

I TRAIL DE BEALO -INDIVIDUAL-

06 MARZO 2016

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	DIFF.	RITMO
1	1	1	RODRÍGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:01:44.997		04:16 min/Km
2	1	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:01:46.967	+00:00:01.970	04:16 min/Km
3	2	28	BARRAL VARELA, JUAN JESUS	MALE	VETERANO MAS	VIVIDORES WALLACE'S	01:03:33.563	+00:01:48.566	04:24 min/Km
4	2	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:04:37.553	+00:02:52.556	04:28 min/Km
5	3	207	ARIAS ALVAREZ, HUGO	MALE	SENIOR MAS	CDM XESTEIRAS	01:04:54.413	+00:03:09.416	04:29 min/Km
6	3	275	GONZALEZ SANTAMARIA, JOSE MANUEL	MALE	VETERANO MAS	SOCIEDADE BARBANTIA RODA	01:05:00.800	+00:03:15.803	04:30 min/Km
7	4	333	RODRIGUEZ LOPEZ, GONZALO	MALE	SENIOR MAS	ASOCIACION DEPORTIVA C.A.R	01:05:05.200	+00:03:20.203	04:30 min/Km
8	5	314	PENEDO TABOADA, MIGUEL	MALE	SENIOR MAS	3&RUN BY PEDRO NIMO	01:05:24.767	+00:03:39.770	04:31 min/Km
9	6	355	TARELA MIRAMONTES, DANIEL	MALE	SENIOR MAS	OS RAPOSOS	01:06:01.350	+00:04:16.353	04:34 min/Km
10	7	209	ARUFE SANTAMARIA, JUAN	MALE	SENIOR MAS	ADC ARNELA	01:06:20.810	+00:04:35.813	04:35 min/Km
11	8	20	FIGUEIRA, TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:06:24.560	+00:04:39.563	04:35 min/Km
12	9	337	RODRIGUEZ VIDAL, RUBEN	MALE	SENIOR MAS	C.D. RIA DE AROUSA	01:06:53.143	+00:05:08.146	04:37 min/Km
13	10	287	LEÓN VIÑAS, RICARDO	MALE	SENIOR MAS	ATLETISMO SAR - VERMÚ PETRON	01:07:30.517	+00:05:45.520	04:40 min/Km
14	11	216	BOUZAS GÓMEZ, SERGIO	MALE	SENIOR MAS	INDEPENDIENTE	01:08:18.313	+00:06:33.316	04:43 min/Km
15	12	249	FERNÁNDEZ TORRES, OLIVIER	MALE	SENIOR MAS		01:08:24.950	+00:06:39.953	04:44 min/Km
16	13	316	PEREZ LORENZO, OSCAR	MALE	SENIOR MAS	INDEPENDIENTE	01:08:27.260	+00:06:42.263	04:44 min/Km
17	14	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:08:48.670	+00:07:03.673	04:45 min/Km
18	15	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:08:54.397	+00:07:09.400	04:46 min/Km
19	4	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:09:30.623	+00:07:45.626	04:48 min/Km
20	5	270	GOMEZ CALVIÑO, EMILIO	MALE	VETERANO MAS	CLUB ATLETISMO NOIA	01:09:56.690	+00:08:11.693	04:50 min/Km
21	16	293	MARIÑO GONZÁLEZ, DIEGO	MALE	SENIOR MAS	REVOLUTRION RIBEIRA	01:10:20.873	+00:08:35.876	04:52 min/Km
22	17	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:10:40.533	+00:08:55.536	04:53 min/Km
23	18	246	FERNÁNDEZ DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:10:44.770	+00:08:59.773	04:53 min/Km
24	19	220	BRION BRION, OSCAR	MALE	SENIOR MAS		01:10:46.180	+00:09:01.183	04:53 min/Km



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25	20	290	LUSTRES SAMPEDRO , RICARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:10:47.370	+00:09:02.373	04:53 min/Km
26	21	304	NIETO GONZALEZ , JOSE MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:10:48.060	+00:09:03.063	04:53 min/Km
27	6	218	BRANDÓN RODRÍGUEZ , JUAN CARLOS	MALE	VETERANO MAS	CLUB ATLETISMO FONTES DO SAR	01:10:48.490	+00:09:03.493	04:53 min/Km
28	22	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:10:50.400	+00:09:05.403	04:54 min/Km
29	23	205	AMENEIROS GOMEZ , JOSE LUIS	MALE	SENIOR MAS	INDEPENDIENTE	01:10:50.810	+00:09:05.813	04:54 min/Km
30	1	211	BAAMONDE OTERO , ALBA	FEMALE	SENIOR FEM	COFFE TIMES NOIÉS	01:10:56.360	+00:09:11.363	04:54 min/Km
31	24	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:11:09.907	+00:09:24.910	04:55 min/Km
32	25	47	FUNGUEIRIÑO SUÁREZ, RAMÓN	MALE	SENIOR MAS		01:11:16.987	+00:09:31.990	04:55 min/Km
33	26	265	GARCÍA VICENTE , JACOBO	MALE	SENIOR MAS	TRIBU TRAIL ECOSPORT	01:12:08.490	+00:10:23.493	04:59 min/Km
34	27	40	TARRÍO PÉREZ, HÉCTOR	MALE	SENIOR MAS	KENNEL DEN	01:12:10.640	+00:10:25.643	04:59 min/Km
35	28	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:12:26.210	+00:10:41.213	04:60 min/Km
36	29	318	PICOS REY , RAMON	MALE	SENIOR MAS	INDEPENDIENTE	01:12:35.077	+00:10:50.080	05:01 min/Km
37	30	296	MEDINA ALBERO , MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:13:00.373	+00:11:15.376	05:03 min/Km
38	31	364	YAÑEZ ORDOÑEZ , DAVID	MALE	SENIOR MAS	INDEPENDIENTE	01:13:12.353	+00:11:27.356	05:03 min/Km
39	7	263	GARCÍA MARTÍNEZ , ANGEL	MALE	VETERANO MAS	NATURAL OUTDOOR	01:13:42.197	+00:11:57.200	05:05 min/Km
40	32	335	RODRIGUEZ POUSO , LITO	MALE	SENIOR MAS	C.D PORTOSIN	01:13:55.187	+00:12:10.190	05:06 min/Km
41	33	354	SUÁREZ DOSIL , ROGER	MALE	SENIOR MAS		01:14:08.433	+00:12:23.436	05:07 min/Km
42	34	319	PIÑEIRO LAMAS , RAMON	MALE	SENIOR MAS	BARBANTIA RODA	01:14:36.500	+00:12:51.503	05:09 min/Km
43	35	344	SANLES PIÑEIRO , JOSE	MALE	SENIOR MAS	TRIATLON RIVEIRA	01:14:36.860	+00:12:51.863	05:09 min/Km
44	36	274	GONZÁLEZ FERNÁNDEZ , CÉSAR	MALE	SENIOR MAS		01:14:50.427	+00:13:05.430	05:10 min/Km
45	37	317	PEREZ RODRIGUEZ , JESUS EDUARDO	MALE	SENIOR MAS	BUDIÑORAID	01:14:54.507	+00:13:09.510	05:10 min/Km
46	38	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:15:05.493	+00:13:20.496	05:11 min/Km
47	39	260	GARCÍA GARCÍA , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:15:08.523	+00:13:23.526	05:11 min/Km
48	40	303	MOURE ANDRADE , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:15:13.333	+00:13:28.336	05:12 min/Km
49	41	340	ROMERO RAMOS , JOSE JOAQUIN	MALE	SENIOR MAS	INDEPENDIENTE	01:15:14.243	+00:13:29.246	05:12 min/Km



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50	42	283	IGLESIAS DURO , RAÚL	MALE	SENIOR MAS	NOITEBRA FC	01:15:15.343	+00:13:30.346	05:12 min/Km
51	43	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:15:17.473	+00:13:32.476	05:12 min/Km
52	44	258	GARCIA ABALO , DIEGO	MALE	SENIOR MAS	INDEPENDIENTE	01:15:19.103	+00:13:34.106	05:12 min/Km
53	45	323	QUEIRUGA TRIÑANES , SUSO	MALE	SENIOR MAS	CD PORTOSÍN	01:15:23.963	+00:13:38.966	05:12 min/Km
54	46	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:15:37.190	+00:13:52.193	05:13 min/Km
55	47	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:15:52.097	+00:14:07.100	05:14 min/Km
56	8	4	BOO FARIÑA, SALVADOR	MALE	VETERANO MAS	INDEPENDIENTE	01:16:06.763	+00:14:21.766	05:15 min/Km
57	48	327	REY BLANCO , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:16:14.673	+00:14:29.676	05:16 min/Km
58	49	236	DE LA TORRE GARCIA , PACO	MALE	SENIOR MAS	C.D PORTOSIN	01:16:36.353	+00:14:51.356	05:17 min/Km
59	50	203	ÁLVAREZ FERNÁNDEZ , IVÁN	MALE	SENIOR MAS		01:16:47.670	+00:15:02.673	05:18 min/Km
60	51	228	CASTRO LISTA , JOSÉ ANTONIO	MALE	SENIOR MAS	ARRECENNELLA TRAIL	01:17:02.970	+00:15:17.973	05:19 min/Km
61	9	297	MEDINA JIMÉNEZ , EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:17:10.977	+00:15:25.980	05:20 min/Km
62	52	257	GARCIA , ISIDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:25.497	+00:15:40.500	05:21 min/Km
63	10	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:17:39.633	+00:15:54.636	05:22 min/Km
64	53	52	LAIÑO SILVA, VICTOR	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:17:40.213	+00:15:55.216	05:22 min/Km
65	54	215	BLANCO MÉNDEZ , JORGE	MALE	SENIOR MAS	ARTROGAL TRI 498	01:17:41.563	+00:15:56.566	05:22 min/Km
66	2	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:17:42.963	+00:15:57.966	05:22 min/Km
67	55	217	BOUZAS VILAS , EMILIO	MALE	SENIOR MAS	INDEPENDIENTE	01:17:43.903	+00:15:58.906	05:22 min/Km
68	56	48	MARTINEZ FANDIÑO, ADRIAN	MALE	SENIOR MAS	ARMENTEIRAE PUNTO	01:19:49.833	+00:18:04.836	05:31 min/Km
69	57	315	PENEDO TAOADA , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:19:56.223	+00:18:11.226	05:31 min/Km
70	58	284	JUANATEY PÉREZ , JOSE ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:20:08.420	+00:18:23.423	05:32 min/Km
71	59	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:20:25.760	+00:18:40.763	05:33 min/Km
72	11	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:20:25.820	+00:18:40.823	05:33 min/Km
73	12	264	GARCIA RODRÍGUEZ , JUAN	MALE	VETERANO MAS	INDEPENDIENTE	01:20:28.637	+00:18:43.640	05:34 min/Km
74	60	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:20:31.687	+00:18:46.690	05:34 min/Km



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75	61	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:20:37.597	+00:18:52.600	05:34 min/Km
76	62	244	FEIJOO GARCIA , XURXO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:20:46.093	+00:19:01.096	05:35 min/Km
77	63	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:20:59.783	+00:19:14.786	05:36 min/Km
78	64	241	VAZQUEZ MARTINEZ , EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:21:06.013	+00:19:21.016	05:36 min/Km
79	1	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:21:08.500	+00:19:23.503	05:36 min/Km
80	65	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:21:11.353	+00:19:26.356	05:36 min/Km
81	66	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:21:23.170	+00:19:38.173	05:37 min/Km
82	13	305	OLVEIRA MARTINEZ , FRANCISCO JOSE	MALE	VETERANO MAS	ATLETISMO SAR - VERMÚ PETRON	01:21:48.827	+00:20:03.830	05:39 min/Km
83	67	259	GARCIA BALBOA , ALFREDO	MALE	SENIOR MAS	CELTIC BOX	01:21:54.687	+00:20:09.690	05:39 min/Km
84	68	242	ESTEVE LLORENS , XAVI	MALE	SENIOR MAS	INDEPENDIENTE	01:21:56.173	+00:20:11.176	05:40 min/Km
85	14	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:22:12.843	+00:20:27.846	05:41 min/Km
86	69	342	ROMERO VAZQUEZ , MANUEL ÁNGEL	MALE	SENIOR MAS	INDEPENDIENTE	01:22:15.843	+00:20:30.846	05:41 min/Km
87	70	269	GEY SEGADE , SANTIAGO MANUEL	MALE	SENIOR MAS	S.D. BARBANTIA RODA	01:22:19.913	+00:20:34.916	05:41 min/Km
88	71	210	ASTRAY LÓPEZ , PABLO	MALE	SENIOR MAS		01:22:24.733	+00:20:39.736	05:42 min/Km
89	15	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:22:35.363	+00:20:50.366	05:42 min/Km
90	72	30	VILAS PAZOS, MON	MALE	SENIOR MAS		01:22:55.810	+00:21:10.813	05:44 min/Km
91	16	93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:23:33.833	+00:21:48.836	05:46 min/Km
92	3	232	CONDE SEOANE , OLALLA	FEMALE	SENIOR FEM	ESPRINTES OURENSE	01:23:38.270	+00:21:53.273	05:47 min/Km
93	73	349	SERRANO RECIO , DIEGO	MALE	SENIOR MAS	RACERS LEGION	01:23:38.643	+00:21:53.646	05:47 min/Km
94	74	212	BALBOA BESADA , EDGAR	MALE	SENIOR MAS	INDEPENDIENTE	01:23:42.060	+00:21:57.063	05:47 min/Km
95	75	208	ARIAS GARCIA , ALFONSO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:23:44.650	+00:21:59.653	05:47 min/Km
96	76	299	MERA RODRIGUEZ , BRUNO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:23:54.170	+00:22:09.173	05:48 min/Km
97	77	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:23:55.210	+00:22:10.213	05:48 min/Km
98	78	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:23:57.140	+00:22:12.143	05:48 min/Km
99	79	277	GUTIÉRREZ ALEGRÍA , JONATHAN	MALE	SENIOR MAS	INDEPENDIENTE	01:23:59.460	+00:22:14.463	05:48 min/Km



ULTIMATE SPORT DRINK



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	DIFF.	RITMO
100	80	60	BESADA WALDOMAR, ALEX	MALE	SENIOR MAS		01:24:03.310	+00:22:18.313	05:48 min/Km
101	81	81	SARASQUETE FERNANDEZ, FRANCISCO	MALE	SENIOR MAS	CABALO DE ARTES	01:24:10.087	+00:22:25.090	05:49 min/Km
102	82	101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS		01:24:10.220	+00:22:25.223	05:49 min/Km
103	83	348	SEOANE NIETO , GONZALO	MALE	SENIOR MAS	TARTARUGAS	01:24:11.737	+00:22:26.740	05:49 min/Km
104	84	298	MELEIRO FERNÁNDEZ , EMILIO	MALE	SENIOR MAS	TARTARUGAS	01:24:33.693	+00:22:48.696	05:50 min/Km
105	17	280	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO MAS	C.D RIA DE AROUSA	01:24:35.523	+00:22:50.526	05:51 min/Km
106	85	256	FUNGUEIRIÑO FIGUEIRA , ANTONIO	MALE	SENIOR MAS		01:24:38.553	+00:22:53.556	05:51 min/Km
107	86	273	GONZAÉLZ GONZÁLEZ , JOSÉ CARLOS	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:24:43.873	+00:22:58.876	05:51 min/Km
108	87	252	FIGUEIRAS TOREA , ÓSCAR	MALE	SENIOR MAS	CLUB ATLETISMO OUTES. JOHN TU	01:24:45.243	+00:23:00.246	05:51 min/Km
109	88	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:24:49.453	+00:23:04.456	05:51 min/Km
110	89	261	GARCÍA LÍAS , CRISTIAN	MALE	SENIOR MAS		01:25:19.230	+00:23:34.233	05:54 min/Km
111	90	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:26:01.053	+00:24:16.056	05:56 min/Km
112	91	5	BRENLLA FAJIN, SATIRO	MALE	SENIOR MAS	TARTARUGAS	01:26:08.973	+00:24:23.976	05:57 min/Km
113	92	359	VALIÑO CES , JOSÉ ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:26:11.140	+00:24:26.143	05:57 min/Km
114	93	234	CRUJEIRAS MIRANDA , ADRIAN	MALE	SENIOR MAS	CCCP DE RIBEIRA	01:26:11.620	+00:24:26.623	05:57 min/Km
115	94	339	ROMERO PARADA , KIKO	MALE	SENIOR MAS	S.D BARBANTIA RODA	01:26:28.910	+00:24:43.913	05:58 min/Km
116	95	301	MIRA MARTÍNEZ , JESÚS	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:26:32.980	+00:24:47.983	05:59 min/Km
117	96	285	LADO FIGUEIRAS , ABEL	MALE	SENIOR MAS	INDEPENDIENTE	01:26:35.110	+00:24:50.113	05:59 min/Km
118	4	255	FORMOSO NOCEDA , TINA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:26:35.230	+00:24:50.233	05:59 min/Km
119	18	353	SOMOZA GARCIA , FRANCISCO	MALE	VETERANO MAS	INDEPENDIENTE	01:26:50.240	+00:25:05.243	05:60 min/Km
120	19	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:27:01.843	+00:25:16.846	06:01 min/Km
121	5	6	CAMPOS TRABAZO, IRIA	FEMALE	SENIOR FEM	ARTROGAL TRI 498	01:27:26.670	+00:25:41.673	06:02 min/Km
122	97	336	RODRÍGUEZ SOUTO , JOSÉ ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:29:05.357	+00:27:20.360	06:09 min/Km
123	98	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:29:15.530	+00:27:30.533	06:10 min/Km
124	99	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:29:26.607	+00:27:41.610	06:11 min/Km



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125	6	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:29:52.830	+00:28:07.833	06:12 min/Km
126	100	306	OTERO LEMA , ENRIQUE	MALE	SENIOR MAS	INDEPENDIENTE	01:30:06.340	+00:28:21.343	06:13 min/Km
127	101	345	SANTOS DIOS , JOSÉ RAMÓN	MALE	SENIOR MAS		01:30:16.877	+00:28:31.880	06:14 min/Km
128	20	300	MIGUENS CHAZO , HERMINIO JOSE	MALE	VETERANO MAS	ESUBO	01:30:25.373	+00:28:40.376	06:15 min/Km
129	102	309	OUTON BARBOSA , JORGE	MALE	SENIOR MAS	INDEPENDIENTE	01:30:32.533	+00:28:47.536	06:15 min/Km
130	7	311	PADÍN DOMÍNGUEZ , SILA	FEMALE	SENIOR FEM	PILIMILIRUNNING	01:31:02.660	+00:29:17.663	06:17 min/Km
131	8	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:31:21.367	+00:29:36.370	06:19 min/Km
132	103	229	CASTRO RODRÍGUEZ , MIGUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:31:23.633	+00:29:38.636	06:19 min/Km
133	104	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:31:26.123	+00:29:41.126	06:19 min/Km
134	2	237	DEL RÍO MOSQUERA , ESTHER	FEMALE	VETERANO FEM		01:31:32.107	+00:29:47.110	06:19 min/Km
135	105	357	TORIBIO ACEBEDO , MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:31:42.437	+00:29:57.440	06:20 min/Km
136	106	230	COLLAZO BARBOSA , IVAN	MALE	SENIOR MAS	VIGOENTRENA	01:31:50.633	+00:30:05.636	06:21 min/Km
137	107	312	PAIS TRIGO , FRANCISCO	MALE	SENIOR MAS		01:32:09.853	+00:30:24.856	06:22 min/Km
138	21	271	GOMEZ RIVADULLA , RAMON	MALE	VETERANO MAS		01:32:11.633	+00:30:26.636	06:22 min/Km
139	22	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:32:11.853	+00:30:26.856	06:22 min/Km
140	108	250	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	SENIOR MAS	TARTARUGAS	01:32:34.497	+00:30:49.500	06:24 min/Km
141	23	251	FIGUEIRA MASSA , SANTIAGO	MALE	VETERANO MAS	INDEPENDIENTE	01:32:36.043	+00:30:51.046	06:24 min/Km
142	24	219	BRAVO PORTELA , JAVIER	MALE	VETERANO MAS	INDEPENDIENTE	01:32:48.240	+00:31:03.243	06:25 min/Km
143	109	243	FEIJOO GARCIA , LUIS	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:32:57.763	+00:31:12.766	06:25 min/Km
144	3	235	DE LA FUENTE IGLESIAS , EVA	FEMALE	VETERANO FEM	CLUB DEPORTIVO VAGALUME ENE	01:33:03.553	+00:31:18.556	06:26 min/Km
145	110	53	ABOY POTEL, JOSÉ	MALE	SENIOR MAS	CCCP	01:33:22.560	+00:31:37.563	06:27 min/Km
146	111	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:33:59.387	+00:32:14.390	06:29 min/Km
147	112	338	ROMERO AGRA , NESTOR	MALE	SENIOR MAS	EN SUSPENSIÓN	01:34:34.970	+00:32:49.973	06:32 min/Km
148	9	294	MARTINEZ ARIAS , NATALIA	FEMALE	SENIOR FEM	EN SUSPENSIÓN	01:34:56.300	+00:33:11.303	06:33 min/Km
149	25	248	FERNANDEZ PEREZ , ADOLFO	MALE	VETERANO MAS		01:35:10.503	+00:33:25.506	06:34 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	DIFF.	RITMO
150	113	268	GENDRE FERNÁNDEZ , JAVIER	MALE	SENIOR MAS	TARTARUGAS	01:35:42.693	+00:33:57.696	06:37 min/Km
151	10	347	SEANE OTERO , NATALIA	FEMALE	SENIOR FEM		01:36:47.430	+00:35:02.433	06:41 min/Km
152	11	227	CASTIÑEIRAS PEREIRA , RAQUEL	FEMALE	SENIOR FEM	TARTARUGAS	01:37:28.990	+00:35:43.993	06:44 min/Km
153	26	202	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO MAS	TARTARUGAS	01:37:29.773	+00:35:44.776	06:44 min/Km
154	114	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:37:35.967	+00:35:50.970	06:44 min/Km
155	115	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:38:06.037	+00:36:21.040	06:46 min/Km
156	116	262	GARCÍA LORENZO , DIEGO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:38:32.323	+00:36:47.326	06:48 min/Km
157	4	341	ROMERO RODRIGUEZ , AGUEDA	FEMALE	VETERANO FEM	INDEPENDIENTE	01:38:47.283	+00:37:02.286	06:49 min/Km
158	117	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:40:08.973	+00:38:23.976	06:55 min/Km
159	118	97	OUTEIRAL CASAL, VERI	MALE	SENIOR MAS	CROSSCAÑAS	01:40:43.927	+00:38:58.930	06:57 min/Km
160	12	87	NIETO DOMÍNGUEZ , NATALIA	FEMALE	SENIOR FEM	TRAS DO MONTE	01:40:44.587	+00:38:59.590	06:57 min/Km
161	119	308	OUBEL VILLANUEVA , JOSE MANUEL	MALE	SENIOR MAS		01:40:59.263	+00:39:14.266	06:58 min/Km
162	120	68	GONZALEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:41:44.140	+00:39:59.143	07:01 min/Km
163	121	310	OVIEDO DE LA FUENTE , MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:41:54.267	+00:40:09.270	07:02 min/Km
164	5	313	PEÑA VILLAMIDE , PAZ	FEMALE	VETERANO FEM	TARTARUGAS	01:41:59.923	+00:40:14.926	07:03 min/Km
165	122	282	IGLESIAS BELLO , RAFAEL	MALE	SENIOR MAS		01:44:00.060	+00:42:15.063	07:11 min/Km
166	13	79	TOMÉ CAO, VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:45:48.973	+00:44:03.976	07:18 min/Km
167	123	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	01:46:29.747	+00:44:44.750	07:21 min/Km
168	14	201	ALARCÓN , DIANA	FEMALE	SENIOR FEM		01:52:36.783	+00:50:51.786	07:46 min/Km
169	27	231	CONDE BERMUDEZ , RAMON ANGEL	MALE	VETERANO MAS	NOGUEIRA TRAIL	01:58:08.050	+00:56:23.053	08:09 min/Km
170	28	222	CARBALLEIRA HORTAS , XOSÉ MANUEL	MALE	VETERANO MAS	INDEPENDIENTE	01:58:09.420	+00:56:24.423	08:09 min/Km
171	124	295	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR MAS	INDEPENDIENTE	02:03:02.673	+01:01:17.676	08:30 min/Km
172	15	307	OTERO PADERNE , SONIA	FEMALE	SENIOR FEM		02:03:06.227	+01:01:21.230	08:30 min/Km
173	6	325	RECAREY FERNÁNDEZ , MARÍA DEL CARMEN	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:07.833	+01:01:22.836	08:30 min/Km
174	7	281	IGLESIAS REBOREDO , MARY SOL	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:09.643	+01:01:24.646	08:30 min/Km



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	DIFF.	RITMO
175	8	361	VÁZQUEZ FERNÁNDEZ , BEATRIZ	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:11.507	+01:01:26.510	08:30 min/Km
176	9	288	LÓPEZ DIEGUEZ , CRISTINA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:12.903	+01:01:27.906	08:30 min/Km
177	10	362	VEIGA BLANCO , MONTSE	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:03:17.240	+01:01:32.243	08:31 min/Km
178	16	326	REIMÓNDEZ CALVO , SONIA MARÍA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	02:03:18.797	+01:01:33.800	08:31 min/Km
179	11	254	FONTÁN RODRÍGUEZ , MARÍA DEL PUERTO	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:04:43.720	+01:02:58.723	08:37 min/Km
180	12	206	ANTELO ALCALDE , MARÍA ELENA	FEMALE	VETERANO FEM	CLUB ATLETISMO FONTES DO SAR	02:04:47.063	+01:03:02.066	08:37 min/Km
181	125	272	GONTAN CASTRO , JOSE ANTONIO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	02:04:48.623	+01:03:03.626	08:37 min/Km



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