

# X DUATLÓN CROS DE REIS - CONCELLO DE VIMIANZO

## - GENERAL PARELLAS -

13 XANEIRO 2019

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	RUN 1	BIKE	RUN 2	META			
1	1	212	GARCIA RECAREY , DANIEL - RAMOS REY , ARTURO	CLUB CICLISTA SANTA COMPAÑA	MALE	CLUB CICLISTA SANTA COMPAÑA - CLUB CICLISTA SANTA COMPAÑA	00:19:50	03:41 min/Km	00:44:59	28,0 Km/h	00:11:54	03:19 min/Km	01:16:41
2	2	216	REGUEIRA RELLAN , MARTIN - SUAREZ DOVAL , CARLOS ALBERTO	FERRETERIA CENTRAL	MALE		00:19:38	03:39 min/Km	00:46:56	26,8 Km/h	00:11:47	03:17 min/Km	01:18:20
3	3	211	LOURO DIAZ , MANUEL - INSUA DIAZ , RUBEN	CARRAÑOLOS	MALE	INDEPENDIENTE - SAR VERMÚ PETRONI	00:19:59	03:43 min/Km	00:46:18	27,2 Km/h	00:12:09	03:23 min/Km	01:18:25
4	4	235	LAGO CÉS , JOSE MANUEL - TOMÉ SUÁREZ , JOSE MANUEL	OS DOUS JOSES	MALE	CLUB TRIATLÓN COSTA DA MORTE - CLUB TRIATLÓN COSTA DA MORTE	00:21:03	03:54 min/Km	00:45:56	27,4 Km/h	00:13:09	03:40 min/Km	01:20:07
5	5	230	PÉREZ CASTO , DAVID - CANOSA CANOSA , UXÍO	OEA POWER	MALE	OS ESFOLA ARRÓS CC - OS ESFOLA ARRÓS CC	00:21:17	03:57 min/Km	00:45:41	27,6 Km/h	00:13:31	03:46 min/Km	01:20:28
6	6	219	SUÁREZ AGRELO , JOSÉ MANUEL - NOVO BUJEIRO , JAVIER	JOSE-JAVIER	MALE		00:20:44	03:51 min/Km	00:47:27	26,6 Km/h	00:12:33	03:30 min/Km	01:20:43
7	7	231	RODRIGUEZ POUSO , LITO - LOPEZ CAAMAÑO , DIEGO	ORIXINAL MGM TEAM 1	MALE	TRIATLON VILAGARCIA - CLUB BTTRIATLON O TREITO	00:21:12	03:56 min/Km	00:47:29	26,5 Km/h	00:13:16	03:42 min/Km	01:21:56
8	8	203	BARDANCA PALLAS , JOSE - RAMA ESTRAMIL , JOSE ANTONIO	A.D. MEDIA DUCIA	MALE	A.D. MEDIA DUCIA - A.D. MEDIA DUCIA	00:21:00	03:54 min/Km	00:48:21	26,1 Km/h	00:12:46	03:33 min/Km	01:22:07
9	9	204	VAZQUEZ MARIÑAS , DAVID - AÑON CEAN , CARLOS	A.D. MEDIA DUCIA OU VAI OU RACHA	MALE	A.D. MEDIA DUCIA - A.D. MEDIA DUCIA	00:21:58	04:05 min/Km	00:48:52	25,8 Km/h	00:13:22	03:43 min/Km	01:24:12
10	10	209	PERISCAL REY , MARCOS - ALVAREZ CURES , JUAN JOSE	CACHOPO TEAM	MALE	A.D.MEDIADUCIA - A.D.MEDIADUCIA	00:20:04	03:43 min/Km	00:52:02	24,2 Km/h	00:12:26	03:28 min/Km	01:24:31
11	1	232	CALVIÑO CARREÑO , JOSE - GONZALEZ MARTINEZ , MARIA	ORIXINAL MGM TEAM 2	MIXED	CLUB BTTRIATLON O TREITO - ARTROGAL	00:21:42	04:02 min/Km	00:49:57	25,2 Km/h	00:13:45	03:50 min/Km	01:25:23
12	11	208	BAÑA MARTINEZ , SAMUEL - BALAYO GARCIA , ALBERTO	C.C.MUROS -OS CAJA NA ESCADA	MALE	CC.MUROS - CC.MUROS	00:22:17	04:08 min/Km	00:49:44	25,3 Km/h	00:13:27	03:45 min/Km	01:25:27
13	12	225	RIOS RECAREY , JOSE RAMÓN - TOMÉ CANCELA , RICARDO	MEDIADUCIA#2	MALE	A.D. MEDIA DUCIA - A.D. MEDIA DUCIA	00:22:24	04:09 min/Km	00:50:31	24,9 Km/h	00:13:49	03:51 min/Km	01:26:43
14	13	233	VAZQUEZ SUAREZ , ROGER - CAROU FERNANDEZ , JOSE RAMON	ORIXINAL MGM TEAM 3	MALE	CLUB LA MARGHA BEARIZ TRIATLON - BTT TRIATLON O TREITO	00:22:22	04:09 min/Km	00:50:46	24,8 Km/h	00:14:01	03:54 min/Km	01:27:08
15	14	239	ROMERO LEMA , PABLO - POSE POSE , PABLO	PABLERAS	MALE		00:24:42	04:35 min/Km	00:47:51	26,3 Km/h	00:15:12	04:14 min/Km	01:27:44
16	2	221	PARDIÑAS MALLON , TOÑITO - AMADO FERNANDEZ , NOELIA	MADIALEVA	MIXED	A.D DOWNHILL	00:25:25	04:43 min/Km	00:46:37	27,0 Km/h	00:16:02	04:28 min/Km	01:28:03
17	15	214	SANTOS SUÁREZ , JOSÉ LUIS - SANTOS SUÁREZ , VÍCTOR MANUEL	DKASTRO	MALE	INDEPENDIENTE - INDEPENDIENTE	00:24:21	04:31 min/Km	00:48:43	25,9 Km/h	00:15:14	04:14 min/Km	01:28:17
18	16	241	EIRAS LUEIRO , LEANDRO - GARCIA IGLESIAS , RAUL	RAYO MCQUENN	MALE	CLUB TRIATLON CERVECERIA O COTON - CLUB CICLISTA SANTA COMPAÑA	00:24:06	04:28 min/Km	00:49:36	25,4 Km/h	00:14:54	04:09 min/Km	01:28:25
19	17	206	TRIGO GARCÍA , GONZALO - BARREIRO RODRÍGUEZ 7933 , ÓSCAR	BARREIROTRIGO	MALE		00:23:15	04:19 min/Km	00:51:51	24,3 Km/h	00:14:21	03:60 min/Km	01:29:26
20	18	244	GESTO VILAS , ALEXIS - MAREQUE GARCÍA , ÓSCAR	STRAVIADOS	MALE	C.C MONTENEME CALVÓ - A.D DOWNHILL	00:25:16	04:41 min/Km	00:48:32	26,0 Km/h	00:15:39	04:21 min/Km	01:29:27
21	19	246	ANGERIZ FELIPEZ , VALENTÍN - GÁNDARA LEMA , PERFECTO	VALENTIN-PERFECTO	MALE		00:24:26	04:32 min/Km	00:50:07	25,1 Km/h	00:15:08	04:13 min/Km	01:29:40
22	20	242	LESTÓN DEL RIO , ADELINO - CARRACEDO LAMAS , RODRIGO	ROMPEBALADOS A.D. DOWNHILL	MALE	A.D DOWNHILL - A.D DOWNHILL	00:23:22	04:20 min/Km	00:52:10	24,2 Km/h	00:14:18	03:59 min/Km	01:29:49
23	21	227	INSUA LEMA , RODRIGO - ROMERO LEMA , IVAN	MOUNTAINBAIO1	MALE	INDEPENDIENTE - INDEPENDIENTE	00:24:22	04:31 min/Km	00:50:43	24,8 Km/h	00:14:57	04:10 min/Km	01:30:02
23	21	228	SOUSA DOPAZO , PABLO - LOPEZ ROMERO , IVAN	MOUNTAINBAIO2	MALE	MOUNTAINBAIO - MOUNTAINBAIO	00:24:29	04:33 min/Km	00:50:41	24,9 Km/h	00:14:53	04:09 min/Km	01:30:02
25	23	205	BARCA ESPAÑA , ANIBAL - EIRIS ESPAÑA , CARLOS	A.D.MEDIADUCIA	MALE	A.D.MEDIADUCIA - A.D.MEDIADUCIA	00:21:42	04:02 min/Km	00:56:39	22,2 Km/h	00:13:17	03:42 min/Km	01:31:38
26	3	201	BEN-HAKIM PARDIÑAS , YASMINA - RODRÍGUEZ CAMBÓN , ADRIÁN	"EL MEJOR EQUIPO" BY A&Y	MIXED	A.D DOWNHILL - A.D DOWNHILL	00:27:17	05:04 min/Km	00:47:18	26,6 Km/h	00:17:25	04:51 min/Km	01:32:00
27	24	210	CALZAS SUAREZ , FRANCISCO - LABANDEIRA TAJES , JOSE MANUEL	CALZAS-LABANDEIRA	MALE		00:23:35	04:23 min/Km	00:51:57	24,3 Km/h	00:16:52	04:42 min/Km	01:32:24
28	25	223	FONDO SUAREZ , OSCAR - SANTOS SUAREZ , MARTIN	MAROSC	MALE		00:23:44	04:24 min/Km	00:55:13	22,8 Km/h	00:14:23	03:60 min/Km	01:33:19
29	26	202	MIRA PEREZ , PABLO - ROMERO ALBORÉS , DAVID	A MEDIO CAMIÑO	MALE	INDEPENDIENTE - TERRA DE SONEIRA	00:22:55	04:15 min/Km	00:56:40	22,2 Km/h	00:14:01	03:54 min/Km	01:33:35
30	27	236	CASTRO VEIRA , PEDRO - RODRIGUEZ , JUAN	OS FOUCELLAS DOWNHILL	MALE	A. D DOWNHILL - A. D DOWNHILL	00:25:15	04:41 min/Km	00:53:23	23,6 Km/h	00:15:31	04:19 min/Km	01:34:09
31	28	229	MORANDEIRA NOGAREDA , SERGIO - ABELEIRA NOGAREDA , MARTÍN	NOGAREDAS TEAM	MALE	P.C MONTE XALO - A.D DOWNHILL	00:27:27	05:05 min/Km	00:50:40	24,9 Km/h	00:17:13	04:47 min/Km	01:35:19
32	4	243	VARELA PUÑAL , ADRIAN - ANIDO NIETO , VANESA	SILVER	MIXED	A.D. MEDIA DUCIA - A.D. MEDIA DUCIA	00:28:00	05:12 min/Km	00:52:28	24,0 Km/h	00:17:51	04:58 min/Km	01:38:18
33	29	237	LAMAS IGLESIAS , MARCOS MANUEL - LOPEZ VELO , OSCAR MANUEL	OS MANUELES	MALE		00:24:34	04:33 min/Km	00:58:43	21,5 Km/h	00:15:09	04:13 min/Km	01:38:26
34	5	220	LOPEZ VILA , GELY - BOLON BARGO , JOSE ANTONIO	LOS BOLLITOS	MIXED	ATLETISMO ARTEIXO - A.D DOWNHILL	00:26:50	04:59 min/Km	00:56:43	22,2 Km/h	00:16:29	04:35 min/Km	01:40:00
35	6	245	VIDAL LORENZO , MARTÍN - CAAMAÑO PÉREZ , VANESA	TERRA DE SONEIRA	MIXED		00:27:31	05:06 min/Km	00:56:08	22,4 Km/h	00:16:47	04:40 min/Km	01:40:24
36	7	234	RAMA LEMA , VERONICA - POSE FARIÑA , DAVID	OS DA RUA DA FABRICA	MIXED	A.D.MEDIADUCIA - A.D.MEDIADUCIA	00:31:26	05:50 min/Km	00:49:55	25,2 Km/h	00:20:25	05:41 min/Km	01:41:45
37	1	213	VILAS PEREZ , ANA MARIA - REY DA SILVA , DOLORES	CLUB TRIATLÓN COMPOSTELA	FEMALE	CLUB TRIATLÓN COMPOSTELA - CLUB TRIATLÓN COMPOSTELA	00:28:11	05:14 min/Km	00:56:45	22,2 Km/h	00:17:06	04:45 min/Km	01:42:01
38	8	226	MUÑOZ GUIANCE , SONIA - NUÑEZ MUÑOZ , TONY	MIYAGO	MIXED	A.D. MEDIA DUCIA - A.D. MEDIA DUCIA	00:28:56	05:22 min/Km	00:55:25	22,7 Km/h	00:17:59	04:60 min/Km	01:42:19
39	30	240	ROMERO RODRIGUEZ , MARIO - MOUZO DOVAL , MANUEL	PILLERIA	MALE		00:27:15	05:03 min/Km	01:00:16	20,9 Km/h	00:16:50	04:41 min/Km	01:44:20
40	9	215	RAMOS RODRIGUEZ , JESUS LUIS - RIVERA HAZ , MARIA	DOWNHILLTWO	MIXED	A.D DOWNHILL - A.D DOWNHILL	00:25:38	04:45 min/Km	01:02:56	20,0 Km/h	00:15:58	04:27 min/Km	01:44:30
41	31	247	AMADO LOUREIRO , MARCOS - AGUIAR VILLAR , ANGEL	ZAMPABOLOS	MALE	A. D DOWNHILL - A.D DOWNHILL	00:24:48	04:36 min/Km	01:04:44	19,5 Km/h	00:15:20	04:16 min/Km	01:44:50
42	10	217	BLANCO LEMA , JOSÉ ANTONIO - BERMÚDEZ CANOSA , APOLONIA	FRANCES	MIXED		00:25:34	04:45 min/Km	01:04:14	19,6 Km/h	00:16:02	04:28 min/Km	01:45:49
43	2	207	OLVEIRA TRABA , BEATRIZ - GARCÍA CRUZ , ALICIA	BEATRIZ-ALICIA	FEMALE	A.D. OLIPIA	00:27:59	05:11 min/Km	01:05:03	19,4 Km/h	00:15:56	04:26 min/Km	01:48:58
44	11	238	RAMOS MIRANDA , MARTÍN - CURES RODRÍGUEZ , VERÓNICA	OS ZAMBURINAS	MIXED	DONWHILL - DONWHILL	00:35:03	06:30 min/Km	00:59:23	21,2 Km/h	00:21:57	06:06 min/Km	01:56:23
45	3	222	PORTeiro VARELA , MARIA DOLORES - POSE FARIÑA , MARIA	MARIA'S	FEMALE	A.D.MEDIADUCIA - A.D.MEDIADUCIA	00:29:52	05:32 min/Km	01:08:52	18,3 Km/h	00:19:26	05:24 min/Km	01:58:09
46	32	218	CAAMAÑO SEIRA , JOSE - PARDIÑAS GONZALEZ , MARCOS	FUZADORES	MALE	A. D DOWNHILL - A. D DOWNHILL	00:25:35	04:45 min/Km	01:19:34	15,8 Km/h	00:15:59	04:27 min/Km	02:01:07
DNS		224	SESTAYO RIVEIRO , MANUEL - PARADELA LEMA , MARIA IRENE	MARTES13	MIXED								