

XXI CARREIRA POPULAR DE PONTECESURES

CLASIFICACIÓN 4K

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| PTO | DOR | NOMBRE | CLUB | T.OFICIA | RITMO | SEX | P.SEX | CAT | P.CAT | DISTANCI |
|-----|-----|------------------------------|--------------------------------|----------|-------|-----|-------|----------|-------|----------|
| 4K | | | | | | | | | | |
| 1 | 345 | PENA TORREIRA, AMADOR | S.D. COMPOSTELA ATLETISMO | 12:24 | 3:05 | m | 1 | MASTER A | 1 | 4KM |
| 2 | 357 | BARROS GONZÁLEZ, ABEL | ATLETISMO +9 MORAÑA | 12:30 | 3:07 | m | 2 | MASTER B | 1 | 4KM |
| 3 | 307 | CAPELO VIEITES, EFRÉN | CLUB DEPORTIVO BRIÓN HYUPERSA | 13:04 | 3:15 | m | 3 | SÉNIOR | 1 | 4KM |
| 4 | 337 | GONZÁLEZ MARTÍNEZ, DIEGO | CLUB DEPORTIVO PINARIUM | 13:14 | 3:18 | m | 4 | MASTER A | 2 | 4KM |
| 5 | 301 | ABELEDÓ VARELA, IVÁN | S.D. COMPOSTELA ATLETISMO | 13:15 | 3:18 | m | 5 | SÉNIOR | 2 | 4KM |
| 6 | 302 | ANDRADE RAMA, DANI | CLUB DEPORTIVO BRIÓN HYUPERSA | 13:17 | 3:19 | m | 6 | SÉNIOR | 3 | 4KM |
| 7 | 367 | GARCIA VAZQUEZ, EMILIO | | 13:21 | 3:20 | m | 7 | MASTER B | 2 | 4KM |
| 8 | 330 | CRESPO ARIAS, JORGE | ATLETISMO SAR | 13:26 | 3:21 | m | 8 | MASTER A | 3 | 4KM |
| 9 | 317 | PEREZ FERNANDEZ, BRAIS | S.D. COMPOSTELA ATLETISMO | 13:28 | 3:21 | m | 9 | SÉNIOR | 4 | 4KM |
| 10 | 347 | PÉREZ LORENZO, OSCAR | SAN MIGUEL DE MARIN | 13:44 | 3:25 | m | 10 | MASTER A | 4 | 4KM |
| 11 | 328 | BUSTELO CATOIRA, CARLOS | TRIATLON VILAGARCÍA | 13:56 | 3:28 | m | 11 | MASTER A | 5 | 4KM |
| 12 | 354 | VIDAL GONZÁLEZ, JOSÉ ANTONIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 14:01 | 3:30 | m | 12 | MASTER A | 6 | 4KM |
| 13 | 358 | BUSTO LOBATO, CARLOS | ATLETISMO SAR | 14:05 | 3:31 | m | 13 | MASTER B | 3 | 4KM |
| 14 | 324 | AGEITOS SAMPEDRO, JUANKY | ESCUELA DE BOXEO EL CANARIO | 14:14 | 3:33 | m | 14 | MASTER A | 7 | 4KM |
| 15 | 336 | GIL CONDE, ALFONSO | INDEPENDIENTE | 15:03 | 3:45 | m | 15 | MASTER A | 8 | 4KM |
| 16 | 340 | MALLO NIETO, JULIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 15:18 | 3:49 | m | 16 | MASTER A | 9 | 4KM |
| 17 | 346 | PENAS GARCÍA, RUBEN | CLUB ATLETISMO TAMBRE | 15:28 | 3:51 | m | 17 | MASTER A | 10 | 4KM |
| 18 | 363 | ESPIÑEIRA CASTRO, LINO | INDEPENDIENTE | 16:05 | 4:01 | m | 18 | MASTER B | 4 | 4KM |
| 19 | 385 | RIAL SIEIRA, LEO | NATACIÓN RIVEIRA | 16:25 | 4:06 | m | 19 | JUNIOR | 1 | 4KM |
| 20 | 386 | SOUTO BAQUEIRO, ERIKA | CLUB DEPORTIVO PINARIUM | 16:26 | 4:06 | f | 1 | JUNIOR | 1 | 4KM |
| 21 | 314 | MUÑIZ LESTA, ALBA | S.D. COMPOSTELA ATLETISMO | 16:26 | 4:06 | f | 2 | SÉNIOR | 1 | 4KM |
| 22 | 352 | TOURO, XAVI | MAXIKO-MASAXESKIKO | 16:27 | 4:06 | m | 20 | MASTER A | 11 | 4KM |
| 23 | 332 | FERNANDEZ MONTEAGUDO, RUBEN | CLUB ATLETISMO MORAÑA EN RUTA | 16:33 | 4:08 | m | 21 | MASTER A | 12 | 4KM |
| 24 | 341 | MATALOBOS BUSTELO, ANTONIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 16:34 | 4:08 | m | 22 | MASTER A | 13 | 4KM |
| 25 | 382 | INSUA MUÑIZ, MARIO | C. A. CAMBADOS - SEGUROS NOVAL | 16:39 | 4:09 | m | 23 | JUNIOR | 2 | 4KM |
| 26 | 359 | CARAMES, MANUEL | C.A.R.MARISQUEIRO | 16:48 | 4:11 | m | 24 | MASTER B | 5 | 4KM |
| 27 | 381 | FERNANDEZ MARTINEZ, ROSANA | TRIKI TEAM | 17:06 | 4:16 | f | 3 | JUNIOR | 2 | 4KM |
| 28 | 378 | SANTAYA ARUFE, JESUS | CLUB ATLETISMO SADA | 17:12 | 4:17 | m | 25 | MASTER B | 6 | 4KM |
| 29 | 335 | GIL CONDE, ÁLVARO | INDEPENDIENTE | 17:33 | 4:23 | m | 26 | MASTER A | 14 | 4KM |

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|-----|-----|-----------------------------|--------------------------------|----------|-------|-----|-------|----------|-------|----------|
| 30 | 366 | GARCÍA GONZÁLEZ, ÁNGEL JOSE | | 17:46 | 4:26 | m | 27 | MASTER B | 7 | 4KM |
| 31 | 351 | TARRIO MARTÍNEZ, MARÍA | S.D. COMPOSTELA ATLETISMO | 18:08 | 4:31 | f | 4 | MASTER A | 1 | 4KM |
| 32 | 304 | BOULLOSA BERNÁRDEZ, ELISA | INDEPENDIENTE | 18:11 | 4:32 | f | 5 | SÉNIOR | 2 | 4KM |
| 33 | 362 | DOMENECH GONZÁLEZ, PEDRO | INDEPENDIENTE | 18:12 | 4:32 | m | 28 | MASTER B | 8 | 4KM |
| 34 | 349 | ROSALES PAZOS, MANUEL | CLUB DEPORTIVO PINARIUM | 18:20 | 4:34 | m | 29 | MASTER A | 15 | 4KM |
| 35 | 306 | CANCELO ALFONSO, JUAN JOSE | CLUB DEPORTIVO BRIÓN HYUPERSA | 18:48 | 4:41 | m | 30 | SÉNIOR | 5 | 4KM |
| 36 | 379 | SOUTO LUSQUIÑOS, VICTOR | | 18:58 | 4:44 | m | 31 | MASTER B | 9 | 4KM |
| 37 | 303 | BOULLÓN FANDIÑO, MATEO | INDEPENDIENTE | 19:24 | 4:50 | m | 32 | SÉNIOR | 6 | 4KM |
| 38 | 356 | BARROS BARCALA, ROBERTO | ATLETISMO +9 MORAÑA | 19:26 | 4:51 | m | 33 | MASTER B | 10 | 4KM |
| 39 | 360 | CHAVES PEREIRA, JOSÉ | ATLETISMO +9 MORAÑA | 19:40 | 4:54 | m | 34 | MASTER B | 11 | 4KM |
| 40 | 329 | CAMPOS EIRÍN, MERCEDES | ATLETISMO +9 MORAÑA | 19:41 | 4:55 | f | 6 | MASTER A | 2 | 4KM |
| 41 | 316 | PARDAL GONZALEZ, FRANCISCO | INDEPENDIENTE | 19:41 | 4:55 | m | 35 | SÉNIOR | 7 | 4KM |
| 42 | 371 | PIÑEIRO ESPERANTE, ANA | | 19:55 | 4:58 | f | 7 | MASTER B | 1 | 4KM |
| 43 | 377 | SALMONTE VARELA, ÁNGELES | CLUB ATLETISMO O PINO | 20:13 | 5:03 | f | 8 | MASTER B | 2 | 4KM |
| 44 | 376 | RODRÍGUEZ SOBRINO, CELINA | CLUB ATLETISMO MORAÑA EN RUTA | 20:20 | 5:04 | f | 9 | MASTER B | 3 | 4KM |
| 45 | 305 | BREA REFOJO, DAVID | | 20:31 | 5:07 | m | 36 | SÉNIOR | 8 | 4KM |
| 46 | 353 | VÁZQUEZ CALVAR, DANIEL | C. A. CAMBADOS - SEGUROS NOVAL | 20:34 | 5:08 | m | 37 | MASTER A | 16 | 4KM |
| 47 | 311 | MONTEMUIÑO FONTAÍÑA, MARA | ESCUELA DE BOXEO EL CANARIO | 20:38 | 5:09 | f | 10 | SÉNIOR | 3 | 4KM |
| 48 | 309 | GONZÁLEZ CIMADEVILLA, BRAIS | ESCUELA DE BOXEO EL CANARIO | 20:38 | 5:09 | m | 38 | SÉNIOR | 9 | 4KM |
| 49 | 310 | LOSADA FIGUEIRA, MARTA | CLUB DEPORTIVO BRIÓN HYUPERSA | 20:50 | 5:12 | f | 11 | SÉNIOR | 4 | 4KM |
| 50 | 369 | LIMERES PORTAS, CANDIDO | A.C. A ESTORNELA | 21:29 | 5:22 | m | 39 | MASTER B | 12 | 4KM |
| 51 | 370 | PIÑEIRO ESPERANTE, MARI | | 21:32 | 5:22 | f | 12 | MASTER B | 4 | 4KM |
| 52 | 333 | FRIEIRO PORTAS, VÍCTOR | A.C. A ESTORNELA | 21:33 | 5:23 | m | 40 | MASTER A | 17 | 4KM |
| 53 | 373 | RIOS LEMOS, MARISOL | | 21:48 | 5:26 | f | 13 | MASTER B | 5 | 4KM |
| 54 | 326 | BLANCO FERRADÁS, AURORA | | 22:03 | 5:30 | f | 14 | MASTER A | 3 | 4KM |
| 55 | 343 | MOUTA GONZALEZ, VANESA | C. A. CAMBADOS - SEGUROS NOVAL | 22:06 | 5:31 | f | 15 | MASTER A | 4 | 4KM |
| 56 | 368 | LEDESMA, MARGA | CLUB ATLETISMO O PINO | 22:09 | 5:32 | f | 16 | MASTER B | 6 | 4KM |
| 57 | 331 | DOMÍNGUEZ VILLAR, KAREN | INDEPENDIENTE | 22:17 | 5:34 | f | 17 | MASTER A | 5 | 4KM |
| 58 | 320 | RIVEIRO OLIVEIRA, JORGE | A.C. A ESTORNELA | 22:26 | 5:36 | m | 41 | SÉNIOR | 10 | 4KM |
| 59 | 338 | LORENZO PARDAL, ALBERTO | INDEPENDIENTE | 22:27 | 5:36 | m | 42 | MASTER A | 18 | 4KM |

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|-----|-----|----------------------------|---------------------------|----------|-------|-----|-------|----------|-------|----------|
| 60 | 339 | LOSADA FIGUEIRA, ARACELI | INDEPENDIENTE | 22:31 | 5:37 | f | 18 | MASTER A | 6 | 4KM |
| 61 | 372 | REY RODRIGUEZ, MARIA JESUS | S.D. BARBANTIA RODA | 22:40 | 5:39 | f | 19 | MASTER B | 7 | 4KM |
| 62 | 361 | CONDE SIEIRA, XURXO MANUEL | S.D. BARBANTIA RODA | 22:40 | 5:39 | m | 43 | MASTER B | 13 | 4KM |
| 63 | 355 | AMIGO FERREIRO, MALENA | S.D. COMPOSTELA ATLETISMO | 22:45 | 5:41 | f | 20 | MASTER B | 8 | 4KM |
| 64 | 322 | RIVEIRO TORRES, ANABEL | A.C. A ESTORNELA | 22:51 | 5:42 | f | 21 | SÉNIOR | 5 | 4KM |
| 65 | 348 | RIVEIRO TORRES, JESSICA | A.C. A ESTORNELA | 22:51 | 5:42 | f | 22 | MASTER A | 7 | 4KM |
| 66 | 312 | MOSQUERA, JASON | A.C. A ESTORNELA | 23:03 | 5:45 | m | 44 | SÉNIOR | 11 | 4KM |
| 67 | 327 | BREA REFOJO, ISABEL | | 23:04 | 5:45 | f | 23 | MASTER A | 8 | 4KM |
| 68 | 365 | GARCÍA BRAVO, MARÍA LUISA | A.C. A ESTORNELA | 25:03 | 6:15 | f | 24 | MASTER B | 9 | 4KM |
| 69 | 374 | RIVEIRO OLIVEIRA, ÁNGEL | A.C. A ESTORNELA | 25:03 | 6:15 | m | 45 | MASTER B | 14 | 4KM |
| 70 | 323 | VEIGA CHASCO, REBECA | A.C. A ESTORNELA | 25:20 | 6:19 | f | 25 | SÉNIOR | 6 | 4KM |
| 71 | 321 | RIVEIRO OLIVEIRA, LORENZO | A.C. A ESTORNELA | 25:21 | 6:20 | m | 46 | SÉNIOR | 12 | 4KM |
| 72 | 319 | REY GONZÁLEZ, ANA | A.C. A ESTORNELA | 25:46 | 6:26 | f | 26 | SÉNIOR | 7 | 4KM |
| 73 | 318 | REBOLLO PEREZ, JOSE | INDEPENDIENTE | 26:47 | 6:41 | m | 47 | SÉNIOR | 13 | 4KM |
| 74 | 313 | MUÑIZ ABRALDES, XEILA | FLOW PILATES & TRAINING | 28:55 | 7:13 | f | 27 | SÉNIOR | 8 | 4KM |
| 75 | 375 | RODRIGUEZ CASTRO35, MANUEL | INDEPENDIENTE | 32:27 | 8:06 | m | 48 | MASTER B | 15 | 4KM |