

# X CARREIRA CARNEIRO Ó ESPETO

## CLASIFICACIÓN 10K

X CARREIRA 21 DE XULLO

CARNEIRO Ó ESPETO

10K MORAÑA 5K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P2	SEXO	CATEGORÍA	LOCA
1	99	LORENZO LÓPEZ, MANUEL	CLUB DEPORTIVO PINARIUM	00:31:44	3:10	00:25:07 (1)	M (1)	SENIOR M (NA)	
2	101	ABAL CHAVES, AMADEO	MORAÑA EN RUTA	00:32:31	3:15	00:25:34 (2)	M (2)	SENIOR M (NA)	
3	112	CAMESCASSE ROUCO, PABLO	CLUB DEPORTIVO DELIKIA	00:33:17	3:19	00:26:04 (3)	M (3)	SUB 23 M (NA)	
4	102	HERMELO GÓMEZ, SERGIO	TRIATLÓN RÍAS BAIXAS	00:33:34	3:21	00:26:13 (4)	M (4)	SENIOR M (1)	
<b>5</b>	<b>100</b>	<b>BREA ABREU, EDYMAR</b>	<b>OURENSE ATLETISMO</b>	<b>00:34:37</b>	<b>3:27</b>	<b>00:27:22 (5)</b>	<b>F (1)</b>	<b>SENIOR F (NA)</b>	
6	45	CARRASCO NUÑEZ, JORDI	CLUB DEPORTIVO PINARIUM	00:34:47	3:28	00:27:26 (6)	M (5)	MASTER B M (1)	SI (1)
7	34	DAPORTA MÉNDEZ, MIGUEL		00:35:18	3:31	00:27:45 (7)	M (6)	MASTER B M (2)	
8	33	VIEITES CARBALLO, MANUEL	CLUB ATLET. CUNTIS	00:35:28	3:32	00:27:58 (8)	M (7)	MASTER B M (3)	
9	16	RODRÍGUEZ VIDAL, RUBÉN		00:35:35	3:33	00:28:13 (11)	M (8)	MASTER A M (1)	
10	5	PARADA MONTOTO, DAVID	MONTEPORREIRUNN	00:35:43	3:34	00:28:10 (9)	M (9)	MASTER A M (2)	
11	66	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:35:51	3:35	00:28:12 (10)	M (10)	MASTER C M (1)	
12	56	GUERRA MAGAN, OSCAR	CLUB ATLETISMO CAMBADOS	00:36:30	3:38	00:28:41 (12)	M (11)	MASTER B M (4)	
13	82	FALCÓN PÉREZ, SANTIAGO	C.A. CAMBADOS	00:36:30	3:38	00:28:41 (13)	M (12)	MASTER C M (2)	
14	12	SANGIAO DARRIBA, IVÁN	C.D. BIOSBARDO	00:36:47	3:40	00:29:03 (14)	M (13)	MASTER A M (3)	
15	13	CASTROAGUDIN GOMEZ, ADRIAN	MORAÑA EN RUTA	00:37:13	3:43	00:29:11 (15)	M (14)	MASTER A M (4)	
16	115	CALVO CASTRO, HUGO		00:38:00	3:47	00:29:45 (16)	M (15)	SUB 23 M (1)	
17	8	SIERRA LÓPEZ, RAFAEL	TRIATLÓN RÍAS BAIXAS	00:38:24	3:50	00:30:17 (17)	M (16)	MASTER A M (5)	SI (2)
18	42	LOUREIRO MONTENEGRO, PABLO	MONTEPORREIRUNN	00:38:32	3:51	00:30:30 (19)	M (17)	MASTER B M (5)	
<b>19</b>	<b>22</b>	<b>FREAZA OTERO, SOFIA</b>	<b>COMESAÑA SPORTING CLUB</b>	<b>00:38:33</b>	<b>3:51</b>	<b>00:30:26 (18)</b>	<b>F (2)</b>	<b>MASTER A F (NA)</b>	
20	59	SOTO PARADA, JUAN CARLOS	CLUB DEPORTIVO PINARIUM	00:38:52	3:53	00:30:57 (21)	M (18)	MASTER B M (6)	
21	92	SUAREZ MARTINEZ, MANUEL	C.A. VETERANOS DE SAMIL	00:39:17	3:55	00:31:01 (22)	M (19)	MASTER D M (1)	
22	47	POMBAL CORTEGOSO, VICENTE	SAN MIGUEL DE MARIN	00:39:22	3:56	00:30:44 (20)	M (20)	MASTER B M (7)	
23	9	GONZÁLEZ NÚÑEZ, JOSÉ LUIS		00:39:28	3:56	00:31:04 (23)	M (21)	MASTER A M (6)	
24	69	PAZOS CAMPOS, FRANCISCO	SOCIEDAD DEPORTIVA	00:39:31	3:57	00:31:05 (24)	M (22)	MASTER C M (3)	
25	70	MORENZA DOFORNO, GERMÁN	CLUB DEPORTIVO PINARIUM	00:40:15	4:01	00:31:43 (25)	M (23)	MASTER C M (4)	
<b>26</b>	<b>103</b>	<b>CARDIN, ZOÉ</b>	<b>ATLETISMO FEMENINO CELTA</b>	<b>00:40:46</b>	<b>4:04</b>	<b>00:32:03 (26)</b>	<b>F (3)</b>	<b>SENIOR F (NA)</b>	
27	105	TRIGO LORES, ROBERTO	MORAÑA EN RUTA	00:40:47	4:04	00:32:03 (27)	M (24)	SENIOR M (2)	
28	87	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:40:54	4:05	00:32:09 (28)	M (25)	MASTER D M (2)	
29	90	OTERO CEPEDA, XOSÉ LUIS	CLUB ATLETISMO SANTIAGO	00:41:13	4:07	00:32:23 (29)	M (26)	MASTER D M (3)	

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

# X CARREIRA CARNEIRO Ó ESPETO

## CLASIFICACIÓN 10K

X CARREIRA 21 DE XULLO

CARNEIRO Ó ESPETO

10K MORAÑA 5K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P2	SEXO	CATEGORÍA	LOCA
30	58	CASÁS CASÁS, JOSÉ MANUEL		00:41:19	4:07	00:32:44 (30)	M (27)	MASTER B M (8)	
31	10	SEÑORÁNS CRESPO, CÉSAR	MORAÑA EN RUTA	00:41:46	4:10	00:33:00 (31)	M (28)	MASTER A M (7)	
32	53	DOPAZO LOUZAN, JAVIER	RUN PONTEVEDRA	00:42:28	4:14	00:33:35 (34)	M (29)	MASTER B M (9)	
33	55	LOPEZ RODRIGUEZ, CARLOS	RUN PONTEVEDRA	00:42:49	4:16	00:33:54 (36)	M (30)	MASTER B M (10)	
34	24	DOMINGUEZ ABAL, JAVI		00:42:57	4:17	00:33:38 (35)	M (31)	MASTER A M (8)	
35	54	FDEZ. VILAS, BERTO	CLUB DEPORTIVO PINARIUM	00:43:02	4:18	00:33:54 (37)	M (32)	MASTER B M (11)	
36	21	PEREIRA FARIÑA, PITI	SD COMPOSTELA ATLETISMO	00:43:06	4:18	00:33:01 (32)	M (33)	MASTER A M (9)	
37	96	FERNANDEZ PEREZ, ALEJANDRO		00:43:10	4:18	00:33:33 (33)	M (34)	SENIOR M (3)	
38	61	BARROS BARCALA, JOSÉ MANUEL	ATLETISMO +9 MORAÑA	00:43:13	4:19	00:33:59 (38)	M (35)	MASTER B M (12)	
39	32	CAPA CASTIÑEIRAS, CARLOS	CLUB DEPORTIVO PINARIUM	00:43:36	4:21	00:34:16 (39)	M (36)	MASTER B M (13)	
<b>40</b>	<b>14</b>	<b>SABORIDO GIL, OLALLA</b>		<b>00:43:37</b>	<b>4:21</b>	<b>00:34:16 (40)</b>	<b>F (4)</b>	<b>MASTER A F (1)</b>	
41	80	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	00:44:04	4:24	00:34:35 (41)	M (37)	MASTER C M (5)	
42	95	SANMIGUEL FERREIRO, IVAN	CORRIDA DAS CABRAS	00:44:19	4:25	00:34:54 (42)	M (38)	SENIOR M (4)	
43	27	GONZÁLEZ TILVE, ANDRÉS	RUN PONTEVEDRA	00:45:01	4:30	00:35:25 (44)	M (39)	MASTER A M (10)	
44	26	RAMOS FERRO, MANUEL	RUN PONTEVEDRA	00:45:01	4:30	00:35:26 (45)	M (40)	MASTER A M (11)	
45	97	GARCÍA LOSAS, ALEJANDRO		00:45:04	4:30	00:35:12 (43)	M (41)	SENIOR M (5)	
46	29	ANSORENA BALTASAR, LUIS	OS CORREDORES DO INFERNO	00:45:08	4:30	00:35:28 (46)	M (42)	MASTER A M (12)	
47	43	PACHECO LEINS, CESAR		00:45:11	4:31	00:35:47 (50)	M (43)	MASTER B M (14)	
48	4	CREGO VIQUEIRA, MARCELINO		00:45:14	4:31	00:35:41 (48)	M (44)	MASTER A M (13)	
49	77	DAPENA TENORIO, JOSE LUIS		00:45:17	4:31	00:35:40 (47)	M (45)	MASTER C M (6)	
<b>50</b>	<b>110</b>	<b>MURAS SERANTES, ESTEFANÍA</b>	<b>OS CORREDORES DO INFERNO</b>	<b>00:45:19</b>	<b>4:31</b>	<b>00:35:42 (49)</b>	<b>F (5)</b>	<b>SENIOR F (1)</b>	
51	76	VARELA CACHAFEIRO, ANTONIO	POMASA	00:45:30	4:32	00:35:49 (51)	M (46)	MASTER C M (7)	
<b>52</b>	<b>108</b>	<b>BOKHINSKA, YULI</b>	<b>OS CORREDORES DO INFERNO</b>	<b>00:45:35</b>	<b>4:33</b>	<b>00:35:53 (52)</b>	<b>F (6)</b>	<b>SENIOR F (2)</b>	
53	73	FONTENLA MUIÑO, MANUEL	ATLETAS DE ACEA DE AMA	00:45:41	4:34	00:36:10 (54)	M (47)	MASTER C M (8)	
<b>54</b>	<b>84</b>	<b>TRABAZO GRACIA, JOSEFA</b>	<b>PONTE A CORRER</b>	<b>00:45:51</b>	<b>4:35</b>	<b>00:36:06 (53)</b>	<b>F (7)</b>	<b>MASTER C F (1)</b>	
55	65	SANTALLA DE SÁA, NICOLÁS	OS CORREDORES DO INFERNO	00:46:05	4:36	00:36:15 (55)	M (48)	MASTER B M (15)	
56	78	BARRAL MOREIRA, JOSE RAMON		00:46:05	4:36	(-1)	M (49)	MASTER C M (9)	
<b>57</b>	<b>113</b>	<b>PAZOS MEIXUS, ARARAT</b>	<b>SAN MIGUEL DE MARIN</b>	<b>00:46:20</b>	<b>4:37</b>	<b>00:36:33 (57)</b>	<b>F (8)</b>	<b>SUB 23 F (1)</b>	
58	2	PORTELA ABAL, DIEGO		00:46:35	4:39	00:36:23 (56)	M (50)	MASTER A M (14)	

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

# X CARREIRA CARNEIRO Ó ESPETO

## CLASIFICACIÓN 10K

X CARREIRA 21 DE XULLO

CARNEIRO Ó ESPETO

10K MORAÑA 5K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P2	SEXO	CATEGORÍA	LOCA
59	64	GALEGO CASAS, MARÍA DOLORES	OS CORREDORES DO INFERNO	00:46:59	4:41	00:37:02 (59)	F (9)	MASTER B F (1)	
60	48	VEIGA GARCÍA, JERÓNIMO	CLUB DEPORTIVO PINARIUM	00:47:06	4:42	00:37:06 (60)	M (51)	MASTER B M (16)	
61	19	CARREIRO ALONSO, MIGUEL ANGEL		00:47:10	4:42	00:37:18 (62)	M (52)	MASTER A M (15)	
62	50	RODAL DIZ, ÁNGEL M.	CLUB DEPORTIVO PINARIUM	00:47:18	4:43	00:37:23 (63)	M (53)	MASTER B M (17)	
63	30	BASOA RODRIGUEZ, MANUEL	ESCOLA DE ATLETISMO PAULA	00:47:29	4:44	00:37:13 (61)	M (54)	MASTER A M (16)	
64	44	LORENZO PÉREZ, NATALIA	NOITEBRA	00:47:33	4:45	00:37:41 (65)	F (10)	MASTER B F (2)	
65	111	MONTES MAÇADA, MANUELA	OS CORREDORES DO INFERNO	00:47:43	4:46	00:36:51 (58)	F (11)	SENIOR F (3)	
66	1	CAMPOS FRAMIÑÁN, DAVID	MONTES DO DEZA	00:47:45	4:46	00:37:51 (66)	M (55)	MASTER A M (17)	
67	83	MARTIÑÁN CAMIÑO, FRANCISCO JAVIER	ATLETISMO +9 MORAÑA	00:47:47	4:46	00:37:37 (64)	M (56)	MASTER C M (10)	
68	17	VÁZQUEZ CALVAR, DANIEL	CLUB ATLETISMO CAMBADOS	00:48:26	4:50	00:38:08 (67)	M (57)	MASTER A M (18)	
69	106	MACEIRA PENA, MIRIAM	TRIATLON VILAGARCIA	00:48:37	4:51	00:38:23 (68)	F (12)	SENIOR F (4)	
70	11	FERNÁNDEZ CHIVITE, ENARA	C.D. BIOSBARDO	00:48:42	4:52	00:38:36 (69)	F (13)	MASTER A F (2)	
71	68	GONZALEZ LAINS, MANUEL	CLUB PINARIUM	00:48:51	4:53	00:39:21 (73)	M (58)	MASTER C M (11)	
72	35	SANTAMARINA NÚÑEZ, CARLOS		00:48:53	4:53	00:38:40 (70)	M (59)	MASTER B M (18)	
73	91	RODRÍGUEZ DEL RÍO, MARÍA DEL CARMEN	SD COMPOSTELA ATLETISMO	00:49:27	4:56	00:38:58 (72)	F (14)	MASTER D F (1)	
74	52	SEIJO FERNÁNDEZ, JOSÉ CARLOS	ATLETISMO +9 MORAÑA	00:49:34	4:57	00:38:56 (71)	M (60)	MASTER B M (19)	SI (3)
75	72	SIMOEZ FERNÁNDEZ, JOSÉ LUIS	C.A.R MARISQUEIRO	00:49:52	4:59	00:39:41 (76)	M (61)	MASTER C M (12)	
76	67	ESTÉVEZ ALONSO, RAQUEL	CLUB PINARIUM	00:50:09	5:00	00:39:24 (74)	F (15)	MASTER C F (2)	
77	109	SEIJO PARDO, PABLO		00:50:27	5:02	00:39:38 (75)	M (62)	SENIOR M (6)	
78	46	OTERO DIAZ, MARIO	C.D. RIA DE AROUSA	00:50:56	5:05	00:40:15 (78)	M (63)	MASTER B M (20)	
79	31	FROIZ FONTENLA, JUAN CARLOS	OS CORREDORES DO INFERNO	00:51:09	5:06	00:40:13 (77)	M (64)	MASTER B M (21)	
80	60	NUÑEZ GONZÁLEZ, JOSÉ AMABLE	ATLETISMO +9 MORAÑA	00:51:26	5:08	00:40:49 (79)	M (65)	MASTER B M (22)	SI (4)
81	98	MIGUÉNS LORENZO, ALBERTO		00:51:40	5:09	00:41:01 (80)	M (66)	SENIOR M (7)	
82	36	GÓMEZ FERNÁNDEZ, ROBERTO		00:52:16	5:13	00:41:12 (81)	M (67)	MASTER B M (23)	
83	40	BLANCO DOCAMPO, ROBERTO	CLUB DEPORTIVO PINARIUM	00:52:32	5:15	00:41:21 (82)	M (68)	MASTER B M (24)	
84	81	FUENTES MARTÍNEZ, MANUEL	INDALSU	00:52:45	5:16	00:42:04 (90)	M (69)	MASTER C M (13)	
85	74	BARRERO FONTICOBA, JOSE RAMÓN	SAN MÁXIMO TELECOM	00:52:56	5:17	00:41:26 (83)	M (70)	MASTER C M (14)	
86	93	PADIN COUSIDO, JOSÉ LUIS	CACAMBADOS	00:52:58	5:17	00:41:40 (84)	M (71)	MASTER D M (4)	
87	49	MARTINEZ GOMEZ, PAKINHO	GALLAECIA JASTANDOSAPATILLA	00:53:19	5:19	00:41:47 (85)	M (72)	MASTER B M (25)	

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

# X CARREIRA CARNEIRO Ó ESPETO

## CLASIFICACIÓN 10K

X CARREIRA 21 DE XULLO

CARNEIRO Ó ESPETO

10K MORAÑA 5K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P2	SEXO	CATEGORÍA	LOCA
88	37	FRESCO FERREIRÓS, JORGE		00:53:23	5:20	00:42:03 (89)	M (73)	MASTER B M (26)	
89	20	SOLLA CRESPO, SANTI	CLUB DEPORTIVO PINARIUM	00:53:25	5:20	00:42:02 (88)	M (74)	MASTER A M (19)	
90	62	CONSTENLA PERÉZ, J. LUIS	ATLETISMO +9 MORAÑA	00:53:25	5:20	00:42:00 (87)	M (75)	MASTER B M (27)	SI (5)
<b>91</b>	<b>107</b>	<b>MÉNDEZ MARTÍNEZ, ESTELA</b>		<b>00:53:29</b>	<b>5:20</b>	<b>00:41:58 (86)</b>	<b>F (16)</b>	<b>SENIOR F (5)</b>	
<b>92</b>	<b>28</b>	<b>CID, EVA</b>		<b>00:53:33</b>	<b>5:21</b>	<b>00:42:36 (93)</b>	<b>F (17)</b>	<b>MASTER A F (3)</b>	
93	7	FOLGAR, IVAN		00:53:35	5:21	00:42:16 (91)	M (76)	MASTER A M (20)	SI (6)
94	18	MAGARIÑOS, ALEX		00:54:42	5:28	00:42:35 (92)	M (77)	MASTER A M (21)	
95	116	VELEZMORO SÁNCHEZ, LUCIANO	OS CORREDORES DO INFERNO	00:54:42	5:28	00:42:52 (94)	M (78)	SUB 23 M (2)	
96	89	CONSTENLA FONTÁN, JULIO CESAR	ATLETISMO +9 MORAÑA	00:55:00	5:29	00:43:00 (95)	M (79)	MASTER D M (5)	
97	71	OTERO CEPEDA, DANIEL ANGEL		00:56:18	5:37	00:44:34 (96)	M (80)	MASTER C M (15)	
98	79	BURLIDO BORREGO, JOSE ISAÍAS		00:57:36	5:45	00:45:27 (97)	M (81)	MASTER C M (16)	
99	57	BARROS FERNANDEZ, JOSE		00:59:16	5:55	00:47:02 (98)	M (82)	MASTER B M (28)	
100	85	GARRIDO INSUA, RICARDO	OS CORREDORES DO INFERNO	01:01:25	6:08	00:48:19 (99)	M (83)	MASTER C M (17)	
101	88	VAZQUEZ GUERRA, JOSE LUIS	TRAN TRAN	01:03:01	6:18	00:49:40 (100)	M (84)	MASTER D M (6)	
<b>102</b>	<b>15</b>	<b>SÁNCHEZ GUZMÁN, PAMELA</b>	<b>OS CORREDORES DO INFERNO</b>	<b>01:03:22</b>	<b>6:20</b>	<b>00:49:47 (101)</b>	<b>F (18)</b>	<b>MASTER A F (4)</b>	
<b>103</b>	<b>39</b>	<b>VILARIÑO FERNÁNDEZ, MARÍA</b>		<b>01:04:13</b>	<b>6:25</b>	<b>00:49:59 (102)</b>	<b>F (19)</b>	<b>MASTER B F (3)</b>	

Total: 103