

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
SENIOR							
MASCULINO							
SENIOR M (1)	154	OTERO FARIÑA, PABLO	ATLETISMO ILLA DE AROUSA	00:35:24 (1)	--	3:20	17:30 (1) M (1)
SENIOR M (2)	201	GARCÍA MENIÑO, JUAN LUIS	CLUB ATLETISMO CAMBADOS	00:39:26 (2)	+4:02	3:43	19:13 (2) M (2)
SENIOR M (3)	146	GONZÁLEZ PIÑEIRO, CARLOS	CLUB ATLETISMO CAMBADOS	00:39:51 (3)	+4:27	3:45	19:33 (3) M (3)
SENIOR M (4)	173	IGLESIAS AMORES, MIGUEL	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:39:55 (4)	+4:31	3:45	19:55 (4) M (4)
SENIOR M (5)	171	CALVO CASTRO, HUGO		00:44:10 (19)	+8:46	4:09	22:10 (7) M (19)
SENIOR M (6)	174	MONTEAGUDO, JUAN		00:44:23 (20)	+8:59	4:11	22:10 (8) M (20)
SENIOR M (7)	168	BUGALLO, RICARDO		00:44:23 (21)	+8:59	4:11	22:09 (6) M (21)
SENIOR M (8)	163	AGRA RIAL, CARLOS	TRIATLON VILAGARCIA	00:44:47 (22)	+9:23	4:13	21:32 (5) M (22)
SENIOR M (9)	175	MOUGAN RAMOS, HUGO		00:45:50 (26)	+10:26	4:19	22:50 (11) M (26)
SENIOR M (10)	204	SUAREZ POUZO, JACINTO		00:46:44 (30)	+11:20	4:24	22:49 (10) M (30)
SENIOR M (11)	167	DAVILA RIVAS, ALBERTO	EQUILATERO	00:46:59 (32)	+11:35	4:25	22:26 (9) M (32)
SENIOR M (12)	172	FERNÁNDEZ PEREZ, ALEJANDTO		00:47:27 (34)	+12:03	4:28	23:15 (12) M (34)
SENIOR M (13)	182	SANMARTÍN MÍGUEZ, IVÁN		00:48:27 (41)	+13:03	4:34	24:32 (15) M (40)
SENIOR M (14)	157	FERRO LOUZAN, DAVID		00:49:36 (48)	+14:12	4:40	24:15 (13) M (46)
SENIOR M (15)	181	GONZÁLEZ LÓPEZ, PEDRO		00:49:42 (49)	+14:18	4:41	25:15 (18) M (47)
SENIOR M (16)	155	CHAZO PAZ, RUBEN		00:49:59 (51)	+14:35	4:42	24:29 (14) M (49)
SENIOR M (17)	202	VILLAVERDE PATIÑO, YAGO		00:51:36 (62)	+16:12	4:52	26:23 (25) M (56)
SENIOR M (18)	143	LORENZO GRANJA, MIGUEL		00:51:39 (63)	+16:15	4:52	25:02 (16) M (57)
SENIOR M (19)	195	SAAVEDRA LOPEZ, MARTÍN	LARGARTAS	00:52:09 (68)	+16:45	4:55	26:07 (24) M (62)
SENIOR M (20)	170	BLANCO ABOLLO, PABLO		00:52:09 (69)	+16:45	4:55	25:54 (23) M (63)
SENIOR M (21)	164	SÁNCHEZ CARRACEDO, PEDRO		00:52:23 (71)	+16:59	4:56	25:54 (22) M (65)
SENIOR M (22)	183	LUIS NOVOA, ALEJANDRO	NOSPORTLIMIT	00:52:42 (74)	+17:18	4:58	25:45 (21) M (67)
SENIOR M (23)	162	DE LA CRUZ REY, ABEL		00:52:48 (76)	+17:24	4:58	25:10 (17) M (69)
SENIOR M (24)	158	CARREIRO, MIGUEL		00:52:54 (77)	+17:30	4:59	25:32 (19) M (70)
SENIOR M (25)	199	CRESPO GARCÍA, CRISTIAN JESÚS		00:53:07 (81)	+17:43	5:00	26:31 (26) M (73)
SENIOR M (26)	185	ARGIBAY AROSA, DANIEL	CLUB ATLETISMO CAMBADOS	00:53:17 (83)	+17:53	5:01	26:38 (27) M (75)
SENIOR M (27)	197	MACÍAS MACÍAS, DAVID		00:53:44 (89)	+18:20	5:04	26:44 (28) M (81)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
SENIOR M (28)	165	FERNANDEZ LOPEZ, XABI	FATTYZOO	00:54:38 (92)	+19:14	5:09	27:31 (30) M (84)
SENIOR M (29)	147	FONTAN MONTEAGUDO, IVAN		00:57:18 (108)	+21:54	5:24	28:11 (31) M (96)
SENIOR M (30)	200	GONZÁLEZ NIETO, BENITO		00:57:46 (111)	+22:22	5:26	27:28 (29) M (99)
SENIOR M (31)	150	PIÑEIRO PARADA, DANIEL		00:58:16 (113)	+22:52	5:29	28:39 (33) M (101)
SENIOR M (32)	149	GONZALEZ POSES, CARLOS		00:59:05 (115)	+23:41	5:34	29:02 (34) M (103)
SENIOR M (33)	198	LAREU CRESPO, DIEGO		00:59:14 (116)	+23:50	5:35	28:28 (32) M (104)
SENIOR M (34)	160	REY REY, BENJAMÍN		01:00:08 (122)	+24:44	5:40	29:37 (35) M (108)
SENIOR M (35)	189	SANCHEZ DO RIO, ALFONSO		01:01:50 (134)	+26:26	5:49	30:29 (36) M (116)
SENIOR M (36)	151	OTERO OUTEIRAL, MANUEL		01:03:26 (143)	+28:02	5:59	34:41 (39) M (122)
SENIOR M (37)	148	CASAL SEÑORANS, IVAN		01:04:27 (148)	+29:03	6:04	34:41 (38) M (126)
SENIOR M (38)	190	DOMÍNGUEZ GUERRA, MARIO		01:06:36 (154)	+31:12	6:16	36:27 (42) M (128)
SENIOR M (39)	192	BARBOSA, XOHAN		01:07:35 (160)	+32:11	6:22	32:34 (37) M (132)
SENIOR M (40)	152	OTERO RIAL, SANTIAGO		01:11:09 (163)	+35:45	6:42	34:41 (40) M (133)
SENIOR M (41)	180	BAYON ROLO, JUAN ANDRES		01:12:20 (164)	+36:56	6:49	34:50 (41) M (134)
SENIOR M (42)	187	BLANCO GONZALEZ, ROBERTO	RAZA PALLEIRA	01:19:07 (174)	+43:43	7:27	38:11 (43) M (138)
FEMENINO							
SENIOR F (1)	178	PAZOS MEIXUS, ARARAT	SAN MIGUEL DE MARIN	00:48:50 (44)	--	4:36	23:33 (1) F (2)
SENIOR F (2)	153	PORTEIRO DE LOÑO, MARINA MULLUNESH	SG PONTEVEDRA	00:50:03 (52)	+1:13	4:43	23:48 (2) F (3)
SENIOR F (3)	159	PORTO CIMA, ALBA		00:50:43 (55)	+1:53	4:47	24:56 (3) F (4)
SENIOR F (4)	156	MURAS SERANTES, ESTEFANÍA	OS CORREDORES DO INFERNO	00:51:30 (61)	+2:40	4:51	24:56 (4) F (6)
SENIOR F (5)	186	REBOREDO, LETICIA	MULLER EN FORMA	00:55:25 (98)	+6:35	5:13	26:37 (5) F (10)
SENIOR F (6)	161	RIAL SUÁREZ, ANA		01:00:07 (121)	+11:17	5:40	29:37 (7) F (14)
SENIOR F (7)	169	MÉNDEZ MARTÍNEZ, ESTELA		01:00:46 (125)	+11:56	5:43	29:35 (6) F (15)
SENIOR F (8)	184	RODRIGUEZ GAGI, PAULA		01:01:25 (129)	+12:35	5:47	30:30 (8) F (18)
SENIOR F (9)	188	REY RODRÍGUEZ, LAURA	BARBANTIA RODA	01:07:49 (161)	+18:59	6:23	32:19 (9) F (29)
SENIOR F (10)	196	FERNÁNDEZ SANTOMÉ, CARMEN		01:10:16 (162)	+21:26	6:37	33:29 (10) F (30)
SENIOR F (11)	179	REY PEDREIRA, ALBA		01:12:20 (165)	+23:30	6:49	34:50 (11) F (31)
SENIOR F (12)	194	PAZ SUAREZ, JENNIFER	CLUB ATLETISMO CAMBADOS	01:13:14 (168)	+24:24	6:54	35:42 (12) F (33)
SENIOR F (13)	191	RODRÍGUEZ DIAZ, CLARA		01:17:40 (172)	+28:50	7:19	36:30 (13) F (35)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
VETERÁN A							
MASCULINO							
VETERAN A M (1)	47	GONZALO FERNANDEZ, GONZALO	TRICAMANS	00:40:01 (5)	--	3:46	19:50 (2) M (5)
VETERAN A M (2)	30	SOBRAL, MANU	CLUB DEPORTIVO PINARIUM	00:40:49 (9)	+48	3:50	19:41 (1) M (9)
VETERAN A M (3)	65	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:41:25 (12)	+1:24	3:54	19:58 (3) M (12)
VETERAN A M (4)	46	POUSO VIDAL, LUCAS	C.A. CAMBADOS	00:42:32 (13)	+2:31	4:00	21:23 (5) M (13)
VETERAN A M (5)	56	GARCIA IGLESIAS, LUKAS	TRICAMANS	00:43:30 (15)	+3:29	4:06	21:34 (7) M (15)
VETERAN A M (6)	6	FERNÁNDEZ RODRIGUEZ, JOSE ANTONIO	CLUBE ATLETISMO BOIMORTO	00:43:59 (18)	+3:58	4:08	21:26 (6) M (18)
VETERAN A M (7)	31	BESADA IGLESIAS, CHRISTIAN	TRICAMANS	00:44:58 (23)	+4:57	4:14	21:20 (4) M (23)
VETERAN A M (8)	26	NÚÑEZ MOSTEIRO, RUBÉN	C.A. CAMBADOS	00:45:20 (24)	+5:19	4:16	22:38 (8) M (24)
VETERAN A M (9)	16	CAROU GARCÍA, ÁLVARO	CLUB ATLETISMO CAMBADOS	00:45:59 (27)	+5:58	4:20	22:45 (9) M (27)
VETERAN A M (10)	3	FERNÁNDEZ CASAIS, ADRIÁN		00:46:13 (28)	+6:12	4:21	23:04 (12) M (28)
VETERAN A M (11)	54	CAMIÑA UCHA, BASILIO	CLUB ATLETISMO CAMBADOS	00:46:41 (29)	+6:40	4:24	22:49 (10) M (29)
VETERAN A M (12)	4	MARTINEZ VARELA, LUÍS MANUEL		00:46:44 (31)	+6:43	4:24	23:04 (11) M (31)
VETERAN A M (13)	66	ALLO ARAGUNDE, FRANCISCO JAVIER	TRICAMAN	00:47:31 (36)	+7:30	4:28	23:23 (13) M (36)
VETERAN A M (14)	36	CASÁS CASÁS, JOSÉ MANUEL		00:47:34 (38)	+7:33	4:29	23:46 (14) M (37)
VETERAN A M (15)	40	ROSAL CHAVES, DIEGO		00:48:41 (43)	+8:40	4:35	23:48 (16) M (42)
VETERAN A M (16)	41	COUSIDO RIAL, ARTURO		00:48:51 (45)	+8:50	4:36	23:48 (15) M (43)
VETERAN A M (17)	27	BARROS SEOANE, VÍCTOR	CDM VÉRTICE	00:49:18 (46)	+9:17	4:38	23:57 (17) M (44)
VETERAN A M (18)	23	SENDÍN RAÑA, PABLO	ATLETISMO PORRIÑO	00:49:55 (50)	+9:54	4:42	24:58 (21) M (48)
VETERAN A M (19)	62	IGLESIAS ALLO, CHRISTIAN		00:50:12 (53)	+10:11	4:44	24:21 (19) M (50)
VETERAN A M (20)	34	IGLESIAS REY, MIGUEL		00:50:30 (54)	+10:29	4:45	25:50 (25) M (51)
VETERAN A M (21)	60	CORES LOJO, TOMÁS		00:51:20 (59)	+11:19	4:50	24:04 (18) M (54)
VETERAN A M (22)	20	RODRIGUEZ DOPICO, JAVIER	ENTRENARUNNING	00:52:23 (70)	+12:22	4:56	25:54 (26) M (64)
VETERAN A M (23)	52	OTERO RODRÍGUEZ, JUAN MANUEL		00:52:32 (72)	+12:31	4:57	24:27 (20) M (66)
VETERAN A M (24)	11	TORRADO RIAL, RICARDO		00:52:44 (75)	+12:43	4:58	25:36 (23) M (68)
VETERAN A M (25)	22	FERNANDEZ SANTIAGO, RUBÉN	NOSPORTLIMIT	00:53:08 (82)	+13:07	5:00	26:12 (27) M (74)
VETERAN A M (26)	64	SEÑORANS MARTÍNEZ, CRISTIAN		00:53:18 (84)	+13:17	5:01	25:34 (22) M (76)
VETERAN A M (27)	51	BASILIO DEL SOLAR, JUAN		00:53:28 (85)	+13:27	5:02	25:42 (24) M (77)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
VETERAN A M (28)	50	IGLESIAS CORES, LASKO		00:54:21 (90)	+14:20	5:07	26:22 (28) M (82)
VETERAN A M (29)	21	ARAUJO, ANTONIO		00:54:38 (91)	+14:37	5:09	27:31 (34) M (83)
VETERAN A M (30)	63	VÁZQUEZ CALVAR, DANIEL	CLUB ATLETISMO CAMBADOS	00:54:56 (93)	+14:55	5:10	27:12 (32) M (85)
VETERAN A M (31)	49	FERNANDEZ ORDOÑEZ, MARTIN		00:56:24 (100)	+16:23	5:19	27:45 (35) M (90)
VETERAN A M (32)	44	MARTIN TISCAR, FRANCISCO JOSE		00:57:01 (106)	+17:00	5:22	27:56 (36) M (94)
VETERAN A M (33)	37	RIAL RIAL, VICTOR		00:57:43 (110)	+17:42	5:26	27:17 (33) M (98)
VETERAN A M (34)	57	MARTINEZ FANDIÑO, DIEGO	CAC CAMBADOS	00:58:16 (112)	+18:15	5:29	28:39 (37) M (100)
VETERAN A M (35)	35	GARCIA MORENZA, IGNACIO		00:58:16 (114)	+18:15	5:29	28:53 (38) M (102)
VETERAN A M (36)	2	OTERO MAYORAL, EMILIO		00:59:32 (117)	+19:31	5:36	31:06 (45) M (105)
VETERAN A M (37)	55	DE LA TORRE MOSTEIRO, PABLO	MURUM ATHLETICA	01:01:42 (131)	+21:41	5:49	29:49 (40) M (113)
VETERAN A M (38)	61	CAMIÑA MARTINEZ, RAIMUNDO		01:01:42 (132)	+21:41	5:49	29:49 (41) M (114)
VETERAN A M (39)	8	LORENZO GRANJA, CARLOS		01:02:29 (136)	+22:28	5:53	29:47 (39) M (117)
VETERAN A M (40)	33	PÉREZ SANTANA, CRISTIAN		01:03:20 (140)	+23:19	5:58	30:30 (42) M (120)
VETERAN A M (41)	12	VEIGA AGUION, VÍCTOR	CLUBE ATLETISMO BOIMORTO	01:03:22 (141)	+23:21	5:58	27:09 (31) M (121)
VETERAN A M (42)	69	RIVAS PIÑEIRO, JORGE		01:03:57 (145)	+23:56	6:01	31:38 (46) M (123)
VETERAN A M (43)	68	FERNANDEZ MARTINEZ, JOSE ANGEL		01:03:57 (146)	+23:56	6:01	31:38 (47) M (124)
VETERAN A M (44)	25	HERMIDA SEREN, JORGE		01:03:57 (147)	+23:56	6:01	26:22 (29) M (125)
VETERAN A M (45)	29	CASTRO NINE, FRANCISCO JOSÉ		01:06:47 (156)	+26:46	6:18	30:34 (43) M (130)
VETERAN A M (46)	9	TRIGO LOSADA, XOAN		01:07:04 (158)	+27:03	6:19	30:56 (44) M (131)
VETERAN A M (47)	1	DIZ, ANTONIO	CLUB ATLETISMO CAMBADOS	01:13:49 (170)	+33:48	6:57	34:53 (48) M (136)
VETERAN A M (48)	28	FERRARA, MAURO EMILIANO		01:21:32 (177)	+41:31	7:41	38:27 (49) M (139)
FEMENINO							
VETERAN A F (1)	5	SABORIDO GIL, OLALLA		00:47:32 (37)	--	4:29	23:17 (1) F (1)
VETERAN A F (2)	45	ESTEVEZ FERNANDEZ, PATRICIA		00:57:01 (105)	+9:29	5:22	27:56 (3) F (12)
VETERAN A F (3)	59	PRADO RIVAS, MARÍA		01:00:57 (127)	+13:25	5:44	29:14 (4) F (16)
VETERAN A F (4)	38	OTERO RAMOS, LETICIA		01:01:07 (128)	+13:35	5:45	31:01 (6) F (17)
VETERAN A F (5)	42	IGLESIAS DIOS, CRIS		01:02:05 (135)	+14:33	5:51	31:01 (5) F (19)
VETERAN A F (6)	13	CAJADE BLANCO, MARÍA BEGOÑA	CLUBE ATLETISMO BOIMORTO	01:03:22 (142)	+15:50	5:58	31:19 (7) F (21)
VETERAN A F (7)	7	MACEIRA ERIAS, ANA		01:06:33 (153)	+19:01	6:16	31:24 (8) F (26)
VETERAN A F (8)	58	RODRIGUEZ MANEIRO, VANESA		01:07:08 (159)	+19:36	6:19	33:36 (9) F (28)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
VETERAN A F (9)	48	CEAN VEIGA, MARIA	EQUILATERO	01:12:47 (166)	+25:15	6:51	34:02 (10) F (32)
VETERAN A F (10)	10	GÓMEZ MOURE, SANDRA		01:13:48 (169)	+26:16	6:57	34:53 (11) F (34)
VETERAN A F (11)	43	VÁZQUEZ VALIÑO, BEGOÑA		01:19:07 (173)	+31:35	7:27	38:11 (12) F (36)

VETERÁN B

MASCULINO

VETERAN B M (1)	115	PÉREZ PRIETO, GERARDO	CLUB ATLETISMO CAMBADOS	00:40:16 (6)	--	3:47	19:55 (2) M (6)
VETERAN B M (2)	99	GUERRA MAGAN, OSCAR	C.A. CAMBADOS	00:40:24 (7)	+08	3:48	19:49 (1) M (7)
VETERAN B M (3)	110	OUBIÑA DIOS, FRANCISCO RAMÓN	C.A. CAMBADOS	00:40:43 (8)	+27	3:50	19:57 (3) M (8)
VETERAN B M (4)	77	OUTERELO COUSIÑO, PEDRO PABLO	TRIATLON VILAGARCIA	00:41:10 (11)	+54	3:52	20:10 (4) M (11)
VETERAN B M (5)	72	DEL RÍO BÓVEDA, ÓSCAR	TRIATLON VILAGARCIA	00:43:06 (14)	+2:50	4:03	21:37 (6) M (14)
VETERAN B M (6)	75	REY PADIN, FRANCISCO J.	TRIATLON VILAGARCIA	00:43:33 (16)	+3:17	4:06	21:33 (5) M (16)
VETERAN B M (7)	111	FANDIÑO GARCIA, OSCAR	CLUB ATLETISMO CAMBADOS	00:43:54 (17)	+3:38	4:08	21:55 (7) M (17)
VETERAN B M (8)	80	FERREIRA GONZÁLEZ, JOSE CARLOS	ADAS CUPA	00:45:38 (25)	+5:22	4:18	22:03 (8) M (25)
VETERAN B M (9)	87	LORENZO SILVA, ÁNGEL	AGENCIA MORLA	00:47:30 (35)	+7:14	4:28	24:00 (11) M (35)
VETERAN B M (10)	102	SANTIAGO PEREIRA, MIGUEL ANGEL	PINARIUM	00:47:51 (39)	+7:35	4:30	23:21 (9) M (38)
VETERAN B M (11)	114	VÁZQUEZ VÁZQUEZ, MANEL		00:48:02 (40)	+7:46	4:31	23:41 (10) M (39)
VETERAN B M (12)	70	COSTA RODRÍGUEZ, JOSE ANTONIO	AGRUPACIÓN ATLÉTICA MAZÍ	00:48:34 (42)	+8:18	4:34	25:36 (14) M (41)
VETERAN B M (13)	119	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:49:20 (47)	+9:04	4:39	24:33 (12) M (45)
VETERAN B M (14)	85	PACHECO LEINS, CESAR		00:51:17 (58)	+11:01	4:50	25:43 (15) M (53)
VETERAN B M (15)	89	PALLEIRO NOVO, DAVID	360TRAINER	00:51:26 (60)	+11:10	4:51	26:20 (23) M (55)
VETERAN B M (16)	90	GARCIA RUA, EMILIO		00:51:56 (64)	+11:40	4:53	25:24 (13) M (58)
VETERAN B M (17)	105	OCAMPO REY, MIGUEL ANGEL		00:52:03 (65)	+11:47	4:54	26:07 (18) M (59)
VETERAN B M (18)	107	PIÑEIRO REY, ARTURO	SD BARBANTIA RODA	00:52:06 (66)	+11:50	4:54	26:18 (21) M (60)
VETERAN B M (19)	101	CALVO REY, DANIEL	S.D.BARBANTIA RODA	00:52:06 (67)	+11:50	4:54	26:17 (19) M (61)
VETERAN B M (20)	108	SABORIDO FERNANDEZ, LUIS MARIANO	S.D.BARBANTIA RODA	00:52:55 (78)	+12:39	4:59	26:17 (20) M (71)
VETERAN B M (21)	116	ABOAL ABOAL, SANTIAGO		00:52:56 (79)	+12:40	4:59	26:19 (22) M (72)
VETERAN B M (22)	113	DAVILA COSTAS, FRANCISCO		00:53:28 (86)	+13:12	5:02	26:06 (17) M (78)
VETERAN B M (23)	94	RODILES RIOS, ALBERTO		00:53:29 (87)	+13:13	5:02	26:01 (16) M (79)
VETERAN B M (24)	95	CALVO BERNÁRDEZ, FERNANDO		00:54:58 (94)	+14:42	5:11	27:12 (26) M (86)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
VETERAN B M (25)	97	LOIS ARAGUNDE, MANUEL ANGEL		00:55:04 (96)	+14:48	5:11	27:11 (25) M (87)
VETERAN B M (26)	103	MAESTU FERNÁNDEZ, JUAN	PUNTA CABALO	00:57:09 (107)	+16:53	5:23	26:50 (24) M (95)
VETERAN B M (27)	98	OTERO DIAZ, MARIO	C.D. RIA DE AROUSA	00:57:23 (109)	+17:07	5:24	28:33 (27) M (97)
VETERAN B M (28)	83	BARREIRO GARCIA, SANTIAGO		00:59:40 (119)	+19:24	5:37	30:27 (31) M (107)
VETERAN B M (29)	91	VIAÑO RODRÍGUEZ, LUIS		01:00:37 (124)	+20:21	5:43	30:04 (29) M (110)
VETERAN B M (30)	122	MANEIRO OTERO, GUILLERMO	ATLETISMO CAMBADOS	01:00:51 (126)	+20:35	5:44	29:34 (28) M (111)
VETERAN B M (31)	84	MARTINEZ GOMEZZ, PAKINHO	GALLAECIA JASTANDOSAPATILLA	01:01:48 (133)	+21:32	5:49	30:34 (32) M (115)
VETERAN B M (32)	81	CHAZO VENTOSO, JOAQUIN		01:02:41 (138)	+22:25	5:54	30:16 (30) M (119)
VETERAN B M (33)	79	PEROL RAMA, ENRIQUE		01:05:15 (150)	+24:59	6:09	31:38 (33) M (127)
VETERAN B M (34)	106	NIETO NIETO, MANUEL ANGEL		01:06:47 (155)	+26:31	6:17	32:17 (34) M (129)
VETERAN B M (35)	104	FIGUEIRAS VICENTE, ALBERTO		01:13:14 (167)	+32:58	6:54	35:43 (35) M (135)

FEMENINO

VETERAN B F (1)	74	PAZ VALLE, MERCEDES		00:50:55 (56)	--	4:48	25:13 (1) F (5)
VETERAN B F (2)	78	FEIJOÓ SÁNCHEZ, SUSANA	ATLETAS DE ACEA DE AMA	00:53:06 (80)	+2:11	5:00	25:41 (2) F (8)
VETERAN B F (3)	96	OTERO OTERO, CHUS	CLUB ATLETISMO CAMBADOS	00:55:04 (95)	+4:09	5:11	27:11 (4) F (9)
VETERAN B F (4)	117	PUIME MIGUEZ, ANA	EQUILATERO	00:56:55 (101)	+6:00	5:22	26:55 (3) F (11)
VETERAN B F (5)	82	PAZ VALLE, CARINA		00:59:50 (120)	+8:55	5:38	30:16 (5) F (13)
VETERAN B F (6)	123	DOMÍNGUEZ LOPEZ, ANA		01:03:27 (144)	+12:32	5:59	31:11 (7) F (22)
VETERAN B F (7)	109	ABALO MONTERO, MARÍA		01:05:04 (149)	+14:09	6:08	32:18 (9) F (23)
VETERAN B F (8)	86	MIGUÉNS PÉREZ, MARÍA ISABEL	AGENCIA MORLA	01:05:33 (151)	+14:38	6:10	31:33 (8) F (24)
VETERAN B F (9)	100	CHEDAS PAZ, NATALIA		01:05:46 (152)	+14:51	6:12	31:06 (6) F (25)
VETERAN B F (10)	73	MONTERO GONZÁLEZ, OLALLA		01:06:58 (157)	+16:03	6:18	32:20 (10) F (27)
VETERAN B F (11)	93	VILACIDE, ANA		01:20:46 (175)	+29:51	7:37	38:09 (11) F (37)
VETERAN B F (12)	92	FANDIÑO VILACIDE, ANGELES		01:20:46 (176)	+29:51	7:37	38:17 (12) F (38)

VETERÁN C

MASCULINO

VETERAN C M (1)	141	FALCÓN PÉREZ, SANTIAGO	C.A. CAMBADOS	00:40:53 (10)	--	3:51	20:09 (1) M (10)
VETERAN C M (2)	129	PAZOS CAMPOS, FRANCISCO		00:47:15 (33)	+6:22	4:27	22:53 (2) M (33)
VETERAN C M (3)	136	FERNANDEZ TOME, JUAN		00:51:13 (57)	+10:20	4:49	25:33 (3) M (52)

VI CARREIRON 10K

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO P1	SEXO
VETERAN C M (4)	126	DAPENA TENORIO, JOSE LUIS		00:53:31 (88)	+12:38	5:02	25:52 (4) M (80)
VETERAN C M (5)	133	PARADA SANTIAGO, CARLOS		00:55:12 (97)	+14:19	5:12	27:09 (5) M (88)
VETERAN C M (6)	125	CAPELO RIOS, MANUEL		00:56:13 (99)	+15:20	5:18	28:07 (6) M (89)
VETERAN C M (7)	138	PÉREZ GARCÍA, JESÚS	CLUB ATLETISMO CAMBADOS	00:56:59 (102)	+16:06	5:22	28:35 (8) M (91)
VETERAN C M (8)	142	PADIN COUSIDO, JOSÉ LUIS	C.A.CAMBADOS	00:56:59 (103)	+16:06	5:22	28:35 (7) M (92)
VETERAN C M (9)	140	GOMEZ BIOQUE, JOSE	CLUB ATLETISMO CAMBADOS	00:56:59 (104)	+16:06	5:22	28:40 (9) M (93)
VETERAN C M (10)	130	LOPEZ, CARLOS		00:59:40 (118)	+18:47	5:37	30:26 (12) M (106)
VETERAN C M (11)	132	VILELA MONTERO, JOSE		01:00:09 (123)	+19:16	5:40	29:36 (10) M (109)
VETERAN C M (12)	128	GONZALEZ MARTIN, MIGUEL		01:01:33 (130)	+20:40	5:48	29:43 (11) M (112)
VETERAN C M (13)	134	MONTENEGRO PÉREZ, LUIS		01:02:38 (137)	+21:45	5:54	30:43 (13) M (118)
VETERAN C M (14)	127	MENÉNDEZ DOMINGUEZ, JUAN CARLOS	MARINEDA	01:14:58 (171)	+34:05	7:04	36:44 (14) M (137)
FEMENINO							
VETERAN C F (1)	124	MÉNDEZ LÓPEZ, ELVA	MULLER EN FORMA	00:52:33 (73)	--	4:57	25:41 (1) F (7)
VETERAN C F (2)	135	CASTRO ZAERA, ÁNGELES		01:02:45 (139)	+10:12	5:55	31:31 (2) F (20)

Total: 177