

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

F

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|-------------------------------|---|-------|----------------|---------|----------------|-------|-------------|
| 1 | 1 | 3417 | Eva Garcia Gonzalez | ESP  | 18:27 | 1:10 | 1:26:35 | 2:15 | 29:31 | 2:17:56 |
| 2 | 1 | 3420 | Aida Garcia Lopez | ESP  | 21:09 | 2:00 | 1:26:21 | 2:13 | 30:57 | 2:22:39 |
| 3 | 1 | 3358 | Anna Pauline Saßerath | GER  | 15:56 | 1:10 | 1:31:16 | 2:06 | 33:40 | 2:24:07 |
| 4 | 1 | 3382 | María Calleja Aguayo | ESP  | 16:45 | 1:10 | 1:30:49 | 2:31 | 33:34 | 2:24:49 |
| 5 | 2 | 3390 | Lisa Schröder-Ott | GER  | 17:54 | 1:10 | 1:30:32 | 2:29 | 34:18 | 2:26:22 |
| 6 | 1 | 3363 | Ségolène Leberon | FRA  | 19:01 | 1:21 | 1:30:23 | 2:15 | 34:22 | 2:27:21 |
| 7 | 3 | 3384 | Inmaculada Pino Gomez | ESP  | 21:36 | 2:20 | 1:27:43 | 2:22 | 34:37 | 2:28:36 |
| 8 | 2 | 3418 | Maria Fernandez Lores | ESP  | 20:20 | 1:10 | 1:34:07 | 2:16 | 32:42 | 2:30:34 |
| 9 | 1 | 3369 | Isabel González Fuentesfría | ESP  | 18:07 | 1:10 | 1:36:11 | 2:18 | 33:05 | 2:30:50 |
| 10 | 1 | 3462 | Carol Rasmussen | DEN  | 21:53 | 1:10 | 1:32:52 | 2:27 | 32:48 | 2:31:09 |
| 11 | 2 | 3359 | Shiva Leisner | DEN  | 18:06 | 1:57 | 1:36:01 | 2:47 | 36:15 | 2:35:03 |
| 12 | 2 | 3362 | Ana Gay Parraga | ESP  | 21:33 | 1:10 | 1:37:25 | 2:13 | 33:07 | 2:35:26 |
| 13 | 2 | 3403 | Alexandra Borrelly | FRA  | 19:33 | 2:02 | 1:34:55 | 2:38 | 36:50 | 2:35:56 |
| 14 | 4 | 3389 | Sara-Diane Gorges | GER  | 21:08 | 1:10 | 1:35:33 | 2:34 | 35:35 | 2:35:57 |
| 15 | 2 | 3370 | Enara Herran Martinez | ESP  | 18:39 | 1:10 | 1:37:29 | 2:45 | 36:22 | 2:36:23 |
| 16 | 3 | 3366 | Jessica Henderson | AUS  | 17:14 | 1:56 | 1:38:13 | 2:46 | 36:50 | 2:36:56 |
| 17 | 3 | 3430 | Lise Sohl Jeppesen | DEN  | 19:12 | 1:10 | 1:36:02 | 2:31 | 38:16 | 2:37:10 |
| 18 | 4 | 3422 | Teresa Pons Munill | ESP  | 22:08 | 1:46 | 1:35:48 | 2:39 | 34:59 | 2:37:17 |
| 19 | 3 | 3406 | Rachel Clay | GBR  | 21:56 | 2:23 | 1:36:39 | 2:37 | 35:44 | 2:39:17 |
| 20 | 1 | 3437 | Rachel Kirkwood | GBR  | 18:26 | 1:10 | 1:40:21 | 3:07 | 36:22 | 2:39:25 |
| 21 | 5 | 3396 | Mirtha Realpe | COL  | 19:43 | 2:22 | 1:40:49 | 2:23 | 34:13 | 2:39:29 |
| 22 | 4 | 3415 | Lindsay Jackson | USA  | 20:06 | 1:10 | 1:37:49 | 3:14 | 37:29 | 2:39:46 |
| 23 | 5 | 3426 | Cathy Atkinson | GBR  | 20:24 | 1:10 | 1:39:07 | 3:01 | 36:18 | 2:39:59 |
| 24 | 3 | 3357 | Maria Hernández Contijoch | ESP  | 20:56 | 1:29 | 1:40:22 | 2:23 | 35:19 | 2:40:28 |
| 25 | 5 | 3409 | Claudia Wilesmith | GBR  | 20:54 | 2:20 | 1:39:13 | 2:30 | 35:40 | 2:40:36 |
| 26 | 3 | 3372 | Emilie Attanasio | FRA  | 21:29 | 1:10 | 1:38:35 | 2:45 | 37:48 | 2:41:45 |
| 27 | 6 | 3407 | Jackie Field | GBR  | 22:41 | 2:30 | 1:39:36 | 2:50 | 34:16 | 2:41:50 |
| 28 | 6 | 3419 | María José Garcia Alvarez | ESP  | 17:57 | 1:10 | 1:44:47 | 2:32 | 35:33 | 2:41:59 |
| 29 | 7 | 3410 | Emma-Jane Hughes | IRL  | 21:51 | 1:10 | 1:40:26 | 2:37 | 36:38 | 2:42:40 |
| 30 | 1 | 3464 | Josie Sinclair | NZL  | 17:45 | 2:23 | 1:41:22 | 2:59 | 38:24 | 2:42:51 |
| 31 | 2 | 3451 | Anne-Mette Mortensen | DEN  | 23:05 | 2:30 | 1:38:22 | 2:47 | 36:13 | 2:42:56 |
| 32 | 6 | 3386 | Laura Jane Mulcahy | GBR  | 21:45 | 2:33 | 1:42:53 | 2:33 | 34:32 | 2:44:15 |
| 33 | 7 | 3421 | Beatriz Molina Garcia | ESP  | 22:41 | 1:10 | 1:40:09 | 2:39 | 37:52 | 2:44:29 |
| 34 | 4 | 3379 | Caitlin Port | CAN  | 20:26 | 1:10 | 1:43:43 | 2:48 | 36:39 | 2:44:45 |
| 35 | 8 | 3416 | Malvina Gomes | POR  | 21:48 | 3:24 | 1:39:39 | 2:41 | 37:36 | 2:45:05 |
| 36 | 7 | 3387 | Ruth Owen Evans | GBR  | 23:18 | 2:04 | 1:38:12 | 2:58 | 38:52 | 2:45:23 |
| 37 | 9 | 3404 | Sandrine De Marco | FRA  | 21:47 | 1:50 | 1:40:32 | 2:51 | 38:50 | 2:45:48 |
| 38 | 3 | 3440 | Britta Anderson | GER  | 21:21 | 1:10 | 1:43:43 | 2:37 | 37:18 | 2:46:08 |
| 39 | 5 | 3373 | Delphine Guillot | FRA  | 19:46 | 1:57 | 1:42:37 | 3:12 | 39:35 | 2:47:05 |
| 40 | 2 | 3456 | Janet Soule | USA  | 24:46 | 2:50 | 1:40:44 | 3:05 | 36:33 | 2:47:56 |
| 41 | 8 | 3427 | Renell Brennan | GBR  | 23:38 | 3:26 | 1:42:20 | 2:49 | 36:24 | 2:48:35 |
| 42 | 8 | 3385 | Concepcion Velazquez Martinez | ESP  | 20:22 | 1:55 | 1:47:06 | 2:36 | 37:20 | 2:49:16 |
| 43 | 6 | 3374 | Sara De Pablo | GBR  | 23:23 | 2:17 | 1:43:30 | 2:46 | 37:44 | 2:49:38 |
| 44 | 10 | 3411 | Philippa Jane Keith | KEN  | 20:28 | 2:11 | 1:43:52 | 2:38 | 41:01 | 2:50:09 |
| 45 | 11 | 3412 | Katarzyna Galewicz | POL  | 35:11 | 2:47 | 1:33:05 | 3:24 | 36:43 | 2:51:09 |
| 46 | 4 | 3433 | Susana Coto Fernández | ESP  | 21:06 | 2:22 | 1:49:54 | 2:31 | 35:56 | 2:51:46 |
| 47 | 4 | 3368 | Rita Lopes | POR  | 20:14 | 1:10 | 1:55:23 | 2:06 | 33:24 | 2:52:15 |
| 48 | 5 | 3438 | Sally Mortleman | GBR  | 23:06 | 2:52 | 1:46:08 | 2:59 | 38:15 | 2:53:19 |
| 49 | 9 | 3391 | Jen Hodgson | NZL  | 25:22 | 2:32 | 1:43:16 | 2:42 | 39:56 | 2:53:46 |
| 50 | 9 | 3425 | Emmanuelle Massonnat | FRA  | 26:27 | 2:33 | 1:44:30 | 2:48 | 37:39 | 2:53:54 |
| 51 | 3 | 3460 | Clare Leung | AUS  | 23:03 | 1:10 | 1:48:06 | 2:41 | 39:27 | 2:54:26 |
| 52 | 10 | 3429 | Melanie Rodrigue | AUS  | 21:23 | 3:27 | 1:45:30 | 3:09 | 42:10 | 2:55:36 |
| 53 | 6 | 3448 | Lindy Kronen | AUS  | 23:41 | 2:02 | 1:45:56 | 2:55 | 41:14 | 2:55:46 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

F

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|-------------------------------|---------|-------|----------------|---------|----------------|---------|-------------|
| 54 | 10 | 3388 | Amanda Pirie | GBR | 21:40 | 2:13 | 1:50:08 | 3:09 | 39:22 | 2:56:30 |
| 55 | 11 | 3424 | Severine Guerif | FRA | 33:42 | 2:47 | 1:45:55 | 2:38 | 32:40 | 2:57:40 |
| 56 | 12 | 3405 | Erna Fontein | FRA | 18:57 | 2:08 | 1:36:09 | 3:43 | 57:03 | 2:57:58 |
| 57 | 4 | 3461 | Libby Thomas | AUS | 20:16 | 2:56 | 1:51:57 | 2:34 | 40:24 | 2:58:06 |
| 58 | 1 | 3354 | Nerea Ortiz Serrano | ESP | 20:58 | 1:36 | 1:53:02 | 2:23 | 40:40 | 2:58:38 |
| 59 | 13 | 3400 | Esmeralda Agullo Esclapez | ESP | 22:59 | 3:12 | 1:54:38 | 2:40 | 38:10 | 3:01:36 |
| 60 | 7 | 3450 | Monica Wolf | CAN | 27:39 | 4:37 | 1:47:29 | 3:57 | 37:57 | 3:01:36 |
| 61 | 8 | 3435 | Inmaculada Sanchez Belis | ESP | 20:35 | 2:31 | 1:47:15 | 3:06 | 51:54 | 3:05:19 |
| 62 | 1 | 3468 | Lynne Pattle | NZL | 22:58 | 3:07 | 1:55:22 | 3:34 | 41:24 | 3:06:24 |
| 63 | 7 | 3378 | Larissa Oates | AUS | 26:05 | 2:41 | 1:55:59 | 2:56 | 39:09 | 3:06:49 |
| 64 | 9 | 3441 | Diana Mull | GER | 29:53 | 2:12 | 1:54:55 | 3:03 | 37:36 | 3:07:38 |
| 65 | 2 | 3355 | Danielle Bergs | NZL | 22:09 | 1:10 | 2:00:03 | 3:00 | 41:58 | 3:08:18 |
| 66 | 11 | 3393 | Almari De Milander | RSA | 27:19 | 3:46 | 1:57:16 | 3:14 | 37:11 | 3:08:45 |
| 67 | 8 | 3371 | Carolina Laurentiu Granja | ESP | 21:29 | 2:12 | 2:01:45 | 3:19 | 40:46 | 3:09:28 |
| 68 | 12 | 3392 | Ana Alexandra Martinho | POR | 21:32 | 2:18 | 2:07:48 | 2:43 | 37:11 | 3:11:31 |
| 69 | 10 | 3447 | Lucie Ayotte | AUS | 30:47 | 2:58 | 1:54:44 | 2:46 | 40:28 | 3:11:40 |
| 70 | 5 | 3455 | Belinda Marais | RSA | 27:12 | 5:34 | 1:50:55 | 3:48 | 44:29 | 3:11:57 |
| 71 | 6 | 3458 | Noella Buchanan | AUS | 26:11 | 2:55 | 1:55:59 | 2:51 | 44:16 | 3:12:10 |
| 72 | 11 | 3445 | Christina Halioris | USA | 24:01 | 4:44 | 1:58:53 | 3:46 | 42:19 | 3:13:41 |
| 73 | 12 | 3434 | Mª Belen Lemat Cabral | ESP | 35:15 | 2:51 | 1:58:45 | 2:51 | 37:53 | 3:17:33 |
| 74 | 13 | 3439 | Ella Pyman | GBR | 25:48 | 2:58 | 2:03:18 | 3:04 | 43:14 | 3:18:20 |
| 75 | 14 | 3436 | Louise Gibson | GBR | 36:40 | 2:40 | 1:55:00 | 3:17 | 42:09 | 3:19:44 |
| 76 | 15 | 3443 | May-Li Cuypers | USA | 22:17 | 2:42 | 2:09:33 | 3:08 | 42:47 | 3:20:25 |
| 77 | 5 | 3367 | Daniela Toledo | COL | 35:42 | 3:41 | 2:01:10 | 3:50 | 37:25 | 3:21:46 |
| 78 | 7 | 3457 | Blanche Teyssier | USA | 25:43 | 4:19 | 2:04:14 | 4:06 | 44:56 | 3:23:17 |
| 79 | 16 | 3449 | Solange Benz | BRA | 21:40 | 2:47 | 2:12:04 | 3:29 | 44:05 | 3:24:02 |
| 80 | 14 | 3414 | Stephanie Seddon-Brown | POR | 22:43 | 2:51 | 2:11:23 | 3:11 | 44:17 | 3:24:23 |
| 81 | 2 | 3465 | Barbara Peterson | USA | 27:40 | 5:21 | 2:05:42 | 3:50 | 42:59 | 3:25:30 |
| 82 | 13 | 3397 | Daniela Alexandra Orbe Zárate | ECU | 34:58 | 2:40 | 2:01:32 | 3:57 | 44:34 | 3:27:38 |
| 83 | 14 | 3395 | Kelly Henry | CAN | 33:58 | 4:42 | 2:13:18 | 3:13 | 38:58 | 3:34:07 |
| 84 | 8 | 3454 | Nicola Dick | GBR | 27:55 | 2:40 | 2:15:57 | 2:51 | 45:56 | 3:35:17 |
| 85 | 9 | 3377 | Jessica Monagle | AUS | 22:37 | 3:29 | 2:22:32 | 4:08 | 48:28 | 3:41:13 |
| 86 | 12 | 3428 | Miharu Shinohara | JPN | 31:10 | 5:19 | 2:23:20 | 5:00 | 40:23 | 3:45:11 |
| 87 | 2 | 3469 | Sheri Schrock | USA | 31:18 | 4:29 | 2:19:04 | 3:54 | 54:50 | 3:53:32 |
| 88 | 3 | 3466 | Marianne Hergouth | AUT | 40:21 | 4:06 | 2:23:28 | 3:39 | 49:19 | 4:00:52 |
| 89 | 6 | 3361 | Alicia Arjona Paredes | ESP | 26:54 | 3:28 | 2:47:30 | 3:04 | 55:27 | 4:16:21 |
| 90 | 9 | 3459 | Julie Bunyard | AUS | 30:43 | 3:38 | 2:41:54 | 5:14 | 1:07:23 | 4:28:50 |
| | | 3365 | Emma Coakley | USA | 15:37 | 3:12 | — | — | — | — |
| | | 3442 | Deborah Brzyeki | USA | 49:02 | — | — | — | — | — |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|--------------------------------|---|-------|----------------|---------|----------------|-------|-------------|
| 1 | 1 | 3023 | Aleix Sierra Oliver | ESP  | 17:16 | 1:45 | 1:12:55 | 1:50 | 25:37 | 1:59:22 |
| 2 | 2 | 3026 | Thibault Gire | FRA  | 14:50 | 1:42 | 1:12:30 | 2:07 | 28:23 | 1:59:30 |
| 3 | 3 | 3011 | Ruben Cuellar Mantas | ESP  | 13:48 | 1:14 | 1:15:31 | 1:55 | 27:11 | 1:59:37 |
| 4 | 4 | 3027 | Clément Grandy | FRA  | 14:57 | 1:28 | 1:15:53 | 1:52 | 25:38 | 1:59:46 |
| 5 | 1 | 3075 | Leon Martin Drajer . | ESP  | 14:47 | 1:23 | 1:15:05 | 1:55 | 27:44 | 2:00:52 |
| 6 | 1 | 3059 | Mathieu Desserprit | FRA  | 15:26 | 1:58 | 1:13:57 | 2:06 | 27:51 | 2:01:16 |
| 7 | 1 | 3144 | Nicolas Durin | FRA  | 17:26 | 1:10 | 1:13:08 | 1:58 | 28:23 | 2:02:03 |
| 8 | 1 | 3041 | Jorge Recuero Heras | ESP  | 16:47 | 1:18 | 1:13:00 | 2:09 | 28:58 | 2:02:10 |
| 9 | 2 | 3039 | Alejandro Pareja Villar | ESP  | 13:48 | 1:25 | 1:16:45 | 2:03 | 29:06 | 2:03:04 |
| 10 | 1 | 3255 | Gianpietro De Faveri | ITA  | 13:09 | 1:27 | 1:16:22 | 2:36 | 29:44 | 2:03:16 |
| 11 | 2 | 3084 | Juan Carlos Nieto Gracia | ESP  | 18:21 | 1:28 | 1:15:01 | 1:59 | 26:36 | 2:03:23 |
| 12 | 5 | 3033 | Brendon Bergs | NZL  | 16:03 | 1:20 | 1:15:47 | 2:07 | 28:55 | 2:04:09 |
| 13 | 2 | 3056 | Ulises Nava Celorrio | ESP  | 15:55 | 1:15 | 1:14:47 | 2:02 | 30:42 | 2:04:39 |
| 14 | 1 | 3192 | Jeff Satge | FRA  | 17:40 | 1:10 | 1:14:49 | 2:05 | 28:59 | 2:04:41 |
| 15 | 3 | 3087 | David Rodriguez Lopez | ESP  | 14:02 | 1:13 | 1:19:30 | 1:50 | 28:17 | 2:04:50 |
| 16 | 3 | 3042 | Pierric Brochet | FRA  | 15:20 | 1:26 | 1:17:21 | 2:03 | 29:01 | 2:05:10 |
| 17 | 4 | 3093 | Olivier Demichel | FRA  | 15:28 | 1:30 | 1:17:58 | 2:06 | 28:29 | 2:05:28 |
| 18 | 6 | 3024 | Enrique Terol Perez | ESP  | 14:08 | 1:15 | 1:16:57 | 1:59 | 31:12 | 2:05:29 |
| 19 | 2 | 3268 | Gerald Will | AUT  | 14:26 | 1:10 | 1:16:00 | 2:11 | 31:49 | 2:05:35 |
| 20 | 3 | 3062 | Tjardo Visser | NED  | 14:05 | 1:29 | 1:19:56 | 2:18 | 28:38 | 2:06:25 |
| 21 | 2 | 3135 | Basilio Polvillo Rogerio | ESP  | 17:29 | 1:10 | 1:15:35 | 2:15 | 30:03 | 2:06:30 |
| 22 | 4 | 3043 | Christopher Dupre | FRA  | 18:05 | 1:42 | 1:17:50 | 1:53 | 27:08 | 2:06:36 |
| 23 | 5 | 3088 | Bernardo Rubio Herrada | ESP  | 18:01 | 1:36 | 1:16:51 | 2:06 | 28:08 | 2:06:41 |
| 24 | 7 | 3028 | Brian Tetard | FRA  | 13:46 | 1:13 | 1:19:50 | 2:02 | 29:59 | 2:06:49 |
| 25 | 3 | 3146 | Ludovic Prouzet | FRA  | 15:10 | 1:52 | 1:18:08 | 2:42 | 29:15 | 2:07:05 |
| 26 | 8 | 3029 | Jonathan Chatten | GBR  | 14:03 | 1:17 | 1:21:16 | 1:55 | 28:40 | 2:07:09 |
| 27 | 6 | 3072 | Juan Andres Cano Cuevas | ESP  | 16:29 | 1:47 | 1:16:33 | 1:58 | 30:53 | 2:07:37 |
| 28 | 7 | 3073 | José Antonio Castilla Menéndez | ESP  | 17:34 | 1:23 | 1:16:39 | 2:15 | 29:49 | 2:07:39 |
| 29 | 4 | 3119 | Daniel Becerril Gimeno | ESP  | 17:14 | 1:10 | 1:18:24 | 2:09 | 28:55 | 2:07:51 |
| 30 | 5 | 3049 | Diego Moreno Rodríguez | ESP  | 16:15 | 1:23 | 1:18:48 | 2:03 | 29:33 | 2:08:01 |
| 31 | 5 | 3130 | Enrique Moran Gonzalez | ESP  | 17:55 | 1:59 | 1:17:46 | 2:10 | 28:16 | 2:08:04 |
| 32 | 4 | 3055 | Luis Martínez Cubillo | ESP  | 15:30 | 1:24 | 1:18:43 | 1:57 | 30:45 | 2:08:18 |
| 33 | 3 | 3247 | Graham Baxter | GBR  | 17:11 | 1:10 | 1:17:48 | 2:13 | 29:58 | 2:08:19 |
| 34 | 6 | 3142 | Albert Torres Carles | ESP  | 15:03 | 1:16 | 1:20:06 | 2:04 | 30:11 | 2:08:37 |
| 35 | 7 | 3165 | Nuno Silva | POR  | 21:35 | 1:41 | 1:16:08 | 2:01 | 27:32 | 2:08:55 |
| 36 | 8 | 3164 | Ricardo Senos | POR  | 19:56 | 1:10 | 1:18:04 | 2:11 | 27:58 | 2:09:17 |
| 37 | 9 | 3031 | Scott Anderson | GER  | 14:27 | 1:20 | 1:20:45 | 2:07 | 30:42 | 2:09:18 |
| 38 | 2 | 3203 | Rui Galinha | POR  | 16:25 | 1:26 | 1:19:48 | 2:06 | 29:43 | 2:09:26 |
| 39 | 10 | 3013 | Gerard Lopez Gomez | ESP  | 15:39 | 1:41 | 1:22:42 | 1:59 | 27:45 | 2:09:44 |
| 40 | 9 | 3147 | Anthony Rabeau | FRA  | 17:09 | 1:10 | 1:19:42 | 2:17 | 29:36 | 2:09:53 |
| 41 | 1 | 3008 | Matthew Clough | NZL  | 14:46 | 1:21 | 1:22:31 | 2:03 | 29:31 | 2:10:10 |
| 42 | 10 | 3145 | Eric Philibert | FRA  | 16:21 | 1:17 | 1:19:24 | 2:13 | 31:14 | 2:10:27 |
| 43 | 11 | 3021 | Aitor Ramírez Martínez | ESP  | 19:15 | 1:54 | 1:18:38 | 2:10 | 28:56 | 2:10:51 |
| 44 | 11 | 3120 | Llibert Fortuny I Cendra | ESP  | 15:11 | 1:46 | 1:21:05 | 2:14 | 31:01 | 2:11:15 |
| 45 | 8 | 3076 | Javier Fernandez Fernandez | ESP  | 19:13 | 1:37 | 1:17:44 | 2:03 | 30:53 | 2:11:28 |
| 46 | 5 | 3066 | Diogo Silva | POR  | 18:34 | 2:15 | 1:19:50 | 2:05 | 28:51 | 2:11:33 |
| 47 | 9 | 3095 | Rob Parry | GBR  | 17:14 | 1:22 | 1:20:50 | 2:11 | 30:15 | 2:11:50 |
| 48 | 2 | 3004 | Jules Dumas | FRA  | 15:22 | 1:13 | 1:21:10 | 2:00 | 32:08 | 2:11:51 |
| 49 | 6 | 3052 | Francisco Garcia Reguera | ESP  | 17:58 | 1:36 | 1:21:06 | 2:26 | 29:03 | 2:12:07 |
| 50 | 10 | 3096 | Brad Pontin | GBR  | 15:58 | 1:27 | 1:22:25 | 2:03 | 30:18 | 2:12:10 |
| 51 | 1 | 3293 | Martin König | GER  | 17:14 | 1:10 | 1:20:07 | 2:03 | 32:21 | 2:12:53 |
| 52 | 12 | 3134 | Pedro Antonio Plaza Rodríguez | ESP  | 18:20 | 2:22 | 1:19:38 | 2:15 | 30:24 | 2:12:57 |
| 53 | 11 | 3077 | Porfirio Fernandez Vidal | ESP  | 20:53 | 1:10 | 1:18:41 | 2:14 | 30:06 | 2:13:03 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|---|---------|-------|----------------|---------|----------------|-------|-------------|
| 54 | 4 | 3257 | Martin Ralph | NZL | 18:52 | 1:10 | 1:22:05 | 2:31 | 28:31 | 2:13:08 |
| 55 | 5 | 3233 | Antonio Luis Fernandez Perula | ESP | 17:41 | 1:50 | 1:21:55 | 2:06 | 30:14 | 2:13:44 |
| 56 | 7 | 3051 | Jose Joaquin Garcia Fernandez | ESP | 16:49 | 1:21 | 1:22:49 | 1:57 | 31:01 | 2:13:54 |
| 57 | 12 | 3082 | David Landeira Castro | ESP | 18:01 | 1:46 | 1:22:53 | 2:09 | 29:16 | 2:14:03 |
| 58 | 6 | 3258 | Grzegorz Zgliczynski | POL | 15:07 | 1:10 | 1:26:15 | 2:13 | 29:24 | 2:14:08 |
| 59 | 13 | 3125 | Manuel Hernandez Garcia | ESP | 17:23 | 1:10 | 1:23:00 | 2:35 | 30:22 | 2:14:29 |
| 60 | 14 | 3150 | Jonathan Heasman | GBR | 18:58 | 1:10 | 1:20:13 | 2:27 | 32:04 | 2:14:51 |
| 61 | 7 | 3253 | Jörg Schneider | GER | 16:42 | 1:50 | 1:24:24 | 2:18 | 29:43 | 2:14:55 |
| 62 | 6 | 3046 | Riccardo Roatta | ITA | 16:47 | 1:25 | 1:23:28 | 2:07 | 31:13 | 2:14:57 |
| 63 | 3 | 3190 | Christophe Chubillau | FRA | 19:12 | 1:10 | 1:22:44 | 2:08 | 29:45 | 2:14:58 |
| 64 | 13 | 3086 | Enrique Rivas Pulpeiro | ESP | 17:33 | 2:16 | 1:20:11 | 2:19 | 32:47 | 2:15:04 |
| 65 | 4 | 3178 | Bernabe Angulo Ruiz | ESP | 16:31 | 1:46 | 1:22:12 | 2:33 | 32:11 | 2:15:11 |
| 66 | 15 | 3141 | Diego Jesus Sotelo Fernandez | ESP | 14:13 | 1:35 | 1:21:30 | 2:17 | 35:48 | 2:15:20 |
| 67 | 12 | 3025 | Tom Donnenwirth | FRA | 18:36 | 2:06 | 1:14:48 | 2:19 | 37:52 | 2:15:39 |
| 68 | 7 | 3048 | John Fabricio Palma Paladines | ECU | 21:35 | 2:15 | 1:18:14 | 2:27 | 31:30 | 2:15:59 |
| 69 | 14 | 3100 | Jeremy Groux | NZL | 15:34 | 1:38 | 1:23:51 | 2:20 | 32:48 | 2:16:10 |
| 70 | 13 | 3010 | Carlos Brion Sampedro | ESP | 12:38 | 1:21 | 1:32:31 | 2:18 | 27:30 | 2:16:16 |
| 71 | 8 | 3060 | Ruben Villalain | GBR | 13:51 | 1:46 | 1:28:47 | 2:23 | 29:40 | 2:16:25 |
| 72 | 15 | 3101 | Paulo Ajuda | POR | 21:18 | 1:10 | 1:22:34 | 2:01 | 30:12 | 2:17:13 |
| 73 | 8 | 3240 | Carlos Mateos Lopez | ESP | 20:32 | 3:11 | 1:20:38 | 2:23 | 30:51 | 2:17:34 |
| 74 | 16 | 3103 | Igor Guerreiro | POR | 16:24 | 1:58 | 1:26:06 | 2:24 | 30:54 | 2:17:44 |
| 75 | 17 | 3092 | Felipe Veiga Jalda | ESP | 16:26 | 1:27 | 1:26:36 | 2:18 | 31:12 | 2:17:58 |
| 76 | 9 | 3239 | Gonzalo Martín Santana | ESP | 15:25 | 1:10 | 1:29:00 | 2:08 | 30:20 | 2:18:01 |
| 77 | 5 | 3182 | Francisco Javier Muñoz Zapata | ESP | 18:41 | 1:10 | 1:25:37 | 2:08 | 30:37 | 2:18:12 |
| 78 | 16 | 3127 | Andres Martín Carmona | ESP | 21:42 | 1:10 | 1:21:30 | 2:33 | 31:57 | 2:18:51 |
| 79 | 17 | 3121 | Carlos Garcia Blanco | ESP | 18:20 | 1:55 | 1:24:47 | 2:09 | 31:49 | 2:18:59 |
| 80 | 9 | 3065 | Tiago Pinho | POR | 24:45 | 2:07 | 1:22:23 | 2:10 | 28:01 | 2:19:24 |
| 81 | 6 | 3202 | Anton Bergs | NZL | 19:07 | 1:10 | 1:24:42 | 2:32 | 31:54 | 2:19:25 |
| 82 | 14 | 3030 | Alexander Williams | GBR | 18:11 | 2:02 | 1:25:04 | 2:17 | 31:55 | 2:19:27 |
| 83 | 18 | 3151 | Paul Hilliar | GBR | 18:44 | 2:22 | 1:25:54 | 2:22 | 30:13 | 2:19:33 |
| 84 | 7 | 3217 | Christopher Davison | AUS | 20:05 | 2:18 | 1:23:12 | 2:13 | 31:48 | 2:19:35 |
| 85 | 15 | 3020 | Pablo Pedrosa Paz | ESP | 15:24 | 1:28 | 1:28:46 | 1:59 | 32:00 | 2:19:37 |
| 86 | 10 | 3057 | Jorge Ruiz De León Gómez | ESP | 19:04 | 1:34 | 1:20:23 | 2:10 | 36:30 | 2:19:39 |
| 87 | 8 | 3191 | Olivier Meisselle | FRA | 20:14 | 2:30 | 1:23:23 | 2:18 | 31:21 | 2:19:44 |
| 88 | 16 | 3016 | Alfonso Mata Gonzalez | ESP | 17:16 | 1:12 | 1:27:14 | 1:57 | 32:13 | 2:19:49 |
| 89 | 9 | 3197 | Marcus Williams | GBR | 15:18 | 1:56 | 1:25:26 | 2:22 | 34:56 | 2:19:55 |
| 90 | 10 | 3254 | Bernd Uebersezig | GER | 16:40 | 1:50 | 1:26:45 | 2:19 | 32:31 | 2:20:02 |
| 91 | 18 | 3085 | Eloy Rey Martinez | ESP | 17:33 | 2:13 | 1:25:38 | 2:16 | 32:36 | 2:20:14 |
| 92 | 10 | 3200 | Mauro Cesare Garavaglia | ITA | 15:32 | 1:22 | 1:27:18 | 2:16 | 33:58 | 2:20:24 |
| 93 | 17 | 3017 | Ruben Mateos Carbajo | ESP | 22:32 | 2:25 | 1:24:17 | 2:07 | 29:05 | 2:20:25 |
| 94 | 3 | 3009 | Lewis Williams | GBR | 18:02 | 1:14 | 1:27:58 | 2:22 | 30:58 | 2:20:32 |
| 95 | 11 | 3054 | Jose Joaquin Manzano Gallardo | ESP | 21:44 | 1:10 | 1:22:32 | 2:40 | 32:40 | 2:20:44 |
| 96 | 11 | 3209 | Robert Scholtz | RSA | 17:58 | 1:10 | 1:25:56 | 2:27 | 33:17 | 2:20:47 |
| 97 | 19 | 3091 | Bruno Souto Perez | ESP | 17:56 | 2:01 | 1:25:14 | 2:18 | 33:23 | 2:20:50 |
| 98 | 11 | 3270 | Joost Van Ulden | CAN | 19:07 | 1:10 | 1:25:08 | 2:46 | 32:42 | 2:20:52 |
| 99 | 20 | 3109 | Juscelino Adeodato De Miranda Vasconcelos | BRA | 18:09 | 2:16 | 1:25:02 | 2:08 | 33:26 | 2:20:59 |
| 100 | 21 | 3079 | Raul Gonzalez Romero | ESP | 17:18 | 2:13 | 1:28:36 | 2:17 | 30:55 | 2:21:17 |
| 101 | 8 | 3047 | Dionísio Silva | POR | 18:07 | 2:02 | 1:24:35 | 2:27 | 34:17 | 2:21:26 |
| 102 | 18 | 3032 | Paris Fellmann | LUX | 19:20 | 2:09 | 1:25:47 | 2:26 | 31:55 | 2:21:36 |
| 103 | 12 | 3235 | Francisco Gomez Castro | ESP | 20:40 | 1:10 | 1:26:53 | 2:20 | 30:37 | 2:21:39 |
| 104 | 22 | 3081 | Cesar Iglesias Docal | ESP | 19:06 | 2:25 | 1:26:24 | 2:34 | 31:21 | 2:21:47 |
| 105 | 12 | 3198 | Georg Harbauer | GER | 16:14 | 2:03 | 1:25:09 | 2:50 | 36:06 | 2:22:20 |
| 106 | 12 | 3064 | Daniel Castro | POR | 19:00 | 1:42 | 1:23:52 | 2:18 | 35:41 | 2:22:31 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|------------------------------------|---------|-------|----------------|---------|----------------|-------|-------------|
| 107 | 19 | 3015 | Iñigo Martinez Martinez | ESP | 18:07 | 1:35 | 1:28:24 | 2:12 | 32:16 | 2:22:33 |
| 108 | 13 | 3245 | David Suarez Redondo | ESP | 19:47 | 1:26 | 1:26:46 | 2:39 | 32:02 | 2:22:37 |
| 109 | 2 | 3282 | François Consentino | FRA | 20:53 | 1:10 | 1:26:10 | 2:28 | 32:00 | 2:22:39 |
| 110 | 23 | 3090 | David Sanisidro Rego | ESP | 18:31 | 2:10 | 1:29:43 | 2:06 | 31:03 | 2:23:31 |
| 111 | 13 | 3196 | Andrew Sole | GBR | 16:08 | 1:55 | 1:29:51 | 2:34 | 33:11 | 2:23:37 |
| 112 | 19 | 3163 | Paulo Piteira | POR | 22:54 | 2:17 | 1:26:29 | 2:18 | 29:55 | 2:23:49 |
| 113 | 24 | 3074 | Pablo Cordoba Padilla | ESP | 20:14 | 2:06 | 1:22:49 | 2:36 | 36:16 | 2:24:00 |
| 114 | 20 | 3012 | Miquel Esteban Saez | ESP | 18:08 | 1:27 | 1:25:36 | 2:15 | 36:42 | 2:24:06 |
| 115 | 14 | 3269 | Didier Bucheler | BEL | 18:42 | 1:10 | 1:26:57 | 2:31 | 34:57 | 2:24:16 |
| 116 | 15 | 3234 | Alfonso Jose Gallego Macias | ESP | 18:10 | 2:14 | 1:27:32 | 2:36 | 34:07 | 2:24:37 |
| 117 | 4 | 3003 | Germán López Ávila | ESP | 14:56 | 1:20 | 1:32:14 | 2:07 | 34:17 | 2:24:51 |
| 118 | 14 | 3208 | Jean-Michel Vie | POR | 19:31 | 1:45 | 1:28:40 | 2:22 | 33:04 | 2:25:20 |
| 119 | 9 | 3040 | Manuel Piñeiro Fiel | ESP | 18:00 | 1:45 | 1:33:50 | 2:16 | 29:44 | 2:25:32 |
| 120 | 20 | 3153 | Mauro Imbriani | ITA | 20:31 | 1:10 | 1:29:17 | 3:21 | 31:32 | 2:25:49 |
| 121 | 3 | 3284 | Niall Baxter | GBR | 19:12 | 1:10 | 1:28:10 | 2:41 | 34:55 | 2:26:06 |
| 122 | 25 | 3094 | Guy Dunscombe | GBR | 16:41 | 1:32 | 1:34:41 | 3:07 | 30:28 | 2:26:27 |
| 123 | 15 | 3187 | Ruben Sio Fernandez | ESP | 22:23 | 2:10 | 1:26:22 | 2:29 | 33:45 | 2:27:07 |
| 124 | 21 | 3158 | Marco Cristo | POR | 18:11 | 2:36 | 1:29:41 | 2:39 | 34:12 | 2:27:18 |
| 125 | 1 | 3312 | Yves Le Nouaille | FRA | 19:56 | 1:10 | 1:28:32 | 3:00 | 34:52 | 2:27:28 |
| 126 | 16 | 3261 | João Nunes | POR | 20:07 | 1:33 | 1:30:52 | 2:24 | 32:45 | 2:27:39 |
| 127 | 4 | 3279 | Carlos Ibañez Muñoz | ESP | 20:05 | 1:10 | 1:29:41 | 2:17 | 34:32 | 2:27:43 |
| 128 | 5 | 3295 | Wayne Leighton | NZL | 17:40 | 1:53 | 1:31:23 | 2:32 | 34:31 | 2:27:57 |
| 129 | 17 | 3244 | Sergi Sanchez Grau | ESP | 19:05 | 1:10 | 1:28:35 | 2:29 | 36:42 | 2:28:00 |
| 130 | 26 | 3110 | Felipe Santiago Vintimilla Paredes | ECU | 23:52 | 1:10 | 1:26:10 | 2:35 | 34:16 | 2:28:02 |
| 131 | 22 | 3157 | David Costa | POR | 19:35 | 1:10 | 1:30:25 | 2:23 | 34:47 | 2:28:18 |
| 132 | 16 | 3194 | David Boyes | GBR | 21:56 | 1:10 | 1:29:03 | 2:23 | 33:50 | 2:28:21 |
| 133 | 6 | 3298 | Armand Surwilo | POL | 18:51 | 2:16 | 1:28:41 | 2:41 | 36:11 | 2:28:37 |
| 134 | 23 | 3140 | Alfonso Ruiz Gómez | ESP | 20:33 | 2:21 | 1:28:16 | 3:05 | 34:26 | 2:28:39 |
| 135 | 7 | 3296 | Geoffrey Matthews | NZL | 17:57 | 1:10 | 1:32:41 | 2:51 | 34:23 | 2:29:00 |
| 136 | 24 | 3172 | Paúl Vélez Barzallo | ECU | 18:11 | 1:10 | 1:27:39 | 2:39 | 39:42 | 2:29:19 |
| 137 | 25 | 3152 | Paul Whitesmith | GBR | 17:42 | 2:08 | 1:32:28 | 2:28 | 34:52 | 2:29:36 |
| 138 | 18 | 3256 | Yoshiaki Miura | JPN | 20:54 | 1:10 | 1:28:48 | 2:49 | 36:01 | 2:29:41 |
| 140 | 21 | 3022 | Daniel Sales Roger | ESP | 15:36 | 1:31 | 1:30:58 | 2:08 | 39:36 | 2:29:46 |
| 139 | 17 | 3180 | Oscar Jesús Fernández Vega | ESP | 19:40 | 1:10 | 1:37:24 | 2:12 | 29:22 | 2:29:46 |
| 141 | 26 | 3117 | Ignacio Alcantara Garvia | ESP | 19:13 | 1:10 | 1:32:09 | 2:27 | 34:53 | 2:29:51 |
| 142 | 18 | 3199 | Falk Lippelt | GER | 16:36 | 1:59 | 1:32:21 | 2:39 | 36:43 | 2:30:16 |
| 143 | 2 | 3314 | Gil Salmon | FRA | 24:28 | 1:45 | 1:28:53 | 2:27 | 32:53 | 2:30:25 |
| 144 | 13 | 3067 | Stetsiuk Dmytro | UKR | 24:30 | 1:10 | 1:32:55 | 2:17 | 29:42 | 2:30:32 |
| 145 | 19 | 3184 | Marcos Rodriguez Baliña | ESP | 16:50 | 1:10 | 1:33:50 | 2:35 | 36:10 | 2:30:33 |
| 146 | 27 | 3122 | Florindo Jose Gonzalez Gonzalez | ESP | 20:20 | 1:10 | 1:27:07 | 2:37 | 39:23 | 2:30:35 |
| 147 | 19 | 3238 | Celso Lopez Vazquez | ESP | 21:09 | 1:10 | 1:29:53 | 2:38 | 35:48 | 2:30:37 |
| 148 | 20 | 3186 | Alfredo Sanchez Reina | ESP | 20:11 | 1:10 | 1:33:43 | 2:57 | 32:49 | 2:30:48 |
| 149 | 3 | 3320 | Keiji Matsuba | JPN | 22:05 | 2:14 | 1:30:33 | 2:47 | 33:23 | 2:31:01 |
| 150 | 21 | 3185 | Jose Carlos Ruiz Moyano | ESP | 19:22 | 2:30 | 1:35:28 | 2:19 | 31:25 | 2:31:04 |
| 151 | 27 | 3071 | Juan Carlos Candal De La Cruz | ESP | 23:51 | 3:23 | 1:26:06 | 2:27 | 35:24 | 2:31:10 |
| 152 | 28 | 3132 | Manuel Pedre Vazquez | ESP | 23:35 | 1:10 | 1:26:56 | 2:42 | 37:24 | 2:31:47 |
| 153 | 22 | 3218 | Jason Dennis | AUS | 19:39 | 1:10 | 1:32:30 | 2:41 | 36:08 | 2:32:07 |
| 154 | 28 | 3070 | Jose Alberto Arias Muñiz | ESP | 19:13 | 1:42 | 1:36:37 | 2:04 | 32:58 | 2:32:32 |
| 155 | 29 | 3154 | Yasuhiro Kojima | JPN | 18:34 | 2:25 | 1:34:21 | 3:08 | 34:32 | 2:32:58 |
| 156 | 29 | 3078 | Diego Freire Calvo | ESP | 25:46 | 1:10 | 1:28:54 | 3:02 | 35:00 | 2:33:50 |
| 157 | 23 | 3224 | Johan Uessler | COL | 23:57 | 1:10 | 1:30:29 | 2:45 | 36:04 | 2:34:25 |
| 158 | 24 | 3195 | Mark Henrick | GBR | 17:16 | 2:15 | 1:34:26 | 2:48 | 37:57 | 2:34:40 |
| 159 | 14 | 3053 | Martin Gonzalez Vazquez | ESP | 23:36 | 1:10 | 1:35:44 | 2:36 | 31:40 | 2:34:46 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|---|---|-------|----------------|---------|----------------|-------|-------------|
| 160 | 8 | 3294 | Pio Moro | ITA  | 22:57 | 3:00 | 1:30:47 | 2:57 | 35:24 | 2:35:03 |
| 161 | 25 | 3179 | Rafael Cabañeros Robles | ESP  | 23:37 | 1:10 | 1:34:53 | 2:33 | 32:57 | 2:35:08 |
| 162 | 30 | 3102 | César Andrade | POR  | 17:46 | 2:45 | 1:39:07 | 2:17 | 33:24 | 2:35:17 |
| 163 | 26 | 3201 | Aaron Sanchez Garcia | MEX  | 23:51 | 1:10 | 1:32:04 | 2:46 | 35:40 | 2:35:30 |
| 164 | 10 | 3038 | Alejandro Gil Rojas | ESP  | 18:06 | 2:12 | 1:35:51 | 2:30 | 37:00 | 2:35:36 |
| 165 | 30 | 3161 | Marco Filipe | POR  | 24:59 | 1:10 | 1:34:53 | 2:38 | 31:59 | 2:35:38 |
| 166 | 27 | 3213 | Fernando Lopez | USA  | 23:19 | 1:10 | 1:34:42 | 2:46 | 33:52 | 2:35:48 |
| 167 | 4 | 3326 | Cliff Millemann | USA  | 21:59 | 1:10 | 1:30:27 | 3:36 | 38:37 | 2:35:49 |
| 168 | 31 | 3123 | Pablo Gonzalez Mendez | ESP  | 21:21 | 2:28 | 1:29:29 | 3:01 | 39:42 | 2:35:59 |
| 169 | 9 | 3289 | David Stewart | GBR  | 20:18 | 1:58 | 1:38:10 | 2:48 | 33:28 | 2:36:40 |
| 170 | 20 | 3232 | Jose Luis Bru Gimenez | ESP  | 25:02 | 1:10 | 1:34:13 | 2:52 | 33:27 | 2:36:43 |
| 171 | 21 | 3241 | Francisco Jose Perez Ibañez | ESP  | 21:46 | 1:10 | 1:37:30 | 2:49 | 33:45 | 2:37:00 |
| 172 | 32 | 3133 | Bernardo Piñeiro Abalo | ESP  | 23:06 | 2:23 | 1:34:08 | 2:33 | 35:29 | 2:37:36 |
| 173 | 31 | 3107 | Helton Carlos C. Vasconcelos Gomes Vieira | BRA  | 18:05 | 2:15 | 1:36:58 | 3:10 | 37:24 | 2:37:50 |
| 174 | 32 | 3111 | Adrián David Yépez Quintana | ECU  | 16:44 | 3:50 | 1:42:47 | 2:37 | 32:19 | 2:38:15 |
| 175 | 28 | 3219 | Simon Direen | AUS  | 18:20 | 1:58 | 1:42:33 | 2:30 | 33:11 | 2:38:31 |
| 176 | 5 | 3316 | Nicholas Farnell | GBR  | 22:24 | 2:07 | 1:35:31 | 2:46 | 36:09 | 2:38:56 |
| 177 | 29 | 3204 | Fernando Igreja | POR  | 28:18 | 2:27 | 1:29:34 | 2:43 | 35:59 | 2:38:59 |
| 178 | 22 | 3236 | Jesus Javier Gonzalez Espinosa | ESP  | 19:55 | 2:05 | 1:39:37 | 2:29 | 35:21 | 2:39:24 |
| 179 | 6 | 3318 | Dean Hardie | GBR  | 23:43 | 1:10 | 1:38:51 | 2:20 | 33:54 | 2:39:57 |
| 180 | 11 | 3037 | Ricardo Fernandez Garcia | ESP  | 23:06 | 1:45 | 1:37:18 | 2:23 | 35:29 | 2:39:59 |
| 181 | 10 | 3305 | Manoel Alberto Lopes Dias | BRA  | 20:41 | 1:10 | 1:42:29 | 2:20 | 34:13 | 2:40:51 |
| 182 | 1 | 3334 | Stefano Piolanti | ITA  | 24:51 | 3:05 | 1:34:58 | 2:46 | 35:15 | 2:40:54 |
| 183 | 30 | 3216 | Steve Smith | USA  | 18:20 | 2:42 | 1:38:49 | 2:41 | 38:48 | 2:41:18 |
| 184 | 23 | 3262 | Mário Sousa | POR  | 25:06 | 2:41 | 1:38:32 | 2:38 | 32:23 | 2:41:18 |
| 185 | 33 | 3089 | Ruben Sanchez Vazquez | ESP  | 22:59 | 1:10 | 1:39:36 | 2:43 | 35:16 | 2:41:42 |
| 186 | 34 | 3080 | Juan Jose Gutierrez Esteban | ESP  | 19:37 | 1:10 | 1:39:36 | 2:32 | 39:17 | 2:42:10 |
| 187 | 31 | 3214 | Todd Pilger | USA  | 18:20 | 3:36 | 1:37:19 | 3:38 | 39:24 | 2:42:14 |
| 188 | 5 | 3005 | Finn Trenholm | GBR  | 15:37 | 1:40 | 1:41:58 | 2:27 | 41:02 | 2:42:42 |
| 189 | 24 | 3252 | Volker Ashauer | GER  | 20:40 | 3:11 | 1:39:01 | 2:55 | 37:08 | 2:42:52 |
| 190 | 32 | 3215 | Mike Preston | USA  | 30:09 | 1:10 | 1:27:54 | 3:09 | 40:40 | 2:43:00 |
| 191 | 33 | 3139 | Israel Romero Godoy | ESP  | 18:49 | 1:10 | 1:41:20 | 2:44 | 39:01 | 2:43:02 |
| 192 | 25 | 3266 | Stephen Lohr | USA  | 23:28 | 3:11 | 1:37:49 | 2:43 | 36:24 | 2:43:34 |
| 193 | 35 | 3099 | Takahiro Mishina | JPN  | 21:02 | 1:10 | 1:43:25 | 3:10 | 34:58 | 2:43:43 |
| 194 | 15 | 3058 | Albert Sarda Gimeno | ESP  | 19:36 | 2:19 | 1:41:04 | 2:47 | 38:28 | 2:44:11 |
| 195 | 11 | 3275 | Jesús Alberto Alonso Abad | ESP  | 21:51 | 1:10 | 1:41:28 | 3:34 | 36:25 | 2:44:26 |
| 196 | 26 | 3250 | Jeremy Pugh | GBR  | 23:16 | 1:10 | 1:39:14 | 2:47 | 38:29 | 2:44:55 |
| 197 | 2 | 3340 | Jaroslav Balatka | CZE  | 28:43 | 2:39 | 1:34:04 | 2:40 | 37:04 | 2:45:09 |
| 198 | 34 | 3169 | Fabio Lucio Boaventura | BRA  | 22:19 | 1:10 | 1:39:48 | 3:10 | 39:02 | 2:45:28 |
| 199 | 12 | 3045 | Liam OHara | GBR  | 17:53 | 2:23 | 1:46:36 | 2:42 | 36:09 | 2:45:42 |
| 200 | 7 | 3327 | George Chesters | AUS  | 16:57 | 2:30 | 1:45:40 | 2:36 | 38:23 | 2:46:05 |
| 201 | 12 | 3303 | Adrian Wenban | AUS  | 22:50 | 1:10 | 1:38:44 | 3:15 | 40:18 | 2:46:16 |
| 202 | 33 | 3193 | Simon Aplin | GBR  | 17:57 | 1:10 | 1:46:12 | 2:33 | 38:39 | 2:46:29 |
| 203 | 35 | 3136 | Miguel Precedo Pose | ESP  | 23:07 | 1:10 | 1:39:24 | 2:41 | 40:27 | 2:46:48 |
| 204 | 13 | 3044 | David Janes | GBR  | 16:17 | 2:10 | 1:46:02 | 2:53 | 39:59 | 2:47:20 |
| 205 | 36 | 3126 | Francisco Javier Iglesias Prado | ESP  | 26:33 | 1:10 | 1:39:43 | 2:38 | 37:48 | 2:47:50 |
| 206 | 36 | 3097 | James Wren | GBR  | 22:22 | 1:10 | 1:47:34 | 2:30 | 34:30 | 2:48:04 |
| 207 | 37 | 3129 | Javier Mon Fernandez | ESP  | 19:54 | 1:10 | 1:40:57 | - | 46:28 | 2:48:18 |
| 208 | 37 | 3106 | Daniel David Manzano Liscano | VEN  | 19:21 | 2:28 | 1:46:58 | 3:03 | 36:33 | 2:48:20 |
| 209 | 13 | 3287 | Paul Moore | GBR  | 19:29 | 1:10 | 1:46:15 | 3:01 | 39:07 | 2:49:00 |
| 210 | 8 | 3311 | Dominique Granier | FRA  | 24:24 | 2:14 | 1:40:58 | 2:57 | 38:38 | 2:49:09 |
| 211 | 27 | 3260 | Joaquim Lopes | POR  | 37:34 | 1:48 | 1:35:39 | 2:38 | 32:53 | 2:50:30 |
| 212 | 9 | 3325 | George Lester | USA  | 27:15 | 3:15 | 1:38:33 | 3:21 | 38:44 | 2:51:06 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender
















M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|-----------------------------------|---------|---------|----------------|---------|----------------|-------|-------------|
| 213 | 28 | 3251 | Scott Winnard | GBR | 21:26 | 2:16 | 1:49:23 | 2:49 | 35:22 | 2:51:15 |
| 214 | 14 | 3291 | Simon Taylor | GBR | 17:42 | 2:18 | 1:58:25 | 2:33 | 31:13 | 2:52:09 |
| 215 | 15 | 3302 | Mark Dew | AUS | 21:20 | 2:58 | 1:40:18 | 4:27 | 43:08 | 2:52:10 |
| 216 | 29 | 3231 | Enrique Luis Alvarez Estevez | ESP | 23:17 | 3:02 | 1:43:18 | 2:55 | 39:43 | 2:52:13 |
| 217 | 16 | 3281 | Jose Manuel Lara Davila | ESP | 23:47 | 3:27 | 1:42:00 | 3:00 | 40:28 | 2:52:40 |
| 218 | 38 | 3162 | Hugo Fonseca | POR | 26:12 | 1:10 | 1:48:06 | 2:27 | 34:57 | 2:52:51 |
| 219 | 10 | 3323 | Stephen Cole | USA | 19:47 | 2:51 | 1:44:57 | 3:11 | 42:09 | 2:52:52 |
| 220 | 11 | 3328 | Andrew Loose | AUS | 16:48 | 2:35 | 1:48:40 | 3:08 | 41:54 | 2:53:03 |
| 221 | 30 | 3259 | João Gomes | POR | 19:45 | 1:10 | 1:48:13 | 3:09 | 40:58 | 2:53:13 |
| 222 | 17 | 3280 | Roberto Izquierdo Peñacoba | ESP | 24:14 | 2:20 | 1:48:54 | 3:03 | 36:28 | 2:54:57 |
| 223 | 34 | 3181 | Faustino Meis Veiga | ESP | 20:27 | 3:17 | 1:55:08 | 2:33 | 34:00 | 2:55:22 |
| 224 | 3 | 3336 | Alan Pattle | NZL | 23:10 | 2:58 | 1:43:07 | 3:34 | 42:51 | 2:55:39 |
| 225 | 39 | 3159 | Luís Duarte Dos Santos | POR | 27:03 | 1:10 | 1:41:59 | 2:48 | 43:05 | 2:56:04 |
| 226 | 12 | 3324 | Craig Harrison | USA | 22:54 | 1:10 | 1:44:21 | 4:18 | 43:49 | 2:56:30 |
| 227 | 18 | 3285 | Mark Johnson | GBR | 26:53 | 2:54 | 1:45:44 | 2:30 | 39:12 | 2:57:11 |
| 228 | 31 | 3267 | Jukka Valkonen | USA | 21:26 | 2:34 | 1:49:39 | 4:40 | 39:21 | 2:57:39 |
| 229 | 6 | 3001 | Martin Casal Mourelos | ESP | 14:48 | 1:21 | 1:55:28 | 3:11 | 43:13 | 2:57:58 |
| 230 | 35 | 3221 | Alessandro Pimentel | BRA | 17:47 | 3:27 | 1:58:42 | 2:54 | 36:50 | 2:59:37 |
| 231 | 19 | 3297 | Joe Morrison | NZL | 24:40 | 2:49 | 1:46:52 | 3:09 | 42:16 | 2:59:44 |
| 232 | 38 | 3098 | Ryoichi Higashino | JPN | 20:09 | 1:10 | 1:52:11 | 2:44 | 43:31 | 2:59:44 |
| 233 | 4 | 3335 | Ivar Mjåland | NOR | 26:09 | 2:50 | 1:47:02 | 3:16 | 41:32 | 3:00:47 |
| 234 | 13 | 3319 | David Thompson | GBR | 24:17 | 2:40 | 1:50:19 | 3:22 | 40:53 | 3:01:30 |
| 235 | 14 | 3329 | Zdeněk Orner | CZE | 23:37 | 4:06 | 1:43:48 | 3:31 | 47:28 | 3:02:29 |
| 236 | 22 | 3018 | Antxon Mitxelena Gonzalez | ESP | 25:16 | 1:10 | 1:52:52 | 2:47 | 40:30 | 3:02:33 |
| 237 | 20 | 3299 | Robert Ballou | USA | 23:37 | 3:34 | 1:49:23 | 3:55 | 42:13 | 3:02:40 |
| 238 | 40 | 3148 | Freddy Casallas | GBR | 21:47 | 1:10 | 1:56:05 | 3:40 | 40:23 | 3:03:04 |
| 239 | 41 | 3160 | Hugo Durão | POR | 25:16 | 2:47 | 1:47:52 | 3:26 | 43:51 | 3:03:10 |
| 240 | 21 | 3292 | Christian Ulf-Hansen | GBR | 21:11 | 2:21 | 2:01:11 | 3:02 | 38:58 | 3:06:41 |
| 241 | 36 | 3220 | David Gunn | AUS | 22:37 | 2:47 | 1:58:36 | 3:17 | 39:27 | 3:06:43 |
| 242 | 42 | 3166 | Boris Castro | USA | 29:00 | 2:56 | 1:50:20 | 3:06 | 41:47 | 3:07:07 |
| 243 | 32 | 3237 | Stephan Andre Jeandon | ESP | 23:19 | 2:47 | 1:54:59 | 3:39 | 43:33 | 3:08:16 |
| 244 | 5 | 3333 | Colin Hunt | GBR | 29:52 | 2:31 | 1:52:55 | 3:07 | 41:10 | 3:09:33 |
| 245 | 43 | 3170 | Dimas Salvia | BRA | 19:05 | 1:10 | 2:03:22 | 2:58 | 44:53 | 3:11:26 |
| 246 | 39 | 3083 | José Luis López-Mingo Ballesteros | ESP | 42:37 | 4:04 | 1:45:57 | 3:08 | 38:37 | 3:14:21 |
| 247 | 37 | 3206 | Alexandre Monteiro | POR | 23:44 | 3:02 | 1:57:06 | 3:23 | 48:53 | 3:16:06 |
| 248 | 15 | 3317 | Simon Gelsthorpe | GBR | 28:39 | 4:38 | 1:55:29 | 4:13 | 43:19 | 3:16:17 |
| 249 | 38 | 3207 | Joaquim Rosado | POR | 25:44 | 2:28 | 2:02:16 | 3:11 | 44:30 | 3:18:07 |
| 250 | 22 | 3301 | Wes Mcnabb | USA | 26:13 | 3:40 | 1:57:18 | 3:49 | 47:19 | 3:18:18 |
| 251 | 16 | 3315 | Martin Davies | GBR | 37:57 | 3:22 | 2:01:18 | 2:48 | 34:55 | 3:20:19 |
| 252 | 23 | 3276 | Luis Cuesta Crespo | ESP | 35:07 | 4:23 | 2:03:08 | 2:28 | 37:34 | 3:22:38 |
| 253 | 24 | 3306 | Jeff Shmoorkoff | CAN | 28:56 | 3:55 | 2:05:10 | 3:33 | 41:15 | 3:22:47 |
| 254 | 25 | 3300 | Brett Edgerle | USA | 21:08 | 3:35 | 2:02:42 | 5:21 | 50:59 | 3:23:43 |
| 255 | 6 | 3339 | Steve Quattrin | CAN | 29:22 | 4:06 | 2:02:58 | 3:49 | 45:01 | 3:25:14 |
| 256 | 16 | 3063 | Pedro Bernardes | POR | 25:03 | 3:25 | 2:09:15 | 2:59 | 45:05 | 3:25:45 |
| 257 | 17 | 3310 | Diego Ortiz Rodriguez | ESP | 39:00 | 2:45 | 1:50:04 | 4:29 | 49:42 | 3:25:57 |
| 258 | 33 | 3264 | Chris Halioris | USA | 27:00 | 3:25 | 2:01:21 | 3:51 | 50:53 | 3:26:28 |
| 259 | 7 | 3337 | Sergey Geydrikh | RUS | 25:16 | 2:43 | 2:13:23 | 3:34 | 44:10 | 3:29:04 |
| 260 | 1 | 3115 | Monico Gomez Ruiz | ESP | 2:38:20 | - | 2:05:51 | 3:45 | 50:11 | 3:30:31 |
| 261 | 2 | 3114 | Pablo Blanco Antuña | ESP | 28:44 | 2:00 | 2:05:55 | 3:43 | 50:11 | 3:30:32 |
| 262 | 39 | 3212 | Daniel Brzycki | USA | 31:51 | 4:00 | 2:05:11 | 3:27 | 46:13 | 3:30:41 |
| 263 | 44 | 3155 | Omar Said Ahmed | KEN | 32:55 | 3:00 | 2:01:59 | 3:05 | 50:47 | 3:31:44 |
| 264 | 8 | 3338 | Michael King | AUS | 24:36 | 4:05 | 2:03:11 | 4:16 | 55:45 | 3:31:51 |
| 265 | 18 | 3321 | Paulo Rocha | POR | 26:46 | 1:10 | 2:17:53 | 4:27 | 44:44 | 3:34:59 |

2019 Pontevedra ITU Cross Triathlon World Championships

Age groups - Results by gender

M

| Rank | Cat.R. | Bib | Name | Country | Swim | 1st Transition | Bike | 2nd Transition | Run | Finish Time |
|------|--------|------|----------------------------|---|-------|----------------|---------|----------------|-------|-------------|
| 266 | 1 | 3348 | Anton Hergouth | AUT  | 33:36 | 4:38 | 1:56:42 | 4:41 | 55:46 | 3:35:20 |
| 267 | 34 | 3242 | Andres Miguel Prieto Lopez | ESP  | 25:45 | 1:10 | 2:08:12 | 3:40 | 59:01 | 3:37:47 |
| 268 | 2 | 3346 | Larry Mayse | USA  | 30:09 | 5:16 | 2:16:33 | 5:29 | 50:12 | 3:47:36 |
| 269 | 35 | 3263 | Duane Coker | USA  | 32:39 | 4:11 | 2:21:55 | 4:11 | 48:52 | 3:51:46 |
| 270 | 1 | 3350 | Steffen-Luis Neuendorff | GER  | 29:29 | 4:48 | 2:22:29 | 4:16 | 53:49 | 3:54:50 |
| 271 | 9 | 3332 | Francisco Gala Pla | ESP  | 37:37 | 6:31 | 2:21:47 | 6:17 | 51:42 | 4:03:52 |
| 272 | 26 | 3304 | Leon Whaanga | AUS  | 37:23 | 4:47 | 2:34:25 | 3:43 | 47:42 | 4:07:59 |
| 273 | 40 | 3205 | Ulisses Lopes | POR  | 28:02 | 4:11 | 2:47:41 | 4:58 | 56:08 | 4:20:58 |
| | | 3283 | Ian Anderson | GBR  | 17:05 | 1:10 | — | — | — | — |
| | | 3143 | Ramon Valiñas Martinez | ESP  | 18:09 | 2:04 | — | — | — | — |
| | | 3019 | Francisco Muñoz Soto | ESP  | 19:32 | 1:56 | — | — | — | — |
| | | 3168 | Steve Roberts | USA  | 27:26 | 1:10 | — | — | — | — |
| | | 3344 | Grant Seagar | NZL  | 25:24 | 3:18 | — | — | — | — |
| | | 3277 | Jose Luis Garcia Garcia | ESP  | 47:33 | 6:07 | — | — | — | — |
| | | 3345 | Amândio Norberto | POR  | 49:19 | 6:24 | — | — | — | — |