

I TRAIL SAN ISIDRO -ORDE DE CHEGADA-

21 FEBREIRO 2016

POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	1	RODRÍGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:01:16.553	04:43 min/Km
2	2	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:01:21.513	04:44 min/Km
3	3	283	LORENZO BLANCO , CARLOS	MALE	SENIOR MAS	C.D. PORTOSIN	01:01:23.423	04:44 min/Km
4	4	303	NOYA SUAREZ , DAVID	MALE	SENIOR MAS	INDEPENDIENTE	01:02:47.953	04:50 min/Km
5	5	72	CALVO CES , ARMANDO	MALE	HOMBRE	ECOSPORT TRIBU TRAIL	01:03:32.983	04:54 min/Km
6	6	88	PENA TORREIRA , AMADOR	MALE	HOMBRE	C.D.VAGALUME ENERGIA	01:03:46.043	04:55 min/Km
7	7	28	BARRAL VARELA , JUAN JESUS	MALE	HOMBRE	INDEPENDIENTE	01:04:01.673	04:56 min/Km
8	8	210	ARIAS ALVAREZ , HUGO	MALE	SENIOR MAS	CDM XESTEIRAS	01:04:27.823	04:58 min/Km
9	9	322	REQUEIJO REQUEIJO , SERGIO	MALE	HOMBRE	INDEPENDIENTE	01:04:32.423	04:58 min/Km
10	10	213	ARUFE SANTAMARIA , JUAN	MALE	SENIOR MAS		01:05:36.263	05:03 min/Km
11	11	333	RODRIGUEZ LOPEZ , GONZALO	MALE	SENIOR MAS	ASOCIACION DEPORTIVA C.A.R	01:05:50.353	05:04 min/Km
12	12	275	HERMELO MOURIÑO , ÁLEX	MALE	HOMBRE	CD SAN PAIO A ESTRADA	01:07:21.463	05:11 min/Km
13	13	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:07:35.683	05:12 min/Km
14	14	89	CAROU CARRIL , ALBERTO	MALE	HOMBRE	C.D.VAGALUME ENERGIA	01:08:15.760	05:16 min/Km
15	15	361	VÁZQUEZ CAMIÑO , ANTÓN	MALE	SENIOR MAS	INDEPENDIENTE	01:08:42.393	05:18 min/Km
16	16	206	ÁLVAREZ GONZÁLEZ , MARCOS	MALE	HOMBRE	CLUB PEÑA TREVINCA	01:09:04.103	05:19 min/Km
17	1	214	BAAMONDE OTERO , ALBA	FEMALE	SENIOR FEM	COFFE TIMES NOIÉS	01:16:45.743	05:55 min/Km
18	17	65	LORENZO BUCETA , HECTOR	MALE	HOBRE	ECOSPORT TRIBU TRAIL	01:17:02.963	05:56 min/Km
19	18	66	BLANCO LAIÑO , FRAN	MALE	HOMBRE	ECOSPORT TRIBU TRAIL	01:17:08.913	05:57 min/Km
20	19	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:18:01.433	06:01 min/Km
21	20	292	MARTÍNEZ COMESAÑA , LUIS ENRIQUE	MALE	SENIOR MAS	COUTADAS TRAIL TEAM	01:18:23.963	06:02 min/Km
22	21	223	BUIG FERNANDEZ , ALEXIS	MALE	MIXED	S.D. BARBANTIA RODA	01:18:59.833	06:05 min/Km
23	22	20	FIGUEIRA , TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:19:28.833	06:07 min/Km



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24	23	258	GARCÍA MARTÍNEZ , ANGEL	MALE	VETERANO MAS	NATURAL OUTDOOR	01:20:34.023	06:12 min/Km
25	24	245	FERNÁNDEZ VIDAL , PORFIRIO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:20:42.363	06:13 min/Km
26	25	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:20:50.213	06:14 min/Km
27	26	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:21:08.433	06:15 min/Km
28	27	329	RODRÍGUEZ FERNÁNDEZ , XOSEMARIA	MALE	SENIOR MAS	VAGALUME	01:21:21.853	06:16 min/Km
29	28	286	LUSTRES SAMPEDRO , RICARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:21:49.173	06:18 min/Km
30	29	220	BOUZAS VILAS , EMILIO	MALE	SENIOR MAS	INDEPENDIENTE	01:22:13.053	06:20 min/Km
31	30	302	NIETO GONZÁLEZ , JOSE MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:22:26.203	06:21 min/Km
32	31	251	FREIRE GARCÍA , JESÚS ÁNGEL	MALE	SENIOR MAS		01:22:28.693	06:21 min/Km
33	32	330	RODRIGUEZ GARCIA , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:22:45.103	06:22 min/Km
34	33	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:23:16.623	06:25 min/Km
35	34	222	BRION BRION , OSCAR	MALE	SENIOR MAS		01:23:24.713	06:25 min/Km
36	35	256	GARCÍA GARCÍA , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:23:32.603	06:26 min/Km
37	36	267	GONZALEZ HORTA , ELOY	MALE	HOMBRE		01:23:44.363	06:27 min/Km
38	37	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:23:45.283	06:27 min/Km
39	38	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:23:56.143	06:28 min/Km
40	39	338	ROMERO OLVEIRA , JOSÉ MANUEL	MALE	VETERANO MAS	VETERANOS DE SAMIL/MANUEL T	01:23:59.463	06:28 min/Km
41	40	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:24:21.273	06:30 min/Km
42	41	273	GUILLÁN PAZOS , FRANCISCO JOSÉ	MALE	SENIOR MAS	ARTROGAL TRI-498	01:24:22.603	06:30 min/Km
43	42	34	IGLESIAS VAZQUEZ , MANUEL	MALE	HOMBRE	OMEGA RUNNING	01:24:22.803	06:30 min/Km
44	43	356	TOUCEDA ABELLEIRA , XOSE	MALE	VETERANO MAS	ATLETICO BERTAMIRANS	01:24:36.083	06:31 min/Km
45	44	318	PUMARIÑO PÉREZ , AMADOR	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:25:03.433	06:33 min/Km
46	45	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:25:40.703	06:36 min/Km
47	46	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:25:46.263	06:36 min/Km



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48	47	265	GONZALEZ FERNANDEZ , CESAR	MALE	HOMBRE		01:25:54.753	06:37 min/Km
49	2	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:25:57.383	06:37 min/Km
50	48	241	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:26:22.223	06:39 min/Km
51	49	56	LAREO CREO , DANIEL	MALE	MIXED	TRIATLÓN O TREITO	01:26:28.893	06:40 min/Km
52	50	25	TORRES GONZALEZ , JOSE ANGEL	MALE	HOMBRE	CELTIC-BOX	01:26:30.613	06:40 min/Km
53	51	208	AMENEIROS GOMEZ , JOSE LUIS	MALE	HOMBRE	INDEPENDIENTE	01:26:30.923	06:40 min/Km
54	52	69	CANOURA ABEIJON , MANUEL	MALE	HOMBRE	CLUB ATLETISMO LOUSAME DEPO	01:26:38.803	06:40 min/Km
55	53	211	ARIAS GARCIA , ALFONSO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:26:45.833	06:41 min/Km
56	54	229	CIBREIRO MENDEZ , MIGUEL	MALE	HOMBRE	INDEPENDIENTE	01:27:01.223	06:42 min/Km
57	55	350	SUAREZ GIADAS , JAVIER	MALE	SENIOR MAS		01:27:01.873	06:42 min/Km
58	56	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:27:11.893	06:43 min/Km
59	3	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:27:35.653	06:45 min/Km
60	57	364	VIDAL MARTÍNEZ , HÉCTOR	MALE	SENIOR MAS	CCCP DE RIBEIRA	01:27:41.973	06:45 min/Km
61	58	323	REY BLANCO , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:27:49.883	06:46 min/Km
62	59	36	AREVALILLO ROMERO , SERGIO	MALE	HOMBRE	OMEGA RUNNING	01:27:57.243	06:46 min/Km
63	60	319	QUEIRUGA TRIÑANES , SUSO	MALE	SENIOR MAS	INDEPENDIENTE	01:27:59.343	06:47 min/Km
64	61	335	RODRÍGUEZ REY , CARLOS JESUS	MALE	SENIOR MAS	INDEPENDIENTE	01:28:07.793	06:47 min/Km
65	62	4	BOO FARIÑA, SALVADOR	MALE	VETERANO MAS	INDEPENDIENTE	01:28:10.483	06:47 min/Km
66	4	272	GROBAS GARABOA , MARÍA JOSÉ	FEMALE	VETERANO FEM	CLUBE ATLETISMO BOIMORTO	01:28:15.023	06:48 min/Km
67	63	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:28:27.843	06:49 min/Km
68	64	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:28:27.913	06:49 min/Km
69	65	281	LAREO MARTINEZ , DAVID	MALE	MIXED	INDEPENDIENTE	01:28:28.900	06:49 min/Km
70	5	224	BUIG FERNANDEZ , LARA	FEMALE	MIXED	S.D. BARBANTIA RODA	01:28:30.883	06:49 min/Km
71	66	358	TUBIO DAVILA , JOSE	MALE	SENIOR MAS		01:28:38.003	06:50 min/Km



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72	67	93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE	01:28:39.213	06:50 min/Km
73	68	40	TARRÍO PÉREZ, HÉCTOR	MALE	SENIOR MAS	KENNEL DEN	01:28:41.983	06:50 min/Km
74	69	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:28:47.423	06:50 min/Km
75	70	288	MARIÑO GONZÁLEZ, DIEGO	MALE	SENIOR MAS	INDEPENDIENTE	01:29:25.703	06:53 min/Km
76	71	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:29:27.383	06:53 min/Km
77	72	352	TABOADA MILLAN, CESAR	MALE	VETERANO MAS		01:29:30.053	06:54 min/Km
78	73	203	ALBÁN SALGADO, ALBERTO	MALE	SENIOR MAS	C.D. PORTOSIN	01:29:31.043	06:54 min/Km
79	74	230	CID SANMARTÍN, ROBERTO	MALE	SENIOR MAS	CLUB TRIATLÓN CORUÑA	01:29:38.143	06:54 min/Km
80	75	101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS		01:29:49.313	06:55 min/Km
81	76	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:29:51.513	06:55 min/Km
82	77	226	CARBALLO MILLAN, IVAN	MALE	SENIOR MAS	INDEPENDIENTE	01:29:56.623	06:56 min/Km
83	78	76	CERQUEIRO BARREIRO, VICTOR MANUEL	MALE	MIXED	INDEPENDIENTE	01:30:01.483	06:56 min/Km
84	79	305	OROZCO PRIETO, XABIER	MALE	SENIOR MAS	C.D. PINARIUM	01:30:08.013	06:57 min/Km
85	6	250	FORMOSO NOCEDA, TINA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:30:10.043	06:57 min/Km
86	80	280	LADO FIGUEIRAS, ABEL	MALE	SENIOR MAS	INDEPENDIENTE	01:30:10.233	06:57 min/Km
87	81	277	IGLESIAS BLANCO, ALBINO	MALE	SENIOR MAS	C.D. PINARIUM	01:30:11.873	06:57 min/Km
88	82	274	GUTIERREZ ALEGRIA, JONATAN	MALE	SENIOR MAS	SD BARBANTIA RODA	01:30:16.403	06:57 min/Km
89	83	24	GARCIA ESMORIS, JOSE LUIS	MALE	HOMBRE	INDEPENDIENTE	01:30:24.623	06:58 min/Km
90	84	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:30:27.663	06:58 min/Km
91	85	217	BARREIRO SIMÓN, DANIEL	MALE	SENIOR MAS	C.D. PINARIUM	01:30:30.093	06:58 min/Km
92	86	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:30:30.653	06:58 min/Km
93	87	209	ARGIBAY PEREZ, JUAN ANTONIO	MALE	VETERANO MAS	SANTA UXIA ATLETISMO	01:30:33.543	06:58 min/Km
94	88	70	REY AGRELO, JOSE RAMIRO	MALE	HOMBRE	CLUB ATLETISMO LOUSAME DEPO	01:30:41.073	06:59 min/Km
95	89	325	RÍOS GIMÉNEZ, ADOLFO OMAR	MALE	VETERANO MAS	CLUBE ATLETISMO BOIMORTO	01:30:43.413	06:59 min/Km



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96	90	216	BALSA CES , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:30:50.523	06:60 min/Km
97	91	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:31:08.823	07:01 min/Km
98	92	236	CRUJEIRAS MIRANDA , ADRIAN	MALE	SENIOR MAS	CCCP DE RIBEIRA	01:31:16.463	07:02 min/Km
99	93	205	ALVAREZ FERNANDEZ , IVAN	MALE	SENIOR MAS		01:31:22.493	07:02 min/Km
100	7	42	GARCIA LORENZO , SILVIA	FEMALE	MIXED	ATLETISMO NOIA	01:31:26.213	07:03 min/Km
101	94	38	IBAÑEZ PEREIRO , AITOR	MALE	HOMBRE	OMEGA RUNNING	01:31:29.213	07:03 min/Km
102	95	84	LÓPEZ SÁNCHEZ, JAIME	MALE	VETERANO MAS	VIRXEN DA GUÍA	01:31:35.783	07:03 min/Km
103	96	264	GONZALEZ ENRIQUEZ , HECTOR	MALE	SENIOR MAS	INDEPENDIENTE	01:31:37.223	07:03 min/Km
104	97	239	ESTEVE LLORENS , XAVI	MALE	SENIOR MAS	INDEPENDIENTE	01:31:43.163	07:04 min/Km
105	98	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:31:43.313	07:04 min/Km
106	99	242	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:31:43.473	07:04 min/Km
107	100	340	SARASQUETE FERNANDEZ , FRANCISCO	MALE	SENIOR MAS	CCCP RIVEIRA	01:31:50.843	07:04 min/Km
108	101	343	SERRANO RECIO , DIEGO	MALE	SENIOR MAS	RACERS LEGION	01:31:56.093	07:05 min/Km
109	102	297	MOLEDO ESTÉVEZ , DIEGO	MALE	SENIOR MAS	CLUB DEPORTIVO PINARIUM	01:31:58.163	07:05 min/Km
110	103	247	FERRÓN MOURE , ADRIÁN	MALE	SENIOR MAS		01:32:02.333	07:05 min/Km
111	104	278	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO MAS		01:32:08.313	07:06 min/Km
112	105	240	FERNANDEZ BALADO , JUAN	MALE	MIXED	CLUB ATLETISMO FONTES DO SAR	01:32:16.093	07:06 min/Km
113	106	354	TOME BLANCO , JUAN CARLOS	MALE	MIXED	INDEPENDIENTE	01:32:20.213	07:07 min/Km
114	107	48	MARTINEZ FANDIÑO , ADRIAN	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:32:50.753	07:09 min/Km
115	108	308	PAIS TRIGO , FRANCISCO	MALE	SENIOR MAS		01:32:57.883	07:10 min/Km
116	109	30	VILAS PAZOS, MON	MALE	SENIOR MAS		01:33:01.903	07:10 min/Km
117	8	57	BARROSO PÉREZ , BEATRIZ	FEMALE	MIXED	INDEPENDIENTE	01:33:02.423	07:10 min/Km
118	110	259	GARCIA RODRÍGUEZ , JUAN	MALE	VETERANO MAS	INDEPENDIENTE	01:33:04.313	07:10 min/Km
119	111	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:33:08.893	07:10 min/Km



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120	112	276	IGLESIAS AMORES , MIGUEL	MALE	SENIOR MAS	CLUB DEPORTIVO PINARIUM	01:33:32.413	07:12 min/Km
121	113	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:33:36.193	07:13 min/Km
122	114	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:33:37.833	07:13 min/Km
123	115	339	SANMARCO JANEIRO , FABIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:33:42.303	07:13 min/Km
124	116	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:33:48.063	07:13 min/Km
125	117	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:33:56.443	07:14 min/Km
126	118	296	MIGUENS GARCIA , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:34:08.083	07:15 min/Km
127	119	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:34:15.263	07:16 min/Km
128	120	347	SOMOZA GARCIA , FRANCISCO	MALE	VETERANO MAS		01:34:24.473	07:16 min/Km
129	9	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:34:27.393	07:16 min/Km
130	121	295	MERA RODRIGUEZ , BRUNO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:34:28.283	07:17 min/Km
131	10	351	SUEIRO IGLESIAS , SOFÍA	FEMALE	SENIOR FEM	CLUB ATLESTIMO SAR-VERMÚ PET	01:34:36.793	07:17 min/Km
132	122	301	MUÑIZ MUÑIZ , XOÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:34:40.143	07:17 min/Km
133	123	349	SUAREZ BERMUDEZ , FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:34:41.153	07:18 min/Km
134	11	228	CARRO MAHIA , ALEJANDRA	FEMALE	MIXED	INDEPENDIENTE	01:34:59.393	07:19 min/Km
135	124	91	PORTA RODEIRO, FRAN	MALE	VETERANO MAS		01:35:19.663	07:20 min/Km
136	125	355	TORIBIO ACEBEDO , MARCOS	MALE	SENIOR MAS		01:35:39.473	07:22 min/Km
137	126	26	TORRES GONZALEZ , DAVID	MALE	HOMBRE	CELTIC-BOX	01:35:48.953	07:23 min/Km
138	127	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:35:57.603	07:23 min/Km
139	128	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:36:06.693	07:24 min/Km
140	129	362	VÁZQUEZ CAMIÑO , DANIEL	MALE	SENIOR MAS	INDEPENDIENTE	01:36:14.983	07:25 min/Km
141	130	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:15.553	07:25 min/Km
142	131	360	VÁZQUEZ BRAÑAS , JOSE	MALE	SENIOR MAS	INDEPENDIENTE	01:36:19.793	07:25 min/Km
143	132	317	PONTE PEREIRA , CARLOS EDMUNDO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:20.023	07:25 min/Km



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144	133	279	IGLESIAS PARDO , TINO	MALE	SENIOR MAS	ATLETISMO MILLADOIRO	01:36:27.613	07:26 min/Km
145	134	284	LORENZO MIRÓN , DANIEL	MALE	SENIOR MAS		01:36:31.343	07:26 min/Km
146	135	60	BESADA WALDOMAR, ALEX	MALE	SENIOR MAS		01:36:33.993	07:26 min/Km
147	136	331	RODRIGUEZ IGLESIAS , ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:36:35.273	07:26 min/Km
148	12	353	TATO MOSQUERA , IRENE	FEMALE	SENIOR FEM	MARZO SAÚDE	01:36:35.683	07:26 min/Km
149	13	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:37:03.483	07:28 min/Km
150	14	207	AMADO , BEA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:37:29.053	07:30 min/Km
151	137	282	LOPEZ VAZQUEZ , JULIO CESAR	MALE	VETERANO MAS	CLUB ATLETISMO BOIMORTO	01:37:33.253	07:31 min/Km
152	138	299	MORATINOS GARCÍA , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:37:33.743	07:31 min/Km
153	139	336	RODRÍGUEZ SOUTO , JOSÉ ANTONIO	MALE	SENIOR MAS	INDEPENDIENTE	01:37:46.983	07:32 min/Km
154	140	348	SOTELO CONDE , CARLOS	MALE	SENIOR MAS	INDEPENDIENTE	01:37:48.673	07:32 min/Km
155	141	41	HERMO VILLAR , PABLO	MALE	MIXED	ATLETISMO NOIA	01:37:52.423	07:32 min/Km
156	15	78	MALLO DOMINGUEZ , ANA MARIA	FEMALE	MIXED	INDEPENDIENTE	01:38:00.683	07:33 min/Km
157	16	307	PADIN DOMINGUEZ , SILA	FEMALE	SENIOR FEM	CELTIC BOX	01:38:02.763	07:33 min/Km
158	142	304	OLVEIRA MARTINEZ , FRANCISCO JOSE	MALE	VETERANO MAS	PAPA O CAN E NOSO	01:38:08.483	07:33 min/Km
159	17	238	DEL RÍO MOSQUERA , ESTHER	FEMALE	VETERANO FEM		01:38:08.583	07:33 min/Km
160	143	320	RECHOU AGUADO , HIPOLITO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:38:09.193	07:34 min/Km
161	144	244	FERNÁNDEZ TRONCOSO , ADOLFO	MALE	SENIOR MAS	VIGOENTRENA	01:38:36.523	07:36 min/Km
162	145	35	RODRIGUEZ GUTIERREZ , SERGIO	MALE	HOMBRE	OMEGA RUNNING	01:38:38.313	07:36 min/Km
163	146	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:38:50.803	07:37 min/Km
164	147	324	RIO FIGUEIRAS , MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:38:51.463	07:37 min/Km
165	148	249	FLORES VAZQUEZ , IVAN	MALE	SENIOR MAS		01:38:53.443	07:37 min/Km
166	18	341	SECO ABELLAS , EMMA	FEMALE	SENIOR FEM		01:39:08.923	07:38 min/Km
167	149	313	PEREZ PATO , DAVID	MALE	SENIOR MAS		01:39:09.173	07:38 min/Km



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POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
168	150	268	GONZALEZ PAZ , ANGEL JULIO	MALE	VETERANO MAS	VIRXE DA GUIA	01:39:48.163	07:41 min/Km
169	151	314	PÉREZ PIÑEIRO , MANUEL	MALE	SENIOR MAS		01:39:58.563	07:42 min/Km
170	152	96	PEREZ SUSAVILA, ANGEL	MALE	VETERANO MAS		01:40:38.203	07:45 min/Km
171	153	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:40:47.793	07:46 min/Km
172	154	248	FIGUEIRA MASSA , SANTIAGO	MALE	VETERANO MAS	INDEPENDIENTE	01:40:56.543	07:46 min/Km
173	19	287	MANEIRO CAAMAÑO , VANESSA	FEMALE	MIXED	INDEPENDIENTE	01:41:01.803	07:47 min/Km
174	155	23	REVILLA ORTIZ , IGNACIO	MALE	HOMBRE	INDEPENDIENTE	01:41:16.473	07:48 min/Km
175	156	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:42:07.973	07:52 min/Km
176	20	310	PENA MACEIRAS , MIRIAM	FEMALE	SENIOR FEM	INDEPENDIENTE	01:42:42.513	07:55 min/Km
177	157	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:43:03.663	07:56 min/Km
178	158	326	RIVAS POMBO , MARCELINO	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:43:03.693	07:56 min/Km
179	159	221	BRANDÓN VENOZZA , RICARDO	MALE	VETERANO MAS	INDEPENDIENTE	01:43:09.013	07:57 min/Km
180	21	266	GONZÁLEZ FRAGA , PAULA	FEMALE	SENIOR FEM	CELTIC BOX	01:43:44.083	07:59 min/Km
181	160	227	CARREIRA NODAR , JORGE	MALE	SENIOR MAS	CLUB DEPORTIVO SAN PAIO	01:44:17.523	08:02 min/Km
182	161	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:44:56.463	08:05 min/Km
183	162	344	SESTAYO SEOANE , ELOY	MALE	HOMBRE	INDEPENDIENTE	01:45:04.893	08:05 min/Km
184	163	345	SESTAYO SEOANE , ISAAC	MALE	HOMBRE	INDEPENDIENTE	01:45:05.673	08:06 min/Km
185	22	289	MARIÑO REY , SILVIA	FEMALE	SENIOR FEM		01:45:07.743	08:06 min/Km
186	164	212	ARIAS PAZ , NESTOR	MALE	SENIOR MAS	CLUB MONTEPENARUBIA LUGO	01:45:15.463	08:06 min/Km
187	165	328	RODRIGUEZ ALVAREZ , JOSE ANGEL	MALE	SENIOR MAS	INDEPENDIENTE	01:45:28.573	08:07 min/Km
188	166	290	MARIÑO SANTAMARIA , ANTONIO	MALE	VETERANO MAS	INDEPENDIENTE	01:45:29.623	08:07 min/Km
189	167	315	PIÑEIRO VÁZQUEZ , JOSÉ VICENTE	MALE	SENIOR MAS	CLUB ATLETISMO FONTES DO SAR	01:46:31.583	08:12 min/Km
190	168	231	COLLAZO BARBOSA , IVAN	MALE	SENIOR MAS	VIGOENTRENA	01:46:56.563	08:14 min/Km
191	169	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	01:48:24.443	08:21 min/Km



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POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
192	170	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:48:28.433	08:21 min/Km
193	171	321	REGUEIRA BOO , JOSE	MALE	VETERANO MAS	ASOCIACION ATLETISMO E DEPOR	01:48:47.933	08:23 min/Km
194	172	233	CRESPO LÓPEZ , NACHO	MALE	SENIOR MAS	CLUB ATLETISMO SADA MONTAÑA	01:50:13.973	08:29 min/Km
195	23	79	TOMÉ CAO, VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:50:27.433	08:30 min/Km
196	24	263	GOMEZ LODEIROS , SUSANA	FEMALE	VETERANO FEM	TARTARUGAS	01:50:41.673	08:31 min/Km
197	25	311	PEÑA VILLAMIDE , PAZ	FEMALE	VETERANO FEM	TARTARUGAS	01:50:42.093	08:31 min/Km
198	173	246	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	SENIOR MAS	TARTARUGAS	01:50:43.383	08:32 min/Km
199	26	300	MOREIRA , ESTRELLA	FEMALE	SENIOR FEM	CLUB ATLETISMO FONTES DO SAR	01:50:57.773	08:33 min/Km
200	27	50	REGO SAMPEDRO , MARIA DEL CARMEN	FEMALE	MIXED	INDEPENDIENTE	01:52:31.063	08:40 min/Km
201	174	51	ÁLVAREZ RODRÍGUEZ , MARCOS	MALE	MIXED	ESCUELA DE BOXEO EL CANARIO	01:52:31.513	08:40 min/Km
202	28	285	LOUREIRO BELLON , SARA	FEMALE	MIXED	INDEPENDIENTE	01:54:27.003	08:49 min/Km
203	175	219	BEREIJÓ NEBRIL , MOISÉS	MALE	MIXED	CLUB MONTAÑA O CAXADO	01:54:27.223	08:49 min/Km
204	176	225	CARBALLA AREA , JACOBO	MALE	SENIOR MAS	INDEPENDIENTE	01:54:28.513	08:49 min/Km
205	177	204	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO MAS	TARTARUGAS	01:55:18.103	08:53 min/Km
206	29	359	VARELA FONTELA , ALEJANDRA	FEMALE	MIXED	CLUB ATLETISMO FONTES DO SAR	01:55:24.393	08:53 min/Km
207	178	232	CONS LAMAS , SANTIAGO	MALE	SENIOR MAS	TARTARUGAS	01:55:32.973	08:54 min/Km
208	30	298	MONTAN DOMINGUEZ , MABEL	FEMALE	VETERANO FEM	INDEPENDIENTE	01:55:40.173	08:54 min/Km
209	179	68	GONZALEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:57:54.213	09:05 min/Km
210	180	5	BRENLLA FAJIN, SATIRO	MALE	SENIOR MAS	TARTARUGAS	01:58:06.573	09:06 min/Km
211	31	293	MARTINEZ SANCHEZ , NOELIA	FEMALE	SENIOR FEM	TARTARUGAS	01:58:06.793	09:06 min/Km
212	32	21	FERNANDEZ RODRIGUEZ, BEGOÑA	FEMALE	SENIOR FEM	CLUB FONTES DO SAR	01:58:14.263	09:06 min/Km
213	181	260	GENDRE FERNÁNDEZ , JAVIER	MALE	SENIOR MAS	TARTARUGAS	01:58:15.463	09:06 min/Km
214	182	53	ABOY POTEI, JOSÉ	MALE	SENIOR MAS	CCCP	01:58:40.863	09:08 min/Km
215	183	202	AGEITOS GUDE , HUMBERTO	MALE	SENIOR MAS		01:58:41.063	09:08 min/Km



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POS.	POS.SEX	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
216	184	100	NOVO MARTÍNEZ, DAVID	MALE	SENIOR MAS	ARTROGAL TRI 498	01:58:41.253	09:08 min/Km
217	33	270	GONZALEZ VALLES , CARMEN	FEMALE	SENIOR FEM	VIGOENTRENA	01:59:56.973	09:14 min/Km
218	34	235	CRISPIN , EVA	FEMALE	SENIOR FEM	VIGOENTRENA	02:00:52.413	09:18 min/Km
219	35	234	CRISPIN , BEATRIZ	FEMALE	SENIOR FEM	VIGOENTRENA	02:00:52.503	09:18 min/Km

