

# VI TRAIL DE OUTES 2025

16/03/2025

## - TRAIL CURTO -

POS.	POS CAT	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	META	RITMO
1	1	146	GONZÁLEZ HORTA , ELOY	MALE	DE 36 A 40	CAO (CLUBE ATLETISMO OUTES)	01:36:30.767	05:22 min/Km
2	1	152	LAGO SANTIAGO , KIKO	MALE	DE 46 A 50	ASOCIACIÓN DEPORTIVA OLIMPIA	01:43:42.307	05:46 min/Km
3	1	191	REGO POSE , MARTIN	MALE	MENORES 35	TRIATLÓN COSTA DA MORTE	01:44:56.107	05:50 min/Km
4	1	211	VÁZQUEZ REIRIZ , LUIS	MALE	DE 41 A 45	TRIBU TRAIL	01:44:56.277	05:50 min/Km
5	1	126	COSTA CASTRO , MANUEL	MALE	DE 51 A 55	CLUB ATLETISMO TAMBRE	01:48:05.927	06:01 min/Km
6	2	169	MOURE SANLES , BASILIO	MALE	DE 36 A 40		01:48:12.307	06:01 min/Km
7	2	110	BUSTO , ESTEBAN	MALE	MENORES 35	AD. MONTEBRONDO	01:48:49.077	06:03 min/Km
8	3	180	PAZOS VAZQUEZ , SANTI	MALE	DE 36 A 40	CLUB ATLETISMO LOUSAME	01:49:08.387	06:04 min/Km
9	4	139	GALAN SANCHIS , AURELIO	MALE	DE 36 A 40	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	01:49:32.147	06:06 min/Km
10	5	137	FERNÁNDEZ NIMO , IVI	MALE	DE 36 A 40	SERRES RUNNERS	01:50:06.717	06:08 min/Km
11	2	117	CAMEAN CAMEAN , ROBERTO	MALE	DE 46 A 50	INCOR AUTOVIDRIO	01:50:32.057	06:09 min/Km
12	2	105	BELLO GRAIÑO , DIEGO	MALE	DE 41 A 45		01:50:50.737	06:10 min/Km
13	3	125	CIGÜENZA GESTOSO , JOSE IGNACIO	MALE	DE 46 A 50	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	01:50:59.497	06:10 min/Km
14	3	109	BUJÁN LOURIDO , SERGIO	MALE	DE 41 A 45	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	01:51:08.277	06:11 min/Km
15	4	155	LESTON DEL RIO , ADELINO	MALE	DE 41 A 45	O JERREIRO	01:53:11.237	06:18 min/Km
16	3	133	ESTÉVEZ , MANUEL	MALE	MENORES 35		01:55:45.697	06:26 min/Km
17	4	200	RODRÍGUEZ GARCÍA , ANTONIO	MALE	DE 46 A 50	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	01:56:11.377	06:28 min/Km
18	6	103	BARGO PEREZ , JOSÉ MANUEL	MALE	DE 36 A 40	CLUB ATLETISMO LOUSAME	01:57:31.757	06:32 min/Km
19	4	174	NOAL SANLÉS , DANIEL	MALE	MENORES 35	SAUDESPORT	01:59:36.317	06:39 min/Km
20	5	153	LEMA FERNANDEZ , CARLOS	MALE	DE 46 A 50	CLUB ATLETISMO NEGREIRA	01:59:59.077	06:40 min/Km
21	5	120	CANEDO CAMBON , IVAN	MALE	MENORES 35		02:00:59.577	06:44 min/Km
22	5	167	MIGUEZ RIAL , MIGUEL	MALE	DE 41 A 45		02:01:27.833	06:45 min/Km
23	1	156	LIÑARES BARREIRO , CARLA CAROLINA	FEMALE	DE 36 A 40-F		02:02:48.897	06:50 min/Km
24	7	154	LESTAYO GARCIA , ALAIN	MALE	DE 36 A 40		02:02:54.417	06:50 min/Km
25	2	151	LAGO FERNÁNDEZ , CHUS (MANUEL JESÚS)	MALE	DE 51 A 55	SERRES RUNNERS	02:05:47.137	06:60 min/Km
26	2	175	NOYA SERRAMO , VERONICA	FEMALE	DE 36 A 40-F	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	02:07:32.317	07:06 min/Km
27	3	172	NAVARRO ANTON , JOSE	MALE	DE 51 A 55	SOCIEDAD DEPORTIVA BARBANTIA RIDAS	02:08:00.817	07:07 min/Km
28	6	196	RIVAS ALENDE , JUAN	MALE	DE 41 A 45	NOITEBRA FC	02:08:07.197	07:08 min/Km
29	1	171	MUÑIZ POSE , SANDRA	FEMALE	DE 41 A 45-F	SD BARBANTIA RODA	02:08:17.967	07:08 min/Km
30	7	189	PRESAS VENCE , MANUEL	MALE	DE 41 A 45		02:09:53.977	07:13 min/Km
31	6	192	REY , MARCOS	MALE	MENORES 35		02:09:57.287	07:14 min/Km
32	8	124	CERNADAS ROMERO , CALIXTO JOSE	MALE	DE 41 A 45		02:10:22.657	07:15 min/Km
33	8	210	VAZQUEZ FORJAN , ADRIAN	MALE	DE 36 A 40		02:10:22.730	07:15 min/Km

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POS.	POS CAT	DORSAL	PARTICIPANTE	SEXO	CAT	CLUB	META	RITMO
34	9	208	TORRADO RIAL , RICARDO	MALE	DE 41 A 45		02:11:28.667	07:19 min/Km
35	9	129	DOMÍNGUEZ SÁNCHEZ , EMILIO	MALE	DE 36 A 40		02:11:43.857	07:20 min/Km
36	1	128	DOMÍNGUEZ PIÑEIRO , CHEMA	MALE	DE 56 A 60		02:11:44.197	07:20 min/Km
37	7	202	ROMERO SENDÓN , SANTIAGO	MALE	MENORES 35	SERRES RUNNERS	02:12:03.027	07:21 min/Km
38	6	182	PEREIRAS COUTO , ÁLVARO	MALE	DE 46 A 50		02:13:42.297	07:26 min/Km
39	10	203	SANTOS LAMPÓN , JOSÉ	MALE	DE 41 A 45		02:14:14.347	07:28 min/Km
40	11	131	EIRAS RIVADENEIRA , CARLOS	MALE	DE 41 A 45	SERRES RUNNERS	02:14:22.647	07:28 min/Km
41	7	144	GÓMEZ RAPOSO , EDUARDO	MALE	DE 46 A 50		02:15:03.087	07:31 min/Km
42	8	193	REY POMBO , ANTONIO	MALE	DE 46 A 50	CLUB TRIATLÓN COMPOSTELA	02:15:03.267	07:31 min/Km
43	4	170	MOURIÑO ROMANI , MANUEL	MALE	DE 51 A 55	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	02:15:29.557	07:32 min/Km
44	5	209	TRIGO BAO , MANUEL	MALE	DE 51 A 55	CDM VERTICE	02:15:33.827	07:32 min/Km
45	6	135	FERNÁNDEZ LUCES , KAS	MALE	DE 51 A 55	SERRESRUNERS	02:15:34.887	07:32 min/Km
46	1	207	SUÁREZ PÉREZ , LORENA	FEMALE	MENORES 35-F	ÓXIDO ZERO TRAINING CLUB	02:15:40.107	07:33 min/Km
47	1	101	ALBORÉS DÍAZ , JOSÉ MANUEL	MALE	MAORES DE 65	CLUB ATLETISMO OUTES - MARISCOS ANTÓN	02:15:41.707	07:33 min/Km
48	9	186	PIÑEIRO ABEIJON , BENITO	MALE	DE 46 A 50		02:15:55.897	07:34 min/Km
49	12	187	PIÑEIRO GARCÍA , HÉCTOR	MALE	DE 41 A 45	CLUB ATLETISMO LOUSAME	02:16:04.687	07:34 min/Km
50	13	143	GARCÍA REA , FERNANDO	MALE	DE 41 A 45		02:17:31.417	07:39 min/Km
51	8	111	CAAMAÑO SIEIRA , JOSE	MALE	MENORES 35	CLUB O JERREIRO	02:18:37.817	07:43 min/Km
52	10	213	VILARIÑO ABEIJON , LOIS	MALE	DE 46 A 50	ASOCIACIÓN BJ RUNNING TEAM	02:18:58.357	07:44 min/Km
53	10	123	CASTELO CAAMAÑO , LUIS	MALE	DE 36 A 40		02:19:12.617	07:45 min/Km
54	2	194	RIAL OTERO , JOSE LUIS	MALE	DE 56 A 60	TARTARUGAS	02:20:39.837	07:49 min/Km
55	11	165	MAYÁN MARTÍNEZ , MIGUEL	MALE	DE 36 A 40	TRIBU TRAIL	02:22:33.487	07:56 min/Km
56	3	160	MARTÍNEZ LEIS , AVELINO	MALE	DE 56 A 60	REVOLTAS	02:25:06.577	08:04 min/Km
57	12	148	INSUA FERNÁNDEZ , ANDRÉS	MALE	DE 36 A 40		02:27:15.017	08:11 min/Km
58	13	173	NEGREIRA , JOSÉ RAMÓN	MALE	DE 36 A 40		02:27:15.047	08:11 min/Km
59	2	204	SANTOS LAMPON , M GUADALUPE	FEMALE	DE 41 A 45-F	FLOW PILATES & TRAINIG	02:28:48.137	08:17 min/Km
60	2	141	GARCÍA ARGIBAY , SARA	FEMALE	MENORES 35-F	ÓXIDO ZERO TRAINING CLUB	02:29:03.807	08:17 min/Km
61	3	114	CABALLERO , LIZA	FEMALE	DE 41 A 45-F	ADC BREAMO	02:29:27.037	08:19 min/Km
62	14	121	CARIÑO FANDIÑO , ÁNGEL RAMÓN	MALE	DE 41 A 45	TRIBU TRAIL	02:30:58.127	08:24 min/Km
63	14	178	PARDIÑAS GONZALEZ , MARCOS	MALE	DE 36 A 40	AD. MONTEBRONDO	02:31:27.767	08:25 min/Km
64	1	119	CAMPOS SUAREZ , BEGOÑA	FEMALE	DE 46 A 50-F	ÓXIDO ZERO TRAINING CLUB	02:31:50.507	08:27 min/Km
65	9	176	OLVEIRA SAMPEDRO , ALEXANDRE	MALE	MENORES 35		02:32:54.427	08:30 min/Km
66	10	115	CADABAL GAGO , JUAN JOSÉ	MALE	MENORES 35		02:32:54.717	08:30 min/Km
67	3	181	PENA TAIBO , ANGELA	FEMALE	MENORES 35-F	CORREXALLAS	02:33:08.117	08:31 min/Km

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68	4	150	LAGO ANDRADE , IRIA	FEMALE	MENORES 35-F	ASOCIACIÓN DEPORTIVA OLIMPIA	02:33:08.347	08:31 min/Km
69	5	159	MARTÍNEZ LAGO , MELANIE	FEMALE	MENORES 35-F	ÓXIDO ZERO TRAINING CLUB	02:33:22.797	08:32 min/Km
70	11	149	LADO PÉREZ , MARCOS	MALE	DE 46 A 50	CLUB ATLETISMO NOIA	02:33:23.017	08:32 min/Km
71	11	127	DEL RIO GONZALEZ , JORGE	MALE	MENORES 35	CLUB ATLETISMO OUTES - MARISCOS ANTÓI	02:34:11.507	08:34 min/Km
72	6	145	GONZALEZ BARGO , CARLA	FEMALE	MENORES 35-F	CLUB ATLETISMO OUTES - MARISCOS ANTÓI	02:34:11.637	08:34 min/Km
73	4	136	FERNANDEZ MARTÍNEZ , JOAQUIN	MALE	DE 56 A 60	SERRES RUNNERS	02:34:12.937	08:35 min/Km
74	7	198	RIVERA RAMIL , JOSÉ MANUEL	MALE	DE 51 A 55		02:41:52.077	08:60 min/Km
75	2	134	FALCÓN RUIBAL , BEA	FEMALE	DE 46 A 50-F	ATLETISMO +9 MORAÑA	02:42:08.497	09:01 min/Km
76	5	118	CAMIÑO , MARTIÑÁN	MALE	DE 56 A 60	ATLETISMO +9 MORAÑA	02:42:08.507	09:01 min/Km
77	8	113	CABALEIRO , SANTIAGO	MALE	DE 51 A 55		02:43:40.657	09:06 min/Km
78	4	185	PÉREZ VILAS , ALBA	FEMALE	DE 41 A 45-F		02:45:13.347	09:11 min/Km
79	15	157	MANEIRO BEIRO , IVÁN	MALE	DE 41 A 45		02:45:13.547	09:11 min/Km
80	1	104	BARREIRO CERNADAS , RAMÓN	MALE	DE 61 A 65	CLUB ATLETISMO OUTES - MARISCOS ANTÓI	02:45:55.417	09:14 min/Km
81	2	112	CAAMAÑO RIVEIRO , HERMINIO	MALE	DE 61 A 65	CAO (CLUBE ATLETISMO OUTES)	02:45:56.347	09:14 min/Km
82	2	195	RIAL PAIS , JOSÉ	MALE	MAORES DE 65	CLUB ATLETISMO OUTES - MARISCOS ANTÓI	02:45:56.707	09:14 min/Km
83	7	138	FREIRE PARADA , VICKY	FEMALE	MENORES 35-F	ÓXIDO ZERO TRAINING CLUB	02:46:01.187	09:14 min/Km
84	3	161	MARTINEZ LEIS , JOSE	MALE	DE 61 A 65	REVOLTAS	02:46:13.607	09:15 min/Km
85	16	122	CARRACEDO POSE , RUBÉN JOSÉ	MALE	DE 41 A 45	CHORIMA	02:49:10.527	09:24 min/Km
86	3	188	PINEIRO IGLESIAS , MARIA ISABEL	FEMALE	DE 46 A 50-F		02:49:10.997	09:24 min/Km
87	5	108	BOQUETE GARCIA , TANIA	FEMALE	DE 41 A 45-F		02:52:05.317	09:34 min/Km
88	9	179	PAZ SILVA , ADÁN	MALE	DE 51 A 55		02:53:37.637	09:39 min/Km
89	1	183	PEREZ GONZALEZ , BEATRIZ	FEMALE	DE 51 A 55-F		02:53:40.587	09:39 min/Km
90	15	212	VEGA HERNANDEZ , MARCOS	MALE	DE 36 A 40		02:55:38.437	09:46 min/Km
91	8	201	RODRIGUEZ LAGO , ALBA	FEMALE	MENORES 35-F	SACHACAMIÑOS	02:59:10.957	09:58 min/Km
92	6	158	MARTINEZ CALO , ANGEL	MALE	DE 56 A 60	SACHACAMIÑOS	02:59:16.847	09:58 min/Km
93	6	116	CALO VAZQUEZ , ROSA	FEMALE	DE 41 A 45-F	SACHACAMIÑOS	02:59:16.987	09:58 min/Km
94	12	164	MARTIS MIRANDA , MANUEL	MALE	DE 46 A 50		03:00:55.287	10:04 min/Km
95	7	199	RODRÍGUEZ FERNÁNDEZ , RICARDO JULIO	MALE	DE 56 A 60	CLUB ATLETISMO OUTES - MARISCOS ANTÓI	03:31:15.557	11:45 min/Km
96	3	106	BERMÚDEZ BILBAO , ANTONIO	MALE	MAORES DE 65	GMTA&CHUVONERS	03:31:15.737	11:45 min/Km
97	4	184	PEREZ GONZALEZ , PATRICIA	FEMALE	DE 46 A 50-F		03:31:16.107	11:45 min/Km