

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
1	10	EL NABAUI, MEHDI	ORIENTE ATLETISMO	00:30:03	00:30:02	00:15:44 (3)	3:00	M (1)	SUB 23 M (NA)
2	755	DE LA FUENTE GÓMEZ, DAVID	SOCIEDAD GIMNÁSTICA DE	00:30:10	00:30:09	00:15:44 (2)	3:00	M (2)	SÉNIOR M (NA)
3	3	CASTRO VARELA, ANXO	VICKY FOODS ATHLETICS	00:30:14	00:30:13	00:15:44 (1)	3:01	M (3)	MASTER 1 M (NA)
4	765	NASR, BOUCHAIB	CLUBE DEPORTIVO ARZÚA	00:31:10	00:31:09	00:15:45 (4)	3:06	M (4)	SÉNIOR M (1)
5	5	GARCÍA SOUTO, HUGO	RC CELTA DE ATLETISMO	00:31:29	00:31:28	00:16:17 (7)	3:08	M (5)	SUB 23 M (1)
6	40	GOMEZ GONZALEZ, ANTON	CLUB ATLETISMO TAMBRE	00:31:43	00:31:41	00:15:44 (5)	3:10	M (6)	SÉNIOR M (2)
7	11	RAMOS SAMBADE, VICTOR	TRIKI TEAM	00:31:45	00:31:44	00:16:20 (8)	3:10	M (7)	SUB 20 M (1)
8	6	GARCÍA PICON, LUCAS	RIA DE FOZ	00:31:51	00:31:50	00:16:20 (9)	3:11	M (8)	SUB 18 M (1)
9	760	LISTE MONTEAGUDO, PEDRO	CLUB ATLETISMO TAMBRE	00:32:01	00:32:00	00:16:20 (10)	3:12	M (9)	SUB 23 M (2)
10	113	CARNERO RODRIGUEZ, PABLO	UNIÓN ATLÉTICA TERRASSA	00:32:04	00:32:03	00:16:21 (12)	3:12	M (10)	SÉNIOR M (3)
11	1	DAPENA GONZÁLEZ, PABLO	NINGUNO	00:32:14	00:32:13	00:16:21 (11)	3:13	M (11)	MASTER 1 M (1)
12	12	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:32:34	00:32:31	00:16:25 (13)	3:15	M (12)	MASTER 1 M (2)
13	82	REGO VEIGAS, IVÁN	LUCUS CAIXA RURAL	00:32:37	00:32:36	00:16:15 (6)	3:15	M (13)	SUB 20 M (2)
14	442	MOURE FERNÁNDEZ, NUNO	AD FOGAR	00:32:44	00:32:41	00:16:44 (15)	3:16	M (14)	SUB 18 M (2)
15	13	MUIÑO VARELA, CRISTIAN	SD COMPOSTELA ATLETISMO	00:32:51	00:32:49	00:16:45 (16)	3:17	M (15)	SÉNIOR M (4)
16	758	DIAZ OIZA, PABLO	CLUB ATLETISMO SANTIAGO	00:32:55	00:32:53	00:16:54 (21)	3:17	M (16)	SUB 23 M (3)
17	50	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:32:57	00:32:54	00:16:52 (18)	3:17	M (17)	SÉNIOR M (5)
18	738	BELLO RODRÍGUEZ, ANXO	AD FOGAR	00:33:00	00:32:59	00:16:26 (14)	3:17	M (18)	SUB 18 M (3)
19	25	HERMELO GÓMEZ, SERGIO	TRIATLON RIAS BAIXAS	00:33:10	00:33:08	00:16:46 (17)	3:18	M (19)	SÉNIOR M (6)
20	776	PRADA MAROÑO, IAGO	AD FOGAR	00:33:15	00:33:13	00:16:57 (26)	3:19	M (20)	SUB 18 M (4)
21	83	GARCIA GACIÑO, ALBERTO	SAUDE SPORT	00:33:16	00:33:14	00:16:53 (19)	3:19	M (21)	SÉNIOR M (7)
22	745	JUANATEY GARCIA, CARLOS	CLUB ATLETISMO NOIA	00:33:25	00:33:22	00:16:56 (23)	3:20	M (22)	MASTER 2 M (1)
23	469	VILA MARIÑO, ABEL	CLUB ATLETISMO NOIA	00:33:25	00:33:23	00:16:56 (24)	3:20	M (23)	SUB 18 M (5)
24	2005	EL GAZOUIR, NOUHAILA	CLUBE DEPORTIVO ARZÚA	00:33:35	00:33:34	00:16:55 (22)	3:21	F (1)	SÉNIOR F (NA)
25	114	CREGO FERNANDEZ, XACOBO	TRIATLON INFORHOUSE SANTIAGO	00:33:38	00:33:37	00:16:58 (27)	3:21	M (24)	MASTER 2 M (2)
26	2001	SANTOS DOMÍNGUEZ, LAURA	CLUB PLAYAS DE CASTELLÓN	00:33:42	00:33:40	00:16:53 (20)	3:22	F (2)	SÉNIOR F (NA)
27	84	FONTÁN MARTÍNEZ, XACOBE	S D BARBANTIA RODA	00:33:49	00:33:46	00:17:09 (29)	3:22	M (25)	SÉNIOR M (8)
28	157	CAO BLANCO, GONZALO	SD COMPOSTELA ATLETISMO	00:33:58	00:33:56	00:17:42 (33)	3:23	M (26)	SUB 20 M (3)
29	131	MANEIRO TEIRA, DANIEL	CLUB ATLETISMO O PINO	00:34:12	00:34:10	00:17:05 (28)	3:25	M (27)	SUB 18 M (6)
30	729	MARTÍNEZ SUÁREZ, HUGO	AD FOGAR	00:34:15	00:34:13	00:17:11 (30)	3:25	M (28)	SUB 18 M (7)
31	47	LEÓN VIÑAS, RICARDO	CLUB ATLETISMO SAR	00:34:30	00:34:27	00:16:56 (25)	3:26	M (29)	SÉNIOR M (9)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
32	787	FERNANDEZ LIJÓ, JUAN	POR AMOR AL ARTE	00:34:33	00:34:31	00:17:37 (31)	3:27	M (30)	MASTER 2 M (3)
33	782	LÓPEZ GONZÁLEZ, ISMAEL	NINGUNO	00:34:36	00:34:33	00:17:37 (32)	3:27	M (31)	MASTER 1 M (3)
34	162	LOUREIRO MOSQUERA, DANIEL	ATLÉTICA A SILVA	00:34:39	00:34:37	00:17:42 (34)	3:27	M (32)	SUB 20 M (4)
35	49	GARCÍA BLANCO, CAYETANO	SAUDE SPORT	00:34:40	00:34:38	00:17:43 (35)	3:27	M (33)	MASTER 1 M (4)
36	15	MARTÍN ÁLVAREZ, ESTEBAN	ATLETAS DE ACEA DE AMA	00:34:44	00:34:39	00:17:55 (43)	3:28	M (34)	SÉNIOR M (10)
37	725	ROJO LUACES, ADRIAN	CLUB ATLETISMO SAR	00:34:47	00:34:44	00:17:56 (46)	3:28	M (35)	SÉNIOR M (11)
38	119	OTERO LESTÓN, BRAIS	CLUB ATLETISMO TAMBRE	00:34:50	00:34:45	00:17:55 (45)	3:28	M (36)	SÉNIOR M (12)
39	33	RODRIGUEZ GARCIA, DANIEL	TRIATLON RIAS BAIXAS	00:34:51	00:34:49	00:17:45 (37)	3:29	M (37)	MASTER 1 M (5)
40	743	TRABA CAAMAÑO, PEDRO	CAO CLUBE ATLETISMO OUTES	00:34:52	00:34:47	00:17:53 (42)	3:29	M (38)	MASTER 2 M (4)
41	125	MATA CASTRO, ARTURO	CLUB ATLETISMO SANTIAGO	00:34:54	00:34:52	00:17:58 (48)	3:29	M (39)	SÉNIOR M (13)
42	116	FERNÁNDEZ TOJO, ALEXANDRE	CLUB ATLETISMO TAMBRE	00:35:00	00:34:57	00:17:44 (36)	3:29	M (40)	SÉNIOR M (14)
43	155	FERNÁNDEZ GUTIÉRREZ, MANUEL	NINGUNO	00:35:02	00:34:57	00:17:55 (44)	3:30	M (41)	MASTER 2 M (5)
44	806	CAPELO VIEITES, EFRÉN	CLUB DEPORTIVO BRIÓN HYUPERSA	00:35:08	00:35:07	00:17:47 (40)	3:30	M (42)	SÉNIOR M (15)
45	2003	CASTRO SANTOS, NATALIA	SAN MIGUEL DE MARÍN	00:35:08	00:35:06	00:17:45 (38)	3:30	F (3)	SUB 23 F (NA)
46	169	RIGUEIRO VÁZQUEZ, PABLO	NINGUNO	00:35:15	00:35:13	00:17:46 (39)	3:31	M (43)	SUB 20 M (5)
47	803	GOMEZ PEREZ, ISMAEL	ATLETISMO TUI	00:35:16	00:35:13	00:17:58 (49)	3:31	M (44)	MASTER 1 M (6)
48	798	RODRÍGUEZ IGLESIAS, GUSTAVO	ATLETISMO TUI	00:35:16	00:35:14	00:17:59 (50)	3:31	M (45)	MASTER 2 M (6)
49	32	SANTOS LOIS, SERGIO	C.A. CAMBADOS- SEG. NOVAL	00:35:20	00:35:17	00:17:57 (47)	3:31	M (46)	MASTER 1 M (7)
50	93	LADO PÉREZ, MARCOS	CLUB ATLETISMO SAR	00:35:21	00:35:17	00:18:07 (54)	3:32	M (47)	MASTER 2 M (7)
51	775	AFONSO LÓPEZ, THOMAS	CLUB ATLETISMO TAMBRE	00:35:24	00:35:21	00:17:50 (41)	3:32	M (48)	SÉNIOR M (16)
52	808	RAIL CASTAÑO, SALVA	TRIBU TRAIL	00:35:25	00:35:22	00:18:08 (56)	3:32	M (49)	MASTER 1 M (8)
53	657	GARABATO LAGARES, ADRIAN	CLUB ATLETISMO SANTIAGO	00:35:29	00:35:26	00:17:59 (51)	3:32	M (50)	SÉNIOR M (17)
54	56	GONZÁLEZ REY, JOSECHO	CLUB DEPORTIVO O JERREIRO	00:35:33	00:35:29	00:18:28 (75)	3:33	M (51)	MASTER 2 M (8)
55	28	SANTOS NUÑEZ, PABLO	C.A. CAMBADOS- SEG. NOVAL	00:35:37	00:35:33	00:18:04 (52)	3:33	M (52)	MASTER 2 M (9)
56	420	MORENO COUTO, AARÓN	TOXIZA CLUBE DE MONTAÑA	00:35:37	00:35:28	00:18:23 (69)	3:33	M (53)	SÉNIOR M (18)
57	786	ABELENDÁ LÓPEZ, MARTÍN	SD COMPOSTELA ATLETISMO	00:35:40	00:35:37	00:18:09 (58)	3:33	M (54)	MASTER 2 M (10)
58	60	CALERO FERNANDEZ, JOSÉ	CLUB ATLETISMO LOUSAME	00:35:42	00:35:38	00:18:10 (59)	3:34	M (55)	MASTER 2 M (11)
59	732	RODRÍGUEZ LEAL, CARLOS	CLUB FERROL ATLETISMO	00:35:45	00:35:40	00:18:23 (70)	3:34	M (56)	MASTER 1 M (9)
60	34	FALCÓN PÉREZ, SANTIAGO	C.A. CAMBADOS- SEG. NOVAL	00:35:47	00:35:42	00:18:17 (63)	3:34	M (57)	MASTER 3 M (1)
61	57	GONZÁLEZ REY, BONI	CLUB DEPORTIVO O JERREIRO	00:35:49	00:35:45	00:18:34 (78)	3:34	M (58)	MASTER 2 M (12)
62	91	NIETO GONZALEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:35:50	00:35:47	00:18:12 (61)	3:34	M (59)	MASTER 3 M (2)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
63	740	PONTE ALVAREZ, ARTURO	CLUB ATLETISMO SANTIAGO	00:35:50	00:35:48	00:18:23 (71)	3:34	M (60)	SUB 18 M (8)
64	756	LAGO CIVES, JOSE RAMON	NOIA	00:35:56	00:35:52	00:18:07 (53)	3:35	M (61)	MASTER 2 M (13)
65	51	MORÁN GONZÁLEZ, ENRIQUE	CLUB ATLETISMO LOUSAME	00:35:58	00:35:55	00:18:14 (62)	3:35	M (62)	MASTER 2 M (14)
66	89	AGRASO ALONSO, XABI	SAUDE SPORT	00:36:01	00:35:55	00:18:22 (68)	3:36	M (63)	SÉNIOR M (19)
67	792	LIÑARES ARAN, RUBEN	NINGUNO	00:36:02	00:35:58	00:18:27 (74)	3:36	M (64)	MASTER 2 M (15)
68	158	OTERO LADO, FERNANDO	TRIKI TEAM	00:36:04	00:36:02	00:18:27 (73)	3:36	M (65)	SUB 20 M (6)
69	42	FERNANDEZ FERNANDEZ,	NINGUNO	00:36:04	00:36:04	00:18:43 (81)	3:36	M (66)	MASTER 1 M (10)
70	777	RODRIGUEZ POUSO, LITO	CLUB ATLETISMO NOIA	00:36:05	00:36:02	00:18:12 (60)	3:36	M (67)	MASTER 2 M (16)
71	717	BUCETA POUSO, ERNESTO	NINGUNO	00:36:05	00:36:02	00:18:20 (65)	3:36	M (68)	MASTER 3 M (3)
72	67	TRIÑANES MARTINEZ, ERNESTO	S D BARBANTIA RODA	00:36:07	00:36:02	00:18:34 (77)	3:36	M (69)	SÉNIOR M (20)
73	731	VARELA RAMOS, FRANCISCO	NINGUNO	00:36:10	00:36:03	00:18:17 (64)	3:36	M (70)	SÉNIOR M (21)
74	656	BELLO GARCÍA, JUAN JOSÉ	CLUB CERVECERÍA O COTON	00:36:15	00:36:10	00:18:21 (66)	3:37	M (71)	MASTER 1 M (11)
75	87	DOMÍNGUEZ SILVA, ANDRÉS	CLUB CERVECERÍA O COTON	00:36:15	00:36:11	00:18:22 (67)	3:37	M (72)	MASTER 2 M (17)
76	88	CASTROAGUDIN GOMEZ, ADRIÁN	MORAÑA EN RUTA	00:36:16	00:36:12	00:18:35 (80)	3:37	M (73)	MASTER 1 M (12)
77	118	MARTÍNEZ SÁNCHEZ, DAMIAN	CLUB ATLETISMO TAMBRE	00:36:20	00:36:18	00:18:09 (57)	3:37	M (74)	SÉNIOR M (22)
78	127	BARREIRO CASTIÑEIRA, MARCOS	CLUB TRIATLÓN COMPOSTELA	00:36:22	00:36:13	00:18:43 (82)	3:38	M (75)	SÉNIOR M (23)
79	754	BUJAN OTERO, JOSÉ CARLOS	NOITEBRA FC	00:36:27	00:36:23	00:18:35 (79)	3:38	M (76)	MASTER 2 M (18)
80	111	SEOANE POMBO, JOSE MANUEL	CLUB ATLETISMO NEGREIRA	00:36:28	00:36:23	00:18:33 (76)	3:38	M (77)	MASTER 2 M (19)
81	166	TAIBO GARCIA, HUGO	TRIATLON INFORHOUSE SANTIAGO	00:36:35	00:36:30	00:18:47 (88)	3:39	M (78)	SUB 23 M (4)
82	21	FERNÁNDEZ RODRÍGUEZ, JOSE	CLUBE ATLETISMO BOIMORTO	00:36:35	00:36:29	00:18:51 (94)	3:39	M (79)	MASTER 2 M (20)
83	770	CARRACEDO PORTO, CARLOS	CLUBE DEPORTIVO ARZÚA	00:36:36	00:36:31	00:18:45 (84)	3:39	M (80)	SÉNIOR M (24)
84	17	LÓPEZ-RIOBOO SALINAS, LUIS	TRAILEROS TOXOS E BIRRAS	00:36:39	00:36:33	00:18:50 (89)	3:39	M (81)	MASTER 2 M (21)
85	53	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO LOUSAME	00:36:42	00:36:38	00:18:47 (87)	3:40	M (82)	MASTER 1 M (13)
86	750	MARTINEZ MELLADO, DAVID	CLUBE DEPORTIVO ARZÚA	00:36:49	00:36:44	00:18:50 (91)	3:40	M (83)	MASTER 2 M (22)
87	744	CARBALLO MORÁN, RUBEN	CLUB ATLETISMO TAMBRE	00:36:49	00:36:39	00:18:50 (92)	3:40	M (84)	MASTER 2 M (23)
88	142	SESAR SEGADE, FERNANDO	SD COMPOSTELA ATLETISMO	00:36:55	00:36:50	00:18:54 (97)	3:41	M (85)	MASTER 2 M (24)
89	910	MATA VIDAL, RUBÉN ISRAEL	NINGUNO	00:36:58	00:36:50	00:18:50 (90)	3:41	M (86)	MASTER 1 M (14)
90	794	RODRÍGUEZ DE OLIVEIRA, UBALDO	NINGUNO	00:36:59	00:36:52	00:18:58 (103)	3:41	M (87)	MASTER 2 M (25)
91	98	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:37:03	00:36:58	00:18:25 (72)	3:42	M (88)	SUB 20 M (7)
92	661	FRANCO BOUZA, EDGAR	TRIEUME AS PONTES	00:37:05	00:36:57	00:18:44 (83)	3:42	M (89)	SÉNIOR M (25)
93	144	SESAR MÍGUEZ, ADRIÁN	CLUB ATLETISMO MILLARAIO	00:37:05	00:37:00	00:18:53 (96)	3:42	M (90)	SUB 18 M (9)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
94	766	SÁNCHEZ PÉREZ, ROBERTO	NINGUNO	00:37:06	00:36:58	00:19:07 (110)	3:42	M (91)	SÉNIOR M (26)
95	39	CARBALLO GARCÍA, MARCOS	NINGUNO	00:37:07	00:37:00	00:19:08 (111)	3:42	M (92)	MASTER 2 M (26)
96	165	MANEIRO FREIRE, VICTOR	CDM VERTICE	00:37:09	00:37:02	00:18:46 (85)	3:42	M (93)	MASTER 2 M (27)
97	61	FEIJOO REDONDO, GUILLERMO	NINGUNO	00:37:11	00:37:07	00:19:17 (120)	3:43	M (94)	SÉNIOR M (27)
98	736	VÁZQUEZ AGRA, CESAR	NINGUNO	00:37:12	00:37:06	00:19:13 (115)	3:43	M (95)	MASTER 2 M (28)
99	781	GARCIA VUELTA, JOSE MANUEL	NO SPORT LIMIT	00:37:14	00:37:05	00:19:18 (124)	3:43	M (96)	MASTER 1 M (15)
100	92	QUERENTES SANTOS, JORGE	TRIBU TRAIL	00:37:15	00:37:12	00:18:58 (101)	3:43	M (97)	MASTER 1 M (16)
101	788	RODRÍGUEZ FERNANDEZ,	SD COMPOSTELA ATLETISMO	00:37:17	00:37:09	00:19:12 (114)	3:43	M (98)	MASTER 2 M (29)
102	650	LEMA PÉREZ, PABLO	RUNNING OLEIROS	00:37:17	00:37:11	00:19:20 (125)	3:43	M (99)	MASTER 3 M (4)
103	86	FERNÁNDEZ GARCÍA, MÍCHEL	S D BARBANTIA RODA	00:37:19	00:37:16	00:18:51 (93)	3:43	M (100)	SÉNIOR M (28)
104	763	GARCÍA MARTÍNEZ, JOSE	EL CANARIO	00:37:20	00:37:12	00:19:42 (162)	3:43	M (101)	SÉNIOR M (29)
105	741	GONZÁLEZ NÚÑEZ, JOSÉ LUIS	NINGUNO	00:37:21	00:37:17	00:18:59 (104)	3:44	M (102)	MASTER 2 M (30)
106	59	HERMO, PABLO	CLUB ATLETISMO SAR	00:37:21	00:37:16	00:18:57 (99)	3:44	M (103)	MASTER 2 M (31)
107	862	GIL GÓMEZ, FRANCISCO	ESCUELA NAVAL MILITAR	00:37:23	00:36:39	00:18:58 (102)	3:44	M (104)	MASTER 1 M (17)
108	2017	RODRÍGUEZ DíEZ, ESTHER	ADAS CUPA	00:37:25	00:37:22	00:19:00 (105)	3:44	F (4)	MASTER 2 F (1)
109	1043	ZARAUZA BEIRAS, ALVARO	CLUB DEPORTIVO BRIÓN HYUPERSA	00:37:26	00:37:18	00:19:05 (109)	3:44	M (105)	MASTER 2 M (32)
110	126	VÁZQUEZ MATO, JOSÉ MANUEL	CLUB DEPORTIVO BRIÓN HYUPERSA	00:37:26	00:37:23	00:18:54 (98)	3:44	M (106)	MASTER 2 M (33)
111	719	GONZÁLEZ FRANCO, RAMIRO	TRIATLON COSTA DA MORTE	00:37:28	00:37:22	00:19:15 (117)	3:44	M (107)	MASTER 2 M (34)
112	780	DOBARRO, ADRIAN	CLUB ATLETISMO FONTES DO SAR	00:37:28	00:37:14	00:19:29 (140)	3:44	M (108)	MASTER 1 M (18)
113	1026	Del Cuvillo Velez, Ignacio		00:37:30	00:36:46	00:19:00 (106)	3:44	M (109)	SÉNIOR M (30)
114	96	BLANCO LESTÓN, JOSÉ MANUEL	CLUB DEPORTIVO O JERREIRO	00:37:35	00:37:31	00:19:18 (119)	3:45	M (110)	MASTER 1 M (19)
115	723	VÁZQUEZ TOURÓN, ANTONIO	SD COMPOSTELA ATLETISMO	00:37:36	00:37:32	00:19:28 (139)	3:45	M (111)	MASTER 3 M (5)
116	115	PICÓN MONTERO, BRAIS	ATLETISMO NARÓN	00:37:38	00:37:36	00:18:07 (55)	3:45	M (112)	SUB 20 M (8)
117	772	GARCIA RODRIGUEZ, JORGE	NOITEBRA FC	00:37:40	00:37:37	00:18:58 (100)	3:45	M (113)	MASTER 2 M (35)
118	141	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:37:42	00:37:37	00:19:25 (133)	3:46	M (114)	MASTER 3 M (6)
119	737	RIBÓ MIGUEL, LUCAS	CLUB ATLETISMO SANTIAGO	00:37:45	00:37:44	00:19:03 (108)	3:46	M (115)	SUB 18 M (10)
120	795	SENDON CAAMAÑO, DAVID	CAO CLUBE ATLETISMO OUTES	00:37:47	00:37:41	00:19:17 (121)	3:46	M (116)	MASTER 2 M (36)
121	733	PIÑERO LAMAS, RAMÓN	S D BARBANTIA RODA	00:37:48	00:37:43	00:19:10 (112)	3:46	M (117)	MASTER 2 M (37)
122	66	PENAS GARCÍA, RUBÉN	CLUB ATLETISMO TAMBRE	00:37:48	00:37:43	00:19:19 (123)	3:46	M (118)	MASTER 2 M (38)
123	748	BARRAL RUBIROSA, ALVARO	NINGUNO	00:37:51	00:37:46	00:19:24 (132)	3:47	M (119)	MASTER 3 M (7)
124	63	FERNÁNDEZ COSTA, SANTIAGO	NINGUNO	00:37:51	00:37:44	00:19:23 (128)	3:47	M (120)	MASTER 2 M (39)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR		NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
125	317	ROMERO SABORIDO, ISMAEL	CLUB DE REMO CABO DE CRUZ	00:37:52	00:37:44	00:19:38 (156)	3:47	M (121)	MASTER 2 M (40)
126	133	COSTA CASTRO, MANUEL	CLUB ATLETISMO TAMBRE	00:37:53	00:37:46	00:19:23 (129)	3:47	M (122)	MASTER 2 M (41)
127	156	GONTAN CASTRO, JOSE ANTONIO	SD COMPOSTELA ATLETISMO	00:37:53	00:37:49	00:19:27 (138)	3:47	M (123)	MASTER 3 M (8)
128	779	PULIDO SOTELO, MIGUEL	NINGUNO	00:37:54	00:37:46	00:19:21 (126)	3:47	M (124)	SÉNIOR M (31)
129	660	GEY MARTÍNEZ, MON	CLUB ATLETISMO NOIA	00:37:58	00:37:52	00:19:10 (113)	3:47	M (125)	MASTER 1 M (20)
130	138	DEVEZA PEQUENO, IGNACIO	CLUB DEPORTIVO BRIÓN HYUPERSA	00:37:58	00:37:52	00:19:26 (135)	3:47	M (126)	MASTER 2 M (42)
131	721	NAVARRETE ROBLEDILLO, LUIS	CLUB DE MONTAÑA ALMA GAIA	00:38:00	00:37:46	00:19:27 (136)	3:47	M (127)	SUB 20 M (9)
132	76	TRILLO BLANCO, RUBEN	CLUB ATLETISMO NOIA	00:38:00	00:37:56	00:19:25 (134)	3:47	M (128)	MASTER 1 M (21)
133	95	GARCÍA ANTELO, JOSÉ MANUEL	NINGUNO	00:38:01	00:37:57	00:19:27 (137)	3:48	M (129)	MASTER 2 M (43)
134	65	MARTÍNEZ NIETO, MICHEL	CAO CLUBE ATLETISMO OUTES	00:38:02	00:37:54	00:19:22 (127)	3:48	M (130)	MASTER 3 M (9)
135	666	LOPEZ TORRES, ANDRES	TRIATLÓN VILAGARCIA	00:38:05	00:37:54	00:19:14 (116)	3:48	M (131)	MASTER 3 M (10)
136	22	GONZÁLEZ MARTÍNEZ, CRISTIAN	TRIATLÓN ARTEIXO	00:38:05	00:38:01	00:19:02 (107)	3:48	M (132)	SUB 23 M (5)
137	70	DOSIL RIVAS, JAVI	CLUB ATLETISMO FONTES DO SAR	00:38:06	00:37:59	00:19:38 (152)	3:48	M (133)	MASTER 2 M (44)
138	2019	GONTAN IGLESIAS, AINOA	SD COMPOSTELA ATLETISMO	00:38:06	00:38:03	00:19:24 (130)	3:48	F (5)	SUB 20 F (1)
139	774	CARREIRA RAMOS, SERGIO	NINGUNO	00:38:06	00:38:01	00:19:17 (118)	3:48	M (134)	MASTER 2 M (45)
140	764	TARELA MIRAMONTES, DANIEL	O TREITO	00:38:09	00:38:06	00:18:46 (86)	3:48	M (135)	MASTER 2 M (46)
141	152	LOPEZ SANCHEZ, DAVID	ENTRENARUNNING	00:38:09	00:38:01	00:19:32 (142)	3:48	M (136)	MASTER 2 M (47)
142	549	PÉREZ VILAS, RAFAEL	CDM VERTICE	00:38:12	00:38:03	00:19:40 (157)	3:49	M (137)	MASTER 1 M (22)
143	68	MANEIRO TORRES, DAVID	SAUDE SPORT	00:38:14	00:38:07	00:19:38 (154)	3:49	M (138)	MASTER 2 M (48)
144	41	BEIRO FORMOSO, JOSE MARIA	CLUB CICLISTA MUROS	00:38:14	00:38:07	00:19:57 (187)	3:49	M (139)	MASTER 1 M (23)
145	909	RODRIGUEZ MARTIN, ISAAC	TRIATLÓN ARTEIXO	00:38:14	00:38:04	00:19:37 (150)	3:49	M (140)	MASTER 2 M (49)
146	670	ALVAREZ GARCIA, CIRO	NINGUNO	00:38:15	00:38:01	00:19:50 (178)	3:49	M (141)	SÉNIOR M (32)
147	906	MUÑOZ YÉBENES, DAVID	NINGUNO	00:38:16	00:38:03	00:19:32 (141)	3:49	M (142)	SUB 23 M (6)
148	759	CASTRELO CONDE, FRANCISCO	TRIATLÓN VILAGARCIA	00:38:16	00:38:06	00:19:34 (144)	3:49	M (143)	MASTER 2 M (50)
149	651	GARCÍA, FRAN	GLOBAL SPORT CLUB	00:38:17	00:38:04	00:19:42 (160)	3:49	M (144)	MASTER 1 M (24)
150	164	VILLA VIEIRO, FERNANDO	ENTRENARUNNING	00:38:18	00:38:11	00:19:33 (143)	3:49	M (145)	MASTER 3 M (11)
151	137	CUENCA GARCIA, FRANCISCO	CLUB ATLETISMO O PINO	00:38:20	00:38:13	00:19:35 (146)	3:49	M (146)	MASTER 1 M (25)
152	718	BARREIRO CORDEIRO, JAVIER	SERRES RUNNERS	00:38:21	00:38:06	00:19:42 (159)	3:50	M (147)	MASTER 3 M (12)
153	106	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:38:22	00:38:17	00:19:42 (161)	3:50	M (148)	MASTER 1 M (26)
154	30	DURAN ALVAREZ, HUGO	C.A. VETERANOS DE SAMIL	00:38:25	00:38:20	00:19:36 (148)	3:50	M (149)	MASTER 1 M (27)
155	174	MOURE SANLES, BASILIO	NINGUNO	00:38:27	00:38:20	00:19:41 (158)	3:50	M (150)	MASTER 1 M (28)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
156	58	GARCIA, JUAN	NINGUNO	00:38:29	00:38:23	00:19:37 (149)	3:50	M (151)	MASTER 2 M (51)
157	120	IGLESIAS CARRERA, PIO	CLUB ATLETISMO SAR	00:38:29	00:38:29	00:19:43 (165)	3:50	M (152)	MASTER 2 M (52)
158	81	DOSIL DIAZ, JOAQUÍN	CLUB ATLETISMO SAR	00:38:29	00:38:23	00:19:37 (151)	3:50	M (153)	MASTER 2 M (53)
159	78	OTERO DOSIL, RUBÉN	CLUB ATLETISMO NOIA	00:38:29	00:38:22	00:19:38 (155)	3:50	M (154)	SÉNIOR M (33)
160	727	VIDAL VÁZQUEZ, MARTÍN	NINGUNO	00:38:31	00:38:23	00:19:50 (176)	3:51	M (155)	SÉNIOR M (34)
161	46	GONZALEZ POUSA, FERNANDO	SD COMPOSTELA ATLETISMO	00:38:33	00:38:28	00:19:18 (122)	3:51	M (156)	MASTER 3 M (13)
162	804	DIZ CHAVES, MANUEL	TRIATLÓN VILAGARCIA	00:38:33	00:38:21	00:19:46 (170)	3:51	M (157)	MASTER 2 M (54)
163	161	VALIÑO CES, JOSE ANTONIO	CLUB ATLETISMO FONTES DO SAR	00:38:35	00:38:28	00:19:38 (153)	3:51	M (158)	MASTER 2 M (55)
164	71	LÓPEZ BALEIRÓN, EDGAR MANUEL	S D BARBANTIA RODA	00:38:38	00:38:34	00:19:36 (147)	3:51	M (159)	MASTER 2 M (56)
165	105	IGLESIAS COMOJO, PABLO	CLUB DEPORTIVO BRIÓN HYUPERSA	00:38:38	00:38:36	00:19:42 (164)	3:51	M (160)	MASTER 2 M (57)
166	761	ZAERA MAYO, MARCOS	GLOBAL SPORT CLUB	00:38:40	00:38:27	00:19:54 (183)	3:51	M (161)	MASTER 1 M (29)
167	72	SENRA ALVAREZ, ROBERTO	CLUB ATLETISMO TAMBRE	00:38:43	00:38:36	00:19:53 (181)	3:52	M (162)	MASTER 3 M (14)
168	757	FERNÁNDEZ LAGO, JUAN CARLOS	SERRES RUNNERS	00:38:44	00:38:28	00:19:58 (189)	3:52	M (163)	MASTER 3 M (15)
169	1041	Boo Fariña, Salvador		00:38:47	00:38:40	00:19:44 (167)	3:52	M (164)	MASTER 3 M (16)
170	73	PÉREZ MUROS, SEBASTIÁN	SERRES RUNNERS	00:38:47	00:38:31	00:19:53 (182)	3:52	M (165)	MASTER 1 M (30)
171	62	MOSQUERA GARCÍA, DAVID	NINGUNO	00:38:48	00:38:45	00:19:50 (177)	3:52	M (166)	SÉNIOR M (35)
172	215	FERNANDEZ PEREZ, DIEGO	NINGUNO	00:38:48	00:38:38	00:19:56 (185)	3:52	M (167)	MASTER 1 M (31)
173	730	VÁZQUEZ TUBIO, ALBERTO	S D BARBANTIA RODA	00:38:50	00:38:34	00:20:30 (227)	3:52	M (168)	MASTER 2 M (58)
174	799	SEOANE MUÑIZ, THOMAS	NINGUNO	00:38:51	00:38:43	00:19:52 (180)	3:53	M (169)	MASTER 2 M (59)
175	159	PÉREZ FERNÁNDEZ, BRAIS	CLUB ATLETISMO TAMBRE	00:38:52	00:38:46	00:19:34 (145)	3:53	M (170)	SUB 23 M (7)
176	167	ROSENDE FUENTES, J.LUIS	CLUB ATLETISMO TAMBRE	00:38:52	00:38:47	00:19:55 (184)	3:53	M (171)	MASTER 2 M (60)
177	226	ALCALDE SIEIRA, SAUL	NINGUNO	00:38:52	00:38:44	00:19:24 (131)	3:53	M (172)	SUB 18 M (11)
178	768	PEREZ SOTO, DIEGO	NINGUNO	00:38:55	00:38:48	00:19:43 (166)	3:53	M (173)	MASTER 2 M (61)
179	820	FERNÁNDEZ VÁZQUEZ, ÓSCAR	NINGUNO	00:38:59	00:38:40	00:19:47 (171)	3:53	M (174)	MASTER 1 M (32)
180	136	GARCIA IGLESIAS, JESUS	NINGUNO	00:39:00	00:38:53	00:19:42 (163)	3:53	M (175)	MASTER 3 M (17)
181	43	FERNÁNDEZ CARRILLO, JOSÉ	NINGUNO	00:39:03	00:38:57	00:19:50 (173)	3:54	M (176)	MASTER 1 M (33)
182	219	CAMEAN CAMEAN, ROBERTO	INCOR AUTOVIDRIO	00:39:04	00:38:51	00:19:51 (179)	3:54	M (177)	MASTER 2 M (62)
183	321	MOREIRA, LUIS	CLUB ATLETISMO A ESTRADA	00:39:05	00:38:56	00:20:07 (197)	3:54	M (178)	MASTER 3 M (18)
184	827	NOGUÉS GARCÍA, RODRIGO	NINGUNO	00:39:05	00:38:50	00:19:46 (169)	3:54	M (179)	SUB 23 M (8)
185	69	ROMERO VÁZQUEZ, MANUEL	NINGUNO	00:39:06	00:39:00	00:20:13 (203)	3:54	M (180)	MASTER 2 M (63)
186	840	LUNA DOMINGUEZ, JUAN	TRIBU TRAIL	00:39:08	00:38:58	00:19:49 (174)	3:54	M (181)	MASTER 2 M (64)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
187	824	ROSANO CEREZO, CARLOS	ESCUELA NAVAL MILITAR	00:39:08	00:38:51	00:20:01 (191)	3:54	M (182)	SUB 23 M (9)
188	2006	VALIÑO GOMEZ, AIDA	ATLETISMO TUI	00:39:12	00:39:06	00:19:59 (190)	3:55	F (6)	MASTER 1 F (1)
189	861	GONZALEZ LOPEZ, JORGE	S D BARBANTIA RODA	00:39:13	00:38:58	00:20:16 (210)	3:55	M (183)	SÉNIOR M (36)
190	26	ALARCON SABARIS, GABRIEL	NINGUNO	00:39:13	00:39:07	00:19:49 (172)	3:55	M (184)	MASTER 1 M (34)
191	146	DIOS VICENTE, ADRIÁN	NINGUNO	00:39:13	00:38:58	00:20:13 (204)	3:55	M (185)	SÉNIOR M (37)
192	143	FERNÁNDEZ EIRAS, ERNESTO	CAO CLUBE ATLETISMO OUTES	00:39:14	00:39:07	00:20:08 (200)	3:55	M (186)	MASTER 2 M (65)
193	104	CAMINO NOVO, ROBERTO	OS NOVOS	00:39:14	00:39:06	00:19:45 (168)	3:55	M (187)	MASTER 2 M (66)
194	805	BRIÓN LEMA, JUAN CARLOS	BRIONLETEAM	00:39:16	00:38:57	00:20:07 (198)	3:55	M (188)	MASTER 3 M (19)
195	2042	VERES OJEA, ELENA	SD COMPOSTELA ATLETISMO	00:39:17	00:39:05	00:20:15 (206)	3:55	F (7)	SÉNIOR F (1)
196	220	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	00:39:20	00:39:09	00:19:57 (186)	3:55	M (189)	MASTER 2 M (67)
197	726	MIRANDA VIEITO, JOSÉ MANUEL	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:39:21	00:39:18	00:19:49 (175)	3:56	M (190)	MASTER 2 M (68)
198	2290	Novo Dios, Marta		00:39:21	00:39:18	00:19:57 (188)	3:56	F (8)	SUB 18 F (1)
199	2012	GARCIA LORENZO, SILVIA	CLUB ATLETISMO SAR	00:39:23	00:39:19	00:20:03 (194)	3:56	F (9)	MASTER 1 F (2)
200	1033	Salagre Simon, Enrique		00:39:23	00:38:33	00:20:40 (245)	3:56	M (191)	SUB 23 M (10)
201	130	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:39:27	00:39:15	00:20:15 (208)	3:56	M (192)	MASTER 2 M (69)
202	135	RODRIGUEZ LIAS, ALEX	NINGUNO	00:39:30	00:39:23	00:20:31 (233)	3:56	M (193)	MASTER 1 M (35)
203	826	SÁNCHEZ CUADROS, JORGE	ESCUELA NAVAL MILITAR	00:39:31	00:39:14	00:20:20 (212)	3:57	M (194)	SUB 20 M (10)
204	168	MARTÍNEZ RICO, ALBERTO	CDM VERTICE	00:39:33	00:39:21	00:20:14 (207)	3:57	M (195)	MASTER 2 M (70)
205	148	BRANDON RODRIGUEZ, JUAN	CLUB ATLETISMO FONTES DO SAR	00:39:34	00:39:28	00:20:10 (202)	3:57	M (196)	MASTER 4 M (1)
206	132	PICÓN ESPIÑO, ROBERTO	CLUB TRIATLÓN NEGREIRA	00:39:35	00:39:29	00:20:10 (201)	3:57	M (197)	MASTER 2 M (71)
207	319	CIGÜENZA GESTOSO, JOSE	NINGUNO	00:39:35	00:39:29	00:20:01 (193)	3:57	M (198)	MASTER 2 M (72)
208	800	DIAZ SANCHEZ-BRUNETE,	NINGUNO	00:39:36	00:39:22	00:20:43 (252)	3:57	M (199)	SUB 23 M (11)
209	659	MARTIN MORENO, MARIO	ESCUELA NAVAL MILITAR	00:39:36	00:39:23	00:20:44 (253)	3:57	M (200)	SÉNIOR M (38)
210	2015	MARIÑO TORRADO, REBECA	BESTE IRUÑA	00:39:41	00:39:37	00:20:05 (196)	3:58	F (10)	MASTER 1 F (3)
211	610	IBÁÑEZ PEREIRO, AITOR	CLUB NATACIÓN RIBEIRA	00:39:42	00:39:23	00:20:07 (199)	3:58	M (201)	MASTER 2 M (73)
212	112	PÉREZ. PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:39:43	00:39:36	00:20:25 (218)	3:58	M (202)	MASTER 4 M (2)
213	728	MENDEZ TORRES, LUIS	NINGUNO	00:39:50	00:39:42	00:20:01 (192)	3:58	M (203)	MASTER 3 M (20)
214	36	FERNÁNDEZ, ANTONIO	NINGUNO	00:39:54	00:39:50	00:20:22 (214)	3:59	M (204)	MASTER 1 M (36)
215	742	PÉREZ SOBRIDO, DAVID	NINGUNO	00:39:55	00:39:46	00:20:21 (213)	3:59	M (205)	MASTER 2 M (74)
216	109	GARCÍA SOBRIDO, JOSÉ RAMÓN	TRIBU TRAIL	00:39:56	00:39:38	00:20:19 (211)	3:59	M (206)	MASTER 2 M (75)
217	387	TIZÓN DAVILA, JAIME	CLUB DEPORTIVO BRIÓN HYUPERSA	00:39:57	00:39:27	00:20:16 (209)	3:59	M (207)	MASTER 2 M (76)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
218	99	AGRASAR CES, MARTÍN	ARTROGAL	00:39:58	00:39:47	00:20:25 (219)	3:59	M (208)	MASTER 1 M (37)
219	97	DE LA TORRE GARCIA, FRANCISCO	NINGUNO	00:40:00	00:39:48	00:20:13 (205)	3:59	M (209)	MASTER 3 M (21)
220	171	RODRIGUEZ GONZALEZ, IVAN	SAUDE SPORT	00:40:01	00:39:49	00:20:28 (223)	4:00	M (210)	SÉNIOR M (39)
221	395	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:40:04	00:39:46	00:20:26 (221)	4:00	M (211)	MASTER 2 M (77)
222	864	PEÑ, CARLOS	NINGUNO	00:40:05	00:39:53	00:20:49 (262)	4:00	M (212)	MASTER 2 M (78)
223	894	ROMAY RODRÍGUEZ, RICARDO	CLUB ATLETISMO SAR	00:40:12	00:40:02	00:20:39 (241)	4:01	M (213)	MASTER 1 M (38)
224	801	IGLESIA CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:40:12	00:40:02	00:20:39 (239)	4:01	M (214)	MASTER 3 M (22)
225	384	DEL RÍO NOYA, JOSÉ MANUEL	NINGUNO	00:40:14	00:39:57	00:20:31 (234)	4:01	M (215)	MASTER 3 M (23)
226	328	TOJO MOLEDO, ALBERTO	NINGUNO	00:40:15	00:40:02	00:20:24 (215)	4:01	M (216)	MASTER 2 M (79)
227	145	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:40:17	00:40:07	00:20:25 (217)	4:01	M (217)	MASTER 2 M (80)
228	929	GESTOSO RODRÍGUEZ, PABLO	ESCUELA NAVAL MILITAR	00:40:18	00:40:00	00:20:29 (225)	4:01	M (218)	SUB 23 M (12)
229	868	ÁLVAREZ CALVO, URBANO	NINGUNO	00:40:20	00:40:05	00:20:30 (228)	4:01	M (219)	MASTER 2 M (81)
230	176	SUÁREZ SÁNCHEZ, MANUEL	SPEEDY PARRILLADA	00:40:23	00:40:11	00:20:32 (235)	4:02	M (220)	SÉNIOR M (40)
231	80	TAJES MAYO, JUAN JESÚS	CLUB ATLETISMO FONTES DO SAR	00:40:24	00:40:10	00:20:50 (264)	4:02	M (221)	MASTER 3 M (24)
232	724	CAO GARCÍA, JOSÉ MANUEL	CLUB ATLETISMO FONTES DO SAR	00:40:24	00:40:16	00:20:48 (259)	4:02	M (222)	MASTER 3 M (25)
233	326	FERNANDEZ RIAL, SANTIAGO	MARISCOS RECIO	00:40:25	00:40:08	00:20:26 (220)	4:02	M (223)	MASTER 2 M (82)
234	2208	FARIÑA DÍAZ, LUCÍA	GLOBAL SPORT CLUB	00:40:27	00:40:13	00:20:48 (258)	4:02	F (11)	MASTER 1 F (4)
235	821	AYASO ROMERO, JOSE LUIS	SANTA UXIA ATLETISMO	00:40:29	00:40:14	00:20:40 (246)	4:02	M (224)	MASTER 2 M (83)
236	23	SUSO SÁNCHEZ, DANIEL	SONS OF POSEIDON	00:40:33	00:40:25	00:20:31 (230)	4:03	M (225)	SÉNIOR M (41)
237	175	BARANGA ARES, PEDRO	ATLETAS DE ACEA DE AMA	00:40:34	00:40:17	00:20:41 (247)	4:03	M (226)	MASTER 2 M (84)
238	947	UCHA BOUZADA, JAVIER	NINGUNO	00:40:35	00:40:22	00:20:40 (244)	4:03	M (227)	SÉNIOR M (42)
239	735	PEREIRA UCHA, IVÁN	FENDE-PERNAS TEAM	00:40:35	00:40:21	00:20:39 (242)	4:03	M (228)	MASTER 1 M (39)
240	692	LEÓN NOVOA, ÁLVARO	NINGUNO	00:40:35	00:40:35	00:21:34 (312)	4:03	M (229)	SÉNIOR M (43)
241	77	MOSQUERA GARCÍA, PABLO	NINGUNO	00:40:36	00:40:32	00:20:03 (195)	4:03	M (230)	SÉNIOR M (44)
242	383	NOYA ORDÓÑEZ, RAMÓN	NINGUNO	00:40:37	00:40:20	00:20:31 (231)	4:03	M (231)	MASTER 2 M (85)
243	2014	LORZA LEINENA, IRATI	MARINEDA ATLÉTICO	00:40:38	00:40:38	00:20:39 (238)	4:03	F (12)	MASTER 1 F (5)
244	701	AGRAFOJO MANTEIGA, DOMINGO	NINGUNO	00:40:39	00:40:31	00:20:39 (240)	4:03	M (232)	MASTER 1 M (40)
245	270	INSUA, PABLO	ASOCIACION DEPORTIVA OLIMPIA	00:40:42	00:40:32	00:20:40 (248)	4:04	M (233)	MASTER 2 M (86)
246	854	TEIJO LÓPEZ, PABLO	CLUB ATLETISMO BETANZOS	00:40:44	00:40:09	00:20:31 (232)	4:04	M (234)	MASTER 2 M (87)
247	154	MARQUE RUIBAL, JOSÉ ANTONIO	CDM VERTICE	00:40:48	00:40:37	00:20:30 (226)	4:04	M (235)	MASTER 1 M (41)
248	320	SANTOS BOO, JESÚS	NINGUNO	00:40:49	00:40:39	00:20:44 (256)	4:04	M (236)	MASTER 4 M (3)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
249	35	FERNÁNDEZ GÓMEZ, RAIMUNDO	NINGUNO	00:40:50	00:40:45	00:20:35 (236)	4:04	M (237)	MASTER 2 M (88)
250	2180	SOUTO GARCÍA, PAULA	GLOBAL SPORT CLUB	00:40:52	00:40:38	00:20:52 (267)	4:05	F (13)	MASTER 1 F (6)
251	667	BUIDE VAZQUEZ, ROBERTO	MONTE SEGADE FLUVIAL	00:40:53	00:40:48	00:20:45 (255)	4:05	M (238)	MASTER 3 M (26)
252	193	AMADO FONSECA, OSCAR	OPA FERROL TEAM RUNNING	00:40:54	00:40:38	00:20:42 (250)	4:05	M (239)	MASTER 2 M (89)
253	129	BELLO BUGALLO, NICOLÁS	SAUDESSPORT	00:40:55	00:40:42	00:20:27 (222)	4:05	M (240)	MASTER 1 M (42)
254	103	NOAL SANLÉS, DANIEL	SAUDESSPORT	00:40:55	00:40:43	00:20:28 (224)	4:05	M (241)	SÉNIOR M (45)
255	310	MATA TORREIRA, JUANMA	CLUB ATLETISMO FONTES DO SAR	00:40:57	00:40:48	00:20:37 (237)	4:05	M (242)	MASTER 3 M (27)
256	2203	GARCÍA RODRÍGUEZ, TAMARA	BIOSBARDO	00:40:58	00:40:22	00:20:43 (254)	4:05	F (14)	SÉNIOR F (2)
257	389	SUÁREZ TABOADA, MANUEL	NINGUNO	00:41:00	00:40:47	00:20:49 (261)	4:05	M (243)	MASTER 1 M (43)
258	295	BOULLÓN PEREZ, JAVIER	NINGUNO	00:41:09	00:40:50	00:21:07 (283)	4:06	M (244)	SÉNIOR M (46)
259	865	LESMES DEVESA, LUCAS	CLUB ATLETISMO MILLARAIO	00:41:09	00:40:55	00:20:25 (216)	4:06	M (245)	SUB 18 M (12)
260	102	ROGET PEREZ, FELIX	TERRA DE SONEIRA	00:41:13	00:41:00	00:20:54 (268)	4:07	M (246)	MASTER 2 M (90)
261	31	BALBOA BESADA, EDGAR	C.A. CAMBADOS- SEG. NOVAL	00:41:16	00:41:07	00:20:31 (229)	4:07	M (247)	SÉNIOR M (47)
262	675	TRILLO CAAMAÑO, JUAN CARLOS	NINGUNO	00:41:18	00:41:02	00:20:58 (273)	4:07	M (248)	MASTER 2 M (91)
263	269	RODRÍGUEZ FERNÁNDEZ, MARTÍN	CLUB DEPORTIVO DEPORTES EL 21	00:41:18	00:41:05	00:20:58 (272)	4:07	M (249)	MASTER 1 M (44)
264	263	FERNÁNDEZ NIMO, IVAN	SERRES RUNNERS	00:41:18	00:40:48	00:21:15 (292)	4:07	M (250)	SÉNIOR M (48)
265	173	SANGIOVANNI LORENZO, JOAQUIN	SD COMPOSTELA ATLETISMO	00:41:19	00:41:19	00:20:40 (243)	4:07	M (251)	SÉNIOR M (49)
266	333	CAMPAÑA BARROS, ADRIÁN	NINGUNO	00:41:20	00:41:06	00:20:46 (257)	4:07	M (252)	SÉNIOR M (50)
267	322	MOSQUERA DÉ VALDIVIELSO,	NINGUNO	00:41:25	00:41:12	00:20:52 (266)	4:08	M (253)	MASTER 2 M (92)
268	815	LUCAS PEREZ, LUCIANO	NINGUNO	00:41:27	00:41:15	00:21:13 (290)	4:08	M (254)	MASTER 2 M (93)
269	823	CABO BLANCO, CARLOS	NINGUNO	00:41:27	00:41:02	00:21:22 (299)	4:08	M (255)	MASTER 3 M (28)
270	229	MACEIRAS INSUA, DANIEL	NINGUNO	00:41:29	00:41:14	00:21:12 (289)	4:08	M (256)	SÉNIOR M (51)
271	700	CEPEDA GACIO, FRANCISCO	NOITEBRA FC	00:41:29	00:41:18	00:20:55 (269)	4:08	M (257)	MASTER 4 M (4)
272	318	ALVAREZ BOUZAS, ALBERTO	CLUB ATLETISMO TAMBRE	00:41:31	00:41:08	00:20:48 (260)	4:09	M (258)	SÉNIOR M (52)
273	852	MARIÑO CASAIS, MODESTO	NINGUNO	00:41:31	00:41:22	00:21:00 (278)	4:09	M (259)	MASTER 3 M (29)
274	257	LIÑAYO FILGUEIRA, PABLO	NINGUNO	00:41:32	00:40:56	00:22:27 (384)	4:09	M (260)	SÉNIOR M (53)
275	722	SÁNCHEZ, MARQUITOS	SEO	00:41:32	00:41:08	00:21:22 (300)	4:09	M (261)	MASTER 2 M (94)
276	663	LORES, FRANCISCO	USC	00:41:33	00:41:24	00:20:50 (263)	4:09	M (262)	MASTER 2 M (95)
277	224	SABORIDO FERNÁNDEZ, EMILIO	S D BARBANTIA RODA	00:41:34	00:41:18	00:21:06 (282)	4:09	M (263)	MASTER 2 M (96)
278	276	ABEIJON OLVEIRA, JUAN	NINGUNO	00:41:34	00:41:22	00:20:43 (251)	4:09	M (264)	MASTER 2 M (97)
279	2026	LOPEZ GESTAL, MARTINA	SD COMPOSTELA ATLETISMO	00:41:35	00:41:22	00:20:59 (276)	4:09	F (15)	MASTER 1 F (7)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
280	514	PIÑEIRO ABEIJON, BENITO	NINGUNO	00:41:36	00:41:23	00:20:59 (274)	4:09	M (265)	MASTER 2 M (98)
281	140	RODRÍGUEZ FERNÁNDEZ, JULIO	TRIBU TRAIL	00:41:37	00:41:28	00:20:41 (249)	4:09	M (266)	MASTER 2 M (99)
282	671	ARES RIAL, MIGUEL	NINGUNO	00:41:38	00:40:58	00:21:20 (296)	4:09	M (267)	MASTER 2 M (100)
283	550	TRIÑANES LÓPEZ, JAVIER	NINGUNO	00:41:38	00:41:10	00:20:56 (270)	4:09	M (268)	MASTER 2 M (101)
284	2020	GOMEZ GONZALEZ, CANDELA	CLUB ATLETISMO TAMBRE	00:41:41	00:41:25	00:21:18 (294)	4:10	F (16)	SÉNIOR F (3)
285	672	ARES NIETO, SAMUEL	NINGUNO	00:41:41	00:41:38	00:21:44 (323)	4:10	M (269)	SUB 20 M (11)
286	2016	IGLESIAS CARBALLIDO, ANDREA	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:41:42	00:41:26	00:21:18 (293)	4:10	F (17)	SÉNIOR F (4)
287	2007	VILA SANTOS, LAURA	SAUDE SPORT	00:41:42	00:41:33	00:21:25 (303)	4:10	F (18)	SÉNIOR F (5)
288	874	LÓPEZ PARDO, ALEJANDRO	AD FOGAR	00:41:44	00:41:28	00:21:30 (306)	4:10	M (270)	SÉNIOR M (54)
289	807	IGLESIAS RODRÍGUEZ, HUGO	NINGUNO	00:41:45	00:41:35	00:20:57 (271)	4:10	M (271)	SÉNIOR M (55)
290	653	ESCALANTE PÉREZ, DAVID	NOITEBRA FC	00:41:48	00:41:26	00:21:58 (340)	4:10	M (272)	MASTER 1 M (45)
291	293	FERNANDEZ BREA, PABLO	NINGUNO	00:41:50	00:41:19	00:21:24 (302)	4:10	M (273)	MASTER 1 M (46)
292	2031	BLANCO REY, VANESA	CLUB ATLETISMO SAR	00:41:52	00:41:42	00:21:30 (307)	4:11	F (19)	MASTER 2 F (2)
293	386	GÓMEZ RAPOSO, EDUARDO	NINGUNO	00:41:54	00:41:27	00:21:21 (298)	4:11	M (274)	MASTER 2 M (102)
294	232	LAREO CREO, DANIEL	CLUB ATLETISMO NOIA	00:41:55	00:41:44	00:21:08 (285)	4:11	M (275)	MASTER 2 M (103)
295	474	ABEIJÓN ROMERO, PABLO	NINGUNO	00:41:57	00:41:50	00:21:07 (284)	4:11	M (276)	MASTER 1 M (47)
296	1045	Olaya Gomez, Alfonso		00:41:59	00:41:46	00:20:59 (275)	4:11	M (277)	SÉNIOR M (56)
297	2009	FORMOSO RE CAREY, ALEJANDRA	TRIKI TEAM	00:41:59	00:41:57	00:21:19 (295)	4:11	F (20)	SUB 20 F (2)
298	847	MARTINÓN MARTÍNEZ, JESÚS	NINGUNO	00:42:03	00:41:51	00:21:26 (304)	4:12	M (278)	SÉNIOR M (57)
299	323	MIGUEZ MIGUEZ, LUIS	CASTROSUA TRAIL RUNNING	00:42:04	00:41:51	00:21:01 (279)	4:12	M (279)	MASTER 2 M (104)
300	828	MONTOJO GARCÍA, JUAN	ESCUELA NAVAL MILITAR	00:42:07	00:42:07	00:21:46 (326)	4:12	M (280)	SUB 23 M (13)
301	673	FIGUERAS LORENZO, EDUARDO	EL CANARIO	00:42:08	00:41:49	00:21:32 (311)	4:12	M (281)	SÉNIOR M (58)
302	381	SANTIAGO SARASQUETE, CARLOS	NINGUNO	00:42:09	00:41:43	00:21:44 (322)	4:12	M (282)	SÉNIOR M (59)
303	324	HERNÁNDEZ NAVEIRO, RAFAEL	S D BARBANTIA RODA	00:42:09	00:41:52	00:21:06 (281)	4:12	M (283)	MASTER 2 M (105)
304	345	LIJO CRUJEIRAS, ANDRES MANUEL	NINGUNO	00:42:09	00:41:41	00:22:16 (363)	4:12	M (284)	MASTER 2 M (106)
305	747	PAZ PISOS, MIGUEL ANGEL	CDM XESTEIRAS	00:42:11	00:42:03	00:21:54 (336)	4:13	M (285)	SÉNIOR M (60)
306	819	LÓPEZ PEÑA, PABLO	NINGUNO	00:42:11	00:41:53	00:21:29 (305)	4:13	M (286)	SUB 20 M (12)
307	331	PLACER GARCÍA-RODEJA,	NINGUNO	00:42:12	00:41:51	00:21:00 (277)	4:13	M (287)	SÉNIOR M (61)
308	101	GÓMEZ GÓMEZ, PABLO	CLUB ATLETISMO NOIA	00:42:16	00:42:05	00:21:10 (287)	4:13	M (288)	MASTER 1 M (48)
309	100	MAYO BALDERRABANO, JUAN	CLUB ATLETISMO NOIA	00:42:17	00:42:06	00:21:10 (286)	4:13	M (289)	MASTER 2 M (107)
310	541	QUEIRUGA TORRED, ALBERTO	INCOR AUTOVIDRIO	00:42:20	00:42:02	00:21:12 (288)	4:13	M (290)	MASTER 2 M (108)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
311	267	OUJO POUSO, LUCHO	ADC ARNELA	00:42:21	00:41:51	00:21:58 (339)	4:14	M (291)	MASTER 2 M (109)
312	343	OTERO GARCÍA, DIEGO	NINGUNO	00:42:23	00:41:57	00:21:14 (291)	4:14	M (292)	MASTER 2 M (110)
313	366	BOQUETE CORNES, JOSÉ MANUEL	NINGUNO	00:42:27	00:42:08	00:21:47 (327)	4:14	M (293)	MASTER 2 M (111)
314	371	SANCHIS ORTOLÁ, SERGIO	CLUB TRIATLON SANTIAGO DE	00:42:27	00:42:07	00:21:43 (320)	4:14	M (294)	SÉNIOR M (62)
315	400	MONTES TEIJIDO, ROBERTO	CAO CLUBE ATLETISMO OUTES	00:42:29	00:41:51	00:21:21 (297)	4:14	M (295)	MASTER 2 M (112)
316	314	BUJÁN GONZÁLEZ, JOSÉ	CAO CLUBE ATLETISMO OUTES	00:42:29	00:41:59	00:21:45 (325)	4:14	M (296)	MASTER 2 M (113)
317	2135	MUÑIZ LESTA, ALBA	TRIATLON INFORHOUSE SANTIAGO	00:42:31	00:42:11	00:21:43 (321)	4:15	F (21)	SUB 23 F (1)
318	875	BUA GONTAD, SERGIO	NINGUNO	00:42:31	00:42:08	00:22:19 (372)	4:15	M (297)	SÉNIOR M (63)
319	844	FREIRE ROMANI, RUBEN	NINGUNO	00:42:32	00:42:14	00:21:58 (342)	4:15	M (298)	MASTER 1 M (49)
320	266	ROMERO, DAVID	NINGUNO	00:42:34	00:42:20	00:21:35 (314)	4:15	M (299)	SÉNIOR M (64)
321	642	ÁLVAREZ LODEIRO, SANTIAGO	NINGUNO	00:42:35	00:42:05	00:21:35 (313)	4:15	M (300)	MASTER 4 M (5)
322	543	LATA, DAVID	NINGUNO	00:42:37	00:42:06	00:21:51 (331)	4:15	M (301)	SÉNIOR M (65)
323	849	CHUECOS, JOSE	PASA OU ENTORNA	00:42:40	00:42:24	00:21:23 (301)	4:15	M (302)	MASTER 2 M (114)
324	228	GÓMEZ SIEIRA, DAVID	CLUB ATLETISMO LOUSAME	00:42:42	00:42:14	00:22:00 (344)	4:16	M (303)	MASTER 1 M (50)
325	216	NEGREIRA FERNÁNDEZ, DENIS	NINGUNO	00:42:43	00:42:22	00:22:11 (354)	4:16	M (304)	MASTER 2 M (115)
326	1028	García Coello, Gonzalo		00:42:48	00:41:56	00:22:16 (365)	4:16	M (305)	SUB 20 M (13)
327	1036	Ramos Gomez-Aguado, Ignacio		00:42:48	00:42:30	00:22:50 (417)	4:16	M (306)	SUB 20 M (14)
328	817	RODRIGUEZ FRAMIL, ALFONSO	NOITEBRA FC	00:42:48	00:42:37	00:21:36 (316)	4:16	M (307)	MASTER 2 M (116)
329	335	VIAÑO LORENZO, PABLO	NINGUNO	00:42:49	00:42:33	00:21:49 (329)	4:16	M (308)	MASTER 2 M (117)
330	2051	MEJUTO FERNÁNDEZ, NURIA	SD COMPOSTELA ATLETISMO	00:42:51	00:42:29	00:21:41 (319)	4:17	F (22)	SÉNIOR F (6)
331	2043	TARRÍO MARTÍNEZ, MARIA	SD COMPOSTELA ATLETISMO	00:42:51	00:42:29	00:21:39 (317)	4:17	F (23)	MASTER 2 F (3)
332	896	AMIGO FERREIRO, JUAN	SD COMPOSTELA ATLETISMO	00:42:51	00:42:29	00:21:41 (318)	4:17	M (309)	MASTER 3 M (30)
333	884	BARROS BARCALA, JOSÉ MANUEL	ATLETISMO +9 MORAÑA	00:42:54	00:42:38	00:22:04 (348)	4:17	M (310)	MASTER 3 M (31)
334	337	GÓMEZ CES, FABIÁN	BOXPLORER	00:42:56	00:42:32	00:21:50 (330)	4:17	M (311)	SÉNIOR M (66)
335	873	FERNANDEZ REY, CHEMA	TRIATLÓN VILAGARCIA	00:42:59	00:42:30	00:21:35 (315)	4:17	M (312)	MASTER 3 M (32)
336	194	DÍAZ CARBALLO, MIGUEL	NINGUNO	00:43:00	00:42:23	00:21:58 (341)	4:17	M (313)	MASTER 3 M (33)
337	871	ALONSO HERMIDA, JOAQUÍN	NOELA P.C.	00:43:03	00:42:45	00:21:44 (324)	4:18	M (314)	MASTER 2 M (118)
338	250	PARADA MINIÑO, JESÚS MANUEL	NINGUNO	00:43:07	00:42:47	00:22:21 (374)	4:18	M (315)	MASTER 2 M (119)
339	37	DOPAZO LOUZAN, JAVIER	RUN PONTEVEDRA	00:43:09	00:42:43	00:22:36 (400)	4:18	M (316)	MASTER 3 M (34)
340	1004	FERNANDEZ DOMINGUEZ,	NINGUNO	00:43:11	00:42:51	00:22:06 (350)	4:19	M (317)	MASTER 2 M (120)
341	872	RIVEIRO MOLEDO, SEGUNDO	NINGUNO	00:43:12	00:43:02	00:21:47 (328)	4:19	M (318)	MASTER 3 M (35)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR		NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
342	203	LOPEZ RODRIGUEZ, CARLOS	RUN PONTEVEDRA	00:43:14	00:42:48	00:22:18 (370)	4:19	M (319)	MASTER 2 M (121)
343	247	LAMEIRO POUPARIÑA, MONTXO	TOUCIÑO TEAM	00:43:18	00:42:56	00:21:59 (343)	4:19	M (320)	MASTER 2 M (122)
344	264	AGEITOS SANLES, FERNANDO	INCOR AUTOVIDRIO	00:43:20	00:43:03	00:21:32 (310)	4:19	M (321)	MASTER 2 M (123)
345	222	TRIÑANES VIDAL, QUIQUE	NINGUNO	00:43:20	00:43:08	00:21:51 (333)	4:19	M (322)	MASTER 2 M (124)
346	121	RAMOS FERROL, ARTURO	ATLETISMO MILLADOIRO	00:43:20	00:43:08	00:22:30 (390)	4:19	M (323)	MASTER 2 M (125)
347	252	ALONSO, FRAN	ÑUS DA RÍA	00:43:20	00:43:00	00:21:56 (337)	4:19	M (324)	MASTER 2 M (126)
348	313	MARTINON, JOSE	NINGUNO	00:43:20	00:43:08	00:22:30 (391)	4:19	M (325)	SÉNIOR M (67)
349	239	ÁLVAREZ MARTÍNEZ, ADRIÁN	ATMOS HOTEL	00:43:21	00:42:57	00:22:17 (368)	4:20	M (326)	SÉNIOR M (68)
350	833	FABIAN GONZALEZ, DIONISIO	ASOCIACION DEPORTIVA OLIMPIA	00:43:21	00:42:51	00:21:51 (332)	4:20	M (327)	MASTER 3 M (36)
351	859	VIDAL CASTRO, ERNESTO	RUNNING LUSEKELO	00:43:21	00:42:48	00:22:03 (347)	4:20	M (328)	MASTER 3 M (37)
352	2204	ESTEIRO RAMOS, PAULA	SD COMPOSTELA ATLETISMO	00:43:21	00:43:04	00:22:09 (351)	4:20	F (24)	MASTER 2 F (4)
353	812	GARCÍA TÚÑEZ, CHRISTIAN	NINGUNO	00:43:21	00:43:03	00:21:30 (308)	4:20	M (329)	SÉNIOR M (69)
354	903	ROMASANTA BLANCO, JOSE	NINGUNO	00:43:23	00:43:10	00:21:53 (335)	4:20	M (330)	MASTER 3 M (38)
355	831	FONTENLA MUIÑO, MANUEL	ATLETAS DE ACEA DE AMA	00:43:25	00:43:08	00:22:01 (346)	4:20	M (331)	MASTER 3 M (39)
356	359	PANIAGUA FERNÁNDEZ, JOSÉ LUIS	CLUB ATLETISMO FONTES DO SAR	00:43:26	00:43:16	00:22:33 (394)	4:20	M (332)	MASTER 2 M (127)
357	863	BLANCO PIAS, FRANCISCO JAVIER	NINGUNO	00:43:29	00:43:11	00:21:58 (338)	4:20	M (333)	MASTER 3 M (40)
358	893	PESTONIT FREIRE, NOE	TRIBU TRAIL	00:43:30	00:42:46	00:22:10 (353)	4:20	M (334)	MASTER 2 M (128)
359	856	PINTOR CARRIL, ANTÓN	NINGUNO	00:43:31	00:43:06	00:22:29 (387)	4:21	M (335)	MASTER 1 M (51)
360	231	IGLESIAS PARDAL, EDUARDO	NINGUNO	00:43:34	00:43:17	00:22:23 (382)	4:21	M (336)	MASTER 2 M (129)
361	110	CARBIA MENDEZ, JUAN LUIS	NINGUNO	00:43:34	00:43:16	00:22:22 (379)	4:21	M (337)	MASTER 2 M (130)
362	802	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	00:43:34	00:43:24	00:22:33 (393)	4:21	M (338)	MASTER 3 M (41)
363	398	BLANCO SANTOS, ESTEBAN	TRIBU TRAIL	00:43:40	00:43:28	00:22:29 (389)	4:21	M (339)	MASTER 2 M (131)
364	192	PÉREZ GONZALEZ, MARCOS	NO SPORT LIMIT	00:43:40	00:43:15	00:22:11 (355)	4:21	M (340)	MASTER 1 M (52)
365	290	GÓMEZ VILA, ALBERTO	NINGUNO	00:43:42	00:43:25	00:22:09 (352)	4:22	M (341)	SÉNIOR M (70)
366	404	ROMAY SIEIRA, JUAN FRANCISCO	NINGUNO	00:43:43	00:43:12	00:22:15 (360)	4:22	M (342)	MASTER 2 M (132)
367	848	SEOANE GARCÍA, PABLO	NINGUNO	00:43:43	00:43:09	00:22:17 (367)	4:22	M (343)	MASTER 2 M (133)
368	342	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:43:43	00:43:17	00:22:18 (369)	4:22	M (344)	MASTER 1 M (53)
369	364	MARTÍNEZ FERRACES, JORGE	NINGUNO	00:43:44	00:43:21	00:22:13 (357)	4:22	M (345)	MASTER 1 M (54)
370	866	ALONSO BARGIELA, DANIEL	NINGUNO	00:43:45	00:43:25	00:22:06 (349)	4:22	M (346)	MASTER 2 M (134)
371	235	LESTAYO GARCIA, ALAIN	NINGUNO	00:43:45	00:43:35	00:22:13 (356)	4:22	M (347)	MASTER 1 M (55)
372	878	OCAMPO REY, MIGUEL ANGEL	NINGUNO	00:43:47	00:43:18	00:22:13 (358)	4:22	M (348)	MASTER 3 M (42)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
373	38	FIGUEIRO ALFONSO, ALBERTO	CLUB RÍA DE AROUSA	00:43:47	00:43:13	00:22:21 (376)	4:22	M (349)	MASTER 3 M (43)
374	829	VÁZQUEZ GARCÍA, JESÚS	ATLETAS DE ACEA DE AMA	00:43:48	00:43:39	00:22:23 (381)	4:22	M (350)	MASTER 3 M (44)
375	753	FIGUEIRAS NÚÑEZ, EDUARDO	CLUB TRIATLÓN NEGREIRA	00:43:48	00:43:18	00:23:06 (443)	4:22	M (351)	MASTER 2 M (135)
376	393	TAIBO RIVERA, JOSE CARLOS	TRIATLON INFORHOUSE SANTIAGO	00:43:48	00:43:10	00:22:58 (429)	4:22	M (352)	MASTER 2 M (136)
377	300	FREIRE RUIBAL, DANIEL	NINGUNO	00:43:50	00:43:11	00:22:36 (399)	4:22	M (353)	SUB 23 M (14)
378	294	CASAL SANTOS, MARCOS	NINGUNO	00:43:50	00:43:36	00:22:14 (359)	4:22	M (354)	MASTER 2 M (137)
379	836	GARCÍA BELLO, ANTONIO	ATLETAS DE ACEA DE AMA	00:43:50	00:43:42	00:22:34 (398)	4:22	M (355)	MASTER 4 M (6)
380	147	JUANATEY PEREZ, JOSE ANTONIO	CLUB ATLETISMO FONTES DO SAR	00:43:51	00:43:41	00:22:33 (397)	4:23	M (356)	MASTER 3 M (45)
381	2194	RAMOS LEIS, ANDREIA	CLUB ATLETISMO FONTES DO SAR	00:43:51	00:43:41	00:22:33 (395)	4:23	F (25)	MASTER 2 F (5)
382	356	RAMA GARCÍA, DANIEL	NINGUNO	00:43:53	00:43:22	00:22:28 (385)	4:23	M (357)	MASTER 2 M (138)
383	877	CALVO GERARDI, MANUEL	CLUB ATLETISMO SAR	00:43:54	00:43:40	00:22:17 (366)	4:23	M (358)	MASTER 4 M (7)
384	178	GARCÍA ALONSO, ADOLFO	CLUB DEPORTIVO INCLUSIVO ENKI	00:43:54	00:43:30	00:22:27 (386)	4:23	M (359)	MASTER 2 M (139)
385	1044	DEL RÍO OTERO, ALBERTO	NINGUNO	00:44:03	00:43:02	00:22:42 (407)	4:24	M (360)	SÉNIOR M (71)
386	378	SANTOS SANTAMARIA, JOSÉ	CHORIMA	00:44:04	00:43:53	00:21:52 (334)	4:24	M (361)	MASTER 2 M (140)
387	901	MAGALHAES CANELAS, ANDRÉS	NINGUNO	00:44:04	00:43:45	00:22:15 (361)	4:24	M (362)	SÉNIOR M (72)
388	695	TAJES CANOSA, LUIS	NINGUNO	00:44:09	00:43:36	00:22:01 (345)	4:24	M (363)	MASTER 2 M (141)
389	578	SIXTO MONTERO, SERGIO	NINGUNO	00:44:13	00:43:11	00:22:59 (432)	4:25	M (364)	MASTER 1 M (56)
390	907	PONTE PINTOR, JAVIER	NINGUNO	00:44:14	00:43:49	00:22:33 (396)	4:25	M (365)	MASTER 2 M (142)
391	2057	LIÑARES BARREIRO, CARLA	NINGUNO	00:44:17	00:43:58	00:22:24 (383)	4:25	F (26)	SÉNIOR F (7)
392	2036	LOJO ABANQUEIRO, ZORAIDA	S D BARBANTIA RODA	00:44:17	00:43:52	00:22:21 (377)	4:25	F (27)	MASTER 1 F (8)
393	196	MARIÑO MALLO, DAVID	LARACHA 2 RODAS	00:44:21	00:43:57	00:22:21 (375)	4:26	M (366)	MASTER 1 M (57)
394	569	BOUZÁN CUMPLIDO, FERNÁN	NINGUNO	00:44:25	00:43:24	00:22:16 (364)	4:26	M (367)	SÉNIOR M (73)
395	677	CASTRO HERMIDA, JUAN JOSE	NINGUNO	00:44:29	00:44:09	00:23:32 (484)	4:26	M (368)	MASTER 2 M (143)
396	563	ROMERO GONZÁLEZ, JUAN JOSÉ	NINGUNO	00:44:30	00:43:31	00:22:45 (410)	4:26	M (369)	MASTER 2 M (144)
397	916	PARDIÑAS ALVITE, JOSÉ	NINGUNO	00:44:30	00:44:02	00:23:12 (454)	4:26	M (370)	MASTER 3 M (46)
398	350	PAZ MONTERO, JAVIER	NINGUNO	00:44:30	00:44:01	00:22:23 (380)	4:26	M (371)	MASTER 1 M (58)
399	888	CASTRO CABEZA, MARCOS	ATLETAS DE ACEA DE AMA	00:44:33	00:44:15	00:22:15 (362)	4:27	M (372)	MASTER 1 M (59)
400	128	RIOBÓ PORTO, JORGE	ATLETISMO CORREDOIRAS BUEU	00:44:34	00:44:20	00:22:22 (378)	4:27	M (373)	SÉNIOR M (74)
401	860	BASOA RODRIGUEZ, MANUEL	ESCOLA DE ATLETISMO PAULA	00:44:35	00:44:14	00:22:41 (406)	4:27	M (374)	MASTER 1 M (60)
402	280	CAMIÑO, MARTIÑÁN	ATLETISMO +9 MORAÑA	00:44:36	00:44:21	00:22:42 (409)	4:27	M (375)	MASTER 3 M (47)
403	654	FERNANDEZ ANDRADE, JOSE	NINGUNO	00:44:37	00:44:13	00:23:34 (490)	4:27	M (376)	MASTER 3 M (48)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
404	360	DOMINGUEZ OTERO, JOSE	CLUB ATLETISMO FONTES DO SAR	00:44:38	00:44:28	00:22:37 (402)	4:27	M (377)	MASTER 2 M (145)
405	669	QUINTELA LOUREIRO, RAMON	NINGUNO	00:44:38	00:44:30	00:22:20 (373)	4:27	M (378)	MASTER 2 M (146)
406	184	REY PAULOS, MANUEL JOSE	NINGUNO	00:44:40	00:44:26	00:22:36 (401)	4:27	M (379)	MASTER 4 M (8)
407	713	VALLE MONTEAGUDO, SANTIAGO	NINGUNO	00:44:40	00:44:01	00:22:57 (423)	4:27	M (380)	SÉNIOR M (75)
408	414	SEOANE CEE, BRAIS	NINGUNO	00:44:40	00:43:58	00:23:06 (445)	4:27	M (381)	MASTER 1 M (61)
409	818	MARTINEZ GAGO, ENRIQUE	ATLETISMO +9 MORAÑA	00:44:41	00:44:26	00:22:59 (431)	4:28	M (382)	MASTER 2 M (147)
410	900	OTERO RAVIÑA, FERNANDO	CICLOS SPORT	00:44:42	00:44:13	00:22:47 (412)	4:28	M (383)	MASTER 4 M (9)
411	838	CORDAL BARREIRO, ANTÓN	CLUBE ATLETISMO CAMBADOS	00:44:43	00:44:20	00:22:49 (415)	4:28	M (384)	MASTER 2 M (148)
412	284	PÉREZ PETISCO, PABLO	NINGUNO	00:44:43	00:44:30	00:22:19 (371)	4:28	M (385)	SÉNIOR M (76)
413	532	FERNANDEZ SANTAMARIA,	SACHACAMIÑOS	00:44:45	00:44:07	00:23:16 (458)	4:28	M (386)	MASTER 1 M (62)
414	417	CIMADEVILA GARCÍA, ANTÓN	NINGUNO	00:44:47	00:44:09	00:22:49 (416)	4:28	M (387)	MASTER 3 M (49)
415	876	PICADO RIVEIRA, BERNARDO	CLUB ATLETISMO BETANZOS	00:44:49	00:44:12	00:22:42 (408)	4:28	M (388)	MASTER 3 M (50)
416	349	LÓPEZ ABRAIRA, CARLOS	NINGUNO	00:44:50	00:44:11	00:23:04 (442)	4:28	M (389)	MASTER 2 M (149)
417	234	SANTOS LAMPÓN, JOSÉ	FLOW PILATES & TRAINING	00:44:51	00:44:24	00:23:27 (476)	4:29	M (390)	MASTER 1 M (63)
418	2037	BLANCO PENA, FINA	CD 21 LEGUAS	00:44:56	00:44:39	00:22:52 (418)	4:29	F (28)	MASTER 2 F (6)
419	704	BOUZAS, MIGUEL	NINGUNO	00:44:59	00:44:20	00:23:06 (448)	4:29	M (391)	SÉNIOR M (77)
420	218	DIAZ FIGUEIRAS, JESUS	NINGUNO	00:44:59	00:44:18	00:22:40 (405)	4:29	M (392)	MASTER 2 M (150)
421	211	RODRÍGUEZ BACARIZA, JUAN	NINGUNO	00:45:01	00:45:01	00:23:02 (438)	4:30	M (393)	MASTER 3 M (51)
422	354	SEIJAS BUA, DAVID	SERRES RUNNERS	00:45:01	00:44:33	00:23:00 (434)	4:30	M (394)	MASTER 2 M (151)
423	245	ROMERO SENDÓN, IAGO	SERRES RUNNERS	00:45:02	00:44:32	00:22:57 (426)	4:30	M (395)	SÉNIOR M (78)
424	822	OLIVEIRA CASAIS, SUSO	S D BARBANTIA RODA	00:45:04	00:44:53	00:22:38 (403)	4:30	M (396)	MASTER 2 M (152)
425	832	AREVALILLO ROMERO, SERGIO	NINGUNO	00:45:07	00:44:47	00:22:29 (388)	4:30	M (397)	MASTER 2 M (153)
426	1015	CASTRO GÓMEZ, FERNANDO	NINGUNO	00:45:12	00:44:27	00:23:18 (467)	4:31	M (398)	MASTER 1 M (64)
427	813	CALVO LÓPEZ, GERARDO	NINGUNO	00:45:15	00:44:53	00:22:39 (404)	4:31	M (399)	MASTER 2 M (154)
428	1029	Álvarez Fernández, Ignacio		00:45:16	00:44:25	00:24:33 (594)	4:31	M (400)	SUB 20 M (15)
429	291	BARREIRO PADIN, ALFONSO	C. D. RIA DE AROUSA	00:45:17	00:44:32	00:23:07 (450)	4:31	M (401)	MASTER 3 M (52)
430	816	BARREIRO LOBATO, RAMÓN	NINGUNO	00:45:21	00:45:06	00:23:04 (439)	4:32	M (402)	MASTER 3 M (53)
431	645	FOLGAR BREA, ESTEBAN	CHORIMA	00:45:22	00:44:50	00:22:48 (414)	4:32	M (403)	MASTER 2 M (155)
432	2044	NÚÑEZ AMADO, ALEJANDRA	CLUB ATLETISMO TAMBRE	00:45:23	00:45:02	00:22:32 (392)	4:32	F (29)	SÉNIOR F (8)
433	853	SANTIAGO HERMO, ANDRÉS	BRIONLETEAM	00:45:23	00:45:03	00:23:00 (435)	4:32	M (404)	MASTER 2 M (156)
434	352	FONTANS, MARCOS	ATLETISMO CUNTIS	00:45:24	00:45:05	00:23:34 (491)	4:32	M (405)	MASTER 2 M (157)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
435	1031	López Rodríguez, Manuel		00:45:25	00:44:33	00:24:29 (586)	4:32	M (406)	SUB 20 M (16)
436	851	PICALLO GARCIA, JOSE CARLOS	NINGUNO	00:45:26	00:44:56	00:23:00 (433)	4:32	M (407)	MASTER 3 M (54)
437	274	LIMÉNS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:45:26	00:45:04	00:23:19 (469)	4:32	M (408)	MASTER 4 M (10)
438	185	BARREIRO, DAVID	NINGUNO	00:45:29	00:44:53	00:23:32 (485)	4:32	M (409)	SÉNIOR M (79)
439	963	LEYVA IGLESIAS, MANUEL	RAMBLER RUNNER	00:45:31	00:44:47	00:23:30 (479)	4:33	M (410)	MASTER 2 M (158)
440	344	MORANDEIRA REYES, RAMÓN	CLUB ATLETISMO FONTES DO SAR	00:45:31	00:45:16	00:22:57 (428)	4:33	M (411)	MASTER 1 M (65)
441	309	RODILES RÍOS, ALBERTO	NINGUNO	00:45:33	00:45:03	00:23:02 (437)	4:33	M (412)	MASTER 2 M (159)
442	846	GUERREIROLAREU, JACOBO	ETP ENCUENTRA TU POTENCIAL	00:45:34	00:44:54	00:23:07 (449)	4:33	M (413)	SUB 18 M (13)
443	2038	BAZARRA CAROU, RAQUEL	NINGUNO	00:45:35	00:45:05	00:23:04 (440)	4:33	F (30)	MASTER 2 F (7)
444	391	MIRA MAYO, JOSE MANUEL	NINGUNO	00:45:38	00:45:06	00:23:46 (507)	4:33	M (414)	MASTER 2 M (160)
445	2041	DURO LIÑARES, OLALLA	PONTE TRAIL	00:45:39	00:45:02	00:23:05 (441)	4:33	F (31)	MASTER 1 F (9)
446	199	RÁDEKE FARIÑA, EDUARDO	NINGUNO	00:45:41	00:45:16	00:23:17 (464)	4:34	M (415)	MASTER 2 M (161)
447	1020	DOMÍNGUEZ QUEIRUGA, MANUEL	NINGUNO	00:45:42	00:44:50	00:23:06 (444)	4:34	M (416)	SÉNIOR M (80)
448	277	PEREIRA REDONDO, JUAN CARLOS	NINGUNO	00:45:42	00:45:21	00:22:48 (413)	4:34	M (417)	MASTER 3 M (55)
449	369	PEREIRA MARTÍNEZ, ISMAEL	RAGNAROK OCR	00:45:43	00:45:30	00:23:11 (453)	4:34	M (418)	SÉNIOR M (81)
450	221	VILAR REINA, VÍCTOR MANUEL	OPA FERROL TEAM RUNNING	00:45:46	00:45:30	00:22:56 (424)	4:34	M (419)	MASTER 2 M (162)
451	996	ESPASANDIN VAZQUEZ, VICTOR	CLUB DEPORTIVO BRIÓN HYUPERSA	00:45:47	00:44:55	00:23:21 (470)	4:34	M (420)	SÉNIOR M (82)
452	1038	Alborés Díaz, Jose Manuel	CLUB ATLETISMO NOIA	00:45:49	00:45:11	00:23:07 (447)	4:34	M (421)	MASTER 4 M (11)
453	419	SABROJO SANTOS, ALEJANDRO	NINGUNO	00:45:50	00:45:02	00:23:55 (525)	4:34	M (422)	SÉNIOR M (83)
454	285	GARCÍA REA, FERNANDO	NINGUNO	00:45:51	00:45:41	00:23:14 (455)	4:35	M (423)	MASTER 1 M (66)
455	7	GONZALEZ SAMPEDRO, OMAR	NINGUNO	00:45:51	00:45:48	00:23:37 (494)	4:35	M (424)	MASTER 2 M (163)
456	908	MELGAR SÁNCHEZ, JAIME	NINGUNO	00:45:51	00:45:06	00:23:19 (468)	4:35	M (425)	MASTER 1 M (67)
457	206	NAVIA GIRALDEZ, ADRIAN	NINGUNO	00:45:53	00:45:30	00:23:23 (474)	4:35	M (426)	MASTER 1 M (68)
458	241	RAMOS ALONSO, GABRIEL JOSÉ	BRIONLE TEAM	00:45:53	00:45:32	00:24:08 (552)	4:35	M (427)	MASTER 2 M (164)
459	380	LEIS MOURIÑO, OSCAR	NINGUNO	00:45:53	00:45:28	00:23:17 (462)	4:35	M (428)	MASTER 3 M (56)
460	336	TRIGO BAO, MANUEL	NINGUNO	00:45:53	00:45:38	00:22:52 (419)	4:35	M (429)	MASTER 3 M (57)
461	243	PRESAS VENCE, MANUEL	NINGUNO	00:45:55	00:45:14	00:23:06 (446)	4:35	M (430)	MASTER 1 M (69)
462	315	LUEIRO ABUIN, JOSÉ MANUEL	NINGUNO	00:45:56	00:45:36	00:23:31 (483)	4:35	M (431)	MASTER 2 M (165)
463	857	SAAVEDRA PAZOS, JOSÉ ANTONIO	NINGUNO	00:45:56	00:45:10	00:23:50 (513)	4:35	M (432)	MASTER 3 M (58)
464	940	PIÑEIRO PÉREZ, ARMANDO	GTR GALAICO TRAIL RUN	00:45:57	00:45:27	00:23:17 (465)	4:35	M (433)	MASTER 3 M (59)
465	703	PÉREZ PAZ, VALENTIN	NINGUNO	00:45:59	00:45:31	00:23:28 (477)	4:35	M (434)	MASTER 3 M (60)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
466	298	ÁLVAREZ AYUSO, CLAUDIO	ATMOS HOTEL	00:46:00	00:45:38	00:22:55 (421)	4:35	M (435)	MASTER 3 M (61)
467	287	CAROU FERNÁNDEZ, JOSÉ RAMÓN	O TREITO	00:46:02	00:45:33	00:23:28 (475)	4:36	M (436)	MASTER 2 M (166)
468	2040	MARIÑO PAZ, LUCIA	NINGUNO	00:46:03	00:45:40	00:23:23 (472)	4:36	F (32)	MASTER 2 F (8)
469	329	TEIRA PIÑEIRO, MANUEL MARÍA	PRÓLOGO! PROJECT	00:46:03	00:46:03	00:24:06 (547)	4:36	M (437)	MASTER 4 M (12)
470	181	BLANCO VÁZQUEZ, ÁNGEL	NINGUNO	00:46:07	00:45:40	00:23:38 (499)	4:36	M (438)	MASTER 2 M (167)
471	2217	FEIJOO SANCHEZ, SUSANA	ATLETAS DE ACEA DE AMA	00:46:07	00:45:50	00:23:34 (489)	4:36	F (33)	MASTER 2 F (9)
472	2034	PENA CARBÓN, NOEMÍ	CLUB ATLETISMO A ESTRADA	00:46:11	00:45:51	00:23:23 (473)	4:37	F (34)	SÉNIOR F (9)
473	705	QUINTANS VARELA, MANUEL	NINGUNO	00:46:12	00:45:51	00:23:33 (488)	4:37	M (439)	MASTER 2 M (168)
474	602	IGLESIAS SUEIRO, SANTIAGO	NINGUNO	00:46:13	00:45:11	00:23:54 (520)	4:37	M (440)	SÉNIOR M (84)
475	373	ROMERO ROMERO, JUAN	NINGUNO	00:46:15	00:45:51	00:23:49 (512)	4:37	M (441)	MASTER 1 M (70)
476	2018	LORENZO FIGUEIRAS, LORENA	NINGUNO	00:46:15	00:46:04	00:23:18 (466)	4:37	F (35)	MASTER 2 F (10)
477	249	PEREZ SUSAVILA, ANGEL	NINGUNO	00:46:15	00:46:00	00:23:16 (461)	4:37	M (442)	MASTER 3 M (62)
478	785	RIVEIRO LAMPON, ALBERTO	NINGUNO	00:46:17	00:45:50	00:23:55 (524)	4:37	M (443)	SÉNIOR M (85)
479	887	CASTRO ROMÁN, ALEJANDRO	NINGUNO	00:46:17	00:45:44	00:23:33 (487)	4:37	M (444)	MASTER 2 M (169)
480	1014	PUÑAL ETCHEVERS, JOSE	NINGUNO	00:46:18	00:45:21	00:22:46 (411)	4:37	M (445)	MASTER 2 M (170)
481	1025	CERNADAS CREO, SALVADOR	NINGUNO	00:46:18	00:45:50	00:23:32 (482)	4:37	M (446)	MASTER 2 M (171)
482	879	CERNADAS CREO, OSCAR	NINGUNO	00:46:18	00:45:49	00:23:31 (481)	4:37	M (447)	MASTER 2 M (172)
483	332	PAZ CALO, JORGE	CHORIMA	00:46:18	00:46:02	00:23:13 (456)	4:37	M (448)	MASTER 2 M (173)
484	209	RAMOS FERRO, MANUEL	RUN PONTEVEDRA	00:46:18	00:45:51	00:23:08 (452)	4:37	M (449)	MASTER 2 M (174)
485	845	LAREU RODRÍGUEZ, ANDRES	ETP ENCUENTRA TU POTENCIAL	00:46:19	00:45:38	00:23:47 (508)	4:37	M (450)	MASTER 3 M (63)
486	183	VIDAL RODRÍGUEZ, OSCAR	NINGUNO	00:46:20	00:45:35	00:23:50 (511)	4:37	M (451)	MASTER 2 M (175)
487	558	OTERO LESTON, MARTIN	NINGUNO	00:46:21	00:46:01	00:23:15 (457)	4:38	M (452)	SUB 23 M (15)
488	303	LIÑARES ARÁN, ALBERTO	NINGUNO	00:46:22	00:46:00	00:22:58 (430)	4:38	M (453)	MASTER 2 M (176)
489	662	QUINTAS CRESPO, ALEJANDRO	NINGUNO	00:46:22	00:45:47	00:23:54 (521)	4:38	M (454)	SÉNIOR M (86)
490	937	GÓMEZ RODRÍGUEZ, MIGUEL	NINGUNO	00:46:23	00:45:47	00:23:53 (518)	4:38	M (455)	SÉNIOR M (87)
491	551	NIETO RODRÍGUEZ, RUBÉN	NINGUNO	00:46:23	00:45:25	00:24:01 (535)	4:38	M (456)	SÉNIOR M (88)
492	353	PRADOS NIETO, DIEGO	NINGUNO	00:46:24	00:46:03	00:24:08 (554)	4:38	M (457)	SUB 23 M (16)
493	200	LÓPEZ IGREXAS, MACÍAS	NO SPORT LIMIT	00:46:26	00:46:03	00:23:43 (501)	4:38	M (458)	MASTER 1 M (71)
494	561	CALLE VELLÉS, JESÚS MANUEL	NINGUNO	00:46:27	00:46:13	00:23:01 (436)	4:38	M (459)	MASTER 2 M (177)
495	957	ROMERO GACIÑO, CARLOS	NINGUNO	00:46:29	00:45:55	00:24:10 (556)	4:38	M (460)	MASTER 2 M (178)
496	789	FERNÁNDEZ LANDEIRO, JUAN	CLUB TRIATLON POIO	00:46:30	00:46:13	00:23:17 (463)	4:38	M (461)	MASTER 2 M (179)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
497	2219	SALGADO SANTOS, LARA	SD COMPOSTELA ATLETISMO	00:46:31	00:46:08	00:23:53 (517)	4:39	F (36)	SÉNIOR F (10)
498	964	RAMOS ANTELA, ANTÓN	TRIATLON INFORHOUSE SANTIAGO	00:46:31	00:46:10	00:22:56 (422)	4:39	M (462)	SÉNIOR M (89)
499	965	RESÚA LEMA, FRAN	NINGUNO	00:46:32	00:45:41	00:23:48 (510)	4:39	M (463)	SUB 18 M (14)
500	301	FONTAN MIRON, JOSE MANUEL	NINGUNO	00:46:33	00:46:04	00:23:40 (500)	4:39	M (464)	MASTER 2 M (180)
501	262	SANTOS CALO, JOSÉ RAMÓN	NINGUNO	00:46:33	00:46:07	00:23:45 (503)	4:39	M (465)	MASTER 2 M (181)
502	526	GOMEZ IGLESIAS, JESUS	ATLETISMO TUI	00:46:36	00:45:54	00:23:15 (459)	4:39	M (466)	MASTER 3 M (64)
503	212	GIL SUAREZ, CARLOS ALBERTO	NINGUNO	00:46:38	00:46:15	00:23:57 (528)	4:39	M (467)	MASTER 1 M (72)
504	411	BALSA DA TORRE, JUAN LUIS	NINGUNO	00:46:39	00:46:25	00:22:57 (425)	4:39	M (468)	MASTER 1 M (73)
505	299	RIOS VAZQUEZ, JOSE	NINGUNO	00:46:39	00:46:16	00:23:58 (532)	4:39	M (469)	MASTER 4 M (13)
506	769	PALACIOS LADO, SERGIO	CLUB ATLETISMO O PINO	00:46:39	00:46:18	00:23:22 (471)	4:39	M (470)	MASTER 1 M (74)
507	413	CAO ESPIDO, GONZALO	O PINO	00:46:40	00:46:14	00:23:36 (493)	4:39	M (471)	MASTER 2 M (182)
508	347	CARRACEDO POSE, RUBÉN JOSÉ	CHORIMA	00:46:41	00:46:25	00:23:46 (506)	4:40	M (472)	MASTER 2 M (183)
509	992	ALCALDE RIAL, MARIO	NINGUNO	00:46:41	00:45:45	00:22:57 (427)	4:40	M (473)	SUB 18 M (15)
510	949	FERNÁNDEZ CIDRE, EMILIO	NINGUNO	00:46:43	00:46:00	00:23:45 (505)	4:40	M (474)	MASTER 3 M (65)
511	382	RIAL SANCHIÑO, CAMILO	NINGUNO	00:46:43	00:46:23	00:23:44 (502)	4:40	M (475)	MASTER 3 M (66)
512	479	NÚÑEZ QUEIRUGA, ZALO	MONTEMUIÑO	00:46:45	00:46:17	00:23:30 (480)	4:40	M (476)	MASTER 2 M (184)
513	636	CASTRO VÁZQUEZ, JAVIER	NINGUNO	00:46:48	00:46:48	00:24:26 (579)	4:40	M (477)	MASTER 1 M (75)
514	980	MARTÍNEZ SAYAR, MANUEL	MORAÑA EN RUTA	00:46:50	00:46:26	00:24:26 (580)	4:40	M (478)	MASTER 1 M (76)
515	668	BARGO PEREZ, JOSE MANUEL	CLUB ATLETISMO LOUSAME	00:46:52	00:46:41	00:21:06 (280)	4:41	M (479)	MASTER 1 M (77)
516	297	RODRÍGUEZ GARCÍA, ANTONIO	CAO CLUBE ATLETISMO OUTES	00:46:54	00:46:16	00:24:18 (568)	4:41	M (480)	MASTER 2 M (185)
517	281	OUJO CASTELO, SANTIAGO	ADC ARNELA	00:46:58	00:46:27	00:23:38 (496)	4:41	M (481)	MASTER 3 M (67)
518	942	SANTIAGO POTEL, JAVIER	ENTRENARUNNING	00:46:59	00:46:26	00:24:00 (536)	4:41	M (482)	MASTER 3 M (68)
519	690	COBAS REBOIRAS, CARLOS	NINGUNO	00:47:03	00:46:11	00:23:48 (509)	4:42	M (483)	MASTER 2 M (186)
520	797	PÉREZ LORENZO, ÓSCAR	SAN MIGUEL DE MARÍN	00:47:03	00:46:41	00:23:38 (498)	4:42	M (484)	MASTER 2 M (187)
521	465	CASTAÑO BRIONES, JUAN RAMON	NINGUNO	00:47:03	00:46:41	00:23:38 (497)	4:42	M (485)	MASTER 1 M (78)
522	504	BRETAL BAZARRA, VENTURA	SON A TUA ACUDA/AUTOESCOLA	00:47:04	00:46:50	00:23:08 (451)	4:42	M (486)	MASTER 2 M (188)
523	904	LEMA RIVADAS, XOSÉ FRANCISCO	NINGUNO	00:47:04	00:46:46	00:23:57 (530)	4:42	M (487)	MASTER 3 M (69)
524	890	CANCELO ALFONSO, JUAN JOSE	CLUB DEPORTIVO BRIÓN HYUPERSA	00:47:05	00:46:46	00:23:33 (486)	4:42	M (488)	MASTER 1 M (79)
525	2052	FERNANDEZ DIAZ, MARTA	CLUB ATLETISMO RIBADEO	00:47:05	00:46:51	00:24:13 (561)	4:42	F (37)	SÉNIOR F (11)
526	388	VAZQUEZ FEIJOO, OSCAR IGNACIO	MOTOCULBE ENDURO LUCENSE	00:47:06	00:46:54	00:23:52 (515)	4:42	M (489)	MASTER 2 M (189)
527	346	CREGO GIL, PABLO	CHORIMA	00:47:07	00:46:51	00:23:53 (519)	4:42	M (490)	MASTER 2 M (190)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
528	869	MIRANDA, OSCAR	CLUBE ATLETISMO BOIMORTO	00:47:08	00:46:43	00:23:36 (492)	4:42	M (491)	MASTER 2 M (191)
529	1039	Dominguez, Jose		00:47:11	00:47:02	00:23:28 (478)	4:43	M (492)	MASTER 4 M (14)
530	363	GONZÁLEZ VARELA, BENITO	NINGUNO	00:47:12	00:46:49	00:23:55 (523)	4:43	M (493)	MASTER 4 M (15)
531	286	ROO MAROÑAS, PABLO	CLUB ATLETISMO LOUSAME	00:47:12	00:46:55	00:23:16 (460)	4:43	M (494)	SÉNIOR M (90)
532	867	PENA VARELA, MANUEL	RAMBLER RUNNER	00:47:13	00:46:28	00:23:57 (527)	4:43	M (495)	MASTER 2 M (192)
533	2054	DIAZ MESA, ROCIO	CLUB ATLETISMO RIBADEO	00:47:15	00:46:54	00:23:57 (529)	4:43	F (38)	MASTER 3 F (1)
534	408	FERNANDEZ RODRIGUEZ, EMILIO	CLUB ATLETISMO RIBADEO	00:47:15	00:46:53	00:24:05 (544)	4:43	M (496)	MASTER 3 M (70)
535	355	SALVADO VARA, FABIO	COLEGIO LA SALLE	00:47:15	00:46:48	00:24:12 (560)	4:43	M (497)	MASTER 2 M (193)
536	217	TABOADA GONZÁLEZ, RAMIRO	RUNNING LUSEKELO	00:47:17	00:46:45	00:23:53 (516)	4:43	M (498)	MASTER 4 M (16)
537	855	CAIÑO VIGO, DAVID	NINGUNO	00:47:19	00:46:55	00:23:45 (504)	4:43	M (499)	MASTER 2 M (194)
538	676	CORREA LORENZO, ALBERTO	NINGUNO	00:47:19	00:46:43	00:24:00 (537)	4:43	M (500)	SÉNIOR M (91)
539	2021	DÍEZ BERMÚDEZ, SILVIA	EGOVARROS DE VIVEIRO	00:47:20	00:46:34	00:24:05 (543)	4:43	F (39)	MASTER 2 F (11)
540	681	LOPEZ ARAUJO, ALBERTO	NINGUNO	00:47:22	00:46:27	00:24:01 (539)	4:44	M (501)	MASTER 1 M (80)
541	379	VALIÑO CEREIJO, JOSE MANUEL	NINGUNO	00:47:24	00:47:13	00:23:55 (522)	4:44	M (502)	MASTER 3 M (71)
542	830	VILLANUEVA AREAL, DITO	RUNNING LUSEKELO	00:47:24	00:46:51	00:23:52 (514)	4:44	M (503)	MASTER 3 M (72)
543	584	CAEIRO SANDE, ROBERTO	NINGUNO	00:47:25	00:46:23	00:24:14 (563)	4:44	M (504)	MASTER 1 M (81)
544	370	MÍGUEZ BLANCO, RAÚL	NINGUNO	00:47:25	00:47:05	00:23:59 (533)	4:44	M (505)	SÉNIOR M (92)
545	456	FERNÁNDEZ PIÑEIRO, TONO	NINGUNO	00:47:30	00:46:58	00:24:35 (597)	4:44	M (506)	MASTER 3 M (73)
546	372	CARBALLEIRA PUÑAL, ADRIÁN	NINGUNO	00:47:31	00:47:09	00:24:03 (541)	4:45	M (507)	MASTER 2 M (195)
547	258	OLVEIRA SUÁREZ, JUAN JESÚS	SAUDESPORT	00:47:32	00:47:08	00:24:14 (562)	4:45	M (508)	MASTER 1 M (82)
548	579	MATOS ZAS, JOSÉ	NINGUNO	00:47:36	00:46:47	00:24:08 (549)	4:45	M (509)	MASTER 1 M (83)
549	2202	MACEIRA PENA, MIRIAM	TRIATLÓN VILAGARCIA	00:47:38	00:47:21	00:24:11 (557)	4:45	F (40)	SÉNIOR F (12)
550	640	MARTINEZ MARCOTE, IVAN	NINGUNO	00:47:38	00:47:10	00:24:51 (629)	4:45	M (510)	SUB 20 M (17)
551	2212	VAL DEL RÍO, ÁNGELES	CLUB ATLETISMO MILLARAIO	00:47:39	00:47:15	00:23:58 (531)	4:45	F (41)	MASTER 2 F (12)
552	260	POUSO MANEIRO, JOSÉ	NINGUNO	00:47:40	00:47:05	00:24:30 (584)	4:45	M (511)	MASTER 4 M (17)
553	648	BLANCO GOMEZ, SAUL	NINGUNO	00:47:41	00:46:43	00:24:34 (595)	4:46	M (512)	SÉNIOR M (93)
554	538	MAGARIÑOS DE BLAS, ÁLVARO	NINGUNO	00:47:41	00:47:10	00:23:56 (526)	4:46	M (513)	SÉNIOR M (94)
555	327	FIGUEIRAS TOREA, OSCAR	CAO CLUBE ATLETISMO OUTES	00:47:42	00:47:23	00:24:00 (534)	4:46	M (514)	MASTER 2 M (196)
556	843	UCHA SOLLA, JAVIER	FENDE-PERNAS TEAM	00:47:43	00:47:14	00:24:47 (620)	4:46	M (515)	MASTER 3 M (74)
557	835	UCHA OMIL, MIGUEL	FENDE-PERNAS TEAM	00:47:44	00:47:15	00:24:43 (613)	4:46	M (516)	SÉNIOR M (95)
558	960	FANDIÑO RODRÍGUEZ, MANUEL	NINGUNO	00:47:44	00:47:02	00:24:09 (555)	4:46	M (517)	MASTER 2 M (197)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
559	312	GÓMEZ VIAÑO, JOSÉ	NINGUNO	00:47:46	00:47:13	00:24:05 (542)	4:46	M (518)	MASTER 3 M (75)
560	440	VÁZQUEZ RODRÍGUEZ, DAMIÁN	NINGUNO	00:47:48	00:46:48	00:25:12 (666)	4:46	M (519)	MASTER 2 M (198)
561	688	MARTÍNEZ HAYNES, ENRIQUE	NINGUNO	00:47:52	00:47:52	(-1)	4:47	M (520)	MASTER 3 M (76)
562	537	PÉREZ LAGES, CARLOS	NINGUNO	00:47:53	00:47:15	00:24:30 (585)	4:47	M (521)	MASTER 3 M (77)
563	246	BETANZOS REGO, TOBIAS	BARBANTIA	00:47:53	00:47:08	00:24:23 (575)	4:47	M (522)	MASTER 4 M (18)
564	2206	TRIÑANES CASTRO, MARÍA	NINGUNO	00:47:56	00:47:34	00:24:16 (564)	4:47	F (42)	MASTER 3 F (2)
565	2056	GARCIA PENA, CHUS	CLUB ATLETISMO TAMBRE	00:47:57	00:47:28	00:24:17 (567)	4:47	F (43)	MASTER 1 F (10)
566	881	MIRANTES BARBEITO, ANGEL	NO SPORT LIMIT	00:47:58	00:47:16	00:24:20 (569)	4:47	M (523)	SÉNIOR M (96)
567	279	LEIS MONTEMUIÑO, AITOR	NINGUNO	00:47:59	00:47:06	00:24:31 (587)	4:47	M (524)	SÉNIOR M (97)
568	399	BARRAL AGRASO, ALBERTO	NINGUNO	00:47:59	00:47:06	00:24:27 (581)	4:47	M (525)	SÉNIOR M (98)
569	311	GARCIA IGLESIAS, DAVID	BJ RUNNING	00:48:00	00:47:43	00:24:06 (548)	4:47	M (526)	MASTER 2 M (199)
570	1017	DUTFIELD, NICHOLAS	NINGUNO	00:48:02	00:47:05	00:24:50 (624)	4:48	M (527)	MASTER 3 M (78)
571	991	IGLESIAS, CARLOS	NINGUNO	00:48:03	00:47:19	00:24:30 (583)	4:48	M (528)	SÉNIOR M (99)
572	358	BREA FLORIANI, JOSÉ MANUEL	NINGUNO	00:48:05	00:47:40	00:24:20 (570)	4:48	M (529)	MASTER 2 M (200)
573	254	PIÑEIRO GARCÍA, HÉCTOR	CLUB ATLETISMO LOUSAME	00:48:06	00:47:38	00:24:44 (616)	4:48	M (530)	MASTER 2 M (201)
574	880	OUTEIRAL DAVILA, RAUL	NINGUNO	00:48:06	00:47:27	00:25:03 (652)	4:48	M (531)	MASTER 2 M (202)
575	577	MARTARELLI FERNÁNDEZ,	NINGUNO	00:48:06	00:47:38	00:24:08 (551)	4:48	M (532)	MASTER 2 M (203)
576	889	SIMOES FERNÁNDEZ, JOSÉ LUIS	C.A.R. MARISQUEIRO	00:48:07	00:47:20	00:25:25 (684)	4:48	M (533)	MASTER 4 M (19)
577	1024	DOMÍNGUEZ CABRAL, DIEGO	NINGUNO	00:48:09	00:47:24	00:25:59 (722)	4:48	M (534)	MASTER 2 M (204)
578	837	CASTELO CAAMAÑO, LUIS	NINGUNO	00:48:10	00:47:48	00:24:03 (540)	4:48	M (535)	MASTER 1 M (84)
579	2234	MARIÑO REY, SILVIA	CLUB ATLETISMO SAR	00:48:11	00:47:35	00:24:23 (577)	4:49	F (44)	MASTER 2 F (13)
580	2284	MARIÑO REY, MARINA	NINGUNO	00:48:11	00:47:36	00:24:24 (576)	4:49	F (45)	MASTER 2 F (14)
581	533	PIÑEIRO, BERNABÉ	NINGUNO	00:48:12	00:47:27	00:24:56 (637)	4:49	M (536)	MASTER 2 M (205)
582	288	CAO BRAÑA, ROBERTO	NINGUNO	00:48:13	00:47:30	00:24:25 (578)	4:49	M (537)	MASTER 3 M (79)
583	994	FIGUEIRIDO BLANCO, PABLO	NINGUNO	00:48:17	00:47:33	00:24:16 (566)	4:49	M (538)	SÉNIOR M (100)
584	510	RODRÍGUEZ PÉREZ, JAVIER	NINGUNO	00:48:22	00:47:24	00:26:18 (748)	4:50	M (539)	MASTER 2 M (206)
585	493	VIÑAS RODRIGUEZ, CARLOS	NINGUNO	00:48:23	00:47:26	00:26:18 (750)	4:50	M (540)	MASTER 2 M (207)
586	452	ROMERO GACIÑO, IAGO	NINGUNO	00:48:27	00:47:53	00:24:38 (608)	4:50	M (541)	MASTER 2 M (208)
587	409	CAMBEIRO CAMBEIRO, FERMÍN	NINGUNO	00:48:29	00:48:09	00:23:37 (495)	4:50	M (542)	MASTER 1 M (85)
588	2207	CAAMAÑO PÉREZ, VANESA	TERRA DE SONEIRA	00:48:30	00:48:00	00:25:15 (672)	4:50	F (46)	MASTER 2 F (15)
589	24	MARIN CASTRO, ELOY	SONS OF POSEIDON	00:48:30	00:48:22	00:24:23 (574)	4:50	M (543)	SÉNIOR M (101)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
590	2048	FIGUEIRA DOMÍNGUEZ, LETICIA	CLUB ATLETISMO BETANZOS	00:48:31	00:48:07	00:24:48 (621)	4:51	F (47)	MASTER 2 F (16)
591	261	DIAZ CORRAL, CARLOS	NINGUNO	00:48:33	00:48:13	00:24:00 (538)	4:51	M (544)	MASTER 3 M (80)
592	256	REGUEIRA BOO, JOSÉ MATIAS	NINGUNO	00:48:34	00:48:19	00:24:11 (558)	4:51	M (545)	MASTER 4 M (20)
593	583	ROMERO VÁZQUEZ, MANUEL	VELAÍ BIKE	00:48:35	00:47:45	00:24:21 (571)	4:51	M (546)	MASTER 1 M (86)
594	244	SERANTES ABAL, ELOI	ADC ARNELA	00:48:37	00:48:06	00:24:35 (599)	4:51	M (547)	SUB 23 M (17)
595	338	DOMÍNGUEZ NEGREIRA, JAVIER	NINGUNO	00:48:37	00:47:52	00:26:19 (749)	4:51	M (548)	SÉNIOR M (102)
596	891	RODRIGUEZ GONZALEZ, ALVARO	NINGUNO	00:48:37	00:48:14	00:24:16 (565)	4:51	M (549)	MASTER 3 M (81)
597	1030	Cerdan Gilabert, Ramon		00:48:38	00:47:47	00:24:35 (598)	4:51	M (550)	SUB 20 M (18)
598	1032	Vaquero López, Pedro		00:48:38	00:47:48	00:24:32 (591)	4:51	M (551)	SUB 20 M (19)
599	1035	Díaz Garcia, Jaime		00:48:38	00:47:48	00:24:32 (589)	4:51	M (552)	SUB 20 M (20)
600	214	DOVAL IGLESIAS, IAGO	NINGUNO	00:48:40	00:48:22	00:24:06 (546)	4:51	M (553)	SÉNIOR M (103)
601	2106	TOREA TOREA, ELENA	CLUB ATLETISMO LOUSAME	00:48:40	00:47:56	00:24:39 (606)	4:51	F (48)	MASTER 2 F (17)
602	2024	VILLAR GONZALEZ, SARA	NINGUNO	00:48:41	00:48:22	00:24:05 (545)	4:52	F (49)	SUB 23 F (2)
603	885	LÓPEZ DIÉGUEZ, LUIS	NINGUNO	00:48:42	00:47:31	00:24:59 (645)	4:52	M (554)	MASTER 2 M (209)
604	2227	DE GREGORIO ESTÚÑIGA, ANA	NINGUNO	00:48:42	00:48:42	00:25:25 (685)	4:52	F (50)	SUB 20 F (3)
605	191	FERNÁNDEZ ARUFE, FRANCISCO	CLUB ATLETISMO NOIA	00:48:42	00:48:17	00:25:11 (660)	4:52	M (555)	MASTER 4 M (21)
606	186	CIUDAD CENDAN, DANIEL	NINGUNO	00:48:43	00:47:54	00:24:50 (627)	4:52	M (556)	MASTER 3 M (82)
607	421	CIUDAD SEGOVIA, IAGO	NINGUNO	00:48:43	00:47:54	00:24:50 (625)	4:52	M (557)	SUB 20 M (21)
608	2294	Medina Torres, Lucila Fatima		00:48:43	00:47:52	00:24:35 (601)	4:52	F (51)	SUB 20 F (4)
609	2213	FILGUEIRA CONDE, REBECA	POIO	00:48:43	00:48:22	00:24:08 (553)	4:52	F (52)	SÉNIOR F (13)
610	978	PIÑEIRO, JUAN	NINGUNO	00:48:44	00:47:37	00:24:33 (593)	4:52	M (558)	MASTER 2 M (210)
611	2023	TOBÍO DÓNEGA, MARÍA	NINGUNO	00:48:46	00:48:26	00:24:56 (639)	4:52	F (53)	MASTER 2 F (18)
612	946	GUIMARÉ GONZÁLEZ, DANIEL	ARCHIENEMIGOS TEAM	00:48:47	00:48:00	00:26:00 (728)	4:52	M (559)	MASTER 3 M (83)
613	967	FERNÁNDEZ BUCETA, PABLO	NINGUNO	00:48:48	00:47:43	00:24:50 (623)	4:52	M (560)	SÉNIOR M (104)
614	546	PALLARES LEAL, XOSÉ RAMÓN	COLEGIO LA SALLE	00:48:49	00:48:24	00:24:44 (615)	4:52	M (561)	MASTER 3 M (84)
615	385	GIL BREA, JOSE ANTONIO	NOITEBRA FC	00:48:51	00:48:41	00:24:44 (618)	4:53	M (562)	MASTER 3 M (85)
616	535	MOREIRA FAJARDO, MANI	NINGUNO	00:48:51	00:48:20	00:24:08 (550)	4:53	M (563)	SÉNIOR M (105)
617	476	SAMPEDRO PEREZ, JOSE MANUEL	CLUB NATACIÓN RIBEIRA	00:48:54	00:47:33	00:24:39 (605)	4:53	M (564)	MASTER 3 M (86)
618	997	LÓPEZ RODRIGUEZ, VÍCTOR	NINGUNO	00:48:54	00:48:12	00:24:53 (631)	4:53	M (565)	MASTER 3 M (87)
619	614	GARCÍA BORRAZÁS, ANTONIO	CORRECÁN	00:48:54	00:47:41	00:24:53 (632)	4:53	M (566)	MASTER 2 M (211)
620	2027	GARCÍA ABALO, MADA	CAO CLUBE ATLETISMO OUTES	00:48:56	00:48:33	00:24:45 (619)	4:53	F (54)	MASTER 3 F (3)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
621	357	ÁLVAREZ CASTRO, CARLOS	NINGUNO	00:48:58	00:48:31	00:25:14 (670)	4:53	M (567)	SÉNIOR M (106)
622	2210	MANEIRO ROIG, CHICHA	NINGUNO	00:49:00	00:48:17	00:24:27 (582)	4:53	F (55)	MASTER 2 F (19)
623	644	GARCÍA FREIRE, PABLO	CHORIMA	00:49:01	00:48:29	00:24:39 (609)	4:54	M (568)	MASTER 2 M (212)
624	520	CARLEOS MAYAN, FRANCISCO	NINGUNO	00:49:01	00:48:13	00:24:22 (573)	4:54	M (569)	SÉNIOR M (107)
625	914	VILAR CAAMAÑO, FELIX	NINGUNO	00:49:04	00:48:43	00:24:12 (559)	4:54	M (570)	MASTER 4 M (22)
626	484	CALO GOMEZ, JOSÉ LUIS	NINGUNO	00:49:05	00:48:18	00:24:40 (610)	4:54	M (571)	MASTER 1 M (87)
627	858	MARTÍNEZ GODOY, JOSE MANUEL	ARTROGAL	00:49:05	00:48:37	00:24:37 (603)	4:54	M (572)	MASTER 2 M (213)
628	752	LÓPEZ FERNÁNDEZ, JOSÉ	CAO CLUBE ATLETISMO OUTES	00:49:05	00:48:36	00:24:36 (602)	4:54	M (573)	MASTER 2 M (214)
629	580	ABALDE MORIN, EDUARDO	CLUB TRIATLON SANTIAGO DE	00:49:07	00:48:41	00:25:15 (671)	4:54	M (574)	MASTER 3 M (88)
630	674	PALMERO DOSIL, MIGUEL ÁNGEL	NINGUNO	00:49:11	00:48:50	00:25:10 (659)	4:55	M (575)	MASTER 2 M (215)
631	434	LUCAS PARDO, MIGUEL ANGEL	NINGUNO	00:49:11	00:48:08	00:24:58 (644)	4:55	M (576)	MASTER 2 M (216)
632	1005	TRILLO CASTELO, JOSE	VICLAUMAIA	00:49:14	00:48:32	00:25:46 (706)	4:55	M (577)	SUB 18 M (16)
633	230	BARREIRO HERMIDA, ALBERTO	NINGUNO	00:49:16	00:48:15	00:25:29 (689)	4:55	M (578)	SÉNIOR M (108)
634	405	SUÁREZ VÁZQUEZ, HUGO	COLEGIO LA SALLE	00:49:18	00:48:53	00:24:44 (617)	4:55	M (579)	MASTER 3 M (89)
635	472	GONZÁLEZ VÁZQUEZ, DAVID	NINGUNO	00:49:18	00:48:35	00:24:57 (641)	4:55	M (580)	SUB 18 M (17)
636	899	PENA FRANCO, JOSE	NINGUNO	00:49:20	00:48:16	00:25:18 (675)	4:55	M (581)	MASTER 4 M (23)
637	207	MORGADE MUÑIZ, CARLOS	NINGUNO	00:49:22	00:48:42	00:25:40 (695)	4:56	M (582)	MASTER 3 M (90)
638	415	ABADES CARAMÉS, DAVID	NINGUNO	00:49:24	00:48:37	00:24:52 (630)	4:56	M (583)	MASTER 1 M (88)
639	576	VÁZQUEZ BENDAÑA, DIEGO LUIS	CLUBE DEPORTIVO ARZÚA	00:49:24	00:48:37	00:24:53 (633)	4:56	M (584)	MASTER 1 M (89)
640	679	FERNANDEZ LOPEZ, XABIER	NINGUNO	00:49:26	00:48:31	00:25:28 (688)	4:56	M (585)	SÉNIOR M (109)
641	2061	COTOS DÍAZ, MARÍA	NINGUNO	00:49:26	00:48:52	00:24:38 (604)	4:56	F (56)	SÉNIOR F (14)
642	706	GONZÁLEZ QUINTELA, JUAN	NINGUNO	00:49:27	00:49:01	00:24:34 (596)	4:56	M (586)	MASTER 2 M (217)
643	210	NÚÑEZ GONZALEZ, JOSÉ AMABLE	NINGUNO	00:49:27	00:49:10	00:24:55 (636)	4:56	M (587)	MASTER 3 M (91)
644	316	GIL PERISCAL, EVARISTO	NINGUNO	00:49:27	00:49:01	00:24:43 (614)	4:56	M (588)	MASTER 3 M (92)
645	709	GARCÍA GALDO, JAVIER	NINGUNO	00:49:28	00:49:02	00:25:07 (656)	4:56	M (589)	MASTER 2 M (218)
646	475	MUÑIZ VILAR, JOSE BENITO	CLUB NATACIÓN RIBEIRA	00:49:30	00:48:09	00:24:42 (611)	4:56	M (590)	MASTER 2 M (219)
647	2022	RODRÍGUEZ CABRERA, BEGOÑA	NO SPORT LIMIT	00:49:30	00:48:48	00:25:04 (653)	4:56	F (57)	MASTER 3 F (4)
648	930	MARTÍNEZ CAAMAÑO, JOSE	TABEIRÓN DEPORTIVO	00:49:31	00:48:44	00:25:54 (716)	4:57	M (591)	MASTER 2 M (220)
649	931	LÓPEZ ROMERO, IVÁN	TABEIRÓN DEPORTIVO	00:49:31	00:48:45	00:25:55 (719)	4:57	M (592)	MASTER 1 M (90)
650	531	MOSQUERA ROMERO, RODRIGO	NINGUNO	00:49:32	00:48:20	00:25:44 (703)	4:57	M (593)	SUB 20 M (22)
651	999	CASTIÑEIRAS GIL, ROBERTO	NINGUNO	00:49:32	00:48:41	00:25:19 (677)	4:57	M (594)	MASTER 2 M (221)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
652	530	MOSQUERA BARGO, MARCOS	NINGUNO	00:49:32	00:48:20	00:25:44 (700)	4:57	M (595)	MASTER 2 M (222)
653	302	FERNANDEZ, JOAQUIN	SERRES RUNNERS	00:49:33	00:49:06	00:25:13 (668)	4:57	M (596)	MASTER 3 M (93)
654	619	CALVIÑO BAUTÍS, JOSÉ	NINGUNO	00:49:34	00:48:33	00:25:18 (674)	4:57	M (597)	MASTER 2 M (223)
655	649	RAMOS GARCIA, JUAN CARLOS	NINGUNO	00:49:34	00:48:40	00:26:50 (788)	4:57	M (598)	MASTER 2 M (224)
656	2282	RODRÍGUEZ ESTÉVEZ, MAICA	ATLETISMO TUI	00:49:35	00:48:44	00:25:12 (665)	4:57	F (58)	MASTER 3 F (5)
657	998	REY ALBARELLOS, FERNANDO	NINGUNO	00:49:39	00:48:59	00:25:01 (648)	4:57	M (599)	MASTER 2 M (225)
658	190	RÚA NÚÑEZ, RAMÓN	CACA RUNNERS	00:49:40	00:49:11	00:25:05 (654)	4:57	M (600)	MASTER 1 M (91)
659	90	RÚA NÚÑEZ, MANUEL	CACA RUNNERS	00:49:40	00:49:12	00:25:06 (655)	4:57	M (601)	MASTER 1 M (92)
660	620	PORTAS TATO, MANUEL ÁNGEL	NINGUNO	00:49:40	00:48:26	00:25:16 (673)	4:57	M (602)	MASTER 2 M (226)
661	622	RODRÍGUEZ FERNÁNDEZ,	NINGUNO	00:49:41	00:48:55	00:24:51 (628)	4:58	M (603)	MASTER 3 M (94)
662	1042	Cano Dequidt, Juan L		00:49:42	00:48:35	00:25:10 (658)	4:58	M (604)	MASTER 3 M (95)
663	697	GÓMEZ CAAMAÑO, ELADIO	NINGUNO	00:49:43	00:48:59	00:24:59 (647)	4:58	M (605)	SÉNIOR M (110)
664	1013	PUÑAL, FERNANDO	NINGUNO	00:49:44	00:48:48	00:24:39 (607)	4:58	M (606)	MASTER 2 M (227)
665	658	MAYÁN DIOS, MIGUEL	NINGUNO	00:49:46	00:49:31	00:24:58 (642)	4:58	M (607)	MASTER 2 M (228)
666	170	MAYÁN DIOS, ALBI	ACADE	00:49:46	00:49:31	00:24:58 (643)	4:58	M (608)	MASTER 3 M (96)
667	74	MAYÁN DIOS, FERNANDO	NINGUNO	00:49:46	00:49:32	00:24:57 (638)	4:58	M (609)	MASTER 3 M (97)
668	44	MAYÁN DIOS, ANTONIO	NINGUNO	00:49:46	00:49:31	00:24:57 (640)	4:58	M (610)	MASTER 2 M (229)
669	446	VILLAVERDE PATIÑO, YAGO	NINGUNO	00:49:50	00:48:58	00:26:28 (763)	4:58	M (611)	SÉNIOR M (111)
670	412	GONZALEZ PRADO, SANTI	NINGUNO	00:49:53	00:48:58	00:25:14 (669)	4:59	M (612)	MASTER 2 M (230)
671	2231	LOPEZ RODRIGUEZ, ANA	ATLETISMO TUI	00:49:54	00:49:03	00:25:11 (663)	4:59	F (59)	MASTER 2 F (20)
672	2215	BALADO LOPEZ, CAROLINA	NINGUNO	00:49:55	00:49:16	00:24:55 (635)	4:59	F (60)	MASTER 3 F (6)
673	151	VARELA GOMEZ, JAVIER	NINGUNO	00:49:55	00:49:33	00:24:50 (626)	4:59	M (613)	MASTER 2 M (231)
674	882	BOTANA FERREIRO, JUAN LUIS	SD COMPOSTELA ATLETISMO	00:49:55	00:49:31	00:25:59 (726)	4:59	M (614)	MASTER 4 M (24)
675	2046	LIMERES SUÁREZ, MARÍA	SD COMPOSTELA ATLETISMO	00:49:55	00:49:32	00:24:49 (622)	4:59	F (61)	SÉNIOR F (15)
676	255	GARCÍA, HERNÁN	ETP ENCUENTRA TU POTENCIAL	00:49:56	00:49:14	00:25:12 (664)	4:59	M (615)	MASTER 2 M (232)
677	340	LABELLA LOZANO, TORCUATO	CLUB ATLETISMO MILLARAIO	00:49:56	00:49:38	00:24:58 (646)	4:59	M (616)	MASTER 3 M (98)
678	491	HERMO MARIÑO, SANTIAGO	NINGUNO	00:49:57	00:49:17	00:25:33 (690)	4:59	M (617)	MASTER 4 M (25)
679	2141	SILVA SOMOZA, SANDRA	NINGUNO	00:49:58	00:49:10	00:25:11 (661)	4:59	F (62)	MASTER 2 F (21)
680	418	CES ROMERO, JORI	ENTRENARUNNING	00:50:01	00:49:00	00:26:17 (747)	5:00	M (618)	MASTER 3 M (99)
681	892	LISTE BARREIRO, JOSE MANUEL	NINGUNO	00:50:01	00:49:49	00:25:08 (657)	5:00	M (619)	MASTER 4 M (26)
682	973	COMESAÑA FIGUEROA, ENRIQUE	NINGUNO	00:50:04	00:48:46	00:25:45 (702)	5:00	M (620)	MASTER 2 M (233)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
683	565	VIDAL LAMELA, MANUEL	NINGUNO	00:50:07	00:49:08	00:25:02 (651)	5:00	M (621)	SÉNIOR M (112)
684	205	MANEIRO OTERO, GUILLERMO	C.A. CAMBADOS- SEG. NOVAL	00:50:08	00:49:33	00:25:21 (679)	5:00	M (622)	MASTER 3 M (100)
685	2055	DAVILA IBÁÑEZ, ANA BELEN	NINGUNO	00:50:12	00:49:58	00:25:21 (680)	5:01	F (63)	MASTER 1 F (11)
686	330	TEIRA OTERO, LUÍS MANUEL	PRÓLOGO! PROJECT	00:50:15	00:49:46	00:24:42 (612)	5:01	M (623)	MASTER 1 M (93)
687	410	CASAL PERNAS, JUAN ANTONIO	NINGUNO	00:50:15	00:49:14	00:25:46 (707)	5:01	M (624)	MASTER 3 M (101)
688	251	BERNÁRDEZ VARELA, ROBERTO	NINGUNO	00:50:16	00:49:42	00:25:39 (692)	5:01	M (625)	MASTER 2 M (234)
689	2035	RIBER RUEDA, JOSEFINA	SD COMPOSTELA ATLETISMO	00:50:20	00:49:57	00:24:55 (634)	5:01	F (64)	MASTER 2 F (22)
690	562	REY SEOANE, DIEGO	NINGUNO	00:50:21	00:49:23	00:26:04 (731)	5:02	M (626)	SUB 20 M (23)
691	424	ALONSO CUEVAS, FRANCISCO	C.A.R. MARISQUEIRO	00:50:24	00:49:42	00:24:35 (600)	5:02	M (627)	MASTER 3 M (102)
692	2144	VÁZQUEZ CASTROMÁN, NOEMI	NINGUNO	00:50:25	00:49:26	00:25:59 (727)	5:02	F (65)	SÉNIOR F (16)
693	552	GONZALEZ COBAS, CARLOS	CHORIMA	00:50:26	00:50:26	00:26:34 (768)	5:02	M (628)	SÉNIOR M (113)
694	426	PIÑEIRO PIÑEIRO, PABLO	NINGUNO	00:50:30	00:50:03	00:25:24 (682)	5:02	M (629)	MASTER 2 M (235)
695	481	QUEIRO LAMAS, BRAIS	NINGUNO	00:50:32	00:49:32	00:26:00 (725)	5:03	M (630)	SÉNIOR M (114)
696	710	TERCEIRO VILLASECA, RICARDO	NINGUNO	00:50:34	00:49:31	00:26:25 (760)	5:03	M (631)	MASTER 2 M (236)
697	2029	SANTOS LAMPÓN, GUADALUPE	FLOW PILATES & TRAINING	00:50:34	00:50:06	00:25:01 (649)	5:03	F (66)	MASTER 2 F (23)
698	993	FRESCO RAMIL, JOSE MANUEL	NINGUNO	00:50:36	00:49:59	00:25:55 (720)	5:03	M (632)	MASTER 2 M (237)
699	2096	RIVEIRO GAGO, PATRICIA	FLOW PILATES & TRAINING	00:50:37	00:49:44	00:25:41 (697)	5:03	F (67)	MASTER 1 F (12)
700	505	PARDAVILA IGLESIAS, MIGUEL	NINGUNO	00:50:37	00:49:42	00:25:59 (721)	5:03	M (633)	MASTER 2 M (238)
701	572	LAGO MOLEDO, MANUEL	CAO CLUBE ATLETISMO OUTES	00:50:39	00:50:02	00:25:46 (705)	5:03	M (634)	MASTER 3 M (103)
702	2162	GARCIA FERNANDEZ, ISABEL	CLUB ATLETISMO FONTES DO SAR	00:50:39	00:50:07	00:25:23 (681)	5:03	F (68)	MASTER 3 F (7)
703	961	SHANKS, PATRICK	NINGUNO	00:50:40	00:49:24	00:26:00 (729)	5:03	M (635)	MASTER 2 M (239)
704	2050	LOJO LÓPEZ, NOELIA	S D BARBANTIA RODA	00:50:42	00:50:16	00:25:20 (678)	5:04	F (69)	SÉNIOR F (17)
705	2033	TRILLO CALO, PAULA	NINGUNO	00:50:44	00:50:12	00:25:39 (693)	5:04	F (70)	SÉNIOR F (18)
706	508	MANEIRO POUSO, DIEGO	NINGUNO	00:50:44	00:49:32	00:25:39 (694)	5:04	M (636)	SÉNIOR M (115)
707	542	PAZ SANTAMARÍA, JUAN	NINGUNO	00:50:45	00:50:19	00:24:31 (590)	5:04	M (637)	SUB 18 M (18)
708	227	CONDE PEREIRA, ANGEL	NINGUNO	00:50:45	00:50:19	00:24:32 (592)	5:04	M (638)	MASTER 3 M (104)
709	402	ROZAS RAMOS, MARTIN	NOITEBRA FC	00:50:45	00:49:46	00:25:59 (723)	5:04	M (639)	MASTER 2 M (240)
710	304	TEDIN MOUZO, MARCOS	NINGUNO	00:50:47	00:50:15	00:25:53 (714)	5:04	M (640)	MASTER 2 M (241)
711	202	IZQUIERDO LOPEZ, ANGEL CARLOS	NINGUNO	00:50:47	00:50:15	00:25:53 (712)	5:04	M (641)	MASTER 2 M (242)
712	935	OTERO MARTÍNEZ, JORGE	DEMACRADOS TRAIL RUNNERS	00:50:48	00:49:36	00:26:07 (734)	5:04	M (642)	MASTER 2 M (243)
713	422	PAZ ALÉN, DANIEL	NINGUNO	00:50:48	00:49:36	00:26:04 (732)	5:04	M (643)	MASTER 2 M (244)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
714	684	FERNÁNDEZ INSUA, TALAO	HAI QUE SER LEGALES	00:50:53	00:50:16	00:25:54 (718)	5:05	M (644)	MASTER 3 M (105)
715	773	VILLARES BERMÚDEZ, ALFONSO	NINGUNO	00:50:54	00:49:44	00:26:08 (740)	5:05	M (645)	MASTER 3 M (106)
716	1008	ROCHA ROMERO, MARCOS	CLUB DEPORTIVO METAS IMPOSIBLES	00:50:55	00:50:03	00:25:27 (687)	5:05	M (646)	MASTER 2 M (245)
717	305	SERANTES MANEIRO, CAMILO	ADC ARNELA	00:51:00	00:50:29	00:25:45 (704)	5:05	M (647)	MASTER 3 M (107)
718	483	PAIS FERNANDEZ, MANUEL	SERRES RUNNERS	00:51:04	00:50:37	00:25:53 (713)	5:06	M (648)	MASTER 4 M (27)
719	2053	GOMEZ GOMEZ, ROSA	NINGUNO	00:51:05	00:50:41	00:26:04 (730)	5:06	F (71)	MASTER 3 F (8)
720	2098	POSE ALMALLO, MARIA	DESGUACES FERREIRO	00:51:06	00:51:06	00:26:44 (781)	5:06	F (72)	MASTER 1 F (13)
721	486	SENRA IGLESIAS, ANIBAL MANUEL	NINGUNO	00:51:06	00:50:21	00:25:59 (724)	5:06	M (649)	MASTER 3 M (108)
722	545	LORENZO VILOUTA, MARTÍN	NINGUNO	00:51:09	00:50:06	00:25:53 (711)	5:06	M (650)	MASTER 1 M (94)
723	506	GARCÍA CODESIDO, MIGUEL	CLUBE DEPORTIVO ARZÚA	00:51:11	00:49:59	00:25:11 (662)	5:07	M (651)	MASTER 1 M (95)
724	2238	GONZALEZ FERNANDEZ, LUCIA	GTR GALAICO TRAIL RUN	00:51:23	00:50:50	00:25:13 (667)	5:08	F (73)	MASTER 2 F (24)
725	2068	ABELENDIA GARCIA, PATRICIA	NINGUNO	00:51:27	00:50:10	00:26:08 (735)	5:08	F (74)	SÉNIOR F (19)
726	2075	ESTÉVEZ VÁZQUEZ, ROSA	C.A. CAMBADOS- SEG. NOVAL	00:51:27	00:50:47	00:26:23 (757)	5:08	F (75)	MASTER 2 F (25)
727	438	BOUZAS ABELENDIA, RUBEN	NINGUNO	00:51:28	00:50:10	00:26:07 (733)	5:08	M (652)	SÉNIOR M (116)
728	198	POMBO MOREIRA, RENE	NINGUNO	00:51:28	00:50:11	00:26:08 (737)	5:08	M (653)	SÉNIOR M (117)
729	984	ROEL MIRANDA, PABLO	NINGUNO	00:51:28	00:50:31	00:25:43 (701)	5:08	M (654)	MASTER 1 M (96)
730	983	CASTRO CASTRO, ÁNGEL LUIS	NINGUNO	00:51:29	00:50:33	00:25:41 (696)	5:08	M (655)	MASTER 2 M (246)
731	925	CRESPO FERNÁNDEZ, MANUEL	NINGUNO	00:51:34	00:50:31	00:27:40 (858)	5:09	M (656)	SÉNIOR M (118)
732	1016	BAHAMONDE SUÁREZ, FRANCISCO	NINGUNO	00:51:35	00:50:47	00:26:47 (786)	5:09	M (657)	MASTER 2 M (247)
733	913	DOMÍNGUEZ CABRAL, ENRIQUE	NINGUNO	00:51:35	00:50:50	00:26:19 (753)	5:09	M (658)	MASTER 2 M (248)
734	939	BLANCO PIÑEIRO, ISAAC	NINGUNO	00:51:37	00:50:47	00:25:42 (699)	5:09	M (659)	SUB 23 M (18)
735	361	MOURE CAÑETE, FRANCISCO	NOITEBRA FC	00:51:38	00:51:18	00:26:25 (759)	5:09	M (660)	MASTER 3 M (109)
736	2067	ALDAO, IRIA	HERCULES TERMARIA	00:51:38	00:50:41	00:26:46 (782)	5:09	F (76)	MASTER 2 F (26)
737	1027	Hellman, Lars Erik		00:51:39	00:50:54	00:25:24 (683)	5:09	M (661)	SÉNIOR M (119)
738	959	CARTER, BENJAMIN	CDM VERTICE	00:51:41	00:50:28	00:25:27 (686)	5:10	M (662)	MASTER 2 M (249)
739	477	CERNADAS LADO, FRANCISCO	SERRES RUNNERS	00:51:42	00:50:45	00:26:08 (739)	5:10	M (663)	MASTER 3 M (110)
740	2108	CERNADAS LAGO, PAULA	SERRES RUNNERS	00:51:42	00:50:45	00:26:08 (736)	5:10	F (77)	MASTER 1 F (14)
741	509	SANTOS MARIÑO, VÍCTOR	NINGUNO	00:51:44	00:50:40	00:26:18 (752)	5:10	M (664)	MASTER 2 M (250)
742	699	GÓMEZ MARTÍNEZ, SERGIO	NINGUNO	00:51:45	00:50:44	00:26:56 (791)	5:10	M (665)	MASTER 1 M (97)
743	292	FERNANDEZ HERMIDA, ANTONIO	CLUB ATLETISMO NOIA	00:51:47	00:51:20	00:26:29 (765)	5:10	M (666)	MASTER 4 M (28)
744	647	MÉNDEZ RODRÍGUEZ, JOSÉ LUIS	NINGUNO	00:51:47	00:50:44	00:27:31 (841)	5:10	M (667)	MASTER 3 M (111)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
745	524	FARIÑA GÓMEZ, JONATAN	NINGUNO	00:51:50	00:50:44	00:24:22 (572)	5:10	M (668)	SÉNIOR M (120)
746	376	RAMOS ARCOS, JULIAN	TRIKI TEAM	00:51:50	00:51:23	00:25:53 (710)	5:10	M (669)	MASTER 3 M (112)
747	842	UCHA SOLLA, JUAN	FENDE-PERNAS TEAM	00:51:51	00:51:21	00:26:31 (766)	5:11	M (670)	MASTER 2 M (251)
748	897	BREA LÓPEZ, GONZALO	NINGUNO	00:51:52	00:51:13	00:26:49 (787)	5:11	M (671)	MASTER 3 M (113)
749	2214	LAREO RODRIGUEZ, RAQUEL	GTR GALAICO TRAIL RUN	00:51:52	00:51:14	00:26:51 (790)	5:11	F (78)	MASTER 2 F (27)
750	613	GARCIA LOUREIRO, ANTONIO	NINGUNO	00:51:52	00:50:37	00:25:51 (709)	5:11	M (672)	MASTER 3 M (114)
751	928	NESPEREIRA VALE, MARIO	NINGUNO	00:51:54	00:50:52	00:26:25 (758)	5:11	M (673)	SÉNIOR M (121)
752	696	FERNANDEZ TORRES, RAMON	ADC ARNELA	00:51:57	00:50:17	00:28:45 (923)	5:11	M (674)	MASTER 2 M (252)
753	528	LAGO FERNÁNDEZ, CHUS (MANUEL)	SERRES RUNNERS	00:51:59	00:51:01	00:26:17 (746)	5:11	M (675)	MASTER 3 M (115)
754	2047	MOREIRA, ESTRELLA	ENTRENARUNNING	00:52:03	00:51:44	00:25:54 (717)	5:12	F (79)	MASTER 1 F (15)
755	1007	CARRASCO ITURRA, CARLOS	CLUB ATLETISMO O PINO	00:52:04	00:51:00	00:27:01 (798)	5:12	M (676)	MASTER 3 M (116)
756	912	RODRÍGUEZ, SERGIO	NINGUNO	00:52:04	00:51:36	00:25:41 (698)	5:12	M (677)	MASTER 1 M (98)
757	689	TORRADO RIAL, RICARDO	NINGUNO	00:52:05	00:50:49	00:26:59 (797)	5:12	M (678)	MASTER 2 M (253)
758	2205	BARRAL TRIÑANES, CLAUDIA	NINGUNO	00:52:10	00:52:10	00:27:12 (810)	5:12	F (80)	SÉNIOR F (20)
759	2246	MELLA MONTOUTO, MARTINA	NINGUNO	00:52:14	00:51:19	00:26:12 (743)	5:13	F (81)	SÉNIOR F (21)
760	635	SANMARTIN, GONZALO	NINGUNO	00:52:17	00:51:17	00:25:49 (708)	5:13	M (679)	MASTER 2 M (254)
761	437	AREOSA NOVO, VÍCTOR	NINGUNO	00:52:17	00:51:40	00:26:18 (751)	5:13	M (680)	MASTER 2 M (255)
762	2100	TUBIO TUBIO, VANESA	CLUB ATLETISMO LOUSAME	00:52:18	00:51:33	00:26:10 (742)	5:13	F (82)	SÉNIOR F (22)
763	253	HERMO GARCÍA, SAMUEL	NINGUNO	00:52:26	00:51:51	00:24:31 (588)	5:14	M (681)	SÉNIOR M (122)
764	348	FERNÁNDEZ LÓPEZ, ALBERTO	NINGUNO	00:52:27	00:51:21	00:26:57 (793)	5:14	M (682)	MASTER 2 M (256)
765	2167	RODRÍGUEZ BERMÚDEZ, TAMARA	NINGUNO	00:52:29	00:51:44	00:26:34 (770)	5:14	F (83)	SÉNIOR F (23)
766	2228	BLANCO DIEGUEZ, MARGARITA	GTR GALAICO TRAIL RUN	00:52:29	00:51:43	00:26:34 (769)	5:14	F (84)	MASTER 2 F (28)
767	886	ARIAS GARCIA, ALFONSO	CLUB ATLETISMO FONTES DO SAR	00:52:31	00:51:34	00:26:43 (780)	5:15	M (683)	MASTER 2 M (257)
768	989	CEBEY LOPEZ, VICTOR	NINGUNO	00:52:32	00:51:21	00:26:08 (738)	5:15	M (684)	SÉNIOR M (123)
769	585	JÁCOME GALVÁN, JOSÉ MANUEL	NINGUNO	00:52:33	00:51:50	00:26:38 (773)	5:15	M (685)	MASTER 2 M (258)
770	233	LÓPEZ SÁNCHEZ, JAIME	SACHACAMIÑOS	00:52:33	00:51:30	00:26:42 (778)	5:15	M (686)	MASTER 3 M (117)
771	559	GARABAL RIVADULLA, GUSTAVO	NINGUNO	00:52:35	00:51:29	00:26:57 (795)	5:15	M (687)	MASTER 2 M (259)
772	936	PENA GONZÁLEZ, FRANCISCO	SD COMPOSTELA ATLETISMO	00:52:38	00:51:44	00:26:21 (755)	5:15	M (688)	MASTER 4 M (29)
773	1012	OTERO PAZ, MIGUEL	NINGUNO	00:52:38	00:51:16	00:27:34 (847)	5:15	M (689)	SÉNIOR M (124)
774	1018	PREGO PRADO, YAGO	NINGUNO	00:52:39	00:51:17	00:27:34 (846)	5:15	M (690)	SÉNIOR M (125)
775	2154	CORES CANCELA, ANDREA	SD COMPOSTELA ATLETISMO	00:52:42	00:51:33	00:27:24 (836)	5:16	F (85)	SÉNIOR F (24)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
776	941	PENA TORREIRA, FRAN	NINGUNO	00:52:42	00:51:48	00:26:21 (754)	5:16	M (691)	MASTER 2 M (260)
777	2013	TOLCHARD, SOPHIE LAUREN	NINGUNO	00:52:42	00:51:35	00:27:15 (823)	5:16	F (86)	SÉNIOR F (25)
778	988	CEBEY CANCELA, JESÚS VÍCTOR	NINGUNO	00:52:43	00:51:33	00:26:22 (756)	5:16	M (692)	MASTER 4 M (30)
779	429	ROCA AVILA, JAIME	NINGUNO	00:52:43	00:51:47	00:26:26 (761)	5:16	M (693)	MASTER 4 M (31)
780	179	PEREZ MIÑONES, ROGELIO	NINGUNO	00:52:44	00:51:58	00:26:34 (771)	5:16	M (694)	MASTER 3 M (118)
781	423	MARTINEZ MARTINEZ, JOSE	NINGUNO	00:52:47	00:51:35	00:26:32 (767)	5:16	M (695)	MASTER 3 M (119)
782	1023	PÉREZ LEIS, JESÚS	NINGUNO	00:52:48	00:52:01	00:26:14 (745)	5:16	M (696)	MASTER 4 M (32)
783	2224	AGUIN TRELLES, MARGA	CLUB RÍA DE AROUSA	00:52:50	00:51:55	00:26:38 (774)	5:16	F (87)	MASTER 3 F (9)
784	282	GARCIA BLANCO, DANIEL	SAUDESPORT	00:52:51	00:52:17	00:25:53 (715)	5:17	M (697)	MASTER 1 M (99)
785	449	ALFONSO PÉREZ, MANUEL	CLUB RÍA DE AROUSA	00:52:51	00:51:56	00:27:11 (808)	5:17	M (698)	MASTER 4 M (33)
786	979	VÁZQUEZ FERREIRO, MANUEL	ASOCIACION DEPORTIVA OLIMPIA	00:52:53	00:51:59	00:26:40 (776)	5:17	M (699)	MASTER 2 M (261)
787	2121	MARTÍNEZ HERMO, MARINA	NINGUNO	00:52:54	00:52:23	00:26:13 (744)	5:17	F (88)	SÉNIOR F (26)
788	2259	MAROÑAS, MARÍA	SD COMPOSTELA ATLETISMO	00:52:54	00:52:12	00:26:27 (762)	5:17	F (89)	MASTER 2 F (29)
789	428	GONZALEZ BASADRE, IAGO	NINGUNO	00:52:56	00:51:51	00:27:17 (826)	5:17	M (700)	MASTER 2 M (262)
790	2045	REY DA SILVA, DOLORES	CLUB ATLETISMO O PINO	00:52:57	00:52:22	00:27:32 (843)	5:17	F (90)	MASTER 2 F (30)
791	972	MENDEZ CASAL, ELADIO	NINGUNO	00:53:02	00:52:09	00:27:11 (807)	5:18	M (701)	MASTER 4 M (34)
792	895	FERRACES VÁZQUEZ, MONCHO	CLUBE ATLETISMO BOIMORTO	00:53:03	00:53:03	00:27:17 (825)	5:18	M (702)	MASTER 4 M (35)
793	2287	FERRACES VAZQUEZ,	NINGUNO	00:53:04	00:52:15	00:26:28 (764)	5:18	F (91)	MASTER 3 F (10)
794	2008	MAROÑAS SÓÑORA, MARÍA JOSÉ	NINGUNO	00:53:04	00:52:30	00:27:01 (799)	5:18	F (92)	MASTER 3 F (11)
795	2264	HERMIDA VAZQUEZ, SOFIA	NINGUNO	00:53:07	00:52:31	00:27:11 (805)	5:18	F (93)	SUB 23 F (3)
796	678	GARCIA NUÑEZ, SECHU	CLUB ATLETISMO NOIA	00:53:11	00:52:36	00:27:12 (811)	5:19	M (703)	MASTER 3 M (120)
797	987	HERMIDA PESTONIT, JOSE LUIS	NINGUNO	00:53:11	00:52:35	00:27:27 (837)	5:19	M (704)	MASTER 3 M (121)
798	498	ROMERO HERMO, JOSE MANUEL	NINGUNO	00:53:13	00:52:16	00:26:47 (785)	5:19	M (705)	MASTER 2 M (263)
799	482	DE MARTIN VÁZQUEZ, MARCIAL	NINGUNO	00:53:22	00:52:47	00:26:10 (741)	5:20	M (706)	MASTER 4 M (36)
800	683	VALE LÓPEZ, ABEL	NINGUNO	00:53:24	00:52:01	00:26:38 (775)	5:20	M (707)	SÉNIOR M (126)
801	1019	BANET PAEZ, ALEJANDRO	NINGUNO	00:53:29	00:52:38	00:26:42 (779)	5:20	M (708)	MASTER 3 M (122)
802	445	CAPELO VILAR, FABIO	CORREXALLAS	00:53:31	00:52:27	00:27:37 (854)	5:21	M (709)	MASTER 2 M (264)
803	2271	RIVADENEIRA PÉREZ, PAULA	CLUB ATLETISMO NOIA	00:53:31	00:52:47	00:27:13 (817)	5:21	F (94)	MASTER 1 F (16)
804	2251	FERREIRÓS BLANCO, JESSICA	NINGUNO	00:53:31	00:52:35	00:27:23 (834)	5:21	F (95)	SÉNIOR F (27)
805	589	FERREIRÓS JAMARDO, ÁLEX	NINGUNO	00:53:32	00:52:18	00:27:10 (806)	5:21	M (710)	MASTER 2 M (265)
806	825	DOVAL BARREIRO, HUGO	TRIATLÓN VILAGARCIA	00:53:34	00:53:16	00:25:34 (691)	5:21	M (711)	SÉNIOR M (127)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
807	502	REQUEJO FERNANDEZ, ANGEL	CLUB ATLETISMO NOIA	00:53:43	00:52:59	00:27:14 (821)	5:22	M (712)	MASTER 1 M (100)
808	2289	SOMOZA LOPEZ, YANIRA	CLUB ATLETISMO NOIA	00:53:43	00:52:59	00:27:13 (818)	5:22	F (96)	MASTER 1 F (17)
809	2237	MELÉNDREZ VILA, DÁNAE	NO SPORT LIMIT	00:53:44	00:53:01	00:27:02 (800)	5:22	F (97)	MASTER 1 F (18)
810	2170	RIVERA GARABAL, PAULA	CLUB ATLETISMO TAMBRE	00:53:45	00:52:57	00:27:36 (849)	5:22	F (98)	SUB 18 F (2)
811	762	SENRA MARTINEZ, DAVID	CLUB ATLETISMO TAMBRE	00:53:46	00:52:59	00:27:37 (852)	5:22	M (713)	SÉNIOR M (128)
812	213	MARTINEZ GOMEZ, PAKINHO	GALLAECIA JASTANDOSAPATILLA	00:53:47	00:53:00	00:27:19 (828)	5:22	M (714)	MASTER 3 M (123)
813	450	BOLÁS CABALEIRO, XOSÉ MANUEL	GALLAECIA JASTANDOSAPATILLA	00:53:47	00:52:59	00:27:18 (827)	5:22	M (715)	MASTER 4 M (37)
814	2079	COMESAÑA, OLALLA	NINGUNO	00:53:48	00:52:39	00:27:14 (820)	5:22	F (99)	MASTER 1 F (19)
815	453	COMESAÑA, LUIS	NINGUNO	00:53:48	00:52:39	00:27:14 (819)	5:22	M (716)	SÉNIOR M (129)
816	2225	LÓPEZ BRAÑA, INMACULADA	NINGUNO	00:53:49	00:53:01	00:27:06 (802)	5:22	F (100)	MASTER 3 F (12)
817	968	PORTALS CAAMAÑO, JOSE HIGINIO	NINGUNO	00:53:55	00:52:50	00:26:57 (792)	5:23	M (717)	MASTER 2 M (266)
818	2101	BETANZOS FREIRE, SARELA	NINGUNO	00:53:57	00:53:09	00:27:30 (839)	5:23	F (101)	SÉNIOR F (28)
819	587	DIEZ GARCIA, BERNARDO	AEROCLUB SANTIAGO DE	00:54:05	00:53:20	00:27:11 (809)	5:24	M (718)	MASTER 3 M (124)
820	905	MARTINEZ OVIEDO, ANGEL	NINGUNO	00:54:06	00:53:38	00:27:43 (860)	5:24	M (719)	MASTER 3 M (125)
821	368	BELLÓN NEGREIRA, ÓLIVER	NINGUNO	00:54:07	00:53:21	00:27:46 (865)	5:24	M (720)	MASTER 1 M (101)
822	1021	MIYARES CES, MANUEL	VICLAUMAIA	00:54:07	00:53:25	00:26:34 (772)	5:24	M (721)	MASTER 3 M (126)
823	615	FERNANDEZ VAZQUEZ,	NINGUNO	00:54:12	00:53:12	00:27:12 (814)	5:25	M (722)	SÉNIOR M (130)
824	2247	MOURAZOS OTERO, ROSA	NINGUNO	00:54:12	00:53:13	00:28:09 (893)	5:25	F (102)	MASTER 3 F (13)
825	2139	SAAVEDRA DELGADO, LAURA	NINGUNO	00:54:12	00:53:13	00:28:50 (930)	5:25	F (103)	MASTER 1 F (20)
826	153	MARQUE MILLÁN, RAMÓN GUNDIÁN	CDM VERTICE	00:54:14	00:53:54	00:26:56 (794)	5:25	M (723)	MASTER 4 M (38)
827	480	NÚÑEZ VARELA, GONZALO	NINGUNO	00:54:16	00:53:02	00:26:58 (796)	5:25	M (724)	MASTER 1 M (102)
828	2146	LOPEZ, AMERICA	CLUB ATLETISMO FONTES DO SAR	00:54:19	00:53:46	00:28:02 (887)	5:25	F (104)	MASTER 3 F (14)
829	2233	LESTÓN VARA, MANUELA	TRIKI TEAM	00:54:22	00:53:38	00:26:41 (777)	5:26	F (105)	MASTER 2 F (31)
830	982	VILLANUEVA RODRÍGUEZ, ULPIANO	NINGUNO	00:54:24	00:53:16	00:27:43 (859)	5:26	M (725)	MASTER 3 M (127)
831	2279	MARTÍNEZ PARCERO, VERÓNICA	CLUB ATLETISMO O PINO	00:54:25	00:53:23	00:27:06 (801)	5:26	F (106)	MASTER 2 F (32)
832	2188	RAMOS BARRIONUEVO, TAMARA	NINGUNO	00:54:31	00:53:35	00:27:54 (871)	5:27	F (107)	MASTER 1 F (21)
833	714	BERGUEIRO ALVAREZ, JULIAN	NINGUNO	00:54:31	00:53:28	00:27:33 (845)	5:27	M (726)	MASTER 2 M (267)
834	680	EXPOSITO JUSTO, HECTOR	NINGUNO	00:54:31	00:53:34	00:27:53 (870)	5:27	M (727)	MASTER 1 M (103)
835	2148	ROMERO ROMERO, MARI	CLUB CICLISTA MUROS	00:54:31	00:53:51	00:27:34 (848)	5:27	F (108)	MASTER 2 F (33)
836	457	MUÑIZ CANEDA, ANDRÉS	NINGUNO	00:54:33	00:53:30	00:27:12 (812)	5:27	M (728)	MASTER 4 M (39)
837	593	GARCIA DOSIL, JOSE DOMINGO	CLUB CICLISTA MUROS	00:54:33	00:53:52	00:27:33 (844)	5:27	M (729)	MASTER 2 M (268)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
838	188	LORENZO RIVEIRO, JOSE ANGEL	NINGUNO	00:54:33	00:54:02	00:27:23 (835)	5:27	M (730)	MASTER 3 M (128)
839	236	FERNÁNDEZ FRAGA, JAVIER	NINGUNO	00:54:34	00:54:04	00:27:22 (831)	5:27	M (731)	MASTER 3 M (129)
840	433	LÓPEZ TEMES, MANUEL	CORREXALLAS	00:54:34	00:53:28	00:27:39 (856)	5:27	M (732)	MASTER 1 M (104)
841	485	FERNÁNDEZ PÉREZ, HUGO	NINGUNO	00:54:36	00:53:35	00:27:19 (829)	5:27	M (733)	SÉNIOR M (131)
842	2249	FARO TELLADO, VANESA	NINGUNO	00:54:39	00:54:03	00:27:36 (850)	5:27	F (109)	MASTER 2 F (34)
843	529	MAYO CAAMAÑO, JOSÉ MANUEL	VENDAVAL ESTEIRO	00:54:40	00:53:13	00:26:46 (784)	5:27	M (734)	MASTER 3 M (130)
844	2199	MUIÑO BALSA, MARTA	CLUB ATLETISMO TAMBRE	00:54:47	00:53:59	00:27:36 (851)	5:28	F (110)	MASTER 2 F (35)
845	2195	ALDREY FERREIRO, BEATRIZ	CLUB ATLETISMO FONTES DO SAR	00:54:48	00:54:15	00:28:02 (888)	5:28	F (111)	MASTER 2 F (36)
846	2062	SÁNCHEZ BASCOY, SILVIA	NINGUNO	00:54:52	00:54:10	00:27:11 (804)	5:29	F (112)	MASTER 4 F (1)
847	952	PRIEGUE, PABLO	NINGUNO	00:54:53	00:53:40	00:27:15 (822)	5:29	M (735)	SÉNIOR M (132)
848	1011	USÓN PÉREZ, MIGUEL	NINGUNO	00:54:54	00:54:01	00:29:19 (963)	5:29	M (736)	MASTER 1 M (105)
849	466	PIÑEIRO LADO, JOSE ANTONIO	NINGUNO	00:54:56	00:54:18	00:27:39 (855)	5:29	M (737)	MASTER 2 M (269)
850	478	DEL RÍO RODRÍGUEZ, JUAN LUIS	NINGUNO	00:55:03	00:54:12	00:27:08 (803)	5:30	M (738)	MASTER 2 M (270)
851	2260	RODRÍGUEZ SOBRINO, CELINA	MORAÑA EN RUTA	00:55:09	00:54:44	00:27:31 (842)	5:30	F (113)	MASTER 4 F (2)
852	180	COUTO BLANCO, DAVID	TARTARUGAS	00:55:10	00:54:33	00:27:21 (830)	5:30	M (739)	MASTER 2 M (271)
853	2242	PIÑEIRO, LUCÍA	SD COMPOSTELA ATLETISMO	00:55:11	00:53:58	00:27:15 (824)	5:31	F (114)	SÉNIOR F (29)
854	588	GONZALEZ GRAÑA, JOSE MANUEL	CLUB ATLETISMO FONTES DO SAR	00:55:14	00:54:41	00:27:53 (869)	5:31	M (740)	MASTER 3 M (131)
855	513	MARTINEZ ROMERO, JOSE LUIS	NINGUNO	00:55:16	00:54:47	00:26:51 (789)	5:31	M (741)	MASTER 3 M (132)
856	950	BOENTE GARCÍA, OSCAR	BOXPLORER	00:55:17	00:54:12	00:28:10 (894)	5:31	M (742)	SÉNIOR M (133)
857	933	FERRO, JAVIER	NINGUNO	00:55:20	00:54:10	00:27:31 (840)	5:31	M (743)	SÉNIOR M (134)
858	2110	VARELA VARELA, SABELA	NINGUNO	00:55:23	00:54:29	00:27:57 (877)	5:32	F (115)	MASTER 2 F (37)
859	2124	FERNÁNDEZ RODAL, INDIRA	NINGUNO	00:55:24	00:54:16	00:28:46 (925)	5:32	F (116)	SUB 20 F (5)
860	596	CASAL GARCÍA, EMILIO	NINGUNO	00:55:26	00:54:21	00:28:35 (910)	5:32	M (744)	MASTER 4 M (40)
861	436	RAÑA VÁZQUEZ, MARTÍN	NINGUNO	00:55:28	00:54:47	00:28:12 (897)	5:32	M (745)	MASTER 2 M (272)
862	439	SIABA LARIÑO, JOSE	NINGUNO	00:55:28	00:54:48	00:28:13 (898)	5:32	M (746)	MASTER 2 M (273)
863	985	PEREZ VAZQUEZ, ENRIQUE	NINGUNO	00:55:29	00:54:05	00:27:37 (853)	5:32	M (747)	MASTER 3 M (133)
864	2152	PEREIRO GÓMEZ, EVA MARIA	CLUB ATLETISMO O PINO	00:55:31	00:54:38	00:28:55 (939)	5:33	F (117)	MASTER 3 F (15)
865	2187	CONDE SUÁREZ, PLACERES	NINGUNO	00:55:32	00:54:38	00:28:52 (934)	5:33	F (118)	MASTER 2 F (38)
866	945	FERNÁNDEZ SANTIAGO, RUBÉN	NO SPORT LIMIT	00:55:33	00:54:51	00:28:09 (891)	5:33	M (748)	MASTER 1 M (106)
867	2236	DOMÍNGUEZ LOPEZ, ANA	NINGUNO	00:55:33	00:54:52	00:28:11 (896)	5:33	F (119)	MASTER 2 F (39)
868	1040	Gomez Martinez, Carlos	NINGUNO	00:55:33	00:54:44	00:27:13 (816)	5:33	M (749)	MASTER 3 M (134)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
869	2261	CALVO SALAS, MACARENA	CLUB ATLETISMO O PINO	00:55:37	00:55:02	00:27:58 (878)	5:33	F (120)	MASTER 1 F (22)
870	652	MOREIRA VEIGA, JOSÉ ANTONIO	NINGUNO	00:55:38	00:55:02	00:27:44 (862)	5:33	M (750)	MASTER 2 M (274)
871	462	TOME GONZALEZ, CARLOS	NINGUNO	00:55:39	00:54:21	00:28:40 (916)	5:33	M (751)	SUB 23 M (19)
872	2181	REY ARÁN, MARÍA ISABEL	NINGUNO	00:55:39	00:55:03	00:27:44 (861)	5:33	F (121)	MASTER 2 F (40)
873	599	LUCES TAJES, MANUEL	SERRES RUNNERS	00:55:43	00:54:45	00:27:52 (868)	5:34	M (752)	MASTER 4 M (41)
874	778	LORENZO SANTAMARÍA,	NINGUNO	00:55:47	00:54:40	00:27:44 (864)	5:34	M (753)	MASTER 4 M (42)
875	629	INSUA LOURO, JUAN JOSE	DUBRA TEAM	00:55:50	00:54:39	00:28:23 (904)	5:34	M (754)	MASTER 3 M (135)
876	609	LAREO MOUGAN, JAVIER	EOLO SON	00:55:51	00:54:49	00:28:05 (889)	5:35	M (755)	MASTER 3 M (136)
877	927	CRESPO GARCÍA, CRISTIAN JESÚS	NINGUNO	00:55:52	00:54:48	00:27:40 (857)	5:35	M (756)	SÉNIOR M (135)
878	2172	GARCÍA GONZÁLEZ, HELENA	MILLARAI O	00:55:53	00:54:57	00:28:50 (931)	5:35	F (122)	MASTER 3 F (16)
879	611	LOJO PATIÑO, JUAN	NINGUNO	00:55:54	00:54:47	00:27:59 (881)	5:35	M (757)	MASTER 2 M (275)
880	715	RUEDA VALENZUELA, ALFONSO	NINGUNO	00:55:55	00:54:50	00:28:00 (880)	5:35	M (758)	MASTER 3 M (137)
881	2262	SAAVEDRA NOVOA, ANDREA	GTR GALAICO TRAIL RUN	00:55:56	00:55:24	00:26:47 (783)	5:35	F (123)	SÉNIOR F (30)
882	870	AMADO BOUZA, JOSÉ MARÍA	ATLETAS DE ACEA DE AMA	00:55:57	00:55:25	00:27:22 (832)	5:35	M (759)	MASTER 3 M (138)
883	685	ROMERO CASTRO, HUGO	NINGUNO	00:56:04	00:55:27	00:27:56 (874)	5:36	M (760)	SUB 18 M (19)
884	625	RIAL GALLEGO, JUAN	CLUB ATLETISMO FONTES DO SAR	00:56:07	00:55:29	00:27:27 (838)	5:36	M (761)	MASTER 3 M (139)
885	605	NERI ARUFE, SANTI	NINGUNO	00:56:08	00:54:53	00:28:00 (883)	5:36	M (762)	MASTER 2 M (276)
886	641	DOPAZO ESTÉVEZ, MOISÉS	NINGUNO	00:56:08	00:54:54	00:28:01 (884)	5:36	M (763)	MASTER 2 M (277)
887	2183	TELLA REY, BELEN	NINGUNO	00:56:09	00:55:19	00:28:19 (900)	5:36	F (124)	MASTER 2 F (41)
888	2071	BLANCO SANMARTIN, ANA	NINGUNO	00:56:10	00:55:20	00:28:19 (901)	5:36	F (125)	MASTER 3 F (17)
889	2114	FERNÁNDEZ PÉREZ, ALBA	NINGUNO	00:56:14	00:55:29	00:28:07 (890)	5:37	F (126)	MASTER 2 F (42)
890	633	MARIÑO PEREIRAS, RAÚL	NINGUNO	00:56:16	00:55:16	00:27:56 (875)	5:37	M (764)	MASTER 1 M (107)
891	712	RODRIGUEZ GOMEZ, MARTIN	NOITEBRA FC	00:56:16	00:55:17	00:27:57 (876)	5:37	M (765)	MASTER 1 M (108)
892	686	GROBA NUÑEZ, CARLOS	NINGUNO	00:56:17	00:55:18	00:27:53 (872)	5:37	M (766)	MASTER 4 M (43)
893	2235	BEN GAREA, EVA MARÍA	NINGUNO	00:56:17	00:55:23	00:28:53 (937)	5:37	F (127)	MASTER 3 F (18)
894	2245	SANCHEZ PÑAOS, MARIA	NINGUNO	00:56:18	00:55:37	00:28:23 (903)	5:37	F (128)	MASTER 2 F (43)
895	2182	PARRALES FARIAS, YAJAIRA	NINGUNO	00:56:19	00:55:54	00:28:00 (879)	5:37	F (129)	MASTER 2 F (44)
896	2084	CARAMÉS VILA, NOA	S D BARBANTIA RODA	00:56:19	00:55:09	00:28:30 (908)	5:37	F (130)	MASTER 2 F (45)
897	2189	VÁZQUEZ HERRERO, PAULA	NINGUNO	00:56:20	00:55:44	00:28:00 (882)	5:37	F (131)	SÉNIOR F (31)
898	597	RÍOS VAL, DANIEL	NINGUNO	00:56:22	00:55:32	00:28:09 (892)	5:38	M (767)	MASTER 2 M (278)
899	470	ROMERO RAMOS, JOSE JOAQUIN	NINGUNO	00:56:26	00:55:17	00:28:37 (912)	5:38	M (768)	MASTER 3 M (140)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
900	2090	ROMERO RODRIGUEZ, AGUEDA	NINGUNO	00:56:26	00:55:16	00:28:37 (911)	5:38	F (132)	MASTER 3 F (19)
901	924	OSORIO DIÉGUEZ, CÉSAR	BEKELE-PODOLOXIA SANTA UXIA	00:56:29	00:55:07	00:28:34 (909)	5:38	M (769)	MASTER 2 M (279)
902	467	MANEIRO VILA, DAVID	NINGUNO	00:56:33	00:55:15	00:28:43 (920)	5:39	M (770)	SÉNIOR M (136)
903	970	MARTINEZ LEGASPI, VICENTE	NINGUNO	00:56:33	00:55:29	00:27:12 (815)	5:39	M (771)	MASTER 2 M (280)
904	2086	DÍAZ MOSQUEIRA, SARA	NINGUNO	00:56:34	00:55:59	00:29:20 (967)	5:39	F (133)	SÉNIOR F (32)
905	582	VAZQUEZ LAGO, JUAN	NINGUNO	00:56:34	00:55:45	00:27:23 (833)	5:39	M (772)	MASTER 2 M (281)
906	459	GONZALEZ PIÑEIRO, PABLO	NINGUNO	00:56:40	00:55:56	00:28:57 (944)	5:39	M (773)	SUB 18 M (20)
907	2221	BOUZAS TOREA, SOFÍA	NINGUNO	00:56:42	00:55:51	00:29:05 (954)	5:40	F (134)	SÉNIOR F (33)
908	2272	CALVIÑO CARREÑO, ROSANA	NINGUNO	00:56:45	00:56:03	00:29:16 (958)	5:40	F (135)	MASTER 2 F (46)
909	926	LAREU CRESPO, DIEGO	NINGUNO	00:56:47	00:55:43	00:27:55 (873)	5:40	M (774)	SÉNIOR M (137)
910	573	GIGIREY AMADO, SERGIO	NINGUNO	00:56:47	00:55:29	00:29:28 (974)	5:40	M (775)	SÉNIOR M (138)
911	2179	GONZÁLEZ NIEVES, PAULA	NINGUNO	00:56:48	00:55:30	00:29:28 (978)	5:40	F (136)	MASTER 1 F (23)
912	2223	GARCIA GUILLIN, NURIA	NINGUNO	00:56:52	00:55:49	00:28:55 (943)	5:41	F (137)	SÉNIOR F (34)
913	2122	MOLEDO MOLEDO, REBECA	NINGUNO	00:56:53	00:55:52	00:29:22 (969)	5:41	F (138)	SÉNIOR F (35)
914	995	GONZALEZ CAAMAÑO, JUAN	NINGUNO	00:56:53	00:56:11	00:29:16 (959)	5:41	M (776)	MASTER 2 M (282)
915	2072	PAZ FERNANDEZ, ESTEFANIA	NINGUNO	00:56:53	00:55:52	00:29:22 (970)	5:41	F (139)	SÉNIOR F (36)
916	707	PANIAGUA MATEOS, ROGELIO	NINGUNO	00:56:57	00:55:36	00:29:35 (980)	5:41	M (777)	MASTER 3 M (141)
917	1002	PESTONIT MORA, MARCO	NINGUNO	00:56:57	00:56:13	00:28:23 (905)	5:41	M (778)	SUB 20 M (24)
918	575	GARCIA MARIN, JORGE	CLUB ATLETISMO FONTES DO SAR	00:56:59	00:55:38	00:29:35 (981)	5:41	M (779)	MASTER 3 M (142)
919	458	LÓPEZ OUTEIRAL, JESÚS	NINGUNO	00:57:03	00:56:22	00:28:46 (924)	5:42	M (780)	MASTER 3 M (143)
920	500	GUDE PAZ, JESÚS MANUEL	INTER DE MILLAN	00:57:07	00:56:24	00:28:39 (913)	5:42	M (781)	MASTER 2 M (283)
921	499	CASTRO SAMPEDRO, JAVIER	NINGUNO	00:57:07	00:56:24	00:28:39 (914)	5:42	M (782)	MASTER 1 M (109)
922	1022	FERRARA, MAURO EMILIANO	NINGUNO	00:57:10	00:56:06	00:28:22 (902)	5:42	M (783)	MASTER 2 M (284)
923	990	PAINCEIRA FERRACES, ALVARO	NINGUNO	00:57:17	00:56:20	00:28:43 (917)	5:43	M (784)	MASTER 4 M (44)
924	883	MENÉNDEZ DOMÍNGUEZ, JUAN	NINGUNO	00:57:17	00:56:47	00:29:25 (973)	5:43	M (785)	MASTER 4 M (45)
925	643	SIERRA FERREIRO, VÍCTOR	CHORIMA	00:57:18	00:56:45	00:28:10 (895)	5:43	M (786)	MASTER 2 M (285)
926	501	GONZALEZ SISO, MANUEL	NINGUNO	00:57:19	00:56:45	00:28:44 (921)	5:43	M (787)	MASTER 2 M (286)
927	2278	BARREIRO FÁBREGAS, BELI	NINGUNO	00:57:19	00:56:44	00:28:42 (918)	5:43	F (140)	MASTER 2 F (47)
928	2093	GARCÍA PEREIRA, ROSA MARÍA	NINGUNO	00:57:22	00:56:14	00:28:39 (915)	5:44	F (141)	MASTER 3 F (20)
929	2076	VILAR SERÉN, LUPE	C.A. CAMBADOS- SEG. NOVAL	00:57:24	00:56:44	00:28:53 (936)	5:44	F (142)	MASTER 4 F (3)
930	2081	FERNÁNDEZ PIÑEIRO, MARÍA	NINGUNO	00:57:28	00:56:54	00:28:02 (886)	5:44	F (143)	MASTER 3 F (21)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
931	455	GONZÁLEZ REINO, CARLOS	NINGUNO	00:57:29	00:56:54	00:28:01 (885)	5:44	M (788)	MASTER 3 M (144)
932	969	MARTINEZ ENRIQUEZ, ROI	NINGUNO	00:57:33	00:56:28	00:27:12 (813)	5:45	M (789)	SUB 23 M (20)
933	616	GARCIA CASTRO, MARTIN	NINGUNO	00:57:36	00:56:38	00:27:44 (863)	5:45	M (790)	SÉNIOR M (139)
934	951	FAJARDO SÁNCHEZ, ROI	NINGUNO	00:57:37	00:56:18	00:28:42 (919)	5:45	M (791)	SUB 23 M (21)
935	2292	de Nogales Ortega, Blanca		00:57:39	00:56:40	00:28:51 (932)	5:45	F (144)	SÉNIOR F (37)
936	1046	Silva Bandin, Daniel		00:57:39	00:56:40	00:28:51 (933)	5:45	M (792)	SÉNIOR M (140)
937	557	PRIETO, SAMUEL	NINGUNO	00:57:39	00:56:20	00:29:39 (986)	5:45	M (793)	MASTER 2 M (287)
938	2288	RODRÍGUEZ LAGO, ALBA	NINGUNO	00:57:41	00:56:48	00:28:55 (942)	5:46	F (145)	SÉNIOR F (38)
939	425	GONZALEZ ALVAREZ, SERGIO	NINGUNO	00:57:42	00:56:31	00:27:52 (866)	5:46	M (794)	SÉNIOR M (141)
940	507	MARTINEZ CALO, ANGEL	SACHACAMIÑOS	00:57:44	00:56:51	00:28:55 (941)	5:46	M (795)	MASTER 3 M (145)
941	2107	CALO VAZQUEZ, ROSA	SACHACAMIÑOS	00:57:44	00:56:52	00:28:55 (940)	5:46	F (146)	MASTER 2 F (48)
942	2102	GOMEZ ROMERO, LORENA	NINGUNO	00:57:44	00:57:08	00:29:18 (961)	5:46	F (147)	SÉNIOR F (39)
943	488	ROMERO CAROU, JUAN MANUEL	NINGUNO	00:57:44	00:57:08	00:29:58 (998)	5:46	M (796)	MASTER 3 M (146)
944	489	GOMEZ ROMERO, RUBEN	NINGUNO	00:57:45	00:57:08	00:29:17 (960)	5:46	M (797)	MASTER 1 M (110)
945	556	ESCOURIDO GARCÍA, MATEO	NINGUNO	00:57:45	00:56:25	00:29:38 (983)	5:46	M (798)	SUB 23 M (22)
946	598	CASTRO CASAL, JACOBO	NINGUNO	00:57:48	00:56:40	00:29:01 (952)	5:46	M (799)	SÉNIOR M (142)
947	2256	SANTOS MORALES, SUSAN	NINGUNO	00:57:49	00:56:56	00:28:50 (929)	5:46	F (148)	MASTER 3 F (22)
948	2232	GONZALEZ ROCHA, RITA MARIA	NINGUNO	00:57:49	00:56:57	00:28:18 (899)	5:46	F (149)	MASTER 3 F (23)
949	962	PAMPÍN SOUTO, RAMIRO	NINGUNO	00:57:53	00:56:55	00:28:49 (928)	5:47	M (800)	MASTER 3 M (147)
950	986	RIAL PAIS, JOSÉ	CAO CLUBE ATLETISMO OUTES	00:57:53	00:56:35	00:29:28 (975)	5:47	M (801)	MASTER 4 M (46)
951	2265	RIAL GARCÍA, ROSANA	CAO CLUBE ATLETISMO OUTES	00:57:53	00:56:34	00:29:28 (976)	5:47	F (150)	MASTER 1 F (24)
952	2138	RODRIGUEZ CASARES, CRISTINA	NINGUNO	00:57:53	00:57:01	00:29:41 (988)	5:47	F (151)	MASTER 2 F (49)
953	2176	JAMARDO TEIRA, OLAYA	NINGUNO	00:57:54	00:56:36	00:29:29 (977)	5:47	F (152)	SÉNIOR F (40)
954	272	PEDROSA MAYO, JOSE MANUEL	PONTE TRAIL	00:57:55	00:57:15	00:30:07 (1003)	5:47	M (802)	MASTER 2 M (288)
955	2248	AGRASO PEDROSA, MIRIAM	NINGUNO	00:57:56	00:57:10	00:28:59 (948)	5:47	F (153)	SÉNIOR F (41)
956	954	GARCÍA MUÑIZ, SAMUEL	NINGUNO	00:57:56	00:57:10	00:28:59 (946)	5:47	M (803)	SÉNIOR M (143)
957	536	PORTELA PASTORIZA, FRANCISCO	NINGUNO	00:57:59	00:56:51	00:28:58 (945)	5:47	M (804)	MASTER 2 M (289)
958	2257	OTERO LINARES, LUCIA	NINGUNO	00:58:05	00:56:53	00:27:51 (867)	5:48	F (154)	SÉNIOR F (42)
959	2277	GÓMEZ A, MARIA E	ESCOLA ALLÉTICA LUCENSE	00:58:11	00:57:18	00:29:06 (957)	5:49	F (155)	MASTER 3 F (24)
960	2123	REY, BEATRIZ	NINGUNO	00:58:12	00:57:17	00:29:19 (965)	5:49	F (156)	MASTER 2 F (50)
961	534	RESUA, MIGUEL	FLOW PILATES & TRAINING	00:58:12	00:57:18	00:29:20 (966)	5:49	M (805)	MASTER 2 M (290)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
962	814	MOSQUERA, VALENTIN	CDM XESTEIRAS	00:58:15	00:57:07	00:28:52 (935)	5:49	M (806)	MASTER 1 M (111)
963	2222	ESPIÑA, MARÍA	NINGUNO	00:58:17	00:57:10	00:28:54 (938)	5:49	F (157)	MASTER 1 F (25)
964	2273	CASTELO ALVITE, BELEN	VICLAUMAIA	00:58:18	00:57:07	00:29:47 (990)	5:49	F (158)	MASTER 2 F (51)
965	2111	LABANDEIRA VILLOT, PALOMA	NINGUNO	00:58:18	00:57:28	00:29:00 (950)	5:49	F (159)	MASTER 3 F (25)
966	590	REY SOUTO, LORENZO	NINGUNO	00:58:22	00:57:08	00:28:59 (947)	5:50	M (807)	MASTER 1 M (112)
967	716	OUJO POUZO, JOSÉ LUIS	NINGUNO	00:58:24	00:57:17	00:28:46 (926)	5:50	M (808)	MASTER 3 M (148)
968	2291	Nieto, Beatriz		00:58:24	00:57:17	00:28:46 (927)	5:50	F (160)	MASTER 2 F (52)
969	2064	CASAL BALDOMIR, UXÍA	NINGUNO	00:58:24	00:57:28	00:28:45 (922)	5:50	F (161)	SÉNIOR F (43)
970	525	LOPEZ SABIDO, XANDRE	NINGUNO	00:58:27	00:57:56	00:29:51 (991)	5:50	M (809)	SÉNIOR M (144)
971	606	SUAREZ GAREA, JORGE ALBERTO	NINGUNO	00:58:31	00:57:13	00:29:01 (951)	5:51	M (810)	MASTER 2 M (291)
972	2168	GARCÍA LUIS, UXÍA	NINGUNO	00:58:40	00:57:38	00:29:05 (955)	5:51	F (162)	SÉNIOR F (44)
973	586	RIOS SAEZ, AVELINO	NINGUNO	00:58:40	00:57:38	00:29:05 (956)	5:51	M (811)	SÉNIOR M (145)
974	646	PORTO PORTO, JUAN MANUEL	NINGUNO	00:58:46	00:57:32	00:29:18 (962)	5:52	M (812)	MASTER 4 M (47)
975	1003	DOCE DURÁN, JUAN	NINGUNO	00:58:49	00:57:54	00:29:19 (964)	5:52	M (813)	MASTER 1 M (113)
976	2166	CASTRO BLANCO, MONCHA	NINGUNO	00:58:51	00:57:51	00:29:05 (953)	5:53	F (163)	MASTER 3 F (26)
977	2058	PUENTE ANTELO, MARTA	CORREXALLAS	00:59:01	00:57:57	00:29:57 (996)	5:54	F (164)	MASTER 1 F (26)
978	2285	AMIGO FERREIRO, MALENA	SD COMPOSTELA ATLETISMO	00:59:04	00:57:55	00:29:24 (972)	5:54	F (165)	MASTER 3 F (27)
979	953	AGEITOS GARCIA, IGNACIO	+DE MONTE	00:59:08	00:58:15	00:28:23 (906)	5:54	M (814)	MASTER 2 M (292)
980	2087	SABORIDO SANTIAGO, UXÍA	CACA RUNNERS	00:59:10	00:58:28	00:29:57 (997)	5:54	F (166)	SÉNIOR F (45)
981	468	ROMERO VITURRO, CARLOS	CACA RUNNERS	00:59:10	00:58:30	00:29:59 (999)	5:54	M (815)	SÉNIOR M (146)
982	2165	PEREZ GUTIERREZ, MARIAN	CLUB ATLETISMO FONTES DO SAR	00:59:20	00:58:25	00:29:52 (992)	5:55	F (167)	MASTER 3 F (28)
983	687	PONTE LORENZO, ARTURO	NINGUNO	00:59:37	00:58:06	00:30:32 (1013)	5:57	M (816)	MASTER 3 M (149)
984	523	NUÑEZ NUÑEZ, SANTIAGO	NINGUNO	00:59:38	00:58:24	00:28:59 (949)	5:57	M (817)	MASTER 2 M (293)
985	2115	PINTOR, LEOPOLDINE	NINGUNO	00:59:50	00:58:33	00:30:26 (1011)	5:58	F (168)	SÉNIOR F (46)
986	566	ALBORÉS DÍAZ, LUIS	NINGUNO	00:59:54	00:59:05	00:29:22 (968)	5:59	M (818)	MASTER 4 M (48)
987	2159	ALBORÉS PÉREZ, SARA	NINGUNO	00:59:54	00:59:06	00:29:23 (971)	5:59	F (169)	SÉNIOR F (47)
988	630	RIEIRO GARCIA, MANUEL	CORREXALLAS	00:59:57	00:58:53	00:30:25 (1010)	5:59	M (819)	SÉNIOR M (147)
989	2155	VÁZQUEZ FERNÁNDEZ, ANA	CLUB ATLETISMO O PINO	01:00:12	00:59:17	00:30:48 (1019)	6:01	F (170)	MASTER 3 F (29)
990	2091	FORJÁN OLIVEIRA, YRIA	NINGUNO	01:00:15	01:00:15	00:32:10 (1060)	6:01	F (171)	SÉNIOR F (48)
991	2089	SÁNCHEZ BÓVEDA, TERESA	NINGUNO	01:00:16	01:00:16	00:32:09 (1059)	6:01	F (172)	SÉNIOR F (49)
992	592	FERREIROS ANDRADE, DAVID	NINGUNO	01:00:16	00:59:56	00:29:35 (979)	6:01	M (820)	MASTER 3 M (150)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
993	2119	TOMÉ CAO, VANESA	NINGUNO	01:00:23	00:59:15	00:29:38 (984)	6:02	F (173)	MASTER 1 F (27)
994	2097	DEL RÍO MOSQUERA, ESTHER	NINGUNO	01:00:23	00:59:15	00:29:38 (985)	6:02	F (174)	MASTER 2 F (53)
995	2070	MCKEEVER MISA, CAROLINA	NINGUNO	01:00:25	00:59:13	00:29:52 (994)	6:02	F (175)	MASTER 2 F (54)
996	2069	PAZOS TOBA, ROCIO	NINGUNO	01:00:25	00:59:13	00:29:52 (993)	6:02	F (176)	MASTER 2 F (55)
997	2253	REIGOSA RIVAS, REBECA	NINGUNO	01:00:42	00:59:32	00:29:36 (982)	6:04	F (177)	MASTER 2 F (56)
998	948	BURLIDO BORREGO, JOSE ISAÍAS	NINGUNO	01:00:46	00:59:36	00:31:15 (1030)	6:04	M (821)	MASTER 4 M (49)
999	617	CARREIRA NODAR, JORGE	CLUB DEPORTIVO SAN PAIO	01:00:52	00:59:48	00:30:25 (1009)	6:05	M (822)	MASTER 2 M (294)
1000	2085	FERNÁNDEZ LÓPEZ, SARAI	NINGUNO	01:01:00	01:00:01	00:30:05 (1001)	6:05	F (178)	SÉNIOR F (50)
1001	2059	QUIROGA RODRÍGUEZ, LAURA	NINGUNO	01:01:01	01:00:01	00:30:04 (1000)	6:06	F (179)	SÉNIOR F (51)
1002	2200	BADA MOREIRA, SILVIA	NINGUNO	01:01:07	01:00:04	00:31:16 (1031)	6:06	F (180)	MASTER 2 F (57)
1003	2201	PEREZ NIEVES, PATRICIA	NINGUNO	01:01:07	00:59:53	00:30:39 (1015)	6:06	F (181)	MASTER 1 F (28)
1004	628	VIDAL GATO, ANDRES	NINGUNO	01:01:07	00:59:53	00:30:39 (1014)	6:06	M (823)	MASTER 1 M (114)
1005	2197	MARTINEZ FERNANDEZ, PILAR	NINGUNO	01:01:07	00:59:52	00:30:40 (1016)	6:06	F (182)	MASTER 2 F (58)
1006	2120	MARTINEZ HERMO, JULIA	NINGUNO	01:01:07	01:00:35	00:29:52 (995)	6:06	F (183)	SÉNIOR F (52)
1007	2065	ROMERO BARREIRO, ROSA	NINGUNO	01:01:15	00:59:59	00:30:42 (1017)	6:07	F (184)	MASTER 4 F (4)
1008	522	MARTÍNEZ CERNADAS, JUAN	NINGUNO	01:01:15	01:00:01	00:29:40 (987)	6:07	M (824)	MASTER 2 M (295)
1009	490	CALO ROMEU, CARLOS	NINGUNO	01:01:18	01:00:17	00:28:30 (907)	6:07	M (825)	SÉNIOR M (148)
1010	2220	GARCÍA QUEIRUGA, SANDRA	BAJANDODE40.COM	01:01:19	01:00:06	00:30:59 (1024)	6:07	F (185)	MASTER 2 F (59)
1011	922	TOUZÓN LIJÓ, IGNACIO	BAJANDODE40.COM	01:01:20	01:00:07	00:30:58 (1023)	6:07	M (826)	MASTER 2 M (296)
1012	975	AGUADO LAGO, PABLO	NINGUNO	01:01:25	01:00:19	00:31:20 (1035)	6:08	M (827)	SÉNIOR M (149)
1013	2078	BARREIRO MARTÍNEZ, MYRIAM	NINGUNO	01:01:25	01:00:18	00:31:19 (1034)	6:08	F (186)	SÉNIOR F (53)
1014	2258	HOURIHAN, MADISON ANN	NINGUNO	01:01:25	01:00:18	00:31:19 (1033)	6:08	F (187)	SÉNIOR F (54)
1015	2127	SANMARTÍN RODRÍGUEZ, NOEMI	CLUB ATLETISMO O PINO	01:01:27	01:00:32	00:31:09 (1027)	6:08	F (188)	MASTER 2 F (60)
1016	2113	FERREIRO MARTINEZ, MARIA	NINGUNO	01:01:30	01:00:13	00:30:26 (1012)	6:08	F (189)	MASTER 2 F (61)
1017	2263	IZQUIERDO PARDIÑAS, SONIA	NINGUNO	01:01:34	01:00:42	00:30:19 (1008)	6:09	F (190)	SÉNIOR F (55)
1018	2161	SAINZ DE LA VILALTA, ANA	NINGUNO	01:01:40	01:00:46	00:31:17 (1032)	6:09	F (191)	MASTER 3 F (30)
1019	955	BASCOY, ANDRÉ	NINGUNO	01:01:44	01:00:47	00:30:05 (1002)	6:10	M (828)	MASTER 3 M (151)
1020	2169	ORTEGA IGLESIAS, DIANA	NINGUNO	01:01:45	01:01:05	00:31:30 (1039)	6:10	F (192)	MASTER 2 F (62)
1021	944	FERNÁNDEZ ANDÓN, JUAN	NINGUNO	01:01:45	01:01:06	00:31:31 (1041)	6:10	M (829)	MASTER 3 M (152)
1022	2128	JAQUET SANTAMARINA, MARTA	NINGUNO	01:01:45	01:01:06	00:31:31 (1040)	6:10	F (193)	MASTER 2 F (63)
1023	958	GEORGE, CHRISTOPHER	NINGUNO	01:01:54	01:01:54	00:31:25 (1036)	6:11	M (830)	MASTER 2 M (297)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
1024	976	PALACIOS MARTINEZ, IGNACIO M.	NINGUNO	01:01:55	01:00:43	00:30:13 (1005)	6:11	M (831) MASTER 4 M (50)
1025	2286	SÁNCHEZ VARÓ, BÁRBARA	ETP ENCUENTRA TU POTENCIAL	01:01:58	01:01:18	00:30:14 (1006)	6:11	F (194) SÉNIOR F (56)
1026	2156	GONZALEZ LAREU, ISABEL	NINGUNO	01:01:58	01:01:19	00:30:15 (1007)	6:11	F (195) SÉNIOR F (57)
1027	2164	PINEDA GONZÁLEZ, CAROLINA	CAO CLUB DE ATLETISMO OUTES	01:02:00	01:00:40	00:30:55 (1021)	6:11	F (196) SUB 18 F (3)
1028	943	TEIJO LOPEZ, JOSE ANGEL	CLUB ATLETISMO BETANZOS	01:02:03	01:00:45	00:29:43 (989)	6:12	M (832) MASTER 2 M (298)
1029	553	DÍAZ REY, ROBERTO	NINGUNO	01:02:04	01:00:49	00:30:55 (1022)	6:12	M (833) MASTER 2 M (299)
1030	2134	RAÑÓ ESPASANDIN, MARIA	NINGUNO	01:02:13	01:00:57	00:31:42 (1045)	6:13	F (197) MASTER 4 F (5)
1031	2142	RAMOS REY, FATIMA	NINGUNO	01:02:13	01:00:57	00:31:42 (1044)	6:13	F (198) SÉNIOR F (58)
1032	2174	CASTRO SUAREZ, LUZ	NINGUNO	01:02:13	01:00:57	00:31:42 (1046)	6:13	F (199) MASTER 3 F (31)
1033	2060	LOPEZ TEMES, ROCÍO	CORREXALLAS	01:02:21	01:01:16	00:30:55 (1020)	6:14	F (200) MASTER 2 F (64)
1034	2158	GARCÍA GÓMEZ, M. FE	CLUB ATLETISMO MILLARAIO	01:02:24	01:01:31	00:31:26 (1037)	6:14	F (201) MASTER 3 F (32)
1035	2073	POSE GOMEZ, BELEN	CLUBE ATLETISMO BOIMORTO	01:02:40	01:01:29	00:30:59 (1025)	6:15	F (202) MASTER 3 F (33)
1036	2226	LÓPEZ BRAÑA, CAMPO	NINGUNO	01:02:50	01:02:01	00:30:09 (1004)	6:16	F (203) MASTER 3 F (34)
1037	2157	SANGIOVANNI LORENZO, CAMILA	NINGUNO	01:02:55	01:01:52	00:31:29 (1038)	6:17	F (204) SÉNIOR F (59)
1038	548	MAYO LAGE, FRANCISCO	NINGUNO	01:02:56	01:01:49	00:32:10 (1061)	6:17	M (834) MASTER 3 M (153)
1039	694	FERNANDEZ PINTOS, RAMIRO	NINGUNO	01:03:01	01:01:59	00:30:42 (1018)	6:18	M (835) MASTER 3 M (154)
1040	2255	COSTOYA, ANDREA	CLUBE ATLETISMO BOIMORTO	01:03:02	01:01:49	00:31:04 (1026)	6:18	F (205) MASTER 2 F (65)
1041	2186	EIRANOVA OGANDO, NOEMÍ	NINGUNO	01:03:04	01:01:48	00:32:04 (1057)	6:18	F (206) SÉNIOR F (60)
1042	655	BLANCO ÁLVAREZ, ANTONIO	NINGUNO	01:03:04	01:01:48	00:32:03 (1054)	6:18	M (836) SÉNIOR M (150)
1043	2240	PÉREZ PÉREZ, BEATRIZ BETSABÉ	NINGUNO	01:03:24	01:02:44	00:31:46 (1047)	6:20	F (207) MASTER 2 F (66)
1044	2133	NAVARRO MARTÍNEZ, MARÍA	TRIATLON INFORHOUSE SANTIAGO	01:03:41	01:02:32	00:32:08 (1058)	6:22	F (208) SÉNIOR F (61)
1045	2131	PARDO MONTAÑA, MARIA	CLUB ATLETISMO MILLARAIO	01:03:41	01:02:44	00:31:48 (1048)	6:22	F (209) MASTER 3 F (35)
1046	2136	GONZÁLEZ RODRÍGUEZ, M.	NINGUNO	01:03:42	01:02:45	00:31:48 (1049)	6:22	F (210) MASTER 3 F (36)
1047	515	LOIS LEMA, JULIAN ISAIAS	ESCUELA DE BOXEO EL CANARIO	01:03:53	01:02:33	00:32:16 (1065)	6:23	M (837) MASTER 3 M (155)
1048	2118	CIMADEVILLA CRUJEIRAS, TERESA	ESCUELA DE BOXEO EL CANARIO	01:03:53	01:02:33	00:32:04 (1055)	6:23	F (211) MASTER 2 F (67)
1049	516	PEREZ HERMO, ALEJANDRO	ESCUELA DE BOXEO EL CANARIO	01:03:53	01:02:33	00:32:04 (1056)	6:23	M (838) MASTER 2 M (300)
1050	512	CIMADEVILLA, JUANJO	CLUB DE BOXEO EL CANARIO	01:03:53	01:02:34	00:32:18 (1068)	6:23	M (839) MASTER 2 M (301)
1051	923	BREA SÁNCHEZ, XULIÁN CARLOS	NINGUNO	01:03:54	01:02:57	00:31:09 (1029)	6:23	M (840) MASTER 3 M (156)
1052	711	VARELA CALVELO, CARLOS	DUBRA TEAM	01:04:00	01:02:55	00:31:31 (1042)	6:23	M (841) MASTER 2 M (302)
1053	2184	GÓMEZ PRIETO, ROSI	NINGUNO	01:04:00	01:03:09	00:31:38 (1043)	6:23	F (212) MASTER 3 F (37)
1054	487	ESPASANDÍN GESTOSO, JOSÉ	FLOW PILATES & TRAINING	01:04:11	01:03:16	00:32:19 (1069)	6:25	M (842) MASTER 2 M (303)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
1055	2178	VILLAR GARCIA, PATRICIA	NINGUNO	01:04:20	01:03:14	00:31:09 (1028)	6:25	F (213)	MASTER 2 F (68)
1056	2274	ÁVILA CASTRO, LEA	NINGUNO	01:04:23	01:03:16	00:32:01 (1053)	6:26	F (214)	SUB 20 F (6)
1057	691	LIÑARES MARTÍNEZ, JOSÉ IGNACIO	NINGUNO	01:04:53	01:03:30	00:32:25 (1072)	6:29	M (843)	MASTER 3 M (157)
1058	2283	TRESGUERRAS GONZÁLEZ,	CLUB ATLETISMO SAR	01:05:16	01:04:33	00:32:59 (1078)	6:31	F (215)	MASTER 4 F (6)
1059	2104	CANAVERI GUEVARA, PATRICIA	FLOW PILATES & TRAINING	01:05:46	01:04:51	00:32:20 (1070)	6:34	F (216)	MASTER 2 F (69)
1060	2160	GALÁN GÓMEZ, MARÍA	BOXPLORER	01:05:48	01:04:43	00:31:58 (1052)	6:34	F (217)	SÉNIOR F (62)
1061	2066	MERIN TEJEDOR, SILVIA	NINGUNO	01:05:57	01:04:49	00:31:54 (1051)	6:35	F (218)	MASTER 2 F (70)
1062	435	VÁZQUEZ CASAL, ANTONIO	NINGUNO	01:05:57	01:04:48	00:31:53 (1050)	6:35	M (844)	MASTER 2 M (304)
1063	607	BERMUDEZ ROZAS, IVAN	NINGUNO	01:06:17	01:04:55	00:32:54 (1077)	6:37	M (845)	SÉNIOR M (151)
1064	2099	BAZARRA AGULLA, MARI	CAO CLUBE ATLETISMO OUTES	01:06:21	01:05:02	00:32:18 (1067)	6:38	F (219)	MASTER 2 F (71)
1065	2192	GARCÍA LUEIRO, CRISTINA	NINGUNO	01:06:21	01:05:02	00:32:15 (1062)	6:38	F (220)	MASTER 2 F (72)
1066	517	RODRÍGUEZ FERNÁNDEZ,	CAO CLUBE ATLETISMO OUTES	01:06:21	01:05:02	00:32:17 (1066)	6:38	M (846)	MASTER 3 M (158)
1067	2163	GONZÁLEZ VILLAR, YOLANDA	CAO CLUBE ATLETISMO OUTES	01:06:21	01:05:01	00:32:15 (1064)	6:38	F (221)	MASTER 2 F (73)
1068	496	MARTÍNEZ LEIS, JOSE	REVOLTAS	01:06:21	01:05:02	00:32:15 (1063)	6:38	M (847)	MASTER 4 M (51)
1069	503	CASA VADILLO, JOSE ANTONIO	NINGUNO	01:06:41	01:05:26	00:33:02 (1079)	6:40	M (848)	MASTER 3 M (159)
1070	2116	CASA FRANCO, RAQUEL	NINGUNO	01:06:45	01:05:31	00:33:03 (1080)	6:40	F (222)	SÉNIOR F (63)
1071	2275	RODRIGUEZ MIYARES, CLAUDIA	VICLAUMAIA	01:06:56	01:05:46	00:32:27 (1073)	6:41	F (223)	SUB 18 F (4)
1072	2276	MIYARES CES, MARIA JOSE	VICLAUMAIA	01:06:56	01:05:46	00:32:28 (1074)	6:41	F (224)	MASTER 2 F (74)
1073	2173	ASTRAY BARCA, MINIA	NINGUNO	01:07:25	01:06:24	00:32:47 (1076)	6:44	F (225)	MASTER 1 F (29)
1074	2177	CEBEY GARCÍA, LAURA	NINGUNO	01:07:25	01:06:19	00:32:21 (1071)	6:44	F (226)	SÉNIOR F (64)
1075	427	GARCIA GARCIA, MANUEL	NINGUNO	01:07:45	01:06:53	00:33:10 (1083)	6:46	M (849)	MASTER 4 M (52)
1076	2171	VÁZQUEZ SUÁREZ, MARTA	NINGUNO	01:08:00	01:07:21	00:33:10 (1081)	6:47	F (227)	MASTER 2 F (75)
1077	2239	GONZÁLEZ REY, BEGOÑA	NINGUNO	01:08:00	01:07:22	00:33:10 (1082)	6:47	F (228)	MASTER 2 F (76)
1078	2230	DORES, MARÍA	NINGUNO	01:08:12	01:07:03	00:32:39 (1075)	6:49	F (229)	MASTER 2 F (77)
1079	2083	NICOLI GODON, MURIEL	NINGUNO	01:08:18	01:07:18	00:35:05 (1090)	6:49	F (230)	SÉNIOR F (65)
1080	971	VIÑAS CORES, ROI	NINGUNO	01:09:03	01:07:52	00:33:29 (1084)	6:54	M (850)	SUB 23 M (23)
1081	2254	MANEIRO VÁZQUEZ, PILI	NINGUNO	01:09:04	01:07:53	00:33:29 (1085)	6:54	F (231)	MASTER 3 F (38)
1082	2130	OUTEIRAL MARTINEZ, ALEJANDRA	NINGUNO	01:09:57	01:08:40	00:35:13 (1092)	6:59	F (232)	SÉNIOR F (66)
1083	932	SANCHEZ VIDAL, FERNANDO	NINGUNO	01:09:57	01:08:40	00:35:12 (1091)	6:59	M (851)	SÉNIOR M (152)
1084	2252	ROO REY, SARA	NINGUNO	01:10:22	01:09:22	00:34:26 (1087)	7:02	F (233)	SÉNIOR F (67)
1085	2266	CAROLI TREZZA, BARBARA	NINGUNO	01:10:57	01:09:42	00:33:45 (1086)	7:05	F (234)	MASTER 1 F (30)

SIN SON 2023 - 10K

CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	TNETO	T5K	RITM	SEXO	CATEGORÍA
1086	2140	PEREZ PAZ, ALBA	NINGUNO	01:12:35	01:11:20	00:35:00 (1088)	7:15	F (235)	SÉNIOR F (68)
1087	2088	SANTOS ALONSO, NOELIA	NINGUNO	01:12:35	01:11:20	00:35:00 (1089)	7:15	F (236)	SÉNIOR F (69)
1088	2105	REGUEIRO CRUZ, SUSANA	PELUQUERÍA TESOIRAS	01:20:48	01:19:28	00:39:21 (1094)	8:04	F (237)	MASTER 2 F (78)
1089	511	VARELA DE LA TORRE, GONZALO	NINGUNO	01:20:48	01:19:28	00:39:20 (1093)	8:04	M (852)	MASTER 3 M (160)

Total: 1089