



TRAIL LONGO

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	META
1	1	16	FERNANDEZ OTERO , OSCAR	MALE	ABS-M	CLUB GALLAECIARAID	02:29:37	06:15 min/Km
2	2	29	MARTÍNEZ RODRÍGUEZ , DAVID	MALE	ABS-M	A.D SAN ROQUE. VIVEIRO	02:32:40	06:22 min/Km
3	3	28	MARTÍNEZ RIVERA , DANIEL	MALE	ABS-M	AD NÁUTICO NARÓN	02:33:52	06:25 min/Km
4	4	40	PORTAL LOSADA , MIGUEL	MALE	ABS-M	AME BESTARRUZA	02:34:59	06:28 min/Km
5	5	53	VARELA CASTELO , RAMON	MALE	ABS-M	AD.SANROQUE VIVEIRO	02:37:15	06:34 min/Km
6	1	34	MEIZOSO VILASUSO , XOSÉ MANUEL	MALE	VET-M	CLUB MONTAÑA O CAXADO	02:39:57	06:40 min/Km
7	6	2	AGRAS PITA , EDGAR	MALE	ABS-M	OS CORZOS DO ORTEGAL	02:42:37	06:47 min/Km
8	2	45	RIOS SANCHEZ , PABLO	MALE	VET-M	INDEPENDIENTE	02:43:53	06:50 min/Km
9	7	4	BARREIRO VÁZQUEZ , RAMON	MALE	ABS-M	VÉRTICE	02:46:17	06:56 min/Km
10	8	14	FERNÁNDEZ FORROS , JUAN	MALE	ABS-M	AD JARNACHAS	02:47:38	06:60 min/Km
11	9	1	ABEAL , ALBERTO	MALE	ABS-M	INDEPENDIENTE	02:52:25	07:12 min/Km
12	10	35	MUIÑO GARCÍA , MARCOS	MALE	ABS-M	GALLAECIA RAID	02:54:03	07:16 min/Km
13	11	44	RÍOS FERNÁNDEZ , FABIO	MALE	ABS-M	TRAILEROS TOXOS&BIRRAS	02:54:03	07:16 min/Km
14	3	12	DÍAZ FORTUNA , ÓSCAR	MALE	VET-M	SÍGUEME SI PUEDES	02:56:21	07:21 min/Km
15	12	37	PEREZ COSTAS , ALVARO	MALE	ABS-M	TRIEUME AS PONTES	02:57:49	07:25 min/Km
16	4	8	BOUZA RODRIGUEZ , ÓSCAR JESUS	MALE	VET-M	INDEPENDIENTE	03:02:39	07:37 min/Km
17	13	20	GARCÍA RIHAL , FRANCISCO	MALE	ABS-M	CLUB BENYGYM SPORT	03:04:30	07:42 min/Km
18	5	15	FERNÁNDEZ GARCÍA , CARLOS	MALE	VET-M	A .D SAN ROQUE.VIVEIRO	03:04:35	07:42 min/Km
19	14	21	GONZALEZ FRAGA , OSCAR	MALE	ABS-M	PEÑA LAR TRAIL	03:05:42	07:45 min/Km
20	15	13	DÍAZ FRANCO , MIGUEL	MALE	ABS-M	INDEPENDIENTE	03:06:18	07:46 min/Km
21	16	3	ALONSO CABAILEIRO , ANTONIO	MALE	ABS-M		03:09:07	07:53 min/Km
22	17	39	PIÑEIRO , ABEL	MALE	ABS-M	AME BESTARRUZA	03:09:07	07:53 min/Km
23	6	24	KRÜGER , JAN	MALE	VET-M		03:13:10	08:03 min/Km
24	18	10	CAYUELA MIGUEL , JUAN	MALE	ABS-M	CLUB ATLETISMO SADA MONTAÑA	03:17:28	08:14 min/Km
25	7	17	FERNÁNDEZ TRASANCOS , RUFINO	MALE	VET-M	EGOVARROS VIVEIRO	03:20:59	08:23 min/Km
26	8	227	BELLO BARROS , DAVID	MALE	VET-M		03:22:56	08:28 min/Km
27	19	26	LOZANO IGLESIAS , MIGUEL ÁNGEL	MALE	ABS-M		03:23:06	08:28 min/Km
28	20	55	VARELA SECO , MARCOS	MALE	ABS-M	TRIEUME AS PONTES	03:23:06	08:28 min/Km
29	9	46	RIVERA MARQUEZ , FRANCISCO JAVIER	MALE	VET-M	PASA OU ENTORNA	03:23:58	08:30 min/Km
30	21	19	GARCIA OTERO , CARLOS	MALE	ABS-M	INDEPENDIENTE	03:24:23	08:31 min/Km
31	10	5	BAZ RODRÍGUEZ , BERTO	MALE	VET-M	SÍGUEME SI PUEDES	03:24:49	08:33 min/Km
32	11	50	SÁNCHEZ RAMÓN , JUAN	MALE	VET-M	SÍGUEME SI PUEDES	03:24:49	08:33 min/Km
33	12	49	SÁNCHEZ LÓPEZ , JESÚS	MALE	VET-M	SÍGUEME SI PUEDES	03:24:50	08:33 min/Km
34	22	51	TORRES GÓMEZ , RUBÉN	MALE	ABS-M	SÍGUEME SI PUEDES	03:24:50	08:33 min/Km



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35	23	22	IGLESIAS BERMUDEZ , IVÁN	MALE	ABS-M		03:27:26	08:39 min/Km
36	13	25	LAMAS POSE , JOSÉ MANUEL	MALE	VET-M	INDEPENDIENTE	03:31:07	08:48 min/Km
37	14	6	BELLAS CAAVEIRO , RAMON	MALE	VET-M	CLUB DE MONTAÑA O CAXADO	03:35:39	08:60 min/Km
38	15	42	PUMARES MARRUBE , PEDRO	MALE	VET-M	PEÑA LAR TRAIL	03:36:46	09:02 min/Km
39	24	23	JUNQUERA PAREDES , AMANDINO	MALE	ABS-M	CLUB MONTAÑA FERROL	03:39:01	09:08 min/Km
40	16	48	SAMBADE CARREIRA , JOSE	MALE	VET-M		03:42:17	09:16 min/Km
41	25	9	CASÁS CASÁS , JOSÉ MANUEL	MALE	ABS-M	INDEPENDIENTE	03:42:45	09:17 min/Km
42	26	38	PEREZ MACIAS , RAMIRO	MALE	ABS-M	PASA OU ENTORNA	03:48:22	09:31 min/Km
43	27	32	MEIZOSO CAINZOS , ALBERTO	MALE	ABS-M	CLUB MONTAÑA O CAXADO	03:48:23	09:31 min/Km
44	28	43	RAMIL , JULIÁN	MALE	ABS-M	CLUB DE MONTAÑA O CAXADO	03:53:59	09:45 min/Km
45	17	41	PUENTE ROCA , EMILIO	MALE	VET-M	AGRUPACIÓN DE MONTAÑA Y ESCALADA BESTAR	04:01:34	10:04 min/Km
46	18	54	VARELA GARCÍA , FRANCISCO JAVIER	MALE	VET-M		04:04:07	10:11 min/Km
47	29	30	MARTÍNEZ VÁZQUEZ , ADRIÁN	MALE	ABS-M	INDEPENDIENTE	04:10:26	10:27 min/Km
48	19	7	BELLAS FORMOSO , IVAN	MALE	VET-M	CLUB MONTAÑA O CAXADO	04:19:19	10:49 min/Km
49	1	47	RODRÍGUEZ FERNÁNDEZ , LORENA	FEMALE	VET-F	PULPEIROS MUGARDOS	04:24:54	11:03 min/Km
50	20	18	GALDO CAO , JUANJO	MALE	VET-M	PULPEIROS MUGARDOS	04:24:56	11:03 min/Km
51	21	56	VEIGA GONZALEZ , MIGUEL	MALE	VET-M	MONTEFARO TRAIL	04:55:47	12:20 min/Km
52	2	27	MARGARETO NOYA , MERCEDES	FEMALE	VET-F	PULPEIROS MUGARDOS	04:55:55	12:20 min/Km
53	1	59	LÓPEZ PARENTE , MARIA	FEMALE	ABS-F	INDEPENDIENTE	05:44:49	14:23 min/Km
54	30	58	IGLESIAS RABANAL , VICENTE	MALE	ABS-M	INDEPENDIENTE	05:44:53	14:23 min/Km