

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
1	1	55	FERNANDEZ CARRERA , MARCOS	MALE	VETERAN-M	A CANUDA	01:13:27	04:54 min/Km
2	1	8	ALONSO PREGAL , DAVID	MALE	ABSOLUTA-M	CAZAFANTASMAS TEAM	01:14:02	04:57 min/Km
3	2	142	TABOAS CARRERA , ISMAEL	MALE	ABSOLUTA-M	ATLETISMO PORRIÑO	01:17:07	05:09 min/Km
4	3	113	REBORDEA LOURENZO , ROBERTO	MALE	ABSOLUTA-M	ORIXES MONDARIZ	01:17:33	05:11 min/Km
5	2	69	GOMEZ GONZALEZ , ENRIQUE	MALE	VETERAN-M	OS MOROSOS	01:20:09	05:21 min/Km
6	4	108	PIMENTEL OCAMPO , JAVIER	MALE	ABSOLUTA-M	MASTER DA LOURIÑA	01:20:10	05:21 min/Km
7	5	143	TRONCOSO GÓMEZ , HÉCTOR	MALE	ABSOLUTA-M	INDEPENDIENTE	01:20:37	05:23 min/Km
8	6	111	QUINTIÁN AGRAFOJO , CHEMA	MALE	ABSOLUTA-M	CDM VÉRTICE	01:23:39	05:35 min/Km
9	7	58	FERNÁNDEZ FERNÁNDEZ , ÓSCAR LUÍS	MALE	ABSOLUTA-M	C.A.R. MARISQUEIRO	01:23:41	05:35 min/Km
10	3	91	MIGUEZ GUILLAN , FRANCISCO	MALE	VETERAN-M	C.D. RIA DE AROUSA	01:23:42	05:35 min/Km
11	8	6	ALONSO GONZÁLEZ , ANDRÉ	MALE	ABSOLUTA-M	INDEPENDIENTE	01:24:11	05:37 min/Km
12	9	123	RODRIGUEZ GONZALEZ , DAMIAN	MALE	ABSOLUTA-M	AS LIEBRES DE OIA	01:24:42	05:39 min/Km
13	10	11	ÁLVAREZ JORGE , MOISÉS	MALE	ABSOLUTA-M	CDM VÉRTICE	01:24:51	05:40 min/Km
14	11	51	DURAN DA CUNHA , DAVID	MALE	ABSOLUTA-M		01:25:05	05:41 min/Km
15	12	9	ÁLVAREZ , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	01:25:24	05:42 min/Km
16	4	138	SILVA RIVERA , FEDERICO	MALE	VETERAN-M	INDEPENDIENTE	01:25:52	05:44 min/Km
17	5	109	PINO PORTO , EDUARDO	MALE	VETERAN-M	ORIXES MONDARIZ	01:25:58	05:44 min/Km
18	6	33	CAO MONTENEGRO , JOSE MIGUEL	MALE	VETERAN-M	AVIVA	01:26:47	05:48 min/Km
19	13	104	PEREIRO BARCIELA , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:26:52	05:48 min/Km
20	14	42	COSTAS COSTAS , CÁNDIDO	MALE	ABSOLUTA-M	CLUB ATLETISMO SALVATERRA	01:26:59	05:48 min/Km
21	15	43	CURROS FERNANDEZ , JAVIER	MALE	ABSOLUTA-M	BOX001 RUNMUNIAK	01:27:01	05:49 min/Km
22	16	70	GÓMEZ BARBA , SANTIAGO	MALE	ABSOLUTA-M	TRAILEROS DO SUR	01:27:01	05:49 min/Km
23	7	26	BERNÁRDEZ RODRÍGUEZ , PEPÍN	MALE	VETERAN-M	BEONE MONTERREAL	01:27:09	05:49 min/Km
24	17	17	AMIL FERNANDEZ , CARLOS	MALE	ABSOLUTA-M		01:29:26	05:58 min/Km
25	8	146	VALEBONA REFOJOS , MANUEL	MALE	VETERAN-M	TRINORTH	01:29:36	05:59 min/Km
26	18	64	FERREIRO DEAÑO , ALFREDO	MALE	ABSOLUTA-M	CLUB DEPORTIVO AURUM	01:29:37	05:59 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
27	19	96	OSORNO RODRIGUEZ , ADRIAN	MALE	ABSOLUTA-M	PORRIÑO	01:30:04	06:01 min/Km
28	9	2	ALFAYA PEREZ , PABLO	MALE	VETERAN-M	AVIVA SPORT CLUB	01:30:43	06:03 min/Km
29	20	45	DE LA CRUZ SANCHEZ , RAUL	MALE	ABSOLUTA-M	BUDIÑO RAID	01:30:49	06:04 min/Km
30	21	72	GONZÁLEZ MEIJIDE , LUIS	MALE	ABSOLUTA-M	RUNNING SPORT TRAIL	01:30:54	06:04 min/Km
31	22	61	FERNÁNDEZ GONZÁLEZ , SAÚL	MALE	ABSOLUTA-M		01:31:02	06:05 min/Km
32	10	93	MOURIÑO FORTES , VICTOR MANUEL	MALE	VETERAN-M	ATLETISMO PORRIÑO	01:31:09	06:05 min/Km
33	23	39	CASTRO PEREZ , JORGE	MALE	ABSOLUTA-M	ASOCIACIÓN DEPORTIVA CAR	01:32:36	06:11 min/Km
34	24	16	ALVAREZ RODRIGUEZ , JOSE ANGEL	MALE	ABSOLUTA-M		01:32:46	06:12 min/Km
35	25	53	FERNANDES , GILBERT	MALE	ABSOLUTA-M	ALTO DO PICOTO	01:34:22	06:18 min/Km
36	26	88	MARTINS , ORLANDO	MALE	ABSOLUTA-M	CERVEIRA TEAM RUNNING	01:34:23	06:18 min/Km
37	27	135	SIDI MOHAMED , SIDATI	MALE	ABSOLUTA-M		01:34:26	06:18 min/Km
38	28	12	ALVAREZ LOERNZO , DAVID	MALE	ABSOLUTA-M		01:34:50	06:20 min/Km
39	11	101	PENAVELLA RODRIGUEZ , ALEJANDRO	MALE	VETERAN-M	CAMIÑANTES DO CONDADO	01:34:51	06:20 min/Km
40	29	56	FERNANDEZ CRUZ , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:34:55	06:20 min/Km
41	30	14	ALVAREZ PEREZ , IVAN	MALE	ABSOLUTA-M	A.D LIMIACTIVA	01:34:59	06:20 min/Km
42	31	129	ROMERO ESTEVEZ , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:35:03	06:21 min/Km
43	32	85	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	ABSOLUTA-M	CDM VÉRTICE	01:35:03	06:21 min/Km
44	12	23	BARREIRO LOPEZ , RAFA	MALE	VETERAN-M	CDM VÉRTICE	01:35:04	06:21 min/Km
45	33	122	RODRIGUEZ GIRALDE , DAVID	MALE	ABSOLUTA-M		01:36:07	06:25 min/Km
46	13	99	PAMPILLÓN DOMINGUEZ , FELIPE	MALE	VETERAN-M	INDEPENDIENTE	01:36:10	06:25 min/Km
47	34	107	PÉREZ SANTOS , ADRIÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:36:31	06:27 min/Km
48	14	10	ALVAREZ ALONSO , JOSE ANGEL	MALE	VETERAN-M	ATLETISMO PORRIÑO	01:36:32	06:27 min/Km
49	35	90	MENDEZ ESTEVEZ , CARLOS	MALE	ABSOLUTA-M		01:36:34	06:27 min/Km
50	36	83	MARIÑO ALVAREZ , VALERIANO	MALE	ABSOLUTA-M		01:36:56	06:28 min/Km
51	37	112	RAMOS SANCHEZ , HENRY FRANCISCO	MALE	ABSOLUTA-M		01:37:07	06:29 min/Km
52	38	124	RODRÍGUEZ PADÍN , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:37:08	06:29 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
53	39	118	RODRIGUEZ BEIRO , MARCOS	MALE	ABSOLUTA-M	JAYOMA TEAM	01:37:39	06:31 min/Km
54	40	21	ARRIBAS MORENO , JOSE MARIA	MALE	ABSOLUTA-M		01:37:59	06:32 min/Km
55	15	40	COELLO RODRÍGUEZ , GUILLERMO	MALE	VETERAN-M	TRINORTH	01:38:08	06:33 min/Km
56	16	84	MARIÑO RODRÍGUEZ , JAVIER	MALE	VETERAN-M		01:38:38	06:35 min/Km
57	17	68	GARCÍA GONZÁLEZ , LEOPOLDO	MALE	VETERAN-M		01:38:45	06:35 min/Km
58	41	81	LÓPEZ CASAL , IVAN	MALE	ABSOLUTA-M		01:38:52	06:36 min/Km
59	18	4	ALONSO ALVAREZ , JACOBO	MALE	VETERAN-M	OS CORRECAMIÑOS	01:40:07	06:41 min/Km
60	1	139	SOBREIRA , SANDRA	FEMALE	ABSOLUTA-F	ATLETISMO PORRIÑO	01:40:11	06:41 min/Km
61	19	52	FARO PÉREZ , CONSTANTINO	MALE	VETERAN-M	CORREDORES FESTEIROS	01:40:14	06:41 min/Km
62	20	62	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	VETERAN-M	INDEPENDIENTE	01:40:29	06:42 min/Km
63	21	20	ARAUJO PORTO , MARIO	MALE	VETERAN-M	NOVEXIL SPORTS	01:40:32	06:43 min/Km
64	42	19	ANGUITA MASCHERPA , FEDERICO	MALE	ABSOLUTA-M	BURUNDI	01:41:04	06:45 min/Km
65	43	130	RÚA , SANTIAGO	MALE	ABSOLUTA-M		01:41:05	06:45 min/Km
66	44	24	BARROS CAMOP , BRUNO	MALE	ABSOLUTA-M		01:41:19	06:46 min/Km
67	45	27	BESADA ÁLVAREZ , RUBEN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:41:37	06:47 min/Km
68	22	125	RODRÍGUEZ PANTÍN , ALBERTO	MALE	VETERAN-M		01:41:41	06:47 min/Km
69	2	82	LOPEZ EYO , TANIA	FEMALE	ABSOLUTA-F	CDM XESTEIRAS	01:41:49	06:48 min/Km
70	23	29	BLANCO DOMINGUEZ , BONI	MALE	VETERAN-M	BOX001 RUNMUNIAK	01:41:54	06:48 min/Km
71	3	147	VARELA GARCIA , MARTINA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:42:07	06:49 min/Km
72	46	28	BESADA ÁLVAREZ , VENANCIO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:42:21	06:50 min/Km
73	24	38	CASTRO ALONSO , JUAN CARLOS	MALE	VETERAN-M	OS CORRECAMIÑOS	01:42:23	06:50 min/Km
74	25	86	MARTINEZ CABALEIRO , CARLOS	MALE	VETERAN-M	CAMINHANTES DO CONDADO	01:42:56	06:52 min/Km
75	4	149	VÁZQUEZ CONSTANTINO , IRIS	FEMALE	ABSOLUTA-F	CASTRO-TRAIL	01:43:25	06:54 min/Km
76	26	35	CARCEDO FERNANDEZ , JUAN CARLOS	MALE	VETERAN-M	INDEPENDIENTE	01:43:27	06:54 min/Km
77	47	119	RODRIGUEZ CAMBRA , DAVID	MALE	ABSOLUTA-M		01:43:30	06:54 min/Km
78	1	140	SORDO GARCÍA , MARÍA TERESA	FEMALE	VETERAN-F	INDEPENDIENTE	01:43:42	06:55 min/Km

TRAIL DOS PENEDOS 2019

- TRAIL CURTO 15 KMS -

13 XANEIRO 2019

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
79	27	30	BLANCO TABOAS , ANDRES	MALE	VETERAN-M		01:43:47	06:56 min/Km
80	28	49	DOMÍNGUEZ ALONSO , BENI	MALE	VETERAN-M	INDEPENDIENTE	01:43:52	06:56 min/Km
81	29	65	FIGUEIRO ROMAY , ALBERTO	MALE	VETERAN-M	INDEPENDIENTE	01:44:17	06:58 min/Km
82	30	141	SOUTO ÁLVAREZ , FRANCISCO JESÚS	MALE	VETERAN-M	NOVEXIL SPORTS	01:45:57	07:04 min/Km
83	31	150	VERDEAL GONZALEZ , BASILIO	MALE	VETERAN-M	INDEPENDIENTE	01:46:40	07:07 min/Km
84	48	132	SALINAS MARTINEZ , RUBEN	MALE	ABSOLUTA-M	AS LIEBRES DE OIA	01:46:58	07:08 min/Km
85	32	80	LOMBA , TONO	MALE	VETERAN-M		01:47:02	07:09 min/Km
86	2	36	CARNERO , FANI	FEMALE	VETERAN-F	CORNELIOS	01:47:02	07:09 min/Km
87	49	114	REGUEIRO FERBABDEF , PEDRO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:48:31	07:15 min/Km
88	5	59	FERNANDEZ FRAGA , MARIA	FEMALE	ABSOLUTA-F		01:48:44	07:15 min/Km
89	33	66	FRAGA RODRIGUEZ , MIGUEL	MALE	VETERAN-M	VACALOURAS	01:48:44	07:15 min/Km
90	6	71	GONZÁLEZ MEIJIDE , ELENA	FEMALE	ABSOLUTA-F	RUNNING SPORT TRAIL	01:48:57	07:16 min/Km
91	7	32	BOVEDA GONZALEZ , REYES	FEMALE	ABSOLUTA-F		01:49:09	07:17 min/Km
92	3	18	AMOEDO LUSQUIÑOS , MARTA	FEMALE	VETERAN-F		01:49:16	07:18 min/Km
93	50	25	BARROS FERNANDEZ , FERNANDO	MALE	ABSOLUTA-M		01:50:53	07:24 min/Km
94	51	5	ALONSO CARDOSO , JUAN MANUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:55:11	07:41 min/Km
95	34	98	OTERO GONZÁLEZ , JOSÉ CARLOS	MALE	VETERAN-M	BURUNDI	01:55:24	07:42 min/Km
96	35	133	SANDOVAL LERA , GUILLERMO	MALE	VETERAN-M	INDEPENDIENTE	01:55:33	07:43 min/Km
97	52	41	COIMBRA PIÑEIRO , DAVID	MALE	ABSOLUTA-M		01:55:34	07:43 min/Km
98	36	94	MUJERIEGO GOMEZ , OFI	MALE	VETERAN-M		01:56:21	07:46 min/Km
99	53	103	PEREIRA PEREZ , JESUS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:57:54	07:52 min/Km
100	37	34	CAPELO RIOS , MANUEL	MALE	VETERAN-M	INDEPENDIENTE	01:57:57	07:52 min/Km
101	8	105	PEREZ LAGO , LAURA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:57:58	07:52 min/Km
102	38	145	VAAMONDE CASALDERREY , ANTONIO	MALE	VETERAN-M		01:57:59	07:52 min/Km
103	4	48	DOBAO RODRIGUEZ , MARTA	FEMALE	VETERAN-F	INDEPENDIENTE	01:58:05	07:53 min/Km
104	54	151	VILA GONZALEZ , MANUEL	MALE	ABSOLUTA-M	BEONE MONTERREAL	01:58:05	07:53 min/Km

TRAIL DOS PENEDOS 2019

- TRAIL CURTO 15 KMS -

13 XANEIRO 2019

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
105	5	137	SILVA FERNÁNDEZ , MONTSERRAT	FEMALE	VETERAN-F	INDEPENDIENTE	01:58:08	07:53 min/Km
106	39	87	MARTÍNEZ IGLESIAS , TOMÁS	MALE	VETERAN-M		01:58:25	07:54 min/Km
107	40	44	DABARCA FIDALGO , FERNANDO	MALE	VETERAN-M	CLUB FLORISTERIA CARMEN SIO	01:58:44	07:55 min/Km
108	41	79	LAGO FREIRÍA , PACO	MALE	VETERAN-M	OS PELIQUEIROS	01:59:33	07:59 min/Km
109	42	57	FERNÁNDEZ DA COSTA , JESÚS	MALE	VETERAN-M	INDEPENDIENTE	02:00:06	08:01 min/Km
110	6	120	RODRÍGUEZ DAPENA , MARGA	FEMALE	VETERAN-F	INDEPENDIENTE	02:00:30	08:02 min/Km
111	55	46	DE SAA SEARA , ADRIAN	MALE	ABSOLUTA-M	RUNNING SPORT TRAIL	02:00:39	08:03 min/Km
112	56	121	RODRIGUEZ ESTEVEZ , JOSE MANUEL	MALE	ABSOLUTA-M	AS LIEBRES DE OIA	02:01:22	08:06 min/Km
113	43	13	ÁLVAREZ PEREIRA , ROBERTO	MALE	VETERAN-M	OS PELIQUEIROS	02:01:29	08:06 min/Km
114	7	50	DOMINGUEZ ALVAREZ , ANA ISABEL	FEMALE	VETERAN-F	OS TORAKKA	02:01:36	08:07 min/Km
115	9	115	RIVAS IGLESIAS , MARÍA DEL CARMEN	FEMALE	ABSOLUTA-F	C.D. PINARIUM	02:02:40	08:11 min/Km
116	10	92	MONTES RIVAS , LAURA	FEMALE	ABSOLUTA-F	OBJETIVOTRAIL	02:03:03	08:13 min/Km
117	44	3	ALONSO ALCÁNTARA , DIEGO	MALE	VETERAN-M	INDEPENDIENTE	02:03:55	08:16 min/Km
118	57	76	HERMIDA GONZÁLEZ , DAVID	MALE	ABSOLUTA-M		02:04:06	08:17 min/Km
119	58	126	RODRIGUEZ SEOANE , DAVID	MALE	ABSOLUTA-M		02:04:07	08:17 min/Km
120	45	63	FERNANDEZ ROMERO , ELISEO	MALE	VETERAN-M	INDEPENDIENTE	02:04:49	08:20 min/Km
121	11	116	ROCHA ROMERO , SOLEDAD	FEMALE	ABSOLUTA-F		02:06:02	08:25 min/Km
122	46	131	SAAD SAAD , TAREK	MALE	VETERAN-M		02:06:03	08:25 min/Km
123	47	37	CARRERA HIDALGO , JOSÉ MANUEL	MALE	VETERAN-M	NOVEXIL SPORTS	02:06:07	08:25 min/Km
124	48	148	VAZQUEZ , HENRIQUE	MALE	VETERAN-M		02:06:39	08:27 min/Km
125	12	54	FERNANDEZ , MARISELA	FEMALE	ABSOLUTA-F		02:06:46	08:28 min/Km
126	59	73	GONZALEZ RIBERO , ALBERTO	MALE	ABSOLUTA-M	AS LIEBRES DE OIA	02:07:11	08:29 min/Km
127	60	22	BARREIRA BAÑOS , BORJA	MALE	ABSOLUTA-M		02:07:31	08:31 min/Km
128	49	15	ALVAREZ PEREZ , MITO	MALE	VETERAN-M	AS LIEBRES DE OIA	02:07:37	08:31 min/Km
129	50	78	INSUA PAZOS , JOSÉ	MALE	VETERAN-M		02:08:15	08:33 min/Km
130	13	74	GONZALEZ VALVERDE , YOLANDA	FEMALE	ABSOLUTA-F	TRAIL RUNNING NIGRAN	02:12:50	08:52 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANTES	EQUIPOS	CATEGORY	CLUB	META	RITMO
131	61	128	RODRIGUEZ VAQUEIRO , CRISTIAN	MALE	ABSOLUTA-M		02:13:31	08:55 min/Km
132	62	75	GRAÑA BUGALLO , ALADINO	MALE	ABSOLUTA-M	BURUNDI	02:13:31	08:55 min/Km
133	63	97	OTERO DIAZ , LUIS	MALE	ABSOLUTA-M	CD RIA DE AROUSA	02:13:46	08:56 min/Km
134	8	152	VIZCAYA VAZQUEZ , MONICA	FEMALE	VETERAN-F		02:14:02	08:57 min/Km
135	14	294	VAQUEIRO MARTINEZ , NOELIA	FEMALE	ABSOLUTA-F		02:14:22	08:58 min/Km
136	64	60	FERNÁNDEZ GARCÍA , AITOR	MALE	ABSOLUTA-M	A DALO TODO !	02:20:19	09:22 min/Km
137	51	89	MARTINS LOPEZ , MARCOS	MALE	VETERAN-M	A DALO TODO !	02:20:20	09:22 min/Km
138	15	77	INSUA ALONSO , SILVIA	FEMALE	ABSOLUTA-F		02:22:17	09:30 min/Km
139	65	127	RODRIGUEZ SOTELO , IGNACIO	MALE	ABSOLUTA-M		02:22:17	09:30 min/Km
140	52	102	PEREIRA , MIGUEL	MALE	VETERAN-M	ALTO DO PICOTO	02:26:42	09:47 min/Km
141	16	136	SILVA , ISABEL	FEMALE	ABSOLUTA-F	ALTO DO PICOTO	02:26:43	09:47 min/Km
142	17	117	RODRIGUES , PATRICIA	FEMALE	ABSOLUTA-F	ALTO DO PICOTO	02:26:45	09:47 min/Km
143	53	110	PORTASANY CARBALLIDO , DAVID	MALE	VETERAN-M		02:26:47	09:48 min/Km