

IX CLÁSICA TGM-TOLDOS GÓMEZ 2025

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA	LOCAL
1	101	OTERO FARIÑA, PABLO	ATLETISMO NARÓN	00:33:35	3:21	M (1)	SENIOR M (NA)	
2	98	VIRGÓS ABELLEIRA, SANTIAGO	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	00:33:42	3:22	M (2)	SENIOR M (NA)	
3	120	GARCÍA GONZÁLEZ, JAIME	ATLETISMO NARÓN	00:34:02	3:24	M (3)	SENIOR M (NA)	
4	131	PENA CARRACEDO, LUCAS	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:34:33	3:27	M (4)	SUB 20 M (1)	
5	128	GONZÁLEZ MOURELOS, YAGO	MILER RUNNING CLUB	00:34:43	3:28	M (5)	SUB 23 M (1)	
6	43	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:35:04	3:30	M (6)	MASTER 2 M (1)	
7	129	LOUREIRO MOSQUERA, DANIEL	CLUB ATLETISMO SANTIAGO	00:35:14	3:31	M (7)	SUB 23 M (2)	
8	21	VILLAMOR ROIBÁS, ALBERTO	CLUBE DEPORTIVO ARZUA	00:35:32	3:33	M (8)	MASTER 1 M (1)	M (NA)
9	25	ROCHA GARCIA, JOSÉ FRANCISCO	BRUTANZOS TEAM	00:36:31	3:39	M (9)	MASTER 1 M (2)	
10	112	GARABATO LAGARES, ADRIAN	CLUB ATLETISMO SANTIAGO	00:37:40	3:45	M (10)	SENIOR M (1)	
11	48	MELLA SUAREZ, ALEX		00:37:49	3:46	M (11)	MASTER 2 M (2)	
12	132	MÉNDEZ MARTÍNEZ, EMMA	ATLÉTICA LUCENSE	00:37:59	3:47	F (1)	SUB 20 F (NA)	
13	117	RAMOS, BRUNO	AD CERNE	00:38:01	3:48	M (12)	SENIOR M (2)	
14	45	DOMÍNGUEZ SILVA, ANDRÈS	CLUB CERVECERÍA O COTÓN NEGREIRA	00:38:28	3:50	M (13)	MASTER 2 M (3)	
15	83	RENDÓ PÉREZ, MANUEL	CLUBE DEPORTIVO ARZUA	00:38:32	3:51	M (14)	MASTER 3 M (1)	
16	118	MOSQUERA EDREIRA, ADRIÁN	AD CERNE	00:38:51	3:53	M (15)	SENIOR M (3)	
17	50	BELLO GARCÍA, JUAN JOSE	CLUB CERVECERÍA O COTÓN NEGREIRA	00:39:03	3:54	M (16)	MASTER 2 M (4)	
18	78	BARREIRO PEREIRA, XOSÉ ANTÓN	SD COMPOSTELA ATLETISMO	00:39:04	3:54	M (17)	MASTER 3 M (2)	
19	38	PENAS VARELA, JOSÉ MANUEL	AD CERNE	00:39:28	3:56	M (18)	MASTER 2 M (5)	
20	16	MÉNDEZ MOSQUERA, ÁNGEL	AD CERNE	00:39:38	3:57	M (19)	MASTER 1 M (3)	
21	37	SESA R SEGADE, FERNANDO	SD COMPOSTELA ATLETISMO	00:39:43	3:58	M (20)	MASTER 2 M (6)	
22	15	GUTIÉRREZ PRIETO, FERNANDO		00:39:50	3:58	M (21)	MASTER 1 M (4)	
23	69	PARRADO LOUZAO, JAVIER	AD CERNE	00:40:46	4:04	M (22)	MASTER 2 M (7)	
24	22	CASTRO PACHECO, LUIS	CLUBE DEPORTIVO ARZUA	00:40:54	4:05	M (23)	MASTER 1 M (5)	M (1)
25	60	VARELA VÁZQUEZ, ROBERTO	MOSQUETEROS GALAICOS	00:41:12	4:07	M (24)	MASTER 2 M (8)	
26	32	SANDA ARES, JOSE	SD COMPOSTELA ATLETISMO	00:41:16	4:07	M (25)	MASTER 2 M (9)	
27	99	PORTEIRO, MARINA MULLUNESH	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:41:20	4:07	F (2)	SENIOR F (NA)	
28	72	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:41:47	4:10	M (26)	MASTER 3 M (3)	
29	66	REY LOPEZ, GONZALO	CLUBE DEPORTIVO ARZUA	00:41:54	4:11	M (27)	MASTER 2 M (10)	M (2)
30	125	ANTAS RODRIGUEZ, JUAN		00:42:10	4:12	M (28)	SENIOR M (4)	M (3)

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31	2	GARCIA EXPOSITO, BELEN	AD CERNE	00:42:28	4:14	F (3)	MASTER 1 F (NA)	
32	134	NAVEIRO ROCA, CARMELA	CLUBE DEPORTIVO ARZUA	00:42:44	4:16	F (4)	SUB 18 F (1)	F (NA)
33	17	GARCIA GARCIA, ANGEL	BRIGANTIA	00:42:46	4:16	M (29)	MASTER 1 M (6)	
34	34	RODRÍGUEZ GARCÍA, JOSÉ LUIS		00:43:13	4:19	M (30)	MASTER 2 M (11)	
35	28	PEREZ RODRÍGUEZ, JOSE MANUEL	ATLETISMO ARENTEIRO	00:43:17	4:19	M (31)	MASTER 2 M (12)	
36	30	PEON SANTOME, LUCIA	ATLETISMO ARENTEIRO	00:43:18	4:19	F (5)	MASTER 2 F (1)	
37	63	FERNÁNDEZ ROEL, DIEGO		00:43:23	4:20	M (32)	MASTER 2 M (13)	
38	26	MEDINA ALBERO, MANUEL		00:43:23	4:20	M (33)	MASTER 1 M (7)	M (4)
39	7	GARCÍA EXPÓSITO, ANXO		00:43:50	4:22	M (34)	MASTER 1 M (8)	
40	130	GARCIA SEBIO, MARTIN		00:44:13	4:25	M (35)	SUB 23 M (3)	M (NA)
41	23	MATO CEBRIAN, DANI	AD CERNE	00:44:15	4:25	M (36)	MASTER 1 M (9)	
42	109	PAMPIN IGLESIAS, DAVID	CLUB NATACIÓN ARZÚA	00:44:28	4:26	M (37)	SENIOR M (5)	M (5)
43	10	ROMERO BARREIRO, JOSE ANTONIO	CLUBE ATLETISMO BOIMORTO	00:44:41	4:28	M (38)	MASTER 1 M (10)	M (6)
44	92	BARREIRO BLANCO, PEPE		00:44:53	4:29	M (39)	MASTER 4 M (1)	
45	127	SALAS CASAL, RICARDO		00:45:00	4:29	M (40)	SENIOR M (6)	
46	64	MOSTEIRO FELIPEZ, ESTEBAN	CLUBE DEPORTIVO ARZUA	00:45:07	4:30	M (41)	MASTER 2 M (14)	M (7)
47	36	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:45:08	4:30	M (42)	MASTER 2 M (15)	
48	67	LOMBARDEIRO, ALBERTO	MADERAS BARCIA LOURENZA-CERVO	00:45:20	4:31	M (43)	MASTER 2 M (16)	
49	56	DIEGUEZ PINTOR, OSCAR	AD CERNE	00:45:30	4:32	M (44)	MASTER 2 M (17)	M (8)
50	124	CAAMAÑO FIGUEROA, ALBERTO		00:45:41	4:34	M (45)	SENIOR M (7)	
51	126	SENÍN MOURIÑO, BRAIS		00:45:45	4:34	M (46)	SENIOR M (8)	M (9)
52	62	CARBON SEXTO, RODRIGO	CLUBE DEPORTIVO ARZUA	00:45:51	4:35	M (47)	MASTER 2 M (18)	M (10)
53	123	COSTOYA PAMPIN, XULIO	CLUBE DEPORTIVO ARZUA	00:46:05	4:36	M (48)	SENIOR M (9)	M (11)
54	111	PÉREZ MOSQUERA, MANUEL	CLUBE DEPORTIVO ARZUA	00:46:13	4:37	M (49)	SENIOR M (10)	M (12)
55	35	PORTAS MUINELO, CÉSAR	CLUB ALANCAR ATLETISMO	00:46:20	4:37	M (50)	MASTER 2 M (19)	
56	19	PAMPÍN CASTRO, ALEJANDRO	CLUBE DEPORTIVO ARZUA	00:46:24	4:38	M (51)	MASTER 1 M (11)	
57	86	NUÑEZ TABOADA, JOSE		00:47:06	4:42	M (52)	MASTER 4 M (2)	
58	12	SOLIS POSE, IVAN	SD COMPOSTELA ATLETISMO	00:47:20	4:43	M (53)	MASTER 1 M (12)	
59	13	SIMÓN MARTÍNEZ, AMIRA	SD COMPOSTELA ATLETISMO	00:47:23	4:44	F (6)	MASTER 1 F (1)	
60	91	MÉNDEZ SUÁREZ, SUSO	A. PRINCESA RETT	00:47:29	4:44	M (54)	MASTER 4 M (3)	

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61	59	SUÁREZ GIADÁS, JAVIER	ATLETISMO ARENTEIRO	00:47:38	4:45	M (55)	MASTER 2 M (20)	
62	89	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	00:47:40	4:45	M (56)	MASTER 4 M (4)	
63	39	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:48:12	4:49	M (57)	MASTER 2 M (21)	
64	61	PINTOR CARRIL, ANTÓN	CLUBE DEPORTIVO ARZUA	00:48:31	4:51	M (58)	MASTER 2 M (22)	
65	27	CANDA TABOADA, LUIS	GTR GALAICO TRAIL RUN	00:49:11	4:55	M (59)	MASTER 2 M (23)	
66	88	BREA ASOREY, JUAN MANUEL		00:49:12	4:55	M (60)	MASTER 4 M (5)	
67	115	LONGARELA BAO, SAMUEL		00:49:16	4:55	M (61)	SENIOR M (11)	M (13)
68	105	PITT, BRAD	CLUBE DEPORTIVO ARZUA	00:49:27	4:56	M (62)	SENIOR M (12)	
69	14	JONES, INDIANA	CLUBE DEPORTIVO ARZUA	00:49:28	4:56	M (63)	MASTER 1 M (13)	M (14)
70	9	FERNÁNDEZ PEREIRO, REIMON		00:49:43	4:58	M (64)	MASTER 1 M (14)	
71	1	SANCHEZ VARELA, PABLO		00:49:48	4:58	M (65)	MASTER 1 M (15)	
72	11	SEGADE MIRAGAYA, DIEGO	AD CERNE	00:49:48	4:58	M (66)	MASTER 1 M (16)	
73	133	CARRIL FERNÁNDEZ, NICOLÁS	CLUB NATACIÓN ARZÚA	00:49:48	4:58	M (67)	SUB 18 M (1)	M (NA)
74	58	VARELA, ANA	BRIGANTIA	00:49:48	4:58	F (7)	MASTER 2 F (2)	
75	40	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:50:00	4:59	M (68)	MASTER 2 M (24)	
76	77	BUJÁN RODRÍGUEZ, MARIA GUADALUPE	AD CERNE	00:50:02	5:00	F (8)	MASTER 3 F (1)	
77	41	CALVO, DANI		00:50:12	5:01	M (69)	MASTER 2 M (25)	
78	31	FANDIÑO, MANUEL		00:50:31	5:03	M (70)	MASTER 2 M (26)	
79	81	CASCÓN RODRÍGUEZ, ARMANDO	CLUBE DEPORTIVO ARZUA	00:50:39	5:03	M (71)	MASTER 3 M (4)	M (15)
80	47	CARRIL BOO, CRISTINA	CLUB ATLETISMO O PINO	00:50:42	5:04	F (9)	MASTER 2 F (3)	
81	75	RODRIGUEZ VIDAL, JAIME		00:50:49	5:04	M (72)	MASTER 3 M (5)	
82	46	SANCHEZ DURO, JESUS	CLUB ATLETISMO O PINO	00:50:54	5:05	M (73)	MASTER 2 M (27)	
83	42	BOQUETE GARCIA, TANIA		00:50:55	5:05	F (10)	MASTER 2 F (4)	
84	87	PAMPIN FUCIÑOS, JOSÉ MANUEL	AD CERNE	00:51:34	5:09	M (74)	MASTER 4 M (6)	
85	119	GARCÍA MATO, DIEGO		00:51:35	5:09	M (75)	SENIOR M (13)	
86	113	OTERO RAMOS, LORENZO		00:51:35	5:09	M (76)	SENIOR M (14)	
87	106	CAÑAMARES MARÍN, GLORIA	ATLETISMO +9 MORAÑA	00:52:36	5:15	F (11)	SENIOR F (1)	
88	90	CASTRO SUAREZ, JUAN CARLOS	CLUB ATLETISMO O PINO	00:53:06	5:18	M (77)	MASTER 4 M (7)	
89	114	FACHAL QUINTELA, ARACELI		00:53:12	5:19	F (12)	SENIOR F (2)	
90	82	PAMPIN PAMPIN, JUAN CARLOS	CLUBE DEPORTIVO ARZUA	00:53:23	5:20	M (78)	MASTER 3 M (6)	M (16)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO	CATEGORÍA	LOCAL
91	100	LAGARES SÁNCHEZ, LUCÍA		00:53:24	5:20	F (13)	SENIOR F (3)	
92	8	RAMOS AGRA, DANIEL		00:53:26	5:20	M (79)	MASTER 1 M (17)	M (17)
93	73	AGUIÓN SANDA, EDUARDO IGNACIO	MOSQUETEROS GALAICOS	00:53:26	5:20	M (80)	MASTER 3 M (7)	
94	84	NOVO SEIJAS, VÍCTOR	MOSQUETEROS GALAICOS	00:53:26	5:20	M (81)	MASTER 3 M (8)	M (18)
95	107	COTÓN VAZQUEZ, DIANA		00:53:58	5:23	F (14)	SENIOR F (4)	F (1)
96	85	MOURE CAÑETE, FRANCISCO	NOITEBRA, F.C.	00:54:05	5:24	M (82)	MASTER 4 M (8)	
97	29	VARELA SANTALLA, PEPE		00:54:15	5:25	M (83)	MASTER 2 M (28)	
98	49	POSE CHOUCIÑO, OLGA	A. PRINCESA RETT	00:54:20	5:25	F (15)	MASTER 2 F (5)	
99	4	RODRÍGUEZ BUGALLO, ÁNGEL		00:54:41	5:28	M (84)	MASTER 1 M (18)	
100	108	IGLESIAS AMORES, DORIS	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	00:55:04	5:30	F (16)	SENIOR F (5)	
101	65	GÓMEZ GIL, FÁTIMA		00:55:53	5:35	F (17)	MASTER 2 F (6)	F (2)
102	57	MOSTEIRO FELIPEZ, CAROLINA		00:55:53	5:35	F (18)	MASTER 2 F (7)	F (3)
103	33	QUINTE PÉREZ, JAVIER		00:56:27	5:38	M (85)	MASTER 2 M (29)	
104	80	COSTOYA CASTELO, CHEMA	CLUBE ATLETISMO BOIMORTO	00:56:46	5:40	M (86)	MASTER 3 M (9)	
105	76	REY SOUTO, JESÚS ENRIQUE	CLUBE ATLETISMO BOIMORTO	00:56:47	5:40	M (87)	MASTER 3 M (10)	
106	53	PAMPIN PAMPIN, GUSTAVO		00:59:01	5:54	M (88)	MASTER 2 M (30)	M (19)
107	79	CARBAJALES CASAL, ISABEL		00:59:27	5:56	F (19)	MASTER 3 F (2)	
108	55	CAJADE BLANCO, MARÍA BEGOÑA	CLUBE ATLETISMO BOIMORTO	00:59:27	5:56	F (20)	MASTER 2 F (8)	
109	135	SEIJAS REY, LUCAS		01:00:09	6:00	M (89)	SUB 18 M (2)	
110	6	QUINTEIRO VAAMONDE, ADRIÁN	CLUBE DEPORTIVO ARZUA	01:01:01	6:06	M (90)	MASTER 1 M (19)	
111	24	IGLESIAS FERNÁNDEZ, LAURA	NO SPORT LIMIT	01:02:41	6:16	F (21)	MASTER 1 F (2)	
112	94	MÉNDEZ CASAL, MANUEL		01:03:32	6:21	M (91)	MASTER 4 M (9)	
113	3	MANTEIGA RODRÍGUEZ, SANDRA		01:03:52	6:23	F (22)	MASTER 1 F (3)	
114	102	2, CÉZAR		01:05:06	6:30	F (23)	SENIOR F (6)	

Total: 114