

REVOLUTRION TRAIL SERIES 2016

-INDIVIDUAL-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	SAN ALBERTE	IMO SAN ALBER	SAN ISIDRO	RITMO SAN ISIDRO	TRAIL DE BEALO	RITMO BEALO	ASTRO BARBUD	RITMO CASTRO	ACUMULADO
1	1	1	RODRIGUEZ BOGA, LOIS	MALE	SENIOR MAS	REVOLUTRION TRAIL	01:02:01	04:26 min/Km	01:01:17	04:43 min/Km	01:01:45	04:16 min/Km	01:02:47	04:50 min/Km	4:07:50
2	1	44	FOLGAR POUSO, RAMÓN	MALE	VETERANO MAS	REVOLUTRION RIVEIRA	01:04:02	04:35 min/Km	01:01:22	04:44 min/Km	01:01:47	04:16 min/Km	01:03:10	04:52 min/Km	4:10:21
3	2	92	GARCIA RODRIGUEZ, JORGE MANUEL	MALE	SENIOR MAS	NOITEBRA CF	01:10:33	05:03 min/Km	01:07:36	05:12 min/Km	01:08:55	04:46 min/Km	01:11:46	05:32 min/Km	4:38:50
4	3	27	IGLESIAS TORRES, JOSE MANUEL	MALE	SENIOR MAS	NOITEBRA F.C.	01:09:11	04:57 min/Km	01:23:46	06:27 min/Km	01:04:38	04:28 min/Km	01:07:59	05:14 min/Km	4:45:34
5	4	20	FIGUEIRA, TOÑO	MALE	SENIOR MAS	TRAS DO MONTE	01:13:04	05:14 min/Km	01:19:29	06:07 min/Km	01:06:25	04:35 min/Km	01:12:02	05:33 min/Km	4:51:00
6	2	83	LORENZO BUCETA, JOSE ANTONIO	MALE	VETERANO MAS	ECOSPORT TRIBU TRAIL	01:18:05	05:35 min/Km	01:18:02	06:01 min/Km	01:09:31	04:48 min/Km	01:13:53	05:41 min/Km	4:59:31
7	5	82	CASTRO NINE, MANUEL	MALE	SENIOR MAS		01:19:50	05:43 min/Km	01:21:09	06:15 min/Km	01:10:51	04:54 min/Km	01:10:41	05:27 min/Km	5:02:31
8	6	85	GOMEZ OURILLE, NICOLAS	MALE	SENIOR MAS		01:19:56	05:43 min/Km	01:20:51	06:14 min/Km	01:08:49	04:45 min/Km	01:13:57	05:42 min/Km	5:03:33
9	7	73	SAMPEDRO GUDE, JOSE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:15:46	05:25 min/Km	01:25:41	06:36 min/Km	01:10:41	04:53 min/Km	01:12:54	05:37 min/Km	5:05:02
10	8	86	BOO REIRIZ, JOSE MARIA	MALE	SENIOR MAS	VIRXE DA GUIA	01:20:08	05:44 min/Km	01:23:57	06:28 min/Km	01:11:10	04:55 min/Km	01:12:13	05:34 min/Km	5:07:28
11	9	31	CABEZAL SÁNCHEZ, ALEJANDRO	MALE	SENIOR MAS	INDEPENDIENTE	01:19:28	05:41 min/Km	01:23:17	06:25 min/Km	01:15:53	05:14 min/Km	01:17:10	05:57 min/Km	5:15:48
12	1	14	GONZÁLEZ MARTINEZ, MARÍA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:24:14	06:01 min/Km	01:25:58	06:37 min/Km	01:17:43	05:22 min/Km	01:18:58	06:05 min/Km	5:26:53
13	10	98	FERNÁNDEZ RIAL, SANTIAGO	MALE	SENIOR MAS	INDEPENDIENTE	01:32:40	06:38 min/Km	01:28:48	06:50 min/Km	01:12:27	04:60 min/Km	01:17:49	05:60 min/Km	5:31:44
14	3	18	BURES MIGUENS, XOSE MANUEL	MALE	VETERANO MAS		01:26:57	06:13 min/Km	01:27:12	06:43 min/Km	01:17:40	05:22 min/Km	01:21:00	06:14 min/Km	5:32:49
15	11	16	CONDE TATO, JOSE ANGEL	MALE	SENIOR MAS		01:27:40	06:16 min/Km	01:29:28	06:53 min/Km	01:15:38	05:13 min/Km	01:22:31	06:21 min/Km	5:35:17
16	12	43	PENAS ESPERANTE, ALBERTO	MALE	SENIOR MAS	INDEPENDIENTE	01:34:26	06:45 min/Km	01:25:47	06:36 min/Km	01:15:18	05:12 min/Km	01:20:21	06:11 min/Km	5:35:52
17	13	45	CASAL SANTOS, MARCOS	MALE	SENIOR MAS	INDEPENDIENTE	01:27:01	06:13 min/Km	01:33:38	07:13 min/Km	01:20:32	05:34 min/Km	01:17:14	05:57 min/Km	5:38:25
18	14	11	TOBIO GOMEZ, FERNANDO	MALE	SENIOR MAS	INDEPENDIENTE	01:30:09	06:27 min/Km	01:36:16	07:25 min/Km	01:15:06	05:11 min/Km	01:17:00	05:56 min/Km	5:38:31
19	1	32	CALVO MARTA, SILVIA	FEMALE	VETERANO FEM		01:26:10	06:10 min/Km	01:27:36	06:45 min/Km	01:21:09	05:36 min/Km	01:24:13	06:29 min/Km	5:39:08
20	15	33	LUNA DOMINGUEZ, JUAN	MALE	SENIOR MAS	OMEGA RUNNING	01:25:27	06:07 min/Km	01:24:22	06:30 min/Km	01:20:26	05:33 min/Km	01:28:59	06:51 min/Km	5:39:14
21	4	61	COSTA LAGO, JUAN MIGUEL	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:27:38	06:16 min/Km	01:28:28	06:49 min/Km	01:22:13	05:41 min/Km	01:22:59	06:23 min/Km	5:41:18
22	5	62	PEREZ LAMPON, JOSE MANUEL	MALE	VETERANO MAS	VIRXE DA GUIA	01:26:57	06:13 min/Km	01:31:09	07:01 min/Km	01:20:26	05:33 min/Km	01:28:40	06:50 min/Km	5:47:12
23	16	12	FERNÁNDEZ SÁNCHEZ, DAVID	MALE	SENIOR MAS	3&RUN	01:29:39	06:25 min/Km	01:30:28	06:58 min/Km	01:21:24	05:37 min/Km	01:26:28	06:40 min/Km	5:47:59
24	17	10	ARCA PEDRIDO, MANOLO	MALE	SENIOR MAS	ARTROGAL TRI 498	01:30:23	06:28 min/Km	01:31:44	07:04 min/Km	01:21:12	05:36 min/Km	01:25:27	06:35 min/Km	5:48:46
25	18	46	TUBÍO PIÑEIRO, TOMÁS	MALE	SENIOR MAS	NOS BARES FÁLASE MOITO	01:29:08	06:22 min/Km	01:29:52	06:55 min/Km	01:23:56	05:48 min/Km	01:28:02	06:47 min/Km	5:50:58
26	6	95	RODRIGUEZ JURJO, VITOR MANUEL	MALE	VETERANO MAS		01:30:24	06:28 min/Km	01:34:16	07:16 min/Km	01:22:36	05:42 min/Km	01:26:19	06:39 min/Km	5:53:35
27	19	67	GRAÑA DOMÍNGUEZ, ADRIÁN	MALE	SENIOR MAS	INDEPENDIENTE	01:36:40	06:55 min/Km	01:30:31	06:58 min/Km	01:20:38	05:34 min/Km	01:26:07	06:38 min/Km	5:53:56
28	20	48	MARTINEZ FANDIÑO, ADRIAN	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:34:24	06:45 min/Km	01:32:51	07:09 min/Km	01:19:50	05:31 min/Km	01:27:01	06:42 min/Km	5:54:06
29	21	13	GOMEZ FREIRE, ALVARO	MALE	SENIOR MAS	RIBEIRAS DO TAMBRE	01:34:42	06:46 min/Km	01:33:57	07:14 min/Km	01:21:00	05:36 min/Km	01:25:08	06:33 min/Km	5:54:47
30	7	75	LOPEZ RAMA, JESUS	MALE	VETERANO MAS	PRAIA DE CARNOTA RUNNERS	01:29:21	06:23 min/Km	01:28:28	06:49 min/Km	01:27:02	06:01 min/Km	01:31:57	07:05 min/Km	5:56:48
31	22	37	AGRAFOJO PEREIRA, RAFAEL	MALE	SENIOR MAS	INDEPENDIENTE	01:37:38	06:59 min/Km	01:33:37	07:13 min/Km	01:26:02	05:56 min/Km	01:27:15	06:43 min/Km	6:04:32
32	23	77	FERNÁNDEZ REGO, DAVID	MALE	SENIOR MAS	PAPÁ, O CAN É NOSO	01:38:01	07:01 min/Km	01:36:07	07:24 min/Km	01:24:50	05:52 min/Km	01:29:36	06:54 min/Km	6:08:34
33	24	49	MARTINEZ FANDIÑO, DIEGO	MALE	SENIOR MAS	ARMENTEIRAEPUNTO	01:34:29	06:45 min/Km	01:40:48	07:46 min/Km	01:29:16	06:10 min/Km	01:27:01	06:42 min/Km	6:11:34
34	2	9	GONZÁLEZ GOCE, LAURA	FEMALE	SENIOR FEM	COUTADAS TRAIL TEAM	01:38:06	07:01 min/Km	01:37:04	07:28 min/Km	01:31:22	06:19 min/Km	01:30:27	06:58 min/Km	6:16:59
35	3	55	CAJADE BLANCO, MARÍA BEGOÑA	FEMALE	SENIOR FEM	CAR MARISQUEIRO	01:41:49	07:17 min/Km	01:34:28	07:16 min/Km	01:29:53	06:12 min/Km	01:34:13	07:15 min/Km	6:20:23
36	25	63	LÓPEZ VILARIÑO, DAVID	MALE	SENIOR MAS		01:42:46	07:21 min/Km	01:33:49	07:13 min/Km	01:29:27	06:11 min/Km	01:35:18	07:20 min/Km	6:21:20
37	8	7	VILLANUSTRE ABUIN, GERMAN	MALE	VETERANO MAS	INDEPENDIENTE	01:43:28	07:24 min/Km	01:33:09	07:10 min/Km	01:32:12	06:22 min/Km	01:36:01	07:24 min/Km	6:24:50
38	26	2	RAMOS CANOSA, JORGE MANUEL	MALE	SENIOR MAS		01:44:09	07:27 min/Km	01:35:58	07:23 min/Km	01:31:27	06:19 min/Km	01:34:07	07:15 min/Km	6:25:41
39	27	39	NEGREIRA BARCIA, DANIEL	MALE	SENIOR MAS	ATLETISMO FONTES DO SAR	01:51:57	07:60 min/Km	01:43:04	07:56 min/Km	01:23:58	05:48 min/Km	01:33:00	07:10 min/Km	6:31:59
40	28	54	VAZQUEZ AMOR, EDUARDO	MALE	SENIOR MAS	INDEPENDIENTE	01:41:24	07:15 min/Km	01:42:08	07:52 min/Km	01:34:00	06:29 min/Km	01:36:53	07:28 min/Km	6:34:25
41	29	99	PÉREZ OTERO, JORGE	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:43:58	07:26 min/Km	01:38:51	07:37 min/Km	01:37:36	06:44 min/Km	01:42:17	07:53 min/Km	6:42:42
42	30	3	CHOUZA FERREIRO, FRANCISCO JAVIER	MALE	SENIOR MAS	INDEPENDIENTE	01:51:03	07:56 min/Km	01:48:29	08:21 min/Km	01:38:07	06:46 min/Km	01:42:16	07:52 min/Km	6:59:55



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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	SAN ALBERTE	TMO SAN ALBER	SAN ISIDRO	RITMO SAN ISIDRO	TRAIL DE BEALO	RITMO BEALO	ASTRO BARBUD	RITMO CASTRO	ACUMULADO
43	31	22	RODRIGUEZ CID, JOSE MANUEL	MALE	SENIOR MAS	ASALTAMONTES	01:51:09	07:57 min/Km	01:44:57	08:05 min/Km	01:40:09	06:55 min/Km	01:45:17	08:06 min/Km	7:01:32
44	32	53	ABOY POTEI, JOSÉ	MALE	SENIOR MAS	CCCP	01:47:24	07:41 min/Km	01:58:41	09:08 min/Km	01:33:23	06:27 min/Km	01:42:19	07:53 min/Km	7:01:47
45	33	68	GONZALEZ PEREZ, FRANCISCO JAVIER	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	02:02:01	08:43 min/Km	01:57:55	09:05 min/Km	01:41:45	07:02 min/Km	01:46:39	08:13 min/Km	7:28:20
46	4	79	TOMÉ CAO, VANESA	FEMALE	SENIOR FEM	INDEPENDIENTE	01:58:32	08:28 min/Km	01:50:28	08:30 min/Km	01:45:49	07:18 min/Km	01:54:19	08:48 min/Km	7:29:08
47	34	74	LAIÑO VIDAL, CARLOS	MALE	SENIOR MAS	CLUB KEMPO BARBANZA	02:06:51	09:04 min/Km	01:48:25	08:21 min/Km	01:46:30	07:21 min/Km	01:55:38	08:54 min/Km	7:37:24

		101	ÁLVAREZ ALONSO, PABLO	MALE	SENIOR MAS				01:29:50	06:55 min/Km	01:24:11	05:49 min/Km	01:24:39	06:31 min/Km	
		17	CAMBON MANEIRO, ENRIQUE	MALE	SENIOR MAS	ADCARNELA	01:28:14	06:19 min/Km							
		4	BOO FARIÑA, SALVADOR	MALE	VETERANO MAS	INDEPENDIENTE	01:26:57	06:13 min/Km	01:28:11	06:47 min/Km	01:16:07	05:15 min/Km			
		5	BRENLLA FAJIN, SATIRO	MALE	SENIOR MAS	TARTARUGAS	01:43:22	07:23 min/Km	01:58:07	09:06 min/Km	01:26:09	05:57 min/Km			
		6	CAMPOS TRABAZO, IRIA	FEMALE	SENIOR FEM	ARTROGAL TRI 498	01:40:36	07:12 min/Km			01:27:27	06:02 min/Km			
		30	VILAS PAZOS, MON	MALE	SENIOR MAS		01:33:10	06:40 min/Km	01:33:02	07:10 min/Km	01:22:56	05:44 min/Km			
		40	TARRIÓ PÉREZ, HÉCTOR	MALE	SENIOR MAS	KENNEL DEN	01:17:07	05:31 min/Km	01:28:42	06:50 min/Km	01:12:11	04:59 min/Km			
		52	LAIÑO SILVA, VICTOR	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCES	01:27:18	06:15 min/Km			01:17:41	05:22 min/Km			
		60	BESADA WALDOMAR, ALEX	MALE	SENIOR MAS		01:27:23	06:15 min/Km	01:36:34	07:26 min/Km	01:24:04	05:48 min/Km			
		19	COUÑAGO CASTRO, IGNACIO	MALE	SENIOR MAS	CLUB LUZ VERDE	01:15:57	05:26 min/Km							
		21	FERNANDEZ RODRIGUEZ, BEGOÑA	FEMALE	SENIOR FEM	CLUB FONTES DO SAR			01:58:15	09:06 min/Km			01:55:30	08:54 min/Km	
		80	FOLGAR ROMAY, JAVIER	MALE	SENIOR MAS	VIRXE DA GUIA									
		8	FREIRE SALARIO, VICTOR MANUEL	MALE	VETERANO MAS										
		47	FUNQUEIRIÑO SUÁREZ, RAMÓN	MALE	SENIOR MAS		01:17:38	05:33 min/Km			01:11:17	04:55 min/Km	01:12:02	05:33 min/Km	
		59	GUDE PAZ, JESÚS MANUEL	MALE	SENIOR MAS	NATURAL OUTDOOR EXPERIENCEQ	01:50:21	07:53 min/Km							
		15	HERMO LOJO, JOSE RAMÓN	MALE	SENIOR MAS	TRIATLÓN O TREITO									
		84	LÓPEZ SÁNCHEZ, JAIME	MALE	VETERANO MAS	VIRXEN DA GUIA			01:31:36	07:03 min/Km			01:32:15	07:06 min/Km	
		87	NIETO DOMÍNGUEZ, NATALIA	FEMALE	SENIOR FEM	TRAS DO MONTE					01:40:45	06:57 min/Km			
		100	NOVO MARTÍNEZ, DAVID	MALE	SENIOR MAS	ARTROGAL TRI 498	01:24:12	06:01 min/Km	01:58:42	09:08 min/Km					
		102	OSORIO DIEGUEZ, CESAR	MALE	SENIOR MAS	INDEPENDIENTE	01:20:08	05:44 min/Km					01:49:02	08:24 min/Km	
		97	OUTEIRAL CASAL, VERI	MALE	SENIOR MAS	CROSSCAÑAS	01:41:23	07:15 min/Km			01:40:44	06:57 min/Km	01:42:13	07:52 min/Km	
		58	PEREZ CAMBEIRO, JUAN BAUTISTA	MALE	VETERANO MAS		01:24:15	06:02 min/Km							
		96	PEREZ SUSAVILA, ANGEL	MALE	VETERANO MAS		01:36:46	06:55 min/Km	01:40:39	07:45 min/Km					
		90	PESTONIT FREIRE, NOE	MALE	SENIOR MAS		01:45:38	07:33 min/Km							
		91	PORTA RODEIRO, FRAN	MALE	VETERANO MAS				01:35:20	07:20 min/Km					
		64	SOTO SOUTO, JOSE MANUEL	MALE	SENIOR MAS	INDEPENDIENTE	01:34:03	06:44 min/Km							
		94	ZARAUZA BEIRAS, ALVARO	MALE	SENIOR MAS										
		93	ABAL MORRAZO, EMILIO	MALE	VETERANO MAS	INDEPENDIENTE			01:28:40	06:50 min/Km	01:23:34	05:46 min/Km	01:22:23	06:21 min/Km	

