

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
1	1	357	RODRIGUEZ LEON , JESUS	MALE	SENIOR-M	FLUVIAL O BARCO	01:36:41.860	05:42 min/Km
2	1	109	ALVAREZ CURES , JUAN JOSE	MALE	VETERAN-M	A.D. MEDIADUCIA	01:36:41.880	05:42 min/Km
3	2	237	INSUA DÍAZ , RUBEN	MALE	SENIOR-M	ATLETISMO SAR VERMÚ PETRONI	01:36:41.887	05:42 min/Km
4	2	182	DOMINGUEZ BARBEITO , VICTOR	MALE	VETERAN-M	A.D. MEDIADUCIA	01:38:07.590	05:47 min/Km
5	3	106	ALONSO NOGUEIRA , DAVID	MALE	SENIOR-M	BRUTANZOS TEAM	01:39:20.790	05:51 min/Km
6	4	116	ANTELO LEMA , LUÍS MIGUEL	MALE	SENIOR-M		01:39:23.270	05:51 min/Km
7	5	142	BOUZAS GÓMEZ , SERGIO	MALE	SENIOR-M	TRIBU TRAIL	01:41:00.020	05:57 min/Km
8	6	189	FEIJOO FERREIRO , DANIEL	MALE	SENIOR-M	TRIEUME AS PONTES	01:45:45.020	06:14 min/Km
9	7	409	VÁZQUEZ SÁNCHEZ , PABLO	MALE	SENIOR-M	INDEPENDIENTE	01:46:40.130	06:17 min/Km
10	3	224	GÓMEZ GÓMEZ , MANUEL	MALE	VETERAN-M	CLUB ATLETISMO LOUSAME	01:48:20.900	06:23 min/Km
11	8	231	GONZÁLEZ ESTÉVEZ , ÓSCAR	MALE	SENIOR-M	TRIATLÓN ARTEIXO	01:50:25.500	06:30 min/Km
12	9	293	MÉNDEZ IGLESIAS , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	01:51:48.130	06:35 min/Km
13	10	204	FLÓREZ PÉREZ , ANDRÉS	MALE	SENIOR-M	C.A. CORUÑA COMARCA	01:51:48.340	06:35 min/Km
14	11	4	ANDRÉS ALMENDÁRIZ , VÍCTOR	MALE	SENIOR-M	NOSPORTLIMIT	01:51:48.510	06:35 min/Km
15	12	254	LÓPEZ AGRA , FERMÍN	MALE	SENIOR-M	ACTN3 ENDURANCE TRAINING CLUB, MALLORCA	01:52:38.927	06:38 min/Km
16	13	387	SOUTO GARCIA , CESAR	MALE	SENIOR-M	XESTEIRAS	01:53:18.550	06:40 min/Km
17	14	318	PARÍS LÓPEZ , JOSÉ	MALE	SENIOR-M	INDEPENDIENTE	01:53:45.110	06:42 min/Km
18	15	352	ROCHA GARCIA , JOSE FRANCISCO	MALE	SENIOR-M	BRUTANZOS TEAM	01:53:46.780	06:42 min/Km
19	16	313	OTERO LADO , JAVIER	MALE	SENIOR-M	RUNNING ARTEIXO	01:53:47.050	06:42 min/Km
20	4	380	SILVA RIVERA , FEDERICO	MALE	VETERAN-M	INDEPENDIENTE	01:54:37.990	06:45 min/Km
21	17	246	LEMA ORDÓÑEZ , ELOY	MALE	SENIOR-M	BAIO RUNNERS	01:54:41.700	06:45 min/Km
22	18	141	BONNIN LLITERAS , PEDRO	MALE	SENIOR-M	ACTN3 ENDURANCE TRAINING CLUB	01:54:49.040	06:46 min/Km
23	19	354	RODRIGUEZ AREOSA , FRANCISCO JAVIER	MALE	SENIOR-M	TUMBA TOXOS TRAIL TEAM	01:55:07.660	06:47 min/Km
24	5	306	NIETO FEAL , RICARDO	MALE	VETERAN-M		01:55:07.980	06:47 min/Km
25	6	271	LUNA DOMINGUEZ , JUAN	MALE	VETERAN-M	TRIBU TRAIL	01:55:18.030	06:47 min/Km
26	7	351	RIVERA MÁRQUEZ , FRANCISCO JAVIER	MALE	VETERAN-M	RUNNING ALTAFIT ODEON	01:55:49.480	06:49 min/Km
27	20	392	SUSO SÁNCHEZ , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	01:56:03.940	06:50 min/Km
28	21	158	CARRACEDO DOMÍNGUEZ , DANIEL	MALE	SENIOR-M	KM VERTICAL	01:57:22.100	06:55 min/Km
29	8	262	LÓPEZ MIHURA , JOSÉ MANUEL	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	01:57:51.900	06:56 min/Km

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CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
30	22	290	MATOS COTELO , ABEL	MALE	SENIOR-M	TUMBA TOXOS TRAIL TEAM	01:57:58.750	06:57 min/Km
31	23	159	CARRAL SUÁREZ , MARCOS	MALE	SENIOR-M	A.D. REGO DO LOBO	01:58:43.230	06:60 min/Km
32	24	151	CALVIÑO CALVIÑO , SIMÓN	MALE	SENIOR-M	NOSPORTLIMIT	01:58:59.290	06:60 min/Km
33	25	255	LÓPEZ AMOR , ALVARO	MALE	SENIOR-M	NOSPORTLIMIT	01:58:59.370	06:60 min/Km
34	9	174	CORREA PIÑEIRO , FCO JAVIER	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	01:59:00.590	07:01 min/Km
35	10	221	GAYOSO , ROBERTO	MALE	VETERAN-M		02:00:44.870	07:07 min/Km
36	26	300	MOSQUERA PARADA , FERNANDO	MALE	SENIOR-M	INDEPENDIENTE	02:01:14.987	07:08 min/Km
37	11	155	CÀNAVES BLANQUER , TOMEU	MALE	VETERAN-M	ACTN3 ENDURANCE TRAINING CLUB	02:01:30.630	07:09 min/Km
38	12	144	BROCOS MAREQUE , EDUARDO	MALE	VETERAN-M	INDEPENDIENTE	02:01:50.800	07:11 min/Km
39	27	276	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	SENIOR-M	CDM VERTICE	02:01:56.400	07:11 min/Km
40	13	220	GARCÍA VELO , MANUEL	MALE	VETERAN-M	AD MONTEBRAONDO	02:02:50.500	07:14 min/Km
41	28	394	TASENDE VIAÑO , JESUS	MALE	SENIOR-M		02:03:57.150	07:18 min/Km
42	29	383	SIMÓN SÁNCHEZ , JAVIER	MALE	SENIOR-M		02:04:03.660	07:18 min/Km
43	30	216	GARCIA MARTINEZ , HUGO	MALE	SENIOR-M	CAO (CLUB ATLETISMO OUTES)	02:04:06.730	07:19 min/Km
44	14	410	VAZQUEZ SANJURJO , MANUEL JOSE	MALE	VETERAN-M	INDEPENDIENTE	02:04:14.880	07:19 min/Km
45	15	328	PÉREZ GESTIDO , XOAN CARLOS	MALE	VETERAN-M		02:04:15.850	07:19 min/Km
46	31	265	LÓPEZ ROMERO , IVÁN	MALE	SENIOR-M	BAIORUNNERS	02:04:35.450	07:20 min/Km
47	32	62	RAMA CRUZ , JOSE ANTONIO	MALE	SENIOR-M		02:04:35.470	07:20 min/Km
48	33	367	ROMERO LEMA , IVAN	MALE	SENIOR-M		02:04:35.610	07:20 min/Km
49	34	121	BAÑA TOME , PABLO	MALE	SENIOR-M	CDM VERTICE	02:05:02.710	07:22 min/Km
50	16	390	SUÁREZ REY , JESÚS	MALE	VETERAN-M		02:05:06.840	07:22 min/Km
51	35	196	FERNÁNDEZ NÚÑEZ , DANIEL	MALE	SENIOR-M	AD JARNACHAS	02:05:13.170	07:22 min/Km
52	36	339	RAMOS VAZQUEZ , JORGE	MALE	SENIOR-M	ABELLARIZA	02:05:20.460	07:23 min/Km
53	37	172	CORRAL LOPEZ , ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	02:05:25.570	07:23 min/Km
54	38	166	CERQUEIRO BARREIRO , VICTOR MANUEL	MALE	SENIOR-M	INDEPENDIENTE	02:05:25.830	07:23 min/Km
55	17	179	DEZA RODRÍGUEZ , CARLOS	MALE	VETERAN-M	PATUKOS TIM RANIN	02:05:37.860	07:24 min/Km
56	18	349	RIO BALSA , OSCAR	MALE	VETERAN-M	RUNNING ALTAFIT ODEÓN	02:05:59.510	07:25 min/Km
57	19	361	ROMÁN RODRÍGUEZ , JAVI	MALE	VETERAN-M	ACTN3 ENDURANCE TRAIL	02:06:08.520	07:26 min/Km
58	20	399	VALDÉS LÓPEZ , LUIS	MALE	VETERAN-M	RUNNING OLEIROS	02:06:16.500	07:26 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
59	39	257	LÓPEZ BALEIRÓN , EDGAR MANUEL	MALE	SENIOR-M	S.D.BARBANTIA RODA	02:06:37.260	07:27 min/Km
60	21	326	PEREIRAS COUTO , ALVARO	MALE	VETERAN-M		02:06:55.490	07:28 min/Km
61	40	391	SUÁREZ SUÁREZ , CÉSAR	MALE	SENIOR-M	INDEPENDIENTE	02:07:00.170	07:29 min/Km
62	41	277	MARTELO PUÑAL , DIEGO	MALE	SENIOR-M	INDEPENDIENTE	02:07:24.840	07:30 min/Km
63	22	128	BARREIRO LOPEZ , RAFA	MALE	VETERAN-M	CDM VERTICE	02:07:28.990	07:30 min/Km
64	23	395	TOBA QUINTÁNS , DOSITEO	MALE	VETERAN-M	INDEPENDIENTE	02:07:46.260	07:31 min/Km
65	42	163	CASTRO SOUTO , ALFONSO JAVIER	MALE	SENIOR-M	GMTA&CHUVONERS	02:08:11.190	07:33 min/Km
66	24	377	SEIJAS GOMEZ , JUAN LUIS	MALE	VETERAN-M	TRAILRUNNERS- LEBOREIRA	02:08:31.660	07:34 min/Km
67	1	385	SOLIS CAAMAÑO , MONSE	FEMALE	SENIOR-F	AD MONTE BRONDO	02:08:39.000	07:35 min/Km
68	43	406	VAZQUEZ LEMA , JONATAN BENJAMIN	MALE	SENIOR-M	INDEPENDIENTE	02:08:48.790	07:35 min/Km
69	44	342	REGO POSE , MARTÍN	MALE	SENIOR-M	INDEPENDIENTE	02:09:00.440	07:36 min/Km
70	25	331	PIÑOL CHAS , JOAQUIN	MALE	VETERAN-M	NOSPORTLIMIT	02:09:09.850	07:36 min/Km
71	45	130	BARREIRO VÁZQUEZ , RAMON	MALE	SENIOR-M	CASTROSUA TRAIL RUNNING	02:09:56.660	07:39 min/Km
72	26	197	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	VETERAN-M	INDEPENDIENTE	02:09:58.970	07:39 min/Km
73	46	190	FERNÁNDEZ ARENAS , MIGUEL	MALE	SENIOR-M	INDEPENDIENTE	02:10:08.130	07:40 min/Km
74	27	127	BARREIRO , RAMON	MALE	VETERAN-M	CAO (CLUB ATLETISMO OUTES)	02:10:10.380	07:40 min/Km
75	28	236	IBÁÑEZ PEREIRO , AITOR	MALE	VETERAN-M	TRIBU TRAIL	02:10:17.480	07:40 min/Km
76	29	334	PORTAS LEMUS , FRANCISCO JAVIER	MALE	VETERAN-M		02:10:40.820	07:42 min/Km
77	47	112	AMADO FONSECA , OSCAR	MALE	SENIOR-M	INDEPENDIENTE	02:10:42.420	07:42 min/Km
78	2	131	BARREIROS ARNOSO , JUANA	FEMALE	SENIOR-F	AD JARNACHAS	02:10:47.270	07:42 min/Km
79	48	408	VÁZQUEZ RIVERA , PERFECTO	MALE	SENIOR-M		02:10:52.660	07:42 min/Km
80	30	238	JUNCAL COSTA , ANTON	MALE	VETERAN-M	TAMBRE RUNNYNG	02:11:17.790	07:44 min/Km
81	1	309	NUÑEZ NAVEIRA , LAURA	FEMALE	VETERAN-F		02:11:19.530	07:44 min/Km
82	31	215	GARCÍA MARIÑO , JOSÉ RAMÓN	MALE	VETERAN-M		02:11:19.720	07:44 min/Km
83	32	365	ROMERO PARADA , KIKO	MALE	VETERAN-M	SD BARBANTIA RODA	02:11:38.140	07:45 min/Km
84	33	413	VEIGA GONZÁLEZ , MIGUEL	MALE	VETERAN-M	MONTEFARO TRAIL	02:12:22.390	07:48 min/Km
85	34	102	ADEGA MEIZOSO , JOSÉ ÁNGEL	MALE	VETERAN-M	TRAILRUNNERS- LEBOREIRA	02:12:52.050	07:49 min/Km
86	3	136	BERMUDEZ CANOSA , APOLONIA	FEMALE	SENIOR-F		02:14:03.320	07:54 min/Km
87	35	296	MIGUEL ARIAS , DOMINGO	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	02:14:03.790	07:54 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
88	49	134	BELLO MARIÑO , MANUEL JESÚS	MALE	SENIOR-M		02:14:37.470	07:56 min/Km
89	36	184	EIRÍS ESPAÑA , CARLOS	MALE	VETERAN-M	A.D.MEDIADUCIA	02:15:11.570	07:58 min/Km
90	50	396	TRIGO , IVAN	MALE	SENIOR-M	INDEPENDIENTE	02:15:18.690	07:58 min/Km
91	37	135	BERIAS LAIÑO , LUIS MIGUEL	MALE	VETERAN-M	PONTE TRAIL	02:15:29.080	07:59 min/Km
92	51	242	LAGO MUIÑO , OSCAR	MALE	SENIOR-M	LARACHA EN DUAS RODAS	02:15:40.130	07:59 min/Km
93	52	350	RIVAS ALENDE , JUAN	MALE	SENIOR-M	NOITEBRA	02:16:04.720	08:01 min/Km
94	38	297	MIRA MAROÑAS , JAVIER	MALE	VETERAN-M	CLUB ATLETISMO SADA	02:16:17.360	08:02 min/Km
95	4	168	COBELO MARTÍNEZ , PAULA MARIA	FEMALE	SENIOR-F	RUNNING ALTAFIT ODEÓN	02:16:38.530	08:03 min/Km
96	39	101	ABELENDIA GOMEZ , JOSE	MALE	VETERAN-M	LARACHA EN DUAS RODAS	02:17:01.940	08:04 min/Km
97	40	314	OTERO LOPEZ , JOSE MANUEL	MALE	VETERAN-M	DISARUNNERS	02:17:14.860	08:05 min/Km
98	41	268	LORENZO VILAR , JOSÉ MANUEL	MALE	VETERAN-M	BESTARRUZA	02:17:21.770	08:05 min/Km
99	42	270	LUCAS PEREZ , LUCIANO	MALE	VETERAN-M	INDEPENDIENTE	02:17:28.330	08:06 min/Km
100	43	146	BUSTO GALLARDO , JOSE MANUEL	MALE	VETERAN-M	CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	02:18:47.640	08:10 min/Km
101	44	374	SANTOS SUÁREZ , JOSÉ LUIS	MALE	VETERAN-M		02:19:12.660	08:12 min/Km
102	5	111	AMADO FERNANDEZ , NOELIA	FEMALE	SENIOR-F		02:19:15.930	08:12 min/Km
103	53	304	NANTÓN VARELA , SERGIO	MALE	SENIOR-M		02:19:15.990	08:12 min/Km
104	54	183	EIRAS LUEIRO , LEANDRO	MALE	SENIOR-M	TRIATLON CERVECERIA O COTON NEGREIRA	02:20:15.790	08:16 min/Km
105	55	240	LAGO LOUZAN , DAVID	MALE	SENIOR-M	MIRONS COSTA DA MORTE	02:20:15.810	08:16 min/Km
106	56	319	PAZ ARZUAGA , DANIEL	MALE	SENIOR-M		02:20:53.970	08:18 min/Km
107	45	234	HERMIDA MERA , JUAN CARLOS	MALE	VETERAN-M	CASTRO DE LOBADIZ	02:21:02.340	08:18 min/Km
108	46	208	GALDO , JUANJO	MALE	VETERAN-M	RUNNING ALTAFIT ODEÓN	02:21:02.590	08:18 min/Km
109	47	355	RODRIGUEZ BLANCO , JOSE MANUEL	MALE	VETERAN-M	INDEPENDIENTE	02:21:04.830	08:18 min/Km
110	48	42	ROJO LEMA , ISMAEL	MALE	VETERAN-M		02:21:14.040	08:19 min/Km
111	49	379	SERVIA CASTRO , INDALECIO	MALE	VETERAN-M		02:21:28.440	08:20 min/Km
112	57	414	VIDAL RODRIGUEZ , OSCAR	MALE	SENIOR-M		02:21:28.790	08:20 min/Km
113	50	165	CERNADAS FERNÁNDEZ , JOSE	MALE	VETERAN-M	NOSPORTLIMIT - CAS	02:21:51.480	08:21 min/Km
114	51	337	RAMAS FIUSA , CARLOS	MALE	VETERAN-M	INDEPENDIENTE	02:21:51.570	08:21 min/Km
115	58	347	REY GÓMEZ , ROBERTO	MALE	SENIOR-M	C.D. SAN PAIO	02:21:56.490	08:21 min/Km
116	52	245	LANDEIRA BRAGE , JUAN CARLOS	MALE	VETERAN-M		02:22:01.230	08:22 min/Km

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CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
117	2	269	LOUREIRO BORRAZÁS , PAULA	FEMALE	VETERAN-F		02:22:07.270	08:22 min/Km
118	59	266	LÓPEZ VEIGA , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	02:22:21.010	08:23 min/Km
119	53	153	CALVO LÓPEZ , RICARDO	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	02:22:23.500	08:23 min/Km
120	54	259	LÓPEZ CAAMAÑO , ALFONSO	MALE	VETERAN-M	INDEPENDIENTE	02:22:26.490	08:23 min/Km
121	60	191	FERNÁNDEZ CARBALLEIRA , ADRIAN	MALE	SENIOR-M	INDEPENDIENTE	02:22:29.430	08:23 min/Km
122	55	261	LOPEZ GONZALEZ , ALBERTO	MALE	VETERAN-M	ARTROGAL TRI 498	02:23:05.950	08:26 min/Km
123	61	227	GOMEZ RAPOSO , EDUARDO	MALE	SENIOR-M	INDEPENDIENTE	02:23:06.050	08:26 min/Km
124	62	222	GERPE PÉREZ , JESÚS MANUEL	MALE	SENIOR-M	INDEPENDIENTE	02:23:18.390	08:26 min/Km
125	56	185	EIROA POSE , ÁNGEL	MALE	VETERAN-M	ABELLARIZA	02:23:32.240	08:27 min/Km
126	3	160	CASAL LLORENTE , CARMEN	FEMALE	VETERAN-F	INDEPENDIENTE	02:24:27.450	08:30 min/Km
127	63	181	DÍAZ RAMOS , JOAQUÍN	MALE	SENIOR-M		02:24:44.150	08:31 min/Km
128	57	315	PARDIÑAS ALVITE , JOSÉ	MALE	VETERAN-M	INDEPENDIENTE	02:25:59.350	08:36 min/Km
129	58	117	ANTON CASADO , ARTURO	MALE	VETERAN-M		02:26:02.950	08:36 min/Km
130	4	412	VEIGA BERMEJO , ARACELI	FEMALE	VETERAN-F		02:26:16.090	08:37 min/Km
131	64	375	SAR VAZQUEZ , JULIO CESAR	MALE	SENIOR-M	AD OLIMPIA	02:26:58.180	08:39 min/Km
132	59	341	RECOUSO GARCÍA , JUAN CARLOS	MALE	VETERAN-M	INDEPENDIENTE	02:29:48.550	08:49 min/Km
133	60	376	SAZ CEBRIÁN , MANUEL	MALE	VETERAN-M	NOSPORTLIMIT	02:29:56.080	08:50 min/Km
134	61	388	SOUTO VÁZQUEZ , EDUARDO	MALE	VETERAN-M	NOSPORTLIMIT	02:29:56.160	08:50 min/Km
135	65	272	MAIZ MANSO , CARLOS	MALE	SENIOR-M	TRIATLON CORUÑA	02:30:15.470	08:51 min/Km
136	6	213	GARCIA GONZALEZ , CRISTINA	FEMALE	SENIOR-F	CLUB TRIATLON CORUÑA	02:30:15.690	08:51 min/Km
137	66	147	CAAMAÑO GONZALEZ , ANGEL MANUEL	MALE	SENIOR-M	TUMBA TOXOS TRAIL TEAM	02:30:55.610	08:53 min/Km
138	7	393	TASENDE ANDRADE , MARTINA	FEMALE	SENIOR-F		02:30:55.760	08:53 min/Km
139	62	327	PEREZ ALVITE , ORLANDO	MALE	VETERAN-M	INDEPENDIENTE	02:31:14.600	08:54 min/Km
140	63	348	RIAL PAIS , JOSÉ	MALE	VETERAN-M	CAO (CLUB ATLETISMO OUTES)	02:31:28.450	08:55 min/Km
141	64	345	REMUIÑÁN SÁNCHEZ , CARLOS	MALE	VETERAN-M	ATLETISMO CARBALLO	02:31:41.680	08:56 min/Km
142	65	343	REMUIÑÁN SÁNCHEZ , ALFONSO	MALE	VETERAN-M	ATLETISMO CARBALLO	02:31:41.820	08:56 min/Km
143	67	162	CASTRO RODRÍGUEZ , ADRIÁN	MALE	SENIOR-M		02:31:49.460	08:56 min/Km
144	8	411	VÁZQUEZ SESAR , LUCÍA	FEMALE	SENIOR-F	ATLETISMO RIAZOR CORUÑA	02:32:04.620	08:57 min/Km
145	66	398	VALCUENDE , JUAN MANUEL	MALE	VETERAN-M		02:32:19.290	08:58 min/Km

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CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
146	68	378	SERRA FORTEZA , MIGUEL ANGEL	MALE	SENIOR-M	ACTN3 ENDURANCE TRAINING CLUB, MALLORCA	02:32:27.860	08:59 min/Km
147	5	239	LAGO LÓPEZ , ANA ISABEL	FEMALE	VETERAN-F	ATLETAS DE ACEA DE AMA	02:32:36.630	08:59 min/Km
148	69	402	ROJO PARDIÑAS , RUBEN	MALE	SENIOR-M		02:32:41.070	08:59 min/Km
149	67	241	LAGO MOLEDO , MANUEL	MALE	VETERAN-M	ATLETISMO OUTES YHON TURKEI	02:32:42.700	08:59 min/Km
150	68	267	LORENZO , EDUARDO	MALE	VETERAN-M	INDEPENDIENTE	02:32:44.520	08:60 min/Km
151	70	22	DIZ LOPEZ , FRANCISCO	MALE	SENIOR-M	GALLAECIA RAID	02:32:48.000	08:60 min/Km
152	71	338	RAMOS MIRANDA , RUBEN	MALE	SENIOR-M		02:32:54.420	08:60 min/Km
153	72	292	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR-M	TRIBU TRAIL	02:33:01.470	09:01 min/Km
154	9	299	MOREIRA , ESTRELLA	FEMALE	SENIOR-F	CLUB ATLETISMO FONTES DO SAR	02:33:10.020	09:01 min/Km
155	10	178	DELGADO ROJO , AINHOA	FEMALE	SENIOR-F		02:33:27.700	09:02 min/Km
156	73	105	ALONSO MOREIRA , CARLOS ALBERTO	MALE	SENIOR-M		02:33:27.850	09:02 min/Km
157	74	114	AMIGO , MARTIN	MALE	SENIOR-M		02:33:38.390	09:03 min/Km
158	75	301	MOURELLE CASTRO , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	02:33:57.730	09:04 min/Km
159	69	289	MATO PEÓN , CELESTINO	MALE	VETERAN-M	PONTE TRAIL	02:34:01.450	09:04 min/Km
160	76	207	GABIN CALVO , JAVIER	MALE	SENIOR-M		02:34:04.420	09:04 min/Km
161	6	274	MARGARETO NOYA , MERCEDES	FEMALE	VETERAN-F	MONTEFARO TRAIL	02:34:09.000	09:05 min/Km
162	7	373	SANTOS MORALES , SUSAN	FEMALE	VETERAN-F	AD JARNACHAS	02:34:09.020	09:05 min/Km
163	70	323	PEDREIRA FERNANDEZ , ALBERTO	MALE	VETERAN-M		02:34:21.850	09:05 min/Km
164	77	359	RODRÍGUEZ SALORIO , AITOR	MALE	SENIOR-M	RUNNING ALTAFIT ODEÓN	02:35:59.890	09:11 min/Km
165	71	193	FERNÁNDEZ FERNÁNDEZ , EDELMIRO	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	02:36:00.230	09:11 min/Km
166	78	278	MARTÍNEZ CAAMAÑO , JOSE	MALE	SENIOR-M	BAIORUNNERS	02:36:25.000	09:13 min/Km
167	72	381	SILVARREDONDA SOUTO , VICTOR MANUEL	MALE	VETERAN-M	INDEPENDIENTE	02:36:25.090	09:13 min/Km
168	73	386	SOUTO AMADO , MARCOS	MALE	VETERAN-M	INDEPENDIENTE	02:36:25.290	09:13 min/Km
169	11	149	CABANAS CAMPELO , ISABEL	FEMALE	SENIOR-F	ATLETAS DE ACEA DE AMA	02:36:25.590	09:13 min/Km
170	74	250	LIMIDEIRO LAVANDEIRA , FRANCISCO JAVIER	MALE	VETERAN-M		02:37:20.570	09:16 min/Km
171	12	358	RODRIGUEZ MARTINEZ , ALBA	FEMALE	SENIOR-F		02:38:05.450	09:18 min/Km
172	79	317	PARDIÑAS GONZALEZ , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	02:38:20.790	09:19 min/Km
173	75	369	ROMERO YUSTE , FEDERICO	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	02:38:49.830	09:21 min/Km
174	76	171	CORIA MARTINEZ , DAVID	MALE	VETERAN-M		02:39:33.420	09:24 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
175	80	132	BARRÓS DIZ , RUBEN	MALE	SENIOR-M		02:39:33.710	09:24 min/Km
176	8	167	CLAVIJO PELÁEZ , GLORIA E	FEMALE	VETERAN-F	CLUBE ATLETAS ACEA DE AMA	02:39:41.200	09:24 min/Km
177	9	211	GARCÍA GARCÍA , CARMEN	FEMALE	VETERAN-F	INDEPENDIENTE	02:39:41.270	09:24 min/Km
178	77	110	ALVITE ANTELO , JOSE MANUEL	MALE	VETERAN-M	INDEPENDIENTE	02:39:44.380	09:24 min/Km
179	81	384	SOLIS SANTOS , PABLO	MALE	SENIOR-M	INDEPENDIENTE	02:39:59.980	09:25 min/Km
180	82	230	GONZÁLEZ CANCELA , MARIO	MALE	SENIOR-M	INDEPENDIENTE	02:40:00.010	09:25 min/Km
181	13	253	LOPEZ , LAURA FELIZA	FEMALE	SENIOR-F		02:40:01.980	09:25 min/Km
182	14	148	CABALLERO , LIZA	FEMALE	SENIOR-F	NORINVER	02:40:02.200	09:25 min/Km
183	78	161	CASCALES FERNANDEZ , JORGE	MALE	VETERAN-M		02:40:09.240	09:26 min/Km
184	10	368	ROMERO ROEL , BEA	FEMALE	VETERAN-F	NOSPORTLIMIT	02:40:25.730	09:27 min/Km
185	79	214	GARCÍA GONZÁLEZ , SANTIAGO	MALE	VETERAN-M	NOSPORTLIMIT	02:40:27.050	09:27 min/Km
186	15	200	FERREIRO BRANDÓN , CRISTINA	FEMALE	SENIOR-F	RUNNING OLEIROS	02:40:43.380	09:28 min/Km
187	83	302	MOUZO DOVAL , MANUEL	MALE	SENIOR-M		02:40:45.760	09:28 min/Km
188	84	138	BLANCO LEMA , JOSÉ ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	02:40:47.580	09:28 min/Km
189	85	175	COUTO BLANCO , DAVID	MALE	SENIOR-M	TARTARUGAS	02:41:32.960	09:31 min/Km
190	11	226	GÓMEZ LODEIROS , SUSANA	FEMALE	VETERAN-F	TARTARUGAS	02:41:33.160	09:31 min/Km
191	80	415	VIGO , DANIEL	MALE	VETERAN-M		02:41:50.090	09:32 min/Km
192	86	219	GARCÍA SANTOS , ÁNGEL	MALE	SENIOR-M	INDEPENDIENTE	02:41:50.180	09:32 min/Km
193	81	251	LODEIRO PAZOS , ANTONIO	MALE	VETERAN-M	INDEPENDIENTE	02:41:58.370	09:32 min/Km
194	12	356	RODRÍGUEZ FERNANDEZ , LORENA	FEMALE	VETERAN-F	RUNNING ALTAFIT ODEÓN	02:42:31.450	09:34 min/Km
195	87	118	AREOSA NOVO , VÍCTOR	MALE	SENIOR-M	INDEPENDIENTE	02:42:39.230	09:35 min/Km
196	82	195	FERNÁNDEZ LÓPEZ , JOSÉ MARÍA	MALE	VETERAN-M	RUNNING OLEIROS	02:42:47.990	09:35 min/Km
197	13	416	VIGO BARREIRA , ANA	FEMALE	VETERAN-F	RUNNING OLEIROS	02:42:48.230	09:35 min/Km
198	83	119	ARIAS PAZ , NESTOR	MALE	VETERAN-M	CLUB MONTEPENARUBIA LUGO	02:43:08.330	09:36 min/Km
199	84	333	POMBO CASTRO , ÁNGEL	MALE	VETERAN-M		02:43:28.890	09:37 min/Km
200	85	173	CORRALES CASTRO , JESUS ANGEL	MALE	VETERAN-M	RUNNING OLEIROS	02:43:29.440	09:38 min/Km
201	86	194	FERNANDEZ GOMEZ , RAFAEL	MALE	VETERAN-M	RUNNING OLEIROS	02:43:29.660	09:38 min/Km
202	87	129	BARREIRO PIMENTEL , RAMÓN	MALE	VETERAN-M		02:43:56.910	09:39 min/Km
203	16	288	MATO FIGUEIRAS , MARÍA	FEMALE	SENIOR-F	INDEPENDIENTE	02:44:13.220	09:40 min/Km

III TRAIL DA FILLOA - ZAS - 2019

- GENERAL TRAIL CORTO -

10 FEBREIRO 2019

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
204	88	287	MATO FIGUEIRAS , CÉSAR	MALE	SENIOR-M	INDEPENDIENTE	02:44:13.400	09:40 min/Km
205	17	305	NAYA MANCEBO , PAULA	FEMALE	SENIOR-F	AD JARNACHAS	02:44:20.850	09:41 min/Km
206	14	177	DASILVA FERNANDEZ , OLGA	FEMALE	VETERAN-F	TRAILRUNNERS-LEBOREIRA	02:44:32.240	09:41 min/Km
207	89	170	CONS LAMAS , SANTIAGO	MALE	SENIOR-M	TARTARUGAS	02:44:34.750	09:41 min/Km
208	90	115	ANDRADE SEOANE , MARCO ANTONIO	MALE	SENIOR-M		02:45:44.700	09:45 min/Km
209	15	252	LOIS , BEGO	FEMALE	VETERAN-F	RUNNING OLEIROS	02:46:06.070	09:47 min/Km
210	16	233	GOYANES MARTÍNEZ , SUSANA	FEMALE	VETERAN-F	RUNING OLEIROS	02:46:06.370	09:47 min/Km
211	88	198	FERNANDEZ RAMOS , ALEJANDRO	MALE	VETERAN-M	RUNNING OLEIROS	02:46:06.720	09:47 min/Km
212	89	249	LIMIDEIRO LAVANDEIRA , CARLOS	MALE	VETERAN-M		02:46:30.390	09:48 min/Km
213	91	371	SALVADO BERMÚDEZ , CARLOS	MALE	SENIOR-M		02:48:14.700	09:54 min/Km
214	90	273	MARCOS MARCOS , JOSE ANGEL	MALE	VETERAN-M	INDEPENDIENTE	02:48:18.000	09:54 min/Km
215	92	203	FIDALGO BLANCO , NESTOR	MALE	SENIOR-M	MIRONS DA COSTA DA MORTE	02:48:32.670	09:55 min/Km
216	18	353	RODIRGUEZ TOVAR , LUZ MARINA	FEMALE	SENIOR-F	CLUB ATLETAS ACEA DE AMA	02:48:43.200	09:56 min/Km
217	93	205	FREIRE SILVA , VICTORIANO JAVIER	MALE	SENIOR-M	CLUB ATLETAS ACEA DE AMA	02:48:43.580	09:56 min/Km
218	19	370	RUMBO ROEL , SABRINA	FEMALE	SENIOR-F	NOSPORTLIMIT	02:49:12.810	09:58 min/Km
219	17	281	MARTÍNEZ RAMILO , TANIA	FEMALE	VETERAN-F	INDEPENDIENTE	02:49:26.230	09:59 min/Km
220	20	228	GOMEZ SUAREZ , ALICIA	FEMALE	SENIOR-F	SUPERFLIPADOS	02:49:31.030	09:59 min/Km
221	91	320	PAZ MARTÍNEZ , DIEGO	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	02:50:06.090	10:01 min/Km
222	18	294	MENDOZA CONTRERAS , ESTEFANÍA	FEMALE	VETERAN-F	ATLETAS DE ACEA DE AMA	02:50:06.180	10:01 min/Km
223	21	321	PAZOS NIMO , BEATRIZ	FEMALE	SENIOR-F		02:50:07.850	10:01 min/Km
224	22	285	MARTINEZ VAZQUEZ , VICTORIA	FEMALE	SENIOR-F		02:50:11.100	10:01 min/Km
225	19	284	MARTINEZ VAZQUEZ , VERONICA	FEMALE	VETERAN-F		02:50:11.280	10:01 min/Km
226	92	125	BARRAL BARRAL , JAVIER	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	02:50:35.090	10:03 min/Km
227	23	176	CURES RODRÍGUEZ , VERONICA	FEMALE	SENIOR-F	DONWHILL	02:50:41.260	10:03 min/Km
228	94	298	MIRA MAROÑAS , MARCOS	MALE	SENIOR-M		02:50:41.530	10:03 min/Km
229	24	152	CALVO GUTIERREZ , MIRTA	FEMALE	SENIOR-F	CLUB CORREDORES SAN SEBASTIAN DE LOS REYES	02:50:45.320	10:03 min/Km
230	93	256	LÓPEZ ARIAS , MIGUEL	MALE	VETERAN-M	INDEPENDIENTE	02:50:53.820	10:04 min/Km
231	94	180	DEZA RODRIGUEZ , MIGUEL	MALE	VETERAN-M	PATUKOS TIM RANIN	02:51:14.500	10:05 min/Km
232	95	389	SUAREZ BERMUDEZ , FRANCISCO JAVIER	MALE	VETERAN-M	INDEPENDIENTE	02:51:22.250	10:05 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
233	96	209	GARCIA BERMÚDEZ , ALBERTO	MALE	VETERAN-M	INDEPENDIENTE	02:51:47.850	10:07 min/Km
234	95	330	PIÑEIRO VIZOSO , HUGO	MALE	SENIOR-M		02:51:47.960	10:07 min/Km
235	25	335	POSE POSE , ADRIANA	FEMALE	SENIOR-F		02:52:11.330	10:08 min/Km
236	96	336	POSE POSE , PABLO	MALE	SENIOR-M		02:52:11.950	10:08 min/Km
237	26	247	LEMA OZÓN , SANDRA	FEMALE	SENIOR-F	A.D.JARNACHAS	02:53:18.160	10:12 min/Km
238	27	316	PARDIÑAS FERREIRO , TANIA ANDREA	FEMALE	SENIOR-F	NOSPORTLIMIT	02:53:34.800	10:13 min/Km
239	97	366	ROMERO DURAN , DANIEL	MALE	VETERAN-M		02:53:51.110	10:14 min/Km
240	28	229	GONZÁLEZ , NIDIA	FEMALE	SENIOR-F	INDEPENDIENTE	02:53:59.530	10:15 min/Km
241	29	303	MRIMICHE MRIMICHE , NADIA	FEMALE	SENIOR-F	ATLETAS DE ACEA DAMA	02:54:05.470	10:15 min/Km
242	97	145	BUDIÑO SILVA , NOÉ	MALE	SENIOR-M		02:54:10.110	10:15 min/Km
243	30	280	MARTINEZ PEÑA , SYLVIE	FEMALE	SENIOR-F		02:54:10.210	10:15 min/Km
244	31	258	LÓPEZ BLANCO , ESTEFANÍA	FEMALE	SENIOR-F	NO SPORT LIMIT	02:54:49.460	10:18 min/Km
245	98	307	NIETO VELASCO , DAVID	MALE	SENIOR-M	NO SPORT LIMIT	02:54:49.670	10:18 min/Km
246	98	156	CARBAJALES QUINTANA , EMILIO	MALE	VETERAN-M	INDEPENDIENTE	02:55:16.010	10:19 min/Km
247	99	308	NOGUEROL DIZ , IVÁN	MALE	SENIOR-M	GALLAECIA RAID	02:55:26.660	10:20 min/Km
248	32	186	ESMORIS CANEDO , SILVIA	FEMALE	SENIOR-F	INDEPENDIENTE	02:56:11.800	10:22 min/Km
249	99	133	BEIRO LESTÓN , DOMINGO	MALE	VETERAN-M	TEAM ONE	02:56:27.300	10:23 min/Km
250	20	340	RAMUDO RIVAS , ROSA	FEMALE	VETERAN-F		02:56:32.730	10:24 min/Km
251	100	108	ALVARADO ORDOÑEZ , CRISTIAN EDUARDO	MALE	SENIOR-M		02:56:36.530	10:24 min/Km
252	100	312	OTERO CEPEDA , DANIEL ANGEL	MALE	VETERAN-M	INDEPENDIENTE	03:00:23.040	10:37 min/Km
253	21	279	MARTINEZ FRIGOLA , MAR	FEMALE	VETERAN-F	NOSPORTLIMIT	03:00:54.340	10:39 min/Km
254	33	295	MEZA CABAÑAS , LAURA MABEL	FEMALE	SENIOR-F	INDEPENDIENTE	03:03:23.090	10:48 min/Km
255	34	187	ESPASANDIN DUARTE , NOELIA	FEMALE	SENIOR-F	INDEPENDIENTE	03:04:14.910	10:51 min/Km
256	101	123	BARBEIRA GARCIA , DAVID	MALE	SENIOR-M	INDEPENDIENTE	03:04:14.990	10:51 min/Km
257	22	310	ORDOÑEZ SALCEDO , NANCY SUSANA	FEMALE	VETERAN-F		03:06:26.070	10:59 min/Km
258	102	364	ROMAR SONEIRA , JESÚS MANUEL	MALE	SENIOR-M	INDEPENDIENTE	03:08:50.540	11:07 min/Km
259	103	150	CALO LEMA , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	03:08:50.580	11:07 min/Km
260	101	157	CARBALLEIRA HORTAS , XOSÉ MANUEL	MALE	VETERAN-M	INDEPENDIENTE	03:09:40.320	11:10 min/Km
261	23	126	BARREIRA BLANCO , SARA	FEMALE	VETERAN-F	RUNNING OLEIROS	03:11:42.490	11:17 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
262	35	400	VANOVERVELT , CHLOÉ	FEMALE	SENIOR-F	RUNNING OLEIROS	03:11:42.510	11:17 min/Km
263	102	235	HERMIDA OTERO , ANGEL	MALE	VETERAN-M		03:17:02.770	11:36 min/Km
264	24	291	MAURIZ PEREIRA , SONIA	FEMALE	VETERAN-F	RUNNING ALTAFIT ODEÓN	03:21:49.540	11:53 min/Km
265	103	405	VAZQUEZ LATA , ENRIQUE	MALE	VETERAN-M		03:22:09.830	11:54 min/Km
266	36	232	GONZÁLEZ PÉREZ , NURIA	FEMALE	SENIOR-F		03:22:09.860	11:54 min/Km
267	37	217	GARCÍA REBOREDO , PAULA	FEMALE	SENIOR-F	ATLETISMO FRIOL	03:26:05.710	12:08 min/Km
268	104	322	PAZOS TRONCEDA , ANDRÉS	MALE	SENIOR-M	INDEPENDIENTE	03:26:05.790	12:08 min/Km
269	38	372	SANCHEZ SANSO , CRISTINA	FEMALE	SENIOR-F	ACTN3 ENDURANCE TRAINING CLUB	03:27:46.850	12:14 min/Km
270	25	154	CAMPINS FERRERO , JERÒNIA	FEMALE	VETERAN-F	ACTN3 ENDURANCE TRAINING CLUB	03:27:47.090	12:14 min/Km
271	104	212	GARCIA GOMEZ , EDMUNDO	MALE	VETERAN-M		03:30:16.380	12:23 min/Km
272	26	120	ARIAS REGUEIRO , SONIA	FEMALE	VETERAN-F	CORRE POR BEGONTE	03:38:58.930	12:53 min/Km
273	105	346	REY CASTRO , ALBERTO	MALE	VETERAN-M	CORRE POR BEGONTE	03:38:58.960	12:53 min/Km
274	27	263	LOPEZ PIÑEIRO , MARÍA ÁNGELES	FEMALE	VETERAN-F		03:38:59.020	12:53 min/Km
275	105	188	ESPSANDÍN FERNÁNDEZ , JULIO	MALE	SENIOR-M		03:46:14.120	13:19 min/Km
276	106	210	GARCIA CACABELOS , JOSE MANUEL	MALE	VETERAN-M		03:46:51.370	13:21 min/Km
277	107	282	MARTINEZ REY , OSCAR	MALE	VETERAN-M	INDEPENDIENTE	03:52:58.520	13:43 min/Km
278	39	275	MARIANI RODRÍGUEZ , LIZ ZUNILDA	FEMALE	SENIOR-F		03:52:58.550	13:43 min/Km