

TRAIL SERIES 2024

TRAIL DA PONTE 2024

- TRAIL 15 KM -

28/01/2024

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	EQUIPO	CLUB	META	RITMO
1	1	166	TARELA MIRAMONTES , DANIEL	MALE	SACHO-M		O TREITO	01:22:21	05:30 min/Km
2	2	146	NÚÑEZ MUÑIZ , TONY	MALE	SACHO-M	PANTALLEIROS	TRIATLON CERVECERIA O COTÓN NEGREIRA	01:24:56	05:40 min/Km
3	1	117	COSTA CASTRO , MANUEL	MALE	FOUSA-M	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	01:26:39	05:47 min/Km
4	3	127	GEY MARTÍNEZ , MONCHO	MALE	SACHO-M		CLUB ATLETISMO LOUSAME	01:27:31	05:51 min/Km
5	2	112	CAMEAN CAMEAN , ROBERTO	MALE	FOUSA-M		INCOR AUTOVIDRIO	01:27:48	05:52 min/Km
6	3	105	BOO FARIÑA , SALVADOR	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:29:37	05:59 min/Km
7	4	110	BUJÁN LOURIDO , SERGIO	MALE	SACHO-M	CLUB ATLETISMO OUTES	CLUBE ATLETISMO OUTES	01:30:04	06:01 min/Km
8	5	113	CANOURA ABEIJON , MANUEL	MALE	SACHO-M	PANTALLEIROS	CLUB CERVECERIA O COTON NEGREIRA	01:31:38	06:07 min/Km
9	6	115	CERNADAS CREO , SALVADOR	MALE	SACHO-M	PANTALLEIROS	CLUB CERVECERIA O COTON NEGREIRA	01:31:48	06:08 min/Km
10	4	132	HERMO FERNANDEZ , DIEGO	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:32:57	06:12 min/Km
11	5	121	FERNÁNDEZ RIAL , SANTIAGO	MALE	FOUSA-M		MARISCOS RECIO	01:33:03	06:13 min/Km
12	7	133	IGLESIAS VIGO , JAVIER	MALE	SACHO-M	TRIBU TRAIL	TRIBU TRAIL	01:35:18	06:22 min/Km
13	6	109	BUJÁN GONZÁLEZ , JOSÉ	MALE	FOUSA-M	CLUB ATLETISMO OUTES		01:35:44	06:23 min/Km
14	7	163	SEÑORA ALVAREZ , ROBERTO	MALE	FOUSA-M	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	01:36:11	06:25 min/Km
15	8	111	CALVO CALVO , JUAN MANUEL	MALE	FOUSA-M	SD BARBANTIA RODA	SD BARBANTIA RODA	01:40:07	06:41 min/Km
16	8	162	SENDON CAAMAÑO , DAVID	MALE	SACHO-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	01:40:32	06:43 min/Km
17	9	136	LESTAYO GARCIA , ALAIN	MALE	SACHO-M		INDEPENDIENTE	01:40:53	06:44 min/Km
18	10	107	BRALO NIMO , ISMAEL	MALE	SACHO-M	TRIBU TRAIL	TRIBU TRAIL	01:41:00	06:44 min/Km
19	9	144	MONTES TEJIDO , ROBERTO	MALE	FOUSA-M	CLUB ATLETISMO OUTES		01:41:10	06:45 min/Km
20	1	137	LIÑARES BARREIRO , CARLA CAROLINA	FEMALE	SACHO-F		INDEPENDIENTE	01:42:23	06:50 min/Km
21	10	104	BLANCO SANTOS , ESTEBAN	MALE	FOUSA-M	TRIBU TRAIL	TRIBU TRAIL	01:43:27	06:54 min/Km
22	2	168	TUBIO HERMO , MARIA	FEMALE	SACHO-F		INDEPENDIENTE	01:44:21	06:58 min/Km
23	11	114	CASAL SANTOS , MARCOS	MALE	FOUSA-M		INDEPENDIENTE	01:44:22	06:58 min/Km
24	11	130	GOYANES SOUTO , ADRIÁN	MALE	SACHO-M	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	01:44:42	06:59 min/Km
25	12	151	QUINTELA MARTÍNEZ , IBÁN	MALE	SACHO-M	TARTARUGAS	TARTARUGAS	01:45:36	07:03 min/Km
26	12	139	MALLO NIEVES , JOSÉ MANUEL	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	01:48:10	07:13 min/Km
27	13	165	TAJES PÉREZ , JESÚS MANUEL	MALE	SACHO-M		O JERREIRO	01:49:32	07:19 min/Km
28	1	118	DIESTE VILAS , TERE	FEMALE	FOUSA-F		TOXOS E BIRRAS	01:50:05	07:21 min/Km
29	13	135	JUNCAL COSTA , ANTON	MALE	FOUSA-M	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	01:52:26	07:30 min/Km
30	14	140	MANSO GONZALEZ , J. ROBERTO	MALE	FOUSA-M			01:52:36	07:31 min/Km
31	15	167	TEMBRÁS ALONSO , DAVID	MALE	FOUSA-M		CLUB DALLE GAS RUNNING TEAM	01:52:48	07:32 min/Km
32	2	123	FRANCO , SONIÑA	FEMALE	FOUSA-F		INDEPENDIENTE	01:52:48	07:32 min/Km
33	16	159	SANTIAGO HERMO , ANDRÉS	MALE	FOUSA-M		BRIION LEMA	01:53:30	07:34 min/Km
34	3	126	GARCIA PENA , CHUS	FEMALE	SACHO-F	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	01:53:59	07:36 min/Km
35	4	143	MIDÓN CEBEIRO , ALBA	FEMALE	SACHO-F	TRIBU TRAIL	TRIBU TRAIL	01:55:14	07:41 min/Km
36	14	160	SANTOS LAMPÓN , JOSÉ	MALE	SACHO-M		FLOW PILATES & TRAINING	01:57:47	07:52 min/Km
37	15	169	VÁZQUEZ GARCÍA , PABLO	MALE	SACHO-M			01:58:10	07:53 min/Km
38	16	134	INSUA FERNÁNDEZ , ANDRÉS	MALE	SACHO-M		INDEPENDIENTE	01:59:56	07:60 min/Km
39	17	145	NEGREIRA , JOSÉ RAMÓN	MALE	SACHO-M		INDEPENDIENTE	01:59:56	07:60 min/Km

TRAIL SERIES 2024

TRAIL DA PONTE 2024

- TRAIL 15 KM -

28/01/2024

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	EQUIPO	CLUB	META	RITMO
40	17	156	RODRIGUEZ GARCIA , ANTONIO	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:03:35	08:15 min/Km
41	18	131	GUTIÉRREZ PELAYO , ALBERTO	MALE	SACHO-M		INDEPENDIENTE	02:04:47	08:20 min/Km
42	3	125	GARCÍA GARCÍA , CARMEN	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:05:29	08:22 min/Km
43	5	124	GARCIA BEIRO , CRISTINA	FEMALE	SACHO-F	PANTALLEIROS	CLUB CERVECERIA O COTON NEGREIRA	02:05:46	08:24 min/Km
44	4	161	SANTOS LAMPÓN , LUPE	FEMALE	FOUSA-F		FLOW PILATES & TRAINING	02:06:07	08:25 min/Km
45	5	128	GOMEZ LODEIROS , SUSANA	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:06:12	08:25 min/Km
46	18	153	RIAL OTERO , JOSE LUIS	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	02:06:25	08:26 min/Km
47	19	116	CONS LAMAS , SANTIAGO	MALE	SACHO-M	Santiago Cons Lamas	TARTARUGAS	02:06:46	08:28 min/Km
48	19	141	MARQUE MILLÁN , RAMÓN GUNDIÁN	MALE	FOUSA-M	CDM Vértice	CDM VÉRTICE	02:07:34	08:31 min/Km
49	20	147	ORDOÑEZ PARDEIRO , DAMIAN	MALE	SACHO-M		TRIBU TRAIL	02:07:37	08:31 min/Km
50	21	24	FERREIRA RODRIGUEZ , ALBERTO	MALE	SACHO-M		INDEPENDIENTE	02:08:07	08:33 min/Km
51	22	148	OTERO MARTÍNEZ , JORGE	MALE	SACHO-M		DEMACRADOS TRAIL RUNNERS	02:09:06	08:37 min/Km
52	20	122	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS	02:10:31	08:43 min/Km
53	6	106	BRAGAÑA MIGUENS , MARÍA JOSÉ	FEMALE	FOUSA-F	CLUB ATLETISMO OUTES		02:11:03	08:45 min/Km
54	21	149	PAZ SILVA , ADÁN	MALE	FOUSA-M		INDEPENDIENTE	02:13:38	08:55 min/Km
55	7	150	PÉREZ GLEZ , BEATRIZ	FEMALE	FOUSA-F			02:13:38	08:55 min/Km
56	22	103	ALDREY RAICES , JOSÉ MANUEL	MALE	FOUSA-M		PRAIA DE CARNOTA RUNNERS	02:15:29	09:02 min/Km
57	23	4	BARREIRO CERNADAS , JOSÉ RAMÓN	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:17:59	09:12 min/Km
58	24	154	RIAL PAIS , JOSÉ	MALE	FOUSA-M	CLUB ATLETISMO OUTES	CLUB ATLETISMO OUTES	02:17:59	09:12 min/Km
59	8	101	ABAL CAMAÑO , RAQUEL	FEMALE	FOUSA-F	Club Atletismo Tambre	CLUB ATLETISMO TAMBRE	02:20:29	09:22 min/Km
60	6	155	RIVEIRO GAGO , PATRICIA	FEMALE	SACHO-F		FLOW PILATES & TRAINING	02:23:03	09:33 min/Km
61	25	45	PÉREZ LAMPÓN , JOSÉ MANUEL	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS	SACHACAMIÑOS	02:24:25	09:38 min/Km
62	26	129	GONZALEZ PAZ , ANGEL JULIO	MALE	FOUSA-M	VIRXIJIANOS TRAIL - SACHACAMIÑOS	VIRXIJIANOS TRAIL - SACHACAMIÑOS	02:24:51	09:40 min/Km
63	27	142	MARTINEZ CALO , ANGEL	MALE	FOUSA-M		VIRXIJIANOS TRAIL - SACHACAMIÑOS	02:28:22	09:54 min/Km
64	7	164	TABOADA CASAL , CRISTINA	FEMALE	SACHO-F	GTR LALÍN	GTR LALÍN	02:30:53	10:04 min/Km
65	9	120	DUARTE ARAUJO , EVA	FEMALE	FOUSA-F	TARTARUGAS	TARTARUGAS	02:31:59	10:08 min/Km
66	28	152	RAÑA PREGO , MANUEL	MALE	FOUSA-M			02:35:20	10:22 min/Km
67	29	57	SIERRA FERREIRO , VÍCTOR	MALE	FOUSA-M	CHORIMA	CHORIMA	02:53:47	11:36 min/Km
		119	DOMÍNGUEZ SILVA , ANDRES	MALE	FOUSA-M	PANTALLEIROS	CLUB CERVECERIA O COTON NEGREIRA		
		157	SAAVEDRA CEPEDA , LITO	MALE	FOUSA-M	TARTARUGAS			
		102	ABAL MORRAZO , EMILIO	MALE	FOUSA-M		INDEPENDIENTE		
		108	BRIÓN LEMA , JUAN CARLOS	MALE	FOUSA-M				
		138	LOPEZ SANCHEZ , DAVID	MALE	FOUSA-M	TARTARUGAS	TARTARUGAS		
		158	SANCHEZ MIRON , JOSE ANTONIO	MALE	SACHO-M				