

# TRAIL MONTE COMADO 2019

13 OCTUBRE 2019

- GENERAL 28KM -

GALITIMING  
DU!W!T!N!P!

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	CATEGORY	CAT	CLUB	META	RITMO
1	1	96	FRANCO BOUZA , AITOR	MALE	SENIOR-M	CC AS PONTES-VILALBA	02:48:15	06:01 min/Km
2	2	131	VARELA PAZ , BORJA	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	02:53:08	06:11 min/Km
3	1	122	RODRÍGUEZ BERMÚDEZ , XOAN	MALE	VET-M	TOXIZA	02:55:27	06:16 min/Km
4	3	127	SENRA EIROA , DAVID	MALE	SENIOR-M	AD JARNACHAS	03:00:12	06:27 min/Km
5	4	126	SANGIAO DARRIBA , IVÁN	MALE	SENIOR-M	CLUB DEPORTIVO BIOSBARDO	03:01:55	06:30 min/Km
6	5	109	MARTINEZ VARELA , ALEJANDRO	MALE	SENIOR-M	A.D. JARNACHAS	03:07:46	06:43 min/Km
7	6	114	PÉREZ PÉREZ , MANUEL	MALE	SENIOR-M	PARIAS DE BARREIROS	03:08:20	06:44 min/Km
8	2	130	VARELA CASTELO , RAMON	MALE	VET-M	A.D. SAN ROQUE	03:09:36	06:47 min/Km
9	3	106	LOZANO NOVÁS , ANGEL	MALE	VET-M	PEÑA CICLISTA SANTA MARTA	03:11:55	06:52 min/Km
10	7	102	IGLESIAS LÓPEZ , ÁLVARO	MALE	SENIOR-M	A.D. JARNACHAS	03:16:55	07:02 min/Km
11	4	108	MARTINEZ RICO , ALBERTO	MALE	VET-M	CDM VERTICE	03:19:35	07:08 min/Km
12	8	119	PUMARIÑO PEREZ , AMADOR	MALE	SENIOR-M	FONTES DO SAR	03:25:26	07:21 min/Km
13	1	129	TRILLO FERNÁNDEZ , CARLA	FEMALE	SENIOR-F	VERXEL NUTRICIÓN DEPORTIVA	03:25:32	07:21 min/Km
14	5	98	GENDRE FERNÁNDEZ , JAVIER	MALE	VET-M	TARTARUGAS	03:25:36	07:21 min/Km
15	2	120	REY PENELAS , ALBA	FEMALE	SENIOR-F	A.D. JARNACHAS	03:26:34	07:23 min/Km
16	9	112	ORJALES PIÑEIRO , DANIEL	MALE	SENIOR-M	AD JARNACHAS	03:27:35	07:25 min/Km
17	6	133	VOCES VEGA , JOSÉ ANTONIO	MALE	VET-M	CAMISETASLUGO.COM - AB FITNESS GIMNASIOS	03:33:14	07:37 min/Km
18	7	101	GRANDE VARELA , JOSÉ LUIS	MALE	VET-M	MONTEPENARRUBIA	03:34:06	07:39 min/Km
19	10	115	PÉREZ VEIGA , JOSÉ ADRIÁN	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	03:43:37	07:60 min/Km
20	8	105	LOPEZ DOCOBO , IVÁN	MALE	VET-M	CLUB ATLETISMO LOURENZA	03:46:31	08:06 min/Km
21	11	104	LAGO NODAR , BORJA	MALE	SENIOR-M	A.D. JARNACHAS	03:48:24	08:10 min/Km
22	12	88	CHAVES , FABIO	MALE	SENIOR-M	LA CLASICA	03:48:24	08:10 min/Km
23	1	87	BLANCO PÉREZ , ANA	FEMALE	VET-F	CDM VÉRTICE	03:48:46	08:11 min/Km
24	9	95	FERNÁNDEZ VEIGA , LUÍS	MALE	VET-M	VERXEL NUTRICIÓN DEPORTIVA	03:49:59	08:13 min/Km
25	10	92	DOURAL GOMEZ , JORGE	MALE	VET-M	TOXIZA CLUBE DE MONTAÑA	03:50:21	08:14 min/Km
26	11	128	TEIJEIRO LÓPEZ , PABLO	MALE	VET-M	CLUB TRIATLÓN CORUÑA	03:53:41	08:21 min/Km
27	13	91	DIZ MEDELA , JORGE	MALE	SENIOR-M	CLUB CICLISTA BURELA	03:54:47	08:24 min/Km
28	14	111	MORENO COUTO , AARON	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	03:56:20	08:27 min/Km
29	12	116	PERNAS VAZQUEZ , JOSÉ MANUEL	MALE	VET-M	PEÑA LAR TRAIL	03:57:37	08:30 min/Km
30	15	99	GONZALEZ RODRIGUEZ , ERIC	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	04:11:58	08:60 min/Km
31	3	90	DIAZ , PAQUI	FEMALE	SENIOR-F	TOXIZA CLUBE DE MONTAÑA	04:11:59	08:60 min/Km
32	2	103	JIMÉNEZ JIMÉNEZ , VIRGINIA	FEMALE	VET-F	PEÑA LAR	04:18:37	09:15 min/Km



# TRAIL MONTE COMADO 2019

## - GENERAL 28KM -

13 OCTUBRE 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	CATEGORY	CAT	CLUB	META	RITMO
33	16	97	GARCUA , MIGUEL ANGEL	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	04:22:39	09:23 min/Km
34	17	86	BERMÚDEZ FERNÁNDEZ , DIEGO	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	04:30:11	09:39 min/Km
35	13	132	VARELA PAZ , PABLO	MALE	VET-M	INDEPENDENTE	04:32:48	09:45 min/Km
36	18	100	GRANDE , JOSE CARLOS	MALE	SENIOR-M	NO	04:32:48	09:45 min/Km
37	4	113	PEREZ CASTELAO , VANESSA	FEMALE	SENIOR-F	CDM VÉRTICE	04:36:27	09:53 min/Km
38	3	121	RIVAS RIO , CRISTINA	FEMALE	VET-F	CDM VÉRTICE	04:36:27	09:53 min/Km
39	14	123	ROUCO SOUTO , MARCOS	MALE	VET-M	TOXIZA CLUBE DE MONTAÑA	04:36:29	09:53 min/Km