



Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
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**MASCULINO Trail Largo**

1	55	PAZÓ GIRALDEZ Daniel	ATLETISMO BAIONA	2h02:57.140	
2	44	POUSO VIDAL Lucas	C.A.CAMBADOS S. NOVAL	2h08:18.750	5:21.610
3	31	IGLESIAS BARROS Alberto	LODEIROS TRAIL	2h14:51.346	11:54.206
4	16	MONTERO BUJAN Aitor	BOAVISTA TRAIL	2h16:34.572	13:37.432
5	52	BOUZO SIMEON Santiago	LODEIROS	2h17:25.438	14:28.298
6	5	CURROS FERNANDEZ Javier	BOX001 RUNMANIAK	2h19:28.120	16:30.980
7	19	GEFAELL BORRÁS Santiago		2h20:01.120	17:03.980
8	9	BARCIA TEIJEIRO Antonio		2h21:26.762	18:29.622
9	42	LORES MEIS Jose Manuel	C.A.CAMBADOS S. NOVAL	2h21:49.378	18:52.238
10	7	ALBORES MIGUEZ Jorge		2h22:24.823	19:27.683
11	18	ALONSO ABALDE Miguel Angel		2h31:06.894	28:09.754
12	12	ALONSO PEREIRA Yago	OBJETIVO TRAIL	2h31:49.454	28:52.314
13	6	PEREIRA SALGUEIRO Ramon	OBJETIVO TRAIL	2h33:20.000	30:22.860
14	27	IGLESIAS VALVERDE Miguel		2h40:27.000	37:29.860
15	37	GÓMEZ LÓPEZ David	CASTRELOS 20:30	2h42:11.615	39:14.475
16	10	RUBIO SÁNCHEZ Antonio	CABUXASTOLAS	2h43:59.123	41:01.983
17	24	SOBRADO MIGUÉLEZ Roberto		2h45:20.000	42:22.860
18	53	LOPEZ FERNANDEZ Jaime Pablo		2h45:41.471	42:44.331
19	56	DIAZ GONDA Julio		2h49:57.372	47:00.232
20	40	SENDÍN RAÑA Pablo	C.A.CAMBADOS S. NOVAL	2h54:05.287	51:08.147
21	4	TIZÓN FREIRÍA Germán		2h57:54.129	54:56.989
22	50	PALACIOS DESCALZO Carlos		3h01:45.611	58:48.471
23	47	VALVERDE ÁLVAREZ Alberto		3h06:39.918	1h03:42.778
24	22	LAGO FREIRÍA Francisco José	OS PELIQUEIROS	3h11:00.219	1h08:03.079
25	3	ALONSO PRADO Alfonso		3h12:24.842	1h09:27.702
26	15	PIÑEIRO GARCÍA Héctor	CLUB ATLETISMO LOUSAME	3h15:02.698	1h12:05.558
27	51	BASOCO GIL Carlos	AVIVA SPORT CLUB	3h15:26.000	1h12:28.860
28	29	RODRÍGUEZ GONZÁLEZ Damian	AS LEBRES DE OIA	3h16:35.710	1h13:38.570
29	8	MARIÑO CRESPO Alexis		3h18:34.928	1h15:37.788
30	21	GIRALDES CASTRO Daniel		3h30:46.959	1h27:49.819
31	32	SOTO PÉREZ Juan Manuel		3h32:22.459	1h29:25.319
32	54	TORO FERNÁNDEZ Marcos		3h32:27.008	1h29:29.868
33	30	RODRIGUEZ GONZÁLEZ Anselmo		3h41:12.164	1h38:15.024
34	28	MARIÑO ÁLVAREZ Valeriano	AS LEBRES DE OIA	3h41:12.756	1h38:15.616

**MASCULINO Trail corto**

1	240	FONTÁN ARNEJO José Martín		1h06:59.515	
2	220	RUDA OROZCO Omar Eduardo	VENGADORES	1h07:21.464	21.949
3	167	VICENTE SUÁREZ FERNÁNDEZ Pedro	CANICROSS VIGO	1h10:27.784	3:28.269
4	204	BIANCHI ESTEBAN Fernando	ATHLETICS FISIOTERAPIA SAN LAZ	1h11:36.177	4:36.662
5	107	GONZÁLEZ ÁLVAREZ José Felipe		1h13:05.285	6:05.770
6	129	GARCIA PAZO Eduardo	BIKILA	1h14:27.322	7:27.807



# VI TRAIL



Montes de Vigo

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
7	138	FREIRIA FERNANDEZ Bruno		1h15:14.831	8:15.316
8	201	FERNANDEZ PAREDES Santiago	CSCR BEADE	1h15:27.723	8:28.208
9	196	FERNANDEZ PAREDES Roberto	CSCR BEADE	1h17:25.489	10:25.974
10	195	PENA PEREIRA Francisco Javier	CSCR BEADE	1h17:41.539	10:42.024
11	212	CASTRO Alejandro	ZARKOCAN	1h18:37.208	11:37.693
12	174	REY MALLO Jose Daniel	VIGOENTRENA	1h19:41.230	12:41.715
13	200	OTERO MARTINEZ Nicolas	CSCR BEADE	1h19:47.939	12:48.424
14	218	CARREIRO BOULLOSA Carlos		1h20:55.858	13:56.343
15	203	FERNÁNDEZ CARIDE Juan Pablo	JAYOMA TEAM	1h20:57.030	13:57.515
16	120	COSTAS SÁNCHEZ Senén		1h21:28.860	14:29.345
17	221	ORDAX Jose	BEADE	1h21:32.193	14:32.678
18	172	DOMÍNGUEZ VILA Pablo	VIGOENTRENA	1h21:32.933	14:33.418
19	228	FERNÁNDEZ GARCÍA Roberto	CORNELIOS	1h21:35.110	14:35.595
20	117	CASTRO Jorge	ASOCIACIÓN DEPORTIVA CAR	1h21:41.552	14:42.037
21	142	ARIAS FRANCES Nicolas		1h22:35.509	15:35.994
22	222	MARTÍNEZ SÓÑORA Fernando		1h24:28.339	17:28.824
23	162	MONROY MIGUEZ Victorio		1h24:29.792	17:30.277
24	233	VARELA ÁLVAREZ Ignacio	VIGOENTRENA	1h24:30.443	17:30.928
25	112	FERNÁNDEZ PÉREZ Antonio A		1h24:43.070	17:43.555
26	109	DOMINGUEZ GONZALEZ Daniel	MAIS QUE AUGA	1h25:50.157	18:50.642
27	169	DAFONTE MARTÍNEZ Miguel	VIGOENTRENA	1h25:58.874	18:59.359
28	178	DÍAZ CID Javier		1h25:59.520	19:00.005
29	159	PÉREZ SANTOS Adrián	TRINORTH	1h27:47.249	20:47.734
30	156	TRONCOSO RODRÍGUEZ Germán		1h30:30.041	23:30.526
31	185	LUSQUIÑOS BALLESTEROS David	CLUB TRIATLÓN VAO	1h30:33.135	23:33.620
32	188	SUAREZ GULLON Gustavo	CLUB TRIATLÓN VAO	1h30:33.136	23:33.621
33	202	GONZÁLEZ FARTO Arturo		1h32:27.172	25:27.657
34	116	CAMPO RODRIGUEZ Ivan		1h32:43.847	25:44.332
35	102	GARCÍA LÓPEZ Fernando		1h32:47.661	25:48.146
36	210	DE CASTRO MARTINEZ Antonio	ZARKOCAN	1h34:25.474	27:25.959
37	191	MENDES Luis		1h35:10.178	28:10.663
38	192	AMARAL Jose Antonio	TOMBAMINIS TRAIL TEAM	1h36:30.271	29:30.756
39	235	MELEIRO ARAUJO Cesar		1h36:31.268	29:31.753
40	211	CELESTINO RODRIGUEZ Diego	ZARKOCAN	1h36:38.611	29:39.096
41	126	CARBALLAL FERNÁNDEZ Diego		1h38:28.579	31:29.064
42	127	GONZALEZ FERNANDEZ Alfonso		1h39:14.817	32:15.302
43	128	MASEDA PENA Ermesto		1h39:38.031	32:38.516
44	143	CASAL FREAZA Jorge		1h39:46.199	32:46.684
45	135	REGUEIRO ESTÉVEZ David		1h42:13.276	35:13.761
46	123	IGLESIAS FERNANDEZ Marcos	CAZAFANTASMAS TEAM	1h44:06.041	37:06.526
47	227	CASTRO CARNERO Ricardo		1h44:38.799	37:39.284
48	155	NÚÑEZ RODRÍGUEZ José Carlos		1h44:51.582	37:52.067
49	168	PONTEVEDRA RIVEIRO Agustin	CANICROSS VIGO	1h45:22.000	38:22.485
50	158	MARTÍNEZ CARBALLO Rufino	TRINORTH	1h45:25.659	38:26.144
51	181	SOUSA RIBEIRO Eduardo	VIGOENTRENA	1h45:31.703	38:32.188
52	103	ESPAÑOL PEREZ Ramon		1h46:49.430	39:49.915

13/10/2019

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Vola Timing (www.vola.fr) / Msports Pro 5.0.08

**IVOLA**  
SOFT CONTROL





Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
53	133	RODRÍGUEZ PEREIRO José Javier		1h47:50.725	40:51.210
54	205	GONZALEZ GARCIA Amaro		1h48:26.944	41:27.429
55	147	GARCIA ABALDE Jose Angel		1h49:34.258	42:34.743
56	110	LAMAS FORTES Alejandro		1h49:34.531	42:35.016
57	224	PEREIRA Jesus		1h50:33.728	43:34.213
58	115	PEREIRA SALGADO Micael		1h50:52.438	43:52.923
58	113	MANSO SANTAMARIA Alvaro		1h50:52.438	43:52.923
60	137	PEDROSO FERNANDEZ Luis		1h50:52.714	43:53.199
61	207	SANCHEZ LUMBRERAS Rafael		1h55:09.699	48:10.184
62	226	MAGÁN DOPAZO Javier		1h55:32.841	48:33.326
63	225	HERNANDEZ GRAÑA Juan Carlos		1h58:11.540	51:12.025
64	130	ALONSO MISA Evaristo		2h25:42.090	1h18:42.575

### VETERANO Trail Largo

1	48	LAGO GRAÑA Roberto	LODEIROS TRAIL	2h23:19.775	
2	26	LÓPEZ ALVAREZ José Luis		2h23:27.275	7.500
3	38	TABOADA PAMPIN Alberto	NTA-NEVER TRAIL ALONE	2h23:30.125	10.350
4	43	RIVAS CASTRO Juan	C.A.CAMBADOS S. NOVAL	2h31:19.594	7:59.819
5	58	GOMEZ ALONSO Manuel		2h31:34.000	8:14.225
6	35	PÉREZ BAZ Víctor Manuel		2h32:06.916	8:47.141
7	20	ALONSO BALLESTEROS Javier		2h36:17.378	12:57.603
8	49	COSTAS FERNANDEZ Alfonso	C.A.R.MARISQUEIRO	2h38:52.665	15:32.890
9	25	ALVAREZ NORES Ramiro	C.A.R. MARISQUEIRO	2h56:16.209	32:56.434
10	45	FERNÁNDEZ TRONCOSO Raúl		2h57:27.690	34:07.915
11	13	VIDAL CASTRO Ernesto	RUNNING LUSEKELO	3h02:21.631	39:01.856
12	14	FERNÁNDEZ OITABEN Julio	XISTRA	3h05:54.075	42:34.300
13	59	GARCÍA LÓPEZ Alberto		3h06:10.689	42:50.914
14	34	DE LA CRUZ DE LA ROSA Antonio		3h14:27.658	51:07.883
15	17	GARRIDO PUMAR Jose Manuel		3h15:50.844	52:31.069
16	23	ÁLVAREZ PEREIRA Roberto	OS PELIQUEIROS	3h24:25.021	1h01:05.246
17	39	NOVO Jorge	RUNNING OLEIROS	3h37:17.609	1h13:57.834

### VETERANO Trail corto

1	229	RODRIGUEZ LOPEZ Gonzalo	ASOCIACION DEPORTIVA C.A.R	1h12:03.699	
2	193	CURRAS ABALDE Luis Alberto	CSCR BEADE	1h14:46.324	2:42.625
3	219	GONZÁLEZ RODRÍGUEZ Fernando		1h16:40.768	4:37.069
4	198	FERNANDEZ MONZON Marcos	CSCR BEADE	1h17:29.185	5:25.486
5	148	DE PRADO VÁZQUEZ Álvaro		1h23:58.372	11:54.673
6	187	GIL ALONSO Antonio Francisco	CLUB TRIATLÓN VAO	1h26:07.023	14:03.324
7	239	PÉREZ BLANCO Pablo		1h26:28.463	14:24.764
8	118	PEREIRO PEREIRO Miguel		1h27:50.618	15:46.919





Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
9	179	ALONSO LAGO Jose Luis	VIGOENTRENA	1h29:55.229	17:51.530
10	152	VALEBONA REFOJOS Manuel	TRINORTH	1h30:30.579	18:26.880
11	161	SÁNCHEZ OTERO Oswaldo		1h33:28.383	21:24.684
12	163	FROIZ LAREU Andres		1h33:29.047	21:25.348
13	186	TORRES CONFINES David	CLUB TRIATLÓN VAO	1h34:18.847	22:15.148
14	199	PEREZ PASCUAL Manuel	CSCR BEADE	1h35:30.498	23:26.799
15	234	RAÑA GREGORIO Xan	C.A.R. MARISQUEIRO	1h35:50.301	23:46.602
16	175	PÉREZ NOVOA Antonio	VIGOENTRENA	1h36:40.367	24:36.668
17	104	VAZQUEZ Henrique		1h39:03.010	26:59.311
18	180	SÁNCHEZ ALONSO Alberto	VIGOENTRENA	1h39:07.918	27:04.219
19	114	PETEIRO GONZÁLEZ Angel		1h39:29.693	27:25.994
20	164	ACOSTA PADIN Gerardo		1h39:32.429	27:28.730
21	194	GARCIA COSTAS Federico	CSCR BEADE	1h39:42.015	27:38.316
22	215	RODRIGUEZ MARTINEZ Jose Ramon		1h40:38.496	28:34.797
23	131	DOMINGUEZ MARTIN Santiago		1h40:51.941	28:48.242
24	216	CAO ALFONSO Jesús		1h41:10.415	29:06.716
25	121	REIGADA QUINTELA Fernando		1h42:11.746	30:08.047
26	124	FERNANDEZ CORDOVES Rogelio		1h42:58.058	30:54.359
27	145	ROZAS SANMARTIN Carlos Daniel		1h45:02.091	32:58.392
28	125	SOUTULLO DEL RIO Juan Carlos	CORNELIOS RAIDERS	1h47:24.893	35:21.194
29	106	SILVA ESTEVEZ Anxo		1h54:38.265	42:34.566
30	209	GARCÍA QUEIJAS Miguel	VIGOENTRENA	2h08:15.609	56:11.910
31	214	NAVARRO LORENZO José Manuel	VIGOENTRENA	2h08:16.194	56:12.495
32	183	IGLESIAS BUENO Pablo	VIGOENTRENA	2h30:53.389	1h18:49.690

### FEMINA Trail Largo

1	11	ROMERO RODRÍGUEZ Nuria	CABUXASTOLAS	3h03:17.046	
2	33	ALONSO BALLESTEROS Estela		3h06:15.000	2:57.954

### FEMINA Trail corto

1	176	CALVO SERRANO Marta	VIGOENTRENA	1h26:20.599	
2	184	VILLAR DIEGUEZ Vanesa	CLUB TRIATLÓN VAO	1h30:33.454	4:12.855
3	189	GARRIDO Sandra	TOMBAMINIS TRAIL TEAM	1h32:03.662	5:43.063
4	105	FERNANDEZ Marisela		1h39:03.010	12:42.411
5	171	NOVOA ALONSO Tamara	VIGOENTRENA	1h41:53.121	15:32.522
6	237	PÉREZ BELLO Susana		1h44:04.348	17:43.749
7	146	ROZAS POZA Paula		1h45:00.557	18:39.958
8	122	MIRAZ FERNANDEZ Raquel		1h46:48.964	20:28.365
9	217	NOVOA PÉREZ Minerva		1h50:07.186	23:46.587
10	223	PÉREZ Noa		1h50:33.388	24:12.789
11	208	OSUNA LEIRÓS Rebeca		1h55:10.857	28:50.258





Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
12	230	ÁLVAREZ BLANCO Karla		1h56:48.463	30:27.864
13	144	CERQUEIRA CANCELO Beatriz		1h56:48.598	30:27.999
14	166	CAMPO CAMIÑA Paula	CANICROSS VIGO	2h00:37.688	34:17.089
15	177	VELASCO FONDEVILA Laura	BOX 001 OURENSE RUNMANIAK	2h06:04.871	39:44.272
16	170	CEBREIROS IGLESIAS Sira	A.D. LIMIACTIVA	2h06:04.987	39:44.388
17	173	GARRIDO PATÓN Irene	GARRIDOPATON	2h08:15.077	41:54.478
18	139	PÉREZ FERÁNDEZ Andrea	COMESAÑA S.C	2h15:51.818	49:31.219
19	132	ASSUA RUIZ Mireia	A.V.A.	2h15:51.947	49:31.348

### VETERANA Trail Largo

1	2	CANABAL VILLAVERDE Estrella	OBJETIVO TRAIL	2h54:53.548	
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### VETERANA Trail corto

1	197	ALONSO GULLON Ana Maria	CSCR BEADE	1h27:46.957	
2	154	AMOEDO LUSQUIÑOS Marta	TRINORTH	1h45:24.901	17:37.944
3	182	RODRÍGUEZ CUESTA Mónica	VIGOENTRENA	1h47:24.894	19:37.937
4	151	GIL VÁZQUEZ Almudena		1h52:05.641	24:18.684
5	153	GOICOCHEA CASTAÑO Itziar	TRINORTH	1h57:58.083	30:11.126
6	136	CRESPO ALONSO María		1h59:10.023	31:23.066
7	190	AMARAL Inés	TOMBAMINIS TRAIL TEAM	2h02:41.508	34:54.551
8	119	PEREZ DE LIS GOMEZ Arancha		2h11:13.542	43:26.585

