

TRAIL DAS FRAGAS DO EUME

- TRAIL CURTO -

19 XUÑO 2018

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
1	1	378	CARDAMAS FREIRE , BRUNO	MALE	ABSOLUTA-M	A. D. JARNACHAS	01:37:56.717		05:27 min/Km
2	2	117	FERNANDEZ GONZALEZ , MARCOS	MALE	ABSOLUTA-M	LA GRAMOLA GTR	01:38:48.317	+00:00:51.600	05:30 min/Km
3	3	37	BEREJO NEBRIL , MOISES	MALE	ABSOLUTA-M		01:41:43.767	+00:03:47.050	05:40 min/Km
4	4	252	PÉREZ RICO , OSCSR	MALE	ABSOLUTA-M	INDEPENDIENTE	01:43:20.067	+00:05:23.350	05:45 min/Km
5	1	81	COUSILLAS DIEGUEZ , VICTOR	MALE	VET-M	A.D. JARNACHAS	01:43:22.297	+00:05:25.580	05:45 min/Km
6	5	94	DIAZ CERVIÑO , OSCAR	MALE	ABSOLUTA-M	A.D. JARNACHAS	01:43:37.297	+00:05:40.580	05:46 min/Km
7	6	238	PARDO JORGE , JESÚS	MALE	ABSOLUTA-M	TRINORTH	01:46:01.567	+00:08:04.850	05:54 min/Km
8	2	22	ARCA CANTO , JESÚS	MALE	VET-M	PEÑA CICLISTA GRÁFICAS LAR	01:49:33.977	+00:11:37.260	06:06 min/Km
9	7	303	SÁNCHEZ RAMOS , ALEJANDRO	MALE	ABSOLUTA-M		01:50:04.327	+00:12:07.610	06:07 min/Km
10	3	116	FERNANDEZ GARCIA , JOSE MANUEL	MALE	VET-M	INDEPENDIENTE	01:51:00.057	+00:13:03.340	06:11 min/Km
11	8	237	PARDO FONTICOBIA , MARCOS	MALE	ABSOLUTA-M		01:53:24.327	+00:15:27.610	06:19 min/Km
12	4	321	SOUTO GONZÁLEZ , JOSÉ ANTONIO	MALE	VET-M		01:54:00.907	+00:16:04.190	06:21 min/Km
13	9	140	GARCÍA ARIAS , JULIÁN SENÉN	MALE	ABSOLUTA-M	A.D. SIR LUGO	01:54:31.427	+00:16:34.710	06:22 min/Km
14	10	91	DEL CORRAL REY , FERNANDO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:55:14.127	+00:17:17.410	06:25 min/Km
15	11	64	VILLAVERDE CARREIRA , ALEJANDRO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:55:37.687	+00:17:40.970	06:26 min/Km
16	12	182	LAGE SEXTO , BORJA	MALE	ABSOLUTA-M		01:56:02.197	+00:18:05.480	06:27 min/Km
17	5	133	FONTAL ALONSO , RAFA	MALE	VET-M		01:56:02.277	+00:18:05.560	06:27 min/Km
18	13	327	TOJEIRO ARES , FRANCISCO	MALE	ABSOLUTA-M		01:56:30.597	+00:18:33.880	06:29 min/Km
19	14	332	TUÑAS CORZÓN , ÁLEX	MALE	ABSOLUTA-M	INDEPENDIENTE	01:57:00.447	+00:19:03.730	06:31 min/Km
20	15	136	FREIRE CASAS , RUBÉN	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:57:57.707	+00:20:00.990	06:34 min/Km
21	16	284	RODRIGUEZ CABALEIRO , ROI	MALE	ABSOLUTA-M	INDEPENDIENTE	01:59:04.197	+00:21:07.480	06:37 min/Km
22	6	212	MELLA SANCHEZ , PABLO	MALE	VET-M	A.D. JARNACHAS	01:59:53.657	+00:21:56.940	06:40 min/Km
23	7	354	CASTRO SUAREZ DIEGO	MALE	VET-M		02:00:34.507	+00:22:37.790	06:42 min/Km
24	17	87	DÁVILA SOUTO , FIDEL	MALE	ABSOLUTA-M		02:00:52.057	+00:22:55.340	06:43 min/Km
25	8	247	PÉREZ ARIAS , JOSÉ MARÍA	MALE	VET-M	A.D. SIR LUGO	02:01:02.367	+00:23:05.650	06:44 min/Km
26	18	315	SEIVANE PÉREZ , MONTXO	MALE	ABSOLUTA-M	ATLETISMO LOURENZÁ	02:01:22.347	+00:23:25.630	06:45 min/Km
27	19	403	FERNANDEZ MARTIN , JULIAN	MALE	ABSOLUTA-M	RADIKAL BIERZO TEAM	02:01:27.157	+00:23:30.440	06:45 min/Km
28	20	336	VARELA SECO , MARCOS	MALE	ABSOLUTA-M	CLUB CICLISTA TERRAS DO EUME	02:01:28.677	+00:23:31.960	06:45 min/Km
29	1	352	CEBREIRO LOPEZ , VICTORIA	FEMALE	VET-F		02:01:57.877	+00:24:01.160	06:47 min/Km
30	21	9	ALONSO FILGUEIRA , MARCOS	MALE	ABSOLUTA-M	TRES LUNAS GALITIMING	02:02:07.497	+00:24:10.780	06:48 min/Km
31	22	6	ALONSO BARREIRO , SAMUEL	MALE	ABSOLUTA-M		02:02:12.087	+00:24:15.370	06:48 min/Km
32	23	50	CABEZAL SANCHEZ , ALEJANDRO	MALE	ABSOLUTA-M		02:02:44.087	+00:24:47.370	06:50 min/Km
33	24	316	SEOANE , MARTXI	MALE	ABSOLUTA-M		02:03:03.807	+00:25:07.090	06:51 min/Km
34	25	161	GONZÁLEZ MAESTRO , PEDRO	MALE	ABSOLUTA-M	ATLETISMO MACEDA	02:03:25.317	+00:25:28.600	06:52 min/Km

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35	9	16	AMADO COUTO , ALEJANDRO	MALE	VET-M		02:03:42.577	+00:25:45.860	06:53 min/Km
36	26	121	FERNÁNDEZ IGLESIAS , IAGO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:04:11.527	+00:26:14.810	06:54 min/Km
37	10	334	VALDÉS LÓPEZ , LUIS	MALE	VET-M	RUNNING OLEIROS	02:04:22.217	+00:26:25.500	06:55 min/Km
38	11	195	LOPEZ FANEÑO , ANGEL	MALE	VET-M	A.D. SIR LUGO	02:05:11.747	+00:27:15.030	06:58 min/Km
39	27	56	CAO DE LA SIERRA , ÁNGEL	MALE	ABSOLUTA-M		02:05:27.087	+00:27:30.370	06:59 min/Km
40	1	11	ALVAREZ CESPEDES , NURIA	FEMALE	ABSOLUTA-F	BIKILA	02:05:50.307	+00:27:53.590	06:60 min/Km
41	12	176	IGLESIAS BLANCO , MIGUEL ÁNGEL	MALE	VET-M	A.D. SIR LUGO	02:05:59.187	+00:28:02.470	06:60 min/Km
42	13	219	MOSQUERA LOSADA , JOSE LUIS	MALE	VET-M	AVIVA SPORT	02:05:59.807	+00:28:03.090	06:60 min/Km
43	28	74	COBA MARTINEZ , SANTIAGO	MALE	ABSOLUTA-M	NOETRAINERS FERROL	02:06:00.877	+00:28:04.160	07:01 min/Km
44	29	92	DEUS RIVERA , IAGO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:06:10.337	+00:28:13.620	07:01 min/Km
45	30	210	MEIZOSO LOPEZ , PABLO	MALE	ABSOLUTA-M	LOBOS DE NARAHIO	02:06:31.927	+00:28:35.210	07:02 min/Km
46	14	323	TEIJEIRO FERNÁNDEZ , NOE	MALE	VET-M	NOETRAINERS FERROL	02:07:12.467	+00:29:15.750	07:05 min/Km
47	15	185	LESTÓN FABEIRO , MIGUEL	MALE	VET-M	TRIBU TRAIL	02:08:01.987	+00:30:05.270	07:07 min/Km
48	31	4	ABEAL FREIJOMIL , ALBERTO	MALE	ABSOLUTA-M		02:08:06.287	+00:30:09.570	07:08 min/Km
49	16	34	BELLAS BOUZA , FRANCISCO	MALE	VET-M	NOETRAINERS FERROL	02:08:18.007	+00:30:21.290	07:08 min/Km
50	17	106	DOURAL GÓMEZ , JORGE	MALE	VET-M	TOXIZA CLUB DE MONTAÑA	02:08:45.967	+00:30:49.250	07:10 min/Km
51	18	52	CAMPANÓN SANJURJO , ANTONIO	MALE	VET-M	FLUVIAL	02:09:00.487	+00:31:03.770	07:11 min/Km
52	32	46	BUDIÑO SILVA , NOE	MALE	ABSOLUTA-M		02:09:57.797	+00:32:01.080	07:14 min/Km
53	33	67	CASTRO SOUTO , ALFONSO JAVIER	MALE	ABSOLUTA-M	RANNASS	02:10:11.517	+00:32:14.800	07:14 min/Km
54	34	131	FERRER GARCÍA , ADRI	MALE	ABSOLUTA-M	PASA OU ENTORNA	02:10:17.687	+00:32:20.970	07:15 min/Km
55	19	108	ESTEIRO MARTINEZ , INACIO	MALE	VET-M	A.M.E BESTARRUZA	02:10:18.237	+00:32:21.520	07:15 min/Km
56	35	62	CASTELEIRO , ALBERTO	MALE	ABSOLUTA-M		02:11:13.997	+00:33:17.280	07:18 min/Km
57	36	261	PRADO LOPEZ , IVAN	MALE	ABSOLUTA-M	RUNNING SARRIA	02:11:18.197	+00:33:21.480	07:18 min/Km
58	20	204	MARIÑO SANCHEZ , ALBERTO	MALE	VET-M	A.D. JARNACHAS	02:11:31.297	+00:33:34.580	07:19 min/Km
59	37	267	RAMOS LOPEZ , ANGEL	MALE	ABSOLUTA-M	RUNNING ALTAFIT ODEON	02:11:35.367	+00:33:38.650	07:19 min/Km
60	38	172	HERMIDA NARANJO , JOSE	MALE	ABSOLUTA-M	RUNNING ALTAFIT ODEON	02:11:35.537	+00:33:38.820	07:19 min/Km
61	21	235	PANTÍN LÓPEZ , ÓSCAR MANUEL	MALE	VET-M		02:12:10.557	+00:34:13.840	07:21 min/Km
62	39	51	CALVIÑO GONZALEZ , CARLOS	MALE	ABSOLUTA-M	CLUB DE MONTAÑA O CORDAL	02:13:03.997	+00:35:07.280	07:24 min/Km
63	40	355	LIÑARES GESTAL , ALBERTO	MALE	ABSOLUTA-M		02:13:47.037	+00:35:50.320	07:26 min/Km
64	22	225	MUIÑO MARTINEZ , JOSE RAMON	MALE	VET-M	A.D. JARNACHAS	02:14:03.127	+00:36:06.410	07:27 min/Km
65	41	8	ALONSO DOS SANTOS , JUAN	MALE	ABSOLUTA-M	BEONE A MALATA	02:14:20.527	+00:36:23.810	07:28 min/Km
66	23	111	FARO NEGREIRA , JUAN MANUEL	MALE	VET-M	INDEPENDIENTE	02:14:39.717	+00:36:43.000	07:29 min/Km
67	42	229	NOVO VICOS , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	02:14:50.377	+00:36:53.660	07:30 min/Km
68	24	248	PÉREZ CORRAL , ABEL	MALE	VET-M	TRIEUME	02:14:55.557	+00:36:58.840	07:30 min/Km

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68	24	249	PÉREZ CORRAL , AMANCIO	MALE	VET-M	TRIEUME	02:14:55.557	+00:36:58.840	07:30 min/Km
70	26	314	SEIJAS GÓMEZ , JUAN LUIS	MALE	VET-M	PEÑA C. LEBOREIRA	02:15:00.357	+00:37:03.640	07:31 min/Km
71	27	296	SAAVEDRA HERMIDA , ROBERTO	MALE	VET-M		02:15:00.637	+00:37:03.920	07:31 min/Km
72	28	5	ADEGA MEIZOSO , JOSÉ ÁNGEL	MALE	VET-M	PEÑA C. LEBOREIRA	02:15:00.757	+00:37:04.040	07:31 min/Km
73	43	265	PRIETO REY , DIEGO	MALE	ABSOLUTA-M	CLUB DE MONTAÑA O CAXADO	02:15:02.057	+00:37:05.340	07:31 min/Km
74	29	232	OTERO SIXTO , JOSÉ ÁNGEL	MALE	VET-M	CLUB ATLETISMO LOURENZÁ	02:15:22.797	+00:37:26.080	07:32 min/Km
75	44	174	HERNÁNDEZ REGUEIRO , SERGIO	MALE	ABSOLUTA-M	NOETRAINERS FERROL	02:15:25.737	+00:37:29.020	07:32 min/Km
76	30	264	PRIETO NOVO , JOSÉ LUIS	MALE	VET-M	A.D. SIR LUGO	02:15:38.347	+00:37:41.630	07:33 min/Km
77	45	169	GUERRERO MORENO , JOSE MARÍA	MALE	ABSOLUTA-M	INDEPENDIENTE	02:15:40.057	+00:37:43.340	07:33 min/Km
78	31	73	CHAMORRO DIAZ , ALBERTO	MALE	VET-M	LOBOS DE NARAHIO	02:16:23.857	+00:38:27.140	07:35 min/Km
79	46	113	FERNANDEZ CARBALLEIRA , ADRIAN	MALE	ABSOLUTA-M		02:16:38.807	+00:38:42.090	07:36 min/Km
80	47	36	BELLAS GÓMEZ , MARTIN	MALE	ABSOLUTA-M	INDEPENDIENTE	02:16:48.017	+00:38:51.300	07:37 min/Km
81	2	230	OGANDO GOMEZ , PATRICIA	FEMALE	VET-F	CLUB MONTAÑEIRO CELTAS	02:17:05.247	+00:39:08.530	07:37 min/Km
82	48	130	FERREIRO FERNÁNDEZ , JOSÉ MANUEL	MALE	ABSOLUTA-M		02:17:09.877	+00:39:13.160	07:38 min/Km
83	49	44	BORINES GARCÍA , DIEGO	MALE	ABSOLUTA-M	A.D. JARNACHAS	02:17:12.507	+00:39:15.790	07:38 min/Km
84	32	279	RIVAS ROMERO , JUAN ANTONIO	MALE	VET-M	INDEPENDIENTE	02:17:15.547	+00:39:18.830	07:38 min/Km
85	3	76	COBELO MARTÍNEZ , PAULA MARIA	FEMALE	VET-F	RUNNING ALTAFIT ODEON	02:17:16.827	+00:39:20.110	07:38 min/Km
86	33	58	CARBALLÉS GÓMEZ , CARLOS	MALE	VET-M	A.D. JARNACHAS	02:17:18.977	+00:39:22.260	07:38 min/Km
86	50	477	PEREZ CHANS , RAFAEL	MALE	ABSOLUTA-M		02:17:18.977	+00:39:22.260	07:38 min/Km
88	34	330	TRABA PÉREZ , JOSÉ	MALE	VET-M		02:17:28.717	+00:39:32.000	07:39 min/Km
89	35	35	BELLAS CAAVEIRO , RAMON	MALE	VET-M	CLUB DE MONTAÑA O CAXADO	02:17:29.167	+00:39:32.450	07:39 min/Km
90	36	240	PARDO RODRÍGUEZ , MANUEL	MALE	VET-M	ARCADIA	02:19:12.057	+00:41:15.340	07:45 min/Km
91	37	143	GARCÍA CORTIZAS , CARLOS	MALE	VET-M		02:19:32.647	+00:41:35.930	07:46 min/Km
92	51	139	GANTES BLANCO , EDUARDO MANUEL	MALE	ABSOLUTA-M		02:19:40.677	+00:41:43.960	07:46 min/Km
93	52	196	LOPEZ LOPEZ , MOISES	MALE	ABSOLUTA-M	INDEPENDIENTE	02:19:54.997	+00:41:58.280	07:47 min/Km
94	2	326	TILVE COSTAS , NAZARETH	FEMALE	ABSOLUTA-F	ULTRALIFETEAM	02:20:08.327	+00:42:11.610	07:48 min/Km
95	53	40	BLANCO MEIRIÑO , JORGE	MALE	ABSOLUTA-M		02:20:28.757	+00:42:32.040	07:49 min/Km
96	54	200	LOURIDO MARTÍNEZ , JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	02:20:38.007	+00:42:41.290	07:49 min/Km
97	38	100	DIEGUEZ PAZO , EMILIO	MALE	VET-M		02:20:59.607	+00:43:02.890	07:50 min/Km
98	39	103	DOMÍNGUEZ GONDAR , JUAN CARLOS	MALE	VET-M		02:21:12.377	+00:43:15.660	07:51 min/Km
99	40	283	ROCHELA GALAN , RICARDO	MALE	VET-M	CLUB DE MONTAÑA O CAXADO	02:21:25.407	+00:43:28.690	07:52 min/Km
100	3	211	MELLA BARBEITO , VANESA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:21:41.467	+00:43:44.750	07:53 min/Km
101	55	187	LIÑARES GESTAL , CARLOS	MALE	ABSOLUTA-M		02:21:47.727	+00:43:51.010	07:53 min/Km
102	41	341	VEIGA GONZÁLEZ , MIGUEL	MALE	VET-M	MONTEFARO TRAIL	02:22:11.077	+00:44:14.360	07:54 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
103	56	280	RIVEIRA FERNÁNDEZ , RAÚL	MALE	ABSOLUTA-M		02:22:20.667	+00:44:23.950	07:55 min/Km
104	42	208	MARTINEZ REY , FERNANDO	MALE	VET-M		02:22:27.267	+00:44:30.550	07:55 min/Km
105	43	258	PORTA RODEIRO , FRAN	MALE	VET-M	INDEPENDIENTE	02:23:00.077	+00:45:03.360	07:57 min/Km
106	57	251	PEREZ PIQUE , IBON	MALE	ABSOLUTA-M	INDEPENDIENTE	02:23:43.387	+00:45:46.670	07:60 min/Km
107	44	199	LOURÉS DACOSTA , PABLO	MALE	VET-M	A.D. SIR LUGO	02:23:59.857	+00:46:03.140	07:60 min/Km
108	45	250	PEREZ GENDE , ANTONIO	MALE	VET-M	BOX 001	02:24:07.827	+00:46:11.110	08:01 min/Km
109	46	134	FRA FRA , MIGUEL ANGEL	MALE	VET-M	INDEPENDIENTE	02:24:08.937	+00:46:12.220	08:01 min/Km
110	58	99	DIAZ PRADO , RUBÉN	MALE	ABSOLUTA-M	INDEPENDIENTE	02:24:08.977	+00:46:12.260	08:01 min/Km
111	59	177	IGLESIAS DOCAL , CESAR	MALE	ABSOLUTA-M	CLUB MONTEPENARUBIA LUGO	02:24:09.037	+00:46:12.320	08:01 min/Km
112	47	277	RÍOS GIMÉNEZ , ADOLFO OMAR	MALE	VET-M	CLUBE ATLETISMO BOIMORTO	02:24:32.387	+00:46:35.670	08:02 min/Km
113	60	49	CABALEIRO PEREZ , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	02:24:35.227	+00:46:38.510	08:02 min/Km
114	61	201	LOZANO IGLESIAS , MIGUEL ANGEL	MALE	ABSOLUTA-M	CLUB CICLISTA TERRAS DO EUME	02:24:39.157	+00:46:42.440	08:03 min/Km
115	48	191	LOPEZ CAGIAO , ROBERTO	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	02:24:43.557	+00:46:46.840	08:03 min/Km
116	49	272	REQUEIJO ARNEJO , MANUEL	MALE	VET-M		02:24:59.117	+00:47:02.400	08:04 min/Km
117	62	160	GONZÁLEZ LAGO , VICTOR M	MALE	ABSOLUTA-M		02:25:29.967	+00:47:33.250	08:05 min/Km
118	63	151	GARCÍA RIAL , FRANCISCO	MALE	ABSOLUTA-M		02:25:49.947	+00:47:53.230	08:07 min/Km
119	50	213	MÉNDEZ FRAGA , JOSÉ MIGUEL	MALE	VET-M	INDEPENDIENTE	02:25:56.877	+00:48:00.160	08:07 min/Km
120	51	164	GONZÁLEZ TOURIÑAN , MARCOS	MALE	VET-M	RANINTRAIL	02:25:56.987	+00:48:00.270	08:07 min/Km
121	52	144	GARCIA EDREIRA , MANUEL	MALE	VET-M		02:26:10.867	+00:48:14.150	08:08 min/Km
122	64	25	ARROYO CUNHA , NACHO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:26:58.247	+00:49:01.530	08:10 min/Km
123	53	198	LORENZO VILAR , JOSÉ MANUEL	MALE	VET-M		02:27:36.097	+00:49:39.380	08:13 min/Km
124	65	48	CAAMAÑO SIEIRA , JOSE	MALE	ABSOLUTA-M	A.D DOWNHILL	02:27:44.887	+00:49:48.170	08:13 min/Km
125	66	127	FERNANDEZ RODRIGUEZ , ALBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:27:46.467	+00:49:49.750	08:13 min/Km
126	4	168	GRANDÍO VICENTE , ARACELI	FEMALE	VET-F	CLUB HÉRCULES TERMARIA	02:27:52.337	+00:49:55.620	08:13 min/Km
127	54	386	CORRAL IRIARTE , ALEX	MALE	VET-M	A. D. JARNACHAS	02:27:54.607	+00:49:57.890	08:14 min/Km
128	55	262	PRESEDO MARTINEZ , JESUS JAVIER	MALE	VET-M		02:27:58.517	+00:50:01.800	08:14 min/Km
129	67	216	MONTAÑA COSTAS , BERNARDO	MALE	ABSOLUTA-M		02:28:00.000	+00:50:03.283	08:14 min/Km
130	56	333	VALBUENA GARRIDO , LUIS	MALE	VET-M		02:28:02.977	+00:50:06.260	08:14 min/Km
131	4	221	MOURIÑO VILAS , OTI	FEMALE	ABSOLUTA-F	MULLER EN FORMA	02:28:09.307	+00:50:12.590	08:14 min/Km
132	57	158	GONZALEZ ENRIQUEZ , HECTOR	MALE	VET-M	INDEPENDIENTE	02:28:10.417	+00:50:13.700	08:14 min/Km
133	68	109	ESTEVEZ BOUZA , BORJA	MALE	ABSOLUTA-M		02:28:12.847	+00:50:16.130	08:15 min/Km
134	58	15	ALVEDRO FERNANDEZ , CARLOS	MALE	VET-M	INDEPENDIENTE	02:28:28.157	+00:50:31.440	08:15 min/Km
135	59	328	TORRADO SOBRIDO , JOSÉ ANTONIO	MALE	VET-M	INDEPENDIENTE	02:28:28.197	+00:50:31.480	08:15 min/Km
136	69	61	CASANOVA PEREZ , VICTOR	MALE	ABSOLUTA-M		02:29:15.897	+00:51:19.180	08:18 min/Km

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137	5	205	MAROÑO COIRA , PATRICIA	FEMALE	ABSOLUTA-F	LOBOS DE NARAHIO	02:29:30.147	+00:51:33.430	08:19 min/Km
138	70	163	GONZALEZ TENREIRO , ANTONIO	MALE	ABSOLUTA-M		02:29:44.147	+00:51:47.430	08:20 min/Km
139	60	104	DOPICO PITA , JOSE	MALE	VET-M		02:30:20.717	+00:52:24.000	08:22 min/Km
140	61	150	GARCÍA PÉREZ , CARLOS	MALE	VET-M	MALDITOS CORREDORES	02:30:28.117	+00:52:31.400	08:22 min/Km
141	71	317	ARIAS LOPEZ , JAIME	FEMALE	ABSOLUTA-M	A CASIÑA	02:30:40.477	+00:52:43.760	08:23 min/Km
142	62	338	VÁZQUEZ LÓPEZ , OSCAR	MALE	VET-M	A.D. SIR LUGO	02:30:54.927	+00:52:58.210	08:24 min/Km
143	72	270	RECALDE DOCAMPO , NOE	MALE	ABSOLUTA-M	INDEPENDIENTE	02:31:45.147	+00:53:48.430	08:26 min/Km
144	63	259	PORTO LÓPEZ , JUAN CARLOS	MALE	VET-M	INDEPENDIENTE	02:31:45.357	+00:53:48.640	08:26 min/Km
145	5	298	SÁNCHEZ FERNÁNDEZ , M JOSÉ	FEMALE	VET-F	A.D. SIR LUGO	02:31:52.177	+00:53:55.460	08:27 min/Km
146	73	301	SÁNCHEZ PIÑEIRO , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	02:31:53.027	+00:53:56.310	08:27 min/Km
147	74	93	DIAZ BERGANTIÑOS , ALBERTO	MALE	ABSOLUTA-M		02:31:54.237	+00:53:57.520	08:27 min/Km
148	64	299	SANCHEZ LOPEZ , ALBERTO	MALE	VET-M		02:31:55.927	+00:53:59.210	08:27 min/Km
149	65	19	ANDRADE VILLAR , JAVIER	MALE	VET-M	A.D. JARNACHAS	02:32:13.607	+00:54:16.890	08:28 min/Km
150	66	1	ABA GARROTE , SANTIAGO	MALE	VET-M	INDEPENDIENTE	02:32:19.497	+00:54:22.780	08:28 min/Km
151	75	12	ALVAREZ DUARTE , JOSE	MALE	ABSOLUTA-M		02:32:51.347	+00:54:54.630	08:30 min/Km
152	76	313	SEGADE SERANTES , ENRIQUE	MALE	ABSOLUTA-M		02:32:51.707	+00:54:54.990	08:30 min/Km
153	67	215	MOLERO CASTRO , FERNANDO	MALE	VET-M	MALLORCA A DALT DE TOT XTREM	02:32:59.037	+00:55:02.320	08:30 min/Km
154	68	171	HERMIDA MERA , JUAN CARLOS	MALE	VET-M	CASTRO DE LOBADIZ	02:33:09.827	+00:55:13.110	08:31 min/Km
155	69	242	PAZOS SUÁREZ , FRTANCISCO JAVIER	MALE	VET-M	FONTES DO SAR	02:33:14.377	+00:55:17.660	08:31 min/Km
156	6	245	PEREIRA FERREIRO , MARIA	FEMALE	ABSOLUTA-F	CLUB MONTEPENARUBIA LUGO	02:33:17.347	+00:55:20.630	08:31 min/Km
157	77	162	GONZALEZ MONTERO , ALEJANDRO	MALE	ABSOLUTA-M	CLUB MONTE PENARUBIA	02:33:17.737	+00:55:21.020	08:31 min/Km
158	7	178	IGLESIAS LOPEZ , MARIA DEL CARMEN	FEMALE	ABSOLUTA-F	CLUB MONTE PENARUBIA	02:33:18.027	+00:55:21.310	08:32 min/Km
159	78	98	DIAZ MONTERO , JOSE MANUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	02:33:21.957	+00:55:25.240	08:32 min/Km
160	79	123	FERNÁNDEZ MERLÁN , ELOY	MALE	ABSOLUTA-M		02:33:50.817	+00:55:54.100	08:33 min/Km
161	6	180	INCHAURRAGA RUIZ , ITXASO	FEMALE	VET-F		02:34:01.517	+00:56:04.800	08:34 min/Km
162	80	281	RIVERA SIXTO , LUIS	MALE	ABSOLUTA-M		02:34:27.327	+00:56:30.610	08:35 min/Km
163	81	269	RECALDE DOCAMPO , IVAN	MALE	ABSOLUTA-M	INDEPENDIENTE	02:34:53.877	+00:56:57.160	08:37 min/Km
164	70	157	GONZÁLEZ DE CASTRO , ALBERTO	MALE	VET-M	CLUB CANICROSS VIGO	02:35:19.147	+00:57:22.430	08:38 min/Km
165	71	30	BARRAL ROMEO , JOSÉ ALBERTO	MALE	VET-M	PASA OU ENTORNA	02:36:03.147	+00:58:06.430	08:41 min/Km
166	8	340	VAZQUEZ TARACIDO , CATALINA	FEMALE	ABSOLUTA-F	CASTRO DE LOBADIZ	02:36:03.407	+00:58:06.690	08:41 min/Km
167	82	45	BOWMAN LÓPEZ , DAVID	MALE	ABSOLUTA-M	RANNASS	02:36:31.817	+00:58:35.100	08:42 min/Km
168	72	179	IGLESIAS MAROÑO , JOSE LUIS	MALE	VET-M	INDEPENDIENTE	02:36:43.597	+00:58:46.880	08:43 min/Km
169	83	65	CASTRO RODRÍGUEZ , ADRIÁN	MALE	ABSOLUTA-M		02:37:07.367	+00:59:10.650	08:44 min/Km
170	73	319	SOTO CANCELA , JUAN CARLOS	MALE	VET-M		02:37:58.037	+01:00:01.320	08:47 min/Km

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171	9	305	SANCHEZ ROMERO , ALAZNE	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:37:58.297	+01:00:01.580	08:47 min/Km
172	74	244	PENALTA DATORRE , JOSE LUIS	MALE	VET-M	MIXMASSTER RUNNING	02:38:56.087	+01:00:59.370	08:50 min/Km
173	84	300	SÁNCHEZ LOPEZ , JOSE ANTONIO	MALE	ABSOLUTA-M		02:39:37.437	+01:01:40.720	08:53 min/Km
174	10	75	COBAS TORREJÓN , RAQUEL	FEMALE	ABSOLUTA-F	A.D. SIR LUGO	02:39:57.627	+01:02:00.910	08:54 min/Km
175	85	77	CORDERO RODRIGUEZ , FRAN	MALE	ABSOLUTA-M	PASA OU ENTORNA	02:40:17.007	+01:02:20.290	08:55 min/Km
176	75	118	FERNANDEZ GUDIN , JUAN MANUEL	MALE	VET-M		02:40:19.027	+01:02:22.310	08:55 min/Km
177	86	228	NIÑE OTERO , JAVIER	MALE	ABSOLUTA-M	TOXIZA CLUB DE MONTAÑA	02:40:26.147	+01:02:29.430	08:55 min/Km
178	87	236	PARDIÑAS GONZALEZ , MARCOS	MALE	ABSOLUTA-M	A.D DOWNHILL	02:40:58.187	+01:03:01.470	08:57 min/Km
179	76	188	LIRES FREIRE , MANUEL	MALE	VET-M	TRAILEROS TOXOS&BIRRAS	02:41:36.947	+01:03:40.230	08:59 min/Km
180	77	320	SOUTO FACAL , ENRIQUE	MALE	VET-M	INDEPENDIENTE	02:41:49.137	+01:03:52.420	08:60 min/Km
181	7	218	MORENO BODEGO , ANA	FEMALE	VET-F	INDEPENDIENTE	02:42:45.137	+01:04:48.420	09:03 min/Km
182	78	29	BARCA BUYO , ÁLVARO	MALE	VET-M		02:42:49.777	+01:04:53.060	09:03 min/Km
183	79	33	BECEIRO COUCE , MANUEL	MALE	VET-M		02:43:12.507	+01:05:15.790	09:05 min/Km
184	8	119	FERNANDEZ GUDIN , MONTSE	FEMALE	VET-F		02:43:12.527	+01:05:15.810	09:05 min/Km
185	80	84	CURROS CACHO , CARLOS	MALE	VET-M	BRIGANTIA AVENTURA	02:43:26.907	+01:05:30.190	09:05 min/Km
186	11	31	BARREIROS ARNOSO , JUANA	FEMALE	ABSOLUTA-F	A.D. JARNACHAS	02:43:27.177	+01:05:30.460	09:05 min/Km
187	81	42	BLANCO RIVERA , PABLO	MALE	VET-M		02:44:05.137	+01:06:08.420	09:07 min/Km
188	9	306	SANDERSON , HELEN JANE	FEMALE	VET-F	CLUB ATLETISMO SADA MONTAÑA	02:44:35.937	+01:06:39.220	09:09 min/Km
189	88	95	DIAZ DIAZ , LINO	MALE	ABSOLUTA-M	PEÑA GRÁFICAS LAR	02:44:36.627	+01:06:39.910	09:09 min/Km
190	10	107	ECHEZARRAGA RODRIGUEZ , ROSANA	FEMALE	VET-F	PEÑA GRÁFICAS LAR	02:44:37.207	+01:06:40.490	09:09 min/Km
191	82	59	CARVALLO CAVERO , JOSE SANTIAGO	MALE	VET-M		02:44:39.017	+01:06:42.300	09:09 min/Km
192	89	24	ARROYO ALVES , MANUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	02:44:58.617	+01:07:01.900	09:10 min/Km
193	83	145	GARCIA FERREIRA , TINO	MALE	VET-M	INDEPENDIENTE	02:45:31.577	+01:07:34.860	09:12 min/Km
194	11	239	PARDO PENA , VANESSA	FEMALE	VET-F	A.D. JARNACHAS	02:45:49.547	+01:07:52.830	09:13 min/Km
195	12	302	SÁNCHEZ PULGAR , NATALIA	FEMALE	VET-F	INDEPENDIENTE	02:46:19.187	+01:08:22.470	09:15 min/Km
196	84	194	LOPEZ ESTRAVIZ , XOAN	MALE	VET-M	ATLETISMO FENE	02:46:24.797	+01:08:28.080	09:15 min/Km
197	90	290	RODRÍGUEZ SALORIO , AITOR	MALE	ABSOLUTA-M	RUNNING ALTA FIT ODEON	02:46:29.987	+01:08:33.270	09:15 min/Km
198	13	203	MARGARETO NOYA , MERCEDES	FEMALE	VET-F	MONTEFARO TRAIL	02:46:30.047	+01:08:33.330	09:16 min/Km
199	85	66	CASTRO SANCHEZ , JOSE ANGEL	MALE	VET-M	INDEPENDIENTE	02:46:39.777	+01:08:43.060	09:16 min/Km
200	91	223	MOURIZ GARCÍA , DANIEL	MALE	ABSOLUTA-M	INDEPENDIENTE	02:47:17.617	+01:09:20.900	09:18 min/Km
201	92	114	FERNÁNDEZ DIAZ , JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	02:47:19.327	+01:09:22.610	09:18 min/Km
202	86	138	GALDO CAO , JUANJO	MALE	VET-M	RUNNING ALTA FIT ODEON	02:47:44.127	+01:09:47.410	09:20 min/Km
203	93	105	DORADO TRILLO , GABRIEL	MALE	ABSOLUTA-M		02:48:33.467	+01:10:36.750	09:22 min/Km
204	87	292	ROJAS MARTINEZ , DOMINGO	MALE	VET-M	CLUB DE MONTAÑA O CAXADO	02:48:35.367	+01:10:38.650	09:22 min/Km

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205	12	343	VIDAL GOMEZ , LUCIA	FEMALE	ABSOLUTA-F		02:48:43.207	+01:10:46.490	09:23 min/Km
206	14	181	JIMÉNEZ JIMÉNEZ , VIRGINIA	FEMALE	VET-F	AD SAN ROQUE VIVEIRO	02:48:43.397	+01:10:46.680	09:23 min/Km
207	94	55	CANTOS REY , DAVID	MALE	ABSOLUTA-M		02:48:49.707	+01:10:52.990	09:23 min/Km
208	88	227	NIETO BLASCO , PABLO	MALE	VET-M	INDEPENDIENTE	02:50:35.207	+01:12:38.490	09:29 min/Km
209	89	246	PEREIRO TAIBO , JOSE	MALE	VET-M	MIXMASSTER RUNNING	02:50:37.597	+01:12:40.880	09:29 min/Km
210	95	132	FLOREZ FEAL , JOSE	MALE	ABSOLUTA-M	INDEPENDIENTE	02:50:39.477	+01:12:42.760	09:29 min/Km
211	90	82	COUTO MON , JUAN	MALE	VET-M	TOXIZA CLUB DE MONTAÑA	02:50:59.017	+01:13:02.300	09:30 min/Km
212	91	266	RAMOS ALONSO , VICTOR	MALE	VET-M	TOXIZA CLUB DE MONTAÑA	02:50:59.157	+01:13:02.440	09:30 min/Km
213	92	304	SANCHEZ RODILLA , PEDRO	MALE	VET-M	INDEPENDIENTE	02:51:46.237	+01:13:49.520	09:33 min/Km
214	93	21	APARICIO DÍAZ , JAVIER	MALE	VET-M	RUNNING OLEIROS	02:51:55.857	+01:13:59.140	09:34 min/Km
215	96	27	BAHAMONDE RODRIGUEZ , MANUEL ENRIQUE	MALE	ABSOLUTA-M		02:52:06.967	+01:14:10.250	09:34 min/Km
216	94	26	BAHAMONDE RAMA , DAVID	MALE	VET-M	INDEPENDIENTE	02:52:07.257	+01:14:10.540	09:34 min/Km
217	13	256	POMA CASTRO , ELIANA	FEMALE	ABSOLUTA-F	CASTRO DE LOBADIZ	02:53:41.557	+01:15:44.840	09:39 min/Km
218	15	295	SAAVEDRA CASANOVA , MARTA	FEMALE	VET-F	CASTRO DE LOBADIZ	02:53:41.777	+01:15:45.060	09:39 min/Km
219	95	101	DOCE FREIRE , JOSÉ MANUEL	MALE	VET-M	CASTRO DE LOBADIZ	02:53:41.917	+01:15:45.200	09:39 min/Km
220	96	80	COUCE LÓPEZ , ALFONSO	MALE	VET-M		02:53:55.687	+01:15:58.970	09:40 min/Km
221	14	154	GÓMEZ COUTO , NATALIA	FEMALE	ABSOLUTA-F		02:54:08.097	+01:16:11.380	09:41 min/Km
222	15	234	PANTIN LÓPEZ , ALMUDENA	FEMALE	ABSOLUTA-F		02:54:08.347	+01:16:11.630	09:41 min/Km
223	97	69	CEBREIRO COCHETEUX , VICENTE	MALE	VET-M		02:54:19.457	+01:16:22.740	09:42 min/Km
224	16	63	CASTRO GARCIA , MARINA	FEMALE	ABSOLUTA-F	A.D. JARNACHAS	02:54:32.877	+01:16:36.160	09:42 min/Km
225	98	23	ARIAS PAZ , NESTOR	MALE	VET-M	CLUB MONTEPENARUBIA LUGO	02:54:47.437	+01:16:50.720	09:43 min/Km
226	97	135	FRAGA ALONSO , ALEJANDRO	MALE	ABSOLUTA-M	A.D. JARNACHAS	02:55:02.100	+01:17:05.383	09:44 min/Km
227	99	79	CORRALES CASTRO , JESUS ANGEL	MALE	VET-M	RUNNING OLEIROS	02:55:08.567	+01:17:11.850	09:44 min/Km
228	16	345	VIGO BARREIRA , ANA	FEMALE	VET-F	RUNNING OLEIROS	02:55:08.597	+01:17:11.880	09:44 min/Km
229	98	54	CANCELAS REY , ROBERTO	MALE	ABSOLUTA-M	BEONE HEROICAN	02:55:24.117	+01:17:27.400	09:45 min/Km
230	100	253	PIÑEIRO GONZALEZ , MANUEL	MALE	VET-M	CLUB HÉRCULES TERMARIA	02:57:56.807	+01:20:00.090	09:54 min/Km
231	17	128	FERNÁNDEZ RODRÍGUEZ , CAROLINA	FEMALE	ABSOLUTA-F		02:58:23.037	+01:20:26.320	09:55 min/Km
232	99	224	MUIÑO GARCIA , PABLO	MALE	ABSOLUTA-M		02:58:24.477	+01:20:27.760	09:55 min/Km
233	18	206	MARTIN MARIÑO , ARACELI	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:58:43.397	+01:20:46.680	09:56 min/Km
234	100	149	GARCÍA OTERO , FRAN	MALE	ABSOLUTA-M		02:59:03.817	+01:21:07.100	09:57 min/Km
235	101	331	TRIPODI , MARCELO	MALE	VET-M	MIXMASSTER RUNNING	02:59:10.167	+01:21:13.450	09:58 min/Km
236	17	142	GARCIA CAMBON , LOLA	FEMALE	VET-F		02:59:30.067	+01:21:33.350	09:59 min/Km
237	102	115	FERNANDEZ GARCIA , ALBERTO	MALE	VET-M		02:59:30.847	+01:21:34.130	09:59 min/Km
238	18	254	PIÑEIRO REQUEIJO , MARIA SOL	FEMALE	VET-F	INDEPENDIENTE	02:59:45.807	+01:21:49.090	09:60 min/Km

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239	103	28	BALBOA RODRÍGUEZ , MIGUEL	MALE	VET-M	SOCIEDAD DE MONTAÑA ARTABROS	03:00:26.517	+01:22:29.800	10:02 min/Km
240	19	186	LIMA , FATIMA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO O PINO	03:01:27.957	+01:23:31.240	10:05 min/Km
241	104	41	BLANCO PEQUEÑO , BENITO	MALE	VET-M	PATUKOS TIM RANIN	03:01:28.287	+01:23:31.570	10:05 min/Km
242	105	243	PEÑA GONZÁLEZ , ENRIQUE	MALE	VET-M	PATUKOS TIM RANIN	03:01:28.387	+01:23:31.670	10:05 min/Km
243	106	307	SANJUAN SANCHEZ , ROBERTO	MALE	VET-M	ESCOLA DE ATLETISMO PAULA MAYOBRE	03:02:19.527	+01:24:22.810	10:08 min/Km
244	19	286	RODRÍGUEZ FERNANDEZ , LORENA	FEMALE	VET-F	RUNNING ALTAFIT ODEON	03:03:10.847	+01:25:14.130	10:11 min/Km
245	20	351	LONGUEIRA GOMEZ , ALBA	FEMALE	VET-F		03:03:36.027	+01:25:39.310	10:13 min/Km
246	21	222	MOURIZ FERNANDEZ , PATY	FEMALE	VET-F	NOETRAINERS FERROL	03:03:42.177	+01:25:45.460	10:13 min/Km
247	20	110	ESTÉVEZ TEIJIDO , LUCÍA	FEMALE	ABSOLUTA-F	NOETRAINERS FERROL	03:03:42.307	+01:25:45.590	10:13 min/Km
248	107	190	LÓPEZ CAAMAÑO , ALFONSO	MALE	VET-M		03:03:47.637	+01:25:50.920	10:13 min/Km
249	108	165	GONZÁLEZ-LLANOS RODRÍGUEZ , MIGUEL	MALE	VET-M	KURAI	03:03:50.657	+01:25:53.940	10:13 min/Km
250	21	214	MENENDEZ , SILVIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	03:04:00.577	+01:26:03.860	10:14 min/Km
251	101	153	GHANNAM VARELA , TAREK	MALE	ABSOLUTA-M		03:05:11.317	+01:27:14.600	10:18 min/Km
252	102	310	SANTISO GORGAL , ANDURIÑA	MALE	ABSOLUTA-M		03:05:11.487	+01:27:14.770	10:18 min/Km
253	22	312	SANZ MENDIGUCHÍA , BÁRBARA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO O PINO	03:05:18.807	+01:27:22.090	10:18 min/Km
254	23	308	SANMARTIN RODRIGUEZ , NOEMI	FEMALE	ABSOLUTA-F	CLUB ATLETISMO O PINO	03:05:19.227	+01:27:22.510	10:18 min/Km
255	103	260	PORTO SANCHEZ , PABLO	MALE	ABSOLUTA-M	INDEPENDIENTE	03:05:19.337	+01:27:22.620	10:18 min/Km
256	22	166	GOYANES MARTINEZ , SUSANA	FEMALE	VET-F	RUNNING OLEIROS	03:05:54.597	+01:27:57.880	10:20 min/Km
257	23	268	RAMUDO RIVAS , ROSA	FEMALE	VET-F	BIPBIPCORRECAMIÑOS	03:06:33.137	+01:28:36.420	10:22 min/Km
258	24	86	DASILVA FERNÁNDEZ , OLGA	FEMALE	VET-F	ACADE	03:06:37.807	+01:28:41.090	10:23 min/Km
259	104	126	FERNÁNDEZ PUENTES , XURXO DUARTE	MALE	ABSOLUTA-M		03:06:42.047	+01:28:45.330	10:23 min/Km
260	24	102	DOMÍNGUEZ COSTAS , ANDREA	FEMALE	ABSOLUTA-F		03:07:07.697	+01:29:10.980	10:24 min/Km
261	105	7	ALONSO COSTAS , DAVID	MALE	ABSOLUTA-M		03:07:08.057	+01:29:11.340	10:24 min/Km
262	25	231	ORDOÑEZ SALCEDO , NANCY SUSANA	FEMALE	VET-F		03:07:12.337	+01:29:15.620	10:25 min/Km
263	106	137	FROILÁN , NICOLÁS	MALE	ABSOLUTA-M	INDEPENDIENTE	03:07:53.447	+01:29:56.730	10:27 min/Km
264	109	324	TENREIRO VARELA , FRANCISCO JAVIER	MALE	VET-M		03:08:34.927	+01:30:38.210	10:29 min/Km
265	110	347	VILLAMOR COEDO , FERNANDO	MALE	VET-M	INDEPENDIENTE	03:08:35.077	+01:30:38.360	10:29 min/Km
266	107	184	LEIRA JOGLAR , DIEGO	MALE	ABSOLUTA-M	TRAILEROS TOXOS&BIRRAS	03:08:38.697	+01:30:41.980	10:29 min/Km
267	111	2	ABATI GÓMEZ , QUIQUE	MALE	VET-M	PRAIA DE CARNOTA RUNNERS	03:11:00.017	+01:33:03.300	10:37 min/Km
268	112	170	GUINDA FERNANDEZ , ANDRES	MALE	VET-M		03:11:02.807	+01:33:06.090	10:37 min/Km
269	26	255	POLLAN CANTO , JULIA	FEMALE	VET-F		03:11:03.177	+01:33:06.460	10:37 min/Km
270	113	241	PAZOS MARTINEZ , FERNANDO	MALE	VET-M		03:11:03.627	+01:33:06.910	10:37 min/Km
271	25	147	GARCÍA LÓPEZ , AINHOA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	03:11:38.347	+01:33:41.630	10:39 min/Km
272	114	413	FERRO DOPICO , MANUEL	MALE	VET-M	CLUB DE MONTAÑA O CAXADO	03:11:39.067	+01:33:42.350	10:39 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
273	26	83	CURES RODRIGUEZ , VERONICA	FEMALE	ABSOLUTA-F	DONWHILL	03:12:04.677	+01:34:07.960	10:41 min/Km
274	27	291	RODRÍGUEZ SÁNCHEZ , MARTA BELÉN	FEMALE	VET-F		03:12:54.457	+01:34:57.740	10:44 min/Km
275	28	207	MARTÍNEZ RAMILO , TANIA	FEMALE	VET-F	INDEPENDIENTE	03:13:27.670	+01:35:30.953	10:45 min/Km
276	27	189	LÓPEZ BESTEIRO , ALICIA	FEMALE	ABSOLUTA-F		03:14:27.147	+01:36:30.430	10:49 min/Km
277	29	97	DIAZ MARTINEZ , ENCARNACIÓN	FEMALE	VET-F	AMI	03:16:06.537	+01:38:09.820	10:54 min/Km
278	115	173	HERMIDA OTERO , ÁNGEL	MALE	VET-M		03:16:35.647	+01:38:38.930	10:56 min/Km
279	116	285	RODRIGUEZ CONDE , FRANCISCO JAVIER	MALE	VET-M		03:16:37.483	+01:38:40.766	10:56 min/Km
280	30	329	TORRES VIGO , CATUXA	FEMALE	VET-F		03:16:37.600	+01:38:40.883	10:56 min/Km
281	28	193	LÓPEZ DAVILA , LAURA	FEMALE	ABSOLUTA-F		03:16:52.207	+01:38:55.490	10:57 min/Km
282	117	337	VAZQUEZ LATA , ENRIQUE	MALE	VET-M		03:19:34.687	+01:41:37.970	11:06 min/Km
283	118	141	GARCÍA BECERRA , JOSE	MALE	VET-M	INDEPENDIENTE	03:20:11.117	+01:42:14.400	11:08 min/Km
284	108	90	DE TENA LOUREIRO , GONZALO	MALE	ABSOLUTA-M	INDEPENDIENTE	03:21:20.517	+01:43:23.800	11:12 min/Km
285	109	18	AMADO GARCÍA-FAJARDO , JUAN	MALE	ABSOLUTA-M	INDEPENDIENTE	03:21:24.147	+01:43:27.430	11:12 min/Km
286	110	96	DÍAZ DÍAZ , TOTE	MALE	ABSOLUTA-M	INDEPENDIENTE	03:21:24.177	+01:43:27.460	11:12 min/Km
287	29	3	ABATI HERNÁNDEZ-VAQUERO , CARMEN	FEMALE	ABSOLUTA-F		03:21:27.257	+01:43:30.540	11:12 min/Km
288	111	271	RENTE LÓPEZ , JORGE	MALE	ABSOLUTA-M		03:21:27.437	+01:43:30.720	11:12 min/Km
289	31	209	MAURIZ PEREIRA , SONIA	FEMALE	VET-F	RUNNING ALTAFIT ODEON	03:22:57.877	+01:45:01.160	11:17 min/Km
290	30	78	CORRAL VARELA , ALEIXANDRA	FEMALE	ABSOLUTA-F	CAMINHANTES DO CONDADO	03:24:19.307	+01:46:22.590	11:22 min/Km
291	119	348	VILLAR TORREIRO , MIGUEL	MALE	VET-M	INDEPENDIENTE	03:25:23.017	+01:47:26.300	11:25 min/Km
292	31	276	RÍOS FERNÁNDEZ , RAQUEL	FEMALE	ABSOLUTA-F		03:25:53.447	+01:47:56.730	11:27 min/Km
293	120	89	DE COMINGES CARVALLO , MARTIN	MALE	VET-M		03:26:16.477	+01:48:19.760	11:28 min/Km
294	32	88	DAZA CABANAS , MELISA	FEMALE	ABSOLUTA-F		03:27:30.687	+01:49:33.970	11:32 min/Km
295	112	220	MOSQUERA VAZQUEZ , YAGO	MALE	ABSOLUTA-M		03:27:31.237	+01:49:34.520	11:32 min/Km
296	121	156	GOMEZ-PORTALES GONZÁLEZ , JUAN BAUTISTA	MALE	VET-M		03:30:04.747	+01:52:08.030	11:41 min/Km
297	32	20	ANLLO NAVEIRAS , CRISTINA	FEMALE	VET-F		03:32:34.067	+01:54:37.350	11:49 min/Km
298	122	120	FERNANDEZ GUINDA , EZEQUIEL	MALE	VET-M		03:32:34.257	+01:54:37.540	11:49 min/Km
299	123	233	OVIEDO ESPILOCIN , MARCELO RUBEN	MALE	VET-M	INDEPENDIENTE	03:33:34.747	+01:55:38.030	11:52 min/Km
300	33	297	SALVADOR GARRIDO , PILAR	FEMALE	VET-F		03:34:15.227	+01:56:18.510	11:55 min/Km
301	124	146	GARCIA GOMEZ , EDMUNDO	MALE	VET-M	BIPBIPCORRECAMIÑOS	03:36:38.847	+01:58:42.130	12:03 min/Km
302	113	175	IBAÑEZ ROMERO , MIGUEL	MALE	ABSOLUTA-M		03:39:06.277	+02:01:09.560	12:11 min/Km
303	114	350	VIZOSO ARRIBE , JOSE MANUEL	MALE	ABSOLUTA-M		03:39:07.217	+02:01:10.500	12:11 min/Km
304	125	47	BUÑO MÍGUEZ , JOSE LUIS	MALE	VET-M		03:40:50.347	+02:02:53.630	12:17 min/Km
305	34	197	LOPEZ PIÑEIRO , MARIA ANGELES	FEMALE	VET-F	CORRE POR BEGONTE	03:42:57.967	+02:05:01.250	12:24 min/Km
306	126	273	REY CASTRO , ALBERTO	MALE	VET-M	CORRE POR BEGONTE	03:42:57.987	+02:05:01.270	12:24 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
307	35	226	NIETO BARREIRA , MARIA TERESA	FEMALE	VET-F		03:44:55.697	+02:06:58.980	12:30 min/Km
308	127	43	BLAZQUEZ FRAGOSO , PEDRO FRANCISCO	MALE	VET-M	KURAI	03:44:55.977	+02:06:59.260	12:30 min/Km
309	33	10	ALONSO PÉREZ , CLAUDIA	FEMALE	ABSOLUTA-F		03:50:57.677	+02:13:00.960	12:50 min/Km
310	34	68	CASTRO VILA , PATRICIA	FEMALE	ABSOLUTA-F		04:00:05.707	+02:22:08.990	13:21 min/Km
311	128	192	LOPEZ CASCALLAR , MANUEL	MALE	VET-M		04:00:05.807	+02:22:09.090	13:21 min/Km
312	129	349	VILLAR VAZQUEZ , EMILIO	MALE	VET-M	BICICLISTAS GALEGOS	04:00:52.977	+02:22:56.260	13:23 min/Km