

**XII CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL - CLASIFICACIÓN ABSOLUTA**

PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
1	41	ALEJANDRO FERNANDEZ RIVERA	m	OURENSE ATLETISMO	00:21:41	2:42	MASTER 1 M	1	1	00:11:07	10:35
2	198	PAULO BARBOSA	m	MAIA AC	00:22:20	2:47	SENIOR M	2	1	00:11:11	11:09
3	1	MANUEL HURTADO SANJURJO	m	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:22:26	2:48	MASTER 1 M	3	2	00:11:13	11:14
4	219	NUNO COSTA	m	SD COMPOSTELA ATLETISMO	00:22:35	2:49	SENIOR M	4	2	00:11:16	11:20
5	155	ANXO CASTRO	m	ASOCIACIÓN DEPORTIVA CERNE	00:22:37	2:49	SENIOR M	5	3	00:11:21	11:16
6	193	VICTOR PUYUELO PARDO	m	ATLÉTICO OROEL	00:23:01	2:52	SENIOR M	6	4	00:11:35	11:27
7	14	ANTONIO TEIJIDO LÓPEZ	m	BATHCO RUNNING TEAM	00:23:18	2:54	MASTER 1 M	7	3	00:11:38	11:41
8	175	SIMON GONZALEZ RIO	m	CCA ATLETISMO RIA DE FOZ	00:23:35	2:56	SENIOR M	8	5	00:11:57	11:39
9	153	ALEJO ARES PRADA	m	NINGUNO	00:23:42	2:57	SENIOR M	9	6	00:11:50	11:52
10	212	JONATHAN FERNANDEZ	m	PASA OU ENTORNA	00:23:42	2:57	SENIOR M	10	7	00:11:57	11:46
11	217	NASR BOUCHAID	m	CLUBE DEPORTIVO ARZÚA	00:23:43	2:57	SENIOR M	11	8	00:11:51	11:53
12	285	ABEL BARROS GONZÁLEZ	m	ATLETISMO +9 MORAÑA	00:24:14	3:01	MASTER 3 M	12	1	00:11:53	12:21
13	158	CRISTIAN MUIÑO VARELA	m	COMPOSTELA	00:24:16	3:01	SENIOR M	13	9	00:11:50	12:26
14	110	JUAN JOSE ÁLVAREZ CURES	m	CLUB ATLETISMO O PINO	00:24:22	3:02	MASTER 2 M	14	1	00:12:00	12:22
15	22	MIGUEL ÁNGEL BARRAL PUGA	m	ATLÉTICA LUCENSE	00:24:28	3:03	MASTER 1 M	15	4	00:12:14	12:14
16	32	RUBEN CAAMAÑO NIETO	m	ATLETISMO SAR VERMÚ PETRONI	00:24:35	3:04	MASTER 1 M	16	5	00:12:05	12:31
17	196	ANTÓN RUANOVA FERNÁNDEZ	m	SD COMPOSTELA ATLETISMO	00:24:39	3:04	MASTER 1 M	17	6	00:12:17	12:22
18	7	ROBERTO PRIETO CARBAJO	m	ATLETISMO CERVANTES	00:25:02	3:07	MASTER 1 M	18	7	00:12:07	12:56
19	283	JUAN FRANCISCO FERNÁNDEZ LIJÓ	m	ESCUELA DE BOXEO EL CANARIO	00:25:04	3:07	MASTER 3 M	19	2	00:12:28	12:37
20	2	AMADOR PENA TORREIRA	m	SD COMPOSTELA ATLETISMO	00:25:05	3:08	MASTER 2 M	20	2	00:12:35	12:30
21	8	XOSE MANUEL PENAS VARELA	m	ASOCIACIÓN DEPORTIVA CERNE	00:25:24	3:10	MASTER 1 M	21	8	00:12:47	12:38
22	223	RICARDO LEON VIÑAS	m	ATLETISMO SAR VERMÚ PETRONI	00:25:26	3:10	SENIOR M	22	10	00:12:35	12:51
23	270	ALEJANDRO PESADO FERNÁNDEZ	m	NINGUNO	00:25:30	3:11	MASTER 3 M	23	3	00:12:44	12:46
24	64	PABLO SANTOS NUÑEZ	m	NINGUNO	00:25:34	3:11	MASTER 2 M	24	3	00:12:44	12:50
25	142	OSCAR PÉREZ LORENZO	m	SAN MIGUEL DE MARIN	00:25:34	3:11	MASTER 2 M	25	4	00:13:03	12:32
26	267	JOSÉ CARLOS BUJAN OTERO	m	NOITEBRA FC	00:25:35	3:11	MASTER 3 M	26	4	00:12:40	12:56
27	130	DANIEL PAZ PARDO	m	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	00:25:35	3:11	MASTER 2 M	27	5	00:12:42	12:53
28	171	THOMAS AFONSO LOPEZ	m	TRIATLÓN ARCADE INFORHOUSE	00:25:38	3:12	SENIOR M	28	11	00:12:30	13:09
29	117	ALBERTO DOPAZO MIGUEZ	m	CLUB TRIATLON COMPOSTELA	00:25:41	3:12	MASTER 2 M	29	6	00:12:52	12:50
30	157	ADRIÁN ROJO LUACES	m	ATLETISMO SAR VERMÚ PETRONI	00:25:42	3:12	SENIOR M	30	12	00:12:34	13:08
31	9	OSCAR DIEGUEZ PINTOR	m	ASOCIACIÓN DEPORTIVA CERNE	00:25:48	3:13	MASTER 1 M	31	9	00:12:50	12:58
32	27	MANUEL DOSIL LAGO	m	C. C. MUROS	00:25:54	3:14	MASTER 1 M	32	10	00:12:37	13:17
33	137	JOSE SANDA ARES	m	SD COMPOSTELA ATLETISMO	00:25:55	3:14	MASTER 2 M	33	7	00:13:02	12:53
34	192	RUBEN INSUA DIAZ	m	ATLETISMO SAR VERMÚ PETRONI	00:25:59	3:14	SENIOR M	34	13	00:13:03	12:56
35	11	JOSÉ MANUEL GOMEZ CANABAL	m	CLUB DE ATLETISMO LOUSAME	00:26:01	3:15	MASTER 1 M	35	11	00:12:49	13:13
36	239	BRAIS PICÓN MONTERO	m	S.D. COMPOSTELA	00:26:04	3:15	SUB 18 M	36	1	00:13:14	12:50
37	255	PACHO GARCÍA PÉREZ	m	NINGUNO	00:26:07	3:15	MASTER 3 M	37	5	00:13:12	12:55
38	304	EMILIO GARCIA VAZQUEZ	m	NINGUNO	00:26:09	3:16	MASTER 3 M	38	6	00:12:50	13:19
39	178	LAURA SANTOS DOMINGUEZ	f	NINGUNO	00:26:11	3:16	SENIOR F	1	1	00:12:54	13:18
40	200	IVAN SOLIS POSE	m	NINGUNO	00:26:14	3:16	SENIOR M	39	14	00:12:50	13:24
41	288	JUAN CARLOS RODRÍGUEZ TORRES	m	TRIATLÓN RIANXO	00:26:17	3:17	MASTER 3 M	40	7	00:12:54	13:24
42	328	JOSE CARLOS ADÁN ARIAS	m	ADN RUNNERS TELMO PELUQUEROS	00:26:23	3:17	MASTER 4 M	41	1	00:13:09	13:15
43	298	FRANCISCO RAMÓN OUBIÑA DIOS	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:26:25	3:18	MASTER 3 M	42	8	00:13:15	13:11
44	308	JOSE NAVARRO ANTON	m	S.D.BARBANTIA RODA	00:26:25	3:18	MASTER 3 M	43	9	00:12:53	13:33
45	98	ENRIQUE MORÁN GONZÁLEZ	m	CLUB ATLETISMO LOUSAME	00:26:27	3:18	MASTER 2 M	44	8	00:13:08	13:20
46	231	XACOBE FONTAN MARTINEZ	m	S.D. BARBANTIA RODA	00:26:27	3:18	SENIOR M	45	15	00:12:51	13:36
47	372	JOSÉ CARLOS PEREIRA REY	m	NINGUNO	00:26:28	3:18	MASTER 5 M	46	1	00:13:04	13:24
48	227	ALBERTO GARCIA GACIÑO	m	NINGUNO	00:26:28	3:18	SENIOR M	47	16	00:13:03	13:26
49	118	ALDO REGUEIRA MARTINEZ	m	NINGUNO	00:26:35	3:19	MASTER 2 M	48	9	00:13:20	13:15

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PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
50	159	JESUS MALVAREZ LOURO	m	CC MUROS TRIATLON	00:26:38	3:19	SENIOR M	49	17	00:13:10	13:29
51	25	ELOY GONZÁLEZ HORTA	m	JEALSA TRIATLON BOIRO	00:26:40	3:19	MASTER 1 M	50	12	00:12:52	13:49
52	335	PEDRO PABLO OUTERELO COUSIÑO	m	NINGUNO	00:26:41	3:20	MASTER 4 M	51	2	00:13:20	13:21
53	332	MIGUEL CABO VILLAVERDE	m	MILLADOIRO	00:26:43	3:20	MASTER 4 M	52	3	00:13:08	13:36
54	164	NICOLAS MARIN MOLLINEDO	m	TRIATLÓN VILAGARCÍA	00:26:52	3:21	SENIOR M	53	18	00:13:18	13:34
55	229	CAYETANO GARCIA BLANCO	m	NINGUNO	00:27:02	3:22	SENIOR M	54	19	00:13:06	13:57
56	101	MANUEL CASTIÑEIRAS PORTOS	m	SOCIEDAD DEPORTIVA COMPOSTELA ATLETISMO	00:27:05	3:23	MASTER 2 M	55	10	00:13:25	13:40
57	221	VICTOR LAIÑO SILVA	m	SAN MIGUEL DE MARIN	00:27:07	3:23	SENIOR M	56	20	00:13:26	13:42
58	104	AVELINO CAAMAÑO NIETO	m	ATLETISMO SAR VERMÚ PETRONI	00:27:07	3:23	MASTER 2 M	57	11	00:13:25	13:43
59	182	DAVID CHAS ÁLVAREZ	m	NINGUNO	00:27:09	3:23	SENIOR M	58	21	00:13:23	13:47
60	222	MÍCHEL FERNÁNDEZ GARCÍA	m	S. D. BARBANTIA RODA	00:27:11	3:23	SENIOR M	59	22		
61	82	FRANCISCO JOSE BESADA FILGUEIRAS	m	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	00:27:11	3:23	MASTER 2 M	60	12	00:13:29	13:43
62	365	JORGE VELEIRO	m	BURGAS OURENSE ATLETISMO	00:27:14	3:24	MASTER 5 M	61	2	00:13:39	13:36
63	282	JOSE MANUEL NIETO GONZÁLEZ	m	SAR VERMÚ PETRONI	00:27:14	3:24	MASTER 3 M	62	10	00:13:31	13:43
64	107	BONI GONZÁLEZ REY	m	PRAIA DE CARNOTA RUNNERS	00:27:21	3:25	MASTER 2 M	63	13	00:13:43	13:39
65	28	TINA FERNÁNDEZ BARREIROS	f	ATLETISMO SAR VERMÚ PETRONI	00:27:22	3:25	MASTER 1 F	2	1	00:13:43	13:40
66	106	JOSECHO REY	m	PRAIA DE CARNOTA RUNNERS	00:27:23	3:25	MASTER 2 M	64	14	00:13:41	13:43
67	362	SANTIAGO FALCÓN PÉREZ	m	RIA DE AROUSA	00:27:23	3:25	MASTER 5 M	65	3	00:13:36	13:47
68	42	LUIS FEITO MIRÁS	m	CLUB ATLETISMO FONTES DO SAR	00:27:26	3:25	MASTER 1 M	66	13	00:13:44	13:43
69	87	SANTIAGO PIÑEIRO GRAÑA	m	CLUB ATLETISMO SAMERTOLAMEU	00:27:27	3:25	MASTER 2 M	67	15	00:13:48	13:40
70	34	PABLO SEOANE AMOR	m	NINGUNO	00:27:28	3:25	MASTER 1 M	68	14	00:13:22	14:06
71	294	MANUEL COSTA CASTRO	m	CLUB ATLETISMO TAMBRE	00:27:32	3:26	MASTER 3 M	69	11	00:13:35	13:57
72	359	ANGEL JOSE RODRÍGUEZ LÓPEZ	m	ATLETISMO MILLADOIRO	00:27:39	3:27	MASTER 5 M	70	4	00:13:47	13:52
73	185	RAFAEL PIÑEIRO LESTÓN	m	NINGUNO	00:27:39	3:27	SENIOR M	71	23	00:13:26	14:14
74	246	ANTÓN GÓMEZ LÓPEZ	m	CLUB ATLETISMO SANTIAGO	00:27:44	3:27	SUB 23 M	72	1	00:13:56	13:49
75	340	CARLOS BUSTO LOBATO	m	ATLETISMO SAR VERMÚ PETRONI	00:27:45	3:28	MASTER 4 M	73	4	00:13:29	14:16
76	330	ERNESTO BUCETA POUSO	m	NINGUNO	00:27:46	3:28	MASTER 4 M	74	5	00:13:32	14:14
77	277	SPIBY CANOSA CASTIÑEIRA	m	SAR-VERMÚ PETRONI	00:27:46	3:28	MASTER 3 M	75	12	00:13:40	14:07
78	57	DIEGO SANTOS BLANCO	m	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:27:49	3:28	MASTER 1 M	76	15	00:13:42	14:07
79	181	MIGUEL IGLESIAS AMORES	m	ATLETISMO ARENTEIRO	00:27:53	3:29	SENIOR M	77	24	00:13:38	14:16
80	108	DAVID GÓMEZ LÓPEZ	m	CASTRELOS 20:30	00:27:57	3:29	MASTER 2 M	78	16	00:13:26	14:31
81	133	ALBERTO AGÍS GRAÑA	m	C.A. CAMBADOS - SEG. NOVAL	00:27:57	3:29	MASTER 2 M	79	17	00:14:00	13:57
82	63	JESÚS FIGUEROA FERNÁNDEZ	m	ASOCIACIÓN DEPORTIVA C.A.R.	00:27:59	3:29	MASTER 2 M	80	18	00:13:41	14:19
83	370	JOSE SUAREZ LEIS	m	SAR VERMÚ PETRONI	00:28:01	3:30	MASTER 5 M	81	5	00:13:39	14:22
84	218	ARTURO MATA CASTRO	m	CLUB ATLETISMO SANTIAGO	00:28:11	3:31	SENIOR M	82	25	00:13:34	14:37
85	66	JUAN CARLOS SOTO PARADA	m	PINARIUM	00:28:19	3:32	MASTER 2 M	83	19	00:14:12	14:08
86	263	GONZALO RODRÍGUEZ LOPEZ	m	NINGUNO	00:28:21	3:32	MASTER 3 M	84	13	00:13:46	14:35
87	174	MAYUYO MACEIRAS MARTÍNEZ	m	NINGUNO	00:28:25	3:33	SENIOR M	85	26	00:13:56	14:30
88	38	RAUL IGLESIAS DURO	m	NINGUNO	00:28:33	3:34	MASTER 1 M	86	16	00:14:15	14:18
89	295	SECHO FIGUEIRAS BLANCO	m	CAI ESTRADA	00:28:33	3:34	MASTER 3 M	87	14	00:14:21	14:13
90	216	JOSE RODRIGUEZ REY	m	NINGUNO	00:28:34	3:34	SENIOR M	88	27	00:14:29	14:06
91	377	JUAN RIVAS CASTRO	m	NINGUNO	00:28:38	3:34	MASTER 5 M	89	6	00:14:08	14:31
92	245	LEO SUAREZ URRUZOLA	m	TRIATLON INFORHOUSE SANTIAGO	00:28:41	3:35	SUB 23 M	90	2	00:13:54	14:48
93	20	IVAN LOPEZ OROSA	m	NINGUNO	00:28:41	3:35	MASTER 1 M	91	17	00:13:54	14:47
94	307	ALBERTO VAZQUEZ TUBIO	m	S.D. BARBANTIA RODA	00:28:42	3:35	MASTER 3 M	92	15	00:14:27	14:16
95	6	GIOVANI GARCIA ESTEVEZ	m	NOSPORTLIMIT	00:28:43	3:35	MASTER 1 M	93	18	00:14:21	14:22
96	272	JOSÉ LUIS MARTÍNEZ VICENTE	m	NINGUNO	00:28:45	3:35	MASTER 3 M	94	16	00:14:28	14:17
97	350	JOSÉ ANTONIO JUANATEY PÉREZ	m	CLUB ATLETISMO FONTES DO SAR	00:28:48	3:35	MASTER 4 M	95	6	00:14:24	14:25
98	356	JOSE ROSENDE BREA	m	NINGUNO	00:28:49	3:36	MASTER 5 M	96	7	00:14:03	14:46

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PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
99	344	FRANCISCO PAZOS CAMPOS	m	NINGUNO	00:28:52	3:36	MASTER 4 M	97	7	00:14:07	14:45
100	95	FRANCISCO JAVIER CASTRELO CONDE	m	TRIATLÓN VILAGARCÍA	00:28:59	3:37	MASTER 2 M	98	20	00:14:23	14:37
101	310	MANUEL PAREDES PARADA	m	AT. BARBANZA	00:28:59	3:37	MASTER 4 M	99	8	00:14:10	14:50
102	278	JOSÉ ANTONIO ARAGUNDE DIESTE	m	TRIATLÓN VILAGARCÍA	00:29:01	3:37	MASTER 3 M	100	17	00:14:27	14:34
103	284	ISRAEL BENÍTEZ SOMOZA	m	ESCUELA DE BOXEO EL CANARIO	00:29:01	3:37	MASTER 3 M	101	18	00:14:20	14:41
104	129	ÁLVARO ZARAUZA BEIRAS	m	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:29:06	3:38	MASTER 2 M	102	21	00:14:28	14:39
105	144	DIONISIO MUÑIZ GONZALEZ	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:29:07	3:38	MASTER 2 M	103	22	00:14:21	14:46
106	317	FRANCISCO GÓMEZ SUEIRAS	m	NINGUNO	00:29:07	3:38	MASTER 4 M	104	9	00:14:27	14:41
107	347	JESUS GARCIA IGLESIAS	m	NINGUNO	00:29:10	3:38	MASTER 4 M	105	10	00:14:25	14:46
108	126	JUAN MAYO BALDERRABANO	m	PAVIMENTOS NOIA	00:29:11	3:38	MASTER 2 M	106	23	00:14:27	14:44
109	127	ALBERTO MOURE ANDRADE	m	NINGUNO	00:29:12	3:38	MASTER 2 M	107	24	00:14:17	14:55
110	366	JOSE LUIS RIO SILVA	m	RUNNING OLEIROS	00:29:12	3:38	MASTER 5 M	108	8	00:14:22	14:50
111	29	JOSE MANUEL BLANCO BLANCO LESTON	m	NINGUNO	00:29:13	3:39	MASTER 1 M	109	19	00:14:31	14:43
112	338	FRANCISCO JAVIER GONZÁLEZ LEDO	m	RUNNING OLEIROS	00:29:18	3:39	MASTER 4 M	110	11	00:14:45	14:33
113	385	JAVIER TORO MONTERO	m	NINGUNO	00:29:27	3:40	MASTER M	111	1	00:14:43	14:44
114	93	ALEX SANTOS SANTAMARÍA	m	NINGUNO	00:29:29	3:41	MASTER 2 M	112	25	00:14:43	14:47
115	31	RICARDO ROMAY RODRIGUEZ	m	NINGUNO	00:29:35	3:41	MASTER 1 M	113	20	00:14:36	15:00
116	368	ELOY IGLESIAS CRISTOBO	m	NINGUNO	00:29:36	3:41	MASTER 5 M	114	9	00:14:36	15:00
117	258	MIGUEL ANGEL SANTIAGO PEREIRA	m	PINARIUM	00:29:36	3:41	MASTER 3 M	115	19	00:14:28	15:08
118	202	JOSE IGNACIO ZAS SANDE	m	CLUB ATLETISMO TAMBRE	00:29:39	3:42	SENIOR M	116	28	00:14:35	15:04
119	191	SERGIO ACEBEDO PORTELA	m	NINGUNO	00:29:39	3:42	SENIOR M	117	29	00:14:45	14:54
120	176	BASILIO CAMIÑA UCHA	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:29:43	3:42	SENIOR M	118	30	00:14:46	14:57
121	73	JOSÉ MANUEL CALERO FERNANDEZ	m	CLUB ATLETISMO LOUSAME	00:29:44	3:42	MASTER 2 M	119	26	00:14:45	15:00
122	188	BRAIS LORENZO FERNANDEZ	m	TRIATLÓN RIANXO	00:29:44	3:42	SENIOR M	120	31	00:14:43	15:01
123	290	VICENTE SANMARTÍN VIGO	m	VERXEL NUTRICIÓN DEPORTIVA	00:29:50	3:43	MASTER 3 M	121	20	00:14:45	15:05
124	141	BEATRIZ BARROSO PEREZ	f	CLUB ATLETISMO NOIA	00:29:50	3:43	MASTER 2 F	3	1	00:14:45	15:05
125	253	ALVARO LOPEZ JACOME	m	NINGUNO	00:29:56	3:44	MASTER 3 M	122	21	00:15:01	14:56
126	271	HÉCTOR CAJARAVILLE ARAUJO	m	NINGUNO	00:29:58	3:44	MASTER 3 M	123	22	00:14:37	15:22
127	262	ANDRÉS SENIN DOMINGUEZ	m	JUDO CLUB SENIN	00:30:07	3:45	MASTER 3 M	124	23	00:15:15	14:53
128	204	PAULO GRANDÍO MONTES	m	NINGUNO	00:30:11	3:46	SENIOR M	125	32	00:15:10	15:02
129	162	ELOY GONZÁLEZ PIÑEIRO	m	NINGUNO	00:30:12	3:46	SENIOR M	126	33	00:14:41	15:32
130	391	RAMIRO PÉREZ. PEREIRA	m	ATLETISMO SAR VERMÚ PETRONI	00:30:12	3:46	MASTER M	127	2	00:14:52	15:21
131	135	SERGIO SOTO BUCETA	m	C.A. CAMBADOS - SEG. NOVAL	00:30:13	3:46	MASTER 2 M	128	27	00:14:58	15:15
132	35	DAVID NOVO VICOS	m	NINGUNO	00:30:16	3:46	MASTER 1 M	129	21	00:15:08	15:08
133	291	LUIS MARIANO SABORIDO FERNÁNDEZ	m	S.D. BARBANTIA RODA	00:30:18	3:47	MASTER 3 M	130	24	00:14:53	15:25
134	380	JUAN CARLOS BRANDÓN RODRÍGUEZ	m	CLUB ATLETISMO FONTES DO SAR	00:30:23	3:47	MASTER 5 M	131	10	00:15:07	15:17
135	376	FRANCISCO SANMARCO SANTOS	m	ATLETISMO SAR VERMÚ PETRONI	00:30:24	3:47	MASTER 5 M	132	11	00:15:09	15:15
136	86	PABLO IGLESIAS COMOJO	m	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:30:28	3:48	MASTER 2 M	133	28	00:15:12	15:17
137	131	FERNANDO SILVA GARCÍA	m	SERRES RUNNERS	00:30:30	3:48	MASTER 2 M	134	29	00:14:47	15:43
138	132	JUAN LUIS BOTANA MOSQUERA	m	CLUB ATLETISMO SD COMPOSTELA	00:30:31	3:48	MASTER 2 M	135	30	00:15:19	15:12
139	53	JOSE SANTOS LAMPÓN	m	FLOW PILATES & TRAINING	00:30:35	3:49	MASTER 1 M	136	22	00:15:00	15:36
140	114	EMILIO SABORIDO FERNÁNDEZ	m	S.D. BARBANTIA RODA	00:30:35	3:49	MASTER 2 M	137	31	00:15:04	15:32
141	83	JOSE MANUEL MIRANDA VIEITO	m	ATHLETICS FISIOTERAPEUTA SAN LÁZARO	00:30:35	3:49	MASTER 2 M	138	32	00:14:54	15:42
142	149	JOSÉ MANUEL CASÁS CASÁS	m	NINGUNO	00:30:35	3:49	MASTER 2 M	139	33	00:15:26	15:10
143	351	RAMON GARCIA TEIRA	m	CLUB ATLETISMO FONTES DO SAR	00:30:36	3:49	MASTER 4 M	140	12	00:15:14	15:23
144	97	JÓSE A. MONTERO PAMPÍN	m	NINGUNO	00:30:38	3:49	MASTER 2 M	141	34	00:15:03	15:35
145	339	CESAR TABOADA MILLAN	m	ATLETISMO SAR VERMÚ PETRONI	00:30:38	3:49	MASTER 4 M	142	13	00:15:17	15:22
146	112	ESTEBAN SUEIRO IGLESIAS	m	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:30:38	3:49	MASTER 2 M	143	35	00:15:00	15:39
147	266	ANA GONZÁLEZ	f	FLUVIAL DE LUGO	00:30:39	3:49	MASTER 3 F	4	1	00:15:04	15:35

**XII CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL - CLASIFICACIÓN ABSOLUTA**

PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
148	136	OSCAR GUERRA MAGAN	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:30:39	3:49	MASTER 2 M	144	36	00:12:57	17:43
149	314	ROBERTO BREY MATO	m	CAI A ESTRADA	00:30:44	3:50	MASTER 4 M	145	14	00:15:13	15:32
150	360	Mª SOLEDAD CASTRO SOLIÑO	f	COMESAÑA SPORING CLUB	00:30:46	3:50	MASTER 5 F	5	1	00:15:27	15:20
151	13	JOSÉ GARCÍA CANCELA	m	NINGUNO	00:30:48	3:50	MASTER 1 M	146	23	00:15:57	14:51
152	12	JUAN CARLOS TRILLO CAAMAÑO	m	NINGUNO	00:30:50	3:51	MASTER 1 M	147	24	00:15:40	15:11
153	103	ANTONIO MATALOBOS BUSTELO	m	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	00:30:51	3:51	MASTER 2 M	148	37	00:15:15	15:37
154	37	FRAN OVIEDO BOUZAS	m	DESGUACES FERREIRO	00:30:54	3:51	MASTER 1 M	149	25	00:15:18	15:36
155	21	SOFÍA FREAZA OTERO	f	NINGUNO	00:30:59	3:52	MASTER 1 F	6	2	00:15:13	15:47
156	113	DAVID PONTE IGLESIAS	m	NINGUNO	00:31:01	3:52	MASTER 2 M	150	38	00:15:25	15:36
157	147	JORGE CASTRO MAROÑO	m	SD COMPOSTELA ATLETISMO	00:31:02	3:52	MASTER 2 M	151	39	00:15:03	15:59
158	343	MANUEL GONZALEZ LAINS	m	NINGUNO	00:31:04	3:52	MASTER 4 M	152	15	00:15:26	15:39
159	300	MANUEL FIGUEIRA PEREZ	m	ATLETISMO SAR VERMÚ PETRONI	00:31:10	3:53	MASTER 3 M	153	25	00:15:14	15:56
160	65	FRANCISCO JOSÉ IGLESIAS VILA	m	TABOADELA RUNNING	00:31:10	3:53	MASTER 2 M	154	40	00:15:34	15:36
161	241	FRANCISCO JOSÉ TRIGO SILVA	m	JUDO CLUB SENIN	00:31:13	3:54	SUB 20 M	155	1	00:15:38	15:35
162	393	JAVIER ODRIOZOLA LINO	m	CANGURO A.A.C.	00:31:16	3:54	MASTER M	156	3	00:15:24	15:52
163	40	AMANCIO RAÑA RECOUSO	m	CLUB ATLETISMO TAMBRE	00:31:19	3:54	MASTER 1 M	157	26	00:15:29	15:51
164	184	ALBERTO REBOREDO DURÁN	m	ATLETISMO SAR VERMÚ PETRONI	00:31:22	3:55	SENIOR M	158	34	00:15:17	16:05
165	261	ROBERTO CARLOS ESPINOSO VIDE	m	TABOADELA RUNNING	00:31:23	3:55	MASTER 3 M	159	26	00:15:35	15:48
166	17	MANUEL BRION GONZÁLEZ	m	NINGUNO	00:31:24	3:55	MASTER 1 M	160	27	00:14:56	16:28
167	313	JOSE PEREZ	m	NINGUNO	00:31:32	3:56	MASTER 4 M	161	16	00:15:22	16:11
168	39	RAÚL CORRALES MARCOS	m	SAMERTOLAMEU	00:31:32	3:56	MASTER 1 M	162	28	00:13:13	18:20
169	237	ARARAT PAZOS MEIXUS	f	NINGUNO	00:31:41	3:57	SUB 18 F	7	1	00:15:19	16:22
170	47	GERMÁN REZA MIRANDA	m	NINGUNO	00:31:42	3:57	MASTER 1 M	163	29	00:15:41	16:02
171	105	NATI GARCIA SÁNCHEZ	f	CLUB ATLETISMO SADA	00:31:43	3:57	MASTER 2 F	8	2	00:15:16	16:27
172	369	MANUEL INSUA INSUA	m	NINGUNO	00:31:44	3:57	MASTER 5 M	164	12	00:15:29	16:16
173	316	DOROTEO CENZANO PARADA	m	NINGUNO	00:31:48	3:58	MASTER 4 M	165	17	00:15:25	16:24
174	264	JOSÉ CARLOS SOUTO VILLASANTA	m	NINGUNO	00:31:50	3:58	MASTER 3 M	166	27	00:15:45	16:06
175	383	PABLO FERVENZA ENTENZA	m	NINGUNO	00:31:51	3:58	MASTER M	167	4	00:15:48	16:03
176	318	FERNANDO MARTÍNEZ HERVES	m	ATLETISMO CUNTIS	00:31:54	3:59	MASTER 4 M	168	18	00:15:48	16:07
177	199	SERGIO PALACIOS LADO	m	CLUB ATLETISMO O PINO	00:32:05	4:00	SENIOR M	169	35	00:15:24	16:41
178	289	IVÁN PABLO SANMARTÍN CARREIRA	m	CLUB ATLETISMO O PINO	00:32:06	4:00	MASTER 3 M	170	28	00:15:45	16:21
179	268	NATALIA LORENZO PÉREZ	f	NINGUNO	00:32:06	4:00	MASTER 3 F	9	2	00:16:18	15:49
180	177	BERNABÉ GRILLE OTERO	m	NINGUNO	00:32:06	4:00	SENIOR M	171	36	00:15:56	16:10
181	183	CARLOS ESQUILAS CASTRO	m	CLUB ATLETISMO NOIA	00:32:08	4:00	SENIOR M	172	37	00:15:27	16:42
182	48	FRAN IGLESIAS GONDAR	m	NINGUNO	00:32:12	4:01	MASTER 1 M	173	30	00:16:03	16:09
183	321	DANIEL BECERRA RODRIGUEZ	m	NOITEBRA FC	00:32:13	4:01	MASTER 4 M	174	19	00:15:47	16:27
184	123	JESÚS MANUEL SAMPEDRO QUEIRUGA	m	ESCUELA DE BOXEO EL CANARIO	00:32:20	4:02	MASTER 2 M	175	41	00:16:12	16:09
185	306	LAUREANO VARELA ALVAREZ	m	CLUB ATLETISMO SD COMPOSTELA	00:32:22	4:02	MASTER 3 M	176	29	00:16:12	16:10
186	195	LAURA VILA SANTOS	f	NINGUNO	00:32:22	4:02	SENIOR F	10	2	00:15:57	16:25
187	125	SHAILA MUÑOZ PÉREZ	f	SD COMPOSTELA ATLETISMO	00:32:25	4:03	MASTER 2 F	11	3	00:16:03	16:22
188	390	JOSÉ MATIAS REGUEIRA BOO	m	NINGUNO	00:32:26	4:03	MASTER M	177	5	00:16:05	16:21
189	247	MIGUEL BOUZAS FERNANDEZ	m	NINGUNO	00:32:32	4:03	SUB 23 M	178	3	00:15:52	16:40
190	194	EDUARDO FIGUERAS LORENZO	m	ESCUELA DE BOXEO EL CANARIO	00:32:33	4:04	SENIOR M	179	38	00:15:56	16:37
191	148	LUIS MIGUEZ MIGUEZ	m	CASTROSUA TRAIL RUNNING	00:32:36	4:04	MASTER 2 M	180	42	00:15:34	17:02
192	74	PEDRO ALONSO VÁZQUEZ	m	PINARIUM	00:32:37	4:04	MASTER 2 M	181	43	00:15:59	16:39
193	180	PABLO BLANCO ABOLLO	m	NINGUNO	00:32:47	4:05	SENIOR M	182	39	00:15:55	16:53
194	364	JOSE ANTONIO GIL BREA	m	NOITEBRA FC	00:32:48	4:05	MASTER 5 M	183	13	00:16:23	16:25
195	143	JUAN OROZCO CORREDOIRA	m	NINGUNO	00:32:50	4:06	MASTER 2 M	184	44	00:17:18	15:32
196	120	JUAN JOSE ALVARELLOS BARREIRO	m	SD COMPOSTELA ATLETISMO	00:32:53	4:06	MASTER 2 M	185	45	00:16:11	16:42

**XII CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL - CLASIFICACIÓN ABSOLUTA**

PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
197	102	MARCELINO RIVAS POMBO	m	CORREXALLAS / NOSPORTLIMIT	00:32:54	4:06	MASTER 2 M	186	46	00:15:57	16:57
198	30	LUIS MIGUEL CASTRO FOJO	m	NINGUNO	00:32:57	4:07	MASTER 1 M	187	31	00:15:57	17:00
199	33	CLARA MARÍA MILLARES SIEIRA	f	ESCUELA DE BOXEO EL CANARIO	00:33:04	4:07	MASTER 1 F	12	3	00:16:29	16:36
200	77	ÓSCAR CASAS COUSELO	m	CLUB ATLETISMO TAMBRE	00:33:06	4:08	MASTER 2 M	188	47	00:16:36	16:30
201	293	BENITO PIÑEIRO ABEIJON	m	NINGUNO	00:33:07	4:08	MASTER 3 M	189	30	00:16:32	16:35
202	124	MARÍA TERESA CIMADEVILLA CRUJEIRAS	f	ESCUELA DE BOXEO EL CANARIO	00:33:09	4:08	MASTER 2 F	13	4	00:16:11	16:58
203	349	MARCOS ANTONIO BLANCO FIGUEIRIDO	m	C.A. OUTES	00:33:14	4:09	MASTER 4 M	190	20	00:16:50	16:25
204	151	ISABEL GONZÁLEZ FUENTEFRIA	f	MARLINS TRIATLON MADRID	00:33:14	4:09	SENIOR F	14	3	00:16:38	16:36
205	274	MARIA ELENA MIGUENS OTERO	f	C.A.SAR-VERMU PETRONI	00:33:18	4:09	MASTER 3 F	15	3	00:16:45	16:33
206	225	SERGIO RIVAS DE JESUS	m	NINGUNO	00:33:19	4:09	SENIOR M	191	40	00:16:38	16:41
207	279	EVA DE LA FUENTE IGLESIAS	f	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:33:20	4:09	MASTER 3 F	16	4	00:16:24	16:56
208	109	MARTINA TASENDE ANDRADE	f	CLUB ATLETISMO O PINO	00:33:22	4:10	MASTER 2 F	17	5	00:16:49	16:33
209	165	ELENA VERES OJEA	f	SD COMPOSTELA ATLETISMO	00:33:33	4:11	SENIOR F	18	4	00:16:27	17:07
210	150	MONICA MEZQUITA VAZQUEZ	f	NOSPORTLIMIT	00:33:53	4:14	SENIOR F	19	5	00:16:40	17:13
211	315	JUAN CARLOS FERNANDEZ OLIVEIRA	m	NINGUNO	00:33:55	4:14	MASTER 4 M	192	21	00:16:41	17:14
212	61	BRAULIO PICON RIVAS	m	NINGUNO	00:33:59	4:14	MASTER 2 M	193	48	00:16:41	17:18
213	395	JUAN CARLOS MENENDEZ DOMÍNGUEZ	m	NINGUNO	00:34:00	4:14	MASTER M	194	6	00:16:38	17:22
214	319	ANGELES IGLESIAS SANTIAGO	f	MORAÑA EN RUTA	00:34:01	4:15	MASTER 4 F	20	1	00:16:35	17:26
215	346	CLAUDIO VERA SANMARTÍN	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:34:17	4:17	MASTER 4 M	195	22	00:16:39	17:38
216	361	JOSE MANUEL ROMERO OLVEIRA	m	VETERANOS DE SAMIL	00:34:20	4:17	MASTER 5 M	196	14	00:16:58	17:23
217	60	FELIX CHAMORRO CASADO	m	NINGUNO	00:34:27	4:18	MASTER 2 M	197	49	00:17:04	17:23
218	163	MELANIE GUILLEN SOLER	f	NINGUNO	00:34:30	4:18	SENIOR F	21	6	00:16:53	17:38
219	323	ANGEL PEREZ SUSAVILA	m	NINGUNO	00:34:34	4:19	MASTER 4 M	198	23	00:16:51	17:43
220	358	FERNANDO GONZALEZ GRAÑA	m	CAI ESTRADA	00:34:41	4:20	MASTER 5 M	199	15	00:16:18	18:23
221	230	BRAIS SENDÓN LAGO	m	NINGUNO	00:34:41	4:20	SENIOR M	200	41	00:17:36	17:05
222	145	MAICA OTERO GÓMEZ	f	NINGUNO	00:34:51	4:21	MASTER 2 F	22	6	00:16:57	17:55
223	303	DAVID FIGUEIRA HERMO	m	S. D. BARBANTIA RODA	00:34:53	4:21	MASTER 3 M	201	31	00:17:14	17:39
224	382	ISOLINO NOCEDA GONZALEZ	m	NINGUNO	00:34:57	4:22	MASTER M	202	7	00:16:45	18:12
225	44	JORGE ASOREY VEIGA	m	CLUB DEPORTIVO BRION HUPERSA SANTIAGO	00:35:00	4:22	MASTER 1 M	203	32	00:16:25	18:35
226	167	DIEGO FERNÁNDEZ GARCIA	m	NINGUNO	00:35:00	4:22	SENIOR M	204	42	00:17:58	17:03
227	276	MARIA CORREDOIRA BALEATO	f	ATLETISMO SAR VERMÚ PETRONI	00:35:01	4:22	MASTER 3 F	23	5	00:17:23	17:38
228	166	ADRIÁN FERNÁNDEZ GARCÍA	m	NINGUNO	00:35:02	4:22	SENIOR M	205	43	00:17:59	17:04
229	79	ÁNGEL RAMÓN CARIÑO FANDIÑO	m	NINGUNO	00:35:03	4:22	MASTER 2 M	206	50	00:17:04	17:59
230	397	JUAN LUIS BOTANA FERREIRO	m	CLUB ATLETISMO SD COMPOSTELA	00:35:04	4:22	MASTER M	207	8	00:17:18	17:47
231	81	JOSE MANUEL JÁCOME GALVÁN	m	NINGUNO	00:35:07	4:23	MASTER 2 M	208	51	00:17:16	17:52
232	375	JOSÉ GÓMEZ VIAÑO	m	NINGUNO	00:35:16	4:24	MASTER 5 M	209	16	00:17:16	18:00
233	394	BENITO GONZÁLEZ VARELA	m	CLUB ATLETISMO TAMBRE	00:35:19	4:24	MASTER M	210	9	00:17:14	18:05
234	388	TOBIAS BETANZOS REGO	m	NINGUNO	00:35:21	4:25	MASTER M	211	10	00:17:32	17:49
235	252	CONCHY PRADA HERNÁNDEZ	f	NINGUNO	00:35:27	4:25	MASTER 3 F	24	6	00:17:40	17:48
236	220	BRENDA NOIR	f	FLOW PILATES & TRAINING	00:35:33	4:26	SENIOR F	25	7	00:17:42	17:51
237	134	FERNANDO CÁCERES GIL	m	NINGUNO	00:35:35	4:26	MASTER 2 M	212	52	00:17:29	18:07
238	399	JOSÉ LUIS PADIN COUSIDO	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:35:50	4:28	MASTER M	213	11	00:17:53	17:57
239	121	HECTOR PIÑEIRO GARCIA	m	CLUB ATLETISMO LOUSAME	00:35:51	4:28	MASTER 2 M	214	53	00:17:37	18:15
240	352	JO3 LÓPEZ REBOLLIDO	m	NINGUNO	00:35:57	4:29	MASTER 4 M	215	24	00:18:02	17:56
241	92	ISABEL BERMÚDEZ RÍOS	f	NINGUNO	00:35:58	4:29	MASTER 2 F	26	7	00:17:49	18:10
242	355	FERNANDO SUÁREZ SANDOMINGO	m	NINGUNO	00:36:00	4:29	MASTER 5 M	216	17	00:16:57	19:03
243	201	ALBERTO ÁLVAREZ BOUZAS	m	CLUB DE ATLETISMO TAMBRE	00:36:01	4:30	SENIOR M	217	44	00:17:51	18:10
244	19	MANUEL BASOA RODRIGUEZ	m	ESCOLA DD ATLETISMO PAULA MAYOBRE	00:36:02	4:30	MASTER 1 M	218	33	00:18:00	18:02
245	228	LUCIA MARTINEZ ARGIBAY	f	FLOW PILATES & TRAINING	00:36:04	4:30	SENIOR F	27	8	00:17:57	18:07

**XII CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL - CLASIFICACIÓN ABSOLUTA**

PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
246	154	CRISTINA GARCIA BEIRO	f	NINGUNO	00:36:05	4:30	SENIOR F	28	9	00:17:33	18:32
247	256	ELENA TOREA TOREA	f	CLUB DE ATLETISMO LOUSAME	00:36:06	4:30	MASTER 3 F	29	7	00:17:41	18:26
248	398	JESÚS PÉREZ GARCÍA	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:36:07	4:30	MASTER M	219	12	00:17:53	18:14
249	257	GUILLERMO PEITEADO RUIZ	m	NINGUNO	00:36:11	4:31	MASTER 3 M	220	32	00:17:19	18:53
250	224	MARTIN TEIJEIRO ENRIQUE	m	NINGUNO	00:36:31	4:33	SENIOR M	221	45	00:17:32	19:00
251	386	MANUEL JOSE REY PAULOS	m	NINGUNO	00:36:37	4:34	MASTER M	222	13	00:18:15	18:22
252	322	JESUS PÉREZ BALIRAC	m	NOITEBRA FC	00:36:38	4:34	MASTER 4 M	223	25	00:18:01	18:38
253	238	ROBERTO GARCÍA PADÍN	m	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:36:38	4:34	SUB 18 M	224	2	00:17:44	18:55
254	43	RAQUEL GRANDIO MONTES	f	MULLER EN FORMA	00:36:41	4:35	MASTER 1 F	30	4	00:18:06	18:36
255	275	JAVIER FERNÁNDEZ BUSTELO	m	NINGUNO	00:36:41	4:35	MASTER 3 M	225	33	00:17:46	18:56
256	226	ELISA BOULLOSA BERNARDEZ	f	NINGUNO	00:36:47	4:35	SENIOR F	31	10	00:18:11	18:37
257	72	JOSE MANUEL BUSTO GALLARDO	m	CLUB ATLETISMO LOUSAME	00:36:47	4:35	MASTER 2 M	226	54	00:18:05	18:43
258	78	PABLO FERNÁNDEZ MON	m	CLUB DE ATLETISMO DE BURELA	00:36:49	4:36	MASTER 2 M	227	55	00:18:07	18:42
259	348	JOSÉ CHAVES PEREIRA	m	ATLETISMO +9 MORAÑA	00:36:55	4:36	MASTER 4 M	228	26	00:18:07	18:48
260	206	ANDREA MONTERO TREPAT	f	NINGUNO	00:36:56	4:36	SENIOR F	32	11	00:18:03	18:53
261	387	ANGELES RODRIGUEZ DEL RIO	f	ATLETICA A SILVA	00:37:05	4:38	MASTER F	33	1	00:18:30	18:35
262	336	RAQUEL ESTEVEZ ALONSO	f	NINGUNO	00:37:11	4:38	MASTER 4 F	34	2	00:18:23	18:48
263	234	ENMA ARGIBAY DOMINGUEZ	f	CLUB ATLETISMO SAR VERMU PETRONI	00:37:11	4:38	SUB 18 F	35	2	00:17:38	19:34
264	327	FRANCISCO MARTINEZ GÓMEZ	m	GALLEUSKA KORRIKOLARI ELKARTEA	00:37:16	4:39	MASTER 4 M	229	27	00:18:02	19:15
265	381	JUAN JOSE REDONDO LAGO	m	NINGUNO	00:37:18	4:39	MASTER M	230	14	00:18:18	19:01
266	353	JESUS ALONSO MIGUEZ	m	NINGUNO	00:37:22	4:40	MASTER 5 M	231	18	00:18:41	18:42
267	210	VICTOR LÓPEZ VITURRO	m	NINGUNO	00:37:30	4:41	SENIOR M	232	46	00:17:53	19:37
268	233	RITA SÁNCHEZ DOSIL	f	S. D. BARBANTIA RODA	00:37:41	4:42	SUB 18 F	36	3	00:18:28	19:14
269	189	ANXO LUCES VÁZQUEZ	m	SERRES RUNNERS	00:37:43	4:42	SENIOR M	233	47	00:18:15	19:28
270	46	GONZALO SESTAYO GARCIA	m	EN LAS NUBES	00:37:50	4:43	MASTER 1 M	234	34	00:18:57	18:54
271	384	PABLO GONZALEZ GONZALEZ	m	NINGUNO	00:37:55	4:44	MASTER M	235	15	00:18:33	19:22
272	90	MANUEL ALEJANDRO SUAREZ GAREA	m	NINGUNO	00:37:56	4:44	MASTER 2 M	236	56	00:18:11	19:45
273	18	DAVID GRILLE RIAL	m	NINGUNO	00:38:03	4:45	MASTER 1 M	237	35	00:18:29	19:35
274	337	DAVID FERREIROS	m	NINGUNO	00:38:06	4:45	MASTER 4 M	238	28	00:18:16	19:50
275	54	M GUADALUPE SANTOS LAMPÓN	f	FLOW PILATES & TRAINING	00:38:07	4:45	MASTER 1 F	37	5	00:18:53	19:14
276	389	DANIEL ÁNGEL OTERO CEPEDA	m	NINGUNO	00:38:12	4:46	MASTER M	239	16	00:19:01	19:12
277	254	JESUS CABO SOUTO	m	NINGUNO	00:38:22	4:47	MASTER 3 M	240	34	00:17:27	20:56
278	334	DAVID PÉREZ SANTAMARÍA	m	ATLETISMO SAR VERMÚ PETRONI	00:38:29	4:48	MASTER 4 M	241	29	00:15:14	23:15
279	179	ROBERTO VIDELA OUTEIRAL	m	MILER RUNNING CLUB	00:38:30	4:48	SENIOR M	242	48	00:19:48	18:42
280	45	RUBEN CASAL DURAN	m	NINGUNO	00:38:31	4:48	MASTER 1 M	243	36	00:18:18	20:13
281	5	Miguel Andrade Vazquez	m	NINGUNO	00:38:35	4:49	MASTER 1 M	244	37	00:18:35	20:00
282	280	GABRIEL CAMACHO CASCAJO	m	CLUB ATLETISMO PORRIÑO	00:38:56	4:51	MASTER 3 M	245	35	00:19:02	19:55
283	242	BRAIS GONZÁLEZ CIMADEVILLA	m	ESCUELA DE BOXEO EL CANARIO	00:39:08	4:53	SUB 20 M	246	2	00:18:40	20:29
284	292	ANIBAL SENRRA IGLESIAS	m	DESGUACES FERREIRO	00:39:09	4:53	MASTER 3 M	247	36	00:18:45	20:25
285	251	ANTONIO JOSE SOTO RODRIGUEZ	m	ATLETICA A SILVA	00:39:11	4:53	MASTER 3 M	248	37	00:19:05	20:07
286	119	MARYEM SALI DUQUE	f	NINGUNO	00:39:14	4:54	MASTER 2 F	38	8	00:19:31	19:44
287	91	LÍA ISABEL ARIAS GONZÁLEZ	f	NINGUNO	00:39:25	4:55	MASTER 2 F	39	9	00:18:36	20:50
288	36	PABLO GOMEZ GOMEZ	m	PAVIMENTOS NOIA	00:39:41	4:57	MASTER 1 M	249	38	00:19:10	20:31
289	152	LAURA MONDELO GARCÍA	f	NINGUNO	00:40:02	5:00	SENIOR F	40	12	00:20:39	19:23
290	168	JUDIT DANIELA JÁCOME GALVÁN	f	CLUB ATLETISMO CORREDORES DO MIÑO	00:40:11	5:01	SENIOR F	41	13	00:19:29	20:43
291	24	BEGOÑA RODRÍGUEZ PEREIRA	f	MILER RUNNING CLUB	00:40:14	5:01	MASTER 1 F	42	6	00:20:13	20:01
292	89	VICENTE IGLESIAS RABANAL	m	NINGUNO	00:40:22	5:02	MASTER 2 M	250	57	00:20:12	20:10
293	88	MARIA LÓPEZ PARENTE	f	NINGUNO	00:40:22	5:02	MASTER 2 F	43	10	00:20:13	20:10
294	23	DIANA COUTO CORDO	f	MILER RUNNING CLUB	00:40:40	5:04	MASTER 1 F	44	7	00:20:17	20:23

**XII CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL - CLASIFICACIÓN ABSOLUTA**

PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	T. KM 4	TKM4-TKM8
295	67	ANA OCA GONZALEZ	f	CAI ESTRADA	00:41:03	5:07	MASTER 2 F	45	11	00:19:36	21:28
296	302	JORDI MONROY ROMERO	m	NINGUNO	00:41:20	5:09	MASTER 3 M	251	38	00:19:22	21:59
297	305	JOSE ÁNGEL ESPASANDIN GESTOSO	m	FLOW PILATES & TRAINING	00:41:27	5:10	MASTER 3 M	252	39	00:20:09	21:19
298	354	AMELIA MEIJIDE MARTINEZ	f	CLUB ATLETISMO SADA	00:41:30	5:11	MASTER 5 F	46	2	00:20:17	21:14
299	269	SUSANA BUJÁN OTERO	f	NINGUNO	00:41:40	5:12	MASTER 3 F	47	8	00:20:04	21:36
300	297	MARTA DE DIOS RECAMÁN	f	MILLARAIO	00:41:42	5:12	MASTER 3 F	48	9	00:20:08	21:34
301	71	MONTSE PEREIRA PENA	f	CLUB ATLETISMO SAR VERMU PETRONI	00:41:43	5:12	MASTER 2 F	49	12	00:20:51	20:52
302	378	ALBERTO FERNÁNDEZ RIVELA	m	FLOW PILATES & TRAINING	00:41:55	5:14	MASTER 5 M	253	19	00:20:11	21:44
303	4	MARÍA AGUETE CAPA	f	NINGUNO	00:41:55	5:14	MASTER 1 F	50	8	00:20:52	21:04
304	312	JORGE RODRIGUEZ PENA	m	C.A.R. MARISQUEIRO	00:42:00	5:14	MASTER 4 M	254	30	00:19:46	22:15
305	331	ISAÍAS CALVO DE LA UZ	m	NINGUNO	00:42:12	5:16	MASTER 4 M	255	31	00:20:25	21:47
306	329	RAMON REY MIGUENS	m	C.A.SAR-VERMU PETRONI	00:42:16	5:16	MASTER 4 M	256	32	00:21:25	20:52
307	211	ANA SANCHEZ SANMARTIN	f	NINGUNO	00:42:20	5:17	SENIOR F	51	14	00:20:38	21:42
308	244	VANESSA JUNCAL SANJURJO	f	CORUÑA COMARCA	00:42:38	5:19	SUB 23 F	52	1	00:20:11	22:28
309	51	LUCIA VAZQUEZ GONZALEZ	f	NINGUNO	00:42:53	5:21	MASTER 1 F	53	9	00:21:04	21:50
310	260	CARMEN ALBERO ARMENDARIZ	f	NINGUNO	00:42:56	5:21	MASTER 3 F	54	10	00:20:25	22:31
311	240	MIKEL CENZANO ALBERO	m	NINGUNO	00:42:56	5:21	SUB 20 M	257	3	00:20:47	22:10
312	367	MARÍA DEL CARMEN PIÑEIRO ESPERANTE	f	NINGUNO	00:43:20	5:24	MASTER 5 F	55	3	00:21:02	22:18
313	128	MARÍA CODESIDO MONTOIRO	f	NOITEBRA	00:43:35	5:26	MASTER 2 F	56	13	00:21:20	22:16
314	55	CARLOS BUSTELO CATOIRA	m	TRIATLÓN VILAGARCÍA	00:43:47	5:28	MASTER 1 M	258	39	00:25:11	18:37
315	326	ANA ISABEL PIÑEIRO ESPERANTE	f	NINGUNO	00:43:54	5:29	MASTER 4 F	57	3	00:21:33	22:22
316	80	RAQUEL RIAL SEGADE	f	MILER RUNNING CLUB	00:45:49	5:43	MASTER 2 F	58	14	00:22:22	23:27
317	205	RALUCA MIHAELA POENAR	f	NOSPORTLIMIT	00:45:57	5:44	SENIOR F	59	15	00:21:43	24:15
318	146	PATRICIA ALEJANDRA CANAVERI GUEVARA	f	FLOW PILATES & TRAINING	00:46:15	5:46	MASTER 2 F	60	15	00:23:13	23:03
319	345	MARIA DEL CARMEN FERNANDEZ REY	f	NINGUNO	00:46:20	5:47	MASTER 4 F	61	4	00:22:26	23:55
320	379	M JOSE PACHECO ETCHEVERS	f	FLOW PILATES & TRAINING	00:47:36	5:56	MASTER 5 F	62	4	00:23:32	24:04
321	281	FATIMA MARÍA MOYANO DE BEÇA	f	NINGUNO	00:47:40	5:57	MASTER 3 F	63	11	00:22:31	25:09
322	94	ANA MOURE COBOS	f	TRIATLÓN VILAGARCÍA	00:48:14	6:01	MASTER 2 F	64	16	00:23:02	25:13
323	396	JESUS BERNAL GOMEZ	m	NINGUNO	00:49:17	6:09	MASTER M	259	17	00:24:21	24:56
324	248	FAYNA AGRELO FERNÁNDEZ	f	NINGUNO	00:53:13	6:39	SUB 23 F	65	2	00:24:45	28:28
325	249	MIGUEL ÁNGEL MUÑIZ SANVICENTE	m	NINGUNO	00:53:13	6:39	SUB 23 M	260	4	00:24:45	28:28
-1	243	IVAN ABELEDO VARELA	m	SD COMPOSTELA ATLETISMO	00:22:08	2:45	SUB 20 M	-1	-1	00:13:32	08:36
-1	236	YAGO DANIEL RÍO PEREIRA	m	NINGUNO	00:31:52	3:58	SUB 18 M	-1	-1		
-1	235	CARLA MAGARIÑOS LODEIRO	f	ATLETISMO CUNTIS	00:34:09	4:16	SUB 18 F	-1	-1		

Finalizaron: 328