

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
1	36	JUAN JOSE ÁLVAREZ CURES	m	ATLETISMO O PINO	00:22:46,90	3:19	MASTER 1	1	1	No
2	156	ALEJANDRO PESADO FERNÁNDEZ	m		00:22:58,80	3:21	MASTER 2	2	1	No
3	127	JOSÉ CARLOS BUJAN OTERO	m	NOITEBRA	00:23:40,90	3:27	MASTER 2	3	2	No
4	66	CONSTANTE LORENZO	m	OS MUDITOS	00:23:44,30	3:27	MASTER 1	4	2	No
5	59	CARLOS IGLESIAS AREA	m	SAN MIGUEL DE MARÍN	00:24:09,90	3:31	MASTER 1	5	3	No
6	10	BRAIS CUPEIRO PÉREZ	m	INDEPENDIENTE	00:24:11,70	3:31	SENIOR	6	1	No
7	139	JORGE MANUEL GARCIA RODRIGUEZ	m	NOITEBRA	00:24:13,00	3:32	MASTER 2	7	3	No
8	38	NICOLÁS FERNANDO BAS ROTH	m	CLUB ATLETISMO SADA	00:24:17,20	3:32	MASTER 1	8	4	No
9	12	MÍCHEL FERNÁNDEZ GARCÍA	m	S. D. BARBANTIA RODA	00:24:35,70	3:35	SENIOR	9	2	No
10	208	CARLOS REY PEREIRA	m	BOIMORTO	00:24:39,30	3:35	MASTER 3	10	1	No
11	15	CARLOS FRAGA ADRIO	m	CLUB ATLETISMO O PINO	00:24:54,10	3:38	SENIOR	11	3	No
12	95	JOSÉ ANTONIO VIDAL GONZALEZ	m	CLUB DEPORTIVO BRIÓN HYUPERSA	00:24:55,30	3:38	MASTER 1	12	5	No
13	62	JOSE MANUEL IGLESIAS TORRES	m	CLUB DE MONTAÑA VERTICE	00:25:05,90	3:39	MASTER 1	13	6	No
14	161	MANUEL RENDO PÉREZ	m	ECOPREVE	00:25:11,40	3:40	MASTER 2	14	4	No
15	41	FRANCISCO JOSE BESADA FILGUEIRAS	m	CLUB DEPORTIVO BRIÓN HYUPERSA	00:25:14,60	3:41	MASTER 1	15	7	No
16	23	ANTONIO SOUTO PRIETO	m	TRIPENTAS TERRAS DE LUGO	00:25:19,50	3:41	SENIOR	16	4	No
17	20	BRAIS PEREZ	m	SD COMPOSTELA ATLETISMO	00:25:20,90	3:42	SENIOR	17	5	No
18	91	ÓSCAR VALLE LÓPEZ	m	NOITEBRA	00:25:27,40	3:42	MASTER 1	18	8	No
19	70	JAVIER PARADELA MARTICO	m		00:25:28,90	3:43	MASTER 1	19	9	No
20	51	LUIS FEITO MIRÁS	m	FONTES DO SAR	00:25:31,90	3:43	MASTER 1	20	10	No
21	128	MIGUEL CABO VILLAVERDE	m	CLUB ATLETISMO MILLADOIRO	00:25:34,50	3:44	MASTER 2	21	5	No
22	69	DIEGO P. CASAS	m		00:25:37,40	3:44	MASTER 1	22	11	No
23	7	GERARDO CACHAFEIRO GARCÍA	m	SD COMPOSTELA ATLETISMO	00:25:39,40	3:44	SENIOR	23	6	No
24	77	FÉLIX QUINTELA PAIS	m	CLUB DEPORTIVO BRIÓN HYUPERSA	00:25:45,00	3:45	MASTER 1	24	12	No
25	132	MANUEL COSTA CASTRO	m	CLUB ATLETISMO TAMBRE	00:25:46,60	3:45	MASTER 2	25	6	No
26	9	DAVID CHAS ÁLVAREZ	m		00:25:47,20	3:45	SENIOR	26	7	No
27	215	JOSE SUAREZ LEIS	m	SAR VERMU PETRONI	00:25:52,90	3:46	MASTER 3	27	2	No
28	121	JESUS ALVAREZ CHINCHILLA	m		00:26:07,20	3:48	MASTER 2	28	7	No
29	84	JOSÉ ANTONIO SEÑARIS PARDO	m	RUNNERS CARBALLO	00:26:07,80	3:48	MASTER 1	29	13	No
30	37	MARCIAL ANIBAL BARCA ESPAÑA	m	ATLETISMO O PINO	00:26:08,50	3:48	MASTER 1	30	14	No
31	166	JOSE LUIS ROIBAS FERNANDEZ	m	CLUB ATLETISMO SADA	00:26:09,50	3:49	MASTER 2	31	8	No
32	22	JESÚS SAINZ TRESGUERRAS	m	CLUBE ATLETISMO SAR-PETRONI	00:26:14,30	3:49	SENIOR	32	8	No
33	90	FRANCISCO TOSAR ASOREY	m	INDEPENDIENTE	00:26:15,50	3:49	MASTER 1	33	15	No
34	48	FRANCISCO JOSE CUENCA GARCIA	m	CLUB ATLETISMO O PINO	00:26:20,90	3:50	MASTER 1	34	16	No
35	34	JUANKY AGEITOS SAMPEDRO	m	PELUQUERÍA EVA MÉNDEZ	00:26:22,60	3:51	MASTER 1	35	17	No
36	21	MANUEL ANXO PINTOS LÓPEZ	m		00:26:33,50	3:52	SENIOR	36	9	No

ETIENSPORTS.ES

ETIENSPORTS.ES

ETIENSPORTS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
37	8	EFRÉN CAPELO VIEITES	m	CLUB DEPORTIVO BRIÓN HYUPERSA	00:26:33,60	3:52	SENIOR	37	10	No
38	169	ROBERTO SENRA ALVAREZ	m	CLUB ATLETISMO TAMBRE	00:26:35,00	3:52	MASTER 2	38	9	No
39	5	DAMIÁN BALEATO CALVIÑO	m		00:26:37,20	3:53	SENIOR	39	11	Si
40	27	GABRIEL VIÁN	m		00:26:38,60	3:53	SENIOR	40	12	No
41	152	BYRON OREJUELA REINO	m		00:26:41,80	3:53	MASTER 2	41	10	No
42	210	JOSÉ RÍO INSUA	m	RUNNERS CARBALLO	00:26:45,80	3:54	MASTER 3	42	3	No
43	94	JOSÉ MANUEL VÁZQUEZ MATO	m	CLUB ATLETISMO BRIÓN HYUPERSA	00:26:50,10	3:55	MASTER 1	43	18	No
44	142	FRANCISCO JAVIER GONZÁLEZ LEDO	m	RUNNING OLEIROS	00:26:52,20	3:55	MASTER 2	44	11	No
45	147	JOSÉ MANUEL LUEIRO ABUIN	m	INDEPENDIENTE	00:26:54,50	3:55	MASTER 2	45	12	No
46	129	SPIBY (RAMON) CANOSA CASTIÑEIRA	m	SAR VERMU PETRONI	00:26:57,40	3:56	MASTER 2	46	13	No
47	42	SIMÓN CALVIÑO CALVIÑO	m	INDEPENDIENTE	00:27:04,20	3:57	MASTER 1	47	19	No
48	80	FRANCISCO JOSE ROCHA GARCÍA	m	CLUBE DE ATLETISMO BOIMORTO	00:27:08,60	3:57	MASTER 1	48	20	No
49	65	ALEJANDRO LÓPEZ LODEIRO	m	INDEPENDIENTE	00:27:09,90	3:57	MASTER 1	49	21	No
50	155	FERNANDO PÉREZ HERNÁNDEZ	m		00:27:12,00	3:58	MASTER 2	50	14	No
51	18	ELOY MARIN CASTRO	m	INDEPENDIENTE	00:27:13,50	3:58	SENIOR	51	13	No
52	60	PABLO IGLESIAS DOMINGUEZ	m	NOITEBRA	00:27:18,80	3:59	MASTER 1	52	22	No
53	82	JOSE ANTONIO ROMERO BARREIRO	m	CLUB ATLETISMO BOIMORTO	00:27:28,30	4:00	MASTER 1	53	23	No
54	26	DANIEL SUSO SÁNCHEZ	m	INDEPENDIENTE	00:27:44,40	4:02	SENIOR	54	14	No
55	52	JOSE ANTONIO FERNÁNDEZ RODRÍGUEZ	m	RUNNING ARTEIXO	00:27:46,30	4:03	MASTER 1	55	24	No
56	131	ÁLVARO CÉSAR VILA	m	CLUB ATLETISMO TAMBRE	00:27:49,20	4:03	MASTER 2	56	15	No
57	165	CESAR RODRIGUEZ VENTUREIRA	m	RUNNING ARTEIXO	00:27:50,10	4:03	MASTER 2	57	16	No
58	55	JOSE GARCÍA CANCELA	m		00:27:51,70	4:04	MASTER 1	58	25	No
59	19	DANIEL PEREIRA ALONSO	m	INDEPENDIENTE	00:27:54,30	4:04	SENIOR	59	15	No
60	168	ENRIQUE SANTOS LORENZO	m	TERRA DE SONEIRA	00:27:57,40	4:04	MASTER 2	60	17	No
61	11	XOÁN FERNÁNDEZ CHOUZA	m		00:28:00,30	4:05	SENIOR	61	16	No
62	133	JESUS MANUEL DARRIBA PENA	m	INDEPENDIENTE	00:28:03,30	4:05	MASTER 2	62	18	No
63	89	ESTEBAN SUEIRO IGLESIAS	m	CLUB ATLETISMO BRIÓN HYUPERSA	00:28:06,80	4:06	MASTER 1	63	26	No
64	170	SANTIAGO SOLETO CEREIJO	m	CLUB DEPORTIVO BRIÓN HYUPERSA	00:28:15,70	4:07	MASTER 2	64	19	No
65	87	CARLOS SUÁREZ GARCÍA	m	INDEPENDIENTE	00:28:18,70	4:07	MASTER 1	65	27	No
66	86	MIGUEL ANGEL SOUTO RUMBO	m		00:28:23,20	4:08	MASTER 1	66	28	No
67	17	PABLO GARCIA OTERO	m	INDEPENDIENTE	00:28:23,40	4:08	SENIOR	67	17	No
68	211	XAIME RIVAS POSSE	m	VINCIT FISIOTERAPIA	00:28:26,30	4:09	MASTER 3	68	4	No
69	72	DAVID PONTE IGLESIAS	m		00:28:27,10	4:09	MASTER 1	69	29	No
70	138	SANTIAGO GARCÍA BELLO	m		00:28:28,30	4:09	MASTER 2	70	20	No
71	13	ALEXANDRE FERNANDEZ TOJO	m	CLUB ATLETISMO TAMBRE	00:28:30,50	4:09	SENIOR	71	18	No
72	108	NATALIA LORENZO PEREZ	f	INDEPENDIENTE	00:28:52,50	4:12	MASTER 1	1	1	No

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
73	123	ANTONIO BARREIRO CORDEIRO	m	INDEPENDIENTE	00:28:54,00	4:13	MASTER 2	72	21	No
74	68	ANTONIO MATALOBOS BUSTELO	m	CLUB ATLETISMO BRIÓN HYUPERSA	00:29:05,70	4:14	MASTER 1	73	30	No
75	6	DAVID BOLON FIGUEIRAS	m		00:29:05,80	4:14	SENIOR	74	19	No
76	85	SERGIO SOTO BUCETA	m	C.A.CAMBADOS - SEGUROS NOVAL	00:29:08,20	4:15	MASTER 1	75	31	No
77	1	YAGO DANIEL RÍO PEREIRA	m	INDEPENDIENTE	00:29:10,40	4:15	SUB 18	76	1	No
78	140	MIGUEL GÓMEZ C	m	INDEPENDIENTE	00:29:14,10	4:16	MASTER 2	77	22	No
79	98	BELÉN BASCOY CAO	f	ADN RÍAS BAIXAS	00:29:16,90	4:16	MASTER 1	2	2	No
80	137	ALFONSO GARCIA BELLO	m	INDEPENDIENTE	00:29:17,10	4:16	MASTER 2	78	23	No
81	49	PABLO DELGADO GONZÁLEZ	m	INDEPENDIENTE	00:29:24,50	4:17	MASTER 1	79	32	No
82	182	MARIA ELENA MIGUENS OTERO	f	CLUBE ATLETISMO SAR-PETRONI	00:29:28,20	4:18	MASTER 2	3	1	No
83	191	JUAN CARLOS BERGONDO BRANDARIZ	m	RUNNING OLEIROS	00:29:29,20	4:18	MASTER 3	80	5	No
84	2	ARARAT PAZOS MEIXUS	f		00:29:33,10	4:18	SUB 18	4	1	No
85	103	LAURA FELIPEZ RODRÍGUEZ	f	RUNNING ARTEIXO	00:29:35,40	4:19	MASTER 1	5	3	No
86	45	ÓSCAR CASAS COUSELO	m	CLUB ATLETISMO TAMBRE	00:29:40,10	4:19	MASTER 1	81	33	No
87	78	AMANCIO RAÑA RECOUSO	m	CLUB ATLETISMO TAMBRE	00:29:42,70	4:20	MASTER 1	82	34	No
88	32	BERTA PAN VEIRAS	f	CORUÑA COMARCA	00:29:44,10	4:20	SENIOR	6	1	No
89	83	ISIDRO SANCHEZ GONZALEZ	m		00:29:47,60	4:20	MASTER 1	83	35	No
90	134	JUAN CARLOS FERNÁNDEZ LAGO	m	CLUBE DE ATLETISMO SERRES RUNNERS	00:29:48,10	4:21	MASTER 2	84	24	No
91	141	JUANJO GÓMEZ CORTÉS	m	INDEPENDIENTE	00:29:54,60	4:21	MASTER 2	85	25	No
92	88	JAVIER SUÁREZ GIADÁS	m		00:30:05,60	4:23	MASTER 1	86	36	No
93	148	FERNANDO MARTINEZ HERVES	m		00:30:06,90	4:23	MASTER 2	87	26	No
94	150	JUAN CARLOS MARTINEZ VALVERDE	m	ATLETISMO O PINO	00:30:08,00	4:23	MASTER 2	88	27	No
95	113	LAURA NÚÑEZ NAVEIRA	f	INDEPENDIENTE	00:30:17,00	4:25	MASTER 1	7	4	No
96	57	ALEJANDRO GESTO LAGO	m	INDEPENDIENTE	00:30:23,70	4:26	MASTER 1	89	37	No
97	56	RAFAEL GARCIA PENA	m	INDEPENDIENTE	00:30:33,80	4:27	MASTER 1	90	38	No
98	174	MANUEL JOSE VAZQUEZ SANJURJO	m	RUNNING ARTEIXO	00:30:38,30	4:28	MASTER 2	91	28	No
99	172	FRANCISCO JAVIER VARELA RODRÍGUEZ	m	INDEPENDIENTE	00:30:44,80	4:29	MASTER 2	92	29	No
100	43	JESUS CAMBA RIAL	m	INDEPENDIENTE	00:30:50,10	4:30	MASTER 1	93	39	No
101	177	EVA DE LA FUENTE IGLESIAS	f	CLUB ATLETISMO BRIÓN HYUPERSA	00:30:51,30	4:30	MASTER 2	8	2	No
102	192	JOSÉ ANTONIO BERMÚDEZ TURNES	m	INDEPENDIENTE	00:30:52,60	4:30	MASTER 3	94	6	No
103	163	ADOLFO RIOBÓ MUIÑO	m	INDEPENDIENTE	00:30:55,00	4:30	MASTER 2	95	30	No
104	204	JOSE MANUEL PETEIRO LOZANO	m		00:30:59,20	4:31	MASTER 3	96	7	No
105	96	ANA ACEVEDO GOMEZ	f		00:31:10,50	4:33	MASTER 1	9	5	No
106	158	SUSO RAMOS RODRIGUEZ	m	A.D. DOWNHILL	00:31:20,20	4:34	MASTER 2	97	31	No
107	135	ÓSCAR FIGUEIRAS TOREA	m		00:31:28,50	4:35	MASTER 2	98	32	No
108	194	JOSE ANTONIO BLANCO BARREIRO	m	INDEPENDIENTE	00:31:33,90	4:36	MASTER 3	99	8	No

EINESPORTS.ES

EINESPORTS.ES

EINESPORTS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
109	180	GELY LÓPEZ VILAS	f	RUNNING ARTEIXO	00:31:34,10	4:36	MASTER 2	10	3	No
110	46	JESÚS CASTRO GONZÁLEZ	m	INDEPENDIENTE	00:31:43,50	4:37	MASTER 1	100	40	No
111	179	SILVIA GESTAL GOLÁN	f	CLUB DEPORTIVO ENKI	00:31:44,80	4:38	MASTER 2	11	4	No
112	24	ALEJANDRO SUÁREZ GARCÍA	m	INDEPENDIENTE	00:31:48,40	4:38	SENIOR	101	20	Si
113	102	SILVIA DÍEZ BERMÚDEZ	f	EGOVARROS DE VIVEIRO	00:32:12,90	4:42	MASTER 1	12	6	No
114	159	JOSE CARLOS REBOREDO FRAGA	m	INDEPENDIENTE	00:32:16,30	4:42	MASTER 2	102	33	No
115	212	JOSÉ MANUEL ROMERO OLVEIRA	m	VETERANOS DE SAMIL	00:32:18,60	4:42	MASTER 3	103	9	No
116	16	DANIEL FREIRE RUIBAL	m	INDEPENDIENTE	00:32:23,40	4:43	SENIOR	104	21	No
117	199	BENITO GONZÁLEZ VARELA	m	CLUB ATELISMO TAMBRE	00:32:24,90	4:43	MASTER 3	105	10	No
118	119	ANA VARELA REGUERA	f		00:32:28,60	4:44	MASTER 1	13	7	No
119	63	JUAN LAMAS BELLO	m		00:32:31,80	4:44	MASTER 1	106	41	No
120	47	VICTOR CONEJO PENA	m	INDEPENDIENTE	00:32:40,30	4:46	MASTER 1	107	42	No
121	197	JOSÉ GÓMEZ VIAÑO	m	INDEPENDIENTE	00:32:48,90	4:47	MASTER 3	108	11	No
122	115	MAICA OTERO GOMEZ	f	INDEPENDIENTE	00:32:50,60	4:47	MASTER 1	14	8	No
123	40	JAVIER BERMÚDEZ POMBO	m	ATLETAS ACEA DA MA	00:32:51,90	4:47	MASTER 1	109	43	No
124	54	HECTOR FRAGA LOPEZ	m		00:32:55,40	4:48	MASTER 1	110	44	No
125	144	MAXIMINO LAGARES CARRO	m	ESPRINTES OURENSE	00:32:56,00	4:48	MASTER 2	111	34	No
126	112	SUSANA NIETO PAZOS	f	INDEPENDIENTE	00:32:56,30	4:48	MASTER 1	15	9	No
127	153	RAFAEL PAIS COMINO	m		00:33:02,30	4:49	MASTER 2	112	35	No
128	97	VANESSA BARREIRO GARCÍA	f		00:33:02,50	4:49	MASTER 1	16	10	No
129	92	FRANCISCO JAVIER VARELA GARCÍA	m	INDEPENDIENTE	00:33:06,10	4:49	MASTER 1	113	45	No
130	157	AGUSTÍN JOSÉ PORRO CORREIRA	m	INDEPENDIENTE	00:33:08,40	4:50	MASTER 2	114	36	No
131	160	ALFONSO REMUIÑÁN SÁNCHEZ	m	AD FOGAR	00:33:08,60	4:50	MASTER 2	115	37	No
132	33	MARÍA SOUTO PRIETO	f		00:33:11,60	4:50	SENIOR	17	2	No
133	99	FINA BLANCO PENA	f	INDEPENDIENTE	00:33:14,90	4:51	MASTER 1	18	11	No
134	143	ÁNGEL JUVIÑO PREGO	m	INDEPENDIENTE	00:33:15,70	4:51	MASTER 2	116	38	No
135	173	JUAN CARLOS VÁZQUEZ GOMEZ	m	INDEPENDIENTE	00:33:19,10	4:51	MASTER 2	117	39	No
136	216	JESÚS VAAMONDE RÚA	m	INDEPENDIENTE	00:33:21,20	4:52	MASTER 3	118	12	No
137	151	FRANCISCO MOURE CAÑETE	m	NOITEBRA	00:33:24,50	4:52	MASTER 2	119	40	No
138	181	MARÍA ÁNGELES LORENZO BARRAL	f	INDEPENDIENTE	00:33:31,20	4:53	MASTER 2	19	5	No
139	213	ANTONIO SANTOS MALLO	m	ATLETICA A SILVA	00:33:39,20	4:54	MASTER 3	120	13	No
140	125	JOSE BERMUDEZ VARELA	m	AD MEDIADUCIA	00:33:41,20	4:55	MASTER 2	121	41	No
141	39	MANUEL BASOA RODRIGUEZ	m	ESCOLA DE ATLETISMO PAULA MAYOBRE	00:33:42,90	4:55	MASTER 1	122	46	No
142	130	CARLOS CARRASCO ITURRA	m	CLUB ATLETISMO O PINO	00:33:54,50	4:57	MASTER 2	123	42	No
143	50	RAÚL DOVAL SANCHEZ	m		00:33:56,60	4:57	MASTER 1	124	47	No
144	114	MARÍA JESUS ORGEIRA REY	f		00:33:59,80	4:57	MASTER 1	20	12	Si

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
145	171	FERNANDO TRILLO CARLÍN	m	AD FOGAR	00:34:02,40	4:58	MASTER 2	125	43	No
146	209	JOSÉ RIAL PAIS	m	CLUB ATLETISMO OUTES	00:34:20,80	5:00	MASTER 3	126	14	No
147	207	MANUEL JOSE REY PAULOS	m	INDEPENDIENTE	00:34:24,60	5:01	MASTER 3	127	15	No
148	25	PABLO SUAREZ MARIÑO	m	INDEPENDIENTE	00:34:33,30	5:02	SENIOR	128	22	Si
149	136	IVAN FOLLA-CISNEROS VIDAL	m	INDEPENDIENTE	00:34:34,30	5:02	MASTER 2	129	44	No
150	58	JORGE GÓMEZ CEBEY	m	C.A. TAMBRE	00:34:41,70	5:03	MASTER 1	130	48	No
151	195	JAVIER FERNANDEZ FRAGA	m	INDEPENDIENTE	00:34:43,50	5:04	MASTER 3	131	16	No
152	202	JOSÉ ANTONIO MÉNDEZ PAMPIN	m		00:34:48,00	5:04	MASTER 3	132	17	No
153	28	SABELA ABALO GARCÍA	f		00:34:54,40	5:05	SENIOR	21	3	No
154	100	MARÍA BEGOÑA CAJADE BLANCO	f	CLUB ATLETISMO BOIMORTO	00:34:57,10	5:06	MASTER 1	22	13	No
155	203	DANIEL ANGEL OTERO CEPEDA	m	INDEPENDIENTE	00:35:04,80	5:07	MASTER 3	133	18	No
156	109	VERÓNICA MARTÍNEZ PARCERO	f	CLUB ATLETISMO O PINO	00:35:10,30	5:08	MASTER 1	23	14	No
157	75	CÉSAR POSE MATO	m	AD FOGAR	00:35:13,10	5:08	MASTER 1	134	49	No
158	145	MANUEL LAGO MOLEDO	m	CAO CLUB ATLETISMO OUTES	00:35:26,60	5:10	MASTER 2	135	45	No
159	67	FRANCISCO MANUEL LOUREIRO CASTRO	m	INDEPENDIENTE	00:35:29,10	5:10	MASTER 1	136	50	No
160	110	MARIA MARTÍNEZ SANCHEZ	f	INDEPENDIENTE	00:35:52,30	5:14	MASTER 1	24	15	No
161	201	MARCOS MANEIRO CASTRO	m	INDEPENDIENTE	00:36:08,20	5:16	MASTER 3	137	19	No
162	105	CHUS GARCIA PENA	f	CLUB ATLETISMO TAMBRE	00:36:14,40	5:17	MASTER 1	25	16	No
163	214	ANTONIO SOUTO REGO	m	INDEPENDIENTE	00:36:55,60	5:23	MASTER 3	138	20	No
164	154	ANTONIO PEREIRO LIÑARES	m		00:37:14,50	5:26	MASTER 2	139	46	Si
165	149	JOSE LUIS MARTINEZ ROMERO	m		00:37:19,30	5:26	MASTER 2	140	47	No
166	53	MANUEL FERREIRO OROSA	m		00:37:26,10	5:27	MASTER 1	141	51	No
167	219	SILVIA SÁNCHEZ BASCOY	f	INDEPENDIENTE	00:37:30,40	5:28	MASTER 3	26	1	No
168	205	MANUEL RAÑA PREGO	m	INDEPENDIENTE	00:37:48,10	5:31	MASTER 3	142	21	No
169	184	MAR PÉREZ GARCÍA	f	CLUB ATLETISMO CAMBADOS SEG. NOVAL	00:37:50,90	5:31	MASTER 2	27	6	No
170	101	MARÍA CODESIDO MONTOIRO	f	INDEPENDIENTE	00:37:59,90	5:32	MASTER 1	28	17	No
171	120	PILAR VAZQUEZ FEBRERO	f	INDEPENDIENTE	00:38:01,20	5:33	MASTER 1	29	18	No
172	175	SUSANA BUJÁN OTERO	f	NOITEBRA	00:38:27,60	5:36	MASTER 2	30	7	No
173	3	MANEL ABRUÑEDO FERNÁNDEZ	m		00:38:32,20	5:37	MASTER 2	143	48	No
174	118	BELÉN PÉREZ GRAÑA	f		00:38:32,50	5:37	MASTER 1	31	19	No
175	217	MARI PIÑEIRO ESPERANTE	f	INDEPENDIENTE	00:38:34,60	5:37	MASTER 3	32	2	No
176	162	RAMON REY MIGUENS	m	CLUBE ATLETISMO SAR-PETRONI	00:38:37,10	5:38	MASTER 2	144	49	No
177	183	EVA MARÍA PEREIRO GÓMEZ	f	CLUB ATLETISMO O PINO	00:38:53,30	5:40	MASTER 2	33	8	No
178	106	PAULA GRELA DUBRA	f	INDEPENDIENTE	00:38:56,20	5:41	MASTER 1	34	20	Si
179	64	FRANCISCO JAVIER LOPEZ CLEMENTE	m	SD COMPOSTELA ATLETISMO	00:39:08,00	5:42	MASTER 1	145	52	No
180	29	ANA BELLO FRAGA	f		00:39:16,00	5:43	SENIOR	35	4	No

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
181	93	JOSE VARELA VERDES	m	CLUB DEPORTIVO ENKI	00:39:20,10	5:44	MASTER 1	146	53	No
182	178	LUCÍA DOVAL SANCHEZ	f	ATLETICA A SILVA	00:39:22,10	5:44	MASTER 2	36	9	No
183	200	JOSE GRELA RODRIGUEZ	m		00:39:22,20	5:44	MASTER 3	147	22	No
184	189	ANA VÁZQUEZ FERNÁNDEZ	f	CLUB ATLETISMO O PINO	00:39:33,40	5:46	MASTER 2	37	10	No
185	31	NOELIA LOJO LÓPEZ	f		00:39:40,30	5:47	SENIOR	38	5	No
186	116	SUEVIA OTERO SOLAR	f		00:39:42,70	5:47	MASTER 1	39	21	No
187	111	MARTA MUIÑO BALSA	f	CLUB ATLETISMO TAMBRE	00:39:42,70	5:47	MASTER 1	40	22	No
188	107	VANESSA LORENZO ANICETO	f	NOITEBRA	00:40:03,40	5:50	MASTER 1	41	23	No
189	198	MANUEL GONZÁLEZ PEREIRA	m	INDEPENDIENTE	00:40:15,30	5:52	MASTER 3	148	23	No
190	206	ANTONIO REMUIÑÁN SÁNCHEZ	m	AD FOGAR	00:40:30,90	5:54	MASTER 3	149	24	No
191	187	ANA SAINZ DE LA TORRE VILALTA	f	CLUB ATLETISMO O PINO	00:40:35,40	5:55	MASTER 2	42	11	No
192	74	SERGIO PORTO CALVO	m	CLUB ATLETISMO OUTES	00:41:03,10	5:59	MASTER 1	150	54	No
193	185	MARÍA MERCEDES RAMOS FUENTES	f	INDEPENDIENTE	00:41:19,60	6:01	MASTER 2	43	12	No
194	14	ANXO FERREIRA FRAGA	m	INDEPENDIENTE	00:41:40,50	6:05	SENIOR	151	23	Si
195	193	JESUS BERNAL GOMEZ	m	INDEPENDIENTE	00:44:58,80	6:33	MASTER 3	152	25	No
196	30	MARTA CARRIL CAMINO	f	INDEPENDIENTE	00:46:56,00	6:51	SENIOR	44	6	No
197	190	GONZALO ÁLVAREZ PRADO	m	K2 ORDES	00:47:53,80	6:59	MASTER 3	153	26	No
198	176	NURIA CIDONCHA MORAN	f	AD MEDIADUCIA	00:48:00,00	7:00	MASTER 2	45	13	No
199	117	PATRICIA PEREZ GONZALEZ	f	INDEPENDIENTE	00:51:08,80	7:27	MASTER 1	46	24	No
DNF	35	RICARDO ALONSO FERNÁNDEZ	m	RUNNING ARTEIXO			MASTER 1	-1	-1	No
DNF	81	JORGE RODRIGUEZ LISTE	m				MASTER 1	-1	-1	No
DNF	126	ERNESTO BUCETA POUSO	m	INDEPENDIENTE			MASTER 2	-1	-1	No
DNS	4	DANI ANDRADE RAMA	m	CLUB DEPORTIVO BRIÓN HYUPERSA			SENIOR	-1	-1	No
DNS	44	FERNANDO CASAS BELLO	m				MASTER 1	-1	-1	No
DNS	61	RAMÓN IGLESIAS REY	m				MASTER 1	-1	-1	No
DNS	71	CARLOS PEREIRO FRAGA	m				MASTER 1	-1	-1	No
DNS	73	BRUNO PORTO CALVELO	m	INDEPENDIENTE			MASTER 1	-1	-1	No
DNS	76	MARCOS ANTONIO PRADO FANDIÑO	m	VERXEL			MASTER 1	-1	-1	No
DNS	79	RUBEN REBORIDO REBOREDO	m	AD JARNACHAS			MASTER 1	-1	-1	No
DNS	104	MARIA DEL MAR GARCIA GONZALEZ	f				MASTER 1	-1	-1	No
DNS	122	CRISTÓBAL BALSEIRO PITA	m	CLUB ATLETISMO SADA			MASTER 2	-1	-1	No
DNS	124	DANIEL BECERRA RODRÍGUEZ	m	NOITEBRA			MASTER 2	-1	-1	No
DNS	146	CARLOS LOPEZ DOMINGUEZ	m	AD FOGAR			MASTER 2	-1	-1	No
DNS	164	CARLOS RODRIGUEZ CAAMAÑO	m	INDEPENDIENTE			MASTER 2	-1	-1	No
DNS	167	IVÁN PABLO SANMARTIN CARREIRA	m	CLUB ATLETISMO O PINO			MASTER 2	-1	-1	No
DNS	186	MARICARMEN RODRIGUEZ GOLAN	f				MASTER 2	-1	-1	No

ETIESPOR.TS.ES

ETIESPOR.TS.ES

ETIESPOR.TS.ES

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



PTO	DOR	NOMBRE	SEXO	CLUB	T.OFICIAL	RITMO	CATEGORÍA	P. SEX	P.CAT	LOCAL
DNS	188	CRISTINA SANCHEZ LOPEZ	f	LARACHA EN DUAS RODAS			MASTER 2	-1	-1	No
DNS	196	ARTURO GARCÍA BASALO	m				MASTER 3	-1	-1	No
DNS	218	ANGELES RODRIGUEZ DEL RIO	f				MASTER 3	-1	-1	No

Finalizaron: 219

ETESPORTS.ES

ETESPORTS.ES

ETESPORTS.ES