

TRES LUNAS RACE  
-TRAIL 26KM -

06 AGOSTO 2016

| POS. | P.CAT. | DORSAL | PARTICIPANTE                    | SEXO   | CATEGORIA | CLUB                          | CONTROL  | META            | DIF 1º    | RITMO        |
|------|--------|--------|---------------------------------|--------|-----------|-------------------------------|----------|-----------------|-----------|--------------|
| 1    | 1      | 534    | AMIGO LOPEZ , ALEJANDRO         | MALE   | SEN-MASC  | INDEPENDIENTE                 | 01:34:01 | <b>02:02:45</b> |           | 04:44 min/Km |
| 2    | 2      | 546    | COUSILLAS DIEGUEZ , VICTOR      | MALE   | SEN-MASC  | ADJARNACHAS                   | 01:34:01 | <b>02:02:46</b> | +00:00:01 | 04:44 min/Km |
| 3    | 3      | 600    | RODRÍGUEZ BOGA , LOÍS "PACHITA" | MALE   | SEN-MASC  | REVOLUTRION TRAIL RACING TEAM | 01:34:01 | <b>02:02:47</b> | +00:00:02 | 04:44 min/Km |
| 4    | 1      | 518    | ALVAREZ GARCIA , FERNANDO       | MALE   | VET-MASC  | KORPORE ARENTEIRO TRAIL       | 01:38:12 | <b>02:07:40</b> | +00:04:55 | 04:55 min/Km |
| 5    | 4      | 545    | FERNÁNDEZ GÓMEZ , ANTONIO       | MALE   | SEN-MASC  |                               | 01:42:28 | <b>02:31:50</b> | +00:29:05 | 05:51 min/Km |
| 5    | 4      | 605    | ÁLVAREZ GONZÁLEZ , MARCOS       | MALE   | SEN-MASC  | CLUB PEÑA TREVINCA            | 01:43:18 | <b>02:31:50</b> | +00:29:05 | 05:51 min/Km |
| 7    | 2      | 555    | GARRIDO FERNANDEZ , ADOLFO      | MALE   | VET-MASC  |                               | 01:43:00 | <b>02:31:51</b> | +00:29:06 | 05:51 min/Km |
| 8    | 6      | 525    | FERNANDEZ ARIAS , JORGE         | MALE   | SEN-MASC  | KALENTADAS TRAILRUNNING       | 01:50:27 | <b>02:31:58</b> | +00:29:13 | 05:51 min/Km |
| 9    | 3      | 505    | MURIAS GONZALEZ , JOSE          | MALE   | VET-MASC  | INDEPENDIENTE                 | 01:44:07 | <b>02:32:02</b> | +00:29:17 | 05:51 min/Km |
| 10   | 1      | 550    | ALIJA MUÑOZ , RAQUEL            | FEMALE | SEN-FEM   | ESTEVEZ SPORT BTT             | 01:44:55 | <b>02:32:05</b> | +00:29:20 | 05:51 min/Km |
| 11   | 7      | 541    | BARBEITO GESTAL , RAUL          | MALE   | SEN-MASC  |                               | 01:52:08 | <b>02:32:40</b> | +00:29:55 | 05:53 min/Km |
| 12   | 8      | 526    | GARCIA ROJO , IVAN              | MALE   | SEN-MASC  | KALENTADAS TRAILRUNNING       | 01:51:59 | <b>02:35:12</b> | +00:32:27 | 05:59 min/Km |
| 13   | 4      | 556    | DORSAL 556 , CHIP 60            | MALE   | VET-MASC  |                               | 01:53:32 | <b>02:36:45</b> | +00:34:00 | 06:02 min/Km |
| 14   | 9      | 520    | PARDO JORGE , JESÚS             | MALE   | SEN-MASC  | INDEPENDIENTE                 | 01:52:10 | <b>02:36:45</b> | +00:34:00 | 06:02 min/Km |
| 15   | 10     | 554    | CAMPANERO GUTIERREZ , DANIEL    | MALE   | SEN-MASC  | GOBIK                         | 01:49:12 | <b>02:38:18</b> | +00:35:33 | 06:06 min/Km |
| 16   | 5      | 524    | VIGIL MARTÍNEZ , JESÚS          | MALE   | VET-MASC  | INDEPENDIENTE                 | 01:52:39 | <b>02:39:23</b> | +00:36:38 | 06:08 min/Km |
| 17   | 11     | 602    | ALONSO FILGUEIRA , MARCOS       | MALE   | SEN-MASC  | TRES LUNAS CLUB               | 01:47:04 | <b>02:42:22</b> | +00:39:37 | 06:15 min/Km |
| 18   | 12     | 536    | GARCÍA LÓPEZ , ÓSCAR            | MALE   | SEN-MASC  | INDEPENDIENTE                 | 02:01:59 | <b>02:42:22</b> | +00:39:37 | 06:15 min/Km |
| 19   | 2      | 519    | SILVELO PALLIN , TANIA          | FEMALE | SEN-FEM   | USC                           | 02:01:59 | <b>02:43:17</b> | +00:40:32 | 06:17 min/Km |
| 20   | 3      | 513    | BARANDIARAN ZURUTUZA , UXUA     | FEMALE | SEN-FEM   | BEALAK                        | 01:59:40 | <b>02:44:13</b> | +00:41:28 | 06:19 min/Km |
| 21   | 6      | 529    | CASTRO MACIA , JAIME            | MALE   | VET-MASC  | INDEPENDIENTE                 | 02:01:26 | <b>02:46:56</b> | +00:44:11 | 06:26 min/Km |
| 22   | 4      | 540    | VEIGA SANTOS , PAULA            | FEMALE | SEN-FEM   | CORREDORES DO MIÑO            | 02:02:24 | <b>02:49:02</b> | +00:46:17 | 06:31 min/Km |
| 23   | 13     | 501    | FERNÁNDEZ NÚÑEZ , DANIEL        | MALE   | SEN-MASC  | INDEPENDIENTE                 | 02:03:47 | <b>02:50:34</b> | +00:47:49 | 06:34 min/Km |
| 24   | 5      | 548    | PRIMO FRANCO , JAVIER           | FEMALE | SEN-FEM   |                               | 02:02:52 | <b>02:52:57</b> | +00:50:12 | 06:40 min/Km |
| 25   | 7      | 512    | PINILLAS GARCÍA , NOÉ           | MALE   | VET-MASC  | CDM ALTO SIL                  | 02:03:02 | <b>02:54:29</b> | +00:51:44 | 06:43 min/Km |
| 26   | 8      | 544    | LIZ MONTES , JORGE ANTONIO      | MALE   | VET-MASC  | INDEPENDIENTE                 | 02:03:59 | <b>02:54:56</b> | +00:52:11 | 06:44 min/Km |
| 27   | 9      | 542    | FERNÁNDEZ CABEZAS , ANTONIO     | MALE   | VET-MASC  | CLUB ATLETISMO MILLA RAO      | 02:03:58 | <b>02:54:56</b> | +00:52:11 | 06:44 min/Km |
| 28   | 14     | 530    | VIDAL VALLE , JUAN              | MALE   | SEN-MASC  | KALENTADAS TRAILRUNNING       | 02:08:21 | <b>02:58:20</b> | +00:55:35 | 06:52 min/Km |
| 29   | 15     | 535    | FIDALGO BORRAJO , MANUEL        | MALE   | SEN-MASC  | GRUPO CUEVASNOGUEIRATRIL      | 02:03:35 | <b>03:00:18</b> | +00:57:33 | 06:57 min/Km |
| 30   | 16     | 507    | ARIAS RODRIGUEZ , BENEDICTO     | MALE   | SEN-MASC  | INDEPENDIENTE                 | 02:08:50 | <b>03:03:43</b> | +01:00:58 | 07:04 min/Km |
| 31   | 17     | 527    | MERA CUEVAS , MIGUEL            | MALE   | SEN-MASC  | CAMINHANTES DO CONDADO        | 02:09:34 | <b>03:05:13</b> | +01:02:28 | 07:08 min/Km |
| 32   | 18     | 539    | NAVAS , MODES                   | MALE   | SEN-MASC  | AVIVA SPORT CLUB              | 02:14:33 | <b>03:07:43</b> | +01:04:58 | 07:14 min/Km |
| 33   | 19     | 604    | REY GARCÍA , MANUEL             | MALE   | SEN-MASC  | WILD RUN MONTAÑA CORUÑA       | 02:25:34 | <b>03:07:50</b> | +01:05:05 | 07:14 min/Km |

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|------|--------|--------|----------------------------------|--------|-----------|----------------------------|----------|-----------------|-----------|--------------|
| 34   | 20     | 537    | DOBARRO BLANCO , ANTONIO         | MALE   | SEN-MASC  | INDEPENDIENTE              | 02:13:10 | <b>03:07:52</b> | +01:05:07 | 07:14 min/Km |
| 35   | 21     | 538    | BARRIO MONTES , OSCAR            | MALE   | SEN-MASC  | RUNNIG SPORT TRAIL OURENSE | 02:08:23 | <b>03:10:24</b> | +01:07:39 | 07:20 min/Km |
| 36   | 6      | 547    | DIZ FERREIRO , PAULA             | FEMALE | SEN-FEM   | INDEPENDIENTE              | 02:15:12 | <b>03:10:24</b> | +01:07:39 | 07:20 min/Km |
| 37   | 22     | 510    | ARIAS RODRÍGUEZ , FELIPE         | MALE   | SEN-MASC  |                            | 02:08:52 | <b>03:11:09</b> | +01:08:24 | 07:22 min/Km |
| 38   | 23     | 549    | ALBERTO GUDIÑA , DIEGO ALEJANDRO | MALE   | SEN-MASC  | INDEPENDIENTE              | 02:16:43 | <b>03:11:32</b> | +01:08:47 | 07:22 min/Km |
| 39   | 24     | 506    | AMADO RODRÍGUEZ , ALEJANDRO      | MALE   | SEN-MASC  | LARACHA EN DOUS PÉS        | 02:16:12 | <b>03:15:23</b> | +01:12:38 | 07:31 min/Km |
| 40   | 10     | 552    | LOPEZ GARCIA , JOSE              | MALE   | VET-MASC  | CLUB PEÑA TREVINCA         | 02:19:59 | <b>03:22:07</b> | +01:19:22 | 07:47 min/Km |
| 41   | 11     | 531    | PEREIRA GIL , FERNANDO           | MALE   | VET-MASC  | CAMINHANTES DO CONDADO     | 02:09:09 | <b>03:31:58</b> | +01:29:13 | 08:10 min/Km |
| 42   | 7      | 504    | GONZALEZ GOCE , LAURA            | FEMALE | SEN-FEM   | COUTADAS TRAIL TEAM        | 02:30:32 | <b>03:45:18</b> | +01:42:33 | 08:40 min/Km |
| 43   | 25     | 511    | GARCIA VIJANDE , ISAAC           | MALE   | SEN-MASC  | XATOS DEL NALÓN            | 02:22:25 | <b>03:45:35</b> | +01:42:50 | 08:41 min/Km |
| 44   | 12     | 553    | DOMÍNGUEZ ALLEGUE , PEDRO        | MALE   | VET-MASC  | INDEPENDIENTE              | 02:37:37 | <b>03:52:19</b> | +01:49:34 | 08:57 min/Km |
| 45   | 26     | 515    | BLANCO ÁLVAREZ , SERAFÍN         | MALE   | SEN-MASC  | OS CRACKS DO PUENTE        | 02:40:06 | <b>04:05:25</b> | +02:02:40 | 09:27 min/Km |
| 46   | 13     | 568    | GIL , JOSE MANUEL                | MALE   | VET-MASC  | 3 LUNAS CLUB               | 02:59:58 | <b>04:18:26</b> | +02:15:41 | 09:57 min/Km |
| 47   | 27     | 514    | TATO DÍAZ , JOSE ANTONIO         | MALE   | SEN-MASC  | OS CRACKS DO PUENTE        | 03:01:54 | <b>04:41:11</b> | +02:38:26 | 10:49 min/Km |
| 48   | 1      | 532    | PONTE MAYAN , MARIA TERESA       | FEMALE | VET-FEM   | INDEPENDIENTE              | 03:11:42 | <b>04:50:22</b> | +02:47:37 | 11:11 min/Km |
| 48   | 14     | 523    | OVIEDO GARCÍA , ANDRÉS           | MALE   | VET-MASC  | INDEPENDIENTE              | 03:11:39 | <b>04:50:22</b> | +02:47:37 | 11:11 min/Km |
| 50   | 15     | 533    | VIEITES CASTRO , JOSE MANUEL     | MALE   | VET-MASC  | INDEPENDIENTE              | 03:11:30 | <b>04:50:29</b> | +02:47:44 | 11:11 min/Km |