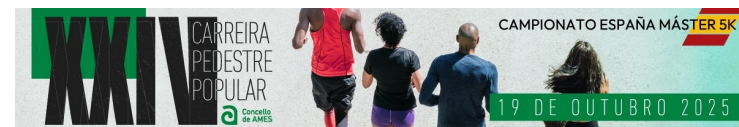


XXIV CARREIRA PEDESTRE POPULAR AMES

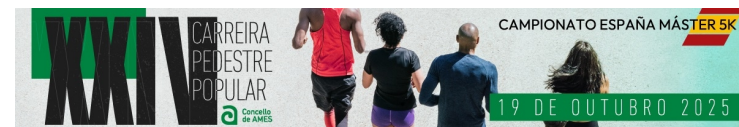
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
1	3	PUENTES BARCIA, IVÁN	ATLETISMO NARÓN	00:30:42	3:04	00:15:40 (1)	M (1)	SENIOR M (NA)	
2	450	LISTE MONTEAGUDO, PEDRO	ATLETISMO NARÓN	00:31:20	3:07	00:15:41 (3)	M (2)	SUB 23 M (NA)	
3	6	FERNANDEZ RIVERA, ALEJANDRO		00:31:32	3:09	00:15:44 (4)	M (3)	MASTER 1 M (NA)	
4	5	PUIG MALVAR, JORGE		00:31:51	3:11	00:15:41 (2)	M (4)	SENIOR M (1)	
5	12	VILA MARIÑO, ABEL	BERANGO ATLETISMO	00:32:52	3:17	00:16:16 (5)	M (5)	SUB 20 M (1)	
6	11	DÍAZ OÍZA, PABLO	CLUB ATLETISMO SANTIAGO	00:33:26	3:20	00:16:34 (8)	M (6)	SUB 23 M (1)	M (1)
7	9	QUINTASN SANCHEZ, MIGUEL	ATLETISMO CORUÑA COMARCA	00:33:36	3:21	00:16:29 (7)	M (7)	SUB 23 M (2)	
8	16	CADAYA RODRÍGUEZ, ALEJANDRO	CELTA ATLETISMO	00:33:49	3:22	(-1)	M (8)	SENIOR M (2)	
9	37	SESAZ MIGUEZ, ADRIÁN	CLUB ATLETISMO SANTIAGO	00:33:50	3:22	00:17:16 (16)	M (9)	SUB 20 M (2)	
10	19	PRIDA, HUGO	TRIATLÓN FERROL	00:33:52	3:23	00:17:01 (11)	M (10)	SUB 23 M (3)	
11	10	GRANDA RUIZ, IVAN	LA CEREZAL TEAM	00:33:56	3:23	00:17:00 (9)	M (11)	SENIOR M (3)	
12	14	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:34:08	3:24	00:17:00 (10)	M (12)	MASTER 2 M (1)	
13	23	RIVEIRO LAMPON, ALBERTO	CLUB ATLETISMO SAR	00:34:15	3:25	00:17:16 (15)	M (13)	MASTER 1 M (1)	
14	452	DE LA TORRE ABOAL, CARLOS	CLUB SAN MIGUEL DE MARÍN	00:34:19	3:25	00:17:16 (14)	M (14)	SUB 20 M (3)	
15	372	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:34:21	3:26	00:17:07 (12)	M (15)	MASTER 1 M (2)	
16	13	GÓMEZ LÓPEZ, ANTÓN	CLUB ATLETISMO SANTIAGO	00:34:48	3:28	00:17:07 (13)	M (16)	SENIOR M (4)	
17	17	FONTÀN MARTÍNEZ, XACOBÉ	CLUB ATLETISMO SAR	00:34:53	3:29	00:17:17 (17)	M (17)	MASTER 1 M (3)	
18	30	PARDO MONTERO, ALBERTO		00:35:01	3:30	00:17:25 (18)	M (18)	MASTER 1 M (4)	
19	35	CASTRO FERNÁNDEZ, ANDER	CLUB TRIATLÓN COMPOSTELA	00:35:09	3:30	00:17:40 (20)	M (19)	SENIOR M (5)	
20	381	PENA TORREIRA, AMADOR	ATLETISMO OBRADOIRO	00:35:20	3:31	00:16:25 (6)	M (20)	MASTER 2 M (2)	
21	21	MELLO, JACI	ATLETISMO BOIMORTO	00:35:21	3:32	00:17:40 (19)	M (21)	MASTER 2 M (3)	
22	28	CASTRO GIL, BRUNO		00:35:33	3:33	00:18:00 (22)	M (22)	MASTER 2 M (4)	
23	38	GOMEZ RIOS, JOSE ANTONIO	CLUB ATLETISMO SAR	00:35:42	3:34	00:17:57 (21)	M (23)	MASTER 2 M (5)	
24	43	GONZÁLEZ REY, BONI	O JERREIRO CARNOTA	00:36:04	3:36	00:18:22 (30)	M (24)	MASTER 2 M (6)	
25	384	JUANATEY GARCIA, CARLOS	CLUB ATLETISMO NOIA	00:36:08	3:36	00:18:10 (25)	M (25)	MASTER 2 M (7)	
26	22	MARTÍNEZ LOUZAO, LUIS MIGUEL	CLUB TRIATLÓN COMPOSTELA	00:36:15	3:37	00:18:01 (23)	M (26)	MASTER 1 M (5)	
27	367	GONZÁLEZ HORTA, ELOY		00:36:18	3:37	00:18:12 (26)	M (27)	MASTER 1 M (6)	
28	55	COUSO MARTINEZ, ELOI	CELTA ATLETISMO	00:36:22	3:38	00:18:07 (24)	M (28)	MASTER 1 M (7)	
29	42	GONZÁLEZ REY, JOSECHO	O JERREIRO CARNOTA	00:36:25	3:38	00:18:23 (31)	M (29)	MASTER 2 M (8)	
30	27	FERNÁNDEZ TOJO, ALEXANDRE	CLUB ATLETISMO TAMBRE	00:36:26	3:38	00:18:21 (28)	M (30)	SENIOR M (6)	

XXIV CARREIRA PEDESTRE POPULAR AMES

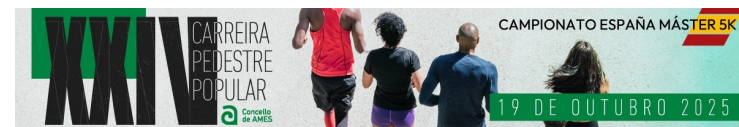
CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
31	26	MARTÍNEZ MARTÍNEZ, ENRIQUE	CLUB ATLETISMO SANTIAGO	00:36:35	3:39	00:18:46 (50)	M (31)	SENIOR M (7)	
32	101	GÁNDARAGUEDE, LEO	SD COMPOSTELA ATLETISMO	00:36:42	3:40	00:18:33 (37)	M (32)	SUB 20 M (4)	
33	40	FAGILDE FANDIÑO, ANGEL	CLUB TRIATLÓN COMPOSTELA	00:36:47	3:40	00:18:41 (43)	M (33)	MASTER 2 M (9)	
34	59	DOPAZO MIGUEZ, ALBERTO	CLUB TRIATLÓN COMPOSTELA	00:36:48	3:40	00:18:40 (41)	M (34)	MASTER 2 M (10)	
35	388	CUTRÍN LÓPEZ, DAVID	CLUB TRIATLÓN COMPOSTELA	00:36:49	3:40	00:18:41 (42)	M (35)	MASTER 2 M (11)	
36	52	MELLA SUAREZ, ALEX		00:36:49	3:40	00:18:24 (32)	M (36)	MASTER 2 M (12)	
37	29	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	00:36:54	3:41	00:18:21 (29)	M (37)	MASTER 3 M (1)	
38	1253	DOMINGUEZ SILVA, ANDRÉS		00:36:56	3:41	00:18:30 (34)	M (38)	MASTER 2 M (13)	
39	73	PÉREZ LÓPEZ, MANUEL OLIVER	CLUB ATLETISMO SAR	00:36:56	3:41	00:18:42 (45)	M (39)	MASTER 3 M (2)	
40	397	TRABA CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES-MARISCOS	00:36:57	3:41	00:18:45 (48)	M (40)	MASTER 2 M (14)	
41	31	MATA CASTRO, ARTURO	CLUB ATLETISMO SANTIAGO	00:37:01	3:42	00:18:42 (44)	M (41)	SENIOR M (8)	
42	60	ROUCO ALMUÍÑA, MODESTO	CLUB ATLETISMO SANTIAGO	00:37:03	3:42	00:18:59 (57)	M (42)	SENIOR M (9)	M (2)
43	34	OVIDEO BOUZAS, FRAN	CLUB ATLETISMO NOIA	00:37:03	3:42	00:18:28 (33)	M (43)	MASTER 2 M (15)	
44	62	LOURIDO RIAL, LORENZO	CLUB ATLETISMO NEGREIRA	00:37:06	3:42	00:18:31 (36)	M (44)	MASTER 2 M (16)	
45	18	CAO BLANCO, GONZALO	CLUB TRIATLÓN INFORHOUSE	00:37:17	3:43	00:19:02 (58)	M (45)	SUB 23 M (4)	
46	2	ALONSO PABLOS, DIEGO		00:37:22	3:44	00:18:50 (51)	M (46)	MASTER 2 M (17)	
47	65	FEITO MIRÁS, LUIS MIGUEL	ENTRENARUNNING	00:37:24	3:44	00:18:40 (40)	M (47)	MASTER 1 M (8)	M (3)
48	58	ALEGRE LEIRA, JAVIER		00:37:26	3:44	00:18:35 (39)	M (48)	SENIOR M (10)	M (4)
49	66	CABANAS BOCIJA, LUIS		00:37:26	3:44	00:18:51 (53)	M (49)	MASTER 2 M (18)	
50	461	TARELA MIRAMONTES, DANIEL		00:37:30	3:44	00:18:16 (27)	M (50)	MASTER 2 M (19)	
51	49	CAPELO VIEITES, EFREN	CLUB DEPORTIVO BRION HYUPERSA	00:37:33	3:45	00:18:31 (35)	M (51)	SENIOR M (11)	M (5)
52	50	VILLASVERDE VAZQUEZ, LUIS	CLUB ATLETISMO NEGREIRA	00:37:36	3:45	00:18:33 (38)	M (52)	MASTER 2 M (20)	
53	97	GUTIÉRREZ PRIETO, FERNANDO		00:37:41	3:46	00:18:51 (53)	M (53)	MASTER 1 M (9)	
54	382	LAGO CIVES, RAMÓN	TRIATLÓN RÍAS BAIXAS	00:37:43	3:46	00:19:05 (59)	M (54)	MASTER 2 M (21)	
55	46	REGUEIRA VEIGA, MIGUEL	RUNNING OLEIROS	00:37:45	3:46	00:18:50 (52)	M (55)	MASTER 2 M (22)	
56	99	GESTO VILAS, ALEXIS	CLUB TRIATLÓN COMPOSTELA	00:37:52	3:47	00:19:16 (66)	M (56)	SENIOR M (12)	
57	54	VÁZQUEZ MATO, JOSÉ MANUEL	CLUB DEPORTIVO BRION HYUPERSA	00:37:56	3:47	00:18:43 (46)	M (57)	MASTER 2 M (23)	M (6)
58	93	REY LAGO, SUSO		00:37:58	3:47	00:18:43 (47)	M (58)	MASTER 2 M (24)	
59	75	VILLAR RODRÍGUEZ, RICARDO	NOITEBRA F.C.	00:37:59	3:47	00:18:55 (55)	M (59)	MASTER 3 M (3)	
60	63	QUINTÁNS VÁZQUEZ, ALFONSO	CLUB TRIATLÓN COMPOSTELA	00:38:01	3:48	00:19:25 (71)	M (60)	MASTER 2 M (25)	M (7)

XXIV CARREIRA PEDESTRE POPULAR AMES

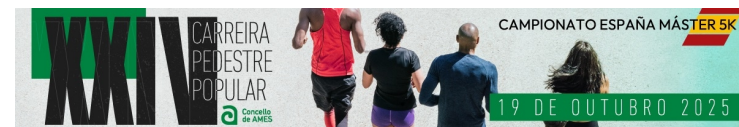
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
61	103	PEREZ PORTELA, MARCOS		00:38:06	3:48	00:19:17 (67)	M (61)	MASTER 2 M (26)	
62	419	NIETO GONZALEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:38:08	3:48	00:19:06 (61)	M (62)	MASTER 3 M (4)	
63	95	QUINTAS CREPSO, ALEJANDRO		00:38:14	3:49	00:19:25 (70)	M (63)	SENIOR M (13)	
64	109	SOTELO FERNANDEZ, DIEGO		00:38:19	3:49	00:19:27 (73)	M (64)	MASTER 2 M (27)	
65	85	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:38:26	3:50	00:19:15 (64)	M (65)	MASTER 3 M (5)	
66	56	FERNÁNDEZ RODRÍGUEZ, JOSE ANTONIO	ATLETISMO BOIMORTO	00:38:30	3:50	00:19:15 (65)	M (66)	MASTER 2 M (28)	
67	82	SESAAR SEGADE, FERNANDO	SD COMPOSTELA ATLETISMO	00:38:31	3:51	00:19:14 (63)	M (67)	MASTER 2 M (29)	
68	90	MARTÍNEZ NIETO, MÍCHEL	CLUB ATLETISMO OUTES	00:38:36	3:51	00:19:05 (60)	M (68)	MASTER 3 M (6)	
69	77	VIDAL MOREIRAS, MIGUEL	SD COMPOSTELA ATLETISMO	00:38:41	3:52	00:18:56 (56)	M (69)	MASTER 2 M (30)	
70	47	PÉREZ FERNÁNDEZ, BRAIS	CLUB ATLETISMO TAMBRE	00:38:46	3:52	00:19:07 (62)	M (70)	SENIOR M (14)	M (8)
71	39	FRAGA DÍAZ, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:38:59	3:53	00:19:43 (78)	M (71)	MASTER 2 M (31)	
72	113	MIRANDA VIEITO, JOSE MANUEL	ATHLETICS SAN LÁZARO	00:39:02	3:54	00:19:26 (72)	M (72)	MASTER 2 M (32)	
73	81	BLANCO LESTON, JOSÉ MANUEL	O JERREIRO CARNOTA	00:39:05	3:54	00:19:25 (69)	M (73)	MASTER 1 M (10)	
74	132	RIOBO ESTEVEZ, ROBERTO	CORREDOIRAS BUEU	00:39:08	3:54	00:19:46 (81)	M (74)	MASTER 2 M (33)	
75	78	BELZUNCE, MARTIN	MIGUELES TEAM	00:39:09	3:54	00:20:09 (97)	M (75)	MASTER 2 M (34)	
76	57	SOUTO IGLESIAS, ADRIÁN	AD FOGAR	00:39:11	3:55	00:18:45 (49)	M (76)	SENIOR M (15)	
77	152	NOGUEIRA PEREZ, MIGUEL ANXO	NOITEBRA F.C.	00:39:13	3:55	00:20:12 (102)	M (77)	MASTER 2 M (35)	
78	80	IGLESIAS RODRÍGUEZ, ROBERTO	CLUB ATLETISMO MILLADOIRO	00:39:17	3:55	00:19:34 (75)	M (78)	MASTER 3 M (7)	M (9)
79	121	CABO BLANCO, CARLOS		00:39:24	3:56	00:19:54 (85)	M (79)	MASTER 3 M (8)	
80	84	MIGUÉNS SUÁREZ, PABLO		00:39:28	3:56	00:19:46 (82)	M (80)	SENIOR M (16)	
81	53	SANTOS BLANCO, DIEGO	AT COMPOSTELA	00:39:29	3:56	00:19:34 (76)	M (81)	MASTER 2 M (36)	M (10)
82	392	FIGUEIRAS NÚÑEZ, EDUARDO	ESCOLA TRIATLÓN OUTES	00:39:31	3:57	00:19:25 (68)	M (82)	MASTER 2 M (37)	
83	71	RAMOS FERROL, ARTURO BENIGNO	CLUB TRIATLÓN COMPOSTELA	00:39:31	3:57	00:19:37 (77)	M (83)	MASTER 3 M (9)	
84	64	CÉSAR VILA, ÁLVARO	CLUB ATLETISMO TAMBRE	00:39:33	3:57	00:19:44 (79)	M (84)	MASTER 3 M (10)	
85	203	CALVO CORZÓN, HUGO	CLUB ATLETISMO NEGREIRA	00:39:36	3:57	00:20:01 (92)	M (85)	SUB 23 M (5)	
86	88	ZARAUZA BEIRAS, ALVARO	CLUB DEPORTIVO BRION HYUPERSA	00:39:38	3:57	00:19:50 (84)	M (86)	MASTER 2 M (38)	
87	117	DOSIL RIVAS, JAVI	ATLETISMO FONTES DO SAR	00:39:39	3:57	00:19:48 (83)	M (87)	MASTER 2 M (39)	
88	158	CECILIA LORITE, JOSE ANTONIO	C.E. LLEBEIG XABIA	00:39:41	3:58	00:19:55 (87)	M (88)	MASTER 2 M (40)	
89	74	ALVAREZ BENDAÑA, ALBERTO	CLUB ATLETISMO SAR	00:39:45	3:58	00:19:30 (74)	M (89)	MASTER 2 M (41)	
90	87	ROMERO BARREIRO, JOSE ANTONIO	ATLETISMO BOIMORTO	00:39:46	3:58	00:20:01 (90)	M (90)	MASTER 1 M (11)	

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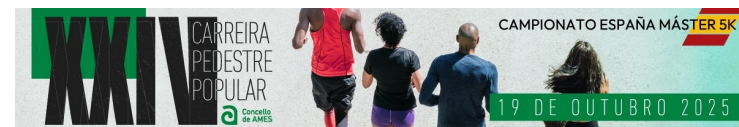
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
91	365	BARDANCA ABELENDIA, DANIEL	TRIATLON COSTA DA MORTE	00:39:49	3:58	00:20:03 (95)	M (91)	SENIOR M (17)	
92	368	ANDRADE, DANI	CLUB DEPORTIVO BRION HYUPERSA	00:39:50	3:58	00:20:35 (119)	M (92)	MASTER 1 M (12)	
93	100	VAZQUEZ TEIRA, DAVID	CLUB TRIATLON CERVECERÍA O	00:39:52	3:59	00:20:10 (98)	M (93)	SENIOR M (18)	
94	20	PÉREZ LORENZO, ÓSCAR	CLUB SAN MIGUEL DE MARÍN	00:39:54	3:59	00:20:13 (104)	M (94)	MASTER 2 M (42)	
95	154	SUÁREZ SÁNCHEZ, MANUEL		00:39:56	3:59	00:19:54 (86)	M (95)	SENIOR M (19)	
96	153	QUINTELA VÁZQUEZ, SUSO	NOITEBRA F.C.	00:39:56	3:59	00:20:12 (103)	M (96)	MASTER 3 M (11)	M (11)
97	79	SEOANE POMBO, JOSE MANUEL	CLUB ATLETISMO NEGREIRA	00:40:03	4:00	00:19:45 (80)	M (97)	MASTER 3 M (12)	M (12)
98	150	NIETO LOPEZ, IVAN	CLUB TRIATLON CERVECERÍA O	00:40:04	4:00	00:20:10 (100)	M (98)	MASTER 1 M (13)	
99	373	IGLESIAS CARBALLIDO, ANDREA	ATHLETICS SAN LÁZARO	00:40:04	4:00	00:20:16 (105)	F (1)	MASTER 1 F (NA)	
100	7	GOMEZ GONZALEZ, ANTON	REAL CLUB CELTA ATLETISMO	00:40:06	4:00	00:20:16 (108)	M (99)	SENIOR M (20)	
101	114	FERNANDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	00:40:10	4:00	00:20:02 (93)	M (100)	MASTER 2 M (43)	
102	157	VIADIEL TURJANICOVÁ, PATRICIE	CLUB ATLETISMO SANTIAGO	00:40:14	4:01	00:20:16 (106)	F (2)	SENIOR F (NA)	
103	116	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES-MARISCOS	00:40:16	4:01	00:20:01 (91)	M (101)	MASTER 2 M (44)	
104	112	CABANAS BOCIJA, DAVID		00:40:16	4:01	00:20:02 (94)	M (102)	SENIOR M (21)	
105	151	TORRES BAUTÍS, MANUEL JORGE	CLUB TRIATLÓN COMPOSTELA	00:40:22	4:02	00:20:37 (120)	M (103)	MASTER 3 M (13)	
106	67	TRIÑANES LÓPEZ, JAVIER	SERRES RUNNERS	00:40:23	4:02	00:19:56 (88)	M (104)	MASTER 2 M (45)	
107	415	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:40:25	4:02	00:20:43 (128)	M (105)	MASTER 3 M (14)	
108	371	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:40:25	4:02	00:20:42 (127)	M (106)	MASTER 1 M (14)	
109	182	MARTÍNEZ FERRACES, JORGE		00:40:33	4:03	00:20:20 (109)	M (107)	MASTER 2 M (46)	
110	119	CIGÜENZA GESTOSO, JOSÉ IGNACIO	CLUB DEPORTIVO BRION HYUPERSA	00:40:39	4:03	00:19:59 (89)	M (108)	MASTER 2 M (47)	
111	122	SANTOS BOO, JESUS	SD COMPOSTELA ATLETISMO	00:40:51	4:05	00:20:11 (101)	M (109)	MASTER 4 M (1)	M (13)
112	45	BABARRO RODRIGUEZ, DIEGO	ADAS O BARCO	00:40:52	4:05	00:20:10 (99)	M (110)	MASTER 2 M (48)	
113	172	PAREDES LEIS, JACOBO		00:40:53	4:05	00:20:31 (118)	M (111)	MASTER 2 M (49)	
114	104	PÉREZ SANTAMARÍA, DAVID	CLUB ATLETISMO SAR	00:40:54	4:05	00:20:27 (115)	M (112)	MASTER 3 M (15)	
115	91	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:40:55	4:05	00:20:21 (111)	M (113)	MASTER 2 M (50)	
116	123	TAJES MAYO, JUAN JESÚS	ATLETISMO FONTES DO SAR	00:41:03	4:06	00:20:27 (116)	M (114)	MASTER 3 M (16)	M (14)
117	41	TOIMIL CASTRO, ALFONSO	CLUB ATLETISMO MILLADOIRO	00:41:04	4:06	00:20:37 (121)	M (115)	MASTER 3 M (17)	
118	125	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:41:07	4:06	00:20:44 (129)	M (116)	MASTER 4 M (2)	
119	134	DURO AGRAFOJO, JOSE CARLOS	OS ESFOLAARROS	00:41:07	4:06	00:20:20 (110)	M (117)	MASTER 3 M (18)	M (15)
120	89	PICON ESPIÑO, ROBERTO	CLUB TRIATLON CERVECERÍA O	00:41:09	4:06	00:20:53 (133)	M (118)	MASTER 2 M (51)	

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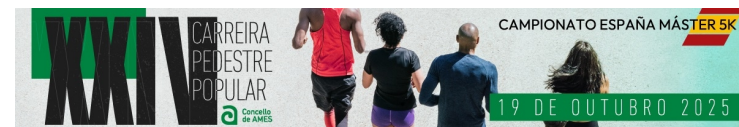
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
121	92	MOURE ANDRADE, ALBERTO		00:41:12	4:07	00:20:24 (114)	M (119)	MASTER 2 M (52)	
122	1254	GÓMEZ RAPOSO, EDUARDO	CLUB TRIATLÓN COMPOSTELA	00:41:16	4:07	00:20:38 (122)	M (120)	MASTER 2 M (53)	
123	107	ARAÚJO, HÉCTOR		00:41:20	4:07	00:20:24 (112)	M (121)	MASTER 3 M (19)	
124	86	NOYA PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:41:23	4:08	00:20:30 (117)	M (122)	MASTER 3 M (20)	
125	115	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:41:27	4:08	00:20:24 (113)	M (123)	MASTER 2 M (54)	
126	120	TRILLO CAAMAÑO, JUAN CARLOS	A. D. OLIMPIA	00:41:28	4:08	00:20:42 (126)	M (124)	MASTER 2 M (55)	
127	105	PALACIOS LADO, SERGIO	CLUB ATLETISMO O PINO	00:41:31	4:09	00:21:07 (136)	M (125)	MASTER 1 M (15)	M (16)
128	135	PRADOS NIETO, DIEGO		00:41:31	4:09	00:20:16 (107)	M (126)	SENIOR M (22)	M (17)
129	400	DE ALMEIDA REY, FERNANDO JOSE	TRAN-TRAN	00:41:32	4:09	00:21:09 (137)	M (127)	MASTER 2 M (56)	
130	68	CASTRO PRADO, FERNANDO		00:41:40	4:09	00:20:08 (96)	M (128)	SENIOR M (23)	
131	479	BRAGADO COUTO, DANIEL		00:41:44	4:10	00:20:48 (130)	M (129)	SENIOR M (24)	M (18)
132	230	FERNÁNDEZ GARCÍA, DAVID	C.A MILLARAIO	00:41:45	4:10	00:20:38 (123)	M (130)	MASTER 2 M (57)	M (19)
133	160	GONZÁLEZ GÓMEZ, PAULA	LA CEREZAL TEAM	00:41:48	4:10	00:20:40 (124)	F (3)	SENIOR F (NA)	
134	51	PÉREZ CASTRO, DAVID	NOITEBRA F.C.	00:41:50	4:10	00:20:58 (134)	M (131)	MASTER 1 M (16)	
135	155	SARABANDO GAFANHA, MIGUEL		00:41:52	4:11	00:20:52 (132)	M (132)	MASTER 3 M (21)	
136	250	LÓPEZ GARCIA, IAGO		00:41:54	4:11	00:21:43 (159)	M (133)	SUB 23 M (6)	M (20)
137	170	NEGREIRA FERNÁNDEZ, DENIS		00:42:06	4:12	00:21:14 (140)	M (134)	MASTER 2 M (58)	M (21)
138	483	FROJAN TUBIO, JORGE		00:42:09	4:12	00:21:34 (150)	M (135)	SENIOR M (25)	
139	48	CANOSA CASTIÑEIRA, SPIBY (MON)	CLUB ATLETISMO SAR	00:42:10	4:12	00:21:01 (135)	M (136)	MASTER 3 M (22)	
140	72	FUSTER FIOL, EDUARDO		00:42:12	4:13	00:22:20 (184)	M (137)	MASTER 2 M (59)	
141	96	NOVOA CID, JOSE LUIS	CD LA PURISIMA	00:42:14	4:13	00:20:50 (131)	M (138)	MASTER 3 M (23)	
142	162	PÉREZ VIDAL, GERMÁN	CLUB ATLETISMO NOIA	00:42:18	4:13	00:21:24 (143)	M (139)	MASTER 3 M (24)	
143	201	MAROÑO DOMINGUEZ, MIGUEL	ATLETISMO A ESTRADA	00:42:24	4:14	00:21:29 (146)	M (140)	MASTER 2 M (60)	
144	127	SOLIS POSE, IVAN	SD COMPOSTELA ATLETISMO	00:42:25	4:14	00:21:28 (145)	M (141)	MASTER 1 M (17)	
145	118	MARQUE RUIBAL, JOSÉ ANTONIO	CDM VÉRTICE	00:42:26	4:14	00:20:41 (125)	M (142)	MASTER 1 M (18)	
146	296	MARTINEZ MARTINEZ, ANA	SERRES RUNNERS	00:42:29	4:14	00:21:11 (138)	F (4)	MASTER 2 F (1)	
147	133	MUIÑOS REYES, ENRIQUE	SERRES RUNNERS	00:42:30	4:14	00:21:12 (139)	M (143)	MASTER 2 M (61)	
148	169	BERGONDO BRANDARIZ, JUAN CARLOS	RUNNING OLEIROS	00:42:33	4:15	00:21:17 (141)	M (144)	MASTER 4 M (3)	
149	418	RIVEIRO MOLEDO, SEGUNDO MANUEL	CLUB ATLETISMO NOIA	00:42:37	4:15	00:21:42 (156)	M (145)	MASTER 3 M (25)	
150	402	LAREO CREO, DANIEL	CLUB ATLETISMO NOIA	00:42:37	4:15	00:21:43 (157)	M (146)	MASTER 2 M (62)	

XXIV CARREIRA PEDESTRE POPULAR AMES

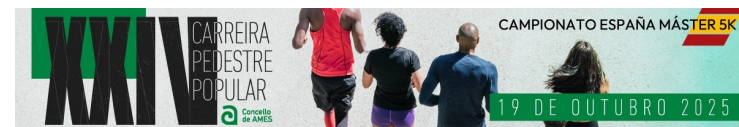
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
151	181	FERNANDEZ TENORIO, ADRIAN		00:42:43	4:16	00:22:13 (178)	M (147)	SENIOR M (26)	
152	171	ROMERO RIVERA, JORGE		00:42:45	4:16	00:21:54 (166)	M (148)	MASTER 1 M (19)	M (22)
153	374	ESCALANTE PÉREZ, DAVID	NOITEBRA F.C.	00:42:46	4:16	00:21:32 (148)	M (149)	MASTER 1 M (20)	
154	386	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:46	4:16	00:21:31 (147)	M (150)	MASTER 2 M (63)	
155	174	BOQUETES CORNES, JOSE MANUEL		00:42:47	4:16	00:21:55 (169)	M (151)	MASTER 2 M (64)	M (23)
156	124	TABOADA GARCIA, JAVIER		00:42:50	4:16	00:21:18 (142)	M (152)	MASTER 3 M (26)	M (24)
157	108	VAZQUEZ RAMOS, MANUEL		00:42:50	4:16	00:21:44 (160)	M (153)	MASTER 3 M (27)	
158	177	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA NOIA	00:42:51	4:17	00:21:39 (154)	M (154)	MASTER 4 M (4)	
159	406	CIMADEVILLA CRUJEIRAS, MARÍA TERESA	EL CANARIO	00:42:52	4:17	00:21:59 (172)	F (5)	MASTER 2 F (2)	
160	194	RODRÍGUEZ BARREIRO, DAVID		00:42:54	4:17	00:21:56 (171)	M (155)	SENIOR M (27)	
161	130	CALERO FERNÁNDEZ, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:43:00	4:17	00:21:28 (144)	M (156)	MASTER 2 M (65)	
162	209	GESTO SUÁREZ, DANIEL	BJ RUNNING TEAM	00:43:06	4:18	00:21:46 (161)	M (157)	MASTER 1 M (21)	
163	33	APARICIO MIGUELEZ, MOISES	ATLETISME INCA	00:43:07	4:18	00:22:23 (186)	M (158)	MASTER 2 M (66)	
164	110	VERES OJEA, ELENA	SD COMPOSTELA ATLETISMO	00:43:12	4:19	00:21:33 (149)	F (6)	SENIOR F (1)	
165	210	CUTRIN RIAL, GONZALO	BJ RUNNING TEAM	00:43:15	4:19	00:21:54 (167)	M (159)	MASTER 1 M (22)	
166	188	SANTOS ALONSO, PEDRO		00:43:15	4:19	00:21:35 (151)	M (160)	MASTER 2 M (67)	
167	207	ADARRAGA GÓMEZ, JAVIER		00:43:16	4:19	00:21:41 (155)	M (161)	SENIOR M (28)	M (25)
168	218	LOMBARDERO, ALBERTO	MADERAS BARCIA LOURENZA CERVO	00:43:18	4:19	00:22:05 (173)	M (162)	MASTER 2 M (68)	M (26)
169	131	MAYO CAAMAÑO, MARINELA	CLUB ATLETISMO SAR	00:43:18	4:19	00:21:52 (164)	F (7)	MASTER 2 F (3)	F (1)
170	478	RÍOS SANTOS, RUBÉN		00:43:20	4:19	00:23:01 (211)	M (163)	SENIOR M (29)	M (27)
171	228	CAAMAÑO FIGUEROA, ALBERTO		00:43:27	4:20	00:22:06 (174)	M (164)	SENIOR M (30)	M (28)
172	173	RIBEIRO DIAS, MARIA CRISTINA		00:43:29	4:20	00:21:36 (152)	F (8)	MASTER 2 F (4)	
173	186	MARTINON, JOSE		00:43:33	4:21	00:22:27 (191)	M (165)	MASTER 1 M (23)	
174	208	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:43:35	4:21	00:22:14 (179)	M (166)	MASTER 1 M (24)	
175	436	PEREIRA CASTILLO, ALEJANDRO		00:43:37	4:21	00:21:50 (163)	M (167)	SENIOR M (31)	
176	391	MRIMICHE MRIMICHE, NADIA	CLUB ATLETISMO SAR	00:43:38	4:21	00:21:53 (165)	F (9)	MASTER 2 F (5)	
177	443	NDAO, SALOIU		00:43:51	4:23	00:22:25 (190)	M (168)	SENIOR M (32)	
178	466	LÓPEZ PÉREZ, DAVID		00:43:51	4:23	00:21:54 (168)	M (169)	MASTER 2 M (69)	
179	204	CAMBEIRO CAMBEIRO, FERMIN		00:43:58	4:23	00:21:55 (170)	M (170)	MASTER 2 M (70)	M (29)
180	268	MUNIN, NICOLÁS		00:44:10	4:24	00:22:11 (176)	M (171)	SENIOR M (33)	

XXIV CARREIRA PEDESTRE POPULAR AMES

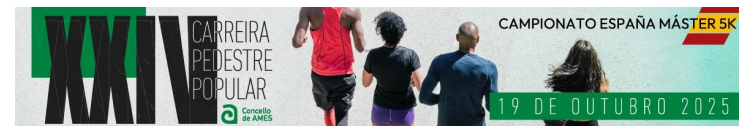
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
181	460	CONDE CASTELAO, OSCAR	FEARLESS WARRIOR FIGHT CLUB	00:44:11	4:25	00:21:43 (158)	M (172)	MASTER 2 M (71)	
182	262	RIVAS FEAL, ANTONIO	CLUB ATLETISMO SADA	00:44:14	4:25	00:22:19 (183)	M (173)	MASTER 3 M (28)	
183	199	MUÑIZ LESTA, ALBA	CLUB TRIATLÓN INFORHOUSE	00:44:15	4:25	00:21:36 (153)	F (10)	SENIOR F (2)	
184	176	VIDAL RODRIGUEZ, JOSE	CLUB TRIATLON CERVECERÍA O	00:44:15	4:25	00:21:49 (162)	M (174)	MASTER 3 M (29)	M (30)
185	69	REY IGLESIAS, JUAN JOSE	CLUB TRIATLÓN RIANXO	00:44:18	4:25	00:22:18 (180)	M (175)	MASTER 2 M (72)	M (31)
186	189	COLLAZO LORENZO, FRANC	AMES ATLETISMO SAVANTE	00:44:24	4:26	00:22:19 (182)	M (176)	MASTER 3 M (30)	M (32)
187	163	SOUTO DIZ, JULIO J.	CLUB ATLETISMO SADA	00:44:26	4:26	00:22:33 (193)	M (177)	MASTER 4 M (5)	
188	225	LAGO CAAMAÑO, JOSEBA		00:44:30	4:26	00:22:18 (181)	M (178)	SENIOR M (34)	
189	206	BAHAMONDE SUÁREZ, FRANCISCO	CLUB ATLETISMO TAMBRE	00:44:37	4:27	00:22:33 (194)	M (179)	MASTER 2 M (73)	
190	198	CARLOS, CARLOS		00:44:41	4:28	00:23:04 (213)	M (180)	MASTER 2 M (74)	M (33)
191	197	GARCIA IGLESIAS, DAVID	BJ RUNNING TEAM	00:44:45	4:28	00:22:25 (189)	M (181)	MASTER 2 M (75)	
192	217	CASTRO PEREZ, RAMON	BJ RUNNING TEAM	00:44:45	4:28	00:22:25 (188)	M (182)	MASTER 2 M (76)	M (34)
193	212	PIÑEIRO MONTEAGUDO, LUCAS		00:44:53	4:29	00:22:39 (197)	M (183)	MASTER 1 M (25)	
194	111	MONTEAGUDO CAAMAÑO, JOSÉ M	CLUB TRIATLÓN INFORHOUSE	00:44:54	4:29	00:22:39 (196)	M (184)	MASTER 2 M (77)	
195	401	VIAÑO LORENZO, PABLO		00:44:56	4:29	00:22:54 (204)	M (185)	MASTER 2 M (78)	
196	292	RAMOS CERNADAS, FRANCISCO JAVIER		00:44:57	4:29	00:23:03 (212)	M (186)	SENIOR M (35)	
197	243	BLANCO TASENDE, DAVID		00:45:02	4:30	00:22:35 (195)	M (187)	MASTER 1 M (26)	
198	463	CEPEDA SEIJAS, JUAN JOSE		00:45:07	4:30	00:23:13 (219)	M (188)	MASTER 2 M (79)	M (35)
199	193	JUNCAL SANTOS, JOSE MANUEL		00:45:11	4:31	00:22:51 (200)	M (189)	MASTER 3 M (31)	
200	445	DIALLO, ELHADJI		00:45:13	4:31	00:22:57 (206)	M (190)	SENIOR M (36)	
201	184	FERNÁNDEZ PEREIRO, PETER SAGAN	CLUB ATLETISMO ARZÚA	00:45:15	4:31	00:22:20 (185)	M (191)	MASTER 1 M (27)	
202	167	ABEL SUÁREZ, JOSÉ RAMÓN	NOITEBRA F.C.	00:45:23	4:32	00:22:11 (175)	M (192)	MASTER 4 M (6)	
203	190	MUÑIZ PÉREZ, SHAILA	FEARLESS WARRIOR FIGHT CLUB	00:45:30	4:32	00:22:58 (207)	F (11)	MASTER 2 F (6)	F (2)
204	94	MENDEZ QUINTELA, FRANCISCO M.	FEARLESS WARRIOR FIGHT CLUB	00:45:30	4:32	00:22:59 (209)	M (193)	MASTER 2 M (80)	M (36)
205	211	MAYÁN MARTÍNEZ, MIGUEL	TRIBU TRAIL	00:45:35	4:33	00:24:04 (248)	M (194)	MASTER 1 M (28)	
206	242	FERREIRO SILVA, FRANCISCO	C.A MILLARAIO	00:45:40	4:33	00:22:24 (187)	M (195)	MASTER 2 M (81)	
207	260	MARTINEZ HAYNES, ENRIQUE		00:45:42	4:34	00:23:20 (228)	M (196)	MASTER 3 M (32)	M (37)
208	219	SERRANO REMUIÑÁN, JOSÉ ANTONIO		00:45:48	4:34	00:22:45 (198)	M (197)	MASTER 3 M (33)	
209	281	DE LA TORRE, PACO		00:45:55	4:35	00:22:54 (203)	M (198)	MASTER 3 M (34)	
210	200	SÁNCHEZ GÓMEZ, ALBERTO		00:45:57	4:35	00:23:08 (214)	M (199)	MASTER 2 M (82)	M (38)

XXIV CARREIRA PEDESTRE POPULAR AMES

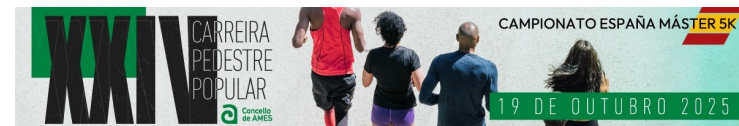
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
211	156	SOLETO CEREIJO, SANTIAGO	CLUB TRIATLÓN COMPOSTELA	00:46:01	4:36	00:23:11 (218)	M (200)	MASTER 3 M (35)	
212	431	GARCÍA LOSAS, ALEJANDRO		00:46:05	4:36	00:22:56 (205)	M (201)	SENIOR M (37)	
213	236	CAROLLO VARELA, ADRIÁN	CLUB ATLETISMO TAMBRE	00:46:06	4:36	00:22:45 (199)	M (202)	MASTER 1 M (29)	
214	240	GARCIA RENDO, DARIO		00:46:07	4:36	00:23:15 (221)	M (203)	SENIOR M (38)	
215	408	ROMERO GONZÁLEZ, JOSÉ		00:46:11	4:37	00:23:08 (215)	M (204)	MASTER 2 M (83)	M (39)
216	444	THIARE, ALADJI		00:46:21	4:38	00:23:20 (227)	M (205)	SENIOR M (39)	
217	404	CARREGAL FERNANDEZ, CRISTINA	SERRES RUNNERS	00:46:23	4:38	00:23:25 (230)	F (12)	MASTER 2 F (7)	
218	395	NIETO DIZ, FERNANDO	CLUB DEPORTIVO BRION HYUPERSA	00:46:33	4:39	00:23:56 (244)	M (206)	MASTER 2 M (84)	
219	366	FONTENLA LOPEZ, ALVARO		00:46:37	4:39	00:23:54 (243)	M (207)	MASTER 1 M (30)	
220	272	DE VRIES LOUREIRO, DANIEL	RUNNING ARTEIXO	00:46:37	4:39	00:23:17 (223)	F (13)	MASTER 1 F (1)	
221	222	PENA CARBÓN, NOEMÍ	CLUB ATLETISMO SAR	00:46:42	4:40	00:23:14 (220)	F (14)	SENIOR F (3)	
222	238	LIÑARES, ALBERTO		00:46:43	4:40	00:22:53 (202)	M (208)	MASTER 3 M (36)	M (40)
223	168	MEDINA JIMÉNEZ, EMILIO		00:46:46	4:40	00:23:42 (233)	M (209)	MASTER 4 M (7)	M (41)
224	488	AMBITE SANTANA, DARIO		00:46:49	4:40	00:23:10 (217)	M (210)	SUB 20 M (5)	
225	256	COBAS REBOIRAS, CARLOS		00:46:50	4:40	00:23:20 (229)	M (211)	MASTER 2 M (85)	M (42)
226	340	PIÑEIRO ABEIJON, BENITO		00:46:52	4:41	00:24:27 (262)	M (212)	MASTER 3 M (37)	M (43)
227	187	SANTOS SANTAMARÍA, JOSÉ RAMON	CHORIMA	00:46:53	4:41	00:23:41 (232)	M (213)	MASTER 2 M (86)	
228	221	FONTENLA MUIÑO, MANUEL	ACEA DE AMA TRIARTEIXO	00:46:56	4:41	00:23:17 (222)	M (214)	MASTER 4 M (8)	
229	259	LUCAS PEREZ, LUCIANO		00:46:57	4:41	00:23:43 (235)	M (215)	MASTER 2 M (87)	M (44)
230	191	SUÁREZ FUENTES, BORJA	ATLETISMO FONTES DO SAR	00:46:59	4:41	00:22:52 (201)	M (216)	MASTER 2 M (88)	
231	278	CABANAS BOCIJA, JOSÉ FRANCISCO		00:47:00	4:41	00:23:18 (224)	M (217)	MASTER 2 M (89)	
232	241	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:47:04	4:42	00:23:44 (236)	M (218)	MASTER 2 M (90)	M (45)
233	231	CASTRO CARREGAL, DANIEL	TRASNOS RUNNERS	00:47:08	4:42	00:24:06 (249)	M (219)	MASTER 1 M (31)	
234	261	BARBEITO DOMÍNGUEZ, MARTA	CLUB ATLETISMO SADA	00:47:10	4:42	00:23:18 (225)	F (15)	MASTER 2 F (8)	
235	288	MONTERO FERNÁNDEZ, SARA		00:47:17	4:43	00:23:46 (237)	F (16)	SENIOR F (4)	
236	226	PEGITO POMBO, MANUEL	CLUB ATLETISMO O PINO	00:47:19	4:43	00:23:09 (216)	M (220)	MASTER 3 M (38)	
237	128	IGLESIAS CASAL, RICARDO	NOITEBRA F.C.	00:47:21	4:44	00:22:59 (210)	M (221)	MASTER 2 M (91)	M (46)
238	213	REY BENDAÑA, GONZALO		00:47:36	4:45	00:24:06 (250)	M (222)	MASTER 1 M (32)	
239	446	CHAVES FRAGA, DAVID		00:47:37	4:45	00:24:27 (264)	M (223)	SENIOR M (40)	
240	195	ALVAREZ AYUSO, CLAUDIO	ATMOS HOTEL	00:47:40	4:45	00:23:42 (234)	M (224)	MASTER 4 M (9)	

XXIV CARREIRA PEDESTRE POPULAR AMES

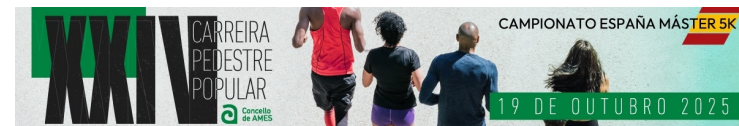
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
241	469	PRIETO GARCIA, FELIX	USC	00:47:41	4:46	00:24:43 (279)	M (225)	MASTER 2 M (92)	
242	409	POSE VARELA, LORENA		00:47:41	4:46	00:24:33 (265)	F (17)	MASTER 2 F (9)	
243	244	COSTOYA OTERO, ISMAEL		00:47:43	4:46	00:23:46 (238)	M (226)	MASTER 2 M (93)	
244	247	CALVO CALVO, LUIS		00:47:48	4:46	00:23:53 (241)	M (227)	MASTER 3 M (39)	
245	248	PÉREZ SUSAVILA, ANGEL		00:47:49	4:46	00:23:53 (242)	M (228)	MASTER 3 M (40)	
246	166	RODRIGUEZ FRAMIL, ALFONSO	NOITEBRA F.C.	00:47:56	4:47	00:23:49 (239)	M (229)	MASTER 2 M (94)	M (47)
247	192	TRIGO BAO, MANUEL		00:47:59	4:47	00:24:03 (247)	M (230)	MASTER 3 M (41)	
248	451	MOURIÑO CERNADAS, SAMUEL		00:48:01	4:48	00:24:35 (270)	M (231)	SUB 23 M (7)	
249	274	FANDIÑO, MANUEL		00:48:05	4:48	00:23:28 (231)	M (232)	MASTER 2 M (95)	
250	441	KONE, ISMAIL		00:48:06	4:48	00:23:59 (246)	M (233)	SENIOR M (41)	
251	239	CAAMAÑO LAGO, Nanci Viviana	CLUB ATLETISMO SAR	00:48:06	4:48	00:24:06 (251)	F (18)	MASTER 3 F (1)	
252	227	SEIJO VÁZQUEZ, IGNACIO	CLUB ATLETISMO O PINO	00:48:08	4:48	00:24:13 (254)	M (234)	MASTER 4 M (10)	M (48)
253	474	MORATA AGUILERA, MIGUEL		00:48:08	4:48	00:23:19 (226)	M (235)	MASTER 4 M (11)	
254	290	PÉREZ NIETO, ALBA		00:48:10	4:48	00:24:59 (291)	F (19)	SENIOR F (5)	
255	258	CREGO GIL, PABLO		00:48:15	4:49	00:24:21 (258)	M (236)	MASTER 2 M (96)	
256	253	GONZÁLEZ, JOSÉ ÁNGEL		00:48:27	4:50	00:24:09 (252)	M (237)	MASTER 2 M (97)	M (49)
257	126	GARCÍA VAAMONDE, CAMILO	AMES ATLETISMO SAVANTE	00:48:27	4:50	00:24:10 (253)	M (238)	MASTER 1 M (33)	M (50)
258	283	TATO MAHÍA, JUAN JOSÉ		00:48:34	4:51	00:23:51 (240)	M (239)	MASTER 3 M (42)	
259	437	FUENTES OTERO, ANDRÉS		00:48:40	4:51	00:25:12 (299)	M (240)	SENIOR M (42)	
260	433	PÉREZ VIQUEIRA, PEDRO JAVIER		00:48:40	4:51	00:25:12 (300)	M (241)	SENIOR M (43)	
261	271	VILLAR PEREIRA, JOSÉ GRABRIEL		00:48:40	4:51	00:23:58 (245)	M (242)	MASTER 1 M (34)	
262	284	JAMARDO BASCOY, MANUEL	CLUB DEPORTIVO PINARIUM	00:48:40	4:51	00:24:35 (269)	M (243)	MASTER 3 M (43)	
263	185	PEREIRAS COUTO, ALVARO		00:48:41	4:52	00:24:25 (259)	M (244)	MASTER 2 M (98)	
264	196	FERNANDEZ OLIVEIRA, JUAN CARLOS		00:48:41	4:52	00:24:26 (261)	M (245)	MASTER 3 M (44)	
265	255	CORTES CORTES, JUAN MANUEL		00:48:44	4:52	00:24:26 (260)	M (246)	MASTER 3 M (45)	
266	324	IGLESIAS ANDRADE, BRAIS		00:48:47	4:52	00:24:36 (271)	M (247)	SENIOR M (44)	
267	346	GARCÍA FERNÁNDEZ, MARCO	ASOCIACION DEPORTIVA OLIMPIA	00:48:54	4:53	00:24:39 (273)	M (248)	MASTER 2 M (99)	M (51)
268	375	MONTEAGUDO FERNANDEZ, RUBEN		00:48:55	4:53	00:25:32 (307)	M (249)	MASTER 1 M (35)	
269	490	PAZOS RECAREY, VICTOR MANUEL		00:48:58	4:53	00:24:33 (266)	M (250)	MASTER 2 M (100)	M (52)
270	317	RODRÍGUEZ GONZÁLEZ, PABLO		00:48:59	4:53	00:24:48 (282)	M (251)	MASTER 1 M (36)	

XXIV CARREIRA PEDESTRE POPULAR AMES

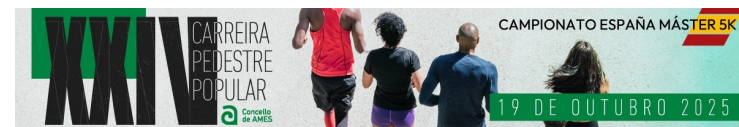
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
271	413	BERNÁRDEZ AGRAFOJO, JOSÉ ANTONIO	SD COMPOSTELA ATLETISMO	00:48:59	4:53	00:24:35 (268)	M (252)	MASTER 3 M (46)	
272	266	BRAGAÑA MIGUENS, MARÍA JOSÉ	CLUB ATLETISMO OUTES	00:48:59	4:53	00:24:49 (283)	F (20)	MASTER 3 F (2)	
273	429	TUBIO TUBIO, VANESA	CLUB ATLETISMO LOUSAME	00:49:00	4:53	00:24:37 (272)	F (21)	SENIOR F (6)	
274	270	CALVO GERARDI, MANUEL	CLUB ATLETISMO SAR	00:49:06	4:54	00:24:20 (257)	M (253)	MASTER 4 M (12)	
275	465	VIAÑO NIETO, MAICA		00:49:07	4:54	00:24:41 (276)	F (22)	MASTER 2 F (10)	F (3)
276	304	MIRÁS CARBALLAL, SUSANA	CDM VÉRTICE	00:49:13	4:55	00:24:40 (275)	F (23)	MASTER 1 F (2)	
277	245	CADAVID NÚÑEZ, JOSÉ		00:49:14	4:55	00:24:33 (267)	M (254)	MASTER 3 M (47)	
278	410	CALVO FERNANDEZ, JOSE IGNACIO		00:49:16	4:55	00:24:14 (255)	M (255)	MASTER 2 M (101)	M (53)
279	267	GOMEZ VIAÑO, JOSE		00:49:22	4:56	00:24:42 (278)	M (256)	MASTER 4 M (13)	M (54)
280	301	BLANCO TASENDE, OSCAR		00:49:26	4:56	00:25:06 (296)	M (257)	MASTER 1 M (37)	
281	249	BELTRÁ GARCÍA, IGNACIO	SD COMPOSTELA ATLETISMO	00:49:31	4:57	00:25:50 (320)	M (258)	SENIOR M (45)	
282	282	TOUCEDA ABELLEIRA, XOSE		00:49:35	4:57	00:24:15 (256)	M (259)	MASTER 3 M (48)	M (55)
283	414	DÍAZ MORÁN, MIGUEL ÁNGEL	CLUB TRIATLÓN INFORHOUSE	00:49:36	4:57	00:24:46 (280)	M (260)	MASTER 3 M (49)	M (56)
284	223	CAO ESPIDO, GONZALO	CLUB TRIATLÓN INFORHOUSE	00:49:36	4:57	00:24:58 (289)	M (261)	MASTER 2 M (102)	
285	229	FONTANS CAMIÑO, JULIAN	FEARLESS WARRIOR FIGHT CLUB	00:49:38	4:57	00:24:56 (288)	M (262)	SENIOR M (46)	M (57)
286	293	FONTÁNS CAMIÑO, ALEJANDRO		00:49:39	4:57	00:24:55 (287)	M (263)	SENIOR M (47)	
287	289	MIRAS COUSELO, DAVIS	NOITEBRA F.C.	00:49:39	4:57	00:25:50 (321)	M (264)	SENIOR M (48)	
288	237	PÉREZ BALIRAC, JESÚS	NOITEBRA F.C.	00:49:44	4:58	00:24:54 (286)	M (265)	MASTER 3 M (50)	
289	303	REPRESA GARAZO, ALFONSO		00:49:46	4:58	00:24:50 (284)	M (266)	MASTER 3 M (51)	
290	302	IGLESIAS AMORES, DORIS	CLUB DEPORTIVO BRION HYUPERSA	00:49:48	4:58	00:24:40 (274)	F (24)	SENIOR F (7)	
291	370	RODRÍGUEZ BUGALLO, ÁNGEL		00:49:56	4:59	00:25:07 (297)	M (267)	MASTER 1 M (38)	
292	420	GARCÍA FERNÁNDEZ, ISABEL	ATLETISMO FONTES DO SAR	00:49:56	4:59	00:24:58 (290)	F (25)	MASTER 3 F (3)	
293	316	TOBÍO SALGADO, ORIO		00:49:56	4:59	00:25:35 (310)	M (268)	MASTER 2 M (103)	M (58)
294	326	SANTOS FERREIRO, OSCAR		00:50:00	4:59	00:25:27 (303)	M (269)	MASTER 1 M (39)	M (59)
295	376	MILLARES SIEIRA, CLARA MARÍA	EL CANARIO	00:50:01	5:00	00:24:41 (277)	F (26)	MASTER 1 F (3)	
296	251	CORTÉS, ANTONIO		00:50:18	5:01	00:25:43 (315)	M (270)	SENIOR M (49)	M (60)
297	277	OUBEL VILLANUEVA, JOSE MANUEL		00:50:19	5:01	00:25:08 (298)	M (271)	MASTER 2 M (104)	M (61)
298	216	GIL PEREIRA, JAVIER	TARTARUGAS	00:50:21	5:02	00:25:32 (306)	M (272)	MASTER 2 M (105)	
299	405	TARRIO MONTOIRO, MIGUEL		00:50:23	5:02	00:24:48 (281)	M (273)	MASTER 2 M (106)	
300	467	PIÑEIRO CANDAMO, AGUSTÍN	SERRES RUNNERS	00:50:23	5:02	00:25:05 (295)	M (274)	MASTER 2 M (107)	

XXIV CARREIRA PEDESTRE POPULAR AMES

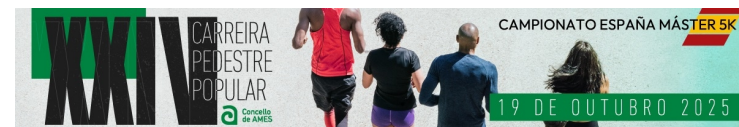
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
301	390	NIETO PAZOS, SUSANA	SD COMPOSTELA ATLETISMO	00:50:24	5:02	00:25:01 (294)	F (27)	MASTER 2 F (11)	F (4)
302	306	SUÁREZ CRESPO, NOELIA		00:50:24	5:02	00:25:50 (322)	F (28)	SENIOR F (8)	
303	470	CASCÓN RODRIGUEZ, ARMANDO		00:50:28	5:02	00:25:19 (302)	M (275)	MASTER 3 M (52)	
304	310	REMUIÑÁN PENA, MANUEL		00:50:33	5:03	00:24:52 (285)	M (276)	MASTER 2 M (108)	M (62)
305	468	IGLESIAS PAZOS, RUBEN	CLUB ATLETISMO OUTES	00:50:42	5:04	00:25:52 (325)	M (277)	MASTER 2 M (109)	
306	411	FIGUEIRAS TOREA, OSCAR		00:50:43	5:04	00:25:45 (318)	M (278)	MASTER 3 M (53)	
307	448	SUÁREZ BARCA, IVÁN		00:50:54	5:05	00:25:39 (313)	M (279)	SENIOR M (50)	M (63)
308	328	MARTÍNEZ DE LA TORRE, AL FINAL		00:50:57	5:05	00:25:42 (314)	M (280)	MASTER 2 M (110)	M (64)
309	232	BOQUETE GARCIA, TANIA	ATLETISMO FONTES DO SAR	00:51:01	5:06	00:25:17 (301)	F (29)	MASTER 2 F (12)	
310	273	MARTÍNEZ RIVADEMAR, ARACELI		00:51:03	5:06	00:25:34 (309)	F (30)	MASTER 2 F (13)	
311	383	AGRELO RODRÍGUEZ, FRANCISCO		00:51:03	5:06	00:25:33 (308)	M (281)	MASTER 2 M (111)	
312	269	FERNÁNDEZ RODRÍGUEZ, MÓNICA		00:51:04	5:06	00:25:45 (317)	F (31)	MASTER 2 F (14)	
313	323	CABADO MIGUELEZ, ROSA	TRIATLÓN RÍAS BAIXAS	00:51:05	5:06	00:25:38 (312)	F (32)	MASTER 1 F (4)	
314	462	CHICO PALLAS, JESÚS M.		00:51:09	5:06	00:25:28 (304)	M (282)	MASTER 2 M (112)	M (65)
315	165	GALLEGO PRIEGO, MANUEL		00:51:16	5:07	00:25:45 (316)	M (283)	MASTER 3 M (54)	M (66)
316	455	OLAÑETA SUÁREZ, DIEGO		00:51:17	5:07	00:26:57 (344)	M (284)	SUB 20 M (6)	
317	291	FREIRE GIL, ADRIAN	CD LA PURISIMA	00:51:29	5:08	00:25:00 (292)	M (285)	SENIOR M (51)	
318	252	ROMASANTA PUGA, JUAN LUIS		00:51:30	5:08	00:26:24 (330)	M (286)	MASTER 3 M (55)	
319	265	CASTRO SUÁREZ, JUAN CARLOS		00:51:56	5:11	00:25:00 (293)	M (287)	MASTER 3 M (56)	
320	205	CORES, ANDREA		00:52:00	5:11	00:22:59 (208)	F (33)	SENIOR F (9)	
321	305	GÓMEZ OVIEDO, LOLY	SD COMPOSTELA ATLETISMO	00:52:00	5:11	00:25:51 (323)	F (34)	MASTER 2 F (15)	F (5)
322	377	FERNANDEZ BLANCO, SILVIA		00:52:00	5:11	00:25:48 (319)	F (35)	MASTER 1 F (5)	
323	314	VARELA ROMERO, JAVIER		00:52:00	5:11	00:25:31 (305)	M (288)	MASTER 2 M (113)	M (67)
324	311	LEÓN VIÑAS, ANGELES		00:52:01	5:12	00:25:53 (326)	F (36)	MASTER 3 F (4)	
325	286	BELMONTE POSE, CARLOS	CLUB ATLETISMO NOIA	00:52:08	5:12	00:25:37 (311)	M (289)	MASTER 3 M (57)	
326	285	DUTFIELD, NICK		00:52:15	5:13	00:26:40 (335)	M (290)	MASTER 3 M (58)	
327	417	PAZ CORNES, MARÍA		00:52:19	5:13	00:26:27 (332)	F (37)	MASTER 3 F (5)	
328	246	LEMA RIVADAS, XOSÉ FRANCISCO		00:52:30	5:14	00:25:51 (324)	M (291)	MASTER 3 M (59)	M (68)
329	364	FERREIRO ROCA, PABLO		00:52:38	5:15	00:26:39 (334)	M (292)	SENIOR M (52)	
330	320	PEREIRA SUÁREZ, ALBERTO		00:52:48	5:16	00:26:38 (333)	M (293)	SENIOR M (53)	M (69)

XXIV CARREIRA PEDESTRE POPULAR AMES

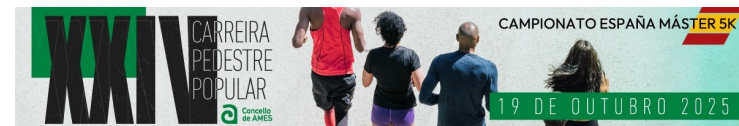
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
331	319	LEÓN VIÑAS, MARIA VANESSA	CLUB ATLETISMO SAR	00:52:50	5:16	(-1)	F (38)	MASTER 2 F (16)	
332	263	MOURE CAÑETE, FRANCISCO	NOITEBRA F.C.	00:53:04	5:18	00:26:18 (328)	M (294)	MASTER 3 M (60)	
333	329	PEREZ PAZ, ALBA	CLUB TRIATLÓN COMPOSTELA	00:53:08	5:18	00:26:52 (337)	F (39)	SENIOR F (10)	
334	309	LORENZO VILLAR, ALMA	CLUB TRIATLÓN COMPOSTELA	00:53:08	5:18	00:26:52 (338)	F (40)	MASTER 2 F (17)	F (6)
335	422	MARTÍN MÉNDEZ, RICARDO JOSÉ		00:53:27	5:20	00:26:53 (339)	M (295)	MASTER 3 M (61)	
336	1	GARCÍA AMADOR, CARMEN DOLORES	ATLETAS97 CLÍNICA DEL PIE LUENGO	00:53:40	5:21	00:26:56 (340)	F (41)	MASTER 2 F (18)	
337	423	VILELA MONTERO, JOSE		00:53:43	5:22	00:26:26 (331)	M (296)	MASTER 4 M (14)	
338	287	PAÍS FERNANDEZ, MANUEL	SERRES RUNNERS	00:53:46	5:22	00:27:24 (348)	M (297)	MASTER 4 M (15)	
339	254	FERNÁNDEZ MARTINEZ, JOAQUIN	SERRES RUNNERS	00:53:46	5:22	00:27:23 (347)	M (298)	MASTER 3 M (62)	
340	337	COSTOYA CASTELO, CHEMA	ATLETISMO BOIMORTO	00:53:54	5:23	00:27:28 (351)	M (299)	MASTER 3 M (63)	
341	350	SUEIRAS FIEIRO, NACHO		00:54:04	5:24	00:27:45 (354)	M (300)	MASTER 3 M (64)	
342	378	MEIJIDE SANDEZ, PABLO		00:54:04	5:24	00:26:21 (329)	M (301)	MASTER 1 M (40)	M (70)
343	275	CARRACEDO POSE, RUBÉN JOSÉ		00:54:09	5:24	00:27:46 (355)	M (302)	MASTER 2 M (114)	
344	257	BERDULLAS JORGE, ÓSCAR		00:54:19	5:25	00:26:01 (327)	M (303)	MASTER 2 M (115)	
345	486	JIMÉNEZ CUNQUEIRO, JORGE		00:54:35	5:27	00:26:57 (343)	M (304)	SENIOR M (54)	M (71)
346	333	GARCÍA QUEIRO, HUGO		00:54:38	5:27	00:26:57 (342)	M (305)	SUB 20 M (7)	
347	457	GARCÍA SOUTO, SERGIO	LUME NO CAÑO	00:54:44	5:28	00:27:00 (345)	M (306)	MASTER 1 M (41)	
348	475	GARCIA RODRIGUEZ, MANUEL	ATLETAS97 CLÍNICA DEL PIE LUENGO	00:54:58	5:29	00:27:20 (346)	M (307)	MASTER 4 M (16)	
349	453	DICKO, HAROUNA		00:55:12	5:31	00:26:50 (336)	M (308)	SUB 20 M (8)	
350	313	MELLA MONTOUTO, MARTINA		00:55:14	5:31	00:27:24 (349)	F (42)	SENIOR F (11)	
351	129	RODRIGUEZ GOMEZ, MARTÍN EUGENIO	NOITEBRA F.C.	00:55:16	5:31	00:27:26 (350)	M (309)	MASTER 2 M (116)	M (72)
352	480	NIETO REGUEIRO, SERGIO		00:55:19	5:31	00:26:56 (341)	M (310)	SENIOR M (55)	M (73)
353	315	SÁNCHEZ BASCOY, SILVIA		00:55:41	5:34	00:27:32 (353)	F (43)	MASTER 4 F (1)	
354	322	FERRER BISQUERT, BLAS	C.E. LLEBEIG XABIA	00:55:48	5:34	00:27:31 (352)	M (311)	MASTER 4 M (17)	
355	407	IGLESIAS LÓPEZ, JORGE		00:56:12	5:37	00:28:28 (360)	M (312)	MASTER 2 M (117)	
356	352	PÉREZ LAJOS, MARCOS		00:56:17	5:37	00:29:00 (371)	M (313)	SENIOR M (56)	
357	353	SANTIAGO DE PAZ, ISABEL		00:56:17	5:37	00:29:00 (370)	F (44)	SENIOR F (12)	
358	264	ROMERO ONS, SANTIAGO		00:56:18	5:37	00:28:10 (356)	M (314)	MASTER 2 M (118)	
359	458	VÁZQUEZ MOURELLE, JOSE ANTONIO		00:56:18	5:37	00:28:30 (364)	M (315)	MASTER 1 M (42)	M (74)
360	215	GONZALEZ SUÁREZ, ALBERTO	CLUB ATLETISMO OUTES	00:56:40	5:39	00:29:26 (379)	M (316)	MASTER 2 M (119)	

XXIV CARREIRA PEDESTRE POPULAR AMES

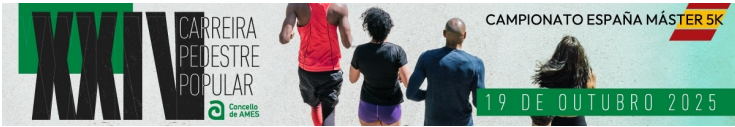
CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
361	339	FERNÁNDEZ LÓPEZ, OSCAR		00:56:40	5:39	00:29:27 (380)	M (317)	MASTER 2 M (120)	M (75)
362	473	BARGE CARRETE, PABLO		00:57:03	5:42	00:28:54 (369)	M (318)	MASTER 3 M (65)	
363	338	LUCES TAJES, MANUEL	SERRES RUNNERS	00:57:10	5:42	00:28:15 (358)	M (319)	MASTER 4 M (18)	M (76)
364	487	PARDO VENTUREIRA, MARÍA		00:57:15	5:43	00:28:16 (359)	F (45)	SUB 23 F (1)	
365	412	SENRA SONEIRA, JOSÉ RICARDO		00:57:20	5:43	00:29:09 (372)	M (320)	MASTER 3 M (66)	
366	234	MENÉNDEZ DOMINGUEZ, JUAN CARLOS		00:57:26	5:44	00:28:42 (365)	M (321)	MASTER 4 M (19)	
367	387	FREIRE LISTA, JOSE MIGUEL		00:57:34	5:45	00:28:13 (357)	M (322)	MASTER 2 M (121)	
368	435	EIRANOVA OGANDO, NOEMI		00:57:37	5:45	00:29:14 (376)	F (46)	SENIOR F (13)	
369	233	ABALDE MORIN, EDUARDO	CLUB TRIATLÓN INFORHOUSE	00:57:39	5:45	00:29:13 (375)	M (323)	MASTER 3 M (67)	
370	485	RAMOS TRASAR, ANDREA		00:58:11	5:49	00:28:46 (367)	F (47)	SENIOR F (14)	
371	295	ILIEV, IVO	EQUILATERO	00:58:14	5:49	00:28:28 (361)	M (324)	SENIOR M (57)	
372	439	RODRÍGUEZ ARRIZABALAGA, MARIÑA		00:58:14	5:49	00:28:29 (362)	F (48)	SENIOR F (15)	
373	472	LOPEZ, DANIEL		00:58:17	5:49	00:31:00 (389)	M (325)	MASTER 3 M (68)	M (77)
374	331	VIGO LIÑARES, CHELO	ENTRENARUNNING	00:58:30	5:50	00:28:49 (368)	F (49)	MASTER 3 F (6)	F (7)
375	424	RIAL GALLEGRO, JUAN	ATLETISMO FONTES DO SAR	00:58:38	5:51	00:28:44 (366)	M (326)	MASTER 4 M (20)	
376	354	NOVO NÚÑEZ, DIEGO		00:58:45	5:52	00:29:15 (377)	M (327)	MASTER 2 M (122)	
377	345	PENSADO GUILLIN, ALEXANDER		00:58:45	5:52	00:29:17 (378)	M (328)	MASTER 1 M (43)	M (78)
378	1252	SÁNCHEZ CANEDA, ÓSCAR		00:58:46	5:52	(-1)	M (329)	MASTER 2 M (123)	
379	399	FERNANDEZ LOPEZ, ALBERTO		00:58:47	5:52	00:29:12 (374)	M (330)	MASTER 2 M (124)	
380	379	RAMOS FREIRE, JOSE RAMON		00:58:49	5:52	00:28:29 (363)	M (331)	MASTER 1 M (44)	M (79)
381	369	MANTEIGA RODRIGUEZ, SANDRA		00:58:58	5:53	00:29:10 (373)	F (50)	MASTER 1 F (6)	
382	336	LIMA, DAVID		00:59:22	5:56	00:29:40 (381)	M (332)	MASTER 2 M (125)	M (80)
383	342	GARCÍA HIDALGO, BELÉN		01:00:45	6:04	00:30:19 (382)	F (51)	MASTER 2 F (19)	
384	449	GÓMEZ VELO, LAURA		01:00:48	6:04	00:31:26 (390)	F (52)	SUB 23 F (2)	
385	385	OURO SOUTO, SONIA		01:00:49	6:04	00:30:53 (388)	F (53)	MASTER 2 F (20)	
386	389	FERNÁNDEZ FERNANDI, GUILLERMO		01:01:18	6:07	00:30:53 (387)	M (333)	MASTER 2 M (126)	M (81)
387	347	RODRÍGUEZ PEREIRO, LORENA		01:01:23	6:08	00:30:26 (383)	F (54)	MASTER 2 F (21)	
388	363	FERRADÁS RODRÍGUEZ, PABLO		01:01:23	6:08	00:30:26 (383)	M (334)	SENIOR M (58)	
389	355	NOYA MIRÁS, IPICONCE	SD COMPOSTELA ATLETISMO	01:02:01	6:12	00:30:33 (385)	F (55)	MASTER 3 F (7)	
390	360	ROMERO GONZÁLEZ, CARME		01:02:07	6:12	00:31:41 (392)	F (56)	SENIOR F (16)	

XXIV CARREIRA PEDESTRE POPULAR AMES

CLASIFICACIÓN 10K



PTO DOR NOMBRE			CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
391	447	BEIROA RODRÍGUEZ, OLALLA	ATHLETICS SAN LÁZARO	01:03:11	6:19	00:30:50 (386)	F (57)	SENIOR F (17)	
392	343	ROSAL GÓMEZ, ROCÍO		01:03:24	6:20	00:31:30 (391)	F (58)	MASTER 2 F (22)	
393	330	PAMPÍN BOADO, CARLOS		01:05:35	6:33	00:34:10 (397)	M (335)	MASTER 4 M (21)	
394	358	BUJÁN OTERO, SUSANA	NOITEBRA F.C.	01:06:01	6:36	00:33:16 (395)	F (59)	MASTER 3 F (8)	
395	359	PAZ FERRÍN, MARÍA	NOITEBRA F.C.	01:06:32	6:39	00:34:26 (398)	F (60)	MASTER 2 F (23)	
396	361	ANSEDES DOMINGUEZ, LUCIA		01:07:00	6:41	00:33:22 (396)	F (61)	MASTER 3 F (9)	
397	362	DELGADO SEOANE, PAULA		01:07:22	6:44	00:33:00 (394)	F (62)	MASTER 3 F (10)	F (8)
398	348	MIRAMONTES, SALOMÉ	CLUB ATLETISMO SAR	01:10:31	7:03	00:34:39 (399)	F (63)	MASTER 2 F (24)	
399	351	ALCÓN DIZ, ANTONIO		01:12:50	7:16	00:32:16 (393)	M (336)	SENIOR M (59)	
400	482	VÁZQUEZ NIETO, CARLOTA		01:13:02	7:18	00:35:29 (400)	F (64)	SENIOR F (18)	F (9)
401	438	MOHAMMED, HAGER MOHAMED		01:17:55	7:47	00:36:46 (401)	F (65)	SENIOR F (19)	F (10)
402	357	TRESGUERRAS GONZÁLEZ, ELVIRA		01:18:59	7:53	(-1)	F (66)	MASTER 4 F (2)	F (11)

Total: 402