

# XXXIV

# CARRERA POPULAR DE NEGREIRA

10 de noviembre de 2013

## CLASIFICACIÓN 3ª CARRERA XUNIOR – SENIOR - VETERANOS DISTANCIA: 10.000 m.

PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
1	178	PENAS BLANCO, LOLO	1	SENIOR MASCULIN	NEW BALANCE TEAM	00:32:04	00:32:04	00:17:59	03:12
2	248	TOUGANE, JAOUAD	2	SENIOR MASCULIN	UNION GUADALAJARA	00:32:05	00:32:05	00:17:59	03:12
3	1311	MAYAN DIOS, MIGUEL	3	SENIOR MASCULIN	PORTO DO SON	00:32:21	00:32:21	00:17:59	03:14
4	187	PINTO, HUGO	4	SENIOR MASCULIN	SPORTING CLUBE PORTU	00:32:49	00:32:48	00:18:01	03:16
5	33	CAAMAÑO NIETO, RUBEN	5	SENIOR MASCULIN	SAR A POUTADA	00:32:54	00:32:53	00:17:59	03:17
6	390	LOPEZ, SANTIAGO	1	VETERANO MASCUL	PORRIÑO	00:33:00	00:32:59	00:17:47	03:18
7	392	SERANTES GOMEZ, RAMON	2	VETERANO MASCUL	INDEPENDENTE	00:33:13	00:33:12	00:18:00	03:19
8	1	CALVO CASTRO, LUIS	6	SENIOR MASCULIN	ARCADE INFORHOUSE	00:33:52	00:34:04	00:18:01	03:23
9	426	PIÑEIRO RIVAS, CARLOS	3	VETERANO MASCUL	SG PONTEVEDRA	00:34:21	00:34:21	00:18:42	03:26
10	342	CANEDA GUEDE, ROBERTO	4	VETERANO MASCUL	MILLADOIRO	00:34:48	00:34:47	00:18:57	03:28
11	295	KOUAOU, JOUSSEF	1	XUNIOR MASCULIN	NEGREIRA	00:34:55	00:34:55	00:18:56	03:29
12	26	BOUZAS REY, ISMAEL	7	SENIOR MASCULIN	SAR A POUTADA	00:34:58	00:34:58	00:18:33	03:29
13	1331	BUCETAPOUSO, ERNESTO	5	VETERANO MASCUL	INDEPENDENTE	00:35:01	00:35:01	00:18:57	03:30
14	462	VEIGA IGLESIAS, SAMUEL	6	VETERANO MASCUL	MILLADOIRO	00:35:04	00:35:02	00:19:17	03:30
15	397	LOURO INSUA, MANUEL ANTONIO	7	VETERANO MASCUL	SAR A POUTADA	00:35:10	00:35:08	00:19:11	03:31
16	249	TRABA CAAMAÑO, PEDRO	8	SENIOR MASCULIN	PATO BLANCO CELANOVA	00:35:14	00:35:12	00:19:14	03:31
17	531	GONZALEZ NOVOA, SATURNINO	1	SUPERVETERANO M	VETERANOS P OURENSE	00:35:19	00:35:18	00:19:17	03:31
18	409	MIGUENS GASAMANES, FELIPE	8	VETERANO MASCUL	SAR A POUTADA	00:35:30	00:35:30	00:19:17	03:33



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19	114	IGLESIAS CARBALLO, IVAN	9	SENIOR MASCULIN	USC SGO.COMPOSTELA	00:35:43	00:35:41	00:19:31	03:34
20	259	VAZQUEZ AGRA, CESAR	10	SENIOR MASCULIN	MILLADOIRO	00:35:49	00:35:48	00:19:18	03:34
21	2	ABAD ROCA, FERNANDO	11	SENIOR MASCULIN	MILLADOIRO	00:35:50	00:35:49	00:19:19	03:35
22	477	CRUZ, CLARISSE	1	VETERANA FEMENI	SPORTING CLUBE PORTU	00:36:01	00:36:01	00:19:20	03:36
23	43	CAROU CARRIL, ALBERTO	12	SENIOR MASCULIN	BERTAMIRANS	00:36:06	00:36:04	00:19:34	03:36
24	446	SANDE CHARLON, VITOR IGNACIO	9	VETERANO MASCUL	EGOVARROS VIVEIRO	00:36:08	00:36:07	00:19:36	03:36
25	194	PORTO ROMERO, ANGEL	13	SENIOR MASCULIN	INDEPENDENTE	00:36:12	00:36:09	00:20:04	03:37
26	219	SABORIDO SOÑORA, SAMUEL	14	SENIOR MASCULIN	SAR A POUTADA	00:36:13	00:36:11	00:19:54	03:37
27	339	CABO VILLAVERDE, MIGUEL	10	VETERANO MASCUL	MILLADOIRO	00:36:15	00:36:13	00:19:36	03:37
28	578	VIGO OTERO, MANOLO	2	SUPERVETERANO M	USC SGO.COMPOSTELA	00:36:19	00:36:18	00:19:54	03:37
29	5	AGRELO GOMEZ, ROBERTO C.	15	SENIOR MASCULIN	SAR A POUTADA	00:36:24	00:36:23	00:19:54	03:38
30	266	VIEITO VALENZUELA, MIGUEL	16	SENIOR MASCULIN	INDEPENDENTE	00:36:25	00:36:24	00:19:51	03:38
31	277	MENDES PEREIRA, PATRICIA	1	SENIOR FEMENINO	COMESAÑA SPORTING	00:36:28	00:36:28	00:19:55	03:38
32	81	FIGUEIRAS MARTINEZ, BALTASAR	17	SENIOR MASCULIN	INDEPENDENTE	00:36:31	00:36:27	00:19:34	03:39
33	548	MARTINEZ ANTA, EMILIO	3	SUPERVETERANO M	EGOVARROS VIVEIRO	00:36:35	00:36:33	00:19:58	03:39
34	8	ALVES PICALLO, TONHO	18	SENIOR MASCULIN	USC SGO.COMPOSTELA	00:36:43	00:36:41	00:19:57	03:40
35	208	RODRIGUEZ GARCIA, JULIAN	19	SENIOR MASCULIN	USC SGO.COMPOSTELA	00:36:48	00:36:46	00:20:09	03:40



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36	466	LAGO CES, JOSE MANUEL	11	VETERANO MASCUL	SAR A POUTADA	00:36:50	00:36:48	00:20:10	03:41
37	118	IGLESIAS TORRES, JOSE MANUEL	20	SENIOR MASCULIN	NOITEBRA FC	00:36:51	00:36:49	00:20:02	03:41
38	147	MAYOBRE GONZALEZ, PAULA	2	SENIOR FEMENINO	BIKILA	00:37:02	00:37:01	00:19:59	03:42
39	122	LAGO BLANCO, MARIO	21	SENIOR MASCULIN	MILLADOIRO	00:37:04	00:37:01	00:20:15	03:42
40	449	SILVA CESAR, CARLOS	12	VETERANO MASCUL	USC SGO.COMPOSTELA	00:37:04	00:37:01	00:20:32	03:42
41	60	CRESPO ARIAS, JORGE	22	SENIOR MASCULIN	SAR A POUTADA	00:37:04	00:37:01	00:21:23	03:42
42	106	GONZALEZ NUÑEZ, JOSE LUIS	23	SENIOR MASCULIN	INDEPENDENTE	00:37:05	00:37:03	00:20:03	03:42
43	522	FERNANDEZ CASTRO, JUAN CARLOS	4	SUPERVETERANO M	MILLADOIRO	00:37:12	00:37:11	00:20:17	03:43
44	402	MARTINEZ VALVERDE, JUAN CARLOS	13	VETERANO MASCUL	VERXEL NUTRICION DEP	00:37:24	00:37:23	00:20:24	03:44
45	302	VILLANUEVA SANCHEZ, NICOLAS	2	XUNIOR MASCULIN	OLIMPICO DE VEDRA	00:37:26	00:37:25	00:20:07	03:44
46	554	OTERO CEPEDA, XOSE LUIS	5	SUPERVETERANO M	USC SGO.COMPOSTELA	00:37:41	00:37:39	00:20:39	03:46
47	562	PITA TORRES, JOSE ANGEL	6	SUPERVETERANO M	INDEPENDENTE	00:37:50	00:37:47	00:20:36	03:47
48	195	PORTO ROMERO, MIGUEL ANGEL	24	SENIOR MASCULIN	INDEPENDENTE	00:37:53	00:37:50	00:20:52	03:47
49	464	VILLAR RODRIGUEZ, RICARDO	14	VETERANO MASCUL	INDEPENDENTE	00:37:57	00:37:54	00:20:34	03:47
50	119	IGLESIAS TORRES, JULIO	25	SENIOR MASCULIN	NOITEBRA FC	00:37:58	00:37:56	00:20:49	03:47
51	428	RAMOS FERROL, ARTURO	15	VETERANO MASCUL	MILLADOIRO	00:38:03	00:38:00	00:20:38	03:48



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
52	141	LORENZO PEREZ, FERNANDO	26	SENIOR MASCULIN	INDEPENDENTE	00:38:06	00:38:00	00:21:12	03:48
53	350	COUÑAGO CASTRO, IGNACIO	16	VETERANO MASCUL	USC SGO.COMPOSTELA	00:38:07	00:38:05	00:20:38	03:48
54	343	CANOSA CASTIÑEIRA, RAMON	17	VETERANO MASCUL	INDEPENDENTE	00:38:09	00:38:07	00:20:39	03:48
55	210	RODRIGUEZ LARIÑO, JORGE	27	SENIOR MASCULIN	AD OLIMPIA	00:38:18	00:38:16	00:20:26	03:49
56	95	GARCIA PAZOS, ROBERTO	28	SENIOR MASCULIN	SADA	00:38:19	00:38:15	00:20:54	03:49
57	414	PALOMO CAMPOS, JAVIER	18	VETERANO MASCUL	SADA	00:38:20	00:38:16	00:21:00	03:50
58	64	EIRIS BARCA, ANDRES	29	SENIOR MASCULIN	OS MUDITOS	00:38:22	00:38:21	00:20:31	03:50
59	337	BUSTO LOBATO, CARLOS	19	VETERANO MASCUL	SAR A POUTADA	00:38:26	00:38:23	00:20:53	03:50
60	558	PEREZ PEREIRA, RAMIRO	7	SUPERVETERANO M	INDEPENDENTE	00:38:31	00:38:29	00:20:45	03:51
61	518	DELGADO NUÑEZ, PEDRO	8	SUPERVETERANO M	MILLADOIRO	00:38:35	00:38:33	00:21:00	03:51
62	255	VALLE LOPEZ, OSCAR	30	SENIOR MASCULIN	NOITEBRA FC	00:38:37	00:38:34	00:21:02	03:51
63	49	CERQUEIRO BARREIRO, VICTOR MAN	31	SENIOR MASCULIN	NOITEBRA FC	00:38:43	00:38:40	00:21:07	03:52
64	101	GOCE PEREIRA, ENRIQUE	32	SENIOR MASCULIN	SAR A POUTADA	00:38:44	00:38:43	00:21:23	03:52
65	3	ABUIN ARES, UXIO	33	SENIOR MASCULIN	SAR A POUTADA/1	00:38:44	00:38:44	00:21:23	03:52
66	16	BALSERA SANMIGUEL, HUGO	34	SENIOR MASCULIN	CENTRO FIS.RAQUEL BA	00:38:46	00:38:42	00:21:09	03:52
67	42	CARBALLO CHAPELA, SANTIAGO	35	SENIOR MASCULIN	CORUÑA COMARCA	00:38:54	00:38:51	00:21:15	03:53
68	32	CAAMAÑO NIETO, AVELINO	36	SENIOR MASCULIN	SAR A POUTADA	00:38:55	00:38:53	00:21:22	03:53



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
69	359	FERNANDEZ OTERO, LUIS JAVIER	20	VETERANO MASCUL	SAR A POUTADA	00:38:55	00:38:52	00:21:24	03:53
70	9	AMEAL LORENZO, EDUARDO	37	SENIOR MASCULIN	SAR A POUTADA	00:38:57	00:38:52	00:21:23	03:53
71	220	SALIDO ANDRES, RICARDO	38	SENIOR MASCULIN	INDEPENDENTE	00:39:01	00:38:44	00:21:51	03:54
72	571	RODRIGUEZ TAJES, JOSE MANUEL	9	SUPERVETERANO M	INDEPENDENTE	00:39:02	00:39:02	00:21:02	03:54
73	369	GARCIA RODRIGUEZ, JORGE MANUEL	21	VETERANO MASCUL	NOITEBRA FC	00:39:07	00:39:04	00:21:08	03:54
74	50	CES CRISTOBO, MANUEL	39	SENIOR MASCULIN	SAR A POUTADA	00:39:08	00:39:04	00:21:15	03:54
75	88	GARCIA ESTEVEZ, JOSE MANUEL	40	SENIOR MASCULIN	MILLADOIRO	00:39:10	00:39:07	00:21:33	03:55
76	13	ARCA VAZQUEZ, FRANCISCO	41	SENIOR MASCULIN	INDEPENDENTE	00:39:12	00:39:10	00:21:15	03:55
77	349	CORREA PIÑEIRO, FCO JAVIER	22	VETERANO MASCUL	CORUÑA COMARCA	00:39:14	00:39:10	00:21:32	03:55
78	273	GONZALEZ SOMOZA, LUISA	3	SENIOR FEMENINO	INDEPENDENTE	00:39:18	00:39:13	00:21:48	03:55
79	169	PAIS ESTEIRO, JOSE RAMON	42	SENIOR MASCULIN	INDEPENDENTE	00:39:22	00:39:17	00:21:49	03:56
80	287	SUAREZ PEDROSA, RAQUEL	4	SENIOR FEMENINO	RIA DE FERROL	00:39:24	00:39:23	00:21:35	03:56
81	574	SUAREZ LEIS, JOSE	10	SUPERVETERANO M	BOIMORTO	00:39:24	00:39:20	00:21:16	03:56
82	93	GARCIA GOMEZ, JOSE MARIA	43	SENIOR MASCULIN	INDEPENDENTE	00:39:25	00:39:19	00:21:45	03:56
83	28	BUIG FERNANDEZ, BORJA	44	SENIOR MASCULIN	INDEPENDENTE	00:39:31	00:39:29	00:21:19	03:57
84	408	MERLOS MINIÑO, JUAN JOSE	23	VETERANO MASCUL	USC SGO.COMPOSTELA	00:39:33	00:39:31	00:21:28	03:57
85	357	FEIJOO LOUREIRO, PABLO	24	VETERANO MASCUL	ATL VETERANOS OURENS	00:39:38	00:39:33	00:21:42	03:57



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86	381	GONZALEZ SANTAMARIA, JOSE MANU	25	VETERANO MASCUL	CDM XESTEIRAS	00:39:42	00:39:38	00:21:10	03:58
87	29	BUIG FERNANDEZ, MANUEL ALEXIS	45	SENIOR MASCULIN	INDEPENDENTE	00:39:44	00:39:42	00:21:29	03:58
88	521	ESTEVEZ LADO, SANTIAGO	11	SUPERVETERANO M	USC SGO.COMPOSTELA	00:39:46	00:39:44	00:22:04	03:58
89	400	MARTINEZ OTERO, JOSE MANUEL	26	VETERANO MASCUL	MILLADOIRO	00:39:52	00:39:48	00:22:37	03:59
90	199	RAÑA FUENTES, MANUEL	46	SENIOR MASCULIN	ORDES	00:39:54	00:39:51	00:21:50	03:59
91	284	RODRIGUEZ SANCHEZ, ZURIÑE	5	SENIOR FEMENINO	INDEPENDENTE	00:39:56	00:39:55	00:21:44	03:59
92	404	MAYO MARTINEZ, JOSE RAMON	27	VETERANO MASCUL	BERTAMIRANS	00:39:57	00:39:52	00:21:50	03:59
93	412	MOSQUERA PAMPIN, JOSE MANUEL	28	VETERANO MASCUL	INDEPENDENTE	00:39:58	00:39:55	00:21:45	03:59
94	312	IGLESIAS PENIDO, ADRIAN	1	PROMESA MASCULI	INDEPENDENTE	00:39:58	00:39:54	00:21:45	03:59
95	250	TUBIO BARREIRO, GUSTAVO	47	SENIOR MASCULIN	PIR.AS TORRES DE CAT	00:40:11	00:39:57	00:21:47	04:01
96	159	MOREDA LEIRADO, RAMON ALBERTO	48	SENIOR MASCULIN	INDEPENDENTE	00:40:12	00:40:11	00:21:27	04:01
97	4	AGRAFOJO MANTEIGA, DOMINGO	49	SENIOR MASCULIN	DARE2B CC PEDRO NIMO	00:40:21	00:40:17	00:21:46	04:02
98	171	PARDO MONTERO, JUAN	50	SENIOR MASCULIN	INDEPENDENTE	00:40:27	00:40:21	00:22:00	04:02
99	145	MACEIRAS FIGUEIRAS, ADRIAN	51	SENIOR MASCULIN	SAR A POUTADA	00:40:28	00:40:24	00:22:00	04:02
100	509	BRANDON RODRIGUEZ, JUAN CARLOS	12	SUPERVETERANO M	FONTES DO SAR	00:40:29	00:40:26	00:22:14	04:02
101	200	REQUEIJO REQUEIJO, SERGIO	52	SENIOR MASCULIN	INDEPENDENTE	00:40:35	00:40:22	00:22:43	04:03
102	163	NEGREIRA MARTINEZ, RUBEN	53	SENIOR MASCULIN	INDEPENDENTE	00:40:35	00:40:31	00:21:51	04:03



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103	587	PEDROSA CARRETE, ESTHER	1	SUPERVETERANA F	USC SGO.COMPOSTELA	00:40:37	00:40:36	00:22:04	04:03
104	123	LAGO CIVES, JOSE RAMON	54	SENIOR MASCULIN	INDEPENDENTE	00:40:41	00:40:33	00:22:21	04:04
105	387	JUANATEY PEREZ, JOSE ANTONIO	29	VETERANO MASCUL	FONTES DO SAR	00:40:41	00:40:38	00:22:16	04:04
106	279	PENAS BLANCO, MARIA CARMEN	6	SENIOR FEMENINO	COMESAÑA SPORTING	00:40:42	00:40:41	00:22:17	04:04
107	86	FUENTES FABREGAS, JAVIER	55	SENIOR MASCULIN	INDEPENDENTE	00:40:42	00:40:37	00:22:23	04:04
108	69	ESTEVEZ RAMA, JAVIER	56	SENIOR MASCULIN	INDEPENDENTE	00:40:42	00:40:38	00:22:16	04:04
109	133	LENS COSTA, JESUS	57	SENIOR MASCULIN	INDEPENDENTE	00:40:43	00:40:41	00:22:19	04:04
110	150	MENDEZ QUINTELA, FRANCISCO MAN	58	SENIOR MASCULIN	NOITEBRA FC	00:40:45	00:40:38	00:22:52	04:04
111	125	LAGO SANTIAGO, KIKO	59	SENIOR MASCULIN	INDEPENDENTE	00:40:47	00:40:37	00:22:22	04:04
112	380	GONZALEZ RODRIGUEZ, FERNANDO	30	VETERANO MASCUL	INDEPENDENTE	00:40:48	00:40:34	00:22:29	04:04
113	453	TOIMIL CASTRO, ALFONSO	31	VETERANO MASCUL	MILLADOIRO	00:40:49	00:40:45	00:22:37	04:04
114	1320	RODRIGUEZ LOPEZ, ANGEL JOSE	32	VETERANO MASCUL	MILLADOIRO	00:40:52	00:40:43	00:22:57	04:05
115	454	TOLEDO ESTEVEZ, JOSE MANUEL	33	VETERANO MASCUL	PATO BLANCO CELANOVA	00:40:54	00:40:49	00:22:22	04:05
116	294	KOUAOU, AYOUB	3	XUNIOR MASCULIN	NEGREIRA	00:40:55	00:40:55	00:21:45	04:05
117	20	BELLO FERREIROS, ANGEL	60	SENIOR MASCULIN	INDEPENDENTE	00:40:57	00:40:54	00:22:32	04:05
118	310	GARCIA BLANCO, ALVARO	2	PROMESA MASCULI	VETERANOS P OURENSE	00:40:58	00:40:51	00:22:21	04:05
119	403	MATA TORREIRA, JUANMA	34	VETERANO MASCUL	INDEPENDENTE	00:41:03	00:41:00	00:22:02	04:06
120	399	MARTINEZ NIETO, MIGUEL ANGEL	35	VETERANO MASCUL	INDEPENDENTE	00:41:06	00:41:00	00:22:25	04:06



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
121	334	BLANCO FIGUEIRIDO, MARCOS	36	VETERANO MASCUL	NOIA (C.A.N)	00:41:07	00:41:02	00:22:45	04:06
122	176	PENA DIAZ, ROBERTO	61	SENIOR MASCULIN	URDILDE	00:41:11	00:41:06	00:22:18	04:07
123	111	GUIMAREY SENIN, JAVIER	62	SENIOR MASCULIN	SAR A POUTADA/1	00:41:16	00:41:12	00:22:22	04:07
124	109	GRANDA FERNANDEZ, EDUARDO	63	SENIOR MASCULIN	SADA	00:41:18	00:41:05	00:22:27	04:07
125	577	VAZQUEZ RODRIGUEZ, JESUS	13	SUPERVETERANO M	MILLADOIRO	00:41:21	00:41:12	00:22:57	04:08
126	331	BECERRA RODRIGUEZ, DANIEL	37	VETERANO MASCUL	NOITEBRA FC	00:41:27	00:41:23	00:22:58	04:08
127	79	FERREIRO DEAÑO, ALFREDO	64	SENIOR MASCULIN	CD AURUM	00:41:27	00:41:19	00:23:03	04:08
128	202	REY RIVEIRO, FELIPE	65	SENIOR MASCULIN	INDEPENDENTE	00:41:29	00:41:13	00:23:08	04:08
129	190	PIÑEIRO LOPEZ, LUIS ANTONIO	66	SENIOR MASCULIN	INDEPENDENTE	00:41:31	00:41:20	00:22:49	04:09
130	406	MENDEZ LOPEZ, JUAN	38	VETERANO MASCUL	SADA	00:41:34	00:41:21	00:22:35	04:09
131	236	SILVA BRENLLA, GONZALO	67	SENIOR MASCULIN	NOITEBRA FC	00:41:35	00:41:27	00:23:06	04:09
132	56	COSTOYA PRADO, CESAR	68	SENIOR MASCULIN	MONTAEVAIBTT O PINO	00:41:35	00:41:29	00:22:24	04:09
133	415	PASANTES VIDAL, ARTURO	39	VETERANO MASCUL	INDEPENDENTE	00:41:38	00:41:24	00:22:44	04:09
134	218	ROMERO GONZALEZ, JOSE	69	SENIOR MASCULIN	INDEPENDENTE	00:41:39	00:41:36	00:22:19	04:09
135	537	IGLESIAS MIRANDA, JULIO	14	SUPERVETERANO M	USC SGO.COMPOSTELA	00:41:41	00:41:38	00:23:02	04:10
136	330	BAUTIS OTERO, JUAN MANUEL	40	VETERANO MASCUL	INDEPENDENTE	00:41:43	00:41:36	00:22:38	04:10



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
137	507	BELLO GARCIA, MANUEL	15	SUPERVETERANO M	USC SGO.COMPOSTELA	00:41:46	00:41:43	00:23:05	04:10
138	174	PAZ GOMEZ, ROBERTO	70	SENIOR MASCULIN	INDEPENDENTE	00:41:48	00:41:44	00:22:20	04:10
139	116	IGLESIAS PINTADO, DANIEL	71	SENIOR MASCULIN	INDEPENDENTE	00:41:49	00:41:43	00:22:49	04:10
140	413	NOGUEIRAS NODAR, FRANCISCO	41	VETERANO MASCUL	INDEPENDENTE	00:41:49	00:41:39	00:23:10	04:10
141	265	VIEITO RAÑA, ROBERTO	72	SENIOR MASCULIN	INDEPENDENTE	00:41:50	00:41:42	00:22:41	04:11
142	209	RODRIGUEZ GOMEZ, MARTIN EUGENI	73	SENIOR MASCULIN	NOITEBRA FC	00:41:53	00:41:46	00:23:01	04:11
143	96	GARCIA SANTOS, JOSE MANUEL	74	SENIOR MASCULIN	INDEPENDENTE	00:41:57	00:41:38	00:23:24	04:11
144	256	VARELA BARREIRO, DIEGO	75	SENIOR MASCULIN	INDEPENDENTE	00:41:57	00:41:51	00:23:09	04:11
145	129	LAMEGO, DAVID	76	SENIOR MASCULIN	INDEPENDENTE	00:41:57	00:41:50	00:22:48	04:11
146	459	VARELA BARREIRO, IVAN	42	VETERANO MASCUL	INDEPENDENTE	00:41:57	00:41:51	00:23:10	04:11
147	241	SUAREZ BERMUDEZ, FRANCISCO JAV	77	SENIOR MASCULIN	INDEPENDENTE	00:42:01	00:41:54	00:23:01	04:12
148	1329	LOSADA CARRIL, DAVID ENRIQUE	78	SENIOR MASCULIN	MILLADOIRO	00:42:06	00:42:02	00:23:21	04:12
149	511	BUGALLO SOUSA, AVELINO	16	SUPERVETERANO M	INDEPENDENTE	00:42:07	00:42:02	00:23:14	04:12
150	338	CABO LANDEIRA, RAFAEL	43	VETERANO MASCUL	INDEPENDENTE	00:42:08	00:42:03	00:22:41	04:12
151	175	PENA, JESUS	79	SENIOR MASCULIN	INDEPENDENTE	00:42:09	00:42:05	00:22:39	04:12
152	71	FEITO MIRAS, LUIS	80	SENIOR MASCULIN	FONTES DO SAR	00:42:11	00:42:05	00:23:37	04:13



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
153	516	COSTA LAGO, JUAN MIGUEL	17	SUPERVETERANO M	PRAIA DE CARNOTA-RUN	00:42:12	00:41:59	00:23:49	04:13
154	130	LEDO FARIÑAS, MARIO	81	SENIOR MASCULIN	INDEPENDENTE	00:42:14	00:42:07	00:22:45	04:13
155	73	FERNANDEZ CARBAJALES, JOSE LUI	82	SENIOR MASCULIN	BOIMORTO	00:42:15	00:42:06	00:23:31	04:13
156	40	CANOSA LIRES, MANUEL FRANCISCO	83	SENIOR MASCULIN	INDEPENDENTE	00:42:17	00:42:01	00:22:49	04:13
157	524	FERNANDEZ GARRIDO, XOAN RAMON	18	SUPERVETERANO M	MILLADOIRO	00:42:20	00:42:15	00:23:25	04:14
158	465	YEBRA ROVIRA, DIEGO	44	VETERANO MASCUL	AACB	00:42:22	00:42:16	00:23:09	04:14
159	217	ROMERO BARREIRO, JOSE ANTONIO	84	SENIOR MASCULIN	BOIMORTO	00:42:22	00:42:15	00:22:46	04:14
160	140	LORENZO GIMENEZ, ALBERTO	85	SENIOR MASCULIN	INDEPENDENTE	00:42:24	00:42:19	00:23:21	04:14
161	572	ROMERO OLVEIRA, JOSE MANUEL	19	SUPERVETERANO M	INDEPENDENTE	00:42:24	00:42:13	00:23:18	04:14
162	327	ANTELO LOPEZ, JOSE RAMON	45	VETERANO MASCUL	INDEPENDENTE	00:42:26	00:42:18	00:23:00	04:14
163	226	SANDEZ LANDEIRA, DAVID	86	SENIOR MASCULIN	INDEPENDENTE	00:42:27	00:42:07	00:23:19	04:14
164	475	CASTRO VILLAVERDE, TERESA	2	VETERANA FEMENI	NOIA (C.A.N)	00:42:27	00:42:22	00:23:26	04:14
165	164	NOVO BUJEIRO, JAVIER	87	SENIOR MASCULIN	INDEPENDENTE	00:42:28	00:42:23	00:23:22	04:14
166	335	BROCOS MAREQUE, EDUARDO	46	VETERANO MASCUL	INDEPENDENTE	00:42:28	00:42:13	00:22:58	04:14
167	320	ABEL SOUTO, MIGUEL	47	VETERANO MASCUL	MILLADOIRO	00:42:34	00:42:31	00:23:00	04:15
168	233	SENDE MIRANDA, MARTIN	88	SENIOR MASCULIN	INDEPENDENTE	00:42:35	00:42:28	00:23:00	04:15



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
169	430	REBOREDO FRAGA, JOSE CARLOS	48	VETERANO MASCUL	INDEPENDENTE	00:42:40	00:42:24	00:23:33	04:16
170	332	BECERRA RODRIGUEZ, JESUS	49	VETERANO MASCUL	INDEPENDENTE	00:42:41	00:42:25	00:24:15	04:16
171	23	BLANCO AQUINO, JAVIER	89	SENIOR MASCULIN	INDEPENDENTE	00:42:44	00:42:37	00:23:51	04:16
172	34	CAJARAVILLE ARAUJO, HECTOR	90	SENIOR MASCULIN	INDEPENDENTE	00:42:49	00:42:38	00:23:22	04:16
173	99	GENDRE FERNANDEZ, JAVIER	91	SENIOR MASCULIN	INDEPENDENTE	00:42:49	00:42:41	00:23:54	04:16
174	544	LODEIRO MENDEZ, JESUS	20	SUPERVETERANO M	MILLADOIRO	00:42:53	00:42:48	00:23:17	04:17
175	377	GONZALEZ LAGO, PEDRO MANUEL	50	VETERANO MASCUL	INDEPENDENTE	00:42:54	00:42:49	00:23:25	04:17
176	1326	CES ROMERO, JOSE MANUEL	51	VETERANO MASCUL	FONTES DO SAR	00:43:03	00:43:03	00:23:40	04:18
177	213	RODRIGUEZ RODRIGUEZ, ANTONIO	92	SENIOR MASCULIN	PRAIA DE CARNOTA-RUN	00:43:05	00:42:55	00:23:40	04:18
178	385	IGLESIAS PARDO, TINO	52	VETERANO MASCUL	MILLADOIRO	00:43:12	00:43:06	00:23:20	04:19
179	257	VARELA GARCIA, JOSE MANUEL	93	SENIOR MASCULIN	INDEPENDENTE	00:43:12	00:42:48	00:25:02	04:19
180	158	MONTOUTO REQUEIJO, DIEGO	94	SENIOR MASCULIN	INDEPENDENTE	00:43:13	00:43:00	00:23:50	04:19
181	480	FERNANDEZ CAMPOS, PURIFICACION	3	VETERANA FEMENI	INDEPENDENTE	00:43:15	00:43:10	00:23:38	04:19
182	344	CAO GARCIA, JOSE MANUEL	53	VETERANO MASCUL	INDEPENDENTE	00:43:19	00:43:12	00:23:37	04:19
183	242	SUAREZ GIADAS, JAVIER	95	SENIOR MASCULIN	INDEPENDENTE	00:43:20	00:43:07	00:24:03	04:20
184	505	BARBOSA PEREZ, ADOLFO	21	SUPERVETERANO M	INDEPENDENTE	00:43:23	00:43:01	00:23:48	04:20
185	75	FERNANDEZ TORRES, RAMON	96	SENIOR MASCULIN	ADC ARNELA	00:43:24	00:43:04	00:23:58	04:20



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
186	87	GALLEGO BUSTELO, ALEJANDRO	97	SENIOR MASCULIN	INDEPENDENTE	00:43:26	00:43:05	00:23:53	04:20
187	291	CARBALLEDA COIRA, ROI	4	XUNIOR MASCULIN	PIR.AS TORRES DE CAT	00:43:27	00:43:26	00:23:12	04:20
188	1338	MENDEZ LAGO, FRANCISCO	5	XUNIOR MASCULIN	INDEPENDIENTE	00:43:27	00:43:27	00:24:22	04:20
189	25	BLANCO LESTON, JOSE MANUEL	98	SENIOR MASCULIN	OLIMPIA	00:43:35	00:43:27	00:23:17	04:21
190	1339	PIÑEIRO GARCIA, CARLOS	6	XUNIOR MASCULIN	INDEPENDIENTE	00:43:38	00:43:38	00:24:22	04:21
191	429	RAVIÑA DIAZ, JAVIER	54	VETERANO MASCUL	INDEPENDENTE	00:43:40	00:43:34	00:23:52	04:22
192	182	PEREZ CASTRO, DAVID	99	SENIOR MASCULIN	INDEPENDENTE	00:43:42	00:43:37	00:24:02	04:22
193	230	SANTOS BLANCO, DIEGO	100	SENIOR MASCULIN	INDEPENDENTE	00:43:43	00:43:39	00:23:59	04:22
194	132	LEMA MARTINEZ, JOSE	101	SENIOR MASCULIN	INDEPENDENTE	00:43:50	00:43:33	00:24:39	04:23
195	59	CREGO FERNANDEZ, JACOBO	102	SENIOR MASCULIN	INDEPENDENTE	00:43:51	00:43:50	00:23:14	04:23
196	44	CASAL SANTOS, MARCOS	103	SENIOR MASCULIN	INDEPENDENTE	00:43:52	00:43:34	00:23:54	04:23
197	188	PIÑEIRO ABEIJON, BENITO	104	SENIOR MASCULIN	INDEPENDENTE	00:43:55	00:43:35	00:24:22	04:23
198	203	RICO DIAZ, JAVIER	105	SENIOR MASCULIN	INDEPENDENTE	00:43:56	00:43:46	00:24:16	04:23
199	192	PONTE IGLESIAS, DAVID	106	SENIOR MASCULIN	INDEPENDENTE	00:43:57	00:43:36	00:24:18	04:23
200	162	NEGREIRA BARCIA, DANIEL	107	SENIOR MASCULIN	FONTES DO SAR	00:43:57	00:43:50	00:23:46	04:23
201	1328	CALVO FERNANDEZ, JOSE IGNACIO	108	SENIOR MASCULIN	BERTAMIRANS	00:43:58	00:43:53	00:23:46	04:23
202	154	MIRANDA RIVERO, ROBERTO	109	SENIOR MASCULIN	PATO BLANCO CELANOVA	00:44:02	00:43:48	00:24:29	04:24
203	396	LOUREIRO PEDREIRA, MANUEL	55	VETERANO MASCUL	INDEPENDENTE	00:44:04	00:43:49	00:24:15	04:24



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
204	45	CASAS CASAS, JOSE MANUEL	110	SENIOR MASCULIN	INDEPENDENTE	00:44:07	00:44:00	00:24:25	04:24
205	193	PONTE SOMOZA, JOSE MANUEL	111	SENIOR MASCULIN	INDEPENDENTE	00:44:08	00:43:51	00:24:32	04:24
206	460	VAZQUEZ GARCIA, DIEGO	56	VETERANO MASCUL	BOIMORTO	00:44:09	00:44:03	00:22:17	04:24
207	246	TOME, JOSE	112	SENIOR MASCULIN	INDEPENDENTE	00:44:09	00:43:55	00:24:09	04:24
208	261	VIDAL CAAMAÑO, OSCAR	113	SENIOR MASCULIN	INDEPENDENTE	00:44:09	00:43:42	00:25:00	04:24
209	451	SUAREZ CARBALLO, RUBEN	57	VETERANO MASCUL	INDEPENDENTE	00:44:10	00:43:56	00:24:10	04:25
210	68	ESQUILAS CASTRO, CARLOS	114	SENIOR MASCULIN	CD SAN PAIO	00:44:10	00:44:03	00:23:57	04:25
211	35	CALVIÑO CALVIÑO, SIMON	115	SENIOR MASCULIN	INDEPENDENTE	00:44:16	00:44:05	00:24:36	04:25
212	360	FERNANDEZ PEREZ, EDER	58	VETERANO MASCUL	INDEPENDENTE	00:44:18	00:44:03	00:24:33	04:25
213	245	TIZON DAVILA, JAIME	116	SENIOR MASCULIN	INDEPENDENTE	00:44:20	00:43:56	00:25:27	04:26
214	379	GONZALEZ REINO, CARLOS	59	VETERANO MASCUL	NOIA (C.A.N)	00:44:21	00:44:01	00:24:36	04:26
215	373	GIL BREA, JOSE ANTONIO	60	VETERANO MASCUL	INDEPENDENTE	00:44:21	00:44:15	00:24:32	04:26
216	166	NOYA SUAREZ, DAVID	117	SENIOR MASCULIN	INDEPENDENTE	00:44:22	00:43:58	00:25:28	04:26
217	433	REY SOUTO, JESUS ENRIQUE	61	VETERANO MASCUL	BOIMORTO	00:44:24	00:44:14	00:24:39	04:26
218	18	BAZARRA AGULLA, ANTONIO	118	SENIOR MASCULIN	INDEPENDENTE	00:44:24	00:44:07	00:24:24	04:26
219	463	VILANOVA MARTELO, LUIS	62	VETERANO MASCUL	NOIA (C.A.N)	00:44:25	00:44:03	00:24:37	04:26
220	367	GARCIA NUÑEZ, SECHU	63	VETERANO MASCUL	NOIA (C.A.N)	00:44:26	00:44:05	00:24:37	04:26
221	423	PEREZ VIDAL, GERMAN	64	VETERANO MASCUL	NOIA (C.A.N)	00:44:26	00:44:16	00:24:25	04:26



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
222	6	ALDREY RAICES, JOSE MANUEL	119	SENIOR MASCULIN	OS GAITEIROS NON PAR	00:44:28	00:44:14	00:25:08	04:26
223	422	PEREZ LOPEZ, IÑAKI	65	VETERANO MASCUL	BARBANZA	00:44:28	00:44:25	00:24:09	04:26
224	1340	PENA LAMA, JOSE MANUEL	120	SENIOR MASCULIN	INDEPENDIENTE	00:44:28	00:44:28	00:23:54	04:26
225	370	GARRIDO DAPONTE, ALBERTO	66	VETERANO MASCUL	INDEPENDIENTE	00:44:29	00:44:23	00:24:05	04:26
226	538	IGLESIAS SEIJO, JAVIER	22	SUPERVETERANO M	INDEPENDIENTE	00:44:31	00:44:09	00:24:31	04:27
227	401	MARTINEZ OVIEDO, ANGEL	67	VETERANO MASCUL	INDEPENDIENTE	00:44:33	00:44:12	00:24:43	04:27
228	124	LAGO QUINTEIRO, JOSE RAMON	121	SENIOR MASCULIN	INDEPENDIENTE	00:44:35	00:44:18	00:25:14	04:27
229	532	GONZALEZ QUINTAIROS, DANIEL	23	SUPERVETERANO M	VAL DA RABEDA-TABOADA	00:44:37	00:44:29	00:24:36	04:27
230	22	BESADA FILGUEIRAS, FRANCISCO J	122	SENIOR MASCULIN	INDEPENDIENTE	00:44:37	00:44:13	00:25:28	04:27
231	311	HERNANDEZ ULLOA, AGUSTIN	3	PROMESA MASCULI	INDEPENDIENTE	00:44:39	00:44:34	00:24:05	04:27
232	149	MENDEZ FROJAN, XAIÑO	123	SENIOR MASCULIN	SAR A POUTADA	00:44:41	00:44:33	00:24:59	04:28
233	309	GARCIA, IVAN	4	PROMESA MASCULI	INDEPENDIENTE	00:44:41	00:44:37	00:22:40	04:28
234	244	TABOADA CALVO, JOSE CARLOS	124	SENIOR MASCULIN	INDEPENDIENTE	00:44:42	00:44:29	00:24:30	04:28
235	186	PICON ESPÍÑO, ROBERTO	125	SENIOR MASCULIN	INDEPENDIENTE	00:44:42	00:44:18	00:25:28	04:28
236	286	SALGUEIRO FERREÑO, LORENA	7	SENIOR FEMENINO	USC SGO.COMPOSTELA	00:44:42	00:44:37	00:24:23	04:28
237	313	MONTERO, MANUEL	5	PROMESA MASCULI	INDEPENDIENTE	00:44:43	00:44:39	00:24:07	04:28
238	138	LOPEZ PENNA, SANTIAGO	126	SENIOR MASCULIN	INDEPENDIENTE	00:44:44	00:44:19	00:25:27	04:28



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
239	238	SOUTO GARCIA, ABEL	127	SENIOR MASCULIN	INDEPENDENTE	00:44:44	00:44:29	00:23:54	04:28
240	536	IGLESIAS LOPEZ, CAMILO	24	SUPERVETERANO M	MILLADOIRO/1	00:44:45	00:44:39	00:24:15	04:28
241	501	ALVAREZ IGLESIAS, DOMINGO	25	SUPERVETERANO M	INDEPENDENTE	00:44:48	00:44:33	00:24:09	04:28
242	196	PRADO CEA, MIGUEL	128	SENIOR MASCULIN	INDEPENDENTE	00:44:49	00:44:47	00:24:31	04:28
243	211	RODRIGUEZ LOSADA, RUBEN	129	SENIOR MASCULIN	ATL VETERANOS OURENS	00:44:49	00:44:36	00:24:51	04:28
244	58	COUSO GARCIA, JESUS	130	SENIOR MASCULIN	NEGREIRA	00:44:54	00:44:45	00:24:04	04:29
245	280	PEREZ FERNANDEZ, IRIS	8	SENIOR FEMENINO	INDEPENDENTE	00:44:59	00:44:52	00:24:44	04:29
246	131	LEMA FERNANDEZ, CARLOS	131	SENIOR MASCULIN	INDEPENDENTE	00:44:59	00:44:36	00:25:03	04:29
247	224	SANCHEZ CEBREIRO, HAROLD	132	SENIOR MASCULIN	INDEPENDENTE	00:45:00	00:44:53	00:24:22	04:30
248	298	PEREZ TABOADA, ELOY	7	XUNIOR MASCULIN	PIR.AS TORRES DE CAT	00:45:01	00:44:58	00:24:22	04:30
249	541	LAGO RAMA, MANUEL	26	SUPERVETERANO M	PRAIA DE CARNOTA-RUN	00:45:03	00:44:49	00:25:10	04:30
250	19	BECERRA DO EJO, CARLOS	133	SENIOR MASCULIN	FONTES DO SAR	00:45:04	00:44:58	00:25:16	04:30
251	354	DOMINGUEZ ALSINA, SEGUNDO	68	VETERANO MASCUL	INDEPENDENTE	00:45:06	00:44:59	00:24:05	04:30
252	53	CORRAL ESCRIBANO, RAFAEL	134	SENIOR MASCULIN	INDEPENDENTE	00:45:06	00:44:56	00:24:55	04:30
253	535	HERNANDEZ FDEZ. DE ROJAS, AGUS	27	SUPERVETERANO M	INDEPENDENTE	00:45:06	00:45:01	00:24:10	04:30



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
254	1317	PAISTRIGO, FRANCISCO	135	SENIOR MASCULIN	INDEPENDIENTE	00:45:06	00:45:01	00:24:11	04:30
255	457	VALIÑO CEREIJO, JOSE MANUEL	69	VETERANO MASCUL	INDEPENDIENTE	00:45:07	00:44:59	00:24:35	04:30
256	260	VAZQUEZ TUBIO, ALBERTO	136	SENIOR MASCULIN	INDEPENDIENTE	00:45:09	00:44:50	00:25:20	04:30
257	456	TRIUNFO DELGADO, GONZALO	70	VETERANO MASCUL	INDEPENDIENTE	00:45:13	00:45:04	00:24:29	04:31
258	231	SANTOS BLANCO, JUAN CARLOS	137	SENIOR MASCULIN	INDEPENDIENTE	00:45:13	00:45:09	00:24:07	04:31
259	74	FERNANDEZ CARRILLO, JOSE MANUE	138	SENIOR MASCULIN	INDEPENDIENTE	00:45:18	00:45:09	00:25:12	04:31
260	314	OTERO GARCIA, ESTEBAN	6	PROMESA MASCULI	INDEPENDIENTE	00:45:19	00:45:17	00:24:20	04:31
261	452	TAJES MAYO, JUAN JESUS	71	VETERANO MASCUL	INDEPENDIENTE	00:45:19	00:45:00	00:25:11	04:31
262	128	LAMAS POSE, XOSE MANUEL	139	SENIOR MASCULIN	INDEPENDIENTE	00:45:19	00:45:09	00:24:34	04:31
263	143	LOSADA PEREZ, JOSE	140	SENIOR MASCULIN	INDEPENDIENTE	00:45:21	00:45:13	00:25:33	04:32
264	366	GARCIA ARES, JOSE MANUEL	72	VETERANO MASCUL	OS GAITEIROS NON PAR	00:45:23	00:45:08	00:25:08	04:32
265	435	RODRIGUEZ JURJO, VITOR MANUEL	73	VETERANO MASCUL	INDEPENDIENTE	00:45:23	00:45:14	00:25:10	04:32
266	491	PAPIN ESTEVEZ, INES	4	VETERANA FEMENI	SADA	00:45:24	00:45:23	00:24:45	04:32
267	146	MARTINEZ SOÑORA, ISIDORO	141	SENIOR MASCULIN	INDEPENDIENTE	00:45:30	00:45:14	00:24:33	04:33
268	41	CAPELO RIVEIRO, MANUEL	142	SENIOR MASCULIN	INDEPENDIENTE	00:45:32	00:45:22	00:24:06	04:33
269	167	OUBIÑA VALE, ANTONIO	143	SENIOR MASCULIN	INDEPENDIENTE	00:45:34	00:45:23	00:25:00	04:33
270	168	OVIEDO HERMIDA, SEGUNDO	144	SENIOR MASCULIN	AREALONGA SURF	00:45:35	00:45:27	00:25:00	04:33
271	201	REY BLANCO, ALBERTO	145	SENIOR MASCULIN	INDEPENDIENTE	00:45:37	00:45:28	00:24:09	04:33



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
272	319	SEGADE CAAMAÑO, CATUXA	1	PROMESA FEMENIN	NOIA (C.A.N)	00:45:39	00:45:38	00:24:37	04:33
273	503	ARUFE SANTAMARIA, MARIO	28	M	NOIA (C.A.N)	00:45:39	00:45:18	00:24:41	04:33
274	276	MAYO CAAMAÑO, MARINELA	9	SENIOR FEMENINO	SAR A POUTADA	00:45:41	00:45:36	00:25:01	04:34
275	252	TURNES CORDEIRO, JOSE MANUEL	146	SENIOR MASCULIN	INDEPENDENTE	00:45:41	00:45:30	00:24:59	04:34
276	329	BARREIRO CORDEIRO, JAVIER	74	VETERANO MASCUL	INDEPENDENTE	00:45:41	00:45:30	00:24:59	04:34
277	251	TUÑAS, RUBEN	147	SENIOR MASCULIN	INDEPENDENTE	00:45:44	00:45:34	00:24:22	04:34
278	551	MIGUEZ GARCIA, CANDIDO JESUS	29	M	MILLADOIRO/1	00:45:49	00:45:33	00:25:23	04:34
279	383	GUILLAN RODRIGUEZ, JUAN RAMON	75	VETERANO MASCUL	INDEPENDENTE	00:45:50	00:45:48	00:24:56	04:35
280	247	TOREA MOLEDO, NESTOR	148	SENIOR MASCULIN	INDEPENDENTE	00:45:53	00:45:34	00:24:50	04:35
281	307	CARRILLO FERNANDEZ, FRANCISCO	7	PROMESA MASCULI	INDEPENDENTE	00:45:54	00:45:48	00:24:33	04:35
282	299	PICALLO MATO, ADRIAN	8	XUNIOR MASCULIN	SAN PAIO	00:45:55	00:45:48	00:24:31	04:35
283	420	PEREZ GARCIA, MARCOS	76	VETERANO MASCUL	ATL VETERANOS OURENS	00:45:58	00:45:43	00:25:27	04:35
284	341	CAMPOS LOSADA, RAUL	77	VETERANO MASCUL	INDEPENDENTE	00:45:58	00:45:47	00:24:35	04:35
285	10	ANDRADE RAMA, DANIEL	149	SENIOR MASCULIN	INDEPENDENTE	00:45:59	00:45:50	00:24:38	04:35
286	243	SUAREZ NEGREIRA, DAVID	150	SENIOR MASCULIN	INDEPENDENTE	00:46:01	00:45:54	00:24:44	04:36
287	11	ANTELO PIÑEIRO, MARCOS	151	SENIOR MASCULIN	INDEPENDENTE	00:46:03	00:45:52	00:24:59	04:36



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XUNIOR – SENIOR - VETERANOS DISTANCIA: 10.000 m.**

PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
288	564	RAÑA PLATAS, JESUS	30	M SUPERVETERANO	INDEPENDENTE	00:46:03	00:45:57	00:24:34	04:36
289	346	CASTAÑO ROMERO, QUIQUE	78	VETERANO MASCUL	INDEPENDENTE	00:46:05	00:45:57	00:25:05	04:36
290	253	UZAL LAREO, JESUS	152	SENIOR MASCULIN	INDEPENDENTE	00:46:05	00:45:51	00:25:19	04:36
291	455	TOMBO CANTARILLA, CASTOR	79	VETERANO MASCUL	ATL VETERANOS OURENS	00:46:08	00:45:55	00:25:30	04:36
292	432	REY SEOANE, ROBERTO	80	VETERANO MASCUL	INDEPENDENTE	00:46:16	00:46:08	00:25:08	04:37
293	358	FERNANDEZ EIRAS, ERNESTO	81	VETERANO MASCUL	INDEPENDENTE	00:46:18	00:46:12	00:25:26	04:37
294	546	MARIÑO SANTAMARIA, ANTONIO	31	M SUPERVETERANO	INDEPENDENTE	00:46:19	00:46:12	00:25:21	04:37
295	471	BERMUDEZ TURNES, PURIFICACION	5	VETERANA FEMENI	NOITEBRA FC	00:46:20	00:46:09	00:25:19	04:38
296	395	LOPEZ VAZQUEZ, JULIO CESAR	82	VETERANO MASCUL	BOIMORTO	00:46:21	00:46:12	00:25:02	04:38
297	104	GONZALEZ GONZALEZ, JOSE CARLOS	153	SENIOR MASCULIN	FONTES DO SAR	00:46:28	00:46:19	00:25:06	04:38
298	180	PEREIRAS COUTO, ALVARO	154	SENIOR MASCULIN	INDEPENDENTE	00:46:32	00:46:17	00:25:08	04:39
299	425	PIÑEIRO REY, J.ARTURO	83	VETERANO MASCUL	INDEPENDENTE	00:46:37	00:46:21	00:25:43	04:39
300	61	DAGA MIRAZ, DAVID	155	SENIOR MASCULIN	TUI-THERMALIA	00:46:39	00:46:34	00:25:32	04:39
301	185	PEREZ PASANTES, JUAN MANUEL	156	SENIOR MASCULIN	INDEPENDENTE	00:46:40	00:46:32	00:25:09	04:40
302	24	BLANCO GARCIA, ALVARO	157	SENIOR MASCULIN	INDEPENDENTE	00:46:40	00:46:31	00:25:09	04:40
303	568	RODRIGUEZ BLANCO, JESUS	32	M SUPERVETERANO	ATL VETERANOS OURENS	00:46:47	00:46:33	00:25:38	04:40

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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
304	103	GOMEZ RAMOS, IVAN	158	SENIOR MASCULIN	INDEPENDENTE	00:46:50	00:46:32	00:25:17	04:41
305	12	AÑEL GONZALEZ, MIGUEL ANGEL	159	SENIOR MASCULIN	INDEPENDENTE	00:46:51	00:46:33	00:25:18	04:41
306	543	LISTE BARREIRO, JOSE MANUEL	33	SUPERVETERANO M	FONTES DO SAR	00:46:54	00:46:51	00:25:21	04:41
307	448	SANTOS LORENZO, ENRIQUE	84	VETERANO MASCUL	INDEPENDENTE	00:47:05	00:46:43	00:26:10	04:42
308	317	REY AMARELLE, MIGUEL ANGEL	8	PROMESA MASCULI	INDEPENDENTE	00:47:05	00:46:43	00:26:10	04:42
309	237	SOTO SANTOS, HECTOR JOSE	160	SENIOR MASCULIN	INDEPENDENTE	00:47:05	00:46:44	00:26:11	04:42
310	375	GOMEZ FERNANDEZ, ROBERTO	85	VETERANO MASCUL	INDEPENDENTE	00:47:14	00:47:06	00:25:20	04:43
311	326	ANTELO FERRO, FERNANDO	86	VETERANO MASCUL	NOITEBRA FC	00:47:15	00:47:04	00:25:17	04:43
312	289	ANTELO NOYA, DAVID	9	XUNIOR MASCULIN	INDEPENDENTE	00:47:17	00:47:12	00:25:04	04:43
313	136	LOPEZ FANDIÑO, JESUS MANUEL	161	SENIOR MASCULIN	INDEPENDENTE	00:47:21	00:47:17	00:25:48	04:44
314	76	FERNANDEZ VAZQUEZ, VICTOR	162	SENIOR MASCULIN	MONTEPENARUBIA	00:47:24	00:47:14	00:25:18	04:44
315	487	MIGUENS OTERO, ELENA	6	VETERANA FEMENI	SAR A POUTADA	00:47:27	00:47:25	00:25:50	04:44
316	444	ROMERO ROMERO, FRANCISCO JAVIE	87	VETERANO MASCUL	INDEPENDENTE	00:47:28	00:47:02	00:26:49	04:44
317	153	MIGUEZ FRAMIL, OSCAR	163	SENIOR MASCULIN	INDEPENDENTE	00:47:31	00:47:05	00:26:07	04:45
318	411	MONTES MARTINEZ, JAVIER	88	VETERANO MASCUL	INDEPENDENTE	00:47:37	00:47:27	00:26:19	04:45
319	117	IGLESIAS SANCHEZ, JOSE MANUEL	164	SENIOR MASCULIN	INDEPENDENTE	00:47:37	00:47:18	00:25:54	04:45
320	207	RODRIGUEZ FERNANDEZ, XOSE MARI	165	SENIOR MASCULIN	INDEPENDENTE	00:47:37	00:47:19	00:26:46	04:45
321	254	VALCARCEL MENDEZ, BREOGAN	166	SENIOR MASCULIN	PIR.AS TORRES DE CAT	00:47:38	00:47:28	00:25:37	04:45



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
322	21	BELLO GARCIA, JUAN	167	SENIOR MASCULIN	INDEPENDENTE	00:47:39	00:47:14	00:27:16	04:45
323	31	CAAMAÑO LIRA, ALEJANDRO	168	SENIOR MASCULIN	INDEPENDENTE	00:47:40	00:47:16	00:27:16	04:46
324	98	GENDRA VIEITES, CARLOS	169	SENIOR MASCULIN	INDEPENDENTE	00:47:40	00:47:16	00:26:43	04:46
325	378	GONZALEZ MARTINEZ, FRANCISCO	89	VETERANO MASCUL	INDEPENDENTE	00:47:40	00:47:13	00:26:00	04:46
326	483	GOMEZ GONZALEZ, MARIA	7	VETERANA FEMENI	THERMALIA-TUI	00:47:40	00:47:35	00:25:47	04:46
327	223	SANCHEZ ALCALDE, SERGIO	170	SENIOR MASCULIN	INDEPENDENTE	00:47:41	00:47:17	00:26:20	04:46
328	353	DELGADO SUAREZ, JAIME	90	VETERANO MASCUL	INDEPENDENTE	00:47:42	00:47:15	00:26:27	04:46
329	382	GONZALEZ SOUTO, ANGEL LUIS	91	VETERANO MASCUL	INDEPENDENTE	00:47:44	00:47:40	00:25:31	04:46
330	504	BALEATO PENSADO, JESUS	34	SUPERVETERANO M	INDEPENDENTE	00:47:49	00:47:32	00:26:22	04:46
331	450	SUAREZ BENITO, FRANCISCO XOSE	92	VETERANO MASCUL	INDEPENDENTE	00:47:49	00:47:33	00:26:15	04:46
332	1302	RODRIGUEZ CAPEANS, LAURA	1	SUPERVETERANO M	INDEPENDENTE	00:47:51	00:47:27	00:26:26	04:47
333	515	CONDE BERMUDEZ, RAMON ANGEL	35	SUPERVETERANO M	INDEPENDENTE	00:47:57	00:47:44	00:26:32	04:47
334	51	COLMENARES AGUILAR, ELIER	171	SENIOR MASCULIN	INDEPENDENTE	00:47:59	00:47:48	00:25:58	04:47
335	416	PATRICIO REY, FERNANDO	93	VETERANO MASCUL	INDEPENDENTE	00:48:00	00:47:50	00:25:45	04:48
336	65	EIROA POSE, ANGEL	172	SENIOR MASCULIN	INDEPENDENTE	00:48:01	00:47:48	00:25:56	04:48
337	434	RODRIGUEZ CASABIELL, SANTIAGO	94	VETERANO MASCUL	INDEPENDENTE	00:48:01	00:47:45	00:26:16	04:48



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
338	575	SUAREZ PAIS, MANUEL	36	M SUPERVETERANO	INDEPENDENTE	00:48:03	00:47:57	00:25:44	04:48
339	468	AGRASAR BARRAL, SONIA	8	VETERANA FEMENI	SAR A POUTADA	00:48:12	00:47:53	00:26:37	04:49
340	84	FLORES VAZQUEZ, IVAN	173	SENIOR MASCULIN	INDEPENDENTE	00:48:14	00:47:47	00:26:50	04:49
341	321	AGUIN TRELLES, TOÑO	95	VETERANO MASCUL	INDEPENDENTE	00:48:15	00:48:02	00:26:12	04:49
342	315	RAMA CAAMAÑO, JOSE	9	PROMESA MASCULI	INDEPENDENTE	00:48:16	00:48:11	00:25:19	04:49
343	443	ROMERO REY, MANUEL	96	VETERANO MASCUL	INDEPENDENTE	00:48:18	00:47:58	00:26:49	04:49
344	550	MELON GONZALEZ, ANTONIO	37	M SUPERVETERANO	INDEPENDENTE	00:48:18	00:47:48	00:27:03	04:49
345	479	FEIJOO SANCHEZ, SUSANA	9	VETERANA FEMENI	CORUÑA COMARCA	00:48:19	00:48:11	00:26:25	04:49
346	215	ROMARIS BARCA, PEDRO MANUEL	174	SENIOR MASCULIN	INDEPENDENTE	00:48:20	00:48:12	00:25:06	04:50
347	306	CAJUSO POUSO, JULIO ALBERTO	10	PROMESA MASCULI	SANTA UXIA ATLETISMO	00:48:20	00:48:05	00:26:16	04:50
348	97	GAVIN VILLAR, MARTIN	175	SENIOR MASCULIN	INDEPENDENTE	00:48:20	00:48:02	00:26:30	04:50
349	530	GARCIA CAO, JESUS ANTONIO	38	M SUPERVETERANO	INDEPENDENTE	00:48:23	00:48:16	00:26:20	04:50
350	364	FREIRE OTERO, JOSE LUIS	97	VETERANO MASCUL	NEGREIRA	00:48:24	00:48:12	00:26:40	04:50
351	566	RÌOS GIMENEZ, ADOLFO OMAR	39	M SUPERVETERANO	ORDES	00:48:25	00:48:15	00:26:04	04:50
352	267	VILARIÑO FERNANDEZ, DAVID	176	SENIOR MASCULIN	CD VITAL FITNESS	00:48:29	00:48:24	00:25:35	04:50



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
353	502	ARGIBAY PEREZ, JUAN	40	SUPERVETERANO M	INDEPENDENTE	00:48:30	00:48:19	00:26:26	04:51
354	498	TARELA MIRAMONTES, LOLI	10	VETERANA FEMENI	NOIA (C.A.N)	00:48:38	00:48:37	00:26:26	04:51
355	421	PEREZ LASPRA, MELCHOR	98	VETERANO MASCUL	INDEPENDENTE	00:48:42	00:48:26	00:27:04	04:52
356	386	ISORNA FOLGAR, MANUEL	99	VETERANO MASCUL	INDEPENDENTE	00:48:43	00:48:18	00:26:36	04:52
357	458	VALOIS CALVO, FRANCISCO JAVIER	100	VETERANO MASCUL	INDEPENDENTE	00:48:44	00:48:24	00:26:21	04:52
358	481	FERRADAS BARRERA, ANA MARIA	2	SUPERVETERANA F	RIBADEO	00:48:47	00:48:45	00:26:31	04:52
359	15	BALIÑA DE JESUS, JESUS	177	SENIOR MASCULIN	INDEPENDENTE	00:48:47	00:48:38	00:26:02	04:52
360	221	SALVADO BERMUDEZ, CARLOS	178	SENIOR MASCULIN	INDEPENDENTE	00:48:48	00:48:34	00:26:03	04:52
361	297	MONTENEGRO GOMEZ, DAVID	10	XUNIOR MASCULIN	CD SAN PAIO	00:48:48	00:48:41	00:26:38	04:52
362	410	MIRA MARTINEZ, JESUS	101	VETERANO MASCUL	FONTES DO SAR	00:48:48	00:48:23	00:26:59	04:52
363	485	LORENZO PEREZ, NATALIA	11	VETERANA FEMENI	MILLADOIRO	00:48:50	00:48:32	00:26:45	04:53
364	529	GARABATO GRELA, JESUS	41	SUPERVETERANO M	INDEPENDENTE	00:48:50	00:48:31	00:26:50	04:53
365	100	GIL PEREIRA, JAVIER	179	SENIOR MASCULIN	INDEPENDENTE	00:48:51	00:48:42	00:26:22	04:53
366	333	BLANCO FANDIÑO, JOSE FRANCISCO	102	VETERANO MASCUL	CORUÑA COMARCA	00:48:52	00:48:29	00:27:18	04:53
367	476	CORTON TESOURO, MAIUCA	12	VETERANA FEMENI	INDEPENDENTE	00:48:53	00:48:36	00:26:17	04:53
368	235	SIERRA SOBRINO, PABLO	180	SENIOR MASCULIN	INDEPENDENTE	00:48:55	00:48:29	00:27:03	04:53
369	447	SANMARCO SANTOS, FRANCISCO	103	VETERANO MASCUL	SAR A POUTADA	00:48:56	00:48:38	00:26:36	04:53



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
370	569	RODRIGUEZ CARRIL, XESUS	42	SUPERVETERANO M	SAR A POUTADA	00:48:59	00:48:41	00:26:39	04:53
371	445	SAAVEDRA PAZOS, JOSE ANTONIO	104	VETERANO MASCUL	RUNAWAYS	00:48:59	00:48:50	00:27:38	04:53
372	340	CAL VARELA, MARIO	105	VETERANO MASCUL	INDEPENDENTE	00:49:03	00:48:54	00:26:29	04:54
373	512	CASTRO VILAR, ALBERTO	43	SUPERVETERANO M	INDEPENDENTE	00:49:06	00:48:53	00:26:57	04:54
374	39	CANOSA GOSENDE, JOSE MARIA	181	SENIOR MASCULIN	AD OLIMPIA	00:49:06	00:48:53	00:26:57	04:54
375	493	PEREZ, BELEN	13	VETERANA FEMENI	OLIMPIA	00:49:06	00:48:53	00:27:06	04:54
376	418	PEÑA BARREIRO, JUAN R.	106	VETERANO MASCUL	NOIA (C.A.N)	00:49:12	00:48:44	00:27:00	04:55
377	323	ALVARELLOS LEMA, FRANCISCO	107	VETERANO MASCUL	INDEPENDENTE	00:49:12	00:49:00	00:26:47	04:55
378	239	SOUTO GARCIA, MARCOS	182	SENIOR MASCULIN	INDEPENDENTE	00:49:13	00:48:58	00:26:55	04:55
379	351	COUTO LOSADA, ALBERTO	108	VETERANO MASCUL	INDEPENDENTE	00:49:15	00:49:01	00:26:36	04:55
380	172	PAZ CALO, JORGE	183	SENIOR MASCULIN	INDEPENDENTE	00:49:17	00:49:03	00:26:05	04:55
381	121	LAGE VIDAL, JUAN MANUEL	184	SENIOR MASCULIN	CORRELUME	00:49:18	00:49:06	00:26:51	04:55
382	384	IGLESIAS ARNEJO, ANTONIO	109	VETERANO MASCUL	INDEPENDENTE	00:49:21	00:49:03	00:26:46	04:56
383	389	LIÑARES MARTINEZ, JOSE MANUEL	110	VETERANO MASCUL	INDEPENDENTE	00:49:26	00:49:08	00:27:17	04:56
384	318	RUIZ MATEOS, PABLO	11	PROMESA MASCULI	INDEPENDENTE	00:49:27	00:49:17	00:27:41	04:56
385	184	PEREZ FERNANDEZ, DIEGO	185	SENIOR MASCULIN	INDEPENDENTE	00:49:32	00:49:23	00:26:59	04:57



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
386	528	GANDARA ULLOA, ENRIQUE	44	SUPERVETERANO M	CORUÑA COMARCA	00:49:33	00:49:21	00:27:10	04:57
387	222	SALVADO CASTRO, JOSE ANTONIO	186	SENIOR MASCULIN	INDEPENDENTE	00:49:33	00:49:09	00:27:05	04:57
388	352	CUTRIN MARTINEZ, JUAN M	111	VETERANO MASCUL	INDEPENDENTE	00:49:35	00:49:16	00:27:21	04:57
389	264	VIEITO RAÑA, ISMAEL	187	SENIOR MASCULIN	INDEPENDENTE	00:49:39	00:49:19	00:27:26	04:57
390	107	GONZALEZ VAZQUEZ, RUBEN	188	SENIOR MASCULIN	INDEPENDENTE	00:49:39	00:49:20	00:26:41	04:57
391	555	PANTIN REIGADA, ANGEL	45	SUPERVETERANO M	INDEPENDENTE	00:49:40	00:49:23	00:27:18	04:58
392	234	SERICO VIDAL, JOSE ANGEL	189	SENIOR MASCULIN	INDEPENDENTE	00:49:41	00:49:14	00:27:26	04:58
393	170	PARADA BREA, DANIEL	190	SENIOR MASCULIN	INDEPENDENTE	00:49:44	00:49:29	00:26:48	04:58
394	513	CEBEY CANCELA, J. VICTOR	46	SUPERVETERANO M	INDEPENDENTE	00:49:50	00:49:25	00:27:33	04:59
395	189	PIÑEIRO LAGO, JOSE MANUEL	191	SENIOR MASCULIN	INDEPENDENTE	00:49:50	00:49:34	00:27:07	04:59
396	356	FEAS VAZQUEZ, VICENTE	112	VETERANO MASCUL	INDEPENDENTE	00:49:51	00:49:36	00:27:25	04:59
397	262	VIDAL FONSECA, GUILLERMO	192	SENIOR MASCULIN	INDEPENDENTE	00:49:52	00:49:40	00:28:31	04:59
398	316	REBOREDO DURAN, ALBERTO	12	PROMESA MASCULI	CD SAN PAIO	00:49:52	00:49:45	00:26:42	04:59
399	67	ESPERANTE PARAMOS, BRUNO	193	SENIOR MASCULIN	INDEPENDENTE	00:49:53	00:49:41	00:27:02	04:59
400	92	GARCIA GOMEZ, JOSE MANUEL	194	SENIOR MASCULIN	INDEPENDENTE	00:49:54	00:49:42	00:26:58	04:59



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
401	579	VILA BLANCO, JESUS	47	SUPERVETERANO M	VAL DA RABEDA	00:49:59	00:49:38	00:27:15	04:59
402	17	BANET FRAGA, ANTON	195	SENIOR MASCULIN	INDEPENDENTE	00:50:05	00:49:39	00:27:29	05:00
403	417	PENA CARRIL, ENRIQUE FERNANDO	113	VETERANO MASCUL	INDEPENDENTE	00:50:10	00:50:07	00:26:52	05:01
404	1319	PAMPIN BOADO, CARLOS	48	SUPERVETERANO M	CD PINARIUM	00:50:14	00:49:53	00:28:14	05:01
405	148	MELLA CALVO, JORGE	196	SENIOR MASCULIN	INDEPENDENTE	00:50:14	00:49:50	00:27:29	05:01
406	473	CALVO MARTA, SILVIA	14	VETERANA FEMENI	INDEPENDENTE	00:50:19	00:49:57	00:27:25	05:01
407	394	LOPEZ RAMA, JESUS	114	VETERANO MASCUL	PRAIA DE CARNOTA-RUN	00:50:21	00:50:10	00:27:35	05:02
408	561	PIÑEIRO LAGO, TONO	49	SUPERVETERANO M	INDEPENDENTE	00:50:22	00:50:10	00:26:57	05:02
409	388	LAGARES CARRO, MAXIMINO	115	VETERANO MASCUL	INDEPENDENTE	00:50:23	00:50:11	00:27:04	05:02
410	112	GUTIERREZ MOUGAN, ROSA	15	VETERANA FEMENI	INDEPENDENTE	00:50:28	00:50:03	00:27:33	05:02
411	573	SEÑARIS GONZALEZ, RAFAEL	50	SUPERVETERANO M	CS BANCO PASTOR	00:50:30	00:50:24	00:27:12	05:03
412	7	ALVAREZ FERNANDEZ, IVAN	197	SENIOR MASCULIN	INDEPENDENTE	00:50:32	00:50:05	00:27:24	05:03
413	292	CIVES BARBEIRA, NOEL	11	XUNIOR MASCULIN	INDEPENDENTE	00:50:34	00:50:14	00:26:52	05:03
414	160	MUINO CASTRO, JUAN CARLOS	198	SENIOR MASCULIN	INDEPENDENTE	00:50:35	00:50:20	00:27:32	05:03
415	474	CARIÑENA AMIGO, PURI	16	VETERANA FEMENI	MILLADOIRO	00:50:40	00:50:32	00:27:01	05:04



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
416	469	AGUIN TRELLES, MARGARITA	17	VETERANA FEMENI	INDEPENDENTE	00:50:42	00:50:30	00:27:25	05:04
417	582	FERNANDEZ BARRACEL, JOSE	51	M	VAL DA RABEDA	00:50:43	00:50:22	00:27:56	05:04
418	165	NOYA PENA, ALVARO	199	SENIOR MASCULIN	INDEPENDENTE	00:50:43	00:50:20	00:28:16	05:04
419	514	CLAVERO IGLESIAS, MANUEL	52	M	INDEPENDENTE	00:50:46	00:50:27	00:27:36	05:04
420	563	PUGA GONZALEZ, JORGE	53	M	VAL DA RABEDA	00:50:52	00:50:31	00:27:49	05:05
421	490	OROÑA GONZALEZ, IRMA ELIZABETH	18	VETERANA FEMENI	NEGREIRA	00:50:53	00:50:51	00:27:34	05:05
422	560	PEREZ TRILLO, JESUS	54	M	PRAIA DE CARNOTA-RUN	00:51:00	00:50:47	00:27:52	05:06
423	345	CARRERA CARNEIRO, JESUS	116	VETERANO MASCUL	INDEPENDENTE	00:51:03	00:50:50	00:27:24	05:06
424	78	FERREIRO CARBALLEIRA, DANIEL	200	SENIOR MASCULIN	INDEPENDENTE	00:51:04	00:50:52	00:27:18	05:06
425	365	GARCIA AMIGO, CARLOS	117	VETERANO MASCUL	INDEPENDENTE	00:51:05	00:50:40	00:28:18	05:06
426	225	SANCHEZ GOMEZ, RUBEN	201	SENIOR MASCULIN	NOITEBRA FC	00:51:08	00:50:52	00:28:08	05:06
427	570	RODRIGUEZ FREIRE, JOSE	55	M	INDEPENDENTE	00:51:12	00:50:54	00:27:10	05:07
428	419	PEREZ BALIRAC, JESUS	118	VETERANO MASCUL	INDEPENDENTE	00:51:16	00:51:04	00:27:30	05:07
429	300	PIÑEIRO GARCIA, ISABEL	1	XUNIOR FEMENINO	PIR.AS TORRES DE CAT	00:51:17	00:51:16	00:26:10	05:07
430	105	GONZALEZ NOIA, CLODIO	202	SENIOR MASCULIN	INDEPENDENTE	00:51:19	00:51:00	00:26:59	05:07



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
431	66	ESPARIS GARCIA, CESAR	203	SENIOR MASCULIN	INDEPENDENTE	00:51:20	00:50:55	00:27:47	05:08
432	547	MARTIN VAZQUEZ, MARCIAL DE	56	SUPERVETERANO M	INDEPENDENTE	00:51:26	00:51:07	00:27:36	05:08
433	376	GOMEZ VIAÑO, JOSE	119	VETERANO MASCUL	INDEPENDENTE	00:51:33	00:51:14	00:28:10	05:09
434	198	QUINTILLAN TILVE, GAEL	204	SENIOR MASCULIN	INDEPENDENTE	00:51:42	00:51:16	00:29:14	05:10
435	371	GENDRA VIEITES, JOSE MANUEL	120	VETERANO MASCUL	INDEPENDENTE	00:51:46	00:51:22	00:28:50	05:10
436	540	ILLADE CERDEIRAS, JESUS	57	SUPERVETERANO M	INDEPENDENTE	00:51:46	00:51:36	00:28:15	05:10
437	489	MURIAS RODRIGUEZ, CHELO	19	VETERANA FEMENI	INDEPENDENTE	00:51:53	00:51:35	00:28:33	05:11
438	197	QUINTIAN AGRAFOJO, JOSE MANUEL	205	SENIOR MASCULIN	INDEPENDENTE	00:51:55	00:51:52	00:27:27	05:11
439	161	MUÑIZ FANDIÑO, DIEGO	206	SENIOR MASCULIN	INDEPENDENTE	00:51:57	00:51:38	00:28:05	05:11
440	557	PAZ JIMENEZ, IÑAKI	58	SUPERVETERANO M	INDEPENDENTE	00:52:01	00:51:39	00:29:29	05:12
441	328	ARES GACIÑO, SANTIAGO	121	VETERANO MASCUL	INDEPENDENTE	00:52:06	00:51:43	00:28:07	05:12
442	533	GROBA NUÑEZ, MANUEL CARLOS	59	SUPERVETERANO M	INDEPENDENTE	00:52:07	00:51:46	00:30:11	05:12
443	527	FREIJE LOPEZ, JOSE ANTONIO	60	SUPERVETERANO M	RIBADEO	00:52:12	00:52:04	00:28:09	05:13
444	47	CAVADA EXPOSITO, JUAN	207	SENIOR MASCULIN	INDEPENDENTE	00:52:19	00:52:05	00:28:15	05:13
445	441	ROMERO GAGO, ALEJANDRO	122	VETERANO MASCUL	INDEPENDENTE	00:52:22	00:52:06	00:28:52	05:14



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
446	355	FANDIÑO ARES, ALFREDO	123	VETERANO MASCUL	INDEPENDENTE	00:52:27	00:52:12	00:28:14	05:14
447	120	LAGE VIDAL, JOSE	208	SENIOR MASCULIN	CORRELUME	00:52:28	00:52:11	00:28:17	05:14
448	499	TEIGA PENSADO, ISABEL	20	VETERANA FEMENI	NEGREIRA	00:52:31	00:52:09	00:28:25	05:15
449	553	OTERO CEPEDA, DANIEL	61	SUPERVETERANO M	INDEPENDENTE	00:52:36	00:52:15	00:28:42	05:15
450	52	CONDE LOPEZ, VICTOR HUGO	209	SENIOR MASCULIN	INDEPENDENTE	00:52:38	00:52:34	00:28:04	05:15
451	27	BRENLLA FAJIN, SATIRO	210	SENIOR MASCULIN	INDEPENDENTE	00:52:40	00:52:25	00:28:43	05:16
452	398	MAGAN DOPAZO, EUGENIO	124	VETERANO MASCUL	INDEPENDENTE	00:52:45	00:52:39	00:28:35	05:16
453	584	RAMOS MORENO, FERNANDO	62	SUPERVETERANO M	EGOVARROS VIVEIRO	00:52:46	00:52:46	00:29:02	05:16
454	467	ABAL, MARY	21	VETERANA FEMENI	INDEPENDENTE	00:52:48	00:52:37	00:28:48	05:16
455	54	CORTIZO SEDANO, JAIME	211	SENIOR MASCULIN	NOITEBRA FC	00:53:03	00:52:38	00:29:31	05:18
456	308	DOMARCO PEREZ, LUCAS	13	PROMESA MASCULI	INDEPENDENTE	00:53:06	00:52:45	00:28:27	05:18
457	191	PIÑEIRO VAZQUEZ, JOSE VICENTE	212	SENIOR MASCULIN	FONTES DO SAR	00:53:07	00:52:51	00:28:59	05:18
458	82	FIGUEIRAS MARTINEZ, JULIO	213	SENIOR MASCULIN	INDEPENDENTE	00:53:17	00:52:59	00:28:35	05:19
459	585	CAJUSO BARBAZAN, MARINA	3	SUPERVETERANA F	NEGREIRA	00:53:20	00:52:58	00:29:04	05:20
460	94	GARCIA LUEIRO, PABLO	214	SENIOR MASCULIN	INDEPENDENTE	00:53:23	00:52:55	00:29:03	05:20
461	494	PEREZ GARCIA, ARANTXA	22	VETERANA FEMENI	INDEPENDENTE	00:53:28	00:53:25	00:28:57	05:20



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
462	510	BREA SANCHEZ, JOSE MARIA	63	M SUPERVETERANO	BOIMORTO	00:53:33	00:53:18	00:29:12	05:21
463	258	VARELA SANTALLA, JOSE	215	SENIOR MASCULIN	INDEPENDENTE	00:53:35	00:53:09	00:29:06	05:21
464	482	GARCIA GARCIA, CARMEN	4	F SUPERVETERANA	NOIA (C.A.N)	00:53:38	00:53:13	00:30:04	05:21
465	135	LOPEZ CASEIRO, CRISTIAN	216	SENIOR MASCULIN	INDEPENDENTE	00:53:40	00:53:17	00:30:25	05:22
466	206	RODRIGUEZ CASAIS, DIEGO	217	SENIOR MASCULIN	INDEPENDENTE	00:53:42	00:53:23	00:29:04	05:22
467	1315	COBAS OTERO, MANUEL ANGEL	125	MASCULIN VETERANO	INDEPENDIENTE	00:53:43	00:53:40	00:28:27	05:22
468	91	GARCIA GARCIA, JOSE MANUEL	218	SENIOR MASCULIN	INDEPENDENTE	00:53:53	00:53:37	00:28:52	05:23
469	542	LEON LOPEZ, JOSE LUIS	64	M SUPERVETERANO	INDEPENDENTE	00:53:56	00:53:42	00:29:55	05:23
470	496	ROMERO RODRIGUEZ, AGUEDA	23	FEMENI VETERANA	PATO BLANCO CELANOVA	00:53:57	00:53:35	00:29:44	05:23
471	442	ROMERO RAMOS, JOSE JOAQUIN	126	MASCULIN VETERANO	PATO BLANCO CELANOVA	00:53:57	00:53:35	00:29:44	05:23
472	228	SANMARTIN VIGO, VICENTE	219	SENIOR MASCULIN	INDEPENDENTE	00:54:03	00:53:52	00:28:24	05:24
473	440	RODRIGUEZ REY, PABLO ANTONIO	127	MASCULIN VETERANO	INDEPENDENTE	00:54:05	00:53:53	00:30:21	05:24
474	1316	PALACIOS MARTINEZ, MANUEL A	65	M SUPERVETERANO	INDEPENDIENTE	00:54:26	00:54:00	00:29:32	05:26
475	438	RODRIGUEZ MENDEZ, ARTURO	128	MASCULIN VETERANO	OS MUDITOS	00:54:28	00:54:06	00:30:59	05:26
476	90	GARCIA GARCIA, ADRIAN	220	SENIOR MASCULIN	INDEPENDENTE	00:54:30	00:54:07	00:30:55	05:27
477	216	ROMARIS PEREZ, ISMAEL	221	SENIOR MASCULIN	INDEPENDENTE	00:54:30	00:54:07	00:29:35	05:27



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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
478	285	RUA PRIETO, MARISA	10	SENIOR FEMENINO	SADA	00:54:45	00:54:32	00:29:56	05:28
479	205	RODRIGUEZ, VICTORMANOLO	222	SENIOR MASCULIN	INDEPENDENTE	00:54:50	00:54:35	00:29:58	05:29
480	214	RODRIGUEZ SUAREZ, JUAN ANTONIO	223	SENIOR MASCULIN	INDEPENDENTE	00:54:51	00:54:23	00:31:24	05:29
481	271	FRANCO RESUA, MARIA DEL PILAR	11	SENIOR FEMENINO	INDEPENDENTE	00:55:02	00:54:50	00:30:23	05:30
482	70	FEIJOO GARCIA, LUIS	224	SENIOR MASCULIN	INDEPENDENTE	00:55:12	00:54:52	00:29:38	05:31
483	80	FERRO GONZALEZ, FRANCISCO	225	SENIOR MASCULIN	INDEPENDENTE	00:55:14	00:54:57	00:29:54	05:31
484	539	IGLESIAS VARELA, EDUARDO	66	SUPERVETERANO M	INDEPENDENTE	00:55:17	00:55:06	00:29:05	05:31
485	361	FERNANDEZ-COUTO GOMEZ, LUIS	129	VETERANO MASCUL	INDEPENDENTE	00:55:20	00:55:03	00:29:47	05:32
486	156	MOLARES AGRELO, JUAN	226	SENIOR MASCULIN	INDEPENDENTE	00:55:25	00:55:08	00:30:05	05:32
487	559	PEREZ CARUNCHO, AGUSTIN	67	SUPERVETERANO M	SAR A POUTADA/1	00:55:28	00:55:24	00:30:58	05:32
488	495	RODEIRO SERVIA, MARIA	24	VETERANA FEMENI	INDEPENDENTE	00:55:30	00:55:13	00:30:16	05:33
489	110	GROBA DOMINGUEZ, AIDA	12	SENIOR FEMENINO	INDEPENDENTE	00:55:41	00:55:20	00:30:11	05:34
490	108	GOSENDE BELLO, CARLOS	227	SENIOR MASCULIN	INDEPENDENTE	00:55:55	00:55:51	00:29:56	05:35
491	183	PEREZ FABREGAS, ALEJANDRO	228	SENIOR MASCULIN	EDA NEGREIRA	00:56:02	00:55:38	00:29:49	05:36
492	347	CASTRO PORTO, MANUEL	130	VETERANO MASCUL	INDEPENDENTE	00:56:27	00:56:00	00:31:11	05:38
493	506	BEIRAS PADELLA, JOSE	68	SUPERVETERANO M	INDEPENDENTE	00:56:33	00:56:16	00:30:25	05:39



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# XXXIV

# CARRERA POPULAR DE NEGREIRA

10 de noviembre de 2013

## CLASIFICACIÓN 3ª CARRERA XUNIOR – SENIOR - VETERANOS DISTANCIA: 10.000 m.

PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
494	1330	GONZALEZ SILVA, SARA	2	XUNIOR FEMENINO	INDEPENDIENTE	00:56:51	00:56:48	00:29:26	05:41
495	181	PEREZ POSE, JESUS	229	SENIOR MASCULIN	INDEPENDIENTE	00:56:55	00:56:33	00:30:43	05:41
496	30	BUSTO CONSTANTINO, NATIVIDAD	25	VETERANA FEMENI	PIR.AS TORRES DE CAT	00:57:10	00:56:58	00:31:23	05:43
497	545	LOPEZ LODEIRO, JOSE MANUEL	69	SUPERVETERANO M	AS MARIÑAS BETANZOS	00:57:10	00:56:45	00:31:54	05:43
498	324	ALVAREZ LOMBA, MANUEL	131	VETERANO MASCUL	INDEPENDIENTE	00:57:13	00:56:54	00:31:07	05:43
499	278	PASTORIZA ESPASANDIN, DIANA	13	SENIOR FEMENINO	INDEPENDIENTE	00:57:13	00:56:59	00:30:52	05:43
500	55	COSTA FERNANDEZ, ESTEBAN	230	SENIOR MASCULIN	INDEPENDIENTE	00:57:17	00:56:54	00:30:25	05:43
501	1337	VAZQUEZ MOSCORNÍ, MARIA INES	3	XUNIOR FEMENINO	INDEPENDIENTE	00:57:19	00:57:19	00:31:23	05:43
502	580	CARBALLEIRA HORTAS, XOSE MANUE	70	SUPERVETERANO M	INDEPENDIENTE	00:57:21	00:56:53	00:31:43	05:44
503	552	NUÑEZ MENDEZ, JUAN IGNACIO	71	SUPERVETERANO M	CC MONTENEME	00:57:25	00:57:07	00:31:24	05:44
504	102	GOMEZ LODEIROS, MANUEL ISAAC	231	SENIOR MASCULIN	INDEPENDIENTE	00:57:44	00:57:25	00:31:08	05:46
505	472	CAJUSO BARBAZAN, CHEFA	26	VETERANA FEMENI	NEGREIRA	00:57:46	00:57:24	00:31:32	05:46
506	48	CEBEY LOPEZ, VICTOR	232	SENIOR MASCULIN	INDEPENDIENTE	00:57:48	00:57:23	00:31:21	05:46
507	115	IGLESIAS OBELLEIRO, JACOBO	233	SENIOR MASCULIN	INDEPENDIENTE	00:58:19	00:57:53	00:31:28	05:49
508	586	FUENTES NOYA, LINA	5	SUPERVETERANA F	ORDES	00:58:26	00:58:25	00:31:28	05:50
509	1336	GARCIA LUEIRO, CRISTINA	14	SENIOR FEMENINO	INDEPENDIENTE	00:58:31	00:58:04	00:31:59	05:51



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10 de noviembre de 2013

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PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
510	281	REY CALVO, NAYOME	15	SENIOR FEMENINO	INDEPENDENTE	00:58:41	00:58:18	00:31:33	05:52
511	282	RICO GIADAS, MONTSERRAT	16	SENIOR FEMENINO	INDEPENDENTE	00:58:49	00:58:26	00:31:01	05:52
512	139	LORENZO CORRAL, FERNANDO	234	SENIOR MASCULIN	INDEPENDENTE	00:58:49	00:58:26	00:31:00	05:52
513	126	LAGOS PEREIRO, JUAN JOSE	235	SENIOR MASCULIN	INDEPENDENTE	00:59:13	00:58:59	00:30:14	05:55
514	268	CONDE VAZQUEZ, LORENA	17	SENIOR FEMENINO	INDEPENDENTE	00:59:29	00:59:06	00:31:50	05:56
515	486	MALLO DOMINGUEZ, ANA MARIA	27	VETERANA FEMENI	INDEPENDENTE	00:59:33	00:59:13	00:32:03	05:57
516	212	RODRIGUEZ RODRIGUEZ, MIGUEL AN	236	SENIOR MASCULIN	INDEPENDENTE	00:59:33	00:59:10	00:32:00	05:57
517	283	RODRIGUEZ GONZALEZ, LAURA	18	SENIOR FEMENINO	INDEPENDENTE	01:00:09	00:59:56	00:32:02	06:00
518	290	BAULDE SUMAY, ANGELA	4	XUNIOR FEMENINO	PIR.AS TORRES DE CAT	01:00:14	01:00:13	00:31:54	06:01
519	274	GUTIERREZ MOUGAN, LUCIA	19	SENIOR FEMENINO	INDEPENDENTE	01:00:18	00:59:52	00:30:18	06:01
520	269	DIAZ LOPEZ, ELIZABETH	20	SENIOR FEMENINO	RIBADEO	01:00:21	00:59:59	00:32:29	06:02
521	322	ALFONSIN SOLIÑO, GONZALO	132	VETERANO MASCUL	YOMISMO	01:01:04	01:00:50	00:33:20	06:06
522	144	LUSQUIÑOS TORRES, DIEGUITO	237	SENIOR MASCULIN	INDEPENDENTE	01:01:08	01:00:41	00:31:39	06:06
523	151	MERA QUINTAS, XOSE ELISEU	238	SENIOR MASCULIN	INDEPENDENTE	01:01:29	01:01:04	00:33:30	06:08
524	155	MOLARES AGRELO, JORGE	239	SENIOR MASCULIN	INDEPENDENTE	01:01:30	01:01:13	00:33:37	06:09
525	525	FERREIRO CAMPOS, MIGUEL ANGEL	72	SUPERVETERANO M	INDEPENDENTE	01:01:33	01:01:24	00:33:22	06:09
526	372	GERPE CALVO, JOSE	133	VETERANO MASCUL	INDEPENDENTE	01:01:39	01:01:12	00:33:20	06:09
527	470	BARRAL, MARIETA	28	VETERANA FEMENI	INDEPENDENTE	01:01:41	01:01:23	00:32:40	06:10



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PREMIUM SPORT SOLUTIONS



**XXXIV****CARRERA POPULAR  
DE NEGREIRA**

10 de noviembre de 2013

**CLASIFICACIÓN 3ª CARRERA  
XUNIOR – SENIOR - VETERANOS DISTANCIA: 10.000 m.**

PUESTO	DORSAL	NOMBRE	CAT	CATEGORIA	CLUB	TIEMPO OFICIAL	TIEMPO NETO	PUNTO INT. Km. 5,5	RITMO
528	142	LOSADA GARCIA, MARCOS	240	SENIOR MASCULIN	NOITEBRA FC	01:01:42	01:01:24	00:32:40	06:10
529	581	DE LA FUENTE ESTEVEZ, ALBERTO	73	SUPERVETERANO M	INDEPENDENTE	01:03:20	01:02:59	00:34:04	06:20
530	303	CASTRO CANOSA, ANA	5	XUNIOR FEMENINO	AD OLIMPIA	01:04:29	01:04:16	00:34:18	06:26
531	288	VIEIRA LEITE, CECILIA	21	SENIOR FEMENINO	INDEPENDENTE	01:04:33	01:04:12	00:33:28	06:27
532	520	DOMINGUEZ SENRA, JOSE	74	SUPERVETERANO M	INDEPENDENTE	01:04:33	01:04:27	00:35:01	06:27
533	478	CRUZ AÑON, MARTA	29	VETERANA FEMENI	ATLETES ESTEIRO	01:05:39	01:05:18	00:34:23	06:33
534	275	HOPOLITO PEREZ, ANDREA	22	SENIOR FEMENINO	INDEPENDENTE	01:06:26	01:06:03	00:35:26	06:38
535	263	VIEITES GARCIA, JAVIER	241	SENIOR MASCULIN	INDEPENDENTE	01:06:26	01:06:02	00:35:30	06:38
536	272	GARCIA COUCEIRO, NURIA	23	SENIOR FEMENINO	NEGREIRA	01:06:26	01:06:03	00:35:30	06:38
537	325	AMEIJEIRAS SANCHEZ, CAMILO	134	VETERANO MASCUL	INDEPENDENTE	01:13:35	01:13:07	00:37:33	07:21
538	583	NEIRA HERMIDA, JOSE	75	SUPERVETERANO M	INDEPENDENTE	01:25:48	01:25:34	00:47:02	08:34
539	304	VARELA RIVAS, VANESA	6	XUNIOR FEMENINO	USC SGO.COMPOSTELA	01:25:52	01:25:40	00:47:01	08:35

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