

TRAIL DO LOR 2019

- GENERAL TRAIL-

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARTEME IDA	PARTEME VOLTA	META	DIF 1º	RITMO
1	1	290	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	ABSOLUTA-M	CASTRO-TRAIL	00:54:00	02:12:28	03:19:27		07:59 min/Km
2	1	310	RODRÍGUEZ GONZÁLEZ , RAMON	MALE	VET-B-M	KÓRPORE ARENTEIRO TRAIL	00:56:43	02:18:29	03:25:26	+00:05:59	08:14 min/Km
3	2	329	VILLAMOR ROIBÁS , ALBERTO	MALE	ABSOLUTA-M	CLUB ARZÚA	00:56:55	02:18:30	03:31:54	+00:12:27	08:29 min/Km
4	3	304	RAMOS LÓPEZ , MIGUEL	MALE	ABSOLUTA-M	RUNNING SPORT TRAIL	00:57:19	02:19:49	03:36:03	+00:16:36	08:39 min/Km
5	1	316	SALGADO , CÁSTOR	MALE	VET-A-M	GMTA&CHUVONERS	00:59:22	02:27:01	03:37:29	+00:18:02	08:42 min/Km
6	4	295	PÉREZ PÉREZ , JONATHAN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:58:57	02:22:43	03:38:39	+00:19:12	08:45 min/Km
7	5	265	JANEIRO CERDEIRA , JAVIER	MALE	ABSOLUTA-M	KÓRPORE ARENTEIRO TRAIL	01:02:45	02:31:02	03:42:45	+00:23:18	08:55 min/Km
8	6	302	QUERENTES SANTOS , JORGE	MALE	ABSOLUTA-M	ABRAKADABRA	01:35:53	02:31:03	03:45:27	+00:26:00	09:02 min/Km
9	2	258	GONZÁLEZ BORRAJO , JOSÉ MANUEL	MALE	VET-A-M	RUNNING SPORT TRAIL OURENSE	01:02:49	02:33:22	03:46:01	+00:26:34	09:03 min/Km
10	7	317	SANAMRTIN REY , ISIDRO	MALE	ABSOLUTA-M	PC TIRAMILLAS	00:58:50	02:29:06	03:46:31	+00:27:04	09:04 min/Km
11	8	307	RODAL ABAL , FRANCISCO	MALE	ABSOLUTA-M	CLUB ATLETISMO SADA MONTAÑA	01:00:07	02:30:23	03:48:22	+00:28:55	09:09 min/Km
12	3	319	SOUTO GONZÁLEZ , JOSÉ ANTONIO	MALE	VET-A-M		01:01:44	02:32:55	03:48:55	+00:29:28	09:10 min/Km
13	1	331	GONZÁLEZ GOCE , LAURA	FEMALE	ABSOLUTA-F	COUTADAS TRAIL TEAM	01:00:53	02:33:33	03:49:42	+00:30:15	09:12 min/Km
14	9	201	AFONSO , PEDRO	MALE	ABSOLUTA-M	METASIMPOSIBLES.COM	00:58:16	02:32:53	03:50:41	+00:31:14	09:14 min/Km
15	10	239	EIMIL VÁZQUEZ , ROBERTO	MALE	ABSOLUTA-M	CAV MONTAÑA	01:02:17	02:35:12	03:55:42	+00:36:15	09:26 min/Km
16	11	167	ROUCO REY , MARIO	MALE	ABSOLUTA-M	CLUB DE MONTAÑA O CAXADO	01:02:17	02:35:10	03:55:42	+00:36:15	09:26 min/Km
17	4	211	ARROGANTE HUERTAS , VÍCTOR	MALE	VET-A-M	#HOKAHUSKY	01:00:13	02:35:18	03:56:58	+00:37:31	09:29 min/Km
18	12	325	TUBIO DAVILA , JOSE	MALE	ABSOLUTA-M	TRIBU TRAIL	01:02:37	02:37:54	03:59:23	+00:39:56	09:35 min/Km
19	13	286	MUÑOZ LÓPEZ , FRANCISCO JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	01:05:20	02:37:53	03:59:35	+00:40:08	09:35 min/Km
20	14	226	CARBO ARGIBAY , ADAN	MALE	ABSOLUTA-M	TRAILEROS TOXOS & BIRRAS	01:05:16	02:37:51	04:00:02	+00:40:35	09:37 min/Km
21	5	241	ESPÍN ARIAS , PABLO	MALE	VET-A-M	ABRENTE	01:01:29	02:39:24	04:00:22	+00:40:55	09:37 min/Km
22	15	237	DOMINGUE CRESPO , DIEGO	MALE	ABSOLUTA-M	CORNELIOS	01:09:51	02:39:37	04:00:59	+00:41:32	09:39 min/Km
23	6	314	ROMERO AGRA , NESTOR	MALE	VET-A-M		01:00:42	02:35:58	04:03:13	+00:43:46	09:44 min/Km
24	7	269	LÓPEZ DOCANDO , JOSE LUIS	MALE	VET-A-M		01:45:43	02:35:59	04:07:01	+00:47:34	09:53 min/Km
25	8	318	SOLÉ CORVILLO , JORGE	MALE	VET-A-M	CDM ALTO SIL	01:02:41	02:37:59	04:08:09	+00:48:42	09:56 min/Km
26	16	271	LÓPEZ PIÑEIRO , ALEXIS	MALE	ABSOLUTA-M	A.D. JARNACHAS	01:05:57	02:41:13	04:11:53	+00:52:26	10:05 min/Km
27	17	214	BARREIRO VÁZQUEZ , RAMÓN	MALE	ABSOLUTA-M		01:11:59	02:53:25	04:17:56	+00:58:29	10:20 min/Km
28	2	323	TABOADA GONZALEZ , ANXO	MALE	VET-B-M	CORNELIOS	01:10:57	02:49:54	04:18:11	+00:58:44	10:20 min/Km
29	9	322	SUÁREZ HERNÁNDEZ , JOSÉ MANUEL	MALE	VET-A-M	ULTRALIFETEAM	01:10:50	02:47:29	04:18:13	+00:58:46	10:20 min/Km
30	10	324	TORRES GIMÉNEZ , MIGUEL ANGEL	MALE	VET-A-M	CABUXASTOLAS	01:09:47	02:49:50	04:18:50	+00:59:23	10:22 min/Km
31	18	235	DÍAZ GARCÍA , PABLO	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	01:09:47	02:48:48	04:19:56	+01:00:29	10:24 min/Km
32	3	272	LÓPEZ PRADA , JOSE MANUEL	MALE	VET-B-M	CLUB PEÑA TREVINCA	01:10:24	02:50:25	04:20:10	+01:00:43	10:25 min/Km
33	11	205	ÁLVAREZ RODRIGUEZ , ABEL	MALE	VET-A-M		01:12:40	02:54:57	04:21:28	+01:02:01	10:28 min/Km
34	19	227	CARRASCO MANGAS , JESÚS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:08:35	02:49:52	04:21:28	+01:02:01	10:28 min/Km

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35	20	264	HOLGUERA PRIETO , DANIEL	MALE	ABSOLUTA-M	PARAFARMA ZAMORA	01:09:05	02:49:56	04:21:28	+01:02:01	10:28 min/Km
36	1	280	MONTAVEZ LANGA , BELEN	FEMALE	VET-A-F	ASTURXANAS	01:09:53	02:53:44	04:23:29	+01:04:02	10:33 min/Km
37	12	267	LARIA SAN MARTIN , RUBEN	MALE	VET-A-M	DUBRA TEAM	01:12:10	02:54:56	04:23:45	+01:04:18	10:33 min/Km
38	13	218	BLANCO GUARDADO , JAVIER	MALE	VET-A-M	DUBRA TEAM	01:12:09	02:55:00	04:23:45	+01:04:18	10:33 min/Km
39	21	298	PRIETO FERNÁNDEZ , ALBERTO	MALE	ABSOLUTA-M	CLUB ATLETISMO CHANTADA	01:10:10	02:51:22	04:26:47	+01:07:20	10:41 min/Km
40	22	292	PEREIRA GUTIÉRREZ , EMILIO JOSÉ	MALE	ABSOLUTA-M	TRIBU TRAIL	01:11:17	02:57:50	04:28:21	+01:08:54	10:45 min/Km
41	23	276	MAZÁS , MARTÍN	MALE	ABSOLUTA-M		01:09:46	02:53:36	04:28:39	+01:09:12	10:45 min/Km
42	4	259	GONZÁLEZ GARCIA , ROBERTO	MALE	VET-B-M	C.D. BIOSBARDO	01:10:54	02:52:11	04:33:01	+01:13:34	10:56 min/Km
43	24	225	CAO DE LA SIERRA , JAIME ÁNGEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:06:44	02:54:05	04:36:38	+01:17:11	11:04 min/Km
44	14	217	BLANCO GONZALEZ , JOSE ANGEL	MALE	VET-A-M	CD ESPORTATE BIKILA	01:11:15	03:02:34	04:38:40	+01:19:13	11:09 min/Km
45	25	260	GONZALEZ OTERO , SENEN	MALE	ABSOLUTA-M	PICOS XTREME SPORT	01:10:49	03:02:26	04:46:57	+01:27:30	11:29 min/Km
46	26	282	MORANDEIRA MATA , DAVID	MALE	ABSOLUTA-M	A.D. JARNACHAS	01:14:00	03:10:13	04:48:10	+01:28:43	11:32 min/Km
47	27	315	RUBIO SÁNCHEZ , ANTONIO	MALE	ABSOLUTA-M	CABUXASTOLAS	01:11:09	03:02:40	04:48:56	+01:29:29	11:34 min/Km
48	28	305	RÍOS RODRÍGUEZ , RAMÓN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:07:30	03:00:49	04:50:50	+01:31:23	11:38 min/Km
49	29	244	FARO , XOSE	MALE	ABSOLUTA-M	ORIXES MONDARIZ	01:21:54	03:17:44	04:54:07	+01:34:40	11:46 min/Km
50	30	300	PRIETO REY , DIEGO	MALE	ABSOLUTA-M	CLUB MONTAÑA O CAXADO	01:17:21	03:10:21	04:57:03	+01:37:36	11:53 min/Km
51	31	247	FERNÁNDEZ OCHOA , ÁNGEL	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	01:14:54	03:14:06	04:58:41	+01:39:14	11:57 min/Km
52	32	261	GRANDE LAMELAS , JULIAN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:12:16	03:14:05	04:58:42	+01:39:15	11:57 min/Km
53	15	321	SUÁREZ LIÑERO , DAVID	MALE	VET-A-M	CORRIENDOXMORCIN	01:10:52	03:02:39	04:59:18	+01:39:51	11:59 min/Km
54	33	248	FERNÁNDEZ RODRÍGUEZ , ALBERTO	MALE	ABSOLUTA-M		01:11:55	03:08:42	05:00:17	+01:40:50	12:01 min/Km
55	34	246	FERNANDEZ GARCIA , ADRIAN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:10:56	03:02:14	05:00:38	+01:41:11	12:02 min/Km
56	16	320	SUAREZ , PEDRO	MALE	VET-A-M		01:10:25	03:02:16	05:00:38	+01:41:11	12:02 min/Km
57	17	223	CABO AREOSO , JOSÉ ANTONIO	MALE	VET-A-M		01:08:38	02:59:34	05:03:05	+01:43:38	12:08 min/Km
58	18	332	CEREIJO , JOSE MANUEL	MALE	VET-A-M	INDEPENDIENTE	01:10:04	03:02:46	05:03:30	+01:44:03	12:09 min/Km
59	19	263	HACHERO CRUZADO , ISMAEL	MALE	VET-A-M		01:19:19	03:02:47	05:03:54	+01:44:27	12:10 min/Km
60	5	266	LAGE CAO , ANTONIO	MALE	VET-B-M	A.D. JARNACHAS	01:16:56	03:20:34	05:07:03	+01:47:36	12:17 min/Km
61	20	236	DIZ LOPEZ , FRANCISCO	MALE	VET-A-M	GALLAECIA RAID	01:17:44	03:18:10	05:08:40	+01:49:13	12:21 min/Km
62	21	308	RODRÍGUEZ ALDAO , ROBERTO	MALE	VET-A-M	A.D. JARNACHAS	01:14:19	03:20:33	05:10:37	+01:51:10	12:26 min/Km
63	22	284	MUÑIZ FERNÁNDEZ , JESÚS ANDRÉS	MALE	VET-A-M	OS REVENTADOS	01:26:36	03:27:48	05:10:46	+01:51:19	12:26 min/Km
64	23	279	MONJE GARCIA , RICARDO	MALE	VET-A-M	CAMIÑANTES DO CONDADO	01:16:07	03:15:36	05:12:06	+01:52:39	12:30 min/Km
65	35	328	VILAR MIJON , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:16:50	03:25:01	05:14:49	+01:55:22	12:36 min/Km
66	24	262	GUILLEN LORENZO , SERGIO DAVID	MALE	VET-A-M	CASA FITO CHIMICHE	01:23:26	03:28:34	05:18:56	+01:59:29	12:46 min/Km
67	36	233	CHÁVEZ PÉREZ , MANUEL JESUS	MALE	ABSOLUTA-M	CASA FITO CHIMICHE	01:23:23	03:28:30	05:18:56	+01:59:29	12:46 min/Km
68	37	213	BARREIRO GONZÁLEZ , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:26:04	03:26:57	05:19:21	+01:59:54	12:47 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARTEME IDA	PARTEME VOLTA	META	DIF 1º	RITMO
69	38	303	RAMIL RAMIL , JULIAN	MALE	ABSOLUTA-M		01:23:53	03:30:05	05:19:22	+01:59:55	12:47 min/Km
70	6	204	ALONSO MARTÍNEZ , JOSE MANUEL	MALE	VET-B-M	OURUN-CAFES LAS ANTILLAS CAMPOS	01:28:18	03:31:57	05:24:21	+02:04:54	12:59 min/Km
71	25	312	RODRIGUEZ SEOANE , DAVID	MALE	VET-A-M		01:28:29	03:33:20	05:26:33	+02:07:06	13:04 min/Km
72	26	278	MÉNDEZ MÉNDEZ , JOSÉ RAFAEL	MALE	VET-A-M		00:58:15	02:27:00	05:29:45	+02:10:18	13:12 min/Km
73	7	249	FERNÁNDEZ RODRÍGUEZ , MIGUEL ÁNGEL	MALE	VET-B-M	TROTADAS VALDEORRAS	01:32:40	03:45:16	05:37:25	+02:17:58	13:30 min/Km
74	27	254	GARCIA FERNANDEZ , CARLOS	MALE	VET-A-M	KALENTADAS TRAILRUNNING	01:19:59	03:30:35	05:39:01	+02:19:34	13:34 min/Km
75	28	327	VIDAL VALLE , JUAN	MALE	VET-A-M	KALENTADAS TRAIL RUNNING	01:19:56	03:30:33	05:39:02	+02:19:35	13:34 min/Km
76	2	306	RIVEIRO GOMEZ , DORA	FEMALE	VET-A-F	KÓRPORE ARENTEIRO TRAIL	01:26:34	03:36:29	05:39:29	+02:20:02	13:35 min/Km
77	29	287	NIÑE OTERO , JAVIER	MALE	VET-A-M	TOXIZA CLUBE DE MONTAÑA	01:21:53	03:30:38	05:41:35	+02:22:08	13:40 min/Km
78	3	283	MORENO FERNÁNDEZ , MARGA	FEMALE	VET-A-F	CDM VÉRTICE	01:32:46	03:47:24	05:45:40	+02:26:13	13:50 min/Km
79	30	270	LOPEZ PENA , DOMINGO	MALE	VET-A-M	CLUBE ATLETISMO BOIMORTO	01:21:57	03:40:38	05:47:38	+02:28:11	13:55 min/Km
80	2	219	BORRAJO CASTRO , SABELA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:28:04	03:47:14	05:47:54	+02:28:27	13:55 min/Km
81	31	268	LOPEZ BASANTA , JAIME	MALE	VET-A-M	INDEPENDIENTE	01:27:56	03:47:06	05:47:54	+02:28:27	13:55 min/Km
82	4	311	RODRÍGUEZ RIVERA , AIDA	FEMALE	VET-A-F	CLUB DE MONTAÑA FORMIGUEIROS	01:29:03	03:45:29	05:48:38	+02:29:11	13:57 min/Km
83	32	245	FERNANDEZ DIAZ , JAVIER	MALE	VET-A-M		01:27:01	03:51:16	05:55:19	+02:35:52	14:13 min/Km
84	8	250	FERNANDEZ VARELA , JESUS	MALE	VET-B-M	CLUB ATLETISMO CHANTADA	01:21:54	03:36:27	05:56:15	+02:36:48	14:15 min/Km
85	5	277	MELLA SEIJIDO , MARTA	FEMALE	VET-A-F	INDEPENDIENTE	01:25:43	03:47:50	05:56:43	+02:37:16	14:17 min/Km
86	6	208	ANDRADE FANDIÑO , LETICIA	FEMALE	VET-A-F	INDEPENDIENTE	01:25:44	03:44:02	05:59:23	+02:39:56	14:23 min/Km
87	33	301	PUJALES GONZÁLEZ , JUAN MANUEL	MALE	VET-A-M	COUTADAS TRAIL TEAM	01:27:02	03:51:53	05:59:48	+02:40:21	14:24 min/Km
88	34	220	BRENLLA CASTIÑEIRA , JOSE	MALE	VET-A-M	MONTE BROND	01:32:38	03:47:15	06:05:13	+02:45:46	14:37 min/Km
89	35	228	CASTRO ALMADA , LUIS ANDRÉS	MALE	VET-A-M	ATLETISMO NOVO MESOIRO	01:23:43	03:46:29	06:07:27	+02:48:00	14:42 min/Km
90	36	256	GIRALDES , DANI	MALE	VET-A-M	INDEPENDIENTE	01:30:34	03:50:53	06:08:14	+02:48:47	14:44 min/Km
91	37	209	ANSOAR SAMPAYO , XOSE	MALE	VET-A-M	A.C.E.D.O CARBALLO	01:33:13	03:58:44	06:08:27	+02:49:00	14:45 min/Km
92	3	238	DUEGUEZ LOPEZ , MARTA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO CHANTADA	01:33:38	03:58:45	06:08:27	+02:49:00	14:45 min/Km
93	38	273	MARCOS ARZA , MARCOS	MALE	VET-A-M		01:23:51	03:51:42	06:13:10	+02:53:43	14:56 min/Km
94	39	242	ESPIÑEIRA QUINTAS , ADRIÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:30:23	03:58:50	06:17:51	+02:58:24	15:07 min/Km
95	39	252	FREIXEDO QUINTELA , OSCAR	MALE	VET-A-M	INDEPENDIENTE	01:30:08	03:58:49	06:17:52	+02:58:25	15:07 min/Km
96	40	288	PALACIOS REY , HUMBERTO	MALE	VET-A-M	TOXIZA CLUBE DE MONTAÑA	01:29:29	03:55:24	06:18:54	+02:59:27	15:10 min/Km
97	41	309	RODRIGUEZ GOMEZ , JAVIER	MALE	VET-A-M		04:04:42	04:03:55	06:29:37	+03:10:10	15:36 min/Km
98	40	285	MUÑIZ SÁNCHEZ , JESUS	MALE	ABSOLUTA-M	AD. MONTE BRONDO	01:30:42	04:03:56	06:30:05	+03:10:38	15:37 min/Km
99	41	289	PARDEIRO AMIL , GONZALO	MALE	ABSOLUTA-M	CAMISETASLUGO.COM - AB FITNESS GIMNASIOS	01:32:51	04:12:11	06:52:36	+03:33:09	16:31 min/Km
100	42	257	GÓMEZ ZAS , PABLO	MALE	ABSOLUTA-M	CAMISETASLUGO.COM - AB FITNESS GIMNASIOS	01:32:52	04:12:14	06:52:36	+03:33:09	16:31 min/Km