

# 4º TRAIL DO CAOLÍN AO FUCIÑO DO PORCO 2024

## - TRAIL CURTO -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	155	FUENTES FERNÁNDEZ, ALBERTO	MALE	MASTER 30		01:31:20	06:06 min/Km
2	1	116	CABANAS BOCIJA, LUIS	MALE	MASTER 40		01:32:33	06:11 min/Km
3	2	159	GARCÍA CASTRO, JUAN	MALE	MASTER 30		01:32:56	06:12 min/Km
4	2	179	MENDEZ COCIÑA, ROGELIO	MALE	MASTER 40		01:35:05	06:21 min/Km
5	3	106	AMADO COUTO, ALEX	MALE	MASTER 40		01:36:22	06:26 min/Km
6	4	131	COELLO MARTINEZ, PABLO	MALE	MASTER 40		01:36:57	06:28 min/Km
7	5	154	FROIZ FONTENLA, PEDRO	MALE	MASTER 40		01:37:15	06:29 min/Km
8	3	136	DÍAZ ROLLE, IVÁN	MALE	MASTER 30	CD CAMOVI	01:38:00	06:32 min/Km
9	6	173	LÓPEZ GARCÍA, JOSE	MALE	MASTER 40	INDEPENDIENTE	01:38:25	06:34 min/Km
10	7	130	CASTELEIRO, ALBERTO	MALE	MASTER 40		01:39:46	06:40 min/Km
11	8	176	MARTINEZ DOPAZO, JOSE	MALE	MASTER 40	TRAILEROS TOXOS & BIRRAS	01:39:47	06:40 min/Km
12	1	216	SOMOZA FRANCO, JESÚS ANDRÉS	MALE	MASTER 50		01:40:21	06:42 min/Km
13	1	135	DÍAZ FONTE, JULIO	MALE	MASTER 60		01:40:26	06:42 min/Km
14	2	165	GONZÁLEZ RODRÍGUEZ, FERNANDO	MALE	MASTER 50	OBJETIVO TRAIL	01:42:58	06:52 min/Km
15	9	153	FREIRE CASAS, RUBÉN	MALE	MASTER 40	PASA OU ENTORNA	01:43:28	06:54 min/Km
16	3	230	VÁZQUEZ VÁZQUEZ, EMILIO	MALE	MASTER 50		01:43:38	06:55 min/Km
17	10	178	MEITÍN CASAS, JOSE	MALE	MASTER 40		01:43:47	06:56 min/Km
18	11	207	RODRIGUEZ FERNANDEZ, CARLOS	MALE	MASTER 40		01:46:21	07:06 min/Km
19	12	146	FERNÁNDEZ MARTÍN, FRANCISCO	MALE	MASTER 40		01:46:31	07:07 min/Km
20	4	148	FERNANDEZ PRIETO, PEDRO	MALE	MASTER 30	PEÑA LAR TRAIL	01:47:29	07:10 min/Km
21	4	171	LÓPEZ BOELLE, OMAR	MALE	MASTER 50	VERSO LIBRE	01:48:21	07:14 min/Km
22	2	150	FERNÁNDEZ TRASANCOS, RUFINO	MALE	MASTER 60	EGOVARROS DE VIVEIRO	01:49:06	07:17 min/Km
23	13	196	RATOEIRA BASANTA, MOISÉS	MALE	MASTER 40	SEMOS OU NON	01:49:07	07:17 min/Km
24	5	187	PANTIN LOPEZ, OSCAR MANUEL	MALE	MASTER 50		01:50:00	07:20 min/Km
25	1	175	LÓPEZ LOPEZ, LAURA FELISA	FEMALE	MASTER 30-F	ADCMONTEBREAMO	01:50:13	07:21 min/Km
26	2	208	RODRÍGUEZ FERNÁNDEZ, VERO	FEMALE	MASTER 30-F	PEÑA LAR TRAIL	01:51:36	07:27 min/Km
27	1	129	CASAS VÁZQUEZ, HUGO	MALE	SENIOR		01:51:51	07:28 min/Km
28	1	104	ALVAREZ MORENO, ANA	FEMALE	SENIOR-F		01:52:08	07:29 min/Km
29	2	181	MÉNDEZ RÍOS, CARLA	FEMALE	SENIOR-F	WOD TRAINING	01:57:14	07:49 min/Km
30	5	128	CASAL MORÁN, JAIME	MALE	MASTER 30	WOD TRAINING	01:57:14	07:49 min/Km
31	6	137	DOVALE RAMIL, NORBERTO	MALE	MASTER 50	CLUB TERRAS DE BURÓN	01:57:57	07:52 min/Km
32	14	191	POLO FERNANDEZ, PABLO	MALE	MASTER 40		01:58:46	07:56 min/Km

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33	15	174	LÓPEZ GONZÁLEZ, MANUEL VICENTE	MALE	MASTER 40	PEÑA LAR TRAIL	01:59:15	07:57 min/Km
34	6	233	VIZOSO HERMIDA, ALEJANDRO	MALE	MASTER 30		01:59:25	07:58 min/Km
35	7	195	RAMIL, JULIÁN	MALE	MASTER 30		01:59:25	07:58 min/Km
36	1	212	SÁNCHEZ FERNÁNDEZ, MARÍA JOSÉ	FEMALE	MASTER 50-F		01:59:27	07:58 min/Km
37	16	126	CARREJA LÓPEZ, ORLANDO	MALE	MASTER 40		01:59:44	07:59 min/Km
38	7	143	FERNÁNDEZ GALLARDO, JULIO	MALE	MASTER 50	LUSEKELOS	01:59:46	07:60 min/Km
39	1	204	RIVAS PENA, VANESA	FEMALE	MASTER 40-F		02:00:35	08:03 min/Km
40	3	180	MÉNDEZ PIÑEIRÚA, LEANDRO	MALE	MASTER 60	RIA DE FOZ	02:00:39	08:03 min/Km
41	2	203	RIVAS PENA, PAULA	FEMALE	MASTER 40-F		02:00:39	08:03 min/Km
42	17	122	CANEDO MONASTERIO, JACOB	MALE	MASTER 40		02:03:20	08:14 min/Km
43	18	163	GIL CASTRO, MANUEL	MALE	MASTER 40	TOXIZA CLUBE DE MONTAÑA	02:03:28	08:14 min/Km
44	19	192	PRADO GATO, CHECHU	MALE	MASTER 40		02:03:36	08:15 min/Km
45	3	162	GARCIA VAZQUEZ, ALBA	FEMALE	MASTER 30-F		02:05:10	08:21 min/Km
46	20	209	RODRIGUEZ RODRIGUEZ, MANUEL	MALE	MASTER 40	A FUME DE CAROZO	02:05:39	08:23 min/Km
47	2	188	PAZ ALONSO, ALEJANDRO	MALE	SENIOR		02:05:40	08:23 min/Km
48	21	231	VEIRAS PULLEIRO, JOSÉ ANTONIO	MALE	MASTER 40		02:06:03	08:25 min/Km
49	2	185	MUÑOZ RODRÍGUEZ, ISABEL	FEMALE	MASTER 50-F	TOXIZA CLUBE DE MONTAÑA	02:06:12	08:25 min/Km
50	3	134	DA COSTA TUNA, JOAO PEDRO	MALE	SENIOR		02:06:31	08:27 min/Km
51	8	219	SOUTO JIMENEZ, JESUS	MALE	MASTER 30		02:06:42	08:27 min/Km
52	8	234	VIZOSO JUL, CHACHO	MALE	MASTER 50		02:06:53	08:28 min/Km
53	9	158	GARCÍA ÁLVAREZ, MARCOS	MALE	MASTER 30		02:09:07	08:37 min/Km
54	22	111	BARRO ROMERO, ANGEL	MALE	MASTER 40		02:09:11	08:37 min/Km
55	10	152	FONSECA OSSORIO, JUAQUIN	MALE	MASTER 30	CDM ALTO SIL	02:09:44	08:39 min/Km
56	23	228	VÁZQUEZ FERNÁNDEZ, ALBERTO	MALE	MASTER 40		02:10:41	08:43 min/Km
57	11	177	MARTINEZ VARELA, IGNACIO YAGO	MALE	MASTER 30	GTR-GALAICO TRAIL RUN	02:10:41	08:43 min/Km
58	24	133	COSTA RODRIGUEZ, JUAN CARLOS	MALE	MASTER 40		02:11:01	08:45 min/Km
59	4	211	SÁNCHEZ DÍAZ, ALMUDENA	FEMALE	MASTER 30-F		02:12:41	08:51 min/Km
60	25	225	VALE GRANDIO, OMAR	MALE	MASTER 40		02:12:49	08:52 min/Km
61	3	139	FELGAR LOOEZ, ISABEL	FEMALE	MASTER 50-F	PASA OU ENTORNA	02:14:01	08:57 min/Km
62	9	169	JORGE VALE, CARLOS	MALE	MASTER 50		02:14:13	08:57 min/Km
63	3	115	CABALLERO, LIZA	FEMALE	MASTER 40-F	ADC BREAMO	02:16:12	09:05 min/Km
64	26	229	VAZQUEZ RODRIGUEZ, OSCAR DANIEL	MALE	MASTER 40		02:17:29	09:10 min/Km
65	4	164	GONZÁLEZ, NIDIA	FEMALE	MASTER 40-F	ADC BREAMO	02:19:41	09:19 min/Km

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66	5	144	FERNÁNDEZ GIZ, DIANA	FEMALE	MASTER 30-F	PEÑA LAR	02:21:34	09:27 min/Km
67	6	235	YÁÑEZ VIZOSO, ANTÍA	FEMALE	MASTER 30-F	PEÑA LAR TRAIL	02:21:34	09:27 min/Km
68	10	125	CÁRDENAS, NACHO	MALE	MASTER 50		02:22:12	09:29 min/Km
69	7	206	RIVERA LAMELAS, CARMEN	FEMALE	MASTER 30-F		02:22:13	09:29 min/Km
70	8	197	REGAL TRASANCOS, ESTEFANÍA	FEMALE	MASTER 30-F		02:22:14	09:29 min/Km
71	9	141	FERNÁNDEZ DE LA VEGA, PAULA	FEMALE	MASTER 30-F		02:23:46	09:36 min/Km
72	27	224	VAL ALONSO, XOSE	MALE	MASTER 40		02:23:46	09:36 min/Km
73	28	213	SANTAMARTA, RUBEN	MALE	MASTER 40		02:24:50	09:40 min/Km
74	29	205	RIVEIRA SANTOS, LUIS	MALE	MASTER 40	PEÑA LAR TRAIL	02:26:07	09:45 min/Km
75	30	170	LIÑARES NOYA, FER	MALE	MASTER 40		02:27:14	09:49 min/Km
76	5	186	NOVEL VIDAL, ILSÉN	FEMALE	MASTER 40-F	INDEPENDIENTE	02:27:34	09:51 min/Km
77	31	120	CAGIAO BOUZA, JUAN	MALE	MASTER 40	PASA OU ENTORNA	02:29:03	09:57 min/Km
78	10	157	GARCÍA, REME	FEMALE	MASTER 30-F	OS CORZOS DO ORTEGAL	02:29:03	09:57 min/Km
79	11	103	ÁLVAREZ DIAZ, ALFONSO	MALE	MASTER 50	PASA OU ENTORNA	02:29:03	09:57 min/Km
80	6	227	VAZQUEZ CASEIRO, BELÉN	FEMALE	MASTER 40-F	GTR	02:32:05	10:09 min/Km
81	12	124	CARBONELL VALIN, MIGUEL	MALE	MASTER 50	GTR	02:32:06	10:09 min/Km
82	7	145	FERNANDEZ GONZALEZ, AURORA	FEMALE	MASTER 40-F	TOXIZA CLUBE DE MONTAÑA	02:40:53	10:44 min/Km
83	13	101	ALVARELLOS CAMOS, JOSE ANTONIO	MALE	MASTER 50	GTR GALAICO TRAIL RUN	02:41:06	10:45 min/Km
84	12	182	MONTEAGUDO LANZA, DAVID	MALE	MASTER 30		02:45:55	11:04 min/Km
85	11	138	EXPÓSITO CASABELLA, YESICA	FEMALE	MASTER 30-F		02:45:55	11:04 min/Km
86	32	156	G9MEZ TAMARGO, MICHEL	MALE	MASTER 40		02:48:00	11:12 min/Km
87	4	183	MOURELO BARREIRO, CONCHI	FEMALE	MASTER 50-F	INDEPENDIENTE	02:49:09	11:17 min/Km
88	14	102	ÁLVAREZ CARBALLEIRA, ENRIQUE	MALE	MASTER 50	INDEPENDIENTE	02:49:09	11:17 min/Km
89	4	218	SOTELO FERNÁNDEZ, MANUEL	MALE	SENIOR		02:54:21	11:38 min/Km
90	5	184	MUIÑA CRENDE, SANDRA	FEMALE	MASTER 50-F	LUGO RUNNING	02:54:42	11:39 min/Km
91	8	168	IGUAL DE CASTRO, BELÉN	FEMALE	MASTER 40-F		02:59:31	11:59 min/Km
92	15	232	VILAR GARCIA, JOSE LUIS	MALE	MASTER 50	CLUB ATLETISMO SADA MONTAÑA	03:11:02	12:45 min/Km
93	6	167	IGLESIAS REQUEIJO, ISABELLE	FEMALE	MASTER 50-F		03:11:05	12:45 min/Km
94	9	222	TENA, SUSANA	FEMALE	MASTER 40-F		03:23:27	13:34 min/Km