

VIII CARREIRA DE MONTAÑA - MONTES DE COUZADOIRO 2025

16/03/2025

- TRAIL CURTO -

POS.	POS CAT	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	META	RITMO
1	1	109	CARDAMAS FREIRE , BRUNO	MALE	ABSOLUTA	TRAILEROS TOXOS E BIRRAS	01:37:59	05:40 min/Km
2	2	169	ROUCO REY , MARIO	MALE	ABSOLUTA	C.D. 21LEGUAS	01:39:44	05:46 min/Km
3	3	106	BEREJO NEBRIL , MOISES	MALE	ABSOLUTA		01:44:09	06:02 min/Km
4	4	170	ROULEAU , MARIN	MALE	ABSOLUTA	PEÑA CICLISTA ORTIGUEIRA	01:46:28	06:10 min/Km
5	5	180	VILABOY FILGUEIRAS , MIGUEL	MALE	ABSOLUTA		01:47:35	06:14 min/Km
6	6	112	CEREZO NAVIA , JOSE ANTONIO	MALE	ABSOLUTA	CLUB CEREZO BIKES	01:49:20	06:20 min/Km
7	7	153	MEIZOSO PERMUI , ANXO	MALE	ABSOLUTA	CD 21 LEGUAS	01:50:41	06:24 min/Km
8	8	117	DÍAZ PRADO , RUBÉN	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	01:52:56	06:32 min/Km
9	1	136	GUERREIRO ESCOURIDO , DAVID	MALE	VET	PEÑA LAR TRAIL	01:53:27	06:34 min/Km
10	9	108	BUGLIOT FERNÁNDEZ , RUBÉN	MALE	ABSOLUTA	OS CORZOS DO ORTEGAL	01:54:01	06:36 min/Km
11	10	102	ALONSO CABALEIRO , ANTONIO	MALE	ABSOLUTA	C.D. 21LEGUAS	01:55:27	06:41 min/Km
12	11	123	FERNÁNDEZ LOUREIRO , DIEGO	MALE	ABSOLUTA		02:02:54	07:07 min/Km
13	12	133	GARCÍA RIAL , FRANCISCO	MALE	ABSOLUTA	C. D. 21 LEGUAS	02:03:29	07:09 min/Km
14	13	134	GATO MARTÍNEZ , CARLOS	MALE	ABSOLUTA		02:03:37	07:09 min/Km
15	2	159	PAZ VEIGA , DARIO	MALE	VET		02:03:55	07:10 min/Km
16	3	135	GUEIMUNDE CABALEIRO , JOSÉ MARIA	MALE	VET		02:03:56	07:10 min/Km
17	14	127	FRAGA PEDREIRA , DAVID	MALE	ABSOLUTA	SUBINDO RITMO	02:04:59	07:14 min/Km
18	4	40	ROUCO , MARCOS	MALE	VET	C.D. 21LEGUAS	02:06:30	07:19 min/Km
19	15	147	LORENZO MUÑOZ , DIEGO	MALE	ABSOLUTA	C.D. 21LEGUAS	02:06:34	07:19 min/Km
20	16	131	GARCÍA BERMÚDEZ , JUAN MANUEL	MALE	ABSOLUTA	C.D. 21LEGUAS	02:06:34	07:19 min/Km
21	17	138	IGLESIAS DOCAL , CÉSAR	MALE	ABSOLUTA	CLUB CAMOVI	02:07:13	07:22 min/Km
22	18	154	MUIÑO PIÑEIRO , ABEL	MALE	ABSOLUTA	C.D. 21LEGUAS	02:07:42	07:23 min/Km
23	5	124	FERNANDEZ SEGURADO , XOSE	MALE	VET	PEÑA LAR TRAIL	02:08:22	07:26 min/Km
24	6	137	IBÁN FERNÁNDEZ , ALBERTO	MALE	VET	NOSPORTLIMIT	02:11:20	07:36 min/Km
25	7	155	NAVEIRO RODRIGUEZ , MANEL	MALE	VET		02:11:27	07:36 min/Km
26	1	145	LOPEZ TEIJEIRO , ROSA	FEMALE	ABSOLUTA-F	OS CORZOS DO ORTEGAL	02:11:31	07:37 min/Km
27	19	163	PIÑEIRO VIZOSO , HUGO	MALE	ABSOLUTA	CD 21 LEGUAS	02:11:34	07:37 min/Km
28	20	142	LÓPEZ CASTRO , JUNIOR	MALE	ABSOLUTA		02:11:36	07:37 min/Km
29	21	158	PAJON FREIRE , DAVID	MALE	ABSOLUTA		02:13:21	07:43 min/Km
30	22	171	RUBIDO MARTINEZ , ADRIAN	MALE	ABSOLUTA	CLUB CICLISTA CARIÑO	02:14:04	07:45 min/Km
31	2	166	RIVERA MOURIZ , LUCIA	FEMALE	ABSOLUTA-F	C.D. 21LEGUAS	02:14:23	07:47 min/Km
32	23	179	VIDAL LAGARES , DAVID	MALE	ABSOLUTA		02:17:45	07:58 min/Km
33	24	105	TEMBRAS ALONSO , DAVID	MALE	ABSOLUTA	C.D. 21LEGUAS	02:19:06	08:03 min/Km

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34	1	128	FRANCO , NIA	FEMALE	VET-F	CLUB TRIEUME AS PONTES	02:19:19	08:04 min/Km
35	25	141	LOPEZ CASAS , LUIS	MALE	ABSOLUTA		02:22:32	08:15 min/Km
36	26	172	SEOANE TORREIRO , CRISTÓBAL DAMIÁN	MALE	ABSOLUTA		02:23:13	08:17 min/Km
37	3	103	ALVAREZ MORNO , ANA	FEMALE	ABSOLUTA-F		02:23:18	08:17 min/Km
38	27	165	RAMIL MARAGOTO , BRUNO	MALE	ABSOLUTA	PEÑA LAR VIVEIRO	02:26:15	08:28 min/Km
39	28	140	LÓPEZ ÁLVAREZ , ESTEBAN	MALE	ABSOLUTA		02:26:31	08:29 min/Km
40	8	104	ARAUJO MESA , JOSE MANUEL	MALE	VET		02:28:12	08:34 min/Km
41	29	182	VIZOSO HERMIDA , ALEJANDRO	MALE	ABSOLUTA		02:28:13	08:35 min/Km
42	30	111	CASAS VÁZQUEZ , HUGO	MALE	ABSOLUTA		02:28:28	08:35 min/Km
43	4	144	LÓPEZ FERREIRO , CRISTINA	FEMALE	ABSOLUTA-F		02:30:33	08:43 min/Km
44	9	160	PENA SALIDO , JOSE MANUEL	MALE	VET	OSEIXOFOREVER	02:35:07	08:58 min/Km
45	31	101	ABELEDI MANTOIGA , DANIEL	MALE	ABSOLUTA		02:35:56	09:01 min/Km
46	10	174	TUÑÓN DAVITE , ANGEL	MALE	VET		02:35:57	09:01 min/Km
47	5	150	MARTINEZ ARIAS , NATALIA	FEMALE	ABSOLUTA-F	+DMONTE	02:39:02	09:12 min/Km
48	32	164	RAMIL , JULIÁN	MALE	ABSOLUTA		02:39:12	09:13 min/Km
49	11	148	LORENZO VILAR , JOSÉ MANUEL	MALE	VET	C. D. 21 LEGUAS	02:42:07	09:23 min/Km
50	33	168	ROGOJINA , IONEL	MALE	ABSOLUTA		02:42:39	09:25 min/Km
51	12	126	FRA FRA , MIGUEL ANGEL	MALE	VET	A FUME DE CAROZO	02:42:40	09:25 min/Km
52	6	115	CRIBEIRO VILLAR , ISABEL	FEMALE	ABSOLUTA-F	OS CORZOS DO ORTEGAL	02:42:49	09:25 min/Km
53	34	167	RODRIGUEZ LOPEZ , OSCAR	MALE	ABSOLUTA		02:43:48	09:29 min/Km
54	13	175	VALDÉS GONZÁLEZ , ALBERTO	MALE	VET		02:47:02	09:40 min/Km
55	14	114	CRIBEIRO BARCÓN , JESUS JAVIER	MALE	VET		02:47:05	09:40 min/Km
56	35	113	CHAVARRIA IGLESIAS , DANIEL	MALE	ABSOLUTA		02:47:52	09:43 min/Km
57	15	125	FOJO PEDRE , CARLOS	MALE	VET		02:49:54	09:50 min/Km
58	36	151	MARTÍNEZ GUERREIRO , SERGIO	MALE	ABSOLUTA		02:49:55	09:50 min/Km
59	16	183	VIZOSO JUL , CHACHO	MALE	VET		02:56:05	10:11 min/Km
60	17	122	FERNÁNDEZ GUDIN , JUAN MANUEL	MALE	VET		02:56:06	10:11 min/Km
61	7	130	GARCÍA , REME	FEMALE	ABSOLUTA-F	OS CORZOS DO ORTEGAL	02:56:32	10:13 min/Km
62	8	110	CARLSON , ARIANNA	FEMALE	ABSOLUTA-F	CAMOVÍ	03:00:26	10:26 min/Km
63	37	143	LÓPEZ CRIBEIRO , JOSE LUIS	MALE	ABSOLUTA		03:00:27	10:26 min/Km
64	18	121	FERNÁNDEZ GARCÍA , MANUEL	MALE	VET	TOXIZA CLUBE DE MONTAÑA	03:01:53	10:31 min/Km
65	19	176	VÁZQUEZ CABARCOS , RUBEN	MALE	VET	CLUB BENI GYM SPORT	03:03:19	10:36 min/Km
66	2	116	DÍAZ LÓPEZ , MARTA	FEMALE	VET-F	OS CORZOS DO ORTEGAL	03:06:34	10:48 min/Km
67	38	156	PAJON ALONSO , AARON	MALE	ABSOLUTA	CLUB DE MONTAÑA O CAXADO	03:07:23	10:50 min/Km

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68	39	162	PIDAL LÓPEZ , JUAN PABLO	MALE	ABSOLUTA		03:08:14	10:53 min/Km
69	40	157	PAJON ALONSO , JOEL	MALE	ABSOLUTA	CLUB DE MONTAÑA O CAXADO	03:11:13	11:04 min/Km
70	9	132	GARCÍA LÓPEZ , MILVIA	FEMALE	ABSOLUTA-F	+ D MONTE	03:11:18	11:04 min/Km
71	41	118	DURÁN ROUCO , GUILLERMO	MALE	ABSOLUTA		03:18:02	11:27 min/Km
72	20	119	DURÁN ROUCO , NOÉ	MALE	VET		03:18:03	11:27 min/Km
73	42	161	PÉREZ PEREZ , VICTOR	MALE	ABSOLUTA		03:18:06	11:28 min/Km
74	43	120	FERNÁNDEZ DÍAZ , EDGAR	MALE	ABSOLUTA		03:45:21	13:02 min/Km
75	3	139	LESTEGÁS , INMA	FEMALE	VET-F	ATLETISMO RÍA DE FOZ	03:45:55	13:04 min/Km