

XXVI CARREIRA POPULAR SANTA UXÍA – II MEMORIAL MIGUEL RUIZ

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 1										
FEMENINO										
MASTER 1 F (1)	469	PENSADO PARADA, SABELA	CLUB NATACION RIBEIRA	00:39:26 (57)	--	3:56	11:14 (1)	20:27 (1)	30:10 (1)	F (6)
MASTER 1 F (2)	473	DE VRIES LOUREIRO, DANEL	RUNNING ARTEIXO	00:46:40 (130)	+7:14	4:39	13:15 (3)	24:13 (3)	36:18 (3)	F (15)
MASTER 1 F (3)	69	ATÁN RODRÍGUEZ, BANESA	SERRES RUNNERS	00:47:02 (135)	+7:36	4:42	13:06 (2)	24:04 (2)	35:56 (2)	F (17)
MASTER 1 F (4)	131	RODRIGUEZ BERMUDEZ, TAMARA		00:50:36 (161)	+11:10	5:03	13:51 (4)	25:31 (4)	38:23 (4)	F (26)
MASTER 1 F (5)	474	CABADO MIGUELEZ, ROSA		00:51:19 (170)	+11:53	5:07	14:34 (5)	26:26 (5)	39:21 (5)	F (31)
MASTER 1 F (6)	81	ESTÉVEZ CUBAS, ANA		00:55:44 (191)	+16:18	5:34	15:37 (6)	28:16 (6)	42:17 (6)	F (41)
MASTER 1 F (7)	479	FERNANDEZ ARCOS, RUTH		00:55:51 (193)	+16:25	5:35	15:53 (7)	29:01 (7)	43:03 (7)	F (43)
MASTER 1 F (8)	476	ARGIBAY ROMERO, SARA		01:10:45 (201)	+31:19	7:04	19:15 (8)	36:04 (8)	53:35 (8)	F (47)
MASCULINO										
MASTER 1 M (1)	80	ASCANIO BASO, FRANCISCO JAVIER		00:32:22 (5)	--	3:14	08:58 (1)	16:30 (1)	24:42 (1)	M (5)
MASTER 1 M (2)	132	RIVEIRO LAMPÓN, ALBERTO	CLUB ATLETISMO SAR	00:34:17 (10)	+1:55	3:25	09:41 (3)	17:45 (2)	26:21 (2)	M (10)
MASTER 1 M (3)	84	FONTÁN MARTÍNEZ, XACOBÉ	CLUB ATLETISMO SAR	00:34:41 (12)	+2:19	3:28	09:40 (2)	17:45 (3)	26:27 (3)	M (12)
MASTER 1 M (4)	78	FERNÁNDEZ GARCÍA, MÍCHEL	S.D.BARBANTIA RODA	00:34:54 (14)	+2:32	3:29	09:46 (4)	17:59 (4)	26:48 (4)	M (14)
MASTER 1 M (5)	74	LAIÑO SILVA, VICTOR	SAN MIGUEL DE MARIN	00:37:10 (32)	+4:48	3:42	10:43 (5)	19:31 (5)	28:47 (5)	M (30)
MASTER 1 M (6)	472	SANDE PUGA, JUAN JESÚS	SD COMPOSTELA ATLETISMO	00:37:52 (36)	+5:30	3:47	10:59 (7)	19:51 (7)	29:18 (7)	M (33)
MASTER 1 M (7)	133	GARCIA MARTINEZ, JOSE	EL CANARIO	00:38:01 (40)	+5:39	3:48	10:44 (6)	19:38 (6)	29:14 (6)	M (37)
MASTER 1 M (8)	477	BLANCO LESTON, JOSÉ MANUEL	O JERREIRO	00:38:44 (45)	+6:22	3:52	10:59 (8)	19:54 (8)	29:36 (8)	M (42)
MASTER 1 M (9)	470	PÉREZ REGO, JORGE	ATLETICA BARBANZA	00:40:28 (65)	+8:06	4:02	11:15 (9)	20:59 (9)	31:14 (10)	M (59)
MASTER 1 M (10)	126	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:40:41 (70)	+8:19	4:04	11:36 (10)	21:02 (10)	31:13 (9)	M (63)
MASTER 1 M (11)	130	SEOANE CEA, BRAIS		00:41:48 (80)	+9:26	4:10	11:43 (11)	21:31 (11)	32:02 (11)	M (73)
MASTER 1 M (12)	83	FERNÁNDEZ BUCETA, PABLO		00:42:52 (94)	+10:30	4:17	12:48 (15)	22:52 (15)	33:29 (14)	M (84)
MASTER 1 M (13)	72	HERMO ESTEVEZ, JORGE	AMEIXIDA	00:43:07 (99)	+10:45	4:18	12:20 (12)	22:31 (12)	33:13 (13)	M (88)
MASTER 1 M (14)	121	TATO MANEIRO, RAUL	AMEIXIDA	00:43:07 (100)	+10:45	4:18	12:20 (13)	22:31 (13)	33:13 (12)	M (89)
MASTER 1 M (15)	468	ALMEIDA DOS SANTOS, LENNON	SD COMPOSTELA ATLETISMO	00:44:17 (110)	+11:55	4:25	12:56 (16)	23:27 (16)	34:22 (16)	M (99)
MASTER 1 M (16)	466	GARCÍA BLANCO, CAYETANO	SAUDE SPORT	00:44:26 (111)	+12:04	4:26	14:01 (19)	25:27 (18)	35:21 (17)	M (100)
MASTER 1 M (17)	73	VIDAL RODRÍGUEZ, JOSÉ	AMEIXIDA	00:44:36 (113)	+12:14	4:27	12:23 (14)	22:49 (14)	34:05 (15)	M (102)
MASTER 1 M (18)	76	TUBIO MARIÑO, DANIEL		00:46:45 (132)	+14:23	4:40	13:06 (17)	23:53 (17)	35:39 (18)	M (117)
MASTER 1 M (19)	465	MAYÁN MARTÍNEZ, MIGUEL	TRIBU TRAIL	00:48:05 (139)	+15:43	4:48	14:01 (20)	25:27 (19)	37:30 (19)	M (121)
MASTER 1 M (20)	478	MARTÍNEZ FERNÁNDEZ, ADÁN		00:49:38 (151)	+17:16	4:57	14:24 (21)	25:56 (20)	38:08 (20)	M (129)
MASTER 1 M (21)	471	PAZO RODRIGUEZ, JACOBO		00:51:46 (172)	+19:24	5:10	14:28 (22)	27:06 (22)	40:02 (22)	M (140)

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P. CAT	DOR NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 1 M (22) 82	AGUJETAS OTERO, JORGE	S.D. BARBANTIA RODA	00:52:36 (174)	+20:14	5:15	13:40 (18)	26:01 (21)	39:38 (21)	M (142)
MASTER 1 M (23) 77	PINTOS CASTRO, BORJA		00:54:22 (185)	+22:00	5:26	15:45 (23)	28:33 (23)	42:01 (23)	M (147)
MASTER 1 M (24) 475	ROMERO LAGO, OSCAR		00:57:49 (197)	+25:27	5:46	16:08 (24)	29:47 (24)	44:12 (24)	M (153)



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 2										
FEMENINO										
MASTER 2 F (1)	62	CIMADEVILLA CRUJEIRAS, MARIA TERESA	EL CANARIO	00:42:43 (88)	--	4:16	12:18 (2)	22:20 (2)	32:57 (1)	F (9)
MASTER 2 F (2)	61	MARTINEZ MARTINEZ, ANA	SERRES RUNNERS	00:42:50 (91)	+07	4:16	12:08 (1)	22:15 (1)	33:01 (2)	F (10)
MASTER 2 F (3)	68	DIESTE, TERE	BIOSBARDO	00:45:40 (120)	+2:57	4:33	12:33 (3)	23:28 (3)	35:02 (3)	F (14)
MASTER 2 F (4)	39	MARTÍNEZ RIVADEMAR, ARACELI	CLUB ATLETISMO FONTES DO SAR	00:50:02 (155)	+7:19	5:00	14:09 (5)	25:52 (5)	38:25 (4)	F (23)
MASTER 2 F (5)	65	MATOSIAN CARRERA, MARÍA ALEJANDRA	S.D. BARBANTIA RODA	00:50:20 (159)	+7:37	5:01	14:03 (4)	25:45 (4)	38:28 (5)	F (25)
MASTER 2 F (6)	53	VÁZQUEZ, VIRGINIA	ATLETISMO FONTES DO SAR	00:50:46 (163)	+8:03	5:04	14:25 (6)	26:12 (6)	39:01 (6)	F (28)
MASTER 2 F (7)	38	TORRADO ARES, DORES	SD.BARBANTIA RODA	00:53:08 (177)	+10:25	5:18	14:40 (7)	27:00 (7)	40:34 (7)	F (34)
MASTER 2 F (8)	55	LOSADA, ELENA	BARBANZA RUN CLUB	00:54:22 (186)	+11:39	5:26	15:46 (8)	28:33 (8)	42:02 (8)	F (39)
MASTER 2 F (9)	60	RIVEIRO GAGO, PATRICIA		00:58:36 (198)	+15:53	5:51	16:47 (9)	30:21 (9)	45:09 (9)	F (45)
MASCULINO										
MASTER 2 M (1)	430	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:33:47 (7)	--	3:22	09:26 (1)	17:14 (1)	25:44 (1)	M (7)
MASTER 2 M (2)	129	OUBIÑA FALCÓN, MAXI	CLUB ATLETISMO CAMBADOS	00:34:51 (13)	+1:04	3:29	09:43 (2)	17:47 (2)	26:40 (2)	M (13)
MASTER 2 M (3)	443	MELLO, JACI	CLUB ATLETISMO BOIMORTO	00:35:43 (17)	+1:56	3:34	09:54 (3)	18:22 (4)	27:32 (4)	M (17)
MASTER 2 M (4)	43	FERNANDEZ LIJÓ, JUAN FRANCISCO	POR AMOR AL ARTE	00:35:51 (20)	+2:04	3:35	09:56 (4)	18:17 (3)	27:31 (3)	M (19)
MASTER 2 M (5)	457	GONZÁLEZ REY, BONI	O JERREIRO CARNOTA	00:36:26 (24)	+2:39	3:38	10:32 (7)	19:01 (6)	28:04 (5)	M (22)
MASTER 2 M (6)	456	GONZÁLEZ REY, JOSECHO	O JERREIRO CARNOTA	00:36:28 (25)	+2:41	3:38	10:33 (8)	19:01 (7)	28:05 (6)	M (23)
MASTER 2 M (7)	423	JUANATEY GARCIA, CARLOS	CLUB ATLETISMO NOIA	00:36:50 (27)	+3:03	3:40	10:25 (6)	19:02 (8)	28:06 (7)	M (25)
MASTER 2 M (8)	445	MELLA SUAREZ, ALEX		00:36:56 (28)	+3:09	3:41	10:13 (5)	18:56 (5)	28:19 (8)	M (26)
MASTER 2 M (9)	460	LADO FIGUEIRAS, ABEL	CLUB ATLETISMO SERRES RUNNERS	00:37:06 (29)	+3:19	3:42	10:34 (9)	19:08 (9)	28:28 (9)	M (27)
MASTER 2 M (10)	163	TARELA MIRAMONTES, DANIEL		00:37:08 (30)	+3:21	3:42	10:35 (10)	19:12 (11)	28:35 (10)	M (28)
MASTER 2 M (11)	37	ABALO CHOUZA, NARCISO	S.D BARBANTIA RODA	00:37:10 (31)	+3:23	3:42	10:35 (11)	19:11 (10)	28:35 (11)	M (29)
MASTER 2 M (12)	64	POSE PEREZ, AGUS		00:37:41 (34)	+3:54	3:46	11:07 (20)	19:54 (16)	29:11 (13)	M (31)
MASTER 2 M (13)	461	VÁZQUEZ REIRIZ, LUIS	ZERNA	00:37:59 (38)	+4:12	3:47	10:36 (12)	19:26 (12)	29:05 (12)	M (35)
MASTER 2 M (14)	57	FILGUEIRA PIÑEIRO, CARLOS	S.D. BARBANTIA RODA	00:38:00 (39)	+4:13	3:47	10:55 (14)	19:54 (15)	29:22 (14)	M (36)
MASTER 2 M (15)	447	VIDAL MOREIRAS, MIGUEL	SD COMPOSTELA ATLETISMO	00:38:33 (41)	+4:46	3:51	11:00 (15)	19:53 (14)	29:23 (15)	M (38)
MASTER 2 M (16)	439	MANEIRO TORRES, DAVID	SAUDE SIPORT	00:38:35 (42)	+4:48	3:51	10:44 (13)	19:45 (13)	29:24 (16)	M (39)
MASTER 2 M (17)	63	BENITEZ SOMOZA, ISRAEL	EL CANARIO	00:38:41 (44)	+4:54	3:52	11:00 (16)	19:58 (17)	29:36 (17)	M (41)
MASTER 2 M (18)	433	SESAK SEGAGE, FERNANDO	SD COMPOSTELA ATLETISMO	00:38:50 (46)	+5:03	3:52	11:10 (23)	20:25 (21)	30:00 (19)	M (43)
MASTER 2 M (19)	50	BEIRO BRIÓN, JOSE	BRIONLETEAM	00:38:58 (49)	+5:11	3:53	11:08 (21)	20:12 (18)	29:52 (18)	M (45)
MASTER 2 M (20)	40	PANIAGUA FERNANDEZ, JOSE LUIS	ATLETISMO FONTES DO SAR	00:39:03 (50)	+5:16	3:54	11:02 (18)	20:13 (19)	30:00 (20)	M (46)

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P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 2 M (21)	462	GARCIA VAZQUEZ, EMILIO	SD COMPOSTELA ATLETISMO	00:39:17 (55)	+5:30	3:55	11:21 (27)	20:34 (24)	30:14 (23)	M (50)
MASTER 2 M (22)	427	SANDA ARES, JOSE	SD COMPOSTELA ATLETISMO	00:39:22 (56)	+5:35	3:56	11:21 (26)	20:34 (23)	30:14 (22)	M (51)
MASTER 2 M (23)	48	DOSIL RIVAS, JAVI	ATLETISMO FONTES DO SAR	00:39:36 (59)	+5:49	3:57	11:02 (17)	20:17 (20)	30:11 (21)	M (53)
MASTER 2 M (24)	446	OTERO RAMA, JUAN JOSE	TRIKI TEAM	00:39:37 (60)	+5:50	3:57	11:09 (22)	20:33 (22)	30:19 (24)	M (54)
MASTER 2 M (25)	134	AYASO ROMERO, JOSE LUIS		00:40:34 (67)	+6:47	4:03	11:13 (24)	20:47 (27)	31:09 (25)	M (60)
MASTER 2 M (26)	36	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:40:36 (68)	+6:49	4:03	11:14 (25)	20:36 (25)	31:13 (26)	M (61)
MASTER 2 M (27)	45	VILA SIEIRA, RUBEN	C.D. EGOVARROS	00:40:57 (71)	+7:10	4:05	11:25 (28)	21:08 (28)	31:21 (27)	M (64)
MASTER 2 M (28)	436	MOURE ANDRADE, ALBERTO		00:41:21 (77)	+7:34	4:08	11:07 (19)	20:41 (26)	31:24 (28)	M (70)
MASTER 2 M (29)	51	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	00:41:34 (78)	+7:47	4:09	11:33 (29)	21:16 (29)	31:53 (29)	M (71)
MASTER 2 M (30)	454	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	00:41:52 (81)	+8:05	4:11	11:49 (32)	21:31 (31)	32:09 (31)	M (74)
MASTER 2 M (31)	42	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:42:06 (82)	+8:19	4:12	11:34 (30)	21:21 (30)	31:55 (30)	M (75)
MASTER 2 M (32)	437	COUSO GARCÍA, JESÚS	CLUB DE ATLETIAMO NEGREIRA	00:42:33 (85)	+8:46	4:15	11:47 (31)	21:40 (32)	32:37 (32)	M (77)
MASTER 2 M (33)	426	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:40 (86)	+8:53	4:15	11:52 (33)	21:57 (33)	32:44 (33)	M (78)
MASTER 2 M (34)	449	ÁLVAREZ CALVO, URBANO		00:42:43 (87)	+8:56	4:16	12:13 (36)	22:23 (36)	33:00 (34)	M (79)
MASTER 2 M (35)	41	MUIÑOS REYES, ENRIQUE	SERRES RUNNERS	00:42:50 (92)	+9:03	4:16	12:08 (35)	22:15 (34)	33:02 (35)	M (82)
MASTER 2 M (36)	47	MÉNDEZ SANTOS, ALEX		00:43:28 (102)	+9:41	4:20	12:24 (41)	22:37 (39)	33:28 (39)	M (91)
MASTER 2 M (37)	66	IBÁÑEZ RODRÍGUEZ, RAÚL		00:43:40 (103)	+9:53	4:21	12:22 (40)	22:36 (38)	33:26 (36)	M (92)
MASTER 2 M (38)	428	CESPÓN GONZÁLEZ, JESÚS		00:43:42 (104)	+9:55	4:22	11:56 (34)	22:15 (35)	33:27 (38)	M (93)
MASTER 2 M (39)	451	SILVA GARCÍA, FERNANDO	SERRES RUNNERS	00:43:45 (105)	+9:58	4:22	12:18 (38)	22:25 (37)	33:26 (37)	M (94)
MASTER 2 M (40)	459	BARREIRO BLANCO, MIGUEL		00:44:01 (106)	+10:14	4:24	12:14 (37)	22:41 (41)	33:45 (40)	M (95)
MASTER 2 M (41)	164	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	00:44:14 (109)	+10:27	4:25	12:19 (39)	22:40 (40)	34:02 (41)	M (98)
MASTER 2 M (42)	464	BENJUMEA, FERNANDO		00:44:33 (112)	+10:46	4:27	12:30 (43)	23:22 (43)	34:39 (42)	M (101)
MASTER 2 M (43)	453	BAHAMONDE SUÁREZ, FRANCISCO	CLUB ATLETISMO TAMBRE	00:44:56 (116)	+11:09	4:29	12:58 (45)	23:28 (44)	34:40 (43)	M (104)
MASTER 2 M (44)	46	GARCIA LORENZO, DIEGO	S.D BARBANTIA RODA	00:45:28 (118)	+11:41	4:32	12:58 (46)	23:30 (45)	34:58 (45)	M (105)
MASTER 2 M (45)	450	PAZ CALO, JORGE		00:45:40 (121)	+11:53	4:33	12:56 (44)	23:34 (46)	35:06 (46)	M (107)
MASTER 2 M (46) 463		GONZALEZ GRAIÑO, JAVIER	O JERREIRO	00:46:01 (126)	+12:14	4:36	13:03 (47)	23:41 (47)	35:13 (47)	M (112)
MASTER 2 M (47)	44	DE LA TORRE CULLER, JOSE	CLUB DEPORTIVO PINARIUM	00:46:03 (127)	+12:16	4:36	12:27 (42)	23:08 (42)	34:55 (44)	M (113)
MASTER 2 M (48) 434		DIOS MARTINEZ, ALBERTO		00:46:40 (131)	+12:53	4:39	13:20 (49)	24:10 (49)	35:56 (49)	M (116)
MASTER 2 M (49)	458	BLANCO SILVA, PABLO		00:46:48 (133)	+13:01	4:40	13:10 (48)	24:04 (48)	35:54 (48)	M (118)
MASTER 2 M (50)	431	CAMBA RODRÍGUEZ, JAVIER		00:48:39 (143)	+14:52	4:51	13:26 (50)	24:41 (50)	37:14 (50)	M (125)
MASTER 2 M (51)	441	FERNÁNDEZ FERRO, ÁLVARO		00:49:46 (152)	+15:59	4:58	14:02 (52)	25:44 (52)	38:09 (51)	M (130)
MASTER 2 M (52)	444	PIÑEIRO GARCÍA, HECTOR	CLUB ATLETISMO LOUSAME	00:49:53 (153)	+16:06	4:59	14:24 (55)	26:07 (55)	38:32 (54)	M (131)
MASTER 2 M (53)	424	BAEZ VIDAL, PABLO	SD BARBANTIA RODA	00:50:20 (158)	+16:33	5:01	14:03 (53)	25:45 (53)	38:27 (53)	M (134)
MASTER 2 M (54)	432	FERNANDEZ VILLAMARIN, PABLO	SD COMPOSTELA ATLETISMO	00:50:50 (164)	+17:03	5:04	14:02 (51)	25:44 (51)	38:22 (52)	M (136)

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CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K



P. CAT	DOR NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 2 M (55) 438	TUÑAS ARGIBAY, JORGE		00:51:09 (169)	+17:22	5:06	14:03 (54)	25:49 (54)	38:56 (55)	M (139)
MASTER 2 M (56) 162	FONTAO DAVILA, ÁLVARO		00:54:02 (182)	+20:15	5:24	15:22 (56)	28:05 (57)	41:47 (57)	M (145)
MASTER 2 M (57) 435	SIEIRO MUÑIZ, ALBERTO		00:54:03 (183)	+20:16	5:24	15:23 (57)	28:04 (56)	41:48 (58)	M (146)
MASTER 2 M (58) 455	BLANCO SILVA, FERNANDO	CABE	00:54:26 (187)	+20:39	5:26	15:36 (58)	28:16 (58)	41:43 (56)	M (148)



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 3										
FEMENINO										
MASTER 3 F (1)	422	LEIRO LÓPEZ, SOLEDAD	SD COMPOSTELA ATLETISMO	00:39:15 (54)	--	3:55	11:21 (1)	20:34 (1)	30:15 (1)	F (5)
MASTER 3 F (2)	161	MIGUENS OTERO, ELENA	CLUB ATLETISMO SAR	00:43:02 (97)	+3:47	4:18	11:55 (2)	22:01 (2)	32:48 (2)	F (11)
MASTER 3 F (3)	26	CAAMAÑO LAGO, NANCI VIVIANA	CLUB ATLETISMO SAR	00:46:55 (134)	+7:40	4:41	13:10 (3)	24:04 (3)	35:53 (3)	F (16)
MASTER 3 F (4)	418	FERNANDEZ DE SANMAMED SAMPEDRO,		00:49:38 (150)	+10:23	4:57	13:48 (4)	25:13 (4)	37:48 (4)	F (22)
MASTER 3 F (5)	409	LEON VIÑAS, ANGELES	CLUB ATLETISMO NOIA	00:50:55 (167)	+11:40	5:05	14:36 (7)	26:35 (7)	39:18 (6)	F (29)
MASTER 3 F (6)	18	NOYA PÉREZ, BELÉN	ATLETISMO FONTES DO SAR	00:51:31 (171)	+12:16	5:09	14:25 (5)	26:12 (5)	39:14 (5)	F (32)
MASTER 3 F (7)	13	VIA, TAMARA	ATLETISMO FONTES DO SAR	00:53:53 (181)	+14:38	5:23	14:26 (6)	26:31 (6)	41:00 (7)	F (37)
MASCULINO										
MASTER 3 M (1)	29	FERNÁNDEZ LAGO, JUAN CARLOS	CLUB ATLETISMO SAR	00:37:58 (37)	--	3:47	10:31 (2)	19:17 (2)	29:07 (2)	M (34)
MASTER 3 M (2)	24	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	00:39:05 (51)	+1:07	3:54	11:03 (6)	20:17 (6)	30:01 (4)	M (47)
MASTER 3 M (3)	21	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:39:08 (52)	+1:10	3:54	11:00 (3)	20:01 (3)	29:53 (3)	M (48)
MASTER 3 M (4)	34	PARADA GARCÍA, LUIS MIGUEL	EL CANARIO	00:39:13 (53)	+1:15	3:55	11:02 (4)	20:13 (4)	30:09 (5)	M (49)
MASTER 3 M (5)	19	JUANATEY PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:39:53 (61)	+1:55	3:59	11:02 (5)	20:29 (7)	30:22 (6)	M (55)
MASTER 3 M (6)	33	FOLGAR POUOSO, RAMON	EL CANARIO	00:39:56 (62)	+1:58	3:59	11:03 (7)	20:14 (5)	30:26 (7)	M (56)
MASTER 3 M (7)	125	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:40:41 (69)	+2:43	4:04	11:36 (12)	21:03 (10)	31:13 (9)	M (62)
MASTER 3 M (8)	20	BRIÓN LEMA, JUAN CARLOS	BRIONLETEAM	00:40:58 (72)	+3:00	4:05	11:32 (10)	21:02 (9)	31:11 (8)	M (65)
MASTER 3 M (9)	415	NOYA PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:41:00 (73)	+3:02	4:05	11:21 (8)	20:58 (8)	31:28 (11)	M (66)
MASTER 3 M (10)	124	QUINTELA VÁZQUEZ, SUSO	NOITEBRA F.C.	00:41:04 (75)	+3:06	4:06	11:25 (9)	21:09 (11)	31:25 (10)	M (68)
MASTER 3 M (11)	410	RIVEIRO MOLEDO, SEGUNDO	CLUB ATLETISMO NOIA	00:42:07 (83)	+4:09	4:12	11:34 (11)	21:13 (12)	31:57 (12)	M (76)
MASTER 3 M (12)	411	MARIÑO CASAIS, MODESTO	EL CANARIO	00:42:54 (95)	+4:56	4:17	12:16 (14)	22:21 (14)	32:55 (13)	M (85)
MASTER 3 M (13)	421	BARREIRO BLANCO, PEPE		00:43:05 (98)	+5:07	4:18	12:03 (13)	22:15 (13)	33:04 (14)	M (87)
MASTER 3 M (14)	414	GIL FERNÁNDEZ, ISMAEL	TRIATLON RIANXO	00:46:00 (125)	+8:02	4:35	12:57 (15)	23:47 (15)	35:24 (15)	M (111)
MASTER 3 M (15)	15	GONZÁLEZ SANTAMARÍA, JOSÉ MANUEL	SD.BARBANTIA RODA	00:47:43 (136)	+9:45	4:46	13:31 (17)	24:38 (16)	36:32 (16)	M (119)
MASTER 3 M (16)	417	MIGUENS OUTEIRAL, ESTEBAN		00:48:12 (140)	+10:14	4:49	13:41 (18)	24:51 (17)	37:01 (17)	M (122)
MASTER 3 M (17)	416	LORENZO QUEIRUGA, MANUEL	SAUDE SPORT	00:48:48 (146)	+10:50	4:52	14:00 (19)	25:26 (19)	37:29 (18)	M (127)
MASTER 3 M (18)	14	LAREO MONTOTO, GONZALO		00:50:09 (156)	+12:11	5:00	14:03 (20)	25:37 (20)	38:13 (19)	M (133)
MASTER 3 M (19)	27	PÉREZ BALIRAC, JESÚS	NOITEBRA F.C.	00:50:24 (160)	+12:26	5:02	14:08 (21)	25:54 (21)	38:20 (20)	M (135)
MASTER 3 M (20)	25	REBORDA GRAÑA, AMADOR	CLUB DEPORTIVO PINARIUM	00:50:55 (166)	+12:57	5:05	14:27 (22)	26:23 (22)	39:10 (22)	M (138)
MASTER 3 M (21)	412	BERNÁRDEZ AGRAFOJO, JOSÉ ANTONIO	SD COMPOSTELA ATLETISMO	00:52:25 (173)	+14:27	5:14	13:29 (16)	25:11 (18)	38:52 (21)	M (141)
MASTER 3 M (22)	420	MAYO CAAMAÑO, JOSÉ MANUEL	VENDA VALESTEIRO	00:57:04 (195)	+19:06	5:42	16:46 (23)	30:03 (23)	44:05 (24)	M (151)

XXVI CARREIRA POPULAR SANTA UXÍA – II MEMORIAL MIGUEL RUIZ

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
MASTER 3 M (23)	35	FERNÁNDEZ MARTINEZ, JOAQUIN	SERRES RUNNERS	00:57:24 (196)	+19:26	5:44	16:52 (24)	30:03 (24)	44:01 (23)	M (152)

MASTER 4

FEMENINO

MASTER 4 F (1)	11	RAMOS SUÁREZ, M ^a BEGOÑA	ENTRENARUNNING	00:54:18 (184)	--	5:25	14:59 (1)	27:40 (1)	41:19 (1)	F (38)
MASTER 4 F (2)	4	SÁNCHEZ BASCOY, SILVIA		00:54:53 (189)	+35	5:29	15:03 (2)	27:51 (2)	41:50 (2)	F (40)
MASTER 4 F (3)	136	TRESGUERRAS GONZÁLEZ, ELVIRA	CLUB ATLETISMO SAR	01:12:41 (202)	+18:23	7:16	20:24 (3)	37:31 (3)	55:44 (3)	F (48)

MASCULINO

MASTER 4 M (1)	3	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	00:41:10 (76)	--	4:06	11:25 (1)	21:09 (1)	31:24 (1)	M (69)
MASTER 4 M (2)	1	FERNANDEZ TOME, JUAN		00:41:38 (79)	+28	4:09	12:06 (2)	21:55 (2)	32:08 (2)	M (72)
MASTER 4 M (3)	401	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA NOIA	00:42:58 (96)	+1:48	4:17	12:20 (3)	22:21 (3)	33:04 (3)	M (86)
MASTER 4 M (4)	10	ÁLVAREZ LODEIRO, SANTIAGO	ENTRENARUNNING	00:44:13 (108)	+3:03	4:25	12:32 (4)	22:54 (4)	34:01 (4)	M (97)
MASTER 4 M (5)	137	ARGIBAY PEREZ, JUAN ANTONIO	CLUB TRIATLON RIBEIRA	00:44:42 (114)	+3:32	4:28	12:32 (5)	22:58 (5)	34:12 (5)	M (103)
MASTER 4 M (6)	8	BETANZOS REGO, TOBÍAS	S.D BARBANTIA RODA	00:45:44 (123)	+4:34	4:34	13:03 (7)	23:40 (6)	35:07 (6)	M (109)
MASTER 4 M (7)	135	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	00:46:06 (128)	+4:56	4:36	13:03 (6)	23:46 (7)	35:28 (7)	M (114)
MASTER 4 M (8)	6	POUSO GARCIA, JOSÉ		00:46:19 (129)	+5:09	4:37	13:22 (8)	24:13 (8)	35:41 (8)	M (115)
MASTER 4 M (9)	406	ALBORÉS DIAZ, JOSÉ MANUEL	CLUB ATLETISMO OUTES- MARISCOS	00:48:24 (141)	+7:14	4:50	13:32 (9)	24:53 (10)	37:12 (10)	M (123)
MASTER 4 M (10)	7	GOMEZ GARCIA, GONZALO		00:48:28 (142)	+7:18	4:50	13:41 (10)	24:27 (9)	36:57 (9)	M (124)
MASTER 4 M (11)	407	PENA FRANCO, JOSE		00:49:33 (148)	+8:23	4:57	14:05 (12)	25:41 (11)	38:07 (11)	M (128)
MASTER 4 M (12)	405	MILLET AYASO, FRANCISCO	ESCUELA DE BOXEO EL CANARIO	00:53:17 (178)	+12:07	5:19	14:00 (11)	26:32 (12)	40:23 (12)	M (144)
MASTER 4 M (13)	402	CAAMAÑO RIVEIRO, HERMINIO	CLUB ATLETISMO OUTES- MARISCOS	00:54:46 (188)	+13:36	5:28	15:13 (13)	27:45 (13)	41:36 (13)	M (149)



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
SENIOR										
FEMENINO										
SENIOR F (1)	97	PORTEIRO DE LOÑO, MARINA MULLUNESH	SOCIEDAD GIMNASTICA DE	00:38:57 (48)	--	3:53	11:09 (1)	20:15 (1)	29:59 (1)	F (4)
SENIOR F (2)	496	RODRÍGUEZ GIGIREY VILLAR, ROSALÍA	ATLETISMO RIA DE FOZ	00:42:09 (84)	+3:12	4:12	11:53 (2)	21:39 (2)	32:17 (2)	F (8)
SENIOR F (3)	109	BETANZOS FREIRE, ALDARA	S.D. BARBANTIA RODA	00:44:42 (115)	+5:45	4:28	12:18 (3)	22:41 (3)	33:57 (3)	F (12)
SENIOR F (4)	104	GONZALEZ BARGO, CARLA	CLUB ATLETISMO OUTES- MARISCOS	00:47:44 (137)	+8:47	4:46	13:32 (4)	24:38 (4)	36:33 (4)	F (18)
SENIOR F (5)	93	RODRÍGUEZ CONDE, CARLA		00:48:41 (144)	+9:44	4:52	13:44 (5)	25:06 (5)	37:17 (5)	F (19)
SENIOR F (6)	481	PENA BRETAL, CAROLINA		00:49:23 (147)	+10:26	4:56	13:52 (6)	25:24 (6)	38:08 (6)	F (20)
SENIOR F (7)	501	QUEIRUGA LAGUNA, GABRIELA		00:49:38 (149)	+10:41	4:57	14:24 (9)	25:56 (8)	38:09 (7)	F (21)
SENIOR F (8)	101	LOJO LÓPEZ, NOELIA	S.D.BARBANTIA RODA	00:50:10 (157)	+11:13	5:00	14:02 (7)	25:44 (7)	38:28 (8)	F (24)
SENIOR F (9)	103	BESADA ESPERÓN, PATRICIA	S.D. BARBANTIA RODA	00:50:38 (162)	+11:41	5:03	14:35 (10)	26:19 (9)	39:05 (9)	F (27)
SENIOR F (10)	492	OSORIO GONZALEZ, MARTINA		00:52:45 (175)	+13:48	5:16	14:52 (11)	27:02 (11)	40:12 (10)	F (33)
SENIOR F (11)	105	LORENZO BLANCO, LARA		00:53:37 (179)	+14:40	5:21	14:16 (8)	26:51 (10)	40:45 (11)	F (35)
SENIOR F (12)	491	OTERO FARIÑA, LAURA		00:53:53 (180)	+14:56	5:23	15:15 (12)	28:07 (12)	41:48 (12)	F (36)
SENIOR F (13)	502	VILLANUSTRE OTERO, DUNIA		00:55:51 (192)	+16:54	5:35	15:53 (14)	29:01 (13)	43:03 (13)	F (42)
SENIOR F (14)	493	FERNÁNDEZ CARNÉS, ITSASNE		00:58:48 (200)	+19:51	5:52	15:32 (13)	29:20 (14)	44:22 (14)	F (46)
MASCULINO										
SENIOR M (NA)	499	DE LA FUENTE GOMEZ, DAVID	CLUB DEPORTIVO PINARIUM	00:30:41 (1)	--	3:04	08:58 (5)	16:01 (3)	23:55 (2)	M (1)
SENIOR M (NA)	485	PUENTES BARCIA, IVÁN	ATLETISMO NARÓN	00:30:44 (2)	+03	3:04	08:59 (6)	16:00 (1)	23:56 (3)	M (2)
SENIOR M (NA)	98	OTERO FARIÑA, PABLO	ATLETISMO NARÓN	00:31:32 (3)	+51	3:09	08:57 (2)	16:18 (5)	24:16 (5)	M (3)
SENIOR M (1)	112	ABAL CHAVES, AMADEO	AMADEO ABAL NUTRICIÓN DEPORTIVA	00:31:38 (4)	+57	3:09	08:57 (1)	16:18 (4)	24:16 (4)	M (4)
SENIOR M (2)	483	CENDÁN LLORENS, ANDRÉS	CLUB TRIATLÓN COMPOSTELA	00:32:33 (6)	+1:52	3:15	08:58 (4)	16:38 (6)	24:56 (6)	M (6)
SENIOR M (3)	489	GONZALEZ CASTRO, DAMIAN	TRIATLON RIANXO	00:34:12 (8)	+3:31	3:25	09:45 (8)	17:45 (8)	26:16 (7)	M (8)
SENIOR M (4)	482	LIJÓ ARES, YAGO	TRIATLON RIANXO	00:34:12 (9)	+3:31	3:25	09:41 (7)	17:44 (7)	26:17 (8)	M (9)
SENIOR M (5)	495	CENDAN LLORENS, FRANCISCO	CLUB TRIATLÓN COMPOSTELA	00:35:33 (16)	+4:52	3:33	09:52 (10)	18:07 (9)	27:17 (9)	M (16)
SENIOR M (6)	91	AGRASO ALONSO, XABI	EL CANARIO	00:35:46 (19)	+5:05	3:34	09:51 (9)	18:12 (10)	27:31 (11)	M (18)
SENIOR M (7)	503	CARNÉS MARIÑO, JUAN		00:35:59 (21)	+5:18	3:35	09:56 (11)	18:13 (11)	27:29 (10)	M (20)
SENIOR M (8)	100	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:36:14 (23)	+5:33	3:37	10:12 (12)	18:35 (12)	27:40 (12)	M (21)
SENIOR M (9)	507	GÓMEZ LAJOS, ALEX		00:37:47 (35)	+7:06	3:46	11:01 (14)	19:52 (13)	29:17 (13)	M (32)
SENIOR M (10)	108	TORRESCUSA MOURIÑO, RICARDO		00:38:56 (47)	+8:15	3:53	11:09 (16)	20:15 (15)	30:00 (14)	M (44)
SENIOR M (11)	484	OTERO DOSIL, RUBÉN	CLUB ATLETISMO NOIA	00:39:30 (58)	+8:49	3:56	10:45 (13)	19:57 (14)	30:00 (15)	M (52)
SENIOR M (12)	92	DIESTE OTERO, FRANCISCO		00:40:26 (63)	+9:45	4:02	11:07 (15)	20:48 (16)	31:13 (16)	M (57)

XXVI CARREIRA POPULAR SANTA UXÍA – II MEMORIAL MIGUEL RUIZ

CLASIFICACIÓN CATEGORÍAS - ABSOLUTA 10K



P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
SENIOR M (13)	506	SANLÉS ESTÉVEZ, JOSE	SD BARBANTIA RODA	00:41:03 (74)	+10:22	4:06	11:24 (17)	20:57 (17)	31:24 (17)	M (67)
SENIOR M (14)	107	GUDE RIVEIRO, ANTONIO	EL CANARIO	00:42:43 (89)	+12:02	4:16	11:35 (18)	21:29 (18)	32:36 (18)	M (80)
SENIOR M (15)	110	BLANCO GARCIA, ADRIAN	EL CANARIO	00:42:48 (90)	+12:07	4:16	12:13 (20)	22:20 (20)	33:02 (19)	M (81)
SENIOR M (16)	111	FIGUEIRAS LORENZO, EDUARDO	EL CANARIO	00:43:27 (101)	+12:46	4:20	12:09 (19)	22:20 (19)	33:12 (20)	M (90)
SENIOR M (17)	505	BARREIRO RODRÍGUEZ, PABLO		00:44:12 (107)	+13:31	4:25	12:19 (21)	22:48 (21)	33:55 (21)	M (96)
SENIOR M (18)	494	VILAS PATIÑO, DAVID		00:45:31 (119)	+14:50	4:33	12:58 (24)	23:47 (24)	35:24 (24)	M (106)
SENIOR M (19)	490	MILLÁN RODRÍGUEZ, BORJA		00:45:43 (122)	+15:02	4:34	12:33 (22)	23:27 (23)	35:03 (23)	M (108)
SENIOR M (20)	99	FERNÁNDEZ ROSALES, JUAN	POR AMOR AL ARTE	00:45:52 (124)	+15:11	4:35	12:49 (23)	23:26 (22)	34:57 (22)	M (110)
SENIOR M (21)	94	CASTAÑO CASTRO, CARLOS		00:48:41 (145)	+18:00	4:52	13:44 (25)	25:05 (25)	37:15 (25)	M (126)
SENIOR M (22)	480	VEIGA RODRÍGUEZ, ALBERTO		00:50:01 (154)	+19:20	5:00	13:45 (26)	25:33 (26)	38:10 (26)	M (132)
SENIOR M (23)	504	PARDAVILA MANSILLA, DIEGO		00:50:51 (165)	+20:10	5:05	13:50 (27)	26:00 (27)	39:05 (27)	M (137)
SENIOR M (24)	500	RODRIGUEZ VINAGRE, SERGIO		00:55:36 (190)	+24:55	5:33	15:00 (28)	28:00 (28)	42:15 (28)	M (150)

SUB 18

FEMENINO

SUB 18 F (NA)	520	CASTELO LOPEZ, SABELA	CLUB OURENSE ATLETISMO	00:35:45 (18)	--	3:34	10:11 (1)	18:36 (2)	27:41 (2)	F (1)
SUB 18 F (NA)	519	PANIAGUA RODRIGUEZ, DEBRIS	O PINO	00:36:04 (22)	+19	3:36	10:12 (2)	18:35 (1)	27:41 (1)	F (2)
SUB 18 F (NA)	518	PANIAGUA RODRIGUEZ, DEMEKU	O PINO	00:37:11 (33)	+1:26	3:43	10:12 (3)	18:55 (3)	28:31 (3)	F (3)
SUB 18 F (1)	516	RIVEIRO LEON, IRENE	CLUB ATLETISMO NOIA	00:50:56 (168)	+15:11	5:05	14:36 (4)	26:35 (4)	39:18 (4)	F (30)

MASCULINO

SUB 18 M (1)	522	BENJUMEA RINCON, MARCOS	GETAFE	00:34:58 (15)	--	3:29	09:51 (1)	18:01 (1)	26:49 (1)	M (15)
SUB 18 M (2)	140	MATEOS CALVIÑO, IAGO	SD COMPOSTELA ATLETISMO	00:36:49 (26)	+1:51	3:40	10:06 (3)	18:36 (3)	27:50 (2)	M (24)
SUB 18 M (3)	120	PATIÑO RÍOS, JESÚS	NATACIÓN RIVEIRA	00:38:40 (43)	+3:42	3:51	09:52 (2)	18:08 (2)	28:24 (3)	M (40)
SUB 18 M (4)	139	BAHAMONDE BARCALA, BRAIS	CLUB ATLETISMO TAMBRE	00:42:51 (93)	+7:53	4:17	12:08 (4)	22:04 (4)	32:49 (4)	M (83)
SUB 18 M (5)	517	CRUJEIRAS VIDAL, LUCAS	EL CANARIO	00:52:51 (176)	+17:53	5:17	13:25 (5)	25:30 (5)	39:00 (5)	M (143)

SUB 20

FEMENINO

SUB 20 F (1)	514	PAMPÍN LEIRO, CARLOTA		00:56:38 (194)	--	5:39	16:54 (1)	30:38 (1)	44:29 (1)	F (44)
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MASCULINO

SUB 20 M (1)	513	PAN MAYO, NOÉ		00:40:27 (64)	--	4:02	11:33 (1)	21:01 (1)	31:12 (1)	M (58)
SUB 20 M (2)	166	AMBITE SANTANA, DARIO		00:47:54 (138)	+7:27	4:47	12:45 (2)	23:50 (2)	36:24 (2)	M (120)



P. CAT	DOR NOMBRE	CLUB	T.OFICIAL	DIF	RITM	P1	P2	P3	SEXO
SUB 23									
FEMENINO									
SUB 23 F (1)	115 GONTAN IGLESIAS, AINOA	SD COMPOSTELA ATLETISMO	00:40:31 (66)	--	4:03	10:44 (1)	20:10 (1)	30:27 (1)	F (7)
SUB 23 F (2)	113 DOMÍNGUEZ TRIÑANES, ALBA		00:45:12 (117)	+4:41	4:31	12:57 (2)	23:29 (2)	34:40 (2)	F (13)
MASCULINO									
SUB 23 M (1)	508 OTERO LADO, FERNANDO	TRIKI TEAM	00:34:38 (11)	--	3:27	09:52 (1)	18:01 (1)	26:38 (1)	M (11)
SUB 23 M (2)	510 MOLINA PENA, LUCAS		00:58:37 (199)	+23:59	5:51	16:55 (2)	30:38 (2)	45:33 (2)	M (154)

Total: 202