

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
1	1	351	PRIETO FERVENZA , ALVARO	MALE	VET-A	CLUB MILER RUNNING CLUB	UNICORNIO	00:32:46	01:22:06		03:55 min/Km
2	1	46	BASCONCELO ARAUJO , GONZALO	MALE	SENIOR	REAL CLUB CELTA ATLETISMO	UNICORNIO	00:34:10	01:28:32	+00:06:26	04:13 min/Km
3	2	395	RUA PENA , DANIEL	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:36:23	01:30:23	+00:08:17	04:19 min/Km
4	1	49	BELMONTE MARTINEZ , JUAN LUIS	MALE	VET-B		CORRER ES DE COBARDES	00:36:07	01:30:52	+00:08:46	04:20 min/Km
5	3	377	RODRIGUEZ DE LA CRUZ , JUAN LUIS	MALE	VET-A	TRIATLON VAO		00:36:27	01:31:09	+00:09:03	04:21 min/Km
6	2	29	ALVAREZ PORTELA , MANUEL	MALE	VET-B	CLUB CORREDOIRAS TRAIL	CORRER ES DE COBARDES	00:36:25	01:31:30	+00:09:24	04:22 min/Km
7	4	114	DIAZ , JUAN	MALE	VET-A	SAN MIIGUEL		00:37:03	01:32:29	+00:10:23	04:25 min/Km
8	3	125	DOMÍNGUEZ CABRAL , ELÍAS	MALE	VET-B	CLUB MILER RUNNING CLUB	UNICORNIO	00:36:08	01:32:38	+00:10:32	04:25 min/Km
9	2	5	ABOAL LOSADA , ADRIÁN	MALE	SENIOR	CLUB MILER RUNNING CLUB		00:36:52	01:32:57	+00:10:51	04:26 min/Km
10	4	317	OUBIÑA DIOS , FRANCISCO RAMON	MALE	VET-B	C.A CAMBADOS SEGUROS NOVAL		00:37:03	01:33:37	+00:11:31	04:28 min/Km
11	5	215	GONZALEZ OJEA , MANUEL	MALE	VET-B			00:37:17	01:34:03	+00:11:57	04:29 min/Km
12	6	135	FALCÓN PÉREZ , SANTIAGO	MALE	VET-B	C. D. RIA DE AROUSA		00:37:24	01:34:13	+00:12:07	04:30 min/Km
13	5	441	VALES MENDEZ , SANTIAGO	MALE	VET-A			00:37:51	01:34:15	+00:12:09	04:30 min/Km
14	6	259	LÓPEZ DÍAZ , DANIEL	MALE	VET-A			00:37:41	01:34:22	+00:12:16	04:30 min/Km
15	7	51	BELTRÁN TABOADA , JOSÉ LUIS	MALE	VET-A	INDEPENDIENTE		00:37:38	01:35:04	+00:12:58	04:32 min/Km
16	7	385	RODRIGUEZ LOPEZ , GONZALO	MALE	VET-B		REDONDELA	00:38:21	01:35:45	+00:13:39	04:34 min/Km
17	8	275	MALVIDO GARCÍA , ALBERTO	MALE	VET-A	INDEPENDIENTE	CORRER ES DE COBARDES	00:38:25	01:35:55	+00:13:49	04:35 min/Km
18	3	181	GARCIA PIÑEIRO , OSCAR	MALE	SENIOR	CORRER ES DE COBARDES	CORRER ES DE COBARDES	00:38:51	01:36:13	+00:14:07	04:35 min/Km
19	9	227	GUTIÉRREZ COSTA , RAMIRO	MALE	VET-A	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:38:29	01:36:34	+00:14:28	04:36 min/Km
20	4	262	LÓPEZ REY , YAGO	MALE	SENIOR	INDEPENDIENTE		00:36:07	01:36:34	+00:14:28	04:36 min/Km
21	10	414	SOLIÑO LANZOS , JUAN	MALE	VET-A		CORRER ES DE COBARDES	00:38:30	01:37:05	+00:14:59	04:38 min/Km
22	5	331	PÉREZ , ROBERTO	MALE	SENIOR	LAMARGHA-AUTOTODO	OURENSE STARS	00:38:24	01:37:12	+00:15:06	04:38 min/Km
23	11	241	JUNCAL IGLESIAS , ALBERTO	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:39:49	01:37:26	+00:15:20	04:39 min/Km
24	6	323	PAZ SOBREIRA , DIEGO	MALE	SENIOR	ATLETISMO PORRIÑO		00:35:46	01:37:39	+00:15:33	04:39 min/Km
25	7	428	TÁBOAS CARRERA , ISMAEL	MALE	SENIOR	ATLETISMO PORRIÑO		00:37:52	01:38:01	+00:15:55	04:41 min/Km
26	8	299	MORAISDE LA IGLESIA , JOSE MANUEL	MALE	SENIOR			00:39:35	01:38:04	+00:15:58	04:41 min/Km
27	12	122	DIZ CASTIÑEIRA , EMILIO	MALE	VET-A			00:39:35	01:38:04	+00:15:58	04:41 min/Km
28	13	11	ALBORES MIGUEZ , JORGE	MALE	VET-A			00:38:59	01:38:05	+00:15:59	04:41 min/Km
29	14	240	JUNCAL RODRIGUEZ , ESTEBAN	MALE	VET-A	CLUB CORREDOIRAS TRAIL	CORRER ES DE COBARDES	00:38:25	01:38:07	+00:16:01	04:41 min/Km
30	15	405	SANTIAGO BOSCH , JOSE ANTONIO	MALE	VET-A	C.D.PINARIUM	C.D. PINARIUM 1	00:39:36	01:38:19	+00:16:13	04:41 min/Km
31	9	53	BERMÚDEZ SOLIÑO , RODRIGO	MALE	SENIOR	CENADOR RUA NOVA	UNICORNIO	00:39:31	01:38:34	+00:16:28	04:42 min/Km
32	16	62	CABALLERO IGLESIAS , GUSTAVO	MALE	VET-A	INDEPENDIENTE		00:37:35	01:38:48	+00:16:42	04:43 min/Km
33	1	165	FIGUEROA FIGUEROA , MARIA DEL ROSARIO	FEMALE	VET-A-F	CLUB ATLETISMO SAMERTOLAMEU		00:39:49	01:39:17	+00:17:11	04:44 min/Km
34	8	267	LORENZO ESTEVEZ , LORENZO JUAN	MALE	VET-B	INDEPENDIENTE	CORRER ES DE COBARDES	00:39:37	01:39:34	+00:17:28	04:45 min/Km
35	17	418	SOTO PARADA , JUAN	MALE	VET-A	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 1	00:38:59	01:39:40	+00:17:34	04:45 min/Km
36	18	438	ULLA REGA , MANUEL	MALE	VET-A	ASOCIACIÓN DEPORTIVA CAR	REDONDELA	00:38:54	01:39:47	+00:17:41	04:46 min/Km
37	9	223	GRAÑA ALONSO , JOSÉ CARLOS	MALE	VET-B	LODEIROS TRAIL		00:40:30	01:40:01	+00:17:55	04:46 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
38	10	330	PEREIRA REY , CARLOS	MALE	VET-B	RUNNING ARTEIXO		00:39:51	01:40:02	+00:17:56	04:46 min/Km
39	19	157	FERNÁNDEZ PÉREZ , ANTONIO	MALE	VET-A	NTA-NEVER TRAIL ALONE		00:38:58	01:40:04	+00:17:58	04:46 min/Km
40	20	32	AMAT BENAVIDES , MIGUEL	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:40:08	01:40:10	+00:18:04	04:47 min/Km
41	21	14	ALONSO ABALDE , MIGUEL ANGEL	MALE	VET-A	INDEPENDIENTE		00:39:14	01:40:10	+00:18:04	04:47 min/Km
42	11	427	TABOADA PAMPIN , ALBERTO	MALE	VET-B	NTA-NEVER TRAIL ALONE		00:39:22	01:40:20	+00:18:14	04:47 min/Km
43	12	396	RÚA VAAMONDE , EMILIO	MALE	VET-B			00:39:31	01:40:31	+00:18:25	04:48 min/Km
44	22	379	RODRÍGUEZ DOMÍNGUEZ , ANDRÉS	MALE	VET-A	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 1	00:39:38	01:40:34	+00:18:28	04:48 min/Km
45	23	261	LÓPEZ FERNÁNDEZ , JUAN CARLOS	MALE	VET-A	TROPA DO CARALLO		00:39:40	01:40:40	+00:18:34	04:48 min/Km
46	24	326	PEDRERO LÓPEZ , GUILLERMO	MALE	VET-A	INDEPENDIENTE	REDONDELA	00:35:46	01:40:42	+00:18:36	04:48 min/Km
47	25	13	ALONSO , RODRIGO	MALE	VET-A	NANDESPORT		00:39:21	01:40:45	+00:18:39	04:48 min/Km
48	26	335	PÉREZ DIÉGUEZ , DANIEL	MALE	VET-A	INDEPENDIENTE		00:39:49	01:41:02	+00:18:56	04:49 min/Km
49	10	93	COSTAS CONDE , JESÚS	MALE	SENIOR			00:39:41	01:41:05	+00:18:59	04:49 min/Km
50	27	24	ALVAREZ ALVAREZ , DANIEL	MALE	VET-A	GALGOS		00:40:11	01:41:18	+00:19:12	04:50 min/Km
51	11	372	RODAL ABAL , FRANCISCO	MALE	SENIOR		UNICORNIO	00:39:51	01:41:18	+00:19:12	04:50 min/Km
52	12	381	RODRIGUEZ FERREIRO , MIGUEL	MALE	SENIOR	LAMARGHA-AUTOTODO	OURENSE STARS	00:39:52	01:41:33	+00:19:27	04:51 min/Km
53	28	155	FERNÁNDEZ PAREDES , SANTIAGO	MALE	VET-A	CLUB ATLETISMO MORRAZO		00:41:04	01:41:33	+00:19:27	04:51 min/Km
54	29	332	PEREZ RODAS , DANIEL	MALE	VET-A	INDEPENDIENTE		00:39:57	01:41:37	+00:19:31	04:51 min/Km
55	13	22	ALONSO GONZÁLEZ , ANDRÉ	MALE	SENIOR			00:39:41	01:41:48	+00:19:42	04:51 min/Km
56	13	301	MORENZA DOFORNO , GERMAN	MALE	VET-B	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 1	00:40:31	01:42:08	+00:20:02	04:52 min/Km
57	2	147	FERNÁNDEZ GIL , BEATRIZ	FEMALE	VET-A-F	CLUB CORREDOIRAS		00:38:59	01:42:09	+00:20:03	04:52 min/Km
58	30	97	COSTAS SANTOS , DAVID	MALE	VET-A			00:40:17	01:42:13	+00:20:07	04:53 min/Km
59	31	265	LORENZANA , JESUS	MALE	VET-A	ADN RUNNERS TELMO-PELUQUEROS		00:41:23	01:42:17	+00:20:11	04:53 min/Km
60	32	59	BUDIÑO DACOSTA , RICARDO	MALE	VET-A	INDEPENDIENTE		00:39:00	01:42:22	+00:20:16	04:53 min/Km
61	33	12	ALFONSO CORNES , XAVIER	MALE	VET-A	INDEPENDIENTE		00:40:35	01:42:28	+00:20:22	04:53 min/Km
62	14	71	CARBALLO DURAN , JAVIER	MALE	VET-B	CLUB ATLETISMO SAMERTOLAMEU		00:40:32	01:42:33	+00:20:27	04:53 min/Km
63	1	408	SANTOS NÚÑEZ , ROBERTO	MALE	NOCAT			00:40:27	01:42:34	+00:20:28	04:54 min/Km
64	34	25	ÁLVAREZ BOULLOSA , RICARDO	MALE	VET-A	BEER RUNNERS VIGO		00:40:52	01:42:48	+00:20:42	04:54 min/Km
65	14	469	GARCIA , OSCAR	MALE	SENIOR	C.D. PINARIUM	C.D. PINARIUM	00:40:08	01:42:57	+00:20:51	04:55 min/Km
66	15	195	GOMEZ ALONSO , MANUEL	MALE	VET-B	INDEPENDIENTE		00:40:08	01:43:02	+00:20:56	04:55 min/Km
67	35	325	PAZOS OTERO , DIEGO	MALE	VET-A	VIGOENTRENA		00:42:15	01:43:16	+00:21:10	04:56 min/Km
68	36	35	ANTON RIO , SERGIO	MALE	VET-A			00:42:38	01:43:33	+00:21:27	04:56 min/Km
69	37	471	RODRÍGUEZ FERNÁNDEZ , SERGIO	MALE	VET-A			00:41:21	01:43:34	+00:21:28	04:56 min/Km
70	16	356	RAVIÑA FURELOS , JUAN CARLOS	MALE	VET-B	USC		00:41:39	01:43:38	+00:21:32	04:57 min/Km
71	38	43	BARREIRO SANTIAGO , JOSÉ MANUEL	MALE	VET-A			00:40:33	01:43:44	+00:21:38	04:57 min/Km
72	17	327	PENA SUAREZ , JOSE MANUEL	MALE	VET-B	AD JARNACHAS		00:38:53	01:44:03	+00:21:57	04:58 min/Km
73	18	258	LOPEZ CAPON , JAVIER	MALE	VET-B	GALGOS		00:41:20	01:44:16	+00:22:10	04:58 min/Km
74	15	440	VALEIJE COVELO , SAMUEL	MALE	SENIOR	ASOCIACIÓN DEPORTIVA CAR	REDONDELA	00:41:50	01:44:33	+00:22:27	04:59 min/Km

VI 21K COSTA DA VELA 2019

- GENERAL -

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
75	39	289	MENDEZ QUINTELA , FRANCISCO M.	MALE	VET-A	CHOTACABRAS 21K		00:42:11	01:44:46	+00:22:40	04:60 min/Km
76	19	456	VÁZQUEZ VÁZQUEZ , JOSÉ MANUEL	MALE	VET-B	PUNTA CABALO AROUSA RUNNERS		00:41:13	01:44:51	+00:22:45	04:60 min/Km
77	20	359	REY COSTA , MIGUEL	MALE	VET-B	BEER RUNNERS VIGO		00:42:07	01:44:53	+00:22:47	04:60 min/Km
78	16	276	MANSO SANTAMARIA , ALVARO	MALE	SENIOR			00:40:48	01:45:03	+00:22:57	05:01 min/Km
79	40	163	FERREIRO DEAÑO , ALFREDO	MALE	VET-A	CLUB DEPORTIVO AURUM	OURENSE STARS	00:41:29	01:45:11	+00:23:05	05:01 min/Km
80	41	466	VIÑA VERISIMO , DIEGO	MALE	VET-A	PONTESECA TRAIL TEAM		00:41:07	01:45:18	+00:23:12	05:01 min/Km
81	21	260	LÓPEZ FERNÁNDEZ , JOSE	MALE	VET-B	RUN CARBALLIÑO		00:41:13	01:45:27	+00:23:21	05:02 min/Km
82	22	333	PEREZ ALVAREZ , JAIME	MALE	VET-B	RUN PONTEVEDRA		00:42:34	01:45:32	+00:23:26	05:02 min/Km
83	42	268	LORENZO PÉREZ , FRANCISCO MANUEL	MALE	VET-A			00:42:50	01:45:48	+00:23:42	05:03 min/Km
84	43	314	OTERO MARTÍNEZ , NICOLÁS	MALE	VET-A	C.S.C.R. BEADE		00:41:36	01:45:56	+00:23:50	05:03 min/Km
85	17	30	ALVAREZ SEBASTIAN , MARTIN	MALE	SENIOR	INDEPENDIENTE		00:42:09	01:46:11	+00:24:05	05:04 min/Km
86	23	292	MERA RODRIGUEZ , JOSE CARLOS	MALE	VET-B	PONTE A CORRER		00:42:46	01:46:14	+00:24:08	05:04 min/Km
87	44	320	PARCERO RODRIGUEZ , JORGE	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:42:51	01:46:21	+00:24:15	05:04 min/Km
88	24	309	NÚÑEZ , JAVIER	MALE	VET-B	INDEPENDIENTE		00:41:36	01:46:26	+00:24:20	05:05 min/Km
89	18	133	ESTÉVEZ PÉREZ , DANI	MALE	SENIOR	GALGOS		00:40:12	01:46:32	+00:24:26	05:05 min/Km
90	45	192	GIL BLANCO , FRANCISCO JOSÉ	MALE	VET-A	CD PINARIUM	C.D. PINARIUM 2.2	00:43:29	01:46:35	+00:24:29	05:05 min/Km
91	46	98	COVELO COSTAS , DANIEL	MALE	VET-A	#TWINSHERORUNNERS		00:42:08	01:46:37	+00:24:31	05:05 min/Km
92	47	99	COVELO COSTAS , IVAN	MALE	VET-A	#TWINSHERORUNNERS		00:42:08	01:46:40	+00:24:34	05:05 min/Km
93	19	419	SOUSA CABEZAS , ALBERTO	MALE	SENIOR	INDEPENDIENTE		00:41:00	01:46:52	+00:24:46	05:06 min/Km
94	48	254	LEMONS RODRÍGUEZ , MANUEL	MALE	VET-A	VILA DE CANGAS		00:42:00	01:46:52	+00:24:46	05:06 min/Km
95	49	361	RGUEZ , ORLANDO	MALE	VET-A	INDEPENDIENTE	UNICORNIO	00:40:17	01:46:53	+00:24:47	05:06 min/Km
96	50	42	BARREIRO RODRÍGUEZ , SEVERO	MALE	VET-A	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 2.2	00:42:03	01:46:55	+00:24:49	05:06 min/Km
97	51	138	FERNANDES REI , LEONARDO	MALE	VET-A	ATHLETICS FISIOTERAPIA SAN LÁZARO		00:42:34	01:47:23	+00:25:17	05:07 min/Km
98	25	55	BLAZQUEZ SUAREZ , JESUS ALBERTO	MALE	VET-B	INDEPENDIENTE		00:41:47	01:47:23	+00:25:17	05:07 min/Km
99	52	70	CARBALLO COSTAS , DARÍO	MALE	VET-A			00:42:19	01:47:26	+00:25:20	05:07 min/Km
100	53	142	FERNÁNDEZ BAS , JON	MALE	VET-A	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 2.2	00:43:30	01:47:51	+00:25:45	05:09 min/Km
101	54	375	RODRIGUEZ COLLAZO , JOSÉ JACOBO	MALE	VET-A	VETERANOS DE SAMIL		00:42:40	01:48:13	+00:26:07	05:10 min/Km
102	26	16	ALONSO BALLESTEROS , JAVIER	MALE	VET-B	INDEPENDIENTE		00:42:41	01:48:13	+00:26:07	05:10 min/Km
103	55	40	BARCIA FERRER , JUANÇ	MALE	VET-A	TROTE BORRIQUERO		00:43:41	01:48:19	+00:26:13	05:10 min/Km
104	56	137	FANDIÑO GARCIA , OSCAR	MALE	VET-A	ATLETISMO CAMBADOS SEG. NOVAL		00:42:31	01:48:21	+00:26:15	05:10 min/Km
105	57	423	SUEIRO MENDEZ , ANDRES	MALE	VET-A	C.A.CAMBADOS SEGUROS NOVAL		00:42:31	01:48:21	+00:26:15	05:10 min/Km
106	20	343	PIEDRAS , HIPÓLITO	MALE	SENIOR	GIN TRAIL		00:43:37	01:48:37	+00:26:31	05:11 min/Km
107	58	96	COSTAS SÁNCHEZ , SENÉN	MALE	VET-A	INDEPENDIENTE		00:43:18	01:49:10	+00:27:04	05:12 min/Km
108	3	79	CASALEIRO BARROS , MARÍA	FEMALE	VET-A-F	TROTE BORRIQUERO	UNICORNIO	00:44:32	01:49:12	+00:27:06	05:12 min/Km
109	27	36	ARAUJO DOMINGUEZ , MODESTO	MALE	VET-B	INDEPENDIENTE		00:44:08	01:49:17	+00:27:11	05:13 min/Km
110	21	90	COMESAÑA CHAVERT , DARÍO	MALE	SENIOR	LÓSTREGOS COIA		00:41:14	01:49:23	+00:27:17	05:13 min/Km
111	1	442	VALIÑO GOMEZ , ESTHER	FEMALE	SENIOR-F	INDEPENDIENTE		00:42:57	01:49:23	+00:27:17	05:13 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
112	59	136	FANDIÑO CERQUEIRA , MANUEL ENRIQUE	MALE	VET-A	TRIATLON P.C. RIAS BAIXAS		00:42:52	01:49:37	+00:27:31	05:14 min/Km
113	60	211	GONZALEZ LANZOS , FERNANDO	MALE	VET-A			00:43:58	01:49:52	+00:27:46	05:14 min/Km
114	28	368	RIVERO , MANUEL	MALE	VET-B	INDEPENDIENTE		00:44:02	01:49:59	+00:27:53	05:15 min/Km
115	22	176	GAMALLO , ANTÓN	MALE	SENIOR	INDEPENDIENTE		00:43:03	01:50:06	+00:28:00	05:15 min/Km
116	61	342	PIDRE PEREZ , MARCOS	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:42:52	01:50:21	+00:28:15	05:16 min/Km
117	29	429	TIEBO ABAL , ANTONIO	MALE	VET-B	INDEPENDIENTE		00:44:28	01:50:23	+00:28:17	05:16 min/Km
118	30	67	CAMESELLE PINTOS , ANGEL DOMINGO	MALE	VET-B	MAIS QUE AUGA		00:43:30	01:50:51	+00:28:45	05:17 min/Km
119	23	415	SOLIÑO SOTELO , ÁNGEL	MALE	SENIOR		UNICORNIO	00:43:41	01:51:00	+00:28:54	05:18 min/Km
120	62	58	BRALO GONZÁLEZ , ENRIQUE	MALE	VET-A	INDEPENDIENTE		00:43:39	01:51:05	+00:28:59	05:18 min/Km
121	31	283	MARTINEZ HAYNES , RICKY	MALE	VET-B			00:45:29	01:51:28	+00:29:22	05:19 min/Km
122	32	308	NOVAS NOVOA , AMANCIO	MALE	VET-B	CAMINHANTES DO CONDADO		00:43:15	01:51:29	+00:29:23	05:19 min/Km
123	33	68	CAMPELO ALVAREZ , BENEDICTO	MALE	VET-B			00:45:03	01:51:38	+00:29:32	05:19 min/Km
124	34	459	VIDAL CASTRO , ERNESTO	MALE	VET-B	RUNNING LUSEKELO		00:44:30	01:51:42	+00:29:36	05:20 min/Km
125	24	437	TRONCOSO GOMEZ , HECTOR	MALE	SENIOR			00:45:01	01:51:44	+00:29:38	05:20 min/Km
126	63	337	PEREZ LADO , JOSE MANUEL	MALE	VET-A	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:44:10	01:51:51	+00:29:45	05:20 min/Km
127	64	117	DÍAZ GONDA , JULIO	MALE	VET-A	INDEPENDIENTE		00:44:54	01:51:56	+00:29:50	05:20 min/Km
128	35	173	GALLARDO FRANCISCO , BENITO	MALE	VET-B	RUN CARBALLIÑO		00:44:35	01:52:16	+00:30:10	05:21 min/Km
129	65	21	ALONSO FERNÁNDEZ , RICARDO	MALE	VET-A	RUNNING ARTEIXO		00:41:15	01:52:30	+00:30:24	05:22 min/Km
130	36	357	REBOREDA GRAÑA , AMADOR	MALE	VET-B	CLUB DEPORTIVO PINARIUM	C.D. PINARIUM 1	00:45:00	01:52:33	+00:30:27	05:22 min/Km
131	66	234	IBÁÑEZ PEREIRO , AITOR	MALE	VET-A			00:45:29	01:52:40	+00:30:34	05:22 min/Km
132	67	305	NGUEMA MANTEIGA , DAMIAN	MALE	VET-A	INDEPENDIENTE		00:43:28	01:52:42	+00:30:36	05:22 min/Km
133	25	245	LAGO RUILOBA , JAVIER	MALE	SENIOR	INDEPENDIENTE		00:43:31	01:52:44	+00:30:38	05:23 min/Km
134	68	444	VARELA ÁLVAREZ , IGNACIO	MALE	VET-A	VIGOENTRENA		00:44:35	01:52:49	+00:30:43	05:23 min/Km
135	69	321	PATINO ANICETO , JOSE MIGUEL	MALE	VET-A	INDEPENDIENTE		00:45:33	01:52:51	+00:30:45	05:23 min/Km
136	26	311	OSORNO RODRIGUEZ , ADRIAN	MALE	SENIOR	ATLETISMO PORRIÑO		00:45:57	01:53:28	+00:31:22	05:25 min/Km
137	4	65	CALVO SERRANO , MARTA	FEMALE	VET-A-F	VIGOENTRENA		00:44:34	01:53:28	+00:31:22	05:25 min/Km
138	70	72	CARNEIRO GARCÍA , ANTONIO	MALE	VET-A	RUNNERS AMIO		00:45:19	01:53:34	+00:31:28	05:25 min/Km
139	71	56	BOTANA MOSQUERA , JUAN LUIS	MALE	VET-A	CLUB ATLETISMO O PINO		00:45:39	01:53:34	+00:31:28	05:25 min/Km
140	37	27	ÁLVAREZ LORENZO , JOSE	MALE	VET-B	RUNNING LUSEKELO		00:45:57	01:53:41	+00:31:35	05:25 min/Km
141	72	445	VAZQUEZ , ALFONSO	MALE	VET-A			00:47:03	01:53:52	+00:31:46	05:26 min/Km
142	38	373	RODAL DIZ , ÁNGEL MANUEL	MALE	VET-B	C.D.PINARIUM	C.D. PINARIUM 2.2	00:43:54	01:53:53	+00:31:47	05:26 min/Km
143	39	263	LOPEZ SANTORO , ANTONIO	MALE	VET-B			00:45:02	01:54:12	+00:32:06	05:27 min/Km
144	73	103	DALMEIDA , JUAN	MALE	VET-A	INDEPENDIENTE		00:45:02	01:54:12	+00:32:06	05:27 min/Km
145	40	34	ANTEPAZO GIL , ISMAEL	MALE	VET-B	CLUB ATLETISMO SAMERTOLAMEU		00:48:10	01:54:16	+00:32:10	05:27 min/Km
146	74	148	FERNANDEZ GONZALEZ , JUAN MANUEL	MALE	VET-A	BICIVOLADORES		00:45:24	01:54:20	+00:32:14	05:27 min/Km
147	75	120	DIEGUEZ PAZO , EMILIO	MALE	VET-A	BEER RUNNERS VIGO		00:44:35	01:54:25	+00:32:19	05:27 min/Km
148	41	387	RODRÍGUEZ VARELA , NARCISO	MALE	VET-B	GIMNÁSTICA		00:45:32	01:54:26	+00:32:20	05:27 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
149	27	221	GOY , PAOLO MICHELE	MALE	SENIOR	CAR REDONDELA	REDONDELA	00:44:37	01:54:38	+00:32:32	05:28 min/Km
150	42	205	GONZÁLEZ CASAL , FRANCISCO JAVIER	MALE	VET-B	3&RUN BY PEDRO NIMO CLUB DE CORREDORES		00:45:16	01:54:47	+00:32:41	05:28 min/Km
151	43	45	BARROS PEREZ , FRANCISCO	MALE	VET-B	OS CHORONS		00:47:19	01:55:11	+00:33:05	05:30 min/Km
152	76	229	HEREDIA CERCADILLO , DAVID	MALE	VET-A			00:44:09	01:55:12	+00:33:06	05:30 min/Km
153	77	222	GOYANES COLLAZO , DAVID	MALE	VET-A			00:46:01	01:55:24	+00:33:18	05:30 min/Km
154	78	412	SOBRADO MIGUÉLEZ , ROBERTO	MALE	VET-A	INDEPENDIENTE		00:47:13	01:55:25	+00:33:19	05:30 min/Km
155	44	250	LEDO MARTINEZ , SANTIAGO	MALE	VET-B			00:44:25	01:55:31	+00:33:25	05:31 min/Km
156	45	204	GONZALEZ ALVAREZ , JOSE MANUEL	MALE	VET-B	INDEPENDIENTE		00:46:23	01:55:32	+00:33:26	05:31 min/Km
157	5	291	MÉNDEZ TAPIAS , PAZ	FEMALE	VET-A-F	LODEIROS TRAIL		00:45:51	01:55:35	+00:33:29	05:31 min/Km
158	79	409	SEVILLA SUBIELA , PEDRO ANTONIO	MALE	VET-A	COMESAÑA SPORTING CLUB		00:47:18	01:55:48	+00:33:42	05:31 min/Km
159	46	134	ESTÉVEZ RODRÍGUEZ , DANIEL	MALE	VET-B	BEER RUNNERS VIGO		00:45:47	01:56:01	+00:33:55	05:32 min/Km
160	47	231	HERNANDEZ MIGUEL , MANUEL	MALE	VET-B			00:48:39	01:56:07	+00:34:01	05:32 min/Km
161	28	200	GÓMEZ LOSADA , FERNANDO	MALE	SENIOR	INDEPENDIENTE		00:47:12	01:56:21	+00:34:15	05:33 min/Km
162	48	91	COS BLANCO , MIGUEL ÁNGEL	MALE	VET-B	INDEPENDIENTE		00:45:40	01:56:36	+00:34:30	05:34 min/Km
163	80	160	FERNANDEZ SOLIÑO , JUAN MARCOS	MALE	VET-A	ATLETISMO PORRIÑO		00:45:56	01:56:55	+00:34:49	05:35 min/Km
164	49	454	VÁZQUEZ RODRIGUEZ , JOSÉ LUIS	MALE	VET-B			00:47:36	01:56:58	+00:34:52	05:35 min/Km
165	29	338	PEREZ LOPEZ , AURELIO	MALE	SENIOR	INDEPENDIENTE		00:48:10	01:57:00	+00:34:54	05:35 min/Km
166	50	143	FERNANDEZ CARIDE , JUAN CARLOS	MALE	VET-B	ATLETISMO ARENTEIRO	OURENSE STARS	00:48:17	01:57:05	+00:34:59	05:35 min/Km
167	81	208	GONZALEZ GONZALEZ , JESUS	MALE	VET-A	ATLETISMO ARENTEIRO	OURENSE STARS	00:47:32	01:57:06	+00:35:00	05:35 min/Km
168	82	112	DELGADO MARZO , FERNANDO	MALE	VET-A	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:47:27	01:57:22	+00:35:16	05:36 min/Km
169	83	111	DEL RÍO BÓVEDA , ÓSCAR	MALE	VET-A	INDEPENDIENTE		00:47:03	01:57:23	+00:35:17	05:36 min/Km
170	51	464	VILLAR CAMESELLE , ENRIQUE	MALE	VET-B	CASTRELOS 20:30		00:46:33	01:57:40	+00:35:34	05:37 min/Km
171	84	199	GÓMEZ GAGO , JUAN CARLOS	MALE	VET-A	INDEPENDIENTE		00:47:28	01:57:41	+00:35:35	05:37 min/Km
172	85	151	FERNÁNDEZ MAGALLANES , ALBERTO	MALE	VET-A			00:47:52	01:57:41	+00:35:35	05:37 min/Km
173	86	378	RODRIGUEZ DEVESA , JOSE LUIS	MALE	VET-A	BIKE OU NON VAI		00:47:52	01:57:41	+00:35:35	05:37 min/Km
174	52	105	DE LA CRUZ DE LA ROSA , ANTONIO	MALE	VET-B	INDEPENDIENTE		00:46:28	01:57:45	+00:35:39	05:37 min/Km
175	53	354	QUEIZÁN PIÑEIRO , JOAQUÍN	MALE	VET-B			00:46:30	01:57:48	+00:35:42	05:37 min/Km
176	6	124	DOMINGUEZ FERREIRA , TANIA	FEMALE	VET-A-F	PONTE A CORRER		00:46:33	01:57:50	+00:35:44	05:37 min/Km
177	87	460	VIDAL FREIJEIRO , MARCOS	MALE	VET-A	C.D.PINARIUM	C.D. PINARIUM 2.2	00:45:46	01:58:09	+00:36:03	05:38 min/Km
178	88	156	FERNÁNDEZ PEQUEÑO , FRANCISCO	MALE	VET-A	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:44:45	01:58:21	+00:36:15	05:39 min/Km
179	7	340	PÉREZ OTERO , MARIA	FEMALE	VET-A-F			00:47:23	01:58:35	+00:36:29	05:39 min/Km
180	54	391	ROMERO FERNANDEZ , JUAN CARLOS	MALE	VET-B	INDEPENDIENTE		00:48:39	01:58:35	+00:36:29	05:39 min/Km
181	55	362	RIAL BOUBETA , JAVIER	MALE	VET-B	CENTOLO RUNNERS		00:46:21	01:58:36	+00:36:30	05:39 min/Km
182	56	344	PIÑEIRO RODRÍGUEZ , TXUSS	MALE	VET-B	INDEPENDIENTE		00:46:27	01:58:45	+00:36:39	05:40 min/Km
183	2	82	CASTRO NOGUEIRA , NEREA	FEMALE	SENIOR-F	INDEPENDIENTE		00:47:01	01:58:50	+00:36:44	05:40 min/Km
184	89	463	VILAS SEOANE , KIKO	MALE	VET-A			00:47:01	01:58:50	+00:36:44	05:40 min/Km
185	57	164	FERRER VIDAL , FRANCISCO JOSE	MALE	VET-B	NOSPORTLIMIT		00:49:38	01:58:54	+00:36:48	05:40 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
186	58	196	GÓMEZ CANEDO , FRANCISCO AVELINO	MALE	VET-B			00:46:35	01:59:04	+00:36:58	05:41 min/Km
187	90	94	COSTAS IGLESIAS , PABLO	MALE	VET-A			00:45:46	01:59:08	+00:37:02	05:41 min/Km
188	91	1	ABAD GREGORIO , DAVID	MALE	VET-A	CLUB ATLETISMO SAMERTOLAMEU		00:45:24	01:59:12	+00:37:06	05:41 min/Km
189	59	432	TORRES GARCÍA , ALBERTO	MALE	VET-B			00:47:16	01:59:22	+00:37:16	05:42 min/Km
190	60	421	SUAREZ BOUZA , JUAN	MALE	VET-B	ATLETISMO TORTUJAS		00:48:05	01:59:28	+00:37:22	05:42 min/Km
191	92	63	CABARCOS DOPICO , FRANCISCO JAVIER	MALE	VET-A	VIGOENTRENA		00:45:25	01:59:29	+00:37:23	05:42 min/Km
192	93	106	DE LA FUENTE SANTOS , ENRIQUE	MALE	VET-A			00:48:05	01:59:30	+00:37:24	05:42 min/Km
193	3	461	VIDAL LINO , SANDRA	FEMALE	SENIOR-F			00:48:09	01:59:32	+00:37:26	05:42 min/Km
194	61	462	VIDAL MÁRQUEZ , MIGUEL ÁNGEL	MALE	VET-B			00:48:10	01:59:32	+00:37:26	05:42 min/Km
195	62	167	FIRVIDA DIZ , PEDRO	MALE	VET-B	INDEPENDIENTE		00:49:27	01:59:41	+00:37:35	05:42 min/Km
196	94	403	SANTAREN , JUAN	MALE	VET-A			00:49:59	01:59:45	+00:37:39	05:43 min/Km
197	8	312	OTERO ALONSO , CAROLINA	FEMALE	VET-A-F			00:47:23	01:59:46	+00:37:40	05:43 min/Km
198	9	183	GARCÍA DE EUSEBIO , CELESTE	FEMALE	VET-A-F	PERNAS CELTAS		00:47:33	01:59:47	+00:37:41	05:43 min/Km
199	30	334	PÉREZ CARRERA , ELOY	MALE	SENIOR			00:47:14	01:59:53	+00:37:47	05:43 min/Km
200	95	218	GONZALEZ SANTIAGO , JON ANDER	MALE	VET-A			00:49:25	01:59:54	+00:37:48	05:43 min/Km
201	96	392	ROMERO FERNÁNDEZ , PEDRO	MALE	VET-A	INDEPENDIENTE		00:49:38	01:59:54	+00:37:48	05:43 min/Km
202	63	293	METE PEREZ , ALBERTO	MALE	VET-B	INDEPENDIENTE		00:47:20	02:00:01	+00:37:55	05:43 min/Km
203	64	145	FERNANDEZ DOESPIRITUSANTO , SANTIAGO	MALE	VET-B			00:46:43	02:00:01	+00:37:55	05:43 min/Km
204	65	220	GONZÁLEZ VILLANUEVA , JORGE	MALE	VET-B	C.A.R. MARISQUEIRO	CAR MARISQUEIRO	00:48:27	02:00:02	+00:37:56	05:43 min/Km
205	66	190	GASPAR FERNÁNDEZ , ROBERTO	MALE	VET-B	INDEPENDIENTE		00:48:27	02:00:02	+00:37:56	05:43 min/Km
206	67	23	ALONSO MARTÍNEZ , JOSÉ MANUEL	MALE	VET-B	KORPOREARENTEIROTRAIL		00:48:29	02:00:09	+00:38:03	05:44 min/Km
207	97	367	RIVERA RIVERA , JOSÉ ANTONIO	MALE	VET-A	C.A.R. MARISQUEIRO		00:48:29	02:00:16	+00:38:10	05:44 min/Km
208	98	39	BÁRCENA GARCÍA , MILLÁN	MALE	VET-A			00:48:24	02:00:34	+00:38:28	05:45 min/Km
209	99	66	CALZADILLA FERNANDEZ , ALEJANDRO	MALE	VET-A	TRIATLON LUGONES		00:48:27	02:00:35	+00:38:29	05:45 min/Km
210	68	407	SANTOS GARCIA , JOSÉ MANUEL	MALE	VET-B			00:49:31	02:00:37	+00:38:31	05:45 min/Km
211	69	169	FONSECA GONZALEZ , MIGUEL	MALE	VET-B	INDEPENDIENTE		00:47:05	02:00:53	+00:38:47	05:46 min/Km
212	4	10	ALARCÓN SABARÍS , LETICIA	FEMALE	SENIOR-F	INDEPENDIENTE		00:48:12	02:00:54	+00:38:48	05:46 min/Km
213	100	318	PAMPIN AGRA , OSCAR	MALE	VET-A			00:49:25	02:00:59	+00:38:53	05:46 min/Km
214	101	41	BARREIRO MARQUEZ , TOPI	MALE	VET-A	GALGOS		00:48:04	02:01:04	+00:38:58	05:46 min/Km
215	102	8	ADEGA VÁZQUEZ , SERGIO	MALE	VET-A			00:49:44	02:01:12	+00:39:06	05:47 min/Km
216	103	47	BASTERO CAMPOS , ROBERTO	MALE	VET-A	INDEPENDIENTE		00:48:32	02:01:13	+00:39:07	05:47 min/Km
217	70	150	FERNANDEZ LOPEZ , MARTIN	MALE	VET-B	LAMARGHA-AUTOTODO	OURENSE STARS	00:47:31	02:01:16	+00:39:10	05:47 min/Km
218	104	57	BOUBETA MARTÍNEZ , MARTÍN	MALE	VET-A	INDEPENDIENTE		00:49:03	02:01:18	+00:39:12	05:47 min/Km
219	71	285	MARTINEZ RODRIGUEZ , ABRAHAM	MALE	VET-B	SOCIEDAD GIMNÁSTICA PONTEVEDRA		00:45:32	02:01:21	+00:39:15	05:47 min/Km
220	5	257	LÓPEZ BOLÁS , ALBA	FEMALE	SENIOR-F	ATHLETICS		00:48:25	02:01:23	+00:39:17	05:47 min/Km
221	72	159	FERNÁNDEZ SOBRINO , JAVIER	MALE	VET-B	INDEPENDIENTE		00:46:06	02:01:30	+00:39:24	05:48 min/Km
222	73	280	MARTINEZ CHOUZA , ISAAC	MALE	VET-B	INDEPENDIENTE		00:46:07	02:01:30	+00:39:24	05:48 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
223	105	214	GONZÁLEZ MALVIDO , RODRIGO	MALE	VET-A			00:49:12	02:01:39	+00:39:33	05:48 min/Km
224	10	336	PEREZ GONZALEZ , HELENA	FEMALE	VET-A-F	BURGAS OURENSE ATLETISMO	OURENSE STARS	00:48:02	02:01:43	+00:39:37	05:48 min/Km
225	11	121	DIOS CORTEGOSO , CRIS	FEMALE	VET-A-F			00:46:54	02:01:56	+00:39:50	05:49 min/Km
226	106	210	GONZALEZ LAGO , VICTOR M.	MALE	VET-A			00:47:29	02:02:07	+00:40:01	05:49 min/Km
227	74	339	PEREZ LOSADA , MARIO	MALE	VET-B	VETERANOS DE SAMIL		00:47:54	02:02:17	+00:40:11	05:50 min/Km
228	75	141	FERNANDEZ ALVAREZ , MARCOS	MALE	VET-B	CLUB ATLETISMO SAMERTOLAMEU	SAMERTOLAMEU	00:47:53	02:02:17	+00:40:11	05:50 min/Km
229	31	17	ALONSO BARREIRA , ANDRES	MALE	SENIOR			00:48:28	02:02:29	+00:40:23	05:50 min/Km
230	76	270	LUSQUIÑOS GARCIA , MODESTO	MALE	VET-B	INDEPENDIENTE		00:48:08	02:02:35	+00:40:29	05:51 min/Km
231	1	246	LAGO SOUTO , CARMEN	FEMALE	VET-B-F	CAMINHANTES DO CONDADO		00:48:47	02:02:42	+00:40:36	05:51 min/Km
232	32	404	SANTERVAS SOTELO , RUBÉN	MALE	SENIOR	INDEPENDIENTE		00:49:38	02:02:53	+00:40:47	05:52 min/Km
233	33	447	VAZQUEZ , ISMAEL	MALE	SENIOR	INDEPENDIENTE		00:50:03	02:03:03	+00:40:57	05:52 min/Km
234	77	116	DÍAZ DÍAZ , JOSE LUIS	MALE	VET-B	INDEPENDIENTE		00:49:38	02:03:23	+00:41:17	05:53 min/Km
235	12	313	OTERO BASTON , MARIA	FEMALE	VET-A-F			00:48:23	02:03:26	+00:41:20	05:53 min/Km
236	107	235	IGLESIAS FERNÁNDEZ , CÉSAR	MALE	VET-A			00:48:36	02:03:31	+00:41:25	05:53 min/Km
237	78	81	CASTIÑEIRA , JAVIER	MALE	VET-B	ADN RUNNERS TELMO-PELUQUEROS		00:47:13	02:03:46	+00:41:40	05:54 min/Km
238	79	73	CAROU COVELO , VÍCTOR	MALE	VET-B			00:47:44	02:03:52	+00:41:46	05:54 min/Km
239	108	382	RODRIGUEZ FRAMIL , ALFONSO	MALE	VET-A	NOITEBRA		00:48:20	02:03:54	+00:41:48	05:54 min/Km
240	80	426	TABOADA GONZÁLEZ , RAMIRO	MALE	VET-B	RUNNING LUSEKELO		00:48:49	02:04:08	+00:42:02	05:55 min/Km
241	81	355	RAÑA GREGORIO , XAN	MALE	VET-B	C.A.R. MARISQUEIRO	CAR MARISQUEIRO	00:50:44	02:04:11	+00:42:05	05:55 min/Km
242	109	436	TROITIÑO LIMERES , LAUREANO	MALE	VET-A			00:50:04	02:04:33	+00:42:27	05:56 min/Km
243	2	4	ABILLEIRA RODRIGUEZ , Mª JESÚS	FEMALE	VET-B-F	PONTE A CORRER		00:49:48	02:04:42	+00:42:36	05:57 min/Km
244	82	178	GANDON ESTEVEZ , MANOEL ANXO	MALE	VET-B	CLUB ATLETISMO SAMERTOLAMEU		00:50:18	02:04:44	+00:42:38	05:57 min/Km
245	83	104	DAPENA TENORIO , JOSE LUIS	MALE	VET-B	CAZAFANTASMAS TEAM		00:49:11	02:04:50	+00:42:44	05:57 min/Km
246	34	38	ARTEAGA LINDARTE , JONATHAN MANUEL	MALE	SENIOR			00:47:47	02:05:01	+00:42:55	05:58 min/Km
247	110	84	CEREJEIRA , RICARDO	MALE	VET-A	INDEPENDIENTE		00:46:58	02:05:11	+00:43:05	05:58 min/Km
248	84	411	SIMOES FERNÁNDEZ , JOSÉ LUIS	MALE	VET-B	INDEPENDIENTE		00:51:36	02:05:13	+00:43:07	05:58 min/Km
249	35	286	MASEDA PENS , ERNESTO	MALE	SENIOR			00:50:11	02:05:15	+00:43:09	05:58 min/Km
250	36	207	GONZALEZ FERNANDEZ , ALFONSO	MALE	SENIOR	INDEPENDIENTE		00:50:10	02:05:15	+00:43:09	05:58 min/Km
251	111	7	ABRIL GONZALEZ , JACOBO	MALE	VET-A	INDEPENDIENTE		00:49:47	02:05:23	+00:43:17	05:59 min/Km
252	3	264	LÓPEZ VILAS , GELI	FEMALE	VET-B-F	RUNNING ARTEIXO		00:48:57	02:05:24	+00:43:18	05:59 min/Km
253	85	324	PAZOS CALVAR , JOSE	MALE	VET-B	INDEPENDIENTE		00:47:09	02:05:26	+00:43:20	05:59 min/Km
254	112	398	SALGUEIRO , SALVADOR	MALE	VET-A	MAR DE VIGO		00:47:31	02:05:28	+00:43:22	05:59 min/Km
255	86	152	FERNÁNDEZ MONTERO , SALADINO	MALE	VET-B			00:49:39	02:05:30	+00:43:24	05:59 min/Km
256	113	194	GOBERNA COMESAÑA , MIGUEL ÁNGEL	MALE	VET-A	INDEPENDIENTE		00:49:40	02:05:30	+00:43:24	05:59 min/Km
257	4	307	NOGUEIRA ÁLVAREZ , ANA BELÉN	FEMALE	VET-B-F			00:49:11	02:05:30	+00:43:24	05:59 min/Km
258	114	393	ROSADO FRADE , ALFONSO	MALE	VET-A	INDEPENDIENTE		00:47:59	02:05:36	+00:43:30	05:59 min/Km
259	87	256	LÓPEZ AMENEDO , DAVID	MALE	VET-B	INDEPENDIENTE		00:49:46	02:05:38	+00:43:32	05:59 min/Km

VI 21K COSTA DA VELA 2019

- GENERAL -

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
260	115	300	MOREIRA RODAS , SALVADOR	MALE	VET-A	AROMON MONTAÑEIRO DE PONTEVEDRA A ROELO		00:48:31	02:05:40	+00:43:34	05:60 min/Km
261	116	180	GARABATOS FREIRIA , JOSE	MALE	VET-A	INDEPENDIENTE		00:49:51	02:05:41	+00:43:35	05:60 min/Km
262	88	26	ÁLVAREZ CASTRO , ENRIQUE	MALE	VET-B	C.A.R. MARISQUEIRO	CAR MARISQUEIRO	00:50:44	02:05:46	+00:43:40	05:60 min/Km
263	89	61	CABALEIRO HERNANDEZ , JESUS	MALE	VET-B			00:50:03	02:06:09	+00:44:03	06:01 min/Km
264	90	239	JANDRA GONZÁLEZ , JESÚS	MALE	VET-B	INDEPENDIENTE		00:49:28	02:06:13	+00:44:07	06:01 min/Km
265	91	226	GUTIERREZ ARAUJO , RAFA	MALE	VET-B	CAMINHANTES DO CONDADO		00:49:39	02:06:15	+00:44:09	06:01 min/Km
266	37	108	DE LIMA CARVALLO , SANTIAGO	MALE	SENIOR			00:53:22	02:06:18	+00:44:12	06:01 min/Km
267	92	87	CODÓN VEGA , ALFONSO	MALE	VET-B	C.A.R. MARISQUEIRO	CAR MARISQUEIRO	00:51:03	02:06:27	+00:44:21	06:02 min/Km
268	5	434	TRABAZOP GARCIA , JOSEFA	FEMALE	VET-B-F	PONTE A CORRER		00:49:13	02:06:42	+00:44:36	06:02 min/Km
269	117	252	LEIRÓS RODRÍGUEZ , JACOBO	MALE	VET-A	INDEPENDIENTE		00:49:17	02:06:43	+00:44:37	06:03 min/Km
270	38	251	LEDO PEREZ , PABLO	MALE	SENIOR			00:47:14	02:07:02	+00:44:56	06:03 min/Km
271	93	430	TOJAL DEL CASERO , LUIS MARIA	MALE	VET-B	INDEPENDIENTE		00:48:19	02:07:10	+00:45:04	06:04 min/Km
272	94	248	LAMAS FERREIRA , JORGE	MALE	VET-B	C.A.R. MARISQUEIRO	CAR MARISQUEIRO	00:50:45	02:07:20	+00:45:14	06:04 min/Km
273	6	89	COLLAZO FERNÁNDEZ , LORENA	FEMALE	SENIOR-F	LÓSTREGOS COIA		00:48:32	02:07:33	+00:45:27	06:05 min/Km
274	118	406	SANTOME MARTINEZ , ANGEL	MALE	VET-A	INDEPENDIENTE		00:52:45	02:07:41	+00:45:35	06:05 min/Km
275	95	19	ALONSO DEL RÍO , JORGE	MALE	VET-B	INDEPENDIENTE		00:50:10	02:07:48	+00:45:42	06:06 min/Km
276	96	295	MILES , DANIEL	MALE	VET-B			00:49:56	02:07:53	+00:45:47	06:06 min/Km
277	119	69	CANOSA GONZÁLEZ , JOSÉ CARLOS	MALE	VET-A	RUNNING LUSEKELO		00:51:41	02:08:09	+00:46:03	06:07 min/Km
278	97	467	YÁÑEZ COIRA , AVELINO	MALE	VET-B	RUNNING LUSEKELO		00:51:47	02:08:10	+00:46:04	06:07 min/Km
279	6	370	ROCHA LAPIDO , RAQUEL	FEMALE	VET-B-F	CORNELIOS		00:50:53	02:08:11	+00:46:05	06:07 min/Km
280	120	206	GONZÁLEZ CONS , JOSE ÁNGEL	MALE	VET-A			00:50:22	02:08:14	+00:46:08	06:07 min/Km
281	98	453	VAZQUEZ MIGUEZ , JOSE CARLOS	MALE	VET-B	CAMINHANTES DO CONDADO		00:50:59	02:08:19	+00:46:13	06:07 min/Km
282	99	197	GÓMEZ COIRA , IGNACIO	MALE	VET-B	ATHLETICS FISIOTERAPIA SAN LÁZARO		00:51:25	02:08:29	+00:46:23	06:08 min/Km
283	121	217	GONZALEZ RAMOS , CARLOS ESTANISLAO	MALE	VET-A	MAIS QUE AUGA		00:50:54	02:08:30	+00:46:24	06:08 min/Km
284	100	386	RODRIGUEZ PORRAL , ALBERTO	MALE	VET-B	INDEPENDIENTE			02:08:54	+00:46:48	06:09 min/Km
285	101	50	BELMONTE POSE , CARLOS	MALE	VET-B			00:52:37	02:08:55	+00:46:49	06:09 min/Km
286	122	44	BARREIRO VARELA , JESÚS	MALE	VET-A			00:49:47	02:08:55	+00:46:49	06:09 min/Km
287	102	161	FERNANDEZ SUAREZ , CARLOS	MALE	VET-B		CAR MARISQUEIRO	00:50:33	02:08:56	+00:46:50	06:09 min/Km
288	103	238	IGLESIAS SENIN , JOSÉ	MALE	VET-B	INDEPENDIENTE		00:50:52	02:09:22	+00:47:16	06:10 min/Km
289	7	271	MACEIRA PENA , MIRIAM	FEMALE	SENIOR-F	INDEPENDIENTE		00:50:52	02:09:23	+00:47:17	06:10 min/Km
290	104	278	MARTINEZ , FERDY	MALE	VET-B			00:51:28	02:09:36	+00:47:30	06:11 min/Km
291	13	420	SOUTO PÉREZ , NOEMÍ	FEMALE	VET-A-F	ULTRA LIFE TEAM		00:52:42	02:09:41	+00:47:35	06:11 min/Km
292	39	92	COSTAS COMESAÑA , VICTOR EDUARDO	MALE	SENIOR			00:44:01	02:09:53	+00:47:47	06:12 min/Km
293	8	201	GOMEZ MARTIN , NOEMI	FEMALE	SENIOR-F	MAIS QUE AUGA		00:49:09	02:09:56	+00:47:50	06:12 min/Km
294	123	191	GETE ARROYO , GONZALO	MALE	VET-A	ATHLETICS FISIOTERAPIA SAN LÁZARO		00:49:09	02:09:57	+00:47:51	06:12 min/Km
295	105	457	VELOSO ESPÍÑEIRA , MANUEL	MALE	VET-B			00:51:31	02:09:57	+00:47:51	06:12 min/Km
296	124	95	COSTAS MARIÑO , DIEGO	MALE	VET-A	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:50:54	02:10:12	+00:48:06	06:12 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
297	106	365	RIVAS TESO , CARLOS	MALE	VET-B			00:51:43	02:10:16	+00:48:10	06:13 min/Km
298	107	216	GONZALEZ RAMIREZ , JUAN	MALE	VET-B			00:52:08	02:10:29	+00:48:23	06:13 min/Km
299	9	139	FERNANDEZ , MARISELA	FEMALE	SENIOR-F	INDEPENDIENTE		00:50:12	02:10:50	+00:48:44	06:14 min/Km
300	125	288	MÉNDEZ LAGO , JOSÉ MANUEL	MALE	VET-A	RUN-AMIGO		00:52:50	02:11:04	+00:48:58	06:15 min/Km
301	126	193	GIRALDEZ DOMÍNGUEZ , BERNARDINO	MALE	VET-A	CAMINHANTES DO CONDADO		00:50:59	02:11:10	+00:49:04	06:15 min/Km
302	108	363	RIAL SUAREZ , CARLOS	MALE	VET-B	RUNNING LUSEKELO		00:53:10	02:11:18	+00:49:12	06:16 min/Km
303	109	424	TABLADO LOPEZ , MANUEL	MALE	VET-B	PERNAS CELTAS		00:52:58	02:11:19	+00:49:13	06:16 min/Km
304	127	310	OMIL GUIMERAS , JOSE MANUEL	MALE	VET-A	INDEPENDIENTE		00:49:48	02:11:23	+00:49:17	06:16 min/Km
305	128	349	PORTAS CHAN , JOSE IGNACIO	MALE	VET-A	INDEPENDIENTE		00:49:48	02:11:23	+00:49:17	06:16 min/Km
306	110	329	PEREIRA PEREZ , CELSO EMILIO	MALE	VET-B	RUNNING LUSEKELO		00:53:11	02:11:23	+00:49:17	06:16 min/Km
307	111	213	GONZALEZ MACIEL , JOSE LUIS	MALE	VET-B	RUNNING LUSEKELO		00:53:10	02:11:23	+00:49:17	06:16 min/Km
308	112	109	DEL OLMO DEL RÍO , MIGUEL	MALE	VET-B	RUNNING LUSEKELO		00:53:10	02:11:23	+00:49:17	06:16 min/Km
309	113	446	VAZQUEZ , HENRIQUE	MALE	VET-B			00:50:12	02:11:35	+00:49:29	06:16 min/Km
310	14	15	ALONSO BALLESTEROS , ESTELA	FEMALE	VET-A-F			00:49:11	02:11:43	+00:49:37	06:17 min/Km
311	114	306	NOBLESSE , THIERRY	MALE	VET-B	INDEPENDIENTE		00:52:52	02:11:44	+00:49:38	06:17 min/Km
312	115	74	CARPINTERO DOMINGUEZ , JULIO	MALE	VET-B			00:51:10	02:11:53	+00:49:47	06:17 min/Km
313	129	119	DIAZ-MONTERO CARAMES , ANTONIO	MALE	VET-A	C.D.PINARIUM	C.D. PINARIUM 1	00:52:10	02:11:55	+00:49:49	06:17 min/Km
314	40	126	DOMINGUEZ GONZALEZ , DANIEL	MALE	SENIOR	MAIS QUE AUGA		00:49:27	02:12:03	+00:49:57	06:18 min/Km
315	130	422	SUÁREZ DA SILVA , DAVID	MALE	VET-A	CLUB CANICROSS VIGO		00:49:36	02:12:11	+00:50:05	06:18 min/Km
316	116	439	VAAMONDE CASALDERREY , ANTONIO	MALE	VET-B	INDEPENDIENTE		00:52:44	02:12:19	+00:50:13	06:19 min/Km
317	117	279	MARTINEZ CABALEIRO , CARLOS	MALE	VET-B	CAMINHANTES DO CONDADO		00:48:56	02:12:27	+00:50:21	06:19 min/Km
318	118	2	ABAL MORRAZO , EMILIO	MALE	VET-B	INDEPENDIENTE		00:52:43	02:12:46	+00:50:40	06:20 min/Km
319	15	154	FERNÁNDEZ OTERO , PAULA	FEMALE	VET-A-F	NTA-NEVER TRAIL ALONE		00:51:57	02:12:47	+00:50:41	06:20 min/Km
320	119	77	CARRERA GONZÁLEZ , PEDRO	MALE	VET-B			00:52:48	02:12:53	+00:50:47	06:20 min/Km
321	16	243	LAGES VIDAL , HELGA	FEMALE	VET-A-F			00:50:30	02:13:04	+00:50:58	06:21 min/Km
322	120	85	CHAMORRO MARTIN , MIGUEL	MALE	VET-B	INDEPENDIENTE		00:50:30	02:13:04	+00:50:58	06:21 min/Km
323	121	20	ALONSO ESCAÑO , BERNARDO	MALE	VET-B	CD PINARIUM	C.D. PINARIUM 2.2	00:50:19	02:13:12	+00:51:06	06:21 min/Km
324	122	162	FERNÁNDEZ VAZQUEZ , RAFAEL	MALE	VET-B	C.A.R. MARISQUEIRO		00:52:43	02:13:15	+00:51:09	06:21 min/Km
325	123	322	PAZ CARREIRA , JOSE MANUEL	MALE	VET-B			00:50:38	02:13:15	+00:51:09	06:21 min/Km
326	124	247	LAGOA MILLAN , MANUEL	MALE	VET-B			00:50:48	02:13:21	+00:51:15	06:21 min/Km
327	125	174	GALLEGOS IGLESIAS , LUIS	MALE	VET-B	INDEPENDIENTE		00:52:50	02:13:31	+00:51:25	06:22 min/Km
328	131	185	GARCIA LOPEZ , ALBERTO	MALE	VET-A			00:52:42	02:13:54	+00:51:48	06:23 min/Km
329	132	110	DEL POZO LOPEZ , MANUEL	MALE	VET-A			00:50:05	02:14:01	+00:51:55	06:23 min/Km
330	133	360	REY SOTO , MANUEL	MALE	VET-A			00:54:28	02:14:19	+00:52:13	06:24 min/Km
331	134	433	TORRON BARCIELA , DAVID	MALE	VET-A			00:53:36	02:14:38	+00:52:32	06:25 min/Km
332	7	390	ROIG BERMÚDEZ , MARÍA EUGENIA	FEMALE	VET-B-F			00:51:38	02:14:38	+00:52:32	06:25 min/Km
333	10	54	BLANCO SANTIAGO , MARIA ELENA	FEMALE	SENIOR-F	INDEPENDIENTE		00:50:12	02:14:41	+00:52:35	06:25 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
334	135	171	FRAILE LÓPEZ , DAVID	MALE	VET-A	ASOCIACIÓN DEPORTIVA CAR	REDONDELA	00:53:56	02:14:51	+00:52:45	06:26 min/Km
335	126	179	GANDÓN SOTELO , JOAQUÍN	MALE	VET-B	INDEPENDIENTE		00:51:56	02:14:56	+00:52:50	06:26 min/Km
336	127	410	SIEIRO ALVAREZ , SANTIAGO	MALE	VET-B	INDEPENDIENTE		00:49:13	02:15:20	+00:53:14	06:27 min/Km
337	41	237	IGLESIAS OTERO , JOSE ANGEL	MALE	SENIOR			00:49:23	02:15:21	+00:53:15	06:27 min/Km
338	128	383	RODRIGUEZ GONZALEZ , JOSE	MALE	VET-B	ATLETISMO ARENTEIRO		00:51:55	02:15:31	+00:53:25	06:28 min/Km
339	136	123	DOMATO AÑON , JUAN	MALE	VET-A			00:52:58	02:15:37	+00:53:31	06:28 min/Km
340	137	187	GARCÍA SANTOMÉ , FRANCISCO JAVIER	MALE	VET-A	INDEPENDIENTE		00:53:01	02:16:08	+00:54:02	06:29 min/Km
341	42	315	OTERO RÚA , SANTIAGO	MALE	SENIOR	INDEPENDIENTE		00:48:53	02:16:29	+00:54:23	06:30 min/Km
342	129	435	TRIGO BAO , MANUEL	MALE	VET-B	INDEPENDIENTE		00:50:07	02:16:40	+00:54:34	06:31 min/Km
343	130	302	MOSQUERA SANTÁS , MANU	MALE	VET-B	BEER RUNNERS VIGO		00:53:25	02:16:49	+00:54:43	06:31 min/Km
344	131	350	PORTELA MEDRAÑO , JORGE	MALE	VET-B	TRAILZENTOLO		00:54:35	02:16:51	+00:54:45	06:31 min/Km
345	43	346	PLÁ SÁNCHEZ , FERRÁN	MALE	SENIOR			00:55:13	02:16:58	+00:54:52	06:32 min/Km
346	138	113	DÉVORA JIMENEZ , MIGUEL ANGEL	MALE	VET-A	PERNAS CELTAS		00:51:26	02:17:02	+00:54:56	06:32 min/Km
347	139	129	DUBERT CASTRO , CARLOS	MALE	VET-A			00:53:06	02:17:08	+00:55:02	06:32 min/Km
348	8	175	GALLERO FERNANDEZ , MAR	FEMALE	VET-B-F			00:54:00	02:17:10	+00:55:04	06:32 min/Km
349	140	416	SOTELO CURRÁS , JESUS	MALE	VET-A			00:50:05	02:17:38	+00:55:32	06:34 min/Km
350	9	31	ÁLVAREZ SIERRA , MARÍA DEL CARMEN	FEMALE	VET-B-F	TROPA DO CARALLO		00:52:15	02:18:26	+00:56:20	06:36 min/Km
351	141	80	CASALMORTO PEREZ , MOISES	MALE	VET-A	GIN TRAIL		00:52:42	02:18:40	+00:56:34	06:37 min/Km
352	132	140	FERNÁNDEZ MARTÍNEZ , JOSÉ MANUEL	MALE	VET-B	INDEPENDIENTE		00:54:26	02:18:42	+00:56:36	06:37 min/Km
353	17	127	DOMÍNGUEZ MOURIÑO , NATIVIDAD	FEMALE	VET-A-F	ESPARTAN@S CHIFLAD@S		00:55:55	02:18:44	+00:56:38	06:37 min/Km
354	142	33	AMOEDO COLLAZO , MOISÉS	MALE	VET-A	ESPARTAN@S CHIFLAD@S		00:55:56	02:18:44	+00:56:38	06:37 min/Km
355	143	242	JUSTE LOSADA , IVAN	MALE	VET-A	INDEPENDIENTE		00:55:01	02:18:53	+00:56:47	06:37 min/Km
356	18	153	FERNÁNDEZ NOCELO , LAURA	FEMALE	VET-A-F	INDEPENDIENTE		00:52:52	02:19:37	+00:57:31	06:39 min/Km
357	144	303	MOURIÑO GONZALEZ , GABRIEL	MALE	VET-A	ATHLETICS		00:52:52	02:19:37	+00:57:31	06:39 min/Km
358	133	352	PUGA CASANOVA , CELSO	MALE	VET-B	MARCHO		00:54:26	02:19:52	+00:57:46	06:40 min/Km
359	134	274	MALDONADO LEMOS , RAÚL	MALE	VET-B			00:55:58	02:19:54	+00:57:48	06:40 min/Km
360	135	358	REIGADA QUINTELA , FERNANDO	MALE	VET-B	CHUZAS OLIMPICOS		00:55:26	02:20:24	+00:58:18	06:42 min/Km
361	145	189	GARCIA VILLANUEVA , JOSE EUGENIO	MALE	VET-A			00:55:07	02:20:57	+00:58:51	06:43 min/Km
362	44	209	GONZALEZ IGLESIAS , SAUL	MALE	SENIOR	INDEPENDIENTE		00:53:26	02:20:57	+00:58:51	06:43 min/Km
363	136	225	GUARDADO PIÑEIRO , ANTÓN	MALE	VET-B	CLUB ATLETISMO MORRAZO		00:52:25	02:21:06	+00:59:00	06:44 min/Km
364	146	249	LAMAS FORTES , ALEJANDRO	MALE	VET-A	INDEPENDIENTE		00:54:27	02:21:12	+00:59:06	06:44 min/Km
365	147	244	LAGO FREIRÍA , PACO	MALE	VET-A	OS PELIQUEIROS		00:54:56	02:21:13	+00:59:07	06:44 min/Km
366	10	272	MACEIRAS SEOANE , ROSA MARÍA	FEMALE	VET-B-F	RUNNING ARTEIXO		00:57:14	02:22:02	+00:59:56	06:46 min/Km
367	137	28	ÁLVAREZ PEREIRA , ROBERTO	MALE	VET-B	OS PELIQUEIROS		00:54:56	02:22:50	+01:00:44	06:49 min/Km
368	11	376	RODRÍGUEZ DAPENA , MARGARITA	FEMALE	VET-B-F	INDEPENDIENTE		00:56:43	02:23:00	+01:00:54	06:49 min/Km
369	138	168	FLORES CALVETE , JESUS	MALE	VET-B	INDEPENDIENTE		00:56:46	02:23:01	+01:00:55	06:49 min/Km
370	19	78	CARRERA LAGO , VANESA	FEMALE	VET-A-F			00:54:50	02:23:17	+01:01:11	06:50 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
371	139	115	DIAZ JIMENEZ , JOSE	MALE	VET-B	INDEPENDIENTE		00:55:39	02:23:17	+01:01:11	06:50 min/Km
372	140	353	PUJALES GONZÁLEZ , JUAN MANUEL	MALE	VET-B	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	00:55:31	02:23:17	+01:01:11	06:50 min/Km
373	141	273	MAGALHAES , FERNANDO	MALE	VET-B	CAMINHANTES DO CONDADO		00:55:56	02:23:29	+01:01:23	06:50 min/Km
374	20	371	ROCHA ROMERO , SOLEDAD	FEMALE	VET-A-F	CAMINHANTES DO CONDADO		00:55:57	02:23:29	+01:01:23	06:50 min/Km
375	142	366	RIVEIRO MARTINEZ , JOSE MANUEL	MALE	VET-B	RUNNING LUSEKELO		00:54:53	02:24:41	+01:02:35	06:54 min/Km
376	143	449	VÁZQUEZ FERNÁNDEZ , XOSE LOIS	MALE	VET-B	RUNNING LUSEKELO		00:54:54	02:24:42	+01:02:36	06:54 min/Km
377	144	290	MENDEZ RODRIGUEZ , MANUEL	MALE	VET-B	RUNNING LUSEKELO		00:54:54	02:24:42	+01:02:36	06:54 min/Km
378	145	118	DÍAZ MORÁN , MIGUEL ÁNGEL	MALE	VET-B	MILLARAIO		01:02:48	02:25:57	+01:03:51	06:57 min/Km
379	146	297	MO FERNANDEZ , KIKE	MALE	VET-B	INDEPENDIENTE		00:57:02	02:27:06	+01:05:00	07:01 min/Km
380	148	296	MO FERNANDEZ , FELIPE	MALE	VET-A	INDEPENDIENTE		00:57:01	02:27:06	+01:05:00	07:01 min/Km
381	149	170	FRAGA PERNAS , MIGUEL	MALE	VET-A			00:55:58	02:27:14	+01:05:08	07:01 min/Km
382	147	282	MARTINEZ GARCIA , ALFONSO	MALE	VET-B			00:55:57	02:27:39	+01:05:33	07:02 min/Km
383	150	212	GONZALEZ LOPEZ , JOSE WALTER	MALE	VET-A			00:56:06	02:27:45	+01:05:39	07:03 min/Km
384	12	287	MÉNDEZ CASTRO , ANGELES	FEMALE	VET-B-F	CAMINHANTES DO CONDADO		00:57:49	02:27:53	+01:05:47	07:03 min/Km
385	151	388	RODRÍGUEZ VÁZQUEZ , MIGUEL	MALE	VET-A	INDEPENDIENTE		00:54:49	02:28:41	+01:06:35	07:05 min/Km
386	152	37	ARIAS RIAL , JORGE	MALE	VET-A	INDEPENDIENTE		00:56:46	02:28:44	+01:06:38	07:05 min/Km
387	21	443	VARA ADRIO , SABELA	FEMALE	VET-A-F			00:58:15	02:29:29	+01:07:23	07:08 min/Km
388	153	341	PÈREZ PORTABALES , PABLO BORJA	MALE	VET-A	INDEPENDIENTE		00:56:50	02:29:33	+01:07:27	07:08 min/Km
389	13	298	MONTENEGRO PRADO , MARTA	FEMALE	VET-B-F	ADN RUNNERS TELMO-PELUQUEROS		00:56:56	02:29:49	+01:07:43	07:09 min/Km
390	148	232	HERRERA BREA , JOSE MANUEL	MALE	VET-B	PONS VETUS		00:58:52	02:30:02	+01:07:56	07:09 min/Km
391	22	128	DORADO , LORENA	FEMALE	VET-A-F			00:58:27	02:30:30	+01:08:24	07:10 min/Km
392	149	83	CEREJEIRA , LEONARDO	MALE	VET-B	INDEPENDIENTE		01:00:50	02:32:05	+01:09:59	07:15 min/Km
393	14	6	ABREU RIVEIRO , ELISA	FEMALE	VET-B-F	CASTRELOS 20:30		00:58:21	02:33:07	+01:11:01	07:18 min/Km
394	23	233	IBAÑEZ LOPEZ , ARANZAZU	FEMALE	VET-A-F	CASTRELOS 20:30		00:58:21	02:33:07	+01:11:01	07:18 min/Km
395	150	100	CRIBEIRO BARCON , JESÚS JAVIER	MALE	VET-B	INDEPENDIENTE		00:59:25	02:34:39	+01:12:33	07:22 min/Km
396	154	177	GÁNDARA GARRIDO , MANUEL	MALE	VET-A	GIN TAIL		00:58:17	02:36:19	+01:14:13	07:27 min/Km
397	24	64	CALO NOVAS , MARINA	FEMALE	VET-A-F	COUTADAS TRAIL TEAM	COUTADAS TRAIL TEAM	01:00:19	02:38:23	+01:16:17	07:33 min/Km
398	45	281	MARTÍNEZ FERNÁNDEZ , FERNANDO	MALE	SENIOR	INDEPENDIENTE		01:00:24	02:39:04	+01:16:58	07:35 min/Km
399	151	149	FERNANDEZ IGLESIAS , CARLOS	MALE	VET-B	PERNAS CELTAS		00:55:21	02:39:33	+01:17:27	07:36 min/Km
400	152	294	MEZERAI , CID	MALE	VET-B	INDEPENDIENTE		00:55:21	02:39:33	+01:17:27	07:36 min/Km
401	46	450	VÁZQUEZ ALBERTE , JAIME	MALE	SENIOR			01:01:00	02:41:33	+01:19:27	07:42 min/Km
402	15	60	BUSSIERES VALCARCE , MENCHU	FEMALE	VET-B-F	ANCAS DE RANIN		01:01:27	02:42:51	+01:20:45	07:46 min/Km
403	153	431	TORRE GARCÍA , MIGUEL	MALE	VET-B	ANCAS DE RANIN		01:01:27	02:42:51	+01:20:45	07:46 min/Km
404	154	88	COELHO , MANUEL	MALE	VET-B	INDEPENDIENTE		01:01:48	02:43:38	+01:21:32	07:48 min/Km
405	155	130	DURÁN GRAMUNT , JAUME	MALE	VET-B	AOS TEAM		01:01:29	02:45:01	+01:22:55	07:52 min/Km
406	156	202	GÓMEZ MONTIEL , FERNANDO	MALE	VET-B	MILLARAIO		01:02:41	02:45:41	+01:23:35	07:54 min/Km
407	16	184	GARCÍA GÓMEZ , MARIA FE	FEMALE	VET-B-F	MILLARAIO		01:02:48	02:45:41	+01:23:35	07:54 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	EQUIPO	CONTROL	META	DIF 1º	RITMO
408	25	348	POMBO CHAPELA , LUCIA	FEMALE	VET-A-F	MAIS QUE AUGA		01:02:07	02:49:05	+01:26:59	08:04 min/Km
409	157	269	LORENZO TOLEDO , SANTOS JAVIER	MALE	VET-B			01:01:52	02:49:05	+01:26:59	08:04 min/Km
410	26	452	VAZQUEZ MAYO , MONICA	FEMALE	VET-A-F	MAIS QUE AUGA		01:02:07	02:49:05	+01:26:59	08:04 min/Km
411	17	384	RODRIGUEZ IGLESIAS , ANA	FEMALE	VET-B-F	MAIS QUE AUGA		01:02:07	02:49:05	+01:26:59	08:04 min/Km
412	155	401	SANMARTIN GONZALEZ , VICTORIANO	MALE	VET-A	MAIS QUE AUGA		01:01:51	02:49:06	+01:27:00	08:04 min/Km
413	158	236	IGLESIAS OLIVERA , SERAFÍN	MALE	VET-B	INDEPENDIENTE		01:02:08	02:49:09	+01:27:03	08:04 min/Km
414	159	417	SOTELO GALLEGO , JOAQUÍN	MALE	VET-B	INDEPENDIENTE		01:02:23	02:49:20	+01:27:14	08:04 min/Km
415	156	146	FERNANDEZ GALEGO , RUBEN	MALE	VET-A	INDEPENDIENTE		01:02:34	02:51:21	+01:29:15	08:10 min/Km
416	11	402	SANMARTÍN OTERO , NATALIA	FEMALE	SENIOR-F	INDEPENDIENTE		01:08:34	03:06:30	+01:44:24	08:53 min/Km
417	27	328	PEREIRA OYA , MAIKA	FEMALE	VET-A-F	ADN RUNNERS TELMO-PELUQUEROS		01:11:18	03:08:26	+01:46:20	08:59 min/Km