



LOCALIDADE	LOUSAME	DATA	20/11/2022	DISTANCIA	SPRINT	MODALIDADE	DUATLON CROSS		
Delegado Técnico	MONICA FLORES			JURADO DE COMPETICIÓN		MONICA FLORES (DT)			
Juez Árbitro	ARANCHA TOME ANTELO					JAVIER CAMPOS PEÑA (FEGATRI)			
Respons. Oficiais	MONICA FLORES					LUIS TEMBRA (TRIATLON RIANXO)			
PROBA			TEMP	CARREIRA		CICLISMO	CARREIRA		
VII DUATLON CROS LOUSAME			-	5800 METROS		20.1 KILÓMETROS	2900 METROS		
ABSOLUTA FEMENINO				2 voltas		3 voltas	1 volta		
INSCRITOS	84	ACABAN	68	RETIRADOS	6	DESCALIFICADOS	1	NON PRESENTADOS	9

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	CARREIRA V1	CARREIRA V2	CICLISMO	CARREIRA 2	META	DSQ.
1	1	4	OTERO IGLESIAS , ALEXANDRE	MASCULINO	ABM	CLUB TRIATLON RIANXO	00:10:53	00:11:26	01:03:42	00:11:43	01:37:42	
2	1	2	MAYO FIGUEIRA , MARCOS	MASCULINO	V1M	TRIATLON O TREITO	00:11:22	00:11:51	01:02:31	00:12:34	01:38:17	
3	2	1	GÓMEZ OTERO , DANIEL	MASCULINO	ABM	TRIATLON FERROL	00:10:50	00:11:15	01:05:31	00:11:49	01:39:24	
4	3	3	CASTIÑEIRA PAIS , GABRIEL	MASCULINO	ABM	TRIATLON COSTA DA MORTE					01:40:43	
5	4	58	VILLANUEVA SABUCEDO , JOSE RAMON	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:12:08	00:13:11	01:04:13	00:13:37	01:43:08	
6	5	5	RODRIGUEZ TRUJILLO , ALEJANDRO	MASCULINO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:11:15	00:12:02	01:08:26	00:12:34	01:44:16	
7	6	54	SANTOS LOIS , SERGIO	MASCULINO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:11:39	00:11:49	01:08:16	00:12:34	01:44:16	
8	7	56	VARELA PAZ , BORJA	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:11:19	00:12:11	01:08:45	00:12:31	01:44:44	
9	8	41	LIJO ARES , YAGO	MASCULINO	ABM	CLUB TRIATLON RIANXO	00:11:21	00:12:13	01:08:30	00:13:01	01:45:04	
10	2	81	RODRIGUEZ POUOSO , JOSE ANGEL	MASCULINO	V1M	ARTROGAL-TRI 498	00:11:20	00:12:06	01:09:33	00:12:29	01:45:26	
11	3	14	RODRIGUEZ ESPASANDIN , JOSE	MASCULINO	V1M	TRIATLON COSTA DA MORTE	00:12:07	00:12:46	01:09:03	00:12:16	01:46:10	
12	9	7	JAMARDO ABOY , SERGIO	MASCULINO	ABM	CLUB TRIATLON POIO	00:11:22	00:11:57	01:11:19	00:11:51	01:46:28	
13	10	6	ROJO LUACES , ADRIAN	MASCULINO	ABM	TRIATLON INFORHOUSE SANTIAGO	00:11:38	00:12:29	01:10:14	00:12:30	01:46:49	
14	11	40	LESTIDO REY , MARTIN	MASCULINO	ABM	ARTROGAL-TRI 498	00:11:37	00:12:27	01:09:50	00:13:15	01:47:08	
15	1	31	ARAGUNDE CALVO , DAVID	MASCULINO	SUB23M	LICENZA TEMPORAL 1 DIA	00:12:18	00:13:13	01:08:34	00:14:01	01:48:05	
16	12	10	FERNANDEZ VIDAL , PORFIRIO	MASCULINO	ABM	TRIATLON VILAGARCIA /ATENAS RUNNING	00:12:16	00:12:49	01:09:24	00:13:51	01:48:18	



17	4	11	RODRIGUEZ PAZ , ALEXANDRE	MASCULINO	V1M	TRIATLON ARTEIXO	00:12:09	00:12:55	01:09:45	00:13:48	01:48:35
18	13	8	CASTIÑEIRA PAIS , MARCO	MASCULINO	ABM	TRIATLON COSTA DA MORTE	00:11:47	00:12:48	01:10:47	00:13:42	01:49:02
19	14	13	GARCIA CABANAS , JORGE	MASCULINO	ABM	CIDADE DE LUGO FLUVIAL	00:11:10	00:11:46	01:15:50	00:11:59	01:50:44
20	5	83	TARELA MIRAMONTES , DANIEL	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:12:54	00:13:33	01:11:11	00:13:47	01:51:24
21	15	52	SAAVEDRA LAGARES , EDUARDO ALBERTO	MASCULINO	ABM	A.D. NAUTICO DE NARON	00:11:38	00:12:04	01:15:58	00:12:06	01:51:45
22	6	75	PORTO BLANCO , EDELMIRO	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:12:42	00:13:31	01:12:04	00:13:30	01:51:46
23	16	55	TEMBRA PENEIREIRO , JOSE LUIS	MASCULINO	ABM	CLUB TRIATLON RIANXO	00:11:10	00:12:05	01:16:00	00:12:49	01:52:03
24	17	50	RODRIGUEZ OTERO , BORJA	MASCULINO	ABM	CLUB TRIATLON RIANXO	00:12:45	00:13:53	01:12:27	00:13:27	01:52:32
25	7	69	GONZALEZ SOBRADELO , CARLOS	MASCULINO	V1M	CLUB TRIATLON RIANXO	00:12:33	00:13:03	01:13:31	00:13:34	01:52:39
26	18	37	FERNANDEZ VAZQUEZ , OSCAR	MASCULINO	ABM	TRIATLON INFORHOUSE SANTIAGO	00:12:17	00:12:44	01:14:35	00:13:43	01:53:18
27	2	32	CAMPOS VILLAVEVERDE , ÁLVARO	MASCULINO	SUB23M	LICENZA TEMPORAL 1 DIA	00:11:47	00:12:49	01:17:02	00:12:34	01:54:11
28	19	28	QUINTELA PAIS , FELIX	MASCULINO	ABM	CLUB TRIATLON COMPOSTELA	00:12:10	00:13:05	01:15:42	00:13:28	01:54:23
29	20	47	PEREZ MARTINEZ , GUSTAVO	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:13:13	00:15:00	01:10:56	00:16:09	01:55:17
30	8	63	DEZA SAEZ , RINGO	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:14:18	00:15:12	01:12:11	00:14:34	01:56:14
31	21	18	AGRASAR CES , MARTIN	MASCULINO	ABM	ARTROGAL-TRI 498	00:13:24	00:14:03	01:16:51	00:14:35	01:58:52
32	22	42	MARIÑO ESTEVEZ , SERGIO	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:12:55	00:14:13	01:14:45	00:17:15	01:59:07
33	9	72	MARTÍNEZ LEMA , JOSÉ ÁNGEL	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:12:19	00:13:38	01:19:01	00:14:42	01:59:39
34	23	12	SANCHEZ FERNANDEZ , SERGIO	MASCULINO	ABM	CLUB ATLETISMO PORRIÑO	00:11:40	00:12:53	01:21:28	00:13:49	01:59:49
35	1	15	GARCIA ABALO , FRANCISCO JAVIER	MASCULINO	V2M	CLUB TRIATLON POIO	00:12:37	00:13:39	01:20:08	00:13:47	02:00:10
36	2	27	NIETO GONZALEZ , JOSE MANUEL	MASCULINO	V2M	ARTROGAL-TRI 498	00:12:42	00:12:58	01:19:25	00:15:18	02:00:22
37	24	48	PRIETO GONZALEZ , DIEGO	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:12:51	00:13:36	01:18:46	00:15:13	02:00:24
38	10	67	GARCIA-LOSA RODRIGUEZ , PELAYO	MASCULINO	V1M	CLUB TRIATLON BETANZOS	00:12:10	00:12:25	01:23:22	00:12:46	02:00:43
39	25	26	MOSQUERA FILGUEIRA , GERMAN	MASCULINO	ABM	ARTROGAL-TRI 498	00:12:54	00:13:45	01:21:27	00:14:12	02:02:17
40	11	65	FREIRE CALVO , DIEGO	MASCULINO	V1M	CLUB TRIATLON POIO	00:13:15	00:14:10	01:20:38	00:14:23	02:02:24
41	3	19	SUAREZ FERNANDEZ , CELSO	MASCULINO	V2M	KURAI	00:13:24	00:14:50	01:19:46	00:14:53	02:02:52
42	12	60	BALDERRABANO MAYO , ALFONSO JOSE	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:13:23	00:13:59	01:20:49	00:15:08	02:03:17



43	26	24	CALVIÑO FROIZ , BREOGÁN	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:14:13	00:15:05	01:21:08	00:16:08	02:06:33
44	13	59	BALBOA PADIN , JOSE MANUEL	MASCULINO	V1M	CLUB TRIATLON POIO	00:13:10	00:13:43	01:22:18	00:17:45	02:06:55
45	27	45	OTERO DOSIL , RUBÉN	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:14:15	00:15:00	01:22:50	00:15:34	02:07:39
46	14	78	RECAREY BECERRA , MANUEL ALEJANDRO	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:14:45	00:16:01	01:20:15	00:16:46	02:07:45
47	15	62	CORRAL REY , FELIPE	MASCULINO	V1M	NOSPORTLIMIT	00:13:10	00:13:37	01:27:40	00:13:22	02:07:47
48	16	17	VILLAR CAAMAÑO , JOSE ALFONSO	MASCULINO	V1M	CLUB CERVECERIA O COTON NEGREIRA	00:14:10	00:14:33	01:22:24	00:16:46	02:07:51
49	28	25	GOLAN LEON , DAVID	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:14:46	00:15:47	01:20:24	00:17:16	02:08:12
50	29	38	GARCÍA SOBRIDO , JOSÉ RAMÓN	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:13:21	00:14:12	01:27:02	00:14:00	02:08:33
51	30	51	ROMERO CHOUZA , OSCAR	MASCULINO	ABM	CLUB CICLISTA MUROS	00:15:20	00:15:00	01:23:30	00:15:17	02:09:07
52	17	77	REBOREDO PROL , MANUEL	MASCULINO	V1M	ARTROGAL-TRI 498	00:14:22	00:15:00	01:25:40	00:15:47	02:10:47
53	1	21	GARCÍA MARIÑO , JOSÉ RAMÓN	MASCULINO	V3M	LICENZA TEMPORAL 1 DIA	00:14:20	00:14:59	01:27:32	00:15:05	02:11:54
54	4	84	GONZALEZ GARCIA , EMILIO	MASCULINO	V2M	ASOCIACION DEPORTIVA MEDIA DUCIA	00:14:47	00:15:30	01:26:14	00:15:41	02:12:10
55	18	61	BUSTELO CASTAÑO , JULIO	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:14:15	00:14:57	01:28:12	00:15:01	02:12:23
56	19	70	IGLESIAS PRADO , FRANCISCO JAVIER	MASCULINO	V1M	TRIATLON INFORHOUSE SANTIAGO	00:14:54	00:15:33	01:25:17	00:17:32	02:13:15
57	20	68	GONZALEZ IGLESIAS , ANGEL	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:12:53	00:13:49	01:33:19	00:13:51	02:13:51
58	5	22	LOSADA GONZALEZ , JOSE DANIEL	MASCULINO	V2M	TRIATLON ARTEIXO	00:13:41	00:15:24	01:28:57	00:17:18	02:15:18
59	31	57	VILAS PAZOS , RAMON	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:14:43	00:15:27	01:29:10	00:16:42	02:16:01
60	21	20	DEL RÍO LIBOREIRO , FRANCISCO JAVIER	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:15:32	00:16:49	01:25:49	00:18:36	02:16:44
61	32	44	MARTINEZ GRAÑA , DAVID	MASCULINO	ABM	CLUB TRIATLON MAR DE VIGO	00:14:02	00:15:14	01:30:45	00:19:01	02:19:01
62	33	30	TRIGO RODRIGUEZ , IVAN	MASCULINO	ABM	TRIATLON COSTA DA MORTE	00:14:23	00:16:19	01:32:11	00:18:06	02:20:56
63	22	74	PEREIRO REGUEIRA , JOSÉ MARTÍN	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:15:16	00:15:46	01:32:54	00:18:25	02:22:20
64	23	64	DOVAL FERNÁNDEZ , IVAN	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:15:42	00:18:04	01:27:38	00:21:25	02:22:47
65	34	39	GUEDES CONDE , ISAAC	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:15:23	00:15:39	01:33:05	00:19:46	02:23:51
66	24	80	REY CANEDA , MARTÍN	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:15:22	00:16:24	01:37:45	00:19:48	02:29:17
67	25	82	SANTOS VIDAL , VICTOR MANUEL	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA	00:15:20	00:17:00	01:50:51	00:20:19	02:43:28
68	35	49	RIVAS MARTINEZ , XABIER	MASCULINO	ABM	CLUB TRIATLON CORUÑA	00:15:31	00:16:51	02:01:38	00:19:27	02:53:25



DSQ	46	PENA MANEIRO , ISMAEL	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA			SIN CAMISETA
NF	23	MIRA IGLESIAS , JUAN MANUEL	MASCULINO	V1M	ARTROGAL-TRI 498	00:14:53	00:16:01	
NF	34	CAAMAÑO LIRA , ALEJANDRO	MASCULINO	ABM	CLUB CERVECERIA O COTON NEGREIRA	00:15:22	00:15:37	
NF	35	CENDAN LLORENS , ANDRES	MASCULINO	ABM	CIDADE DE LUGO FLUVIAL	00:11:09	00:12:06	
NF	53	SANTIAGO REY , DIEGO	MASCULINO	ABM	CLUB TRIATLON COMPOSTELA	00:11:45	00:12:40	
NF	33	AMOEDO FERNANDEZ , DAVID	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:12:41	00:13:54	
NF	43	MARTINEZ CASTRO , JESUS	MASCULINO	ABM	LICENZA TEMPORAL 1 DIA	00:14:09	00:15:05	
NP	9	TOME SUAREZ , JOSE MANUEL	MASCULINO	ABM	CLUB TRIATLON CORUÑA			
NP	16	NUÑEZ MUÑIZ , JOSE ANTONIO	MASCULINO	V1M	ASOCIACION DEPORTIVA MEDIA DUCIA			
NP	29	SESTAYO SEOANE , ELOY	MASCULINO	ABM	ARTROGAL-TRI 498			
NP	36	FERNANDEZ DEVESA , JULIO	MASCULINO	ABM	CLUB TRIATLON POIO			
NP	66	GARCIA BLANCO , CARLOS	MASCULINO	V1M	CLUB TRIATLON COMPOSTELA			
NP	71	LAGO SANTIAGO , FRANCISCO ANTONIO	MASCULINO	V1M	LICENZA TEMPORAL 1 DIA			
NP	73	MORAN GONZALEZ , ENRIQUE	MASCULINO	V1M	CLUB ATLETISMO PORRIÑO			
NP	76	REBOLO CASTRO , ALEJANDRO	MASCULINO	V1M	CIDADE DE LUGO FLUVIAL			
NP	79	REGUEIRA MUÑIZ , MATIAS	MASCULINO	V1M	ARTROGAL-TRI 498			