

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
1	39	SERBESSA, WORKNEH FIKIRE	ATLETISMO NARON	00:29:06	2:54	00:14:32 (2)	M (1)	M/F 35 M (1)		
2	4	KIPTOO, AMON	CA CALATAYUD	00:29:07	2:54	00:14:31 (1)	M (2)	M/F 35 M (2)		
3	3	KIPLAGAT, DAVID	CA CALATAYUD	00:29:44	2:58	00:14:48 (3)	M (3)	SÉNIOR M (1)		
4	1	WANJIRU, PETER KARIUKI	CA ALBACETE	00:29:48	2:58	00:14:51 (4)	M (4)	M/F40 M (1)		
5	10	CUESTA, NICOLAS	CA BIKILIA	00:30:42	3:04	00:15:20 (6)	M (5)	M/F 35 M (3)		
6	20	PUIG MALVAR, JORGE	INDEPENDIENTE	00:30:47	3:04	00:15:09 (5)	M (6)	SÉNIOR M (2)		M (1)
7	6	ETTALBI, HICHAM	INDEPENDIENTE	00:31:46	3:10	00:15:30 (7)	M (7)	SÉNIOR M (3)		
8	5	MERGOUGUI, ABDELAZIZ	INDEPENDIENTE	00:32:15	3:13	00:15:58 (8)	M (8)	SÉNIOR M (4)		
9	26	ORO VENCE, MARCOS	ATLETISMO ARENTEIRO	00:32:26	3:14	00:16:04 (9)	M (9)	SÉNIOR M (5)		M (2)
10	21	ABAL CHAVES, AMADEO	AMADEO ABAL NUTRICIÓN	00:32:56	3:17	00:16:20 (12)	M (10)	SÉNIOR M (6)		
11	108	ALVAREZ FERREIRA, ALEXANDRE	ESPRINTES OURENSE	00:32:58	3:17	00:16:04 (10)	M (11)	SUB-23 M (1)		M (3)
12	29	PENA-MANSO CARRAL, IÑAKI	INDEPENDIENTE	00:32:59	3:17	00:16:20 (13)	M (12)	SÉNIOR M (7)		
13	100	CRESPO ARIAS, JORGE	CLUB ATLETISMO SAR	00:33:19	3:19	00:16:20 (11)	M (13)	M/F45 M (1)	M (1)	M (4)
14	74	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:33:39	3:21	00:16:37 (14)	M (14)	M/F40 M (2)		M (5)
15	46	FERNÁNDEZ GARCÍA, ALBINO	ATLETISMO ARENTEIRO	00:33:52	3:23	00:16:52 (16)	M (15)	M/F 35 M (4)		M (6)
16	32	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:34:04	3:24	00:16:37 (15)	M (16)	SÉNIOR M (8)		M (7)
17	408	CENDAN LLORENS, ANDRES	CLUB TRIATLON COMPOSTELA	00:34:23	3:26	00:17:09 (18)	M (17)	SÉNIOR M (9)		M (8)
18	99	MELLO, JACI	INDEPENDIENTE	00:34:48	3:28	00:17:09 (17)	M (18)	M/F45 M (2)		
<b>19</b>	<b>7</b>	<b>LUNA SANBRAN, FEDRA</b>	<b>INDEPENDIENTE</b>	<b>00:34:52</b>	<b>3:29</b>	<b>00:17:12 (20)</b>	<b>F (1)</b>	<b>SÉNIOR F (1)</b>		
20	116	CARRASCO NUÑEZ, JORDI	CLUB DEPORTIVO PINARIUM	00:34:59	3:29	00:17:11 (19)	M (19)	M/F50 M (1)		M (9)
21	47	GARCÍA GÓMEZ, VÍCTOR	ATLETISMO ARENTEIRO	00:35:07	3:30	00:17:35 (26)	M (20)	M/F 35 M (5)		M (10)
22	60	SOBRAL, MANU	CLUB DEPORTIVO PINARIUM	00:35:11	3:31	00:17:32 (23)	M (21)	M/F40 M (3)		M (11)
23	40	RIADIGOS PIÑEIRO, BRUNO	NO SPORT LIMIT	00:35:16	3:31	00:17:22 (21)	M (22)	M/F 35 M (6)		M (12)
24	44	PARDIÑAS MALLÓN, TOÑITO	SD COMPOSTELA ATLETISMO	00:35:32	3:33	00:17:35 (25)	M (23)	M/F 35 M (7)		M (13)
25	102	FERNÁNDEZ DOMÍNGUEZ,	ATLETISMO ARENTEIRO	00:35:34	3:33	00:17:52 (35)	M (24)	M/F45 M (3)		M (14)
26	67	NOVOA GUTIÉRREZ, JULIO	ATLETISMO ARENTEIRO	00:35:36	3:33	00:17:45 (27)	M (25)	M/F40 M (4)		M (15)
27	37	RODRÍGUEZ LARIÑO, JORGE	ASOCIACIÓN DEPORTIVA OLIMPIA	00:35:38	3:33	00:17:46 (30)	M (26)	M/F 35 M (8)		M (16)
28	41	RODRIGUEZ VAZQUEZ, MARCOS	ATLETISMO ARENTEIRO	00:35:39	3:33	00:17:45 (28)	M (27)	M/F 35 M (9)		M (17)

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<b>PTO</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITM</b>	<b>T5K</b>	<b>SEXO</b>	<b>CATEGORÍA</b>	<b>LOCAL</b>	<b>GALE</b>
29	57	CALVO CASTRO, LUIS	INDEPENDIENTE	00:35:40	3:33	00:17:32 (22)	M (28)	M/F40 M (5)	M (2)	M (18)
30	64	NOVO BUJEIRO, JAVIER	ASOCIACIÓN DEPORTIVA OLIMPIA	00:35:41	3:34	00:17:45 (29)	M (29)	M/F40 M (6)		M (19)
31	136	RIVEIRO LAMPON, ALBERTO	CLUB ATLETISMO SAR	00:35:42	3:34	00:17:50 (33)	M (30)	SÉNIOR M (10)		M (20)
32	77	TRABA CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES-MARISCOS	00:35:52	3:35	00:17:49 (31)	M (31)	M/F45 M (4)		M (21)
33	93	VÁZQUEZ ARES, FERNANDO	CLUB ATLETISMO SAR	00:35:54	3:35	00:17:34 (24)	M (32)	M/F45 M (5)		M (22)
34	66	SEIJAS FOLGUEIRA, VICTOR	CD UAVA	00:36:01	3:36	00:17:51 (34)	M (33)	M/F40 M (7)		M (23)
35	140	SANTIAGO REY, DIEGO	CLUB TRIATLON COMPOSTELA	00:36:07	3:36	00:17:54 (36)	M (34)	SÉNIOR M (11)		M (24)
36	45	CORRO ROUFFET, JESSE	ATLETISMO ARENTEIRO	00:36:12	3:37	00:18:10 (41)	M (35)	M/F 35 M (10)		
37	105	GONZÁLEZ REY, BONI	O JERREIRO CARNOTA	00:36:18	3:37	00:18:10 (39)	M (36)	M/F45 M (6)		M (25)
38	133	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:36:23	3:38	00:17:50 (32)	M (37)	SUPERVETERANOS		M (26)
39	109	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:36:30	3:38	00:17:58 (38)	M (38)	SUB-23 M (2)		M (27)
40	42	RODRÍGUEZ LEAL, CARLOS	CLUB FERROL ATLETISMO	00:36:32	3:39	00:18:11 (45)	M (39)	M/F 35 M (11)		M (28)
41	526	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	00:36:42	3:40	00:18:11 (43)	M (40)	M/F50 M (2)		M (29)
42	62	FERRADANS VALDES, JORGE	CLUB TRIATLON COMPOSTELA	00:36:44	3:40	00:18:10 (42)	M (41)	M/F40 M (8)		M (30)
43	492	DOMINGUEZ SILVA, ANDRES	CLUB TRIATLON NEGREIRA	00:37:05	3:42	00:18:10 (40)	M (42)	M/F45 M (7)	M (3)	M (31)
44	90	ÁLVAREZ ÁLVAREZ, DANIEL	INDEPENDIENTE	00:37:06	3:42	00:18:52 (58)	M (43)	M/F45 M (8)		M (32)
45	51	BELLO GARCÍA, JUAN JOSE	CLUB O COTÓN NEGREIRA	00:37:06	3:42	00:18:11 (44)	M (44)	M/F40 M (9)	M (4)	M (33)
46	25	BARREIRO CASTIÑEIRA, MARCOS	CLUB TRIATLON COMPOSTELA	00:37:08	3:42	00:18:19 (49)	M (45)	SÉNIOR M (12)		M (34)
47	137	MORAN GONZÁLEZ, ENRIQUE	ATLETISMO PORRIÑO	00:37:09	3:42	00:18:23 (51)	M (46)	M/F45 M (9)		M (35)
48	49	DEL RÍO MARTÍNEZ, JUAN JOSÉ	INDEPENDIENTE	00:37:12	3:43	00:18:16 (48)	M (47)	M/F 35 M (12)		
49	86	JUNCAL MAROÑAS, MARCOS	MAYENCO	00:37:13	3:43	00:18:35 (52)	M (48)	M/F45 M (10)		M (36)
50	38	CASTROAGUDIN GÓMEZ, ADRIÁN	MORAÑA EN RUTA	00:37:15	3:43	00:18:15 (47)	M (49)	M/F 35 M (13)		M (37)
51	117	NIETO GONZÁLEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:37:18	3:43	00:18:22 (50)	M (50)	M/F50 M (3)		M (38)
52	138	CALERO FERNANDEZ, JOSÉ	CLUB ATLETISMO SAR	00:37:19	3:43	00:18:44 (55)	M (51)	M/F40 M (10)		
53	61	PEREIRA FARIÑA, PITI	SD COMPOSTELA ATLETISMO	00:37:19	3:43	00:18:52 (59)	M (52)	M/F40 M (11)		M (39)
54	76	GONZÁLEZ REY, JOSECHO	O JERREIRO CARNOTA	00:37:38	3:45	00:18:40 (53)	M (53)	M/F40 M (12)		M (40)
55	27	CORRAL SERTAL, JAVIER	CLUB TRIATLON COMPOSTELA	00:37:57	3:47	00:19:17 (77)	M (54)	SÉNIOR M (13)		M (41)
56	337	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:38:02	3:48	00:19:20 (79)	M (55)	M/F 35 M (14)		M (42)

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57	23	RODRIGUEZ TRUJILLO,	CLUB TRIATLON COMPOSTELA	00:38:05	3:48	00:18:59 (63)	M (56)	SÉNIOR M (14)		M (43)
58	85	VÁZQUEZ MATO, JOSÉ MANUEL	CLUB DEPORTIVO BRION HYUPERSA	00:38:06	3:48	00:18:57 (62)	M (57)	M/F45 M (11)		M (44)
59	55	SANDÁ ARES, JOSE	SD COMPOSTELA ATLETISMO	00:38:06	3:48	00:19:15 (71)	M (58)	M/F40 M (13)		M (45)
60	84	VALLE LÓPEZ, ÓSCAR	NOITEBRA	00:38:12	3:49	00:18:42 (54)	M (59)	M/F45 M (12)		M (46)
61	107	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:38:16	3:49	00:19:00 (65)	M (60)	M/F45 M (13)		M (47)
62	43	RODRIGUEZ LIAS, ALEX	INDEPENDIENTE	00:38:16	3:49	00:18:48 (57)	M (61)	M/F 35 M (15)		M (48)
63	95	GARCÍA ANTELO, JOSÉ MANUEL	INDEPENDIENTE	00:38:17	3:49	00:18:52 (60)	M (62)	M/F45 M (14)	M (5)	M (49)
64	54	CAMPOS LUERIO, MARCOS	CLUB ATLETISMO NEGREIRA	00:38:17	3:49	00:18:52 (61)	M (63)	M/F40 M (14)	M (6)	M (50)
65	91	FRAGA DÍAZ, MANUEL	CLUB TRIATLON COMPOSTELA	00:38:20	3:49	00:18:59 (64)	M (64)	M/F45 M (15)		M (51)
66	73	IGLESIAS SUAREZ, MANUEL	CDM VÉRTICE	00:38:22	3:50	00:18:47 (56)	M (65)	M/F40 M (15)		M (52)
67	70	PARCERO ESPIÑO, MIGUEL	ATLETISMO ARENTEIRO	00:38:24	3:50	00:19:01 (66)	M (66)	M/F40 M (16)		M (53)
68	134	FERNÁNDEZ LAGO, JUAN CARLOS	SERRES RUNNERS	00:38:28	3:50	00:19:11 (69)	M (67)	SUPERVETERANOS		M (54)
69	58	SESAZ SEGADE, FERNANDO	SD COMPOSTELA ATLETISMO	00:38:33	3:51	00:19:16 (75)	M (68)	M/F40 M (17)		M (55)
<b>70</b>	<b>11</b>	<b>MOSQUERA LOSADA, SANDRA</b>	<b>COMESAÑA SPORTING CLUB</b>	<b>00:38:35</b>	<b>3:51</b>	<b>00:19:17 (76)</b>	<b>F (2)</b>	<b>SÉNIOR F (2)</b>		<b>F (1)</b>
71	104	PIÑEIRO GRAÑA, SANTIAGO	SAMERTOLAMEU ATLETISMO	00:38:37	3:51	00:19:05 (67)	M (69)	M/F45 M (16)		M (56)
72	295	BARREIRO PEREIRA, XOSÉ ANTÓN	SD COMPOSTELA ATLETISMO	00:38:37	3:51	00:19:15 (73)	M (70)	M/F50 M (4)		M (57)
73	115	LAGO CES, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:38:40	3:51	00:19:08 (68)	M (71)	M/F50 M (5)		M (58)
<b>74</b>	<b>106</b>	<b>GARCÍA SÁNCHEZ, NATI</b>	<b>RUNING OLEIROS</b>	<b>00:38:46</b>	<b>3:52</b>	<b>00:19:18 (78)</b>	<b>F (3)</b>	<b>M/F45 F (1)</b>		<b>F (2)</b>
75	252	CALVELO CODESIDO, DIEGO	A.D. MONTEBRONDO	00:38:52	3:53	00:19:23 (82)	M (72)	M/F40 M (18)		M (59)
76	94	ZARAUZA BEIRAS, ALVARO	CLUB DEPORTIVO BRION HYUPERSA	00:38:53	3:53	00:19:15 (72)	M (73)	M/F45 M (17)		M (60)
77	131	RODRÍGUEZ GONZÁLEZ, RAMÓN	ATLETISMO ARENTEIRO	00:38:57	3:53	00:19:16 (74)	M (74)	SUPERVETERANOS		M (61)
78	201	SENDÓN RODRÍGUEZ, ESTEBAN	INDEPENDIENTE	00:39:06	3:54	00:19:30 (86)	M (75)	SÉNIOR M (15)		M (62)
79	59	MARTÍNEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	00:39:08	3:54	00:18:11 (46)	M (76)	M/F40 M (19)		M (63)
<b>80</b>	<b>71</b>	<b>FREAZA OTERO, SOFIA</b>	<b>COMESAÑA SPORTING CLUB</b>	<b>00:39:14</b>	<b>3:55</b>	<b>00:19:30 (87)</b>	<b>F (4)</b>	<b>M/F40 F (1)</b>		<b>F (3)</b>
<b>81</b>	<b>114</b>	<b>PAPÍN ESTÉVEZ, INES</b>	<b>DAWAKO</b>	<b>00:39:17</b>	<b>3:55</b>	<b>00:19:22 (81)</b>	<b>F (5)</b>	<b>M/F50 F (1)</b>		<b>F (4)</b>
82	50	FERNÁNDEZ CARRILLO, JOSÉ M.	INDEPENDIENTE	00:39:21	3:56	00:19:12 (70)	M (77)	M/F 35 M (16)		M (64)
83	65	PEREZ PORTELA, MARCOS	INDEPENDIENTE	00:39:28	3:56	00:19:23 (83)	M (78)	M/F40 M (20)		M (65)
84	118	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:39:42	3:58	00:19:40 (92)	M (79)	M/F50 M (6)		M (66)

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85	52	NUÑEZ MUÑIZ, TONY	CLUB O COTÓN NEGREIRA	00:39:42	3:58	00:19:32 (89)	M (80)	M/F40 M (21)	M (7)	M (67)
86	126	GÓMEZ SUEIRAS, FRANCISCO	INDEPENDIENTE	00:39:48	3:58	00:19:33 (90)	M (81)	SUPERVETERANOS		M (68)
87	69	GONZÁLEZ NÚÑEZ, JOSÉ LUIS	INDEPENDIENTE	00:39:48	3:58	00:19:22 (80)	M (82)	M/F40 M (22)		M (69)
88	208	ROUCO ALMUÍÑA, MODESTO	INDEPENDIENTE	00:39:52	3:59	00:20:00 (98)	M (83)	SÉNIOR M (16)		M (70)
89	13	BOULLÓN PÉREZ, JAVIER	INDEPENDIENTE	00:39:53	3:59	00:19:51 (94)	M (84)	SÉNIOR M (17)		M (71)
90	72	GÓMEZ ROMERA, ROBERTO	TRIATLON VILLANUEVA DE LA	00:39:59	3:59	00:19:31 (88)	M (85)	M/F40 M (23)		
91	281	RIOBO ESTEVEZ, ROBERTO	CORREDOIRAS BUEU	00:40:07	4:00	00:20:00 (99)	M (86)	M/F45 M (18)		M (72)
<b>92</b>	<b>17</b>	<b>SANTISO PRADO, ANA MARÍA</b>	<b>RIA DE FOZ</b>	<b>00:40:08</b>	<b>4:00</b>	<b>00:19:29 (85)</b>	<b>F (6)</b>	<b>SÉNIOR F (3)</b>		<b>F (5)</b>
93	19	CENDAN LLORENS, FRANCISCO	CLUB TRIATLON COMPOSTELA	00:40:09	4:00	00:19:29 (84)	M (87)	SÉNIOR M (18)		
94	88	GARCIA GARCIA, OSCAR	CD PINARIUM	00:40:09	4:00	00:19:57 (96)	M (88)	M/F45 M (19)		
95	139	PEREZ SANTAMARIA, DAVID	CLUB ATLETISMO SAR	00:40:12	4:01	00:20:05 (101)	M (89)	M/F50 M (7)		M (73)
96	89	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:40:12	4:01	00:19:50 (93)	M (90)	M/F45 M (20)		M (74)
97	101	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:40:14	4:01	00:20:06 (102)	M (91)	M/F45 M (21)		M (75)
98	30	SOUTO IGLESIAS, ADRIÁN	AD FOGAR	00:40:19	4:01	00:20:21 (109)	M (92)	SÉNIOR M (19)		
99	87	MENDEZ QUINTELA, FRANCISCO	SD COMPOSTELA ATLETISMO	00:40:21	4:02	00:20:07 (103)	M (93)	M/F45 M (22)		M (76)
100	279	SIEIRO EIROA, CARLOS	INDEPENDIENTE	00:40:27	4:02	00:19:58 (97)	M (94)	M/F45 M (23)		
101	97	PÉREZ SOTO, DIEGO	ATLETAS DE ACEA DE AMA	00:40:28	4:02	00:19:54 (95)	M (95)	M/F45 M (24)		M (77)
102	112	MARTÍNEZ NIETO, MICHEL	CLUB ATLETISMO OUTES	00:40:40	4:03	00:20:27 (113)	M (96)	M/F50 M (8)		M (78)
103	203	PÉREZ FERNÁNDEZ, BRAIS	CLUB ATLETISMO O PINO	00:40:52	4:05	00:20:07 (104)	M (97)	SÉNIOR M (20)		M (79)
104	82	LEMA FERNANDEZ, CARLOS	CLUB ATLETISMO NEGREIRA	00:40:53	4:05	00:20:14 (106)	M (98)	M/F45 M (25)	M (8)	M (80)
105	135	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:40:56	4:05	00:20:17 (107)	M (99)	SUPERVETERANOS		M (81)
106	24	GARABATO LAGARES, ADRIAN	CLUB ATLETISMO SANTIAGO	00:40:59	4:05	00:20:35 (114)	M (100)	SÉNIOR M (21)		M (82)
107	206	PAMPIN RIOS, PABLO	BJ RUNNING TEAM	00:40:59	4:05	00:20:21 (108)	M (101)	SÉNIOR M (22)		M (83)
108	75	RODRIGUEZ MARTIN, ISAAC	ATLETAS DE ACEA DE AMA	00:41:07	4:06	00:19:38 (91)	M (102)	M/F40 M (24)		
109	79	TEMBRÁS ALONSO, DAVID	INDEPENDIENTE	00:41:17	4:07	00:20:44 (120)	M (103)	M/F45 M (26)		M (84)
110	130	PÉREZ HERNÁNDEZ, FERNANDO	INDEPENDIENTE	00:41:20	4:07	00:20:23 (111)	M (104)	SUPERVETERANOS		M (85)
111	92	PEDROSA, JUAN PABLO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:41:23	4:08	00:20:23 (110)	M (105)	M/F45 M (27)		M (86)
112	124	TAJES MAYO, JUAN JESÚS	ATLETISMO FONTES DO SAR	00:41:27	4:08	00:20:26 (112)	M (106)	M/F50 M (9)		M (87)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
113	80	PICÓN ESPIÑO, ROBERTO	CLUB O COTÓN NEGREIRA	00:41:32	4:09	00:20:52 (125)	M (107)	M/F45 M (28)	M (9)	M (88)
114	409	MOURE VAZQUEZ, MANUEL	CLUB TRIATLON NEGREIRA	00:41:33	4:09	00:20:52 (124)	M (108)	SÉNIOR M (23)		
115	247	MALLO NIETO, JULIO	CLUB DEPORTIVO BRION HYUPERSA	00:41:33	4:09	00:20:53 (126)	M (109)	M/F40 M (25)		M (89)
116	98	MONTOTO DOMINGUEZ, JOSÉ	ATLETISMO ARENTEIRO	00:41:35	4:09	00:20:51 (121)	M (110)	M/F45 M (29)		M (90)
117	249	FREIRE SEXTO, GUSTAVO	INDEPENDIENTE	00:41:37	4:09	00:20:52 (123)	M (111)	M/F40 M (26)		M (91)
118	16	RAMOS VALE, LUIS	OS CORZOS DO ORTEGAL	00:41:38	4:09	00:20:09 (105)	M (112)	SÉNIOR M (24)		M (92)
119	284	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES-MARISCOS	00:41:47	4:10	00:20:36 (115)	M (113)	M/F45 M (30)		M (93)
120	510	TORRES CASTRO, MARTÍN	CDM XESTEIRAS	00:41:59	4:11	00:20:36 (116)	M (114)	SUB-23 M (3)		M (94)
121	263	VAZQUEZ FORJAN, ADRIAN	INDEPENDIENTE	00:42:03	4:12	00:20:54 (129)	M (115)	M/F40 M (27)	M (10)	M (95)
122	412	SUAREZ CASTRO, ADRIAN	INDEPENDIENTE	00:42:05	4:12	00:21:11 (135)	M (116)	SÉNIOR M (25)		
<b>123</b>	<b>12</b>	<b>MAYO CAAMAÑO, MARINELA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:42:05</b>	<b>4:12</b>	<b>00:21:29 (147)</b>	<b>F (7)</b>	<b>M/F40 F (2)</b>		<b>F (6)</b>
124	123	VAZQUEZ RAMOS, MANUEL	VERXEL	00:42:09	4:12	00:21:11 (134)	M (117)	M/F50 M (10)		M (96)
125	219	FERNANDEZ GARCÍA, ADRIÁN	BETANZOS	00:42:12	4:13	00:20:41 (119)	M (118)	SÉNIOR M (26)		M (97)
126	33	SUSO SÁNCHEZ, DANIEL	SONS OF POSEIDON	00:42:13	4:13	00:21:14 (138)	M (119)	SÉNIOR M (27)		M (98)
127	235	SOLIS POSE, IVAN	SD COMPOSTELA ATLETISMO	00:42:14	4:13	00:21:14 (139)	M (120)	M/F 35 M (17)		M (99)
128	277	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:42:27	4:14	00:21:31 (149)	M (121)	M/F45 M (31)		M (100)
129	223	CRIADO, GONZALO	INDEPENDIENTE	00:42:30	4:14	00:21:18 (142)	M (122)	SÉNIOR M (28)		M (101)
130	243	RODRÍGUEZ CALVO, ARTURO	INDEPENDIENTE	00:42:35	4:15	00:20:55 (130)	M (123)	M/F40 M (28)		M (102)
131	215	FARIÑA AMADO, SERGIO	INDEPENDIENTE	00:42:36	4:15	00:21:06 (132)	M (124)	SÉNIOR M (29)		
132	488	BOQUETE CORNES, JOSÉ	INDEPENDIENTE	00:42:38	4:15	00:21:15 (140)	M (125)	M/F45 M (32)		M (103)
133	210	BUSTO RIAL, JOSE	INDEPENDIENTE	00:42:41	4:16	00:20:59 (131)	M (126)	SÉNIOR M (30)		M (104)
134	129	CEPEDA GACIO, FRANCISCO	SD COMPOSTELA ATLETISMO	00:42:44	4:16	00:21:31 (148)	M (127)	SUPERVETERANOS		M (105)
135	242	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:51	4:17	00:21:10 (133)	M (128)	M/F40 M (29)		M (106)
136	225	ÁLVAREZ BOUZAS, ALBERTO	CLUB ATLETISMO TAMBRE	00:42:53	4:17	00:20:52 (122)	M (129)	SÉNIOR M (31)		M (107)
137	212	BEIRO MOREDA, FELIPE	INDEPENDIENTE	00:42:55	4:17	00:23:02 (204)	M (130)	SÉNIOR M (32)		M (108)
138	209	RIVAS PEREIRA, IGNACIO	INDEPENDIENTE	00:42:55	4:17	00:23:02 (203)	M (131)	SÉNIOR M (33)		M (109)
139	273	TRIÑANES VIDAL, QUIQUE	INDEPENDIENTE	00:43:11	4:19	00:21:32 (151)	M (132)	M/F45 M (33)		M (110)
140	48	PALACIOS LADO, SERGIO	CLUB ATLETISMO O PINO	00:43:12	4:19	00:20:53 (127)	M (133)	M/F 35 M (18)		M (111)

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## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
141	214	SEIJO NAVEIRA, HUGO SEIJO	INDEPENDIENTE	00:43:15	4:19	00:21:17 (141)	M (134)	SÉNIOR M (34)		M (112)
<b>142</b>	<b>119</b>	<b>RAMOS SUÁREZ, RAQUEL</b>	<b>ASOCIACIÓN DEPORTIVA OLIMPIA</b>	<b>00:43:21</b>	<b>4:20</b>	<b>00:21:22 (145)</b>	<b>F (8)</b>	<b>M/F50 F (2)</b>		<b>F (7)</b>
143	96	LAMAS PÉREZ, ALEJANDRO	ENTRENARUNNING	00:43:21	4:20	00:21:22 (144)	M (135)	M/F45 M (34)		M (113)
144	127	FABIAN GONZALEZ, DIONISIO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:43:26	4:20	00:21:24 (146)	M (136)	SUPERVETERANOS		
145	56	TRILLO CAAMAÑO, JUAN CARLOS	INDEPENDIENTE	00:43:29	4:20	00:21:22 (143)	M (137)	M/F40 M (30)		M (114)
146	110	RIO PEREIRA, YAGO DANIEL	INDEPENDIENTE	00:43:42	4:22	00:20:53 (128)	M (138)	SUB-23 M (4)		
147	253	RATÓN PARADELA, JOSE MANUEL	ATLETISMO ARENTEIRO	00:43:43	4:22	00:21:13 (137)	M (139)	M/F40 M (31)		M (115)
148	240	NIETO LOPEZ, IVAN	INDEPENDIENTE	00:43:47	4:22	00:21:13 (136)	M (140)	M/F 35 M (19)	M (11)	M (116)
149	113	FERNANDEZ DOMINGUEZ,	INDEPENDIENTE	00:43:51	4:23	00:21:47 (155)	M (141)	M/F50 M (11)		M (117)
150	297	TAJES CANOSA, LUIS	INDEPENDIENTE	00:43:54	4:23	00:21:55 (158)	M (142)	M/F50 M (12)		M (118)
151	555	MOREIRA, LUIS	ATLETISMO ESTRADA	00:43:57	4:23	00:21:49 (157)	M (143)	SUPERVETERANOS		M (119)
152	211	GÓMEZ LAJOS, ALEX	INDEPENDIENTE	00:44:00	4:23	00:21:55 (159)	M (144)	SÉNIOR M (35)		M (120)
153	231	GARCIA CABEZA, DANIEL	SD COMPOSTELA ATLETISMO	00:44:04	4:24	00:21:32 (152)	M (145)	M/F 35 M (20)		M (121)
154	244	SUÁREZ GIADÁS, JAVIER	INDEPENDIENTE	00:44:05	4:24	00:22:06 (169)	M (146)	M/F40 M (32)		M (122)
155	250	SUÁREZ, CÉSAR	BJ RUNNING TEAM	00:44:06	4:24	00:22:03 (165)	M (147)	M/F40 M (33)		
156	289	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:44:08	4:24	00:22:16 (171)	M (148)	M/F45 M (35)		M (123)
157	276	COSTOYA PRADO, CESAR	CLUB TRIATLON COMPOSTELA	00:44:12	4:25	00:21:49 (156)	M (149)	M/F45 M (36)		M (124)
158	498	BARBEIRA, DAVID	CORREXALLAS	00:44:12	4:25	00:22:03 (164)	M (150)	M/F45 M (37)		M (125)
159	305	VIDAL RODRIGUEZ, JOSE	CLUB O COTÓN NEGREIRA	00:44:15	4:25	00:21:57 (161)	M (151)	M/F50 M (13)		M (126)
160	251	VARELA CRESPO, MARIO DANIEL	ATLETISMO ARENTEIRO	00:44:20	4:25	00:21:32 (150)	M (152)	M/F40 M (34)		M (127)
161	274	MARTÍNEZ SOUTO, MARCOS	INDEPENDIENTE	00:44:21	4:26	00:21:46 (154)	M (153)	M/F45 M (38)		M (128)
<b>162</b>	<b>78</b>	<b>FRANCO, NIA</b>	<b>INDEPENDIENTE</b>	<b>00:44:25</b>	<b>4:26</b>	<b>00:21:56 (160)</b>	<b>F (9)</b>	<b>M/F45 F (2)</b>		<b>F (8)</b>
163	401	BARDANCA ABELENDIA, DANIEL	TRIATLON COSTA DA MORTE	00:44:27	4:26	00:22:54 (199)	M (154)	SÉNIOR M (36)		M (129)
164	300	PIÑEIRO REY, ARTURO	S.D. BARBANTIA RODA	00:44:29	4:26	00:22:22 (176)	M (155)	M/F50 M (14)		M (130)
<b>165</b>	<b>272</b>	<b>PAPÍN ESTÉVEZ, NOELIA</b>	<b>DAWAKO</b>	<b>00:44:32</b>	<b>4:27</b>	<b>00:21:39 (153)</b>	<b>F (10)</b>	<b>M/F45 F (3)</b>		<b>F (9)</b>
<b>166</b>	<b>275</b>	<b>MRIMICHE MRIMICHE, NADIA</b>	<b>INDEPENDIENTE</b>	<b>00:44:36</b>	<b>4:27</b>	<b>00:22:05 (167)</b>	<b>F (11)</b>	<b>M/F45 F (4)</b>		
167	307	ÁLVAREZ LODEIRO, SANTI	ENTRENARUNNING	00:44:38	4:27	00:22:05 (168)	M (156)	SUPERVETERANOS		
168	327	REY PAULOS, MANUEL JOSE	INDEPENDIENTE	00:44:43	4:28	00:22:38 (186)	M (157)	SUPERVETERANOS		M (131)

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## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
169	248	CAMBEIRO CAMBEIRO, FERMIN	INDEPENDIENTE	00:44:52	4:29	00:21:57 (162)	M (158)	M/F40 M (35)		M (132)
170	220	ZAS SANDE, JOSE IGNACIO	CLUB ATLETISMO TAMBRE	00:44:56	4:29	00:22:03 (166)	M (159)	SÉNIOR M (37)		M (133)
171	218	ARCA VÁZQUEZ, FRAN	INDEPENDIENTE	00:45:01	4:30	00:22:28 (179)	M (160)	SÉNIOR M (38)	M (12)	M (134)
172	494	SANGUIAO MIGUELEZ, RUBEN	INDEPENDIENTE	00:45:05	4:30	00:22:18 (173)	M (161)	M/F45 M (39)		M (135)
173	292	BARREIRO, ANTONIO	INDEPENDIENTE	00:45:14	4:31	00:23:03 (205)	M (162)	M/F50 M (15)		M (136)
<b>174</b>	<b>216</b>	<b>SUSO SANCHEZ, PATRICIA</b>	<b>NO SPORT LIMIT</b>	<b>00:45:15</b>	<b>4:31</b>	<b>00:22:30 (182)</b>	<b>F (12)</b>	<b>SÉNIOR F (4)</b>		<b>F (10)</b>
175	469	RIVAS POMBO, MARCELINO	CORREXALLAS	00:45:26	4:32	00:22:03 (163)	M (163)	M/F40 M (36)		M (137)
<b>176</b>	<b>302</b>	<b>MIGUENS OTERO, ELENA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:45:28</b>	<b>4:32</b>	<b>00:22:29 (181)</b>	<b>F (13)</b>	<b>M/F50 F (3)</b>		<b>F (11)</b>
177	278	CASTRO CASTRO, ÁNGEL	INDEPENDIENTE	00:45:37	4:33	00:22:28 (180)	M (164)	M/F45 M (40)		M (138)
178	306	PEGITO POMBO, MANUEL	CLUB ATLETISMO O PINO	00:45:42	4:34	00:22:25 (177)	M (165)	M/F50 M (16)		M (139)
179	268	CASAL SANTOS, MARCOS	INDEPENDIENTE	00:45:42	4:34	00:22:53 (197)	M (166)	M/F45 M (41)		M (140)
180	245	GARCIA LORENZO, DIEGO	ATLETISMO FONTES DO SAR	00:45:49	4:34	00:22:49 (194)	M (167)	M/F40 M (37)		M (141)
181	518	SERRANO REMUIÑÁN, JOSÉ	INDEPENDIENTE	00:45:50	4:34	00:22:25 (178)	M (168)	M/F50 M (17)		M (142)
182	262	BASOA RODRIGUEZ, MANUEL	ESCOLA DE ATLETISMO PAULA	00:45:50	4:34	00:22:41 (188)	M (169)	M/F40 M (38)		M (143)
183	217	LÓPEZ MAYO, BRAIS	INDEPENDIENTE	00:45:50	4:34	00:22:18 (172)	M (170)	SÉNIOR M (39)	M (13)	M (144)
184	311	BLANCO PÍAS, FRANCISCO JAVIER	CLUB ATLETISMO LOUSAME	00:45:53	4:35	00:22:38 (187)	M (171)	SUPERVETERANOS		M (145)
185	319	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA NOIA	00:45:55	4:35	00:23:05 (209)	M (172)	SUPERVETERANOS		M (146)
186	315	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	00:45:55	4:35	00:22:31 (184)	M (173)	SUPERVETERANOS		M (147)
187	270	RÁDEKE FARIÑS, EDUARDO	INDEPENDIENTE	00:45:58	4:35	00:22:51 (195)	M (174)	M/F45 M (42)		
188	288	TOMÉ LEIS, JUAN R	C.C REVOLTAS	00:45:59	4:35	00:22:21 (175)	M (175)	M/F45 M (43)	M (14)	M (148)
189	257	NEGREIRA BARCIA, DANIEL	ENTRENARUNNING	00:45:59	4:35	00:23:40 (233)	M (176)	M/F40 M (39)		M (149)
190	230	LESTAYO GARCIA, ALAIN	INDEPENDIENTE	00:46:03	4:36	00:22:53 (196)	M (177)	M/F 35 M (21)		M (150)
191	228	CORA CAMPOS, FRANCISCO	INDEPENDIENTE	00:46:11	4:37	00:22:34 (185)	M (178)	M/F 35 M (22)		M (151)
192	258	BAHAMONDE SUÁREZ,	CLUB ATLETISMO TAMBRE	00:46:11	4:37	00:23:08 (213)	M (179)	M/F40 M (40)		M (152)
193	261	BLANCO VÁZQUEZ, ÁNGEL	INDEPENDIENTE	00:46:14	4:37	00:23:15 (217)	M (180)	M/F40 M (41)		
194	463	CAAMAÑO LIRA, ALEJANDRO	CLUB TRIATLON NEGREIRA	00:46:18	4:37	00:23:22 (219)	M (181)	M/F40 M (42)		
195	446	GONZÁLEZ BUJÁN, VÍCTOR	INDEPENDIENTE	00:46:19	4:37	00:22:57 (201)	M (182)	M/F 35 M (23)		
<b>196</b>	<b>283</b>	<b>SUÁREZ MARTÍNEZ, OLAIA</b>	<b>INDEPENDIENTE</b>	<b>00:46:20</b>	<b>4:37</b>	<b>00:23:04 (207)</b>	<b>F (14)</b>	<b>M/F45 F (5)</b>		<b>F (12)</b>

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## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
197	402	FREIRE FONTENLA, ANTÓN	INDEPENDIENTE	00:46:22	4:38	00:22:45 (192)	M (183)	SÉNIOR M (40)		M (153)
198	299	COUCE BLANCO, RAMÓN	INDEPENDIENTE	00:46:24	4:38	00:22:43 (190)	M (184)	M/F50 M (18)		M (154)
199	434	GUTIÉRREZ PRIETO, FERNANDO	INDEPENDIENTE	00:46:28	4:38	00:22:54 (198)	M (185)	M/F 35 M (24)		
<b>200</b>	<b>234</b>	<b>FERNÁNDEZ PÉREZ, ALIA</b>	<b>ATLETISMO ARENTEIRO</b>	<b>00:46:28</b>	<b>4:38</b>	<b>00:22:47 (193)</b>	<b>F (15)</b>	<b>M/F 35 F (1)</b>		<b>F (13)</b>
201	259	DACRUZ ÁLVAREZ, DAVID	INDEPENDIENTE	00:46:29	4:38	00:23:13 (216)	M (186)	M/F40 M (43)		M (155)
202	532	PIÑEIRO ABEIJON, BENITO	INDEPENDIENTE	00:46:31	4:39	00:24:08 (249)	M (187)	M/F50 M (19)		
203	336	PARDIÑAS ALVITE, JOSÉ	INDEPENDIENTE	00:46:31	4:39	00:23:35 (227)	M (188)	SUPERVETERANOS		M (156)
<b>204</b>	<b>204</b>	<b>OTERO FERNANDEZ, CARMEN</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:46:33</b>	<b>4:39</b>	<b>00:22:59 (202)</b>	<b>F (16)</b>	<b>SÉNIOR F (5)</b>		<b>F (14)</b>
<b>205</b>	<b>413</b>	<b>MODIA CARIDAD, ADRIANA</b>	<b>ATLETISMO RIAZOR CORUÑA</b>	<b>00:46:46</b>	<b>4:40</b>	<b>00:23:09 (214)</b>	<b>F (17)</b>	<b>SÉNIOR F (6)</b>		<b>F (15)</b>
206	294	SOLETO CEREIJO, SANTIAGO	CLUB TRIATLON COMPOSTELA	00:46:47	4:40	00:23:12 (215)	M (189)	M/F50 M (20)		M (157)
207	132	GARCÍA BELLO, ALFONSO	INDEPENDIENTE	00:46:50	4:40	00:22:19 (174)	M (190)	SUPERVETERANOS		M (158)
208	490	VALIÑA BLANCO, JOSÉ ANTONIO	INDEPENDIENTE	00:46:52	4:41	00:23:06 (210)	M (191)	M/F45 M (44)		
209	293	BALADO MOSQUERA, SERGIO	CLUB ATLETISMO SAR	00:46:59	4:41	00:23:42 (235)	M (192)	M/F50 M (21)		M (159)
210	502	LEIS PUÑAL, JUAN	INDEPENDIENTE	00:46:59	4:41	00:23:45 (237)	M (193)	M/F45 M (45)		M (160)
<b>211</b>	<b>338</b>	<b>CORDEIRO, ELISABET</b>		<b>00:47:00</b>	<b>4:41</b>	<b>00:22:45 (191)</b>	<b>F (18)</b>	<b>M/F40 F (3)</b>		
212	267	GIL VILLAVERDE, SITO	AKHESIS FISIOTERAPIA	00:47:00	4:41	00:23:08 (212)	M (194)	M/F45 M (46)		M (161)
213	325	ALBORÉS DIAZ, JOSE MANUEL	CLUB ATLETISMO OUTES-MARISCOS	00:47:01	4:42	00:23:27 (221)	M (195)	SUPERVETERANOS		M (162)
214	317	COSTA LAGO, JUAN MIGUEL	PRAIA DE CARNOTA RUNNERS	00:47:02	4:42	00:23:50 (242)	M (196)	SUPERVETERANOS		M (163)
<b>215</b>	<b>512</b>	<b>MUÑIZ LESTA, ALBA</b>	<b>CLUB ATLETISMO TAMBRE</b>	<b>00:47:03</b>	<b>4:42</b>	<b>00:23:27 (222)</b>	<b>F (19)</b>	<b>SUB-23 F (1)</b>		<b>F (16)</b>
216	416	GARCÍA AGRA, RAÚL	INDEPENDIENTE	00:47:03	4:42	00:23:27 (223)	M (197)	SÉNIOR M (41)		M (164)
217	324	GONZÁLEZ GONZÁLEZ, MANUEL	RUN CARBALLIÑO	00:47:09	4:42	00:23:28 (224)	M (198)	SUPERVETERANOS		M (165)
218	125	LIMENS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:47:10	4:42	00:23:35 (228)	M (199)	SUPERVETERANOS	M (15)	M (166)
<b>219</b>	<b>224</b>	<b>BETANZOS FREIRE, ALDARA</b>	<b>S.D. BARBANTIA RODA</b>	<b>00:47:13</b>	<b>4:43</b>	<b>00:23:49 (239)</b>	<b>F (20)</b>	<b>SÉNIOR F (7)</b>		<b>F (17)</b>
220	451	BOUZAS TOMÉ, JORGE MANUEL	REVOLTAS	00:47:16	4:43	00:23:49 (240)	M (200)	M/F 35 M (25)		M (167)
<b>221</b>	<b>487</b>	<b>POLO SÁNCHEZ, AINOA</b>	<b>FRESH LINGUAS</b>	<b>00:47:17</b>	<b>4:43</b>	<b>00:23:52 (245)</b>	<b>F (21)</b>	<b>M/F45 F (6)</b>		
<b>222</b>	<b>417</b>	<b>REY MONTALBAN, ADRIANA</b>	<b>INDEPENDIENTE</b>	<b>00:47:19</b>	<b>4:43</b>	<b>00:23:35 (229)</b>	<b>F (22)</b>	<b>SÉNIOR F (8)</b>		
223	426	PENSADO ANTELO, IVÁN	INDEPENDIENTE	00:47:29	4:44	00:23:51 (244)	M (201)	SÉNIOR M (42)		M (168)
224	226	MUÑOZ NAVARRO, DAVID	INDEPENDIENTE	00:47:31	4:45	00:23:04 (206)	M (202)	SÉNIOR M (43)		



# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
225	312	RIVEIRA MARTINEZ, ANTONIO	CLUB ATLETISMO O PINO	00:47:31	4:45	00:22:43 (189)	M (203)	SUPERVETERANOS		M (169)
<b>226</b>	<b>286</b>	<b>BLANCO PENA, FINA</b>	<b>C.D. 21 LEGUAS</b>	<b>00:47:46</b>	<b>4:46</b>	<b>00:23:36 (231)</b>	<b>F (23)</b>	<b>M/F45 F (7)</b>		<b>F (18)</b>
227	14	ALSINA FORJAN, CORINA	CLUB ATLETISMO NEGREIRA	00:47:49	4:46	00:23:24 (220)	F (24)	SÉNIOR F (9)	F (1)	F (19)
228	236	SAAVEDRA DELGADO, LAURA	BJ RUNNING TEAM	00:47:59	4:47	00:23:29 (225)	F (25)	M/F 35 F (2)		F (20)
229	459	MOUZO DOMINGUEZ, ESTEBAN	INDEPENDIENTE	00:48:00	4:47	00:23:19 (218)	M (204)	M/F40 M (44)		M (170)
230	545	SEÑOR, LOLI	BENI GYM SPORT	00:48:02	4:48	00:23:37 (232)	F (26)	SUPERVETERANOS		F (21)
231	334	BARBOSA PEREZ, ADOLFO	INDEPENDIENTE	00:48:07	4:48	00:23:31 (226)	M (205)	SUPERVETERANOS	M (16)	M (171)
232	308	RODRÍGUEZ DEL RÍO, MARÍA DEL	SD COMPOSTELA ATLETISMO	00:48:10	4:48	00:23:36 (230)	F (27)	SUPERVETERANOS		F (22)
233	304	ALVAREZ-PARDIÑAS PUENTE,	INDEPENDIENTE	00:48:12	4:49	00:23:49 (241)	M (206)	M/F50 M (22)		M (172)
234	323	VALIÑO CERREIJO, JOSE MANUEL	INDEPENDIENTE	00:48:12	4:49	00:23:51 (243)	M (207)	SUPERVETERANOS		
235	422	PAZ VIÑAS, MARTIN	INDEPENDIENTE	00:48:20	4:49	00:25:35 (295)	M (208)	SÉNIOR M (44)		M (173)
236	303	CAMBEIRO BLANCO, JUAN	ASOCIACIÓN DEPORTIVA OLIMPIA	00:48:32	4:51	00:22:56 (200)	M (209)	M/F50 M (23)		
237	264	DOMINGUEZ LOURIDO, CARLOS	INDEPENDIENTE	00:48:34	4:51	00:23:53 (246)	M (210)	M/F40 M (45)	M (17)	M (174)
238	429	LÓPEZ LÓPEZ, LAURA FELISA	ADCMONTEBREMO	00:48:36	4:51	00:24:00 (247)	F (28)	M/F 35 F (3)		F (23)
239	329	ANDRADE LAGO, ALBERTO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:48:37	4:51	00:24:15 (254)	M (211)	SUPERVETERANOS		M (175)
240	232	SIMÓN MARTÍNEZ, AMIRA	SD COMPOSTELA ATLETISMO	00:48:39	4:51	00:23:44 (236)	F (29)	M/F 35 F (4)		F (24)
241	296	FERNANDEZ RIAL, SANTIAGO	SERRES RUNNERS	00:48:40	4:51	00:24:19 (255)	M (212)	M/F50 M (24)		
242	418	TUBIO ORIA, GABRIEL	INDEPENDIENTE	00:48:41	4:52	00:23:48 (238)	M (213)	SÉNIOR M (45)		
243	534	LUAÑA LOUZAO, PEDRO	ENTRENARUNNING	00:48:43	4:52	00:24:25 (257)	M (214)	M/F50 M (25)		M (176)
244	460	JUVIÑO, ANGEL	INDEPENDIENTE	00:48:45	4:52	00:24:12 (251)	M (215)	M/F40 M (46)		M (177)
245	496	MIRA MAYO, JOSE MANUEL	INDEPENDIENTE	00:48:46	4:52	00:25:07 (276)	M (216)	M/F45 M (47)		M (178)
246	287	BARBEIRA RODRIGUEZ, JOSE	INDEPENDIENTE	00:48:47	4:52	00:24:39 (266)	M (217)	M/F45 M (48)		M (179)
247	509	AMBITE SANTANA, DARIO	INDEPENDIENTE	00:48:47	4:52	00:24:08 (250)	M (218)	SUB-20 M (1)		M (180)
248	256	CAAMAÑO PÉREZ, VANESA	TERRA DE SONEIRA	00:48:47	4:52	00:24:39 (267)	F (30)	M/F40 F (4)		F (25)
249	121	SANTOS LORENZO, ENRIQUE	TERRA DE SONEIRA	00:48:51	4:53	00:20:40 (118)	M (219)	M/F50 M (26)		M (181)
250	467	ROEL BARBEITO, FABIÁN	INDEPENDIENTE	00:48:53	4:53	00:24:47 (273)	M (220)	M/F40 M (47)		M (182)
251	271	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:48:55	4:53	00:23:41 (234)	M (221)	M/F45 M (49)		M (183)
252	478	QUINDIMIL GARCÍA, JUAN	INDEPENDIENTE	00:48:58	4:53	00:24:04 (248)	M (222)	M/F40 M (48)		M (184)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
253	489	FREIRE BERMÚDEZ, RUBEN	INDEPENDIENTE	00:48:59	4:53	00:24:20 (256)	M (223)	M/F45 M (50)		M (185)
254	556	CARRASCO ITURRA, CARLOS	CLUB ATLETISMO O PINO	00:49:02	4:54	00:24:13 (252)	M (224)	SUPERVETERANOS		
<b>255</b>	<b>298</b>	<b>CAAMAÑO LAGO, NANCI VIVIANA</b>	<b>SERRES RUNNERS</b>	<b>00:49:03</b>	<b>4:54</b>	<b>00:24:14 (253)</b>	<b>F (31)</b>	<b>M/F50 F (4)</b>		<b>F (26)</b>
256	318	OUTES PAZ, MANUEL	INDEPENDIENTE	00:49:13	4:55	00:24:38 (264)	M (225)	SUPERVETERANOS		M (186)
257	320	PEREZ SUSAVILA, ANGEL	INDEPENDIENTE	00:49:14	4:55	00:25:13 (283)	M (226)	SUPERVETERANOS		M (187)
258	241	DIEGUEZ CARRIL, JOSE ANTONIO	INDEPENDIENTE	00:49:17	4:55	00:24:43 (270)	M (227)	M/F40 M (49)		M (188)
259	333	RUBIO ALAMEDA, RICARDO	INDEPENDIENTE	00:49:31	4:57	00:24:32 (262)	M (228)	SUPERVETERANOS		M (189)
260	321	GÓMEZ VIAÑO, JOSÉ	INDEPENDIENTE	00:49:40	4:57	00:24:38 (265)	M (229)	SUPERVETERANOS		M (190)
261	269	ALONSO VÁZQUEZ, PEDRO	CLUB DEPORTIVO PINARIUM	00:49:40	4:57	00:24:27 (259)	M (230)	M/F45 M (51)		M (191)
262	282	DIEZ RICO, EMILIO JOSÉ	INDEPENDIENTE	00:49:43	4:58	00:24:27 (260)	M (231)	M/F45 M (52)		M (192)
263	255	TOBÍO SALGADO, ORIOL	INDEPENDIENTE	00:49:46	4:58	00:24:31 (261)	M (232)	M/F40 M (50)		M (193)
264	237	FERNANDEZ GARCÍA, DIEGO	INDEPENDIENTE	00:49:47	4:58	00:25:06 (275)	M (233)	M/F 35 M (26)		M (194)
265	309	LAMAS CANOSA, JESÚS	INDEPENDIENTE	00:49:48	4:58	00:24:40 (268)	M (234)	SUPERVETERANOS		
266	68	FERNANDEZ SALGUEIRO, DIEGO	INDEPENDIENTE	00:49:58	4:59	00:24:43 (271)	M (235)	M/F40 M (51)		M (195)
267	507	LOP, MIGUEL	INDEPENDIENTE	00:50:06	5:00	00:25:10 (282)	M (236)	M/F45 M (53)		M (196)
268	246	SARANDESES PAZOS, AGA	AGOLADA RUNNING TEAM	00:50:21	5:02	00:25:09 (279)	M (237)	M/F40 M (52)		M (197)
269	265	PIÑEIRO GARCÍA, HÉCTOR	CLUB ATLETISMO LOUSAME	00:50:30	5:02	00:24:35 (263)	M (238)	M/F40 M (53)		M (198)
270	519	CANO BELLIDO, ENRIQUE	FRESH LINGUAS	00:50:33	5:03	00:25:09 (281)	M (239)	M/F50 M (27)		
271	472	MARTÍNEZ DE LA TORRE,	INDEPENDIENTE	00:50:39	5:03	00:24:42 (269)	M (240)	M/F40 M (54)		
272	465	GÓMEZ ROMÁN, MARCOS JAVIER	INDEPENDIENTE	00:50:48	5:04	00:25:57 (304)	M (241)	M/F40 M (55)		M (199)
<b>273</b>	<b>410</b>	<b>SUÁREZ CRESPO, NOELIA</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:50:53</b>	<b>5:05</b>	<b>00:25:21 (288)</b>	<b>F (32)</b>	<b>SÉNIOR F (10)</b>		<b>F (27)</b>
274	266	VILAR REINA, VICTOR MANUEL	INDEPENDIENTE	00:50:55	5:05	00:24:27 (258)	M (242)	M/F45 M (54)		
275	559	PEREZ CASAIS, JESUS	INDEPENDIENTE	00:50:56	5:05	00:25:14 (285)	M (243)	SUPERVETERANOS		M (200)
276	453	PIÑEIRO, PABLO	INDEPENDIENTE	00:50:57	5:05	00:26:01 (306)	M (244)	M/F40 M (56)		M (201)
277	482	QUINTÁNS SUÁREZ, ROBERTO	INDEPENDIENTE	00:51:01	5:06	00:24:55 (274)	M (245)	M/F45 M (55)		M (202)
278	495	TORRES ANTUNEZ, JUAN PABLO	INDEPENDIENTE	00:51:03	5:06	00:24:45 (272)	M (246)	M/F45 M (56)		M (203)
<b>279</b>	<b>483</b>	<b>MARIÑO REY, SILVIA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:51:12</b>	<b>5:07</b>	<b>00:25:50 (301)</b>	<b>F (33)</b>	<b>M/F45 F (8)</b>		<b>F (28)</b>
<b>280</b>	<b>421</b>	<b>TUBIO TUBIO, VANESA</b>	<b>CLUB ATLETISMO LOUSAME</b>	<b>00:51:13</b>	<b>5:07</b>	<b>00:25:22 (289)</b>	<b>F (34)</b>	<b>SÉNIOR F (11)</b>		<b>F (29)</b>

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## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
281	485	MARIÑO REY, MARINA	AMES ATLETISMO SAR	00:51:16	5:07	00:25:50 (302)	F (35)	M/F45 F (9)		F (30)
282	788	NOYA RODRÍGUEZ, JUAN JOSÉ	PEÑA CICLISTA JESÚS MANCEBO	00:51:26	5:08	00:25:16 (286)	M (247)	M/F40 M (57)	M (18)	
283	335	VILAR CAAMAÑO, FELIX	INDEPENDIENTE	00:51:33	5:09	00:25:09 (280)	M (248)	SUPERVETERANOS		M (204)
284	449	CASTRO ABUCIDE, ADRIAN	INDEPENDIENTE	00:51:35	5:09	00:25:28 (293)	M (249)	M/F 35 M (27)		
285	406	CAROLLO VARELA, ADRIÁN	CLUB ATLETISMO TAMBRE	00:51:36	5:09	00:25:29 (294)	M (250)	SÉNIOR M (46)		M (205)
286	427	MÍGUEZ FORJÁN, IVÁN	INDEPENDIENTE	00:51:36	5:09	00:25:17 (287)	M (251)	SÉNIOR M (47)	M (19)	M (206)
287	444	MARTINEZ BARCA, JORGE	INDEPENDIENTE	00:51:38	5:09	00:26:19 (310)	M (252)	M/F 35 M (28)		
288	441	QUINTANS CASTRO, JOSE	INDEPENDIENTE	00:51:43	5:10	00:25:25 (291)	M (253)	M/F 35 M (29)	M (20)	M (207)
289	461	MARIÑO LOIS, MANUEL	INDEPENDIENTE	00:51:43	5:10	00:25:25 (290)	M (254)	M/F40 M (58)	M (21)	M (208)
290	415	PITA DOPICO, JUAN JOSÉ	INDEPENDIENTE	00:51:47	5:10	00:26:20 (311)	M (255)	SÉNIOR M (48)		
291	474	CARRIL BOO, CRISTINA	CLUB ATLETISMO O PINO	00:51:49	5:10	00:25:08 (277)	F (36)	M/F40 F (5)		F (31)
292	504	SANCHEZ DURO, JESUS	CLUB ATLETISMO O PINO	00:51:49	5:10	00:25:08 (278)	M (256)	M/F45 M (57)		M (209)
293	435	BLANCO MOUGÁN, DAVID	INDEPENDIENTE	00:51:55	5:11	00:25:42 (299)	M (257)	M/F 35 M (30)		M (210)
294	440	CEBEY LOPEZ, VICTOR	INDEPENDIENTE	00:51:59	5:11	00:25:52 (303)	M (258)	M/F 35 M (31)		M (211)
295	479	MIRA LLOPIS, MANUEL	ASOCIACIÓN DEPORTIVA OLIMPIA	00:52:04	5:12	00:26:18 (309)	M (259)	M/F40 M (59)		M (212)
296	313	GARCIA CRISTOBAL, ELISEO	ENKI	00:52:14	5:13	00:25:39 (296)	M (260)	SUPERVETERANOS		M (213)
297	521	VAZQUEZ FERREIRO, MANUEL	ASOCIACIÓN DEPORTIVA OLIMPIA	00:52:15	5:13	00:26:18 (308)	M (261)	M/F50 M (28)		M (214)
298	546	RODRIGUEZ, JOSE	INDEPENDIENTE	00:52:16	5:13	00:26:20 (312)	M (262)	SUPERVETERANOS	M (22)	M (215)
299	420	PENA TAIBO, ÁNGELA	CORREXALLAS	00:52:22	5:14	00:25:26 (292)	F (37)	SÉNIOR F (12)		
300	470	AGRA LIÑARES, ALBERTO	INDEPENDIENTE	00:52:31	5:15	00:25:41 (297)	M (263)	M/F40 M (60)	M (23)	M (216)
301	549	CAÑADA MUÑOZ, ALEJANDRO	INDEPENDIENTE	00:52:38	5:15	00:26:25 (317)	M (264)	SUPERVETERANOS		M (217)
302	221	CAÑADA HINOJOSA, ALEJANDRO	INDEPENDIENTE	00:52:38	5:15	00:26:25 (318)	M (265)	SÉNIOR M (49)		M (218)
303	301	DOMENECH GONZALEZ, PEDRO	INDEPENDIENTE	00:52:43	5:16	00:26:55 (327)	M (266)	M/F50 M (29)		M (219)
304	404	FERRO, JAVIER	INDEPENDIENTE	00:52:51	5:17	00:26:26 (319)	M (267)	SÉNIOR M (50)		M (220)
305	554	JIMÉNEZ GARCÍA, JUAN CARLOS	INDEPENDIENTE	00:52:58	5:17	00:26:22 (315)	M (268)	SUPERVETERANOS		
306	438	MARCOS LORENZO, CARLOTA	CLUB TRIATLON NEGREIRA	00:53:10	5:18	00:26:49 (326)	F (38)	M/F 35 F (5)		
307	419	GARCÍA DEUS, YAIZA	INDEPENDIENTE	00:53:13	5:19	00:27:11 (338)	F (39)	SÉNIOR F (13)		
308	501	CONDE SUÁREZ, PLACERES	CLUB ATLETISMO O PINO	00:53:17	5:19	00:25:43 (300)	F (40)	M/F45 F (10)		F (32)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
309	430	TUÑÓN BLANCO, JOAQUÍN	INDEPENDIENTE	00:53:24	5:20	00:27:00 (332)	M (269)	M/F 35 M (32)		
310	523	ALEGRE VIGO, MANUEL	INDEPENDIENTE	00:53:36	5:21	00:26:48 (325)	M (270)	M/F50 M (30)	M (24)	M (221)
311	403	FERREIRO BASANTE, ALEJANDRO	INDEPENDIENTE	00:53:38	5:21	00:27:00 (331)	M (271)	SÉNIOR M (51)		M (222)
312	481	PORTAS GONZALEZ, ALBERTO	INDEPENDIENTE	00:53:38	5:21	00:26:22 (314)	M (272)	M/F40 M (61)		
313	433	GARCÍA GARCÍA, MIGUEL ÁNGEL	CDM VÉRTICE	00:53:39	5:21	00:26:32 (321)	M (273)	M/F 35 M (33)		
<b>314</b>	<b>414</b>	<b>MELLA MONTOUTO, MARTINA</b>	<b>INDEPENDIENTE</b>	<b>00:53:40</b>	<b>5:21</b>	<b>00:26:16 (307)</b>	<b>F (41)</b>	<b>SÉNIOR F (14)</b>		<b>F (33)</b>
<b>315</b>	<b>557</b>	<b>SÁNCHEZ BASCOY, SILVIA</b>	<b>INDEPENDIENTE</b>	<b>00:53:52</b>	<b>5:23</b>	<b>00:26:21 (313)</b>	<b>F (42)</b>	<b>SUPERVETERANOS</b>		<b>F (34)</b>
316	456	BERDULLAS JORGE, OSCAR	INDEPENDIENTE	00:53:55	5:23	00:25:13 (284)	M (274)	M/F40 M (62)		M (223)
317	541	AMADO BOUZA, JOSÉ MARÍA	ATLETAS DE ACEA DE AMA	00:54:04	5:24	00:26:35 (323)	M (275)	SUPERVETERANOS		M (224)
<b>318</b>	<b>476</b>	<b>CASTRO SANTOS, LUCÍA</b>	<b>INDEPENDIENTE</b>	<b>00:54:06</b>	<b>5:24</b>	<b>00:25:59 (305)</b>	<b>F (43)</b>	<b>M/F40 F (6)</b>		<b>F (35)</b>
319	553	BETANZOS REGO, TOBÍAS	S.D. BARBANTIA RODA	00:54:06	5:24	00:26:32 (322)	M (276)	SUPERVETERANOS		
<b>320</b>	<b>500</b>	<b>SUÁREZ CASAL, MARÍA JOSÉ</b>	<b>INDEPENDIENTE</b>	<b>00:54:12</b>	<b>5:25</b>	<b>00:26:55 (328)</b>	<b>F (44)</b>	<b>M/F45 F (11)</b>	<b>F (2)</b>	<b>F (36)</b>
321	550	DOMINGUEZ GOMEZ, JESUS	INDEPENDIENTE	00:54:24	5:26	00:27:03 (335)	M (277)	SUPERVETERANOS		M (225)
322	229	CANCELO ALFONSO, JUAN JOSE	CLUB DEPORTIVO BRION HYUPERSA	00:54:25	5:26	00:28:28 (362)	M (278)	M/F 35 M (34)		M (226)
323	539	ROUCO VILAR, MODESTO	INDEPENDIENTE	00:54:44	5:28	00:27:34 (344)	M (279)	SUPERVETERANOS		M (227)
324	314	VILA BLANCO, JESUS	TABOADELA RUNNIG	00:54:45	5:28	00:26:56 (329)	M (280)	SUPERVETERANOS		M (228)
325	322	BLANCO GABIN, MANUEL JUAN	INDEPENDIENTE	00:54:46	5:28	00:25:41 (298)	M (281)	SUPERVETERANOS		M (229)
326	431	RODRÍGUEZ GONZÁLEZ, PABLO	CLUB ATLETISMO OUTES-MARISCOS	00:54:48	5:28	00:27:01 (333)	M (282)	M/F 35 M (35)		M (230)
327	535	VILELA MONTERO, JOSE	INDEPENDIENTE	00:54:55	5:29	00:27:21 (340)	M (283)	SUPERVETERANOS		M (231)
328	497	MANEIRO LIÑARES, ALBERTO	SD COMPOSTELA ATLETISMO	00:54:55	5:29	00:27:19 (339)	M (284)	M/F45 M (58)		M (232)
329	475	HOMBRE CASTRO, ÓSCAR	INDEPENDIENTE	00:54:56	5:29	00:27:01 (334)	M (285)	M/F40 M (63)		M (233)
330	506	SUÁREZ GAREA, JORGE ALBERTO	INDEPENDIENTE	00:55:00	5:29	00:26:58 (330)	M (286)	M/F45 M (59)		M (234)
331	529	CANOZO MARTÍNEZ, ERWIN	INDEPENDIENTE	00:55:17	5:31	00:27:05 (336)	M (287)	M/F50 M (31)	M (25)	
<b>332</b>	<b>443</b>	<b>CABADO MIGUELEZ, ROSA</b>	<b>INDEPENDIENTE</b>	<b>00:55:20</b>	<b>5:31</b>	<b>00:27:26 (341)</b>	<b>F (45)</b>	<b>M/F 35 F (6)</b>		
333	560	PÉREZ LEIS, JESÚS	INDEPENDIENTE	00:55:29	5:32	00:26:27 (320)	M (288)	SUPERVETERANOS		
334	522	ALONSO ALONSO, JUAN	CAZAFANTASMAS	00:55:30	5:32	00:28:06 (355)	M (289)	M/F50 M (32)		M (235)
335	423	PRECEDO REY, JORGE	GLOBAL SPORT	00:55:32	5:33	00:27:08 (337)	M (290)	SÉNIOR M (52)		
336	484	CARBALLEDO FERNÁNDEZ, PABLO	INDEPENDIENTE	00:55:34	5:33	00:26:38 (324)	M (291)	M/F45 M (60)		M (236)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
337	280	VILLAR ÁLVAREZ, ALBERTO	ATLETISMO ARENTEIRO	00:55:40	5:33	00:26:23 (316)	M (292)	M/F45 M (61)		M (237)
<b>338</b>	<b>411</b>	<b>OTERO CORREA, CRISTINA</b>	<b>INDEPENDIENTE</b>	<b>00:55:43</b>	<b>5:34</b>	<b>00:27:41 (346)</b>	<b>F (46)</b>	<b>SÉNIOR F (15)</b>		<b>F (37)</b>
<b>339</b>	<b>405</b>	<b>NIETO GARCÍA, PAULA</b>	<b>INDEPENDIENTE</b>	<b>00:56:05</b>	<b>5:36</b>	<b>00:28:03 (353)</b>	<b>F (47)</b>	<b>SÉNIOR F (16)</b>		<b>F (38)</b>
340	466	NOVO NÚÑEZ, DIEGO	INDEPENDIENTE	00:56:05	5:36	00:28:02 (352)	M (293)	M/F40 M (64)		
<b>341</b>	<b>439</b>	<b>ROZAS MENDEZ, ALBA</b>	<b>INDEPENDIENTE</b>	<b>00:56:05</b>	<b>5:36</b>	<b>00:28:01 (351)</b>	<b>F (48)</b>	<b>M/F 35 F (7)</b>		
342	561	SUÁREZ GESTAL, MANUEL		00:56:13	5:37	00:27:33 (343)	M (294)	M/F45 M (62)		M (238)
<b>343</b>	<b>457</b>	<b>GONZÁLEZ, NIDIA</b>	<b>CLUB MONTE BREMO</b>	<b>00:56:25</b>	<b>5:38</b>	<b>00:27:37 (345)</b>	<b>F (49)</b>	<b>M/F40 F (7)</b>		
<b>344</b>	<b>515</b>	<b>VIA, TAMARA</b>	<b>ATLETISMO FONTES DO SAR</b>	<b>00:56:39</b>	<b>5:39</b>	<b>00:27:51 (348)</b>	<b>F (50)</b>	<b>M/F50 F (5)</b>		
345	471	BREA DUARTE, MATÍAS EZEQUIEL	INDEPENDIENTE	00:56:41	5:40	00:27:58 (349)	M (295)	M/F40 M (65)		
346	552	MAYO CAAMAÑO, JOSÉ MANUEL	VENDAVAL ESTEIRO	00:56:47	5:40	00:28:07 (356)	M (296)	SUPERVETERANOS		
347	425	FERREIRO CARBALLEIRA, DANIEL	INDEPENDIENTE	00:56:55	5:41	00:27:50 (347)	M (297)	SÉNIOR M (53)		M (239)
348	332	PAMPÍN BOADO, CARLOS	CLUB DEPORTIVO PINARIUM	00:57:20	5:43	00:28:43 (364)	M (298)	SUPERVETERANOS		M (240)
<b>349</b>	<b>458</b>	<b>GARCÍA CASTELO, MARÍA</b>	<b>CLUB ATLETISMO LOUSAME</b>	<b>00:57:20</b>	<b>5:43</b>	<b>00:28:44 (367)</b>	<b>F (51)</b>	<b>M/F40 F (8)</b>		<b>F (39)</b>
350	542	FIGUEROA SUÁREZ, ROBERTO	INDEPENDIENTE	00:57:22	5:44	00:27:58 (350)	M (299)	SUPERVETERANOS		M (241)
<b>351</b>	<b>524</b>	<b>CEREIJO ARIAS, ELVIRA</b>	<b>CORRE POR BEGONTE</b>	<b>00:57:41</b>	<b>5:46</b>	<b>00:28:28 (361)</b>	<b>F (52)</b>	<b>M/F50 F (6)</b>		<b>F (40)</b>
352	407	PEREIRA MARZOA, MARTÍN	CLUB DEPORTIVO BRION HYUPERSA	00:58:13	5:49	00:28:28 (363)	M (300)	SÉNIOR M (54)		M (242)
<b>353</b>	<b>455</b>	<b>HENDRY, LOUISE</b>	<b>INDEPENDIENTE</b>	<b>00:58:13</b>	<b>5:49</b>	<b>00:28:15 (358)</b>	<b>F (53)</b>	<b>M/F40 F (9)</b>		
354	454	PEDROSA MAYO, JOSÉ MANUEL	INDEPENDIENTE	00:58:14	5:49	00:28:17 (359)	M (301)	M/F40 M (66)		M (243)
<b>355</b>	<b>477</b>	<b>CARBALLO PARADELO, SUSANA</b>	<b>INDEPENDIENTE</b>	<b>00:58:17</b>	<b>5:49</b>	<b>00:28:27 (360)</b>	<b>F (54)</b>	<b>M/F40 F (10)</b>		<b>F (41)</b>
356	517	NUÑEZ, SANTIAGO	INDEPENDIENTE	00:58:28	5:50	00:28:11 (357)	M (302)	M/F50 M (33)		M (244)
<b>357</b>	<b>505</b>	<b>GARCÍA HIDALGO, BELÉN</b>	<b>INDEPENDIENTE</b>	<b>00:59:07</b>	<b>5:54</b>	<b>00:28:44 (366)</b>	<b>F (55)</b>	<b>M/F45 F (12)</b>		<b>F (42)</b>
358	558	SANCHEZ LOUREDA, JOSE	INDEPENDIENTE	00:59:39	5:57	00:30:09 (375)	M (303)	SUPERVETERANOS		M (245)
359	331	FERREIRO CAMPOS, MIGUEL	INDEPENDIENTE	00:59:45	5:58	00:28:48 (368)	M (304)	SUPERVETERANOS		M (246)
<b>360</b>	<b>486</b>	<b>GONZÁLEZ GARCÍA, CAROLINA</b>	<b>CLUB ATLETISMO SAR</b>	<b>01:00:31</b>	<b>6:03</b>	<b>00:29:58 (373)</b>	<b>F (56)</b>	<b>M/F45 F (13)</b>		<b>F (43)</b>
361	122	CABO BLANCO, CARLOS	INDEPENDIENTE	01:00:51	6:05	(-1)	M (305)	M/F50 M (34)		M (247)
<b>362</b>	<b>548</b>	<b>ANDRADE LAGO, AMELIA</b>	<b>ASOCIACIÓN DEPORTIVA OLIMPIA</b>	<b>01:01:03</b>	<b>6:06</b>	<b>00:29:57 (372)</b>	<b>F (57)</b>	<b>SUPERVETERANOS</b>		<b>F (44)</b>
363	468	DE LIMA, DAVID	INDEPENDIENTE	01:01:03	6:06	00:30:28 (379)	M (306)	M/F40 M (67)		
364	330	MENÉNDEZ DOMINGUEZ, JUAN	INDEPENDIENTE	01:01:34	6:09	00:29:51 (371)	M (307)	SUPERVETERANOS		M (248)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	T5K	SEXO	CATEGORÍA	LOCAL	GALE
365	547	PUGA GONZÁLEZ, JORGE	INDEPENDIENTE	01:01:39	6:09	00:30:08 (374)	M (308)	SUPERVETERANOS		M (249)
366	442	CASTRO SENRA, PAULA	INDEPENDIENTE	01:01:45	6:10	00:30:27 (378)	F (58)	M/F 35 F (8)		F (45)
367	503	QUINTÁNS SUÁREZ, PATRICIA	INDEPENDIENTE	01:02:27	6:14	00:30:26 (377)	F (59)	M/F45 F (14)	F (3)	F (46)
368	544	GONZÁLEZ PEREIRA, MANUEL	RUNNING ARTEIXO	01:02:42	6:16	00:31:14 (382)	M (309)	SUPERVETERANOS		M (250)
369	499	GONZÁLEZ VELAZTIQUI, NILDA	LA PURÍSIMA	01:02:43	6:16	00:31:05 (381)	F (60)	M/F45 F (15)		
370	530	SANTAS NOVOA, BENITO	LA PURÍSIMA	01:02:44	6:16	00:31:01 (380)	M (310)	M/F50 M (35)		M (251)
371	310	LAGO MOLEDO, MANUEL	CAO	01:03:06	6:18	00:29:14 (370)	M (311)	SUPERVETERANOS	M (26)	M (252)
372	536	CONSTENLA JUNQUERA, ANTONIO	ATLETISMO FONTES DO SAR	01:03:19	6:19	00:29:13 (369)	M (312)	SUPERVETERANOS		M (253)
373	525	VARELA DE LA TORRE, GONZALO	ATLETISMO GUITIRIZ	01:04:35	6:27	00:30:26 (376)	M (313)	M/F50 M (36)		M (254)
374	538	TRESGUERRAS GONZÁLEZ,	CLUB ATLETISMO SAR	01:05:51	6:35	00:32:57 (383)	F (61)	SUPERVETERANOS		F (47)
375	537	BERNAL GOMEZ, JESUS	INDEPENDIENTE	01:09:15	6:55	00:34:19 (385)	M (314)	SUPERVETERANOS		M (255)
376	9	HIMI, LAMYAE	ATLETISMO NARON	01:10:24	7:02	(-1)	F (62)	SÉNIOR F (17)		
377	450	CAROLI TREZZA, BÁRBARA	INDEPENDIENTE	01:12:33	7:15	00:33:34 (384)	F (63)	M/F 35 F (9)	F (4)	

Total: 377