

# II DUATLON CROSS - LOUSAME

## - GENERAL MASCULINA -

11 DECEMBRO 2016

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	RUN1	RITMO RUN1	BIKE	MEDIA BIKE	RUN2	RITMO RUN 2	META
1	1	61	OTERO PAPIN , DARIO	MASCULINO	O TREITO	00:22:34.027	03:46 min/Km	01:03:16.210	17,1 Km/h	00:12:24.780	04:09 min/Km	01:38:15.017
2	2	30	CALZAS INSUA , DAVID	MASCULINO	TRIATLÓN COSTA DA MORTE	00:22:44.520	03:48 min/Km	01:05:04.557	16,6 Km/h	00:12:34.000	04:12 min/Km	01:40:23.077
3	3	57	DA SILVA SOUSA , BRUNO DANIEL	MASCULINO	ADC OS MOSQUETEIROS	00:22:41.727	03:47 min/Km	01:07:19.330	16,0 Km/h	00:12:42.840	04:15 min/Km	01:42:43.897
4	4	46	RODRIGUEZ , ORLANDO	MASCULINO	CD PINARIUM	00:24:05.927	04:01 min/Km	01:05:52.860	16,4 Km/h	00:13:19.540	04:27 min/Km	01:43:18.327
5	5	32	VILANOVA TOMÉ , ANXO	MASCULINO	COMPOSTELANO	00:25:34.997	04:16 min/Km	01:06:06.950	16,3 Km/h	00:14:10.410	04:44 min/Km	01:45:52.357
6	6	21	VILLANUEVA GÓMEZ , JOSÉ RAMÓN	MASCULINO	ARMENTEIRA E PUNTO	00:24:56.277	04:10 min/Km	01:08:51.920	15,7 Km/h	00:13:35.130	04:32 min/Km	01:47:23.327
7	7	27	GARCÍA VIDAL , FRANCISCO JAVIER	MASCULINO	INDEPENDIENTE	00:24:43.787	04:08 min/Km	01:09:45.890	15,5 Km/h	00:13:26.880	04:29 min/Km	01:47:56.557
8	8	19	CASTIÑEIRA PAIS , GABRIEL	MASCULINO	INDEPENDIENTE	00:25:18.317	04:14 min/Km	01:10:22.870	15,3 Km/h	00:12:52.820	04:18 min/Km	01:48:34.007
9	9	25	TOME SUAREZ , JOSE MANUEL	MASCULINO	TRIATLÓN COSTA DA MORTE	00:25:03.867	04:11 min/Km	01:09:44.867	15,5 Km/h	00:14:08.553	04:43 min/Km	01:48:57.287
10	10	69	CASTRO LAGO , RAUL	MASCULINO	O TREITO	00:25:27.263	04:15 min/Km	01:09:29.073	15,5 Km/h	00:14:10.720	04:44 min/Km	01:49:07.057
11	11	58	ABEIJON GOMES , AGOSTIÑO	MASCULINO	O TREITO	00:25:04.367	04:11 min/Km	01:09:57.480	15,4 Km/h	00:14:23.500	04:48 min/Km	01:49:25.347
12	12	53	DEZA SAEZ , RINGO	MASCULINO	TEAM CORBELO	00:27:58.857	04:40 min/Km	01:06:45.960	16,2 Km/h	00:15:24.790	05:09 min/Km	01:50:09.607
13	13	15	GARCIA ABALO , KIKO	MASCULINO	TRIATLON POIO	00:23:32.997	03:56 min/Km	01:14:08.480	14,6 Km/h	00:13:16.550	04:26 min/Km	01:50:58.027
14	14	33	FERNÁNDEZ VIDAL , PORFIRIO	MASCULINO	CLUB CICLISMO TRIATLON POIO	00:24:23.967	04:04 min/Km	01:13:14.200	14,7 Km/h	00:13:29.370	04:30 min/Km	01:51:07.537
15	15	49	RODRÍGUEZ OTERO , BORJA	MASCULINO	PC.CASTRO BARBUDO	00:25:36.257	04:17 min/Km	01:11:51.340	15,0 Km/h	00:14:16.820	04:46 min/Km	01:51:44.417
16	16	18	PAIS FONDO , FRANCISCO	MASCULINO	INDEPENDIENTE	00:25:18.127	04:14 min/Km	01:13:24.010	14,7 Km/h	00:13:12.870	04:25 min/Km	01:51:55.007
17	17	52	SIEIRA RIOS , FERNANDO	MASCULINO	ARTROGAL-TRI 498	00:24:24.857	04:05 min/Km	01:14:15.850	14,5 Km/h	00:14:02.560	04:41 min/Km	01:52:43.267
18	18	48	BALSA ESTEVEZ , JUAN	MASCULINO	TEAM CORBELO	00:24:28.617	04:05 min/Km	01:15:50.170	14,2 Km/h	00:12:53.020	04:18 min/Km	01:53:11.807
19	19	42	GRAÑA RAMOS , ANXO	MASCULINO	GV SPORTS	00:25:47.247	04:18 min/Km	01:13:21.790	14,7 Km/h	00:14:10.060	04:44 min/Km	01:53:19.097
20	20	71	PAZOS GARCÍA , CELESTINO	MASCULINO	ARMENTEIRA E PUNTO	00:24:42.837	04:08 min/Km	01:15:14.320	14,4 Km/h	00:13:52.900	04:38 min/Km	01:53:50.057
21	21	4	GUILLÁN PAZOS , FRANCISCO JOSÉ	MASCULINO	ARTROGAL-TRI 498	00:25:17.577	04:13 min/Km	01:15:51.260	14,2 Km/h	00:13:38.880	04:33 min/Km	01:54:47.717
22	22	68	TARELA MIRAMONTES , DANIEL	MASCULINO	O TREITO	00:24:36.407	04:07 min/Km	01:15:20.890	14,3 Km/h	00:14:52.750	04:58 min/Km	01:54:50.047
23	23	47	FERNANDEZ MALLO , RAFAEL	MASCULINO	O MUIÑO	00:23:59.377	03:60 min/Km	01:16:59.980	14,0 Km/h	00:15:24.870	05:09 min/Km	01:56:24.227
24	24	29	ROMERO CES , IGNACIO LUIS	MASCULINO	ARTROGAL-T RI 498	00:26:41.687	04:27 min/Km	01:15:16.650	14,3 Km/h	00:14:37.800	04:53 min/Km	01:56:36.137
25	25	41	MOSTEIRO , FRAN	MASCULINO	CLUB TRIATLON VILAGARCIA	00:24:49.520	04:09 min/Km	01:17:28.397	13,9 Km/h	00:15:14.930	05:05 min/Km	01:57:32.847
26	26	55	PAZ PARDO , DANIEL	MASCULINO	OS4S RUTAS BIKE	00:23:17.847	03:53 min/Km	01:22:57.400	13,0 Km/h	00:12:33.430	04:12 min/Km	01:58:48.677
27	27	64	MARTINEZ CASTRO , JESUS	MASCULINO	O TREITO	00:27:28.027	04:35 min/Km	01:17:14.830	14,0 Km/h	00:14:52.770	04:58 min/Km	01:59:35.627
28	28	66	RODRIGUEZ POUSO , JOSE ANGEL	MASCULINO	O TREITO	00:25:49.887	04:19 min/Km	01:18:51.440	13,7 Km/h	00:15:07.420	05:03 min/Km	01:59:48.747
29	29	63	RODRIGUEZ GONZALEZ , JAVIER	MASCULINO	O TREITO	00:24:53.537	04:09 min/Km	01:21:17.010	13,3 Km/h	00:14:57.780	04:60 min/Km	02:01:08.327
30	30	73	LOSADA GARCIA , MARCOS	MASCULINO	ARCADE INFORTHOUSE	00:27:33.573	04:36 min/Km	01:21:33.743	13,2 Km/h	00:14:00.800	04:41 min/Km	02:03:08.117
31	31	24	ALVAREZ VILLAR , BORJA	MASCULINO	MC BIKES TEAM	00:27:16.637	04:33 min/Km	01:21:22.870	13,3 Km/h	00:17:11.400	05:44 min/Km	02:05:50.907
32	32	28	ANTELO MARTÍNEZ , JOSÉ RAMÓN	MASCULINO	INDEPENDIENTE	00:27:56.977	04:40 min/Km	01:23:39.040	12,9 Km/h	00:15:15.680	05:06 min/Km	02:06:51.697
33	33	67	AGASO TORRES , ALFONSO	MASCULINO	O TREITO	00:29:35.937	04:56 min/Km	01:23:23.630	13,0 Km/h	00:16:05.260	05:22 min/Km	02:09:04.827
34	34	11	MENDEZ FROJAN , XAIÑO	MASCULINO	ARTROGAL-TRI 498	00:26:38.207	04:27 min/Km	01:27:39.280	12,3 Km/h	00:15:08.470	05:03 min/Km	02:09:25.957
35	35	65	CAAMAÑO SIEIRA , J.ANTONIO	MASCULINO	O TREITO	00:27:27.597	04:35 min/Km	01:28:18.070	12,2 Km/h	00:15:20.860	05:07 min/Km	02:11:06.527
36	36	20	AGRAFOJO PEREIRA , RAFAEL	MASCULINO	OS RAPOSOS	00:32:14.677	05:23 min/Km	01:26:18.350	12,5 Km/h	00:19:03.710	06:22 min/Km	02:17:36.737
37	37	76	PEDROSA MAYO , JOSÉ MANUEL	MASCULINO	ARTROGAL-TRI 498	00:32:14.117	05:23 min/Km	01:24:44.940	12,7 Km/h	00:20:37.770	06:53 min/Km	02:17:36.827

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POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	RUN1	RITMO RUN1	BIKE	MEDIA BIKE	RUN2	RITMO RUN 2	META
38	38	59	CALVIÑO CARREÑO , JOSÉ	MASCULINO	O TREITO	00:32:14.397	05:23 min/Km	01:24:44.930	12,7 Km/h	00:20:37.530	06:53 min/Km	02:17:36.857
39	39	34	BERIAS LAIÑO , LUIS MIGUEL	MASCULINO	ARTROGAL TRI498	00:32:15.577	05:23 min/Km	01:24:43.770	12,7 Km/h	00:20:37.520	06:53 min/Km	02:17:36.867
40	40	17	TRILLO BLANCO , ANGEL	MASCULINO	CPC TOXO	00:30:44.247	05:08 min/Km	01:30:40.980	11,9 Km/h	00:16:26.390	05:29 min/Km	02:17:51.617
41	41	75	CASTRO FERNANDEZ , JUAN CARLOS	MASCULINO	SCHOOL RIDERS TEAM	00:26:31.367	04:26 min/Km	01:34:56.720	11,4 Km/h	00:16:53.490	05:38 min/Km	02:18:21.577
42	42	50	SOTO BOULLOSA , ANGEL	MASCULINO	AROMON	00:26:35.407	04:26 min/Km	01:37:32.730	11,1 Km/h	00:15:11.980	05:04 min/Km	02:19:20.117
43	43	38	TOUCEDA ABELLEIRA , XOSE	MASCULINO	OLIVEIRA BIKE	00:27:55.107	04:40 min/Km	01:34:34.240	11,4 Km/h	00:18:16.680	06:06 min/Km	02:20:46.027
44	44	35	DOMINGUEZ RECAREY , FRANCISCO	MASCULINO	NOELA	00:29:00.877	04:51 min/Km	01:38:14.180	11,0 Km/h	00:16:30.820	05:31 min/Km	02:23:45.877
45	45	10	LOPEZ FERNANDEZ , JOSE ANTONIO	MASCULINO	ARTROGAL-TRI 498	00:26:41.567	04:27 min/Km	01:40:31.150	10,7 Km/h	00:16:33.290	05:32 min/Km	02:23:46.007
46	46	45	LOUREIRO AMENEIROS , DANIEL	MASCULINO	TRI-FONSECA	00:29:34.147	04:56 min/Km	01:44:19.220	10,4 Km/h	00:15:50.640	05:17 min/Km	02:29:44.007
47	47	74	ANDOLLO DE COSTA , JULEN	MASCULINO	MTB ESKORNABOIS	00:30:00.367	05:01 min/Km	01:40:53.690	10,7 Km/h	00:18:54.800	06:19 min/Km	02:29:48.857
48	48	23	RODRIGUEZ PUGA , JUAN MANUEL	MASCULINO	NOSPORTLIMIT	00:32:20.137	05:24 min/Km	01:49:47.900	9,8 Km/h	00:19:23.950	06:28 min/Km	02:41:31.987
49	49	56	RUIZ SEIJO , CARLOS	MASCULINO	ADR VARA E PEDAL	00:33:58.057	05:40 min/Km	01:50:47.460	9,7 Km/h	00:21:27.950	07:10 min/Km	02:46:13.467
ABD		22	INSUA PEDROSA , PABLO	MASCULINO	ARTROGAL-TRI 498	00:36:01.997	06:01 min/Km	01:17:03.060	14,0 Km/h			
ABD		51	BUJAN SANTOS , EDUARDO	MASCULINO	O TREITO	00:24:29.857	04:05 min/Km					
ABD		54	SAYAVEDRA SOCA , JHOAN	MASCULINO	INDEPENDIENTE	00:24:51.227	04:09 min/Km					
ABD		44	CANOSA LIRES , MANUEL FRANCISCO	MASCULINO	TRIATLÓN COSTA DA MORTE	00:26:19.057	04:24 min/Km					
ABD		26	PRIETO CAAMAÑO , JAIRO	MASCULINO	TRIATLÓN COSTA DA MORTE	00:26:24.737	04:25 min/Km					
ABD		14	ÁVILA BUSTELO , FRANCISCO	MASCULINO	IBERIATRIATLON	00:27:57.537	04:40 min/Km					
ABD		31	CANOURA ABEIJON , MANUEL	MASCULINO	INDEPENDIENTE	00:30:53.777	05:09 min/Km					
ABD		43	DIOS COCHÓN , MANUEL	MASCULINO	GV SPORTS	00:35:28.033	05:55 min/Km					
DNS		1	SENDINO LAMELA , JUAN IGNACIO	MASCULINO	BTT ULTREIA							
DNS		2	MARTINEZ LAGE , MATEO	MASCULINO	INDEPENDIENTE							
DNS		3	FUENTES GARCIA , FERNANDO	MASCULINO	INDEPENDIENTE							
DNS		5	MÁIZ BAR , BERNARDO	MASCULINO	INDEPENDIENTE							
DNS		6	GOMEZ LOPEZ , IVAN	MASCULINO	CLUB DEL MAR PULPEIROS BTT							
DNS		7	RUA GARCIA , OSCAR	MASCULINO	INDEPENDIENTE							
DNS		8	OTERO COUSELO , MARCOS	MASCULINO	INDEPENDIENTE							
DNS		9	MUIÑO LOPEZ , IAGO	MASCULINO	INDEPENDIENTE							
DNS		12	SESTAYO SEOANE , ELOY	MASCULINO	INDEPENDIENTE							
DNS		13	GARCIA AGRELO , FRANCISCO	MASCULINO	INDEPENDIENTE							
DNS		16	ARCA PEDRIDO , MANOLO	MASCULINO	ARTROGAL-TRI 498							
DNS		37	FERNANDEZ ANTELO , FRANCISCO	MASCULINO	OS RAPOSOS							
DNS		39	BOUZADA SANMARTIN , JOSE MANUEL	MASCULINO	TEAM CORBELO							
DNS		60	OREIRO GONZALEZ , ALFONSO	MASCULINO	O TREITO							
DNS		62	VILLAR CAAMAÑO , J.ALFONSO	MASCULINO	O TREITO							
DNS		70	TRIUNFO DELGADO , GONZALO	MASCULINO	ARTROGAL TRI 498							
DNS		72	MARTÍNEZ , AGUSTIN	MASCULINO	BEARIZ TRIATLON							

# II DUATLON CROSS - LOUSAME - GENERAL MASCULINA -

11 DECEMBRO 2016

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	RUN1	RITMO RUN1	BIKE	MEDIA BIKE	RUN2	RITMO RUN 2	META
<b>DNS</b>		77	<b>PÉREZ FERNÁNDEZ , FERNANDO</b>	MASCULINO	SENBAL TEAM							

## II DUATLON CROSS - LOUSAME - GENERAL FEMENINA -

11 DECEMBRO 2016

POS.	P.CAT.	NUMBER	PARTICIPANT	CATEGORY	CLUB	RUN1		BIKE		RUN2		META
1	1	40	LOIS GARCÍA , LARA	FEMENINO	GV SPORTS	00:27:21.067	04:34 min/Km	00:54:30.030	19,8 Km/h	00:15:06.570	05:03 min/Km	<b>01:36:57.667</b>
2	2	36	RAMOS ONS , ANA	FEMENINO	ARTROGAL-TRI 498	00:36:03.647	06:01 min/Km	01:17:00.980	14,0 Km/h	00:19:35.980	06:32 min/Km	<b>02:12:40.607</b>