

XXVI Carreira Popular de Pontecesures

CLASIFICACIÓN 8K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCA
1	842	LORENZO LÓPEZ, MANUEL	CLUB DEPORTIVO PINARIUM	00:24:49	3:06	00:12:30 (2)	M (1)	SENIOR M (NA)	
2	847	CENDÁN LLORENS, ANDRÉS	CLUB TRIATLÓN COMPOSTELA	00:25:22	3:10	00:12:31 (3)	M (2)	SENIOR M (NA)	
3	52	LESTIDO REY, MARTIN	CLUB ATLETISMO SAR	00:25:40	3:12	00:12:31 (4)	M (3)	SENIOR M (NA)	
4	71	RIVEIRO LAMPON, ALBERTO	CLUB ATLETISMO SAR	00:26:26	3:18	00:13:14 (9)	M (4)	SENIOR M (1)	
5	185	BENITEZ PEREZ, SAUL	EL CANARIO	00:26:26	3:18	00:13:07 (5)	M (5)	JUNIOR - SUB 18 M (1)	
6	143	SOBRAL, MANU	SD COMPOSTELA ATLETISMO	00:26:38	3:19	00:13:13 (8)	M (6)	MASTER A M (1)	
7	88	VAZQUEZ ARES, FERNANDO	CLUB ATLETISMO SAR	00:26:41	3:20	00:13:09 (6)	M (7)	MASTER B M (1)	
8	20	PARDO MONTERO, ALBERTO		00:26:41	3:20	00:13:12 (7)	M (8)	MASTER A M (2)	
9	822	SANTIAGO BOSCH, JOSE ANTONIO	CLUB DEPORTIVO PINARIUM	00:26:57	3:22	00:13:21 (11)	M (9)	MASTER B M (2)	
10	103	AGRELO GÓMEZ, ROBERTO CARLOS	CLUB ATLETISMO SAR	00:27:00	3:22	00:13:21 (12)	M (10)	MASTER B M (3)	
11	262	MARIN MOLLINEDO, NICOLAS	TRIATLON VILAGARCIA	00:27:13	3:24	00:13:14 (10)	M (11)	SENIOR M (2)	
12	816	GOMEZ RIOS, JOSÉ ANTONIO	CLUB ATLETISMO SAR	00:27:18	3:24	00:13:38 (16)	M (12)	MASTER B M (4)	
13	115	BARREIRO CASTIÑEIRA, MARCOS	CLUB TRIATLÓN COMPOSTELA	00:27:25	3:25	00:13:47 (23)	M (13)	SENIOR M (3)	
14	209	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:27:25	3:25	00:13:28 (14)	M (14)	MASTER A M (3)	
15	28	MATA CASTRO, ARTURO	CLUB ATLETISMO SANTIAGO	00:27:28	3:25	00:13:43 (18)	M (15)	SENIOR M (4)	
16	819	PARADA MONTOTO, DAVID	MONTEPORREIRUNN	00:27:33	3:26	00:13:28 (15)	M (16)	MASTER B M (5)	
17	140	PARDIÑAS MALLÓN, TOÑITO	SD COMPOSTELA ATLETISMO	00:27:34	3:26	00:13:23 (13)	M (17)	MASTER A M (4)	
18	823	RODRIGUEZ DE OLIVEIRA, UBALDO	CLUB DEPORTIVO PINARIUM	00:27:37	3:27	00:13:44 (20)	M (18)	MASTER B M (6)	
19	182	BUGALLO, RICARDO		00:27:42	3:27	00:13:39 (17)	M (19)	SENIOR M (5)	
20	207	CALVO CES, ARMANDO	CLUB ATLETISMO SAR	00:27:49	3:28	00:13:45 (21)	M (20)	MASTER B M (7)	
21	811	FERRADANS VALDES, JORGE	CLUB TRIATLÓN COMPOSTELA	00:27:55	3:29	00:13:48 (24)	M (21)	MASTER A M (5)	
22	4	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:27:59	3:29	00:13:44 (19)	M (22)	MASTER C M (1)	
23	65	FAGILDE FANDIÑO, ANGEL	CLUB TRIATLÓN COMPOSTELA	00:28:01	3:30	00:13:58 (26)	M (23)	MASTER B M (8)	
24	191	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:28:04	3:30	00:14:23 (36)	M (24)	SENIOR M (6)	
25	263	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	00:28:05	3:30	00:13:46 (22)	M (25)	MASTER C M (2)	
26	125	CORRAL SERTAL, JAVIER	CLUB TRIATLÓN COMPOSTELA	00:28:14	3:31	00:14:07 (29)	M (26)	SENIOR M (7)	
27	202	MARTÍNEZ IGLESIAS, ERIC	S. D. BARBANTIA RODA	00:28:22	3:32	00:14:04 (27)	M (27)	SENIOR M (8)	
28	210	WALDOMAR ARMAS, KEVIN	TRIBU TRAIL	00:28:22	3:32	00:14:18 (32)	M (28)	SENIOR M (9)	
29	83	RODRÍGUEZ LEAL, CARLOS	CLUB FERROL ATLETISMO	00:28:25	3:33	00:13:55 (25)	M (29)	MASTER A M (6)	
30	217	FRAGA ADRIO, CARLOS	CLUB ATLETISMO O PINO	00:28:30	3:33	00:14:09 (30)	M (30)	SENIOR M (10)	

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31	77	POUSO VIDAL, LUCAS	CLUB ATLETISMO CAMBADOS	00:28:37	3:34	00:14:25 (37)	M (31)	MASTER B M (9)	
32	271	CASTROAGUDIN GOMEZ, ADRIAN	MORAÑA EN RUTA	00:28:44	3:35	00:14:07 (28)	M (32)	MASTER A M (7)	M (1)
33	820	ALONSO FERNÁNDEZ, RICARDO	RUNNING ARTEIXO	00:28:46	3:35	00:14:20 (34)	M (33)	MASTER B M (10)	
34	131	VILLAR RODRÍGUEZ, RICARDO	NOITEBRA F.C.	00:28:53	3:36	00:14:17 (31)	M (34)	MASTER B M (11)	
35	144	PARCERO ESPIÑO, MIGUEL	ATLETISMO ARENTEIRO	00:28:54	3:36	00:14:26 (38)	M (35)	MASTER A M (8)	
36	106	SAINZ TRESGUERRAS, JESÚS	CLUB ATLETISMO SAR	00:28:56	3:36	00:14:19 (33)	M (36)	SENIOR M (11)	
37	152	IGLESIAS CARRERA, PIO	CLUB TRIATLÓN COMPOSTELA	00:29:02	3:37	00:14:36 (42)	M (37)	MASTER B M (12)	
38	181	VÁZQUEZ MATO, JOSÉ MANUEL	CLUB DEPORTIVO BRIÓN HYUPERSA	00:29:09	3:38	00:14:21 (35)	M (38)	MASTER B M (13)	
39	150	FERNÁNDEZ LAGO, JUAN CARLOS	CLUB ATLETISMO SAR	00:29:28	3:40	00:14:32 (41)	M (39)	MASTER C M (3)	
40	154	PÉREZ CASTRO, DAVID	NOITEBRA F.C.	00:29:32	3:41	00:14:41 (43)	M (40)	MASTER A M (9)	
41	845	SOUTO IGLESIAS, ADRIÁN		00:29:36	3:41	00:15:07 (54)	M (41)	SENIOR M (12)	
42	824	FERNÁNDEZ RODRIGUEZ, JOSE	CLUBE ATLETISMO BOIMORTO	00:29:40	3:42	00:14:50 (46)	M (42)	MASTER B M (14)	
43	810	IGLESIAS TORRES, JULIO	CDM VERTICE	00:29:40	3:42	00:14:52 (47)	M (43)	MASTER A M (10)	
44	41	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:29:41	3:42	00:14:27 (39)	M (44)	SENIOR M (13)	
45	146	GONZÁLEZ NÚÑEZ, JOSÉ LUIS		00:29:48	3:43	00:14:45 (45)	M (45)	MASTER A M (11)	
46	226	PEREZ PORTELA, MARCOS		00:29:49	3:43	00:14:57 (49)	M (46)	MASTER A M (12)	
47	187	PAZ PINTOR, JACOBO		00:29:51	3:43	00:15:08 (55)	M (47)	SENIOR M (14)	
48	846	SANTISO PRADO, ANA MARÍA	CLUB ATLETISMO RÍA DE FOZ	00:29:54	3:44	00:14:30 (40)	F (1)	SENIOR F (NA)	
49	806	CAMIÑA UCHA, BASILIO	CLUB ATLETISMO CAMBADOS	00:29:59	3:44	00:14:43 (44)	M (48)	MASTER A M (13)	
50	829	RAMOS FERROL, ARTURO	CLUB TRIATLÓN COMPOSTELA	00:30:18	3:47	00:15:05 (50)	M (49)	MASTER B M (15)	
51	802	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:30:21	3:47	00:15:05 (51)	M (50)	MASTER A M (14)	
52	19	ÁLVAREZ CALVO, URBANO		00:30:28	3:48	00:14:53 (48)	M (51)	MASTER B M (16)	
53	2	AYASO ROMERO, JOSE LUIS	SANTA UXIA ATLETISMO	00:30:30	3:48	00:15:07 (53)	M (52)	MASTER B M (17)	
54	237	VILA SIEIRA, RUBEN	EGOVARROS DE VIVEIRO	00:30:30	3:48	00:15:11 (58)	M (53)	MASTER B M (18)	
55	64	RIAL RODRIGUEZ, UXIO	SPEEDCROSS TEAM	00:30:34	3:49	00:15:24 (62)	M (54)	MASTER A M (15)	M (2)
56	268	GÓMEZ LAJOS, ALEX		00:30:40	3:49	00:15:31 (67)	M (55)	SENIOR M (15)	
57	195	MARTÍNEZ NIETO, MICHEL	CLUB ATLETISMO OUTES- MARISCOS	00:30:44	3:50	00:15:05 (52)	M (56)	MASTER B M (19)	
58	232	MARTINEZ VALVERDE, JUAN CARLOS	CLUB ATLETISMO O PINO	00:30:44	3:50	00:15:08 (56)	M (57)	MASTER B M (20)	
59	218	VÁZQUEZ TEIRA, DAVID	CERVECERÍA O COTÓN NEGREIRA	00:30:46	3:50	00:15:23 (61)	M (58)	SENIOR M (16)	
60	37	LÓPEZ TORRES, ANDRES	TRIATLON VILAGARCIA	00:30:51	3:51	00:15:10 (57)	M (59)	MASTER C M (4)	

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61	109	FERNÁNDEZ CASAIS, ADRIÁN		00:30:56	3:51	00:15:11 (59)	M (60)	MASTER A M (16)	
62	130	BOO FARIÑA, SALVADOR	TRIBU TRAIL	00:31:00	3:52	00:15:27 (64)	M (61)	MASTER C M (5)	
63	192	PÉREZ VÁZQUEZ, BRAIS		00:31:01	3:52	00:15:45 (76)	M (62)	SENIOR M (17)	
64	219	TRIÑANES LÓPEZ, JAVIER	SERRES RUNNERS	00:31:02	3:52	00:15:32 (68)	M (63)	MASTER A M (17)	
65	153	TOIMIL CASTRO, ALFONSO	ATLETISMO MILLADOIRO	00:31:02	3:52	00:15:30 (65)	M (64)	MASTER B M (21)	
66	101	FERNANDEZ, MARCOS	CLUB ATLETISMO SAR	00:31:13	3:54	00:15:43 (75)	M (65)	MASTER A M (18)	
67	208	ARES RIAL, MIGUEL		00:31:28	3:55	00:15:40 (74)	M (66)	MASTER B M (22)	
68	120	GUTIÉRREZ PRIETO, FERNANDO		00:31:37	3:57	00:15:36 (71)	M (67)	MASTER A M (19)	
69	51	MIRANDA VIEITO, JOSÉ MANUEL	ATHLETICS FISIOTERAPIA SAN LAZARO	00:31:39	3:57	00:15:31 (66)	M (68)	MASTER B M (23)	
70	807	TAIBO, MARIO	CLUB ATLETISMO SANTIAGO	00:31:41	3:57	00:15:32 (69)	M (69)	MASTER A M (20)	
71	165	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:31:47	3:58	00:15:24 (63)	M (70)	MASTER B M (24)	
72	215	TORRES BAUTÍS, MANUEL JORGE	CLUB TRIATLÓN COMPOSTELA	00:31:49	3:58	00:16:01 (82)	M (71)	MASTER C M (6)	
73	22	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:31:49	3:58	00:15:40 (73)	M (72)	MASTER C M (7)	
74	23	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:31:49	3:58	00:15:40 (72)	M (73)	MASTER A M (21)	
75	46	GÓMEZ RAPOSO, EDUARDO	CLUB TRIATLÓN COMPOSTELA	00:31:51	3:58	00:16:01 (83)	M (74)	MASTER B M (25)	
76	68	BAHAMONDE BARCALA, BRAIS	CLUB ATLETISMO TAMBRE	00:31:51	3:58	00:15:20 (60)	M (75)	JUNIOR - SUB 18 M (2)	
77	94	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:31:53	3:59	00:16:04 (86)	M (76)	MASTER C M (8)	
78	99	BARROS BARCALA, JOSÉ MANUEL	ATLETISMO +9 MORAÑA	00:31:54	3:59	00:16:04 (87)	M (77)	MASTER B M (26)	
79	231	RAMOS TRASAR, INÉS	CLUB ATLETISMO SAR	00:31:55	3:59	00:15:51 (77)	F (2)	SENIOR F (NA)	
80	18	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	00:31:56	3:59	00:15:55 (79)	M (78)	MASTER C M (9)	
81	159	FERNÁNDEZ OTERO, SERGIO		00:32:04	4:00	00:15:35 (70)	M (79)	MASTER A M (22)	
82	100	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	00:32:06	4:00	00:15:53 (78)	M (80)	MASTER B M (27)	
83	8	BLANCO REY, VANESA	CLUB ATLETISMO NOIA	00:32:08	4:00	00:16:03 (85)	F (3)	MASTER B F (NA)	
84	815	RIVEIRO MOLEDO, SEGUNDO	CLUB ATLETISMO NOIA	00:32:12	4:01	00:16:10 (88)	M (81)	MASTER B M (28)	
85	42	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:32:17	4:02	00:16:13 (91)	M (82)	MASTER C M (10)	
86	5	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:32:35	4:04	00:16:12 (90)	M (83)	MASTER A M (23)	
87	107	MARTINEZ VARELA, LUÍS MANUEL	CLUB ATLETISMO CAMBADOS	00:32:44	4:05	00:15:59 (81)	M (84)	MASTER A M (24)	
88	248	MONTANÉ LÓPEZ, JAVIER	S. D. BARBANTIA RODA	00:32:49	4:06	00:16:24 (92)	M (85)	MASTER B M (29)	
89	78	VÁZQUEZ GARCÍA, IVÁN	TRIATLON VILAGARCIA	00:32:50	4:06	00:16:03 (84)	M (86)	MASTER A M (25)	
90	155	MARQUE RUIBAL, JOSÉ ANTONIO	CDM VERTICE	00:32:51	4:06	00:15:59 (80)	M (87)	MASTER A M (26)	

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91	82	ROSAL CHAVES, DIEGO	CLUB ATLETISMO CAMBADOS	00:32:54	4:06	00:16:37 (95)	M (88)	MASTER A M (27)	
92	204	MONTES TEIJIDO, ROBERTO	CLUB ATLETISMO OUTES- MARISCOS	00:32:56	4:06	00:16:12 (89)	M (89)	MASTER B M (30)	
93	246	OCAMPO REY, MIGUEL ANGEL		00:33:06	4:08	00:16:44 (100)	M (90)	MASTER B M (31)	
94	96	HERRERO MARTÍNEZ, RAÚL		00:33:08	4:08	00:16:46 (101)	M (91)	MASTER B M (32)	
95	55	VIAÑO LORENZO, PABLO		00:33:15	4:09	00:16:42 (98)	M (92)	MASTER B M (33)	
96	60	CASTRO MAROÑO, JORGE	SD COMPOSTELA ATLETISMO	00:33:21	4:10	00:16:39 (96)	M (93)	MASTER B M (34)	
97	32	LOPEZ CASTRO, JAVIER		00:33:40	4:12	00:16:39 (97)	M (94)	MASTER A M (28)	
98	16	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:33:42	4:12	00:17:20 (108)	M (95)	MASTER B M (35)	
99	95	FLORES SANTOS, ANTONIO	ATLETISMO +9 MORAÑA	00:33:54	4:14	00:16:59 (102)	M (96)	MASTER A M (29)	
100	212	MARTÍNEZ MARTÍNEZ, ANA	SERRES RUNNERS	00:34:01	4:15	00:16:44 (99)	F (4)	MASTER A F (1)	
101	170	BARREIRO RODRÍGUEZ, PABLO		00:34:05	4:15	00:16:32 (94)	M (97)	SENIOR M (18)	M (3)
102	180	CELA BOISA, JESUS	CLUB DEPORTIVO BRIÓN HYUPERSA	00:34:10	4:16	00:17:36 (114)	M (98)	SENIOR M (19)	
103	122	SALGADO LÓPEZ, FERMÍN		00:34:11	4:16	00:17:32 (112)	M (99)	MASTER A M (30)	M (4)
104	214	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:34:15	4:16	00:17:18 (107)	M (100)	MASTER B M (36)	
105	825	CALVO REY, DANIEL	S. D. BARBANTIA RODA	00:34:17	4:17	00:17:45 (122)	M (101)	MASTER B M (37)	
106	136	PALACIOS LADO, SERGIO	CLUB ATLETISMO O PINO	00:34:28	4:18	00:16:24 (93)	M (102)	MASTER A M (31)	
107	272	TEIJEIRO ENRIQUE, MARTIN		00:34:32	4:18	00:17:15 (106)	M (103)	MASTER A M (32)	M (5)
108	67	BALADO MOSQUERA, SERGIO ANGEL	CLUB ATLETISMO SAR	00:34:36	4:19	00:17:38 (117)	M (104)	MASTER B M (38)	
109	17	VARELA PÉREZ, JAVIER		00:34:43	4:20	00:17:38 (117)	M (105)	MASTER B M (39)	
110	841	BETANZOS FREIRE, ALDARA	S. D. BARBANTIA RODA	00:34:44	4:20	00:17:26 (109)	F (5)	SENIOR F (1)	
111	274	BARREIRO BLANCO, MIGUEL		00:34:46	4:20	00:17:07 (104)	M (106)	MASTER A M (33)	M (6)
112	805	TORRADO RIAL, RICARDO		00:34:49	4:21	00:17:00 (103)	M (107)	MASTER A M (34)	
113	89	GIADAS COUSELO, AARON	CLUB NAUTICO PONTECESURES	00:35:00	4:22	00:17:52 (128)	M (108)	SENIOR M (20)	
114	138	OTERO UHIA, ANTONIO		00:35:01	4:22	00:17:11 (105)	M (109)	MASTER C M (11)	
115	7	FRAGUA, DAVID		00:35:04	4:22	00:17:57 (129)	M (110)	MASTER A M (35)	
116	243	SAAVEDRA DELGADO, LAURA	BJ RUNNING TEAM	00:35:07	4:23	00:17:26 (110)	F (6)	MASTER A F (2)	
117	9	FERNANDEZ REY, CHEMA	TRIATLON VILAGARCIA	00:35:11	4:23	00:17:40 (119)	M (111)	MASTER C M (12)	
118	817	CANDAMO, MARCOS	SERRES RUNNERS	00:35:15	4:24	00:17:30 (111)	M (112)	MASTER B M (40)	
119	93	RODEIRO OTERO, MARTÍN		00:35:24	4:25	00:17:34 (113)	M (113)	SENIOR M (21)	
120	29	MUÑIZ PÉREZ, SHAILA	FEARLESS WARRIOR FIGHT CLUB	00:35:26	4:25	00:17:45 (123)	F (7)	MASTER A F (3)	

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121	30	MENDEZ QUINTELA, FRANCISCO M.	FEARLESS WARRIOR FIGHT CLUB	00:35:27	4:25	00:17:45 (124)	M (114)	MASTER B M (41)	
122	813	GARCIA LORENZO, DIEGO	S. D. BARBANTIA RODA	00:35:29	4:26	00:17:42 (120)	M (115)	MASTER A M (36)	
123	163	BARREIRO BLANCO, PEPE		00:35:31	4:26	00:17:52 (127)	M (116)	MASTER B M (42)	M (7)
124	275	CARBIA MENDEZ, JUÁN LUIS		00:35:31	4:26	00:17:47 (126)	M (117)	MASTER B M (43)	
125	15	RODRIGUEZ FRAMIL, ALFONSO	NOITEBRA F.C.	00:35:39	4:27	00:17:36 (115)	M (118)	MASTER B M (44)	
126	826	BLANCO PENA, FINA	CLUB ATLETISMO SAR	00:35:46	4:28	00:17:36 (116)	F (8)	MASTER B F (1)	
127	105	LAGO FERNÁNDEZ, CHUS (MANUEL)	SERRES RUNNERS	00:36:01	4:30	00:17:43 (121)	M (119)	MASTER B M (45)	
128	240	PIÑEIRO ABEIJON, BENITO		00:36:05	4:30	00:18:41 (145)	M (120)	MASTER B M (46)	M (8)
129	197	ALBORÉS LEIS, JOSÉ MANUEL	CLUB ATLETISMO OUTES- MARISCOS	00:36:13	4:31	00:18:17 (134)	M (121)	MASTER C M (13)	
130	27	GARCÍA LOSAS, ALEJANDRO		00:36:20	4:32	00:18:14 (133)	M (122)	SENIOR M (22)	
131	129	MUÑIZ POSE, SANDRA	S. D. BARBANTIA RODA	00:36:24	4:32	00:18:10 (132)	F (9)	MASTER A F (4)	
132	264	LIMÉNS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:36:26	4:33	00:18:41 (146)	M (123)	MASTER C M (14)	
133	259	JAMARDO DOMINGUEZ, RAMON		00:36:28	4:33	00:17:47 (125)	M (124)	MASTER A M (37)	M (9)
134	834	SANCHEZ TORRES, JOSE	TRIATLON VILAGARCIA	00:36:42	4:35	00:18:23 (140)	M (125)	MASTER C M (15)	
135	69	BAHAMONDE SUÁREZ, FRANCISCO	CLUB ATLETISMO TAMBRE	00:36:44	4:35	00:18:23 (139)	M (126)	MASTER B M (47)	
136	203	GARCÍA BEIRO, CRISTINA	CLUB ATLETISMO OUTES- MARISCOS	00:36:55	4:36	00:18:05 (131)	F (10)	MASTER A F (5)	
137	36	CAROLLO VARELA, ADRIÁN	CLUB ATLETISMO TAMBRE	00:37:02	4:37	00:18:29 (141)	M (127)	SENIOR M (23)	
138	133	VÁZQUEZ CASTROMÁN, NOEMI	NOITEBRA F.C.	00:37:08	4:38	00:18:30 (142)	F (11)	SENIOR F (2)	F (1)
139	45	JUVIÑO, ANGEL		00:37:09	4:38	00:18:49 (148)	M (128)	MASTER B M (48)	
140	254	LINARES PEREIRA, ORLANDO		00:37:15	4:39	00:18:03 (130)	M (129)	MASTER A M (38)	M (10)
141	166	GARCÍA CAINZOS, IRMA	CLUB TRIATLÓN COMPOSTELA	00:37:16	4:39	00:18:22 (138)	F (12)	MASTER B F (2)	
142	63	COMPARADA IGLESIAS, DIEGO		00:37:26	4:40	00:18:22 (137)	M (130)	JUNIOR - SUB 18 M (3)	M (11)
143	112	GONZALEZ GONZALEZ, JAVIER	SERRES RUNNERS	00:37:30	4:41	00:19:11 (160)	M (131)	JUNIOR - SUB 18 M (4)	
144	72	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:37:30	4:41	00:18:38 (144)	M (132)	MASTER B M (49)	
145	216	TABOADA GARCÍA, JAVIER		00:37:32	4:41	00:18:17 (135)	M (133)	MASTER C M (16)	
146	808	CANCELO ALFONSO, JUAN JOSE	CLUB DEPORTIVO BRIÓN HYUPERSA	00:37:32	4:41	00:18:18 (136)	M (134)	MASTER A M (39)	
147	844	SANMARCO MARTINEZ, ANTIA	CLUB ATLETISMO SAR	00:37:39	4:42	00:18:55 (153)	F (13)	SENIOR F (3)	F (2)
148	49	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	00:37:39	4:42	00:19:01 (155)	M (135)	MASTER C M (17)	M (12)
149	62	PIÑEIRO, PABLO		00:37:51	4:43	00:19:10 (159)	M (136)	MASTER A M (40)	
150	81	GOMEZ VIAÑO, JOSE		00:37:53	4:44	00:18:57 (154)	M (137)	MASTER C M (18)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCA
151	113	PIÑEIRO GARCÍA, HÉCTOR	CLUB ATLETISMO LOUSAME	00:37:53	4:44	00:19:12 (165)	M (138)	MASTER A M (41)	
152	91	RODRÍGUEZ BUGALLO, ÁNGEL		00:37:53	4:44	00:18:54 (150)	M (139)	MASTER A M (42)	
153	119	PEREZ BALIRAC, JESUS	NOITEBRA F.C.	00:37:57	4:44	00:18:38 (143)	M (140)	MASTER C M (19)	
154	236	LORENZO PÉREZ, NATALIA	NOITEBRA F.C.	00:37:57	4:44	00:19:12 (162)	F (14)	MASTER B F (3)	
155	225	CERNADAS LADO, FRANCISCO JOSÉ	SERRES RUNNERS	00:37:59	4:44	00:19:12 (161)	M (141)	MASTER C M (20)	
156	244	FERNANDEZ MARTÍNEZ, JOAQUIN	SERRES RUNNERS	00:37:59	4:44	00:19:12 (163)	M (142)	MASTER C M (21)	
157	6	NÚÑEZ NAVEIRA, LAURA		00:38:05	4:45	00:19:08 (157)	F (15)	MASTER B F (4)	
158	803	CAMIÑA MARTINEZ, RAI	CLUB ATLETISMO CAMBADOS	00:38:05	4:45	00:18:55 (152)	M (143)	MASTER A M (43)	
159	175	MIGUEZ RIAL, MIGUEL		00:38:08	4:45	00:19:24 (173)	M (144)	MASTER A M (44)	
160	276	CAMPAÑA FERNÁNDEZ, XENXO		00:38:11	4:46	00:19:29 (174)	M (145)	SENIOR M (24)	
161	196	ABEIJON OTERO, INES	S. D. BARBANTIA RODA	00:38:12	4:46	00:18:54 (149)	F (16)	MASTER A F (6)	
162	156	GARCÍA ABALO, MADA	CLUB ATLETISMO OUTES- MARISCOS	00:38:15	4:46	00:18:44 (147)	F (17)	MASTER C F (1)	F (3)
163	835	PÉREZ GARCÍA, JESÚS	CLUB ATLETISMO CAMBADOS	00:38:15	4:46	00:19:18 (169)	M (146)	MASTER C M (22)	
164	21	BETANZOS REGO, TOBIAS	S. D. BARBANTIA RODA	00:38:31	4:48	00:19:35 (176)	M (147)	MASTER C M (23)	
165	812	VEIGA AGUIÓN, VICTOR	CLUBE ATLETISMO BOIMORTO	00:38:40	4:49	00:19:21 (171)	M (148)	MASTER A M (45)	
166	1	SUÁREZ CRESPO, NOELIA	SD COMPOSTELA ATLETISMO	00:38:40	4:49	00:19:22 (172)	F (18)	SENIOR F (4)	
167	213	GIL BREA, JOSE ANTONIO	NOITEBRA F.C.	00:38:47	4:50	00:19:09 (158)	M (149)	MASTER C M (24)	
168	111	AGRASAR BARRAL, SONIA		00:39:01	4:52	00:19:15 (167)	F (19)	MASTER B F (5)	
169	40	FRESCO FERREIRÓS, JORGE		00:39:02	4:52	00:19:06 (156)	M (150)	MASTER B M (50)	
170	224	FIGUEIRAS TOREA, OSCAR	CLUB ATLETISMO OUTES- MARISCOS	00:39:04	4:52	00:19:50 (177)	M (151)	MASTER B M (51)	
171	134	MARIÑO PEREIRAS, RAÚL	NOITEBRA F.C.	00:39:10	4:53	00:19:12 (164)	M (152)	MASTER A M (46)	M (13)
172	251	MOLEDO ABEIJON, SHEIA		00:39:22	4:55	00:19:13 (166)	M (153)	SENIOR M (25)	
173	211	CONDE SUÁREZ, PLACERES	CLUB ATLETISMO O PINO	00:39:27	4:55	00:19:19 (170)	F (20)	MASTER B F (6)	
174	837	PENA FRANCO, JOSE		00:39:28	4:55	00:19:55 (178)	M (154)	MASTER C M (25)	
175	59	ARCO MARQUIZ, SERGIO	EGOVARROS DE VIVEIRO	00:39:34	4:56	00:19:33 (175)	M (155)	MASTER B M (52)	
176	220	PAÍS FERNANDEZ, MANUEL	SERRES RUNNERS	00:39:34	4:56	00:19:55 (179)	M (156)	MASTER C M (26)	
177	827	GIL PEREIRA, JAVIER	TARTARUGAS	00:39:46	4:58	00:20:05 (183)	M (157)	MASTER B M (53)	
178	172	TORRES SANMARTIN, RAQUEL		00:39:47	4:58	00:20:49 (199)	F (21)	SENIOR F (5)	
179	139	FERNÁNDEZ BLANCO, ANDREA		00:39:52	4:58	00:20:10 (185)	F (22)	SENIOR F (6)	
180	843	ROO MAROÑAS, GEMA		00:39:52	4:58	00:20:10 (184)	F (23)	SENIOR F (7)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCA
181	838	VIDAL FERNÁNDEZ, JUAN MANUEL		00:40:12	5:01	00:20:00 (180)	M (158)	MASTER C M (27)	
182	839	PÉREZ LAJOS, MARCOS		00:40:17	5:02	00:21:22 (212)	M (159)	SENIOR M (26)	
183	831	PÉREZ SANDA, VICENTE		00:40:18	5:02	00:20:49 (200)	M (160)	MASTER C M (28)	
184	814	LEON VIÑAS, GELY	CLUB ATLETISMO NOIA	00:40:26	5:03	00:20:10 (186)	F (24)	MASTER B F (7)	
185	97	IGLESIAS PAZOS, RUBÉN		00:40:27	5:03	00:20:45 (197)	M (161)	MASTER A M (47)	
186	98	ARGIZ PEITEADO, PATRICIA	ATLETISMO +9 MORAÑA	00:40:30	5:03	00:20:04 (182)	F (25)	MASTER B F (8)	
187	168	MIRÁS CARBALLAL, SUSANA		00:40:49	5:06	00:20:15 (187)	F (26)	MASTER A F (7)	
188	257	TABOADA LOPEZ, ALEX		00:40:52	5:06	00:20:00 (181)	M (162)	MASTER A M (48)	
189	186	LUCES TAJES, MANUEL	SERRES RUNNERS	00:40:59	5:07	00:20:15 (188)	M (163)	MASTER C M (29)	
190	75	AGRELO COUSELO, MARÍA	ATLETISMO +9 MORAÑA	00:41:06	5:08	00:20:15 (189)	F (27)	MASTER A F (8)	
191	104	PÉREZ GARCÍA, FÁTIMA		00:41:07	5:08	00:20:50 (201)	F (28)	MASTER B F (9)	
192	74	MARTIS MIRANDA, MANUEL		00:41:09	5:08	00:20:25 (191)	M (164)	MASTER B M (54)	
193	261	SANTOS LAMPON, LUPE	FLOW PILATES & TRAINING	00:41:11	5:08	00:20:36 (194)	F (29)	MASTER A F (9)	
194	73	VEIGA BLANCO, MONTSERRAT	ATLETISMO FONTES DO SAR	00:41:13	5:09	00:20:48 (198)	F (30)	MASTER C F (2)	
195	118	BOTANA FERREIRO, JUAN LUIS	SD COMPOSTELA ATLETISMO	00:41:17	5:09	00:20:44 (195)	M (165)	MASTER C M (30)	
196	137	REY ALBARELLOS, FERNANDO	SD COMPOSTELA ATLETISMO	00:41:18	5:09	00:20:44 (196)	M (166)	MASTER A M (49)	
197	3	GARCIA CODESIDO, MIGUEL	CLUBE DEPORTIVO ARZÚA	00:41:18	5:09	00:20:58 (202)	M (167)	MASTER A M (50)	
198	190	SALMONTE RODRIGUEZ, ALBERTO	CLUB ATLETISMO O PINO	00:41:23	5:10	00:19:17 (168)	M (168)	SENIOR M (27)	
199	194	PÉREZ FERNÁNDEZ, ANDREA		00:41:47	5:13	00:20:31 (192)	F (31)	SENIOR F (8)	
200	269	MARTINEZ GOMEZ, PAKINHO	GALLAECIA JASTANDOSAPATILLA	00:42:13	5:16	00:21:14 (207)	M (169)	MASTER B M (55)	
201	123	GONZÁLEZ FERNÁNDEZ, KEVIN		00:42:34	5:19	00:21:05 (206)	M (170)	SENIOR M (28)	
202	801	VIDAL TUBIO, XULIA	TRIBU TRAIL	00:42:47	5:20	00:21:01 (204)	F (32)	JUNIOR - SUB 18 F (1)	
203	239	ÁLVAREZ CASTRO, CARLOS	CLUB ATLETISMO O PINO	00:42:48	5:20	00:22:57 (231)	M (171)	SENIOR M (29)	
204	124	LORENZO BLANCO, LARA		00:42:51	5:21	00:21:05 (205)	F (33)	SENIOR F (9)	
205	830	VIDAL ABAL, ANXO	TRIBU TRAIL	00:42:53	5:21	00:21:00 (203)	M (172)	MASTER B M (56)	
206	39	PEREIRA MARZOA, MARTÍN	CLUB DEPORTIVO BRIÓN HYUPERSA	00:42:53	5:21	00:20:32 (193)	M (173)	SENIOR M (30)	
207	809	MARTÍNEZ PUENTE, JESÚS ANTONIO		00:42:56	5:21	00:21:20 (210)	M (174)	MASTER A M (51)	
208	13	MÉNDEZ FROJAN, XAIÑO	CLUB ATLETISMO SAR	00:43:30	5:26	00:21:18 (208)	M (175)	MASTER B M (57)	
209	12	MENDEZ GONZÁLEZ, XOANA	ADAS CUPA	00:43:32	5:26	00:21:20 (209)	F (34)	JUNIOR - SUB 18 F (2)	
210	173	PINTOS TORRES, JONATHAN		00:43:39	5:27	00:22:32 (227)	M (176)	SENIOR M (31)	

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211	199	RIAL GARCÍA, ROSANA	CLUB ATLETISMO OUTES- MARISCOS	00:43:53	5:29	00:22:06 (220)	F (35)	MASTER A F (10)	
212	198	RIAL PAIS, JOSÉ	CLUB ATLETISMO OUTES- MARISCOS	00:43:53	5:29	00:22:05 (219)	M (177)	MASTER C M (31)	
213	135	ABEIJÓN CASTRO, PAULA		00:43:57	5:29	00:22:06 (221)	F (36)	SENIOR F (10)	
214	821	RODRÍGUEZ FREIRE, ANA	CLUBE ATLETISMO BOIMORTO	00:44:02	5:30	00:22:29 (225)	F (37)	MASTER B F (10)	
215	26	CARBALLAL IGLESIAS, ALBERT	+D MONTE	00:44:16	5:31	00:21:55 (216)	M (178)	MASTER A M (52)	
216	260	FERNÁNDEZ VILLANUEVA, SERAFÍN		00:44:17	5:32	00:21:53 (215)	M (179)	MASTER C M (32)	
217	804	ESPIÑA GARRIDO, MARÍA	CDM XESTEIRAS	00:44:26	5:33	00:21:41 (213)	F (38)	MASTER A F (11)	
218	11	GONZÁLEZ GARCÍA, CAROLINA	CLUB ATLETISMO SAR	00:44:27	5:33	00:22:22 (224)	F (39)	MASTER B F (11)	
219	48	BAÑÓN FONTENLA, DAVID		00:44:33	5:34	00:20:22 (190)	M (180)	JUNIOR - SUB 18 M (5)	
220	147	OTERO CEPEDA, DANIEL		00:44:38	5:34	00:22:21 (223)	M (181)	MASTER C M (33)	
221	56	PAMPÍN BOADO, CARLOS	CLUB DEPORTIVO PINARIUM	00:44:43	5:35	00:22:35 (228)	M (182)	MASTER C M (34)	
222	179	DINIZ, JULIO		00:44:48	5:35	00:22:19 (222)	M (183)	MASTER A M (53)	
223	90	MANTEIGA RODRIGUEZ, SANDRA		00:44:48	5:35	00:21:57 (217)	F (40)	MASTER A F (12)	
224	76	VILAR SEREN, LUPE	CLUB ATLETISMO CAMBADOS	00:44:50	5:36	00:22:04 (218)	F (41)	MASTER C F (3)	
225	238	FERRADÁS RODRÍGUEZ, MARINA		00:44:58	5:37	00:22:57 (232)	F (42)	SENIOR F (11)	
226	169	CASCALLAR ABALO, MARTA		00:45:10	5:38	00:21:44 (214)	F (43)	MASTER A F (13)	
227	221	SENRA MARTÍNEZ, PABLO		00:45:42	5:42	00:23:10 (235)	M (184)	MASTER A M (54)	
228	222	SENRA MARTINEZ, MIGUEL		00:45:42	5:42	00:23:10 (236)	M (185)	SENIOR M (32)	
229	828	CAJADE BLANCO, MARIA BEGOÑA	CLUBE ATLETISMO BOIMORTO	00:45:49	5:43	00:22:32 (226)	F (44)	MASTER B F (12)	
230	38	PÉREZ CAMPOS, AMPARO		00:45:58	5:44	00:22:59 (233)	F (45)	MASTER A F (14)	
231	86	LORENZO CAMPOS, AIDA	ENTRENARUNNING	00:46:09	5:46	00:22:36 (229)	F (46)	SENIOR F (12)	
232	832	LAJOS CAROU, ANA ISABEL		00:46:34	5:49	00:22:45 (230)	F (47)	MASTER C F (4)	
233	183	ROMERO SIMIL, SILVIA		00:46:46	5:50	00:23:14 (237)	F (48)	MASTER A F (15)	
234	167	NOYA MIRÁS, CONCE	SD COMPOSTELA ATLETISMO	00:46:49	5:51	00:23:43 (239)	F (49)	MASTER B F (13)	
235	836	AMIGO FERREIRO, JUAN LUIS	SD COMPOSTELA ATLETISMO	00:46:49	5:51	00:23:44 (240)	M (186)	MASTER C M (35)	
236	189	PINTOR PÉREZ, MAR		00:49:09	6:08	00:25:02 (241)	F (50)	MASTER C F (5)	
237	128	DIOS OUTEDA, LETICIA		00:49:10	6:08	00:23:39 (238)	F (51)	SENIOR F (13)	
238	256	ANSEDES DOMÍNGUEZ, LUCÍA	NOITEBRA F.C.	00:50:22	6:17	00:25:03 (242)	F (52)	MASTER C F (6)	
239	250	CANAVERI GUEVARA, PATRICIA	FLOW PILATES & TRAINING	00:52:02	6:30	00:25:33 (244)	F (53)	MASTER B F (14)	
240	247	DOMÍNGUEZ GAGO, RICARDO	FLOW PILATES & TRAINING	00:52:03	6:30	00:25:31 (243)	M (187)	MASTER B M (58)	

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PTO DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TC1	SEXO	CATEGORÍA	LOCA
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Total: 240