



ABS	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	P1	SEXO	CAT	LOC
MASCULINO										
(9)	92	VILA MARIÑO, ABEL	CLUB ATLETISMO NOIA	00:32:41	+3:04	3:16	16:26 (8)	M (9)	SUB 18 M (1)	SI (1)
(13)	258	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:33:14	+3:37	3:19	16:26 (11)	M (13)	MASTER 1 M (1)	SI (2)
(17)	4	GARCIA GACIÑO, ALBERTO	CYT	00:33:36	+3:59	3:21	16:32 (12)	M (17)	SENIOR M (7)	SI (3)
(51)	136	NIETO GONZÁLEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:35:54	+6:17	3:35	18:00 (47)	M (49)	MASTER 3 M (2)	SI (4)
(117)	152	QUERENTES SANTOS, JORGE	CLUB ATLETISMO NOIA	00:38:01	+8:24	3:48	18:54 (94)	M (113)	MASTER 2 M (39)	SI (5)
(139)	97	GARCIA BLANCO, CAYETANO	SAUDE SPORT	00:38:35	+8:58	3:51	19:41 (149)	M (135)	MASTER 1 M (19)	SI (6)
(160)	1275	CARREIRA RAMOS, SERGIO		00:39:02	+9:25	3:54	19:27 (138)	M (154)	MASTER 2 M (57)	SI (7)
(205)	811	LADO TORRES, JOSÉ CARLOS	INCOR AUTOVIDRIO	00:40:26	+10:49	4:02	20:24 (201)	M (197)	MASTER 2 M (67)	SI (8)
(209)	199	CAMEAN CAMEAN, ROBERTO	INCOR AUTOVIDRIO	00:40:32	+10:55	4:03	20:12 (189)	M (201)	MASTER 2 M (68)	SI (9)
(213)	599	LIJO CRUJEIRAS, ANDRES MANUEL		00:40:37	+11:00	4:03	21:12 (272)	M (205)	MASTER 2 M (71)	SI (10)
(238)	557	PAJARO SALAGRE, JOSE MANUEL		00:41:20	+11:43	4:07	21:12 (273)	M (229)	MASTER 3 M (29)	SI (11)
(243)	61	ROMERO, DAVID		00:41:23	+11:46	4:08	20:46 (235)	M (233)	SENIOR M (54)	SI (12)
(244)	403	FERNÁNDEZ NIMO, IVAN	SERRES RUNNERS	00:41:24	+11:47	4:08	21:08 (262)	M (234)	MASTER 1 M (38)	SI (13)
(251)	24	SEGADE SUAREZ, CANDIDO		00:41:33	+11:56	4:09	20:36 (222)	M (241)	MASTER 2 M (88)	SI (14)
(258)	197	NOAL SANLÉS, DANIEL	SAUDESSPORT	00:41:45	+12:08	4:10	21:04 (251)	M (248)	MASTER 1 M (41)	SI (15)
(259)	195	DE LA TORRE GARCIA, PACO		00:41:46	+12:09	4:10	21:05 (253)	M (249)	MASTER 3 M (33)	SI (16)
(278)	230	TRIÑANES VIDAL, QUIQUE		00:42:06	+12:29	4:12	21:04 (250)	M (268)	MASTER 2 M (99)	SI (17)
(296)	821	PEREZ PETISCO, PABLO		00:42:25	+12:48	4:14	21:05 (254)	M (284)	MASTER 1 M (46)	SI (18)
(307)	560	AGRASAR CES, MARTIN	C.P.C TOXO	00:42:33	+12:56	4:15	21:43 (312)	M (293)	MASTER 1 M (48)	SI (19)
(312)	770	VILLAR MARTINEZ, PAULINO	CMD VERTICE	00:42:45	+13:08	4:16	22:17 (350)	M (298)	MASTER 1 M (50)	SI (20)
(315)	1582	QUEIRUGA TORRES, ALBERTO	INCOR AUTOVIDRIO	00:42:51	+13:14	4:17	21:36 (304)	M (300)	MASTER 2 M (107)	SI (21)
(318)	435	OUJO POUZO, LUCHO		00:42:55	+13:18	4:17	22:33 (375)	M (303)	MASTER 3 M (41)	SI (22)
(355)	739	VENTOSO TORRES, AARÓN		00:43:59	+14:22	4:23	21:57 (326)	M (336)	SENIOR M (76)	SI (23)
(386)	1382	SANTOS ALONSO, JOSÉ		00:44:36	+14:59	4:27	23:12 (424)	M (361)	MASTER 1 M (57)	SI (24)
(403)	431	ABEIJÓN ROMERO, PABLO		00:44:52	+15:15	4:29	22:28 (365)	M (377)	MASTER 1 M (59)	SI (25)
(411)	715	GARCÍA VENTOSO, DANIEL		00:45:06	+15:29	4:30	22:33 (374)	M (384)	SENIOR M (94)	SI (26)
(468)	760	MAGARIÑOS DE BLAS, ÁLVARO		00:46:21	+16:44	4:38	23:50 (476)	M (436)	SENIOR M (103)	SI (27)
(474)	36	LORENZO QUEIRUGA, MANUEL	SAUDE SPORT	00:46:24	+16:47	4:38	23:18 (435)	M (440)	MASTER 3 M (74)	SI (28)
(482)	212	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	00:46:32	+16:55	4:39	23:20 (436)	M (447)	MASTER 2 M (156)	SI (29)
(486)	470	LEIS MONTEMUIÑO, AITOR		00:46:34	+16:57	4:39	24:21 (539)	M (450)	SENIOR M (107)	SI (30)
(504)	767	MOREIRA FAJARDO, MANI		00:46:54	+17:17	4:41	23:50 (475)	M (467)	SENIOR M (111)	SI (31)
(510)	1377	CAMBEIRO VILAS, ROBERTO		00:47:01	+17:24	4:42	24:27 (545)	M (473)	SUB 20 M (9)	SI (32)
(511)	1246	SEGADE BATALLA, ADRIÁN		00:47:02	+17:25	4:42	25:00 (610)	M (474)	SUB 18 M (8)	SI (33)

ABS	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	P1	SEXO	CAT	LOC
(519)	401	ALONSO, FRAN		00:47:11	+17:34	4:43	26:05 (713)	M (479)	MASTER 2 M (166)	SI (34)
(522)	549	BLANCO PIÑEIRO, SAMUEL	INCOR AUTOVIDRIO	00:47:16	+17:39	4:43	24:26 (543)	M (482)	SUB 18 M (10)	SI (35)
(525)	465	FERMANDEZ TORRES, JOSE MANUEL	ADC ARNELA	00:47:21	+17:44	4:44	24:35 (565)	M (483)	MASTER 3 M (81)	SI (36)
(527)	541	RODRÍGUEZ, SERGIO		00:47:22	+17:45	4:44	23:53 (482)	M (485)	MASTER 2 M (168)	SI (37)
(547)	590	QUEIRUGA TRIÑANES, SUSO		00:47:45	+18:08	4:46	24:54 (598)	M (501)	MASTER 2 M (175)	SI (38)
(549)	687	RAMOS ALONSO, GABRIEL JOSÉ	TRAIL MENS	00:47:49	+18:12	4:46	24:04 (500)	M (503)	MASTER 2 M (177)	SI (39)
(582)	805	PRESAS VENCE, MANUEL		00:48:24	+18:47	4:50	24:13 (519)	M (530)	MASTER 2 M (186)	SI (40)
(616)	551	VARELA CERNADAS, MANUEL	INCOR AUTOVIDRIO	00:48:47	+19:10	4:52	25:04 (620)	M (551)	SUB 18 M (12)	SI (41)
(624)	1507	GRELA OUTEIRAL, DAVID		00:48:57	+19:20	4:53	25:56 (697)	M (557)	SUB 23 M (19)	SI (42)
(640)	1220	NÚÑEZ QUEIRUGA, ZALO	MONTEMUIÑO	00:49:13	+19:36	4:55	25:52 (690)	M (569)	MASTER 2 M (200)	SI (43)
(649)	535	MIRANTES, ÁNGEL	NOSPORTLIMIT	00:49:28	+19:51	4:56	25:02 (616)	M (575)	SENIOR M (134)	SI (44)
(668)	920	SERANTES MANEIRO, CAMILO	ADC ARNELA	00:49:58	+20:21	4:59	26:10 (719)	M (589)	MASTER 3 M (102)	SI (45)
(679)	626	RIVAS POMBO, MARCELINO	CORREXALLAS	00:50:08	+20:31	5:00	25:49 (681)	M (599)	MASTER 2 M (209)	SI (46)
(684)	1072	PIÑEIRO PIÑEIRO, PABLO		00:50:13	+20:36	5:01	26:19 (737)	M (603)	MASTER 2 M (210)	SI (47)
(705)	781	OLVEIRA SUÁREZ, JUAN JESÚS	SAUDE SPORT	00:50:34	+20:57	5:03	25:44 (674)	M (619)	MASTER 1 M (91)	SI (48)
(706)	542	BERNÁRDEZ VARELA, ROBERTO		00:50:35	+20:58	5:03	26:19 (736)	M (620)	MASTER 2 M (215)	SI (49)
(720)	1649	QUINTÁNS FERNÁNDEZ, FABIAN		00:50:49	+21:12	5:04	25:05 (621)	M (630)	SUB 20 M (13)	SI (50)
(735)	1343	TOME GONZALEZ, CARLOS		00:51:04	+21:27	5:06	25:13 (636)	M (642)	SENIOR M (147)	SI (51)
(749)	1233	CASTRO ROMERO, GABRIEL		00:51:11	+21:34	5:07	24:25 (542)	M (654)	MASTER 1 M (98)	SI (52)
(750)	517	LESTON, MARTIN		00:51:15	+21:38	5:07	25:24 (651)	M (655)	MASTER 1 M (99)	SI (53)
(753)	1543	LOJO ALONSO, DAVID		00:51:19	+21:42	5:07	26:37 (770)	M (658)	MASTER 1 M (100)	SI (54)
(765)	1665	LÓPEZ ALVAREZ, JOSÉ LUIS	ATLETISMO BAIONA	00:51:38	+22:01	5:09	26:22 (742)	M (668)	MASTER 2 M (227)	SI (55)
(770)	437	OUJO CASTELO, SANTIAGO	ADC ARNELAÑ	00:51:45	+22:08	5:10	25:52 (691)	M (673)	MASTER 3 M (120)	SI (56)
(791)	1622	DIOS SANTOS, DIEGO		00:52:17	+22:40	5:13	27:09 (819)	M (685)	SENIOR M (152)	SI (57)
(794)	753	VILAR CAAMAÑO, FELIX		00:52:19	+22:42	5:13	25:56 (698)	M (687)	MASTER 4 M (24)	SI (58)
(813)	1546	RODRIGUEZ DEAN, JUAN LUIS		00:52:44	+23:07	5:16	27:26 (839)	M (701)	SENIOR M (154)	SI (59)
(817)	705	GARCIA LIAS, CRISTIAN		00:52:49	+23:12	5:16	26:30 (758)	M (705)	MASTER 1 M (108)	SI (60)
(841)	1620	VÁZQUEZ PAIS, BORJA		00:53:21	+23:44	5:20	27:46 (863)	M (722)	SENIOR M (158)	SI (61)
(860)	525	SERANTES ABAL, ELOI	ADC ARNELA	00:53:53	+24:16	5:23	26:10 (720)	M (731)	SUB 23 M (21)	SI (62)
(873)	1415	CARREÑO MANEIRO, ANDRÉS		00:54:12	+24:35	5:25	26:57 (798)	M (740)	SUB 18 M (14)	SI (63)
(884)	1633	ROMERO CALO, VICTOR		00:54:27	+24:50	5:26	27:13 (824)	M (745)	MASTER 1 M (116)	SI (64)
(894)	1542	CREO SANCHEZ, JOSÉ MANUEL		00:54:45	+25:08	5:28	24:18 (530)	M (752)	MASTER 1 M (117)	SI (65)
(898)	1509	PIÑEIRO NIETO, TOMAS		00:54:46	+25:09	5:28	30:43 (1104)	M (755)	MASTER 2 M (255)	SI (66)
(956)	1630	FERREIRA RODRÍGUEZ, ALBERTO		00:56:10	+26:33	5:36	29:30 (999)	M (794)	MASTER 2 M (267)	SI (67)

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CLASIFICACIÓN SONENSES - ADULTOS



ABS	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	P1	SEXO	CAT	LOC
(966)	1185	MANEIRO MOREIRA, JUAN CARLOS		00:56:26	+26:49	5:38	29:30 (1000)	M (799)	MASTER 2 M (270)	SI (68)
(973)	1417	TORRES SANTAMARÍA, CARLOS		00:56:31	+26:54	5:39	28:25 (922)	M (802)	SUB 20 M (17)	SI (69)
(975)	550	LADO QUEIRUGA, FABIAN	INCOR-AUTOVIDRIO	00:56:41	+27:04	5:40	26:53 (791)	M (804)	SUB 18 M (17)	SI (70)
(1022)	1611	POUSO MANEIRO, JOSE	COIRA	00:57:24	+27:47	5:44	29:06 (962)	M (834)	MASTER 4 M (38)	SI (71)
(1035)	1350	PAZOS GARCIA, ALEXANDRE		00:57:43	+28:06	5:46	28:24 (919)	M (842)	SENIOR M (174)	SI (72)
(1037)	424	ABEIJON OLVEIRA, JUAN		00:57:47	+28:10	5:46	29:17 (978)	M (844)	MASTER 2 M (285)	SI (73)
(1051)	1693	OUJO POUSO, LUIS		00:58:03	+28:26	5:48	30:52 (1119)	M (851)	MASTER 3 M (162)	SI (74)
(1053)	1068	PAZ SANTAMARÍA, JUAN		00:58:04	+28:27	5:48	28:26 (926)	M (853)	SUB 20 M (19)	SI (75)
(1054)	1074	PAZ GARCÍA, JUAN RAMÓN		00:58:05	+28:28	5:48	28:26 (925)	M (854)	MASTER 2 M (288)	SI (76)
(1110)	1257	MOREIRA FAJARDO, LUIS		00:59:29	+29:52	5:56	28:50 (947)	M (876)	SENIOR M (177)	SI (77)
(1145)	1361	OGANDO MIRANDA, DAMIAN		01:00:48	+31:11	6:04	31:22 (1151)	M (893)	MASTER 2 M (299)	SI (78)
(1146)	965	CARREÑO OTERO, ISMAEL		01:00:48	+31:11	6:04	31:24 (1154)	M (894)	MASTER 2 M (300)	SI (79)
(1165)	1183	CASTRO HERMIDA, JUAN JOSÉ	SINSON	01:01:24	+31:47	6:08	31:55 (1189)	M (902)	MASTER 2 M (305)	SI (80)
(1167)	1638	PÉREZ MANEIRO, ADRIÁN		01:01:46	+32:09	6:10	30:13 (1072)	M (903)	SENIOR M (183)	SI (81)
(1195)	1270	PENA MANEIRO, MANUEL ANTONIO		01:02:58	+33:21	6:17	32:48 (1229)	M (915)	MASTER 2 M (307)	SI (82)
(1197)	1372	SERANS QUEIRUGA, JUAN JOSE		01:02:59	+33:22	6:17	32:22 (1208)	M (917)	MASTER 1 M (136)	SI (83)
(1215)	1641	RIVEIRO, IVÁN		01:03:55	+34:18	6:23	32:29 (1213)	M (925)	SENIOR M (192)	SI (84)
(1224)	1700	LORENZO SANTAMARIA, SEVERIANO		01:04:17	+34:40	6:25	31:33 (1163)	M (930)	MASTER 4 M (48)	SI (85)
(1228)	1407	GONZÁLEZ SANLÉS, ALEXANDER		01:04:37	+35:00	6:27	32:27 (1211)	M (932)	SUB 20 M (20)	SI (86)
(1236)	1155	CALO ROMEU, CARLOS		01:05:06	+35:29	6:30	32:14 (1205)	M (935)	SENIOR M (195)	SI (87)

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ABS	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	P1	SEXO	CAT	LOC
FEMENINO										
(299)	600	VILA SANTOS, LAURA	SAUDE SPORT BARBANZA	00:42:26	+12:49	4:14	21:34 (301)	F (13)	SENIOR F (3)	SI (1)
(379)	461	LIÑARES BARREIRO, CARLA CAROLINA		00:44:29	+14:52	4:26	22:22 (357)	F (24)	MASTER 1 F (7)	SI (2)
(424)	1642	VÁZQUEZ GONZÁLEZ, MARTA		00:45:24	+15:47	4:32	23:35 (456)	F (28)	SENIOR F (11)	SI (3)
(434)	229	LORENZO FIGUEIRAS, LORENA		00:45:35	+15:58	4:33	23:13 (427)	F (30)	MASTER 2 F (5)	SI (4)
(681)	1506	SANTOS TARELA, LEILA		00:50:10	+20:33	5:00	25:54 (696)	F (81)	SUB 20 F (4)	SI (5)
(843)	758	GÓMEZ LODEIROS, SUSANA	TARTARUGAS	00:53:23	+23:46	5:20	27:53 (878)	F (121)	MASTER 3 F (7)	SI (6)
(940)	1621	VÁZQUEZ PAIS, MARTA		00:55:47	+26:10	5:34	27:46 (862)	F (155)	SENIOR F (60)	SI (7)
(998)	924	CALO VAZQUEZ, ROSA		00:56:56	+27:19	5:41	28:53 (954)	F (179)	MASTER 2 F (45)	SI (8)
(1023)	1610	GARCIA PEREIRA, ROSA MARIA	COIRA	00:57:24	+27:47	5:44	29:11 (970)	F (189)	MASTER 3 F (16)	SI (9)
(1038)	1359	VILA OLVEIRA, CRISTINA		00:57:48	+28:11	5:46	29:18 (980)	F (194)	MASTER 1 F (38)	SI (10)
(1079)	1139	LÓPEZ FERNÁNDEZ, MERY	SAUDESPORT	00:58:48	+29:11	5:52	31:39 (1175)	F (212)	SENIOR F (77)	SI (11)
(1080)	999	BLANCO CASAIS, TANIA	SAUDE SPORT BARBANZA	00:58:49	+29:12	5:52	31:39 (1174)	F (213)	SENIOR F (78)	SI (12)
(1136)	1164	LOURIDO GACIÑO, ANDREA		01:00:35	+30:58	6:03	30:13 (1071)	F (248)	SENIOR F (105)	SI (13)
(1147)	988	BLANCO CES, ANA MARÍA		01:00:49	+31:12	6:04	31:24 (1156)	F (253)	MASTER 2 F (63)	SI (14)
(1152)	1285	FERNANDEZ DE CORDOBA ALONSO, INÉS MARÍA	SINSON	01:01:09	+31:32	6:06	31:55 (1187)	F (257)	MASTER 2 F (64)	SI (15)
(1211)	1204	BRETAL LORENZO, IRIA		01:03:51	+34:14	6:23	30:13 (1070)	F (288)	SUB 23 F (6)	SI (16)
(1214)	1006	BOSCH, CHRISTINA		01:03:54	+34:17	6:23	31:22 (1150)	F (290)	SENIOR F (122)	SI (17)
(1217)	1643	DEÁN, VERO		01:03:56	+34:19	6:23	32:30 (1216)	F (291)	SENIOR F (123)	SI (18)
(1223)	1524	VAZQYEZ GONZALEZ, LUCIA		01:04:16	+34:39	6:25	31:33 (1164)	F (294)	MASTER 2 F (73)	SI (19)
(1264)	1190	REGO LAIÑO, ISA		01:06:43	+37:06	6:40	34:06 (1267)	F (321)	MASTER 1 F (50)	SI (20)
(1282)	1101	DEL RÍO MOSQUERA, ESTHER		01:11:04	+41:27	7:06	35:14 (1286)	F (332)	MASTER 3 F (36)	SI (21)

Total: 108