

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
1	52	OTERO FARIÑA, PABLO	ATLETISMO TORRELAVEGA	00:30:42	00:06:59 (2)	00:15:25 (1)	00:22:24 (1)	3:04	M (1)	SENIOR M (1)
2	9	SANTIAGO FERNÁNDEZ,	CLUB DEPORTIVO PINARIUM	00:30:50	00:06:59 (1)	00:15:25 (2)	00:22:25 (2)	3:04	M (2)	SENIOR M (2)
3	53	DE LA FUENTE, DAVID	NINGUNO	00:31:17	00:07:00 (3)	00:15:26 (3)	00:22:33 (3)	3:07	M (3)	SENIOR M (3)
4	8	VIEITEZ PORTO, ISMAEL	CLUB DEPORTIVO DELIKIA	00:31:29	00:07:00 (7)	00:15:32 (6)	00:22:51 (6)	3:08	M (4)	SENIOR M (4)
5	73	ARIAS, JORGE	CLUB ATLETISMO SAR	00:31:33	00:07:01 (9)	00:15:32 (5)	00:22:48 (4)	3:09	M (5)	MASTER A M (1)
6	55	TELLADO, DENIS	CLUB DEPORTIVO DELIKIA	00:31:39	00:07:00 (4)	00:15:32 (4)	00:22:49 (5)	3:09	M (6)	SENIOR M (5)
7	263	GARCÍA SAINZ, YAGO	CLUB ATLETISMO SANTIAGO	00:32:39	00:07:01 (8)	00:15:55 (8)	00:23:32 (7)	3:15	M (7)	SUB 23 M (1)
8	58	WIDMARK, ERIK	NINGUNO	00:32:51	00:07:20 (15)	00:16:20 (12)	00:23:49 (8)	3:17	M (8)	SENIOR M (6)
9	57	GARCIA GACIÑO, ALBERTO	SAUDE SPORT	00:32:53	00:07:22 (18)	00:16:20 (11)	00:23:49 (9)	3:17	M (9)	SENIOR M (7)
10	12	GÓMEZ LÓPEZ, ANTÓN	CLUB ATLETISMO SANTIAGO	00:33:20	00:07:14 (12)	00:16:11 (10)	00:24:00 (11)	3:19	M (10)	SENIOR M (8)
11	153	LOJO, JOSE	SAN MIGUEL DE MARIN	00:33:21	00:07:23 (20)	00:16:29 (15)	00:24:11 (15)	3:20	M (11)	MASTER A M (2)
12	1	MUIÑO VARELA, CRISTIAN	SD COMPOSTELA ATLETISMO	00:33:23	00:07:24 (21)	00:16:29 (16)	00:24:08 (12)	3:20	M (12)	SENIOR M (9)
13	74	FENÁNDEZ SOENGAS,	CLUB DEPORTIVO DELIKIA	00:33:24	00:07:26 (24)	00:16:32 (18)	00:24:19 (16)	3:20	M (13)	MASTER A M (3)
14	83	SERRANO BUJAN,	NINGUNO	00:33:27	00:07:23 (19)	00:16:24 (14)	00:24:09 (14)	3:20	M (14)	MASTER A M (4)
15	2	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:33:30	00:07:13 (11)	00:16:21 (13)	00:24:09 (13)	3:20	M (15)	MASTER A M (5)
16	77	FERNANDEZ GARCIA,	ATLETISMO ARENTEIRO	00:33:40	00:07:26 (23)	00:16:33 (20)	00:24:19 (17)	3:21	M (16)	MASTER A M (6)
17	78	CREGO FERNANDEZ,	SD COMPOSTELA ATLETISMO	00:33:42	00:07:25 (22)	00:16:32 (17)	00:24:19 (18)	3:22	M (17)	MASTER A M (7)
18	16	PÉREZ VARELA,	ATLETAS DE ACEA DE AMÁ	00:33:45	00:07:19 (14)	00:16:32 (19)	00:24:20 (19)	3:22	M (18)	SENIOR M (10)
19	264	PÉREZ BLANCO, XOSÉ	ATLETISMO ARENTEIRO	00:33:57	00:07:27 (26)	00:16:47 (23)	00:24:37 (20)	3:23	M (19)	SUB 23 M (2)
20	54	GALVEZ PONCE, JOSÉ	CIDADE DE LUGO FLUVIAL	00:34:09	00:07:00 (6)	00:15:44 (7)	00:23:59 (10)	3:24	M (20)	SENIOR M (11)
21	11	CENDÁN LLORENS,	CLUB TRIATLÓN COMPOSTELA	00:34:10	00:07:19 (13)	00:16:33 (21)	00:24:46 (22)	3:24	M (21)	SENIOR M (12)
22	229	BARGIELA ARAUJO, DANIEL	BIKILA	00:34:14	00:07:40 (43)	00:17:11 (44)	00:24:59 (32)	3:25	M (22)	MASTER B M (1)
23	82	CUTRÍN LÓPEZ, DAVID	CLUB TRIATLÓN COMPOSTELA	00:34:16	00:07:42 (46)	00:17:09 (42)	00:24:59 (33)	3:25	M (23)	MASTER A M (8)
24	76	MOSQUERA DOPAZO, JUAN	CLUB ATLETISMO SAR	00:34:19	00:07:34 (29)	00:16:51 (24)	00:24:46 (21)	3:25	M (24)	MASTER A M (9)
25	75	SANCHEZ SAN LUIS, JOSÉ	CLUB ATLETISMO SAR	00:34:20	00:07:27 (27)	00:17:01 (29)	00:24:54 (25)	3:25	M (25)	MASTER A M (10)
26	86	GARCIA RODRÍGUEZ,	NINGUNO	00:34:21	00:07:35 (34)	00:16:53 (25)	00:24:58 (31)	3:26	M (26)	MASTER A M (11)
27	5	EL GAZOUIR, NOUHAILA	CLUBE DEPORTIVO ARZÚA	00:34:25	00:07:34 (30)	00:17:01 (27)	00:24:57 (30)	3:26	F (1)	SENIOR F (1)
28	187	LORENZO SANTOS,	OS MUDITOS	00:34:27	00:07:43 (49)	00:17:06 (37)	00:24:57 (29)	3:26	M (27)	MASTER B M (2)
29	622	FERNANDEZ GUZMAN,	TRIATLÓN RÍAS BAIXAS	00:34:28	00:07:37 (36)	00:17:03 (34)	00:24:57 (28)	3:26	M (28)	MASTER A M (12)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
30	80	AGRELO GÓMEZ,	CLUB ATLETISMO SAR	00:34:29	00:07:39 (40)	00:17:01 (30)	00:24:56 (27)	3:26	M (29)	MASTER A M (13)
31	156	RODRIGUEZ GARCIA,	TRIATLÓN RÍAS BAIXAS	00:34:31	00:07:27 (25)	00:16:59 (26)	00:24:55 (26)	3:27	M (30)	MASTER A M (14)
32	191	VÁZQUEZ ARES,	NINGUNO	00:34:31	00:07:38 (38)	00:17:02 (31)	00:24:52 (24)	3:27	M (31)	MASTER B M (3)
33	24	SANTIAGO, DIEGO	CLUB TRIATLÓN COMPOSTELA	00:34:33	00:07:42 (45)	00:17:10 (43)	00:25:05 (37)	3:27	M (32)	SENIOR M (13)
34	154	GARCIA BLANCO,	NINGUNO	00:34:35	00:07:41 (44)	00:17:07 (38)	00:25:00 (34)	3:27	M (33)	MASTER A M (15)
35	3	JUANATEY GARCIA,	CLUB ATLETISMO NOIA	00:34:37	00:07:47 (59)	00:17:29 (59)	00:25:20 (47)	3:27	M (34)	MASTER A M (16)
36	22	MARTINEZ LOUZAO, LUIS	TRIATLÓN RÍAS BAIXAS	00:34:40	00:07:48 (61)	00:17:14 (46)	00:25:08 (38)	3:27	M (35)	SENIOR M (14)
37	158	RODRÍGUEZ LARIÑO,	ASOCIACIÓN DEPORTIVA	00:34:41	00:07:48 (63)	00:17:16 (47)	00:25:12 (43)	3:28	M (36)	MASTER A M (17)
38	190	MONTILLA FERNÁNDEZ,	C.D. BIOSBARDO	00:34:43	00:07:35 (33)	00:17:06 (36)	00:25:10 (39)	3:28	M (37)	MASTER B M (4)
39	14	FONTÁN MARTÍNEZ,	CLUB ATLETISMO SAR	00:34:45	00:07:36 (35)	00:17:04 (35)	00:25:04 (36)	3:28	M (38)	SENIOR M (15)
40	121	ASCANIO BASO,	NINGUNO	00:34:48	00:07:46 (55)	00:17:17 (49)	00:25:16 (46)	3:28	M (39)	MASTER A M (18)
41	6	TOMÉ BRANDÓN, ALBERTO	AD FOGAR	00:34:49	00:07:48 (62)	00:17:29 (60)	00:25:21 (48)	3:28	M (40)	SENIOR M (16)
42	88	VÁZQUEZ ENJAMIO, JULIO	CLUBE ATLETISMO BOIMORTO	00:34:50	00:07:43 (50)	00:17:16 (48)	00:25:16 (45)	3:28	M (41)	MASTER A M (19)
43	91	GARCIA AMEIJIDE,	NOSPORTLIMIT	00:34:50	00:07:47 (58)	00:17:14 (45)	00:25:13 (44)	3:28	M (42)	MASTER A M (20)
44	193	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	00:34:51	00:07:39 (42)	00:17:08 (40)	00:25:10 (40)	3:29	M (43)	MASTER B M (5)
45	13	JAMARDO ABOY, SERGIO	DELICIA	00:34:54	00:07:22 (17)	00:16:37 (22)	00:24:47 (23)	3:29	M (44)	SENIOR M (17)
46	89	BECERRO ESCRIBANO,	CLUBE CORREDOIRAS BUEU	00:34:54	00:07:39 (39)	00:17:02 (33)	00:25:01 (35)	3:29	M (45)	MASTER A M (21)
47	165	RIADIGOS PIÑEIRO, BRUNO	NOSPORTLIMIT	00:34:55	00:07:57 (86)	00:17:29 (61)	00:25:24 (49)	3:29	M (46)	MASTER A M (22)
48	94	MELLO BIRKHAN, JACI	NINGUNO	00:35:00	00:07:38 (37)	00:17:07 (39)	00:25:12 (42)	3:29	M (47)	MASTER A M (23)
49	59	ALONSO NOGUEIRA, DAVID	CAB BETANZOS	00:35:02	00:07:34 (31)	00:17:20 (52)	00:25:29 (53)	3:30	M (48)	SENIOR M (18)
50	164	CASTRO GIL, BRUNO	NINGUNO	00:35:03	00:08:00 (96)	00:17:48 (82)	00:25:49 (63)	3:30	M (49)	MASTER A M (24)
51	72	RODRIGUEZ GONZALEZ,	S.D. BARBANTIA RODA	00:35:03	00:07:22 (16)	00:17:47 (79)	00:25:48 (62)	3:30	M (50)	MASTER A M (25)
52	157	RIAL CASTAÑO, SALVA	TRIBU TRAIL	00:35:05	00:07:59 (93)	00:17:37 (68)	00:25:35 (57)	3:30	M (51)	MASTER A M (26)
53	19	MARÍN MOLLINEDO,	NINGUNO	00:35:06	00:07:58 (87)	00:17:36 (67)	00:25:33 (55)	3:30	M (52)	SENIOR M (19)
54	195	RODRÍGUEZ TORRES,	S.D. BARBANTIA RODA	00:35:12	00:07:53 (67)	00:17:32 (64)	00:25:36 (59)	3:31	M (53)	MASTER B M (6)
55	110	RODRÍGUEZ LEAL, CARLOS	CLUB FERROL ATLETISMO	00:35:13	00:07:55 (74)	00:17:34 (66)	00:25:34 (56)	3:31	M (54)	MASTER A M (27)
56	160	MARZOA RUIZ, MIGUEL	C.A.R. MARISQUEIRO	00:35:15	00:07:44 (52)	00:17:20 (53)	00:25:28 (52)	3:31	M (55)	MASTER A M (28)
57	981	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:35:19	00:07:45 (53)	00:17:20 (51)	00:25:28 (51)	3:31	M (56)	MASTER C M (1)
58	81	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:35:21	00:07:44 (51)	00:17:20 (54)	00:25:27 (50)	3:32	M (57)	MASTER A M (29)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
59	234	GOMEZ SOUSA, ELPIDIO	NINGUNO	00:35:27	00:07:35 (32)	00:17:02 (32)	00:25:11 (41)	3:32	M (58)	MASTER B M (7)
60	232	DOPAZO MIGUEZ,	CLUB TRIATLÓN COMPOSTELA	00:35:30	00:08:07 (111)	00:17:54 (89)	00:25:53 (66)	3:32	M (59)	MASTER B M (8)
61	192	VIDAL MORENO,	TRIATLON VILAGARCIA	00:35:31	00:07:58 (89)	00:17:38 (69)	00:25:43 (61)	3:33	M (60)	MASTER B M (9)
62	98	PEREIRO ALONSO, DIEGO	ATLETISMO PORRIÑO	00:35:32	00:07:53 (66)	00:17:28 (58)	00:25:30 (54)	3:33	M (61)	MASTER A M (30)
63	23	CRUZ SOTO, DAVID	CLUB ATLETISMO SADA	00:35:34	00:07:45 (54)	00:17:24 (55)	00:25:35 (58)	3:33	M (62)	SENIOR M (20)
64	231	POMBAL CORTEGOSO,	SAN MIGUEL DE MARIN	00:35:43	00:07:39 (41)	00:17:20 (50)	00:25:38 (60)	3:34	M (63)	MASTER B M (10)
65	235	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	00:35:44	00:07:54 (72)	00:17:43 (73)	00:25:55 (69)	3:34	M (64)	MASTER B M (11)
66	31	BUGALLO LÓPEZ, RICARDO	NINGUNO	00:35:46	00:07:46 (57)	00:17:32 (65)	00:25:53 (67)	3:34	M (65)	SENIOR M (21)
67	25	CASTIÑEIRA PAIS, MARCO	TRIATLON ARTEIXO	00:35:47	00:07:56 (78)	00:17:42 (72)	00:25:56 (70)	3:34	M (66)	SENIOR M (22)
68	95	RODRIGUEZ VAZQUEZ,	ATLETISMO ARENTEIRO	00:35:53	00:07:57 (82)	00:17:42 (71)	00:25:52 (65)	3:35	M (67)	MASTER A M (31)
69	26	AMIGO ALVAREZ, BORJA	TRINORTH	00:35:55	00:07:42 (48)	00:17:27 (57)	00:25:52 (64)	3:35	M (68)	SENIOR M (23)
70	201	ALVAREZ PAREDES,	NOSPORTLIMIT	00:35:55	00:08:03 (106)	00:17:52 (85)	00:26:03 (77)	3:35	M (69)	MASTER B M (12)
71	237	NIETO GONZALEZ, JOSE	CLUB ATLETISMO SAR	00:35:57	00:07:55 (73)	00:17:44 (74)	00:25:59 (75)	3:35	M (70)	MASTER B M (13)
72	21	FERNÁNDEZ TOJO,	CLUB ATLETISMO TAMBRE	00:35:57	00:07:49 (65)	00:17:46 (78)	00:26:00 (76)	3:35	M (71)	SENIOR M (24)
73	32	BARREIRO CASTIÑEIRA,	CLUB TRIATLÓN COMPOSTELA	00:35:58	00:08:01 (99)	00:17:45 (77)	00:25:59 (74)	3:35	M (72)	SENIOR M (25)
74	162	CALERO FERNANDEZ,	CLUB ATLETISMO SAR	00:35:59	00:07:55 (75)	00:17:44 (75)	00:25:56 (71)	3:35	M (73)	MASTER A M (32)
75	161	ALONSO BARREIRO, PABLO	A.D.C A BOUTUREIRA	00:36:00	00:07:47 (60)	00:17:31 (62)	00:25:53 (68)	3:35	M (74)	MASTER A M (33)
76	176	RÍOS FERRADÁS, AGUSTÍN	NINGUNO	00:36:01	00:07:54 (71)	00:17:52 (84)	00:26:12 (80)	3:36	M (75)	MASTER A M (34)
77	27	LÓPEZ FERNÁNDEZ,	ATLETISMO ARENTEIRO	00:36:01	00:07:59 (91)	00:17:52 (86)	00:26:14 (84)	3:36	M (76)	SENIOR M (26)
78	171	SANTIAGO VILLAR, JOSE	OS CORZOS DO ORTEGAL	00:36:03	00:08:09 (115)	00:18:02 (99)	00:26:16 (87)	3:36	M (77)	MASTER A M (35)
79	169	VAZQUEZ GRELA, JUAN	NOSPORTLIMIT	00:36:04	00:08:05 (108)	00:17:55 (91)	00:26:13 (82)	3:36	M (78)	MASTER A M (36)
80	20	ROJO LUACES, ADRIAN	CLUB ATLETISMO SAR	00:36:05	00:07:49 (64)	00:17:32 (63)	00:25:58 (73)	3:36	M (79)	SENIOR M (27)
81	90	SANTOS NUÑEZ, PABLO	CLUB ATLETISMO CAMBADOS	00:36:07	00:07:54 (70)	00:17:54 (88)	00:26:13 (81)	3:36	M (80)	MASTER A M (37)
82	65	ESPIÑEIRA MOSQUERA,	NOSPORTLIMIT	00:36:12	00:08:11 (121)	00:18:02 (100)	00:26:15 (86)	3:37	M (81)	SENIOR M (28)
83	97	MONTES SANCHEZ, CESAR	NINGUNO	00:36:14	00:07:55 (75)	00:17:48 (81)	00:26:09 (79)	3:37	M (82)	MASTER A M (38)
84	230	NAVARRO ANTON, JOSE	S.D. BARBANTIA RODA	00:36:19	00:07:57 (83)	00:17:47 (80)	00:26:09 (78)	3:37	M (83)	MASTER B M (14)
85	166	CASTROAGUDIN GOMEZ,	MORAÑA EN RUTA	00:36:20	00:08:00 (95)	00:17:56 (92)	00:26:22 (90)	3:37	M (84)	MASTER A M (39)
86	197	FAGILDE FANDIÑO, ANGEL	CLUB TRIATLÓN COMPOSTELA	00:36:21	00:08:01 (100)	00:17:59 (95)	00:26:18 (88)	3:38	M (85)	MASTER B M (15)
87	34	CARRACEDO PORTO,	CLUBE DEPORTIVO ARZÚA	00:36:23	00:08:02 (102)	00:17:58 (94)	00:26:23 (91)	3:38	M (86)	SENIOR M (29)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
88	56	PARDO BELLO,	NINGUNO	00:36:24	00:07:42 (47)	00:17:25 (56)	00:25:57 (72)	3:38	M (87)	SENIOR M (30)
89	242	RUBIO RUBIRA, IVAN	A.D NAUTICO DE NARÓN	00:36:25	00:07:57 (84)	00:17:50 (83)	00:26:13 (83)	3:38	M (88)	MASTER B M (16)
90	42	DOMINGUEZ SUAREZ,	NINGUNO	00:36:26	00:08:04 (107)	00:18:07 (106)	00:26:25 (95)	3:38	M (89)	SENIOR M (31)
91	64	COUSO MARTÍNEZ, ELOI	NINGUNO	00:36:32	00:08:00 (97)	00:17:55 (90)	00:26:26 (96)	3:39	M (90)	SENIOR M (32)
92	107	DÍAZ BAUTISTA, JOSE	BRUTANZOS TEAM	00:36:37	00:08:10 (119)	00:18:17 (114)	00:26:37 (102)	3:39	M (91)	MASTER A M (40)
93	174	GONZALEZ VILAR,	GTR GALAICOTRAILRUN	00:36:40	00:07:54 (69)	00:17:53 (87)	00:26:25 (94)	3:39	M (92)	MASTER A M (41)
94	118	SÁNCHEZ VÁZQUEZ,	NINGUNO	00:36:41	00:08:18 (125)	00:18:18 (115)	00:26:37 (101)	3:40	M (93)	MASTER A M (42)
95	258	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	00:36:42	00:08:02 (103)	00:17:58 (93)	00:26:24 (93)	3:40	M (94)	MASTER C M (2)
96	170	PÉREZ GARCÍA, CÉSAR	NINGUNO	00:36:44	00:08:06 (110)	00:18:05 (104)	00:26:36 (100)	3:40	M (95)	MASTER A M (43)
97	30	TRIÑANES MARTINEZ,	S.D. BARBANTIA RODA	00:36:45	00:08:08 (112)	00:18:07 (105)	00:26:37 (104)	3:40	M (96)	SENIOR M (33)
98	111	VÁZQUEZ MATO, JOSÉ	CLUB DEPORTIVO BRIÓN	00:36:47	00:08:01 (101)	00:18:05 (103)	00:26:32 (98)	3:40	M (97)	MASTER A M (44)
99	61	GARCÍA MENIÑO, JUAN	CLUB ATLETISMO CAMBADOS	00:36:47	00:08:11 (120)	00:18:03 (101)	00:26:23 (91)	3:40	M (98)	SENIOR M (34)
100	228	BUCETA POUZO, ERNESTO	NINGUNO	00:36:54	00:08:01 (98)	00:18:00 (96)	00:26:31 (97)	3:41	M (99)	MASTER B M (17)
101	120	CADAVID VILLANUEVA,	NINGUNO	00:36:58	00:08:03 (105)	00:18:01 (97)	00:26:34 (99)	3:41	M (100)	MASTER A M (45)
102	108	RODRIGUEZ POUZO, LITO	CLUB ATLETISMO NOIA	00:36:59	00:07:58 (90)	00:17:44 (76)	00:26:21 (89)	3:41	M (101)	MASTER A M (46)
103	168	RILO GONZALEZ VALLES,	TRIATLÓN FERROL	00:37:00	00:08:10 (117)	00:18:10 (110)	00:26:37 (103)	3:41	M (102)	MASTER A M (47)
104	99	GONZÁLEZ NÚÑEZ, JOSÉ	NINGUNO	00:37:04	00:07:55 (77)	00:18:10 (111)	00:26:44 (106)	3:42	M (103)	MASTER A M (48)
105	163	SEÑORANS TOBIO,	CLUB ATLETISMO CAMBADOS	00:37:05	00:08:24 (137)	00:18:32 (126)	00:26:56 (110)	3:42	M (104)	MASTER A M (49)
106	270	CASTRO SANTOS,	VICKY FOODS ATHLETICS	00:37:06	00:07:46 (56)	00:17:38 (70)	00:26:14 (85)	3:42	F (2)	SUB 23 F (1)
107	92	ARAUJO PEREZ, DAMIAN	NINGUNO	00:37:06	00:07:53 (68)	00:18:02 (98)	00:26:38 (105)	3:42	M (105)	MASTER A M (50)
108	35	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	00:37:07	00:08:22 (131)	00:18:22 (116)	00:26:54 (109)	3:42	M (106)	SENIOR M (35)
109	106	ALVAREZ BENDAÑA,	CLUB ATLETISMO SAR	00:37:08	00:07:56 (81)	00:18:09 (109)	00:26:47 (107)	3:42	M (107)	MASTER A M (51)
110	535	BUGALLO LÓPEZ, ÁNGEL	NINGUNO	00:37:09	00:08:52 (203)	00:18:52 (145)	00:27:14 (125)	3:42	M (108)	SENIOR M (36)
111	46	GENDRA SALVADO, HUGO	ENTRENARUNNING	00:37:09	00:08:35 (161)	00:18:52 (144)	00:27:13 (124)	3:42	M (109)	SENIOR M (37)
112	186	OUBIÑA DIOS, FRANCISCO	CLUB ATLETISMO CAMBADOS	00:37:14	00:08:02 (104)	00:18:17 (113)	00:26:57 (111)	3:43	M (110)	MASTER B M (18)
113	122	GARCIA VUELTA, JOSE	NOSPORTLIMIT	00:37:15	00:08:32 (151)	00:18:44 (135)	00:27:08 (119)	3:43	M (111)	MASTER A M (52)
114	33	CASTRO FERNÁNDEZ,	NINGUNO	00:37:16	00:08:27 (144)	00:19:07 (157)	00:27:30 (135)	3:43	M (112)	SENIOR M (38)
115	127	NÚÑEZ PARADA, MIGUEL	A.D.C A BOUTUREIRA	00:37:20	00:08:05 (109)	00:18:22 (119)	00:27:01 (114)	3:43	M (113)	MASTER A M (53)
116	112	FERNÁNDEZ RODRÍGUEZ,	CLUBE ATLETISMO BOIMORTO	00:37:20	00:08:23 (134)	00:18:32 (127)	00:27:02 (115)	3:43	M (114)	MASTER A M (54)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
117	272	GONZÁLEZ MARTÍNEZ,	A.D NAUTICO DE NARÓN	00:37:21	00:07:56 (79)	00:18:09 (108)	00:27:22 (127)	3:44	M (115)	SUB 23 M (3)
118	104	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	00:37:21	00:08:09 (116)	00:18:22 (118)	00:27:00 (113)	3:44	M (116)	MASTER A M (55)
119	71	MARTÍNEZ CALVO,	CLUBE CORREDOIRAS BUEU	00:37:22	00:08:31 (149)	00:18:55 (147)	00:27:27 (133)	3:44	M (117)	SENIOR M (39)
120	155	TARELA MIRAMONTES,	NINGUNO	00:37:22	00:07:59 (92)	00:18:09 (107)	00:26:58 (112)	3:44	M (118)	MASTER A M (56)
121	36	VIDAL VILLAR, FABIÁN	NINGUNO	00:37:24	00:07:57 (85)	00:18:04 (102)	00:26:50 (108)	3:44	M (119)	SENIOR M (40)
122	29	BELLAS GÓMEZ, MARTÍN	TRIATLÓN FERROL	00:37:27	00:08:16 (124)	00:18:29 (123)	00:27:07 (118)	3:44	M (120)	SENIOR M (41)
123	194	ESPIÑA FERNANDEZ,	BIOCOUTO OURENSE	00:37:28	00:08:08 (113)	00:18:23 (120)	00:27:03 (117)	3:44	M (121)	MASTER B M (19)
124	38	PARDO MONTERO,	NINGUNO	00:37:29	00:08:20 (127)	00:18:35 (129)	00:27:12 (123)	3:44	M (122)	SENIOR M (42)
125	240	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:37:32	00:08:24 (136)	00:18:38 (131)	00:27:11 (122)	3:45	M (123)	MASTER B M (20)
126	87	ESPIÑA FERNANDEZ,	BIOCOUTO OURENSE	00:37:34	00:08:08 (114)	00:18:24 (121)	00:27:02 (116)	3:45	M (124)	MASTER A M (57)
127	126	RODRIGUEZ FERNANDEZ,	NINGUNO	00:37:36	00:08:21 (129)	00:18:31 (125)	00:27:10 (121)	3:45	M (125)	MASTER A M (58)
128	63	FEIJOO REDONDO,	CLUB ATLETISMO SANTIAGO	00:37:37	00:08:23 (133)	00:18:44 (136)	00:27:24 (128)	3:45	M (126)	SENIOR M (43)
129	44	CALVO CASTRO, JORGE	TRIATLÓN RÍAS BAIXAS	00:37:39	00:08:15 (123)	00:18:30 (124)	00:27:10 (120)	3:45	M (127)	SENIOR M (44)
130	96	FRAGA DÍAZ, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:37:44	00:08:48 (190)	00:19:15 (166)	00:27:45 (148)	3:46	M (128)	MASTER A M (59)
131	47	ALVAREZ GARCIA, CIRO	NINGUNO	00:37:46	00:08:24 (135)	00:18:40 (132)	00:27:24 (130)	3:46	M (129)	SENIOR M (45)
132	134	ROMERO SABORIDO,	NINGUNO	00:37:47	00:08:34 (157)	00:18:50 (142)	00:27:27 (134)	3:46	M (130)	MASTER A M (60)
133	37	VARELA RAMOS,	NINGUNO	00:37:49	00:07:56 (80)	00:18:15 (112)	00:27:15 (126)	3:46	M (131)	SENIOR M (46)
134	238	RAMOS FERROL, ARTURO	CLUB TRIATLÓN COMPOSTELA	00:37:50	00:08:26 (141)	00:18:43 (134)	00:27:26 (131)	3:46	M (132)	MASTER B M (21)
135	178	NOVO BUJEIRO, JAVIER	A.D. OLIMPIA	00:37:52	00:08:52 (202)	00:19:08 (158)	00:27:40 (145)	3:47	M (133)	MASTER A M (61)
136	45	CORRAL SERTAL, JAVIER	CLUB TRIATLÓN COMPOSTELA	00:37:55	00:08:48 (189)	00:19:15 (168)	00:27:45 (149)	3:47	M (134)	SENIOR M (47)
137	279	FRAMIÑÁN LAMAZARES,	GTR GALAICO TRAIL RUN	00:37:59	00:08:32 (150)	00:18:41 (133)	00:27:24 (129)	3:47	M (135)	SENIOR M (48)
138	123	VIDAL CASTAÑO, IVÁN	ENTRENARUNNING	00:38:01	00:08:35 (159)	00:18:52 (143)	00:27:34 (137)	3:48	M (136)	MASTER A M (62)
139	198	VÁZQUEZ TUBIO, ALBERTO	S.D. BARBANTIA RODA	00:38:02	00:08:36 (164)	00:18:56 (149)	00:27:35 (139)	3:48	M (137)	MASTER B M (22)
140	130	GARCIA IGLESIAS, LUCAS	NINGUNO	00:38:03	00:08:36 (163)	00:18:53 (146)	00:27:35 (138)	3:48	M (138)	MASTER A M (63)
141	243	BARREIRO PEREIRA, XOSÉ	SD COMPOSTELA ATLETISMO	00:38:04	00:08:25 (138)	00:18:49 (141)	00:27:37 (141)	3:48	M (139)	MASTER B M (23)
142	132	LÓPEZ PAZ, MARIO	TRIATLÓN FERROL	00:38:05	00:08:14 (122)	00:18:44 (137)	00:27:38 (143)	3:48	M (140)	MASTER A M (64)
143	145	CRESPO MEIJOEIRO,	CLUBE CORREDOIRAS BUEU	00:38:05	00:08:31 (148)	00:18:57 (151)	00:27:39 (144)	3:48	M (141)	MASTER A M (65)
144	102	SEOANE AMOR, PABLO	BRUTANZOS TEAM	00:38:09	00:08:19 (126)	00:18:37 (130)	00:27:33 (136)	3:48	M (142)	MASTER A M (66)
145	124	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:38:09	00:08:25 (140)	00:18:44 (138)	00:27:26 (132)	3:48	M (143)	MASTER A M (67)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
146	113	LAIÑO SILVA, VICTOR	SAN MIGUEL DE MARIN	00:38:10	00:08:36 (165)	00:19:02 (154)	00:27:44 (147)	3:48	M (144)	MASTER A M (68)
147	119	TRILLO POUSA, ESTEBAN	NINGUNO	00:38:14	00:08:40 (170)	00:18:57 (150)	00:27:46 (151)	3:49	M (145)	MASTER A M (69)
148	253	RAFAEL Balsa, MARIO	NINGUNO	00:38:17	00:08:39 (169)	00:19:13 (164)	00:27:47 (152)	3:49	M (146)	MASTER C M (3)
149	173	LAGO SANTIAGO, KIKO	ASOCIACIÓN DEPORTIVA	00:38:19	00:08:47 (187)	00:19:11 (161)	00:27:46 (150)	3:49	M (147)	MASTER A M (70)
150	251	GONZÁLEZ POUSA,	SD COMPOSTELA ATLETISMO	00:38:22	00:08:25 (139)	00:18:47 (140)	00:27:38 (142)	3:50	M (148)	MASTER C M (4)
151	137	TRILLO BLANCO, RUBEN	CLUB ATLETISMO NOIA	00:38:28	00:08:22 (132)	00:18:45 (139)	00:27:44 (146)	3:50	M (149)	MASTER A M (71)
152	62	GARCÍA MARTÍNEZ, JOSE	EL CANARIO	00:38:33	00:08:33 (153)	00:18:56 (148)	00:27:36 (140)	3:51	M (150)	SENIOR M (49)
153	50	LÓPEZ CASTRO, RUBÉN	NINGUNO	00:38:34	00:08:45 (180)	00:19:11 (160)	00:27:56 (154)	3:51	M (151)	SENIOR M (50)
154	185	CASÁIS GONZÁLEZ,	ASOCIACIÓN DEPORTIVA	00:38:36	00:08:47 (185)	00:19:13 (163)	00:27:58 (155)	3:51	M (152)	MASTER A M (72)
155	68	GONZÁLEZ LOPEZ, JORGE	S.D. BARBANTIA RODA	00:38:36	00:08:33 (152)	00:18:58 (152)	00:27:49 (153)	3:51	M (153)	SENIOR M (51)
156	49	OTERO DOSIL, RUBÉN	CLUB ATLETISMO NOIA	00:38:39	00:08:34 (158)	00:19:12 (162)	00:28:02 (157)	3:51	M (154)	SENIOR M (52)
157	315	ABEAL, ALBERTO	BRUTANZOS TEAM	00:38:44	00:09:00 (222)	00:19:36 (192)	00:28:23 (170)	3:52	M (155)	SENIOR M (53)
158	379	TUBÍO FERREIRÓS, FRAN	NINGUNO	00:38:44	00:09:12 (260)	00:19:51 (217)	00:28:40 (184)	3:52	M (156)	MASTER A M (73)
159	203	REMIGIO LORENZO,	CABO DE PEÑAS	00:38:46	00:08:30 (147)	00:19:02 (155)	00:28:01 (156)	3:52	M (157)	MASTER B M (24)
160	205	PINO PORTO, EDUARDO	ATLETISMO PORRIÑO	00:38:48	00:08:59 (217)	00:19:40 (201)	00:28:24 (171)	3:52	M (158)	MASTER B M (25)
161	250	BARRAL SÁNCHEZ, JESÚS	SD COMPOSTELA ATLETISMO	00:38:50	00:08:43 (177)	00:19:17 (171)	00:28:17 (162)	3:52	M (159)	MASTER C M (5)
162	114	ARTHAUD ÁLVAREZ,	NINGUNO	00:38:51	00:08:21 (130)	00:19:01 (153)	00:28:02 (158)	3:53	M (160)	MASTER A M (74)
163	208	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:38:56	00:08:41 (173)	00:19:21 (176)	00:28:14 (161)	3:53	M (161)	MASTER B M (26)
164	283	SANABRIA GARRIDO,	NOSPORTLIMIT	00:39:01	00:08:54 (205)	00:19:28 (183)	00:28:21 (167)	3:54	M (162)	SENIOR M (54)
165	133	GUILLÁN PAZOS,	ARTROGAL TRI 498	00:39:02	00:08:28 (145)	00:19:16 (169)	00:28:19 (164)	3:54	M (163)	MASTER A M (75)
166	109	PIZARRO VARELA, ANDRÉS	NOSPORTLIMIT	00:39:02	00:08:42 (174)	00:19:20 (174)	00:28:19 (163)	3:54	M (164)	MASTER A M (76)
167	213	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:39:03	00:08:34 (156)	00:19:09 (159)	00:28:06 (159)	3:54	M (165)	MASTER B M (27)
168	266	CALVO CASTRO, HUGO	NINGUNO	00:39:06	00:08:33 (154)	00:19:28 (181)	00:28:33 (177)	3:54	M (166)	SUB 23 M (4)
169	204	SENDON RODRIGUEZ,	CLUB ATLETISMO FONTES DO	00:39:08	00:08:41 (172)	00:19:18 (172)	00:28:22 (169)	3:54	M (167)	MASTER B M (28)
170	48	PENELA CASTIÑEIRA,	CLUB FLUVIAL DE LUGO	00:39:09	00:08:50 (193)	00:19:35 (191)	00:28:33 (178)	3:54	M (168)	SENIOR M (55)
171	138	MANEIRO TORRES, DAVID	SAUDE SPORT	00:39:10	00:08:43 (176)	00:19:15 (167)	00:28:09 (160)	3:54	M (169)	MASTER A M (77)
172	131	SEARA PÉREZ, ÁLVARO	CLUB ATLETISMO FONTES DO	00:39:10	00:09:16 (273)	00:20:02 (233)	00:28:50 (199)	3:54	M (170)	MASTER A M (78)
173	354	GONZALEZ, ALBERTO	ENTRENARUNNING	00:39:11	00:09:00 (220)	00:19:40 (202)	00:28:35 (181)	3:55	M (171)	MASTER A M (79)
174	212	VILLA VIEIRO, FER	CLUB TRIATLÓN COMPOSTELA	00:39:12	00:08:51 (196)	00:19:31 (186)	00:28:27 (174)	3:55	M (172)	MASTER B M (29)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
175	522	SEVILLA CARRO, PABLO	NINGUNO	00:39:13	00:08:34 (155)	00:19:28 (182)	00:28:33 (179)	3:55	M (173)	SUB 23 M (5)
176	265	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:39:13	00:08:00 (94)	00:18:22 (117)	00:28:24 (172)	3:55	M (174)	SUB 23 M (6)
177	236	GOMEZ IGLESIAS, JOSE	BURGAS OURENSE	00:39:14	00:08:51 (199)	00:19:32 (187)	00:28:26 (173)	3:55	M (175)	MASTER B M (30)
178	216	GARCÍA, NATI	RUNNING OLEIROS	00:39:17	00:08:51 (198)	00:19:34 (190)	00:28:21 (168)	3:55	F (3)	MASTER B F (1)
179	101	PRESAS, DOMINGO	BRUTANZOS TEAM	00:39:17	00:08:10 (118)	00:18:24 (122)	00:28:20 (166)	3:55	M (176)	MASTER A M (80)
180	143	MOURE ANDRADE,	NINGUNO	00:39:18	00:08:45 (181)	00:19:20 (173)	00:28:20 (165)	3:55	M (177)	MASTER A M (81)
181	117	HERMO VILLAR, PABLO	CLUB ATLETISMO NOIA	00:39:21	00:08:45 (179)	00:19:39 (200)	00:28:55 (201)	3:56	M (178)	MASTER A M (82)
182	136	PEREIRA UCHA, IVÁN	FENDE-PERNAS TEAM	00:39:22	00:08:55 (211)	00:19:41 (204)	00:28:41 (187)	3:56	M (179)	MASTER A M (83)
183	167	NÚÑEZ MUÑIZ, TONY	CLUB CERVECERÍA O COTON	00:39:25	00:08:51 (197)	00:19:36 (194)	00:28:43 (193)	3:56	M (180)	MASTER A M (84)
184	103	BELLO GRACIA, JUAN JOSE	CLUB CERVECERÍA O COTON	00:39:25	00:08:50 (194)	00:19:36 (193)	00:28:43 (191)	3:56	M (181)	MASTER A M (85)
185	139	CUENCA GARCIA,	CLUB ATLETISMO O PINO	00:39:26	00:08:52 (200)	00:19:36 (196)	00:28:43 (190)	3:56	M (182)	MASTER A M (86)
186	245	FERNÁNDEZ ÁLVAREZ,	S.A.TREGA-TOMIÑO	00:39:26	00:08:54 (207)	00:19:42 (205)	00:28:40 (186)	3:56	M (183)	MASTER B M (31)
187	129	GAREA SUÁREZ, MANUEL	NOSPORTLIMIT	00:39:34	00:08:43 (175)	00:19:29 (185)	00:28:38 (182)	3:57	M (184)	MASTER A M (87)
188	260	GÓMEZ SUEIRAS,	NINGUNO	00:39:35	00:08:47 (186)	00:19:37 (197)	00:28:44 (195)	3:57	M (185)	MASTER C M (6)
189	188	PÉREZ SANTAMARÍA,	NINGUNO	00:39:35	00:08:44 (178)	00:19:27 (178)	00:28:34 (180)	3:57	M (186)	MASTER B M (32)
190	246	SEOANE MUÑIZ, THOMAS	NINGUNO	00:39:36	00:08:39 (168)	00:19:32 (188)	00:28:42 (188)	3:57	M (187)	MASTER B M (33)
191	221	CIGÜENZA GESTOSO, JOSE	NINGUNO	00:39:37	00:08:40 (171)	00:19:16 (170)	00:28:31 (176)	3:57	M (188)	MASTER B M (34)
192	241	VILA SIEIRA, RUBÉN	NINGUNO	00:39:37	00:08:37 (166)	00:19:22 (177)	00:28:28 (175)	3:57	M (189)	MASTER B M (35)
193	465	FERNANDEZ VIDAL, ANGEL	CLUB TRIATLON CERVECERIA	00:39:38	00:08:50 (195)	00:19:36 (195)	00:28:43 (192)	3:57	M (190)	MASTER B M (36)
194	327	LÓPEZ PLATAS, CARLOS	NINGUNO	00:39:39	00:09:20 (283)	00:19:58 (226)	00:28:56 (205)	3:57	M (191)	MASTER A M (88)
195	464	DEL RÍO BÓVEDA, ÓSCAR	NINGUNO	00:39:42	00:09:01 (224)	00:19:54 (220)	00:28:57 (207)	3:58	M (192)	MASTER B M (37)
196	66	CAMINO, PABLO	NINGUNO	00:39:43	00:09:07 (240)	00:19:46 (210)	00:28:45 (196)	3:58	M (193)	SENIOR M (56)
197	380	VEGA LEAL, JORGE	NINGUNO	00:39:43	00:09:07 (239)	00:19:47 (211)	00:28:47 (197)	3:58	M (194)	MASTER A M (89)
198	225	LUENGO DELGADO, PABLO	ATLETISMO A ESTRADA	00:39:44	00:08:53 (204)	00:19:47 (212)	00:28:51 (200)	3:58	M (195)	MASTER B M (38)
199	285	GARCÍA RODRÍGUEZ,	C.D. BIOSBARDO	00:39:44	00:08:30 (146)	00:19:27 (180)	00:28:40 (185)	3:58	F (4)	SENIOR F (2)
200	254	BRANDON RODRIGUEZ,	CLUB ATLETISMO FONTES DO	00:39:44	00:08:46 (183)	00:19:37 (198)	00:28:44 (194)	3:58	M (196)	MASTER C M (7)
201	252	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	00:39:45	00:08:48 (188)	00:19:27 (179)	00:28:39 (183)	3:58	M (197)	MASTER C M (8)
202	39	ALMEIDA DOS SANTOS,	SD COMPOSTELA ATLETISMO	00:39:45	00:09:12 (261)	00:20:01 (232)	00:29:05 (215)	3:58	M (198)	SENIOR M (57)
203	576	LOPEZ VÁZQUEZ, JUAN	NINGUNO	00:39:45	00:09:20 (282)	00:20:17 (254)	00:29:15 (227)	3:58	M (199)	MASTER A M (90)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
204	196	TOIMIL CASTRO, ALFONSO	CLUB ATLETISMO MILLADOIRO	00:39:45	00:09:03 (230)	00:20:05 (238)	00:29:05 (214)	3:58	M (200)	MASTER B M (39)
205	220	LOSADA CARRIL, DAVID E.	CLUB ATLETISMO MILLADOIRO	00:39:48	00:09:08 (242)	00:20:05 (237)	00:29:04 (213)	3:58	M (201)	MASTER B M (40)
206	393	ÁLVAREZ CALVO, URBANO	NINGUNO	00:39:51	00:08:55 (210)	00:19:49 (214)	00:29:00 (209)	3:59	M (202)	MASTER A M (91)
207	311	CASO BERNABE, CARLOS	S.D. BARBANTIA RODA	00:39:54	00:08:35 (160)	00:19:20 (175)	00:28:49 (198)	3:59	M (203)	SENIOR M (58)
208	365	RIVERA SÁNCHEZ, DANIEL	NINGUNO	00:39:55	00:08:37 (167)	00:19:33 (189)	00:28:56 (204)	3:59	M (204)	MASTER A M (92)
209	144	BARBEITO GESTAL, RAÚL	NOSPORTLIMIT	00:39:56	00:08:46 (184)	00:19:38 (199)	00:28:56 (203)	3:59	M (205)	MASTER A M (93)
210	361	LÓPEZ BALEIRON, EDGAR	S.D. BARBANTIA RODA	00:40:00	00:09:05 (233)	00:19:59 (228)	00:29:14 (225)	3:59	M (206)	MASTER A M (94)
211	316	GONZALEZ BARRETO,	NINGUNO	00:40:01	00:09:11 (257)	00:19:46 (209)	00:28:42 (189)	4:00	M (207)	SENIOR M (59)
212	377	AGRASAR CES, MARTIN	ARTROGAL TRI 498	00:40:01	00:08:57 (214)	00:19:44 (208)	00:28:57 (208)	4:00	M (208)	MASTER A M (95)
213	4	GARCIA LORENZO, SILVIA	CLUB ATLETISMO NOIA	00:40:03	00:08:46 (182)	00:19:40 (203)	00:28:55 (202)	4:00	F (5)	MASTER A F (1)
214	338	DE ALMEIDA REY,	TRAN-TRAN	00:40:03	00:09:03 (229)	00:19:52 (218)	00:29:00 (210)	4:00	M (209)	MASTER A M (96)
215	149	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:40:07	00:09:04 (232)	00:19:59 (229)	00:29:07 (217)	4:00	M (210)	MASTER A M (97)
216	420	ABAD GREGORIO, DAVID	CLUB ATLETISMO	00:40:08	00:09:10 (251)	00:19:57 (225)	00:29:06 (216)	4:00	M (211)	MASTER B M (41)
217	334	HERRERO MARTINEZ,	NINGUNO	00:40:12	00:09:15 (267)	00:20:11 (245)	00:29:24 (232)	4:01	M (212)	MASTER A M (98)
218	286	MACEIRAS INSUA, DANIEL	NINGUNO	00:40:13	00:09:06 (236)	00:20:12 (247)	00:29:25 (233)	4:01	M (213)	SENIOR M (60)
219	239	BAAMONDE ARUFE, JAPI	CLUB ATLETISMO SAR	00:40:14	00:08:59 (218)	00:20:11 (244)	00:29:23 (231)	4:01	M (214)	MASTER B M (42)
220	510	MOREIRA, LUIS	NINGUNO	00:40:15	00:08:49 (192)	00:19:42 (206)	00:28:56 (206)	4:01	M (215)	MASTER C M (9)
221	280	UCHA BOUZADA, JAVIER	FENDE-PERNAS TEAM	00:40:15	00:08:58 (216)	00:19:50 (216)	00:29:04 (212)	4:01	M (216)	SENIOR M (61)
222	209	NOYA PÉREZ, JOSÉ	CLUB ATLETISMO FONTES DO	00:40:16	00:08:56 (213)	00:19:55 (221)	00:29:11 (222)	4:01	M (217)	MASTER B M (43)
223	210	CORDERO PÉREZ, BRUNO	A.D. MEDIA DUCIA	00:40:17	00:09:08 (244)	00:19:57 (224)	00:29:08 (218)	4:01	M (218)	MASTER B M (44)
224	419	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES	00:40:20	00:08:55 (212)	00:19:50 (215)	00:29:08 (220)	4:01	M (219)	MASTER B M (45)
225	313	BARREIRO, SERGIO	A.D NAUTICO DE NARÓN	00:40:23	00:09:11 (259)	00:20:04 (235)	00:29:21 (229)	4:02	M (220)	SENIOR M (62)
226	290	PLACER GARCÍA-RODEJA,	SD COMPOSTELA ATLETISMO	00:40:25	00:09:09 (250)	00:20:06 (239)	00:29:15 (226)	4:02	M (221)	SENIOR M (63)
227	219	MARTINEZ VALVERDE,	CLUB ATLETISMO O PINO	00:40:28	00:08:36 (162)	00:19:42 (207)	00:29:13 (224)	4:02	M (222)	MASTER B M (46)
228	146	NAVIA GIRALDEZ,	TRIATLON VILAGARCIA	00:40:29	00:09:00 (219)	00:20:00 (230)	00:29:13 (223)	4:02	M (223)	MASTER A M (99)
229	508	SANTOS BOO, JESÚS	SD COMPOSTELA ATLETISMO	00:40:31	00:09:11 (254)	00:20:09 (241)	00:29:22 (230)	4:03	M (224)	MASTER C M (10)
230	248	RODRÍGUEZ GONZÁLEZ,	ATLETISMO ARENTEIRO	00:40:32	00:09:01 (223)	00:19:57 (223)	00:29:09 (221)	4:03	M (225)	MASTER B M (47)
231	381	GARCÍA	BIKILA	00:40:37	00:09:07 (237)	00:20:07 (240)	00:29:19 (228)	4:03	M (226)	MASTER A M (100)
232	416	LADO TORRES, J. CARLOS	INCOR-AUTOVIDRIO	00:40:40	00:09:10 (252)	00:20:16 (251)	00:29:32 (236)	4:03	M (227)	MASTER B M (48)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
233	257	PAZOS CAMPOS,	SD COMPOSTELA ATLETISMO	00:40:42	00:08:26 (143)	00:19:29 (184)	00:29:01 (211)	4:04	M (228)	MASTER C M (11)
234	223	PEREIRAS, MARCOS	NINGUNO	00:40:45	00:09:05 (234)	00:19:58 (227)	00:29:08 (219)	4:04	M (229)	MASTER B M (49)
235	331	TRILLO CAAMAÑO, JUAN	NINGUNO	00:40:46	00:09:17 (276)	00:20:23 (258)	00:29:39 (238)	4:04	M (230)	MASTER A M (101)
236	255	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:40:50	00:08:54 (208)	00:20:01 (231)	00:29:31 (235)	4:04	M (231)	MASTER C M (12)
237	462	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:40:51	00:09:20 (281)	00:20:35 (275)	00:29:55 (248)	4:05	M (232)	MASTER B M (50)
238	276	GÓMEZ CES, FABIÁN	NINGUNO	00:40:52	00:09:13 (264)	00:20:11 (246)	00:29:48 (243)	4:05	M (233)	SENIOR M (64)
239	363	FERNANDEZ BREA, PABLO	NINGUNO	00:40:53	00:09:19 (278)	00:20:24 (263)	00:29:36 (237)	4:05	M (234)	MASTER A M (102)
240	184	BLANCO REY, VANESA	CLUB ATLETISMO NOIA	00:40:59	00:09:11 (255)	00:20:19 (255)	00:29:42 (240)	4:05	F (6)	MASTER A F (2)
241	422	MATA TORREIRA, JUANMA	CLUB ATLETISMO FONTES DO	00:40:59	00:09:12 (262)	00:20:03 (234)	00:29:30 (234)	4:05	M (235)	MASTER B M (51)
242	382	NUÑEZ CASTRO, DAVID	NINGUNO	00:41:02	00:09:15 (269)	00:20:25 (264)	00:29:56 (251)	4:06	M (236)	MASTER A M (103)
243	423	DIAZ PORTAS, ALBERTO	ATLETISMO PORRIÑO	00:41:08	00:09:28 (296)	00:20:17 (253)	00:29:40 (239)	4:06	M (237)	MASTER B M (52)
244	218	JUANATEY PEREZ, JOSE	CLUB ATLETISMO FONTES DO	00:41:15	00:08:52 (201)	00:20:14 (248)	00:29:44 (241)	4:07	M (238)	MASTER B M (53)
245	183	FERNANDEZ CASAL,	CLUB ATLETISMO SAR	00:41:16	00:09:09 (246)	00:20:23 (257)	00:29:57 (252)	4:07	M (239)	MASTER A M (104)
246	345	LOPEZ GESTAL, MARTINA	SD COMPOSTELA ATLETISMO	00:41:18	00:09:02 (227)	00:20:24 (262)	00:29:55 (247)	4:07	F (7)	MASTER A F (3)
247	150	SUAREZ, VICTOR	CLUB TRIATLÓN COMPOSTELA	00:41:18	00:09:02 (225)	00:19:57 (222)	00:29:54 (245)	4:07	M (240)	MASTER A M (105)
248	428	VARELA ALVAREZ,	SD COMPOSTELA ATLETISMO	00:41:19	00:09:24 (289)	00:20:40 (278)	00:30:00 (258)	4:07	M (241)	MASTER B M (54)
249	261	BELLAS, JUAN	VILA E TERRA DE CEDEIRA	00:41:21	00:09:07 (238)	00:20:24 (261)	00:29:58 (253)	4:08	M (242)	MASTER C M (13)
250	180	RODRÍGUEZ FERNANDEZ,	NINGUNO	00:41:24	00:09:28 (293)	00:21:08 (299)	00:30:19 (264)	4:08	M (243)	MASTER A M (106)
251	339	TOJO MOLEDO, ALBERTO	NINGUNO	00:41:25	00:09:16 (274)	00:20:26 (265)	00:29:56 (249)	4:08	M (244)	MASTER A M (107)
252	383	GARCÍA CANCELA, JOSE	NINGUNO	00:41:28	00:09:29 (297)	00:20:53 (286)	00:30:19 (265)	4:08	M (245)	MASTER A M (108)
253	401	PAZ MONTERO, JAVIER	NINGUNO	00:41:29	00:09:22 (286)	00:20:35 (274)	00:30:05 (259)	4:08	M (246)	MASTER A M (109)
254	217	VAZQUEZ RAMOS, MANUEL	NINGUNO	00:41:31	00:09:11 (256)	00:20:27 (267)	00:29:56 (250)	4:09	M (247)	MASTER B M (55)
255	352	TEMBRÁS ALONSO, DAVID	CLUB DALLE GAS RUNNING	00:41:32	00:09:30 (303)	00:20:49 (282)	00:30:20 (267)	4:09	M (248)	MASTER A M (110)
256	288	GOMEZ GONZALEZ,	CLUB ATLETISMO TAMBRE	00:41:33	00:09:18 (277)	00:20:33 (272)	00:30:05 (260)	4:09	F (8)	SENIOR F (3)
257	297	PÉREZ SABORIDO, MARTIN	NINGUNO	00:41:33	00:09:26 (291)	00:20:50 (284)	00:30:27 (271)	4:09	M (249)	SENIOR M (65)
258	200	RODRÍGUEZ GONZALEZ,	ATLETISMO ARENTEIRO	00:41:35	00:09:02 (228)	00:20:20 (256)	00:29:59 (256)	4:09	M (250)	MASTER B M (56)
259	256	OTERO CEPEDA, XOSE	NINGUNO	00:41:36	00:09:06 (235)	00:20:26 (266)	00:29:58 (254)	4:09	M (251)	MASTER C M (14)
260	100	SILVA LUNA, JORDI	ATLETISMO ARENTEIRO	00:41:37	00:07:58 (88)	00:19:04 (156)	00:29:58 (255)	4:09	M (252)	MASTER A M (111)
261	135	DOSIL RIVAS, JAVI	CLUB ATLETISMO FONTES DO	00:41:38	00:08:57 (215)	00:20:05 (236)	00:29:45 (242)	4:09	M (253)	MASTER A M (112)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
262	148	RODRIGUEZ FRAGUELA,	NINGUNO	00:41:40	00:09:09 (248)	00:20:09 (243)	00:29:50 (244)	4:09	M (254)	MASTER A M (113)
263	142	BARROS BARCALA, JOSÉ	ATLETISMO +9 MORAÑA	00:41:44	00:09:24 (288)	00:20:51 (285)	00:30:25 (270)	4:10	M (255)	MASTER A M (114)
264	336	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	00:41:45	00:09:11 (253)	00:20:33 (273)	00:30:15 (262)	4:10	M (256)	MASTER A M (115)
265	387	ALVITE FERNÁNDEZ, JOSÉ	TRIATLÓN FERROL	00:41:48	00:09:24 (290)	00:20:50 (283)	00:30:24 (269)	4:10	M (257)	MASTER A M (116)
266	321	DÍAZ SANDOVAL, GUSTAVO	MAISQUEAUGA	00:41:52	00:09:19 (279)	00:20:44 (280)	00:30:28 (272)	4:11	M (258)	SENIOR M (66)
267	298	RODRÍGUEZ GONZÁLEZ,	TRIATLÓN FERROL	00:41:55	00:09:16 (272)	00:20:24 (259)	00:29:59 (257)	4:11	M (259)	SENIOR M (67)
268	491	DÍAZ CARBALLO, MIGUEL	NINGUNO	00:41:55	00:09:38 (318)	00:20:58 (288)	00:30:32 (276)	4:11	M (260)	MASTER C M (15)
269	211	RAVIÑA FURELOS, JUAN	SD COMPOSTELA ATLETISMO	00:41:56	00:09:32 (309)	00:21:09 (300)	00:30:42 (280)	4:11	M (261)	MASTER B M (57)
270	284	SANMIGUEL FERREIRO,	NINGUNO	00:42:01	00:09:39 (322)	00:21:00 (291)	00:30:28 (273)	4:12	M (262)	SENIOR M (68)
271	116	CASTIÑEIRAS PORTOS,	NINGUNO	00:42:03	00:09:12 (263)	00:20:24 (260)	00:29:55 (246)	4:12	M (263)	MASTER A M (117)
272	340	DOMÍNGUEZ PADÍN, ERIC	NINGUNO	00:42:06	00:09:52 (337)	00:21:14 (306)	00:30:38 (279)	4:12	M (264)	MASTER A M (118)
273	495	FERNANDEZ TOME, JUAN	NINGUNO	00:42:06	00:09:37 (315)	00:20:57 (287)	00:30:30 (274)	4:12	M (265)	MASTER C M (16)
274	523	GESTOSO RODRÍGUEZ,	ESCUELA NAVAL MILITAR	00:42:08	00:09:54 (341)	00:21:49 (339)	00:31:12 (295)	4:12	M (266)	SUB 23 M (7)
275	466	FERNANDEZ REY, CHEMA	TRIATLON VILAGARCIA	00:42:09	00:09:16 (271)	00:20:38 (277)	00:30:21 (268)	4:12	M (267)	MASTER B M (58)
276	718	RAYO MONTALVO, CÉSAR	ESCUELA NAVAL MILITAR	00:42:10	00:09:54 (340)	00:21:48 (338)	00:31:13 (296)	4:12	M (268)	SUB 23 M (8)
277	506	CEPEDA GACIO,	SD COMPOSTELA ATLETISMO	00:42:14	00:09:21 (284)	00:21:00 (290)	00:30:42 (281)	4:13	M (269)	MASTER C M (17)
278	226	DE LA TORRE GARCIA,	NINGUNO	00:42:15	00:09:09 (247)	00:20:28 (269)	00:30:20 (266)	4:13	M (270)	MASTER B M (59)
279	330	RIVAS DE JESUS, SERGIO	NINGUNO	00:42:17	00:09:08 (244)	00:20:31 (270)	00:30:34 (277)	4:13	M (271)	MASTER A M (119)
280	534	GARCÍA RODRÍGUEZ,	NINGUNO	00:42:18	00:09:55 (342)	00:21:49 (340)	00:31:12 (294)	4:13	M (272)	SENIOR M (69)
281	351	BELLO GRAIÑO, DIEGO	NINGUNO	00:42:20	00:10:06 (367)	00:21:26 (317)	00:30:55 (287)	4:13	M (273)	MASTER A M (120)
282	152	EIRAS LUEIRO, LEANDRO	CLUB CERVECERÍA O COTON	00:42:24	00:09:11 (258)	00:20:36 (276)	00:30:31 (275)	4:14	M (274)	MASTER A M (121)
283	249	MIRANDA VIEITO, JOSE	NINGUNO	00:42:25	00:08:55 (209)	00:20:16 (252)	00:30:11 (261)	4:14	M (275)	MASTER B M (60)
284	202	CID SANMARTÍN, ROBERTO	CLUB TRIATLÓN CORUÑA	00:42:34	00:09:03 (231)	00:20:31 (271)	00:30:35 (278)	4:15	M (276)	MASTER B M (61)
285	475	LAREO CREO, DANIEL	CLUB ATLETISMO NOIA	00:42:41	00:09:32 (307)	00:21:09 (302)	00:31:00 (289)	4:16	M (277)	MASTER B M (62)
286	343	DOMÍNGUEZ VÁZQUEZ,	NINGUNO	00:42:45	00:09:15 (268)	00:20:27 (268)	00:30:17 (263)	4:16	M (278)	MASTER A M (122)
287	468	LORES TOMÉ, FRANCISCO	UNIVERSIDAD SANTIAGO DE	00:42:46	00:09:31 (306)	00:21:10 (303)	00:30:53 (285)	4:16	M (279)	MASTER B M (63)
288	281	FIGUEIRAS LORENZO,	EL CANARIO	00:42:46	00:09:39 (320)	00:21:22 (314)	00:31:08 (293)	4:16	M (280)	SENIOR M (70)
289	337	DÍAZ PAZOS, DAVID	AS 3 DS	00:42:46	00:09:28 (295)	00:21:02 (294)	00:30:54 (286)	4:16	M (281)	MASTER A M (123)
290	386	CAMIÑA UCHA, BASILIO	CLUB ATLETISMO CAMBADOS	00:42:51	00:09:29 (298)	00:21:07 (298)	00:30:58 (288)	4:17	M (282)	MASTER A M (124)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
291	385	QUINTANS VÁZQUEZ, JOSE	CLUB TRIATLÓN COMPOSTELA	00:42:52	00:09:41 (326)	00:21:01 (293)	00:30:48 (282)	4:17	M (283)	MASTER A M (125)
292	295	DEL RÍO OTERO, ALBERTO	NINGUNO	00:42:54	00:10:07 (371)	00:21:55 (345)	00:31:37 (316)	4:17	M (284)	SENIOR M (71)
293	291	PENA LÓPEZ, DANIEL	NINGUNO	00:42:57	00:09:52 (338)	00:21:29 (319)	00:31:13 (297)	4:17	M (285)	SENIOR M (72)
294	655	BALADO MOSQUERA,	CLUB ATLETISMO SAR	00:43:00	00:09:39 (321)	00:21:21 (313)	00:31:07 (292)	4:17	M (286)	MASTER B M (64)
295	177	ROGET PEREZ, FELIX	TERRA DE SONEIRA	00:43:01	00:09:59 (351)	00:21:38 (324)	00:31:31 (309)	4:18	M (287)	MASTER A M (126)
296	332	MARTÍNEZ LÓPEZ, DAMIAN	CLUB MONTEPENARUBIA	00:43:02	00:09:41 (325)	00:21:23 (315)	00:31:14 (298)	4:18	M (288)	MASTER A M (127)
297	357	ARES LORENZO, JOSÉ	NINGUNO	00:43:03	00:09:37 (317)	00:21:18 (310)	00:31:15 (299)	4:18	M (289)	MASTER A M (128)
298	719	TORRES CASTRO, MARTIN	CDM XESTEIRAS	00:43:04	00:09:31 (304)	00:21:05 (296)	00:31:06 (290)	4:18	M (290)	SUB 23 M (9)
299	353	GARCÍA VAAMONDE,	AMES ATLETISMO SAVANTE	00:43:05	00:09:47 (331)	00:21:27 (318)	00:31:23 (303)	4:18	M (291)	MASTER A M (129)
300	509	TORRES BAUTÍS, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:43:09	00:09:09 (249)	00:20:42 (279)	00:31:07 (291)	4:18	M (292)	MASTER C M (18)
301	395	NIETO LOPEZ, IVAN	NINGUNO	00:43:10	00:09:14 (265)	00:20:46 (281)	00:30:51 (284)	4:18	M (293)	MASTER A M (130)
302	278	CELA BOISA, JESUS	CLUB DEPORTIVO BRIÓN	00:43:13	00:10:00 (353)	00:21:56 (348)	00:31:45 (318)	4:19	M (294)	SENIOR M (73)
303	328	CUBA DORADO, ROI	CIDADE DE LUGO FLUVIAL	00:43:13	00:09:34 (313)	00:21:01 (292)	00:30:50 (283)	4:19	M (295)	MASTER A M (131)
304	414	HERNÁNDEZ NAVEIRO,	S.D. BARBANTIA RODA	00:43:13	00:09:55 (343)	00:21:44 (333)	00:31:34 (312)	4:19	M (296)	MASTER B M (65)
305	10	MARIÑO GRANJA,	CLUB DEPORTIVO BRIÓN	00:43:14	00:09:24 (287)	00:21:12 (305)	00:31:27 (306)	4:19	M (297)	SENIOR M (74)
306	344	CHUECOS, JOSE	PASA OU ENTORNA	00:43:15	00:09:30 (301)	00:21:09 (301)	(-1)	4:19	M (298)	MASTER A M (132)
307	333	FABEIRO, ALBERTO	CLUB ATLETISMO SAR	00:43:18	00:09:33 (310)	00:21:35 (321)	00:31:32 (311)	4:19	M (299)	MASTER A M (133)
308	390	CASTRO MAROÑO, JORGE	SD COMPOSTELA ATLETISMO	00:43:20	00:09:40 (323)	00:21:16 (307)	00:31:17 (300)	4:19	M (300)	MASTER A M (134)
309	314	BUSTO RIAL, JOSE	MONTENEME	00:43:20	00:10:17 (387)	00:22:20 (371)	00:32:14 (343)	4:19	M (301)	SENIOR M (75)
310	67	ROMERO LARANGA, DAVID	NINGUNO	00:43:21	00:09:15 (270)	00:21:19 (311)	00:31:32 (310)	4:20	M (302)	SENIOR M (76)
311	400	MARRERO LOPEZ, ALVARO	NINGUNO	00:43:22	00:09:57 (345)	00:21:44 (334)	00:31:34 (313)	4:20	M (303)	MASTER A M (135)
312	471	SANMARCO VIDAL,	CASTRELOS KM0	00:43:23	00:09:49 (332)	00:21:43 (329)	00:31:36 (314)	4:20	M (304)	MASTER B M (66)
313	585	NOGUEIRA MONTERO,	CLUB TRIATLÓN COMPOSTELA	00:43:23	00:09:58 (346)	00:21:55 (344)	00:31:56 (329)	4:20	M (305)	MASTER A M (136)
314	17	RODRIGUEZ TRUJILLO,	CLUB TRIATLÓN COMPOSTELA	00:43:24	00:09:58 (347)	00:21:55 (346)	00:31:57 (330)	4:20	M (306)	SENIOR M (77)
315	430	VIAÑO LORENZO, PABLO	NINGUNO	00:43:24	00:09:58 (348)	00:21:36 (322)	00:31:30 (308)	4:20	M (307)	MASTER B M (67)
316	490	SABIO FERNÁNDEZ,	OS CORZOS DO ORTEGAL	00:43:25	00:09:59 (352)	00:21:39 (326)	00:31:29 (307)	4:20	M (308)	MASTER C M (19)
317	472	FERNANDEZ OTERO, LUIS	CLUB ATLETISMO SAR	00:43:25	00:10:21 (398)	00:22:23 (373)	00:32:12 (340)	4:20	M (309)	MASTER B M (68)
318	418	CARBIA MENDEZ, JUAN	NINGUNO	00:43:27	00:10:21 (397)	00:22:23 (372)	00:32:12 (339)	4:20	M (310)	MASTER B M (69)
319	179	FONTENLA BÚA, JAIRO	MORAÑA EN RUTA	00:43:27	00:09:19 (280)	00:21:04 (295)	00:31:25 (305)	4:20	M (311)	MASTER A M (137)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
320	431	VAZQUEZ VAZQUEZ, JOSE	GANDARA ATLETISMO	00:43:29	00:09:33 (311)	00:21:18 (309)	00:31:19 (301)	4:20	M (312)	MASTER B M (70)
321	467	RODRÍGUEZ DOMÍNGUEZ,	NINGUNO	00:43:30	00:09:30 (300)	00:21:11 (304)	00:31:25 (304)	4:20	M (313)	MASTER B M (71)
322	300	SABROJO SANTOS,	NINGUNO	00:43:30	00:10:10 (377)	00:22:11 (363)	00:32:10 (338)	4:20	M (314)	SENIOR M (78)
323	293	VILAS CABO, PABLO	TRIATLÓN ATLÁNTICO	00:43:36	00:10:07 (369)	00:21:58 (349)	00:31:51 (322)	4:21	M (315)	SENIOR M (79)
324	512	FABIAN GONZALEZ,	ASOCIACIÓN DEPORTIVA	00:43:38	00:09:46 (329)	00:21:43 (330)	00:31:48 (319)	4:21	M (316)	MASTER C M (20)
325	446	FORNOS GALLEGU, LUIS	ESPRINTES OURENSE	00:43:38	00:10:14 (384)	00:22:06 (357)	00:31:55 (327)	4:21	M (317)	MASTER B M (72)
326	282	MARTINÓN MARTÍNEZ,	NINGUNO	00:43:41	00:09:30 (302)	00:21:06 (297)	00:31:21 (302)	4:22	M (318)	SENIOR M (80)
327	224	RAMOS SUÁREZ, RAQUEL	ASOCIACIÓN DEPORTIVA	00:43:41	00:09:49 (334)	00:21:43 (331)	00:31:53 (324)	4:22	F (9)	MASTER B F (2)
328	206	LAGO CES, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:43:41	00:09:49 (333)	00:21:43 (332)	00:31:53 (325)	4:22	M (319)	MASTER B M (73)
329	394	ARRANZ GONZÁLEZ,	NINGUNO	00:43:42	00:10:07 (370)	00:22:03 (354)	00:31:59 (331)	4:22	F (10)	MASTER A F (4)
330	991	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA NOIA	00:43:42	00:09:53 (339)	00:21:46 (337)	00:31:54 (326)	4:22	M (320)	MASTER C M (21)
331	222	SOLETO CEREIJO,	CLUB TRIATLÓN COMPOSTELA	00:43:43	00:09:57 (344)	00:21:56 (347)	00:31:56 (328)	4:22	M (321)	MASTER B M (74)
332	473	FERNÁNDEZ, IAGO HOME	TRINORTH	00:43:43	00:10:05 (364)	00:22:02 (350)	00:31:59 (332)	4:22	M (322)	MASTER B M (75)
333	389	CASTRO CABEZA, MARCOS	ATLETAS DE ACEA DE AMÁ	00:43:44	00:09:34 (312)	00:21:25 (316)	00:31:37 (315)	4:22	M (323)	MASTER A M (138)
334	289	VILA SANTOS, LAURA	SAUDE SPORT	00:43:46	00:10:23 (401)	00:22:08 (359)	00:32:03 (335)	4:22	F (11)	SENIOR F (4)
335	342	POSE GARCÍA, RUBEN	CIDADE DE LUGO FLUVIAL	00:43:51	00:09:29 (299)	00:21:40 (327)	00:31:50 (321)	4:23	M (324)	MASTER A M (139)
336	43	RIAL RODRIGUEZ, UXIO	SPEEDCROSS TEAM	00:43:56	00:10:30 (421)	00:22:59 (404)	00:32:55 (371)	4:23	M (325)	SENIOR M (81)
337	326	CUPEIRO CAGIAO, MANUEL	BRUTANZOS TEAM	00:43:57	00:10:23 (402)	00:22:05 (356)	00:32:04 (336)	4:23	M (326)	MASTER A M (140)
338	347	ALVARELLOS BARREIRO,	SD COMPOSTELA ATLETISMO	00:44:01	00:10:16 (386)	00:22:26 (376)	00:32:13 (342)	4:24	M (327)	MASTER A M (141)
339	469	RIVEIRO MOLEDO,	CLUB ATLETISMO NOIA	00:44:01	00:09:36 (314)	00:21:33 (320)	00:31:41 (317)	4:24	M (328)	MASTER B M (76)
340	716	PITA PEREIRA, MANUEL	NINGUNO	00:44:05	00:09:47 (330)	00:21:36 (322)	00:31:49 (320)	4:24	M (329)	MASTER C M (22)
341	654	PIÑEIRO ABEIJON, BENITO	NINGUNO	00:44:08	00:10:56 (454)	00:22:56 (402)	00:32:24 (349)	4:24	M (330)	MASTER B M (77)
342	356	VILAR REINA, VÍCTOR	NINGUNO	00:44:18	00:09:42 (327)	00:21:53 (342)	00:32:09 (337)	4:25	M (331)	MASTER A M (142)
343	548	PENAS OTERO, CRISTIAN	NINGUNO	00:44:24	00:10:25 (406)	00:22:13 (365)	00:32:13 (341)	4:26	M (332)	SENIOR M (82)
344	545	BARREIRO PIÑEIRO, CELSO	NINGUNO	00:44:25	00:11:09 (478)	00:23:22 (426)	00:33:08 (377)	4:26	M (333)	SENIOR M (83)
345	641	TEJEDOR GALLEGU, JOSÉ	NINGUNO	00:44:26	00:10:39 (430)	00:22:41 (387)	00:32:37 (358)	4:26	M (334)	MASTER B M (78)
346	346	MARIÑO NUÑEZ, JOSE	NINGUNO	00:44:28	00:10:55 (453)	00:23:00 (406)	00:32:42 (359)	4:26	M (335)	MASTER A M (143)
347	595	NEIRA DOPAZO, PABLO	NINGUNO	00:44:28	00:11:08 (477)	00:22:57 (403)	00:32:46 (361)	4:26	M (336)	MASTER A M (144)
348	474	MONTES TEIJIDO,	CLUB ATLETISMO OUTES	00:44:28	00:09:32 (308)	00:21:38 (325)	00:32:02 (334)	4:26	M (337)	MASTER B M (79)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
349	318	TORRES HERVÉS,	TRIATLÓN MAR DE VIGO	00:44:33	00:10:06 (366)	00:22:02 (352)	00:32:18 (346)	4:27	F (12)	SENIOR F (5)
350	296	BLANCO MARTINEZ, DIEGO	NINGUNO	00:44:33	00:10:06 (368)	00:22:02 (353)	00:32:18 (345)	4:27	M (338)	SENIOR M (84)
351	537	POUSA PIÑEIRO, PABLO	NINGUNO	00:44:35	00:10:50 (450)	00:22:55 (399)	00:32:54 (368)	4:27	M (339)	SENIOR M (85)
352	299	GEY SEGADE, SANTIAGO	S.D. BARBANTIA RODA	00:44:40	00:10:05 (363)	00:22:14 (366)	00:32:32 (354)	4:27	M (340)	SENIOR M (86)
353	378	ROMAY RODRÍGUEZ,	NINGUNO	00:44:42	00:10:28 (415)	00:22:49 (392)	00:32:53 (367)	4:28	M (341)	MASTER A M (145)
354	507	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:44:42	00:10:28 (414)	00:22:49 (393)	00:32:53 (366)	4:28	M (342)	MASTER C M (23)
355	388	VIDAL FREIJEIRO, MARCOS	CLUB DEPORTIVO PINARIUM	00:44:43	00:09:50 (335)	00:22:02 (351)	00:32:19 (347)	4:28	M (343)	MASTER A M (146)
356	417	BARANGA ARES, PEDRO	NINGUNO	00:44:43	00:09:59 (350)	00:21:41 (328)	00:31:52 (323)	4:28	M (344)	MASTER B M (80)
357	511	FERREIRA, ORLANDO	ATLETAS DO PARQUE	00:44:44	00:10:07 (372)	00:22:09 (360)	00:32:30 (352)	4:28	M (345)	MASTER C M (24)
358	586	SILVA NODAR, DAVID	NINGUNO	00:44:46	00:11:12 (484)	00:23:25 (430)	00:33:15 (381)	4:28	M (346)	MASTER A M (147)
359	577	GARCÍA ABALO, GUSTAVO	NINGUNO	00:44:47	00:10:03 (360)	00:22:11 (361)	00:32:20 (348)	4:28	M (347)	MASTER A M (148)
360	436	MATEOS GARCÍA,	NINGUNO	00:44:48	00:10:12 (379)	00:22:26 (377)	00:32:36 (357)	4:28	M (348)	MASTER B M (81)
361	355	PANIAGUA FERNÁNDEZ,	CLUB ATLETISMO FONTES DO	00:44:52	00:10:02 (356)	00:22:12 (364)	00:32:29 (350)	4:29	M (349)	MASTER A M (149)
362	303	COELLO, IVAN	NINGUNO	00:44:53	00:10:12 (380)	00:22:19 (370)	00:32:36 (356)	4:29	M (350)	SENIOR M (87)
363	360	GARCIA LORENZO, DIEGO	CLUB ATLETISMO FONTES DO	00:44:54	00:10:04 (361)	00:22:27 (379)	00:32:43 (360)	4:29	M (351)	MASTER A M (150)
364	391	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:44:58	00:10:19 (390)	00:22:39 (383)	00:32:54 (370)	4:29	M (352)	MASTER A M (151)
365	476	RODRIGUEZ ALVAREZ,	NINGUNO	00:44:59	00:10:27 (412)	00:22:44 (389)	00:32:54 (369)	4:29	M (353)	MASTER B M (82)
366	247	FILGUEIRA PONCE,	COMESAÑA SPORTING CLUB	00:44:59	00:09:27 (292)	00:21:00 (289)	00:32:47 (363)	4:29	M (354)	MASTER B M (83)
367	624	CEPEDA, DAVID	NINGUNO	00:45:00	00:10:01 (355)	00:21:45 (335)	00:32:01 (333)	4:29	M (355)	MASTER A M (152)
368	626	FANDIÑO RODRÍGUEZ,	NINGUNO	00:45:00	00:09:38 (319)	00:22:05 (355)	00:32:31 (353)	4:29	M (356)	MASTER A M (153)
369	437	SUÁREZ FUENTES, BORJA	CLUB ATLETISMO FONTES DO	00:45:00	00:10:03 (357)	00:22:15 (368)	00:32:32 (355)	4:29	M (357)	MASTER B M (84)
370	294	SUAREZ POUSO, JACINTO	NINGUNO	00:45:03	00:10:13 (381)	00:22:11 (362)	00:32:29 (351)	4:30	M (358)	SENIOR M (88)
371	425	CONDE PEREIRA, ANGEL	NINGUNO	00:45:07	00:10:09 (376)	00:22:24 (375)	00:32:52 (365)	4:30	M (359)	MASTER B M (85)
372	306	PEREIRA MARTÍNEZ,	RAGNAROK OCR	00:45:12	00:10:29 (420)	00:22:51 (396)	00:33:11 (378)	4:31	M (360)	SENIOR M (89)
373	358	GRANDE CORRAL, SERGIO	NINGUNO	00:45:15	00:10:29 (419)	00:22:40 (384)	00:32:57 (374)	4:31	M (361)	MASTER A M (154)
374	449	GONZÁLEZ NÓVOA, JOSÉ	S.D. BARBANTIA RODA	00:45:18	00:10:20 (395)	00:22:36 (381)	00:32:55 (372)	4:31	M (362)	MASTER B M (86)
375	649	RODRIGUEZ GOLÁN,	LARACHA RUNNING	00:45:19	00:10:19 (392)	00:22:40 (386)	00:32:56 (373)	4:31	F (13)	MASTER B F (3)
376	432	MIRA LIÑEIRO, XOAN	NOSPORTLIMIT	00:45:24	00:10:20 (394)	00:22:38 (382)	00:32:58 (375)	4:32	M (363)	MASTER B M (87)
377	444	CAMBEIRO BLANCO, JUAN	A.D. OLIMPIA	00:45:28	00:09:43 (328)	00:21:45 (336)	00:32:14 (344)	4:32	M (364)	MASTER B M (88)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
378	214	FERNANDEZ DOMINGUEZ,	NINGUNO	00:45:28	00:09:14 (266)	00:21:50 (341)	00:32:49 (364)	4:32	M (365)	MASTER B M (89)
379	366	ROMERO ROMERO, JUAN	NINGUNO	00:45:29	00:10:08 (374)	00:22:15 (367)	00:32:47 (362)	4:32	M (366)	MASTER A M (155)
380	478	CANDAMO FERNÁNDEZ,	CLUB DE ATLETISMO SERRES	00:45:35	00:10:38 (428)	00:23:10 (417)	00:33:27 (388)	4:33	M (367)	MASTER B M (90)
381	392	GARCÍA REA, FERNANDO	NINGUNO	00:45:52	00:10:15 (385)	00:22:43 (388)	00:33:11 (379)	4:35	M (368)	MASTER A M (156)
382	602	FRANCO, SONIÑA	NINGUNO	00:45:53	00:10:27 (410)	00:22:48 (391)	00:33:19 (383)	4:35	F (14)	MASTER A F (5)
383	477	RAMOS LEIS, ANDREIA	CLUB ATLETISMO FONTES DO	00:45:53	00:10:18 (388)	00:22:55 (400)	00:33:26 (385)	4:35	F (15)	MASTER B F (4)
384	447	DOMINGUEZ OTERO, JOSE	CLUB ATLETISMO FONTES DO	00:45:54	00:10:18 (389)	00:22:56 (401)	00:33:27 (387)	4:35	M (369)	MASTER B M (91)
385	515	RIOS VAZQUEZ, XOSE	ITBS	00:46:00	00:10:26 (408)	00:23:00 (409)	00:33:29 (391)	4:35	M (370)	MASTER C M (25)
386	304	PIMENTEL COUCEIRO,	NINGUNO	00:46:01	00:11:00 (464)	00:23:25 (428)	00:33:56 (406)	4:36	M (371)	SENIOR M (90)
387	500	VIDAL FERREÑO, PABLO	BRUTANZOS TEAM	00:46:02	00:10:25 (407)	00:22:51 (397)	00:33:25 (384)	4:36	M (372)	MASTER C M (26)
388	399	GONZALEZ, ALVARO	XABARÍN	00:46:06	00:10:58 (462)	00:23:40 (441)	00:34:07 (411)	4:36	M (373)	MASTER A M (157)
389	405	FERNÁNDEZ PÉREZ,	NINGUNO	00:46:07	00:10:24 (404)	00:22:59 (405)	00:33:32 (396)	4:36	M (374)	MASTER A M (158)
390	461	FREIRE SEXTO, JULIO	NINGUNO	00:46:09	00:10:30 (422)	00:22:51 (395)	00:33:14 (380)	4:36	M (375)	MASTER B M (92)
391	565	SILVA CID, CARLOS	NINGUNO	00:46:11	(-1)	00:23:07 (415)	00:33:31 (394)	4:37	M (376)	SENIOR M (91)
392	396	YAÑEZ LOPEZ, DANIEL	A.D NAUTICO DE NARÓN	00:46:12	00:10:19 (393)	00:22:27 (378)	00:33:01 (376)	4:37	M (377)	MASTER A M (159)
393	501	ALBORES DIAZ, JOSE	CLUB ATLETISMO NOIA	00:46:14	(-1)	00:23:09 (416)	00:33:45 (400)	4:37	M (378)	MASTER C M (27)
394	320	BRASKUS, EDVINAS	NINGUNO	00:46:14	00:10:04 (362)	00:22:24 (374)	00:33:15 (382)	4:37	M (379)	SENIOR M (92)
395	319	GARCÍA LOSAS,	NINGUNO	00:46:16	00:09:58 (349)	00:22:48 (390)	00:33:31 (395)	4:37	M (380)	SENIOR M (93)
396	323	PÉREZ FERNÁNDEZ, BRAIS	CLUB ATLETISMO O PINO	00:46:16	00:10:44 (438)	00:23:36 (436)	00:34:06 (410)	4:37	M (381)	SENIOR M (94)
397	435	RAMOS RODRIGUEZ, SUSO	RUNNING OLEIROS	00:46:21	00:10:05 (365)	00:22:40 (385)	00:33:28 (389)	4:38	M (382)	MASTER B M (93)
398	480	MIGUENS OTERO, ELENA	CLUB ATLETISMO SAR	00:46:25	00:10:09 (375)	00:22:51 (398)	00:33:30 (392)	4:38	F (16)	MASTER B F (5)
399	536	MODIA CARIDAD, ADRIANA	ATLETISMO RIAZOR CORUÑA	00:46:26	00:09:51 (336)	00:22:31 (380)	00:33:26 (386)	4:38	F (17)	SENIOR F (6)
400	558	BARREIRO RODRÍGUEZ,	SPEEDCROSS TEAM	00:46:29	00:10:31 (423)	00:23:00 (408)	00:33:40 (397)	4:38	M (383)	SENIOR M (95)
401	608	UCEDA NAVARRO, DAVID	NINGUNO	00:46:29	00:11:58 (556)	00:24:41 (488)	(-1)	4:38	M (384)	MASTER A M (160)
402	492	LIMÉNS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:46:29	00:10:58 (461)	00:23:42 (442)	00:34:08 (413)	4:38	M (385)	MASTER C M (28)
403	547	RIÁDIGOS CARDIGONDE,	GTR GALAICOTRAILRUN	00:46:31	00:10:45 (439)	00:23:36 (437)	00:34:17 (416)	4:39	F (18)	SENIOR F (7)
404	438	GONZÁLEZ SAMPEDRO,	NINGUNO	00:46:32	00:10:24 (403)	00:23:12 (419)	00:33:48 (401)	4:39	M (386)	MASTER B M (94)
405	309	VILLAVERDE PATIÑO,	NINGUNO	00:46:33	00:10:38 (427)	00:23:21 (425)	00:33:53 (405)	4:39	M (387)	SENIOR M (96)
406	312	TUBÍO HERMO, MARIA	TRIBU TRAIL	00:46:43	00:09:21 (285)	00:22:07 (358)	00:33:29 (390)	4:40	F (19)	SENIOR F (8)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
407	481	FERNÁNDEZ PIÑEIRO,	NINGUNO	00:46:46	00:10:13 (382)	00:22:50 (394)	00:33:44 (399)	4:40	M (388)	MASTER B M (95)
408	359	SEOANE CEA, BRAIS	NINGUNO	00:46:48	00:10:48 (444)	00:23:17 (423)	00:34:06 (409)	4:40	M (389)	MASTER A M (161)
409	516	PEREZ SUSAVILA, ANGEL	NINGUNO	00:46:49	00:10:29 (418)	00:23:02 (412)	00:33:44 (398)	4:40	M (390)	MASTER C M (29)
410	549	LANDEIRA SABEL, ADRIAN	INRUN	00:46:52	00:10:47 (442)	00:23:18 (424)	00:34:00 (407)	4:41	M (391)	SENIOR M (97)
411	369	FIGUEIRA DOMINGUEZ,	BRUTANZOS TEAM	00:46:54	00:10:41 (433)	00:23:35 (435)	00:34:18 (417)	4:41	F (20)	MASTER A F (6)
412	485	GALEGO CASAS, MARÍA	OS CORREDORES DO	00:46:58	00:10:08 (373)	00:23:01 (410)	00:33:51 (402)	4:41	F (21)	MASTER B F (6)
413	560	BOKHINSKA, YULIYA	OS CORREDORES DO	00:47:07	00:10:19 (391)	(-1)	00:34:04 (408)	4:42	F (22)	SENIOR F (9)
414	406	MATOSIAN CARRERA,	S.D. BARBANTIA RODA	00:47:09	00:10:27 (413)	00:23:10 (418)	00:33:52 (403)	4:42	F (23)	MASTER A F (7)
415	493	SAAVEDRA PAZOS, JOSÉ	NINGUNO	00:47:10	00:10:34 (425)	00:23:58 (453)	00:34:40 (426)	4:42	M (392)	MASTER C M (30)
416	589	CARRÉ OTERO, ELENA	NOSPORTLIMIT	00:47:10	00:10:22 (399)	00:23:04 (413)	00:34:23 (418)	4:42	F (24)	MASTER A F (8)
417	574	GALLEGO PAJARO, AITOR	NINGUNO	00:47:15	00:11:01 (467)	00:23:25 (429)	00:34:07 (412)	4:43	M (393)	MASTER A M (162)
418	411	LORENZO PÉREZ, NATALIA	NOITEBRA F.C.	00:47:17	00:10:48 (445)	00:23:29 (432)	00:34:12 (414)	4:43	F (25)	MASTER B F (7)
419	443	LEMA RIVADAS, XOSÉ	NINGUNO	00:47:18	00:10:53 (451)	00:23:45 (444)	00:34:37 (424)	4:43	M (394)	MASTER B M (96)
420	427	IGLESIAS MIRA, FELIPE	ESPRINTES OURENSE	00:47:18	00:11:14 (488)	00:24:00 (456)	00:34:38 (425)	4:43	M (395)	MASTER B M (97)
421	403	GARCÍA CASTRO, MANUEL	NINGUNO	00:47:22	00:10:44 (437)	00:23:40 (439)	00:34:24 (421)	4:44	M (396)	MASTER A M (163)
422	413	VARELA, JAVIER	NINGUNO	00:47:26	00:10:32 (424)	00:23:02 (411)	00:33:52 (404)	4:44	M (397)	MASTER B M (98)
423	463	MÉNDEZ FROJAN, XAIÑO	CLUB ATLETISMO SAR	00:47:31	00:11:00 (465)	00:23:40 (440)	00:34:23 (420)	4:45	M (398)	MASTER B M (99)
424	441	DOMÍNGUEZ ZUFIAURRE,	NINGUNO	00:47:39	00:11:32 (522)	00:24:17 (466)	00:34:45 (428)	4:45	M (399)	MASTER B M (100)
425	496	REY PAULOS, MANUEL	NINGUNO	00:47:40	00:10:21 (396)	00:23:15 (421)	00:34:23 (419)	4:45	M (400)	MASTER C M (31)
426	274	PAZOS MEIXUS, ARARAT	SAN MIGUEL DE MARIN	00:47:41	00:10:00 (354)	00:23:00 (407)	00:34:15 (415)	4:46	F (26)	SUB 20 F (1)
427	597	SAAVEDRA DELGADO,	BJ RUNNING TEAM	00:47:42	00:11:54 (550)	00:24:18 (468)	00:34:49 (429)	4:46	F (27)	MASTER A F (9)
428	479	UCHA SOLLA, JAVIER	FENDE-PERNAS TEAM	00:47:52	00:11:06 (473)	00:24:03 (457)	00:34:55 (434)	4:47	M (401)	MASTER B M (101)
429	653	SANTALLA DE SAA,	OS CORREDORES DO	00:47:58	00:10:10 (378)	00:23:15 (422)	00:34:35 (423)	4:47	M (402)	MASTER B M (102)
430	525	MARTINEZ SERRANO,	NINGUNO	00:47:59	00:11:13 (487)	00:24:28 (474)	00:35:31 (454)	4:47	M (403)	SUB 23 M (10)
431	603	DIZ PIÑEIRO, TOÑO	CLUB ATLETISMO CAMBADOS	00:48:04	00:11:39 (529)	00:24:38 (485)	00:35:28 (453)	4:48	M (404)	MASTER A M (164)
432	307	GARCÍA SENÍN, AMARA	NINGUNO	00:48:06	00:10:49 (449)	00:23:52 (445)	00:34:54 (432)	4:48	F (28)	SENIOR F (10)
433	454	CIMADEVILLA CRUJEIRAS,	EL CANARIO	00:48:06	00:11:41 (533)	00:24:17 (465)	00:35:23 (449)	4:48	F (29)	MASTER B F (8)
434	305	MURAS SERANTES,	NINGUNO	00:48:08	00:10:29 (417)	00:23:23 (427)	00:34:31 (422)	4:48	F (30)	SENIOR F (11)
435	147	MATALOBOS BUSTELO,	CLUB DEPORTIVO BRIÓN	00:48:11	00:10:47 (441)	00:23:56 (448)	00:34:54 (430)	4:49	M (405)	MASTER A M (165)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
436	497	BLANCO AMBOAGE,	CLUB ATLETISMO SAR	00:48:11	00:10:47 (443)	00:23:57 (451)	00:34:55 (433)	4:49	F (31)	MASTER C F (1)
437	51	REBOREDO DURÁN,	CLUB ATLETISMO SAR	00:48:16	00:10:47 (440)	00:23:57 (452)	00:34:54 (431)	4:49	M (406)	SENIOR M (98)
438	488	SIMOES FERNÁNDEZ, JOSÉ	NINGUNO	00:48:17	00:11:42 (535)	00:25:00 (509)	00:35:35 (458)	4:49	M (407)	MASTER C M (32)
439	457	MARIÑO REY, SILVIA	CLUB ATLETISMO SAR	00:48:20	00:10:56 (455)	00:24:18 (467)	00:35:14 (442)	4:49	F (32)	MASTER B F (9)
440	442	GIL VILLAVERDE, SITO	AKHESIS FISIOTERAPIA	00:48:22	00:10:43 (436)	00:23:44 (443)	00:34:59 (436)	4:50	M (408)	MASTER B M (103)
441	367	CARBALLEIRA PUÑAL,	NINGUNO	00:48:30	00:11:12 (482)	00:24:16 (461)	00:35:14 (441)	4:50	M (409)	MASTER A M (166)
442	486	PARDAVILA IGLESIAS,	NINGUNO	00:48:31	00:11:10 (480)	00:24:33 (480)	00:35:27 (452)	4:51	M (410)	MASTER B M (104)
443	470	VARELA SÁNCHEZ, ÓSCAR	NINGUNO	00:48:36	00:10:03 (358)	00:22:16 (369)	00:33:30 (393)	4:51	M (411)	MASTER B M (105)
444	397	PRESAS VENCE, MANUEL	NINGUNO	00:48:38	00:10:48 (446)	00:23:53 (447)	00:34:58 (435)	4:51	M (412)	MASTER A M (167)
445	407	VILLAR ZAMUZ, MAR	WILD BOARS OCR	00:48:39	00:11:12 (483)	00:24:16 (462)	00:35:19 (445)	4:51	F (33)	MASTER A F (10)
446	647	CALVO BERNÁRDEZ,	NINGUNO	00:48:40	00:11:01 (468)	00:24:14 (460)	00:35:22 (447)	4:51	M (413)	MASTER B M (106)
447	371	FONTÁN CONDE, MARTIN	NINGUNO	00:48:41	00:11:20 (500)	00:24:46 (495)	00:36:00 (471)	4:52	M (414)	MASTER A M (168)
448	489	SEOANE TRIGO, SANTIAGO	NINGUNO	00:48:42	00:10:39 (431)	00:23:58 (454)	00:35:15 (443)	4:52	M (415)	MASTER C M (33)
449	429	BLANCO GONZALEZ, JOSE	NINGUNO	00:48:43	00:11:07 (476)	00:24:28 (473)	00:35:26 (451)	4:52	M (416)	MASTER B M (107)
450	598	FERNÁNDEZ IGLESIAS,	NINGUNO	00:48:46	00:10:28 (416)	00:23:37 (438)	00:35:09 (440)	4:52	M (417)	MASTER A M (169)
451	584	CARBAJO MARTINEZ,	NINGUNO	00:48:51	00:11:26 (513)	00:24:34 (482)	00:35:36 (459)	4:53	M (418)	MASTER A M (170)
452	434	BLANCO FIGUEIRIDO,	CLUB ATLETISMO OUTES	00:48:53	00:11:41 (532)	00:24:47 (497)	00:35:46 (461)	4:53	M (419)	MASTER B M (108)
453	708	REGUEIRA BOO, JOSÉ	NINGUNO	00:48:56	00:10:41 (434)	00:23:28 (431)	00:35:16 (444)	4:53	M (420)	MASTER C M (34)
454	322	BETANZOS FREIRE,	S.D. BARBANTIA RODA	00:48:58	00:10:27 (411)	00:23:12 (420)	00:34:44 (427)	4:53	F (34)	SENIOR F (12)
455	452	RODRIGUEZ GONZALEZ,	NINGUNO	00:49:00	00:11:07 (475)	00:24:11 (458)	00:35:05 (437)	4:53	M (421)	MASTER B M (109)
456	362	ÁLVAREZ PARDIÑAS,	NINGUNO	00:49:02	00:11:27 (514)	00:24:54 (504)	00:35:55 (465)	4:54	M (422)	MASTER A M (171)
457	373	GAGO FUENTES, RAQUEL	NINGUNO	00:49:02	00:11:27 (516)	00:24:54 (503)	00:35:56 (467)	4:54	F (35)	MASTER A F (11)
458	368	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:49:03	00:10:38 (429)	00:23:52 (446)	00:35:22 (448)	4:54	M (423)	MASTER A M (172)
459	445	CALVO CALVO, LUIS	NINGUNO	00:49:04	00:10:49 (448)	00:24:00 (455)	00:35:09 (439)	4:54	M (424)	MASTER B M (110)
460	503	SUÁREZ GÓMEZ, RAMÓN	NINGUNO	00:49:05	00:11:04 (470)	00:24:33 (477)	00:35:53 (464)	4:54	M (425)	MASTER C M (35)
461	410	MARIÑO REY, MARINA	CLUB ATLETISMO SAR	00:49:06	00:10:57 (460)	00:24:19 (469)	00:35:34 (455)	4:54	F (36)	MASTER A F (12)
462	426	ARCO MARQUIZ, SERGIO	TRIATLON RIANXO	00:49:09	00:10:03 (359)	00:23:31 (433)	00:35:06 (438)	4:54	M (426)	MASTER B M (111)
463	590	DEL RÍO GUNDÍN, ENRIQUE	NINGUNO	00:49:14	00:11:15 (489)	00:24:43 (491)	00:36:02 (473)	4:55	M (427)	MASTER A M (173)
464	551	PEÓN VARELA, DAMIÁN	NINGUNO	00:49:15	00:11:46 (542)	00:25:22 (525)	00:36:24 (486)	4:55	M (428)	SENIOR M (99)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
465	451	AGRASAR BARRAL, SONIA	CLUB ATLETISMO SAR	00:49:15	00:10:56 (456)	00:24:20 (470)	00:35:34 (456)	4:55	F (37)	MASTER B F (10)
466	563	CASAL VIDAL, DAMIÁN	NINGUNO	00:49:15	00:10:57 (459)	00:24:16 (464)	00:35:35 (457)	4:55	M (429)	SENIOR M (100)
467	611	REY, MIGUEL	NINGUNO	00:49:15	00:11:47 (543)	00:25:22 (526)	00:36:26 (487)	4:55	M (430)	MASTER A M (174)
468	409	PIÑEIRO SANTORUN, NESTI	NINGUNO	00:49:16	00:11:28 (517)	00:24:55 (507)	00:35:57 (469)	4:55	F (38)	MASTER A F (13)
469	702	RODRÍGUEZ DEL RÍO,	SD COMPOSTELA ATLETISMO	00:49:17	00:11:19 (497)	00:24:29 (475)	00:35:36 (460)	4:55	F (39)	MASTER C F (2)
470	504	REBORDA GRAÑA,	CLUB DEPORTIVO PINARIUM	00:49:17	00:11:17 (493)	00:24:33 (479)	00:35:48 (462)	4:55	M (431)	MASTER C M (36)
471	348	CASTRO ROMÁN,	NINGUNO	00:49:18	00:10:14 (383)	00:23:34 (434)	00:35:20 (446)	4:55	M (432)	MASTER A M (175)
472	372	GARCÍA CODESIDO,	CLUBE DEPORTIVO ARZÚA	00:49:22	00:11:19 (498)	00:24:45 (494)	00:36:01 (472)	4:56	M (433)	MASTER A M (176)
473	292	MEJUTO FERNANDEZ,	SD COMPOSTELA ATLETISMO	00:49:22	00:11:19 (496)	00:24:44 (493)	00:35:59 (470)	4:56	F (40)	SENIOR F (13)
474	628	LÓPEZ LÓPEZ, LAURA	ADCMONTEBREAMO	00:49:25	00:10:40 (432)	00:23:56 (449)	00:35:26 (450)	4:56	F (41)	MASTER A F (14)
475	610	RAMA LEIS, RAMON	NINGUNO	00:49:33	00:11:04 (471)	00:24:21 (471)	00:35:49 (463)	4:57	M (434)	MASTER A M (177)
476	623	CRENDE POLO, IAGO	CIDADE DE LUGO FLUVIAL	00:49:34	00:09:16 (275)	00:20:16 (250)	00:37:41 (524)	4:57	M (435)	MASTER A M (178)
477	600	BAHAMONDE SUÁREZ,	NINGUNO	00:49:38	00:11:25 (508)	00:24:52 (501)	00:36:16 (482)	4:57	M (436)	MASTER A M (179)
478	596	BARRAL PREGO, GUSTAVO	NINGUNO	00:49:42	00:11:28 (518)	00:24:53 (502)	00:36:08 (476)	4:58	M (437)	MASTER A M (180)
479	648	CARRASCO ITURRA,	CLUB ATLETISMO O PINO	00:49:45	00:11:38 (528)	00:24:52 (499)	00:36:11 (477)	4:58	M (438)	MASTER B M (112)
480	638	NÚÑEZ GONZALEZ, JOSÉ	NINGUNO	00:49:45	00:11:05 (472)	00:24:37 (484)	00:36:05 (475)	4:58	M (439)	MASTER B M (113)
481	599	SERANTES CUIÑAS,	CLUB ATLETISMO CAMBADOS	00:49:50	00:11:26 (512)	00:25:06 (513)	00:36:29 (488)	4:58	F (42)	MASTER A F (15)
482	302	TRILLO FERNANDEZ,	TERRA DE SONEIRA	00:49:56	00:10:49 (447)	00:24:34 (481)	00:36:30 (490)	4:59	M (440)	SENIOR M (101)
483	630	GARCÍA LÓPEZ, GABRIEL	OPA FERROL TEAN RUNNING	00:49:56	00:11:46 (541)	00:25:10 (516)	00:36:31 (491)	4:59	M (441)	MASTER A M (181)
484	375	SARANDESES PAZOS, AGA	NINGUNO	00:49:56	00:11:13 (485)	00:24:23 (472)	00:35:56 (468)	4:59	M (442)	MASTER A M (182)
485	616	MARTARELLI FERNÁNDEZ,	NINGUNO	00:50:02	00:10:57 (458)	00:24:14 (459)	00:35:55 (466)	5:00	M (443)	MASTER A M (183)
486	636	DIÉGUEZ PEDREIRA,	NINGUNO	00:50:04	00:11:16 (491)	00:24:43 (492)	00:36:14 (480)	5:00	M (444)	MASTER A M (184)
487	538	CARREIRA RODRIGUEZ,	NINGUNO	00:50:04	00:11:16 (490)	00:24:39 (486)	00:36:13 (479)	5:00	M (445)	SENIOR M (102)
488	678	SIMÓN FERRO, PATRICIA	ATLETISMO CUNTIS	00:50:09	00:12:20 (591)	00:25:49 (544)	00:36:54 (503)	5:00	F (43)	MASTER B F (11)
489	579	FERRÍN NOVO, CÉSAR	NINGUNO	00:50:10	00:12:20 (590)	00:25:49 (543)	00:37:00 (505)	5:00	M (446)	MASTER A M (185)
490	685	RIOS GIBELLO, JOSÉ	NOSPORTLIMIT	00:50:10	00:11:19 (499)	00:24:41 (489)	00:36:16 (481)	5:00	M (447)	MASTER C M (37)
491	317	Trillo Calo, PAULA	NINGUNO	00:50:11	00:11:20 (501)	00:24:52 (500)	00:36:20 (483)	5:01	F (44)	SENIOR F (14)
492	514	ESTEVEZ ULLOA, EDIARDO	ATLETISMO ARENTEIRO	00:50:11	00:10:25 (405)	00:23:56 (450)	00:36:02 (474)	5:01	M (448)	MASTER C M (38)
493	499	BOTANA FERREIRO, JUAN	NINGUNO	00:50:12	00:11:23 (504)	00:24:54 (505)	00:36:23 (485)	5:01	M (449)	MASTER C M (39)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
494	651	OTERO PAZOS, JOSE	NINGUNO	00:50:17	00:11:23 (503)	00:24:54 (506)	00:36:20 (484)	5:01	M (450)	MASTER B M (114)
495	364	CARRIL BOO, CRISTINA	CLUB ATLETISMO O PINO	00:50:18	00:11:44 (537)	00:25:20 (521)	00:36:47 (497)	5:01	F (45)	MASTER A F (16)
496	440	SANCHEZ DURO, JESUS	CLUB ATLETISMO O PINO	00:50:18	00:11:45 (540)	00:25:20 (519)	00:36:46 (496)	5:01	M (451)	MASTER B M (115)
497	709	PÉREZ GARCÍA, JESÚS	CLUB ATLETISMO CAMBADOS	00:50:20	00:11:40 (530)	00:25:25 (528)	00:36:45 (495)	5:01	M (452)	MASTER C M (40)
498	458	GARCÍA ABALO, MADA	CLUB ATLETISMO OUTES	00:50:24	00:11:03 (469)	00:24:40 (487)	00:36:13 (478)	5:02	F (46)	MASTER B F (12)
499	552	AGRASAR SALEGUI,	NINGUNO	00:50:30	00:11:56 (554)	00:25:37 (538)	00:37:15 (511)	5:02	M (453)	SENIOR M (103)
500	629	NOVOA GONZÁLEZ, LUCIA	ATLETISMO PORRIÑO	00:50:37	00:11:11 (481)	00:25:06 (511)	00:36:45 (494)	5:03	F (47)	MASTER A F (17)
501	505	CASTRO SUAREZ, JUAN	CLUB ATLETISMO O PINO	00:50:38	00:11:40 (531)	00:24:51 (498)	00:36:36 (492)	5:03	M (454)	MASTER C M (41)
502	580	GARCIA, JOSE MIGUEL	NINGUNO	00:50:39	00:12:01 (563)	00:25:50 (546)	00:37:16 (512)	5:03	M (455)	MASTER A M (186)
503	663	GARCÍA ASOREY, MÓNICA	RUNNER CRUCES	00:50:40	00:11:32 (521)	00:25:21 (524)	00:36:52 (502)	5:03	F (48)	MASTER B F (13)
504	606	TEIJEIRO ENRIQUE,	NINGUNO	00:50:41	00:12:16 (582)	00:26:29 (567)	00:37:37 (522)	5:04	M (456)	MASTER A M (187)
505	667	DOMINGUEZ MARTINEZ,	NINGUNO	00:50:46	00:11:48 (544)	00:25:36 (537)	00:37:19 (514)	5:04	M (457)	MASTER B M (116)
506	646	Pegito Pombo, MANUEL	CLUB ATLETISMO O PINO	00:50:48	00:11:45 (539)	00:25:20 (522)	00:36:48 (498)	5:04	M (458)	MASTER B M (117)
507	376	DIEGUEZ CARRIL, JOSE	NINGUNO	00:50:50	00:11:37 (527)	00:25:25 (527)	00:37:01 (506)	5:04	M (459)	MASTER A M (188)
508	683	MORATA AGUILERA,	CLUB ATLETISMO O PINO	00:50:56	00:11:43 (536)	00:25:20 (520)	00:36:52 (501)	5:05	M (460)	MASTER C M (42)
509	521	ROMERO BUSTABAD,	NINGUNO	00:50:57	00:11:01 (466)	00:24:33 (478)	00:36:43 (493)	5:05	M (461)	MASTER C M (43)
510	308	PEREZ BANA, DAVID	CLUB DEPORTIVO BRIÓN	00:51:04	00:11:23 (505)	00:25:12 (517)	00:37:06 (507)	5:06	M (462)	SENIOR M (104)
511	697	LUCES TAJES, MANUEL	CLUB DE ATLETISMO SERRES	00:51:10	00:11:58 (557)	00:26:01 (553)	00:37:42 (525)	5:06	M (463)	MASTER C M (44)
512	567	BETANZOS FREIRE,	NINGUNO	00:51:14	00:11:56 (553)	00:25:37 (539)	00:37:14 (510)	5:07	F (49)	SENIOR F (15)
513	686	BETANZOS REGO, TOBÍAS	S.D. BARBANTIA RODA	00:51:14	00:10:57 (457)	00:25:07 (515)	00:37:14 (508)	5:07	M (464)	MASTER C M (45)
514	408	FEDERICO COTÓN, RAMÓN	NINGUNO	00:51:16	(-1)	00:24:36 (483)	00:36:29 (489)	5:07	M (465)	MASTER A M (189)
515	691	GANDON ESTEVEZ,	CLUB ATLETISMO	00:51:17	00:12:43 (617)	00:26:59 (587)	00:38:19 (542)	5:07	M (466)	MASTER C M (46)
516	617	ESCUDEIRO VIVERO,	NINGUNO	00:51:18	00:12:26 (598)	00:26:32 (571)	00:38:16 (541)	5:07	M (467)	MASTER A M (190)
517	682	PARCERO PEREZ, SERAFÍN	CLUBE CORREDOIRAS BUEU	00:51:23	00:12:35 (611)	00:26:31 (569)	00:37:59 (537)	5:08	M (468)	MASTER C M (47)
518	665	VÁZQUEZ MÍGUEZ,	NINGUNO	00:51:33	00:12:05 (570)	00:25:48 (541)	00:37:31 (518)	5:09	M (469)	MASTER B M (118)
519	666	DONO LÓPEZ, PEDRO	NINGUNO	00:51:35	00:12:04 (567)	00:26:06 (556)	00:37:53 (535)	5:09	M (470)	MASTER B M (119)
520	484	VILLAR ÁLVAREZ, ALBERTO	ATLETISMO ARENTEIRO	00:51:35	00:10:22 (400)	00:24:16 (463)	00:36:49 (499)	5:09	M (471)	MASTER B M (120)
521	688	ROCA AVILA, JAIME	NINGUNO	00:51:36	00:11:35 (525)	00:25:32 (533)	00:37:27 (516)	5:09	M (472)	MASTER C M (48)
522	460	CAGIGAO MOREDA,	OPA FERROL TEAN RUNNING	00:51:37	00:11:25 (509)	00:25:18 (518)	00:37:00 (504)	5:09	F (50)	MASTER B F (14)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
523	301	SOUTO PRIETO, MARÍA	NINGUNO	00:51:39	00:10:54 (452)	00:25:06 (512)	00:37:14 (509)	5:09	F (51)	SENIOR F (16)
524	412	MARTÍNEZ GOMEZ,	GALLAECIA	00:51:44	00:11:41 (534)	00:25:28 (529)	00:37:17 (513)	5:10	M (473)	MASTER B M (121)
525	707	LÓPEZ PINTOS, XESUS	PASA OU ENTORNA	00:51:48	00:11:51 (547)	00:25:48 (542)	00:37:36 (521)	5:10	M (474)	MASTER C M (49)
526	662	RODRÍGUEZ FERNÁNDEZ,	ESPRINTES OURENSE	00:51:51	00:11:33 (524)	00:25:34 (536)	00:37:44 (527)	5:11	M (475)	MASTER B M (122)
527	530	ALVAREZ PEREZ, JON	NINGUNO	00:51:53	00:12:18 (587)	00:26:09 (558)	00:37:47 (531)	5:11	M (476)	SENIOR M (105)
528	519	FERNANDEZ MARTÍNEZ,	CLUB DE ATLETISMO SERRES	00:51:54	00:11:57 (555)	00:26:02 (554)	00:37:43 (526)	5:11	M (477)	MASTER C M (50)
529	664	OITAVÉN FERNÁNDEZ,	NINGUNO	00:52:07	00:11:37 (526)	00:25:58 (552)	00:38:00 (538)	5:12	M (478)	MASTER B M (123)
530	627	BARREIRO GONZÁLEZ,	BEER RUNNERS CORUÑA	00:52:08	00:11:53 (549)	00:25:50 (547)	00:37:46 (529)	5:12	M (479)	MASTER A M (191)
531	681	PENA GONZÁLEZ,	SD COMPOSTELA ATLETISMO	00:52:11	00:11:25 (510)	00:25:30 (530)	00:37:45 (528)	5:13	M (480)	MASTER C M (51)
532	561	GARCÍA ORTEGA,	NINGUNO	00:52:12	00:12:15 (581)	00:26:31 (568)	00:38:21 (543)	5:13	F (52)	SENIOR F (17)
533	671	ALONSO ALONSO, JUAN	CAZAFANTASMAS	00:52:12	00:12:02 (564)	00:26:11 (559)	00:37:53 (536)	5:13	M (481)	MASTER B M (124)
534	701	LAGO MOLEDO, MANUEL	NINGUNO	00:52:13	00:11:51 (548)	00:25:52 (548)	00:37:46 (530)	5:13	M (482)	MASTER C M (52)
535	658	CABO SOUTO, JESÚS	SD COMPOSTELA ATLETISMO	00:52:15	00:10:42 (435)	00:24:31 (476)	00:37:34 (519)	5:13	M (483)	MASTER B M (125)
536	450	RIBER RUEDA, JOSEFINA	SD COMPOSTELA ATLETISMO	00:52:15	00:11:09 (479)	00:25:33 (534)	00:37:35 (520)	5:13	F (53)	MASTER B F (15)
537	520	DE MARTÍN VÁZQUEZ,	NINGUNO	00:52:19	00:11:22 (502)	00:25:21 (523)	00:37:31 (517)	5:13	M (484)	MASTER C M (53)
538	614	GOMEZ MARIÑO, SERGIO	NINGUNO	00:52:20	00:11:13 (486)	00:25:01 (510)	00:37:21 (515)	5:13	M (485)	MASTER A M (192)
539	601	FDEZ BLANCO, SILVIA	SD COMPOSTELA ATLETISMO	00:52:21	00:11:26 (511)	00:25:30 (531)	00:37:52 (533)	5:14	F (54)	MASTER A F (18)
540	69	TOME GONZALEZ, CARLOS	NINGUNO	00:52:21	00:10:59 (463)	00:25:06 (514)	00:36:50 (500)	5:14	M (486)	SENIOR M (106)
541	827	BELTRÁ GARCÍA, IGNACIO	NOITEBRA F.C.	00:52:21	00:11:28 (519)	00:25:30 (532)	00:37:52 (534)	5:14	M (487)	SENIOR M (107)
542	544	SANTEIRO GARCIA, RUBÉN	NINGUNO	00:52:25	00:11:18 (495)	00:25:33 (535)	00:37:40 (523)	5:14	M (488)	SENIOR M (108)
543	700	PEREZ FREIRIA, JOSE	ATLETISMOTUI	00:52:35	00:11:30 (520)	00:25:52 (549)	00:37:50 (532)	5:15	M (489)	MASTER C M (54)
544	604	SALI DUQUE, MARYEM	NINGUNO	00:52:37	00:12:34 (608)	00:26:42 (576)	00:38:34 (547)	5:15	F (55)	MASTER A F (19)
545	487	BLANCO NOVO, JOSÉ	ASOCIACIÓN DEPORTIVA	00:52:46	00:11:17 (492)	00:25:45 (540)	00:38:04 (539)	5:16	M (490)	MASTER B M (126)
546	657	FRESCO FERREIRÓS,	NINGUNO	00:52:49	00:12:10 (576)	00:26:18 (565)	00:38:24 (544)	5:16	M (491)	MASTER B M (127)
547	713	GROBA NUÑEZ, CARLOS	NINGUNO	00:52:49	00:12:07 (573)	00:26:06 (555)	00:38:08 (540)	5:16	M (492)	MASTER C M (55)
548	325	VÁZQUEZ CASTROMÁN,	NOITEBRA F.C.	00:53:06	00:11:27 (515)	00:25:52 (550)	00:38:35 (548)	5:18	F (56)	SENIOR F (18)
549	543	TROITIÑO GONZÁLEZ,	NINGUNO	00:53:07	00:12:21 (593)	00:26:54 (582)	00:39:16 (556)	5:18	F (57)	SENIOR F (19)
550	566	HIDALGO MURILLO, MARÍA	NINGUNO	00:53:17	00:11:44 (538)	00:26:26 (566)	00:38:36 (549)	5:19	F (58)	SENIOR F (20)
551	639	SEBIO MOLGUERO,	NINGUNO	00:53:17	00:12:47 (621)	00:27:18 (594)	00:39:08 (554)	5:19	M (493)	MASTER B M (128)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
552	564	TUBÍO TUBÍO, VANESA	CLUB ATLETISMO LOUSAME	00:53:26	00:12:03 (565)	00:26:17 (563)	00:38:25 (545)	5:20	F (59)	SENIOR F (21)
553	634	BAÑA MOLEDO, JOSÉ	CLUB ATLETISMO LOUSAME	00:53:26	00:12:03 (566)	00:26:17 (564)	00:38:26 (546)	5:20	M (494)	MASTER A M (193)
554	374	VARELA COSTA, BELÉN	NINGUNO	00:53:30	00:11:33 (523)	00:26:15 (562)	00:38:53 (551)	5:20	F (60)	MASTER A F (20)
555	720	VELEZMORO SÁNCHEZ,	OS CORREDORES DO	00:53:30	00:11:55 (551)	00:25:50 (545)	00:38:46 (550)	5:20	M (495)	SUB 20 M (1)
556	643	BRUZOS LAMA, PEDRO	NINGUNO	00:53:55	00:12:22 (594)	00:26:54 (583)	00:39:16 (557)	5:23	M (496)	MASTER B M (129)
557	583	VÁZQUEZ CALVAR, DANIEL	CLUB ATLETISMO CAMBADOS	00:54:05	00:13:00 (630)	00:27:37 (602)	00:39:55 (569)	5:24	M (497)	MASTER A M (194)
558	605	ZAPATA RODRÍGUEZ,	C.A.R. MARISQUEIRO	00:54:08	00:12:25 (597)	00:27:00 (588)	00:39:17 (558)	5:24	F (61)	MASTER A F (21)
559	633	MARIÑO PEREIRAS, RAÚL	NOITEBRA F.C.	00:54:17	00:12:17 (585)	00:26:31 (570)	00:39:02 (553)	5:25	M (498)	MASTER A M (195)
560	675	CONDE SUÁREZ,	CLUB ATLETISMO O PINO	00:54:46	00:12:19 (588)	00:26:57 (584)	00:39:49 (565)	5:28	F (62)	MASTER B F (16)
561	370	BLANCO MOUGÁN, DAVID	NINGUNO	00:54:46	00:12:00 (559)	00:26:11 (560)	00:38:57 (552)	5:28	M (499)	MASTER A M (196)
562	453	ABALDE MORIN, EDUARDO	TRIATLÓN INFORHOUSE	00:54:46	00:12:18 (586)	00:26:59 (585)	00:39:47 (563)	5:28	M (500)	MASTER B M (130)
563	533	MATESANZ BERZAL,	NINGUNO	00:54:47	00:12:45 (619)	00:27:43 (606)	00:40:09 (572)	5:28	F (63)	SENIOR F (22)
564	532	VALLE RODRIGUEZ,	NINGUNO	00:54:47	00:12:45 (618)	00:27:43 (605)	00:40:08 (571)	5:28	F (64)	SENIOR F (23)
565	607	SANCHEZ, MARIA	NINGUNO	00:54:49	00:11:49 (545)	00:26:49 (581)	00:39:50 (567)	5:28	F (65)	MASTER A F (22)
566	571	PEREZ PAZ, ALBA	CLUB TRIATLÓN	00:54:50	00:12:21 (592)	00:26:59 (586)	00:39:48 (564)	5:28	F (66)	SENIOR F (24)
567	592	BEA MONTENEGRO,	NINGUNO	00:54:53	00:12:52 (624)	00:27:46 (609)	00:40:09 (573)	5:29	M (501)	MASTER A M (197)
568	710	GOMEZ SANCHEZ, JOSE	NINGUNO	00:54:59	00:11:55 (552)	00:26:38 (573)	00:39:15 (555)	5:29	M (502)	MASTER C M (56)
569	625	CASO BERNABE, CLAUDIA	S.D. BARBANTIA RODA	00:55:03	00:11:58 (558)	00:26:38 (574)	00:39:25 (559)	5:30	F (67)	MASTER A F (23)
570	502	FERNÁNDEZ FRAGA,	CLUBE ATLETISMO BOIMORTO	00:55:07	00:12:01 (562)	00:26:36 (572)	00:39:50 (566)	5:30	M (503)	MASTER C M (57)
571	588	VAZQUEZ MOURELLE,	NINGUNO	00:55:10	00:12:29 (603)	00:27:13 (590)	00:39:45 (562)	5:30	M (504)	MASTER A M (198)
572	562	LÓPEZ DÍAZ, IVÁN	NINGUNO	00:55:11	00:12:01 (561)	00:26:38 (575)	00:39:52 (568)	5:31	M (505)	SENIOR M (109)
573	711	SANGIL DEL RIO, EMILIO	NINGUNO	00:55:26	00:12:00 (560)	00:26:43 (577)	00:39:30 (560)	5:32	M (506)	MASTER C M (58)
574	556	MAQUIEIRA PATIÑO, JUDÁ	NINGUNO	00:55:27	00:12:06 (572)	00:26:43 (578)	00:39:45 (561)	5:32	M (507)	SENIOR M (110)
575	555	RODRIGUEZ GAGO, PAULA	NINGUNO	00:55:32	00:12:54 (627)	00:28:04 (617)	00:40:47 (585)	5:33	F (68)	SENIOR F (25)
576	553	CASTRO CASAL, JACOBO	NINGUNO	00:55:33	00:12:12 (578)	00:27:17 (593)	00:40:35 (581)	5:33	M (508)	SENIOR M (111)
577	694	MARTINEZ SOTO, PABLO	NINGUNO	00:55:38	00:12:46 (620)	00:27:33 (597)	00:40:14 (575)	5:33	M (509)	MASTER C M (59)
578	572	SÁNCHEZ VIÑA, JOSE	NINGUNO	00:55:49	00:12:06 (571)	00:27:15 (592)	00:40:25 (576)	5:34	M (510)	SENIOR M (112)
579	615	GOMEZ MOURE, SANDRA	NINGUNO	00:55:49	00:12:31 (606)	00:27:25 (596)	00:40:28 (577)	5:34	F (69)	MASTER A F (24)
580	632	GONZÁLEZ, NIDIA	MONTE BREAMO	00:56:04	00:12:15 (580)	00:27:15 (591)	00:40:33 (578)	5:36	F (70)	MASTER A F (25)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
581	631	VARELA VARELA, SABELA	NINGUNO	00:56:08	00:12:37 (614)	00:27:51 (612)	00:40:38 (582)	5:36	F (71)	MASTER A F (26)
582	594	CARNOTA COSTOYA,	NINGUNO	00:56:13	00:12:17 (584)	00:26:45 (579)	00:40:12 (574)	5:37	M (511)	MASTER A M (199)
583	669	BLANCO SILVA, FERNANDO	NINGUNO	00:56:15	00:12:50 (623)	00:27:50 (611)	00:40:41 (583)	5:37	M (512)	MASTER B M (131)
584	546	SANCHEZ DO RIO,	NINGUNO	00:56:17	00:12:20 (589)	00:27:42 (604)	00:40:47 (586)	5:37	M (513)	SENIOR M (113)
585	652	NIETO GARCÍA, MANUEL	NINGUNO	00:56:18	00:11:49 (546)	00:28:07 (618)	00:40:49 (587)	5:37	M (514)	MASTER B M (132)
586	816	RODRIGUEZ BERMUDEZ,	NINGUNO	00:56:19	00:12:28 (600)	00:27:35 (599)	00:40:34 (579)	5:37	F (72)	SENIOR F (26)
587	575	SÁNCHEZ MOUGÁN, JOSÉ	NINGUNO	00:56:19	00:12:28 (601)	00:27:33 (598)	00:40:34 (580)	5:37	M (515)	MASTER A M (200)
588	619	CARNEIRO NOGUEIRAS,	SD COMPOSTELA ATLETISMO	00:56:22	00:11:07 (474)	00:26:12 (561)	00:42:07 (604)	5:38	M (516)	MASTER A M (201)
589	698	BUDIN, GARRY	NINGUNO	00:56:34	00:12:25 (596)	00:27:36 (600)	00:40:43 (584)	5:39	M (517)	MASTER C M (60)
590	650	LÓPEZ, AMÉRICA	CLUB ATLETISMO FONTES DO	00:56:34	00:12:17 (583)	00:27:46 (608)	00:40:53 (589)	5:39	F (73)	MASTER B F (17)
591	684	SANCHEZ VAZQUEZ,	NINGUNO	00:56:34	00:12:54 (625)	00:28:23 (625)	00:41:11 (591)	5:39	F (74)	MASTER C F (3)
592	690	PEREZ BALIRAC, JESUS	NOITEBRA F.C.	00:56:36	00:13:28 (637)	00:30:07 (643)	00:42:20 (607)	5:39	M (518)	MASTER C M (61)
593	696	OTERO PÉREZ, MANOEL	CLUBE CORREDOIRAS BUEU	00:56:45	00:12:48 (622)	00:28:09 (620)	00:41:21 (592)	5:40	M (519)	MASTER C M (62)
594	717	OTERO CEPEDA, DANIEL	NINGUNO	00:57:09	00:12:36 (613)	00:28:24 (626)	00:41:53 (601)	5:42	M (520)	MASTER C M (63)
595	695	PIÑEIRO ESPERANTE,	NINGUNO	00:57:09	00:12:09 (575)	00:27:20 (595)	00:40:53 (588)	5:42	F (75)	MASTER C F (4)
596	404	AGRELO RODRIGUEZ,	NINGUNO	00:57:16	00:11:18 (494)	00:26:08 (557)	00:40:02 (570)	5:43	M (521)	MASTER A M (202)
597	559	GOMEZ VALES, ROSANA	NINGUNO	00:57:18	00:13:32 (642)	00:28:52 (631)	00:41:45 (597)	5:43	F (76)	SENIOR F (27)
598	557	GONZALEZ SANCHEZ,	NINGUNO	00:57:18	00:13:32 (641)	00:28:52 (630)	00:41:44 (595)	5:43	M (522)	SENIOR M (114)
599	581	PÉREZ GARCÍA, FÁTIMA	NINGUNO	00:57:34	00:12:40 (615)	00:27:47 (610)	00:41:08 (590)	5:45	F (77)	MASTER A F (27)
600	578	MARTINEZ MARQUEZ,	NINGUNO	00:57:41	00:13:40 (644)	00:29:35 (637)	00:42:24 (608)	5:46	F (78)	MASTER A F (28)
601	679	CARNERO LLAUGER,	BIKILA	00:57:55	00:13:17 (631)	00:28:50 (628)	00:42:12 (605)	5:47	F (79)	MASTER B F (18)
602	673	VIÑAS ROMERO, SILVIA	NINGUNO	00:57:56	00:13:18 (632)	00:28:51 (629)	00:42:15 (606)	5:47	F (80)	MASTER B F (19)
603	540	SESTO GARCÍA, REBECA	NINGUNO	00:58:03	00:12:27 (599)	00:27:59 (616)	00:41:46 (600)	5:48	F (81)	SENIOR F (28)
604	554	CREO SABORIDO,	NINGUNO	00:58:11	00:12:54 (626)	00:28:21 (622)	00:41:46 (599)	5:49	M (523)	SENIOR M (115)
605	587	TROITIÑO CARAMES,	NINGUNO	00:58:11	00:12:22 (595)	00:27:56 (614)	00:42:32 (610)	5:49	F (82)	MASTER A F (29)
606	518	AMADO BOUZA, JOSÉ	ATLETAS DE ACEA DE AMÁ	00:58:33	00:12:33 (607)	00:28:08 (619)	00:41:46 (598)	5:51	M (524)	MASTER C M (64)
607	674	FERNÁNDEZ PIÑEIRO,	NINGUNO	00:58:38	00:12:04 (569)	00:27:38 (603)	00:41:26 (594)	5:51	F (83)	MASTER B F (20)
608	244	GONZÁLEZ REINO, CARLOS	NINGUNO	00:58:38	00:12:04 (568)	00:27:37 (601)	00:41:25 (593)	5:51	M (525)	MASTER B M (133)
609	609	CARAMÉS VILA, NOA	S.D. BARBANTIA RODA	00:58:49	00:12:34 (610)	00:28:22 (623)	00:42:02 (602)	5:52	F (84)	MASTER A F (30)

XXI PADRÓN 10K

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T2.5K	T5K	T7.5K	RIT	SEXO	CATEGORÍA
610	550	LOJO LÓPEZ, NOELIA	S.D. BARBANTIA RODA	00:58:49	00:12:34 (609)	00:28:22 (624)	00:42:02 (603)	5:52	F (85)	SENIOR F (29)
611	640	ALONSO IGLESIAS,	NINGUNO	00:58:56	00:12:30 (605)	00:27:58 (615)	00:41:45 (596)	5:53	M (526)	MASTER B M (134)
612	689	SÁNCHEZ BASCOY, SILVIA	NINGUNO	00:58:59	00:12:30 (604)	00:28:40 (627)	00:42:25 (609)	5:53	F (86)	MASTER C F (5)
613	692	VILAR SERÉN, LUPE	CLUB ATLETISMO CAMBADOS	00:59:06	00:13:44 (645)	00:29:56 (640)	00:43:22 (616)	5:54	F (87)	MASTER C F (6)
614	618	PAULECZKI, ANDREA	NINGUNO	00:59:06	00:13:21 (633)	00:29:06 (633)	00:43:04 (614)	5:54	F (88)	MASTER A F (31)
615	612	MOUTA GONZALEZ,	CLUB ATLETISMO CAMBADOS	00:59:14	00:13:37 (643)	00:29:35 (636)	00:43:01 (613)	5:55	F (89)	MASTER A F (32)
616	483	ROMERO BUSTABAD,	NINGUNO	00:59:23	00:12:14 (579)	00:27:03 (589)	00:42:50 (612)	5:56	M (527)	MASTER B M (135)
617	644	SANCHEZ LOPEZ,	LARACHA EN DUAS RODAS	00:59:38	00:12:59 (628)	00:29:00 (632)	00:42:38 (611)	5:57	F (90)	MASTER B F (21)
618	570	GONZÁLEZ FERNÁNDEZ,	CLUB ATLETISMO SANTIAGO	00:59:41	00:13:22 (634)	00:29:28 (635)	00:43:09 (615)	5:58	F (91)	SENIOR F (30)
619	541	DE VEGA VENTURA,	NINGUNO	00:59:46	(-1)	00:24:42 (490)	(-1)	5:58	M (528)	SENIOR M (116)
620	620	SANCHEZ GUZMAN,	OS CORREDORES DO	01:00:39	00:13:24 (635)	00:29:41 (639)	00:43:32 (617)	6:03	F (92)	MASTER A F (33)
621	642	DE DIOS RECAMÁN,	NINGUNO	01:01:23	00:13:48 (646)	00:30:00 (641)	00:44:10 (619)	6:08	F (93)	MASTER B F (22)
622	568	DE NOVALES ORTEGA,	NINGUNO	01:02:12	00:12:41 (616)	00:29:10 (634)	00:43:58 (618)	6:13	F (94)	SENIOR F (31)
623	672	VARELA DE LA TORRE,	NINGUNO	01:02:31	00:12:59 (629)	00:29:39 (638)	00:44:34 (623)	6:15	M (529)	MASTER B M (136)
624	712	RODRÍGUEZ FERNÁNDEZ,	CLUB ATLETISMO OUTES	01:02:32	00:13:30 (639)	00:30:08 (645)	00:44:31 (620)	6:15	M (530)	MASTER C M (65)
625	721	PINEDA GONZÁLEZ,	CLUB ATLETISMO OUTES	01:02:32	00:13:30 (640)	00:30:08 (646)	00:44:32 (622)	6:15	F (95)	SUB 20 F (2)
626	668	GONZALEZ VILLAR,	CLUB ATLETISMO OUTES	01:02:32	00:13:29 (638)	00:30:07 (644)	00:44:31 (621)	6:15	F (96)	MASTER B F (23)
627	704	PEREZ CAPON, LUIS	C.D. BIOSBARDO	01:03:27	00:13:26 (636)	00:31:00 (647)	00:45:38 (624)	6:20	M (531)	MASTER C M (66)
628	613	CANEDA BESADA,	CLUB ATLETISMO CAMBADOS	01:03:51	00:13:55 (649)	00:31:10 (648)	00:45:59 (625)	6:23	F (97)	MASTER A F (34)
629	715	BREA SÁNCHEZ, XULIAN	NINGUNO	01:05:32	00:14:46 (651)	00:32:22 (649)	00:47:22 (626)	6:33	M (532)	MASTER C M (67)
630	621	SANTOS GRELA, LORENA	CLUB DE ATLETISMO SERRES	01:08:06	00:14:54 (652)	00:32:44 (650)	00:48:22 (627)	6:48	F (98)	MASTER A F (35)
631	699	BERNAL GOMEZ, JESUS	NINGUNO	01:09:00	00:15:00 (656)	00:33:16 (651)	00:50:14 (628)	6:53	M (533)	MASTER C M (68)
632	659	FANDIÑO VILACIDE, ANA	NINGUNO	01:10:24	00:14:56 (653)	00:34:01 (654)	00:50:51 (629)	7:02	F (99)	MASTER B F (24)
633	680	FANDIÑO VILACIDE,	NINGUNO	01:10:24	00:14:57 (654)	00:34:07 (655)	00:50:55 (630)	7:02	F (100)	MASTER B F (25)
634	539	GARCÍA GÓMEZ, ÓSCAR	NINGUNO	01:11:55	00:13:57 (650)	00:33:59 (653)	00:51:01 (631)	7:11	M (534)	SENIOR M (117)

Total: 634