



- TRAIL LONGO 27K -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	257	VÁZQUEZ GRELA , MIGUEL	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	02:22:25	05:17 min/Km
2	2	263	NAYA BADALLO , MARCOS	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	02:22:25	05:17 min/Km
3	3	170	INSUA DÍAZ , RUBEN	MALE	SENIOR	ATLETISMO SAR VERMÚ PETRONI	02:30:50	05:36 min/Km
4	1	256	VÁZQUEZ GARCÍA , ROBERTO	MALE	VET-M		02:34:04	05:43 min/Km
5	4	225	QUERENTES SANTOS , JORGE	MALE	SENIOR	TRIBU TRAIL	02:38:12	05:52 min/Km
6	5	142	DÍAZ DÍAZ , JOSÉ MARÍA	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	02:42:12	06:01 min/Km
7	2	246	SANMARTÍN GONZÁLEZ , ALEX	MALE	VET-M	GRUPO CUEVAS NOGUEIRA TRAIL	02:42:35	06:02 min/Km
8	6	163	GÓMEZ LAMAS , RUBÉN	MALE	SENIOR	INDEPENDIENTE	02:44:31	06:06 min/Km
9	7	196	MARTINEZ VARELA , ALEJANDRO	MALE	SENIOR	A.D. JARNACHAS	02:45:49	06:09 min/Km
10	3	188	MANEIRO FREIRE , VICTOR	MALE	VET-M	TRIBU TRAIL	02:46:47	06:11 min/Km
11	8	143	DOPICO GALDO , DIEGO	MALE	SENIOR	INDEPENDIENTE	02:49:00	06:16 min/Km
12	4	152	FERNÁNDEZ FONTICOPA , EMILIO JOSÉ	MALE	VET-M	PASA OU ENTORNA	02:50:00	06:18 min/Km
13	5	162	GÓMEZ GÓMEZ , MANUEL	MALE	VET-M		02:50:04	06:18 min/Km
14	9	213	PÉREZ PÉREZ , JONATHAN	MALE	SENIOR	C.D. BIOSBARDO	02:51:12	06:21 min/Km
15	10	154	FERNÁNDEZ GARCIA , PABLO	MALE	SENIOR	INDEPENDIENTE	02:51:18	06:21 min/Km
16	6	195	MARTÍNEZ RICO , ALBERTO	MALE	VET-M	CDM VÉRTICE	02:52:02	06:23 min/Km
17	7	153	FERNÁNDEZ GARCIA , JOSÉ MANUEL	MALE	VET-M	CDM VÉRTICE	02:52:02	06:23 min/Km
18	8	177	LESTON DEL RIO , ADELINO	MALE	VET-M	CDM VÉRTICE	02:52:02	06:23 min/Km
19	9	126	CAMBÓN GABÍN , IVÁN	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	02:56:12	06:32 min/Km
20	11	113	BALADO , ROBERTO	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	02:56:12	06:32 min/Km
21	10	242	ROMERO AGRA , NESTOR	MALE	VET-M	CLD LOUSAME TRAIL	02:59:01	06:38 min/Km
22	12	155	FERREIRA , BORJA	MALE	SENIOR	A TOXIZA	03:04:01	06:49 min/Km
23	13	247	SANTILLANA GARABANA , VICTOR	MALE	SENIOR	NOSPORTLIMIT	03:04:43	06:51 min/Km
24	11	226	REGUERA RICO , RUPERTO	MALE	VET-M	CLUB ATLETISMO PRAVIA	03:04:49	06:51 min/Km
25	1	120	BUGLIOT FERNÁNDEZ , VERÓNICA	FEMALE	SENIOR-F	OS CORZOS DO ORTEGAL	03:04:53	06:51 min/Km
26	12	133	CORDAL VAZQUEZ , FELIPE	MALE	VET-M	INDEPENDIENTE	03:06:12	06:54 min/Km
27	14	258	VEIRA ESPERANTE , MIGUEL	MALE	SENIOR	CLUB TRIATLON CORUÑA	03:06:43	06:55 min/Km
28	15	227	REIGOSA GARCIA , MARTIN	MALE	SENIOR	TOXIZA CLUBE DE MONTAÑA	03:07:39	06:57 min/Km
29	13	144	DOURAL GOMEZ , JORGE	MALE	VET-M	TOXIZA CLUBE DE MONTAÑA	03:07:43	06:58 min/Km
30	14	128	CARBALLO MORÁN , RUBEN	MALE	VET-M	CLUB ATLETISMO TAMBRE	03:08:14	06:59 min/Km
31	15	199	MELLA SANCHEZ , PABLO	MALE	VET-M	AD JARNACHAS	03:08:51	06:60 min/Km



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32	16	109	ANLLO RIVERA , GERARDO	MALE	SENIOR	ACADE	03:08:54	06:60 min/Km
33	16	232	RODRÍGUEZ CRUZ , DANI	MALE	VET-M	A. D. MEDIADUCIA	03:09:51	07:02 min/Km
34	17	251	SOUTO GONZÁLEZ , JOSÉ ANTONIO	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	03:10:13	07:03 min/Km
35	18	168	HERRERA GARCIA , DAVID	MALE	VET-M	INDEPENDIENTE	03:12:24	07:08 min/Km
36	17	208	NOYA VAL , JUAN MANUEL	MALE	SENIOR	CDL LOUSAME TRAIL	03:12:32	07:08 min/Km
37	19	201	MONTEAGUDO CAAMAÑO , JOSÉ MARÍA	MALE	VET-M	TRIATLON INFORHOUSE SANTIAGO	03:12:35	07:08 min/Km
38	20	130	CASÁS GARCÍA , JOSE	MALE	VET-M	INDEPENDIENTE	03:14:39	07:13 min/Km
39	18	186	LORENZO , DIEGO	MALE	SENIOR	AME BESTARRUZA	03:14:59	07:14 min/Km
40	21	187	LORENZO ESTURAO , ALBERTO	MALE	VET-M		03:15:07	07:14 min/Km
41	2	207	NOYA RODRIGUEZ , PATRICIA	FEMALE	SENIOR-F	TRIBU TRAIL	03:15:15	07:14 min/Km
42	19	169	HURTADO CAMPO , ENEKO	MALE	SENIOR	C. D. BIOSBARDO	03:16:59	07:18 min/Km
43	22	238	RODRÍGUEZ TENREIRO , KIKE	MALE	VET-M	OS CORZOS DO ORTEGAL	03:17:04	07:18 min/Km
44	20	222	PRIETO REY , DIEGO	MALE	SENIOR	CLUBE DE MONTAÑA O CAXADO	03:17:32	07:19 min/Km
45	23	148	ESTÉVEZ RIVERO , ANTONIO	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	03:17:50	07:20 min/Km
46	24	224	PUMARIÑO PÉREZ , AMADOR	MALE	VET-M	TOXIZA CLUBE DE MONTAÑA	03:18:21	07:21 min/Km
47	21	136	CRIADO MELERO , GONZALO	MALE	SENIOR	INDEPENDIENTE	03:18:27	07:21 min/Km
48	22	244	RUBIO GARCÍA , ANTONIO	MALE	SENIOR	CLUB TRIATLON CORUÑA	03:19:30	07:24 min/Km
49	23	111	ARIAS ALVAREZ , ELADIO	MALE	SENIOR	ADC MONTEBREAMO	03:20:07	07:25 min/Km
50	3	220	POMBO MOURELOS , MARY	FEMALE	SENIOR-F	CDM VÉRTICE	03:21:31	07:28 min/Km
51	25	234	RODRÍGUEZ FERNÁNDEZ , JULIO	MALE	VET-M	TRIBU TRAIL	03:21:43	07:29 min/Km
52	24	182	LOPEZ PENSADO , MARCOS	MALE	SENIOR	INDEPENDIENTE	03:22:40	07:31 min/Km
53	25	127	CAO DE LA SIERRA , ÁNGEL	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	03:22:41	07:31 min/Km
54	26	161	GARCÍA SOBRIDO , JOSÉ RAMÓN	MALE	SENIOR	TRIBU TRAIL	03:24:47	07:36 min/Km
55	26	172	LAMAS PÉREZ , ALEJANDRO	MALE	VET-M	TARTARUGAS	03:25:53	07:38 min/Km
56	27	241	ROJO LEMA , ISMAEL	MALE	VET-M		03:28:14	07:43 min/Km
57	28	147	ESPASANDIN OTERO , JOSE MANUEL	MALE	VET-M		03:28:14	07:43 min/Km
58	1	237	RODRIGUEZ MARTINEZ , LORETO	FEMALE	VET-F	ATLETISMO BAIONA	03:29:39	07:46 min/Km
59	29	239	RODRÍGUEZ VÁLEZ , JULIO	MALE	VET-M		03:30:13	07:48 min/Km
60	30	105	ALONSO PREGO , JESÚS	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	03:30:14	07:48 min/Km
61	27	259	VICENTE GONZALEZ , ÓSCAR	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	03:30:14	07:48 min/Km
62	28	243	ROMERO LEMA , IVAN	MALE	SENIOR	BAIORUNNERS	03:32:44	07:53 min/Km
63	31	107	ÁLVAREZ FORMOSO , ANTÓN	MALE	VET-M	INDEPENDIENTE	03:34:35	07:57 min/Km



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64	2	181	LÓPEZ PALMEIRO , LUCÍA	FEMALE	VET-F	CLUB ATLETISMO SADA MONTAÑA	03:35:02	07:58 min/Km
65	29	189	MARRUBE NOVO , CESAR	MALE	SENIOR	TOXIZA CLUBE DE MONTAÑA	03:35:40	07:60 min/Km
66	30	156	FONDO SUÁREZ , ÓSCAR	MALE	SENIOR	NOSPORTLIMIT	03:35:50	07:60 min/Km
67	31	110	ARGUINCHONA , AGUSTIN	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	03:35:51	07:60 min/Km
68	32	132	CASTRO SEGADE , VÍCTOR	MALE	VET-M		03:37:32	08:04 min/Km
69	3	200	MÉNDEZ PÉREZ , SONIA	FEMALE	VET-F		03:37:44	08:04 min/Km
70	33	175	LEMA FERNÁNDEZ , CARLOS	MALE	VET-M	ATLETISMO NEGREIRA	03:37:48	08:04 min/Km
71	34	164	GÓMEZ MATO , JAVIER	MALE	VET-M	CLUB MULTIDEPORTIVO LAXE	03:38:00	08:05 min/Km
72	32	166	GRANDAL CHIVITE , GUILLERMO HERMAN	MALE	SENIOR	C.D. BIOSBARDO	03:39:48	08:09 min/Km
73	33	203	MUIÑO PIÑEIRO , ABEL	MALE	SENIOR	BESTARRUZA	03:40:14	08:10 min/Km
74	35	204	MUIÑOS REYES , ENRIQUE	MALE	VET-M	CLD LOUSAME TRAIL	03:41:31	08:13 min/Km
75	4	158	GARCÉS SOTO , SHIRLEY CAROLINA	FEMALE	SENIOR-F	INDEPENDIENTE	03:41:33	08:13 min/Km
76	36	160	GARCIA GOMEZ , JOSE MANUEL	MALE	VET-M		03:41:34	08:13 min/Km
77	34	125	CALVO BARCA , DAVID	MALE	SENIOR	MESOIRO CD	03:41:36	08:13 min/Km
78	35	176	LEMA RODRÍGUEZ , SERGIO MANUEL	MALE	SENIOR		03:41:36	08:13 min/Km
79	36	112	ARNEJO CASANOVA , JON ANDER	MALE	SENIOR	INDEPENDIENTE	03:45:21	08:21 min/Km
80	37	118	BLANCO MARTINEZ , MARTIN	MALE	VET-M	TABEIRON DEPORTIVO	03:46:02	08:23 min/Km
81	38	245	SAMBADE , JOSE	MALE	VET-M		03:46:35	08:24 min/Km
82	39	210	PEDRE VAZQUEZ , MANUEL	MALE	VET-M	GALLAECIA RAID	03:47:15	08:25 min/Km
83	37	217	PIÑEIRO VIZOSO , HUGO	MALE	SENIOR	BESTARRUZA	03:47:16	08:26 min/Km
84	40	228	REY PEDREIRA , FRANCISCO JAVIER	MALE	VET-M	AILALELO RANIN TIM	03:47:16	08:26 min/Km
85	41	215	PIÑEIRO GARCÍA , HÉCTOR	MALE	VET-M	CLUB ATLETISMO LOUSAME	03:47:55	08:27 min/Km
86	4	185	LOPEZ VILAS , GELI	FEMALE	VET-F	RUNNING ARTEIXO	03:48:47	08:29 min/Km
87	5	108	ÁLVAREZ REY , PATRICIA	FEMALE	SENIOR-F	TABEIRON DEPORTIVO	03:50:05	08:32 min/Km
88	42	137	CUNS SANTOS , JOSE RAMON	MALE	VET-M	INDEPENDIENTE	03:50:06	08:32 min/Km
89	38	123	CAAMAÑO SIEIRA , JOSE	MALE	SENIOR	CDM VÉRTICE	03:50:57	08:34 min/Km
90	43	173	LAMAS SALVADO , VICTOR	MALE	VET-M	TERMARIA	03:51:36	08:35 min/Km
91	44	231	RIVAS POMBO , MARCELINO	MALE	VET-M	CORREXALLAS	03:51:40	08:35 min/Km
92	45	178	LIRES FREIRE , MANUEL	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	03:52:38	08:37 min/Km
93	5	157	FORMOSO NOCEDA , TINA	FEMALE	VET-F	TRIBU TRAIL	03:52:59	08:38 min/Km
94	6	221	PRADO SÁNCHEZ , PAULA	FEMALE	VET-F	TRAILEROS TOXOS E BIRRAS	03:55:46	08:44 min/Km
95	46	250	SOLÉ MUÑOZ , JOAN	MALE	VET-M		03:55:56	08:45 min/Km



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96	47	209	PADRIÑO BUSTO , FERNANDO	MALE	VET-M		03:56:48	08:47 min/Km
97	48	192	MARTINEZ ARES , LUIS ALBERTO	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	03:57:39	08:49 min/Km
98	49	171	LAGO MUIÑO , OSCAR	MALE	VET-M	LARACHA EN DUAS RODAS	04:03:04	09:01 min/Km
99	50	104	ALONSO CASUSCELLI , JORGE	MALE	VET-M	AD JARNACHAS	04:08:00	09:12 min/Km
100	39	135	CRESPO VÁZQUEZ , BRAIS	MALE	SENIOR		04:08:26	09:13 min/Km
101	40	146	ESCUDEIRO MORENO , ROBERTO	MALE	SENIOR		04:08:29	09:13 min/Km
102	41	140	DEL PRETTIZ , GUSTAVO	MALE	SENIOR		04:09:24	09:15 min/Km
103	51	218	PIÑOL CHAS , JOAQUÍN	MALE	VET-M	NOSPORTLIMIT	04:09:48	09:16 min/Km
104	6	261	VIDAL VAZQUEZ , ARANTXA	FEMALE	SENIOR-F		04:13:52	09:25 min/Km
105	7	167	GRANDÍO VICENTE , ARACELI	FEMALE	VET-F	AD JARNACHAS	04:14:07	09:25 min/Km
106	52	230	RÍO Balsa , ÓSCAR	MALE	VET-M	PULPEIROS MUGARDOS	04:14:25	09:26 min/Km
107	53	122	CAAMAÑO GONZALEZ , ANGEL MANUEL	MALE	VET-M	TUMBA TOXOS TRAIL TEAM	04:14:25	09:26 min/Km
108	42	179	LÓPEZ MONTERO , ALBERTO	MALE	SENIOR		04:16:06	09:30 min/Km
109	54	184	LOPEZ VILA , FRANCISCO JAVIER	MALE	VET-M		04:16:07	09:30 min/Km
110	55	165	GONZALEZ FERNANDEZ , ANTONIO	MALE	VET-M	CLUBE DE MONTAÑA XISTRA	04:18:14	09:34 min/Km
111	7	150	FERNANDEZ AGUADO , SILVIA	FEMALE	SENIOR-F	MONTEPENARUBIA	04:21:28	09:42 min/Km
112	8	121	BURGO VARELA , TANIA	FEMALE	VET-F	MULLER EN FORMA	04:21:28	09:42 min/Km
113	8	206	NOVO BARROS , ROCÍO	FEMALE	SENIOR-F	MULLER EN FORMA	04:21:28	09:42 min/Km
114	9	141	DEVESA FERREIRO , MARIA JESUS	FEMALE	VET-F	MONTEPENARUBIA	04:21:28	09:42 min/Km
115	56	183	LOPEZ POSSE , IAGO	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	04:21:45	09:42 min/Km
116	57	180	LÓPEZ PACÍN , JOSÉ ENRIQUE	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	04:21:45	09:42 min/Km
117	58	249	SILVA RIOBOO , MANUEL ÁNGEL	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	04:21:46	09:42 min/Km
118	59	190	MARRUBE RODRIGUEZ , IVAN	MALE	VET-M	TOXIZA CLUBE DE MONTAÑA	04:21:49	09:42 min/Km
119	60	262	VILLANUSTRE ABUIN , GERMÁN	MALE	VET-M	SD BARBANTIA RODA	04:21:55	09:43 min/Km
120	10	194	MARTÍNEZ GARNACHO , LAURA CAROLINA	FEMALE	VET-F	INDEPENDIENTE	04:23:23	09:46 min/Km
121	61	115	BARRAL BARRAL , JAVIER	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	04:24:31	09:48 min/Km
122	43	193	MARTÍNEZ FERNÁNDEZ , GABRIEL	MALE	SENIOR	INDEPENDIENTE	04:29:11	09:59 min/Km
123	62	101	ABATI GOMEZ , QUIQUE	MALE	VET-M	PRAIA DE CARNOTA RUNNERS	04:32:07	10:05 min/Km
124	63	219	POMBO CASTRO , ANGEL	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	04:33:51	10:09 min/Km
125	64	260	VIDAL RODRÍGUEZ , ÓSCAR	MALE	VET-M		04:43:55	10:31 min/Km
126	11	198	MARTÍNEZ VÁZQUEZ , VICTORIA	FEMALE	VET-F	TRAILEROS TOXOS E BIRRAS	04:51:37	10:49 min/Km
127	12	197	MARTÍNEZ VÁZQUEZ , VERÓNICA	FEMALE	VET-F		04:51:38	10:49 min/Km



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128	13	191	MARTÍN LÓPEZ , SUSANA	FEMALE	VET-F		05:07:07	11:23 min/Km
129	9	138	CURES RODRIGUEZ , VERÓNICA MARIA	FEMALE	SENIOR-F	CDM VÉRTICE	05:10:11	11:30 min/Km