

TRAIL FRAGAS DO EUME 2019

23 JUNIO 2019

- TRAIL -

GALITIMING
DUW!T!P

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	META	DIF 1º	RITMO
1	1	248	PAIS TAJES , MANUEL	MALE	ABSOLUTA	TRAILEROS TOXOS & BIRRAS	01:54:16		06:01 min/Km
2	2	208	GONZÁLEZ VÁZQUEZ , CARLOS	MALE	ABSOLUTA	CLUBE ATLETISMO FENE	01:54:42	+00:00:26	06:03 min/Km
3	3	162	COUSILLAS DIEGUEZ , VICTOR	MALE	ABSOLUTA	AD JARNACHAS	01:54:43	+00:00:27	06:03 min/Km
4	4	184	FERNANDEZ DIAZ , ESTEBAN	MALE	ABSOLUTA	TRAILEROS TOXOS E BIRRAS	01:58:36	+00:04:20	06:15 min/Km
5	5	138	CABAL GARCÍA , PABLO	MALE	ABSOLUTA	INDEPENDIENTE	01:58:44	+00:04:28	06:15 min/Km
6	6	253	PARAPAR , CARLOS MANUEL	MALE	ABSOLUTA	PEÑA LAR TRAIL Y MONTAÑA	01:59:04	+00:04:48	06:16 min/Km
7	1	199	GARRIDO BUJÁN , LUCIANO	MALE	VET	CDM VILLABLINO TRAIL	01:59:13	+00:04:57	06:17 min/Km
8	7	180	ESMORIS FERNANDEZ , JULIO	MALE	ABSOLUTA	A.M.E BESTARRUZA	01:59:24	+00:05:08	06:18 min/Km
9	8	214	IGLESIAS LÓPEZ , ÁLVARO	MALE	ABSOLUTA	AD JARNACHAS	02:00:49	+00:06:33	06:22 min/Km
10	2	328	VILLAR , RAFA	MALE	VET	PEÑA LAR TRAIL Y MONTAÑA	02:01:25	+00:07:09	06:24 min/Km
11	9	268	POSE COSTA , IVAN	MALE	ABSOLUTA	INDEPENDIENTE	02:02:07	+00:07:51	06:26 min/Km
12	10	146	CANDAL RODRIGUEZ , MARCOS	MALE	ABSOLUTA	K2 ORDES	02:05:52	+00:11:36	06:38 min/Km
13	11	316	TUNAS , ALEX	MALE	ABSOLUTA	INDEPENDENT	02:06:19	+00:12:03	06:39 min/Km
14	3	251	PALOMO CAMPOS , JAVIER	MALE	VET	CLUB ATLETISMO SADA MONTAÑA	02:09:16	+00:15:00	06:49 min/Km
15	12	164	CURROS CACHO , CARLOS	MALE	ABSOLUTA	BRIGANTIA AVENTURA	02:13:49	+00:19:33	07:03 min/Km
16	13	169	DIAZ GARCÍA , PABLO	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	02:13:56	+00:19:40	07:03 min/Km
17	14	175	DIEGUEZ PINTOR , OSCAR	MALE	ABSOLUTA	ASOCIACION DEPORTIVA CERNE	02:14:21	+00:20:05	07:05 min/Km
18	4	204	GONZÁLEZ CASAL , FRANCISCO JAVIER	MALE	VET	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	02:14:41	+00:20:25	07:06 min/Km
19	5	255	PATIÑO VARELA , JUAN	MALE	VET	TRAILEROS TOXOS & BIRRAS	02:15:31	+00:21:15	07:08 min/Km
20	15	125	AMADO COUTO , ALEX	MALE	ABSOLUTA	INDEPENDIENTE	02:15:46	+00:21:30	07:09 min/Km
21	6	124	ALONSO CASTRO , MIGUEL ANGEL	MALE	VET		02:16:15	+00:21:59	07:11 min/Km
22	16	285	RÍOS RODRÍGUEZ , RAMÓN	MALE	ABSOLUTA	ADC MONTE BREAMO	02:16:54	+00:22:38	07:13 min/Km
23	7	244	NIETO FEAL , RICARDO	MALE	VET	JABALIS	02:17:01	+00:22:45	07:13 min/Km
24	8	252	PANTÍN LÓPEZ , ÓSCAR MANUEL	MALE	VET		02:17:01	+00:22:45	07:13 min/Km
25	9	308	SEIJAS GOMEZ , JUAN LUIS	MALE	VET	TRAILRUNNERS-LEBOREIRA	02:17:02	+00:22:46	07:13 min/Km
26	17	147	CAO DE LA SIERRA , JAIME ÁNGEL	MALE	ABSOLUTA	AGRUPACIÓN DE MONTAÑEROS INDEPENDIENTES	02:17:11	+00:22:55	07:14 min/Km
27	18	245	NIETO VELASCO , DAVID	MALE	ABSOLUTA	NOSPORTLIMIT	02:17:33	+00:23:17	07:15 min/Km
28	19	320	VARELA SECO , MARCOS	MALE	ABSOLUTA	CLUB CICLISTA TERRAS DO EUME	02:17:43	+00:23:27	07:15 min/Km
29	20	331	CARVAJAL , JOHN	MALE	ABSOLUTA		02:18:08	+00:23:52	07:17 min/Km
30	21	567	GARIA GOMEZ , SERGIO	MALE	ABSOLUTA	MEDIA DUCIA	02:18:08	+00:23:52	07:17 min/Km
31	10	224	LOPEZ VAZQUEZ , CELSO	MALE	VET		02:19:50	+00:25:34	07:22 min/Km
32	22	280	REBOREDO SANJURJO , IVÁN	MALE	ABSOLUTA		02:20:02	+00:25:46	07:23 min/Km
33	23	250	PALMA GOMEZ , ALVARO	MALE	ABSOLUTA	INDEPENDIENTE	02:21:46	+00:27:30	07:28 min/Km

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34	24	298	ROMAN RODRIGUEZ , HUGO	MALE	ABSOLUTA	D10OCR	02:22:52	+00:28:36	07:32 min/Km
35	25	220	LOBELOS MOUZO , DARÍO	MALE	ABSOLUTA	INDEPENDIENTE	02:23:25	+00:29:09	07:33 min/Km
36	1	292	RODRIGUEZ MARTINEZ , LORETO	FEMALE	ABSOLUTA-F		02:26:30	+00:32:14	07:43 min/Km
37	26	314	SUAREZ RODRIGUEZ , ANTONIO	MALE	ABSOLUTA	CASTROSUA TRAIL RUNNING	02:28:20	+00:34:04	07:49 min/Km
38	27	293	RODRIGUEZ PEREZ , AGUSTIN	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	02:28:26	+00:34:10	07:49 min/Km
39	28	272	PUENTE GONZALEZ , NÉSTOR	MALE	ABSOLUTA	CLUB ATLETISMO RIBADEO	02:28:52	+00:34:36	07:51 min/Km
40	29	281	REY IRAJO , SERGIO	MALE	ABSOLUTA	INDEPENDIENTE	02:29:15	+00:34:59	07:52 min/Km
41	30	178	DOVAL BAO , ANTÓN	MALE	ABSOLUTA	TRAILEROS TOXOS & BIRRAS	02:29:42	+00:35:26	07:53 min/Km
42	31	142	CALVIÑO GONZALEZ , CARLOS	MALE	ABSOLUTA	CLUB DE MONTAÑA O CORDAL	02:31:10	+00:36:54	07:58 min/Km
43	32	160	CORREA SAMBADE , OSCAR	MALE	ABSOLUTA	INDEPENDIENTE	02:31:27	+00:37:11	07:59 min/Km
44	11	194	FRAGA DOPICO , ÁLVARO	MALE	VET	INDEPENDIENTE	02:31:56	+00:37:40	07:60 min/Km
45	33	227	LOURIDO MARTÍNEZ , JAVIER	MALE	ABSOLUTA	AS VELLAS NON PARAMOS	02:33:08	+00:38:52	08:04 min/Km
46	34	256	PAZ ARZUAGA , DANIEL	MALE	ABSOLUTA	LOS JABALÍS	02:33:09	+00:38:53	08:04 min/Km
47	35	133	BELLAS GÓMEZ , MARTÍN	MALE	ABSOLUTA	INDEPENDIENTE	02:33:13	+00:38:57	08:04 min/Km
48	12	206	GONZÁLEZ GARCÍA , ALBERTO	MALE	VET		02:33:24	+00:39:08	08:05 min/Km
49	13	157	CONCHEIRO FERNÁNDEZ , GUILLERMO	MALE	VET	INDEPENDIENTE	02:33:24	+00:39:08	08:05 min/Km
50	36	247	OTERO IGLESIAS , CARLOS	MALE	ABSOLUTA	PASA OU ENTORNA	02:33:38	+00:39:22	08:06 min/Km
51	37	305	SANTILLANA GARABANA , VICTOR	MALE	ABSOLUTA		02:33:40	+00:39:24	08:06 min/Km
52	38	148	CARBALLO TRILLO , ANGEL	MALE	ABSOLUTA	TRAILEROS TOXOS E BIRRAS	02:35:01	+00:40:45	08:10 min/Km
53	39	177	DOPICO GALDO , DIEGO	MALE	ABSOLUTA		02:35:04	+00:40:48	08:10 min/Km
54	2	237	MELLA BARBEITO , VANESA	FEMALE	ABSOLUTA-F	AD JARNACHAS	02:35:09	+00:40:53	08:10 min/Km
55	40	172	DIAZ MONTERO , JOSE MANUEL	MALE	ABSOLUTA	AD JARNACHAS	02:35:10	+00:40:54	08:10 min/Km
56	41	265	PITA POLO , ROBERTO	MALE	ABSOLUTA	PASA OU ENTORNA	02:36:04	+00:41:48	08:13 min/Km
57	14	323	VEIGA GONZÁLEZ , MIGUEL	MALE	VET	MONTEFARO TRAIL	02:36:31	+00:42:15	08:15 min/Km
58	42	262	PÉREZ SEIJAS , ALBERTO	MALE	ABSOLUTA	GALLAECIA RAID	02:36:37	+00:42:21	08:15 min/Km
59	43	566	MARTINEZ PENA , ADRIAN	MALE	ABSOLUTA	MEDIA DUCIA	02:37:22	+00:43:06	08:17 min/Km
60	15	267	PORTAS LEMUS , JAVIER	MALE	VET	INDEPENDIENTE	02:37:58	+00:43:42	08:19 min/Km
61	44	198	GARCÍA CORTIZAS , CARLOS	MALE	ABSOLUTA		02:38:24	+00:44:08	08:21 min/Km
62	16	189	FERNANDEZ ROMERO , OSCAR	MALE	VET		02:38:33	+00:44:17	08:21 min/Km
63	3	269	PRADO SÁNCHEZ , PAULA	FEMALE	ABSOLUTA-F	TRAILEROS TOXOS & BIRRAS	02:38:42	+00:44:26	08:22 min/Km
64	17	271	PRESEDO MARTÍNEZ , SUSO	MALE	VET		02:39:21	+00:45:05	08:24 min/Km
65	45	228	LOZANO IGLESIAS , MIGUEL ANGEL	MALE	ABSOLUTA	TERRASSA DO EUME	02:40:37	+00:46:21	08:28 min/Km
66	18	230	MAIZ SAN MARTIN , JAIME	MALE	VET		02:40:42	+00:46:26	08:28 min/Km

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67	19	326	VILAR GARCÍA , JOSE LUÍS	MALE	VET	CLUB ATLETISMO SADA MONTAÑA	02:41:13	+00:46:57	08:30 min/Km
68	46	195	FRANCO FOJO , JOSE RAMON	MALE	ABSOLUTA	GRUPO INTAF	02:41:31	+00:47:15	08:31 min/Km
69	20	201	GOMEZ PEREZ , ABELARDO	MALE	VET	GRUPO INTAF	02:41:31	+00:47:15	08:31 min/Km
70	21	236	MARTÍNEZ ZAS , JOSE	MALE	VET	INDEPENDIENTE	02:41:40	+00:47:24	08:31 min/Km
71	47	179	ENCINAS BENITO , MANEL	MALE	ABSOLUTA		02:42:13	+00:47:57	08:33 min/Km
72	22	155	COBELO FRA , JOSE ANGEL	MALE	VET	PEÑA LAR TRAIL Y MONTAÑA	02:42:15	+00:47:59	08:33 min/Km
73	48	287	RIVERA RENDON , JUAN PABLO	MALE	ABSOLUTA	INDEPENDIENTE	02:42:41	+00:48:25	08:34 min/Km
74	49	151	CASÁS CASÁS , JOSÉ MANUEL	MALE	ABSOLUTA	INDEPENDIENTE	02:42:53	+00:48:37	08:35 min/Km
75	50	333	ENJAMIO SALGUEIRO , DAVID	MALE	ABSOLUTA	AD JARNACHAS	02:42:59	+00:48:43	08:35 min/Km
76	51	276	QUINTÁS SESAR , JOSE	MALE	ABSOLUTA		02:42:59	+00:48:43	08:35 min/Km
77	52	300	SALGADO MORADO , SANTIAGO	MALE	ABSOLUTA	INDEPENDIENTE	02:43:00	+00:48:44	08:35 min/Km
78	53	188	FERNANDEZ RODRIGUEZ , ALBERTO	MALE	ABSOLUTA	INDEPENDIENTE	02:43:57	+00:49:41	08:38 min/Km
79	54	182	FERNANDEZ , DAVID	MALE	ABSOLUTA	INDEPENDIENTE	02:44:00	+00:49:44	08:38 min/Km
80	55	321	VAZQUEZ FIGUEIRAS , JAVIER	MALE	ABSOLUTA		02:44:06	+00:49:50	08:39 min/Km
81	56	174	DIAZ VILLALBA , JORGE	MALE	ABSOLUTA	ATLETAS ACEA DE AMA- CULLEREDO	02:45:11	+00:50:55	08:42 min/Km
82	57	229	LOZANO SANCHEZ , DIEGO	MALE	ABSOLUTA	TRAIKERS TOXOS&BIRRAS	02:45:23	+00:51:07	08:43 min/Km
83	23	309	SEOANE CHAS , JOSE MANUEL	MALE	VET		02:45:24	+00:51:08	08:43 min/Km
84	58	170	DIAZ GOMEZ , ROI	MALE	ABSOLUTA	RUNNING OLEIROS	02:45:44	+00:51:28	08:44 min/Km
85	24	257	PEDREIRA ROMERO , FERNANDO	MALE	VET	CLUB DE MONTAÑA ÁRTABROS	02:45:45	+00:51:29	08:44 min/Km
86	4	216	LAMAS PÉREZ , MARÍA	FEMALE	ABSOLUTA-F	CLUB DE MONTAÑA ÁRTABROS	02:45:46	+00:51:30	08:44 min/Km
87	25	191	FERNÁNDEZ VILLAMARÍN , JOSÉ MANUEL	MALE	VET		02:46:30	+00:52:14	08:46 min/Km
88	26	176	DOMINGUEZ MEDINA , EDUARDO	MALE	VET		02:46:39	+00:52:23	08:47 min/Km
89	59	137	CAAMAÑO SIEIRA , JOSE	MALE	ABSOLUTA	A.D DOWNHILL	02:46:40	+00:52:24	08:47 min/Km
90	60	294	RODRIGUEZ RODRIGUEZ , MANUEL	MALE	ABSOLUTA		02:47:08	+00:52:52	08:48 min/Km
91	61	234	MARTÍNEZ PÉREZ , FERNANDO	MALE	ABSOLUTA		02:47:17	+00:53:01	08:49 min/Km
92	62	185	FERNANDEZ DIAZ , JAVIER	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	02:48:30	+00:54:14	08:53 min/Km
93	63	131	BARROS FONTE , ALEJANDRO	MALE	ABSOLUTA	PASA OU ENTORNA	02:48:44	+00:54:28	08:53 min/Km
94	64	299	SALGADO MORADO , ALBERTO	MALE	ABSOLUTA	INDEPENDIENTE	02:48:44	+00:54:28	08:53 min/Km
95	65	289	ROCHELA GALAN , RICARDO	MALE	ABSOLUTA	CLUB MONTAÑA O CAXADO	02:48:51	+00:54:35	08:54 min/Km
96	27	327	VILASECA SÁNCHEZ , RAFAEL	MALE	VET		02:48:57	+00:54:41	08:54 min/Km
97	28	193	FILGUEIRAS BOUZA , ANTONIO	MALE	VET		02:49:48	+00:55:32	08:57 min/Km
98	1	260	PEREZ CASTRILLON , EVA MARIA	FEMALE	VET-F	INDEPENDIENTE	02:49:58	+00:55:42	08:57 min/Km
99	29	207	GONZÁLEZ TOURIÑAN , MARCOS	MALE	VET	INDEPENDIENTE	02:50:04	+00:55:48	08:58 min/Km

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100	66	286	RIVAS , IVAN	MALE	ABSOLUTA		02:50:13	+00:55:57	08:58 min/Km
101	5	140	CABALLERO , LIZA	FEMALE	ABSOLUTA-F	NUTICA NARON	02:50:25	+00:56:09	08:59 min/Km
102	67	203	GONZÁLEZ BERMÚDEZ , ALAN	MALE	ABSOLUTA		02:50:44	+00:56:28	08:60 min/Km
103	30	259	PEREIRA GONZÁLEZ , JAVIER	MALE	VET	CLUB ATLETISMO SADA MONTAÑA	02:50:59	+00:56:43	08:60 min/Km
104	68	232	MARTINEZ SECO , MARCOS	MALE	ABSOLUTA	INDEPENDIENTE	02:51:05	+00:56:49	09:01 min/Km
105	69	215	LAGO MUIÑO , OSCAR	MALE	ABSOLUTA	LARACHA EN DUAS RODAS	02:51:57	+00:57:41	09:03 min/Km
106	2	225	LÓPEZ VILAS , GELI	FEMALE	VET-F		02:51:57	+00:57:41	09:03 min/Km
107	31	226	LORENZO VILAR , JOSÉ MANUEL	MALE	VET	A.M.E BESTARRUZA	02:53:28	+00:59:12	09:08 min/Km
108	70	241	MIRA , JAVIER	MALE	ABSOLUTA	CLUB ATLETISMO SADA MONTAÑA	02:54:09	+00:59:53	09:10 min/Km
109	71	325	VILA LEIRA , FRANCISCO	MALE	ABSOLUTA	TRAILEROS TOXOS & BIRRAS	02:54:36	+01:00:20	09:12 min/Km
110	72	277	RAJO TOYOS , GUSTAVO DANIEL	MALE	ABSOLUTA	INDEPENDIENTE	02:55:09	+01:00:53	09:14 min/Km
111	73	264	PIÑEIRO GARCÍA , HÉCTOR	MALE	ABSOLUTA	CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	02:56:42	+01:02:26	09:18 min/Km
112	32	243	NAVEIRO RODRÍGUEZ , JOSÉ MANUEL	MALE	VET		02:58:04	+01:03:48	09:23 min/Km
113	74	159	CORRALES CASTRO , JESUS ANGEL	MALE	ABSOLUTA	RUNNING OLEIROS	02:58:12	+01:03:56	09:23 min/Km
114	6	332	LOIS ALVAREZ , BEGOÑA	FEMALE	ABSOLUTA-F	RUNING OLEIROS	02:58:12	+01:03:56	09:23 min/Km
115	33	301	SANCHEZ LOPEZ , JOSÉ ANTONIO	MALE	VET	INDEPENDIENTE	02:58:15	+01:03:59	09:23 min/Km
116	75	284	RIOS , HECTOR	MALE	ABSOLUTA		02:58:15	+01:03:59	09:23 min/Km
117	76	134	BLANCO CHAO , RICARDO	MALE	ABSOLUTA		02:58:56	+01:04:40	09:26 min/Km
118	77	310	SIMÓN LAGO , RESTITUTO	MALE	ABSOLUTA		02:59:43	+01:05:27	09:28 min/Km
119	78	143	CALVO , DANI	MALE	ABSOLUTA		03:00:05	+01:05:49	09:29 min/Km
120	79	181	FANDIÑO SANMARTÍN , OLIVER	MALE	ABSOLUTA		03:01:05	+01:06:49	09:32 min/Km
121	80	291	RODRÍGUEZ GARCÍA , GERMÁN	MALE	ABSOLUTA	INDEPENDIENTE	03:01:10	+01:06:54	09:33 min/Km
122	7	240	MIGUEZ CHAO , RAQUEL	FEMALE	ABSOLUTA-F	PAO MONTE	03:01:23	+01:07:07	09:33 min/Km
123	8	136	BORRAJO CASTRO , SABELA	FEMALE	ABSOLUTA-F	PA O MONTE	03:01:23	+01:07:07	09:33 min/Km
124	9	324	VIDAL GOMEZ , LUCIA	FEMALE	ABSOLUTA-F	PA O MONTE	03:01:23	+01:07:07	09:33 min/Km
125	81	288	RIVERA SIXTO , LUIS	MALE	ABSOLUTA		03:01:24	+01:07:08	09:33 min/Km
126	82	149	CARIDE SUAREZ , FERNANDO	MALE	ABSOLUTA		03:02:01	+01:07:45	09:35 min/Km
127	10	165	DASILVA FERNANDEZ , OLGA	FEMALE	ABSOLUTA-F	TRAILRUNNERS-LEBOREIRA	03:02:02	+01:07:46	09:35 min/Km
128	34	238	MÉNDEZ ANTELA , JOSÉ ANTONIO	MALE	VET		03:02:48	+01:08:32	09:38 min/Km
129	83	158	CORDERO RODRIGUEZ , FRAN	MALE	ABSOLUTA	PASA OU ENTORNA	03:03:33	+01:09:17	09:40 min/Km
130	84	278	RAMOS ALONSO , VICTOR	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	03:04:07	+01:09:51	09:42 min/Km
131	11	63	MOURIÑO VIÑAS , OTI	FEMALE	ABSOLUTA-F	MULLER EN FORMA	03:04:16	+01:10:00	09:42 min/Km
132	12	258	PEREIRA , MARIA	FEMALE	ABSOLUTA-F	CLUB MONTEPENARUBIA	03:04:17	+01:10:01	09:42 min/Km

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133	85	279	RARÍS CASTRO , RUBÉN	MALE	ABSOLUTA	CROSSFIT BERKANA	03:04:27	+01:10:11	09:43 min/Km
134	35	311	SOUTO FACAL , ENRIQUE	MALE	VET	INDEPENDIENTE	03:04:34	+01:10:18	09:43 min/Km
135	36	306	SANTOS SAAVEDRA , NICOLÁS	MALE	VET	INDEPENDIENTE	03:05:21	+01:11:05	09:46 min/Km
136	37	270	PRESAS NAVEIRA , JOSE LUIS	MALE	VET		03:05:24	+01:11:08	09:46 min/Km
137	13	126	AMADO FERNANDEZ , NOELIA	FEMALE	ABSOLUTA-F		03:06:52	+01:12:36	09:51 min/Km
138	38	154	CHONG IRIMIA , JAVIER	MALE	VET		03:07:10	+01:12:54	09:52 min/Km
139	14	121	ABELLEIRA CORRAL , GEMA	FEMALE	ABSOLUTA-F	MULLER EN FORMA	03:07:10	+01:12:54	09:52 min/Km
140	15	330	BARRIO FERNANDEZ , ARANZAZU	FEMALE	ABSOLUTA-F	MULLER EN FORMA	03:07:14	+01:12:58	09:52 min/Km
141	3	275	QUINTAS , LUDI	FEMALE	VET-F		03:07:15	+01:12:59	09:52 min/Km
142	4	197	GALLEGO VILLASENÍN , COVADONGA	FEMALE	VET-F	CLUB ATLETISMO SADA MONTAÑA	03:07:17	+01:13:01	09:52 min/Km
143	39	127	AMADO GARRIDO , NACHO	MALE	VET		03:07:59	+01:13:43	09:54 min/Km
144	5	210	GOYANES MARTINEZ , SUSANA	FEMALE	VET-F	RUNNING OLEIROS	03:09:24	+01:15:08	09:59 min/Km
145	16	329	YÁÑEZ RABANAL , MARÍA	FEMALE	ABSOLUTA-F	CLUB DE MONTAÑA O CORDAL	03:09:25	+01:15:09	09:59 min/Km
146	86	235	MARTINEZ SECO , ROBERO	MALE	ABSOLUTA		03:09:32	+01:15:16	09:59 min/Km
147	87	161	COUCE LÓPEZ , ALFONSO	MALE	ABSOLUTA		03:09:32	+01:15:16	09:59 min/Km
148	17	156	COLLAZO COSTA , INMA	FEMALE	ABSOLUTA-F		03:10:06	+01:15:50	10:01 min/Km
149	40	205	GONZÁLEZ COBO , RESTITUTO	MALE	VET		03:10:34	+01:16:18	10:02 min/Km
150	18	211	GRANDIO MONTES , RAQUEL	FEMALE	ABSOLUTA-F	MULLER EN FORMA	03:11:06	+01:16:50	10:04 min/Km
151	88	246	OTERO GARCIA , ELADIO	MALE	ABSOLUTA	INDEPENDIENTE	03:12:53	+01:18:37	10:10 min/Km
152	41	223	LÓPEZ RIOPEDRE , JOSÉ	MALE	VET	FLUVIAL MONTE SEGADE	03:13:51	+01:19:35	10:13 min/Km
153	89	297	RODRÍGUEZ VÁZQUEZ , MIGUEL	MALE	ABSOLUTA		03:14:21	+01:20:05	10:14 min/Km
154	19	129	BALLESTER ALARCÓN , DULCE MARÍA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	03:15:45	+01:21:29	10:19 min/Km
155	90	315	SUSAVILA VILAS , HADRIÁN	MALE	ABSOLUTA	INDEPENDIENTE	03:15:45	+01:21:29	10:19 min/Km
156	20	318	VANOVERVELT , CHLOÉ	FEMALE	ABSOLUTA-F	RUNNING OLEIROS	03:17:55	+01:23:39	10:25 min/Km
157	91	196	FREIRE FERNÁNDEZ , JORGE	MALE	ABSOLUTA		03:21:01	+01:26:45	10:35 min/Km
158	92	187	FERNANDEZ PUENTES , XURXO	MALE	ABSOLUTA		03:23:39	+01:29:23	10:44 min/Km
159	93	302	SÁNCHEZ MOUGÁN , JOSÉ CARLOS	MALE	ABSOLUTA		03:24:12	+01:29:56	10:45 min/Km
160	94	122	ACEÑA GÓMEZ , MARCO	MALE	ABSOLUTA		03:25:42	+01:31:26	10:50 min/Km
161	95	135	BLANCO OLIVER , IÑIGO	MALE	ABSOLUTA		03:25:42	+01:31:26	10:50 min/Km
162	96	254	PARDIÑAS GONZALEZ , MARCOS	MALE	ABSOLUTA	A.D DOWNHILL	03:27:16	+01:33:00	10:55 min/Km
163	97	317	VALIÑA CEREIJO , VENERANDO	MALE	ABSOLUTA	FAISE O QUE SE PODE	03:28:05	+01:33:49	10:58 min/Km
164	21	233	MARTINEZ FRIGOLA , MAR	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	03:28:20	+01:34:04	10:58 min/Km
165	42	312	SOUTO VAZQUEZ , EDUARDO	MALE	VET	NOSPORTLIMIT	03:28:20	+01:34:04	10:58 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	META	DIF 1º	RITMO
166	22	163	CURES RODRIGUEZ , VERÓNICA	FEMALE	ABSOLUTA-F	DONWHILL	03:28:21	+01:34:05	10:58 min/Km
167	23	217	LEMA OZÓN , SANDRA	FEMALE	ABSOLUTA-F	AD JARNACHAS	03:28:21	+01:34:05	10:58 min/Km
168	98	141	CAGIAO BOUZA , JUAN	MALE	ABSOLUTA	PASA OU ENTORNA	03:28:22	+01:34:06	10:58 min/Km
169	24	183	FERNANDEZ ALVAREZ , ALEJANDRA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO SADA MONTAÑA	03:29:14	+01:34:58	11:01 min/Km
170	6	231	MARGARETO NOYA , MERCEDES	FEMALE	VET-F	MONTEFARO TRAIL	03:29:38	+01:35:22	11:02 min/Km
171	7	168	DIAZ COLMENARES , SUSANA	FEMALE	VET-F	MULLER EN FORMA	03:30:02	+01:35:46	11:04 min/Km
172	25	150	CASAS ALVAREZ , BANESA	FEMALE	ABSOLUTA-F	TOXIZA CLUBE DE MONTAÑA	03:30:40	+01:36:24	11:06 min/Km
173	43	209	GONZÁLEZ-LLANOS , MIGUEL	MALE	VET	KURAI	03:32:18	+01:38:02	11:11 min/Km
174	99	249	PALACIOS REY , HUMBERTO	MALE	ABSOLUTA	TOXIZA CLUBE DE MONTAÑA	03:32:43	+01:38:27	11:12 min/Km
175	100	274	QUINTÁNS RIAL , LUIS ALBERTO	MALE	ABSOLUTA	INDEPENDIENTE	03:32:58	+01:38:42	11:13 min/Km
176	44	273	QUIGLEY , BLAINE	MALE	VET		03:36:57	+01:42:41	11:26 min/Km
177	101	266	POMBO CASTRO , ANGEL	MALE	ABSOLUTA	CLUB ATLETISMO SADA MONTAÑA	03:38:19	+01:44:03	11:30 min/Km
178	102	239	MERCADOR MOUCE , FERNANDO	MALE	ABSOLUTA		03:39:35	+01:45:19	11:34 min/Km
179	45	190	FERNÁNDEZ TRISAC , JOSE LUIS	MALE	VET	INDEPENDIENTE	03:39:35	+01:45:19	11:34 min/Km
180	46	144	CALVO MANTEIGA , LUIS F.	MALE	VET		03:44:26	+01:50:10	11:49 min/Km
181	103	153	CASTRO CAMPOS , IBAN	MALE	ABSOLUTA		03:58:27	+02:04:11	12:33 min/Km
182	47	221	LÓPEZ ÁLVAREZ , MANUEL	MALE	VET		03:58:28	+02:04:12	12:34 min/Km
183	104	145	CAMPello LÓPEZ , JOSE ANTONIO	MALE	ABSOLUTA		03:58:28	+02:04:12	12:34 min/Km
184	105	295	RODRIGUEZ RODRIGUEZ , MIGUEL	MALE	ABSOLUTA		04:01:40	+02:07:24	12:44 min/Km
185	106	296	RODRIGUEZ RODRIGUEZ , SERGIO	MALE	ABSOLUTA		04:01:40	+02:07:24	12:44 min/Km
186	26	192	FERREIRO GAREA , BELEN	FEMALE	ABSOLUTA-F		04:01:40	+02:07:24	12:44 min/Km
187	27	219	LLINARES GARRIDO , AMELIA	FEMALE	ABSOLUTA-F	MULLER EN FORMA	04:05:38	+02:11:22	12:56 min/Km
188	28	186	FERNANDEZ GARCIA , ROCIO	FEMALE	ABSOLUTA-F	PASA OU ENTORNA	04:51:43	+02:57:27	15:22 min/Km