

# V TRAIL DO MONTE PINDO

## - GENERAL LONGO -

21 XULLO 2019

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL 1	CONTROL 2	META	DIF 1º	RITMO
1	1	76	TUÑAS GONZÁLEZ , ROBERTO	MALE	SENIOR-M	ATLETISMO NEGREIRA	00:40:37	01:59:19	<b>02:50:31</b>		05:53 min/Km
2	1	61	REDONDO VIDAL , IVAN	MALE	VET-A-M	AD JARNACHAS	00:39:01	02:01:17	<b>02:53:27</b>	+00:02:56	05:59 min/Km
3	2	57	PICOS REY , RAMÓN	MALE	VET-A-M	TRIBU TRAIL	00:40:46	02:03:01	<b>02:54:43</b>	+00:04:12	06:02 min/Km
4	3	26	FERNÁNDEZ FERNÁNDEZ , KIKE	MALE	VET-A-M	COUTADAS TRAIL TEAM	00:40:54	02:03:38	<b>02:58:02</b>	+00:07:31	06:09 min/Km
5	4	24	COUSILLAS DIEGUEZ , VICTOR	MALE	VET-A-M	A.D.JARNACHAS	00:40:40	01:59:21	<b>02:58:32</b>	+00:08:01	06:10 min/Km
6	5	27	FERNANDEZ GARCIA , JOSE MANUEL	MALE	VET-A-M	CDM VERTICE	00:42:36	02:05:22	<b>03:00:20</b>	+00:09:49	06:14 min/Km
7	1	65	RODRÍGUEZ BERMÚDEZ , XOAN	MALE	VET-B-M	TOXIZA	00:43:36	02:07:27	<b>03:02:22</b>	+00:11:51	06:18 min/Km
8	2	64	ROBLES BARRANCO , MARCO	MALE	SENIOR-M	B-TRAIL CACERES	00:39:52	02:00:29	<b>03:02:56</b>	+00:12:25	06:19 min/Km
9	3	79	VILLAMOR ROIBÁS , ALBERTO	MALE	SENIOR-M	CLUB ARZÚA	00:41:45	02:05:09	<b>03:03:22</b>	+00:12:51	06:20 min/Km
10	6	40	LESTON DEL RIO , ADELINO	MALE	VET-A-M	A.D. DOWNHILL	00:44:04	02:06:57	<b>03:04:40</b>	+00:14:09	06:23 min/Km
11	4	67	SANTIAGO VILLAR , JOSE	MALE	SENIOR-M	OS CORZOS DO ORTEGAL	00:42:38	02:08:18	<b>03:09:22</b>	+00:18:51	06:32 min/Km
12	7	50	MAYO MARTINEZ , JOSE RAMON	MALE	VET-A-M	TRIBU TRAIL	00:42:37	02:11:35	<b>03:15:48</b>	+00:25:17	06:46 min/Km
13	8	8	BERMÚDEZ ÁLVAREZ , DANIEL	MALE	VET-A-M		00:44:31	02:15:50	<b>03:20:47</b>	+00:30:16	06:56 min/Km
14	9	25	COUTO NAYA , DIEGO	MALE	VET-A-M	AD JARNACHAS	00:44:30	02:16:22	<b>03:24:30</b>	+00:33:59	07:04 min/Km
15	10	5	ARGIBAY TORRES , JOSE	MALE	VET-A-M	INDEPENDIENTE	00:46:34	02:24:44	<b>03:29:23</b>	+00:38:52	07:14 min/Km
16	11	9	BLANCO GUARDADO , JAVIER	MALE	VET-A-M	DUBRA TEAM	00:49:28	02:26:01	<b>03:29:48</b>	+00:39:17	07:15 min/Km
17	12	71	TAJES PÉREZ , JESÚS	MALE	VET-A-M	TRIBU TRAIL	00:46:23	02:24:58	<b>03:30:52</b>	+00:40:21	07:17 min/Km
18	1	38	HERNÁNDEZ PEREIRA , ESTHER	FEMALE	VET-A-F	WAA TEAM	00:48:59	02:25:58	<b>03:31:01</b>	+00:40:30	07:17 min/Km
19	2	59	PORTA VALES , DOMINGO TOMAS	MALE	VET-B-M		00:47:55	02:24:44	<b>03:31:06</b>	+00:40:35	07:17 min/Km
20	5	14	CAMPOS GESTAL , NÉSTOR	MALE	SENIOR-M	AD JARNACHAS	00:47:25	02:25:17	<b>03:34:55</b>	+00:44:24	07:25 min/Km
21	13	28	FERNANDEZ RAMOS , ALEJANDRO	MALE	VET-A-M	TRAILEROS TOXOS & BIRRAS	00:46:23	02:24:48	<b>03:37:59</b>	+00:47:28	07:31 min/Km
22	6	19	CARRACEDO ESCARIZ , VICTOR	MALE	SENIOR-M	CDM XESTEIRAS	00:45:12	02:25:21	<b>03:38:02</b>	+00:47:31	07:32 min/Km
23	14	33	GARCÍA GOMEZ , SERGIO	MALE	VET-A-M	AD MEDIA DUCIA	00:50:41	02:32:04	<b>03:40:30</b>	+00:49:59	07:37 min/Km
24	15	74	TOJEIRO ARES , FRAN	MALE	VET-A-M	INDEPENDIENTE	00:50:41	02:32:58	<b>03:48:28</b>	+00:57:57	07:53 min/Km
25	16	39	LEMA FERNANDEZ , CARLOS	MALE	VET-A-M	ATLETISMO NEGREIRA	00:50:53	02:34:08	<b>03:48:47</b>	+00:58:16	07:54 min/Km
26	17	77	VAZQUEZ FIGUEIRAS , JAVIER	MALE	VET-A-M	INDEPENDIENTE	00:53:05	02:35:34	<b>03:49:37</b>	+00:59:06	07:56 min/Km
27	18	6	BARBOSA GONZÁLEZ , RODRIGO	MALE	VET-A-M	XISTRA	00:53:25	02:35:35	<b>03:49:37</b>	+00:59:06	07:56 min/Km
28	19	11	CAAMAÑO NIETO , AVELINO	MALE	VET-A-M	PONTETRAIL	00:50:23	02:26:33	<b>03:53:07</b>	+01:02:36	08:03 min/Km
29	20	15	CANOURA ABEIJON , MANUEL	MALE	VET-A-M	PONTETRAIL	00:50:22	02:26:33	<b>03:53:07</b>	+01:02:36	08:03 min/Km
30	2	55	PEREIRA GIRALDEZ , SERAFINA	FEMALE	VET-A-F	XISTRA	00:54:46	02:41:52	<b>03:53:28</b>	+01:02:57	08:04 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	CONTROL 1	CONTROL 2	META	DIF 1º	RITMO
31	21	62	REY POMBO , ANTONIO	MALE	VET-A-M	CASTROSUA TRAIL RUNNING	00:50:31	02:32:29	<b>03:53:39</b>	+01:03:08	08:04 min/Km
32	22	3	ALCANTARA TENREIRO , DAVID	MALE	VET-A-M	ÖPTO	00:52:35	02:37:08	<b>03:55:00</b>	+01:04:29	08:07 min/Km
33	3	70	SOTO GARCÍA , FRANCISCO	MALE	VET-B-M	AMIGOS DE SAN DIEGO	00:50:37	02:38:44	<b>03:58:16</b>	+01:07:45	08:13 min/Km
34	23	78	VIAÑO LISTE , CARLOS	MALE	VET-A-M	K2ORDES	00:53:23	02:41:12	<b>03:58:42</b>	+01:08:11	08:14 min/Km
35	24	73	TEIJEIRO LÓPEZ , PABLO	MALE	VET-A-M	CLUB TRIATLÓN CORUÑA	00:53:23	02:38:45	<b>04:01:34</b>	+01:11:03	08:20 min/Km
36	4	22	CONCHEIRO FERNÁNDEZ , GUILLERMO	MALE	VET-B-M	INDEPENDIENTE	00:55:25	02:44:35	<b>04:01:46</b>	+01:11:15	08:21 min/Km
37	3	30	FORMOSO NOCEDA , TINA	FEMALE	VET-A-F	TRIBU TRAIL	00:55:14	02:44:35	<b>04:01:46</b>	+01:11:15	08:21 min/Km
38	25	51	MONTERO ALVAREDO , LUIS	MALE	VET-A-M	RUNNING SARRIA	00:53:23	02:38:45	<b>04:01:52</b>	+01:11:21	08:21 min/Km
39	26	29	FERNANDEZ RIAL , SANTIAGO	MALE	VET-A-M	MARISCOS RECIO	00:59:46	02:47:26	<b>04:02:36</b>	+01:12:05	08:22 min/Km
40	27	43	LÓPEZ PIÑEIRO , ALEXIS	MALE	VET-A-M	TRAILEROS TOXOS & BIRRAS	00:50:24	02:34:56	<b>04:03:37</b>	+01:13:06	08:25 min/Km
41	5	44	LOPEZ RAMA , JESUS	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	00:54:01	02:46:21	<b>04:03:58</b>	+01:13:27	08:25 min/Km
42	6	4	ALVAREZ PORTELA , JOAQUÍN	MALE	VET-B-M	INDEPENDIENTE	00:53:04	02:41:48	<b>04:04:05</b>	+01:13:34	08:25 min/Km
43	28	60	PRIMO FRANCO , JAVIER	MALE	VET-A-M		00:51:41	02:37:48	<b>04:04:58</b>	+01:14:27	08:27 min/Km
44	29	12	CABADO POU , JUAN	MALE	VET-A-M	ARCADIA	00:55:06	02:47:13	<b>04:08:27</b>	+01:17:56	08:35 min/Km
45	7	48	MARTINEZ REY , DANIEL	MALE	SENIOR-M	TRAILEROS TOXOS & BIRRAS	00:52:58	02:43:12	<b>04:08:59</b>	+01:18:28	08:36 min/Km
46	30	21	CASTRO PADÍN , JUAN	MALE	VET-A-M	TRAILEROS TOXOS & BIRRAS	00:52:53	02:43:10	<b>04:09:00</b>	+01:18:29	08:36 min/Km
47	8	17	CARBALLO TRILLO , ANGEL	MALE	SENIOR-M	TRAILEROS TOXOS & BIRRAS	00:53:35	02:43:31	<b>04:09:00</b>	+01:18:29	08:36 min/Km
48	9	63	RIVERA TRIANA , ELÍAS	MALE	SENIOR-M	RUNNING SARRIA	00:52:41	02:35:04	<b>04:11:05</b>	+01:20:34	08:40 min/Km
49	10	46	LOURIDO MARTÍNEZ , JAVIER	MALE	SENIOR-M	AS VELLAS NON PARAMOS	01:02:00	02:51:48	<b>04:11:19</b>	+01:20:48	08:40 min/Km
50	11	20	CASAI , GORKA	MALE	SENIOR-M	INDEPENDIENTE	01:02:10	02:54:47	<b>04:13:17</b>	+01:22:46	08:45 min/Km
51	31	81	ZAPATA VAZQUEZ , SANTIAGO	MALE	VET-A-M	TRAILEROS TOXOS & BIRRAS	00:53:12	02:47:57	<b>04:13:23</b>	+01:22:52	08:45 min/Km
52	32	80	VIRTANEN , JANNE	MALE	VET-A-M	INDEPENDIENTE	01:02:08	02:50:43	<b>04:15:35</b>	+01:25:04	08:49 min/Km
53	33	2	AGULLO NUÑEZ , DIEGO	MALE	VET-A-M		00:52:35	02:39:56	<b>04:16:53</b>	+01:26:22	08:52 min/Km
54	34	10	CAAMAÑO , TINO	MALE	VET-A-M		01:02:04	02:53:14	<b>04:24:46</b>	+01:34:15	09:08 min/Km
55	35	37	GÜETO RIAL , FERNANDO	MALE	VET-A-M	INDEPENDIENTE	01:04:30	03:00:55	<b>04:28:07</b>	+01:37:36	09:15 min/Km
56	7	7	BARREIRO CERNADAS , RAMON	MALE	VET-B-M	CLUB ATLETISMO OUTES	00:59:56	03:09:19	<b>04:31:25</b>	+01:40:54	09:22 min/Km
57	36	58	PIÑEIRO GARCÍA , HÉCTOR	MALE	VET-A-M	CLUB ATLETISMO LOUSAME	01:02:38	03:00:09	<b>04:37:19</b>	+01:46:48	09:34 min/Km
58	12	49	MATO , MIGUEL	MALE	SENIOR-M		00:59:54	02:54:44	<b>04:38:42</b>	+01:48:11	09:37 min/Km
59	8	56	PEREZ TRILLO , JESÚS	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	00:55:45	02:53:49	<b>04:41:03</b>	+01:50:32	09:42 min/Km
60	1	72	TAJES RAMA , ALESANDRA	FEMALE	SENIOR-F		00:53:42	03:01:30	<b>04:41:54</b>	+01:51:23	09:44 min/Km

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CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	CONTROL 1	CONTROL 2	META	DIF 1º	RITMO
61	37	16	CARBALLAL IGLESIAS , ALBERT	MALE	VET-A-M	A.D.MEDIADUCIA	00:56:16	03:14:15	<b>04:42:04</b>	+01:51:33	09:44 min/Km
62	13	69	SESANDE SANCHEZ , ALEJANDRO	MALE	SENIOR-M		01:02:02	03:01:01	<b>04:42:13</b>	+01:51:42	09:44 min/Km
63	14	68	SESANDE , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	01:02:02	03:01:03	<b>04:42:14</b>	+01:51:43	09:44 min/Km
64	1	31	FRAGA MARTÍNEZ , MONTSERRAT	FEMALE	VET-B-F	AD JARNACHAS	01:02:45	03:09:08	<b>04:42:48</b>	+01:52:17	09:46 min/Km
65	38	23	CORRALES CASTRO , JESÚS ÁNGEL	MALE	VET-A-M	RUNNING OLEIROS	01:02:13	03:09:09	<b>04:42:48</b>	+01:52:17	09:46 min/Km
66	4	45	LOPEZ VARELA , BLANCA	FEMALE	VET-A-F	CLUB ATLETISMO SADA MONTAÑA	01:02:41	03:26:28	<b>04:55:15</b>	+02:04:44	10:11 min/Km
67	2	36	GOYANES MARTINEZ , SUSANA	FEMALE	VET-B-F	RUNNING OLEIROS	01:08:00	03:29:38	<b>05:12:32</b>	+02:22:01	10:47 min/Km
68	9	1	ABATI GOMEZ , QUIQUE	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	01:05:59	03:29:00	<b>05:12:32</b>	+02:22:01	10:47 min/Km