

## IV TRAIL RIBEIRA SACRA 2019

- GENERAL 24K -

13 OCTUBRE 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	NETO	OFICIAL	DIFF.	RITMO
1	1	126	GONZÁLEZ ARIAS , IÑAKI	MALE	ABSOLUTA-M	AMURRIO TRAIL	02:34:37	<b>02:34:41</b>		06:27 min/Km
2	1	55	CASADO MENDEZ , JOSÉ MANUEL	MALE	VET-M	ATLETISMO MACEDA	02:37:17	<b>02:37:22</b>	+00:02:41	06:34 min/Km
3	2	236	POSE , LUIS	MALE	ABSOLUTA-M	ATLETISMO MACEDA	02:38:45	<b>02:38:52</b>	+00:04:11	06:38 min/Km
4	3	216	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	ABSOLUTA-M	CASTRO-TRAIL	02:40:33	<b>02:40:38</b>	+00:05:57	06:42 min/Km
5	2	245	REBOREDO CAMPOS , JOSE OLIVIER	MALE	VET-M	PREFABIRCADOS FEIJOO - GALITIMING	02:57:17	<b>02:57:23</b>	+00:22:42	07:24 min/Km
6	4	75	DÍAZ DIAZ , JOSE MARÍA	MALE	ABSOLUTA-M		02:57:28	<b>02:57:36</b>	+00:22:55	07:24 min/Km
7	3	96	FERNÁNDEZ PADIN , JAVIER	MALE	VET-M	TIRAMILLAS	02:58:19	<b>02:58:26</b>	+00:23:45	07:27 min/Km
8	5	111	GARCIA SANMAMED , FELICIANO	MALE	ABSOLUTA-M	MONTAÑA OURENSE ATLETISMO	03:01:25	<b>03:01:34</b>	+00:26:53	07:34 min/Km
9	4	312	VÁZQUEZ ÁLVAREZ , DANIEL	MALE	VET-M	INDEPENDIENTE	03:05:24	<b>03:05:27</b>	+00:30:46	07:44 min/Km
10	6	237	POSE COSTA , IVAN	MALE	ABSOLUTA-M	INDEPENDIENTE	03:05:29	<b>03:05:35</b>	+00:30:54	07:44 min/Km
11	7	215	PASCUAL FIDALGO , FRANCISCO	MALE	ABSOLUTA-M	CASTRO-TRAIL	03:07:55	<b>03:08:01</b>	+00:33:20	07:51 min/Km
12	5	239	PROL QUINTAS , JOSE	MALE	VET-M	PREFABIRCADOS FEIJOO - GALITIMING	03:08:16	<b>03:08:24</b>	+00:33:43	07:51 min/Km
13	8	189	MIGUEZ CASTRO , SERAFÍN	MALE	ABSOLUTA-M		03:10:40	<b>03:10:46</b>	+00:36:05	07:57 min/Km
14	6	173	LUNA DOMINGUEZ , JUAN A.	MALE	VET-M	TRIBU TRAIL	03:10:59	<b>03:11:04</b>	+00:36:23	07:58 min/Km
15	9	247	RENTE LOPEZ , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	03:11:38	<b>03:12:07</b>	+00:37:26	08:01 min/Km
16	10	185	MÉNDEZ IGLESIAS , DANIEL	MALE	ABSOLUTA-M	INDEPENDIENTE	03:12:25	<b>03:12:45</b>	+00:38:04	08:02 min/Km
17	7	198	MURIAS GONZALEZ , JOSE	MALE	VET-M	INDEPENDIENTE	03:15:02	<b>03:15:21</b>	+00:40:40	08:09 min/Km
18	11	180	MARTÍNEZ MARTÍNEZ , DIEGO	MALE	ABSOLUTA-M	CLUB MUÉVE -T G.M MOSCÓN	03:18:31	<b>03:18:44</b>	+00:44:03	08:17 min/Km
19	12	170	LOPEZ-ACEVEDO ALVAREZ , JUAN JOSÉ	MALE	ABSOLUTA-M	CLUB MUÉVE -T G.M MOSCÓN	03:18:35	<b>03:18:45</b>	+00:44:04	08:17 min/Km
20	13	57	CASARES DOMINGUEZ , FRANCISCO JOSE	MALE	ABSOLUTA-M	INDEPENDIENTE	03:18:18	<b>03:18:47</b>	+00:44:06	08:17 min/Km
21	8	289	SOUTO GONZÁLEZ , JOSÉ ANTONIO	MALE	VET-M		03:20:28	<b>03:20:33</b>	+00:45:52	08:22 min/Km
22	9	146	HERNÁNDEZ JIMÉNEZ , VÍCTOR GABRIEL	MALE	VET-M	IN CORPORE SANO EL HIERRO	03:20:59	<b>03:21:26</b>	+00:46:45	08:24 min/Km
23	14	33	BALADO RODRIGUEZ , ROBERTO	MALE	ABSOLUTA-M		03:25:50	<b>03:26:16</b>	+00:51:35	08:36 min/Km
24	15	264	RODRÍGUEZ FERREIRO , MIGUEL	MALE	ABSOLUTA-M	LAMARGHA-AUTOTODO	03:27:38	<b>03:27:39</b>	+00:52:58	08:40 min/Km
25	10	14	ALVAREZ BLANCO , NACHO	MALE	VET-M	TORTUGAS TRAIL LEON	03:29:16	<b>03:29:20</b>	+00:54:39	08:44 min/Km
26	16	84	FDEZ. AVE , RENÉ	MALE	ABSOLUTA-M	INDEPENDIENTE	03:29:45	<b>03:30:20</b>	+00:55:39	08:46 min/Km
27	11	20	ÁLVAREZ RODRIGUEZ , ABEL	MALE	VET-M		03:30:16	<b>03:30:22</b>	+00:55:41	08:46 min/Km
28	12	220	PEREIRA IGLESIAS , JAVIER	MALE	VET-M		03:30:09	<b>03:30:47</b>	+00:56:06	08:47 min/Km
29	1	63	CIMPEAN , DORINA ALINA	FEMALE	ABSOLUTA-F	GTR -GALAICO TRAIL RUN	03:31:15	<b>03:31:39</b>	+00:56:58	08:50 min/Km
30	13	64	COBAS GARCIA , ROBERTO	MALE	VET-M		03:33:09	<b>03:33:29</b>	+00:58:48	08:54 min/Km
31	14	1	LOPEZ CASADO , MIGUEL	MALE	VET-M		03:33:27	<b>03:33:33</b>	+00:58:52	08:54 min/Km
32	17	280	SANCHEZ SANCHEZ , JAVIER	MALE	ABSOLUTA-M	IVECO TRIATLON TERUEL	03:34:00	<b>03:34:10</b>	+00:59:29	08:56 min/Km
33	15	293	TATO , MANUEL	MALE	VET-M	GTR - GALAICO TRAIL RUN	03:34:05	<b>03:34:30</b>	+00:59:49	08:57 min/Km

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34	18	118	GOMEZ BARBA , SANTIAGO	MALE	ABSOLUTA-M	INDEPENDIENTE	03:36:18	<b>03:36:21</b>	+01:01:40	09:01 min/Km
35	19	49	CAO DE LA SIERRA , J. ÁNGEL	MALE	ABSOLUTA-M	INDEPENDIENTE	03:36:30	<b>03:36:35</b>	+01:01:54	09:02 min/Km
36	16	162	LOPEZ BASANTA , JAIME	MALE	VET-M	INDEPENDIENTE	03:36:45	<b>03:36:55</b>	+01:02:14	09:03 min/Km
37	17	92	FERNÁNDEZ GARCIA , RENATO	MALE	VET-M	GTR-GALAICO TRAIL RUN	03:36:44	<b>03:37:00</b>	+01:02:19	09:03 min/Km
38	2	286	SERPES PEREIRA , NATALIA	FEMALE	ABSOLUTA-F	JAYOMA TEAM	03:37:08	<b>03:37:15</b>	+01:02:34	09:04 min/Km
39	18	5	AGULLO CANDA , SANTIAGO	MALE	VET-M	GTR GALAICO TRAIL RUN	03:37:18	<b>03:37:46</b>	+01:03:05	09:05 min/Km
40	20	183	MATOS COTELO , ABEL	MALE	ABSOLUTA-M	TUMBA TOXOS TRAIL TEAM	03:38:05	<b>03:38:13</b>	+01:03:32	09:06 min/Km
41	19	227	PEREZ LAGO , ANGEL	MALE	VET-M	CORREDOIRAS TRAIL BUEU	03:40:05	<b>03:40:14</b>	+01:05:33	09:11 min/Km
42	20	260	RODRIGUEZ DURAN , MARCOS	MALE	VET-M		03:40:28	<b>03:40:41</b>	+01:06:00	09:12 min/Km
43	21	48	CALVO FERNÁNDEZ , JOSÉ RUBÉN	MALE	VET-M	BURGAS OURENSE	03:40:28	<b>03:40:41</b>	+01:06:00	09:12 min/Km
44	3	269	RODRÍGUEZ PARDO , CARLA	FEMALE	ABSOLUTA-F		03:40:43	<b>03:40:53</b>	+01:06:12	09:13 min/Km
45	21	53	CARRAL , ALEX	MALE	ABSOLUTA-M	ATLETISMO ARENTEIRO	03:40:53	<b>03:41:09</b>	+01:06:28	09:13 min/Km
46	22	165	LÓPEZ LÓPEZ , EMILIO JOSÉ	MALE	VET-M		03:40:49	<b>03:41:19</b>	+01:06:38	09:14 min/Km
47	22	112	GARCIA VARELA , ANGEL	MALE	ABSOLUTA-M	INDEPENDIENTE	03:41:26	<b>03:41:34</b>	+01:06:53	09:14 min/Km
48	23	70	DAPOZA ALONSO , MARCOS	MALE	VET-M	TRAIL OURENSE ATLETISMO	03:41:47	<b>03:41:59</b>	+01:07:18	09:15 min/Km
49	23	9	ALONSO LOPEZ , PABLO	MALE	ABSOLUTA-M	BOX001 OURENSE RUNMANIAK	03:43:05	<b>03:43:22</b>	+01:08:41	09:19 min/Km
50	1	17	ÁLVAREZ FERNÁNDEZ , BEATRIZ	FEMALE	VET-F	MULLER EN FORMA	03:43:30	<b>03:43:50</b>	+01:09:09	09:20 min/Km
51	24	134	GONZALEZ ROADE , JUAN	MALE	ABSOLUTA-M	JAYOMA TEAM	03:43:53	<b>03:44:05</b>	+01:09:24	09:21 min/Km
52	24	27	ANSIA GARCIA , JUAN	MALE	VET-M	LAMARGHA - AUTOTODO	03:44:03	<b>03:44:14</b>	+01:09:33	09:21 min/Km
53	4	95	FERNÁNDEZ LORENCES , ADRIANA	FEMALE	ABSOLUTA-F	CLUB MUÉVE -T G.M MOSCÓN	03:44:15	<b>03:44:26</b>	+01:09:45	09:22 min/Km
54	25	21	ALVAREZ RODRÍGUEZ , MANUEL	MALE	VET-M	ZAPATATEAM	03:44:36	<b>03:44:47</b>	+01:10:06	09:22 min/Km
55	25	108	GARCÍA GÓMEZ , SERGIO	MALE	ABSOLUTA-M		03:46:11	<b>03:46:31</b>	+01:11:50	09:27 min/Km
56	26	29	ARIAS CASTRO , MIGUEL ÁNGEL	MALE	VET-M	RUNING ALTAFIT ODEON	03:47:09	<b>03:47:13</b>	+01:12:32	09:29 min/Km
57	26	193	MONTAÑA COSTAS , BERNARDO	MALE	ABSOLUTA-M		03:47:33	<b>03:47:41</b>	+01:13:00	09:30 min/Km
58	27	278	SALGADO ÁLVAREZ , JUANXU	MALE	VET-M		03:48:18	<b>03:48:27</b>	+01:13:46	09:32 min/Km
59	27	143	GRANDAL CHIVITE , GUILLERMO	MALE	ABSOLUTA-M		03:48:39	<b>03:48:43</b>	+01:14:02	09:32 min/Km
60	28	172	LORENZO QUIROZ , DAVID	MALE	ABSOLUTA-M	CC OS MOSQUETEIROS	03:48:56	<b>03:49:16</b>	+01:14:35	09:34 min/Km
61	29	73	DE TENA LOUREIRO , GONZALO	MALE	ABSOLUTA-M	INDEPENDIENTE	03:49:12	<b>03:49:42</b>	+01:15:01	09:35 min/Km
62	30	133	GONZALEZ POSES , MANUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	03:50:33	<b>03:51:08</b>	+01:16:27	09:38 min/Km
63	28	62	CENDÓN DIZ , LUCIANO	MALE	VET-M	KORPOREARENTEIRO TRAIL	03:51:17	<b>03:51:38</b>	+01:16:57	09:40 min/Km
64	29	219	PEREIRA DIZ , CARLOS	MALE	VET-M	CLUB BOX 001 OURENSE RUN MANIAK	03:52:03	<b>03:52:21</b>	+01:17:40	09:41 min/Km
65	31	45	CAAMAÑO SIEIRA , JOSE	MALE	ABSOLUTA-M	A.D DOWNHILL	03:52:08	<b>03:52:49</b>	+01:18:08	09:43 min/Km
66	32	283	SANTILLANA GARABANA , VICTOR	MALE	ABSOLUTA-M	NOSPORTLIMIT	03:52:45	<b>03:53:07</b>	+01:18:26	09:43 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	NETO	OFICIAL	DIFF.	RITMO
67	33	132	GONZÁLEZ NÓVOA , MANUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	03:52:44	<b>03:53:07</b>	+01:18:26	09:43 min/Km
68	30	305	VALENCIA PEREZ , JOSÉ LUIS	MALE	VET-M	ALTO DO PICOTO	03:52:53	<b>03:53:12</b>	+01:18:31	09:43 min/Km
69	31	23	AMADO FONSECA , OSCAR	MALE	VET-M	INDEPENDIENTE	03:54:35	<b>03:54:47</b>	+01:20:06	09:47 min/Km
70	32	181	MARTINEZ RODILLO , MANUEL ANGEL	MALE	VET-M	CHANWAS	03:54:38	<b>03:54:52</b>	+01:20:11	09:48 min/Km
71	33	298	TOJEIRO ARES , FRANCISCO	MALE	VET-M	INDEPENDIENTE	03:54:49	<b>03:55:00</b>	+01:20:19	09:48 min/Km
72	34	221	PEREIRA VAZQUEZ , MARCOS	MALE	ABSOLUTA-M		03:55:11	<b>03:55:20</b>	+01:20:39	09:49 min/Km
73	34	153	JUSTO VALIÑAS , LUIS ALBERTO	MALE	VET-M	INDEPENDIENTE	03:55:20	<b>03:55:52</b>	+01:21:11	09:50 min/Km
74	5	184	MELLA BARBEITO , VANESA	FEMALE	ABSOLUTA-F	AD JARNACHAS	03:55:56	<b>03:56:06</b>	+01:21:25	09:51 min/Km
75	35	7	ALCANTARA LORENZO , ALFREDO	MALE	VET-M	COUTADAS TRAIL TEAM	03:57:00	<b>03:57:07</b>	+01:22:26	09:53 min/Km
76	36	315	VAZQUEZ SUAREZ , MANUEL	MALE	VET-M	COUTADAS TRAIL TEAM	03:57:00	<b>03:57:07</b>	+01:22:26	09:53 min/Km
77	37	261	RODRÍGUEZ ESTÉVEZ , BERNARDO	MALE	VET-M	COUTADAS TRAIL TEAM	03:57:06	<b>03:57:07</b>	+01:22:26	09:53 min/Km
78	35	59	CASTRO MARTÍNEZ , ISRAEL	MALE	ABSOLUTA-M	COUTADAS TRAIL TEAM	03:57:00	<b>03:57:07</b>	+01:22:26	09:53 min/Km
79	36	47	CALVIÑO , SIMÓN	MALE	ABSOLUTA-M	NOSPORTLIMIT	03:56:43	<b>03:57:08</b>	+01:22:27	09:53 min/Km
80	37	141	GRAÑA MEIJIDE , GUSTAVO	MALE	ABSOLUTA-M		03:56:46	<b>03:57:08</b>	+01:22:27	09:53 min/Km
81	38	313	VÁZQUEZ MOURELO , UBALDINO	MALE	VET-M	MONTAÑA OURENSE ATLETISMO	03:57:06	<b>03:57:42</b>	+01:23:01	09:55 min/Km
82	2	266	RODRIGUEZ GONZÁLEZ , LOLA	FEMALE	VET-F	LAMARGHA - AUTOTODO	03:58:26	<b>03:58:42</b>	+01:24:01	09:57 min/Km
83	39	188	MIGUELEZ PRIETO , JORGE	MALE	VET-M	PARTEPIEDRAS TRAIL	03:58:41	<b>03:58:53</b>	+01:24:12	09:58 min/Km
84	40	149	IBÁÑEZ PEREIRO , AITOR	MALE	VET-M	TRIBU TRAIL	03:59:28	<b>03:59:37</b>	+01:24:56	09:59 min/Km
85	41	294	TATO SOTO , VICTOR MANUEL	MALE	VET-M	KORPOREARENTEIRO TRAIL	03:59:42	<b>04:00:08</b>	+01:25:27	10:01 min/Km
86	38	77	DIAZ MONTERO , JOSE MANUEL	MALE	ABSOLUTA-M	AD JARNACHAS	04:00:47	<b>04:00:57</b>	+01:26:16	10:03 min/Km
87	42	233	PIÑOL CHAS , JOAQUIN	MALE	VET-M	NOSPORTLIMIT	04:00:53	<b>04:01:23</b>	+01:26:42	10:04 min/Km
88	39	26	ANGUITA MASCHERPA , FEDERICO	MALE	ABSOLUTA-M	LÓSTREGOS COIA	04:02:19	<b>04:02:34</b>	+01:27:53	10:07 min/Km
89	43	311	VARELA VIÑA , JAIME	MALE	VET-M	A. C. E D. O CARBALLO	04:02:16	<b>04:02:39</b>	+01:27:58	10:07 min/Km
90	6	203	NOGUEIRA GONZÁLEZ , FÁTIMA	FEMALE	ABSOLUTA-F	GTR-GALAICO TRAIL RUN	04:03:05	<b>04:03:32</b>	+01:28:51	10:09 min/Km
91	44	85	FEIJOO GONZÁLEZ , ALFREDO	MALE	VET-M	INDEPENDIENTE	04:03:13	<b>04:03:45</b>	+01:29:04	10:10 min/Km
92	45	324	VIDAL VALLE , JUAN	MALE	VET-M	KALENTADAS TRAIL RUNNING	04:03:21	<b>04:03:51</b>	+01:29:10	10:10 min/Km
93	40	201	NIGORRA CARO , FCO. JAVIER	MALE	ABSOLUTA-M	MONTE PENARUBIA LUGO	04:03:29	<b>04:03:52</b>	+01:29:11	10:10 min/Km
94	46	15	ÁLVAREZ DA SILVA , JOSÉ ANTONIO	MALE	VET-M	CAZAFANTASMAS TEAM	04:05:30	<b>04:06:19</b>	+01:31:38	10:16 min/Km
95	47	255	ROCA , EMILIO	MALE	VET-M		04:06:09	<b>04:06:57</b>	+01:32:16	10:18 min/Km
96	7	204	OCHOA TAMARGO , RAQUEL	FEMALE	ABSOLUTA-F	CLUB MUÉVE -T G.M MOSCÓN	04:07:34	<b>04:07:44</b>	+01:33:03	10:20 min/Km
97	48	90	FERNANDEZ FDEZ , MIGUEL A.	MALE	VET-M	CHANWAS	04:07:36	<b>04:07:46</b>	+01:33:05	10:20 min/Km
98	49	199	NABEIRO , NUNO	MALE	VET-M	MELGAÇO ALVARINHO TRAIL TEAM	04:07:27	<b>04:08:14</b>	+01:33:33	10:21 min/Km
99	50	32	BAAMONDE SANDE , ANTONIO	MALE	VET-M	NOSPORTLIMIT	04:08:10	<b>04:08:36</b>	+01:33:55	10:22 min/Km

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100	51	40	BLANCO ALVAREZ , ALBERTO	MALE	VET-M	BOX001 OURENSE RUNMANIAK	04:08:45	<b>04:09:02</b>	+01:34:21	10:23 min/Km
101	41	251	RÍOS RODRÍGUEZ , RAMÓN	MALE	ABSOLUTA-M	ADC MONTE BREAMO	04:08:32	<b>04:09:16</b>	+01:34:35	10:24 min/Km
102	8	226	PÉREZ GONZÁLEZ , ELENA	FEMALE	ABSOLUTA-F	LAMARGHA - AUTOTODO	04:10:00	<b>04:10:08</b>	+01:35:27	10:26 min/Km
103	52	36	BARREIRO MACHADO , JOSÉ MANUEL	MALE	VET-M	CLUB DE MONTAÑA FORMIGUEIROS	04:13:52	<b>04:14:13</b>	+01:39:32	10:36 min/Km
104	9	270	RODRÍGUEZ RIVERA , AIDA	FEMALE	ABSOLUTA-F	CM FORMIGUEIROS	04:13:53	<b>04:14:13</b>	+01:39:32	10:36 min/Km
105	53	273	RODRIGUEZ SEOANE , DAVID	MALE	VET-M	INDEPENDIENTE	04:13:39	<b>04:14:14</b>	+01:39:33	10:36 min/Km
106	54	218	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VET-M	ATLETISMO FONTES DO SAR	04:14:23	<b>04:15:13</b>	+01:40:32	10:39 min/Km
107	55	310	VARELA PINTOS , MAURO	MALE	VET-M	MONTE PENARUBIA	04:15:21	<b>04:15:44</b>	+01:41:03	10:40 min/Km
108	42	78	DIAZ PRADO , RUBEN	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	04:17:47	<b>04:18:00</b>	+01:43:19	10:45 min/Km
109	56	99	FRA FRA , MIGUEL ANGEL	MALE	VET-M	A.C.D. XOVE	04:17:43	<b>04:18:00</b>	+01:43:19	10:45 min/Km
110	43	150	IGLESIAS DOCAL , CESAR	MALE	ABSOLUTA-M	INDEPENDIENTE	04:17:42	<b>04:18:00</b>	+01:43:19	10:45 min/Km
111	57	142	GRANDA GRANDA , ROBERTO	MALE	VET-M	CHANWAS	04:17:57	<b>04:18:16</b>	+01:43:35	10:46 min/Km
112	58	10	ALONSO MARTÍNEZ , JOSÉ MANUEL	MALE	VET-M	KORPOREARENTEIRO TRAIL	04:18:17	<b>04:18:44</b>	+01:44:03	10:47 min/Km
113	59	60	CASTRO SEGADE , VÍCTOR	MALE	VET-M	AD CERNE	04:18:30	<b>04:18:59</b>	+01:44:18	10:48 min/Km
114	60	250	RILO LÓPEZ , JOSÉ	MALE	VET-M	NOSPORTLIMIT	04:18:48	<b>04:19:15</b>	+01:44:34	10:49 min/Km
115	3	300	TORRES BOIX , SOLEDAT	FEMALE	VET-F	KORPOREARENTEIRO TRAIL	04:18:50	<b>04:19:18</b>	+01:44:37	10:49 min/Km
116	61	151	JIMENEZ DE SANTOS , DAVID	MALE	VET-M	FONDISTAS TOLEDANOS	04:19:08	<b>04:19:54</b>	+01:45:13	10:50 min/Km
117	62	316	VEIGA GONZÁLEZ , MIGUEL	MALE	VET-M	MONTEFARO TRAIL	04:20:14	<b>04:20:57</b>	+01:46:16	10:53 min/Km
118	4	238	PRIETO GONZÁLEZ , TRINI	FEMALE	VET-F	AD JARNACHAS	04:21:02	<b>04:21:23</b>	+01:46:42	10:54 min/Km
119	63	138	GONZÁLEZ VISO , JOSÉ CARLOS	MALE	VET-M		04:21:36	<b>04:22:06</b>	+01:47:25	10:56 min/Km
120	10	101	GALIÑA PARDO , GLORIA	FEMALE	ABSOLUTA-F	A.D.LIMIATIVA	04:22:08	<b>04:22:23</b>	+01:47:42	10:56 min/Km
121	64	34	BANDE MARTINEZ , LUIS	MALE	VET-M	GRUPO CUEVAS NOGUEIRA TRAIL	04:22:31	<b>04:23:03</b>	+01:48:22	10:58 min/Km
122	65	16	ÁLVAREZ ENRÍQUEZ , ALFONSO	MALE	VET-M	ENDORFINA T. R. B	04:23:34	<b>04:24:04</b>	+01:49:23	11:01 min/Km
123	66	267	RODRÍGUEZ LORENZO , ALEJANDRO	MALE	VET-M		04:24:33	<b>04:25:01</b>	+01:50:20	11:03 min/Km
124	44	208	ORTIZ BOUZADA , NICOLAS	MALE	ABSOLUTA-M		04:25:00	<b>04:25:23</b>	+01:50:42	11:04 min/Km
125	45	107	GARCIA GARCIA , SAMUEL	MALE	ABSOLUTA-M	GM MOSCÓN	04:25:08	<b>04:25:31</b>	+01:50:50	11:04 min/Km
126	11	41	BORRAJO CASTRO , SABELA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	04:26:44	<b>04:26:53</b>	+01:52:12	11:08 min/Km
127	12	241	PUHM , ANDREA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	04:27:41	<b>04:28:18</b>	+01:53:37	11:11 min/Km
128	67	31	ATTEMS , MAXIMILIAN	MALE	VET-M	INDEPENDIENTE	04:27:43	<b>04:28:19</b>	+01:53:38	11:11 min/Km
129	13	323	VICENTE VEIGA , SARA	FEMALE	ABSOLUTA-F		04:28:51	<b>04:29:04</b>	+01:54:23	11:13 min/Km
130	68	320	VELOSO MARTINEZ , IVAN	MALE	VET-M		04:31:13	<b>04:31:44</b>	+01:57:03	11:20 min/Km
131	69	166	LOPEZ MORAL , ALFREDO	MALE	VET-M	CIBUS RUNNING TEAM	04:32:14	<b>04:33:06</b>	+01:58:25	11:23 min/Km
132	70	109	GARCÍA MARTIÑÁ , ELADIO	MALE	VET-M	CLUB BOX 001 OURENSE RUN MANIAK	04:32:45	<b>04:33:06</b>	+01:58:25	11:23 min/Km

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133	71	234	PIO GONZALEZ , MIGUEL ANGEL	MALE	VET-M	CAZAFANTASMAS	04:34:43	<b>04:34:59</b>	+02:00:18	11:28 min/Km
134	46	35	BARREIRO GARCIA , JOSE RAMON	MALE	ABSOLUTA-M		04:34:37	<b>04:35:03</b>	+02:00:22	11:28 min/Km
135	72	207	ORTEGA CALDERÓN , JUAN LUIS	MALE	VET-M	FONDISTAS TOLEDANOS	04:36:35	<b>04:37:13</b>	+02:02:32	11:34 min/Km
136	73	164	LÓPEZ LÓPEZ , ELISEO	MALE	VET-M	CAV MONTAÑA	04:37:40	<b>04:38:24</b>	+02:03:43	11:36 min/Km
137	5	157	LEITON CUELLAR , MARIA JOSE	FEMALE	VET-F	FONDISTAS TOLEDANOS	04:38:43	<b>04:39:23</b>	+02:04:42	11:39 min/Km
138	47	105	GARCÍA GARCIA , JAVIER	MALE	ABSOLUTA-M	DEPORTES ML BLACK	04:39:00	<b>04:39:35</b>	+02:04:54	11:39 min/Km
139	74	43	BUSTO CUERVO , SERGIO	MALE	VET-M	DEPORTES ML BLACK	04:39:00	<b>04:39:36</b>	+02:04:55	11:39 min/Km
140	75	302	VAAMONDE CASALDERREY , ANTONIO	MALE	VET-M	INDEPENDIENTE	04:40:28	<b>04:41:03</b>	+02:06:22	11:43 min/Km
141	76	281	SANDOVAL LERA , GUILLERMO	MALE	VET-M	INDEPENDIENTE	04:40:48	<b>04:41:03</b>	+02:06:22	11:43 min/Km
142	77	284	SEARA ESTEVEZ , MANUEL	MALE	VET-M		04:40:45	<b>04:41:21</b>	+02:06:40	11:44 min/Km
143	14	254	RIVERA ARNAU , MARIA	FEMALE	ABSOLUTA-F	TOXIZA CLUBE DE MONTAÑA	04:41:33	<b>04:42:09</b>	+02:07:28	11:46 min/Km
144	78	229	PEREZ RODRIGUEZ , JOSE M	MALE	VET-M	XRY TREKKING RUNNERS	04:42:05	<b>04:42:09</b>	+02:07:28	11:46 min/Km
145	79	147	HERNANDEZ PEREIRA , IAGO	MALE	VET-M	INDEPENDIENTE	04:41:48	<b>04:42:20</b>	+02:07:39	11:46 min/Km
146	80	106	GARCIA GARCIA , MARCOS	MALE	VET-M	NOSPORTLIMIT	04:42:40	<b>04:43:29</b>	+02:08:48	11:49 min/Km
147	48	145	HERMIDA CARRASCO , ALBERTO JOSE	MALE	ABSOLUTA-M	ADC MONTE BREAMO	04:42:51	<b>04:43:36</b>	+02:08:55	11:49 min/Km
148	6	56	CASAL NANTES , MARIA	FEMALE	VET-F	CLUB DEPORTIVO PINARIUM	04:43:54	<b>04:44:33</b>	+02:09:52	11:52 min/Km
149	81	272	RODRÍGUEZ RODRÍGUEZ , JUAN CARLOS	MALE	VET-M	INDEPENDIENTE	04:44:27	<b>04:44:34</b>	+02:09:53	11:52 min/Km
150	49	252	RIVAS DE LA IGLESIA , IAGO	MALE	ABSOLUTA-M	COUTADAS TRAIL TEAM	04:44:47	<b>04:44:55</b>	+02:10:14	11:53 min/Km
151	82	160	LOMBARDIA MEANA , CHEMA	MALE	VET-M	CHANWAS	04:44:47	<b>04:45:05</b>	+02:10:24	11:53 min/Km
152	50	72	DE LA HOZ TERNERO , PABLO	MALE	ABSOLUTA-M	DEPORTES ML BLACK	04:44:29	<b>04:45:05</b>	+02:10:24	11:53 min/Km
153	83	74	DÍAZ CAMPOS , MARCELINO	MALE	VET-M	INDEPENDIENTE	04:47:01	<b>04:47:44</b>	+02:13:03	11:60 min/Km
154	84	325	VIDEIRA LOMBA , JOSE LUIS	MALE	VET-M	MORCEJ@S TEAM	04:47:33	<b>04:48:07</b>	+02:13:26	12:01 min/Km
155	15	81	DORADO ALVAREZ , LUCIA	FEMALE	ABSOLUTA-F	LOS GEMELOS	04:47:53	<b>04:48:07</b>	+02:13:26	12:01 min/Km
156	85	11	ALONSO RODRÍGUEZ , FRANCISCO JAVIER	MALE	VET-M	MORCEJ@S TEAM	04:47:34	<b>04:48:07</b>	+02:13:26	12:01 min/Km
157	86	256	RODRÍGUEZ , LUIS	MALE	VET-M	MORCEJ@S TEAM	04:47:33	<b>04:48:07</b>	+02:13:26	12:01 min/Km
158	87	287	SOBRINO ALFONSO , MARIO	MALE	VET-M	LOS GEMELOS	04:47:52	<b>04:48:07</b>	+02:13:26	12:01 min/Km
159	88	58	CASTRO NOVAS , MANUEL	MALE	VET-M	GTR - GALAICO TRAIL RUN	04:49:46	<b>04:50:11</b>	+02:15:30	12:06 min/Km
160	7	263	RODRIGUEZ FERNÁNDEZ , MARÍA LORENA	FEMALE	VET-F	RUNNING ALTAFIT ODEON	04:50:45	<b>04:51:30</b>	+02:16:49	12:09 min/Km
161	89	171	LÓPEZ-BELMONTE , JUAN FONSECA	MALE	VET-M		04:50:38	<b>04:51:32</b>	+02:16:51	12:09 min/Km
162	51	277	ROS MARTÍN , RAUL	MALE	ABSOLUTA-M		04:50:38	<b>04:51:33</b>	+02:16:52	12:09 min/Km
163	52	295	TELLETXEA BABARRO , EKAITZ	MALE	ABSOLUTA-M		04:50:39	<b>04:51:33</b>	+02:16:52	12:09 min/Km
164	1	117	GOBERNA COMESAÑA , MIGUEL ÁNGEL	MALE	NOCAT	INDEPENDIENTE	04:51:10	<b>04:52:02</b>	+02:17:21	12:11 min/Km
165	53	122	GÓMEZ ZAS , PABLO	MALE	ABSOLUTA-M	CAMISETASLUGO.COM	04:52:10	<b>04:52:56</b>	+02:18:15	12:13 min/Km



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166	8	174	MANZANO CERVANTES , MARISOL	FEMALE	VET-F	FONDISTAS TOLEDANOS	04:52:17	<b>04:52:57</b>	+02:18:16	12:13 min/Km
167	90	196	MOZO RODRÍGUEZ , DIEGO	MALE	VET-M		04:53:45	<b>04:54:05</b>	+02:19:24	12:16 min/Km
168	91	326	VIZÁN DE PABLO , JAVIER	MALE	VET-M	INDEPENDIENTE	04:53:46	<b>04:54:05</b>	+02:19:24	12:16 min/Km
169	92	124	GONZALEZ ALVAREZ , ESTEBAN	MALE	VET-M	LOS GEMELOS	04:54:03	<b>04:54:17</b>	+02:19:36	12:16 min/Km
170	9	19	ALVAREZ PEREZ , MONICA	FEMALE	VET-F	CLUB BOX 001 OURENSE RUN MANIAK	04:54:38	<b>04:54:55</b>	+02:20:14	12:18 min/Km
171	93	301	TRIGO , FELISINDO	MALE	VET-M	BOX001 OURENSE RUNMANIAK	04:54:40	<b>04:54:57</b>	+02:20:16	12:18 min/Km
172	10	18	ÁLVAREZ FERNÁNDEZ , MERCHE	FEMALE	VET-F	BOX001 OURENSE RUNMANIAK	04:55:23	<b>04:55:38</b>	+02:20:57	12:20 min/Km
173	94	276	ROMAN LOPEZ , JUAN IGNACIO	MALE	VET-M	FONDISTAS TOLEDANOS	04:56:25	<b>04:57:07</b>	+02:22:26	12:23 min/Km
174	16	114	GIL GOMEZ , EVA MARIA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO SALVATERRA	04:56:27	<b>04:57:18</b>	+02:22:37	12:24 min/Km
175	54	235	PIRES , LUCIANO	MALE	ABSOLUTA-M	MELGAÇO ALVARINHO TRAIL TEAM	04:56:27	<b>04:57:18</b>	+02:22:37	12:24 min/Km
176	55	156	LAREDO VARELA , IAGO	MALE	ABSOLUTA-M	BOX001 OURENSE RUNMANIAK	04:56:49	<b>04:57:23</b>	+02:22:42	12:24 min/Km
177	95	100	FRAGA PARADELA , ALEJANDRO	MALE	VET-M	BOX001 OURENSE RUNMANIAK	04:56:50	<b>04:57:24</b>	+02:22:43	12:24 min/Km
178	96	152	JIMENEZ MARTINEZ , MANUEL	MALE	VET-M	XRY TREKKING RUNNERS	04:58:10	<b>04:58:14</b>	+02:23:33	12:26 min/Km
179	97	265	RODRIGUEZ GOMEZ , JAVIER	MALE	VET-M	INDEPENDIENTE	04:58:11	<b>04:58:50</b>	+02:24:09	12:28 min/Km
180	11	225	PEREZ FONTENLA , BEGOÑA	FEMALE	VET-F	CAZAFANTASMAS	04:58:58	<b>04:59:13</b>	+02:24:32	12:29 min/Km
181	98	123	GONZALEZ , JESUS M	MALE	VET-M	XRY TREKKING RUNNERS	04:59:09	<b>04:59:13</b>	+02:24:32	12:29 min/Km
182	12	30	ARMENTAL ROO , ROSA	FEMALE	VET-F	AD JARNACHAS	05:00:18	<b>05:01:08</b>	+02:26:27	12:33 min/Km
183	99	232	PIÑEIRO GONZÁLEZ , MANUEL	MALE	VET-M	AD JARNACHAS	05:01:39	<b>05:02:30</b>	+02:27:49	12:37 min/Km
184	100	178	MARTINEZ FERNANDEZ , MIGUEL	MALE	VET-M	INDEPENDIENTE	05:02:50	<b>05:03:05</b>	+02:28:24	12:38 min/Km
185	101	242	PUJALES GONZÁLEZ , JUAN MANUEL	MALE	VET-M	COUTADAS TRAIL TEAM	05:03:01	<b>05:03:09</b>	+02:28:28	12:38 min/Km
186	102	4	AFONSO , MARCO	MALE	VET-M	MELGAÇO ALVARINHO TRAIL TEAM	05:02:24	<b>05:03:13</b>	+02:28:32	12:39 min/Km
187	103	116	GOBERNA COMESAÑA , MARCOS	MALE	VET-M	GTR TRAIL GALAICO RUN	05:03:40	<b>05:04:32</b>	+02:29:51	12:42 min/Km
188	56	308	VARELA AMIGO , JUAN JESÚS	MALE	ABSOLUTA-M	GTR-GALAICO TRAIL RUN	05:04:02	<b>05:04:32</b>	+02:29:51	12:42 min/Km
189	104	65	CORRALES CASTRO , JESUS ANGEL	MALE	VET-M	RUNNING OLEIROS	05:04:21	<b>05:05:00</b>	+02:30:19	12:43 min/Km
190	105	217	PAZ CARREIRA , JOSE MANUEL	MALE	VET-M		05:04:23	<b>05:05:00</b>	+02:30:19	12:43 min/Km
191	57	115	GINGA , JOEL JOSÉ	MALE	ABSOLUTA-M	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	05:06:24	<b>05:06:56</b>	+02:32:15	12:48 min/Km
192	106	13	ALVARELLOS CAMPOS , JOSÈ ANTONIO	MALE	VET-M	GTR - GALAICO TRAIL RUN	05:08:08	<b>05:08:32</b>	+02:33:51	12:52 min/Km
193	13	271	RODRÍGUEZ RIVERA , MÓNICA	FEMALE	VET-F	CM FORMIGUEIROS	05:10:28	<b>05:10:49</b>	+02:36:08	12:58 min/Km
194	58	182	MARTÍNEZ STEINGER , PEDRO	MALE	ABSOLUTA-M	INDEPENDIENTE	05:11:03	<b>05:11:41</b>	+02:37:00	12:60 min/Km
195	107	259	RODRIGUEZ COSTAS , JESUS	MALE	VET-M		05:12:22	<b>05:12:59</b>	+02:38:18	13:03 min/Km
196	17	22	AMADO FERNANDEZ , NOELIA	FEMALE	ABSOLUTA-F		05:12:21	<b>05:13:00</b>	+02:38:19	13:03 min/Km
197	59	214	PARDIÑAS GONZALEZ , MARCOS	MALE	ABSOLUTA-M	AD MONTEBRONDO	05:12:20	<b>05:13:00</b>	+02:38:19	13:03 min/Km
198	18	68	CURES RODRÍGUEZ , VERÓNICA MARIA	FEMALE	ABSOLUTA-F	DONWHIDO	05:12:20	<b>05:13:00</b>	+02:38:19	13:03 min/Km

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199	60	244	RAMOS MIRANDA , RUBEN	MALE	ABSOLUTA-M		05:12:23	<b>05:13:00</b>	+02:38:19	13:03 min/Km
200	14	175	MARGARETO NOYA , MERCEDES	FEMALE	VET-F	MONTEFARO TRAIL	05:13:19	<b>05:14:04</b>	+02:39:23	13:06 min/Km
201	15	52	CARNERO PÉREZ , MÓNICA	FEMALE	VET-F		05:14:11	<b>05:14:26</b>	+02:39:45	13:07 min/Km
202	108	140	GRAÑA BUGALLO , ALADINO	MALE	VET-M	LÓSTREGOS COIA	05:14:20	<b>05:15:02</b>	+02:40:21	13:08 min/Km
203	109	6	ALCAIDE FLORES , JOSE CARLOS	MALE	VET-M	C.D.A.ESPARTANOS DE TALAVERA DE LA REINA	05:14:20	<b>05:15:02</b>	+02:40:21	13:08 min/Km
204	16	130	GONZALEZ LOPEZ , BELEN	FEMALE	VET-F	BOX001 OURENSE RUNMANIAK	05:15:17	<b>05:15:31</b>	+02:40:50	13:09 min/Km
205	61	304	VALE GIZ , LUIS	MALE	ABSOLUTA-M	PEÑA LAR TRAIL	05:14:53	<b>05:15:33</b>	+02:40:52	13:09 min/Km
206	62	291	SUAREZ MARTINEZ , ROBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	05:17:18	<b>05:17:19</b>	+02:42:38	13:14 min/Km
207	110	274	RODRÍGUEZ VALIÑA , JAVIER	MALE	VET-M	NOSPORTLIMIT	05:17:37	<b>05:18:06</b>	+02:43:25	13:16 min/Km
208	111	50	CAPELO RIOS , MANUEL	MALE	VET-M	TRAILEROS DO SUR	05:18:27	<b>05:18:31</b>	+02:43:50	13:17 min/Km
209	17	82	EISERMANN CHAMOSO , CRISTINA	FEMALE	VET-F	KORPOREARENTEIRO TRAIL	05:18:23	<b>05:18:51</b>	+02:44:10	13:18 min/Km
210	18	71	DASILVA FERNANDEZ , OLGA	FEMALE	VET-F	TRAILRUNERS-LEBOREIRA	05:19:59	<b>05:20:10</b>	+02:45:29	13:21 min/Km
211	112	80	DOPICO LÓPEZ , DIEGO	MALE	VET-M		05:19:48	<b>05:20:13</b>	+02:45:32	13:21 min/Km
212	113	79	DOMÍNGUEZ VIEITES , RICARDO	MALE	VET-M	A.D.JARNACHAS	05:19:49	<b>05:20:13</b>	+02:45:32	13:21 min/Km
213	114	327	VLLLANUSTRE ABUIN , GERMAN	MALE	VET-M	SD BARBANTIA.RODA	05:21:41	<b>05:22:10</b>	+02:47:29	13:26 min/Km
214	63	253	RIVAS GONZÁLEZ , ANDRÉS	MALE	ABSOLUTA-M	PROFIT ENDURANCE AND PERFORMANCE	05:25:50	<b>05:26:01</b>	+02:51:20	13:36 min/Km
215	19	154	LAGO , VANESA	FEMALE	ABSOLUTA-F		05:27:06	<b>05:27:19</b>	+02:52:38	13:39 min/Km
216	115	69	DABARCA FIDALGO , FERNANDO	MALE	VET-M	FLORISTERÍA CARMEN SIO	05:27:06	<b>05:27:19</b>	+02:52:38	13:39 min/Km
217	116	8	ALONSO CONDE , JAVIER	MALE	VET-M	BEER RUNNERS VIGO	05:27:07	<b>05:27:19</b>	+02:52:38	13:39 min/Km
218	117	296	TELMO MIRANDA , JAVIER	MALE	VET-M	INDEPENDIENTE	05:28:39	<b>05:29:03</b>	+02:54:22	13:43 min/Km
219	118	119	GÓMEZ CHAN , JOSE	MALE	VET-M	AD JARNACHAS	05:35:06	<b>05:35:28</b>	+03:00:47	13:59 min/Km
220	119	329	YAÑEZ , MIGUEL	MALE	VET-M		05:35:14	<b>05:35:56</b>	+03:01:15	13:60 min/Km
221	64	288	SOTELO GOMEZ , JOSE ANTONIO	MALE	ABSOLUTA-M		05:35:14	<b>05:35:56</b>	+03:01:15	13:60 min/Km
222	19	190	MIRÁS LEBORÁN , SANDRA	FEMALE	VET-F	CORREDORES DO MIÑO	05:35:15	<b>05:35:56</b>	+03:01:15	13:60 min/Km
223	120	37	BELLO DE VALLE , FERNANDO	MALE	VET-M	INDEPENDIENTE	05:42:40	<b>05:43:29</b>	+03:08:48	14:19 min/Km
224	65	54	CARRO VÁZQUEZ , FRANCISCO	MALE	ABSOLUTA-M	GRUPO CUEVAS NOGUEIRA TRAIL	05:49:11	<b>05:49:30</b>	+03:14:49	14:34 min/Km
225	20	139	GOYANES MARTINEZ , SUSANA	FEMALE	VET-F	RUNNING OLEIROS	05:50:21	<b>05:51:00</b>	+03:16:19	14:38 min/Km
226	121	297	TENA MARTIN , JAVIER	MALE	VET-M	SPARTA TRAIL TEAM	05:56:03	<b>05:56:50</b>	+03:22:09	14:53 min/Km
227	21	25	AMEIJEIRAS CAIÑA , DORIS	FEMALE	VET-F	SPARTA TRAIL TEAM	05:56:02	<b>05:56:51</b>	+03:22:10	14:53 min/Km
228	22	179	MARTINEZ FRIGOLA , MAR	FEMALE	VET-F	NOSPORTLIMIT	06:08:29	<b>06:09:02</b>	+03:34:21	15:23 min/Km
229	122	318	VEIRA PERDOMO , MARCELO LUIS	MALE	VET-M	CC MESOIRO	06:08:16	<b>06:09:08</b>	+03:34:27	15:23 min/Km
230	23	91	FERNANDEZ FERNANDEZ , SUSANA	FEMALE	VET-F	FONDISTAS TOLEDANOS	06:10:24	<b>06:11:10</b>	+03:36:29	15:28 min/Km
231	123	42	BOTICA ARTALEJO , ARMANDO	MALE	VET-M	FONDISTAS TOLEDANOS	06:10:24	<b>06:11:10</b>	+03:36:29	15:28 min/Km



# IV TRAIL RIBEIRA SACRA 2019

## - GENERAL 24K -

13 OCTUBRE 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	NETO	OFICIAL	DIFF.	RITMO
232	24	319	VELO PICALLO , VANESSA	FEMALE	VET-F	NOSPORTLIMIT	06:12:11	<b>06:12:44</b>	+03:38:03	15:32 min/Km