

# III TRAIL NATURFEST - ROIS 2019

27 XULLO 2019

## - GENERAL -

GALITIMING  
DU!W!T!P!

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	META	DIF 1º	RITMO
1	1	18	CALVO CASTRO , LUIS	MALE	SENIOR	INDEPENDIENTE	01:15:10		05:01 min/Km
2	2	60	LORENZO BLANCO , CARLOS	MALE	SENIOR		01:15:14	+00:00:04	05:01 min/Km
3	1	72	PAZ PARDO , DANIEL	MALE	VETERAN	TRIBU TRAIL	01:17:45	+00:02:35	05:11 min/Km
4	3	24	CAROU CARRIL , ALBERTO	MALE	SENIOR	CLUB ATLETISMO O PINO	01:19:33	+00:04:23	05:19 min/Km
5	4	71	PASCUAL FIDALGO , MARCOS ANTONIO	MALE	SENIOR	CASTRO-TRAIL	01:19:36	+00:04:26	05:19 min/Km
6	5	68	MOURIÑO FRESCO , RAMON	MALE	SENIOR		01:20:11	+00:05:01	05:21 min/Km
7	6	62	MARTÍNEZ MAYO , CARLOS	MALE	SENIOR	CLUB ATLETISMO NEGREIRA	01:20:54	+00:05:44	05:24 min/Km
8	2	47	GÓMEZ SÁNCHEZ , JOSÉ MIGUEL	MALE	VETERAN	CLUB ATLETISMO O PINO	01:22:33	+00:07:23	05:31 min/Km
9	3	61	MANEIRO FREIRE , VICTOR	MALE	VETERAN	TRIBU TRAIL	01:22:37	+00:07:27	05:31 min/Km
10	4	97	TRABA CAAMAÑO , PEDRO	MALE	VETERAN	CAO ( CLUBE ATLETISMO OUTES )	01:23:34	+00:08:24	05:35 min/Km
11	5	35	ELOSUA CAPELLAN , JUAN	MALE	VETERAN	TRIBU TRAIL	01:24:04	+00:08:54	05:37 min/Km
12	6	46	GÓMEZ GÓMEZ , MANUEL	MALE	VETERAN	CLUB ATLETISMO LOUSAME	01:24:11	+00:09:01	05:37 min/Km
13	7	77	QUINTIÁN AGRAFOJO , CHEMA	MALE	SENIOR	CDM VÉRTICE	01:24:54	+00:09:44	05:40 min/Km
14	7	91	SOTO SANROMAN , JOSECHU	MALE	VETERAN	INDEPENDIENTE	01:25:21	+00:10:11	05:42 min/Km
15	8	2	ABALO CHOUZA , NARCISO	MALE	SENIOR	CDM VÉRTICE	01:26:46	+00:11:36	05:48 min/Km
16	9	49	GONZÁLEZ ÁLVAREZ , JOSÉ FELIPE	MALE	SENIOR		01:26:49	+00:11:39	05:48 min/Km
17	8	82	RODRIGUEZ FERNANDEZ , XOSEMARIA	MALE	VETERAN	TRIBU TRAIL	01:27:03	+00:11:53	05:49 min/Km
18	9	75	PEREIRA REY , JOSÉ CARLOS	MALE	VETERAN	RUNNIG ARTEIXO	01:27:54	+00:12:44	05:52 min/Km
19	10	64	MAYO MARTINEZ , JOSE RAMON	MALE	VETERAN	TRIBU TRAIL	01:27:59	+00:12:49	05:52 min/Km
20	11	48	GONZÁLEZ , JOSÉ MANUEL	MALE	VETERAN	SD BARBANTIA RODA	01:29:28	+00:14:18	05:58 min/Km
21	12	32	COUTO NAYA , DIEGO	MALE	VETERAN	A. D. JARNACHAS	01:32:37	+00:17:27	06:11 min/Km
22	13	12	BOQUETE CASAS , XOSE MANUEL	MALE	VETERAN	K2ORDES	01:32:37	+00:17:27	06:11 min/Km
23	10	17	CACHEIRO CALVIÑO , ROBERTO	MALE	SENIOR	O XALO OSCURO	01:32:49	+00:17:39	06:12 min/Km
24	11	51	GONZALEZ LOPEZ , JOHAN	MALE	SENIOR		01:32:49	+00:17:39	06:12 min/Km
25	14	52	GONZÁLEZ RODRÍGUEZ , FERNANDO	MALE	VETERAN	INDEPENDIENTE	01:33:07	+00:17:57	06:13 min/Km
26	12	92	SOUSA DOMÍNGUEZ , ADRIÁN	MALE	SENIOR	OBJETIVO TRAIL	01:33:29	+00:18:19	06:14 min/Km
27	15	16	CAAMAÑO NIETO , AVELINO	MALE	VETERAN	PONTE TRAIL	01:35:21	+00:20:11	06:22 min/Km
28	13	83	RODRIGUEZ RODRIGUEZ , ISAAC ALBERTO	MALE	SENIOR		01:36:10	+00:21:00	06:25 min/Km
29	14	58	LOPEZ GONZALEZ , ISMAEL	MALE	SENIOR	INDEPENDIENTE	01:36:15	+00:21:05	06:25 min/Km
30	15	98	TUBIO DAVILA , JOSE	MALE	SENIOR	TRIBU TRAIL	01:36:20	+00:21:10	06:26 min/Km
31	16	5	BAÑA TOME , PABLO	MALE	SENIOR	CDM VÉRTICE	01:36:33	+00:21:23	06:27 min/Km
32	16	15	BUJÁN GONZÁLEZ , JOSÉ	MALE	VETERAN	CAO ( CLUBE ATLETISMO OUTES )	01:36:39	+00:21:29	06:27 min/Km
33	17	10	BEIS CABANAS , JESUS	MALE	VETERAN	CLUB ATLETISMO O PINO	01:36:40	+00:21:30	06:27 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	META	DIF 1º	RITMO
34	17	41	FREIRE OTERO , DAVID FREIRE OTERO	MALE	SENIOR		01:37:01	+00:21:51	06:29 min/Km
35	18	89	SANMARTÍN CARREIRA , IVÁN PABLO	MALE	VETERAN	CLUB ATLETISMO O PINO	01:37:01	+00:21:51	06:29 min/Km
36	1	8	BARROSO PEREZ , BEATRIZ	FEMALE	VETERAN-F	TRIBU TRAIL	01:37:01	+00:21:51	06:29 min/Km
37	18	21	CAMPOS GESTAL , NÉSTOR	MALE	SENIOR	A. D. JARNACHAS	01:37:40	+00:22:30	06:31 min/Km
38	19	67	MONTEAGUDO ARUFE , MANOLO	MALE	SENIOR		01:37:45	+00:22:35	06:31 min/Km
39	19	43	GAYOSO , ROBERTO	MALE	VETERAN		01:38:26	+00:23:16	06:34 min/Km
40	20	66	MOLINERO RECIO , HUGO	MALE	VETERAN	CLUB NATACION LICEO	01:38:28	+00:23:18	06:34 min/Km
41	1	19	CALVO DOPAZO , VERÓNICA	FEMALE	SENIOR-F	CDM VÉRTICE	01:38:30	+00:23:20	06:34 min/Km
42	21	101	XUNCAL PEREIRA , LUÍS	MALE	VETERAN	INDEPENDIENTE	01:38:44	+00:23:34	06:35 min/Km
43	20	88	SANMARCO JANEIRO , FABIÁN	MALE	SENIOR	INDEPENDIENTE	01:39:18	+00:24:08	06:38 min/Km
44	22	33	DIESTE REGADES , SERGIO	MALE	VETERAN	TRIBU TRAIL	01:39:30	+00:24:20	06:38 min/Km
45	23	95	TORRES BAUTIS , MANUEL	MALE	VETERAN		01:41:28	+00:26:18	06:46 min/Km
46	21	13	BOULLÓN PÉREZ , JAVIER	MALE	SENIOR	INDEPENDIENTE	01:41:50	+00:26:40	06:48 min/Km
47	22	20	CALVO ÉZARA , ADRIÁN	MALE	SENIOR	CROSSFIT BERKANA	01:43:44	+00:28:34	06:55 min/Km
48	24	86	SALGUEIRO MATA , JOSE	MALE	VETERAN	CDM VÉRTICE	01:43:44	+00:28:34	06:55 min/Km
49	25	26	CASÁS CASÁS , JOSÉ MANUEL	MALE	VETERAN	INDEPENDIENTE	01:43:49	+00:28:39	06:56 min/Km
50	23	45	GÓMEZ , SANTIAGO	MALE	SENIOR	INDEPENDIENTE	01:43:52	+00:28:42	06:56 min/Km
51	2	69	NÚÑEZ-NAVEIRA , LAURA	FEMALE	VETERAN-F	INDEPENDIENTE	01:44:12	+00:29:02	06:57 min/Km
52	26	99	VAZQUEZ FIGUEIRAS , JAVIER	MALE	VETERAN	INDEPENDIENTE	01:44:42	+00:29:32	06:59 min/Km
53	27	11	BLANCO SANTOS , ESTEBAN	MALE	VETERAN	TRIBU TRAIL	01:45:53	+00:30:43	07:04 min/Km
54	24	27	CASTRO SOUTO , ALFONSO JAVIER	MALE	SENIOR	GMTA&CHUVONERS	01:46:24	+00:31:14	07:06 min/Km
55	25	80	RIVAS ALENDE , JUAN	MALE	SENIOR	CAO ( CLUBE ATLETISMO OUTES )	01:47:19	+00:32:09	07:10 min/Km
56	26	79	RARÍS CASTRO , RUBÉN	MALE	SENIOR	CROSSFIT BERKANA	01:47:55	+00:32:45	07:12 min/Km
57	28	73	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VETERAN	ATLETISMO FONTES DO SAR	01:47:56	+00:32:46	07:12 min/Km
58	2	34	DURO LIÑARES , OLALLA	FEMALE	SENIOR-F	PONTE TRAIL	01:49:45	+00:34:35	07:19 min/Km
59	29	44	GENDRE FERNANDEZ , JAVIER	MALE	VETERAN	TARTARUGAS	01:50:37	+00:35:27	07:23 min/Km
60	27	14	BRENLLA FAJIN , SATIRO	MALE	SENIOR	TARTARUGAS	01:50:38	+00:35:28	07:23 min/Km
61	28	23	CARNOTA COSTOYA , CRISTIAN	MALE	SENIOR		01:53:19	+00:38:09	07:34 min/Km
62	30	56	JUNCAL COSTA , ANTON	MALE	VETERAN	TAMBRE RUNNYNG	01:54:12	+00:39:02	07:37 min/Km
63	3	30	CORTÓN TESOURO , MAIUCA	FEMALE	VETERAN-F		01:54:15	+00:39:05	07:37 min/Km
64	31	55	INSUA PAZOS , EMILIO	MALE	VETERAN		01:54:15	+00:39:05	07:37 min/Km
65	32	84	RODRÍGUEZ SEOANE , DAVID	MALE	VETERAN	INDEPENDIENTE	01:55:13	+00:40:03	07:41 min/Km
66	33	63	MATO PEÓN , CELESTINO	MALE	VETERAN	PONTE TRAIL	01:55:18	+00:40:08	07:42 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT		CATEGORY	CLUB	META	DIF 1º	RITMO
67	34	70	ODRIOZOLA LINO , JAVIER	MALE	VETERAN	CANGURO AAC	01:55:45	+00:40:35	07:43 min/Km
68	35	59	LOPEZ OUTEIRAL , JOSE CARLOS	MALE	VETERAN	SD BARBANTIA RODA	01:55:46	+00:40:36	07:44 min/Km
69	4	42	GARCÍA ABALO , MADA	FEMALE	VETERAN-F	CAO ( CLUBE ATLETISMO OUTES )	01:56:10	+00:41:00	07:45 min/Km
70	3	76	QUINTELA CASAL , LUCÍA	FEMALE	SENIOR-F	CLUB ATLETISMO O PINO	01:56:53	+00:41:43	07:48 min/Km
71	36	87	SANDOVAL LERA , GUILLERMO	MALE	VETERAN		01:58:58	+00:43:48	07:56 min/Km
72	4	39	FERNANDEZ FRAGA , MARÍA	FEMALE	SENIOR-F		01:59:01	+00:43:51	07:57 min/Km
73	29	93	SUSAVILA VILAS , HADRIÁN	MALE	SENIOR	CROSSFIT BERKANA	02:00:52	+00:45:42	08:04 min/Km
74	5	3	ALONSO ROMERO , REBECA	FEMALE	SENIOR-F		02:01:37	+00:46:27	08:07 min/Km
75	37	40	FERREIROS LOPEZ , FRANCISCO	MALE	VETERAN	INDEPENDIENTE	02:01:38	+00:46:28	08:07 min/Km
76	5	94	TOREA TOREA , ELENA	FEMALE	VETERAN-F	CLUB ATLETISMO LOUSAME	02:03:28	+00:48:18	08:14 min/Km
77	38	1	ABAL MORRAZO , EMILIO	MALE	VETERAN		02:07:06	+00:51:56	08:29 min/Km
78	30	90	SANTOS ROJAS , FRANCISCO	MALE	SENIOR		02:07:12	+00:52:02	08:29 min/Km
79	39	25	CARRASCO ITURRA , CARLOS	MALE	VETERAN	CLUB ATLETISMO O PINO	02:09:57	+00:54:47	08:40 min/Km
80	40	100	VLLANUSTRE ABUIN , GERMAN	MALE	VETERAN	SD BARBANTIA RODA	02:12:41	+00:57:31	08:51 min/Km
81	41	22	CAPELO RIOS , MANUEL	MALE	VETERAN	TRAILEROS DO SUR	02:13:10	+00:58:00	08:53 min/Km
82	42	85	RODRÍGUEZ VALIÑA , JAVIER	MALE	VETERAN	NOSPORTLIMIT	02:20:38	+01:05:28	09:23 min/Km
83	6	7	BARREIRO RODRIGUEZ , TAMARA	FEMALE	SENIOR-F	CAO ( CLUBE ATLETISMO OUTES )	02:20:45	+01:05:35	09:23 min/Km
84	43	6	BARREIRO CERNADAS , RAMON	MALE	VETERAN	CAO ( CLUBE ATLETISMO OUTES )	02:20:46	+01:05:36	09:24 min/Km
85	7	31	COSTA FAYA , SARA	FEMALE	SENIOR-F	CLUB ATLETISMO O PINO	02:24:36	+01:09:26	09:39 min/Km
86	6	57	LEDESMA , MARGA	FEMALE	VETERAN-F	CLUB ATLETISMO O PINO	02:24:37	+01:09:27	09:39 min/Km
87	44	37	FERNANDEZ CLEMENTE , CARLOS	MALE	VETERAN		02:30:09	+01:14:59	10:01 min/Km
88	31	38	FERNANDEZ FRAGA , CARLOS	MALE	SENIOR		02:30:09	+01:14:59	10:01 min/Km
89	45	9	BEAMONTE CÓRDOBA , EDUARDO	MALE	VETERAN	S.M.C.A. CAFETERÍAS WILLIAM	02:30:09	+01:14:59	10:01 min/Km
90	7	53	GONZÁLEZ VILLAR , YOLANDA	FEMALE	VETERAN-F	CAO ( CLUBE ATLETISMO OUTES )	02:34:05	+01:18:55	10:17 min/Km
91	46	81	RODRÍGUEZ FERNÁNDEZ , RICARDO JULIO	MALE	VETERAN	CAO ( CLUBE ATLETISMO OUTES )	02:34:05	+01:18:55	10:17 min/Km
92	8	50	GONZÁLEZ GARCÍA , CAROLINA	FEMALE	VETERAN-F	SAR VERMÚ PETRONI	02:34:55	+01:19:45	10:20 min/Km
93	47	65	MENDEZ FROJAN , XAIÑO	MALE	VETERAN	PETRONI	02:34:55	+01:19:45	10:20 min/Km
94	32	74	PEDROSA MAYO , JOSE MANUEL	MALE	SENIOR	PONTE TRAIL	02:34:56	+01:19:46	10:20 min/Km