

V TRAIL MONTE PINDO

- GENERAL TRAIL CURTO -

21 XULLO 2019



CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
1	1	160	MARTÍNEZ MAYO , RUBÉN	MALE	SENIOR-M	CLUB ATLETISMO NEGREIRA	00:38:06	01:06:15		04:44 min/Km
2	2	53	PAIS TAJES , MANUEL	MALE	SENIOR-M	TRAILEROS TOXOS & BIRRAS	00:39:01	01:06:35	+00:00:20	04:46 min/Km
3	1	153	LAGO SANTIAGO , KIKO	MALE	VET-A-M	ASOCIACIÓN DEPORTIVA OLIMPIA	00:40:50	01:10:38	+00:04:23	05:03 min/Km
4	2	119	CANOSA CASTIÑEIRA , RAMON	MALE	VET-A-M	ASOCIACIÓN DEPORTIVA OLIMPIA	00:40:50	01:10:38	+00:04:23	05:03 min/Km
5	3	145	GÓMEZ , MANUEL	MALE	VET-A-M	CLUB ATLETISMO LOUSAME	00:41:41	01:10:42	+00:04:27	05:03 min/Km
6	1	170	PEREIRA REY , CARLOS	MALE	VET-B-M	RUNNING ARTEIXO	00:42:40	01:12:00	+00:05:45	05:09 min/Km
7	2	182	RIVAS CASTRO , JUAN	MALE	VET-B-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:42:32	01:13:25	+00:07:10	05:15 min/Km
8	3	168	PASANTES VIDAL , ARTURO	MALE	VET-B-M		00:42:25	01:14:11	+00:07:56	05:18 min/Km
9	3	134	DÍAZ DÍAZ , TOTE	MALE	SENIOR-M	INDEPENDIENTE	00:43:37	01:16:02	+00:09:47	05:26 min/Km
10	4	206	URES SOUTO , EFRÉN	MALE	VET-A-M	AD MEDIA DUCIA	00:43:37	01:16:14	+00:09:59	05:27 min/Km
11	5	208	VÁZQUEZ TOURÓN , ANTONIO	MALE	VET-A-M	CLUB ATLETISMO O PINO	00:44:00	01:17:10	+00:10:55	05:31 min/Km
12	4	179	RENTE LÓPEZ , JORGE	MALE	SENIOR-M	INDEPENDIENTE	00:44:47	01:17:47	+00:11:32	05:34 min/Km
13	6	127	CERQUEIRO BARREIRO , VICTOR MANUEL	MALE	VET-A-M	INDEPENDIENTE	00:45:25	01:18:43	+00:12:28	05:38 min/Km
14	5	130	CORRAL LOPEZ , ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	00:45:29	01:18:43	+00:12:28	05:38 min/Km
15	7	196	SILVA RIVERA , FEDERICO	MALE	VET-A-M	INDEPENDIENTE	00:45:27	01:19:31	+00:13:16	05:41 min/Km
16	8	155	LESTÓN AGULLEIRO , RUBÉN	MALE	VET-A-M	INDEPENDIENTE	00:44:18	01:19:37	+00:13:22	05:42 min/Km
17	6	194	SENDE FERRO , ESTEBAN	MALE	SENIOR-M		00:43:54	01:19:47	+00:13:32	05:42 min/Km
18	9	191	SANDA ARES , JOSE	MALE	VET-A-M	CASTROSUA TRAIL RUNNING	00:43:57	01:20:06	+00:13:51	05:44 min/Km
19	7	110	BELLO GRAIÑO , DIEGO	MALE	SENIOR-M	INDEPENDIENTE	00:45:58	01:20:13	+00:13:58	05:44 min/Km
20	10	104	ALONSO CASTRO , MIGUEL ANGEL	MALE	VET-A-M		00:45:59	01:20:24	+00:14:09	05:45 min/Km
21	11	176	PRIETO CAAMAÑO , JAIRO	MALE	VET-A-M	TRIATLON COSTA DA MORTE	00:44:19	01:22:06	+00:15:51	05:52 min/Km
22	1	138	FABEIRO ROMERO , MARIA	FEMALE	VET-A-F	CDM VERTICE	00:47:35	01:23:06	+00:16:51	05:57 min/Km
23	8	149	HURTADO , ENEKO	MALE	SENIOR-M		00:46:52	01:23:17	+00:17:02	05:57 min/Km
24	2	137	ESTEIRO RAMOS , PAULA	FEMALE	VET-A-F	DAFIT	00:50:39	01:26:07	+00:19:52	06:10 min/Km
25	12	105	ARIAS CASTRO , MIGUEL ÁNGEL	MALE	VET-A-M	RUNNING ALTAFIT ODEÓN	00:48:30	01:26:20	+00:20:05	06:10 min/Km
26	4	113	BURES MIGUENS , XOSÉ MANUEL	MALE	VET-B-M	TRIBU TRAIL	00:48:46	01:26:44	+00:20:29	06:12 min/Km
27	13	47	MARTÍNEZ PENA , ADRIÁN	MALE	VET-A-M	AD. MEDIADUCIA	00:50:42	01:27:13	+00:20:58	06:14 min/Km
28	14	169	PAZOS MARIÑO , JESÚS MANUEL	MALE	VET-A-M	BCM	00:49:25	01:27:20	+00:21:05	06:15 min/Km
29	15	125	CASTRO SEGADE , VÍCTOR	MALE	VET-A-M	AD CERNE	00:49:27	01:27:41	+00:21:26	06:16 min/Km
30	1	202	TOBA SUAREZ , BARCA	FEMALE	SENIOR-F		00:51:51	01:28:38	+00:22:23	06:20 min/Km
31	5	171	PICADO RIVEIRA , BERNARDO	MALE	VET-B-M	BAR O'CANDIL CORRECAMIÑOS BETANZOS	00:50:34	01:29:12	+00:22:57	06:23 min/Km

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32	16	210	VEIGA GONZÁLEZ , MIGUEL	MALE	VET-A-M	MONTEFARO TRAIL	00:50:40	01:29:14	+00:22:59	06:23 min/Km
33	17	142	GARABATOS BARCIELA , DAVID	MALE	VET-A-M	ASOCIACIÓN DEPORTIVA CAR REDONDELA	00:50:35	01:29:31	+00:23:16	06:24 min/Km
34	18	178	REDONDA INSUA , MANUEL	MALE	VET-A-M	AME BESTARRUZA	00:52:16	01:29:51	+00:23:36	06:26 min/Km
35	9	140	FERNANDEZ RODRIGUEZ , ALBERTO	MALE	SENIOR-M		00:50:41	01:30:17	+00:24:02	06:27 min/Km
36	10	150	ISORNA VILACHÁN , TONO	MALE	SENIOR-M		00:52:07	01:30:22	+00:24:07	06:28 min/Km
37	11	152	LADO CASTIÑEIRA , ESTEBAN	MALE	SENIOR-M		00:52:51	01:30:46	+00:24:31	06:29 min/Km
38	12	117	CANOSA BLANCO , DOMINGO DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:52:51	01:30:47	+00:24:32	06:30 min/Km
39	13	209	VEIGA GOMEZ , DAVID	MALE	SENIOR-M		00:53:41	01:31:23	+00:25:08	06:32 min/Km
40	19	175	PORTAS LEMUS , JAVIER	MALE	VET-A-M	INDEPENDIENTE	00:52:44	01:31:27	+00:25:12	06:32 min/Km
41	20	211	VILARIÑO ARUFE , JORGE	MALE	VET-A-M	CASTROSUA TRAIL RUNNING	00:52:58	01:33:05	+00:26:50	06:39 min/Km
42	6	133	DÍAZ CARBALLO , MIGUEL	MALE	VET-B-M		00:53:44	01:33:08	+00:26:53	06:40 min/Km
43	21	185	RODRIGUEZ IGLESIAS , ALBERTO	MALE	VET-A-M		00:53:26	01:33:22	+00:27:07	06:41 min/Km
44	7	199	SOUTO VÁZQUEZ , EDUARDO	MALE	VET-B-M	NOSPORTLIMIT	00:55:46	01:34:57	+00:28:42	06:47 min/Km
45	22	162	MIGUEZ MIGUEZ , LUIS	MALE	VET-A-M	CASTROSUA TRAIL RUNNING	00:53:58	01:36:01	+00:29:46	06:52 min/Km
46	23	114	BUSTELO , JULIO	MALE	VET-A-M	CLUB DE MONTAÑA ABRAKADABRA	00:54:13	01:36:04	+00:29:49	06:52 min/Km
47	24	116	CAJARAVILLE DAPENA , PABLO	MALE	VET-A-M	INDEPENDIENTE	00:53:34	01:36:07	+00:29:52	06:52 min/Km
48	14	165	MOURE RIVEIRO , PABLO	MALE	SENIOR-M	INDEPENDIENTE	00:53:19	01:36:11	+00:29:56	06:53 min/Km
49	15	190	SANCHEZ RODRIGUEZ , ALVARO	MALE	SENIOR-M		00:53:42	01:36:17	+00:30:02	06:53 min/Km
50	25	118	CANOSA BLANCO , JOSÉ MANUEL	MALE	VET-A-M	INDEPENDIENTE	00:55:51	01:36:27	+00:30:12	06:54 min/Km
51	16	115	CAAMAÑO SIEIRA , JOSE	MALE	SENIOR-M	A.D DOWNHILL	00:53:24	01:37:11	+00:30:56	06:57 min/Km
52	3	203	TOREA TOREA , ELENA	FEMALE	VET-A-F	CLUB DE ATLETISMO LOUSAME	00:54:48	01:37:11	+00:30:56	06:57 min/Km
53	26	188	ROJO LEMA , ISMAEL	MALE	VET-A-M	A. D. MONTEBRONDO	00:55:42	01:38:35	+00:32:20	07:03 min/Km
54	27	129	CONS LAMAS , SANTIAGO	MALE	VET-A-M	TARTARUGAS	00:56:29	01:38:37	+00:32:22	07:03 min/Km
55	4	123	CASTRO LEMA , CARMEN	FEMALE	VET-A-F	INDEPENDIENTE	00:57:17	01:38:55	+00:32:40	07:04 min/Km
56	8	180	REY CAMIÑO , JOSE	MALE	VET-B-M	INDEPENDIENTE	00:53:49	01:39:47	+00:33:32	07:08 min/Km
57	1	158	LOPEZ VILAS , GELI	FEMALE	VET-B-F	RUNNING ARTEIXO	00:57:14	01:40:46	+00:34:31	07:12 min/Km
58	28	136	DOURITO ÁLVAREZ , CARLOS	MALE	VET-A-M	RUNNING ARTEIXO	00:57:15	01:40:46	+00:34:31	07:12 min/Km
59	29	135	DOPORTO VEIGA , JUAN MANUEL	MALE	VET-A-M	BAR O'CANDIL CORRECAMIÑOS BETANZOS	00:57:26	01:41:02	+00:34:47	07:13 min/Km
60	30	139	FERNÁNDEZ CARBALLEIRA , ADRIAN	MALE	VET-A-M		00:57:18	01:41:08	+00:34:53	07:14 min/Km
61	5	183	RODRÍGUEZ DELGADO , NOELIA	FEMALE	VET-A-F	RUNNING ARTEIXO	01:02:03	01:43:18	+00:37:03	07:23 min/Km
62	9	177	PUENTE ROCA , EMILIO	MALE	VET-B-M	PORTICO-SECCION MONTAÑA	01:01:47	01:43:18	+00:37:03	07:23 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
63	10	126	CASTRO VILAR , ALBERTO	MALE	VET-B-M		01:00:56	01:44:24	+00:38:09	07:28 min/Km
64	11	192	SANTOS SAAVEDRA , NICOLÁS	MALE	VET-B-M		00:59:34	01:45:05	+00:38:50	07:31 min/Km
65	6	151	JIMÉNEZ DIEZ , REYES	FEMALE	VET-A-F	INDEPENDIENTE	01:00:13	01:46:08	+00:39:53	07:35 min/Km
66	2	103	ALFONSO MARQUÉS , NOELIA	FEMALE	SENIOR-F	INDEPENDIENTE	01:02:46	01:46:57	+00:40:42	07:39 min/Km
67	31	197	SOREY , ÓSCAR	MALE	VET-A-M		00:59:50	01:47:26	+00:41:11	07:41 min/Km
68	3	128	COLLAZO COSTA , INMA	FEMALE	SENIOR-F		01:00:23	01:47:47	+00:41:32	07:42 min/Km
69	32	106	ARIAS PAZ , NESTOR	MALE	VET-A-M	CLUB MONTEPENARUBIA LUGO	01:01:59	01:47:49	+00:41:34	07:43 min/Km
70	33	163	MORADO ROIS , JOSÉ A.	MALE	VET-A-M		01:02:23	01:49:24	+00:43:09	07:49 min/Km
71	34	205	TRABADELO GRANDA , AGUSTÍN	MALE	VET-A-M	INDEPENDIENTE	01:02:24	01:49:25	+00:43:10	07:49 min/Km
72	7	184	RODRÍGUEZ FERNÁNDEZ , LORENA	FEMALE	VET-A-F	RUNNING ALTAFIT ODEÓN	01:03:10	01:50:25	+00:44:10	07:54 min/Km
73	8	141	FRAGA GARCIA , BEATRIZ	FEMALE	VET-A-F	K2ORDES	01:01:53	01:50:38	+00:44:23	07:55 min/Km
74	17	195	SERRANO NEIRA , LUIS	MALE	SENIOR-M		01:02:21	01:50:59	+00:44:44	07:56 min/Km
75	35	193	SAR VAZQUEZ , JULIO CESAR	MALE	VET-A-M		01:00:57	01:52:40	+00:46:25	08:03 min/Km
76	36	186	RODRÍGUEZ LÓPEZ , ISAAC	MALE	VET-A-M		01:07:41	01:52:40	+00:46:25	08:03 min/Km
77	4	101	ABATI , MARGA	FEMALE	SENIOR-F	PRAIA DE CARNOTA RUNNERS	01:05:41	01:53:23	+00:47:08	08:06 min/Km
78	9	173	PINNA RODRIGUEZ , VERONICA	FEMALE	VET-A-F	NCS TRAIL LEMAN	01:04:12	01:54:18	+00:48:03	08:10 min/Km
79	10	107	ARMENTAL ROO , ROSA	FEMALE	VET-A-F	AD JARNACHAS	01:04:32	01:54:18	+00:48:03	08:10 min/Km
80	5	102	ALFONSO MARQUÉS , IRENE	FEMALE	SENIOR-F	INDEPENDIENTE	01:04:36	01:54:19	+00:48:04	08:10 min/Km
81	6	154	LEMA OZÓN , SANDRA	FEMALE	SENIOR-F	AD JARNACHAS	01:05:31	01:55:26	+00:49:11	08:15 min/Km
82	12	109	BEIRO LESTÓN , DOMINGO	MALE	VET-B-M	TEAM ONE	01:05:39	01:55:59	+00:49:44	08:18 min/Km
83	37	200	TEIJO LOPEZ , JOSE ANGEL	MALE	VET-A-M	AS VELLAS NON PARAMOS	01:04:44	01:56:40	+00:50:25	08:20 min/Km
84	38	164	MOSQUERA MONTERO , MIGUEL	MALE	VET-A-M	INDEPENDIENTE	01:08:45	01:58:39	+00:52:24	08:29 min/Km
85	7	156	LESTÓN VELO , CARLOTA	FEMALE	SENIOR-F		01:08:44	01:58:39	+00:52:24	08:29 min/Km
86	8	132	CURES RODRIGUEZ , VERÓNICA MARIA	FEMALE	SENIOR-F	A.D. DOWNHILL	01:08:28	01:59:26	+00:53:11	08:32 min/Km
87	39	172	PIÑEIRO GONZÁLEZ , MANUEL	MALE	VET-A-M	AD JARNACHAS	01:08:01	01:59:26	+00:53:11	08:32 min/Km
88	13	111	BREA SÁNCHEZ , XULIAN CARLOS	MALE	VET-B-M		01:10:21	02:05:04	+00:58:49	08:56 min/Km
89	2	189	SALMONTE VARELA , ÁNGELES	FEMALE	VET-B-F	CLUB ATLETISMO O PINO	01:10:30	02:05:06	+00:58:51	08:57 min/Km
90	11	122	CASTRO CORES , CARMEN	FEMALE	VET-A-F	CLUB ATLETISMO O PINO	01:10:24	02:05:06	+00:58:51	08:57 min/Km
91	9	174	POENAR , RALUCA MIHAELA	FEMALE	SENIOR-F	NOSPORTLIMIT	01:12:40	02:10:58	+01:04:43	09:22 min/Km
92	40	187	RODRIGUEZ RODRIGUEZ , ORACIO	MALE	VET-A-M	INDEPENDIENTE	01:20:00	02:20:49	+01:14:34	10:04 min/Km
93	14	131	COSTA LAGO , JUAN MIGUEL	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	01:10:07	02:22:04	+01:15:49	10:09 min/Km