



P.X.	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	NETO	P1	SEXO	CAT	LOC
MASCULINO											
19	1339	VILA MARIÑO, ABEL	BERANGO ATLETISMO	00:32:50	--	3:16	32:50	16:22 (14)	M (19)	SUB 20 M (4)	M (1)
22	63	GARCIA GACIÑO, ALBERTO	CYT	00:33:08	+18	3:18	33:07	16:43 (17)	M (22)	SENIOR M (8)	M (2)
48	182	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:34:56	+2:06	3:29	34:55	17:09 (38)	M (48)	MASTER 2 M (5)	M (3)
73	149	VILLAVERDE VAZQUEZ, LUIS	CLUB ATLETISMO NEGREIRA	00:36:22	+3:32	3:38	36:20	18:23 (75)	M (70)	MASTER 2 M (16)	M (4)
76	209	NIETO GONZALEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:36:28	+3:38	3:38	36:25	18:23 (74)	M (73)	MASTER 3 M (2)	M (5)
97	176	MANEIRO TORRES, DAVID	SAUDE SPORT	00:37:07	+4:17	3:42	37:05	18:55 (103)	M (94)	MASTER 2 M (27)	M (6)
127	230	SILVA BANDÍN, DANIEL		00:38:18	+5:28	3:49	38:13	19:41 (147)	M (123)	SENIOR M (40)	M (7)
131	93	QUERENTES SANTOS, JORGE	TRIBU TRAIL	00:38:23	+5:33	3:50	38:19	19:15 (118)	M (127)	SENIOR M (43)	M (8)
147	141	MOURE SANLES, BASILIO		00:38:47	+5:57	3:52	38:43	19:42 (150)	M (142)	MASTER 1 M (28)	M (9)
196	263	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:39:53	+7:03	3:59	39:48	20:11 (185)	M (190)	MASTER 2 M (55)	M (10)
197	273	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	00:39:53	+7:03	3:59	39:45	20:12 (190)	M (191)	MASTER 2 M (56)	M (11)
238	828	LIJÓ CRUJEIRAS, ANDRÉS M.		00:41:09	+8:19	4:06	40:49	21:09 (250)	M (229)	MASTER 2 M (70)	M (12)
257	796	ABEIJON OLVEIRA, JUAN		00:41:51	+9:01	4:11	41:41	21:11 (252)	M (247)	MASTER 2 M (79)	M (13)
302	742	ALONSO RODRÍGUEZ, FRAN	TRAIL MENS	00:42:54	+10:04	4:17	42:42	21:50 (289)	M (286)	MASTER 2 M (93)	M (14)
303	442	VENTOSO TORRES, AARÓN		00:42:56	+10:06	4:17	42:42	21:56 (308)	M (287)	SENIOR M (84)	M (15)
307	362	LIJÓ SAMPEDRO, DAMIÁN		00:43:01	+10:11	4:18	42:30	22:40 (374)	M (290)	SUB 23 M (11)	M (16)
311	539	LEIS MONTEMUIÑO, AITOR		00:43:04	+10:14	4:18	42:46	21:57 (309)	M (294)	SENIOR M (85)	M (17)
325	215	DE LA TORRE, PACO		00:43:24	+10:34	4:20	43:13	22:00 (316)	M (307)	MASTER 3 M (35)	M (18)
326	766	TRIÑANES VIDAL, QUIQUE		00:43:24	+10:34	4:20	43:14	22:00 (315)	M (308)	MASTER 2 M (98)	M (19)
363	1708	CAMEAN CAMEAN, ROBERTO	INCOR AUTOVIDRIO	00:43:50	+11:00	4:22	43:35	22:02 (318)	M (340)	MASTER 2 M (115)	M (20)
366	761	QUEIRUGA TORRES, ALBERTO	INCOR AUTOVIDRIO	00:43:51	+11:01	4:23	43:35	22:02 (319)	M (342)	MASTER 2 M (116)	M (21)
375	745	ARUFE SANTAMARIA, JUAN	SAUDESPT BARBANZA	00:44:06	+11:16	4:24	43:51	22:50 (387)	M (350)	MASTER 2 M (119)	M (22)
386	597	CERVERA TORRES, ADRIÁN		00:44:25	+11:35	4:26	44:04	22:37 (368)	M (361)	SENIOR M (101)	M (23)
390	997	PRESAS VENCE, MANUEL		00:44:35	+11:45	4:27	44:11	22:37 (366)	M (364)	MASTER 2 M (123)	M (24)
393	1536	RIVEIRO, IVAN		00:44:38	+11:48	4:27	43:57	22:37 (369)	M (367)	SENIOR M (103)	M (25)
397	443	RODRIGUEZ DEAN, JUANLU		00:44:39	+11:49	4:27	44:13	22:37 (370)	M (371)	SENIOR M (104)	M (26)
407	284	LORENZO QUEIRUGA, MANUEL	SAUDE SPORT	00:44:54	+12:04	4:29	44:54	22:59 (401)	M (381)	MASTER 3 M (45)	M (27)
409	1036	OUJO POUSO, LUCHO		00:44:54	+12:04	4:29	44:02	23:02 (405)	M (383)	MASTER 3 M (47)	M (28)
488	1486	MOREIRA FAJARDO, LUIS		00:46:32	+13:42	4:39	46:19	23:20 (435)	M (446)	SENIOR M (126)	M (29)
490	565	OLVEIRA MINIÑO, ÓSCAR		00:46:33	+13:43	4:39	46:01	23:53 (497)	M (448)	SENIOR M (127)	M (30)
523	396	TOME GONZALEZ, CARLOS		00:47:09	+14:19	4:42	46:20	23:56 (499)	M (473)	SENIOR M (134)	M (31)
561	355	SERANTES ABAL, ELOI	ADC ARNELA	00:47:54	+15:04	4:47	47:54	24:51 (589)	M (498)	SUB 23 M (19)	M (32)
574	1118	OUJO CASTELO, SANTIAGO		00:48:17	+15:27	4:49	47:54	24:50 (582)	M (507)	MASTER 3 M (62)	M (33)

CLASIFICACIÓN DE LOCALES


P.X.	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	NETO	P1	SEXO	CAT	LOC
575	1171	SERANTES MANEIRO, CAMILO	ADC ARNELA	00:48:17	+15:27	4:49	47:54	25:05 (609)	M (508)	MASTER 4 M (17)	M (34)
629	1487	LESTÓN GÚETO, GABRIEL		00:49:06	+16:16	4:54	48:43	23:52 (495)	M (545)	SENIOR M (153)	M (35)
632	1499	GARCIA CALO, ALVARO		00:49:08	+16:18	4:54	48:21	25:56 (687)	M (548)	SENIOR M (155)	M (36)
637	1614	RODRÍGUEZ GARCIA, MARCOS		00:49:14	+16:24	4:55	48:13	25:34 (652)	M (552)	MASTER 1 M (83)	M (37)
641	1178	POUSO, JOSÉ		00:49:20	+16:30	4:55	48:33	25:54 (684)	M (555)	MASTER 4 M (19)	M (38)
670	823	NÚÑEZ QUEIRUGA, ZALO	MONTEMUIÑO	00:50:03	+17:13	5:00	49:27	26:13 (711)	M (575)	MASTER 2 M (188)	M (39)
673	968	MARIÑO BLANCO, MANUEL		00:50:07	+17:17	5:00	49:03	26:16 (721)	M (577)	MASTER 2 M (189)	M (40)
681	917	PIÑEIRO PIÑEIRO, PABLO		00:50:17	+17:27	5:01	49:39	25:59 (692)	M (582)	MASTER 2 M (191)	M (41)
684	1004	FONTAN MIRON, JOSE MANUEL	CLUB ATLETISMO NOIA	00:50:20	+17:30	5:01	49:58	25:36 (657)	M (585)	MASTER 2 M (194)	M (42)
686	1720	BERNÁRDEZ VARELA, ROBERTO		00:50:22	+17:32	5:02	49:32	26:13 (715)	M (587)	MASTER 2 M (195)	M (43)
688	1338	PAZ SANTAMARÍA, JUAN		00:50:24	+17:34	5:02	49:42	25:55 (686)	M (588)	SUB 20 M (11)	M (44)
708	351	GRELA OUTEIRAL, DAVID		00:50:50	+18:00	5:04	49:57	27:17 (813)	M (601)	SUB 23 M (21)	M (45)
797	554	GONZALEZ MAYÁN, JOSE BENITO		00:52:37	+19:47	5:15	52:37	28:32 (906)	M (656)	SENIOR M (183)	M (46)
818	1638	COSTA GONZÁLEZ, MARCOS		00:53:20	+20:30	5:19	52:33	28:05 (868)	M (670)	MASTER 2 M (218)	M (47)
829	1385	MONTERO GONZALEZ, DAVID		00:53:34	+20:44	5:21	52:39	28:33 (907)	M (678)	SENIOR M (186)	M (48)
830	1772	GARCÍA BORRAZÁS, ANTONIO		00:53:35	+20:45	5:21	52:25	28:01 (864)	M (679)	MASTER 3 M (96)	M (49)
838	1517	GARCÍA TOMÉ, CRISTIAN		00:53:42	+20:52	5:22	52:53	28:00 (863)	M (684)	SENIOR M (189)	M (50)
887	1642	CARREÑO OTERO, ISMAEL		00:54:49	+21:59	5:28	54:03	28:29 (896)	M (715)	MASTER 2 M (232)	M (51)
969	100	GARCÍA BLANCO, CAYETANO	SAUDE SPORT	00:56:55	+24:05	5:41	56:35	28:54 (938)	M (758)	MASTER 1 M (108)	M (52)
1012	1731	DIEZ GARCIA, BERNARDO	AERoclub SANTIAGO DE COMPOSTELA	00:57:47	+24:57	5:46	56:53	29:42 (1007)	M (781)	MASTER 3 M (121)	M (53)
1037	576	SAMPEDRO ROMAN, KRISTIAN		00:58:27	+25:37	5:50	57:18	31:33 (1131)	M (794)	SENIOR M (210)	M (54)
1054	1804	LORENZO SANTAMARIA, SEVERIANO		00:58:47	+25:57	5:52	58:31	29:08 (968)	M (805)	MASTER 4 M (42)	M (55)
1061	855	SERANS QUEIRUGA, JUAN JOSÉ		00:59:08	+26:18	5:54	58:22	29:42 (1009)	M (808)	MASTER 2 M (260)	M (56)
1077	1454	ALCALDE SÁNCHEZ, JORGE		00:59:40	+26:50	5:57	58:31	32:54 (1175)	M (815)	SENIOR M (218)	M (57)
1080	1513	PAZOS GARCÍA, XANDRE		00:59:44	+26:54	5:58	59:28	29:36 (998)	M (817)	SENIOR M (219)	M (58)
1087	1657	GARCIA ALONSO, PABLO	SAUDE SPORT	00:59:57	+27:07	5:59	59:37	31:04 (1104)	M (821)	MASTER 2 M (264)	M (59)
1126	1478	FERREIRO AMADO, ALEJANDRO		01:01:42	+28:52	6:10	1:00:46	31:14 (1116)	M (839)	SENIOR M (224)	M (60)
1154	1596	VILLAR MARTINEZ, PAULINO	CDM VERTICE	01:03:22	+30:32	6:20	1:02:30	32:15 (1153)	M (851)	MASTER 1 M (117)	M (61)
1160	1511	CAAMAÑO MANEIRO, EMILIO		01:03:31	+30:41	6:21	1:02:38	32:57 (1176)	M (854)	SENIOR M (227)	M (62)
1178	598	CALO ROMEU, CARLOS		01:04:39	+31:49	6:27	1:03:40	32:09 (1149)	M (862)	SENIOR M (231)	M (63)
1194	1505	AYASO RIVEIRO, PABLO		01:06:08	+33:18	6:36	1:05:17	33:52 (1207)	M (873)	SENIOR M (232)	M (64)
1219	1431	LIJÓ SANLÉS, DIEGO		01:12:34	+39:44	7:15	1:11:34	35:43 (1225)	M (877)	SENIOR M (234)	M (65)



P.X.	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITMO	NETO	P1	SEXO	CAT	LOC
FEMENINO											
258	392	VILA SANTOS, LAURA	SAÚDE SPORT	00:41:52	--	4:11	41:42	21:04 (246)	F (11)	SENIOR F (3)	F (1)
532	644	LIÑARES BARREIRO, CARLA CAROLINA		00:47:15	+5:23	4:43	47:05	23:32 (447)	F (52)	MASTER 1 F (8)	F (2)
638	1534	FERNÁNDEZ DE SANMAMED LEMA, ROSA		00:49:15	+7:23	4:55	48:13	25:34 (653)	F (86)	SENIOR F (33)	F (3)
713	1774	DEL RÍO MOSQUERA, JULIA		00:50:55	+9:03	5:05	50:07	26:26 (742)	F (109)	MASTER 3 F (9)	F (4)
837	1608	CARREÑO LOJO, NATALIA		00:53:42	+11:50	5:22	52:53	28:01 (865)	F (154)	MASTER 1 F (20)	F (5)
849	555	CALO RODRÍGUEZ, ISABEL	SAUDE SPORT	00:53:55	+12:03	5:23	53:12	27:39 (842)	F (158)	SENIOR F (63)	F (6)
875	463	OSORIO GONZALEZ, MARTINA		00:54:35	+12:43	5:27	53:43	28:29 (898)	F (165)	SENIOR F (66)	F (7)
888	1643	BLANCO CES, ANA MARIA		00:54:49	+12:57	5:28	54:03	28:30 (900)	F (173)	MASTER 2 F (42)	F (8)
906	358	FERNÁNDEZ RODAL, INDIRA		00:55:10	+13:18	5:30	54:42	28:40 (917)	F (182)	SUB 23 F (13)	F (9)
940	985	GOMEZ VIDAL, MARIA		00:56:04	+14:12	5:36	55:35	29:06 (964)	F (199)	MASTER 2 F (50)	F (10)
942	1072	GOMEZ LODEIROS, SUSANA	TARTARUGAS	00:56:06	+14:14	5:36	55:32	28:31 (901)	F (200)	MASTER 3 F (18)	F (11)
1051	546	MACEIRA PENA, MIRIAM	TRIATLON VILAGARCIA	00:58:44	+16:52	5:52	58:17	25:33 (650)	F (248)	SENIOR F (101)	F (12)
1065	1553	REGO LAIÑO, ISA		00:59:14	+17:22	5:55	58:28	29:58 (1035)	F (255)	MASTER 1 F (35)	F (13)
1066	1793	GARCÍA PEREIRA, ROSA MARÍA		00:59:25	+17:33	5:56	58:35	30:08 (1056)	F (256)	MASTER 4 F (9)	F (14)
1073	1445	ANDRADE VALLÉS, MARIÑA		00:59:33	+17:41	5:57	58:49	29:33 (996)	F (260)	SENIOR F (104)	F (15)
1075	1390	MARTÍNEZ SANTOS, LARA		00:59:33	+17:41	5:57	58:35	30:18 (1070)	F (262)	SENIOR F (106)	F (16)
1095	989	VÁZQUEZ GARCIA, MERCEDES		01:00:10	+18:18	6:00	1:00:10	31:11 (1111)	F (269)	MASTER 2 F (66)	F (17)
1096	1557	VILA OLVEIRA, CRISTINA		01:00:11	+18:19	6:01	59:00	31:11 (1110)	F (270)	MASTER 1 F (37)	F (18)
1100	589	LOURIDO GACIÑO, ANDREA		01:00:23	+18:31	6:02	59:52	30:07 (1055)	F (273)	SENIOR F (111)	F (19)
1112	1514	PAZOS GARCÍA, LAURA		01:00:54	+19:02	6:05	1:00:05	30:43 (1086)	F (281)	SENIOR F (117)	F (20)
1123	722	LOURIDO GACIÑO, ELENA	ADC ARNELA	01:01:35	+19:43	6:09	1:00:42	31:21 (1124)	F (286)	MASTER 1 F (40)	F (21)
1131	1775	DEL RÍO MOSQUERA, ESTHER		01:01:59	+20:07	6:11	1:00:54	32:47 (1172)	F (291)	MASTER 3 F (26)	F (22)
1155	1595	BLANCO IGLESIAS, MARIA DE PAZ		01:03:22	+21:30	6:20	1:02:31	32:15 (1154)	F (304)	MASTER 1 F (43)	F (23)
1161	1510	SANTIAGO MAREQUE, MARÍA		01:03:31	+21:39	6:21	1:02:38	32:57 (1177)	F (307)	SENIOR F (132)	F (24)
1195	1507	PEROL GONZÁLEZ, IRENE		01:06:09	+24:17	6:36	1:06:09	33:53 (1208)	F (322)	SENIOR F (139)	F (25)
1196	1457	IGLESIAS GONZALEZ, TERESA		01:06:09	+24:17	6:36	1:05:18	33:53 (1209)	F (323)	SENIOR F (140)	F (26)
1215	1537	DEÁN, VERO		01:10:05	+28:13	7:00	1:09:02	34:30 (1217)	F (340)	SENIOR F (146)	F (27)
1216	1463	LEÓN LÓPEZ, CRISTINA		01:10:05	+28:13	7:00	1:09:02	34:30 (1218)	F (341)	SENIOR F (147)	F (28)
1221	1414	BAZARRA GARCÍA, NOELIA		01:13:14	+31:22	7:19	1:12:08	36:18 (1227)	F (343)	SENIOR F (148)	F (29)
1224	1351	SANTOS SANLÉS, SOFÍA		01:14:50	+32:58	7:28	1:14:07	35:12 (1222)	F (345)	SUB 23 F (16)	F (30)

Total: 95