTETRAIL	00:21:41.420	05:26 min/Km	01:05:17.640	16,5 Km/h	00:10:58.340	05:30 min/Km	<b>01:37:57.400</b>	+00:26:02.450
59	34	22	SESTAYO SEOANE , ELOY	MALE	ABSOLUTA	ARTROGAL TRI 498	00:19:22.840	04:51 min/Km	01:10:39.030	15,3 Km/h	00:08:48.240	04:25 min/Km	<b>01:38:50.110</b>	+00:26:55.160
60	35	61	LOJO VIÑAS , OSCAR	MALE	ABSOLUTA	COTO DAMOREIRA	00:20:29.500	05:08 min/Km	01:10:23.940	15,3 Km/h	00:08:22.050	04:12 min/Km	<b>01:39:15.490</b>	+00:27:20.540
61	22	33	CAÑEDO , JOSE CARLOS	MALE	VETERANO	CC ORENSANO	00:20:51.880	05:13 min/Km	01:09:14.720	15,6 Km/h	00:09:09.020	04:35 min/Km	<b>01:39:15.620</b>	+00:27:20.670
62	36	47	ANDOLLO DE COSTA , JULEN	MALE	ABSOLUTA	MTB ESKORNABOIS	00:20:42.550	05:11 min/Km	01:10:39.170	15,3 Km/h	00:08:07.540	04:04 min/Km	<b>01:39:29.260</b>	+00:27:34.310
63	23	32	GÓMEZ GÓMEZ , MANUEL	MALE	VETERANO	CLUB ATLETISMO LOUSAME	00:19:31.660	04:53 min/Km	01:12:21.160	14,9 Km/h	00:08:24.390	04:13 min/Km	<b>01:40:17.210</b>	+00:28:22.260
64	24	39	VENTURA LOZANO , ANTONIO	MALE	VETERANO	JATO MONTES	00:20:25.470	05:07 min/Km	01:12:52.710	14,8 Km/h	00:08:51.270	04:26 min/Km	<b>01:42:09.450</b>	+00:30:14.500
65	25	37	GARCIA GONZALEZ , SANTIAGO	MALE	VETERANO	NOSPORTLIMIT	00:21:20.390	05:21 min/Km	01:13:26.590	14,7 Km/h	00:07:59.850	03:60 min/Km	<b>01:42:46.830</b>	+00:30:51.880
66	37	9	FIGUEIRA CRUZ , CRISTIAN	MALE	ABSOLUTA	CPC O TOXO	00:22:25.180	05:37 min/Km	01:12:31.950	14,9 Km/h	00:08:44.910	04:23 min/Km	<b>01:43:42.040</b>	+00:31:47.090
67	38	71	ROUCO ALMUIÑA , MODESTO	MALE	ABSOLUTA	INDEPENDIENTE	00:18:45.850	04:42 min/Km	01:17:20.787	14,0 Km/h	00:07:50.430	03:56 min/Km	<b>01:43:57.067</b>	+00:32:02.117
68	2	69	MARTÍNEZ ÁLVAREZ , MARÍA	FEMALE	ABSOLUTA-F	CCT POIO	00:21:53.110	05:29 min/Km	01:15:05.110	14,4 Km/h	00:08:43.210	04:22 min/Km	<b>01:45:41.430</b>	+00:33:46.480
69	26	16	LÓPEZ FERNÁNDEZ , JOSÉ ANTONIO	MALE	VETERANO	ARTROGAL TRI 498	00:18:40.250	04:41 min/Km	01:20:13.380	13,5 Km/h	00:07:45.780	03:53 min/Km	<b>01:46:39.410</b>	+00:34:44.460
70	39	17	HERMO VILLAR , PABLO	MALE	ABSOLUTA	ARTROGAL TRI498	00:19:29.320	04:53 min/Km	01:19:34.220	13,6 Km/h	00:08:26.190	04:14 min/Km	<b>01:47:29.730</b>	+00:35:34.780
71	3	7	DURO LIÑARES , OLALLA	FEMALE	ABSOLUTA-F	PONTE TRAIL	00:21:09.210	05:18 min/Km	01:18:04.690	13,8 Km/h	00:08:29.080	04:15 min/Km	<b>01:47:42.980</b>	+00:35:48.030
72	40	10	DOSIL ROSENDE , PABLO	MALE	ABSOLUTA	ARTROGAL TRI 498	00:19:56.000	04:59 min/Km	01:25:13.310	12,7 Km/h	00:08:40.370	04:21 min/Km	<b>01:53:49.680</b>	+00:41:54.730
73	41	28	GARCIA AGRELO , FRAN	MALE	ABSOLUTA	ARTROGAL TRI498	00:22:15.590	05:34 min/Km	01:26:17.530	12,5 Km/h	00:09:11.720	04:36 min/Km	<b>01:57:44.840</b>	+00:45:49.890
74	42	23	MARTINEZ LAMAS , ALEX	MALE	ABSOLUTA	ARTROGAL TRI 498	00:22:08.380	05:33 min/Km	01:26:20.610	12,5 Km/h	00:09:16.030	04:39 min/Km	<b>01:57:45.020</b>	+00:45:50.070
75	1	57	PAZ GAGO , FATIMA	FEMALE	VETERANO-F	VIZHOJA CORNELIOS	00:19:27.300	04:52 min/Km	01:29:35.590	12,1 Km/h	00:08:42.610	04:22 min/Km	<b>01:57:45.500</b>	+00:45:50.550
76	43	4	RODRIGUEZ PUGA , JUAN MANUEL	MALE	ABSOLUTA	NOSPORTLIMIT	00:22:19.090	05:35 min/Km	01:29:41.640	12,0 Km/h	00:10:03.410	05:02 min/Km	<b>02:02:04.140</b>	+00:50:09.190
77	27	70	ROUCO VILAR , MODESTO	MALE	VETERANO	INDEPENDIENTE	00:22:43.920	05:41 min/Km	01:34:19.850	11,4 Km/h	00:10:51.250	05:26 min/Km	<b>02:07:55.020</b>	+00:56:00.070
78	4	29	MARTINEZ MATO , MARIO	MALE	JUNIOR	C.P.C. TOXO	00:22:38.490	05:40 min/Km	01:37:33.880	11,1 Km/h	00:11:58.570	05:60 min/Km	<b>02:12:10.940</b>	+01:00:15.990
79	28	64	OUIÑA GONZALEZ , IGNACIO	MALE	VETERANO	BIELAS	00:26:11.120	06:33 min/Km	01:38:56.160	10,9 Km/h	00:10:14.500	05:08 min/Km	<b>02:15:21.780</b>	+01:03:26.830