

# O Trail das Terras do Xallas "Deporte e Vida Activa en Santa Comba"

## Resultados Trail Largo

PTO	DORSAL	NOMBRE	APELLIDOS	SEXO	PTO SEXO	CLUB	POBLACIÓN	CATEGORÍA	PTO CAT	TIEMPO NETO	TIEMPO OFICIAL	RITMO
1	1	Victor	Cousillas Dieguez	M	1	AD.Jarnachas	Arteixo	Sénior	0	1:55:52.9	1:55:55.1	4:38
6	2	Gaston	Antonacci Morales	M	6	Independiente	San Ramon	Sénior	4	2:13:08.2	2:13:10.7	5:19
15	3	Juan Gabriel	Ríos Fuquez	M	15	Independiente	A Coruña	Sénior	11	2:25:38.0	2:25:42.7	5:49
5	4	Alvaro	Iglesias López	M	5	A.D Jarnachas	Ortigueira	Sénior	3	2:13:08.1	2:13:10.6	5:19
18	6	Marcos Antonio	Couto Costa	M	18	A.D. Mediaducia	Carballo	Sénior	14	2:32:12.7	2:32:15.3	6:05
21	9	Gely	López Vilas	F	2	Independiente	Arteixo	Veterano/a	1	2:47:09.7	2:47:13.4	6:41
30	11	Gerardo Miguel	Fontan Perez	M	27	Gerardo Miguel Fontan Perez	Pontevedra	Sénior	19	3:27:22.9	3:27:30.9	8:18
19	12	Francisco Javier	Couto Costa	M	19	A.D. Media Ducia	Carballo	Sénior	15	2:32:15.3	2:32:15.3	6:05
20	13	María José	Grobas Garaboa	F	1	Clube Atletismo Boimorto	Mesía	Sénior	0	2:33:16.7	2:33:22.2	6:08
11	14	Francisco	Soto García	M	11	Independiente	A Coruña	Veterano/a	3	2:19:32.5	2:19:35.9	5:35
17	15	Nicolás Fernando	Bas Roth	M	17	Aguada Atletismo Uruguay	La Coruña	Sénior	13	2:32:03.3	2:32:05.0	6:05
7	16	José Carlos	Pereira Rey	M	7	Independiente	Arteixo	Veterano/a	2	2:14:29.2	2:14:32.4	5:23
24	17	Javier	Fernández Fraga	M	22	Independiente	Arteixo	Veterano/a	5	2:52:45.2	2:52:46.2	6:54
23	18	Santiago	Fernandez Rial	M	21	Mariscos Recio	Ser	Sénior	16	2:48:22.5	2:48:27.2	6:44
22	19	Xose Ramon	Lopez Toja	M	20	Independiente	Carral	Veterano/a	4	2:47:35.3	2:47:40.8	6:42
10	20	Jorge	Espasandin Rial	M	10	Independiente	Santa Comba	Sénior	7	2:17:32.7	2:17:37.4	5:30
14	21	Ferando	Garcia Lema	M	14	Triatlon Costa Da Morte	Santa Comba	Sénior	10	2:24:41.7	2:24:46.2	5:47
13	22	Javier	Varela Garcia	M	13	A.D. Media Ducia	Carballo	Sénior	9	2:24:42.5	2:24:45.7	5:47
28	24	Juan Carlos	Palleiro Mosquera	M	25	Club Hércules Termaria	Arteixo	Sénior	18	2:57:14.9	2:57:21.0	7:06
12	26	Marcos	Peña Alvarez	M	12	Independiente	Carballo	Sénior	8	2:24:41.4	2:24:45.6	5:47
16	27	Jesus Enrique	Rey Souto	M	16	Clube Atletismo Boimorto	Boimorto	Sénior	12	2:27:09.7	2:27:18.2	5:53
25	28	Adolfo Omar	Ríos Giménez	M	23	Clube Atletismo Boimorto	O Milladoiro ( Ames	Veterano/a	6	2:53:18.7	2:53:22.8	6:56
9	30	Benigno	Varela Loureda	M	9	Egozarros Viveiro	Vilarodis-oseiro-art	Sénior	6	2:16:15.7	2:16:23.2	5:27
2	31	Gonzalo	Silva Brenlla	M	2	Noitebra	Santa Comba	Sénior	1	2:00:28.9	2:00:30.4	4:49
3	32	Ricardo	Villar Rodriguez	M	3	Noitebra	Santa Comba	Veterano/a	1	2:02:54.6	2:02:56.3	4:55
26	33	Marga	Moreno Fernández	F	3	Mouse Santiago	O Milladoiro - Ames	Sénior	1	2:55:07.9	2:55:13.5	7:00
27	34	Juan	Balsa Estévez	M	24	Team Corbelo	O Milladoiro - Ames	Sénior	17	2:55:08.2	2:55:13.8	7:00
29	37	Gonzalo	Alfonsin Soliño	M	26	Tartarugas	Santiago De Composte	Veterano/a	7	3:24:47.8	3:24:53.7	8:12
8	38	Marcos	Losada Garcia	M	8	Noitebra	Santiago De Composte	Sénior	5	2:16:13.7	2:16:15.5	5:27
4	39	Francisco M.	Mendez Quintela	M	4	Noitebra F.C.	Bertamirans (ames)	Sénior	2	2:11:08.6	2:11:10.6	5:15