

## PRUEBA ADULTOS (CTO. CyL DUATLÓN CROSS SPRINT

DISTANCIAS / OTROS	JURADO COMPETICION	OFICIALES
CARRERA A PIE: 2,6 KMS	MARCOS LOBO	DELEGADO TECNICO: MARCOS LOBO
CICLISMO: 7.6 KMS	RUBEN ANDRES	JUEZ ARBITRO: LUIS ANGEL FERNANDEZ
CARRERA A PIE 2: 1,3 KMS	HECTOR PERALES	CLASIFICACIONES: FTCYL
FINALIZADOS: 67	RETIRADOS: 2	NO PRESENTADOS: 8
		DESCALIFICADOS: 1

Pos	Dor	Nombre	Apellidos	Club	Cat	Pos Cat	Pos Carr	Carrera a pie	Ritmo Carre.	T1	Pos Cicli	Ciclismo	Vel Cicli	T2	Pos Carr	Carrera a pie	Ritmo Carre	Meta	Dif.
1	1784	Emma	Perez Garcia	CLUB DE TRIATLÓN DIABLILLOS DE RIVAS	ABF	1	25	00:09:09	3'31"/km	00:00:37	31	00:20:35	22.14 km/h	00:00:24	21	00:05:08	3'57"/km	<b>00:35:54</b>	
2	1379	Zoila	Sicilia Martin	E-TRIALTON VALLADOLID	JUVENIL F	1	31	00:09:28	3'38"/km	00:00:25	32	00:20:50	21.88 km/h	00:00:37	25	00:05:16	4'03"/km	<b>00:36:37</b>	
3	1647	Laura	Fernandez Garcia	TRAGALEGUAS BURGOS	ABF	2	34	00:09:31	3'39"/km	00:00:42	40	00:21:36	21.10 km/h	00:00:34	35	00:05:28	4'12"/km	<b>00:37:53</b>	
4	1375	Maria Jose	Garcia Alvarez	E-TRIALTON VALLADOLID	VET2F	1	39	00:09:56	3'49"/km	00:00:42	41	00:21:43	20.99 km/h	00:00:33	30	00:05:23	4'08"/km	<b>00:38:19</b>	
5	1689	Marta	Villarroel Sainz	TRION - CLINICA DENTAL OSCAR GALLO GÜEMES	ABF	3	46	00:10:17	3'57"/km	00:00:42	37	00:21:19	21.37 km/h	00:00:46	46	00:05:48	4'27"/km	<b>00:38:53</b>	
6	1471	Nerea	Del Rio Muñoz	TRIALTLON CUELLAR	JUVENIL F	2	47	00:10:17	3'57"/km	00:00:46	39	00:21:32	21.16 km/h	00:00:34	43	00:05:46	4'26"/km	<b>00:38:57</b>	
7	1472	Marina	Herguedas Quintanilla	TRIALTLON CUELLAR	JUVENIL F	3	45	00:10:13	3'55"/km	00:00:42	44	00:22:30	20.25 km/h	00:00:33	41	00:05:36	4'19"/km	<b>00:39:36</b>	
8	1449	Flor	Lamas Cuadrado	CLUB TRIATLON IMD SEGOVIA	VET1F	1	49	00:10:34	4'04"/km	00:00:56	45	00:22:33	20.20 km/h	00:00:38	45	00:05:47	4'27"/km	<b>00:40:31</b>	
9	1378	Isabel	Alonso Martin	E-TRIALTON VALLADOLID	JUNIOR F	1	51	00:10:42	4'06"/km	00:00:37	42	00:22:22	20.37 km/h	00:00:27	54	00:06:23	4'54"/km	<b>00:40:33</b>	
10	1412	Alba	Martin Fernandez	CD TRIATLON LAGUNA DE DUERO	JUVENIL F	4	44	00:10:11	3'55"/km	00:00:27	51	00:23:08	19.70 km/h	00:00:38	53	00:06:20	4'52"/km	<b>00:40:46</b>	
11	1450	Marta	Martin Gimenez	CLUB TRIATLON IMD SEGOVIA	VET1F	2	53	00:10:50	4'10"/km	00:00:39	48	00:22:45	20.03 km/h	00:00:33	48	00:05:57	4'34"/km	<b>00:40:47</b>	
12	1376	Andrea	Lopez Hernandez	E-TRIALTON VALLADOLID	JUVENIL F	5	48	00:10:33	4'03"/km	00:00:33	58	00:24:03	18.95 km/h	00:00:27	51	00:06:13	4'47"/km	<b>00:41:51</b>	
13	1729	Demelsa	Ruiz Martin	TRIALLÓN FRÓMISTA-CPA QUALITY SERVICES	VET1F	3	52	00:10:46	4'08"/km	00:00:29	60	00:24:40	18.48 km/h	00:00:24	47	00:05:51	4'30"/km	<b>00:42:11</b>	
14	1469	Erika	Sanchez Mata	TRIALTLON CUELLAR	JUVENIL F	6	59	00:11:23	4'22"/km	00:00:22	57	00:24:00	18.99 km/h	00:00:27	60	00:06:59	5'22"/km	<b>00:43:13</b>	
15	1448	Asuncion	Arroyo Benito	CLUB TRIATLON IMD SEGOVIA	VET2F	2	62	00:11:55	4'35"/km	00:00:45	53	00:23:16	19.59 km/h	00:01:03	59	00:06:57	5'21"/km	<b>00:43:59</b>	
16	1504	Alba	Ordoñez Martinez	CLUB TRIATLON SORIANO	JUNIOR F	2	61	00:11:39	4'29"/km	00:00:33	64	00:26:46	17.03 km/h	00:00:27	57	00:06:41	5'09"/km	<b>00:46:09</b>	
17	1381	Clara	Martin Rodriguez	E-TRIALTON VALLADOLID	JUNIOR F	3	65	00:13:18	5'07"/km	00:00:34	65	00:30:40	14.86 km/h	00:00:40	63	00:07:25	5'42"/km	<b>00:52:39</b>	
18	1447	Ana	Miguel Paramio	CLUB TRIATLON IMD SEGOVIA	ABF	4	66	00:15:51	6'05"/km	00:00:28	66	00:34:26	13.23 km/h	00:00:53	65	00:08:26	6'29"/km	<b>01:00:06</b>	