

# II ENCONTRO MONTE PINDO

## - TRAIL LONGO 26K -

09 XULLO 2016

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	POS.	P.CAT.	CONTROL 1	POS.	P.CAT.	CONTROL 2	POS.	P.CAT.	META	DIFF.1º	RITMO
1	1	913	CASADO MENDEZ , JOSÉ MANUEL	MALE	VET-A-M	VIA VXIII MACEDA	1	1	00:40:15.663	1	1	01:47:10.033	1	1	<b>02:45:17.933</b>		06:22 min/Km
2	2	947	MÉNDEZ MÉNDEZ , JOSE RAFAEL	MALE	VET-A-M	PICU LA TORRE	3	3	00:44:13.033	2	2	01:56:44.633	2	2	<b>02:57:16.103</b>	+00:11:58.170	06:50 min/Km
3	1	925	GONZÁLEZ ARIAS , NAVA	MALE	SENIOR-M	INDEPENDIENTE	4	1	00:44:26.123	3	1	01:59:16.373	3	1	<b>02:59:15.673</b>	+00:13:57.740	06:54 min/Km
4	3	928	GONZÁLEZ VARELA , FRANCISCO	MALE	VET-A-M	BRIGANTIA AVENTURA	5	4	00:44:39.143	4	3	01:59:22.153	4	3	<b>03:02:54.533</b>	+00:17:36.600	07:03 min/Km
5	2	969	TRELLES RODRIGUEZ , MARCOS	MALE	SENIOR-M		7	2	00:45:37.473	6	2	02:06:13.013	5	2	<b>03:11:53.443</b>	+00:26:35.510	07:23 min/Km
6	4	908	BARREIRO PEREIRA , XOSÉ ANTÓN	MALE	VET-A-M	CLUBE DEPORTIVO VAGALUME ENERXÍA	8	6	00:46:48.813	5	4	02:03:55.923	6	4	<b>03:16:14.333</b>	+00:30:56.400	07:33 min/Km
7	5	948	MOSQUERA PAMPIN , JOSÉ MANUEL	MALE	VET-A-M	INDEPENDIENTE	10	7	00:50:08.853	10	7	02:12:00.953	7	5	<b>03:17:22.333</b>	+00:32:04.400	07:36 min/Km
8	6	915	CASTRO HERMIDA , JUAN JOSE	MALE	VET-A-M		13	10	00:50:37.113	9	6	02:10:56.263	8	6	<b>03:19:16.593</b>	+00:33:58.660	07:40 min/Km
9	3	910	BLANCO TRABA , MIGUEL	MALE	SENIOR-M	INDEPENDIENTE	9	3	00:47:48.523	7	3	02:09:15.063	9	3	<b>03:19:18.963</b>	+00:34:01.030	07:40 min/Km
10	7	917	COUTO NAYA , DIEGO	MALE	VET-A-M	AVIVA SPORT CLUB	22	16	00:52:54.613	15	10	02:18:47.293	10	7	<b>03:23:17.253</b>	+00:37:59.320	07:50 min/Km
11	4	973	VIDAL , JUAN	MALE	SENIOR-M	MELIDE TRAIL TEAM	16	4	00:51:54.593	13	4	02:15:07.133	11	4	<b>03:24:18.813</b>	+00:39:00.880	07:52 min/Km
12	1	936	LESTON FABEIRO , MIGUEL	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	21	2	00:52:47.133	14	1	02:18:22.453	12	1	<b>03:26:44.313</b>	+00:41:26.380	07:58 min/Km
13	8	904	ARGIBAY TORRES , JOSE MANUEL	MALE	VET-A-M	INDEPENDIENTE	14	11	00:50:47.243	16	11	02:19:54.493	13	8	<b>03:27:17.193</b>	+00:41:59.260	07:59 min/Km
14	9	911	BREGUA CHAS , RUBEN	MALE	VET-A-M		11	8	00:50:11.633	11	8	02:13:11.303	14	9	<b>03:28:56.563</b>	+00:43:38.630	08:03 min/Km
15	10	971	VAZQUEZ PESQUEIRA , SANTIAGO	MALE	VET-A-M	INDEPENDIENTE	2	2	00:42:06.203	8	5	02:09:36.713	15	10	<b>03:30:26.973</b>	+00:45:09.040	08:06 min/Km
16	11	942	MARIÑO FERNÁNDEZ , ISAAC	MALE	VET-A-M	ADN - TELMO PELUQUEROS	18	13	00:52:03.263	17	12	02:21:29.083	16	11	<b>03:31:19.143</b>	+00:46:01.210	08:08 min/Km
17	12	932	HERMIDA RAMA , MANUEL	MALE	VET-A-M		19	14	00:52:33.313	19	14	02:24:36.453	17	12	<b>03:34:24.993</b>	+00:49:07.060	08:15 min/Km
18	2	938	LIÑAYO CAMPOS , HIPOLITO	MALE	VET-B-M	INDEPENDIENTE	15	1	00:51:19.373	21	2	02:24:37.163	18	2	<b>03:34:25.213</b>	+00:49:07.280	08:15 min/Km
19	13	937	LIÑARES ARAN , RUBEN	MALE	VET-A-M	INDEPENDIENTE	6	5	00:45:35.933	12	9	02:13:27.043	19	13	<b>03:43:50.853</b>	+00:58:32.920	08:37 min/Km
20	14	946	MAYO MARTINEZ , JOSE RAMON	MALE	VET-A-M	TRIBU TRAIL	12	9	00:50:25.293	18	13	02:23:07.383	20	14	<b>03:46:06.123</b>	+01:00:48.190	08:42 min/Km
21	1	950	NESTSIAROVICH , YULIYA	FEMALE	SENIOR-F		45	1	01:01:19.333	31	1	02:33:08.413	21	1	<b>03:46:48.123</b>	+01:01:30.190	08:44 min/Km
22	1	921	FORMOSO NOCEDA , TINA	FEMALE	VET-A-F		40	1	01:00:15.713	29	1	02:32:14.043	22	1	<b>03:48:18.533</b>	+01:03:00.600	08:47 min/Km
23	15	933	LADO FIGUEIRAS , ABEL	MALE	VET-A-M		39	26	01:00:12.043	30	21	02:32:14.163	23	15	<b>03:48:18.783</b>	+01:03:00.850	08:47 min/Km
24	16	934	LAREO CREO , JUAN JAVIER	MALE	VET-A-M	PONTE TRAIL	23	17	00:54:49.583	34	23	02:35:12.633	24	16	<b>03:49:59.513</b>	+01:04:41.580	08:51 min/Km
25	17	902	ALCANTARA TENREIRO , DAVID	MALE	VET-A-M	AD JARNACHAS	28	20	00:55:28.253	23	16	02:29:37.313	25	17	<b>03:50:10.603</b>	+01:04:52.670	08:52 min/Km
26	5	964	SEXTO AGUIAR , JAVIER	MALE	SENIOR-M	AD JARNACHAS	31	5	00:56:34.423	25	5	02:29:38.313	26	5	<b>03:50:10.623</b>	+01:04:52.690	08:52 min/Km
27	18	935	LEMA FERNANDEZ , CARLOS	MALE	VET-A-M		17	12	00:52:00.933	26	18	02:29:47.243	27	18	<b>03:50:34.443</b>	+01:05:16.510	08:53 min/Km
28	19	965	TAJES CANOSA , LUIS	MALE	VET-A-M	INDEPENDIENTE	24	18	00:54:58.393	24	17	02:29:37.843	28	19	<b>03:51:43.503</b>	+01:06:25.570	08:55 min/Km
29	20	952	PARGA GOMEZ , VICENTE	MALE	VET-A-M	INDEPENDIENTE	29	21	00:56:00.043	27	19	02:29:47.363	29	20	<b>03:51:43.823</b>	+01:06:25.890	08:55 min/Km
30	21	945	MAYAN DIOS , ALBINO	MALE	VET-A-M	ACADE	26	19	00:55:25.763	28	20	02:30:12.873	30	21	<b>03:52:32.933</b>	+01:07:15.000	08:57 min/Km
31	3	906	BARREIRO CERNADAS , RAMON	MALE	VET-B-M	CLUB ATLETISMO OUTES- JOHN TURKEY	27	4	00:55:25.923	32	4	02:33:49.393	31	3	<b>03:53:13.623</b>	+01:07:55.690	08:59 min/Km
32	22	940	LOPEZ RAMA , JESUS	MALE	VET-A-M	PRAIA DE CARNOTA RUNNERS	34	24	00:57:54.773	38	24	02:39:44.633	32	22	<b>03:54:36.483</b>	+01:09:18.550	09:02 min/Km
33	23	967	TARRIO MARTINEZ , MARCOS	MALE	VET-A-M	CLUB ATLETISMO VAGALUME ENERGIA	20	15	00:52:35.813	20	15	02:24:36.633	33	23	<b>03:54:36.733</b>	+01:09:18.800	09:02 min/Km
34	4	907	BARREIRO PADIN , ALFONSO	MALE	VET-B-M	CD RIA DE AROUSA	25	3	00:55:24.143	22	3	02:24:37.263	34	4	<b>03:55:54.763</b>	+01:10:36.830	09:05 min/Km
35	5	916	COSTA LAGO , JUAN MIGUEL	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	35	5	00:57:57.053	35	5	02:38:06.103	35	5	<b>03:56:52.413</b>	+01:11:34.480	09:07 min/Km
36	24	956	PRIMO FRANCO , JAVIER	MALE	VET-A-M		36	25	00:58:40.073	33	22	02:34:10.113	36	24	<b>03:58:55.063</b>	+01:13:37.130	09:12 min/Km
37	6	909	BEAHÍN VÁZQUEZ , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	46	8	01:01:26.123	42	8	02:44:25.853	37	6	<b>03:59:33.513</b>	+01:14:15.580	09:13 min/Km
38	6	941	LOPEZ TOJA , XOSE RAMON	MALE	VET-B-M		38	6	00:58:57.673	37	6	02:39:42.583	38	6	<b>03:59:39.713</b>	+01:14:21.780	09:14 min/Km
39	7	974	VILASANCHEZ SANJUÁN , FCO.JAVIER	MALE	SENIOR-M		33	6	00:57:14.763	36	6	02:38:15.093	39	7	<b>04:05:26.473</b>	+01:20:08.540	09:27 min/Km
40	8	953	PÉREZ PARRADO , YAGO	MALE	SENIOR-M	CLUB DEPORTIVO VAGALUME ENERGÍA	37	7	00:58:45.443	40	7	02:43:23.983	40	8	<b>04:09:13.693</b>	+01:23:55.760	09:36 min/Km

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41	2	968	TARRIO MARTÍNEZ , MARIA	FEMALE	VET-A-F		51	3	01:04:01.413	39	2	02:43:23.743	41	2	<b>04:09:13.703</b>	+01:23:55.770	09:36 min/Km
42	25	949	NART LINARES , HUGO	MALE	VET-A-M	CARIS TEEN	30	22	00:56:28.313	45	28	02:47:11.863	42	25	<b>04:14:50.043</b>	+01:29:32.110	09:49 min/Km
43	26	912	CARRIZO GONZALEZ , DAVID	MALE	VET-A-M	INDEPENDIENTE	32	23	00:57:10.043	41	25	02:43:25.323	43	26	<b>04:14:50.723</b>	+01:29:32.790	09:49 min/Km
44	9	920	FERRO VIQUEIRA , EMILIO	MALE	SENIOR-M	INDEPENDIENTE	49	9	01:02:40.003	48	9	02:49:19.603	44	9	<b>04:17:16.043</b>	+01:31:58.110	09:54 min/Km
45	27	972	VEIGA GONZALEZ , MIGUEL	MALE	VET-A-M	INDEPENDIENTE	42	28	01:01:11.433	47	30	02:48:54.543	45	27	<b>04:17:56.043</b>	+01:32:38.110	09:56 min/Km
46	28	943	MARTINEZ GONZALEZ , CESAR	MALE	VET-A-M		48	32	01:02:13.643	50	31	02:52:23.373	46	28	<b>04:24:44.863</b>	+01:39:26.930	10:11 min/Km
47	29	963	SENDÍN RAÑA , PABLO	MALE	VET-A-M	INDEPENDIENTE	43	29	01:01:13.313	43	26	02:44:59.203	47	29	<b>04:26:04.483</b>	+01:40:46.550	10:15 min/Km
48	30	959	RODRIGUEZ PIÑEIRO , RICARDO	MALE	VET-A-M	TRINORTH-NOGASA	44	30	01:01:15.053	44	27	02:45:00.053	48	30	<b>04:27:51.123</b>	+01:42:33.190	10:19 min/Km
49	31	919	FERNÁNDEZ PEREZ , OSCAR MANUEL	MALE	VET-A-M	CAR MARISQUEIRO	41	27	01:00:37.873	46	29	02:47:40.533	49	31	<b>04:31:39.923</b>	+01:46:21.990	10:27 min/Km
50	10	903	ANGERIZ FELIPEZ , VALENTIN	MALE	SENIOR-M	CM LAXE	54	10	01:05:42.003	53	10	02:58:55.703	50	10	<b>04:34:09.603</b>	+01:48:51.670	10:33 min/Km
51	32	960	ROMERO VÁZQUEZ , JULIO	MALE	VET-A-M	CLUB MULTIDEPORTIVO LAXE	53	34	01:05:41.303	54	34	02:58:56.893	51	32	<b>04:34:10.523</b>	+01:48:52.590	10:33 min/Km
52	33	962	SANTOS VIDAL , VICTOR MANUEL	MALE	VET-A-M	CLUB MULTIDEPORTIVO LAXE	52	33	01:05:40.023	51	32	02:58:53.953	52	33	<b>04:34:11.013</b>	+01:48:53.080	10:33 min/Km
53	34	924	GOMEZ MATO , JAVIER	MALE	VET-A-M	CLUB MULTIDEPORTIVO LAXE	55	35	01:05:42.963	55	35	02:58:57.583	53	34	<b>04:34:12.003</b>	+01:48:54.070	10:33 min/Km
54	3	930	GUZMAN FERRADAS , Mª ANGELES	FEMALE	VET-A-F	INDEPENDIENTE	50	2	01:03:19.693	49	3	02:52:22.193	54	3	<b>04:40:45.483</b>	+01:55:27.550	10:48 min/Km
55	35	955	PRIETO YAÑEZ , ANGEL	MALE	VET-A-M	VIGORUNNERS	47	31	01:01:59.893	52	33	02:58:55.623	55	35	<b>04:40:45.553</b>	+01:55:27.620	10:48 min/Km
56	36	931	H , DIEGO LUIS	MALE	VET-A-M	PONTE A CORRER	56	36	01:07:26.953	56	36	03:00:31.763	56	36	<b>04:42:44.913</b>	+01:57:26.980	10:53 min/Km
57	7	901	ABATI GÓMEZ , QUIQUE	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	57	7	01:07:33.313	57	7	03:01:16.073	57	7	<b>04:42:45.293</b>	+01:57:27.360	10:53 min/Km
58	8	954	PEREZ TRILLO , VARELO	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	58	8	01:07:49.733	58	8	03:08:51.443	58	8	<b>04:45:00.523</b>	+01:59:42.590	10:58 min/Km
59	37	923	GANDICA FARIAS , LUIS	MALE	VET-A-M	AGMAR RUNNERS	60	38	01:16:42.963	59	37	03:20:07.193	59	37	<b>05:10:05.123</b>	+02:24:47.190	11:56 min/Km
60	38	918	DOMINGUEZ GONDAR , JUAN CARLOS	MALE	VET-A-M	C.D. RIA DE AROUSA DO GROVE	59	37	01:11:40.723	60	38	03:23:02.793	60	38	<b>05:10:13.273</b>	+02:24:55.340	11:56 min/Km