

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
1	1	80	PIÑEIR PÉREZ , ÓSCAR	MALE	SENIOR MASC	KENNEL DEN	01:10:55.947		04:54 min/Km
2	2	12	BOUZAS GÓMEZ , SERGIO	MALE	SENIOR MASC	TRIBU TRAIL	01:11:01.547	+00:00:05.600	04:54 min/Km
3	1	44	GONZÁLEZ VARELA , QUITO	MALE	VETERAN MASC	BRIGANTIA AVENTURA	01:11:20.607	+00:00:24.660	04:56 min/Km
4	2	19	CANCELO BARBEITO , FERNANDO	MALE	VETERAN MASC	ARTABROS	01:15:02.377	+00:04:06.430	05:11 min/Km
5	3	106	TRELLES RODRIGUEZ , MARCOS	MALE	SENIOR MASC	A.D.JARNACHAS	01:15:05.727	+00:04:09.780	05:11 min/Km
6	4	32	DOMINGUEZ BARBEITO , VICTOR	MALE	SENIOR MASC	A.D. MEDIADUCIA	01:15:19.397	+00:04:23.450	05:12 min/Km
7	5	84	REGO POSE , IVAN	MALE	SENIOR MASC	ATLETISMO MILLADOIRO	01:19:29.957	+00:08:34.010	05:29 min/Km
8	3	66	MELLA SANCHEZ , PABLO	MALE	VETERAN MASC	AD JARNACHAS	01:22:42.427	+00:11:46.480	05:43 min/Km
9	6	50	LESTON DEL RIO , ADELINO	MALE	SENIOR MASC	A.D. DOWN HILL	01:22:42.527	+00:11:46.580	05:43 min/Km
10	7	82	QUINTIÁN AGRAFOJO , CHEMA	MALE	SENIOR MASC	CDM VERTICE	01:23:00.937	+00:12:04.990	05:44 min/Km
11	4	40	GÓMEZ GÓMEZ , MANUEL	MALE	VETERAN MASC	CLUB ATLETISMO LOUSAME	01:23:04.257	+00:12:08.310	05:44 min/Km
12	1	105	TOURIÑO FERREIRÓS , MÓNICA	FEMALE	VETERAN FEM	KENNEL DEN	01:23:24.297	+00:12:28.350	05:46 min/Km
13	5	76	PEREIRA REY , CARLOS	MALE	VETERAN MASC	RUNNING ARTEIXO	01:23:24.787	+00:12:28.840	05:46 min/Km
14	6	17	CALVO CASTRO , IVÁN	MALE	VETERAN MASC	TRIBU TRAIL	01:24:31.527	+00:13:35.580	05:50 min/Km
15	8	73	NUÑEZ MUÑOZ , TONY	MALE	SENIOR MASC	A.D. MEDIA DUCIAP	01:25:11.897	+00:14:15.950	05:53 min/Km
16	9	25	CERQUEIRO BARREIRO , VICTOR MANUEL	MALE	SENIOR MASC	INDEPENDIENTE	01:26:18.637	+00:15:22.690	05:58 min/Km
17	7	86	REGUEIRA FACAL , JESUS	MALE	VETERAN MASC		01:26:26.417	+00:15:30.470	05:58 min/Km
18	8	51	LESTÓN FABEIRO , MIGUEL	MALE	VETERAN MASC	TRIBU TRAIL	01:26:34.467	+00:15:38.520	05:59 min/Km
19	9	34	FERNÁNDEZ GARCÍA , RENATO R.	MALE	VETERAN MASC	LA GRAMOLA GTR	01:26:36.797	+00:15:40.850	05:59 min/Km
20	10	83	RAMOS BANEIRA , DAVID	MALE	SENIOR MASC		01:26:39.297	+00:15:43.350	05:59 min/Km
21	11	62	MARTINEZ RICO , ALBERTO	MALE	SENIOR MASC	CDM VÉRTICE	01:26:42.297	+00:15:46.350	05:59 min/Km
22	12	27	CORRAL LOPEZ , ANTONIO	MALE	SENIOR MASC	INDEPENDIENTE	01:26:43.963	+00:15:48.016	05:59 min/Km
23	13	78	PÉREZ PARRADO , YAGO	MALE	SENIOR MASC	CLUB ATLETISMO O PINO	01:26:47.337	+00:15:51.390	05:60 min/Km
24	10	132	SANMARTÍN CARREIRA , IVÁN PABLO	MALE	VETERAN MASC	CLUB ATLETISMO O PINO	01:26:48.887	+00:15:52.940	05:60 min/Km
25	14	92	RODRIGUEZ CRUZ , DANIEL	MALE	SENIOR MASC	A.D. ABELLARIZA	01:27:46.087	+00:16:50.140	06:04 min/Km
26	15	18	CAMPOS GESTAL , NÉSTOR	MALE	SENIOR MASC	A.D. JARNACHAS	01:28:25.367	+00:17:29.420	06:06 min/Km
27	11	109	VARELA VÁZQUEZ , GUILLERMO	MALE	VETERAN MASC	MALIFT MALLORCA TRAIL/+QTRAIL	01:28:42.847	+00:17:46.900	06:08 min/Km
28	16	37	FREIRIA FERNÁNDEZ , BRUNO	MALE	SENIOR MASC		01:29:53.633	+00:18:57.686	06:12 min/Km
29	17	6	BAÑA TOME , PABLO	MALE	SENIOR MASC	CLUB ATLETISMO OUTES	01:29:59.867	+00:19:03.920	06:13 min/Km
30	1	35	FERREIRO PEREZ , MARIA	FEMALE	SENIOR FEM	BOX 001 RUNMANIAK OURENSE	01:30:21.587	+00:19:25.640	06:14 min/Km
31	18	101	SOUTULLO SOUTO , CHECHU	MALE	SENIOR MASC	INDEPENDIENTE	01:30:32.607	+00:19:36.660	06:15 min/Km
32	19	85	REGO POSE , MARTÍN	MALE	SENIOR MASC		01:31:39.797	+00:20:43.850	06:20 min/Km
33	12	99	SERRANO REMUIÑAN , JOSE ANTONIO	MALE	VETERAN MASC	INDEPENDIENTE	01:31:49.827	+00:20:53.880	06:20 min/Km
34	20	103	TAJES PÉREZ , JESÚS MANUEL	MALE	SENIOR MASC	PRAIA DE CARNOTA RUNNERS	01:32:15.427	+00:21:19.480	06:22 min/Km
35	13	104	TEJEIRO LÓPEZ , PABLO	MALE	VETERAN MASC	CLUB TRIATLON CORUÑA	01:32:24.667	+00:21:28.720	06:23 min/Km

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36	21	2	ABELLA VARELA , MIGUEL	MALE	SENIOR MASC	INDEPENDIENTE	01:32:49.627	+00:21:53.680	06:25 min/Km
37	22	20	CARBALLAL IGLESIAS , ALBERT	MALE	SENIOR MASC	INDEPENDIENTE	01:33:15.987	+00:22:20.040	06:26 min/Km
38	23	61	LOURIDO MARTÍNEZ , JAVIER	MALE	SENIOR MASC	AS VELLAS NON PARAMOS	01:33:24.107	+00:22:28.160	06:27 min/Km
39	14	8	BERGONDO BRANDARIZ , JUAN CARLOS	MALE	VETERAN MASC	RUNNING OLEIROS	01:33:30.417	+00:22:34.470	06:27 min/Km
40	24	24	CASTRO SOUTO , ALFONSO JAVIER	MALE	SENIOR MASC	CHUVONERSPREFABRICADOSFEIJOOGALITIMING	01:33:59.977	+00:23:04.030	06:29 min/Km
41	15	11	BORRAZAS ZAS , SUSO	MALE	VETERAN MASC	INDEPENDIENTE	01:34:47.287	+00:23:51.340	06:33 min/Km
42	16	33	EIRÍS ESPAÑA , CARLOS	MALE	VETERAN MASC	A.D.MEDIADUCIA	01:34:53.947	+00:23:58.000	06:33 min/Km
43	25	30	DOMÍNGUEZ , IVÁN	MALE	SENIOR MASC	TERRA DE SONEIRA CD	01:34:57.237	+00:24:01.290	06:33 min/Km
44	26	60	LOUREDA LOUZAN , ALEJANDRO	MALE	SENIOR MASC	INDEPENDIENTE	01:35:04.127	+00:24:08.180	06:34 min/Km
45	17	28	COSTA LAGO , JUAN MIGUEL	MALE	VETERAN MASC	PRAIA DE CARNOTA RUNNERS	01:36:08.137	+00:25:12.190	06:38 min/Km
46	27	42	GONZÁLEZ GARCÍA , CARLOS	MALE	SENIOR MASC		01:37:11.077	+00:26:15.130	06:43 min/Km
47	28	95	RODRIGUEZ FRAMIL , ALFONSO	MALE	SENIOR MASC	NOITEBRA	01:38:01.987	+00:27:06.040	06:46 min/Km
48	29	90	RIVAS ALENDE , JUAN	MALE	SENIOR MASC	NOITEBRA	01:38:02.207	+00:27:06.260	06:46 min/Km
49	2	100	SOLIS CAAMAÑO , MONSE	FEMALE	SENIOR FEM	TERRA DE SONEIRA CD	01:38:51.947	+00:27:56.000	06:50 min/Km
50	30	98	ROJO RAMA , XIL	MALE	SENIOR MASC	INDEPENDIENTE	01:38:52.487	+00:27:56.540	06:50 min/Km
51	18	38	GARCIA BARREIRA , JUAN MANUEL	MALE	VETERAN MASC		01:38:52.647	+00:27:56.700	06:50 min/Km
52	19	39	GARCÍA VELO , MANUEL	MALE	VETERAN MASC	INDEPENDIENTE	01:38:53.037	+00:27:57.090	06:50 min/Km
53	20	10	BLANCO TÁBOAS , ANDRÉS	MALE	VETERAN MASC		01:39:12.127	+00:28:16.180	06:51 min/Km
54	31	75	PEDROSA GIL , JOSÉ MANUEL	MALE	SENIOR MASC	C.A.R. MARISQUEIRO	01:40:31.337	+00:29:35.390	06:56 min/Km
55	21	97	ROJO LEMA , ISMAEL	MALE	VETERAN MASC	INDEPENDIENTE	01:43:30.007	+00:32:34.060	07:09 min/Km
56	2	59	LOPEZ VILAS , GELI	FEMALE	VETERAN FEM	RUNNING ARTEIXO	01:43:34.677	+00:32:38.730	07:09 min/Km
57	22	96	RODRÍGUEZ-LORASQUE VÁZQUEZ , PABLO	MALE	VETERAN MASC	INDEPENDIENTE	01:44:01.957	+00:33:06.010	07:11 min/Km
58	23	56	LOPEZ RAMA , JESUS	MALE	VETERAN MASC	PRAIA DE CARNOTA RUNNERS	01:44:58.737	+00:34:02.790	07:15 min/Km
59	32	63	MAS ALVAREZ , ALBERTO	MALE	SENIOR MASC	INDEPENDIENTE	01:45:38.277	+00:34:42.330	07:18 min/Km
60	33	57	LOPEZ ROMERO , IVÁN	MALE	SENIOR MASC	INDEPENDIENTE	01:47:01.037	+00:36:05.090	07:23 min/Km
61	24	111	VILARIÑO FERNÁNDEZ , DAVID	MALE	VETERAN MASC		01:47:05.597	+00:36:09.650	07:24 min/Km
62	25	64	MATO PEÓN , CELESTINO	MALE	VETERAN MASC	PONTE TRAIL	01:47:10.047	+00:36:14.100	07:24 min/Km
63	26	87	REY CAMIÑO , JOSE	MALE	VETERAN MASC	INDEPENDIENTE	01:47:48.117	+00:36:52.170	07:27 min/Km
64	34	54	LIÑARES GESTAL , CARLOS	MALE	SENIOR MASC	TRAILEROS TOXOS E BIRRAS	01:47:56.427	+00:37:00.480	07:27 min/Km
65	27	94	RODRIGUEZ FERREIRO , LUIS	MALE	VETERAN MASC	TRAILEROS TOXOS&BIRRAS	01:47:56.437	+00:37:00.490	07:27 min/Km
66	35	21	CARBALLO TRILLO , ANGEL	MALE	SENIOR MASC	TRAILEROS TOXOS&BIRRAS	01:47:56.607	+00:37:00.660	07:27 min/Km
67	28	55	LIREZ FREIRE , MANUEL	MALE	VETERAN MASC	TRAILEROS TOXOS E BIRRAS	01:47:56.657	+00:37:00.710	07:27 min/Km
68	36	102	SOUTULLO SOUTO , RUBEN	MALE	SENIOR MASC	INDEPENDIENTE	01:48:30.477	+00:37:34.530	07:29 min/Km
69	37	45	LAGO NUIÑO , OSCAR	MALE	SENIOR MASC	LARACHA EN DUAS RODAS	01:49:42.547	+00:38:46.600	07:34 min/Km
70	29	58	LÓPEZ VÁZQUEZ , JESÚS	MALE	VETERAN MASC	GALLAECIA RAID	01:50:20.347	+00:39:24.400	07:37 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
71	38	91	RIVAS POMBO , MARCELINO	MALE	SENIOR MASC	CLUB ATLETISMO FONTES DO SAR	01:50:23.197	+00:39:27.250	07:37 min/Km
72	30	67	MIRA , JAVIER	MALE	VETERAN MASC	CLUB ATLETISMO SADA	01:50:51.067	+00:39:55.120	07:39 min/Km
73	39	74	PARDIÑAS GONZALEZ , MARCOS	MALE	SENIOR MASC	A.D. DOWNHILL	01:50:51.167	+00:39:55.220	07:39 min/Km
74	3	3	AMADO FERNANDEZ , NOELIA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:50:51.177	+00:39:55.230	07:39 min/Km
75	40	15	CAAMAÑO SIEIRA , JOSE MANUEL	MALE	SENIOR MASC	A.D. DOWNHILL	01:50:51.187	+00:39:55.240	07:39 min/Km
76	41	23	CASTRO SANCHEZ , JOSE ANGEL	MALE	SENIOR MASC	INDEPENDIENTE	01:51:54.477	+00:40:58.530	07:44 min/Km
77	42	48	LAMAS VALEIJE , ROI	MALE	SENIOR MASC	TUMBA TOXOS TRAIL TEAM	01:53:19.727	+00:42:23.780	07:49 min/Km
78	43	14	CAAMAÑO GONZALEZ , ANGEL MANUEL	MALE	SENIOR MASC	TUMBA TOXOS TRAIL TEAM	01:53:19.867	+00:42:23.920	07:49 min/Km
79	44	65	MATOS COTELO , ABEL	MALE	SENIOR MASC	TUMBA TOXOS TRAIL TEAM	01:53:20.677	+00:42:24.730	07:50 min/Km
80	4	93	RODRÍGUEZ DELGADO , NOELIA	FEMALE	SENIOR FEM	RUNNING ARTEIXO	01:55:15.387	+00:44:19.440	07:57 min/Km
81	3	9	BLANCO LÓPEZ , ANA BEATRIZ	FEMALE	VETERAN FEM	A.D. MONTE BRONDO	01:55:51.027	+00:44:55.080	07:60 min/Km
82	5	5	ANIDO NIETO , VANESA	FEMALE	SENIOR FEM	A.D. MEDIA DUCIAP	01:55:54.967	+00:44:59.020	07:60 min/Km
83	6	36	FIGUEIRA REY , ROSA MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:56:28.907	+00:45:32.960	08:02 min/Km
84	31	4	AMADO SUARES , MIGUEL ÁNGEL	MALE	VETERAN MASC	A.D. ABELLARIZA	02:01:41.207	+00:50:45.260	08:24 min/Km
85	32	41	GÓMEZ MATO , MARCO ANTONIO	MALE	VETERAN MASC		02:01:41.377	+00:50:45.430	08:24 min/Km
86	33	107	TRILLO , JESUS	MALE	VETERAN MASC	PRAIA DE CARNOTA RUNNERS	02:02:10.387	+00:51:14.440	08:26 min/Km
87	34	1	ABATI , ENRIQUE	MALE	VETERAN MASC	PRAIA DE CARNOTA RUNNERS	02:02:10.487	+00:51:14.540	08:26 min/Km
88	45	68	MOUZO DOVAL , MANUEL	MALE	SENIOR MASC		02:02:16.453	+00:51:20.506	08:26 min/Km
89	7	26	COLLAZO COSTA , INMA	FEMALE	SENIOR FEM		02:02:21.250	+00:51:25.303	08:27 min/Km
90	4	69	MUÑOZ GUIANCE , SONIA	FEMALE	VETERAN FEM	A.D. MEDIA DUCIAP	02:03:26.377	+00:52:30.430	08:31 min/Km
91	35	7	BEMUDEZ VARELA , JOSE	MALE	VETERAN MASC	AD MEDIA DUCIA	02:03:26.497	+00:52:30.550	08:31 min/Km
92	36	31	DOMÍNGUEZ ALLEGUE , PEDRO	MALE	VETERAN MASC	CLUB DE MONTAÑA ANYERA CEUTA	02:08:07.347	+00:57:11.400	08:51 min/Km
93	46	22	CARRIL MENDEZ , TITO	MALE	SENIOR MASC		02:08:13.437	+00:57:17.490	08:51 min/Km
94	8	29	CURES RODRÍGUEZ , VERÓNICA	FEMALE	SENIOR FEM	A.D. DOWNHILL	02:12:48.587	+01:01:52.640	09:10 min/Km
95	47	70	NANTÓN VARELA , SERGIO	MALE	SENIOR MASC		02:14:19.837	+01:03:23.890	09:16 min/Km
96	9	13	BUSTINZA GARCÍA DE LA TORRE , MARTA	FEMALE	SENIOR FEM	INDEPENDIENTE	02:14:20.067	+01:03:24.120	09:16 min/Km
97	10	43	GONZÁLEZ ROMERO , VANESA	FEMALE	SENIOR FEM		02:15:42.967	+01:04:47.020	09:22 min/Km
98	11	49	LEMA OZÓN , SANDRA	FEMALE	SENIOR FEM	A.D. JARNACHAS	02:15:47.377	+01:04:51.430	09:22 min/Km
99	37	53	LIMIDEIRO LAVANDEIRA , FRANCISCO JAVIER	MALE	VETERAN MASC		02:15:47.527	+01:04:51.580	09:22 min/Km
100	12	89	REYMUDEZ BAÑA , BERTA	FEMALE	SENIOR FEM		02:16:44.177	+01:05:48.230	09:26 min/Km
101	48	77	PÉREZ LOUSAME , CARLOS	MALE	SENIOR MASC	INDEPENDIENTE	02:16:53.287	+01:05:57.340	09:27 min/Km
102	38	79	PEREZ VILLAR , MIGUEL ANGEL	MALE	VETERAN MASC		02:18:12.077	+01:07:16.130	09:32 min/Km
103	5	110	VAZQUEZ RIVERA , MARI CARMEN	FEMALE	VETERAN FEM	A.D. ABELLARIZA	02:18:12.157	+01:07:16.210	09:32 min/Km
104	39	52	LIMIDEIRO LAVANDEIRA , CARLOS	MALE	VETERAN MASC		02:18:12.867	+01:07:16.920	09:32 min/Km
105	13	71	NOVÁS VARELA , ALICIA	FEMALE	SENIOR FEM	MONTEBRO	02:34:53.957	+01:23:58.010	10:41 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
106	49	72	NOVO BUJEIRO , JAVIER	MALE	SENIOR MASC	TERRA DE SONEIRA CD	02:34:54.137	+01:23:58.190	10:41 min/Km