

# V DUATLON TRAIL DE RIVEIRA

## - RUN 1,5 + BIKE 18 KM + RUN 6,5 KM -

### -GENERAL INDIVIDUAL -

06 NOVIEMBRE 2016

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEX	CATEGORIA	CLUB	RUN 1	RITMO	BIKE	MEDIA	RUN 2	RITMO	META
1	1	18	CALZAS INSUA, DAVID	MALE	MASCULINO	TRIATLON COSTA DA MORTE	00:06:58.347	04:39 min/Km	00:56:39.640	19,1 Km/h	00:32:31.120	05:01 min/Km	01:36:09.107
2	2	86	RODRIGUEZ, ORLANDO	MALE	MASCULINO	CD PINARIUM	00:07:17.817	04:52 min/Km	00:57:32.490	18,8 Km/h	00:35:34.320	05:29 min/Km	01:40:24.627
3	3	23	DA SILVA SOUSA, BRUNO DANIEL	MALE	MASCULINO	ADC OS MOSQUETEIROS	00:07:13.537	04:50 min/Km	00:59:39.230	18,1 Km/h	00:33:43.720	05:12 min/Km	01:40:36.487
4	4	103	VILLANUEVA GÓMEZ, JOSÉ RAMÓN	MALE	MASCULINO	ARMENTEIRA E PUNTO	00:07:43.147	05:09 min/Km	00:59:32.231	18,1 Km/h	00:33:43.721	05:12 min/Km	01:41:39.457
5	5	19	CANDAL VIQUEIRA, ALBERTO	MALE	MASCULINO	CLUB BTT TRIATLON O TREITO LOUSAME	00:07:43.997	05:10 min/Km	01:00:20.020	17,9 Km/h	00:34:05.330	05:15 min/Km	01:42:09.347
6	6	2	ABEIJON GMES, AGOSTIÑO	MALE	MASCULINO	CLUB BTT TRIATLON O TREITO LOUSAME	00:07:47.857	05:12 min/Km	01:00:29.230	17,9 Km/h	00:36:23.560	05:36 min/Km	01:44:40.647
7	7	31	FERNANDEZ SAMPEDRO, JOSEMARIA	MALE	MASCULINO		00:07:14.187	04:50 min/Km	01:04:32.230	16,7 Km/h	00:33:22.100	05:09 min/Km	01:45:08.517
8	8	83	RODRIGUEZ OTERO, BORJA	MALE	MASCULINO	PC CASTRO BARBUDO	00:08:09.977	05:27 min/Km	01:01:20.700	17,6 Km/h	00:35:52.700	05:32 min/Km	01:45:23.377
9	9	25	DEZA SAEZ, RINGO	MALE	MASCULINO	TEAM CORBELO	00:08:29.987	05:40 min/Km	00:58:30.890	18,5 Km/h	00:38:30.950	05:56 min/Km	01:45:31.827
10	10	93	TARELA MIRAMONTES, DANIEL	MALE	MASCULINO	TRIATLON O TREITO	00:07:48.387	05:13 min/Km	01:01:10.600	17,7 Km/h	00:36:45.370	05:40 min/Km	01:45:44.357
11	11	92	SIEIRA RÍOS, FERNANDO	MALE	MASCULINO	ARTROGAL TRI 498	00:07:46.657	05:12 min/Km	01:03:41.930	17,0 Km/h	00:34:16.890	05:17 min/Km	01:45:45.477
12	12	41	GOMEZ FERNANDEZ, ALBERTO	MALE	MASCULINO	BENI GYM SPORT	00:07:46.327	05:11 min/Km	01:01:48.040	17,5 Km/h	00:36:38.420	05:39 min/Km	01:46:12.787
13	13	38	GARCIA ABALO, KIKO	MALE	MASCULINO	MAAXIKO MASAXES KIKO	00:06:55.697	04:38 min/Km	01:03:59.210	16,9 Km/h	00:35:52.880	05:32 min/Km	01:46:47.787
14	14	33	FERNANDEZ VIDAL, PORFIRIO	MALE	MASCULINO	CLUB CICLISMO TRIATLON POIO	00:07:47.387	05:12 min/Km	01:04:10.650	16,8 Km/h	00:36:59.110	05:42 min/Km	01:48:57.147
15	15	8	ALONSO PAZOS, JOSE RAMON	MALE	MASCULINO		00:07:41.017	05:08 min/Km	01:03:00.140	17,1 Km/h	00:39:04.510	06:01 min/Km	01:49:45.667
16	16	21	CEPEDA REBOIRAS, JUAN	MALE	MASCULINO		00:07:41.018	49:07 min/Km	01:03:21.141	17,1 Km/h	00:39:04.511	06:01 min/Km	01:50:31.567
17	17	61	OREIRO GONZALEZ, ALFONSO	MALE	MASCULINO	CLUB BTT TRIATLON O TREITO LOUSAME	00:08:16.496	48:13 min/Km	01:03:33.142	17,1 Km/h	00:38:41.859	05:58 min/Km	01:50:35.687
18	18	48	GRAÑA RAMOS, ANXO	MALE	MASCULINO	GV SPORTS	00:08:16.497	05:31 min/Km	01:03:41.540	17,0 Km/h	00:38:41.860	05:58 min/Km	01:50:39.897
19	19	1	ABADIN, JOSE LUIS	MALE	MASCULINO	TEAM CORBELO	00:07:42.557	05:09 min/Km	01:04:24.780	16,8 Km/h	00:38:57.460	05:56 min/Km	01:51:04.797
20	20	204	BALSA CASTRO , ALEJANDRO	MALE	MASCULINO		00:07:26.857	04:58 min/Km	01:09:06.240	15,6 Km/h	00:34:55.910	05:23 min/Km	01:51:29.007
21	21	57	MOSTEIRO, FRAN	MALE	MASCULINO	CLUB TRIATLON VILAGARCIA	00:08:03.857	05:23 min/Km	01:07:29.380	16,0 Km/h	00:37:57.000	05:51 min/Km	01:53:30.237
22	22	35	FONTAN TRONCOSO, ROBERTO	MALE	MASCULINO	TEAM CORBELO	00:08:06.867	05:25 min/Km	01:03:50.020	16,9 Km/h	00:41:34.670	06:24 min/Km	01:53:31.557
23	23	84	RODRIGUEZ POUSO, LITO	MALE	MASCULINO	CLUB BTT TRIATLON O TREITO LOUSAME	00:07:48.407	05:13 min/Km	01:07:00.040	16,1 Km/h	00:38:56.340	05:60 min/Km	01:53:44.787
24	24	36	FREIRE CALVO, DIEGO	MALE	MASCULINO	CLUB CICLISMO TRIATLON POIO	00:07:57.847	05:19 min/Km	01:07:01.580	16,1 Km/h	00:39:16.440	06:03 min/Km	01:54:15.867
25	25	69	PAZOS GARCÍA, CELESTINO	MALE	MASCULINO	ARMENTEIRA E PUNTO	00:07:50.377	05:14 min/Km	01:11:51.370	15,0 Km/h	00:36:12.630	05:35 min/Km	01:55:54.377
26	26	20	CANOSA LIRES, MANUEL FRANCISCO	MALE	MASCULINO	TRIATLON COSTA DA MORTE	00:08:04.667	05:24 min/Km	01:10:09.590	15,4 Km/h	00:38:19.307	05:54 min/Km	01:56:33.563
27	27	10	AMOEDO OUTEDA, JUAN JOSE	MALE	MASCULINO	INDEPENDIENTE	00:07:45.047	05:11 min/Km	01:11:13.970	15,2 Km/h	00:37:36.480	05:48 min/Km	01:56:35.497
28	28	76	PRIETO CAAMAÑO, JAIRO	MALE	MASCULINO		00:08:30.197	05:41 min/Km	01:09:43.340	15,5 Km/h	00:38:50.630	05:59 min/Km	01:57:04.167
29	29	3	AGEITOS PASANTES, JOSE	MALE	MASCULINO	INDEPENDIENTE	00:08:47.027	05:52 min/Km	01:10:16.660	15,4 Km/h	00:38:02.520	05:52 min/Km	01:57:06.207
30	30	65	PARADA TEMBRA, DAVID	MALE	MASCULINO	RSBIKE - VI3	00:08:55.747	05:58 min/Km	01:08:05.420	15,9 Km/h	00:40:46.550	06:17 min/Km	01:57:47.717
31	31	26	DOMINGUEZ PRIETO, ALBERTO	MALE	MASCULINO	INDEPENDIENTE	00:08:36.347	05:45 min/Km	01:12:39.980	14,9 Km/h	00:36:35.690	05:38 min/Km	01:57:52.017
32	32	4	AGRASO TORRES, ALFONSO	MALE	MASCULINO	TRIATLON O TREITO	00:09:18.127	06:13 min/Km	01:06:26.350	16,3 Km/h	00:42:37.260	06:34 min/Km	01:58:21.737
33	33	14	BOUZADA SANMARTIN, JOSE MANUEL	MALE	MASCULINO	TEAM CORBELO	00:08:49.657	05:54 min/Km	01:12:00.120	15,0 Km/h	00:37:53.610	05:50 min/Km	01:58:43.387
34	34	34	FIGUEIRA, TOÑO	MALE	MASCULINO	S.D. BARBANTIA RODA	00:08:01.087	05:21 min/Km	01:10:11.860	15,4 Km/h	00:40:50.140	06:17 min/Km	01:59:03.087
35	35	44	GOMEZ OURILLE, NICOLAS	MALE	MASCULINO	SD BARBANTIA RODA	00:08:06.627	05:25 min/Km	01:11:17.480	15,1 Km/h	00:39:39.110	06:07 min/Km	01:59:03.217
36	36	51	LOSADA GARCIA, MARCOS	MALE	MASCULINO	TRIATLON ARCADE INFORHOUSE	00:08:39.067	05:47 min/Km	01:12:14.160	15,0 Km/h	00:38:37.990	05:57 min/Km	01:59:31.217
37	37	28	ESMORIS, MIGUEL	MALE	MASCULINO	NOSPORTLIMIT	00:08:13.217	05:29 min/Km	01:12:41.460	14,9 Km/h	00:38:59.930	05:60 min/Km	01:59:54.607
38	38	54	MERA RODRIGUEZ, BRUNO	MALE	MASCULINO	RIBEIRAS DO TAMBRE	00:08:31.787	05:42 min/Km	01:09:43.740	15,5 Km/h	00:41:51.590	06:27 min/Km	02:00:07.117
39	39	42	GÓMEZ FREIRE, ÁLVARO	MALE	MASCULINO	RIBEIRAS DO TAMBRE	00:08:44.207	05:50 min/Km	01:08:28.060	15,8 Km/h	00:42:54.860	06:37 min/Km	02:00:07.127
40	40	77	REGUEIRA MUÑOZ, MATIAS	MALE	MASCULINO	ARTROGAL TRI 498	00:08:54.867	05:57 min/Km	01:11:07.630	15,2 Km/h	00:40:42.670	06:16 min/Km	02:00:45.167
41	41	70	PEDROSA MAYO, JOSE MANUEL	MALE	MASCULINO	ARTROGAL TRI 498	00:09:03.267	06:03 min/Km	01:11:43.410	15,1 Km/h	00:39:58.730	06:10 min/Km	02:00:45.407
42	42	74	PORTELA FERNANDEZ, DANIEL	MALE	MASCULINO	TEAM CORBELO	00:07:53.957	05:16 min/Km	01:14:47.310	14,4 Km/h	00:38:16.430	05:54 min/Km	02:00:57.697
43	43	102	VILAS GÓMEZ, ANTONIO	MALE	MASCULINO	ARTROGAL TRI 498	00:08:20.967	05:34 min/Km	01:10:04.980	15,4 Km/h	00:42:56.500	06:37 min/Km	02:01:22.447
44	44	97	TUBIO DAVILA, JOSE	MALE	MASCULINO	PORTELA MTB	00:08:35.657	05:44 min/Km	01:10:48.910	15,3 Km/h	00:42:22.790	06:32 min/Km	02:01:47.357

# V DUATLON TRAIL DE RIVEIRA

## - RUN 1,5 + BIKE 18 KM + RUN 6,5 KM -

### -GENERAL INDIVIDUAL -

06 NOVIEMBRE 2016

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEX	CATEGORIA	CLUB	RUN 1	RITMO	BIKE	MEDIA	RUN 2	RITMO	META
45	45	46	GONZALEZ GARCIA, FERNANDO	MALE	MASCULINO	CLUBE DEPORTIVO RIA DE AROUSA DO GROVE	00:08:35.658	54:02 min/Km	01:10:48.911	15,3 Km/h	00:42:22.791	06:32 min/Km	02:01:51.387
46	46	52	MARTINEZ ALONSO, MARCELINO	MALE	MASCULINO		00:08:56.197	05:58 min/Km	01:12:40.690	14,9 Km/h	00:40:30.180	06:14 min/Km	02:02:07.067
47	47	49	LORENZO FERNÁNDEZ, BRAIS	MALE	MASCULINO	PC CASTRO BARBUDO	00:09:04.607	06:04 min/Km	01:09:37.320	15,5 Km/h	00:43:45.120	06:44 min/Km	02:02:27.047
48	48	5	ALCALDE RESUA, OSCAR	MALE	MASCULINO	INDEPENDIENTE	00:07:51.677	05:15 min/Km	01:14:21.940	14,5 Km/h	00:41:46.343	06:26 min/Km	02:03:59.960
49	49	11	ANTELO MARTÍNEZ, JOSÉ RAMÓN	MALE	MASCULINO	NOELA	00:09:15.407	06:11 min/Km	01:11:15.740	15,2 Km/h	00:44:03.950	06:47 min/Km	02:04:35.097
50	50	32	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	MASCULINO	3&RUN BIKE TEAM	00:08:49.337	05:53 min/Km	01:12:41.790	14,9 Km/h	00:43:42.920	06:44 min/Km	02:05:14.047
51	51	58	NOVO MARTINEZ, DAVID	MALE	MASCULINO		00:08:48.197	05:53 min/Km	01:15:39.450	14,3 Km/h	00:41:10.560	06:21 min/Km	02:05:38.207
52	52	89	SAMPEDRO MARIÑO, ANTONIO	MALE	MASCULINO		00:09:16.067	06:11 min/Km	01:17:08.640	14,0 Km/h	00:39:14.120	06:03 min/Km	02:05:38.827
53	53	59	NOVO PEREIRA, LORENZO	MALE	MASCULINO	CUROTIÑA	00:09:17.397	06:12 min/Km	01:13:10.960	14,8 Km/h	00:43:28.010	06:42 min/Km	02:05:56.367
54	54	53	MARTÍNEZ ROSALES, RUBÉN	MALE	MASCULINO	TEAM CORBELO	00:09:11.057	06:08 min/Km	01:10:41.940	15,3 Km/h	00:46:23.650	07:09 min/Km	02:06:16.647
55	55	203	VILLANUEVA PEREZ , RUBEN	MALE	MASCULINO		00:08:33.237	05:43 min/Km	01:10:25.880	15,3 Km/h	00:48:14.010	07:26 min/Km	02:07:13.127
56	56	50	LORENZO FERNÁNDEZ, MARCOS	MALE	MASCULINO	TOXIZA CLUB DE MONTAÑA	00:09:04.677	06:03 min/Km	01:13:17.580	14,7 Km/h	00:44:52.360	06:55 min/Km	02:07:14.017
57	57	202	COMESAÑA LAGO , BORJA	MALE	MASCULINO		00:08:33.627	05:43 min/Km	01:12:31.050	14,9 Km/h	00:46:32.610	07:10 min/Km	02:07:37.287
58	58	56	MOSQUERA MONTEAGUDO, MANUEL	MALE	MASCULINO	CC OS DO MONTE BRAVO	00:08:39.457	05:47 min/Km	01:12:45.940	14,8 Km/h	00:47:33.270	07:19 min/Km	02:08:58.667
59	59	64	PARADA FIGUEIRAS, JUAN JOSE	MALE	MASCULINO	3&RUN BIKE TEAM	00:09:23.197	06:16 min/Km	01:15:29.400	14,3 Km/h	00:45:34.340	07:01 min/Km	02:10:26.937
60	60	45	GONZALEZ ALVAREZ, JOSÉ MANUEL	MALE	MASCULINO		00:08:14.037	05:30 min/Km	01:13:15.620	13,2 Km/h	00:40:29.540	06:14 min/Km	02:10:35.197
61	61	6	ALONSO FERNANDEZ, DAVID	MALE	MASCULINO	INDEPENDIENTE	00:09:33.457	06:23 min/Km	01:20:45.930	13,4 Km/h	00:40:53.390	06:18 min/Km	02:11:12.777
62	62	79	RIOL CAÑEDO, JOSE CARLOS	MALE	MASCULINO	CC. OURENSANO	00:09:03.847	06:03 min/Km	01:19:13.360	13,6 Km/h	00:43:52.900	06:46 min/Km	02:12:10.107
63	63	81	RODRIGUEZ FREIRA, ISAAC	MALE	MASCULINO	INDEPENDIENTE	00:09:03.848	60:44 min/Km	01:20:43.399	13,4 Km/h	00:43:39.309	06:43 min/Km	02:12:57.147
64	64	15	CAAMAÑO SEIRA, JOSÉ ANTONIO	MALE	MASCULINO	CLUB BTT TRIATLON O TREITO LOUSAME	00:08:58.667	05:60 min/Km	01:20:43.400	13,4 Km/h	00:43:39.310	06:43 min/Km	02:13:21.377
65	65	7	ALONSO FILGUEIRA, MARCOS	MALE	MASCULINO	TRES LUNAS CLUB	00:08:36.537	05:45 min/Km	01:26:39.120	12,5 Km/h	00:38:35.550	05:57 min/Km	02:13:51.207
66	66	80	RIVEIRO MARTÍNEZ, AGUSTIN	MALE	MASCULINO	BEARIZ TRIATLON	00:09:43.067	06:29 min/Km	01:20:56.610	13,3 Km/h	00:46:06.040	07:06 min/Km	02:16:45.717
67	67	95	TORRE SOENGAS, ABRAHAM	MALE	MASCULINO	VERXEL ND	00:07:36.047	05:05 min/Km	01:32:54.050	11,6 Km/h	00:37:33.170	05:47 min/Km	02:18:03.267
68	1	75	PORTELA GONZÁLEZ, NOELIA	FEMALE	FEMENINO	BIKE O FACHO	00:09:41.737	06:28 min/Km	01:22:54.190	13,0 Km/h	00:45:36.390	07:01 min/Km	02:18:12.317
69	68	16	CALDAS LOPEZ, MARIO	MALE	MASCULINO	CLUB CICLISMO TRIATLON POIO	00:09:26.847	06:18 min/Km	01:20:48.480	13,4 Km/h	00:48:07.470	07:25 min/Km	02:18:22.797
70	69	100	VIANA LÓPEZ, JULIO	MALE	MASCULINO		00:09:30.127	06:21 min/Km	01:22:37.730	13,1 Km/h	00:47:20.580	07:18 min/Km	02:19:28.437
71	70	29	FDEZ FORNIS, DAVID	MALE	MASCULINO	ARTROGRAL TRI-498	00:09:30.128	63:09 min/Km	01:22:37.731	13,1 Km/h	00:47:20.581	07:18 min/Km	02:19:42.877
72	71	94	TOBIO GOMEZ, FERNANDO	MALE	MASCULINO	INDEPENDIENTE	00:09:02.547	06:02 min/Km	01:21:35.580	13,2 Km/h	00:49:06.650	07:34 min/Km	02:19:44.777
73	72	13	BLANCO LOPEZ, ANTONIO	MALE	MASCULINO	INDEPENDIENTE	00:10:36.357	07:05 min/Km	01:26:36.120	12,5 Km/h	00:44:14.830	06:49 min/Km	02:21:27.307
74	73	17	CALVO LÓPEZ, GERARDO MIGUEL	MALE	MASCULINO	CLUB CICLISMO TRIATLON POIO	00:09:14.527	06:10 min/Km	01:26:41.690	12,5 Km/h	00:46:19.210	07:08 min/Km	02:22:15.427
75	74	63	PALACIOS, JESÚS	MALE	MASCULINO		00:09:24.487	06:17 min/Km	01:24:43.460	12,7 Km/h	00:49:31.310	07:38 min/Km	02:23:39.257
76	75	55	MORAÑA CABO, JACOB	MALE	MASCULINO	3&RUN BIKE TEAM	00:10:18.117	06:53 min/Km	01:22:45.850	13,0 Km/h	00:51:12.870	07:53 min/Km	02:24:16.837
77	76	98	VÁZQUEZ VÁZQUEZ, RUBÉN	MALE	MASCULINO	CLUB MONTEPENARUBIA RUNNING LUGO	00:10:18.118	68:10 min/Km	01:33:02.509	11,6 Km/h	00:47:13.379	07:16 min/Km	02:25:26.147
78	77	66	PARDO FONTICOBIA, MARCOS	MALE	MASCULINO	INDEPENDIENTE	00:07:31.227	05:01 min/Km	01:33:02.510	11,6 Km/h	00:47:13.380	07:16 min/Km	02:27:47.117
79	78	99	VENTURA LOZANO, ANTONIO	MALE	MASCULINO	INDEPENDIENTE	00:10:33.747	07:03 min/Km	01:33:02.511	11,6 Km/h	00:47:13.381	07:16 min/Km	02:27:52.507
80	79	78	RIAL GONDAR, ALBERTO	MALE	MASCULINO	TEAM CORBELO	00:11:56.077	07:58 min/Km	01:30:46.530	11,2 Km/h	01:30:46.532	07:16 min/Km	02:32:04.117
81	80	91	SESTAYO SEOANE, ELOY	MALE	MASCULINO	INDEPENDIENTE	00:09:06.327	06:05 min/Km	01:36:00.850	11,2 Km/h	00:48:36.590	07:29 min/Km	02:33:43.767
82	2	47	GONZALEZ GOCE, LAURA	FEMALE	FEMENINO	COUTADAS TRAIL TEAM	00:09:45.297	06:31 min/Km	01:36:07.440	11,2 Km/h	00:47:58.680	07:23 min/Km	02:33:51.417
83	81	85	RODRIGUEZ PUGA, JUAN MANUEL	MALE	MASCULINO	NOSPORTLIMIT	00:09:52.827	06:36 min/Km	01:28:46.550	12,2 Km/h	00:58:11.830	08:58 min/Km	02:36:51.207
84	82	96	TORRON BARCIELA, DAVID	MALE	MASCULINO		00:10:04.247	06:43 min/Km	01:28:20.730	12,2 Km/h	00:58:26.280	08:60 min/Km	02:36:51.257
85	83	43	GOMEZ LOPEZ, IVAN	MALE	MASCULINO	CLUB DEL MAR PULPEIROS BTT	00:09:16.437	06:11 min/Km	01:37:01.630	11,1 Km/h	00:52:07.960	08:02 min/Km	02:38:26.027
86	84	22	COMESAÑA, LUIS	MALE	MASCULINO	INDEPENDIENTE	00:09:41.807	06:28 min/Km	01:45:50.010	10,2 Km/h	00:53:52.373	08:18 min/Km	02:49:24.190
87	85	67	PAZ LEMA, JAVIER	MALE	MASCULINO		00:10:49.327	07:13 min/Km	01:44:55.290	10,3 Km/h	00:55:33.590	08:33 min/Km	02:51:18.207
88	86	101	VILARIÑO CUTRÍN, FELIPE	MALE	MASCULINO	INDEPENDIENTE	00:10:47.857	07:12 min/Km	01:44:21.430	10,3 Km/h	00:56:45.637	08:44 min/Km	02:51:54.923
89	87	60	NUÑEZ RODRIGUEZ, JOSE CARLOS	MALE	MASCULINO		00:10:47.717	07:12 min/Km	01:44:13.170	10,4 Km/h	01:02:06.110	09:34 min/Km	02:57:06.997