

# TRAIL DA PONTE 2024

28/01/2024

## - TRAIL 15KM -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	EQUIPO	META	RITMO
1	1	340	REQUEIJO REQUEIJO , SERGIO	MALE	SACHO-M	ATLETISMO ARENTEIRO		01:21:37	05:27 min/Km
2	2	166	TARELA MIRAMONTES , DANIEL	MALE	SACHO-M	O TREITO		01:22:21	05:30 min/Km
3	3	146	NÚÑEZ MUÑIZ , TONY	MALE	SACHO-M	TRIATLON CERVECERIA O COTÓN NEGREIRA	PANTALLEIROS	01:24:56	05:40 min/Km
4	1	117	COSTA CASTRO , MANUEL	MALE	FOUSA-M	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	01:26:39	05:47 min/Km
5	4	325	LOURIDO RIAL , LORENZO	MALE	SACHO-M	CLUB ATLETISMO NEGREIRA		01:27:30	05:50 min/Km
6	5	127	GEY MARTÍNEZ , MONCHO	MALE	SACHO-M	CLUB ATLETISMO LOUSAME		01:27:31	05:51 min/Km
7	2	112	CAMEAN CAMEAN , ROBERTO	MALE	FOUSA-M	INCOR AUTOVIDRIO		01:27:48	05:52 min/Km
8	3	105	BOO FARIÑA , SALVADOR	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:29:37	05:59 min/Km
9	6	110	BUJÁN LOURIDO , SERGIO	MALE	SACHO-M	CLUBE ATLETISMO OUTES	CLUB ATLETISMO OUTES	01:30:04	06:01 min/Km
10	7	317	GARCÍA ANTELO , JOSÉ MANUEL	MALE	SACHO-M	INDEPENDIENTE		01:30:25	06:02 min/Km
11	8	324	LORENZO FERNANDEZ , BRAIS	MALE	SACHO-M	TRIATLON RIANXO		01:30:57	06:04 min/Km
12	9	113	CANOURA ABEIJON , MANUEL	MALE	SACHO-M	CLUB CERVECERIA O COTON NEGREIRA	PANTALLEIROS	01:31:38	06:07 min/Km
13	4	321	LADO TORRES , J. CARLOS	MALE	FOUSA-M	INCOR AUTOVIDRIO		01:31:44	06:07 min/Km
14	10	115	CERNADAS CREO , SALVADOR	MALE	SACHO-M	CLUB CERVECERIA O COTON NEGREIRA	PANTALLEIROS	01:31:48	06:08 min/Km
15	5	303	AMIGO FERREIRO , JUAN LUIS	MALE	FOUSA-M	SD COMPOSTELA ATLETISMO		01:32:53	06:12 min/Km
16	6	132	HERMO FERNANDEZ , DIEGO	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:32:57	06:12 min/Km
17	7	121	FERNÁNDEZ RIAL , SANTIAGO	MALE	FOUSA-M	MARISCOS RECIO		01:33:03	06:13 min/Km
18	11	314	FONTENLA FERNANDEZ , DAVID	MALE	SACHO-M	CDM XESTEIRAS	Cdm Xesteiras	01:33:36	06:15 min/Km
19	8	301	AGEITOS SANLES , FERNANDO	MALE	FOUSA-M	INCOR AUTOVIDRIO		01:34:33	06:19 min/Km
20	12	133	IGLESIAS VIGO , JAVIER	MALE	SACHO-M	TRIBU TRAIL	TRIBU TRAIL	01:35:18	06:22 min/Km
21	9	109	BUJÁN GONZÁLEZ , JOSÉ	MALE	FOUSA-M		CLUB ATLETISMO OUTES	01:35:44	06:23 min/Km
22	10	163	SEÑORA ALVAREZ , ROBERTO	MALE	FOUSA-M	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	01:36:11	06:25 min/Km
23	13	304	BARGO PÉREZ , JOSÉ MANUEL	MALE	SACHO-M	CLUB ATLETISMO LOUSAME		01:36:51	06:28 min/Km
24	14	333	PAZOS VÁZQUEZ , SANTI	MALE	SACHO-M	CLUB DE ATLETISMO LOUSAME		01:36:52	06:28 min/Km
25	1	334	PEON SANTOME , LUCIA	FEMALE	FOUSA-F	ATLETISMO ARENTEIRO		01:39:31	06:39 min/Km
26	11	337	PEREZ RODRIGUEZ , JOSE MANUEL	MALE	FOUSA-M	ATLETISMO ARENTEIRO		01:39:33	06:39 min/Km
27	12	111	CALVO CALVO , JUAN MANUEL	MALE	FOUSA-M	SD BARBANTIA RODA	SD BARBANTIA RODA	01:40:07	06:41 min/Km
28	15	329	NOAL SANLES , DANIEL	MALE	SACHO-M	SAUDE SPORT		01:40:17	06:42 min/Km
29	16	162	SENDON CAAMAÑO , DAVID	MALE	SACHO-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	01:40:32	06:43 min/Km
30	17	136	LESTAYO GARCIA , ALAIN	MALE	SACHO-M	INDEPENDIENTE		01:40:53	06:44 min/Km
31	18	107	BRALO NIMO , ISMAEL	MALE	SACHO-M	TRIBU TRAIL	TRIBU TRAIL	01:41:00	06:44 min/Km
32	13	144	MONTES TEIJIDO , ROBERTO	MALE	FOUSA-M		CLUB ATLETISMO OUTES	01:41:10	06:45 min/Km
33	19	315	FREIRE RUIBAL , DANIEL	MALE	SACHO-M	INDEPENDIENTE		01:41:42	06:47 min/Km
34	1	137	LIÑARES BARREIRO , CARLA CAROLINA	FEMALE	SACHO-F	INDEPENDIENTE		01:42:23	06:50 min/Km
35	20	310	CASTRO CASTIÑEIRAS , PAULO	MALE	SACHO-M	INDEPENDIENTE		01:42:46	06:52 min/Km
36	21	342	RODRIGUEZ GONZALEZ , IVAN	MALE	SACHO-M	SAUDE SPORT		01:43:06	06:53 min/Km

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37	14	104	BLANCO SANTOS , ESTEBAN	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:43:27	06:54 min/Km
38	2	168	TUBIO HERMO , MARIA	FEMALE	SACHO-F	INDEPENDIENTE		01:44:21	06:58 min/Km
39	15	114	CASAL SANTOS , MARCOS	MALE	FOUSA-M	INDEPENDIENTE		01:44:22	06:58 min/Km
40	22	130	GOYANES SOUTO , ADRIÁN	MALE	SACHO-M	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	01:44:42	06:59 min/Km
41	23	151	QUINTELA MARTÍNEZ , IBÁN	MALE	SACHO-M	TARTARUGAS	TARTARUGAS	01:45:36	07:03 min/Km
42	16	309	CASÁS CASÁS , JOSÉ MANUEL	MALE	FOUSA-M	INDEPENDIENTE		01:46:12	07:05 min/Km
43	17	139	MALLO NIEVES , JOSÉ MANUEL	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	01:48:10	07:13 min/Km
44	24	165	TAJES PÉREZ , JESÚS MANUEL	MALE	SACHO-M	O JERREIRO		01:49:32	07:19 min/Km
45	2	118	DIESTE VILAS , TERE	FEMALE	FOUSA-F	TOXOS E BIRRAS		01:50:05	07:21 min/Km
46	18	305	BENITEZ SOMOZA , ABRAHAM	MALE	FOUSA-M	INDEPENDIENTE	VIRXIJANOS TRAIL - SACHACAMIÑOS	01:51:16	07:26 min/Km
47	19	135	JUNCAL COSTA , ANTON	MALE	FOUSA-M	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	01:52:26	07:30 min/Km
48	20	140	MANSO GONZALEZ , J. ROBERTO	MALE	FOUSA-M			01:52:36	07:31 min/Km
49	21	167	TEMBRÁS ALONSO , DAVID	MALE	FOUSA-M	CLUB DALLE GAS RUNNING TEAM		01:52:48	07:32 min/Km
50	3	123	FRANCO , SONIÑA	FEMALE	FOUSA-F	INDEPENDIENTE		01:52:48	07:32 min/Km
51	22	339	POUSO MANEIRO , JOSÉ	MALE	FOUSA-M	INDEPENDIENTE		01:53:15	07:33 min/Km
52	23	159	SANTIAGO HERMO , ANDRÉS	MALE	FOUSA-M	BRION LEMA		01:53:30	07:34 min/Km
53	3	126	GARCIA PENA , CHUS	FEMALE	SACHO-F	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	01:53:59	07:36 min/Km
54	4	143	MIDÓN CEBEIRO , ALBA	FEMALE	SACHO-F	TRIBU TRAIL	TRIBU TRAIL	01:55:14	07:41 min/Km
55	4	349	VILALTA RIBÉ , NÚRIA	FEMALE	FOUSA-F	CDM VÉRTICE		01:57:09	07:49 min/Km
56	24	306	BORRAXEIRO S LÓPEZ , XESÚS	MALE	FOUSA-M	CDM VÉRTICE		01:57:09	07:49 min/Km
57	25	160	SANTOS LAMPÓN , JOSÉ	MALE	SACHO-M	FLOW PILATES & TRAINING		01:57:47	07:52 min/Km
58	26	169	VÁZQUEZ GARCÍA , PABLO	MALE	SACHO-M			01:58:10	07:53 min/Km
59	27	134	INSUA FERNÁNDEZ , ANDRÉS	MALE	SACHO-M	INDEPENDIENTE		01:59:56	07:60 min/Km
60	28	145	NEGREIRA , JOSÉ RAMÓN	MALE	SACHO-M	INDEPENDIENTE		01:59:56	07:60 min/Km
61	25	343	ROJO ROJO , ENRIQUE	MALE	FOUSA-M	GTR GALAICO TRAIL RUN		02:00:17	08:02 min/Km
62	26	319	GOMEZ VIAÑO , JOSE	MALE	FOUSA-M	INDEPENDIENTE		02:00:17	08:02 min/Km
63	27	318	GARCIA IGLESIAS , DAVID	MALE	FOUSA-M	BJ RUNNING		02:00:37	08:03 min/Km
64	29	341	RIVAS ALENDE , JUAN	MALE	SACHO-M	NOITEBRA		02:02:41	08:11 min/Km
65	28	156	RODRIGUEZ GARCIA , ANTONIO	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:03:35	08:15 min/Km
66	30	131	GUTIÉRREZ PELAYO , ALBERTO	MALE	SACHO-M	INDEPENDIENTE		02:04:47	08:20 min/Km
67	5	125	GARCÍA GARCÍA , CARMEN	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:05:29	08:22 min/Km
68	29	331	OTERO DIAZ , MARIO	MALE	FOUSA-M	C.D. RIA DE AROUSA		02:05:45	08:23 min/Km
69	5	124	GARCIA BEIRO , CRISTINA	FEMALE	SACHO-F	CLUB CERVECERIA O COTON NEGREIRA	PANTALLEIROS	02:05:46	08:24 min/Km
70	6	161	SANTOS LAMPÓN , LUPE	FEMALE	FOUSA-F	FLOW PILATES & TRAINING		02:06:07	08:25 min/Km
71	7	128	GOMEZ LODEIROS , SUSANA	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:06:12	08:25 min/Km
72	30	153	RIAL OTERO , JOSE LUIS	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	02:06:25	08:26 min/Km
73	31	116	CONS LAMAS , SANTIAGO	MALE	SACHO-M	TARTARUGAS	Santiago Cons Lamas	02:06:46	08:28 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	EQUIPO	META	RITMO
74	31	141	MARQUE MILLÁN , RAMÓN GUNDIÁN	MALE	FOUSA-M	CDM VÉRTICE	CDM Vértice	02:07:34	08:31 min/Km
75	32	147	ORDOÑEZ PARDEIRO , DAMIAN	MALE	SACHO-M	TRIBU TRAIL		02:07:37	08:31 min/Km
76	6	311	FDEZ BLANCO , SILVIA	FEMALE	SACHO-F	SD COMPOSTELA ATLETISMO		02:07:59	08:32 min/Km
77	33	24	FERREIRA RODRIGUEZ , ALBERTO	MALE	SACHO-M	INDEPENDIENTE		02:08:07	08:33 min/Km
78	34	148	OTERO MARTÍNEZ , JORGE	MALE	SACHO-M	DEMACRADOS TRAIL RUNNERS		02:09:06	08:37 min/Km
79	32	122	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	02:10:31	08:43 min/Km
80	8	106	BRAGAÑA MIGUENS , MARÍA JOSÉ	FEMALE	FOUSA-F		CLUB ATLETISMO OUTES	02:11:03	08:45 min/Km
81	33	344	RUIBAL ARGIBAY , ALBERTO	MALE	FOUSA-M	INDEPENDIENTE		02:11:44	08:47 min/Km
82	34	346	SANTOS DIOS , JOSE RAMON	MALE	FOUSA-M	CUMULO		02:12:11	08:49 min/Km
83	35	322	LIJO PARADA , JOSE LUIS	MALE	SACHO-M		PORTO DO SON	02:12:20	08:50 min/Km
84	35	312	FERNÁNDEZ PORTO , JUAN	MALE	FOUSA-M	CDM VÉRTICE	CDM Vértice	02:13:15	08:53 min/Km
85	36	149	PAZ SILVA , ADÁN	MALE	FOUSA-M	INDEPENDIENTE		02:13:38	08:55 min/Km
86	9	150	PÉREZ GLEZ , BEATRIZ	FEMALE	FOUSA-F			02:13:38	08:55 min/Km
87	37	103	ALDREY RAICES , JOSÉ MANUEL	MALE	FOUSA-M	PRAIA DE CARNOTA RUNNERS		02:15:29	09:02 min/Km
88	10	328	MIGUEZ SAMPEDRO , SUSANA	FEMALE	FOUSA-F			02:15:45	09:03 min/Km
89	38	336	PÉREZ LIJÓ , JOSÉ ANTONIO	MALE	FOUSA-M			02:17:57	09:12 min/Km
90	39	4	BARREIRO CERNADAS , JOSÉ RAMÓN	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:17:59	09:12 min/Km
91	40	154	RIAL PAIS , JOSÉ	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:17:59	09:12 min/Km
92	11	101	ABAL CAMAÑO , RAQUEL	FEMALE	FOUSA-F	CLUB ATLETISMO TAMBRE	Club Atletismo Tambre	02:20:29	09:22 min/Km
93	7	155	RIVEIRO GAGO , PATRICIA	FEMALE	SACHO-F	FLOW PILATES & TRAINING		02:23:03	09:33 min/Km
94	41	45	PÉREZ LAMPÓN , JOSÉ MANUEL	MALE	FOUSA-M	SACHACAMIÑOS	VIRXIJIANOS TRAIL - SACHACAMIÑOS	02:24:25	09:38 min/Km
95	42	129	GONZALEZ PAZ , ANGEL JULIO	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS	VIRXIJIANOS TRAIL - SACHACAMIÑOS	02:24:51	09:40 min/Km
96	12	313	FONDEVILA ALVAREZ , ANA	FEMALE	FOUSA-F	CAI		02:25:13	09:41 min/Km
97	13	348	TORRES CAMPOS , CLARA	FEMALE	FOUSA-F	CDM VÉRTICE		02:25:13	09:41 min/Km
98	14	345	SÁNCHEZ PAZOS , VANESA	FEMALE	FOUSA-F	INDEPENDIENTE		02:25:13	09:41 min/Km
99	15	330	NOYA MIRÁS , CONCE	FEMALE	FOUSA-F	SD COMPOSTELA ATLETISMO		02:26:02	09:45 min/Km
100	43	142	MARTINEZ CALO , ANGEL	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS		02:28:22	09:54 min/Km
101	16	307	CALO VAZQUEZ , ROSA	FEMALE	FOUSA-F	VIRXIJIANOS TRAIL - SACHACAMIÑOS		02:28:24	09:54 min/Km
102	17	327	MAROÑAS SOÑORA , MARIA JOSE	FEMALE	FOUSA-F		PORTO DO SON	02:30:14	10:01 min/Km
103	44	332	OTERO MALVAREZ , LUIS	MALE	FOUSA-M		PORTO DO SON	02:30:15	10:01 min/Km
104	18	335	PEREZ IGLESIAS , MARIA SANDRA	FEMALE	FOUSA-F			02:30:21	10:02 min/Km
105	8	164	TABOADA CASAL , CRISTINA	FEMALE	SACHO-F	GTR LALÍN	GTR LALÍN	02:30:53	10:04 min/Km
106	19	120	DUARTE ARAUJO , EVA	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:31:59	10:08 min/Km
107	45	152	RAÑA PREGO , MANUEL	MALE	FOUSA-M			02:35:20	10:22 min/Km
108	46	57	SIERRA FERREIRO , VÍCTOR	MALE	FOUSA-M	CHORIMA	CHORIMA	02:53:47	11:36 min/Km