

XXIII TRIATLON CIDADE DE FERROL

Data 24/08/2025

Sprint
750m (1v)-20Km (4v)-5.000m (3v)Delegado Técnico: Jesús Alberto Morlán Otero
Xuíz Árbitro: Rubén Pose GarcíaXurado de Competición:
Jesús Alberto Morlán, Javier Campos, Daniel Polo
Temperatura da auga: 17,9º
Temperatura do aire: 18,5º

Inscritos: 99 Non Presentados: 2 Non finalizados: 7 Descualificados: 1

ABSOLUTA MASCULINA									
Posto	Dorsal	Nome e Apellidos	Club	P.	Natación T1	P.	Ciclismo T2	P.	Carrera Meta Dif.
1	4	ESTEBAN BASANTA FOUZ	CIDADE DE LUGO FLUVIAL	2	00:09:22 -	2	00:31:31 -	2	00:15:13 00:56:05
2	1	JARNO POUSADA TROITIÑO	CIDADE DE LUGO FLUVIAL	6	00:09:54 -	5	00:31:40 -	1	00:14:50 00:56:22 00:56:22
3	3	DAMIÁN SUÁREZ COUTO	CLUB DEPORTIVO DELIKIA	-	- -	-	- -	-	00:56:42 00:56:42
4	29	LUCAS RIOLA DELGADO	CLUB DEPORTIVO DELIKIA	12	00:10:03 -	1	00:31:21 -	3	00:15:30 00:56:55 00:56:55
5	5	ALEJANDRO RODRIGUEZ RILO	CLUB DEPORTIVO DELIKIA	1	00:09:22 -	-	- -	-	00:57:03 00:57:03
6	2	LUCAS GARCIA PICON	CIDADE DE LUGO FLUVIAL	5	00:09:51 -	4	00:31:30 -	5	00:15:58 00:57:24 00:57:24
7	19	ANDRES CENDAN LORENS	CIDADE DE LUGO FLUVIAL	7	00:09:55 -	6	00:31:41 -	7	00:16:40 00:58:17 00:58:17
8	6	GONZALO CAO BLANCO	TRIATLON INFORHOUSE SANTIAGO	10	00:09:59 -	3	00:31:34 -	17	00:17:46 00:59:17 00:59:17
9	49	AARON CRENDE LOPEZ	CIDADE DE LUGO FLUVIAL	9	00:09:57 -	-	- -	-	00:59:37 00:59:37
10	18	ANTONIO SERRAT SEOANE	CIDADE DE LUGO FLUVIAL	3	00:09:28 -	7	00:32:11 -	19	00:17:53 00:59:38 00:59:38
11	31	ADRIÁN SANCHEZ FERNÁNDEZ	A.D. FOGAR	13	00:10:04 -	10	00:33:11 -	10	00:16:55 01:00:17 01:00:17
12	15	PEDRO LISTE MONTEAGUDO	CIDADE DE LUGO FLUVIAL	20	00:10:24 -	15	00:34:01 -	4	00:15:55 01:00:21 01:00:21
13	10	MIGUEL GARCÍA BALEA	TRIATLON RIAS BAIXAS	36	00:11:28 -	9	00:33:01 -	6	00:16:08 01:00:38 01:00:38
14	35	MARCO POUSADA TROITIÑO	CIDADE DE LUGO FLUVIAL	11	00:10:00 -	-	- -	-	01:00:57 01:00:57
15	33	IAGO PRADA MAROÑO	A.D. FOGAR	26	00:10:31 -	13	00:33:51 -	8	00:16:47 01:01:10 01:01:10
16	46	LUIS PIÑA CONSUEGRA	CLUB DEPORTIVO DELIKIA	27	00:10:32 -	-	- -	-	01:01:20 01:01:20
17	48	SAMUEL FERNÁNDEZ VÁZQUEZ	CIDADE DE LUGO FLUVIAL	18	00:10:19 -	22	00:34:11 -	11	00:16:55 01:01:26 01:01:26
18	30	SAMUEL SÁNCHEZ GRANDAL	CLUB DEPORTIVO DELIKIA	14	00:10:06 -	24	00:34:21 -	9	00:16:54 01:01:29 01:01:29
19	11	DIEGO TOMÉ LOPEZ	CIDADE DE LUGO FLUVIAL	16	00:10:16 -	23	00:34:11 -	12	00:17:09 01:01:38 01:01:38
20	17	MARCOS GÓMEZ RILO	CIDADE DE LUGO FLUVIAL	23	00:10:29 -	-	- -	-	01:01:41 01:01:41
21	41	IAGO COSTA RODRIGUEZ	CIDADE DE LUGO FLUVIAL	21	00:10:27 -	19	00:34:01 -	13	00:17:11 01:01:45 01:01:45
22	20	ALBERTO TOMÉ BRANDÓN	TRIATLON INFORHOUSE SANTIAGO	22	00:10:28 -	16	00:34:01 -	14	00:17:15 01:01:47 01:01:47
23	32	HUGO SOUTO ANDÚJAR	A.D. FOGAR	19	00:10:21 -	17	00:34:01 -	15	00:17:22 01:01:47 01:01:47
24	8	JUAN PABLO DÍAZ OÍZA	TRIATLON INFORHOUSE SANTIAGO	29	00:10:33 -	14	00:33:51 -	16	00:17:40 01:02:08 01:02:08
25	55	RAMÓN TRONCOSO SOBRINO	CLUB DEPORTIVO DELIKIA	38	00:11:30 -	8	00:32:51 -	21	00:17:55 01:02:22 01:02:22
26	50	ALVARO COBELAS ALVAREZ	NATACION PABELLON OURENSE	17	00:10:17 -	21	00:34:11 -	23	00:18:13 01:02:40 01:02:40
27	34	JUAN PIÑÓN BEREJO	CLUB DEPORTIVO DELIKIA	8	00:09:56 -	26	00:34:31 -	26	00:18:15 01:02:50 01:02:50
28	59	PEDRO PABLO BERNÁNDEZ FERREIRÓS	TRIATLON VILAGARCIA	34	00:10:49 -	12	00:33:41 -	24	00:18:13 01:02:50 01:02:50
29	16	ÁLVARO ELIZALDE ROMERO	A.D. FOGAR	24	00:10:31 -	18	00:34:01 -	30	00:18:33 01:03:10 01:03:10
30	53	JORGE FERRADANS VALDES	CLUB TRIATLON COMPOSTELA	35	00:11:05 -	11	00:33:31 -	32	00:18:40 01:03:14 01:03:14
31	36	ALVARO GOMEZ QUINTAS	CIDADE DE LUGO FLUVIAL	32	00:10:45 -	36	00:35:51 -	18	00:17:48 01:04:24 01:04:24
32	37	HUGO GOIRIZ BRAÑAS	TRIATLON FERROL	37	00:11:29 -	30	00:34:51 -	22	00:18:07 01:04:28 01:04:28
33	47	PEDRO IGLESIAS BARROS	CLUB OLIMPICO DE VEDRA	25	00:10:31 -	20	00:34:01 -	43	00:20:11 01:04:50 01:04:50
34	54	JACOBO CREGO FERNANDEZ	TRIATLON INFORHOUSE SANTIAGO	44	00:11:41 -	29	00:34:51 -	27	00:18:31 01:05:03 01:05:03
35	28	FRANCISCO CENDAN LORENS	CLUB TRIATLON COMPOSTELA	43	00:11:36 -	28	00:34:51 -	33	00:18:48 01:05:16 01:05:16
36	45	DAVID ANTONIO EMILIAN BACAOANU	CLUB DEPORTIVO DELIKIA	28	00:10:33 -	40	00:35:51 -	37	00:19:10 01:05:40 01:05:40
37	44	JORGE SALGADO POUSO	CLUB DEPORTIVO DELIKIA	30	00:10:35 -	-	- -	-	01:05:54 01:05:54
38	58	MIGUEL DAPORTA MENDEZ	CLUB OLIMPICO DE VEDRA	47	00:12:21 -	38	00:35:51 -	20	00:17:55 01:06:11 01:06:11
39	12	DAVID MURADO GOMEZ	A.D. FOGAR	33	00:10:47 -	-	- -	-	01:06:20 01:06:20
40	7	RUBÉN OTERO LOSADA	A.D. FOGAR	31	00:10:39 -	37	00:35:51 -	42	00:20:00 01:06:32 01:06:32
41	56	GONZALO FERNANDEZ OTERO	TRIATLON VILAGARCIA	52	00:13:23 -	33	00:35:01 -	25	00:18:14 01:06:42 01:06:42
42	21	JAVIER CORRAL SERTAL	CLUB TRIATLON COMPOSTELA	51	00:12:34 -	34	00:35:41 -	28	00:18:32 01:06:52 01:06:52
43	61	LUIS ANTONIO RILO GONZALEZ - VALLES	TRIATLON FERROL	50	00:12:31 -	35	00:35:51 -	31	00:18:38 01:06:57 01:06:57
44	39	HUGO JOSÉ CEA VÁZQUEZ	CLUB OLIMPICO DE VEDRA	40	00:11:31 -	-	- -	-	01:06:59 01:06:59
45	63	JUAN CARLOS GONZALEZ OROZCO	TRIATLON FERROL	53	00:13:25 -	32	00:34:51 -	35	00:19:01 01:07:22 01:07:22
46	25	DAVID VAZQUEZ TEIRA	CLUB CERVECERIA O COTON NEGREIRA	55	00:13:26 -	31	00:34:51 -	38	00:19:15 01:07:36 01:07:36
47	57	ANDRES DOMINGUEZ SILVA	CLUB CERVECERIA O COTON NEGREIRA	46	00:12:20 -	41	00:36:01 -	36	00:19:07 01:07:36 01:07:36
48	24	MANUEL MOURE VÁZQUEZ	CLUB CERVECERIA O COTON NEGREIRA	48	00:12:25 -	42	00:36:11 -	34	00:18:55 01:07:36 01:07:36
49	43	LUCAS PRADA MAROÑO	A.D. FOGAR	41	00:11:33 -	44	00:36:51 -	44	00:20:27 01:08:49 01:08:49
50	60	GABRIEL ALARCÓN SABARÍS	TRIATLON RIAS BAIXAS	49	00:12:29 -	39	00:35:51 -	45	00:20:29 01:08:54 01:08:54
51	23	BREGOGAN JOSE GIGIREY CANCELA	CLUB TRIATLON COMPOSTELA	54	00:13:26 -	46	00:37:31 -	29	00:18:32 01:09:36 01:09:36
52	64	JOSE EUGENIO LEDO NOVOA	CLUB DEPORTIVO DELIKIA	45	00:12:19 -	43	00:36:41 -	46	00:21:07 01:10:09 01:10:09
53	26	NICOLAS MARIN MOLINEDO	TRIATLON VILAGARCIA	58	00:14:05 -	45	00:37:01 -	40	00:19:40 01:10:45 01:10:45
54	38	XOAN CORREDOIRA RODRÍGUEZ	TRIATLON RIAS BAIXAS	56	00:13:53 -	47	00:38:41 -	41	00:19:47 01:12:22 01:12:22
55	22	MARCOS CODESAL JUL	CLUB NATACION CEDEIRA DELIKIA	57	00:13:59 -	48	00:38:51 -	39	00:19:37 01:12:28 01:12:28
DNF	52	NICOLAS DOMINGUEZ GARCIA	TRIATLON INFORHOUSE SANTIAGO	42	00:11:36 -	-	- -	-	- -
DNF	62	FADY HOUT VARELA	TRI ARTEIXO-ACEA DE AMA	39	00:11:31 -	-	- -	-	- -
DNF	40	JESUS PATIÑO RIOS	CLUB DEPORTIVO DELIKIA	4	00:09:50 -	27	00:34:41 -	-	- -
DNF	14	DAVID SANCHEZ FERNANDEZ	A.D. FOGAR	15	00:10:11 -	25	00:34:31 -	-	- -
DNS	42	ALEJANDRO CARRASCO GARCIA	TRIATLON INFORHOUSE SANTIAGO	-	- -	-	- -	-	- -
DNS	13	PEDRO LOPEZ OTERO	A.D. FOGAR	-	- -	-	- -	-	- -

CATEGORÍAS MASCULINA

JUNIOR MASCULINA

Pos. Cat.	Dorsal	Nombre e Apellidos	Club	P.	Natación T1	P.	Ciclismo T2	P.	Carrera Meta Dif.
1	3	Damián SUÁREZ COUTO	CLUB DEPORTIVO DELIKIA	-	- -	-	- -	-	00:56:42
2	29	Lucas RIOLA DELGADO	CLUB DEPORTIVO DELIKIA	12	00:10:03 -	1	00:31:21 -	3	00:15:30 00:56:55 00:00:13
3	2	Lucas GARCIA PICON	CIDADE DE LUGO FLUVIAL	5	00:09:51 -	4	00:31:31 -	5	00:15:58 00:57:24 00:00:42
4	31	Adrián SANCHEZ FERNÁNDEZ	A.D. FOGAR	13	00:10:04 -	10	00:33:11 -	10	00:16:55 01:00:17 00:03:35
5	35	Marco POUSADA TROITIÑO	CIDADE DE LUGO FLUVIAL	11	00:10:00 -	-	- -	-	01:00:57
6	33	Iago PRADA MAROÑO	A.D. FOGAR	26	00:10:31 -	13	00:33:51 -	8	00:16:47 01:01:10 00:04:28
7	30	Samuel SÁNCHEZ GRANDAL	CLUB DEPORTIVO DELIKIA	14	00:10:06 -	24	00:34:21 -	9	00:16:54 01:01:29 00:04:47
8	32	Hugo SOUTO ANDÚJAR	A.D. FOGAR	19	00:10:21 -	17	00:34:01 -	15	00:17:22 01:01:47 00:05:05
9	34	Juan PIÑÓN BEREJO	CLUB DEPORTIVO DELIKIA	8	00:09:56 -	26	00:34:31 -	26	00:18:15 01:02:50 00:06:08
10	36	Alvaro GOMEZ QUINTAS	CIDADE DE LUGO FLUVIAL	32	00:10:45 -	36	00:35:51 -	18	00:17:48 01:04:24 00:07:42
11	37	Hugo GOIRIZ BRAÑAS	TRIATLON FERROL	37	00:11:29 -	30	00:34:51 -	22	00:18:07 01:04:28 00:07:46
12	39	Hugo José CEA VÁZQUEZ	CLUB OLIMPICO DE VEDRA	40	00:11:31 -	-	- -	-	01:06:59
13	38	Xoan CORREDOIRA RODRÍGUEZ	TRIATLON RIAS BAIXAS	56	00:13:53 -	47	00:38:41 -	41	00:19:47 01:12:22 00:15:40

JUVENIL MASCULINA

Pos. Cat.	Dorsal	Nombre e Apellidos	Club	P.	Natación T1	P.	Ciclismo T2	P.	Carrera Meta Dif.
1	49	Aaron CRENDE LOPEZ	CIDADE DE LUGO FLUVIAL	9	00:09:57 -	-	- -	-	00:59:37
2	46	Luis PIÑA CONSUEGRA	CLUB DEPORTIVO DELIKIA	27	00:10:32 -	-	- -	-	01:01:20
3	48	Samuel FERNÁNDEZ VÁZQUEZ	CIDADE DE LUGO FLUVIAL	18	00:10:19 -	22	00:34:11 -	11	00:16:55 01:01:26 00:01:49
4	41	Iago COSTA RODRIGUEZ	CIDADE DE LUGO FLUVIAL	21	00:10:27 -	19	00:34:01 -	13	00:17:11 01:01:45 00:02:08
5	50	Alvaro COBELAS ALVAREZ	NATACION PABELLON OURENSE	17	00:10:17 -	21	00:34:11 -	23	00:18:13 01:02:40 00:03:03
6	47	Pedro IGLESIAS BARROS	CLUB OLIMPICO DE VEDRA	25	00:10:31 -	20	00:34:01 -	43	00:20:11 01:04:50 00:05:13
7	45	David Antonio EMILIAN BACAOANU	CLUB DEPORTIVO DELIKIA	28	00:10:33 -	40	00:35:51 -	37	00:19:10 01:05:40 00:06:03
8	44	Jorge SALGADO POUSO	CLUB DEPORTIVO DELIKIA	30	00:10:35 -	-	- -	-	01:05:54
9	43	Lucas PRADA MAROÑO	A.D. FOGAR	41	00:11:33 -	44	00:36:51 -	44	00:20:27 01:08:49 00:09:12
DNF	40	Jesús PATIÑO RIOS	CLUB DEPORTIVO DELIKIA	4	00:09:50 -	27	00:34:41 -	-	- -
DNS	42	Alejandro CARRASCO GARCIA	TRIATLON INFORHOUSE SANTIAGO	-	- -	-	- -	-	- -

SUB 23 MASCULINA

Pos. Cat.	Dorsal	Nombre e Apellidos	Club	P.	Natación T1	P.	Ciclismo T2	P.	Carrera Meta Dif.
1	4	Esteban BASANTA FOUZ	CIDADE DE LUGO FLUVIAL	2	00:09:22 -	2	00:31:31 -	2	00:15:13 00:56:05 00:00:00
2	1	Jarno POUSADA TROITIÑO	CIDADE DE LUGO FLUVIAL	6	00:09:54 -	5	00:31:41 -	1	00:14:50 00:56:22 00:00:18
3	5	Alejandro RODRIGUEZ RILO	CLUB DEPORTIVO DELIKIA	1	00:09:22 -	-	- -	-	00:57:03

4	6	Gonzalo CAO BLANCO	TRIATLON INFORHOUSE SANTIAGO	10	00:09:59 -	3	00:31:34 -	17	00:17:46	00:59:17	00:03:13
5	15	Pedro LISTE MONTEAGUDO	CIDADE DE LUGO FLUVIAL	20	00:10:24 -	15	00:34:02 -	4	00:15:55	01:00:21	00:04:17
6	10	Miguel GARCÍA BALEA	TRIATLON RIAS BAIXAS	36	00:11:28 -	9	00:33:02 -	6	00:16:08	01:00:38	00:04:34
7	11	Diego TOMÉ LOPEZ	CIDADE DE LUGO FLUVIAL	16	00:10:16 -	23	00:34:14 -	12	00:17:09	01:01:38	00:05:33
8	17	Marcos GÓMEZ RILO	CIDADE DE LUGO FLUVIAL	23	00:10:29 -	-	-	-	-	-	01:01:41
9	8	Juan Pablo DÍAZ OÍZA	TRIATLON INFORHOUSE SANTIAGO	29	00:10:33 -	14	00:33:56 -	16	00:17:40	01:02:08	00:06:04
10	16	Álvaro ELIZALDE ROMERO	A.D. FOGAR	24	00:10:31 -	18	00:34:02 -	30	00:18:33	01:03:10	00:07:05
11	12	David MURADO GÓMEZ	A.D. FOGAR	33	00:10:47 -	-	-	-	-	-	01:06:20
12	7	Rubén OTERO LOSADA	A.D. FOGAR	31	00:10:39 -	37	00:35:52 -	42	00:20:00	01:06:32	00:10:27
DNF	14	David SANCCHO FERNANDEZ	A.D. FOGAR	15	00:10:11 -	25	00:34:31 -	-	-	-	-
DNS	13	Pedro LOPEZ OTERO	A.D. FOGAR	-	-	-	-	-	-	-	-

VETERANOS 1 MASCULINA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	55		Ramón TRONCOSO SOBRINO	CLUB DEPORTIVO DELIKIA	38	00:11:30 -	8	00:32:56 -	21	00:17:55	01:02:22	00:00:00
2	59		Pedro Pablo BERNÁRDEZ FERREIRÓS	TRIATLON VILAGARCIA	34	00:10:49 -	12	00:33:45 -	24	00:18:13	01:02:50	00:00:28
3	53		Jorge FERRADANS VALDES	CLUB TRIATLON COMPOSTELA	35	00:11:05 -	11	00:33:36 -	32	00:18:40	01:03:14	00:00:52
4	54		Jacobo CREGO FERNANDEZ	TRIATLON INFORHOUSE SANTIAGO	44	00:11:41 -	29	00:34:52 -	27	00:18:31	01:05:03	00:02:42
5	58		Miguel DAPORTA MENDEZ	CLUB OLIMPICO DE VEDRA	47	00:12:21 -	38	00:35:56 -	20	00:17:55	01:06:11	00:03:49
6	56		Gonzalo FERNANDEZ OTERO	TRIATLON VILAGARCIA	52	00:13:23 -	33	00:35:06 -	25	00:18:14	01:06:42	00:04:21
7	61		Luis Antonio RILO GONZALEZ - VALLES	TRIATLON FERROL	50	00:12:31 -	35	00:35:56 -	31	00:18:38	01:06:57	00:04:36
8	57		Andres DOMÍNGUEZ SILVA	CLUB CERVECERIA O COTON NEGREIRA	46	00:12:20 -	41	00:36:06 -	36	00:19:07	01:07:36	00:05:14
9	60		Gabriel ALARCÓN SABARÍS	TRIATLON RIAS BAIXAS	49	00:12:29 -	39	00:35:52 -	45	00:20:29	01:08:54	00:06:33
DNS	52		Nicolas DOMINGUEZ GARCIA	TRIATLON INFORHOUSE SANTIAGO	42	00:11:36 -	-	-	-	-	-	-

VETERANOS 2 MASCULINA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	63		Juan Carlos GONZALEZ OROZCO	TRIATLON FERROL	53	00:13:25 -	32	00:34:52 -	35	00:19:01	01:07:22	00:00:00
2	64		Jose Eugenio LEDO NOVOA	CLUB DEPORTIVO DELIKIA	45	00:12:19 -	43	00:36:44 -	46	00:21:07	01:10:09	00:02:48
DNF	62		Fady HOUT VARELA	TRI ARTEIXO-ACEA DE AMA	39	00:11:31 -	-	-	-	-	-	-

ABSOLUTA FEMININA

Posto	Dorsal	Nome e Apellidos	Club	P.	Natación T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	65	SARA GUERRERO MANSO	A.D. NAUTICO DE NARON	2	00:10:54 -	1	00:35:12 -	2	00:18:11	01:04:21	-
2	72	CARLA GUISANDE VIEITO	CLUB DE TRIATLÓN DIABULLOS DE RIVAS	6	00:10:59 -	2	00:35:32 -	3	00:18:37	01:05:07	00:00:46
3	76	MARIA ALZAGA CRIADO	A.D. NAUTICO DE NARON	4	00:10:54 -	4	00:35:34 -	5	00:19:18	01:05:45	00:01:24
4	75	NATALIA CASTRO SANTOS	CLUB DEPORTIVO DELIKIA	11	00:11:07 -	7	00:36:52 -	1	00:17:59	01:06:00	00:01:39
5	66	ELSA PENÁ VICENTE	CIDADE DE LUGO FLUVIAL	3	00:10:54 -	5	00:35:36 -	9	00:20:00	01:06:31	00:02:10
6	80	LUCÍA PIÑÓN PEREIRA	CLUB DEPORTIVO DELIKIA	7	00:11:02 -	3	00:35:32 -	12	00:20:14	01:06:49	00:02:28
7	67	MARTA NOVO DIOS	CIDADE DE LUGO FLUVIAL	8	00:11:04 -	8	00:36:56 -	6	00:19:21	01:07:20	00:02:59
8	79	ANA MARIA SANTISO PRADO	CIDADE DE LUGO FLUVIAL	1	00:10:52 -	9	00:37:12 -	7	00:19:40	01:07:43	00:03:22
9	69	UXIA CAMPOS TATO	CIDADE DE LUGO FLUVIAL	12	00:11:07 -	6	00:36:52 -	13	00:20:18	01:08:16	00:03:55
10	82	LARA SOLSONA SANTÁS	CLUB DEPORTIVO DELIKIA	22	00:12:08 -	10	00:38:22 -	4	00:19:03	01:09:35	00:05:14
11	92	MARINA ESMORIS VARELA	CLUB TRIATLON VILALBA	20	00:11:59 -	12	00:38:36 -	8	00:19:56	01:10:24	00:06:03
12	71	GABRIELA QUINTAS CASTRO	CLUB DEPORTIVO DELIKIA	18	00:11:37 -	16	00:38:56 -	11	00:20:10	01:10:42	00:06:21
13	91	EUGENIA VÉREZ SEOANE	CLUB TRIATLON VILALBA	19	00:11:41 -	15	00:38:52 -	10	00:20:09	01:10:44	00:06:23
14	93	CARMEN RABADE REY	CIDADE DE LUGO FLUVIAL	16	00:11:27 -	17	00:39:02 -	14	00:20:38	01:11:05	00:06:45
15	68	AINOA GONTÁN IGLESIAS	TRIATLON INFORHOUSE SANTIAGO	14	00:11:10 -	14	00:38:36 -	19	00:21:45	01:11:33	00:07:12
16	87	INÉS GÓMEZ RILO	CIDADE DE LUGO FLUVIAL	21	00:12:00 -	13	00:38:34 -	15	00:21:11	01:11:44	00:07:23
17	95	LOLA GONZALEZ BURGO	CIDADE DE LUGO FLUVIAL	17	00:11:29 -	18	00:39:02 -	18	00:21:36	01:12:11	00:07:50
18	85	INES FERNANDEZ ROMERO	TRIATLON ATLANTICO	23	00:12:11 -	11	00:38:22 -	23	00:23:30	01:14:05	00:09:44
19	74	SARA IGLESIAS GÓMEZ	CLUB DEPORTIVO DELIKIA	5	00:10:58 -	20	00:42:02 -	16	00:21:13	01:14:12	00:09:51
20	78	MERCEDES VIDAL RODÍÑO	TRIATLON INFORHOUSE SANTIAGO	27	00:14:21 -	21	00:42:12 -	17	00:21:27	01:18:04	00:13:44
21	88	PAULA IBAÑEZ JIMENO	CLUB DEPORTIVO DELIKIA	13	00:11:09 -	23	00:43:06 -	24	00:24:35	01:18:43	00:14:22
22	83	ANA VILLA SEMPERE	TRIATLON INFORHOUSE SANTIAGO	24	00:12:20 -	25	00:44:06 -	22	00:22:49	01:19:17	00:14:56
23	99	MARIA ELENA MIGUENS OTERO	CLUB OLIMPICO DE VEDRA	29	00:16:03 -	22	00:42:32 -	20	00:22:02	01:20:41	00:16:21
24	89	SARA TORRES NÚÑEZ	TRIATLON INFORHOUSE SANTIAGO	25	00:12:20 -	26	00:44:16 -	27	00:26:26	01:23:04	00:18:43
25	98	SUSANA MARIA CARBALLO BALOIRA	TRI ARTEIXO-ACEA DE AMA	31	00:18:25 -	24	00:44:02 -	21	00:22:45	01:25:14	00:20:54
26	97	MARIA JOSE VAZQUEZ SANTOS	TRIATLON ATLANTICO	30	00:16:11 -	27	00:45:56 -	25	00:24:59	01:26:59	00:22:39
27	90	JULIA PEREIRAS VAZQUEZ	CLUB OLIMPICO DE VEDRA	28	00:14:37 -	28	00:49:46 -	26	00:26:03	01:30:20	00:25:59
28	86	ALBA VARELA FERNÁNDEZ	CLUB DEPORTIVO DELIKIA	26	00:13:29 -	29	00:50:36 -	28	00:26:57	01:31:04	00:26:44
DNF	96	MARTA PEREIRA-BORRAJO VAYO	CLUB DEPORTIVO DELIKIA	10	00:11:07 -	19	00:39:22 -	-	-	-	-
DNF	77	ANA PÉREZ GARCÍA-PICHER	CLUB DEPORTIVO DELIKIA	9	00:11:06 -	-	-	-	-	-	-
DNF	84	INÉS SERANTES BARREIRO	CLUB DEPORTIVO DELIKIA	15	00:11:10 -	-	-	-	-	-	-
DSQ	81	CANDELA SÁNCHEZ TOUZA	A.D. NAUTICO DE NARON	-	-	-	-	-	-	-	-

CATEGORIAS FEMININA

JUNIOR FEMININA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	80		Lucía PIÑÓN PEREIRA	CLUB DEPORTIVO DELIKIA	7	00:11:02 -	3	00:35:32 -	12	00:20:14	01:06:49	00:00:00
2	67		Marta NOVO DIOS	CIDADE DE LUGO FLUVIAL	8	00:11:04 -	8	00:36:56 -	6	00:19:21	01:07:20	00:00:31
3	82		Lara SOLSONA SANTÁS	CLUB DEPORTIVO DELIKIA	22	00:12:08 -	10	00:38:22 -	4	00:19:03	01:09:35	00:02:46
4	87		Inés GÓMEZ RILO	CIDADE DE LUGO FLUVIAL	21	00:12:00 -	13	00:38:34 -	15	00:21:11	01:11:44	00:04:55
5	85		Ines FERNANDEZ ROMERO	TRIATLON ATLANTICO	23	00:12:11 -	12	00:38:22 -	23	00:23:30	01:14:05	00:07:16
6	83		Ana VILLA SEMPERE	TRIATLON INFORHOUSE SANTIAGO	24	00:12:20 -	25	00:44:06 -	22	00:22:49	01:19:17	00:12:29
7	86		Alba VARELA FERNÁNDEZ	CLUB DEPORTIVO DELIKIA	26	00:13:29 -	29	00:50:36 -	28	00:26:57	01:31:04	00:24:16
DSQ	81		Candela SANCHEZ TOUZA	A.D. NAUTICO DE NARON	-	00:00:00 -	-	00:00:00 -	-	00:00:00 -	-	-
DNF	84		Inés SERANTES BARREIRO	CLUB DEPORTIVO DELIKIA	15	00:11:10 -	-	-	-	-	-	-

JUVENIL FEMININA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	92		Marina ESMORIS VARELA	CLUB TRIATLON VILALBA	20	00:11:59 -	12	00:38:36 -	8	00:19:56	01:10:24	00:00:00
2	91		Eugenia VÉREZ SEOANE	CLUB TRIATLON VILALBA	19	00:11:41 -	15	00:38:52 -	10	00:20:09	01:10:44	00:00:20
3	93		Carmen RABADE REY	CIDADE DE LUGO FLUVIAL	16	00:11:27 -	17	00:39:02 -	14	00:20:38	01:11:05	00:00:42
4	95		Lola GONZALEZ BURGO	CIDADE DE LUGO FLUVIAL	17	00:11:29 -	18	00:39:02 -	18	00:21:36	01:12:11	00:01:48
5	88		Paula IBAÑEZ JIMENO	CLUB DEPORTIVO DELIKIA	13	00:11:09 -	23	00:43:06 -	24	00:24:35	01:18:43	00:08:19
6	89		Sara TORRES NÚÑEZ	TRIATLON INFORHOUSE SANTIAGO	25	00:12:20 -	26	00:44:16 -	27	00:26:26	01:23:04	00:12:40
7	90		Julia PEREIRAS VAZQUEZ	CLUB OLIMPICO DE VEDRA	28	00:14:37 -	28	00:49:46 -	26	00:26:03	01:30:20	00:19:56
DNF	96		Marta PEREIRA-BORRAJO VAYO	CLUB DEPORTIVO DELIKIA	10	00:11:07 -	19	00:39:22 -	-	-	-	-

SUB 23 FEMININA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	72		Carla GUISANDE VIEITO	CLUB DE TRIATLÓN DIABULLOS DE RIVAS	6	00:10:59 -	2	00:35:32 -	3	00:18:37	01:05:07	-
2	76		María ALZAGA CRIADO	A.D. NAUTICO DE NARON	4	00:10:54 -	4	00:35:34 -	5	00:19:18	01:05:45	00:00:38
3	75		Natalia CASTRO SANTOS	CLUB DEPORTIVO DELIKIA	11	00:11:07 -	7	00:36:52 -	1	00:17:59	01:06:00	00:00:53
4	66		Elsa PENÁ VICENTE	CIDADE DE LUGO FLUVIAL	3	00:10:54 -	5	00:35:36 -	9	00:20:00	01:06:31	00:01:24
5	69		Uxia CAMPOS TATO	CIDADE DE LUGO FLUVIAL	12	00:11:07 -	6	00:36:52 -	13	00:20:18	01:08:16	00:03:09
6	71		Gabriela QUINTAS CASTRO	CLUB DEPORTIVO DELIKIA	18	00:11:37 -	16	00:38:56 -	11	00:20:10	01:10:42	00:05:35
7	68		Ainoa GONTÁN IGLESIAS	TRIATLON INFORHOUSE SANTIAGO	14	00:11:10 -	14	00:38:36 -	19	00:21:45	01:11:33	00:06:26
8	74		Sara IGLESIAS GÓMEZ	CLUB DEPORTIVO DELIKIA	5	00:10:58 -	20	00:42:02 -	16	00:21:13	01:14:12	00:09:05

VETERANAS 1 FEMININA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	97		Maria Jose VAZQUEZ SANTOS	TRIATLON ATLANTICO	30	00:16:11 -	27	00:45:56 -	25	00:24:59	01:26:59	-

VETERANAS 2 FEMININA

Pos.	Cat.	Dorsal	Nombre y Apellidos	Club	P.	NataciÃ³n T1	P.	Ciclismo T2	P.	Carrera	Meta	Dif.
1	99		Maria Elena MIGUENS OTERO	CLUB OLIMPICO DE VEDRA	29	00:16:03 -	22	00:42:32 -	20	00:22:02	01:20:41	-
2	98		Susana Maria CARBALLO BALOIRA	TRI ARTEIXO-ACEA DE AMA	31	00:18:25 -	24	00:44:02 -	21	00:22:45	01:25:14	00:04:33

CLUBS FEMININA						
			Pos	Nome	Apelidos	Tempos
1	CIDADE DE LUGO FLUVIAL	03:18:48	1	ANA	CARBALLO GOMEZ	01:04:58
			2	ELSA	PENA VICENTE	01:06:31
			3	MARTA	NOVO DIOS	01:07:20
2	CLUB DEPORTIVO DELIKIA	03:22:22	1	NATALIA	CASTRO SANTOS	01:06:00
			2	LUCÍA	PIÑÓN PEREIRA	01:06:49
			3	LARA	SOLSONA SANTÁS	01:09:35
3	TRIATLON INFORHOUSE SANTIAGO	03:48:53	1	AINOA	GONTÁN IGLESIAS	01:11:33
			2	MERCEDES	VIDAL RODIÑO	01:18:04
			3	ANA	VILLA SEMPERE	01:19:17
CLUBS MASCULINA						
			Pos	Nome	Apelidos	Tempos
1	CIDADE DE LUGO FLUVIAL	02:49:50	1	ESTEBAN	BASANTA FOUZ	00:56:05
			2	JARNO	POUSADA TROITIÑO	00:56:22
			3	LUCAS	GARCIA PICON	00:57:24
2	CLUB DEPORTIVO DELIKIA	02:50:39	1	DAMIÁN	SUÁREZ COUTO	00:56:42
			2	LUCAS	RIOLA DELGADO	00:56:55
			3	ALEJANDRO	RODRIGUEZ RILO	00:57:03
3	TRIATLON INFORHOUSE SANTIAGO	03:03:12	1	GONZALO	CAO BLANCO	00:59:17
			2	ALBERTO	TOMÉ BRANDÓN	01:01:47
			3	JUAN PABLO	DÍAZ OÍZA	01:02:08
4	A.D. FOGAR	03:03:13	1	ADRIÁN	SANCHO FERNÁNDEZ	01:00:17
			2	IAGO	PRADA MAROÑO	01:01:10
			3	HUGO	SOUTO ANDÚJAR	01:01:47
5	CLUB TRIATLON COMPOSTELA	03:15:21	1	JORGE	FERRADANS VALDES	01:03:14
			2	FRANCISCO	CENDAN LLORENS	01:05:16
			3	JAVIER	CORRAL SERTAL	01:06:52
6	CLUB OLIMPICO DE VEDRA	03:17:58	1	PEDRO	IGLESIAS BARROS	01:04:50
			2	MIGUEL	DAPORTA MENDEZ	01:06:11
			3	HUGO JOSÉ	CEA VAZQUEZ	01:06:59
7	TRIATLON FERROL	03:18:46	1	HUGO	GOIRIZ BRAÑAS	01:04:28
			2	LUIS ANTONIO	RILO GONZALEZ - VALLES	01:06:57
			3	JUAN CARLOS	GONZALEZ OROZCO	01:07:22
8	TRIATLON VILAGARCIA	03:20:16	1	PEDRO PABLO	BERNÁRDEZ FERREIRÓS	01:02:50
			2	GONZALO	FERNANDEZ OTERO	01:06:42
			3	NICOLAS	MARIN MOLLINEDO	01:10:45
9	TRIATLON RIAS BAIXAS	03:21:54	1	MIGUEL	GARCÍA BALEA	01:00:38
			2	GABRIEL	ALARCÓN SABARÍS	01:08:54
			3	XOAN	CORREDOIRA RODRÍGUEZ	01:12:22
10	CLUB CERVECERIA O COTON NEGREIRA	03:22:47	1	ANDRES	DOMINGUEZ SILVA	01:07:36
			2	DAVID	VAZQUEZ TEIRA	01:07:36
			3	MANUEL	MOURE VAZQUEZ	01:07:36