

I TRAIL DE LOUSAME

PODIUM ABSOLUTO



PTO	DORSAL	NOMRE	EQUIPO	T OFICIAL	RITMO	T NETO
FERVENZAS DE TOXOSOUTOS						
Femenino						
1	45	PAULA RODRIGUEZ LOURO	NINGUNO	01:34:08,87	6:43	01:34:05,53
2	15	NATALIA MARTINEZ ARIAS	CLUB LOUSAME TRAIL	01:38:03,07	7:00	01:38:00,79
3	68	OLALLA DURO LIÑARES	PONTE TRAIL	01:41:29,54	7:14	01:41:27,59
4	12	ELENA TOREA TOREA	LOUSAME DEPORTE	01:42:24,00	7:18	01:42:22,05
5	78	ROSA MARÍA FIGUEIRA REY	TRIBU TRAIL	01:47:56,60	7:42	01:47:53,85
6	54	SUSANA GOMEZ LODEIROS	OS TARTARUGAS	01:52:04,31	8:00	01:52:01,24
7	82	LUCÍA ARES VILLAMOR	NINGUNO	01:54:20,59	8:10	01:54:12,34
8	67	VANESA TUBÍO TUBÍO	CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	01:57:02,33	8:21	01:56:59,89
9	43	ELENA MAROÑAS CAMPOS	S.D BARBANTIA RODA	01:57:02,39	8:21	01:56:59,13
10	41	ANA BELLO NINE	S.D BARBANTIA RODA	01:57:02,47	8:21	01:56:59,28
11	48	RAQUEL CASTIÑEIRAS PEREIRA	TARTARUGAS	01:57:21,85	8:22	01:57:17,81
12	66	LIZA CABALLERO	NÁUTICA NARON	01:59:49,67	8:33	01:59:42,46
13	30	LAURA MEZA MEZA CABAÑAS	NINGUNO	02:05:15,77	8:56	02:05:07,79
14	98	LAURA FELISA LÓPEZ LOPEZ	NINGUNO	02:05:16,76	8:56	02:05:09,35
15	57	NIDIA GONZALES	NINGUNO	02:05:17,41	8:56	02:05:09,52
16	61	PAZ PEÑA VILLAMIDE	TARTARUGAS	02:09:21,94	9:14	02:09:19,73
17	39	PATRICIA LAGO GONZÁLEZ	NINGUNO	02:16:21,51	9:44	02:16:15,82
18	80	DALIA CAO NOYA	CLUB DE MONTAÑA ABRAKDABRA	02:18:15,47	9:52	02:18:11,92
19	81	EVA LISTE RODRIGUEZ	CLUB DE MONTAÑA ABRAKDABRA	02:18:15,52	9:52	02:18:11,59
20	79	MAITE PONTE MAYAN	NINGUNO	02:18:15,78	9:52	02:18:12,44
21	22	CHEFA CAJUSO	CLUB ATLETISMO NEGREIRA	02:20:34,52	10:02	02:20:28,02
22	23	CRISTINA GARCÍA LUEIRO	CERVECERIA O COTON NEGREIRA	02:20:46,11	10:03	02:20:39,62
23	35	GEMA ROO MAROÑAS	NINGUNO	02:21:01,07	10:04	02:20:56,93
24	3	MARIA RUSO GUNDIM	NINGUNO	02:21:01,07	10:04	02:20:56,54
25	2	ALBA GONZALEZ OVIEDO	RUNNING LICEO DE NOIA	02:21:02,26	10:04	02:20:56,35
26	36	TAMARA MARTÍNEZ LOJO	MGM	02:21:02,34	10:04	02:20:57,70
27	6	YOLANDA GONZÁLEZ VILLAR	CLUB DE ATLETISMO DE OUTES JOHN TURKEY	02:26:56,73	10:29	02:26:49,65
28	7	NATALIA GARCÍA FEIJOÓ DE SOTOMAYOR	NINGUNO	02:28:47,26	10:37	02:28:37,36
n.a.	28	MATILDE VÁZQUEZ CAAMAÑO	NINGUNO		0:00	

PTO	DORSAL	NOMRE	EQUIPO	T OFICIAL	RITMO	T NETO
Masculino						
1	19	RUBEN MARTINEZ MAYO	CLUB ATLETISMO NEGREIRA	01:06:12,77	4:43	01:06:12,24
2	17	VICTOR JOSE GONZÁLEZ HORTA	LODEIROS TRAIL	01:08:29,00	4:53	01:08:28,56
3	107	ELOY GONZÁLEZ HORTA	LODEIROS TRAIL	01:08:35,04	4:53	01:08:35,04
4	75	MANUEL PAIS TAJES	TRAILEROS TOXOS&BIRRAS	01:12:31,01	5:10	01:12:31,01
5	104	OSCAR BRION BRION	MAXIKO MASAXES KIKO	01:13:18,75	5:14	01:13:18,03
6	51	FERNANDO PÉREZ FERNÁNDEZ	SENBAL TEAM	01:14:15,53	5:18	01:14:15,53
7	47	KIKO GARCÍA ABALO	MAXIKO MASAXES KIKO	01:14:37,71	5:19	01:14:37,71
8	29	MANUEL GÓMEZ GÓMEZ	CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	01:16:42,79	5:28	01:16:41,74
9	90	MARIO RODRÍGUEZ OTERO	ATLETISMO FONTES DO SAR	01:18:56,27	5:38	01:18:55,54
10	14	CHEMA QUINTIÁN AGRAFOJO	CDM VÉRTICE	01:18:57,37	5:38	01:18:56,64
11	50	JUAN JOSE CASTRO HERMIDA	TRIBU TRAIL	01:20:07,63	5:43	01:20:06,14
12	46	AMADOR PUMARIÑO PEREZ	ATLETISMO FONTES DO SAR	01:23:46,82	5:59	01:23:45,13
13	21	PABLO BAÑA TOME	CDM VÉRTICE	01:24:00,45	6:00	01:23:57,78
14	31	PABLO ROO MAROÑAS	NINGUNO	01:24:00,60	6:00	01:23:59,11
15	60	JOSÉ ANTONIO MARQUE RUIBAL	CDM VÉRTICE	01:24:11,78	6:00	01:24:08,92
16	105	IVÁN PABLO SANMARTÍN CARREIRA	CLUB ATLETISMO O PINO	01:25:22,43	6:05	01:25:21,32
17	70	JULIO LAMELA CASTRO	HOXE QUEIXOS	01:25:29,00	6:06	01:25:20,50
18	37	RAMÓN GEY MARTÍNEZ	MGM	01:25:29,06	6:06	01:25:24,76
19	11	ENRIQUE MUIÑOS REYES	NINGUNO	01:25:29,24	6:06	01:25:28,81
20	92	XAVI FIGUEIRO	MÀXIKO	01:25:30,24	6:06	01:25:28,75
21	72	TOÑO RODRIGUEZ CASAL	HOXE QUEIXOS	01:25:31,09	6:06	01:25:23,38
22	4	ALBERT CARBALLAL IGLESIAS	A.D.MEDIADUCIA	01:27:25,06	6:14	01:27:18,04
23	65	SANTI CANICOBA	ATLETISMO FONTES DO SAR	01:28:08,65	6:17	01:28:06,88
24	93	AVELINO CAAMAÑO NIETO	NINGUNO	01:30:09,27	6:26	01:30:08,66
25	103	JOSE ALFONSO VILLAR CAAMAÑO	PONTE TRAIL	01:30:09,71	6:26	01:30:07,96
26	16	ALFONSO JAVIER CASTRO SOUTO	GMTA&CHUVONERS	01:30:14,56	6:26	01:30:12,61
27	91	JORGE TORIL TIRADOS	CRAZYRUNNER CÁCERES	01:30:17,29	6:26	01:30:16,18
28	56	IBÁN QUINTELA MARTÍNEZ	TARTARUGAS	01:31:18,32	6:31	01:31:15,46
29	73	FREDI SUÁREZ VINAGRE	NINGUNO	01:32:33,57	6:36	01:32:28,26
30	106	TONO ISORNA VILACHÁN	NINGUNO	01:32:36,48	6:36	01:32:32,04
31	26	PEDRO CALVO ROO	CLUB ATLETISMO NOIA	01:32:36,60	6:36	01:32:31,78

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PTO	DORSAL	NOMRE	EQUIPO	T OFICIAL	RITMO	T NETO
32	100	ALVARO FREIRIA SEIJO	CDM VÉRTICE	01:32:37,84	6:36	01:32:28,17
33	108	PEPE SABORIDO MARTINEZ	SAR-VERMU PETRONI	01:33:21,54	6:40	01:33:19,17
34	34	JUAN RIVAS ALENDE	NOITEBRA	01:34:09,34	6:43	01:34:05,50
35	8	BERNARDO MONTAÑA COSTAS	NINGUNO	01:34:10,80	6:43	01:34:09,48
36	53	ANGEL GIL MARTINEZ	NINGUNO	01:34:11,91	6:43	01:34:10,80
37	95	KIKO ROMERO PARADA	S.D BARBANTIA RODA	01:34:34,81	6:45	01:34:27,48
38	25	DIEGO GARCIA BLANCO	CLUB LOUSAME TRAIL	01:35:08,33	6:47	01:35:04,77
39	102	FRANCISCO SANTOS ROJAS	NINGUNO	01:35:08,47	6:47	01:35:07,48
40	94	NOÉ PESTONIT FREIRE	TRIBU TRAIL	01:36:10,53	6:52	01:36:05,30
41	96	FERMIN GONZÁLEZ TRIÑANES	S.D BARBANTIA RODA	01:37:10,51	6:56	01:37:04,22
42	40	FRANCISCO JAVIER PAZOS SUÁREZ	ATLETISMO FONTES DO SAR	01:38:04,17	7:00	01:37:57,53
43	101	JOSÉ MANUEL VIDAL SIEIRA	NINGUNO	01:38:43,22	7:03	01:38:42,50
44	97	JUAN CARLOS FERNÁNDEZ OLIVEIRA	NINGUNO	01:38:58,96	7:04	01:38:49,95
45	76	SAMUEL FERNÁNDEZ REDONDO	CERVECERÍA O COTÓN NEGREIRA	01:40:37,24	7:11	01:40:31,07
46	69	JOSÉ MANUEL PEDROSA MAYO	PONTE TRAIL	01:41:34,17	7:15	01:41:31,57
47	99	GUSTAVO BARREIRO GÓMEZ	NINGUNO	01:41:49,03	7:16	01:41:39,94
48	27	HÉCTOR PIÑEIRO GARCIA	CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	01:42:18,21	7:18	01:42:12,98
49	49	JOSÉ ANTONIO REY ABELLEIRA	TRABANDAINAS	01:42:25,59	7:18	01:42:20,54
50	32	JULIO BUSTELO	CLUB DE MONTAÑA ABRAKADABRA	01:42:29,04	7:19	01:42:26,76
51	9	ADRIÁN CABARCOS REY	NINGUNO	01:43:16,37	7:22	01:43:08,57
52	18	MANUEL SUÁREZ VIDAL	NINGUNO	01:43:16,54	7:22	01:43:08,70
53	20	ANTON JUNCAL COSTA	TAMBRE RUNNYNG	01:44:06,59	7:26	01:44:00,88
54	44	DAVID FERNÁNDEZ BLANCO	AD MONTEBRONDO	01:44:52,76	7:29	01:44:45,93
55	85	JOSE BRENLLA CASTIÑEIRA	NINGUNO	01:44:52,90	7:29	01:44:45,68
56	84	MARCIAL ALONSO CRESPO	NINGUNO	01:49:02,55	7:47	01:48:56,86
57	83	IVAN MARIA TABOAS	NINGUNO	01:49:02,71	7:47	01:48:56,80
58	88	JUAN RAMÓN PEÑA BARREIRO	CLUB ATLETISMO NOIA	01:50:55,02	7:55	01:50:50,72
59	13	GERMÁN PÉREZ VIDAL	CLUB ATLETISMO NOIA	01:50:55,03	7:55	01:50:50,99
60	89	ERNESTO FERNANDEZ SIEIRA	NINGUNO	01:50:55,70	7:55	01:50:49,07
61	62	JOSE FERREIRÓS FERNÁNDEZ	TARTARUGAS	01:53:23,59	8:05	01:53:19,63
62	59	VÍCTOR AREOSA NOVO	NINGUNO	01:54:19,78	8:09	01:54:15,35
63	77	DANI CALVO CURRAS	NINGUNO	01:56:19,40	8:18	01:56:13,40
64	113	José Manuel González Santamaría	S.D BARBANTIA RODA	01:57:02,33	8:21	01:56:58,82

PTO	DORSAL	NOMRE	EQUIPO	T OFICIAL	RITMO	T NETO
65	52	GERMAN VLLLANUSTRE ABUIN	S.D BARBANTIA RODA	02:00:51,97	8:37	02:00:47,55
66	86	FRANCISCO JAVIER SUÁREZ BERMÚDEZ	NINGUNO	02:01:50,03	8:42	02:01:43,56
67	64	THOMAS LOVEN	NINGUNO	02:02:00,66	8:42	02:01:56,17
68	55	DAVID COUTO BLANCO	TARTARUGAS	02:02:02,70	8:43	02:01:58,15
69	5	RICARDO JULIO RODRÍGUEZ FERNÁNDEZ	CLUB DE ATLETISMO DE OUTES JOHN TURKEY	02:26:56,93	10:29	02:26:49,60
70	33	ROBERTO PICOS FONTICOBA	CLUB TRIATLON CORUÑA	02:28:46,67	10:37	02:28:37,65
DNF	24	DANIEL ABEIJON GRACIANO	CLUB LOUSAME TRAIL		0:00	
DNF	87	MIGUEL MAYÁN MARTÍNEZ	TRIBU TRAIL		0:00	
DNS	1	JORGE QUERENTES SANTOS	CLUB DE MONTAÑA ABRAKDABRA		0:00	
DNS	38	JESÚS PARDO JORGE	TRINORTH		0:00	
DNS	71	JUAN CASAIS LADO	NINGUNO		0:00	
n.a.	10	VENTURA BRETAL BAZARRA	AUTOESCOLA MIGUEL		0:00	
n.a.	42	MIGUEL XAMARDO FIGUEIRA	TRIBU TRAIL		0:00	
n.a.	58	MARTÍN PARDO MAZÁS	NINGUNO		0:00	
n.a.	63	MANUEL NAVEIRA FACHAL	NINGUNO		0:00	
n.a.	74	CARLOS CHAPELA GONZÁLEZ	GMTA&CHUVONERS		0:00	