

TRAIL DA CIDÁ 2019
- GENERAL ABSOLUTA -

27 XANEIRO 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CLUB	META	RITMO
1	1	67	GONZALEZ HORTA , VICTOR	MALE	SENIOR-M	LODEIROS TRAIL	LODEIROS TRAIL	01:08:08.043	04:42 min/Km
2	1	87	LORENZO BLANCO , CARLOS	MALE	MASTER-M		INDEPENDIENTE	01:08:11.323	04:43 min/Km
3	2	1	TOUCEDO SANTOS , ESTEBAN	MALE	SENIOR-M	MAXIKO MASAXES KIKO	SAN MIGUEL DE MARÍN	01:08:17.863	04:43 min/Km
4	3	325	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	SENIOR-M	CD RIA DE AROUSA O GROVE	CASTRO- TRAIL	01:09:33.603	04:48 min/Km
5	2	206	CALVO CES , ARMANDO	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:09:34.823	04:48 min/Km
6	3	294	MARIÑO FERNANDEZ , ISAAC	MALE	MASTER-M	C.A.R. MARISQUEIRO		01:11:08.453	04:55 min/Km
7	4	347	REQUEIJO REQUEIJO , SERGIO	MALE	SENIOR-M	AZERVAÑAN	AZERVAÑAN	01:11:08.533	04:55 min/Km
8	4	267	GONZALEZ , ALEX	MALE	MASTER-M		XESTEIRAS	01:11:18.153	04:56 min/Km
9	5	146	TRABA CAAMAÑO , PEDRO	MALE	MASTER-M	CLUB ATLETISMO OUTES-JOHN TURKEY	CAO (CLUB ATLETISMO OUTES)	01:12:24.453	04:60 min/Km
10	6	200	BOUZA PORTA , LUIS MIGUEL	MALE	MASTER-M		PC SANTA MARTA ORTIGUEIRA	01:12:53.313	05:02 min/Km
11	7	70	GUERRA MAGAN , OSCAR	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A		01:12:53.553	05:02 min/Km
12	1	251	FOLGAR POUSO , RAMÓN IGNACIO	MALE	VET-M		ESCUELA DE BOXEO EL CANARIO	01:13:23.853	05:04 min/Km
13	8	33	CES CRISTOBO , MANUEL	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:13:36.233	05:05 min/Km
14	9	109	PÉREZ LOURENZO , ÓSCAR	MALE	MASTER-M	MAXIKO MASAXES KIKO	MAXIKO MASAXES KIKO	01:13:38.423	05:05 min/Km
15	5	48	FERNÁNDEZ POUSADA , IVÁN	MALE	SENIOR-M	3&RUNNETSPACE	INDEPENDIENTE	01:13:41.553	05:05 min/Km
16	10	295	MARTIN TINOCO , JUAN ANTONIO	MALE	MASTER-M		FLETAS RUNNER	01:13:45.143	05:06 min/Km
17	6	17	BRION BRION , OSCAR	MALE	SENIOR-M	MAXIKO MASAXES KIKO	MAXIKO MASAXES KIKO	01:13:50.843	05:06 min/Km
18	11	85	LÓPEZ DOMÍNGUEZ , JAVIER	MALE	MASTER-M	LODEIROS TRAIL	LODEIROS TRAIL	01:13:53.463	05:06 min/Km
19	7	66	GONZALEZ HORTA , ELOY	MALE	SENIOR-M	LODEIROS TRAIL	LODEIROS TRAIL	01:13:58.663	05:07 min/Km
20	12	110	PEREZ PRIETO , GERARDO	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B		01:13:59.853	05:07 min/Km
21	13	103	OUBIÑA DIOS , FRANCISCO RAMON	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C.A.CAMBADOS - SEG.NOVAL	01:14:04.353	05:07 min/Km
22	14	117	QUEIRUGA TORRES , OSCAR	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:14:30.783	05:09 min/Km
23	15	24	CACHARRÓN ARMENTAL , CARLOS	MALE	MASTER-M	3&RUNNETSPACE	NETSPACE 3&RUN	01:14:36.883	05:09 min/Km
24	16	56	GARCÍA ABALO , KIKO	MALE	MASTER-M	MAXIKO MASAXES KIKO	MAXIKO I MASAXES KIKO	01:14:57.093	05:11 min/Km
25	2	271	GONZALEZ SANTAMARIA , JOSE MANUEL	MALE	VET-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:15:19.093	05:12 min/Km
26	17	131	ROMERO VÁZQUEZ , MANUEL	MALE	MASTER-M	MAXIKO MASAXES KIKO	MAXIKO MASAXES KIKO	01:15:25.703	05:13 min/Km
27	8	183	AMENEIROS GOMEZ , JOSE LUIS	MALE	SENIOR-M		TEAM CORBELO	01:15:25.763	05:13 min/Km
28	18	127	RODRÍGUEZ FERNÁNDEZ , XOSEMARÍA	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:15:34.343	05:13 min/Km
29	9	99	MOURIÑO FRESCO , RAMON	MALE	SENIOR-M		INDEPENDIENTE	01:15:51.103	05:14 min/Km
30	10	319	OTERO FARIÑA , PABLO	MALE	SENIOR-M		C.A.CAMBADOS-SEGUROS NOVAL	01:15:56.173	05:15 min/Km
31	19	4	ASPEREZ , DAVID	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B		01:16:04.803	05:15 min/Km
32	11	26	CALVO VITURRO , SANTIAGO	MALE	SENIOR-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:16:06.393	05:15 min/Km
33	12	151	VIDAL MARTINEZ , HECTOR	MALE	SENIOR-M	LOS CHAVALES	LOS CHAVALES	01:16:15.743	05:16 min/Km
34	20	129	ROMERO AGRA , NESTOR	MALE	MASTER-M	LOUSAME TRAIL	LOUSAME TRAIL	01:16:21.753	05:16 min/Km
35	13	19	BUJAN LOURIDO , SERGIO	MALE	SENIOR-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:16:32.843	05:17 min/Km
36	14	350	RÍOS TUBÍO , DANIEL	MALE	SENIOR-M		INDEPENDIENTE	01:16:35.413	05:17 min/Km

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37	21	341	PIÑEIRO LAMAS , RAMON	MALE	MASTER-M		S. D BARBANTIA RODA	01:17:01.183	05:19 min/Km
38	22	236	DUARTE , RAFA	MALE	MASTER-M		PIRATES DE LA MUNTANYA	01:17:01.293	05:19 min/Km
39	23	363	SANISIDRO REGO , DAVID	MALE	MASTER-M		INDEPENDIENTE	01:17:01.653	05:19 min/Km
40	24	68	GONZÁLEZ MARTÍNEZ , JOSE ANTONIO	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:17:07.333	05:20 min/Km
41	25	80	LAGO GRAÑA , ROBERTO	MALE	MASTER-M	LODEIROS TRAIL	LODEIROS TRAIL	01:17:16.903	05:20 min/Km
42	3	125	RIVAS CASTRO , JUAN	MALE	VET-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:17:17.193	05:20 min/Km
43	26	260	GARCIA FANDIÑO , JUAN	MALE	MASTER-M		NOSPORLIMIT	01:17:27.083	05:21 min/Km
44	27	354	RODRIGUEZ POUSO , LITO	MALE	MASTER-M	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:17:27.463	05:21 min/Km
45	15	118	QUINTIÁN AGRAFOJO , JOSÉ MANUEL	MALE	SENIOR-M	CDM VERTICE	CDM VÉRTICE	01:18:12.293	05:24 min/Km
46	28	324	PASCUAL FIDALGO , FRANCISCO	MALE	MASTER-M		CASTRO- TRAIL	01:18:13.253	05:24 min/Km
47	16	135	SANAMRTIN REY , ISIDRO	MALE	SENIOR-M		PC TIRAMILLAS	01:18:21.873	05:25 min/Km
48	17	276	IGLESIAS AMORES , MIGUEL	MALE	SENIOR-M	AZERVAÑAN	AZERVAÑAN	01:18:23.023	05:25 min/Km
49	29	49	FERNÁNDEZ RENDO , JOSE ANTONIO	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:18:24.303	05:25 min/Km
50	30	18	BUJÁN GONZÁLEZ , JOSÉ	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:18:40.123	05:26 min/Km
51	18	97	MARTÍNEZ SÓÑORA , FERNANDO	MALE	SENIOR-M		INDEPENDIENTE	01:18:45.683	05:26 min/Km
52	31	62	GÓMEZ GÓMEZ , MANUEL	MALE	MASTER-M	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:18:48.843	05:27 min/Km
53	19	358	ROSENDE BREA , JOSE	MALE	SENIOR-M		CAI A ESTRADA	01:18:56.973	05:27 min/Km
54	20	46	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR-M	MAXIKO MASAXES KIKO	MAXIKO MASAXES KIKO	01:19:09.060	05:28 min/Km
55	32	53	FIGUEIRA , TOÑO	MALE	MASTER-M	S.D. BARBANTIA RODA	SD BARBANTIA RODA	01:19:10.593	05:28 min/Km
56	4	13	BOO FARIÑA , SALVADOR	MALE	VET-M	TRIBU TRAIL	TRIBU TRAIL	01:19:11.683	05:28 min/Km
57	33	147	TUBIO DAVILA , JOSE	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:19:17.153	05:29 min/Km
58	21	54	FIGUEIRO RESUA , FRANCISCO JAVIER	MALE	SENIOR-M	MAXIKO MASAXES KIKO	INDEPENDIENTE	01:19:21.103	05:29 min/Km
59	22	107	PÉREZ CANTELAR , MARCOS	MALE	SENIOR-M		INDEPENDIENTE	01:19:22.443	05:29 min/Km
60	34	64	GOMEZ OURILLE , NICOLAS	MALE	MASTER-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:19:33.757	05:30 min/Km
61	23	133	RÚA NÚÑEZ , MANUEL	MALE	SENIOR-M		INDEPENDIENTE	01:19:33.993	05:30 min/Km
62	24	216	CARNERO RODRÍGUEZ , PABLO	MALE	SENIOR-M	ARCA DE NOE	INDEPENDIENTE	01:19:57.673	05:31 min/Km
63	35	213	CAO MONTENEGRO , JOSE MIGUEL	MALE	MASTER-M		AVIVA	01:20:04.483	05:32 min/Km
64	36	397	YAÑEZ ORDOÑEZ , DAVID	MALE	MASTER-M		S.D. BARBANTIA RODA	01:20:19.813	05:33 min/Km
65	37	88	LORENZO CORRAL , FERNANDO	MALE	MASTER-M			01:20:26.463	05:33 min/Km
66	38	30	CASAL SANTOS , MARCOS	MALE	MASTER-M		INDEPENDIENTE	01:20:39.103	05:34 min/Km
67	39	96	MARTINEZ MANEIRO , ALBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:20:41.953	05:34 min/Km
68	40	137	SANTIAGO POUSO , ROBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:20:42.523	05:34 min/Km
69	5	59	GARCIA MARTÍNEZ , ANGEL	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:20:44.853	05:35 min/Km
70	41	348	REY GARCIA , MANUEL	MALE	MASTER-M		LACARAVANANOPARA	01:21:05.233	05:36 min/Km
71	42	280	INSUA PAZOS , EMILIO JOSÉ	MALE	MASTER-M		C.D. PORTOSIN	01:21:08.743	05:36 min/Km
72	43	221	CONDE TATO , JOSÉ ÁNGEL	MALE	MASTER-M			01:21:09.463	05:36 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CLUB	META	RITMO
73	44	184	AYASO PÉREZ , TEO	MALE	MASTER-M		INDEPENDIENTE	01:21:15.603	05:37 min/Km
74	6	182	ÁLVAREZ. MORAIS , EDUARDO	MALE	VET-M		RUNNING SPORT OURENSE TRAIL	01:21:24.883	05:37 min/Km
75	7	72	HOMBRE DOPAZO , PEPE	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	SACHACAMIÑOS	01:21:29.783	05:38 min/Km
76	45	27	CAMEAN CAMEAN , ROBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:21:34.373	05:38 min/Km
77	25	16	BOULLÓN PÉREZ , JAVIER	MALE	SENIOR-M		INDEPENDIENTE	01:21:46.133	05:39 min/Km
78	46	181	ÁLVAREZ JORGE , MOISÉS	MALE	MASTER-M		CDM VERTICE	01:21:51.863	05:39 min/Km
79	47	37	DIESTE REGADES , SERGIO	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:21:56.853	05:40 min/Km
80	48	5	ASTRAY LÓPEZ , PABLO	MALE	MASTER-M			01:22:00.153	05:40 min/Km
81	49	156	VILASOA SILVA , JOSE FRANCISCO	MALE	MASTER-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:22:03.243	05:40 min/Km
82	50	205	CAJARAVILLE ARAÚJO , HÉCTOR	MALE	MASTER-M		INDEPENDIENTE	01:22:22.403	05:41 min/Km
83	26	185	BALADO RODRIGUEZ , ROBERTO	MALE	SENIOR-M			01:22:47.583	05:43 min/Km
84	27	65	GÓMEZ SIEIRA , DAVID	MALE	SENIOR-M	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:22:52.023	05:43 min/Km
85	51	89	LORES MEIS , JOSE MANUEL	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	CLUBE ATLETISMO CAMBADOS - SEGUROS NOVAL	01:22:53.333	05:43 min/Km
86	8	199	BLANCO PIAS , FRANCISCO JAVIER	MALE	VET-M		INDEPENDIENTE	01:23:06.543	05:44 min/Km
87	52	116	QUEIRUGA , MARIO	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:23:21.393	05:45 min/Km
88	53	138	SANTÓRUM GONZÁLEZ , JORGE	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:23:31.763	05:46 min/Km
89	54	11	BEIS CABANAS , JESÚS A.	MALE	MASTER-M		CLUB ATLETISMO O PINO	01:23:50.223	05:47 min/Km
90	55	179	ALFAYA PEREZ , PABLO	MALE	MASTER-M		AVIVA SPORT CLUB	01:23:50.443	05:47 min/Km
91	56	79	LADO TORRES , JOSÉ CARLOS	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:24:04.243	05:48 min/Km
92	28	359	ROSENDE SÁEZ , MARCOS	MALE	SENIOR-M		CAI A ESTRADA	01:24:05.443	05:48 min/Km
93	57	211	CANOURA ABEIJON , MANUEL	MALE	MASTER-M			01:24:08.953	05:49 min/Km
94	58	396	VILLAR CAAMAÑO , JOSE ALFONSO	MALE	MASTER-M		PONTE TRAIL	01:24:09.213	05:49 min/Km
95	29	340	PIÑEIRO BERMÚDEZ , JORGE	MALE	SENIOR-M		INDEPENDIENTE	01:24:13.333	05:49 min/Km
96	59	15	BOTANA QUEITUGA , VICTOR MANUEL	MALE	MASTER-M	INCOR-AUTOVIDRIO	INCOR-AUTOVIDRIO	01:24:23.213	05:50 min/Km
97	30	281	JIMENEZ MICOLA , ROBERTO JOSE	MALE	SENIOR-M			01:24:35.513	05:51 min/Km
98	60	373	TAJES PÉREZ , JESÚS MANUEL	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:24:36.923	05:51 min/Km
99	61	389	VAZQUEZ REIRIZ , LUIS	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:24:47.243	05:51 min/Km
100	62	90	LUNA DOMINGUEZ , JUAN	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:24:47.833	05:51 min/Km
101	31	395	VILASOA , DANIEL	MALE	SENIOR-M		S.D.BARBANTIA RODA	01:25:02.023	05:52 min/Km
102	63	259	GARCÍA DA CUÑA , RUBÉN	MALE	MASTER-M	CD RIA DE AROUSA O GROVE	CD RÍA DE AROUSA O GROVE	01:25:04.843	05:53 min/Km
103	64	192	BELLO GRAIÑO , DIEGO	MALE	MASTER-M		INDEPENDIENTE	01:25:15.723	05:53 min/Km
104	32	262	GARCIA MARTINEZ , HUGO	MALE	SENIOR-M			01:25:37.653	05:55 min/Km
105	33	300	MARTINEZ SANMARTÍN , FRANCISCO	MALE	SENIOR-M		TEAM CORBELO	01:25:41.503	05:55 min/Km
106	9	285	LESTÓN FABEIRO , MIGUEL	MALE	VET-M	TRIBU TRAIL	TRIBU TRAIL	01:25:45.113	05:55 min/Km
107	34	134	RÚA NÚÑEZ , RAMÓN	MALE	SENIOR-M		INDEPENDIENTE	01:25:48.133	05:56 min/Km
108	35	309	MOLINES SIFRE , JOSE	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:25:50.373	05:56 min/Km

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109	36	178	ALBA GAGO , ALFONSO	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:25:50.753	05:56 min/Km
110	37	286	LINARES CAMBRONERO , EDUARDO	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:25:50.963	05:56 min/Km
111	38	40	DOPAZO REGUEIRO , PABLO ANTONIO	MALE	SENIOR-M	3&RUNNETSPACE	NETSPACE 3&RUN	01:26:03.883	05:57 min/Km
112	65	334	PÉREZ GONZÁLEZ , DAVID	MALE	MASTER-M		A CANUDA	01:26:09.953	05:57 min/Km
113	66	114	PINTADO COSTA , JUAN MANUEL	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:26:18.633	05:58 min/Km
114	1	10	BARROSO PÉREZ , BEATRIZ	FEMALE	MASTER-F	TRIBU TRAIL	TRIBU TRAIL	01:26:24.773	05:58 min/Km
115	67	385	VARELA VALLADARES , ALEJANDRO	MALE	MASTER-M	CHISPAS	CHISPAS	01:26:26.263	05:58 min/Km
116	39	379	TORRES GONZALEZ , MIGUEL	MALE	SENIOR-M		INDEPENDIENTE	01:26:31.103	05:59 min/Km
117	10	254	FREIRE ESPARÍS , BENIGNO	MALE	VET-M		INDEPENDIENTE	01:26:37.763	05:59 min/Km
118	68	369	SOBRADO MIGUÉLEZ , ROBERTO	MALE	MASTER-M		INDEPENDIENTE	01:26:56.583	05:60 min/Km
119	69	92	MARTINEZ ABAL , ROI	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:26:58.253	05:60 min/Km
120	70	371	SUAREZ LIÑERO , DAVID	MALE	MASTER-M		CORRIENDOXMORCIN	01:27:02.353	06:01 min/Km
121	71	143	SUEIRO MENDEZ , ANDRÉS	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B	C. ATLETISMO CAMBADOS-SEGUROS NOVAL B	01:27:16.773	06:02 min/Km
122	11	38	DOMINGUEZ PIÑEIRO , CHEMA	MALE	VET-M	S.D. BARBANTIA RODA	SD BARBANTIA RODA	01:27:23.473	06:02 min/Km
123	72	380	TROITIÑO LIMERES , LAUREANO	MALE	MASTER-M		INDEPENDIENTE	01:27:30.323	06:03 min/Km
124	40	132	ROO MAROÑAS , PABLO	MALE	SENIOR-M	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:27:41.363	06:03 min/Km
125	73	73	IBÁÑEZ PEREIRO , AITOR	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:27:42.063	06:03 min/Km
126	74	106	PEREIRAS COUTO , ALVARO	MALE	MASTER-M			01:28:01.083	06:05 min/Km
127	2	302	MATALOBOS REDONDO , ELENA	FEMALE	MASTER-F	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:28:15.183	06:06 min/Km
128	75	43	FANDIÑO GARCIA , OSCAR	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:28:24.723	06:06 min/Km
129	41	235	DOVAL GONZÁLEZ , JUAN	MALE	SENIOR-M		INDEPENDIENTE	01:29:09.763	06:09 min/Km
130	12	238	FERNANDEZ ANTELO , FRANCISCO	MALE	VET-M		CLUB TRIATTON O TREITO	01:29:15.913	06:10 min/Km
131	42	223	CORDÓN BRAÑA , ALFREDO	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:29:35.453	06:11 min/Km
132	76	180	ALONSO CABALEIRO , OSCAR	MALE	MASTER-M		INDEPENDIENTE	01:29:42.943	06:12 min/Km
133	43	381	TUBIO DOURADO , OSCAR	MALE	SENIOR-M	TRIBU TRAIL	TRIBU TRAIL	01:29:51.933	06:12 min/Km
134	13	20	BURES MIGUENS , XOSE MANUEL	MALE	VET-M		TRIBU TRAIL	01:29:56.493	06:13 min/Km
135	77	145	TORRES , JOSE	MALE	MASTER-M		INDEPENDIENTE	01:30:03.543	06:13 min/Km
136	44	172	ABALO VILAS , ÁNGEL	MALE	SENIOR-M			01:30:07.953	06:13 min/Km
137	78	202	BOUZAS VILAS , EMILIO	MALE	MASTER-M		INDEPENDIENTE	01:30:13.143	06:14 min/Km
138	79	318	OLIVEIRA CASAIS , JESUS MANUEL	MALE	MASTER-M	MAXIKO MASAXES KIKO	INDEPENDIENTE	01:30:13.363	06:14 min/Km
139	45	6	BAÑA TOME , PABLO	MALE	SENIOR-M	CDM VERTICE	CDM VÉRTICE	01:30:14.943	06:14 min/Km
140	46	76	IGLESIAS VIGO , JAVIER	MALE	SENIOR-M		INDEPENDIENTE	01:30:23.023	06:15 min/Km
141	80	124	RIVAS ALENDE , JUAN	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:30:34.493	06:15 min/Km
142	81	287	LOPEZ BALEIRON , EDGAR MANUEL	MALE	MASTER-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:30:54.983	06:17 min/Km
143	82	316	NAVIA GARCIA , JAVIER	MALE	MASTER-M	CARMA	CAZAFANTASMAS	01:31:11.073	06:18 min/Km
144	83	239	FERNÁNDEZ BALADO , JUAN	MALE	MASTER-M		CLUB ATLETISMO FONTES DO SAR	01:31:28.763	06:19 min/Km

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145	84	366	SENDÍN RAÑA , PABLO	MALE	MASTER-M		INDEPENDIENTE	01:31:31.573	06:19 min/Km
146	85	326	PAZ CALO , JORGE	MALE	MASTER-M			01:31:33.053	06:19 min/Km
147	14	353	RODRÍGUEZ PIÑEIRO , RICARDO	MALE	VET-M		TRINORTH	01:31:40.183	06:20 min/Km
148	86	7	BARRAL PEREZ , RAMON	MALE	MASTER-M		INDEPENDIENTE	01:31:54.893	06:21 min/Km
149	47	186	BALBOA BESADA , EDGAR	MALE	SENIOR-M		INDEPENDIENTE	01:32:04.453	06:21 min/Km
150	87	111	PESTONIT FREIRE , NOE	MALE	MASTER-M	TRIBU TRAIL	TRIBU TRAIL	01:32:22.573	06:23 min/Km
151	88	3	ALDREY RAICES , JOSE MANUEL	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	PRAIA DE CARNOTA RUNNERS	01:32:36.143	06:24 min/Km
152	48	311	MONTOUTO REQUEIJO , DIEGO	MALE	SENIOR-M	AZERVAÑAN	AZERVAÑAN	01:32:49.563	06:25 min/Km
153	15	108	PÉREZ LAMPÓN , JOSÉ MANUEL	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS CLUB	01:32:59.923	06:25 min/Km
154	1	95	MARTINEZ LAGO , PATI	FEMALE	VET-F	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL-SACHACAMIÑOS	01:33:00.143	06:25 min/Km
155	89	243	FERNANDEZ PEREZ , OSCAR MANUEL	MALE	MASTER-M	CARMA	C.A.R. MARISQUEIRO	01:33:20.303	06:27 min/Km
156	49	344	QUIJANO MARTÍNEZ , FERNANDO	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:33:33.203	06:28 min/Km
157	16	9	BARREIRO PADIN , ALFONSO	MALE	VET-M		C. D. RÍA DE AROUSA	01:33:45.693	06:28 min/Km
158	90	391	VICENTE GARCIA , JOSE DANIEL	MALE	MASTER-M		INDEPENDIENTE	01:33:54.823	06:29 min/Km
159	17	346	REBOREDA GRAÑA , AMADOR	MALE	VET-M		PINARIM	01:34:05.803	06:30 min/Km
160	91	57	GARCIA BLANCO , DIEGO	MALE	MASTER-M			01:34:09.813	06:30 min/Km
161	92	25	CAJARAVILLE DAPENA , PABLO	MALE	MASTER-M		INDEPENDIENTE	01:34:10.623	06:30 min/Km
162	50	310	MONTAÑA COSTAS , BERNARDO	MALE	SENIOR-M			01:34:25.883	06:31 min/Km
163	51	226	CREO SABORIDO , ALEJANDRO	MALE	SENIOR-M		INDEPENDIENTE	01:34:28.633	06:31 min/Km
164	52	39	DOMÍNGUEZ SÁNCHEZ , EMILIO	MALE	SENIOR-M		INDEPENDIENTE	01:34:28.873	06:31 min/Km
165	93	298	MARTINEZ GONZALEZ , CESAR	MALE	MASTER-M		C.A.R. MARISQUEIRO	01:34:33.953	06:32 min/Km
166	18	115	PORTA RODEIRO , FRAN	MALE	VET-M		INDEPENDIENTE	01:34:51.483	06:33 min/Km
167	94	47	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	MASTER-M		INDEPENDIENTE	01:34:57.603	06:33 min/Km
168	95	364	SANTOS DIOS , JOSE RAMON	MALE	MASTER-M			01:34:59.303	06:34 min/Km
169	96	372	SUÁREZ SUÁREZ , CÉSAR	MALE	MASTER-M		INDEPENDIENTE	01:35:01.813	06:34 min/Km
170	19	279	IGLESIAS VIGO , JESÚS	MALE	VET-M		INDEPENDIENTE	01:35:01.953	06:34 min/Km
171	20	60	GARCÍA RODRÍGUEZ , JUAN MANUEL	MALE	VET-M	TRAIL BARBANZA	TRAIL BARBANZA	01:35:07.273	06:34 min/Km
172	21	224	COSTAS FERNANDEZ , ALFONSO	MALE	VET-M		C.A.R. MARISQUEIRO	01:35:17.063	06:35 min/Km
173	53	301	MATAIX PONCE , PEDRO	MALE	SENIOR-M	BICHOS	INDEPENDIENTE	01:35:20.163	06:35 min/Km
174	97	357	ROMERO PARADA , KIKO	MALE	MASTER-M	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:35:48.883	06:37 min/Km
175	98	232	DOMINGUEZ RECAREY , FRANCISCO MANUEL	MALE	MASTER-M		PONTE TRAIL	01:35:55.653	06:37 min/Km
176	54	82	LAGOS PEREIR , ANTONIO	MALE	SENIOR-M		CDM VÉRTICE	01:35:57.773	06:38 min/Km
177	22	189	BARREIRO CERNADAS , RAMON	MALE	VET-M	CLUB ATLETISMO OUTES-JOHN TURKEY	CLUB ATLETISMO OUTES JOHN TURKEY	01:36:06.743	06:38 min/Km
178	99	351	RIVAS BEIS , JAVIER	MALE	MASTER-M			01:36:26.763	06:40 min/Km
179	100	250	FIGUEIRO ROMAY , ALBERTO	MALE	MASTER-M		INDEPENDIENTE	01:36:33.523	06:40 min/Km
180	101	247	FERREIROS SANCHEZ , JOSE	MALE	MASTER-M			01:37:00.983	06:42 min/Km

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181	3	91	MAREQUE MARTINEZ , MARIA	FEMALE	MASTER-F	TARTARUGAS	TARTARUGAS	01:37:08.703	06:42 min/Km
182	102	335	PEREZ LIJO , JOSE ANTONIO	MALE	MASTER-M		INDEPENDIENTE	01:37:14.053	06:43 min/Km
183	103	266	GÓMEZ POMBO , ANTÓN	MALE	MASTER-M		R.C.CELTA ATLETISMO	01:37:14.673	06:43 min/Km
184	104	328	PAZOS LÓPEZ , ALEJANDRO	MALE	MASTER-M		INDEPENDIENTE	01:37:18.723	06:43 min/Km
185	55	253	FONTÁN MARTÍNEZ , XACOBE	MALE	SENIOR-M	S.D. BARBANTIA RODA	S.D.BARBANTIA RODA	01:37:23.773	06:44 min/Km
186	105	252	FONTAN LOPEZ , MIGUEL ANGEL	MALE	MASTER-M			01:38:10.223	06:47 min/Km
187	106	34	CORDAL BARREIRO , IVAN	MALE	MASTER-M	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:38:12.723	06:47 min/Km
188	23	74	IGLESIAS IGLESIAS , ISIDRO	MALE	VET-M		C.D.RIA DE AROUSA	01:38:22.023	06:48 min/Km
189	1	218	CASTRO NOGUEIRA , NEREA	FEMALE	SENIOR-F			01:38:23.743	06:48 min/Km
190	56	241	FERNÁNDEZ GONZÁLEZ , XOÁN	MALE	SENIOR-M	WILDBOARS	INDEPENDIENTE	01:38:32.983	06:48 min/Km
191	107	176	AGEITOS SANTOS , AGUSTIN	MALE	MASTER-M			01:38:35.593	06:48 min/Km
192	108	191	BAUTIS OTERO , JUAN MANUEL	MALE	MASTER-M		USC	01:38:37.233	06:49 min/Km
193	109	142	SOTO BUCETA , SERGIO	MALE	MASTER-M		C.A.CAMBADOS - SEG.NOVAL	01:38:39.753	06:49 min/Km
194	57	365	SANTOS ROJAS , FRANCISCO	MALE	SENIOR-M			01:38:46.043	06:49 min/Km
195	24	105	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VET-M	ATLETISMO FONTES DO SAR	ATLETISMO FONTES DO SAR	01:38:46.673	06:49 min/Km
196	58	136	SANCHEZ , HAROLD	MALE	SENIOR-M			01:38:47.363	06:49 min/Km
197	110	141	SARASQUETE FERNÁNDEZ , FRANCISCO	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS CLUB	01:38:52.473	06:50 min/Km
198	4	195	BERDEJO MORALES , VANESSA	FEMALE	MASTER-F		LACARAVANANOPARA	01:38:58.383	06:50 min/Km
199	25	338	PEREZ SUSAVILA , ANGEL	MALE	VET-M		INDEPENDIENTE	01:39:16.223	06:51 min/Km
200	26	128	RODRIGUEZ JURJO , VITOR MANUEL	MALE	VET-M		INDEPENDIENTE	01:39:16.513	06:51 min/Km
201	111	196	BERIAS LAIÑO , LUÍS MIGUEL	MALE	MASTER-M		PONTE TRAIL	01:39:21.353	06:52 min/Km
202	112	323	PARDO PARDO , EUGENIO	MALE	MASTER-M		INDEPENDIENTE	01:39:39.073	06:53 min/Km
203	59	112	PINEDA REIRIZ , SERGIO	MALE	SENIOR-M		INDEPENDIENTE	01:39:43.947	06:53 min/Km
204	113	249	FIGUEIRAS TOREA , OSCAR	MALE	MASTER-M	CLUB ATLETISMO OUTES-JOHN TURKEY	CLUB ATLETISMO OUTES JOHN TURKEY	01:39:44.043	06:53 min/Km
205	114	258	GARCÍA CORTIZAS , CARLOS	MALE	MASTER-M			01:40:13.013	06:55 min/Km
206	27	52	FERNÁNDEZ VALENCIA , PABLO	MALE	VET-M		ATHLOS	01:40:14.663	06:55 min/Km
207	28	282	JUNCAL COSTA , ANTON	MALE	VET-M		TAMBRE RUNNIG	01:40:14.953	06:55 min/Km
208	60	240	FERNÁNDEZ BERMÚDEZ , MANUEL	MALE	SENIOR-M	WILDBOARS	INDEPENDIENTE	01:40:16.783	06:55 min/Km
209	115	393	VIDAL SIEIRA , JOSÉ MANUEL	MALE	MASTER-M	WILDBOARS	INDEPENDIENTE	01:40:17.443	06:55 min/Km
210	29	367	SERANTES MANEIRO , CAMILO	MALE	VET-M		ADC ARNELA	01:41:02.583	06:59 min/Km
211	116	284	LAGO LOUZAN , DAVID	MALE	MASTER-M		MIRONS COSTA DA MORTE	01:41:04.173	06:59 min/Km
212	117	175	AGEITOS GUDE , HUMBERTO	MALE	MASTER-M		NATACIÓN RIBEIRA	01:41:05.213	06:59 min/Km
213	118	264	GIL MARTINEZ , JOSE ANGEL	MALE	MASTER-M			01:41:20.720	06:60 min/Km
214	61	315	MUÑIZ SANVICENTE , MIGUEL	MALE	SENIOR-M	S.D. BARBANTIA RODA	S. D BARBANTIA RODA	01:41:26.243	06:60 min/Km
215	119	22	BUSTO GALLARDO , JOSE MANUEL	MALE	MASTER-M	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:41:36.083	07:01 min/Km
216	120	394	VILAS SEOANE , FRANCISCO	MALE	MASTER-M			01:41:36.093	07:01 min/Km

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217	121	83	LAMAS POSE , XOSÉ MANUEL	MALE	MASTER-M			01:41:45.043	07:02 min/Km
218	122	356	ROMAY SIEIRA , JUAN FRANCISCO	MALE	MASTER-M			01:41:47.673	07:02 min/Km
219	123	327	PAZ SILVA , ADÁN	MALE	MASTER-M		INDEPENDIENTE	01:41:51.633	07:02 min/Km
220	30	188	BARREAL LORENZO , GUILLERMO	MALE	VET-M			01:41:56.513	07:02 min/Km
221	2	256	GARCÍA ABALO , MADA	FEMALE	VET-F	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:42:00.923	07:03 min/Km
222	124	355	RODRIGUEZ SEOANE , DAVID	MALE	MASTER-M			01:42:04.683	07:03 min/Km
223	62	2	ADRIO RODRÍGUEZ , ANDRÉ	MALE	SENIOR-M		C.A.R. MARISQUEIRO	01:42:14.803	07:04 min/Km
224	5	297	MARTINEZ ARIAS , NATALIA	FEMALE	MASTER-F			01:42:28.203	07:05 min/Km
225	31	212	CAO ALFONSO , JESÚS	MALE	VET-M		INDEPENDIENTE	01:42:29.593	07:05 min/Km
226	125	292	MALLO NIEVES , JOSÉ MANUEL	MALE	MASTER-M			01:42:56.603	07:06 min/Km
227	6	122	RIAÑO LUEIRO , NOELIA	FEMALE	MASTER-F		TRIBU TRAIL	01:43:10.323	07:07 min/Km
228	32	139	SANTOS GARCÍA , JUAN JOSÉ	MALE	VET-M	OS SALTAMONTES	OS SALTAMONTES	01:43:10.373	07:07 min/Km
229	3	272	GONZALEZ VAZQUEZ , PILI	FEMALE	VET-F		KORPOREARENTEIRO TRAIL	01:43:15.763	07:08 min/Km
230	126	374	TATO SOTO , VICTOR MANUEL	MALE	MASTER-M		KORPOREARENTEIRO TRAIL	01:43:18.683	07:08 min/Km
231	127	390	VELOSO MARTINEZ , IVAN	MALE	MASTER-M			01:43:24.253	07:08 min/Km
232	4	313	MUNÍN GARCÍA , MARÍA DOLORES	FEMALE	VET-F			01:43:49.543	07:10 min/Km
233	128	290	LORENZO MIRÓN , DANIEL	MALE	MASTER-M		INDEPENDIENTE	01:43:57.613	07:11 min/Km
234	63	307	MILLARA ROLAN , FERNANDO	MALE	SENIOR-M	C.A.R. MARISQUEIRO	C.A.R. MARISQUEIRO	01:44:03.073	07:11 min/Km
235	129	386	VARELA VALLADARES , BRUNO	MALE	MASTER-M	CHISPAS	CHISPAS	01:44:08.743	07:11 min/Km
236	130	387	VARELA VALLADARES , CÉSAR	MALE	MASTER-M		CHISPAS	01:44:08.893	07:11 min/Km
237	131	293	MARIÑO CASAS , MODESTO	MALE	MASTER-M			01:44:25.083	07:13 min/Km
238	64	98	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR-M	TRIBU TRAIL	TRIBU TRAIL	01:44:26.193	07:13 min/Km
239	132	173	ABEIJÓN COSTA , FRANCISCO	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:44:50.813	07:14 min/Km
240	5	51	FERNANDEZ VALENCIA , MERCEDES	FEMALE	VET-F			01:44:55.723	07:15 min/Km
241	33	265	GOMEZ PEREZ , JUAN CARLOS	MALE	VET-M		INDEPENDIENTE	01:44:57.453	07:15 min/Km
242	133	144	TORRADO VIDAL , JOSE RAMON	MALE	MASTER-M	S.D. BARBANTIA RODA		01:45:28.403	07:17 min/Km
243	34	289	LOPEZ TRIÑANES , RICARDO	MALE	VET-M		OS AFORCADOS	01:45:28.503	07:17 min/Km
244	134	257	GARCÍA ARES , JOSE MANUEL	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	SACHACAMIÑOS	01:45:44.013	07:18 min/Km
245	65	322	PARADA CADILLO , JOSE ANGEL	MALE	SENIOR-M			01:45:48.793	07:18 min/Km
246	7	100	NOYA SERRAMO , VERÓNICA	FEMALE	MASTER-F	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:46:08.033	07:20 min/Km
247	35	123	RÍOS GIMÉNEZ , ADOLFO OMAR	MALE	VET-M		CLUBE ATLETISMO BOIMORTO	01:47:10.343	07:24 min/Km
248	8	193	BELLO NINE , ANA	FEMALE	MASTER-F	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:47:10.793	07:24 min/Km
249	135	291	LUSTRES LÓPEZ , JOSÉ MANUEL	MALE	MASTER-M		INDEPENDIENTE	01:47:16.033	07:24 min/Km
250	136	342	PIÑEIRO VÁZQUEZ , JOSÉ VICENTE	MALE	MASTER-M		CLUB ATLETISMO FONTES DO SAR	01:47:22.383	07:25 min/Km
251	137	14	BOO REIRIZ , JOSÉ MARÍA	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:47:24.833	07:25 min/Km
252	36	86	LOPEZ SANCHEZ , JAIME	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS CLUB	01:47:25.323	07:25 min/Km

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253	138	119	RAMOS CANOSA , JORGE MANUEL	MALE	MASTER-M			01:47:55.483	07:27 min/Km
254	6	177	AGUIN TRELLES , MARGARITA	FEMALE	VET-F		C.D. RIA DE AROUSA	01:47:55.583	07:27 min/Km
255	9	61	GARRIDO MIGUEZ , MARA	FEMALE	MASTER-F	CD RIA DE AROUSA O GROVE	CD RIA DE AROUSA	01:47:56.223	07:27 min/Km
256	7	215	CARBONELL RAYA , PILAR	FEMALE	VET-F	NATURAL	NATURAL	01:47:59.283	07:27 min/Km
257	66	261	GARCIA FERNANDEZ , MIGUEL	MALE	SENIOR-M		INDEPENDIENTE	01:48:24.263	07:29 min/Km
258	139	349	REY GÓMEZ , ROBERTO	MALE	MASTER-M		C.D. SAN PAIO	01:48:38.573	07:30 min/Km
259	8	245	FERNÁNDEZ REY , MERCEDES	FEMALE	VET-F	LODEIROS TRAIL		01:49:39.803	07:34 min/Km
260	67	377	TOME POUSO , JOSE MANUEL	MALE	SENIOR-M			01:49:45.983	07:35 min/Km
261	68	376	TOME POUSO , IGNACIO	MALE	SENIOR-M			01:49:46.053	07:35 min/Km
262	140	308	MIRANDA SUEIRO , JOSE LUIS	MALE	MASTER-M	WILDBOARS		01:49:51.893	07:35 min/Km
263	37	81	LAGO MOLEDO , MANUEL	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	01:49:55.883	07:35 min/Km
264	141	225	COUTO BLANCO , DAVID	MALE	MASTER-M	TARTARUGAS	TARTARUGAS	01:49:56.133	07:35 min/Km
265	69	41	DOVAL BARREIRO , HUGO	MALE	SENIOR-M		TRI VILAGARCIA	01:49:57.383	07:35 min/Km
266	38	333	PEREZ BALIRAC , JESUS	MALE	VET-M			01:50:04.553	07:36 min/Km
267	142	305	MAYO ZUBIELA , SERGIO	MALE	MASTER-M		CLUB ATLETICO LUCENSE	01:50:42.660	07:39 min/Km
268	143	174	AGEITOS GARCÍA , IGNACIO MANUEL	MALE	MASTER-M			01:50:57.073	07:40 min/Km
269	2	148	TUBÍO TUBÍO , VANESA	FEMALE	SENIOR-F	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:50:59.023	07:40 min/Km
270	144	296	MARTINEZ ARES , LUIS ALBERTO	MALE	MASTER-M		CLUB ATLETISMO SADA MONTAÑA	01:51:05.470	07:40 min/Km
271	145	230	DIESTE SÁNCHEZ , SANTIAGO	MALE	MASTER-M			01:51:07.993	07:40 min/Km
272	146	304	MAYO ROMERO , ISMAEL	MALE	MASTER-M		AUTO ESCOLA MIGUEL	01:51:13.963	07:41 min/Km
273	147	203	BRETAL BAZARRA , VENTURA	MALE	MASTER-M		AUTOESCOLA MIGUEL	01:51:14.053	07:41 min/Km
274	148	274	GUIJARRO ARCA , BASILIO	MALE	MASTER-M		INDEPENDIENTE	01:51:49.803	07:43 min/Km
275	149	268	GONZÁLEZ GACÍA , FRANCISCO XABIER	MALE	MASTER-M		INDEPENDIENTE	01:52:01.543	07:44 min/Km
276	9	63	GOMEZ LODEIROS , SUSANA	FEMALE	VET-F	TARTARUGAS	TARTARUGAS	01:52:08.773	07:45 min/Km
277	150	246	FERREIRÓS FERNÁNDEZ , JOSÉ	MALE	MASTER-M	TARTARUGAS	TARTARUGAS	01:52:09.773	07:45 min/Km
278	151	299	MARTINEZ QUEIRUGA , JUAN LUIS	MALE	MASTER-M	NATURAL		01:52:21.413	07:45 min/Km
279	152	23	CABEZAL , ALEJANDRO	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	SACHACAMIÑOS	01:52:41.093	07:47 min/Km
280	10	362	SÁNCHEZ PAÑOS , MARÍA DEL MAR	FEMALE	MASTER-F			01:52:46.343	07:47 min/Km
281	11	42	ESTÉVEZ VÁZQUEZ , ROSA	FEMALE	MASTER-F	C. ATLETISMO CAMBADOS - SEGUROS NOVAL B	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:52:59.283	07:48 min/Km
282	153	234	DOSIL ROSENDE , PABLO	MALE	MASTER-M	ARTROGAL TRI498	ARTROGAL TRI498	01:53:04.703	07:48 min/Km
283	154	207	CALVO LÓPEZ , GERARDO	MALE	MASTER-M			01:53:06.193	07:49 min/Km
284	155	331	PEÑA LÓPEZ , RUBÉN	MALE	MASTER-M		INDEPENDIENTE	01:53:26.273	07:50 min/Km
285	156	222	CONS LAMAS , SANTIAGO	MALE	MASTER-M	TARTARUGAS	TARTARUGAS	01:53:32.623	07:50 min/Km
286	3	321	PARADA ABEIJON , LUCIA	FEMALE	SENIOR-F			01:54:13.733	07:53 min/Km
287	157	208	CAMBRE LOSADA , IVAN	MALE	MASTER-M			01:54:27.513	07:54 min/Km
288	158	204	CACHAFEIRO SÁNCHEZ , ALBERTO	MALE	MASTER-M			01:54:37.133	07:55 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CLUB	META	RITMO
289	159	343	QUERENTES SANTOS , JORGE	MALE	MASTER-M		AUTOESCOLA MIGUEL	01:54:43.983	07:55 min/Km
290	4	317	NOVOA PÉREZ , MINERVA	FEMALE	SENIOR-F		INDEPENDIENTE	01:54:47.693	07:56 min/Km
291	160	269	GONZÁLEZ REGO , CESAR	MALE	MASTER-M		INDEPENDIENTE	01:55:08.693	07:57 min/Km
292	39	69	GONZALEZ PAZ , ANGEL JULIO	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:55:44.373	07:59 min/Km
293	161	392	VIDAL PEGO , MANUEL ANTONIO	MALE	MASTER-M	NATURAL	NATURAL	01:56:02.333	08:01 min/Km
294	70	130	ROMERO SANTOS , JUAN RAMÓN	MALE	SENIOR-M			01:56:11.313	08:01 min/Km
295	12	237	FEIJOO SANCHEZ , SUSANA	FEMALE	MASTER-F		ATLETAS DE ACEA DE AMA	01:56:32.693	08:03 min/Km
296	162	283	LAGO CARBALLO , FELIPE	MALE	MASTER-M		AUTOESCOLA MIGUEL	01:56:44.880	08:04 min/Km
297	10	337	PEREZ ROMERO , ANA MARIA	FEMALE	VET-F		INDEPENDIENTE	01:56:44.993	08:04 min/Km
298	13	45	FERNANDEZ CAMPOS , ALINA	FEMALE	MASTER-F	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	01:56:49.953	08:04 min/Km
299	14	12	BLANCO TORRADO , IRENE	FEMALE	MASTER-F		S.D. BARBANTIA RODA	01:57:02.113	08:05 min/Km
300	40	93	MARTINEZ CALO , ANGEL	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:57:22.343	08:06 min/Km
301	15	320	OTERO SANTOS , VERONICA	FEMALE	MASTER-F		INDEPENDIENTE	01:57:32.103	08:07 min/Km
302	41	157	VLLLANUSTRE ABUIN , GERMAN	MALE	VET-M		SD BARBANTIA.RODA	01:57:45.523	08:08 min/Km
303	163	71	HERNANDEZ PEREIRA , IAGO	MALE	MASTER-M		INDEPENDIENTE	01:58:55.213	08:13 min/Km
304	11	150	VEIGA BLANCO , MONTSE	FEMALE	VET-F	ATLETISMO FONTES DO SAR	ATLETISMO FONTES DO SAR	01:59:40.313	08:16 min/Km
305	71	101	ORDOÑEZ PARDEIRO , DAMIAN	MALE	SENIOR-M		INDEPENDIENTE	01:59:44.573	08:16 min/Km
306	164	278	IGLESIAS PASTORIZA , CARLOS	MALE	MASTER-M			01:59:50.583	08:16 min/Km
307	12	288	LÓPEZ DIÉGUEZ , CRISTINA	FEMALE	VET-F	ATLETISMO FONTES DO SAR	FONTES DO SAR	02:00:03.683	08:17 min/Km
308	165	102	OTERO DIAZ , LUIS	MALE	MASTER-M	CD RIA DE AROUSA O GROVE	CD RIA DE AROUSA	02:01:32.753	08:23 min/Km
309	166	187	BAÑA MOLEDO , JOSE	MALE	MASTER-M	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	02:01:50.963	08:25 min/Km
310	16	58	GARCÍA CASTELO , MARÍA	FEMALE	MASTER-F	CAL	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	02:01:51.143	08:25 min/Km
311	167	31	CASTRELO ULACIA , JOSE ANTONIO	MALE	MASTER-M			02:02:17.933	08:27 min/Km
312	17	32	CASTRELO ULACIA , LETICIA	FEMALE	MASTER-F			02:02:19.403	08:27 min/Km
313	168	35	CUSTODIO MARIÑO , CARLOS	MALE	MASTER-M		TRIATLON VILAGARCIA	02:02:19.543	08:27 min/Km
314	169	361	SALVADO BERMÚDEZ , CARLOS	MALE	MASTER-M			02:02:26.703	08:27 min/Km
315	18	383	VARELA FONTELA , ALEJANDRA	FEMALE	MASTER-F		CLUB ATLETISMO FONTES DO SAR	02:02:32.273	08:28 min/Km
316	19	198	BLANCO MARTINEZ , MARTA	FEMALE	MASTER-F		INDEPENDIENTE	02:03:50.593	08:33 min/Km
317	42	368	SIEIRA OTERO , JUAN JOSÉ	MALE	VET-M	S.D. BARBANTIA RODA	S D BARBANTIA RODA	02:03:58.833	08:34 min/Km
318	170	50	FERNANDEZ SIEIRA , ERNESTO	MALE	MASTER-M		INDEPENDIENTE	02:04:06.033	08:34 min/Km
319	13	217	CASTRO CORES , CARMEN	FEMALE	VET-F		CLUB ATLETISMO O PINO	02:04:21.163	08:35 min/Km
320	43	220	CASTRO SUAREZ , JUAN	MALE	VET-M		CLUB ATLETISMO O PINO	02:04:21.263	08:35 min/Km
321	14	360	SALMONTE VARELA , ANGELES	FEMALE	VET-F		CLUB ATLETISMO O PINO	02:04:21.693	08:35 min/Km
322	72	29	CARVALHO LISBOA , FERNANDO	MALE	SENIOR-M	CLUBE ACCIONA	CLUBE ACCIONA	02:04:41.423	08:36 min/Km
323	171	370	SUAREZ BERMUDEZ , FRANCISCO JAVIER	MALE	MASTER-M		INDEPENDIENTE	02:04:50.253	08:37 min/Km
324	20	190	BARREIRO QUINTAS , MARÍA	FEMALE	MASTER-F	Spartan Phalanx		02:05:34.713	08:40 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CLUB	META	RITMO
325	172	382	VALCÁRCEL MARTÍNEZ , FABIÁN	MALE	MASTER-M	Spartan Phalanx		02:05:35.173	08:40 min/Km
326	44	197	BERMEJO RUBIO , ARTURO	MALE	VET-M			02:05:35.873	08:40 min/Km
327	173	275	GUILLÍN GÓMEZ , GUSTAVO	MALE	MASTER-M		WILDBOAR	02:05:40.003	08:40 min/Km
328	73	78	JAMARDO PORTAS , RAUL	MALE	SENIOR-M	CLUBE ACCIONA	CLUBE ACCIONA	02:07:57.243	08:50 min/Km
329	174	194	BENÍTEZ SOMOZA , ABRAHAM	MALE	MASTER-M		INDEPENDIENTE	02:08:04.773	08:50 min/Km
330	15	228	DEL RÍO MOSQUERA , ESTHER	FEMALE	VET-F			02:08:38.813	08:53 min/Km
331	16	229	DEL RÍO MOSQUERA , JULIA	FEMALE	VET-F			02:08:38.833	08:53 min/Km
332	21	375	TOMÉ CAO , VANESA	FEMALE	MASTER-F		INDEPENDIENTE	02:08:39.003	08:53 min/Km
333	74	227	DE LA TORRE VAZQUEZ , DAVID	MALE	SENIOR-M		INDEPENDIENTE	02:10:46.003	09:02 min/Km
334	17	153	VIGO LIÑARES , ANA	FEMALE	VET-F		ATLETISMO FONTES DO SAR	02:11:25.153	09:04 min/Km
335	18	154	VIGO LIÑARES , CHELO	FEMALE	VET-F		ATLETISMO FONTES DO SAR	02:11:25.173	09:04 min/Km
336	45	214	CARBALLEIRA HORTAS , XOSÉ MANUEL	MALE	VET-M		INDEPENDIENTE	02:11:26.443	09:04 min/Km
337	19	277	IGLESIAS LÓPEZ , BELÉN	FEMALE	VET-F		INDEPENDIENTE	02:13:02.053	09:11 min/Km
338	22	120	RIAL GARCÍA , ROSANA	FEMALE	MASTER-F	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	02:14:37.963	09:18 min/Km
339	46	126	RODRÍGUEZ FERNÁNDEZ , RICARDO JULIO	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	02:14:38.023	09:18 min/Km
340	47	121	RIAL PAIS , PEPE	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	02:14:38.153	09:18 min/Km
341	23	273	GÓNZÁLEZ VILLAR , YOLANDA	FEMALE	MASTER-F	CAO (CLUB ATLETISMO OUTES)	CAO (CLUB ATLETISMO OUTES)	02:14:38.523	09:18 min/Km
342	24	113	PIÑEIRO SANTORUN , NESTI	FEMALE	MASTER-F	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C. ATLETISMO-CAMBADOS SEGUROS NOVAL	02:16:45.903	09:26 min/Km
343	20	155	VILAR SEREN , GUADALUPE	FEMALE	VET-F	C. ATLETISMO CAMBADOS - SEGUROS NOVAL A	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	02:16:46.653	09:26 min/Km
344	25	55	FRANCO RESUA , PILI	FEMALE	MASTER-F	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	SACHACAMIÑOS	02:16:51.863	09:27 min/Km