

X DUATLÓN CROS DE REIS - CONCELLO DE VIMIANZO

13 XANEIRO 2019

- GENERAL INDIVIDUAL -

GALITIMING
DUATLÓN

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	RUN1	BIKE	RUN 2	META			
1	1	105	PIÑEIRO LOPEZ , MANUEL	MALE	CIDADE DE LUGO FLUVIAL	00:19:55	03:42 min/Km	00:43:33	28,9 Km/h	00:12:45	03:33 min/Km	01:16:11
2	2	22	CALZAS ÍNSUA , DAVID	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:20:02	03:43 min/Km	00:43:51	28,7 Km/h	00:13:20	03:43 min/Km	01:17:12
3	3	30	CASTIÑEIRA PAIS , GABRIEL	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:20:20	03:46 min/Km	00:45:11	27,9 Km/h	00:13:00	03:37 min/Km	01:18:30
4	4	123	ROJO LUACES , ADRIÁN	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:20:16	03:46 min/Km	00:48:04	26,2 Km/h	00:13:29	03:45 min/Km	01:21:49
5	5	63	GONZÁLEZ ARIAS , NAVA	MALE	TRIATLÓN ARTEIXO	00:20:34	03:49 min/Km	00:48:26	26,0 Km/h	00:13:11	03:40 min/Km	01:22:10
6	6	97	PAIS FONDO , FRANCISCO	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:20:24	03:47 min/Km	00:48:45	25,8 Km/h	00:13:15	03:41 min/Km	01:22:23
7	7	39	ESTEVEZ PEREIRA , RUBEN	MALE	BEARIZ TRIATLON	00:21:08	03:55 min/Km	00:47:46	26,4 Km/h	00:13:43	03:49 min/Km	01:22:36
8	8	82	MALVÁREZ LOURO , JESÚS	MALE	CC MUROS TRIATLÓN	00:21:11	03:56 min/Km	00:48:14	26,1 Km/h	00:13:43	03:49 min/Km	01:23:06
9	9	73	LANDEIRA CASTRO , DAVID	MALE	A.D. MEDIA DUCIA	00:20:22	03:47 min/Km	00:49:32	25,4 Km/h	00:13:26	03:44 min/Km	01:23:19
10	10	135	TARELA MIRAMONTES , DANIEL	MALE	CLUB BTTTRIATLON O TREITO	00:21:23	03:58 min/Km	00:47:32	26,5 Km/h	00:15:16	04:15 min/Km	01:24:09
11	11	126	MARTINEZ MEDINA , ESTIVEL	MALE		00:21:50	04:03 min/Km	00:48:43	25,9 Km/h	00:13:50	03:51 min/Km	01:24:22
12	12	71	JUANATEY GARCIA , CARLOS	MALE	ARTROGAL TRI-498	00:20:22	03:47 min/Km	00:51:08	24,6 Km/h	00:12:57	03:36 min/Km	01:24:26
13	13	111	RAMOS FERROL , ARTURO	MALE	CLUB TRIATLÓN COMPOSTELA	00:21:11	03:56 min/Km	00:49:47	25,3 Km/h	00:13:31	03:46 min/Km	01:24:29
14	14	51	FERNANDEZ VIDAL , PORFIRIO	MALE	CCT POIO	00:21:41	04:01 min/Km	00:48:50	25,8 Km/h	00:14:17	03:59 min/Km	01:24:48
15	15	70	HOUT VARELA , FADY	MALE	CLUB NATACIÓN LICEO	00:21:17	03:57 min/Km	00:49:59	25,2 Km/h	00:13:53	03:52 min/Km	01:25:09
16	16	119	RODRIGUEZ GONZALEZ , JAVIER	MALE	CLUB TRIATLON O TOXO	00:22:10	04:07 min/Km	00:48:48	25,8 Km/h	00:15:07	04:12 min/Km	01:26:04
17	17	18	BUJAN SANTOS , EDUARDO	MALE	CPC TOXO	00:22:48	04:14 min/Km	00:49:13	25,6 Km/h	00:14:36	04:04 min/Km	01:26:35
18	18	66	GONZALEZ FRANCO , RAMIRO	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:22:23	04:09 min/Km	00:49:38	25,4 Km/h	00:14:57	04:10 min/Km	01:26:58
19	19	9	ASPEREZ DOPAZO , DAVID	MALE	CLUB CICLISTA TRIATLÓN POIO	00:22:39	04:12 min/Km	00:49:29	25,5 Km/h	00:15:07	04:12 min/Km	01:27:15
20	20	29	CASTIÑEIRA PAIS , MARCO	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:22:12	04:07 min/Km	00:50:29	25,0 Km/h	00:14:45	04:06 min/Km	01:27:24
21	21	37	DOPICO LÓPEZ , FRANCISCO JAVIER	MALE	INDEPENDIENTE	00:24:47	04:36 min/Km	00:48:10	26,2 Km/h	00:15:11	04:14 min/Km	01:28:07
22	22	26	CANTO BAÑA , BORJA	MALE	CLUB TRIATLÓN CORUÑA	00:24:09	04:29 min/Km	00:49:16	25,6 Km/h	00:15:00	04:10 min/Km	01:28:24
23	23	101	PAZ CARRAMAL , MANUEL	MALE	CCTPOIO	00:23:42	04:24 min/Km	00:49:23	25,5 Km/h	00:15:53	04:25 min/Km	01:28:57
24	24	83	MANEIRO TRILLO , DANIEL	MALE	CLUB BTTTRIATLON O TREITO	00:21:26	03:59 min/Km	00:54:00	23,3 Km/h	00:13:56	03:53 min/Km	01:29:21
25	25	76	LOMBA SANCHEZ , LUIS	MALE	CLUB O PASATEMPO	00:22:11	04:07 min/Km	00:51:57	24,3 Km/h	00:15:26	04:18 min/Km	01:29:32
26	26	108	PRIETO CAAMAÑO , JAIRO	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:23:16	04:19 min/Km	00:51:10	24,6 Km/h	00:15:08	04:13 min/Km	01:29:33
27	27	1	AGRASAR CES , MARTIN	MALE	C.P.C. O TOXO	00:24:58	04:38 min/Km	00:50:29	25,0 Km/h	00:14:55	04:09 min/Km	01:30:22
28	28	20	CACHO MOSQUERA , JAVIER	MALE		00:23:52	04:26 min/Km	00:50:53	24,8 Km/h	00:16:01	04:27 min/Km	01:30:44
29	29	137	TOMBO , JORGE	MALE	IFITCENTER.COM	00:23:38	04:23 min/Km	00:52:05	24,2 Km/h	00:15:45	04:23 min/Km	01:31:27
30	30	35	DE LA IGLESIA CREO , MAXI	MALE	CLUB BTTTRIATLON O TREITO	00:23:31	04:22 min/Km	00:52:20	24,1 Km/h	00:15:54	04:25 min/Km	01:31:44
31	31	88	MARTINEZ CASTRO , JESUS	MALE	CLUB TRIATLON O TOXO	00:24:48	04:36 min/Km	00:52:18	24,1 Km/h	00:15:46	04:23 min/Km	01:32:51
32	32	129	SANTOS POSE , JOSÉ MANUEL	MALE		00:23:52	04:26 min/Km	00:53:55	23,4 Km/h	00:15:16	04:15 min/Km	01:33:03
33	33	84	MANRESA RAMOS , FRANCISCO	MALE	CLUB CICLISTA TERRAS DO EUME	00:24:38	04:34 min/Km	00:52:29	24,0 Km/h	00:16:04	04:28 min/Km	01:33:10
34	34	100	PASANTES , ARTURO	MALE	INDEPENDIENTE	00:23:34	04:22 min/Km	00:53:51	23,4 Km/h	00:15:48	04:24 min/Km	01:33:12
35	35	74	LEMA NANTON , VICTOR	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:23:58	04:27 min/Km	00:54:09	23,3 Km/h	00:15:31	04:19 min/Km	01:33:37

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36	36	5	ALVAREZ BRAÑA , MARTIN ENRIQUE	MALE	INDEPENDIENTE	00:23:59	04:27 min/Km	00:15:58	01:34:05
37	37	27	CARBALLAL IGLESIAS , ALBERT	MALE		00:34:07	06:20 min/Km	00:21:12	01:34:09
38	38	104	PICÓN ESPÍÑO , ROBERTO	MALE	TRIATLON ARCADE INHORFOUSE	00:22:53	04:15 min/Km	00:13:48	01:34:24
39	39	125	ROMERO VÁZQUEZ , JULIO	MALE	MULTIDEPORTIVO LAXE	00:24:35	04:34 min/Km	00:16:03	01:34:31
40	40	78	LÓPEZ AMOR , ALVARO	MALE	NOSPORTLIMIT	00:24:14	04:30 min/Km	00:15:23	01:34:44
41	41	96	OREIRO VARELA , ADRIÁN	MALE	C. C. MONTENEME CALVO.	00:25:50	04:48 min/Km	00:17:16	01:34:49
42	42	60	GÓMEZ MATO , JAVIER	MALE	MULTIDEPORTIVO LAXE	00:25:08	04:40 min/Km	00:15:22	01:34:49
43	43	43	FERBANDEZ VIDAL , ANGEL	MALE	TRIKI TEAM	00:24:12	04:29 min/Km	00:15:46	01:34:56
44	44	128	SANTÁS IGLESIAS , JOSÉ DANIEL	MALE	AD JARNACHAD	00:26:56	04:60 min/Km	00:16:47	01:36:04
45	45	131	SESTAYO SESTAYO , MANUEL	MALE	CLUB BTTTRIATLON O TREITO	00:25:55	04:48 min/Km	00:16:49	01:36:07
46	1	36	DELGADO GONZALEZ , MAR	FEMALE	TRESLUNAS VAUTO MERIDA BIKES	00:24:30	04:33 min/Km	00:16:31	01:36:40
47	46	7	ANDRADE VILLAR , ROBERTO	MALE	TRIATLÓN ARTEIXO	00:23:46	04:25 min/Km	00:16:40	01:37:18
48	47	116	RIVAS FEAL , ANTONIO	MALE	CLUB HÉRCULES TERMARIA	00:24:39	04:34 min/Km	00:14:36	01:37:29
49	48	75	LEMA ORDÓÑEZ , ELOY	MALE	MOUNTAINBAIO	00:24:18	04:30 min/Km	00:16:24	01:37:51
50	49	19	CABANA PÉREZ , ANGEL	MALE		00:24:01	04:27 min/Km	00:15:30	01:37:58
51	50	138	TRILLO BLANCO , ANGEL	MALE	CPC TOXO	00:26:52	04:59 min/Km	00:16:24	01:38:04
52	51	117	RODRIGUEZ , JOSE	MALE	ACO	00:34:54	06:28 min/Km	00:25:11	01:38:07
53	52	145	VILAR ABELENDA , DANIEL	MALE	CC SANTA COMPAÑA	00:24:44	04:35 min/Km	00:17:32	01:39:05
54	53	15	BLANCO PENSADO , JONATAN	MALE	CC SANTA COMPAÑA	00:25:03	04:39 min/Km	00:17:30	01:39:05
55	54	46	FERNANDEZ DURAN , ANTONIO	MALE	CLUB TRIATLÓN COSTA DA MORTE	00:24:41	04:35 min/Km	00:15:26	01:39:24
56	55	4	ALONSO FILGUEIRA , MARCOS	MALE	TRES LUNAS VALDEORRAS	00:22:57	04:15 min/Km	00:14:46	01:39:28
57	2	10	BARBEITO DOMÍNGUEZ , MARTA	FEMALE	AD NAUTICO NARON	00:26:58	04:60 min/Km	00:16:51	01:39:44
58	56	77	LÓPEZ ALVAREZ , CESAR	MALE		00:27:47	05:09 min/Km	00:17:58	01:39:44
59	57	59	GARCIA QUIZA , SANTIAGO	MALE	CLUB CICLISTA CARIÑO	00:27:04	05:01 min/Km	00:17:32	01:40:01
60	58	31	CASTRO CAMBÓN , JOSÉ DANIEL	MALE	INDEPENDIENTE	00:26:54	04:59 min/Km	00:18:11	01:40:14
61	59	16	BRENLLA FAJIN , SATIRO	MALE	TARTARUGAS	00:24:33	04:33 min/Km	00:15:15	01:40:23
62	60	44	FERNANDEZ ANTELO , FRANCISCO	MALE	CLUB BTTTRIATLON O TREITO	00:25:01	04:38 min/Km	00:16:23	01:40:36
63	3	134	SUAREZ MENDEZ , PRISCILA	FEMALE	BRIGANTIA AVENTURA	00:25:45	04:47 min/Km	00:16:56	01:40:38
64	61	79	LOPEZ FERNANDEZ , RUBEN	MALE	PASA OU ENTORNA	00:25:04	04:39 min/Km	00:16:28	01:40:59
65	62	80	LOSADA GONZALEZ , DANIEL	MALE		00:26:21	04:53 min/Km	00:17:53	01:41:04
66	63	127	SÁNCHEZ LAGOA , ÓSCAR	MALE		00:27:50	05:10 min/Km	00:17:07	01:41:11
67	64	24	CAMPOS MARTÍN , LUIS MANUEL	MALE	INDEPENDIENTE	00:25:33	04:44 min/Km	00:16:24	01:41:38
68	65	85	MAROÑAS FELÍPEZ , MARCOS	MALE	INDEPENDIENTE	00:25:33	04:44 min/Km	00:16:25	01:41:39
69	66	8	ARNEJO DOMINGUEZ , DIEGO	MALE	INDEPENDIENTE	00:24:38	04:34 min/Km	00:16:50	01:41:40
70	67	62	GÓMEZ MATO , MARCO ANTONIO	MALE		00:21:51	04:03 min/Km	00:18:41	01:41:46

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	RUN1	BIKE	RUN 2	META
71	68	113	RAMOS VAZQUEZ , JORGE	MALE		00:25:53	04:48 min/Km	00:16:42	01:41:53
72	69	53	GAMALLO SANCHEZ , MANUEL	MALE		00:25:19	04:42 min/Km	00:16:13	01:42:37
73	70	91	MATA MARZOA , MARCOS	MALE		00:27:20	05:04 min/Km	00:16:30	01:42:37
74	71	55	GARCÍA BARREIRA , JUAN MANUEL	MALE	INDEPENDIENTE	00:25:29	04:44 min/Km	00:16:24	01:43:14
75	72	98	PAIS MIÑONES , JUAN	MALE		00:27:00	05:00 min/Km	00:18:19	01:43:31
76	4	136	TOBA SUÁREZ , BARCA	FEMALE	TRIPENTAS DE LUGO	00:23:45	04:24 min/Km	00:14:54	01:43:40
77	73	25	CANOSA BLANCO , ALFONSO	MALE	A.D. OLIMPIA	00:26:04	04:50 min/Km	00:16:56	01:43:47
78	74	33	CORREA SAMBADE , OSCAR	MALE	INDEPENDIENTE	00:26:04	04:50 min/Km	00:16:44	01:43:56
79	75	103	PÉREZ BLANCO , ÁLVARO	MALE		00:26:06	04:50 min/Km	00:16:11	01:43:58
80	76	107	POSE SUÁREZ , CARLOS	MALE		00:26:28	04:55 min/Km	00:16:24	01:44:16
81	77	141	VARELA SECO , MARCOS	MALE	CLUB CICLISTA TERRAS DO EUME	00:26:28	04:55 min/Km	00:16:41	01:44:18
82	78	115	RIOBO MUIÑO , ADOLFO	MALE		00:26:18	04:53 min/Km	00:16:40	01:44:25
83	79	109	RAMA MATO , DIEGO	MALE		00:25:08	04:40 min/Km	00:16:50	01:44:35
84	80	114	REGO POSE , MARTÍN	MALE	INDEPENDIENTE	00:26:54	04:59 min/Km	00:18:43	01:45:38
85	5	87	MARTÍNEZ ÁLVAREZ , MARÍA	FEMALE	ARMENTEIRA E PUNTO	00:29:08	05:24 min/Km	00:18:11	01:45:44
86	81	102	PEREIRO REGUEIRA , MARTÍN	MALE	AD JARNACHAS	00:29:00	05:23 min/Km	00:19:00	01:45:50
87	82	58	GARCÍA GONZÁLEZ , SANTIAGO	MALE	NOSPORTLIMIT	00:27:53	05:10 min/Km	00:17:25	01:46:09
88	83	112	RAMOS IGLESIAS , SANTIAGO	MALE	USC	00:24:54	04:37 min/Km	00:15:43	01:46:53
89	84	12	BUA SAR , DIMAS	MALE		00:23:57	04:27 min/Km	00:15:15	01:47:10
90	85	143	VIAÑO LISTE44815557B , CARLOS	MALE	K2.ORDES	00:27:02	05:01 min/Km	00:17:07	01:47:54
91	86	21	CALVETE GARCÍA , EUGENIO	MALE	INDEPENDIENTE	00:26:09	04:51 min/Km	00:16:49	01:47:56
92	6	133	SIMÓN MARTÍNEZ , AMIRA	FEMALE		00:27:03	05:01 min/Km	00:18:20	01:48:15
93	87	106	PITA POLO , ROBERTO	MALE	PASA OU ENTORNA	00:24:33	04:33 min/Km	00:16:54	01:49:42
94	88	13	BLANCO LOPEZ , ANTONIO	MALE	TERRA DE SONEIRA	00:28:47	05:20 min/Km	00:18:40	01:50:21
95	89	90	MARTINEZ QUINTIANA , MANUEL ANGEL	MALE	CLUB CICLISTA CARIÑO	00:28:26	05:16 min/Km	00:18:57	01:52:48
96	90	6	ÁLVAREZ RIAL , SERGIO	MALE	ARMENTEIRA E PUNTO	00:28:25	05:16 min/Km	00:18:05	01:53:58
97	91	65	GONZÁLEZ FERMOSE , NICOLAS	MALE	BICICHANCLETA	00:29:26	05:28 min/Km	00:17:29	01:54:59
98	92	64	GONZALEZ FERMOSE , IAGO	MALE	BICICHANCLETA	00:29:33	05:29 min/Km	00:18:47	01:55:34
99	93	52	FONTAN PEREZ , GERARDO MIGUEL	MALE	CLUBE CICLISTA ARMENTEIRA E PUNTO	00:32:09	05:58 min/Km	00:19:52	01:56:42
100	94	45	FERNÁNDEZ BOO , ALBERTO	MALE	INDEPENDIENTE	00:27:13	05:03 min/Km	00:16:50	01:56:59
101	95	139	VARELA ARANTÓN , JOSÉ ANTONIO	MALE	RUNNERS CARBALLO	00:29:26	05:28 min/Km	00:19:06	01:57:27
102	96	118	RODRIGUEZ ALCALÁ , CARLOS	MALE	INDEPENDIENTE	00:33:15	06:10 min/Km	00:23:26	01:58:32
103	97	50	FERNÁNDEZ SOLIÑO , JUAN MARCOS	MALE	ATLETISMO PORRIÑO	00:28:31	05:17 min/Km	00:18:36	01:59:36
104	7	124	ROMERO ROEL , BEA	FEMALE	NOSPORTLIMIT	00:32:05	05:57 min/Km	00:19:58	02:01:54
105	98	38	ESPASANDIN ROMAR , MANUEL	MALE	MOUNTAINBAIO	00:31:50	05:54 min/Km	00:22:18	02:02:34

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106	8	81	CONSTENLA GARABOA , MARIA TERESA	FEMALE		00:32:49	06:05 min/Km	01:10:34	17,9 Km/h	00:20:12	05:37 min/Km	02:03:35
107	99	54	TOBIO GOMEZ , FERNANDO	MALE		00:25:36	04:45 min/Km	01:17:47	16,2 Km/h	00:20:13	05:37 min/Km	02:03:35
108	100	121	RODRIGUEZ MARTIN , ISAAC	MALE		00:30:20	05:38 min/Km	01:13:12	17,2 Km/h	00:23:49	06:37 min/Km	02:07:20
109	101	42	FARIÑA VARELA , DIEGO	MALE		00:29:49	05:32 min/Km	01:14:15	17,0 Km/h	00:23:17	06:29 min/Km	02:07:20
110	102	86	MARRERO RODRIGUES , CRISTIAN	MALE	INDEPENDIENTE	00:34:11	06:20 min/Km	01:14:16	17,0 Km/h	00:23:18	16:41 min/Km	02:13:39
111	9	94	MOSQUERA AZAR , PAULINA ANDREA	FEMALE	NOSPORTLIMIT	00:35:51	06:39 min/Km	01:15:04	16,8 Km/h	00:23:36	06:34 min/Km	02:14:30
112	10	48	FERNÁNDEZ GARCÍA , VICTORIA	FEMALE		00:30:06	05:35 min/Km	01:15:38	16,7 Km/h	00:29:33	08:13 min/Km	02:15:15
113	11	2	ALBORES FANDIÑO , PAULA	FEMALE	CLUB TRIATLÓN COSTA DA MORTE	00:30:29	05:39 min/Km	01:16:39	16,8 Km/h	00:23:37	06:34 min/Km	02:21:27
114	12	40	FARIÑA Balsa , SANDRA	FEMALE	NO SPORT LIMIT	00:33:27	06:12 min/Km	01:17:40	16,7 Km/h	00:29:34	08:13 min/Km	02:22:42
ABD		3	ALONSO FERNÁNDEZ , MANUEL	MALE	BICICLETAS QUINTENA RACING TEAM	00:27:13	05:03 min/Km	00:54:55	22,9 Km/h			
DNF		93	MOSQUERA , GERMÁN	MALE		00:22:30	04:10 min/Km					
DNF		92	MAYO FIGUEIRA , MARCOS	MALE	O TREITO	00:24:37	04:34 min/Km					
DNF		110	RAMOS BOTANA , JOSÉ JUAN	MALE		00:25:52	04:48 min/Km					
DNF		67	GONZÁLEZ FRANCO , ANTONIO	MALE	CLUB CICLISTA CEE	00:36:01	06:41 min/Km					