

Pto	Dorsal	Nombre	Equipo	Sexo	T. Oficial	Ritmo	T. Neto	a
TRAIL								
1	158	Fernando Arca	Ninguno	M (1)	01:04:36	6:27min/Km	01:04:35	--
2	91	Manuel Pais Tajés	Ninguno	M (2)	01:06:18	6:37min/Km	01:06:17	+00:01:42
3	95	Oscar Pazos Barbeito	Atletas Aceadama	M (3)	01:09:37	6:57min/Km	01:09:37	+00:05:01
4	143	Miguel Vázquez Grela	Ninguno	M (4)	01:09:51	6:59min/Km	01:09:48	+00:05:15
5	79	Anxo Meizoso Permui	Tratlon Arteixo	M (5)	01:10:15	7:01min/Km	01:10:13	+00:05:38
6	87	Alejandro Moro Díaz	Cap	M (6)	01:12:42	7:16min/Km	01:12:41	+00:08:06
7	80	Pablo Mella Sanchez	Ad Jarnachas	M (7)	01:14:34	7:27min/Km	01:14:33	+00:09:58
8	44	Esteban Fernandez Diaz	Nosportlimit	M (8)	01:14:35	7:27min/Km	01:14:33	+00:09:58
9	20	Avelino Caamaño	Ponte Trail	M (9)	01:17:03	7:42min/Km	01:17:02	+00:12:27
10	16	Daniel Bermudez Alvarez	Ninguno	M (10)	01:17:13	7:43min/Km	01:17:02	+00:12:37
11	39	José María Díaz Díaz	Ninguno	M (11)	01:17:26	7:44min/Km	01:17:26	+00:12:49
12	61	Borja Lago Nodar	A.d. Jarnachas	M (12)	01:17:33	7:45min/Km	01:17:31	+00:12:57
13	52	Alberto Ferreño Rodríguez	O Xalo Oscuro	M (13)	01:17:35	7:45min/Km	01:17:33	+00:12:59
14	136	Jose Taboada Veiga	Ninguno	M (14)	01:17:36	7:45min/Km	01:17:25	+00:13:00
15	28	Roberto Carro García	Gallaecia Raid	M (15)	01:17:37	7:45min/Km	01:17:35	+00:13:01
16	88	Ignacio Norniella Fernandez	Cas	M (16)	01:17:38	7:45min/Km	01:17:30	+00:13:02
17	14	Roberto Balado Rodriguez	Ninguno	M (17)	01:17:39	7:45min/Km	01:17:35	+00:13:03
18	72	Jorge Maciel Andres	Ninguno	M (18)	01:17:53	7:47min/Km	01:17:41	+00:13:17
19	23	Roberto Cacheiro Calviño	Ninguno	M (19)	01:18:12	7:49min/Km	01:18:10	+00:13:35
20	107	Ivan Pose Costa	Ninguno	M (20)	01:18:20	7:50min/Km	01:18:14	+00:13:43
21	63	Adelino Leston Del Rio	Ad Downhill	M (21)	01:19:17	7:55min/Km	01:19:12	+00:14:41
22	69	Alberto Lopez Crespo	Ninguno	M (22)	01:20:42	8:04min/Km	01:20:40	+00:16:06
23	137	Suso Tasende Viaño	Ninguno	M (23)	01:21:23	8:08min/Km	01:21:20	+00:16:47
24	125	Nestor Romero Agra	Lousame Deporte/ Tribu Trail	M (24)	01:21:47	8:10min/Km	01:21:44	+00:17:11
25	10	Jose Argibay Torres	Ninguno	M (25)	01:21:57	8:11min/Km	01:21:52	+00:17:20
26	126	Lupe Rubio Fernández	Pasa Ou Entorna	F (1)	01:22:21	8:14min/Km	01:22:18	+00:17:45
27	85	David Morandeira Mata	Ninguno	M (26)	01:23:34	8:21min/Km	01:23:26	+00:18:57
28	119	David Rodriguez Hierro	Kurai	M (27)	01:24:10	8:25min/Km	01:24:08	+00:19:33
29	86	Marcos Morano Pérez	Ninguno	M (28)	01:24:38	8:27min/Km	01:24:34	+00:20:02
30	25	Javier Calviño Gómez	Club Deportivo El Trastero	M (29)	01:26:02	8:36min/Km	01:26:02	+00:21:26
31	82	Jose Manuel Mesias Fernandez	Sada Montaña	M (30)	01:26:10	8:37min/Km	01:26:07	+00:21:34
32	33	Felipe Castro Fraga	Club Montependarubia	M (31)	01:26:55	8:41min/Km	01:26:53	+00:22:19

Pto	Dorsal	Nombre	Equipo	Sexo	T. Oficial	Ritmo	T. Neto	a
33	70	Daniel López García	Kurai	M (32)	01:27:39	8:45min/Km	01:27:38	+00:23:03
34	42	Olalla Duro Liñares	Ponte Trail	F (2)	01:28:12	8:49min/Km	01:28:09	+00:23:36
35	96	Jose Manuel Pedrosa Mayo	Ponte Trail	M (33)	01:28:13	8:49min/Km	01:28:10	+00:23:37
36	118	José Óscar Rodríguez Dopico	Pasa Ou Entorna	M (34)	01:28:15	8:49min/Km	01:28:11	+00:23:38
37	40	Juan Díaz Ramudo	Kurai	M (35)	01:29:39	8:57min/Km	01:29:37	+00:25:03
38	34	Alfonso Javier Castro Souto	Chuvoners	M (36)	01:29:39	8:57min/Km	01:29:37	+00:25:03
39	132	Miguel Silveira Acosta	Ninguno	M (37)	01:30:22	9:02min/Km	01:30:13	+00:25:46
40	131	Eduardo Seoane Santiso	Artabros	M (38)	01:31:54	9:11min/Km	01:31:47	+00:27:18
41	29	Roberto Casas Durán	Ninguno	M (39)	01:31:59	9:11min/Km	01:31:50	+00:27:23
42	17	Gerardo Bestilleiro Catrufo	Pc Monte Xalo	M (40)	01:31:59	9:11min/Km	01:31:50	+00:27:23
43	155	Alberto Armas Pol	Ninguno	M (41)	01:34:27	9:26min/Km	01:34:19	+00:29:51
44	36	Iago Crespo Taboada	Ninguno	M (42)	01:34:31	9:27min/Km	01:34:26	+00:29:55
45	133	Amira Simón Martínez	Nosportlimit	F (3)	01:35:04	9:30min/Km	01:34:56	+00:30:28
46	64	Alvaro López Amor	Nosportlimit	M (43)	01:35:05	9:30min/Km	01:34:57	+00:30:29
47	147	Rubén Vázquez Vázquez	Club Montepenaarubia Running Lugo	M (44)	01:35:20	9:32min/Km	01:35:14	+00:30:43
48	21	Jose Caamaño Sieira	A.d Downhill	M (45)	01:35:30	9:33min/Km	01:35:24	+00:30:53
49	94	Manuel Pardo Rodriguez	Arcadia	M (46)	01:35:58	9:35min/Km	01:35:50	+00:31:21
50	22	Juan Cabado Pou	Arcadia	M (47)	01:35:58	9:35min/Km	01:35:51	+00:31:22
51	3	Jorge Alonso Casuscelli	Arcadia	M (48)	01:35:58	9:35min/Km	01:35:51	+00:31:22
52	123	Maite Rojo Garrido	Vertice	F (4)	01:36:03	9:36min/Km	01:35:57	+00:31:26
53	8	Vicente Ares Mendez	Cd Xerion	M (49)	01:36:04	9:36min/Km	01:35:58	+00:31:28
54	9	Jorge Ares Patiño	Ninguno	M (50)	01:36:24	9:38min/Km	01:36:18	+00:31:48
55	101	José Adrián Pérez Veiga	Ninguno	M (51)	01:38:17	9:49min/Km	01:38:17	+00:33:40
56	27	Marcos Carral Suárez	A.d. Rego Do Lobo	M (52)	01:38:24	9:50min/Km	01:38:21	+00:33:48
57	110	Jesus Javier Presedo Martinez	Ninguno	M (53)	01:38:41	9:52min/Km	01:38:31	+00:34:04
58	35	Juan Simón Conde Boullosa	Atletismo Baiona	M (54)	01:38:42	9:52min/Km	01:38:32	+00:34:06
59	77	José Martínez Zas	Ninguno	M (55)	01:38:43	9:52min/Km	01:38:33	+00:34:07
60	127	José Antonio Sanchez Lopez	Ninguno	M (56)	01:38:45	9:52min/Km	01:38:35	+00:34:09
61	116	Luis Rivera Sixto	Ninguno	M (57)	01:39:26	9:56min/Km	01:39:21	+00:34:50
62	90	Boris Otero Fernández	A.d. Rego Do Lobo	M (58)	01:40:36	10:03min/Km	01:40:31	+00:35:59
63	144	Pastora Vázquez Hernández	Nosportlimit	F (5)	01:41:29	10:08min/Km	01:41:17	+00:36:52
64	151	Adolfo Fernández Docasar	Ninguno	M (59)	01:42:35	10:15min/Km	01:42:26	+00:37:59
65	60	Oscar Lago Muiño	Laracha En Duas Rodas	M (60)	01:43:12	10:19min/Km	01:43:06	+00:38:36

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66	78	Celestino Mato Peón	Ninguno	M (61)	01:47:15	10:43min/Km	01:47:13	+00:42:39
67	75	Natalia Martínez Arias	Ninguno	F (6)	01:47:15	10:43min/Km	01:47:10	+00:42:39
68	43	Javier España Iglesias	Ninguno	M (62)	01:48:04	10:48min/Km	01:47:49	+00:43:28
69	138	Samuel Varela Doval	Caimanes Betanzos	M (63)	01:48:06	10:48min/Km	01:47:52	+00:43:30
70	100	Ana María Pérez Sánchez	La Mochila Del Deporte	F (7)	01:49:42	10:58min/Km	01:49:37	+00:45:05
71	104	Sara Pita González	La Mochila Del Deporte	F (8)	01:49:42	10:58min/Km	01:49:39	+00:45:06
72	89	Mikel Ocerin Vazquez	Triatlón Arteixo	M (64)	01:49:48	10:58min/Km	01:49:46	+00:45:11
73	130	Martin Sende Miranda	Ninguno	M (65)	01:51:02	11:06min/Km	01:50:57	+00:46:26
74	112	Jose Javier Ramos Ulloa	Ninguno	M (66)	01:51:07	11:06min/Km	01:50:59	+00:46:31
75	124	Ismael Rojo Lema	Ninguno	M (67)	01:53:33	11:21min/Km	01:53:29	+00:48:56
76	46	Mauro Fernández Mallo	Ninguno	M (68)	01:54:04	11:24min/Km	01:53:51	+00:49:28
77	99	Iván Pérez Pereiro	Ninguno	M (69)	01:54:06	11:24min/Km	01:53:53	+00:49:30
78	1	Jose Agra Ramos	Nosportlimit	M (70)	01:54:26	11:26min/Km	01:54:13	+00:49:50
79	97	Loreto Pedrosa Torres	Ninguno	F (9)	01:54:26	11:26min/Km	01:54:13	+00:49:50
80	66	Isabel López Becerra	Cdm Vertice	F (10)	01:56:18	11:37min/Km	01:56:14	+00:51:42
81	122	Diego Rojo Garrido	Cdm Vértice	M (71)	01:56:18	11:37min/Km	01:56:15	+00:51:42
82	111	Ruben Ramos Miranda	Ninguno	M (72)	01:56:28	11:38min/Km	01:56:22	+00:51:51
83	37	Verónica Cures Rodríguez	Ad Downhill	F (11)	01:56:29	11:38min/Km	01:56:22	+00:51:53
84	5	Noelia Amado Fernandez	Ninguno	F (12)	01:56:30	11:39min/Km	01:56:24	+00:51:54
85	121	José Andrés Rodríguez Noriega	Ninguno	M (73)	01:56:51	11:41min/Km	01:56:48	+00:52:15
86	62	Mauro Lence	Ninguno	M (74)	01:56:54	11:41min/Km	01:56:50	+00:52:18
87	18	Christian Brion	Ninguno	M (75)	01:56:57	11:41min/Km	01:56:53	+00:52:20
88	67	Jose Manuel Lopez Caamaño	Ninguno	M (76)	01:57:08	11:42min/Km	01:56:57	+00:52:32
89	98	Adrián Pereira Pérez	Ninguno	M (77)	01:57:10	11:43min/Km	01:57:04	+00:52:33
90	148	Miguel Veiga Gonzalez	Montefaro Trail	M (78)	02:02:49	12:16min/Km	02:02:42	+00:58:13
91	74	Mercedes Margareto Noya	Montefaro Trail	F (13)	02:02:50	12:17min/Km	02:02:42	+00:58:13
92	139	Alfonso Vázquez Bergantiños	Ninguno	M (79)	02:03:33	12:21min/Km	02:03:22	+00:58:57
93	114	Jose A. Regueiro Suarez	Ninguno	M (80)	02:07:12	12:43min/Km	02:07:02	+01:02:36
94	103	Manuel Piñeiro Gonzalez	Club Hércules Termaria	M (81)	02:10:06	13:00min/Km	02:09:56	+01:05:29
95	50	Suse Ferreira	Ninguno	F (14)	02:12:48	13:16min/Km	02:12:40	+01:08:12
96	149	Sandra Vidal Lino	Ninguno	F (15)	02:12:49	13:16min/Km	02:12:40	+01:08:13
97	54	Maria Yureima Fuentes Rodriguez	Ninguno	F (16)	02:12:49	13:16min/Km	02:12:40	+01:08:13
98	26	Natalia Caropi Corral	Ninguno	F (17)	02:12:49	13:16min/Km	02:12:40	+01:08:13

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99	135	Marta M Suárez Fernández	Ninguno	F (18)	02:12:49	13:16min/Km	02:12:40	+01:08:13
100	48	Jose Luis Fernández Trisac	As Gacelas	M (82)	02:14:02	13:24min/Km	02:13:50	+01:09:26
101	38	Jesús Del Pozo Losada	Ninguno	M (83)	02:14:03	13:24min/Km	02:13:51	+01:09:27
102	55	Jorge Galan Bello	Club Boxing Sada	M (84)	02:35:25	15:32min/Km	02:35:12	+01:30:49
DNF	2	Rafael Alex Almidón Tapia	Ninguno	M (-1)	02:35:20	15:32min/Km	02:35:16	
DNF	12	Rosa Armental Roo	Club Hércules Termaria	F (-1)		0:00min/Km		
DNF	58	Araceli Grandío Vicente	Hécules Termaria	F (-1)		0:00min/Km		
DNF	81	Rafael Mendez	Ninguno	M (-1)		0:00min/Km		
DNF	140	Olga Vazquez Carro	Club Boxing Sada	F (-1)		0:00min/Km		
DNS	24	Antonio Cadaveira Ramos	O Xalo Oscuro	M (-1)		0:00min/Km		
DNS	68	Roberto López Cagiao	Club Atletismo Sada Montañ	M (-1)		0:00min/Km		
DNS	83	Javier Mira	Ninguno	M (-1)		0:00min/Km		
DNS	84	Miguel Mirantes Mirantes	Afin	M (-1)		0:00min/Km		
DNS	105	Monica Ponte	Ninguno	F (-1)		0:00min/Km		
DNS	108	Luis Prada Medina	Ninguno	M (-1)		0:00min/Km		
DNS	128	Katy Santos Carro	La Mochila Del Deporte	F (-1)		0:00min/Km		
DNS	134	Martin Suarez	Ninguno	M (-1)		0:00min/Km		
DNS	141	Maria Vazquez Fernandez	Ninguno	F (-1)		0:00min/Km		
n.a.	152	José Manuel Pousa Fernández	Ninguno	M (-1)		0:00min/Km		
n.a.	153	José Rodríguez Quintas	Ninguno	M (-1)		0:00min/Km		
n.a.	154	José Pujalte Vidal	Ninguno	M (-1)		0:00min/Km		
n.a.	156	Alberto Posada Duarte	Ninguno	M (-1)		0:00min/Km		
n.a.	157	Francisco Javier Rodriguez Conde	Ninguno	M (-1)		0:00min/Km		
n.a.	4	Ivan Alperi Huergo	Ninguno	M (-1)		0:00min/Km		
n.a.	6	Nacho Amado Garrido	Ninguno	M (-1)		0:00min/Km		
n.a.	7	Ismael Arcay Garcia	Ninguno	M (-1)		0:00min/Km		
n.a.	11	Eladio Arias Álvarez	Cardelleitors	M (-1)		0:00min/Km		
n.a.	13	Manuel Bacorelle Freire	Ninguno	M (-1)		0:00min/Km		
n.a.	15	Juan Carlos Bergondo Brandariz	Running Oleiros	M (-1)		0:00min/Km		
n.a.	19	Begoña Brión García	Ad Jarnachas	F (-1)		0:00min/Km		
n.a.	30	Edgar Castelo Rodríguez	Nosportlimit	M (-1)		0:00min/Km		
n.a.	31	Yesica Castiñeira Río	Ninguno	F (-1)		0:00min/Km		
n.a.	32	Luis Andrés Castro Almada	Atletismo Novo Mesoiro	M (-1)		0:00min/Km		

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n.a.	41	Ricardo Diaz Vargas	Castro De Lobadiz	M (-1)		0:00min/Km		
n.a.	45	Luis Fernandez Espada	Ninguno	M (-1)		0:00min/Km		
n.a.	47	Héctor Fernández Rabanal	C.d.horizonte Gijón	M (-1)		0:00min/Km		
n.a.	49	Oscar Fernandez Vieitez	Ninguno	M (-1)		0:00min/Km		
n.a.	51	Xesus Xan Ferreiro García	Ninguno	M (-1)		0:00min/Km		
n.a.	53	Estefania Ferro Pérez	Adjarnachas	F (-1)		0:00min/Km		
n.a.	56	Pablo Garcia Barbeira	Ninguno	M (-1)		0:00min/Km		
n.a.	57	Juan Manuel García Barreira	Ninguno	M (-1)		0:00min/Km		
n.a.	59	Agustín Infante Fernández	Ninguno	M (-1)		0:00min/Km		
n.a.	65	Adrián López Baltar	Ninguno	M (-1)		0:00min/Km		
n.a.	71	Alexis López Piñeiro	A.d.jarnachas	M (-1)		0:00min/Km		
n.a.	73	Fernando Manteiga Silva	Ninguno	M (-1)		0:00min/Km		
n.a.	76	Iván Martínez Corral	Ninguno	M (-1)		0:00min/Km		
n.a.	92	Andres Pan	Ninguno	M (-1)		0:00min/Km		
n.a.	93	Antonio Pardo Rabuñal	Ninguno	M (-1)		0:00min/Km		
n.a.	102	Esteban Piñeiro Figueiras	Ninguno	M (-1)		0:00min/Km		
n.a.	106	Pablo Porto Nogareda	Ninguno	M (-1)		0:00min/Km		
n.a.	109	Paula Prado Sanchez	Traileros Toxos&birras	F (-1)		0:00min/Km		
n.a.	113	Xose R Ramudo Rivas	Ninguno	M (-1)		0:00min/Km		
n.a.	115	Juan Rey Vidal	Ninguno	M (-1)		0:00min/Km		
n.a.	117	Nerea Rivero Manso	Ninguno	F (-1)		0:00min/Km		
n.a.	120	Javier Rodriguez Meirama	Arcadia	M (-1)		0:00min/Km		
n.a.	129	Pablo Seivane Vior	Artabros	M (-1)		0:00min/Km		
n.a.	142	Maria Begoña Vazquez Fernandez	Ninguno	F (-1)		0:00min/Km		
n.a.	145	Marcos Vazquez Rivera	Ninguno	M (-1)		0:00min/Km		
n.a.	146	Daniel Vazquez Rodriguez	Fillos De Breogan	M (-1)		0:00min/Km		
n.a.	150	Alejandro Javier Voces Teixeira	Ninguno	M (-1)		0:00min/Km		