

IX CARREIRA PEDESTRE POPULAR-CONCELLO DE FRADES

GENERAL

Cl	Dor.	Apellidos y nombre	Categoría	(Cl)	Club	Tiempo	Diferencia
FEMENINA							
1	219	PÉREZ BUGARÍN UXÍA	SENIOR	(1)	ATLETISMO FEMENINO CELTA	31:03.74	
2	123	MARIÑO TORRADO REBECA	MASTER 2	(1)	S.D. BARBANTIA RODA	33:07.67	2:03.93
3	222	EWERING SUSANNE	SENIOR	(2)	CLUB TRIATLÓN TETUÁN	34:20.45	3:16.71
4	244	VERES OJEA ELENA	SENIOR	(3)	SD COMPOSTELA ATLETISMO	34:36.48	3:32.74
5	304	ISORNA FELPETO ALBA	SUB 20	(1)	SD COMPOSTELA ATLETISMO	35:01.72	3:57.98
6	21	BERMÚDEZ CANOSA APOLONIA	MASTER 1	(1)	CLUB TRIATLÓN COMPOSTELA	35:45.88	4:42.14
7	92	TARRIO MARTÍNEZ MARÍA	MASTER 2	(2)	SD COMPOSTELA ATLETISMO	36:11.14	5:07.40
8	213	MODIA CARIDAD ADRIANA	SENIOR	(4)	ATLETISMO RIAZOR	37:04.21	6:00.47
9	247	SENRA MARTINEZ IRIA	SENIOR	(5)	CLUB ATLETISMO TAMBRE	37:30.13	6:26.39
10	252	GOMEZ GONZALEZ CANDELA	SENIOR	(6)	CLUB ATLETISMO TAMBRE	37:30.50	6:26.76
11	100	FRANCO NIA	MASTER 2	(3)		37:43.42	6:39.68
12	35	FERNÁNDEZ PÉREZ ALIA	MASTER 1	(2)	CLUB ATLETISMO ARENTEIRO	37:56.82	6:53.08
13	253	BETAANZOS FREIRE ALDARA	SENIOR	(7)	S.D. BARBANTIA RODA	38:06.99	7:03.25
14	103	BLANCO PENA FINA	MASTER 2	(4)	C.D. 21 LEGUAS	38:13.79	7:10.05
15	32	SIMÓN MARTÍNEZ AMIRA	MASTER 1	(3)	SD COMPOSTELA ATLETISMO	38:17.26	7:13.52
16	25	GARCIA PENA CHUS	MASTER 1	(4)	CLUB ATLETISMO TAMBRE	38:22.30	7:18.56
17	121	GONZALEZ VENTOSELA NOELIA	MASTER 2	(5)	CLUB ATLETISMO ARENTEIRO	38:47.17	7:43.43
18	77	MUÑIZ PÉREZ SHAILA	MASTER 2	(6)	SD COMPOSTELA ATLETISMO	38:49.44	7:45.70
19	230	LAGO ANDRADE IRIA	SENIOR	(8)	ASOCIACION DEPORTIVA OLIMPIA	39:17.71	8:13.97
20	196	BLANCO AMBOAGE MERCEDES	MASTER 4	(1)	CLUB ATLETISMO SAR	39:30.53	8:26.79
21	11	NOVO VARELA LAURA	MASTER 1	(5)		39:59.92	8:56.18
22	33	MOJON BENAVIDES MARTA	MASTER 1	(6)	CLUB ATLETISMO ARENTEIRO	40:28.16	9:24.42
23	34	PEREZ RODRÍGUEZ PAMELA	MASTER 1	(7)	CLUB ATLETISMO ARENTEIRO	40:37.11	9:33.37
24	245	CORES CANCELA ANDREA	SENIOR	(9)	SD COMPOSTELA ATLETISMO	40:41.73	9:37.99
25	134	ABAL CAMAÑO RAQUEL	MASTER 2	(7)	CLUB ATLETISMO TAMBRE	41:03.20	9:59.46
26	113	PUIME MIGUEZ ANA	MASTER 2	(8)	EQUILATERO	41:18.16	10:14.42
27	18	FDEZ BLANCO SILVIA	MASTER 1	(8)	SD COMPOSTELA ATLETISMO	41:20.07	10:16.33
28	141	LOPEZ GARCIA MARÍA LUISA	MASTER 3	(1)	CLUB ATLETISMO SADA	41:45.20	10:41.46
29	50	AGRASAR BARRAL SONIA	MASTER 2	(9)	ATLETISMO SAR	41:48.60	10:44.86
30	162	ESPIÑEIRA PANDELO INMACULADA	MASTER 3	(2)		41:50.89	10:47.15
31	106	CARRIL BOO CRISTINA	MASTER 2	(10)	CLUB ATLETISMO O PINO	41:52.37	10:48.63
32	192	RODRÍGUEZ DEL RÍO MARÍA DEL CARMEN	MASTER 4	(2)	SD COMPOSTELA ATLETISMO	42:04.49	11:00.75
33	122	GARCIA CAINZOS IRMA	MASTER 2	(11)	CLUB TRIATLÓN COMPOSTELA	42:50.05	11:46.31
34	242	FERNÁNDEZ GONZÁLEZ PAOLA	SENIOR	(10)	CLUB ATLETISMO ARENTEIRO	43:19.49	12:15.75
35	12	ESPIÑA GARRIDO MARÍA	MASTER 1	(9)	CDM XESTEIRAS	44:21.36	13:17.62
36	9	MANTEIGA RODRIGUEZ SANDRA	MASTER 1	(10)		44:49.03	13:45.29
37	184	ÁLVAREZ LÓPEZ ANA MARIA	MASTER 3	(3)		44:55.44	13:51.70
38	158	RIBER RUEDA JOSEFINA	MASTER 3	(4)	SD COMPOSTELA ATLETISMO	45:06.32	14:02.58
39	110	LORENZO GARCÍA CONSUELO	MASTER 2	(12)	CLUB ATLETISMO ARENTEIRO	45:38.10	14:34.36
40	233	ABAD BOUZAS ANA	SENIOR	(11)	EQUILATERO	45:49.61	14:45.87
41	191	SÁNCHEZ BASCOY SILVIA	MASTER 4	(3)		46:29.92	15:26.18
42	124	CAJADE BLANCO MARÍA BEGOÑA	MASTER 2	(13)	CLUBE ATLETISMO BOIMORTO	47:15.74	16:12.00
43	47	MAROÑAS MARÍA	MASTER 2	(14)	SD COMPOSTELA ATLETISMO	47:17.73	16:13.99
44	190	RODRÍGUEZ SOBRINO CELINA	MASTER 4	(4)	MORAÑA EN RUTA	47:36.50	16:32.76
45	183	CASTRO CORES CARMEN	MASTER 3	(5)	CLUB ATLETISMO O PINO	47:41.50	16:37.76
46	177	FORRYAN SECCOMBE ANNE MAY	MASTER 3	(6)		47:56.28	16:52.54
47	204	RAMOS SUÁREZ BEGOÑA	MASTER 4	(5)	ENTRENARUNNING	48:20.42	17:16.68
48	95	NIETO POSE CARMEN	MASTER 2	(15)		48:20.96	17:17.22
49	96	RODRÍGUEZ FREIRE ANA	MASTER 2	(16)	CLUBE ATLETISMO BOIMORTO	48:22.37	17:18.63
50	159	AMIGO FERREIRO MALENA	MASTER 3	(7)	SD COMPOSTELA ATLETISMO	49:02.57	17:58.83
51	161	NOYA CONCHI	MASTER 3	(8)	SD COMPOSTELA ATLETISMO	49:37.46	18:33.72

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Clit	Dor.	Apellidos y nombre	Categoría	(Clit)	Club	Tiempo	Diferencia
52	143	CARREIRA OTERO PILI	MASTER 3	(9)		50:44.43	19:40.69
53	29	CEAN VEIGA MARIA	MASTER 1	(11)	EQUILATERO	50:57.57	19:53.83
54	81	QUIÑOY BALUJA INES	MASTER 2	(17)	CLUB TRIATLÓN COMPOSTELA	52:06.06	21:02.32
55	152	POSE GOMEZ BELEN	MASTER 3	(10)	CLUBE ATLETISMO BOIMORTO	54:22.14	23:18.40
56	120	ÁLVAREZ MATIAS NATIVIDAD	MASTER 2	(18)	CLUB ATLETISMO ARENTEIRO	54:54.62	23:50.88
57	258	MUÑOZ LARRAZABAL ITZEL ORIANA	SUB 20	(2)	CLUB ATLETISMO ARENTEIRO	54:59.85	23:56.11
58	198	TRESGUERRAS GONZÁLEZ ELVIRA	MASTER 4	(6)		56:22.39	25:18.65

MASCULINA

1	237	PUIG MALVAR JORGE	SENIOR	(1)		25:47.82	
2	214	OTERO FARIÑA PABLO	SENIOR	(2)	ATLETISMO TORRELAVEGA	26:06.11	18.29
3	255	GARCÍA SOUTO HUGO	SUB 23	(1)	PORTUGALETE	26:29.61	41.79
4	232	PUYUELO PARDO VICTOR	SENIOR	(3)	VICKY FOODS ATHLETICS	26:41.35	53.53
5	19	NEGREIRA JUAN	MASTER 1	(1)	CLUB ATLETISMO SAR	28:04.67	2:16.85
6	22	VIEITO VILACOBIA JOSE MANUEL	MASTER 1	(2)	CLUB ATLETISMO SAR	28:12.78	2:24.96
7	119	DÍAZ PÉREZ ESTEBAN	MASTER 2	(1)	ATLETISMO NARÓN	28:30.52	2:42.70
8	5	FERNANDEZ GARCÍA ALBINO	MASTER 1	(3)	ATLETISMO ARENTEIRO	28:32.56	2:44.74
9	24	NOUCHE LÓPEZ BORJA	MASTER 1	(4)	CLUB ATLETISMO TAMBRE	28:42.41	2:54.59
10	226	LESTIDO REY MARTÍN	SENIOR	(4)	CLUB ATLETISMO SAR	29:06.95	3:19.13
11	16	CAAMAÑO NIETO RUBEN	MASTER 1	(5)	CLUB ATLETISMO SAR	29:10.53	3:22.71
12	15	REQUEIJO REQUEIJO SERGIO	MASTER 1	(6)	CLUB ATLETISMO ARENTEIRO	29:24.81	3:36.99
13	248	GARABATO LAGARES ADRIAN	SENIOR	(5)	CLUB ATLETISMO SANTIAGO	29:26.14	3:38.32
14	76	DOPAZO MIGUEZ ALBERTO	MASTER 2	(2)	CLUB TRIATLÓN COMPOSTELA	29:39.08	3:51.26
15	228	SANTIAGO REY DIEGO	SENIOR	(6)	CLUB TRIATLÓN COMPOSTELA	29:45.57	3:57.75
16	72	NOVOA GUTIERREZ JULIO	MASTER 2	(3)	CLUB ATLETISMO ARENTEIRO	29:48.95	4:01.13
17	94	FRAGA DÍAZ MANUEL	MASTER 2	(4)	CLUB TRIATLÓN COMPOSTELA	29:58.48	4:10.66
18	215	FERNÁNDEZ GARCÍA MICHEL	SENIOR	(7)	S.D BARBANTIA RODA	30:05.09	4:17.27
19	221	FERNÁNDEZ TOJO ALEXANDRE	SENIOR	(8)	CLUB ATLETISMO TAMBRE	30:11.73	4:23.91
20	223	VARELA RAMOS FRANCISCO	SENIOR	(9)		30:16.67	4:28.85
21	227	RODRIGUEZ TRUJILLO ALEJANDRO	SENIOR	(10)	CLUB TRIATLÓN COMPOSTELA	30:24.29	4:36.47
22	82	FERRADANS VALDES JORGE	MASTER 2	(5)	CLUB TRIATLÓN COMPOSTELA	30:26.40	4:38.58
23	66	CUTRÍN LOPEZ DAVID	MASTER 2	(6)	CLUB TRIATLÓN COMPOSTELA	30:31.51	4:43.69
24	187	SUAREZ LEIS JOSE	MASTER 4	(1)	S D COMPOSTELA ATLETISMO	30:33.67	4:45.85
25	212	TRIÑANES MARTINEZ ERNESTO	SENIOR	(11)	S.D. BARBANTIA RODA	30:42.38	4:54.56
26	91	CALERO FERNANDEZ JOSÉ MANUEL	MASTER 2	(7)	CLUB ATLETISMO SAR	30:52.53	5:04.71
27	166	GARCÍA RODRIGUEZ JORGE MANUEL	MASTER 3	(1)	NOITEBRA F.C.	30:55.04	5:07.22
28	167	NAVARRO ANTON JOSE	MASTER 3	(2)	S.D BARBANTIA RODA	31:03.17	5:15.35
29	14	CASAS BELLO FERNANDO	MASTER 1	(7)		31:04.46	5:16.64
30	6	PARDO MONTERO ALBERTO	MASTER 1	(8)		31:11.28	5:23.46
31	118	MARTINEZ MELLADO DAVID	MASTER 2	(8)	SD COMPOSTELA ATLETISMO	31:20.35	5:32.53
32	156	IGLESIAS CARRERA PIO	MASTER 3	(3)	CLUB TRIATLÓN COMPOSTELA	31:23.19	5:35.37
33	86	GONZALEZ CASTRO SINDO	MASTER 2	(9)	SD COMPOSTELA ATLETISMO	31:26.28	5:38.46
34	74	VIDAL MOREIRAS MIGUEL	MASTER 2	(10)	SD COMPOSTELA ATLETISMO	31:27.08	5:39.26
35	17	CASTROAGUDIN GOMEZ ADRIAN	MASTER 1	(9)		31:30.17	5:42.35
36	102	PARCERO ESPÍÑO MIGUEL	MASTER 2	(11)	CLUB ATLETISMO ARENTEIRO	31:32.38	5:44.56
37	259	FRANCISCO ANTONIO LAGO SANTIAGO	MASTER 2	(12)	AD OLIMPIA	31:37.41	5:49.59
38	1	CACHAFEIRO GARCÍA GERARDO	MASTER 1	(10)	SD COMPOSTELA ATLETISMO	31:46.16	5:58.34
39	239	LEÓN VÁZQUEZ IVÁN	SENIOR	(12)	CLUBE ATLETISMO BOIMORTO	31:58.28	6:10.46
40	71	COSTA CASTRO MANUEL	MASTER 2	(13)	CLUB ATLETISMO TAMBRE	32:01.53	6:13.71
41	225	PIÑEIRO CAAMAÑO PABLO	SENIOR	(13)	S.D BARBANTIA RODA	32:02.26	6:14.44
42	20	MANSILLA BARREIRO JOSE	MASTER 1	(11)	UDC CORRE	32:16.11	6:28.29
43	231	SAINZ TRESGUERRAS JESÚS	SENIOR	(14)	CLUB ATLETISMO SAR	32:20.17	6:32.35

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44	136	ROSENDE FUENTES LUIS	MASTER 2	(14)	CLUB ATLETISMO TAMBRE	32:22.20	6:34.38
45	54	LÓPEZ VÁZQUEZ JUAN ENRIQUE	MASTER 2	(15)		32:37.70	6:49.88
46	87	MOURE ANDRADE ALBERTO	MASTER 2	(16)		32:38.17	6:50.35
47	236	SENRA MARTINEZ DAVID	SENIOR	(15)	CLUB ATLETISMO TAMBRE	32:38.96	6:51.14
48	93	NOGUEIRA PÉREZ MIGUEL ANXO	MASTER 2	(17)	NOITEBRA F.C.	32:44.61	6:56.79
49	140	VILLA VIEIRO FER	MASTER 3	(4)	CLUB TRIATLÓN COMPOSTELA	32:50.63	7:02.81
50	28	GARCÍA SÓÑORA MARCOS	MASTER 1	(12)	CLUB ATLETISMO NOIA	32:50.85	7:03.03
51	154	SENRA ALVAREZ ROBERTO	MASTER 3	(5)	CLUB ATLETISMO TAMBRE	32:53.01	7:05.19
52	172	RODRÍGUEZ GONZALEZ RAMÓN	MASTER 3	(6)	CLUB ATLETISMO ARENTEIRO	33:01.49	7:13.67
53	125	FERNÁNDEZ RODRIGUEZ JOSE ANTONIO	MASTER 2	(18)	CLUBE ATLETISMO BOIMORTO	33:04.02	7:16.20
54	165	FIGUEIRA PÉREZ MANUEL	MASTER 3	(7)	CLUB ATLETISMO SAR	33:04.88	7:17.06
55	246	CORRAL SERTAL JAVIER	SENIOR	(16)	CLUB TRIATLÓN COMPOSTELA	33:10.58	7:22.76
56	170	CÉSAR VILA ÁLVARO	MASTER 3	(8)	CLUB ATLETISMO TAMBRE	33:11.87	7:24.05
57	128	AMADO FONSECA OSCAR	MASTER 2	(19)	OPA FERROL TEAM RUNNING	33:12.53	7:24.71
58	235	QUINTAS CRESPO ALEJANDRO	SENIOR	(17)		33:12.95	7:25.13
59	108	CASTIÑEIRAS PORTOS MANUEL	MASTER 2	(20)	SD COMPOSTELA ATLETISMO	33:14.56	7:26.74
60	168	CABO BLANCO CARLOS	MASTER 3	(9)		33:15.97	7:28.15
61	52	LUENGO DELGADO PABLO	MASTER 2	(21)	CLUB ATLETISMO ESTRADA	33:24.27	7:36.45
62	180	PENA SUÁREZ JOSÉ MANUEL	MASTER 3	(10)	CLUBE ATLETISMO BOIMORTO	33:29.85	7:42.03
63	185	MARTINEZ VALVERDE JUAN CARLOS	MASTER 3	(11)	CLUB ATLETISMO O PINO	33:38.42	7:50.60
64	153	RODRÍGUEZ GONZÁLEZ JOSÉ RAMÓN	MASTER 3	(12)	CLUB ATLETISMO ARENTEIRO	33:40.04	7:52.22
65	254	PÉREZ FERNÁNDEZ BRAIS	SUB 23	(2)	CLUB ATLETISMO TAMBRE	33:40.58	7:52.76
66	99	IGLESIAS COMOJO PABLO	MASTER 2	(22)	CLUB TRIATLÓN COMPOSTELA	33:43.67	7:55.85
67	89	LÓPEZ BALEIRÓN EDGAR MANUEL	MASTER 2	(23)	S.D. BARBANTIA RODA	33:53.52	8:05.70
68	195	PÉREZ PEREIRA RAMIRO	MASTER 4	(2)	CLUB ATLETISMO SAR	34:06.01	8:18.19
69	181	REY GRAÑA ANTONIO	MASTER 3	(13)	CLUB ATLETISMO BOIMORTO	34:06.06	8:18.24
70	83	FERNANDEZ CASAL MARCOS	MASTER 2	(24)	CLUB ATLETISMO SAR	34:16.81	8:28.99
71	73	SILVA LUNA JORDI	MASTER 2	(25)	CLUB ATLETISMO ARENTEIRO	34:19.04	8:31.22
72	13	ROSENDE BARONA DIEGO	MASTER 1	(13)	CLUB TRIATLÓN TETUÁN	34:20.89	8:33.07
73	160	AMIGO FERREIRO JUAN	MASTER 3	(14)	SD COMPOSTELA ATLETISMO	34:37.23	8:49.41
74	144	PAZ TORRES FERNANDO	MASTER 3	(15)	SD COMPOSTELA ATLETISMO	34:38.57	8:50.75
75	173	BARRAL SÁNCHEZ JESÚS	MASTER 3	(16)	SD COMPOSTELA ATLETISMO	34:38.68	8:50.86
76	75	MARIÑO ANTELO MANUEL	MASTER 2	(26)		34:42.92	8:55.10
77	51	VARELA ALVAREZ LAUREANO	MASTER 2	(27)	SD COMPOSTELA ATLETISMO	34:46.02	8:58.20
78	4	FERNANDEZ BREA PABLO	MASTER 1	(14)		34:49.75	9:01.93
79	256	RIO PEREIRA YAGO DANIEL	SUB 23	(3)		34:52.96	9:05.14
80	116	PÉREZ BURGOS ÁNGEL	MASTER 2	(28)	CLUB ATLETISMO TAMBRE	34:55.42	9:07.60
81	201	CEPEDA GACIO FRANCISCO JAVIER	MASTER 4	(3)	SD COMPOSTELA ATLETISMO	35:10.58	9:22.76
82	30	RATON PARADELA JOSE MANUEL	MASTER 1	(15)	CLUB ATLETISMO ARENTEIRO	35:15.93	9:28.11
83	80	NOGUEIRA MONTERO GABRIEL	MASTER 2	(29)	CLUB TRIATLÓN COMPOSTELA	35:20.03	9:32.21
84	112	GOMES ROÇA BRUNO MANUEL	MASTER 2	(30)	MONTAEVAI O PINO	35:22.06	9:34.24
85	135	RODRÍGUEZ LAGARES JOSÉ RAMÓN	MASTER 2	(31)	CD MESOIRO	35:24.95	9:37.13
86	241	NOVO MATO PABLO	SENIOR	(18)	CLUB ATLETISMO BOIMORTO	35:26.67	9:38.85
87	303	LOPEZ AMENEDO ISMAEL	SUB 20	(1)	CLUB ATLETISMO TAMBRE	35:27.81	9:39.99
88	182	REY SOUTO JESÚS ENRIQUE	MASTER 3	(17)	CLUBE ATLETISMO BOIMORTO	35:28.46	9:40.64
89	240	ARES NOGUEIRA SERGIO	SENIOR	(19)	CLUB ATLETISMO BOIMORTO	35:38.26	9:50.44
90	101	TEMBRÁS ALONSO DAVID	MASTER 2	(32)		35:39.97	9:52.15
91	36	CEPEDA DAVID	MASTER 1	(16)		35:43.79	9:55.97
92	53	ROMERO LEMA PABLO	MASTER 2	(33)		35:45.92	9:58.10
93	243	SÁNCHE LAGARES MARCOS	SENIOR	(20)		35:49.75	10:01.93
94	238	PÉREZ FERNÁNDEZ BRAIS	SENIOR	(21)	CLUB ATLETISMO O PINO	35:50.40	10:02.58
95	40	NOYA CEREIJO DARIO	MASTER 1	(17)		35:51.46	10:03.64
96	147	VAZQUEZ RAMOS MANUEL	MASTER 3	(18)		35:54.57	10:06.75
97	61	COSTOYA PRADO CESAR	MASTER 2	(34)	CLUB TRIATLÓN COMPOSTELA	35:56.26	10:08.44

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98	69	CASTRO MAROÑO JORGE	MASTER 2	(35)	SD COMPOSTELA ATLETISMO	36:04.56	10:16.74
99	169	BARREIRO ABEL	MASTER 3	(19)		36:08.66	10:20.84
100	67	GESTO LAGO ALEJANDRO	MASTER 2	(36)		36:15.36	10:27.54
101	79	SARABANDO GAFANHA MIGUEL	MASTER 2	(37)		36:17.17	10:29.35
102	176	FERREIRO LÓPEZ JUAN	MASTER 3	(20)	CLUB ATLETISMO TAMBRE	36:17.71	10:29.89
103	188	INSUA RODRÍGUEZ JOSÉ MANUEL	MASTER 4	(4)	RÍA FERROL -CONCEPCIÓN ARENAL	36:19.32	10:31.50
104	46	SUÁREZ FUENTES BORJA	MASTER 2	(38)	ATLETISMO FONTES DO SAR	36:23.14	10:35.32
105	210	MARIÑO GRANJA GONZALO	SENIOR	(22)	CLUB DEPORTIVO BRION HYUPERSA	36:28.18	10:40.36
106	137	FONTANS SEBE MARCOS	MASTER 2	(39)	ATLETISMO CUNTIS	36:46.58	10:58.76
107	260	CID SANMARTIN ROBERTO	MASTER 2	(40)	TRIATLÓN CORUÑA	36:54.36	11:06.54
108	194	ABEL SUÁREZ JOSÉ RAMÓN	MASTER 4	(5)	NOITEBRA F.C.	36:58.58	11:10.76
109	58	SANTOS SANTAMARIA JOSÉ RAMÓN	MASTER 2	(41)	CHORIMA	37:01.05	11:13.23
110	186	FONTENLA MUIÑO MANUEL	MASTER 4	(6)	ATLETAS DE ACEA	37:04.20	11:16.38
111	203	ÁLVAREZ LODEIRO SANTIAGO	MASTER 4	(7)	ENTRENARUNNING	37:06.67	11:18.85
112	208	GARCÍA LOSAS ALEJANDRO	SENIOR	(23)		37:15.17	11:27.35
113	31	SOLIS POSE IVAN	MASTER 1	(18)	SD COMPOSTELA ATLETISMO	37:29.61	11:41.79
114	49	PIÑEIRO ABEIJON BENITO	MASTER 2	(42)		37:35.52	11:47.70
115	146	SANMARCO SANTOS FRANCISCO	MASTER 3	(21)	CLUB ATLETISMO SAR	37:40.75	11:52.93
116	145	IGLESIAS CRISTOBO ELOY	MASTER 3	(22)	CLUB ATLETISMO SAR	37:40.84	11:53.02
117	178	SEIJO VAZQUEZ IGNACIO	MASTER 3	(23)	CLUB ATLETISMO O PINO	37:58.82	12:11.00
118	60	GARCÍA PENA ZUBI	MASTER 2	(43)	CLUB ATLETISMO TAMBRE	38:23.68	12:35.86
119	205	VIDAL FERREÑO PABLO	MASTER 4	(8)	BRUTANZOS TEAM	38:29.03	12:41.21
120	68	ROZAS RAMOS MARTIN	MASTER 2	(44)	NOITEBRA F.C.	38:41.94	12:54.12
121	78	MENDEZ QUINTELA FRANCISCO M.	MASTER 2	(45)	SD COMPOSTELA ATLETISMO	38:49.51	13:01.69
122	151	ANDRADE DEVESA JUAN	MASTER 3	(24)		39:05.54	13:17.72
123	206	GONZÁLEZ VARELA BENITO	MASTER 4	(9)	CLUB ATLETISMO TAMBRE	39:22.88	13:35.06
124	164	BALADO MOSQUERA SERGIO ANGEL	MASTER 3	(25)	CLUB ATLETISMO SAR	39:30.57	13:42.75
125	64	CAMPOS SANTIAGO ANGEL	MASTER 2	(46)	CLUB ATLETISMO SAR	39:56.31	14:08.49
126	224	VAZQUEZ PIÑEIRO ANDRES	SENIOR	(24)		39:57.05	14:09.23
127	189	CALVO GERARDI MANUEL	MASTER 4	(10)	CLUB ATLETISMO SAR	40:04.49	14:16.67
128	65	FERNANDEZ VILLAMARIN PABLO	MASTER 2	(47)	SD COMPOSTELA ATLETISMO	40:08.68	14:20.86
129	197	SAINZ GARCÍA FERNANDO	MASTER 4	(11)	CLUB ATLETISMO SAR	40:12.25	14:24.43
130	57	CARRACEDO POSE RUBÉN JOSÉ	MASTER 2	(48)	CHORIMA	40:22.02	14:34.20
131	59	CREGO GIL PABLO	MASTER 2	(49)	CHORIMA	40:29.75	14:41.93
132	23	PAZOS TRONCEDA ANDRÉS	MASTER 1	(19)		40:36.06	14:48.24
133	38	REY QUINTELA CARLOS	MASTER 1	(20)	CLUB ATLETISMO O PINO	40:40.91	14:53.09
134	55	BAHAMONDE SUÁREZ FRANCISCO	MASTER 2	(50)	CLUB ATLETISMO TAMBRE	40:52.28	15:04.46
135	175	PEGITO POMBO MANUEL	MASTER 3	(26)	CLUB ATLETISMO O PINO	40:58.21	15:10.39
136	126	VILLAR ÁLVAREZ ALBERTO	MASTER 2	(51)	CLUB ATLETISMOARENTEIRO	41:00.20	15:12.38
137	48	CASAS ÓSCAR	MASTER 2	(52)	CLUB ATLETISMO TAMBRE	41:06.34	15:18.52
138	193	BETANZOS REGO TOBIÁS	MASTER 4	(12)	S.D BARBANTIA RODA	41:14.07	15:26.25
139	44	OURO CANEDO ALEJANDRO	MASTER 2	(53)		41:24.36	15:36.54
140	98	VEIGA AGUIÓN VICTOR	MASTER 2	(54)	CLUB ATLETISMO BOIMORTO	41:24.64	15:36.82
141	7	MEIJIDE VILARIÑO MARCOS	MASTER 1	(21)		41:29.87	15:42.05
142	174	FERNÁNDEZ SUÁREZ MANUEL	MASTER 3	(27)		41:34.11	15:46.29
143	114	GARCIA BLANCO CARLOS	MASTER 2	(55)	CLUB TRIATLÓN COMPOSTELA	41:38.54	15:50.72
144	105	SANCHEZ DURO JESUS	MASTER 2	(56)	CLUB ATLETISMO O PINO	41:45.74	15:57.92
145	109	VAZQUEZ GAREA JUAN CARLOS	MASTER 2	(57)		41:52.39	16:04.57
146	127	GOMEZ SANCHEZ ALBERTO	MASTER 2	(58)		41:52.51	16:04.69
147	138	BLANCO SANTOS VICTOR	MASTER 3	(28)	CLUB ATLETISMO O PINO	41:53.24	16:05.42
148	139	MOURE CAÑETE FRANCISCO	MASTER 3	(29)	NOITEBRA F.C.	42:06.60	16:18.78
149	133	RODRIGUEZ RODRIGUEZ CARLOS	MASTER 2	(59)		42:13.39	16:25.57
150	249	VAZQUEZ GENDE PABLO	SENIOR	(25)		42:15.57	16:27.75
151	10	RODRÍGUEZ BUGALLO ÁNGEL	MASTER 1	(22)		42:20.92	16:33.10

**IX CARREIRA PEDESTRE POPULAR-CONCELLO DE FRADES
GENERAL**

Cl	Dor.	Apellidos y nombre	Categoría	(Cl)	Club	Tiempo	Diferencia
152	142	PICO POUZO ROBERTO	MASTER 3	(30)		42:30.69	16:42.87
153	97	CASTRO RODRÍGUEZ CARLOS	MASTER 2	(60)	NOSPORTLIMIT	42:32.19	16:44.37
154	179	RIVEIRA MARTINEZ ANTONIO	MASTER 3	(31)	CLUB ATLETISMO O PINO	42:37.82	16:50.00
155	199	MORATA AGUILERA MIGUEL ANGEL	MASTER 4	(13)	CLUB ATLETISMO O PINO	42:40.32	16:52.50
156	3	PÉREZ LADO JOSE LUIS	MASTER 1	(23)		42:44.03	16:56.21
157	163	TABOADA BARREIRO JUAN MANUEL	MASTER 3	(32)	CLUB ATLETISMO BOIMORTO	42:58.25	17:10.43
158	115	FDEZ CARBAJALES JOSÉ LUIS	MASTER 2	(61)	CLUB ATLETISMO BOIMORTO	43:37.84	17:50.02
159	2	VÁZQUEZ SÁNCHEZ DANIEL	MASTER 1	(24)		43:43.09	17:55.27
160	88	PORRO CORREIRA AGUSTÍN JOSÉ	MASTER 2	(62)		44:06.53	18:18.71
161	90	CARNOTA COSTOYA CRISTIAN	MASTER 2	(63)		44:11.47	18:23.65
162	107	CASTRO COSTOYA MARCOS ANTONIO	MASTER 2	(64)		44:36.62	18:48.80
163	131	THEMUDO GODAY CÉSAR	MASTER 2	(65)		46:20.19	20:32.37
164	132	REY CUBERO MARTÍN	MASTER 2	(66)		46:37.46	20:49.64
165	104	MARTINEZ QUINTELA MANUEL	MASTER 2	(67)		46:59.40	21:11.58
166	27	MARTINEZ FRANCOS DANIEL	MASTER 1	(25)		46:59.54	21:11.72
167	85	REY ALVARELLOS FERNANDO	MASTER 2	(68)	SD COMPOSTELA ATLETISMO	47:18.36	21:30.54
168	200	RODRIGUEZ BARBA JOSE PEDRO	MASTER 4	(14)	CLUBE ATLETISMO BOIMORTO	48:51.88	23:04.06
169	42	VAZQUEZ ALVARO	MASTER 2	(69)		49:04.49	23:16.67
170	218	RODRIGUEZ CARREIRA BRAIS	SENIOR	(26)		50:44.54	24:56.72
171	207	BERNAL GOMEZ JESUS	MASTER 4	(15)		57:12.38	31:24.56