

CLASIFICACION ABSOLUTA 10K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
1	287	BOCELO BELLAS, PABLO	VICKYFOODS	**00:32:08**	--	10:27 (2)	21:32 (2)	3:12	H (1)	SNH (1)	
2	242	GARCIA SOUTO, HUGO	ATLETISMO PORTUGALETE	**00:32:15**	+07	10:27 (1)	21:32 (1)	3:13	H (2)	SNH (2)	
3	354	PUYUELO PARDO, VICTOR	ATLETICO OROEL	**00:32:25**	+17	10:28 (3)	21:32 (3)	3:14	H (3)	SNH (3)	
4	284	LIJÓ ARES, YAGO	CLUB ATLETISMO ANTAS DE ULLA	**00:32:50**	+42	10:34 (4)	21:39 (4)	3:16	H (4)	SNH (4)	H (1)
5	261	GONZALEZ CASTRO, DAMIAN	TRIATLON RIANXO	**00:33:38**	+1:30	11:08 (6)	22:20 (5)	3:21	H (5)	SNH (5)	
6	71	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	**00:33:56**	+1:48	10:57 (5)	22:26 (6)	3:23	H (6)	M2H (1)	
7	80	MELLO, JACI	SD COMPOSTELA ATLETISMO	**00:34:02**	+1:54	11:11 (8)	22:39 (7)	3:24	H (7)	M2H (2)	
8	6	AGRASO ALONSO, XABI	BNZ RUN CLUB	**00:34:27**	+2:19	11:11 (7)	22:49 (8)	3:26	H (8)	M1H (1)	
9	17	FERNÁNDEZ GARCÍA, MICHEL	BNZ RUN CLUB	**00:34:56**	+2:48	11:19 (9)	23:15 (10)	3:29	H (9)	M1H (2)	H (2)
10	37	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	**00:34:58**	+2:50	11:40 (21)	23:29 (11)	3:29	H (10)	M1H (3)	H (3)
11	88	SABORIDO SÓÑORA, SAMUEL	CLUB ATLETISMO SAR	**00:34:59**	+2:51	11:35 (10)	23:14 (9)	3:29	H (11)	M2H (3)	
12	**8**	**CASTILLO OÑATE, SARA**	**CLUB ATLETISMO FEMENINO CELTA**	**00:35:02**	**+2:54**	**11:40 (22)**	**23:29 (12)**	**3:30**	**M (1)**	**M1M (1)**	
13	126	FERNANDEZ LIJO, JUAN FRANCISCO	EL CANARIO	**00:35:19**	+3:11	11:41 (23)	23:38 (19)	3:31	H (12)	M2H (4)	
14	165	TRAB CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:35:22**	+3:14	11:40 (14)	23:34 (13)	3:32	H (13)	M3H (1)	
15	247	PIÑEIRO CAAMAÑO, PABLO	BNZ RUN CLUB	**00:35:24**	+3:16	11:45 (27)	23:37 (18)	3:32	H (14)	SNH (6)	H (4)
16	92	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	**00:35:27**	+3:19	11:39 (11)	23:34 (14)	3:32	H (15)	M2H (5)	
17	83	AGRELO GOMEZ, ROBERTO CARLOS	CLUB ATLETISMO SAR	**00:35:30**	+3:22	11:40 (17)	23:34 (15)	3:32	H (16)	M2H (6)	
18	291	BRAVO, MARCOS	SD ARAÑO	**00:35:35**	+3:27	11:40 (19)	23:37 (16)	3:33	H (17)	SNH (7)	H (5)
19	87	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	**00:35:55**	+3:47	11:40 (16)	23:37 (17)	3:35	H (18)	M2H (7)	
20	70	CALVO CES, ARMANDO	CLUB ATLETISMO SAR	**00:35:59**	+3:51	11:41 (24)	23:48 (24)	3:35	H (19)	M2H (8)	H (6)
21	160	PESADO FERNÁNDEZ, ALEJANDRO		**00:36:01**	+3:53	11:40 (20)	23:42 (21)	3:36	H (20)	M3H (2)	
22	97	MACEIRAS LAGO, RAMON	CLUB ATLETISMO SAR	**00:36:01**	+3:53	11:40 (18)	23:42 (20)	3:36	H (21)	M2H (9)	
23	66	CIGÜENZA GESTOSO, JOSÉ IGNACIO	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:36:04**	+3:56	11:44 (25)	23:45 (22)	3:36	H (22)	M2H (10)	
24	271	VIDAL VÁZQUEZ, MATEO	TRIBU TRAIL	**00:36:06**	+3:58	11:39 (12)	23:47 (23)	3:36	H (23)	SNH (8)	
25	170	RODRÍGUEZ TORRES, JUAN CARLOS	S.D. BARBANTIA RODA	**00:36:12**	+4:04	11:49 (28)	24:02 (26)	3:37	H (24)	M3H (3)	H (7)
26	2	TORRESCUSA MOURIÑO, RICARDO	CLUB ATLETISMO CAMBADOS	**00:36:13**	+4:05	11:49 (30)	24:02 (27)	3:37	H (25)	M1H (4)	
27	60	RODRÍGUEZ PIMENTEL, PATRICK		**00:36:18**	+4:10	12:06 (37)	24:12 (29)	3:37	H (26)	M1H (5)	H (8)
28	243	GARABATO LAGARES, ADRIAN	CLUB TRIATLÓN COMPOSTELA	**00:36:24**	+4:16	11:40 (15)	24:05 (28)	3:38	H (27)	SNH (9)	

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29	23	BOUZAS REY, PABLO		**00:36:26**	+4:18	11:49 (29)	24:02 (25)	3:38	H (28)	M1H (6)	
30	76	POSE PEREZ, AGUS	S.D. BARBANTIA RODA	**00:36:32**	+4:24	12:14 (42)	24:36 (33)	3:39	H (29)	M2H (11)	
31	102	MELLA SUAREZ, ALEX	ATLETISMO OBRADOIRO	**00:36:36**	+4:28	12:04 (34)	24:22 (30)	3:39	H (30)	M2H (12)	
32	177	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	**00:36:36**	+4:28	12:04 (35)	24:22 (31)	3:39	H (31)	M3H (4)	
33	290	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	**00:36:51**	+4:43	12:19 (46)	24:36 (32)	3:41	H (32)	SNH (10)	H (9)
34	**1**	**MOSQUERA LOSADA, SANDRA**	**COMESAÑA SPORTING CLUB**	**00:37:07**	**+4:59**	**12:12 (39)**	**24:39 (34)**	**3:42**	**M (2)**	**M1M (2)**	
35	124	GONZALEZ, ALFONSO	VETERANOS REMO RIANXO	**00:37:10**	+5:02	12:15 (43)	24:41 (37)	3:42	H (33)	M2H (13)	H (10)
36	33	LAIÑO SILVA, VICTOR	SAN MIGUEL DE MARIN	**00:37:15**	+5:07	12:12 (41)	24:39 (35)	3:43	H (34)	M1H (7)	
37	96	CAAMAÑO, AVELINO	PONTE TRAIL	**00:37:17**	+5:09	11:57 (32)	24:40 (36)	3:43	H (35)	M2H (14)	
38	335	MARIÑO GALBÁN, MANUEL	CLUB DE REMO CABO DA CRUZ	**00:37:25**	+5:17	12:28 (49)	25:11 (43)	3:44	H (36)	S23H (1)	H (11)
39	77	QUINTELA PAIS, FÉLIX	CLUB TRIATLÓN FISIONICRA NEGREIRA	**00:37:30**	+5:22	12:12 (39)	24:48 (39)	3:44	H (37)	M2H (15)	
40	299	GONZÁLEZ LOJO, JUAN	CLUB DE REMO CABO DA CRUZ	**00:37:32**	+5:24	12:27 (48)	25:12 (45)	3:45	H (38)	SNH (11)	
41	133	MARTINEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	**00:37:39**	+5:31	12:27 (47)	25:11 (44)	3:45	H (39)	M2H (16)	
42	147	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	**00:37:43**	+5:35	12:17 (45)	25:05 (42)	3:46	H (40)	M2H (17)	
43	187	BARREIRO PEREIRA, XOSÉ ANTÓN	ATLETISMO OBRADOIRO	**00:38:03**	+5:55	12:17 (44)	25:04 (41)	3:48	H (41)	M3H (5)	
44	110	CREGO FERNANDEZ, XACOBO	TRIATLON INFORHOUSE SANTIAGO	**00:38:04**	+5:56	11:45 (26)	25:04 (40)	3:48	H (42)	M2H (18)	
45	121	GONZALEZ HORTA, VICTOR	COMESAÑA SPORTING CLUB	**00:38:10**	+6:02	11:56 (31)	24:46 (38)	3:48	H (43)	M2H (19)	
46	113	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	**00:38:11**	+6:03	12:38 (52)	25:23 (48)	3:49	H (44)	M2H (20)	
47	117	BENITEZ SOMOZA, ISRAEL	EL CANARIO	**00:38:14**	+6:06	12:47 (60)	25:22 (47)	3:49	H (45)	M2H (21)	
48	55	PÉREZ REGO, JORGE	BNZ RUN CLUB	**00:38:20**	+6:12	12:32 (50)	25:33 (49)	3:49	H (46)	M1H (8)	
49	**196**	**LEIRO LOPEZ, SOLEDAD**	**SD COMPOSTELA ATLETISMO**	**00:38:34**	**+6:26**	**12:47 (59)**	**25:38 (51)**	**3:51**	**M (3)**	**M3M (1)**	
50	195	GARCIA VAZQUEZ, EMILIO	SD COMPOSTELA ATLETISMO	**00:38:35**	+6:27	12:47 (58)	25:37 (50)	3:51	H (47)	M3H (6)	
51	89	MUIÑOS REYES, ENRIQUE		**00:38:36**	+6:28	12:55 (64)	25:44 (55)	3:51	H (48)	M2H (22)	
52	82	MIRANDA VIEITO, JOSE MANUEL	ATHLETICS FISIOTERAPIA SAN LAZARO	**00:38:41**	+6:33	12:38 (53)	25:38 (52)	3:52	H (49)	M2H (23)	
53	237	FREIRE LAMAS, ADRIÁN		**00:38:49**	+6:41	12:41 (54)	25:48 (57)	3:52	H (50)	SNH (12)	
54	30	GUTIÉRREZ PRIETO, FERNANDO	CLUB ATLETISMO TAMBRE	**00:38:51**	+6:43	12:43 (56)	25:39 (53)	3:53	H (51)	M1H (9)	
55	194	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	**00:38:51**	+6:43	12:38 (51)	25:42 (54)	3:53	H (52)	M3H (7)	
56	111	BUSTELO CATOIRA, CARLOS	SD COMPOSTELA ATLETISMO	**00:38:53**	+6:45	12:48 (61)	25:49 (58)	3:53	H (53)	M2H (24)	

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57	167	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:38:56**	+6:48	12:42 (55)	25:53 (59)	3:53	H (54)	M3H (8)	
58	319	FERREIRA VAZQUEZ, DIEGO	SD COMPOSTELA ATLETISMO	**00:39:03**	+6:55	12:05 (36)	25:17 (46)	3:54	H (55)	S18H (1)	H (12)
59	155	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	**00:39:07**	+6:59	12:44 (57)	25:48 (56)	3:54	H (56)	M3H (9)	
60	84	FERREIROS PATIÑO, SEVERIANO		**00:39:13**	+7:05	12:59 (68)	26:00 (62)	3:55	H (57)	M2H (25)	H (13)
61	185	GÓMEZ GÓMEZ, MANUEL	PONTETRAIL	**00:39:16**	+7:08	13:01 (72)	26:02 (63)	3:55	H (58)	M3H (10)	
62	345	CREO FERNÁNDEZ, CÉSAR	TRIATLON RIANXO	**00:39:18**	+7:10	12:56 (66)	26:08 (65)	3:55	H (59)	S23H (2)	H (14)
63	146	GONźALEZ PARGA, RUBEN	BNZ RUN CLUB	**00:39:19**	+7:11	12:52 (63)	26:00 (61)	3:55	H (60)	M2H (26)	
64	112	DOSIL, JAVI	ATLETISMO FONTES DO SAR	**00:39:21**	+7:13	12:52 (62)	26:06 (64)	3:56	H (61)	M2H (27)	
65	337	BOUZAS VILACOBA, DIEGO		**00:39:23**	+7:15	13:47 (108)	26:45 (76)	3:56	H (62)	S23H (3)	
66	13	SEOANE CEA, BRAIS		**00:39:28**	+7:20	13:06 (74)	26:15 (66)	3:56	H (63)	M1H (10)	
67	312	GRACIANO TOREA, OSCAR	CLUB ATLETISMO NOIA	**00:39:37**	+7:29	13:00 (70)	26:30 (68)	3:57	H (64)	S18H (2)	
68	159	NOYA PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	**00:39:49**	+7:41	12:59 (69)	26:19 (67)	3:58	H (65)	M3H (11)	
69	59	LUSTRES, MANUEL	BNZ RUN CLUB	**00:39:56**	+7:48	13:06 (73)	26:35 (72)	3:59	H (66)	M1H (11)	
70	349	DOMÍNGUEZ FIGUEIRA, MAURO	CLUB PIRAGÜISMO VERDUCIDO-PONTILLÓN	**00:39:57**	+7:49	12:08 (38)	25:59 (60)	3:59	H (67)	S23H (4)	H (15)
71	183	PARADA GARCÍA, LUIS MIGUEL	EL CANARIO	**00:39:57**	+7:49	13:10 (78)	26:34 (69)	3:59	H (68)	M3H (12)	
72	199	VILA SIEIRA, RUBEN	EGOVARROS DE VIVEIRO	**00:40:01**	+7:53	13:09 (76)	26:35 (70)	4:00	H (69)	M3H (13)	
73	135	NOYA ORDÓÑEZ, RAMÓN		**00:40:05**	+7:57	13:20 (84)	26:38 (75)	4:00	H (70)	M2H (28)	H (16)
74	106	CEBREIRO GALBAN, MIGUEL ÁNGEL		**00:40:06**	+7:58	13:21 (85)	27:09 (83)	4:00	H (71)	M2H (29)	H (17)
75	216	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	**00:40:11**	+8:03	12:56 (67)	26:36 (74)	4:01	H (72)	M4H (1)	
76	219	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	**00:40:16**	+8:08	12:55 (65)	26:36 (73)	4:01	H (73)	M4H (2)	
77	244	GUDE RIVEIRO, ANTONIO	EL CANARIO	**00:40:22**	+8:14	13:24 (88)	26:47 (77)	4:02	H (74)	SNH (13)	
78	182	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	**00:40:24**	+8:16	13:08 (75)	26:35 (71)	4:02	H (75)	M3H (14)	
79	192	COSTA RODRÍGUEZ, JOSE ANTONIO	AGRUPACIÓN ATLÉTICA MAZÍ	**00:40:27**	+8:19	13:15 (81)	26:48 (78)	4:02	H (76)	M3H (15)	
80	215	SANTOS BOO, JESUS	SD COMPOSTELA ATLETISMO	**00:40:30**	+8:22	13:14 (79)	26:57 (80)	4:02	H (77)	M4H (3)	
81	186	JUNCAL IGLESIAS, ALBERTO	CLUB ATLETISMO SAMERTOLAMEU	**00:40:32**	+8:24	13:09 (77)	26:54 (79)	4:03	H (78)	M3H (16)	
82	201	SIEIRA RIOS, FERNANDO	TRIATLON RIANXO	**00:40:36**	+8:28	13:34 (91)	27:10 (85)	4:03	H (79)	M3H (17)	H (18)
83	241	RODRIGUEZ COTO, ALEJANDRO		**00:40:45**	+8:37	13:36 (96)	27:21 (89)	4:04	H (80)	SNH (14)	
84	169	CESAR VILA, ALVARO	CLUB ATLETISMO TAMBRE	**00:40:58**	+8:50	13:40 (103)	27:09 (84)	4:05	H (81)	M3H (18)	

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85	157	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	**00:41:04**	+8:56	13:17 (82)	27:09 (82)	4:06	H (82)	M3H (19)	
86	35	RODRIGUEZ FLORES, MARCO ANTONIO	SANYSEC- CLUB OURENSE ATLETISMO	**00:41:05**	+8:57	14:04 (123)	27:54 (107)	4:06	H (83)	M1H (12)	
87	153	FERNANDEZ ALVAREZ, CARLOS		**00:41:06**	+8:58	13:24 (86)	27:17 (88)	4:06	H (84)	M3H (20)	
88	68	FERNÁNDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	**00:41:10**	+9:02	13:15 (80)	27:03 (81)	4:06	H (85)	M2H (30)	
89	246	GUDE RIVEIRO, ALBERTO	EL CANARIO	**00:41:13**	+9:05	13:27 (89)	27:10 (86)	4:07	H (86)	SNH (15)	
90	283	SOBRADELO SEGADE, MATEO		**00:41:15**	+9:07	13:34 (92)	27:38 (95)	4:07	H (87)	SNH (16)	H (19)
91	338	CALVO MUÑIZ, RAÚL		**00:41:16**	+9:08	13:01 (71)	27:13 (87)	4:07	H (88)	S23H (5)	H (20)
92	103	VAZQUEZ FORJAN, ADRIAN		**00:41:18**	+9:10	13:36 (97)	27:29 (90)	4:07	H (89)	M2H (31)	
93	140	GARCIA GONZALEZ, RUBEN	TRIATLON RIANXO	**00:41:20**	+9:12	13:43 (104)	27:38 (94)	4:07	H (90)	M2H (32)	H (21)
94	54	FERNÁNDEZ BUCETA, PABLO	BNZ RUN CLUB	**00:41:26**	+9:18	13:50 (113)	27:43 (99)	4:08	H (91)	M1H (13)	
95	350	CES CAAMAÑO, DIEGO		**00:41:27**	+9:19	13:39 (102)	27:35 (93)	4:08	H (92)	S23H (6)	H (22)
96	152	GONZÁLEZ AVIÓN, XOSÉ CARLOS	TRIATLÓN VILAGARCÍA	**00:41:31**	+9:23	13:37 (100)	27:30 (91)	4:09	H (93)	M3H (21)	
97	171	SEOANE MUÑIZ, THOMAS		**00:41:37**	+9:29	13:18 (83)	27:43 (98)	4:09	H (94)	M3H (22)	
98	276	FERNÁNDEZ GARCÍA, ADRIÁN		**00:41:39**	+9:31	13:36 (95)	27:30 (92)	4:09	H (95)	SNH (17)	
99	323	NUÑEZ FREIRE, JUAN ANTONIO	EL CANARIO	**00:41:41**	+9:33	13:24 (87)	27:47 (105)	4:10	H (96)	S20H (1)	
100	**72**	**GONZÁLEZ VERDE, ARIANA**		**00:41:41**	**+9:33**	**13:48 (111)**	**27:44 (102)**	**4:10**	**M (4)**	**M2M (1)**	
101	289	LÓPEZ BLANCO, XABIER		**00:41:44**	+9:36	13:52 (114)	28:05 (110)	4:10	H (97)	SNH (18)	H (23)
102	69	FERNÁNDEZ RIVEIRO, JUAN MANUEL		**00:41:46**	+9:38	14:08 (128)	28:09 (114)	4:10	H (98)	M2H (33)	
103	115	REY AGRELO, JOSÉ RAMIRO	CLUB ATLETISMO LOUSAME	**00:41:54**	+9:46	13:35 (93)	27:42 (97)	4:11	H (99)	M2H (34)	
104	212	ÁLVAREZ LODEIRO, SANTI	ENTRENARUNNING	**00:41:59**	+9:51	13:49 (112)	28:04 (109)	4:11	H (100)	M4H (4)	
105	74	ROMERO GONZÁLEZ, JUAN JOSÉ		**00:41:59**	+9:51	13:38 (101)	27:45 (103)	4:11	H (101)	M2H (35)	H (24)
106	202	BRIÓN LEMA, JUAN CARLOS	BRIONLETEAM	**00:42:00**	+9:52	13:43 (105)	27:45 (104)	4:11	H (102)	M3H (23)	
107	136	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	**00:42:08**	+10:00	14:02 (121)	27:58 (108)	4:12	H (103)	M2H (36)	
108	184	SICILIA BARCI, JUAN	ATLÉTIC RANIN CLUB	**00:42:11**	+10:03	14:07 (124)	28:21 (118)	4:13	H (104)	M3H (24)	
109	73	LAREO CREO, DANIEL	CLUB ATLETISMO NOIA	**00:42:13**	+10:05	13:54 (117)	28:12 (116)	4:13	H (105)	M2H (37)	
110	57	ROMERO ABALO, RODRIGO		**00:42:17**	+10:09	14:07 (126)	28:12 (115)	4:13	H (106)	M1H (14)	H (25)
111	61	BELLO GRAIÑO, DIEGO		**00:42:18**	+10:10	14:12 (130)	28:15 (117)	4:13	H (107)	M2H (38)	
112	48	FIGUEIRA IGLESIAS, LUCAS	RUN&DRINK	**00:42:18**	+10:10	14:39 (154)	28:49 (127)	4:13	H (108)	M1H (15)	H (26)

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CLASIFICACION ABSOLUTA 10K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
113	5	DOMINGUEZ SÁNCHEZ, EMILIO		**00:42:19**	+10:11	14:29 (147)	28:41 (122)	4:13	H (109)	M1H (16)	
114	19	DÍAZ GONZÁLEZ, ÁLVARO		**00:42:20**	+10:12	14:41 (155)	28:50 (128)	4:13	H (110)	M1H (17)	
115	249	BLANCO CALO, PABLO	BNZ RUN CLUB	**00:42:23**	+10:15	13:44 (106)	28:08 (113)	4:14	H (111)	SNH (19)	
116	328	ALCALDE RIAL, MARIO	S.D. BARBANTIA RODA	**00:42:23**	+10:15	13:47 (110)	27:44 (101)	4:14	H (112)	S20H (2)	H (27)
117	198	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	**00:42:39**	+10:31	15:13 (176)	29:49 (149)	4:15	H (113)	M3H (25)	
118	164	COSTA CASTRO, MANUEL	SD COMPOSTELA ATLETISMO	**00:42:39**	+10:31	13:36 (94)	28:42 (124)	4:15	H (114)	M3H (26)	
119	218	BERGONDO BRANDARIZ, JUAN CARLOS	RUNNING OLEIROS	**00:42:44**	+10:36	13:33 (90)	27:52 (106)	4:16	H (115)	M4H (5)	
120	127	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	**00:42:48**	+10:40	13:36 (98)	27:43 (100)	4:16	H (116)	M2H (39)	
121	336	PEREZ RIVEIRO, ALVARO		**00:42:49**	+10:41	13:47 (109)	27:42 (96)	4:16	H (117)	S23H (7)	
122	315	CRUJEIRAS VIDAL, LUCAS	EL CANARIO	**00:43:06**	+10:58	13:37 (99)	28:05 (111)	4:18	H (118)	S18H (3)	
123	150	GARCIA LORENZO, DIEGO	S.D. BARBANTIA RODA	**00:43:15**	+11:07	14:13 (131)	28:40 (120)	4:19	H (119)	M2H (40)	H (28)
124	**21**	**MEJUTO FERNANDEZ, NURIA**	**SD COMPOSTELA ATLETISMO**	**00:43:18**	**+11:10**	**14:16 (135)**	**28:47 (125)**	**4:19**	**M (5)**	**M1M (3)**	
125	260	EITOR SUMAY, ÁLVARO		**00:43:21**	+11:13	14:51 (160)	29:29 (144)	4:20	H (120)	SNH (20)	
126	93	VIAÑO LORENZO, PABLO		**00:43:23**	+11:15	14:10 (129)	28:49 (126)	4:20	H (121)	M2H (41)	
127	257	BRIÓN TOUCEDO, MARIO	CLUB DE REMO CABO DA CRUZ	**00:43:24**	+11:16	14:08 (127)	28:41 (123)	4:20	H (122)	SNH (21)	
128	303	BARREIRO RODRIGUEZ, PABLO		**00:43:25**	+11:17	13:52 (115)	28:41 (121)	4:20	H (123)	SNH (22)	
129	207	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	**00:43:38**	+11:30	14:29 (146)	29:04 (132)	4:21	H (124)	M4H (6)	
130	313	CES VÁZQUEZ, LUCAS		**00:43:41**	+11:33	12:01 (33)	28:34 (119)	4:22	H (125)	S18H (4)	
131	239	ABALO ROMERO, ANXO	BNZ RUN CLUB	**00:43:50**	+11:42	14:29 (145)	29:25 (142)	4:22	H (126)	SNH (23)	
132	**238**	**FACHAL QUINTELA, ARACELI**	**CLUB TRIATLÓN COMPOSTELA**	**00:43:50**	**+11:42**	**14:24 (140)**	**29:14 (137)**	**4:22**	**M (6)**	**SNM (1)**	
133	104	SOBRADELO RIAL, RAMON		**00:43:55**	+11:47	13:58 (118)	28:52 (130)	4:23	H (127)	M2H (42)	H (29)
134	**65**	**GARCIA CAINZOS, IRMA**	**CLUB TRIATLÓN COMPOSTELA**	**00:43:56**	**+11:48**	**14:15 (132)**	**29:08 (134)**	**4:23**	**M (7)**	**M2M (2)**	
135	12	RODRÍGUEZ GONZÁLEZ, PABLO	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:44:05**	+11:57	14:16 (133)	29:10 (135)	4:24	H (128)	M1H (18)	
136	18	DEL RIO GONZALEZ, JORGE	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:44:14**	+12:06	14:23 (138)	29:15 (138)	4:25	H (129)	M1H (19)	
137	**269**	**GONZALEZ BARGO, CARLA**	**CLUB ATLETISMO OUTES-MARISCOS ANTON**	**00:44:14**	**+12:06**	**14:24 (139)**	**29:16 (139)**	**4:25**	**M (8)**	**SNM (2)**	
138	101	BARREIRO BLANCO, MIGUEL		**00:44:19**	+12:11	14:07 (125)	29:01 (131)	4:25	H (130)	M2H (43)	
139	138	FONTANS SEBE, MARCOS	SD COMPOSTELA ATLETISMO	**00:44:23**	+12:15	15:08 (170)	30:05 (157)	4:26	H (131)	M2H (44)	
140	236	TOUZA LONDOÑO, SANTIAGO		**00:44:27**	+12:19	13:46 (107)	28:06 (112)	4:26	H (132)	SNH (24)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
141	280	VIÑAS VICENTE, MARIO		**00:44:31**	+12:23	14:38 (153)	29:48 (148)	4:27	H (133)	SNH (25)	H (30)
142	217	OTERO CEPEDA, XOSE LUIS	CLUB ATLETISMO SANTIAGO	**00:44:32**	+12:24	14:30 (148)	29:21 (140)	4:27	H (134)	M4H (7)	
143	293	SUÁREZ BARCA, IVÁN	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:44:33**	+12:25	14:48 (158)	29:51 (150)	4:27	H (135)	SNH (26)	
144	145	GONZÁLEZ QUEIRUGA, PABLO	NOELIA LASHES	**00:44:33**	+12:25	14:35 (151)	29:38 (145)	4:27	H (136)	M2H (45)	
145	205	PARDAVILA IGLESIAS, MIGUEL ANGEL	CORRIDA DAS CABRAS	**00:44:33**	+12:25	15:04 (168)	29:59 (154)	4:27	H (137)	M3H (27)	
146	29	FERNÁNDEZ GARCÍA, DIEGO		**00:44:36**	+12:28	14:17 (136)	29:05 (133)	4:27	H (138)	M1H (20)	
147	129	CAROU CARRIL, MIGUEL		**00:44:36**	+12:28	15:12 (175)	30:04 (156)	4:27	H (139)	M2H (46)	
148	273	GARCÍA OTERO, PABLO	CLUB ATLETISMO SANTIAGO	**00:44:45**	+12:37	14:16 (134)	29:28 (143)	4:28	H (140)	SNH (27)	
149	197	VILLAR CONDE, ALBERTO ALEJANDRO		**00:44:49**	+12:41	14:01 (120)	29:11 (136)	4:28	H (141)	M3H (28)	
150	**346**	**PAMPIN LEIRO, SOFIA**		**00:44:52**	**+12:44**	**14:17 (137)**	**28:51 (129)**	**4:29**	**M (9)**	**S23M (1)**	
151	25	FIGUEIRA RODRIGUEZ, SERGIO	LEIRO E TI QUE?	**00:45:03**	+12:55	14:46 (157)	29:56 (152)	4:30	H (142)	M1H (21)	
152	114	MONTERO, GABRIEL	CLUB TRIATLÓN COMPOSTELA	**00:45:04**	+12:56	14:26 (141)	29:39 (146)	4:30	H (143)	M2H (47)	
153	333	FERRIN RIVEIRO, ISMAEL		**00:45:06**	+12:58	14:02 (122)	29:25 (141)	4:30	H (144)	S23H (8)	
154	62	SUÁREZ GIADÁS, JAVIER	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:45:14**	+13:06	14:57 (164)	30:10 (161)	4:31	H (145)	M2H (48)	
155	64	FANDIÑO, MANUEL		**00:45:16**	+13:08	14:27 (143)	29:44 (147)	4:31	H (146)	M2H (49)	
156	120	ESTÉVEZ POMAR, HÉCTOR		**00:45:22**	+13:14	15:29 (183)	30:32 (165)	4:32	H (147)	M2H (50)	
157	166	QUEIRUGA TRIÑANES, SUSO		**00:45:24**	+13:16	15:10 (173)	30:20 (162)	4:32	H (148)	M3H (29)	
158	148	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	**00:45:27**	+13:19	14:58 (165)	30:09 (159)	4:32	H (149)	M2H (51)	
159	38	MORA LOJO, BRUNO	BNZ RUN CLUB	**00:45:28**	+13:20	14:58 (166)	30:08 (158)	4:32	H (150)	M1H (22)	
160	231	FERNANDEZ TOME, JUAN		**00:45:37**	+13:29	15:30 (185)	30:40 (173)	4:33	H (151)	M4H (8)	
161	**265**	**LOJO LÓPEZ, NOELIA**	**BNZ RUN CLUB**	**00:45:38**	**+13:30**	**14:26 (142)**	**29:59 (153)**	**4:33**	**M (10)**	**SNM (3)**	**M (1)**
162	189	CES ROMERO, JORI	ENTRENARUNNING	**00:45:46**	+13:38	14:34 (150)	30:01 (155)	4:34	H (152)	M3H (30)	
163	15	MELLA BLANCO, MANUEL		**00:45:51**	+13:43	15:10 (174)	30:35 (167)	4:35	H (153)	M1H (23)	
164	34	BONDAD QUINTELA, ALEXANDRE YERAL		**00:45:53**	+13:45	15:19 (178)	30:36 (168)	4:35	H (154)	M1H (24)	
165	7	ABALO LAFUENTE, SEVERINO		**00:46:06**	+13:58	14:51 (161)	30:10 (160)	4:36	H (155)	M1H (25)	
166	**139**	**ROSA, ROSA**	**OBRADOIRO**	**00:46:08**	**+14:00**	**15:20 (179)**	**30:39 (172)**	**4:36**	**M (11)**	**M2M (3)**	
167	322	CESPON BREA, CRISTIAN	CLUB ATLETISMO MORAÑA EN RUTA	**00:46:10**	+14:02	14:32 (149)	30:22 (163)	4:36	H (156)	S20H (3)	
168	206	RODRIGUEZ CARAMES, JOSE MANUEL	ATLETISMO PORRIÑO	**00:46:10**	+14:02	14:53 (162)	30:38 (170)	4:36	H (157)	M4H (9)	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
169	**32**	**BUSTO SANTALLA, ANA**	**CLUB ATLETISMO SAR**	**00:46:11**	**+14:03**	**14:57 (163)**	**30:33 (166)**	**4:37**	**M (12)**	**M1M (4)**	
170	340	PIÑEIRO YÁÑEZ, RAÚL		**00:46:25**	+14:17	14:45 (156)	30:23 (164)	4:38	H (158)	S23H (9)	
171	298	VALDERAS GALLARDO, CHEMA		**00:46:27**	+14:19	17:22 (263)	32:00 (196)	4:38	H (159)	SNH (28)	
172	286	FRANCO ECHEVERRI, ALEJANDRO		**00:46:30**	+14:22	15:29 (184)	31:06 (174)	4:38	H (160)	SNH (29)	
173	**63**	**NIETO PAZOS, SUSANA**		**00:46:42**	**+14:34**	**15:02 (167)**	**31:11 (177)**	**4:40**	**M (13)**	**M2M (4)**	
174	211	FONTENLA MUIÑO, MANUEL	ATLETAS ACEA DE AMA	**00:46:46**	+14:38	15:05 (169)	31:07 (175)	4:40	H (161)	M4H (10)	
175	27	RAMOS MAGARIÑOS, MANUEL	CLUB ATLETISMO MORAÑA EN RUTA	**00:46:57**	+14:49	15:36 (190)	31:29 (182)	4:41	H (162)	M1H (26)	
176	**264**	**LOJO TUBÍO, KATIA**	**BNZ RUN CLUB**	**00:46:58**	**+14:50**	**15:23 (181)**	**31:25 (179)**	**4:41**	**M (14)**	**SNM (4)**	**M (2)**
177	79	TUBÍO MARIÑO, DANIEL		**00:47:07**	+14:59	15:32 (187)	31:32 (187)	4:42	H (163)	M2H (52)	
178	**91**	**MARTINEZ RIVADEMAR, ARACELI**	**ATLETISMO FONTES DO SAR**	**00:47:18**	**+15:10**	**16:02 (205)**	**31:57 (195)**	**4:43**	**M (15)**	**M2M (5)**	
179	81	DA SILVA DIEZ, JESÚS	NIN RAPID@S NIN FURIOS@S	**00:47:19**	+15:11	15:42 (192)	31:33 (188)	4:43	H (164)	M2H (53)	
180	176	PÉREZ SUSAVILA, ÁNGEL		**00:47:21**	+15:13	15:45 (194)	31:27 (180)	4:44	H (165)	M3H (31)	
181	43	PARADA BREA, DANIEL	BNZ RUN CLUB	**00:47:26**	+15:18	15:31 (186)	31:28 (181)	4:44	H (166)	M1H (27)	
182	203	MORONO ARENAS, SANTIAGO	VETERANOS REMO RIANXO	**00:47:29**	+15:21	15:28 (182)	31:31 (184)	4:44	H (167)	M3H (32)	
183	266	PEREIRA SUAREZ, ALBERTO		**00:47:29**	+15:21	15:09 (171)	31:08 (176)	4:44	H (168)	SNH (30)	
184	11	GARCÍA CUESTA, FERNANDO		**00:47:31**	+15:23	15:43 (193)	31:32 (185)	4:45	H (169)	M1H (28)	
185	285	BLANCO AMOEIRO, JORGE		**00:47:31**	+15:23	15:50 (196)	31:48 (190)	4:45	H (170)	SNH (31)	
186	**144**	**GONZÁLEZ GARCÍA, MARGARITA**	**ATLETISMO OBRADOIRO**	**00:47:47**	**+15:39**	**15:52 (197)**	**31:53 (193)**	**4:46**	**M (16)**	**M2M (6)**	
187	188	LÓPEZ FONTAN, JOSÉ MANUEL		**00:47:56**	+15:48	15:59 (203)	31:55 (194)	4:47	H (171)	M3H (33)	H (31)
188	329	OTERO MOARES, MANUEL		**00:47:57**	+15:49	15:33 (188)	31:32 (186)	4:47	H (172)	S23H (10)	H (32)
189	233	BOQUETE OTERO, SERGIO		**00:47:58**	+15:50	15:38 (191)	32:06 (198)	4:47	H (173)	SNH (32)	
190	232	FUENTES OTERO, ANDRÉS		**00:47:59**	+15:51	15:33 (189)	31:51 (192)	4:47	H (174)	SNH (33)	
191	94	MONTOUTO REQUEIJO, DIEGO		**00:48:02**	+15:54	14:35 (152)	30:39 (171)	4:48	H (175)	M2H (54)	
192	305	MERINO FERNANDEZ, CRISTIAN		**00:48:04**	+15:56	14:51 (159)	31:21 (178)	4:48	H (176)	SNH (34)	
193	**131**	**AGRASAR BARRAL, SONIA**		**00:48:17**	**+16:09**	**15:49 (195)**	**32:05 (197)**	**4:49**	**M (17)**	**M2M (7)**	
194	321	LOSADA BRAVO, ABEL	CLUB DE REMO RIANXO	**00:48:22**	+16:14	13:58 (119)	30:36 (169)	4:50	H (177)	S20H (4)	H (33)
195	**118**	**PAZ SANTAMARÍA, LIDIA**	**CLUB ATLETISMO TAMBRE**	**00:48:29**	**+16:21**	**15:23 (180)**	**31:49 (191)**	**4:50**	**M (18)**	**M2M (8)**	
196	**58**	**TORRES FERNANDEZ, VIRGINIA**	**RUN&DRINK**	**00:48:33**	**+16:25**	**15:16 (177)**	**31:48 (189)**	**4:51**	**M (19)**	**M1M (5)**	**M (3)**

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
197	181	PIÑEIRO ABEIJON, BENITO		**00:48:35**	+16:27	16:49 (241)	32:45 (204)	4:51	H (178)	M3H (34)	
198	119	GERMIÑAS RODRIGUEZ, JORGE		**00:48:37**	+16:29	16:56 (247)	33:12 (217)	4:51	H (179)	M2H (55)	
199	327	POTEL MARIÑO, MARCOS	CB RIO ULLA PONTECESURES	**00:48:37**	+16:29	17:01 (253)	32:58 (212)	4:51	H (180)	S20H (5)	
200	47	TAYLAKOV, SERGEY		**00:48:50**	+16:42	16:04 (206)	32:43 (203)	4:52	H (181)	M1H (29)	
201	227	CASTRO CUERVO, RAMÓN		**00:49:01**	+16:53	16:29 (225)	32:53 (208)	4:54	H (182)	M4H (11)	
202	142	LAIÑO ODOÑEZ, ALBERTO		**00:49:03**	+16:55	15:54 (199)	32:35 (199)	4:54	H (183)	M2H (56)	H (34)
203	51	ROMERO LÓPEZ, SERGIO		**00:49:03**	+16:55	15:54 (199)	32:36 (200)	4:54	H (184)	M1H (30)	H (35)
204	193	MUÑIZ ABUIN, JUAN CARLOS		**00:49:07**	+16:59	16:12 (212)	32:36 (201)	4:54	H (185)	M3H (35)	
205	158	BALADO MOSQUERA, SERGIO ANGEL	CLUB ATLETISMO SAR	**00:49:16**	+17:08	16:43 (232)	33:11 (216)	4:55	H (186)	M3H (36)	
206	**28**	**ALENDE GARCÍA, MARTA**	**DALLE PEDAL**	**00:49:18**	**+17:10**	**16:29 (224)**	**32:54 (209)**	**4:55**	**M (20)**	**M1M (6)**	
207	151	CASTAÑO BRIONES, JUAN RAMON		**00:49:18**	+17:10	16:43 (233)	32:56 (210)	4:55	H (187)	M2H (57)	
208	307	COSTAS LEÒN, SERGIO		**00:49:23**	+17:15	16:17 (214)	32:58 (213)	4:56	H (188)	SNH (35)	H (36)
209	314	GARCÍA RENDO, IVÁN		**00:49:27**	+17:19	16:32 (231)	33:06 (215)	4:56	H (189)	S18H (5)	
210	99	CONDE FERNÁNDEZ, GERMÁN JOSÉ		**00:49:29**	+17:21	16:12 (211)	32:47 (205)	4:56	H (190)	M2H (58)	H (37)
211	67	ALONSO BARGIELA, DANIEL		**00:49:30**	+17:22	16:50 (242)	33:24 (229)	4:56	H (191)	M2H (59)	
212	**209**	**RODRÍGUEZ DEL RÍO, MARÍA DEL CARMEN**	**SD COMPOSTELA ATLETISMO**	**00:49:31**	**+17:23**	**16:08 (209)**	**32:56 (211)**	**4:57**	**M (21)**	**M4M (1)**	
213	263	GARCÍA RENDO, DARÍO		**00:49:38**	+17:30	16:32 (230)	33:06 (214)	4:57	H (192)	SNH (36)	
214	274	SEGADE FUNGUEIRIÑO, ALEJANDRO	CLUB ATLETISMO MORAÑA EN RUTA	**00:49:42**	+17:34	16:48 (238)	33:16 (223)	4:58	H (193)	SNH (37)	
215	251	OTERO LEMA, ENRIQUE	BNZ RUN CLUB	**00:49:43**	+17:35	16:32 (229)	33:17 (224)	4:58	H (194)	SNH (38)	
216	**252**	**OLVEIRA FERNÁNDEZ, CRISTINA**	**BNZ RUN CLUB**	**00:49:43**	**+17:35**	**16:30 (226)**	**33:15 (221)**	**4:58**	**M (22)**	**SNM (5)**	
217	**163**	**YEBRA FUENTES, SOLE**	**TELENO CECINAS PABLO**	**00:49:48**	**+17:40**	**16:05 (207)**	**32:49 (206)**	**4:58**	**M (23)**	**M3M (2)**	
218	75	SEÑARÍS BOO, JOSÉ RAMÓN		**00:49:56**	+17:48	16:07 (208)	32:53 (207)	4:59	H (195)	M2H (60)	
219	86	SANCHEZ ESTEVEZ, EDUARDO		**00:50:03**	+17:55	16:26 (223)	33:12 (218)	5:00	H (196)	M2H (61)	
220	229	GÓMEZ GARCÍA, GONZALO		**00:50:05**	+17:57	16:58 (251)	33:23 (228)	5:00	H (197)	M4H (12)	
221	10	BLANCO MIGUÉNS, PABLO		**00:50:12**	+18:04	17:01 (254)	33:46 (236)	5:01	H (198)	M1H (31)	
222	154	SUÁREZ FUENTES, BORJA	ATLETISMO FONTES DO SAR	**00:50:22**	+18:14	16:24 (220)	33:23 (227)	5:02	H (199)	M3H (37)	
223	343	AMBITE SANTANA, DARIO		**00:50:26**	+18:18	15:10 (172)	32:43 (202)	5:02	H (200)	S23H (11)	
224	302	GONZÁLEZ LÓPEZ, ADRIÁN		**00:50:27**	+18:19	17:07 (256)	34:02 (239)	5:02	H (201)	SNH (39)	

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CLASIFICACION ABSOLUTA 10K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
225	**95**	**DURO LIÑARES, OLALLA**	**PONTE TRAIL**	**00:50:30**	**+18:22**	**15:59 (202)**	**33:16 (222)**	**5:02**	**M (24)**	**M2M (9)**	
226	**344**	**GÓMEZ TUBIO, ANDREA**	**ASESOU**	**00:50:30**	**+18:22**	**16:01 (204)**	**33:18 (225)**	**5:02**	**M (25)**	**S23M (2)**	
227	223	REBOREDA GRAÑA, AMADOR	CLUB DEPORTIVO PINARIUM	**00:50:32**	+18:24	16:54 (245)	33:49 (238)	5:03	H (202)	M4H (13)	
228	**174**	**VIA, TAMARA**	**ATLETISMO FONTES DO SAR**	**00:50:33**	**+18:25**	**16:51 (243)**	**33:39 (233)**	**5:03**	**M (26)**	**M3M (3)**	
229	347	GONTÁN PIMENTEL, BERNARDO		**00:50:46**	+18:38	16:57 (250)	33:12 (219)	5:04	H (203)	S23H (12)	H (38)
230	**277**	**DOMINGUEZ TRIÑANES, ALBA**	**BNZ RUN CLUB**	**00:50:50**	**+18:42**	**16:47 (236)**	**33:30 (230)**	**5:04**	**M (27)**	**SNM (6)**	
231	**258**	**VÁZQUEZ CASTROMÁN, NOEMI**	**NOITEBRA FC**	**00:50:58**	**+18:50**	**17:04 (255)**	**34:05 (241)**	**5:05**	**M (28)**	**SNM (7)**	
232	**162**	**TOREA TOREA, ELENA**	**CLUB ATLETISMO LOUSAME**	**00:51:07**	**+18:59**	**16:49 (240)**	**33:42 (235)**	**5:06**	**M (29)**	**M3M (4)**	
233	**309**	**BETANZOS FREIRE, ALDARA**	**S.D. BARBANTIA RODA**	**00:51:10**	**+19:02**	**14:27 (144)**	**31:30 (183)**	**5:06**	**M (30)**	**SNM (8)**	**M (4)**
234	109	MONTEAGUDO FERNANDEZ, RUBEN	CLUB ATLETISMO MORAÑA EN RUTA	**00:51:11**	+19:03	16:57 (248)	34:20 (247)	5:07	H (204)	M2H (62)	
235	**50**	**GOMEZ CHOUZA, GRETA**	**BNZ RUN CLUB**	**00:51:14**	**+19:06**	**17:24 (264)**	**34:36 (252)**	**5:07**	**M (31)**	**M1M (7)**	
236	332	RIAL FERNÁNDEZ, ÓSCAR		**00:51:28**	+19:20	16:31 (227)	34:04 (240)	5:08	H (205)	S23H (13)	H (39)
237	**342**	**TUBÍO CADABAL, NURIA**		**00:51:41**	**+19:33**	**16:25 (222)**	**33:46 (237)**	**5:10**	**M (32)**	**S23M (3)**	
238	**308**	**LORENZO BLANCO, LARA**	**BNZ RUN CLUB**	**00:51:50**	**+19:42**	**16:47 (235)**	**34:19 (246)**	**5:10**	**M (33)**	**SNM (9)**	
239	351	MANEIRO SANISIDRO, JEYKO	BNZ RUN CLUB	**00:51:57**	+19:49	17:27 (267)	34:50 (256)	5:11	H (206)	S23H (14)	
240	316	FERREIRA CAROU, ARMANDO		**00:51:59**	+19:51	17:10 (260)	34:07 (243)	5:11	H (207)	S18H (6)	H (40)
241	**85**	**MILLARES SIEIRA, CLARA MARÍA**	**EL CANARIO**	**00:52:03**	**+19:55**	**16:21 (217)**	**34:36 (250)**	**5:12**	**M (34)**	**M2M (10)**	
242	**213**	**RAMOS SUÁREZ, BEGOÑA**	**ENTRENARUNNING**	**00:52:04**	**+19:56**	**16:58 (252)**	**34:37 (253)**	**5:12**	**M (35)**	**M4M (2)**	
243	300	REY GARCIA, IGNACIO		**00:52:04**	+19:56	17:50 (279)	35:16 (265)	5:12	H (208)	SNH (40)	
244	**301**	**MARTINEZ VELLON, LUCIA**		**00:52:04**	**+19:56**	**17:50 (278)**	**35:15 (264)**	**5:12**	**M (36)**	**SNM (10)**	
245	228	PENA FRANCO, JOSE		**00:52:05**	+19:57	16:48 (239)	34:24 (249)	5:12	H (209)	M4H (14)	
246	3	GARCÍA FRESCO, CRISTIAN		**00:52:12**	+20:04	16:09 (210)	33:35 (231)	5:13	H (210)	M1H (32)	
247	262	RODRÍGUEZ DOMÍNGUEZ, ALBERTO		**00:52:12**	+20:04	16:19 (215)	33:36 (232)	5:13	H (211)	SNH (41)	H (41)
248	256	RODRÍGUEZ SOBRADELO, ANXO		**00:52:16**	+20:08	16:44 (234)	34:20 (248)	5:13	H (212)	SNH (42)	H (42)
249	**90**	**POSE ALMALLO, MARIA**	**DESGUACES FERREIRO**	**00:52:18**	**+20:10**	**16:31 (228)**	**34:06 (242)**	**5:13**	**M (37)**	**M2M (11)**	
250	334	MOARES GARCÍA, MANUEL		**00:52:19**	+20:11	16:57 (249)	33:13 (220)	5:13	H (213)	S23H (15)	H (43)
251	**178**	**ROMAY RODRÍGUEZ, GLORIA**		**00:52:22**	**+20:14**	**17:49 (277)**	**35:12 (263)**	**5:14**	**M (38)**	**M3M (5)**	
252	**190**	**CASTRO BLANCO, MONCHA**	**ENTRENARUNNING**	**00:52:41**	**+20:33**	**16:20 (216)**	**34:18 (245)**	**5:16**	**M (39)**	**M3M (6)**	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
253	204	GONZÁLEZ TUBIO, CÉSAR		**00:52:43**	+20:35	17:38 (271)	35:11 (260)	5:16	H (214)	M3H (38)	H (44)
254	172	LAREO MONTOTO, GONZALO		**00:52:45**	+20:37	17:27 (266)	35:02 (257)	5:16	H (215)	M3H (39)	
255	175	SEIJO PEREIRA, MANUEL		**00:52:46**	+20:38	15:52 (198)	33:23 (226)	5:16	H (216)	M3H (40)	
256	352	DA SILVA VIDAL, RAÚL	S.D. BARBANTIA RODA	**00:53:03**	+20:55	16:25 (221)	34:48 (255)	5:18	H (217)	S23H (16)	H (45)
257	**259**	**FRANCISCO FERNANDES, MARÍA**		**00:53:04**	**+20:56**	**16:47 (237)**	**34:44 (254)**	**5:18**	**M (40)**	**SNM (11)**	
258	331	LORENZO PÉREZ, ALEX		**00:53:06**	+20:58	15:54 (201)	34:11 (244)	5:18	H (218)	S23H (17)	
259	**14**	**RODRÍGUEZ BERMÚDEZ, TAMARA**		**00:53:07**	**+20:59**	**16:51 (244)**	**34:36 (251)**	**5:18**	**M (41)**	**M1M (8)**	
260	**22**	**IGLESIAS MOSCONI, MARÍA**		**00:53:14**	**+21:06**	**17:10 (258)**	**35:03 (259)**	**5:19**	**M (42)**	**M1M (9)**	**M (5)**
261	**125**	**OTERO GÓMEZ, MAICA**		**00:53:14**	**+21:06**	**17:10 (259)**	**35:03 (258)**	**5:19**	**M (43)**	**M2M (12)**	**M (6)**
262	248	GONZÁLEZ FERNÁNDEZ, KEVIN	BNZ RUN CLUB	**00:53:17**	+21:09	17:24 (265)	35:35 (267)	5:19	H (219)	SNH (43)	
263	**116**	**MILLARES SIEIRA, MARIA DEL CARMEN**	**EL CANARIO**	**00:53:20**	**+21:12**	**17:07 (257)**	**35:22 (266)**	**5:19**	**M (44)**	**M2M (13)**	
264	**222**	**SOMOZA GARCIA, FINA**		**00:53:23**	**+21:15**	**17:36 (269)**	**35:12 (261)**	**5:20**	**M (45)**	**M4M (3)**	**M (7)**
265	297	GARCÍA AGRASAR, ROBERTO	CDM VÉRTICE	**00:53:35**	+21:27	18:34 (293)	36:31 (281)	5:21	H (220)	SNH (44)	
266	**132**	**LOSADA, ELENA**	**BNZ RUN CLUB**	**00:53:40**	**+21:32**	**17:42 (273)**	**35:41 (268)**	**5:21**	**M (46)**	**M2M (14)**	
267	326	AMBITE SANTANA, DANIEL		**00:53:44**	+21:36	16:23 (219)	35:12 (262)	5:22	H (221)	S20H (6)	
268	317	AMBITE SANTANA, DIEGO		**00:53:55**	+21:47	16:23 (218)	36:09 (275)	5:23	H (222)	S18H (7)	
269	**107**	**AGRELO COUSELO, MARÍA**	**ATLETISMO +9 MORAÑA**	**00:53:58**	**+21:50**	**17:36 (269)**	**35:43 (269)**	**5:23**	**M (47)**	**M2M (15)**	
270	49	VÁZQUEZ PÉREZ, PABLO		**00:54:00**	+21:52	18:06 (283)	36:18 (278)	5:23	H (223)	M1H (33)	H (46)
271	**56**	**CESPÓN GONZÁLEZ, CRISTINA**	**BNZ RUN CLUB**	**00:54:32**	**+22:24**	**18:09 (285)**	**36:13 (277)**	**5:27**	**M (48)**	**M1M (10)**	
272	123	CAJARAVILLE CATOIRA, SERGIO		**00:54:34**	+22:26	18:04 (281)	36:07 (273)	5:27	H (224)	M2H (63)	
273	224	CHAVES BOULLOSA, BENIGNO	AGRUPACIÓN ATLÉTICA MAZÍ	**00:54:43**	+22:35	18:26 (289)	36:33 (282)	5:28	H (225)	M4H (15)	
274	353	SAMPEDRO DAVILA, CIBRÁN	BNZ RUN CLUB	**00:54:50**	+22:42	17:47 (274)	36:30 (280)	5:28	H (226)	S23H (18)	
275	4	FIGUEIRA RODRÍGUEZ, ABEL		**00:54:53**	+22:45	18:06 (282)	36:19 (279)	5:29	H (227)	M1H (34)	H (47)
276	46	ROMERO HERMO, JUAN		**00:54:54**	+22:46	18:32 (292)	36:54 (284)	5:29	H (228)	M1H (35)	
277	220	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	**00:54:56**	+22:48	16:14 (213)	33:40 (234)	5:29	H (229)	M4H (16)	
278	267	LIJÓ ROMAY, ISMAEL		**00:54:59**	+22:51	17:28 (268)	35:58 (271)	5:29	H (230)	SNH (45)	H (48)
279	**240**	**PAZ AYASO, MARÍA**	**BNZ RUN CLUB**	**00:55:01**	**+22:53**	**18:38 (294)**	**37:01 (286)**	**5:30**	**M (49)**	**SNM (12)**	
280	**254**	**ECHEVARRIETA LAÍÑO, ESTEFANÍA**	**BNZ RUN CLUB**	**00:55:02**	**+22:54**	**18:38 (295)**	**37:02 (287)**	**5:30**	**M (50)**	**SNM (13)**	

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
281	100	PRADO CONDE, ARMANDO		**00:55:06**	+22:58	16:55 (246)	36:06 (272)	5:30	H (231)	M2H (64)	
282	**341**	**FERNÁNDEZ CASAIS, LUCÍA**	**BNZ RUN CLUB**	**00:55:07**	**+22:59**	**17:17 (261)**	**35:54 (270)**	**5:30**	**M (51)**	**S23M (4)**	
283	**41**	**PÉREZ ABALO, ESTEFANÍA**		**00:55:18**	**+23:10**	**18:58 (300)**	**37:11 (289)**	**5:31**	**M (52)**	**M1M (11)**	
284	191	PÉREZ CALVO, JUAN CARLOS		**00:55:18**	+23:10	18:30 (291)	36:08 (274)	5:31	H (232)	M3H (41)	
285	39	FERREIRO CARBALLEIRA, DANIEL		**00:55:18**	+23:10	18:07 (284)	36:59 (285)	5:31	H (233)	M1H (36)	
286	**230**	**LAGO VIDAL, MARÍA VICTORIA**	**TRABANDAINAS**	**00:55:18**	**+23:10**	**17:38 (272)**	**36:12 (276)**	**5:31**	**M (53)**	**M4M (4)**	**M (8)**
287	**36**	**RODRÍGUEZ FERREIRÓS, ESTHER**		**00:56:05**	**+23:57**	**17:48 (275)**	**37:11 (288)**	**5:36**	**M (54)**	**M1M (12)**	**M (9)**
288	288	CONDE COMOJO, ZORAN		**00:56:06**	+23:58	18:25 (287)	37:24 (292)	5:36	H (234)	SNH (46)	
289	348	RODRIGUEZ TUBIO, IKER	CLUB VOLEI RIANXO	**00:56:06**	+23:58	18:25 (286)	37:24 (293)	5:36	H (235)	S23H (19)	
290	**24**	**CES COMOJO, CRISTINA**	**RUN&DRINK**	**00:56:13**	**+24:05**	**18:42 (297)**	**37:16 (291)**	**5:37**	**M (55)**	**M1M (13)**	**M (10)**
291	**278**	**CHAVES GARCÍA, BELÉN**		**00:57:28**	**+25:20**	**19:24 (304)**	**38:37 (296)**	**5:44**	**M (56)**	**SNM (14)**	
292	**44**	**DIZ LOJO, MARIA JOSE**		**00:57:36**	**+25:28**	**18:28 (290)**	**37:49 (295)**	**5:45**	**M (57)**	**M1M (14)**	**M (11)**
293	98	PÉREZ GÓMEZ, MIGUEL ÁNGEL		**00:57:39**	+25:31	17:19 (262)	37:12 (290)	5:45	H (236)	M2H (65)	
294	179	VARELA GAGO, JOSÉ		**00:57:43**	+25:35	18:26 (288)	36:44 (283)	5:46	H (237)	M3H (42)	
295	296	CREO SABORIDO, GONZALO		**00:57:52**	+25:44	20:25 (310)	40:45 (307)	5:47	H (238)	SNH (47)	
296	**168**	**OTEROAGRELO, MARIA SALOME**		**00:57:58**	**+25:50**	**17:49 (276)**	**37:38 (294)**	**5:47**	**M (58)**	**M3M (7)**	**M (12)**
297	**42**	**JAMARDO REDONDO, MIRIAM**	**RUN&DRINK**	**00:58:57**	**+26:49**	**19:53 (306)**	**39:37 (299)**	**5:53**	**M (59)**	**M1M (15)**	**M (13)**
298	108	VICENTE COMOJO, ANGEL		**00:59:02**	+26:54	18:57 (299)	38:42 (297)	5:54	H (239)	M2H (66)	H (49)
299	311	PARADA BREA, RAMON	BNZ RUN CLUB	**00:59:09**	+27:01	18:52 (298)	38:51 (298)	5:54	H (240)	SNH (48)	
300	**318**	**FERNÁNDEZ ORDÓÑEZ, SABELA**	**CLUB PIRAGÜISMO RIANXO**	**00:59:15**	**+27:07**	**19:11 (301)**	**39:48 (300)**	**5:55**	**M (60)**	**S18M (1)**	**M (14)**
301	**320**	**PARDAL LORENZO, DANIELA**		**00:59:16**	**+27:08**	**19:11 (302)**	**39:48 (301)**	**5:55**	**M (61)**	**S18M (2)**	**M (15)**
302	**45**	**SESLYUKOVA, ELENA**		**00:59:35**	**+27:27**	**19:39 (305)**	**39:56 (302)**	**5:57**	**M (62)**	**M1M (16)**	
303	**250**	**AGRELO FERNÁNDEZ, FAYNA**	**BNZ RUN CLUB**	**01:00:23**	**+28:15**	**20:25 (309)**	**40:31 (304)**	**6:02**	**M (63)**	**SNM (15)**	
304	**31**	**BARREIRO ABALO, PATRICIA**		**01:00:29**	**+28:21**	**19:14 (303)**	**39:57 (303)**	**6:02**	**M (64)**	**M1M (17)**	
305	**339**	**RIAL TUBÍO, UXÍA**		**01:02:47**	**+30:39**	**18:42 (296)**	**40:45 (305)**	**6:16**	**M (65)**	**S23M (5)**	**M (16)**
306	**295**	**BETANZOS FREIRE, SARELA**	**S.D. BARBANTIA RODA**	**01:02:49**	**+30:41**	**20:25 (312)**	**40:46 (308)**	**6:16**	**M (66)**	**SNM (16)**	**M (17)**
307	226	BETANZOS REGO, TOBÍAS	S.D. BARBANTIA RODA	**01:02:50**	+30:42	20:25 (311)	40:45 (306)	6:16	H (241)	M4H (17)	H (50)
308	**53**	**TEODORCZYK, ANNA**		**01:04:05**	**+31:57**	**20:09 (307)**	**42:03 (310)**	**6:24**	**M (67)**	**M1M (18)**	**M (18)**

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO	CAT	LOC
309	**52**	**LIRIANO CUESTA, DARLENYS**		**01:04:05**	**+31:57**	**20:10 (308)**	**42:03 (309)**	**6:24**	**M (68)**	**M1M (19)**	**M (19)**
310	**330**	**CANOSA GARCÍA, ALEJANDRA**		**01:05:17**	**+33:09**	**20:26 (313)**	**42:49 (311)**	**6:31**	**M (69)**	**S23M (6)**	
311	**268**	**LAREO PENA, LUCÍA**		**01:06:42**	**+34:34**	**20:26 (314)**	**43:44 (312)**	**6:40**	**M (70)**	**SNM (17)**	
312	292	SANCHEZ, ALFONSO		**01:07:02**	+34:54	21:11 (316)	45:05 (314)	6:42	H (242)	SNH (49)	
313	325	SUAREZ DURO, XIAN		**01:12:39**	+40:31	21:20 (317)	46:54 (315)	7:15	H (243)	S20H (7)	H (51)
314	324	RESUA ORDOÑEZ, ROI		**01:12:39**	+40:31	21:20 (318)	47:18 (316)	7:15	H (244)	S20H (8)	H (52)
315	**306**	**TORRES SUÁREZ, ELVIRA**		**01:14:36**	**+42:28**	**23:26 (319)**	**48:30 (317)**	**7:27**	**M (71)**	**SNM (18)**	
316	**279**	**BOUZADA SOBRINO, SANDRA**		**01:18:59**	**+46:51**	**24:21 (320)**	**51:14 (318)**	**7:53**	**M (72)**	**SNM (19)**	
317	**221**	**TRESGUERRAS GONZÁLEZ, ELVIRA**	**CLUB ATLETISMO SAR**	**01:24:08**	**+52:00**	**26:55 (321)**	**54:43 (319)**	**8:24**	**M (73)**	**M4M (5)**	
DNF	128	CALVETE CARBALLA, DIEGO				11:40 (13)	(-1)		H (-1)	M2H (-1)	
DNF	134	ALVAREZ, SANTIAGO				17:54 (280)	(-1)		H (-1)	M2H (-1)	
DNF	180	BARREIRO BLANCO, PEPE				13:54 (116)	29:52 (151)		H (-1)	M3H (-1)	
DNF	**310**	**REY RODRÍGUEZ, LAURA**				**21:11 (315)**	**45:04 (313)**		**M (-1)**	**SNM (-1)**	

Total: 321

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