

TRAIL DE ATIOS

Resultados

P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
TRAIL LONGO								
Femenino								
1.	52	Naty Sierpes Pereira	ABSOLUTA FEM(1)	AC CASTELOS TRAIL CLUB	1:15:00,3	2:35:13,1	--	7:23 min/km
2.	78	Leticia Diz	VETERANA A(1)	OBJETIVO TRAIL	1:15:02,4	2:40:03,4	+4:50,2	7:37 min/km
3.	56	Serafina Pereira Giraldez	VETERANA B(1)	METAS IMPOSIBLES TRAIL TEAM	1:19:47,9	2:49:21,9	+14:08,7	8:03 min/km
4.	34	Deneb Alvarez Saavedra	ABSOLUTA FEM(2)		1:22:43,6	2:57:03,6	+21:50,5	8:25 min/km
5.	10	Nerea Rodriguez Gonzalez	VETERANA A(2)	ATLETISMO PORRIÑO	1:24:22,4	3:01:34,4	+26:21,2	8:38 min/km
6.	107	Laura Felisa Lopez Lopez	ABSOLUTA FEM(3)		1:27:27,1	3:07:42,2	+32:29,0	8:56 min/km
7.	90	Ditas Martinez Leyenda	VETERANA A(3)		1:28:03,6	3:08:08,7	+32:55,6	8:57 min/km
8.	36	Maria Delia Pereira Giraldez	VETERANA B(2)	METAS IMPOSIBLES TRAIL TEAM	1:34:46,2	3:18:59,6	+43:46,4	9:28 min/km
9.	71	Susana Fernandez Rodriguez	VETERANA B(3)	ASESOU	1:32:44,3	3:20:46,4	+45:33,2	9:33 min/km
10.	14	Vanesa Perez Dominguez	VETERANA A(4)	CAMINHANTES DO CONDADO	1:38:58,1	3:32:49,3	+57:36,1	10:08 min/km
11.	101	Liliana Ramona Ocampo Caceres	ABSOLUTA FEM(4)		1:37:35,2	3:35:55,5	+1:00:42,3	10:16 min/km
12.	88	Margarita Aguin Trelles	VETERANA B(4)		1:41:14,0	3:40:02,1	+1:04:49,0	10:28 min/km
13.	109	Monica Romero Martinez	VETERANA A(5)	FRUTAS NIEVES	1:34:53,4	3:42:22,6	+1:07:09,4	10:35 min/km
14.	100	Liza Caballero	VETERANA A(6)	ADC BREAMO	1:37:43,6	3:43:16,6	+1:08:03,5	10:37 min/km
15.	45	Begoña Perez Fontenla	VETERANA B(5)	COMANDO SUREÑO	1:42:38,7	3:43:30,8	+1:08:17,6	10:38 min/km
Masculino								
1.	13	José Manuel Gil Bernardez	VETERANO A(1)	A.C. CASTELOS TRAIL CLUB	58:06,3	2:02:02,7	--	5:48 min/km
2.	31	Daniel Dominguez Dominguez	VETERANO A(2)	A.C. CASTELOS TRAIL CLUB	58:07,5	2:02:04,4	+1,7	5:48 min/km
3.	22	David Porto Perez	VETERANO A(3)	A.C. CASTELOS TRAIL CLUB	58:54,8	2:05:55,3	+3:52,6	5:59 min/km
4.	93	David Rodriguez Gil	VETERANO A(4)	CDM XESTEIRAS	59:30,0	2:07:34,3	+5:31,6	6:04 min/km
5.	26	Raul De La Cruz Sanchez	VETERANO A(5)	A.C. CASTELOS TRAIL CLUB	1:00:13,4	2:08:22,8	+6:20,0	6:06 min/km
6.	54	Marcos Fernandez Carrera	VETERANO A(6)	A.C. CASTELOS TRAIL CLUB	1:00:43,9	2:10:01,6	+7:58,8	6:11 min/km
7.	40	Javier Janeiro Cerdeira	VETERANO A(7)		1:03:05,7	2:16:16,6	+14:13,9	6:29 min/km
8.	53	David Outerelo Pumares	VETERANO A(8)	A.C. CASTELOS TRAIL CLUB	1:05:42,4	2:16:16,7	+14:14,0	6:29 min/km
9.	66	Rubén Iglesias Constenla	ABSOLUTA MASC(1)	CDM XESTEIRAS	1:03:41,7	2:16:39,9	+14:37,2	6:30 min/km
10.	84	Alexandre Lopez Campos	ABSOLUTA MASC(2)	VIVAC-OBJETIVO TRAIL	1:06:02,6	2:16:46,6	+14:43,8	6:30 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
11.	21	Junior Nogueira Fernandez	VETERANO A(9)	AC CASTELOS TRAIL CLUB	1:04:57,0	2:19:34,3	+17:31,6	6:38 min/km
12.	33	Miguel Pulido Sotelo	ABSOLUTA MASC(3)	ASESOU	1:06:03,5	2:21:16,6	+19:13,9	6:43 min/km
13.	82	Estivel Martinez Medina	VETERANO A(10)	VIVAC - OBJETIVO TRAIL	1:07:45,7	2:21:33,8	+19:31,1	6:44 min/km
14.	61	David Vieites Vieites Perez	ABSOLUTA MASC(4)	CLUB MONTAÑA VÉRTICE		2:22:17,1	+20:14,4	6:46 min/km
15.	23	Jorge Albores Miguez	VETERANO B(1)	GROBA TRAIL TEAM (GTT)	1:04:39,0	2:24:02,3	+21:59,5	6:51 min/km
16.	41	Eloy Cancelas Vazquez	VETERANO A(11)		1:09:04,3	2:25:56,2	+23:53,4	6:56 min/km
17.	24	Daniel Neira Cardalda	ABSOLUTA MASC(5)	A.C. CASTELOS TRAIL CLUB	1:04:07,6	2:27:34,9	+25:32,2	7:01 min/km
18.	69	Carlos Amil Fernande	VETERANO A(12)	BUDIÑORAID	1:07:32,6	2:28:46,3	+26:43,6	7:05 min/km
19.	67	Cesar Francisco Blanco Todea	VETERANO A(13)	AMIGOS DEPORTE E NATUREZA RÍAS	1:08:16,9	2:29:29,6	+27:26,9	7:07 min/km
20.	111	José María Perez Conde	ABSOLUTA MASC(6)	C.C SALVATERRA DE MIÑO	1:05:23,0	2:31:56,2	+29:53,4	7:14 min/km
21.	55	Miguel Rodriguez Rodriguez	VETERANO A(14)	ATLETISMO PORRIÑO	1:09:36,6	2:32:19,1	+30:16,3	7:15 min/km
22.	113	Pablo Conde Estevez	VETERANO A(15)	GMTA&CHUVONERS	1:10:06,0	2:34:36,0	+32:33,2	7:21 min/km
23.	70	Jose Rodriguez Dominguez	VETERANO A(16)	MAIS QUE BICIS	1:07:56,4	2:34:46,0	+32:43,3	7:22 min/km
24.	49	Ivan Alonso Bahamonde	ABSOLUTA MASC(7)		1:13:48,1	2:35:07,1	+33:04,3	7:23 min/km
25.	81	Ricardo Rivera Camba	VETERANO A(17)	ASESOU		2:36:38,0	+34:35,2	7:27 min/km
26.	92	Diego Peixoto Liger	ABSOLUTA MASC(8)		1:13:49,5	2:36:39,0	+34:36,2	7:27 min/km
27.	50	Rubén Ferreira Rodriguez	ABSOLUTA MASC(9)	GROBA TRAIL TEAM	1:13:46,8	2:38:34,6	+36:31,9	7:33 min/km
28.	59	Ricardo Estevez Costa	VETERANO A(18)		1:13:51,3	2:39:25,7	+37:22,9	7:35 min/km
29.	16	Marcos Alonso Pereira	VETERANO A(19)	O FUSCO	1:14:50,4	2:39:26,5	+37:23,7	7:35 min/km
30.	20	Aleksei Sergienko	ABSOLUTA MASC(10)		1:11:31,9	2:39:52,9	+37:50,2	7:36 min/km
31.	18	Adrián Calvo Luis	ABSOLUTA MASC(11)	TROTACAMIÑOS RUNNING CLUB	1:13:45,9	2:39:57,9	+37:55,2	7:37 min/km
32.	11	Mario Teijeiro Otero	VETERANO B(2)	BALTO MUSHING TEAM	1:13:30,0	2:41:34,0	+39:31,3	7:41 min/km
33.	39	Felipe Rodriguez Araujo	ABSOLUTA MASC(12)	CORNELIOS	1:13:38,3	2:42:32,9	+40:30,2	7:44 min/km
34.	32	Lorenzo Blanco Estevez	ABSOLUTA MASC(13)	ASESOU	1:14:30,4	2:44:16,7	+42:13,9	7:49 min/km
35.	108	Gonzalo Barros Outerelo	VETERANO A(20)		1:11:58,9	2:45:26,2	+43:23,4	7:52 min/km
36.	47	Isma Portela Rodriguez	ABSOLUTA MASC(14)	CORNELIOS	1:15:38,9	2:47:37,8	+45:35,1	7:58 min/km
37.	97	Miguel Angel Suris Costas	VETERANO A(21)	VIVAC-OBJETIVO TRAIL	1:17:34,0	2:48:28,2	+46:25,5	8:01 min/km
38.	60	José Manuel Moráis de La Iglesia	ABSOLUTA MASC(15)	ATLETISMO PORRIÑO	1:18:38,1	2:51:35,3	+49:32,5	8:10 min/km
39.	4	Eliseo Fernandez Romero	VETERANO B(3)	A C CASTELOS TRAIL CLUB	1:20:58,0	2:52:32,9	+50:30,1	8:12 min/km

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40.	95	Javier Romero Rodriguez	VETERANO A(22)	AC CATELOS TRAIL CLUB	1:18:54,8	2:52:33,0	+50:30,2	8:13 min/km
41.	103	Daniel Perez Fernandez	ABSOLUTA MASC(16)			2:53:08,3	+51:05,6	8:14 min/km
42.	30	Víctor Manuel Garcia Perez	VETERANO B(4)	CLUB ATLETISMO PORRIÑO	1:20:38,4	2:53:16,4	+51:13,7	8:15 min/km
43.	65	Alejandro Fernandez Perez	ABSOLUTA MASC(17)		1:21:36,1	2:54:08,6	+52:05,9	8:17 min/km
44.	48	Pablo Sendin Raña	VETERANO A(23)	CLUB ATLETISMO PORRIÑO	1:19:04,8	2:54:44,7	+52:41,9	8:19 min/km
45.	83	Arnold Rubio Martinez	ABSOLUTA MASC(18)	BALTO MUSHING TEAM	1:18:03,0	2:54:56,3	+52:53,5	8:19 min/km
46.	9	Óscar Gonzalez Groba	ABSOLUTA MASC(19)		1:20:31,0	2:55:06,1	+53:03,4	8:20 min/km
47.	94	Sergio Davila Collazo	ABSOLUTA MASC(20)		1:24:02,9	2:56:04,3	+54:01,6	8:23 min/km
48.	114	Luis Valle Seoane	ABSOLUTA MASC(21)	ASESOU	1:21:24,3	2:56:39,8	+54:37,1	8:24 min/km
49.	102	Santi Fernandez Martinez	VETERANO B(5)	CAZAFANTASMAS TEAM	1:24:08,6	2:56:59,0	+54:56,3	8:25 min/km
50.	76	Joaquin Alonso Taboas	VETERANO A(24)	AC CASTELOS TRAIL CLUB	1:25:11,1	2:58:56,7	+56:54,0	8:31 min/km
51.	112	Ángel Santiago Alonso Alvarez	ABSOLUTA MASC(22)		1:21:35,1	2:59:40,5	+57:37,8	8:33 min/km
52.	12	Amalio Gonzalez Martinez	VETERANO B(6)	CASTELOS TRAIL CLUB	1:22:43,8	3:00:01,3	+57:58,5	8:34 min/km
53.	75	Julio Fernandez Rodriguez	VETERANO B(7)	GROBA TRAIL TEAAN	1:24:39,6	3:01:28,9	+59:26,2	8:38 min/km
54.	105	Jose Angel Mazaira Pateiro	VETERANO A(25)	GRUPO CUEVAS NOGUEIRA TRAIL	1:26:50,0	3:05:39,3	+1:03:36,6	8:50 min/km
55.	7	Jairo Pomares Iglesias	VETERANO A(26)	METAS IMPOSIBLES	1:26:44,0	3:05:40,5	+1:03:37,8	8:50 min/km
56.	64	Daniel Roman Salgado	ABSOLUTA MASC(23)	ATLETISMO PORRIÑO	1:30:41,2	3:07:22,8	+1:05:20,1	8:55 min/km
57.	57	Gonzalo Rodriguez Lopez	VETERANO B(8)		1:22:43,2	3:07:24,1	+1:05:21,4	8:55 min/km
58.	62	Andrii Vynohradov	VETERANO A(27)		1:28:41,2	3:07:38,1	+1:05:35,4	8:56 min/km
59.	106	Miguel Angel Novoa Rodriguez	VETERANO B(9)	CLUB ATLETISMO PORRIÑO	1:25:37,4	3:07:38,2	+1:05:35,5	8:56 min/km
60.	89	Martin Trigo Alvarez	VETERANO A(28)	GROBA TEAM TRAIL	1:24:05,4	3:07:45,3	+1:05:42,6	8:56 min/km
61.	72	David Rollano Vilaboa	VETERANO A(29)	CAZAFANTASMAS TEAM	1:23:42,6	3:07:58,8	+1:05:56,0	8:57 min/km
62.	6	Roberto Requejo Martinez	VETERANO A(30)	AC CASTELOS TRAIL CLUB	1:24:38,4	3:08:44,9	+1:06:42,2	8:59 min/km
63.	38	Angel Bermejo Carrera	VETERANO B(10)		1:26:08,7	3:09:25,1	+1:07:22,4	9:01 min/km
64.	25	Agustin Posada Lorenzo	VETERANO A(31)		1:26:09,9	3:09:30,8	+1:07:28,1	9:01 min/km
65.	8	Co3Llo Yt Coello	ABSOLUTA MASC(24)	CIBUS SIRGON	1:20:29,8	3:09:35,7	+1:07:32,9	9:01 min/km
66.	2	Pablo Vazquez Dominguez	VETERANO A(32)	ATLETISMO PORRIÑO	1:26:41,7	3:11:30,0	+1:09:27,3	9:07 min/km
67.	91	Rogelio Dominguez Cuquejo	VETERANO A(33)		1:20:17,0	3:12:41,3	+1:10:38,6	9:10 min/km
68.	35	Facundo Silva Packebusch	ABSOLUTA MASC(25)		1:27:58,2	3:13:22,4	+1:11:19,7	9:12 min/km

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69.	73	Manuel Fidalgo Cabaleiro	VETERANO A(34)	GROBA TRAIL TEAM	1:28:02,6	3:17:16,7	+1:15:14,0	9:23 min/km
70.	86	Alfonso Barreiro Padin	VETERANO B(11)	CASTRO-TRAIL TEAM	1:29:36,4	3:18:57,5	+1:16:54,7	9:28 min/km
71.	99	Igor De Las Heras Liñero	VETERANO A(35)	GROBA TRAIL TEAM	1:24:40,2	3:20:19,3	+1:18:16,5	9:32 min/km
71.	77	Nicolás Marquez Perez	ABSOLUTA MASC(26)		1:30:48,3	3:20:19,3	+1:18:16,5	9:32 min/km
73.	104	David Patiño Vilas	VETERANO A(36)	AC CASTELOS TRAIL CLUB	1:22:56,3	3:24:29,3	+1:22:26,6	9:44 min/km
74.	29	Marcos Lago Otero	VETERANO B(12)	ATLETISMO PORRIÑO	1:35:40,2	3:31:39,6	+1:29:36,9	10:04 min/km
75.	87	Alberto Gonzalez Gonzalez	VETERANO B(13)			3:32:38,6	+1:30:35,8	10:07 min/km
76.	15	Samuel Requejo Fernandez	VETERANO A(37)	CAMINHANTES DO CONDADO	1:39:02,8	3:32:38,9	+1:30:36,2	10:07 min/km
77.	80	Fernando Torea Conde	VETERANO B(14)	COUTADAS TRAIL TEAM	1:28:02,0	3:34:11,1	+1:32:08,3	10:11 min/km
78.	96	José Luis Lopez Alvarez	VETERANO B(15)	TRAIL BAIONA	1:40:36,4	3:35:20,9	+1:33:18,2	10:15 min/km
79.	17	Daniel Otero Carreira	ABSOLUTA MASC(27)		1:32:05,9	3:35:23,2	+1:33:20,4	10:15 min/km
80.	46	Miguel Angel Pio Gonzalez	VETERANO B(16)	COMANDO SUREÑO	1:42:36,8	3:43:34,2	+1:41:31,4	10:38 min/km
81.	85	Luis Otero Diaz	VETERANO A(38)	CASTRO-TRAIL TEAM	1:41:55,6	3:52:31,4	+1:50:28,6	11:04 min/km
82.	5	Pedro Regueiro Fernandez	ABSOLUTA MASC(28)	AC CASTELOS TRAIL CLUB	1:36:38,1	3:58:38,7	+1:56:36,0	11:21 min/km
83.	28	Alberto Ruibal Argibay	VETERANO B(17)		1:43:24,0	3:59:15,0	+1:57:12,3	11:23 min/km
84.	110	Jose Manuel Gonzalez Fernandez	VETERANO B(18)		1:31:24,7	3:59:16,8	+1:57:14,1	11:23 min/km
85.	98	Roman Pereira Piñeiro	VETERANO A(39)		1:42:01,4	3:59:17,0	+1:57:14,2	11:23 min/km
86.	51	Juan Gonzalez Roade	VETERANO A(24)	COMANDO SUREÑO	1:22:10,1	1:22:10,1	+24:03,7	8:13 min/km
87.	58	Victor Manuel Mouriño Fortes	VETERANO A(25)	BUDIÑO RAID	1:22:48,3	1:22:48,3	+24:42,0	8:16 min/km
88.	19	Sergio Dominguez Carrera	ABSOLUTA MASC(27)		1:37:48,8	1:37:48,8	+39:42,5	9:46 min/km

TRAIL CURTO

Femenino

1.	235	Coral Castro Villar	GENERAL FEM(1)	OUELLAS NEJRAS	1:00:49,8	1:41:38,4	--	8:28 min/km
2.	258	Nieves Lorente Martin	GENERAL FEM(2)		1:00:58,9	1:47:25,7	+5:47,2	8:57 min/km
3.	402	Sandra Vidal Lino	GENERAL FEM(3)		1:02:42,9	1:48:25,9	+6:47,4	9:02 min/km
4.	415	Susi Abad Lago	GENERAL FEM(4)	ATLETISMO PORRIÑO	1:01:56,3	1:49:21,4	+7:43,0	9:06 min/km
5.	368	Idoya Duran Pouseu	GENERAL FEM(5)	NOCEDO TRAIL TEAM	1:00:18,5	1:51:15,3	+9:36,9	9:16 min/km
6.	267	Rosana Porto Perez	GENERAL FEM(6)	AC CASTELOS TRAIL CLUB	1:06:03,3	1:51:19,5	+9:41,1	9:16 min/km

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7.	244	Tania Cancelas Cancelas Rodriguez	GENERAL FEM(7)	ATLETISMO TUI	1:06:15,8	1:52:58,4	+11:19,9	9:24 min/km
8.	336	Ana Octavio De Toledo Delgado	GENERAL FEM(8)		1:05:38,3	1:53:15,4	+11:37,0	9:26 min/km
9.	239	Xiana Teijeiro Ramilo	GENERAL FEM(9)	BALTO MUSHING TEAM	1:04:45,4	1:54:34,6	+12:56,1	9:32 min/km
10.	297	Merchi Lopez Fernandez	GENERAL FEM(10)		1:08:11,1	1:56:18,9	+14:40,5	9:41 min/km
11.	209	Verónica Barros Martinez	GENERAL FEM(11)	AC CASTELOS TRAIL CLUB	1:06:42,8	1:56:22,1	+14:43,7	9:41 min/km
12.	283	Andrea Alonso Cabaleiro	GENERAL FEM(12)		1:07:40,7	1:57:24,0	+15:45,6	9:47 min/km
13.	440	Laura Gonzalez Ramirez	GENERAL FEM(13)	SERRES RUNNERS	1:08:42,9	1:57:37,8	+15:59,4	9:48 min/km
14.	214	Mónica Martinez Castiñeira	GENERAL FEM(14)	ATLETISMO PORRIÑO	1:05:00,1	1:59:45,1	+18:06,6	9:58 min/km
15.	221	Paula Brito Alonso	GENERAL FEM(15)		1:07:13,1	2:00:19,4	+18:40,9	10:01 min/km
16.	280	Irene Rodriguez Alves	GENERAL FEM(16)	ASESOU	1:09:47,4	2:00:46,3	+19:07,8	10:03 min/km
17.	385	Isabel Pereira Gonzalez	GENERAL FEM(17)		1:09:02,3	2:02:22,4	+20:43,9	10:11 min/km
18.	345	Monica Pena Acuña	GENERAL FEM(18)		1:07:33,3	2:03:11,8	+21:33,3	10:15 min/km
19.	295	Beatriz Martinez Casaleiro	GENERAL FEM(19)		1:14:22,0	2:05:58,9	+24:20,5	10:29 min/km
20.	401	Arantxa Sanchez Padilla	GENERAL FEM(20)		1:09:55,8	2:06:37,9	+24:59,5	10:33 min/km
21.	263	Rebeca Castiñeiras Gallego	GENERAL FEM(21)	CLUB ASESOU	1:15:27,6	2:08:01,1	+26:22,6	10:40 min/km
22.	380	Silvina Castaño	GENERAL FEM(22)		1:10:32,4	2:08:10,6	+26:32,1	10:40 min/km
23.	206	Gloria Garcia Collazo	GENERAL FEM(23)	BALTO MUSHING TEAM	1:12:34,9	2:08:12,4	+26:34,0	10:41 min/km
24.	224	Margarita Estevez Garcia	GENERAL FEM(24)		1:12:03,3	2:08:34,1	+26:55,6	10:42 min/km
25.	353	Rosana Nogueiras Mediavilla	GENERAL FEM(25)	ATLETISMO PORRIÑO	1:10:29,9	2:09:55,6	+28:17,2	10:49 min/km
26.	423	Maria Teresa Iglesias Fernandez	GENERAL FEM(26)	CAZAFANTASMAS TEM	1:15:29,8	2:11:09,9	+29:31,5	10:55 min/km
27.	201	Mónica Lopez Cerqueira	GENERAL FEM(27)		1:15:44,6	2:11:10,8	+29:32,4	10:55 min/km
28.	326	Patricia Lago Lopez	GENERAL FEM(28)	CHOLA	1:16:50,0	2:11:11,4	+29:32,9	10:55 min/km
29.	365	Lorena Pazos Gonzalez	GENERAL FEM(29)		1:17:16,0	2:12:41,9	+31:03,4	11:03 min/km
30.	386	Irene Taboas Carrera	GENERAL FEM(30)	CLUB ATLETISMO PORRIÑO	1:15:04,4	2:14:50,1	+33:11,7	11:14 min/km
31.	387	Josefa Carrera Soutelo	GENERAL FEM(31)	TALLERES EAUTO	1:15:19,9	2:14:50,3	+33:11,9	11:14 min/km
32.	432	Estela Sanchez Rodriguez	GENERAL FEM(32)	ATLETISMO PORRIÑO	1:15:00,3	2:14:50,3	+33:11,9	11:14 min/km
33.	302	Elisa Rodriguez Vaqueiro	GENERAL FEM(33)	PARCHITA RUNNING	1:12:27,2	2:15:00,7	+33:22,3	11:15 min/km
34.	253	Sonia Reboreda Rodriguez	GENERAL FEM(34)	CAMINHANTES DO CONDADO	1:16:53,1	2:15:29,6	+33:51,2	11:17 min/km
35.	431	Raquel Costa Ricon	GENERAL FEM(35)	CAMINHANTES DO CONDADO	1:16:55,6	2:15:29,6	+33:51,2	11:17 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
36.	250	Maria Sandra Lopez Costa	GENERAL FEM(36)		1:18:09,0	2:16:17,9	+34:39,5	11:21 min/km
37.	395	Andrea Fernandez Ramilo	GENERAL FEM(37)		1:19:54,0	2:16:23,2	+34:44,8	11:21 min/km
38.	394	Vanessa Ozores Rodriguez	GENERAL FEM(38)		1:22:43,8	2:17:55,7	+36:17,2	11:29 min/km
39.	245	Lucía Barros	GENERAL FEM(39)	GROBA TRAIL TEAM	1:20:13,0	2:18:35,4	+36:56,9	11:32 min/km
40.	315	Dolores Alejos Alonso	GENERAL FEM(40)		1:15:27,3	2:19:30,3	+37:51,8	11:37 min/km
41.	222	Tatiana Blanco Rio	GENERAL FEM(41)		1:20:15,5	2:19:43,6	+38:05,2	11:38 min/km
42.	413	Estefanía Martinez Pintos	GENERAL FEM(42)		1:20:11,4	2:20:42,0	+39:03,5	11:43 min/km
43.	438	Jesica Maria Moldes Ojea	GENERAL FEM(43)	ATLETISMO PORRIÑO	1:19:52,7	2:21:37,3	+39:58,8	11:48 min/km
44.	266	Sandra Rodriguez Fuentes	GENERAL FEM(44)		1:23:03,9	2:24:23,9	+42:45,5	12:01 min/km
45.	262	Noelia Martinez Rodriguez	GENERAL FEM(45)		1:23:21,0	2:24:42,1	+43:03,6	12:03 min/km
46.	249	Raquel Dominguez Reyes	GENERAL FEM(46)		1:23:29,8	2:26:38,2	+44:59,7	12:13 min/km
47.	277	Iris María Boulosa Perez	GENERAL FEM(47)		1:24:19,1	2:28:34,3	+46:55,8	12:22 min/km
48.	363	Yoli Rodriguez Perez	GENERAL FEM(48)		1:24:21,8	2:28:34,5	+46:56,0	12:22 min/km
49.	362	Angela Gonzalez Cid	GENERAL FEM(49)		1:24:20,2	2:28:34,6	+46:56,1	12:22 min/km
50.	404	Yolanda Gonzalez Lorenzo	GENERAL FEM(50)		1:23:10,8	2:29:19,7	+47:41,3	12:26 min/km
51.	436	Anuska Ramos Cid	GENERAL FEM(51)	ASESOU	1:23:37,0	2:32:14,1	+50:35,6	12:41 min/km
52.	285	Silvia Diaz Gomez	GENERAL FEM(52)			2:34:55,1	+53:16,7	12:54 min/km
53.	265	Susana María Pazos Alonso	GENERAL FEM(53)			2:34:55,5	+53:17,1	12:54 min/km
54.	348	Lorena Perez Gomez	GENERAL FEM(54)	C.A.R. MARISQUEIRO	1:36:43,7	2:39:51,3	+58:12,8	13:19 min/km
55.	332	Montse Dafonte	GENERAL FEM(55)	ASESOU	1:34:22,4	2:41:34,0	+59:55,5	13:27 min/km
56.	241	Ainhoa Francisco Carneiro	GENERAL FEM(56)	KIWAYA	1:37:39,6	2:50:24,4	+1:08:45,9	14:12 min/km
57.	247	Vanessa Taboas	GENERAL FEM(57)		1:40:11,7	2:52:22,0	+1:10:43,5	14:21 min/km
58.	429	Maria Luisa Alvarez Crespo	GENERAL FEM(58)	ASESOU	1:31:38,4	2:52:55,6	+1:11:17,2	14:24 min/km
59.	384	Mari Alonso Romero	GENERAL FEM(59)		1:37:51,2	2:56:58,4	+1:15:20,0	14:44 min/km
60.	421	Patricia Lopez Costas	GENERAL FEM(60)	CAZAFANTASMAS	1:37:52,7	2:56:58,6	+1:15:20,2	14:44 min/km
61.	396	Sonia Alonso Alonso	GENERAL FEM(61)	CAZAFANTASMAS	1:37:49,6	2:56:59,4	+1:15:21,0	14:44 min/km
62.	338	Lucía Galvan Fernandez	GENERAL FEM(62)			3:22:21,1	+1:40:42,6	16:51 min/km
63.	314	Maria De Los Reyes Cebada Otero	GENERAL FEM(63)	ASALTAMONTES FEMALE		3:25:06,0	+1:43:27,5	17:05 min/km
64.	309	Adriana Briceño Rojas	GENERAL FEM(64)		1:39:05,7	3:30:11,4	+1:48:33,0	17:30 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
65.	399	Noemí Quintero Sanchez	GENERAL FEM(65)			3:32:23,1	+1:50:44,7	17:41 min/km
66.	378	Banesa Del Monte Castro	GENERAL FEM(66)			3:38:29,3	+1:56:50,8	18:12 min/km
67.	323	Sara Vulcano Dominguez	GENERAL FEM(67)			3:45:58,8	+2:04:20,3	18:49 min/km
68.	270	Rocio Carreira Otero	GENERAL FEM(68)	A SALTAMONTES FEMALE		3:45:59,4	+2:04:20,9	18:49 min/km
68.	324	Mariola Dominguez Sio	GENERAL FEM(69)			3:45:59,4	+2:04:20,9	18:49 min/km

Masculino

1.	361	Diego Dominguez Crespo	GENERAL MASC(1)	CORNELIOS		42:00,7	1:13:07,1 --	6:05 min/km
2.	312	Diego Pons Ramos	GENERAL MASC(2)			42:43,5	1:15:23,8 +2:16,7	6:16 min/km
3.	298	Joao Gomes Sousa	GENERAL MASC(3)			43:02,7	1:15:32,5 +2:25,3	6:17 min/km
4.	272	Adrian Sousa Dominguez	GENERAL MASC(4)	GMTA&CHUVONERS		43:47,5	1:16:46,2 +3:39,1	6:23 min/km
5.	216	Diego Dominguez Fernandez	GENERAL MASC(5)	CLUB CICLISTA SALVATERRA DE MIÑO		43:46,5	1:17:14,3 +4:07,2	6:26 min/km
6.	307	Bruno Barros Campo	GENERAL MASC(6)	AC CASTELOS TRAIL CLUB		45:41,3	1:18:27,5 +5:20,3	6:32 min/km
7.	347	Pablo Garcia Querol	GENERAL MASC(7)	CLUB DEPORTIVO DELIKIA		45:49,6	1:21:27,9 +8:20,8	6:47 min/km
8.	316	Pablo Perez Lovaco	GENERAL MASC(8)			46:37,5	1:21:27,9 +8:20,8	6:47 min/km
9.	333	José Felipe Gonzalez Alvarez	GENERAL MASC(9)			45:48,6	1:21:59,8 +8:52,7	6:49 min/km
10.	256	Andrés Rojo Ribeiro	GENERAL MASC(10)			46:39,2	1:22:03,1 +8:55,9	6:50 min/km
11.	437	Jonathan Mendez Gonzalez	GENERAL MASC(11)	TAMANCAS		47:05,6	1:22:41,9 +9:34,8	6:53 min/km
12.	246	Diego Castro Santos	GENERAL MASC(12)			47:36,4	1:23:00,4 +9:53,3	6:55 min/km
13.	377	Óscar Piñeiro Perez	GENERAL MASC(13)	KENNEL DEN			1:23:34,7 +10:27,6	6:57 min/km
14.	329	Santi Vilaboa Salgueiro	GENERAL MASC(14)			47:34,0	1:23:55,1 +10:48,0	6:59 min/km
15.	291	José Carlos Delgado Ramos	GENERAL MASC(15)			48:30,4	1:24:51,3 +11:44,1	7:04 min/km
16.	335	Roberto Rodriguez Alvarez	GENERAL MASC(16)			49:59,0	1:25:46,8 +12:39,6	7:08 min/km
17.	375	David Alonso Alonso	GENERAL MASC(17)	CAZAFANTASMAS TEAM		50:16,2	1:25:47,4 +12:40,2	7:08 min/km
18.	367	Moises Lorenzo Alonso	GENERAL MASC(18)	ATLETISMO PORRIÑO		48:20,8	1:26:13,6 +13:06,5	7:11 min/km
19.	276	Jose Giraldez	GENERAL MASC(19)			51:15,0	1:28:45,0 +15:37,9	7:23 min/km
20.	289	David Fernandez Gradin	GENERAL MASC(20)	CIBUS		51:54,2	1:30:10,6 +17:03,5	7:30 min/km
21.	331	Eloy Perez Bastos	GENERAL MASC(21)			47:34,6	1:30:17,4 +17:10,3	7:31 min/km
22.	228	Iván Leiros Iglesias	GENERAL MASC(22)	AC CASTELOS TRAIL CLUB		52:12,7	1:30:31,3 +17:24,2	7:32 min/km
23.	370	Saúl Fernandez Gonzalez	GENERAL MASC(23)			51:57,1	1:30:34,8 +17:27,6	7:32 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
24.	322	Santiago Salgueiro Troitiño	GENERAL MASC(24)		52:23,6	1:32:28,0	+19:20,9	7:42 min/km
25.	293	Adrian Alvarez Carracedo	GENERAL MASC(25)			1:33:33,8	+20:26,6	7:47 min/km
26.	236	Daniel Dominguez Gonzalez	GENERAL MASC(26)	MAISQUEAUGA	54:27,2	1:34:06,5	+20:59,3	7:50 min/km
27.	405	Ismael Teijiz	GENERAL MASC(27)		54:34,9	1:34:43,4	+21:36,2	7:53 min/km
28.	320	Sergio Recaman	GENERAL MASC(28)	SHAKA CLUB	52:26,1	1:34:51,0	+21:43,8	7:54 min/km
29.	381	Diego Rodriguez Ramilo	GENERAL MASC(29)		55:51,1	1:35:49,1	+22:42,0	7:59 min/km
30.	371	Senen Bugarin Lopez	GENERAL MASC(30)	AC CASTELOS TRAIL CLUB	57:45,2	1:37:08,6	+24:01,5	8:05 min/km
31.	211	Sergio Bouza Carrera	GENERAL MASC(31)	AC CASTELOS TRAIL	57:54,5	1:37:08,9	+24:01,8	8:05 min/km
32.	321	Pedro Peña Perez	GENERAL MASC(32)			1:37:11,7	+24:04,6	8:05 min/km
33.	374	David Alvarez Alvarez	GENERAL MASC(33)	CORNELIOS	55:59,4	1:37:12,0	+24:04,9	8:06 min/km
34.	418	Victor Manuel Castro Rodriguez	GENERAL MASC(34)	AC CASTELOS TRAIL CLUB	54:23,5	1:37:26,6	+24:19,5	8:07 min/km
35.	273	Jose Ignacio Rodriguez Garcia	GENERAL MASC(35)			1:37:31,1	+24:23,9	8:07 min/km
36.	330	Adrián Blanco Fuentes	GENERAL MASC(36)	CLUB DEPORTIVO PINARIUM	53:11,9	1:37:35,8	+24:28,7	8:07 min/km
37.	397	Jesús Manuel Soage Vidal	GENERAL MASC(37)		52:00,7	1:37:38,5	+24:31,3	8:08 min/km
38.	382	Mrcos Iglesias Fernandez	GENERAL MASC(38)	CAZAFANTASMAS TEAM	54:51,8	1:37:44,4	+24:37,3	8:08 min/km
39.	426	Roberto Alvarez Fontenla	GENERAL MASC(39)		58:02,6	1:37:47,8	+24:40,7	8:08 min/km
40.	219	José Gabriel Villar Pereira	GENERAL MASC(40)		57:08,5	1:40:52,6	+27:45,4	8:24 min/km
41.	311	Ivan Oliveira Bugarin	GENERAL MASC(41)		1:00:37,1	1:40:54,0	+27:46,9	8:24 min/km
42.	290	Pedro Barreiro Valls	GENERAL MASC(42)		57:20,1	1:40:57,3	+27:50,2	8:24 min/km
43.	284	Rodrigo Barbosa Gonzalez	GENERAL MASC(43)	METAS IMPOSIBLES TRAIL TEAM	58:11,9	1:41:25,5	+28:18,3	8:27 min/km
44.	231	Daniel Santalices Del Rio	GENERAL MASC(44)	OUELLAS NEJRAS	1:00:37,4	1:41:38,3	+28:31,2	8:28 min/km
45.	215	David Miranda Fariña	GENERAL MASC(45)	AC CASTELOS TRAIL CLUB	57:30,4	1:42:17,0	+29:09,9	8:31 min/km
46.	204	Felipe Alonso Reboreda	GENERAL MASC(46)		58:13,0	1:42:28,8	+29:21,7	8:32 min/km
47.	287	Denis Dominguez Revilla	GENERAL MASC(47)		57:18,5	1:42:33,2	+29:26,1	8:32 min/km
48.	281	Jesús Cabezas Abalde	GENERAL MASC(48)	MÁISQUEAUGA	59:53,7	1:42:41,2	+29:34,1	8:33 min/km
49.	430	Carlos Alberto Bujanda Garmendia	GENERAL MASC(49)		55:18,7	1:42:41,5	+29:34,4	8:33 min/km
50.	325	Pablo Costas Gonzalez	GENERAL MASC(50)	CHOLA	58:23,3	1:42:46,7	+29:39,6	8:33 min/km
51.	303	Javi Perez Novad	GENERAL MASC(51)	PARCHITA RUNNING	58:17,1	1:42:53,0	+29:45,9	8:34 min/km
52.	425	Juan Carlos Maceira Acuña	GENERAL MASC(52)	INDIVIDUAL	56:20,2	1:42:53,1	+29:46,0	8:34 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
53.	408	Roberto Lemos Fernandez	GENERAL MASC(53)		1:00:19,0	1:43:07,0	+29:59,8	8:35 min/km
54.	389	Alejandro Iglesias Alonso	GENERAL MASC(54)	ATLETISMO TUI	57:13,2	1:43:38,5	+30:31,3	8:38 min/km
55.	306	Óscar Dominguez Perez	GENERAL MASC(55)	OS TOXOS	1:01:28,4	1:43:46,5	+30:39,4	8:38 min/km
56.	286	Rafael Barros Barros	GENERAL MASC(56)			1:44:01,7	+30:54,6	8:40 min/km
57.	427	Rafael Perez Morejon	GENERAL MASC(57)	FENDETESTAS		1:44:01,7	+30:54,6	8:40 min/km
58.	337	David Fernandez Diaz	GENERAL MASC(58)		1:01:27,3	1:44:01,7	+30:54,6	8:40 min/km
59.	435	Alberto Barros Solla	GENERAL MASC(59)	GTR GALAICO TRAIL RUN	1:01:18,2	1:45:06,7	+31:59,6	8:45 min/km
60.	318	Amador Reboreda Graña	GENERAL MASC(60)	CLUB DEPORTIVO PINARIUM	1:02:46,6	1:45:21,3	+32:14,2	8:46 min/km
61.	392	José Ramón Gil Iglesias	GENERAL MASC(61)		1:04:16,0	1:45:58,7	+32:51,5	8:49 min/km
62.	390	Pablo Rodriguez Lago	GENERAL MASC(62)	BAIXO MIÑO TRAIL CLUB	1:02:07,2	1:46:02,9	+32:55,8	8:50 min/km
63.	393	Jose Antonio Iglesias Lander	GENERAL MASC(63)		1:02:03,8	1:46:09,9	+33:02,7	8:50 min/km
63.	428	Jonathan Santiago Irago	GENERAL MASC(64)	AC CASTELOS TRAIL CLUB	1:02:01,3	1:46:09,9	+33:02,7	8:50 min/km
65.	383	Manuel Casaleiro Fernandez	GENERAL MASC(65)	CAZAFANTASMAS TEAM	1:00:24,9	1:46:47,8	+33:40,7	8:53 min/km
66.	259	Plinio Colombo Lois	GENERAL MASC(66)		1:00:59,6	1:47:26,0	+34:18,9	8:57 min/km
67.	357	Sedu Rodriguez Alonso	GENERAL MASC(67)	FENDETESTAS	1:01:44,2	1:47:31,5	+34:24,4	8:57 min/km
68.	439	Francisco Javier Santamaria Lorenzo	GENERAL MASC(68)	CORREDORES DO MIÑO	1:02:10,5	1:47:54,2	+34:47,0	8:59 min/km
69.	301	Rubén Alvarez Carracedo	GENERAL MASC(69)		1:01:23,9	1:48:01,8	+34:54,6	9:00 min/km
70.	264	Adrian Gonzalez Bernardez	GENERAL MASC(70)		59:34,9	1:48:20,0	+35:12,9	9:01 min/km
71.	403	Miguel Ángel Vidal Marquez	GENERAL MASC(71)		1:02:56,0	1:48:25,9	+35:18,8	9:02 min/km
72.	210	Marcos Iglesias Groba	GENERAL MASC(72)		1:05:41,5	1:49:00,2	+35:53,0	9:05 min/km
73.	441	Alejandro Diaz Poso	GENERAL MASC(73)	SERRES RUNNERS	1:03:45,6	1:49:47,7	+36:40,6	9:08 min/km
74.	443	Domingo González Pérez	GENERAL MASC(74)	NINGUNO	1:04:29,0	1:49:49,7	+36:42,5	9:09 min/km
75.	434	Ivan Garcia Bernardez	GENERAL MASC(75)	SERVIAUB - GRUPO ROSLEV	1:02:43,4	1:50:08,2	+37:01,0	9:10 min/km
76.	344	Diego Roade Lago	GENERAL MASC(76)	COMANDO SUREÑO	1:00:41,0	1:50:20,9	+37:13,8	9:11 min/km
77.	343	Pablo Arias Real	GENERAL MASC(77)	VIVAC-OBJETIVO TRAIL	1:01:06,9	1:50:30,9	+37:23,8	9:12 min/km
78.	203	Daniel Rodriguez Fondado	GENERAL MASC(78)		1:04:18,3	1:50:46,4	+37:39,3	9:13 min/km
79.	202	Victor Perez Novas	GENERAL MASC(79)		1:03:24,8	1:51:03,2	+37:56,1	9:15 min/km
80.	294	Loreanzo Alonso	GENERAL MASC(80)		1:00:23,4	1:51:19,6	+38:12,5	9:16 min/km
81.	409	Victor Daniel Martinez Represas	GENERAL MASC(81)	AC CASTELOS TRAIL CLUB	1:02:44,6	1:51:50,7	+38:43,5	9:19 min/km

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P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
82.	388	Iago Fernandez Carballo	GENERAL MASC(82)		1:03:38,8	1:51:52,2	+38:45,1	9:19 min/km
83.	351	Juan Edmundo Rodriguez Fernandez	GENERAL MASC(83)		1:00:53,5	1:52:48,2	+39:41,0	9:24 min/km
84.	317	Miguel Lomba Gonzalez	GENERAL MASC(84)	CORNELIOS	1:04:57,8	1:52:49,8	+39:42,6	9:24 min/km
85.	207	Jose Rivera Martinez	GENERAL MASC(85)		1:04:02,0	1:52:53,0	+39:45,8	9:24 min/km
86.	424	Javier Alonso Silva	GENERAL MASC(86)	CAZAFANTASMAS	1:04:44,5	1:52:54,4	+39:47,3	9:24 min/km
87.	229	Mohamed Fernandez Rodriguez	GENERAL MASC(87)		1:03:46,4	1:53:11,8	+40:04,7	9:25 min/km
88.	299	Pablo Estebanez Estevez	GENERAL MASC(88)		1:05:26,9	1:53:27,2	+40:20,0	9:27 min/km
89.	227	Gerardo Rodriguez Lopez	GENERAL MASC(89)	LOS MUÑECOS	1:04:07,5	1:53:56,2	+40:49,1	9:29 min/km
90.	407	Pedro Lemos Lopez	GENERAL MASC(90)	OS LEMOS	1:05:43,0	1:53:58,9	+40:51,7	9:29 min/km
91.	359	Santiago Triñanes Sanchez	GENERAL MASC(91)	MONTUNOS RASURADOS	1:04:14,9	1:54:13,4	+41:06,2	9:31 min/km
92.	433	Diego Gonzalez Vicente	GENERAL MASC(92)	NO	1:03:01,5	1:54:17,0	+41:09,9	9:31 min/km
93.	412	Borja Servando Guerreiro Rodriguez	GENERAL MASC(93)		1:05:50,7	1:54:31,4	+41:24,3	9:32 min/km
94.	296	Pablo Cambra Gonzalez	GENERAL MASC(94)		1:05:28,4	1:54:37,2	+41:30,1	9:33 min/km
95.	422	Francisco José Lago Freiria	GENERAL MASC(95)	OS PELIQUEIROS	1:08:01,6	1:55:12,2	+42:05,1	9:36 min/km
96.	346	Ruben Souto Vazquez	GENERAL MASC(96)		1:01:03,8	1:55:28,7	+42:21,6	9:37 min/km
97.	271	Javier Esperon Rodriguez	GENERAL MASC(97)	CASTELOS TRAIL CLUB		1:56:16,8	+43:09,6	9:41 min/km
98.	223	Samuel Alonso Perez	GENERAL MASC(98)		1:03:33,7	1:56:51,6	+43:44,4	9:44 min/km
99.	360	Ivan Gonzalez Ramirez	GENERAL MASC(99)		1:07:22,9	1:57:10,2	+44:03,1	9:45 min/km
100.	417	Alvaro Oya Bacelo	GENERAL MASC(100)		1:08:47,4	1:57:10,3	+44:03,1	9:45 min/km
101.	282	David Fernandez Guedes	GENERAL MASC(101)		1:07:37,1	1:57:24,0	+44:16,8	9:47 min/km
102.	243	Manuel Carrera Nogueira	GENERAL MASC(102)		1:03:40,2	1:57:45,5	+44:38,4	9:48 min/km
103.	205	Alberto Novoa Coello	GENERAL MASC(103)		1:08:23,4	1:59:35,3	+46:28,2	9:57 min/km
104.	220	Jose Luis Garcia Fernandez	GENERAL MASC(104)		1:07:14,6	2:00:19,4	+47:12,2	10:01 min/km
105.	260	Aquilino Morais Gonzalez	GENERAL MASC(105)		1:10:55,1	2:00:40,3	+47:33,2	10:03 min/km
106.	305	Alberto Dominguez Alvarez	GENERAL MASC(106)		1:06:31,0	2:01:01,0	+47:53,9	10:05 min/km
107.	376	Ricardo Graña Piñeiro	GENERAL MASC(107)	NOCEDO TRAIL TEAM	1:06:36,3	2:01:52,2	+48:45,1	10:09 min/km
108.	358	Antonio Martinez Vaqueiro	GENERAL MASC(108)		1:12:14,3	2:02:02,3	+48:55,1	10:10 min/km
109.	313	Hugo Santorio Moscoso	GENERAL MASC(109)		1:10:00,7	2:02:35,1	+49:27,9	10:12 min/km
110.	234	Alejandro Romero Gomez	GENERAL MASC(110)	OVELLAS NEJRAS	1:12:29,9	2:03:19,5	+50:12,3	10:16 min/km

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Resultados

P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
111.	279	Javier Silveira Loureiro	GENERAL MASC(111)		1:12:33,6	2:03:30,0	+50:22,8	10:17 min/km
112.	398	Juan Eugenio Gutierrez Costas	GENERAL MASC(112)		1:08:43,6	2:03:59,6	+50:52,5	10:19 min/km
113.	414	Marcos Fontan Guzman	GENERAL MASC(113)		1:09:59,0	2:04:25,1	+51:18,0	10:22 min/km
114.	372	Jose Luis Soto Vazquez	GENERAL MASC(114)		1:11:40,1	2:04:41,6	+51:34,5	10:23 min/km
115.	288	Miguel Martinez Martinez	GENERAL MASC(115)		1:09:57,2	2:05:06,6	+51:59,5	10:25 min/km
116.	406	Pablo Lemos Lopez	GENERAL MASC(116)	OS LEMOS	1:11:09,7	2:05:32,2	+52:25,0	10:27 min/km
117.	420	Juan Alonso Alonso	GENERAL MASC(117)	CAZAFANTASMAS	1:09:48,9	2:05:54,1	+52:46,9	10:29 min/km
118.	226	Abraham Bugarin Castro	GENERAL MASC(118)		1:13:51,9	2:06:38,6	+53:31,4	10:33 min/km
119.	232	Albert Paul Alaez Vazquez	GENERAL MASC(119)	OUELLAS NEJRAS	1:12:30,8	2:08:06,3	+54:59,1	10:40 min/km
120.	225	David Rodriguez Cambra	GENERAL MASC(120)		1:12:04,1	2:08:36,5	+55:29,3	10:43 min/km
121.	340	Iván Gandara	GENERAL MASC(121)		1:20:05,9	2:08:50,2	+55:43,0	10:44 min/km
122.	233	Diego Dominguez Rodriguez	GENERAL MASC(122)	OUELLAS NEJRAS	1:12:32,5	2:10:03,4	+56:56,3	10:50 min/km
123.	352	Alberto Gonzalez Aguin	GENERAL MASC(123)		1:11:15,9	2:10:04,5	+56:57,4	10:50 min/km
124.	416	Roi Perez Martinez	GENERAL MASC(124)		1:15:39,0	2:11:40,9	+58:33,8	10:58 min/km
125.	257	David Santamarina Santos	GENERAL MASC(125)	SANTA TEAM	1:14:59,6	2:11:41,9	+58:34,8	10:58 min/km
126.	366	Francisco Fernandez Troncoso	GENERAL MASC(126)		1:17:13,4	2:12:41,6	+59:34,4	11:03 min/km
127.	274	Alejandro Bugarin Roris	GENERAL MASC(127)		1:17:58,6	2:14:22,5	+1:01:15,3	11:11 min/km
128.	355	Juan Boo Boo	GENERAL MASC(128)	MONTUNOS RASURADOS	1:11:01,5	2:14:23,0	+1:01:15,8	11:11 min/km
129.	356	Borja Fandiño Romero	GENERAL MASC(129)	MONTUNOS RASURADOS	1:17:25,3	2:17:46,5	+1:04:39,3	11:28 min/km
130.	354	Alberto Triñanes Sanchez	GENERAL MASC(130)	MONTUNOS RASURADOS	1:17:24,1	2:17:46,5	+1:04:39,4	11:28 min/km
131.	442	Rubén Casaleiro Pintos	GENERAL MASC(131)		1:16:46,1	2:17:53,8	+1:04:46,6	11:29 min/km
132.	304	David Aranguren Iglesias	GENERAL MASC(132)		1:18:18,7	2:18:06,4	+1:04:59,2	11:30 min/km
133.	369	David Rodriguez Barbosa	GENERAL MASC(133)		1:15:33,0	2:18:57,4	+1:05:50,3	11:34 min/km
134.	327	Daniel Barros Perez	GENERAL MASC(134)		1:17:55,2	2:19:36,0	+1:06:28,8	11:38 min/km
135.	328	Angel Barcia Silva	GENERAL MASC(135)		1:17:48,8	2:19:36,3	+1:06:29,2	11:38 min/km
136.	379	Carlos Mario Gomez Pereiro	GENERAL MASC(136)	CAZAFANTASMAS TEAM	1:23:28,8	2:21:10,3	+1:08:03,2	11:45 min/km
137.	410	Mario Monje Lopez	GENERAL MASC(137)	CAZAFANTASMAS	1:17:10,5	2:26:24,0	+1:13:16,9	12:12 min/km
138.	411	Ricardo Monje Garcia	GENERAL MASC(138)	CAZAFANTASMAS	1:17:10,3	2:26:24,6	+1:13:17,4	12:12 min/km
139.	278	Jorge Gonzalez Perez	GENERAL MASC(139)		1:24:32,3	2:28:34,5	+1:15:27,4	12:22 min/km

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Resultados

P.	Dorsa	Nombre	Cat(PI)	Club	Intermedio	Meta	Gap	Ritmo
140.	292	Ivan Gil Rivas	GENERAL MASC(140)		1:26:54,7	2:35:57,8	+1:22:50,7	12:59 min/km
141.	350	Alfredo Bernardino Fernandez	GENERAL MASC(141)		1:31:10,7	2:37:08,1	+1:24:01,0	13:05 min/km
142.	319	Jose Manuel Lorenzo Gonzalez	GENERAL MASC(142)			2:38:10,5	+1:25:03,3	13:10 min/km
143.	349	Salvador Martinez Ferradas	GENERAL MASC(143)			2:38:48,9	+1:25:41,8	13:14 min/km
144.	419	Juan José Milego Fernandez	GENERAL MASC(144)	C. A. R. MARISQUEIRO	1:36:45,0	2:39:51,1	+1:26:44,0	13:19 min/km
145.	334	Ricardo Veiga Santos	GENERAL MASC(145)	OS CORREDORES DO INFERNO	1:26:01,2	2:41:51,0	+1:28:43,8	13:29 min/km
146.	373	Josias Garrido Perez	GENERAL MASC(146)	ARREJOCHEO		2:41:53,0	+1:28:45,9	13:29 min/km
147.	208	Ruben Giraldez Rodriguez	GENERAL MASC(147)		1:37:54,7	2:42:37,0	+1:29:29,9	13:33 min/km
148.	364	Jose Eugenio Garcia Villanueva	GENERAL MASC(148)	NOCEDO TRAIL TEAM	1:00:19,1	2:48:42,7	+1:35:35,5	14:03 min/km
149.	242	Daniel Grandio Gonzalez	GENERAL MASC(149)	KIWAYA	1:37:40,6	2:50:24,6	+1:37:17,5	14:12 min/km
150.	248	Enrique Rodriguez Santos	GENERAL MASC(150)		1:40:13,5	2:52:22,1	+1:39:15,0	14:21 min/km
151.	252	Pablo Garcia Velasco	GENERAL MASC(151)	OS TOXOS	1:34:40,6	2:53:50,9	+1:40:43,7	14:29 min/km
152.	230	Eduardo Del Corral Barros	GENERAL MASC(152)		1:34:43,9	2:53:51,0	+1:40:43,9	14:29 min/km
153.	339	Carlos Vazquez Delgado	GENERAL MASC(153)		1:28:32,4	2:54:01,1	+1:40:53,9	14:30 min/km
154.	308	Ismael Puga Coton	GENERAL MASC(154)		1:39:00,8	3:30:12,3	+2:17:05,1	17:31 min/km
155.	400	Sergio Capretta Porto	GENERAL MASC(155)			3:32:22,9	+2:19:15,7	17:41 min/km