

## TRAIL DE COUSO - GENERAL

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
1	1	95	RODRIGUEZ BOGA LOIS	MALE	MALE	REVOLUTRION RIBEIRA	00:44:21		03:42 min/Km
2	2	33	FERNANDEZ SAMPEDRO JOSE MARIA	MALE	MALE	ARTROGAL TRI498	00:46:40	+00:02:19	03:54 min/Km
3	3	55	IGLESIAS TORRES JOSE MANUEL	MALE	MALE	NOITEBRA F.C	00:46:58	+00:02:37	03:55 min/Km
4	4	132	BARREIRO PENA XOSÉ ANTÓN	MALE	MALE	CLUB SAN PAIO	00:47:15	+00:02:54	03:57 min/Km
5	5	58	LAGO SANTIAGO KIKO	MALE	MALE	A.D.OLIMPIA	00:47:29	+00:03:08	03:58 min/Km
6	6	171	GUERRERO GALVAN SALVADOR	MALE	MALE	KM1 RONDA	00:47:40	+00:03:19	03:59 min/Km
7	7	117	VILA SIEIRA RUBEN	MALE	MALE	OS CAIMANS MONTAÑEROS	00:47:54	+00:03:33	03:60 min/Km
8	8	76	NAVARRO ANTON JOSE	MALE	MALE	S.D. BARBANTIA RODA	00:48:01	+00:03:40	04:01 min/Km
9	9	130	AYASO PÉREZ TEODORO	MALE	MALE		00:48:17	+00:03:56	04:02 min/Km
10	10	25	CES CRISTOBO MANUEL	MALE	MALE	SAR-PETRONI	00:48:17	+00:03:56	04:02 min/Km
11	11	226	RODRIGUEZ LOPEZ GONZALO	MALE	MALE	ASOCIACIÓN DEPORTIVA C.A.R.	00:48:27	+00:04:06	04:03 min/Km
12	12	238	SEIJAS FRANCO BASILIO	MALE	MALE		00:48:43	+00:04:22	04:04 min/Km
13	13	200	MENDEZ TORRES LUIS	MALE	MALE		00:49:09	+00:04:48	04:06 min/Km
14	14	39	FIGUEIRA CES JOSE ANTÑO	MALE	MALE	S.D. BARBANTIA RODA BOIRO	00:49:15	+00:04:54	04:07 min/Km
15	15	56	IGLESIAS TORRES JULIO	MALE	MALE	NOITEBRA F.C.	00:49:15	+00:04:54	04:07 min/Km
16	16	24	CERQUEIRO BARREIRO VICTOR MANUEL	MALE	MALE		00:49:20	+00:04:59	04:07 min/Km
17	17	133	BARREIRO PEREZ IVAN	MALE	MALE	ARMENTEIRAEPUNTO	00:49:27	+00:05:06	04:08 min/Km
18	18	36	FERNÁNDEZ TORRES RAMÓN	MALE	MALE	ADC ARNELA	00:49:31	+00:05:10	04:08 min/Km
19	19	20	CAAMAÑO NIETO AVELINO	MALE	MALE	PONTE TRAIL	00:50:03	+00:05:42	04:11 min/Km
20	20	14	BLANCO TOMÉ ANGEL	MALE	MALE		00:50:17	+00:05:56	04:12 min/Km
21	21	201	MIGUEZ GUILLAN FRANCISCO	MALE	MALE	CLUBE RIA DE AROUSA	00:50:19	+00:05:58	04:12 min/Km
22	22	101	SAMPEDRO GUDE JOSE	MALE	MALE		00:50:22	+00:06:01	04:12 min/Km
23	23	116	VIDAL MARTÍNEZ HÉCTOR	MALE	MALE	CCCP	00:52:01	+00:07:40	04:21 min/Km
24	24	196	MARTINEZ REDONDO GUMERSINDO (KIKO)	MALE	MALE	ALEJANDRO GOMEZ-PURINA	00:52:04	+00:07:43	04:21 min/Km
25	25	180	LOPEZ BALEIRON EDGAR MANUEL	MALE	MALE		00:52:04	+00:07:43	04:21 min/Km
26	26	114	VAZQUEZ OTERO SERGIO	MALE	MALE	TRIATLON ARCADE INFORHOUSE SANTIAGO	00:52:06	+00:07:45	04:21 min/Km
27	27	83	PENAS OTERO CRISTIAN	MALE	MALE	TRIATLON ARCADE INFORHOUSE SANTIAGO	00:52:07	+00:07:46	04:21 min/Km
28	28	15	BOO REIRIZ JOSE MARIA	MALE	MALE	VIRXE DA GUIA AROUSA REVOLUTRION	00:52:08	+00:07:47	04:21 min/Km
29	29	54	HOMBRE DOPAZO PEPE	MALE	MALE	NATURAL	00:52:12	+00:07:51	04:21 min/Km
30	30	118	VILLAR CAAMAÑO JOSE ALFONSO	MALE	MALE	TRIATLON O TREITO	00:52:12	+00:07:51	04:21 min/Km
31	31	183	LUSTRES SAMPEDRO RICARDO	MALE	MALE		00:52:14	+00:07:53	04:22 min/Km
32	32	185	MANEIRO FREIRE VICTOR	MALE	MALE		00:52:17	+00:07:56	04:22 min/Km
33	33	23	CANOSA CASTIÑEIRA RAMON	MALE	MALE		00:52:20	+00:07:59	04:22 min/Km
34	34	140	CALVO CES ARMANDO	MALE	MALE		00:52:20	+00:07:59	04:22 min/Km
35	35	177	IGLESIAS CABALEIRO ALBERTO	MALE	MALE	ASOCIACION DEPORTIVA CAR	00:52:33	+00:08:12	04:23 min/Km
36	36	106	SIEIRA BLANCO DANIEL	MALE	MALE	S.D. BARBANTIA RODA	00:52:50	+00:08:29	04:25 min/Km
37	37	120	TOME SUAREZ JOSE MANUEL	MALE	MALE	TRIATLON COSTA DA MORTE	00:52:59	+00:08:38	04:25 min/Km
38	38	172	GUILLÁN PAZOS FRANCISCO JOSÉ	MALE	MALE	ARTROGAL TRI 498	00:53:04	+00:08:43	04:26 min/Km
39	39	221	PINTADO COSTA JUAN MANUEL	MALE	MALE	INDIVIDUAL	00:53:08	+00:08:47	04:26 min/Km
40	40	192	MARTINEZ FERNANDEZ JOSE MANUEL	MALE	MALE	ATLETISMO MONTE SEGADE	00:53:11	+00:08:50	04:26 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
41	1	10	BAAMONDE OTERO ALBA	FEMALE	FEMALE	(CORGO: PARELLA)	00:53:16	+00:08:55	04:27 min/Km
42	41	71	MELIO ROMERO SANTIAGO	MALE	MALE	ATENAS VDA	00:53:17	+00:08:56	04:27 min/Km
43	42	181	LÓPEZ PIÑEIRO ANTONIO	MALE	MALE	ESCUELA BOXEO EL CANARIO	00:53:21	+00:09:00	04:27 min/Km
44	43	189	MARTINEZ AYASO RUBEN	MALE	MALE		00:53:32	+00:09:11	04:28 min/Km
45	44	119	GARCIA GARCIA DANIEL	MALE	MALE		00:53:39	+00:09:18	04:29 min/Km
46	45	225	REY AGRELO RAMIRO	MALE	MALE		00:54:16	+00:09:55	04:32 min/Km
47	46	149	DE LA TORRE GARCIA PACO	MALE	MALE	PAPA,O CAN E NOSO	00:54:23	+00:10:02	04:32 min/Km
48	47	249	VIEITES RODRÍGUEZ MANUEL	MALE	MALE	OS ESFOLA ARRÓS	00:54:25	+00:10:04	04:33 min/Km
49	48	30	CRUJEIRAS VIDAL FRANCISCO	MALE	MALE		00:54:26	+00:10:05	04:33 min/Km
50	49	60	LEMA VILA JUAN CARLOS	MALE	MALE	CCCP RIVEIRA	00:54:26	+00:10:05	04:33 min/Km
51	50	27	CID SANMARTIN ROBERTO	MALE	MALE	CLUB TRIATLON CORUÑA	00:54:41	+00:10:20	04:34 min/Km
52	51	38	FERRÓN MOURE ADRIÁN	MALE	MALE	TRIATLON RIVEIRA	00:54:59	+00:10:38	04:35 min/Km
53	52	21	CABEZAL SANCHEZ ALEJANDRO	MALE	MALE		00:55:05	+00:10:44	04:36 min/Km
54	53	143	CANOURA MANUEL	MALE	MALE		00:55:09	+00:10:48	04:36 min/Km
55	54	222	PONTE IGLESIAS DAVID	MALE	MALE		00:55:10	+00:10:49	04:36 min/Km
56	55	79	ORELLAN FERNANDEZ ANXO	MALE	MALE	NATURAL OUTDOOR EXPERIENCES	00:55:13	+00:10:52	04:37 min/Km
57	56	28	CONDE TATO JOSE ANGEL	MALE	MALE	ATENAS VDA	00:55:15	+00:10:54	04:37 min/Km
58	57	210	OUJO POUSO LUCHO	MALE	MALE	ADC ARNELA	00:55:29	+00:11:08	04:38 min/Km
59	58	97	RODRIGUEZ GUTIERREZ SERGIO	MALE	MALE		00:55:37	+00:11:16	04:39 min/Km
60	59	194	MARTÍNEZ GONDAR FRANCISCO J	MALE	MALE		00:55:45	+00:11:24	04:39 min/Km
61	60	166	GOMEZ MATO CARLOS	MALE	MALE		00:55:45	+00:11:24	04:39 min/Km
62	61	153	FERNÁNDEZ DOMÍNGUEZ MARCOS	MALE	MALE		00:55:46	+00:11:25	04:39 min/Km
63	62	110	TAJES PÉREZ JESÚS M.	MALE	MALE	PRAIA DE CARNOTA RUNNERS	00:55:46	+00:11:25	04:39 min/Km
64	63	70	MELEIRO FERNANDEZ EMILIO	MALE	MALE		00:55:50	+00:11:29	04:40 min/Km
65	64	59	LEMA CAAMAÑO RUBEN	MALE	MALE	OS SALTAMONTES	00:56:05	+00:11:44	04:41 min/Km
66	65	37	FERREIROS PENA CLEMENTE	MALE	MALE		00:56:08	+00:11:47	04:41 min/Km
67	66	170	GONZALEZ TRIÑANES FERMIN	MALE	MALE		00:56:08	+00:11:47	04:41 min/Km
68	67	128	ASTRAY LÓPEZ PABLO	MALE	MALE		00:56:14	+00:11:53	04:42 min/Km
69	68	230	ROMERO GUDE ANDRÉS	MALE	MALE	ESCUELA BOXEO EL CANARIO	00:56:14	+00:11:53	04:42 min/Km
70	69	178	IGLESIAS REY RAMÓN	MALE	MALE	NOITEBRA	00:56:16	+00:11:55	04:42 min/Km
71	70	29	COSTA LAGO JUAN MIGUEL	MALE	MALE	PRAIA DE CARNOTA RUNNERS	00:56:20	+00:11:59	04:42 min/Km
72	71	68	MARTÍNEZ MARTÍNEZ RAÚL	MALE	MALE	15 AGOSTO CORRUBEDO	00:56:22	+00:12:01	04:42 min/Km
73	72	8	ALCALDE RESUA OSCAR	MALE	MALE	S.D BARBANTIA RODA	00:56:24	+00:12:03	04:42 min/Km
74	73	240	SINES CASTRO FERNANDO	MALE	MALE	ARTROGAL TRI 498	00:56:26	+00:12:05	04:43 min/Km
75	74	203	MONTEAGUDO TRONCOSO DAVID	MALE	MALE	CC LOBEIRA	00:56:35	+00:12:14	04:43 min/Km
76	75	145	CASTRO MARTÍNEZ ISRAEL	MALE	MALE	ATLÉTICO TEIS	00:56:52	+00:12:31	04:45 min/Km
77	76	248	VICENTE GARCIA DANIEL	MALE	MALE		00:56:52	+00:12:31	04:45 min/Km
78	77	5	AFONSO TEIXEIRA JOSE	MALE	MALE	ATLETICO TEIS	00:56:57	+00:12:36	04:45 min/Km
79	78	146	CONDE FERREIRÓS ALBERTO	MALE	MALE		00:56:58	+00:12:37	04:45 min/Km
80	2	104	SANTOS CAMBÓN MARÍA	FEMALE	FEMALE	ADC ARNELA	00:57:12	+00:12:51	04:46 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
81	79	96	RODRIGUEZ GARRIDO FRAN	MALE	MALE	TRIATLÓN COSTA DA MORTE	00:57:12	+00:12:51	04:46 min/Km
82	80	103	SANTOS BLANCO ALBERTO	MALE	MALE	ADC ARNELA	00:57:12	+00:12:51	04:46 min/Km
83	81	158	FILGUEIRAS RODRIGUEZ JUAN	MALE	MALE	O CAN É NOSO	00:57:14	+00:12:53	04:47 min/Km
84	82	34	FERNÁNDEZ SÁNCHEZ DAVID	MALE	MALE	CC OS SALTAMONTES	00:57:19	+00:12:58	04:47 min/Km
85	3	18	BUIG FERNANDEZ LARA	FEMALE	FEMALE	S.D BARBANTIA RODA	00:57:20	+00:12:59	04:47 min/Km
86	83	17	BUIG FERNANDEZ ALEXIS	MALE	MALE	S.D BARBANTIA RODA	00:57:21	+00:13:00	04:47 min/Km
87	84	229	ROMA RUIBAL DIEGO	MALE	MALE	RUNNING TEAM PONTEVEDRA	00:57:26	+00:13:05	04:48 min/Km
88	85	124	ALVAREZ SECO DAVID	MALE	MALE		00:57:41	+00:13:20	04:49 min/Km
89	86	199	MENDEZ FROJAN XAIÑO	MALE	MALE	SAR PETRONI	00:57:52	+00:13:31	04:50 min/Km
90	87	126	ARUFE SANTAMARÍA JUAN	MALE	MALE	ADC ARNELA	00:57:55	+00:13:34	04:50 min/Km
91	88	125	AREVALILLO ROMERO SERGIO	MALE	MALE		00:58:18	+00:13:57	04:52 min/Km
92	89	89	PORTO CALVELO BRUNO	MALE	MALE		00:58:19	+00:13:58	04:52 min/Km
93	90	45	GARCIA FERNANDEZ JOSE ANTONIO	MALE	MALE		00:58:23	+00:14:02	04:52 min/Km
94	91	87	PÉREZ VEIGA JOSÉ ADRIAN	MALE	MALE		00:58:40	+00:14:19	04:54 min/Km
95	92	190	MARTINEZ FANDIÑO ADRIAN	MALE	MALE		00:58:45	+00:14:24	04:54 min/Km
96	93	98	RODRIGUEZ JURJO VITOR MANUEL	MALE	MALE	QUESCREM	00:58:48	+00:14:27	04:54 min/Km
97	94	46	GARCIA GACIÑO ISIDRO	MALE	MALE		00:58:52	+00:14:31	04:55 min/Km
98	95	220	PEREZ SUSAVILA ANGEL	MALE	MALE		00:59:02	+00:14:41	04:56 min/Km
99	96	179	LAIÑO SILVA VICTOR	MALE	MALE		00:59:08	+00:14:47	04:56 min/Km
100	4	186	MAREQUE MARTINEZ MARIA	FEMALE	FEMALE		00:59:17	+00:14:56	04:57 min/Km
101	97	48	GARCIA MUÑIZ MIGUEL ANGEL	MALE	MALE	VDA ATENAS RUNNING	00:59:38	+00:15:17	04:59 min/Km
102	98	16	BRENLLA FAJIN SATIRO	MALE	MALE		01:00:13	+00:15:52	05:02 min/Km
103	99	216	PEIXOTO ROZA J FRANCISCO	MALE	MALE		01:00:17	+00:15:56	05:02 min/Km
104	100	136	BESADA WALDOMAR ALEX	MALE	MALE		01:00:20	+00:15:59	05:02 min/Km
105	101	127	ASOREY CACHEDA JOSÉ	MALE	MALE		01:00:21	+00:16:00	05:02 min/Km
106	5	141	CALVO MARTA SILVIA	FEMALE	FEMALE		01:00:24	+00:16:03	05:02 min/Km
107	102	219	PÉREZ PEGO ISMAEL	MALE	MALE		01:00:33	+00:16:12	05:03 min/Km
108	103	223	PUIG GONZALEZ JUAN JAVIER	MALE	MALE		01:00:35	+00:16:14	05:03 min/Km
109	104	121	ABAL MORRAZO EMILIO	MALE	MALE		01:00:48	+00:16:27	05:04 min/Km
110	105	77	NOVO MARTINEZ DAVID	MALE	MALE	ARTROGAL-TRI498	01:00:53	+00:16:32	05:05 min/Km
111	106	191	MARTINEZ FANDIÑO DIEGO	MALE	MALE	ARMENTERIAEPUNTO	01:00:55	+00:16:34	05:05 min/Km
112	107	134	BENÍTEZ SOMOZA ISRAEL	MALE	MALE	ESCUELA DE BOXEO EL CANARIO	01:01:04	+00:16:43	05:06 min/Km
113	108	250	VIZCAYA REY ADRIÁN	MALE	MALE	ESCUELA DE BOXEO EL CANARIO	01:01:04	+00:16:43	05:06 min/Km
114	109	62	LOPEZ SANCHEZ JAIME	MALE	MALE	VIRXE DA GUÍA	01:01:05	+00:16:44	05:06 min/Km
115	110	239	SEOANE GARCIA FRANCISCO	MALE	MALE	ARTROGAL TRI 498	01:01:05	+00:16:44	05:06 min/Km
116	6	32	DURO LIÑARES OLALLA	FEMALE	FEMALE	PONTE TRAIL	01:01:06	+00:16:45	05:06 min/Km
117	111	93	RIVEIRO POSSE ANXO	MALE	MALE	REVOLUTRION RIVEIRA	01:01:08	+00:16:47	05:06 min/Km
118	112	4	ABOY POTELO JOSE	MALE	MALE	CCCC RIVEIRA	01:01:12	+00:16:51	05:06 min/Km
119	113	162	GARCÍA RODRÍGUEZ JUAN MANUEL	MALE	MALE		01:01:17	+00:16:56	05:07 min/Km
120	114	233	SANCHEZ SOMOZA ALEJANDRO	MALE	MALE		01:01:19	+00:16:58	05:07 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
121	115	61	LÓPEZ RAMA JESÚS	MALE	MALE	PRAIA DE CARNOTA RUNNERS	01:01:22	+00:17:01	05:07 min/Km
122	116	74	MUÑIZ CADAVAL ALEX	MALE	MALE		01:01:23	+00:17:02	05:07 min/Km
123	117	161	GARCIA REY JUAN ANTONIO	MALE	MALE		01:01:25	+00:17:04	05:08 min/Km
124	118	12	BAÑA SUAREZ JOSE RAMON	MALE	MALE		01:01:27	+00:17:06	05:08 min/Km
125	119	107	SIEIRA OTERO JUAN JOSE	MALE	MALE	-	01:01:31	+00:17:10	05:08 min/Km
126	120	195	MARTÍNEZ QUEIRUGA JUAN LUIS	MALE	MALE	NATURALOUTDOOR EXPERIENCIES	01:01:31	+00:17:10	05:08 min/Km
127	121	204	MONTERO OUBIÑA YAGO	MALE	MALE		01:01:31	+00:17:10	05:08 min/Km
128	122	115	VIDAL ALVAREZ ALEJANDRO	MALE	MALE	NATURAL SPORT OUTDOOR EXPERIENCES	01:01:32	+00:17:11	05:08 min/Km
129	123	187	MARIÑO SANTAMARIA ANTONIO	MALE	MALE		01:01:44	+00:17:23	05:09 min/Km
130	124	51	GONZALEZ MIRÁS MIGUEL	MALE	MALE	CCCP RIVEIRA	01:01:45	+00:17:24	05:09 min/Km
131	125	78	NOYA DOPAZO FERNANDO	MALE	MALE		01:01:50	+00:17:29	05:10 min/Km
132	126	86	PEREZ OTERO JORGE	MALE	MALE		01:01:56	+00:17:35	05:10 min/Km
133	7	168	GONZÁLEZ PÉREZ BEA	FEMALE	FEMALE		01:02:17	+00:17:56	05:12 min/Km
134	8	85	PEREZ MARTINEZ BELEN	FEMALE	FEMALE	OLIMPIA CEE	01:02:32	+00:18:11	05:13 min/Km
135	9	241	SOBREIRA OTERO SANDRA	FEMALE	FEMALE	ATLETISMO PORRIÑO	01:02:50	+00:18:29	05:15 min/Km
136	127	202	MONTEAGUDO SERGIO	MALE	MALE		01:02:51	+00:18:30	05:15 min/Km
137	128	7	AGRAFOJO PEREIRA RAFAEL	MALE	MALE	BTT ULTREIA	01:02:56	+00:18:35	05:15 min/Km
138	129	163	GIL BROULLON ROBERTO	MALE	MALE		01:03:19	+00:18:58	05:17 min/Km
139	10	64	MALLO DOMINGUEZ ANA MARIA	FEMALE	FEMALE		01:03:28	+00:19:07	05:18 min/Km
140	130	19	BURES MIGUENS XOSE MANUEL	MALE	MALE	NON	01:03:37	+00:19:16	05:19 min/Km
141	131	215	PATRICIO REY FERNANDO	MALE	MALE	INDIVIDUAL	01:03:50	+00:19:29	05:20 min/Km
142	132	67	MARTÍNEZ GODOY JOSÉ MANUEL	MALE	MALE	COFEE TIME NOIES	01:04:04	+00:19:43	05:21 min/Km
143	133	169	GONZÁLEZ SOTO PABLO	MALE	MALE		01:04:10	+00:19:49	05:21 min/Km
144	134	123	ÁLVAREZ MARIÑO RAMON	MALE	MALE		01:04:13	+00:19:52	05:22 min/Km
145	135	243	SOMOZA MOUTA JESUS	MALE	MALE		01:04:23	+00:20:02	05:22 min/Km
146	11	72	MÍGUEZ SAMPEDRO SUSANA	FEMALE	FEMALE	NATURAL OUTDOOR EXPERIENCES	01:04:27	+00:20:06	05:23 min/Km
146	11	214	PAÑEDA LILIANA	FEMALE	FEMALE		01:04:27	+00:20:06	05:23 min/Km
148	136	218	PEREZ LASPRA MELCHOR	MALE	MALE		01:04:41	+00:20:20	05:24 min/Km
149	137	113	VÁZQUEZ COUTO JORGE	MALE	MALE	ARTABROS	01:05:13	+00:20:52	05:27 min/Km
150	13	88	PORTELA GONZÁLEZ NOELIA	FEMALE	FEMALE		01:05:28	+00:21:07	05:28 min/Km
151	138	159	FREIJEIRO OTERO JOSÉ RAMÓN	MALE	MALE		01:05:34	+00:21:13	05:28 min/Km
152	139	156	FERREIRÓS FERNÁNDEZ JOSÉ	MALE	MALE		01:05:51	+00:21:30	05:30 min/Km
153	14	148	CORTON TESOURO MAIUCA	FEMALE	FEMALE	O CAN É NOSO	01:05:58	+00:21:37	05:30 min/Km
154	15	209	ORIZALES IGLESIAS NOA	FEMALE	FEMALE		01:06:14	+00:21:53	05:32 min/Km
155	140	235	SANTOS DIOS JOSÉ RAMÓN	MALE	MALE		01:06:16	+00:21:55	05:32 min/Km
156	141	52	GONZALEZ PEREZ FRANCISCO JAVIER	MALE	MALE		01:06:30	+00:22:09	05:33 min/Km
157	142	81	OUTEIRAL CASAL VERI	MALE	MALE	CROSSCAÑAS	01:06:51	+00:22:30	05:35 min/Km
158	143	26	CHOUZA FERREIRO FRANCISCO JAVIER	MALE	MALE		01:07:07	+00:22:46	05:36 min/Km
159	144	80	OSORIO DIEGUEZ CESAR	MALE	MALE	BEKELE RUNNING TEAM	01:07:08	+00:22:47	05:36 min/Km
160	145	82	PEDROSA MAYO JOSE MANUEL	MALE	MALE	PONTE TRAIL	01:07:18	+00:22:57	05:37 min/Km

## TRAIL DE COUSO - GENERAL

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
161	146	236	SARASQUETE FARIÑA PABLO	MALE	MALE		01:07:23	+00:23:02	05:37 min/Km
162	147	42	FRANCO MARTÍNEZ ALEJANDRO	MALE	MALE		01:07:25	+00:23:04	05:38 min/Km
163	148	175	GUTIERREZ ALLER ANDRÉS	MALE	MALE	ASOCIACIÓN DEPORTIVA C.A.R.	01:07:39	+00:23:18	05:39 min/Km
164	149	232	SAMPEDRO PEREZ JOSE MANUEL	MALE	MALE	CC OS SALTAMONTES	01:07:45	+00:23:24	05:39 min/Km
165	16	188	MARQUEZ SANCHEZ ISABEL	FEMALE	FEMALE	PROVITEC	01:07:48	+00:23:27	05:39 min/Km
166	150	174	GUTIÉRREZ ALEGRÍA JONATHAN	MALE	MALE	CHICHA FC	01:08:32	+00:24:11	05:43 min/Km
167	151	176	HUERTA DE UÑA DIEGO LUIS	MALE	MALE		01:08:38	+00:24:17	05:44 min/Km
168	152	91	RICO GOMEZ IVAN	MALE	MALE		01:08:45	+00:24:24	05:44 min/Km
169	153	92	RIFÓN AÑON FRANCISCO JAVIER	MALE	MALE		01:08:50	+00:24:29	05:45 min/Km
170	154	66	MARTINEZ CALO ANGEL	MALE	MALE		01:09:15	+00:24:54	05:47 min/Km
171	155	75	MUÑIZ CADAVAL OSCAR	MALE	MALE	ARTROGAL-TRI498	01:09:24	+00:25:03	05:47 min/Km
172	156	167	GONZALEZ DE LA BALLINA LUIS	MALE	MALE		01:09:28	+00:25:07	05:48 min/Km
173	157	43	FRANCO RESÚA JUAN FRANCISCO	MALE	MALE	CCCP RIVEIRA	01:10:08	+00:25:47	05:51 min/Km
174	17	44	FRANCO RESÚA PILI	FEMALE	FEMALE	CCCP RIVEIRA	01:10:17	+00:25:56	05:52 min/Km
175	158	99	RUIZ GONZÁLEZ FRAN	MALE	MALE	CASTIÑEIRAS-POLBEIRO TRAIL CLUBE	01:10:42	+00:26:21	05:54 min/Km
176	18	184	MACEIRA PENA MIRIAM	FEMALE	FEMALE		01:10:55	+00:26:34	05:55 min/Km
177	159	198	MATO PEON CELESTINO	MALE	MALE	PONTE TRAIL	01:11:16	+00:26:55	05:57 min/Km
178	19	244	SOTO BLANCO IRIS	FEMALE	FEMALE		01:11:19	+00:26:58	05:57 min/Km
179	20	211	OUTEDA GRAÑA ANDREA	FEMALE	FEMALE		01:11:28	+00:27:07	05:58 min/Km
180	21	122	ALONSO SOLLA ANA BELEN	FEMALE	FEMALE		01:11:28	+00:27:07	05:58 min/Km
181	160	150	DEL RIO POLO PABLO	MALE	MALE		01:12:05	+00:27:44	06:01 min/Km
182	161	237	SARMIENTO VAZQUEZ AGUSTIN	MALE	MALE	ARMENTEIRAEPUNTO	01:13:21	+00:29:00	06:07 min/Km
183	162	9	ALVAREZ RODRIGUEZ MARCOS	MALE	MALE		01:14:09	+00:29:48	06:11 min/Km
184	163	144	CASTRO MIGUEL ANGEL	MALE	MALE		01:14:39	+00:30:18	06:14 min/Km
185	164	152	ENRIQUEZ MARTINEZ MARIA	MALE	MALE		01:15:45	+00:31:24	06:19 min/Km
186	22	65	MANDADO FERNÁNDEZ ALMUDENA	FEMALE	FEMALE		01:15:45	+00:31:24	06:19 min/Km
187	165	53	GUDE PAZ JESUS MANUEL	MALE	MALE		01:17:23	+00:33:02	06:27 min/Km
188	166	207	NOVAS BUGARIN ALFONSO	MALE	MALE	ATIOS TRAIL	01:19:54	+00:35:33	06:40 min/Km
189	23	227	RODRIGUEZ MARTINEZ NOELIA	FEMALE	FEMALE	ATIOS TRAIL	01:19:54	+00:35:33	06:40 min/Km
190	24	224	REGO SAMPEDRO MARI CARMEN	FEMALE	FEMALE		01:21:35	+00:37:14	06:48 min/Km
191	167	6	AGEITOS GUDE HUMBERTO	MALE	MALE	CCCP RIVEIRA	01:21:35	+00:37:14	06:48 min/Km
192	168	69	MATILLA GARCIA JOSE CARLOS	MALE	MALE	CCCP RIVEIRA	01:21:36	+00:37:15	06:48 min/Km
193	25	212	PALOMO MOLEDO NOEMI	FEMALE	FEMALE		01:25:28	+00:41:07	07:08 min/Km
194	169	137	BRETAL BAZARRA VENTURA	MALE	MALE		01:25:28	+00:41:07	07:08 min/Km
195	170	50	GÓMEZ SÁNCHEZ MARCOS	MALE	MALE		01:29:19	+00:44:58	07:27 min/Km
196	171	102	SAMPEDRO MUÑIZ JOSE MANUEL	MALE	MALE	VIRXEN DA GUIA	01:29:20	+00:44:59	07:27 min/Km
ABD		213	PAMPÍN NÚÑEZ MANOLO	MALE	MALE				
ABD		49	GOMEZ SANCHEZ PEDRO JOSE	MALE	MALE				
ABD		111	TORRES LOPEZ VICTOR	MALE	MALE				
ABD		147	CONS LAMAS SANTIAGO	MALE	MALE				

## TRAIL DE COUSO - GENERAL

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF. 1º	MEDIA
ABD		155	FERNANDEZ PEREZ ADOLFO	MALE	MALE				
ABD		205	MUÑIZ RODRÍGUEZ CAMILO	MALE	MALE	RUNNINGSPORT			