

1 TRAIL LONGO

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CLUB	META	
1	1	31	LORENZO BLANCO , CARLOS	MALE	DE 46 A 50			01:48:03	05:09 min/Km
2	1	89	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	DE 41 A 45	CASTRO TRAIL	CASTRO TRAIL-TEAM	01:54:06	05:26 min/Km
3	1	47	TRABA CAAMAÑO , PEDRO	MALE	DE 51 A 55		CLUB ATLETISMO OUTES	01:55:32	05:31 min/Km
4	1	104	SEAGE DANZA , DAVID	MALE	ATA 35	TRIBU TRAIL	TRIBU TRAIL	01:59:01	05:41 min/Km
5	2	35	MÉNDEZ MÉNDEZ , JOSE RAFAEL	MALE	DE 51 A 55			02:03:32	05:53 min/Km
6	1	67	FERNÁNDEZ GARCÍA , MÍCHEL	MALE	DE 36 A 40	BNZ RUN CLUB	BNZ RUN CLUB	02:03:51	05:54 min/Km
7	2	40	PEREZ VILAS , RAFAEL	MALE	DE 36 A 40	TRIBU TRAIL	TRIBU TRAIL	02:04:16	05:56 min/Km
8	2	27	HERMO FERNÁNDEZ , DIEGO	MALE	DE 46 A 50		TRIBU TRAIL	02:04:36	05:56 min/Km
9	2	25	GONZÁLEZ HORTA , VÍCTOR	MALE	DE 41 A 45		LODEIROS TRAIL	02:05:38	05:59 min/Km
10	3	14	CONDE BARREIRO , DANIEL	MALE	DE 41 A 45		CLUB ATLETISMO OUTES "MARISCOS ANTÓN"	02:06:35	06:02 min/Km
11	3	23	GÓMEZ GÓMEZ , MANUEL	MALE	DE 51 A 55		PONTE TRAIL	02:08:16	06:07 min/Km
12	2	53	ARES SANDEZ , ÓSCAR	MALE	ATA 35	TRIBU TRAIL	TRIBU TRAIL	02:09:49	06:11 min/Km
13	3	18	FERNÁNDEZ FONTICOPA , EMILIO JOSÉ	MALE	DE 46 A 50		PASA OU ENTORNA	02:09:54	06:12 min/Km
14	4	1	ABALO CHOUZA , NARCISO	MALE	DE 46 A 50	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	02:10:13	06:13 min/Km
15	3	16	DAVILA TORRADO , IZAN	MALE	ATA 35			02:11:34	06:16 min/Km
16	4	101	RODRÍGUEZ TORRES , JUAN CARLOS	MALE	DE 51 A 55	S.D. BARBANTIA RODA	S. D. BARBANTIA RODA	02:11:39	06:17 min/Km
17	4	34	MAYO AGRAFOJO , MARCOS	MALE	DE 41 A 45	CLUB DEPORTIVO BRION HYUPERSA	CLUB DEPORTIVO BRION HYUPERSA	02:12:35	06:19 min/Km
18	5	85	MOURIÑO FRESCO , RAMON	MALE	DE 41 A 45			02:12:41	06:20 min/Km
19	3	22	GARCÍA MARTÍNEZ , HUGO	MALE	DE 36 A 40	Club Atletismo Outes - MARISCOS ANTON	CAO CLUB ATLETISMO OUTES MARISCOS ANTON	02:13:09	06:21 min/Km
20	4	33	MARTÍNEZ IGLESIAS , ERIC	MALE	ATA 35	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	02:13:50	06:23 min/Km
21	1	26	GONZÁLEZ SANTAMARÍA , JOSÉ MANUEL	MALE	DE 56 A 60	S.D. BARBANTIA RODA	S. D. BARBANTIA RODA	02:14:18	06:24 min/Km
22	4	110	VILLAR MARTINEZ , PAULINO	MALE	DE 36 A 40		CDM VÉRTICE	02:14:38	06:25 min/Km
23	2	32	MARQUEZ RODRIGUEZ , JULIO	MALE	DE 56 A 60		RUNNING SPORT TRAIL	02:16:36	06:31 min/Km
24	5	76	IGLESIAS SUEIRO , JORGE	MALE	ATA 35			02:17:25	06:33 min/Km
25	6	77	LESTON DEL RIO , ADELINO	MALE	DE 41 A 45		O JERREIRO	02:17:25	06:33 min/Km
26	5	51	ABELEDI TARRIO , JOSE	MALE	DE 36 A 40		TRAILEROS TOXOS & BIRRAS	02:18:56	06:37 min/Km
27	6	75	IGLESIAS SUEIRO , SANTIAGO	MALE	ATA 35		CDM VÉRTICE	02:19:10	06:38 min/Km
28	7	9	CALVELO CODESIDO , DIEGO	MALE	DE 41 A 45		A.D. MONTEBRONDO	02:19:19	06:39 min/Km
29	7	109	VENTOSO TORRES , AARÓN	MALE	ATA 35			02:19:47	06:40 min/Km
30	5	10	CALVO CALVO , JUAN MANUEL	MALE	DE 46 A 50	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	02:19:52	06:40 min/Km
31	6	21	GARCIA GOMEZ , ESTEBAN	MALE	DE 46 A 50	CLUB DEPORTIVO BRION HYUPERSA	CLUB DEPORTIVO BRION HYUPERSA	02:21:56	06:46 min/Km
32	6	42	RODRÍGUEZ ESTEBAN , PABLO	MALE	DE 36 A 40		BJ RUNNING	02:23:48	06:51 min/Km
33	8	48	TRIÑANES , JAVIER	MALE	DE 41 A 45	Cova da Bruxa	SERRES RUNNERS	02:23:51	06:51 min/Km
34	1	108	VÁZQUEZ ÁLVAREZ , ANDREA	FEMALE	ATA 35-F		GTR GALAICO TRAIL RUN	02:24:11	06:52 min/Km
35	5	82	MARTINEZ MANEIRO , ALBERTO	MALE	DE 51 A 55		INCOR AUTOVIDRIO	02:24:51	06:54 min/Km
36	8	103	SANLES ESTEVEZ , JOSE	MALE	ATA 35	BNZ RUN CLUB	BNZ RUN CLUB	02:25:17	06:56 min/Km
37	1	4	BLANCO PÍAS , FRANCISCO JAVIER	MALE	DE 61 A 65		CLUB ATLETISMO LOUSAME	02:26:24	06:59 min/Km
38	9	64	ALONSO , DIEGO	MALE	DE 41 A 45			02:26:40	06:60 min/Km
39	7	66	FERNANDEZ BLANCO , DAVID	MALE	DE 46 A 50		AD MONTEBRONDO	02:26:44	06:60 min/Km
40	9	38	PAN MAYO , NOÉ	MALE	ATA 35	Club Atletismo Lousame	CLUB ATLETISMO LOUSAME	02:30:12	07:10 min/Km
41	10	62	CES CRISTOBO , MANUEL	MALE	DE 41 A 45	TRIBU TRAIL	TRIBU TRAIL	02:31:14	07:13 min/Km
42	7	81	LUSTRES , MANUEL	MALE	DE 36 A 40		BNZ RUN CLUB	02:31:22	07:13 min/Km
43	8	86	NOAL SANLÉS , DANIEL	MALE	DE 36 A 40		SAUDE SPORT BARBANZA	02:31:51	07:14 min/Km
44	9	28	HURTADO CAMPO , ENEKO	MALE	DE 36 A 40	C.D. Biosbardo	C.D. BIOSBARDO	02:34:48	07:23 min/Km
45	11	54	BARGO PEREZ , JOSÉ MANUEL	MALE	DE 41 A 45	Club Atletismo Lousame	CLUB ATLETISMO LOUSAME	02:36:12	07:27 min/Km
46	12	91	PAZOS VÁZQUEZ , SANTI	MALE	DE 41 A 45		CLUB ATLETISMO LOUSAME	02:36:12	07:27 min/Km
47	8	79	LÓPEZ BALEIRÓN , EDGAR MANUEL	MALE	DE 46 A 50	BNZ RUN CLUB	BNZ RUN CLUB	02:36:53	07:29 min/Km

48	10	96	RODRÍGUEZ DOPICO , JAVIER	MALE	DE 36 A 40		ENTRENARUNNING	02:38:14	07:33 min/Km
49	9	93	QUINTELA MARTÍNEZ , IBÁN	MALE	DE 46 A 50		TARTA	02:38:15	07:33 min/Km
50	10	8	CADABAL GAGO , JUAN JOSÉ	MALE	ATA 35			02:38:33	07:33 min/Km
51	10	61	CASTRO CASTIÑEIRAS , PAULO	MALE	DE 46 A 50		ENTRENARUNNING	02:38:41	07:34 min/Km
52	1	102	SAMBADE CAAMAÑO , BEGO	FEMALE	DE 46 A 50-F	SERRES RUNNERS	SERRES RUNNERS	02:38:55	07:35 min/Km
53	3	90	PAZOS SUÁREZ , JAVIERIÑO	MALE	DE 56 A 60		MAIS DE MONTE	02:41:08	07:41 min/Km
54	11	59	BLANCO GUARDADO , JAVIER	MALE	DE 46 A 50		DUBRA TEAM	02:43:26	07:47 min/Km
55	11	107	VARGAS SILVA , ROBERTO	MALE	DE 36 A 40			02:45:47	07:54 min/Km
56	13	100	RODRÍGUEZ TENREIRO , KIKIÑO DE LINOS	MALE	DE 41 A 45		OS CORZOS DO ORTEGAL	02:45:48	07:54 min/Km
57	12	88	PARADA BREA , DANIEL	MALE	DE 36 A 40	BNZ RUN CLUB	BNZ RUN CLUB	02:51:01	08:09 min/Km
58	12	43	SANTOS SANTAMARÍA , JOSÉ RAMÓN	MALE	DE 46 A 50	Chorima	CHORIMA	02:51:56	08:12 min/Km
59	2	24	GÓMEZ TUBIO , ANDREA	FEMALE	ATA 35-F		ASESOU	02:52:18	08:13 min/Km
60	11	97	RODRÍGUEZ FREIRE , PABLO	MALE	ATA 35			02:52:18	08:13 min/Km
61	12	84	MOREIRA FAJARDO , LUIS	MALE	ATA 35			02:52:32	08:13 min/Km
62	1	72	GARCIA MENDEZ , LETICIA	FEMALE	DE 41 A 45-F		ESCOLAS DEPORTIVAS LOURENZÁ	02:53:47	08:17 min/Km
63	2	55	BARREIRO PADIN , ALFONSO	MALE	DE 61 A 65	CASTRO TRAIL	CASTRO TRAIL-TEAM	02:57:10	08:27 min/Km
64	4	63	CES RODRÍGUEZ , XOÁN VICENZO	MALE	DE 56 A 60		SACHACAMIÑOS	02:57:41	08:28 min/Km
65	13	70	GARCIA BLANCO , CAYETANO	MALE	DE 36 A 40		SAUDE SPORT BARBANZA	02:59:27	08:33 min/Km
66	14	56	BELLO BUGALLO , NICOLAS	MALE	DE 36 A 40		SAUDE SPORT BARBANZA	02:59:27	08:33 min/Km
67	6	69	GALÁN PIÑEIRO , MARCOS	MALE	DE 51 A 55			03:00:01	08:35 min/Km
68	1	36	MIDÓN CEBEIRO , ALBA	FEMALE	DE 36 A 40-F	TRIBU TRAIL	TRIBU TRAIL	03:00:31	08:36 min/Km
69	7	94	RODILES RIOS , ALBERTO	MALE	DE 51 A 55			03:07:06	08:55 min/Km
70	2	95	RODRÍGUEZ CAAMAÑO , MÓNICA	FEMALE	DE 41 A 45-F	SERRES RUNNERS	SERRES RUNNERS	03:07:08	08:55 min/Km
71	2	46	TORRADO ARES , DORES	FEMALE	DE 46 A 50-F	S.D. BARBANTIA RODA	SD BARBANTIA RODA	03:07:44	08:57 min/Km
72	5	39	PEREZ LAMPON , JOSE MANUEL	MALE	DE 56 A 60		SACHACAMIÑOS	03:12:44	09:11 min/Km
73	3	74	IGLESIAS IGLESIAS , ISIDRO	MALE	DE 61 A 65	CASTRO TRAIL	CASTRO TRAIL-TEAM	03:13:35	09:14 min/Km
74	14	83	MORANDEIRA REYES , RAMÓN	MALE	DE 41 A 45		FONTES DO SAR	03:14:23	09:16 min/Km
75	8	17	DEL RIO GOMEZ , CARLOS	MALE	DE 51 A 55			03:15:02	09:18 min/Km
76	13	99	RODRIGUEZ RODRIGUEZ , MIGUEL	MALE	ATA 35			03:16:04	09:21 min/Km
77	13	37	PALMERO DOSIL , MIGUEL ÁNGEL	MALE	DE 46 A 50			03:17:43	09:25 min/Km
78	3	78	LOJO LÓPEZ , NOELIA	FEMALE	ATA 35-F	BNZ RUN CLUB	BNZ RUN CLUB	03:19:56	09:32 min/Km
79	3	11	CARAMÉS VILA , NOA	FEMALE	DE 46 A 50-F	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	03:19:59	09:32 min/Km
80	4	106	TRIUNFO DELGADO , GONZALO	MALE	DE 61 A 65		ARTROGAL TRI 498	03:22:44	09:40 min/Km
81	1	52	AGUIN TRELLES , MARGARITA	FEMALE	DE 56 A 60-F	CASTRO TRAIL	CASTRO TRAIL-TEAM	03:26:26	09:50 min/Km
82	2	6	BOWMAN LÓPEZ , PATRICIA RITA	FEMALE	DE 36 A 40-F	RANNASS	GMTA&CHUVONERS	03:28:53	09:57 min/Km
83	3	20	GARCÍA BARRO , REME	FEMALE	DE 41 A 45-F		OS CORZOS DO ORTEGAL	03:28:54	09:57 min/Km
84	4	58	BETANZOS FREIRE , ALDARA	FEMALE	ATA 35-F	S.D. BARBANTIA RODA	S.D. BARBANTIA RODA	03:30:28	10:02 min/Km
85	5	57	BETANZOS FREIRE , SARELA	FEMALE	ATA 35-F	S.D. BARBANTIA RODA	S. D. BARBANTIA RODA	03:30:28	10:02 min/Km
86	14	87	OTERO DIAZ , LUIS	MALE	DE 46 A 50	CASTRO TRAIL	CASTRO TRAIL-TEAM	03:49:25	10:56 min/Km
DNS		3	BLANCO PENA , FINA	FEMALE	DE 46 A 50-F		C. D. 21 LEGUAS		
DNS		5	BODELO SANCHEZ , JOSE	MALE	DE 41 A 45	TRIBU TRAIL	TRIBUTRAIL		
DNS		7	BUJAN SANTOS , EDUARDO	MALE	DE 51 A 55				
DNS		12	CARRACEDO POSE , RUBÉN JOSÉ	MALE	DE 41 A 45	Chorima			
DNS		13	CERNADAS TRILLO , JOSÉ MANUEL	MALE	DE 56 A 60	Club Atletismo Outes - MARISCOS ANTON	CLUB ATLETISMO OUTES "MARISCOS ANTÓN"		
DNS		15	CONDE ESTÉVEZ , PABLO	MALE	DE 46 A 50				
DNS		19	FERNÁNDEZ GONZÁLEZ , XOÁN	MALE	DE 41 A 45				
DNS		29	IGLESIAS SUARE , MANUEL	MALE	DE 41 A 45		CDM VÉRTICE		
DNS		30	LÓPEZ PICÓN , VITALIY	MALE	ATA 35				
DNS		41	RIAL CASTAÑO , SALVA	MALE	DE 41 A 45	TRIBU TRAIL	TRIBU TRAIL		
DNS		45	TOREA TOREA , ELENA	FEMALE	DE 51 A 55-F	Club Atletismo Lousame	CLUB ATLETISMO LOUSAME		

DNS	49	VIDAL CASTAÑO , IVÁN	MALE	DE 41 A 45		ENTRENARUNNING
DNS	60	CARRIL ROCA , JAVIER	MALE	DE 46 A 50		RUNNING ARTEIXO
DNS	65	DUARTE , RAFA	MALE	DE 41 A 45		
DNS	68	FERREIRA RODRÍGUEZ , ALBERTO	MALE	DE 41 A 45		
DNS	71	GARCÍA GONZÁLEZ , XALO	MALE	DE 41 A 45	SACHACAMIÑOS	SACHACAMIÑOS
DNS	73	GONZALEZ CASTRO , DAMIAN	MALE	ATA 35	BNZ RUN CLUB	BNZ RUN CLUB
DNS	80	LOPEZ PALACIOS , JOEL	MALE	ATA 35		
DNS	92	PIÑEIRO CAAMAÑO , PABLO	MALE	ATA 35		
DNS	98	RODRIGUEZ GONZALEZ , IVAN	MALE	DE 36 A 40		SAUDE SPORT BARBANZA
DNS	105	SEGARRA POL , ORIOL	MALE	DE 36 A 40		
DNS	360	QUEIRUGA PIÑEIRO , JUAN	MALE	DE 36 A 40		CDE RELIEVE