

XXII PADRÓN 10K
CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
1	2	DE LA FUENTE GÓMEZ, DAVID	CLUB DEPORTIVO PINARIUM	00:31:16	00:07:13 (4)	00:15:57 (1)	00:23:14 (1)	M (1)	SENIOR M (1)	
2	42	PUIG MALVAR, JORGE		00:31:18	00:07:14 (8)	00:15:57 (2)	00:23:15 (5)	M (2)	SENIOR M (2)	
3	1	ELNABAOUI, MEHDI	FENT CAMI MISLATA	00:31:25	00:07:13 (3)	00:15:57 (3)	00:23:14 (2)	M (3)	SENIOR M (3)	
4	45	LORENZO LÓPEZ, MANUEL	CLUB DEPORTIVO PINARIUM	00:31:28	00:07:14 (6)	00:15:57 (7)	00:23:15 (6)	M (4)	SENIOR M (4)	
5	48	ORO VENCE, MARCOS	ATLETISMO ARENTEIRO	00:31:32	00:07:15 (11)	00:15:57 (8)	00:23:16 (7)	M (5)	SENIOR M (5)	
6	50	BOUZÓN, VÍCTOR	CLUB OLÍMPICO DE VEDRA	00:31:38	00:07:14 (7)	00:15:57 (6)	00:23:15 (3)	M (6)	SENIOR M (6)	
7	44	PORTO PAZOS, CARLOS	SOCIEDAD GIMNASTICA DE	00:31:43	00:07:13 (1)	00:15:57 (5)	00:23:15 (4)	M (7)	SENIOR M (7)	
8	54	SUÁREZ MARTÍNEZ, HUGO	RC CELTA ATLETISMO	00:31:48	00:07:15 (13)	00:15:58 (10)	00:23:17 (11)	M (8)	SUB 23 M (1)	
9	43	CRESPO ARIAS, JORGE	CLUB ATLETISMO SAR	00:31:51	00:07:14 (5)	00:15:57 (9)	00:23:16 (8)	M (9)	MASTER A M (1)	
10	47	PRIETO FERVENZA, ALVARO	CLUB ATLETISMO	00:31:54	00:07:14 (9)	00:15:57 (4)	00:23:16 (9)	M (10)	MASTER A M (2)	
11	52	REJAS, JUAN	TRIATLÓN FERROL	00:32:26	00:07:15 (12)	00:15:58 (11)	00:23:17 (10)	M (11)	SENIOR M (8)	
12	9	RODRÍGUEZ COSTAS, MARIO	RC CELTA ATLETISMO	00:32:46	00:07:23 (17)	00:16:23 (16)	00:23:55 (15)	M (12)	SUB 23 M (2)	
13	60	LIJÓ ARES, YAGO	TRIATLON RIANXO	00:32:47	00:07:18 (14)	00:16:09 (14)	00:23:48 (13)	M (13)	SENIOR M (9)	
14	59	FERNANDEZ GARCÍA, ALBINO	ATLETISMO ARENTEIRO	00:32:50	00:07:19 (15)	00:16:10 (15)	00:23:48 (14)	M (14)	MASTER A M (3)	
15	4	LESTIDO REY, MARTÍN	CLUB ATLETISMO SAR	00:32:51	00:07:15 (10)	00:15:58 (13)	00:23:43 (12)	M (15)	SENIOR M (10)	M (1)
16	66	ASCANIO BASO, FRANCISCO		00:33:09	00:07:31 (24)	00:16:24 (20)	00:24:05 (16)	M (16)	MASTER A M (4)	
17	55	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:33:15	00:07:23 (16)	00:16:24 (19)	00:24:06 (17)	M (17)	MASTER A M (5)	
18	5	DOMINGUEZ GARCIA,	CLUB ATLETISMO SAR	00:33:28	00:07:27 (20)	00:16:24 (18)	00:24:07 (18)	M (18)	MASTER A M (6)	
19	6	GARCIA GACIÑO, ALBERTO	CYT	00:33:49	00:07:24 (18)	00:16:23 (17)	00:24:21 (19)	M (19)	SENIOR M (11)	
20	39	GONZALEZ CASTRO, DAMIAN		00:33:52	00:07:49 (48)	00:17:02 (30)	00:24:41 (22)	M (20)	SENIOR M (12)	
21	58	PÉREZ BLANCO, XOSÉ	ATLETISMO ARENTEIRO	00:33:52	00:07:30 (23)	00:16:47 (23)	00:24:41 (23)	M (21)	SENIOR M (13)	
22	51	FERNÁNDEZSOENGAS, JESUS	CLUB DEPORTIVO DELIKIA	00:33:59	00:07:28 (21)	00:16:33 (22)	00:24:29 (20)	M (22)	MASTER A M (7)	
23	69	ARCILLA ARKWRIGHT,	SEVAD EN CORRÈZE (FRANCIA)	00:34:01	00:07:40 (35)	00:16:56 (28)	00:24:44 (27)	M (23)	SENIOR M (14)	
24	57	GÓMEZ LÓPEZ, ANTÓN	CLUB ATLETISMO SANTIAGO	00:34:03	00:07:24 (19)	00:16:28 (21)	00:24:31 (21)	M (24)	SENIOR M (15)	
25	53	MUIÑO VARELA, CRISTIAN	CLUB TRIATLON INFORHOUSE	00:34:06	00:07:30 (22)	00:16:47 (25)	00:24:43 (25)	M (25)	SENIOR M (16)	
26	63	AGRELO GÓMEZ, ROBERTO C.	CLUB ATLETISMO SAR	00:34:08	00:07:33 (26)	00:16:47 (24)	00:24:42 (24)	M (26)	MASTER B M (1)	M (2)
27	68	RIVEIRO LAMPON, ALBERTO	CLUB ATLETISMO SAR	00:34:22	00:07:40 (36)	00:17:06 (35)	00:25:03 (29)	M (27)	SENIOR M (17)	
28	556	GOMEZ SOUSA, ELPIDIO		00:34:28	00:07:33 (27)	00:16:48 (26)	00:24:44 (26)	M (28)	MASTER B M (2)	
29	103	VIDAL VILLAR, FABIAN	CORRIDA DAS CABRAS	00:34:43	00:07:33 (28)	00:17:02 (31)	00:25:10 (32)	M (29)	SENIOR M (18)	
30	71	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:34:44	00:07:33 (29)	00:16:59 (29)	00:25:10 (33)	M (30)	MASTER A M (8)	

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
31	62	SABORIDO, SAMUEL	CLUB ATLETISMO SAR	00:34:46	00:07:45 (41)	00:17:19 (43)	00:25:21 (37)	M (31)	MASTER B M (3)	
32	10	ALVAREZ CURES, JUAN JOSÉ	ADAS CUPA	00:34:46	00:07:49 (47)	00:17:09 (37)	00:25:11 (34)	M (32)	MASTER B M (4)	
33	70	VAZQUEZ ARES, FERNANDO	CLUB ATLETISMO SAR	00:34:48	00:07:39 (30)	00:17:04 (32)	00:25:07 (30)	M (33)	MASTER B M (5)	
34	8	FONTÁN MARTÍNEZ, XACOBÉ	CLUB ATLETISMO SAR	00:34:49	00:07:32 (25)	00:16:55 (27)	00:25:02 (28)	M (34)	SENIOR M (19)	
35	79	SANTOS LOIS, SERGIO	CLUB ATLETISMO CAMBADOS	00:34:53	00:07:54 (56)	00:17:18 (41)	00:25:22 (38)	M (35)	MASTER A M (9)	
36	18	CALVO CES, ARMANDO	CLUB ATLETISMO SAR	00:34:59	00:07:47 (46)	00:17:20 (45)	00:25:23 (40)	M (36)	MASTER B M (6)	
37	13	GONZÁLEZ ARIAS, JUAN		00:35:01	00:07:46 (43)	00:17:20 (44)	00:25:23 (39)	M (37)	MASTER A M (10)	
38	88	DOMINGUEZ SUAREZ,	CLUB ATLETISMO SAR	00:35:01	00:07:40 (33)	00:17:05 (33)	00:25:09 (31)	M (38)	MASTER A M (11)	M (3)
39	11	GONZÁLEZ HORTA, VÍCTOR	COMESAÑA SPORTING CLUB	00:35:07	00:07:45 (40)	00:17:19 (42)	00:25:30 (42)	M (39)	MASTER A M (12)	
40	7	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	00:35:08	00:07:45 (38)	00:17:20 (47)	00:25:31 (44)	M (40)	MASTER B M (7)	
41	82	PEREIRO ALONSO, DIEGO	ATLETISMO PORRIÑO	00:35:10	00:07:55 (57)	00:17:25 (50)	00:25:30 (43)	M (41)	MASTER A M (13)	
42	65	ALONSO NOGUEIRA, DAVID	ATLETAS DE ACEA DE AMA	00:35:12	00:07:41 (37)	00:17:20 (46)	00:25:26 (41)	M (42)	SENIOR M (20)	
43	64	GARCIA CERDEIRAS, BRUNO	ATLETAS DE ACEA DE AMA	00:35:12	00:07:46 (45)	00:17:21 (48)	00:25:31 (45)	M (43)	MASTER B M (8)	
44	80	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:35:13	00:07:59 (60)	00:17:24 (49)	00:25:38 (47)	M (44)	SENIOR M (21)	
45	94	BUGALLO, RICARDO		00:35:14	00:07:53 (55)	00:17:29 (53)	00:25:43 (49)	M (45)	SENIOR M (22)	
46	100	OTERO LÓPEZ DE REGO,	ATLETISMO FONTES DO SAR	00:35:16	00:07:46 (42)	00:17:06 (36)	00:25:18 (35)	M (46)	MASTER A M (14)	
47	76	RODRÍGUEZ LARIÑO, JORGE	ASOCIACIÓN DEPORTIVA	00:35:19	00:07:39 (32)	00:17:06 (34)	00:25:21 (36)	M (47)	MASTER A M (15)	
48	16	PARDO MONTERO, ALBERTO		00:35:21	00:07:40 (34)	00:17:12 (38)	00:25:31 (46)	M (48)	MASTER A M (16)	
49	72	VIDAL DE SA, DAVID	CLUB DEPORTIVO PINARIUM	00:35:27	00:07:46 (44)	00:17:28 (51)	00:25:43 (48)	M (49)	MASTER B M (9)	
50	107	FEIJOO REDONDO,	CLUB ATLETISMO SANTIAGO	00:35:28	00:07:52 (53)	00:17:42 (57)	00:26:00 (54)	M (50)	SENIOR M (23)	
51	93	VARELA RAMOS, FRANCISCO		00:35:29	00:07:45 (39)	00:17:18 (40)	00:25:46 (51)	M (51)	SENIOR M (24)	
52	91	FERRADANS VALDES, JORGE	CLUB TRIATLÓN COMPOSTELA	00:35:34	00:07:51 (51)	00:17:29 (52)	00:25:45 (50)	M (52)	MASTER A M (17)	
53	73	GARABATO LAGARES, ADRIAN	CLUB ATLETISMO SANTIAGO	00:35:43	00:08:05 (66)	00:17:42 (59)	00:26:00 (53)	M (53)	SENIOR M (25)	
54	108	SANTOS NUÑEZ, PABLO	CLUB ATLETISMO CAMBADOS	00:35:50	00:07:53 (54)	00:17:42 (56)	00:26:01 (55)	M (54)	MASTER A M (18)	
55	97	GONZÁLEZ PIÑEIRO, CARLOS	CLUB ATLETISMO CAMBADOS	00:35:58	00:08:04 (65)	00:17:49 (63)	00:26:14 (61)	M (55)	SENIOR M (26)	
56	164	FERREIRA VALIN, MANUEL		00:35:58	00:08:27 (106)	00:18:16 (87)	00:26:29 (69)	M (56)	SENIOR M (27)	
57	101	CACHAFEIRO GARCÍA,	CLUB TRIATLÓN COMPOSTELA	00:36:01	00:08:08 (72)	00:17:56 (68)	00:26:13 (59)	M (57)	MASTER A M (19)	
58	106	RODRÍGUEZ TORRES, JUAN	S.D. BARBANTIA RODA	00:36:04	00:08:00 (61)	00:17:42 (60)	00:26:01 (56)	M (58)	MASTER B M (10)	
59	31	NIETO GONZÁLEZ, JOSE	CLUB ATLETISMO SAR	00:36:06	00:08:06 (68)	00:17:55 (67)	00:26:14 (60)	M (59)	MASTER B M (11)	
60	99	FAGILDE FANDIÑO, ANGEL	CLUB TRIATLÓN COMPOSTELA	00:36:08	00:08:06 (69)	00:17:56 (69)	00:26:19 (66)	M (60)	MASTER B M (12)	

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61	89	RODRÍGUEZ LEAL, CARLOS	FERROL ATLETISMO	00:36:08	00:08:01 (62)	00:17:51 (65)	00:26:15 (62)	M (61)	MASTER A M (20)	
62	14	MONTILLA FERNÁNDEZ,	BIOSBARDO	00:36:10	00:08:03 (64)	00:17:50 (64)	00:26:18 (65)	M (62)	MASTER B M (13)	
63	83	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:36:10	00:07:51 (50)	00:17:42 (58)	00:26:02 (57)	M (63)	MASTER C M (1)	
64	74	PÉREZ BUGARÍN, UXÍA	ATLETISMO FEMENINO CELTA	00:36:12	00:08:06 (70)	00:18:02 (70)	00:26:27 (67)	F (1)	SENIOR F (1)	
65	12	CASAL MOURELOS, MARTÍN	CLUB ATLETISMO TAMBRE	00:36:14	00:07:52 (52)	00:17:36 (55)	00:26:05 (58)	M (64)	SENIOR M (28)	
66	19	BAS ROTH, NICOLÁS	CLUB ATLETISMO SADA	00:36:15	00:07:59 (59)	00:17:53 (66)	00:26:15 (63)	M (65)	MASTER A M (21)	
67	191	CALVO CASTRO, HUGO		00:36:15	00:07:39 (31)	00:17:17 (39)	00:25:53 (52)	M (66)	SUB 23 M (3)	
68	78	VIDAL MORENO, FERNANDO	TRIATLON VILAGARCIA	00:36:24	00:08:22 (96)	00:18:14 (82)	00:26:29 (68)	M (67)	MASTER B M (14)	
69	95	BERNÁRDEZ FERREIRÓS,	TRIATLON VILAGARCIA	00:36:24	00:08:23 (97)	00:18:15 (84)	00:26:29 (70)	M (68)	MASTER B M (15)	
70	114	GENDRA SALVADO, HUGO	ENTRENARUNNING	00:36:25	00:08:20 (92)	00:18:13 (78)	00:26:34 (74)	M (69)	SENIOR M (29)	
71	32	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	00:36:31	00:08:13 (78)	00:18:07 (72)	00:26:30 (71)	M (70)	MASTER C M (2)	
72	20	TRIÑANES MARTINEZ,	S.D. BARBANTIA RODA	00:36:33	00:08:22 (95)	00:18:14 (81)	00:26:39 (77)	M (71)	SENIOR M (30)	
73	98	BREIJO MARTÍNEZ, YAGO	CDM XESTEIRAS	00:36:35	00:07:57 (58)	00:17:46 (61)	00:26:18 (64)	M (72)	MASTER A M (22)	
74	121	HOYOS SILVA, FERNANDO	CLUB DEPORTIVO PINARIUM	00:36:36	00:08:20 (91)	00:18:18 (90)	00:26:44 (81)	M (73)	MASTER C M (3)	
75	120	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	00:36:37	00:08:21 (93)	00:18:13 (79)	00:26:38 (75)	M (74)	SENIOR M (31)	
76	21	CALERO FERNÁNDEZ, JOSÉ	CLUB ATLETISMO SAR	00:36:40	00:08:12 (75)	00:18:10 (75)	00:26:39 (76)	M (75)	MASTER A M (23)	
77	187	GALAN BERJANO, SERGIO		00:36:44	00:08:27 (105)	00:18:20 (94)	00:26:48 (84)	M (76)	SENIOR M (32)	
78	125	WALDOMAR ARMAS, KEVIN	TRIBU TRAIL	00:36:46	00:08:24 (100)	00:18:33 (103)	00:27:00 (96)	M (77)	SENIOR M (33)	
79	92	MONTES SANCHEZ SANCHEZ,	BRUTANZOS TEAM	00:36:48	00:08:20 (90)	00:18:19 (91)	00:26:45 (82)	M (78)	MASTER B M (16)	
80	118	BELLO GARCÍA, JUAN JOSE	CERVECERÍA O COTÓN	00:36:49	00:08:09 (73)	00:18:03 (71)	00:26:32 (73)	M (79)	MASTER A M (24)	
81	110	SAMPEDRO LEMA, COSME	CLUB DE REMO CABO DA CRUZ	00:36:50	00:08:28 (107)	00:18:16 (85)	00:26:41 (80)	M (80)	SENIOR M (34)	
82	127	MANEIRO TORRES, DAVID	SAUDE SPORT	00:36:54	00:08:31 (112)	00:18:34 (105)	00:26:58 (93)	M (81)	MASTER A M (25)	
83	29	NÚÑEZ PARADA, MIGUEL	BOUTUREIRA	00:36:56	00:08:14 (80)	00:18:17 (88)	00:26:54 (87)	M (82)	MASTER A M (26)	
84	552	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:36:56	00:08:12 (76)	00:18:10 (74)	00:26:39 (78)	M (83)	SUB 23 M (4)	
85	22	GARCIA RODRIGUEZ, JORGE	NOITEBRA F.C.	00:36:57	00:08:06 (67)	00:18:09 (73)	00:26:46 (83)	M (84)	MASTER B M (17)	
86	67	GARCÍA BLANCO, CAYETANO	SAUDE SPORT	00:36:57	00:08:31 (110)	00:18:33 (101)	00:26:58 (91)	M (85)	MASTER A M (27)	
87	189	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:36:58	00:08:31 (114)	00:18:32 (99)	00:26:59 (94)	M (86)	MASTER B M (18)	
88	179	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:36:58	00:08:14 (82)	00:18:11 (77)	00:26:40 (79)	M (87)	MASTER B M (19)	
89	185	MONTERO NOYA, MIGUEL	ATLETISMO PULIDOS SUSO	00:37:00	00:08:15 (84)	00:18:18 (89)	00:26:55 (89)	M (88)	SENIOR M (35)	
90	181	MARTÍNEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	00:37:01	00:08:14 (81)	00:18:14 (83)	00:26:54 (86)	M (89)	MASTER A M (28)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
91	196	POUSO VIDAL, LUCAS	CLUB ATLETISMO CAMBADOS	00:37:04	00:08:37 (126)	00:18:43 (111)	00:27:13 (102)	M (90)	MASTER A M (29)	
92	158	CASO BERNABE, CARLOS	S.D. BARBANTIA RODA	00:37:04	00:08:22 (94)	00:18:16 (86)	00:26:50 (85)	M (91)	SENIOR M (36)	
93	188	OTERO DOSIL, RUBÉN	CLUB ATLETISMO NOIA	00:37:06	00:08:32 (116)	00:18:33 (104)	00:26:58 (92)	M (92)	SENIOR M (37)	
94	109	CASTROAGUDÍN GÓMEZ,		00:37:06	00:08:13 (79)	00:18:20 (92)	00:26:54 (88)	M (93)	MASTER A M (30)	
95	112	CASAS BELLO, FERNANDO	CLUB ATLETISMO TAMBRE	00:37:07	00:08:16 (86)	00:18:20 (93)	00:26:56 (90)	M (94)	MASTER A M (31)	
96	178	REMIGIO LORENZO, MÍCHEL	CABO DE PEÑAS	00:37:16	00:08:31 (111)	00:18:39 (108)	00:27:14 (103)	M (95)	MASTER B M (20)	
97	559	TEMBRA PENEIREIRO, LUÍS	TRIATLON RIANXO	00:37:17	00:08:24 (99)	00:18:33 (100)	00:27:02 (97)	M (96)	MASTER A M (32)	
98	56	MOSQUERA DOPAZO, JUAN	CLUB ATLETISMO SAR	00:37:21	00:08:38 (127)	00:18:48 (112)	00:27:20 (104)	M (97)	MASTER A M (33)	
99	28	VÁZQUEZ MATO, JOSÉ	CLUB DEPORTIVO BRION	00:37:23	00:08:15 (83)	00:18:29 (98)	00:27:05 (99)	M (98)	MASTER B M (21)	
100	131	VILLAR RODRÍGUEZ, RICARDO	NOITEBRA F.C.	00:37:28	00:08:16 (87)	00:18:21 (95)	00:27:00 (95)	M (99)	MASTER B M (22)	
101	219	ROUCO ALMUÍÑA, MODESTO	CLUB ATLETISMO SANTIAGO	00:37:28	00:08:44 (148)	00:18:49 (113)	00:27:21 (105)	M (100)	SENIOR M (38)	
102	119	FERNANDEZ FREIRE, JULIO	NOSPORTLIMIT	00:37:31	00:08:29 (109)	00:18:41 (109)	00:27:12 (101)	M (101)	SENIOR M (39)	
103	102	DOMÍNGUEZ GÓMEZ, DAVID	BIOSBARDO	00:37:33	00:08:02 (63)	00:17:48 (62)	00:26:31 (72)	M (102)	SENIOR M (40)	
104	130	LOURIDO RIAL, LORENZO	CLUB ATLETISMO NEGREIRA	00:37:37	00:08:08 (71)	00:18:13 (80)	00:27:06 (100)	M (103)	MASTER A M (34)	
105	206	FEIJOO VILANOVA, PABLO	CLUB PIRAGÜISMO FLUVIAL	00:37:38	00:08:17 (88)	00:18:38 (107)	00:27:28 (111)	M (104)	SENIOR M (41)	
106	186	FREAZA OTERO, SOFIA	COMESAÑA SPORTING CLUB	00:37:43	00:08:41 (133)	00:18:50 (114)	00:27:26 (108)	F (2)	MASTER A F (1)	
107	123	SAINZ TRESGUERRAS, JESÚS	CLUB ATLETISMO SAR	00:37:46	00:08:13 (77)	00:18:23 (96)	00:27:23 (107)	M (105)	SENIOR M (42)	
108	26	VÁZQUEZ TUBIO, ALBERTO	S.D. BARBANTIA RODA	00:37:48	00:08:25 (102)	00:18:38 (106)	00:27:21 (106)	M (106)	MASTER B M (23)	
109	216	GARCÍA SANCHEZ, NATI	CLUB ATLETISMO SADA	00:37:50	00:08:40 (131)	00:18:50 (115)	00:27:27 (110)	F (3)	MASTER B F (1)	
110	30	CARBALLO MORÁN, RUBEN	CLUB ATLETISMO TAMBRE	00:37:56	00:08:37 (125)	00:18:50 (116)	00:27:28 (112)	M (107)	MASTER A M (35)	
111	115	PIÑEIRO GRAÑA, SANTIAGO	SAMERTOLAMEU ATLETISMO	00:37:57	00:08:44 (147)	00:19:04 (127)	00:27:41 (116)	M (108)	MASTER B M (24)	
112	124	CORRAL SERTAL, JAVIER	CLUB TRIATLÓN COMPOSTELA	00:38:01	00:08:16 (85)	00:18:11 (76)	00:27:03 (98)	M (109)	SENIOR M (43)	
113	77	RAFAEL BALSA, MARIO		00:38:01	00:08:40 (130)	00:18:54 (119)	00:27:37 (114)	M (110)	MASTER C M (4)	
114	589	FERNÁNDEZ LAGO, JUAN	CLUB ATLETISMO SAR	00:38:02	00:08:27 (104)	00:18:51 (117)	00:27:39 (115)	M (111)	MASTER C M (5)	
115	36	ALVAREZ BENDAÑA, ALBERTO	CLUB ATLETISMO SAR	00:38:03	00:08:19 (89)	00:18:43 (110)	00:27:27 (109)	M (112)	MASTER A M (36)	
116	105	SEÑORANS, CARLOS	CLUB ATLETISMO CAMBADOS	00:38:09	00:08:33 (120)	00:18:51 (118)	00:27:34 (113)	M (113)	MASTER A M (37)	
117	25	GONZÁLEZ SOBRADELO,	TRIATLON RIANXO	00:38:11	00:08:41 (136)	00:19:06 (133)	00:27:46 (120)	M (114)	MASTER A M (38)	
118	117	LAIÑO SILVA, VICTOR	CLUB SAN MIGUEL DE MARÍN	00:38:11	00:08:41 (134)	00:19:04 (128)	00:27:51 (121)	M (115)	MASTER A M (39)	
119	33	CAEIRO MARIÑO, ISABEL	SOCIEDAD GIMNASTICA DE	00:38:14	00:08:33 (119)	00:18:57 (122)	00:27:46 (118)	F (4)	SUB 23 F (1)	
120	563	GONZÁLEZ LOJO, JUAN	CLUB DE REMO CABO DA CRUZ	00:38:15	00:08:59 (174)	00:19:16 (142)	00:27:55 (123)	M (116)	SENIOR M (44)	

XXII PADRÓN 10K

CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
121	237	LÓPEZ VÁZQUEZ, JUAN		00:38:21	00:08:47 (155)	00:19:17 (145)	00:28:08 (136)	M (117)	MASTER A M (40)	
122	214	RODRIGUEZ MARTIN, ISAAC	ATLETAS DE ACEA DE AMA	00:38:22	00:08:41 (137)	00:19:04 (124)	00:27:45 (117)	M (118)	MASTER A M (41)	
123	128	VIDAL VÁZQUEZ, MARTÍN		00:38:23	00:08:41 (135)	00:19:06 (132)	00:27:58 (126)	M (119)	SENIOR M (45)	
124	211	PIRES, LUIS MANUEL	SAMERTOLAMEU ATLETISMO	00:38:25	00:08:42 (139)	00:19:05 (129)	00:27:55 (122)	M (120)	MASTER B M (25)	
125	193	COSTA CASTRO, MANUEL	CLUB ATLETISMO TAMBRE	00:38:26	00:08:52 (160)	00:19:09 (137)	00:27:57 (125)	M (121)	MASTER B M (26)	
126	151	CALVELO CODESIDO, DIEGO	A.D. MONTEBRONDO	00:38:27	00:08:54 (162)	00:19:28 (155)	00:28:16 (144)	M (122)	MASTER A M (42)	
127	195	RIAL RODRIGUEZ, UXIO	SPEEDCROSS TEAM	00:38:28	00:08:44 (146)	00:19:09 (139)	00:28:00 (128)	M (123)	MASTER A M (43)	
128	583	TORRESCUSA MOURIÑO,		00:38:29	00:08:55 (168)	00:19:17 (143)	00:28:09 (137)	M (124)	SENIOR M (46)	
129	601	QUINTAS CRESPO,		00:38:30	00:08:45 (151)	00:19:17 (144)	00:28:08 (135)	M (125)	SENIOR M (47)	
130	192	CALVO CASTRO, JORGE	TRIATLÓN RÍAS BAIXAS	00:38:33	00:08:11 (74)	00:18:33 (102)	00:27:46 (119)	M (126)	SENIOR M (48)	
131	35	SÁNCHEZ PÉREZ, ROBERTO		00:38:34	00:08:43 (144)	00:19:17 (146)	00:28:16 (142)	M (127)	SENIOR M (49)	
132	234	RESCH, CÉSAR	CLUB REMO CABO DE CRUZ	00:38:35	00:08:59 (178)	00:19:23 (148)	00:28:15 (141)	M (128)	SENIOR M (50)	
133	153	MELLA SUAREZ, ALEJANDRO		00:38:35	00:08:39 (128)	00:19:06 (134)	00:27:59 (127)	M (129)	MASTER A M (44)	
134	204	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:38:39	00:08:34 (121)	00:19:04 (125)	00:28:03 (129)	M (130)	MASTER A M (45)	
135	212	VARELA SANTISO, PATRICIA	ASOCIACIÓN DEPORTIVA	00:38:41	00:08:43 (142)	00:19:06 (135)	00:28:06 (134)	F (5)	SENIOR F (2)	
136	218	VÁZQUEZ TEIRA, DAVID	CERVECERÍA O COTÓN	00:38:42	00:08:29 (108)	00:18:55 (121)	00:27:57 (124)	M (131)	SENIOR M (51)	
137	226	PÉREZ DÍAZ, CELIA	COMESAÑA SPORTING CLUB	00:38:48	00:08:40 (132)	00:19:05 (131)	00:28:06 (130)	F (6)	SENIOR F (3)	
138	182	FERNANDEZ COSTA,		00:38:50	00:08:43 (141)	00:19:08 (136)	00:28:06 (131)	M (132)	MASTER B M (27)	
139	202	PENAS GARCÍA, RUBÉN	CLUB ATLETISMO TAMBRE	00:38:50	00:08:55 (166)	00:19:31 (158)	00:28:22 (148)	M (133)	MASTER B M (28)	
140	75	FERNÁNDEZ TOJO,	CLUB ATLETISMO TAMBRE	00:38:51	00:08:54 (165)	00:19:30 (157)	00:28:21 (146)	M (134)	SENIOR M (52)	
141	136	LOPEZ VAZQUEZ, LUIS	ATLETISMO GUITIRIZ	00:38:52	00:08:47 (154)	00:19:26 (150)	00:28:25 (153)	M (135)	MASTER B M (29)	
142	129	VILA SIEIRA, RUBEN	EGOVARROS	00:38:56	00:09:01 (183)	00:19:28 (154)	00:28:22 (147)	M (136)	MASTER B M (30)	
143	406	PÉREZ REGO, JORGE	AT. BARBANZA	00:38:57	00:08:59 (177)	00:19:31 (160)	00:28:24 (151)	M (137)	MASTER A M (46)	
144	609	PEREIRAS ÁLVAREZ, MARCOS		00:38:57	00:09:12 (222)	00:19:45 (177)	00:28:33 (157)	M (138)	MASTER B M (31)	
145	242	MATA VIDAL, RUBÉN ISRAEL		00:38:58	00:08:54 (163)	00:19:29 (156)	00:28:23 (149)	M (139)	MASTER A M (47)	
146	144	GÓMEZ SUEIRAS, FRANCISCO		00:38:59	00:08:32 (115)	00:19:04 (126)	00:28:10 (138)	M (140)	MASTER C M (6)	
147	208	MOURE ANDRADE, ALBERTO		00:39:01	00:08:25 (101)	00:18:54 (120)	00:28:06 (133)	M (141)	MASTER A M (48)	
148	230	PANIAGUA FERNANDEZ, JOSE	ATLETISMO FONTES DO SAR	00:39:02	00:08:51 (157)	00:19:28 (153)	00:28:28 (154)	M (142)	MASTER A M (49)	
149	364	PADREDA EXPÓSITO, IVÁN	CORRIDA DAS CABRAS	00:39:02	00:08:55 (167)	00:19:24 (149)	00:28:24 (152)	M (143)	SENIOR M (53)	
150	38	POMBAL CORTEGOSO,	CLUB SAN MIGUEL DE MARÍN	00:39:03	00:08:33 (117)	00:19:00 (123)	00:28:06 (132)	M (144)	MASTER B M (32)	

XXII PADRÓN 10K
CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
151	142	DIZ CHAVES, MANUEL	TRIATLON VILAGARCIA	00:39:05	00:08:39 (129)	00:19:10 (140)	00:28:13 (139)	M (145)	MASTER B M (33)	
152	416	FERNÁNDEZ MORA, JUAN		00:39:05	00:08:45 (152)	00:19:12 (141)	00:28:14 (140)	M (146)	SENIOR M (54)	
153	113	RUBIO RUBIRA, IVAN	AD NAUTICO DE NARÓN	00:39:08	00:08:24 (98)	00:18:25 (97)	00:28:17 (145)	M (147)	MASTER B M (34)	
154	257	TEMBRÁS ALONSO, DAVID	CLUB TRIEUME AS PONTES	00:39:12	00:08:52 (159)	00:19:32 (161)	00:28:31 (155)	M (148)	MASTER B M (35)	
155	170	ABAD GREGORIO, DAVID	CLUB ATLETISMO	00:39:15	00:09:02 (185)	00:19:42 (169)	00:28:41 (162)	M (149)	MASTER B M (36)	
156	37	LAGO SANTIAGO, KIKO	ASOCIACIÓN DEPORTIVA	00:39:18	00:09:00 (179)	00:19:39 (167)	00:28:37 (159)	M (150)	MASTER B M (37)	
157	580	CAMIÑA UCHA, BASILIO	CLUB ATLETISMO CAMBADOS	00:39:19	00:08:43 (143)	00:19:26 (152)	00:28:32 (156)	M (151)	MASTER A M (50)	
158	238	RAMIRO GÓMEZ, JUAN LUIS	CLUB DEPORTIVO PINARIUM	00:39:20	00:09:09 (211)	00:19:53 (184)	00:28:48 (166)	M (152)	MASTER A M (51)	
159	152	DEL RÍO BÓVEDA, ÓSCAR	TRIATLON VILAGARCIA	00:39:21	00:09:02 (184)	00:19:44 (174)	00:28:42 (164)	M (153)	MASTER B M (38)	
160	150	PARRADO PINAQUE, TERE	CLUB ATLETISMO SANTIAGO	00:39:22	00:09:09 (210)	00:19:53 (183)	00:28:51 (171)	F (7)	SENIOR F (4)	
161	407	VIDAL VÁZQUEZ, MATEO		00:39:23	00:08:59 (175)	00:19:31 (159)	00:28:38 (160)	M (154)	SENIOR M (55)	M (4)
162	210	PEREZ PORTELA, MARCOS		00:39:25	00:09:07 (203)	00:19:47 (179)	00:28:49 (168)	M (155)	MASTER A M (52)	
163	200	LÓPEZ TORRES, ANDRES	TRIATLON VILAGARCIA	00:39:26	00:08:27 (103)	00:19:05 (130)	00:28:16 (143)	M (156)	MASTER C M (7)	
164	265	ÁLVAREZ CALVO, TITO		00:39:26	00:08:44 (149)	00:19:38 (165)	00:28:49 (169)	M (157)	MASTER B M (39)	M (5)
165	225	MONTEAGUDO, JUAN		00:39:27	00:09:02 (186)	00:19:36 (164)	00:28:39 (161)	M (158)	SENIOR M (56)	
166	231	OROZCO CORREDOIRA,	CLUB ATLETISMO SANTIAGO	00:39:28	00:09:07 (198)	00:19:44 (173)	00:28:42 (163)	M (159)	MASTER A M (53)	
167	166	PEDREIRA MATO, DAVID	TOXOS & BIRRAS	00:39:30	00:09:00 (181)	00:19:45 (175)	00:28:36 (158)	M (160)	MASTER A M (54)	
168	221	MARTINEZ VALVERDE, JUAN	CLUB ATLETISMO O PINO	00:39:31	00:08:43 (145)	00:19:33 (162)	00:28:44 (165)	M (161)	MASTER B M (40)	
169	203	GALLEGO CID, ADRIAN	ATLETISMO FONTES DO SAR	00:39:35	00:08:37 (124)	00:19:09 (138)	00:28:23 (150)	M (162)	MASTER A M (55)	
170	41	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:39:37	00:09:13 (226)	00:20:08 (214)	00:29:27 (201)	M (163)	MASTER A M (56)	
171	137	LUACES PAZ, ANTONIO	CLUB ATLETISMO SAR	00:39:38	00:09:07 (200)	00:19:56 (188)	00:29:02 (179)	M (164)	SUB 23 M (5)	
172	135	PÉREZ SOTO, DIEGO		00:39:39	00:08:57 (171)	00:19:42 (171)	00:28:49 (167)	M (165)	MASTER B M (41)	
173	213	TRIÑANES, JAVIER	SERRES RUNNERS	00:39:40	00:08:59 (176)	00:19:45 (176)	00:28:54 (172)	M (166)	MASTER A M (57)	
174	270	BUSTO RIAL, JOSE	CLUB ATLETISMO SAR	00:39:42	00:08:57 (170)	00:19:42 (170)	00:28:50 (170)	M (167)	SENIOR M (57)	
175	229	ACCIÓN, JAVIER		00:39:43	00:09:03 (188)	00:19:55 (187)	00:29:01 (176)	M (168)	MASTER A M (58)	
176	46	GOMEZ GONZALEZ, ANTON	RC CELTA ATLETISMO	00:39:45	00:07:13 (2)	00:15:58 (12)	00:28:59 (174)	M (169)	SENIOR M (58)	
177	227	IGLESIAS CARBALLIDO,	ATHLETICS FISIOTERAPIA SAN	00:39:45	00:09:04 (189)	00:19:53 (186)	00:29:00 (175)	F (8)	MASTER A F (2)	
178	217	FEITO MIRÁS, LUIS MIGUEL	ENTRENARUNNING	00:39:52	00:09:12 (224)	00:20:04 (207)	00:29:09 (182)	M (170)	MASTER A M (59)	
179	17	TOIMIL CASTRO, ALFONSO	ATLETISMO MILLADOIRO	00:39:54	00:08:59 (173)	00:20:04 (208)	00:29:17 (191)	M (171)	MASTER B M (42)	
180	171	NOYA ORDÓÑEZ, RAMÓN		00:39:54	00:09:07 (199)	00:19:49 (180)	00:28:55 (173)	M (172)	MASTER A M (60)	

XXII PADRÓN 10K

CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
181	388	PICÓN VOCES, CARLOS		00:39:58	00:09:28 (251)	00:20:22 (221)	00:29:30 (204)	M (173)	SUB 23 M (6)	M (6)
182	228	LAMAS PÉREZ, ALEJANDRO	ASOCIACIÓN DEPORTIVA	00:40:01	00:09:08 (205)	00:19:57 (190)	00:29:02 (178)	M (174)	MASTER B M (43)	
183	273	NIETO LOPEZ, IVAN	CLUB TRIATLON CERVECERÍA O	00:40:02	00:09:20 (233)	00:20:06 (213)	00:29:14 (188)	M (175)	MASTER A M (61)	
184	424	PÉREZ VÁZQUEZ, BRAIS		00:40:04	00:09:27 (250)	00:20:22 (222)	00:29:31 (205)	M (176)	SUB 23 M (7)	
185	176	LADO TORRES, JOSÉ CARLOS	INCOR-AUTOVIDRIO	00:40:04	00:09:13 (227)	00:20:03 (203)	00:29:15 (189)	M (177)	MASTER B M (44)	
186	148	SÁNCHEZ MARCOS, LORENZO	RUNAWAYS RUNNING CLUB FOR	00:40:05	00:09:05 (191)	00:19:59 (195)	00:29:11 (183)	M (178)	MASTER C M (8)	
187	197	LAGO CES, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:40:05	00:09:08 (204)	00:19:56 (189)	00:29:01 (177)	M (179)	MASTER B M (45)	
188	23	ROSENDE BREA, JOSÉ	ATLETISMO ARENTEIRO	00:40:08	00:08:53 (161)	00:19:43 (172)	00:29:03 (180)	M (180)	MASTER C M (9)	
189	145	FERNANDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	00:40:10	00:09:11 (221)	00:20:03 (204)	00:29:11 (184)	M (181)	MASTER A M (62)	
190	199	MOURE VÁZQUEZ, MANUEL	CLUB TRIATLON CERVECERÍA O	00:40:11	00:09:10 (214)	00:20:10 (218)	00:29:26 (199)	M (182)	MASTER A M (63)	
191	253	SUÁREZ TABOADA, MANUEL		00:40:11	00:09:10 (215)	00:20:10 (219)	00:29:26 (200)	M (183)	MASTER A M (64)	
192	443	GUTIÉRREZ PRIETO,		00:40:14	00:09:11 (219)	00:19:59 (194)	00:29:12 (185)	M (184)	MASTER A M (65)	
193	161	GARCÍA RODRÍGUEZ, TAMARA	BIOSBARDO	00:40:15	00:09:12 (223)	00:20:06 (210)	00:29:29 (202)	F (9)	SENIOR F (5)	
194	255	CARBIA MENDEZ, JUAN LUIS		00:40:16	00:09:07 (201)	00:19:58 (193)	00:29:13 (187)	M (185)	MASTER B M (46)	
195	224	MARTINEZ MANEIRO,	INCOR-AUTOVIDRIO	00:40:18	00:09:10 (213)	00:19:47 (178)	00:29:19 (194)	M (186)	MASTER B M (47)	
196	453	BARREIRO, CELSO	CLUB ATLETISMO CAMBADOS	00:40:19	00:09:15 (229)	00:20:34 (231)	00:29:57 (215)	M (187)	SENIOR M (59)	
197	400	PORTELA OTERO, INÉS	CLUB ATLETISMO SANTIAGO	00:40:21	00:08:44 (149)	00:19:51 (181)	00:29:13 (186)	F (10)	SENIOR F (6)	
198	159	LÓPEZ PARADELA, FERNANDO	BOUTUREIRA	00:40:22	00:08:34 (122)	00:19:35 (163)	00:29:07 (181)	M (188)	MASTER A M (66)	
199	138	GARCÍA COSTA, ANXO	ASOCIACIÓN DEPORTIVA	00:40:23	00:08:52 (158)	00:19:51 (182)	00:29:15 (190)	M (189)	MASTER C M (10)	
200	396	LOPEZ GESTAL, MARTINA	SD COMPOSTELA ATLETISMO	00:40:26	00:09:06 (195)	00:20:02 (200)	00:29:18 (193)	F (11)	MASTER A F (3)	F (1)
201	122	CASTIÑEIRAS PORTOS,	SD COMPOSTELA ATLETISMO	00:40:27	00:09:06 (194)	00:20:02 (198)	00:29:17 (192)	M (190)	MASTER A M (67)	
202	146	CAROU GARCÍA, ÁLVARO	CLUB ATLETISMO CAMBADOS	00:40:33	00:09:06 (196)	00:20:02 (199)	00:29:21 (195)	M (191)	MASTER A M (68)	
203	162	TORRES BAUTÍS, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:40:36	00:09:10 (217)	00:20:08 (216)	00:29:29 (203)	M (192)	MASTER C M (11)	
204	252	DE ALMEIDA REY, FERNANDO	TRAN-TRAN	00:40:41	00:09:07 (197)	00:20:03 (206)	00:29:23 (197)	M (193)	MASTER B M (48)	
205	198	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:40:46	00:08:46 (153)	00:19:26 (151)	00:29:45 (209)	M (194)	MASTER B M (49)	
206	275	BARDANCA ABELENDIA,	TRIATLON COSTA DA MORTE	00:40:51	00:09:27 (249)	00:20:32 (228)	00:29:49 (213)	M (195)	SENIOR M (60)	
207	232	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:40:56	00:09:09 (212)	00:20:06 (211)	00:29:23 (196)	M (196)	MASTER B M (50)	
208	163	DURAN DURAN, BERNARDO	TANINOS	00:41:01	00:08:56 (169)	00:19:53 (184)	00:29:43 (207)	M (197)	MASTER B M (51)	
209	405	FERNÁNDEZ CASAL, MIGUEL		00:41:02	00:09:24 (242)	00:20:34 (232)	00:29:58 (216)	M (198)	MASTER C M (12)	
210	177	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:41:03	00:09:33 (257)	00:20:41 (239)	00:30:02 (217)	M (199)	MASTER B M (52)	

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
211	169	GÓMEZ RAPOSO, EDUARDO	CLUB TRIATLÓN COMPOSTELA	00:41:06	00:09:11 (218)	00:20:13 (220)	00:29:45 (210)	M (200)	MASTER B M (53)	
212	143	SANTOS VILLALÓN, CAROL	RIA DE FERROL	00:41:08	00:09:06 (193)	00:20:09 (217)	00:30:17 (228)	F (12)	SUB 23 F (2)	
213	398	EWERING, SUSANNE	CLUB TRIATLÓN COMPOSTELA	00:41:10	00:09:22 (235)	00:20:23 (223)	00:29:45 (211)	F (13)	SENIOR F (7)	
214	172	GOMEZ LAJOS, ALEX		00:41:11	00:09:05 (192)	00:20:31 (226)	00:30:08 (220)	M (201)	SENIOR M (61)	
215	240	CIGÜENZA GESTOSO, JOSE	CLUB DEPORTIVO BRION	00:41:14	00:09:07 (202)	00:20:03 (205)	00:29:38 (206)	M (202)	MASTER B M (54)	
216	24	MIRANDA VIEITO, JOSE	ATHLETICS FISIOTERAPIA SAN	00:41:17	00:09:01 (182)	00:20:01 (196)	00:29:46 (212)	M (203)	MASTER B M (55)	
217	168	MARTINÓN MARTÍNEZ, JESÚS		00:41:18	00:09:26 (248)	00:20:27 (225)	00:29:56 (214)	M (204)	SENIOR M (62)	
218	34	CACHARRÓN CARRIL, SAÚL		00:41:19	00:09:08 (206)	00:20:03 (202)	00:29:25 (198)	M (205)	MASTER A M (69)	
219	90	PAZOS CAMPOS, FRANCISCO		00:41:21	00:08:58 (172)	00:20:04 (209)	00:29:44 (208)	M (206)	MASTER C M (13)	
220	399	CASTAÑO FERREIRA, BRAIS		00:41:23	00:09:24 (241)	00:20:38 (237)	00:30:11 (223)	M (207)	SENIOR M (63)	
221	251	SANMIGUEL FERREIRO, IVAN	CORRIDA DAS CABRAS	00:41:25	00:09:19 (231)	00:20:36 (235)	00:30:07 (219)	M (208)	SENIOR M (64)	
222	244	HERRERO MARTÍNEZ, RAÚL		00:41:26	00:09:25 (247)	00:20:38 (238)	00:30:12 (225)	M (209)	MASTER A M (70)	
223	259	ALONSO PABLOS, DIEGO		00:41:29	00:09:09 (209)	00:20:33 (229)	00:30:14 (227)	M (210)	MASTER A M (71)	
224	141	BARRAL SÁNCHEZ, JESÚS	SD COMPOSTELA ATLETISMO	00:41:30	00:09:22 (236)	00:20:35 (234)	00:30:06 (218)	M (211)	MASTER C M (14)	
225	215	DE LA TORRE GARCIA,		00:41:32	00:09:19 (232)	00:20:34 (233)	00:30:09 (222)	M (212)	MASTER B M (56)	
226	104	PRESAS FARALDO, DOMINGO	BRUTANZOS TEAM	00:41:35	00:09:00 (180)	00:19:57 (191)	00:30:26 (235)	M (213)	MASTER A M (72)	
227	233	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	00:41:41	00:09:14 (228)	00:20:34 (230)	00:30:11 (224)	M (214)	MASTER A M (73)	
228	149	CEPEDA GACIO, FRANCISCO	SD COMPOSTELA ATLETISMO	00:41:42	00:09:23 (238)	00:20:41 (240)	00:30:20 (229)	M (215)	MASTER C M (15)	
229	568	BARANGA ARES, PEDRO	ATLETAS DE ACEA DE AMA	00:41:43	00:09:22 (237)	00:20:24 (224)	00:30:25 (233)	M (216)	MASTER B M (57)	
230	402	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:41:44	00:09:52 (285)	00:20:56 (251)	00:30:25 (232)	M (217)	MASTER A M (74)	
231	418	VILLAVERDE PATIÑO, YAGO		00:41:45	00:09:49 (280)	00:21:15 (264)	00:30:43 (242)	M (218)	SENIOR M (65)	
232	409	ZAS SANDE, JOSE IGNACIO	CLUB ATLETISMO TAMBRE	00:41:46	00:09:37 (262)	00:20:49 (245)	00:30:20 (231)	M (219)	SENIOR M (66)	
233	222	SANABRIA GARRIDO, ÁNGEL	NOSPORTLIMIT	00:41:47	00:09:25 (243)	00:20:46 (243)	00:30:27 (238)	M (220)	SENIOR M (67)	
234	397	OTERO CEPEDA, XOSÉ LUIS	CLUB ATLETISMO SANTIAGO	00:41:48	00:09:25 (244)	00:20:44 (242)	00:30:14 (226)	M (221)	MASTER C M (16)	
235	258	SABIO FERNÁNDEZ, RAFAEL		00:41:49	00:09:25 (246)	00:20:41 (241)	00:30:20 (230)	M (222)	MASTER C M (17)	
236	183	VÁZQUEZ GARCÍA, IVÁN	TRIATLON VILAGARCIA	00:41:50	00:09:08 (207)	00:20:31 (227)	00:30:08 (221)	M (223)	MASTER A M (75)	
237	134	ROMERO LARANGA, DAVID		00:41:50	00:09:23 (239)	00:20:47 (244)	00:30:28 (239)	M (224)	SENIOR M (68)	
238	245	SOLIS POSE, IVAN	SD COMPOSTELA ATLETISMO	00:41:53	00:09:34 (258)	00:20:52 (249)	00:30:27 (236)	M (225)	MASTER A M (76)	
239	155	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:41:54	00:09:32 (255)	00:20:51 (247)	00:30:26 (234)	M (226)	MASTER B M (58)	
240	410	MEJUTO FERNANDEZ, NURIA	SD COMPOSTELA ATLETISMO	00:41:55	00:09:33 (256)	00:20:53 (250)	00:30:27 (237)	F (14)	SENIOR F (8)	

XXII PADRÓN 10K

CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
241	249	MACEIRAS FIGUEIRAS,		00:41:57	00:09:47 (277)	00:21:03 (254)	00:30:41 (241)	M (227)	SENIOR M (69)	
242	157	MAYO CAAMAÑO, MARINELA	CLUB ATLETISMO SAR	00:42:01	00:09:39 (265)	00:21:13 (261)	00:30:51 (244)	F (15)	MASTER A F (4)	
243	236	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	00:42:01	00:09:31 (253)	00:20:51 (246)	00:30:39 (240)	M (228)	MASTER A M (77)	
244	569	GUZMÁN GENS, DANIEL		00:42:06	00:10:04 (296)	00:21:14 (262)	00:30:53 (247)	M (229)	SENIOR M (70)	
245	434	ARCOS VILANOVA, GABRIEL	CLUB DE REMO CABO DA CRUZ	00:42:15	00:10:08 (301)	00:21:31 (271)	00:31:06 (248)	M (230)	SENIOR M (71)	
246	116	GONZÁLEZ AVIÓN, XOSÉ	TRIATLON VILAGARCIA	00:42:35	00:09:34 (259)	00:20:56 (252)	00:30:48 (243)	M (231)	MASTER B M (59)	
247	271	SILVA NIDAR, DAVID	TRASDEZA TRAIL & RUN	00:42:35	00:10:06 (297)	00:21:38 (278)	00:31:19 (254)	M (232)	MASTER A M (78)	
248	139	ROGET PEREZ, FELIX		00:42:38	00:09:29 (252)	00:20:52 (248)	00:30:52 (246)	M (233)	MASTER A M (79)	
249	269	BRIÓN TOUCEDO, MARIO	CLUB DE REMO CABO DA CRUZ	00:42:44	00:10:08 (300)	00:21:31 (272)	00:31:11 (251)	M (234)	SENIOR M (72)	
250	557	SÁNCHEZ DIESTE, ADEL		00:42:50	00:09:58 (289)	00:21:32 (273)	00:31:22 (259)	M (235)	SENIOR M (73)	
251	433	BOTANA PRINI, NICOLÁS	CLUB TRIATLÓN COMPOSTELA	00:42:57	00:09:11 (220)	00:20:03 (201)	00:30:51 (245)	M (236)	SENIOR M (74)	
252	393	DÍAZ PAZOS, DAVID	AS 3 DS	00:43:01	00:09:40 (266)	00:21:08 (257)	00:31:08 (249)	M (237)	MASTER A M (80)	
253	154	VALIN SANDEZ, MARTA	VERXEL	00:43:02	00:09:44 (271)	00:21:23 (269)	00:31:16 (252)	F (16)	MASTER B F (2)	
254	404	MARTÍN RODRIGUEZ,		00:43:04	00:09:38 (264)	00:21:23 (268)	00:31:24 (261)	M (238)	MASTER C M (18)	
255	415	RAMOS LEIS, ANDREIA	ATLETISMO FONTES DO SAR	00:43:05	00:09:41 (267)	00:21:21 (265)	00:31:22 (257)	F (17)	MASTER B F (3)	
256	422	DOMÍNGUEZ OTERO, JOSE	ATLETISMO FONTES DO SAR	00:43:05	00:09:41 (268)	00:21:21 (266)	00:31:22 (260)	M (239)	MASTER B M (60)	
257	288	FABIAN GONZALEZ, DIONISIO	ASOCIACIÓN DEPORTIVA	00:43:06	00:09:38 (263)	00:21:21 (267)	00:31:28 (262)	M (240)	MASTER C M (19)	
258	437	OCAMPO REY, MIGUEL ANGEL		00:43:07	00:10:02 (294)	00:21:38 (276)	00:31:31 (263)	M (241)	MASTER B M (61)	
259	165	TASENDE ANDRADE,	ADAS CUPA	00:43:08	00:09:46 (274)	00:21:13 (260)	00:31:18 (253)	F (18)	MASTER A F (5)	
260	281	ARRIBAS GARCÍA, MIGUEL		00:43:13	00:10:10 (304)	00:21:45 (281)	00:31:33 (264)	M (242)	SENIOR M (75)	
261	223	RODRÍGUEZ FERNÁNDEZ,	CLUB DEPORTIVO DEPORTES	00:43:18	00:09:21 (234)	00:21:05 (255)	00:31:20 (255)	M (243)	MASTER A M (81)	
262	160	FLORES SANTOS, ANTONIO	ATLETISMO +9 MORAÑA	00:43:20	00:09:48 (279)	00:21:38 (277)	00:31:39 (265)	M (244)	MASTER A M (82)	
263	413	RIVAS POSSE, JAIME	VINCIT FISIOTERAPIA NOIA	00:43:23	00:09:56 (286)	00:21:42 (279)	00:31:45 (267)	M (245)	MASTER C M (20)	
264	596	SACKO, THIerno		00:43:23	00:08:42 (140)	00:19:38 (166)	00:31:10 (250)	M (246)	SENIOR M (76)	M (7)
265	395	FRANCO, NIA		00:43:24	00:09:31 (254)	00:21:14 (263)	00:31:22 (256)	F (19)	MASTER A F (6)	
266	167	FERNÁNDEZ REY, CHEMA	TRIATLON VILAGARCIA	00:43:27	00:09:35 (260)	00:21:11 (259)	00:31:22 (258)	M (247)	MASTER B M (62)	
267	368	FERNANDEZ DOMINGUEZ,	MASTER DA LOURIÑA	00:43:38	00:10:08 (302)	00:21:37 (274)	00:31:45 (266)	M (248)	MASTER B M (63)	
268	411	VIAÑO LORENZO, PABLO		00:43:42	00:10:11 (305)	00:21:51 (288)	00:31:51 (270)	M (249)	MASTER B M (64)	
269	347	LOPEZ, PABLO		00:43:46	00:10:02 (293)	00:21:37 (275)	00:31:45 (268)	M (250)	SENIOR M (77)	
270	349	DIOS MARIÑO, JAVIER		00:43:51	00:09:58 (290)	00:21:50 (285)	00:32:06 (275)	M (251)	SENIOR M (78)	

XXII PADRÓN 10K**CLASIFICACIÓN 10K****10K PADRÓN**

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
271	156	SAEZ BATALLÁN, ISABEL	ATLETISMO ARENTEIRO	00:43:55	00:09:51 (281)	00:21:47 (283)	00:31:48 (269)	F (20)	MASTER C F (1)	
272	412	BOULLOSA BERNARDEZ,	SD COMPOSTELA ATLETISMO	00:44:04	00:09:57 (288)	00:21:51 (286)	00:32:06 (274)	F (21)	MASTER A F (7)	F (2)
273	205	BUSTELO CATOIRA, CARLOS	SD COMPOSTELA ATLETISMO	00:44:05	00:09:57 (287)	00:21:51 (287)	00:32:06 (273)	M (252)	MASTER A M (83)	
274	425	MATEOS GARCÍA, GUILLERMO		00:44:14	00:09:52 (284)	00:21:44 (280)	00:31:57 (271)	M (253)	MASTER B M (65)	
275	175	PAZ MONTERO, JAVIER		00:44:19	00:10:20 (312)	00:22:05 (291)	00:32:28 (277)	M (254)	MASTER A M (84)	M (8)
276	421	MIGUENS OTERO, MARIA	CLUB ATLETISMO SAR	00:44:22	00:09:44 (272)	00:21:47 (284)	00:32:03 (272)	F (22)	MASTER B F (4)	F (3)
277	256	MARIN CASTRO, ELOY	SONS OF POSEIDON	00:44:25	00:10:35 (332)	00:23:12 (326)	00:32:54 (288)	M (255)	MASTER A M (85)	
278	268	SALGADO PEREZ, JAIME		00:44:29	00:10:03 (295)	00:22:09 (292)	00:32:23 (276)	M (256)	MASTER B M (66)	
279	606	PIÑEIRO ABEIJON, BENITO		00:44:33	00:11:01 (376)	00:23:04 (319)	00:32:50 (285)	M (257)	MASTER B M (67)	
280	595	BALADO MOSQUERA, SERGIO	CLUB ATLETISMO SAR	00:44:44	00:10:15 (308)	00:22:24 (300)	00:32:34 (279)	M (258)	MASTER B M (68)	M (9)
281	578	GARCÍA LIJÓ, ALBERTO		00:44:49	00:10:54 (365)	00:23:11 (325)	00:33:12 (297)	M (259)	SENIOR M (79)	
282	278	GARCIA LORENZO, DIEGO	S.D. BARBANTIA RODA	00:44:53	00:10:18 (309)	00:22:28 (304)	00:32:39 (280)	M (260)	MASTER A M (86)	
283	294	VARELA, JAVIER		00:45:06	00:10:21 (313)	00:22:25 (301)	00:32:47 (284)	M (261)	MASTER B M (69)	
284	274	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:45:06	00:10:29 (322)	00:22:34 (307)	00:32:58 (290)	M (262)	MASTER A M (87)	
285	286	RODEIRO OTERO, MARTÍN		00:45:07	00:10:28 (321)	00:22:39 (309)	00:32:58 (291)	M (263)	SENIOR M (80)	M
286	440	CASTRO ROMÁN, ALEJANDRO		00:45:08	00:09:43 (269)	00:22:32 (305)	00:33:11 (294)	M (264)	MASTER A M (88)	
287	277	TEIJEIRO ENRIQUE, MARTIN		00:45:10	00:09:48 (278)	00:21:52 (289)	00:32:31 (278)	M (265)	MASTER A M (89)	
288	419	MRIMICHE MRIMICHE, NADIA	CLUB ATLETISMO SAR	00:45:10	00:10:01 (291)	00:22:22 (299)	00:32:45 (281)	F (23)	MASTER B F (5)	
289	261	PÉREZ TRABAZO, LAURA	CLUB DEPORTIVO PINARIUM	00:45:13	00:09:43 (270)	00:21:45 (282)	00:32:47 (283)	F (24)	SENIOR F (9)	
290	296	MONTOTO VÁZQUEZ,	ATLETISMO DEZA	00:45:20	00:10:08 (299)	00:22:25 (302)	00:32:53 (287)	F (25)	MASTER A F (8)	
291	309	BARREIRO BLANCO, PEPE		00:45:22	00:10:09 (303)	00:22:11 (293)	00:32:47 (282)	M (266)	MASTER B M (70)	
292	374	OTERO GUTIÉRREZ, DAVID		00:45:31	00:10:15 (307)	00:22:33 (306)	00:33:17 (299)	M (267)	SUB 23 M (8)	
293	435	BETANZOS FREIRE, ALDARA	S.D. BARBANTIA RODA	00:45:32	00:10:28 (317)	00:22:43 (311)	00:33:10 (293)	F (26)	SENIOR F (10)	
294	298	REY MONTALBÁN, ADRIANA		00:45:34	00:10:23 (314)	00:22:41 (310)	00:33:12 (295)	F (27)	SENIOR F (11)	
295	378	CASAL GARCIA, MARIA		00:45:42	00:09:52 (283)	00:22:15 (296)	00:32:55 (289)	F (28)	MASTER A F (9)	
296	248	FERNÁNDEZ VIDAL, PORFIRIO	CLUB ATLETISMO CAMBADOS	00:45:42	00:09:52 (282)	00:22:14 (295)	00:32:53 (286)	M (268)	MASTER A M (90)	
297	439	MALLO NIEVES, JOSÉ MANUEL	TARTARUGAS	00:45:43	00:10:38 (337)	00:22:58 (315)	00:33:25 (305)	M (269)	MASTER B M (71)	
298	319	RUA GARCIA, MARCOS		00:45:46	00:11:16 (393)	00:23:39 (354)	00:33:57 (316)	M (270)	MASTER A M (91)	
299	479	LORENZO PÉREZ, NATALIA	NOITEBRA F.C.	00:45:50	00:10:48 (349)	00:23:17 (331)	00:33:35 (308)	F (29)	MASTER B F (6)	
300	441	SERRANO REMUIÑÁN, JOSÉ		00:45:50	00:10:07 (298)	00:22:38 (308)	00:33:08 (292)	M (271)	MASTER B M (72)	

XXII PADRÓN 10K
CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
301	426	BELLO FUNCASTA, ANGEL		00:45:54	00:10:29 (323)	00:22:43 (312)	00:33:12 (296)	M (272)	MASTER A M (92)	
302	448	CRESPO GARCÍA, CRISTIAN		00:46:02	00:10:34 (330)	00:23:00 (318)	00:33:41 (309)	M (273)	MASTER A M (93)	
303	87	OTERO UHIA, ANTONIO		00:46:04	00:10:02 (292)	00:22:26 (303)	00:33:19 (303)	M (274)	MASTER C M (21)	
304	354	TROURE, LASSANA		00:46:10	00:08:54 (164)	00:21:27 (270)	00:33:13 (298)	M (275)	SUB 23 M (9)	M
305	303	CAMPOS, DANIEL	CORRIDA DAS CABRAS	00:46:13	00:10:13 (306)	00:22:46 (313)	00:33:33 (306)	M (276)	SENIOR M (81)	
306	485	TILVE HERMIDA, JAIME		00:46:14	00:10:33 (328)	00:23:06 (322)	00:33:52 (311)	M (277)	SENIOR M (82)	
307	588	GARCIA, CHUS	CLUB ATLETISMO TAMBRE	00:46:16	00:10:35 (331)	00:22:58 (316)	00:33:34 (307)	F (30)	MASTER A F (10)	
308	290	MARTÍNEZ PÉREZ, LUCÍA	LOBOS DO BRUNHEIRO	00:46:24	00:09:46 (276)	00:22:17 (298)	00:33:18 (301)	F (31)	SENIOR F (12)	F (4)
309	438	BAHAMONDE SUÁREZ,	CLUB ATLETISMO TAMBRE	00:46:25	00:10:52 (360)	00:23:35 (346)	00:34:10 (324)	M (278)	MASTER A M (94)	
310	417	GARCIA BARBEIRA, PABLO		00:46:25	00:10:51 (355)	00:23:28 (339)	00:34:07 (320)	M (279)	MASTER B M (73)	
311	465	PASEIRO SILVA, DANIEL		00:46:26	00:11:41 (431)	00:24:30 (380)	00:34:42 (342)	M (280)	SENIOR M (83)	
312	300	PEREZ SUSAVILA, ANGEL		00:46:32	00:10:47 (348)	00:23:16 (327)	00:33:50 (310)	M (281)	MASTER C M (22)	
313	279	ALCALDE RIAL, MARIO		00:46:33	00:10:34 (329)	00:22:59 (317)	00:33:25 (304)	M (282)	SUB 20 M (1)	
314	476	FANDIÑO, MANUEL		00:46:36	00:09:46 (275)	00:22:17 (297)	00:33:18 (300)	M (283)	MASTER A M (95)	
315	561	ABAD MARTINEZ, ADRIÁN		00:46:42	00:10:42 (341)	00:23:18 (332)	00:34:00 (317)	M (284)	SENIOR M (84)	
316	446	JUVIÑO PREGO, ANGEL		00:46:44	00:10:56 (369)	00:23:37 (351)	00:34:13 (326)	M (285)	MASTER B M (74)	
317	287	VELO GARCIA DE SEAREZ,		00:46:45	00:10:58 (371)	00:23:33 (342)	00:34:10 (322)	F (32)	SENIOR F (13)	
318	289	VÁZQUEZ NÚÑEZ, ANDREA		00:46:45	00:10:58 (372)	00:23:34 (343)	00:34:10 (323)	F (33)	SENIOR F (14)	
319	549	MÉNDEZ FROJAN, XAIÑO	CLUB ATLETISMO SAR	00:46:47	00:10:51 (354)	00:23:29 (340)	00:34:08 (321)	M (286)	MASTER B M (75)	
320	481	FERNÁNDEZ GONZÁLEZ,	ATLETISMO ARENTEIRO	00:46:49	00:10:26 (315)	00:23:17 (330)	00:34:04 (319)	F (34)	SENIOR F (15)	
321	500	BLANCO FIGUEIRIDO,	CLUB ATLETISMO OUTES	00:46:57	00:10:52 (358)	00:23:45 (359)	00:34:26 (333)	M (287)	MASTER B M (76)	
322	96	RAVIÑA FURELOS, JUAN		00:46:57	00:09:17 (230)	00:20:59 (253)	00:34:22 (327)	M (288)	MASTER B M (77)	
323	297	MARIÑO PAZ, LUCIA		00:46:58	00:10:42 (340)	00:23:17 (328)	00:33:53 (312)	F (35)	MASTER A F (11)	
324	487	BEIRÓ MARTÍNEZ, CARLOS		00:46:58	00:11:01 (378)	00:23:44 (358)	00:34:25 (331)	M (289)	SENIOR M (85)	M
325	593	CASAL VIDAL, DAMIÁN		00:46:59	00:10:19 (310)	00:23:04 (320)	00:33:53 (313)	M (290)	SENIOR M (86)	
326	603	GONZALEZ, ALVARO	WHISKERIA LA NOCHE	00:46:59	00:10:19 (311)	00:23:04 (321)	00:33:53 (314)	M (291)	MASTER A M (96)	
327	452	BEIRÓ MARTÍNEZ, UXÍO		00:47:01	00:11:01 (374)	00:23:44 (357)	00:34:24 (330)	M (292)	SENIOR M (87)	M
328	447	DAVILA IBÁÑEZ, ANA BELÉN		00:47:05	00:10:32 (325)	00:23:17 (329)	00:34:02 (318)	F (36)	MASTER A F (12)	
329	359	MARANTE RODRÍGUEZ, IVÁN	ENTRENARUNNING	00:47:08	00:11:10 (388)	00:23:36 (350)	00:34:26 (332)	M (293)	MASTER A M (97)	
330	85	RIO PEREIRA, YAGO DANIEL	INDEPENDIENTE	00:47:13	00:09:24 (240)	00:22:11 (294)	00:33:19 (302)	M (294)	SUB 23 M (10)	M

XXII PADRÓN 10K**CLASIFICACIÓN 10K****10K PADRÓN**

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
331	459	CAROLLO VARELA, ADRIÁN	CLUB ATLETISMO TAMBRE	00:47:18	00:10:52 (357)	00:23:24 (334)	00:34:12 (325)	M (295)	SENIOR M (88)	
332	243	FERNANDEZ RIAL, SANTIAGO	SERRES RUNNERS	00:47:21	00:10:55 (367)	00:23:34 (345)	00:34:32 (339)	M (296)	MASTER B M (78)	
333	590	GIL, PABLO		00:47:24	00:10:38 (336)	00:23:26 (335)	00:34:28 (335)	M (297)	MASTER B M (79)	
334	547	GARCIA CAINZOS, IRMA	CLUB TRIATLÓN COMPOSTELA	00:47:25	00:10:46 (345)	00:23:28 (336)	00:34:30 (337)	F (37)	MASTER A F (13)	
335	570	NOGUEIRA MONTERO,	CLUB TRIATLÓN COMPOSTELA	00:47:25	00:10:46 (346)	00:23:28 (337)	00:34:30 (336)	M (298)	MASTER A M (98)	
336	285	CASTRO BOUZAS, BORJA		00:47:27	00:10:46 (347)	00:23:28 (338)	00:34:23 (329)	M (299)	MASTER A M (99)	
337	558	LOPEZ SANCHEZ, MIGUEL		00:47:31	00:10:54 (363)	00:23:48 (360)	00:34:48 (344)	M (300)	MASTER A M (100)	
338	471	TUBÍO TUBIO, VANESA	CLUB ATLETISMO LOUSAME	00:47:32	00:10:42 (339)	00:23:36 (349)	00:34:31 (338)	F (38)	SENIOR F (16)	
339	633	VILABOA PITEIRA, JORGE		00:47:34	00:10:28 (320)	00:22:55 (314)	00:33:55 (315)	M (301)	MASTER A M (101)	
340	511	GONZÁLEZ REBOREDO, JOSÉ	AMES ATLETISMO SAVANTE	00:47:35	00:11:19 (402)	00:24:01 (369)	00:34:41 (341)	M (302)	MASTER B M (80)	
341	574	BLANCO SILVA, PABLO		00:47:44	00:10:54 (364)	00:23:48 (361)	00:34:48 (343)	M (303)	MASTER A M (102)	
342	555	DIEGO, CESAR		00:48:01	00:10:30 (324)	00:23:11 (324)	00:34:27 (334)	M (304)	MASTER B M (81)	
343	474	BETANZOS REGO, TOBIAS	S.D. BARBANTIA RODA	00:48:03	00:10:28 (318)	00:23:33 (341)	00:34:58 (347)	M (305)	MASTER C M (23)	
344	451	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:48:16	00:10:33 (326)	00:23:20 (333)	00:34:38 (340)	M (306)	MASTER A M (103)	
345	379	GARCÍA GARCÍA, MIGUEL	CDM VÉRTICE	00:48:18	(-1)	00:24:22 (375)	00:35:29 (360)	M (307)	MASTER A M (104)	
346	391	VARELA BAÑOS, CARLOS		00:48:21	00:10:49 (351)	00:23:38 (352)	00:35:14 (350)	M (308)	SENIOR M (89)	
347	498	GIL MARIÑO, JAVIER	NO	00:48:21	00:10:53 (361)	00:23:38 (353)	00:34:51 (346)	M (309)	MASTER A M (105)	M
348	431	CAMPOS SUEIRO, ALBERTO		00:48:22	00:10:28 (319)	00:23:34 (344)	00:34:50 (345)	M (310)	MASTER A M (106)	
349	284	BERMÚDEZ POMBO, JAVIER	TRAILEROS TOXOS E BIRRAS	00:48:24	00:10:27 (316)	00:23:07 (323)	00:34:22 (328)	M (311)	MASTER A M (107)	
350	358	FERNÁNDEZ PÉREZ, ALFONSO		00:48:45	00:11:17 (397)	00:24:37 (387)	00:35:54 (369)	M (312)	MASTER A M (108)	M
351	551	GÓMEZ SAL, LUCAS		00:48:47	00:10:55 (368)	00:24:00 (365)	00:35:29 (359)	M (313)	SENIOR M (90)	
352	575	CAAMAÑO LAGO, NANCI	CLUB ATLETISMO SAR	00:48:50	00:10:55 (366)	00:24:03 (371)	00:35:19 (354)	F (39)	MASTER B F (7)	F (5)
353	304	GONZÁLEZ CURRO, BRAULIO		00:48:52	00:10:53 (362)	00:24:01 (368)	00:35:23 (356)	M (314)	MASTER A M (109)	
354	429	ALBORES DIAZ, JOSE MANUEL	CLUB ATLETISMO OUTES	00:48:52	00:10:33 (327)	00:23:52 (363)	00:35:15 (352)	M (315)	MASTER C M (24)	
355	531	GARCÍA ABALO, MADA	CLUB ATLETISMO OUTES	00:48:52	00:10:41 (338)	00:23:52 (362)	00:35:15 (351)	F (40)	MASTER B F (8)	
356	550	SANCHEZ TORRES, JOSE	TRIATLON VILAGARCIA	00:48:53	00:11:03 (381)	00:24:24 (378)	00:35:29 (361)	M (316)	MASTER C M (25)	
357	486	IGLESIAS GÓMEZ, ÁGUEDA	CORRIDA DAS CABRAS	00:48:53	00:10:43 (342)	00:24:03 (370)	00:35:26 (358)	F (41)	SENIOR F (17)	
358	464	CARREGAL FERNÁNDEZ,		00:48:58	00:11:32 (420)	00:24:52 (397)	00:35:58 (373)	F (42)	MASTER A F (14)	
359	501	RODRÍGUEZ RODRÍGUEZ,		00:49:03	00:11:04 (384)	00:24:23 (376)	00:35:34 (362)	M (317)	MASTER C M (26)	
360	470	CARRO SANCHEZ, SANDRO		00:49:04	00:11:32 (418)	00:24:42 (393)	00:35:42 (366)	M (318)	MASTER A M (110)	

XXII PADRÓN 10K

CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
361	585	BOUZÓN TAIBO, DIEGO		00:49:05	00:11:19 (400)	00:24:01 (366)	00:35:16 (353)	M (319)	SENIOR M (91)	
362	466	PÉREZ BOULLÓN, SERGIO		00:49:06	00:11:05 (386)	00:24:23 (377)	00:35:40 (365)	M (320)	MASTER A M (111)	M
363	480	RODRÍGUEZ BUGALLO, ÁNGEL		00:49:07	00:11:22 (404)	00:24:42 (392)	00:35:59 (374)	M (321)	MASTER A M (112)	
364	493	MARCOS LORENZO, CARLOTA	CLUB TRIATLON CERVECERÍA O	00:49:12	00:11:25 (407)	00:24:42 (391)	00:35:54 (368)	F (43)	MASTER A F (15)	
365	537	NOVO PIÑÓN, HÉCTOR		00:49:15	00:10:46 (344)	00:24:01 (367)	00:35:36 (363)	M (322)	SENIOR M (92)	
366	457	DE LA CRUZ REY, ABEL		00:49:16	00:10:51 (356)	00:23:35 (347)	00:35:02 (348)	M (323)	SENIOR M (93)	
367	495	OUTON LUNA, ADRIAN		00:49:16	00:10:52 (359)	00:23:35 (348)	00:35:02 (349)	M (324)	SENIOR M (94)	
368	490	MIRA LLOPIS, MANUEL	ASOCIACIÓN DEPORTIVA	00:49:17	00:11:15 (391)	00:24:41 (389)	00:35:52 (367)	M (325)	MASTER A M (113)	
369	301	FERNANDEZ MARTÍNEZ,	SERRES RUNNERS	00:49:21	00:11:23 (405)	00:24:48 (396)	00:35:58 (372)	M (326)	MASTER C M (27)	
370	295	BOVEDA, REYES	CASTRO-TRAIL	00:49:23	00:10:51 (353)	00:23:55 (364)	00:35:23 (357)	F (44)	MASTER A F (16)	
371	313	MARTÍNEZ RIVADEMAR,	ATLETISMO FONTES DO SAR	00:49:24	00:11:30 (412)	00:24:54 (399)	00:36:00 (377)	F (45)	MASTER A F (17)	
372	306	SALGADO CARBALLO, ADRIAN		00:49:29	00:11:37 (427)	00:25:00 (401)	00:36:18 (381)	M (327)	SENIOR M (95)	
373	322	TROIÑO GONZÁLEZ, THALÍA	TRASDEZA TRAIL & RUN	00:49:33	00:11:37 (428)	00:25:00 (404)	00:36:18 (380)	F (46)	SENIOR F (18)	
374	461	CAMIÑA MARTINEZ, RAI	CLUB ATLETISMO CAMBADOS	00:49:36	00:11:33 (421)	00:24:52 (398)	00:35:59 (375)	M (328)	MASTER A M (114)	
375	373	TRIUNFO DELGADO, GONZALO	ARTROGAL TRI 498	00:49:36	00:10:51 (352)	00:23:43 (356)	00:35:22 (355)	M (329)	MASTER C M (28)	
376	594	GARCÍA CURROS, DAVID	ATLETISMO DEZA	00:49:37	00:11:05 (385)	00:24:18 (373)	00:35:37 (364)	M (330)	MASTER C M (29)	
377	591	BUSTO SANTALLA, ANA		00:49:39	00:11:01 (377)	00:24:37 (384)	00:35:56 (371)	F (47)	MASTER A F (18)	
378	299	NIETO PAZOS, SUSANA		00:49:42	00:10:45 (343)	00:24:26 (379)	00:36:08 (378)	F (48)	MASTER A F (19)	
379	449	LAGARES SÁNCHEZ, LUCÍA		00:49:43	00:11:41 (433)	00:25:04 (407)	00:36:30 (388)	F (49)	SENIOR F (19)	
380	444	PÉREZ BALIRAC, JESUS	NOITEBRA F.C.	00:49:48	00:10:58 (370)	00:24:16 (372)	00:35:56 (370)	M (331)	MASTER C M (30)	
381	450	AGRASAR BARRAL, SONIA		00:49:55	00:11:19 (401)	00:24:42 (390)	00:36:08 (379)	F (50)	MASTER B F (9)	F (6)
382	310	GACIÑO VICENTE, JOSE		00:49:56	00:11:53 (452)	00:25:13 (417)	00:36:31 (389)	M (332)	MASTER A M (115)	
383	389	FERNÁNDEZ PIÑEIRO,		00:49:57	00:12:14 (479)	00:26:45 (468)	00:38:08 (435)	M (333)	SUB 23 M (11)	
384	455	CARRETERO RIVAS, MARIA		00:49:59	00:11:42 (434)	00:25:05 (408)	00:36:30 (387)	F (51)	SENIOR F (20)	
385	235	PAZOS MEIXUS, ARARAT	CLUB SAN MIGUEL DE MARÍN	00:50:07	00:11:01 (375)	00:24:45 (394)	00:36:21 (383)	F (52)	SUB 23 F (3)	
386	305	ABEIJON OTERO, INES	S.D. BARBANTIA RODA	00:50:11	00:11:02 (379)	00:24:45 (395)	00:36:21 (384)	F (53)	MASTER A F (20)	F (7)
387	328	GÓMEZ OVIEDO, LOLY	SD COMPOSTELA ATLETISMO	00:50:18	00:11:44 (436)	00:25:13 (418)	00:36:45 (395)	F (54)	MASTER B F (10)	
388	428	BELTRÁ GARCÍA, IGNACIO	SD COMPOSTELA ATLETISMO	00:50:18	00:11:36 (425)	00:25:16 (421)	00:36:48 (398)	M (334)	SENIOR M (96)	
389	341	RODRÍGUEZ DEL RÍO, MARÍA	SD COMPOSTELA ATLETISMO	00:50:19	00:11:32 (417)	00:25:07 (412)	00:36:33 (390)	F (55)	MASTER C F (2)	
390	348	MELLA MONTOUTO, MARTINA		00:50:21	00:11:04 (382)	00:24:37 (383)	00:36:24 (385)	F (56)	SENIOR F (21)	

XXII PADRÓN 10K**CLASIFICACIÓN 10K****10K PADRÓN**

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
391	473	PÉREZ GARCÍA, JESÚS	CLUB ATLETISMO CAMBADOS	00:50:22	00:11:44 (438)	00:25:20 (422)	00:36:52 (400)	M (335)	MASTER C M (31)	
392	343	MUÑIZ FERNANDEZ, RUBEN		00:50:31	00:10:49 (350)	00:24:20 (374)	00:35:59 (376)	M (336)	SENIOR M (97)	
393	600	PORTAS TATO, MANUEL		00:50:33	00:11:52 (451)	00:25:33 (429)	00:37:15 (412)	M (337)	MASTER A M (116)	
394	469	FERREIRÓS JAMARDO, ÁLEX		00:50:34	00:11:52 (450)	00:25:33 (428)	00:37:15 (411)	M (338)	MASTER A M (117)	
395	361	RODRÍGUEZ NÚÑEZ, ALBERTO		00:50:38	00:11:32 (419)	00:25:06 (411)	00:36:49 (399)	M (339)	MASTER B M (82)	
396	573	FERNÁNDEZ BLANCO,		00:50:41	00:11:53 (454)	00:25:39 (435)	00:37:08 (407)	F (57)	SENIOR F (22)	
397	529	FDEZ BLANCO, SILVIA		00:50:41	00:11:32 (416)	00:25:07 (413)	00:36:44 (393)	F (58)	MASTER A F (21)	
398	579	BLANCO NOVO, JOSÉ MANUEL	ASOCIACIÓN DEPORTIVA	00:50:43	00:11:09 (387)	00:24:37 (386)	00:36:19 (382)	M (340)	MASTER B M (83)	
399	497	LAREU CRESPO, DIEGO		00:50:53	00:11:18 (398)	00:24:57 (400)	00:36:46 (396)	M (341)	SENIOR M (98)	
400	307	LORENZO CHAO, BEATRIZ	CDM VÉRTICE	00:50:55	00:11:34 (422)	00:25:06 (410)	00:36:45 (394)	F (59)	MASTER B F (11)	
401	454	SARANDESES PAZOS, AGA		00:50:57	00:11:38 (429)	00:25:15 (420)	00:37:03 (404)	M (342)	MASTER A M (118)	
402	463	VÁZQUEZ CASTROMÁN,	NOITEBRA F.C.	00:50:57	00:11:28 (409)	00:25:05 (409)	00:36:38 (392)	F (60)	SENIOR F (23)	
403	302	TOBÍO DÓNEGA, MARÍA		00:50:59	00:11:30 (411)	00:25:23 (424)	00:37:07 (406)	F (61)	MASTER B F (12)	
404	321	SUÁREZ CRESPO, NOELIA	SD COMPOSTELA ATLETISMO	00:51:00	00:11:35 (424)	00:25:14 (419)	00:36:48 (397)	F (62)	SENIOR F (24)	
405	382	GAITEIRO ÁLVAREZ, PATRICIA		00:51:02	00:11:14 (389)	00:25:02 (406)	00:37:06 (405)	F (63)	SENIOR F (25)	
406	460	GOMEZ VIAÑO, JOSÉ		00:51:05	00:11:04 (383)	00:24:37 (385)	00:36:35 (391)	M (343)	MASTER C M (32)	
407	467	MARIÑO PEREIRAS, RAÚL	NOITEBRA F.C.	00:51:08	00:11:28 (410)	00:25:09 (414)	00:36:59 (402)	M (344)	MASTER A M (119)	
408	324	BOQUETE GARCIA, TANIA		00:51:14	00:12:12 (475)	00:25:44 (440)	00:37:17 (413)	F (64)	MASTER A F (22)	
409	351	NÚÑEZ FERREÑO, JULIA		00:51:18	00:11:17 (396)	00:25:00 (402)	00:37:13 (408)	F (65)	SUB 23 F (4)	
410	599	PARDAVILA IGLESIAS, MIGUEL	CORRIDA DAS CABRAS	00:51:29	00:11:22 (403)	00:25:28 (426)	00:37:28 (415)	M (345)	MASTER B M (84)	
411	327	VIA, TAMARA	ATLETISMO FONTES DO SAR	00:51:30	00:11:30 (413)	00:25:00 (403)	00:36:59 (401)	F (66)	MASTER B F (13)	
412	344	MONTOUTO LOPEZ, JESUS		00:51:37	00:11:03 (380)	00:24:41 (388)	00:36:27 (386)	M (346)	SENIOR M (99)	
413	314	CASTRO COLORADO, JULIA	BIKILA	00:51:40	00:12:00 (461)	00:26:01 (448)	00:37:49 (422)	F (67)	MASTER B F (14)	
414	316	GÓMEZ MARTÍNEZ, CARLOS		00:51:44	00:11:26 (408)	00:25:25 (425)	00:37:47 (419)	M (347)	MASTER B M (85)	
415	475	PENA FRANCO, JOSE		00:51:50	00:12:11 (471)	00:25:51 (443)	00:37:54 (429)	M (348)	MASTER C M (33)	
416	330	RODRÍGUEZ BERMUDEZ,		00:51:52	00:11:15 (390)	00:25:12 (415)	00:37:02 (403)	F (68)	SENIOR F (26)	
417	263	MORATA AGUILERA, MIGUEL	CLUB ATLETISMO O PINO	00:51:53	00:11:44 (437)	00:25:35 (432)	00:37:49 (421)	M (349)	MASTER C M (34)	
418	262	CASTRO SUAREZ, JUAN	CLUB ATLETISMO O PINO	00:51:53	00:11:43 (435)	00:25:35 (431)	00:37:48 (420)	M (350)	MASTER C M (35)	
419	180	VIDAL CASTAÑO, IVÁN	ENTRENARUNNING	00:51:55	00:13:56 (534)	00:31:44 (537)	00:41:21 (485)	M (351)	MASTER A M (120)	
420	489	NANIN LOPEZ, CRIS	BURGAS OURENSE ATLETISMO	00:51:55	00:11:46 (442)	00:26:00 (446)	00:37:50 (423)	F (69)	MASTER C F (3)	

XXII PADRÓN 10K

CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
421	499	DÍAZ POSO, ALEJANDRO		00:51:57	00:11:45 (439)	00:26:03 (451)	00:37:56 (431)	M (352)	SENIOR M (100)	
422	560	BERNÁRDEZ AGRAFOJO, JOSÉ	SD COMPOSTELA ATLETISMO	00:51:58	00:12:07 (466)	00:25:59 (445)	00:37:53 (426)	M (353)	MASTER B M (86)	
423	477	OTERO GÓMEZ, MAICA		00:52:03	00:11:36 (426)	00:25:41 (437)	00:37:46 (417)	F (70)	MASTER A F (23)	
424	564	VIDAL FERNÁNDEZ, JUAN		00:52:04	00:12:10 (469)	00:26:06 (452)	00:37:54 (428)	M (354)	MASTER C M (36)	
425	584	GONZÁLEZ CASTRO, SILVIA		00:52:06	00:11:16 (392)	00:25:20 (423)	00:37:27 (414)	F (71)	MASTER A F (24)	
426	462	DOMÍNGUEZ TRIÑANES, ALBA		00:52:14	00:10:36 (335)	00:24:32 (381)	00:37:14 (410)	F (72)	SUB 23 F (5)	
427	173	DAVILA OUTEIRAL, IAGO	CLUB DE REMO CABO DA CRUZ	00:52:14	00:10:35 (334)	00:24:32 (382)	00:37:14 (409)	M (355)	SENIOR M (101)	
428	510	NOVO GARCIA, PATRICIA		00:52:21	00:11:54 (456)	00:25:50 (441)	00:37:52 (425)	F (73)	SENIOR F (27)	
429	468	TORRES CAMPOS, CLARA	CDM VÉRTICE	00:52:26	00:11:45 (440)	00:25:37 (433)	00:37:43 (416)	F (74)	MASTER A F (25)	
430	325	LÓPEZ GARCÍA, ISABEL	GTR GALAICO TRAIL RUN	00:52:28	00:11:25 (406)	00:25:42 (439)	00:37:58 (432)	F (75)	MASTER B F (15)	
431	506	RIERA CACHERO, ANTONIO	CLUB ESCOLA ATLETISMO DEZA	00:52:29	00:11:46 (441)	00:25:52 (444)	00:37:53 (427)	M (356)	MASTER C M (37)	
432	392	ÁLVAREZ NAYA, LARA		00:52:38	00:12:15 (482)	00:26:29 (462)	00:38:26 (439)	F (76)	SENIOR F (28)	
433	517	ROUCO VILAR, MODESTO		00:52:39	00:12:14 (481)	00:26:30 (463)	00:38:25 (438)	M (357)	MASTER C M (38)	
434	496	DONO LÓPEZ, PEDRO		00:52:40	00:12:23 (484)	00:26:44 (467)	00:38:54 (446)	M (358)	MASTER B M (87)	
435	282	ARGIZ PEITEADO, PATRICIA	ATLETISMO +9 MORAÑA	00:52:42	00:11:31 (414)	00:25:40 (436)	00:37:55 (430)	F (77)	MASTER B F (16)	
436	491	ROO MAROÑAS, GEMA		00:52:44	00:11:54 (455)	00:25:50 (442)	00:38:07 (433)	F (78)	SENIOR F (29)	
437	504	HOMBRE CASTRO, ÓSCAR		00:52:47	00:11:35 (423)	00:25:42 (438)	00:38:07 (434)	M (359)	MASTER A M (121)	
438	456	MENDEZ CASAL, ELADIO		00:52:50	00:11:38 (430)	00:25:33 (430)	00:37:47 (418)	M (360)	MASTER C M (39)	
439	566	WILSON, MICHAEL		00:52:53	00:12:04 (463)	00:26:18 (454)	00:38:31 (441)	M (361)	MASTER B M (88)	
440	483	CASTRO LEMA, CARMEN		00:52:55	00:11:47 (443)	00:25:37 (434)	00:37:52 (424)	F (79)	MASTER A F (26)	
441	482	BARREIRO GONZÁLEZ, JORGE		00:53:01	00:12:13 (477)	00:26:27 (459)	00:38:37 (443)	M (362)	MASTER A M (122)	
442	375	NÚÑEZ SANTIAGO, ALVARO		00:53:02	00:12:13 (476)	00:26:27 (458)	00:38:37 (442)	M (363)	MASTER A M (123)	
443	523	SEOANE ABAD, JOSE		00:53:03	00:11:56 (459)	00:26:00 (447)	00:38:18 (437)	M (364)	MASTER A M (124)	
444	320	PAÍS FERNANDEZ, MANUEL	SERRES RUNNERS	00:53:11	00:12:10 (470)	00:26:25 (456)	00:38:43 (445)	M (365)	MASTER C M (40)	
445	525	TORRES ESPÍÑO, DANIEL		00:53:12	00:12:46 (500)	00:27:16 (484)	00:39:19 (456)	M (366)	MASTER A M (125)	
446	502	SÁNCHEZ BASCOY, SILVIA		00:53:18	00:11:56 (458)	00:26:26 (457)	00:38:40 (444)	F (80)	MASTER C F (4)	
447	592	VILARIÑO VILLANUEVA,		00:53:36	00:11:57 (460)	00:26:01 (449)	00:38:15 (436)	M (367)	MASTER A M (126)	
448	345	RODRÍGUEZ ROMERO,		00:53:40	00:12:27 (488)	00:26:53 (472)	00:39:14 (451)	M (368)	SENIOR M (102)	
449	365	LÓPEZ MARÍN, RAMÓN	C. D. RÍA DE AROUSA O GROVE	00:53:42	00:12:39 (497)	00:27:10 (482)	00:39:24 (458)	M (369)	MASTER B M (89)	
450	571	GOMEZ BEADE, RICARDO		00:53:48	00:11:49 (445)	00:26:35 (465)	00:39:05 (449)	M (370)	SENIOR M (103)	

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
451	520	MIGUÉNS PÉREZ, ISABEL	AGENCIA MORLA	00:53:52	00:12:19 (483)	00:26:55 (473)	00:39:18 (454)	F (81)	MASTER B F (17)	
452	362	MARTÍNEZ PUENTE, JESÚS		00:53:55	00:11:48 (444)	00:26:33 (464)	00:39:19 (455)	M (371)	MASTER A M (127)	M
453	326	VARELA VARELA, SABELA	CORRIDA DAS CABRAS	00:53:58	00:12:11 (474)	00:26:46 (470)	00:39:06 (450)	F (82)	MASTER A F (27)	
454	515	PÉREZ CARRAZONI, ALFONSO		00:54:03	00:12:11 (472)	00:26:28 (461)	00:39:02 (447)	M (372)	MASTER C M (41)	
455	516	LÓPEZ RODRÍGUEZ, PILAR		00:54:04	00:12:11 (473)	00:26:28 (460)	00:39:02 (448)	F (83)	MASTER B F (18)	
456	567	MEJUTO SOTO, MAYTE	ATLETAS DE ACEA DE AMA	00:54:08	00:12:28 (489)	00:27:00 (477)	00:39:16 (452)	F (84)	MASTER B F (19)	F (8)
457	323	MOLEDO GONZÁLEZ,	ASOCIACIÓN DEPORTIVA	00:54:15	00:11:50 (446)	00:26:15 (453)	00:39:17 (453)	F (85)	MASTER B F (20)	
458	612	MARTÍNEZ ROMAY, PALOMA		00:54:19	00:11:17 (395)	00:25:32 (427)	00:38:26 (440)	F (86)	SENIOR F (30)	
459	380	CASTRO CASTRO, DANIEL		00:54:27	00:12:54 (502)	00:27:26 (489)	00:39:53 (463)	M (373)	SENIOR M (104)	
460	472	PEREIRA MARZOA, MARTÍN	CLUB DEPORTIVO BRION	00:54:27	00:12:55 (503)	00:27:26 (490)	00:39:54 (464)	M (374)	SENIOR M (105)	
461	337	VARELA SANDÁ, TAMARA		00:54:32	00:13:11 (511)	00:27:55 (495)	00:40:12 (472)	F (87)	MASTER A F (28)	
462	587	CRESPO POUSO, ANA		00:54:50	00:11:53 (453)	00:26:37 (466)	00:39:24 (457)	F (88)	MASTER B F (21)	
463	390	FERNÁNDEZ VILLANUEVA,		00:54:51	00:12:14 (480)	00:26:45 (469)	00:39:27 (459)	M (375)	MASTER C M (42)	
464	522	RODRÍGUEZ TRINIDAD, JOSÉ		00:54:52	00:12:23 (485)	00:27:00 (475)	00:39:28 (460)	M (376)	MASTER C M (43)	
465	338	DÍAZ MOSQUEIRA, SARA	A.D. MEDIADUCIA	00:54:56	00:13:08 (507)	00:28:04 (501)	00:40:23 (475)	F (89)	SENIOR F (31)	
466	333	SEOANE CASTRO, TERESA	CLUB ESCOLA ATLETISMO	00:54:59	00:12:01 (462)	00:26:51 (471)	00:39:47 (462)	F (90)	MASTER B F (22)	
467	478	CALO RODRÍGUEZ, ISABEL	SAUDE SPORT	00:55:04	00:12:32 (493)	00:27:31 (492)	00:40:14 (473)	F (91)	SENIOR F (32)	
468	524	CANO VIÑAS, FERNANDO		00:55:16	00:12:28 (490)	00:27:21 (485)	00:40:06 (467)	M (377)	MASTER B M (90)	
469	597	DE LA FUENTE REY, ANTÍA		00:55:20	00:12:35 (495)	00:27:27 (491)	00:40:28 (476)	F (92)	SENIOR F (33)	
470	276	AMADO BOUZA, JOSÉ MARÍA	ATLETAS DE ACEA DE AMA	00:55:25	00:12:04 (464)	00:27:06 (481)	00:40:03 (466)	M (378)	MASTER C M (44)	
471	334	PAULECZKI, ANDREA		00:55:26	00:12:26 (487)	00:27:13 (483)	00:40:39 (477)	F (93)	MASTER A F (29)	
472	335	ARES FONTENLA, RAFAEL	CLUB ATLETISMO CAMBADOS	00:55:26	00:12:13 (478)	00:26:58 (474)	00:40:10 (468)	M (379)	MASTER C M (45)	
473	562	PEREIRA RAMOS, ALEJANDRO		00:55:33	00:12:09 (468)	00:27:04 (479)	00:40:00 (465)	M (380)	MASTER A M (128)	
474	386	RARIS MOSQUERA, ALBA		00:55:36	00:11:51 (447)	00:27:25 (487)	00:40:11 (469)	F (94)	SENIOR F (34)	F (9)
475	384	DEL RÍO GUNDÍN, ENRIQUE		00:55:36	00:11:51 (448)	00:27:25 (488)	00:40:12 (471)	M (381)	MASTER A M (129)	M
476	385	CARREIRA RODRIGUEZ,		00:55:36	00:11:51 (449)	00:27:25 (486)	00:40:11 (470)	M (382)	MASTER A M (130)	M
477	534	MARTÍNEZ OLVEIRA, LAURA	CLUB DE REMO RIANXO	00:55:44	00:13:02 (504)	00:28:01 (497)	00:40:41 (478)	F (95)	SUB 23 F (6)	
478	350	COEDO COSTA, CARLA	CLUB REMO RIANXO	00:55:46	00:13:02 (505)	00:28:01 (498)	00:40:42 (479)	F (96)	SENIOR F (35)	
479	311	BARRIO PARDO, PABLO		00:55:47	00:11:54 (457)	00:26:23 (455)	00:39:44 (461)	M (383)	SENIOR M (106)	M
480	346	MARTÍNEZ SÁNCHEZ, CLARA		00:55:59	00:13:10 (509)	00:28:02 (500)	00:40:43 (480)	F (97)	SENIOR F (36)	

XXII PADRÓN 10K
CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
481	329	AGUJETAS OTERO, JORGE		00:56:31	00:11:41 (432)	00:27:06 (480)	00:40:16 (474)	M (384)	MASTER A M (131)	
482	608	PAZ NEIRA, OLALLA		00:56:37	00:13:03 (506)	00:27:57 (496)	00:41:17 (483)	F (98)	MASTER A F (30)	
483	604	CARBALLO PARADELO,		00:56:45	00:12:31 (492)	00:27:36 (493)	00:40:44 (481)	F (99)	MASTER A F (31)	
484	602	TRUJILLO GÓMEZ, ALBA		00:56:54	00:13:33 (523)	00:29:14 (516)	00:42:08 (490)	F (100)	MASTER A F (32)	
485	572	ABEIJÓN CASTRO, PAULA		00:57:00	00:13:10 (510)	00:28:33 (504)	00:41:37 (487)	F (101)	SENIOR F (37)	
486	528	CASAL BALDOMIR, UXÍA		00:57:17	00:12:33 (494)	00:28:01 (499)	00:41:16 (482)	F (102)	SENIOR F (38)	
487	518	MANTEIGA RODRIGUEZ,		00:57:35	00:12:37 (496)	00:27:52 (494)	00:41:20 (484)	F (103)	MASTER A F (33)	
488	505	PEREZ FERNANDEZ, ANDREA		00:57:41	00:12:07 (465)	00:27:03 (478)	00:41:24 (486)	F (104)	SENIOR F (39)	
489	331	BLANCO SILVA, FERNANDO	CABE SPORTS	00:57:48	00:13:20 (518)	00:29:03 (512)	00:42:07 (489)	M (385)	MASTER B M (91)	
490	542	FACHAL QUINTELA, ARACELI		00:57:52	00:13:14 (514)	00:28:43 (509)	00:42:25 (493)	F (105)	SENIOR F (40)	
491	332	SUAREZ MANDAYO, MARIA		00:57:52	00:13:13 (513)	00:28:43 (510)	00:42:25 (494)	F (106)	SENIOR F (41)	
492	548	GONZÁLEZ GARCÍA,	CLUB ATLETISMO SAR	00:58:04	00:13:09 (508)	00:28:39 (507)	00:42:03 (488)	F (107)	MASTER B F (23)	
493	582	VILAR SEREN, LUPE	CLUB ATLETISMO CAMBADOS	00:58:25	00:13:13 (512)	00:28:58 (511)	00:42:24 (492)	F (108)	MASTER C F (5)	
494	530	CONSTENLA JUNQUERA,	ATLETISMO FONTES DO SAR	00:58:27	00:12:25 (486)	00:28:21 (503)	00:42:21 (491)	M (386)	MASTER C M (46)	
495	503	RAMOS OLVEIRA, ESTEFANÍA		00:58:30	00:12:30 (491)	00:28:13 (502)	(-1)	F (109)	MASTER A F (34)	
496	533	BOTANA PRINI, CHLOE	CLUB TRIATLON INFORHOUSE	00:58:36	00:13:22 (520)	00:29:14 (518)	00:42:45 (501)	F (110)	SUB 23 F (7)	
497	532	PRINI, CAROLINE	CLUB TRIATLÓN COMPOSTELA	00:58:36	00:13:22 (521)	00:29:15 (519)	00:42:45 (500)	F (111)	MASTER B F (24)	
498	613	MARTÍS POUSO, HELENA		00:58:39	00:12:43 (498)	00:28:36 (506)	00:42:45 (497)	F (112)	SENIOR F (42)	
499	383	TRILLO DOMÍNGUEZ, MARTA		00:58:39	00:12:44 (499)	00:28:36 (505)	00:42:45 (499)	F (113)	SENIOR F (43)	
500	336	SEÑORANS TOURIÑO,		00:58:39	00:12:47 (501)	00:28:41 (508)	00:42:45 (498)	F (114)	MASTER A F (35)	
501	366	PORTO ÁLVAREZ, SARA		00:58:41	00:13:16 (516)	00:29:03 (513)	00:42:35 (495)	F (115)	SUB 23 F (8)	
502	370	CARBIA RODRÍGUEZ,		00:58:47	00:13:22 (519)	00:29:09 (515)	00:42:36 (496)	F (116)	SENIOR F (44)	
503	512	FONTAO OLVEIRA,		00:59:12	00:13:14 (515)	00:29:03 (514)	00:42:54 (503)	F (117)	SENIOR F (45)	
504	357	VARELA CASTRO, MARIA		00:59:27	00:13:57 (539)	00:31:52 (538)	00:44:07 (509)	F (118)	MASTER A F (36)	
505	430	NEIRA ROZAS, VERÓNICA		00:59:43	00:13:20 (517)	00:29:20 (520)	00:43:08 (504)	F (119)	MASTER A F (37)	
506	527	PRIETO BERMEJO, IRIA		00:59:43	00:13:33 (522)	00:29:14 (517)	00:42:51 (502)	F (120)	MASTER A F (38)	
507	432	RODRÍGUEZ FERNÁNDEZ,		00:59:53	00:13:51 (530)	00:29:54 (524)	00:43:37 (505)	M (387)	MASTER A M (132)	M
508	519	PELAYO ALVAREZ, CRISTINA		00:59:53	00:13:51 (531)	00:29:54 (523)	00:43:37 (506)	F (121)	SENIOR F (46)	F (10)
509	565	GONZÁLEZ PEREIRA, MANUEL	RUNNING ARTEIXO	01:00:11	00:13:56 (537)	00:30:03 (525)	00:43:38 (507)	M (388)	MASTER C M (47)	
510	353	GÓMEZ FERNÁNDEZ, JOSÉ		01:00:29	00:13:44 (525)	00:29:53 (522)	00:43:42 (508)	M (389)	MASTER B M (92)	

XXII PADRÓN 10K
CLASIFICACIÓN 10K

10K PADRÓN

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	SEXO	CATEGORÍA	LOC
511	541	PIÑEIRO CAAMAÑO, MARI	A.D. MONTEBRONDO	01:00:52	00:13:47 (529)	00:30:14 (529)	00:44:22 (513)	F (122)	MASTER A F (39)	
512	540	BANET FRAGA, ANTÓN	A.D. MONTEBRONDO	01:00:53	00:13:47 (527)	00:30:13 (527)	00:44:22 (514)	M (390)	MASTER A M (133)	
513	492	FERNANDEZ BLANCO, DAVID	A.D. MONTEBRONDO	01:00:53	00:13:47 (526)	00:30:13 (528)	00:44:22 (512)	M (391)	MASTER B M (93)	
514	535	TORRES, CECILIA		01:00:56	00:13:56 (536)	00:30:08 (526)	00:44:09 (510)	F (123)	SENIOR F (47)	
515	372	ALVAREZ ALONSO, SARA		01:01:33	00:13:47 (528)	00:29:52 (521)	00:44:10 (511)	F (124)	SENIOR F (48)	
516	367	LEAL DOVAL, NOEMÍ	CLUB DEPORTIVO RÍA DE	01:01:41	00:13:57 (538)	00:30:33 (532)	00:44:45 (515)	F (125)	MASTER B F (25)	
517	538	MENDEZ CASAL, MANUEL		01:01:41	00:13:54 (533)	00:30:34 (534)	00:44:53 (516)	M (392)	MASTER C M (48)	
518	371	RODRÍGUEZ FOLGAR,		01:02:13	00:13:58 (541)	00:30:29 (531)	00:45:03 (518)	F (126)	SENIOR F (49)	
519	508	VÁZQUEZ SESAR, LUCÍA		01:03:00	00:14:09 (542)	00:30:51 (535)	00:45:43 (521)	F (127)	SENIOR F (50)	
520	207	SUSO SÁNCHEZ, DANIEL	SONS OF POSEIDON	01:03:00	00:10:35 (333)	00:23:40 (355)	00:45:43 (520)	M (393)	SENIOR M (107)	
521	536	REFOJO FERREIRÓS, MARIA		01:03:15	00:13:44 (524)	00:30:21 (530)	00:45:14 (519)	F (128)	SENIOR F (51)	
522	369	GARCÍA HIDALGO, BELÉN		01:05:07	00:13:54 (532)	00:30:33 (533)	00:45:02 (517)	F (129)	MASTER B F (26)	
523	509	BERNAL GOMEZ, JESUS	INDEPENDIENTE	01:11:08	00:15:34 (544)	00:34:48 (539)	00:51:41 (522)	M (394)	MASTER C M (49)	M

Total: 523