

VIII TRAIL DAS PONTES 2019

- GENERAL TRAIL LARGO -

25 AGOSTO 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
1	1	9	DIAZ PEREZ , ESTEBAN	MALE	SEN-MASC	TRIEUME	02:28:50		05:31 min/Km
2	2	28	LÓPEZ LOPEZ , ADRIAN	MALE	SEN-MASC	CLUB ATLETISMO BOIMORTO	02:39:21	+00:10:31	05:55 min/Km
3	3	52	VARELA CASTELO , RAMÓN	MALE	SEN-MASC	A.D. SAN ROQUE	02:45:59	+00:17:09	06:09 min/Km
4	4	5	CHAO RAMIL , PABLO	MALE	SEN-MASC	MAIS QUE AUGA	02:48:33	+00:19:43	06:15 min/Km
5	5	36	PERNAS , CARLOS	MALE	SEN-MASC	PEÑA LAR TRAIL	02:56:10	+00:27:20	06:32 min/Km
6	6	26	IGLESIAS LÓPEZ , ÁLVARO	MALE	SEN-MASC	A.D. JARNACHAS	02:56:11	+00:27:21	06:32 min/Km
7	1	33	ORDÓÑEZ LUQUE , FERNANDO	MALE	VET-MASC	SPARTA TRAIL TEAM	02:56:11	+00:27:21	06:32 min/Km
8	7	7	CORDAL VAZQUEZ , FELIPE	MALE	SEN-MASC	INDEPENDIENTE	02:58:40	+00:29:50	06:38 min/Km
9	2	22	GONZÁLEZ GARCÍA , ROBERTO	MALE	VET-MASC	C.D BIOSBARDO	02:59:55	+00:31:05	06:40 min/Km
10	8	14	FERNÁNDEZ IGLESIAS , IAGO	MALE	SEN-MASC	INDEPENDIENTE	03:00:06	+00:31:16	06:41 min/Km
11	3	19	GAYOSO , ROBERTO	MALE	VET-MASC		03:00:47	+00:31:57	06:42 min/Km
12	9	53	VARELA SECO , MARCOS	MALE	SEN-MASC	CLUB CICLISTA TERRAS DO EUME	03:02:00	+00:33:10	06:45 min/Km
13	4	50	TEIJEIRO LÓPEZ , PABLO	MALE	VET-MASC	CLUB TRIATLÓN CORUÑA	03:04:14	+00:35:24	06:50 min/Km
14	10	2	BEMBIBRE BELDA , DANIEL	MALE	SEN-MASC	CLUB ATLETISMO SADA MONTAÑA	03:05:36	+00:36:46	06:53 min/Km
15	5	37	PERNAS VAZQUEZ , JOSÉ MANUEL	MALE	VET-MASC	PEÑA LAR TRAIL	03:06:03	+00:37:13	06:54 min/Km
16	6	43	REY SOUTO , JESUS ENRIQUE	MALE	VET-MASC	GMTA & CHUVONERS BOIMORTO TRAIL	03:06:41	+00:37:51	06:55 min/Km
17	11	15	FONTAO GARCIA , JOSE LUIS	MALE	SEN-MASC	ACADEMIA JM RIVAS	03:07:07	+00:38:17	06:56 min/Km
18	12	32	NIETO FEAL , RICARDO	MALE	SEN-MASC	JABALÍS	03:07:11	+00:38:21	06:56 min/Km
19	7	16	FRAGA DOPICO , ÁLVARO	MALE	VET-MASC	INDEPENDIENTE	03:08:34	+00:39:44	06:60 min/Km
20	8	49	SOTO GARCÍA , FRANCISCO	MALE	VET-MASC	INDEPENDIENTE	03:09:29	+00:40:39	07:02 min/Km
21	13	13	FERNANDEZ FRANCO , HUGO	MALE	SEN-MASC	INDEPENDIENTE	03:10:12	+00:41:22	07:03 min/Km
22	14	11	DOMINGUEZ PAZ , SERGIO	MALE	SEN-MASC	ULTRA LIFE TEAM	03:13:18	+00:44:28	07:10 min/Km
23	15	58	VILLAR VIDAL , ERIC	MALE	SEN-MASC	VERXEL N.D.	03:15:30	+00:46:40	07:15 min/Km
24	9	1	BELLAS CAAVEIRO , RAMON	MALE	VET-MASC	O CAXADO	03:16:26	+00:47:36	07:17 min/Km
25	16	55	VAZQUEZ FIGUEIRAS , JAVIER	MALE	SEN-MASC	INDEPENDIENTE	03:16:33	+00:47:43	07:17 min/Km
26	1	10	DÍAZ PEREZ , ISA	FEMALE	SEN-FEM	TRIEUME	03:17:16	+00:48:26	07:19 min/Km
27	10	39	PORTA VALES , DOMINGO TOMAS	MALE	VET-MASC	INDEPENDIENTE	03:17:18	+00:48:28	07:19 min/Km
28	11	57	VILLAR RUIBAL , RAMON	MALE	VET-MASC	VERXEL N.D.	03:19:07	+00:50:17	07:23 min/Km
29	17	48	SOLANES PARRA , DANI	MALE	SEN-MASC	CORRIOLS BCN	03:19:37	+00:50:47	07:24 min/Km
30	2	51	TILVE COSTAS , NAZARETH	FEMALE	SEN-FEM	ULTRA LIFE TEAM	03:19:44	+00:50:54	07:24 min/Km
31	12	45	SABIO FERNANDEZ , RAFAEL	MALE	VET-MASC	INDEPENDIENTE	03:20:53	+00:52:03	07:27 min/Km
32	18	31	MONTERO ALVAREDO , LUIS	MALE	SEN-MASC	RUNNING SARRIA	03:23:04	+00:54:14	07:32 min/Km
33	19	56	VIAÑO LISTE , CARLOS	MALE	SEN-MASC	K2ORDES	03:25:45	+00:56:55	07:38 min/Km
34	20	27	LAMAS POSE , XOSE MANUEL	MALE	SEN-MASC		03:28:18	+00:59:28	07:43 min/Km

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35	21	20	GONZÁLEZ CARBALLAL , JOSÉ MIGUEL	MALE	SEN-MASC	INDEPENDIENTE	03:28:55	+01:00:05	07:45 min/Km
36	22	24	HERMIDA PITA , ELIAS	MALE	SEN-MASC	DANENA	03:29:00	+01:00:10	07:45 min/Km
37	23	12	DOPICO PITA , JOSE	MALE	SEN-MASC		03:29:01	+01:00:11	07:45 min/Km
38	24	23	GRANDAL CHIVITE , GUILLERMO HERMAN	MALE	SEN-MASC	INDEPENDIENTE	03:29:14	+01:00:24	07:45 min/Km
39	3	3	BLANCO LATORRE , PAULA	FEMALE	SEN-FEM	NOSPORTLIMIT	03:31:33	+01:02:43	07:51 min/Km
40	25	29	LOURIDO MARTÍNEZ , JAVIER	MALE	SEN-MASC	AS VELLAS NON PARAMOS	03:35:46	+01:06:56	07:60 min/Km
41	13	40	PUENTE ROCA , EMILIO	MALE	VET-MASC	PÓRTICO ASTANO SECCIÓN MONTAÑA	03:36:16	+01:07:26	08:01 min/Km
42	26	44	ROUCO SOUTO , MARCOS	MALE	SEN-MASC	CAV MONTAÑA	03:36:17	+01:07:27	08:01 min/Km
43	4	8	CTVRNICKOVA , TEREZA	FEMALE	SEN-FEM	OLYMPO AS PONTES	03:40:42	+01:11:52	08:11 min/Km
44	27	25	HERNÁNDEZ GARCÍA , DANIEL	MALE	SEN-MASC	INDEPENDIENTE	03:40:42	+01:11:52	08:11 min/Km
45	14	42	RAMUDO , XOSE	MALE	VET-MASC	INDEPENDIENT	03:51:24	+01:22:34	08:35 min/Km
46	28	30	MARIÑO CRESPO , ALEXIS	MALE	SEN-MASC	INDEPENDIENTE	04:06:26	+01:37:36	09:08 min/Km
47	29	34	PAZOS SOLIÑO , PABLO	MALE	SEN-MASC	INDEPENDIENTE	04:14:20	+01:45:30	09:26 min/Km
48	30	4	CAMBRE LOSADA , RUBÉN	MALE	SEN-MASC	NOSPORTLIMIT	04:29:21	+02:00:31	09:59 min/Km
49	15	21	GONZALEZ COBO , RESTITUTO	MALE	VET-MASC	INDEPENDIENTE	04:31:52	+02:03:02	10:05 min/Km
50	31	46	SAINZ FERNANDEZ , ELIAS	MALE	SEN-MASC	INDEPENDIENTE	04:31:53	+02:03:03	10:05 min/Km