

III CROSS DE OBSTÁCULOS TERRAS DO VÁKNER Largo

CLASIFICACIÓN POR CATEGORIAS CARREIRA LARGA



| Pto | Dorsal | Nombre | Equipo | T. Oficial | Ritmo | VOLTA 1 |
|-----|--------|--------|--------|------------|-------|---------|
|-----|--------|--------|--------|------------|-------|---------|

CARREIRA LARGA

SUB 16\_FEM

|   |    |                     |             |         |             |            |
|---|----|---------------------|-------------|---------|-------------|------------|
| 1 | 94 | GÓMEZ TUBIO, ANDREA | CDM VÉRTICE | 1:12:43 | 9:41 min/Km | 36:15 (12) |
|---|----|---------------------|-------------|---------|-------------|------------|

SUB 16\_MAS

|   |    |                        |                         |         |              |            |
|---|----|------------------------|-------------------------|---------|--------------|------------|
| 1 | 93 | FORJAN MARTINEZ, XOEL  | TRIATLÓN COSTA DA MORTE | 1:04:34 | 8:36 min/Km  | 31:51 (32) |
| 2 | 95 | PAZOS GUIANCE, NICOLÁS | NINGUNO                 | 1:08:09 | 9:05 min/Km  | 33:59 (40) |
| 3 | 96 | BLANCO IGLESIAS, PABLO | NINGUNO                 | 1:19:01 | 10:32 min/Km | 40:11 (54) |

SENIOR\_FEM

|    |    |                            |                     |         |              |            |
|----|----|----------------------------|---------------------|---------|--------------|------------|
| 1  | 38 | MIRAGAYA CARBALLAL, SILVIA | SONS OF POSEIDON    | 55:30   | 7:23 min/Km  | 27:26 (2)  |
| 2  | 39 | ALONSO CABALEIRO, ANDREA   | LA COLONIA CROSSFIT | 55:52   | 7:26 min/Km  | 28:16 (3)  |
| 3  | 6  | BARREIRO FRANCO, NOELIA    | CONCO BOX           | 1:03:49 | 8:30 min/Km  | 32:11 (6)  |
| 4  | 30 | DE VRIES LOUREIRO, DANIEL  | NINGUNO             | 1:07:17 | 8:58 min/Km  | 33:25 (7)  |
| 5  | 43 | ESPASANDIN DUARTE, NOELIA  | CORREXALLAS         | 1:11:51 | 9:34 min/Km  | 37:06 (14) |
| 6  | 24 | ROMAR RÍOS, BEATRIZ        | NINGUNO             | 1:13:57 | 9:51 min/Km  | 37:25 (16) |
| 7  | 37 | RODRIGUEZ VARELA, SORAYA   | NINGUNO             | 1:17:11 | 10:17 min/Km | 38:25 (17) |
| 8  | 33 | LÓPEZ ALMAGRO, ANDREA      | NINGUNO             | 1:18:13 | 10:25 min/Km | 40:38 (19) |
| 9  | 13 | CASTRO SUAREZ, ANTHIA      | NINGUNO             | 1:19:28 | 10:35 min/Km | 40:27 (18) |
| 10 | 44 | FERNÁNDEZ MUÑOZ, EMMA      | NINGUNO             | 1:32:39 | 12:21 min/Km | 45:34 (25) |
| 11 | 48 | RIVERA HERMIDA, LUCÍA      | NINGUNO             | 1:32:39 | 12:21 min/Km | 45:21 (24) |

SENIOR\_MAS

|   |    |                            |                         |       |             |            |
|---|----|----------------------------|-------------------------|-------|-------------|------------|
| 1 | 41 | SUSO SÁNCHEZ, DANIEL       | SONS OF POSEIDON        | 44:01 | 5:52 min/Km | 21:36 (3)  |
| 2 | 11 | ALMEIDA DOS SANTOS, LENNON | SD COMPOSTELA ATLETISMO | 45:05 | 6:00 min/Km | 21:42 (4)  |
| 3 | 3  | REGO POSE, MARTIN          | TRIATLÓN COSTA DA MORTE | 46:29 | 6:11 min/Km | 22:06 (6)  |
| 4 | 9  | MARTINEZ POSE, ALBERTO     | CONCO BOX               | 46:46 | 6:14 min/Km | 23:24 (9)  |
| 5 | 12 | GARCÍA TUÑEZ, CHRISTIAN    | NINGUNO                 | 53:10 | 7:05 min/Km | 25:56 (14) |
| 6 | 47 | BUSTO, ESTEBAN             | AD. MONTE BRONDO        | 54:52 | 7:18 min/Km | 27:01 (19) |
| 7 | 28 | ANDREA VIDAL, BRYAN        | CONCO BOX               | 55:27 | 7:23 min/Km | 26:39 (18) |



III CROSS DE OBSTÁCULOS TERRAS DO VÁKNER Largo

CLASIFICACIÓN POR CATEGORIAS CARREIRA LARGA



| Pto | Dorsal | Nombre                          | Equipo                 | T. Oficial | Ritmo        | VOLTA 1    |
|-----|--------|---------------------------------|------------------------|------------|--------------|------------|
| 8   | 17     | BUÑO ARES, DANIEL               | NINGUNO                | 56:03      | 7:28 min/Km  | 29:01 (24) |
| 9   | 25     | ANTELO CARREIRA, YONATAN        | NINGUNO                | 58:36      | 7:48 min/Km  | 31:44 (31) |
| 10  | 35     | RECAREY, KEVIN                  | TEMERARIOS             | 59:11      | 7:53 min/Km  | 29:05 (25) |
| 11  | 23     | SOUTULLO, MARTIN                | NINGUNO                | 59:58      | 7:59 min/Km  | 29:31 (26) |
| 12  | 16     | PEDREIRA COLLAZO, IVAN          | NINGUNO                | 1:00:45    | 8:05 min/Km  | 32:29 (35) |
| 13  | 34     | PAIS, DANIEL                    | CORREXALLAS            | 1:03:49    | 8:30 min/Km  | 32:08 (33) |
| 14  | 31     | OREIRO PEREZ, RAMON             | NINGUNO                | 1:07:01    | 8:56 min/Km  | 34:25 (41) |
| 15  | 19     | GARABAL MOREIRA, JORGE          | NINGUNO                | 1:07:42    | 9:01 min/Km  | 35:31 (48) |
| 16  | 20     | LEMA MONTERO, ESTEBAN           | NINGUNO                | 1:10:08    | 9:21 min/Km  | 34:33 (43) |
| 17  | 21     | OCA LEMA, DIEGO                 | NINGUNO                | 1:10:08    | 9:21 min/Km  | 34:37 (45) |
| 18  | 10     | GERPE PÉREZ, JESÚS MANUEL       | CORREXALLAS            | 1:11:51    | 9:34 min/Km  | 34:45 (46) |
| 19  | 18     | PARÍS REY, MANUEL               | NINGUNO                | 1:12:13    | 9:37 min/Km  | 36:16 (49) |
| 20  | 36     | FRAGA ADRAN, PABLO              | NINGUNO                | 1:17:11    | 10:17 min/Km | 38:24 (50) |
| 21  | 45     | GONZÁLEZ ARÁN, DANIEL           | CORREXALLAS            | 1:19:01    | 10:32 min/Km | 40:00 (53) |
| 22  | 7      | SUAREZ CASTRO, ADRIAN           | CONCO BOX              | 1:19:06    | 10:32 min/Km | 40:11 (55) |
| 23  | 29     | GONZÁLEZ FERNÁNDEZ, PABLO       | NINGUNO                | 1:21:47    | 10:54 min/Km | 41:00 (56) |
| 24  | 32     | DÍAZ RAMUDO, DANIEL             | STHENOS STRONG SPARTAN | 1:32:38    | 12:21 min/Km | 45:23 (57) |
| 25  | 46     | ESPASANDIN CASTRO, BORJA        | NINGUNO                | 1:32:38    | 12:21 min/Km | 45:30 (60) |
| 26  | 40     | BUSTO RODRÍGUEZ, NICANOR MANUEL | NINGUNO                | 1:32:39    | 12:21 min/Km | 45:27 (58) |
| 27  | 14     | DÍAZ RAMUDO, JUAN               | NINGUNO                | 1:32:40    | 12:21 min/Km | 45:28 (59) |
| DNF | 22     | MARÍN CASTRO, ELOY              | SONS OF POSEIDON       |            | 0:00 min/Km  | (-1)       |
| DNS | 15     | MENDUIÑA DOPAZO, ALEJANDRO      | NINGUNO                |            | 0:00 min/Km  | (-1)       |
| DNS | 26     | RODRÍGUEZ, VICTOR               | NINGUNO                |            | 0:00 min/Km  | (-1)       |
| DNS | 27     | ORGEIRA MARTÍNEZ, ALEJANDRO     | NINGUNO                |            | 0:00 min/Km  | (-1)       |

CBOX1\_FEM

|   |    |                          |                         |         |              |            |
|---|----|--------------------------|-------------------------|---------|--------------|------------|
| 1 | 5  | ESTEIRO RAMOS, PAULA     | NINGUNO                 | 54:26   | 7:15 min/Km  | 26:36 (1)  |
| 2 | 77 | SAMBADE CAAMAÑO, BEGO    | OLIMPIA                 | 1:01:42 | 8:13 min/Km  | 31:52 (4)  |
| 3 | 66 | CASTRO LEMA, CARMEN      | A.D. OLIMPIA            | 1:04:28 | 8:35 min/Km  | 33:30 (8)  |
| 4 | 75 | VILLAR ZAMUZ, MAR        | LA COLONIA CROSSFIT     | 1:07:41 | 9:01 min/Km  | 34:45 (10) |
| 5 | 53 | EL SHAMI MARTÍNEZ, LAILA | NINGUNO                 | 1:10:22 | 9:22 min/Km  | 34:32 (9)  |
| 6 | 69 | MARTINEZ ARIAS, NATALIA  | +DMONTE CLUB DE MONTAÑA | 1:10:28 | 9:23 min/Km  | 37:11 (15) |
| 7 | 52 | PEREIRA CASARES, TELMA   | NINGUNO                 | 1:17:09 | 10:17 min/Km | 36:41 (13) |

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| Pto | Dorsal | Nombre                       | Equipo                  | T. Oficial | Ritmo        | VOLTA 1    |
|-----|--------|------------------------------|-------------------------|------------|--------------|------------|
| 8   | 74     | ALBERO DOBLAS, TAMARA MARINA | NINGUNO                 | 1:21:47    | 10:54 min/Km | 41:09 (20) |
| 9   | 71     | GARCIA LOPEZ, MILVIA         | +DMONTE CLUB DE MONTAÑA | 1:24:11    | 11:13 min/Km | 42:17 (21) |
| 10  | 64     | HERRÁN HERMIDA, VERÓNICA     | NINGUNO                 | 1:24:12    | 11:13 min/Km | 43:40 (22) |

CBOX1\_MAS

|     |    |                              |                                   |         |              |            |
|-----|----|------------------------------|-----------------------------------|---------|--------------|------------|
| 1   | 1  | BARRIENTOS OREIRO, JAVIER    | CONCO BOX                         | 41:07   | 5:28 min/Km  | 19:32 (1)  |
| 2   | 55 | RODRIGUEZ POUSO, LITO        | CARREÑO LITO TEAM                 | 42:44   | 5:41 min/Km  | 21:27 (2)  |
| 3   | 76 | PÉREZ VIEITES, DIEGO         | LA COLONIA CROSSFIT               | 44:48   | 5:58 min/Km  | 21:53 (5)  |
| 4   | 4  | PÉREZ MUROS, SEBASTIAN       | CLUBE DE ATLETISMO SERRES RUNNERS | 46:30   | 6:11 min/Km  | 22:25 (7)  |
| 5   | 65 | GARCÍA ANTELO, JOSÉ MANUEL   | NINGUNO                           | 49:07   | 6:32 min/Km  | 24:17 (10) |
| 6   | 8  | PEREZ BLANCO, JAVIER         | CONCO BOX                         | 50:49   | 6:46 min/Km  | 24:19 (11) |
| 7   | 67 | MUIÑOS REYES, ENRIQUE        | +DMONTE CLUB DE MONTAÑA           | 53:16   | 7:06 min/Km  | 25:59 (15) |
| 8   | 73 | FERNANDEZ GUEDES, DAVID      | LA COLONIA CROSSFIT               | 53:46   | 7:10 min/Km  | 26:09 (16) |
| 9   | 70 | REY ESPASANDIN, MAIKOL       | CONCO BOX                         | 59:56   | 7:59 min/Km  | 28:04 (21) |
| 10  | 49 | LAGO LOUZAN, DAVID           | OS BULADORES                      | 1:00:25 | 8:03 min/Km  | 30:45 (28) |
| 11  | 61 | LEMA RODRIGUEZ, SERGIO       | NINGUNO                           | 1:02:38 | 8:21 min/Km  | 31:42 (30) |
| 12  | 51 | TUÑEZ MAYÁN, DAVID           | NINGUNO                           | 1:04:04 | 8:32 min/Km  | 32:16 (34) |
| 13  | 68 | CARBALLAL I., ALBERT         | +DMONTE CLUB DE MONTAÑA           | 1:06:40 | 8:53 min/Km  | 34:49 (47) |
| 14  | 60 | PENSADO VARELA, MARIO        | NINGUNO                           | 1:07:35 | 9:00 min/Km  | 32:56 (37) |
| 15  | 59 | OTERO ANTELO, MIGUEL         | NINGUNO                           | 1:09:15 | 9:13 min/Km  | 33:43 (39) |
| 16  | 62 | GARCIA TRILLO, SUSO          | NINGUNO                           | 1:10:08 | 9:20 min/Km  | 34:33 (44) |
| 17  | 58 | ALVAREZ BASALO, RUBEN        | NINGUNO                           | 1:17:37 | 10:20 min/Km | 38:31 (51) |
| DNF | 54 | CAMBON PORTEIRO, JOSE RAMON  | NINGUNO                           |         | 0:00 min/Km  | 38:57 (52) |
| DNS | 2  | ROMERO DOMÍNGUEZ, IVÁN       | CONCO BOX                         |         | 0:00 min/Km  | (-1)       |
| DNS | 50 | CASTRO PRIEGUE, JOSE DOMINGO | NINGUNO                           |         | 0:00 min/Km  | (-1)       |
| DNS | 56 | CARREÑO GONZALEZ, ABEL       | CARREÑO LITO TEAM                 |         | 0:00 min/Km  | (-1)       |
| DNS | 57 | PUGA REMUIÑAN, ADRIAN        | NINGUNO                           |         | 0:00 min/Km  | (-1)       |
| DNS | 63 | LÓPEZ ROMERO, IVÁN           | NINGUNO                           |         | 0:00 min/Km  | (-1)       |
| DNS | 72 | RIVERA RODRIGUEZ, ESTEBAN    | NINGUNO                           |         | 0:00 min/Km  | (-1)       |

CBOX2\_FEM

|   |    |                           |                         |         |             |            |
|---|----|---------------------------|-------------------------|---------|-------------|------------|
| 1 | 83 | BARREIRO GARCÍA, PATRICIA | SONS OF POSEIDON        | 1:03:11 | 8:25 min/Km | 31:56 (5)  |
| 2 | 87 | PÉREZ ROMERO, ANA MARÍA   | +DMONTE CLUB DE MONTAÑA | 1:12:56 | 9:43 min/Km | 35:53 (11) |



III CROSS DE OBSTÁCULOS TERRAS DO VÁKNER Largo

CLASIFICACIÓN POR CATEGORIAS CARREIRA LARGA



| Pto | Dorsal | Nombre               | Equipo           | T. Oficial | Ritmo        | VOLTA 1    |
|-----|--------|----------------------|------------------|------------|--------------|------------|
| 3   | 78     | MARTÍN LÓPEZ, SUSANA | SONS OF POSEIDON | 1:25:48    | 11:26 min/Km | 44:00 (23) |

CBOX2\_MAS

|    |    |                               |                         |         |             |            |
|----|----|-------------------------------|-------------------------|---------|-------------|------------|
| 1  | 82 | GÓMEZ GÓMEZ, MANUEL           | PONTETRAIL              | 46:00   | 6:07 min/Km | 22:56 (8)  |
| 2  | 86 | LOPEZ CID, MIGUEL ANGEL       | RUNNING OLEIROS         | 52:16   | 6:58 min/Km | 25:25 (13) |
| 3  | 89 | BERMUDEZ VARELA, JOSE         | NINGUNO                 | 54:34   | 7:16 min/Km | 26:19 (17) |
| 4  | 88 | BORRAZAS ZAS, SUSO            | NINGUNO                 | 56:18   | 7:30 min/Km | 28:25 (23) |
| 5  | 81 | PARÍS, SANTI                  | PRAIA D CARNOTA RUNNERS | 57:27   | 7:39 min/Km | 27:15 (20) |
| 6  | 79 | CANOSA BLANCO, ALFONSO        | NINGUNO                 | 57:41   | 7:41 min/Km | 28:17 (22) |
| 7  | 90 | TRILLO PRADO, JOAQUÍN         | NINGUNO                 | 1:00:26 | 8:03 min/Km | 30:46 (29) |
| 8  | 80 | POSE CASTRO, CARLOS AURELIO   | NINGUNO                 | 1:05:38 | 8:45 min/Km | 32:51 (36) |
| 9  | 84 | CARBAJALES TABOADA, JOSÉ LUIS | NINGUNO                 | 1:08:08 | 9:05 min/Km | 33:31 (38) |
| 10 | 85 | BEIRO LESTÓN, DOMINGO         | CC DUMBRIA              | 1:11:20 | 9:30 min/Km | 34:30 (42) |

CBOX3\_MAS

|   |    |                                |                         |         |             |            |
|---|----|--------------------------------|-------------------------|---------|-------------|------------|
| 1 | 92 | FABIAN GONZALEZ, DIONISIO      | A.D. OLIMPIA            | 49:44   | 6:37 min/Km | 24:23 (12) |
| 2 | 91 | PAZOS SUÁREZ, FRANCISCO JAVIER | +DMONTE CLUB DE MONTAÑA | 1:01:42 | 8:13 min/Km | 30:13 (27) |

Actualizado a las 21:22:04 del 17-06-2023