

# XXIII Carreira Popular de Pontecesures

## CLASIFICACIÓN 4K

# PONTECESURES

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA
1	428	LISTE MONTEAGUDO, PEDRO	ATLETISMO TAMBRE	00:12:04	3:00	M (1)	SENIOR M (NA)
2	388	PENA TORREIRA, AMADOR	SD COMPOSTELA ATLETISMO	00:12:21	3:05	M (2)	MASTER A M (NA)
3	434	PAIS FONDO, FRANCISCO	SD COMPOSTELA ATLETISMO	00:12:33	3:08	M (3)	SENIOR M (NA)
4	337	PAZ PARDO, DANIEL	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:12:46	3:11	M (4)	MASTER B M (1)
5	441	SANTIAGO, DIEGO	CLUB TRIATLÓN COMPOSTELA	00:12:52	3:12	M (5)	SENIOR M (1)
6	446	MANEIRO TEIRA, DANIEL	CLUB ATLETISMO O PINO	00:12:54	3:13	M (6)	JUNIOR - SUB 18 M (1)
7	391	REQUEIJO REQUEIJO, SERGIO	ATLETISMO ARENTEIRO	00:13:04	3:15	M (7)	MASTER A M (1)
8	453	VIEITO FERNÁNDEZ, DANIEL	CLUB TRIATLÓN COMPOSTELA	00:13:07	3:16	M (8)	JUNIOR - SUB 18 M (2)
9	404	CAPELO VIEITES, EFRÉN	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:13:11	3:17	M (9)	SENIOR M (2)
10	313	DOPAZO MIGUEZ, ALBERTO	CLUB TRIATLÓN COMPOSTELA	00:13:21	3:20	M (10)	MASTER B M (2)
11	452	SESAR MÍGUEZ, ADRIÁN	CLUB ATLETISMO MILLARAO	00:13:21	3:20	M (11)	JUNIOR - SUB 18 M (3)
12	316	FRAGA DÍAZ, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:13:22	3:20	M (12)	MASTER B M (3)
13	406	CASAL MOURELOS, MARTÍN	CLUB ATLETISMO TAMBRE	00:13:23	3:20	M (13)	SENIOR M (3)
14	359	ABELENDA LÓPEZ, MARTÍN	SD COMPOSTELA ATLETISMO	00:13:28	3:21	M (14)	MASTER A M (2)
15	374	FERRADANS VALDES, JORGE	CLUB TRIATLÓN COMPOSTELA	00:13:38	3:24	M (15)	MASTER A M (3)
16	378	GONZALEZ CASTRO, SINDO	SD COMPOSTELA ATLETISMO	00:13:38	3:24	M (16)	MASTER A M (4)
17	372	DEVESA PEQUENO, IGNACIO	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:13:44	3:25	M (17)	MASTER A M (5)
18	435	PARDO MONTERO, ALBERTO	INDEPENDIENTE	00:13:58	3:29	M (18)	SENIOR M (4)
19	425	GONZALEZ LOPEZ, JORGE	S.D.BARBANTIA RODA	00:13:59	3:29	M (19)	SENIOR M (5)
20	416	GARCÍA AGRA, RAÚL		00:14:02	3:30	M (20)	SENIOR M (6)
21	320	GARCIA GOMEZ, ESTEBAN	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:14:05	3:31	M (21)	MASTER B M (4)
22	315	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:14:10	3:32	M (22)	MASTER B M (5)
23	447	MATEOS CALVIÑO, IAGO	SD COMPOSTELA ATLETISMO	00:14:19	3:34	M (23)	JUNIOR - SUB 18 M (4)
24	361	ALVAREZ BENDAÑA, ALBERTO	CLUB ATLETISMO SAR	00:14:24	3:35	M (24)	MASTER A M (6)
25	325	IGLESIAS COMOJO, PABLO	INDEPENDIENTE	00:14:24	3:35	M (25)	MASTER B M (6)
26	390	RAÑA RECOUSO, AMANCIO	CLUB ATLETISMO TAMBRE	00:14:31	3:37	M (26)	MASTER A M (7)
27	346	RODRÍGUEZ OTERO, MARIO	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:14:33	3:38	M (27)	MASTER B M (7)
28	438	RIVEIRO LAMPÓN, JUAN ALBERTO	INDEPENDIENTE	00:14:34	3:38	M (28)	SENIOR M (7)
29	451	SEOANE RODRÍGUEZ, PEDRO	INDEPENDIENTE	00:14:37	3:39	M (29)	JUNIOR - SUB 18 M (5)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA
30	385	MANSILLA BARREIRO, PEPE	INDEPENDIENTE	00:14:38	3:39	M (30)	MASTER A M (8)
31	338	PAZ TORRES, FERNANDO	SD COMPOSTELA ATLETISMO	00:14:39	3:39	M (31)	MASTER B M (8)
32	386	MAYO AGRAFOJO, MARCOS	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:14:41	3:40	M (32)	MASTER A M (9)
33	302	BAAMONDE ARUFE, JAPI	CLUB ATLETISMO SAR	00:14:42	3:40	M (33)	MASTER B M (9)
34	380	LÓPEZ BALEIRÓN, EDGAR MANUEL	S.D.BARBANTIA RODA	00:14:53	3:43	M (34)	MASTER A M (10)
35	339	PAZOS CAMPOS, FRANCISCO	SD COMPOSTELA ATLETISMO	00:14:54	3:43	M (35)	MASTER B M (10)
36	301	AMIGO FERREIRO, JUAN	SD COMPOSTELA ATLETISMO	00:15:02	3:45	M (36)	MASTER B M (11)
37	384	MANEIRO SÁNCHEZ, RODRIGO	S.D.BARBANTIA RODA	00:15:03	3:45	M (37)	MASTER A M (11)
<b>38</b>	<b>432</b>	<b>MUÑIZ LESTA, ALBA</b>	<b>CLUB ATLETISMO TAMBRE</b>	<b>00:15:04</b>	<b>3:45</b>	<b>F (1)</b>	<b>SENIOR F (NA)</b>
39	405	CASAL BLANCO, CARLOS	SD COMPOSTELA ATLETISMO	00:15:05	3:46	M (38)	SENIOR M (8)
40	311	CID SANMARTÍN, ROBERTO	TRIATLON CORUÑA	00:15:05	3:46	M (39)	MASTER B M (12)
41	358	VIDAL GONZÁLEZ, JOSÉ ANTONIO	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:15:06	3:46	M (40)	MASTER B M (13)
<b>42</b>	<b>364</b>	<b>ARZUA, MAR</b>	<b>INDEPENDIENTE</b>	<b>00:15:10</b>	<b>3:47</b>	<b>F (2)</b>	<b>MASTER A F (NA)</b>
43	387	MOREDA LEIRADO, RAMÓN ALBERTO		00:15:18	3:49	M (41)	MASTER A M (12)
44	392	RIVAS DE JESUS, SERGIO	INDEPENDIENTE	00:15:19	3:49	M (42)	MASTER A M (13)
45	317	GAGO MAGARIÑOS, JORGE	INDEPENDIENTE	00:15:21	3:50	M (43)	MASTER B M (14)
46	331	MIGUEZ MIGUEZ, LUIS	SD COMPOSTELA ATLETISMO	00:15:23	3:50	M (44)	MASTER B M (15)
47	423	GIADAS COUSELO, AARON	CLUB NAUTICO PONTECESURES	00:15:26	3:51	M (45)	SENIOR M (9)
<b>48</b>	<b>367</b>	<b>CALVO DOPAZO, VERONICA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:15:31</b>	<b>3:52</b>	<b>F (3)</b>	<b>MASTER A F (NA)</b>
49	344	REY POMBO, ANTONIO	CLUB TRIATLÓN COMPOSTELA	00:15:34	3:53	M (46)	MASTER B M (16)
50	303	BALADO MOSQUERA, SERGIO ANGEL	CLUB ATLETISMO SAR	00:15:34	3:53	M (47)	MASTER B M (17)
51	398	VILLAMOR RIAL, NOEL	INDEPENDIENTE	00:15:38	3:54	M (48)	MASTER A M (14)
<b>52</b>	<b>274</b>	<b>ISORNA FELPETO, ALBA</b>		<b>00:15:51</b>	<b>3:57</b>	<b>F (4)</b>	<b>JUNIOR - SUB 18 F (1)</b>
<b>53</b>	<b>389</b>	<b>PEON SANTOME, LUCÍA</b>	<b>ATLETISMO ARENTEIRO</b>	<b>00:15:57</b>	<b>3:59</b>	<b>F (5)</b>	<b>MASTER A F (1)</b>
<b>54</b>	<b>410</b>	<b>COUSO CASTRO, LUCÍA</b>	<b>PINARIUM</b>	<b>00:16:01</b>	<b>4:00</b>	<b>F (6)</b>	<b>SENIOR F (1)</b>
55	443	FARIÑA LORENZO, MARCOS	CLUB NAUTICO PONTECESURES	00:16:02	4:00	M (49)	JUNIOR - SUB 18 M (6)
56	352	SOLETO CEREIJO, SANTIAGO	CLUB TRIATLÓN COMPOSTELA	00:16:06	4:01	M (50)	MASTER B M (18)
57	310	CALVO GERARDI, MANUEL	CLUB ATLETISMO SAR	00:16:13	4:03	M (51)	MASTER B M (19)
<b>58</b>	<b>448</b>	<b>NOVO ROMERO, NEREA</b>	<b>CLUB NAUTICO PONTECESURES</b>	<b>00:16:17</b>	<b>4:04</b>	<b>F (7)</b>	<b>JUNIOR - SUB 18 F (2)</b>

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA
59	365	<b>BOULLOSA BERNARDEZ, ELISA</b>	<b>ROMPIENDO GRUPETAS</b>	<b>00:16:24</b>	<b>4:05</b>	<b>F (8)</b>	<b>MASTER A F (2)</b>
60	366	BUSTELO CATOIRA, CARLOS	ROMPIENDO GRUPETAS	00:16:25	4:06	M (52)	MASTER A M (15)
61	334	MUIÑO CODESIDO, GONZALO	ATLETAS DE ACEA DA AMA	00:16:29	4:07	M (53)	MASTER B M (20)
62	403	CAAMAÑO FERNÁNDEZ, IVAN	INDEPENDIENTE	00:16:45	4:11	M (54)	SENIOR M (10)
63	368	CANCELO ALFONSO, JUAN JOSE	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:16:51	4:12	M (55)	MASTER A M (16)
64	422	GEY SEGADE, SANTIAGO MANUEL	S.D.BARBANTIA RODA	00:16:57	4:14	M (56)	SENIOR M (11)
65	373	<b>FERNÁNDEZ PASCUAL, ERICA</b>	<b>CLUB DEPORTIVO DELIKIA</b>	<b>00:17:01</b>	<b>4:15</b>	<b>F (9)</b>	<b>MASTER A F (3)</b>
66	351	SANTOMIL LAPIDO, MIGUEL	CLUB ATLETISMO SAR	00:17:04	4:15	M (57)	MASTER B M (21)
67	326	IGLESIAS GÓMEZ, MANUEL	INDEPENDIENTE	00:17:05	4:16	M (58)	MASTER B M (22)
68	411	ESPASANDÍN VAZQUEZ, VÍCTOR	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:17:06	4:16	M (59)	SENIOR M (12)
69	304	BALOIRA NOGUEIRA, JOSÉ	CAI A ESTRADA	00:17:20	4:19	M (60)	MASTER B M (23)
70	444	<b>GARCÍA FOJO, AIALA</b>	<b>CLUB ATLETISMO +9 MORAÑA</b>	<b>00:17:22</b>	<b>4:20</b>	<b>F (10)</b>	<b>JUNIOR - SUB 18 F (3)</b>
71	449	<b>PAZOS MEIXUS, ARARAT</b>	<b>SAN MIGUEL DE MARIN</b>	<b>00:17:35</b>	<b>4:23</b>	<b>F (11)</b>	<b>JUNIOR - SUB 18 F (4)</b>
72	396	TEIJEIRO ENRIQUE, MARTIN		00:17:39	4:24	M (61)	MASTER A M (17)
73	399	VILLANUEVA NODAR, TOMÁS	CAI A ESTRADA	00:17:40	4:24	M (62)	MASTER A M (18)
74	442	ARAUJO RODRIGUEZ, ROQUE MANUEL	CLUB NAUTICO PONTECESURES	00:17:43	4:25	M (63)	JUNIOR - SUB 18 M (7)
75	323	GONZÁLEZ GRAÑA, FERNANDO	CAI A ESTRADA	00:17:53	4:28	M (64)	MASTER B M (24)
76	348	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	00:18:01	4:30	M (65)	MASTER B M (25)
77	308	<b>BLANCO AMBOAGE, MERCEDES</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:18:01</b>	<b>4:30</b>	<b>F (12)</b>	<b>MASTER B F (1)</b>
78	408	<b>CORES CANCELA, ANDREA</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:18:05</b>	<b>4:31</b>	<b>F (13)</b>	<b>SENIOR F (2)</b>
79	370	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:18:06	4:31	M (66)	MASTER A M (19)
80	333	MOURE CAÑETE, FRANCISCO	NOITEBRA FC	00:18:23	4:35	M (67)	MASTER B M (26)
81	429	<b>LOJO LÓPEZ, NOELIA</b>	<b>S.D.BARBANTIA RODA</b>	<b>00:18:24</b>	<b>4:35</b>	<b>F (14)</b>	<b>SENIOR F (3)</b>
82	433	OTERO LESTON, MARTÍN	INDEPENDIENTE	00:18:28	4:36	M (68)	SENIOR M (13)
83	436	PEREZ BANA, DAVID	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	00:18:28	4:36	M (69)	SENIOR M (14)
84	395	<b>SOMOZA LOPEZ, YANIRA</b>	<b>CLUB ATLETISMO NOIA</b>	<b>00:18:40</b>	<b>4:39</b>	<b>F (15)</b>	<b>MASTER A F (4)</b>
85	371	COUTO RODRIGUEZ, GUSTAVO	INDEPENDIENTE	00:19:03	4:45	M (70)	MASTER A M (20)
86	402	BUSTO MARIÑO, MIGUEL	INDEPENDIENTE	00:19:10	4:47	M (71)	SENIOR M (15)
87	413	FONTÁN CORREA, ALBERTO	INDEPENDIENTE	00:19:10	4:47	M (72)	SENIOR M (16)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA
88	461	García Abalo, Antonio		00:19:18	4:49	M (73)	MASTER B M (27)
89	355	TASENDE VIGO, LUIS	INDEPENDIENTE	00:19:22	4:50	M (74)	MASTER B M (28)
90	379	IGLESIAS PAZOS, RUBÉN	INDEPENDIENTE	00:19:24	4:50	M (75)	MASTER A M (21)
91	332	MIRÁS PALACIOS, JESÚS	CLUB TRIATLÓN COMPOSTELA	00:19:27	4:51	M (76)	MASTER B M (29)
92	340	PENA GONZÁLEZ, FRANCISCO	SD COMPOSTELA ATLETISMO	00:19:29	4:52	M (77)	MASTER B M (30)
93	360	ALONSO RIAL, ÓSCAR	INDEPENDIENTE	00:19:44	4:55	M (78)	MASTER A M (22)
94	354	TARRIO RODRIGUEZ, FRANCISCO	CAI A ESTRADA	00:19:52	4:57	M (79)	MASTER B M (31)
<b>95</b>	<b>336</b>	<b>OCA GONZALEZ, ANA</b>	<b>CAI A ESTRADA</b>	<b>00:20:00</b>	<b>4:59</b>	<b>F (16)</b>	<b>MASTER B F (2)</b>
<b>96</b>	<b>342</b>	<b>PIÑEIRO ESPERANTE, MARI</b>	<b>INDEPENDIENTE</b>	<b>00:20:06</b>	<b>5:01</b>	<b>F (17)</b>	<b>MASTER B F (3)</b>
<b>97</b>	<b>347</b>	<b>RODRÍGUEZ SOBRINO, CELINA</b>	<b>MORAÑA EN RUTA</b>	<b>00:20:19</b>	<b>5:04</b>	<b>F (18)</b>	<b>MASTER B F (4)</b>
<b>98</b>	<b>376</b>	<b>GARCIA CAINZOS, IRMA</b>	<b>INDEPENDIENTE</b>	<b>00:20:49</b>	<b>5:12</b>	<b>F (19)</b>	<b>MASTER A F (5)</b>
99	312	DOMENECH GONZÁLEZ, PEDRO	INDEPENDIENTE	00:20:55	5:13	M (80)	MASTER B M (32)
<b>100</b>	<b>421</b>	<b>GARRO MARTÍNEZ, JIMENA</b>	<b>INDEPENDIENTE</b>	<b>00:21:20</b>	<b>5:19</b>	<b>F (20)</b>	<b>SENIOR F (4)</b>
101	431	MOSQUERA CALVO, JASON	A. C. A ESTORNELA	00:21:21	5:20	M (81)	SENIOR M (17)
102	318	GANDARA ULLOA, ENRIQUE	CLUB ATLETAS HACIADAMA	00:21:21	5:20	M (82)	MASTER B M (33)
103	375	FREIRIA GONZALEZ, ROMAN		00:21:22	5:20	M (83)	MASTER A M (23)
104	424	GÓMEZ RIAL, RUBÉN	CLUB NAUTICO PONTECESURES	00:21:24	5:20	M (84)	SENIOR M (18)
<b>105</b>	<b>305</b>	<b>BERMÚDEZ RÍOS, BELI</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:21:27</b>	<b>5:21</b>	<b>F (21)</b>	<b>MASTER B F (5)</b>
106	309	BLANCO SOUTO, MANU	CAI A ESTRADA	00:21:45	5:26	M (85)	MASTER B M (34)
<b>107</b>	<b>426</b>	<b>JIMENEZ BERJA, ELENA</b>	<b>INDEPENDIENTE</b>	<b>00:21:46</b>	<b>5:26</b>	<b>F (22)</b>	<b>SENIOR F (5)</b>
<b>108</b>	<b>350</b>	<b>SÁNCHEZ NAVIA, ÁNGELES</b>	<b>TRAN TRAN</b>	<b>00:21:49</b>	<b>5:27</b>	<b>F (23)</b>	<b>MASTER B F (6)</b>
<b>109</b>	<b>401</b>	<b>BARBEIRA, ANGELA</b>	<b>CORREXALLAS</b>	<b>00:21:50</b>	<b>5:27</b>	<b>F (24)</b>	<b>SENIOR F (6)</b>
<b>110</b>	<b>427</b>	<b>LESTIDO CARDAMA, ANTÍA</b>	<b>CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO</b>	<b>00:21:56</b>	<b>5:28</b>	<b>F (25)</b>	<b>SENIOR F (7)</b>
<b>111</b>	<b>420</b>	<b>GARRIDO BEADE, NOELIA</b>	<b>CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO</b>	<b>00:22:12</b>	<b>5:32</b>	<b>F (26)</b>	<b>SENIOR F (8)</b>
<b>112</b>	<b>322</b>	<b>GÓMEZ OTERO, PILAR</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:22:39</b>	<b>5:39</b>	<b>F (27)</b>	<b>MASTER B F (7)</b>
113	321	GIL PEREIRA, JAVIER	INDEPENDIENTE	00:22:39	5:39	M (86)	MASTER B M (35)
<b>114</b>	<b>335</b>	<b>NOYA, CONCHI</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:22:41</b>	<b>5:40</b>	<b>F (28)</b>	<b>MASTER B F (8)</b>
115	328	LOUREIRO CONDE, JOSE ANTONIO	INDEPENDIENTE	00:23:07	5:46	M (87)	MASTER B M (36)
<b>116</b>	<b>400</b>	<b>VILLAR GARCIA, PATRICIA</b>	<b>INDEPENDIENTE</b>	<b>00:23:08</b>	<b>5:46</b>	<b>F (29)</b>	<b>MASTER A F (6)</b>

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117	407	CEBEY GARCIA, LAURA		00:23:09	5:47	F (30)	SENIOR F (9)
118	327	LIÑARES MARTÍNEZ, JOSÉ IGNACIO		00:23:17	5:49	M (88)	MASTER B M (37)
119	324	HERRERA TABOADA, MAVI	CAI A ESTRADA.	00:23:36	5:53	F (31)	MASTER B F (9)
120	341	PICÁNS BERMÚDEZ, MARÍA TERESA	CAI A ESTRADA	00:23:36	5:53	F (32)	MASTER B F (10)
121	450	ROMERO REY, CANDELA	CLUB NAUTICO PONTECESURES	00:23:51	5:57	F (33)	JUNIOR - SUB 18 F (5)
122	454	VILA GRELA, SARA	CLUB NAUTICO PONTECESURES	00:23:51	5:57	F (34)	JUNIOR - SUB 18 F (6)
123	381	LORENZO GARCIA, CONSUELO	ATLETISMO ARENTEIRO	00:24:01	6:00	F (35)	MASTER A F (7)
124	362	ÁLVAREZ MATIAS, NATIVIDAD	ATLETISMO ARENTEIRO	00:24:01	6:00	F (36)	MASTER A F (8)
125	382	LORENZO LÓPEZ, LUCÍA	CLUB ATLETISMO SADA	00:24:02	6:00	F (37)	MASTER A F (9)
126	356	TRESGUERRAS GONZÁLEZ, ELVIRA	CLUB ATLETISMO SAR	00:24:27	6:06	F (38)	MASTER B F (11)
127	415	GALÁN GÓMEZ, MARÍA	INDEPENDIENTE	00:24:28	6:06	F (39)	SENIOR F (10)
128	394	ROSAL GOMEZ, MARIA DEL ROCIO	INDEPENDIENTE	00:24:29	6:07	F (40)	MASTER A F (10)
129	306	BERNAL GOMEZ, JESUS	INDEPENDIENTE	00:25:11	6:17	M (89)	MASTER B M (38)
130	383	LOUREIRO GARCIA, BERTA	INDEPENDIENTE	00:25:23	6:20	F (41)	MASTER A F (11)
131	445	IGLESIAS FREIRE, RODRIGO	INDEPENDIENTE	00:25:53	6:28	M (90)	JUNIOR - SUB 18 M (8)
132	377	GIANZO FERRO, ALBERTO	CLUB TRIATLÓN COMPOSTELA	00:27:16	6:48	M (91)	MASTER A M (24)
133	437	QUINTEIRO CASTIÑEIRAS, DIEGO	INDEPENDIENTE	00:27:31	6:52	M (92)	SENIOR M (19)
134	439	RUBINES CHISCA, OLALLA	INDEPENDIENTE	00:27:41	6:55	F (42)	SENIOR F (11)

Total: 134