

## CDF

POS.	DORSAL	PARTICIPANTE	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	55	PATIÑO VILLANUEVA , LORENA	CLUB DEPORTIVO PINARIUM	00:06:52	00:15:51	00:04:12	00:26:53
2	57	PIÑON PEREIRA , LUCIA	A.D. NAUTICO DE NARON	00:07:11	00:15:53	00:04:05	00:27:08
3	48	FILGUEIRAS BARCENILLA , MARIA	TRIATLON FERROL	00:07:19	00:15:55	00:03:59	00:27:13
4	63	SANCHEZ TOUZA , CANDELA	A.D. NAUTICO DE NARON	00:06:29	00:17:18	00:04:00	00:27:46
5	51	GOMEZ RILO , INES	CIDADE DE LUGO FLUVIAL	00:07:17	00:16:51	00:04:11	00:28:18
6	59	PUENTE CURIEL , TERESA	CLUB TRIATLON COMPOSTELA	00:08:32	00:15:14	00:04:43	00:28:28
7	58	PITA SANCHEZ , AINARA	TRIATLON FERROL	00:07:20	00:17:11	00:04:11	00:28:40
8	64	SERANTES BARREIRO , INES	A.D. NAUTICO DE NARON	00:07:06	00:17:39	00:04:11	00:28:54
9	38	ALEN FERNANDEZ , IREA ADRIANA	A.D. FOGAR	00:07:12	00:17:45	00:04:04	00:29:00
10	43	CASTRO PEREIRA , PAULA	CIDADE DE LUGO FLUVIAL	00:07:33	00:17:22	00:04:15	00:29:09
11	65	TEIJEIRO ALVAREZ , REBECA	TRIATLON FERROL	00:07:32	00:17:42	00:04:24	00:29:38
12	45	DE LA CALLE OSORIO , CANDELA	A.D. NAUTICO DE NARON	00:08:15	00:17:03	00:04:31	00:29:48
13	67	VILLAR ABELLA , LEYLA	NATACION PABELLON OURENSE	00:07:10	00:19:06	00:04:01	00:30:16
14	44	DARRIBA BELMONTE , LUCIA	CIDADE DE LUGO FLUVIAL	00:08:16	00:17:58	00:04:45	00:30:59
15	61	REY GAYOSO , NOELIA	A.D. TRI-PENTA TERRAS DE LUGO	00:07:46	00:18:53	00:04:22	00:31:00
16	49	FILLOY MONTESINO , COVADONGA	TRIATLON INFORHOUSE SANTIAGO	00:05:07	00:21:00	00:05:01	00:31:07
17	54	OZORES CHOUZA , LARA	JEALSA TRIATLON BOIRO	00:08:16	00:18:49	00:04:38	00:31:42
18	39	ANTELO PINTOR , CARMELA	TRIATLON INFORHOUSE SANTIAGO	00:07:50	00:19:36	00:04:20	00:31:45
19	56	PEREIRA TAIBO , MARIA	CLUB OLIMPICO DE VEDRA	00:07:58	00:19:01	00:04:52	00:31:50
20	46	DIAZ OIZA , CAROLINA	TRIATLON INFORHOUSE SANTIAGO	00:08:33	00:18:36	00:04:51	00:31:58
21	52	LAMAS DARRIBA , ANDREA	CIDADE DE LUGO FLUVIAL	00:08:00	00:19:27	00:04:36	00:32:02
22	53	LOPEZ OTERO , CRISTINA	A.D. FOGAR	00:08:28	00:19:14	00:04:52	00:32:33
23	37	ALBERTE TEIJEIRO , SOFIA	A.D. FOGAR	00:08:12	00:19:43	00:04:46	00:32:40
24	47	FERNANDEZ ROMERO , INES	A.D. TRIATLON OLEIROS	00:08:12	00:20:02	00:04:37	00:32:50
25	41	BAUTISTA ESTEVEZ , UXIA	CLUB ATLETISMO PORRIÑO	00:09:08	00:20:17	00:05:20	00:34:45
26	60	QUINTAS CASTILLO , ANA	TRISADA	00:09:24	00:20:24	00:05:07	00:34:54
27	50	GOMEZ PEREZ , ALEJANDRA	A.D. FOGAR	00:09:14	00:21:30	00:05:26	00:36:09
28	62	ROZAS PEREZ , UXIA	TEAM CORBELO	00:11:41	00:20:25	00:05:19	00:37:24
DNS	40	BARREIRO TASENDE , BLANCA	CLUB TRIATLON COMPOSTELA				
DNS	42	CARRASCO BOUZAMAYOR , ALDARA	A.D. NAUTICO DE NARON				
DNS	66	VAZQUEZ GARZA , AROA	AVIAMAN TRAIL&TRI MULTIDEPORTE MASIDE				

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POS.	DORSAL	PARTICIPANT	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	152	SUAREZ COUTO , DAMIAN	C. NATACION CEDEIRA MUEBLES GARCIA	00:06:21	00:14:47	00:03:40	00:24:47
2	123	GARCIA PICON , LUCAS	CLUB TRIATLON COMPOSTELA	00:06:33	00:14:49	00:03:34	00:24:55
3	151	SOUTO ANDUJAR , HUGO	A.D. FOGAR	00:06:43	00:15:16	00:03:47	00:25:45
4	142	RIOLA DELGADO , LUCAS	C. NATACION CEDEIRA MUEBLES GARCIA	00:06:41	00:15:34	00:03:33	00:25:46
5	134	POMBO ALVAREZ , TOMAS	ASOCIACION DEPORTIVA MEDIA DUCIA	00:06:57	00:15:09	00:03:43	00:25:48
6	118	Cerro Castro , Adrián	A.D. NAUTICO DE NARON	00:06:32	00:15:37	00:03:43	00:25:50
7	135	PORTOMEÑE FORMOSO , DANIEL	TRIATLON FERROL	00:06:22	00:15:44	00:03:55	00:26:00
8	116	GONZALEZ PERNAS , DIEGO	TRIATLON FERROL	00:06:41	00:15:50	00:03:47	00:26:18
9	115	GOMEZ QUINTAS , ALVARO	NATACION PABELLON OURENSE	00:06:41	00:16:07	00:03:45	00:26:32
10	114	GOIRIZ BRAÑAS , HUGO	TRIATLON FERROL	00:06:50	00:15:50	00:03:56	00:26:36
11	95	BELLO RODRIGUEZ , ANXO	A.D. FOGAR	00:06:47	00:16:12	00:03:49	00:26:47
12	111	MAROÑO PASCALIN , IGNACIO	CLUB HERCULES TERMARIA	00:06:43	00:16:16	00:03:52	00:26:50
13	117	GUTIERREZ FERNANDEZ , KEVIN GABRIEL	CLUB TRIATLON MAR DE VIGO	00:06:42	00:16:08	00:04:18	00:27:06
14	121	LORENZO GONZALEZ , ARON	CLUB OLIMPICO DE VEDRA	00:07:04	00:16:03	00:04:12	00:27:18
15	97	BLANCO PARGA , XOEL	TRIATLON INFORHOUSE SANTIAGO	00:07:07	00:16:14	00:03:58	00:27:19
16	132	PIÑON BEREIJO , JUAN	C. NATACION CEDEIRA MUEBLES GARCIA	00:07:05	00:16:17	00:03:58	00:27:19
17	146	SALGUEIRO UCEIRA , DANIEL	C. NATACION CEDEIRA MUEBLES GARCIA	00:06:56	00:16:37	00:03:51	00:27:23
18	138	PRADA MAROÑO , IAGO	CLUB HERCULES TERMARIA	00:07:18	00:16:03	00:04:05	00:27:25
19	94	BEIS VIGO , ALEJANDRO	TRIATLON INFORHOUSE SANTIAGO	00:06:55	00:16:24	00:04:14	00:27:31
20	100	CACHEDA IGLESIAS , NICOLAS	TEAM CORBELO	00:06:55	00:16:38	00:04:03	00:27:34
21	107	DIAZ ALDEANUEVA , ALVARO	A.D. FOGAR	00:07:01	00:16:48	00:04:02	00:27:51
22	137	POUSADA TROITIÑO , TIAGO	CIDADE DE LUGO FLUVIAL	00:07:12	00:16:36	00:04:27	00:28:15
23	119	LOPEZ CASANOVA , HUGO	CIDADE DE LUGO FLUVIAL	00:07:15	00:16:40	00:04:21	00:28:16
24	124	MIGUEZ ALDAO , JAIRO	TRIATLON ARTEIXO	00:07:59	00:16:25	00:04:06	00:28:28
25	125	MUIÑO PEREZ , MANUEL ANGEL	C. NATACION CEDEIRA MUEBLES GARCIA	00:07:44	00:16:29	00:04:23	00:28:36
26	141	RIBO MIGUEL , LUCAS	CLUB TRIATLON COMPOSTELA	00:07:24	00:17:32	00:04:14	00:29:09
27	147	SANCHEZ GRANDAL , SAMUEL	C. NATACION CEDEIRA MUEBLES GARCIA	00:07:39	00:17:11	00:04:26	00:29:14
28	140	REY CANDAL , IVAN	TRIATLON INFORHOUSE SANTIAGO	00:07:39	00:17:13	00:04:26	00:29:17
29	112	GARCIA RODRIGUEZ , EMILIO	TRISADA	00:08:19	00:16:28	00:04:34	00:29:20
30	93	BALSA MORENO , RUBEN	CLUB TRIATLON COMPOSTELA	00:07:26	00:18:01	00:04:09	00:29:35
31	149	SEOANE RODRIGUEZ , PEDRO	CLUB TRIATLON COMPOSTELA	00:07:34	00:17:56	00:04:14	00:29:43

32	126	NAVARRO LOPEZ , ALEJANDRO	A.D. FOGAR	00:07:28	00:17:50	00:04:44	00:30:01
33	109	FERNANDEZ ARES , MIGUEL ANGEL	TRISADA	00:07:47	00:17:49	00:04:29	00:30:04
34	106	CODESIDO FERNANDEZ , PABLO	TRIATLON INFORHOUSE SANTIAGO	00:08:03	00:17:53	00:04:48	00:30:44
35	139	QUINTAS CASTILLO , JAIME	TRISADA	00:08:06	00:18:38	00:04:30	00:31:14
36	120	LOPEZ DIAZ , BERKET	A.D. FOGAR	00:07:36	00:19:33	00:04:08	00:31:16
37	91	ABALDE DURAN , EDUARDO	TRIATLON INFORHOUSE SANTIAGO	00:08:53	00:17:56	00:04:30	00:31:18
38	143	ROSALES GALLEGO , PABLO	CLUB DEPORTIVO PINARIUM	00:07:42	00:18:32	00:05:22	00:31:35
39	101	CANDAL SOLORZANO , CARLOS	A.D. FOGAR	00:07:59	00:18:53	00:05:03	00:31:55
40	105	COBAS DOBARRO , MANUEL FERNANDO	A.D. TRI-PENTA TERRAS DE LUGO	00:08:04	00:19:05	00:04:52	00:32:00
41	129	PAIS MOSQUERA , NICOLAS	TRIATLON INFORHOUSE SANTIAGO	00:08:12	00:19:00	00:04:57	00:32:08
42	150	SOMOZA SEOANE , ANXO	TRISADA	00:08:43	00:18:47	00:04:51	00:32:20
43	131	PIÑEIRO ACEVEDO , ARTURO	CLUB TRIATLON COMPOSTELA	00:08:27	00:19:07	00:04:51	00:32:24
44	99	BOUZON BLANCO , JUAN	TRISADA	00:08:44	00:19:27	00:04:31	00:32:41
45	96	BELLO VILARIÑO , MANUEL	CLUB HERCULES TERMARIA	00:08:21	00:19:56	00:04:42	00:32:59
46	144	ROUCO ROMERO , ALEJANDRO	A.D. NAUTICO DE NARON	00:08:11	00:19:45	00:05:13	00:33:07
47	122	LOSADA FREIRIA , NICOLAS	TRIATLON INFORHOUSE SANTIAGO	00:09:17	00:18:56	00:05:35	00:33:47
48	108	DIAZ LORENZO , IKER	TRISADA	00:09:06	00:20:00	00:04:42	00:33:47
49	98	BLANCO RODRIGUEZ , LUCAS	A.D. NAUTICO DE NARON	00:08:44	00:19:35	00:05:37	00:33:55
50	145	RUEDA JACOME , JUAN	CLUB HERCULES TERMARIA	00:08:40	00:19:53	00:05:32	00:34:03
51	103	CEA VAZQUEZ , HUGO JOSE	CLUB OLIMPICO DE VEDRA	00:09:33	00:19:59	00:05:07	00:34:37
52	128	OTERO PEREIRA , BRAIS	CLUB OLIMPICO DE VEDRA	00:10:04	00:19:14	00:06:37	00:35:55
53	127	NOYA GARCIA , ALEJANDRO	TRISADA	00:09:34	00:21:00	00:05:59	00:36:32
54	110	FERNANDEZ-PEITEADO ECHEVERRIA , IÑIGO	CLUB HERCULES TERMARIA	00:09:41	00:22:10	00:05:17	00:37:07
55	133	POMAR GARCIA , ALEXANDRE	CLUB OLIMPICO DE VEDRA	00:10:50	00:21:52	00:06:51	00:39:32
<b>DSQ</b>	113	GARROTE CAMOIRA , DAVID	TRIATLON FERROL				
<b>DSQ</b>	102	CANEIRO LORENZO , PABLO	TRIATLON FERROL				
<b>DNF</b>	136	POUSADA TROITIÑO , MARCO	CIDADE DE LUGO FLUVIAL				
<b>DNS</b>	92	ARAUJO DAPIA , DANIEL	NATACION PABELLON OURENSE				
<b>DNS</b>	104	LOHIER GESTO , IAGO	CLUB HERCULES TERMARIA				
<b>DNS</b>	130	PEREZ-SINDIN CASTRO , XABIER	CLUB HERCULES TERMARIA				
<b>DNS</b>	148	SANCHO FERNANDEZ , ADRIAN	A.D. FOGAR				
<b>DNS</b>	153	TELLADO SAENZ , DAVID	CLUB HERCULES TERMARIA				

POS.	DORSAL	PARTICIPANTE	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	76	GONTAN IGLESIAS , AINOA	TRIATLON INFORHOUSE SANTIAGO	00:06:49	00:15:44	00:03:55	00:26:28
2	83	PEREZ TORO , ERIKA	A.D. NAUTICO DE NARON	00:07:28	00:15:57	00:04:08	00:27:32
3	71	CANEIRO HERMIDA , SABELA	TRIATLON FERROL	00:07:20	00:16:30	00:04:14	00:28:02
4	72	CASTRO LOPEZ , LARA	TRIATLON INFORHOUSE SANTIAGO	00:07:10	00:16:48	00:04:12	00:28:09
5	85	QUINTAS CASTRO , GABRIELA	CLUB OLIMPICO DE VEDRA	00:06:57	00:17:09	00:04:10	00:28:16
6	73	CONS GESTIDO , VICTORIA ANNA	TRIATLON MOTOBIKE GALAICO PONTEVEDRA	00:07:19	00:16:47	00:04:45	00:28:51
7	75	FERNANDEZ CORBELLE , CARLA	CIDADE DE LUGO FLUVIAL	00:07:18	00:17:29	00:04:15	00:29:02
8	87	SANTIAGO ESTEVEZ , NURIA	TRIATLON RIAS BAIXAS	00:09:04	00:14:45	00:05:19	00:29:07
9	74	de la Mano GIL , ANDREA	A.D. NAUTICO DE NARON	00:07:46	00:17:54	00:04:28	00:30:06
10	69	BOUZAS FOSADO , UXIA	TRIATLON INFORHOUSE SANTIAGO	00:07:42	00:18:06	00:04:20	00:30:07
11	88	TAIBO GARCIA , NOA	TRIATLON INFORHOUSE SANTIAGO	00:07:53	00:17:58	00:04:34	00:30:23
12	79	GONZALEZ VILAS , SABELA	TRIATLON INFORHOUSE SANTIAGO	00:08:08	00:17:52	00:04:54	00:30:53
13	81	HAZ GARCIA , ELENA	A.D. FOGAR	00:07:49	00:18:51	00:04:24	00:31:03
14	80	GURIDI DIEGUEZ , VALERIA BATIRE	TRIATLON INFORHOUSE SANTIAGO	00:06:13	00:20:25	00:05:03	00:31:40
15	78	GONZALEZ RIVAS , MARTA	A.D. FOGAR	00:08:20	00:18:55	00:05:02	00:32:16
16	84	PORTO RODRIGUEZ , CANDELA	TRIATLON INFORHOUSE SANTIAGO	00:08:50	00:18:55	00:05:12	00:32:56
17	77	GONZALEZ BATAN , MARIA	CLUB TRIATLON MAR DE VIGO	00:08:52	00:19:36	00:05:16	00:33:43
<b>DNF</b>	82	IGLESIAS MATO , ANDREA	CLUB OLIMPICO DE VEDRA				
<b>DNS</b>	68	ALVAREZ LIZ , NATALIA	NATAACION PABELLON OURENSE				
<b>DNS</b>	70	CAMPOS TATO , UXIA	NATAACION PABELLON OURENSE				
<b>DNS</b>	86	REBOLO MARTINEZ , DANIELA	CIDADE DE LUGO FLUVIAL				
<b>DNS</b>	89	VILA VEIGA , MERCEDES	A.D. TRI-PENTA TERRAS DE LUGO				

POS.	DORSAL	PARTICIPANT	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	182	RODRIGUEZ RILO , ALEJANDRO	TRIATLON FERROL	00:06:04	00:14:15	00:03:26	00:23:44
2	178	PICON MONTERO , BRAIS	TRIATLON INFORHOUSE SANTIAGO	00:06:02	00:14:37	00:03:30	00:24:08
3	169	LOPEZ OTERO , PEDRO	A.D. FOGAR	00:05:53	00:14:50	00:03:37	00:24:19
4	161	CARBALLEIRA NOVO , DIEGO	TRIATLON FERROL	00:06:14	00:14:54	00:03:29	00:24:36
5	165	DARRIBA BELMONTE , DANIEL	CIDADE DE LUGO FLUVIAL	00:06:29	00:14:33	00:03:41	00:24:43
6	183	RODRIGUEZ VAZQUEZ , HECTOR	NATAACION PABELLON OURENSE	00:05:57	00:15:24	00:03:30	00:24:51
7	158	BAUTISTA BUGARIN , CARLOS	CLUB ATLETISMO PORRIÑO	00:06:08	00:15:11	00:03:41	00:24:59
8	191	Trigo Albarran , Mario	A.D. NAUTICO DE NARON	00:06:17	00:15:01	00:03:44	00:25:01
9	188	TOME LOPEZ , DIEGO	CIDADE DE LUGO FLUVIAL	00:06:07	00:15:13	00:03:48	00:25:07
10	180	NARANJO ESTEVEZ , ROI	NATAACION PABELLON OURENSE	00:05:58	00:16:00	00:03:25	00:25:21
11	171	MADRUGA SANTOME , GUILLERMO	CLUB TRIATLON MAR DE VIGO	00:06:29	00:15:18	00:03:40	00:25:26
12	190	TORRES SEQUERA , ANGEL ENRIQUE	CLUB TRIATLON MAR DE VIGO	00:06:17	00:15:44	00:03:29	00:25:29
13	166	GIL REY , MATEO	NATAACION PABELLON OURENSE	00:06:26	00:15:22	00:03:43	00:25:29
14	164	CONS GESTIDO , NICOLAS MANUEL	TRIATLON MOTOBike GALAICO PONTEVEDRA	00:06:29	00:15:22	00:03:40	00:25:30
15	177	OTERO PINTOS , IAGO	TRIATLON INFORHOUSE SANTIAGO	00:06:59	00:14:50	00:03:44	00:25:33
16	185	SANLES DIESTE , HUGO	JEALSA TRIATLON BOIRO	00:06:35	00:15:17	00:03:42	00:25:33
17	179	POUSADA TROITIÑO , JARNO	CIDADE DE LUGO FLUVIAL	00:06:35	00:15:20	00:03:45	00:25:39
18	192	TUBIO QUINTANS , RICARDO	JEALSA TRIATLON BOIRO	00:06:36	00:15:32	00:03:40	00:25:47
19	173	MELLID LOSADA , MANOEL	JEALSA TRIATLON BOIRO	00:06:32	00:15:42	00:03:35	00:25:49
20	176	OTERO LOSADA , RUBEN	A.D. FOGAR	00:06:46	00:15:09	00:03:57	00:25:51
21	193	VALIÑO RODRIGUEZ , ALEJANDRO	JEALSA TRIATLON BOIRO	00:06:38	00:15:30	00:03:57	00:26:04
22	175	PRADA MAROÑO , TOMAS	CLUB HERCULES TERMARIA	00:06:30	00:16:00	00:03:39	00:26:08
23	187	SOTO MANTEIGA , SERGIO	A.D. FOGAR	00:06:24	00:15:54	00:03:56	00:26:12
24	172	MAROÑO PASCALIN , IVAN	CLUB HERCULES TERMARIA	00:06:20	00:16:12	00:04:01	00:26:32
25	160	CAO BLANCO , GONZALO	TRIATLON INFORHOUSE SANTIAGO	00:06:43	00:16:03	00:03:54	00:26:38
26	167	GUITIAN LOPEZ , XABIER	A.D. FOGAR	00:07:01	00:15:47	00:04:05	00:26:52
27	195	VIGO FERNANDEZ , SIMON	TRIATLON INFORHOUSE SANTIAGO	00:06:49	00:15:52	00:04:19	00:26:59
28	157	ARANDA FERNANDEZ , ANTON	TRIATLON INFORHOUSE SANTIAGO	00:06:57	00:16:18	00:03:49	00:27:03
29	174	MURADO GOMEZ , DAVID	CLUB HERCULES TERMARIA	00:06:47	00:16:13	00:04:10	00:27:08
30	162	CASTRO CARBALLEIRA , BRUNO	TRIATLON FERROL	00:06:48	00:16:13	00:04:09	00:27:10
31	155	ANTELO FERNANDEZ , XIAN	TRIATLON INFORHOUSE SANTIAGO	00:06:56	00:16:06	00:04:09	00:27:10

32	159	BELLAS NOVO , FRANCISCO	C. NATACION CEDEIRA MUEBLES GARCIA	00:06:47	00:16:48	00:03:47	00:27:21
33	170	LOPEZ SAAVEDRA , OSCAR ARTURO	A.D. TRI-PENTA TERRAS DE LUGO	00:06:32	00:17:14	00:03:38	00:27:23
34	194	VAZQUEZ VAZQUEZ , PABLO	TRIATLON RIAS BAIXAS	00:07:16	00:16:41	00:03:43	00:27:39
35	168	LISTE VAZQUEZ , SERGIO	CLUB TRIATLON COMPOSTELA	00:07:05	00:16:39	00:04:10	00:27:53
36	156	ARAGON LOPEZ , DIEGO	NATACION PABELLON OURENSE	00:06:51	00:17:08	00:04:05	00:28:03
37	181	RODRIGUEZ GARCIA , MARCOS	A.D. NAUTICO DE NARON	00:06:59	00:17:05	00:04:37	00:28:40
38	154	ALLENDE MUÑOZ , PABLO	CLUB HERCULES TERMARIA	00:07:20	00:18:00	00:04:11	00:29:30
39	189	TORRES SANCHEZ , RAFAEL	CLUB TRIATLON COMPOSTELA	00:07:10	00:19:01	00:04:34	00:30:44
40	186	SANTIAGO FERNANDEZ , HUGO	NATACION PABELLON OURENSE	00:07:02	00:19:33	00:04:17	00:30:51
<b>DSQ</b>	163	CERQUEIRO OTERO , NICOLAS	A.D. FOGAR				
<b>DNS</b>	184	SANCHEZ GUTIERREZ , YAGO	TRIATLON RIAS BAIXAS				

POS.	DORSAL	PARTICIPANTE	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	20	PRIETO VILLAR , ANDRES	A.D. FOGAR	00:05:30	00:13:59	00:03:12	00:22:39
2	7	FREIRE GARCIA , PABLO	A.D. NAUTICO DE NARON	00:06:00	00:13:48	00:03:23	00:23:09
3	1	ALVAREZ FERREIRA , ALEXANDRE	CIDADE DE LUGO FLUVIAL	00:05:48	00:14:02	00:03:26	00:23:15
4	8	GOMEZ RILO , MARCOS	CIDADE DE LUGO FLUVIAL	00:06:01	00:14:11	00:03:20	00:23:32
5	2	CAMESCASSE ROUCO , PABLO	A.D. TRI-PENTA TERRAS DE LUGO	00:05:56	00:14:27	00:03:27	00:23:50
6	17	PEREZ BLANCO , XOSE	TRIATLON INFORHOUSE SANTIAGO	00:05:56	00:14:37	00:03:18	00:23:50
7	10	IGLESIAS CAMPAÑA , XESUS MARTIÑO	CLUB OLIMPICO DE VEDRA	00:06:09	00:14:17	00:03:48	00:24:14
8	5	ELIZALDE ROMERO , ALVARO	A.D. FOGAR	00:06:18	00:14:28	00:03:30	00:24:15
9	19	PRIDA LOBELOS , HUGO	TRIATLON FERROL	00:06:04	00:14:52	00:03:31	00:24:26
10	4	DIAZ OIZA , JUAN PABLO	TRIATLON INFORHOUSE SANTIAGO	00:06:03	00:15:16	00:03:25	00:24:44
11	15	MORADO RUIZ , JORGE	TRIATLON FERROL	00:06:10	00:15:05	00:03:34	00:24:49
12	12	LISTE MONTEAGUDO , PEDRO	CLUB TRIATLON COMPOSTELA	00:05:59	00:15:30	00:03:24	00:24:52
13	13	LORENZO PARGA , LUCAS	A.D. FOGAR	00:06:15	00:15:05	00:03:39	00:24:58
14	16	NUÑEZ SOUTO , SAMUEL	A.D. FOGAR	00:06:28	00:15:02	00:03:57	00:25:26
15	18	PITA LOPEZ , ANXO	A.D. NAUTICO DE NARON	00:06:05	00:15:58	00:03:28	00:25:30
16	6	FERNANDEZ PEREZ , JAVIER	TRIATLON RIAS BAIXAS	00:06:27	00:15:28	00:03:54	00:25:48
17	14	MARTINEZ SENRA , DANIEL	A.D. NAUTICO DE NARON	00:06:25	00:15:49	00:03:37	00:25:50
18	3	CAMPOS FERNANDEZ , DAVID	TRIATLON FERROL	00:06:25	00:15:40	00:03:48	00:25:53
19	22	TAIBO GARCIA , HUGO	TRIATLON INFORHOUSE SANTIAGO	00:06:57	00:15:47	00:03:59	00:26:42
20	21	REY OLVEIRA , JUAN	JEALSA TRIATLON BOIRO	00:07:07	00:15:59	00:04:10	00:27:15
21	23	TRAN GUAL , PABLO	A.D. FOGAR	00:07:32	00:17:34	00:04:20	00:29:26
DNF	11	IGLESIAS PRIETO , IAGO	TRIATLON RIAS BAIXAS	00:07:37			
DNS	9	GONZALEZ BORGES , DAVID	CIDADE DE LUGO FLUVIAL				

## JNF

POS.	DORSAL	PARTICIPANTE	CLUB	CARRERA 1	CICLISMO	CARRERA 2	META
1	28	CASTRO SANTOS , NATALIA	A.D. NAUTICO DE NARON	00:06:21	00:15:44	00:03:36	00:25:40
2	25	ALZAGA CRIADO , MARIA	A.D. NAUTICO DE NARON	00:06:43	00:15:31	00:03:44	00:25:57
3	32	GARCIA BUSTO , NEREA	A.D. NAUTICO DE NARON	00:06:58	00:15:52	00:03:52	00:26:41
4	29	EXPIDO SOPELANA , ANDREA	CLUB TRIATLON CORUÑA	00:07:23	00:17:37	00:04:10	00:29:09
5	30	FERNANDEZ DIAZ , IRIA	A.POLIDEPORTIVA SAN RAMON DE VILALBA	00:07:46	00:17:17	00:04:17	00:29:19
6	24	ALVAREZ BERBEL , LORENA	A.D. NAUTICO DE NARON	00:07:45	00:17:25	00:04:11	00:29:21
7	27	CARBALLO SALGADO , PAULA	CLUB TRIATLON MAR DE VIGO	00:07:25	00:18:03	00:04:15	00:29:42
8	33	GONZALEZ VILAS , ANTIA	TRIATLON INFORHOUSE SANTIAGO	00:08:05	00:17:14	00:04:38	00:29:56
9	31	FERNANDEZ MARTINEZ , MARIA	A.D. NAUTICO DE NARON	00:08:10	00:19:11	00:04:46	00:32:06
<b>DNF</b>	34	MULET GOMEZ , ANA PATRICIA	CIDADE DE LUGO FLUVIAL				
<b>DNF</b>	35	OTERO LOSADA , ALBA	A.D. FOGAR				
<b>DNS</b>	26	ALZAGA CRIADO , RAQUEL	A.D. NAUTICO DE NARON				
<b>DNS</b>	36	PENA VICENTE , ELSA	CIDADE DE LUGO FLUVIAL				