

V DUATLON CROSS - LOUSAME 2019

17 NOVIEMBRE 2019

- GENERAL INDIVIDUAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	RUN 1	BIKE	RUN 2 - V1	RUN 2 - V2	RUN 2	META
1	1	42	GOMEZ RIOS, JOSE ANTONIO	MALE	VETERANO	ARTROGAL-TRI 498	00:16:12 03:23 min/Km	00:55:21 19,5 Km/h	00:05:27 00:05:39	00:11:06 04:07 min/Km	01:22:38	
2	1	86	REGUEIRA RELLAN, MARTIN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:15:52 03:19 min/Km	00:57:05 18,9 Km/h	00:05:14 00:05:36	00:10:49 04:01 min/Km	01:23:44	
3	2	17	CALZAS INSUA, DAVID	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:16:45 03:30 min/Km	00:56:43 19,0 Km/h	00:05:28 00:05:55	00:11:23 04:13 min/Km	01:24:49	
4	3	23	CASTIÑEIRA PAIS, GABRIEL	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:16:50 03:31 min/Km	00:57:13 18,9 Km/h	00:05:37 00:05:56	00:11:32 04:17 min/Km	01:25:35	
5	4	77	PAIS FONDO, FRANCISCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:16:47 03:30 min/Km	00:57:56 18,6 Km/h	00:05:33 00:05:50	00:11:23 04:13 min/Km	01:26:06	
6	5	69	MATO CARAMES, ANTONIO	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:18:51 03:56 min/Km	00:55:18 19,5 Km/h	00:05:57 00:06:11	00:12:07 04:30 min/Km	01:26:14	
7	6	49	JUANATEY GARCIA, CARLOS	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:16:41 03:29 min/Km	00:59:26 18,2 Km/h	00:05:38 00:05:43	00:11:20 04:12 min/Km	01:27:26	
8	1	4	ARAGUNDE CALVO, DAVID	MALE	JUNIOR	LICENCIA 1 DIA	00:18:18 03:49 min/Km	00:58:27 18,5 Km/h	00:05:52 00:06:05	00:11:57 04:26 min/Km	01:28:41	
9	7	36	FERNANDEZ VIDAL, PORFIRIO	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:17:39 03:41 min/Km	00:59:25 18,2 Km/h	00:05:45 00:05:56	00:11:40 04:20 min/Km	01:28:43	
10	8	92	RODRIGUEZ POUSO, JOSE ANGEL	MALE	ABSOLUTA	TRIATLON VILAGARCIA /ATENAS RUNNING	00:17:34 03:40 min/Km	00:59:50 18,1 Km/h	00:06:01 00:06:04	00:12:05 04:29 min/Km	01:29:28	
11	2	84	RAMOS RODRIGUEZ, ELADIO	MALE	VETERANO	CLUB CICLISMO-TRIATLON POIO	00:17:52 03:44 min/Km	01:00:11 17,9 Km/h	00:05:51 00:06:00	00:11:50 04:23 min/Km	01:29:52	
12	9	20	CARRETERO SANCHEZ, LUCIANO JESUS	MALE	ABSOLUTA	LICENCIA 1 DIA	00:17:47 03:43 min/Km	01:00:26 17,9 Km/h	00:05:49 00:06:01	00:11:49 04:23 min/Km	01:30:01	
13	10	50	LANDEIRA CASTRO, DAVID	MALE	ABSOLUTA	ASOCIACION DEPORTIVA MEDIA DUCIA	00:16:58 03:33 min/Km	01:02:08 17,4 Km/h	00:05:43 00:05:47	00:11:30 04:16 min/Km	01:30:34	
14	11	88	RIAL RODRIGUEZ, UXIO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:17:43 03:42 min/Km	01:00:20 17,9 Km/h	00:06:17 00:06:21	00:12:37 04:41 min/Km	01:30:39	
15	12	100	SANTIAGO REY, DIEGO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:18:50 03:56 min/Km	00:59:25 18,2 Km/h	00:06:07 00:06:25	00:12:31 04:39 min/Km	01:30:45	
16	13	89	RIVAS PULPEIRO, ENRIQUE	MALE	ABSOLUTA	NOSPORTLIMIT	00:19:29 04:04 min/Km	00:58:39 18,4 Km/h	00:06:27 00:06:55	00:13:22 04:58 min/Km	01:31:29	
17	3	119	VILLAR CAAMAÑO, JOSE ALFONSO	MALE	VETERANO	TRIATLON O TREITO	00:18:16 03:49 min/Km	01:00:58 17,7 Km/h	00:06:16 00:06:21	00:12:37 04:41 min/Km	01:31:51	
18	4	21	CASADO PORTO, DAVID	MALE	VETERANO	LICENCIA 1 DIA	00:18:17 03:49 min/Km	01:00:59 17,7 Km/h	00:06:16 00:06:21	00:12:38 04:41 min/Km	01:32:08	
19	5	67	MARTÍNEZ LEMA, JOSÉ ÁNGEL	MALE	VETERANO	LICENCIA 1 DIA	00:19:00 03:58 min/Km	01:06:19 16,3 Km/h	00:06:04 00:06:24	00:12:29 02:33 min/Km	01:32:10	
20	14	90	RODRIGUEZ CAMBON, JOSE ADRIAN	MALE	ABSOLUTA	ASOCIACION DEPORTIVA MEDIA DUCIA	00:17:59 03:45 min/Km	01:02:02 17,4 Km/h	00:06:05 00:06:25	00:12:30 04:38 min/Km	01:32:29	
21	6	39	GARCIA BLANCO, CARLOS	MALE	VETERANO	TRIATLON VILAGARCIA /ATENAS RUNNING	00:18:35 03:53 min/Km	01:01:20 17,6 Km/h	00:06:20 00:06:37	00:12:56 04:48 min/Km	01:32:51	
22	7	109	TARELA MIRAMONTES, DANIEL	MALE	VETERANO	TRIATLON O TREITO	00:20:14 04:13 min/Km	00:59:49 18,1 Km/h	00:06:50 00:06:48	00:13:37 05:03 min/Km	01:33:39	
23	15	72	MOSQUERA FILGUEIRA, GERMAN	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:18:20 03:50 min/Km	01:03:58 16,9 Km/h	00:05:58 00:06:12	00:12:10 04:31 min/Km	01:34:27	
24	8	10	BUJAN SANTOS, EDUARDO	MALE	VETERANO	CLUB PEÑA CICLISTA TOXO	00:18:30 03:52 min/Km	01:03:53 16,9 Km/h	00:06:26 00:06:41	00:13:06 04:52 min/Km	01:35:28	
25	9	75	NIETO GONZÁLEZ, JOSÉ MANUEL	MALE	VETERANO	LICENCIA 1 DIA	00:17:53 03:44 min/Km	01:05:45 16,4 Km/h	00:05:57 00:06:17	00:12:14 04:32 min/Km	01:35:52	
26	16	55	LORENZO FERNANDEZ, BRAIS	MALE	ABSOLUTA	LICENCIA 1 DIA	00:19:11 03:60 min/Km	01:03:41 17,0 Km/h	00:06:21 00:06:43	00:13:03 04:50 min/Km	01:35:54	
27	17	63	MARTINEZ CASTRO, JESUS	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:20:38 04:18 min/Km	01:01:43 17,5 Km/h	00:06:49 00:07:01	00:13:49 05:08 min/Km	01:36:10	
28	18	117	VILAS GOMEZ, ANTONIO	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:18:48 03:55 min/Km	01:04:01 16,9 Km/h	00:06:46 00:06:46	00:13:31 05:01 min/Km	01:36:20	
29	19	22	CASAS ROLDÓS, BRAIS	MALE	ABSOLUTA	LICENCIA 1 DIA	00:18:27 03:51 min/Km	01:05:17 16,5 Km/h	00:06:14 00:06:32	00:12:46 04:44 min/Km	01:36:30	
30	20	3	AGRASAR CES, MARTIN	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:19:43 04:07 min/Km	01:04:44 16,7 Km/h	00:06:14 00:06:17	00:12:31 04:39 min/Km	01:36:56	
31	21	24	CASTIÑEIRA PAIS, MARCO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:18:20 03:50 min/Km	01:05:20 16,5 Km/h	00:06:36 00:06:43	00:13:18 04:56 min/Km	01:36:56	
32	22	111	TOMBO GONZÁLEZ, JORGE DANIEL	MALE	ABSOLUTA	LICENCIA 1 DIA	00:18:52 03:56 min/Km	01:05:23 16,5 Km/h	00:06:21 00:06:22	00:12:43 04:43 min/Km	01:36:56	
33	23	5	BALAYO GARCIA, ALBERTO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:19:04 03:59 min/Km	01:06:01 16,4 Km/h	00:06:12 00:06:27	00:12:39 04:42 min/Km	01:37:43	
34	24	37	FREIRE CALVO, DIEGO	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:19:12 04:00 min/Km	01:06:14 16,3 Km/h	00:06:13 00:06:20	00:12:32 04:39 min/Km	01:37:56	
35	10	103	SIEIRA RIOS, FERNANDO	MALE	VETERANO	ARTROGAL-TRI 498	00:18:48 03:55 min/Km	01:07:03 16,1 Km/h	00:06:16 00:06:22	00:12:38 04:41 min/Km	01:38:28	
36	11	98	SÁNCHEZ RAMOS, ALEJANDRO	MALE	VETERANO	LICENCIA 1 DIA	00:19:13 04:01 min/Km	01:06:15 16,3 Km/h	00:06:31 00:06:34	00:13:04 04:51 min/Km	01:38:31	
37	25	27	COSTA FERNÁNDEZ, BENJAMIN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:19:07 03:59 min/Km	01:06:20 16,3 Km/h	00:06:32 00:06:36	00:13:07 04:52 min/Km	01:38:33	
38	2	58	MARNOTES NOGUEIRA, DIEGO	MALE	JUNIOR	LICENCIA 1 DIA	00:20:30 04:17 min/Km	01:05:34 16,5 Km/h	00:06:12 00:06:56	00:13:08 04:52 min/Km	01:39:11	
39	12	95	ROMERO IGLESIAS, FRANCISCO GERMAN	MALE	VETERANO	TRIATLON O TREITO	00:20:28 04:16 min/Km	01:06:18 16,3 Km/h	00:06:57 00:06:52	00:13:49 05:08 min/Km	01:40:34	
40	13	18	CAMEAN CAMEAN, ROBERTO	MALE	VETERANO	LICENCIA 1 DIA	00:19:36 04:05 min/Km	01:09:07 15,6 Km/h	00:06:25 00:06:48	00:13:13 04:54 min/Km	01:41:55	
41	26	85	REGO POSE, MARTÍN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:20:16 04:14 min/Km	01:07:35 16,0 Km/h	00:06:41 00:07:35	00:14:15 05:17 min/Km	01:42:04	
42	27	8	BLANCO PENSADO, JONATAN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:20:29 04:17 min/Km	01:08:18 15,8 Km/h	00:07:00 00:07:45	00:14:45 05:28 min/Km	01:43:31	
43	28	28	CUNDINS ORONS, RUBEN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:20:13 04:13 min/Km	01:08:53 15,7 Km/h	00:07:11 00:07:37	00:14:47 05:29 min/Km	01:43:53	
44	14	16	CALVIÑO CARREÑO, JOSE	MALE	VETERANO	LICENCIA 1 DIA	00:21:37 04:31 min/Km	01:07:45 15,9 Km/h	00:07:10 00:07:32	00:14:41 05:27 min/Km	01:44:02	
45	29	99	SANTIAGO POUSO, ROBERTO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:20:19 04:14 min/Km	01:10:01 15,4 Km/h	00:06:56 00:07:03	00:13:58 05:11 min/Km	01:44:17	
46	30	45	GONZALEZ FRAGA, OSCAR	MALE	ABSOLUTA	LICENCIA 1 DIA	00:19:45 04:07 min/Km	01:11:00 15,2 Km/h	00:07:05 00:07:17	00:14:22 05:20 min/Km	01:45:06	
47	31	82	PIÑEIRO LAMAS, JOSE RAMON	MALE	ABSOLUTA	CLUB TRIATLON RIANXO	00:19:27 04:04 min/Km	01:12:38 14,9 Km/h	00:06:27 00:06:44	00:13:11 04:53 min/Km	01:45:14	
48	32	19	CANDAL DE LA CRUZ, JUAN CARLOS	MALE	ABSOLUTA	NOSPORTLIMIT	00:22:13 04:38 min/Km	01:07:53 15,9 Km/h	00:07:33 00:07:41	00:15:13 05:39 min/Km	01:45:19	

V DUATLON CROSS - LOUSAME 2019

17 NOVIEMBRE 2019

- GENERAL INDIVIDUAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	RUN 1	BIKE	RUN 2 - V1	RUN 2 - V2	RUN 2	META
49	33	38	FUENTE GONZALEZ , VICTORINO	MALE	ABSOLUTA	CLUB CICLISMO-TRIATLON POIO	00:21:38 04:31 min/Km	01:10:00 15,4 Km/h	00:06:51 00:07:08	00:13:59 05:11 min/Km	01:45:36	
50	15	73	MOURIÑO FORTES , VICTOR MANUEL	MALE	VETERANO	CLUB ATLETISMO PORRIÑO	00:20:59 04:23 min/Km	01:10:56 15,2 Km/h	00:06:59 00:07:21	00:14:19 05:19 min/Km	01:46:14	
51	16	41	GÓMEZ GÓMEZ , MANUEL	MALE	VETERANO	LICENCIA 1 DIA	00:18:07 03:47 min/Km	01:15:34 14,3 Km/h	00:06:12 00:06:37	00:12:49 04:45 min/Km	01:46:30	
52	34	57	LOUREIRO AMENEIROS , JOSE DANIEL	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:20:12 04:13 min/Km	01:13:31 14,7 Km/h	00:06:35 00:06:56	00:13:31 05:01 min/Km	01:47:12	
53	35	25	CASTRO FERNANDEZ , JUAN CARLOS	MALE	ABSOLUTA	LICENCIA 1 DIA	00:19:09 03:60 min/Km	01:13:01 14,8 Km/h	00:08:12 00:07:39	00:15:51 05:53 min/Km	01:48:00	
54	17	76	OTERO RODRIGUEZ , SANTIAGO ALFONSO	MALE	VETERANO	LICENCIA 1 DIA	00:20:46 04:20 min/Km	01:13:34 14,7 Km/h	00:06:49 00:07:00	00:13:48 05:07 min/Km	01:48:07	
55	36	113	TRILLO BLANCO , ANGEL	MALE	ABSOLUTA	CLUB PEÑA CICLISTA TOXO	00:22:09 04:37 min/Km	01:11:32 15,1 Km/h	00:07:28 00:07:02	00:14:30 05:23 min/Km	01:48:10	
56	18	6	BALBOA PADIN , JOSE MANUEL	MALE	VETERANO	CLUB CICLISMO-TRIATLON POIO	00:19:44 04:07 min/Km	01:13:11 14,8 Km/h	00:07:30 00:07:47	00:15:17 05:40 min/Km	01:48:11	
57	19	59	MARNOTES VILLANUEVA , ANTONIO	MALE	VETERANO	LICENCIA 1 DIA	00:20:30 04:17 min/Km	01:12:16 14,9 Km/h	00:08:16 00:07:17	00:15:33 05:46 min/Km	01:48:17	
58	1	30	DELGADO GONZALEZ , MARIA DEL MAR	FEMALE	ABSOLUTA-F	TRIATLON FERROL	00:20:57 04:22 min/Km	01:12:48 14,8 Km/h	00:07:14 00:07:42	00:14:56 05:32 min/Km	01:48:41	
59	20	12	BUSTO GALLARDO , JOSE MANUEL	MALE	VETERANO	LICENCIA 1 DIA	00:21:35 04:30 min/Km	01:13:45 14,6 Km/h	00:07:01 00:07:16	00:14:17 05:18 min/Km	01:49:36	
60	37	112	TRIGO RODRIGUEZ , IVAN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:21:01 04:23 min/Km	01:14:01 14,6 Km/h	00:07:16 00:07:24	00:14:39 05:26 min/Km	01:49:40	
61	21	26	CASTROMÁN CASAL , FRANCISCO JAVIER	MALE	VETERANO	LICENCIA 1 DIA	00:20:46 04:20 min/Km	01:14:32 14,5 Km/h	00:06:58 00:07:36	00:14:34 05:24 min/Km	01:49:52	
62	38	43	GONZÁLEZ CANCELA , MARIO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:21:44 04:32 min/Km	01:13:47 14,6 Km/h	00:07:06 00:07:46	00:14:52 05:31 min/Km	01:50:23	
63	22	7	BERIAS LAÍÑO , LUIS MIGUEL	MALE	VETERANO	LICENCIA 1 DIA	00:23:25 04:53 min/Km	01:09:57 15,4 Km/h	00:08:48 00:09:07	00:17:55 06:39 min/Km	01:51:15	
64	23	81	PICOS ROMERO , VICTOR MANUEL	MALE	VETERANO	LICENCIA 1 DIA	00:20:58 04:23 min/Km	01:14:28 14,5 Km/h	00:07:35 00:08:20	00:15:54 05:54 min/Km	01:51:18	
65	39	107	SOUTO PRIETO , ANTONIO	MALE	ABSOLUTA	A.D. TRI-PENTA TERRAS DE LUGO	00:18:10 03:48 min/Km	01:19:08 13,6 Km/h	00:06:33 00:07:55	00:14:28 05:22 min/Km	01:51:45	
66	24	31	DIZ CHAVES , MANUEL	MALE	VETERANO	TRIATLON VILAGARCIA /ATENAS RUNNING	00:20:20 04:15 min/Km	01:16:44 14,1 Km/h	00:07:05 00:07:47	00:14:52 05:31 min/Km	01:51:55	
67	25	34	FERNANDEZ ANTELO , FRANCISCO	MALE	VETERANO	TRIATLON O TREITO	00:22:00 04:35 min/Km	01:15:20 14,3 Km/h	00:07:39 00:07:21	00:14:59 05:33 min/Km	01:52:19	
68	40	110	TEMBRA CESPON , PEDRO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:20:19 04:14 min/Km	01:18:03 13,8 Km/h	00:06:57 00:07:33	00:14:29 05:22 min/Km	01:52:50	
69	26	2	ACUÑA TRABAZO , FERNANDO	MALE	VETERANO	CLUB DEPORTIVO PINARIUM	00:20:21 04:15 min/Km	01:18:53 13,7 Km/h	00:06:40 00:07:02	00:13:41 05:05 min/Km	01:52:54	
70	27	108	SOUTO VAZQUEZ , EDUARDO	MALE	VETERANO	NOSPORTLIMIT	00:20:46 04:20 min/Km	01:12:59 14,8 Km/h	00:06:43 00:13:40	00:20:23 07:33 min/Km	01:54:07	
71	41	94	ROMERO CHOUZA , OSCAR	MALE	ABSOLUTA	CLUB CICLISTA MUROS	00:20:24 04:15 min/Km	01:20:14 13,5 Km/h	00:06:56 00:07:06	00:14:02 05:12 min/Km	01:54:39	
72	2	118	VILAS PÉREZ , ANA MARIA	FEMALE	ABSOLUTA-F	CLUB TRIATLON COMPOSTELA	00:23:26 04:53 min/Km	01:16:08 14,2 Km/h	00:07:33 00:08:03	00:15:36 05:47 min/Km	01:55:09	
73	28	46	GONZÁLEZ GARCÍA , JOSE ROBERTO	MALE	VETERANO	LICENCIA 1 DIA	00:20:20 04:15 min/Km	01:21:00 13,3 Km/h	00:07:04 00:07:12	00:14:15 05:17 min/Km	01:55:34	
74	29	15	CALVAR LORENZO , JESUS	MALE	VETERANO	CLUB TRIATLON MAR DE VIGO	00:21:53 04:34 min/Km	01:18:34 13,7 Km/h	00:07:36 00:07:41	00:15:16 05:40 min/Km	01:55:43	
75	3	61	MARTÍNEZ ÁLVAREZ , MARÍA JOSE	FEMALE	ABSOLUTA-F	LICENCIA 1 DIA	00:24:46 05:10 min/Km	01:16:12 14,2 Km/h	00:08:05 00:08:25	00:16:30 06:07 min/Km	01:57:27	
76	42	74	MUÑIZ FERNANDEZ , RUBEN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:23:04 04:49 min/Km	01:18:55 13,7 Km/h	00:07:39 00:08:12	00:15:51 05:53 min/Km	01:57:48	
77	4	104	SIMON MARTINEZ , AMIRA	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:22:18 04:39 min/Km	01:24:50 12,7 Km/h	00:07:46 00:08:17	00:16:02 05:57 min/Km	02:03:09	
78	5	48	IGLESIAS VAZQUEZ , MIRIAM	FEMALE	ABSOLUTA-F	ASOCIACION DEPORTIVA MEDIA DUCIA	00:22:15 04:39 min/Km	01:26:38 12,5 Km/h	00:07:34 00:08:09	00:15:42 05:49 min/Km	02:04:34	
79	43	80	PEREIRO REGUEIRA , JOSÉ MARTIN	MALE	ABSOLUTA	LICENCIA 1 DIA	00:24:31 05:07 min/Km	01:21:27 13,3 Km/h	00:08:50 00:09:52	00:18:41 06:56 min/Km	02:04:38	
80	44	116	VEIGA AGUIÓN , VICTOR	MALE	ABSOLUTA	LICENCIA 1 DIA	00:23:26 04:53 min/Km	01:24:27 12,8 Km/h	00:08:00 00:09:58	00:17:58 06:40 min/Km	02:05:50	
81	30	115	TUBIO PIÑEIRO , TOMAS	MALE	VETERANO	CLUB TRIATLON RIANXO	00:22:14 04:38 min/Km	01:29:03 12,1 Km/h	00:07:20 00:07:43	00:15:02 05:35 min/Km	02:06:18	
82	45	65	MARTÍNEZ FREIRE , DIEGO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:22:13 04:38 min/Km	01:27:06 12,4 Km/h	00:07:02 00:10:12	00:17:13 06:23 min/Km	02:06:32	
83	1	54	LOPEZ MORAN , CRISTINA	FEMALE	VETERANO-F	NOSPORTLIMIT	00:24:10 05:03 min/Km	01:25:38 12,6 Km/h	00:08:32 00:09:07	00:17:39 06:33 min/Km	02:07:26	
84	31	70	MATO PEÓN , CELESTINO	MALE	VETERANO	LICENCIA 1 DIA	00:21:27 04:29 min/Km	01:31:12 11,8 Km/h	00:07:19 00:07:46	00:15:04 05:35 min/Km	02:07:42	
85	6	13	CABALLERO ROMERO , LIZA MABEL	FEMALE	ABSOLUTA-F	A.D. NAUTICO DE NARON	00:23:09 04:50 min/Km	01:27:51 12,3 Km/h	00:08:35 00:09:15	00:17:50 06:37 min/Km	02:08:49	
86	32	11	BUSTELO CASTAÑO , JULIO	MALE	VETERANO	LICENCIA 1 DIA	00:24:16 05:04 min/Km	01:28:59 12,1 Km/h	00:08:07 00:08:04	00:16:10 05:60 min/Km	02:09:25	
87	33	68	MARX - , SVEN OLIVER	MALE	VETERANO	NOSPORTLIMIT	00:24:29 05:07 min/Km	01:28:18 12,2 Km/h	00:08:23 00:08:19	00:16:42 06:12 min/Km	02:09:28	
88	34	93	RODRIGUEZ RODRIGUEZ , JOSE	MALE	VETERANO	LICENCIA 1 DIA	00:31:19 06:32 min/Km	01:16:41 14,1 Km/h	00:11:05 00:11:59	00:23:03 08:33 min/Km	02:11:02	
89	7	83	RAMOS ONS , ANA	FEMALE	ABSOLUTA-F	LICENCIA 1 DIA	00:23:38 04:56 min/Km	01:30:46 11,9 Km/h	00:08:17 00:09:19	00:17:36 06:32 min/Km	02:11:59	
90	35	87	REY MIGUENS , RAMON	MALE	VETERANO	Independiente	00:26:12 05:28 min/Km	01:35:47 11,3 Km/h	00:09:25 00:09:35	00:19:00 07:03 min/Km	02:20:57	
91	8	79	PEDROSA TORRES , LORETO	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:22:56 04:47 min/Km	01:41:37 10,6 Km/h	00:09:10 00:08:33	00:17:42 06:34 min/Km	02:22:14	
92	46	97	SÁNCHEZ MOUGÁN , JOSÉ CARLOS	MALE	ABSOLUTA	LICENCIA 1 DIA	00:24:54 05:12 min/Km	01:39:16 10,9 Km/h	00:08:19 00:10:22	00:18:40 06:55 min/Km	02:22:49	
93	47	102	SESTAYO SEOANE , ELOY	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:20:28 04:16 min/Km	01:48:23 10,0 Km/h	00:06:56 00:07:32	00:14:28 05:22 min/Km	02:23:18	
94	2	14	CAJADE BLANCO , MARIA BEGOÑA	FEMALE	VETERANO-F	LICENCIA 1 DIA	00:26:25 05:31 min/Km	02:00:35 9,0 Km/h	00:09:13 00:10:02	00:19:15 07:08 min/Km	02:46:14	
ABD		9	BOUZAS TEIRA , ANTONIO	MALE	ABSOLUTA	LICENCIA 1 DIA	00:22:33 04:42 min/Km					
ABD		32	DOMINGUEZ RECAREY , FRANCISCO MANUEL	MALE	VETERANO	LICENCIA 1 DIA	00:21:19 04:27 min/Km					

V DUATLON CROSS - LOUSAME 2019

17 NOVIEMBRE 2019

- GENERAL INDIVIDUAL-

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	RUN 1		BIKE		RUN 2 - V1	RUN 2 - V2	RUN 2		META
ABD		52	LOPEZ AMOR , ALVARO JOAQUIN	MALE	ABSOLUTA	NOSPORTLIMIT	00:24:11		05:03 min/Km						
ABD		62	MARTÍNEZ CAAMAÑO , JOSE	MALE	ABSOLUTA	LICENCIA 1 DIA	00:25:04		05:14 min/Km						
ABD		71	MIGUENS OTERO , MARIA ELENA	FEMALE	VETERANO-F	CLUB OLIMPICO DE VEDRA	00:20:50		04:21 min/Km						
ABD		91	RODRIGUEZ COLLAZO , JAVIER	MALE	ABSOLUTA	ARTROGAL-TRI 498	00:18:11		03:48 min/Km						
ABD		101	SEOANE AUGE , DIEGO	MALE	VETERANO	LICENCIA 1 DIA	00:25:25		05:18 min/Km						
ABD		51	LOPEZ ADMELLA , CARLOS	MALE	VETERANO	LICENCIA 1 DIA									
NP		1	ABELENDA POSE , MARIA ESTEFANIA	FEMALE	ABSOLUTA-F	TRIATLON ARTEIXO									
NP		29	DE LA IGLESIA CREO , MAXIMINO	MALE	VETERANO	TRIATLON O TREITO									
NP		33	ESTEVEZ ALVAREZ , MAURO	MALE	ABSOLUTA	LICENCIA 1 DIA									
NP		35	FERNÁNDEZ MAYÁN , JOSÉ RAMÓN	MALE	ABSOLUTA	LICENCIA 1 DIA									
NP		40	GOLMAR FONDEVILA , MANUEL	MALE	VETERANO	LICENCIA 1 DIA									
NP		44	GONZALEZ CUÑA , MANUEL	MALE	VETERANO	CLUB TRIATLON MAR DE VIGO									
NP		47	IGLESIAS PRADO , FRANCISCO JAVIER	MALE	VETERANO	ARCADE INFORHOUSE SANTIAGO									
NP		53	LÓPEZ EYO , TANIA	FEMALE	ABSOLUTA-F	LICENCIA 1 DIA									
NP		56	LORENZO MIRÓN , DANIEL	MALE	ABSOLUTA	LICENCIA 1 DIA									
NP		60	MARTÍNEZ ALONSO , MARCELINO	MALE	VETERANO	LICENCIA 1 DIA									
NP		64	MARTÍNEZ COMESAÑA , LUIS ENRIQUE	MALE	ABSOLUTA	LICENCIA 1 DIA									
NP		66	MARTINEZ LAGE , MATEO	MALE	VETERANO	TRIATLON VILAGARCIA /ATENAS RUNNING									
NP		78	PARDO NEBRIL , RUBEN DARIO	MALE	VETERANO	NOSPORTLIMIT									
NP		96	ROUCO REGUEIRO , DANIEL	MALE	VETERANO	LICENCIA 1 DIA									
NP		105	SOUSA GONZALEZ , AGUSTIN	MALE	VETERANO	NOSPORTLIMIT									
NP		106	SOUTO PEREZ , BRUNO	MALE	ABSOLUTA	NOSPORTLIMIT									
NP		114	TUBIO MUÑIZ , GUILLERMO	MALE	VETERANO	CLUB TRIATLON RIANXO									