

I DUATLON TRAIL DA POBRA

- RUN 2 KM + BIKE 15 KM + RUN 5,5 KM-

- INDIVIDUAL-

27 NOVIEMBRE 2016

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEX	CATEGORIA	CLUB	RUN 1	RITMO	BIKE	MEDIA	RUN 2	RITMO	META
1	1	11	CALZAS INSUA , DAVID	MALE	MALE	TRIATLON COSTA DA MORTE	00:09:13.883	04:37 min/Km	00:51:35.810	17,4 Km/h	00:25:32.250	04:39 min/Km	01:26:21.943
2	2	20	DA SILVA SOUSA , BRUNO DANIEL	MALE	MALE	ADC OS MOSQUETEIROS	00:09:02.723	04:32 min/Km	00:54:06.370	16,6 Km/h	00:25:49.590	04:42 min/Km	01:28:58.683
3	3	85	VILLANUEVA GÓMEZ , JOSÉ RAMÓN	MALE	MALE	ARMENTEIRA E PUNTO	00:09:34.703	04:48 min/Km	00:53:56.870	16,7 Km/h	00:28:03.870	05:07 min/Km	01:31:35.443
4	4	36	GARCÍA VIDAL , FRANCISCO JAVIER	MALE	MALE	NOELA	00:09:52.983	04:57 min/Km	00:55:54.000	16,1 Km/h	00:27:56.670	05:05 min/Km	01:33:43.653
5	5	75	SIEIRA RIOS , FERNANDO	MALE	MALE	ARTROGAL TRI498	00:09:55.063	04:58 min/Km	00:57:09.800	15,7 Km/h	00:27:21.610	04:59 min/Km	01:34:26.473
6	6	68	RODRIGUEZ PAZ , ALEXANDRE	MALE	MALE	CLUB TRIATLON MORRAZO	00:09:31.053	04:46 min/Km	00:57:30.010	15,7 Km/h	00:28:21.630	05:10 min/Km	01:35:22.693
7	7	34	GARCIA ABALO , KIKO	MALE	MALE	CLUB CICLISMO TRIATLON POIO	00:09:21.293	04:41 min/Km	00:58:12.280	15,5 Km/h	00:28:21.630	05:10 min/Km	01:35:55.203
8	8	76	TARELA MIRAMONTES , DANIEL	MALE	MALE	TRIATLON O TREITO	00:09:42.943	04:52 min/Km	00:58:09.270	15,5 Km/h	00:29:05.440	05:18 min/Km	01:36:57.653
9	9	29	FERNANDEZ VIDAL , PORFIRIO	MALE	MALE	CLUB CICLISMO TRIATLON POIO	00:09:50.373	04:56 min/Km	00:58:47.520	15,3 Km/h	00:28:26.970	05:11 min/Km	01:37:04.863
10	10	73	SAAVEDRA LAGARES , EDUARDO	MALE	MALE	TRIATLON FERROL	00:09:20.713	04:41 min/Km	01:02:04.240	14,5 Km/h	00:26:36.590	04:51 min/Km	01:38:01.543
11	11	84	VILASOA SILVA , JOSE FRANCISCO	MALE	MALE	OS AFORCADOS	00:10:27.913	05:14 min/Km	00:57:52.580	15,6 Km/h	00:29:47.820	05:26 min/Km	01:38:08.313
12	12	59	PAZOS GARCÍA , CELESTINO	MALE	MALE	ARMENTEIRA E PUNTO	00:09:59.513	04:60 min/Km	00:59:44.000	15,1 Km/h	00:28:37.620	05:13 min/Km	01:38:21.133
13	13	23	DEZA SAEZ , RINGO	MALE	MALE	TEAM CORBELO	00:11:24.703	05:43 min/Km	00:55:55.860	16,1 Km/h	00:31:09.920	05:40 min/Km	01:38:30.483
14	14	45	LAGO SANTIAGO , KIKO	MALE	MALE		00:09:57.343	04:59 min/Km	01:01:39.360	14,6 Km/h	00:27:45.860	05:03 min/Km	01:39:22.563
15	15	43	GUILLÁN PAZOS , FRANCISCO JOSÉ	MALE	MALE	ARTROGAL-TRI 498	00:10:51.593	05:26 min/Km	01:00:06.230	15,0 Km/h	00:28:49.970	05:15 min/Km	01:39:47.793
16	16	3	AMOEDO OUTEDA , JUAN JOSE	MALE	MALE	INDEPENDIENTE	00:10:19.093	05:10 min/Km	01:02:17.630	14,4 Km/h	00:28:40.500	05:13 min/Km	01:41:17.223
17	17	72	ROMERO CES , IGNACIO LUIS	MALE	MALE	ARTROGAL TRI498	00:11:19.133	05:40 min/Km	00:59:02.020	15,2 Km/h	00:31:16.990	05:42 min/Km	01:41:38.143
18	18	61	PIÑEIRO VEIRA , MANUEL IGNACIO	MALE	MALE	BIKESAT	00:10:58.053	05:30 min/Km	01:00:36.160	14,9 Km/h	00:30:32.760	05:34 min/Km	01:42:06.973
19	19	67	RODRÍGUEZ GÓNZALEZ , JAVIER	MALE	MALE	CLUB BTT TRIATLON O TREITO LOUSAME	00:09:57.873	04:59 min/Km	01:03:28.810	14,2 Km/h	00:30:56.580	05:38 min/Km	01:43:04.863
20	20	52	MARTINEZ LEIRAS , DAVID	MALE	MALE	LEBOREIRA	00:11:06.853	05:34 min/Km	01:02:29.730	14,4 Km/h	00:31:49.050	05:48 min/Km	01:45:25.633
21	21	33	FREIRE CALVO , DIEGO	MALE	MALE	CLUB CICLISMO TRIATLON POIO	00:10:34.603	05:18 min/Km	01:03:22.580	14,2 Km/h	00:31:43.940	05:47 min/Km	01:45:41.123
22	22	64	PRIETO CAAMAÑO , JAIRO	MALE	MALE		00:10:31.803	05:16 min/Km	01:03:34.780	14,2 Km/h	00:31:48.410	05:47 min/Km	01:45:54.993
23	23	70	RODRIGUEZ POUSO , LITO	MALE	MALE	CLUB BTT TRIATLON O TREITO LOUSAME	00:10:41.143	05:21 min/Km	01:03:42.640	14,1 Km/h	00:32:12.610	05:52 min/Km	01:46:36.393
24	24	79	TOUCEDA ABELLEIRA , XOSE	MALE	MALE	OLIVEIRA BIKE	00:10:59.473	05:30 min/Km	01:02:42.730	14,4 Km/h	00:33:54.170	06:10 min/Km	01:47:36.373
25	25	7	BUJAN LOURIDO , SERGIO	MALE	MALE	OUTES JOHN TURKEY	00:10:32.783	05:17 min/Km	01:05:57.120	13,6 Km/h	00:31:32.240	05:45 min/Km	01:48:02.143
26	26	86	VILLANUEVA PEREZ , RUBEN	MALE	MALE	PINARIUM	00:11:43.883	05:52 min/Km	01:03:55.890	14,1 Km/h	00:33:00.153	06:01 min/Km	01:48:39.927
27	27	30	FERRÓN MOURE , ADRIÁN	MALE	MALE	TRIATLÓN RIVEIRA	00:11:42.513	05:52 min/Km	01:08:02.770	13,2 Km/h	00:28:58.820	05:17 min/Km	01:48:44.103
28	28	6	BOUZADA SANMARTIN , JOSE MANUEL	MALE	MALE	TEAM CORBELO	00:11:48.343	05:55 min/Km	01:07:15.340	13,4 Km/h	00:31:11.510	05:41 min/Km	01:50:15.193
29	29	1	AGEITOS PASANTES , JOSE	MALE	MALE		00:11:36.623	05:49 min/Km	01:07:32.030	13,3 Km/h	00:31:23.910	05:43 min/Km	01:50:32.563
30	30	60	PEDROSA MAYO , JOSE MANUEL	MALE	MALE	ARTROGAL TRI 498	00:12:20.593	06:11 min/Km	01:06:15.930	13,6 Km/h	00:31:57.760	05:49 min/Km	01:50:34.283
31	31	37	GÓMEZ FREIRE , ÁLVARO	MALE	MALE	RIBEIRAS DO TAMBRE	00:11:35.463	05:48 min/Km	01:05:27.260	13,8 Km/h	00:33:35.820	06:07 min/Km	01:50:38.543
32	32	49	MARTINEZ ALONSO , MARCELINO	MALE	MALE		00:11:29.123	05:45 min/Km	01:07:26.000	13,3 Km/h	00:32:07.660	05:51 min/Km	01:51:02.783
33	33	16	CASTRO LÓPEZ , ALEJANDRO	MALE	MALE	ATLETISMO PORRIÑO	00:10:17.743	05:09 min/Km	01:09:46.020	12,9 Km/h	00:31:03.310	05:39 min/Km	01:51:07.073
34	34	28	FERNÁNDEZ SÁNCHEZ , DAVID	MALE	MALE	3&RUN BIKE TEAM	00:11:28.073	05:45 min/Km	01:07:26.810	13,3 Km/h	00:34:00.290	06:11 min/Km	01:52:55.173
35	35	39	GOMEZ OURILLE , NICOLAS	MALE	MALE	SD BARBANTIA RODA	00:10:57.643	05:29 min/Km	01:08:31.630	13,1 Km/h	00:33:25.920	06:05 min/Km	01:52:55.193
36	36	4	ANTELO MARTÍNEZ , JOSÉ RAMÓN	MALE	MALE	NOELA	00:11:40.633	05:51 min/Km	01:07:41.220	13,3 Km/h	00:34:16.460	06:14 min/Km	01:53:38.313
37	37	54	MOSQUERA MONTEAGUDO , MANUEL	MALE	MALE	CC OS DO MONTE BRAVO	00:11:09.053	05:35 min/Km	01:07:56.270	13,2 Km/h	00:34:33.990	06:18 min/Km	01:53:39.313
38	38	26	DOMINGUEZ VILA , PABLO	MALE	MALE	VIGOENTRENA	00:10:24.583	05:13 min/Km	01:13:44.180	12,2 Km/h	00:30:53.200	05:37 min/Km	01:55:01.963
39	39	63	PREGO NOVAS , ADRIAN	MALE	MALE	ASOCIACION CICLISTA MASTER PONTEAREAS	00:10:59.013	05:30 min/Km	01:10:29.520	12,8 Km/h	00:33:57.330	06:11 min/Km	01:55:25.863
40	40	81	TUBIO DAVILA , JOSE	MALE	MALE	PORTELA MTB	00:11:50.943	05:56 min/Km	01:09:26.500	13,0 Km/h	00:34:39.060	06:19 min/Km	01:55:56.503
41	41	69	RODRÍGUEZ PÉREZ , DIEGO	MALE	MALE	INDEPENDIENTE	00:12:51.043	06:26 min/Km	01:08:15.960	13,2 Km/h	00:35:11.550	06:24 min/Km	01:56:18.553

I DUATLON TRAIL DA POBRA

- RUN 2 KM + BIKE 15 KM + RUN 5,5 KM-

- INDIVIDUAL-

27 NOVIEMBRE 2016

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEX	CATEGORIA	CLUB	RUN 1	RITMO	BIKE	MEDIA	RUN 2	RITMO	META
42	42	24	DOMÍNGUEZ BARBEITO , VÍCTOR	MALE	MALE	INDEPENDIENTE	00:10:40.573	05:21 min/Km	01:17:13.710	11,7 Km/h	00:29:42.620	05:25 min/Km	01:57:36.903
43	43	57	OUTEDA MIGUEZ , ALBERTO	MALE	MALE	INDEPENDIENTE	00:12:16.343	06:09 min/Km	01:13:17.510	12,3 Km/h	00:32:08.050	05:51 min/Km	01:57:41.903
44	1	22	DEIRA BARCALA , SILVIA	FEMALE	FEMALE	TRIATLÓN ARCADE INFORHOUSE	00:11:49.613	05:55 min/Km	01:13:21.340	12,3 Km/h	00:33:24.760	06:05 min/Km	01:58:35.713
45	44	50	MARTINEZ FANDIÑO , ADRIAN	MALE	MALE	ARMENTEIRAEPUNTO	00:12:08.963	06:05 min/Km	01:12:18.950	12,4 Km/h	00:34:08.040	06:13 min/Km	01:58:35.953
46	45	21	DE LA IGLESIA CREO , MAXI	MALE	MALE		00:12:38.203	06:20 min/Km	01:06:53.410	13,5 Km/h	00:39:51.830	07:15 min/Km	01:59:23.443
47	46	56	OTERO SALGUEIRO , ALEJANDRO	MALE	MALE	ATLETISMO A ESTRADA	00:11:23.063	05:42 min/Km	01:16:42.130	11,7 Km/h	00:32:03.110	05:50 min/Km	02:00:08.303
48	2	62	PORTELA GONZÁLEZ , NOELIA	FEMALE	FEMALE	BIKE O FACHO	00:12:27.323	06:14 min/Km	01:13:44.900	12,2 Km/h	00:34:55.960	06:22 min/Km	02:01:08.183
49	47	48	MARTÍNEZ , AGUSTIN	MALE	MALE	BEARIZ TRIATLON	00:12:34.963	06:18 min/Km	01:13:05.980	12,3 Km/h	00:35:44.550	06:30 min/Km	02:01:25.493
50	48	66	RIOL CAÑEDO , JOSE CARLOS	MALE	MALE	CC. OURENSANO	00:12:20.673	06:11 min/Km	01:13:15.930	12,3 Km/h	00:36:36.310	06:40 min/Km	02:02:12.913
51	49	10	CALVO LÓPEZ , GERARDO MIGUEL	MALE	MALE	CLUB CICLISMO TRIATLON POIO	00:12:08.413	06:05 min/Km	01:16:13.780	11,8 Km/h	00:34:19.760	06:15 min/Km	02:02:41.953
52	50	9	CALDAS LOPEZ , MARIO	MALE	MALE	CLUB CICLISMO TRIATLON POIO	00:12:32.063	06:17 min/Km	01:12:00.520	12,5 Km/h	00:38:09.660	06:57 min/Km	02:02:42.243
53	51	121	GARCIA GONZÁLEZ , SANTIAGO	MALE	MALE	NOSPORTLIMIT	00:12:56.123	06:29 min/Km	01:16:21.130	11,8 Km/h	00:35:14.520	06:25 min/Km	02:04:31.773
54	52	53	MORAÑA CABO , JACOB	MALE	MALE	3&RUN BIKE TEAM	00:13:24.343	06:43 min/Km	01:13:34.010	12,2 Km/h	00:38:00.180	06:55 min/Km	02:04:58.533
55	53	40	GÓMEZ RAPOSO , EDUARDO	MALE	MALE	LA FUGA - KURAI	00:12:43.353	06:22 min/Km	01:18:05.370	11,5 Km/h	00:34:35.680	06:18 min/Km	02:05:24.403
56	54	44	IGLESIAS PIÑEIRO , ALBERTO	MALE	MALE		00:11:40.513	05:51 min/Km	01:22:13.450	10,9 Km/h	00:32:40.880	05:57 min/Km	02:06:34.843
57	3	12	CAMPOS TRABAZO , IRIA	FEMALE	FEMALE	ARTROGAL TRI498	00:11:50.753	05:56 min/Km	01:18:46.570	11,4 Km/h	00:36:55.520	06:43 min/Km	02:07:32.843
58	55	77	TORRE SOENGAS , ABRAHAM	MALE	MALE	VERXEL ND	00:10:27.993	05:14 min/Km	01:23:48.170	10,7 Km/h	00:34:20.780	06:15 min/Km	02:08:36.943
59	56	8	CAAMAÑO SIEIRA , JOSÉ ANTONIO	MALE	MALE	CLUB BTT TRIATLON O TREITO LOUSAME	00:12:22.753	06:12 min/Km	01:20:12.630	11,2 Km/h	00:37:09.080	06:46 min/Km	02:09:44.463
60	57	83	VENTURA LOZANO , ANTONIO	MALE	MALE	JATO MONTÉS	00:13:59.393	06:60 min/Km	01:18:23.610	11,5 Km/h	00:39:14.700	07:09 min/Km	02:11:37.703
61	58	51	MARTINEZ FANDIÑO , DIEGO	MALE	MALE	ARMENTEIRAEPUNTO	00:12:59.383	06:30 min/Km	01:18:13.290	11,5 Km/h	00:40:28.370	07:22 min/Km	02:11:41.043
62	59	80	TRIUNFO DELGADO , GONZALO	MALE	MALE	ARTROGAL TRI498	00:12:48.583	06:25 min/Km	01:20:50.040	11,1 Km/h	00:40:28.010	07:22 min/Km	02:14:06.633
63	60	82	VAZQUEZ DE PARGA BENITEZ , ANTONIO	MALE	MALE	RIBEIRAS DO TAMBRE	00:13:19.633	06:40 min/Km	01:26:46.360	10,4 Km/h	00:35:30.360	06:28 min/Km	02:15:36.353
64	4	41	GONZALEZ GOCE , LAURA	FEMALE	FEMALE	COUTADAS TRAIL TEAM	00:12:22.803	06:12 min/Km	01:27:56.730	10,2 Km/h	00:37:12.010	06:46 min/Km	02:17:31.543
65	61	78	TORRON BARCIELA , DAVID	MALE	MALE		00:12:58.783	06:30 min/Km	01:23:31.090	10,8 Km/h	00:41:45.010	07:36 min/Km	02:18:14.883
66	62	71	RODRIGUEZ PUGA , JUAN MANUEL	MALE	MALE	NOSPORTLIMIT	00:13:11.183	06:36 min/Km	01:21:51.720	11,0 Km/h	00:43:11.990	07:52 min/Km	02:18:14.893
67	63	18	CID SANMARTIN , ROBERTO	MALE	MALE	CLUB TRIATLON CORUÑA	00:11:05.133	05:33 min/Km	01:37:14.810	9,3 Km/h	00:37:50.350	06:53 min/Km	02:26:10.293
68	64	65	QUINTÁNS VÁZQUEZ , ALFONSO	MALE	MALE	INDEPENDIENTE	00:12:18.523	06:10 min/Km	01:36:32.170	9,3 Km/h	00:38:55.460	07:05 min/Km	02:27:46.153
69	65	32	FIGUEIRAS VIDAL , JULIO ALBERTO	MALE	MALE	INDEPENDIENTE	00:11:03.263	05:32 min/Km	01:21:30.960	11,0 Km/h	00:56:21.380	10:15 min/Km	02:28:55.603
70	66	25	DOMINGUEZ RIVERO , ANXO	MALE	MALE	VIGOENTRENA	00:14:46.653	07:24 min/Km	01:39:12.890	9,1 Km/h	00:38:55.690	07:05 min/Km	02:32:55.233
71	67	58	OVIEDO DE LA FUENTE , MANUEL	MALE	MALE		00:15:32.683	07:47 min/Km	01:36:19.650	9,3 Km/h	00:41:46.180	07:36 min/Km	02:33:38.513
72	68	120	REGUEIRO ESTEVEZ , DAVID	MALE	MALE	NOSPORTLIMIT	00:13:30.793	06:46 min/Km	01:35:53.540	9,4 Km/h	00:49:08.370	08:57 min/Km	02:38:32.703
73	69	19	CRISPIN OTERO , JOSE	MALE	MALE	VIGOENTRENA	00:16:27.733	08:14 min/Km	01:41:12.050	8,9 Km/h	00:47:24.530	08:38 min/Km	02:45:04.313
74	70	46	LAGOS PEREIRO , TOÑO	MALE	MALE		00:14:20.813	07:11 min/Km	01:39:39.260	9,0 Km/h	00:52:50.930	09:37 min/Km	02:46:51.003
ABD	ABD	47	LOPEZ RODRIGUEZ , JORGE	MALE	MALE		00:12:46.453	06:24 min/Km	00:57:44.300	15,6 Km/h	00:28:16.520	05:09 min/Km	01:38:47.273
ABD	ABD	55	OREIRO GONZALEZ , ALFONSO	MALE	MALE	CLUB BTT TRIATLON O TREITO LOUSAME	00:10:10.493	05:06 min/Km					
DNF	DNF	38	GOMEZ LOPEZ , IVAN	MALE	MALE	CLUB DEL MAR PULPEIROS BTT	00:12:28.753	06:15 min/Km					
DNF	DNF	5	BARREIRO EIRIZ , JULITO	MALE	MALE	INDEPENDIENTE	00:12:50.493	06:26 min/Km					
DNF	DNF	122	ROMERO ROEL , BEATRIZ	FEMALE	FEMALE		00:15:31.343	07:46 min/Km					