



Pl. Dor	Nombre	Cat (P.Gen)	Club	Inter	Tiempo	Gap	Ritmo
EIFONSO TRAIL LARGO							
Femenino							
1. 22	Vero Romero Rivero	VETERANA B(1)	COUTADAS TRAIL	1:06:15,6	1:50:23,8	--	7:01 min/km
2. 4	Nieves Faro Martinez	SENIOR FEM(1)	ATLETISMO PORRIÑO	1:07:01,8	1:54:58,9	+4:35,1	7:19 min/km
3. 36	Coral Castro Villar	SENIOR FEM(2)	VIGOPLAN	1:11:22,7	1:56:12,0	+5:48,2	7:24 min/km
4. 48	Andrea Vergara Villada	SENIOR FEM(3)		1:11:31,8	1:58:53,8	+8:30,0	7:34 min/km
5. 10	Alejandra Santome Riobo	SENIOR FEM(4)	CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	1:12:07,3	2:02:17,5	+11:53,7	7:47 min/km
6. 7	Lucía Martinez	VETERANA B(2)	C.A.R. MARISQUEIRO	1:13:52,3	2:04:09,3	+13:45,5	7:54 min/km
7. 53	Deneb Alvarez Saavedra	SENIOR FEM(5)		1:19:51,3	2:12:48,1	+22:24,3	8:27 min/km
8. 23	Nerea Rodriguez	VETERANA A(1)	CLUB ATLETISMO PORRIÑO	1:19:49,4	2:12:48,4	+22:24,5	8:27 min/km
9. 3	Elena Ribeiro Freire	VETERANA B(3)	ATLETISMO	1:18:25,5	2:13:17,7	+22:53,8	8:29 min/km
10. 35	Águeda Mocholi Ortega	SENIOR FEM(6)	VIGOPLAN	1:20:56,1	2:15:33,7	+25:09,9	8:38 min/km
11. 60	Isabel Pereira Gonzalez	VETERANA A(2)		1:20:53,4	2:16:24,0	+26:00,2	8:41 min/km
12. 92	Greta Alvarez Salgado	SENIOR FEM(7)		1:24:52,6	2:18:00,2	+27:36,4	8:47 min/km
13. 55	Nerea Alonso Caride	VETERANA A(3)		1:25:11,6	2:22:15,4	+31:51,6	9:03 min/km
14. 33	Nati Dominguez Mouriño	VETERANA B(4)	RUNYTRI	1:27:57,6	2:25:05,0	+34:41,2	9:14 min/km
15. 140	Paula Brito Alonso	VETERANA A(4)		1:26:56,4	2:31:37,9	+41:14,1	9:39 min/km
16. 17	Begoña Perez Fontenla	VETERANA B(5)	COMANDO	1:30:58,3	2:32:02,7	+41:38,9	9:41 min/km
17. 32	Debora Martinez Alonso	VETERANA A(5)	RUNYTRI	1:27:55,1	2:34:33,6	+44:09,8	9:50 min/km
Masculino							
1. 12	Adrián Escudero Rivas	SENIOR MASC(1)	CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	50:39,1	1:23:11,0	--	5:17 min/km
2. 31	Alberto Gomez-Naveira	SENIOR MASC(2)	RUNYTRI	54:59,4	1:29:52,6	+6:41,6	5:43 min/km
3. 71	Miguel Alonso Alonso	VETERANO B(1)		55:00,3	1:30:01,7	+6:50,7	5:44 min/km
4. 5	Daniel Alonso Sayar	SENIOR MASC(3)	C.A.R. MARISQUEIRO	55:00,5	1:30:21,9	+7:10,9	5:45 min/km
5. 21	Ramiro Gutierrez Costa	VETERANO B(2)	COUTADAS TRAIL	57:19,4	1:34:28,6	+11:17,6	6:01 min/km
6. 11	Daniel Bacelar Pousa	SENIOR MASC(4)	CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	57:34,4	1:35:03,8	+11:52,8	6:03 min/km
7. 18	Abraham Sanroman	VETERANO A(1)	CORNELIOS	58:00,4	1:37:03,4	+13:52,4	6:10 min/km
8. 46	José María Perez Conde	SENIOR MASC(5)		57:18,8	1:38:56,6	+15:45,6	6:18 min/km
9. 2	Jose Manuel Suarez	VETERANO B(3)	ATLETISMO	1:00:17,7	1:39:50,1	+16:39,1	6:21 min/km
10. 13	Rodrigo Bermudez Soliño	SENIOR MASC(6)	CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	1:00:12,9	1:40:22,5	+17:11,5	6:23 min/km
11. 90	Javier Curros Fernandez	VETERANO A(2)	RUNMANIAK BOX001 OURENSE	1:02:41,3	1:42:52,4	+19:41,4	6:33 min/km
12. 93	Daniel Maceira Diz	SENIOR MASC(7)	A FUME DE	1:04:44,6	1:44:45,6	+21:34,6	6:40 min/km
13. 14	Enrique Gomez Gonzalez	VETERANO B(4)	CAMINHANTES DO CONDADO	1:05:08,3	1:44:56,6	+21:45,6	6:41 min/km
14. 86	Jose Antonio Alvarez	VETERANO A(3)	CAZAFANTASMAS	1:00:28,5	1:45:18,7	+22:07,7	6:42 min/km
15. 39	Camilo Prado Lago	SENIOR MASC(8)		1:02:20,0	1:45:51,2	+22:40,2	6:44 min/km
16. 76	Julio Carrera Casal	VETERANO B(5)		1:03:39,1	1:46:28,0	+23:17,0	6:46 min/km
17. 89	Marcos Alonso Pereira	VETERANO A(4)	O FUSCO	1:02:31,5	1:47:38,0	+24:27,0	6:51 min/km
18. 20	Israel Castro Martinez	VETERANO A(5)	COUTADAS TRAIL	1:06:37,6	1:47:40,0	+24:29,0	6:51 min/km
19. 73	Enrique Davila Estevez	VETERANO B(6)		(-1)	1:49:21,2	+26:10,2	6:57 min/km
20. 84	José Antonio Misa Maciel	VETERANO B(7)	ATLETISMO	1:04:39,3	1:50:50,3	+27:39,3	7:03 min/km
21. 34	Manuel Valebona Refojos	VETERANO B(8)	TRINORTH	1:06:38,4	1:53:26,3	+30:15,3	7:13 min/km
22. 87	Raúl Gonzalez Rial	VETERANO A(6)	CLUB ATLETISMO VETERANOS DE SAMIL	1:14:43,8	1:55:27,9	+32:16,9	7:21 min/km
23. 77	Isaac Martinez Chouza	VETERANO B(9)		1:09:29,1	1:55:54,1	+32:43,1	7:22 min/km
24. 38	Daniel Santalices Del Rio	VETERANO A(7)	VIGOPLAN	1:11:30,3	1:56:12,1	+33:01,1	7:24 min/km



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25. 40	Xenxo Ortega Rolan	SENIOR MASC(9)		1:10:18,2	1:58:32,5	+35:21,5	7:33 min/km
26. 44	Jose Manuel Rivera	SENIOR MASC(10)		(-1)	1:58:36,4	+35:25,4	7:33 min/km
27. 51	José Gabriel Villar	SENIOR MASC(11)		1:11:13,6	1:59:11,3	+36:00,3	7:35 min/km
28. 64	Jose Antonio Lima Prado	VETERANO A(8)		1:07:10,8	2:02:54,6	+39:43,6	7:49 min/km
29. 24	Raúl Lamarca	VETERANO A(9)	SAÚDESPORT	1:17:47,6	2:03:37,4	+40:26,4	7:52 min/km
30. 85	Pablo Rodriguez Lago	VETERANO A(10)	BAIXO MIÑO TRAIL CLUB	1:16:47,2	2:03:40,0	+40:29,0	7:52 min/km
31. 16	Miguel Angel Pio	VETERANO B(10)	COMANDO	1:13:56,0	2:03:58,7	+40:47,7	7:53 min/km
32. 82	Manuel Estevez Garcia	VETERANO B(11)		1:14:41,3	2:05:03,8	+41:52,8	7:57 min/km
33. 61	Luciano Carpintero	VETERANO A(11)		1:15:26,9	2:05:47,5	+42:36,5	8:00 min/km
34. 25	Daniel Rodrigues	SENIOR MASC(12)	SHAKA CLUB	1:17:53,2	2:09:03,2	+45:52,2	8:13 min/km
34. 19	Martin Sipion	VETERANO A(12)	COUTADAS TRAIL	1:17:57,0	2:09:03,2	+45:52,2	8:13 min/km
36. 83	José Luis Aguirre Moreno	VETERANO B(12)		1:16:48,4	2:09:46,2	+46:35,2	8:15 min/km
37. 52	Adrian Varela Comesaña	SENIOR MASC(13)		1:17:56,6	2:10:18,5	+47:07,5	8:17 min/km
38. 179	Diego Portela	VETERANO A(13)	NOCEDO TRAIL TEAM	1:17:56,0	2:11:18,5	+48:07,5	8:21 min/km
39. 37	Malga Diaz Malga Diaz	VETERANO A(14)	VIGOPLAN	1:17:52,5	2:11:32,2	+48:21,2	8:22 min/km
40. 67	Cristóbal Limes	VETERANO A(15)		1:18:57,1	2:13:17,9	+50:06,9	8:29 min/km
41. 74	Jose Ignacio Rodriguez	VETERANO B(13)		1:20:10,2	2:14:42,8	+51:31,8	8:34 min/km
42. 27	David Taboada	SENIOR MASC(14)	RUNNING	1:19:52,3	2:16:53,2	+53:42,2	8:43 min/km
43. 91	Jose Manuel Hermida	SENIOR MASC(15)	X-ONE	(-1)	2:18:00,2	+54:49,2	8:47 min/km
44. 6	David Fraile Lopez	VETERANO A(16)	C.A.R. MARISQUEIRO	1:24:17,4	2:18:09,1	+54:58,1	8:47 min/km
45. 26	Karim Cherif	VETERANO A(17)	VIGOENTRENA	1:23:32,5	2:20:41,0	+57:30,0	8:57 min/km
46. 9	Alberto Millara Diaz	VETERANO B(14)	C.A.R. MARISQUEIRO	1:24:14,9	2:20:41,8	+57:30,8	8:57 min/km
47. 75	Thierry Noblesse	VETERANO B(15)		1:24:16,9	2:21:42,9	+58:31,9	9:01 min/km
48. 58	Jaime Cameselle Bastos	VETERANO A(18)		1:25:37,3	2:22:14,7	+59:03,7	9:03 min/km
49. 65	Fernando Piñeiro	VETERANO A(19)		1:26:49,4	2:25:15,3	+1:02:04,3	9:15 min/km
50. 59	Telmo Martincano	VETERANO A(20)		1:26:13,6	2:25:16,7	+1:02:05,7	9:15 min/km
51. 143	José Luis Garcia	VETERANO A(21)		1:27:00,9	2:31:37,9	+1:08:26,9	9:39 min/km
52. 69	Miguel Angel Devora	VETERANO A(22)		1:27:54,7	2:34:33,6	+1:11:22,6	9:50 min/km
53. 63	Albert Paul Alaez	VETERANO A(23)		1:32:32,7	2:41:26,7	+1:18:15,7	10:16 min/km
54. 72	Fernando Conde Lamas	VETERANO B(16)		1:36:21,0	2:44:54,9	+1:21:43,9	10:30 min/km
55. 15	Gabriel Fernandez	VETERANO B(17)	CIBUS SIRGON	1:41:06,9	2:51:41,7	+1:28:30,7	10:56 min/km
55. 45	Juan Manuel Fins Garea	SENIOR MASC(16)		1:41:10,0	2:51:41,7	+1:28:30,7	10:56 min/km
57. 68	Adrian Santos Noble	VETERANO A(24)		1:45:07,1	2:56:01,7	+1:32:50,7	11:12 min/km

EIFONSO TRAIL CORTO

Femenino

1. 103	Lorena Collazo	SENIOR FEM(1)	CLUB ATLETISMO VETERANOS DE SAMIL	--	1:24:06,5	--	8:00 min/km
2. 107	M.Teresa Sordo Garcia	VETERANA A(1)	METAS	--	1:26:42,3	+2:35,7	8:15 min/km
3. 119	Florencia Malga Diaz	SENIOR FEM(2)		--	1:36:48,3	+12:41,8	9:13 min/km
4. 116	Juliana Mojica Ochoa	SENIOR FEM(3)		--	1:37:13,0	+13:06,4	9:15 min/km
5. 115	Ayla Nuñez Martinez	SENIOR FEM(4)		--	1:37:13,0	+13:06,4	9:15 min/km
6. 163	Mónica Rodriguez Prieto	VETERANA A(2)	HERMANCITOS	--	1:37:42,7	+13:36,1	9:18 min/km
7. 144	Karen Hernandez	VETERANA A(3)		--	1:38:52,6	+14:46,0	9:25 min/km
8. 133	Maru Teixeira Prieto	SENIOR FEM(5)		--	1:38:53,5	+14:47,0	9:25 min/km
9. 56	Lara Estevez Fernandez	VETERANA A(4)		--	1:39:54,0	+15:47,4	9:30 min/km
10. 125	Inka Lareo Vaamonde	SENIOR FEM(6)		--	1:46:32,9	+22:26,3	10:08 min/km



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11. 117	Eva Duran	SENIOR FEM(7)		--	1:51:32,7	+27:26,2	10:37 min/km
12. 156	Marisé Dominguez	VETERANA B(1)		--	1:53:49,8	+29:43,3	10:50 min/km
13. 130	Ana Suarez Amoeiro	SENIOR FEM(8)		--	1:54:28,8	+30:22,2	10:54 min/km
14. 160	Tatiana Blanco Rio	SENIOR FEM(9)	BNZ RUN	--	1:57:33,0	+33:26,4	11:11 min/km
15. 112	Nicole Jansen Logies	VETERANA B(2)	VSOP DREAM	--	2:43:06,7	+1:19:00,2	15:32 min/km

Masculino

1. 110	Adrián Fernandez Casais	SENIOR MASC(1)	CLUB ATLETISMO CAMBADOS	--	58:30,3	--	5:34 min/km
2. 145	José Felipe Gonzalez	VETERANO A(1)		--	58:44,2	+13,8	5:35 min/km
3. 141	Tomás Arosa Gonzalez	VETERANO A(2)		--	59:22,5	+52,2	5:39 min/km
4. 148	Jose Antonio Viñuela	VETERANO A(3)		--	1:06:51,2	+8:20,9	6:22 min/km
5. 177	Juan Rivas Castro	VETERANO B(1)	CLUB ATLETISMO CAMBADOS	--	1:08:20,6	+9:50,3	6:30 min/km
6. 101	Pedro Barreiro Valls	SENIOR MASC(2)	BODYCROSS	--	1:08:43,2	+10:12,9	6:32 min/km
7. 146	Rubén Carrasco	VETERANO A(4)		--	1:09:30,6	+11:00,3	6:37 min/km
8. 114	Daniel Somoza Otero	SENIOR MASC(3)	X-ONE	--	1:09:56,1	+11:25,8	6:39 min/km
9. 1	Daniel Martinez	SENIOR MASC(4)		--	1:10:44,2	+12:13,9	6:44 min/km
10. 131	Pablo Fernandez Lorenzo	SENIOR MASC(5)		--	1:10:44,2	+12:13,9	6:44 min/km
11. 102	Federico Anguita	SENIOR MASC(6)	CAZAFANTASMAS	--	1:11:13,2	+12:42,8	6:46 min/km
12. 109	Alejandro Chantada	SENIOR MASC(7)		--	1:12:33,6	+14:03,3	6:54 min/km
13. 105	Thibaut Hiesse	SENIOR MASC(8)	GENEPIX	--	1:13:50,6	+15:20,3	7:01 min/km
14. 165	Diego Costas Barcia	SENIOR MASC(9)	MAIS QUE AUGA	--	1:13:54,8	+15:24,4	7:02 min/km
15. 118	Jose Ramón Gil Iglesias	SENIOR MASC(10)		--	1:13:55,8	+15:25,5	7:02 min/km
16. 137	Yago Alonso Pereira	VETERANO A(5)		--	1:14:05,1	+15:34,8	7:03 min/km
17. 106	Daniel Dominguez	SENIOR MASC(11)	MAIS QUE AUGA	--	1:15:46,5	+17:16,2	7:13 min/km
18. 104	Diego Foche	VETERANO A(6)	MAIS QUE AUGA	--	1:15:46,6	+17:16,3	7:13 min/km
19. 80	Fernando Carnero	VETERANO B(2)		--	1:15:49,1	+17:18,7	7:13 min/km
20. 178	Roberto Estevez Lopez	VETERANO A(7)		--	1:16:30,8	+18:00,5	7:17 min/km
21. 151	David Vieitez Campos	VETERANO B(3)		--	1:16:46,8	+18:16,5	7:18 min/km
22. 161	David Alvarez Alvarez	SENIOR MASC(12)	CORNELIOS	--	1:17:28,0	+18:57,7	7:22 min/km
23. 138	Gerardo Lopez Furtuoso	VETERANO A(8)		--	1:20:54,5	+22:24,2	7:42 min/km
24. 162	Fernando Torea Conde	VETERANO B(4)	COUTADAS TRAIL	--	1:21:28,7	+22:58,3	7:45 min/km
25. 150	Francisco José Benitez	VETERANO B(5)		--	1:22:20,5	+23:50,2	7:50 min/km
26. 54	Michel Ignacio Nuñez	VETERANO A(9)		--	1:26:00,0	+27:29,7	8:11 min/km
27. 152	Alejandro Caamaño	VETERANO B(6)		--	1:26:45,9	+28:15,6	8:15 min/km
28. 139	David Regueiro Estevez	VETERANO A(10)		--	1:32:10,2	+33:39,9	8:46 min/km
29. 157	Jose Fernandez Barcia	VETERANO B(7)		--	1:32:26,2	+33:55,9	8:48 min/km
30. 124	Sergio Vega Gonzalez	SENIOR MASC(13)		--	1:32:40,1	+34:09,8	8:49 min/km
31. 123	Pablo Polin Nuñez	SENIOR MASC(14)		--	1:32:40,5	+34:10,1	8:49 min/km
32. 66	Diego Perez Davila	VETERANO A(11)		--	1:33:07,2	+34:36,9	8:52 min/km
33. 111	Roberto Blanco Gonzalez	SENIOR MASC(15)	RAZA PALLEIRA	--	1:33:26,4	+34:56,1	8:53 min/km
34. 127	Vidal Conejo Garcia	SENIOR MASC(16)		--	1:34:13,4	+35:43,0	8:58 min/km
35. 129	Andrés Ferreiro	SENIOR MASC(17)		--	1:35:11,9	+36:41,6	9:03 min/km
36. 122	Álvaro Alvarez Diaz	SENIOR MASC(18)		--	1:35:12,6	+36:42,3	9:04 min/km
37. 120	Pedro Javier Costas	SENIOR MASC(19)		--	1:35:57,1	+37:26,8	9:08 min/km
38. 108	Chicho Sg	VETERANO B(8)	METAS	--	1:36:00,6	+37:30,3	9:08 min/km
39. 154	Antonio De La Cruz De	VETERANO B(9)		--	1:36:01,6	+37:31,3	9:08 min/km



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40. 164	Andrés Gutierrez Aller	VETERANO A(12)	HERMANCITOS	--	1:37:43,9	+39:13,6	9:18 min/km
41. 155	Javier Baquero Lopez	VETERANO B(10)		--	1:38:07,7	+39:37,3	9:20 min/km
42. 134	Héctor Codesido	SENIOR MASC(20)		--	1:38:49,8	+40:19,5	9:24 min/km
43. 135	Carlos Parga Rodriguez	SENIOR MASC(21)		--	1:39:30,4	+41:00,1	9:28 min/km
44. 142	Miguel Mendez Gago	VETERANO A(13)		--	1:39:45,6	+41:15,2	9:30 min/km
45. 176	Miguel Mendez Gago	VETERANO A(14)		--	1:39:46,1	+41:15,8	9:30 min/km
46. 153	Francisco Cerdeira	VETERANO B(11)		--	1:40:05,1	+41:34,8	9:31 min/km
47. 121	Jonathan Vazquez	SENIOR MASC(22)		--	1:40:31,7	+42:01,3	9:34 min/km
48. 147	José Manuel Martinez	VETERANO A(15)		--	1:40:32,7	+42:02,4	9:34 min/km
49. 159	Manuel Fidalgo Iglesias	VETERANO B(12)		--	1:45:18,7	+46:48,4	10:01 min/km
50. 158	Jose Carlos Santiago	VETERANO B(13)		--	1:46:50,2	+48:19,9	10:10 min/km
51. 149	Iván Melendez Medela	VETERANO B(14)		--	1:46:55,7	+48:25,4	10:11 min/km
52. 128	Bernardo Sanchez	SENIOR MASC(23)		--	1:49:40,8	+51:10,5	10:26 min/km
53. 136	Roberto Del Rio	SENIOR MASC(24)		--	1:54:28,2	+55:57,8	10:54 min/km
54. 126	Diego Alvarez Diaz	SENIOR MASC(25)		--	1:58:27,6	+59:57,2	11:16 min/km
55. 113	Guenther Logies	VETERANO B(15)	VSOP DREAM	--	2:43:06,8	+1:44:36,5	15:32 min/km