

# I TRAIL CIUDAD DE A CORUÑA - #CASTREXOSCORREMOS - GENERAL

POS.	P.CAT.	NUMBER	PARTICIPANTE	SEXO	CATEGORIA	CLUB	TIEMPO VUE 1	TIEMPO VUE 2	META	RITMO
1	1	291	TOURIS FORNOS JAVIER	MALE	VET A		00:21:46.580	00:22:44.350	00:44:30.930	04:03 min/Km
2	2	251	RODRIGUEZ PAZ ALEXANDRE	MALE	VET A	CLUB TRIATLON MORRAZO	00:23:13.530	00:23:34.680	00:46:48.210	04:16 min/Km
3	3	274	SEOANE PUGA JAVIER	MALE	VET A	ATLETISMO RIAZOR CORUÑA	00:24:43.930	00:23:09.120	00:47:53.050	04:22 min/Km
4	1	104	FRAGA LODEIRO DANIEL	MALE	ABSOLTA		00:24:13.300	00:25:36.280	00:49:49.580	04:32 min/Km
5	2	191	MONTEAGUDO SERGIO	MALE	ABSOLTA	CLUB TRIATLON CORUÑA	00:25:01.850	00:24:52.370	00:49:54.220	04:33 min/Km
6	3	95	FERNANDEZ LAGUNA XABIER	MALE	ABSOLTA	CLUB ATLETISMO CORUÑA COMARCA	00:24:57.520	00:25:45.470	00:50:42.990	04:37 min/Km
7	4	83	DOLDAN EIBE ALEJANDRO	MALE	ABSOLTA		00:25:44.420	00:25:55.270	00:51:39.690	04:42 min/Km
8	1	215	PÉREZ HERNÁNDEZ FERNANDO	MALE	VET B	CLUB ATLETISMO CORUÑA COMARCA	00:26:06.680	00:25:33.300	00:51:39.980	04:42 min/Km
9	4	189	MELLA SANCHEZ PABLO	MALE	VET A	O CARROUCHO	00:25:25.740	00:26:16.340	00:51:42.080	04:43 min/Km
10	5	69	COUTO NAYA DIEGO	MALE	VET A	MAISTROTE	00:25:27.870	00:26:24.920	00:51:52.790	04:43 min/Km
11	2	178	MARTÍNEZ GARCÍA JOSÉ ANTONIO	MALE	VET B	CLUB DE ATLETISMO SADA	00:25:21.050	00:26:52.150	00:52:13.200	04:45 min/Km
12	6	47	CARRIL BREA ALEJANDRO	MALE	VET A	EGOVARROS-VIVEIRO	00:25:46.020	00:26:34.140	00:52:20.160	04:46 min/Km
13	7	6	ÁLVAREZ DE SOTOMAYOR PUGNAIRE JUAN	MALE	VET A	CLUB TRIATLÓN CORUÑA	00:25:40.960	00:26:57.380	00:52:38.340	04:48 min/Km
14	5	84	DOLDAN EIBE ISAAC	MALE	ABSOLTA		00:25:44.400	00:26:58.110	00:52:42.510	04:48 min/Km
15	6	21	BARROS CORRAL ROI	MALE	ABSOLTA		00:25:59.820	00:26:52.620	00:52:52.440	04:49 min/Km
16	8	70	CRESPO CENDAN JOSE MANUEL	MALE	VET A	INDEPENDIENTE	00:26:45.020	00:26:11.710	00:52:56.730	04:49 min/Km
17	9	58	CASTRO SEGAE MARCOS	MALE	VET A		00:27:02.970	00:25:54.270	00:52:57.240	04:49 min/Km
18	10	276	SEXTO RIVAS GUSTAVO	MALE	VET A	AD. CERNE	00:26:37.350	00:26:27.340	00:53:04.690	04:50 min/Km
19	7	126	GONZÁLEZ ALVITE ESTANISLAO	MALE	ABSOLTA	BRIGANTIA AVENTURA	00:26:05.040	00:27:03.060	00:53:08.100	04:50 min/Km
20	11	172	LOURO VILARIÑO RICARDO	MALE	VET A	PEÑA CICLISTA MONTE XALO	00:26:27.970	00:26:49.350	00:53:17.320	04:51 min/Km
21	1	279	SOTO GARCÍA FRANCISCO	MALE	VET C	AMIGOS DE SAN DIEGO	00:26:33.710	00:26:53.450	00:53:27.160	04:52 min/Km
22	8	50	CASAS GONZÁLEZ DANIEL	MALE	ABSOLTA	CLUB TRIATLON CORUÑA	00:26:46.930	00:26:47.110	00:53:34.040	04:53 min/Km
23	3	7	ÁLVAREZ FORMOSO ANTÓN	MALE	VET B	METROPOLITAN	00:26:38.060	00:27:14.030	00:53:52.090	04:54 min/Km
24	12	260	RUIZ ALARCÓN ROMÁN	MALE	VET A		00:27:18.170	00:26:38.810	00:53:56.980	04:55 min/Km
25	13	203	OLVEIRA MIRANDA MARCOS	MALE	VET A		00:26:15.560	00:27:52.790	00:54:08.350	04:56 min/Km
26	9	91	FERNANDEZ ALVAREZ LUIS	MALE	ABSOLTA		00:26:45.030	00:27:27.820	00:54:12.850	04:56 min/Km
27	4	295	VAZQUEZ RAMOS MANUEL	MALE	VET B		00:26:49.150	00:27:24.200	00:54:13.350	04:56 min/Km
28	14	289	TEJO GARCÍA DIEGO	MALE	VET A	HÉRCULES TERMARIA	00:26:41.530	00:27:41.930	00:54:23.460	04:57 min/Km
29	5	19	BARBEITO REY ROBERTO	MALE	VET B	SARDIÑEIRA	00:27:02.677	00:27:28.000	00:54:30.677	04:58 min/Km
30	15	196	NIKOLOV NIKOLOV STOIL	MALE	VET A		00:26:53.740	00:27:37.530	00:54:31.270	04:58 min/Km
31	16	242	ROCA RODRIGUEZ JOSÉ MANUEL	MALE	VET A	-----	00:26:23.600	00:28:18.580	00:54:42.180	04:59 min/Km
32	6	211	PATIÑO VARELA JUAN	MALE	VET B	NOSPORTLIMIT-TREK GALICIA	00:26:58.590	00:27:48.100	00:54:46.690	04:59 min/Km
33	17	147	LAMAS DÍAZ DAVID	MALE	VET A		00:26:31.930	00:28:21.520	00:54:53.450	04:60 min/Km
34	7	87	EIROA MORÁS BENITO	MALE	VET B	TRISADA	00:27:39.700	00:27:26.060	00:55:05.760	05:01 min/Km
35	18	117	GARCÍA GALLEGO TOMÁS	MALE	VET A	ZAPATILLA VELOZ	00:26:48.130	00:28:20.600	00:55:08.730	05:01 min/Km
36	10	153	LOIS VARELA CHRISTIAN	MALE	ABSOLTA		00:26:32.700	00:28:39.860	00:55:12.560	05:02 min/Km
37	19	35	BREGUA DALMEDA JAVIER	MALE	VET A		00:27:39.920	00:27:33.040	00:55:12.960	05:02 min/Km
38	8	227	RAMA RODRIGUEZ ENRIQUE JORGE	MALE	VET B		00:27:38.620	00:28:04.590	00:55:43.210	05:04 min/Km
39	11	146	LAGO NODAR BORJA	MALE	ABSOLTA		00:28:09.050	00:27:56.420	00:56:05.470	05:06 min/Km
40	20	4	ALONSO SÁNCHEZ MIGUEL ÁNGEL	MALE	VET A		00:27:07.860	00:28:59.670	00:56:07.530	05:07 min/Km
41	21	190	MENDEZ RAFAEL	MALE	VET A		00:27:31.560	00:28:47.480	00:56:19.040	05:08 min/Km

42	9	234	RECOUSO GARCIA JUAN CARLOS	MALE	VET B	INDEPENDIENTE	00:28:14.800	00:28:08.010	00:56:22.810	05:08 min/Km
43	12	157	LOPEZ CRESPO ALBERTO	MALE	ABSOLTA		00:27:09.460	00:29:14.090	00:56:23.550	05:08 min/Km
44	22	202	NUÑEZ POL FERNANDO	MALE	VET A		00:28:05.570	00:28:20.620	00:56:26.190	05:08 min/Km
45	13	160	LOPEZ GONZALEZ IVAN	MALE	ABSOLTA		00:27:12.170	00:29:15.790	00:56:27.960	05:08 min/Km
46	23	61	CID SANMARTIN ROBERTO	MALE	VET A	CLUB TRIATLON CORUÑA	00:26:14.090	00:30:19.610	00:56:33.700	05:09 min/Km
47	24	9	ALVEDRO FERNANDEZ CARLOS	MALE	VET A		00:28:29.440	00:28:07.780	00:56:37.220	05:09 min/Km
48	10	131	GOTI PITA JAIME	MALE	VET B		00:28:56.860	00:27:42.140	00:56:39.000	05:09 min/Km
49	25	218	PERRAMON BONIGNO MARC	MALE	VET A		00:27:56.800	00:28:53.960	00:56:50.760	05:11 min/Km
50	14	15	ARMAS POL ALBERTO	MALE	ABSOLTA		00:28:52.080	00:28:00.540	00:56:52.620	05:11 min/Km
51	26	13	ARES CHAO SERGIO	MALE	VET A		00:28:10.710	00:28:55.060	00:57:05.770	05:12 min/Km
52	11	290	TORRADO SOBRIDO JOSE ANTONIO	MALE	VET B	PAPA O CAN E NOSO	00:28:33.580	00:28:36.620	00:57:10.200	05:12 min/Km
53	15	199	NORNIELLA FERNANDEZ IGNACIO	MALE	ABSOLTA		00:27:14.090	00:30:00.000	00:57:14.090	05:13 min/Km
54	27	176	MARTINEZ DEL RIO RUBEN	MALE	VET A	DREAMTEAM	00:28:16.000	00:29:03.250	00:57:19.250	05:13 min/Km
55	28	62	CIMARRAS IGLESIAS ÁLVARO	MALE	VET A		00:28:13.210	00:29:12.060	00:57:25.270	05:14 min/Km
56	29	161	LOPEZ JACOME ALVARO	MALE	VET A		00:28:24.510	00:29:05.520	00:57:30.030	05:14 min/Km
57	30	101	FLORES LOJO MIGUEL	MALE	VET A		00:28:26.590	00:29:05.850	00:57:32.440	05:14 min/Km
58	31	204	OTERO CERVERO IVAN	MALE	VET A		00:28:49.740	00:28:43.870	00:57:33.610	05:14 min/Km
59	32	206	PANIAGUA FERNANDEZ JOSE LUIS	MALE	VET A		00:27:46.270	00:29:47.390	00:57:33.660	05:14 min/Km
60	33	112	GARCIA CARPINTERO DIAZ ANTONIO	MALE	VET A		00:28:49.130	00:28:45.110	00:57:34.240	05:15 min/Km
61	34	213	PEDRE VAZQUEZ MANUEL	MALE	VET A	NOSPORTLIMIT TREK GALICIA	00:28:07.890	00:29:31.290	00:57:39.180	05:15 min/Km
62	35	138	HERVA MÍGUEZ JAVIER	MALE	VET A	LANGOSTEIRA XTRAIL	00:28:02.820	00:29:39.450	00:57:42.270	05:15 min/Km
63	36	150	LENCE PAZ MAURICIO	MALE	VET A		00:28:45.520	00:28:57.590	00:57:43.110	05:15 min/Km
64	16	125	GOMEZ SANTOS JESUS FRANCISCO	MALE	ABSOLTA	NOSPORLIMIT	00:29:02.320	00:28:42.690	00:57:45.010	05:16 min/Km
65	12	39	CAÍNZOS PAN PILAR	FEMALE	VET B	PANADERÍA D'OSEDO	00:28:32.790	00:29:13.720	00:57:46.510	05:16 min/Km
66	37	64	COLLADO PAMPÍN FRANCISCO JOSE	MALE	VET A	NO SPORT LIMIT	00:29:34.300	00:28:20.070	00:57:54.370	05:16 min/Km
67	38	143	JUVIÑO PREGO ANGEL	MALE	VET A	DREAMTEAM	00:28:38.260	00:29:31.180	00:58:09.440	05:18 min/Km
68	13	240	RIVAS ROMERO JUAN ANTONIO	MALE	VET B		00:28:25.870	00:29:56.170	00:58:22.040	05:19 min/Km
69	17	81	DOCAMPO CARRO JORGE	MALE	ABSOLTA		00:30:14.370	00:28:24.460	00:58:38.830	05:20 min/Km
70	18	96	FERNÁNDEZ NÚÑEZ DANIEL	MALE	ABSOLTA		00:30:14.410	00:28:26.140	00:58:40.550	05:21 min/Km
71	19	120	GARCÍA GONZÁLEZ IGNACIO	MALE	ABSOLTA		00:29:21.050	00:29:27.790	00:58:48.840	05:21 min/Km
72	20	79	DIAZ PEREIRA JULIAN	MALE	ABSOLTA		00:29:03.340	00:29:56.360	00:58:59.700	05:22 min/Km
73	39	130	GONZALEZ TOURIÑAN MARCOS	MALE	VET A		00:30:29.690	00:28:31.000	00:59:00.690	05:22 min/Km
74	40	54	CASTELO SANCHEZ ALBERTO	MALE	VET A	C.C.RIAZOR	00:28:40.700	00:30:22.100	00:59:02.800	05:23 min/Km
75	41	148	LAMELA VALDOMAR IVAN	MALE	VET A		00:29:23.210	00:29:39.640	00:59:02.850	05:23 min/Km
76	42	207	PAPIOL GÓMEZ JORDI	MALE	VET A	CLUB ATLETISMO CORUÑA COMARCA	00:29:22.780	00:29:40.140	00:59:02.920	05:23 min/Km
77	43	263	SAEZ RODRIGUEZ DAVID	MALE	VET A		00:29:43.500	00:29:19.930	00:59:03.430	05:23 min/Km
78	21	137	HERNÁNDEZ MARTIN ALVARO	MALE	ABSOLTA		00:28:35.040	00:30:28.470	00:59:03.510	05:23 min/Km
79	22	128	GONZÁLEZ ESTEÉVEZ ÓSCAR	MALE	ABSOLTA		00:30:19.380	00:28:44.180	00:59:03.560	05:23 min/Km
80	23	275	SERRAPIO GONZÁLEZ RUBEN	MALE	ABSOLTA		00:28:31.700	00:30:39.400	00:59:11.100	05:23 min/Km
81	24	20	BARREIRO AÑÓN ADRIÁN	MALE	ABSOLTA		00:28:46.680	00:30:33.360	00:59:20.040	05:24 min/Km
82	25	182	MARTINEZ MILLAN ALBERTO	MALE	ABSOLTA	HÉRCULES TERMARIA	00:29:40.830	00:29:46.020	00:59:26.850	05:25 min/Km
83	26	168	LOPEZ VILA ALEXANDRE	MALE	ABSOLTA		00:30:16.920	00:29:17.270	00:59:34.190	05:25 min/Km
84	27	174	MARTIN VEZ JOSE MARIA	MALE	ABSOLTA		00:28:36.330	00:30:59.200	00:59:35.530	05:26 min/Km
85	28	119	GARCÍA GOMEZ SERGIO	MALE	ABSOLTA		00:29:44.030	00:30:05.320	00:59:49.350	05:27 min/Km

86	14	123	GÓMEZ COSTOYA MIGUEL	MALE	VET B		00:29:45.810	00:30:23.090	01:00:08.900	05:29 min/Km
87	44	59	CASTRO SEGADÉ VÍCTOR	MALE	VET A	A.D.CERNE	00:29:36.150	00:30:40.470	01:00:16.620	05:29 min/Km
88	29	109	FREIRE GONZÁLEZ MANUEL	MALE	ABSOLTA	CLUB SOCIAL BANCO PASTOR	00:30:17.470	00:30:02.360	01:00:19.830	05:30 min/Km
89	30	110	GALAN FERNÁNDEZ ALEJANDRO	MALE	ABSOLTA		00:29:27.460	00:30:54.270	01:00:21.730	05:30 min/Km
90	45	75	DEL POZO SANCHEZ IAGO	MALE	VET A		00:30:54.060	00:29:27.850	01:00:21.910	05:30 min/Km
91	31	144	LAGE SEXTO BORJA	MALE	ABSOLTA		00:30:53.890	00:29:28.040	01:00:21.930	05:30 min/Km
92	15	139	IGLESIAS FERNANDEZ LUIS ANTONIO	MALE	VET B		00:29:24.890	00:30:59.640	01:00:24.530	05:30 min/Km
93	16	288	TEIJEIRO LOPEZ PABLO	MALE	VET B	CLUB TRIATLON CORUÑA	00:29:38.140	00:30:53.080	01:00:31.220	05:31 min/Km
94	32	300	VILASANCHEZ SANJUÁN JAVIER	MALE	ABSOLTA		00:29:33.440	00:31:03.680	01:00:37.120	05:31 min/Km
95	33	24	BENAVIDES CABEZAS IVAN	MALE	ABSOLTA		00:30:19.960	00:30:17.330	01:00:37.290	05:31 min/Km
96	46	26	BLANCO GARCIA CELSO	MALE	VET A	HÉRCULES TERMARIA	00:30:01.040	00:30:36.400	01:00:37.440	05:31 min/Km
97	47	265	SANCHEZ ABRUÑEDO CHISCO	MALE	VET A		00:29:44.410	00:30:53.280	01:00:37.690	05:31 min/Km
98	34	173	MAIZ MANSO CARLOS	MALE	ABSOLTA	CLUB TRIATLON CORUÑA	00:29:32.980	00:31:04.740	01:00:37.720	05:31 min/Km
99	48	44	CARMONA MIRANDA IVÁN MANUEL	MALE	VET A		00:29:58.330	00:30:40.300	01:00:38.630	05:31 min/Km
100	49	118	GARCIA GARCIA GERARDO	MALE	VET A		00:30:07.690	00:30:32.410	01:00:40.100	05:31 min/Km
101	50	294	VARELA GARCIA FCO JAVIER	MALE	VET A	LIBRE	00:28:54.530	00:31:56.240	01:00:50.770	05:32 min/Km
102	17	55	CASTELO SANCHEZ LUIS ANGEL	MALE	VET B		00:30:01.870	00:30:56.460	01:00:58.330	05:33 min/Km
103	51	188	MEJUTO VALCARCEL ROBERTO	MALE	VET A	INDEPENDIENTE	00:29:59.320	00:31:11.160	01:01:10.480	05:34 min/Km
104	35	164	LÓPEZ MOISÉS	MALE	ABSOLTA	INDRA RUNNERS	00:30:59.220	00:30:13.000	01:01:12.220	05:34 min/Km
105	18	235	REMUIÑÁN SÁNCHEZ ALFONSO	MALE	VET B	ATLETISMO CARBALLO	00:29:00.730	00:32:30.530	01:01:31.260	05:36 min/Km
106	19	135	GULÍN RIVERA FRANCISCO	MALE	VET B		00:30:20.750	00:31:19.810	01:01:40.560	05:37 min/Km
107	36	65	CORDOVILLA MARIO	MALE	ABSOLTA		00:30:04.470	00:31:44.310	01:01:48.780	05:38 min/Km
108	37	46	CARREIRA PARRADO MANUEL	MALE	ABSOLTA		00:30:30.410	00:31:20.390	01:01:50.800	05:38 min/Km
109	38	27	BLANCO QUIROGA JOSÉ ANTONIO	MALE	ABSOLTA		00:30:01.520	00:31:54.000	01:01:55.520	05:38 min/Km
110	39	68	COUTO AMADO MIGUEL ANGEL	MALE	ABSOLTA		00:31:40.060	00:30:20.840	01:02:00.900	05:39 min/Km
111	52	115	GARCÍA FIUSA JUAN	MALE	VET A		00:30:11.670	00:31:52.960	01:02:04.630	05:39 min/Km
112	20	102	FONTICOPA BETANZOS JUAN JOSE	MALE	VET B	CLUB SOCIAL BANCO PASTOR	00:31:45.510	00:30:31.890	01:02:17.400	05:40 min/Km
113	40	28	BONIGNO SILVA MIGUEL ANGEL	MALE	ABSOLTA		00:31:27.650	00:30:55.570	01:02:23.220	05:41 min/Km
114	53	170	LOUREIRO OTERO PABLO	MALE	VET A	NOSPORTLIMIT-TREK GALICIA	00:31:41.490	00:30:43.200	01:02:24.690	05:41 min/Km
115	54	156	LÓPEZ CASTELO MIGUEL	MALE	VET A		00:30:15.300	00:32:16.980	01:02:32.280	05:42 min/Km
116	55	155	LOPEZ CAINZOS JAIME	MALE	VET A		00:30:16.460	00:32:39.160	01:02:55.620	05:44 min/Km
117	41	37	CABALEIRO GUERREIRO MANUEL LUIS	MALE	ABSOLTA		00:30:11.110	00:32:45.370	01:02:56.480	05:44 min/Km
118	42	29	BOO MIRAS OSCAR	MALE	ABSOLTA		00:30:12.990	00:32:43.620	01:02:56.610	05:44 min/Km
119	56	277	SINES CRESPO FERNANDO	MALE	VET A	CLUB SOCIAL BANCO PASTOR	00:31:01.430	00:31:56.170	01:02:57.600	05:44 min/Km
120	43	179	MARTINEZ GARCIA LAURA	FEMALE	ABSOLTA		00:30:12.290	00:32:56.210	01:03:08.500	05:45 min/Km
121	57	217	PEREZ OSUNA ROBERTO	MALE	VET A	NOSPORTLIMIT TREK GALICIA	00:31:26.430	00:31:42.160	01:03:08.590	05:45 min/Km
122	58	268	SANCHEZ OTERO ANTONIO	MALE	VET A	AS VELLAS NON PARAMOS	00:30:52.960	00:32:16.240	01:03:09.200	05:45 min/Km
123	21	11	AMOR RIVAS JOSE MANUEL	MALE	VET B		00:30:23.060	00:32:55.080	01:03:18.140	05:46 min/Km
124	44	134	GUILLÁN JAVIER	MALE	ABSOLTA		00:30:35.320	00:32:55.780	01:03:31.100	05:47 min/Km
125	59	45	CARREIRA GARCIA XENE	MALE	VET A	WITL	00:31:39.060	00:31:54.900	01:03:33.960	05:47 min/Km
126	60	127	GONZÁLEZ BLANCO JUAN	MALE	VET A		00:31:00.030	00:32:40.880	01:03:40.910	05:48 min/Km
127	45	171	LOURIDO VÁZQUEZ VICENTE	MALE	ABSOLTA		00:31:39.070	00:32:06.850	01:03:45.920	05:48 min/Km
128	61	76	DELMAS COSTA MIGUEL	MALE	VET A	HÉRCULES TERMARIA	00:31:51.330	00:31:57.640	01:03:48.970	05:49 min/Km
129	62	166	LÓPEZ ULLOA JACOBO	MALE	VET A		00:31:53.960	00:31:55.570	01:03:49.530	05:49 min/Km

130	46	67	CORREA SAMBADE OSCAR	MALE	ABSOLTA		00:30:29.770	00:33:28.570	01:03:58.340	05:49 min/Km
131	47	252	RODRIGUEZ RODRIGUEZ RODRIGO	MALE	ABSOLTA		00:31:33.980	00:32:28.860	01:04:02.840	05:50 min/Km
132	63	66	CORRAL IRIARTE ALEX	MALE	VET A	CLUB DE MONTAÑA 'O CARROUCHO	00:29:44.030	00:34:20.160	01:04:04.190	05:50 min/Km
133	64	220	PETEIRO GRAÑA FRANCISCO	MALE	VET A	CLUB SOCIAL BANCO PASTOR	00:31:45.600	00:32:19.000	01:04:04.600	05:50 min/Km
134	65	152	LODEIRO LOPEZ CARLOS	MALE	VET A		00:31:13.590	00:32:52.080	01:04:05.670	05:50 min/Km
135	48	90	FERNÁNDEZ DOLDÁN ALBERTO	MALE	ABSOLTA		00:30:58.010	00:33:07.700	01:04:05.710	05:50 min/Km
136	49	88	ESPIÑEIRA ESMORIS JOSE ANGEL	MALE	ABSOLTA	CCL	00:31:43.200	00:32:37.710	01:04:20.910	05:51 min/Km
137	66	286	TABOADA BARREIRO JUAN MANUEL	MALE	VET A		00:30:38.600	00:33:42.400	01:04:21.000	05:51 min/Km
138	67	222	PONTE NOYA ROBERTO	MALE	VET A		00:31:37.630	00:32:52.260	01:04:29.890	05:52 min/Km
139	50	195	NESTSIAROVICH YULIYA	FEMALE	ABSOLTA		00:32:26.480	00:32:10.830	01:04:37.310	05:53 min/Km
140	68	56	CASTIÑEIRA ALVAREZ IVAN	MALE	VET A	MAISTROTE	00:32:25.170	00:32:14.710	01:04:39.880	05:53 min/Km
141	22	141	JEANDON STEPHAN	MALE	VET B	AD MEDIA DUCIA	00:31:50.820	00:32:49.530	01:04:40.350	05:53 min/Km
142	69	224	QUINTAS MACEIRAS JOSE CARLOS	MALE	VET A		00:31:47.760	00:33:03.060	01:04:50.820	05:54 min/Km
143	70	52	CASCALLANA NOVO ALBERTO	MALE	VET A		00:33:11.260	00:31:45.140	01:04:56.400	05:55 min/Km
144	71	231	RAÑA BOUZA DIEGO	MALE	VET A		00:31:50.880	00:33:12.410	01:05:03.290	05:55 min/Km
145	72	281	SUÁREZ AGRÁ SANTIAGO	MALE	VET A	FAICAMIÑO	00:33:11.030	00:31:53.800	01:05:04.830	05:55 min/Km
146	73	214	PEÑA GONZÁLEZ QUIQUE	MALE	VET A	PATUKOS TIM RANIN	00:33:18.220	00:31:46.660	01:05:04.880	05:55 min/Km
147	51	22	BEAHÍN VÁZQUEZ MARCOS	MALE	ABSOLTA		00:33:21.060	00:31:45.220	01:05:06.280	05:56 min/Km
148	52	285	SUAREZ VALDERREY FERNANDO	MALE	ABSOLTA		00:31:26.410	00:33:43.130	01:05:09.540	05:56 min/Km
149	74	63	COELLO PENA-MANSO TOMAS	MALE	VET A		00:31:43.560	00:33:52.790	01:05:36.350	05:58 min/Km
150	75	250	RODRÍGUEZ LÓPEZ FRAN	MALE	VET A		00:31:43.420	00:33:53.100	01:05:36.520	05:58 min/Km
151	76	82	DOCAMPO DIAZ FRANCISCO	MALE	VET A	CLUB TRIATLON CORUÑA	00:31:43.480	00:33:53.140	01:05:36.620	05:58 min/Km
152	77	262	RUMBO SABRINA	FEMALE	VET A	NOSPORTLIMIT-TREK GALICIA	00:33:28.270	00:32:13.710	01:05:41.980	05:59 min/Km
153	53	301	VILLAVERDE DOVAL JAVIER	MALE	ABSOLTA		00:31:50.750	00:34:05.840	01:05:56.590	05:60 min/Km
154	78	258	RUIBAL MOLDES MNMAUEL	MALE	VET A		00:32:06.560	00:34:03.390	01:06:09.950	06:01 min/Km
155	79	272	SEISDEDOS HERMO DAVID	MALE	VET A	-----	00:31:37.040	00:34:36.510	01:06:13.550	06:02 min/Km
156	80	2	ALCAZAR COQUE	MALE	VET A	RANNINNG	00:32:15.340	00:34:04.150	01:06:19.490	06:02 min/Km
157	23	97	FERNANDEZ PITA CARLOS	MALE	VET B	AMIGOS DE SAN DIEGO	00:33:25.180	00:32:58.190	01:06:23.370	06:03 min/Km
158	24	31	BRANDÓN VENOZZA RICARDO	MALE	VET B		00:34:04.530	00:32:22.940	01:06:27.470	06:03 min/Km
159	25	108	FRANQUET SUGRAÑES EDUARD	MALE	VET B		00:33:50.140	00:32:56.340	01:06:46.480	06:05 min/Km
160	2	132	GRAS PÉREZ VICENTE	MALE	VET C		00:33:12.810	00:33:34.510	01:06:47.320	06:05 min/Km
161	3	296	VEIGA BERMEJO ARACELI	FEMALE	VET C		00:33:03.340	00:33:44.210	01:06:47.550	06:05 min/Km
162	26	238	REY CASTELO VICTOR	MALE	VET B		00:32:45.590	00:34:10.090	01:06:55.680	06:06 min/Km
163	54	159	LÓPEZ GARCÍA DANIEL	MALE	ABSOLTA	INDRA RUNNERS	00:33:34.300	00:33:30.150	01:07:04.450	06:06 min/Km
164	55	114	GARCÍA FERNÁNDEZ ÁLVARO	MALE	ABSOLTA	INDRA RUNNERS	00:33:34.100	00:33:31.050	01:07:05.150	06:06 min/Km
165	81	49	CASAL LLORENTE CARMEN	FEMALE	VET A	INDEPENDIENTE	00:33:32.980	00:33:40.200	01:07:13.180	06:07 min/Km
166	82	264	SALGADO BADAS FRANCISCO JAVIER	MALE	VET A	INDRA RUNNERS	00:33:34.470	00:33:39.380	01:07:13.850	06:07 min/Km
167	27	216	PEREZ MIRAMONTES ALBERTO	MALE	VET B		00:34:04.460	00:33:11.390	01:07:15.850	06:07 min/Km
168	83	223	PONTE RODRIGUEZ ELENA	FEMALE	VET A		00:32:45.750	00:34:33.160	01:07:18.910	06:08 min/Km
169	28	163	LOPEZ MARTIN JAVIER	MALE	VET B	CLUB SOCIAL BANCO PASTOR	00:32:47.360	00:34:39.580	01:07:26.940	06:08 min/Km
170	29	197	NISTAL GARCIA EDUARDO	MALE	VET B	CLUB CICLISTA EO	00:34:00.290	00:33:27.680	01:07:27.970	06:08 min/Km
171	84	198	NISTAL GARCIA MANUEL	MALE	VET A	CLUB CICLISTA EO	00:34:00.510	00:33:27.750	01:07:28.260	06:09 min/Km
172	56	226	RAMA ALVAREZ SAMUEL	MALE	ABSOLTA		00:32:03.490	00:35:26.720	01:07:30.210	06:09 min/Km
173	85	292	ULLOA MENDEZ ANTONIO MANUEL	MALE	VET A	INDEPENDIENTE	00:32:59.810	00:34:32.670	01:07:32.480	06:09 min/Km

174	57	92	FERNANDEZ BARROS ALEXANDER	MALE	ABSOLTA		00:32:36.110	00:34:56.450	01:07:32.560	06:09 min/Km
175	86	80	DÍAZ PÉREZ DAVID	MALE	VET A		00:33:35.100	00:34:12.140	01:07:47.240	06:10 min/Km
176	87	140	IGLESIAS MARIÑO JESÚS MANUEL	MALE	VET A		00:33:55.660	00:34:03.190	01:07:58.850	06:11 min/Km
177	58	230	RAMOS RODRIGUEZ LUIS JOSE	MALE	ABSOLTA		00:33:02.210	00:34:59.090	01:08:01.300	06:12 min/Km
178	4	236	REMUIÑÁN SÁNCHEZ ANTONIO	MALE	VET C	ATLETISMO CARBALLO	00:33:50.570	00:34:10.900	01:08:01.470	06:12 min/Km
179	59	85	DOMATO VERDÍA JUAN CARLOS	MALE	ABSOLTA	ESQULTURE RUNNING CARBALLO	00:33:41.140	00:34:35.450	01:08:16.590	06:13 min/Km
180	88	248	RODRIGUEZ LAGARES JOSE RAMON	MALE	VET A		00:34:16.430	00:34:20.010	01:08:36.440	06:15 min/Km
181	89	298	VIDAL FRAGA JOSE ALBERTO	MALE	VET A		00:33:25.570	00:35:11.840	01:08:37.410	06:15 min/Km
182	60	169	LOPEZ VILLAVERDE ADRIAN	MALE	ABSOLTA		00:34:04.880	00:35:01.080	01:09:05.960	06:17 min/Km
183	90	186	MARTINEZ RODRIGUEZ JOSE	MALE	VET A		00:33:13.120	00:36:00.560	01:09:13.680	06:18 min/Km
184	91	158	LÓPEZ FERREIRO FEDERICO	MALE	VET A		00:31:56.660	00:37:17.170	01:09:13.830	06:18 min/Km
185	92	16	ARMENTEROS LEÓN CARLOS	MALE	VET A		00:34:47.460	00:34:33.210	01:09:20.670	06:19 min/Km
186	93	212	PAZOS DANIEL	MALE	VET A	TRISADA	00:35:26.470	00:33:56.010	01:09:22.480	06:19 min/Km
187	94	111	GARCIA BARBEIRA PABLO	MALE	VET A		00:34:57.720	00:34:29.660	01:09:27.380	06:19 min/Km
188	95	273	SENIN CANOSA IGNACIO	MALE	VET A	BRIGANTIA	00:34:53.540	00:34:38.670	01:09:32.210	06:20 min/Km
189	96	136	HEREDERO FERRERO MARCOS	MALE	VET A		00:34:03.090	00:35:32.280	01:09:35.370	06:20 min/Km
190	97	142	JUAN OTERO DANIEL	MALE	VET A		00:34:03.470	00:35:32.100	01:09:35.570	06:20 min/Km
191	98	17	ARMESTO PULIDO JAVIER	MALE	VET A	GANTESPORT	00:34:03.450	00:35:32.200	01:09:35.650	06:20 min/Km
192	99	41	CALDAS MOSQUERA ALBERTO M.	MALE	VET A		00:33:44.300	00:35:51.740	01:09:36.040	06:20 min/Km
193	61	269	SÁNCHEZ PARDO PEDRO	MALE	ABSOLTA	INTROGAMES	00:34:15.020	00:35:23.400	01:09:38.420	06:20 min/Km
194	100	124	GOMEZ PEDREIRA CARLOS MANUEL	MALE	VET A	CLUB BTT CAIMANES BETANZOS	00:34:33.670	00:35:08.700	01:09:42.370	06:21 min/Km
195	101	10	AMOR BUYO JUAN LUIS	MALE	VET A		00:34:33.590	00:35:08.870	01:09:42.460	06:21 min/Km
196	102	303	PONTE TABOADA MONTSERRAT	FEMALE	VET A		00:35:30.190	00:34:34.390	01:10:04.580	06:23 min/Km
197	103	201	NÚÑEZ NAVEIRA LAURA	FEMALE	VET A	ANDAINA	00:35:31.400	00:34:39.510	01:10:10.910	06:23 min/Km
198	62	287	TASENDE PEREIRO ALMUDENA	FEMALE	ABSOLTA		00:35:45.960	00:34:33.240	01:10:19.200	06:24 min/Km
199	63	18	AVENDAÑO PÉREZ PAULA	FEMALE	ABSOLTA		00:35:46.260	00:34:33.170	01:10:19.430	06:24 min/Km
200	64	257	ROZADOS LAGO ALEX	MALE	ABSOLTA		00:35:46.140	00:34:33.420	01:10:19.560	06:24 min/Km
201	30	23	BELLAS RODRÍGUEZ RAÚL	MALE	VET B	MAISTROTE	00:34:11.080	00:36:29.260	01:10:40.340	06:26 min/Km
202	65	221	PINEDA RÍOS CRISTIAN	MALE	ABSOLTA		00:35:01.110	00:35:53.110	01:10:54.220	06:27 min/Km
203	5	34	BREA SANCHEZ JOSE MARIA	MALE	VET C	C.A.BOIMORTO	00:35:32.360	00:35:25.470	01:10:57.830	06:28 min/Km
204	104	246	RODRÍGUEZ GARCÍA LUZ	FEMALE	VET A		00:35:29.460	00:35:43.780	01:11:13.240	06:29 min/Km
205	66	98	FERNÁNDEZ SUÁREZ DANIEL	MALE	ABSOLTA		00:34:29.480	00:37:11.640	01:11:41.120	06:32 min/Km
206	67	299	VIDAL RODRIGUEZ OSCAR	MALE	ABSOLTA		00:36:06.880	00:35:35.000	01:11:41.880	06:32 min/Km
207	105	57	CASTRO DE LA FUENTE MIGUEL ANGEL	MALE	VET A		00:35:37.080	00:36:41.530	01:12:18.610	06:35 min/Km
208	68	247	RODRIGUEZ JIMÉNEZ LUCIA	FEMALE	ABSOLTA		00:35:35.240	00:36:58.180	01:12:33.420	06:36 min/Km
209	69	245	RODRIGUEZ DELGADO NOELIA	FEMALE	ABSOLTA		00:36:03.670	00:37:25.340	01:13:29.010	06:41 min/Km
210	70	194	NAYA MANCEBO PAULA	FEMALE	ABSOLTA	AD JARNACHAS	00:35:51.450	00:38:00.910	01:13:52.360	06:43 min/Km
211	106	165	LOPEZ PERMUY VICTORIA EUGENIA	FEMALE	VET A	BRIGANTIA AVENTURA	00:35:54.850	00:38:07.500	01:14:02.350	06:44 min/Km
212	71	259	RUIBAL RAMOS RUBEN	MALE	ABSOLTA		00:36:03.140	00:38:44.260	01:14:47.400	06:48 min/Km
213	72	116	GARCIA FIUSA SONIA	FEMALE	ABSOLTA		00:35:56.210	00:39:03.240	01:14:59.450	06:50 min/Km
214	107	200	NOVO SOBRINO JORGE	MALE	VET A		00:36:41.460	00:38:25.780	01:15:07.240	06:50 min/Km
215	108	94	FERNÁNDEZ GONZÁLEZ JUAN	MALE	VET A	PATUKOS TIM RANIN	00:37:07.740	00:38:12.440	01:15:20.180	06:51 min/Km
216	73	280	SOUTO AMARO MARIA DIGNA	FEMALE	ABSOLTA		00:37:13.530	00:38:29.250	01:15:42.780	06:53 min/Km
217	74	36	CAAMAÑO FERNANDEZ ALBA	FEMALE	ABSOLTA		00:38:25.750	00:37:17.370	01:15:43.120	06:54 min/Km

218	109	106	FRAGA SECO CAROLINA	FEMALE	VET A	NOSPORTLIMIT	00:37:49.220	00:38:11.000	01:16:00.220	06:55 min/Km
219	75	48	CASADO PAREDES VERÓNICA	FEMALE	ABSOLTA		00:37:49.420	00:38:11.070	01:16:00.490	06:55 min/Km
220	110	86	DURÁN CANDAL PEDRO	MALE	VET A		00:37:36.800	00:38:37.420	01:16:14.220	06:56 min/Km
221	31	42	CAMBA MÉNDEZ JAVIER	MALE	VET B		00:37:18.060	00:39:27.250	01:16:45.310	06:59 min/Km
222	111	261	RUIZ DE VALBUENA BUENO ANGEL	MALE	VET A	ACADEMIA J.M RIVAS	00:37:16.150	00:39:29.210	01:16:45.360	06:59 min/Km
223	112	233	REBOREDO GARCÍA SANTIAGO	MALE	VET A		00:37:51.870	00:39:09.560	01:17:01.430	07:01 min/Km
224	76	205	PALLERO BOTE JOSE ANTONIO	MALE	ABSOLTA		00:37:21.650	00:39:45.200	01:17:06.850	07:01 min/Km
225	32	78	DÍAZ MÉNDEZ ANA	FEMALE	VET B	NOSPORTLIMIT-TREK GALICIA	00:37:09.950	00:40:16.410	01:17:26.360	07:03 min/Km
226	33	249	RODRIGUEZ LISTA ENRIQUE	MALE	VET B	NOSPORTLIMIT TREK GALICIA	00:37:51.820	00:40:23.590	01:18:15.410	07:07 min/Km
227	113	12	AREA SANTOS XOAN	MALE	VET A	MARINEDA ATLÉTICO	00:38:55.260	00:39:29.430	01:18:24.690	07:08 min/Km
228	34	293	VAAMONDE FANDIÑO ROSA	FEMALE	VET B	CAS MONTAÑA	00:37:52.950	00:40:42.980	01:18:35.930	07:09 min/Km
229	35	122	GOMEZ CHAO MARISOL	FEMALE	VET B		00:39:26.200	00:39:48.370	01:19:14.570	07:13 min/Km
229	35	151	LEVOSO TOUCEDA JOSE MARIA	MALE	VET B	ESPRINTES OURENSE	00:39:25.580	00:39:48.990	01:19:14.570	07:13 min/Km
231	114	270	SANDE VIDAL MAR	FEMALE	VET A		00:39:27.170	00:40:42.310	01:20:09.480	07:18 min/Km
232	115	283	SUÁREZ FERNÁNDEZ PELAYO	MALE	VET A		00:37:53.700	00:43:35.130	01:21:28.830	07:25 min/Km
233	37	282	SUÁREZ FERNÁNDEZ MANÉS	MALE	VET B		00:37:53.560	00:43:35.370	01:21:28.930	07:25 min/Km
234	77	107	FRANCO JOHANNA	FEMALE	ABSOLTA	NO SPORT LIMIT	00:39:01.850	00:42:51.950	01:21:53.800	07:27 min/Km
235	78	225	QUINTELA CARDELLE SUSANA	FEMALE	ABSOLTA		00:40:23.120	00:42:21.910	01:22:45.030	07:32 min/Km
236	6	71	CRUCES PRADO MANUEL	MALE	VET C	CLUB DEPORTIVO PINARIUM	00:41:05.310	00:41:40.120	01:22:45.430	07:32 min/Km
237	79	266	SÁNCHEZ CANEDO MIRIAM	FEMALE	ABSOLTA		00:39:24.590	00:43:23.310	01:22:47.900	07:32 min/Km
238	38	255	RODRIGUEZ VAZQUEZ JOAQUIN	MALE	VET B	RANNING	00:39:57.560	00:43:28.010	01:23:25.570	07:36 min/Km
239	7	33	BREA POSSE ISABEL	FEMALE	VET C	EGOVARROS-VIVEIRO	00:42:13.670	00:41:17.920	01:23:31.590	07:36 min/Km
240	39	100	FIGUEROA SUÁREZ ROBERTO	MALE	VET B	CLUB CICLISTA ARTEIXO-MB3	00:38:41.050	00:45:13.130	01:23:54.180	07:38 min/Km
241	80	38	CABEZAL VILLAMAR MARIA PILAR	FEMALE	ABSOLTA		00:41:16.200	00:42:42.980	01:23:59.180	07:39 min/Km
242	81	254	RODRIGUEZ TAIBO DANIEL	MALE	ABSOLTA		00:41:16.430	00:42:42.900	01:23:59.330	07:39 min/Km
243	82	74	DEL CAMPO GARCIA MAXIMO	MALE	ABSOLTA		00:40:22.200	00:44:17.740	01:24:39.940	07:42 min/Km
244	40	209	PARGA LOPEZ JUAN JOSE	MALE	VET B		00:40:22.470	00:44:23.020	01:24:45.490	07:43 min/Km
245	41	72	DE LA CRUZ RODRÍGUEZ TERESA	FEMALE	VET B		00:42:12.770	00:43:07.120	01:25:19.890	07:46 min/Km
246	116	183	MARTINEZ MOSQUERA MARÍA	FEMALE	VET A		00:42:12.640	00:43:07.710	01:25:20.350	07:46 min/Km
247	117	40	CALATAYUD ISA	FEMALE	VET A	RANNING	00:42:15.780	00:43:31.690	01:25:47.470	07:48 min/Km
248	42	3	ALCAZAR MANUEL	MALE	VET B	RANNING	00:42:16.080	00:43:35.700	01:25:51.780	07:49 min/Km
249	43	93	FERNANDEZ CAINZOS JUAN CARLOS	MALE	VET B	BEER RUNNERS	00:43:41.150	00:42:14.890	01:25:56.040	07:49 min/Km
250	118	89	FARIÑA BALSA SANDRA	FEMALE	VET A	NOSPORTLIMIT TREK GALICIA	00:42:14.130	00:43:55.300	01:26:09.430	07:50 min/Km
251	119	192	MOURELLE PEDREIRA3 MARIAM	FEMALE	VET A	PARTICULAR	00:43:55.690	00:45:32.440	01:29:28.130	08:09 min/Km
252	120	229	RAMAS FIUSA CARLOS	MALE	VET A	NOSPORTLIMIT-TREK GALICIA	00:43:56.130	00:45:32.130	01:29:28.260	08:09 min/Km
253	8	145	LAGO GONZALEZ JOSE MANUEL	MALE	VET C	ATLETISMO SADA	00:43:55.990	00:46:30.230	01:30:26.220	08:14 min/Km
254	121	177	MARTÍNEZ FERNÁNDEZ ANTONIO	MALE	VET A	ATLETISMO FONTES DO SAR	00:43:56.060	00:46:44.810	01:30:40.870	08:15 min/Km
255	44	271	SEIJAS PERMUY CARLOS	MALE	VET B	BEER RUNNERS	00:43:55.680	00:46:59.720	01:30:55.400	08:16 min/Km
256	122	253	RODRÍGUEZ SÁNCHEZ GEMA	FEMALE	VET A		00:43:33.640	00:48:10.750	01:31:44.390	08:21 min/Km
257	9	99	FIGUEROA SUAREZ MERCEDES	FEMALE	VET C		00:45:13.680	00:49:06.130	01:34:19.810	08:35 min/Km
258	123	162	LÓPEZ MARIÑO EMMA	FEMALE	VET A		00:45:17.480	00:49:46.100	01:35:03.580	08:39 min/Km
259	45	129	GONZÁLEZ GONZÁLEZ MARÍA ISaura	FEMALE	VET B	CLUB SOCIAL BANCO PASTOR	00:50:08.330	00:51:10.250	01:41:18.580	09:13 min/Km
260	46	302	JORGE CARMEN	FEMALE	VET B		00:50:08.550	00:51:10.370	01:41:18.920	09:13 min/Km
260	124	5	ALVAREZ CASAPRIMA JESUS	MALE	VET A	NOSPORTLIMIT TREK GALICIA	00:50:09.290	00:51:09.630	01:41:18.920	09:13 min/Km