

# CRONOTEC

## ANDAINA

<b>Carrera principal</b>	<b>Localidade</b> Localidad	<b>Organiza:</b> Club de Sendeirismo Trabandainas
<b>Clasificación xeral</b>	<b>Data</b> 25/05/2024	<b>Cronometra:</b> Cronotec
<b>Distancias parciais: 7.8 + 5.5 + 7.4 + 4.03</b>	<b>Hora</b> 9:00 AM	<b>Sisitema:</b> Cronomach
	<b>Distancia</b> 24,73 Km	<b>Clasificacións:</b> cronotec.es

Pos.	Fem.	Dor.	Nome	Clube	Categ.	(Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.	
1	156	Ángel Manuel	GONZÁLEZ GÓMEZ		MAS	(1)	1:22:52	5,648	0:57:41	5,721	1:16:32	5,801	0:42:27	5,696	4:19:33	5,717	0,045	
2	316	Casiano	SÁNCHEZ ALDREY	TRABANDAINAS	MAS	(2)	1:27:36	5,342	1:03:18	5,213	1:22:37	5,374	0:45:35	5,305	4:39:08	5,316	0,050	
3	269	David	Eladio PINAL OTERO		MAS	(3)	1:35:26	4,904	1:07:46	4,870	1:29:29	4,962	0:48:01	5,036	5:00:44	4,934	0,056	
4	107	Miguel	Ángel DOURAL ARES	TOXIZA CLUBE DE MONTAÑA	MAS	(4)	1:17:07	6,069	0:54:24	6,066	1:11:30	6,210	0:38:59	6,203	4:02:01	6,131	0,070	
5	1	86	Estela	COTELO PUEYO	FEM	(1)	1:28:28	5,290	1:01:23	5,376	1:20:09	5,540	0:44:49	5,395	4:34:51	5,399	0,070	
6	2	293	Maria	RIOS LOIRA	AVIVAS	FEM	(2)	1:15:37	6,189	0:54:29	6,057	1:10:40	6,283	0:39:28	6,127	4:00:15	6,176	0,073
7	63	Raimundo	CASTAÑO BASCOY	ITBS	MAS	(5)	1:19:47	5,866	0:56:32	5,837	1:13:43	6,023	0:40:30	5,970	4:10:34	5,922	0,073	
8	244	Alberto	PADÍN CORES		MAS	(6)	1:28:37	5,281	1:00:41	5,438	1:20:33	5,512	0:45:00	5,373	4:34:53	5,398	0,074	
9	3	328	Eva	SOTELO C0RBACHO	FEM	(3)	1:28:35	5,283	1:00:39	5,441	1:20:33	5,512	0:45:03	5,367	4:34:51	5,399	0,076	
10	245	Carlos	PADÍN CORES		MAS	(7)	1:28:26	5,292	1:00:06	5,491	1:21:12	5,468	0:45:12	5,350	4:34:58	5,396	0,079	
11	4	97	Débora	DE LA FUENTE EVANGEL	FEM	(4)	1:28:22	5,296	1:01:43	5,347	1:19:49	5,563	0:44:57	5,379	4:34:52	5,398	0,084	
12	5	298	Maria Jesus	RIVAS MOSCOSO	VÍA LÁCTEA	FEM	(5)	1:22:40	5,661	0:58:37	5,630	1:16:31	5,803	0:41:30	5,827	4:19:20	5,722	0,085
13	6	350	Mirian	VIGO BALEIRON		FEM	(6)	1:21:58	5,710	0:56:34	5,834	1:16:42	5,789	0:43:36	5,546	4:18:52	5,732	0,092
14	7	279	Begoña	PUENTE GONZALEZ		FEM	(7)	1:19:52	5,860	0:56:50	5,806	1:13:25	6,048	0:40:20	5,995	4:10:29	5,924	0,094
15	8	73	Rosario	CERVIÑO PEREIRA		FEM	(8)	1:21:16	5,759	0:57:30	5,739	1:13:46	6,019	0:41:29	5,829	4:14:03	5,841	0,094
16	47	Xoán M.	CABO PÉREZ		MAS	(8)	1:16:06	6,150	0:55:41	5,926	1:10:50	6,268	0:39:16	6,158	4:01:53	6,134	0,095	
17	70	Fco.	Javier CASTRO SILVA	DDD	MAS	(9)	1:21:14	5,761	0:57:26	5,746	1:13:45	6,020	0:41:34	5,817	4:14:01	5,841	0,095	
18	9	234	Beatriz	ORTEGA NAVAS		FEM	(9)	1:18:13	5,983	0:56:14	5,868	1:12:21	6,137	0:41:12	5,869	4:08:02	5,982	0,096
19	58	Carlos	CARDAMA CALVO		MAS	(10)	1:21:58	5,710	0:56:07	5,881	1:17:05	5,760	0:43:39	5,540	4:18:51	5,732	0,098	
20	205	Jose Manuel	MARTINEZ MUÑIZ	ANDAINAS 2.0	MAS	(11)	1:22:04	5,703	1:00:23	5,465	1:21:38	5,439	0:44:14	5,466	4:28:20	5,530	0,098	
21	10	210	Carmela	MARTINEZ VISPO		FEM	(10)	1:31:37	5,108	1:04:24	5,124	1:24:05	5,280	0:49:12	4,915	4:49:19	5,129	0,098
22	268	Diego	PINAL FERNÁNDEZ		MAS	(12)	1:31:38	5,107	1:04:26	5,122	1:24:05	5,280	0:49:11	4,916	4:49:22	5,128	0,098	
23	241	Fernando	OTERO MOSQUERA		MAS	(13)	1:17:57	6,004	0:57:33	5,734	1:14:39	5,948	0:41:37	5,810	4:11:48	5,893	0,102	

Pos.	Fem.	Dr.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.					
24	11	170	Ana JUNCAL	K2 ORDES	FEM (11)	1:25:24	5,480	1:03:01	5,237	1:24:17	5,268	0:44:28	5,438	4:37:11	5,353	<b>0,103</b>
25	12	207	María Luisa MARTÍNEZ RAMILO	METAS IMPOSIBLES TRAIL TEA	FEM (12)	1:23:38	5,596	1:03:01	5,237	1:22:04	5,410	0:45:14	5,346	4:33:58	5,416	<b>0,109</b>
26	13	204	María Consuelo MARTÍNEZ FERN		FEM (13)	1:23:32	5,603	1:02:36	5,272	1:22:37	5,374	0:45:12	5,350	4:33:59	5,416	<b>0,110</b>
27	14	81	María Teresa CONDE ABELLEIRA	RUTAS A PIE	FEM (14)	1:29:26	5,233	1:04:45	5,097	1:23:02	5,347	0:47:55	5,046	4:45:10	5,203	<b>0,110</b>
28	15	231	Mercedes Giselle OCAMPO	METAS IMPOSIBLES TRAIL TEA	FEM (15)	1:23:31	5,604	1:02:40	5,266	1:22:34	5,377	0:45:11	5,352	4:33:56	5,417	<b>0,111</b>
29	111	Jairo	ESTEVEZ MARTINEZ	METAS IMPOSIBLES TRAIL TEA	MAS (14)	1:23:31	5,604	1:02:40	5,266	1:22:34	5,377	0:45:11	5,352	4:33:56	5,417	<b>0,111</b>
30	16	307	Raquel RODRÍGUEZ GÓMEZ		FEM (16)	1:29:21	5,238	1:04:50	5,090	1:22:54	5,356	0:48:05	5,029	4:45:12	5,203	<b>0,119</b>
31	13	Carlos	ALVAREZ NOYA	TRABANDAINAS	MAS (15)	1:27:27	5,352	1:07:18	4,903	1:24:50	5,234	0:46:39	5,183	4:46:16	5,183	<b>0,125</b>
32	294	Eduardo	RIOS OTERO		MAS (16)	1:33:41	4,996	1:11:37	4,608	1:29:01	4,988	0:49:22	4,898	5:03:42	4,886	<b>0,125</b>
33	259	David	PEREZ BANA		MAS (17)	1:33:34	5,002	1:11:36	4,609	1:29:11	4,979	0:49:22	4,898	5:03:44	4,885	<b>0,125</b>
34	51	Daniel	CALVO MÍGUEZ		MAS (18)	1:33:31	5,004	1:11:38	4,607	1:29:11	4,979	0:49:24	4,895	5:03:46	4,885	<b>0,125</b>
35	17	223	Lucía MOURELLE TORRADO	TRABANDAINAS	FEM (17)	1:27:27	5,352	1:07:20	4,901	1:24:51	5,233	0:46:27	5,206	4:46:07	5,186	<b>0,129</b>
36	177	Yago	LESTIDO CARDAMA		MAS (19)	1:33:37	4,999	1:11:39	4,606	1:29:16	4,974	0:49:09	4,920	5:03:43	4,885	<b>0,129</b>
37	295	Marcos	RIOS OTERO	O4S	MAS (20)	1:33:32	5,004	1:11:44	4,600	1:29:11	4,979	0:49:17	4,906	5:03:44	4,885	<b>0,129</b>
38	18	179	Isabel LOIS PASTORIZA	TRABANDAINAS	FEM (18)	1:27:18	5,361	1:07:24	4,896	1:24:44	5,240	0:46:35	5,191	4:46:02	5,188	<b>0,130</b>
39	19	335	María Dolores TIRADOS PRIETO		FEM (19)	1:32:32	5,058	1:10:41	4,669	1:29:21	4,969	0:48:03	5,032	5:00:38	4,936	<b>0,130</b>
40	20	132	Laura FRESCO REY		FEM (20)	1:33:32	5,004	1:11:44	4,600	1:29:11	4,979	0:49:11	4,916	5:03:39	4,887	<b>0,131</b>
41	21	258	Mónica PÉREZ ÁLVAREZ	VÍA LÁCTEA	FEM (21)	1:36:08	4,868	1:13:19	4,501	1:30:33	4,903	0:51:01	4,740	5:11:02	4,771	<b>0,133</b>
42	31	Moisés	BARRIO BAYO	CLUB PEÑA TREVINCA BARCO	MAS (21)	1:17:25	6,045	0:57:31	5,737	1:15:42	5,865	0:39:37	6,103	4:10:17	5,928	<b>0,136</b>
43	313	Gerardo	ROMERO PEREZ		MAS (22)	1:30:05	5,195	1:00:32	5,452	1:19:43	5,570	0:43:28	5,563	4:33:50	5,419	<b>0,137</b>
44	22	18	Noelia ALVAREZ VERA		FEM (22)	1:28:04	5,314	1:03:22	5,208	1:21:07	5,474	0:48:07	5,025	4:40:42	5,286	<b>0,139</b>
45	192	Jorge	MANZANARES RODRIGUE		MAS (23)	1:30:09	5,191	1:09:00	4,783	1:27:34	5,070	0:49:06	4,925	4:55:51	5,015	<b>0,139</b>
46	137	Pedro	GARCÍA LÓPEZ	CLUB PEÑA TREVINCA BARCO	MAS (24)	1:17:23	6,048	0:57:34	5,732	1:15:45	5,861	0:39:36	6,106	4:10:19	5,928	<b>0,140</b>
47	23	160	Nerea GONZÁLEZ PAZ		FEM (23)	1:20:31	5,812	1:00:35	5,447	1:16:23	5,813	0:41:19	5,852	4:18:49	5,733	<b>0,141</b>
48	96	Jose Miguel	DE LA CAL GONZAL	CLUB PEÑA TREVINCA BARCO	MAS (25)	1:17:25	6,045	0:58:18	5,660	1:15:32	5,878	0:39:53	6,063	4:11:09	5,908	<b>0,142</b>
49	41	Francisco	Javier BOUZAS COLL	VINTEOUSPES	MAS (26)	1:28:40	5,278	1:07:30	4,889	1:28:29	5,018	0:49:24	4,895	4:54:04	5,046	<b>0,142</b>
50	347	Iago	VENTOSO TORRES		MAS (27)	1:20:30	5,814	1:00:36	5,446	1:16:27	5,808	0:41:14	5,864	4:18:48	5,733	<b>0,143</b>
51	324	José Carlos	SENOVILLA SANZ	XISTRA	MAS (28)	1:20:47	5,793	0:59:25	5,554	1:19:22	5,594	0:46:04	5,249	4:25:39	5,586	<b>0,146</b>
52	24	286	Luisa REQUEJO FERNÁNDEZ	CLUB PEÑA TREVINCA-MONTA	FEM (24)	1:21:34	5,738	1:01:45	5,344	1:22:54	5,356	0:44:42	5,409	4:30:57	5,476	<b>0,146</b>
53	25	287	Margarita REQUEJO FERNÁNDEZ		FEM (25)	1:21:35	5,736	1:03:33	5,193	1:21:27	5,451	0:44:17	5,460	4:30:54	5,477	<b>0,147</b>
54	312	Moncho	ROMANO CRUJEIRAS	SACHACAMIÑOS	MAS (29)	1:22:18	5,687	1:01:03	5,405	1:22:09	5,405	0:46:31	5,198	4:32:02	5,454	<b>0,147</b>
55	26	300	María RODRÍGUEZ BOUZAS		FEM (26)	1:30:06	5,194	1:09:25	4,754	1:27:15	5,089	0:48:59	4,936	4:55:46	5,017	<b>0,148</b>
56	310	Manuel	RODRÍGUEZ PENA	SACHACAMIÑOS	MAS (30)	1:22:16	5,689	1:01:07	5,400	1:22:10	5,404	0:46:49	5,165	4:32:23	5,447	<b>0,154</b>
57	242	Ignacio	OTERO SOTO		MAS (31)	1:29:16	5,243	1:04:01	5,155	1:22:23	5,389	0:49:57	4,841	4:45:39	5,194	<b>0,159</b>
58	27	151	Pilar GONZALEZ CARRACELAS		FEM (27)	1:29:19	5,240	1:03:47	5,174	1:22:16	5,397	0:50:11	4,818	4:45:34	5,196	<b>0,161</b>

Pos.	Fem.	Dr.	Nome	Clube	Categ.	(Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
59	28		Verónica SIEIRO GONZÁLEZ	PEÑA TREVINCA VIGO	FEM	(28)	1:26:36	5,404	1:07:18	4,903	1:24:57	5,227	0:44:59	5,375	4:43:52	5,227	0,162
60		152	Javier GONZÁLEZ CARRACELAS	OS CASTREXOS	MAS	(32)	1:29:20	5,239	1:03:45	5,176	1:22:15	5,398	0:50:18	4,807	4:45:40	5,194	0,164
61	29		Lucila Milagros CREO ABEIJÓN	CLUB DE MONTAÑA DO BARBA	FEM	(29)	1:25:05	5,500	1:05:09	5,065	1:21:15	5,465	0:43:24	5,571	4:34:54	5,398	0,169
62		216	Ramón Luis MILLARENGO GIL	CLUB MONTAÑA FERROL	MAS	(33)	1:29:01	5,257	1:06:13	4,984	1:31:21	4,860	0:51:22	4,707	4:57:58	4,980	0,169
63	30		Olga PAIS FORJÁN		FEM	(30)	1:24:56	5,510	1:04:59	5,078	1:19:16	5,601	0:43:49	5,518	4:33:03	5,434	0,170
64	31		María Luisa CARREGAL DA COST		FEM	(31)	1:17:31	6,037	1:00:11	5,483	1:14:47	5,937	0:40:58	5,902	4:13:29	5,854	0,171
65	32		Berta RODRÍGUEZ LÓPEZ	CAR MARISQUEIRO	FEM	(32)	1:25:40	5,463	1:07:03	4,922	1:26:46	5,117	0:47:37	5,078	4:47:08	5,168	0,171
66		336	Alberto TOJO MOLEDO		MAS	(34)	1:18:47	5,940	0:55:16	5,971	1:08:51	6,449	0:39:47	6,078	4:02:43	6,113	0,172
67	33		María Jesús GÓMEZ RUSO		FEM	(33)	1:25:01	5,505	1:05:02	5,074	1:19:09	5,610	0:43:50	5,516	4:33:03	5,434	0,172
68		7	Marcelino ALBORÉS ABEIJÓN	TRABANDAINAS	MAS	(35)	1:25:30	5,474	1:05:16	5,056	1:24:39	5,245	0:43:47	5,523	4:39:14	5,314	0,174
69		127	Sergio FORMOSO VARELA	FORMOSO TEAM	MAS	(36)	1:17:06	6,070	0:51:31	6,406	1:10:57	6,258	0:41:03	5,890	4:00:39	6,166	0,176
70		314	Javier SAA FERNÁNDEZ		MAS	(37)	1:21:30	5,742	0:55:46	5,918	1:10:41	6,282	0:41:41	5,801	4:09:40	5,943	0,177
71		303	Vicente RODRÍGUEZ FERRER	CLUB PEÑA TREVINCA BARCO	MAS	(38)	1:19:52	5,860	1:01:38	5,354	1:16:05	5,836	0:41:31	5,824	4:19:07	5,726	0,178
72		198	Pedro Constante MARTÍN CORB	CLUB DE SENDEIRISMO TRABA	MAS	(39)	1:18:27	5,966	0:59:17	5,566	1:12:59	6,084	0:39:45	6,083	4:10:29	5,924	0,179
73		193	Julian MARCOS DIAZ		MAS	(40)	1:17:32	6,036	1:00:20	5,470	1:14:37	5,950	0:40:55	5,910	4:13:25	5,855	0,179
74	34		Henar DE DIEGO DE DIEGO	XISTRA	FEM	(34)	1:20:23	5,822	1:00:21	5,468	1:18:54	5,627	0:45:55	5,266	4:25:34	5,587	0,179
75	35		Laura FERNÁNDEZ DIESTE		FEM	(35)	1:15:37	6,189	0:58:57	5,598	1:15:57	5,846	0:40:24	5,985	4:10:56	5,913	0,182
76	36		Isabel VAZQUEZ SOTO		FEM	(36)	1:12:53	6,421	0:55:54	5,903	1:13:28	6,044	0:40:31	5,968	4:02:49	6,111	0,183
77		255	Jose Manuel PEREIRA PIÑEIRO	CLUB ATLETISMO PORRIÑO	MAS	(41)	1:12:53	6,421	0:55:55	5,902	1:13:23	6,050	0:40:38	5,951	4:02:51	6,110	0,185
78	37		Berta GOSENDE VIDAL	C.M.B. VINTEDOUSPÉS	FEM	(37)	1:24:48	5,519	1:06:54	4,933	1:22:59	5,350	0:44:31	5,432	4:39:13	5,314	0,185
79		186	Santi LORENZO VARELA	TRABANDAINAS	MAS	(42)	1:16:03	6,154	0:58:52	5,606	1:12:02	6,164	0:40:30	5,970	4:07:28	5,996	0,186
80		222	Simon MOURELLE LOPEZ	TRABANDAINAS	MAS	(43)	1:27:47	5,331	1:01:14	5,389	1:27:59	5,046	0:49:05	4,926	4:46:06	5,186	0,187
81	38		Andrea BALAYO CAAMAÑO	TRABANDAINAS	FEM	(38)	1:29:30	5,229	1:10:05	4,709	1:34:00	4,723	0:50:09	4,822	5:03:46	4,885	0,187
82	39		271 Milagros PIÑEIRO FREIRE		FEM	(39)	1:22:51	5,649	1:05:16	5,056	1:23:39	5,308	0:46:34	5,193	4:38:21	5,331	0,188
83	40		Irene FAJARDO GONZÁLEZ		FEM	(40)	1:29:29	5,230	1:10:04	4,710	1:33:59	4,724	0:50:13	4,815	5:03:47	4,884	0,188
84		168	Jose Luis INSUA SUAREZ		MAS	(44)	1:14:23	6,292	0:56:10	5,875	1:09:29	6,390	0:40:00	6,045	4:00:03	6,181	0,190
85		45	Enrique CAAMAÑO CERNADAS	CLUB DE SENDEIRISMO TRABA	MAS	(45)	1:24:25	5,544	1:05:05	5,070	1:26:41	5,122	0:48:08	5,024	4:44:21	5,218	0,191
86		119	Julio FERNÁNDEZ OITABEN	XISTRA	MAS	(46)	1:20:50	5,790	0:53:46	6,138	1:08:19	6,499	0:39:04	6,189	4:02:01	6,131	0,193
87		33	David BAS FERNANDEZ	CORNELIOS MARQUÉS DE VIZ	MAS	(47)	1:18:32	5,959	0:55:33	5,941	1:08:16	6,504	0:39:41	6,093	4:02:02	6,131	0,193
88	41		262 Gena PÉREZ GONZÁLEZ	TRABANDAINAS	FEM	(41)	1:16:03	6,154	0:58:54	5,603	1:11:57	6,171	0:40:38	5,951	4:07:33	5,994	0,193
89		230	Francisco NÚÑEZ TOMÉ	TRABANDAINAS	MAS	(48)	1:27:21	5,358	1:01:26	5,372	1:28:04	5,042	0:49:10	4,918	4:46:03	5,187	0,193
90		34	Fernando BESADA ALONSO		MAS	(49)	1:19:23	5,895	0:59:44	5,525	1:14:11	5,985	0:39:09	6,176	4:12:28	5,877	0,194
91	42		Ines FERNANDEZ PELLÓN		FEM	(42)	1:16:30	6,118	0:58:52	5,606	1:15:11	5,906	0:42:53	5,639	4:13:27	5,854	0,194
92		196	Antonio MARIÑO PÉREZ	ANDAINAS 2.0	MAS	(50)	1:22:58	5,641	1:01:53	5,333	1:19:56	5,555	0:47:32	5,087	4:32:21	5,448	0,194
93	43		173 Rebeca LAIÑO MAGALLANES		FEM	(43)	1:14:33	6,278	0:57:11	5,771	1:16:43	5,788	0:41:41	5,801	4:10:10	5,931	0,196

Pos.	Fem.	Dr.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.					
94	237	Fernando	OTERO CONDE	CUNTIS	MAS (51)	1:37:11	4,816	1:05:18	5,054	1:27:44	5,061	0:53:34	4,514	5:03:49	4,884	<b>0,196</b>
95	44	Lourdes	COUCEIRO NÚÑEZ	BJ RUNNING	FEM (44)	1:17:52	6,010	1:00:40	5,440	1:21:13	5,467	0:43:09	5,604	4:22:56	5,643	<b>0,197</b>
96	80	Manuel	COMESAÑA RIAL	XISTRA	MAS (52)	1:21:03	5,774	0:53:28	6,172	1:08:02	6,526	0:39:24	6,137	4:01:58	6,132	<b>0,198</b>
97	45	332	Andrea SUEIRO BARROS		FEM (45)	1:37:22	4,807	1:05:14	5,059	1:27:42	5,063	0:53:27	4,524	5:03:47	4,884	<b>0,198</b>
98	46	128	Ana FREIRE MATO	BJ RUNNING TEAM	FEM (46)	1:17:50	6,013	1:00:43	5,435	1:21:11	5,469	0:43:13	5,595	4:22:58	5,643	<b>0,200</b>
99	47	28	Alba BARBEITO GREGORES	CORNELIOS MARQUÉS DE VIZ	FEM (47)	1:18:31	5,961	0:55:34	5,939	1:08:07	6,518	0:39:46	6,080	4:01:59	6,132	<b>0,201</b>
100	17	José	ÁLVAREZ RODRIGUEZ	XISTRA	MAS (53)	1:13:00	6,411	0:58:20	5,657	1:12:39	6,111	0:39:55	6,058	4:03:55	6,083	<b>0,202</b>
101	48	94	Ana María DASILVA CASTRO	CDM XESTEIRAS	FEM (48)	1:13:54	6,333	0:54:17	6,079	1:10:18	6,316	0:42:02	5,753	4:00:31	6,169	<b>0,204</b>
102	280	Javier	QUEIRUGA GARCIA	CLUB DE MONTAÑA ABRAKDA	MAS (54)	1:15:26	6,204	0:58:05	5,681	1:12:55	6,089	0:38:09	6,338	4:04:36	6,066	<b>0,204</b>
103	308	German	RODRÍGUEZ HOLGUIN	AVIVA SPORT CLUB	MAS (55)	1:23:49	5,584	1:05:19	5,052	1:20:09	5,540	0:46:00	5,257	4:35:18	5,390	<b>0,204</b>
104	323	Adrián	SENÍN ABALO		MAS (56)	1:37:23	4,806	1:04:59	5,078	1:27:48	5,057	0:53:37	4,510	5:03:48	4,884	<b>0,205</b>
105	183	Carlos	LORENZO BLANCO		MAS (57)	1:14:26	6,288	0:57:11	5,771	1:16:48	5,781	0:41:56	5,766	4:10:22	5,927	<b>0,206</b>
106	304	Ricardo	RODRÍGUEZ FERRER	CLUB PEÑA TREVINCA BARCO	MAS (58)	1:22:54	5,645	1:01:57	5,327	1:15:30	5,881	0:40:52	5,917	4:21:15	5,680	<b>0,206</b>
107	49	240	Amalia OTERO GONZÁLEZ	XISTRA	FEM (49)	1:20:37	5,805	1:03:10	5,224	1:24:16	5,269	0:43:52	5,512	4:31:56	5,456	<b>0,206</b>
108	50	184	Carla LORENZO LAÍÑO		FEM (50)	1:14:23	6,292	0:56:36	5,830	1:16:57	5,770	0:42:13	5,728	4:10:10	5,931	<b>0,207</b>
109	51	208	Dolores MARTÍNEZ SÁNCHEZ	AVIVA SPORT CLUB	FEM (51)	1:23:43	5,590	1:05:18	5,054	1:20:11	5,537	0:46:06	5,245	4:35:21	5,389	<b>0,207</b>
110	229	Francisco	José NÚÑEZ ÁLVAREZ	CLUB PEÑA TREVINCA BARCO	MAS (59)	1:18:54	5,932	0:59:34	5,540	1:14:14	5,981	0:38:25	6,294	4:11:08	5,908	<b>0,212</b>
111	52	72	Margarita CEREIJO TUÑAS		FEM (52)	1:32:04	5,083	1:12:26	4,556	1:42:29	4,332	0:52:01	4,649	5:19:02	4,651	<b>0,212</b>
112	53	181	Paula LÓPEZ CEREIJO		FEM (53)	1:32:04	5,083	1:12:26	4,556	1:42:30	4,332	0:52:02	4,647	5:19:04	4,650	<b>0,212</b>
113	126	Gonzalo	FILGUEIRA IGLESIAS		MAS (60)	1:12:32	6,452	0:56:22	5,855	1:14:10	5,987	0:38:44	6,243	4:01:50	6,136	<b>0,213</b>
114	54	99	Remedios DÍAZ MAYO		FEM (54)	1:32:03	5,084	1:12:28	4,554	1:42:30	4,332	0:51:58	4,653	5:19:00	4,651	<b>0,213</b>
115	254	Mario	PEREIRA GARCIA	UN KMARA SOBRE RUEDAS	MAS (61)	1:22:20	5,684	0:57:20	5,756	1:13:40	6,027	0:38:34	6,270	4:11:55	5,890	<b>0,214</b>
116	55	164	Dolly GRACIA TORRICO	CDMXESTEIRAS@GMAIL.COM	FEM (55)	1:15:37	6,189	0:57:41	5,721	1:10:41	6,282	0:37:54	6,380	4:01:54	6,134	<b>0,215</b>
117	56	317	María Jose SANCHEZ BLANCO	ABRAKADABRA	FEM (56)	1:15:26	6,204	0:58:06	5,680	1:13:14	6,063	0:37:47	6,400	4:04:34	6,067	<b>0,215</b>
118	215	Juan Antonio	MILLÁN PEREZ	ANDAINAS 2.0	MAS (62)	1:22:57	5,642	1:05:06	5,069	1:21:55	5,420	0:47:06	5,134	4:37:06	5,355	<b>0,215</b>
119	217	Isaac	MIRAZ SANMARTIN	MONTAÑA FERROL	MAS (63)	1:29:01	5,257	1:09:59	4,715	1:28:29	5,018	0:51:35	4,688	4:59:05	4,961	<b>0,219</b>
120	57	135	Fina GARCIA CASTRO		FEM (57)	1:27:15	5,364	1:08:45	4,800	1:30:27	4,909	0:51:07	4,730	4:57:36	4,986	<b>0,224</b>
121	58	1	Natalia ABELLA CASTRO		FEM (58)	1:30:32	5,169	1:11:59	4,584	1:27:28	5,076	0:50:44	4,766	5:00:45	4,934	<b>0,224</b>
122	59	266	Yolanda PÉREZ SALGUEIRO		FEM (59)	1:30:32	5,169	1:11:57	4,587	1:27:30	5,074	0:50:46	4,763	5:00:47	4,933	<b>0,224</b>
123	109	Isaac	EIRAS PEREZ	TRABANDAINAS	MAS (64)	1:17:37	6,030	1:00:51	5,423	1:16:41	5,790	0:43:59	5,498	4:19:09	5,726	<b>0,225</b>
124	60	57	Silvia CARAMES GONZALEZ	CLUBE DEPORTIVO FONTIÑAS	FEM (60)	1:21:34	5,738	1:02:54	5,246	1:25:50	5,173	0:47:22	5,105	4:37:42	5,343	<b>0,225</b>
125	124	Jesus	FERRO MAGARIÑOS	CDM XESTEIRAS	MAS (65)	1:13:24	6,376	0:55:08	5,985	1:10:22	6,310	0:41:43	5,796	4:00:39	6,166	<b>0,226</b>
126	15	Ramón	ÁLVAREZ MARIÑO	ANDAINAS 2.0	MAS (66)	1:18:35	5,955	1:00:31	5,453	1:11:45	6,188	0:40:00	6,045	4:10:52	5,915	<b>0,226</b>
127	61	201	Mari MARTÍNEZ BARREIRO	TRABANDAINAS	FEM (61)	1:25:53	5,449	1:08:49	4,795	1:29:54	4,939	0:49:18	4,905	4:53:56	5,048	<b>0,227</b>
128	315	Javier	SANCHEZ		MAS (67)	1:27:13	5,366	1:08:47	4,798	1:30:20	4,915	0:51:16	4,717	4:57:37	4,986	<b>0,227</b>

Pos.	Fem.	Dr.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.					
129	301	Jose	RODRÍGUEZ CADAYA		MAS (68)	1:23:25	5,610	1:05:52	5,010	1:29:06	4,983	0:47:40	5,073	4:46:05	5,187	<b>0,230</b>
130	40	Jose Felix	BOLAÑO CARRERA	TRABANDAINAS		1:25:58	5,444	1:05:46	5,018	1:28:46	5,002	0:51:57	4,654	4:52:28	5,073	<b>0,230</b>
131	5	Javier	ABUIN IGLESIAS	VINTEOUSPES		1:30:34	5,167	1:10:24	4,688	1:34:06	4,718	0:54:48	4,412	5:09:54	4,788	<b>0,231</b>
132	114	Roberto	FERNANDEZ ACUÑA		MAS (71)	1:28:46	5,272	1:04:12	5,140	1:18:29	5,657	0:42:33	5,683	4:34:02	5,415	<b>0,232</b>
133	250	Manuel	PEDREIRA REY	C.M.B.VINTEOUSPES		1:30:33	5,168	1:10:49	4,660	1:33:46	4,735	0:54:45	4,416	5:09:55	4,788	<b>0,234</b>
134	82	Mónica	CONDE ÁLVAREZ		FEM (62)	1:23:22	5,614	1:07:06	4,918	1:27:57	5,048	0:47:38	5,076	4:46:04	5,187	<b>0,236</b>
135	63	Andrea	LOURIDO GACIÑO		FEM (63)	1:15:26	6,204	1:00:02	5,497	1:15:14	5,902	0:42:48	5,650	4:13:31	5,853	<b>0,240</b>
136	64	325	Sara SEOANE CAJARAVILLE		FEM (64)	1:23:44	5,589	1:05:19	5,052	1:21:16	5,463	0:48:00	5,037	4:38:20	5,331	<b>0,241</b>
137	10	Victor Manuel	ALMEIDA FERREIR	CLUBE DE MONTAÑA XISTRA	MAS (73)	1:19:13	5,908	1:00:15	5,477	1:14:50	5,933	0:37:56	6,374	4:12:15	5,882	<b>0,243</b>
138	65	209	Carmen María MARTÍNEZ TRIGO	INTERNATIONAL TRECKERS B	FEM (65)	1:13:00	6,411	0:58:20	5,657	1:09:51	6,356	0:38:47	6,235	4:00:00	6,183	<b>0,244</b>
139	195	Antonio	MARIÑO MARINO	INTERNATIONAL TREKING BAR	MAS (74)	1:12:59	6,412	0:58:21	5,656	1:09:52	6,355	0:38:49	6,229	4:00:02	6,182	<b>0,244</b>
140	66	38	Yoana BLANCO MOREIRA		FEM (66)	1:21:44	5,726	1:07:09	4,914	1:25:00	5,224	0:46:43	5,176	4:40:38	5,287	<b>0,247</b>
141	67	35	Evelyn BESADA BESADA		FEM (67)	1:38:18	4,761	1:12:16	4,566	1:26:31	5,132	0:46:39	5,183	5:03:46	4,885	<b>0,247</b>
142	68	66	Lorena CASTRO ARAGUNDE		FEM (68)	1:21:23	5,751	0:59:17	5,566	1:11:47	6,185	0:39:26	6,132	4:11:55	5,890	<b>0,250</b>
143	69	79	María COCHÓN TORREIRO		FEM (69)	1:37:14	4,813	1:15:19	4,382	1:44:35	4,245	0:50:13	4,815	5:27:23	4,532	<b>0,250</b>
144	70	236	Ana María OTERO CASTRO	MONTAÑA FERROL		1:29:12	5,247	1:09:49	4,727	1:28:38	5,009	0:53:32	4,517	5:01:13	4,926	<b>0,254</b>
145	253	Iago	PENA COUSO		MAS (75)	1:37:11	4,816	1:15:20	4,381	1:44:43	4,240	0:50:08	4,823	5:27:24	4,532	<b>0,254</b>
146	71	178	Eva LISTE RODRIGUEZ		FEM (71)	1:16:20	6,131	1:01:23	5,376	1:15:31	5,879	0:43:05	5,612	4:16:20	5,789	<b>0,256</b>
147	228	Rogelio	NOYA MANTEIGA	ANDAINAS 2.0		1:21:30	5,742	1:00:38	5,443	1:27:20	5,084	0:47:38	5,076	4:37:07	5,354	<b>0,256</b>
148	72	27	Elena BARBÉ MARTIN	TRABANDAINAS		1:18:52	5,934	1:01:00	5,410	1:18:14	5,675	0:39:07	6,182	4:17:14	5,768	<b>0,257</b>
149	73	19	Encarna ARGIBAY GARCIA	TRABANDAINAS		1:17:36	6,031	1:03:49	5,171	1:15:44	5,863	0:42:00	5,757	4:19:09	5,726	<b>0,257</b>
150	74	182	Ines LOPEZ FERNANDEZ	MONTAÑA FERROL		1:29:07	5,252	1:09:53	4,722	1:28:33	5,014	0:53:41	4,504	5:01:15	4,925	<b>0,260</b>
151	75	211	María Jesús MARZOA REY	TRABANDAINAS		1:27:34	5,344	1:05:36	5,030	1:23:56	5,290	0:53:04	4,557	4:50:12	5,113	<b>0,262</b>
152	76	348	Jessica VIDAL GOMEZ		FEM (76)	1:27:09	5,370	1:10:15	4,698	1:37:20	4,562	0:48:59	4,936	5:03:45	4,885	<b>0,262</b>
153	77	274	Maitte PONTE MAYAN		FEM (77)	1:16:20	6,131	1:01:07	5,400	1:15:25	5,887	0:43:26	5,567	4:16:19	5,789	<b>0,263</b>
154	78	338	Carmen Valentina TORRES TOBI		FEM (78)	1:20:00	5,850	1:02:07	5,313	1:18:11	5,679	0:39:02	6,195	4:19:22	5,721	<b>0,263</b>
155	79	353	Dolores SAMPEDRO AGEITOS	LIBRE		1:15:59	6,159	1:02:45	5,259	1:19:25	5,591	0:43:05	5,612	4:21:15	5,680	<b>0,264</b>
156	115	Juan José	FERNÁNDEZ ÁLVARE	TRABANDAINAS	MAS (77)	1:24:51	5,516	1:05:19	5,052	1:26:51	5,112	0:53:30	4,520	4:50:33	5,107	<b>0,264</b>
157	80	141	Isabel GARCÍA VIÑA		FEM (80)	1:25:53	5,449	1:07:51	4,864	1:26:44	5,119	0:52:00	4,650	4:52:31	5,073	<b>0,264</b>
158	110	Hipolito	ESTEVEZ GONZALEZ		MAS (78)	1:23:00	5,639	1:07:56	4,858	1:31:44	4,840	0:47:15	5,117	4:49:57	5,117	<b>0,265</b>
159	191	Alfonso	MANSO DIAZ	MONTAÑA FERROL	MAS (79)	1:28:52	5,266	1:10:08	4,705	1:28:36	5,011	0:53:35	4,513	5:01:12	4,926	<b>0,265</b>
160	354	José Manuel	ARNOSO PAZ		MAS (80)	1:15:52	6,169	1:02:52	5,249	1:19:24	5,592	0:43:05	5,612	4:21:15	5,680	<b>0,269</b>
161	153	Jesus Manuel	GONZALEZ CREO	TRABANDAINAS	MAS (81)	1:24:49	5,518	1:06:37	4,954	1:29:00	4,989	0:52:06	4,641	4:52:33	5,072	<b>0,270</b>
162	106	Alfonso	DOMINGUEZ VIDAL		MAS (82)	1:25:46	5,457	1:08:02	4,851	1:26:39	5,124	0:52:05	4,643	4:52:33	5,072	<b>0,272</b>
163	81	118	Adela FERNANDEZ LUACES	MONTAÑA FERROL	FEM (81)	1:29:07	5,252	1:10:23	4,689	1:28:08	5,038	0:53:44	4,500	5:01:24	4,923	<b>0,275</b>

Pos.	Fem.	Dr.	Nome	Clube	Categ.	(Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
164	155	Antonio	GONZALEZ FIUZA	RUNNING SPORT TRAIL	MAS	(83)	1:13:33	6,363	0:52:49	6,248	1:09:46	6,364	0:43:54	5,508	4:00:04	6,181	<b>0,276</b>
165	131	Alexandre	FREIXEIRO LOPEZ	CLUBE DE MONTAÑA XISTRA	MAS	(84)	1:27:54	5,324	1:17:10	4,276	1:30:01	4,932	0:49:36	4,875	5:04:43	4,869	<b>0,279</b>
166	82	Mercedes	ALVAREZ BALADO		FEM	(82)	1:27:34	5,344	1:09:21	4,758	1:23:39	5,308	0:50:51	4,755	4:51:26	5,091	<b>0,284</b>
167	129	Xose Henrique	FREIXEIRO CAME	CLUBE DE MONTAÑA XISTRA	MAS	(85)	1:27:50	5,328	1:17:20	4,267	1:30:06	4,928	0:49:26	4,891	5:04:44	4,869	<b>0,285</b>
168	238	Juan Carlos	OTERO FREIJEIRO	TRABANDAINAS	MAS	(86)	1:15:52	6,169	1:03:43	5,179	1:19:28	5,587	0:42:07	5,741	4:21:11	5,681	<b>0,286</b>
169	83	180	Concepcion LOPEZ CASTRO		FEM	(83)	1:27:41	5,337	1:09:13	4,768	1:23:35	5,312	0:51:03	4,737	4:51:33	5,089	<b>0,286</b>
170	248	Serafin	PAZ SANTOS		MAS	(87)	1:22:36	5,666	1:09:30	4,748	1:30:43	4,894	0:47:09	5,128	4:49:58	5,117	<b>0,288</b>
171	84	37	Monica BLANCO MOREIRA		FEM	(84)	1:11:46	6,521	0:57:24	5,749	1:10:30	6,298	0:40:54	5,912	4:00:37	6,167	<b>0,289</b>
172	85	11	Tania María ALONSO COUTO	TRABANDAINAS	FEM	(85)	1:15:51	6,170	1:03:35	5,190	1:19:39	5,574	0:42:03	5,750	4:21:10	5,681	<b>0,289</b>
173	130	Xose Lois	FREIXEIRO LOPEZ	CLUBE DE MONTAÑA XISTRA	MAS	(88)	1:27:36	5,342	1:17:30	4,258	1:30:14	4,921	0:49:29	4,886	5:04:50	4,868	<b>0,289</b>
174	3	Jose Luis	ABOAL RAMOS	CDM XESTEIRAS	MAS	(89)	1:15:50	6,171	0:52:21	6,304	1:08:35	6,474	0:44:24	5,446	4:01:11	6,152	<b>0,300</b>
175	86	39	Luana BLANCO PEREIRA		FEM	(86)	1:11:47	6,520	0:57:24	5,749	1:10:20	6,313	0:41:09	5,876	4:00:41	6,165	<b>0,302</b>
176	267	Enrique	PEREZ VAZQUEZ	TRABANDAINAS	MAS	(90)	1:23:19	5,617	1:03:56	5,162	1:16:09	5,831	0:47:54	5,048	4:31:20	5,469	<b>0,310</b>
177	87	265	Pilar PÉREZ RODRIGUEZ	CLUB PEÑA TREVINCA BARCO	FEM	(87)	1:15:07	6,230	0:56:35	5,832	1:06:55	6,635	0:41:50	5,780	4:00:29	6,170	<b>0,313</b>
178	88	53	Almudena CANALES CRIADO	AROMON PONTEVEDRA MONT	FEM	(88)	1:16:50	6,091	1:00:04	5,494	1:19:54	5,557	0:49:39	4,870	4:26:29	5,568	<b>0,327</b>
179	89	2	Ramona ABELLAS ALVAREZ	MONTAÑAS DE TREVINCA	FEM	(89)	1:16:51	6,090	1:00:07	5,489	1:19:49	5,563	0:49:44	4,862	4:26:34	5,566	<b>0,328</b>
180	172	Artur	LAGO SANTOS	TRABANDAINAS	MAS	(91)	1:13:20	6,382	1:02:01	5,321	1:20:59	5,483	0:42:05	5,746	4:18:27	5,741	<b>0,331</b>
181	218	Juan Jose	MONTEMUÑO LIJÓ	ANDAINAS 2.0	MAS	(92)	1:21:24	5,749	0:58:56	5,600	1:28:15	5,031	0:48:29	4,987	4:37:05	5,355	<b>0,333</b>
182	90	145	Luisa GIL SOMOZA		FEM	(90)	1:37:09	4,817	1:15:22	4,379	1:44:37	4,244	0:46:56	5,152	5:24:06	4,578	<b>0,336</b>
183	91	68	Carmen CASTRO RODRIGUEZ		FEM	(91)	1:22:29	5,674	1:04:55	5,083	1:29:38	4,954	0:54:06	4,470	4:51:10	5,096	<b>0,340</b>
184	92	116	Marina FERNÁNDEZ CASALDERR	CLUBE DE MONTAÑA XISTRA	FEM	(92)	1:13:07	6,401	0:59:56	5,506	1:15:44	5,863	0:38:05	6,349	4:06:54	6,010	<b>0,345</b>
185	219	Juan Jose	MONTEMUÑO VILA	ANDAINAS 2.0	MAS	(93)	1:20:29	5,815	0:59:57	5,505	1:26:04	5,159	0:50:34	4,782	4:37:06	5,355	<b>0,345</b>
186	93	146	Raquel GOAS DIAZ		FEM	(93)	1:24:26	5,543	1:06:19	4,976	1:30:25	4,911	0:57:20	4,217	4:58:31	4,971	<b>0,347</b>
187	278	Juan Ramon	PRIETO OTERO	ANDAMECOS	MAS	(94)	1:15:03	6,236	0:53:21	6,186	1:06:24	6,687	0:45:12	5,350	4:00:02	6,182	<b>0,349</b>
188	133	Francisco Jose	FUENTES PIÑEIR		MAS	(95)	1:22:24	5,680	1:04:41	5,102	1:28:41	5,007	0:55:22	4,367	4:51:09	5,096	<b>0,352</b>
189	94	203	Rebeca MARTINEZ CAMIÑO		FEM	(94)	1:27:10	5,369	1:11:27	4,619	1:35:58	4,627	0:57:11	4,229	5:11:49	4,759	<b>0,353</b>
190	62	Manuel	CARTELLE TRABAZOS		MAS	(96)	1:22:42	5,659	1:03:42	5,181	1:15:22	5,891	0:37:55	6,377	4:19:42	5,714	<b>0,357</b>
191	329	Jose Florencio	SOTO AMIL	XISTRA	MAS	(97)	1:10:22	6,651	0:53:32	6,164	1:10:46	6,274	0:45:26	5,322	4:00:07	6,179	<b>0,360</b>
192	275	Félix	POSE CURROS		MAS	(98)	1:29:10	5,249	0:57:43	5,718	1:13:30	6,041	0:37:56	6,374	4:18:22	5,743	<b>0,362</b>
193	95	138	María Dolores GARCIA PEREZ	ARCA DO BARBANZA	FEM	(95)	1:18:54	5,932	1:02:14	5,303	1:18:42	5,642	0:50:06	4,826	4:29:57	5,497	<b>0,362</b>
194	101	Xose DO PAZO DIAZ		XISTRA	MAS	(99)	1:10:12	6,667	0:54:06	6,100	1:11:07	6,243	0:45:11	5,352	4:00:37	6,167	<b>0,365</b>
195	311	Amparo	RODRÍGUEZ SANTAELL	AVIVA SPORT CLUB	FEM	(96)	1:29:39	5,220	1:16:22	4,321	1:38:59	4,486	0:58:52	4,108	5:23:54	4,581	<b>0,367</b>
196	351	Joaquin Manuel	VILA VINAGRE	CLUB DE MONTAÑA ABRAKDA	MAS	(100)	1:16:56	6,083	1:05:52	5,010	1:19:52	5,559	0:46:54	5,156	4:29:35	5,504	<b>0,369</b>
197	299	Luz Amanda	RIVERA GRASS		FEM	(97)	1:29:38	5,221	1:16:23	4,320	1:38:50	4,492	0:59:06	4,091	5:23:59	4,580	<b>0,370</b>
198	200	Luis	MARTINEZ BARRAL	TRABANDAINAS	MAS	(101)	1:21:58	5,710	1:01:42	5,348	1:28:53	4,995	0:52:49	4,578	4:45:23	5,199	<b>0,371</b>

Pos.	Fem.	Dr.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.					
199	98	61	Macarena CARRIÓN MÉNDEZ	A PEDROSA	FEM (98)	1:29:28	5,231	1:18:06	4,225	1:37:25	4,558	0:58:55	4,104	5:23:56	4,581	<b>0,376</b>
200		56	Gabriel CAO SANCHEZ		MAS (102)	1:25:13	5,492	1:04:30	5,116	1:31:34	4,849	0:57:16	4,222	4:58:35	4,969	<b>0,384</b>
201	99	260	Cecilia PÉREZ DAVILA	SACHACAMIÑOS	FEM (99)	1:25:59	5,443	1:16:14	4,329	1:40:07	4,435	0:53:17	4,538	5:15:38	4,701	<b>0,386</b>
202		349	Anton VIDAL SÁNCHEZ	ARCA DO BARBANZA	MAS (103)	1:19:09	5,913	1:01:55	5,330	1:17:50	5,704	0:51:00	4,741	4:29:55	5,497	<b>0,387</b>
203		105	Santiago DOMINGUEZ REPRESA		MAS (104)	1:25:27	5,477	1:10:06	4,708	1:31:01	4,878	0:42:44	5,658	4:49:20	5,128	<b>0,387</b>
204		103	Raul DOMINGUEZ DOMINGUEZ	XISTRA	MAS (105)	1:25:26	5,478	1:10:05	4,709	1:31:07	4,873	0:42:39	5,669	4:49:18	5,129	<b>0,391</b>
205		21	Pablo Joaquín AVILA GARCÍA		MAS (106)	1:24:28	5,541	1:04:57	5,081	1:31:51	4,834	0:57:16	4,222	4:58:34	4,970	<b>0,391</b>
206		48	David CALDAS ORTIZ		MAS (107)	1:25:25	5,479	1:03:01	5,237	1:42:43	4,323	0:46:51	5,161	4:58:01	4,979	<b>0,399</b>
207		20	Jesús ARTEAGA AYERZA	CLUB DE MONTAÑA ABRAKDA	MAS (108)	1:16:56	6,083	1:06:44	4,945	1:29:45	4,947	0:44:33	5,428	4:38:00	5,337	<b>0,404</b>
208		65	José Alfonso CASTIÑEIRAS ABA	CAR MARISQUEIRO	MAS (109)	1:22:03	5,704	1:06:12	4,985	1:22:01	5,414	0:38:16	6,319	4:28:34	5,525	<b>0,406</b>
209	100	249	Maria Goreti PAZOS GONZALEZ	GALLAECIA	FEM (100)	1:09:59	6,687	0:53:10	6,207	1:10:31	6,296	0:46:29	5,202	4:00:10	6,178	<b>0,408</b>
210		206	Manuel MARTINEZ NUÑEZ	XISTRA	MAS (110)	1:09:26	6,740	0:54:29	6,057	1:10:45	6,276	0:45:26	5,322	4:00:08	6,179	<b>0,409</b>
211	101	16	María Esperanza ÁLVAREZ MAYÁ	CLUB SACHACAMIÑOS	FEM (101)	1:25:29	5,475	1:16:46	4,299	1:37:34	4,551	0:54:55	4,403	5:14:45	4,714	<b>0,413</b>
212		85	Juan Jose COSTAS ESTEVEZ	TRABANDAINAS	MAS (111)	1:10:18	6,657	0:52:03	6,340	1:11:33	6,205	0:46:32	5,196	4:00:28	6,171	<b>0,416</b>
213		285	Demetrio REQUEJO FERNÁNDEZ	PEÑA TREVINCA BARCO	MAS (112)	1:12:34	6,449	0:54:01	6,109	1:07:23	6,589	0:46:35	5,191	4:00:36	6,167	<b>0,435</b>
214	102	202	María Teresa MARTÍNEZ BLANCO	SACHACAMIÑOS	FEM (102)	1:24:31	5,537	1:20:24	4,104	1:37:26	4,557	0:53:16	4,539	5:15:39	4,701	<b>0,435</b>
215		257	Javier PEREIRO PUGA	PENA TREVINCA	MAS (113)	1:28:41	5,277	0:59:31	5,545	1:11:22	6,221	0:38:01	6,360	4:17:37	5,760	<b>0,440</b>
216		334	São THIAGO		MAS (114)	1:10:22	6,651	1:00:09	5,486	1:16:57	5,770	0:45:20	5,334	4:12:50	5,869	<b>0,450</b>
217	103	272	María PIÑEIRO VILAR		FEM (103)	1:26:36	5,404	1:02:04	5,317	1:09:50	6,358	0:38:42	6,248	4:17:14	5,768	<b>0,471</b>
218		54	Lucio CAO MANUEL	PEÑA TREVINCA O BARCO	MAS (115)	1:12:27	6,460	0:51:25	6,418	1:08:54	6,444	0:47:36	5,080	4:00:23	6,173	<b>0,474</b>
219		148	Oscar GOMEZ REBOREDO	CDM XESTEIRAS	MAS (116)	1:12:23	6,466	0:51:22	6,424	1:08:53	6,446	0:47:39	5,075	4:00:18	6,175	<b>0,478</b>
220		162	Sergio GORGAL GONZÁLEZ		MAS (117)	1:06:39	7,022	0:56:18	5,861	1:13:12	6,066	0:44:25	5,444	4:00:35	6,168	<b>0,496</b>
221	104	342	Ana María VAL GORGAL		FEM (104)	1:06:35	7,029	0:56:21	5,856	1:13:11	6,067	0:44:21	5,452	4:00:30	6,170	<b>0,498</b>
222	105	90	María CREO	CDM XESTEIRAS	FEM (105)	1:15:37	6,189	1:03:57	5,160	1:12:22	6,135	0:35:16	6,856	4:07:13	6,002	<b>0,504</b>
223		71	Ricardo CATOIRA MARIÑO	XESTEIRAS	MAS (118)	1:28:42	5,276	1:01:53	5,333	1:10:11	6,326	0:38:08	6,341	4:18:55	5,731	<b>0,514</b>
224		321	Antonio SARMIENTO GARCÍA	TRABANDAINAS	MAS (119)	1:25:43	5,460	1:03:44	5,178	1:12:15	6,145	0:36:53	6,556	4:18:36	5,738	<b>0,516</b>
225		292	Paco RÍOS CERVIÑO	XESTEIRAS	MAS (120)	1:25:03	5,503	0:58:49	5,611	1:11:53	6,177	0:34:22	7,036	4:10:08	5,932	<b>0,524</b>
226	106	140	Rosana GARCÍA TOMÉ	SACHACAMIÑOS	FEM (106)	1:17:14	6,060	1:02:29	5,281	1:16:45	5,785	0:33:54	7,133	4:10:23	5,926	<b>0,531</b>
227		158	Luis GONZÁLEZ LÓPEZ		MAS (121)	1:19:24	5,894	1:13:33	4,487	1:45:28	4,210	0:53:28	4,522	5:11:54	4,757	<b>0,548</b>
228	107	136	Noemi GARCÍA COBAS		FEM (107)	1:06:57	6,990	0:53:53	6,124	1:10:20	6,313	0:48:49	4,953	4:00:00	6,183	<b>0,556</b>
229		161	José Manuel GONZÁLEZ PÉREZ		MAS (122)	1:08:49	6,801	1:07:59	4,854	1:11:11	6,237	0:39:55	6,058	4:07:56	5,985	<b>0,568</b>
230		150	Manuel GONZÁLEZ BUSTELO		MAS (123)	1:08:47	6,804	1:08:00	4,853	1:11:15	6,232	0:39:54	6,060	4:07:58	5,984	<b>0,568</b>
231		359	Julio Adrián PIÑEIRO DACOSTA		MAS (124)	1:06:58	6,989	0:54:51	6,016	1:09:59	6,344	0:48:18	5,006	4:00:08	6,179	<b>0,577</b>
232		171	Raul LAGO MOURIÑO	XISTRA	MAS (125)	1:10:04	6,679	0:53:52	6,126	1:06:08	6,714	0:50:39	4,774	4:00:43	6,164	<b>0,623</b>
233		306	Eduardo Antonio RODRIGUEZ GO		MAS (126)	1:08:41	6,814	1:08:34	4,813	1:09:51	6,356	0:38:47	6,235	4:05:55	6,034	<b>0,630</b>

Pos.	Fem. Dor. Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
234	108 Vanessa NIETO GONZÁLEZ	TRABANDAINAS	FEM (108)	1:06:25 7,046	0:53:01 6,224	1:08:45 6,458	0:51:54 4,659	4:00:06 6,180	<b>0,677</b>
235	92 Cesar CUBREIRO DIOS	CLUB DE SENDEIRISMO TRABA	MAS (127)	1:06:34 7,031	0:51:53 6,360	1:09:42 6,370	0:51:49 4,666	4:00:00 6,183	<b>0,682</b>
236	154 Antonio GONZALEZ FERNANDEZ	INTERNATIONAL TREKKERS BA	MAS (128)	1:09:26 6,740	1:10:49 4,660	1:08:54 6,444	0:37:37 6,428	4:06:48 6,012	<b>0,731</b>
237	78 Claudio Alejandro CISNERO POL	C. M. XESTEIRAS	MAS (129)	1:08:43 6,811	1:08:51 4,793	1:08:35 6,474	0:36:04 6,704	4:02:14 6,125	<b>0,736</b>
238	109 Sandra REY SUAREZ		FEM (109)	1:13:57 6,329	0:57:02 5,786	1:16:53 5,775	1:02:50 3,848	4:30:43 5,481	<b>0,770</b>
239	232 Raúl OLIVEIRA SUÁREZ		MAS (130)	1:13:55 6,331	0:54:43 6,031	1:19:14 5,604	1:03:12 3,826	4:31:05 5,474	<b>0,798</b>
240	69 Aurelio CASTRO RODRÍGUEZ	CLUB PEÑA TREVINCA BARCO	MAS (131)	1:08:31 6,830	1:06:53 4,934	1:01:36 7,208	0:44:13 5,469	4:01:14 6,151	<b>0,909</b>
241	110 Susana DA COSTA CERZÓN	METAS IMPOSIBLES TRAIL TEA	FEM (110)	1:07:45 6,908	1:12:48 4,533	1:09:45 6,366	0:34:06 7,091	4:04:25 6,071	<b>0,922</b>
242	113 Evaristo FANDIÑO PÉREZ	MONTAÑEIRO CELTAS	MAS (132)	1:03:36 7,358	0:49:30 6,667	1:08:40 6,466	0:58:56 4,103	4:00:43 6,164	<b>1,015</b>
243	111 55 Dalia CAO NOYA		FEM (111)	1:06:15 7,064	0:50:42 6,509	1:07:17 6,599	1:12:03 3,356	4:16:19 5,789	<b>1,309</b>
244	263 Joaquin PÉREZ GONZÁLEZ	CLUB DE SENDEIRISMO TRABA	MAS (133)	1:02:46 7,456	0:48:35 6,792	0:58:01 7,653	1:10:40 3,422	4:00:03 6,181	<b>1,529</b>
245	112 102 Ana DOMÍNGUEZ BESADA	CLUB SENDEIRISMO TRABAND	FEM (112)	0:58:51 7,952	0:50:28 6,539	0:58:42 7,564	1:12:03 3,356	4:00:06 6,180	<b>1,584</b>
246	113 227 Manuela NOVO ARES	TRABANDAINAS	FEM (113)	1:37:44 4,789	1:15:00 4,400	1:49:11 4,067	0:56:39 4,268	5:38:35 4,382	<b>2,135</b>
247	114 139 Marta GARCÍA POSE	TRABANDAINAS	FEM (114)	1:37:47 4,786	1:14:49 4,411	1:49:19 4,062	0:56:38 4,270	5:38:34 4,383	<b>2,166</b>
248	115 239 Teresa OTERO GONDAR		FEM (115)	1:43:12 4,535	1:10:22 4,690	1:56:40 3,806	0:55:01 4,395	5:45:16 4,298	<b>3,046</b>
249	116 277 Ana Teresa PRIETO OTERO		FEM (116)	1:41:30 4,611	1:11:24 4,622	1:57:35 3,776	0:54:51 4,408	5:45:21 4,297	<b>3,177</b>
250	355 Rafael SANTOS CHOUZA		MAS (134)	1:27:57 5,321	1:24:53 3,888	1:54:12 3,888	0:58:23 4,142	5:45:26 4,295	<b>4,990</b>
FT.	4 Jose Antonio ABOY GARRIDO		MAS	1:07:47 6,904	0:53:58 6,115	1:06:54 6,637	0:36:38 6,601	3:45:19 6,585	
FT.	8 Miguel Angel ALLO CANEDA	CLUB DE SENDEIRISMO TRABA	MAS	0:58:46 7,964	0:48:35 6,792	0:56:04 7,919	0:46:27 5,206	3:29:54 7,069	
FT.	9 Vítor ALMEIDA DOMÍNGUEZ	CLUBE DE MONTAÑA XISTRA	MAS	1:07:38 6,920	0:51:11 6,447	1:00:21 7,357	0:35:53 6,739	3:35:04 6,899	
FT.	25 Ricardo BALSÀ CES		MAS	0:57:53 8,085	0:46:14 7,138	0:57:56 7,664	0:28:19 8,539	3:10:24 7,793	
FT.	26 Manuel BAÑA ESPERANTE	C.A.R MARISQUEIRO	MAS	1:14:26 6,288	0:50:44 6,505	1:04:55 6,840	0:38:33 6,272	3:48:39 6,489	
FT.	29 Marcos BARCALA SANDE		MAS	1:20:38 5,804	0:53:01 6,224	1:05:10 6,813	0:34:49 6,945	3:53:40 6,350	
FT.	30 Isabel BARREIRO FÁBREGAS		FEM	1:07:50 6,899	0:48:28 6,809	1:02:51 7,064	0:33:07 7,301	3:32:18 6,989	
FT.	32 Eduardo BARROSA PICON	XISTRA	MAS	1:10:27 6,643	0:56:55 5,798	1:02:41 7,083	0:38:23 6,300	3:48:28 6,495	
FT.	36 Marcos BLANCO GARCÍA		MAS	1:20:42 5,799	0:52:39 6,268	1:05:14 6,806	0:30:45 7,863	3:49:21 6,470	
FT.	42 Ivan BRAVO CARRAL	CD 21 LEGUAS	MAS	1:07:55 6,891	0:48:32 6,799	1:15:40 5,868	0:23:43 10,195	3:35:51 6,874	
FT.	44 Maria Elena BUENDIA PEREZ	C.A.R MARISQUEIRO	FEM	1:14:28 6,285			0:38:03 6,355	3:48:41 6,488	
FT.	46 Gonzalo CABAILEIRO SACO		MAS	1:06:15 7,064	0:50:50 6,492	1:05:38 6,765	0:46:41 5,180	3:49:25 6,468	
FT.	60 Carlos CARRIL MIGUEZ		MAS	0:57:51 8,090	0:46:21 7,120	0:57:59 7,657	0:28:13 8,569	3:10:26 7,792	
FT.	64 Margarita CASTIÑEIRA POSE		FEM	1:07:59 6,884	0:51:43 6,381	1:08:37 6,471	0:38:03 6,355	3:46:23 6,554	
FT.	75 María José CHOUZA SANTAMARI		FEM	1:07:48 6,903	0:49:54 6,613	0:59:05 7,515	0:33:06 7,305	3:29:54 7,069	
FT.	77 María Isabel CID MUÑIZ	CD 21 LEGUAS	FEM	1:03:49 7,334	0:48:03 6,868	0:59:08 7,508	0:30:03 8,047	3:21:05 7,379	
FT.	89 Mina COUSO FRAIZ	PEÑA TREVINCA BARCO	FEM	1:04:58 7,204	0:46:55 7,034	0:54:58 8,078	0:34:30 7,009	3:21:23 7,368	
FT.	98 Marta DÍAZ LÓPEZ		FEM	1:12:45 6,433	0:54:41 6,035	1:03:11 7,027	0:34:20 7,043	3:44:58 6,596	



Pos.	Fem.	Dr.	Nome	Clube	Categ.	(Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
FT.	100	Isabel	DIESTE REGADES	ARCA DO BARBANZA	FEM		1:12:40	6,440	0:52:27	6,292	1:00:55	7,289	0:29:37	8,164	3:35:40	6,880	
FT.	104	Manuel	DOMÍNGUEZ REGUEIRA		MAS		1:07:58	6,886	0:51:47	6,373	1:08:26	6,488	0:38:08	6,341	3:46:21	6,555	
FT.	120	Oscar	FERNÁNDEZ PAZ	AVELAINAS	MAS		1:01:33	7,604	0:48:16	6,837	0:54:31	8,144	0:45:33	5,308	3:29:55	7,069	
FT.	134	Diego	GARCIA BLANCO	MAIS DE MONTE	MAS		1:12:21	6,469	0:50:21	6,554	1:07:15	6,602	0:38:37	6,262	3:48:36	6,491	
FT.	142	Juan Francisco	GESTOSO PAZO		MAS		1:07:42	6,913	0:50:03	6,593	1:04:04	6,930	0:33:54	7,133	3:35:45	6,877	
FT.	144	Angel Gil	MARTINEZ		MAS		1:12:21	6,469	0:50:01	6,598	1:06:09	6,712	0:36:25	6,640	3:44:58	6,596	
FT.	157	Ruben	GONZALEZ LOPEZ		MAS		1:08:22	6,845	0:50:46	6,500	1:02:44	7,078	0:30:15	7,993	3:32:09	6,994	
FT.	159	Nataael	GONZALEZ MORAÑA	CLUB PEÑA TREVINCA MONTA	MAS		1:02:16	7,516	0:45:29	7,255	0:56:50	7,812	0:25:57	9,318	3:10:34	7,786	
FT.	169	José Antonio	JALLAS RODRÍGUEZ		MAS		1:08:58	6,786	0:51:31	6,406	1:04:30	6,884	0:33:12	7,283	3:38:12	6,800	
FT.	174	Fernando	LAJOS RODRÍGUEZ		MAS		1:18:13	5,983	0:53:36	6,157	1:04:45	6,857	0:34:32	7,002	3:51:08	6,420	
FT.	175	Roberto	LEIS BLANCO		MAS		1:03:46	7,339	0:54:10	6,092	1:07:56	6,536	0:32:18	7,486	3:38:11	6,801	
FT.	187	Elvira	LOSADA MORAL		FEM		1:02:35	7,478	0:49:26	6,676	1:04:40	6,866	0:36:18	6,661	3:33:01	6,966	
FT.	189	Manuel Antonio	LOURO INSUS		MAS		1:07:28	6,937	0:50:46	6,500	1:03:17	7,016	0:34:09	7,081	3:35:41	6,880	
FT.	190	José Manuel	LUSTRES OTERO	XISTRA	MAS		1:03:33	7,364	0:49:12	6,707	1:05:24	6,789	0:33:19	7,258	3:31:29	7,016	
FT.	199	Natalia	MARTINEZ ARIAS	+DMONTE	FEM		1:20:37	5,805	0:53:05	6,217	1:05:03	6,826	0:34:54	6,928	3:53:40	6,350	
FT.	224	Sandra	MUÑIZ POSE		FEM		1:07:49	6,901	0:49:53	6,615	1:01:27	7,225	0:33:04	7,312	3:32:15	6,991	
FT.	235	Carolina	OTERO ALONSO	CLUB PEÑA TREVINCA MONTA	FEM		1:02:10	7,528	0:44:22	7,438	0:58:05	7,644	0:25:44	9,396	3:10:22	7,794	
FT.	252	Noelia	PEDROSA GONZALEZ		FEM		1:07:30	6,933	0:50:55	6,481	1:03:15	7,020	0:34:01	7,108	3:35:41	6,880	
FT.	256	Javier	PEREIRO BLANCO		MAS		1:03:47	7,337	0:51:02	6,466	1:02:08	7,146	0:36:07	6,695	3:33:06	6,963	
FT.	261	Ceferina	PÉREZ FERNÁNDEZ	CLUB PEÑA TREVINCA BARCO	FEM		1:03:40	7,351	0:50:59	6,473	1:01:27	7,225	0:33:51	7,143	3:29:59	7,066	
FT.	276	José	POUSO MANEIRO		MAS		0:57:53	8,085	0:46:06	7,158	0:49:25	8,985	0:56:28	4,282	3:29:54	7,069	
FT.	281	Juan Carlos	RAMOS GARCIA		MAS		1:06:06	7,080	0:50:37	6,520	1:10:21	6,311	0:40:42	5,941	3:47:49	6,513	
FT.	284	Jesús	REGUEIRO BELLO		MAS		1:03:49	7,334	0:51:03	6,464	1:01:55	7,171	0:36:16	6,667	3:33:05	6,963	
FT.	288	Rogelio	REY CAMPOS	A PENIZA	MAS		1:07:37	6,921	0:51:11	6,447	1:03:37	6,979	0:33:12	7,283	3:35:39	6,881	
FT.	289	Victor Manuel	REY PRADO		MAS		1:13:51	6,337	0:54:43	6,031	1:08:55	6,443	0:32:06	7,533	3:49:36	6,463	
FT.	291	Juan Carlos	REY VAZQUEZ		MAS		1:07:38	6,920	0:53:13	6,201	1:12:24	6,133	0:37:59	6,366	3:51:15	6,416	
FT.	302	Cristina	RODRIGUEZ CASARES	MONTAÑAS DE TREVINCA	FEM		1:07:37	6,921	0:53:08	6,211	1:12:17	6,142	0:38:09	6,338	3:51:12	6,418	
FT.	326	Manuel	SEOANE GARCIA		MAS		1:06:06	7,080	0:50:37	6,520	1:10:24	6,307	0:40:46	5,931	3:47:55	6,510	
FT.	339	Jose Maria	TORRES TOBIO		MAS		1:11:05	6,584	0:50:20	6,556	1:02:20	7,123	0:32:56	7,342	3:36:43	6,847	
FT.	340	Pablo	TORRES VALES		MAS		1:20:02	5,848	1:02:05	5,315	1:04:39	6,868	0:27:55	8,661	3:54:42	6,322	
FT.	341	Claudio	TOURIÑO NOVO		MAS		1:08:55	6,791	0:52:54	6,238	1:11:49	6,182	0:39:15	6,161	3:52:54	6,371	
FT.	343	Pedro	VALDIVIA GONZÁLEZ	CLUB DE MONTAÑA XISTRA	MAS		1:09:35	6,726	0:53:21	6,186	1:04:48	6,852	0:40:45	5,934	3:48:30	6,494	
DNF	52	Ana	CAMPOS LOURIDO		FEM		1:40:53	4,639									
DNF	74	Maria Dolores	CES CASTAÑO	TRABANDAINAS	FEM		1:25:49	5,453									
DNF	83	Laura	CORTES CARBALLEIRA	CUNTIS	FEM		1:40:56	4,637									

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
DNF	88	Sara	COUSO FERRO		FEM	1:40:59	4,634				
DNF	166	Dominika	HLADUNSKA		FEM	1:27:04	5,375				
DNF	185	Severiano	LORENZO SANTAMARÍ		MAS	1:14:26	6,288				
DNF	197	María Jose	MARONAS SOÑORA	LOUSAME	FEM	1:14:28	6,285				
DNF	212	María Jose	MAYAN QUINTANS	CLUB DE MONTAÑA ABRAKAD	FEM	1:36:10	4,867				
DNF	220	Carlos	MORAÑA VARELA	CLUB DE MONTAÑA ABRAKAD	MAS	1:36:13	4,864				
DNF	243	Luis	OUJO POUZO		MAS	1:14:40	6,268				
DNF	319	María Pilar	SANTAMARÍA CALO	CLUB DE SENDEIRISMO TRABA	FEM	1:00:15	7,768				
DNF	333	Jacobo	TELLADO VICENTE	CLUB TRABANDAINAS	MAS	1:48:59	4,294				
DNF	337	Manuel	TOME PIÑEIRO		MAS	1:14:25	6,289	1:01:54	5,331		
DNF	346	Ana María	VEGA RODRÍGUEZ	CLUB PEÑA TREVINCA BARCO	FEM	1:40:15	4,668				
DNF	356	Lucía	DÍAZ CALVO		FEM	1:18:45	5,943	1:01:13	5,391		