

# TRAIL VIKINGO

CONCELLO DE CARNOTA

## CATEGORÍAS TRAIL VIKINGO

Clit	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>Trail CURTA SÉNIOR FEM</b>					
1	228	GONZALEZ LESTON Eva	SERRES RUNNER	1h25:30.3	
2	222	AGUILERA QUINTEROS Lali	TRIBU TRAIL	1h26:02.0	31.7
3	202	FORMOSO NOCEDA Tina	TRIBU TRAIL	1h26:15.0	44.7
4	211	CASTRO LEMA Carmen		1h33:38.1	8:07.8
5	230	CASTRO GARCIA Patricia		1h34:06.6	8:36.3
6	203	MOLEDO GONZALEZ Yolanda	ASOCIACION DEPORTIVA OLIMPIA	1h34:18.0	8:47.7
7	200	POSE LEMA Alejandra Maria	ABELLARIZA	1h36:05.0	10:34.7
8	210	RIVEIRO PAZOS Rocio		1h36:12.2	10:41.9
9	213	GONZALEZ CALVIÑO Patricia	ASOCIACION DEPORTIVA OLIMPIA	1h36:12.9	10:42.6
10	206	PORTEIRO VARELA Silvia	A.D. MEDIA DUCIA	1h37:04.1	11:33.8
11	215	CASTRO SANTOS Lucia		1h37:07.3	11:37.0
12	224	PEREZ ALONSO Cristina	ATLETISMO +9 MORAÑA	1h39:31.0	14:00.7
13	221	BARREIRO ABEIJON Fatma	SERRES RUNNER	1h40:32.9	15:02.6
14	216	CARBALLO PARADELO Susana		1h43:57.3	18:27.0
15	227	TRIGO NIETO Cristina		1h45:34.7	20:04.4
16	233	VIDAL TUBIO Xulia	TRIBU TRAIL	1h45:35.3	20:05.0
17	229	GARCIA CHENLO Lucia	TOXOS E BIRRAS	1h45:39.8	20:09.5
18	192	GONZALEZ FORMOSO Rebeca		1h45:42.1	20:11.8
19	208	PORTO GARCIA Noe	TRAILEROS TOXOS E BIRRAS	1h47:44.4	22:14.1
20	209	LEMA LADO Carmen	ASOCIACION DEPORTIVA OLIMPIA	1h51:10.3	25:40.0
21	231	CAMBON VARELA Angela	A.D. MEDIA DUCIA	1h51:54.5	26:24.2
21	225	CAMBON VARELA Fatima	A.D. MEDIA DUCIA	1h51:54.5	26:24.2
23	219	DURAN DIAZ Isabel		1h52:43.8	27:13.5
24	220	BERMUDEZ CAAMAÑO Monica		1h53:08.3	27:38.0
25	201	RODRIGUEZ RUIZ Raquel		1h53:08.8	27:38.5
26	217	GARCIA LOPEZ Milvia	+D MONTE	1h53:33.8	28:03.5
27	218	OTERO LOPEZ Ines	LOS GEMELOS TEAM	1h53:58.5	28:28.2
28	226	IGLESIAS GONZALEZ Sabela		1h53:59.3	28:29.0
29	207	LEMA CAAMAÑO Guadalupe	ASOCIACION DEPORTIVA OLIMPIA	2h03:42.9	38:12.6
30	214	JUEGA RIVERA Marta		2h04:26.1	38:55.8
31	205	GARCIA GOMEZ Estibaliz		2h04:46.8	39:16.5
32	204	PEREZ Patricia		2h40:32.5	1h15:02.2
33	212	GARCIA LADO Maria De La Junquera		3h01:35.1	1h36:04.8

### Trail CURTA SÉNIOR MASC

1	164	PAIS TAJES Manuel	SERRES RUNNER	1h00:13.0	
2	163	LESTON AGULLEIRO Martin	CLUBE O JERREIRO	1h02:22.3	2:09.3
3	180	BALADO RODRIGUEZ Roberto	TRAILEROS TOXOS E BIRRAS	1h02:50.5	2:37.5
4	138	LAGO Kiko	ASOCIACION DEPORTIVA OLIMPIA	1h08:12.8	7:59.8
5	172	LUACES PAZ Enrique	COSTA DA MORTE	1h12:38.8	12:25.8
6	170	ALONSO BARREIRO Pablo	BOUTUREIRA	1h13:21.8	13:08.8
7	154	BARGO PEREZ Jose Manuel	CLUB ATLETISMO LOUSAME	1h15:32.0	15:19.0
8	187	BARREIRA VARELA Pablo		1h16:01.2	15:48.2



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CATEGORÍAS TRAIL VIKINGO

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
9	176	LESTON Roberto	SERRES RUNNER	1h17:25.3	17:12.3
10	189	LUACES PAZ Antonio	CLUB ATLETISMO SAR	1h18:03.8	17:50.8
11	179	CASTRO GARCIA Jose Luis		1h18:23.5	18:10.5
12	148	MARCOTE TRABA Pablo		1h18:45.6	18:32.6
13	141	SEIJAS BUA David	SERRES RUNNER	1h18:50.6	18:37.6
14	185	CADABAL GAGO Juan Jose		1h23:16.1	23:03.1
15	167	SERRANO AMARELLE Anotnio	XEITOSIÑOS	1h25:05.6	24:52.6
16	136	ATAN AGULLEIRO Jose Miguel		1h25:28.5	25:15.5
17	183	CAAMAÑO RODRIGUEZ Oscar		1h25:28.9	25:15.9
18	151	AÑON RECAREY Paulo	XEITOSIÑOS	1h25:33.1	25:20.1
19	169	VARELA PAZOS Adrian	SERRES RUNNER	1h26:00.2	25:47.2
20	105	CRESPO MARTINEZ Manuel Maria	TARTARUGAS	1h26:07.5	25:54.5
21	140	MIGUEZ MIGUEZ Luis	SOCIEDAD DEPORTIVA COMPOSTELA	1h26:17.3	26:04.3
22	168	OREIRO CAMBEIRO Sergio		1h26:44.2	26:31.2
23	177	ESTEVEZ RODRIGUEZ Santi		1h26:53.3	26:40.3
24	142	CABANAS BOCIJA Jose Francisco		1h27:20.2	27:07.2
25	165	ABEL PRADO Alejandro		1h28:40.9	28:27.9
26	171	CAAMAÑO SIEIRA Jose	O JERREIRO	1h32:40.1	32:27.1
27	153	LUACES VIDAL Alberto		1h32:58.2	32:45.2
28	161	CASAS VARELA Marcos Manuel	XEITOSIÑOS	1h33:45.0	33:32.0
29	162	EIRIS ALVAREZ Diego	XEITOSIÑOS	1h33:45.1	33:32.1
30	150	BLANCO VAZQUEZ Angel		1h34:07.3	33:54.3
31	143	FEDERICO COTON Ramon		1h34:08.7	33:55.7
32	184	OLVEIRA SAMPEDRO Alexandre		1h34:12.1	33:59.1
33	175	LOURO LARIÑO Jose Isidro	SERRES RUNNER	1h35:35.3	35:22.3
34	135	EIROA POSE Ange6	ABELLARIZA	1h36:06.0	35:53.0
35	152	MARTINEZ PENA Adrian	A.D. MEDIA DUCIA	1h37:03.5	36:50.5
36	157	ARMENDARIZ EXPOSITO Celso		1h37:11.4	36:58.4
37	147	CONS LAMAS Santiago	TARTARUGAS	1h37:38.3	37:25.3
38	191	DEL RIO Diuslen		1h40:36.0	40:23.0
39	155	QUINTANS CASTRO Jose		1h42:28.2	42:15.2
40	174	GRELA PLATA Gonzalo		1h42:28.5	42:15.5
41	190	FORJAN MARTINEZ Xoel	CORUÑA COMARCA	1h42:48.6	42:35.6
42	173	POSE NUÑEZ Agustin		1h43:18.4	43:05.4
43	149	GONZALEZ VILAS Jose Saimon		1h45:23.0	45:10.0
44	166	LOPEZ GONZALEZ Ismael		1h45:35.3	45:22.3
45	186	FIGUEIRAS Alejandro	SERRES RUNNER	1h45:43.8	45:30.8
46	156	VILLAR RODRIGUEZ Manuel		1h46:01.9	45:48.9
47	188	BALTAR ALMEIDA Daniel		1h58:55.4	58:42.4
48	144	BARBEITO LONGUEIRA Alfredo		2h04:25.5	1h04:12.5

## Trail CURTA M50 FEM

1	196	MARGARETO NOYA Mercedes	C.D. 21LEGUAS	1h45:23.9	
2	198	GOMEZ LODEIROS Susana	TARTARUGAS	1h53:58.6	8:34.7
3	199	OTERO FERNANDEZ Maria Adriana		2h03:37.9	18:14.0

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CATEGORÍAS TRAIL VIKINGO

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
4	193	ANDRADE LAGO Amelia	ASOCIACION DEPORTIVA OLIMPIA	2h04:25.6	19:01.7
5	197	GARCIA GOMEZ Susana		2h04:47.1	19:23.2
6	195	GARCIA FEIJOO DE SOTOMAYOR Natalia		2h15:09.7	29:45.8

## Trail CURTA M50 MASC

1	132	COSTA CASTRO Manuel	CLUB ATLETISMO TAMBRE	1h08:11.7	
2	119	MAYO MARTINEZ Jose Ramon	TRIBU TRAIL	1h13:45.4	5:33.7
3	123	LISTA SUAREZ Raul	A.D. MEDIA DUCIA	1h14:30.2	6:18.5
4	128	CAMBEIRO BLANCO Juan Carlos	ASOCIACION DEPORTIVA OLIMPIA	1h23:17.9	15:06.2
5	111	LISTA SUAREZ Pedro	A.D. FOGAR	1h26:14.1	18:02.4
6	113	PASANTES VIDAL Arturo		1h26:41.3	18:29.6
7	112	CANOSA BLANCO Alfonso	ASOCIACION DEPORTIVA OLIMPIA	1h27:02.6	18:50.9
8	124	VAZQUEZ FERREIRO Manuel	ASOCIACION DEPORTIVA OLIMPIA	1h30:25.1	22:13.4
9	115	BLANCO GONZALEZ Jesus Manuel		1h30:32.6	22:20.9
10	117	VEIGA GONZALEZ Miguel	C.D. 21LEGUAS	1h34:34.8	26:23.1
11	122	ALVAREZ-PARDIÑAS PUENTE Luis		1h37:13.6	29:01.9
12	125	BERNARDEZ AGRAFOJO Jose Antonio		1h37:36.4	29:24.7
13	110	ANDRADE LAGO Alberto	ASOCIACION DEPORTIVA OLIMPIA	1h37:50.4	29:38.7
14	120	BLANCO NOVO Jose Manuel		1h37:57.4	29:45.7
15	103	PARIS TAJES Santi	PRAIA DE CARNOTA RUNNERS	1h38:59.2	30:47.5
16	102	FERNANDEZ MARTINEZ Joaquin	SERRES RUNNER	1h40:32.7	32:21.0
17	121	FERNANDEZ LUCES Cas	SERRES RUNNER	1h40:32.9	32:21.2
18	101	ASENSIO FUENTES Nacho	CLUB O JERREIRO	1h42:16.2	34:04.5
19	129	CANOSA ROMAR Jose Manuel		1h42:33.1	34:21.4
20	126	MIRA PEREZ Pablo		1h43:18.2	35:06.5
21	107	PAIS FERNANDEZ Manuel	SERRES RUNNER	1h43:41.7	35:30.0
22	108	BARREIRO CERNADAS Ramon	CLUB ATLETISMO OUTES- MARISCOS	1h51:10.5	42:58.8
23	116	AMADO SUAREZ Miguel Angel	ABELLARIZA	1h52:43.9	44:32.2
24	114	SOBRINO ALFONSO Mario Manuel	LOS GEMELOS TEAM	1h53:58.7	45:47.0
25	109	MENENDEZ DOMINGUEZ Juan Carlos		2h14:27.7	1h06:16.0
26	118	VAZQUEZ Enrique		2h15:59.0	1h07:47.3

## Trail CURTA EMPADROADA EN CARNOTA FEM.

1	192	GONZALEZ FORMOSO Rebeca		1h45:42.1	
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## Trail CURTA EMPADROADO EN CARNOTA MASC.

1	105	CRESPO MARTINEZ Manuel Maria	TARTARUGAS	1h26:07.5	
2	103	PARIS TAJES Santi	PRAIA DE CARNOTA RUNNERS	1h38:59.2	12:51.7
3	102	FERNANDEZ MARTINEZ Joaquin	SERRES RUNNER	1h40:32.7	14:25.2
4	101	ASENSIO FUENTES Nacho	CLUB O JERREIRO	1h42:16.2	16:08.7



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CATEGORÍAS TRAIL VIKINGO

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>Trail LONGA SÉNIOR FEM</b>					
1	65	ATAN RODRIGUEZ Banesa	SERRES RUNNER	2h46:04.9	
2	67	SALEGUI FRANCO Vanessa	A.D. MEDIA DUCIA	2h48:06.8	2:01.9
3	66	GARCIA GIL Lidia	ASALTAMONTES FEMALE	3h12:54.7	26:49.8
4	68	AMADO VAZQUEZ Miriam		3h45:13.6	59:08.7
5	69	CHAVES DURAN Claudia	ATLETISMO +9 MORAÑA	3h45:18.0	59:13.1

## Trail LONGA SÉNIOR MASC

1	57	INSUA DIAZ Ruben	ASOCIACION DEPORTIVA OLIMPIA	1h52:00.0	
2	40	GARCIA RODRIGUEZ Sergio	TRAILEROS TOXOS E BIRRAS	1h57:43.4	5:43.4
3	56	AMADO ESPASANDIN Fabi	PARTNERS IN CLIMB	1h58:20.0	6:20.0
4	55	PEREIRA ALONSO Daniel		2h11:22.5	19:22.5
5	44	CABANAS BOCIJA Luis		2h13:39.7	21:39.7
6	6	PEREZ MUROS Sebas	SERRES RUNNER	2h14:28.8	22:28.8
7	46	ROMAY LEMA Santi	MESOIRO CD	2h14:44.6	22:44.6
8	50	GARCIA MEXUTO Miguel Anxo	TERRAS DE BURÓN	2h14:58.7	22:58.7
9	43	LEMA RODRIGUEZ Sergio Manuel	NORDESTAZO	2h23:34.5	31:34.5
10	51	FERNANDEZ NIMO Ivan	SERRES RUNNER	2h23:36.4	31:36.4
11	8	PEREZ DOMINGUEZ Pablo	O JERREIRO	2h28:44.4	36:44.4
12	58	CABANAS BOCIJA David		2h28:45.5	36:45.5
13	35	BARRIENTOS OREIRO Javier	CONCO BOX	2h31:44.5	39:44.5
14	52	FRAILE OTERO Yago	O JERREIRO	2h31:57.0	39:57.0
15	34	PUÑAL CANOSA Angel	CD MESOIRO	2h35:07.0	43:07.0
16	7	RODRIGUEZ BUSTO Nico		2h35:42.0	43:42.0
17	33	GARCIA CREO Agustin		2h38:46.9	46:46.9
18	5	TAJES Jesus	SERRES RUNNER	2h39:38.3	47:38.3
19	61	MARTINEZ POSE Alberto	CONCO BOX	2h39:47.8	47:47.8
20	60	SUAREZ CASTRO Adrian	CONCO BOX	2h39:47.9	47:47.9
21	32	GARCIA ANTELO Jose Manuel		2h39:48.0	47:48.0
22	29	PAZOS SOLIÑO Pablo	TRAILEROS TOXOS E BIRRAS	2h41:56.2	49:56.2
23	42	VAZQUEZ RODRIGUEZ Damian	TRAILEROS TOXOS E BIRRAS	2h42:38.8	50:38.8
24	27	CUNS CARREIRA Juan Jose	RUNNING ARTEIXO	2h42:55.1	50:55.1
25	45	CHANS MOSQUEIRA Diego	MESOIRO CD	2h44:11.4	52:11.4
26	39	CANEDO MONASTERIO Jacob	SM ÁRTABROS	2h45:58.0	53:58.0
27	26	PARADA MINIÑO Jesus Manuel		2h46:00.3	54:00.3
28	49	SOUTO GARCIA Cesar	A.D. MEDIA DUCIA	2h48:08.2	56:08.2
29	62	MARTINEZ VAZQUEZ Borja	ABELLARIZA	2h54:32.8	1h02:32.8
30	47	ARADAS LESTON Bernardo	RAGNAROK OCR	2h56:31.0	1h04:31.0
31	25	VARELA Javier		2h57:10.9	1h05:10.9
32	38	QUINTELA MARTINEZ Iban	ENTRENARUNNING	2h57:54.0	1h05:54.0
33	59	WILLIAMS Mitch		2h57:55.6	1h05:55.6
34	30	MARANTE RODRIGUEZ Ivan	ENTRENARUNNING	3h02:01.5	1h10:01.5
35	31	CARRIL MENDEZ Tito	CD MESOIRO	3h18:11.6	1h26:11.6



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CATEGORÍAS TRAIL VIKINGO

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
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## Trail LONGA M50 FEM

1	63	PEREIRA GIRALDEZ Serafina	METAS IMPOSIBLES TRAIL TEAM	2h39:06.8	
2	64	TOREA TOREA Elena		2h56:28.3	17:21.5

## Trail LONGA M50 MASC

1	20	MARTINO PEREZ Julio	CLUB DE MONTAÑA VALDEÓN	2h08:24.3	
2	4	BARREIRO CORDEIRO Javi	SERRES RUNNER	2h13:39.2	5:14.9
3	9	MARTINEZ ANTA Emilio		2h16:40.7	8:16.4
4	18	AREOSA BRANDON Alberto	RUNNING ARTEIXO	2h35:24.8	27:00.5
5	22	BAO Mario		2h38:35.0	30:10.7
6	16	BARBOSA GONZALEZ Rodrigo	METAS IMPOSIBLES TRAIL TEAM	2h39:06.4	30:42.1
7	17	LAGO FERNANDEZ Chus (Manuel Jesus)	SERRES RUNNER	2h39:37.6	31:13.3
8	13	BURES MIGUENS Xose Manuel	TRIBU TRAIL	2h45:03.4	36:39.1
9	12	PAZOS SUAREZ Francisco Javier	MAIS DE MONTE	2h56:12.2	47:47.9
10	21	TAJES CANOSA Luis		2h58:52.2	50:27.9
11	2	COSTA LAGO Juan Miguel	PRAIA DE CARNOTA RUNNERS	3h04:20.1	55:55.8
12	11	CES RODRIGUEZ Xoan Vincenzo	SACHACAMIÑOS	3h17:41.2	1h09:16.9
13	14	ROMERO BUSTABAD Andres	PASA OU ENTORNA	3h28:05.0	1h19:40.7
14	10	TRIUNFO DELGADO Gonzalo	ARTROGAL TRI498	3h28:28.5	1h20:04.2
15	23	CARREIRA NODAR Jorge		3h48:07.7	1h39:43.4

## Trail LONGA EMPADROADO EN CARNOTA MASC.

1	4	BARREIRO CORDEIRO Javi	SERRES RUNNER	2h13:39.2	
2	6	PEREZ MUROS Sebas	SERRES RUNNER	2h14:28.8	49.6
3	8	PEREZ DOMINGUEZ Pablo	O JERREIRO	2h28:44.4	15:05.2
4	7	RODRIGUEZ BUSTO Nico		2h35:42.0	22:02.8
5	5	TAJES Jesus	SERRES RUNNER	2h39:38.3	25:59.1
6	2	COSTA LAGO Juan Miguel	PRAIA DE CARNOTA RUNNERS	3h04:20.1	50:40.9

