

# TRAIL DO CASTELO 2019

## - GENERAL MINITRAIL -

16 FEBREIRO 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARADASECA	META	DIF 1º	RITMO
1	1	604	BALADO RODRIGUEZ , ROBERTO	MALE	ABSOLUTA-M		01:07:16.220	<b>01:41:28.050</b>		06:46 min/Km
2	2	615	DÍAZ DÍAZ , TOTE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:06:48.070	<b>01:41:49.110</b>	+00:00:21.060	06:48 min/Km
3	3	778	VILA PORTO , JAVIER	MALE	ABSOLUTA-M	RUNNERS PONTAKAS VIGO	01:07:51.150	<b>01:42:00.150</b>	+00:00:32.100	06:49 min/Km
4	4	744	RENTE LOPEZ , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	01:07:48.760	<b>01:42:40.400</b>	+00:01:12.350	06:51 min/Km
5	5	643	QUINTIÁN AGRAFOJO , JOSÉ MANUEL	MALE	ABSOLUTA-M	TRAILEROS TOXOS & BIRRAS	01:08:20.213	<b>01:43:53.420</b>	+00:02:25.370	06:56 min/Km
6	6	618	DOVAL BAO , ANTÓN	MALE	ABSOLUTA-M	TRILEROS TOXOS E BIRRA	01:08:25.813	<b>01:45:14.573</b>	+00:03:46.523	07:01 min/Km
7	1	619	FEIJOO LOUREIRO , PABLO	MALE	VET-A-M	PREFABRICADOS FEIJOO-GALITIMING	01:07:27.270	<b>01:45:20.590</b>	+00:03:52.540	07:02 min/Km
8	7	640	PASCUAL FIDALGO , FRANCISCO	MALE	ABSOLUTA-M	CASTRO TRAIL	01:08:19.807	<b>01:45:52.990</b>	+00:04:24.940	07:04 min/Km
9	2	204	CABARCOS MIRAGAYA , MANUEL	MALE	VET-A-M	CAV MONTAÑA	01:09:28.527	<b>01:47:08.780</b>	+00:05:40.730	07:09 min/Km
10	8	678	CRESPO PAZOS , ENRIQUE	MALE	ABSOLUTA-M	CAR REDONDELA	01:10:27.000	<b>01:47:09.050</b>	+00:05:41.000	07:09 min/Km
11	3	645	SANTOS POSE , JOSÉ MANUEL	MALE	VET-A-M	PREFABRICADOS FEIJOO-GALITIMING	01:11:07.147	<b>01:47:57.680</b>	+00:06:29.630	07:12 min/Km
12	4	642	PINO PORTO , EDUARDO	MALE	VET-A-M	ORIXES MONDARIZ	01:11:04.365	<b>01:50:50.910</b>	+00:09:22.860	07:24 min/Km
13	9	699	FREIRIA FERNÁNDEZ , BRUNO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:11:32.557	<b>01:51:36.030</b>	+00:10:07.980	07:27 min/Km
14	10	655	ALVAREZ CRUZADO , EMILIO	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	01:13:49.789	<b>01:52:07.890</b>	+00:10:39.840	07:29 min/Km
15	5	689	ESPÍN ARIAS , PABLO	MALE	VET-A-M	ABRENTE	01:10:49.143	<b>01:52:08.440</b>	+00:10:40.390	07:29 min/Km
16	11	623	GONZÁLEZ DÍAZ , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:13:20.478	<b>01:52:39.530</b>	+00:11:11.480	07:31 min/Km
17	12	622	GOMEZ GOMEZ , CARLOS	MALE	ABSOLUTA-M	PREFABRICADOS FEIJOO-GALITIMING	01:13:40.333	<b>01:54:02.110</b>	+00:12:34.060	07:37 min/Km
18	13	768	VÁZQUEZ RODRÍGUEZ , YELCO	MALE	ABSOLUTA-M	BOX 001 OURENSE	01:13:02.895	<b>01:54:37.320</b>	+00:13:09.270	07:39 min/Km
19	14	726	MONTEAGUDO RODRIGUEZ , SERGIO	MALE	ABSOLUTA-M	TRAILEROS TOXOS & BIRRAS	01:13:03.210	<b>01:55:09.410</b>	+00:13:41.360	07:41 min/Km
20	15	681	DÍAZ GARCÍA , PABLO	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	01:16:46.147	<b>01:56:01.180</b>	+00:14:33.130	07:45 min/Km
21	16	611	CANCIO FERNÁNDEZ , JORGE	MALE	ABSOLUTA-M	TOXIZA CLUBE DE MONTAÑA	01:14:04.667	<b>01:56:29.150</b>	+00:15:01.100	07:46 min/Km
22	17	639	NAVEIRAS , CARLOS	MALE	ABSOLUTA-M	CAV MONTAÑA	01:12:58.817	<b>01:58:19.140</b>	+00:16:51.090	07:54 min/Km
23	1	713	LESTÓN FABEIRO , MIGUEL	MALE	VET-B-M	TRIBU TRAIL	01:16:38.417	<b>01:58:58.670</b>	+00:17:30.620	07:56 min/Km
24	18	656	ALVAREZ DACOSTA , EROS	MALE	ABSOLUTA-M	CLUB PEÑA TREVINCA BARCO	01:16:16.000	<b>01:59:07.090</b>	+00:17:39.040	07:57 min/Km
25	19	608	BLANCO DIEGUEZ , ADRIAN	MALE	ABSOLUTA-M	ATLETISMO FREIXIDO	01:16:41.896	<b>01:59:21.880</b>	+00:17:53.830	07:58 min/Km
26	2	751	RODRIGUEZ IGLESIAS , JAVIER	MALE	VET-B-M	PREFABRICADOS FEIJOO-GALITIMING	01:19:23.859	<b>01:59:46.760</b>	+00:18:18.710	07:60 min/Km
27	20	670	CARBALLAL NOGUEIRA , ALFONSO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:19:50.210	<b>01:59:51.590</b>	+00:18:23.540	07:60 min/Km
28	21	675	CASTRO SOUTO , ALFONSO JAVIER	MALE	ABSOLUTA-M	GMTA&CHUVONERS	01:18:33.896	<b>02:00:14.320</b>	+00:18:46.270	08:01 min/Km
29	22	650	VILA , YONATAN	MALE	ABSOLUTA-M	RUNNERS PV	01:17:22.147	<b>02:00:38.350</b>	+00:19:10.300	08:03 min/Km
30	23	729	MUÑOZ LÓPEZ , FRANCISCO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:18:28.589	<b>02:01:10.987</b>	+00:19:42.937	08:05 min/Km
31	6	696	FERREIROA DOBARRO , JOSÉ ANTONIO	MALE	VET-A-M	GTR-GALAICO TRAIL RUN	01:19:49.214	<b>02:01:38.500</b>	+00:20:10.450	08:07 min/Km
32	24	766	TUBIO DOURADO , OSCAR	MALE	ABSOLUTA-M	TRIBU TRAIL	01:19:58.336	<b>02:02:12.000</b>	+00:20:43.950	08:09 min/Km
33	1	646	SIERPES PEREIRA , NATALIA	FEMALE	ABSOLUTA-F	JAYOMA TEAM	01:18:28.589	<b>02:02:30.670</b>	+00:21:02.620	08:11 min/Km
34	25	705	GONZALEZ COBAS , CARLOS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:33:48.213	<b>02:03:26.180</b>	+00:21:58.130	08:14 min/Km

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35	26	605	BARRAL FARO , LINO	MALE	ABSOLUTA-M	ORIXES MONDARIZ	01:19:48.000	<b>02:03:33.260</b>	+00:22:05.210	08:15 min/Km
36	3	654	ALARIO DIEZ , JAVIER	MALE	VET-B-M	INDEPENDIENTE	01:18:28.589	<b>02:04:12.800</b>	+00:22:44.750	08:17 min/Km
37	7	634	MARIÑO SANCHEZ , ALBERTO	MALE	VET-A-M	AD JARNACHAS	01:18:26.789	<b>02:04:13.900</b>	+00:22:45.850	08:17 min/Km
38	27	714	LÓPEZ AMOR , ALVARO	MALE	ABSOLUTA-M	NOSPORTLIMIT	01:21:04.478	<b>02:04:20.230</b>	+00:22:52.180	08:18 min/Km
39	2	647	SIMÓN MARTÍNEZ , AMIRA	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	01:21:04.870	<b>02:04:20.490</b>	+00:22:52.440	08:18 min/Km
40	28	760	SECO FERNÁNDEZ , ALBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:20:35.652	<b>02:04:36.390</b>	+00:23:08.340	08:19 min/Km
41	29	708	GRANDE LAMELAS , JULIAN	MALE	ABSOLUTA-M		01:18:28.589	<b>02:04:57.160</b>	+00:23:29.110	08:20 min/Km
42	8	702	GARCIA PAJARIN , OSCAR	MALE	VET-A-M	INDEPENDIENTE	01:20:01.000	<b>02:05:44.580</b>	+00:24:16.530	08:23 min/Km
43	9	674	CASTRO NOVAS , MANUEL	MALE	VET-A-M	GTR-GALAICO TRAIL RUN	01:21:30.363	<b>02:06:34.040</b>	+00:25:05.990	08:27 min/Km
44	30	709	GUITIÁN ESCARIZ , LOIS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:25:33.661	<b>02:08:06.280</b>	+00:26:38.230	08:33 min/Km
45	1	759	SALGADO ALBORES , MAITE	FEMALE	VET-A-F	TRAILEROS TOXOS & BIRRAS	01:23:46.889	<b>02:08:18.570</b>	+00:26:50.520	08:34 min/Km
46	31	610	CALVO YAÑEZ , DAVID	MALE	ABSOLUTA-M	ORIXES MONDARIZ	01:22:02.145	<b>02:08:34.200</b>	+00:27:06.150	08:35 min/Km
47	32	730	MUÑOZ VEIGA , ABEL	MALE	ABSOLUTA-M	CLUB BOX 001 OURENSE	01:23:27.222	<b>02:08:34.290</b>	+00:27:06.240	08:35 min/Km
48	33	624	GONZALEZ ROADE , JUAN	MALE	ABSOLUTA-M	JAYOMA TEAM	01:23:32.000	<b>02:08:47.590</b>	+00:27:19.540	08:36 min/Km
49	3	758	ROMERO RODRÍGUEZ , NURIA	FEMALE	ABSOLUTA-F	CABUXASTOLAS	01:23:41.896	<b>02:09:03.200</b>	+00:27:35.150	08:37 min/Km
50	34	617	DIAZ MONTERO , JOSE MANUEL	MALE	ABSOLUTA-M		01:23:42.563	<b>02:09:29.490</b>	+00:28:01.440	08:38 min/Km
51	10	720	MALVESADA TATO , ANGEL	MALE	VET-A-M	INDEPENDIENTE	01:21:39.002	<b>02:11:24.220</b>	+00:29:56.170	08:46 min/Km
52	4	637	MELLA BARBEITO , VANESA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:18:28.589	<b>02:12:11.540</b>	+00:30:43.490	08:49 min/Km
53	11	690	ESTEIRO MARTÍNEZ , INACIO	MALE	VET-A-M	AME BESTARRUZA	01:21:25.257	<b>02:12:12.610</b>	+00:30:44.560	08:49 min/Km
54	35	739	PITA POLO , ROBER	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:24:29.117	<b>02:12:47.080</b>	+00:31:19.030	08:52 min/Km
55	36	777	VILA ÁLVAREZ , JACOBO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:24:54.737	<b>02:14:45.010</b>	+00:33:16.960	08:60 min/Km
56	12	627	GONZALEZMOSQUERA , SUSIÑO	MALE	VET-A-M	CDM XESTEIRAS	01:26:16.647	<b>02:15:15.260</b>	+00:33:47.210	09:02 min/Km
57	2	626	GONZALEZ VAZQUEZ , PILI	FEMALE	VET-A-F	KÓRPORE ARENTEIRO TRAIL	01:25:13.377	<b>02:15:43.310</b>	+00:34:15.260	09:03 min/Km
58	13	648	TATO SOTO , VICTOR MANUEL	MALE	VET-A-M	KÓRPORE ARENTEIRO TRAIL	01:24:20.647	<b>02:15:43.620</b>	+00:34:15.570	09:03 min/Km
59	37	502	GÓMEZ BARBA , SANTIAGO	MALE	ABSOLUTA-M	TRAILEROS DO SUR	01:25:44.007	<b>02:16:08.890</b>	+00:34:40.840	09:05 min/Km
60	5	636	MARTINEZ ARIAS , NATALIA	FEMALE	ABSOLUTA-F		01:25:43.907	<b>02:16:24.780</b>	+00:34:56.730	09:06 min/Km
61	38	695	FERREIRO FERNÁNDEZ , JOSÉ MANUEL	MALE	ABSOLUTA-M		01:29:33.817	<b>02:17:46.330</b>	+00:36:18.280	09:12 min/Km
62	39	607	BARROS FONTE , ALEJANDRO	MALE	ABSOLUTA-M	PASA OU ENTORNA	01:27:48.537	<b>02:18:17.800</b>	+00:36:49.750	09:14 min/Km
63	14	756	RODRÍGUEZ SEOANE , DAVID	MALE	VET-A-M		01:30:01.247	<b>02:18:28.770</b>	+00:37:00.720	09:14 min/Km
64	4	724	MENDEZ FERNANDEZ , CARLOS	MALE	VET-B-M	PEÑA TREVINCA	01:30:01.327	<b>02:18:32.160</b>	+00:37:04.110	09:15 min/Km
65	15	718	LOUZAO RODRIGUEZ , XABIER IGNACIO	MALE	VET-A-M	INDEPENDIENTE	01:25:14.747	<b>02:18:34.840</b>	+00:37:06.790	09:15 min/Km
66	40	737	PEREIRA , PAULO	MALE	ABSOLUTA-M		01:28:13.117	<b>02:20:24.400</b>	+00:38:56.350	09:22 min/Km
67	16	673	CASTRO ALMADA , LUIS ANDRES	MALE	VET-A-M	ATLETISMO NOVO MESOIRO	01:28:48.927	<b>02:20:27.050</b>	+00:38:59.000	09:22 min/Km
68	41	620	FERNÁNDEZ CARBALLEIRA , ADRIAN	MALE	ABSOLUTA-M		01:37:33.657	<b>02:21:23.110</b>	+00:39:55.060	09:26 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARADASECA	META	DIF 1º	RITMO
69	6	771	VAZQUEZ GOMEZ , MARIA LOURDES	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:37:33.657	02:21:34.420	+00:40:06.370	09:27 min/Km
70	42	691	ESTEVEZ DIAZ , JACOBO	MALE	ABSOLUTA-M	ENDORFINA T.R.B.	01:31:28.367	02:21:48.420	+00:40:20.370	09:28 min/Km
71	43	635	MARTIN PALOMO , HECTOR	MALE	ABSOLUTA-M	UTRALIFETEAM	01:34:27.267	02:22:24.050	+00:40:56.000	09:30 min/Km
72	44	612	CASANOVA PÉREZ , VÍCTOR	MALE	ABSOLUTA-M	NOSPORTLIMIT	01:33:20.297	02:22:24.460	+00:40:56.410	09:30 min/Km
73	45	602	ALONSO COSTAS , DAVID	MALE	ABSOLUTA-M	ULTRALIFETEAM	01:37:45.857	02:22:25.310	+00:40:57.260	09:30 min/Km
74	7	734	OTERO , BELEN	FEMALE	ABSOLUTA-F		01:33:49.827	02:22:32.770	+00:41:04.720	09:31 min/Km
75	46	692	FEIJOO , ANDRÉS	MALE	ABSOLUTA-M	INDEPENDIENTE	01:30:43.887	02:22:33.740	+00:41:05.690	09:31 min/Km
76	17	700	GALICIA , JULIAN	MALE	VET-A-M	INDEPENDIENTE	01:30:43.537	02:23:06.390	+00:41:38.340	09:33 min/Km
77	47	653	AGULLO NUÑEZ , DIEGO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:36:22.467	02:23:36.760	+00:42:08.710	09:35 min/Km
78	18	688	EDROSA FOLGUEIRA , JOSÉ MANUEL	MALE	VET-A-M	ABRENTE LUGO	01:36:15.007	02:24:13.790	+00:42:45.740	09:37 min/Km
79	48	753	RODRÍGUEZ PEDRIDO , DIEGO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:33:06.227	02:25:52.040	+00:44:23.990	09:44 min/Km
80	49	765	TOURÓN VÁZQUEZ , RUBÉN	MALE	ABSOLUTA-M	PREFABRICADOS FEIJOO-GALITIMING	01:37:12.707	02:26:30.450	+00:45:02.400	09:47 min/Km
81	19	661	ARAUJO PORTO , MARIANO	MALE	VET-A-M	NOVEXIL SPORT	01:37:59.647	02:26:31.400	+00:45:03.350	09:47 min/Km
82	1	763	TORRES BOIX , SOLEDAT	FEMALE	VET-B-F	KÓRPORE ARENTEIRO TRAIL	01:37:07.257	02:27:25.940	+00:45:57.890	09:50 min/Km
83	3	631	LOIS , BEGO	FEMALE	VET-A-F	RUNNING OLEIROS	01:41:25.367	02:28:32.990	+00:47:04.940	09:55 min/Km
84	5	764	TORRES CRESPO , JAVIER	MALE	VET-B-M		01:37:57.837	02:28:47.530	+00:47:19.480	09:56 min/Km
85	8	748	RODRIGUEZ ALVAREZ , INMACULADA	FEMALE	ABSOLUTA-F	CM FORMIGUEIROS	01:34:46.387	02:29:05.370	+00:47:37.320	09:57 min/Km
86	6	746	ROCA , EMILIO	MALE	VET-B-M	PÓRTICO GRUPO EMPRESA ASTANO SECCIÓN MONTAÑA	01:37:18.097	02:29:16.850	+00:47:48.800	09:58 min/Km
87	4	659	AMOEDO LUSQUIÑOS , MARTA	FEMALE	VET-A-F	TRINORTH	01:40:13.187	02:29:32.900	+00:48:04.850	09:59 min/Km
88	7	728	MOROÑO ARENAS , SANTIAGO	MALE	VET-B-M	XISTRA	01:42:09.057	02:29:41.200	+00:48:13.150	09:59 min/Km
89	50	666	BUSTILLO HOLGADO , EDUARDO	MALE	ABSOLUTA-M	GEOCYL RUNNERS	01:42:02.747	02:30:28.800	+00:49:00.750	10:02 min/Km
90	9	644	RODRÍGUEZ GARCÍA , XANA	FEMALE	ABSOLUTA-F	E.D. LOURENZÁ	01:43:07.967	02:30:28.840	+00:49:00.790	10:02 min/Km
91	8	663	BLANCO GARCÍA , FRANCISCO JAVIER	MALE	VET-B-M		01:35:19.167	02:30:40.840	+00:49:12.790	10:03 min/Km
92	20	716	LÓPEZ RODRÍGUEZ , MARCOS	MALE	VET-A-M	OS XABATOS	01:41:55.397	02:31:45.620	+00:50:17.570	10:08 min/Km
93	51	747	RODRÍGUEZ ACEVEDO , MANUEL	MALE	ABSOLUTA-M	OS XABATOS	01:44:49.047	02:31:48.740	+00:50:20.690	10:08 min/Km
94	21	703	GESTAL VIQUEIRA , SANTIAGO	MALE	VET-A-M		01:44:52.757	02:32:12.320	+00:50:44.270	10:09 min/Km
95	22	701	GALLARDO CANITROT , JOSE ANTONIO	MALE	VET-A-M	KORPOREARENTEIRO TRAIL	01:41:41.717	02:32:16.890	+00:50:48.840	10:10 min/Km
96	5	649	VIGO BARREIRA , ANA	FEMALE	VET-A-F	RUNNING OLEIROS	01:36:46.077	02:34:03.110	+00:52:35.060	10:17 min/Km
97	23	733	ORTIGADO ÁLVAREZ , FERNANDO	MALE	VET-A-M	INDEPENDIENTE	01:42:12.827	02:34:12.110	+00:52:44.060	10:17 min/Km
98	10	704	GÓMEZ MAGIDE , MIRIAN	FEMALE	ABSOLUTA-F	PREFABRICADOS FEIJOO-GALITIMING	01:42:12.827	02:34:13.600	+00:52:45.550	10:17 min/Km
99	24	671	CARRERA ARZA , FRANCISCO	MALE	VET-A-M	INDEPENDIENTE	01:47:42.827	02:35:43.130	+00:54:15.080	10:23 min/Km
100	9	723	MÉNDEZ ANTELA , JOSÉ ANTONIO	MALE	VET-B-M		01:46:55.747	02:36:19.510	+00:54:51.460	10:26 min/Km
101	25	652	ADEGA MEIZOSO , JOSÉ ANGEL	MALE	VET-A-M	TRAILRUNNERS-LEBOREIRA	01:44:00.977	02:36:30.180	+00:55:02.130	10:27 min/Km
102	6	679	DASILVA FERNANDEZ , OLGA	FEMALE	VET-A-F	TRAILRUNNERS-LEBOREIRA	01:44:01.087	02:36:30.240	+00:55:02.190	10:27 min/Km

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103	7	775	VAZQUEZ TARACIDO , CATALINA	FEMALE	VET-A-F	CASTRO DE LOBADIZ	01:49:58.287	<b>02:37:18.770</b>	+00:55:50.720	10:30 min/Km
104	26	683	DIAZ VARGAS , RICARDO	MALE	VET-A-M	CASTRO DE LOBADIZ	01:49:56.107	<b>02:37:18.990</b>	+00:55:50.940	10:30 min/Km
105	11	698	FIGUEIRA REY , ROSA MARÍA	FEMALE	ABSOLUTA-F	TRIBU TRAIL	01:46:13.047	<b>02:37:23.410</b>	+00:55:55.360	10:30 min/Km
106	8	761	SOUTO SILVA , MARÍA JOSÉ	FEMALE	VET-A-F	CAV MONTAÑA	01:46:52.307	<b>02:37:53.910</b>	+00:56:25.860	10:32 min/Km
107	52	740	QUERENTES SANTOS , JORGE	MALE	ABSOLUTA-M	AUTOESCOLA MIGUEL	01:47:34.487	<b>02:38:20.830</b>	+00:56:52.780	10:34 min/Km
108	53	664	BRETAL BAZARRA , VENTURA	MALE	ABSOLUTA-M	AUTOESCOLA MIGUEL	01:47:51.797	<b>02:38:21.000</b>	+00:56:52.950	10:34 min/Km
109	9	776	VEIGAS LÓPEZ , SONIA	FEMALE	VET-A-F	OS XABATOS	01:47:53.800	<b>02:40:14.190</b>	+00:58:46.140	10:41 min/Km
110	27	651	ABELLEIRA CASTRO , JESÚS	MALE	VET-A-M	XABATOS	01:48:51.799	<b>02:40:46.890</b>	+00:59:18.840	10:44 min/Km
111	28	727	MONTILLA FERNÁNDEZ , ANXO	MALE	VET-A-M		01:42:51.800	<b>02:41:02.900</b>	+00:59:34.850	10:45 min/Km
112	54	743	RAMA LEIS , RAMON	MALE	ABSOLUTA-M	INDEPENDIENTE	01:48:12.002	<b>02:41:03.240</b>	+00:59:35.190	10:45 min/Km
113	29	606	BARRAL ROMEO , JOSÉ ALBERTO	MALE	VET-A-M	PASA OU ENTORNA	01:48:55.802	<b>02:41:05.720</b>	+00:59:37.670	10:45 min/Km
114	55	738	PÉREZ MACÍAS , RAMIRO	MALE	ABSOLUTA-M		01:47:25.803	<b>02:41:05.880</b>	+00:59:37.830	10:45 min/Km
115	10	676	CONDE CASAS , PILAR	FEMALE	VET-A-F	INDEPENDIENTE	01:47:51.804	<b>02:41:53.940</b>	+01:00:25.890	10:48 min/Km
116	12	774	VAZQUEZ PORROCHE , LORENA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:48:31.805	<b>02:42:18.500</b>	+01:00:50.450	10:50 min/Km
117	10	706	GONZÁLEZ FERNANDEZ , ANTONIO	MALE	VET-B-M	CLUB DE MONTAÑA XISTRA	01:47:46.806	<b>02:42:42.600</b>	+01:01:14.550	10:51 min/Km
118	2	628	GOYANES MARTÍNEZ , SUSANA	FEMALE	VET-B-F	RUNNING OLEIROS	01:48:11.302	<b>02:44:08.610</b>	+01:02:40.560	10:57 min/Km
119	11	711	JIMÉNEZ MARQUES , MERCE	FEMALE	VET-A-F	PREFABRICADOS FEIJOO-GALITIMING	01:47:51.808	<b>02:44:56.750</b>	+01:03:28.700	10:60 min/Km
120	13	757	RODRÍGUEZ SUSAVILA , CRISTINA	FEMALE	ABSOLUTA-F	TRIBU TRAIL	01:49:34.527	<b>02:46:42.590</b>	+01:05:14.540	11:07 min/Km
121	56	736	PEDROSA , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:49:34.507	<b>02:48:05.950</b>	+01:06:37.900	11:13 min/Km
122	57	694	FERNÁNDEZ SEMLALI , FELIPE JAIME	MALE	ABSOLUTA-M	INDEPENDIENTE	01:47:34.487	<b>02:48:06.480</b>	+01:06:38.430	11:13 min/Km
123	30	614	CONDE , MARCOS	MALE	VET-A-M		01:47:51.797	<b>02:51:53.190</b>	+01:10:25.140	11:28 min/Km
124	14	668	CANCIO , LARA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:47:50.567	<b>02:51:56.000</b>	+01:10:27.950	11:28 min/Km
125	12	745	RIOS FERNANDEZ , CARMEN	FEMALE	VET-A-F	DUBRA TEAM	01:55:08.257	<b>02:52:43.980</b>	+01:11:15.930	11:31 min/Km
126	15	616	DÍAZ JIMENEZ , DAFNE	FEMALE	ABSOLUTA-F		01:53:01.037	<b>02:52:54.630</b>	+01:11:26.580	11:32 min/Km
127	16	609	BONILLA RIVERA , MARÍA LUISA	FEMALE	ABSOLUTA-F	ULTRALIFETEAM	01:49:50.467	<b>02:53:34.920</b>	+01:12:06.870	11:35 min/Km
128	13	641	PÉREZ ROMERO , ANA MARÍA	FEMALE	VET-A-F	INDEPENDIENTE	01:50:03.197	<b>02:53:56.840</b>	+01:12:28.790	11:36 min/Km
129	31	638	MONTERO VEGA , LUIS	MALE	VET-A-M	CAMISETASLUGO.COM - AB FITNESS GIMNASIOS	01:51:22.245	<b>02:55:55.650</b>	+01:14:27.600	11:44 min/Km
130	58	772	VÁZQUEZ MARTÍNEZ , JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	01:52:03.000	<b>02:57:57.850</b>	+01:16:29.800	11:52 min/Km
131	59	770	VAZQUEZ DE JORGE , ISMAEL	MALE	ABSOLUTA-M		01:52:40.200	<b>02:57:58.130</b>	+01:16:30.080	11:52 min/Km
132	32	697	FERRIN MOURELO , JOSE	MALE	VET-A-M		01:55:03.201	<b>02:57:58.450</b>	+01:16:30.400	11:52 min/Km
133	3	416	EISERMANN CHAMOSO , CRISTINA	FEMALE	VET-B-F	KÓRPORE ARENTEIRO TRAIL	01:55:12.000	<b>02:59:11.430</b>	+01:17:43.380	11:57 min/Km
134	11	762	TEIRA PIÑEIRO , MANUEL MARÍA	MALE	VET-B-M		01:56:23.203	<b>02:59:53.480</b>	+01:18:25.430	11:60 min/Km
135	12	684	DOMINGUEZ FERNÁNDEZ , RAMÓN	MALE	VET-B-M	INDEPENDIENTE	01:55:03.204	<b>02:59:58.650</b>	+01:18:30.600	11:60 min/Km
136	60	667	CAINZOS CAGIAO , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	01:56:09.205	<b>03:01:25.780</b>	+01:19:57.730	12:06 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	PARADASECA	META	DIF 1º	RITMO
137	17	660	ANEIROS PARDO , GEMMA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:56:03.206	<b>03:02:20.590</b>	+01:20:52.540	12:10 min/Km
138	18	767	VANOVERVELT , CHLOÉ	FEMALE	ABSOLUTA-F	RUNNING OLEIROS	01:57:02.000	<b>03:02:50.690</b>	+01:21:22.640	12:12 min/Km
139	14	601	ALFONSO PITA , ROCÍO	FEMALE	VET-A-F		01:57:29.027	<b>03:02:51.020</b>	+01:21:22.970	12:12 min/Km
140	19	693	FERNÁNDEZ RODRIGUEZ , PAULA	FEMALE	ABSOLUTA-F		01:58:58.157	<b>03:03:14.310</b>	+01:21:46.260	12:13 min/Km
141	20	754	RODRÍGUEZ SANTOS , BIBIANA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	01:58:57.557	<b>03:03:35.130</b>	+01:22:07.080	12:15 min/Km
142	61	707	GONZÁLEZ LUIS , JOSÉ ANGEL	MALE	ABSOLUTA-M	INDEPENDIENTE	01:58:58.637	<b>03:03:35.160</b>	+01:22:07.110	12:15 min/Km
143	62	755	RODRÍGUEZ SANTOS , ENRIQUE SERAFÍN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:55:56.577	<b>03:03:35.380</b>	+01:22:07.330	12:15 min/Km
144	33	672	CASTELOS ESPADA , ALBERTO	MALE	VET-A-M	AS VELLAS NON PARAMOS	01:56:39.597	<b>03:04:28.960</b>	+01:23:00.910	12:18 min/Km
145	63	658	AMADOR NEIRA , ALBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	01:59:16.287	<b>03:04:55.420</b>	+01:23:27.370	12:20 min/Km
146	21	721	MARIÑO BUJAN , MARIA	FEMALE	ABSOLUTA-F		02:15:44.967	<b>03:05:29.010</b>	+01:24:00.960	12:22 min/Km
147	64	603	ALVAR LÓPEZ , MARTÍN	MALE	ABSOLUTA-M	INDEPENDIENTE	01:59:33.777	<b>03:05:33.660</b>	+01:24:05.610	12:23 min/Km
148	22	749	RODRIGUEZ COUCE , LAURA	FEMALE	ABSOLUTA-F		01:59:37.127	<b>03:06:02.050</b>	+01:24:34.000	12:25 min/Km
149	34	715	LOPEZ MORAL , ALFREDO	MALE	VET-A-M	FREDILOPTeam	02:01:05.257	<b>03:07:12.500</b>	+01:25:44.450	12:29 min/Km
150	15	752	RODRÍGUEZ LÓPEZ , MARÍA JESÚS	FEMALE	VET-A-F		02:01:04.827	<b>03:08:15.830</b>	+01:26:47.780	12:34 min/Km
151	65	750	RODRÍGUEZ DÍAZ , LUIS MANUEL	MALE	ABSOLUTA-M		02:00:50.227	<b>03:08:17.650</b>	+01:26:49.600	12:34 min/Km
152	16	735	OUTEIRAL RESUA , J. GUADALUPE	FEMALE	VET-A-F	CORNELIOS	02:00:49.967	<b>03:11:21.040</b>	+01:29:52.990	12:46 min/Km
153	66	741	QUIROGA LAVIA , JOSE	MALE	ABSOLUTA-M		02:06:56.527	<b>03:13:31.800</b>	+01:32:03.750	12:55 min/Km
154	23	732	OLIVO GARCÍA , ANA BELÉN	FEMALE	ABSOLUTA-F	C.D.A.ESPARTANOS DE TALAVERA DE LA REINA	02:11:37.777	<b>03:15:30.480</b>	+01:34:02.430	13:03 min/Km
155	4	682	DÍAZ MARTÍNEZ , ENCARNACIÓN	FEMALE	VET-B-F	CD ESPARTANOS	02:13:22.030	<b>03:15:30.560</b>	+01:34:02.510	13:03 min/Km
156	24	657	ALVES , PATRICIA	FEMALE	ABSOLUTA-F	KIKAS TEAM	02:11:31.827	<b>03:17:26.010</b>	+01:35:57.960	13:10 min/Km
157	67	630	IBAÑEZ ROMERO , MIGUEL	MALE	ABSOLUTA-M		02:13:27.213	<b>03:20:30.090</b>	+01:39:02.040	13:23 min/Km
158	35	629	HERMIDA GIL , ANGEL	MALE	VET-A-M		02:13:27.213	<b>03:24:47.690</b>	+01:43:19.640	13:40 min/Km
159	13	742	QUIROGA LOPEZ , MANUEL	MALE	VET-B-M		02:12:16.717	<b>03:29:52.220</b>	+01:48:24.170	13:60 min/Km
159	25	773	VÁZQUEZ MÉNDEZ , SONIA	FEMALE	ABSOLUTA-F		02:12:16.047	<b>03:29:52.220</b>	+01:48:24.170	13:60 min/Km
161	36	779	VILLAR TORREIRO , MIGUEL	MALE	VET-A-M		02:20:28.407	<b>03:29:52.490</b>	+01:48:24.440	13:60 min/Km
162	26	621	FERNANDEZ GONZALEZ , AMPARO	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:28:12.197	<b>03:30:46.940</b>	+01:49:18.890	14:04 min/Km
163	5	769	VAZQUEZ CAAMAÑO , MATILDE	FEMALE	VET-B-F		02:15:44.697	<b>03:30:46.950</b>	+01:49:18.900	14:04 min/Km
164	17	712	LEMON MASSÓ , LÍA	FEMALE	VET-A-F	INDEPENDIENTE	02:01:39.767	<b>03:44:22.520</b>	+02:02:54.470	14:58 min/Km
165	37	722	MARTINEZ MOREIRA , MARCOS	MALE	VET-A-M	INDEPENDIENTE	02:28:17.267	<b>03:59:56.080</b>	+02:18:28.030	15:60 min/Km
166	27	677	COTROFE SOUTO , NOELIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	02:28:18.547	<b>03:59:56.190</b>	+02:18:28.140	15:60 min/Km