

# VII DUATLON CROSS VILA DE CELANOVA

## - GENERAL PARELLAS -

27 XULLO 2019

POS.	P.CAT.	NUMBER	PARTICIPANTES	CATEGORY	EQUIPO	RUN1	RITMO RUN 1	BIKE	MEDIA	RUN2	RITMO RUN2	META	DIF 1º
1	1	227	DEAÑO CAJIDE , RUBÉN - LOSADA MIRANDA , JOSÉ ANTONIO	MASCULINO	GRUPETA RULO	00:25:35	03:40 min/Km	00:55:46	21,5 Km/h	00:12:55	03:42 min/Km	01:34:15	
2	2	206	VILLANUEVA SABUCEDO , JOSE RAMON - MENDEZ SANTAS , JULIO ALBERTO	MASCULINO	CODIGO BIKE	00:27:54	03:60 min/Km	00:53:56	22,2 Km/h	00:13:53	03:58 min/Km	01:35:42	+00:01:27
3	3	267	NÓVOA DURÁN , AARÓN - ÁLVAREZ GUTIÉRREZ , DAMIÁN	MASCULINO	PROTOUR	00:26:27	03:47 min/Km	00:58:17	20,6 Km/h	00:13:12	03:47 min/Km	01:37:54	+00:03:39
4	4	257	RODRIGUEZ RIVAS , ANTONIO - GOMEZ LORENZO , CARLOS	MASCULINO	EQUIPO AMBIENTAL	00:27:09	03:53 min/Km	00:57:33	20,9 Km/h	00:13:39	03:54 min/Km	01:38:20	+00:04:05
5	5	271	NIETO ESTEVEZ , FERNANDO - MONTES MOURE , FERNANDO	MASCULINO	FERNAN2	00:23:50	03:25 min/Km	01:03:54	18,8 Km/h	00:12:19	03:32 min/Km	01:40:02	+00:05:47
6	6	273	ESTEVEZ PEREIRA , RUBÉN - RODRÍGUEZ GONZÁLEZ , JOSÉ RAMÓN	MASCULINO	ARENTEIRO 2	00:23:31	03:22 min/Km	01:03:57	18,8 Km/h	00:13:28	03:51 min/Km	01:40:55	+00:06:40
7	7	208	CASADO PORTO , DAVID - FERNANDEZ ENCINA , ALBERTO	MASCULINO	VIGOMASTER	00:25:18	03:37 min/Km	01:03:48	18,8 Km/h	00:12:30	03:35 min/Km	01:41:36	+00:07:21
8	8	243	FERNANDEZ OBENZA , YAGO - VAZQUEZ CARRAL , AKEX	MASCULINO	ARENTEIROMOSQUETEIRO	00:27:06	03:53 min/Km	01:01:48	19,4 Km/h	00:13:19	03:49 min/Km	01:42:12	+00:07:57
9	9	252	FERNANDEZ CIVEIRA , IVAN - RODRÍGUEZ GONZÁLEZ , ALBERTO	MASCULINO	OS AMIGOS	00:26:47	03:50 min/Km	01:02:21	19,2 Km/h	00:13:28	03:51 min/Km	01:42:34	+00:08:19
10	10	261	BLANCO BLANCO , JOSE MANUEL - FEJOO TRAVESO , NACHO	MASCULINO	CC 2 RODAS PREFABRICADOS FEJOO	00:26:09	03:45 min/Km	01:03:53	18,8 Km/h	00:14:07	04:02 min/Km	01:44:08	+00:09:53
11	11	231	LEIVA SOUTIÑO , IVAN - LOPEZ SABARIS , IVAN	MASCULINO	CC OS MOSQUETEIROS IVAN	00:26:30	03:48 min/Km	01:05:21	18,4 Km/h	00:13:34	03:53 min/Km	01:45:24	+00:11:09
12	12	260	COSTA PEREIRA , MARCOS - VILA ESTEVEZ , FRANCISCO	MASCULINO	VIGOMASTER 2	00:25:25	03:38 min/Km	01:07:38	17,7 Km/h	00:13:08	03:46 min/Km	01:46:10	+00:11:55
13	13	258	RODRÍGUEZ ARMADA , EDUARDO - CORBILLON TRIGO , FELISINDO	MASCULINO	OS CAXATOS	00:26:30	03:48 min/Km	01:06:51	18,0 Km/h	00:13:11	03:46 min/Km	01:46:31	+00:12:16
14	1	253	FORMOSO RECAREY , ALEJANDRA - FORMOSO OTERO , JOSÉ VICENTE	MIXTO	TRIKI TEAM	00:28:37	04:06 min/Km	01:03:38	18,9 Km/h	00:14:24	04:07 min/Km	01:46:38	+00:12:23
15	14	210	ANTELO MARTINEZ , JOSÉ RAMON - VILLAR CAAMAÑO , ALFONSO	MASCULINO	PONTE TRAIL B	00:27:00	03:52 min/Km	01:06:44	18,0 Km/h	00:13:44	03:56 min/Km	01:47:27	+00:13:12
16	15	217	ARIAS COSTAS , NICOLAS - ARIAS COSTAS , DARIO	MASCULINO	LOS ARIAS	00:27:40	03:58 min/Km	01:07:25	17,8 Km/h	00:13:08	03:46 min/Km	01:48:13	+00:13:58
17	16	221	ÁRCEGA CASTILLO , LUIS JAVIER - GONZÁLEZ LÓPEZ , JOSÉ ANTONIO	MASCULINO	PATO BLANCO	00:28:28	04:04 min/Km	01:06:31	18,0 Km/h	00:14:12	04:04 min/Km	01:49:10	+00:14:55
18	17	233	ALVAREZ ARMADA , MARCOS - MARTINEZ SENDIN , JULIO	MASCULINO	JULIO MARTINEZ Y MARCOS ALVAREZ	00:27:58	03:60 min/Km	01:07:42	17,7 Km/h	00:14:06	04:02 min/Km	01:49:45	+00:15:30
19	2	205	FERRO COD , BORJA - ARAUJO LOSADA , ROSA MARIA	MIXTO	RB	00:32:44	04:41 min/Km	01:02:44	19,1 Km/h	00:15:42	04:30 min/Km	01:51:09	+00:16:54
20	18	220	TORRES BARREIROS , SAMUEL - SÁENZ RODRÍGUEZ , IVÁN	MASCULINO	LOS COSTIÑA	00:25:47	03:41 min/Km	01:12:40	16,5 Km/h	00:13:00	03:43 min/Km	01:51:27	+00:17:12
21	19	249	RODRÍGUEZ IGLESIAS , JOSE LUIS - TOLEDO ESTEVEZ , JOSE MANUEL	MASCULINO	OS JOSES	00:27:13	03:54 min/Km	01:11:09	16,9 Km/h	00:13:28	03:51 min/Km	01:51:50	+00:17:35
22	20	248	ABELLAS OTERO , JOSE BENITO - FERNANDEZ CANOSSA , GUSTAVO	MASCULINO	FAURECIA TEAM	00:30:55	04:25 min/Km	01:04:41	18,6 Km/h	00:16:33	04:44 min/Km	01:52:08	+00:17:53
23	3	215	VARELA SANTISO , PATRICIA - CARDOSO COSTA , NELSON JOSE	MIXTO	CC OS MOSQUETEIROS	00:30:24	04:21 min/Km	01:08:10	17,6 Km/h	00:15:03	04:18 min/Km	01:53:35	+00:19:20
24	21	268	DOMÍNGUEZ RECAREY , FRANCISCO - BERIAS LAIÑO , LUÍS MIGUEL	MASCULINO	PONTE TRAIL A	00:30:38	04:23 min/Km	01:08:36	17,5 Km/h	00:14:38	04:11 min/Km	01:53:51	+00:19:36
25	22	241	SANTOS MÉNDEZ , AGUSTÍN - IGLESIAS VILA , FRANCISCO JOSÉ	MASCULINO	TABOADELA BIKE/RUNNING 1	00:28:12	04:02 min/Km	01:11:55	16,7 Km/h	00:14:04	04:02 min/Km	01:54:09	+00:19:54
26	23	222	GÓMEZ , VÍCTOR - LIMA PINTO , PLÁCIDO	MASCULINO	CORRECAMINOS	00:27:38	03:57 min/Km	01:13:20	16,4 Km/h	00:13:48	03:57 min/Km	01:54:46	+00:20:31
27	24	265	GARCIA DIEGUEZ , ALVARO - GARCIA DIEGUEZ , SANTIAGO	MASCULINO	OS VILUXOS	00:27:20	03:55 min/Km	01:16:16	15,7 Km/h	00:13:49	03:57 min/Km	01:57:24	+00:23:09
28	4	247	FERNANDEZ MARTINEZ , ROSANA - FERNANDEZ VIDAL , ANGEL	MIXTO	TRIKI TEAM 2	00:31:21	04:29 min/Km	01:11:51	16,7 Km/h	00:14:52	04:15 min/Km	01:58:03	+00:23:48
29	25	235	DOMÍNGUEZ RODRÍGUEZ , JOSÉ EMILIO - REY ESPINOSA , HUGO	MASCULINO	TABOADELA BIKE Y RUNNING 2	00:28:15	04:03 min/Km	01:15:07	16,0 Km/h	00:15:09	04:20 min/Km	01:58:30	+00:24:15
30	26	226	LOSADA CONDE , DAVID - LOSADA CONDE , FEDERICO	MASCULINO	CASTRO TRAIL	00:24:06	03:27 min/Km	01:21:53	14,7 Km/h	00:12:41	03:38 min/Km	01:58:38	+00:24:23
31	5	204	ARIAS MARTINEZ , MARIA DEL CARMEN - NIETO ESTEVEZ , JORGE	MIXTO	ARIAS NIETO	00:29:09	04:10 min/Km	01:14:44	16,1 Km/h	00:14:54	04:16 min/Km	01:58:47	+00:24:32
32	27	216	LÓPEZ PÉREZ , EDUARDO - NAVAL CALVIÑO , ANTONIO JOSE	MASCULINO	OS MASTER 50	00:29:59	04:17 min/Km	01:13:44	16,3 Km/h	00:15:32	04:27 min/Km	01:59:14	+00:24:59
33	28	274	PEREZ GONZALEZ , MANUEL - BLANCO POUSADAS , MIGUEL	MASCULINO	MIMICA	00:27:39	03:57 min/Km	01:17:37	15,5 Km/h	00:14:08	04:03 min/Km	01:59:23	+00:25:08
34	29	256	GONZALEZ PRIETO , FRANCISCO - MENO BARJA , JOAQUIN	MASCULINO	OS BADANAS BIKERS 2	00:27:35	03:57 min/Km	01:19:16	15,1 Km/h	00:13:57	03:60 min/Km	02:00:47	+00:26:32
35	30	234	DE BESSA DE DIOS , JOSE FRANCISCO - IGLESIAS NÓVOA , CARLOS	MASCULINO	ATLETISMO XUNQUEIRA	00:29:02	04:09 min/Km	01:16:49	15,6 Km/h	00:15:04	04:19 min/Km	02:00:54	+00:26:39
36	6	228	LOSADA GARCIA , OSCAR - FERREIRO OPAZO , MARTA	MIXTO	MARTISOSCARIS	00:35:08	05:02 min/Km	01:08:38	17,5 Km/h	00:17:48	05:06 min/Km	02:01:33	+00:27:18
37	31	266	SÁNCHEZ MARIN , MARCOS - DIZ DOMINGUEZ , ADOLFO	MASCULINO	OS SACAPUNTAS	00:32:08	04:36 min/Km	01:14:07	16,2 Km/h	00:15:46	04:31 min/Km	02:02:00	+00:27:45
38	32	229	GARCÍA GARRIDO , JOSE FRANCISCO - CARDOSO MARTINS , SERGIO FERNANDO	MASCULINO	SERGIO Y JOSE	00:30:51	04:25 min/Km	01:15:35	15,9 Km/h	00:15:57	04:34 min/Km	02:02:22	+00:28:07
39	33	259	GARCÍA RODRIGUEZ , LOLO - GARCÍA PEÑA , ALBERTO	MASCULINO	AA	00:30:28	04:22 min/Km	01:16:59	15,6 Km/h	00:15:15	04:22 min/Km	02:02:41	+00:28:26
40	34	203	REZA MIRANDA , IVÁN - REZA MIRANDA , GERMÁN	MASCULINO	AZERS	00:32:06	04:36 min/Km	01:14:11	16,2 Km/h	00:16:42	04:47 min/Km	02:02:57	+00:28:42
41	7	224	PEON SANTOME , LUCIA - MARTINEZ VARELA , J.LUIS	MIXTO	CCTRASDEZA	00:31:49	04:33 min/Km	01:15:44	15,8 Km/h	00:16:00	04:35 min/Km	02:03:31	+00:29:16
42	8	270	DÍAZ ARAÚJO , ROSA AMELIA - MÁRQUEZ RODRÍGUEZ , JULIO	MIXTO	VELEROS	00:37:23	05:21 min/Km	01:07:40	17,7 Km/h	00:18:31	05:18 min/Km	02:03:33	+00:29:18
43	35	272	STOEHR RODRIGUEZ , TOME - QIU , XULEI	MASCULINO	EQUIPO XT	00:33:51	04:51 min/Km	01:13:26	16,3 Km/h	00:16:26	04:42 min/Km	02:03:42	+00:29:27

## VII DUATLON CROSS VILA DE CELANOVA

## - GENERAL PARELLAS -

27 XULLO 2019

POS.	P.CAT.	NUMBER	PARTICIPANTES	CATEGORY	EQUIPO	RUN1	RITMO RUN 1	BIKE	MEDIA	RUN2	RITMO RUN2	META	DIF 1º
44	1	0	CABOT PÉREZ, MARÍA - DAPÍA RODRÍGUEZ, ANDREA - CABOT PÉREZ, CARMEN	FEMENINO	3 GERRERAS	00:30:07	04:19 min/Km	01:19:20	15,1 Km/h	00:15:05	04:19 min/Km	02:04:32	+00:30:17
45	9	236	RODRÍGUEZ RODRÍGUEZ, IRIA - LEGASPI DIAZ, FRANCISCO	MIXTO	IRIA Y FRAN	00:33:09	04:45 min/Km	01:14:28	16,1 Km/h	00:17:20	04:58 min/Km	02:04:56	+00:30:41
46	10	207	FRAGA REY, MIGUEL - BARREIROS ARNOSO, JUANA	MIXTO	AD JARCHAS	00:34:00	04:52 min/Km	01:14:26	16,1 Km/h	00:16:55	04:50 min/Km	02:05:20	+00:31:05
47	36	246	RODRÍGUEZ NIEVES, TOÑO - PEREZ ALONSO, JAVIER	MASCULINO	OS BADANAS BIKERS	00:30:49	04:25 min/Km	01:19:49	15,0 Km/h	00:15:05	04:19 min/Km	02:05:42	+00:31:27
48	37	219	LÓPEZ LÓPEZ, ROBERTO - LÓPEZ LÓPEZ, JORGE	MASCULINO	CARREIRA SPORT	00:29:00	04:09 min/Km	01:21:54	14,7 Km/h	00:15:05	04:19 min/Km	02:05:57	+00:31:42
49	38	245	DIAZ, ANTONIO - MIRANDA, ROBERTO	MASCULINO	HAI BOA PRESA	00:29:32	04:14 min/Km	01:25:05	14,1 Km/h	00:14:47	04:14 min/Km	02:09:22	+00:35:07
50	39	209	TEJEDOR ESTÉVEZ, EDUARDO - CADAYA ÁLVAREZ, JUAN CARLOS	MASCULINO	LOS PIG	00:28:34	04:05 min/Km	01:26:39	13,8 Km/h	00:14:32	04:10 min/Km	02:09:44	+00:35:29
51	2	269	DE JESUS DA SILVA SOUSA, SOFIA - PÉREZ RODRÍGUEZ, PAMELA	FEMENINO	AS MOSQUETEIRAS	00:32:35	04:40 min/Km	01:20:52	14,8 Km/h	00:16:32	04:44 min/Km	02:09:58	+00:35:43
52	11	255	IGLESIAS, ZOILA ROSA - ABADIN, JOSE LUIS	MIXTO	TEAM 22	00:38:44	05:32 min/Km	01:06:59	17,9 Km/h	00:25:34	07:19 min/Km	02:11:15	+00:37:00
53	40	250	FERNANDEZ ARMESTO, EDGAR - GONZALEZ RIVEIRO, JOSE LUIS	MASCULINO	NSB CELANOVA	00:28:16	04:03 min/Km	01:28:41	13,5 Km/h	00:14:31	04:09 min/Km	02:11:27	+00:37:12
54	41	225	VELASCO ARIAS, CARLOS ANTONIO - VÁZQUEZ FERNÁNDEZ, JOSÉ	MASCULINO	VANDV CUNADOS	00:28:13	04:02 min/Km	01:29:01	13,5 Km/h	00:14:42	04:12 min/Km	02:11:55	+00:37:40
55	12	262	CANOURA ABEIJON, MANUEL - RAMOS ONS, ANA	MIXTO	PONTE TRAIL MIXTO	00:26:38	03:49 min/Km	01:30:30	13,3 Km/h	00:15:12	04:21 min/Km	02:12:20	+00:38:05
56	42	239	LOSADA LÓPEZ, JORGE - FEJOO RODRÍGUEZ, CARLOS	MASCULINO	GONTAN	00:32:02	04:35 min/Km	01:24:38	14,2 Km/h	00:17:04	04:53 min/Km	02:13:43	+00:39:28
57	13	223	IGLESIAS GONZÁLEZ, PILAR - VÁZQUEZ DOMÍNGUEZ, DAVID	MIXTO	EQUIPO Z	00:33:01	04:43 min/Km	01:24:08	14,3 Km/h	00:17:21	04:58 min/Km	02:14:29	+00:40:14
58	43	263	GAUNA CORREA, ROLANDO - MALVIDO RODRÍGUEZ, JOSÉ MANUEL	MASCULINO	TUMBATOXOS	00:32:36	04:40 min/Km	01:24:05	14,3 Km/h	00:18:16	05:14 min/Km	02:14:55	+00:40:40
59	44	218	CONDE LAGO, GABRIEL - CONDE BOULLOSA, JUAN	MASCULINO	ATLETISMO BAIONA	00:32:22	04:38 min/Km	01:26:59	13,8 Km/h	00:15:41	04:29 min/Km	02:15:01	+00:40:46
60	45	230	CAMESELLE PINTOS, ANGEL D. - LÓPEZ DE LA FUENTE, JUAN	MASCULINO	TEAVI	00:29:25	04:13 min/Km	01:30:49	13,2 Km/h	00:15:04	04:19 min/Km	02:15:17	+00:41:02
61	46	244	BECKING, JEAN PHILIPPE - VISPO DÍAZ, JOSÉ LUIS	MASCULINO	PANA	00:27:46	03:58 min/Km	01:33:31	12,8 Km/h	00:14:25	04:08 min/Km	02:15:42	+00:41:27
62	47	254	GONZALEZ LAGE, ESTEBAN - GARRIDO POSE, RULLAR	MASCULINO	DOWNHILL	00:24:09	03:27 min/Km	01:35:15	12,6 Km/h	00:16:21	04:41 min/Km	02:15:45	+00:41:30
63	48	213	SUÁREZ SUAREZ, MARTIN - SUÁREZ SUAREZ, ALVARO	MASCULINO	TRANSPORTES SUAREZ	00:26:27	03:47 min/Km	01:38:08	12,2 Km/h	00:13:02	03:44 min/Km	02:17:36	+00:43:21
64	14	212	RODRÍGUEZ GONZÁLEZ, LOLA - PEREIRA GONZÁLEZ, JAVIER	MIXTO	JAVIER Y LOLA	00:32:35	04:40 min/Km	01:27:44	13,7 Km/h	00:17:30	05:00 min/Km	02:17:47	+00:43:32
65	15	232	SEGUIN OUTEIRIÑO, LETICIA - ALVAREZ PEREZ, IVAN	MIXTO	INTER DE MITENTE	00:38:39	05:32 min/Km	01:20:36	14,9 Km/h	00:19:51	05:41 min/Km	02:19:05	+00:44:50
66	49	214	RODRÍGUEZ ORTEGA, JOSÉ LUIS - FERNÁNDEZ RODRÍGUEZ, JOSÉ ÁNGEL	MASCULINO	JL RACHA	00:31:10	04:28 min/Km	01:35:44	12,5 Km/h	00:15:35	04:28 min/Km	02:22:28	+00:48:13
67	50	201	VÁZQUEZ CASAL, ARTURO - VISPO SEOANE, ERIK	MASCULINO	VISVAZ	00:32:54	04:42 min/Km	01:32:58	12,9 Km/h	00:17:22	04:58 min/Km	02:23:14	+00:48:59
68	16	238	PARDO FERNANDEZ, TOÑA - ROGRIGUEZ ALVAREZ, JOSE LUIS	MIXTO	LOS UNBROKEN	00:35:51	05:08 min/Km	01:29:36	13,4 Km/h	00:18:13	05:13 min/Km	02:23:39	+00:49:24
69	51	211	FERNÁNDEZ GARCÍA, MANUEL - FERNÁNDEZ ÁLVAREZ, IVÁN	MASCULINO	ESTRELLAS TEAM	00:33:10	04:45 min/Km	01:33:35	12,8 Km/h	00:17:39	05:03 min/Km	02:24:23	+00:50:08
70	52	264	BARROS VÁZQUEZ, MANUEL - SAAVEDRA GAYOSO, NINO	MASCULINO	CORREOS	00:30:22	04:21 min/Km	01:40:06	12,0 Km/h	00:15:32	04:27 min/Km	02:26:00	+00:51:45
DNF		240	ALONSO DIAZ, ALEX - RODRÍGUEZ ÁLVAREZ, CARMELO	MASCULINO	TUNANTES	00:30:45	04:24 min/Km	01:53:51	10,5 Km/h				
DNF		202	MOSQUERA RODRIGUEZ, JAVIER - TAIN FERNANDEZ, ALBERTO	MASCULINO	AD OVALA2	00:31:47	04:33 min/Km	02:20:20	8,6 Km/h				