

TRAIL DO LOR 2019

- GENERAL MARATON-

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARTEME IDA	PARTEME	PARTEME VOLTA	META	DIF 1º	RITMO
1	1	125	FONTÁN ARNEJO , MARTÍN	MALE	ABSOLUTA-M	GMTA&CHUVONERS	00:58:22	03:13:05	04:55:37	06:05:04		08:42 min/Km
2	2	160	REDONDO VIDAL , IVAN	MALE	ABSOLUTA-M	AD JARNACHAS	00:56:08	03:12:18	04:55:37	06:08:21	+00:03:17	08:47 min/Km
3	3	171	SANMARTIN GONZÁLEZ , ALEX	MALE	ABSOLUTA-M	CDM XESTEIRAS	00:56:08	03:12:17	05:03:51	06:21:49	+00:16:45	09:06 min/Km
4	4	178	TOUCEDO ESTEVEZ , ANTONIO	MALE	ABSOLUTA-M	CDM XESTEIRAS	01:00:21	03:19:56	05:07:07	06:22:24	+00:17:20	09:07 min/Km
5	1	119	DE LAS HERAS PARDO , VICTOR	MALE	VET-A-M	TODOTORREZNO TEAM - CD. PEÑAS ALTAS	01:00:26	03:20:24	05:07:06	06:22:41	+00:17:37	09:07 min/Km
6	5	159	REBOREDA LORENZO , SEBASTIAN	MALE	ABSOLUTA-M	CAMINHANTES DO CONDADO	01:00:01	03:20:06	05:10:19	06:26:20	+00:21:16	09:12 min/Km
7	1	164	RODRIGUEZ QUEIJAS , JUANCARLOS	MALE	VET-B-M	AMI	01:00:07	03:20:30	05:11:12	06:34:27	+00:29:23	09:24 min/Km
8	6	169	SANCHEZ AGUIRRE , ALBERTO	MALE	ABSOLUTA-M	LA MAREA AZUL	01:06:28	03:44:24	05:12:16	06:39:59	+00:34:55	09:32 min/Km
9	2	141	MANEIRO FREIRE , VICTOR	MALE	VET-A-M	TRIBU TRAIL	00:59:50	03:20:03	05:21:02	06:44:27	+00:39:23	09:38 min/Km
10	7	106	BARREIRO PÉREZ , IVÁN	MALE	ABSOLUTA-M	CDM XESTEIRAS	01:00:04	03:17:10	05:27:25	06:49:45	+00:44:41	09:46 min/Km
11	3	110	CABARCOS MIRAGAYA , MANUEL	MALE	VET-A-M	CAV MONTAÑA	01:02:58	03:32:47	05:26:32	06:51:57	+00:46:53	09:49 min/Km
12	4	162	RODRIGUEZ FERNANDEZ , XOSEMARIA	MALE	VET-A-M	TRIBU TRAIL	01:03:44	03:32:39	05:30:46	06:57:13	+00:52:09	09:57 min/Km
13	8	115	CHALANA TEIGA , DEIBI	MALE	ABSOLUTA-M	CDM ALTO SIL	00:59:35	03:28:06	05:30:36	06:59:13	+00:54:09	09:59 min/Km
14	9	181	VAZQUEZ GARCIA , ROBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:00:10	03:20:24	05:20:21	07:03:33	+00:58:29	10:06 min/Km
15	5	104	BARRAL VARELA , JUANN JESUS	MALE	VET-A-M	TRIBU TRAIL	01:00:19	03:26:18	05:30:51	07:06:24	+01:01:20	10:10 min/Km
16	10	175	SIRERA IBARLUZEA , TXOMIN	MALE	ABSOLUTA-M	TRAILEROS TOXOS & BIRRAS	01:00:19	03:28:16	05:30:50	07:09:40	+01:04:36	10:14 min/Km
17	2	184	VAZQUEZ RUANO , RICARDO	MALE	VET-B-M	SAFESPORTID - TODO V+	01:02:24	03:32:52	05:34:00	07:12:02	+01:06:58	10:18 min/Km
18	6	113	CASTRO HERMIDA , JUAN JOSE	MALE	VET-A-M	TRIBU TRAIL	01:09:17	03:53:18	05:47:18	07:12:06	+01:07:02	10:18 min/Km
19	7	108	BOUZAPORTA , LUISMIGUEL	MALE	VET-A-M	PC. SANTA MARTA ORTIGUEIRA	01:07:40	03:55:16	05:52:10	07:15:45	+01:10:41	10:23 min/Km
20	11	170	SANGIAO DARRIBA , IVÁN	MALE	ABSOLUTA-M	C.D. BIOSBARDO	01:02:45	03:32:59	05:42:56	07:21:33	+01:16:29	10:31 min/Km
21	8	133	GONZÁLEZ RAMILO , MIGUEL	MALE	VET-A-M		01:05:01	03:46:09	05:47:23	07:21:33	+01:16:29	10:31 min/Km
22	9	118	DE ABREU , PAULINO	MALE	VET-A-M	SOLOPISADAS	01:07:49	03:55:16	05:52:11	07:21:56	+01:16:52	10:32 min/Km
23	1	124	FERREIRO PEREZ , MARIA	FEMALE	ABSOLUTA-F	GMTA&CHUVONERS	01:02:40	03:49:34	05:51:55	07:24:14	+01:19:10	10:35 min/Km
24	12	129	GÓMEZ BLANCO , ROBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:05:29	03:49:29	05:56:38	07:29:25	+01:24:21	10:43 min/Km
25	10	155	PÉREZ REGO , DAVID	MALE	VET-A-M	INDEPENDIENTE	01:09:43	03:59:39	06:00:16	07:29:36	+01:24:32	10:43 min/Km
26	13	102	ANLLO RIVERA , GERARDO	MALE	ABSOLUTA-M	ACADE	01:03:41	03:49:07	06:00:18	07:42:16	+01:37:12	11:01 min/Km
27	2	173	SEOANE RIAL , ALEJANDRA	FEMALE	ABSOLUTA-F	TRAILEROS TOXOS & BIRRAS	01:10:02	04:00:47	06:07:59	07:42:17	+01:37:13	11:01 min/Km
28	11	176	SOBRINO RODRÍGUEZ , JOSÉ LUIS	MALE	VET-A-M	TRAIL ORIXES	00:27:27	04:11:06	06:07:60	07:43:24	+01:38:20	11:02 min/Km
29	3	130	GOMEZ PEREZ , JOSE LUIS	MALE	VET-B-M	CDM VÉRTICE	01:10:54	04:06:41	06:16:10	07:49:51	+01:44:47	11:12 min/Km
30	14	135	IGLESIAS CRESPO , ROGELIO	MALE	ABSOLUTA-M	CDM XESTEIRAS	01:11:09	04:04:44	06:14:24	07:51:48	+01:46:44	11:14 min/Km
31	12	189	VOCES VEGA , JOSÉ ANTONIO	MALE	VET-A-M	CAMISETASLUGO.COM - AB FITNESS GIMNASIOS	01:07:32	03:58:25	06:12:01	07:52:58	+01:47:54	11:16 min/Km
32	15	114	CES CRISTOBO , MANUEL	MALE	ABSOLUTA-M	TRIBU TRAIL	01:08:56	04:09:34	06:20:06	08:00:05	+01:55:01	11:26 min/Km
33	3	168	RUBIO FERNÁNDEZ , LUPE	FEMALE	ABSOLUTA-F	PASA OU ENTORNA	01:11:04	04:05:06	06:22:30	08:00:42	+01:55:38	11:27 min/Km
34	16	188	VIVANCO ESTEBAN , JORGE	MALE	ABSOLUTA-M	ZORRERAS RUNNING	01:11:10	04:09:58	06:20:27	08:00:44	+01:55:40	11:27 min/Km
35	17	147	MOURE ANDRADE , ALBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:08:01	04:04:22	06:20:33	08:07:37	+02:02:33	11:37 min/Km
36	18	103	ARIAS ALVAREZ , HUGO	MALE	ABSOLUTA-M	CDM VÉRTICE	01:03:41	03:49:08	06:40:20	08:19:31	+02:14:27	11:54 min/Km
37	19	146	MENDEZ , DANIEL	MALE	ABSOLUTA-M		01:05:42	03:56:50	06:18:59	08:25:15	+02:20:11	12:02 min/Km
38	20	174	SEXTO AGUIAR , JAVIER	MALE	ABSOLUTA-M	AD JARNACHAS	01:11:52	04:17:55	06:31:45	08:30:15	+02:25:11	12:09 min/Km

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39	13	101	ALVES , DAVID	MALE	VET-A-M	SOLOPISADAS	01:15:20	04:30:55	06:48:50	08:31:26	+02:26:22	12:11 min/Km
40	21	123	FERNÁNDEZ NÚÑEZ , DANIEL	MALE	ABSOLUTA-M	AD JARNACHAS	01:14:21	04:21:56	06:44:38	08:31:44	+02:26:40	12:12 min/Km
41	4	156	PORTA VALES , DOMINGO TOMAS	MALE	VET-B-M		01:11:03	04:46:13	06:59:10	08:42:22	+02:37:18	12:27 min/Km
42	22	183	VAZQUEZ REIRIZ , LUIS JOSE	MALE	ABSOLUTA-M	TRIBU TRAIL	01:12:20	04:15:25	06:49:48	08:43:15	+02:38:11	12:28 min/Km
43	23	112	CARRACEDO ESCARIZ , VICTOR	MALE	ABSOLUTA-M	CDM XESTEIRAS	01:07:35	04:12:32	06:47:46	08:50:21	+02:45:17	12:38 min/Km
44	14	182	VÁZQUEZ MOURELO , UBALDINO	MALE	VET-A-M	OURENSE ATLETISMO MONTAÑA	01:15:57	04:33:03	06:54:12	08:54:22	+02:49:18	12:44 min/Km
45	24	116	CORDA VAZQUEZ , FELIPE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:06:06	03:58:03	06:59:23	09:16:26	+03:11:22	13:15 min/Km
46	15	161	RODRIGUEZ DOPICO , JOSE OSCAR	MALE	VET-A-M	PASA OU ENTORNA	01:12:38	04:28:46	06:54:09	09:16:26	+03:11:22	13:15 min/Km
47	16	185	VERGARA FREIRE , MIGUEL	MALE	VET-A-M	AD JARNACHAS	01:14:19	04:32:55	07:16:32	09:24:47	+03:19:43	13:27 min/Km
48	25	157	PRADA CAO , IVAN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:11:04	04:23:29	07:08:18	09:27:43	+03:22:39	13:32 min/Km
49	26	190	DIAZ ALVAREZ , MANUEL	MALE	ABSOLUTA-M		01:10:24	04:28:48	07:13:45	09:43:11	+03:38:07	13:54 min/Km
50	4	179	VARELA CRESPO , VANESSA	FEMALE	ABSOLUTA-F	TRIBU TRAIL	01:16:38	04:58:48	07:47:40	09:57:52	+03:52:48	14:15 min/Km
51	17	154	PEREZ GENDE , ANTONIO	MALE	VET-A-M	BOX 001 RUNMANIAK	01:19:31	04:48:46	07:47:53	09:59:13	+03:54:09	14:17 min/Km
52	5	165	RODRIGUEZ QUINTAS , JOSE	MALE	VET-B-M	RUNNING SPORT TRAIL	01:15:38	04:42:21	07:44:58	10:07:29	+04:02:25	14:28 min/Km
53	18	138	LÓPEZ CAGIAO , ROBER	MALE	VET-A-M	CLUB ATLETISMO SADA MONTAÑA	01:18:27	05:10:06	08:10:04	10:28:39	+04:23:35	14:59 min/Km
54	1	139	LOPEZ VARELA , BLANCA	FEMALE	VET-A-F	CLUB ATLETISMO SADA MONTAÑA	01:27:05	05:36:59	08:18:54	10:29:50	+04:24:46	14:60 min/Km
55	19	132	GONZÁLEZ PÉREZ , MIGUEL ANGEL	MALE	VET-A-M	C. D DESNIVEL	01:27:48	05:35:53	08:21:28	10:52:06	+04:47:02	15:32 min/Km
56	20	121	DOMÍNGUEZ GONZÁLEZ , RUFINO JAVIER	MALE	VET-A-M	C. D DESNIVEL	01:27:51	05:36:06	08:21:26	10:52:13	+04:47:09	15:32 min/Km
57	27	134	HERNÁNDEZ HERNANDEZ , RAYCO	MALE	ABSOLUTA-M	C. D DESNIVEL	01:27:50	05:35:55	08:21:33	10:52:17	+04:47:13	15:32 min/Km
58	28	163	RODRIGUEZ MENDEZ , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:28:13	05:39:16	08:38:50	11:01:37	+04:56:33	15:46 min/Km
59	29	187	VILLAVARDE CARRERA , JOSE	MALE	ABSOLUTA-M	PEDRA DO ACORDO	01:26:27	05:17:06	08:25:44	11:18:14	+05:13:10	16:09 min/Km
60	1	126	FRAGA MARTÍNEZ , MONTERRAT	FEMALE	VET-B-F	AD JARNACHAS	01:35:00	05:46:03	08:38:43	11:26:53	+05:21:49	16:22 min/Km
61	21	186	VIDAL RODRIGUEZ , OSCAR	MALE	VET-A-M		01:35:02	06:17:19	09:38:29	12:37:37	+06:32:33	18:03 min/Km