

III TRAIL DAS BESTAS - MURAS - - GENERAL 14KM -

03 NOVIEMBRE 2019

CRONOMETRAXE

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | META | DIFF. | RITMO |
|------|--------|--------|---------------------------------|------|-----------|-----------------------------------|----------|-----------|--------------|
| 1 | 1 | 325 | MARTÍNEZ RODIL , DAVID MANUEL | MALE | SENIOR-M | CLUB ATLETISMO LOURENZÁ | 01:08:29 | | 04:54 min/Km |
| 2 | 2 | 250 | FEIJOO FERREIRO , DANIEL | MALE | SENIOR-M | TRIEUME AS PONTES | 01:09:59 | +00:01:30 | 04:60 min/Km |
| 3 | 3 | 376 | RUIZ BREIJO , DIEGO | MALE | SENIOR-M | CLUB ATLETISMO SADA MONTAÑA | 01:12:16 | +00:03:47 | 05:10 min/Km |
| 4 | 4 | 335 | MONTEAGUDO RODRIGUEZ , SERGIO | MALE | SENIOR-M | TRAILEROS TOXOS&BIRRAS | 01:13:20 | +00:04:51 | 05:15 min/Km |
| 5 | 5 | 337 | NAVEIRAS ROUCO , CARLOS | MALE | SENIOR-M | CAV MONTAÑA | 01:13:46 | +00:05:17 | 05:17 min/Km |
| 6 | 6 | 254 | FERNÁNDEZ FORNOS , JUAN | MALE | SENIOR-M | MANDEO MONTAÑA | 01:13:47 | +00:05:18 | 05:17 min/Km |
| 7 | 7 | 382 | SANTIAGO VILLAR , JOSE | MALE | SENIOR-M | OS CORZOS DO ORTEGAL | 01:13:51 | +00:05:22 | 05:17 min/Km |
| 8 | 1 | 207 | ARCA CANTO , JESÚS | MALE | VETERAN-M | CLUB DE MONTAÑA PEÑA LAR | 01:14:18 | +00:05:49 | 05:19 min/Km |
| 9 | 8 | 295 | GUERREIRO ESCOURIDO , DAVID | MALE | SENIOR-M | | 01:14:53 | +00:06:24 | 05:21 min/Km |
| 10 | 9 | 393 | TOSAR ASOREY , FRANCISCO | MALE | SENIOR-M | | 01:16:34 | +00:08:05 | 05:29 min/Km |
| 11 | 10 | 352 | PEREIRA GUTIÉRREZ , EMILIO JOSÉ | MALE | SENIOR-M | TRIBU TRAIL | 01:16:46 | +00:08:17 | 05:29 min/Km |
| 12 | 11 | 286 | GOMEZ VAAMONDE , DANIEL | MALE | SENIOR-M | | 01:16:48 | +00:08:19 | 05:30 min/Km |
| 13 | 12 | 260 | FERNANDEZ RAMOS , ALEJANDRO | MALE | SENIOR-M | TRAILEROS TOXOS&BIRRAS | 01:17:59 | +00:09:30 | 05:35 min/Km |
| 14 | 13 | 349 | PAZ VEIGA , DARIO | MALE | SENIOR-M | | 01:18:16 | +00:09:47 | 05:36 min/Km |
| 15 | 2 | 292 | GONZALEZ RODRIGUEZ , FERNANDO | MALE | VETERAN-M | | 01:18:29 | +00:10:00 | 05:37 min/Km |
| 16 | 14 | 214 | BARRIO VILAR , PABLO | MALE | SENIOR-M | CLUB ATLETISMO FENE | 01:18:33 | +00:10:04 | 05:37 min/Km |
| 17 | 15 | 243 | DELTORO SABATER , BRUNO | MALE | SENIOR-M | TRAIL VILLAR CAJA RURAL | 01:18:49 | +00:10:20 | 05:38 min/Km |
| 18 | 3 | 346 | PARDO CAMPELLO , PLACIDO | MALE | VETERAN-M | CLUB CICLISTA TERRACHA VILLALBA | 01:19:01 | +00:10:32 | 05:39 min/Km |
| 19 | 16 | 215 | BARRO , IAGO | MALE | SENIOR-M | | 01:19:08 | +00:10:39 | 05:40 min/Km |
| 20 | 4 | 356 | PÉREZ FERREIRO , MANUEL | MALE | VETERAN-M | | 01:19:40 | +00:11:11 | 05:42 min/Km |
| 21 | 17 | 375 | ROUCO PENABAD , JOSE ANTONIO | MALE | SENIOR-M | CLUB ATLETISMO VILALBA | 01:20:15 | +00:11:46 | 05:44 min/Km |
| 22 | 18 | 225 | CAÑIZARES SANCHEZ , ANGEL | MALE | SENIOR-M | CLUB DE MONTAÑA O CAXADO | 01:20:29 | +00:12:00 | 05:45 min/Km |
| 23 | 19 | 221 | CABARCOS ROUCO , MIGUEL | MALE | SENIOR-M | AD NÁUTICO NARÓN | 01:22:24 | +00:13:55 | 05:54 min/Km |
| 24 | 20 | 299 | IGLESIAS BERMÚDEZ , IVÁN | MALE | SENIOR-M | | 01:23:10 | +00:14:41 | 05:57 min/Km |
| 25 | 21 | 280 | GARCÍA RICART , MIGUEL | MALE | SENIOR-M | | 01:24:40 | +00:16:11 | 06:03 min/Km |
| 26 | 5 | 227 | CARBALLES FERREIRO , XOSE XESUS | MALE | VETERAN-M | CLUB FLUVIAL DE LUGO MONTE SEGADE | 01:24:41 | +00:16:12 | 06:03 min/Km |
| 27 | 22 | 289 | GONZALEZ FRAGA , OSCAR | MALE | SENIOR-M | PEÑA LAR | 01:24:43 | +00:16:14 | 06:04 min/Km |
| 28 | 6 | 285 | GOMEZ PEREZ , ABELARDO | MALE | VETERAN-M | GRUPO INTAF | 01:24:45 | +00:16:16 | 06:04 min/Km |
| 29 | 7 | 406 | YAÑEZ LAMAS , JUAN CARLOS | MALE | VETERAN-M | VERXEL NUTRICIÓN DEPORTIVA | 01:25:07 | +00:16:38 | 06:05 min/Km |
| 30 | 23 | 301 | ILLANES NAVEIRA , ABEL | MALE | SENIOR-M | | 01:25:10 | +00:16:41 | 06:05 min/Km |
| 31 | 24 | 327 | MASEDA LOPEZ , ARMANDO | MALE | SENIOR-M | | 01:25:19 | +00:16:50 | 06:06 min/Km |

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|------|--------|--------|---------------------------------|--------|-----------|---------------------------|----------|-----------|--------------|
| 32 | 25 | 249 | ESTEIRO MARTÍNEZ , INACIO | MALE | SENIOR-M | A.M.E. BESTARRUZA | 01:25:31 | +00:17:02 | 06:07 min/Km |
| 33 | 26 | 317 | LOUREIRO DÍAZ , MARCOS | MALE | SENIOR-M | CCA RÍA DE FOZ | 01:26:02 | +00:17:33 | 06:09 min/Km |
| 34 | 27 | 228 | CARNOTA MENDEZ , RAMÓN | MALE | SENIOR-M | NOSPORTLIMIT | 01:26:51 | +00:18:22 | 06:13 min/Km |
| 35 | 28 | 240 | CORRAL BAHAMONDE , ALBERTO | MALE | SENIOR-M | AD NÁUTICO NARÓN | 01:27:01 | +00:18:32 | 06:13 min/Km |
| 36 | 29 | 353 | PÉREZ CORRAL , ABEL | MALE | SENIOR-M | TRIEUME AS PONTES | 01:27:13 | +00:18:44 | 06:14 min/Km |
| 36 | 29 | 354 | PÉREZ CORRAL , AMANCIO | MALE | SENIOR-M | TRIEUME AS PONTES | 01:27:13 | +00:18:44 | 06:14 min/Km |
| 38 | 31 | 279 | GARCÍA RIAL , FRANCISCO | MALE | SENIOR-M | | 01:27:19 | +00:18:50 | 06:15 min/Km |
| 39 | 1 | 363 | REIMONDO GASALLA , ROMINA | FEMALE | SENIOR-F | PRAIAS DE BARREIROS C.D. | 01:27:19 | +00:18:50 | 06:15 min/Km |
| 40 | 32 | 245 | DIAZ DIAZ , JOSE LUIS | MALE | SENIOR-M | | 01:27:26 | +00:18:57 | 06:15 min/Km |
| 41 | 8 | 224 | CANDIA DURÁN , FRANCISCO XOSÉ | MALE | VETERAN-M | CAMPUS TERRA DA USC | 01:27:52 | +00:19:23 | 06:17 min/Km |
| 42 | 33 | 320 | MARIÑO SANCHEZ , ALBERTO | MALE | SENIOR-M | | 01:29:42 | +00:21:13 | 06:25 min/Km |
| 43 | 34 | 387 | SIMÓN MARTÍNEZ , HÉCTOR | MALE | SENIOR-M | NOSPORTLIMIT | 01:29:58 | +00:21:29 | 06:26 min/Km |
| 44 | 35 | 397 | VALLEDOR FERNÁNDEZ , ADLAN | MALE | SENIOR-M | LA OPTICA VIVEIRO | 01:30:02 | +00:21:33 | 06:26 min/Km |
| 45 | 36 | 238 | COBA MARTINEZ , SANTIAGO | MALE | SENIOR-M | NOETRAINERS FERROL | 01:30:06 | +00:21:37 | 06:27 min/Km |
| 46 | 37 | 210 | ARIAS CASTRO , MIGUEL ÁNGEL | MALE | SENIOR-M | RUNNING ALTAFIT ODEON | 01:30:43 | +00:22:14 | 06:29 min/Km |
| 47 | 9 | 359 | PREGO MOSQUERA , FERNANDO | MALE | VETERAN-M | LUME VALYRIO | 01:30:51 | +00:22:22 | 06:30 min/Km |
| 48 | 38 | 309 | LÓPEZ GARCÍA , ALBERTO | MALE | SENIOR-M | | 01:30:56 | +00:22:27 | 06:30 min/Km |
| 49 | 39 | 290 | GONZALEZ GARCIA , CARLOS | MALE | SENIOR-M | | 01:31:05 | +00:22:36 | 06:31 min/Km |
| 50 | 40 | 217 | BUDIÑO SILVA , NOÉ | MALE | SENIOR-M | | 01:31:19 | +00:22:50 | 06:32 min/Km |
| 51 | 10 | 398 | VARELA LAMIGUEIRO , JOSÉ MIGUEL | MALE | VETERAN-M | OLYMPO MATOJOMA AS PONTES | 01:31:20 | +00:22:51 | 06:32 min/Km |
| 52 | 11 | 388 | SOLÉ MUÑOZ , JOAN | MALE | VETERAN-M | | 01:31:22 | +00:22:53 | 06:32 min/Km |
| 53 | 2 | 344 | OTERO FERNÁNDEZ , BELÉN | FEMALE | SENIOR-F | | 01:31:27 | +00:22:58 | 06:32 min/Km |
| 54 | 41 | 247 | DIAZ RAMUDO , JUAN | MALE | SENIOR-M | KURAI | 01:31:46 | +00:23:17 | 06:34 min/Km |
| 55 | 3 | 378 | SALGADO , MAITE | FEMALE | SENIOR-F | TRAILEROS TOXOS&BIRRAS | 01:31:54 | +00:23:25 | 06:34 min/Km |
| 56 | 42 | 402 | VIDAL MENDEZ , JAVIER | MALE | SENIOR-M | | 01:31:55 | +00:23:26 | 06:34 min/Km |
| 57 | 43 | 321 | MARRUBE RODRIGUEZ , IVAN | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:31:58 | +00:23:29 | 06:35 min/Km |
| 58 | 44 | 229 | CARREIRAS CUADRADO , JAVIER | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:31:58 | +00:23:29 | 06:35 min/Km |
| 59 | 45 | 379 | SANDOMINGO LOPEZ , MANUEL | MALE | SENIOR-M | | 01:32:20 | +00:23:51 | 06:36 min/Km |
| 60 | 4 | 220 | CABARCOS BARRO , LAURA | FEMALE | SENIOR-F | AD NÁUTICO NARÓN | 01:32:29 | +00:24:00 | 06:37 min/Km |
| 61 | 12 | 385 | SERVÍA CASTRO , LECY | MALE | VETERAN-M | | 01:32:46 | +00:24:17 | 06:38 min/Km |
| 62 | 46 | 216 | BOUZA ARIAS , MANUEL | MALE | SENIOR-M | OLYMPO MATOJOMA AS PONTES | 01:32:49 | +00:24:20 | 06:38 min/Km |

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|------|--------|--------|------------------------------------|--------|-----------|-----------------------------------|----------|-----------|--------------|
| 63 | 47 | 268 | FIAÑO VALES , ÓSCAR | MALE | SENIOR-M | | 01:32:54 | +00:24:25 | 06:39 min/Km |
| 64 | 48 | 287 | GONZÁLEZ COBO , FÉLIX | MALE | SENIOR-M | C.A.R. RUETA | 01:33:48 | +00:25:19 | 06:42 min/Km |
| 65 | 49 | 364 | REQUEIJO ARNEJO , MANUEL | MALE | SENIOR-M | | 01:33:54 | +00:25:25 | 06:43 min/Km |
| 66 | 50 | 203 | ABELLEIRA CASTRO , JESÚS | MALE | SENIOR-M | XABATOS | 01:33:57 | +00:25:28 | 06:43 min/Km |
| 67 | 13 | 302 | LANDERAS VAZQUEZ , RAFAEL | MALE | VETERAN-M | CORREDORES POPULARES DE LA ARMADA | 01:34:40 | +00:26:11 | 06:46 min/Km |
| 68 | 51 | 316 | LORENZO RIVERO , BRUNO | MALE | SENIOR-M | | 01:35:03 | +00:26:34 | 06:48 min/Km |
| 69 | 52 | 288 | GONZALEZ FRAGA , BORJA | MALE | SENIOR-M | | 01:35:04 | +00:26:35 | 06:48 min/Km |
| 70 | 53 | 355 | PEREZ CUESTA , RUFINO | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:35:06 | +00:26:37 | 06:48 min/Km |
| 71 | 54 | 405 | YÁÑEZ COBELO , ALBERTO | MALE | SENIOR-M | | 01:35:08 | +00:26:39 | 06:48 min/Km |
| 72 | 55 | 403 | VIÑA REMUIÑÁN , MANU | MALE | SENIOR-M | | 01:35:09 | +00:26:40 | 06:48 min/Km |
| 73 | 56 | 307 | LÓPEZ CAGIAO , ROBER(HEAVY) | MALE | SENIOR-M | CLUB ATLETISMO SADA MONTAÑA | 01:35:19 | +00:26:50 | 06:49 min/Km |
| 74 | 5 | 237 | CHAO RAMIL , SANDRA | FEMALE | SENIOR-F | | 01:35:25 | +00:26:56 | 06:49 min/Km |
| 75 | 57 | 305 | LÓPEZ AIRES , ISMAEL | MALE | SENIOR-M | | 01:35:43 | +00:27:14 | 06:51 min/Km |
| 76 | 6 | 273 | GARCA PIÑEIRO , MARTA | FEMALE | SENIOR-F | | 01:36:21 | +00:27:52 | 06:53 min/Km |
| 77 | 58 | 384 | SERRANO NEIRA , LUIS | MALE | SENIOR-M | | 01:36:33 | +00:28:04 | 06:54 min/Km |
| 78 | 7 | 329 | MÉNDEZ PÉREZ , SONIA | FEMALE | SENIOR-F | | 01:37:05 | +00:28:36 | 06:57 min/Km |
| 79 | 59 | 206 | ALONSO DOVALE , IÑAKI | MALE | SENIOR-M | | 01:37:30 | +00:29:01 | 06:58 min/Km |
| 80 | 8 | 205 | ALFONSO MARQUÉS , NOELIA | FEMALE | SENIOR-F | | 01:37:31 | +00:29:02 | 06:58 min/Km |
| 81 | 60 | 284 | GÓMEZ CABRAL , JORGE | MALE | SENIOR-M | | 01:37:36 | +00:29:07 | 06:59 min/Km |
| 82 | 61 | 324 | MARTINEZ PEREZ , EMILIO | MALE | SENIOR-M | ACADEMIA JMRIVAS | 01:37:56 | +00:29:27 | 06:60 min/Km |
| 83 | 14 | 134 | FERNANDEZ DOCASAR , ADOLFO | MALE | VETERAN-M | RUNNING SPORT TRAIL OURENSE | 01:38:10 | +00:29:41 | 07:01 min/Km |
| 84 | 62 | 368 | RÍOS LÓPEZ , HÉCTOR | MALE | SENIOR-M | | 01:38:13 | +00:29:44 | 07:01 min/Km |
| 85 | 63 | 259 | FERNÁNDEZ PRIETO , PEDRO | MALE | SENIOR-M | CLUB DE MONTAÑA PEÑA LAR | 01:38:45 | +00:30:16 | 07:04 min/Km |
| 86 | 9 | 236 | CHAO RAMIL , CRISTINA | FEMALE | SENIOR-F | | 01:39:26 | +00:30:57 | 07:07 min/Km |
| 87 | 10 | 386 | SIMÓN MARTÍNEZ , AMIRA | FEMALE | SENIOR-F | NOSPORTLIMIT | 01:39:47 | +00:31:18 | 07:08 min/Km |
| 88 | 64 | 248 | DONIS COCIÑA , PABLO | MALE | SENIOR-M | | 01:40:10 | +00:31:41 | 07:10 min/Km |
| 89 | 15 | 251 | FERNANDEZ ALVAREZ , KIKE | MALE | VETERAN-M | CLUB DE MONTAÑA O CAXADO | 01:40:34 | +00:32:05 | 07:11 min/Km |
| 90 | 65 | 266 | FERREIRO FERNANDEZ , JOSÉ MANUEL | MALE | SENIOR-M | | 01:40:34 | +00:32:05 | 07:11 min/Km |
| 91 | 66 | 310 | LOPEZ GONZALEZ , MANUEL VICENTE | MALE | SENIOR-M | CLUB DE MONTAÑA PEÑA LAR | 01:40:41 | +00:32:12 | 07:12 min/Km |
| 92 | 67 | 276 | GARCIA CORTIZAS , CARLOS | MALE | SENIOR-M | | 01:40:47 | +00:32:18 | 07:12 min/Km |
| 93 | 16 | 265 | FERNÁNDEZ VILLAMARÍN , JOSÉ MANUEL | MALE | VETERAN-M | | 01:40:47 | +00:32:18 | 07:12 min/Km |

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|------|--------|--------|------------------------------------|--------|-----------|---------------------------|----------|-----------|--------------|
| 94 | 11 | 235 | CHAO GIRÁLDEZ , ELISA | FEMALE | SENIOR-F | CLUB DE MONTAÑA O CAXADO | 01:41:12 | +00:32:43 | 07:14 min/Km |
| 95 | 68 | 313 | LÓPEZ RODRÍGUEZ , MARKOS | MALE | SENIOR-M | | 01:41:14 | +00:32:45 | 07:14 min/Km |
| 96 | 69 | 258 | FERNÁNDEZ PERNAS , ORLANDO | MALE | SENIOR-M | | 01:41:50 | +00:33:21 | 07:17 min/Km |
| 97 | 12 | 231 | CASAS , BANESA | FEMALE | SENIOR-F | TOXIZA CLUBE DE MONTAÑA | 01:41:58 | +00:33:29 | 07:17 min/Km |
| 98 | 13 | 219 | CABALLERO , LIZA | FEMALE | SENIOR-F | NÁUTICA NARON | 01:42:20 | +00:33:51 | 07:19 min/Km |
| 99 | 70 | 323 | MARTINEZ PENA , ANGEL MANUEL | MALE | SENIOR-M | | 01:42:57 | +00:34:28 | 07:22 min/Km |
| 100 | 17 | 226 | CANOURA EIJO , BENIGNO | MALE | VETERAN-M | XOVE COSTA TRAIL | 01:43:25 | +00:34:56 | 07:24 min/Km |
| 101 | 18 | 358 | PORTO LOPEZ , JUAN CARLOS | MALE | VETERAN-M | KOMANDO MANTECA | 01:43:25 | +00:34:56 | 07:24 min/Km |
| 102 | 19 | 319 | MARCOS GOMEZ , MIGUEL ANGEL | MALE | VETERAN-M | CLUB MONTEPENARUBIA LUGO | 01:43:35 | +00:35:06 | 07:24 min/Km |
| 103 | 71 | 370 | RODRÍGUEZ ACEVEDO , MANUEL | MALE | SENIOR-M | XABATOS | 01:43:58 | +00:35:29 | 07:26 min/Km |
| 104 | 72 | 377 | SAAVEDRA NAVEIRA , EDGAR | MALE | SENIOR-M | | 01:43:58 | +00:35:29 | 07:26 min/Km |
| 105 | 1 | 401 | VEIGAS LÓPEZ , SONIA | FEMALE | VETERAN-F | INDEPENDIENTE XABATOS | 01:44:24 | +00:35:55 | 07:28 min/Km |
| 106 | 2 | 246 | DÍAZ PÉREZ , NURIA | FEMALE | VETERAN-F | OLYMPO MATOJOMA AS PONTES | 01:44:48 | +00:36:19 | 07:30 min/Km |
| 107 | 14 | 373 | RODRÍGUEZ FERNÁNDEZ , LORENA | FEMALE | SENIOR-F | RUNNING ALTAFIT ODEON | 01:45:16 | +00:36:47 | 07:32 min/Km |
| 108 | 73 | 212 | ARMESTO FERRÍN , DAVIS | MALE | SENIOR-M | | 01:45:35 | +00:37:06 | 07:33 min/Km |
| 109 | 74 | 334 | MIRA ROSENDE , BENEDICTO ANTONIO | MALE | SENIOR-M | | 01:46:18 | +00:37:49 | 07:36 min/Km |
| 110 | 75 | 234 | CHAO COCIÑA , FELIPE | MALE | SENIOR-M | | 01:46:25 | +00:37:56 | 07:37 min/Km |
| 111 | 76 | 170 | RAMOS ALONSO , VICTOR MANUEL | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:46:54 | +00:38:25 | 07:39 min/Km |
| 112 | 3 | 389 | SOUTO SILVA , MARIA JOSE | FEMALE | VETERAN-F | CAV MONTAÑA | 01:47:27 | +00:38:58 | 07:41 min/Km |
| 113 | 20 | 357 | PERNAS ROMERO , MARCIAL | MALE | VETERAN-M | CLUB DE MONTAÑA PEÑA LAR | 01:47:28 | +00:38:59 | 07:41 min/Km |
| 114 | 77 | 315 | LORENZO , JUAN | MALE | SENIOR-M | | 01:47:37 | +00:39:08 | 07:42 min/Km |
| 115 | 15 | 331 | MIGUEZ CHAO , RAQUEL | FEMALE | SENIOR-F | PEÑA LAR | 01:48:04 | +00:39:35 | 07:44 min/Km |
| 116 | 78 | 252 | FERNÁNDEZ CARBALLEIRA , ADRIAN | MALE | SENIOR-M | | 01:49:07 | +00:40:38 | 07:48 min/Km |
| 117 | 21 | 211 | ARIAS PAZ , NESTOR | MALE | VETERAN-M | CLUB MONTEPENARUBIA LUGO | 01:49:30 | +00:41:01 | 07:50 min/Km |
| 118 | 79 | 381 | SANTIAGO PAIS , DANIEL | MALE | SENIOR-M | | 01:49:49 | +00:41:20 | 07:51 min/Km |
| 119 | 80 | 333 | MIRA MARTINEZ , OSCAR JESUS | MALE | SENIOR-M | | 01:50:03 | +00:41:34 | 07:52 min/Km |
| 120 | 81 | 367 | REY RAMOS , ANGEL | MALE | SENIOR-M | CLUB DE MONTAÑA PEÑA LAR | 01:50:23 | +00:41:54 | 07:54 min/Km |
| 121 | 22 | 391 | TORALROMERO , EMILIO | MALE | VETERAN-M | PEÑA LAR | 01:50:23 | +00:41:54 | 07:54 min/Km |
| 122 | 4 | 296 | GUISASOLA ESCUDERO , MARÍA MANUELA | FEMALE | VETERAN-F | PEÑA LAR | 01:50:24 | +00:41:55 | 07:54 min/Km |
| 123 | 23 | 277 | GARCIA FERREIRA , TINO | MALE | VETERAN-M | PASA OU ENTORNA | 01:50:40 | +00:42:11 | 07:55 min/Km |
| 124 | 16 | 239 | COLLAZO COSTA , INMA | FEMALE | SENIOR-F | | 01:51:03 | +00:42:34 | 07:56 min/Km |

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|------|--------|--------|-------------------------------------|--------|-----------|-----------------------------|----------|-----------|--------------|
| 125 | 82 | 223 | CAINZOS CAGIAO , DAVID | MALE | SENIOR-M | SEMOS OU NON?! | 01:52:26 | +00:43:57 | 08:02 min/Km |
| 126 | 83 | 281 | GARCÍA SAS , JUAN JOSE | MALE | SENIOR-M | | 01:52:26 | +00:43:57 | 08:02 min/Km |
| 127 | 84 | 396 | VALE GIZ , LUIS | MALE | SENIOR-M | CLUB DE MONTAÑA PEÑA LAR | 01:52:54 | +00:44:25 | 08:04 min/Km |
| 128 | 85 | 230 | CARRERA PÉREZ , ISAAC | MALE | SENIOR-M | | 01:53:34 | +00:45:05 | 08:07 min/Km |
| 129 | 86 | 369 | RIVIERA SANTOS , LUIS | MALE | SENIOR-M | PEÑA LAR | 01:53:43 | +00:45:14 | 08:08 min/Km |
| 130 | 87 | 298 | HERMIDA , DAVID | MALE | SENIOR-M | | 01:53:43 | +00:45:14 | 08:08 min/Km |
| 131 | 88 | 274 | GARCIA BERMUDEZ , ALBERTO | MALE | SENIOR-M | | 01:53:43 | +00:45:14 | 08:08 min/Km |
| 132 | 17 | 232 | CASTELAO GARCÍA , ESTÍBALIZ | FEMALE | SENIOR-F | MULLER EN FORMA | 01:54:12 | +00:45:43 | 08:10 min/Km |
| 133 | 89 | 343 | OSEIRA MORÁN , ANDRÉS | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:54:50 | +00:46:21 | 08:13 min/Km |
| 134 | 5 | 371 | RODRÍGUEZ CASERO , PALOMA | FEMALE | VETERAN-F | | 01:55:03 | +00:46:34 | 08:14 min/Km |
| 135 | 18 | 332 | MIGUEZ PEDREIRA , MARIA CARMEN | FEMALE | SENIOR-F | TOXIZA CLUBE DE MONTAÑA | 01:55:14 | +00:46:45 | 08:14 min/Km |
| 136 | 90 | 336 | MUIÑO GARCIA , PABLO | MALE | SENIOR-M | | 01:55:21 | +00:46:52 | 08:15 min/Km |
| 137 | 19 | 261 | FERNANDEZ RODRIGUEZ , CAROLINA | FEMALE | SENIOR-F | | 01:55:21 | +00:46:52 | 08:15 min/Km |
| 138 | 6 | 272 | GALLEGO VILLASENÍN , COVADONGA | FEMALE | VETERAN-F | CLUB ATLETISMO SADA MONTAÑA | 01:55:31 | +00:47:02 | 08:16 min/Km |
| 139 | 24 | 395 | VALDES PORTO , JORGE | MALE | VETERAN-M | | 01:55:32 | +00:47:03 | 08:16 min/Km |
| 140 | 91 | 339 | NIÑE , JAVIER | MALE | SENIOR-M | TOXIZA CLUBE DE MONTAÑA | 01:55:32 | +00:47:03 | 08:16 min/Km |
| 141 | 25 | 283 | GÓMEZ ÁLVAREZ , MIKI | MALE | VETERAN-M | | 01:56:20 | +00:47:51 | 08:19 min/Km |
| 142 | 20 | 399 | VARELA MATO , MARGARITA | FEMALE | SENIOR-F | | 01:56:37 | +00:48:08 | 08:20 min/Km |
| 143 | 21 | 291 | GONZÁLEZ GONZÁLEZ , NIDIA ESTER | FEMALE | SENIOR-F | | 01:57:40 | +00:49:11 | 08:25 min/Km |
| 144 | 26 | 345 | PARDAVILA PONCE , JUAN J. | MALE | VETERAN-M | | 01:57:42 | +00:49:13 | 08:25 min/Km |
| 145 | 27 | 311 | LÓPEZ GRANDE , MARCO ANTONIO | MALE | VETERAN-M | | 01:58:13 | +00:49:44 | 08:27 min/Km |
| 146 | 28 | 263 | FERNÁNDEZ SANTAMARINA , XOSÉ MANUEL | MALE | VETERAN-M | | 01:58:13 | +00:49:44 | 08:27 min/Km |
| 147 | 22 | 328 | MEITIN SANCHEZ , LUCIA | FEMALE | SENIOR-F | | 01:58:52 | +00:50:23 | 08:30 min/Km |
| 148 | 7 | 330 | MIGUEZ CAO , MARTA MARÍA | FEMALE | VETERAN-F | PEÑA LAR | 01:59:17 | +00:50:48 | 08:32 min/Km |
| 149 | 23 | 326 | MARTINEZ PEÑA , SYLVIE | FEMALE | SENIOR-F | | 02:00:09 | +00:51:40 | 08:35 min/Km |
| 150 | 24 | 342 | OREIRO CHAPELA , CLAUDIA | FEMALE | SENIOR-F | NOSPORTLIMIT | 02:00:32 | +00:52:03 | 08:37 min/Km |
| 151 | 25 | 208 | ARCOS TRILLO , ELENA | FEMALE | SENIOR-F | NOSPORTLIMIT | 02:00:32 | +00:52:03 | 08:37 min/Km |
| 152 | 92 | 338 | NIEDERLE , STEVEN | MALE | SENIOR-M | | 02:01:21 | +00:52:52 | 08:41 min/Km |
| 153 | 93 | 294 | GUDE CAAMAÑO , RAMON | MALE | SENIOR-M | | 02:01:21 | +00:52:52 | 08:41 min/Km |
| 154 | 26 | 372 | RODRIGUEZ COUCE , LAURA | FEMALE | SENIOR-F | NOSPORTLIMIT | 02:02:29 | +00:54:00 | 08:45 min/Km |
| 155 | 27 | 303 | LEMA OZÓN , SANDRA | FEMALE | SENIOR-F | AD JARNACHAS | 02:02:56 | +00:54:27 | 08:47 min/Km |

III TRAIL DAS BESTAS - MURAS -

- GENERAL 14KM -

03 NOVIEMBRE 2019

CRONOMETRAXE

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | META | DIFF. | RITMO |
|------|--------|--------|---|--------|-----------|---------------------------|----------|-----------|--------------|
| 156 | 28 | 204 | ALFONSO MARQUÉS , IRENE | FEMALE | SENIOR-F | | 02:03:20 | +00:54:51 | 08:49 min/Km |
| 157 | 29 | 350 | PEDRE BOUZA , SHEILA | FEMALE | SENIOR-F | AD JARNACHAS | 02:03:28 | +00:54:59 | 08:50 min/Km |
| 158 | 8 | 361 | RAMUDO RIVAS , ROSA | FEMALE | VETERAN-F | | 02:04:05 | +00:55:36 | 08:52 min/Km |
| 159 | 30 | 153 | MARTÍNEZ FRIGOLA , MAR | FEMALE | SENIOR-F | NOSPORTLIMIT | 02:05:10 | +00:56:41 | 08:57 min/Km |
| 160 | 29 | 348 | PARDO PERNAS , EVARISTO | MALE | VETERAN-M | | 02:06:48 | +00:58:19 | 09:04 min/Km |
| 161 | 31 | 242 | DEL RIEGO FONTENLA , ANGELES | FEMALE | SENIOR-F | PAO MONTE | 02:08:26 | +00:59:57 | 09:11 min/Km |
| 162 | 32 | 322 | MARTÍNEZ FERNÁNDEZ , YOLANDA | FEMALE | SENIOR-F | | 02:09:38 | +01:01:09 | 09:16 min/Km |
| 163 | 33 | 189 | VELO PICALLO , VANESSA | FEMALE | SENIOR-F | NO SPORT LIMYI | 02:11:14 | +01:02:45 | 09:23 min/Km |
| 164 | 9 | 244 | DEVESA FERREIRO , MARÍA JESÚS | FEMALE | VETERAN-F | CLUB MONTEPENARUBIA | 02:12:22 | +01:03:53 | 09:28 min/Km |
| 165 | 10 | 262 | FERNÁNDEZ SANTAMARINA , MARÍA TERESA | FEMALE | VETERAN-F | MULLER EN FORMA | 02:12:22 | +01:03:53 | 09:28 min/Km |
| 166 | 34 | 340 | NOVIO BARRO , ROCIO | FEMALE | SENIOR-F | MULLER EN FORMA | 02:12:23 | +01:03:54 | 09:28 min/Km |
| 167 | 35 | 241 | DA SILVA CASTRO , CARLA | FEMALE | SENIOR-F | OLYMPO MATOJOMA AS PONTES | 02:12:38 | +01:04:09 | 09:29 min/Km |
| 168 | 11 | 362 | REGO PIÑEIRO , MACA | FEMALE | VETERAN-F | OLYMPO MATOJOMA AS PONTES | 02:12:38 | +01:04:09 | 09:29 min/Km |
| 169 | 36 | 404 | VLBOY CABARCOS , SUSANA | FEMALE | SENIOR-F | OLYMPO MATOJOMA AS PONTES | 02:12:38 | +01:04:09 | 09:29 min/Km |
| 170 | 37 | 380 | SANTANA , FONSY | FEMALE | SENIOR-F | | 02:12:57 | +01:04:28 | 09:30 min/Km |
| 171 | 38 | 213 | ARRUÑADA RICO , LORENA | FEMALE | SENIOR-F | NOSPORTLIMIT | 02:14:56 | +01:06:27 | 09:39 min/Km |
| 172 | 39 | 304 | LESTEGÁS , INMA | FEMALE | SENIOR-F | | 02:17:18 | +01:08:49 | 09:49 min/Km |
| 173 | 30 | 278 | GARCIA GOMEZ , EDMUNDO | MALE | VETERAN-M | | 02:17:31 | +01:09:02 | 09:50 min/Km |
| 174 | 31 | 202 | ABALO FERNÁNDEZ DE SANMAMED , GUILLERMO | MALE | VETERAN-M | | 02:17:41 | +01:09:12 | 09:51 min/Km |
| 175 | 12 | 341 | ORDOÑEZ SALCEDO , NANCY SUSANA | FEMALE | VETERAN-F | | 02:18:12 | +01:09:43 | 09:53 min/Km |
| 176 | 40 | 267 | FERRO ROLLE , YOLANDA | FEMALE | SENIOR-F | | 02:21:11 | +01:12:42 | 10:06 min/Km |
| 177 | 94 | 394 | TRIGO MENDEZ , JAVIER | MALE | SENIOR-M | | 02:22:08 | +01:13:39 | 10:10 min/Km |
| 178 | 41 | 255 | FERNANDEZ GONZALEZ , AMPARO | FEMALE | SENIOR-F | CLUB ATLETISMO RÍA DE FOZ | 02:25:37 | +01:17:08 | 10:25 min/Km |
| 179 | 42 | 256 | FERNÁNDEZ GONZÁLEZ , AURORA | FEMALE | SENIOR-F | | 02:25:38 | +01:17:09 | 10:25 min/Km |
| 180 | 13 | 312 | LOPEZ PIÑEIRO , MARÍA ÁNGELES | FEMALE | VETERAN-F | CORRE POR BEGONTE | 02:27:40 | +01:19:11 | 10:33 min/Km |
| 181 | 32 | 365 | REY CASTRO , ALBERTO | MALE | VETERAN-M | CORRE POR BEGONTE | 02:27:41 | +01:19:12 | 10:33 min/Km |
| 182 | 43 | 351 | PEÑA NAVARRO , NOEMI | FEMALE | SENIOR-F | | 02:34:30 | +01:26:01 | 11:03 min/Km |
| 183 | 44 | 264 | FERNÁNDEZ VEIGA , MARÍA | FEMALE | SENIOR-F | | 02:42:25 | +01:33:56 | 11:37 min/Km |
| 184 | 45 | 209 | ARES GARCIA , TOÑI | FEMALE | SENIOR-F | | 02:42:26 | +01:33:57 | 11:37 min/Km |
| 185 | 33 | 275 | GARCIA CACABELOS , JOSE MANUEL | MALE | VETERAN-M | | 02:48:08 | +01:39:39 | 12:01 min/Km |
| 186 | 46 | 201 | ABAD PÉREZ , ARANTXA | FEMALE | SENIOR-F | | 03:35:30 | +02:27:01 | 15:24 min/Km |

III TRAIL DAS BESTAS - MURAS - - GENERAL 14KM -

03 NOVIEMBRE 2019

CRONOMETRAXE

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | META | DIFF. | RITMO |
|------|--------|--------|---------------------------|--------|----------|------|----------|-----------|--------------|
| 187 | 47 | 374 | RODRÍGUEZ SÁNCHEZ , MARTA | FEMALE | SENIOR-F | | 04:25:27 | +03:16:58 | 18:58 min/Km |