TRAIL SALVAMONTES 2026

Resultados General

P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
TRAIL								
Femenino								
1.	12	Nerea Castro Nogueira	SENIOR FEM(1)	CLUB ATLETISMO CAMBADOS	0:44:21	1:36:44	--	6:26 min/km
2.	1	Nieves Faro Martinez	SENIOR FEM(2)	ATLETISMO PORRIÑO	0:46:54	1:44:57	+8:13	6:59 min/km
3.	11	Yuliia Bokhinska	SENIOR FEM(3)	OS CORREDORES DO INFERNO	0:50:43	1:48:01	+11:17	7:12 min/km
4.	80	Coral Castro Villar	SENIOR FEM(4)	OUVELLAS NEJRAS	0:50:59	1:52:30	+15:45	7:30 min/km
5.	104	Bibiana Rodriguez Santos	VETERANA A(1)	RAPIDO DE PONTE QUIETO	0:53:24	1:52:47	+16:03	7:31 min/km
6.	40	Marta Nuñez Outeda	SENIOR FEM(5)	OS CORREDORES DO INFERNO	0:53:35	1:53:17	+16:33	7:33 min/km
7.	116	Nicol Montes Ramírez	SENIOR FEM(6)		0:54:01	1:58:24	+21:40	7:53 min/km
8.	71	Fina Blanco Pena	VETERANA B(1)	C. D. 21 LEGUAS	0:54:33	1:59:38	+22:54	7:58 min/km
9.	77	Patricia Lago Lopez	VETERANA A(2)	CAMINHANTES DO CONDADO	0:56:42	2:00:41	+23:57	8:02 min/km
10.	94	Arantxa Sanchez Padilla	VETERANA A(3)		0:58:23	2:07:45	+31:01	8:31 min/km
11.	16	Romina Maneiro Cid	VETERANA B(2)	ANISETES	1:00:15	2:12:07	+35:23	8:48 min/km
12.	92	Marián Hermida Garazo	VETERANA A(4)	CAMINHANTES DO CONDADO	1:02:08	2:17:17	+40:33	9:09 min/km
13.	31	Pamela Sanchez Guzman	VETERANA A(5)	OS CORREDORES DO INFERNO	1:09:06	2:32:56	+56:12	10:11 min/km
14.	48	Raquel Dominguez Reyes	SENIOR FEM(7)		1:10:27	2:34:13	+57:29	10:16 min/km
15.	47	Vanesa Taboas Lago	SENIOR FEM(8)	RAPIDO DE PONTE QUIETO	1:10:29	2:35:01	+58:17	10:20 min/km
16.	86	Ana Rodriguez Iglesias	VETERANA B(3)	MAIS QUE AUGA	1:16:55	2:43:29	+1:06:45	10:53 min/km
17.	85	Rosa Alvarez Dominguez	VETERANA B(4)	MAIS QUE AUGA	1:17:05	2:43:29	+1:06:45	10:53 min/km
Masculino								
1.	13	Manuel Piñeiro Fiel	SENIOR MASC(1)	CLUB ATLETISMO CAMBADOS	0:35:54	1:18:04	--	5:12 min/km
2.	50	Diego Dominguez Fernandez	SENIOR MASC(2)		0:36:39	1:19:45	+1:41	5:19 min/km
3.	96	Manuel Gondar Francisco	SENIOR MASC(3)		0:36:56	1:20:56	+2:51	5:23 min/km
4.	58	Joao Gomes Sousa	VETERANO A(1)		0:37:00	1:20:57	+2:52	5:23 min/km
5.	68	Albert Paul Alaez Vazquez	VETERANO A(2)	OUVELLAS NEJRAS		1:21:42	+3:37	5:26 min/km
6.	95	Alberto Alvarez Lorenzo	SENIOR MASC(4)	ATLETISMO PORRIÑO	0:38:11	1:23:48	+5:43	5:35 min/km
7.	3	Bruno Barros Campo	VETERANO A(3)	AC CASTELOS TRAIL CLUB	0:38:09	1:24:21	+6:17	5:37 min/km

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Resultados General

P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
8.	24	Tomás Arosa Gonzalez	VETERANO A(4)		0:39:09	1:24:42	+6:38	5:38 min/km
9.	87	José María Perez Conde	SENIOR MASC(5)		0:39:14	1:25:22	+7:18	5:41 min/km
10.	52	Cristofer Peixoto	SENIOR MASC(6)	OS CORREDORES DO INFERNO	0:39:16	1:25:28	+7:23	5:41 min/km
11.	109	Adrian Morgadanes	SENIOR MASC(7)	GMTA CHUVONERS	0:40:14	1:25:44	+7:40	5:42 min/km
12.	14	Santiago Presa Presa	SENIOR MASC(8)	TRIATLON RIAS BAIXAS	0:40:35	1:27:04	+8:59	5:48 min/km
13.	2	Juan Carlos Martinez Riveiro	VETERANO B(1)		0:40:54	1:27:09	+9:04	5:48 min/km
14.	110	Antonio Fernandez Perez	VETERANO B(2)	COUTADAS TRAIL TEAM	0:41:00	1:27:24	+9:19	5:49 min/km
15.	39	Julio Carrera Casal	VETERANO B(3)		0:40:51	1:27:49	+9:44	5:51 min/km
16.	34	Gonzalo Bargiela Pereiro	VETERANO A(5)		0:40:55	1:27:58	+9:53	5:51 min/km
17.	84	Pablo Garcia Querol	SENIOR MASC(9)	CLUB DEPORTIVO DELIKIA	0:40:59	1:28:45	+10:40	5:55 min/km
18.	111	José Carlos Graña Alonso	VETERANO B(4)	LODEIROS TRAIL	0:41:58	1:28:54	+10:49	5:55 min/km
19.	61	Carlos Barroso Garcia	VETERANO A(6)	ESCUELA DE RUNNING BAIONA	0:40:16	1:28:58	+10:53	5:55 min/km
20.	23	Miguel Dorado Vieitez	VETERANO B(5)	TRINORTH	0:41:45	1:29:27	+11:22	5:57 min/km
21.	17	Ricardo Rocha Doval	VETERANO A(7)	ANISETES		1:29:34	+11:30	5:58 min/km
22.	26	Raúl Gonzalez Rial	VETERANO A(8)	CLUB ATLETISMO VETERANOS DE SAMIL	0:42:19	1:31:00	+12:55	6:04 min/km
23.	43	Miguel Angel Oliveira Bugarin	VETERANO B(6)		0:40:55	1:31:13	+13:08	6:04 min/km
24.	42	Moisés Lorenzo Alonso	VETERANO A(9)	CLUB ATLETISMO PORRIÑO	0:43:01	1:32:55	+14:50	6:11 min/km
25.	15	Ruben Vega Posada	VETERANO A(10)		0:43:42	1:33:49	+15:45	6:15 min/km
26.	114	Manuel Gomez Alonso	VETERANO B(7)	GMTA CHUVONERS	0:44:35	1:34:44	+16:39	6:18 min/km
27.	36	Federico Silva	VETERANO A(11)		0:43:58	1:35:55	+17:50	6:23 min/km
28.	66	Jose Antonio Bugarin Freiria	SENIOR MASC(10)		0:45:01	1:36:29	+18:24	6:25 min/km
29.	106	Santi Fernandez Martinez	VETERANO B(8)	CAZAFANTASMAS TEAM	0:44:45	1:37:32	+19:27	6:30 min/km
30.	60	Saúl Fernandez Gonzalez	SENIOR MASC(11)		0:45:13	1:38:13	+20:08	6:32 min/km
31.	25	José Rafael Gonzalez Caride	VETERANO B(9)		0:45:45	1:38:26	+20:21	6:33 min/km
32.	72	Israel Castro Martinez	VETERANO A(12)	COUTADAS TRAIL TEAM	0:45:57	1:38:42	+20:37	6:34 min/km
33.	108	Jorge Pino Suarez	VETERANO A(13)		0:45:16	1:39:10	+21:05	6:36 min/km
34.	6	German Tizon Freiria	VETERANO A(14)	SEMPRE LA	0:49:38	1:42:13	+24:09	6:48 min/km
35.	33	Oscar Rodriguez Cuerdo	VETERANO A(15)		0:46:13	1:42:31	+24:27	6:50 min/km
36.	82	Antonio Vazquez Valladares	VETERANO B(10)		0:47:22	1:42:43	+24:39	6:50 min/km

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P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
37.	117	Fernando Carnero Estevez	VETERANO B(11)		0:46:59	1:44:10	+26:06	6:56 min/km
38.	55	Joao Barreira	SENIOR MASC(12)		0:47:19	1:44:46	+26:41	6:59 min/km
39.	100	Jose Alonso Veiga	VETERANO B(12)		0:46:44	1:45:20	+27:15	7:01 min/km
40.	76	Xosué Lopez Faro	SENIOR MASC(13)		0:47:39	1:46:03	+27:58	7:04 min/km
41.	8	Eloy Sio Fernandez	SENIOR MASC(14)	G. M. CUMBRE LLANGREU	0:48:54	1:46:15	+28:10	7:05 min/km
42.	22	Jose Angel Alvarez Alonso	VETERANO B(13)	CLUB ATLETISMO TUI	0:50:30	1:46:39	+28:34	7:06 min/km
43.	59	Miguel Angel Vidal Marquez	VETERANO B(14)		0:51:21	1:46:48	+28:43	7:07 min/km
44.	10	Nicolás Santalla De Saa	VETERANO A(16)	OS CORREDORES DO INFERNO	0:50:45	1:48:01	+29:57	7:12 min/km
45.	67	Alejandro Costas Lago	VETERANO B(15)		0:49:51	1:48:24	+30:20	7:13 min/km
46.	65	José Gabriel Villar Pereira	SENIOR MASC(15)		0:50:40	1:48:35	+30:30	7:14 min/km
47.	88	Juan Manuel Alonso Cardoso	VETERANO A(17)		0:49:53	1:50:06	+32:02	7:20 min/km
48.	7	J Luis Martinez Perez	VETERANO B(16)		0:49:41	1:50:55	+32:51	7:23 min/km
49.	79	Daniel Santalices Del Rio	VETERANO A(18)	OUVELLAS NEJRAS	0:50:58	1:52:30	+34:25	7:30 min/km
50.	38	Diego Bouzon Couñago	VETERANO A(19)	OS CORREDORES DO INFERNO	0:52:27	1:52:31	+34:27	7:30 min/km
51.	101	Amalio Gonzalez Martinez	VETERANO B(17)	AC CASTELOS TRAIL CLUB	0:50:33	1:52:41	+34:36	7:30 min/km
52.	44	Breogan Gonzalez Paredes	SENIOR MASC(16)	CLUB ATLETISMO VETERANOS DE SAMIL	0:51:00	1:52:47	+34:42	7:31 min/km
53.	103	German Arza Touzon	VETERANO B(18)	RAPIDO DE PONTE QUIETO	0:53:23	1:53:39	+35:34	7:34 min/km
54.	4	Cristóbal Limes	VETERANO A(20)	PEÑA TREVINCA MONTAÑEIROS DE GALICIA	0:54:55	1:54:14	+36:09	7:36 min/km
55.	78	Pablo Costas Gonzalez	VETERANO A(21)	CAMINHANTES DO CONDADO	0:52:14	1:54:22	+36:17	7:37 min/km
56.	113	Enrique Vidal Paz	VETERANO B(19)		0:50:42	1:54:27	+36:23	7:37 min/km
57.	83	Hector Alvarez	VETERANO B(20)		0:53:52	1:55:30	+37:25	7:42 min/km
58.	81	Pablo Rodriguez Nieto	VETERANO B(21)		0:55:18	1:55:30	+37:25	7:42 min/km
59.	93	Pedro Javier Costas Otero	SENIOR MASC(17)		0:55:17	1:56:10	+38:06	7:44 min/km
60.	56	Antonio De La Cruz De La Rosa	VETERANO B(22)		0:55:18	1:56:36	+38:31	7:46 min/km
61.	74	Manuel Estevez Garcia	VETERANO B(23)		0:55:16	1:56:38	+38:33	7:46 min/km
62.	102	Pablo Perez Rodriguez	VETERANO A(22)		0:54:02	1:56:43	+38:38	7:46 min/km
63.	73	Pablo Arias Real	VETERANO B(24)	VIVAC-OBJETIVO TRAIL	0:55:06	1:57:53	+39:49	7:51 min/km
64.	99	Estivel Medina Martinez	VETERANO A(23)	VIVAC OBJETIVO TRAIL	0:54:57	1:57:55	+39:50	7:51 min/km
65.	35	Ruben Alonso Ramirez	VETERANO A(24)		0:55:12	1:58:56	+40:52	7:55 min/km

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P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
66.	105	Juan Alonso Alonso	VETERANO B(25)	CAZAFANTASMAS TEAM	0:55:47	1:59:00	+40:55	7:56 min/km
67.	107	Ivan Fernández	VETERANO A(25)		0:56:12	1:59:14	+41:09	7:56 min/km
68.	70	Joaquín Ruiz Garcia	VETERANO B(26)		0:55:45	1:59:54	+41:49	7:59 min/km
69.	115	Carlos Tizon Rodriguez	SENIOR MASC(18)		0:55:27	2:00:19	+42:15	8:01 min/km
70.	63	David Fraile Lopez	VETERANO A(26)	C.A.R. MARISQUEIRO	0:57:26	2:01:58	+43:53	8:07 min/km
71.	62	Edgar Lopez Mougan	VETERANO A(27)		0:56:11	2:02:35	+44:30	8:10 min/km
72.	89	Jairo Parente Mariño	VETERANO A(28)		0:59:23	2:02:37	+44:32	8:10 min/km
73.	69	Alejandro Romero Gomez	VETERANO A(29)	OUVELLAS NEJRAS	0:59:23	2:02:37	+44:32	8:10 min/km
74.	30	Rubén Paredes Outumuro	VETERANO A(30)		0:57:01	2:04:21	+46:17	8:17 min/km
75.	90	Thierry Noblesse	VETERANO B(27)		0:57:04	2:06:42	+48:38	8:26 min/km
76.	64	Amador Reboreda Graña	VETERANO B(28)	CLUB DEPORTIVO PINARIUM	1:00:24	2:10:11	+52:07	8:40 min/km
77.	45	Ahmed Elseicy	SENIOR MASC(19)		1:01:17	2:12:30	+54:25	8:50 min/km
78.	28	Chicho Sg	VETERANO B(29)		1:01:56	2:15:35	+57:30	9:02 min/km
79.	32	Guillermo Maneiro Otero	VETERANO B(30)	CLUB ATLETISMO CAMBADOS	1:02:16	2:26:47	+1:08:43	9:47 min/km
80.	75	Miguel Sanchez-Campos	VETERANO B(31)		1:09:05	2:32:56	+1:14:51	10:11 min/km
TRAILIÑO								
Femenino								
1.	307	Julia Vaquero Sousa	VETERANA B(1)	CLUB ATLETISMO VETERANOS DE SAMIL		0:56:37	--	5:39 min/km
2.	291	Olalla Saborido Gil	VETERANA A(1)	CLUB ATLETISMO VETERANOS DE SAMIL		0:57:14	+37	5:43 min/km
3.	308	Jennifer Barroso Delgado	SENIOR FEM(1)	CLUB ATLETISMO ARENTEIRO		1:05:10	+8:32	6:31 min/km
4.	202	Monica Figueiras Fernandez	VETERANA B(2)			1:11:32	+14:54	7:09 min/km
5.	254	Virginia Modernell Echenique	VETERANA A(2)			1:12:23	+15:45	7:14 min/km
6.	290	Eva Basanta Fouz	SENIOR FEM(2)			1:13:10	+16:32	7:19 min/km
7.	300	Tamara Barbosa Rodriguez	SENIOR FEM(3)	COTA ZERO CXM		1:15:13	+18:36	7:31 min/km
8.	267	Andrea Lago Lago	VETERANA A(3)			1:16:13	+19:35	7:37 min/km
9.	222	Paula Brito Alonso	VETERANA A(4)			1:19:10	+22:32	7:55 min/km
10.	212	Verónica Pampillon Seijo	VETERANA B(3)			1:19:17	+22:39	7:55 min/km
11.	231	Jennifer Velandia Gonzalez	SENIOR FEM(4)			1:19:17	+22:39	7:55 min/km

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P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
12.	57	Paula Rial Guisande	VETERANA A(5)			1:19:37	+22:59	7:57 min/km
13.	207	Micaela Melliss Puente Jange	SENIOR FEM(5)			1:21:08	+24:30	8:06 min/km
14.	218	Natacha Castillo Lluva	VETERANA A(6)			1:21:09	+24:31	8:06 min/km
15.	213	Isabel Alonso Fernandez	VETERANA B(4)			1:21:36	+24:58	8:09 min/km
16.	272	Chiqui Navarro Sanchez	VETERANA B(5)			1:22:20	+25:42	8:14 min/km
17.	297	Agueda Vazquez Gil	SENIOR FEM(6)			1:22:51	+26:13	8:17 min/km
18.	294	Alba Meis Fernandez	SENIOR FEM(7)			1:22:51	+26:13	8:17 min/km
19.	247	Aranzazu Hernandez Bouzon	SENIOR FEM(8)			1:23:44	+27:06	8:22 min/km
20.	252	Margarita Estevez Garcia	SENIOR FEM(9)			1:24:00	+27:22	8:24 min/km
21.	295	Belen Garcia Franco	SENIOR FEM(10)			1:25:03	+28:26	8:30 min/km
22.	237	Almudena Lopez Perez	VETERANA A(7)	MAIS QUE AUGA		1:25:03	+28:26	8:30 min/km
23.	236	María Darriba Castro	SENIOR FEM(11)			1:25:03	+28:26	8:30 min/km
24.	243	María Vidal Lino	SENIOR FEM(12)			1:25:49	+29:11	8:34 min/km
25.	262	Débora Romero	SENIOR FEM(13)			1:26:54	+30:16	8:41 min/km
26.	266	Minia Laiño Gallegos	VETERANA A(8)			1:27:12	+30:35	8:43 min/km
27.	269	Sara Castro Garcia	SENIOR FEM(14)			1:29:11	+32:34	8:55 min/km
28.	256	Carla Castro Garcia	SENIOR FEM(15)			1:29:11	+32:34	8:55 min/km
29.	255	Carla Gato Lorenzo	SENIOR FEM(16)			1:29:11	+32:34	8:55 min/km
30.	312	Mónica Mata Gil	SENIOR FEM(17)			1:29:11	+32:34	8:55 min/km
31.	279	Teresa Couñago Soto	VETERANA B(6)			1:30:22	+33:44	9:02 min/km
32.	235	Tatiana Blanco Rio	SENIOR FEM(18)	BNZ RUN CLUB		1:31:11	+34:34	9:07 min/km
33.	215	Mª Begoña Corral Vazquez	VETERANA B(7)			1:31:19	+34:42	9:07 min/km
34.	214	Beatriz Rey Lorenzo	VETERANA B(8)			1:32:05	+35:27	9:12 min/km
35.	225	Mónica De La Fuente Costado	VETERANA B(9)	OS CORREDORES DO INFERNO		1:34:16	+37:38	9:25 min/km
36.	276	Montserrat Carreira Costas	VETERANA B(10)	COMESAÑA SPORTING CLUB		1:36:21	+39:44	9:38 min/km
37.	226	Verónica Villanueva Comesaña	SENIOR FEM(19)			1:37:00	+40:22	9:42 min/km
38.	273	Rosa María Olveira Figueiras	VETERANA B(11)			1:37:31	+40:53	9:45 min/km
39.	241	Estefania Fernandez Freire	SENIOR FEM(20)			1:37:41	+41:03	9:46 min/km
40.	289	Ruth Perez Ferreiro	VETERANA A(9)			1:56:04	+59:27	11:36 min/km

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P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
41.	238	Sabela Gonzalez Panizo	VETERANA A(10)	ASALTAMONTES FEMALE		1:56:04	+59:27	11:36 min/km
Masculino								
1.	302	Anxo Otero Amoedo	SENIOR MASC(1)	CAD SERVISUB BUEU		0:47:07	--	4:42 min/km
2.	277	Nacho Nogueira Docampo	SENIOR MASC(2)	COMESAÑA SPORTING CLUB		0:47:56	+48	4:47 min/km
3.	261	José Felipe Gonzalez Alvarez	VETERANO A(1)			0:50:11	+3:03	5:01 min/km
4.	303	Jacobo Menedez Ferreira	SENIOR MASC(3)	COTA ZERO		0:53:35	+6:27	5:21 min/km
5.	310	Santiago Salgueiro Troitiño	SENIOR MASC(4)			0:53:49	+6:41	5:22 min/km
6.	208	Rubén Carrasco	VETERANO A(2)			0:55:36	+8:29	5:33 min/km
7.	292	José Ramón Gil Iglesias	SENIOR MASC(5)			0:56:27	+9:20	5:38 min/km
8.	299	Javier Gomez Muñiz	VETERANO A(3)			0:58:15	+11:07	5:49 min/km
9.	221	Rafael Gonzalez Gomez	VETERANO B(1)			0:58:16	+11:09	5:49 min/km
10.	244	Daniel Garcia Hernandez	SENIOR MASC(6)			0:59:06	+11:59	5:54 min/km
11.	293	Marcos Gonzalez	SENIOR MASC(7)			0:59:37	+12:29	5:57 min/km
12.	298	Javier Moyano Sanchez	VETERANO A(4)			1:00:09	+13:01	6:00 min/km
13.	283	Javier Cameselle Abreu	SENIOR MASC(8)			1:01:08	+14:00	6:06 min/km
14.	229	Diego Rodriguez Gomez	VETERANO A(5)			1:01:41	+14:34	6:10 min/km
15.	253	Rodrigo Juncal Garcia	VETERANO A(6)			1:02:38	+15:30	6:15 min/km
16.	275	Alfredo Ferreiro Deaño	VETERANO A(7)	ASESOU		1:03:07	+15:59	6:18 min/km
17.	271	Yago Alonso Pereira	VETERANO A(8)			1:04:13	+17:06	6:25 min/km
18.	288	Oscar Alonso Costas	VETERANO B(2)			1:04:58	+17:50	6:29 min/km
19.	224	Carlos Beiro Martinez	SENIOR MASC(9)			1:05:11	+18:04	6:31 min/km
20.	265	José Rodrigo Porto Riveiros	VETERANO B(3)	CAMINHANTES DO CONDADO		1:06:12	+19:05	6:37 min/km
21.	305	Francisco Javier Santamaria Lorenzo	VETERANO A(9)	CORREDORES DO MIÑO		1:06:18	+19:11	6:37 min/km
22.	245	Boris Armada Fernandez	SENIOR MASC(10)			1:07:02	+19:55	6:42 min/km
23.	314	Jaime Baz Álvarez	VETERANO A(10)			1:07:20	+20:12	6:44 min/km
24.	304	Marcos Mendez Rodriguez	VETERANO A(11)			1:07:23	+20:16	6:44 min/km
25.	219	Samuel Alonso Perez	SENIOR MASC(11)			1:07:30	+20:22	6:45 min/km
26.	205	Modesto Rodriguez Martinez	VETERANO B(4)	TEAM LAKE		1:07:50	+20:43	6:47 min/km

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Resultados General

P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
27.	311	Daniel Dobaño Fernandez	SENIOR MASC(12)			1:08:13	+21:06	6:49 min/km
28.	230	Guillermo Calvar Crespo	VETERANO B(5)			1:08:24	+21:16	6:50 min/km
29.	278	Ricardo Moratinos Garcia	VETERANO B(6)			1:09:50	+22:42	6:59 min/km
30.	313	Eduardo Garcia Pazo	VETERANO A(12)	BIKILA		1:10:17	+23:09	7:01 min/km
31.	309	Antonio Barroso Gonzalez	VETERANO B(7)	CLUB ATLETISMO VETERANOS DE SAMIL		1:10:19	+23:11	7:01 min/km
32.	306	Samuel Vazquez Ozores	SENIOR MASC(13)			1:10:27	+23:19	7:02 min/km
33.	228	Roberto Casal Gomez	VETERANO B(8)			1:10:27	+23:20	7:02 min/km
34.	260	Luis Iglesias Pazo	VETERANO A(13)	OUVELLAS NEJRAS		1:10:32	+23:24	7:03 min/km
35.	281	Jose Luis Soto Vazquez	SENIOR MASC(14)			1:10:34	+23:27	7:03 min/km
36.	285	Sergio Misa Soto	VETERANO A(14)	COTAZERO		1:10:49	+23:42	7:04 min/km
37.	286	Benigno Garcia	SENIOR MASC(15)			1:11:24	+24:16	7:08 min/km
38.	284	David Zuñiga Gonzalez	SENIOR MASC(16)			1:11:24	+24:16	7:08 min/km
39.	232	Jose Ignacio Rodriguez Garcia	VETERANO B(9)			1:11:49	+24:42	7:10 min/km
40.	250	David Bernardez Gil	VETERANO B(10)			1:11:57	+24:50	7:11 min/km
41.	211	Sedu Rodriguez Alonso	VETERANO A(15)	FENDETESTAS		1:12:46	+25:38	7:16 min/km
42.	270	David Regueiro Estevez	VETERANO A(16)			1:13:29	+26:22	7:20 min/km
43.	239	Daniel Souza Alonso	VETERANO A(17)			1:15:04	+27:56	7:30 min/km
44.	315	Lucas Cabral	SENIOR MASC(17)			1:15:04	+27:56	7:30 min/km
45.	203	Javier Silveira Loureiro	SENIOR MASC(18)			1:15:17	+28:09	7:31 min/km
46.	204	Roberto Fernandez Miranda	VETERANO A(18)			1:15:47	+28:39	7:34 min/km
47.	282	Álvaro Lorenzo Yañez	SENIOR MASC(19)			1:15:48	+28:40	7:34 min/km
48.	268	Oscar Rodriguez Gonzalez	VETERANO A(19)			1:16:14	+29:07	7:37 min/km
49.	301	Enrique Fernandez Lopez	VETERANO A(20)			1:17:00	+29:53	7:42 min/km
50.	223	José Luis Garcia Fernandez	VETERANO A(21)			1:19:10	+32:03	7:55 min/km
51.	296	Jose Vidal Moreira	SENIOR MASC(20)			1:20:29	+33:22	8:02 min/km
52.	258	Carolina Fernandez Cabaleiro	SENIOR MASC(21)			1:20:59	+33:52	8:05 min/km
53.	257	Rafael Estevez Estevez	SENIOR MASC(22)			1:21:00	+33:52	8:06 min/km
54.	206	Francisco Javier Pliego Forgas	SENIOR MASC(23)			1:21:08	+34:01	8:06 min/km
55.	259	Diego Dominguez	VETERANO A(22)	OUVELLAS NEJRAS		1:21:35	+34:28	8:09 min/km

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Resultados General

P.	Dorsal	Nombre	Cat (P.Gen)	Club	Intermedio	Tiempo	Gap	Ritmo
56.	246	Daniel Otero Carreira	SENIOR MASC(24)			1:22:09	+35:01	8:12 min/km
57.	251	David Rodriguez Cambra	VETERANO A(23)			1:24:04	+36:57	8:24 min/km
58.	216	Luis Gonzalez Lopez	VETERANO A(24)			1:24:05	+36:58	8:24 min/km
59.	287	Alejandro Groba	SENIOR MASC(25)			1:26:09	+39:02	8:36 min/km
60.	263	Samuel Gonzalez Vila	SENIOR MASC(26)			1:26:54	+39:46	8:41 min/km
61.	280	Miguel Perez Novas	VETERANO B(11)			1:30:22	+43:15	9:02 min/km
62.	220	Quiterio José Berrocal Melado	VETERANO A(25)	OS CORREDORES DO INFERNO		1:32:28	+45:20	9:14 min/km
63.	227	Alberto Villanueva Comesaña	VETERANO A(26)	ADN RÍAS BAIXAS		1:37:00	+49:52	9:42 min/km
64.	240	Fabián Rodriguez Davila	SENIOR MASC(27)			1:37:42	+50:34	9:46 min/km
65.	274	Diego Alonso Otero	VETERANO A(27)	COMESAÑA SPORTING CLUB		1:40:13	+53:06	10:01 min/km