

| POS. | P.CAT. | NUMBER | PARTICIPANT | CATEGORY | CLUB | COMPONENTES EQUIPO | RUN1 | RITMO | BIKE | MEDIA | RUN2 | RITMO | META | DIF 1º |
|------|--------|--------|--|----------|---|--|--------------|--------------|--------------|-----------|--------------|--------------|--------------|---------------|
| 1 | 1 | 213 | MC BIKES PRO TEAM | MALE | MC BIKES PRO TEAM - MC BIKES PRO TEAM | BUJAN SANTOS, EDUARDO - MATO CARAMES, ANTONIO | 00:15:54.170 | 03:59 min/Km | 00:49:55.100 | 21,6 Km/h | 00:05:56.720 | 02:59 min/Km | 01:11:45.990 | |
| 2 | 2 | 218 | TEAM CORBELO | MALE | C.C. CORBELO - C.C. CORBELO | PORTELA FERNANDEZ, DANIEL - PEREZ FERNANDEZ, BRUNO | 00:15:31.310 | 03:53 min/Km | 00:54:41.400 | 19,7 Km/h | 00:05:37.780 | 02:49 min/Km | 01:15:50.490 | +00:07:00.740 |
| 3 | 3 | 223 | KIKO CTPOIO | MALE | KIKO CTPOIO - KIKO CTPOIO | TOUCEDO SANTOS, ESTEBAN - GARCIA ABALO, KIKO | 00:14:46.620 | 03:42 min/Km | 00:58:29.280 | 18,5 Km/h | 00:05:30.830 | 02:46 min/Km | 01:18:46.730 | +00:12:38.460 |
| 4 | 4 | 222 | PARA QUE ME INVITAS SI SABES COMO ME PONGO | MALE | INDEPENDIENTE - INDEPENDIENTE | BUSTO GALLARDO, JOSE MANUEL - LOPEZ CAAMAÑO, DIEGO | 00:18:01.400 | 04:31 min/Km | 00:58:12.997 | 18,6 Km/h | 00:06:36.853 | 03:19 min/Km | 01:22:51.250 | +00:11:05.260 |
| 5 | 5 | 210 | TOLUÑOIS | MALE | INDEPENDIENTE - CC OS SALTAMONTES | VAZQUEZ REIRIZ, LUIS - PENA ARMENTAL, JOSE ANTONIO | 00:16:49.820 | 04:13 min/Km | 01:01:28.160 | 17,6 Km/h | 00:06:06.470 | 03:04 min/Km | 01:24:24.450 | +00:13:25.060 |
| 6 | 1 | 205 | PORTUS APOSTOLI | MIXED | INDEPENDIENTE - INDEPENDIENTE | GARCIA LORENZO, SILVIA - PEREZ MARTINEZ, PEPE | 00:19:20.750 | 04:51 min/Km | 00:58:31.440 | 18,5 Km/h | 00:07:18.860 | 03:40 min/Km | 01:25:11.050 | +00:14:34.280 |
| 7 | 6 | 219 | LIADA PADRE | MALE | MC BIKES PRO TEAM - MC BIKES PRO TEAM | DOSIL MOLEDO, ISAAC - MATO CARAMES, JUAN JOSE | 00:19:21.760 | 04:51 min/Km | 01:00:25.880 | 17,9 Km/h | 00:06:32.630 | 03:17 min/Km | 01:26:20.270 | +00:15:04.680 |
| 8 | 7 | 215 | OZONO GYM BOIRO | MALE | BARBANZA BIKE - VENGADORES BEONE | EIRAS CASTRO, JAVIER - ROMERO VÁZQUEZ, MANUEL | 00:15:54.020 | 03:59 min/Km | 01:04:58.120 | 16,6 Km/h | 00:05:58.530 | 02:60 min/Km | 01:26:50.670 | +00:15:38.620 |
| 9 | 2 | 208 | PONTE TRAIL | MIXED | PONTE TRAIL - PONTE TRAIL | GARCÍA VIDAL, FRANCISCO JAVIER - GONZALEZ RONQUETE, VANESA MARIA | 00:23:26.580 | 05:52 min/Km | 00:55:46.340 | 19,4 Km/h | 00:08:11.690 | 04:06 min/Km | 01:27:24.610 | +00:17:46.250 |
| 10 | 8 | 207 | OS MAULAS | MALE | C.P.C. TOXO - C.P.C. TOXO | GOLAN LEON, DAVID - AGRASAR CES, MARTIN | 00:18:39.880 | 04:40 min/Km | 01:04:36.083 | 16,7 Km/h | 00:06:16.277 | 03:09 min/Km | 01:29:32.240 | +00:17:58.850 |
| 11 | 9 | 212 | CORRECAMIÑOS | MALE | BARBANTIA RODA - BARBANZABIKE | MUÑIZ SANVICENTE, MIGUEL ANGEL - OUTEIRAL SECO, MARTÍN | 00:19:04.100 | 04:47 min/Km | 01:04:12.140 | 16,8 Km/h | 00:06:28.600 | 03:15 min/Km | 01:29:44.840 | +00:19:12.110 |
| 12 | 3 | 206 | ORIXINAL MGM TEAM | MIXED | ARTROGAL TRI 498 - P.C. NOELA | GONZALEZ MARTINEZ, MARIA - BATALLA ONS, AGUSTIN | 00:17:56.890 | 04:30 min/Km | 01:06:20.870 | 16,3 Km/h | 00:06:40.340 | 03:21 min/Km | 01:30:58.100 | +00:19:15.120 |
| 13 | 10 | 220 | JOSETEAM | MALE | INDEPENDIENTE - INDEPENDIENTE | CANOURA ABEIJON, MANUEL - MAYO FIGUEIRAS, JOSE MANUEL | 00:17:52.490 | 04:29 min/Km | 01:06:19.980 | 16,3 Km/h | 00:06:48.640 | 03:25 min/Km | 01:31:01.110 | +00:20:05.430 |
| 14 | 11 | 203 | CAAMAÑO PONTE A ENTRENAR | MALE | CLUB O TREITO - CLUB ATLETISMO OUTES | CAAMAÑO SIEIRA, JOSÉ ANTONIO - QUINTIÁN AGRAFOJO, JOSÉ MANUEL | 00:17:36.510 | 04:25 min/Km | 01:07:36.400 | 16,0 Km/h | 00:06:38.510 | 03:20 min/Km | 01:31:51.420 | +00:21:13.290 |
| 15 | 12 | 211 | MIGUEL Y JUAN | MALE | INDEPENDIENTE - INDEPENDIENTE | TEIRA GONZALEZ, MIGUEL - PARADA FIGUEIRAS, JUAN JOSE | 00:21:07.940 | 05:17 min/Km | 01:04:54.900 | 16,6 Km/h | 00:06:56.440 | 03:29 min/Km | 01:32:59.280 | +00:21:37.580 |
| 16 | 13 | 221 | CHORONS | MALE | INDEPENDIENTE - INDEPENDIENTE | SESTAYO SESTAYO, EFREN - SESTAYO SESTAYO, NOLO | 00:19:19.990 | 04:50 min/Km | 01:07:19.510 | 16,0 Km/h | 00:06:44.130 | 03:23 min/Km | 01:33:23.570 | +00:22:47.260 |
| 17 | 14 | 216 | TRI 1906 | MALE | INDEPENDIENTE - INDEPENDIENTE | REY MIRANDA, JAVIER - LOUREIRO AMENEIROS, DANIEL | 00:17:28.460 | 04:23 min/Km | 01:10:36.830 | 15,3 Km/h | 00:06:27.960 | 03:14 min/Km | 01:34:33.250 | +00:23:05.150 |
| 18 | 15 | 214 | SALTAMONTES TRIBU TRAIL | MALE | TRIBU TRAIL - TRIBU TRAIL | IBÁÑEZ PEREIRO, AITOR - SANTOS GARCIA, JUAN JOSE | 00:18:04.760 | 04:32 min/Km | 01:10:09.960 | 15,4 Km/h | 00:06:36.420 | 03:19 min/Km | 01:34:51.140 | +00:24:57.150 |
| 19 | 16 | 204 | CLUB DO MAR NOIA | MALE | INDEPENDIENTE - INDEPENDIENTE | PÉREZ FERRÁS, JORGE - HERMO CARRACEDO, JOSE ANTONIO | 00:21:51.970 | 05:28 min/Km | 01:07:04.680 | 16,1 Km/h | 00:07:46.490 | 03:54 min/Km | 01:36:43.140 | +00:27:27.320 |
| 20 | 4 | 209 | LOUSAME TEAM | MIXED | CLUB ATLETISMO LOUSAME - CLUB ATLETISMO LOUSAME | SUAREZ MONTERO, BEATRIZ - GOMEZ VILA, ALBERTO | 00:25:19.230 | 06:20 min/Km | 01:05:06.043 | 16,6 Km/h | 00:08:48.037 | 04:25 min/Km | 01:39:13.310 | +00:30:57.570 |
| 21 | 17 | 201 | CLUB CICLISMO TRIATLÓN POIO A | MALE | CLUB CICLISMO TRIATLÓN POIO - CLUB CICLISMO TRIATLÓN POIO | AGÍS GRAÑA, ALBERTO - VERA SANMARTÍN, CLAUDIO | 00:18:26.950 | 04:37 min/Km | 01:17:27.620 | 13,9 Km/h | 00:06:48.990 | 03:25 min/Km | 01:42:43.560 | +01:03:35.770 |
| 22 | 1 | 202 | DUAS MELLOR QUE UNHA | FEMALE | INDEPENDIENTE - INDEPENDIENTE | ALVAREZ QUINTEIRO, ANA - SOBRIDO MOLEDO, MARI | 00:25:59.070 | 06:30 min/Km | 01:39:07.510 | 10,9 Km/h | 00:10:15.180 | 05:08 min/Km | 02:15:21.760 | |