

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 1								
FEMENINO								
MASTER 1 F (1)	585	PARRADO PINAQUE, TERE	CLUB ATLETISMO SANTIAGO	00:31:47 (75)	--	3:58	15:45 (1)	F (7)
MASTER 1 F (2)	69	ATÁN RODRÍGUEZ, BANESA	SERRES RUNNERS	00:34:54 (127)	+3:07	4:21	17:07 (3)	F (15)
MASTER 1 F (3)	582	SIMÓN MARTÍNEZ, AMIRA	SD COMPOSTELA ATLETISMO	00:35:05 (130)	+3:18	4:23	17:07 (2)	F (16)
MASTER 1 F (4)	591	DE VRIES LOUREIRO, DANIEL	RUNNING ARTEIXO	00:36:55 (166)	+5:08	4:36	18:14 (4)	F (22)
MASTER 1 F (5)	131	RODRIGUEZ BERMUDEZ, TAMARA		00:39:39 (207)	+7:52	4:57	19:08 (5)	F (33)
MASTER 1 F (6)	85	MILLARES SIEIRA, CLARA MARÍA	EL CANARIO	00:40:59 (223)	+9:12	5:07	20:38 (7)	F (40)
MASTER 1 F (7)	81	ESTÉVEZ CUBAS, ANA		00:43:42 (250)	+11:55	5:27	20:30 (6)	F (53)
MASTER 1 F (8)	577	RAMÍREZ ARAUJO, CARMEN		00:46:37 (269)	+14:50	5:49	22:05 (8)	F (59)
MASCULINO								
MASTER 1 M (1)	80	ASCANIO BASO, FRANCISCO JAVIER		00:25:11 (5)	--	3:08	12:17 (1)	M (5)
MASTER 1 M (2)	132	RIVEIRO LAMPÓN, ALBERTO	CLUB ATLETISMO SAR	00:26:45 (11)	+1:34	3:20	13:15 (3)	M (11)
MASTER 1 M (3)	676	ARAUJO PEREZ, DAMIAN	MARINEDA ATLETICO	00:26:51 (13)	+1:40	3:21	13:08 (2)	M (13)
MASTER 1 M (4)	84	FONTÁN MARTÍNEZ, XACOBÉ	CLUB ATLETISMO SAR	00:27:22 (16)	+2:11	3:25	13:21 (4)	M (16)
MASTER 1 M (5)	78	FERNÁNDEZ GARCÍA, MÍCHEL	S.D.BARBANTIA RODA	00:27:39 (18)	+2:28	3:27	13:36 (5)	M (18)
MASTER 1 M (6)	579	CASTROAGUDIN GOMEZ, ADRIÁN	MORAÑA EN RUTA	00:28:45 (27)	+3:34	3:35	13:56 (6)	M (26)
MASTER 1 M (7)	86	FEITO MIRÁS, LUIS MIGUEL	ENTRENARUNNING	00:28:58 (31)	+3:47	3:37	14:17 (8)	M (30)
MASTER 1 M (8)	912	CASO BERNABE, CARLOS		00:29:11 (34)	+4:00	3:38	14:12 (7)	M (33)
MASTER 1 M (9)	576	GIGIREY CANCELA, BREOGAN	CLUB TRIATLÓN COMPOSTELA	00:29:12 (35)	+4:01	3:38	14:29 (9)	M (34)
MASTER 1 M (10)	74	LAIÑO SILVA, VÍCTOR	SAN MIGUEL DE MARIN	00:29:49 (41)	+4:38	3:43	14:59 (12)	M (39)
MASTER 1 M (11)	75	CACHAFEIRO GARCÍA, GERARDO	CLUB TRIATLÓN COMPOSTELA	00:30:01 (44)	+4:50	3:45	14:32 (10)	M (41)
MASTER 1 M (12)	133	GARCIA MARTINEZ, JOSE	EL CANARIO	00:30:10 (47)	+4:59	3:46	14:46 (11)	M (44)
MASTER 1 M (13)	70	GONZALEZ PARGA, RUBÉN		00:31:29 (69)	+6:18	3:56	15:10 (13)	M (63)
MASTER 1 M (14)	586	PARDAL COCA, IVÁN	CLUB ATLETISMO SANTIAGO	00:31:46 (74)	+6:35	3:58	15:45 (14)	M (68)
MASTER 1 M (15)	126	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:31:50 (77)	+6:39	3:58	15:55 (15)	M (70)
MASTER 1 M (16)	590	ZULET RUIZ, ANDER		00:32:45 (88)	+7:34	4:05	16:10 (17)	M (80)
MASTER 1 M (17)	130	SEOANE CEA, BRAIS		00:32:46 (89)	+7:35	4:05	16:20 (18)	M (81)
MASTER 1 M (18)	578	PALACIOS LADO, SERGIO	CLUB ATLETISMO O PINO	00:32:56 (90)	+7:45	4:06	15:58 (16)	M (82)

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P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 1 M (19) 589		ORENES ENFEDAQUE, RAMÓN		00:33:50 (105)	+8:39	4:13	16:57 (20)	M (94)
MASTER 1 M (20) 121		TATO MANEIRO, RAUL	AMEIXIDA	00:34:17 (117)	+9:06	4:17	17:50 (22)	M (104)
MASTER 1 M (21) 580		FERNÁNDEZ GARCÍA, DIEGO		00:34:23 (120)	+9:12	4:17	16:57 (19)	M (107)
MASTER 1 M (22) 581		SOLIS POSE, IVAN	SD COMPOSTELA ATLETISMO	00:35:06 (131)	+9:55	4:23	17:06 (21)	M (115)
MASTER 1 M (23) 73		VIDAL RODRÍGUEZ, JOSÉ	AMEIXIDA	00:35:06 (132)	+9:55	4:23	17:51 (24)	M (116)
MASTER 1 M (24) 72		HERMO ESTEVEZ, JORGE	AMEIXIDA	00:35:06 (133)	+9:55	4:23	17:51 (23)	M (117)
MASTER 1 M (25) 76		TUBÍO MARIÑO, DANIEL		00:36:41 (158)	+11:30	4:35	17:59 (25)	M (139)
MASTER 1 M (26) 79		DEL RIO GONZALEZ, JORGE	CLUB ATLETISMO OUTES- MARISCOS ANTON	00:36:46 (160)	+11:35	4:35	18:04 (26)	M (140)
MASTER 1 M (27) 648		RIÁDIGOS PRESAS, JAVIER		00:36:49 (163)	+11:38	4:36	18:35 (27)	M (142)
MASTER 1 M (28) 82		AGUJETAS OTERO, JORGE	S.D. BARBANTIA RODA	00:39:38 (205)	+14:27	4:57	19:18 (29)	M (173)
MASTER 1 M (29) 587		PENA RODRIGUEZ, FERNANDO		00:40:34 (218)	+15:23	5:04	18:38 (28)	M (180)
MASTER 1 M (30) 77		PINTOS CASTRO, BORJA		00:40:44 (219)	+15:33	5:05	20:29 (31)	M (181)
MASTER 1 M (31) 71		FLEMING, ALAN		00:41:17 (225)	+16:06	5:09	20:10 (30)	M (184)
MASTER 1 M (32) 583		LIÑARES REY, JOSE		00:43:50 (252)	+18:39	5:28	21:45 (32)	M (198)
MASTER 1 M (33) 632		COUSELO GARABAL, PABLO		00:45:00 (262)	+19:49	5:37	26:35 (33)	M (205)

MASTER 2

FEMENINO

MASTER 2 F (1) 562		FREAZA OTERO, SOFIA	COMESAÑA SPORTING CLUB	00:30:28 (54)	--	3:48	15:04 (1)	F (5)
MASTER 2 F (2) 62		CIMADEVILLA CRUJEIRAS, MARIA TERESA	EL CANARIO	00:33:21 (97)	+2:53	4:10	16:24 (2)	F (10)
MASTER 2 F (3) 61		MARTINEZ MARTINEZ, ANA	SERRES RUNNERS	00:33:56 (107)	+3:28	4:14	16:35 (4)	F (12)
MASTER 2 F (4) 639		GARCÍA CAINZOS, IRMA	CLUB TRIATLÓN COMPOSTELA	00:34:13 (116)	+3:45	4:16	16:33 (3)	F (13)
MASTER 2 F (5) 138		LORENZO PÉREZ, NATALIA	NOITEBRA	00:34:33 (123)	+4:05	4:19	17:07 (5)	F (14)
MASTER 2 F (6) 645		LÓPEZ SERANTES, ALMUDENA	CLUB ATLÉTICO BERGONDO	00:35:13 (136)	+4:45	4:24	17:25 (6)	F (17)
MASTER 2 F (7) 52		CARREGAL FERNÁNDEZ, CRISTINA	SERRES RUNNERS	00:36:29 (152)	+6:01	4:33	17:54 (7)	F (18)
MASTER 2 F (8) 68		DIESTE, TERE	BIOSBARDO	00:37:31 (170)	+7:03	4:41	18:19 (8)	F (23)
MASTER 2 F (9) 575		BOQUETE GARCIA, TANIA	CLUB DE ATLETISMO NEGREIRA	00:38:06 (179)	+7:38	4:45	18:41 (10)	F (25)
MASTER 2 F (10) 65		MATOSIAN CARRERA, MARÍA ALEJANDRA	S.D. BARBANTIA RODA	00:38:25 (187)	+7:57	4:48	18:27 (9)	F (28)
MASTER 2 F (11) 53		VÁZQUEZ, VIRGINIA	ATLETISMO FONTES DO SAR	00:39:27 (200)	+8:59	4:55	19:41 (13)	F (32)
MASTER 2 F (12) 557		OTERO GÓMEZ, MAICA		00:39:49 (212)	+9:21	4:58	20:03 (14)	F (34)

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P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 2 F (13)	39	MARTÍNEZ RIVADEMAR, ARACELI	CLUB ATLETISMO FONTES DO SAR	00:40:22 (215)	+9:54	5:02	19:41 (12)	F (36)
MASTER 2 F (14)	569	SANTOS LAMPON, LUPE	FLOW PILATES & TRAINING	00:40:47 (220)	+10:19	5:05	19:29 (11)	F (39)
MASTER 2 F (15)	38	TORRADO ARES, DORES	SD.BARBANTIA RODA	00:41:09 (224)	+10:41	5:08	20:16 (15)	F (41)
MASTER 2 F (16)	55	LOSADA, ELENA	BARBANZA RUN CLUB	00:42:14 (235)	+11:46	5:16	20:29 (16)	F (43)
MASTER 2 F (17)	571	VARELA VARELA, SABELA	CORRIDA DAS CABRAS	00:42:24 (238)	+11:56	5:17	20:51 (18)	F (45)
MASTER 2 F (18)	548	CAMPOS EIRÍN, MERCEDES	ATLETISMO +9 MORAÑA	00:42:46 (242)	+12:18	5:20	22:04 (22)	F (48)
MASTER 2 F (19)	542	GONZÁLEZ, NIDIA	MONTEBREMO	00:43:17 (245)	+12:49	5:24	21:13 (20)	F (49)
MASTER 2 F (20)	547	AGRELO COUSELO, MARÍA	ATLETISMO +9 MORAÑA	00:43:23 (247)	+12:55	5:25	21:11 (19)	F (50)
MASTER 2 F (21)	54	GONZÁLEZ GARCÍA, MARGARITA	ATLETISMO FONTES DO SAR	00:43:29 (248)	+13:01	5:26	21:27 (21)	F (51)
MASTER 2 F (22)	58	CARAMÉS VILA, NOA	S.D. BARBANTIA RODA	00:43:42 (251)	+13:14	5:27	20:44 (17)	F (54)
MASTER 2 F (23)	661	ROSAL GÓMEZ, ROCÍO	ATHLETICS FISIOTERAPIA SAN LAZARO	00:48:22 (275)	+17:54	6:02	23:11 (24)	F (62)
MASTER 2 F (24)	572	GÓMEZ COSTOYA, RAQUEL		00:48:29 (276)	+18:01	6:03	22:26 (23)	F (63)
MASTER 2 F (25)	122	BARCIA LÓPEZ, PAULA		00:48:31 (277)	+18:03	6:03	23:19 (25)	F (64)
MASTER 2 F (26)	651	PALLARES BASALO, MONTSERRAT		00:51:22 (278)	+20:54	6:25	24:45 (26)	F (65)
MASCULINO								
MASTER 2 M (1)	129	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:27:34 (17)	--	3:26	13:22 (1)	M (17)
MASTER 2 M (2)	656	MELLO, JACI	CLUBE ATLETISMO BOIMORTO	00:27:43 (19)	+09	3:27	13:38 (2)	M (19)
MASTER 2 M (3)	559	RIAL CASTAÑO, SALVA	TRIBU TRAIL	00:28:13 (25)	+39	3:31	14:01 (4)	M (24)
MASTER 2 M (4)	554	RODRÍGUEZ TORRES, JUAN CARLOS	S.D.BARBANTIA RODA	00:28:30 (26)	+56	3:33	14:00 (3)	M (25)
MASTER 2 M (5)	43	FERNANDEZ LIJÓ, JUAN FRANCISCO	POR AMOR AL ARTE	00:28:59 (32)	+1:25	3:37	14:17 (5)	M (31)
MASTER 2 M (6)	64	POSE PEREZ, AGUS		00:29:33 (39)	+1:59	3:41	14:54 (12)	M (37)
MASTER 2 M (7)	541	PEREZ PORTELA, MARCOS		00:29:37 (40)	+2:03	3:42	14:41 (8)	M (38)
MASTER 2 M (8)	658	FERNÁNDEZ RODRIGUEZ, JOSE ANTONIO	CLUBE ATLETISMO BOIMORTO	00:29:58 (43)	+2:24	3:44	14:46 (9)	M (40)
MASTER 2 M (9)	570	VÁZQUEZ REIRIZ, LUIS	TRIBU TRAIL	00:30:04 (46)	+2:30	3:45	14:36 (6)	M (43)
MASTER 2 M (10)	134	AYASO ROMERO, JOSE LUIS		00:30:11 (49)	+2:37	3:46	14:52 (11)	M (46)
MASTER 2 M (11)	544	GONZÁLEZ NÚÑEZ, JOSÉ LUIS		00:30:21 (52)	+2:47	3:47	14:46 (10)	M (48)
MASTER 2 M (12)	37	ABALO CHOUZA, NARCISO	S.D BARBANTIA RODA	00:30:25 (53)	+2:51	3:48	15:11 (16)	M (49)
MASTER 2 M (13)	63	BENITEZ SOMOZA, ISRAEL	EL CANARIO	00:30:33 (55)	+2:59	3:49	14:41 (7)	M (50)
MASTER 2 M (14)	662	MIRANDA VIEITO, JOSÉ MANUEL	ATHLETICS FISIOTERAPIA SAN LAZARO	00:30:36 (57)	+3:02	3:49	14:56 (13)	M (52)
MASTER 2 M (15)	675	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:30:40 (59)	+3:06	3:49	15:04 (14)	M (54)

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P. CAT	DOR NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 2 M (16) 624	PÉREZ SOBRIDO, DAVID		00:30:56 (63)	+3:22	3:51	15:12 (18)	M (57)
MASTER 2 M (17) 668	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:31:00 (64)	+3:26	3:52	15:11 (15)	M (58)
MASTER 2 M (18) 36	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:31:00 (65)	+3:26	3:52	15:12 (17)	M (59)
MASTER 2 M (19) 50	BEIRO BRIÓN, JOSE	BRIONLETEAM	00:31:01 (66)	+3:27	3:52	15:26 (19)	M (60)
MASTER 2 M (20) 45	VILA SIEIRA, RUBEN	C.D. EGOVARROS	00:31:43 (73)	+4:09	3:57	15:51 (23)	M (67)
MASTER 2 M (21) 40	PANIAGUA FERNANDEZ, JOSE LUIS	ATLETISMO FONTES DO SAR	00:32:05 (78)	+4:31	4:00	15:28 (21)	M (71)
MASTER 2 M (22) 653	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	00:32:11 (79)	+4:37	4:01	15:34 (22)	M (72)
MASTER 2 M (23) 49	FERNANDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	00:32:30 (85)	+4:56	4:03	15:59 (24)	M (77)
MASTER 2 M (24) 51	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	00:33:11 (93)	+5:37	4:08	16:21 (26)	M (84)
MASTER 2 M (25) 540	MOREIRA GARCÍA, GILBERTO MIGUEL	FLOW PILATES & TRAINING	00:33:48 (102)	+6:14	4:13	16:29 (28)	M (92)
MASTER 2 M (26) 41	MUIÑOS REYES, ENRIQUE	SERRES RUNNERS	00:33:57 (108)	+6:23	4:14	16:34 (30)	M (96)
MASTER 2 M (27) 47	MÉNDEZ SANTOS, ALEX		00:34:09 (111)	+6:35	4:16	16:31 (29)	M (99)
MASTER 2 M (28) 48	DOSIL RIVAS, JAVI	ATLETISMO FONTES DO SAR	00:34:09 (112)	+6:35	4:16	15:26 (20)	M (100)
MASTER 2 M (29) 565	BARRIO PÉREZ, IVÁN		00:34:11 (113)	+6:37	4:16	16:22 (27)	M (101)
MASTER 2 M (30) 636	JIMÉNEZ ÁNGEL, CAMILO EDUARDO		00:34:12 (115)	+6:38	4:16	16:17 (25)	M (103)
MASTER 2 M (31) 66	IBÁÑEZ RODRÍGUEZ, RAÚL		00:34:24 (121)	+6:50	4:17	17:04 (31)	M (108)
MASTER 2 M (32) 555	BARBEIRA, DAVID	CORREXALLAS	00:34:36 (125)	+7:02	4:19	17:44 (40)	M (111)
MASTER 2 M (33) 67	DOMINGUEZ GONDAR, JUAN CARLOS		00:34:46 (126)	+7:12	4:20	17:04 (32)	M (112)
MASTER 2 M (34) 46	GARCIA LORENZO, DIEGO	S.D BARBANTIA RODA	00:35:22 (137)	+7:48	4:25	17:32 (35)	M (120)
MASTER 2 M (35) 637	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:35:23 (138)	+7:49	4:25	17:38 (37)	M (121)
MASTER 2 M (36) 666	CAO ESPIDO, GONZALO	CLUB TRIATLÓN INFORHOUSE	00:35:38 (139)	+8:04	4:27	17:35 (36)	M (122)
MASTER 2 M (37) 543	SOUTO VILLASANTA, JOSÉ CARLOS		00:35:45 (141)	+8:11	4:28	17:43 (39)	M (124)
MASTER 2 M (38) 670	FIGUEIRAS VICENTE, ALBERTO	CLUB ATLETISMO CAMBADOS	00:35:57 (142)	+8:23	4:29	17:43 (38)	M (125)
MASTER 2 M (39) 574	FONTANS SEBE, MARCOS	ATLETISMO CUNTIS	00:36:05 (144)	+8:31	4:30	18:26 (44)	M (127)
MASTER 2 M (40) 44	DE LA TORRE CULLER, JOSE	CLUB DEPORTIVO PINARIUM	00:36:14 (146)	+8:40	4:31	17:28 (34)	M (129)
MASTER 2 M (41) 556	BASOA RODRIGUEZ, MANUEL	ESCOLA DE ATLETISMO PAULA MAYOBRE	00:36:17 (147)	+8:43	4:32	17:47 (41)	M (130)
MASTER 2 M (42) 573	LORENZO ALVAREZ, DANIEL		00:36:24 (149)	+8:50	4:32	18:06 (42)	M (132)
MASTER 2 M (43) 550	PORTO ALVAREZ, ANTONIO		00:36:33 (153)	+8:59	4:34	18:29 (45)	M (135)
MASTER 2 M (44) 553	QUINTANS VARELA, MANUEL ANGEL		00:36:54 (164)	+9:20	4:36	17:27 (33)	M (143)
MASTER 2 M (45) 545	TUÑON BLANCO, JOAQUIN		00:36:55 (165)	+9:21	4:36	18:08 (43)	M (144)
MASTER 2 M (46) 663	ÁLVAREZ MARQUÉS, CARLOS ANTONIO	MARQUÉS BARREIRO ABOGADOS	00:38:25 (188)	+10:51	4:48	19:03 (46)	M (160)

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P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 2 M (47)	561	BLANCO SILVA, PABLO		00:39:30 (202)	+11:56	4:56	20:19 (52)	M (170)
MASTER 2 M (48)	628	PIÑEIRO, PABLO		00:39:33 (204)	+11:59	4:56	19:36 (48)	M (172)
MASTER 2 M (49)	546	CAMPOS FERRO, RUBÉN	ATLETISMO +9 MORAÑA	00:39:38 (206)	+12:04	4:57	19:47 (49)	M (174)
MASTER 2 M (50)	567	RODRÍGUEZ DOMÍNGUEZ, JUAN ENRIQUE		00:39:42 (208)	+12:08	4:57	19:21 (47)	M (175)
MASTER 2 M (51)	566	BLANCO SILVA, FERNANDO	CABE	00:41:36 (227)	+14:02	5:11	20:16 (51)	M (186)
MASTER 2 M (52)	560	MAILAN ESCOLANO, ÀLVAR		00:41:48 (229)	+14:14	5:13	20:14 (50)	M (188)
MASTER 2 M (53)	549	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	00:42:49 (244)	+15:15	5:21	22:03 (56)	M (196)
MASTER 2 M (54)	642	PALACIOS, PABLO		00:43:55 (254)	+16:21	5:29	21:15 (54)	M (200)
MASTER 2 M (55)	654	PAZOS RECAREY, JAVIER		00:44:18 (258)	+16:44	5:32	20:21 (53)	M (203)
MASTER 2 M (56)	558	SUAREZ BERMUDEZ, FRANCISCO		00:44:24 (259)	+16:50	5:32	21:27 (55)	M (204)
MASTER 2 M (57)	551	DOMÍNGUEZ GAGO, RICARDO	FLOW PILATES & TRAINING	00:45:24 (264)	+17:50	5:40	24:04 (57)	M (207)

MASTER 3

FEMENINO								
MASTER 3 F (1)	26	CAAMAÑO LAGO, Nanci Viviana	CLUB ATLETISMO SAR	00:36:33 (154)	--	4:34	17:59 (1)	F (19)
MASTER 3 F (2)	514	FERNANDEZ DE SANMAMED SAMPEDRO,		00:38:57 (198)	+2:24	4:52	19:15 (3)	F (31)
MASTER 3 F (3)	31	YEBRA FUENTES, SOLE	TELENO CECINAS PABLO	00:40:17 (214)	+3:44	5:02	19:35 (4)	F (35)
MASTER 3 F (4)	673	ROMERO RODRIGUEZ, AGUEDA		00:42:08 (234)	+5:35	5:15	20:54 (6)	F (42)
MASTER 3 F (5)	13	VIA, TAMARA	ATLETISMO FONTES DO SAR	00:42:16 (236)	+5:43	5:16	19:56 (5)	F (44)
MASTER 3 F (6)	519	TORRADO BEA, RAQUEL		00:42:41 (240)	+6:08	5:20	21:14 (7)	F (47)
MASTER 3 F (7)	18	NOYA PÉREZ, BELÉN	ATLETISMO FONTES DO SAR	00:43:29 (249)	+6:56	5:26	19:13 (2)	F (52)
MASTER 3 F (8)	28	VEIGA BLANCO, MONTSERRAT	ATLETISMO FONTES DO SAR	00:47:39 (273)	+11:06	5:57	21:41 (8)	F (61)
MASTER 3 F (9)	23	ANSEDES DOMÍNGUEZ, LUCÍA	NOITEBRA F.C.	00:52:51 (279)	+16:18	6:36	25:18 (9)	F (66)

MASCULINO

MASTER 3 M (1)	529	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	00:28:08 (23)	--	3:30	13:47 (1)	M (22)
MASTER 3 M (2)	29	FERNÁNDEZ LAGO, JUAN CARLOS	CLUB ATLETISMO SAR	00:29:07 (33)	+59	3:38	14:10 (2)	M (32)
MASTER 3 M (3)	512	BARREIRO PEREIRA, XOSÉ ANTÓN	SOCIEDADE DEPORTIVA ATLETISMO	00:30:04 (45)	+1:56	3:45	14:50 (5)	M (42)
MASTER 3 M (4)	652	RAFAEL Balsa, Mario		00:30:10 (48)	+2:02	3:46	15:01 (7)	M (45)
MASTER 3 M (5)	24	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	00:30:11 (50)	+2:03	3:46	14:50 (4)	M (47)
MASTER 3 M (6)	523	MARTÍNEZ NIETO, MÍCHEL	CLUB ATLETISMO OUTES	00:30:35 (56)	+2:27	3:49	14:56 (6)	M (51)

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 3 M (7)	21	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:30:38 (58)	+2:30	3:49	15:03 (8)	M (53)
MASTER 3 M (8)	521	CABO VILLAVERDE, MIGUEL	CLUB ATLETISMO O PINO	00:30:52 (61)	+2:44	3:51	14:44 (3)	M (55)
MASTER 3 M (9)	34	PARADA GARCÍA, LUIS MIGUEL	EL CANARIO	00:31:03 (67)	+2:55	3:52	15:19 (9)	M (61)
MASTER 3 M (10)	124	QUINTELA VÁZQUEZ, SUSO	NOITEBRA F.C.	00:31:20 (68)	+3:12	3:54	15:27 (11)	M (62)
MASTER 3 M (11)	19	JUANATEY PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:31:31 (70)	+3:23	3:56	15:27 (10)	M (64)
MASTER 3 M (12)	125	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:31:49 (76)	+3:41	3:58	15:55 (13)	M (69)
MASTER 3 M (13)	20	BRIÓN LEMA, JUAN CARLOS	BRIONLETEAM	00:32:16 (81)	+4:08	4:01	15:58 (15)	M (73)
MASTER 3 M (14)	625	PÉREZ SANTAMARÍA, DAVID	CLUB ATLETISMO SAR	00:32:21 (82)	+4:13	4:02	15:55 (14)	M (74)
MASTER 3 M (15)	30	NAVARRO ANTON, JOSE	S.D BARBANTIA RODA	00:32:24 (83)	+4:16	4:02	15:44 (12)	M (75)
MASTER 3 M (16)	127	GARCIA IGLESIAS, JESUS		00:33:18 (96)	+5:10	4:09	16:19 (16)	M (87)
MASTER 3 M (17)	528	PIÑEIRO REY, ARTURO		00:33:27 (98)	+5:19	4:10	16:35 (17)	M (88)
MASTER 3 M (18)	517	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:33:47 (101)	+5:39	4:13	17:02 (19)	M (91)
MASTER 3 M (19)	524	FABIAN GONZALEZ, DIONISIO	ASOCIACION DEPORTIVA OLIMPIA	00:34:06 (109)	+5:58	4:15	16:48 (18)	M (97)
MASTER 3 M (20)	22	PIÑEIRO ABEIJON, BENITO		00:35:03 (128)	+6:55	4:22	17:47 (22)	M (113)
MASTER 3 M (21)	667	BARREIRO, ABEL	CHORIMA	00:35:40 (140)	+7:32	4:27	17:43 (21)	M (123)
MASTER 3 M (22)	533	LIÑARES, ALBERTO		00:35:59 (143)	+7:51	4:29	17:06 (20)	M (126)
MASTER 3 M (23)	513	VALIÑO CEREIJO, JOSE MANUEL		00:36:20 (148)	+8:12	4:32	18:07 (24)	M (131)
MASTER 3 M (24)	520	TRIUNFO DELGADO, GONZALO	ARTROGAL TRI 498	00:36:36 (156)	+8:28	4:34	18:20 (25)	M (137)
MASTER 3 M (25)	15	GONZÁLEZ SANTAMARÍA, JOSÉ MANUEL	SD.BARBANTIA RODA	00:36:47 (161)	+8:39	4:35	18:04 (23)	M (141)
MASTER 3 M (26)	17	PEREZ. SUSAVILA, ANGEL		00:37:26 (168)	+9:18	4:40	18:24 (26)	M (146)
MASTER 3 M (27)	16	CALVO CALVO, LUIS		00:37:26 (169)	+9:18	4:40	18:26 (27)	M (147)
MASTER 3 M (28)	12	FERNANDEZ RIAL, SANTIAGO	SERRES RUNNERS	00:38:04 (178)	+9:56	4:45	18:35 (28)	M (154)
MASTER 3 M (29)	25	REBOREDAS GRAÑA, AMADOR	CLUB DEPORTIVO PINARIUM	00:38:16 (182)	+10:08	4:46	19:12 (32)	M (157)
MASTER 3 M (30)	525	MIGUENS, ESTEBAN		00:38:17 (183)	+10:09	4:47	18:53 (29)	M (158)
MASTER 3 M (31)	530	JAMARDO BASCOY, MANUEL	CLUB DEPORTIVO PINARIUM	00:38:26 (189)	+10:18	4:48	18:55 (30)	M (161)
MASTER 3 M (32)	538	LOPEZ REBOLLIDO, JORGE		00:38:49 (196)	+10:41	4:51	18:57 (31)	M (166)
MASTER 3 M (33)	14	LAREO MONTOTO, GONZALO		00:38:55 (197)	+10:47	4:51	19:16 (33)	M (167)
MASTER 3 M (34)	633	MALLO NIEVES, JOSÉ MANUEL	TARTARUGAS	00:39:33 (203)	+11:25	4:56	20:15 (39)	M (171)
MASTER 3 M (35)	532	CAMBEIRO BLANCO, JUAN CARLOS	A.D OLIMPIA	00:39:43 (209)	+11:35	4:57	19:21 (34)	M (176)
MASTER 3 M (36)	539	NIETO GARCÍA, MANUEL		00:39:46 (210)	+11:38	4:58	20:02 (37)	M (177)
MASTER 3 M (37)	522	SABORIDO FERNÁNDEZ, LUIS MARIANO	S. D. BARBANTIA RODA	00:39:49 (211)	+11:41	4:58	20:03 (38)	M (178)

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 3 M (38)	536	FRANCO VIDAL, JESUS		00:40:58 (222)	+12:50	5:07	19:46 (35)	M (183)
MASTER 3 M (39)	535	CORTÉS MARTÍNEZ, XOSÉ RAMÓN		00:41:29 (226)	+13:21	5:11	19:54 (36)	M (185)
MASTER 3 M (40)	694	HONORATO ALVAREZ, ALFREDO		00:41:41 (228)	+13:33	5:12	21:10 (41)	M (187)
MASTER 3 M (41)	515	IGLESIAS SEAGE, JUAN VENTURA		00:41:53 (231)	+13:45	5:14	20:29 (40)	M (190)
MASTER 3 M (42)	35	FERNÁNDEZ MARTINEZ, JOAQUIN	SERRES RUNNERS	00:42:45 (241)	+14:37	5:20	21:58 (46)	M (194)
MASTER 3 M (43)	698	HONORATO ALVAREZ, ADOLFO		00:43:58 (255)	+15:50	5:29	21:10 (42)	M (201)
MASTER 3 M (44)	531	CASTRO MAROÑAS, MANUEL		00:44:09 (257)	+16:01	5:31	21:29 (43)	M (202)
MASTER 3 M (45)	527	VILLAVERDE SANISIDRO, JOSE LUIS		00:45:32 (265)	+17:24	5:41	21:52 (45)	M (208)
MASTER 3 M (46)	27	PÉREZ BALIRAC, JESÚS	NOITEBRA F.C.	00:47:39 (274)	+19:31	5:57	21:41 (44)	M (213)

MASTER 4

FEMENINO

MASTER 4 F (1)	11	RAMOS SUÁREZ, Mª BEGOÑA	ENTRENARUNNING	00:42:29 (239)	--	5:18	20:41 (1)	F (46)
MASTER 4 F (2)	4	SÁNCHEZ BASCOY, SILVIA		00:44:49 (261)	+2:20	5:36	21:18 (2)	F (57)
MASTER 4 F (3)	510	FRUTOS MARTÍNEZ, GRACIA MARÍA		00:54:15 (280)	+11:46	6:46	26:24 (3)	F (67)
MASTER 4 F (4)	504	FRUTOS MARTÍNEZ, MARÍA		00:54:15 (281)	+11:46	6:46	26:25 (4)	F (68)
MASTER 4 F (5)	136	TRESGUERRAS GONZÁLEZ, ELVIRA	CLUB ATLETISMO SAR	00:58:25 (282)	+15:56	7:18	28:51 (5)	F (69)

MASCULINO

MASTER 4 M (1)	128	SUAREZ LEIS, JOSE	SOCIEDADE DEPORTIVA COMPOSTELA	00:28:13 (24)	--	3:31	13:48 (1)	M (23)
MASTER 4 M (2)	3	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	00:31:40 (72)	+3:27	3:57	15:40 (2)	M (66)
MASTER 4 M (3)	502	BERGONDO BRANDARIZ, JUAN CARLOS	RUNNING OLEIROS	00:32:39 (86)	+4:26	4:04	15:49 (3)	M (78)
MASTER 4 M (4)	1	FERNANDEZ TOME, JUAN		00:33:07 (92)	+4:54	4:08	16:41 (4)	M (83)
MASTER 4 M (5)	10	ÁLVAREZ LODEIRO, SANTIAGO	ENTRENARUNNING	00:34:27 (122)	+6:14	4:18	17:06 (5)	M (109)
MASTER 4 M (6)	137	ARGIBAY PEREZ, JUAN ANTONIO	CLUB TRIATLON RIBEIRA	00:34:33 (124)	+6:20	4:19	17:14 (6)	M (110)
MASTER 4 M (7)	6	POUSO GARCIA, JOSÉ		00:36:10 (145)	+7:57	4:31	18:17 (9)	M (128)
MASTER 4 M (8)	506	ROMERO OLVEIRA, JOSE		00:36:27 (150)	+8:14	4:33	17:55 (7)	M (133)
MASTER 4 M (9)	8	BETANZOS REGO, TOBÍAS	S.D BARBANTIA RODA	00:36:34 (155)	+8:21	4:34	18:45 (12)	M (136)
MASTER 4 M (10)	672	LIMÉNS PRADO, MAXIMINO	CLUB ATLETISMO NEGREIRA	00:36:38 (157)	+8:25	4:34	18:04 (8)	M (138)
MASTER 4 M (11)	135	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	00:37:48 (173)	+9:35	4:43	18:35 (11)	M (150)
MASTER 4 M (12)	505	PENA FRANCO, JOSE		00:37:59 (176)	+9:46	4:44	18:25 (10)	M (152)

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
MASTER 4 M (13)	511	SIMÕES FERNÁNDEZ, JOSÉ LUIS	C.A.R MARISQUEIRO	00:38:12 (181)	+9:59	4:46	18:50 (14)	M (156)
MASTER 4 M (14)	7	GOMEZ GARCIA, GONZALO		00:38:42 (194)	+10:29	4:50	18:58 (15)	M (164)
MASTER 4 M (15)	9	REGUEIRA BOO, JOSE MATIAS		00:39:30 (201)	+11:17	4:56	19:04 (16)	M (169)
MASTER 4 M (16)	508	SUÁREZ SANDOMINGO, FERNANDO		00:40:49 (221)	+12:36	5:06	18:49 (13)	M (182)
MASTER 4 M (17)	507	VIDAL FERNÁNDEZ, JUAN MANUEL		00:41:51 (230)	+13:38	5:13	20:43 (18)	M (189)
MASTER 4 M (18)	630	VILELA MONTERO, JOSE		00:41:53 (232)	+13:40	5:14	20:34 (17)	M (191)
MASTER 4 M (19)	2	HERMO MARIÑO, SANTIAGO		00:42:23 (237)	+14:10	5:17	21:02 (19)	M (193)
MASTER 4 M (20)	501	OTERO CEPEDA, DANIEL ANGEL		00:43:23 (246)	+15:10	5:25	21:31 (20)	M (197)
MASTER 4 M (21)	655	BURLIDO BORREGO, JOSE ISAIAS		00:43:51 (253)	+15:38	5:28	22:04 (22)	M (199)
MASTER 4 M (22)	503	MENÉNDEZ DOMINGUEZ, JUAN CARLOS		00:45:49 (266)	+17:36	5:43	21:53 (21)	M (209)
MASTER 4 M (23)	509	FERNÁNDEZ VILLANUEVA, SERAFÍN MARCOS		00:46:56 (270)	+18:43	5:51	22:36 (23)	M (211)

SENIOR

FEMENINO

SENIOR F (1)	643	YEVTUSHENKO, KARYNA		00:30:20 (51)	--	3:47	15:02 (1)	F (4)
SENIOR F (2)	97	PORTEIRO DE LOÑO, MARINA MULLUNESH	SOCIEDAD GIMNASTICA DE PONTEVEDRA	00:30:40 (60)	+20	3:49	15:04 (2)	F (6)
SENIOR F (3)	659	VILA SANTOS, LAURA	SAÚDE SPORT	00:33:06 (91)	+2:46	4:08	16:26 (3)	F (9)
SENIOR F (4)	599	ROSALES MARTÍNEZ, ANDREA		00:33:49 (103)	+3:29	4:13	16:33 (4)	F (11)
SENIOR F (5)	104	GONZALEZ BARGO, CARLA	CLUB ATLETISMO OUTES- MARISCOS	00:36:46 (159)	+6:26	4:35	18:04 (5)	F (20)
SENIOR F (6)	102	BETANZOS FREIRE, SARELA	S.D. BARBANTIA RODA	00:37:54 (175)	+7:34	4:44	18:51 (7)	F (24)
SENIOR F (7)	101	LOJO LÓPEZ, NOELIA	S.D.BARBANTIA RODA	00:38:18 (184)	+7:58	4:47	18:48 (6)	F (26)
SENIOR F (8)	106	OLVEIRA FERNÁNDEZ, CRISTINA		00:38:22 (185)	+8:02	4:47	18:58 (8)	F (27)
SENIOR F (9)	93	RODRÍGUEZ CONDE, CARLA		00:38:32 (191)	+8:12	4:48	19:24 (10)	F (29)
SENIOR F (10)	103	BESADA ESPERÓN, PATRICIA	S.D. BARBANTIA RODA	00:38:36 (193)	+8:16	4:49	18:58 (9)	F (30)
SENIOR F (11)	105	LORENZO BLANCO, LARA		00:40:29 (217)	+10:09	5:03	19:42 (11)	F (38)
SENIOR F (12)	592	RÍOS VÁZQUEZ, ALEJANDRA		00:44:07 (256)	+13:47	5:30	21:25 (12)	F (55)
SENIOR F (13)	640	ARIAS MATO, ANDREA	ATLETISMO A ESTRADA	00:47:27 (272)	+17:07	5:55	22:16 (13)	F (60)

MASCULINO

SENIOR M (1)	597	DE LA FUENTE GOMEZ, DAVID	CLUB DEPORTIVO PINARIUM	00:23:45 (1)	--	2:58	11:53 (1)	M (1)
SENIOR M (2)	112	ABAL CHAVES, AMADEO	AMADEO ABAL NUTRICIÓN DEPORTIVA	00:24:44 (2)	+59	3:05	12:10 (2)	M (2)

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XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR NOMBRE		CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
SENIOR M (3)	98	OTERO FARIÑA, PABLO	ATLETISMO NARÓN	00:24:51 (3)	+1:06	3:06	12:17 (3)	M (3)
SENIOR M (4)	594	MEDARD, FACUNDO	TRIATLON ATLANTICO	00:25:42 (6)	+1:57	3:12	12:19 (4)	M (6)
SENIOR M (5)	644	OCERIN, MIKEL		00:26:04 (8)	+2:19	3:15	12:53 (5)	M (8)
SENIOR M (6)	610	REY PORTO, ALEX		00:27:02 (14)	+3:17	3:22	13:08 (7)	M (14)
SENIOR M (7)	605	MATO, JESUS	CLUB DEPORTIVO PINARIUM	00:27:02 (15)	+3:17	3:22	13:06 (6)	M (15)
SENIOR M (8)	100	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:28:02 (20)	+4:17	3:30	14:03 (9)	M (20)
SENIOR M (9)	91	AGRASO ALONSO, XABI	EL CANARIO	00:28:03 (21)	+4:18	3:30	13:39 (8)	M (21)
SENIOR M (10)	638	LÓPEZ NÚÑEZ, PABLO		00:28:52 (28)	+5:07	3:36	14:25 (13)	M (27)
SENIOR M (11)	603	GARCIA ARROYO, JORGE	ATLETISMO TORRELAVEGA	00:28:54 (29)	+5:09	3:36	14:17 (11)	M (28)
SENIOR M (12)	108	TORRESCUSA MOURIÑO, RICARDO		00:29:22 (36)	+5:37	3:40	14:19 (12)	M (35)
SENIOR M (13)	634	MATA CASTRO, ARTURO	CLUB ATLETISMO SANTIAGO	00:29:28 (37)	+5:43	3:40	14:16 (10)	M (36)
SENIOR M (14)	92	DIESTE OTERO, FRANCISCO		00:31:37 (71)	+7:52	3:57	15:38 (14)	M (65)
SENIOR M (15)	664	RODEIRO OTERO, MARTÍN		00:32:26 (84)	+8:41	4:03	15:41 (15)	M (76)
SENIOR M (16)	671	CASTRO FILGUEIRA, ANTONIO		00:32:40 (87)	+8:55	4:04	16:22 (19)	M (79)
SENIOR M (17)	110	BLANCO GARCIA, ADRIAN	EL CANARIO	00:33:14 (94)	+9:29	4:09	16:38 (22)	M (85)
SENIOR M (18)	596	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	00:33:17 (95)	+9:32	4:09	15:55 (16)	M (86)
SENIOR M (19)	600	PÉREZ SABORIDO, MARTIN	SD BARBANTIA RODA	00:33:33 (99)	+9:48	4:11	16:34 (21)	M (89)
SENIOR M (20)	601	BOUZAS FERNANDEZ, MIGUEL		00:33:43 (100)	+9:58	4:12	16:15 (18)	M (90)
SENIOR M (21)	598	SANTIAGO SARASQUETE, CARLOS		00:33:50 (104)	+10:05	4:13	16:29 (20)	M (93)
SENIOR M (22)	660	SANTOS ROJAS, FRANCISCO		00:33:53 (106)	+10:08	4:14	16:15 (17)	M (95)
SENIOR M (23)	595	ESPINDOLA, DOUGLAS		00:34:18 (118)	+10:33	4:17	18:10 (25)	M (105)
SENIOR M (24)	641	GUDE RIVEIRO, ALBERTO	EL CANARIO	00:35:04 (129)	+11:19	4:22	17:27 (24)	M (114)
SENIOR M (25)	107	GUDE RIVEIRO, ANTONIO	EL CANARIO	00:35:08 (134)	+11:23	4:23	17:26 (23)	M (118)
SENIOR M (26)	593	TOME CANCELA, SANTIAGO	TEAM DG	00:37:22 (167)	+13:37	4:40	18:37 (29)	M (145)
SENIOR M (27)	657	CARNÉS MARIÑO, JUAN		00:37:36 (171)	+13:51	4:41	18:21 (27)	M (148)
SENIOR M (28)	677	GARCÍA LOSAS, ALEJANDRO		00:37:51 (174)	+14:06	4:43	18:15 (26)	M (151)
SENIOR M (29)	604	ARGIBAY AROSA, DANIEL	CLUB ATLETISMO CAMBADOS	00:38:01 (177)	+14:16	4:45	19:26 (34)	M (153)
SENIOR M (30)	89	SANTOS DOMÍNGUEZ, IAGO	CLUB REMO PUEBLA	00:38:09 (180)	+14:24	4:46	19:04 (31)	M (155)
SENIOR M (31)	99	FERNÁNDEZ ROSALES, JUAN	POR AMOR AL ARTE	00:38:25 (186)	+14:40	4:48	18:25 (28)	M (159)
SENIOR M (32)	94	CASTAÑO CASTRO, CARLOS		00:38:32 (190)	+14:47	4:48	19:24 (33)	M (162)
SENIOR M (33)	90	GONZÁLEZ LÓPEZ, ADRIÁN	CLUB REMO PUEBLA	00:38:36 (192)	+14:51	4:49	19:18 (32)	M (163)

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
SENIOR M (34)	608	OLVEIRA IGLESIAS, BRAIS	CLUB REMO PUEBLA	00:38:48 (195)	+15:03	4:50	18:53 (30)	M (165)
SENIOR M (35)	96	VIDAL, DAVID		00:39:07 (199)	+15:22	4:53	19:43 (35)	M (168)
SENIOR M (36)	674	SAMPAYO, PABLO		00:39:54 (213)	+16:09	4:59	19:50 (36)	M (179)
SENIOR M (37)	607	SUÁREZ BARCA, IVÁN		00:42:48 (243)	+19:03	5:20	22:05 (37)	M (195)
SENIOR M (38)	650	RAQUEL PALLARES, JESUS ALBERTO		00:47:18 (271)	+23:33	5:54	24:15 (38)	M (212)

SUB 18

FEMENINO

SUB 18 F (1)	618	CASTELO LÓPEZ, SABELA	CLUB OURENSE ATLETISMO	00:28:04 (22)	--	3:30	13:48 (1)	F (1)
SUB 18 F (2)	617	LOPEZ PAZOS, TANIA	ATLETISMO NARON	00:32:14 (80)	+4:10	4:01	15:45 (2)	F (8)

MASCULINO

SUB 18 M (1)	140	MATEOS CALVIÑO, IAGO	SD COMPOSTELA ATLETISMO	00:28:56 (30)	--	3:36	13:46 (1)	M (29)
SUB 18 M (2)	622	JAMARDO CAPELO, ANXO	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:30:55 (62)	+1:59	3:51	15:12 (2)	M (56)
SUB 18 M (3)	669	PEREZ, HECTOR	CLUB ATLÉTICO BERGONDO	00:34:08 (110)	+5:12	4:15	16:23 (3)	M (98)
SUB 18 M (4)	649	GESTO LÓPEZ, CRISTIAN		00:35:13 (135)	+6:17	4:24	17:26 (5)	M (119)
SUB 18 M (5)	621	AMBITE SANTANA, DANIEL		00:36:28 (151)	+7:32	4:33	16:41 (4)	M (134)
SUB 18 M (6)	623	CASTRO SUÁREZ, JORGE		00:45:55 (268)	+16:59	5:44	22:01 (6)	M (210)

SUB 20

FEMENINO

SUB 20 F (1)	614	FERNANDEZ PIÑEIRO, ESTELA		00:44:47 (260)	--	5:35	22:36 (1)	F (56)
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MASCULINO

SUB 20 M (1)	646	DE LA TORRE ABOAL, CARLOS	CLUB SAN MIGUEL DE MARÍN	00:26:36 (9)	--	3:19	12:54 (1)	M (9)
SUB 20 M (2)	118	BENITEZ PEREZ, SAUL	EL CANARIO	00:26:39 (10)	+03	3:19	13:13 (2)	M (10)
SUB 20 M (3)	631	CARREIRA SABORIDO, ÁLVARO	CLUB ATLETISMO NOIA	00:34:12 (114)	+7:36	4:16	16:32 (4)	M (102)
SUB 20 M (4)	616	ALCALDE RIAL, MARIO		00:34:19 (119)	+7:43	4:17	16:32 (3)	M (106)
SUB 20 M (5)	615	AMBITE SANTANA, DARÍO		00:42:06 (233)	+15:30	5:15	19:11 (5)	M (192)

XVI CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 8K

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	SEXO
SUB 23								
FEMENINO								
SUB 23 F (1)	115	GONTAN IGLESIAS, AINOA	SD COMPOSTELA ATLETISMO	00:29:30 (38)	--	3:41	14:15 (1)	F (2)
SUB 23 F (2)	626	CASTRO LÓPEZ, LARA	CLUB ATLETISMO TAMBRE	00:29:57 (42)	+27	3:44	14:33 (2)	F (3)
SUB 23 F (3)	113	DOMÍNGUEZ TRIÑANES, ALBA		00:36:48 (162)	+7:18	4:35	18:05 (3)	F (21)
SUB 23 F (4)	117	FERNÁNDEZ CASAIS, LUCÍA	MAIS QUE AUGA	00:40:27 (216)	+10:57	5:03	19:17 (4)	F (37)
SUB 23 F (5)	613	CASTRO SUÁREZ, MARÍA		00:45:55 (267)	+16:25	5:44	22:01 (5)	F (58)
MASCULINO								
SUB 23 M (1)	690	GARCIA SAINZ, YAGO IGNACIO		00:24:54 (4)	--	3:06	12:10 (1)	M (4)
SUB 23 M (2)	612	GONZÁLEZ MOURELOS, YAGO		00:25:47 (7)	+53	3:13	12:39 (2)	M (7)
SUB 23 M (3)	665	CAO BLANCO, GONZALO	TRIATLÓN INFORHOUSE SANTIAGO	00:26:47 (12)	+1:53	3:20	13:01 (3)	M (12)
SUB 23 M (4)	114	ESPAÑA PETEIRO, RODRIGO		00:37:36 (172)	+12:42	4:41	17:41 (4)	M (149)
SUB 23 M (5)	116	ROMERO MIRANDA, IVÁN		00:45:17 (263)	+20:23	5:39	19:17 (5)	M (206)

Total: 282