

VII CARREIRA DE MONTAÑA - MONTES DE COUZADOIRO 2024

03/03/2024

- TRAIL LONGO 24K -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	CAT FED	META	RITMO
1	1	61	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	VET	CASTRO TRAIL	VETERANO A	02:19:03	05:41 min/Km
2	1	58	MUIÑOS COTELO , RAMÓN	MALE	ABSOLUTA	AD JARNACHAS	ABSOLUTO MASCULINO	02:21:36	05:47 min/Km
3	2	64	PERNAS PARAPAR , CARLOS MANUEL	MALE	ABSOLUTA	PEÑA LAR TRAIL	ABSOLUTO MASCULINO	02:21:43	05:48 min/Km
4	2	33	GOMEZ SOUSA , ELPIDIO	MALE	VET	CSTRO TRAIL	VETERANO B	02:21:57	05:48 min/Km
5	3	70	RODRÍGUEZ DIAZ , ADRIAN	MALE	ABSOLUTA	RUNNING SPORT TRAIL	ABSOLUTO MASCULINO	02:23:36	05:52 min/Km
6	4	76	SANTIAGO VILLAR , JOSE	MALE	ABSOLUTA	OS CORZOS DO ORTEGAL	ABSOLUTO MASCULINO	02:23:36	05:52 min/Km
7	3	62	PAZÓ GIRALDEZ , DANIEL	MALE	VET	ATLETISMO BAIONA	VETERANO A	02:28:19	06:04 min/Km
8	5	24	FERNÁNDEZ GARCÍA , PABLO	MALE	ABSOLUTA	TRAILEROS TOXOS & BIRRAS	ABSOLUTO MASCULINO	02:31:55	06:13 min/Km
9	6	55	MONTERO BUJÁN , AITOR	MALE	ABSOLUTA	AVIVA SPORT CLUB	ABSOLUTO MASCULINO	02:34:33	06:19 min/Km
10	4	75	SANROMÁN GARCÍA , ABRAHAM	MALE	VET	CORNELIOS	VETERANO A	02:34:36	06:19 min/Km
11	5	80	TUÑAS GONZÁLEZ , ROBERTO	MALE	VET	CDM VÉRTICE	VETERANO A	02:34:37	06:19 min/Km
12	6	16	CONDE ESTÉVEZ , PABLO	MALE	VET	CLUBE DE MONTAÑA XISTRA	VETERANO A	02:35:24	06:21 min/Km
13	7	77	SECO FERNÁNDEZ , RUBÉN	MALE	VET	A.M.E BESTARRUZA	VETERANO A	02:35:43	06:22 min/Km
14	8	22	FERNÁNDEZ FERNÁNDEZ , MANUEL ENRIQUE	MALE	VET	COUTADAS TRAIL TEAM	VETERANO B	02:36:07	06:23 min/Km
15	9	18	DÍAZ BAUTISTA , JOSE ANGEL	MALE	VET	BRUTANZOS TEAM	VETERANO A	02:36:30	06:24 min/Km
16	7	5	BALADO RODRIGUEZ , ROBERTO	MALE	ABSOLUTA	TRAILEROS TOXOS & BIRRAS	ABSOLUTO MASCULINO	02:37:51	06:27 min/Km
17	10	49	MARTÍNEZ RODRÍGUEZ , DAVID	MALE	VET	C.D CAMOVI	VETERANO A	02:39:30	06:31 min/Km
18	11	67	RAMOS GRELA , MANUEL	MALE	VET	AD JARNACHAS	VETERANO A	02:41:49	06:37 min/Km
19	12	19	DÍAZ FRANCO , RUBÉN	MALE	VET	C.D.CAMOVI	VETERANO A	02:43:50	06:42 min/Km
20	13	73	ROUCO REY , MARIO	MALE	VET	C.D. 21 LEGUAS	VETERANO A	02:46:20	06:48 min/Km
21	14	32	GÓMEZ GÓMEZ , MANUEL	MALE	VET	PONTETRAIL	VETERANO B	02:53:58	07:07 min/Km
22	1	74	RUBIO FERNÁNDEZ , GUADALUPE	FEMALE	ABSOLUTA-F	PASA OU ENTORNA	ABSOLUTA FEMININA	02:54:14	07:07 min/Km
22	15	63	PENA MUIÑO , RUBÉN	MALE	VET	C.D. 21 LEGUAS		02:54:14	07:07 min/Km
24	16	51	MEIZOSO VILASUSO , XOSÉ MANUEL	MALE	VET	CLUB MONTAÑA O CAXADO	VETERANO B	03:00:33	07:23 min/Km
25	17	69	RIVERA CAMBA , RICARDO	MALE	VET	ASESOU	VETERANO A	03:02:14	07:27 min/Km
26	8	29	GARCÍA OTERO , CARLOS	MALE	ABSOLUTA	INDEPENDIENTE		03:03:16	07:29 min/Km
27	2	27	FERNÁNDEZ VIEITO , RITA	FEMALE	ABSOLUTA-F	ASESOU	ABSOLUTA FEMININA	03:05:05	07:34 min/Km
28	9	43	LORENZO MUÑOZ , DIEGO	MALE	ABSOLUTA	CD 21 LEGUAS	ABSOLUTO MASCULINO	03:05:23	07:34 min/Km
29	10	3	ALONSO CABALEIRO , ANTONIO	MALE	ABSOLUTA	C.D. 21 LEGUAS	ABSOLUTO MASCULINO	03:05:23	07:34 min/Km
30	18	54	MOLDES FERNÁNDEZ , DIEGO	MALE	VET	ASESOU	VETERANO A	03:10:12	07:46 min/Km
31	11	37	IGLESIAS LÓPEZ , ÁLVARO	MALE	ABSOLUTA	AD JARNACHAS	ABSOLUTO MASCULINO	03:12:22	07:52 min/Km
32	12	48	MARTÍNEZ OTERO , JOEL	MALE	ABSOLUTA	INDEPENDIENTE		03:12:23	07:52 min/Km
33	19	36	GONZALEZ RODICIO , XABIER	MALE	VET	CLUBE DE MONTAÑA RIBEIRA SACRA		03:13:30	07:54 min/Km

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34	13	10	BLANCO ESTÉVEZ , LORENZO	MALE	ABSOLUTA	ASESOU	ABSOLUTO MASCULINO	03:15:24	07:59 min/Km
35	20	44	LORENZO PRIETO , MARCOS	MALE	VET	C.D. 21 LEGUAS		03:20:52	08:12 min/Km
36	21	13	BOUZA PORTA , LUIS MIGUEL	MALE	VET	INDEPENDIENTE		03:20:53	08:12 min/Km
37	14	14	CANAL FRAGA , LUIS	MALE	ABSOLUTA	ASESOU	ABSOLUTO MASCULINO	03:21:49	08:15 min/Km
38	15	38	IGLESIAS RODICIO , BORJA	MALE	ABSOLUTA	ASESOU	ABSOLUTO MASCULINO	03:22:14	08:16 min/Km
39	16	1	AGRAS PITA , EDGAR	MALE	ABSOLUTA	OS CORZOS DO ORTEGAL	ABSOLUTO MASCULINO	03:23:09	08:18 min/Km
40	22	23	FERNÁNDEZ FRANCO , HUGO	MALE	VET	INDEPENDIENTE		03:25:59	08:25 min/Km
41	23	82	VIEITES PONTE , JUAN JOSE	MALE	VET	SIGUEME SI PUEDES		03:27:45	08:29 min/Km
42	24	6	BARRO REBOLLEDO , DANIEL	MALE	VET	CLUB A CABRA TIRA O MONTE	VETERANO A	03:32:27	08:41 min/Km
43	3	31	GOBERNA PRIETO , ANTÍA	FEMALE	ABSOLUTA-F	ASESOU	ABSOLUTA FEMININA	03:33:11	08:43 min/Km
44	25	15	CASTRO FRAGA , FELIPE	MALE	VET	PASA OU ENTORNA	VETERANO A	03:34:27	08:46 min/Km
45	26	65	PIÑEIRO VIZOSO , HUGO	MALE	VET	CD 21 LEGUAS	VETERANO A	03:34:28	08:46 min/Km
46	27	45	LOZANO IGLESIAS , MIGUEL ÁNGEL	MALE	VET			03:39:29	08:58 min/Km
47	28	68	RATOEIRA BADANTA , MOISES	MALE	VET	SEMOS OU NON?!		03:39:40	08:58 min/Km
48	1	20	ESTRADA , KENIA	FEMALE	VET-F	INDEPENDIENTE		03:39:56	08:59 min/Km
49	2	17	CTVRTNICKOVA , TEREZA	FEMALE	VET-F	TRIEUME AS PONTES		03:41:58	09:04 min/Km
50	3	11	BLANCO PENA , FINA	FEMALE	VET-F	CD 21 LEGUAS	VETERANA A	03:42:31	09:05 min/Km
51	17	4	ALVAREZ PEREZ , IVAN	MALE	ABSOLUTA	RUNNING SPORT TRAIL	ABSOLUTO MASCULINO	03:43:30	09:08 min/Km
52	29	47	MARTINEZ MANEIRO , ALBERTO	MALE	VET	INCOR AUTOVIDRIO		03:45:31	09:13 min/Km
53	4	79	TOREA TOREA , ELENA	FEMALE	VET-F	CLUB ATLETISMO LOUSAME	VETERANA B	03:45:36	09:13 min/Km
54	18	9	BERMÚDEZ LÓPEZ , BRUNO	MALE	ABSOLUTA	PAPA DE LOLA		03:46:35	09:15 min/Km
55	19	46	MARTÍNEZ CASAS , XOSE	MALE	ABSOLUTA	INDEPENDIENTE		03:47:18	09:17 min/Km
56	30	21	FARALDO VALLÉS , ANDRES	MALE	VET	CDM VÉRTICE	VETERANO A	03:48:52	09:21 min/Km
57	31	50	MEIZOSO CAINZOS , ALBERTO	MALE	VET	CLUB DE MONTAÑA O CAXADO	VETERANO A	03:56:38	09:40 min/Km
58	4	2	AGUILERA QUINTEROS , LALI	FEMALE	ABSOLUTA-F	TRAILEROS TOXOS & BIRRAS	ABSOLUTA FEMININA	03:56:38	09:40 min/Km
59	32	39	LEMA RODRÍGUEZ , SERGIO MANUEL	MALE	VET	NORDESTAZO (CD. MESOIRO)	VETERANO A	03:56:44	09:40 min/Km
60	5	57	MONTOTO VÁZQUEZ , PATRICIA	FEMALE	VET-F	GTR GALAICO TRAIL RUN	VETERANA A	03:56:46	09:40 min/Km
61	6	25	FERNÁNDEZ RODRÍGUEZ , SUSANA	FEMALE	VET-F	ASESOU	VETERANA A	03:57:06	09:41 min/Km
62	7	28	FORMOSO NOCEDA , TINA	FEMALE	VET-F	TRIBU TRAIL	VETERANA A	04:00:51	09:50 min/Km
63	8	53	MIGUEZ CHAO , RAQUEL	FEMALE	VET-F	PEÑA LAR	VETERANA A	04:05:48	10:02 min/Km
64	20	56	MONTES VÁZQUEZ , MOISÉS	MALE	ABSOLUTA	CLUB A CABRA TIRA O MONTE	ABSOLUTO MASCULINO	04:07:22	10:06 min/Km
65	5	66	PRIETO NOVO , LAURA	FEMALE	ABSOLUTA-F	C.D. 21 LEGUAS	ABSOLUTA FEMININA	04:08:20	10:09 min/Km
66	6	12	BORRAJO CASTRO , SABELA	FEMALE	ABSOLUTA-F	TOXIZA CLUBE DE MONTAÑA	ABSOLUTA FEMININA	04:09:40	10:12 min/Km
67	33	41	LÓPEZ GONZÁLEZ , MANUEL VICENTE	MALE	VET	PEÑA LAR		04:10:14	10:13 min/Km

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68	21	59	MUÑOZ MILAN , PABLO	MALE	ABSOLUTA	INDEPENDIENTE		04:20:39	10:39 min/Km
69	9	71	RODRÍGUEZ GALLEGO , ELIA	FEMALE	VET-F	TRAILEROS TOXOS & BIRRAS	VETERANA B	04:22:42	10:44 min/Km
70	34	42	LORENZO , JUAN	MALE	VET			04:29:13	10:60 min/Km
ABD		52	MERINO ENCINAS , JOSÉ MIGUEL	MALE	VET	CLUBE DE MONTAÑA XISTRA	VETERANO A		
ABD		72	ROMERO RODRÍGUEZ , NURIA	FEMALE	VET-F	OS CORZOS DO ORTEGAL	VETERANA A		