

# III TRAIL DAS BESTAS - MURAS -

## - GENERAL 43KM -

03 NOVIEMBRE 2019

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	RITMO
1	1	3	ARCA CASAL , FERNANDO	MALE	VETERAN-M	C. M. XESTEIRAS	03:28:11		04:51 min/Km
2	1	24	FRANCO BOUZA , EDGAR	MALE	SENIOR-M		03:32:31	+00:04:20	04:57 min/Km
3	2	1	ALONSO NOGUEIRA , DAVID	MALE	SENIOR-M	BRUTANZOS TEAM	03:37:14	+00:09:03	05:04 min/Km
4	3	44	REDONDO VIDAL , IVAN	MALE	SENIOR-M	A.D. JARNACHAS	03:37:40	+00:09:29	05:04 min/Km
5	4	7	BARREIRO PÉREZ , IVÁN	MALE	SENIOR-M	XESTEIRAS	03:38:25	+00:10:14	05:05 min/Km
6	5	28	GONZALEZ VARELA , FRANCISCO	MALE	SENIOR-M	BRIGANTIA AVENTURA	03:41:47	+00:13:36	05:10 min/Km
7	6	41	PERNAS PARAPAR , CARLOS MANUEL	MALE	SENIOR-M	PEÑA LAR TRAIL	03:49:12	+00:21:01	05:20 min/Km
8	7	9	BREA RODRÍGUEZ , IVÁN	MALE	SENIOR-M	BRIGANTIA AVENTURA	03:50:20	+00:22:09	05:22 min/Km
9	8	15	CONDE ESTÉVEZ , PABLO	MALE	SENIOR-M	BOAVISTA TRAIL	03:50:25	+00:22:14	05:22 min/Km
10	9	17	DOMINGUEZ BARBEITO , VICTOR	MALE	SENIOR-M	A.D. MEDIADUCIA	03:50:31	+00:22:20	05:22 min/Km
11	10	51	SENRA EIROA , DAVID	MALE	SENIOR-M	A.D. JARNACHAS	03:52:10	+00:23:59	05:24 min/Km
12	11	29	IGLESIAS LÓPEZ , ÁLVARO	MALE	SENIOR-M	A.D. JARNACHAS	03:52:10	+00:23:59	05:24 min/Km
13	12	43	PORTAL LOSADA , MIGUEL	MALE	SENIOR-M	A.M.E. BESTARRUZA	03:55:09	+00:26:58	05:29 min/Km
14	2	11	CABARCOS MIRAGAYA , MANUEL	MALE	VETERAN-M	CAV MONTAÑA	03:56:05	+00:27:54	05:30 min/Km
15	13	57	VARELA CASTELO , RAMON	MALE	SENIOR-M	A.D. SAN ROQUE	03:56:41	+00:28:30	05:31 min/Km
16	14	35	MARTINEZ RODRIGUEZ , DAVID	MALE	SENIOR-M	A.D. SAN ROQUE	03:57:08	+00:28:57	05:31 min/Km
17	15	23	FRANCO BOUZA , AITOR	MALE	SENIOR-M		03:58:06	+00:29:55	05:33 min/Km
18	3	36	MAYANS GONDAR , DANIEL	MALE	VETERAN-M	MATINAMXSOMIAR	03:59:49	+00:31:38	05:35 min/Km
19	16	47	ROUCO REY , MARIO	MALE	SENIOR-M	CLUB DE MONTAÑA O CAXADO	04:02:44	+00:34:33	05:39 min/Km
20	17	14	CHAO RAMIL , PABLO	MALE	SENIOR-M	MAIS QUE AUGA	04:08:32	+00:40:21	05:47 min/Km
21	18	56	TRIÑANES SANCHEZ , CARLOS	MALE	SENIOR-M	BARBANTIA RODA	04:13:42	+00:45:31	05:54 min/Km
22	19	37	MELLA SANCHEZ , PABLO	MALE	SENIOR-M	A.D. JARNACHAS	04:15:49	+00:47:38	05:57 min/Km
23	4	16	COUTO NAYA , DIEGO	MALE	VETERAN-M	A.D. JARNACHAS	04:15:55	+00:47:44	05:58 min/Km
24	20	61	VILLARINO , MARCELINO	MALE	SENIOR-M	TOXIZA CLUBE DE MONTAÑA	04:18:12	+00:50:01	06:01 min/Km
25	21	58	VARELA SECO , MARCOS	MALE	SENIOR-M	CLUB CICLISTA TERRAS DO EUME	04:18:35	+00:50:24	06:01 min/Km
26	22	54	SOUTO GONZÁLEZ , JOSÉ ANTONIO	MALE	SENIOR-M	AMI	04:19:53	+00:51:42	06:03 min/Km
27	5	26	GONZALEZ CASTRO , LEANDRO	MALE	VETERAN-M		04:20:41	+00:52:30	06:04 min/Km
28	23	20	FERNANDEZ GARCIA , JUAN CARLOS	MALE	SENIOR-M	A.D. SAN ROQUE	04:23:50	+00:55:39	06:09 min/Km
29	6	32	LÓPEZ BASANTA , JAIME	MALE	VETERAN-M	PEÑA LAR TRAIL	04:24:38	+00:56:27	06:10 min/Km
30	24	8	BEMBIBRE , DANIEL	MALE	SENIOR-M	CLUB ATLETISMO SADA MONTAÑA	04:31:51	+01:03:40	06:20 min/Km
31	7	45	REY SOUTO , JESUS ENRIQUE	MALE	VETERAN-M	BOIMORTO TRAIL GMTA&CHUVONERS	04:33:31	+01:05:20	06:22 min/Km

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32	8	59	VAZQUEZ , JOSÉ MANUEL	MALE	VETERAN-M	PEÑA LAR TRAIL	04:33:34	+01:05:23	06:22 min/Km
33	25	13	CASTRO PADÍN , JUAN	MALE	SENIOR-M	TRAILEROS TOXOS&BIRRAS	04:34:58	+01:06:47	06:24 min/Km
34	26	40	PÉREZ BARRO , MIGUEL	MALE	SENIOR-M		04:35:41	+01:07:30	06:25 min/Km
35	1	39	PACIO LOPEZ , BEGOÑA	FEMALE	SENIOR-F	PASA OU ENTORNA	04:36:59	+01:08:48	06:27 min/Km
36	27	21	FERNANDEZ IGLESIAS , IAGO	MALE	SENIOR-M		04:41:12	+01:13:01	06:33 min/Km
37	9	53	SOTO GARCÍA , FRANCISCO	MALE	VETERAN-M		04:42:22	+01:14:11	06:34 min/Km
38	10	34	MACIEL ANDRES , JORGE	MALE	VETERAN-M	GALLAECIA RAID	04:42:59	+01:14:48	06:35 min/Km
39	11	55	TEIJEIRO LÓPEZ , PABLO	MALE	VETERAN-M	CLUB TRIATLÓN CORUÑA	04:45:54	+01:17:43	06:39 min/Km
40	28	4	ARIAS LÓPEZ , JAIME	MALE	SENIOR-M	TRAILEROS TOXOS&BIRRAS	04:49:39	+01:21:28	06:45 min/Km
41	29	25	GARCÍA FACHAL , JULIO	MALE	SENIOR-M	TRAILEROS TOXOS&BIRRAS	04:49:40	+01:21:29	06:45 min/Km
42	12	46	RODRÍGUEZ VÁZQUEZ , BLAS	MALE	VETERAN-M	TRAILEROS TOXOS&BIRRAS	04:53:58	+01:25:47	06:51 min/Km
43	1	48	RUBIO ÁLVAREZ , ANA BELÉN	FEMALE	VETERAN-F	LA DESPENSA DE FER	04:56:44	+01:28:33	06:55 min/Km
44	13	38	MOSQUERA GONZÁLEZ , MANUEL	MALE	VETERAN-M	CLUB DE MONTAÑA XESTEIRAS	04:58:30	+01:30:19	06:57 min/Km
45	14	42	PORTA VALES , DOMINGO TOMAS	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	04:59:16	+01:31:05	06:58 min/Km
46	30	30	LAMAS POSE , JOSE MANUEL	MALE	SENIOR-M		05:01:54	+01:33:43	07:02 min/Km
47	31	10	CABADO POU , JUAN	MALE	SENIOR-M	ARCADIA	05:14:17	+01:46:06	07:19 min/Km
48	15	5	BARBOSA ARRIBAS , JOSÉ BENITO	MALE	VETERAN-M	TRAILEROS TOXOS&BIRRAS	05:15:17	+01:47:06	07:20 min/Km
49	32	31	LIRES FREIRE , MANUEL	MALE	SENIOR-M	TRAILEROS TOXOS&BIRRAS	05:15:18	+01:47:07	07:20 min/Km
50	33	33	LOPEZ FERNÁNDEZ , RUBÉN JOSE	MALE	SENIOR-M	PASA OU ENTORNA	05:21:14	+01:53:03	07:29 min/Km
51	34	22	FERRO DOPICO , MANUEL	MALE	SENIOR-M	CLUB MONTAÑA O CAXADO	05:22:32	+01:54:21	07:31 min/Km
52	16	50	SEIVANE VIOR , PABLO	MALE	VETERAN-M		05:33:23	+02:05:12	07:46 min/Km
53	35	52	SEOANE SANTISO , EDUARDO	MALE	SENIOR-M	CLUB ATLETISMO SADA MONTAÑA	05:33:23	+02:05:12	07:46 min/Km
54	36	12	CASTRO MOURA , MARCOS	MALE	SENIOR-M	CC.MESOIRO	05:43:52	+02:15:41	07:60 min/Km
55	2	49	SALCES , IRIS	FEMALE	SENIOR-F	CC.MESOIRO	05:43:52	+02:15:41	07:60 min/Km
56	2	60	VÁZQUEZ HERNÁNDEZ , PASTORA	FEMALE	VETERAN-F	CLUB ATLETISMO SADA MONTAÑA	06:01:57	+02:33:46	08:26 min/Km
57	17	27	GONZÁLEZ NOVOA , MANUEL	MALE	VETERAN-M	BOIMORTO TRAIL	06:08:59	+02:40:48	08:35 min/Km
58	18	6	BARRAL BARRAL , JAVIER	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	06:17:53	+02:49:42	08:48 min/Km