

IV TRAIL DA FILLOA - ZAS
- LONGO -

09 FEBREIRO 2020

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
1	1	17	CALVO CASTRO , LUIS	MALE	SENIOR		02:26:01		05:37 min/Km
2	2	56	LORENZO BLANCO , CARLOS	MALE	SENIOR	XTOSIN RUNNERS	02:26:56	+00:00:55	05:40 min/Km
3	3	95	TRELLES RODRÍGUEZ , MARCOS	MALE	SENIOR	A.D.JARNACHAS	02:39:04	+00:13:03	06:08 min/Km
4	4	97	VÁZQUEZ GRELA , MIGUEL	MALE	SENIOR	PULPEIROS MUGARDOS	02:40:47	+00:14:46	06:12 min/Km
5	1	78	RODRIGUEZ VENTUREIRA , CESAR	MALE	VETERAN	RUNNING ARTEIXO	02:42:04	+00:16:03	06:14 min/Km
6	2	42	GÓMEZ GÓMEZ , MANUEL	MALE	VETERAN	CLUB ATLETISMO LOUSAME	02:47:04	+00:21:03	06:26 min/Km
7	5	52	LESTON DEL RIO , ADELINO	MALE	SENIOR	CDM VERTICE	02:48:29	+00:22:28	06:29 min/Km
8	6	89	SOLÁ RUMBO , PABLO	MALE	SENIOR		02:52:59	+00:26:58	06:40 min/Km
9	7	96	VÁZQUEZ GRELA , JUNIOR JAVIER	MALE	SENIOR	PULPEIROS MUGARDOS	02:58:44	+00:32:43	06:53 min/Km
10	3	90	SOTO LÓPEZ , MANUEL	MALE	VETERAN	WHERE IS THE CHANDAL?	03:00:11	+00:34:10	06:56 min/Km
11	4	51	LEMA PÉREZ , PABLO ANDRÉS	MALE	VETERAN	RUNNING OLEIROS	03:01:04	+00:35:03	06:58 min/Km
12	5	8	BARRIENTOS OREIRO , JAVIER	MALE	VETERAN	CONCOBOX	03:01:10	+00:35:09	06:59 min/Km
13	8	54	LÓPEZ LÓPEZ , ADRIÁN	MALE	SENIOR	CLUB ATLETISMO BOIMORTO	03:01:12	+00:35:11	06:59 min/Km
14	6	50	LARIA SAN MARTIN , RUBEN	MALE	VETERAN	DUBRA TEAM	03:03:11	+00:37:10	07:03 min/Km
15	7	11	BLANCO GUARDADO , JAVIER	MALE	VETERAN	DUBRA TEAM	03:03:12	+00:37:11	07:03 min/Km
16	8	35	FERNÁNDEZ TORRES , OLIVIER	MALE	VETERAN	INDEPENDIENTE	03:04:05	+00:38:04	07:05 min/Km
17	9	64	PENA NUÑEZ , JESÚS MANUEL	MALE	VETERAN	HDOSO	03:04:13	+00:38:12	07:06 min/Km
18	10	69	REY SOUTO , JESÚS ENRIQUE	MALE	VETERAN	CLUBE ATLETISMO BOIMORTO	03:04:19	+00:38:18	07:06 min/Km
19	9	68	REY CAMPELO , MARCOS	MALE	SENIOR	PULPEIROS MUGARDOS	03:04:30	+00:38:29	07:06 min/Km
20	10	88	SEOANE AMOR , PABLO	MALE	SENIOR	INDEPENDIENTE	03:04:35	+00:38:34	07:06 min/Km
21	1	83	RUBIO FERNÁNDEZ , LUPE	FEMALE	SENIOR-F	PASA OU ENTORNA	03:05:04	+00:39:03	07:08 min/Km
22	11	73	RIVERA MARQUEZ , FRANCISCO JAVIER	MALE	VETERAN	PASA OU ENTORNA	03:08:38	+00:42:37	07:16 min/Km
23	11	43	GONZALEZ ESTEVEZ , ÓSCAR	MALE	SENIOR	TRIATLÓN ARTEIXO	03:09:29	+00:43:28	07:18 min/Km
24	12	81	ROMERO LEMA , IVAN	MALE	SENIOR	BAIORUNNERS	03:09:57	+00:43:56	07:19 min/Km
25	12	72	RÍOBALSA , OSCAR	MALE	VETERAN	PULPEIROS MUGARDOS	03:10:21	+00:44:20	07:20 min/Km
26	13	65	PEREZ CANTELAR , MARCOS	MALE	SENIOR	INDEPENDIENTE	03:10:38	+00:44:37	07:20 min/Km
27	13	86	SANTOS SUÁREZ , VÍCTOR MANUEL	MALE	VETERAN	CLUB MULTIDEPORTIVO LAXE	03:10:53	+00:44:52	07:21 min/Km
28	14	82	ROMERO VÁZQUEZ , JULIO	MALE	VETERAN	CLUB MULTIDEPORTIVO LAXE	03:10:53	+00:44:52	07:21 min/Km
29	15	24	CASTRO PADÍN , JUAN	MALE	VETERAN	TRAILEROS TOXOS & BIRRAS	03:13:48	+00:47:47	07:28 min/Km
30	14	40	GARCÍA GOMEZ , SERGIO	MALE	SENIOR	A.D.MEDIADUCIA	03:15:25	+00:49:24	07:31 min/Km
31	15	18	CAMPOS GESTAL , NÉSTOR	MALE	SENIOR	A.D. JARNACHAS	03:16:31	+00:50:30	07:34 min/Km
32	16	9	BECERRA CARRIL , NACHO	MALE	VETERAN	INDEPENDIENTE	03:19:46	+00:53:45	07:41 min/Km
33	16	22	CARBALLAL IGLESIAS , ALBERT	MALE	SENIOR	INDEPENDIENTE	03:21:54	+00:55:53	07:46 min/Km
34	17	36	FONTÁN PÉREZ , ARTURO NORBERTO	MALE	VETERAN	INDEPENDIENTE	03:21:57	+00:55:56	07:47 min/Km
35	17	57	LOUREDA LOUZAN , ALEJANDRO	MALE	SENIOR		03:22:10	+00:56:09	07:47 min/Km
36	1	55	LOPEZ VILAS , GELI	FEMALE	VETERAN-F	RUNNING ARTEIXO	03:22:40	+00:56:39	07:48 min/Km

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37	18	2	ABEAL NAVARRO , FRANCISCO	MALE	VETERAN	A. D. C MONTEBREAMO	03:23:01	+00:57:00	07:49 min/Km
38	18	49	LAGO LOUZAN , DAVID	MALE	SENIOR	OS XABARINS DA TABERNA	03:23:32	+00:57:31	07:50 min/Km
39	19	71	RICOY ALONSO , JUAN	MALE	VETERAN		03:23:35	+00:57:34	07:50 min/Km
40	20	67	REY POMBO , ANTONIO	MALE	VETERAN	CASTROSUA TRAIL RUNNING	03:24:22	+00:58:21	07:52 min/Km
41	21	19	CAMPOS MURAS , FERNANDO	MALE	VETERAN	T.MOTOBIKE POIO GALAICO	03:24:51	+00:58:50	07:53 min/Km
42	22	15	CABANELAS PEÓN , DAVID	MALE	VETERAN	INDEPENDIENTE	03:24:52	+00:58:51	07:53 min/Km
43	23	93	SUAREZ COSTA , JUAN JESUS	MALE	VETERAN		03:24:52	+00:58:51	07:53 min/Km
44	24	94	TAJES CANOSA , LUIS	MALE	VETERAN	INDEPENDIENTE	03:25:46	+00:59:45	07:55 min/Km
45	25	30	DAPOZA ALONSO , MARCOS	MALE	VETERAN	CLUB OURENSE ATLETISMO MONTAÑA	03:26:34	+01:00:33	07:57 min/Km
46	26	60	MENENDEZ GARCIA , ALFONSO	MALE	VETERAN	CLUB MTB SOMIEDO	03:26:44	+01:00:43	07:58 min/Km
47	2	3	AGUADO MORI , ANA CRISTINA	FEMALE	VETERAN-F	CLUB REINO ASTUR	03:26:44	+01:00:43	07:58 min/Km
48	27	26	CONCHEIRO FERNÁNDEZ , GUILLERMO	MALE	VETERAN	INDEPENDIENTE	03:27:56	+01:01:55	07:60 min/Km
49	28	76	RODRÍGUEZ DOPICO , JOSÉ ÓSCAR	MALE	VETERAN	PASA OU ENTORNA	03:30:42	+01:04:41	08:07 min/Km
50	19	41	GÓMEZ BARBA , SANTIAGO	MALE	SENIOR	PONTEPICOSTRAIL	03:31:42	+01:05:41	08:09 min/Km
51	3	48	LAGO CARRERA , ANA	FEMALE	VETERAN-F	A.D. JARNACHAS	03:33:53	+01:07:52	08:14 min/Km
52	2	31	DURO LIÑARES , OLALLA	FEMALE	SENIOR-F	PONTE TRAIL	03:36:55	+01:10:54	08:21 min/Km
53	20	63	PEDROSA MAYO , JOSE MANUEL	MALE	SENIOR	PONTE TRAIL	03:36:56	+01:10:55	08:21 min/Km
54	29	85	SANDOVAL LERA , GUILLERMO	MALE	VETERAN	PONTEPICOSTRAIL	03:38:05	+01:12:04	08:24 min/Km
55	21	62	NÚÑEZ TEIJEIRO , ALBERTO	MALE	SENIOR	INDEPENDIENTE	03:39:30	+01:13:29	08:27 min/Km
56	22	14	CAAMAÑO SIEIRA , JOSE	MALE	SENIOR	CDM VERTICE	03:39:36	+01:13:35	08:27 min/Km
57	3	91	STRUGOVA , AINA	FEMALE	SENIOR-F	INDEPENDIENTE	03:40:25	+01:14:24	08:29 min/Km
58	30	13	BLAZQUEZ SUAREZ , JESÚS ALBERTO	MALE	VETERAN		03:41:21	+01:15:20	08:31 min/Km
59	4	27	CORTÓN TESOURO , INMACULADA	FEMALE	VETERAN-F	XTOSIN RUNNERS	03:42:56	+01:16:55	08:35 min/Km
60	31	47	INSUA PAZOS , EMILIO JOSÉ	MALE	VETERAN	XTOSIN RUNNERS	03:42:56	+01:16:55	08:35 min/Km
61	32	80	ROJO LEMA , ISMAEL	MALE	VETERAN	A. D. MONTEBRONDO	03:42:56	+01:16:55	08:35 min/Km
62	33	77	RODRÍGUEZ SEOANE , DAVID	MALE	VETERAN	PONTEPICOSTRAIL	03:45:12	+01:19:11	08:40 min/Km
63	34	28	COUTO ARNAIZ , LUIS	MALE	VETERAN	CLUB DE MONTAÑA O CAXADO	03:51:15	+01:25:14	08:54 min/Km
64	35	66	RAMOS RODRIGUEZ , SUSO	MALE	VETERAN	A.D. DOWNHILL LARACHA	03:52:07	+01:26:06	08:56 min/Km
65	36	1	ABA GARROTE , SANTIAGO	MALE	VETERAN	INDEPENDIENTE	03:58:43	+01:32:42	09:11 min/Km
66	5	12	BLANCO LÓPEZ , ANA BEATRIZ	FEMALE	VETERAN-F	AD MONTEBRONDO	04:02:34	+01:36:33	09:20 min/Km
67	23	23	CASTRO MOURA , MARCOS	MALE	SENIOR	CC.MESOIRO	04:06:52	+01:40:51	09:30 min/Km
68	4	84	SALCES PECHO , IRIS	FEMALE	SENIOR-F	CC.MESOIRO	04:06:56	+01:40:55	09:30 min/Km
69	37	34	FERNANDEZ RIAL , SANTIAGO	MALE	VETERAN	CLUB ATLETISMO FONTES DO SAR	04:12:17	+01:46:16	09:43 min/Km
70	38	98	VIDAL RODRÍGUEZ , ÓSCAR	MALE	VETERAN		04:13:24	+01:47:23	09:45 min/Km
71	39	32	FERNANDEZ ASCARIZ , ANDRES	MALE	VETERAN	ARTABROS	04:23:36	+01:57:35	10:09 min/Km
72	24	16	CABO , RAMÓN	MALE	SENIOR		04:26:15	+02:00:14	10:15 min/Km

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73	5	6	ÁLVAREZ REY , PATRICIA	FEMALE	SENIOR-F	INDEPENDIENTE	04:26:16	+02:00:15	10:15 min/Km
74	6	37	FORMOSO NOCEDA , TINA	FEMALE	VETERAN-F	TRIBU TRAIL	04:27:49	+02:01:48	10:19 min/Km
75	25	25	COLÓN , MARCOS	MALE	SENIOR		04:28:54	+02:02:53	10:21 min/Km
76	7	38	FRAGA MARTÍNEZ , MONTSERRAT	FEMALE	VETERAN-F	AD JARNACHAS	04:39:59	+02:13:58	10:47 min/Km
77	8	53	LOIS , BEGO	FEMALE	VETERAN-F	RUNNING OLEIROS	04:39:59	+02:13:58	10:47 min/Km
78	6	29	CURES RODRIGUEZ , VERÓNICA MARÍA	FEMALE	SENIOR-F	CDM VERTICE	04:47:53	+02:21:52	11:05 min/Km
79	9	74	RODRÍGUEZ , SILVIA	FEMALE	VETERAN-F	INDEPENDIENTE	05:20:53	+02:54:52	12:21 min/Km
80	40	92	SUAREZ CARRIL , FERNANDO	MALE	VETERAN		05:20:54	+02:54:53	12:21 min/Km
DSQ		300	NUÑEZ NAVEIRA , LAURA	FEMALE	VETERAN-F		02:26:30		05:39 min/Km
DSQ		4	AGUADO MORI , PATRICIA	FEMALE	VETERAN-F	GM REINO ASTUR	03:04:03		07:05 min/Km