

I TRAIL CASTRO BARBUDO -INDIVIDUAL-

03 ABRIL 2016

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
1	1	1	RODRÍGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:02:46.300	04:50 min/Km
2	2	359	SABORIDO SOÑORA , SAMUEL	MALE	SENIOR MAS	TRIBU TRAIL	01:02:46.900	04:50 min/Km
3	1	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:03:09.813	04:52 min/Km
4	2	277	GONZALEZ SANTAMARIA , JOSE MANUEL	MALE	VETERANO MAS	SOCIEDADE DEPORTIVA BARBANTIA	01:06:37.513	05:08 min/Km
5	3	329	PENEDO TABOADA , MIGUEL	MALE	SENIOR MAS	3 & RUN	01:06:37.843	05:08 min/Km
6	4	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:07:58.893	05:14 min/Km
7	5	212	BALDERRABANO MAYO , JUAN RAMÓN	MALE	SENIOR MAS	C.D PORTOSIN	01:08:06.533	05:15 min/Km
8	6	257	FERNANDEZ SAMPRDRO , JOSEMARIA	MALE	SENIOR MAS	ARTROGALTRI498	01:09:05.423	05:19 min/Km
9	7	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:10:40.323	05:27 min/Km
10	8	258	FERNÁNDEZ TORRES , OLIVIER	MALE	SENIOR MAS	CLUB TRIATLÓN RIVEIRA	01:10:43.583	05:27 min/Km
11	9	276	GONZALEZ NUÑEZ , JOSE LUIS	MALE	SENIOR MAS		01:11:06.493	05:29 min/Km
12	10	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:11:45.703	05:32 min/Km
13	11	47	FUNGUEIRIÑO SUÁREZ, RAMÓN	MALE	SENIOR MAS		01:12:01.753	05:33 min/Km
14	12	287	INSUA PAZOS , EMILIO JOSE	MALE	SENIOR MAS	C.D PORTOSIN	01:12:01.863	05:33 min/Km
15	13	20	FIGUEIRA , TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:12:01.883	05:33 min/Km
16	14	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:12:12.293	05:34 min/Km
17	15	352	RODRIGUEZ OTERO , MARIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:12:30.533	05:35 min/Km
18	16	333	PICOS REY , RAMÓN	MALE	SENIOR MAS	INDEPENDIENTE	01:12:42.363	05:36 min/Km
19	17	383	VIDAL MARTÍNEZ , HÉCTOR	MALE	SENIOR MAS		01:12:53.153	05:37 min/Km
20	18	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:12:53.203	05:37 min/Km
21	19	313	NIETO GONZÁLEZ , JOSE MANUEL	MALE	SENIOR MAS	A.D.PORTO DO SON	01:13:03.243	05:38 min/Km
22	3	217	BRANDÓN RODRÍGUEZ , JUAN CARLOS	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	01:13:03.433	05:38 min/Km
23	4	28	BARRAL VARELA , JUAN JESUS	MALE	VETERANO MAS	VIVIDORES WALLACE'S	01:13:04.300	05:38 min/Km



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CRONOMETRAXE

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
24	20	253	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:13:52.093	05:41 min/Km
25	5	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:13:52.863	05:41 min/Km
26	21	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:13:56.633	05:42 min/Km
27	22	380	VÁZQUEZ GARCÍA , DIEGO	MALE	SENIOR MAS	CLUBE ATLETISMO BOIMORTO	01:14:19.983	05:44 min/Km
28	23	240	COSTA FERNÁNDEZ , MIMIN	MALE	SENIOR MAS	ARTROGAL TRI-498	01:14:33.513	05:45 min/Km
29	24	384	YAÑEZ ORDOÑEZ , DAVID	MALE	SENIOR MAS	INDEPENDIENTE	01:14:58.363	05:47 min/Km
30	25	336	PIÑEIRO LAMAS , RAMON	MALE	SENIOR MAS	S.D. BARBANTIA RODA	01:15:08.353	05:47 min/Km
31	6	316	OLVEIRA MARTINEZ , FRANCISCO JOSE	MALE	VETERANO MAS	ATLETISMO SAR-VERMU PETRONI	01:15:08.523	05:47 min/Km
32	26	353	RODRIGUEZ POUSO , LITO	MALE	SENIOR MAS	C.D PORTOSIN	01:16:06.413	05:52 min/Km
33	27	338	QUEIRUGA TRIÑANES , SUSO	MALE	SENIOR MAS	C D PORTOSÍN	01:16:06.623	05:52 min/Km
34	28	289	JUANATEY PÉREZ , JOSE ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:16:13.903	05:52 min/Km
35	29	290	LAREO CREO , JUAN JAVIER	MALE	SENIOR MAS	PONTE TRAIL	01:16:55.283	05:56 min/Km
36	30	291	LAREO MARTINEZ , DAVID	MALE	SENIOR MAS	ADC. ARNELA	01:16:58.663	05:56 min/Km
37	31	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:16:59.213	05:56 min/Km
38	32	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:09.243	05:57 min/Km
39	33	302	MARTINEZ SILVEIRA , LUIS CLODOMIRO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:10.633	05:57 min/Km
40	34	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:17:13.043	05:57 min/Km
41	35	228	CASTRO LISTA , JOSÉ ANTONIO	MALE	SENIOR MAS	ARRE CENTELLA TRAIL	01:17:14.353	05:57 min/Km
42	36	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:48.133	05:60 min/Km
43	37	234	CESPON PENEIREIRO , MARTIN	MALE	SENIOR MAS	NAUTICA RIBEIRA	01:18:21.723	06:02 min/Km
44	1	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:18:57.803	06:05 min/Km
45	38	307	MERA RODRIGUEZ , BRUNO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:19:16.993	06:06 min/Km
46	39	344	REY SOUTO , JESUS ENRIQUE	MALE	SENIOR MAS	CLUBE ATLETISMO BOIMORTO	01:19:33.753	06:08 min/Km
47	40	305	MAYO MARTINEZ , JOSE RAMON	MALE	SENIOR MAS		01:19:47.033	06:09 min/Km



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48	41	284	IGLESIAS PINTADO , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:20:06.313	06:10 min/Km
49	42	350	RODRÍGUEZ GARCÍA , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:20:16.123	06:11 min/Km
50	43	342	REY BLANCO , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:20:18.843	06:11 min/Km
51	44	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:20:20.483	06:11 min/Km
52	7	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:20:59.303	06:14 min/Km
53	45	306	MELEIRO FERNANDEZ , EMILIO	MALE	SENIOR MAS	TARTARUGAS	01:21:07.633	06:15 min/Km
54	46	252	FERNÁNDEZ DEVESA , JULIO	MALE	SENIOR MAS	C. D. RIA DE AROUSA	01:21:15.793	06:16 min/Km
55	47	332	PÉREZ TREUS , SERGIO	MALE	SENIOR MAS	ECOSPORT BARBANZA	01:21:23.173	06:16 min/Km
56	48	237	CORRAL LÓPEZ , ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:21:44.027	06:18 min/Km
57	49	224	CARREIRA LOPEZ , LUÍS	MALE	SENIOR MAS		01:22:14.523	06:20 min/Km
58	50	296	LUSTRES SAMPEDRO , RICARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:22:15.273	06:20 min/Km
59	8	93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:22:22.943	06:21 min/Km
60	51	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:22:30.453	06:21 min/Km
61	52	288	INSUA PEDROSA , PABLO	MALE	SENIOR MAS		01:22:38.803	06:22 min/Km
62	53	348	RIVAS RIO , AGUSTIN MANUEL	MALE	SENIOR MAS	S.D BARBANTIA RODA	01:22:52.423	06:23 min/Km
63	54	201	AGRASO TORRES , ALFONSO	MALE	SENIOR MAS		01:22:57.293	06:23 min/Km
64	9	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:22:58.683	06:23 min/Km
65	55	334	PIÑEIRO , ANTONIO	MALE	SENIOR MAS	ADC ARNELA	01:23:58.773	06:28 min/Km
66	56	250	FEITO MIRAS , LUIS MIGUEL	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:24:06.523	06:29 min/Km
67	10	270	GARCÍA RODRÍGUEZ , JUAN	MALE	VETERANO MAS	INDEPENDIENTE	01:24:07.793	06:29 min/Km
68	1	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:24:12.813	06:29 min/Km
69	57	101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS		01:24:38.363	06:31 min/Km
70	58	221	CANTELAR CES , PEDRO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE4	01:25:07.833	06:33 min/Km
71	59	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:25:07.863	06:33 min/Km



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72	60	248	ESTEVE LLORENS , XAVI	MALE	SENIOR MAS	INDEPENDIENTE	01:25:12.063	06:34 min/Km
73	61	254	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:25:25.553	06:35 min/Km
74	62	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:25:26.083	06:35 min/Km
75	63	328	PENEDO TABOADA , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:25:43.923	06:36 min/Km
76	64	298	MARIÑO GONZÁLEZ , DIEGO	MALE	SENIOR MAS	REVOLUTRION RIVEIRA	01:25:45.753	06:36 min/Km
77	65	325	PAZOS SAINZA , DIEGO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:25:48.433	06:37 min/Km
78	66	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:26:06.003	06:38 min/Km
79	67	269	GARCÍA REY , ANGEL	MALE	SENIOR MAS	A D.CERNE MELIDE	01:26:13.883	06:38 min/Km
80	11	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:26:18.723	06:39 min/Km
81	68	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:26:27.273	06:40 min/Km
82	69	48	MARTINEZ FANDIÑO, ADRIAN	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:27:00.623	06:42 min/Km
83	70	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:27:00.653	06:42 min/Km
84	71	376	TUBIO DAVILA , JOSE	MALE	SENIOR MAS	PORTELA MTB	01:27:03.603	06:42 min/Km
85	72	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:27:14.343	06:43 min/Km
86	12	261	FILGUEIRA MELENDEZ , JOSE	MALE	VETERANO MAS		01:27:14.673	06:43 min/Km
87	73	236	CONDE SOUSA , MARCOS	MALE	SENIOR MAS	KENNEL DEN	01:27:20.013	06:44 min/Km
88	2	278	GROBAS GARABOA , MARÍA JOSÉ	FEMALE	VETERANO FEM	ATLETISMO BOIMORTO	01:27:23.563	06:44 min/Km
89	74	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:28:01.683	06:47 min/Km
90	75	300	MARTINEZ GARCIA , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:28:20.433	06:48 min/Km
91	13	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:28:39.413	06:50 min/Km
92	76	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:28:58.683	06:51 min/Km
93	77	247	DIAZ VALCARCEL , RUBEN	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:29:04.593	06:52 min/Km
94	78	319	OTERO PÉREZ , MANUEL	MALE	SENIOR MAS		01:29:10.193	06:52 min/Km
95	14	273	GÓMEZ PÉREZ , JUAN CARLOS	MALE	VETERANO MAS	INDEPENDIENTE	01:29:19.673	06:53 min/Km



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96	79	367	SERRANO RECIO , DIEGO	MALE	SENIOR MAS	RACERS LEGION	01:29:35.193	06:54 min/Km
97	80	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:29:35.683	06:54 min/Km
98	15	366	SERANTES MANEIRO , CAMILO	MALE	VETERANO MAS	ARNELA	01:29:47.153	06:55 min/Km
99	81	347	RIVAS POMBO , MARCE	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:29:49.413	06:55 min/Km
100	82	364	SEOANE NIETO , GONZALO	MALE	SENIOR MAS	TARTARUGAS	01:29:54.213	06:55 min/Km
101	83	241	CRUJEIRAS MIRANDA , ADRIAN	MALE	SENIOR MAS	CCCP	01:30:06.273	06:56 min/Km
102	2	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:30:26.933	06:58 min/Km
103	84	267	GARCIA LIAS , CRISTIAN	MALE	SENIOR MAS		01:30:43.053	06:59 min/Km
104	85	294	LÓPEZ FANDIÑO , JESÚS	MALE	SENIOR MAS	INDEPENDIENTE	01:30:59.093	06:60 min/Km
105	3	205	AMADO , BEA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:31:07.983	07:01 min/Km
106	16	282	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO MAS		01:31:29.063	07:03 min/Km
107	86	318	OTERO MASCATO , JESUS ANGEL	MALE	SENIOR MAS	C. D. RIA DE AROUSA	01:31:38.003	07:03 min/Km
108	17	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:31:56.043	07:05 min/Km
109	18	84	LÓPEZ SÁNCHEZ, JAIME	MALE	VETERANO MAS	VIRXEN DA GUÍA	01:32:14.233	07:06 min/Km
110	87	230	CASTRO RODRÍGUEZ , MIGUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:32:21.383	07:07 min/Km
111	19	326	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	01:32:40.903	07:08 min/Km
112	88	321	PAIS TRIGO , FRANCISCO	MALE	SENIOR MAS	INDEPENDIENTE	01:32:58.813	07:10 min/Km
113	89	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:32:59.093	07:10 min/Km
114	90	377	VALIÑO CES , JOSÉ ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:33:08.363	07:10 min/Km
115	20	369	SOMOZA GARCIA , FRANCISCO	MALE	VETERANO MAS	INDEPENDIENTE	01:33:21.353	07:11 min/Km
116	91	354	RODRÍGUEZ SOUTO , JOSÉ ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:33:36.733	07:13 min/Km
117	3	244	DEL RÍO MOSQUERA , ESTHER	FEMALE	VETERANO FEM		01:33:37.363	07:13 min/Km
118	4	297	MANEIRO CAAMAÑO , VANESSA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:33:37.443	07:13 min/Km
119	92	304	MATO PEÓN , CELESTINO	MALE	SENIOR MAS	PONTE TRAIL	01:33:51.653	07:14 min/Km



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120	21	242	CUTRIN MARTINEZ , JUAN M.	MALE	VETERANO MAS		01:34:02.693	07:15 min/Km
121	93	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:34:06.033	07:15 min/Km
122	5	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:34:12.563	07:15 min/Km
123	94	320	OUTON BARBOSA , JORGE	MALE	SENIOR MAS		01:34:20.673	07:16 min/Km
124	4	312	NIETO GONZÁLEZ , BEATRIZ	FEMALE	VETERANO FEM	INDEPENDIENTE	01:34:34.633	07:17 min/Km
125	95	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:35:17.393	07:20 min/Km
126	22	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:36:00.393	07:24 min/Km
127	23	371	SUAREZ REDONDO , XABIER	MALE	VETERANO MAS	INDEPENDIENTE	01:36:30.863	07:26 min/Km
128	96	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:52.893	07:28 min/Km
129	97	200	AGEITOS GUDE , HUMBERTO	MALE	SENIOR MAS		01:37:12.143	07:29 min/Km
130	98	211	BAHAMONDE TORRES , MIGUEL ANGEL	MALE	SENIOR MAS	INDEPENDIENTE	01:37:12.283	07:29 min/Km
131	24	357	ROMERO ROMERO , FRANCISCO JAVIER	MALE	VETERANO MAS		01:37:30.723	07:31 min/Km
132	25	256	FERNANDEZ PEREZ , ADOLFO	MALE	VETERANO MAS		01:37:55.173	07:32 min/Km
133	99	346	RIO FIGUEIRAS , MANUEL	MALE	SENIOR MAS		01:37:55.553	07:32 min/Km
134	6	226	CARRO MAHIA , ALEJANDRA	FEMALE	SENIOR FEM	ADC. ARNELA	01:38:00.613	07:33 min/Km
135	100	317	OTERO LEMA , ENRIQUE	MALE	SENIOR MAS	INDEPENDIENTE	01:38:27.043	07:35 min/Km
136	7	299	MARTINEZ ARIAS , NATALIA	FEMALE	SENIOR FEM	EN SUSPENSIÓN	01:38:53.473	07:37 min/Km
137	101	355	ROMERO AGRA , NESTOR	MALE	SENIOR MAS	EN SUSPENSIÓN	01:38:54.053	07:37 min/Km
138	102	262	FILGUEIRAS RODRIGUEZ , JUAN	MALE	SENIOR MAS	C.D PORTOSIN	01:39:08.733	07:38 min/Km
139	5	245	DELA FUENTE IGLESIAS , EVA	FEMALE	VETERANO FEM		01:39:57.473	07:42 min/Km
140	8	225	CARRIL BOO , CRISTINA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	01:40:19.303	07:44 min/Km
141	26	203	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO MAS	TARTARUGAS	01:41:44.863	07:50 min/Km
142	103	97	OUTEIRAL CASAL, VERI	MALE	SENIOR MAS	CROSSCAÑAS	01:42:12.633	07:52 min/Km
143	104	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:42:15.873	07:52 min/Km



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144	105	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:42:16.853	07:53 min/Km
145	106	53	ABOY POTEL, JOSÉ	MALE	SENIOR MAS	CCCP	01:42:18.033	07:53 min/Km
146	107	368	SESTAYO SEOANE , ELOY	MALE	SENIOR MAS	INDEPENDIENTE	01:42:49.963	07:55 min/Km
147	108	229	CASTRO PORTO , IGNACIO	MALE	SENIOR MAS	A.D. CERNE MELIDE	01:43:01.423	07:56 min/Km
148	109	375	TORIBIO ACEBEDO , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:43:23.553	07:58 min/Km
149	9	310	MOREIRA , ESTRELLA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:43:23.753	07:58 min/Km
150	110	324	PAZ URRIBARRI , PABLO	MALE	SENIOR MAS	INDEPENDIENTE	01:44:00.123	08:01 min/Km
151	111	239	COSTA BOUZAS , ELPIDIO	MALE	SENIOR MAS	INDEPENDIENTE	01:44:00.173	08:01 min/Km
152	112	233	CESPÓN PENEIREIRO , CARLOS MANUEL	MALE	SENIOR MAS		01:44:41.763	08:04 min/Km
153	10	365	SEOANE OTERO , NATALIA	FEMALE	SENIOR FEM	ATLETISMO A ESTRADA	01:45:08.203	08:06 min/Km
154	113	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:45:16.893	08:06 min/Km
155	11	337	PIÑEIRO VÁZQUEZ , JOSÉ VICENTE	MALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:45:45.423	08:09 min/Km
156	12	227	CASTIÑEIRAS PEREIRA , RAQUEL	FEMALE	SENIOR FEM	TARTARUGAS	01:46:33.393	08:12 min/Km
157	114	68	GONZÁLEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:46:38.783	08:13 min/Km
158	13	206	ANDRÉS SANTIAGO , SARA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:46:47.313	08:13 min/Km
159	6	327	PEÑA VILLAMIDE , PAZ	FEMALE	VETERANO FEM	TARTARUGAS	01:47:05.803	08:15 min/Km
160	7	272	GOMEZ LODEIROS , SUSANA	FEMALE	VETERANO FEM	TARTARUGAS	01:47:10.533	08:15 min/Km
161	115	259	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	SENIOR MAS	TARTARUGAS	01:47:10.883	08:15 min/Km
162	8	308	MIGUEZ SAMPEDRO , SUSANA	FEMALE	VETERANO FEM	NATURAL OUTDOOR EXPERIENCES	01:49:01.313	08:24 min/Km
163	116	102	OSORIO DIEGUEZ, CESAR	MALE	SENIOR MAS	INDEPENDIENTE	01:49:01.523	08:24 min/Km
164	117	373	TABOADA ALVAREZ , PEPE	MALE	SENIOR MAS	OS ESFOLA ARROS	01:49:24.303	08:25 min/Km
165	118	246	DÍAZ GONZÁLEZ , ALEJANDRO	MALE	SENIOR MAS	CLUB DEPORTIVO VAGALUME ENERGIA	01:49:39.393	08:27 min/Km
166	119	331	PÉREZ LÓPEZ , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:49:51.463	08:28 min/Km
167	27	330	PEREZ BALIRAC , JESUS	MALE	VETERANO MAS	INDEPENDIENTE	01:50:54.273	08:32 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
168	9	381	VEIGA BLANCO , EMMA	FEMALE	VETERANO FEM		01:51:01.413	08:33 min/Km
169	14	281	HERNÁNDEZ OTERO , ALBA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	01:51:12.183	08:34 min/Km
170	28	223	CARBALLEIRA HORTAS , XOSÉ MANUEL	MALE	VETERANO MAS	INDEPENDIENTE	01:51:44.873	08:36 min/Km
171	29	235	CONDE BERMUDEZ , RAMON ANGEL	MALE	VETERANO MAS	NOGUEIRA TRAIL	01:53:53.163	08:46 min/Km
172	15	79	TOMÉ CAO, VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:54:18.573	08:48 min/Km
173	120	209	ARIAS GARCIA , ALFONSO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:54:48.113	08:50 min/Km
174	10	286	IGLESIAS REBOREDO , MARY SOL	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:54:48.533	08:50 min/Km
175	16	213	BARREIRO ALONSO , SILVIA	FEMALE	SENIOR FEM		01:55:09.033	08:52 min/Km
176	17	21	FERNANDEZ RODRIGUEZ, BEGOÑA	FEMALE	SENIOR FEM	CLUB FONTES DO SAR	01:55:29.363	08:54 min/Km
177	11	382	VEIGA BLANCO , MONTSE	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:55:29.963	08:54 min/Km
178	121	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	01:55:37.233	08:54 min/Km
179	18	341	REIMÓNDEZ CALVO , SONIA MARÍA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:55:39.343	08:54 min/Km
180	12	293	LÓPEZ DIÉGUEZ , CRISTINA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:55:40.953	08:54 min/Km
181	19	295	LÓPEZFERNÁNDEZ , SUEVIA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:59:38.243	09:13 min/Km
182	122	292	LLOPIS PAZO , XAVI	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:59:39.843	09:13 min/Km
183	123	314	NOGUEIRA BOUZAS , DAVID	MALE	SENIOR MAS	C. D. SAN PAIO	02:00:08.443	09:15 min/Km
184	13	360	SALMONTE VARELA , ANGELES	FEMALE	VETERANO FEM	CLUB DEPORTIVO VAGALUME ENERGIA	02:03:16.643	09:29 min/Km
185	124	372	SUEIRO IGLESIAS , ESTEBAN	MALE	SENIOR MAS	CLUB DEPORTIVO VAGALUME ENERGIA	02:03:17.063	09:30 min/Km
186	125	214	BARREIRO GARCIA , ALEX	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	02:03:55.223	09:32 min/Km
187	14	379	VÁZQUEZ FERNÁNDEZ , BEATRIZ	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:55.433	09:32 min/Km
188	15	340	RECAREY FERNÁNDEZ , MARÍA DEL CARMEN	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:05:53.093	09:42 min/Km
189	20	204	ALONSO SÁNCHEZ , LIDIA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	02:06:57.663	09:46 min/Km
190	16	339	QUIREZA RAMOS , Mª ISABEL	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:08:46.713	09:55 min/Km
191	17	335	PIÑEIRO GUILLÉN , PAULA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:11:40.483	10:08 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
192	30	271	GOMEZ GARCIA , MODESTO	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	02:13:39.173	10:17 min/Km
193	18	207	ANTELO ALCALDE , MARÍA ELENA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:13:39.243	10:17 min/Km
194	21	218	BREA ARES , TAMARA	FEMALE	SENIOR FEM	INDEPENDIENTE	02:17:25.953	10:35 min/Km
195	126	374	TEMBRA PENEIREIRO , LUÍS	MALE	SENIOR MAS	TRIATLON RIVEIRA	02:17:26.183	10:35 min/Km
196	127	202	AGUILAR FERNANDEZ , JAVIER	MALE	SENIOR MAS		02:17:28.443	10:35 min/Km
197	128	323	PAZ CADABAL , ALFONSO	MALE	SENIOR MAS		02:17:41.833	10:36 min/Km
198	31	303	MATILLA GARCIA , JOSE CARLOS	MALE	VETERANO MAS	CCCP	02:17:42.133	10:36 min/Km
199	22	249	ESTEVEZ VILLAVERDE , EVA	FEMALE	SENIOR FEM		02:18:49.333	10:41 min/Km
200	129	231	CENAMOR FANDIÑO , MARCOS	MALE	SENIOR MAS	CAS MONTAÑA	02:18:49.853	10:41 min/Km

