

ABSOLUTA 5K - XI CARREIRA DO COCIDO DE LALÍN

CLASIFICACIÓN GENERAL



| PTO | DOR | NOMBRE | CLUB | T.OFI | RITMO | SEX | P.SEX | CAT | P.CAT |
|--------------|-----|--------------------------------|-----------------------------|-------|-------|-----|-------|--------|-------|
| ABSOLUTA 5 K | | | | | | | | | |
| 1 | 212 | FERNANDEZ GARCIA, ALBINO | ATLETISMO ARENTEIRO | 17:11 | 3:26 | m | 1 | SENIOR | 1 |
| 2 | 248 | SILVA LUNA, JORDI | ATLETISMO ARENTEIRO | 18:31 | 3:42 | m | 2 | +35 | 1 |
| 3 | 231 | AÑÓN CEAN, CARLOS | AD MEDIA DUCIA | 18:41 | 3:44 | m | 3 | +35 | 2 |
| 4 | 257 | RODRIGUEZ GONZALEZ, ALBERTO | ATLETISMO ARENTEIRO | 19:08 | 3:49 | m | 4 | +45 | 1 |
| 5 | 224 | ROZADOS BLANCO, IVÁN | INDEPENDIENTE | 19:17 | 3:51 | m | 5 | SENIOR | 2 |
| 6 | 214 | JORDEDO VÁZQUEZ, RUBÉN | | 20:19 | 4:03 | m | 6 | SENIOR | 3 |
| 7 | 210 | DE LA TORRE NAYA, JORGE | | 20:43 | 4:08 | m | 7 | SENIOR | 4 |
| 8 | 256 | RODRIGUEZ GONZALEZ, JOSE RAMON | ATLETISMO ARENTEIRO | 20:44 | 4:08 | m | 8 | +45 | 2 |
| 9 | 211 | FERNÁNDEZ COSTA, DANIEL | INDEPENDIENTE | 20:54 | 4:10 | m | 9 | SENIOR | 5 |
| 10 | 217 | MENDEZ, SAMUEL | INDEPENDIENTE | 21:08 | 4:13 | m | 10 | SENIOR | 6 |
| 11 | 228 | SOUTO ROZADOS, AVELINO | CLUB ATLETISMO DEZA | 21:26 | 4:17 | m | 11 | SENIOR | 7 |
| 12 | 242 | PEON SANTOME, LUCIA | CLUB DE ATLETISMO ARENTEIRO | 22:30 | 4:29 | f | 1 | +35 | 1 |
| 13 | 233 | CARRILLO CALVO, ALBERTO | | 22:52 | 4:34 | m | 12 | +35 | 3 |
| 14 | 225 | ROZAS VARELA, ENRIQUE | | 23:09 | 4:37 | m | 13 | SENIOR | 8 |
| 15 | 249 | VILLAVARDE ROSALES, MARGA | | 23:24 | 4:40 | f | 2 | +35 | 2 |
| 16 | 241 | LORENZO FIGUEIRAS, LORENA | | 23:25 | 4:40 | f | 3 | +35 | 3 |
| 17 | 239 | GARCÍA FUENTES, ROI MANOEL | SD COMPOSTELA ATLETISMO | 23:31 | 4:42 | m | 14 | +35 | 4 |
| 18 | 254 | GARCÍA LOUREIRO, ROBERTO | | 23:35 | 4:42 | m | 15 | +45 | 3 |
| 19 | 263 | BOTANA FERREIRO, JUAN LUIS | SD COMPOSTELA ATLETISMO | 24:23 | 4:52 | m | 16 | +65 | 1 |
| 20 | 265 | RIERA CACHERO, ANTONIO | | 24:26 | 4:53 | m | 17 | +65 | 2 |
| 21 | 221 | PEREZ PORTELA, ADRIAN | INDEPENDIENTE | 24:27 | 4:53 | m | 18 | SENIOR | 9 |
| 22 | 247 | SANTEIRO PICÓN, BRUNO | | 24:27 | 4:53 | m | 19 | +35 | 5 |
| 23 | 251 | BLANCO DIEGUEZ, MARGARITA | CLUB DE ATLETISMO ARENTEIRO | 25:04 | 5:00 | f | 4 | +45 | 1 |
| 24 | 205 | GARCÍA, JORGE | | 25:25 | 5:04 | m | 20 | SUB 23 | 1 |
| 25 | 244 | PRADO CALVO, JAVIER | SD COMPOSTELA ATLETISMO | 25:49 | 5:09 | m | 21 | +35 | 6 |
| 26 | 213 | GARCÍA LIÑARES, JOSE | | 25:54 | 5:10 | m | 22 | SENIOR | 10 |
| 27 | 252 | CASTIÑEIRAS GALLEGU, REBECA | INDEPENDIENTE | 26:10 | 5:13 | f | 5 | +45 | 2 |
| 28 | 237 | FARIÑA TOIMIL, SANTIAGO | INDEPENDIENTE | 26:20 | 5:15 | m | 23 | +35 | 7 |
| 29 | 229 | TAIN SENRA, JACOBO | | 26:32 | 5:18 | m | 24 | SENIOR | 11 |
| 30 | 206 | ORDÁS LÓPEZ, LUCÍA | | 26:32 | 5:18 | f | 6 | SUB 23 | 1 |
| 31 | 245 | RAMOS, JAVIER | | 26:48 | 5:21 | m | 25 | +35 | 8 |
| 32 | 216 | MARIÑO GRANJA, GONZALO | INDEPENDIENTE | 27:05 | 5:24 | m | 26 | SENIOR | 12 |
| 33 | 235 | DONSION PEREIRA, ALBERTO | INDEPENDIENTE | 27:07 | 5:25 | m | 27 | +35 | 9 |
| 34 | 264 | PENA GONZÁLEZ, FRANCISCO | SD COMPOSTELA ATLETISMO | 27:21 | 5:28 | m | 28 | +65 | 3 |
| 35 | 253 | DENGRA RICO, JOSE RAMON | | 27:26 | 5:29 | m | 29 | +45 | 4 |
| 36 | 259 | SEOANE CASTRO, MARÍA TERESA | ESCOLAR DE ATLETISMO DEZA | 27:34 | 5:30 | f | 7 | +45 | 3 |

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|-----|-----|------------------------------------|-----------------------|-------|-------|-----|-------|--------|-------|
| 37 | 238 | GARCIA CARRIL, ROCÍO | GTR-GALAICO TRAIL RUN | 27:41 | 5:32 | f | 8 | +35 | 4 |
| 38 | 240 | GONZALEZ FERNANDEZ, LUCIA | | 27:44 | 5:32 | f | 9 | +35 | 5 |
| 39 | 255 | GONZALEZ VAZQUEZ, SUSO | INDEPENDIENTE | 27:45 | 5:32 | m | 30 | +45 | 5 |
| 40 | 246 | RODRÍGUEZ ROZAS, RAQUEL | INDEPENDIENTE | 27:57 | 5:35 | f | 10 | +35 | 6 |
| 41 | 250 | BAÑA SUAREZ, JESUS MANUEL | INDEPENDIENTE | 27:57 | 5:35 | m | 31 | +45 | 6 |
| 42 | 219 | OTERO CASTRO, CRISTINA | C.C. OS ESFOLA ARRÓS | 28:11 | 5:38 | f | 11 | SENIOR | 1 |
| 43 | 220 | PEREIRO VICENTE, VANESA | | 28:51 | 5:46 | f | 12 | SENIOR | 2 |
| 44 | 236 | ESTEVEZ COUTO, HIGINIO | INDEPENDIENTE | 29:35 | 5:54 | m | 32 | +35 | 10 |
| 45 | 202 | FERNANDEZ GONZALEZ, VANIA | S.A.TREGA-TOMIÑO | 29:47 | 5:57 | f | 13 | SUB 20 | 1 |
| 46 | 260 | FERNANDEZ RODRIGUEZ, JOSE | KORPORE | 29:51 | 5:58 | m | 33 | +55 | 1 |
| 47 | 258 | SÁNCHEZ PLANA, MARINA | INDEPENDIENTE | 29:54 | 5:58 | f | 14 | +45 | 4 |
| 48 | 203 | FERREIRO, SORAYA | | 29:54 | 5:58 | f | 15 | SUB 20 | 2 |
| 49 | 208 | CROCCO GARCIA, MARIANA | INDEPENDIENTE | 29:56 | 5:59 | f | 16 | SENIOR | 3 |
| 50 | 222 | QUIÑOY PAMPIN, VANESA | INDEPENDIENTE | 30:00 | 5:59 | f | 17 | SENIOR | 4 |
| 51 | 262 | SÁNCHEZ FERNÁNDEZ, MARÍA JESÚS | INDEPENDIENTE | 30:02 | 6:00 | f | 18 | +55 | 1 |
| 52 | 243 | PEREIRA DOBARRO, NEA | | 30:05 | 6:00 | f | 19 | +35 | 7 |
| 53 | 223 | RODRÍGUEZ TORRES, BLANCA | CAO | 30:13 | 6:02 | f | 20 | SENIOR | 5 |
| 54 | 261 | RODRÍGUEZ FERNÁNDEZ, RICARDO JULIO | CAO | 30:13 | 6:02 | m | 34 | +55 | 2 |
| 55 | 226 | SANCHEZ VARO, BÁRBARA | | 32:00 | 6:23 | f | 21 | SENIOR | 6 |
| 56 | 215 | LORENZO MATO, SILVIA | INDEPENDIENTE | 32:31 | 6:30 | f | 22 | SENIOR | 7 |
| 57 | 227 | SENRA FERRÓN, LAURA | | 32:31 | 6:30 | f | 23 | SENIOR | 8 |