

# I DUATLON SPRINT ARNEDO "CIUDAD DEL CALZADO" 2021 CAMPEONATO DE LA RIOJA

## DISTANCIAS/OTROS

CARRERA A PIE 1: 5Km.

CICLISMO: 20 Km.

CARRERA A PIE 2: 2,5 Km.

## JURADO COMPETICIÓN

MÓNICA ZUBILLAGA ANDUEZA

RAÚL ADÁN PÉREZ

ÁLVARO VILLAR ALONSO

## OFICIALES

DELEGADO TÉCNICO: MÓNICA ZUBILLAGA ANDUEZA

JUEZ ÁRBITRO: SANTIAGO ESPINAL TELLECHEA

CAMPEONATO RIOJANO DUATLON SPRINT

FINALIZADOS: 80

RETIRADOS: 1

NO PRESENTADOS: 6

DESCALIFICADOS: 2

P M E T	Do r	Nombre	Apellidos	Cat	P C A T	Club	RUN1	Ritmo RUN1	Pos R1	T1	Pos T1	BICI	Ritmo BICI	Pos BIC I	T2	Pos T2	RUN2	Ritmo RUN2	Pos R2	Meta
1	66	Darío	Pérez Del Val	ABM	1	CLUB TRIATLON TRITONES RIOJA	00:16:10	3'14"/km	1	00:00:21	2	00:33:04	36.28 km/h	1	00:00:24	1	00:08:41	3'28"/km	1	00:58:41
2	85	Angel	Marugan Matey	SUB23M	1	CLUB TRIATLON TRITONES RIOJA	00:17:02	3'24"/km	4	00:00:25	18	00:34:51	34.43 km/h	2	00:00:25	4	00:09:12	3'41"/km	6	01:01:58
3	34	Eric	Soria Genzor	V1M	1	CLUB TRIATLON TRITONES RIOJA	00:16:52	3'22"/km	3	00:00:21	3	00:36:07	33.21 km/h	10	00:00:32	23	00:08:51	3'32"/km	2	01:02:45
4	83	Diego	Ruiz Lalinde	ABM	2	CLUB TRIATLON SORIANO	00:17:41	3'32"/km	9	00:00:24	10	00:35:04	34.21 km/h	4	00:00:33	25	00:09:18	3'43"/km	7	01:03:01
5	33	Angel	Martinez Riaño	V1M	2	CLUB TRIATLON TRITONES RIOJA	00:16:47	3'21"/km	2	00:00:32	34	00:36:01	33.31 km/h	7	00:00:39	47	00:09:05	3'38"/km	4	01:03:05
6	71	Jose Miguel	Cristobal Bermejo	ABM	3	CLUB TRIATLON TRITONES RIOJA	00:17:56	3'35"/km	12	00:00:23	6	00:35:07	34.16 km/h	5	00:00:26	5	00:09:24	3'45"/km	11	01:03:17
7	49	Federico	Gutierrez Pineda	V1M	3	Independiente	00:18:06	3'37"/km	14	00:00:28	25	00:36:03	33.27 km/h	8	00:00:41	52	00:09:24	3'45"/km	10	01:04:45
8	84	Sergio	Tejada Velez	ABM	4	A.D. NAUTICO DE NARON	00:17:06	3'25"/km	5	00:00:23	8	00:37:09	32.29 km/h	13	00:00:42	55	00:09:28	3'47"/km	12	01:04:50
9	79	Pablo	Llantero Calonge	ABM	5	TRYNERS HARO	00:18:34	3'42"/km	20	00:00:24	11	00:36:03	33.27 km/h	9	00:00:26	9	00:09:42	3'52"/km	16	01:05:11
10	69	Miguel	Puelles Ruiz De Gopegui	ABM	6	CLUB TRIATLON TRITONES RIOJA	00:17:19	3'27"/km	6	00:00:29	26	00:37:39	31.86 km/h	16	00:00:44	66	00:09:03	3'37"/km	3	01:05:16
11	72	Hector	Estébanez Sáenz	ABM	7	CLUB TRIATLON TRITONES RIOJA	00:18:28	3'41"/km	19	00:00:24	13	00:36:17	33.06 km/h	11	00:00:43	61	00:09:47	3'55"/km	18	01:05:42
12	48	Jordi	Garcia Las Heras	V1M	4	Independiente	00:18:13	3'38"/km	17	00:00:24	14	00:37:28	32.01 km/h	14	00:00:28	16	00:09:34	3'49"/km	13	01:06:09
13	45	Vicente	Benito Cortes	V1M	5	L.V. Triatlon	00:19:24	3'52"/km	30	00:00:33	41	00:35:46	33.54 km/h	6	00:00:47	67	00:09:59	3'59"/km	23	01:06:31
14	35	Javier	Vega Herreros	V1M	6	CLUB TRIATLON TRITONES RIOJA	00:18:07	3'37"/km	15	00:00:23	5	00:38:28	31.18 km/h	18	00:00:27	11	00:09:23	3'45"/km	9	01:06:50
15	25	Felix	Castrillejo López	V1M	7	CLUB RIOJA TRIATLÓN	00:19:25	3'53"/km	31	00:00:21	1	00:36:51	32.55 km/h	12	00:00:27	13	00:10:04	4'01"/km	26	01:07:10
16	70	Jorge	Cano Nicolay	ABM	8	CLUB TRIATLON TRITONES RIOJA	00:18:07	3'37"/km	16	00:00:31	32	00:38:44	30.96 km/h	20	00:00:30	20	00:09:23	3'45"/km	8	01:07:18
17	82	Sergio	Ferreira Dos Santos	ABM	9	ROLLERBIKE	00:17:40	3'32"/km	8	00:00:27	22	00:39:21	30.48 km/h	26	00:00:41	53	00:09:11	3'40"/km	5	01:07:23
18	73	Borja	Llorente Torres	ABM	10	CLUB TRIATLON TRITONES RIOJA	00:22:06	4'25"/km	62	00:00:27	21	00:35:01	34.26 km/h	3	00:00:26	10	00:09:46	3'54"/km	17	01:07:47
19	52	Guillermo	Mínguez Vélaz	ABM	11	Independiente	00:19:01	3'48"/km	25	00:00:31	31	00:38:22	31.26 km/h	17	00:00:33	27	00:09:49	3'55"/km	19	01:08:18
20	77	Tasio	Medrano León	ABM	12	CALAHORRA TRIATLÓN	00:17:49	3'33"/km	10	00:00:40	47	00:39:49	30.13 km/h	32	00:00:34	29	00:09:35	3'50"/km	14	01:08:29
21	58	Carlos	Arnedo Ladrón	ABM	13	CLUB RIOJA TRIATLÓN	00:17:34	3'30"/km	7	00:00:28	23	00:40:12	29.84 km/h	37	00:00:43	62	00:09:37	3'51"/km	15	01:08:36

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CAMPEONATO RIOJANO DUATLON SPRINT

FINALIZADOS: 80

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P ME T	Do r	Nombre	Apellidos	Cat	P CA T	Club	RUN1	Ritmo RUN1	Pos R1	T1	Pos T1	BICI	Ritmo BICI	Pos BIC I	T2	Pos T2	RUN2	Ritmo RUN2	Pos R2	Meta
22	20	Raul	Lopez Negueruela	V2M	1	CLUB TRIATLON TRITONES RIOJA	00:18:18	3'39"/km	18	00:00:27	20	00:39:24	30.45 km/h	27	00:00:34	30	00:09:52	3'56"/km	20	01:08:37
23	36	Sergio	Villarejo Hernandez	V1M	8	C.C. DEMANDA CICLOS	00:18:41	3'44"/km	21	00:00:34	42	00:38:34	31.11 km/h	19	00:00:47	68	00:10:21	4'08"/km	31	01:08:59
24	78	Adrian	Carreta Alonso	ABM	14	C.C. DEMANDA CICLOS	00:17:52	3'34"/km	11	00:00:50	63	00:39:51	30.10 km/h	33	00:00:34	31	00:09:54	3'57"/km	21	01:09:03
25	18	Vicente	López Garrido	V2M	2	CLUB RIOJA TRIATLÓN	00:19:23	3'52"/km	27	00:00:24	9	00:38:52	30.86 km/h	23	00:00:29	19	00:10:17	4'06"/km	30	01:09:26
26	55	Javier	Abad Castillo	ABM	15	Independiente	00:17:57	3'35"/km	13	00:00:23	7	00:40:12	29.85 km/h	36	00:00:27	15	00:10:30	4'12"/km	34	01:09:31
27	44	Raúl	Pedro Sanpedro	V1M	9	L.V. Triatlon	00:19:00	3'48"/km	24	00:00:33	38	00:39:27	30.41 km/h	29	00:00:37	42	00:09:56	3'58"/km	22	01:09:35
28	62	Eduardo	Sánchez Pérez	ABM	16	CLUB RIOJA TRIATLÓN	00:19:24	3'52"/km	29	00:00:44	56	00:38:50	30.90 km/h	22	00:00:48	69	00:09:59	3'59"/km	25	01:09:47
29	51	David	Jiménez Blanco	V1M	10	Independiente	00:19:23	3'52"/km	28	00:00:25	17	00:39:10	30.62 km/h	25	00:00:25	3	00:10:22	4'08"/km	32	01:09:47
30	63	Adrian	Valle Crespo	ABM	17	CLUB RIOJA TRIATLÓN	00:18:58	3'47"/km	23	00:00:32	35	00:40:01	29.98 km/h	34	00:00:25	2	00:10:14	4'05"/km	29	01:10:11
31	64	David	Sánchez López	ABM	18	CLUB RIOJA TRIATLÓN	00:18:53	3'46"/km	22	00:00:42	53	00:40:13	29.82 km/h	38	00:00:26	8	00:10:11	4'04"/km	27	01:10:27
32	47	Angel	Martinez Moreno	V1M	11	Independiente	00:20:44	4'08"/km	43	00:00:28	24	00:37:36	31.91 km/h	15	00:00:33	24	00:11:09	4'27"/km	46	01:10:31
33	75	Jorge	Ayensa Madorran	ABM	19	CLUB TRIATLON TRITONES RIOJA	00:19:39	3'55"/km	33	00:00:26	19	00:39:26	30.42 km/h	28	00:00:38	44	00:10:30	4'12"/km	35	01:10:41
34	80	Fernando	Alonso Sierra	ABM	20	TRYNERS HARO	00:21:08	4'13"/km	52	00:00:25	15	00:38:47	30.92 km/h	21	00:00:33	26	00:10:49	4'19"/km	40	01:11:43
35	29	Jose Manuel	Martinez Calatrava	V1M	12	CLUB RIOJA TRIATLÓN	00:20:29	4'05"/km	38	00:00:25	16	00:38:58	30.78 km/h	24	00:00:34	28	00:11:17	4'30"/km	48	01:11:44
36	50	Elias	Arpón García	V1M	13	Independiente	00:19:19	3'51"/km	26	00:00:33	39	00:41:33	28.87 km/h	45	00:00:36	39	00:09:59	3'59"/km	24	01:12:03
37	23	Carmelo	Lafuente Muñoz	V2M	3	Independiente	00:19:41	3'56"/km	34	00:00:45	58	00:40:36	29.54 km/h	40	00:00:41	54	00:10:41	4'16"/km	38	01:12:26
38	68	Enrique	González Ruiz	ABM	21	CLUB TRIATLON TRITONES RIOJA	00:20:28	4'05"/km	37	00:00:30	28	00:40:40	29.49 km/h	41	00:00:26	7	00:10:26	4'10"/km	33	01:12:33
39	54	Jonatan	Rivera Elguea	ABM	22	Independiente	00:20:58	4'11"/km	51	00:00:40	48	00:39:46	30.16 km/h	31	00:00:32	22	00:11:14	4'29"/km	47	01:13:12
40	57	Gerardo	Mendoza Gómez	ABM	23	CLUB RIOJA TRIATLÓN	00:20:39	4'07"/km	41	00:00:33	37	00:40:41	29.49 km/h	42	00:00:26	6	00:11:03	4'25"/km	45	01:13:23
41	53	Diego	Varea Pérez	ABM	24	Independiente	00:20:51	4'10"/km	47	00:00:49	62	00:40:51	29.37 km/h	44	00:00:43	64	00:10:40	4'16"/km	36	01:13:56
42	16	Andres	Perez González	V2M	4	CLUB RIOJA TRIATLÓN	00:20:56	4'11"/km	49	00:00:43	55	00:40:02	29.97 km/h	35	00:00:44	65	00:11:35	4'38"/km	58	01:14:02
43	87	David	Martínez Salcedo	SUB23M	2	CLUB RIOJA TRIATLÓN	00:22:19	4'27"/km	65	00:00:45	59	00:39:27	30.41 km/h	30	00:00:30	21	00:11:20	4'32"/km	50	01:14:23
44	59	Alfonso	Navarro Hermosilla	ABM	25	CLUB RIOJA TRIATLÓN	00:19:51	3'58"/km	35	00:01:00	73	00:42:18	28.36 km/h	47	00:00:55	74	00:10:40	4'16"/km	37	01:14:46
45	41	Jose Miguel	Adán Mármol	V1M	14	CALAHORRA TRIATLÓN	00:20:26	4'05"/km	36	00:00:40	49	00:40:49	29.39 km/h	43	00:00:36	36	00:12:17	4'55"/km	68	01:14:51
46	21	Luis Javier	Alonso Bartolome	V2M	5	C.C. DEMANDA CICLOS	00:21:42	4'20"/km	56	00:00:36	43	00:40:23	29.70 km/h	39	00:00:36	37	00:11:35	4'38"/km	57	01:14:53

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CAMPEONATO RIOJANO DUATLON SPRINT

FINALIZADOS: 80

RETIRADOS: 1

NO PRESENTADOS: 6

DESCALIFICADOS: 2

P ME T	Do r	Nombre	Apellidos	Cat	P CA T	Club	RUN1	Ritmo RUN1	Pos R1	T1	Pos T1	BICI	Ritmo BICI	Pos BIC I	T2	Pos T2	RUN2	Ritmo RUN2	Pos R2	Meta
47	43	Santiago	Viguera Domingo	V1M	15	L.V. Triatlon	00:20:49	4'09"/km	46	00:00:53	66	00:42:16	28.38 km/h	46	00:00:41	51	00:10:57	4'23"/km	43	01:15:38
48	30	Miguel Angel	Domínguez Díez	V1M	16	CLUB RIOJA TRIATLÓN	00:20:32	4'06"/km	39	00:00:52	64	00:42:44	28.07 km/h	49	00:00:36	34	00:10:54	4'21"/km	42	01:15:40
49	46	Agustin	Olmos Hermosilla	V1M	17	TRYNERS HARO	00:21:10	4'14"/km	53	00:00:32	33	00:42:41	28.10 km/h	48	00:00:37	41	00:10:47	4'19"/km	39	01:15:49
50	67	Jonatan	Saenz Rubio	ABM	26	CLUB TRIATLON TRITONES RIOJA	00:19:38	3'55"/km	32	00:00:48	61	00:44:19	27.06 km/h	55	00:00:50	70	00:10:12	4'05"/km	28	01:15:49
51	86	Marcos	Calvo Cerezo	SUB23M	3	TRYNERS HARO	00:20:57	4'11"/km	50	00:00:24	12	00:42:50	28.00 km/h	50	00:00:27	12	00:11:25	4'34"/km	52	01:16:05
52	37	Carlos	Gutiérrez Barriocanal	V1M	18	CALAHORRA TRIATLÓN	00:20:47	4'09"/km	44	00:01:00	72	00:43:13	27.76 km/h	51	00:00:52	72	00:10:59	4'23"/km	44	01:16:52
53	27	Jose Enrique	Contreras García	V1M	19	CLUB RIOJA TRIATLÓN	00:20:36	4'07"/km	40	00:00:57	70	00:43:21	27.67 km/h	52	00:00:57	75	00:11:23	4'33"/km	51	01:17:16
54	40	Jose Ramón	Calzada Alcalde	V1M	20	CALAHORRA TRIATLÓN	00:21:15	4'15"/km	54	00:00:53	65	00:44:48	26.77 km/h	58	00:00:36	40	00:11:30	4'36"/km	56	01:19:05
55	26	Jorge	Santamaría Pascual	V1M	21	CLUB RIOJA TRIATLÓN	00:21:21	4'16"/km	55	00:01:04	76	00:44:13	27.13 km/h	54	00:01:07	77	00:11:29	4'35"/km	53	01:19:16
56	4	Rocio	Marín Marín	V1F	1	Independiente	00:21:52	4'22"/km	59	00:00:42	52	00:44:40	26.86 km/h	57	00:01:05	76	00:11:30	4'36"/km	55	01:19:51
57	7	Noemi	Fernández García	ABF	1	CLUB RIOJA TRIATLÓN	00:22:17	4'27"/km	64	00:00:30	29	00:45:14	26.52 km/h	59	00:00:38	46	00:11:30	4'36"/km	54	01:20:12
58	56	David	Cámara Adán	ABM	27	Independiente	00:22:14	4'26"/km	63	00:00:59	71	00:44:11	27.15 km/h	53	00:00:43	59	00:12:20	4'56"/km	70	01:20:30
59	28	Jonatan	Noguera Álvarez	V1M	22	CLUB RIOJA TRIATLÓN	00:20:42	4'08"/km	42	00:01:09	78	00:46:17	25.91 km/h	63	00:00:38	43	00:11:41	4'40"/km	59	01:20:30
60	3	Pilar	Ruiz Gómez	V1F	2	CLUB RIOJA TRIATLÓN	00:22:58	4'35"/km	68	00:00:32	36	00:44:36	26.90 km/h	56	00:00:36	35	00:11:58	4'47"/km	63	01:20:42
61	17	Carlos	Apodaca Sáenz	V2M	6	CLUB RIOJA TRIATLÓN	00:20:56	4'11"/km	48	00:00:42	54	00:47:15	25.39 km/h	66	00:00:41	50	00:11:17	4'30"/km	49	01:20:53
62	42	German	Valerio Berbes	V1M	23	CALAHORRA TRIATLÓN	00:20:48	4'09"/km	45	00:00:57	69	00:47:38	25.18 km/h	69	00:00:39	48	00:10:50	4'20"/km	41	01:20:54
63	24	Eulogio	Nuñez Gonzalez	V2M	7	Independiente	00:22:02	4'24"/km	61	00:00:31	30	00:46:01	26.07 km/h	62	00:00:28	18	00:11:51	4'44"/km	62	01:20:55
64	60	Rodrigo	Martínez Díez	ABM	28	CLUB RIOJA TRIATLÓN	00:21:46	4'21"/km	57	00:00:33	40	00:47:09	25.44 km/h	65	00:00:38	45	00:11:47	4'42"/km	61	01:21:56
65	12	Ángela	Muñoz De Pablos	ABF	2	CLUB TRIATLON TRITONES RIOJA	00:22:24	4'28"/km	66	00:00:23	4	00:47:33	25.22 km/h	68	00:00:27	14	00:12:08	4'51"/km	64	01:22:58
66	65	Antonio	Pineda Milano	ABM	29	CLUB RIOJA TRIATLÓN	00:21:48	4'21"/km	58	00:00:44	57	00:48:04	24.96 km/h	70	00:00:42	57	00:11:41	4'40"/km	60	01:23:01
67	2	Maria	Lafuente Herce	V1F	3	CLUB RIOJA TRIATLÓN	00:23:56	4'47"/km	71	00:00:42	51	00:45:37	26.30 km/h	61	00:00:36	38	00:12:17	4'54"/km	67	01:23:09
68	15	Rafael	Martínez Martínez	V3M	1	Independiente	00:21:57	4'23"/km	60	00:00:56	68	00:47:19	25.35 km/h	67	00:00:51	71	00:12:45	5'06"/km	72	01:23:50
69	6	Rebeca	Lavega González	ABF	3	CALAHORRA TRIATLÓN	00:23:24	4'40"/km	70	00:01:04	75	00:46:44	25.67 km/h	64	00:00:42	56	00:12:10	4'52"/km	65	01:24:07
70	13	Maria	Ochoa Ulecia	ABF	4	CLUB TRIATLON TRITONES RIOJA	00:22:37	4'31"/km	67	00:00:29	27	00:49:26	24.27 km/h	71	00:00:28	17	00:12:11	4'52"/km	66	01:25:13

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P ME T	Do r	Nombre	Apellidos	Cat	P CA T	Club	RUN1	Ritmo RUN1	Pos R1	T1	Pos T1	BICI	Ritmo BICI	Pos BIC I	T2	Pos T2	RUN2	Ritmo RUN2	Pos R2	Meta
71	31	Nacho	Medrano Bartolome	V1M	24	CLUB TRIATLON TRITONES RIOJA	00:24:43	4'56"/km	73	00:01:09	77	00:45:14	26.52 km/h	60	00:01:50	78	00:13:38	5'27"/km	75	01:26:35
72	11	Cristina	Palacios Cueva	ABF	5	CLUB TRIATLON TRITONES RIOJA	00:23:16	4'39"/km	69	00:00:36	45	00:50:19	23.84 km/h	72	00:00:43	63	00:12:19	4'55"/km	69	01:27:15
73	9	Mariana	Belver	ABF	6	CLUB TRIATLON TRITONES RIOJA	00:24:02	4'48"/km	72	00:00:37	46	00:52:08	23.01 km/h	73	00:00:35	32	00:12:45	5'06"/km	73	01:30:09
74	14	Marta	Pérez Martínez	ABF	7	CLUB TRIATLON TRITONES RIOJA	00:24:46	4'57"/km	75	00:00:36	44	00:53:19	22.50 km/h	74	00:00:35	33	00:12:42	5'04"/km	71	01:32:00
75	8	Sheila	Pérez Merino	ABF	8	CLUB RIOJA TRIATLÓN	00:24:45	4'57"/km	74	00:00:56	67	00:53:53	22.26 km/h	75	00:00:42	58	00:13:08	5'15"/km	74	01:33:26
76	1	Juana	Rodriguez Juanas	V2F	1	CLUB TRIATLON TRITONES RIOJA	00:27:30	5'30"/km	77	00:00:41	50	00:57:30	20.86 km/h	76	00:00:41	49	00:14:35	5'50"/km	77	01:40:59
77	5	Carmen María	Ona Arenzana	V1F	4	CALAHORRA TRIATLÓN	00:27:01	5'24"/km	76	00:00:45	60	01:00:06	19.96 km/h	77	00:00:54	73	00:14:07	5'38"/km	76	01:42:55
78	10	Mercedes	Esparza Castillo	ABF	9	CLUB TRIATLON TRITONES RIOJA	00:28:22	5'40"/km	78	00:01:03	74	01:00:22	19.87 km/h	78	00:00:43	60	00:14:36	5'50"/km	78	01:45:09
22		Jose Juan	Repes Valgañón	V2M		L.V. Triatlon														
39		Cesar	Alfaron Bretón	V1M		CALAHORRA TRIATLÓN														
38		Javier	Hita Martínez	V1M		CALAHORRA TRIATLÓN														
61		Marcos	Andrés Sodupe	ABM		CLUB RIOJA TRIATLÓN														
76		Jorge	Adán Mármol	ABM		CALAHORRA TRIATLÓN	00:20:52	4'10"/km		00:00:47		00:40:00	29.99 km/h		00:00:36		00:11:19	4'31"/km		01:13:36
74		Carlos	Garcia Sarro	ABM		CLUB TRIATLON TRITONES RIOJA	00:21:26	4'17"/km		00:00:28		01:03:01	19.03 km/h		00:06:53					
19		Jose Manuel	Neira López	V2M		CLUB RIOJA TRIATLÓN														
81		Sergio	Matute Acitores	ABM		TRYNERS HARO	00:18:58	3'47"/km		00:00:26		00:37:15	32.21 km/h		00:00:31		00:10:05	4'02"/km		01:07:17
32		Raul	Saez Barrio	V1M		CLUB TRIATLON TRITONES RIOJA														