



## - RUTA LONGA -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	CONTROL	META
1	1	147	SOLIS MARTINEZ , FIDEL	MALE	MALE	MAZARICOS PONTE OLVEIRA	01:14:48	02:31:31
2	2	190	MIRON AGRA , CLAUDINO MIRON	MALE	MALE	C.P.C. TOXO	01:01:36	02:43:32
3	3	194	PEREZ MARTINEZ , GUSTAVO	MALE	MALE	INDEPENDIENTE	01:05:45	02:44:04
4	4	59	GARCIA MENDEZ , ABEL	MALE	MALE	CLUB CICLISTA SADA	01:04:49	02:50:17
5	5	86	MACEIRAS FIGUEIRAS , ADRIÁN	MALE	MALE	CLUB CICLISTA MUROS	01:08:10	02:50:48
6	6	137	ROMERO ROMERO , JOSE MARIA	MALE	MALE	CLUB CICLISTA MUROS	01:08:29	02:50:57
7	7	161	VALIÑA AMEIJENDA , CARLOS	MALE	MALE	CLUB DEPORTIVO 3AG	01:04:49	02:53:38
8	8	208	ROJO LUACES , ADRIAN	MALE	MALE	INDEPENDIENTE	01:08:20	02:55:14
9	9	78	LOPEZ GÓMEZ , CRISTOBAL	MALE	MALE	BTT ULTREIA	01:10:14	02:56:44
10	10	26	BLANCO MÉNDEZ , JORGE	MALE	MALE	C. C. AVELAÍÑAS	01:10:03	02:59:24
11	11	172	CAAMAÑO SESTAYO , SANTIAGO	MALE	MALE	CCMUROS	01:10:20	03:00:30
12	12	109	PARADA FOLGAR , DAVID	MALE	MALE	INDEPENDIENTE	01:11:23	03:00:40
13	13	120	REGO POSE , MARTIN	MALE	MALE	TRIATLÓN COSTA DA MORTE	01:12:13	03:00:47
14	14	94	MATO CARAMWS , ANTONIO	MALE	MALE	CPC TOXO	01:13:46	03:01:28
15	15	167	VILLAR CASTELO , FRANCISCO	MALE	MALE	CLUB BTT TRIATLÓN O TREITO	01:13:45	03:01:35
16	16	104	NIETO TOMÉ , MANUEL	MALE	MALE	CPC TOXO	01:13:44	03:02:12
17	17	141	SENRA SONEIRA , JOSÉ RICARDO	MALE	MALE	CC DUMBRIA	01:37:06	03:03:31
18	18	177	CREGO MIRA , ESTEBAN	MALE	MALE	C.C. OS ESFOLA ARRÓS	01:11:54	03:03:34
19	19	13	BALAYO GARCIA , ALBERTO	MALE	MALE	CLUB CICLISTA MUROS	01:11:58	03:05:07
20	20	215	VIGO IGLESIAS , MANUEL	MALE	MALE	CLUB CICLISTA MUROS	01:12:01	03:08:12
21	21	216	VIGO PIÑEIRO , ROSENDO	MALE	MALE	INDEPENDIENTE	01:12:03	03:08:13
22	22	71	LAMAS , BLAS	MALE	MALE	C.C.CAMBRE-CAEIRO	01:17:26	03:08:30
23	23	119	REFOJO BLANCO , GUILLERMO	MALE	MALE	INDEPENDIENTE	01:14:32	03:09:39
24	24	25	BLANCO LOPEZ , CARLOS	MALE	MALE	CC FUNDEFRENOS	01:14:30	03:09:40



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25	25	10	ARIJON MIRANDA , PABLO	MALE	MALE	C.C SEIXO BRANCO	01:19:02	03:10:49
26	26	67	IGLESIAS ARNEJO , JOSE	MALE	MALE	DUBRA TEAM	01:18:26	03:13:48
27	27	124	RIEIRO ESPASANDÍN , DAVID	MALE	MALE	MTB DUBRA	01:18:26	03:13:50
28	28	150	SUÁREZ PÉREZ , VÍCTOR MANUEL	MALE	MALE	TABEIRON DEPORTIVO	01:17:37	03:14:00
29	29	40	COUTO TRIGO , ADRIAN	MALE	MALE	INDEPENDIENTE	01:17:38	03:15:04
30	30	146	SILVA RICO , FRANCISCO	MALE	MALE	CLUB CICLISTA SADA	01:15:02	03:15:16
31	31	142	SEOANE RIVEIRA , JOSÉ	MALE	MALE	SADA, C. C.	01:15:03	03:15:16
32	32	99	MILLAN BARREIRO , CRISTOBAL	MALE	MALE	CPC TOXO	01:16:43	03:15:40
33	33	23	BLANCO ALVAREZ , ADOLFO	MALE	MALE		01:16:43	03:15:40
34	34	153	TOMÉ CARREÑO , TONY	MALE	MALE		01:16:46	03:17:19
35	35	107	OUJO AGEITOS , JOAQUÍN	MALE	MALE	OS AFORCADOS	01:20:08	03:18:57
36	36	111	PENEDO GASPAR , DIEGO	MALE	MALE		01:20:09	03:18:58
37	37	128	RIVAS LÓPEZ , PABLO	MALE	MALE	BTT O TREITO	01:20:52	03:21:42
38	38	62	GOLAN LEON , DAVID	MALE	MALE	C.P.C. TOXO	01:22:18	03:21:42
39	39	180	FERNÁNDEZ FORMOSO , JOSÉ MARÍA	MALE	MALE	CLUB REMO MUROS	01:20:13	03:21:58
40	40	213	VÁZQUEZ ARIAS , JESÚS MANUEL	MALE	MALE		01:23:48	03:23:56
41	41	149	SOUTO PENABAD , JOSE MANUEL	MALE	MALE	TERRAS DO EUME	01:18:29	03:24:19
42	42	1	AGUIAR BAÑA , MAXIMINO MANUEL	MALE	MALE	TRIATLÓN COSTA DA MORTE	01:20:05	03:24:19
43	43	87	MACEIRAS FIGUEIRAS , ISAAC	MALE	MALE	INDEPENDIENTE	01:24:11	03:29:14
44	44	207	RODRÍGUEZ VARELA , CARLOS	MALE	MALE	CONDADOBIKE A.D	01:21:01	03:30:32
45	45	179	DOVAL FERNÁNDEZ , IBAN	MALE	MALE	CONDADOBIKE A.D	01:21:06	03:30:40
46	46	184	GARCIA CANCELA , JESUS RAMON	MALE	MALE		01:27:22	03:30:44
47	47	214	VECIÑO BERMUDEZ , JOSE LUIS	MALE	MALE		01:27:24	03:30:48
48	48	170	BELLO DOMÍNGUEZ , ALEJANDRO	MALE	MALE	CC SEIXO BRANCO	01:24:36	03:33:30



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49	49	75	LESTÓN AGULLEIRO , MARTÍN	MALE	MALE		01:24:43	03:37:26
50	50	100	MIÑO , JUAN CARLO	MALE	MALE	NORINVER	01:18:28	03:38:16
51	51	200	REY ABELLEIRA , JOSE ANTONIO	MALE	MALE	CPC TOXO	01:28:43	03:38:23
52	52	73	LEMA REY , AITOR	MALE	MALE	CPC TOXO	01:28:44	03:38:38
53	53	24	BLANCO GARCIA , LAUREANO	MALE	MALE	CPC TOXO	01:28:51	03:38:39
54	54	88	MALLO MARTINEZ , ISRAEL	MALE	MALE	CIDADE DE SANTIAGO	01:21:00	03:38:45
55	55	18	BAZ CASTIÑEIRAS , JOSE	MALE	MALE	INDEPENDIENTE	01:24:57	03:39:07
56	56	118	RAÑA BELLO , ALBERTO	MALE	MALE	LARACHA EN DUAS RODAS	01:26:41	03:39:58
57	57	112	PÉREZ RODRÍGUEZ , JESUS EDUARDO	MALE	MALE	INDEPENDIENTE	01:30:58	03:41:57
58	58	171	BUJAN SANTOS , JOSE MANUEL	MALE	MALE	CPC TOXO	01:28:53	03:43:08
59	59	55	GARCÍA BATALLA , JOSÉ FERNANDO	MALE	MALE	CPC TOXO	01:29:09	03:43:11
60	60	140	SEIJAS BUA , DAVID	MALE	MALE	CLUB CICLISTA MUROS	01:26:34	03:44:00
61	61	193	PÉREZ CAAMAÑO , JONATAN	MALE	MALE	CLUB CICLISTA MUROS	01:29:10	03:44:00
62	62	187	JAMARDO , DIEGO	MALE	MALE	INDEPENDIENTE	01:26:07	03:45:47
63	63	209	ROMERO CHOUZA , ÓSCAR	MALE	MALE	CLUB CICLISTA MUROS	01:28:27	03:51:55
64	64	130	RODRÍGUEZ GONZÁLEZ , ALBERTO	MALE	MALE	INDEPENDIENTE	01:28:19	03:51:56
65	65	217	VILAR BLANCO , MARCOS	MALE	MALE	CC SANTA COMPAÑA - SANTA COMBA	01:37:38	03:51:56
66	66	31	CAAMAÑO CALVO , MAURICIO	MALE	MALE	SEPPI IBERICA	01:29:36	03:53:15
67	67	54	GARCÍA AÑON , PABLO	MALE	MALE	FRONSALLADA MTB	01:31:33	03:53:16
68	68	66	GOSENDE ROMERO , PABLO	MALE	MALE	FRONSALLADA MTB	01:33:58	03:53:16
69	69	95	MAURIZ BARREIRO , MARCOS	MALE	MALE	BTT CASTRO	01:31:55	03:54:08
70	70	108	PAIS , JOSE	MALE	MALE	CLUB CICLISTA MUROS	01:31:06	03:54:26
71	71	125	RIOS OTERO , MARCOS	MALE	MALE	INDEPENDIENTE	01:28:31	03:54:41
72	72	34	CALDELAS IGLESIAS , DANIEL	MALE	MALE		01:33:13	03:55:56



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73	73	48	FERREIROS , CARLOS	MALE	MALE		01:33:13	03:55:57
74	74	8	AÑON ABELLEIRA , FRANCISCO JAVIER	MALE	MALE	INDEPENDIENTE	01:31:22	03:55:58
75	75	202	RIVEIRO HERMO , GUSTAVO	MALE	MALE		01:28:36	03:57:15
76	76	160	TRIÑANES CAAMAÑO , MANUEL JUAN	MALE	MALE	CLUB CICLISTA MUROS	01:24:40	03:58:14
77	77	45	FERNANDEZ , EDUARDO	MALE	MALE		01:26:36	03:58:55
78	78	12	BALADO SIXTO , AITOR	MALE	MALE		01:33:25	04:00:03
79	79	17	BATALLA LADO , JAVIER	MALE	MALE	INDEPENDIENTE	01:34:49	04:01:08
80	80	185	GARCÍA FERNÁNDEZ , YAGO T.	MALE	MALE	CLUB CICLISTA MESOIRO	01:28:56	04:01:48
81	81	19	BECERRA MORÁN , ÁLVARO	MALE	MALE	INDEPENDIENTE	01:28:55	04:01:49
82	82	72	LEMA GARCIA , ISMAEL	MALE	MALE	CPC TOXO	01:35:51	04:02:22
83	83	29	CAAMAÑO , TINO	MALE	MALE		01:40:51	04:14:16
84	84	14	BARRE , ANTONIO	MALE	MALE	ELMEGA	01:38:06	04:16:50
85	85	38	CANABAL FROJAN , FERNANDO	MALE	MALE	CPC TOXO	01:38:22	04:16:58
86	86	164	VEIGA MAYO , ABEL	MALE	MALE	CPC TOXO	01:38:38	04:16:58
87	87	81	LORENZO GONZALEZ , DAVID	MALE	MALE	INDEPENDIENTE	01:38:45	04:16:58
88	88	126	RÍOS SANTIAGO , MARTÍN	MALE	MALE	INDEPENDIENTE	01:47:36	04:17:39
89	89	159	TRILLO VÁZQUEZ , ESTEBAN	MALE	MALE	OS DO MONTE BRAVO	01:46:13	04:22:29
90	90	136	ROMERO LAGO , SERGIO	MALE	MALE		01:44:12	04:23:43
91	91	134	ROJO GUTIERREZ , MAXIMO	MALE	MALE	CLUB BTT 40SS	01:44:15	04:23:48
92	92	15	BARRERIO CORDEIRO , JAVIER	MALE	MALE	NOSPORTLIMIT	01:38:05	04:24:26
93	1	122	REY NOVÍO , ANABEL	FEMALE	FEMALE	CPC TOXO	01:46:08	04:27:16
94	93	155	TORRES CELA , JUAN MANUEL	MALE	MALE		01:45:41	04:30:49
95	94	5	AMARELLE VARELA , ANGEL	MALE	MALE	LARACHA EN DUAS RODAS	01:52:25	04:30:50
96	95	133	RODRIGUEZ VARELA , OSCAR	MALE	MALE	LARACHA EN DUAS RODAS	01:52:27	04:30:50





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97	96	58	GARCÍA MARIÑO , JOSÉ RAMÓN	MALE	MALE	CLUB CICLISTA MONTE NEME	01:49:59	04:32:10
98	97	27	BOUZAS REYES , CARLOS	MALE	MALE	CC MONTENEME	01:50:01	04:32:11
99	2	98	MIGUEZ SAMPEDRO , SUSANA	FEMALE	FEMALE		01:50:14	04:40:28
100	98	43	EIRÍS ESPAÑA , CARLOS	MALE	MALE	A.D.MEDIADUCIA	01:45:05	04:40:59
101	99	138	RUIBAL ORTIGUEIRA , DANIEL	MALE	MALE	INDEPENDIENTE	01:45:57	04:43:23
102	100	156	TORRES DIZ , PEDRO JOSÉ	MALE	MALE		01:46:28	04:43:24
103	101	162	VARELA , SUSO	MALE	MALE	INDEPENDIENTE	01:52:30	04:45:45
104	3	77	LÓPEZ ARIAS , SUSANA	FEMALE	FEMALE	OS DO MONTE BRAVO	01:57:31	04:47:34
105	102	79	LOPEZ GRAÑA , FERNANDO	MALE	MALE	LARACHA EN DUAS RODAS	01:52:17	04:48:16
106	103	102	MUIÑO , PABLO	MALE	MALE	LARACHA EN DUAS RODAS	01:52:27	04:48:18
107	104	16	BARROS GERMIÑAS , ROI	MALE	MALE	INDEPENDIENTE	01:45:56	04:52:23