

# VIII CARREIRA DE MONTAÑA - MONTES DE COUZADOIRO 2025

16/03/2025

## - TRAIL LONGO -

POS.	POS CAT	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	META	RITMO
1	1	42	SANTIAGO VILLAR , JOSE	MALE	ABSOLUTA	OS CORZOS DO ORTEGAL	02:19:32	05:42 min/Km
2	2	44	TIMIRAOS GONZÁLEZ , SANTI	MALE	ABSOLUTA	C.D. CAMOVI	02:22:41	05:50 min/Km
3	1	8	FEIJOO FERREIRO , DANIEL	MALE	VET	TRIEUME AS PONTES	02:25:13	05:56 min/Km
4	3	6	DÍAZ DÍAZ , DAVID	MALE	ABSOLUTA	AD JARNACHAS	02:28:31	06:04 min/Km
5	4	26	MARTÍNEZ RODRÍGUEZ , DAVID XISTRAL	MALE	ABSOLUTA	C.D CAMOVI	02:32:50	06:15 min/Km
6	5	35	RAMOS GRELA , MANUEL	MALE	ABSOLUTA	AD JARNACHAS	02:34:18	06:18 min/Km
7	6	43	SENRA EIROA , DAVID	MALE	ABSOLUTA	AD JARNACHAS	02:34:18	06:18 min/Km
8	7	1	BARREIRO VAZQUEZ , RAMON	MALE	ABSOLUTA	CDM VÉRTICE	02:35:03	06:20 min/Km
9	8	25	MARTÍNEZ OTERO , JOEL	MALE	ABSOLUTA	PEÑA LAR TRAIL	02:38:49	06:29 min/Km
10	2	29	MENDEZ OROZA , IBAN	MALE	VET	TOXIZA CLUBE DE MONTAÑA	02:42:41	06:39 min/Km
11	9	3	CASTRO CAMPELLO , DAVID	MALE	ABSOLUTA	GALLAECIA RAID	02:42:54	06:39 min/Km
12	10	22	LORENZO GARCÍA , PABLO	MALE	ABSOLUTA	C.D. 21LEGUAS	02:45:01	06:45 min/Km
13	11	32	PENA MUIÑO , RUBÉN	MALE	ABSOLUTA	C.D. 21LEGUAS	02:49:18	06:55 min/Km
14	3	46	VARELA CASTELO , RAMON	MALE	VET	PEÑA LAR TRAIL	02:50:58	06:59 min/Km
15	12	31	PARDO FONTICOBA , MARCOS	MALE	ABSOLUTA		02:54:01	07:07 min/Km
16	1	2	BUGLIOT FERNÁNDEZ , VERÓNICA	FEMALE	ABSOLUTA-F	OS CORZOS DO ORTEGAL	02:55:25	07:10 min/Km
17	13	27	MARTÍNEZ TEJEDOR , ALEJANDRO	MALE	ABSOLUTA	TRAILEROS TOXOS E BIRRAS	03:00:46	07:23 min/Km
18	14	47	VARELA SECO , MARCOS	MALE	ABSOLUTA	TRIEUME AS PONTES	03:05:07	07:34 min/Km
19	15	15	GUILLÉN , QUIQUE	MALE	ABSOLUTA	C. D. 21 LEGUAS	03:10:08	07:46 min/Km
20	4	7	DOURAL GÓMEZ , JORGE	MALE	VET	TOXIZA CLUBE DE MONTAÑA	03:12:19	07:51 min/Km
21	16	13	GÓMEZ NAVAL , MATEO	MALE	ABSOLUTA	PEÑA LAR TRAIL	03:16:25	08:02 min/Km
22	17	17	INSUA GRANDÍO , FRAN	MALE	ABSOLUTA	C.D. CAMOVI	03:18:16	08:06 min/Km
23	5	24	MARTÍNEZ CASAL , FRANCISCO JAVIER	MALE	VET	C. D. 21 LEGUAS	03:20:02	08:10 min/Km
24	18	12	GARCÍA ROMALDE , DIEGO	MALE	ABSOLUTA		03:22:00	08:15 min/Km
25	19	41	SALGUEIRO VIZOSO , ALEJANDRO	MALE	ABSOLUTA		03:23:48	08:20 min/Km
26	6	4	COBELO FRA , JOSÉ ÁNGEL	MALE	VET	PEÑA LAR TRAIL	03:25:11	08:23 min/Km
27	1	5	CTVRTNICKOVA , TEREZA	FEMALE	VET-F	TRIEUME AS PONTES	03:27:05	08:28 min/Km
28	20	23	LOZANO IGLESIAS , MIGUEL ÁNGEL	MALE	ABSOLUTA	TRIEUME	03:27:55	08:30 min/Km
29	21	20	LÓPEZ BARBEITO , PABLO	MALE	ABSOLUTA		03:27:56	08:30 min/Km
30	7	19	LARANJEIRA LORENZO , RAUL	MALE	VET	PASA OU ENTORNA	03:29:16	08:33 min/Km
31	8	9	FERNÁNDEZ GARCÍA , JUAN CARLOS	MALE	VET	CAMOVI	03:40:49	09:01 min/Km

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POS.	POS CAT	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	META	RITMO
32	22	37	REGO SEIJAS , JUAN	MALE	ABSOLUTA	C.D. 21LEGUAS	03:42:42	09:06 min/Km
33	9	48	VILLAR PEREZ , ANTONIO	MALE	VET		03:43:07	09:07 min/Km
34	10	28	MC , ALBERTO	MALE	VET	CLUB DE MONTAÑA O CAXADO	03:43:08	09:07 min/Km
35	2	10	FERNÁNDEZ GIZ , DIANA	FEMALE	ABSOLUTA-F	PEÑA LAR TRAIL	03:45:50	09:14 min/Km
36	2	30	MIGUEZ CHAO , RAQUEL	FEMALE	VET-F	PEÑA LAR TRAIL	03:45:50	09:14 min/Km
37	11	36	RATOEIRA BASANTA , MOISES	MALE	VET	SEMOS OU NON	03:50:05	09:24 min/Km
38	23	33	PÉREZ MACIAS , RAMI	MALE	ABSOLUTA	PASA OU ENTORNA	04:04:25	09:59 min/Km
39	3	45	VALE VARELA , AINARA	FEMALE	ABSOLUTA-F		04:05:25	10:02 min/Km
40	12	39	RODRIGUEZ CALLEJON , JUAN	MALE	VET		04:06:16	10:04 min/Km
41	13	21	LORENZO , JUAN	MALE	VET		04:06:31	10:04 min/Km
42	24	14	GONZÁLEZ ALONSO , IAGO	MALE	ABSOLUTA		04:07:00	10:05 min/Km
43	25	38	RIVERA , LUIS	MALE	ABSOLUTA		04:07:12	10:06 min/Km
44	26	34	PICOS MARTÍNEZ , AITOR	MALE	ABSOLUTA		04:07:13	10:06 min/Km