

I DUATLON TRAIL DA POBRA

- RUN 2 KM + BIKE 15 KM + RUN 5,5 KM- - GENERAL EQUIPOS SIN BONIFICACION -

27 NOVIEMBRE 2016

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	NOME EQUIPO	RUN 1	RITMO	BIKE	MEDIA	RUN 2	RITMO	META
1	1	95	MATO CARAMES, ANTONIO / BUJAN SANTOS, EDUARDO	MALE	MALE	MC BIKES TEAM	00:09:03.603	04:32 min/Km	00:51:47.150	17,4 Km/h	00:25:38.620	04:40 min/Km	01:26:29.373
2	2	92	SUAREZ DOVAL, CARLOS ALBERTO / REGUEIRA RELLAN, MARTIN	MALE	MALE	FERRETERIA CENTRALL	00:07:58.723	03:60 min/Km	00:56:11.410	16,0 Km/h	00:23:48.390	04:20 min/Km	01:27:58.523
3	3	100	LUACES PAZ, ENRIQUE / ROJO LUACES, ADRIAN	MALE	MALE	OS NOTTINGHAM PRISAS	00:08:54.653	04:28 min/Km	00:54:08.310	16,6 Km/h	00:25:54.530	04:43 min/Km	01:28:57.493
4	4	90	TUBIO BRION, DARIÓ / LORENZO BUCETA, HÉCTOR	MALE	MALE	ECOSPORT BARBANZA	00:08:53.963	04:27 min/Km	00:54:45.690	16,4 Km/h	00:25:51.090	04:43 min/Km	01:29:30.743
5	5	91	PAIS FONDO, FRANCISCO / CASTIÑEIRA PAIS, GABRIEL	MALE	MALE	EQUIPO PAIS	00:08:47.393	04:24 min/Km	00:55:09.320	16,3 Km/h	00:25:41.840	04:41 min/Km	01:29:38.553
6	6	98	SANDIÁS REY, JOSÉ MANUEL / PICOS REY, RAMÓN	MALE	MALE	OS ALECRÍNS	00:08:41.223	04:21 min/Km	00:58:05.900	15,5 Km/h	00:26:28.610	04:49 min/Km	01:33:15.733
7	7	106	MERA RODRIGUEZ, BRUNO / VIAÑO MOURE, ALBERTO	MALE	MALE	RIBEIRAS DO TAMBRE	00:08:53.373	04:27 min/Km	00:58:36.800	15,4 Km/h	00:26:03.440	04:45 min/Km	01:33:33.613
8	8	94	GONZALEZ HORTA, ELOY / SANISIDRO REGO, DAVID	MALE	MALE	MAZADORES	00:08:48.613	04:25 min/Km	01:00:32.270	14,9 Km/h	00:26:24.510	04:49 min/Km	01:35:45.393
9	9	109	MARTINEZ CASTRO, JESUS / CALVO CES, ARMANDO	MALE	MALE	TUTALLAS TEAM	00:09:06.163	04:34 min/Km	01:00:20.590	14,9 Km/h	00:28:04.940	05:07 min/Km	01:37:31.693
10	10	107	SUAREZ AGRELO, JOSE MANUEL / NOVOA RODRÍGUEZ, GONZALO	MALE	MALE	ROOKIE'S DUATLON	00:10:01.203	05:01 min/Km	01:00:24.190	14,9 Km/h	00:28:52.780	05:16 min/Km	01:39:18.173
11	11	89	PEREZ GARCIA, JUAN MANUEL / LOJO PASÍN, SERGIO	MALE	MALE	CORRE Y PEDALEA	00:10:21.503	05:11 min/Km	00:59:59.800	15,0 Km/h	00:30:26.990	05:33 min/Km	01:40:48.293
12	12	2042	REG CASTRO, JORGE / VALDERRABANA MAYO, JUAN RAMON	MALE	MALE		00:11:21.355	05:41 min/Km	00:59:59.122	15,0 Km/h	00:30:11.917	05:30 min/Km	01:41:33.220
13	13	99	CAAMAÑO NIETO, AVELINO / BERIAS LAIÑO, LUIS MIGUEL	MALE	MALE	OS FAVORITOS	00:09:28.463	04:45 min/Km	01:03:31.560	14,2 Km/h	00:28:36.930	05:13 min/Km	01:41:36.953
14	1	93	DURO LIÑARES, OLALLA / VILLAR CAAMAÑO, JOSE ALFONSO	MIXED	MIXED	MACHACA FAVORITOS	00:11:20.313	05:41 min/Km	00:58:03.920	15,5 Km/h	00:32:37.520	05:56 min/Km	01:42:01.753
15	2	108	CASTRO LAGO, MANUEL / MIGUEZ SAMPEDRO, SUSANA	MIXED	MIXED		00:13:44.523	06:53 min/Km	00:52:05.040	17,3 Km/h	00:37:20.860	06:48 min/Km	01:43:10.423
16	3	101	VIDAL OTERO, ISAAC / SILVELO PALLIN, TANIA	MIXED	MIXED	PHOENIX TEAM	00:11:34.413	05:48 min/Km	00:58:44.250	15,3 Km/h	00:33:12.590	06:03 min/Km	01:43:31.253
17	14	96	TEIRA GONZALEZ, MIGUEL / PARADA FIGUEIRAS, JUAN JOSE	MALE	MALE	MIGUEL Y JUAN	00:11:32.253	05:47 min/Km	00:58:46.410	15,3 Km/h	00:37:24.770	06:49 min/Km	01:47:43.433
18	15	97	GÓMEZ ARIAS, JAVIER ÁNGEL / ROUCO REGUEIRO, DANIEL	MALE	MALE	MONTE ARRIBA	00:10:39.733	05:20 min/Km	01:09:07.340	13,0 Km/h	00:30:04.180	05:29 min/Km	01:49:51.253
19	16	88	BOUZAS GORGAL, MANUEL / ALMOZARA MAYO, MARCOS	MALE	MALE	BTTAVERNAS	00:09:25.243	04:43 min/Km	01:08:11.150	13,2 Km/h	00:35:07.280	06:24 min/Km	01:52:43.673
20	17	105	OUTEIRAL SECO, MARTIN / EIRAS CASTRO, FRANCISCO	MALE	MALE	REVENTARODAS	00:11:22.403	05:42 min/Km	01:10:11.960	12,8 Km/h	00:32:30.320	05:55 min/Km	01:54:04.683
21	4	104	CASTRO FERNÁNDEZ, FELIPE / LORENZO CHAO, BEATRIZ	MIXED	MIXED	PISACHARCOS 3	00:12:41.293	06:21 min/Km	01:15:34.910	11,9 Km/h	00:37:00.770	06:44 min/Km	02:05:16.973
22	5	103	PAZ BERMÚDEZ, PAULA / FERNÁNDEZ BARREIRO, ÁLVARO	MIXED	MIXED	PISACHARCOS 2	00:12:45.213	06:23 min/Km	01:19:09.970	11,4 Km/h	00:35:51.780	06:32 min/Km	02:07:46.963
23	6	102	IGLESIAS VILLANUEVA, LUISA / FIGUEIRAS BLANCO, JOSÉ LUIS	MIXED	MIXED	PISACHARCOS	00:14:44.743	07:23 min/Km	01:12:04.230	12,5 Km/h	00:41:11.560	07:30 min/Km	02:08:00.533
24	1	87	ARDIÓNS NEIRA, ANA / CALVO MARTA, SILVIA	FEMALE	FEMALE	AS XESTAS	00:12:02.133	06:02 min/Km	01:46:19.950	8,5 Km/h	00:34:23.360	06:16 min/Km	02:32:45.443