



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
1	1	1	TOUCEDO SANTOS , ESTEBAN	MALE	SACHO-M	MÁXIKO - MASAXES KIKO	01:18:32	05:15 min/Km
2	2	175	INSUA DIAZ , RUBEN	MALE	SACHO-M	CDM VÉRTICE	01:18:38	05:15 min/Km
3	1	85	TRABA CAAMAÑO , PEDRO	MALE	FOUSA-M	CLUB ATLETISMO OUTES	01:19:12	05:17 min/Km
4	2	172	GONZÁLEZ HORTA , ELOY	MALE	FOUSA-M	LODEIROS TRAIL	01:19:13	05:17 min/Km
5	3	225	RENTE LOPEZ , JORGE	MALE	SACHO-M	TRAILEROS TOXOS E BIRRAS	01:19:29	05:18 min/Km
6	4	28	FIEL , MANUEL	MALE	SACHO-M	C. A. CAMBADOS - SEGUROS NOVAL	01:21:17	05:26 min/Km
7	3	75	POUSO VIDAL , LUCAS	MALE	FOUSA-M	C. A. CAMBADOS - SEGUROS NOVAL	01:21:22	05:26 min/Km
8	4	228	RIAL CASTAÑO , SALVA	MALE	FOUSA-M	TRIBU TRAIL	01:24:49	05:40 min/Km
9	5	53	LORENZO GUIMARANS , FERNANDO	MALE	FOUSA-M	CDM XESTEIRAS	01:24:59	05:40 min/Km
10	6	65	OUBIÑA FALCÓN , MAXI	MALE	FOUSA-M	C. A. CAMBADOS - SEGUROS NOVAL	01:25:22	05:42 min/Km
11	1	42	GONZALEZ SANTAMARÍA , JOSE MANUEL	MALE	MACHADO-M	S.D. BARBANTIA RODA	01:25:50	05:44 min/Km
12	7	144	DOPICO GALDO , DIEGO	MALE	FOUSA-M	OXIO TRAINING CLUB	01:26:37	05:47 min/Km
13	5	145	DOVAL BAO , ANTON	MALE	SACHO-M	TRAILEROS TOXOS E BIRRAS	01:26:38	05:47 min/Km
14	8	234	RODRÍGUEZ OTERO , MARIO	MALE	FOUSA-M	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	01:27:09	05:49 min/Km
15	9	237	SÁNCHEZ VÁZQUEZ , ADRIÁN	MALE	FOUSA-M		01:28:36	05:55 min/Km
16	6	209	PASTOR NAVARRO , JUAN GABRIEL	MALE	SACHO-M	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	01:29:10	05:57 min/Km
17	7	109	BALADO , ROBERTO	MALE	SACHO-M	TRAILEROS TOXOS E BIRRAS	01:29:13	05:57 min/Km
18	10	39	GONZÁLEZ HORTA , VICTOR	MALE	FOUSA-M	LODEIROS	01:29:15	05:57 min/Km
19	11	51	LOPEZ SANCHEZ , DAVID	MALE	FOUSA-M	TARTARUGAS	01:29:21	05:58 min/Km
20	2	211	PAZOS CARBÓN , PEDRO	MALE	MACHADO-M	SD COMPOSTELA ATLETISMO	01:30:17	06:02 min/Km
21	12	114	BARRIENTOS OREIRO , JAVIER	MALE	FOUSA-M	CONCO BOX	01:30:18	06:02 min/Km
22	13	138	CONDE BARREIRO , DANIEL	MALE	FOUSA-M	CLUB ATLETISMO OUTES	01:31:06	06:05 min/Km
23	14	248	TOSAR ASOREY , FRANCISCO	MALE	FOUSA-M	INDEPENDIENTE	01:31:09	06:05 min/Km
24	15	14	BUJÁN GONZÁLEZ , JOSE	MALE	FOUSA-M	CLUB ATLETISMO OUTES	01:31:36	06:07 min/Km
25	3	33	GARCÍA ABALO , KIKO	MALE	MACHADO-M	MÁXIKO - MASAXES KIKO	01:32:07	06:09 min/Km
26	16	18	CAMEAN CAMEAN , ROBERTO	MALE	FOUSA-M	INCOR AUTOVIDRIO	01:32:29	06:10 min/Km
27	17	217	PIÑEIRO MAYO , ÁLVARO	MALE	FOUSA-M	CLUBE DE ATLETISMO SERRES RUNNERS	01:32:33	06:11 min/Km
28	18	57	MARTÍNEZ M , ALBERTO	MALE	FOUSA-M	INCOR AUTOVIDRIO	01:32:40	06:11 min/Km
29	19	129	CARBIA MENDEZ , JUAN LUIS	MALE	FOUSA-M	INDEPENDIENTE	01:33:23	06:14 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
30	8	159	FUENTES MOSTEIRO , ÓSCAR	MALE	SACHO-M	CDM XESTEIRAS	01:33:28	06:14 min/Km
31	20	103	AGEITOS SANLES , FERNANDO	MALE	FOUSA-M	INCOR AUTOVIDRIO	01:33:52	06:16 min/Km
32	21	23	CORDOVILLA GONZÁLEZ , MARIO	MALE	FOUSA-M	TRAILEROS TOXOS E BIRRAS	01:34:22	06:18 min/Km
33	22	108	ALVAREZ-BUYLLA , JULIO	MALE	FOUSA-M	GMTA&CHUVONERS	01:34:25	06:18 min/Km
34	23	252	VÁZQUEZ REIRIZ , LUIS	MALE	FOUSA-M	TRIBU TRAIL	01:34:27	06:18 min/Km
35	9	54	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	SACHO-M	CDM VÉRTICE	01:35:02	06:21 min/Km
36	24	76	QUINTELA MARTÍNEZ , IBÁN	MALE	FOUSA-M	TARTARUGAS	01:35:11	06:21 min/Km
37	25	112	BARREIRO VÁZQUEZ , RAMON	MALE	FOUSA-M	CDM VÉRTICE	01:35:17	06:22 min/Km
38	26	40	GONZALEZ MARIÑO , ADOLFO	MALE	FOUSA-M	INT. TREK. SAR BARBANZA	01:36:01	06:25 min/Km
39	27	70	PÉREZ LORENZO , OSCAR	MALE	FOUSA-M	MÁXIKO - MASAXES KIKO	01:36:25	06:26 min/Km
40	28	48	LEMA CAAMAÑO , RUBEN	MALE	FOUSA-M	INDEPENDIENTE	01:36:29	06:26 min/Km
41	29	133	CASTIÑEIRAS PORTOS , MANUEL	MALE	FOUSA-M	SD COMPOSTELA ATLETISMO	01:36:44	06:27 min/Km
42	30	243	SENDON RODRIGUEZ , JOSE DOMINGO	MALE	FOUSA-M	FONTES DO SAR	01:36:54	06:28 min/Km
43	4	118	BREY MATO , ROBERTO	MALE	MACHADO-M	CDM VÉRTICE	01:37:29	06:30 min/Km
44	31	7	ASTRAY LÓPEZ , PABLO	MALE	FOUSA-M	S.D. BARBANTIA RODA	01:37:36	06:31 min/Km
45	32	36	GÓMEZ GARCÍA , ABEL	MALE	FOUSA-M	INDEPENDIENTE	01:37:49	06:32 min/Km
46	5	187	MARIDO CASAIS , MODESTO	MALE	MACHADO-M		01:37:55	06:32 min/Km
47	33	61	NOYA VAL , JUAN MANUEL	MALE	FOUSA-M	CLD LOUSAME TRAIL	01:38:11	06:33 min/Km
48	34	232	RODRÍGUEZ FERNÁNDEZ , JULIO	MALE	FOUSA-M	TRIBU TRAIL	01:38:43	06:35 min/Km
49	10	134	CASTRO FRECHA , BRUNO	MALE	SACHO-M	BJ JOYAS DEL CAMINO	01:38:53	06:36 min/Km
50	35	21	CASAL SANTOS , MARCOS	MALE	FOUSA-M	INDEPENDIENTE	01:38:54	06:36 min/Km
51	36	113	BARREIROS , MANUEL	MALE	FOUSA-M	CLUBE DE ATLETISMO SERRES RUNNERS	01:38:54	06:36 min/Km
52	1	126	CALVO DOPAZO , VERÓNICA	FEMALE	FOUSA-F	CDM VÉRTICE	01:38:55	06:36 min/Km
53	37	3	AGUÍN FERNÁNDEZ , LUIS	MALE	FOUSA-M	CHISPAS	01:39:00	06:36 min/Km
54	6	111	BARREIRO CORDEIRO , JAVIER	MALE	MACHADO-M	NOSPORTLIMIT	01:39:11	06:37 min/Km
55	38	137	COLLAR AMADO , BORJA	MALE	FOUSA-M	BJ JOYAS DEL CAMINO	01:39:39	06:39 min/Km
56	39	17	CABEZAL , ALEJANDO	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS CLUB	01:39:39	06:39 min/Km
57	11	222	RAMOS VALE , LUIS	MALE	SACHO-M	OS CORZOS DO ORTEGAL	01:39:42	06:39 min/Km
58	12	90	VAZQUEZ , ISMAEL	MALE	SACHO-M		01:40:05	06:41 min/Km
59	40	110	BARGO PEREZ , JOSE MANUEL	MALE	FOUSA-M	CLD LOUSAME TRAIL	01:40:20	06:42 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
60	41	208	OVIEDO BOUZAS , FRAN	MALE	FOUSA-M	DESGUACES FERREIRO	01:41:11	06:45 min/Km
61	42	192	MAYO BALDERRABANO , JUAN	MALE	FOUSA-M	PAVIMENTOS NOIA	01:41:12	06:45 min/Km
62	43	203	MUÑIZ GONZALEZ , DIONISIO	MALE	FOUSA-M	C. A. CAMBADOS - SEGUROS NOVAL	01:41:26	06:46 min/Km
63	44	218	PONTE SOMOZA , JOSÉ MANUEL	MALE	FOUSA-M	CLUB ATLETISMO OUTES	01:41:40	06:47 min/Km
64	45	5	ALONSO REFOJO , MARCOS	MALE	FOUSA-M		01:41:49	06:48 min/Km
65	46	174	IGLESIAS VIGO , JAVIER	MALE	FOUSA-M	INDEPENDIENTE	01:41:55	06:48 min/Km
66	7	136	CERNADAS TRILLO , JOSÉ MANUEL	MALE	MACHADO-M	CLUB ATLETISMO OUTES	01:42:08	06:49 min/Km
67	47	72	PESTONIT FREIRE , NOÉ	MALE	FOUSA-M	TRIBU TRAIL	01:42:15	06:49 min/Km
68	13	191	MATEOS GIL , JAIME	MALE	SACHO-M	INDEPENDIENTE	01:43:13	06:53 min/Km
69	14	199	MÍLLARA ROLAN , FERNANDO	MALE	SACHO-M	C.A.R. MARISQUEIRO	01:43:15	06:53 min/Km
70	48	68	PEREIRAS COUTO , ÁLVARO	MALE	FOUSA-M	PEREIRAS CONGELADOS	01:43:21	06:54 min/Km
71	49	177	LAGOS PEREIRO , ANTONIO	MALE	FOUSA-M	CDM VÉRTICE	01:43:40	06:55 min/Km
72	50	161	GARCIA BLANCO , MARCIAL	MALE	FOUSA-M	CLD LOUSAME TRAIL	01:43:44	06:55 min/Km
73	2	149	ESTEIRO RAMOS , PAULA	FEMALE	FOUSA-F	TRIBU TRAIL	01:43:45	06:55 min/Km
74	51	19	CAMIÑA SEREN , ANGEL	MALE	FOUSA-M	CHISPAS	01:43:50	06:56 min/Km
75	15	142	CRUZ DE LA FUENTE , OSCAR	MALE	SACHO-M	BJ JOYAS DEL CAMINO	01:44:12	06:57 min/Km
76	16	183	LÓPEZ VITURRO , VÍCTOR	MALE	SACHO-M	PEDRA SERPAL	01:44:36	06:59 min/Km
77	8	139	COSTAS FERNÁNDEZ , ALFONSO	MALE	MACHADO-M		01:44:37	06:59 min/Km
78	52	101	ABAL TOBIO , OSCAR	MALE	FOUSA-M	INDEPENDIENTE	01:44:40	06:59 min/Km
79	53	15	BUSTELO , JULIO	MALE	FOUSA-M	INDEPENDIENTE	01:44:57	06:60 min/Km
80	54	4	ALDREY RAICES , JOSE MANUEL	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS CLUB	01:44:57	06:60 min/Km
81	55	140	COTOS CASTRO , SANTIAGO	MALE	FOUSA-M	INDEPENDIENTE	01:45:21	07:02 min/Km
82	56	67	PAZ CALO , JORGE	MALE	FOUSA-M		01:45:24	07:02 min/Km
83	57	131	CASÁS CASÁS , JOSÉ MANUEL	MALE	FOUSA-M	INDEPENDIENTE	01:45:39	07:03 min/Km
84	58	87	VARELA VALLADARES , ALEJANDRO	MALE	FOUSA-M	C. A. CAMBADOS - SEGUROS NOVAL	01:45:43	07:03 min/Km
85	59	241	SANTOS LAMPÓN , JOSÉ	MALE	FOUSA-M	FLOW PILATES & TRAINNING	01:46:28	07:06 min/Km
86	3	74	POMBO MOURELOS , MARY	FEMALE	FOUSA-F	CDM VÉRTICE	01:46:36	07:07 min/Km
87	60	30	FIGUEIRO RESUA , JAVI	MALE	FOUSA-M	MÁXIKO - MASAXES KIKO	01:47:41	07:11 min/Km
88	9	254	VICENTE , LUIS ALBERTO	MALE	MACHADO-M	LOS GEMELOS TEAM	01:48:09	07:13 min/Km
89	61	104	AGRAFOJO MANTEIGA , DOMINGO	MALE	FOUSA-M	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	01:48:50	07:16 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
90	17	43	GOYANES SOUTO , ADRIÁN	MALE	SACHO-M		01:49:16	07:18 min/Km
91	10	198	MÍLLARA DÍAZ , MANUEL ALBERTO	MALE	MACHADO-M	C.A.R. MARISQUEIRO	01:49:38	07:19 min/Km
92	4	150	FAJIN PEREZ , SILVIA	FEMALE	FOUSA-F	BJ JOYAS DEL CAMINO	01:49:47	07:20 min/Km
93	62	185	LUCAS PEREZ , LUCIANO	MALE	FOUSA-M	INDEPENDIENTE	01:50:38	07:23 min/Km
94	63	47	LAMAS POSE , JOSÉ MANUEL	MALE	FOUSA-M	INDEPENDIENTE	01:51:15	07:25 min/Km
95	1	253	VERES OJEA , ELENA	FEMALE	SACHO-F	SD COMPOSTELA ATLETISMO	01:51:20	07:26 min/Km
96	64	73	PIÑEIRO AGRAFOJO , IVAN	MALE	FOUSA-M	CDM VÉRTICE	01:51:43	07:27 min/Km
97	1	84	TOREA TOREA , ELENA	FEMALE	MACHADO-F	CLUB ATLETISMO LOUSAME	01:51:45	07:27 min/Km
98	18	186	MAREQUE , OSCAR	MALE	SACHO-M		01:52:40	07:31 min/Km
99	11	52	LÓPEZ SÁNCHEZ , JAIME	MALE	MACHADO-M	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	01:52:44	07:31 min/Km
100	65	25	FERNÁNDEZ SANTAMARÍA , JOAQUÍN	MALE	FOUSA-M	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	01:52:44	07:31 min/Km
101	66	206	NÚÑEZ QUEIRUGA , ZALO	MALE	FOUSA-M	MONTEMUÍÑO	01:52:55	07:32 min/Km
102	67	204	NUÑEZ ARRANZ , DAVID	MALE	FOUSA-M	OJANCO	01:52:56	07:32 min/Km
103	68	59	MONTEAGUDO ARUFE , MANOLO	MALE	FOUSA-M	TRIBU TRAIL	01:53:22	07:34 min/Km
104	69	147	ESCRIBANO SAÑUDO , FERNANDO	MALE	FOUSA-M		01:53:23	07:34 min/Km
105	12	236	SAMBADE CARREIRA , JOSE	MALE	MACHADO-M	INDEPENDIENTE	01:53:27	07:34 min/Km
106	70	246	TAJES PÉREZ , JESÚS	MALE	FOUSA-M	TRIBU TRAIL	01:53:51	07:36 min/Km
107	19	46	LADO TARELA , PABLO	MALE	SACHO-M		01:53:53	07:36 min/Km
108	13	152	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	MACHADO-M	INDEPENDIENTE	01:54:26	07:38 min/Km
109	14	244	SOBRINO ALFONSO , MARIO MANUEL	MALE	MACHADO-M	LOS GEMELOS TEAM	01:54:46	07:40 min/Km
110	71	107	ALVAREZ , ESTEBAN	MALE	FOUSA-M	LOS GEMELOS TEAM	01:54:47	07:40 min/Km
111	15	162	GARCÍA ESMORIS , JOSÉ LUIS	MALE	MACHADO-M	INDEPENDIENTE	01:55:11	07:41 min/Km
112	72	89	VARELA VALLADARES , CÉSAR	MALE	FOUSA-M	C. A. CAMBADOS - SEGUROS NOVAL	01:55:17	07:42 min/Km
113	73	257	VILLAR MARTÍNEZ , PAULINO	MALE	FOUSA-M	INDEPENDIENTE	01:55:26	07:42 min/Km
114	16	160	GARCÍA ARES , JOSE MANUEL	MALE	MACHADO-M	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	01:55:33	07:43 min/Km
115	17	9	BARREIRO CERNADAS , RAMON	MALE	MACHADO-M	CLUB ATLETISMO OUTES	01:55:43	07:43 min/Km
116	2	86	TUBIO HERMO , MARIA	FEMALE	SACHO-F	S.D. BARBANTIA RODA	01:55:55	07:44 min/Km
117	2	157	FORMOSO NOCEDA , TINA	FEMALE	MACHADO-F	TRIBU TRAIL	01:55:59	07:44 min/Km
118	20	125	CALVIÑO SOLLA , DAVID	MALE	SACHO-M		01:56:11	07:45 min/Km
119	18	235	ROMERO OLVEIRA , JOSE MANUEL	MALE	MACHADO-M	C.A. VETERANOS DE SAMIL	01:56:19	07:46 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
120	74	143	DEL RIO LIBOERIRO , FRANCISCO JAVIER	MALE	FOUSA-M	INDEPENDIENTE	01:56:20	07:46 min/Km
121	19	44	IGLESIAS , TINO	MALE	MACHADO-M	TARTARUGAS	01:56:47	07:48 min/Km
122	21	205	NÚÑEZ QUEIRUGA , ESTEBAN	MALE	SACHO-M	MONTEMUÍÑO	01:57:14	07:49 min/Km
123	3	34	GARCÍA ABALO , MADA	FEMALE	MACHADO-F	MÁXIKO - MASAXES KIKO	01:57:25	07:50 min/Km
124	75	24	FERNANDEZ RIAL , SANTIAGO	MALE	FOUSA-M		01:57:33	07:51 min/Km
125	76	219	PORTELA RODRIGUEZ , ANGEL	MALE	FOUSA-M	LOS GEMELOS TEAM	01:58:17	07:54 min/Km
126	3	207	ORCAJADA ROBLES , MARIA ISABEL	FEMALE	SACHO-F	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	01:58:17	07:54 min/Km
127	77	16	BUSTO GALLARDO , JOSE MANUEL	MALE	FOUSA-M	CLUB ATLETISMO LOUSAME	01:58:37	07:55 min/Km
128	78	123	CAJARAVILLE DAPENA , PABLO	MALE	FOUSA-M	INDEPENDIENTE	01:58:58	07:56 min/Km
129	79	215	PIÑEIRO ABEIJON , BENITO	MALE	FOUSA-M		01:59:17	07:58 min/Km
130	80	220	RAMA GARCÍA , DANIEL	MALE	FOUSA-M		01:59:17	07:58 min/Km
131	20	200	MOLEDO LOPEZ , DOMINGO	MALE	MACHADO-M	CLUB ATLETISMO OUTES	01:59:22	07:58 min/Km
132	81	188	MARTINEZ ARES , LUIS ALBERTO	MALE	FOUSA-M	CLUB ATLETISMO SADA MONTAÑA	01:59:33	07:59 min/Km
133	22	45	JIMENEZ MICOLA , ROBERTO JOSE	MALE	SACHO-M		01:59:49	07:60 min/Km
134	21	63	OTERO DÍAZ , MARIO	MALE	MACHADO-M	C.D. RÍA DE AROUSA	01:59:54	07:60 min/Km
135	22	224	RECOUSO GARCÍA , JUAN CARLOS	MALE	MACHADO-M	INDEPENDIENTE	01:59:58	07:60 min/Km
136	5	197	MELLA SEIJIDO , MARTA	FEMALE	FOUSA-F	GMTA&CHUVONERS	01:59:59	07:60 min/Km
137	82	20	CARRACEDO POSE , RUBÉN JOSÉ	MALE	FOUSA-M	INDEPENDIENTE	02:00:19	08:02 min/Km
138	83	106	ALONSO ALONSO , JUAN	MALE	FOUSA-M		02:00:26	08:02 min/Km
139	6	196	MEJUTO FERNANDE , NURIA	FEMALE	FOUSA-F	SD COMPOSTELA ATLETISMO	02:00:47	08:04 min/Km
140	4	37	GÓMEZ LODEIROS , SUSANA	FEMALE	MACHADO-F	TARTARUGAS	02:02:33	08:11 min/Km
141	23	176	LAGO MOLEDO , MANUEL	MALE	MACHADO-M	CLUB ATLETISMO OUTES	02:02:34	08:11 min/Km
142	5	92	VEIGA BLANCO , MONTSERRAT	FEMALE	MACHADO-F	CLUB ATLETISMO FONTES DO SAR	02:03:34	08:15 min/Km
143	24	71	PEREZ SUSAVILA , ANGEL	MALE	MACHADO-M	INDEPENDIENTE	02:03:35	08:15 min/Km
144	23	82	TEIRA OTERO , LUÍS MANUEL	MALE	SACHO-M	PRÓLOGO! PROJECT	02:03:39	08:15 min/Km
145	84	135	CELA BOISA , RUBEN	MALE	FOUSA-M		02:04:04	08:17 min/Km
146	24	194	MAYO GIRAUT , RUBÉN	MALE	SACHO-M	INDEPENDIENTE	02:04:19	08:18 min/Km
147	25	247	TORRES GONZÁLEZ , JOSE	MALE	MACHADO-M	INDEPENDIENTE	02:04:41	08:19 min/Km
148	85	12	BRETAL BAZARRA , VENTURA	MALE	FOUSA-M	AUTOESCUELA MIGUEK	02:05:09	08:21 min/Km
149	86	38	GONZALEZ GARCIA , JAVIER	MALE	FOUSA-M	TARTARUGAS	02:05:17	08:22 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
150	6	91	VEIGA BERMEJO , ARACELI	FEMALE	MACHADO-F	C. A. CAMBADOS - SEGUROS NOVAL	02:06:07	08:25 min/Km
151	87	146	EIRAS RIVADENEIRA , CARLOS	MALE	FOUSA-M	CLUBE DE ATLETISMO SERRES RUNNERS	02:07:16	08:30 min/Km
152	88	66	PALMERO DOSIL , MIGUEL ÁNGEL	MALE	FOUSA-M	INDEPENDIENTE	02:07:31	08:31 min/Km
153	89	233	RODRIGUEZ GARCÍA , ANTONIO	MALE	FOUSA-M	CLUB ATLETISMO OUTES	02:07:35	08:31 min/Km
154	7	120	BUSTO SANTALLA , ANA	FEMALE	FOUSA-F	INDEPENDIENTE	02:07:41	08:31 min/Km
155	90	255	VIDAL RODRÍGUEZ , OSCAR	MALE	FOUSA-M	INDEPENDIENTE	02:07:56	08:32 min/Km
156	26	80	RODRIGUEZ JURJO , VITOR MANUEL	MALE	MACHADO-M		02:08:02	08:33 min/Km
157	27	27	FERREIRÓS FERNÁNDEZ , JOSE	MALE	MACHADO-M	TARTARUGAS	02:08:59	08:36 min/Km
158	7	130	CASAL LLORENTE , CARMEN	FEMALE	MACHADO-F	INDEPENDIENTE	02:09:09	08:37 min/Km
159	91	6	ARREGUI LARRAÑAGA , AITOR	MALE	FOUSA-M		02:09:14	08:37 min/Km
160	28	240	SANTOS GARCIA , JUAN JOSÉ	MALE	MACHADO-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS CLUB	02:09:28	08:38 min/Km
161	92	60	MONTERO BOTANA , ALEJANDRO	MALE	FOUSA-M	INDEPENDIENTE	02:09:46	08:40 min/Km
162	29	210	PAZ SILVA , ADÁN	MALE	MACHADO-M	INDEPENDIENTE	02:10:41	08:43 min/Km
163	93	64	OTERO MARTÍNEZ , JORGE	MALE	FOUSA-M	INDEPENDIENTE	02:11:25	08:46 min/Km
164	30	214	PÉREZ VIDAL , GERMÁN	MALE	MACHADO-M	CLUB ATLETISMO NOIA	02:12:11	08:49 min/Km
165	31	212	PEÑA BARREIRO , JUAN RAMÓN	MALE	MACHADO-M	CLUB ATLETISMO NOIA	02:12:12	08:49 min/Km
166	8	132	CASTIÑEIRAS GALLEGU , REBECA	FEMALE	MACHADO-F	CLUBE DE ATLETISMO SERRES RUNNERS	02:12:30	08:50 min/Km
167	32	77	RIAL PAIS , JOSE	MALE	MACHADO-M	CLUB ATLETISMO OUTES	02:12:31	08:51 min/Km
168	94	223	REBOLLIDO FERNÁNDEZ , FÉLIX	MALE	FOUSA-M	CLUBE DE ATLETISMO SERRES RUNNERS	02:13:09	08:53 min/Km
169	8	122	CABALLERO , LIZA MABEL	FEMALE	FOUSA-F	ADC BREAMO	02:13:29	08:54 min/Km
170	33	69	PÉREZ BALIRAC , JESUS	MALE	MACHADO-M	NOITEBRA FC	02:13:56	08:56 min/Km
171	95	153	FERREIROS LOPEZ , FRANCISCO	MALE	FOUSA-M	INDEPENDIENTE	02:14:17	08:58 min/Km
172	25	249	TRILLO CAAMAÑO , RUBEN	MALE	SACHO-M	TRABANDAINAS	02:14:18	08:58 min/Km
173	34	83	TEIRA PIÑEIRO , MANUEL MARÍA	MALE	MACHADO-M	PRÓLOGO! PROJECT	02:14:24	08:58 min/Km
174	9	105	AGUIN TRELLES , MARGARITA	FEMALE	MACHADO-F	CLUB DEPORTIVO RIA DE AROUSA	02:14:37	08:59 min/Km
175	35	193	MAYO CAAMAÑO , JOSÉ MANUEL	MALE	MACHADO-M	VENDAVAL ESTEIRO	02:17:33	09:11 min/Km
176	36	41	GONZÁLEZ PAZ , ANGEL JULIO	MALE	MACHADO-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS CLUB	02:20:14	09:21 min/Km
177	9	78	RIAÑO LUEIRO , NOELIA	FEMALE	FOUSA-F	VIRXIJIANOS TRAIL - SACHACAMIÑOS CLUB	02:20:14	09:21 min/Km
178	96	88	VARELA VALLADARES , BRUNO	MALE	FOUSA-M	CHISPAS	02:20:52	09:24 min/Km
179	26	50	LOIS PARGA , MARTIN	MALE	SACHO-M	INDEPENDIENTE	02:20:54	09:24 min/Km



TRAIL SERIES 2022 - TRAIL DE OUTES - O FREIXO - ABSOLUTO -

30 XANEIRO 2022

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
180	10	181	LOOEZ VEIGA , ANA	FEMALE	MACHADO-F		02:21:02	09:25 min/Km
181	37	56	MARTINEZ CALO , ANGEL	MALE	MACHADO-M	VIRXIJANOS TRAIL - SACHACAMIÑOS CLUB	02:21:22	09:26 min/Km
182	38	31	FRANCO MARTÍNEZ , ALEJANDRO	MALE	MACHADO-M	INDEPENDIENTE	02:22:03	09:29 min/Km
183	11	151	FERNÁNDEZ GARCÍA , VICTORIA	FEMALE	MACHADO-F	FURANCHO DEPORTIVO	02:22:42	09:31 min/Km
184	97	227	RIAL , RICARDO	MALE	FOUSA-M	A.C. A ESTORNELA	02:25:03	09:41 min/Km
185	98	115	BATALLA RIVEIRO , MIGUEL	MALE	FOUSA-M	A.C. A ESTORNELA	02:25:03	09:41 min/Km
186	99	79	RIVEIRO POSSE , ANXO	MALE	FOUSA-M	A.C. A ESTORNELA	02:25:06	09:41 min/Km
187	39	180	LIMERES PORTAS , CANDIDO	MALE	MACHADO-M	A.C. A ESTORNELA	02:25:07	09:41 min/Km
188	27	229	RIVEIRO OLIVEIRA , LORENZO	MALE	SACHO-M	A.C. A ESTORNELA	02:25:07	09:41 min/Km
189	12	124	CAJUSO BARBAZAN , CHEFA	FEMALE	MACHADO-F	CLUB ATLETISMO NEGREIRA	02:28:34	09:55 min/Km
190	10	182	LOPEZ LOPEZ , LAURA FELISA	FEMALE	FOUSA-F	INDEPENDIENTE	02:28:39	09:55 min/Km
191	100	55	MARTINEZ , JOSE JOAQUIN	MALE	FOUSA-M	INDEPENDIENTE	02:30:09	10:01 min/Km
192	13	93	VIGO LIÑARES , ANA	FEMALE	MACHADO-F	TARTARUGAS	02:31:07	10:05 min/Km
193	11	121	CAAMAÑO GARCÍA , LIDIA	FEMALE	FOUSA-F	INDEPENDIENTE	02:32:58	10:12 min/Km
194	40	256	VILLANUSTRE ABUIN , GERMÁN	MALE	MACHADO-M	S.D. BARBANTIA RODA	02:34:41	10:19 min/Km
195	101	238	SÁNDEZ LANDEIRA , DAVID	MALE	FOUSA-M	INDEPENDIENTE	02:34:41	10:19 min/Km
196	41	189	MARTÍNEZ LEIS , JOSE	MALE	MACHADO-M	REVOLTAS	02:34:56	10:20 min/Km
197	42	158	FRAGA , MANUEL	MALE	MACHADO-M	CLUB ATLETISMO OUTES	02:34:57	10:20 min/Km
198	28	178	LAIÑO VIDAL , CARLOS	MALE	SACHO-M	FLOW PILATES & TRAINNING	02:42:56	10:52 min/Km
199	43	251	VAZQUEZ JUSTO , ENRIQUE	MALE	MACHADO-M	INDEPENDIENTE	02:43:27	10:54 min/Km