

V TRAIL DE MONTEFARO 2017

- GENERAL TRAIL CURTO 10K -

22 OUTUBRO 2016

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	
1	1	238	CÁCERES BERNAL , CARLOS	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:05:05.903		06:31 min/Km
2	2	308	GÓMEZ FERNANDEZ , ALBERTO	MALE	ABSOLUTA-M	AD NÁUTICO NARON	01:05:24.493	+00:00:18.590	06:33 min/Km
3	3	319	GUTIÉRREZ RAMOS , JOSU MIKEL	MALE	ABSOLUTA-M	PULPEIROS MUGARDOS	01:05:39.463	+00:00:33.560	06:34 min/Km
4	4	362	PENA SOUTO , FRANCISCO JAVIER	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:05:52.313	+00:00:46.410	06:36 min/Km
5	5	232	BREA RODRÍGUEZ , IVÁN	MALE	ABSOLUTA-M	BRIGANTIA AVENTURA	01:07:26.743	+00:02:20.840	06:45 min/Km
6	6	408	VAZQUEZ GARCIA , ROBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:07:26.823	+00:02:20.920	06:45 min/Km
7	7	275	FERNÁNDEZ RIOS , JONATHAN	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:08:41.533	+00:03:35.630	06:53 min/Km
8	8	302	GARCÍA VÁZQUEZ , DANIEL	MALE	ABSOLUTA-M	CLUB REMO ARES	01:09:31.163	+00:04:25.260	06:58 min/Km
9	9	403	SOBRINO MARFULL , ERNESTO	MALE	ABSOLUTA-M	NOSPORTLIMIT	01:10:11.023	+00:05:05.120	07:02 min/Km
10	1	207	ALVAREZ CHINCHILLA , JESUS	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	01:10:44.053	+00:05:38.150	07:05 min/Km
11	10	229	BOUZAN ALONSO , ADRIAN	MALE	ABSOLUTA-M	NOSPORTLIMIT	01:16:03.103	+00:10:57.200	07:37 min/Km
12	11	373	RAMOS CADIerno , IVAN	MALE	ABSOLUTA-M	NOSPORTLIMIT	01:16:03.623	+00:10:57.720	07:37 min/Km
13	2	290	GARCIA BELLO , ALFONSO	MALE	VETERAN-M	INDEPENDIENTE	01:17:27.633	+00:12:21.730	07:45 min/Km
14	12	274	FERNANDEZ RAMOS , ALEJANDRO	MALE	ABSOLUTA-M		01:17:30.113	+00:12:24.210	07:46 min/Km
15	13	257	CORDAL VAZQUEZ , FELIPE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:18:12.703	+00:13:06.800	07:50 min/Km
16	14	201	CENAMOR FANDIÑO , MARCOS	MALE	ABSOLUTA-M		01:19:57.623	+00:14:51.720	07:60 min/Km
17	15	233	BUDIÑO SILVA , NOÉ	MALE	ABSOLUTA-M		01:24:35.773	+00:19:29.870	08:28 min/Km
18	16	367	PERMUY VAZQUEZ , MIGUEL	MALE	ABSOLUTA-M	CLUB REMO ARES	01:25:26.533	+00:20:20.630	08:33 min/Km
19	17	253	CEREZO ANDREO , FRANCISCO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:26:11.673	+00:21:05.770	08:38 min/Km
20	18	237	CABARCOS ROUCO , MIGUEL	MALE	ABSOLUTA-M	TRIATLON NAUTICO DE NARON	01:26:20.193	+00:21:14.290	08:39 min/Km
21	1	313	GONZALEZ VAZQUEZ , NOELIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:26:24.563	+00:21:18.660	08:39 min/Km
22	2	394	RUBIO FERNÁNDEZ , LUPE	FEMALE	ABSOLUTA-F	PASA OU ENTORNA	01:26:31.603	+00:21:25.700	08:40 min/Km
23	19	354	NIETO FEAL , RICARDO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:27:19.593	+00:22:13.690	08:44 min/Km
24	3	281	FRAGA DOPICO , ÁLVARO	MALE	VETERAN-M	INDEPENDIENTE	01:27:21.343	+00:22:15.440	08:45 min/Km
25	20	243	CARPENTE VAZQUEZ , MANUEL	MALE	ABSOLUTA-M	MARRANERS	01:27:26.753	+00:22:20.850	08:45 min/Km
26	21	268	ENCINAS BENITO , MANE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:27:41.593	+00:22:35.690	08:47 min/Km
27	22	400	SEOANE , MARTXI	MALE	ABSOLUTA-M	INDEPENDIENTE	01:28:04.903	+00:22:59.000	08:49 min/Km
28	23	310	GOMEZ SENRA , IVAN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:28:04.993	+00:22:59.090	08:49 min/Km
29	4	216	ARES MENDEZ , VICENTE	MALE	VETERAN-M	INDEPENDIENTE	01:28:08.053	+00:23:02.150	08:49 min/Km
30	24	259	CORRAL BAHAMONDE , ALBERTO	MALE	ABSOLUTA-M		01:28:32.483	+00:23:26.580	08:52 min/Km
31	25	255	COBA MARTINEZ , SANTIAGO	MALE	ABSOLUTA-M	NOETRAINERS FERROL	01:28:32.583	+00:23:26.680	08:52 min/Km
32	5	338	LORENZO VILAR , JOSÉ MANUEL	MALE	VETERAN-M		01:28:36.073	+00:23:30.170	08:52 min/Km
33	26	254	CHUECOS ESCALONA , JOSÉ ANTONIO	MALE	ABSOLUTA-M	CASTRO DE LOBADIZ	01:28:40.003	+00:23:34.100	08:52 min/Km
34	27	266	DOCAMPO GARCIA , JOAQUIN	MALE	ABSOLUTA-M		01:28:42.013	+00:23:36.110	08:53 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	
35	6	282	FRAGA RODRÍGUEZ , ALBERTO	MALE	VETERAN-M	INDEPENDIENTE	01:28:46.213	+00:23:40.310	08:53 min/Km
36	7	333	LÓPEZ PINTOS , XESUS ANXO	MALE	VETERAN-M	PASA OU ENTORNA	01:28:52.593	+00:23:46.690	08:54 min/Km
37	28	395	SAAVEDRA HERMIDA , ROBERTO	MALE	ABSOLUTA-M		01:29:02.113	+00:23:56.210	08:55 min/Km
38	8	399	SEIJAS GÓMEZ , JUAN LUIS	MALE	VETERAN-M		01:29:02.173	+00:23:56.270	08:55 min/Km
39	29	203	ADEGA MEIZOSO , JOSÉ ÁNGEL	MALE	ABSOLUTA-M		01:29:02.183	+00:23:56.280	08:55 min/Km
40	1	328	LOIS ALVAREZ , BEGOÑA	FEMALE	VETERAN-F		01:29:19.513	+00:24:13.610	08:56 min/Km
41	30	265	DÍAZ RODRÍGUEZ , DIEGO	MALE	ABSOLUTA-M		01:29:22.263	+00:24:16.360	08:57 min/Km
42	9	223	BARRO CASAS , FELIPE	MALE	VETERAN-M	A.M.E BESTARRUZA	01:29:25.213	+00:24:19.310	08:57 min/Km
43	31	248	CASTRO BARRELA , JUAN JOSE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:29:39.663	+00:24:33.760	08:58 min/Km
44	32	217	ARIAS CASTRO , MIGUEL ANGEL	MALE	ABSOLUTA-M	RUNNING ALTAFIT ODEON	01:29:53.173	+00:24:47.270	08:60 min/Km
45	33	324	LAMAS SOUSA , BRAULIO	MALE	ABSOLUTA-M		01:29:53.183	+00:24:47.280	08:60 min/Km
46	34	412	VIEITES PONTE , JUAN JOSE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:30:08.543	+00:25:02.640	09:01 min/Km
47	10	334	LOPEZ QUIÑO A , FRANCISCO	MALE	VETERAN-M		01:30:32.653	+00:25:26.750	09:04 min/Km
48	11	286	GALDO CAO , JUANJO	MALE	VETERAN-M	RUNNING ALTAFIT ODEON	01:30:36.803	+00:25:30.900	09:04 min/Km
49	3	343	MAROÑO COIRA , PATRICIA	FEMALE	ABSOLUTA-F	LOBOS DE NARAIO	01:30:53.523	+00:25:47.620	09:06 min/Km
50	35	204	ALONSO CABALEIRO , ANTONIO	MALE	ABSOLUTA-M		01:30:53.913	+00:25:48.010	09:06 min/Km
51	4	236	CABARCOS BARRO , LAURA	FEMALE	ABSOLUTA-F	TRIATLON NAUTICO DE NARON	01:31:26.313	+00:26:20.410	09:09 min/Km
52	12	305	GÓMEZ CARABEL , MIGUEL ANGEL	MALE	VETERAN-M		01:31:26.453	+00:26:20.550	09:09 min/Km
53	13	320	HERMIDA MERA , JUAN CARLOS	MALE	VETERAN-M	CASTRO DE LOBADIZ	01:31:33.083	+00:26:27.180	09:10 min/Km
54	36	350	MORENO VILARIÑO , JOSÉ MANUEL	MALE	ABSOLUTA-M	RUNNING ALTAFIT ODEON	01:31:33.993	+00:26:28.090	09:10 min/Km
55	37	378	REDONDA INSUA , MANUEL	MALE	ABSOLUTA-M	A.M.E BESTARRUZA	01:31:34.763	+00:26:28.860	09:10 min/Km
56	5	377	REAL VALIÑO , MARTA	FEMALE	ABSOLUTA-F	RUNNING ALTAFIT ODEON	01:31:50.533	+00:26:44.630	09:12 min/Km
57	38	401	SERRANO LOPEZ , AMANDO	MALE	ABSOLUTA-M	RUNNING ALTAFIT ODEON	01:31:50.553	+00:26:44.650	09:12 min/Km
58	14	242	CARBALLEIRA AMADO , JOSE JUAN	MALE	VETERAN-M	INDEPENDIENTE	01:31:59.863	+00:26:53.960	09:12 min/Km
59	15	261	DAPENA TEIJEIRO , FRANCISCO JAVIER	MALE	VETERAN-M		01:32:00.213	+00:26:54.310	09:13 min/Km
60	39	342	MARIÑO SANCHEZ , ALBERTO	MALE	ABSOLUTA-M	A.D.JARNACHAS	01:32:22.083	+00:27:16.180	09:15 min/Km
61	16	348	MOLINA NIETO , FERNANDO	MALE	VETERAN-M	INDEPENDIENTE	01:32:22.643	+00:27:16.740	09:15 min/Km
62	40	382	RIOS RODRÍGUEZ , RAMÓN	MALE	ABSOLUTA-M		01:32:23.063	+00:27:17.160	09:15 min/Km
63	17	285	GALDO BOGO , MIGUEL ANGEL	MALE	VETERAN-M	BEONE A MALATA	01:32:57.233	+00:27:51.330	09:18 min/Km
64	41	240	CAMPOS DIAZ , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:33:31.353	+00:28:25.450	09:22 min/Km
65	6	346	MELLA BARBEITO , VANESA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:34:31.703	+00:29:25.800	09:28 min/Km
66	42	335	LÓPEZ RIVAS , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	01:34:44.113	+00:29:38.210	09:29 min/Km
67	43	235	CABANILLAS GONZÁLEZ , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:35:15.533	+00:30:09.630	09:32 min/Km
68	44	213	ANTELO GARCÍA , PABLO	MALE	ABSOLUTA-M	BEER RUNNERS CORUÑA	01:35:19.243	+00:30:13.340	09:32 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	
69	45	250	CASTRO RODRIGUEZ , ADRIAN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:35:57.623	+00:30:51.720	09:36 min/Km
70	18	369	PORTO LOPEZ , JUAN CARLOS	MALE	VETERAN-M		01:36:51.123	+00:31:45.220	09:42 min/Km
71	2	256	RODRÍGUEZ FERNANDEZ , LORENA	FEMALE	VETERAN-F	RUNNING ALTAFIT ODEON	01:37:33.823	+00:32:27.920	09:46 min/Km
72	46	349	MORANDEIRA MATA , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	01:37:38.093	+00:32:32.190	09:46 min/Km
73	3	413	VIGO BARREIRA , ANA	FEMALE	VETERAN-F	RUNNING OLEIROS	01:37:56.223	+00:32:50.320	09:48 min/Km
74	4	214	ANTON VAZQUEZ , PAULA	FEMALE	VETERAN-F	INDEPENDIENTE	01:38:19.063	+00:33:13.160	09:50 min/Km
75	7	388	RODRÍGUEZ DELGADO , NOELIA	FEMALE	ABSOLUTA-F		01:38:41.763	+00:33:35.860	09:53 min/Km
76	5	336	LÓPEZ VARELA , BLANCA	FEMALE	VETERAN-F	CLUB ATLETISMO SADA MONTAÑA	01:38:46.703	+00:33:40.800	09:53 min/Km
77	19	246	CASTIÑEIRA ALVAREZ , IVAN	MALE	VETERAN-M	INDEPENDIENTE	01:38:55.923	+00:33:50.020	09:54 min/Km
78	47	221	BARRAL ROMEO , JOSÉ ALBERTO	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:38:56.163	+00:33:50.260	09:54 min/Km
79	48	398	SANTE GUEIMONDE , ERO	MALE	ABSOLUTA-M		01:38:58.713	+00:33:52.810	09:54 min/Km
80	49	291	GARCIA BERMUDEZ , ALBERTO	MALE	ABSOLUTA-M		01:39:03.653	+00:33:57.750	09:55 min/Km
81	50	269	ESTEVEZ RODRIGUEZ , SANTI	MALE	ABSOLUTA-M		01:39:15.613	+00:34:09.710	09:56 min/Km
82	20	393	RODRIGUEZ-VELLANDO , PABLO	MALE	VETERAN-M	MAISTROTE	01:39:16.763	+00:34:10.860	09:56 min/Km
83	6	347	MODIA YAÑEZ , PATRICIA	FEMALE	VETERAN-F		01:39:34.407	+00:34:28.504	09:58 min/Km
84	21	277	FERREIRA ABELLEIRA , JOSE MANUEL	MALE	VETERAN-M		01:39:40.383	+00:34:34.480	09:59 min/Km
85	51	224	BASOA RODRIGUEZ , MANUEL	MALE	ABSOLUTA-M	ESCOLA DE ATLETISMO PAULA MAYOBRE	01:39:44.803	+00:34:38.900	09:59 min/Km
86	52	278	FLOREZ FEAL , JOSE	MALE	ABSOLUTA-M		01:39:48.433	+00:34:42.530	09:59 min/Km
87	53	306	GÓMEZ CERNADAS , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:39:56.623	+00:34:50.720	09:60 min/Km
88	8	210	AMADO FERNANDEZ , NOELIA	FEMALE	ABSOLUTA-F		01:39:59.653	+00:34:53.750	09:60 min/Km
89	22	280	FORMOSO POU , JORGE	MALE	VETERAN-M	INDEPENDIENTE	01:39:59.813	+00:34:53.910	09:60 min/Km
90	54	258	CORDERO RODRIGUEZ , FRAN	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:40:21.213	+00:35:15.310	10:03 min/Km
91	55	239	CAICEDO BETANCOURTH , CARLOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:40:58.763	+00:35:52.860	10:06 min/Km
92	56	318	BALADO BASTIDA , DAVID	MALE	ABSOLUTA-M		01:41:12.653	+00:36:06.750	10:08 min/Km
93	9	211	ANIDO CEREIJO , ANGELA	FEMALE	ABSOLUTA-F		01:41:29.453	+00:36:23.550	10:09 min/Km
94	57	360	PENA FREIRE , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:41:44.043	+00:36:38.140	10:11 min/Km
95	23	339	LOSADA PEREZ , SANTIAGO	MALE	VETERAN-M		01:41:52.003	+00:36:46.100	10:12 min/Km
96	58	276	FERNÁNDEZ VARELA , ISAAC	MALE	ABSOLUTA-M	INDEPENDIENTE	01:42:03.253	+00:36:57.350	10:13 min/Km
97	59	358	PAZ CABADA , JOSE LUIS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:42:03.843	+00:36:57.940	10:13 min/Km
98	60	314	GOROZARRI DE MADARIAGA , AITOR	MALE	ABSOLUTA-M		01:42:06.833	+00:37:00.930	10:13 min/Km
99	24	293	GARCIA FANDIÑO , JOSE ANTONIO	MALE	VETERAN-M		01:42:25.553	+00:37:19.650	10:15 min/Km
100	10	304	GASPAR AVILA , BLANCA	FEMALE	ABSOLUTA-F		01:42:43.253	+00:37:37.350	10:17 min/Km
101	61	325	LANZA GOMEZ , YAGO	MALE	ABSOLUTA-M		01:43:03.503	+00:37:57.600	10:19 min/Km
102	25	397	SANJUAN SANCHEZ , ROBERTO	MALE	VETERAN-M	ESCOLA ATLETISMO PAULA MAYOBRE	01:43:04.943	+00:37:59.040	10:19 min/Km

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103	7	298	GARCIA PICALLO , OBDULIA	FEMALE	VETERAN-F	INDEPENDIENTE	01:43:16.943	+00:38:11.040	10:20 min/Km
104	11	416	ZAHRADNIKOVA , ALICE	FEMALE	ABSOLUTA-F	LOBOS DE NARAIO	01:43:25.433	+00:38:19.530	10:21 min/Km
105	62	74	MIRA , JAVIER	MALE	ABSOLUTA-M	ATLETISMO SADA	01:43:52.183	+00:38:46.280	10:24 min/Km
106	8	321	HERNAEZ LOPEZ , IZASKUN	FEMALE	VETERAN-F	NAUTICO NARON	01:44:12.373	+00:39:06.470	10:26 min/Km
107	63	364	PÉREZ LEIRA , JOSE	MALE	ABSOLUTA-M		01:44:45.823	+00:39:39.920	10:29 min/Km
108	64	370	POUSA RIOS , JORGE	MALE	ABSOLUTA-M		01:44:45.893	+00:39:39.990	10:29 min/Km
109	65	372	RAMOS BASOA , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	01:44:45.943	+00:39:40.040	10:29 min/Km
110	66	390	RODRÍGUEZ LÓPEZ , FRAN	MALE	ABSOLUTA-M		01:46:30.473	+00:41:24.570	10:40 min/Km
111	9	341	MARGARETO NOYA , MERCEDES	FEMALE	VETERAN-F	MONTEFARO	01:46:42.463	+00:41:36.560	10:41 min/Km
112	10	297	GARCÍA PARDAL , ROSI	FEMALE	VETERAN-F	RUNNING ALTAFIT ODEON	01:46:45.803	+00:41:39.900	10:41 min/Km
113	67	327	LODEIRO LÓPEZ , CARLOS	MALE	ABSOLUTA-M		01:47:37.973	+00:42:32.070	10:46 min/Km
114	68	361	PEÑA GONZÁLEZ , ENRIQUE	MALE	ABSOLUTA-M	PATUKOS TIM RANIN	01:47:48.203	+00:42:42.300	10:47 min/Km
115	69	312	GONZÁLEZ ROMERO , JORGE	MALE	ABSOLUTA-M		01:48:11.303	+00:43:05.400	10:50 min/Km
116	70	322	HERNANDO SANTALLA , ROBERTO	MALE	ABSOLUTA-M	BEER RUNNERS CORUÑA	01:48:45.873	+00:43:39.970	10:53 min/Km
117	12	383	RIOS TRILLO , LORENA	FEMALE	ABSOLUTA-F		01:48:45.883	+00:43:39.980	10:53 min/Km
118	71	288	GALLEGO PIÑON , SERGIO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:50:19.793	+00:45:13.890	11:02 min/Km
119	72	326	LEDO FARIÑAS , MARIO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:50:19.823	+00:45:13.920	11:02 min/Km
120	26	225	BELLAS RODRÍGUEZ , RAÚL	MALE	VETERAN-M	INDEPENDIENTE	01:50:43.833	+00:45:37.930	11:05 min/Km
121	13	307	GÓMEZ COUTO , NATALIA	FEMALE	ABSOLUTA-F	TORTUGA POWER	01:50:52.153	+00:45:46.250	11:06 min/Km
122	14	355	PANTIN LÓPEZ , ALMUDENA	FEMALE	ABSOLUTA-F	TORTUGA POWER	01:50:52.363	+00:45:46.460	11:06 min/Km
123	27	411	VERGARA MUÑOZ , GUILLERMO	MALE	VETERAN-M	NOSPORTLIMIT	01:51:33.643	+00:46:27.740	11:10 min/Km
124	73	301	GARCÍA VARELA , ANTONIO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:51:59.933	+00:46:54.030	11:12 min/Km
125	74	332	LOPEZ LOPEZ , MIGUEL ANGEL	MALE	ABSOLUTA-M		01:51:59.993	+00:46:54.090	11:12 min/Km
126	75	249	CASTRO PORTO , RUBEN	MALE	ABSOLUTA-M		01:52:00.633	+00:46:54.730	11:13 min/Km
127	76	215	ARES CRIADO , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:52:03.363	+00:46:57.460	11:13 min/Km
128	77	299	GARCIA PIÑEIROA , RUBEN	MALE	ABSOLUTA-M	CLUB ATLETISMO LOURENZÁ	01:52:03.873	+00:46:57.970	11:13 min/Km
129	11	220	BALSA CANTO , MONTSE	FEMALE	VETERAN-F	CAS	01:52:10.863	+00:47:04.960	11:14 min/Km
130	78	356	PANTIN LOPEZ , OSCAR MANUEL	MALE	ABSOLUTA-M		01:52:11.423	+00:47:05.520	11:14 min/Km
131	79	300	GARCIA RODRIGUEZ , JOSE LUIS	MALE	ABSOLUTA-M	CLUB ATLETISMO SADA	01:52:15.903	+00:47:10.000	11:14 min/Km
132	12	381	REY TENREIRO , SUSANA	FEMALE	VETERAN-F	MONTAÑA FERROL	01:52:37.543	+00:47:31.640	11:16 min/Km
133	15	227	BEREA BARRAL , CARLA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:52:46.243	+00:47:40.340	11:17 min/Km
134	28	385	RIVEIRO FREIRE , GONZALO	MALE	VETERAN-M	INDEPENDIENTE	01:52:46.323	+00:47:40.420	11:17 min/Km
135	13	402	SERRANO SANCHEZ , ISABEL	FEMALE	VETERAN-F	INDEPENDIENTE	01:52:52.713	+00:47:46.810	11:18 min/Km
136	29	407	TORRADO SOBRIDO , JOSÉ ANTONIO	MALE	VETERAN-M	INDEPENDIENTE	01:52:53.093	+00:47:47.190	11:18 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	
137	80	271	FERNÁNDEZ Balsa , JAVIER	MALE	ABSOLUTA-M	A.M.E BESTARRUZA	01:52:55.730	+00:47:49.827	11:18 min/Km
138	81	270	ESTRAVIZ LORENZO , OSCAR	MALE	ABSOLUTA-M		01:53:03.743	+00:47:57.840	11:19 min/Km
139	16	260	CURES RODRIGUEZ , VERONICA MARIA	FEMALE	ABSOLUTA-F		01:53:49.313	+00:48:43.410	11:23 min/Km
140	17	222	BARREIRO AMOR , CRISTINA	FEMALE	ABSOLUTA-F		01:54:40.813	+00:49:34.910	11:29 min/Km
141	82	287	GALLEGO HANDFORD , LUIS	MALE	ABSOLUTA-M		01:55:06.833	+00:50:00.930	11:31 min/Km
142	14	228	BLANCO PITA , ALMA	FEMALE	VETERAN-F		01:55:06.933	+00:50:01.030	11:31 min/Km
143	83	405	TABOADA MARTÍNEZ , MANUEL R	MALE	ABSOLUTA-M		01:56:21.873	+00:51:15.970	11:39 min/Km
144	18	264	DELGADO ROJO , AINHOA	FEMALE	ABSOLUTA-F		01:56:38.463	+00:51:32.560	11:40 min/Km
145	84	206	ALONSO MOREIRA , CARLOS ALBERTO	MALE	ABSOLUTA-M		01:56:38.733	+00:51:32.830	11:40 min/Km
146	15	375	RAMUDO RIVAS , ROSA	FEMALE	VETERAN-F		01:56:52.093	+00:51:46.190	11:42 min/Km
147	30	289	GARCÍA BECERRA , JOSÉ	MALE	VETERAN-M	INDEPENDIENTE	01:58:50.743	+00:53:44.840	11:54 min/Km
148	85	409	VAZQUEZ LATA , ENRIQUE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:59:03.823	+00:53:57.920	11:55 min/Km
149	31	303	GARMA CASTRO , JOAQUIN	MALE	VETERAN-M		02:00:04.623	+00:54:58.720	12:01 min/Km
150	86	292	GARCÍA DA SILVA , MIGUEL	MALE	ABSOLUTA-M	PULPEIROS MUGARDOS	02:00:19.673	+00:55:13.770	12:02 min/Km
151	87	406	TEIJO LOPEZ , JOSE ANGEL	MALE	ABSOLUTA-M		02:01:22.363	+00:56:16.460	12:09 min/Km
152	19	353	NAVEIRA ESPÍNEIRA , PATRICIA	FEMALE	ABSOLUTA-F		02:01:23.853	+00:56:17.950	12:09 min/Km
153	88	309	GÓMEZ RÍOS , BRAIS	MALE	ABSOLUTA-M		02:01:50.153	+00:56:44.250	12:12 min/Km
154	16	345	MAURIZ PEREIRA , SONIA	FEMALE	VETERAN-F	RUNNING ALTAFIT ODEON	02:01:54.373	+00:56:48.470	12:12 min/Km
155	17	202	ABAD PEREZ , ARANTXA	FEMALE	VETERAN-F		02:01:55.443	+00:56:49.540	12:12 min/Km
156	20	379	REGUEIRO RAMA , NEREA	FEMALE	ABSOLUTA-F		02:01:55.983	+00:56:50.080	12:12 min/Km
157	18	344	MARTÍNEZ RAMILO , TANIA	FEMALE	VETERAN-F		02:02:45.083	+00:57:39.180	12:17 min/Km
158	89	365	PÉREZ LÓPEZ , DAVID	MALE	ABSOLUTA-M		02:03:07.533	+00:58:01.630	12:19 min/Km
159	90	208	ALVAREZ VALIÑO , DIEGO	MALE	ABSOLUTA-M		02:03:07.703	+00:58:01.800	12:19 min/Km
160	91	231	LÓPEZ LÓPEZ , ELADIO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:04:11.483	+00:59:05.580	12:26 min/Km
161	19	391	RODRIGUEZ PEREZ , RAQUEL	FEMALE	VETERAN-F	INDEPENDIENTE	02:04:46.333	+00:59:40.430	12:29 min/Km
162	32	218	GUINDA FERNANDEZ , ANDRES	MALE	VETERAN-M		02:07:07.613	+01:02:01.710	12:43 min/Km
163	20	368	PILLAN CANTO , JULIA	FEMALE	VETERAN-F		02:07:07.893	+01:02:01.990	12:43 min/Km
164	33	219	BALBOA RODRÍGUEZ , MIGUEL	MALE	VETERAN-M	AGRUPACIÓN MONTAÑEROS INDEPENDIENTES	02:07:09.383	+01:02:03.480	12:43 min/Km
165	92	414	VILARIÑO CUTRÍN , FELIPE	MALE	ABSOLUTA-M	INDEPENDIENTE	02:07:27.713	+01:02:21.810	12:45 min/Km
166	21	283	FUENTES NOYA , LINA	FEMALE	VETERAN-F	INDEPENDIENTE	02:08:42.133	+01:03:36.230	12:53 min/Km
167	34	376	RAÑA PREGO , MANUEL	MALE	VETERAN-M	INDEPENDIENTE	02:08:42.273	+01:03:36.370	12:53 min/Km
168	22	205	ALONSO MARTÍNEZ , MARÍA FÉLIX	FEMALE	VETERAN-F	INDEPENDIENTE	02:09:13.143	+01:04:07.240	12:56 min/Km
169	23	404	SOTO ENRIQUEZ , YOLANDA	FEMALE	VETERAN-F	INDEPENDIENTE	02:12:33.273	+01:07:27.370	13:16 min/Km
170	24	317	GUIJARRO BERDIÑAS , BERTHA	FEMALE	VETERAN-F	INDEPENDIENTE	02:12:33.493	+01:07:27.590	13:16 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	
171	21	410	VELO PICALLO , VANESSA	FEMALE	ABSOLUTA-F		02:12:54.613	+01:07:48.710	13:18 min/Km
172	25	387	ROCA FERNANDEZ , NANDA	FEMALE	VETERAN-F	INDEPENDIENTE	02:14:46.023	+01:09:40.120	13:29 min/Km
173	35	234	BUIDE PAZ , ANTONIO	MALE	VETERAN-M		02:14:46.323	+01:09:40.420	13:29 min/Km
174	36	295	GARCIA GOMEZ , EDMUNDO	MALE	VETERAN-M		02:15:40.823	+01:10:34.920	13:35 min/Km
175	26	263	DE LA CRUZ RODRÍGUEZ , TERESA	FEMALE	VETERAN-F		02:16:53.543	+01:11:47.640	13:42 min/Km
176	27	244	CARRO YAÑEZ , CONCEPCIÓN	FEMALE	VETERAN-F	CLUB ATLETISMO SADA MONTAÑA	02:17:53.733	+01:12:47.830	13:48 min/Km
177	37	330	LÓPEZ LODEIRO , JOSÉ MANUEL	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	02:17:54.643	+01:12:48.740	13:48 min/Km
178	93	241	CANTO VALE , BASILIO	MALE	ABSOLUTA-M	INDEPENDIENTE	02:18:11.303	+01:13:05.400	13:50 min/Km
179	22	316	GRANDAL CABANA , JESSICA	FEMALE	ABSOLUTA-F		02:19:40.543	+01:14:34.640	13:59 min/Km
180	23	294	GARCÍA FERNÁNDEZ , JESSICA	FEMALE	ABSOLUTA-F	PASA OU ENTORNA	02:19:40.633	+01:14:34.730	13:59 min/Km
181	38	273	FERNANDEZ GUINDA , EZEQUIEL	MALE	VETERAN-M	INDEPENDIENTE	02:20:38.593	+01:15:32.690	14:04 min/Km
182	28	212	ANLLO NAVEIRAS , CRISTINA	FEMALE	VETERAN-F		02:20:38.673	+01:15:32.770	14:04 min/Km
183	94	323	IBÁÑEZ ROMERO , MIGUEL	MALE	ABSOLUTA-M		02:25:14.403	+01:20:08.500	14:32 min/Km
184	95	415	VIZOSO ARRIBE , JOSÉ MANUEL	MALE	ABSOLUTA-M		02:25:14.733	+01:20:08.830	14:32 min/Km
185	24	209	ALVARIÑAS GOMEZ , ANA	FEMALE	ABSOLUTA-F	BEER RUNNERS CORUÑA	02:27:22.863	+01:22:16.960	14:45 min/Km
186	29	284	FUENTES VARELA , BELEN	FEMALE	VETERAN-F		02:31:28.923	+01:26:23.020	15:09 min/Km
187	25	386	RIVERA DACAL , SONIA	FEMALE	ABSOLUTA-F		02:31:28.963	+01:26:23.060	15:09 min/Km
188	26	296	GARCIA MATO , PATRICIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:31:52.123	+01:26:46.220	15:12 min/Km
189	30	245	CASAL DOPAZO , PILAR	FEMALE	VETERAN-F	AD DOWNHILL	02:31:52.173	+01:26:46.270	15:12 min/Km
190	27	380	REY SOLÀ , BERTA	FEMALE	ABSOLUTA-F	LOBOS DE NARAIO	02:36:13.443	+01:31:07.540	15:38 min/Km
191	96	329	LOPEZ CASCALLAR , MANUEL	MALE	ABSOLUTA-M		02:37:43.953	+01:32:38.050	15:47 min/Km
192	28	251	CASTRO VILA , PATRICIA	FEMALE	ABSOLUTA-F		02:37:44.083	+01:32:38.180	15:47 min/Km
193	31	374	RAMOS FERNANDEZ , CARMEN	FEMALE	VETERAN-F	INDEPENDIENTE	02:38:04.953	+01:32:59.050	15:49 min/Km
194	97	279	FORMOSO LÓPEZ , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	02:54:36.930	+01:49:31.027	17:28 min/Km