

# TRAIL DE OUTES 2024

17/03/2024

## - TRAIL CURTO 16KM -

| POS. | P.CAT. | DORSAL | PARTICIPANTE                    | SEXO | CATEGORIA | EQUIPO                | CLUB                                 | META     | RITMO        |
|------|--------|--------|---------------------------------|------|-----------|-----------------------|--------------------------------------|----------|--------------|
| 1    | 1      | 331    | FLÓREZ PÉREZ , ANDRÉS           | MALE | SACHO-M   |                       | A. D. JARNACHAS                      | 01:20:38 | 05:03 min/Km |
| 2    | 2      | 371    | QUINTIÁN AGRAFOJO , CHEMA       | MALE | SACHO-M   | TRIBU TRAIL           | TRIBU TRAIL                          | 01:22:04 | 05:08 min/Km |
| 3    | 3      | 166    | TARELA MIRAMONTES , DANIEL      | MALE | SACHO-M   |                       | O TREITO                             | 01:22:05 | 05:08 min/Km |
| 4    | 4      | 146    | NÚÑEZ MUÑIZ , TONY              | MALE | SACHO-M   | PANTALLEIROS          | TRIATLON CERVECERIA O COTÓN NEGREIRA | 01:24:15 | 05:16 min/Km |
| 5    | 1      | 117    | COSTA CASTRO , MANUEL           | MALE | FOUSA-M   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE                | 01:24:42 | 05:18 min/Km |
| 6    | 5      | 337    | GONZÁLEZ LOPEZ , JORGE          | MALE | SACHO-M   |                       | S.D. BARBANTIA RODA                  | 01:25:48 | 05:22 min/Km |
| 7    | 6      | 110    | BUJÁN LOURIDO , SERGIO          | MALE | SACHO-M   | CLUB ATLETISMO OUTES  | CLUBE ATLETISMO OUTES                | 01:26:20 | 05:24 min/Km |
| 8    | 7      | 365    | OVIEDO BOUZAS , FRAN            | MALE | SACHO-M   |                       | CLUB ATLETISMO NOIA                  | 01:26:37 | 05:25 min/Km |
| 9    | 8      | 316    | CARBALLO MORÁN , RUBEN          | MALE | SACHO-M   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE                | 01:26:53 | 05:26 min/Km |
| 10   | 9      | 336    | GÓMEZ NOVOA , JUAN RAMÓN        | MALE | SACHO-M   | GTR-GALAICO TRAIL RIN | GTR GALAICO TRAIL RUN                | 01:27:31 | 05:29 min/Km |
| 11   | 2      | 109    | BUJÁN GONZÁLEZ , JOSÉ           | MALE | FOUSA-M   | CLUB ATLETISMO OUTES  |                                      | 01:27:50 | 05:30 min/Km |
| 12   | 10     | 113    | CANOURA ABEIJON , MANUEL        | MALE | SACHO-M   | PANTALLEIROS          | CLUB CERVECERIA O COTON NEGREIRA     | 01:27:55 | 05:30 min/Km |
| 13   | 11     | 115    | CERNADAS CREO , SALVADOR        | MALE | SACHO-M   | PANTALLEIROS          | CLUB CERVECERIA O COTON NEGREIRA     | 01:28:09 | 05:31 min/Km |
| 14   | 3      | 132    | HERMO FERNANDEZ , DIEGO         | MALE | FOUSA-M   | TRIBU TRAIL           | TRIBU TRAIL                          | 01:29:25 | 05:36 min/Km |
| 15   | 4      | 112    | CAMEAN CAMEAN , ROBERTO         | MALE | FOUSA-M   |                       | INCOR AUTOVIDRIO                     | 01:29:32 | 05:36 min/Km |
| 16   | 12     | 356    | MENDEZ IGLESIAS , DANIEL        | MALE | SACHO-M   |                       | TRIBU TRAIL                          | 01:30:25 | 05:40 min/Km |
| 17   | 13     | 350    | MARQUE RUIBAL , JOSÉ ANTONIO    | MALE | SACHO-M   | CDM VERTICE           | CDM VÉRTICE                          | 01:30:50 | 05:41 min/Km |
| 18   | 5      | 105    | BOO FARIÑA , SALVADOR           | MALE | FOUSA-M   | TRIBU TRAIL           | TRIBU TRAIL                          | 01:30:56 | 05:41 min/Km |
| 19   | 6      | 381    | RODRÍGUEZ FERNANDEZ , JULIO     | MALE | FOUSA-M   |                       | TRIBU TRAIL                          | 01:30:59 | 05:42 min/Km |
| 20   | 7      | 341    | LADO TORRES , J. CARLOS         | MALE | FOUSA-M   |                       | INCOR AUTOVIDRIO                     | 01:31:03 | 05:42 min/Km |
| 21   | 8      | 119    | DOMÍNGUEZ SILVA , ANDRES        | MALE | FOUSA-M   | PANTALLEIROS          | CLUB CERVECERIA O COTON NEGREIRA     | 01:31:41 | 05:44 min/Km |
| 22   | 9      | 301    | AGEITOS SANLES , FERNANDO       | MALE | FOUSA-M   |                       | INCOR AUTOVIDRIO                     | 01:31:55 | 05:45 min/Km |
| 23   | 10     | 138    | LOPEZ SANCHEZ , DAVID           | MALE | FOUSA-M   | TARTARUGAS            | TARTARUGAS                           | 01:32:43 | 05:48 min/Km |
| 24   | 11     | 394    | SIEIRA RIOS , FERNANDO          | MALE | FOUSA-M   |                       | TRIATLON RIANXO                      | 01:32:44 | 05:48 min/Km |
| 25   | 14     | 363    | OTERO DOSIL , RUBÉN             | MALE | SACHO-M   |                       | CLUB ATLETISMO NOIA                  | 01:32:47 | 05:48 min/Km |
| 26   | 12     | 163    | SEÑORA ALVAREZ , ROBERTO        | MALE | FOUSA-M   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE                | 01:32:50 | 05:49 min/Km |
| 27   | 15     | 372    | RAMOS VALE , LUIS               | MALE | SACHO-M   |                       | OS CORZOS DO ORTEGAL                 | 01:35:48 | 05:60 min/Km |
| 28   | 13     | 393    | SENDON RODRIGUEZ , JOSE DOMINGO | MALE | FOUSA-M   |                       | FONTES DO SAR                        | 01:36:16 | 06:01 min/Km |
| 29   | 16     | 387    | RÚA NÚÑEZ , MANUEL              | MALE | SACHO-M   |                       | SONS OF POSEIDON                     | 01:36:28 | 06:02 min/Km |
| 30   | 14     | 385    | ROSENDE BREA , JOSE             | MALE | FOUSA-M   |                       | CAI A ESTRADA                        | 01:37:30 | 06:06 min/Km |
| 31   | 17     | 133    | IGLESIAS VIGO , JAVIER          | MALE | SACHO-M   | TRIBU TRAIL           | TRIBU TRAIL                          | 01:37:56 | 06:08 min/Km |

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|------|--------|--------|-----------------------------------|--------|-----------|----------------------|-----------------------------|----------|--------------|
| 32   | 18     | 349    | MACÍAS GARCÍA , FRANK ROMÁN       | MALE   | SACHO-M   | RITMO ROBERS         | INDEPENDIENTE               | 01:38:01 | 06:08 min/Km |
| 33   | 1      | 313    | CALVO DOPAZO , VERONICA           | FEMALE | SACHO-F   | CDM VERTICE          | CDM VÉRTICE                 | 01:38:13 | 06:09 min/Km |
| 34   | 19     | 324    | DOSIL RIVAS , JAVI                | MALE   | SACHO-M   |                      | FONTES DO SAR               | 01:38:58 | 06:12 min/Km |
| 35   | 15     | 355    | MAYO BALDERRABANO , JUAN          | MALE   | FOUSA-M   |                      | CLUB ATLETISMO NOIA         | 01:38:58 | 06:12 min/Km |
| 36   | 20     | 332    | FONTAN GOMEZ , JUAN CARLOS        | MALE   | SACHO-M   |                      | ATLETISMO BAIONA            | 01:39:39 | 06:14 min/Km |
| 37   | 16     | 354    | MARTÍNEZ NIETO , MIGUEL ÁNGEL     | MALE   | FOUSA-M   |                      |                             | 01:40:35 | 06:18 min/Km |
| 38   | 21     | 136    | LESTAYO GARCIA , ALAIN            | MALE   | SACHO-M   |                      | INDEPENDIENTE               | 01:40:36 | 06:18 min/Km |
| 39   | 17     | 111    | CALVO CALVO , JUAN MANUEL         | MALE   | FOUSA-M   | SD BARBANTIA RODA    | SD BARBANTIA RODA           | 01:40:38 | 06:18 min/Km |
| 40   | 22     | 368    | PAZOS VÁZQUEZ , SANTI             | MALE   | SACHO-M   |                      | CLUB ATLETISMO LOUSAME      | 01:41:01 | 06:19 min/Km |
| 41   | 23     | 151    | QUINTELA MARTÍNEZ , IBÁN          | MALE   | SACHO-M   | TARTARUGAS           | TARTARUGAS                  | 01:41:27 | 06:21 min/Km |
| 42   | 2      | 137    | LIÑARES BARREIRO , CARLA CAROLINA | FEMALE | SACHO-F   |                      | INDEPENDIENTE               | 01:42:07 | 06:23 min/Km |
| 43   | 18     | 144    | MONTES TEJIDO , ROBERTO           | MALE   | FOUSA-M   | CLUB ATLETISMO OUTES |                             | 01:43:48 | 06:30 min/Km |
| 44   | 19     | 391    | SANMARTIN FERNÁNDEZ , JUAN CARLOS | MALE   | FOUSA-M   |                      |                             | 01:43:56 | 06:30 min/Km |
| 45   | 20     | 377    | RIVAS BEIS , JAVIER               | MALE   | FOUSA-M   |                      |                             | 01:43:56 | 06:30 min/Km |
| 46   | 1      | 310    | CAAMAÑO PÉREZ , VANESA            | FEMALE | FOUSA-F   |                      | TERRA DE SONEIRA CD         | 01:44:36 | 06:33 min/Km |
| 47   | 21     | 383    | ROMERO LEMA , PABLO               | MALE   | FOUSA-M   |                      | INDEPENDIENTE               | 01:44:36 | 06:33 min/Km |
| 48   | 24     | 318    | CASAL , PABLO                     | MALE   | SACHO-M   |                      | TOXOS E BIRRAS              | 01:44:58 | 06:34 min/Km |
| 49   | 25     | 346    | LOURO LARIÑO , JOSE ISIDRO        | MALE   | SACHO-M   | SERRES RUNNERS       | SERRES RUNNERS              | 01:45:36 | 06:36 min/Km |
| 49   | 25     | 390    | SAMBADE SUAREZ , JESÚS            | MALE   | SACHO-M   |                      | INDEPENDIENTE               | 01:45:36 | 06:36 min/Km |
| 51   | 27     | 362    | NOAL SANLÉS , DANIEL              | MALE   | SACHO-M   |                      | SAUDESPT                    | 01:45:52 | 06:37 min/Km |
| 52   | 2      | 118    | DIESTE VILAS , TERE               | FEMALE | FOUSA-F   |                      | TOXOS E BIRRAS              | 01:46:12 | 06:39 min/Km |
| 53   | 22     | 375    | REY AGRELO , RAMIRO               | MALE   | FOUSA-M   |                      | CLUB ATLETISMO LOUSAME      | 01:46:15 | 06:39 min/Km |
| 54   | 28     | 305    | BARROS SEOANE , VÍCTOR            | MALE   | SACHO-M   | CDM VERTICE          | CDM VÉRTICE                 | 01:46:20 | 06:39 min/Km |
| 55   | 3      | 386    | ROSENDE SAEZ , LAURA              | FEMALE | SACHO-F   |                      | INDEPENDIENTE               | 01:46:29 | 06:40 min/Km |
| 56   | 23     | 167    | TEMBRÁS ALONSO , DAVID            | MALE   | FOUSA-M   |                      | CLUB DALLE GAS RUNNING TEAM | 01:46:30 | 06:40 min/Km |
| 57   | 29     | 376    | RIVAS ALENDE , JUAN               | MALE   | SACHO-M   |                      | NOITEBRA                    | 01:46:43 | 06:41 min/Km |
| 58   | 3      | 123    | FRANCO , SONIÑA                   | FEMALE | FOUSA-F   |                      | INDEPENDIENTE               | 01:46:56 | 06:41 min/Km |
| 59   | 24     | 140    | MANSO GONZALEZ , J. ROBERTO       | MALE   | FOUSA-M   |                      |                             | 01:47:02 | 06:42 min/Km |
| 60   | 30     | 330    | FIGUEIRAS CALVIÑO , ALBERTO       | MALE   | SACHO-M   |                      | INDEPENDIENTE               | 01:47:07 | 06:42 min/Km |
| 61   | 4      | 389    | SAEZ BATALLAN , ISABEL            | FEMALE | FOUSA-F   |                      | CAI A ESTRADA               | 01:48:31 | 06:47 min/Km |
| 62   | 25     | 344    | LÓPEZ FERNÁNDEZ , JOSÉ ANTONIO    | MALE   | FOUSA-M   |                      | CAO CLUB ATLETISMO OUTES    | 01:48:32 | 06:47 min/Km |
| 63   | 26     | 156    | RODRIGUEZ GARCIA , ANTONIO        | MALE   | FOUSA-M   | CLUB ATLETISMO OUTES | CLUB ATLETISMO OUTES        | 01:49:16 | 06:50 min/Km |

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|------|--------|--------|--------------------------------------|--------|-----------|-----------------------|----------------------------------|----------|--------------|
| 63   | 31     | 339    | GONZÁLEZ VIDAL , DAVID               | MALE   | SACHO-M   |                       |                                  | 01:49:16 | 06:50 min/Km |
| 65   | 32     | 401    | VARELA VALLADARES , CÉSAR            | MALE   | SACHO-M   |                       | CLUB ATLETISMO CAMBADOS          | 01:49:29 | 06:51 min/Km |
| 66   | 4      | 126    | GARCIA PENA , CHUS                   | FEMALE | SACHO-F   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE            | 01:49:32 | 06:51 min/Km |
| 67   | 27     | 135    | JUNCAL COSTA , ANTON                 | MALE   | FOUSA-M   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE            | 01:49:32 | 06:51 min/Km |
| 68   | 28     | 114    | CASAL SANTOS , MARCOS                | MALE   | FOUSA-M   |                       | INDEPENDIENTE                    | 01:49:38 | 06:52 min/Km |
| 69   | 33     | 348    | MACEIRAS PRIEGUE , RAMIRO            | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 01:50:36 | 06:55 min/Km |
| 70   | 34     | 130    | GOYANES SOUTO , ADRIÁN               | MALE   | SACHO-M   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE            | 01:50:44 | 06:56 min/Km |
| 71   | 35     | 165    | TAJES PÉREZ , JESÚS MANUEL           | MALE   | SACHO-M   |                       | O JERREIRO                       | 01:50:50 | 06:56 min/Km |
| 72   | 29     | 103    | ALDREY RAICES , JOSÉ MANUEL          | MALE   | FOUSA-M   |                       | PRAIA DE CARNOTA RUNNERS         | 01:50:55 | 06:56 min/Km |
| 73   | 5      | 143    | MIDÓN CEBEIRO , ALBA                 | FEMALE | SACHO-F   | TRIBU TRAIL           | TRIBU TRAIL                      | 01:51:48 | 06:60 min/Km |
| 74   | 36     | 107    | BRALO NIMO , ISMAEL                  | MALE   | SACHO-M   | TRIBU TRAIL           | TRIBU TRAIL                      | 01:51:48 | 06:60 min/Km |
| 75   | 30     | 139    | MALLO NIEVES , JOSÉ MANUEL           | MALE   | FOUSA-M   | TARTARUGAS            | TARTARUGAS                       | 01:52:35 | 07:03 min/Km |
| 76   | 31     | 328    | FERNÁNDEZ LUCES , CASTOR             | MALE   | FOUSA-M   |                       | SERRES RUNNERS                   | 01:53:07 | 07:05 min/Km |
| 77   | 37     | 160    | SANTOS LAMPÓN , JOSÉ                 | MALE   | SACHO-M   |                       | FLOW PILATES & TRAINING          | 01:55:34 | 07:14 min/Km |
| 78   | 38     | 395    | SOTELO LORENZO , DANIEL              | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 01:56:06 | 07:16 min/Km |
| 79   | 32     | 153    | RIAL OTERO , JOSE LUIS               | MALE   | FOUSA-M   | TARTARUGAS            | TARTARUGAS                       | 01:56:43 | 07:18 min/Km |
| 80   | 39     | 400    | VALE LÓPEZ , ABEL                    | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 01:58:26 | 07:25 min/Km |
| 81   | 33     | 399    | TRIGO BAO , MANUEL                   | MALE   | FOUSA-M   | CDM VERTICE           | CDM VÉRTICE                      | 01:58:43 | 07:26 min/Km |
| 82   | 6      | 396    | SUÁREZ PÉREZ , LORE                  | FEMALE | SACHO-F   |                       | ÓXIDO ZERO TRAINING              | 01:59:09 | 07:27 min/Km |
| 83   | 7      | 124    | GARCIA BEIRO , CRISTINA              | FEMALE | SACHO-F   | PANTALLEIROS          | CLUB CERVECERIA O COTON NEGREIRA | 02:00:30 | 07:32 min/Km |
| 84   | 40     | 374    | REY , MANUEL                         | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 02:00:32 | 07:32 min/Km |
| 85   | 34     | 321    | DEL RÍO LIBOERIRO , FRANCISCO JAVIER | MALE   | FOUSA-M   |                       | FURANCHO DEPORTIVO               | 02:01:04 | 07:34 min/Km |
| 86   | 41     | 317    | CARIÑO FANDIÑO , ÁNGEL RAMÓN         | MALE   | SACHO-M   |                       | TRIBU TRAIL                      | 02:01:18 | 07:35 min/Km |
| 87   | 42     | 373    | REBOLLIDO FERNÁNDEZ , FÉLIX          | MALE   | SACHO-M   | SERRES RUNNERS        | SERRES RUNNERS                   | 02:01:47 | 07:37 min/Km |
| 88   | 8      | 370    | POSE ALMALLO , MARIA                 | FEMALE | SACHO-F   |                       | DESGUACES FERREIRO               | 02:02:16 | 07:39 min/Km |
| 89   | 5      | 101    | ABAL CAMAÑO , RAQUEL                 | FEMALE | FOUSA-F   | Club Atletismo Tambre | CLUB ATLETISMO TAMBRE            | 02:04:02 | 07:46 min/Km |
| 90   | 35     | 4      | BARREIRO CERNADAS , JOSÉ RAMÓN       | MALE   | FOUSA-M   | CLUB ATLETISMO OUTES  | CLUB ATLETISMO OUTES             | 02:04:04 | 07:46 min/Km |
| 91   | 43     | 145    | NEGREIRA , JOSÉ RAMÓN                | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 02:04:27 | 07:47 min/Km |
| 92   | 44     | 134    | INSUA FERNÁNDEZ , ANDRÉS             | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 02:04:27 | 07:47 min/Km |
| 93   | 36     | 366    | PAIS FERNANDEZ , MANUEL              | MALE   | FOUSA-M   | SERRES RUNNERS        | SERRES RUNNERS                   | 02:06:55 | 07:56 min/Km |
| 94   | 37     | 340    | GROBA NUÑEZ , CARLOS                 | MALE   | FOUSA-M   |                       |                                  | 02:06:55 | 07:56 min/Km |
| 95   | 45     | 327    | FARIÑA GONZÁLEZ , MANUEL             | MALE   | SACHO-M   |                       | INDEPENDIENTE                    | 02:07:24 | 07:58 min/Km |

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| POS. | P.CAT. | DORSAL | PARTICIPANTE                      | SEXO   | CATEGORIA | EQUIPO               | CLUB                     | META     | RITMO        |
|------|--------|--------|-----------------------------------|--------|-----------|----------------------|--------------------------|----------|--------------|
| 96   | 46     | 116    | CONS LAMAS , SANTIAGO             | MALE   | SACHO-M   | Santiago Cons Lamas  | TARTARUGAS               | 02:07:32 | 07:59 min/Km |
| 97   | 9      | 315    | CAÑA GARCIA , CATI                | FEMALE | SACHO-F   |                      |                          | 02:07:53 | 07:60 min/Km |
| 98   | 38     | 347    | LUCES TAJES , MANUEL              | MALE   | FOUSA-M   | SERRES RUNNERS       | SERRES RUNNERS           | 02:10:14 | 08:09 min/Km |
| 99   | 39     | 359    | MOURIÑO ROMANÍ , MANUEL           | MALE   | FOUSA-M   |                      | CAO CLUB ATLETISMO OUTES | 02:10:16 | 08:09 min/Km |
| 100  | 40     | 351    | MARTÍ PATIÑO , PATO               | MALE   | FOUSA-M   |                      | INDEPENDIENTE            | 02:10:17 | 08:09 min/Km |
| 101  | 6      | 161    | SANTOS LAMPÓN , LUPE              | FEMALE | FOUSA-F   |                      | FLOW PILATES & TRAINING  | 02:10:17 | 08:09 min/Km |
| 102  | 41     | 352    | MARTÍNEZ LEIS , AVELINO           | MALE   | FOUSA-M   |                      |                          | 02:10:20 | 08:09 min/Km |
| 103  | 42     | 309    | BLANCO MARZOCA , DAVID            | MALE   | FOUSA-M   |                      | INDEPENDIENTE            | 02:10:30 | 08:10 min/Km |
| 104  | 47     | 320    | DE LA HAZA URRUTICOECHEA , SERGIO | MALE   | SACHO-M   |                      | INDEPENDIENTE            | 02:10:31 | 08:10 min/Km |
| 105  | 7      | 314    | CAMPOS SUÁREZ , BEGO              | FEMALE | FOUSA-F   |                      | ÓXIDO ZERO TRAINING CLUB | 02:10:31 | 08:10 min/Km |
| 106  | 48     | 147    | ORDOÑEZ PARDEIRO , DAMIAN         | MALE   | SACHO-M   |                      | TRIBU TRAIL              | 02:10:37 | 08:10 min/Km |
| 107  | 43     | 364    | OTERO SANTIN , OSCAR              | MALE   | FOUSA-M   |                      |                          | 02:10:49 | 08:11 min/Km |
| 108  | 8      | 125    | GARCÍA GARCÍA , CARMEN            | FEMALE | FOUSA-F   | TARTARUGAS           | TARTARUGAS               | 02:11:40 | 08:14 min/Km |
| 109  | 9      | 215    | LODEIRO MATALOBOS , MARISA        | FEMALE | FOUSA-F   | CDM VERTICE          | CDM VÉRTICE              | 02:11:40 | 08:14 min/Km |
| 110  | 44     | 302    | ARRESTO PÉREZ , NÉSTOR            | MALE   | FOUSA-M   |                      | INDEPENDIENTE            | 02:12:00 | 08:15 min/Km |
| 111  | 45     | 311    | CAAMAÑO. RIVEIRO , HERMINIO       | MALE   | FOUSA-M   |                      | CAO CLUB ATLETISMO OUTES | 02:12:40 | 08:18 min/Km |
| 112  | 46     | 329    | FERNÁNDEZ MARTÍNEZ , JOAQUÍN      | MALE   | FOUSA-M   | SERRES RUNNERS       | SERRES RUNNERS           | 02:14:26 | 08:25 min/Km |
| 113  | 10     | 398    | TEMPERAN ISORNA , CARMEN          | FEMALE | SACHO-F   | RITMO ROBERS         | INDEPENDIENTE            | 02:14:29 | 08:25 min/Km |
| 114  | 49     | 335    | GARCÍA FRAGUEIRO , RO             | MALE   | SACHO-M   | RITMO ROBERS         |                          | 02:14:30 | 08:25 min/Km |
| 115  | 47     | 108    | BRIÓN LEMA , JUAN CARLOS          | MALE   | FOUSA-M   |                      |                          | 02:15:39 | 08:29 min/Km |
| 116  | 48     | 149    | PAZ SILVA , ADÁN                  | MALE   | FOUSA-M   |                      | INDEPENDIENTE            | 02:15:40 | 08:29 min/Km |
| 117  | 10     | 150    | PÉREZ GLEZ , BEATRIZ              | FEMALE | FOUSA-F   |                      |                          | 02:15:40 | 08:29 min/Km |
| 118  | 50     | 322    | DOMINGUEZ GAGO , RICARDO JOSE     | MALE   | SACHO-M   | FLOW                 | FLOW PILATES & TRAINING  | 02:15:46 | 08:30 min/Km |
| 119  | 11     | 333    | FREIRE PARADA , VICKY             | FEMALE | SACHO-F   |                      | ÓXIDO ZERO TRAINING CLUB | 02:15:56 | 08:30 min/Km |
| 120  | 49     | 308    | BESADA MONTENEGRO , ROBERTO       | MALE   | FOUSA-M   | RITMO ROBERS         |                          | 02:16:07 | 08:31 min/Km |
| 121  | 50     | 357    | MISA GOMEZ , JOSE MANUEL          | MALE   | FOUSA-M   | RITMO ROBERS         | INDEPENDIENTE            | 02:16:07 | 08:31 min/Km |
| 122  | 51     | 361    | NIETO LEIS , PABLO                | MALE   | FOUSA-M   |                      | CAO CLUB ATLETISMO OUTES | 02:16:10 | 08:31 min/Km |
| 123  | 12     | 303    | BARREIRO , FATIMA                 | FEMALE | SACHO-F   | SERRES RUNNERS       | SERRES RUNNERS           | 02:16:34 | 08:33 min/Km |
| 124  | 52     | 154    | RIAL PAIS , JOSÉ                  | MALE   | FOUSA-M   | CLUB ATLETISMO OUTES | CLUB ATLETISMO OUTES     | 02:17:24 | 08:36 min/Km |
| 125  | 13     | 155    | RIVEIRO GAGO , PATRICIA           | FEMALE | SACHO-F   |                      | FLOW PILATES & TRAINING  | 02:17:24 | 08:36 min/Km |
| 126  | 51     | 306    | BERENGUER MIMÓ , MARTÍ            | MALE   | SACHO-M   |                      |                          | 02:21:00 | 08:49 min/Km |
| 127  | 52     | 382    | RODRÍGUEZ GONZÁLEZ , PABLO        | MALE   | SACHO-M   |                      |                          | 02:23:19 | 08:58 min/Km |

# TRAIL DE OUTES 2024

17/03/2024

## - TRAIL CURTO 16KM -

| POS. | P.CAT. | DORSAL | PARTICIPANTE                         | SEXO   | CATEGORIA | EQUIPO               | CLUB                            | META     | RITMO        |
|------|--------|--------|--------------------------------------|--------|-----------|----------------------|---------------------------------|----------|--------------|
| 128  | 53     | 26     | GARCÍA FREIRE , PABLO                | MALE   | FOUSA-M   | CHORIMA              | CHORIMA                         | 02:23:30 | 08:59 min/Km |
| 129  | 11     | 304    | BARREIRO FÁBREGAS , ISABEL           | FEMALE | FOUSA-F   |                      |                                 | 02:24:23 | 09:02 min/Km |
| 130  | 12     | 360    | MUÑIZ POSE , SANDRA                  | FEMALE | FOUSA-F   |                      | INDEPENDIENTE                   | 02:25:00 | 09:04 min/Km |
| 131  | 53     | 338    | GONZÁLEZ SISO , MANUEL               | MALE   | SACHO-M   |                      | INDEPENDIENTE                   | 02:25:20 | 09:05 min/Km |
| 132  | 54     | 380    | RODRÍGUEZ FERNÁNDEZ , FRANCISCO JOSÉ | MALE   | FOUSA-M   |                      | INDEPENDIENTE                   | 02:26:21 | 09:09 min/Km |
| 133  | 13     | 106    | BRAGAÑA MIGUENS , MARÍA JOSÉ         | FEMALE | FOUSA-F   | CLUB ATLETISMO OUTES |                                 | 02:26:31 | 09:10 min/Km |
| 134  | 55     | 142    | MARTINEZ CALO , ANGEL                | MALE   | FOUSA-M   |                      | VIRXIJANOS TRAIL - SACHACAMIÑOS | 02:29:43 | 09:22 min/Km |
| 135  | 54     | 367    | PAZ COUCE , ADRIÁN                   | MALE   | SACHO-M   |                      | INDEPENDIENTE                   | 02:29:48 | 09:22 min/Km |
| 136  | 55     | 369    | PICOS MARTINEZ , AITOR               | MALE   | SACHO-M   | CLUB ATLETISMO OUTES | CAO CLUB ATLETISMO OUTES        | 02:29:49 | 09:22 min/Km |
| 137  | 56     | 378    | RIVERA SIXTO , LUIS                  | MALE   | SACHO-M   |                      | INDEPENDIENTE                   | 02:29:49 | 09:22 min/Km |
| 138  | 57     | 325    | DOVAL BARREIRO , HUGO                | MALE   | SACHO-M   |                      | TRIATLÓN VILAGARCÍA             | 02:29:58 | 09:23 min/Km |
| 139  | 14     | 384    | ROO MAROÑAS , GEMA                   | FEMALE | SACHO-F   |                      | INDEPENDIENTE                   | 02:32:03 | 09:31 min/Km |
| 140  | 14     | 50     | RAÑA , NATALIA                       | FEMALE | FOUSA-F   | CHORIMA              | CHORIMA                         | 02:34:48 | 09:41 min/Km |
| 141  | 56     | 152    | RAÑA PREGO , MANUEL                  | MALE   | FOUSA-M   |                      |                                 | 02:34:48 | 09:41 min/Km |
| 142  | 57     | 343    | LESTAYO ABELLEIRA , VICTOR           | MALE   | FOUSA-M   |                      |                                 | 02:35:48 | 09:45 min/Km |
| 143  | 15     | 307    | BERMÚDEZ CAAMAÑO , MÓNICA            | FEMALE | SACHO-F   |                      | SERRES RUNNERS                  | 02:37:52 | 09:52 min/Km |
| 144  | 16     | 9      | CAAMAÑO GARCÍA , LIDIA               | FEMALE | SACHO-F   | CHORIMA              | INDEPENDIENTE                   | 02:39:40 | 09:59 min/Km |
| 145  | 15     | 11     | CAJUSO BARBAZÁN , JOSEFA             | FEMALE | FOUSA-F   | CHORIMA              | INDEPENDIENTE                   | 02:39:40 | 09:59 min/Km |
| 146  | 58     | 57     | SIERRA FERREIRO , VÍCTOR             | MALE   | FOUSA-M   | CHORIMA              | CHORIMA                         | 02:55:30 | 10:59 min/Km |