



Concello
de Friol



V CARREIRA POPULAR CONCELLO DE FRIOL, 22 de abril do 2018

Proba Absoluta. Distancia: 5.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Licencia	Club	Localidad
1	2	GUSTAVO PLATAS VIDAL		DM- 1	00:16:33	00:03:19	00:16:33	00:03:19		PLATINI TEAMH	LUGO
2	168	JAVIER NEIRA VÁZQUEZ		CM- 1	00:16:36	00:03:20	00:16:36	00:03:20	GA769202	PLATINI TEAMH	LUGO
3	6	PEPEÁNGEL SÁNCHEZ REDONDO		FM- 1	00:16:39	00:03:20	00:16:37	00:03:20		Fluvial de Lugo Monte Segade (masculino)H	LUGO
4	5	JOSE MANUEL CORRAL LOPEZ		FM- 2	00:16:42	00:03:21	00:16:41	00:03:21			LUGO
5	113	ADRIÁN CASTRO RODRÍGUEZ		CM- 2	00:17:06	00:03:26	00:17:03	00:03:25		PLATINI TEAMH	LUGO
6	24	JOSÉ MANUEL PENAS VARELA		CM- 3	00:17:12	00:03:27	00:17:09	00:03:26			SANTISO
7	111	HIGINIO RODRÍGUEZ SOUTO		HM- 1	00:17:15	00:03:27	00:17:12	00:03:27		Fluvial de Lugo Monte Segade (masculino)H	LUGO
8	218	JAVIER VEIGA ARROJO		CM- 4	00:17:17	00:03:28	00:17:15	00:03:27			LUGO
9	12	JOSE GARCIA ALVARIÑO		S16M- 1	00:17:18	00:03:28	00:17:18	00:03:28			LUGO
10	26	JOSE MARIA SANCHEZ SAN LUIS		DM- 2	00:17:19	00:03:28	00:17:17	00:03:28	AG2018856		CULLEREDO
11	161	JOSE BARREIRO		EM- 1	00:17:31	00:03:31	00:17:30	00:03:30		GARROTEH	LUGO
12	107	PABLO DEVESA FARIÑAS		S20/23M- 1	00:17:42	00:03:33	00:17:39	00:03:32		Fluvial de Lugo Monte Segade (masculino)H	LUGO
13	153	MANUEL PÉREZ		FM- 3	00:17:49	00:03:34	00:17:46	00:03:34			AMES
14	55	JESÚS CORRAL MATO		S20/23M- 2	00:17:50	00:03:34	00:17:47	00:03:34			LUGO
15	310	CRISTIAN SANTOS BUJAN		S18M- 1	00:17:57	00:03:36	00:17:54	00:03:35		ATLETISMO FRIOL MASCULINOH	FRIOL
16	151	PABLO DIAZ ATANES		DM- 3	00:18:03	00:03:37	00:18:01	00:03:37			RÁBADE
17	84	MANUEL MARTINEZ FERNANDEZ		EM- 2	00:18:04	00:03:37	00:18:01	00:03:37		Corre por BegonteH	RABADE
18	101	ROBERTO VALE GARCIA		FM- 4	00:18:05	00:03:37	00:18:03	00:03:37	AG 766063	Fluvial de Lugo Monte Segade (masculino)H	LUGO
19	34	JESÚS RIVAS PRADO		EM- 3	00:18:08	00:03:38	00:18:05	00:03:37		ATLETISMO FRIOL SENIORH	LUGO
20	406	GERARDO RAPOSO BUJAN		GM- 1	00:18:13	00:03:39	00:18:10	00:03:38	GA 17643		LUGO
21	60	RUBÉN VÁZQUEZ VÁZQUEZ		CM- 5	00:18:26	00:03:42	00:18:22	00:03:41			OUTEIRO DE REI
22	407	MARCOS CODESAL JUL		CM- 6	00:18:28	00:03:42	00:18:24	00:03:41			LUGO
23	197	DIEGO YAÑEZ LAMAS		CM- 7	00:18:28	00:03:42	00:18:24	00:03:41		GARROTEH	COSPEITO
24	302	MARCOS BURGO LÁZARE		S18M- 2	00:18:29	00:03:42	00:18:27	00:03:42		ATLETISMO FRIOL MASCULINOH	FRIOL
25	70	ROBERTO GONZALEZ GARCÍA		FM- 5	00:18:30	00:03:42	00:18:25	00:03:41			LUGO
26	154	DAVID VEIGA ARROJO		CM- 8	00:18:32	00:03:43	00:18:30	00:03:42	GA765524		LUGO
27	77	EDELMIRO MARTINEZ ROCA		EM- 4	00:18:34	00:03:43	00:18:26	00:03:42			VILLALBA
28	87	JOSE ULLA ROCHA		FM- 6	00:18:36	00:03:44	00:18:34	00:03:43		Corre por BegonteH	BEGONTE
29	96	JOSE MANUEL ALVAREZ RIVAS		GM- 2	00:18:37	00:03:44	00:18:32	00:03:43			LUGO
30	47	JUAN LUIS MENDEZ PAZ		DM- 4	00:18:40	00:03:44	00:18:36	00:03:44		CLUB ATLETISMO LOURENZÁH	LOURENZÁ
31	102	JOSÉ ANTONIO REY FERNÁNDEZ		GM- 3	00:18:43	00:03:45	00:18:39	00:03:44		Fluvial de Lugo Monte Segade (masculino)H	LUGO
32	164	JAVIER TORO MONTERO		IM- 1	00:18:46	00:03:46	00:18:43	00:03:45	GA 14096		LUGO
33	65	HENRIQUE TELO FERNANDEZ		CM- 9	00:18:53	00:03:47	00:18:48	00:03:46			SOILAN
34	1	MARÍA HURTADO SANJURJO	F- 1	CF- 1	00:18:54	00:03:47	00:18:54	00:03:47	GA 764905		LUGO
35	100	VICTOR MANUEL ALVAREZ PRIEGUE		HM- 2	00:18:54	00:03:47	00:18:51	00:03:47			LUGO
36	172	LUIS LOPEZ VAZQUEZ		EM- 5	00:18:56	00:03:48	00:18:56	00:03:48			GUIRIZ
37	103	EDUARDO OTERO SALGADO		GM- 4	00:18:56	00:03:48	00:18:53	00:03:47			LUGO
38	130	FRANCISCO JAVIER CARBALLIDO SANFIZ		EM- 6	00:18:57	00:03:48	00:18:55	00:03:47		PLATINI TEAMH	LUGO
39	36	ANTÓN RODRIGUEZ GONZALEZ		CM- 10	00:18:57	00:03:48	00:18:49	00:03:46	FEDERADO		CASTRO RIBERAS DE LEA
40	173	SAUL VALCARCEL NOVO		GM- 5	00:18:58	00:03:48	00:18:55	00:03:47			CASTROVERDE
41	308	MIGUEL ÁNGEL SÁNCHEZ LÓPEZ		S18M- 3	00:19:01	00:03:49	00:18:58	00:03:48		ATLETISMO FRIOL MASCULINOH	FRIOL
42	20	JAVIER SÁNCHEZ LÓPEZ		FM- 7	00:19:05	00:03:49	00:19:02	00:03:49		ABRENTE LUGOH	LUGO
43	61	ALEJANDRO GONZALEZ CASANOVA		DM- 5	00:19:10	00:03:50	00:19:04	00:03:49			LUGO
44	160	MANEL REDONDO SOL		DM- 6	00:19:12	00:03:51	00:19:09	00:03:50		GARROTEH	LUGO

45	44	RUBÉN GARCÍA PIÑEIROA	FM- 8	00:19:13	00:03:51	00:19:08	00:03:50	CLUB ATLETISMO LOURENZÁH	LOURENZÁ
46	311	NOEL VILLARABIDE PRADO	S16M- 2	00:19:13	00:03:51	00:19:10	00:03:50	ATLETISMO FRIOL MASCULINOH	FRIOL
47	342	SERGIO PETEIRO IGLESIAS	S20/23M- 3	00:19:15	00:03:51	00:19:08	00:03:50		MATODOSO
48	25	GONZALO MUIÑO CODESIDO	FM- 9	00:19:19	00:03:52	00:19:17	00:03:52		CAMBRE
49	42	IVAN VARELA CARREIRA	DM- 7	00:19:23	00:03:53	00:19:09	00:03:50		MELIDE
50	230	JOSÉ LUIS LÓPEZ IGNACIO	CM- 11	00:19:25	00:03:53	00:19:22	00:03:53	GARROTEH	LUGO
51	163	ANA ABUÍN RODRÍGUEZ	F- 2 DF- 1	00:19:25	00:03:53	00:19:21	00:03:53	MilongasF	LUGO
52	309	NOELIA SÁNCHEZ LÓPEZ	F- 3 S16F- 1	00:19:27	00:03:54	00:19:24	00:03:53	ATLETISMO FRIOLF	FRIOL
53	245	ALVARO RODRIGUEZ BURGO	CM- 12	00:19:28	00:03:54	00:19:22	00:03:53		LUGO
54	314	JAVIER MOSCOSO	S16M- 3	00:19:30	00:03:54	00:19:27	00:03:54		LUGO
55	95	ALBERTO ARIAS TORRON	FM- 10	00:19:31	00:03:55	00:19:24	00:03:53		LUGO
56	108	ISIDORO FEIJOÓ ANSEÁN	IM- 2	00:19:33	00:03:55	00:19:29	00:03:54		LUGO
57	75	MANUEL CABARCOS MIRAGAYA	FM- 11	00:19:33	00:03:55	00:19:25	00:03:53		VILALBA
58	79	JOSE ANTONIO LOPEZ PUENTE	DM- 8	00:19:33	00:03:55	00:19:27	00:03:54	Corre por BegonteH	BEGONTE
59	303	SAMUEL CASTEDO HERMIDA	S16M- 4	00:19:34	00:03:55	00:19:30	00:03:54	ATLETISMO FRIOL MASCULINOH	FRIOL
60	110	EMILIO VEIGA PIÑEIRO	HM- 3	00:19:38	00:03:56	00:19:33	00:03:55		LUGO
61	306	NEREA LAGE GIL	F- 4 S16F- 2	00:19:39	00:03:56	00:19:35	00:03:55	ATLETISMO FRIOLF	FRIOL
62	72	IVAN SANGIAO DARRIBA	CM- 13	00:19:40	00:03:56	00:19:38	00:03:56		RABADE
63	80	JOSE LUIS FREIRE REGUEIRO	EM- 7	00:19:41	00:03:57	00:19:35	00:03:55	Corre por BegonteH	RABADE
64	126	JOSÉ ANTONIO JUL NEIRA	FM- 12	00:19:44	00:03:57	00:19:38	00:03:56		LUGO
65	8	KARINA PASARIN MON	F- 5 EF- 1	00:19:46	00:03:58	00:19:43	00:03:57		LUGO
66	176	CARLOS PEREZ VALIN	DM- 9	00:19:49	00:03:58	00:19:44	00:03:57	ZEPPELIN TORGUESA FINFLOOR MAUROACUPUN_MH	LUGO
67	190	MARTÍN ÁLVAREZ DURÁNDEZ	FM- 13	00:19:51	00:03:59	00:19:39	00:03:56		LUGO
68	81	ALBERTO LOPEZ PRADO	FM- 14	00:19:52	00:03:59	00:19:46	00:03:58	Corre por BegonteH	RABADE
69	4	ANA BELEN GONZALEZ MARGARIDE	F- 6 EF- 2	00:19:56	00:04:00	00:19:55	00:03:59		A PONTENOVA
70	152	JAVIER ANGEL VAZQUEZ OREJAS	GM- 6	00:19:58	00:04:00	00:19:54	00:03:59		RABADE
71	118	JORGE CORREAL CAGIAO	FM- 15	00:19:58	00:04:00	00:19:51	00:03:59		LUGO
72	45	JOSE MANUEL CARREIRA NUÑEZ	FM- 16	00:20:04	00:04:01	00:19:58	00:04:00	CLUB ATLETISMO LOURENZÁH	OUTERO DE REI
73	125	BRAIS GARCÍA VALÍN	S20/23M- 4	00:20:08	00:04:02	00:20:05	00:04:01		GUNTIN
74	30	NEMESIO GUTIÉRREZ GONZÁLEZ	IM- 3	00:20:08	00:04:02	00:20:02	00:04:01	ATLETISMO FRIOL SENIORH	LUGO
75	7	MARÍA CARBALLIDO CASTRO	F- 7 S18F- 1	00:20:13	00:04:03	00:20:10	00:04:02	ATLETISMO FRIOLF	FRIOL
76	158	MARTA VALÍN SÁNDEZ	F- 8 EF- 3	00:20:14	00:04:03	00:20:12	00:04:03	MilongasF	LUGO
77	85	JOSE RAMON REY RUIZ	HM- 4	00:20:14	00:04:03	00:20:09	00:04:02	Corre por BegonteH	LUGO
78	3	RUBEN CASTRO PORTELA	DM- 10	00:20:15	00:04:03	00:20:12	00:04:03		LUGO
79	105	JOSÉ MANUEL RODRÍGUEZ ESPÍÑEIRA	HM- 5	00:20:17	00:04:04	00:20:12	00:04:03	Fluvial de Lugo Monte Segade (masculino)H	LUGO
80	195	MARCOS CORRAL LOPEZ	CM- 14	00:20:17	00:04:04	00:20:11	00:04:03		LUGO
81	307	ÁNGEL MARTÍNEZ LÓPEZ	S18M- 4	00:20:19	00:04:04	00:20:11	00:04:03	ATLETISMO FRIOL MASCULINOH	FRIOL
82	41	MARCELINO MANEIRO MANEIRO	FM- 17	00:20:23	00:04:05	00:20:19	00:04:04		FRIOL
83	241	LUIS ALBERTO GONZÁLEZ FERNÁNDEZ	CM- 15	00:20:28	00:04:06	00:20:25	00:04:05		LUGO
84	149	WILMAR DOMINGUEZ ALDARIZ	CM- 16	00:20:33	00:04:07	00:20:28	00:04:06		LUGO
85	21	ALBERTO LÓPEZ VÁZQUEZ	DM- 11	00:20:38	00:04:08	00:20:31	00:04:07	ABRENTE LUGOH	LUGO
86	58	MANUEL PASTRANA CRUZ	HM- 6	00:20:49	00:04:10	00:20:43	00:04:09		LUGO
87	175	IVÁN DIÉGUEZ BALADRÓN	EM- 8	00:20:49	00:04:10	00:20:44	00:04:09	ZEPPELIN TORGUESA FINFLOOR MAUROACUPUN_MH	OURENSE
88	19	CARLOS BREJO TEIXEIRA	FM- 18	00:20:55	00:04:11	00:20:50	00:04:10	ABRENTE LUGOH	LUGO
89	56	ADRIÁN BARRERA GONZÁLEZ	CM- 17	00:20:59	00:04:12	00:20:52	00:04:11		BEGONTE
90	217	TERESA CORRAL MARCOS	F- 9 GF- 1	00:21:02	00:04:13	00:20:56	00:04:12	MilongasF	LUGO
91	18	MANUEL LÓPEZ LODEIRO	EM- 9	00:21:06	00:04:14	00:21:01	00:04:13	ABRENTE LUGOH	FRIOL
92	182	JULIAN RODRIGUEZ GARZON	FM- 19	00:21:15	00:04:15	00:21:07	00:04:14		LUGO
93	53	ÁLVARO MEILÁN PACIO	CM- 18	00:21:18	00:04:16	00:21:09	00:04:14		LUGO

94	225	MIGUEL DÍAZ BOTANA	DM- 12	00:21:18	00:04:16	00:21:12	00:04:15		LUGO
95	312	JUAN ZAS MARÍN	S16M- 5	00:21:22	00:04:17	00:21:16	00:04:16	ATLETISMO FRIOL MASCULINOH	FRIOL
96	11	RAÚL LÓPEZ DÍAZ	S18M- 5	00:21:26	00:04:18	00:21:17	00:04:16		RABADE
97	216	JOSÉ ANTONIO VALIÑO RICO	EM- 10	00:21:29	00:04:18	00:21:16	00:04:16		LUGO
98	51	GABRIEL CORTON FERNANDEZ	GM- 7	00:21:32	00:04:19	00:21:27	00:04:18		LUGO
99	35	MARCOS LAGE ARES	EM- 11	00:21:32	00:04:19	00:21:23	00:04:17	ATLETISMO FRIOL SENIORH	FRIOL
100	10	ADRIAN GONZÁLEZ FERNÁNDEZ	S18M- 6	00:21:34	00:04:19	00:21:25	00:04:17		LUGO
101	219	CARLOS OTERO SALIDO	CM- 19	00:21:36	00:04:20	00:21:29	00:04:18		LUGO
102	200	CARLA TRILLO FERNANDEZ	F- 10 CF- 2	00:21:37	00:04:20	00:21:33	00:04:19		BURELA
103	331	MARTIN ROZAS RAMOS	EM- 12	00:21:38	00:04:20	00:21:26	00:04:18		SANTIAGO DE COMPOSTELA
104	159	VICENTE SANMARTIN VIGO	EM- 13	00:21:39	00:04:20	00:21:32	00:04:19	AG2016720	GUITIRIZ
105	119	JOSE LUIS MERODIO VÁZQUEZ	JM- 1	00:21:39	00:04:20	00:21:29	00:04:18		LUGO
106	372	JOSE QUIROGA GARCIA	DM- 13	00:21:40	00:04:20	00:21:27	00:04:18		
107	170	KAROLA BÖHME	F- 11 DF- 2	00:21:41	00:04:21	00:21:35	00:04:19	GA769110 MilongasF	LUGO
108	155	DIEGO LUIS VILA BOURIO	CM- 20	00:21:43	00:04:21	00:21:36	00:04:20		LUGO
109	247	JOSÉ CARLOS MEJUTO SUÁREZ	EM- 14	00:21:44	00:04:21	00:21:35	00:04:19		LUGO
110	305	ALEJANDRO FERNÁNDEZ REBOLO	S16M- 6	00:21:44	00:04:21	00:21:36	00:04:20	ATLETISMO FRIOL MASCULINOH	FRIOL
111	177	MARCO DIAZ	EM- 15	00:21:45	00:04:21	00:21:37	00:04:20		LUGO
112	68	ENRIQUE LOPEZ FOLGUEIRAS	IM- 4	00:21:49	00:04:22	00:21:41	00:04:21		LUGO
113	117	JOSE CARLOS CARREGAL SANCHEZ	HM- 7	00:21:57	00:04:24	00:21:50	00:04:22	Fluvial de Lugo Monte Segade (masculino)H	LUGO
114	99	MARIAN BERDEAL CUBA	F- 12 EF- 4	00:21:57	00:04:24	00:21:54	00:04:23	MilongasF	LUGO
115	174	JOSE MANUEL ROMERO OLVEIRA	HM- 8	00:21:58	00:04:24	00:21:45	00:04:21	AG2017505	POBRA DO CARAMIÑAL
116	122	PABLO IRIMIA REGA	S20/23M- 5	00:22:02	00:04:25	00:21:58	00:04:24	CLUB ATLETISMO LOURENZÁH	LOURENZÁ
117	16	JAIIME VARELA VIÑA	EM- 16	00:22:08	00:04:26	00:22:00	00:04:24		LUGO
118	157	SANTIAGO CABADO ESTRAVIZ	HM- 9	00:22:09	00:04:26	00:22:06	00:04:26		LUGO
119	351	SUSO RODRÍGUEZ RODRÍGUEZ	FM- 20	00:22:11	00:04:27	00:22:03	00:04:25		AMES
120	404	RICARDO SANDE CEA	EM- 17	00:22:13	00:04:27	00:21:59	00:04:24		MELIDE
121	332	JOSEÉ MANUEL NÚÑEZ NÚÑEZ	CM- 21	00:22:14	00:04:27	00:22:01	00:04:25		SANTA MARÍA ALTA
122	98	JOSE CARLOS SILVOSA PIÑEIRO	FM- 21	00:22:15	00:04:27	00:22:07	00:04:26	Fluvial de Lugo Monte Segade (masculino)H	CASTRO DE REY
123	89	ALBERTO REY CASTRO	GM- 8	00:22:15	00:04:27	00:22:04	00:04:25	Corre por BegonteH	GUITIRIZ
124	248	JOSE LUIS FERNANDEZ PEÑAMARIA	DM- 14	00:22:16	00:04:28	00:22:10	00:04:26		LUGO
125	38	JOSE CARLOS MILLARES DOMENECH	GM- 9	00:22:17	00:04:28	00:22:06	00:04:26		LUGO
126	127	MARCIAL FOLGUEIRA ABRAIRA	IM- 5	00:22:18	00:04:28	00:22:10	00:04:26		LUGO
127	330	MAITE COUTO MENDOZA	F- 13 DF- 3	00:22:19	00:04:28	00:22:08	00:04:26	AG 2023259	BOQUEIXÓN
128	221	ADRIÁN VILELA DARRIBA	CM- 22	00:22:25	00:04:29	00:22:17	00:04:28		LUGO
129	179	MANUEL VILA CARBALEDO	IM- 6	00:22:28	00:04:30	00:22:21	00:04:29	ZEPPELIN TORGUESA FINFLOOR MAUROACUPUN_MH	LUGO
130	224	MANUEL FERREIRO OROSA	CM- 23	00:22:29	00:04:30	00:22:17	00:04:28		VILALBA
131	112	LUIS ACEBEDO CORNIDE	HM- 10	00:22:32	00:04:31	00:22:24	00:04:29	Fluvial de Lugo Monte Segade (masculino)H	LUGO
132	207	CARLOS LÓPEZ DÍAZ	FM- 22	00:22:33	00:04:31	00:22:28	00:04:30		LUGO
133	304	ANDREA FARIÑAS GARCÍA	F- 14 S16F- 3	00:22:35	00:04:31	00:22:31	00:04:31	ATLETISMO FRIOLF	FRIOL
134	165	JUAN CARLOS YAÑEZ LAMAS	FM- 23	00:22:39	00:04:32	00:22:28	00:04:30	GARROTEH	COSPEITO
135	74	JUAN MANUEL TABOADA BARREIRO	FM- 24	00:22:40	00:04:32	00:22:30	00:04:30	AG2017938	CURTIS
136	82	ALVARO ROZAS MARTINEZ	CM- 24	00:22:41	00:04:33	00:22:34	00:04:31	Corre por BegonteH	VILALBA
137	348	OSCAR RODRIGUEZ VIDAL	CM- 25	00:22:43	00:04:33	00:22:32	00:04:31		FRIOL
138	13	ANA VALLINES FERNÁNDEZ	F- 15 S16F- 4	00:22:43	00:04:33	00:22:38	00:04:32	MADERAS BARCIA LOURENZÁF	LOURENZÁ
139	301	VANESA BLANCO CRUZ	F- 16 S18F- 2	00:22:43	00:04:33	00:22:37	00:04:32	ATLETISMO FRIOLF	FRIOL
140	249	JULIO DIAZ DIAZ	DM- 15	00:22:43	00:04:33	00:22:37	00:04:32		MURAS
141	373	RAQUEL GUIZÁN CASTRO	F- 17 CF- 3	00:22:43	00:04:33	00:22:37	00:04:32		
142	166	LAURA SANTIN SANTIN	F- 18 CF- 4	00:22:45	00:04:33	00:22:38	00:04:32		LUGO

143	322	ALVARO CASTEDO HERMIDA	EM- 18	00:22:49	00:04:34	00:22:38	00:04:32	ATLETISMO FRIOL SENIORH	FRIOL
144	341	MANUEL ANTONIO AGUIAR SALVADOR	FM- 25	00:22:50	00:04:34	00:22:39	00:04:32		FRIOL
145	401	LUIS FERNANDEZ REY	CM- 26	00:22:50	00:04:34	00:22:41	00:04:33		OUTEIRO DE REI
146	86	MARCOS LÓPEZ RAMIL	CM- 27	00:22:52	00:04:35	00:22:45	00:04:33	Corre por BegonteH	BEGONTE
147	317	MARIÑA SALVATIERRA OTERO	F- 19 S16F- 5	00:22:57	00:04:36	00:22:51	00:04:35	MADERAS BARCIA LOURENZÁF	LOURENZÁ
148	17	MARÍA SOUTO PRIETO	F- 20 CF- 5	00:22:59	00:04:36	00:22:53	00:04:35		VILALBA
149	208	GONZALO PEREZ LÓPEZ	JM- 2	00:22:59	00:04:36	00:22:54	00:04:35		LUGO
150	114	ELISEO CORRAL VEIGA	JM- 3	00:22:59	00:04:36	00:22:51	00:04:35	AG 767011 Fluvial de Lugo Monte Segade (masculino)H	LUGO
151	162	PI DOMÍNGUEZ PEREIRA	F- 21 GF- 2	00:23:01	00:04:37	00:22:53	00:04:35	MilongasF	LUGO
152	318	CARME ALONSO MOURELLE	F- 22 S16F- 6	00:23:03	00:04:37	00:22:57	00:04:36	MADERAS BARCIA LOURENZÁF	LOURENZÁ
153	316	UXÍA SALVATIERRA OTERO	F- 23 S16F- 7	00:23:03	00:04:37	00:22:57	00:04:36	MADERAS BARCIA LOURENZÁF	LOURENZÁ
154	141	SUSANA FERNANDEZ COPA	F- 24 GF- 3	00:23:03	00:04:37	00:22:54	00:04:35		LUGO
155	191	CONSTANTINO FERNANDEZ POZO	HM- 11	00:23:06	00:04:38	00:23:00	00:04:36		LUGO
156	235	MIRTA FLORES CUESTA	F- 25 CF- 6	00:23:08	00:04:38	00:22:58	00:04:36		LUGO
157	209	GABRIEL VIAN PÉREZ	S20/23M- 6	00:23:12	00:04:39	00:23:03	00:04:37		A PASTORIZA
158	23	OSCAR LÓPEZ CASTRO	DM- 16	00:23:24	00:04:41	00:23:15	00:04:39	ABRENTE LUGOH	LUGO
159	321	FERNANDO VARELA CARREIRA	CM- 28	00:23:26	00:04:42	00:23:12	00:04:39		MELIDE
160	344	PABLO TEIJEIRO CARREIRA	CM- 29	00:23:33	00:04:43	00:23:23	00:04:41		LUGO
161	109	ALEJANDRO CUADROS VEGA	GM- 10	00:23:34	00:04:43	00:23:21	00:04:41	Fluvial de Lugo Monte Segade (masculino)H	LUGO
162	239	OLEG DZHEVELO	FM- 26	00:23:37	00:04:44	00:23:20	00:04:40		LUGO
163	150	EDUARDO BARRAL PRADO	FM- 27	00:23:40	00:04:44	00:23:21	00:04:41		LUGO
164	97	JOSE GARCIA PINAL	GM- 11	00:23:42	00:04:45	00:23:30	00:04:42		LUGO
165	315	ANXO EDROSA VEIGA	S16M- 7	00:23:49	00:04:46	00:23:45	00:04:45		VILANOVA
166	27	MANUEL CEIDE SANTOS	IM- 7	00:23:50	00:04:46	00:23:30	00:04:42		FRIOL
167	67	NESTOR ARIAS PAZ	FM- 28	00:24:03	00:04:49	00:23:55	00:04:47		LUGO
168	49	JOSE LUIS AMIGO DIGÓN	GM- 12	00:24:04	00:04:49	00:23:53	00:04:47		LUGO
169	50	ANTONIO RIO LOMBARDEIRO	HM- 12	00:24:07	00:04:50	00:23:56	00:04:48		LUGO
170	357	PABLO GOMEZ DANS	S20/23M- 7	00:24:07	00:04:50	00:23:47	00:04:46		ABEGONDO
171	131	JESUS PARGA EXPOSITO	GM- 13	00:24:08	00:04:50	00:24:01	00:04:49		LUGO
172	132	Mª ISABEL MASEDA FRAGA	F- 26 GF- 4	00:24:08	00:04:50	00:24:02	00:04:49		LUGO
173	73	RAFAEL DIZ VEIGA	GM- 14	00:24:10	00:04:50	00:24:00	00:04:48	ZEPPELIN TORGUESA FINFLOOR MAUROACUPUN_MH A CORUÑA	
174	210	IVAN FLORES VAZQUEZ	DM- 17	00:24:14	00:04:51	00:24:01	00:04:49		LUGO
175	363	JUAN GONZÁLEZ ARES	EM- 19	00:24:18	00:04:52	00:24:00	00:04:48		SOBRADO DOS MONXES
176	59	VÍCTOR FERNÁNDEZ VÁZQUEZ	EM- 20	00:24:19	00:04:52	00:24:07	00:04:50		LUGO
177	57	Mª SONIA VÁZQUEZ VILABRILLE	F- 27 EF- 5	00:24:19	00:04:52	00:24:08	00:04:50		LUGO
178	203	PAULA PALMEIRO IGLESIAS	F- 28 DF- 4	00:24:21	00:04:53	00:24:11	00:04:51		FRIOL
179	146	ROCÍO GANDOY SOENGAS	F- 29 CF- 7	00:24:26	00:04:54	00:24:21	00:04:53		LUGO
180	327	EMMA FERRADAS BLANCO	F- 30 CF- 8	00:24:28	00:04:54	00:24:10	00:04:50		LALIN
181	37	AGUSTÍN CASAS CARREIRA	FM- 29	00:24:30	00:04:54	00:24:15	00:04:51		LUGO
182	40	ANGEL BLANCO MORAN	HM- 13	00:24:31	00:04:55	00:24:15	00:04:51		SAN MARTIN DE GUILLAR
183	345	ANA BELEN VARELA GIL	EM- 21	00:24:32	00:04:55	00:24:23	00:04:53		FRIOL
184	94	JESÚS RODRÍGUEZ TORRES	EM- 22	00:24:35	00:04:55	00:24:18	00:04:52		LUGO
185	215	EVA RIOS	F- 31 CF- 9	00:24:37	00:04:56	00:24:19	00:04:52	corre por begonteF	LUGO
186	352	CELERINO PEDREIRA COROAS	JM- 4	00:24:40	00:04:56	00:24:27	00:04:54		MOECHE
187	31	JOSE ANGEL VAZQUEZ MARTINEZ	GM- 15	00:24:41	00:04:57	00:24:22	00:04:53	ATLETISMO FRIOL SENIORH	FRIOL
188	236	JUAN DANIEL GORGOSO FERNANDEZ	GM- 16	00:24:42	00:04:57	00:24:23	00:04:53		LUGO
189	325	SANTIAGO CARBALLIDO CASTRO	CM- 30	00:24:44	00:04:57	00:24:26	00:04:54		FRIOL
190	90	CHEMA BERGANTIÑOS LOPEZ	EM- 23	00:24:49	00:04:58	00:24:36	00:04:56	Corre por BegonteH	GUITIRIZ
191	188	JOSÉ MANUEL PREGO LÓPEZ	JM- 5	00:24:50	00:04:58	00:24:44	00:04:57		PONTEDEUME

192	135	GEMA ABELLEIRA CORRAL	F- 32	DF- 5	00:24:55	00:04:59	00:24:45	00:04:57	LUGO
193	198	IAGO RODRIGUEZ PARDO		CM- 31	00:24:57	00:05:00	00:24:44	00:04:57	LUGO
194	356	BORJA LOUREDA ABUELO		CM- 32	00:25:04	00:05:01	00:24:43	00:04:57	ABEGONDO
195	355	LUCÍA GARCÍA FOLGUEIRA	F- 33	CF- 10	00:25:07	00:05:02	00:24:59	00:05:00	COSPEITO
196	347	PABLO DOMINGUEZ		DM- 18	00:25:15	00:05:03	00:24:59	00:05:00	BURELA
197	178	CRISTINA GUIZAN CASTRO	F- 34	DF- 6	00:25:20	00:05:04	00:25:09	00:05:02	LUGO
198	189	RAQUEL GRANDIO MONTES	F- 35	CF- 11	00:25:21	00:05:05	00:25:12	00:05:03	LUGO
199	368	MANUEL JESÚS MORANDEIRA VÁZQUEZ		HM- 14	00:25:29	00:05:06	00:25:11	00:05:03	A CORUÑA
200	323	RAFAEL VILLARABIDE PRADO	F- 36	FF- 1	00:25:31	00:05:07	00:25:21	00:05:05	FRIOL
201	145	MONICA SANCHEZ FOLE	F- 37	EF- 6	00:25:36	00:05:08	00:25:25	00:05:05	LUGO
202	246	MARÍA EXPÓSITO ABELEDO	F- 38	CF- 12	00:25:47	00:05:10	00:25:36	00:05:08	LUGO
203	128	EDUARDO FEIJÓO TRIGO		DM- 19	00:25:48	00:05:10	00:25:44	00:05:09	OUTEIRO DE REY
204	338	SONIA CELIJEIRO VÁZQUEZ	F- 39	EF- 7	00:25:50	00:05:10	00:25:35	00:05:07	LUGO
205	233	ELVIRA CEREIJO ARIAS	F- 40	FF- 2	00:25:53	00:05:11	00:25:36	00:05:08	corre por begonteF BEGONTE
206	319	MARTA ALONSO MOURELLE	F- 41	S16F- 8	00:25:57	00:05:12	00:25:51	00:05:11	MADERAS BARCIA LOURENZÁF LOURENZÁ
207	346	ALVARO SANCHEZ FERNANDEZ		S20/23M- 8	00:25:59	00:05:12	00:25:47	00:05:10	LUGO
208	180	LUIS FREIRE CASTRO		FM- 30	00:26:00	00:05:12	00:25:44	00:05:09	CASTRO DE REI
209	14	LARA CASTRO DÍAZ	F- 42	S16F- 9	00:26:00	00:05:12	00:25:54	00:05:11	GUITIRIZ
210	93	CARMEN NOVO VARELA	F- 43	IF- 1	00:26:00	00:05:12	00:25:53	00:05:11	LUGO
211	326	MARGARITA BLANCO DIEGUEZ	F- 44	EF- 8	00:26:03	00:05:13	00:25:45	00:05:09	LALIN
212	353	Mª JOSÉ LÓPEZ SILVA	F- 45	FF- 3	00:26:04	00:05:13	00:25:56	00:05:12	VILALBA
213	48	ABEL AMIGO DIGON		HM- 15	00:26:09	00:05:14	00:25:58	00:05:12	BECERREÁ
214	234	RAMIRO LOPEZ SOUTO		GM- 17	00:26:09	00:05:14	00:25:53	00:05:11	LUGO
215	313	BRIAN RICO NUÑO		S16M- 8	00:26:15	00:05:15	00:26:11	00:05:15	LUGO
216	116	PAULA DIAZ CASTRO	F- 46	EF- 9	00:26:16	00:05:16	00:26:07	00:05:14	LUGO
217	115	FERNANDO PIN GRAÑA		FM- 31	00:26:16	00:05:16	00:26:07	00:05:14	LUGO
218	134	ARLETH PATRICIA TARAZONA AMARIS	F- 47	DF- 7	00:26:18	00:05:16	00:26:12	00:05:15	LUGO
219	69	OSCAR FERNANDEZ NUÑEZ		DM- 20	00:26:27	00:05:18	00:26:16	00:05:16	LUGO
220	66	MARIA LUISA GUTIERREZ BLAZQUEZ	F- 48	GF- 5	00:26:29	00:05:18	00:26:19	00:05:16	LUGO
221	147	MAITE PEREZ PORTO	F- 49	CF- 13	00:26:31	00:05:19	00:26:19	00:05:16	MONFORTE DE LEMOS
222	232	ANA GARCIA MURIAS	F- 50	CF- 14	00:26:31	00:05:19	00:26:17	00:05:16	LUGO
223	52	MARIA REAL RODRIGUEZ	F- 51	CF- 15	00:26:31	00:05:19	00:26:16	00:05:16	LUGO
224	144	MÓNICA DÍAZ BAO	F- 52	CF- 16	00:26:31	00:05:19	00:26:16	00:05:16	LUGO
225	240	RESTITUTO GONZALEZ COBO		HM- 16	00:26:42	00:05:21	00:26:25	00:05:17	LUGO
226	220	PEDRO FERNANDEZ AGUSTI		FM- 32	00:26:52	00:05:23	00:26:42	00:05:21	LUGO
227	243	RAFAEL OTERO OTERO		EM- 24	00:26:53	00:05:23	00:26:43	00:05:21	O CORGO
228	199	PABLO VALIN FERNANDEZ		DM- 21	00:27:08	00:05:26	00:26:56	00:05:24	LUGO
229	91	LUIS PEREZ CAPON		HM- 17	00:27:10	00:05:26	00:26:57	00:05:24	LUGO
230	362	FRANCISCO JAVIER MONTES SANTOS		FM- 33	00:27:11	00:05:27	00:26:52	00:05:23	FRIOL
231	324	ESTELA VILLARABIDE VARELA	F- 53	S20/23F- 1	00:27:16	00:05:28	00:27:04	00:05:25	FRIOL
232	202	NOELIA SANTÍN FERNÁNDEZ	F- 54	CF- 17	00:27:16	00:05:28	00:27:03	00:05:25	LUGO
233	361	CRISTIAN MARTINEZ SUAREZ		CM- 33	00:27:21	00:05:29	00:27:06	00:05:26	MELIDE
234	405	PATRICIA LOPEZ ANDRADE	F- 55	CF- 18	00:27:22	00:05:29	00:27:06	00:05:26	ANTAS DE ULLA
235	369	JUAN CARLOS VARELA LÓPEZ		FM- 34	00:27:22	00:05:29	00:27:10	00:05:26	ATLETISMO FRIOL SENIORH LUGO
236	238	TAMARA ROMÁN RODRÍGUEZ	F- 56	S20/23F- 2	00:27:23	00:05:29	00:27:15	00:05:27	OUTEIRO DE REI
237	227	LIDIA MENDEZ MAROTE	F- 57	GF- 6	00:27:24	00:05:29	00:27:18	00:05:28	LUGO
238	140	SILVIA FERNÁNDEZ CARBALLO	F- 58	EF- 10	00:27:25	00:05:29	00:27:11	00:05:27	LUGO
239	358	MARIA GARABOA MOSQUERA	F- 59	CF- 19	00:27:37	00:05:32	00:27:17	00:05:28	A CORUÑA
240	340	MÓNICA RODRÍGUEZ REBOLO	F- 60	EF- 11	00:27:38	00:05:32	00:27:23	00:05:29	LUGO

241	339	JAVIER CASTRO GONZÁLEZ	EM- 25	00:27:39	00:05:32	00:27:24	00:05:29		LUGO
242	88	SONIA AMPARO ARIAS REGUEIRO	F- 61 EF- 12	00:27:45	00:05:33	00:27:27	00:05:30	corre por begonteF	BEGONTE
243	78	PLI ROZAS VEIGA	F- 62 FF- 4	00:27:53	00:05:35	00:27:35	00:05:31	corre por begonteF	BEGONTE
244	402	JOSÉ ANTONIO BAÑO VILA	CM- 34	00:27:56	00:05:36	00:27:41	00:05:33		MONTERROSO
245	206	JESÚS BERNAL GÓMEZ	JM- 6	00:28:11	00:05:39	00:28:06	00:05:38		FERROL
246	136	ANA MARIA RIVAS MENDOZA	F- 63 GF- 7	00:28:24	00:05:41	00:28:12	00:05:39		LUGO
247	187	MARIA JESUS EXPOSITO ABELEDO	F- 64 FF- 5	00:28:46	00:05:46	00:28:34	00:05:43		LUGO
248	354	RAMON MOSQUERA PAN	HM- 18	00:28:53	00:05:47	00:28:36	00:05:44		MIÑO
249	194	LETICIA RODRIGUEZ LORENZO	F- 65 DF- 8	00:29:05	00:05:49	00:28:50	00:05:46		LUGO
250	229	MARÍA JOSE MÉNDEZ LÓPEZ	F- 66 GF- 8	00:29:08	00:05:50	00:28:52	00:05:47		LUGO
251	121	ROSALÍA LÓPEZ LÓPEZ	F- 67 CF- 20	00:29:15	00:05:51	00:28:57	00:05:48		SANTALLA DE LAMAS
252	104	JOSE ANTONIO FERNANDEZ BARREIRO	GM- 18	00:29:36	00:05:56	00:29:22	00:05:53	Fluvial de Lugo Monte Segade (masculino)H	LUGO
253	9	EVA FREIRE FERNÁNDEZ	F- 68 S18F- 3	00:29:42	00:05:57	00:29:34	00:05:55	ATLETISMO FRIOLF	CASTRO DE REI
254	28	ESTER MOURENZA FERNANDEZ	F- 69 DF- 9	00:29:50	00:05:58	00:29:32	00:05:55		LUGO
255	183	SILVIA BLANCO FERNANDEZ	F- 70 CF- 21	00:30:10	00:06:02	00:29:54	00:05:59		LUGO
256	143	SUSANA DIAZ COLMENARES	F- 71 FF- 6	00:30:11	00:06:03	00:29:55	00:05:59		LUGO
257	196	MARÍA MÉNDEZ FERNÁNDEZ	F- 72 CF- 22	00:30:29	00:06:06	00:30:18	00:06:04		LUGO
258	83	MARIA ANGELES LOPEZ PIÑEIRO	F- 73 FF- 7	00:30:29	00:06:06	00:30:11	00:06:03	corre por begonteF	GUITIRIZ
259	185	MERCEDES BAL ALVAREDO	F- 74 HF- 1	00:30:37	00:06:08	00:30:21	00:06:05		LUGO
260	71	VERONICA GEADA CASANOVA	F- 75 EF- 13	00:31:33	00:06:19	00:31:24	00:06:17		BEGONTE
261	54	MARTIN FERNANDEZ MARZABAL	S20/23M- 9	00:31:33	00:06:19	00:31:20	00:06:16		LUGO
262	138	DOLORES NEIRA EXTREMEIRO	F- 76 GF- 9	00:31:44	00:06:21	00:31:26	00:06:18		LUGO
263	222	ELADIO PASARIN MON	GM- 19	00:31:46	00:06:22	00:31:29	00:06:18		LUGO
264	231	ANTÍA MENÁN QUIÑOÁ	F- 77 S20/23F- 3	00:31:47	00:06:22	00:31:32	00:06:19		FRIOL
265	228	MARINA PORTABALES SUÁREZ	F- 78 GF- 10	00:32:20	00:06:28	00:32:05	00:06:25		LUGO
266	193	ESTHER CARRIN MÉNDEZ	F- 79 DF- 10	00:32:20	00:06:28	00:32:03	00:06:25		LUGO
267	142	ELISA IGLESIAS NECEGA	F- 80 JF- 1	00:32:20	00:06:28	00:32:07	00:06:26		LUGO
268	212	NOA ORIZALES IGLESIAS	F- 81 DF- 11	00:32:21	00:06:29	00:32:07	00:06:26		ORTIGUEIRA
269	343	MOIRA WALKER	F- 82 EF- 14	00:32:24	00:06:29	00:32:05	00:06:25		A CORUÑA
270	328	MARIBEL VICENTE GONZALEZ	F- 83 HF- 2	00:32:52	00:06:35	00:32:33	00:06:31		MIÑO
271	349	ROSA BLANCO LÓPEZ	F- 84 GF- 11	00:34:04	00:06:49	00:33:48	00:06:46		LUGO
272	213	ANA MARÍA DACAL OTERO	F- 85 GF- 12	00:34:04	00:06:49	00:33:48	00:06:46		LUGO
273	360	LAURA LENCE REDONDO	F- 86 CF- 23	00:34:17	00:06:52	00:33:56	00:06:48		LUGO
274	359	MIGUEL BALLESTER BELZUNCE	CM- 35	00:34:17	00:06:52	00:33:55	00:06:47		A CORUÑA
275	337	BEATRIZ LOUREIRO CORRAL	F- 87 DF- 12	00:34:28	00:06:54	00:34:12	00:06:51		FRIOL
276	370	IVAN VERES	EM- 26	00:34:29	00:06:54	00:34:15	00:06:51		LUGO
277	211	NATALIE HANSLIP	F- 88 DF- 13	00:35:04	00:07:01	00:34:46	00:06:58		BEGONTE
278	139	BEATRIZ GOLÁN PARDO	F- 89 EF- 15	00:35:52	00:07:11	00:35:37	00:07:08		LUGO
279	403	ANA RODRÍGUEZ VELASCO	F- 90 EF- 16	00:35:57	00:07:12	00:35:42	00:07:09		LUGO
280	365	ELVIRA RODRIGUEZ VELASCO	F- 91 EF- 17	00:37:18	00:07:28	00:37:03	00:07:25		LUGO
281	214	FINA FERNÁNDEZ RODRÍGUEZ	F- 92 EF- 18	00:37:35	00:07:31	00:37:19	00:07:28	ATLETISMO FRIOL SENIORF	CASTRO DE REI
282	242	CRISTINA ARIJON BARAZAL	F- 93 HF- 3	00:38:32	00:07:43	00:38:13	00:07:39		OUTEIRO DE REI



Concello de Friol



Categoría: SUB 14

POSTO	DORSAL	APELIDOS	NOME	CLUB	DATA NAC
1	929	RODRIGUEZ GARCÍA	MANUEL	MADERAS BARCIA LOURENZÁ	20/10/2005
2	1001	SÁNCHEZ DEL VALLE	PEPE	CLUB ATLETISMO FRANCISCANOS	21/12/2006
3	906	SÁNCHEZ GÓMEZ	MARCO	LUGO RUNNING CLUB BY RAMOS LOURÉS	24/03/2005
4	915	LÓPEZ RAMOS	JUAN DAVID	ATLETISMO FRIOL	21/12/2005
5	913	FARIÑAS GARCÍA	DAVID	ATLETISMO FRIOL	08/02/2005
6	905	DIAZ PARDO	CARLA	LUCUS CAIXA RURAL GALEGA	31/08/2005
7	930	MENDEZ PIÑEIRO	IAN	MADERAS BARCIA LOURENZÁ	17/07/2006
8	931	GÓMEZ PREGO	PABLO		30/01/2005
9	904	DIAZ DIAZ	ESTELA	LUCUS CAIXA RURAL GALEGA	06/11/2006
10	903	LÓPEZ RAMIL	MIGUEL	LUCUS CAIXA RURAL GALEGA	03/05/2005
11	926	HERRERO PÉREZ	ANGEL	LUCUS CAIXA RURAL GALEGA	18/05/2006
12	919	TRABADO VELO	HÉCTOR	ATLETISMO FRIOL	16/10/2006
13	910	CAMPO RAMOS	MARIO	ATLETISMO FRIOL	23/08/2006
14	909	ARIAS VIZCAINO	REBECA	ATLETISMO FRIOL	18/11/2006
15	924	PAZ PIÑEIRO	BRAIS	COLEXIO CERVANTES	08/12/2006
16	927	HERRERO PÉREZ	CRISTINA	LUCUS CAIXA RURAL GALEGA	18/05/2006
17	920	MARTINEZ GONZALEZ	GUADALUPE	CLUBE ATLETISMO VILALBA	16/03/2005
18	911	CASTIÑEIRA VARELA	XOEL	ATLETISMO FRIOL	26/10/2006
19	928	HERRERO PÉREZ	UXÍA	LUCUS CAIXA RURAL GALEGA	18/05/2006
20	917	MONTES BLANCO	NEREA	ATLETISMO FRIOL	26/10/2005
21	932	CASANOVA CARRIL	MENCÍA		30/05/2006
22	902	FREIRE FERNÁNDEZ	RAÚL	FREIRE	14/02/2006
NP	901	RODRIGUEZ SANCHEZ	DIEGO	CLUB ATLETISMO FRANCISCANOS	19/01/2006
NP	907	FOLGUEIRA DÍAZ	MIGUEL	MONTEPENARUBIA RUNNING	24/12/2005
NP	908	CABARCOS LÓPEZ	VICTOR		21/09/2006
NP	912	ESPIÑEIRA LÓPEZ	ANDREA	ATLETISMO FRIOL	08/07/2005
NP	914	GIL WUBRESKI	MANUELA	ATLETISMO FRIOL	26/11/2006
NP	916	LOURÉS EXPÓSITO	JAVIER	ATLETISMO FRIOL	01/05/2005
NP	918	SANTOS ROADE	LEYRE	ATLETISMO FRIOL	11/05/2005
NP	921	ARIAS CASTIÑEIRA	DIEGO	COLEXIO CERVANTES	15/05/2006
NP	922	LOURÉS PUMARIÑO	BRAIS	COLEXIO CERVANTES	19/12/2006
NP	923	OTERO CAÍNZOS	NATALIA	COLEXIO CERVANTES	19/07/2006
NP	925	PIÑEIRO DÍAZ	ADRIÁN	COLEXIO CERVANTES	06/06/2006

Categoría: SUB 12

POSTO	DORSAL	APELIDOS	NOME	CLUB	DATA NAC
1	833	LOPEZ CASANOVA	HUGO	ED LOURENZA	30/07/2007
2	807	AGUIAR DEL RIO	MATEO	ATLETISMO FRIOL	04/10/2007
3	812	LOUREIRO FRAGA	RAMÓN	ATLETISMO FRIOL	04/03/2008
4	810	CEIDE COUCE	ALDARA	ATLETISMO FRIOL	26/05/2008
5	828	MOUMNI RICO	SAFYA	COLEXIO CERVANTES	06/09/2008
6	821	VILLAR MIRAGAYA	SAMUEL	ATLETISMO FRIOL	02/04/2008
7	835	MÉNDEZ PIÑEIRO	HENAR	MADERAS BARCIA LOURENZÁ	03/11/2008
8	839	DEL BARRIO GÓMEZ	MATEO		12/12/2007
9	831	PUMARES CANCELA	RODRIGO	COLEXIO CERVANTES	05/03/2008
10	803	PAZ PIN	RODRIGO		02/01/2008
11	820	VARELA VILLAMOR	MARCOS	ATLETISMO FRIOL	06/11/2008
12	822	GONZÁLEZ LÓPEZ	MARKEL	CLUB DEPORTIVO ARZUA	21/03/2008
13	811	FAGIL RUEDA	ABEL	ATLETISMO FRIOL	27/03/2008
14	818	NEIRA SIMÓN	IVÁN	ATLETISMO FRIOL	24/03/2008
15	819	SÁNCHEZ LÓPEZ	MATEO	ATLETISMO FRIOL	26/08/2008
16	823	FERNÁNDEZ VÁZQUEZ	SAMUEL	CLUB MONTEPENARUBIA LUGO	29/06/2008
17	816	MONTES BLANCO	MARA	ATLETISMO FRIOL	08/06/2008
18	814	MANEIRO PÉREZ	ANXELA	ATLETISMO FRIOL	06/06/2007
19	815	MERCHANT	EVA ROSE	ATLETISMO FRIOL	22/10/2007
20	808	CASTEDO HERMIDA	ALEXIS	ATLETISMO FRIOL	07/05/2007
21	801	EXPÓSITO RIO	FABIO	FLUVIAL DE LUGO MONTE SEGADE	25/12/2008
22	825	GAVIEIRO MONTERO	RAÚL	COLEXIO CERVANTES	26/11/2007
23	834	RAPOSO FOMPEDRIÑA	LAURA	LUCUS CAIXA RURAL GALEGA	28/05/2007
24	806	DORADO FERNANDEZ	ALEX		01/09/2008
25	813	MANEIRO PÉREZ	PAULO	ATLETISMO FRIOL	03/06/2008
26	817	MOURIZ PEÑA	NOA	ATLETISMO FRIOL	04/03/2008
27	805	CASAS MENÁN	CLARA		21/08/2008
28	809	CASTIÑEIRA VARELA	LUCAS	ATLETISMO FRIOL	21/09/2008
29	826	GÓMEZ VÁZQUEZ	ÁLVARO HEZAN	COLEXIO CERVANTES	10/11/2007
30	840	VIEIRA GARCÍA	SILVIA		05/04/2008
31	832	VILAR TORRES	ÁLEX	COLEXIO CERVANTES	01/11/2007
32	827	IGLESIAS LÓPEZ	ANTÍA	COLEXIO CERVANTES	06/02/2007
33	829	PEDRIDE IGLESIAS	ALICIA	COLEXIO CERVANTES	16/12/2007
34	804	VEIGA FERRO	MANUEL		15/11/2007
NP	802	ARIAS VIÑA	MARTIN		21/03/2007
NP	824	GARCÍA RODRIGUEZ	HUGO	COLEXIO CERVANTES	22/10/2007
NP	830	PORTO CARRASCO	SARA	COLEXIO CERVANTES	30/11/2007
NP	836	NEIRA VÁZQUEZ	ALEJANDRO	MONUMENTAL CXC	30/09/2007
NP	837	GARCÍA GONZÁLEZ	CAROLINA		15/05/2008
NP	838	SANMARTIN RODRIGUEZ	ELBA		15/10/2008



Concello de Friol



Categoría: SUB 10

POSTO	DORSAL	APELIDOS	NOME	CLUB	DATA NAC
1	716	VILLAR MIRAGAYA	MATEO	ATLETISMO FRIOL	03/10/2009
2	701	MARTÍNEZ GONZÁLEZ	DANIEL	CORRE POR BEGONTE	23/03/2009
3	733	WALKER-DOBSON	LENNY		10/01/2009
4	730	EL MERINI	ANES		28/06/2009
5	710	GÓMEZ RUÍZ	OIAHANE	ATLETISMO FRIOL	09/04/2009
6	703	LÓPEZ RAMIL	MARIO	LUCUS CAIXA RURAL GALEGA	03/04/2010
7	739	MELLA GONZÁLEZ	CARLOTA		06/10/2010
8	702	ULLA ROZAS	BRAIS	CORRE POR BEGONTE	19/02/2009
9	706	ARIAS MODIA	BORJA	ATLETISMO FRIOL	20/07/2010
10	707	DIAZ IGLESIAS	MARTÍN	ATLETISMO FRIOL	14/09/2010
11	715	VÁZQUEZ MIRAGAYA	REBECA	ATLETISMO FRIOL	09/10/2010
12	704	PENIN VÁZQUEZ	ROI		16/12/2010
13	709	GAINSFORD	GRACE	ATLETISMO FRIOL	04/05/2010
14	734	IGLESIAS ESPÍÑO	ANTIA		10/08/2009
15	713	PAZ ÁLVAREZ	ARIADNA	ATLETISMO FRIOL	27/04/2009
16	708	FOLGUEIRA VILLANUEVA	MANUEL	ATLETISMO FRIOL	25/03/2009
17	711	GUTIERREZ FERNÁNDEZ	ANDRÉS	ATLETISMO FRIOL	29/01/2009
18	741	HANSLIP	LUCY		13/10/2009
19	712	MEÑÁN QUIÑO	ALBA	ATLETISMO FRIOL	06/05/2010
20	718	GAVIEIRO MONTERO	SERGIO	COLEXIO CERVANTES	28/10/2009
21	742	TABOADA FERREIRO	PAULA		05/06/2010
22	731	DA SILVA PARANHOS	ÁLVARO DENIS		13/02/2009
23	737	BELLO VILLAMOR	LUA		23/01/2010
24	738	LÓPEZ-VALEIRAS SEOANE	MATEU		03/03/2010
NP	705	RODRIGUEZ COEDO	ALEX		26/03/2010
NP	714	PLATERO VARELA	UXIA	ATLETISMO FRIOL	09/04/2009
NP	717	ABELLEIRA PIÑEIRO	ANTÍA	COLEXIO CERVANTES	10/07/2010
NP	719	LOURÉS PUMARIÑO	MIRIAM	COLEXIO CERVANTES	01/11/2009
NP	720	MANDUJANO VILA	AMIR	COLEXIO CERVANTES	07/10/2009
NP	721	MEZQUITA VILLADA	IRIA	COLEXIO CERVANTES	30/11/2009
NP	722	OTERO CAÍNZOS	PEDRO	COLEXIO CERVANTES	20/06/2009
NP	723	QUIROGA RODRIGUEZ	NOA	COLEXIO CERVANTES	24/07/2010
NP	724	LÓPEZ BURDEOS	CANDELA	ORENSE ATLETISMO	28/04/2009
NP	725	ÁLVAREZ APARICIO	DAMIÁN		22/07/2009
NP	726	ÁLVAREZ APARICIO	MAR		07/10/2010
NP	727	SAMAKE GONZALEZ	CHERIFE		29/12/2010
NP	728	BRUZOS ALONSO	DANIELA		23/02/2010
NP	729	LÓPEZ LÓPEZ	CHRISTIAN		04/05/2009
NP	732	RODRÍGUEZ GARCÍA	SAMUEL		07/03/2009
NP	735	PENIN VÁZQUEZ	GALA		16/12/2010
NP	736	MARTÍNEZ GARCIA	SAMUEL		20/01/2010
NP	740	CEIDE DÍAZ	XAN		18/08/2009

Categoría: PREBENXAMIN

POSTO	DORSAL	APELIDOS	NOME	CLUB	DATA NAC
1	726	ÁLVAREZ APARICIO	MAR		01/01/2010
2	618	MEJUTO GOLÁN	NOA	ESCUELA ATLÉTICA LUCENSE	29/03/2011
3	646	LÓPEZ VARELA	SOFÍA		04/05/2012
4	613	PUMARES CANCEL	EVA	COLEXIO CERVANTES	27/10/2011
5	642	AGUIAR DEL RIO	MARIÑA		22/07/2011
6	651	ARMESTO FERNANDEZ	CECILIA		17/06/2012
7	650	GOMEZ PEDROUZO	MARTINA		22/05/2012
8	602	MARTINEZ GONZALEZ	UXIA	CLUBE ATLETISMO VILALBA	11/03/2012
9	645	WALKER-DOBSON	ROSA		19/01/2012
10	633	PLATAS NEIRA	SARA		26/10/2011
11	621	ARES RUBINOS	MARTINA		17/09/2011
12	638	MARTÍNEZ HERMIDA	ENMA		17/08/2011
13	603	ABELLEIRA PIÑEIRO	EREA	COLEXIO CERVANTES	07/11/2012
14	649	DOMÍNGUEZ GARCÍA	JIMENA		02/02/2012
15	637	ENRÍQUEZ MORENO	JENNIFER		04/12/2011
16	623	MIRAGAYA DOMÍNGUEZ	LAURA		22/02/2012
17	653	PEZ-VALEIRAS SAMPEDI	MARÉ		17/10/2012
18	643	PACÍN JUL	IRIA		20/06/2012
19	624	SANTANA CASTAÑO	CATHAYSA		02/05/2012
NP	605	CASTRO FREIJO	LARA	COLEXIO CERVANTES	19/05/2012
NP	612	PRIETO VÁZQUEZ	ALEXANDRA	COLEXIO CERVANTES	02/04/2012
NP	622	ABELLEIRA MOLINA	ZOE		05/04/2011
NP	639	LÓPEZ LÓPEZ	MAITE		23/11/2011
NP	652	ALVAREDO BASANTA	MARIA		27/09/2011
NP	656	OTERO	ALBA		24/07/2011