

# I Carreira vertical Valdeorras

## Campionato Xunta de Galicia de trail running subida vertical

Domingo, 3 de novembro de 2024

Folla impresa ás 13:18

### Vertical Valdeorras masculina (4,2 km aprox.)

CLASIFICACIÓN XERAL

Pos	Dor Licenza	Nome e Apelidos	Tempo	Neto	Paso	*	Ano Club	Cto. de Galicia		Popular	
								Cat	S	Cat	S
1	101	Abel Franco Alvarez	0:45:04	0:45:04	0:27:57	0	1999			1 SrM	1 M
2	87 GA887	Ruben Insua Diaz	0:45:34	0:45:34	0:28:39	0	1991 Club Atletismo SAR	1 SrM	1 M		
3	21	Elpidio Gomez Sousa	0:46:20	0:46:20	0:28:35	0	1972			1 M2M	2 M
4	59 TGAL575	Marcos Antonio Pascual Fidalgo	0:46:37	0:46:37	0:28:37	0	1984 CD BIOSBARDO	1 40M	2 M		
5	76 GA5921	Alejo Ares Prada	0:47:15	0:47:15	0:28:41	0	1989 ADAS CUPA	1 35M	3 M		
6	26 TGAL488	Federico Losada Conde	0:47:32	0:47:32	0:29:52	0	1975 CD BIOSBARDO	1 45M	4 M		
7	97 TGAL676	Jaime García González	0:47:55	0:47:55	0:30:41	0	1997 INDEPENDENTE	2 SrM	5 M	2 SrM	3 M
8	72 TGAL531	José Daniel González Domínguez	0:48:07	0:48:07	0:29:38	0	1988 Atletismo Porrino	2 35M	6 M		
9	50 TGAL574	Francisco Pascual Fidalgo	0:48:14	0:48:14	0:30:04	0	1982 CD BIOSBARDO	2 40M	7 M		
10	88 TGAL487	Borja Varela Paz	0:49:10	0:49:10	0:30:35	0	1991 CD BIOSBARDO	3 SrM	8 M	3 SrM	4 M
11	44	Raul Delgado Cerejido	0:49:16	0:49:15	0:30:35	0	1981			1 M1M	5 M
12	67 TGAL555	Javier Janeiro Cerdeira	0:49:27	0:49:27	0:31:41	0	1986 Atletismo Arenteiro	3 35M	9 M		
13	90 TGAL425	Manuel Piñeiro Fiel	0:50:04	0:50:04	0:31:25	0	1992 Club Atletismo Cambados	4 SrM	10 M		
14	95 GA1510	Ruben Gomez Lamas	0:50:41	0:50:41	0:30:42	0	1995 CLUB ATLETISMO PINO	5 SrM	11 M		
15	17 TGAL437	Emilio Montilla Fernandez	0:51:12	0:51:12	0:31:29	0	1970 CD BIOSBARDO	1 50M	12 M		
16	18 AG2018692	Roberto Salvado Tejedor	0:53:27	0:53:27	0:32:26	0	1970 SD Compostela Atletismo	2 50M	13 M	2 M2M	6 M
17	57 AG3576	Maximino Oubiña Falcón	0:53:35	0:53:35	0:32:39	0	1983 Club Atletismo Cambados	3 40M	14 M	2 M1M	7 M
18	70 TGAL702	Ruben Lopez Teijeiro	0:54:46	0:54:46	0:34:25	0	1987 INDEPENDENTE	4 35M	15 M	3 M1M	8 M
19	7	Ramón Ignacio Folgar Pouso	0:54:59	0:54:59	0:34:09	0	1967			3 M2M	9 M
20	42 TGAL485	Iván Barca Taibo	0:55:05	0:55:02	0:34:43	0	1980 CD BIOSBARDO	4 40M	16 M	4 M1M	10 M
21	16	Julian Rodríguez León	0:55:13	0:55:12	0:34:00	0	1970			4 M2M	11 M
22	10 TGAL361	Adolfo Garrido Fernandez	0:55:22	0:55:20	0:35:10	0	1968 Burgas Orense	1 55M	17 M	5 M2M	12 M
23	9	José Manuel López Prada	0:55:29	0:55:27	0:35:01	0	1968 Aguilas Verdes-Rubiá			6 M2M	13 M
24	61	Borja Ferro Cid	0:55:46	0:55:46	0:35:12	0	1984 Running Sport Trail			5 M1M	14 M
25	19	José Vicente Formoso Otero	0:56:29	0:56:29	0:34:54	0	1970 Triki Team			7 M2M	15 M
26	63	Jesús Arias Pérez	0:57:24	0:57:23	0:35:03	0	1985 Clube de Montaña Terras de Burón			6 M1M	16 M

# Vertical Valdeorras masculina (4,2 km aprox.)

CLASIFICACIÓN XERAL

Pos	Dor	Licenza	Nome e Apellidos	Tempo	Neto	Paso	*	Ano	Club	Cto. de Galicia		Popular					
										Cat	S	Cat	S				
27	23	GA23527	Jose Manuel Garcia Perez	0:57:29	0:57:29	0:35:35	0	1973	Asociacion Deportiva Atletica Do Si			8	M2M	17	M		
28	39		Jesus Rodriguez Leon	0:57:33	0:57:32	0:35:36	0	1979				7	M1M	18	M		
29	66	GA1427	Marcos Gómez Pérez	0:57:38	0:57:35	0:35:54	0	1986	CA Ribadeo	5	35M	18	M	8	M1M	19	M
30	86		David Vega Rodríguez	0:57:48	0:57:44	0:35:37	0	1991						4	SrM	20	M
31	58		Henrique Telo Fernandez	0:58:43	0:58:43	0:36:10	0	1984	Triatlon Cidade de Lugo Fluvial					9	M1M	21	M
32	102	GA805	Yago Freije Mariño	0:59:18	0:59:18	0:37:12	0	1999	CA Ribadeo	6	SrM	19	M				
33	34	TGAL550	Jose Manuel Perez Rodriguez	0:59:34	0:59:31	0:37:31	0	1977	Atletismo Arenteiro	2	45M	20	M				
34	71	AG20583	David Rogelio Pérez Castro	0:59:39	0:59:37	0:37:48	0	1988	NOITEBRA	6	35M	21	M				
35	41		Ruben Fraga Costa	0:59:55	0:59:55	0:36:43	0	1980						10	M1M	22	M
36	32	GA804	Javier García Fernández	1:00:20	1:00:16	0:37:21	0	1977	CA Ribadeo	3	45M	22	M	9	M2M	23	M
37	27	TGAL628	Francisco Sobral Rosales	1:01:14	1:01:12	0:38:41	0	1975	CD Pinarium	4	45M	23	M				
38	56	TGAL503	Ricardo Rivera Camba	1:01:25	1:01:23	0:37:56	0	1983	CD La Purisima	5	40M	24	M				
39	53		David Casas Perez	1:01:37	1:01:33	0:39:04	0	1983	Mataos Runners					11	M1M	24	M
40	37		Ricardo Dobao Valcarce	1:02:37	1:02:34	0:38:23	0	1979	Atletismo Rua					12	M1M	25	M
41	4		Xosé Inacio Palomanes Rodríguez	1:03:08	1:03:06	0:39:00	0	1967						10	M2M	26	M
42	24		Manuel Vieites Rodríguez	1:03:18	1:03:15	0:39:23	0	1973	Os ESFOLA ARROS					11	M2M	27	M
43	51		Antón Castiñeira Redondo	1:04:15	1:04:10	0:40:27	0	1982	Terras de Burón					13	M1M	28	M
44	11	GA1620	Manuel Gonzalez Lains	1:05:21	1:05:18	0:40:06	0	1969	CD Pinarium	2	55M	25	M				
45	31		Marcos Gonzalez Vazquez	1:06:41	1:06:36	0:41:40	0	1976	Asaltamontes trail					12	M2M	29	M
46	25		Antonio Varela Nieves	1:06:52	1:06:50	0:41:44	0	1975	Club Peña Trevinca montañeiros de					13	M2M	30	M
47	82		Adrian Blanco Dieguez	1:07:35	1:07:30	0:42:03	0	1990					5	SrM	31	M	
48	48		Jaime Fernández	1:09:04	1:09:00	0:43:29	0	1981						14	M1M	32	M
49	40		Clemente Ferrer Tabares	1:09:09	1:09:05	0:42:35	0	1980	Pena trevinca o barco					15	M1M	33	M
50	8		Lino Carrera Fernández	1:09:09	1:09:04	0:41:53	0	1968	Degollados					14	M2M	34	M
51	2		Miguel Lestón Fabeiro	1:09:49	1:09:45	0:43:17	0	1962						15	M2M	35	M
52	103	GA807	Pablo Fernandez Diaz	1:09:59	1:09:55	0:43:59	0	2003	CA Ribadeo	1	23M	26	M				
53	68	TGAL2	Eneko Hurtado Campo	1:10:04	1:10:03	0:43:01	0	1986	CD BIOSBARDO	7	35M	27	M				
54	80	TGAL661	Manuel Porto Jacob	1:11:46	1:11:43	0:43:27	0	1990	CD BIOSBARDO	7	SrM	28	M				
55	96	TGAL419	Fran Sobrado Peña	1:14:24	1:14:23	0:46:33	0	1996	CD BIOSBARDO	8	SrM	29	M				
56	1		Juan Alvarez Trincado	1:16:11	1:16:06	0:47:51	0	1961	Atletismo Rua					16	M2M	36	M
57	36	AG10629	Alfredo Ferreiro Deaño	1:16:27	1:16:24	0:46:57	0	1978	CLUB DEPORTIVO AURUM	5	45M	30	M	17	M2M	37	M
58	79		Eduardo Sánchez Vidal	1:21:29	1:21:23	0:51:15	0	1990	Runners Madrid Río					6	SrM	38	M
59	75		Carlos González Cobas	1:22:13	1:22:09	0:52:48	0	1989						16	M1M	39	M
60	12		Daniel Trincado Fernández	1:37:44	1:37:42	1:01:37	0	1969						18	M2M	40	M
61	94		Andrés Fernández Meléndez	1:46:16	1:46:09	1:07:21	0	1995	GEM Águilas verdes					7	SrM	41	M
		98	Gabriel Vilela	DNS			0	1997							SrM		M
		62	AG3136	Ramón Muiños Cotelo	DNS		0	1985	Club Atletismo Sada	35	M	M					

# Vertical Valdeorras masculina (4,2 km aprox.)

CLASIFICACIÓN XERAL

Pos	Dor Licenza	Nome e Apelidos	Tempo	Neto	Paso	* Ano Club	Cto. de Galicia		Popular	
							Cat	S	Cat	S
	65 GA657	Oscar Bujan Rodriguez	DNS			0 1986 SD Compostela Atletismo	35M	M		
	69 TGAL27	Iván Sangiao Darriba	DNS			0 1986 CD BIOSBARDO	35M	M	M1M	M
	52 TGAL502	Jose Manuel Corral Justo	DNS			0 1983 Atletismo Arenteiro	40M	M		
	84	Diego Alvarez Tato	DNS			0 1990 VIVA O MONTE			SrM	M
	22	Antonio Pérez Gende	DNS			0 1972 A Cabra Tira O Monte			M2M	M
	45	Valentín Real Corredera	DNS			0 1981			M1M	M
	28	Jorge Luis Álvarez Rodríguez	DNS			0 1975			M2M	M
	78 TGAL704	Diego Miguez Alvarez	DNS			0 1989 INDEPENDIENTE	35M	M		
	77	Ángel Álvarez Álvarez	DNS			0 1989			M1M	M
	13	Aziz Zirani Gattari	DNS			0 1969			M2M	M
	14	Ángel De La Encarnación Moreno	DNS			0 1969 CDE TODOVERTICAL			M2M	M
	30 AG11123	Santiago Lopez Canicoba	DNS			0 1976 Entrenarunning	45M	M		
	99 GA4935	Javier Garcia Fernandez	DNS			0 1997 R.C. Celta	SrM	M		
	55 AG9511	Martin Eugenio Rodriguez Gomez	DNS			0 1983 NOITEBRA	40M	M		
	89 TGAL603	Manuel Borja Iglesias Rodicio	DNS			0 1991 CD La Purisima	SrM	M		

# I Carreira vertical Valdeorras

## *Campionato Xunta de Galicia de trail running subida vertical*

Domingo, 3 de novembro de 2024

Folla impresa ás 13:18

### Vertical Valdeorras feminina (4,2 km aprox.)

CLASIFICACIÓN XERAL

Pos	Dor Licenza	Nome e Apelidos	Tempo	Neto	Paso	* Ano Club	Cto. de Galicia		Popular	
							Cat	S	Cat	S
1	83 GA19022	Maria Martinez Gonzalez	1:00:16	1:00:16	0:37:58	0 1990 Atletismo Porrino	1 SrF	1 F		
2	92 TGAL486	Tamara García Rodríguez	1:01:03	1:01:03	0:38:01	0 1993 CD BIOSBARDO	2 SrF	2 F		
3	64 TGAL621	Rosa Maria Araujo Losada	1:01:56	1:01:56	0:39:46	0 1985 Burgas Orense	1 35F	3 F	1 M1F	1 F
4	49 TGAL537	Lucia Peon Santome	1:03:21	1:03:21	0:40:06	0 1982 Atletismo Arenteiro	1 40F	4 F		
5	100 AG20116	Mercedes Vidal Rodiño	1:05:39	1:05:39	0:42:13	0 1998 Club Atletismo Cambados	3 SrF	5 F		
6	47 AG2024113	Maria Del Rosario Figueroa Figue	1:06:01	1:06:01	0:42:57	0 1981 Atletismo Samertolameu			2 M1F	2 F
7	5 TGAL388	Raquel Estévez Alonso	1:06:36	1:06:36	0:41:40	0 1967 CD Pinarium	1 55F	6 F	1 M2F	3 F
8	54	Cristina Rodríguez Villar	1:06:49	1:06:47	0:41:34	0 1983			3 M1F	4 F
9	15 TGAL344	Maria Aurora Gonzalez Fernandez	1:10:52	1:10:52	0:43:35	0 1970 CD Pinarium	1 50F	7 F		
10	3	Maria José Lamas García	1:11:52	1:11:52	0:44:55	0 1964			2 M2F	5 F
11	29 GA803	Sonia González Valea	1:13:26	1:13:26	0:44:54	0 1976 CA Ribadeo	1 45F	8 F	3 M2F	6 F
12	93 GA1481	Lourdes Lopez Villar	1:16:31	1:16:31	0:48:43	0 1995 CA Ribadeo	4 SrF	9 F	1 SrF	7 F
13	43	Vanessa Varela Crespo	1:19:26	1:19:26	0:49:29	0 1981			4 M1F	8 F
14	38 TGAL612	Noe Porto García	1:19:27	1:19:23	0:49:33	0 1979			5 M1F	9 F
15	33	Tina Formoso Noceda	1:21:18	1:21:13	0:52:07	0 1977 Tribu Trail			4 M2F	10 F
16	35 GA8998	Silvia Maria Díez Bermúdez	1:21:30	1:21:30	0:52:59	0 1977 Egovarros de Viveiro	2 45F	10 F	5 M2F	11 F
17	6 GA15983	Montserrat Carreira Costas	1:48:59	1:48:59	1:05:55	0 1967 Comesaña Sporting Club	2 55F	11 F	6 M2F	12 F
	91	Elia López Grande	DNF			0 1993			SrF	F
	60 GA9429	Carla Trillo Fernandez	DNS			0 1984 CCA Ria de Foz	40F	F		
	81 AG20986	Belen Riadigos Cardigonde	DNS			0 1990 INDEPENDIENTE	SrF	F		
	85	Carla Da Costa Álvarez	DNS			0 1991			SrF	F
	20	Cristina Martínez Hermelo	DNS			0 1971			M2F	F
	46 TGAL701	Kenia Lucia Estrada Garay	DNS			0 1981 CD BIOSBARDO	40F	F		
	74 TGAL29	Enara Fernández Chivite	DNS			0 1989 CD BIOSBARDO	35F	F		
	73 TGAL484	Estefania Abelenda Pose	DNS			0 1989 CD BIOSBARDO	35F	F		



# I Carreira vertical Valdeorras

## *Campionato Xunta de Galicia de trail running subida vertical*



Concello de Vilamartín de Valdeorras

Domingo, 3 de novembro de 2024

Folla impresa ás 13:17

### Medio vertical Valdeorras (2,4 km aprox.)

CLASIFICACIÓN XERAL

Pos	Dor Licenza	Nome e Apelidos	Tempo	Neto	*	Ano Club	Cto. de Galicia		Popular	
							Cat	S	Cat	S
1	204 GA817	Brais García González	0:32:06	0:32:06	0	2007 Club Atletismo Ribadeo	1 18M	1 M	1 18M	1 M
2	214 AG20262	Miguel Angel Castro Hernandez	0:35:48	0:35:48	0	2010 CLUBE DE ATLETISMO SERRE	1 16M	2 M		
3	202 AG19584	Kevin López Orosa	0:36:27	0:36:27	0	2006 CA Ribadeo	1 20M	3 M	1 20M	2 M
4	201 GA1551	Julia Salvado Dieguez	0:37:13	0:37:13	0	2006 SD Compostela Atletismo	1 20F	1 F	1 20F	1 F
5	206 TGAL620	Roi Mouron Varela	0:37:22	0:37:22	0	2007 INDEPENDIENTE	2 18M	4 M		
6	215 AG2024957	Lucia Taboada Codesido	0:38:25	0:38:25	0	2010 Sociedad Deportiva Composte	1 16F	2 F	1 16F	2 F
7	207 GA1547	Jesus Garcia Figueroa	0:40:57	0:40:57	0	2008 Triki Team	3 18M	5 M		
8	205 AG20946	Alba Bujan Miguens	0:41:39	0:41:39	0	2007 SD Compostela Atletismo	1 18F	3 F	1 18F	3 F
9	210 AG18537	Anxo Parguiñas Castro	0:42:33	0:42:33	0	2009 Atletismo +9 Moraña	2 16M	6 M		
10	212 GA816	Helia García González	0:46:36	0:46:36	0	2010 CA Ribadeo	2 16F	4 F	2 16F	4 F
11	213 AG13993	Ana Ézara Andrade	0:46:57	0:46:57	0	2010 AD Fogar	3 16F	5 F	3 16F	5 F
12	209 AG13630	Aiala García Fojo	0:48:14	0:48:14	0	2008 Atletismo +9 Moraña	2 18F	6 F		
13	216 GA1132	Irene Balado Alonso	0:53:04	0:53:04	0	2010 Comesaña Sporting Club	4 16F	7 F	4 16F	6 F
14	208 GA1001	Eva Formoso Recarey	0:53:54	0:53:54	0	2008 Triki Team	3 18F	8 F		
211		Ángel De La Encarnación Rodríguez	DNS	DNS	0	2009 CDE TODOVERTICAL			16M	M