

## - GENERAL INDIVIDUAL -

CRONOMETRAXE

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	RUN1	RITMO RUN1	BIKE	MEDIA	RUN2	RITMO RUN2	META	DSQ
1	1	103	ALONSO PAZOS , JOSE RAMON	MALE	ASOCIACION DEPORTIVA C.A.R	00:25:53.273	03:42 min/Km	01:04:22.850	18,6 Km/h	00:12:57.470	03:43 min/Km	01:43:13.593	
2	2	152	SALGADO RODRIGUEZ , CASTOR	MALE	PREFABRICADOS FEIJOO-GALITIMING	00:25:43.453	03:41 min/Km	01:06:43.460	18,0 Km/h	00:13:32.297	03:53 min/Km	01:45:59.210	
3	3	101	ABADIN IGLESIAS , JOSE LUIS	MALE	TEAM CORBELO	00:26:49.083	03:50 min/Km	01:04:53.610	18,5 Km/h	00:15:24.130	04:25 min/Km	01:47:06.823	
4	4	126	FERNÁNDEZ RODRÍGUEZ , JULIO	MALE	CC NSB CELANOVA	00:28:21.863	04:04 min/Km	01:02:43.130	19,1 Km/h	00:16:05.810	04:36 min/Km	01:47:10.803	
5	5	133	GIL GONZÁLEZ , ALVARO	MALE	TRIOURENSE	00:24:53.093	03:34 min/Km	01:08:40.450	17,5 Km/h	00:13:45.610	03:56 min/Km	01:47:19.153	
6	6	108	ALVAREZ RIVAS , PABLO	MALE	CC ALLARIZ	00:28:20.393	04:03 min/Km	01:09:40.770	17,2 Km/h	00:14:14.870	04:05 min/Km	01:52:16.033	
7	7	161	VILA FERNANDEZ , JULIO	MALE	TRIATLON DUERO	00:25:53.183	03:42 min/Km	01:12:18.260	16,6 Km/h	00:15:01.700	04:18 min/Km	01:53:13.143	
8	8	106	ÁLVAREZ GARCÍA , FERNANDO	MALE	A.D OS MOSQUETEIROS	00:28:22.813	04:04 min/Km	01:12:06.620	16,6 Km/h	00:14:46.370	04:14 min/Km	01:55:15.803	
9	9	158	VÁZQUEZ TUBIO , ALBERTO	MALE	BARBANTARODA	00:27:24.753	03:55 min/Km	01:15:06.510	16,0 Km/h	00:14:47.220	04:14 min/Km	01:57:18.483	
10	10	144	OLIVEIRA RODRIGUEZ , DAVID	MALE	ATLETISMO PORRIÑO	00:27:31.543	03:56 min/Km	01:16:03.640	15,8 Km/h	00:14:05.360	04:02 min/Km	01:57:40.543	
11	11	140	MARTÍNEZ ÁLVAREZ , JOSE ANTONIO	MALE	INDEPENDIENTE	00:28:47.973	04:07 min/Km	01:11:01.920	16,9 Km/h	00:17:55.920	05:08 min/Km	01:57:45.813	
12	12	114	BLANCO FERNANDEZ , PABLO	MALE	INDEPENDIENTE	00:27:18.643	03:55 min/Km	01:17:00.750	15,6 Km/h	00:14:41.460	04:12 min/Km	01:59:00.853	
13	13	150	RODRÍGUEZ ÁLVAREZ , MANUEL VICENTE	MALE	PATO BLANCO CELANOVA	00:28:12.003	04:02 min/Km	01:16:04.630	15,8 Km/h	00:14:49.050	04:15 min/Km	01:59:05.683	
14	14	102	AIRAS COTA , RUBEN	MALE		00:25:57.503	03:43 min/Km	01:18:17.090	15,3 Km/h	00:15:18.170	04:23 min/Km	01:59:32.763	
15	15	105	ÁLVAREZ FERNÁNDEZ , IVAN	MALE		00:28:40.263	04:06 min/Km	01:14:28.060	16,1 Km/h	00:16:24.530	04:42 min/Km	01:59:32.853	
16	16	124	FERNÁNDEZ FERNÁNDEZ , ELADIO	MALE		00:27:58.713	03:60 min/Km	01:13:57.200	16,2 Km/h	00:17:46.250	05:05 min/Km	01:59:42.163	
17	17	145	OUTUMURO CID , JOSÉ PABLO	MALE		00:32:38.463	04:40 min/Km	01:09:36.190	17,2 Km/h	00:17:28.710	04:60 min/Km	01:59:43.363	
18	18	120	FEIJOO LOUREIRO , PABLO	MALE	PREFABRICADOS FEIJOO-GALITIMING	00:28:11.613	04:02 min/Km	01:16:09.910	15,8 Km/h	00:15:46.860	04:31 min/Km	02:00:08.383	
19	19	157	VÁZQUEZ FERNÁNDEZ , JOSÉ	MALE	PATO BLANCO	00:35:39.653	05:06 min/Km	01:11:52.850	16,7 Km/h	00:14:36.820	04:11 min/Km	02:02:09.323	
20	20	118	DIAZ PORTAS , ALBERTO	MALE	INDEPENDIENTE	00:27:17.113	03:54 min/Km	01:20:15.390	15,0 Km/h	00:14:46.690	04:14 min/Km	02:02:19.193	
21	21	162	VILLA FERNÁNDEZ , JORGE	MALE	CC ALLARIZ	00:30:18.933	04:20 min/Km	01:15:52.800	15,8 Km/h	00:16:30.600	04:44 min/Km	02:02:42.333	
22	22	112	BECKING , JEAN PHILIPPE	MALE	INDEPENDIENTE	00:28:12.543	04:02 min/Km	01:19:06.310	15,2 Km/h	00:15:29.240	04:26 min/Km	02:02:48.093	
23	23	147	PINTOS BARRROS , DENIS	MALE	CAZAFANTASMAS	00:32:26.583	04:39 min/Km	01:15:04.800	16,0 Km/h	00:18:25.260	05:16 min/Km	02:05:56.643	
24	24	139	MARTINEZ ALONSO , TEODORO	MALE		00:29:37.223	04:14 min/Km	01:21:23.810	14,7 Km/h	00:16:08.480	04:37 min/Km	02:07:09.513	
25	25	113	BLANCO ALONSO , JACOB	MALE	CAÑIZA BIKE	00:31:01.463	04:26 min/Km	01:19:05.770	15,2 Km/h	00:17:17.820	04:57 min/Km	02:07:25.053	
26	26	104	ALONSO VEIGA , JOSÉ	MALE	INDEPENDIENTE	00:30:33.553	04:22 min/Km	01:20:41.370	14,9 Km/h	00:16:12.620	04:38 min/Km	02:07:27.543	
27	27	128	FERREIRA GARCÍA , ADRIÁN	MALE		00:29:49.443	04:16 min/Km	01:22:45.110	14,5 Km/h	00:16:34.240	04:45 min/Km	02:09:08.793	
28	28	127	FERNÁNDEZ SALGADO , CÉSAR	MALE	INDEPENDIENTE	00:31:13.193	04:28 min/Km	01:21:38.280	14,7 Km/h	00:16:33.710	04:44 min/Km	02:09:25.183	
29	29	109	ALVES RODRIGUEZ , SAMUEL	MALE	SEMPREGROU	00:31:15.283	04:28 min/Km	01:20:44.220	14,9 Km/h	00:18:28.740	05:17 min/Km	02:10:28.243	
30	30	107	ÁLVAREZ PÉREZ , IVAN	MALE	CCDUASRODAS-LIMIATIVA	00:29:38.983	04:15 min/Km	01:24:41.700	14,2 Km/h	00:16:55.890	04:51 min/Km	02:11:16.573	
31	31	119	FABELLO CID , ELISEO	MALE		00:29:36.643	04:14 min/Km	01:26:01.010	14,0 Km/h	00:15:48.480	04:31 min/Km	02:11:26.133	
32	32	132	GARCIA YAÑEZ , JOSE ANTONIO	MALE	INDEPENDIENTE	00:28:40.393	04:06 min/Km	01:26:58.810	13,8 Km/h	00:17:34.170	05:02 min/Km	02:13:13.373	
33	33	125	FERNANDEZ GARCIA , ADRIAN	MALE	KOMMANDO TRASN8S	00:29:53.343	04:17 min/Km	01:25:42.840	14,0 Km/h	00:20:13.020	05:47 min/Km	02:15:49.203	
34	34	110	ARIAS MARTINEZ , ONOFRE	MALE	KOMMANDO TRASN8S	00:29:58.413	04:17 min/Km	01:25:38.900	14,0 Km/h	00:20:11.960	05:47 min/Km	02:15:49.273	
35	35	149	RODRÍGUEZ ÁLVAREZ , DANIEL	MALE	INDEPENDIENTE	00:29:58.653	04:17 min/Km	01:29:57.990	13,3 Km/h	00:16:20.470	04:41 min/Km	02:16:17.113	
36	36	153	SIO OTERO , PABLO	MALE	CAZAFANTASMAS TEAM	00:37:47.243	05:24 min/Km	01:19:01.400	15,2 Km/h	00:20:42.400	05:55 min/Km	02:17:31.043	
37	37	111	BAUTISTA LEJO , JAVIER	MALE	CC ALLARIZ	00:33:57.453	04:52 min/Km	01:23:47.227	14,3 Km/h	00:20:23.183	05:50 min/Km	02:18:07.863	
38	38	155	SUÁREZ DOMÍNGUEZ , JOSÉ ANTONIO	MALE	MARATÓN NATEX BARBADÁS	00:30:08.473	04:19 min/Km	01:30:56.040	13,2 Km/h	00:18:02.800	05:10 min/Km	02:19:07.313	
39	39	151	RODRÍGUEZ MARTÍNEZ , DANIEL	MALE	INDEPENDIENTE	00:33:09.923	04:45 min/Km	01:30:35.480	13,2 Km/h	00:17:06.620	04:54 min/Km	02:20:52.023	
40	40	159	VELASCO ARIAS , CARLOS ANTONIO	MALE	EXTROYER MTB TEAM	00:35:42.313	05:07 min/Km	01:24:21.520	14,2 Km/h	00:22:00.400	06:18 min/Km	02:22:04.233	

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CRONOMETRAXE

POS.	P.CAT.	DORSAL	PARTICIPANTE	CATEGORIA	CLUB	RUN1	RITMO RUN1	BIKE	MEDIA	RUN2	RITMO RUN2	META	DSQ
41	41	116	CID IGLESIAS , ÁLVARO	MALE	INDEPENDIENTE	00:33:10.143	04:45 min/Km	01:34:07.500	12,7 Km/h	00:16:49.210	04:49 min/Km	<b>02:24:06.853</b>	
42	42	123	FERNÁNDEZ FERNÁNDEZ , CARLOS	MALE	INDEPENDIENTE	00:33:07.323	04:44 min/Km	01:35:24.880	12,6 Km/h	00:19:08.430	05:29 min/Km	<b>02:27:40.633</b>	
43	43	141	MORENO ÁLVAREZ , FRANCISCO MANUEL	MALE	INDEPENDIENTE	00:36:09.863	05:10 min/Km	01:38:39.200	12,2 Km/h	00:18:13.450	05:13 min/Km	<b>02:33:02.513</b>	
44	44	156	VAZQUEZ ALONSO , JULIO PABLO	MALE		00:33:09.773	04:45 min/Km	01:41:42.260	11,8 Km/h	00:18:10.770	05:12 min/Km	<b>02:33:02.803</b>	
45	45	136	HERMIDA BARREIRO , MANUEL	MALE	CORREDORES DO MIÑO	00:36:02.423	05:09 min/Km	01:38:07.670	12,2 Km/h	00:22:26.180	06:25 min/Km	<b>02:36:36.273</b>	
46	46	138	LOBELLE VÁZQUEZ , GERMÁN	MALE	INDEPENDIENTE	00:35:15.003	05:03 min/Km	01:52:38.100	10,7 Km/h	00:20:26.110	05:51 min/Km	<b>02:48:19.213</b>	
47	47	135	GONZÁLEZ MARTÍNEZ , DIEGO	MALE	CAZAFANTASMAS TEAM	00:41:00.363	05:52 min/Km	01:53:16.380	10,6 Km/h	00:23:52.030	06:50 min/Km	<b>02:58:08.773</b>	
48	48	137	LEDO FREIRIA , GABRIEL	MALE	CAZAFANTASMAS	00:39:17.763	05:37 min/Km	01:54:57.090	10,4 Km/h	00:24:33.380	07:01 min/Km	<b>02:58:48.233</b>	
49	49	115	CAMBLO ALVAREZ , MARCELINO	MALE	CAZAFANTASMAS	00:34:28.673	04:56 min/Km	02:02:52.810	9,8 Km/h	00:26:12.110	07:30 min/Km	<b>03:03:33.593</b>	
DSQ		143	NOGUEIRA PÉREZ , MIGUEL ANXO	MALE	NOITEBRA F.C.	00:25:40.803	03:41 min/Km	01:04:21.730	18,6 Km/h	00:13:12.350	03:47 min/Km	<b>01:43:14.883</b>	NO RECORRIDO
DSQ		129	FREIRE GALLEGO , JAVIER	MALE	LAMARGHA TRIATLON	00:25:52.563	03:42 min/Km	01:04:21.880	18,6 Km/h	00:13:01.150	03:44 min/Km	<b>01:43:15.593</b>	NO RECORRIDO
DSQ		130	GALLEGO PATO , ANGEL	MALE	TROPA DO CARALLO	00:30:58.903	04:26 min/Km	01:33:04.790	12,9 Km/h	00:09:56.490	02:51 min/Km	<b>02:14:00.183</b>	-1V 2º SECTOR
DSQ		117	DÍAZ ARAUJO , JOSÉ JAVIER	MALE	TROPA DO CARALLO	00:29:36.573	04:14 min/Km	01:47:27.470	11,2 Km/h	00:08:12.860	02:21 min/Km	<b>02:25:16.903</b>	-1V 2º SECTOR
DSQ		148	QIN , XULEI	MALE	INDEPENDIENTE	00:36:45.073	05:16 min/Km	01:40:50.730	11,9 Km/h	00:12:42.717	03:38 min/Km	<b>02:30:18.520</b>	-1V 2º SECTOR
DNF		146	PEREZ GONZALEZ , DIONISIO	MALE	CAZAFANTASMAS TEAM	00:31:20.433	04:29 min/Km	01:16:52.190	15,6 Km/h				
ABD		122	FERNANDEZ CIVEIRA , IVAN	MALE	KURAI	00:28:03.923	04:01 min/Km						
ABD		134	GONZALEZ CASAL , JOSE	MALE	INDEPENDIENTE	00:33:23.183	04:47 min/Km						
ABD		142	MOURILLE DÍAZ , RUBÉN	MALE	INDEPENDIENTE	00:36:21.383	05:12 min/Km						
ABD		154	STOEHR RODRÍGUEZ , TOMÉ ALEXANDRE	MALE	INDEPENDIENTE	00:36:24.170	05:13 min/Km						
DNS		121	FERNANDEZ CABANO , MIGUEL ANGEL	MALE									
DNS		131	GÁNDARA DOMÍNGUEZ , JULIO ALBERTO	MALE	TRIOURENSE								
DNS		160	VELOSO PEREZ , MANUEL	MALE	INDEPENDIENTE								