

I TRAIL SAN ISIDRO -INDIVIDUAL-

21 FEBREIRO 2016

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	META	DIFF.1º	RITMO
1	1	1	RODRÍGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:01:16.553		04:43 min/Km
2	1	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:01:21.513	+00:00:04.960	04:44 min/Km
3	2	283	LORENZO BLANCO , CARLOS	MALE	SENIOR MAS	C.D. PORTOSIN	01:01:23.423	+00:00:06.870	04:44 min/Km
4	3	303	NOYA SUAREZ , DAVID	MALE	SENIOR MAS	INDEPENDIENTE	01:02:47.953	+00:01:31.400	04:50 min/Km
5	4	210	ARIAS ALVAREZ , HUGO	MALE	SENIOR MAS	CDM XESTEIRAS	01:04:27.823	+00:03:11.270	04:58 min/Km
6	5	213	ARUFE SANTAMARIA , JUAN	MALE	SENIOR MAS		01:05:36.263	+00:04:19.710	05:03 min/Km
7	6	333	RODRIGUEZ LOPEZ , GONZALO	MALE	SENIOR MAS	ASOCIACION DEPORTIVA C.A.R	01:05:50.353	+00:04:33.800	05:04 min/Km
8	7	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:07:35.683	+00:06:19.130	05:12 min/Km
9	8	361	VÁZQUEZ CAMIÑO , ANTÓN	MALE	SENIOR MAS	INDEPENDIENTE	01:08:42.393	+00:07:25.840	05:18 min/Km
10	1	214	BAAMONDE OTERO , ALBA	FEMALE	SENIOR FEM	COFFE TIMES NOIÉS	01:16:45.743	+00:15:29.190	05:55 min/Km
11	2	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:18:01.433	+00:16:44.880	06:01 min/Km
12	9	292	MARTÍNEZ COMESAÑA , LUIS ENRIQUE	MALE	SENIOR MAS	COUTADAS TRAIL TEAM	01:18:23.963	+00:17:07.410	06:02 min/Km
13	10	20	FIGUEIRA , TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:19:28.833	+00:18:12.280	06:07 min/Km
14	3	258	GARCÍA MARTÍNEZ , ANGEL	MALE	VETERANO MAS	NATURAL OUTDOOR	01:20:34.023	+00:19:17.470	06:12 min/Km
15	11	245	FERNÁNDEZ VIDAL , PORFIRIO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:20:42.363	+00:19:25.810	06:13 min/Km
16	12	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:20:50.213	+00:19:33.660	06:14 min/Km
17	13	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:21:08.433	+00:19:51.880	06:15 min/Km
18	14	329	RODRÍGUEZ FERNÁNDEZ , XOSEMARIA	MALE	SENIOR MAS	VAGALUME	01:21:21.853	+00:20:05.300	06:16 min/Km
19	15	286	LUSTRES SAMPEDRO , RICARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:21:49.173	+00:20:32.620	06:18 min/Km
20	16	220	BOUZAS VILAS , EMILIO	MALE	SENIOR MAS	INDEPENDIENTE	01:22:13.053	+00:20:56.500	06:20 min/Km
21	17	302	NIETO GONZÁLEZ , JOSE MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:22:26.203	+00:21:09.650	06:21 min/Km
22	18	251	FREIRE GARCÍA , JESÚS ÁNGEL	MALE	SENIOR MAS		01:22:28.693	+00:21:12.140	06:21 min/Km
23	19	330	RODRIGUEZ GARCIA , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:22:45.103	+00:21:28.550	06:22 min/Km
24	20	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:23:16.623	+00:22:00.070	06:25 min/Km
25	21	222	BRION BRION , OSCAR	MALE	SENIOR MAS		01:23:24.713	+00:22:08.160	06:25 min/Km
26	22	256	GARCÍA GARCÍA , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:23:32.603	+00:22:16.050	06:26 min/Km
27	23	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:23:45.283	+00:22:28.730	06:27 min/Km



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28	24	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:23:56.143	+00:22:39.590	06:28 min/Km
29	4	338	ROMERO OLVEIRA , JOSÉ MANUEL	MALE	VETERANO MAS	VETERANOS DE SAMIL/MANUEL T	01:23:59.463	+00:22:42.910	06:28 min/Km
30	25	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:24:21.273	+00:23:04.720	06:30 min/Km
31	26	273	GUILLÁN PAZOS , FRANCISCO JOSÉ	MALE	SENIOR MAS	ARTROGAL TRI-498	01:24:22.603	+00:23:06.050	06:30 min/Km
32	5	356	TOUCEDA ABELLEIRA , XOSE	MALE	VETERANO MAS	ATLETICO BERTAMIRANS	01:24:36.083	+00:23:19.530	06:31 min/Km
33	27	318	PUMARIÑO PÉREZ , AMADOR	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:25:03.433	+00:23:46.880	06:33 min/Km
34	28	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:25:40.703	+00:24:24.150	06:36 min/Km
35	29	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:25:46.263	+00:24:29.710	06:36 min/Km
36	2	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:25:57.383	+00:24:40.830	06:37 min/Km
37	30	241	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:26:22.223	+00:25:05.670	06:39 min/Km
38	31	211	ARIAS GARCIA , ALFONSO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:26:45.833	+00:25:29.280	06:41 min/Km
39	32	350	SUAREZ GIADAS , JAVIER	MALE	SENIOR MAS		01:27:01.873	+00:25:45.320	06:42 min/Km
40	6	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:27:11.893	+00:25:55.340	06:43 min/Km
41	1	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:27:35.653	+00:26:19.100	06:45 min/Km
42	33	364	VIDAL MARTÍNEZ , HÉCTOR	MALE	SENIOR MAS	CCCP DE RIBEIRA	01:27:41.973	+00:26:25.420	06:45 min/Km
43	34	323	REY BLANCO , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:27:49.883	+00:26:33.330	06:46 min/Km
44	35	319	QUEIRUGA TRIÑANES , SUSO	MALE	SENIOR MAS	INDEPENDIENTE	01:27:59.343	+00:26:42.790	06:47 min/Km
45	36	335	RODRÍGUEZ REY , CARLOS JESUS	MALE	SENIOR MAS	INDEPENDIENTE	01:28:07.793	+00:26:51.240	06:47 min/Km
46	7	4	BOO FARIÑA, SALVADOR	MALE	VETERANO MAS	INDEPENDIENTE	01:28:10.483	+00:26:53.930	06:47 min/Km
47	2	272	GROBAS GARABOA , MARÍA JOSÉ	FEMALE	VETERANO FEM	CLUBE ATLETISMO BOIMORTO	01:28:15.023	+00:26:58.470	06:48 min/Km
48	8	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:28:27.843	+00:27:11.290	06:49 min/Km
49	9	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:28:27.913	+00:27:11.360	06:49 min/Km
50	37	358	TUBIO DAVILA , JOSE	MALE	SENIOR MAS		01:28:38.003	+00:27:21.450	06:50 min/Km
51	10	93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:28:39.213	+00:27:22.660	06:50 min/Km
52	38	40	TARRÍO PÉREZ, HÉCTOR	MALE	SENIOR MAS	KENNEL DEN	01:28:41.983	+00:27:25.430	06:50 min/Km
53	39	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:28:47.423	+00:27:30.870	06:50 min/Km
54	40	288	MARIÑO GONZÁLEZ , DIEGO	MALE	SENIOR MAS	INDEPENDIENTE	01:29:25.703	+00:28:09.150	06:53 min/Km
55	41	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:29:27.383	+00:28:10.830	06:53 min/Km



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56	11	352	TABOADA MILLAN , CESAR	MALE	VETERANO MAS		01:29:30.053	+00:28:13.500	06:54 min/Km
57	42	203	ALBÁN SALGADO , ALBERTO	MALE	SENIOR MAS	C.D. PORTOSIN	01:29:31.043	+00:28:14.490	06:54 min/Km
58	43	230	CID SANMARTÍN , ROBERTO	MALE	SENIOR MAS	CLUB TRIATLÓN CORUÑA	01:29:38.143	+00:28:21.590	06:54 min/Km
59	44	101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS		01:29:49.313	+00:28:32.760	06:55 min/Km
60	45	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:29:51.513	+00:28:34.960	06:55 min/Km
61	46	226	CARBALLO MILLAN , IVAN	MALE	SENIOR MAS	INDEPENDIENTE	01:29:56.623	+00:28:40.070	06:56 min/Km
62	47	305	OROZCO PRIETO , XABIER	MALE	SENIOR MAS	C.D.PINARIUM	01:30:08.013	+00:28:51.460	06:57 min/Km
63	3	250	FORMOSO NOCEDA , TINA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:30:10.043	+00:28:53.490	06:57 min/Km
64	48	280	LADO FIGUEIRAS , ABEL	MALE	SENIOR MAS	INDEPENDIENTE	01:30:10.233	+00:28:53.680	06:57 min/Km
65	49	277	IGLESIAS BLANCO , ALBINO	MALE	SENIOR MAS	C.D. PINARIUM	01:30:11.873	+00:28:55.320	06:57 min/Km
66	50	274	GUTIERREZ ALEGRIA , JONATAN	MALE	SENIOR MAS	SD BARBANTIA RODA	01:30:16.403	+00:28:59.850	06:57 min/Km
67	51	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:30:27.663	+00:29:11.110	06:58 min/Km
68	52	217	BARREIRO SIMÓN , DANIEL	MALE	SENIOR MAS	C.D. PINARIUM	01:30:30.093	+00:29:13.540	06:58 min/Km
69	53	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:30:30.653	+00:29:14.100	06:58 min/Km
70	12	209	ARGIBAY PEREZ , JUAN ANTONIO	MALE	VETERANO MAS	SANTA UXIA ATLETISMO	01:30:33.543	+00:29:16.990	06:58 min/Km
71	13	325	RÍOS GIMÉNEZ , ADOLFO OMAR	MALE	VETERANO MAS	CLUBE ATLETISMO BOIMORTO	01:30:43.413	+00:29:26.860	06:59 min/Km
72	14	216	BALSA CES , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:30:50.523	+00:29:33.970	06:60 min/Km
73	15	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:31:08.823	+00:29:52.270	07:01 min/Km
74	54	236	CRUJEIRAS MIRANDA , ADRIAN	MALE	SENIOR MAS	CCCP DE RIBEIRA	01:31:16.463	+00:29:59.910	07:02 min/Km
75	55	205	ALVAREZ FERNANDEZ , IVAN	MALE	SENIOR MAS		01:31:22.493	+00:30:05.940	07:02 min/Km
76	16	84	LÓPEZ SÁNCHEZ, JAIME	MALE	VETERANO MAS	VIRXEN DA GUÍA	01:31:35.783	+00:30:19.230	07:03 min/Km
77	56	264	GONZALEZ ENRIQUEZ , HECTOR	MALE	SENIOR MAS	INDEPENDIENTE	01:31:37.223	+00:30:20.670	07:03 min/Km
78	57	239	ESTEVE LLORENS , XAVI	MALE	SENIOR MAS	INDEPENDIENTE	01:31:43.163	+00:30:26.610	07:04 min/Km
79	58	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:31:43.313	+00:30:26.760	07:04 min/Km
80	59	242	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:31:43.473	+00:30:26.920	07:04 min/Km
81	60	340	SARASQUETE FERNANDEZ , FRANCISCO	MALE	SENIOR MAS	CCCP RIVEIRA	01:31:50.843	+00:30:34.290	07:04 min/Km
82	61	343	SERRANO RECIO , DIEGO	MALE	SENIOR MAS	RACERS LEGION	01:31:56.093	+00:30:39.540	07:05 min/Km
83	62	297	MOLEDO ESTÉVEZ , DIEGO	MALE	SENIOR MAS	CLUB DEPORTIVO PINARIUM	01:31:58.163	+00:30:41.610	07:05 min/Km



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84	63	247	FERRÓN MOURE , ADRIÁN	MALE	SENIOR MAS		01:32:02.333	+00:30:45.780	07:05 min/Km
85	17	278	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO MAS		01:32:08.313	+00:30:51.760	07:06 min/Km
86	64	48	MARTINEZ FANDIÑO , ADRIAN	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:32:50.753	+00:31:34.200	07:09 min/Km
87	65	308	PAIS TRIGO , FRANCISCO	MALE	SENIOR MAS		01:32:57.883	+00:31:41.330	07:10 min/Km
88	66	30	VILAS PAZOS, MON	MALE	SENIOR MAS		01:33:01.903	+00:31:45.350	07:10 min/Km
89	18	259	GARCIA RODRÍGUEZ , JUAN	MALE	VETERANO MAS	INDEPENDIENTE	01:33:04.313	+00:31:47.760	07:10 min/Km
90	19	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:33:08.893	+00:31:52.340	07:10 min/Km
91	67	276	IGLESIAS AMORES , MIGUEL	MALE	SENIOR MAS	CLUB DEPORTIVO PINARIUM	01:33:32.413	+00:32:15.860	07:12 min/Km
92	68	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:33:36.193	+00:32:19.640	07:13 min/Km
93	69	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:33:37.833	+00:32:21.280	07:13 min/Km
94	70	339	SANMARCO JANEIRO , FABIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:33:42.303	+00:32:25.750	07:13 min/Km
95	71	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:33:48.063	+00:32:31.510	07:13 min/Km
96	72	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:33:56.443	+00:32:39.890	07:14 min/Km
97	73	296	MIGUENS GARCIA , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:34:08.083	+00:32:51.530	07:15 min/Km
98	20	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:34:15.263	+00:32:58.710	07:16 min/Km
99	21	347	SOMOZA GARCIA , FRANCISCO	MALE	VETERANO MAS		01:34:24.473	+00:33:07.920	07:16 min/Km
100	4	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:34:27.393	+00:33:10.840	07:16 min/Km
101	74	295	MERA RODRIGUEZ , BRUNO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:34:28.283	+00:33:11.730	07:17 min/Km
102	5	351	SUEIRO IGLESIAS , SOFÍA	FEMALE	SENIOR FEM	CLUB ATLESTIMO SAR-VERMÚ PET	01:34:36.793	+00:33:20.240	07:17 min/Km
103	75	301	MUÑIZ MUÑIZ , XOÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:34:40.143	+00:33:23.590	07:17 min/Km
104	76	349	SUAREZ BERMUDEZ , FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:34:41.153	+00:33:24.600	07:18 min/Km
105	22	91	PORTA RODEIRO, FRAN	MALE	VETERANO MAS		01:35:19.663	+00:34:03.110	07:20 min/Km
106	77	355	TORIBIO ACEBEDO , MARCOS	MALE	SENIOR MAS		01:35:39.473	+00:34:22.920	07:22 min/Km
107	78	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:35:57.603	+00:34:41.050	07:23 min/Km
108	79	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:36:06.693	+00:34:50.140	07:24 min/Km
109	80	362	VÁZQUEZ CAMIÑO , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:36:14.983	+00:34:58.430	07:25 min/Km
110	81	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:15.553	+00:34:59.000	07:25 min/Km
111	82	360	VÁZQUEZ BRAÑAS , JOSE	MALE	SENIOR MAS	INDEPENDIENTE	01:36:19.793	+00:35:03.240	07:25 min/Km



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112	83	317	PONTE PEREIRA , CARLOS EDMUNDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:20.023	+00:35:03.470	07:25 min/Km
113	84	279	IGLESIAS PARDO , TINO	MALE	SENIOR MAS	ATLETISMO MILLADOIRO	01:36:27.613	+00:35:11.060	07:26 min/Km
114	85	284	LORENZO MIRÓN , DANIEL	MALE	SENIOR MAS		01:36:31.343	+00:35:14.790	07:26 min/Km
115	86	60	BESADA WALDOMAR, ALEX	MALE	SENIOR MAS		01:36:33.993	+00:35:17.440	07:26 min/Km
116	87	331	RODRIGUEZ IGLESIAS , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:35.273	+00:35:18.720	07:26 min/Km
117	6	353	TATO MOSQUERA , IRENE	FEMALE	SENIOR FEM	MARZO SAÚDE	01:36:35.683	+00:35:19.130	07:26 min/Km
118	7	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:37:03.483	+00:35:46.930	07:28 min/Km
119	8	207	AMADO , BEA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:37:29.053	+00:36:12.500	07:30 min/Km
120	23	282	LOPEZ VAZQUEZ , JULIO CESAR	MALE	VETERANO MAS	CLUB ATLETISMO BOIMORTO	01:37:33.253	+00:36:16.700	07:31 min/Km
121	24	299	MORATINOS GARCÍA , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:37:33.743	+00:36:17.190	07:31 min/Km
122	88	336	RODRÍGUEZ SOUTO , JOSÉ ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:37:46.983	+00:36:30.430	07:32 min/Km
123	89	348	SOTELO CONDE , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:37:48.673	+00:36:32.120	07:32 min/Km
124	9	307	PADIN DOMINGUEZ , SILA	FEMALE	SENIOR FEM	CELTIC BOX	01:38:02.763	+00:36:46.210	07:33 min/Km
125	25	304	OLVEIRA MARTINEZ , FRANCISCO JOSE	MALE	VETERANO MAS	PAPA O CAN E NOSO	01:38:08.483	+00:36:51.930	07:33 min/Km
126	3	238	DEL RÍO MOSQUERA , ESTHER	FEMALE	VETERANO FEM		01:38:08.583	+00:36:52.030	07:33 min/Km
127	90	320	RECHOU AGUADO , HIPOLITO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:38:09.193	+00:36:52.640	07:34 min/Km
128	91	244	FERNÁNDEZ TRONCOSO , ADOLFO	MALE	SENIOR MAS	VIGOENTRENA	01:38:36.523	+00:37:19.970	07:36 min/Km
129	92	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:38:50.803	+00:37:34.250	07:37 min/Km
130	93	324	RIO FIGUEIRAS , MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:38:51.463	+00:37:34.910	07:37 min/Km
131	94	249	FLORES VAZQUEZ , IVAN	MALE	SENIOR MAS		01:38:53.443	+00:37:36.890	07:37 min/Km
132	10	341	SECO ABELLAS , EMMA	FEMALE	SENIOR FEM		01:39:08.923	+00:37:52.370	07:38 min/Km
133	95	313	PEREZ PATO , DAVID	MALE	SENIOR MAS		01:39:09.173	+00:37:52.620	07:38 min/Km
134	26	268	GONZALEZ PAZ , ANGEL JULIO	MALE	VETERANO MAS	VIRXE DA GUIA	01:39:48.163	+00:38:31.610	07:41 min/Km
135	96	314	PÉREZ PIÑEIRO , MANUEL	MALE	SENIOR MAS		01:39:58.563	+00:38:42.010	07:42 min/Km
136	27	96	PEREZ SUSAVILA, ANGEL	MALE	VETERANO MAS		01:40:38.203	+00:39:21.650	07:45 min/Km
137	97	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:40:47.793	+00:39:31.240	07:46 min/Km
138	28	248	FIGUEIRA MASSA , SANTIAGO	MALE	VETERANO MAS	INDEPENDIENTE	01:40:56.543	+00:39:39.990	07:46 min/Km
139	98	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:42:07.973	+00:40:51.420	07:52 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	META	DIFF.1º	RITMO
140	11	310	PENA MACEIRAS , MIRIAM	FEMALE	SENIOR FEM	INDEPENDIENTE	01:42:42.513	+00:41:25.960	07:55 min/Km
141	99	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:43:03.663	+00:41:47.110	07:56 min/Km
142	100	326	RIVAS POMBO , MARCELINO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:43:03.693	+00:41:47.140	07:56 min/Km
143	29	221	BRANDÓN VENOZZA , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:43:09.013	+00:41:52.460	07:57 min/Km
144	12	266	GONZÁLEZ FRAGA , PAULA	FEMALE	SENIOR FEM	CELTIC BOX	01:43:44.083	+00:42:27.530	07:59 min/Km
145	101	227	CARREIRA NODAR , JORGE	MALE	SENIOR MAS	CLUB DEPORTIVO SAN PAIO	01:44:17.523	+00:43:00.970	08:02 min/Km
146	102	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:44:56.463	+00:43:39.910	08:05 min/Km
147	13	289	MARIÑO REY , SILVIA	FEMALE	SENIOR FEM		01:45:07.743	+00:43:51.190	08:06 min/Km
148	103	212	ARIAS PAZ , NESTOR	MALE	SENIOR MAS	CLUB MONTEPENARUBIA LUGO	01:45:15.463	+00:43:58.910	08:06 min/Km
149	104	328	RODRIGUEZ ALVAREZ , JOSE ANGEL	MALE	SENIOR MAS	INDEPENDIENTE	01:45:28.573	+00:44:12.020	08:07 min/Km
150	30	290	MARIÑO SANTAMARIA , ANTONIO	MALE	VETERANO MAS	INDEPENDIENTE	01:45:29.623	+00:44:13.070	08:07 min/Km
151	105	315	PIÑEIRO VÁZQUEZ , JOSÉ VICENTE	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:46:31.583	+00:45:15.030	08:12 min/Km
152	106	231	COLLAZO BARBOSA , IVAN	MALE	SENIOR MAS	VIGOENTRENA	01:46:56.563	+00:45:40.010	08:14 min/Km
153	107	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	01:48:24.443	+00:47:07.890	08:21 min/Km
154	108	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:48:28.433	+00:47:11.880	08:21 min/Km
155	31	321	REGUEIRA BOO , JOSE	MALE	VETERANO MAS	ASOCIACION ATLETISMO E DEPOR	01:48:47.933	+00:47:31.380	08:23 min/Km
156	109	233	CRESPO LÓPEZ , NACHO	MALE	SENIOR MAS	CLUB ATLETISMO SADA MONTAÑA	01:50:13.973	+00:48:57.420	08:29 min/Km
157	14	79	TOMÉ CAO, VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:50:27.433	+00:49:10.880	08:30 min/Km
158	4	263	GOMEZ LODEIROS , SUSANA	FEMALE	VETERANO FEM	TARTARUGAS	01:50:41.673	+00:49:25.120	08:31 min/Km
159	5	311	PEÑA VILLAMIDE , PAZ	FEMALE	VETERANO FEM	TARTARUGAS	01:50:42.093	+00:49:25.540	08:31 min/Km
160	110	246	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	SENIOR MAS	TARTARUGAS	01:50:43.383	+00:49:26.830	08:32 min/Km
161	15	300	MOREIRA , ESTRELLA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:50:57.773	+00:49:41.220	08:33 min/Km
162	111	225	CARBALLA AREA , JACOBO	MALE	SENIOR MAS	INDEPENDIENTE	01:54:28.513	+00:53:11.960	08:49 min/Km
163	32	204	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO MAS	TARTARUGAS	01:55:18.103	+00:54:01.550	08:53 min/Km
164	112	232	CONS LAMAS , SANTIAGO	MALE	SENIOR MAS	TARTARUGAS	01:55:32.973	+00:54:16.420	08:54 min/Km
165	6	298	MONTAN DOMINGUEZ , MABEL	FEMALE	VETERANO FEM	INDEPENDIENTE	01:55:40.173	+00:54:23.620	08:54 min/Km
166	113	68	GONZALEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:57:54.213	+00:56:37.660	09:05 min/Km
167	114	5	BRENLLA FAJIN, SATIRO	MALE	SENIOR MAS	TARTARUGAS	01:58:06.573	+00:56:50.020	09:06 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEX	CATEGORIA	CLUB	META	DIFF.1º	RITMO
168	16	293	MARTINEZ SANCHEZ , NOELIA	FEMALE	SENIOR FEM	TARTARUGAS	01:58:06.793	+00:56:50.240	09:06 min/Km
169	17	21	FERNANDEZ RODRIGUEZ, BEGOÑA	FEMALE	SENIOR FEM	CLUB FONTES DO SAR	01:58:14.263	+00:56:57.710	09:06 min/Km
170	115	260	GENDRE FERNÁNDEZ , JAVIER	MALE	SENIOR MAS	TARTARUGAS	01:58:15.463	+00:56:58.910	09:06 min/Km
171	116	53	ABOY POTEL, JOSÉ	MALE	SENIOR MAS	CCCP	01:58:40.863	+00:57:24.310	09:08 min/Km
172	117	202	AGEITOS GUDE , HUMBERTO	MALE	SENIOR MAS		01:58:41.063	+00:57:24.510	09:08 min/Km
173	118	100	NOVO MARTÍNEZ, DAVID	MALE	SENIOR MAS	ARTROGAL TRI 498	01:58:41.253	+00:57:24.700	09:08 min/Km
174	18	270	GONZALEZ VALLES , CARMEN	FEMALE	SENIOR FEM	VIGOENTRENA	01:59:56.973	+00:58:40.420	09:14 min/Km
175	19	235	CRISPIN , EVA	FEMALE	SENIOR FEM	VIGOENTRENA	02:00:52.413	+00:59:35.860	09:18 min/Km
176	20	234	CRISPIN , BEATRIZ	FEMALE	SENIOR FEM	VIGOENTRENA	02:00:52.503	+00:59:35.950	09:18 min/Km

