

IV TRAIL DA FILLOA - ZAS - 2020

- TRAIL CURTO -

09 FEBREIRO 2020

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
1	1	359	RODRIGUEZ LEON , JESUS	MALE	VETERAN	FLUVIAL O BARCO	01:43:02		06:04 min/Km
2	1	252	INSUA DÍAZ , RUBEN	MALE	SENIOR	ATLETISMO SAR VERMÚ PETRONI	01:44:10	+00:01:08	06:08 min/Km
3	2	167	CASTRO FRAGA , FELIPE	MALE	SENIOR	CLUB MONTEPENARUBIA	01:51:08	+00:08:06	06:33 min/Km
4	2	356	RODRIGUEZ ESPASANDIN , JOSE	MALE	VETERAN		01:54:18	+00:11:16	06:44 min/Km
5	3	158	CANO CONESA , DAVID	MALE	VETERAN	CORREDORES POPULARES DE LA ARMADA	01:54:46	+00:11:44	06:46 min/Km
6	4	118	ALVAREZ CURES , JUAN JOSE	MALE	VETERAN	A.D. MEDIADUCIA	01:55:13	+00:12:11	06:47 min/Km
7	5	409	VIDAL RODRÍGUEZ , GUILLERMO VIDAL RODRÍGUEZ	MALE	VETERAN	ATLETAS DE ACEA DE AMA	01:56:12	+00:13:10	06:51 min/Km
8	3	363	ROMERO DOMÍNGUEZ , IVÁN	MALE	SENIOR	A. D. MONTEBRONDO	01:56:47	+00:13:45	06:53 min/Km
9	4	340	REGO POSE , MARTIN	MALE	SENIOR		01:57:00	+00:13:58	06:53 min/Km
10	6	234	GOMEZ SANCHEZ , JOSE MIGUEL	MALE	VETERAN	CLUB O PINO	01:58:15	+00:15:13	06:58 min/Km
11	7	256	LAGO SANTIAGO , KIKO	MALE	VETERAN	ASOCIACIÓN DEPORTIVA OLIMPIA	01:58:21	+00:15:19	06:58 min/Km
12	8	277	LUNA DOMINGUEZ , JUAN	MALE	VETERAN	TRIBU TRAIL	01:58:23	+00:15:21	06:58 min/Km
13	5	304	OTERO LADO , JAVIER	MALE	SENIOR	RUNNING ARTEIXO	01:58:42	+00:15:40	06:59 min/Km
14	6	292	MONTEAGUDO RODRIGUEZ , SERGIO	MALE	SENIOR	TRAILEROS TOXOS & BIRRAS	01:58:59	+00:15:57	06:60 min/Km
15	7	378	SOUTO , BRUNO	MALE	SENIOR	NOSPORTLIMIT	02:00:01	+00:16:59	07:04 min/Km
16	8	147	CABAL GARCÍA , PABLO	MALE	SENIOR	INDEPENDIENTE	02:00:27	+00:17:25	07:06 min/Km
17	9	267	LÓPEZ EIROA , SIMON	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:00:41	+00:17:39	07:06 min/Km
18	10	178	CUNS SANTOS , JOSE RAMON	MALE	VETERAN		02:01:46	+00:18:44	07:10 min/Km
19	11	228	GARCÍA VELO , MANUEL	MALE	VETERAN	A. D. MONTEBRONDO	02:02:16	+00:19:14	07:12 min/Km
20	12	311	PASANTES VIDAL , ARTURO	MALE	VETERAN	INDEPENDIENTE	02:04:58	+00:21:56	07:22 min/Km
21	13	179	DAPENA TEIJEIRO , FRANCISCO JAVIER	MALE	VETERAN	MOI DE MONTE CLUB TRAIL RUNNIG	02:05:33	+00:22:31	07:24 min/Km
22	9	126	ARIAS ÁLVAREZ , JOSÉ ELADIO	MALE	SENIOR	A. D. C MONTEBREAMO	02:05:52	+00:22:50	07:25 min/Km
23	14	148	CABANA PEREZ , ÁNGEL	MALE	VETERAN		02:05:55	+00:22:53	07:25 min/Km
24	10	143	BÚA SAR , DIMAS	MALE	SENIOR	TALLERES RENAULT OS MUIÑOS	02:06:13	+00:23:11	07:26 min/Km
25	11	280	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	SENIOR	CDM VERTICE	02:06:48	+00:23:46	07:28 min/Km
26	15	386	TÁBARA RODRÍGUEZ , JUAN MANUEL	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:06:57	+00:23:55	07:29 min/Km
27	12	355	RODRIGUEZ CRUZ , DANI	MALE	SENIOR	A.D. MEDIADUCIA	02:07:29	+00:24:27	07:30 min/Km
28	13	299	NOVO VICOS , DAVID	MALE	SENIOR		02:08:37	+00:25:35	07:34 min/Km
29	14	128	BAÑA TOME , PABLO	MALE	SENIOR	CDM VERTICE	02:09:28	+00:26:26	07:37 min/Km
30	16	298	NIETO FEAL , RICARDO	MALE	VETERAN	JABALIS	02:09:28	+00:26:26	07:37 min/Km
31	15	271	LOPEZ ROMERO , IVÁN	MALE	SENIOR	BAIORUNNERS	02:10:26	+00:27:24	07:41 min/Km
32	17	112	ABELENDIA GOMEZ , JOSE	MALE	VETERAN	LARACHA EN DUAS RODAS	02:10:36	+00:27:34	07:41 min/Km
33	16	254	LADO CASTIÑEIRA , ESTEBAN	MALE	SENIOR		02:10:46	+00:27:44	07:42 min/Km

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34	17	396	TRIGO RODRIGUEZ , IVAN	MALE	SENIOR	TRIATLON COSTA DA MORTE	02:11:10	+00:28:08	07:43 min/Km
35	18	131	BARREIRO VÁZQUEZ , RAMON	MALE	SENIOR		02:11:13	+00:28:11	07:44 min/Km
36	18	138	BLANCO LEMA , JOSÉ MANUEL	MALE	VETERAN		02:11:13	+00:28:11	07:44 min/Km
37	19	171	CERNADAS FERNÁNDEZ , JOSE	MALE	VETERAN	NOSPORTLIMIT	02:11:48	+00:28:46	07:46 min/Km
38	19	235	GONZÁLEZ ALVITE , ESTANISLAO	MALE	SENIOR	BRIGANTIA AVENTURA	02:12:21	+00:29:19	07:48 min/Km
39	1	136	BERMUDEZ CANOSA , APOLONIA	FEMALE	SENIOR-F	FURANCHO DEPORTIVO	02:12:29	+00:29:27	07:48 min/Km
40	20	346	RÍOS RODRÍGUEZ , RAMÓN	MALE	SENIOR	ADC MONTE BREAMO	02:13:15	+00:30:13	07:51 min/Km
41	20	211	FRAGA REY , MIGUEL	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:13:16	+00:30:14	07:51 min/Km
42	21	175	CORTÉS CANDAL , PAULO	MALE	SENIOR		02:13:16	+00:30:14	07:51 min/Km
43	22	384	SUAREZ RODRIGUEZ , ANTONIO	MALE	SENIOR	CASTROSUA TRAIL RUNNING	02:13:20	+00:30:18	07:51 min/Km
44	23	223	GARCIA MARTINEZ , HUGO	MALE	SENIOR	JOHN TURKEY C.A.O	02:13:56	+00:30:54	07:53 min/Km
45	24	391	TEJO GARCÍA , DIEGO	MALE	SENIOR		02:14:34	+00:31:32	07:55 min/Km
46	21	230	GAYOSO , ROBERTO	MALE	VETERAN		02:15:09	+00:32:07	07:57 min/Km
47	25	345	RÍOS FERNÁNDEZ , FABIO	MALE	SENIOR	RUNNING OLEIROS	02:15:10	+00:32:08	07:58 min/Km
48	26	215	GARCÍA BARREIRA , JUAN MANUEL	MALE	SENIOR		02:15:26	+00:32:24	07:58 min/Km
49	22	114	AGUIAR VILLAR , ANGEL	MALE	VETERAN	AD DOWNHILL LARACHA	02:15:26	+00:32:24	07:58 min/Km
50	27	195	ESPASANDIN OTERO , JOSE	MALE	SENIOR	INDEPENDIENTE	02:15:41	+00:32:39	07:59 min/Km
51	23	370	SANTOME COLLAZO , JOSE LUIS	MALE	VETERAN	NOSPORTLIMIT	02:16:01	+00:32:59	08:01 min/Km
52	24	347	RIVAS BEIS , JAVIER	MALE	VETERAN	ATLETISMO TAMBRE	02:16:05	+00:33:03	08:01 min/Km
53	28	401	VARELA VALLADARES , ALEJANDRO	MALE	SENIOR	CHISPAS	02:16:20	+00:33:18	08:02 min/Km
54	25	296	MOUZO DOVAL , MANUEL	MALE	VETERAN	BAIORUNNERS	02:16:33	+00:33:31	08:02 min/Km
55	29	342	REY CASTRO , JACOBO	MALE	SENIOR	INDEPENDIENTE	02:16:34	+00:33:32	08:02 min/Km
56	1	349	ROCHA PÉREZ , MARÍA	FEMALE	VETERAN-F	INDEPENDIENTE	02:17:38	+00:34:36	08:06 min/Km
57	30	251	INFESTA SAR , IGNACIO	MALE	SENIOR		02:17:46	+00:34:44	08:07 min/Km
58	31	124	ANGERIZ , VALENTIN	MALE	SENIOR	AD JARNACHAS	02:17:51	+00:34:49	08:07 min/Km
59	32	380	SOUTO CAMPOS , JESUS	MALE	SENIOR	INDEPENDIENTE	02:17:55	+00:34:53	08:07 min/Km
60	26	364	ROMERO LEMA , PABLO	MALE	VETERAN	BAIORUNERS	02:18:00	+00:34:58	08:08 min/Km
61	27	276	LUCAS PEREZ , LUCIANO	MALE	VETERAN	INDEPENDIENTE	02:18:49	+00:35:47	08:10 min/Km
62	33	236	GONZÁLEZ CANCELA , MARIO	MALE	SENIOR		02:19:23	+00:36:21	08:12 min/Km
63	28	218	GARCIA ENERO , FERNANDO	MALE	VETERAN		02:19:58	+00:36:56	08:14 min/Km
64	29	111	ABAL MORRAZO , EMILIO	MALE	VETERAN	INDEPENDIENTE	02:20:03	+00:37:01	08:15 min/Km
65	2	389	TASENDE ANDRADE , MARTINA	FEMALE	SENIOR-F	A.D. MEDIADUCIA	02:20:06	+00:37:04	08:15 min/Km
66	34	142	BRENLLA FAJIN , SATIRO	MALE	SENIOR	TARTARUGAS	02:20:08	+00:37:06	08:15 min/Km

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67	30	306	PAIS TRIGO , PABLO	MALE	VETERAN	CLUB ATLETISMO NEGREIRA	02:20:15	+00:37:13	08:15 min/Km
68	35	159	CANOSA BLANCO , DOMINGO DANIEL	MALE	SENIOR	INDEPENDIENTE	02:20:22	+00:37:20	08:16 min/Km
69	31	160	CANOSA BLANCO , JOSÉ MANUEL	MALE	VETERAN	INDEPENDIENTE	02:20:44	+00:37:42	08:17 min/Km
70	36	260	LAVANDEIRA GARCÍA , VICTOR	MALE	SENIOR		02:20:53	+00:37:51	08:18 min/Km
71	32	169	CASTRO SEGADE , VÍCTOR	MALE	VETERAN	A.D. CERNE	02:21:12	+00:38:10	08:19 min/Km
72	33	217	GARCIA EDREIRA , MANUEL	MALE	VETERAN		02:21:27	+00:38:25	08:20 min/Km
73	34	337	RAMOS VAZQUEZ , JORGE	MALE	VETERAN	ABELLARIZA	02:21:28	+00:38:26	08:20 min/Km
74	35	406	VAZQUEZ REY , HECTOR	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:21:49	+00:38:47	08:21 min/Km
75	36	201	FERNANDEZ DURAN , ANTONIO	MALE	VETERAN	TRIATLON COSTA DA MORTE	02:21:55	+00:38:53	08:21 min/Km
76	37	191	EIRÍS ESPAÑA , CARLOS	MALE	VETERAN	A.D.MEDIADUCIA	02:22:02	+00:39:00	08:22 min/Km
77	38	257	LAMAS BELLO , JUAN MANUEL	MALE	VETERAN		02:22:06	+00:39:04	08:22 min/Km
78	39	253	JUNCAL COSTA , ANTON	MALE	VETERAN	ATLETISMO TAMBRE	02:23:06	+00:40:04	08:26 min/Km
79	40	327	PIÑOL CHAS , JOAQUIN	MALE	VETERAN	NOSPORTLIMIT	02:23:33	+00:40:31	08:27 min/Km
80	37	145	BUSTO BOUZAS , ESTEBAN	MALE	SENIOR	INDEPENDIENTE	02:23:41	+00:40:39	08:28 min/Km
81	38	232	GERPE PÉREZ , JESÚS MANUEL	MALE	SENIOR		02:24:05	+00:41:03	08:29 min/Km
82	39	115	AGULLÓ CANDA , PACO	MALE	SENIOR	VILATUXETRAIL	02:24:57	+00:41:55	08:32 min/Km
83	40	208	FIAÑO VALES , ÓSCAR	MALE	SENIOR		02:25:02	+00:42:00	08:32 min/Km
84	41	408	VEIGA GONZÁLEZ , MIGUEL	MALE	VETERAN	MONTEFARO TRAIL	02:25:04	+00:42:02	08:32 min/Km
85	42	261	LEIRACHÁ VALENTIN , MANUEL	MALE	VETERAN		02:25:20	+00:42:18	08:33 min/Km
86	41	361	ROJO PARDIÑAS , RUBEN	MALE	SENIOR	INDEPENDIENTE	02:25:21	+00:42:19	08:33 min/Km
87	43	312	PASTORIZA MIRANDA , MANUEL ABEL	MALE	VETERAN		02:25:26	+00:42:24	08:34 min/Km
88	42	338	RECAREY GARCÍA , RAFAEL	MALE	SENIOR		02:25:33	+00:42:31	08:34 min/Km
89	43	294	MOSQUERA , DAVID	MALE	SENIOR		02:25:38	+00:42:36	08:34 min/Km
90	44	321	PEREIRAS COUTO , ÁLVARO	MALE	VETERAN	INDEPENDIENTE	02:25:52	+00:42:50	08:35 min/Km
91	45	212	FREIRE GATO , JOSE ANDRES	MALE	VETERAN		02:26:47	+00:43:45	08:39 min/Km
92	44	221	GARCIA LOPEZ , FERNANDO	MALE	SENIOR	INDEPENDIENTE	02:26:50	+00:43:48	08:39 min/Km
93	45	274	LÓPEZ VEIGA , MARCOS	MALE	SENIOR		02:26:52	+00:43:50	08:39 min/Km
94	46	353	RODRIGUEZ CAMBRA , DAVID	MALE	VETERAN	CLUB ATLETISMO SALVATERRA	02:26:57	+00:43:55	08:39 min/Km
95	2	157	CAMINO CREGO , MARIA ISABEL	FEMALE	VETERAN-F	ATLETAS DE ACEA DE AMA	02:27:03	+00:44:01	08:39 min/Km
96	3	132	BARREIROS ARNOSO , JUANA	FEMALE	VETERAN-F	AD JARNACHAS	02:27:26	+00:44:24	08:41 min/Km
97	47	161	CAPLLONCH CASTELEIRO , LORENZO	MALE	VETERAN	CLUB ATLETISMO SADA MONTAÑA	02:27:29	+00:44:27	08:41 min/Km
98	48	289	MERCADOR MOUCE , FERNANDO	MALE	VETERAN		02:27:56	+00:44:54	08:43 min/Km
99	49	134	BELLO SANCHEZ , MONCHO	MALE	VETERAN	INDEPENDIENTE	02:28:19	+00:45:17	08:44 min/Km

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100	50	129	BARBEITO REY , GERMÁN	MALE	VETERAN		02:28:19	+00:45:17	08:44 min/Km
101	51	412	ZARAGOZA VÉREZ , ALBERTO	MALE	VETERAN	MOI DE MONTE CLUB TRAIL RUNNIG	02:28:31	+00:45:29	08:45 min/Km
102	52	204	FERNÁNDEZ OLIVEIRA , JUAN CARLOS	MALE	VETERAN	INDEPENDIENTE	02:28:46	+00:45:44	08:46 min/Km
103	4	172	COBELO MARTÍNEZ , PAULA MARÍA	FEMALE	VETERAN-F	PULPEIROS MUGARDOS	02:28:56	+00:45:54	08:46 min/Km
104	53	183	DEZA RODRÍGUEZ , CARLOS	MALE	VETERAN	PATUKOS TIM RANIN	02:30:01	+00:46:59	08:50 min/Km
105	54	259	LANDERAS VAZQUEZ , RAFAEL	MALE	VETERAN	CORREDORES POPULARES DE LA ARMADA	02:30:23	+00:47:21	08:51 min/Km
106	55	310	PARDO FARIÑA , CARLOS	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:30:38	+00:47:36	08:52 min/Km
107	56	351	RODRÍGUEZ ALDAO , ROBERTO	MALE	VETERAN	AD JARNACHAS	02:32:32	+00:49:30	08:59 min/Km
108	46	282	MARTÍNEZ PENIDE , ALBERTO	MALE	SENIOR	CASTROSUA TRAIL RUNNING	02:32:45	+00:49:43	08:60 min/Km
109	57	270	LOPEZ PRECEDO , JORGE	MALE	VETERAN		02:33:19	+00:50:17	09:02 min/Km
110	58	164	CARVALLO CAVERO , JOSE SANTIAGO	MALE	VETERAN		02:33:43	+00:50:41	09:03 min/Km
111	5	393	TOREA TOREA , ELENA	FEMALE	VETERAN-F	CLUB ATLETISMO LOUSAME	02:34:01	+00:50:59	09:04 min/Km
112	59	146	BUSTO GALLARDO , JOSE MANUEL	MALE	VETERAN	CLUB ATLETISMO LOUSAME	02:34:01	+00:50:59	09:04 min/Km
113	47	313	PAZ AMADO , RUBÉN	MALE	SENIOR	INDEPENDIENTE	02:34:02	+00:51:00	09:04 min/Km
114	60	133	BASCOY AMENEDO , ANTONIO	MALE	VETERAN	MOI DE MONTE CLUB TRAIL RUNNIG	02:34:24	+00:51:22	09:05 min/Km
115	3	293	MOREIRA , ESTRELLA	FEMALE	SENIOR-F	CLUB ATLETISMO FONTES DO SAR	02:34:36	+00:51:34	09:06 min/Km
116	61	339	RECOUSO GARCIA , JUAN CARLOS	MALE	VETERAN	INDEPENDIENTE	02:34:59	+00:51:57	09:07 min/Km
117	6	216	GARCÍA CRUZ , ALICIA	FEMALE	VETERAN-F	A.D.OLIMPIA	02:35:00	+00:51:58	09:08 min/Km
118	7	368	SALGADO , MAITE	FEMALE	VETERAN-F	TRAILEROS TOXOS & BIRRAS	02:35:12	+00:52:10	09:08 min/Km
119	48	307	PALMEIRO MARTINEZ , JORGE	MALE	SENIOR		02:35:39	+00:52:37	09:10 min/Km
120	49	362	ROMAR SONEIRA , SUSO	MALE	SENIOR	ABELLARIZA	02:35:45	+00:52:43	09:10 min/Km
121	50	322	PEREZ BLANCO , JAVIER	MALE	SENIOR		02:35:54	+00:52:52	09:11 min/Km
122	62	155	CAMBEIRO BLANCO , JUAN CARLOS	MALE	VETERAN	ASOCIACIÓN DEPORTIVA OLIMPIA	02:36:56	+00:53:54	09:14 min/Km
123	4	209	FIGUEIRA REY , ROSA MARÍA	FEMALE	SENIOR-F	TRIBU TRAIL	02:37:02	+00:54:00	09:15 min/Km
124	51	287	MAS CAMPOS , AMADOR	MALE	SENIOR		02:37:38	+00:54:36	09:17 min/Km
125	52	151	CALERO FERNANDEZ , JOSÉ MANUEL	MALE	SENIOR	CLUB ATLETISMO LOUSAME	02:38:32	+00:55:30	09:20 min/Km
126	8	330	POSE LEMA , ALEJANDRA	FEMALE	VETERAN-F	INDEPENDIENTE	02:38:47	+00:55:45	09:21 min/Km
127	53	213	GABIN CALVO , JAVIER	MALE	SENIOR		02:39:17	+00:56:15	09:23 min/Km
128	54	154	CALVO RECARREY , IVAN	MALE	SENIOR	INDEPENDIENTE	02:39:23	+00:56:21	09:23 min/Km
129	55	314	PAZ ARZUAGA , DANIEL	MALE	SENIOR	XABARINS	02:39:26	+00:56:24	09:23 min/Km
130	56	382	SUÁREZ , CÉSAR	MALE	SENIOR	INDEPENDIENTE	02:40:06	+00:57:04	09:26 min/Km
131	63	188	DOVAL IGLESIAS , MARCO ANTONIO	MALE	VETERAN	MOI DE MONTE CLUB TRAIL RUNNIG	02:41:14	+00:58:12	09:30 min/Km
132	57	199	FERNANDEZ CARBALLEIRA , ADRIAN	MALE	SENIOR		02:41:26	+00:58:24	09:30 min/Km

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133	5	203	FERNANDEZ GONZALEZ , ELENA	FEMALE	SENIOR-F	CLUB SOCIAL BANCVO PASTOR	02:41:30	+00:58:28	09:30 min/Km
134	64	153	CALVO LÓPEZ , RICARDO	MALE	VETERAN	ATLETAS DE ACEA DE AMA	02:41:44	+00:58:42	09:31 min/Km
135	58	141	BOUZAS TOMÉ , JORGE MANUEL	MALE	SENIOR	CC REVOLTAS	02:42:08	+00:59:06	09:33 min/Km
136	65	352	RODRIGUEZ BELLO , DIEGO	MALE	VETERAN		02:42:18	+00:59:16	09:33 min/Km
137	59	185	DÍAZ RAMOS , JOAQUÍN	MALE	SENIOR	INDEPENDIENTE	02:42:56	+00:59:54	09:36 min/Km
138	9	165	CASAL LLORENTE , CARMEN	FEMALE	VETERAN-F	INDEPENDIENTE	02:43:25	+01:00:23	09:37 min/Km
139	66	332	PRIETO CABRAL , MOISES	MALE	VETERAN		02:43:39	+01:00:37	09:38 min/Km
140	60	243	GONZALEZ VAZQUEZ , JORGE JUAN	MALE	SENIOR	NOSPORTLIMIT	02:43:42	+01:00:40	09:38 min/Km
141	61	291	MIRANDA CAMBRE , IVÁN	MALE	SENIOR	NOSPORTLIMIT	02:43:42	+01:00:40	09:38 min/Km
142	62	333	QUEIJO AMADO , OSCAR	MALE	SENIOR	A.D. DOWNHILL LARACHA	02:44:20	+01:01:18	09:40 min/Km
143	10	357	RODRÍGUEZ FERNANDEZ , MARÍA LORENA	FEMALE	VETERAN-F	PULPEIROS MUGARDOS	02:45:13	+01:02:11	09:44 min/Km
144	67	214	GALDO CAO , JUAN JOSÉ	MALE	VETERAN	RUNNING ALTAFIT ODEÓN	02:45:14	+01:02:12	09:44 min/Km
145	68	127	ARIAS CASTRO , MIGUEL ÁNGEL	MALE	VETERAN	PULPEIROS MUGARDOS	02:45:14	+01:02:12	09:44 min/Km
146	11	180	DASILVA FERNÁNDEZ , OLGA	FEMALE	VETERAN-F	TRAILRUNERS- LEBOREIRA	02:45:15	+01:02:13	09:44 min/Km
147	63	166	CASAS FERREIRO , ANGEL	MALE	SENIOR	K2ORDES	02:45:31	+01:02:29	09:45 min/Km
148	64	198	FARIÑA , MANOEL	MALE	SENIOR	INDEPENDIENTE	02:47:08	+01:04:06	09:50 min/Km
149	12	220	GARCÍA GARCÍA , CARMEN	FEMALE	VETERAN-F	INDEPENDIENTE	02:47:12	+01:04:10	09:51 min/Km
150	69	266	LIMIDEIRO LAVANDEIRA , JAVIER	MALE	VETERAN		02:48:24	+01:05:22	09:55 min/Km
151	70	163	CARRIL MENDEZ , TITO	MALE	VETERAN	MESOIRO	02:48:26	+01:05:24	09:55 min/Km
152	71	264	LEMA PÉREZ , MANUEL ESTEBAN	MALE	VETERAN	AD ZAS	02:48:42	+01:05:40	09:56 min/Km
153	65	350	RODRIGUEZ , GORKA	MALE	SENIOR		02:48:50	+01:05:48	09:56 min/Km
154	6	120	AMADO FERNANDEZ , NOELIA	FEMALE	SENIOR-F		02:48:56	+01:05:54	09:57 min/Km
155	66	336	RAMOS MIRANDA , RUBEN	MALE	SENIOR		02:48:57	+01:05:55	09:57 min/Km
156	7	176	COSTA FAYA , SARA	FEMALE	SENIOR-F	CLUB ATLETISMO O PINO	02:49:44	+01:06:42	09:60 min/Km
157	72	250	IGLESIAS GARCÍA , RUBÉN	MALE	VETERAN		02:50:37	+01:07:35	10:03 min/Km
158	8	275	LOUREIRO GARRIDO , ALEXIA	FEMALE	SENIOR-F	NOSPORTLIMIT	02:51:13	+01:08:11	10:05 min/Km
159	73	398	TRIÑANES RODRIGUEZ , DAVID	MALE	VETERAN		02:51:16	+01:08:14	10:05 min/Km
160	74	187	BERMUDEZ VARELA , JOSE	MALE	VETERAN	A.D.MEDIADUCIA	02:51:21	+01:08:19	10:05 min/Km
161	67	137	BERMÚDEZ POMBO , JAVIER	MALE	SENIOR	INDEPENDIENTE	02:51:23	+01:08:21	10:05 min/Km
162	68	334	QUEVEDO LOPEZ , DAVID	MALE	SENIOR		02:51:43	+01:08:41	10:07 min/Km
163	69	403	VARELA VALLADARES , CÉSAR	MALE	SENIOR	CHISPAS	02:51:49	+01:08:47	10:07 min/Km
164	75	402	VARELA VALLADARES , BRUNO	MALE	VETERAN	CHISPAS	02:51:49	+01:08:47	10:07 min/Km
165	76	366	ROMERO YUSTE , FEDERICO	MALE	VETERAN	CLUB ATLETISMO SADA MONTAÑA	02:52:49	+01:09:47	10:10 min/Km

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166	70	249	IGLESIAS CAAMAÑO , RICARDO	MALE	SENIOR		02:54:01	+01:10:59	10:15 min/Km
167	77	116	ALONSO BIDEGAÍN , MIGUEL	MALE	VETERAN	INDEPENDIENTE	02:54:44	+01:11:42	10:17 min/Km
168	78	317	PEDREIRA FERNANDEZ , ALBERTO	MALE	VETERAN		02:55:07	+01:12:05	10:19 min/Km
169	13	360	RODRÍGUEZ ROMERO , BEATRIZ	FEMALE	VETERAN-F		02:55:35	+01:12:33	10:20 min/Km
170	79	397	TRILLO CARLÍN , JOSÉ FERNANDO	MALE	VETERAN	AD FOGAR	02:55:35	+01:12:33	10:20 min/Km
171	80	117	ALONSO MOREIRA , CARLOS ALBERTO	MALE	VETERAN		02:55:48	+01:12:46	10:21 min/Km
172	71	197	FANDIÑO RAMOS , DYLAN	MALE	SENIOR		02:56:05	+01:13:03	10:22 min/Km
173	9	268	LOPEZ LOPEZ , LAURA FELISA	FEMALE	SENIOR-F		02:56:19	+01:13:17	10:23 min/Km
174	81	190	EIBE FERNÁNDEZ , JUAN	MALE	VETERAN	MOI DE MONTE CLUB TRAIL RUNNIG	02:56:35	+01:13:33	10:24 min/Km
175	10	173	COLLAZO COSTA , INMA	FEMALE	SENIOR-F		02:56:35	+01:13:33	10:24 min/Km
176	72	377	SOUSA MOURELLE , PABLO	MALE	SENIOR	INDEPENDIENTE	02:56:38	+01:13:36	10:24 min/Km
177	73	400	VARELA PENEDO , JOSE ANDRÉS	MALE	SENIOR	MOI DE MONTE CLUB TRAIL RUNNIG	02:56:46	+01:13:44	10:24 min/Km
178	82	358	RODRÍGUEZ LAGARES , JOSÉ RAMÓN	MALE	VETERAN		02:56:48	+01:13:46	10:24 min/Km
179	83	202	FERNÁNDEZ GOMEZ , RAFAEL	MALE	VETERAN	RUNNING OLEIROS	02:56:56	+01:13:54	10:25 min/Km
180	84	140	BLANCO PEQUEÑO , BENITO	MALE	VETERAN	PATUKOS TIM RANIN	02:58:13	+01:15:11	10:29 min/Km
181	85	318	PEÑA GONZÁLEZ , ENRIQUE	MALE	VETERAN	PATUKOS TIM RANIN	02:58:13	+01:15:11	10:29 min/Km
182	86	184	DEZA RODRÍGUEZ , MIGUEL	MALE	VETERAN		02:58:13	+01:15:11	10:29 min/Km
183	87	121	ANDRADE LAGO , ALBERTO	MALE	VETERAN	INDEPENDIENTE	02:59:03	+01:16:01	10:32 min/Km
184	88	269	LÓPEZ PAZOS , JUAN CARLOS	MALE	VETERAN	INDEPENDIENTE	02:59:57	+01:16:55	10:36 min/Km
185	74	227	GARCÍA SAS , JUAN JOSE	MALE	SENIOR		03:00:02	+01:17:00	10:36 min/Km
186	75	226	GARCÍA SANTOS , ÁNGEL	MALE	SENIOR	ABELLARIZA	03:00:09	+01:17:07	10:36 min/Km
187	14	224	GARCIA ORO , SABELA	FEMALE	VETERAN-F		03:00:47	+01:17:45	10:39 min/Km
188	76	262	LEIS CALO , ISMAEL	MALE	SENIOR		03:00:50	+01:17:48	10:39 min/Km
189	15	281	MARTÍNEZ PARCERO , VERÓNICA	FEMALE	VETERAN-F	DUBRA TEAM	03:00:57	+01:17:55	10:39 min/Km
190	16	344	RÍOS FERNÁNDEZ , CARMEN	FEMALE	VETERAN-F	DUBRA TEAM	03:00:57	+01:17:55	10:39 min/Km
191	89	162	CARRASCO ITURRA , CARLOS	MALE	VETERAN	DUBRA TEAM	03:00:58	+01:17:56	10:39 min/Km
192	17	331	PREGO VAZQUEZ , SILVIA MARIA	FEMALE	VETERAN-F	RUNNING ARTEIXO	03:01:25	+01:18:23	10:41 min/Km
193	18	365	ROMERO ROEL , BEA	FEMALE	VETERAN-F	NOSPORTLIMIT	03:02:33	+01:19:31	10:45 min/Km
194	90	189	DUBRA GARCIA , FRANCICO	MALE	VETERAN	INDEPENDIENTE	03:02:34	+01:19:32	10:45 min/Km
195	11	309	PARDIÑAS FERREIRO , TANIA ANDREA	FEMALE	SENIOR-F	NOSPORTLIMIT	03:02:46	+01:19:44	10:46 min/Km
196	12	348	RIVERA HAZ , MARIA	FEMALE	SENIOR-F	AD DOWNHILL LARACHA	03:02:52	+01:19:50	10:46 min/Km
197	77	186	DOLDÁN RODRÍGUEZ , DIEGO	MALE	SENIOR	A.D. DOWNHILL LARACHA	03:02:52	+01:19:50	10:46 min/Km
198	91	229	GARRIDO POSE , RULLAR	MALE	VETERAN	AD DOWNHILL LARACHA	03:03:22	+01:20:20	10:48 min/Km

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199	92	177	COUSO GARCIA , JESÚS	MALE	VETERAN	CLUB ATLETISMO NEGREIRA	03:03:23	+01:20:21	10:48 min/Km
200	93	265	LIMIDEIRO LAVANDEIRA , CARLOS	MALE	VETERAN		03:03:30	+01:20:28	10:48 min/Km
201	19	144	BUITURON MEIJIDE , ANA ISABEL	FEMALE	VETERAN-F	ASOCIACIÓN DEPORTIVA OLIMPIA	03:03:30	+01:20:28	10:48 min/Km
202	20	279	MARGARETO NOYA , MERCEDES	FEMALE	VETERAN-F	PULPEIROS MUGARDOS	03:03:37	+01:20:35	10:49 min/Km
203	94	328	POMBO CASTRO , ANGEL	MALE	VETERAN	CLUB ATLETISMO SADA MONTAÑA	03:04:23	+01:21:21	10:51 min/Km
204	21	286	MARTÍNEZ VÁZQUEZ , VICTORIA	FEMALE	VETERAN-F	CLUB ATLETISMO SADA MONTAÑA	03:04:23	+01:21:21	10:51 min/Km
205	22	285	MARTINEZ VAZQUEZ , VERONICA	FEMALE	VETERAN-F		03:04:23	+01:21:21	10:51 min/Km
206	95	245	GRAMCKO , ERNESTO	MALE	VETERAN		03:04:23	+01:21:21	10:51 min/Km
207	23	297	MUÑOZ , MARTA	FEMALE	VETERAN-F	INDEPENDIENTE	03:04:25	+01:21:23	10:51 min/Km
208	78	374	SAR VAZQUEZ , JULIO CÉSAR	MALE	SENIOR	A.D.OLIMPIA	03:05:32	+01:22:30	10:55 min/Km
209	24	394	TRABA LOPEZ , MARIA JOSE	FEMALE	VETERAN-F	ASOCIACIÓN DEPORTIVA OLIMPIA	03:08:04	+01:25:02	11:04 min/Km
210	25	410	VIGO BARREIRA , ANA	FEMALE	VETERAN-F	RUNNING OLEIROS	03:08:11	+01:25:09	11:05 min/Km
211	96	174	CORRALES CASTRO , JESÚS ÁNGEL	MALE	VETERAN	RUNNING OLEIROS	03:08:12	+01:25:10	11:05 min/Km
212	26	320	PEREIRA FERREIRO , ANA	FEMALE	VETERAN-F	O PINO	03:08:44	+01:25:42	11:07 min/Km
213	97	341	REIGOSA MARTÍNEZ , CHEMA	MALE	VETERAN	HÉRCULES TERMARIA	03:08:44	+01:25:42	11:07 min/Km
214	27	200	FERNÁNDEZ CID , CRISTINA	FEMALE	VETERAN-F	NOSPORTLIMIT	03:08:44	+01:25:42	11:07 min/Km
215	79	288	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR	TRIBU TRAIL	03:09:12	+01:26:10	11:08 min/Km
216	98	324	PÉREZ LOJO , SERGIO	MALE	VETERAN		03:09:39	+01:26:37	11:10 min/Km
217	13	182	DELGADO ROJO , AINOA	FEMALE	SENIOR-F		03:09:39	+01:26:37	11:10 min/Km
218	99	308	PARDAVILA PONCE , JUAN J.	MALE	VETERAN	INDEPENDIENTE	03:10:15	+01:27:13	11:12 min/Km
219	100	210	FONTAN PEREZ , GERARDO MIGUEL	MALE	VETERAN	CLUBE CICLISTA ARMENTEIRA E PUNTO	03:10:15	+01:27:13	11:12 min/Km
220	101	139	BLANCO NOVO , JOSÉ MANUEL	MALE	VETERAN	ASOCIACIÓN DEPORTIVA OLIMPIA	03:10:29	+01:27:27	11:13 min/Km
221	28	130	BARREIRA BLANCO , SARA	FEMALE	VETERAN-F	RUNNING OLEIROS	03:12:14	+01:29:12	11:19 min/Km
222	29	244	GOYANES MARTÍNEZ , SUSANA	FEMALE	VETERAN-F	RUNNING OLEIROS	03:12:14	+01:29:12	11:19 min/Km
223	80	240	GONZÁLEZ LAGE , ESTEBAN	MALE	SENIOR	AD DOWNHILL LARACHA	03:12:40	+01:29:38	11:20 min/Km
224	30	196	FALCÓN RUIBAL , BEATRIZ	FEMALE	VETERAN-F	INDEPENDIENTE	03:13:33	+01:30:31	11:24 min/Km
225	102	411	VILLANUSTRE ABUIÑ , GERMÁN	MALE	VETERAN	SD BARBANTIA RODA	03:13:51	+01:30:49	11:25 min/Km
226	31	301	OLVEIRA TRABA , BEATRIZ	FEMALE	VETERAN-F	ASOCIACIÓN DEPORTIVA OLIMPIA	03:14:00	+01:30:58	11:25 min/Km
227	103	325	PÉREZ RIVERA , MARCOS	MALE	VETERAN	CLUB MULTIDEPORTIVO LAXE	03:14:06	+01:31:04	11:26 min/Km
228	104	225	GARCIA POSE , OSCAR	MALE	VETERAN	CLUB MULTIDEPORTIVO LAXE	03:14:06	+01:31:04	11:26 min/Km
229	32	373	SANZ BUENO , ISABEL	FEMALE	VETERAN-F	INDEPENDIENTE	03:14:49	+01:31:47	11:28 min/Km
230	105	135	BEREA BARRAL , PABLO	MALE	VETERAN	INDEPENDIENTE	03:14:49	+01:31:47	11:28 min/Km
231	33	273	LOPEZ VEIGA , ANA	FEMALE	VETERAN-F	CAS	03:16:41	+01:33:39	11:35 min/Km

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232	106	192	ESCRIBANO SAÑUDO , FERNANADO	MALE	VETERAN	CLUB ATLETISMO SADA MONTAÑA	03:16:41	+01:33:39	11:35 min/Km
233	14	290	MEZAS CABAÑAS , LAURA MABEL	FEMALE	SENIOR-F		03:19:00	+01:35:58	11:43 min/Km
234	15	329	POSE CARAMES , FATIMA	FEMALE	SENIOR-F	A.D.OLIMPIA	03:19:09	+01:36:07	11:43 min/Km
235	107	303	OTERO DIAZ , LUIS	MALE	VETERAN	C. D. RÍA DE AROUSA	03:19:27	+01:36:25	11:44 min/Km
236	34	405	VÁZQUEZ FERNÁNDEZ , MARÍA BEGOÑA	FEMALE	VETERAN-F	INDEPENDIENTE	03:19:43	+01:36:41	11:45 min/Km
237	108	323	PÉREZ FERREIRO , JUAN	MALE	VETERAN		03:19:43	+01:36:41	11:45 min/Km
238	109	395	TRIGO BAO , MANUEL	MALE	VETERAN	INDEPENDIENTE	03:20:29	+01:37:27	11:48 min/Km
239	81	207	FERRERAS FERROL , HÉCTOR	MALE	SENIOR	CORREXALLAS	03:22:50	+01:39:48	11:56 min/Km
240	82	343	REY GÓMEZ , ROBERTO	MALE	SENIOR		03:24:05	+01:41:03	12:01 min/Km
241	35	302	ORDOÑEZ SALCEDO , NANCY SUSANA	FEMALE	VETERAN-F	INDEPENDIENTE	03:24:26	+01:41:24	12:02 min/Km
242	36	206	FERREIRO BRANDON , CRISTINA	FEMALE	VETERAN-F	RUNNING OLEIROS	03:25:26	+01:42:24	12:06 min/Km
243	37	371	SANTOS GARRIDO , BEATRIZ	FEMALE	VETERAN-F	RUNNING OLEIROS	03:25:26	+01:42:24	12:06 min/Km
244	110	233	GÓMEZ ÁLVAREZ , MIKI	MALE	VETERAN		03:31:54	+01:48:52	12:28 min/Km
245	38	150	CAJUSO BARBAZÁN , CHEFA	FEMALE	VETERAN-F	CLUB ATLETISMO NEGREIRA	03:34:01	+01:50:59	12:36 min/Km
246	16	222	GARCÍA LUEIRO , CRISTINA	FEMALE	SENIOR-F	CLUB CERVECERÍA O COTÓN	03:34:02	+01:51:00	12:36 min/Km
247	83	156	CAMIÑO CALVO , GONZALO	MALE	SENIOR	INDEPENDIENTE	03:34:50	+01:51:48	12:39 min/Km
248	39	194	ESPASANDÍN DUARTE , SONIA	FEMALE	VETERAN-F	INDEPENDIENTE	03:34:56	+01:51:54	12:39 min/Km
249	17	272	LÓPEZ TEMES , ROCÍO	FEMALE	SENIOR-F	CORREXALLAS	03:36:31	+01:53:29	12:45 min/Km
250	111	248	HERMIDA OTERO , ANGEL	MALE	VETERAN	INDEPENDIENTE	03:36:31	+01:53:29	12:45 min/Km
251	84	315	PAZOS CALVO , CESAR	MALE	SENIOR		03:37:46	+01:54:44	12:49 min/Km
252	40	239	GONZALEZ GONZALEZ , MARIA ISaura	FEMALE	VETERAN-F	CLUB SOCIAL BANCO PASTOR	03:37:50	+01:54:48	12:49 min/Km
253	18	399	VARELA BELLO , VANESA	FEMALE	SENIOR-F		03:38:17	+01:55:15	12:51 min/Km
254	112	326	PEREZ TEHERAN , JHONNY ROGELIO	MALE	VETERAN	CLUB SOCIAL BANCO PASTOR	03:38:39	+01:55:37	12:52 min/Km
255	19	388	TARDIO PEREZ , NURIA	FEMALE	SENIOR-F	INDEPENDIENTE	03:39:07	+01:56:05	12:54 min/Km
256	85	316	PAZOS TRONCEDA , ANDRÉS	MALE	SENIOR	INDEPENDIENTE	03:39:07	+01:56:05	12:54 min/Km
257	41	122	ANDRADE LAGO , AMELIA	FEMALE	VETERAN-F	ASOCIACIÓN DEPORTIVA OLIMPIA	03:39:27	+01:56:25	12:55 min/Km
258	42	283	MARTÍNEZ RAMILO , TANIA	FEMALE	VETERAN-F		03:40:12	+01:57:10	12:58 min/Km
259	43	376	SEOANE YAÑEZ , MILAGROS	FEMALE	VETERAN-F	CLUB ATLETISMO VILALBA	03:42:14	+01:59:12	13:05 min/Km
260	113	181	DEL POZO LOSADA , JESÚS	MALE	VETERAN		03:42:14	+01:59:12	13:05 min/Km
261	86	295	MOURELLE GARCÍA , ANDRÉS	MALE	SENIOR		03:45:48	+02:02:46	13:17 min/Km
262	44	381	SOUTO TEIJEIRO , ANA	FEMALE	VETERAN-F		03:47:07	+02:04:05	13:22 min/Km
263	20	263	LEMA OZÓN , SANDRA	FEMALE	SENIOR-F	A.D. JARNACHAS	03:47:07	+02:04:05	13:22 min/Km
264	114	284	MARTINEZ REY , OSCAR	MALE	VETERAN		03:55:49	+02:12:47	13:53 min/Km

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265	45	123	ANDRADE. LAGO , MARIA	FEMALE	VETERAN-F	ASOCIACIÓN DEPORTIVA OLIMPIA	04:10:22	+02:27:20	14:44 min/Km
266	21	255	LAGO ANDRADE , IRIA	FEMALE	SENIOR-F	ASOCIACIÓN DEPORTIVA OLIMPIA	04:10:22	+02:27:20	14:44 min/Km
267	46	305	PACIOTTI , DANIELA	FEMALE	VETERAN-F		04:38:17	+02:55:15	16:23 min/Km
DSQ		10	BERMUDEZ , ROBERTO	MALE	VETERAN	INDEPENDIENTE	02:10:18		07:40 min/Km