

# XXIII Carreira Popular de Pontecesures

## CLASIFICACIÓN 8K

# PONTECESURES

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T4K	RITM	SEXO	CATEGORÍA
1	102	CANDA LOUZAO, JOSE	ATLETISMOARENTEIRO	00:24:45	00:12:12 (2)	3:05	M (1)	MASTER A M (NA)
2	261	SANTIAGO FERNÁNDEZ, GUSTAVO	C.D PINARIUM	00:24:59	00:11:55 (1)	3:07	M (2)	SENIOR M (NA)
3	108	CRESPO ARIAS, JORGE	CLUB ATLETISMO SAR	00:25:09	00:12:20 (3)	3:08	M (3)	MASTER A M (NA)
4	195	CORTÉS ESPERÓN, JORGE	CLUB DEPORTIVO DELIKIA	00:25:30	00:12:46 (5)	3:11	M (4)	SENIOR M (1)
5	147	MOSQUERA DOPAZO, JUAN CARLOS	CLUB ATLETISMO SAR	00:25:46	00:12:46 (4)	3:13	M (5)	MASTER A M (1)
6	116	FERNÁNDEZ SOENGAS, JESUS	CLUB DEPORTIVO DELIKIA	00:25:51	00:12:48 (7)	3:13	M (6)	MASTER A M (2)
7	107	CREGO FERNANDEZ, XACOBO	SD COMPOSTELA ATLETISMO	00:26:13	00:12:46 (6)	3:16	M (7)	MASTER A M (3)
8	251	RODRÍGUEZ ÁLVAREZ, DIEGO	CLUB DEPORTIVO DELIKIA	00:26:32	00:13:03 (8)	3:18	M (8)	SENIOR M (2)
9	207	FONTÁN MARTÍNEZ, XACOB	CLUB ATLETISMO SAR	00:26:45	00:13:07 (9)	3:20	M (9)	SENIOR M (3)
10	186	B, RICHI		00:26:46	00:13:17 (11)	3:20	M (10)	SENIOR M (4)
11	196	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:27:04	00:13:14 (10)	3:22	M (11)	SENIOR M (5)
12	110	CUTRÍN LÓPEZ, DAVID	CLUB TRIATLÓN COMPOSTELA	00:27:11	00:13:21 (12)	3:23	M (12)	MASTER A M (4)
13	168	RODRIGUEZ VAZQUEZ, MARCOS	ATLETISMOARENTEIRO	00:27:13	00:13:29 (15)	3:24	M (13)	MASTER A M (5)
14	166	RIAL CASTAÑO, SALVA	TRIBU TRAIL	00:27:15	00:13:30 (16)	3:24	M (14)	MASTER A M (6)
15	53	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	00:27:33	00:13:26 (13)	3:26	M (15)	MASTER B M (1)
16	204	FERNÁNDEZ TOJO, ALEXANDRE	CLUB ATLETISMO TAMBRE	00:27:34	00:13:46 (20)	3:26	M (16)	SENIOR M (6)
17	177	SILVA LUNA, JORDI	ATLETISMOARENTEIRO	00:27:40	00:13:38 (17)	3:27	M (17)	MASTER A M (7)
18	202	FERNÁNDEZ GARCÍA, MÍCHEL	S.D.BARBANTIA RODA	00:27:41	00:13:43 (19)	3:27	M (18)	SENIOR M (7)
19	187	BARREIRO CASTIÑEIRA, MARCOS	CLUB TRIATLÓN COMPOSTELA	00:27:44	00:13:39 (18)	3:27	M (19)	SENIOR M (8)
20	67	NIETO GONZALEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:27:48	00:13:50 (22)	3:28	M (20)	MASTER B M (2)
21	219	LESTIDO REY, MARTÍN	CLUB ATLETISMO SAR	00:27:54	00:13:28 (14)	3:29	M (21)	SENIOR M (9)
22	103	CASTROAGUDIN GOMEZ, ADRIÁN	MORAÑA EN RUTA	00:27:57	00:13:47 (21)	3:29	M (22)	MASTER A M (8)
23	198	CRUZ SOTO, DAVID	CLUBE ATLETISMO SADA	00:28:02	00:13:50 (24)	3:30	M (23)	SENIOR M (10)
24	156	OUBIÑA, MAXI	CLUB ATLETISMO CAMBADOS	00:28:04	00:13:50 (23)	3:30	M (24)	MASTER A M (9)
25	153	NOVOA GUTIERREZ, JULIO	ATLETISMOARENTEIRO	00:28:07	00:14:02 (29)	3:30	M (25)	MASTER A M (10)
26	32	FALCÓN PÉREZ, SANTIAGO	C.A. CAMBADOS-SEGUROS NOVAL	00:28:13	00:13:54 (25)	3:31	M (26)	MASTER B M (3)
27	59	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	00:28:17	00:13:55 (26)	3:32	M (27)	MASTER B M (4)
28	94	VILA COMBARROS, DANIEL		00:28:21	00:14:04 (30)	3:32	M (28)	MASTER B M (5)
29	12	BENÍTEZ SOMOZA, ISRAEL	EL CANARIO	00:28:24	00:14:22 (45)	3:32	M (29)	MASTER B M (6)

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30	129	GONZÁLEZ NÚÑEZ, JOSÉ LUIS	INDEPENDIENTE	00:28:39	00:14:06 (31)	3:34	M (30)	MASTER A M (11)
31	210	GARCÍA MARTÍNEZ, JOSE	EL CANARIO	00:28:41	00:14:17 (41)	3:35	M (31)	SENIOR M (11)
32	66	NAVARRO ANTON, JOSE	S.D.BARBANTIA RODA	00:28:43	00:14:11 (34)	3:35	M (32)	MASTER B M (7)
33	8	BARREIRO PEREIRA, XOSÉ ANTÓN	SD COMPOSTELA ATLETISMO	00:28:44	00:14:11 (35)	3:35	M (33)	MASTER B M (8)
34	257	SALAGRE SIMÓN, ENRIQUE	INDEPENDIENTE	00:28:45	00:14:16 (40)	3:35	M (34)	SENIOR M (12)
35	157	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	00:28:48	00:14:07 (32)	3:35	M (35)	MASTER A M (12)
36	176	SESAZ SEGAGE, FERNANDO	SD COMPOSTELA ATLETISMO	00:28:50	00:14:10 (33)	3:36	M (36)	MASTER A M (13)
37	223	MANEIRO TRILLO, DANIEL	INDEPENDIENTE	00:28:53	00:14:12 (37)	3:36	M (37)	SENIOR M (13)
38	158	PARCERO ESPÍÑO, MIGUEL	ATLETISMO ARENTEIRO	00:28:55	00:14:27 (46)	3:36	M (38)	MASTER A M (14)
39	237	OTERO LESTÓN, JESÚS	INDEPENDIENTE	00:28:58	00:14:00 (28)	3:37	M (39)	SENIOR M (14)
40	267	TRIÑANES MARTINEZ, ERNESTO	S.D.BARBANTIA RODA	00:29:00	00:14:15 (39)	3:37	M (40)	SENIOR M (15)
41	31	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:29:02	00:14:35 (52)	3:37	M (41)	MASTER B M (9)
42	234	NAVARRETE ROBLEDILLO, LUIS	ESCUELA NAVAL MILITAR	00:29:02	00:14:22 (44)	3:37	M (42)	SENIOR M (16)
43	189	BENAVIDES NIETO, ÁLVARO	INDEPENDIENTE	00:29:02	00:14:22 (43)	3:37	M (43)	SENIOR M (17)
44	49	GONZÁLEZ ADÁN, MANUEL	ATLETISMO ARENTEIRO	00:29:05	00:14:14 (38)	3:38	M (44)	MASTER B M (10)
45	174	SANDE PUGA, JUAN JESÚS	SD COMPOSTELA ATLETISMO	00:29:13	00:14:29 (48)	3:39	M (45)	MASTER A M (15)
46	96	VILLAR RODRIGUEZ, RICARDO	NOITEBRA FC	00:29:18	00:14:29 (47)	3:39	M (46)	MASTER B M (11)
47	98	ARAUJO PEREZ, DAMIAN	INDEPENDIENTE	00:29:21	00:14:20 (42)	3:40	M (47)	MASTER A M (16)
48	50	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:29:24	00:14:12 (36)	3:40	M (48)	MASTER B M (12)
49	180	VIDAL MOREIRAS, MIGUEL	SD COMPOSTELA ATLETISMO	00:29:27	00:14:29 (49)	3:40	M (49)	MASTER A M (17)
50	222	LUACES PAZ, ANTONIO	CLUB ATLETISMO SAR	00:29:29	00:14:36 (51)	3:41	M (50)	SENIOR M (18)
51	244	PÉREZ FERNÁNDEZ, BRAIS	CLUB ATLETISMO TAMBRE	00:29:38	00:14:37 (53)	3:42	M (51)	SENIOR M (19)
52	172	ROSENDE FUENTES, LUIS	CLUB ATLETISMO TAMBRE	00:29:57	00:14:34 (50)	3:44	M (52)	MASTER A M (18)
53	6	BARRAL SÁNCHEZ, JESÚS	SD COMPOSTELA ATLETISMO	00:30:05	00:14:45 (56)	3:45	M (53)	MASTER B M (13)
54	62	MAYO BALDERRABANO, JUAN	CLUB ATLETISMO NOIA	00:30:09	00:14:47 (57)	3:46	M (54)	MASTER B M (14)
55	86	SEOANE MUÑIZ, THOMAS		00:30:20	00:14:44 (54)	3:47	M (55)	MASTER B M (15)
56	109	CUENCA GARCIA, FRANCISCO JOSE	CLUB ATLETISMO O PINO	00:30:21	00:14:45 (55)	3:47	M (56)	MASTER A M (19)
57	230	MAURA, PABLO	INDEPENDIENTE	00:30:25	00:15:11 (72)	3:48	M (57)	SENIOR M (20)
58	258	SÁNCHEZ CUADROS, JORGE	ESCUELA NAVAL MILITAR	00:30:25	00:15:10 (70)	3:48	M (58)	SENIOR M (21)

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59	242	PÉREZ ESTUPIÑÁN, FERNANDO	INDEPENDIENTE	00:30:25	00:15:08 (67)	3:48	M (59)	SENIOR M (22)
60	167	RODRÍGUEZ FERNÁNDEZ, JESÚS	INDEPENDIENTE	00:30:28	00:15:07 (62)	3:48	M (60)	MASTER A M (20)
61	175	SENDON CAAMAÑO, DAVID	CLUB DEPORTIVO BRIÓN HYUPERSA	00:30:31	00:15:11 (71)	3:48	M (61)	MASTER A M (21)
62	2	ÁLVAREZ CALVO, URBANO	INDEPENDIENTE	00:30:34	00:15:05 (61)	3:49	M (62)	MASTER B M (16)
63	151	NAVIA GIRALDEZ, SEGUNDO	TRIATLON VILAGARCIA	00:30:34	00:15:09 (68)	3:49	M (63)	MASTER A M (22)
64	275	TELLO ESCUDERO, JOSE	INDEPENDIENTE	00:30:37	00:15:08 (64)	3:49	M (64)	JUNIOR - SUB 18 M (1)
65	133	HERRERO MARTÍNEZ, RAÚL	INDEPENDIENTE	00:30:38	00:15:07 (65)	3:49	M (65)	MASTER A M (23)
<b>66</b>	<b>142</b>	<b>MARIÑO TORRADO, REBECA</b>	<b>S.D.BARBANTIA RODA</b>	<b>00:30:38</b>	<b>00:15:07 (63)</b>	<b>3:49</b>	<b>F (1)</b>	<b>MASTER A F (NA)</b>
67	214	GESTOSO RODRÍGUEZ, PABLO	ESCUELA NAVAL MILITAR	00:30:42	00:15:10 (69)	3:50	M (66)	SENIOR M (23)
68	235	NOGUES GARCIA, RODRIGO	INDEPENDIENTE	00:30:47	00:15:08 (66)	3:50	M (67)	SENIOR M (24)
69	221	LÓPEZ GARCÍA, LUIS	INDEPENDIENTE	00:30:48	00:15:40 (85)	3:50	M (68)	SENIOR M (25)
70	95	VILA SIEIRA, RUBÉN	EGOVARROS DE VIVERO	00:30:51	00:14:54 (59)	3:51	M (69)	MASTER B M (17)
71	246	PIÑEIRO CAAMAÑO, PABLO		00:30:55	00:14:53 (58)	3:51	M (70)	SENIOR M (26)
72	80	RODRÍGUEZ GONZÁLEZ, JOSÉ RAMÓN	ATLETISMO ARENTEIRO	00:31:04	00:15:19 (77)	3:52	M (71)	MASTER B M (18)
73	25	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:31:14	00:14:58 (60)	3:54	M (72)	MASTER B M (19)
74	4	ARES RIAL, MIGUEL	INDEPENDIENTE	00:31:16	00:15:12 (75)	3:54	M (73)	MASTER B M (20)
75	178	SUAREZ, VICTOR	CLUB TRIATLÓN COMPOSTELA	00:31:20	00:15:12 (73)	3:54	M (74)	MASTER A M (24)
76	88	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:31:28	00:15:47 (91)	3:55	M (75)	MASTER B M (21)
77	265	TORRALBO CANDIA, IGNACIO	INDEPENDIENTE	00:31:31	00:15:18 (76)	3:56	M (76)	SENIOR M (27)
78	247	PLACER GARCÍA-RODEJA, MARTIÑO	SD COMPOSTELA ATLETISMO	00:31:40	00:15:23 (79)	3:57	M (77)	SENIOR M (28)
79	184	ALVAREZ BOUZAS, ALBERTO	CLUB ATLETISMO TAMBRE	00:31:44	00:15:23 (78)	3:57	M (78)	SENIOR M (29)
80	24	CARBIA MENDEZ, JUAN LUIS	INDEPENDIENTE	00:31:47	00:15:53 (95)	3:58	M (79)	MASTER B M (22)
81	121	FUENTES MOSTEIRO, ÓSCAR		00:31:47	00:15:57 (99)	3:58	M (80)	MASTER A M (25)
82	93	VAZQUEZ RAMOS, MANUEL		00:31:49	00:15:40 (86)	3:58	M (81)	MASTER B M (23)
83	171	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:31:51	00:15:31 (82)	3:58	M (82)	MASTER A M (26)
84	51	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:31:51	00:15:31 (83)	3:58	M (83)	MASTER B M (24)
85	250	RENDÓN MORILLO, JOSE MARÍA	INDEPENDIENTE	00:31:57	00:15:54 (97)	3:59	M (84)	SENIOR M (30)
86	114	FERNANDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	00:31:58	00:15:54 (96)	3:59	M (85)	MASTER A M (27)
87	208	FONTAN MONTEAGUDO, IVAN	INDEPENDIENTE	00:31:59	00:15:28 (81)	3:59	M (86)	SENIOR M (31)

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88	173	SANDA ARES, JOSE	SD COMPOSTELA ATLETISMO	00:32:00	00:16:28 (128)	3:59	M (87)	MASTER A M (28)
89	90	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:32:00	00:16:28 (127)	3:59	M (88)	MASTER B M (25)
90	248	RAYO MONTALVO, CÉSAR	INDEPENDIENTE	00:32:00	00:16:04 (105)	3:59	M (89)	SENIOR M (32)
91	236	ORTIZ LOO, JAVIER	INDEPENDIENTE	00:32:00	00:15:23 (80)	3:59	M (90)	SENIOR M (33)
92	192	BROME DE LA ROSA, IGNACIO	INDEPENDIENTE	00:32:01	00:15:31 (84)	4:00	M (91)	SENIOR M (34)
93	238	PALACIOS GUERRERO, PEDRO	INDEPENDIENTE	00:32:02	00:15:11 (74)	4:00	M (92)	SENIOR M (35)
94	81	RODRÍGUEZ GONZÁLEZ, RAMÓN	ATLETISMO ARENTEIRO	00:32:02	00:15:43 (90)	4:00	M (93)	MASTER B M (26)
95	193	CAMPOS CALERO, CARLOS	INDEPENDIENTE	00:32:03	00:16:01 (104)	4:00	M (94)	SENIOR M (36)
96	277	Bello Graño, Diego		00:32:04	00:15:42 (88)	4:00	M (95)	MASTER A M (29)
97	154	NUÑEZ CASTRO, DAVID		00:32:06	00:15:50 (94)	4:00	M (96)	MASTER A M (30)
98	199	CUARTERO ALMANSA, JAIME	INDEPENDIENTE	00:32:07	00:15:59 (102)	4:00	M (97)	SENIOR M (37)
99	206	FIGUEIRAS LORENZO, EDUARDO	EL CANARIO	00:32:09	00:16:05 (108)	4:01	M (98)	SENIOR M (38)
100	215	GOMARIZ GARCIA, ABEL	INDEPENDIENTE	00:32:10	00:15:43 (89)	4:01	M (99)	SENIOR M (39)
101	77	QUINTELA VÁZQUEZ, SUSO	NOITEBRA FC	00:32:11	00:16:07 (111)	4:01	M (100)	MASTER B M (27)
102	152	NOGUEIRA MONTERO, GABRIEL	CLUB TRIATLÓN COMPOSTELA	00:32:15	00:16:00 (103)	4:01	M (101)	MASTER A M (31)
103	216	GÓMEZ CES, FABIÁN	INDEPENDIENTE	00:32:28	00:16:08 (112)	4:03	M (102)	SENIOR M (40)
104	30	DOMINGUEZ ALSINA, SEGUNDO	SD COMPOSTELA ATLETISMO	00:32:30	00:15:57 (100)	4:03	M (103)	MASTER B M (28)
105	155	OTERO LÓPEZ DE REGO, JORGE	ARTROGAL TRI498	00:32:31	00:16:05 (107)	4:03	M (104)	MASTER A M (32)
<b>106</b>	<b>181</b>	<b>VILLAVERDE, MARGA</b>	<b>ARTROGAL TRI 498</b>	<b>00:32:31</b>	<b>00:16:06 (110)</b>	<b>4:03</b>	<b>F (2)</b>	<b>MASTER A F (NA)</b>
107	5	BARBEIRA, DAVID	CORREXALLAS	00:32:36	00:16:17 (119)	4:04	M (105)	MASTER B M (29)
108	19	CALVO CALVO, JUAN MANUEL	S.D.BARBANTIA RODA	00:32:38	00:16:13 (118)	4:04	M (106)	MASTER B M (30)
109	183	ALONSO GONZÁLEZ DE CANALES, IGNACIO	ESCUELA NAVAL MILITAR	00:32:39	00:15:47 (92)	4:04	M (107)	SENIOR M (41)
110	23	CANOSA CASTIÑEIRA, SPIBY (RAMON)	CLUB ATLETISMO SAR	00:32:42	00:16:11 (116)	4:05	M (108)	MASTER B M (31)
111	65	MIRANDA VIEITO, JOSÉ MANUEL	ATHLETICS FISIOTERAPIA SAN	00:32:43	00:15:47 (93)	4:05	M (109)	MASTER B M (32)
112	233	MONTOJO GARCÍA, JUAN	ESCUELA NAVAL MILITAR	00:32:47	00:15:56 (98)	4:05	M (110)	SENIOR M (42)
113	35	FERNANDEZ REY, CHEMA		00:32:50	00:16:05 (106)	4:06	M (111)	MASTER B M (33)
114	271	ARES NIETO, SAMUEL	INDEPENDIENTE	00:32:57	00:15:41 (87)	4:07	M (112)	JUNIOR - SUB 18 M (2)
115	273	GAMARRA GARCÍA, MATEO		00:32:58	00:16:51 (135)	4:07	M (113)	JUNIOR - SUB 18 M (3)
116	127	GÓMEZ GÓMEZ, PABLO	CLUB ATLETISMO NOIA	00:33:01	00:16:12 (117)	4:07	M (114)	MASTER A M (33)

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117	75	PÉREZ VIDAL, GERMÁN		00:33:01	00:16:10 (114)	4:07	M (115)	MASTER B M (34)
118	84	SANTIAGO, MIGUEL	PINARIUM	00:33:06	00:16:24 (124)	4:08	M (116)	MASTER B M (35)
119	10	BARROS BARCALA, MANUEL	CLUB ATLETISMO +9 MORAÑA	00:33:07	00:16:24 (123)	4:08	M (117)	MASTER B M (36)
120	259	SÁNCHEZ-ARJONA GALLEGRO, GONZALO	INDEPENDIENTE	00:33:10	00:16:10 (115)	4:08	M (118)	SENIOR M (43)
121	146	MONTANÉ LÓPEZ, JAVIER	S.D.BARBANTIA RODA	00:33:11	00:16:19 (121)	4:08	M (119)	MASTER A M (34)
122	227	MARTÍNEZ SÁNCHEZ, ÁLVARO	INDEPENDIENTE	00:33:12	00:16:05 (109)	4:08	M (120)	SENIOR M (44)
123	194	CELA BOISA, JESUS	CLUB DEPORTIVO BRIÓN HYUPERSA	00:33:14	00:16:34 (130)	4:09	M (121)	SENIOR M (45)
124	131	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:33:15	00:16:09 (113)	4:09	M (122)	MASTER A M (35)
125	256	SADA GONZALEZ, JAVIER	ATLETISMO ESTRADA	00:33:22	00:16:49 (133)	4:10	M (123)	SENIOR M (46)
126	232	MONTANER MARTÍN, JAIME	INDEPENDIENTE	00:33:25	00:15:58 (101)	4:10	M (124)	SENIOR M (47)
127	220	LLADÓ MESA, SERGIO		00:33:29	00:17:12 (146)	4:11	M (125)	SENIOR M (48)
128	217	JURADO DE LA CUADRA, JOSE	INDEPENDIENTE	00:33:36	00:16:24 (122)	4:11	M (126)	SENIOR M (49)
129	255	RUBIO VECINO, JULIO		00:33:37	00:16:18 (120)	4:12	M (127)	SENIOR M (50)
130	228	MARTINEZ-LACACI ILZARBE, IÑIGO		00:33:37	00:17:11 (145)	4:12	M (128)	SENIOR M (51)
131	89	TORRES BAUTÍS, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:33:45	00:16:39 (131)	4:13	M (129)	MASTER B M (37)
132	269	VÁZQUEZ PÉREZ, JORGE	INDEPENDIENTE	00:33:53	00:17:32 (153)	4:14	M (130)	SENIOR M (52)
<b>133</b>	<b>231</b>	<b>MEJUTO FERNANDEZ, NURIA</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:33:53</b>	<b>00:16:29 (129)</b>	<b>4:14</b>	<b>F (3)</b>	<b>SENIOR F (NA)</b>
<b>134</b>	<b>78</b>	<b>REDONDO, MARILENA</b>	<b>S.D.BARBANTIA RODA</b>	<b>00:33:54</b>	<b>00:16:50 (134)</b>	<b>4:14</b>	<b>F (4)</b>	<b>MASTER B F (1)</b>
135	319	GARCIA ABALO, GUSTAVO	INDEPENDIENTE	00:34:01	00:16:25 (125)	4:15	M (131)	MASTER B M (38)
136	212	GARCÍA RODRÍGUEZ, PABLO	INDEPENDIENTE	00:34:02	00:17:12 (147)	4:15	M (132)	SENIOR M (53)
137	87	SERRANO REMUIÑÁN, JOSÉ ANTONIO	INDEPENDIENTE	00:34:05	00:16:49 (132)	4:15	M (133)	MASTER B M (39)
138	21	CALVO REY, DANIEL	S.D.BARBANTIA RODA	00:34:11	00:17:05 (142)	4:16	M (134)	MASTER B M (40)
139	27	CONDE PEREIRA, ANGEL		00:34:14	00:16:58 (137)	4:16	M (135)	MASTER B M (41)
140	144	MARTÍNEZ SAYAR, MANUEL	MORAÑA EN RUTA	00:34:14	00:17:05 (141)	4:16	M (136)	MASTER A M (36)
141	161	PORTAS BRAVO, MIGUEL	INDEPENDIENTE	00:34:29	00:17:06 (143)	4:18	M (137)	MASTER A M (37)
<b>142</b>	<b>115</b>	<b>FERNÁNDEZ PÉREZ, ALIA</b>	<b>ATLETISMO ARENTEIRO</b>	<b>00:34:33</b>	<b>00:17:02 (138)</b>	<b>4:19</b>	<b>F (5)</b>	<b>MASTER A F (1)</b>
143	39	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:34:41	00:17:26 (152)	4:20	M (138)	MASTER B M (42)
144	58	LUEIRO ABUIN, JOSÉ MANUEL	INDEPENDIENTE	00:34:44	00:16:56 (136)	4:20	M (139)	MASTER B M (43)
145	179	TORRADO RIAL, RICARDO	INDEPENDIENTE	00:34:44	00:17:10 (144)	4:20	M (140)	MASTER A M (38)

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146	188	BARREIRO RODRÍGUEZ, PABLO	INDEPENDIENTE	00:34:48	00:16:26 (126)	4:20	M (141)	SENIOR M (54)
<b>147</b>	<b>148</b>	<b>MUÑIZ PÉREZ, SHAILA</b>	<b>INDEPENDIENTE</b>	<b>00:34:52</b>	<b>00:17:16 (150)</b>	<b>4:21</b>	<b>F (6)</b>	<b>MASTER A F (2)</b>
148	63	MÉNDEZ QUINTELA, FRANCISCO M.	SD COMPOSTELA ATLETISMO	00:34:52	00:17:16 (151)	4:21	M (142)	MASTER B M (44)
149	56	LIMÉNS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:35:19	00:17:33 (154)	4:24	M (143)	MASTER B M (45)
150	45	GARCÍA FERRO, JOSÉ MARÍA		00:35:26	00:18:10 (171)	4:25	M (144)	MASTER B M (46)
151	132	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:35:35	00:17:33 (155)	4:26	M (145)	MASTER A M (39)
<b>152</b>	<b>145</b>	<b>MILLARES SIEIRA, CLARA MARÍA</b>	<b>EL CANARIO</b>	<b>00:35:37</b>	<b>00:17:35 (156)</b>	<b>4:27</b>	<b>F (7)</b>	<b>MASTER A F (3)</b>
<b>153</b>	<b>26</b>	<b>CIMADEVILLA CRUJEIRAS, MARÍA TERESA</b>	<b>EL CANARIO</b>	<b>00:35:46</b>	<b>00:17:36 (158)</b>	<b>4:28</b>	<b>F (8)</b>	<b>MASTER B F (2)</b>
154	16	BUSTELO, JULIO		00:35:53	00:17:39 (162)	4:29	M (146)	MASTER B M (47)
155	240	PEÑARROYA PÉREZ, JAVIER	INDEPENDIENTE	00:35:59	00:17:04 (140)	4:29	M (147)	SENIOR M (55)
156	226	MARTÍNEZ MARTÍNEZ, DANIEL	INDEPENDIENTE	00:36:01	00:17:38 (161)	4:30	M (148)	SENIOR M (56)
157	55	LEIS MOURIÑO, OSCAR	INDEPENDIENTE	00:36:06	00:17:16 (149)	4:30	M (149)	MASTER B M (48)
158	41	FREIRE SEXTO, JULIO		00:36:17	00:18:18 (174)	4:32	M (150)	MASTER B M (49)
159	264	TOME CANCELA, SANTIAGO	INDEPENDIENTE	00:36:23	00:17:50 (166)	4:32	M (151)	SENIOR M (57)
160	218	LEBRERO CAPOTE, JOSE MANUEL	INDEPENDIENTE	00:36:24	00:17:36 (159)	4:32	M (152)	SENIOR M (58)
<b>161</b>	<b>123</b>	<b>GARCÍA PENA, CHUS</b>	<b>CLUB ATLETISMO TAMBRE</b>	<b>00:36:26</b>	<b>00:17:37 (160)</b>	<b>4:33</b>	<b>F (9)</b>	<b>MASTER A F (4)</b>
<b>162</b>	<b>57</b>	<b>LORENZO PÉREZ, NATALIA</b>		<b>00:36:34</b>	<b>00:17:56 (167)</b>	<b>4:34</b>	<b>F (10)</b>	<b>MASTER B F (3)</b>
<b>163</b>	<b>200</b>	<b>DE GREGORIO ESTÚÑIGA, ANA</b>		<b>00:36:46</b>	<b>00:17:47 (165)</b>	<b>4:35</b>	<b>F (11)</b>	<b>SENIOR F (1)</b>
164	46	GIL VILLAVERDE, SITO	AKHESIS FISIOTERAPIA	00:36:50	00:17:45 (163)	4:36	M (153)	MASTER B M (50)
165	209	GARCÍA LOSAS, ALEJANDRO	INDEPENDIENTE	00:36:51	00:18:02 (169)	4:36	M (154)	SENIOR M (59)
166	270	VILLAVERDE PATIÑO, YAGO	INDEPENDIENTE	00:36:58	00:18:50 (190)	4:37	M (155)	SENIOR M (60)
167	262	SENIN LOPEZ, BRAIS	INDEPENDIENTE	00:36:59	00:17:13 (148)	4:37	M (156)	SENIOR M (61)
168	118	FRANCO MATA, DAVID	INDEPENDIENTE	00:37:11	00:19:03 (198)	4:38	M (157)	MASTER A M (40)
169	124	García Piñeiro, André	CLUB CERVECERÍA O COTÓN	00:37:11	00:18:01 (168)	4:38	M (158)	MASTER A M (41)
170	150	NAVIA GIRALDEZ, ADRIAN	INDEPENDIENTE	00:37:21	00:18:27 (176)	4:40	M (159)	MASTER A M (42)
171	120	FRESCO RAMIL, JOSÉ MANUEL	INDEPENDIENTE	00:37:26	00:18:38 (185)	4:40	M (160)	MASTER A M (43)
172	139	MARCOS BARREIRO, JAVIER	INDEPENDIENTE	00:37:27	00:18:45 (188)	4:40	M (161)	MASTER A M (44)
173	203	FERNANDEZ LÓPEZ, XABIER	ANUKY TEAM FATYZOO	00:37:28	00:18:53 (191)	4:40	M (162)	SENIOR M (62)
174	136	LÓPEZ ARAUJO, ANTONIO	ANUKY TEAM FATYZOO	00:37:28	00:18:53 (192)	4:40	M (163)	MASTER A M (45)

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175	135	LÓPEZ ARAUJO, ALBERTO	ANUKY TEAM FATYZOO	00:37:28	00:18:53 (193)	4:40	M (164)	MASTER A M (46)
176	37	FIGUEIRAS TOREA, OSCAR	CAO (CLUBE ATLETISMO OUTES)	00:37:32	00:18:48 (189)	4:41	M (165)	MASTER B M (51)
<b>177</b>	<b>205</b>	<b>FERREIRÓS BLANCO, JESSICA</b>	<b>INDEPENDIENTE</b>	<b>00:37:32</b>	<b>00:18:55 (194)</b>	<b>4:41</b>	<b>F (12)</b>	<b>SENIOR F (2)</b>
178	164	REY, FERNANDO	SD COMPOSTELA ATLETISMO	00:37:33	00:18:37 (183)	4:41	M (166)	MASTER A M (47)
179	14	BOTANA FERREIRO, JUAN LUIS	SD COMPOSTELA ATLETISMO	00:37:33	00:18:37 (184)	4:41	M (167)	MASTER B M (52)
180	239	PAZOS SANTOMÉ, ADRIÁN	TRIATLON RÍAS BAIXAS	00:37:37	00:18:12 (172)	4:42	M (168)	SENIOR M (63)
181	1	ABEL SUÁREZ, JOSÉ RAMÓN	NOITEBRA FC	00:37:42	00:18:07 (170)	4:42	M (169)	MASTER B M (53)
182	272	DA CONSENÇÃO FERREIRA, NICOLAS	CLUB NAUTICO PONTECESURES	00:37:44	00:17:04 (139)	4:42	M (170)	JUNIOR - SUB 18 M (4)
183	99	BAHAMONDE SUAREZ, FRANCISCO	INDEPENDIENTE	00:37:44	00:18:16 (173)	4:42	M (171)	MASTER A M (48)
184	182	ALLO BARRIOS, ALVARO	INDEPENDIENTE	00:37:48	00:17:35 (157)	4:43	M (172)	SENIOR M (64)
185	11	BAUTIS OTERO, JUAN	INDEPENDIENTE	00:37:49	00:18:37 (182)	4:43	M (173)	MASTER B M (54)
186	111	DIZ PIÑEIRO, TOÑO	INDEPENDIENTE	00:37:52	00:19:07 (201)	4:43	M (174)	MASTER A M (49)
187	20	CALVO CALVO, LUIS	INDEPENDIENTE	00:37:55	00:18:29 (177)	4:44	M (175)	MASTER B M (55)
188	3	ÁLVAREZ CASTRO, GABRIEL		00:37:56	00:18:25 (175)	4:44	M (176)	MASTER B M (56)
<b>189</b>	<b>162</b>	<b>POSE ALMALLO, MARIA</b>	<b>DESGUACES FERREIRO</b>	<b>00:37:56</b>	<b>00:18:31 (178)</b>	<b>4:44</b>	<b>F (13)</b>	<b>MASTER A F (5)</b>
190	241	PEÓN VARELA, DAMIÁN	INDEPENDIENTE	00:38:08	00:18:44 (186)	4:45	M (177)	SENIOR M (65)
191	104	CIDRANES REY, MIGUEL ÁNGEL	INDEPENDIENTE	00:38:09	00:18:45 (187)	4:46	M (178)	MASTER A M (50)
<b>192</b>	<b>260</b>	<b>SANMARCO MARTINEZ, ANTIA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:38:13</b>	<b>00:19:06 (200)</b>	<b>4:46</b>	<b>F (14)</b>	<b>SENIOR F (3)</b>
193	17	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	00:38:15	00:19:06 (199)	4:46	M (179)	MASTER B M (57)
<b>194</b>	<b>213</b>	<b>GARCÍA SENÍN, AMARA</b>	<b>INDEPENDIENTE</b>	<b>00:38:17</b>	<b>00:18:57 (195)</b>	<b>4:47</b>	<b>F (15)</b>	<b>SENIOR F (4)</b>
195	92	VÁZQUEZ MÍGUEZ, FRANCISCO JAVIER		00:38:21	00:19:09 (202)	4:47	M (180)	MASTER B M (58)
196	117	FERNÁNDEZ VILLAMARÍN, PABLO	SD COMPOSTELA ATLETISMO	00:38:28	00:18:33 (180)	4:48	M (181)	MASTER A M (51)
197	126	GIL SUÁREZ, CARLOS ALBERTO		00:38:30	00:19:20 (206)	4:48	M (182)	MASTER A M (52)
198	125	GARCIA RUIZ, JOSE MIGUEL	STEAU A DEL GRIFO	00:38:31	00:19:15 (204)	4:48	M (183)	MASTER A M (53)
199	60	MANEIRO OTERO, GUILLERMO	CLUB ATLETISMO CAMBADOS	00:38:39	00:18:33 (179)	4:49	M (184)	MASTER B M (59)
<b>200</b>	<b>43</b>	<b>GARCÍA ABALO, MADA</b>	<b>CAO (CLUBE ATLETISMO OUTES)</b>	<b>00:38:48</b>	<b>00:18:57 (196)</b>	<b>4:50</b>	<b>F (16)</b>	<b>MASTER B F (4)</b>
201	85	SENRA IGLESIAS, ANIBAL	DESGUACES FERREIRO	00:39:04	00:19:00 (197)	4:52	M (185)	MASTER B M (60)
<b>202</b>	<b>47</b>	<b>GOMEZ GOMEZ, ROSA</b>	<b>INDEPENDIENTE</b>	<b>00:39:10</b>	<b>00:19:24 (209)</b>	<b>4:53</b>	<b>F (17)</b>	<b>MASTER B F (5)</b>
203	68	NÚÑEZ GONZALEZ, JOSÉ AMABLE	CLUB ATLETISMO +9 MORAÑA	00:39:14	00:19:15 (205)	4:54	M (186)	MASTER B M (61)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T4K	RITM	SEXO	CATEGORÍA
204	54	LAGO MUIÑOS, ALEJANDRO	CASTROBIKES	00:39:17	00:19:47 (211)	4:54	M (187)	MASTER B M (62)
205	276	Linares Pereira, Orlando Alberto		00:39:18	00:18:36 (181)	4:54	M (188)	MASTER A M (54)
<b>206</b>	<b>113</b>	<b>FERNANDEZ BLANCO, SILVIA</b>	<b>SD COMPOSTELA ATLETISMO</b>	<b>00:39:43</b>	<b>00:19:21 (207)</b>	<b>4:57</b>	<b>F (18)</b>	<b>MASTER A F (6)</b>
<b>207</b>	<b>268</b>	<b>VÁZQUEZ CASTROMÁN, NOEMI</b>	<b>NOITEBRA FC</b>	<b>00:39:46</b>	<b>00:19:37 (210)</b>	<b>4:58</b>	<b>F (19)</b>	<b>SENIOR F (5)</b>
208	61	MARTÍNEZ GOMEZ, PAKINHO	GALLAECIA JASTANDOSAPATILLA	00:40:13	00:19:54 (213)	5:01	M (189)	MASTER B M (63)
209	73	PÉREZ HERMO, ALEJANDRO	EL CANARIO	00:40:16	00:19:48 (212)	5:01	M (190)	MASTER B M (64)
210	140	MARIÑO PEREIRAS, RAÚL	NOITEBRA FC	00:40:17	00:19:23 (208)	5:02	M (191)	MASTER A M (55)
211	165	RIAL, RIKI	A.C. A ESTORNELA	00:40:41	00:19:57 (214)	5:05	M (192)	MASTER A M (56)
212	160	PÉREZ LADO, JOSE LUIS		00:41:03	00:19:13 (203)	5:07	M (193)	MASTER A M (57)
213	72	PEREZ BALIRAC, JESUS	NOITEBRA FC	00:41:18	00:20:03 (215)	5:09	M (194)	MASTER B M (65)
214	13	BOLÁS CABALEIRO, XOSÈ MANUEL	GALLAECIA JASTANDOSAPATILLA	00:41:38	00:20:31 (218)	5:12	M (195)	MASTER B M (66)
215	138	MANEIRO LIÑARES, ALBERTO	SD COMPOSTELA ATLETISMO	00:41:47	00:21:04 (220)	5:13	M (196)	MASTER A M (58)
<b>216</b>	<b>159</b>	<b>PARDO CASAL, ARIADNA</b>	<b>INDEPENDIENTE</b>	<b>00:41:58</b>	<b>00:20:46 (219)</b>	<b>5:14</b>	<b>F (20)</b>	<b>MASTER A F (7)</b>
217	44	GARCIA BLANCO, CARLOS	CLUB TRIATLÓN COMPOSTELA	00:42:15	00:17:45 (164)	5:16	M (197)	MASTER B M (67)
<b>218</b>	<b>243</b>	<b>PÉREZ FERNÁNDEZ, ANDREA</b>	<b>INDEPENDIENTE</b>	<b>00:42:19</b>	<b>00:20:30 (217)</b>	<b>5:17</b>	<b>F (21)</b>	<b>SENIOR F (6)</b>
219	42	FRESCO FERREIRÓS, JORGE		00:42:28	00:20:14 (216)	5:18	M (198)	MASTER B M (68)
<b>220</b>	<b>245</b>	<b>PEREZ PAZ, ALBA</b>	<b>CLUB TRIATLON COMPOSTELA</b>	<b>00:42:51</b>	<b>00:21:13 (222)</b>	<b>5:21</b>	<b>F (22)</b>	<b>SENIOR F (7)</b>
221	101	CAMPOS FERRO, RUBÉN	CLUB ATLETISMO +9 MORAÑA	00:43:07	00:21:16 (223)	5:23	M (199)	MASTER A M (59)
<b>222</b>	<b>97</b>	<b>AGRELO COUSELO, MARÍA</b>	<b>CLUB ATLETISMO +9 MORAÑA</b>	<b>00:43:07</b>	<b>00:21:16 (224)</b>	<b>5:23</b>	<b>F (23)</b>	<b>MASTER A F (8)</b>
223	70	OTERO CEPEDA, DANIEL	INDEPENDIENTE	00:43:26	00:21:44 (227)	5:25	M (200)	MASTER B M (69)
224	134	IGLESIAS LÓPEZ, JORGE	INDEPENDIENTE	00:43:51	00:21:13 (221)	5:28	M (201)	MASTER A M (60)
225	38	FIGUEROA SUÁREZ, ROBERTO	INDEPENDIENTE	00:44:02	00:21:34 (226)	5:30	M (202)	MASTER B M (70)
<b>226</b>	<b>128</b>	<b>GÓMEZ MOURE, SANDRA</b>	<b>INDEPENDIENTE</b>	<b>00:44:26</b>	<b>00:21:30 (225)</b>	<b>5:33</b>	<b>F (24)</b>	<b>MASTER A F (9)</b>
227	64	MENÉNDEZ DOMINGUEZ, JUAN CARLOS		00:45:38	00:22:34 (228)	5:42	M (203)	MASTER B M (71)
228	197	CREO SABORIDO, GONZALO	INDEPENDIENTE	00:46:37	00:24:54 (234)	5:49	M (204)	SENIOR M (66)
<b>229</b>	<b>190</b>	<b>BETANZOS FREIRE, SARELA</b>	<b>INDEPENDIENTE</b>	<b>00:46:37</b>	<b>00:25:27 (236)</b>	<b>5:49</b>	<b>F (25)</b>	<b>SENIOR F (8)</b>
<b>230</b>	<b>263</b>	<b>TABARES RODRIGUEZ, ALDARA</b>	<b>CLUB ATLETISMO TAMBRE</b>	<b>00:47:30</b>	<b>00:22:47 (230)</b>	<b>5:56</b>	<b>F (26)</b>	<b>SENIOR F (9)</b>
<b>231</b>	<b>15</b>	<b>BUJÁN OTERO, SUSANA</b>	<b>NOITEBRA FC</b>	<b>00:47:43</b>	<b>00:22:42 (229)</b>	<b>5:57</b>	<b>F (27)</b>	<b>MASTER B F (6)</b>
<b>232</b>	<b>143</b>	<b>MARTINEZ MARQUEZ, NOELIA</b>	<b>INDEPENDIENTE</b>	<b>00:47:58</b>	<b>00:27:07 (239)</b>	<b>5:59</b>	<b>F (28)</b>	<b>MASTER A F (10)</b>

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233	79	RODRIGUEZ BARBA, JOSE PEDRO	CLUBE ATLETISMO BOIMORTO	00:50:13	00:23:18 (231)	6:16	M (205)	MASTER B M (72)
234	137	LORENZO PRADO, MARI CARMEN	CASTROBIKES	00:50:28	00:25:14 (235)	6:18	F (29)	MASTER A F (11)
235	254	ROO REY, SARA	INDEPENDIENTE	00:51:30	00:24:46 (233)	6:26	F (30)	SENIOR F (10)
236	91	VAZQUEZ GUERRA, JOSE LUIS	TRAN TRAN	00:53:40	00:26:10 (237)	6:42	M (206)	MASTER B M (73)
237	18	CAEIRO CASÁS, EMILIO A.	TRAN TRAN	00:53:42	00:26:11 (238)	6:42	M (207)	MASTER B M (74)

Total: 237