

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.
1	1	78	MARTINEZ RIVERA , DANI	MALE	VET	AD NÁUTICO NARÓN	01:20:28	05:02 min/Km
2	1	115	SANTIAGO VILLAR , JOSE	MALE	SENIOR	OS CORZOS DO ORTEGAL	01:21:30	05:06 min/Km
3	2	19	CANO CONESA , DAVID	MALE	VET	CORREDORES POPULARES ARMADA FERROL	01:23:53	05:15 min/Km
4	3	117	SERANTES GUZMAN , ALBERTO	MALE	VET	O CAXADO	01:26:15	05:24 min/Km
5	4	59	GUERREIRO ESCOURIDO , DAVID	MALE	VET	PEÑA LAR TRAIL	01:30:26	05:40 min/Km
6	2	38	FERNÁNDEZ FONTICOPA , EMILIO JOSÉ	MALE	SENIOR	PASA OU ENTORNA	01:30:27	05:40 min/Km
7	3	14	CAAMAÑO VILLAR , JAIME	MALE	SENIOR	NOETRAINERS FERROL	01:30:40	05:40 min/Km
8	4	80	MEIZOSO LÓPEZ , PABLO	MALE	SENIOR	LOBOS DE NARAIO	01:31:37	05:44 min/Km
9	5	89	PARDO FONTICOPA , MARCOS	MALE	SENIOR		01:31:56	05:45 min/Km
10	5	62	HERMIDA BOUZA , MANUEL	MALE	VET	INDEPENDIENTE	01:33:04	05:49 min/Km
11	6	16	CABARCOS ROUCO , MIGUEL	MALE	SENIOR	AD NÁUTICO NARÓN	01:34:57	05:57 min/Km
12	7	82	MUÍÑO GARCÍA , MARCOS	MALE	SENIOR		01:35:17	05:58 min/Km
13	6	30	DAPENA TEJEIRO , FRANCISCO JAVIER	MALE	VET		01:35:40	05:59 min/Km
14	7	74	LOSADA ORTIZ , GONZALO	MALE	VET	TRAIL RUNNING GALEA SPORT	01:36:29	06:02 min/Km
15	8	79	MASEDA LOPEZ , ARMANDO	MALE	VET		01:36:38	06:03 min/Km
16	8	84	MUÍÑO PIÑEIRO , ABEL	MALE	SENIOR		01:36:40	06:03 min/Km
17	9	35	EIROA FEAL , JOSÉ MARÍA	MALE	VET	TRIATLÓN FERROL	01:36:45	06:03 min/Km
18	9	123	TENREIRO DÍAZ , RUBÉN	MALE	SENIOR	ADC MONTE BREAMO	01:37:22	06:06 min/Km
19	10	110	SALGADO FILGUEIRA , MANEL	MALE	SENIOR	PASA OU ENTORNA	01:37:31	06:06 min/Km
20	10	3	ALVELO FRAGUELA , MIGUEL	MALE	VET	OS CORZOS DO ORTEGAL	01:38:58	06:12 min/Km
21	11	58	GONZALEZ NOVOA , MANUEL	MALE	SENIOR	NO SPORT LIMITS	01:39:19	06:13 min/Km
22	12	127	VARELA SECO , MARCOS	MALE	SENIOR	CLUB CICLISTA TERRAS DO EUME	01:39:23	06:13 min/Km
23	11	48	GARCIA BARREIRO , BENIGNO	MALE	VET	INDEPENDIENTE	01:40:04	06:16 min/Km
24	12	44	FERNÁNDEZ TRASANCOS , RUFINO	MALE	VET	EGOVARROS VIVEIRO	01:40:29	06:17 min/Km
25	13	93	PÈREZ DURÁN , JULIÀN	MALE	VET	SÍGUEME SI PUEDES	01:41:02	06:19 min/Km
26	1	13	BUGLIOT FERNÁNDEZ , VERÓNICA	FEMALE	SENIOR-F	OS CORZOS DO ORTEGAL	01:41:16	06:20 min/Km
27	13	95	PÉREZ SEIJAS , ALBERTO	MALE	SENIOR	GALLAECIA RAID	01:42:15	06:24 min/Km
28	14	4	AMADO , PABLO	MALE	SENIOR	ADC MONTEBREAMO	01:43:05	06:27 min/Km
29	15	53	GARCÍA RICART , MIGUEL	MALE	SENIOR	PEÑA CICLISTA SANTA MARTA	01:45:17	06:35 min/Km
30	14	8	BAZ RODRÍGUEZ , BERTO	MALE	VET	SÍGUEME SI PUEDES	01:45:21	06:36 min/Km
31	15	24	COBELO FRA , JOSE A.	MALE	VET	PEÑA LAR TRAIL	01:45:45	06:37 min/Km

I TRAIL CASTELO DE MOECHE 2019

17 NOVIEMBRE 2019

- GENERAL -

GALITIMING
DUWILIMING

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.
32	16	98	PERNAS VAZQUEZ , JOSÉ MANUEL	MALE	VET	PEÑA LAR TRAIL	01:46:07	06:38 min/Km
33	16	2	ALONSO CABALEIRO , ANTONIO	MALE	SENIOR		01:46:18	06:39 min/Km
34	17	129	VILLARINO , MARCELINO	MALE	VET	TOXIZA CLUBE DE MONTAÑA	01:47:44	06:44 min/Km
35	18	31	DIAZ FORTUNA , ÒSCAR	MALE	VET	SÍGUEME SI PUEDES	01:48:01	06:46 min/Km
36	17	103	PRIETO LÓPEZ , MARCOS	MALE	SENIOR		01:48:35	06:48 min/Km
37	19	9	BELLAS RODRÍGUEZ , JUAN	MALE	VET	JOSITO'S RUNNERS CLUB	01:48:38	06:48 min/Km
38	18	104	QUINTERO BECEIRO , ALBERTO	MALE	SENIOR		01:49:43	06:52 min/Km
39	1	28	CTVRTNICKOVA , TEREZA	FEMALE	VET-F	OLYMPO AS PONTES	01:49:45	06:52 min/Km
40	20	47	FREIRE GATO , JOSE ANDRES	MALE	VET	INDEPENDIENTE	01:50:06	06:53 min/Km
41	21	128	VILAR GARCÍA , JOSE LUÍS	MALE	VET	CLUB ATLETISMO SADA MONTAÑA	01:50:11	06:54 min/Km
42	19	22	CASTRO SOUTO , ALFONSO JAVIER	MALE	SENIOR	GMTA&CHUVONERS	01:50:15	06:54 min/Km
43	22	26	COBELO SANJURJO , JOSÉ CARLOS	MALE	VET		01:50:23	06:54 min/Km
44	23	12	BOUZA ARIAS , MANUEL	MALE	VET	OLYMPO AS PONTES	01:50:28	06:55 min/Km
45	20	52	GARCÍA POUSO , RAFAEL	MALE	SENIOR	TRAIL RUNNING GALEA SPORT	01:54:39	07:10 min/Km
46	24	32	DÍAZ PARDO , JUAN	MALE	VET	TRAIL RUNNING GALEA SPORT	01:54:39	07:10 min/Km
47	2	15	CABARCOS BARRO , LAURA	FEMALE	SENIOR-F	AD NÁUTICO NARÓN	01:54:48	07:11 min/Km
48	25	65	LANDERAS VAZQUEZ , RAFAEL	MALE	VET	CORREDORES POPULARES ARMADA FERROL	01:55:02	07:12 min/Km
49	21	73	LORENZOMUÑOZ , DIEGO	MALE	SENIOR	INDEPENDIENTE	01:55:09	07:12 min/Km
50	2	33	DÍAZ PEREZ , ISA	FEMALE	VET-F	TRIEUME	01:55:47	07:15 min/Km
51	26	72	LORENZO VILAR , JOSÉ MANUEL	MALE	VET	BESTARRUZA	01:56:30	07:17 min/Km
52	22	27	CORDERO RODRIGUEZ , FRAN	MALE	SENIOR	PASA OU ENTORNA	01:56:30	07:17 min/Km
53	27	106	RECOUSO GARCÍA , JUAN CARLOS	MALE	VET	INDEPENDIENTE	01:56:51	07:19 min/Km
54	3	25	COBELO MARTÍNEZ , PAULA MARIA	FEMALE	VET-F	RUNNING ALTAFIT ODEÓN	01:56:59	07:19 min/Km
55	28	49	GARCÍA CASTRO , VÍCTOR M.	MALE	VET		01:57:07	07:20 min/Km
56	23	126	VARELA PENEDO , JOSE ANDRÉS	MALE	SENIOR	INDEPENDIENTE	01:57:59	07:23 min/Km
57	24	118	SERRANO NEIRA , LUIS	MALE	SENIOR		01:58:04	07:23 min/Km
58	4	85	NÚÑEZ NAVEIRA , LAURA	FEMALE	VET-F	INDEPENDIENTE	01:58:59	07:27 min/Km
59	29	121	SUÁREZ DÍAZ , ENRIQUE	MALE	VET	CASTRO DE LOBADIZ	01:59:06	07:27 min/Km
60	3	100	POMA CASTRO , ELIANA GABRIELA	FEMALE	SENIOR-F	CASTRO DE LOBADIZ	01:59:07	07:27 min/Km
61	30	64	JUVIÑO PREGO , ÁNGEL	MALE	VET	INDEPENDIENTE	01:59:25	07:28 min/Km
62	25	114	SANDOMINGO LÓPEZ , MANUEL	MALE	SENIOR	INDEPENDIENTE	01:59:45	07:30 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.
63	26	120	SOUTO PAEZ , ALBERTO	MALE	SENIOR	P.C. SANTA MARTA	02:00:11	07:31 min/Km
64	31	29	DA SILVA ALVES , JOSE RAUL	MALE	VET	INDEPENDIENTE	02:01:19	07:35 min/Km
65	5	34	DÍAZ PÉREZ , NURIA	FEMALE	VET-F	OLYMPO AS PONTES	02:01:51	07:37 min/Km
66	6	37	FELGAR LOPEZ , ISABEL	FEMALE	VET-F	PASA OU ENTORNA	02:02:03	07:38 min/Km
67	27	70	LOPEZ TEIJEIRO , RUBEN	MALE	SENIOR	INDEPENDIENTE	02:03:22	07:43 min/Km
68	4	23	CHAO GIRÁLDEZ , ELISA	FEMALE	SENIOR-F	CLUB DE MONTAÑA O CAXADO	02:03:23	07:43 min/Km
69	28	90	PAZ CABADA , JOSÉ LUIS	MALE	SENIOR	JOSITO'S RUNNERS CLUB	02:03:34	07:44 min/Km
70	32	69	LÓPEZ GONZÁLEZ , MANUEL VICENTE	MALE	VET	PEÑA LAR TRAIL	02:03:50	07:45 min/Km
71	29	11	BERMÚDEZ TORRENTE , JACOBO	MALE	SENIOR		02:04:40	07:48 min/Km
72	30	17	CAINZOS CAGIAO , DAVID	MALE	SENIOR	SEMOS OU NON?!	02:04:57	07:49 min/Km
73	7	125	TORRES CARBALLAL , VIRGINIA	FEMALE	VET-F	SEMOS OU NON?!	02:04:58	07:49 min/Km
74	33	18	CAMBA , JOSE	MALE	VET	SÍGUEME SI PUEDES	02:05:12	07:50 min/Km
75	34	101	PONTE MARTINEZ , JOSE MANUEL	MALE	VET	SÍGUEME SI PUEDES	02:05:12	07:50 min/Km
76	35	107	REY RAMOS , JOSE ANGEL	MALE	VET	PEÑA LAR TRAIL	02:05:54	07:53 min/Km
77	36	66	LÓPEZ CAGIAO , ROBER (HEAVY)	MALE	VET	CLUB ATLETISMO SADA MONTAÑA	02:06:15	07:54 min/Km
78	31	130	VIZOSO ARRIBE , PATXI	MALE	SENIOR		02:06:22	07:54 min/Km
79	8	61	GUIZAN CASTRO , CRISTINA	FEMALE	VET-F	ZEPPELIN ATLÉTICO	02:06:34	07:55 min/Km
80	37	91	PEDREIRA COROAS , CELERINO	MALE	VET	OLYMPO AS PONTES	02:06:39	07:55 min/Km
81	38	131	ZAPATA PAZOS , MANUEL	MALE	VET	CLUB MONTAÑA FERROL	02:07:25	07:58 min/Km
82	39	102	PRIETO CABRAL , MOISES	MALE	VET	INDEPENDIENTE	02:08:03	08:01 min/Km
83	40	5	AREA TEIJEIRO , RIACARDO	MALE	VET		02:08:09	08:01 min/Km
84	41	57	GONZALEZ LAMIGUEIRO , MANUEL ROBERTO	MALE	VET	INDEPENDIENTE	02:09:07	08:05 min/Km
85	42	40	FERNÁNDEZ GUDÍN , JUAN MANUEL	MALE	VET		02:09:07	08:05 min/Km
86	43	124	TORAL ROMERO , EMILIO JOSE	MALE	VET	INDEPENDIENTE	02:09:44	08:07 min/Km
87	9	60	GUISASOLA ESCUDERO , MARIA MANUELA	FEMALE	VET-F	INDEPENDIENTE	02:09:44	08:07 min/Km
88	44	112	SANCHEZ VALENZUELA , JOSÉ	MALE	VET	CLUB MONTAÑA FERROL	02:10:19	08:09 min/Km
89	45	71	LORENZO , JUAN	MALE	VET		02:10:19	08:09 min/Km
90	32	21	CASTRO NAVEIRAS , OSCAR	MALE	SENIOR	INDEPENDIENTE	02:10:32	08:10 min/Km
91	46	51	GARCIA FERREIRA , TINO	MALE	VET	PASA OU ENTORNA	02:11:18	08:13 min/Km
92	10	42	FERNANDEZ RODRIGUEZ , CAROLINA	FEMALE	VET-F		02:11:23	08:13 min/Km
93	11	41	FERNÁNDEZ GUDÍN , MONTSE	FEMALE	VET-F		02:11:23	08:13 min/Km

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94	47	83	MUIÑO GARCIA , PABLO	MALE	VET		02:11:24	08:13 min/Km
95	5	6	ARES VILLAMOR , LUCÍA	FEMALE	SENIOR-F		02:11:27	08:13 min/Km
96	12	109	RODRÍGUEZ CASERO , PALOMA	FEMALE	VET-F		02:11:40	08:14 min/Km
97	33	99	PIÑEIRO VIZOSO , HUGO	MALE	SENIOR		02:12:06	08:16 min/Km
98	48	87	PALACIOS REY , HUMBERTO	MALE	VET	TOXIZA CLUBE DE MONTAÑA	02:12:42	08:18 min/Km
99	49	43	FERNÁNDEZ SANTAMARINA , XOSÉ MANUEL	MALE	VET		02:14:08	08:23 min/Km
100	50	75	LOURIDO DOVAL , EDUARDO	MALE	VET	OITOMIL AVENTURA	02:16:49	08:34 min/Km
101	34	94	PEREZ PEREZ , VICTOR	MALE	SENIOR	MTB BIELA E CHAVETA	02:18:54	08:41 min/Km
102	51	96	PEREZ VILLAR , VICENTE	MALE	VET	MTB BIELA E CHAVETA	02:18:54	08:41 min/Km
103	35	54	GARCÍA SAS , JUAN JOSE	MALE	SENIOR		02:20:00	08:45 min/Km
104	6	20	CASTELOS DÍAZ , SANDRA	FEMALE	SENIOR-F	LOBOS DE NARAIO	02:24:04	09:01 min/Km
105	13	77	MARTÍNEZ RAMILO , TANIA	FEMALE	VET-F	INDEPENDIENTE	02:24:38	09:03 min/Km
106	52	45	FIGUEROA SUÁREZ , ROBERTO	MALE	VET	INDEPENDIENTE	02:28:04	09:16 min/Km
107	53	88	PARDAVILA PONCE , JUAN JOSE	MALE	VET	INDEPENDIENTE	02:29:11	09:20 min/Km
108	7	10	BELLO , PAULA	FEMALE	SENIOR-F	ZEPPELIN ATLÉTICO	02:32:07	09:31 min/Km
109	36	46	FORTUNA GALANTE , IVÁN	MALE	SENIOR		02:33:40	09:37 min/Km
110	8	39	FERNÁNDEZ GARCIA , ROCIO	FEMALE	SENIOR-F	PASA OU ENTORNA	03:18:11	12:24 min/Km