

TRAIL CONCELLO DE LOUSAME 2024

CLASIFICACIÓN TRAIL LONGO



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	TCONTROL	SEXO	CATEGORÍA	LOCAL
1	12	GONZALEZ CASTRO, DAMIAN		02:07:21	5:05	01:11:46 (1)	M (1)	ABSOLUTA M (1)	
2	4	PASCUAL FIDALGO, MARCOS	CD BIOSBARDOS	02:10:36	5:13	01:13:51 (3)	M (2)	ABSOLUTA M (2)	
3	51	PIÑEIRO FIEL, MANUEL	CDM VÉRTICE	02:10:41	5:13	01:13:29 (2)	M (3)	ABSOLUTA M (3)	
4	120	GUERRA MAGAN, OSCAR	CLUB ATLETISMO CAMBADOS	02:10:54	5:14	01:15:26 (5)	M (4)	MASTER M (1)	
5	1	LORENZO, CARLOS		02:11:44	5:16	01:15:37 (6)	M (5)	ABSOLUTA M (4)	
6	40	HERMIDA PRADO, ADRIAN		02:14:14	5:22	01:15:07 (4)	M (6)	ABSOLUTA M (5)	
7	13	RIVERA VALVERDE, JUAN MIGUEL	ATLETISMO BAIONA	02:14:19	5:22	01:16:13 (7)	M (7)	ABSOLUTA M (6)	
8	115	LORENZO GUIMARANS, FERNANDO	CDM XESTEIRAS	02:15:13	5:24	01:17:06 (8)	M (8)	MASTER M (2)	
9	121	GAMERO RUIZ, ANTONIO	C.M. SIERRA SUR	02:16:16	5:27	01:18:09 (10)	M (9)	MASTER M (3)	
10	122	OUBIÑA DIOS, FRANCISCO RAMÓN	C. A. CAMBADOS	02:19:47	5:35	01:20:37 (12)	M (10)	MASTER M (4)	
11	44	GARCIA VIDAL, JAVIER		02:19:55	5:35	01:17:15 (9)	M (11)	ABSOLUTA M (7)	
12	31	BEREJO NEBRIL, MOISÉS		02:22:28	5:41	01:21:02 (13)	M (12)	ABSOLUTA M (8)	
13	81	ALBORÉS MÍGUEZ, JORGE	ATLETISMO BAIONA	02:24:17	5:46	01:21:07 (14)	M (13)	MASTER M (5)	
14	29	CONDE BARREIRO, DANIEL	CLUB ATLETISMO OUTES CAO - MARISCOS ANTÓN	02:24:46	5:47	01:20:21 (11)	M (14)	ABSOLUTA M (9)	
15	70	PEREZ RODRÍGUEZ, JOSE MANUEL	ATLETISMO ARENTEIRO	02:25:42	5:49	01:23:13 (18)	M (15)	MASTER M (6)	
16	133	FERNÁNDEZ CASAL, CARLOS	OS CORREDORES DO INFERNO	02:26:42	5:52	01:22:36 (15)	M (16)	MASTER M (7)	
17	23	CALVELO CODESIDO, DIEGO	A D. MONTEBRONDO	02:26:45	5:52	01:23:27 (19)	M (17)	ABSOLUTA M (10)	
18	9	TOSAR ASOREY, FRANCISCO	CD MESOIRO	02:27:22	5:53	01:22:58 (16)	M (18)	ABSOLUTA M (11)	
19	72	ALVAREZ CHINCHILLA, JESUS	CLUB ATLETISMO SADA MONTAÑA	02:28:58	5:57	01:24:35 (21)	M (19)	MASTER M (8)	
20	57	PLATERO PRADO, MARIA	TRAILEROS TOXOS&BIRRAS	02:30:16	6:00	01:22:59 (17)	F (1)	ABSOLUTA F (1)	
21	96	SUEIRO MENDEZ, ANDRES	CLUB ATLETISMO CAMBADOS	02:30:40	6:01	01:23:29 (20)	M (20)	MASTER M (9)	
22	86	COSTAS PAZOS, MARÍA ELISA	COUTADAS TRAIL TEAM	02:31:13	6:02	01:26:24 (22)	F (2)	MASTER F (1)	
23	103	LARIA SAN MARTIN, RUBEN	DUBRA TEAM	02:32:52	6:06	01:29:25 (30)	M (21)	MASTER M (10)	
24	65	TRIÑANES, JAVIER	SERRES RUNNERS	02:34:04	6:09	01:28:33 (26)	M (22)	ABSOLUTA M (12)	
25	97	GENDRE FERNÁNDEZ, JAVIER	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	02:34:14	6:10	01:32:03 (38)	M (23)	MASTER M (11)	
26	22	FREIRE OTERO, DAVID	A D. MONTEBRONDO	02:34:41	6:11	01:29:08 (28)	M (24)	ABSOLUTA M (13)	
27	95	FERNANDEZ BLANCO, DAVID	A D. MONTEBRONDO	02:34:54	6:11	01:29:03 (27)	M (25)	MASTER M (12)	
28	109	BARREIRO CORDEIRO, JAVI	SERRES RUNNERS	02:34:59	6:11	01:30:35 (35)	M (26)	MASTER M (13)	
29	94	TRIÑANES SÁNCHEZ, CARLOS		02:35:36	6:13	01:30:42 (36)	M (27)	MASTER M (14)	
30	50	MARTÍNEZ TEJEDOR, ALEJANDRO	TRAILEROS TOXOS&BIRRAS	02:35:54	6:14	01:28:26 (24)	M (28)	ABSOLUTA M (14)	
31	27	MARTÍNEZ IGLESIAS, ERIC	S. D. BARBANTIA RODA	02:35:55	6:14	01:29:30 (31)	M (29)	ABSOLUTA M (15)	
32	118	RIVAS CASTRO, JUAN	CLUB ATLETISMO CAMBADOS	02:37:04	6:16	01:29:23 (29)	M (30)	MASTER M (15)	
33	124	DIESTE REGADES, SERGIO	TRIBU TRAIL	02:37:30	6:17	01:30:30 (33)	M (31)	MASTER M (16)	

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34	98	RODRÍGUEZ TORRES, JUAN CARLOS	S. D. BARBANTIA RODA	02:37:32	6:18	01:28:25 (23)	M (32)	MASTER M (17)	
35	14	PAZOS VAZQUEZ, SANTI	CLUB ATLETISMO LOUSAME	02:37:42	6:18	01:28:28 (25)	M (33)	ABSOLUTA M (16)	
36	61	SANTOS SUAREZ, JOSE	TRAILEROS TOXOS&BIRRAS	02:40:03	6:24	01:30:54 (37)	M (34)	ABSOLUTA M (17)	
37	49	GARCÍA PADÍN, DAVID		02:41:10	6:26	01:33:13 (44)	M (35)	ABSOLUTA M (18)	
38	48	IGLESIAS VAZQUEZ, MANUEL	TRIBU TRAIL	02:41:36	6:27	01:32:18 (39)	M (36)	ABSOLUTA M (19)	
39	90	FERNÁNDEZ FRANCO, HUGO		02:42:20	6:29	01:30:32 (34)	M (37)	MASTER M (18)	
40	134	PEON SANTOME, LUCIA	ATLETISMO ARENTEIRO	02:42:30	6:29	01:35:09 (50)	F (3)	ABSOLUTA F (2)	
41	33	POMAR PONS, JOAN	NU'U TRAINING CLUB	02:43:14	6:31	01:32:40 (43)	M (38)	ABSOLUTA M (20)	
42	6	RODRIGUEZ MARTINEZ, LORETO	ATLETISMO BAIONA	02:43:44	6:32	01:32:30 (41)	F (4)	ABSOLUTA F (3)	
43	74	BOUZON RODRIGUEZ, JOSE	ATLETISMO BAIONA	02:43:44	6:32	01:32:32 (42)	M (39)	MASTER M (19)	
44	59	ABELENDA POSE, FANNY	CD BIOSBARDOS	02:44:25	6:34	01:36:01 (54)	F (5)	ABSOLUTA F (4)	
45	24	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	02:44:45	6:35	01:29:53 (32)	M (40)	ABSOLUTA M (21)	
46	10	FREIRE RUIBAL, DANIEL		02:44:53	6:35	01:34:51 (48)	M (41)	ABSOLUTA M (22)	
47	60	BOKHINSKA, YULIIA	OS CORREDORES DO INFERNO	02:45:25	6:36	01:34:05 (45)	F (6)	ABSOLUTA F (5)	
48	36	PÉREZ MUROS, SEBAS	SERRES RUNNERS	02:45:26	6:37	01:35:34 (52)	M (42)	ABSOLUTA M (23)	
49	35	FONTAN GOMEZ, JUAN CARLOS	ATLETISMO BAIONA	02:45:39	6:37	01:34:34 (47)	M (43)	ABSOLUTA M (24)	
50	17	ÁLVAREZ LORENZO, ALBERTO	ATLETISMO PORRIÑO	02:46:48	6:40	01:32:28 (40)	M (44)	ABSOLUTA M (25)	
51	45	FIGUEIRA DIESTE, NURIA	NU'U TRAINING CLUB	02:48:14	6:43	01:38:14 (65)	F (7)	ABSOLUTA F (6)	
52	43	GARCÍA SANJURJO, DANIEL		02:48:14	6:43	01:37:59 (64)	M (45)	ABSOLUTA M (26)	
53	11	ARCOS VILANOVA, GABRIEL		02:48:16	6:43	01:35:02 (49)	M (46)	ABSOLUTA M (27)	
54	16	RODRÍGUEZ ESTEBAN, PABLO	BJ RUNNING TEAM	02:48:18	6:43	01:34:10 (46)	M (47)	ABSOLUTA M (28)	
55	129	BECERRA CARRIL, NACHO	TRAILEROS TOXOS&BIRRAS	02:49:39	6:47	01:35:59 (53)	M (48)	MASTER M (20)	
56	125	GARCÍA GÓMEZ, JOSÉ MANUEL	TRAILEROS TOXOS&BIRRAS	02:49:40	6:47	01:35:16 (51)	M (49)	MASTER M (21)	
57	88	MUIÑO CASTRO, JOSÉ ANTONIO		02:50:07	6:48	01:37:29 (61)	M (50)	MASTER M (22)	
58	101	LÓPEZ DOCOBO, IVÁN	C.M. ENSIDESA GIJÓN	02:50:08	6:48	01:38:43 (67)	M (51)	MASTER M (23)	
59	83	GARCIA CREO, AGUSTIN		02:50:20	6:48	01:36:02 (55)	M (52)	MASTER M (24)	
60	82	RODRIGUEZ GARCÍA, ALBERTO	PURA VIDA DEPORTIVA	02:50:58	6:50	01:37:23 (59)	M (53)	MASTER M (25)	
61	39	SANTOS PRADO, ENRIQUE	DENTALCOM	02:52:16	6:53	01:36:32 (57)	M (54)	ABSOLUTA M (29)	
62	130	SANMARCO VIDAL, MANUEL	CASTRELOS KM0	02:52:39	6:54	01:40:56 (73)	M (55)	MASTER M (26)	
63	38	FERNÁNDEZ DOMÍNGUEZ, IAGO		02:53:16	6:55	01:37:58 (63)	M (56)	ABSOLUTA M (30)	
64	119	GORIS PEREIRAS, JOSE ALFONSO	DUBRA TEAM	02:53:41	6:56	01:39:20 (68)	M (57)	MASTER M (27)	
65	114	CERNADAS SOBREDO, JOSE LUIS	DUBRA TEAM	02:53:41	6:56	01:38:17 (66)	M (58)	MASTER M (28)	
66	76	GÓMEZ CALVIÑO, EMILIO		02:53:45	6:56	01:36:45 (58)	M (59)	MASTER M (29)	

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67	102	SERRANO REMUIÑÁN, JOSÉ ANTONIO		02:53:55	6:57	01:37:33 (62)	M (60)	MASTER M (30)	
68	28	GÓMEZ NAVAL, MATEO	PEÑA LAR TRAIL	02:54:49	6:59	01:40:31 (71)	M (61)	ABSOLUTA M (31)	
69	69	BUSTELO, JULIO	AGRODOSOUTO.COM TOURIST SPORT VILLAGE	02:55:04	7:00	01:39:21 (69)	M (62)	MASTER M (31)	
70	71	ASTRAY LÓPEZ, PABLO		02:55:14	7:00	01:36:10 (56)	M (63)	MASTER M (32)	
71	85	BLANCO PENA, FINA	C.D. 21 LEGUAS	02:55:37	7:01	01:41:43 (77)	F (8)	MASTER F (2)	
72	108	BARREIRO PADIN, ALFONSO	CASTRO TRAIL	02:55:38	7:01	01:37:28 (60)	M (64)	MASTER M (33)	
73	75	PAZOS SOLIÑO, PABLO		02:56:29	7:03	01:41:25 (76)	M (65)	MASTER M (34)	
74	32	CASTRO CABEZA, MARCOS	CLUB K2 ORDES	02:56:44	7:04	01:41:18 (75)	M (66)	ABSOLUTA M (32)	
75	68	DE LA FUENTE IGLESIAS, EVA	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	02:58:25	7:08	01:42:17 (79)	F (9)	MASTER F (3)	
76	56	MURAS SERANTES, ESTEFANÍA	OS CORREDORES DO INFERNO	02:59:17	7:10	01:42:22 (81)	F (10)	ABSOLUTA F (7)	
77	78	DE LAS HERAS LIÑERO, IGOR	ATLETISMO BAIONA	03:00:36	7:13	01:42:38 (83)	M (67)	MASTER M (35)	
78	5	EXPÓSITO LAGO, ABEL	ATLETISMO BAIONA	03:00:37	7:13	01:41:10 (74)	M (68)	ABSOLUTA M (33)	
79	54	SOTELO LORENZO, DANIEL	OS EIDOS TRAIL TEAM	03:00:52	7:14	01:40:51 (72)	M (69)	ABSOLUTA M (34)	
80	112	PIÑEIRO LOPEZ, DAVID	CD MESOIRO	03:01:15	7:14	01:43:43 (86)	M (70)	MASTER M (36)	
81	18	CORREA SAMBADE, OSCAR	CD MESOIRO	03:01:15	7:14	01:43:42 (85)	M (71)	ABSOLUTA M (35)	
82	126	GOMEZ PEREZ, JUAN CARLOS	BJ RUNNING TEAM	03:01:48	7:16	01:44:44 (88)	M (72)	MASTER M (37)	
83	62	MAYÁN MARTÍNEZ, MIGUEL	TRIBU TRAIL	03:03:06	7:19	01:39:42 (70)	M (73)	ABSOLUTA M (36)	
84	128	PAZOS SUÁREZ, FRANCISCO JAVIER	MAIS DE MONTE	03:03:15	7:19	01:44:17 (87)	M (74)	MASTER M (38)	
85	80	SOMAVILLA GUTIÉRREZ, JAVIER		03:03:18	7:19	01:45:32 (93)	M (75)	MASTER M (39)	
86	106	MOLINA CHÁVEZ, EVA MARÍA	CLUB CORREDOIRAS BUEU	03:03:36	7:20	01:45:17 (92)	F (11)	MASTER F (4)	
87	47	DOCAMPO SUAREZ, ROBERTO	TRAILEROS TOXOS&BIRRAS	03:03:51	7:21	01:42:31 (82)	M (76)	ABSOLUTA M (37)	
88	63	PÉREZ SABORIDO, MARTIN	S. D. BARBANTIA RODA	03:04:01	7:21	01:44:47 (90)	M (77)	ABSOLUTA M (38)	
89	3	NÚÑEZ QUEIRUGA, ZALO	MONTEMUIÑO	03:04:33	7:22	01:42:19 (80)	M (78)	ABSOLUTA M (39)	
90	20	FERREIRO PEREZ, MARIA	GMTA&CHUVONERS	03:04:59	7:23	01:42:03 (78)	F (12)	ABSOLUTA F (8)	
91	104	SAMBADE CAAMAÑO, BEGO	SERRES RUNNERS	03:05:34	7:25	01:48:26 (101)	F (13)	MASTER F (5)	
92	26	ESTRADA, KENIA	C .D BIOSBARDO	03:05:41	7:25	01:43:18 (84)	F (14)	ABSOLUTA F (9)	
93	113	DEL RIO GOMEZ, CARLOS		03:06:41	7:28	01:44:44 (89)	M (79)	MASTER M (40)	
94	79	GONZÁLEZ VÁZQUEZ, MARIA DEL PILAR	KORPOREARENTEIRO TRAIL	03:06:42	7:28	01:45:45 (94)	F (15)	MASTER F (6)	
95	84	MALLO NIEVES, JOSE MANUEL	TARTARUGAS	03:07:56	7:31	01:47:37 (98)	M (80)	MASTER M (41)	
96	116	GONZALEZ MARIÑO, ADOLFO		03:11:37	7:39	01:48:29 (102)	M (81)	MASTER M (42)	
97	111	ALONSO REFOJO, MARCOS		03:11:37	7:39	01:46:26 (96)	M (82)	MASTER M (43)	
98	34	QUINDIMIL GARCÍA, JORGE ADRIÁN	CLUB ATLETISMO TAMBRE	03:11:49	7:40	01:48:09 (100)	M (83)	ABSOLUTA M (40)	
99	89	RODRIGUEZ LAGARES, MONCHO	CD MESOIRO	03:14:28	7:46	01:48:05 (99)	M (84)	MASTER M (44)	

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100	42	PIÑEIRO GARCÍA, HECTOR	CLUB ATLETISMO LOUSAME	03:15:35	7:49	01:52:31 (107)	M (85)	ABSOLUTA M (41)	
101	25	GARCÍA ÁLVAREZ, MARCOS		03:16:16	7:51	01:49:10 (105)	M (86)	ABSOLUTA M (42)	
102	66	TOREA TOREA, ELENA	CLUB ATLETISMO LOUSAME	03:17:07	7:53	01:53:17 (108)	F (16)	MASTER F (7)	F (1)
103	7	ESCALANTE, DAVID		03:20:09	8:00	01:48:59 (104)	M (87)	ABSOLUTA M (43)	
104	21	VITTORI ROMERO, LUIS MIGUEL	CLUB HÉRCULES TERMARIA	03:20:09	8:00	01:49:12 (106)	M (88)	ABSOLUTA M (44)	
105	2	SANTOS SANTAMARIA, JOSÉ RAMON	CHORIMA	03:20:39	8:01	01:48:39 (103)	M (89)	ABSOLUTA M (45)	
106	77	MARIÑO DIESTE, JUAN JOSE	OS AFORCADOS MTB	03:21:17	8:03	01:46:31 (97)	M (90)	MASTER M (45)	
107	64	PEREZ SABORIDO, ALBERTO		03:26:45	8:16	01:55:52 (110)	M (91)	ABSOLUTA M (46)	
108	73	CAPELO RIOS, MANUEL		03:28:26	8:20	01:57:28 (111)	M (92)	MASTER M (46)	
109	37	SÁNCHEZ GUERRA, SONIA	BJ RUNNING TEAM	03:28:41	8:20	02:00:47 (114)	F (17)	ABSOLUTA F (10)	
110	123	GUIJARRO ARCA, BASILIO	BJ RUNNING TEAM	03:28:41	8:20	02:00:49 (116)	M (93)	MASTER M (47)	
111	92	MARTINEZ HAYNES, ENRIQUE		03:29:06	8:21	01:46:21 (95)	M (94)	MASTER M (48)	
112	67	PALMERO DOSIL, MIGUEL ÁNGEL		03:31:46	8:28	01:59:07 (113)	M (95)	MASTER M (49)	
113	100	MARTÍNEZ FERNANDEZ, ANA MARÍA	C.M. ENSIDESA GIJÓN	03:31:53	8:28	02:00:48 (115)	F (18)	MASTER F (8)	
114	93	COBAS REBOIRAS, CARLOS		03:34:26	8:34	01:44:56 (91)	M (96)	MASTER M (50)	
115	91	MOSQUERA CARNOTA, JUAN		03:36:26	8:39	01:55:33 (109)	M (97)	MASTER M (51)	
116	127	DOMÍNGUEZ ALLEGUE, PEDRO	CLUB DE MONTAÑA ANYERA	03:37:28	8:41	01:58:07 (112)	M (98)	MASTER M (52)	
117	87	VILAR REINA, VÍCTOR MANUEL	OPA FERROL	04:00:06	9:36	02:08:17 (117)	M (99)	MASTER M (53)	
118	132	LICER VÁZQUEZ, JOSÉ ANTONIO		04:17:53	10:18	02:23:47 (118)	M (100)	MASTER M (54)	

Total: 118