

GENERAL EIFONSO TRAIL

Resultados

Pl.	Do	Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo	Meta	Gap	Xer.	Gap	Cat.	Ritmo
Femenino												
1.	10	CASAL DOMINGUEZ, Silvia	SENIOR FEM (1)	GMTA CHUVONERS	01:02:51,5 (1)	01:46:45,6	--	--	--	--		6:35 min/km
2.	13	FIGUEIRIDO DE LA CONCEPCION, Lorena	SENIOR FEM (2)		01:11:16,6 (3)	02:01:08,3	+14:22,7	+14:22,7				7:28 min/km
3.	99	RODRIGUEZ GONZALEZ, Nerea	VET A FEM (1)	CLUB ATLETISMO	01:11:58,4 (4)	02:01:15,7	+14:30,0	--				7:29 min/km
4.	16	RODRIGUEZ GARCIA, Xana	SENIOR FEM (3)		01:13:09,6 (7)	02:03:59,2	+17:13,5	+17:13,5				7:39 min/km
5.	15	PEREZ LOPEZ, Shara	SENIOR FEM (4)		01:14:00,5 (8)	02:04:11,0	+17:25,3	+17:25,3				7:39 min/km
6.	17	RODRIGUEZ OLIVEIRA, Rocío	VET A FEM (2)	ATHLETICS	01:12:08,5 (5)	02:04:32,5	+17:46,9	+3:16,8				7:41 min/km
7.	11	DOIRO GONZALEZ, Raquel	SENIOR FEM (5)	GMTA CHUVONERS	01:12:45,0 (6)	02:06:16,5	+19:30,8	+19:30,8				7:47 min/km
8.	14	FARO MARTINEZ, Nieves	SENIOR FEM (6)		01:10:51,8 (2)	02:09:03,3	+22:17,7	+22:17,7				7:57 min/km
9.	10	ANTONIO MARTINEZ, Olalla	SENIOR FEM (7)		01:18:58,1 (10)	02:13:48,7	+27:03,1	+27:03,1				8:15 min/km
10.	55	MARTINEZ COMESAÑA, Lucia	VET A FEM (3)	C.A.R.	01:16:36,2 (9)	02:14:15,1	+27:29,4	+12:59,4				8:17 min/km
11.	11	VAZQUEZ GRANDE, Veronica	SENIOR FEM (8)	CAVERNÍCOLA OCR	01:22:20,5 (12)	02:18:14,5	+31:28,9	+31:28,9				8:32 min/km
12.	92	PARENTE ROMERO, Lucia	VET A FEM (4)	CAVERNÍCOLA OCR	01:25:22,4 (14)	02:21:32,2	+34:46,6	+20:16,5				8:44 min/km
13.	36	PEREIRA GIRALDEZ, Maria Delia	VET B FEM (1)		01:22:19,9 (11)	02:21:47,1	+35:01,4	--				8:45 min/km
14.	13	ROBLEDO RIVERA, Katia	SENIOR FEM (9)		01:22:46,3 (13)	02:32:56,2	+46:10,6	+46:10,6				9:26 min/km
15.	13	BARROSO, Jennifer	SENIOR FEM (10)	CAVERNÍCOLA OCR	01:27:55,5 (15)	02:40:02,8	+53:17,1	+53:17,1				9:52 min/km
16.	97	CASCAIS, Laura	VET A FEM (5)	LOS NAVARRICOS	01:32:18,0 (17)	02:42:09,3	+55:23,6	+40:53,6				10:00 min/km
17.	63	NOGUERAS MEDIAVILLA, Rosana Silvia	VET A FEM (6)	CLUB ATLETISMO	01:30:18,2 (16)	02:43:42,2	+56:56,6	+42:26,5				10:06 min/km
18.	71	RODRIGUEZ COTELO, Isa	VET A FEM (7)	GMTA CHUVONERS	01:35:36,0 (19)	02:46:31,4	+59:45,8	+45:15,7				10:16 min/km
19.	67	LAGES VIDAL, Helga	VET A FEM (8)	GMTA CHUVONERS	01:43:46,7 (26)	02:46:32,3	+59:46,6	+45:16,6				10:16 min/km
20.	14	MALGA DIAZ, Florencia	SENIOR FEM (11)	VIXIADORES	01:35:35,8 (18)	02:48:39,3	+1:01:53,7	+1:01:53,7				10:24 min/km
21.	10	SANCHEZ GUZMAN, Pamela	VET A FEM (9)	OS CABALOS DOS	01:35:41,5 (20)	02:48:39,4	+1:01:53,7	+47:23,6				10:24 min/km
22.	13	DOMINGUEZ FERNANDEZ, Paula	SENIOR FEM (12)		01:38:49,7 (23)	02:49:36,0	+1:02:50,4	+1:02:50,4				10:28 min/km
23.	16	JARDON JARDON, Sabela	SENIOR FEM (13)	CLUB DEPORTIVO	01:38:38,1 (21)	02:50:14,4	+1:03:28,8	+1:03:28,8				10:30 min/km
24.	17	CASTRO GONZALEZ, Isabel	SENIOR FEM (14)	CLUB DEPORTIVO	01:38:38,7 (22)	02:50:14,8	+1:03:29,2	+1:03:29,2				10:30 min/km
25.	98	ALONSO CARIDE, Nerea	VET A FEM (10)		(-1)	02:58:47,9	+1:12:02,2	+57:32,2				11:02 min/km
26.	11	MIGUENS MARTINEZ, Marta	SENIOR FEM (15)	GMTA CHUVONERS	01:43:39,3 (24)	03:00:49,9	+1:14:04,2	+1:14:04,2				11:09 min/km
27.	75	SOTELO ALVAREZ, Maria Jose	VET A FEM (11)		01:46:58,7 (27)	03:15:18,2	+1:28:32,6	+1:14:02,5				12:03 min/km
28.	91	OYA COSTA, Estela	VET A FEM (12)	GMTA CHUVONERS	01:43:46,6 (25)	03:16:06,3	+1:29:20,6	+1:14:50,6				12:06 min/km

GENERAL EIFONSO TRAIL

Resultados

Pl.	Do Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo Meta	Gap	Xer. Gap	Cat. Ritmo
Masculino								
1.	16 SOTO DES, Alvaro	SENIOR MASC (1)	CLUB DEPORTIVO	00:52:05,0 (1)	01:27:23,2	--	--	5:23 min/km
2.	87 DOMINGUEZ DOMINGUEZ, Daniel	VET A MASC (1)	AC CASTELOS	00:52:19,0 (3)	01:27:30,8	+7,6	--	5:24 min/km
3.	10 SOUSA DOMINGUEZ, Adrian	SENIOR MASC (2)		00:52:34,0 (4)	01:27:44,5	+21,3	+21,3	5:24 min/km
4.	94 PORTO PEREZ, David	VET A MASC (2)	AC CASTELOS	00:52:07,0 (2)	01:29:05,3	+1:42,1	+1:34,4	5:29 min/km
5.	13 SANCHEZ CALLE, Alvaro	SENIOR MASC (3)		00:54:35,8 (5)	01:32:52,5	+5:29,3	+5:29,3	5:43 min/km
6.	58 ARIAS COSTAS, Dario	VET A MASC (3)	GMTA CHUVONERS	00:56:29,4 (7)	01:35:20,8	+7:57,6	+7:49,9	5:53 min/km
7.	79 DE LA CRUZ SANCHEZ, Raul	VET A MASC (4)	AC CASTELOS	00:56:28,1 (6)	01:35:21,4	+7:58,1	+7:50,5	5:53 min/km
8.	77 CABO SANCHEZ, Iago	VET A MASC (5)		00:57:10,9 (9)	01:37:24,3	+10:01,1	+9:53,4	6:00 min/km
9.	49 ALBORES MIGUEZ, Jorge	VET B MASC (1)	GROBA TRAIL TEAM	00:57:34,8 (10)	01:37:46,8	+10:23,6	--	6:02 min/km
10.	11 MACIAS GARCIA, Frank Roman	SENIOR MASC (4)		01:01:20,0 (19)	01:38:49,9	+11:26,7	+11:26,7	6:06 min/km
11.	22 CARRERA CASAL, Julio	VET B MASC (2)		01:01:39,5 (21)	01:39:19,4	+11:56,2	+1:32,5	6:07 min/km
12.	16 FREIRE SALORIO, Victor Manuel	VET B MASC (3)		(-1)	01:39:19,6	+11:56,4	+1:32,8	6:07 min/km
13.	52 ALONSO ABALDE, Miguel Angel	VET B MASC (4)		00:58:53,0 (13)	01:39:34,7	+12:11,5	+1:47,9	6:08 min/km
14.	85 AROSA, Tomas	VET A MASC (6)		01:01:08,3 (18)	01:39:36,5	+12:13,2	+12:05,6	6:08 min/km
15.	27 GOMEZ ALONSO, Manuel	VET B MASC (5)	GMTA CHUVONERS	01:01:28,1 (20)	01:40:21,0	+12:57,7	+2:34,1	6:11 min/km
16.	70 ALVAREZ JORGE, Moises	VET A MASC (7)	CDM VÉRTICE	01:01:03,4 (17)	01:40:49,4	+13:26,2	+13:18,5	6:13 min/km
17.	10 ALONSO SAYAR, Daniel	SENIOR MASC (5)	C.A.R.	00:57:57,9 (11)	01:41:08,7	+13:45,5	+13:45,5	6:14 min/km
18.	13 PEREZ CONDE, Jose Maria	SENIOR MASC (6)	VIXIADORES	00:57:58,8 (12)	01:41:28,5	+14:05,3	+14:05,3	6:15 min/km
19.	16 BOUZA CARRERA, Sergio	SENIOR MASC (7)	AC CASTELOS	01:02:32,3 (25)	01:42:43,6	+15:20,3	+15:20,3	6:20 min/km
20.	14 ALFAYA BLANCO, Ruben	SENIOR MASC (8)	ASOCIACIÓN	01:03:20,0 (27)	01:42:49,7	+15:26,5	+15:26,5	6:20 min/km
21.	90 PEDRERO LOPEZ, Guillermo	VET A MASC (8)	ASOCIACION	00:56:32,3 (8)	01:44:00,7	+16:37,5	+16:29,8	6:25 min/km
22.	1 RIVEIRO RODRIGUEZ, Arlindo	VET B MASC (6)	CLUB CASTRELOS	01:00:28,4 (16)	01:44:00,9	+16:37,6	+6:14,0	6:25 min/km
23.	15 GOMEZ-NAVEIRA VEA, Alberto	SENIOR MASC (9)	CLUB TRIATLÓN	01:02:02,9 (23)	01:44:07,3	+16:44,1	+16:44,1	6:25 min/km
24.	10 SERGIENKO, Aleksei	SENIOR MASC (10)		01:03:19,7 (26)	01:44:55,9	+17:32,7	+17:32,7	6:28 min/km
25.	2 GRAÑA ALONSO, Jose Carlos	VET B MASC (7)		01:01:52,5 (22)	01:45:03,5	+17:40,2	+7:16,6	6:29 min/km
26.	64 DELGADO RAMOS, Jose Carlos	VET A MASC (9)		01:03:28,7 (28)	01:45:44,8	+18:21,5	+18:13,9	6:31 min/km
27.	14 HERMIDA FERNANDEZ, Jose Manuel	SENIOR MASC (11)	VIGO PANTHERS	(-1)	01:48:39,0	+21:15,8	+21:15,8	6:42 min/km
28.	86 PATIÑO, David	VET A MASC (10)	AC CASTELOS	01:06:00,2 (30)	01:48:59,9	+21:36,7	+21:29,0	6:43 min/km

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Resultados

Pl.	Do	Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo Meta	Gap Xer.	Gap Cat.	Ritmo
29.	14	PIÑEIRO, Arturo	SENIOR MASC (12)	PORCOS CELTAS	01:04:48,9 (29)	01:50:20,5	+22:57,2	+22:57,2	6:48 min/km
30.	84	MIGUEZ RIAL, Miguel	VET A MASC (11)		00:59:55,0 (15)	01:51:28,9	+24:05,7	+23:58,0	6:52 min/km
31.	13	GONZALEZ ESTEVEZ, Alexander	SENIOR MASC (13)		01:07:43,7 (37)	01:53:05,0	+25:41,7	+25:41,7	6:58 min/km
32.	13	RUBIO MARTINEZ, Arnold	SENIOR MASC (14)	BALTO MUSHING	01:06:14,5 (31)	01:53:34,7	+26:11,5	+26:11,5	7:00 min/km
33.	19	VALEBONA REFOJOS, Manuel	VET B MASC (8)	TRINORTH	01:06:19,3 (32)	01:54:08,4	+26:45,2	+16:21,6	7:02 min/km
34.	82	ALONSO PEREIRA, Marcos	VET A MASC (12)		01:06:41,9 (34)	01:54:36,7	+27:13,5	+27:05,8	7:04 min/km
35.	14	LEIROS IGLESIAS, Ivan	SENIOR MASC (15)	AC CASTELOS	01:09:22,9 (41)	01:55:52,3	+28:29,1	+28:29,1	7:09 min/km
36.	14	PETEIRO GONZALEZ, Angel	VET B MASC (9)	GMTA CHUVONERS	01:07:55,0 (38)	01:56:02,8	+28:39,6	+18:16,0	7:09 min/km
37.	16	HIESSE, Thibaut	SENIOR MASC (16)		(-1)	01:56:37,0	+29:13,8	+29:13,8	7:11 min/km
38.	76	FERNANDEZ FERNANDEZ, Andres	VET A MASC (13)	CIBUS SIRGON	01:07:20,8 (35)	01:56:55,8	+29:32,5	+29:24,9	7:13 min/km
39.	12	LOPEZ VITURRO, Victor	SENIOR MASC (17)	TRIBU TRAIL	01:06:41,2 (33)	01:56:59,1	+29:35,9	+29:35,9	7:13 min/km
40.	57	CABALEIRO GARCIA, Jose Manuel	VET A MASC (14)	CIBUS SIRGON	01:07:21,7 (36)	01:57:10,1	+29:46,8	+29:39,2	7:13 min/km
41.	37	ALONSO SANCHEZ, Jose	VET B MASC (10)		01:11:46,3 (49)	01:57:47,3	+30:24,1	+20:00,5	7:16 min/km
42.	11	GRANDAL CHIVITE, Guillermo Herman	SENIOR MASC (18)	C.D.BIOSBARDO	01:09:01,5 (39)	01:57:57,8	+30:34,6	+30:34,6	7:16 min/km
43.	10	ROMERO RODRIGUEZ, Ivan	SENIOR MASC (19)		01:11:01,7 (45)	01:58:21,4	+30:58,2	+30:58,2	7:18 min/km
44.	13	RODRIGUEZ ARAUJO, Felipe	SENIOR MASC (20)		01:10:00,4 (42)	01:58:24,5	+31:01,3	+31:01,3	7:18 min/km
45.	14	OTERO TABOADA, Eloy	SENIOR MASC (21)	VIXIADORES	(-1)	01:58:45,1	+31:21,9	+31:21,9	7:19 min/km
46.	16	POUSA ESCUDEIRO, Xurxo	SENIOR MASC (22)	SAPOCONCHOS	01:10:16,3 (43)	01:59:17,7	+31:54,5	+31:54,5	7:21 min/km
47.	69	ESTEVEZ LOPEZ, Roberto	VET A MASC (15)		01:10:45,7 (44)	01:59:33,5	+32:10,3	+32:02,6	7:22 min/km
48.	53	RICOY ALONSO, Juan	VET B MASC (11)	RUNNING	01:11:59,8 (50)	01:59:37,7	+32:14,5	+21:50,9	7:23 min/km
49.	18	MARTINEZ CHOUZA, Isaac	VET B MASC (12)		01:11:10,9 (47)	02:01:01,5	+33:38,3	+23:14,7	7:28 min/km
50.	51	GONZALEZ CADAVID, Alejandro	VET B MASC (13)	CAVERNÍCOLA OCR	01:12:02,3 (51)	02:02:30,4	+35:07,2	+24:43,6	7:33 min/km
51.	15	ALONSO VEIGA, Jose	VET B MASC (14)		01:09:21,2 (40)	02:02:52,0	+35:28,8	+25:05,2	7:35 min/km
52.	15	CAMESELLE ABREU, Javier	SENIOR MASC (23)		01:12:55,5 (55)	02:02:54,2	+35:31,0	+35:31,0	7:35 min/km
53.	13	DOMINGUEZ REVILLA, Denis	SENIOR MASC (24)		01:14:28,9 (60)	02:03:23,9	+36:00,7	+36:00,7	7:37 min/km
54.	15	BARREIRO VALLS, Pedro	SENIOR MASC (25)	CLUB ATLETISMO	01:14:29,2 (61)	02:03:24,9	+36:01,6	+36:01,6	7:37 min/km
55.	66	BARREIRO CABALEIRO, Javier	VET A MASC (16)	OS CABALOS DOS	01:14:38,0 (62)	02:03:42,4	+36:19,2	+36:11,5	7:38 min/km
56.	83	MIRANDA FARIÑA, David	VET A MASC (17)	AC CASTELOS	01:12:41,7 (52)	02:03:43,1	+36:19,9	+36:12,2	7:38 min/km
57.	15	VELASCO FERREIROS, Hector	SENIOR MASC (26)		01:14:00,4 (57)	02:04:10,3	+36:47,1	+36:47,1	7:39 min/km

GENERAL EIFONSO TRAIL

Resultados

Pl.	Do	Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo Meta	Gap Xer.	Gap Cat.	Ritmo
58.	41	PEREIRO PEREIRO, Miguel	VET B MASC (15)		01:14:47,5 (64)	02:04:26,8	+37:03,6	+26:40,0	7:40 min/km
59.	12	GONZALEZ, Borja	SENIOR MASC (27)		01:11:04,4 (46)	02:05:33,2	+38:10,0	+38:10,0	7:45 min/km
60.	12	FEBRERO GARRIDO, Alejandro	SENIOR MASC (28)		01:11:15,8 (48)	02:05:51,2	+38:28,0	+38:28,0	7:46 min/km
61.	31	VAZQUEZ, Henrique	VET B MASC (16)	COUTADAS TRAIL	(-1)	02:05:55,1	+38:31,9	+28:08,2	7:46 min/km
62.	20	GARCIA TAIBO, Jose Carlos	VET B MASC (17)		01:13:23,1 (56)	02:06:14,4	+38:51,1	+28:27,5	7:47 min/km
63.	10	COSTAS FERNANDEZ, Alfonso	VET B MASC (18)		01:15:36,6 (66)	02:07:22,2	+39:59,0	+29:35,4	7:51 min/km
64.	10	MILLARA ROLAN, Fernando	SENIOR MASC (29)	C.A.R.	01:15:36,9 (67)	02:07:26,0	+40:02,8	+40:02,8	7:51 min/km
65.	15	FERNANDEZ PEREZ, Alejandro	SENIOR MASC (30)		01:14:05,7 (58)	02:07:55,0	+40:31,8	+40:31,8	7:53 min/km
66.	40	FROIZ LAREU, Andres	VET B MASC (19)	TNT	01:12:42,1 (53)	02:08:21,2	+40:58,0	+30:34,4	7:55 min/km
67.	15	OTERO GONZALEZ, Dylan	SENIOR MASC (31)	VIXIADORES	01:12:45,9 (54)	02:08:32,3	+41:09,1	+41:09,1	7:56 min/km
68.	14	FARO CAÑADA, Jorgito	SENIOR MASC (32)		01:15:42,5 (68)	02:08:47,6	+41:24,4	+41:24,4	7:57 min/km
69.	34	DEL RIO GOMEZ, Carlos	VET B MASC (20)		01:16:31,4 (69)	02:09:51,0	+42:27,8	+32:04,2	8:00 min/km
70.	14	ILIEV, Ivo	SENIOR MASC (33)	LIONS OCR	01:14:14,3 (59)	02:10:16,1	+42:52,8	+42:52,8	8:02 min/km
71.	15	CADABAL GAGO, Juan Jose	SENIOR MASC (34)		01:18:51,6 (72)	02:12:41,7	+45:18,5	+45:18,5	8:11 min/km
72.	28	BAAMONDE GONZALEZ, Antonio	VET B MASC (21)	ESPARTAN@S	00:59:55,0 (14)	02:12:45,0	+45:21,8	+34:58,1	8:11 min/km
73.	15	TEIXEIRA, Diego	SENIOR MASC (35)	CLUB TRIATLÓN	01:19:20,0 (76)	02:13:11,5	+45:48,2	+45:48,2	8:13 min/km
74.	16	ORTEGA ROLAN, Xenxo	SENIOR MASC (36)	LA CUERDA FLOJA	01:19:20,2 (77)	02:13:11,8	+45:48,6	+45:48,6	8:13 min/km
75.	12	SANCHEZ-CAMPOS, Miguel	VET B MASC (22)		01:20:41,9 (79)	02:13:52,5	+46:29,3	+36:05,7	8:15 min/km
76.	43	MAGARIÑOS LOPEZ, Miguel Angel	VET B MASC (23)		01:19:28,6 (78)	02:15:08,5	+47:45,3	+37:21,7	8:20 min/km
77.	65	SANTIAGO ORTEGA, Ruben	VET A MASC (18)		01:22:29,1 (87)	02:16:14,8	+48:51,6	+48:43,9	8:24 min/km
78.	38	RODEIRO POSE, Javier	VET B MASC (24)		01:17:56,7 (71)	02:16:15,1	+48:51,9	+38:28,3	8:24 min/km
79.	74	P., Diego	VET A MASC (19)		01:19:01,5 (73)	02:16:30,8	+49:07,6	+48:59,9	8:25 min/km
80.	21	MONTOYA ARANA, Jorge	VET B MASC (25)	VIGOENTRENA	01:19:13,7 (75)	02:16:44,0	+49:20,8	+38:57,2	8:26 min/km
81.	16	CERDEIRA CRESPO, Guzman	SENIOR MASC (37)	EL VALLE RUN	01:21:43,8 (84)	02:16:56,9	+49:33,7	+49:33,7	8:27 min/km
82.	11	CABEZAS ABALDE, Jesus	SENIOR MASC (38)	MAIS QUE AUGA	01:22:26,3 (86)	02:18:09,9	+50:46,6	+50:46,6	8:31 min/km
83.	5	ESTEVEZ GARCIA, Manuel	VET B MASC (26)		01:19:04,2 (74)	02:18:48,7	+51:25,4	+41:01,8	8:34 min/km
84.	42	BESADA ALVAREZ, Francisco Javier	VET B MASC (27)	OS CABALOS DOS	01:22:36,5 (88)	02:19:46,9	+52:23,7	+42:00,1	8:37 min/km
85.	33	RUIBAL ARGIBAY, Alberto	VET B MASC (28)		01:20:47,4 (80)	02:20:30,3	+53:07,1	+42:43,5	8:40 min/km
86.	12	ALONSO PEREZ, Samuel	SENIOR MASC (39)		01:21:00,0 (81)	02:21:30,6	+54:07,4	+54:07,4	8:44 min/km

GENERAL EIFONSO TRAIL

Resultados

Pl.	Do	Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo Meta	Gap Xer.	Gap Cat.	Ritmo
87.	24	CASALEIRO FERNANDEZ, Manuel	VET B MASC (29)		01:24:00,1 (92)	02:23:55,9	+56:32,6	+46:09,0	8:53 min/km
88.	11	VILLAR PEREIRA, Jose Gabriel	SENIOR MASC (40)		01:21:58,7 (85)	02:24:11,8	+56:48,6	+56:48,6	8:54 min/km
89.	88	PEREIRA FERNANDEZ, Daniel	VET A MASC (20)	X-ONE	01:24:24,7 (93)	02:24:47,8	+57:24,6	+57:16,9	8:56 min/km
90.	32	FERNANDEZ SUAREZ, Manuel	VET B MASC (30)		01:21:02,8 (82)	02:25:06,0	+57:42,8	+47:19,1	8:57 min/km
91.	17	RODRIGUEZ BERNARDEZ, Alejandro	VET A MASC (21)	FROIZ	01:17:22,8 (70)	02:26:22,6	+58:59,3	+58:51,7	9:02 min/km
92.	78	GUERRA LOPEZ, Eduardo	VET A MASC (22)	VIGOENTRENA	01:14:56,9 (65)	02:26:23,9	+59:00,7	+58:53,0	9:02 min/km
93.	11	ELSEICY, Ahmed	SENIOR MASC (41)	GOTAS DE LLUVIA	01:25:26,9 (95)	02:27:01,3	+59:38,1	+59:38,1	9:04 min/km
94.	13	DE LA CRUZ DE LA ROSA, Antonio	VET B MASC (31)		01:23:06,7 (89)	02:27:10,5	+59:47,3	+49:23,7	9:05 min/km
95.	9	MILLARA DIAZ, Alberto	VET B MASC (32)		01:25:47,8 (96)	02:27:13,1	+59:49,9	+49:26,2	9:05 min/km
96.	96	MALGA DIAZ, Ernesto Andres	VET A MASC (23)		01:23:08,6 (90)	02:27:32,4	+1:00:09,2	+1:00:01,5	9:06 min/km
97.	60	FERNANDEZ BLANCO, Eduardo	VET A MASC (24)	OS TOXOS	01:27:44,4 (98)	02:27:56,7	+1:00:33,4	+1:00:25,8	9:07 min/km
98.	45	LOPEZ ALVAREZ, Jose Luis	VET B MASC (33)	ATLETISMO BAIONA	01:23:56,7 (91)	02:28:57,5	+1:01:34,3	+51:10,7	9:11 min/km
99.	16	BUGARIN LOPEZ, Senen	SENIOR MASC (42)		01:26:14,2 (97)	02:28:58,1	+1:01:34,9	+1:01:34,9	9:11 min/km
100.	50	ALONSO PRADO, Alfonso	VET B MASC (34)		01:30:12,4 (105)	02:29:56,8	+1:02:33,5	+52:09,9	9:15 min/km
101.	12	FERREIRA ALVAREZ, Victor Manuel	SENIOR MASC (43)		01:14:40,1 (63)	02:30:04,2	+1:02:41,0	+1:02:41,0	9:15 min/km
102.	6	SOTO SANROMAN, Jose	VET B MASC (35)		01:02:26,4 (24)	02:30:54,2	+1:03:30,9	+53:07,3	9:18 min/km
103.	12	GARCIA VELASCO, Pablo	SENIOR MASC (44)	OS TOXOS	01:29:17,0 (103)	02:31:22,5	+1:03:59,3	+1:03:59,3	9:20 min/km
104.	47	PEREZ MARTINEZ, Roi	VET B MASC (36)		01:25:20,0 (94)	02:33:00,5	+1:05:37,2	+55:13,6	9:26 min/km
105.	30	POUSA LUCIO, Xoan Manuel	VET B MASC (37)	SAPOCONCHOS	01:21:39,8 (83)	02:33:27,1	+1:06:03,9	+55:40,3	9:28 min/km
106.	10	MATOS COTELO, Abel	SENIOR MASC (45)	GMTA CHUVONERS	01:31:54,2 (107)	02:39:00,3	+1:11:37,1	+1:11:37,1	9:48 min/km
107.	17	TOURIÑO CHAYAN, Manuel	VET A MASC (25)		01:29:48,9 (104)	02:39:58,4	+1:12:35,2	+1:12:27,6	9:52 min/km
108.	7	BARROSO GONZALEZ, Antonio	VET B MASC (38)	C.A.R.	01:28:06,6 (99)	02:40:01,9	+1:12:38,7	+1:02:15,1	9:52 min/km
109.	95	GOICOECHEA, Javier	VET A MASC (26)	LOS NAVARRICOS	01:32:17,8 (109)	02:42:09,5	+1:14:46,2	+1:14:38,6	10:00 min/km
110.	80	RODRIGUEZ COLLAZO, Raul	VET A MASC (27)		01:34:55,6 (111)	02:42:12,3	+1:14:49,1	+1:14:41,4	10:00 min/km
111.	59	DEVORA, Miguel Angel	VET A MASC (28)		01:32:05,0 (108)	02:42:21,7	+1:14:58,5	+1:14:50,8	10:01 min/km
112.	46	BESADA MONTENEGRO, Roberto	VET B MASC (39)		01:28:11,7 (101)	02:42:36,5	+1:15:13,3	+1:04:49,7	10:02 min/km
113.	72	CERRADELO VAZQUEZ, Julio Alberto	VET A MASC (29)		01:28:10,2 (100)	02:42:37,4	+1:15:14,2	+1:15:06,5	10:02 min/km
114.	62	MISA GOMEZ, Jose Manuel	VET A MASC (30)	RITMO ROBERS	01:28:12,1 (102)	02:42:38,1	+1:15:14,9	+1:15:07,2	10:02 min/km
115.	35	VILLAVARDE SANISIDRO, Jose Luis	VET B MASC (40)		01:34:18,0 (110)	02:44:28,1	+1:17:04,9	+1:06:41,3	10:09 min/km

GENERAL EIFONSO TRAIL

Resultados

Pl.	Do Nome	Cat (P.Cat)	Club	T.Avitua (P.Gen)	Tiempo Meta	Gap Xer.	Gap Cat.	Ritmo
116. 48	ARIAS REAL, Pablo	VET B MASC (41)		01:34:58,7 (112)	02:48:39,4	+1:21:16,1	+1:10:52,5	10:24 min/km
117. 26	SAAVEDRA FERNANDEZ, Santiago	VET B MASC (42)		01:40:51,4 (115)	02:51:30,8	+1:24:07,6	+1:13:43,9	10:35 min/km
118. 8	BARREIRO CANOSA, J. Carlos	VET B MASC (43)	C.A.R.	(-1)	02:58:02,1	+1:30:38,8	+1:20:15,2	10:59 min/km
119. 16	LOPEZ ALONSO, Pablo	SENIOR MASC (46)		(-1)	02:58:03,6	+1:30:40,3	+1:30:40,3	10:59 min/km
120. 10	RODRIGUEZ LAGO, Pablo	SENIOR MASC (47)		(-1)	02:58:47,9	+1:31:24,7	+1:31:24,7	11:02 min/km
121. 25	IGLESIAS GROBAS, Ignacio	VET B MASC (44)	CLUB ATLETISMO	01:40:49,6 (114)	03:00:35,8	+1:33:12,6	+1:22:49,0	11:08 min/km
122. 23	NOVOA SIO, Juan	VET B MASC (45)	CLUB ATLETISMO	01:40:49,5 (113)	03:00:35,8	+1:33:12,6	+1:22:49,0	11:08 min/km
123. 29	DAVILA ESTEVEZ, Enrique	VET B MASC (46)		01:31:04,2 (106)	03:00:48,2	+1:33:25,0	+1:23:01,3	11:09 min/km
124. 11	DOMONTE PEREZ, Victor	SENIOR MASC (48)	GMTA CHUVONERS	01:43:43,4 (116)	03:00:49,8	+1:33:26,5	+1:33:26,5	11:09 min/km
125. 12	MARTINEZ DIZ, Fran	SENIOR MASC (49)		(-1)	03:01:18,0	+1:33:54,8	+1:33:54,8	11:11 min/km
126. 14	GONZALEZ VAZQUEZ, Aaron	SENIOR MASC (50)		(-1)	03:01:22,3	+1:33:59,0	+1:33:59,0	11:11 min/km
127. 12	AMADO ESPASANDIN, Fabian	SENIOR MASC (51)	AD MONTEBRONDO	(-1)	03:04:55,0	+1:37:31,8	+1:37:31,8	11:24 min/km
128. 4	ALVAREZ VARELA, Jose Manuel	VET B MASC (47)	GMTA CHUVONERS	01:44:17,8 (117)	03:16:09,8	+1:48:46,6	+1:38:23,0	12:06 min/km
129. 12	CASTRO RIVERA, Angel	SENIOR MASC (52)		(-1)	03:16:52,9	+1:49:29,6	+1:49:29,6	12:09 min/km