

I TRAIL CASTRO BARBUDO

- ORDE DE CHEGADA -

GALITIMING
DUWLING

CRONOMETRAXE

POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
1	1	88	PENA TORREIRA , AMADOR	MALE	HOMBRE	VAGALUME ENERGIA	01:02:20.003	04:48 min/Km
2	2	1	RODRÍGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:02:46.300	04:50 min/Km
3	3	359	SABORIDO SOÑORA , SAMUEL	MALE	SENIOR MAS	TRIBU TRAIL	01:02:46.900	04:50 min/Km
4	4	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:03:09.813	04:52 min/Km
5	5	277	GONZALEZ SANTAMARIA , JOSE MANUEL	MALE	VETERANO MAS	SOCIEDADE DEPORTIVA BARBANTIA	01:06:37.513	05:08 min/Km
6	6	329	PENEDO TABOADA , MIGUEL	MALE	SENIOR MAS	3 & RUN	01:06:37.843	05:08 min/Km
7	7	89	CAROU CARRIL , ALBERTO	MALE	HOMBRE	VAGALUME ENERGIA	01:07:51.293	05:14 min/Km
8	8	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:07:58.893	05:14 min/Km
9	9	212	BALDERRABANO MAYO , JUAN RAMÓN	MALE	SENIOR MAS	C.D PORTOSIN	01:08:06.533	05:15 min/Km
10	10	257	FERNANDEZ SAMPRDRO , JOSEMARIA	MALE	SENIOR MAS	ARTROGALTRI498	01:09:05.423	05:19 min/Km
11	11	219	BUIG FERNANDEZ , ALEXIS	MALE	MIXED	THE MINIOMS TEAM	01:09:22.063	05:21 min/Km
12	12	65	LORENZO BUCETA , HECTOR	MALE	HOBRE	ECOSPORT TRIBU TRAIL	01:09:36.263	05:22 min/Km
13	13	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:10:40.323	05:27 min/Km
14	14	258	FERNÁNDEZ TORRES , OLIVIER	MALE	SENIOR MAS	CLUB TRIATLÓN RIVEIRA	01:10:43.583	05:27 min/Km
15	15	276	GONZALEZ NUÑEZ , JOSE LUIS	MALE	SENIOR MAS		01:11:06.493	05:29 min/Km
16	16	66	BLANCO LAIÑO , FRAN	MALE	HOMBRE	ECOSPORT TRIBU TRAIL	01:11:28.983	05:30 min/Km
17	17	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:11:45.703	05:32 min/Km
18	18	47	FUNGUEIRIÑO SUÁREZ, RAMÓN	MALE	SENIOR MAS		01:12:01.753	05:33 min/Km
19	19	287	INSUA PAZOS , EMILIO JOSE	MALE	SENIOR MAS	C.D PORTOSIN	01:12:01.863	05:33 min/Km
20	20	20	FIGUEIRA , TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:12:01.883	05:33 min/Km
21	21	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:12:12.293	05:34 min/Km
22	22	352	RODRIGUEZ OTERO , MARIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:12:30.533	05:35 min/Km
23	23	333	PICOS REY , RAMÓN	MALE	SENIOR MAS	INDEPENDIENTE	01:12:42.363	05:36 min/Km
24	24	383	VIDAL MARTÍNEZ , HÉCTOR	MALE	SENIOR MAS		01:12:53.153	05:37 min/Km
25	25	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:12:53.203	05:37 min/Km
26	26	313	NIETO GONZÁLEZ , JOSE MANUEL	MALE	SENIOR MAS	A.D.PORTO DO SON	01:13:03.243	05:38 min/Km



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3 ABRIL 2016

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POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
27	27	217	BRANDÓN RODRÍGUEZ , JUAN CARLOS	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	01:13:03.433	05:38 min/Km
28	28	28	BARRAL VARELA , JUAN JESUS	MALE	VETERANO MAS	VIVIDORES WALLACE'S	01:13:04.300	05:38 min/Km
29	29	253	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:13:52.093	05:41 min/Km
30	30	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:13:52.863	05:41 min/Km
31	31	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:13:56.633	05:42 min/Km
32	32	380	VÁZQUEZ GARCÍA , DIEGO	MALE	SENIOR MAS	CLUBE ATLETISMO BOIMORTO	01:14:19.983	05:44 min/Km
33	33	240	COSTA FERNÁNDEZ , MIMIN	MALE	SENIOR MAS	ARTROGAL TRI-498	01:14:33.513	05:45 min/Km
34	34	76	CERQUEIRO BARREIRO , VICTOR MANUEL	MALE	MIXED	ANA&VICTOR	01:14:45.973	05:46 min/Km
35	35	384	YAÑEZ ORDOÑEZ , DAVID	MALE	SENIOR MAS	INDEPENDIENTE	01:14:58.363	05:47 min/Km
36	36	336	PIÑEIRO LAMAS , RAMON	MALE	SENIOR MAS	S.D. BARBANTIA RODA	01:15:08.353	05:47 min/Km
37	37	316	OLVEIRA MARTINEZ , FRANCISCO JOSE	MALE	VETERANO MAS	ATLETISMO SAR-VERMU PETRONI	01:15:08.523	05:47 min/Km
38	38	34	IGLESIAS VAZQUEZ , MANUEL	MALE	HOMBRE	DESEMBRAGA A FONDO II	01:15:44.093	05:50 min/Km
39	39	353	RODRIGUEZ POUSO , LITO	MALE	SENIOR MAS	C.D PORTOSIN	01:16:06.413	05:52 min/Km
40	40	338	QUEIRUGA TRIÑANES , SUSO	MALE	SENIOR MAS	C D PORTOSÍN	01:16:06.623	05:52 min/Km
41	41	289	JUANATEY PÉREZ , JOSE ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:16:13.903	05:52 min/Km
42	42	290	LAREO CREO , JUAN JAVIER	MALE	SENIOR MAS	PONTE TRAIL	01:16:55.283	05:56 min/Km
43	43	291	LAREO MARTINEZ , DAVID	MALE	SENIOR MAS	ADC. ARNELA	01:16:58.663	05:56 min/Km
44	44	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:16:59.213	05:56 min/Km
45	45	70	REY AGRELO , JOSE RAMIRO	MALE	HOMBRE	CALCE TEAM	01:17:05.763	05:56 min/Km
46	46	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:09.243	05:57 min/Km
47	47	302	MARTINEZ SILVEIRA , LUIS CLODOMIRO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:10.633	05:57 min/Km
48	48	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:17:13.043	05:57 min/Km
49	49	228	CASTRO LISTA , JOSÉ ANTONIO	MALE	SENIOR MAS	ARRE CENTELLA TRAIL	01:17:14.353	05:57 min/Km
50	50	56	LAREO CREO , DANIEL	MALE	MIXED	DANI&BEA	01:17:41.403	05:59 min/Km
51	51	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:48.133	05:60 min/Km
52	52	234	CESPON PENEIREIRO , MARTIN	MALE	SENIOR MAS	NAUTICA RIBEIRA	01:18:21.723	06:02 min/Km
53	1	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:18:57.803	06:05 min/Km



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54	53	307	MERA RODRIGUEZ , BRUNO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:19:16.993	06:06 min/Km
55	54	344	REY SOUTO , JESUS ENRIQUE	MALE	SENIOR MAS	CLUBE ATLETISMO BOIMORTO	01:19:33.753	06:08 min/Km
56	55	305	MAYO MARTINEZ , JOSE RAMON	MALE	SENIOR MAS		01:19:47.033	06:09 min/Km
57	56	284	IGLESIAS PINTADO , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:20:06.313	06:10 min/Km
58	57	350	RODRÍGUEZ GARCÍA , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:20:16.123	06:11 min/Km
59	2	220	BUIG FERNANDEZ , LARA	FEMALE	MIXED	THE MINIOMS TEAM	01:20:16.793	06:11 min/Km
60	58	342	REY BLANCO , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:20:18.843	06:11 min/Km
61	59	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:20:20.483	06:11 min/Km
62	60	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:20:59.303	06:14 min/Km
63	61	306	MELEIRO FERNANDEZ , EMILIO	MALE	SENIOR MAS	TARTARUGAS	01:21:07.633	06:15 min/Km
64	62	252	FERNÁNDEZ DEVESA , JULIO	MALE	SENIOR MAS	C. D. RIA DE AROUSA	01:21:15.793	06:16 min/Km
65	63	332	PÉREZ TREUS , SERGIO	MALE	SENIOR MAS	ECOSPORT BARBANZA	01:21:23.173	06:16 min/Km
66	64	237	CORRAL LÓPEZ , ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:21:44.027	06:18 min/Km
67	65	224	CARREIRA LOPEZ , LUÍS	MALE	SENIOR MAS		01:22:14.523	06:20 min/Km
68	66	296	LUSTRES SAMPEDRO , RICARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:22:15.273	06:20 min/Km
69	67	93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:22:22.943	06:21 min/Km
70	68	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:22:30.453	06:21 min/Km
71	69	288	INSUA PEDROSA , PABLO	MALE	SENIOR MAS		01:22:38.803	06:22 min/Km
72	70	348	RIVAS RIO , AGUSTIN MANUEL	MALE	SENIOR MAS	S.D BARBANTIA RODA	01:22:52.423	06:23 min/Km
73	71	201	AGRASO TORRES , ALFONSO	MALE	SENIOR MAS		01:22:57.293	06:23 min/Km
74	72	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:22:58.683	06:23 min/Km
75	73	334	PIÑEIRO , ANTONIO	MALE	SENIOR MAS	ADC ARNELA	01:23:58.773	06:28 min/Km
76	74	250	FEITO MIRAS , LUIS MIGUEL	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:24:06.523	06:29 min/Km
77	75	270	GARCÍA RODRÍGUEZ , JUAN	MALE	VETERANO MAS	INDEPENDIENTE	01:24:07.793	06:29 min/Km
78	3	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:24:12.813	06:29 min/Km
79	76	101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS		01:24:38.363	06:31 min/Km
80	77	221	CANTELAR CES , PEDRO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE4	01:25:07.833	06:33 min/Km



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81	78	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:25:07.863	06:33 min/Km
82	79	248	ESTEVE LLORENS , XAVI	MALE	SENIOR MAS	INDEPENDIENTE	01:25:12.063	06:34 min/Km
83	80	254	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:25:25.553	06:35 min/Km
84	81	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:25:26.083	06:35 min/Km
85	82	328	PENEDO TABOADA , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:25:43.923	06:36 min/Km
86	83	298	MARIÑO GONZÁLEZ , DIEGO	MALE	SENIOR MAS	REVOLUTRION RIVEIRA	01:25:45.753	06:36 min/Km
87	84	325	PAZOS SAINZA , DIEGO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:25:48.433	06:37 min/Km
88	85	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:26:06.003	06:38 min/Km
89	86	269	GARCÍA REY , ANGEL	MALE	SENIOR MAS	A D.CERNE MELIDE	01:26:13.883	06:38 min/Km
90	87	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:26:18.723	06:39 min/Km
91	88	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:26:27.273	06:40 min/Km
92	89	69	CANOURA ABEIJON , MANUEL	MALE	HOMBRE	CALCE TEAM	01:26:35.793	06:40 min/Km
93	90	41	HERMO VILLAR , PABLO	MALE	MIXED	LOLITA MODA	01:26:59.643	06:42 min/Km
94	91	48	MARTINEZ FANDIÑO, ADRIAN	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:27:00.623	06:42 min/Km
95	92	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:27:00.653	06:42 min/Km
96	93	376	TUBIO DAVILA , JOSE	MALE	SENIOR MAS	PORTELA MTB	01:27:03.603	06:42 min/Km
97	94	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:27:14.343	06:43 min/Km
98	95	261	FILGUEIRA MELENDEZ , JOSE	MALE	VETERANO MAS		01:27:14.673	06:43 min/Km
99	4	57	BARROSO PÉREZ , BEATRIZ	FEMALE	MIXED	DANI&BEA	01:27:17.623	06:43 min/Km
100	96	236	CONDE SOUSA , MARCOS	MALE	SENIOR MAS	KENNEL DEN	01:27:20.013	06:44 min/Km
101	5	278	GROBAS GARABOA , MARÍA JOSÉ	FEMALE	VETERANO FEM	ATLETISMO BOIMORTO	01:27:23.563	06:44 min/Km
102	97	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:28:01.683	06:47 min/Km
103	98	300	MARTINEZ GARCIA , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:28:20.433	06:48 min/Km
104	99	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:28:39.413	06:50 min/Km
105	100	35	RODRIGUEZ GUTIERREZ , SERGIO	MALE	HOMBRE	DESEMBRAGA A FONDO I	01:28:43.633	06:50 min/Km
106	101	36	AREVALILLO ROMERO , SERGIO	MALE	HOMBRE	DESEMBRAGA A FONDO I	01:28:58.403	06:51 min/Km
107	102	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:28:58.683	06:51 min/Km



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108	103	247	DIAZ VALCARCEL , RUBEN	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:29:04.593	06:52 min/Km
109	104	319	OTERO PÉREZ , MANUEL	MALE	SENIOR MAS		01:29:10.193	06:52 min/Km
110	105	273	GÓMEZ PÉREZ , JUAN CARLOS	MALE	VETERANO MAS	INDEPENDIENTE	01:29:19.673	06:53 min/Km
111	106	367	SERRANO RECIO , DIEGO	MALE	SENIOR MAS	RACERS LEGION	01:29:35.193	06:54 min/Km
112	107	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:29:35.683	06:54 min/Km
113	108	366	SERANTES MANEIRO , CAMILO	MALE	VETERANO MAS	ARNELA	01:29:47.153	06:55 min/Km
114	109	347	RIVAS POMBO , MARCE	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:29:49.413	06:55 min/Km
115	110	364	SEOANE NIETO , GONZALO	MALE	SENIOR MAS	TARTARUGAS	01:29:54.213	06:55 min/Km
116	111	363	SANTOS DIOS , JOSE RAMON	MALE	MIXED	CHOROMICAS	01:30:04.723	06:56 min/Km
117	112	241	CRUJEIRAS MIRANDA , ADRIAN	MALE	SENIOR MAS	CCCP	01:30:06.273	06:56 min/Km
118	6	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:30:26.933	06:58 min/Km
119	113	267	GARCIA LIAS , CRISTIAN	MALE	SENIOR MAS		01:30:43.053	06:59 min/Km
120	114	294	LÓPEZ FANDIÑO , JESÚS	MALE	SENIOR MAS	INDEPENDIENTE	01:30:59.093	06:60 min/Km
121	7	42	GARCIA LORENZO , SILVIA	FEMALE	MIXED	LOLITA MODA	01:31:01.193	07:01 min/Km
122	8	205	AMADO , BEA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:31:07.983	07:01 min/Km
123	115	282	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO MAS		01:31:29.063	07:03 min/Km
124	116	318	OTERO MASCATO , JESUS ANGEL	MALE	SENIOR MAS	C. D. RIA DE AROUSA	01:31:38.003	07:03 min/Km
125	117	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:31:56.043	07:05 min/Km
126	118	84	LÓPEZ SÁNCHEZ, JAIME	MALE	VETERANO MAS	VIRXEN DA GUÍA	01:32:14.233	07:06 min/Km
127	119	230	CASTRO RODRÍGUEZ , MIGUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:32:21.383	07:07 min/Km
128	120	326	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	01:32:40.903	07:08 min/Km
129	121	38	IBAÑEZ PEREIRO , AITOR	MALE	HOMBRE	DESEMBRAGA A FONDO II	01:32:42.833	07:08 min/Km
130	122	321	PAIS TRIGO , FRANCISCO	MALE	SENIOR MAS	INDEPENDIENTE	01:32:58.813	07:10 min/Km
131	123	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:32:59.093	07:10 min/Km
132	124	377	VALIÑO CES , JOSÉ ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:33:08.363	07:10 min/Km
133	125	369	SOMOZA GARCIA , FRANCISCO	MALE	VETERANO MAS	INDEPENDIENTE	01:33:21.353	07:11 min/Km
134	126	354	RODRÍGUEZ SOUTO , JOSÉ ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:33:36.733	07:13 min/Km



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3 ABRIL 2016

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135	9	244	DEL RÍO MOSQUERA , ESTHER	FEMALE	VETERANO FEM		01:33:37.363	07:13 min/Km
136	10	297	MANEIRO CAAMAÑO , VANESSA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:33:37.443	07:13 min/Km
137	127	304	MATO PEÓN , CELESTINO	MALE	SENIOR MAS	PONTE TRAIL	01:33:51.653	07:14 min/Km
138	128	242	CUTRIN MARTINEZ , JUAN M.	MALE	VETERANO MAS		01:34:02.693	07:15 min/Km
139	129	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:34:06.033	07:15 min/Km
140	11	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:34:12.563	07:15 min/Km
141	130	320	OUTON BARBOSA , JORGE	MALE	SENIOR MAS		01:34:20.673	07:16 min/Km
142	12	312	NIETO GONZÁLEZ , BEATRIZ	FEMALE	VETERANO FEM	INDEPENDIENTE	01:34:34.633	07:17 min/Km
143	131	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:35:17.393	07:20 min/Km
144	13	78	MALLO DOMÍNGUEZ , ANA MARIA	FEMALE	MIXED	ANA&VICTOR	01:35:48.593	07:23 min/Km
145	132	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:36:00.393	07:24 min/Km
146	133	371	SUAREZ REDONDO , XABIER	MALE	VETERANO MAS	INDEPENDIENTE	01:36:30.863	07:26 min/Km
147	134	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:52.893	07:28 min/Km
148	135	200	AGEITOS GUDE , HUMBERTO	MALE	SENIOR MAS		01:37:12.143	07:29 min/Km
149	136	211	BAHAMONDE TORRES , MIGUEL ANGEL	MALE	SENIOR MAS	INDEPENDIENTE	01:37:12.283	07:29 min/Km
150	137	357	ROMERO ROMERO , FRANCISCO JAVIER	MALE	VETERANO MAS		01:37:30.723	07:31 min/Km
151	138	256	FERNANDEZ PEREZ , ADOLFO	MALE	VETERANO MAS		01:37:55.173	07:32 min/Km
152	139	51	ÁLVAREZ RODRÍGUEZ , MARCOS	MALE	MIXED	REGO-ALVAREZ TEAM	01:37:55.223	07:32 min/Km
153	140	346	RIO FIGUEIRAS , MANUEL	MALE	SENIOR MAS		01:37:55.553	07:32 min/Km
154	14	226	CARRO MAHIA , ALEJANDRA	FEMALE	SENIOR FEM	ADC. ARNELA	01:38:00.613	07:33 min/Km
155	15	311	MORENO FERNÁNDEZ , MARGA	FEMALE	FEMALE	NOE & MARGA: COMO CABRAS!!	01:38:14.783	07:34 min/Km
156	141	317	OTERO LEMA , ENRIQUE	MALE	SENIOR MAS	INDEPENDIENTE	01:38:27.043	07:35 min/Km
157	16	299	MARTINEZ ARIAS , NATALIA	FEMALE	SENIOR FEM	EN SUSPENSIÓN	01:38:53.473	07:37 min/Km
158	142	355	ROMERO AGRA , NESTOR	MALE	SENIOR MAS	EN SUSPENSIÓN	01:38:54.053	07:37 min/Km
159	143	262	FILGUEIRAS RODRIGUEZ , JUAN	MALE	SENIOR MAS	C.D PORTOSIN	01:39:08.733	07:38 min/Km
160	17	245	DELA FUENTE IGLESIAS , EVA	FEMALE	VETERANO FEM		01:39:57.473	07:42 min/Km
161	18	225	CARRIL BOO , CRISTINA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	01:40:19.303	07:44 min/Km



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3 ABRIL 2016

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POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
162	144	203	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO MAS	TARTARUGAS	01:41:44.863	07:50 min/Km
163	19	309	MIRANDA PEREZ , ISABEL	FEMALE	MIXED	CHOROMICAS	01:42:03.503	07:52 min/Km
164	145	97	OUTEIRAL CASAL, VERI	MALE	SENIOR MAS	CROSSCAÑAS	01:42:12.633	07:52 min/Km
165	146	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:42:15.873	07:52 min/Km
166	147	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:42:16.853	07:53 min/Km
167	148	53	ABOY POTEL, JOSÉ	MALE	SENIOR MAS	CCCP	01:42:18.033	07:53 min/Km
168	149	368	SESTAYO SEOANE , ELOY	MALE	SENIOR MAS	INDEPENDIENTE	01:42:49.963	07:55 min/Km
169	150	229	CASTRO PORTO , IGNACIO	MALE	SENIOR MAS	A.D. CERNE MELIDE	01:43:01.423	07:56 min/Km
170	151	375	TORIBIO ACEBEDO , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:43:23.553	07:58 min/Km
171	20	310	MOREIRA , ESTRELLA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:43:23.753	07:58 min/Km
172	152	324	PAZ URRIBARRI , PABLO	MALE	SENIOR MAS	INDEPENDIENTE	01:44:00.123	08:01 min/Km
173	153	239	COSTA BOUZAS , ELPIDIO	MALE	SENIOR MAS	INDEPENDIENTE	01:44:00.173	08:01 min/Km
174	154	233	CESPÓN PENEIREIRO , CARLOS MANUEL	MALE	SENIOR MAS		01:44:41.763	08:04 min/Km
175	21	365	SEOANE OTERO , NATALIA	FEMALE	SENIOR FEM	ATLETISMO A ESTRADA	01:45:08.203	08:06 min/Km
176	155	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:45:16.893	08:06 min/Km
177	156	337	PIÑEIRO VÁZQUEZ , JOSÉ VICENTE	MALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:45:45.423	08:09 min/Km
178	22	345	RIAÑO , NOELIA	FEMALE	FEMALE	NOE & MARGA: COMO CABRAS!!	01:45:50.113	08:09 min/Km
179	23	227	CASTIÑEIRAS PEREIRA , RAQUEL	FEMALE	SENIOR FEM	TARTARUGAS	01:46:33.393	08:12 min/Km
180	157	68	GONZALEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:46:38.783	08:13 min/Km
181	24	206	ANDRÉS SANTIAGO , SARA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:46:47.313	08:13 min/Km
182	25	327	PEÑA VILLAMIDE , PAZ	FEMALE	VETERANO FEM	TARTARUGAS	01:47:05.803	08:15 min/Km
183	26	272	GOMEZ LODEIROS , SUSANA	FEMALE	VETERANO FEM	TARTARUGAS	01:47:10.533	08:15 min/Km
184	158	259	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	SENIOR MAS	TARTARUGAS	01:47:10.883	08:15 min/Km
185	27	308	MIGUEZ SAMPEDRO , SUSANA	FEMALE	VETERANO FEM	NATURAL OUTDOOR EXPERIENCES	01:49:01.313	08:24 min/Km
186	159	102	OSORIO DIEGUEZ, CESAR	MALE	SENIOR MAS	INDEPENDIENTE	01:49:01.523	08:24 min/Km
187	160	373	TABOADA ALVAREZ , PEPE	MALE	SENIOR MAS	OS ESFOLA ARROS	01:49:24.303	08:25 min/Km
188	161	246	DÍAZ GONZÁLEZ , ALEJANDRO	MALE	SENIOR MAS	CLUB DEPORTIVO VAGALUME ENERGIA	01:49:39.393	08:27 min/Km



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- ORDE DE CHEGADA -

3 ABRIL 2016

CRONOMETRAXE

POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORY	CLUB	META	RITMO
189	162	23	REVILLA ORTIZ , IGNACIO	MALE	HOMBRE	MAIS DEPORTE	01:49:51.393	08:28 min/Km
190	163	331	PÉREZ LÓPEZ , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:49:51.463	08:28 min/Km
191	164	330	PEREZ BALIRAC , JESUS	MALE	VETERANO MAS	INDEPENDIENTE	01:50:54.273	08:32 min/Km
192	28	381	VEIGA BLANCO , EMMA	FEMALE	VETERANO FEM		01:51:01.413	08:33 min/Km
193	29	281	HERNÁNDEZ OTERO , ALBA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	01:51:12.183	08:34 min/Km
194	165	223	CARBALLEIRA HORTAS , XOSÉ MANUEL	MALE	VETERANO MAS	INDEPENDIENTE	01:51:44.873	08:36 min/Km
195	166	235	CONDE BERMUDEZ , RAMON ANGEL	MALE	VETERANO MAS	NOGUEIRA TRAIL	01:53:53.163	08:46 min/Km
196	30	79	TOMÉ CAO , VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:54:18.573	08:48 min/Km
197	167	209	ARIAS GARCIA , ALFONSO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:54:48.113	08:50 min/Km
198	31	286	IGLESIAS REBOREDO , MARY SOL	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:54:48.533	08:50 min/Km
199	32	213	BARREIRO ALONSO , SILVIA	FEMALE	SENIOR FEM		01:55:09.033	08:52 min/Km
200	33	21	FERNANDEZ RODRIGUEZ , BEGOÑA	FEMALE	SENIOR FEM	CLUB FONTES DO SAR	01:55:29.363	08:54 min/Km
201	34	382	VEIGA BLANCO , MONTSE	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:55:29.963	08:54 min/Km
202	168	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	01:55:37.233	08:54 min/Km
203	35	341	REIMÓNDEZ CALVO , SONIA MARÍA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:55:39.343	08:54 min/Km
204	36	293	LÓPEZ DIÉGUEZ , CRISTINA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	01:55:40.953	08:54 min/Km
205	37	295	LÓPEZFERNÁNDEZ , SUEVIA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:59:38.243	09:13 min/Km
206	169	292	LLOPIS PAZO , XAVI	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:59:39.843	09:13 min/Km
207	170	314	NOGUEIRA BOUZAS , DAVID	MALE	SENIOR MAS	C. D. SAN PAIO	02:00:08.443	09:15 min/Km
208	38	360	SALMONTE VARELA , ANGELES	FEMALE	VETERANO FEM	CLUB DEPORTIVO VAGALUME ENERGIA	02:03:16.643	09:29 min/Km
209	171	372	SUEIRO IGLESIAS , ESTEBAN	MALE	SENIOR MAS	CLUB DEPORTIVO VAGALUME ENERGIA	02:03:17.063	09:30 min/Km
210	172	214	BARREIRO GARCIA , ALEX	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	02:03:55.223	09:32 min/Km
211	39	379	VÁZQUEZ FERNÁNDEZ , BEATRIZ	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:55.433	09:32 min/Km
212	40	340	RECAREY FERNÁNDEZ , MARÍA DEL CARMEN	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:05:53.093	09:42 min/Km
213	41	204	ALONSO SÁNCHEZ , LIDIA	FEMALE	SENIOR FEM	CLUB DEPORTIVO VAGALUME ENERGIA	02:06:57.663	09:46 min/Km
214	42	339	QUIREZA RAMOS , M ^a ISABEL	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:08:46.713	09:55 min/Km
215	43	335	PIÑEIRO GUILLÉN , PAULA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:11:40.483	10:08 min/Km



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- ORDE DE CHEGADA -

3 ABRIL 2016

CRONOMETRAXE

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216	173	271	GOMEZ GARCIA , MODESTO	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	02:13:39.173	10:17 min/Km
217	44	207	ANTELO ALCALDE , MARÍA ELENA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:13:39.243	10:17 min/Km
218	45	218	BREA ARES , TAMARA	FEMALE	SENIOR FEM	INDEPENDIENTE	02:17:25.953	10:35 min/Km
219	174	374	TEMBRA PENEIREIRO , LUÍS	MALE	SENIOR MAS	TRIATLON RIVEIRA	02:17:26.183	10:35 min/Km
220	175	202	AGUILAR FERNANDEZ , JAVIER	MALE	SENIOR MAS		02:17:28.443	10:35 min/Km
221	176	323	PAZ CADABAL , ALFONSO	MALE	SENIOR MAS		02:17:41.833	10:36 min/Km
222	177	303	MATILLA GARCIA , JOSE CARLOS	MALE	VETERANO MAS	CCCP	02:17:42.133	10:36 min/Km
223	46	249	ESTEVEZ VILLAVERDE , EVA	FEMALE	SENIOR FEM		02:18:49.333	10:41 min/Km
224	178	231	CENAMOR FANDIÑO , MARCOS	MALE	SENIOR MAS	CAS MONTAÑA	02:18:49.853	10:41 min/Km



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