

XIX CARREIRA POPULAR MAR DE BOIRO 17º Memorial Pepe Buceta

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
1	468	LESTIDO REY, MARTÍN	CLUB ATLETISMO SAR	00:33:16	3:19	00:16:40 (1)	M (1)	SENIOR M (1)	
2	5	MANEIRO TEIRA, DANIEL	CLUB ATLETISMO O PINO	00:33:33	3:21	00:16:41 (3)	M (2)	SUB 18 M (1)	
3	8	BENITEZ PEREZ, SAUL	EL CANARIO	00:33:36	3:21	00:16:43 (5)	M (3)	SUB 20 M (1)	
4	505	LIJÓ ARES, YAGO	TRIATLON RIANXO	00:33:40	3:21	00:16:41 (2)	M (4)	SENIOR M (2)	
5	38	FONTÁN MARTÍNEZ, XACOB	CLUB ATLETISMO SAR	00:33:51	3:23	00:16:44 (6)	M (5)	SENIOR M (3)	
6	507	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:34:08	3:24	00:16:42 (4)	M (6)	SENIOR M (4)	
7	527	RIVEIRO LAMPON, ALBERTO	CLUB ATLETISMO SAR	00:34:10	3:24	00:16:55 (9)	M (7)	SENIOR M (5)	
8	352	MELLO, JACI		00:34:11	3:25	00:16:51 (7)	M (8)	MASTER 2 M (1)	
9	349	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	00:34:20	3:25	00:17:03 (13)	M (9)	MASTER 2 M (2)	
10	30	FERNÁNDEZ GARCÍA, MICHEL	S.D. BARBANTIA RODA	00:34:23	3:26	00:16:53 (8)	M (10)	SENIOR M (6)	
11	70	FERNANDEZ LIJÓ, JUAN FRANCISCO	POR AMOR AL ARTE	00:34:32	3:27	00:16:59 (12)	M (11)	MASTER 2 M (3)	
12	311	SANTOS LOIS, SERGIO	C.A. CAMBADOS	00:34:33	3:27	00:17:06 (14)	M (12)	MASTER 2 M (4)	
13	24	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:34:41	3:28	00:17:15 (16)	M (13)	SENIOR M (7)	
14	10	AGRASO ALONSO, XABI	EL CANARIO	00:34:43	3:28	00:16:58 (10)	M (14)	SENIOR M (8)	
15	64	PÉREZ PRIETO, GERARDO	C.A. CAMBADOS	00:34:45	3:28	00:17:13 (15)	M (15)	MASTER 2 M (5)	
16	108	OUBIÑA DIOS, FRANCISCO RAMÓN	C.A. CAMBADOS	00:35:00	3:29	00:17:16 (19)	M (16)	MASTER 3 M (1)	
17	370	AGRELO GÓMEZ, ROBERTO C.	CLUB ATLETISMO SAR	00:35:03	3:30	00:17:16 (20)	M (17)	MASTER 2 M (6)	
18	470	MARTINEZ SANCHEZ, DAMIÁN	CLUB ATLETISMO TAMBRE	00:35:04	3:30	00:17:15 (17)	M (18)	SENIOR M (9)	
19	373	CREGO, XACOB	SD COMPOSTELA ATLETISMO	00:35:10	3:30	00:16:58 (11)	M (19)	MASTER 2 M (7)	
20	304	GÓMEZ SÁNCHEZ, JOSÉ MIGUEL	CLUB ATLETISMO O PINO	00:35:22	3:32	00:17:29 (26)	M (20)	MASTER 2 M (8)	
21	54	GONZÁLEZ HORTA, VICTOR	COMESAÑA SPORTING CLUB	00:35:35	3:33	00:17:15 (18)	M (21)	MASTER 1 M (1)	
22	29	TRIÑANES MARTINEZ, ERNESTO	S.D. BARBANTIA RODA	00:35:35	3:33	00:17:27 (24)	M (22)	SENIOR M (10)	M (1)
23	132	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:35:39	3:33	00:17:27 (23)	M (23)	MASTER 4 M (1)	
24	120	FALCÓN PÉREZ, SANTIAGO	C.A. CAMBADOS	00:35:43	3:34	00:17:27 (22)	M (24)	MASTER 3 M (2)	
25	551	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:35:44	3:34	00:17:58 (33)	M (25)	SUB 23 M (1)	
26	338	CALVETE CARBALLA, DIEGO		00:35:46	3:34	00:17:53 (29)	M (26)	MASTER 2 M (9)	
27	355	CALVO CES, ARMANDO	TRIBU TRAIL	00:36:01	3:36	00:18:03 (34)	M (27)	MASTER 2 M (10)	
28	501	SAMPEDRO LEMA, COSME	CLUB DE REMO CABO DE CRUZ	00:36:02	3:36	00:17:53 (30)	M (28)	SENIOR M (11)	
29	351	RIAL CASTAÑO, SALVA	TRIBU TRAIL	00:36:04	3:36	00:17:54 (32)	M (29)	MASTER 2 M (11)	
30	4	MATEOS CALVIÑO, IAGO	SD COMPOSTELA ATLETISMO	00:36:08	3:36	00:17:18 (21)	M (30)	SUB 18 M (2)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
31	521	OTERO LESTÓN, JESÚS		00:36:11	3:37	00:17:33 (27)	M (31)	SENIOR M (12)	
32	16	IGLESIAS AMORES, MIGUEL	CLUB DEPORTIVO BRIÓN HYUPERSA	00:36:15	3:37	00:18:28 (45)	M (32)	SENIOR M (13)	
33	293	PÉREZ GARCÍA, CÉSAR		00:36:37	3:39	00:17:53 (31)	M (33)	MASTER 1 M (2)	M (2)
34	486	GONZÁLEZ CREO, VÍTOR		00:36:42	3:40	00:17:49 (28)	M (34)	SENIOR M (14)	
35	442	NIETO GONZÁLEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:36:47	3:40	00:18:09 (35)	M (35)	MASTER 3 M (3)	
36	94	MARTINEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	00:36:59	3:41	00:18:09 (36)	M (36)	MASTER 2 M (12)	
37	56	GARCIA MARTINEZ, JOSE	EL CANARIO	00:37:00	3:41	00:18:28 (46)	M (37)	MASTER 1 M (3)	
38	534	CASAL MOURELOS, MARTÍN	CLUB ATLETISMO TAMBRE	00:37:09	3:42	00:18:13 (37)	M (38)	SENIOR M (15)	
39	67	ABALO CHOUZA, NARCISO	S.D. BARBANTIA RODA	00:37:09	3:42	00:18:13 (38)	M (39)	MASTER 2 M (13)	M (3)
40	374	GARCIA FANDIÑO, JUAN		00:37:12	3:43	00:18:14 (40)	M (40)	MASTER 2 M (14)	
41	229	SUEIRO MENDEZ, ANDRES	C.A. CAMBADOS	00:37:20	3:43	00:18:52 (59)	M (41)	MASTER 2 M (15)	
42	59	LORES MEIS, JOSE MANUEL	C.A. CAMBADOS	00:37:20	3:43	00:18:52 (58)	M (42)	MASTER 2 M (16)	
43	103	VÁZQUEZ TUBIO, ALBERTO	S.D. BARBANTIA RODA	00:37:23	3:44	00:18:13 (39)	M (43)	MASTER 2 M (17)	M (4)
44	327	SESA SEGAGE, FERNANDO	SD COMPOSTELA ATLETISMO	00:37:26	3:44	00:18:33 (49)	M (44)	MASTER 2 M (18)	
45	1	FERREIRA AYBAR, BRANDOL	ATLETISMO ILLA DE TAMBO	00:37:27	3:44	00:18:31 (48)	M (45)	SUB 18 M (3)	
46	47	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:37:29	3:44	00:18:42 (55)	M (46)	MASTER 1 M (4)	
47	267	GIGIREY CANCELTA, BREOGÁN	CLUB TRIATLÓN COMPOSTELA	00:37:30	3:44	00:18:33 (50)	M (47)	MASTER 1 M (5)	
48	472	MONTERO, MIGUEL	ATLETISMO PULIDOS SUSO	00:37:37	3:45	00:18:34 (51)	M (48)	SENIOR M (16)	
49	107	FERNÁNDEZ LAGO, JUAN CARLOS	SERRES RUNNERS	00:37:40	3:45	00:18:27 (44)	M (49)	MASTER 3 M (4)	
50	558	GONZÁLEZ LOJO, JUAN	CLUB DE REMO CABO DE CRUZ	00:37:44	3:46	00:18:30 (47)	M (50)	SUB 23 M (2)	M (5)
51	123	NAVARRO ANTON, JOSE	S.D. BARBANTIA RODA	00:37:46	3:46	00:18:16 (41)	M (51)	MASTER 3 M (5)	M (6)
52	366	ROSENDE FUENTES, LUIS	CLUB ATLETISMO TAMBRE	00:37:46	3:46	00:18:36 (54)	M (52)	MASTER 2 M (19)	
53	11	OTERO DOSIL, RUBÉN	CLUB ATLETISMO NOIA	00:37:47	3:46	00:18:53 (61)	M (53)	SENIOR M (17)	
54	518	QUINTIÁN AGRAFOJO, CHEMA	SERRES RUNNERS	00:37:58	3:47	00:18:48 (56)	M (54)	SENIOR M (18)	
55	506	CASO BERNABE, CARLOS MIGUEL	S.D. BARBANTIA RODA	00:38:00	3:47	00:18:19 (42)	M (55)	SENIOR M (19)	M (7)
56	331	GONZÁLEZ NÚÑEZ, JOSÉ LUIS		00:38:03	3:48	00:18:34 (52)	M (56)	MASTER 2 M (20)	
57	315	COSTA CASTRO, MANUEL	CLUB ATLETISMO TAMBRE	00:38:10	3:48	00:19:05 (72)	M (57)	MASTER 2 M (21)	
58	406	GÓMEZ GÓMEZ, MANUEL	PONTE TRAIL	00:38:15	3:49	00:18:52 (57)	M (58)	MASTER 3 M (6)	
59	526	SOUTO IGLESIAS, ADRIÁN	AD FOGAR	00:38:20	3:49	00:19:12 (78)	M (59)	SENIOR M (20)	
60	242	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:38:20	3:49	00:19:12 (77)	M (60)	MASTER 3 M (7)	

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61	361	ALVAR LÓPEZ, PABLO		00:38:25	3:50	00:18:55 (63)	M (61)	MASTER 2 M (22)	
62	101	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:38:26	3:50	00:18:52 (60)	M (62)	MASTER 2 M (23)	M (8)
63	113	BOO FARIÑA, SALVADOR	TRIBU TRAIL	00:38:28	3:50	00:19:00 (65)	M (63)	MASTER 3 M (8)	
64	83	ROMERO VAZQUEZ, NOLO		00:38:29	3:50	00:19:15 (80)	M (64)	MASTER 2 M (24)	M (9)
65	477	BOULLÓN PÉREZ, JAVIER		00:38:29	3:50	00:19:09 (75)	M (65)	SENIOR M (21)	
66	109	BUCETA POUSO, ERNESTO		00:38:30	3:50	00:18:36 (53)	M (66)	MASTER 3 M (9)	
67	53	CAMIÑA UCHA, BASILIO	C.A. CAMBADOS	00:38:32	3:51	00:19:02 (66)	M (67)	MASTER 1 M (6)	
68	381	TRIÑANES LÓPEZ, JAVIER	SERRES RUNNERS	00:38:33	3:51	00:19:02 (68)	M (68)	MASTER 2 M (25)	M (10)
69	467	GARABATO LAGARES, ADRIAN	CLUB ATLETISMO SANTIAGO	00:38:37	3:51	00:19:23 (84)	M (69)	SENIOR M (22)	
70	576	SE SAR MIGUEZ, ADRIÁN	CLUB ATLETISMO MILLARAIO	00:38:37	3:51	00:17:28 (25)	M (70)	SUB 18 M (4)	
71	403	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:38:38	3:51	00:19:23 (83)	M (71)	MASTER 3 M (10)	
72	125	FOLGAR POUSO, RAMON	EL CANARIO	00:38:39	3:51	00:19:03 (70)	M (72)	MASTER 3 M (11)	
73	65	AYASO ROMERO, JOSE LUIS		00:38:40	3:51	00:18:58 (64)	M (73)	MASTER 2 M (26)	
74	105	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	00:38:44	3:52	00:18:54 (62)	M (74)	MASTER 2 M (27)	
75	66	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	00:38:51	3:53	00:18:27 (43)	M (75)	MASTER 2 M (28)	
76	570	CALVO MUÑIZ, RAÚL		00:38:52	3:53	00:19:25 (88)	M (76)	SUB 20 M (2)	
77	316	MAYO BALDERRABANO, JUAN	CLUB ATLETISMO NOIA	00:38:53	3:53	00:19:09 (73)	M (77)	MASTER 2 M (29)	
78	566	MARIÑO GALBÁN, MANUEL	CLUB DE REMO CABO DE CRUZ	00:38:54	3:53	00:19:24 (85)	M (78)	SUB 20 M (3)	
79	235	GARCÍA ANTELO, JOSÉ MANUEL		00:38:57	3:53	00:19:14 (79)	M (79)	MASTER 2 M (30)	
80	95	VILA SIEIRA, RUBEN	EGOVARTOS DE VIVEIRO	00:38:57	3:53	00:19:03 (69)	M (80)	MASTER 2 M (31)	M (11)
81	7	SANTOS VILLALÓN, CAROL	RÍA DE FERROL	00:39:03	3:54	00:19:23 (82)	F (1)	SUB 20 F (1)	
82	321	ÁLVAREZ CALVO, URBANO		00:39:05	3:54	00:19:11 (76)	M (81)	MASTER 2 M (32)	
83	91	DOSIL RIVAS, JAVI	ATLETISMO FONTES DO SAR	00:39:06	3:54	00:19:09 (74)	M (82)	MASTER 2 M (33)	
84	100	BENITEZ SOMOZA, ISRAEL	EL CANARIO	00:39:07	3:54	00:20:24 (119)	M (83)	MASTER 2 M (34)	
85	330	MOURE ANDRADE, ALBERTO		00:39:11	3:55	00:19:02 (67)	M (84)	MASTER 2 M (35)	
86	295	GONZALEZ PARGA, RUBÉN		00:39:13	3:55	00:19:28 (94)	M (85)	MASTER 1 M (7)	
87	480	RESCH PÉREZ, CÉSAR PLÁCIDO	CLUB DE REMO CABO DE CRUZ	00:39:15	3:55	00:19:45 (104)	M (86)	SENIOR M (23)	
88	236	PÉREZ SOBRIDO, DAVID		00:39:16	3:55	00:19:26 (92)	M (87)	MASTER 2 M (36)	
89	354	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	00:39:21	3:56	00:19:05 (71)	M (88)	MASTER 2 M (37)	
90	124	BRIÓN LEMA, JUAN CARLOS	BRIONLE TEAM	00:39:22	3:56	00:19:37 (99)	M (89)	MASTER 3 M (12)	

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91	332	LADO TORRES, CARLOS	INCOR AUTOVIDRIO	00:39:27	3:56	00:19:27 (93)	M (90)	MASTER 2 M (38)	
92	112	JUANATEY PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:39:28	3:56	00:19:24 (87)	M (91)	MASTER 3 M (13)	
93	57	FERNANDEZ, MARCOS	CLUB ATLETISMO SAR	00:39:31	3:57	00:19:32 (95)	M (92)	MASTER 2 M (39)	
94	299	CALVO ROO, PEDRO	CLUB ATLETISMO NOIA	00:39:32	3:57	00:19:22 (81)	M (93)	MASTER 2 M (40)	
95	18	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	00:39:34	3:57	00:19:44 (102)	M (94)	SENIOR M (24)	
96	126	PARADA GARCIAº, LUIS MIGUEL	EL CANARIO	00:39:36	3:57	00:19:34 (96)	M (95)	MASTER 3 M (14)	
97	87	BUJÁN GONZÁLEZ, JOSÉ	CLUBE ATLETISMO OUTES	00:39:38	3:57	00:19:26 (91)	M (96)	MASTER 2 M (41)	
98	553	LUACES PAZ, ANTONIO	CLUB ATLETISMO SAR	00:39:39	3:57	00:19:57 (110)	M (97)	SUB 23 M (3)	
99	273	DOMÍNGUEZ VÁZQUEZ, MIGUEL		00:39:41	3:58	00:19:44 (103)	M (98)	MASTER 1 M (8)	
100	401	PÉREZ SANTAMARÍA, DAVID	CLUB ATLETISMO SAR	00:39:44	3:58	00:19:26 (90)	M (99)	MASTER 3 M (15)	
101	52	BEIRO BRIÓN, JOSE	BRIONLE TEAM	00:39:46	3:58	00:19:37 (98)	M (100)	MASTER 1 M (9)	
102	135	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:39:51	3:59	00:19:44 (101)	M (101)	MASTER 4 M (2)	
103	499	DAVILA OUTEIRAL, IAGO	CLUB DE REMO CABO DE CRUZ	00:39:54	3:59	00:19:25 (89)	M (102)	SENIOR M (25)	
104	233	PANIAGUA FERNÁNDEZ, JOSÉ LUIS	ATLETISMO FONTES DO SAR	00:39:55	3:59	00:19:34 (97)	M (103)	MASTER 2 M (42)	
105	73	QUINTELA VÁZQUEZ, SUSO	NOITEBRA CF	00:39:55	3:59	00:19:45 (105)	M (104)	MASTER 2 M (43)	
106	319	PICÓN ESPIÑO, ROBERTO	CLUB TRIATLÓN CERVECERÍA O COTÓN	00:39:57	3:59	00:19:57 (111)	M (105)	MASTER 2 M (44)	
107	79	CUENCA GARCIA, FRANCISCO JOSE	CLUB ATLETISMO O PINO	00:40:09	4:00	00:19:24 (86)	M (106)	MASTER 2 M (45)	
108	495	FREIRE RUIBAL, DANIEL	CLUB DE REMO CABO DE CRUZ	00:40:20	4:01	00:20:34 (124)	M (107)	SENIOR M (26)	
109	68	BAAMONDE ARUFE, AGAPITO	CLUB ATLETISMO SAR	00:40:30	4:02	00:19:57 (109)	M (108)	MASTER 2 M (46)	
110	428	FERNÁNDEZ ÁLVAREZ, CARLOS	SOCIEDADE ATLÉTICA DO TREGA	00:40:32	4:03	00:19:54 (106)	M (109)	MASTER 3 M (16)	
111	395	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	00:40:34	4:03	00:20:01 (113)	M (110)	MASTER 3 M (17)	
112	114	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:40:34	4:03	00:20:01 (112)	M (111)	MASTER 3 M (18)	
113	557	MARTÍNEZ ÁLVAREZ, JOAQUÍN	CLUB DE REMO CABO DE CRUZ	00:40:42	4:04	00:19:56 (108)	M (112)	SUB 23 M (4)	
114	276	AGRAFOJO MANTEIGA, DOMINGO	UNIVERSIDAD SANTIAGO	00:40:43	4:04	00:20:13 (116)	M (113)	MASTER 1 M (10)	
115	340	ARES RIAL, MIGUEL		00:40:54	4:05	00:21:10 (135)	M (114)	MASTER 2 M (47)	
116	389	CAMEAN CAMEAN, ROBERTO	INCOR AUTOVIDRIO	00:41:13	4:07	00:19:55 (107)	M (115)	MASTER 2 M (48)	
117	75	SOTO BUCETA, SERGIO	C.A. CAMBADOS	00:41:16	4:07	00:20:28 (122)	M (116)	MASTER 2 M (49)	
118	353	GONZÁLEZ VERDE, ARIANA	SOCIEDADE ATLÉTICA DO TREGA	00:41:19	4:07	00:20:45 (128)	F (2)	MASTER 2 F (1)	
119	402	GARCIA IGLESIAS, JESUS		00:41:22	4:08	00:20:07 (114)	M (117)	MASTER 3 M (19)	
120	12	LÓPEZ OUJO, IVÁN	POR AMOR AL ARTE	00:41:39	4:09	00:20:14 (117)	M (118)	SENIOR M (27)	

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121	284	VAZQUEZ, ISMAEL	COIRA	00:41:47	4:10	00:20:07 (115)	M (119)	MASTER 1 M (11)	
122	543	TRIGO CASTRO, MIRIAN	TRIATLÓN INFORHOUSE SANTIAGO	00:41:49	4:10	00:20:43 (125)	F (3)	SENIOR F (1)	
123	345	CASTRO FERNÁNDEZ, XABIER	CLUB ATLETISMO TAMBRE	00:41:52	4:11	00:21:11 (137)	M (120)	MASTER 2 M (50)	
124	498	ARCOS VILANOVA, GABRIEL	CLUB DE REMO CABO DE CRUZ	00:42:03	4:12	00:21:05 (130)	M (121)	SENIOR M (28)	
125	86	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:42:06	4:12	00:21:08 (133)	M (122)	MASTER 2 M (51)	
126	578	AMBITE SANTANA, DANIEL		00:42:06	4:12	00:19:38 (100)	M (123)	SUB 18 M (5)	
127	260	VÁZQUEZ TORRADO, GUSTAVO	CLUB DE REMO CABO DE CRUZ	00:42:13	4:13	00:20:26 (121)	M (124)	MASTER 1 M (12)	M (12)
128	307	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:14	4:13	00:21:08 (134)	M (125)	MASTER 2 M (52)	
129	494	SANTOS ROJAS, FRANCISCO		00:42:20	4:13	00:20:58 (129)	M (126)	SENIOR M (29)	M (13)
130	454	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	00:42:28	4:14	00:20:44 (126)	M (127)	MASTER 4 M (3)	
131	475	ALVES SEIJAS, JOSE GALDINO		00:42:36	4:15	00:20:17 (118)	M (128)	SENIOR M (30)	
132	492	MARTÍNEZ CALO, LUIS	CLUB DE REMO CABO DE CRUZ	00:42:36	4:15	00:21:19 (140)	M (129)	SENIOR M (31)	
133	367	PAZ CALO, JORGE		00:42:44	4:16	00:20:33 (123)	M (130)	MASTER 2 M (53)	
134	371	FERNANDEZ DOMINGUEZ, ALFONSO		00:42:51	4:17	00:20:26 (120)	M (131)	MASTER 2 M (54)	
135	17	FERNÁNDEZ ROSALES, JUAN	POR AMOR AL ARTE	00:42:58	4:17	00:20:44 (127)	M (132)	SENIOR M (32)	
136	35	FIGUEIRAS LORENZO, EDUARDO	EL CANARIO	00:43:00	4:17	00:21:20 (141)	M (133)	SENIOR M (33)	
137	116	MARTÍNEZ NIETO, MICHEL	CLUBE ATLETISMO OUTES	00:43:02	4:18	00:21:22 (143)	M (134)	MASTER 3 M (20)	
138	312	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	00:43:10	4:18	00:21:22 (142)	M (135)	MASTER 2 M (55)	M (14)
139	264	BOULLOSA BERNARDEZ, ELISA	MASQUENTRENOS	00:43:15	4:19	00:21:28 (146)	F (4)	MASTER 1 F (1)	
140	306	BUSTELO CATOIRA, CARLOS	MASQUENTRENOS	00:43:15	4:19	00:21:28 (145)	M (136)	MASTER 2 M (56)	
141	496	BRIÓN TOUCEDO, MARIO	CLUB DE REMO CABO DE CRUZ	00:43:17	4:19	00:21:08 (132)	M (137)	SENIOR M (34)	M (15)
142	554	TUBÍO AGEITOS, ALBERTO		00:43:18	4:19	00:22:08 (163)	M (138)	SUB 23 M (5)	
143	577	GARCÍA FOJO, AIALA	ATLETISMO +9 MORAÑA	00:43:18	4:19	00:21:13 (138)	F (5)	SUB 18 F (1)	
144	441	MIGUENS OTERO, HELENA	CLUB ATLETISMO SAR	00:43:20	4:19	00:21:10 (136)	F (6)	MASTER 3 F (1)	
145	559	SILVA GINZÁLEZ, IVÁN	CLUB DE REMO CABO DE CRUZ	00:43:25	4:20	00:22:07 (162)	M (139)	SUB 23 M (6)	
146	556	CES CAAMAÑO, DIEGO	CLUB DE REMO CABO DE CRUZ	00:43:25	4:20	00:22:04 (161)	M (140)	SUB 23 M (7)	
147	525	MODIA CARIDAD, ADRIANA	ATLETISMO RIAZOR	00:43:33	4:21	00:21:16 (139)	F (7)	SENIOR F (2)	
148	275	GUTIÉRREZ PRIETO, FERNANDO		00:43:34	4:21	00:21:52 (154)	M (141)	MASTER 1 M (13)	
149	364	MARTÍNEZ, ANA	SERRES RUNNERS	00:43:38	4:21	00:21:30 (150)	F (8)	MASTER 2 F (2)	
150	413	PICALLO GARCÍA, JOSE CARLOS		00:43:41	4:22	00:21:34 (151)	M (142)	MASTER 3 M (21)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
151	388	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:43:47	4:22	00:22:15 (165)	M (143)	MASTER 2 M (57)	
152	89	GIL FERNANDEZ, ISMSEL	TRIATLON RIANXO	00:43:56	4:23	00:21:53 (155)	M (144)	MASTER 2 M (58)	M (16)
153	285	TUBÍO RIAL, DARÍO		00:44:05	4:24	00:21:34 (152)	M (145)	MASTER 1 M (14)	
154	141	ÁLVAREZ LODEIRO, SANTIAGO	ENTRENARUNNING	00:44:12	4:25	00:21:29 (148)	M (146)	MASTER 4 M (4)	
155	425	BLANCO FIGUEIRIDO, MARCOS ANTONIO	CLUBE ATLETISMO OUTES	00:44:15	4:25	00:22:21 (168)	M (147)	MASTER 3 M (22)	
156	415	TRIGO BAO, MANUEL	CDM VÉRTICE	00:44:19	4:25	00:21:51 (153)	M (148)	MASTER 3 M (23)	
157	43	GONZÁLEZ SÁNCHEZ, DIEGO		00:44:22	4:26	00:21:56 (157)	M (149)	MASTER 1 M (15)	
158	58	OLIVEIRA CASAIS, SUSO	S.D. BARBANTIA RODA	00:44:25	4:26	00:21:29 (147)	M (150)	MASTER 2 M (59)	M (17)
159	493	FAJARDO MUÑIZ, MARIO	CLUB DE REMO CABO DE CRUZ	00:44:36	4:27	00:22:39 (175)	M (151)	SENIOR M (35)	M (18)
160	565	RIO PEREIRA, YAGO DANIEL		00:44:43	4:28	00:21:06 (131)	M (152)	SUB 23 M (8)	
161	457	PIÑEIRO BECERRA, JOSÉ MANUEL		00:44:48	4:28	00:21:56 (156)	M (153)	MASTER 4 M (5)	M (19)
162	573	MUÑIZ MATALOBOS, NICOLÁS	CLUB DE REMO CABO DE CRUZ	00:44:51	4:29	00:22:24 (170)	M (154)	SUB 18 M (6)	
163	78	PIÑEIRO ABEIJON, BENITO		00:44:53	4:29	00:23:25 (211)	M (155)	MASTER 2 M (60)	
164	317	FANDIÑO RODRÍGUEZ, MANUEL		00:44:57	4:29	00:21:29 (149)	M (156)	MASTER 2 M (61)	
165	350	SANTOS SANTAMARIA, JOSÉ RAMÓN	CHORIMA	00:45:01	4:30	00:22:00 (158)	M (157)	MASTER 2 M (62)	
166	500	ABUÍN DOMÍNGUEZ, DANIEL	CLUB DE REMO CABO DE CRUZ	00:45:12	4:31	00:22:36 (173)	M (158)	SENIOR M (36)	M (20)
167	513	VÁZQUEZ GONZÁLEZ, MARTA		00:45:12	4:31	00:22:13 (164)	F (9)	SENIOR F (3)	
168	268	LOPEZ, JAVIER		00:45:14	4:31	00:22:52 (186)	M (159)	MASTER 1 M (16)	
169	484	TRIGO REY, STEPHAN	ENTRENARUNNING	00:45:18	4:31	00:22:47 (180)	M (160)	SENIOR M (37)	
170	322	PIÑERO LAMAS, RAMÓN	S.D. BARBANTIA RODA	00:45:20	4:31	00:22:22 (169)	M (161)	MASTER 2 M (63)	M (21)
171	575	PIÑEIRO HERMO, IZAN	CLUB DE REMO CABO DE CRUZ	00:45:20	4:31	00:22:24 (171)	M (162)	SUB 18 M (7)	M (22)
172	138	RÍOS VÁZQUEZ, JOSÉ	ITBS	00:45:20	4:31	00:22:20 (167)	M (163)	MASTER 4 M (6)	M (23)
173	520	ESCARIZ TORRES, IVÁN		00:45:22	4:32	00:21:22 (144)	M (164)	SENIOR M (38)	
174	61	MONTES TEIJIDO, ROBERTO	CLUBE ATLETISMO OUTES	00:45:23	4:32	00:22:39 (176)	M (165)	MASTER 2 M (64)	
175	435	GONZÁLEZ REINO, CARLOS		00:45:27	4:32	00:23:18 (208)	M (166)	MASTER 3 M (24)	
176	421	SABORIDO FERNANDEZ, LUIS MARIANO	S.D. BARBANTIA RODA	00:45:27	4:32	00:22:48 (181)	M (167)	MASTER 3 M (25)	
177	456	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	00:45:28	4:32	00:22:04 (159)	M (168)	MASTER 4 M (7)	
178	314	MATALOBOS REDONDO, ELENA	S.D. BARBANTIA RODA	00:45:32	4:33	00:22:48 (184)	F (10)	MASTER 2 F (3)	
179	329	MANEIRO SÁNCHEZ, RODRIGO	S.D. BARBANTIA RODA	00:45:33	4:33	00:23:00 (193)	M (169)	MASTER 2 M (65)	M (24)
180	33	FERNÁNDEZ BUCETA, PABLO		00:45:34	4:33	00:22:52 (187)	M (170)	SENIOR M (39)	

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181	369	BUIG, LARA	S.D. BARBANTIA RODA	00:45:36	4:33	00:22:59 (191)	F (11)	MASTER 2 F (4)	F (1)
182	365	BUIG FERNANDEZ, FCO. BORJA		00:45:36	4:33	00:22:57 (190)	M (171)	MASTER 2 M (66)	
183	358	BUIG FERNÁNDEZ, MANUEL ALEXIS		00:45:36	4:33	00:22:59 (192)	M (172)	MASTER 2 M (67)	
184	357	ESPINOSO VIDE, ROBERTO CARLOS	TABOADELA RUNNING	00:45:41	4:34	00:23:11 (203)	M (173)	MASTER 2 M (68)	
185	136	ALBORES DIAZ, JOSE MANUEL	CLUB ATLETISMO NOIA	00:45:41	4:34	00:22:17 (166)	M (174)	MASTER 4 M (8)	
186	514	PÉREZ SIEIRA, ALBERTO		00:45:50	4:34	00:24:13 (236)	M (175)	SENIOR M (40)	
187	300	RIAL LORENZO, MIGUEL	S.D. BARBANTIA RODA	00:45:52	4:35	00:22:54 (188)	M (176)	MASTER 2 M (69)	
188	444	PÉREZ BALIRAC, JESÚS	NOITEBRA CF	00:45:59	4:35	00:22:38 (174)	M (177)	MASTER 3 M (26)	
189	387	BAEZ VIDAL, PABLO	S.D. BARBANTIA RODA	00:46:00	4:35	00:22:48 (182)	M (178)	MASTER 2 M (70)	M (25)
190	385	CASTRO TOBIO, EUGENIA	ROMERO,S RUNNERS	00:46:00	4:35	00:22:39 (177)	F (12)	MASTER 2 F (5)	
191	451	ROMERO OLVEIRA, J.MANUEL	C.A. VETERANOS DE SAMIL	00:46:11	4:37	00:22:46 (179)	M (179)	MASTER 4 M (9)	
192	440	VALIÑO CEREIJO, JOSE MANUEL		00:46:12	4:37	00:22:57 (189)	M (180)	MASTER 3 M (27)	
193	479	TUBÍO HERMO, MARÍA	TRIBU TRAIL	00:46:14	4:37	00:22:04 (160)	F (13)	SENIOR F (4)	F (2)
194	537	ARGIBAY AROSA, DANIEL	C.A. CAMBADOS	00:46:19	4:37	00:23:03 (197)	M (181)	SENIOR M (41)	
195	301	FERNÁNDEZ RIVEIRO, JUAN MANUEL		00:46:37	4:39	00:22:42 (178)	M (182)	MASTER 2 M (71)	M (26)
196	31	LOJO LÓPEZ, NOELIA	S.D. BARBANTIA RODA	00:46:39	4:39	00:22:48 (183)	F (14)	SENIOR F (5)	
197	93	BAHAMONDE SUÁREZ, FRANCISCO	CLUB ATLETISMO TAMBRE	00:46:40	4:39	00:23:24 (210)	M (183)	MASTER 2 M (72)	
198	341	GUTIERREZ PELAYO, ALBERTO		00:46:43	4:40	00:23:39 (216)	M (184)	MASTER 2 M (73)	M (27)
199	523	SÁNCHEZ PIÑEIRO, ABEL		00:46:44	4:40	00:23:39 (215)	M (185)	SENIOR M (42)	M (28)
200	335	PÉREZ LORENZO, ÓSACAR	SAN MIGUEL DE MARIN	00:46:46	4:40	00:23:39 (217)	M (186)	MASTER 2 M (74)	M (29)
201	448	ÁLVAREZ AYUSO, CLAUDIO	ATMOS HOTEL	00:46:46	4:40	00:23:05 (199)	M (187)	MASTER 4 M (10)	
202	476	GALBÁN CES, ALEJANDRO		00:46:51	4:41	00:23:33 (212)	M (188)	SENIOR M (43)	
203	490	FERNÁNDEZ RESÚA, JACOBO		00:46:54	4:41	00:24:16 (238)	M (189)	SENIOR M (44)	
204	427	BURES MIGUENS, XOSE MANUEL	TRIBU TRAIL	00:46:56	4:41	00:23:03 (196)	M (190)	MASTER 3 M (28)	M (30)
205	272	ISORNA VILACHÁN, TONO		00:46:57	4:41	00:23:05 (200)	M (191)	MASTER 1 M (17)	
206	376	SUÁREZ LOJO, JOSE MANUEL		00:47:05	4:42	00:24:05 (231)	M (192)	MASTER 2 M (75)	M (31)
207	277	TUBÍO MARIÑO, DANIEL		00:47:09	4:42	00:23:41 (220)	M (193)	MASTER 1 M (18)	M (32)
208	262	LÓPEZ LÓPEZ, LAURA FELISA	ADCMONTEBREAMO	00:47:14	4:43	00:23:10 (202)	F (15)	MASTER 1 F (2)	
209	497	ABEIJÓN MOLEDO, MANUEL	CLUB DE REMO CABO DE CRUZ	00:47:24	4:44	00:23:15 (205)	M (194)	SENIOR M (45)	M (33)
210	337	PEREIRAS COUTO, ALVARO		00:47:25	4:44	00:22:48 (185)	M (195)	MASTER 2 M (76)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
211	418	LEIS MOURIÑO, OSCAR		00:47:29	4:44	00:23:07 (201)	M (196)	MASTER 3 M (29)	
212	489	FERNANDEZ GALBAN, ROBERTO	CLUB DE REMO CABO DE CRUZ	00:47:30	4:44	00:23:15 (204)	M (197)	SENIOR M (46)	
213	567	GÓMEZ TUBIO, ANDREA	ASESOU	00:47:41	4:46	00:23:01 (194)	F (16)	SUB 20 F (2)	
214	458	DE MARTÍN VÁZQUEZ, MARCIAL		00:47:42	4:46	00:23:18 (207)	M (198)	MASTER 4 M (11)	
215	278	PARADA BREA, DANIEL		00:47:48	4:46	00:23:40 (218)	M (199)	MASTER 1 M (19)	M (34)
216	291	POSE PEREZ, JALI		00:47:57	4:47	00:24:27 (249)	M (200)	MASTER 1 M (20)	M (35)
217	539	VARELA GARCÍA, HUGO		00:48:01	4:48	00:24:27 (248)	M (201)	SENIOR M (47)	
218	288	GARCÍA BEIRO, CRISTINA	CLUBE ATLETISMO OUTES	00:48:02	4:48	00:23:04 (198)	F (17)	MASTER 1 F (3)	
219	522	COUSELO MIRA, ALEXIA		00:48:06	4:48	00:23:22 (209)	F (18)	SENIOR F (6)	
220	334	PIÑEIRO GARCÍA, HÉCTOR	CLUB ATLETISMO LOUSAME	00:48:07	4:48	00:23:47 (224)	M (202)	MASTER 2 M (77)	
221	74	MÉNDEZ FROJAN, XAIÑO	CLUB ATLETISMO SAR	00:48:10	4:48	00:23:51 (226)	M (203)	MASTER 2 M (78)	M (36)
222	410	GÓMEZ VIAÑO, JOSÉ		00:48:11	4:49	00:23:51 (225)	M (204)	MASTER 3 M (30)	
223	342	FERNÁNDEZ VILLAMARÍN, PABLO	SD COMPOSTELA ATLETISMO	00:48:13	4:49	00:24:18 (241)	M (205)	MASTER 2 M (79)	
224	117	PEREZ SUSAVILA, ANGEL		00:48:22	4:50	00:23:53 (227)	M (206)	MASTER 3 M (31)	
225	431	CALVO CALVO, LUIS		00:48:22	4:50	00:23:54 (228)	M (207)	MASTER 3 M (32)	M (37)
226	271	RODRÍGUEZ BUGALLO, ANGEL		00:48:26	4:50	00:24:05 (230)	M (208)	MASTER 1 M (21)	
227	368	PIÑEIRO, PABLO		00:48:28	4:50	00:24:07 (232)	M (209)	MASTER 2 M (80)	
228	333	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:48:42	4:52	00:23:45 (222)	M (210)	MASTER 2 M (81)	
229	230	MATOSIAN CARRERA, MARIA	S.D. BARBANTIA RODA	00:48:46	4:52	00:23:17 (206)	F (19)	MASTER 2 F (6)	F (3)
230	561	DOMÍNGUEZ TRIÑANES, ALBA		00:48:50	4:52	00:24:14 (237)	F (20)	SUB 23 F (1)	F (4)
231	297	RIAL OTERO, LORENA	S.D. BARBANTIA RODA	00:48:52	4:53	00:23:38 (214)	F (21)	MASTER 1 F (4)	F (5)
232	426	GARCÍA ABALO, MADA	CLUBE ATLETISMO OUTES	00:48:53	4:53	00:23:38 (213)	F (22)	MASTER 3 F (2)	
233	269	MARCOS BARREIRO, JAVIER		00:48:56	4:53	00:23:40 (219)	M (211)	MASTER 1 M (22)	
234	405	OTERO DÍAZ, MARIO	C.D. RIA DE AROUSA	00:48:59	4:53	00:24:12 (235)	M (212)	MASTER 3 M (33)	
235	455	REGUEIRA BOO, JOSE MATIAS		00:48:59	4:53	00:24:19 (243)	M (213)	MASTER 4 M (12)	
236	411	TOREA TOREA, ELENA	CLUB ATLETISMO LOUSAME	00:49:03	4:54	00:24:21 (245)	F (23)	MASTER 3 F (3)	
237	128	FERNÁNDEZ, JOAQUÍN	SERRES RUNNERS	00:49:04	4:54	00:24:21 (246)	M (214)	MASTER 3 M (34)	
238	508	TUBIO TUBIO, VANESA	CLUB ATLETISMO LOUSAME	00:49:05	4:54	00:24:20 (244)	F (24)	SENIOR F (7)	
239	85	SAMBADE LESTÓN, LORETO	TRIKITEAM	00:49:11	4:55	00:23:43 (221)	F (25)	MASTER 2 F (7)	
240	375	LEON LOPEZ, MANUEL RAMON6		00:49:12	4:55	00:24:10 (233)	M (215)	MASTER 2 M (82)	M (38)

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241	429	MUÑIZ ABUIN, JUAN CARLOS		00:49:17	4:55	00:24:42 (258)	M (216)	MASTER 3 M (35)	M (39)
242	383	PÉREZ BOULLÓN, SERGIO	SLAP TRAINING	00:49:18	4:55	00:24:24 (247)	M (217)	MASTER 2 M (83)	
243	98	VÁZQUEZ CASTRO, VIRGINIA	ATLETISMO FONTES DO SAR	00:49:19	4:55	00:24:27 (249)	F (26)	MASTER 2 F (8)	
244	450	RODRÍGUEZ DEL RÍO, MARÍA DEL	SD COMPOSTELA ATLETISMO	00:49:34	4:57	00:24:18 (242)	F (27)	MASTER 4 F (1)	
245	414	CONDE SIEIRA, XURXO MANUEL	S.D. BARBANTIA RODA	00:49:35	4:57	00:25:00 (279)	M (218)	MASTER 3 M (36)	
246	437	CAMBADOS MÁRQUEZ, MLUISA		00:49:35	4:57	00:24:46 (267)	F (28)	MASTER 3 F (4)	
247	21	RODRIGUEZ BERMUDEZ, TAMARA		00:49:35	4:57	00:24:10 (234)	F (29)	SENIOR F (8)	
248	433	GIL BREA, JOSE ANTONIO	NOITEBRA CF	00:49:40	4:57	00:24:43 (262)	M (219)	MASTER 3 M (37)	
249	139	PÉREZ GARCÍA, JESÚS	C.A. CAMBADOS	00:49:48	4:58	00:24:43 (260)	M (220)	MASTER 4 M (13)	
250	104	CAMIÑA MARTINEZ, RAIMUNDO		00:49:48	4:58	00:24:43 (259)	M (221)	MASTER 2 M (84)	
251	45	CARREGAL, CRISTINA		00:49:54	4:59	00:24:45 (266)	F (30)	MASTER 1 F (5)	
252	579	ALCALDE RIAL, MARIO		00:49:54	4:59	00:22:30 (172)	M (222)	SUB 18 M (8)	
253	377	TEDÍN MOUZO, MARCOS		00:49:55	4:59	00:24:45 (265)	M (223)	MASTER 2 M (85)	
254	44	RIVEIRO GAGO, PATRICIA	FLOW PILATES & TRAINING	00:49:58	4:59	00:24:44 (264)	F (31)	MASTER 1 F (6)	
255	298	ABEIJON OTERO, INÉS		00:50:01	5:00	00:24:40 (255)	F (32)	MASTER 1 F (7)	F (6)
256	478	BUCETA QUEIRUGA, JAVIER		00:50:02	5:00	00:24:51 (276)	M (224)	SENIOR M (48)	
257	439	FERNÁNDEZ PIÑEIRO, TONO		00:50:03	5:00	00:23:45 (223)	M (225)	MASTER 3 M (38)	
258	37	GONZÁLEZ BARGO, CARLA	CLUBE ATLETISMO OUTES	00:50:04	5:00	00:24:49 (271)	F (33)	SENIOR F (9)	
259	362	CASTAÑO BRIONES, JUAN RAMON		00:50:09	5:00	00:24:49 (274)	M (226)	MASTER 2 M (86)	M (40)
260	359	BOQUETE GARCIA, TANIA		00:50:14	5:01	00:24:48 (268)	F (34)	MASTER 2 F (9)	
261	547	PARDAVILA MANSILLA, DIEGO		00:50:19	5:01	00:25:09 (281)	M (227)	SENIOR M (49)	
262	417	GOMEZ GOMEZ, ROSA		00:50:19	5:01	00:24:41 (257)	F (35)	MASTER 3 F (5)	
263	3	FORMOSO RECAREY, EVA	TRIKITEAM	00:50:20	5:01	00:23:57 (229)	F (36)	SUB 18 F (2)	
264	540	REY VARELA, RAUL		00:50:20	5:01	00:24:43 (261)	M (228)	SENIOR M (50)	
265	535	BESADA ESPERÓN, PATRICIA	S.D. BARBANTIA RODA	00:50:24	5:02	00:24:51 (277)	F (37)	SENIOR F (10)	
266	443	PARDAVILA IGLESIAS, MIGUEL ANGEL	CORRIDA DAS CABRAS	00:50:28	5:02	00:24:30 (251)	M (229)	MASTER 3 M (39)	
267	232	MARTÍNEZ RIVADEMAR, ARACELI	ATLETISMO FONTES DO SAR	00:50:29	5:02	00:24:48 (269)	F (38)	MASTER 2 F (10)	
268	510	SALGADO AMIL, MARTÍN		00:50:46	5:04	00:24:49 (273)	M (230)	SENIOR M (51)	
269	449	FERRACES VÁZQUEZ, MONCHO	CLUBE ATLETISMO BOIMORTO	00:50:49	5:04	(-1)	M (231)	MASTER 4 M (14)	
270	409	FERRACES VAZQUEZ, MONTSERRAT		00:50:50	5:04	00:24:39 (254)	F (39)	MASTER 3 F (6)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
271	274	FERRACES FRANCO, ANXO		00:50:51	5:05	00:24:39 (253)	M (232)	MASTER 1 M (23)	M (41)
272	102	CARAMES VILA, NOA	S.D. BARBANTIA RODA	00:50:53	5:05	00:24:49 (270)	F (40)	MASTER 2 F (11)	F (7)
273	237	OTERO MARTÍNEZ, JORGE	DEMACRADOS TRAIL RUNNERSU	00:50:53	5:05	00:24:41 (256)	M (233)	MASTER 2 M (87)	
274	488	BLANCO ROMERO, XOEL		00:51:04	5:06	00:24:16 (239)	M (234)	SENIOR M (52)	
275	137	GOMEZ GARCIA, GONZALO		00:51:28	5:08	00:25:06 (280)	M (235)	MASTER 4 M (15)	
276	485	SILVAR HERMO, MARCOS		00:51:29	5:08	00:24:49 (272)	M (236)	SENIOR M (53)	M (42)
277	390	VIÉITEZ FERRADÁNS, JOSÉ		00:51:45	5:10	00:24:17 (240)	M (237)	MASTER 2 M (88)	
278	28	RODRIGUEZ SANTAMARIA, JOSÉ DAVID	S.D. BARBANTIA RODA	00:51:50	5:10	00:24:58 (278)	M (238)	MASTER 2 M (89)	M (43)
279	423	MARTINEZ OVIEDO, ANGEL		00:52:01	5:12	00:24:35 (252)	M (239)	MASTER 3 M (40)	
280	302	SONEIRA CHENLO, MANUEL		00:52:02	5:12	00:25:38 (287)	M (240)	MASTER 2 M (90)	
281	464	MARTÍNEZ MUÑÍZ, PAULINO		00:52:02	5:12	00:26:15 (299)	M (241)	MASTER 4 M (16)	M (44)
282	63	OTERO GÓMEZ, MAICA		00:52:05	5:12	00:25:14 (282)	F (41)	MASTER 2 F (12)	
283	380	RODRIGUEZ CALO, PATRÍCIA		00:52:15	5:13	00:26:03 (291)	F (42)	MASTER 2 F (13)	F (8)
284	398	PLACES VIDAL, LALI	BALLENATOS DE PIÑE	00:52:20	5:13	00:25:17 (283)	F (43)	MASTER 3 F (7)	F (9)
285	134	SÁNCHEZ BASCOY, SILVIA		00:52:21	5:14	00:25:27 (285)	F (44)	MASTER 4 F (2)	
286	503	SAMPAYO, PABLO		00:52:25	5:14	00:26:57 (312)	M (242)	SENIOR M (54)	
287	552	FABEIRO SEGADE, FIDEL		00:52:28	5:14	00:26:50 (306)	M (243)	SUB 23 M (9)	M (45)
288	393	GOMEZ OVIEDO, LOLY	SD COMPOSTELA ATLETISMO	00:52:33	5:15	00:26:05 (293)	F (45)	MASTER 2 F (14)	
289	545	CORES CANCELA, ANDREA	SD COMPOSTELA ATLETISMO	00:52:33	5:15	00:26:05 (292)	F (46)	SENIOR F (11)	
290	292	GEY SEGADE, SANTIAGO MANUEL	S.D. BARBANTIA RODA	00:52:38	5:15	00:24:50 (275)	M (244)	MASTER 1 M (24)	M (46)
291	324	MARTIS MIRANDA, MANUEL		00:52:51	5:17	00:27:02 (317)	M (245)	MASTER 2 M (91)	
292	453	PAIS FERNANDEZ, MANUEL	SERRES RUNNERS	00:52:54	5:17	00:26:02 (290)	M (246)	MASTER 4 M (17)	
293	296	RAMOS OLVEIRA, ESTEFANÍA	SLAP TRAINING	00:52:57	5:17	00:26:08 (296)	F (47)	MASTER 1 F (8)	
294	343	PÉREZ GARCÍA, FÁTIMA		00:53:00	5:17	00:26:06 (294)	F (48)	MASTER 2 F (15)	F (10)
295	474	MARTÍNEZ FERNÁNDEZ, ADÁN	ARTROGAL TRI 498	00:53:12	5:19	00:27:01 (315)	M (247)	SENIOR M (55)	
296	473	QUEIRUGA LAGUNA, GABRIELA		00:53:12	5:19	00:27:01 (314)	F (49)	SENIOR F (12)	
297	469	OCAMPO CÁCERES, LILIANA RAMONA		00:53:14	5:19	00:26:08 (295)	F (50)	SENIOR F (13)	F (11)
298	347	AGRELO COUSELO, MARÍA	ATLETISMO +9 MORAÑA	00:53:22	5:20	00:26:08 (296)	F (51)	MASTER 2 F (16)	
299	574	FILGUEIRA FERNÁNDEZ, RUBÉN	CLUB DE REMO CABO DE CRUZ	00:53:22	5:20	00:24:44 (263)	M (248)	SUB 18 M (9)	M (47)
300	531	RODRÍGUEZ SALCEDO, MARÍA		00:53:23	5:20	00:26:32 (304)	F (52)	SENIOR F (14)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
301	140	RAMOS SUÁREZ, Mª BEGOÑA	ENTRENARUNNING	00:53:37	5:21	00:26:09 (298)	F (53)	MASTER 4 F (3)	
302	432	PÉREZ LÓPEZ, IÑAKI		00:53:50	5:22	00:26:58 (313)	M (249)	MASTER 3 M (41)	M (48)
303	509	PÉREZ TREUS, LIDIA		00:53:50	5:22	00:26:55 (310)	F (54)	SENIOR F (15)	F (12)
304	452	VARELA PAZOS, ADRIÁN	SERRES RUNNERS	00:53:57	5:23	00:27:13 (321)	M (250)	MASTER 1 M (25)	
305	320	VIA, TAMARA	ATLETISMO FONTES DO SAR	00:54:03	5:24	00:26:53 (308)	F (55)	MASTER 2 F (17)	
306	127	VEIGA BLANCO, MONTSERRAT	ATLETISMO FONTES DO SAR	00:54:09	5:24	00:26:53 (309)	F (56)	MASTER 3 F (8)	
307	422	GÓMEZ MARTÍNEZ, CARLOS		00:54:12	5:25	00:26:21 (300)	M (251)	MASTER 3 M (42)	
308	55	MILLARES SIEIRA, CLARA MARÍA	EL CANARIO	00:54:15	5:25	00:27:13 (322)	F (57)	MASTER 1 F (9)	
309	542	REY RODRÍGUEZ, LAURA	S.D. BARBANTIA RODA	00:54:17	5:25	00:25:24 (284)	F (58)	SENIOR F (16)	
310	541	SÁNCHEZ DO RÍO, ALFONSO		00:54:17	5:25	00:26:01 (289)	M (252)	SENIOR M (56)	
311	323	CHAO BLANCO, EMMA		00:54:28	5:26	00:27:14 (324)	F (59)	MASTER 2 F (18)	
312	408	VÁZQUEZ REGUEIRO, RICARDO	S.D. BARBANTIA RODA	00:54:28	5:26	00:27:14 (323)	M (253)	MASTER 3 M (43)	M (49)
313	384	VARELA VARELA, SABELA	CORRIDA DAS CABRAS	00:54:33	5:27	00:27:02 (316)	F (60)	MASTER 2 F (19)	
314	348	CAMPOS EIRÍN, MERCEDES	ATLETISMO +9 MORAÑA	00:54:46	5:28	00:26:24 (303)	F (61)	MASTER 2 F (20)	
315	572	AMBITE SANTANA, DARIO		00:55:00	5:29	00:25:36 (286)	M (254)	SUB 20 M (4)	
316	270	MANTEIGA RODRIGUEZ, SANDRA		00:55:04	5:30	00:26:57 (311)	F (62)	MASTER 1 F (10)	
317	396	PIÑEIRO ESPERANTE, MARI		00:55:19	5:31	00:27:15 (326)	F (63)	MASTER 3 F (9)	
318	122	ARES FONTENLA, RAFAEL		00:55:22	5:32	00:27:07 (318)	M (255)	MASTER 3 M (44)	
319	346	CASO BERNABE, CLAUDIA	S.D. BARBANTIA RODA	00:55:23	5:32	00:26:52 (307)	F (64)	MASTER 2 F (21)	F (13)
320	569	POUSO GONZÁLEZ, JORGE	CLUB DE REMO CABO DE CRUZ	00:55:24	5:32	00:26:33 (305)	M (256)	SUB 20 M (5)	M (50)
321	51	ESTÉVEZ CUBAS, ANA		00:55:30	5:32	00:27:08 (320)	F (65)	MASTER 1 F (11)	
322	419	GONZÁLEZ SANTAMARÍA, JOSÉ MANUEL	S.D. BARBANTIA RODA	00:55:31	5:33	00:27:15 (325)	M (257)	MASTER 3 M (45)	M (51)
323	447	RODRÍGUEZ SOBRINO, CELINA	MORAÑA EN RUTA	00:55:31	5:33	00:26:22 (301)	F (66)	MASTER 4 F (4)	
324	446	CALVO GERARDI, MANUEL	CLUB ATLETISMO SAR	00:55:32	5:33	00:26:23 (302)	M (258)	MASTER 4 M (18)	
325	533	BLANCO CALO, PABLO		00:56:15	5:37	00:27:07 (319)	M (259)	SENIOR M (57)	M (52)
326	142	RIAL PAIS, JOSÉ	CLUBE ATLETISMO OUTES	00:56:19	5:37	00:27:32 (327)	M (260)	MASTER 4 M (19)	
327	571	MUÑIZ TEIRA, DIEGO		00:56:20	5:37	00:27:55 (331)	M (261)	SUB 20 M (6)	M (53)
328	430	PAZ SILVA, ADÁN		00:56:28	5:38	00:27:50 (330)	M (262)	MASTER 3 M (46)	
329	360	PEREZ GONZALEZ, BEATRIZ		00:56:29	5:38	00:27:50 (329)	F (67)	MASTER 2 F (22)	
330	416	SEGADE OTERO, JOSÉ ALBERTO		00:56:55	5:41	00:27:37 (328)	M (263)	MASTER 3 M (47)	M (54)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCAL
331	303	GONZÁLEZ, NIDIA	MONTE BREAMO	00:56:58	5:41	00:28:07 (333)	F (68)	MASTER 2 F (23)	
332	502	SIEIRA FRANCO, GABRIEL		00:57:20	5:43	00:28:20 (336)	M (264)	SENIOR M (58)	
333	6	MÉNDEZ GONZÁLEZ, XOANA	ADAS CUPA	00:57:22	5:44	00:28:25 (339)	F (69)	SUB 18 F (3)	F (14)
334	399	GARCIA PEREIRA, ROSA	COIRA	00:57:34	5:45	00:28:21 (337)	F (70)	MASTER 3 F (10)	
335	445	OTERO CEPEDA, DANIEL		00:57:40	5:45	00:28:05 (332)	M (265)	MASTER 4 M (20)	
336	356	GONZÁLEZ GARCÍA, CAROLINA	CLUB ATLETISMO SAR	00:57:48	5:46	00:28:33 (340)	F (71)	MASTER 2 F (24)	F (15)
337	532	ARES QUEIRUGA, RAQUEL		00:57:50	5:46	00:28:07 (334)	F (72)	SENIOR F (17)	F (16)
338	436	FERNÁNDEZ PIÑEIRO, MARÍA		00:58:11	5:49	00:28:21 (338)	F (73)	MASTER 3 F (11)	
339	504	MATUTE PELLICER, RAQUEL		00:58:27	5:50	00:28:18 (335)	F (74)	SENIOR F (18)	
340	279	FARIÑA GOMEZ, JONATAN		00:58:51	5:53	00:25:51 (288)	M (266)	MASTER 1 M (26)	
341	328	TORRADO ARES, DORES	S.D. BARBANTIA RODA	00:59:45	5:58	00:28:36 (341)	F (75)	MASTER 2 F (25)	F (17)
342	560	CALO ORDÓÑEZ, HELENA		01:01:16	6:07	00:28:51 (342)	F (76)	SUB 23 F (2)	F (18)
343	261	SEGOVIA ESCOBAR, ANGÉLICA MARÍA		01:02:01	6:12	00:29:26 (343)	F (77)	MASTER 1 F (12)	
344	434	LÓPEZ OUTEIRAL, JESÚS		01:04:47	6:28	00:30:47 (344)	M (267)	MASTER 3 M (48)	M (55)
345	131	TRESGUERRAS GONZÁLEZ, ELVIRA	CLUB ATLETISMO SAR	01:08:21	6:50	00:32:35 (345)	F (78)	MASTER 4 F (5)	
346	562	DIESTE DEÁN, NOELIA		01:10:30	7:02	00:36:51 (349)	F (79)	SUB 23 F (3)	F (19)
347	463	BERNAL GOMEZ, JESUS		01:10:56	7:05	00:34:57 (348)	M (268)	MASTER 4 M (21)	
348	511	LEÓN LÓPEZ, CRISTINA		01:12:57	7:17	00:34:00 (347)	F (80)	SENIOR F (19)	
349	512	DEAN, VERO		01:12:57	7:17	00:34:00 (346)	F (81)	SENIOR F (20)	
350	563	OZORES CORTÉS, MARTA		01:14:53	7:29	00:36:52 (350)	F (82)	SUB 23 F (4)	F (20)
351	568	PIETRANTONIO CHIRINOS, TIZZIANO		01:15:58	7:35	(-1)	M (269)	SUB 20 M (7)	M (56)

Total: 351