

# XI CARREIRA POPULAR TORDOIA IN ESSENCE

## ABSOLUTA

### XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
Master 1 F							
1	72	1	108	NATALIA LORENZO PEREZ	F	00:28:52,50	MASTER 1
2	79	2	98	BELÉN BASCOY CAO	F	00:29:16,90	MASTER 1
3	85	5	103	LAURA FELIPEZ RODRÍGUEZ	F	00:29:35,40	MASTER 1
4	95	7	113	LAURA NÚÑEZ NAVEIRA	F	00:30:17,00	MASTER 1
5	105	9	96	ANA ACEVEDO GOMEZ	F	00:31:10,50	MASTER 1
6	113	12	102	SILVIA DÍEZ BERMÚDEZ	F	00:32:12,90	MASTER 1
7	118	13	119	ANA VARELA REGUERA	F	00:32:28,60	MASTER 1
8	122	14	115	MAICA OTERO GOMEZ	F	00:32:50,60	MASTER 1
9	126	15	112	SUSANA NIETO PAZOS	F	00:32:56,30	MASTER 1
10	128	16	97	VANESSA BARREIRO GARCÍA	F	00:33:02,50	MASTER 1
11	133	18	99	FINA BLANCO PENA	F	00:33:14,90	MASTER 1
12	144	20	114	MARÍA JESUS ORGEIRA REY	F	00:33:59,80	MASTER 1
13	154	22	100	MARÍA BEGOÑA CAJADE BLANCO	F	00:34:57,10	MASTER 1
14	156	23	109	VERÓNICA MARTÍNEZ PARCERO	F	00:35:10,30	MASTER 1
15	160	24	110	MARIA MARTÍNEZ SANCHEZ	F	00:35:52,30	MASTER 1
16	162	25	105	CHUS GARCIA PENA	F	00:36:14,40	MASTER 1
17	170	28	101	MARÍA CODESIDO MONTOIRO	F	00:37:59,90	MASTER 1
18	171	29	120	PILAR VAZQUEZ FEBRERO	F	00:38:01,20	MASTER 1
19	174	31	118	BELÉN PÉREZ GRAÑA	F	00:38:32,50	MASTER 1
20	178	34	106	PAULA GRELA DUBRA	F	00:38:56,20	MASTER 1
21	186	39	116	SUEVIA OTERO SOLAR	F	00:39:42,70	MASTER 1
22	187	40	111	MARTA MUIÑO Balsa	F	00:39:42,70	MASTER 1
23	188	41	107	VANESSA LORENZO ANICETO	F	00:40:03,40	MASTER 1
24	199	46	117	PATRICIA PEREZ GONZALEZ	F	00:51:08,80	MASTER 1
Master 1 M							
1	1	1	36	JUAN JOSE ÁLVAREZ CURES	M	00:22:46,90	MASTER 1
2	4	4	66	CONSTANTE LORENZO	M	00:23:44,30	MASTER 1

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**XI CARREIRA POPULAR TORDOIA IN ESSENCE****ABSOLUTA****XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE**

en Tordoya (La Coruña), ESPAÑA



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
3	5	5	59	CARLOS IGLESIAS AREA	M	00:24:09,90	MASTER 1
4	8	8	38	NICOLÁS FERNANDO BAS ROTH	M	00:24:17,20	MASTER 1
5	12	12	95	JOSÉ ANTONIO VIDAL GONZALEZ	M	00:24:55,30	MASTER 1
6	13	13	62	JOSE MANUEL IGLESIAS TORRES	M	00:25:05,90	MASTER 1
7	15	15	41	FRANCISCO JOSE BESADA FILGUEIRAS	M	00:25:14,60	MASTER 1
8	18	18	91	ÓSCAR VALLE LÓPEZ	M	00:25:27,40	MASTER 1
9	19	19	70	JAVIER PARADELA MARTICO	M	00:25:28,90	MASTER 1
10	20	20	51	LUIS FEITO MIRÁS	M	00:25:31,90	MASTER 1
11	22	22	69	DIEGO P. CASAS	M	00:25:37,40	MASTER 1
12	24	24	77	FÉLIX QUINTELA PAIS	M	00:25:45,00	MASTER 1
13	29	29	84	JOSÉ ANTONIO SEÑARÍS PARDO	M	00:26:07,80	MASTER 1
14	30	30	37	MARCIAL ANIBAL BARCA ESPAÑA	M	00:26:08,50	MASTER 1
15	33	33	90	FRANCISCO TOSAR ASOREY	M	00:26:15,50	MASTER 1
16	34	34	48	FRANCISCO JOSE CUENCA GARCIA	M	00:26:20,90	MASTER 1
17	35	35	34	JUANKY AGEITOS SAMPEDRO	M	00:26:22,60	MASTER 1
18	43	43	94	JOSÉ MANUEL VÁZQUEZ MATO	M	00:26:50,10	MASTER 1
19	47	47	42	SIMÓN CALVIÑO CALVIÑO	M	00:27:04,20	MASTER 1
20	48	48	80	FRANCISCO JOSE ROCHA GARCÍA	M	00:27:08,60	MASTER 1
21	49	49	65	ALEJANDRO LÓPEZ LODEIRO	M	00:27:09,90	MASTER 1
22	52	52	60	PABLO IGLESIAS DOMINGUEZ	M	00:27:18,80	MASTER 1
23	53	53	82	JOSE ANTONIO ROMERO BARREIRO	M	00:27:28,30	MASTER 1
24	55	55	52	JOSE ANTONIO FERNÁNDEZ RODRÍGUEZ	M	00:27:46,30	MASTER 1
25	58	58	55	JOSE GARCÍA CANCELA	M	00:27:51,70	MASTER 1
26	63	63	89	ESTEBAN SUEIRO IGLESIAS	M	00:28:06,80	MASTER 1
27	65	65	87	CARLOS SUÁREZ GARCÍA	M	00:28:18,70	MASTER 1
28	66	66	86	MIGUEL ANGEL SOUTO RUMBO	M	00:28:23,20	MASTER 1
29	69	69	72	DAVID PONTE IGLESIAS	M	00:28:27,10	MASTER 1
30	74	73	68	ANTONIO MATALOBOS BUSTELO	M	00:29:05,70	MASTER 1

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en Tordoya (La Coruña), ESPAÑA



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
31	76	75	85	SERGIO SOTO BUCETA	M	00:29:08,20	MASTER 1
32	81	79	49	PABLO DELGADO GONZÁLEZ	M	00:29:24,50	MASTER 1
33	86	81	45	ÓSCAR CASAS COUSELO	M	00:29:40,10	MASTER 1
34	87	82	78	AMANCIO RAÑA RECOUSO	M	00:29:42,70	MASTER 1
35	89	83	83	ISIDRO SANCHEZ GONZALEZ	M	00:29:47,60	MASTER 1
36	92	86	88	JAVIER SUÁREZ GIADÁS	M	00:30:05,60	MASTER 1
37	96	89	57	ALEJANDRO GESTO LAGO	M	00:30:23,70	MASTER 1
38	97	90	56	RAFAEL GARCIA PENA	M	00:30:33,80	MASTER 1
39	100	93	43	JESUS CAMBA RIAL	M	00:30:50,10	MASTER 1
40	110	100	46	JESÚS CASTRO GONZÁLEZ	M	00:31:43,50	MASTER 1
41	119	106	63	JUAN LAMAS BELLO	M	00:32:31,80	MASTER 1
42	120	107	47	VICTOR CONEJO PENA	M	00:32:40,30	MASTER 1
43	123	109	40	JAVIER BERMÚDEZ POMBO	M	00:32:51,90	MASTER 1
44	124	110	54	HECTOR FRAGA LOPEZ	M	00:32:55,40	MASTER 1
45	129	113	92	FRANCISCO JAVIER VARELA GARCÍA	M	00:33:06,10	MASTER 1
46	141	122	39	MANUEL BASOA RODRIGUEZ	M	00:33:42,90	MASTER 1
47	143	124	50	RAÚL DOVAL SANCHEZ	M	00:33:56,60	MASTER 1
48	150	130	58	JORGE GÓMEZ CEBEY	M	00:34:41,70	MASTER 1
49	157	134	75	CÉSAR POSE MATO	M	00:35:13,10	MASTER 1
50	159	136	67	FRANCISCO MANUEL LOUREIRO CASTRO	M	00:35:29,10	MASTER 1
51	166	141	53	MANUEL FERREIRO OROSA	M	00:37:26,10	MASTER 1
52	179	145	64	FRANCISCO JAVIER LOPEZ CLEMENTE	M	00:39:08,00	MASTER 1
53	181	146	93	JOSE VARELA VERDES	M	00:39:20,10	MASTER 1
54	192	150	74	SERGIO PORTO CALVO	M	00:41:03,10	MASTER 1
<b>Master 2 F</b>							
1	82	3	182	MARIA ELENA MIGUENS OTERO	F	00:29:28,20	MASTER 2
2	101	8	177	EVA DE LA FUENTE IGLESIAS	F	00:30:51,30	MASTER 2
3	109	10	180	GELY LÓPEZ VILAS	F	00:31:34,10	MASTER 2

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en Tordoya (La Coruña), ESPAÑA



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
4	111	11	179	SILVIA GESTAL GOLÁN	F	00:31:44,80	MASTER 2
5	138	19	181	MARÍA ÁNGELES LORENZO BARRAL	F	00:33:31,20	MASTER 2
6	169	27	184	MAR PÉREZ GARCÍA	F	00:37:50,90	MASTER 2
7	172	30	175	SUSANA BUJÁN OTERO	F	00:38:27,60	MASTER 2
8	177	33	183	EVA MARÍA PEREIRO GÓMEZ	F	00:38:53,30	MASTER 2
9	182	36	178	LUCÍA DOVAL SANCHEZ	F	00:39:22,10	MASTER 2
10	184	37	189	ANA VÁZQUEZ FERNÁNDEZ	F	00:39:33,40	MASTER 2
11	191	42	187	ANA SAINZ DE LA TORRE VILALTA	F	00:40:35,40	MASTER 2
12	193	43	185	MARÍA MERCEDES RAMOS FUENTES	F	00:41:19,60	MASTER 2
13	198	45	176	NURIA CIDONCHA MORAN	F	00:48:00,00	MASTER 2

### Master 2 M

1	2	2	156	ALEJANDRO PESADO FERNÁNDEZ	M	00:22:58,80	MASTER 2
2	3	3	127	JOSÉ CARLOS BUJAN OTERO	M	00:23:40,90	MASTER 2
3	7	7	139	JORGE MANUEL GARCIA RODRIGUEZ	M	00:24:13,00	MASTER 2
4	14	14	161	MANUEL RENDO PÉREZ	M	00:25:11,40	MASTER 2
5	21	21	128	MIGUEL CABO VILLAVERDE	M	00:25:34,50	MASTER 2
6	25	25	132	MANUEL COSTA CASTRO	M	00:25:46,60	MASTER 2
7	28	28	121	JESUS ALVAREZ CHINCHILLA	M	00:26:07,20	MASTER 2
8	31	31	166	JOSE LUIS ROIBAS FERNANDEZ	M	00:26:09,50	MASTER 2
9	38	38	169	ROBERTO SENRA ALVAREZ	M	00:26:35,00	MASTER 2
10	41	41	152	BYRON OREJUELA REINO	M	00:26:41,80	MASTER 2
11	44	44	142	FRANCISCO JAVIER GONZÁLEZ LEDO	M	00:26:52,20	MASTER 2
12	45	45	147	JOSÉ MANUEL LUEIRO ABUIN	M	00:26:54,50	MASTER 2
13	46	46	129	SPIBY (RAMON) CANOSA CASTIÑEIRA	M	00:26:57,40	MASTER 2
14	50	50	155	FERNANDO PÉREZ HERNÁNDEZ	M	00:27:12,00	MASTER 2
15	56	56	131	ÁLVARO CÉSAR VILA	M	00:27:49,20	MASTER 2
16	57	57	165	CESAR RODRIGUEZ VENTUREIRA	M	00:27:50,10	MASTER 2
17	60	60	168	ENRIQUE SANTOS LORENZO	M	00:27:57,40	MASTER 2

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18	62	62	133	JESUS MANUEL DARRIBA PENA	M	00:28:03,30	MASTER 2
19	64	64	170	SANTIAGO SOLETO CEREIJO	M	00:28:15,70	MASTER 2
20	70	70	138	SANTIAGO GARCÍA BELLO	M	00:28:28,30	MASTER 2
21	73	72	123	ANTONIO BARREIRO CORDEIRO	M	00:28:54,00	MASTER 2
22	78	77	140	MIGUEL GÓMEZ C	M	00:29:14,10	MASTER 2
23	80	78	137	ALFONSO GARCIA BELLO	M	00:29:17,10	MASTER 2
24	90	84	134	JUAN CARLOS FERNÁNDEZ LAGO	M	00:29:48,10	MASTER 2
25	91	85	141	JUANJO GÓMEZ CORTÉS	M	00:29:54,60	MASTER 2
26	93	87	148	FERNANDO MARTINEZ HERVES	M	00:30:06,90	MASTER 2
27	94	88	150	JUAN CARLOS MARTINEZ VALVERDE	M	00:30:08,00	MASTER 2
28	98	91	174	MANUEL JOSE VAZQUEZ SANJURJO	M	00:30:38,30	MASTER 2
29	99	92	172	FRANCISCO JAVIER VARELA RODRÍGUEZ	M	00:30:44,80	MASTER 2
30	103	95	163	ADOLFO RIOBÓ MUIÑO	M	00:30:55,00	MASTER 2
31	106	97	158	SUSO RAMOS RODRIGUEZ	M	00:31:20,20	MASTER 2
32	107	98	135	ÓSCAR FIGUEIRAS TOREA	M	00:31:28,50	MASTER 2
33	114	102	159	JOSE CARLOS REBOREDO FRAGA	M	00:32:16,30	MASTER 2
34	125	111	144	MAXIMINO LAGARES CARRO	M	00:32:56,00	MASTER 2
35	127	112	153	RAFAEL PAIS COMINO	M	00:33:02,30	MASTER 2
36	130	114	157	AGUSTÍN JOSÉ PORRO CORREIRA	M	00:33:08,40	MASTER 2
37	131	115	160	ALFONSO REMUIÑÁN SÁNCHEZ	M	00:33:08,60	MASTER 2
38	134	116	143	ÁNGEL JUVIÑO PREGO	M	00:33:15,70	MASTER 2
39	135	117	173	JUAN CARLOS VÁZQUEZ GOMEZ	M	00:33:19,10	MASTER 2
40	137	119	151	FRANCISCO MOURE CAÑETE	M	00:33:24,50	MASTER 2
41	140	121	125	JOSE BERMUDEZ VARELA	M	00:33:41,20	MASTER 2
42	142	123	130	CARLOS CARRASCO ITURRA	M	00:33:54,50	MASTER 2
43	145	125	171	FERNANDO TRILLO CARLÍN	M	00:34:02,40	MASTER 2
44	149	129	136	IVAN FOLLA-CISNEROS VIDAL	M	00:34:34,30	MASTER 2
45	158	135	145	MANUEL LAGO MOLEDO	M	00:35:26,60	MASTER 2

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### XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
46	164	139	154	ANTONIO PEREIRO LIÑARES	M	00:37:14,50	MASTER 2
47	165	140	149	JOSE LUIS MARTINEZ ROMERO	M	00:37:19,30	MASTER 2
48	173	143	3	MANEL ABRUÑEDO FERNÁNDEZ	M	00:38:32,20	MASTER 2
49	176	144	162	RAMON REY MIGUENS	M	00:38:37,10	MASTER 2
<b>Master 3 F</b>							
1	167	26	219	SILVIA SÁNCHEZ BASCOY	F	00:37:30,40	MASTER 3
2	175	32	217	MARI PIÑEIRO ESPERANTE	F	00:38:34,60	MASTER 3
<b>Master 3 M</b>							
1	10	10	208	CARLOS REY PEREIRA	M	00:24:39,30	MASTER 3
2	27	27	215	JOSE SUAREZ LEIS	M	00:25:52,90	MASTER 3
3	42	42	210	JOSÉ RÍO INSUA	M	00:26:45,80	MASTER 3
4	68	68	211	XAIME RIVAS POSSE	M	00:28:26,30	MASTER 3
5	83	80	191	JUAN CARLOS BERGONDO BRANDARIZ	M	00:29:29,20	MASTER 3
6	102	94	192	JOSÉ ANTONIO BERMÚDEZ TURNES	M	00:30:52,60	MASTER 3
7	104	96	204	JOSE MANUEL PETEIRO LOZANO	M	00:30:59,20	MASTER 3
8	108	99	194	JOSE ANTONIO BLANCO BARREIRO	M	00:31:33,90	MASTER 3
9	115	103	212	JOSÉ MANUEL ROMERO OLVEIRA	M	00:32:18,60	MASTER 3
10	117	105	199	BENITO GONZÁLEZ VARELA	M	00:32:24,90	MASTER 3
11	121	108	197	JOSÉ GÓMEZ VIAÑO	M	00:32:48,90	MASTER 3
12	136	118	216	JESÚS VAAMONDE RÚA	M	00:33:21,20	MASTER 3
13	139	120	213	ANTONIO SANTOS MALLO	M	00:33:39,20	MASTER 3
14	146	126	209	JOSÉ RIAL PAIS	M	00:34:20,80	MASTER 3
15	147	127	207	MANUEL JOSE REY PAULOS	M	00:34:24,60	MASTER 3
16	151	131	195	JAVIER FERNANDEZ FRAGA	M	00:34:43,50	MASTER 3
17	152	132	202	JOSÉ ANTONIO MÉNDEZ PAMPIN	M	00:34:48,00	MASTER 3
18	155	133	203	DANIEL ANGEL OTERO CEPEDA	M	00:35:04,80	MASTER 3
19	161	137	201	MARCOS MANEIRO CASTRO	M	00:36:08,20	MASTER 3
20	163	138	214	ANTONIO SOUTO REGO	M	00:36:55,60	MASTER 3

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**ABSOLUTA**



P.CAT	PTOABS	P.SEXO	DOR	NOMBRE	SEXO	T.OFICIAL	CATEGORÍA
21	168	142	205	MANUEL RAÑA PREGO	M	00:37:48,10	MASTER 3
22	183	147	200	JOSE GRELA RODRIGUEZ	M	00:39:22,20	MASTER 3
23	189	148	198	MANUEL GONZÁLEZ PEREIRA	M	00:40:15,30	MASTER 3
24	190	149	206	ANTONIO REMUIÑÁN SÁNCHEZ	M	00:40:30,90	MASTER 3
25	195	152	193	JESUS BERNAL GOMEZ	M	00:44:58,80	MASTER 3
26	197	153	190	GONZALO ÁLVAREZ PRADO	M	00:47:53,80	MASTER 3
<b>Senior F</b>							
1	88	6	32	BERTA PAN VEIRAS	F	00:29:44,10	SENIOR
2	132	17	33	MARÍA SOUTO PRIETO	F	00:33:11,60	SENIOR
3	153	21	28	SABELA ABALO GARCÍA	F	00:34:54,40	SENIOR
4	180	35	29	ANA BELLO FRAGA	F	00:39:16,00	SENIOR
5	185	38	31	NOELIA LOJO LÓPEZ	F	00:39:40,30	SENIOR
6	196	44	30	MARTA CARRIL CAMINO	F	00:46:56,00	SENIOR
<b>Senior M</b>							
1	6	6	10	BRAIS CUPEIRO PÉREZ	M	00:24:11,70	SENIOR
2	9	9	12	MÍCHEL FERNÁNDEZ GARCÍA	M	00:24:35,70	SENIOR
3	11	11	15	CARLOS FRAGA ADRIO	M	00:24:54,10	SENIOR
4	16	16	23	ANTONIO SOUTO PRIETO	M	00:25:19,50	SENIOR
5	17	17	20	BRAIS PEREZ	M	00:25:20,90	SENIOR
6	23	23	7	GERARDO CACHAFEIRO GARCÍA	M	00:25:39,40	SENIOR
7	26	26	9	DAVID CHAS ÁLVAREZ	M	00:25:47,20	SENIOR
8	32	32	22	JESÚS SAINZ TRESGUERRAS	M	00:26:14,30	SENIOR
9	36	36	21	MANUEL ANXO PINTOS LÓPEZ	M	00:26:33,50	SENIOR
10	37	37	8	EFRÉN CAPELO VIEITES	M	00:26:33,60	SENIOR
11	39	39	5	DAMIÁN BALEATO CALVIÑO	M	00:26:37,20	SENIOR
12	40	40	27	GABRIEL VIÁN	M	00:26:38,60	SENIOR
13	51	51	18	ELOY MARIN CASTRO	M	00:27:13,50	SENIOR
14	54	54	26	DANIEL SUSO SÁNCHEZ	M	00:27:44,40	SENIOR

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15	59	59	19	DANIEL PEREIRA ALONSO	M	00:27:54,30	SENIOR
16	61	61	11	XOÁN FERNÁNDEZ CHOUZA	M	00:28:00,30	SENIOR
17	67	67	17	PABLO GARCIA OTERO	M	00:28:23,40	SENIOR
18	71	71	13	ALEXANDRE FERNANDEZ TOJO	M	00:28:30,50	SENIOR
19	75	74	6	DAVID BOLON FIGUEIRAS	M	00:29:05,80	SENIOR
20	112	101	24	ALEJANDRO SUÁREZ GARCÍA	M	00:31:48,40	SENIOR
21	116	104	16	DANIEL FREIRE RUIBAL	M	00:32:23,40	SENIOR
22	148	128	25	PABLO SUAREZ MARIÑO	M	00:34:33,30	SENIOR
23	194	151	14	ANXO FERREIRA FRAGA	M	00:41:40,50	SENIOR
<b>SUB 18 F</b>							
1	84	4	2	ARARAT PAZOS MEIXUS	F	00:29:33,10	SUB 18
<b>SUB 18 M</b>							
1	77	76	1	YAGO DANIEL RÍO PEREIRA	M	00:29:10,40	SUB 18