



## - GRAN TRAIL 43KM -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	58	MUIÑOS COTELO , MONCHO	MALE	SENIOR	AD JARNACHAS	04:22:17	06:06 min/Km
2	2	48	LÓPEZ LÓPEZ , ADRIÁN	MALE	SENIOR	GMTA&CHUVONERS BOIMORTO	04:32:01	06:20 min/Km
3	1	78	RODRÍGUEZ BOGA , LOIS	MALE	VET-M	REVOLUTRION - GALITIMING	04:34:04	06:23 min/Km
4	3	88	SANGIAO DARRIBA , IVÁN	MALE	SENIOR	C.D. BIOSBARDO	04:36:26	06:26 min/Km
5	2	77	RIVEIRO COUSELO , JUAN	MALE	VET-M	CDM XESTEIRAS	04:38:34	06:29 min/Km
6	3	62	NÚÑEZ MUÑIZ , TONY	MALE	VET-M	A.D. MEDIA DUCIA	04:40:13	06:31 min/Km
7	4	81	RODRIGUEZ VENTUREIRA , CESAR	MALE	VET-M	RUNNING ARTEIXO	04:42:29	06:35 min/Km
8	5	55	MENDEZ MENDEZ , JOSE RAFAEL	MALE	VET-M		04:43:55	06:37 min/Km
9	4	1	ALONSO NOGUEIRA , DAVID	MALE	SENIOR	AD JARNACHAS	04:44:25	06:37 min/Km
10	5	69	PORTAL LOSADA , MIGUEL	MALE	SENIOR	AME BESTARRUZA	04:45:48	06:39 min/Km
11	6	39	GONZÁLEZ ARIAS , NAVA	MALE	SENIOR	TRIATLÒN ARTEIXO	04:50:03	06:45 min/Km
12	7	9	CABANAS BOCIJA , LUIS	MALE	SENIOR		04:58:50	06:57 min/Km
13	6	56	MÉNDEZ QUINTELA , FRANCISCO M.	MALE	VET-M	SD COMPOSTELA ATLETISMO	05:05:49	07:07 min/Km
14	7	29	FERNÁNDEZ PADIN , JAVIER	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	05:06:36	07:08 min/Km
15	8	2	ALVAREZ GARCÍA , FERNANDO	MALE	VET-M	SPAIN SMILES TEAM	05:07:04	07:09 min/Km
16	9	35	GARRIDO FERNANDEZ , FITO	MALE	VET-M	RUNNING SPORT TRAIL	05:08:24	07:11 min/Km
17	8	44	IGLESIAS GONDAR , FRAN	MALE	SENIOR	TRIBU TRAIL	05:10:05	07:13 min/Km
18	9	85	ROUCO REY , MARIO	MALE	SENIOR	CLUBE DE MONTAÑA O CAXADO	05:10:39	07:14 min/Km
19	10	93	SOTO LOPEZ , MANUEL	MALE	VET-M	GMTA&CHUVONERS	05:10:40	07:14 min/Km
20	10	5	BESTILLEIRO CALVO , PABLO	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	05:13:31	07:18 min/Km
21	11	23	FABEIRO RAPOSO , EDUARDO	MALE	SENIOR	TRIBU TRAIL	05:15:06	07:20 min/Km
22	11	43	GUTIERREZ COSTA , RAMIRO	MALE	VET-M		05:16:30	07:22 min/Km
23	12	46	LÓPEZ , MIGUEL	MALE	SENIOR	INDEPENDIENTE	05:20:20	07:27 min/Km
24	12	76	RIOS SANCHEZ , PABLO	MALE	VET-M	INDEPENDIENTE	05:21:26	07:29 min/Km
25	13	10	CABO AREOSO , JOSE ANTONIO	MALE	VET-M		05:24:41	07:34 min/Km
26	14	3	ÁLVAREZ JORGE , MOISÉS	MALE	VET-M	CDM VÉRTICE	05:27:11	07:37 min/Km
27	15	95	VARELA LOUREDA , BENIGNO	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	05:27:18	07:37 min/Km
28	16	45	LEMA VARELA , IVAN	MALE	VET-M	C. D. TROTADUNAS	05:28:05	07:38 min/Km
29	17	52	LOSADA ORTIZ , GONZALO	MALE	VET-M		05:35:07	07:48 min/Km
30	18	74	REY SOUTO , JESÚS ENRIQUE	MALE	VET-M	GMTA&CHUVONERS BOIMORTO	05:35:43	07:49 min/Km
31	19	22	DOMÍNGUEZ BARBEITO , VÍCTOR	MALE	VET-M		05:40:54	07:56 min/Km



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32	20	89	SANTOS SUAREZ , VICTOR MANUEL	MALE	VET-M	TABEIRON DEPORTIVO	05:45:13	08:02 min/Km
33	21	84	ROMERO VÁZQUEZ , JULIO	MALE	VET-M	CLUB MULTIDEPORTIVO LAXE	05:45:14	08:02 min/Km
34	22	80	RODRIGUEZ NUÑEZ , LUIS	MALE	VET-M	COUTADAS TRAIL TEAM	05:46:49	08:04 min/Km
35	23	37	GOMEZ MARTINEZ , JUAN MANUEL	MALE	VET-M	INDEPENDIENTE	05:47:17	08:05 min/Km
36	24	68	PORTA VALES , DOMINGO TOMAS	MALE	VET-M	CLUB ATLETISMO SADA MONTAÑA	05:48:18	08:06 min/Km
37	25	4	BARRIENTOS OREIRO , JAVIER	MALE	VET-M	CONCOBOX	05:48:57	08:07 min/Km
38	13	24	FERNÁNDEZ CIDRAS , RENÉ	MALE	SENIOR	COUTADAS TRAIL TEAM	05:53:57	08:14 min/Km
39	26	34	GARCÍA GARCÍA , MANUEL	MALE	VET-M	AVIVA SPORT CLUB	05:55:50	08:17 min/Km
40	14	49	LOPEZ LOPEZ , IAGO	MALE	SENIOR	TRAILEROS TOXOS E BIRRAS	05:57:52	08:20 min/Km
41	27	19	COLLAZO FERREIRO , JOSE MANUEL	MALE	VET-M		06:00:37	08:24 min/Km
42	28	6	BLANCO MAGALLAN , ALEJANDRO	MALE	VET-M		06:00:37	08:24 min/Km
43	29	61	NOVOA PEREZ , JORGE	MALE	VET-M	C.A.R. MARISQUEIRO	06:01:29	08:25 min/Km
44	30	33	FONTÁN PÉREZ , ARTURO NORBERTO	MALE	VET-M	GALLAECIA RAID	06:02:02	08:26 min/Km
45	31	83	RODRÍGUEZ VILLAR , PABLO	MALE	VET-M		06:03:29	08:28 min/Km
46	1	17	COBELO MARTÍNEZ , PAULA MARIA	FEMALE	VET-F	PULPEIROS MUGARDOS	06:05:51	08:31 min/Km
47	15	16	CES CRISTOBO , MANUEL	MALE	SENIOR	TRIBU TRAIL	06:14:47	08:43 min/Km
48	32	66	PENA NUÑEZ , JESÚS MANUEL	MALE	VET-M	HDOSO	06:15:08	08:44 min/Km
49	16	12	CASTRO FRECHA , BRUNO	MALE	SENIOR	BJ JOYAS DEL CAMINO	06:15:08	08:44 min/Km
50	33	57	MONTEAGUDO ARUFE , MANOLO	MALE	VET-M	TRIBU TRAIL	06:24:56	08:58 min/Km
51	34	31	FERNANDEZ RAMOS , ALEJANDRO	MALE	VET-M	TRAILEROS TOXOS E BIRRAS	06:25:18	08:58 min/Km
52	35	26	FERNANDEZ GARRIDO , ANTONIO	MALE	VET-M	INDEPENDIENTE	06:25:19	08:58 min/Km
53	36	94	TEIJEIRO LÓPEZ , PABLO	MALE	VET-M	CLUB TRIATLON CORUÑA-GMTA&CHUVONEF	06:25:46	08:59 min/Km
54	1	97	VÁZQUEZ GÓMEZ , MARÍA LOURDES	FEMALE	SENIOR-F		06:33:24	09:09 min/Km
55	37	92	SOMOZA FRANCO , JESUS ANDRÉS	MALE	VET-M		06:33:25	09:09 min/Km
56	38	47	LÓPEZ DOCOBO , IVÁN	MALE	VET-M	CLUB ATLETISMO LOURENZÁ	06:34:46	09:11 min/Km
57	39	54	MARTÍNEZ GONZÁLEZ , CÉSAR	MALE	VET-M	C.A.R. MARISQUEIRO	06:34:54	09:12 min/Km
58	40	99	VEREA VAZQUEZ , LUIS	MALE	VET-M	GMTA&CHUVONERS BOIMORTO	06:38:12	09:16 min/Km
59	17	63	PALMEIRO MARTINEZ , JORGE	MALE	SENIOR		06:39:03	09:17 min/Km
60	18	21	DIZ NOYA , GONZALO	MALE	SENIOR	BJ JOYAS DEL CAMINO	06:39:17	09:18 min/Km
61	41	71	RAMOS RODRIGUEZ , SUSO	MALE	VET-M	A.D. DOWNHILL LARACHA	06:42:11	09:22 min/Km
62	42	41	GONZALEZ NOVOA , MANUEL	MALE	VET-M	CLUBE ATLETISMO BOIMORTO	06:59:45	09:46 min/Km
63	43	8	CABADO POU , JUAN	MALE	VET-M		07:03:57	09:52 min/Km



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64	44	65	PAZO , IVAN	MALE	VET-M		07:03:59	09:52 min/Km
65	45	32	FERRER MORA , GABRIEL	MALE	VET-M	+QTRAIL	07:06:52	09:56 min/Km
66	2	28	FERNANDEZ OTERO , PAULA	FEMALE	VET-F	COUTADAS TRAIL TEAM	07:07:07	09:56 min/Km
67	46	30	FERNANDEZ PÉREZ , ANTONIO	MALE	VET-M	COUTADAS TRAIL TEAM	07:07:08	09:56 min/Km
68	47	13	CASTRO MARTÍNEZ , ISRAEL	MALE	VET-M	COUTADAS TRAIL TEAM	07:07:08	09:56 min/Km
69	48	98	VAZQUEZ SUAREZ , MANUEL	MALE	VET-M	COUTADAS TRAIL TEAM	07:07:08	09:56 min/Km
70	19	15	CASTRO OUTEDA , SANTIAGO	MALE	SENIOR	ITBS	07:26:28	10:23 min/Km
71	49	42	GUIJARRO ARCA , BASILIO	MALE	VET-M	BJ JOYAS DEL CAMINO	07:27:14	10:25 min/Km
72	20	53	MARIÑO MALLO , DAVID	MALE	SENIOR	INDEPENDIENTE	07:47:32	10:53 min/Km
73	3	50	LOPEZ VARELA , BLANCA	FEMALE	VET-F	CLUB ATLETISMO SADA MONTAÑA	07:55:33	11:04 min/Km
74	4	25	FERNÁNDEZ GARCÍA , VICTORIA	FEMALE	VET-F	FURANCHO DEPORTIVO	08:42:36	12:10 min/Km
75	5	70	PRIOR MORCILLO , TERE	FEMALE	VET-F	+QTRAIL	09:01:30	12:36 min/Km