

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
1	2	ELNABAOUI, MEHDI	FENT CAMI MISLATA	00:31:29	3:08	00:15:55 (1)	M (1)	SENIOR M (NA)	
2	156	PENA CARRACEDO, LUCAS	SOCIEDAD GIMNÁSTICA DE	00:32:03	3:12	00:15:56 (2)	M (2)	SUB 20 M (NA)	M (1)
3	11	LOUTFI EL GHAZALI, SALAMA		00:32:55	3:17	00:16:22 (3)	M (3)	SENIOR M (NA)	
4	5	LESTIDO REY, MARTÍN	CLUB ATLETISMO SAR	00:33:19	3:19	00:16:23 (4)	M (4)	SENIOR M (1)	
5	9	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:33:36	3:21	00:16:39 (6)	M (5)	MASTER 1 M (1)	
6	6	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:33:41	3:22	00:16:39 (7)	M (6)	MASTER 2 M (1)	
7	4	DÍAZ OÍZA, PABLO	CLUB TRIATLÓN INFORHOUSE	00:33:52	3:23	00:16:23 (5)	M (7)	SENIOR M (2)	M (2)
8	8	ROCHA GARCIA, JOSÉ FRANCISCO	BRUTANZOS TEAM	00:34:21	3:26	00:16:56 (9)	M (8)	MASTER 1 M (2)	
9	10	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:34:23	3:26	00:16:55 (8)	M (9)	MASTER 2 M (2)	
10	18	CASTRO GIL, BRUNO	CORREXALLAS	00:34:36	3:27	00:17:21 (12)	M (10)	MASTER 2 M (3)	
11	26	COUSO MARTÍNEZ, ELOI		00:34:39	3:27	00:17:02 (10)	M (11)	MASTER 1 M (3)	
12	13	MELLO, JACI	SD COMPOSTELA ATLETISMO	00:34:49	3:28	00:17:09 (11)	M (12)	MASTER 2 M (4)	
13	20	FERNÁNDEZ GARCÍA, MÍCHEL	BNZ RUN CLUB	00:34:58	3:29	00:17:37 (14)	M (13)	MASTER 1 M (4)	
14	27	VILA COMBARROS, DANIEL		00:35:02	3:30	00:17:42 (16)	M (14)	MASTER 2 M (5)	
15	21	VÁZQUEZ ARES, FERNANDO	CLUB ATLETISMO SAR	00:35:07	3:30	00:17:25 (13)	M (15)	MASTER 2 M (6)	
16	15	SABORIDO SÓÑORA, SAMUEL	CLUB ATLETISMO SAR	00:35:09	3:30	00:17:42 (17)	M (16)	MASTER 2 M (7)	
17	24	MARTÍNEZ MARTÍNEZ, ENRIQUE	CLUB ATLETISMO SANTIAGO	00:35:10	3:30	00:17:43 (21)	M (17)	SENIOR M (3)	
18	48	GEY MARTINEZ, RAMON	CLUB ATLETISMO LOUSAME	00:35:11	3:31	00:17:43 (19)	M (18)	MASTER 2 M (8)	
19	25	FRAGA ADRIO, CARLOS	SD COMPOSTELA ATLETISMO	00:35:28	3:32	00:17:43 (20)	M (19)	MASTER 1 M (5)	M (3)
20	14	AGRELO GÓMEZ, ROBERTO C.	CLUB ATLETISMO SAR	00:35:34	3:33	00:17:54 (26)	M (20)	MASTER 2 M (9)	
21	68	CASTRO GÓMEZ, DANIEL	CLUB ATLETISMO TAMBRE	00:35:38	3:33	00:17:59 (30)	M (21)	SENIOR M (4)	
22	17	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	00:35:41	3:34	00:17:51 (22)	M (22)	MASTER 2 M (10)	
23	12	CREGO FERNANDEZ, XACOBO	CLUB TRIATLÓN INFORHOUSE	00:35:47	3:34	00:17:43 (18)	M (23)	MASTER 2 M (11)	
24	32	MONTERO NOYA, MIGUEL	ATLETISMO PULIDOS SUSO	00:35:55	3:35	00:17:53 (25)	M (24)	SENIOR M (5)	
25	19	BUJÁN OTERO, JOSÉ CARLOS	CLUB TRIATLÓN COMPOSTELA	00:35:56	3:35	00:17:53 (24)	M (25)	MASTER 3 M (1)	
26	38	GALAN BERJANO, SERGIO	CLUB ATLETISMO ANTAS DE ULLA	00:35:57	3:35	00:18:02 (32)	M (26)	SENIOR M (6)	M (4)
27	46	GONZÁLEZ REY, JOSECHO	O JERREIRO	00:36:00	3:35	00:18:18 (39)	M (27)	MASTER 2 M (12)	
28	7	GARABATO LAGARES, ADRIAN	CLUB TRIATLÓN COMPOSTELA	00:36:04	3:36	00:17:40 (15)	M (28)	SENIOR M (7)	
29	39	DOVAL BAO, ANTON	FORZA SAUDE E DEPORTE	00:36:08	3:36	00:17:52 (23)	M (29)	MASTER 1 M (6)	
30	34	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	00:36:18	3:37	00:18:25 (42)	M (30)	MASTER 3 M (2)	

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31	118	CIGÜENZA GESTOSO, JOSE IGNACIO	CLUB DEPORTIVO BRION HYUPERSA	00:36:20	3:37	00:18:06 (33)	M (31)	MASTER 2 M (13)	
32	28	SUÁREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:36:26	3:38	00:17:59 (31)	M (32)	MASTER 4 M (1)	
33	151	GÁNDAR GUEDE, LEO	SD COMPOSTELA ATLETISMO	00:36:27	3:38	00:18:15 (37)	M (33)	SUB 20 M (1)	M (5)
34	22	MACEIRAS LAGO, RAMON	CLUB ATLETISMO SAR	00:36:29	3:38	00:17:54 (27)	M (34)	MASTER 2 M (14)	
35	36	CAPELO VIEITES, EFRÉN	CLUB DEPORTIVO BRION HYUPERSA	00:36:30	3:38	00:18:18 (38)	M (35)	SENIOR M (8)	M (6)
36	31	SANDA ARES, JOSE	SD COMPOSTELA ATLETISMO	00:36:32	3:39	00:18:15 (35)	M (36)	MASTER 2 M (15)	
37	37	SANDE PUGA, JUAN JESÚS	SD COMPOSTELA ATLETISMO	00:36:32	3:39	00:18:27 (44)	M (37)	MASTER 2 M (16)	
38	78	OTERO LESTÓN, JESÚS	CLUB TRIATLÓN COMPOSTELA	00:36:36	3:39	00:17:55 (28)	M (38)	SENIOR M (9)	
39	35	MATA CASTRO, ARTURO	CLUB ATLETISMO SANTIAGO	00:36:36	3:39	00:17:58 (29)	M (39)	SENIOR M (10)	
40	52	MARTINEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	00:36:39	3:39	00:18:26 (43)	M (40)	MASTER 2 M (17)	
41	43	AGRAFOJO MANTEIGA, DOMINGO	CLUB ATLETISMO SANTIAGO	00:36:40	3:39	00:18:08 (34)	M (41)	MASTER 2 M (18)	M (7)
42	71	MIGUÉNS SUÁREZ, PABLO		00:36:49	3:40	00:18:27 (45)	M (42)	SENIOR M (11)	
43	106	FARIÑAS LÓPEZ, ALEJANDRO	CLUB ATLETISMO SAR	00:36:58	3:41	00:18:33 (47)	M (43)	SENIOR M (12)	M (8)
44	30	CALVO CES, ARMANDO	CLUB ATLETISMO SAR	00:37:08	3:42	00:19:06 (60)	M (44)	MASTER 2 M (19)	
45	29	MOGO CASTRO, CRISTIAN	SD COMPOSTELA ATLETISMO	00:37:11	3:43	00:18:15 (36)	M (45)	SENIOR M (13)	
46	59	BARREIRO PEREIRA, XOSÉ ANTÓN	ATLETISMO OBRADOIRO	00:37:17	3:43	00:18:24 (41)	M (46)	MASTER 3 M (3)	
47	50	BELLO GRACIA, JUAN JOSE	CLUB TRIATLÓN FISIONICRA NEGREIRA	00:37:25	3:44	00:18:35 (48)	M (47)	MASTER 2 M (20)	M (9)
48	104	NIETO GONZÁLEZ, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:37:32	3:45	00:18:57 (58)	M (48)	MASTER 3 M (4)	
49	41	MOSQUERA LOSADA, SANDRA	COMESAÑA SPORTING CLUB	00:37:34	3:45	00:18:53 (57)	F (1)	MASTER 1 F (NA)	
50	51	GONZÁLEZ POUSA, FERNANDO	ATLETISMO OBRADOIRO	00:37:43	3:46	00:18:36 (49)	M (49)	MASTER 3 M (5)	
51	80	CABO BLANCO, CARLOS	SD COMPOSTELA ATLETISMO	00:37:46	3:46	00:18:45 (55)	M (50)	MASTER 3 M (6)	
52	67	VIDAL MOREIRAS, MIGUEL	SD COMPOSTELA ATLETISMO	00:37:56	3:47	00:19:14 (65)	M (51)	MASTER 2 M (21)	
53	42	CASTROAGUDIN GOMEZ, ADRIAN	SD COMPOSTELA ATLETISMO	00:37:59	3:47	00:18:46 (56)	M (52)	MASTER 1 M (7)	
54	45	GONZÁLEZ REY, BONI	O JERREIRO	00:38:02	3:48	00:19:14 (66)	M (53)	MASTER 2 M (22)	
55	113	VIADDEL TURJANICOVÁ, PATRICIE	CLUB ATLETISMO SANTIAGO	00:38:07	3:48	00:19:14 (67)	F (2)	SENIOR F (NA)	
56	54	SUSSMAN VILLAVERDE, DANIEL	CLUB ATLETISMO SANTIAGO	00:38:09	3:48	00:18:18 (39)	M (54)	SENIOR M (14)	
57	53	ALEGRE LEIRA, JAVIER		00:38:11	3:49	00:19:14 (64)	M (55)	SENIOR M (15)	M (10)
58	49	FERNÁNDEZ LAGO, JUAN CARLOS	CLUB ATLETISMO SAR	00:38:12	3:49	00:18:40 (52)	M (56)	MASTER 3 M (7)	
59	47	FERNÁNDEZ RODRÍGUEZ, JOSÉ ANTONIO	SD COMPOSTELA ATLETISMO	00:38:14	3:49	00:18:38 (50)	M (57)	MASTER 2 M (23)	M (11)
60	120	FROJÁN TUBIO, JORGE		00:38:16	3:49	00:19:13 (63)	M (58)	SENIOR M (16)	

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61	63	FRANCO BOUZA, EDGAR		00:38:17	3:49	00:18:39 (51)	M (59)	SENIOR M (17)	
62	66	CALVELO CODESIDO, DIEGO	A.D. MONTEBRONDO	00:38:22	3:50	00:19:13 (62)	M (60)	MASTER 2 M (24)	
63	57	FIGUEIRAS NÚÑEZ, EDUARDO	ESCOLA TRIATLÓN OUTES	00:38:28	3:50	00:18:42 (54)	M (61)	MASTER 2 M (25)	
64	136	RAMDANI, SEYF	ATLETISMO FONTES DO SAR	00:38:30	3:50	00:19:16 (72)	M (62)	SENIOR M (18)	
65	110	PANIAGUA FERNANDEZ, JOSE LUIS	ATLETISMO FONTES DO SAR	00:38:30	3:50	00:19:16 (71)	M (63)	MASTER 2 M (26)	
66	84	BARCA ESPAÑA, MARCIAL ANÍBAL	CLUB ATLETISMO SADA	00:38:32	3:51	00:19:16 (70)	M (64)	MASTER 2 M (27)	
67	86	LEIRO LOPEZ, SOLEDAD	SD COMPOSTELA ATLETISMO	00:38:34	3:51	00:19:41 (81)	F (3)	MASTER 3 F (NA)	
68	85	GARCIA VAZQUEZ, EMILIO	SD COMPOSTELA ATLETISMO	00:38:35	3:51	00:19:41 (80)	M (65)	MASTER 3 M (8)	
69	16	DOPAZO MIGUEZ, ALBERTO	CLUB TRIATLÓN COMPOSTELA	00:38:36	3:51	00:19:41 (79)	M (66)	MASTER 2 M (28)	
70	93	PEON LADO, ANGEL M		00:38:38	3:51	00:18:57 (59)	M (67)	MASTER 3 M (9)	
71	126	MUIÑOS REYES, ENRIQUE		00:38:41	3:52	00:19:12 (61)	M (68)	MASTER 2 M (29)	
72	91	NIETO LOPEZ, IVAN	CLUB TRIATLÓN FISIONICRA NEGREIRA	00:38:46	3:52	00:19:24 (74)	M (69)	MASTER 1 M (8)	
73	65	SUÁREZ RIESGO, HUGO		00:39:01	3:54	00:19:37 (77)	M (70)	MASTER 1 M (9)	
74	96	MOSQUERA DE VALDIVIELSO, JAVIER		00:39:03	3:54	00:19:15 (68)	M (71)	MASTER 2 M (30)	
75	81	RODRÍGUEZ FERNÁNDEZ, JESÚS	NOITEBRA, F.C.	00:39:06	3:54	00:19:24 (75)	M (72)	MASTER 2 M (31)	
76	77	MARTÍNEZ NIETO, MÍCHEL	CLUB ATLETISMO OUTES	00:39:13	3:55	00:19:22 (73)	M (73)	MASTER 3 M (10)	
77	102	MOURE ANDRADE, ALBERTO		00:39:32	3:57	00:19:43 (82)	M (74)	MASTER 2 M (32)	
78	60	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:39:32	3:57	00:19:15 (69)	M (75)	SUB 23 M (1)	
79	56	IGLESIAS TORRES, JULIO	CDM VERTICE	00:39:33	3:57	00:19:58 (95)	M (76)	MASTER 2 M (33)	
80	62	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	00:39:33	3:57	00:19:45 (85)	M (77)	MASTER 3 M (11)	M (12)
81	40	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	00:39:35	3:57	00:19:57 (91)	M (78)	MASTER 3 M (12)	
82	119	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	00:39:35	3:57	00:19:58 (96)	M (79)	MASTER 4 M (2)	
83	92	DOSIL, JAVI	ATLETISMO FONTES DO SAR	00:39:38	3:57	00:19:57 (90)	M (80)	MASTER 2 M (34)	
84	88	CASÁIS GONZÁLEZ, MARIANO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:39:39	3:57	00:19:39 (78)	M (81)	MASTER 2 M (35)	
85	94	FERNANDEZ OTERO, MARTA	COMESAÑA SPORTING CLUB	00:39:44	3:58	00:20:05 (99)	F (4)	MASTER 2 F (1)	
86	123	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:39:47	3:58	00:19:57 (93)	M (82)	MASTER 4 M (3)	
87	115	MAYO BALDERRABANO, JUAN	CLUB ATLETISMO NOIA	00:39:49	3:58	00:19:56 (89)	M (83)	MASTER 2 M (36)	
88	69	GUTIÉRREZ PRIETO, FERNANDO	CLUB ATLETISMO TAMBRE	00:39:50	3:58	00:19:48 (86)	M (84)	MASTER 1 M (10)	
89	188	MACEIRAS FIGUEIRAS, ISAAC		00:39:51	3:59	00:20:13 (105)	M (85)	SENIOR M (19)	
90	176	BARREIRO ABALO, JAVIER		00:39:55	3:59	00:19:55 (87)	M (86)	MASTER 1 M (11)	

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91	111	MACEIRAS FIGUEIRAS, ADRIÁN		00:39:55	3:59	00:20:12 (104)	M (87)	MASTER 1 M (12)	
92	64	AMEAL LORENZO, EDUARDO		00:39:56	3:59	00:19:57 (92)	M (88)	MASTER 3 M (13)	
93	89	PEREZ PORTELA, MARCOS		00:39:57	3:59	00:20:03 (98)	M (89)	MASTER 2 M (37)	
94	177	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:39:58	3:59	00:19:43 (83)	M (90)	MASTER 2 M (38)	
95	172	SANTOS BOO, JESUS	SD COMPOSTELA ATLETISMO	00:40:02	4:00	00:19:57 (94)	M (91)	MASTER 4 M (4)	M (13)
96	134	FERNÁNDEZ VIDAL, ANGEL	SD COMPOSTELA ATLETISMO	00:40:05	4:00	00:19:45 (84)	M (92)	MASTER 3 M (14)	
97	466	GARCIA CANCELA, JESUS		00:40:13	4:01	00:19:35 (76)	M (93)	MASTER 2 M (39)	
98	180	BOQUETE CORNES, JOSE MANUEL		00:40:14	4:01	00:20:16 (107)	M (94)	MASTER 2 M (40)	M (14)
99	72	BLANCO LESTÓN, JOSÉ MANUEL	O JERREIRO	00:40:15	4:01	00:20:07 (101)	M (95)	MASTER 2 M (41)	
100	125	MALLO NIETO, JULIO	CLUB DEPORTIVO BRION HYUPERSA	00:40:17	4:01	00:20:08 (102)	M (96)	MASTER 2 M (42)	
101	185	GÓMEZ RAPOSO, EDUARDO	CLUB TRIATLÓN COMPOSTELA	00:40:18	4:01	00:20:06 (100)	M (97)	MASTER 2 M (43)	
102	108	JUANATEY PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:40:23	4:02	00:19:59 (97)	M (98)	MASTER 3 M (15)	
103	139	FERNÁNDEZ MARTÍNEZ, ROSANA	SD COMPOSTELA ATLETISMO	00:40:28	4:02	00:19:55 (88)	F (5)	SUB 23 F (1)	
104	197	CAMBEIRO CAMBEIRO, FERMÍN		00:40:31	4:03	00:20:18 (108)	M (99)	MASTER 2 M (44)	M (15)
105	515	RÍOS SANTOS, RUBÉN		00:40:36	4:03	00:20:23 (112)	M (100)	SENIOR M (20)	M (16)
106	173	GARCIA VAAMONDE, CAMILO	AMES ATLETISMO	00:40:42	4:04	00:20:29 (118)	M (101)	MASTER 1 M (13)	M (17)
107	182	ROMERO RIVERA, JORGE		00:40:46	4:04	00:21:10 (138)	M (102)	MASTER 2 M (45)	M (18)
108	217	MOSQUERA FILGUEIRA, GERMÁN	ARTROGAL498	00:40:48	4:04	00:21:11 (140)	M (103)	MASTER 1 M (14)	
109	334	BALMASEDA VALLE, JON		00:40:49	4:04	00:20:19 (109)	M (104)	MASTER 2 M (46)	M (19)
110	183	TABOADA GARCÍA, JAVIER		00:40:50	4:04	00:20:42 (121)	M (105)	MASTER 3 M (16)	M (20)
111	171	SALGUEIRO MATA, JOSE	CDM VERTICE	00:40:51	4:05	00:20:42 (123)	M (106)	MASTER 2 M (47)	
112	76	NOYA PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:40:57	4:05	00:20:29 (117)	M (107)	MASTER 3 M (17)	
113	116	SEVILLA SUBIELA, PEDRO ANTONIO	COMESAÑA SPORTING CLUB	00:41:04	4:06	00:20:22 (111)	M (108)	MASTER 3 M (18)	
114	174	VILLALBA BARRIOS, DELIA	COMESAÑA SPORTING CLUB	00:41:09	4:06	00:20:25 (114)	F (6)	MASTER 2 F (2)	
115	213	RODRÍGUEZ PÉREZ, JAVIER		00:41:09	4:06	00:21:12 (143)	M (109)	MASTER 2 M (48)	M (21)
116	124	RODRÍGUEZ GONZÁLEZ, ALBERTO	O JERREIRO	00:41:10	4:06	00:20:12 (103)	M (110)	MASTER 1 M (15)	
117	255	RODRÍGUEZ PETEIRA, DIEGO		00:41:15	4:07	00:20:36 (120)	M (111)	SENIOR M (21)	M (22)
118	199	CONDE CASTELAO, OSCAR		00:41:23	4:08	00:20:42 (122)	M (112)	MASTER 2 M (49)	
119	175	FERNÁNDEZ GARCÍA, DAVID	CLUB ATLETISMO MILLARAIO	00:41:25	4:08	00:20:32 (119)	M (113)	MASTER 2 M (50)	M (23)
120	238	MATA BEIROA, ALBERTO		00:41:33	4:09	00:20:49 (126)	M (114)	SENIOR M (22)	

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121	207	MOSCOSO RAMOS, DAVID		00:41:37	4:09	00:20:26 (115)	M (115)	SENIOR M (23)	
122	209	LÓPEZ MIRAGAYA, FÉLIX		00:41:38	4:09	00:21:10 (137)	M (116)	SENIOR M (24)	
123	184	LÓPEZ, IAGO		00:41:38	4:09	00:21:34 (152)	M (117)	SUB 23 M (2)	M (24)
124	79	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:41:39	4:09	00:20:51 (127)	M (118)	MASTER 3 M (19)	
125	105	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:41:39	4:09	00:20:51 (128)	M (119)	MASTER 4 M (5)	
126	216	COSTOYA, JORGE	CLUB ATLETISMO LOUSAME	00:41:47	4:10	00:21:11 (141)	M (120)	MASTER 2 M (51)	
127	215	FERNANDEZ TENORIO, ADRIAN		00:41:50	4:10	00:21:07 (133)	M (121)	MASTER 1 M (16)	
128	122	GOMEZ GONZALEZ, CANDELA	CLUB ATLETISMO RIAZOR	00:41:51	4:11	00:21:09 (135)	F (7)	SENIOR F (1)	
129	128	VELLES, JESUS		00:41:54	4:11	00:20:21 (110)	M (122)	MASTER 2 M (52)	
130	231	DÍAZ GONZÁLEZ, ÁLVARO		00:41:54	4:11	00:21:33 (150)	M (123)	MASTER 1 M (17)	
131	202	VIDAL RODRÍGUEZ, JOSÉ	CLUB TRIATLÓN FISIONICRA NEGREIRA	00:41:58	4:11	00:20:48 (125)	M (124)	MASTER 3 M (20)	M (25)
132	192	BOUZA PRADA, DAVID		00:42:00	4:11	00:21:10 (136)	M (125)	MASTER 1 M (18)	
133	90	PALACIOS LADO, SERGIO	SD COMPOSTELA ATLETISMO	00:42:01	4:12	00:20:23 (113)	M (126)	MASTER 1 M (19)	M (26)
134	70	CASTRO PRADO, FERNANDO		00:42:09	4:12	00:20:15 (106)	M (127)	SENIOR M (25)	
135	82	MENDEZ QUINTELA, FRANCISCO M.	FEARLESS WARRIOR FIGHT CLUB	00:42:11	4:13	00:21:28 (146)	M (128)	MASTER 2 M (53)	M (27)
136	221	RAMOS, JAVIER		00:42:21	4:14	00:21:31 (149)	M (129)	SENIOR M (26)	
137	170	DURÓ AGRAFOJO, JOSE CARLOS	OS ESFOLAARROS	00:42:28	4:14	00:20:59 (131)	M (130)	MASTER 3 M (21)	M (28)
138	157	VILLAVARDE BALIÑAS, ANDRÉS	CLUB TRIATLÓN INFORHOUSE	00:42:28	4:14	00:20:59 (130)	M (131)	SUB 20 M (2)	
139	114	GÓMEZ GOMEZ, PABLO	CLUB ATLETISMO NOIA	00:42:30	4:14	00:21:11 (139)	M (132)	MASTER 2 M (54)	
140	121	TAJES MAYO, JUAN JESÚS	ATLETISMO FONTES DO SAR	00:42:36	4:15	00:21:34 (153)	M (133)	MASTER 3 M (22)	M (29)
141	138	REY SEXTO, JACOBO		00:42:38	4:15	00:20:27 (116)	M (134)	SENIOR M (27)	
142	58	GARCIA RODRIGUEZ, JORGE MANUEL	NOITEBRA, F.C.	00:42:42	4:16	00:20:56 (129)	M (135)	MASTER 3 M (23)	
143	226	SAAVEDRA DELGADO, LAURA	CLUB DEPORTIVO BRION HYUPERSA	00:42:44	4:16	00:21:24 (145)	F (8)	MASTER 1 F (1)	F (1)
144	203	ÁLVAREZ LODEIRO, SANTI	ENTRENARUNNING	00:42:47	4:16	00:21:33 (151)	M (136)	MASTER 4 M (6)	
145	254	MARTÍNEZ PEREIRO, JUAN ALFREDO		00:42:53	4:17	00:21:08 (134)	M (137)	SENIOR M (28)	M (30)
146	109	PRADOS NIETO, DIEGO		00:42:55	4:17	00:20:43 (124)	M (138)	SENIOR M (29)	M (31)
147	210	DOMÍNGUEZ OTERO, JOSE	ATLETISMO FONTES DO SAR	00:42:56	4:17	00:21:47 (160)	M (139)	MASTER 2 M (55)	
148	135	CAO GARCÍA, JOSÉ MANUEL	ATLETISMO FONTES DO SAR	00:43:02	4:18	00:21:30 (148)	M (140)	MASTER 3 M (24)	
149	258	GARCÍA LAMAS, MAURO		00:43:14	4:19	00:21:12 (144)	M (141)	SENIOR M (30)	
150	74	CUENCA GARCIA, FRANCISCO JOSE	CLUB ATLETISMO PINO	00:43:14	4:19	00:21:29 (147)	M (142)	MASTER 2 M (56)	

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
151	242	CAMBA RODRÍGUEZ, JAVIER		00:43:18	4:19	00:21:11 (142)	M (143)	MASTER 3 M (25)	
152	200	BARREIRO BLANCO, PEPE		00:43:20	4:19	00:21:39 (157)	M (144)	MASTER 3 M (26)	
153	101	ROGET PEREZ, FELIX	C.D TERRA DE SONEIRA	00:43:27	4:20	00:22:01 (170)	M (145)	MASTER 2 M (57)	
154	117	REY ANSEMIL, PABLO	ENTRENARUNNING	00:43:32	4:21	00:21:58 (166)	M (146)	SENIOR M (31)	
155	208	PAMPIN LEIRO, SOFIA		00:43:35	4:21	00:21:36 (156)	F (9)	SUB 23 F (2)	
156	129	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:43:35	4:21	00:21:36 (154)	M (147)	MASTER 2 M (58)	
157	521	ANTELO CAAMAÑO, MARTÍN		00:43:40	4:21	00:21:52 (164)	M (148)	SUB 23 M (3)	M (32)
158	283	NOVO NÚÑEZ, DIEGO		00:43:41	4:22	00:22:34 (192)	M (149)	MASTER 2 M (59)	
159	448	PERNAS GARCÍA, ROBERTO		00:43:41	4:22	00:22:34 (194)	M (150)	MASTER 1 M (20)	
160	179	LÓPEZ PÉREZ, DAVID		00:43:42	4:22	00:21:47 (161)	M (151)	MASTER 2 M (60)	
161	284	IGLESIAS CASAL, RICARDO	NOITEBRA, F.C.	00:43:53	4:23	00:21:41 (159)	M (152)	MASTER 2 M (61)	M (33)
162	227	MRIMICHE MRIMICHE, NADIA	CLUB ATLETISMO SAR	00:43:56	4:23	00:21:57 (165)	F (10)	MASTER 2 F (3)	
163	288	FANDIÑO RODRÍGUEZ, MANUEL		00:43:57	4:23	00:21:39 (158)	M (153)	MASTER 2 M (62)	
164	127	SEOANE CELA, PABLO	ENTRENARUNNING	00:43:58	4:23	00:21:36 (155)	M (154)	MASTER 2 M (63)	
165	132	PEÑA GAVILÁN, CARLOS		00:44:12	4:25	00:22:21 (180)	M (155)	MASTER 2 M (64)	M (34)
166	492	VARELA IGLESIAS, MARIO		00:44:14	4:25	00:22:20 (179)	M (156)	SENIOR M (32)	
167	193	CASTRO MAROÑO, JORGE	SD COMPOSTELA ATLETISMO	00:44:15	4:25	00:22:13 (171)	M (157)	MASTER 2 M (65)	
168	305	DE LA TORRE, PACO		00:44:16	4:25	00:22:17 (175)	M (158)	MASTER 3 M (27)	
169	224	BARREIRO BLANCO, MIGUEL		00:44:17	4:25	00:22:00 (169)	M (159)	MASTER 2 M (66)	
170	236	QUINTELA CARRIL, DANIEL		00:44:22	4:26	00:22:27 (183)	M (160)	SENIOR M (33)	
171	225	MÉNDEZ SUÁREZ, SUSO	CLUB DEPORTIVO INCLUSIVO ENKI	00:44:27	4:26	00:22:19 (178)	M (161)	MASTER 3 M (28)	
172	323	FERNÁNDEZ MILLÁN, DAVID		00:44:28	4:26	00:22:16 (173)	M (162)	MASTER 1 M (21)	M (35)
173	214	VIAÑO LORENZO, PABLO		00:44:34	4:27	00:21:48 (162)	M (163)	MASTER 2 M (67)	
174	452	MARTINEZ BREA, PABLO		00:44:37	4:27	00:22:17 (176)	M (164)	MASTER 1 M (22)	M (36)
175	324	PEON ALONSO, JORGE		00:44:41	4:28	00:21:59 (168)	M (165)	MASTER 1 M (23)	
176	235	COLLAZO LORENZO, FRANC	AMES ATLETISMO	00:44:44	4:28	00:22:42 (200)	M (166)	MASTER 3 M (29)	M (37)
177	99	CASTRO FERNÁNDEZ, XABIER	CLUB ATLETISMO TAMBRE	00:44:45	4:28	00:22:33 (188)	M (167)	MASTER 2 M (68)	
178	103	ZAMAR ALAMANCOS, JUSN CARLOS		00:44:47	4:28	00:22:30 (186)	M (168)	MASTER 2 M (69)	M (38)
179	353	CASTRO MOAR, ADRIÁN		00:44:50	4:28	00:22:16 (174)	M (169)	SENIOR M (34)	M (39)
180	312	VARELA NAVARRO, JOSÉ ALBERTO	C. D. LA PURÍSIMA	00:44:50	4:28	00:23:06 (228)	M (170)	MASTER 3 M (30)	

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
181	287	SÁNCHEZ GÓMEZ, ALBERTO		00:44:51	4:29	00:22:27 (184)	M (171)	MASTER 2 M (70)	M (40)
182	434	PAMPÍN RODRÍGUEZ, ABEL		00:44:51	4:29	00:23:16 (240)	M (172)	SENIOR M (35)	M (41)
183	97	FERNÁNDEZ DOMÍNGUEZ, ALFONSO		00:44:52	4:29	00:22:15 (172)	M (173)	MASTER 3 M (31)	
184	304	SANTOS FERRADAS, CARLOS		00:44:55	4:29	00:21:49 (163)	M (174)	MASTER 3 M (32)	
185	472	RIVERO DE AGUILAR, ALFONSO		00:44:56	4:29	00:22:44 (204)	M (175)	MASTER 2 M (71)	
186	275	MEDINA JIMÉNEZ, EMILIO	ATLETISMO FONTES DO SAR	00:44:57	4:29	00:22:18 (177)	M (176)	MASTER 4 M (7)	M (42)
187	473	CAAMAÑO PÉREZ, VANESA	TERRA DE SONEIRA C.D.	00:44:58	4:29	00:22:57 (222)	F (11)	MASTER 2 F (4)	
188	87	PÉREZ RODRÍGUEZ, RAMÓN ANDRÉS	CLUB ATLETISMO NEGREIRA	00:44:59	4:29	00:21:00 (132)	M (177)	SENIOR M (36)	
189	250	RODRÍGUEZ BELLO, JOSE RAMÓN		00:44:59	4:29	00:22:41 (199)	M (178)	MASTER 3 M (33)	
190	237	FACHAL QUINTELA, ARACELI	CLUB TRIATLÓN COMPOSTELA	00:45:00	4:29	00:22:42 (201)	F (12)	SENIOR F (2)	
191	272	COUCE BLANCO, RAMÓN		00:45:01	4:30	00:22:26 (182)	M (179)	MASTER 3 M (34)	M (43)
192	230	FERRERAS FERROL, HÉCTOR	CORREXALLAS	00:45:03	4:30	00:22:44 (205)	M (180)	MASTER 1 M (24)	
193	292	MARTINEZ BARCA, JORGE		00:45:04	4:30	00:23:13 (235)	M (181)	MASTER 1 M (25)	M (44)
194	212	GOMEZ PARRADO, ALEJANDRO	ATLETISMO FONTES DO SAR	00:45:11	4:31	00:21:58 (167)	M (182)	MASTER 2 M (72)	M (45)
195	195	RODRIGUEZ FRAMIL, ALFONSO	NOITEBRA, F.C.	00:45:14	4:31	00:22:40 (197)	M (183)	MASTER 2 M (73)	M (46)
196	247	CEPEDA SEIJAS, JUAN JOSE		00:45:18	4:31	00:22:59 (226)	M (184)	MASTER 2 M (74)	M (47)
197	249	AGEITOS SANLES, FERNANDO		00:45:18	4:31	00:22:48 (209)	M (185)	MASTER 2 M (75)	M (48)
198	298	SUÁREZ BARCA, IVÁN	CLUB DEPORTIVO BRION HYUPERSA	00:45:18	4:31	00:23:07 (231)	M (186)	SENIOR M (37)	
199	399	PIÑEIRO ABEIJON, BENITO		00:45:18	4:31	00:23:14 (238)	M (187)	MASTER 3 M (35)	
200	281	ROMERO ROMERO, JUAN	CLUB DEPORTIVO BRION HYUPERSA	00:45:19	4:31	00:22:55 (218)	M (188)	MASTER 1 M (26)	
201	232	NIETO DIZ, FERNANDO	CLUB DEPORTIVO BRION HYUPERSA	00:45:19	4:31	00:22:56 (219)	M (189)	MASTER 2 M (76)	
202	218	TURNES ABELEDA, ALBERTO		00:45:20	4:31	00:22:58 (224)	M (190)	MASTER 1 M (27)	
203	73	IGLESIAS BARREIRA, DAVID	TRAIN2GO.COM	00:45:20	4:31	00:22:58 (225)	M (191)	MASTER 2 M (77)	
204	267	GARCÍA LOSAS, ALEJANDRO	ATLETISMO +9 MORAÑA	00:45:22	4:32	00:22:51 (211)	M (192)	SENIOR M (38)	
205	33	CASAL MOURELOS, MARTIN	CLUB TRIATLÓN COMPOSTELA	00:45:24	4:32	00:22:33 (187)	M (193)	SENIOR M (39)	
206	206	COUSELO MIRA, NOEMI	CLUB TRIATLÓN COMPOSTELA	00:45:25	4:32	00:22:33 (189)	F (13)	SENIOR F (3)	
207	186	CAMPAÑA BARROS, ADRIÁN		00:45:25	4:32	00:22:34 (193)	M (194)	MASTER 1 M (28)	
208	181	COSTOYA PRADO, CESAR	CLUB TRIATLÓN COMPOSTELA	00:45:25	4:32	00:22:34 (191)	M (195)	MASTER 2 M (78)	
209	205	COUSELO MIRA, ALEXIA MARÍA	CLUB TRIATLÓN COMPOSTELA	00:45:25	4:32	00:22:33 (190)	F (14)	SENIOR F (4)	
210	153	CESPON BREA, CRISTIAN	MORAÑA EN RUTA	00:45:25	4:32	00:22:47 (207)	M (196)	SUB 20 M (3)	

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
211	137	PÉREZ ABEIJÓN, ÁLVARO		00:45:33	4:33	00:22:52 (213)	M (197)	SENIOR M (40)	
212	204	MIRÓN CARNÉS, BRAIS		00:45:33	4:33	00:22:52 (214)	M (198)	SENIOR M (41)	
213	264	VIAÑO NIETO, MAICA		00:45:34	4:33	00:22:36 (195)	F (15)	MASTER 2 F (5)	F (2)
214	234	MANEIRO CAAMAÑO, VANESSA		00:45:38	4:33	00:22:52 (212)	F (16)	MASTER 2 F (6)	
215	154	ARES BETANZOS, ICIA	CLUB OURENSE ATLETISMO	00:45:40	4:33	00:22:52 (215)	F (17)	SUB 20 F (1)	
216	112	ABEL SUÁREZ, JOSÉ RAMÓN	NOITEBRA, F.C.	00:45:45	4:34	00:22:40 (198)	M (199)	MASTER 4 M (8)	
217	233	PENA CEBEY, ADRIAN		00:45:47	4:34	00:22:30 (185)	M (200)	MASTER 1 M (29)	
218	303	CES ROMERO, JORI	ENTRENARUNNING	00:45:49	4:34	00:22:42 (202)	M (201)	MASTER 3 M (36)	
219	291	MUÑIZ FERNANDEZ, RUBEN		00:45:50	4:34	00:22:47 (206)	M (202)	SENIOR M (42)	
220	133	VÁZQUEZ, TXEMA		00:45:53	4:35	00:23:20 (243)	M (203)	MASTER 2 M (79)	M (49)
221	516	GARCÍA LAMAS, MARCOS		00:45:53	4:35	00:22:25 (181)	M (204)	SENIOR M (43)	M (50)
222	278	GUILLIN, GUSTAVO	CLUB ATLETISMO SAR	00:45:54	4:35	00:22:48 (208)	M (205)	MASTER 2 M (80)	M (51)
223	229	REY PAULOS, MANUEL JOSE	EGOVARROS VIVEIRO	00:46:01	4:36	00:23:20 (242)	M (206)	MASTER 4 M (9)	
224	262	RIVEIRA MARTINEZ, ANTONIO	CLUB ATLETISMO O PINO	00:46:04	4:36	00:23:07 (230)	M (207)	MASTER 3 M (37)	
225	330	MONTOUTO REQUEIJO, DIEGO	SAN OTENTE	00:46:06	4:36	00:22:43 (203)	M (208)	MASTER 2 M (81)	
226	310	BOQUETE GARCIA, TANIA		00:46:09	4:36	00:22:53 (216)	F (18)	MASTER 2 F (7)	
227	239	PORTABALES DOBAÑO, RICARDO		00:46:14	4:37	00:22:58 (223)	M (209)	MASTER 3 M (38)	
228	435	GONZÁLEZ GONZÁLEZ, CARLOS		00:46:19	4:37	00:23:30 (249)	M (210)	SENIOR M (44)	M (52)
229	245	PONTE, JAVIER	NOITEBRA, F.C.	00:46:20	4:37	00:23:23 (245)	M (211)	MASTER 2 M (82)	M (53)
230	289	LUAÑA, PEDRO	ENTRENARUNNING	00:46:21	4:38	00:23:06 (229)	M (212)	MASTER 3 M (39)	
231	481	VILLAVERDE VIAÑO, ANDRÉS	OS ESFOLAARROS	00:46:27	4:38	00:23:12 (233)	M (213)	MASTER 3 M (40)	
232	285	SALVADO CANEDA, ROCIO	CLUB ATLETISMO TAMBRE	00:46:30	4:38	00:23:15 (239)	F (19)	MASTER 2 F (8)	
233	253	GIL BREA, JOSE ANTONIO	NOITEBRA, F.C.	00:46:30	4:38	00:23:13 (236)	M (214)	MASTER 4 M (10)	
234	389	PORTAS COSTA, CARLOS		00:46:32	4:39	00:23:25 (246)	M (215)	MASTER 2 M (83)	
235	241	NIETO PAZOS, SUSANA		00:46:33	4:39	00:23:04 (227)	F (20)	MASTER 2 F (9)	F (3)
236	260	PEREIRA SUÁREZ, ALBERTO		00:46:34	4:39	00:22:50 (210)	M (216)	SENIOR M (45)	M (54)
237	269	CAAMAÑO LAGO, Nanci Viviana	CLUB ATLETISMO SAR	00:46:34	4:39	00:23:08 (232)	F (21)	MASTER 3 F (1)	
238	306	LUCAS PÉREZ, LUCIANO		00:46:35	4:39	00:23:49 (254)	M (217)	MASTER 3 M (41)	M (55)
239	219	MAYO CAAMAÑO, MARINELA	CLUB ATLETISMO SAR	00:46:35	4:39	00:22:56 (221)	F (22)	MASTER 2 F (10)	F (4)
240	279	LOPEZ MACIA, REBECA	CLUB DEPORTIVO BRION HYUPERSA	00:46:43	4:40	00:22:56 (220)	F (23)	MASTER 1 F (2)	

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
241	495	VALINAS VARELA, VICTOR MANUEL		00:46:48	4:40	00:24:06 (276)	M (218)	SENIOR M (46)	
242	270	ESCUDEIRO VIVERO, CARLOS		00:46:49	4:40	00:23:57 (264)	M (219)	MASTER 2 M (84)	M (56)
243	223	SIMÓN MARTÍNEZ, AMIRA	SD COMPOSTELA ATLETISMO	00:46:53	4:41	00:22:54 (217)	F (24)	MASTER 1 F (3)	
244	276	CALVO FERNANDEZ, JOSE IGNACIO		00:46:58	4:41	00:23:17 (241)	M (220)	MASTER 2 M (85)	M (57)
245	211	NOVOA CID, JOSE LUIS	C.D. LA PURÍSIMA	00:47:01	4:42	00:24:04 (274)	M (221)	MASTER 3 M (42)	
246	244	GÓMEZ FERNÁNDEZ, ROBERTO		00:47:07	4:42	00:23:48 (253)	M (222)	MASTER 3 M (43)	
247	246	FERNANDEZ FERRO, ALVARO	SD COMPOSTELA ATLETISMO	00:47:09	4:42	00:23:12 (234)	M (223)	MASTER 2 M (86)	
248	252	FERNANDEZ RIAL, SAKY	SERRES RUNNERS	00:47:10	4:42	00:23:51 (257)	M (224)	MASTER 3 M (44)	
249	282	LORENZO PEREZ, NATALIA	NOITEBRA, F.C.	00:47:11	4:43	00:23:40 (252)	F (25)	MASTER 2 F (11)	
250	268	GARCÍA RENDO, DARÍO		00:47:11	4:43	00:23:33 (251)	M (225)	SENIOR M (47)	
251	271	RODRÍGUEZ GONZÁLEZ, PABLO	CLUBE DE ATLETISMO OUTES	00:47:15	4:43	00:23:13 (237)	M (226)	MASTER 1 M (30)	
252	155	QUIJANO FERNANDEZ, MARIELA	AMES ATLETISMO	00:47:15	4:43	00:24:27 (288)	F (26)	SUB 20 F (2)	F (5)
253	308	VEIGA SUAREZ, JOSE M	ASOCIACIÓN DEPORTIVA CERNE	00:47:15	4:43	00:24:15 (280)	M (227)	MASTER 2 M (87)	
254	509	PIÑEIRA NÚÑEZ, ADRIÁN		00:47:19	4:43	00:24:01 (271)	M (228)	SENIOR M (48)	
255	462	RIVAS DOBARRO, SANTIAGO		00:47:20	4:43	00:23:26 (247)	M (229)	MASTER 2 M (88)	
256	352	FREIRE GIL, ADRIÁN		00:47:21	4:44	00:23:22 (244)	M (230)	SENIOR M (49)	
257	294	PEGITO POMBO, MANUEL	CLUB ATLETISMO O PINO	00:47:29	4:44	00:24:06 (275)	M (231)	MASTER 3 M (45)	
258	309	MAZA LÓPEZ, ALFREDO	CLUB ATLETISMO TAMBRE	00:47:39	4:45	00:24:00 (270)	M (232)	SENIOR M (50)	
259	201	QUEIRUGA TRIÑANES, SUSO		00:47:42	4:46	00:24:19 (281)	M (233)	MASTER 3 M (46)	
260	198	BAZARRA CAROU, RAQUEL		00:47:42	4:46	00:24:19 (282)	F (27)	MASTER 2 F (12)	
261	366	GOYANES LIÑEIRA, LAURA		00:47:44	4:46	00:23:50 (255)	F (28)	MASTER 2 F (13)	
262	372	BARRIENTOS MONTEAGUDO, VICTOR		00:47:45	4:46	00:24:11 (278)	M (234)	MASTER 2 M (89)	
263	274	PÉREZ SUSAVILA, ANGEL		00:47:45	4:46	00:24:40 (294)	M (235)	MASTER 3 M (47)	
264	333	TOBÍO SALGADO, ORIOL		00:47:50	4:46	00:23:56 (262)	M (236)	MASTER 2 M (90)	M (58)
265	297	CORTÉS MONTOYA, ANTONIO J.		00:47:52	4:47	00:24:53 (307)	M (237)	SENIOR M (51)	M (59)
266	340	LESTON CAAMAÑO, FABIAN	OS SALTARTEJOS	00:47:57	4:47	00:24:45 (298)	M (238)	MASTER 3 M (48)	
267	240	GUIJARRO ARCA, BASILIO	CDM VERTICE	00:47:59	4:47	00:23:54 (259)	M (239)	MASTER 3 M (49)	
268	464	FERNÁNDEZ ÁLVAREZ, RUBÉN		00:48:02	4:48	00:23:57 (263)	M (240)	MASTER 2 M (91)	
269	403	PÉREZ SOBRAL, EDUARDO		00:48:07	4:48	00:23:30 (248)	M (241)	MASTER 2 M (92)	
270	332	FERNÁNDEZ LÓPEZ, ALBERTO		00:48:09	4:48	00:24:00 (268)	M (242)	MASTER 2 M (93)	

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
271	331	RAMA LEIS, RAMON	ATLETISMO OBRADOIRO	00:48:21	4:50	00:24:30 (289)	M (243)	MASTER 2 M (94)	M (60)
272	477	OTERO DÍAZ, PABLO		00:48:22	4:50	00:24:04 (273)	M (244)	MASTER 2 M (95)	M (61)
273	299	FERNÁNDEZ MARTINEZ, JOAQUIN	SERRES RUNNERS	00:48:25	4:50	00:24:23 (285)	M (245)	MASTER 3 M (50)	
274	295	IGLESIAS ANDRADE, BRAIS	ASOCIACIÓN DEPORTIVA OLIMPIA	00:48:32	4:51	00:23:50 (256)	M (246)	SENIOR M (52)	
275	338	VALIÑO CEREIJO, JOSE MANUEL		00:48:34	4:51	00:24:22 (284)	M (247)	MASTER 3 M (51)	
276	467	FIGUEIRAS, LUCÍA		00:48:36	4:51	00:23:53 (258)	F (29)	MASTER 2 F (14)	
277	506	CRUZ MARTINEZ, MIGUEL		00:48:41	4:52	00:24:31 (291)	M (248)	SENIOR M (53)	
278	350	ASOREY, LITO	ENTRENARUNNING	00:48:43	4:52	00:23:54 (260)	M (249)	MASTER 4 M (11)	
279	319	GARCÍA SOUTO, SERGIO	LUME NO CAÑO	00:48:44	4:52	00:23:56 (261)	M (250)	MASTER 1 M (31)	
280	343	TOUCEDA ABELLEIRA, XOSE		00:48:45	4:52	00:23:59 (267)	M (251)	MASTER 3 M (52)	M (62)
281	368	FERNANDEZ VAZQUEZ, FRANCISCO		00:48:59	4:53	00:24:39 (293)	M (252)	MASTER 1 M (32)	
282	191	GALLEGO PRIEGO, MANUEL		00:49:00	4:53	00:24:53 (309)	M (253)	MASTER 3 M (53)	M (63)
283	494	REY RAMÍREZ, JAVIER		00:49:04	4:54	00:24:21 (283)	M (254)	SENIOR M (54)	
284	498	DURÁN SUÁREZ, CECILIA		00:49:04	4:54	00:24:00 (269)	F (30)	SENIOR F (5)	
285	518	COLLAZO CAAMAÑO, MARTÍN		00:49:05	4:54	00:24:02 (272)	M (255)	SUB 23 M (4)	M (64)
286	107	MARTÍNEZ FERRACES, JORGE	SD COMPOSTELA ATLETISMO	00:49:06	4:54	00:23:32 (250)	M (256)	MASTER 2 M (96)	
287	404	MIGUENS PIÑEIRO, SUSANA	CLUB ATLETISMO OUTES MARISCOS	00:49:08	4:54	00:24:43 (297)	F (31)	MASTER 2 F (15)	
288	361	SEÑARÍS BOO, JOSÉ RAMÓN		00:49:10	4:54	00:24:25 (286)	M (257)	MASTER 2 M (97)	
289	302	AGULLEIRO BERAZA, AMAIA		00:49:13	4:55	00:24:11 (279)	F (32)	SENIOR F (6)	F (6)
290	487	LOPEZ TIRADO, DANIEL		00:49:13	4:55	00:26:15 (346)	M (258)	MASTER 3 M (54)	M (65)
291	158	LECUMBERRI, SARA	MADERAS BARCIA LOURENZÁ CERVO	00:49:16	4:55	00:24:37 (292)	F (33)	SUB 20 F (3)	
292	314	RUBIO ALAMEDA, RICARDO		00:49:18	4:55	00:24:40 (295)	M (259)	MASTER 4 M (12)	
293	300	GONZÁLEZ, JOSÉ ÁNGEL	AMES ATLETISMO	00:49:23	4:56	00:23:58 (265)	M (260)	MASTER 2 M (98)	M (66)
294	504	FERRO VARELA, MIGUEL		00:49:23	4:56	00:24:51 (305)	M (261)	SENIOR M (55)	M (67)
295	380	FUENTES OTERO, ANDRES		00:49:24	4:56	00:24:51 (304)	M (262)	SENIOR M (56)	M (68)
296	265	LORENZO VILLAR, ALMA	CLUB TRIATLÓN COMPOSTELA	00:49:25	4:56	00:24:49 (302)	F (34)	MASTER 2 F (16)	F (7)
297	75	QUINTÁNS VÁZQUEZ, ALFONSO	CLUB TRIATLÓN COMPOSTELA	00:49:25	4:56	00:24:48 (301)	M (263)	MASTER 2 M (99)	
298	187	FIGUEIRAS TOREA, OSCAR	CLUB ATLETISMO OUTES MARISCOS	00:49:26	4:56	00:24:47 (300)	M (264)	MASTER 3 M (55)	
299	367	ROMASANTA PUGA, JUAN LUIS	C.D. LA PURÍSIMA	00:49:30	4:56	00:25:26 (325)	M (265)	MASTER 3 M (56)	
300	374	BESADA POÑEIRO, DAVID		00:49:35	4:57	00:25:26 (326)	M (266)	MASTER 2 M (100)	M (69)

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
301	371	RIVAS GARCÍA, ELOY		00:49:36	4:57	00:25:27 (327)	M (267)	SUB 23 M (5)	
302	470	BRENLLA SUÁREZ, FERNANDO		00:49:37	4:57	00:26:15 (347)	M (268)	MASTER 2 M (101)	M (70)
303	414	DE BLAS DEL CURS, MSRTIN		00:49:42	4:58	00:25:18 (319)	M (269)	MASTER 4 M (13)	
304	363	GIANCCE, LUIS		00:49:45	4:58	00:24:26 (287)	M (270)	MASTER 2 M (102)	
305	313	GONZÁLEZ PRADO, SANTIAGO		00:49:49	4:58	00:24:52 (306)	M (271)	MASTER 3 M (57)	M (71)
306	520	AMBITE SANTANA, DARIO		00:49:52	4:59	00:23:59 (266)	M (272)	SUB 23 M (6)	
307	273	CALVO CALVO, LUIS		00:49:56	4:59	00:24:42 (296)	M (273)	MASTER 3 M (58)	
308	286	GIL PEREIRA, JAVIER	TARTARUGAS	00:49:59	4:59	00:25:29 (330)	M (274)	MASTER 2 M (103)	
309	376	CERNADAS FERNÁNDEZ, DAVID		00:50:00	4:59	00:24:55 (310)	M (275)	MASTER 3 M (59)	M (72)
310	311	SUAREZ CRESPO, NOELIA	SD COMPOSTELA ATLETISMO	00:50:03	5:00	00:25:16 (318)	F (35)	SENIOR F (7)	
311	316	SAMPEDRO VIANA, ANA		00:50:09	5:00	00:24:30 (290)	F (36)	SENIOR F (8)	F (8)
312	335	BERMÚDEZ POMBO, JAVIER		00:50:10	5:00	00:25:21 (320)	M (276)	MASTER 2 M (104)	
313	468	SEARA MAYÁN, DIEGO		00:50:12	5:01	00:25:35 (331)	M (277)	MASTER 2 M (105)	
314	454	RAMOS FREIRE, JOSE RAMON		00:50:12	5:01	00:25:37 (333)	M (278)	MASTER 1 M (33)	M (73)
315	336	GARCÍA PUMAR, JAVIER		00:50:18	5:01	00:24:10 (277)	M (279)	MASTER 2 M (106)	
316	456	GARCÍA POUSO, DANIEL		00:50:21	5:02	00:25:10 (315)	M (280)	MASTER 1 M (34)	M (74)
317	393	MANSILLA, ADRIAN		00:50:26	5:02	00:25:24 (323)	M (281)	MASTER 1 M (35)	
318	382	GARCÍA GÓMEZ, ÓSCAR		00:50:28	5:02	00:24:53 (308)	M (282)	SENIOR M (57)	
319	339	VAZQUEZ. FERREIRO, MANUEL	ASOCIACIÓN DEPORTIVA OLIMPIA	00:50:32	5:03	00:25:27 (328)	M (283)	MASTER 3 M (60)	
320	342	OTERO PAZOS, JOSE		00:50:35	5:03	00:25:01 (311)	M (284)	MASTER 3 M (61)	
321	422	MARTÍNEZ, LAURA		00:50:39	5:03	00:26:05 (340)	F (37)	MASTER 2 F (17)	F (9)
322	341	TEDÍN MOUZO, MARCOS		00:50:48	5:04	00:24:46 (299)	M (285)	MASTER 3 M (62)	
323	228	SUÁREZ FUENTES, BORJA	ATLETISMO FONTES DO SAR	00:50:52	5:05	00:24:50 (303)	M (286)	MASTER 3 M (63)	
324	315	VÁZQUEZ CASTROMÁN, NOEMI	NOITEBRA, F.C.	00:50:55	5:05	00:26:28 (358)	F (38)	SENIOR F (9)	
325	499	IOBIZZI, ALESSANDRO		00:50:55	5:05	00:26:16 (348)	M (287)	SENIOR M (58)	M (75)
326	259	MOURE CAÑETE, FRANCISCO	NOITEBRA, F.C.	00:51:09	5:06	00:25:07 (314)	M (288)	MASTER 3 M (64)	
327	453	DOMÍNGUEZ MARIÑO, LÍA		00:51:10	5:06	00:26:03 (339)	F (39)	MASTER 1 F (4)	F (10)
328	465	GARCÍA GÓMEZ, CESAR		00:51:10	5:06	00:26:07 (344)	M (289)	MASTER 2 M (107)	
329	301	LISTE BARREIRO, JOSÉ MANUEL		00:51:26	5:08	00:25:27 (329)	M (290)	MASTER 4 M (14)	
330	349	PENA FRANCO, JOSEI		00:51:26	5:08	00:25:26 (324)	M (291)	MASTER 4 M (15)	

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CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
331	450	SANCHEZ MIRAS, CARLOS		00:51:55	5:11	00:27:08 (370)	M (292)	MASTER 1 M (36)	M (76)
332	159	AMBITE SANTANA, DANIEL		00:52:05	5:12	00:25:03 (312)	M (293)	SUB 20 M (4)	
333	385	LUNA FERNÁNDEZ, MIGUEL		00:52:09	5:12	00:26:05 (341)	M (294)	MASTER 1 M (37)	
334	418	BARBÉ MARTIN, MIGUEL ANGEL	SERRES RUNNERS	00:52:10	5:12	00:25:22 (321)	M (295)	MASTER 2 M (108)	
335	431	BOQUETE OTERO, SERGIO		00:52:13	5:13	00:25:14 (317)	M (296)	SENIOR M (59)	
336	395	FONDEVILA GONZÁLEZ, CARULAS	ASOCIACIÓN DEPORTIVA CERNE	00:52:18	5:13	00:25:35 (332)	M (297)	MASTER 3 M (65)	
337	401	CASTRO BLANCO, MONCHA	ENTRENARUNNING	00:52:20	5:13	00:26:07 (343)	F (40)	MASTER 3 F (2)	
338	329	PAZOS TRONCEDA, ANDRES		00:52:22	5:14	00:26:21 (354)	M (298)	MASTER 2 M (109)	M (77)
339	266	CALVO GERARDI, MANUEL	CLUB ATLETISMO SAR	00:52:22	5:14	00:25:40 (334)	M (299)	MASTER 4 M (16)	
340	420	ROMERO MANEIRO, ELADIO		00:52:22	5:14	00:25:43 (336)	M (300)	MASTER 4 M (17)	
341	392	AYUDE PUGA, MARÍA		00:52:22	5:14	00:26:18 (352)	F (41)	SENIOR F (10)	
342	512	SUÁREZ FIDALGO, JENNIFER		00:52:28	5:14	00:26:00 (338)	F (42)	SENIOR F (11)	
343	449	FLOREZ, YURANY		00:52:41	5:16	00:26:17 (350)	F (43)	MASTER 1 F (5)	F (11)
344	318	PENA RODRIGUEZ, FERNANDO		00:52:45	5:16	00:25:11 (316)	M (301)	MASTER 1 M (38)	
345	317	AGRELO COUSELO, MARIA	ATLETISMO +9 MORAÑA	00:52:47	5:16	00:26:16 (349)	F (44)	MASTER 2 F (18)	
346	326	PIÑEIRO PIÑEIRO, PABLO		00:52:48	5:16	00:26:31 (359)	M (302)	MASTER 2 M (110)	
347	478	MARTINEZ DE LA TORRE, ALBERTO		00:52:52	5:17	00:26:37 (362)	M (303)	MASTER 2 M (111)	M (78)
348	510	GARCIA DOMINGUEZ, SERGIO		00:52:55	5:17	00:26:18 (353)	M (304)	SENIOR M (60)	M (79)
349	406	CONDE SUÁREZ, PLACERES	CLUB ATLETISMO O PINO	00:52:56	5:17	00:25:46 (337)	F (45)	MASTER 3 F (3)	
350	433	PAJÓN OTERO, SANTIAGO		00:53:02	5:18	00:26:17 (351)	M (305)	SENIOR M (61)	
351	337	DE LIMA, DAVID		00:53:03	5:18	00:26:11 (345)	M (306)	MASTER 2 M (112)	M (80)
352	375	RAMOS SUÁREZ, BEGOÑA	ENTRENARUNNING	00:53:10	5:18	00:26:35 (360)	F (46)	MASTER 4 F (1)	
353	320	REMUIÑÁN PENA, MANUEL		00:53:12	5:19	00:25:23 (322)	M (307)	MASTER 2 M (113)	M (81)
354	194	RODRIGUEZ GOMEZ, MARTÍN EUGENIO	NOITEBRA, F.C.	00:53:18	5:19	00:26:35 (361)	M (308)	MASTER 2 M (114)	M (82)
355	365	OUBEL VILLANUEVA, JOSE MANUEL		00:53:23	5:20	00:26:07 (342)	M (309)	MASTER 2 M (115)	
356	322	VÁZQUEZ BENDAÑA, DIEGO		00:53:25	5:20	00:26:23 (355)	M (310)	MASTER 1 M (39)	
357	497	TOUCEDO LASO, JORGE		00:53:29	5:20	00:27:48 (380)	M (311)	SENIOR M (62)	
358	344	ALONSO ALONSO, JUAN	CAZAFANTASMAS	00:53:30	5:20	00:27:06 (369)	M (312)	MASTER 3 M (66)	
359	263	ALONSO BARGIELA, DANIEL		00:53:36	5:21	00:27:37 (376)	M (313)	MASTER 2 M (116)	
360	493	PORTO VÁZQUEZ, RAÚL		00:53:41	5:22	00:26:27 (357)	M (314)	SENIOR M (63)	M (83)

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CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
361	503	AMENEIRO VIGO, NICOLAS		00:53:52	5:23	00:26:37 (363)	M (315)	SENIOR M (64)	
362	369	CHICO, JESUS		00:53:52	5:23	00:27:02 (366)	M (316)	MASTER 3 M (67)	
363	325	FERREIRO CARBALLEIRA, DANIEL		00:53:53	5:23	00:27:03 (368)	M (317)	MASTER 1 M (40)	
364	461	CASCO GUERRERO, PABLO ANDRES		00:53:53	5:23	00:27:03 (367)	M (318)	MASTER 2 M (117)	M (84)
365	437	BLANCO CASTRO, MANUEL ANGEL		00:54:04	5:24	00:26:59 (364)	M (319)	MASTER 2 M (118)	
366	296	AGRELO RODRÍGUEZ, FRANCISCO		00:54:06	5:24	00:26:24 (356)	M (320)	MASTER 2 M (119)	
367	383	PAZ, LORENZO		00:54:07	5:24	00:27:47 (379)	M (321)	MASTER 1 M (41)	
368	502	PEREIRA, RAÚL		00:54:16	5:25	00:27:25 (374)	M (322)	SENIOR M (65)	
369	398	DOSIL SENRA, SERGIO		00:54:29	5:26	00:28:52 (402)	M (323)	SENIOR M (66)	
370	483	SENRA SONEIRA, JOSÉ RICARDO		00:54:55	5:29	00:28:46 (400)	M (324)	MASTER 3 M (68)	
371	379	DOMINGUEZ GOMEZ, JESUS MATIAS		00:55:16	5:31	00:28:00 (384)	M (325)	MASTER 4 M (18)	
372	370	ROZAS VÁZQUEZ, MARCOS		00:55:18	5:31	00:28:26 (386)	M (326)	SENIOR M (67)	M (85)
373	505	GONZALEZ MIGUENS, ANDRES		00:55:19	5:31	00:28:26 (387)	M (327)	SENIOR M (68)	M (86)
374	415	FRANCISCO FERNANDES, MARÍA		00:55:30	5:32	00:27:39 (377)	F (47)	SENIOR F (12)	
375	373	ALCARAZ MORÁN, CANDELA		00:55:36	5:33	00:28:35 (391)	F (48)	MASTER 1 F (6)	
376	328	QUINTANS VARELA, MANUEL ANGEL		00:55:36	5:33	00:28:45 (399)	M (328)	MASTER 2 M (120)	
377	411	ALVAREZ ALONSO, SARA		00:55:44	5:34	00:28:36 (392)	F (49)	SENIOR F (13)	F (12)
378	378	GONZALEZ MARTINEZ-PEDRAYO,		00:55:44	5:34	00:28:40 (393)	M (329)	MASTER 4 M (19)	
379	463	IGLESIAS POMBO, ADRIÁN		00:55:50	5:34	00:27:24 (373)	M (330)	MASTER 2 M (121)	
380	488	FERNANDEZ-COUTO GÓMEZ, LUIS		00:55:55	5:35	00:27:33 (375)	M (331)	MASTER 4 M (20)	
381	377	ALVAREZ BECERRA, SUSANA		00:55:57	5:35	00:27:59 (383)	F (50)	MASTER 2 F (19)	F (13)
382	348	SAMPEDRO PÉREZ, JOSÉ MANUEL	CLUB NATACIÓN RIVEIRA	00:55:57	5:35	00:27:59 (382)	M (332)	MASTER 3 M (69)	M (87)
383	387	SAINZ TRESGUERRAS, ISIS	CLUB ATLETISMO SAR	00:55:59	5:35	00:27:56 (381)	F (51)	MASTER 2 F (20)	F (14)
384	491	LÓPEZ MONTOYA, JUAN		00:56:06	5:36	00:27:19 (371)	M (333)	SENIOR M (69)	M (88)
385	394	JEREMIAS SUÁREZ, JUAN		00:56:12	5:37	00:28:44 (397)	M (334)	MASTER 3 M (70)	
386	424	COSTAS COLMENERO, LORENA	POLIDEPORTIVO OLIMPO CÁDIZ	00:56:12	5:37	00:28:44 (398)	F (52)	MASTER 2 F (21)	
387	460	FUENTES RAÑA, ALEX		00:56:21	5:38	00:28:41 (394)	M (335)	MASTER 2 M (122)	M (89)
388	501	MÍGUEZ, RODRIGO		00:56:24	5:38	00:29:02 (405)	M (336)	SENIOR M (70)	
389	400	DUARTE ARAÚJO, EVA	TARTARUGAS	00:56:26	5:38	00:28:35 (390)	F (53)	MASTER 2 F (22)	
390	484	GARCIA REGUEIRO, MARIA CONSUELO		00:56:29	5:38	00:28:55 (403)	F (54)	MASTER 3 F (4)	F (15)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
391	455	TRILLO VÁZQUEZ, ESTEBAN		00:56:33	5:39	00:28:42 (396)	M (337)	MASTER 1 M (42)	M (90)
392	391	VIDAL FERNÁNDEZ, JUAN MANUEL		00:56:51	5:41	00:28:30 (389)	M (338)	MASTER 4 M (21)	
393	471	VIQUEIRA IGLESIAS, MARIA DEL CARMEN		00:56:58	5:41	00:28:28 (388)	F (55)	MASTER 2 F (23)	F (16)
394	421	FERRADÁS RODRÍGUEZ, PABLO		00:57:05	5:42	00:27:23 (372)	M (339)	SENIOR M (71)	
395	459	GENDE GOMEZ, JAIME ANTONIO		00:57:10	5:42	00:25:42 (335)	M (340)	MASTER 2 M (123)	
396	408	MAYO LADO, SERGIO		00:57:13	5:43	00:29:43 (413)	M (341)	SENIOR M (72)	M (91)
397	410	PÉREZ CALVO, JUAN CARLOS		00:57:30	5:44	00:29:27 (410)	M (342)	MASTER 3 M (71)	
398	419	RODRIGUEZ PERNIA, SUSANA		00:57:39	5:45	00:28:25 (385)	F (56)	MASTER 2 F (24)	
399	429	RODRÍGUEZ SOBRINO, CELINA	MORAÑA EN RUTA	00:57:41	5:46	00:28:41 (395)	F (57)	MASTER 4 F (2)	
400	413	PÉREZ ABALO, ESTEFANÍA		00:57:42	5:46	00:29:55 (414)	F (58)	MASTER 1 F (7)	
401	480	GIGIREY GONZÁLEZ, JOSÉ LUIS		00:57:45	5:46	00:29:39 (411)	M (343)	MASTER 3 M (72)	M (92)
402	513	CAAMAÑO LADO, ELISA	SERRES RUNNERS	00:57:48	5:46	00:28:52 (401)	F (59)	SENIOR F (14)	
403	405	BELLO MARTINEZ, SERGIO		00:57:48	5:46	00:29:21 (409)	M (344)	MASTER 2 M (124)	
404	409	BARGE CARRETE, PABLO		00:57:59	5:47	00:29:41 (412)	M (345)	MASTER 3 M (73)	
405	436	TOBIO MONTES, CARLOS		00:58:07	5:48	00:30:38 (422)	M (346)	SENIOR M (73)	
406	485	IGLESIAS TRILLO, JUAN	ASOCIACIÓN DEPORTIVA OLIMPIA	00:58:11	5:49	00:29:06 (406)	M (347)	MASTER 3 M (74)	
407	386	LUNA FERNÁNDEZ, FERNANDO		00:58:21	5:50	00:29:13 (408)	M (348)	MASTER 1 M (43)	
408	397	BEIROA RODRÍGUEZ, OLALLA	CLUB DEPORTIVO BRION HYUPERSA	00:58:26	5:50	00:28:57 (404)	F (60)	SENIOR F (15)	
409	417	GARCÍA CASTELO, MARÍA	CLUB ATLETISMO LOUSAME	00:58:32	5:51	00:29:09 (407)	F (61)	MASTER 2 F (25)	F (17)
410	407	GARCÍA BERMÚDEZ, NOELIA		00:58:40	5:51	00:30:05 (418)	F (62)	SENIOR F (16)	
411	446	FERNANDEZ, ANA		00:58:40	5:51	00:30:06 (419)	F (63)	SENIOR F (17)	
412	425	BARREIRO ABALO, PATRICIA		00:59:34	5:57	00:29:55 (415)	F (64)	MASTER 1 F (8)	
413	458	PIÑEIRO CANDAMO, AGUSTÍN	SERRES RUNNERS	00:59:46	5:58	00:30:41 (423)	M (349)	MASTER 2 M (125)	M (93)
414	451	GONZALEZ CONDE, IRENE		00:59:46	5:58	00:30:41 (424)	F (65)	MASTER 1 F (9)	F (18)
415	514	MEDINA CARRIL, ALICIA		01:00:16	6:01	00:31:19 (430)	F (66)	SENIOR F (18)	F (19)
416	402	PAMPÍN BOADO, CARLOS	CLUB DEPORTIVO PINARIUM	01:00:27	6:02	00:31:10 (427)	M (350)	MASTER 4 M (22)	
417	442	ABUÍN GARCÍA, FRANCISCO		01:00:53	6:05	00:31:17 (428)	M (351)	MASTER 3 M (75)	
418	486	FIGUEROA SUÁREZ, ROBERTO		01:00:53	6:05	00:31:19 (429)	M (352)	MASTER 3 M (76)	
419	457	TURNES COUSELO, MARTINA		01:01:32	6:09	00:30:47 (425)	F (67)	MASTER 2 F (26)	
420	438	CASAL LOUREIRO, ELENA		01:01:44	6:10	00:30:59 (426)	F (68)	MASTER 2 F (27)	F (20)

XXV CARREIRA PEDESTRE POPULAR CONCELLO DE AMES

CLASIFICACIÓN 10K



PTO DOR	NOMBRE	CLUB	T.OFICIAL	RITM	P1	SEXO	CATEGORÍA	LOCAL
421	474	NEO, BELÉN	01:01:47	6:10	00:30:01 (416)	F (69)	MASTER 2 F (28)	
422	489	ARENAS, MIGUEL	01:02:14	6:13	00:30:33 (421)	M (353)	MASTER 4 M (23)	M (94)
423	507	MACEIRAS FERNANDEZ, ADRIANA	01:02:15	6:13	00:30:04 (417)	F (70)	SENIOR F (19)	F (21)
424	475	VÁZQUEZ MOURELLE, TONI	01:02:15	6:13	00:30:30 (420)	M (354)	MASTER 2 M (126)	M (95)
425	444	RAMA LESTON, DAMIAN	01:02:38	6:15	00:32:33 (437)	M (355)	SENIOR M (74)	
426	496	DOMÍNGUEZ FERNÁNDEZ, MARTÍN	01:03:05	6:18	00:32:55 (439)	M (356)	SENIOR M (75)	
427	519	NIETO GARCÍA, MARÍA	01:04:04	6:24	00:32:12 (434)	F (71)	SUB 23 F (3)	F (22)
428	445	ANSEDES DOMÍNGUEZ, Mª LUCÍA	01:04:32	6:27	00:32:04 (432)	F (72)	MASTER 4 F (3)	
429	476	DEVESA, CAMILO	01:04:34	6:27	00:32:05 (433)	M (357)	MASTER 2 M (127)	
430	440	BECERRA LANDEIRA, MARCOS	01:04:34	6:27	00:31:58 (431)	M (358)	MASTER 2 M (128)	
431	443	ABUIN PEREZ, UXIA	01:04:46	6:28	00:32:32 (436)	F (73)	SENIOR F (20)	
432	490	PARDO MONTAÑA, MARÍA JOSEFINA	01:05:48	6:34	00:32:51 (438)	F (74)	MASTER 4 F (4)	
433	441	PAZ FERRÍN, MARÍA	01:06:18	6:37	00:32:31 (435)	F (75)	MASTER 2 F (29)	
434	428	LIÑARES MARTÍNEZ, JOSÉ IGNACIO	01:07:20	6:43	00:33:01 (441)	M (359)	MASTER 3 M (77)	
435	439	MOURIÑO RODRIGUEZ, DOLORES	01:07:56	6:47	00:32:59 (440)	F (76)	SENIOR F (21)	
436	423	TRESGUERRAS GONZÁLEZ, ELVIRA	01:20:58	8:05	(-1)	F (77)	MASTER 4 F (5)	F (23)
437	430	REY RODRÍGUEZ, JOSÉ MANUEL	01:20:59	8:05	(-1)	M (360)	MASTER 4 M (24)	
DSQ	277	LOJO LÓPEZ, NOELIA	00:45:02	4:30	00:22:36 (196)	F (-1)	SENIOR F (NA)	
DSQ	327	POSE CHOUCIÑO, OLGA	00:54:50	5:28	00:26:59 (365)	F (-1)	MASTER 2 F (NA)	
DSQ	511	OTERO BAAMEIRO, BRAIS	00:36:25	3:38	00:18:28 (46)	M (-1)	SENIOR M (NA)	

Total: 440