

10K CARBALLO. IX Carreira Popular Concello de Carballo, Carballo 16/06/2019

Carreira Absoluta. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 3,5	Km 4,8	Km 8,5	Licenza	Club	Localidade
1	1	AMADOR PENA TORREIRA		MAST1M- 1	00:33:35	00:03:22	00:33:35	00:03:22	00:11:29	00:16:04	00:29:11	AG 2018616	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
2	48	JUAN ALVAREZ CURES		MAST2M- 1	00:33:40	00:03:22	00:33:40	00:03:22	00:11:38	00:16:08	00:29:10	AG2024419	CLUB ATLETISMO O PINO	CARBALLO
3	24	CRISTIAN MUIÑO VARELA		SNM- 1	00:33:47	00:03:23	00:33:47	00:03:23	00:11:29	00:16:04	00:29:11		CLUB ATLETISMO O PINO	CORISTANCO
4	53	JOSE MARIA SANCHEZ SAN LUIS		MAST1M- 2	00:34:13	00:03:26	00:34:13	00:03:26	00:12:04	00:16:44	00:29:43	AG-2027751	SAR-VERMU PETRONI	CULLEREDO
5	5	MARCOS ALMOZARA MAYO		SNM- 2	00:34:23	00:03:27	00:34:23	00:03:27	00:11:44	00:16:24	00:29:47		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A BAÑA
6	68	FRANCISCO PAIS FONDO		SNM- 3	00:34:26	00:03:27	00:34:26	00:03:27	00:11:53	00:16:33	00:29:49			CAMARIÑAS
7	57	RUBEN INSUA DIAZ		SNM- 4	00:34:28	00:03:27	00:34:28	00:03:27	00:11:51	00:16:32	00:29:50	AG-2023812	SAR-VERMU PETRONI	FISTERRA
8	64	LUÍS MIGUEL ANTELO LEMA		MAST2M- 2	00:34:35	00:03:28	00:34:35	00:03:28	00:11:45	00:16:28	00:29:56	AG2019278		VIMIANZO
9	10	SERGIO REQUEIJO REQUEIJO		SNM- 5	00:34:43	00:03:29	00:34:43	00:03:29	00:11:51	00:16:33	00:29:58		ATLETISMO ARENTEIRO	SILLEDA
10	88	ALVARO GOMEZ CARDESIN		SNM- 6	00:34:49	00:03:29	00:34:49	00:03:29	00:12:04	00:16:45	00:30:06		ATLETISMO CORUÑA COMARCA	A CORUÑA
11	40	JAVIER SEOANE PUGA		MAST2M- 3	00:34:56	00:03:30	00:34:56	00:03:30	00:12:00	00:16:45	00:30:12			CARBALLO
12	30	LUIS PINEDO ARMESTO		MAST1M- 3	00:35:09	00:03:31	00:35:09	00:03:31	00:12:05	00:16:46	00:30:27		CLUB ATLETISMO SADA	A CORUÑA
13	12	ANGEL MACEIRAS LAGO		MAST2M- 4	00:35:11	00:03:32	00:35:10	00:03:31	00:12:05	00:16:47	00:30:27	AG2014771	SAR-VERMU PETRONI	O BURGO
14	36	ÓSCAR PÉREZ LORENZO		MAST1M- 4	00:35:15	00:03:32	00:35:14	00:03:32	00:12:14	00:17:01	00:30:39		CLUB SAN MIGUEL DE MARÍN	BEALO
15	409	CARLOS BARDANCA FUENTES		MAST2M- 5	00:35:28	00:03:33	00:35:26	00:03:33	00:12:14	00:17:04	00:30:45		CDM XESTEIRAS	CARBALLO
16	47	JOSE CARLOS BUJAN OTERO		MAST2M- 6	00:35:32	00:03:34	00:35:30	00:03:33	00:12:11	00:17:02	00:30:45	AG 11135	NOITEBRA FC	SANTIAGO
17	19	CONSTANTE LORENZO SANTOS		MAST2M- 7	00:35:35	00:03:34	00:35:33	00:03:34	00:12:19	00:17:12	00:30:45		CLUB DEPORTIVO OS MUDITOS	MUXIA
18	22	CARLOS MARTINEZ MAYO		SNM- 7	00:35:40	00:03:34	00:35:40	00:03:34	00:12:20	00:17:05	00:30:51		CLUB ATLETISMO NEGREIRA	NEGREIRA
19	46	GONZALO SILVA BRENLLA		MAST1M- 5	00:35:53	00:03:36	00:35:51	00:03:36	00:12:17	00:17:09	00:31:03	AG 766103	NOITEBRA FC	SANTA COMBA
20	34	JUAN COLLAZO AREOSA		SNM- 8	00:35:56	00:03:36	00:35:56	00:03:36	00:12:11	00:17:04	00:31:07	AG 2019057	CLUB DEPORTIVO VAGALUME ENERGÍA	CORISTANCO
21	6	LUIS ALBERTO VILLAVERDE VÁZQUEZ		MAST2M- 8	00:35:57	00:03:36	00:35:57	00:03:36	00:12:22	00:17:12	00:31:05	AG2019232	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	SANTIAGO DE COMPOSTELA
22	114	JOSE ANTONIO VIDAL GONZALEZ		MAST2M- 9	00:36:01	00:03:37	00:35:58	00:03:36	00:12:18	00:17:15	00:31:11	AG2022530	NOITEBRA FC	BRION
23	55	CARLOS BUSTO LOBATO		MAST3M- 1	00:36:05	00:03:37	00:36:02	00:03:37	00:12:22	00:17:14	00:31:08	AG-766069	SAR-VERMU PETRONI	CATOIRA
24	86	FERNANDO VAZQUEZ ARES		MAST2M- 10	00:36:07	00:03:37	00:36:04	00:03:37	00:12:24	00:17:17	00:31:18		ATLETAS DE ACEA DE AMA	CAMBRE
25	15	IVAN REGO POSE		MAST1M- 6	00:36:09	00:03:37	00:36:09	00:03:37	00:12:33	00:17:29	00:31:22		C.A.MILLADOIRO	A CORUÑA
26	7	JOSE MANUEL SEOANE POMBO		MAST2M- 11	00:36:13	00:03:38	00:36:10	00:03:37	00:12:21	00:17:14	00:31:15	AG2022509	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	AMES
27	28	CARLOS FRAGA ADRIO		SNM- 9	00:36:15	00:03:38	00:36:15	00:03:38	00:12:22	00:17:17	00:31:23		CLUB ATLETISMO O PINO	AMES
28	79	VICTOR DOMINGUEZ BARBEITO		MAST2M- 12	00:36:15	00:03:38	00:36:10	00:03:37	00:12:29	00:17:24	00:31:24		A.D.MEDIADUCIA	CARBALLO
29	17	EMILIO MARTINEZ ANTA		MAST3M- 2	00:36:31	00:03:40	00:36:31	00:03:40	00:12:31	00:17:29	00:31:36	GA20450	C.D. EGOVARROS-VIVEIRO	A CORUÑA
30	152	DIEGO P. CASAS		MAST1M- 7	00:36:37	00:03:40	00:36:33	00:03:40	00:12:35	00:17:32	00:31:40			A RÚA
31	13	MANUEL OLIVER PÉREZ LÓPEZ		MAST2M- 13	00:36:47	00:03:41	00:36:47	00:03:41	00:12:19	00:17:13	00:31:45	GA 768549	SAR-VERMU PETRONI	EL BURGO
32	74	DAVID HERRERA GARCÍA		MAST1M- 8	00:36:51	00:03:42	00:36:48	00:03:41	00:12:53	00:17:54	00:32:00	AG2018877	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A CORUÑA
33	33	MARCOS CAMPOS LUEIRO		MAST1M- 9	00:36:55	00:03:42	00:36:53	00:03:42	00:12:55	00:17:53	00:32:00		CLUB ATLETISMO SANTIAGO	NEGREIRA
34	101	NICOLAS FERNANDO BAS ROTH		SNM- 10	00:36:56	00:03:42	00:36:53	00:03:42	00:12:31	00:17:30	00:31:57	AG2024034	CLUB ATLETISMO SADA	CULLEREDO
35	78	ADRIAN RODRIGUEZ CAMBON		SNM- 11	00:37:05	00:03:43	00:37:02	00:03:43	00:12:37	00:17:42	00:32:12		A. D. DOWNHILL	A LARACHA
36	65	RAMÓN CANOSA CASTIÑEIRA		MAST2M- 14	00:37:06	00:03:43	00:37:06	00:03:43	00:12:38	00:17:41	00:32:13			CÉE
37	94	FERNANDO PEREZ HERNANDEZ		MAST3M- 3	00:37:06	00:03:43	00:37:04	00:03:43	00:12:41	00:17:41	00:32:11	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
38	148	ABEL LADO FIGUEIRAS		MAST2M- 15	00:37:09	00:03:43	00:37:05	00:03:43	00:13:03	00:18:02	00:32:15			A CORUÑA
39	95	ROBERTO TUÑAS		MAST1M- 10	00:37:18	00:03:44	00:37:14	00:03:44	00:12:56	00:17:59	00:32:16		CLUB ATLETISMO NEGREIRA	NEGREIRA
40	58	ALEXANDRE FERNÁNDEZ TOJO		SNM- 12	00:37:18	00:03:44	00:37:18	00:03:44	00:12:55	00:17:59	00:32:17		TAMBRE BIKE & RUNNING	PORTOMOURO
41	141	BENIGNO POSE NOVO		MAST3M- 4	00:37:20	00:03:44	00:37:16	00:03:44	00:13:01	00:18:03	00:32:17			LUGO
42	244	RUBÉN GÓMEZ LAMAS		SNM- 13	00:37:26	00:03:45	00:37:21	00:03:45	00:12:53	00:17:55	00:32:23			CARBALLO
43	69	DAVID SENDON CAAMAÑO		MAST1M- 11	00:37:30	00:03:45	00:37:28	00:03:45	00:12:59	00:18:07	00:32:37			OUTES
44	21	MIGUEL CABO VILLAVERDE		MAST2M- 16	00:37:32	00:03:46	00:37:30	00:03:45	00:12:41	00:17:53	00:32:30	AG 763812	CLUB ATLETISMO MILLADOIRO	SANTIAGO DE COMPOSTELA
45	97	MARTÍN ABELEDA LÓPEZ		MAST1M- 12	00:37:41	00:03:47	00:37:41	00:03:47	00:13:05	00:18:13	00:32:40		CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
46	149	FERNANDO CASAS BELLO		SNM- 14	00:37:45	00:03:47	00:37:41	00:03:47	00:13:20	00:18:26	00:32:47			CERCEDA
47	54	JOSE SUAREZ LEIS		MAST3M- 5	00:37:47	00:03:47	00:37:47	00:03:47	00:12:37	00:17:46	00:32:37	AG-766580	SAR-VERMU PETRONI	A BAÑA
48	103	OSCAR FRESNEDO ARIAS		MAST1M- 13	00:37:48	00:03:47	00:37:43	00:03:47	00:13:21	00:18:26	00:32:47		CLUB CORREDORES BECERREÁ	VILABOA (CULLEREDO)
49	85	EDUARDO REY QUINTELA		MAST2M- 17	00:37:53	00:03:48	00:37:49	00:03:47	00:13:15	00:18:24	00:32:54	AG2018642	ATLETAS DE ACEA DE AMA	CULLEREDO
50	671	JOSE RODRÍGUEZ ESPASANDIN		MAST1M- 14	00:37:55	00:03:48	00:37:50	00:03:47	00:13:28	00:18:36	00:32:59			ZAS
51	436	JESÚS BARRAL SÁNCHEZ		MAST3M- 6	00:38:02	00:03:49	00:37:53	00:03:48	00:13:15	00:18:24	00:32:57		GRUPO CASTROSUA	SIGÜEIRO
52	656	ÁLVARO LÓPEZ VILLAR		MAST1M- 15	00:38:03	00:03:49	00:37:47	00:03:47	00:13:36	00:18:36	00:33:00			A LARACHA
53	129	SANTIAGO RAMOS IGLESIAS		MAST1M- 16	00:38:04	00:03:49	00:37:59	00:03:48	00:13:35	00:18:42	00:33:09		URBAN RUNNERS SANTIAGO	SANTIAGO
54	59	AMANCIO RAÑA RECOUSO		MAST1M- 17	00:38:04	00:03:49	00:38:04	00:03:49	00:13:29	00:18:36	00:33:02		TAMBRE BIKE & RUNNING	OROSO
55	466	JAVIER GENDRE FERNANDEZ		MAST2M- 18	00:38:08	00:03:49	00:38:04	00:03:49	00:13:04	00:18:14	00:33:02		TARTARUGAS	MILLADOIRO
56	76	MANUEL GARCÍA VELO		MAST2M- 19	00:38:08	00:03:49	00:38:03	00:03:49	00:13:32	00:18:42	00:33:10		A. D. MONTEBRONDO	ZAS

57	137	FRANCO RAMOS CARBALLEDO		MAST2M- 20	00:38:10	00:03:49	00:38:06	00:03:49	00:13:34	00:18:42	00:33:09		A CORUÑA	
58	153	MANUEL AMARELLE		MAST1M- 18	00:38:10	00:03:49	00:38:07	00:03:49	00:13:28	00:18:37	00:33:09		CARBALLO	
59	2	TINA FERNÁNDEZ	F- 1	MAST1F- 1	00:38:21	00:03:51	00:38:21	00:03:51				AG2017595	SAR-VERMU PETRONI	MUROS
60	390	JOSÉ MANUEL PENA SUÁREZ		MAST2M- 21	00:38:27	00:03:51	00:38:22	00:03:51	00:12:52	00:18:01	00:33:08		AD JARNACHAS	ARTEIXO
61	16	IGNACIO RIESTRA PRENDES		MAST1M- 19	00:38:31	00:03:52	00:38:28	00:03:51	00:13:28	00:18:37	00:33:16		C.A.T. TAFIRA PROJECT	GIJON
62	9	FRANCISCO PAZOS CAMPOS		MAST3M- 7	00:38:36	00:03:52	00:38:34	00:03:52	00:13:07	00:18:21	00:33:21	AG 767359	ATLETISMO +9 MORAÑA	VILAGARCIA
63	83	SIMON LOPEZ EIROA		MAST2M- 22	00:38:42	00:03:53	00:38:38	00:03:52	00:13:15	00:18:27	00:33:32		ATLETAS DE ACEA DE AMA	PERILLO OLEIROS
64	50	JOSÉ ANTONIO SEÑARÍS PARDO		MAST2M- 23	00:38:42	00:03:53	00:38:42	00:03:53	00:12:58	00:18:22	00:33:29		RUNNERS CARBALLO	CARBALLO
65	401	RICARDO FIGUEIRAS NUÑEZ		MAST3M- 8	00:38:44	00:03:53	00:38:40	00:03:52	00:13:17	00:18:31	00:33:32		ATLETAS DE ACEA DE AMA	CULLEREDO
66	151	ALBERTO VILLAR GARCIA		MAST1M- 20	00:38:48	00:03:53	00:38:43	00:03:53	00:13:49	00:19:04	00:33:50			CARBALLO
67	89	SERGIO VARELA MARTINEZ		MAST1M- 21	00:38:56	00:03:54	00:38:51	00:03:54	00:13:38	00:18:54	00:33:49		ATLETISMO FONTES DO SAR	MUROS
68	20	IVAN SEGADE CAROU		MAST1M- 22	00:38:57	00:03:54	00:38:54	00:03:54	00:13:20	00:18:35	00:33:43	AG-766602	CLUB ATLETISMO BOIMORTO	A CORUÑA
69	121	JOSÉ CARLOS PEREIRA REY		MAST3M- 9	00:38:57	00:03:54	00:38:54	00:03:54	00:13:20	00:18:34	00:33:43		RUNNING ARTEIXO	ARTEIXO
70	35	JAVIER TOURÍS FORNOS		MAST2M- 24	00:39:03	00:03:55	00:39:03	00:03:55	00:12:15	00:17:15	00:33:42		CLUB MARINEDA ATLETICO	LA CORUÑA
71	124	PABLO MOSQUERA DONO		MAST1M- 23	00:39:04	00:03:55	00:39:02	00:03:55	00:13:09	00:18:27	00:33:37		TAMBRE BIKE & RUNNING	ORDES
72	1024	ANTONIO VAZQUEZ TOURON		MAST2M- 25	00:39:07	00:03:55	00:38:42	00:03:53	00:14:33	00:19:43	00:34:01		CLUB ATLETISMO PINO	SANTIAGO DE COMPOSTELA
73	93	MARCIAL ANIBAL BARCA ESPAÑA		MAST1M- 24	00:39:14	00:03:56	00:39:14	00:03:56	00:13:28	00:18:45	00:34:09	AG2027730	CA PINO	CORISTANCO
74	107	PEDRO PAZOS CARBÓN		MAST3M- 10	00:39:16	00:03:56	00:39:12	00:03:56	00:13:39	00:18:55	00:34:09		FONTES DO SAR	SANTIAGO
75	220	JOSÉ RAMÓN ANTELO LÓPEZ		MAST2M- 26	00:39:20	00:03:56	00:39:14	00:03:56	00:13:54	00:19:14	00:34:19			CAMARIÑAS
76	183	FERNANDO VILELO RODRIGUEZ		MAST2M- 27	00:39:21	00:03:57	00:39:16	00:03:56	00:13:34	00:18:45	00:34:03		CLUB USC	SANTIAGO
77	139	FCO JAVIER PEREZ CASCUDO		MAST3M- 11	00:39:25	00:03:57	00:39:22	00:03:57	00:13:33	00:18:51	00:34:11			LUGO
78	73	ÁLVARO ZARAUZA BEIRAS		MAST2M- 28	00:39:28	00:03:57	00:39:24	00:03:57	00:13:41	00:19:01	00:34:10		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	BERTAMIRANS
79	102	ARTURO MATA CASTRO		SNM- 15	00:39:32	00:03:58	00:39:29	00:03:57	00:13:48	00:19:03	00:34:04		CLUB ATLETISMO SANTIAGO	SANTIAGO
80	147	FERNANDO JOSE VARELA CASTRO		SNM- 16	00:39:39	00:03:58	00:39:34	00:03:58	00:13:32	00:18:52	00:34:11			A CORUÑA
81	156	ALBERTO TOJO MOLEDO		MAST1M- 25	00:39:42	00:03:59	00:39:38	00:03:58	00:13:29	00:18:49	00:34:14			SANTIAGO DE COMPOSTELA
82	99	RAFAEL SENÉN GÓMEZ GARCÍA		SNM- 17	00:39:42	00:03:59	00:39:38	00:03:58	00:13:46	00:19:07	00:34:21		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
83	26	IVAN PABLO SANMARTIN CARREIRA		MAST2M- 29	00:39:47	00:03:59	00:39:47	00:03:59	00:13:41	00:19:03	00:34:21	AG2018613	CLUB ATLETISMO O PINO	AMES
84	120	ALBERTO PALLAS QUINTELA		MAST1M- 26	00:39:48	00:03:59	00:39:44	00:03:59	00:13:08	00:18:22	00:34:23		RUNNERS CARBALLO	CARBALLO
85	158	ELISEO IGLESIAS SOLER		MAST2M- 30	00:39:49	00:03:59	00:39:45	00:03:59	00:13:57	00:19:20	00:34:37			CULLEREDO
86	222	ALEXANDRE FIDALGO PÉREZ		SNM- 18	00:39:49	00:03:59	00:39:43	00:03:59	00:13:51	00:19:13	00:34:33			PIXEIROS
87	241	DANIEL DOMINGUEZ		SNM- 19	00:39:49	00:03:59	00:39:43	00:03:59	00:13:46	00:19:08	00:34:33			A CORUÑA
88	126	FÉLIX ROGET PÉREZ		MAST1M- 27	00:39:51	00:04:00	00:39:47	00:03:59	00:13:49	00:19:12	00:34:36		TERRA DE SONEIRA C.D.	VIMIANZO
89	4	ANGEL BELLO FERREIROS		MAST1M- 28	00:39:53	00:04:00	00:39:51	00:04:00	00:13:31	00:19:05	00:34:29		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	PADRON
90	38	EVA IGLESIAS GONZALEZ	F- 2	SNF- 1	00:39:58	00:04:00	00:39:55	00:04:00	00:13:39	00:19:05	00:34:36	GA-13823	CORREDORES DO MIÑO	PONTEVEDRA
91	105	MARCOS BLANCO FARIÑAS		SNM- 20	00:39:59	00:04:00	00:39:56	00:04:00	00:13:38	00:19:04	00:34:36	AG2022076	CORREDORES DO MIÑO	OURENSE
92	119	JOSE RIO INSUA		MAST3M- 12	00:40:12	00:04:02	00:40:08	00:04:01	00:13:59	00:19:24	00:34:56		RUNNERS CARBALLO	CARBALLO
93	75	JAVIER VARELA GOMEZ		MAST2M- 31	00:40:14	00:04:02	00:40:11	00:04:02	00:13:45	00:19:09	00:34:46	GA 768930	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	BRIÓN
94	100	JUAN CARLOS BARDANCA SANJURJO		MAST2M- 32	00:40:17	00:04:02	00:40:11	00:04:02	00:13:50	00:19:14	00:34:44	AG2014300	CLUB ATLETISMO SADA	BERGONDO
95	564	RUBÉN GÓMEZ AMADO		SNM- 21	00:40:18	00:04:02	00:40:02	00:04:01	00:14:12	00:19:27	00:34:50			CARBALLO
96	109	ALFONSO GARCÍA BELLO		MAST3M- 13	00:40:22	00:04:03	00:40:17	00:04:02	00:14:43	00:20:09	00:35:20			CAMBRE
97	116	ALBERTO GARCIA SOUTO		MAST1M- 29	00:40:24	00:04:03	00:40:19	00:04:02	00:13:45	00:19:13	00:34:55		PROYECTO BULULU	CARBALLO
98	277	DIEGO CALVO FERNÁNDEZ		MAST1M- 30	00:40:24	00:04:03	00:40:13	00:04:02	00:14:34	00:19:55	00:35:11			BUÑO
99	146	EVARISTO GIL PERISCAL		MAST3M- 14	00:40:27	00:04:03	00:40:24	00:04:03	00:14:09	00:19:34	00:35:04			SANTIAGO DE COMPOSTELA
100	145	CARLOS LEMA PORTEIRO		MAST2M- 33	00:40:31	00:04:04	00:40:27	00:04:03	00:13:44	00:19:14	00:34:58			CARBALLO
101	96	FRANCISCO JAVIER FERNANDEZ GARCIA		MAST2M- 34	00:40:32	00:04:04	00:40:27	00:04:03	00:14:26	00:19:57	00:35:13		CLUB ATLETISMO NOIA	MUROS
102	470	DANIEL SANCHEZ GOMEZ		SNM- 22	00:40:34	00:04:04	00:40:18	00:04:02	00:14:03	00:19:30	00:35:04	46067343E	TRIATLON CORUÑA	A CORUÑA
103	56	RADIO ALVITE FERREIRO	F- 3	MAST1F- 2	00:40:35	00:04:04	00:40:32	00:04:04	00:13:45	00:19:13	00:34:57	GA 768548	SAR-VERMU PETRONI	MAZARICOS
104	104	ALVARO LOPEZ JACOME		MAST2M- 35	00:40:37	00:04:04	00:40:30	00:04:03	00:14:44	00:20:13	00:35:27		CLUB LEONES TEAM BEER RUNNERS!!!!!!	A CORUÑA
105	136	MIGUEL ÁNGEL ALONSO SÁNCHEZ		MAST2M- 36	00:40:38	00:04:04	00:40:33	00:04:04	00:14:05	00:19:26	00:35:12			A CORUÑA
106	143	FRANCISCO OSEAS JAVIER ALVAREZ		MAST2M- 37	00:40:42	00:04:05	00:40:36	00:04:04	00:13:54	00:19:18	00:35:03			PERILLO OLEIROS
107	23	TERESA CASTRO VILLAVERDE	F- 4	MAST3F- 1	00:40:45	00:04:05	00:40:42	00:04:05	00:14:05	00:19:31	00:35:21		CLUB ATLETISMO NOIA	VIMIANZO
108	248	SERGIO RODRIGUEZ MEJUTO		MAST1M- 31	00:40:45	00:04:05	00:40:40	00:04:04	00:14:24	00:19:49	00:35:26			A LARACHA
109	618	JOSE ANTONIO SERRANO REMUIÑAN		MAST2M- 38	00:40:46	00:04:05	00:40:38	00:04:04	00:14:14	00:19:43	00:35:22			CARBALLO
110	123	FRANCISCO JAVIER GONZÁLEZ LEDO		MAST2M- 39	00:40:56	00:04:06	00:40:51	00:04:06	00:13:59	00:19:30	00:35:24	AG2024183	RUNNING OLEIROS	CULLEREDO
111	84	JAVIER CORREA PIÑEIRO		MAST3M- 15	00:40:58	00:04:06	00:40:54	00:04:06	00:14:04	00:19:34	00:35:29	AG-766585	ATLETAS DE ACEA DE AMA	VILABOA-CULLEREDO
112	160	VICTOR FRANCO VAZQUEZ		MAST2M- 40	00:40:59	00:04:06	00:40:54	00:04:06	00:14:15	00:19:47	00:35:33			A CORUÑA
113	464	JOSE LUIS ROSENDE FUENTES		MAST1M- 32	00:41:03	00:04:07	00:40:57	00:04:06	00:14:10	00:19:40	00:35:29		TAMBRE BIKE & RUNNING	A ESTRADA
114	647	CARLOS MARTÍN LEMA		MAST1M- 33	00:41:03	00:04:07	00:40:37	00:04:04	00:14:44	00:20:12	00:35:49			CARBALLO
115	90	MANUEL FIGUEIRA PEREZ		MAST2M- 41	00:41:04	00:04:07	00:41:01	00:04:07	00:14:12	00:19:41	00:35:33	AG-2015895	SAR-VERMU PETRONI	PONTECESURES
116	127	SANTIAGO GARCIA BELLO		MAST3M- 16	00:41:21	00:04:09	00:41:16	00:04:08	00:14:09	00:19:41	00:35:40		TRASNOS CORUÑA	CAMBRE

117	144	JOSÉ MANUEL CASÁS CASÁS	MAST2M- 42	00:41:25	00:04:09	00:41:20	00:04:08	00:14:42	00:20:17	00:36:05				A CORUÑA
118	246	ESTEBAN LADO CASTIÑEIRA	SNM- 23	00:41:28	00:04:09	00:41:20	00:04:08	00:14:06	00:19:33	00:35:51				A CORUÑA
119	52	FRANCISCO SANMARCO SANTOS	MAST3M- 17	00:41:30	00:04:09	00:41:28	00:04:09	00:14:30	00:20:08	00:36:04	GA-768550	SAR-VERMU PETRONI		PONTECESURES
120	110	JUAN JOSÉ GÓMEZ CORTÉS	MAST2M- 43	00:41:34	00:04:10	00:41:28	00:04:09	00:14:37	00:20:12	00:36:09				OLEIROS
121	118	JUAN MANUEL RAMOS LAMAS	MAST2M- 44	00:41:36	00:04:10	00:41:30	00:04:09	00:14:29	00:20:11	00:36:26		RUN4ONE		CARBALLO
122	228	FERNANDO CASAL COUTO	MAST1M- 34	00:41:36	00:04:10	00:41:31	00:04:10	00:14:38	00:20:15	00:36:08				SANTIAGO DE COMPOSTELA
123	39	ROBERTO CARLOS VALES LOPEZ	MAST2M- 45	00:41:42	00:04:11	00:41:39	00:04:10	00:13:57	00:19:37	00:36:04	GA-17205	CORUÑA COMARCA		BERGONDO
124	133	ISIDRO SANCHEZ GONZALEZ	MAST2M- 46	00:41:46	00:04:11	00:41:42	00:04:11	00:14:05	00:19:41	00:35:57				MESOIRO
125	262	MANUEL REGUEIRA FERRO	MAST2M- 47	00:41:47	00:04:11	00:41:39	00:04:10	00:14:01	00:19:40	00:36:07				LA CORUÑA
126	630	ALEXANDRE MUIÑO GARRIDO	S23M- 1	00:41:49	00:04:11	00:41:42	00:04:11	00:14:34	00:20:11	00:36:21				CARBALLO
127	665	ENRIQUE GARCÍA DEBÉN	MAST3M- 18	00:41:51	00:04:12	00:41:48	00:04:11	00:13:54	00:19:26	00:35:57				A CORUÑA
128	170	JESÚS ASTRAY CASTRO	MAST3M- 19	00:41:52	00:04:12	00:41:47	00:04:11	00:14:37	00:20:21	00:36:27		ATLETAS DE ACEA DE AMA		A CORUÑA
129	205	JESÚS EIRIS PONTE	MAST3M- 20	00:41:58	00:04:12	00:41:52	00:04:12	00:14:14	00:19:52	00:36:19		RUN4ONE		CARBALLO
130	236	JAVIER PORTAS LEMUS	MAST2M- 48	00:41:58	00:04:12	00:41:48	00:04:11	00:14:48	00:20:28	00:36:31				LA CORUÑA
131	368	JESUS GENDE GOMEZ	MAST1M- 35	00:41:59	00:04:12	00:41:36	00:04:10	00:14:39	00:20:10	00:36:20				CARBALLO
132	138	GIOVANNI QUINTANS MELENDEZ	MAST2M- 49	00:42:03	00:04:13	00:41:59	00:04:12	00:15:00	00:20:40	00:36:26				LA CORUNA
133	131	JAVIER CUPEIRO FRADE	MAST2M- 50	00:42:08	00:04:13	00:42:02	00:04:13	00:14:20	00:19:59	00:36:20				OLEIROS
134	323	ANSELMO DIEGO CASTIÑEIRAS VERDES	MAST2M- 51	00:42:09	00:04:13	00:41:58	00:04:12	00:14:33	00:20:13	00:36:30				CARBALLO
135	221	MARCOS PENSANDO TORRES	MAST1M- 36	00:42:10	00:04:13	00:42:00	00:04:12	00:14:34	00:20:13	00:36:29				CARBALLO
136	243	LUIS TAJES CANOSA	MAST2M- 52	00:42:11	00:04:14	00:42:04	00:04:13	00:14:30	00:20:12	00:36:34				CAMARIÑAS
137	570	JAVIER AREOSA BRANDON	MAST2M- 53	00:42:13	00:04:14	00:42:06	00:04:13	00:14:26	00:20:07	00:36:29				ARTEIXO
138	180	JESÚS COUSO GARCIA	MAST2M- 54	00:42:16	00:04:14	00:42:10	00:04:13	00:14:35	00:20:17	00:36:33		CLUB ATLETISMO NEGREIRA		NEGREIRA
139	254	ISAAC GARCIA GARCIA	MAST1M- 37	00:42:17	00:04:14	00:42:09	00:04:13	00:14:23	00:19:57	00:36:30				SANTA AMALIA
140	174	XOAN RAMON FERNANDEZ GARRIDO	MAST4M- 1	00:42:22	00:04:15	00:42:16	00:04:14	00:14:39	00:20:22	00:36:44		ATLETISMO MILLADOIRO		VIMIANZO
141	203	ALFONSO PEREZ SANFIZ	MAST2M- 55	00:42:28	00:04:15	00:42:20	00:04:14	00:14:24	00:20:04	00:36:33		PORCOS BRAVOS		OUTEIRO DE REI
142	629	JOSE MANUEL MARTINEZ CEREIJO	MAST2M- 56	00:42:29	00:04:15	00:42:17	00:04:14	00:14:45	00:20:22	00:36:49				CARBALLO
143	214	DAMIAN ABELLAN YEPES	MAST2M- 57	00:42:33	00:04:16	00:42:24	00:04:15	00:14:30	00:20:13	00:36:54				A CORUÑA
144	245	JOSE ANTONIO FERNANDEZ RODRÍGUEZ	MAST1M- 38	00:42:34	00:04:16	00:42:28	00:04:15	00:14:23	00:20:07	00:36:43				ARTEIXO
145	319	MARCOS MANUEL LAMAS IGLESIAS	MAST2M- 58	00:42:36	00:04:16	00:42:26	00:04:15	00:14:35	00:20:14	00:36:48				CARBALLO
146	181	IVÁN PARDAL COCA	SNM- 24	00:42:41	00:04:17	00:42:41	00:04:17	00:15:03	00:20:57	00:37:18	AG2026486	CLUB ATLETISMO O PINO		BRIÓN
147	204	ESTEBAN GOMEZ	MAST2M- 59	00:42:41	00:04:17	00:42:33	00:04:16	00:14:38	00:20:23	00:36:55		PORCOS BRAVOS		LUGO
148	640	DOMI MENDEZ CASTIÑEIRA	MAST1M- 39	00:42:43	00:04:17	00:42:26	00:04:15	00:14:45	00:20:21	00:37:02				CABANA DE BERGANTIÑOS
149	168	JAVIER LOURIDO MARTÍNEZ	SNM- 25	00:42:44	00:04:17	00:42:34	00:04:16	00:15:09	00:20:49	00:37:03		AS VELLAS NON PARAMOS		SADA
150	255	LUÍS XUNCAL PEREIRA	MAST2M- 60	00:42:45	00:04:17	00:42:40	00:04:16	00:14:42	00:20:26	00:37:03				AMES
151	185	MANUEL VARELA VILA	MAST3M- 21	00:42:46	00:04:17	00:42:39	00:04:16	00:14:59	00:20:48	00:37:05		CORREDORES POPULARES ARMADA FERROL		PONTEDEUME
152	599	DANIEL CASALES MARTÍNEZ	SNM- 26	00:42:47	00:04:17	00:42:29	00:04:15	00:15:20	00:21:00	00:37:21				A CORUÑA
153	106	JOSÉ ROBERTO REY IGLESIAS	MAST3M- 22	00:42:47	00:04:17	00:42:44	00:04:17	00:14:59	00:20:47	00:37:11		ESCUELA DE ATLETISMO PAULA MAYOBRE		A CORUÑA
154	453	VICTOR SANTILLANA GARABANA	SNM- 27	00:42:49	00:04:17	00:42:36	00:04:16	00:14:53	00:20:40	00:37:08		NOSPORTLIMIT		CABANAS
155	261	PEDRO LOPEZ MANTIÑAN	MAST3M- 23	00:42:53	00:04:18	00:42:45	00:04:17	00:14:33	00:20:14	00:37:07				A CORUÑA
156	115	DANIEL SUSO SÁNCHEZ	SNM- 28	00:42:55	00:04:18	00:42:52	00:04:18	00:15:01	00:20:48	00:37:17		OCR TEAM OSCAR FERNANDEZ COMANDO NORTE		CULLEREDO
157	29	NATALIA RIVAS SUÁREZ	F- 5 MAST2F- 1	00:42:56	00:04:18	00:42:56	00:04:18	00:15:04	00:20:58	00:37:29	AG2027731	CLUB ATLETISMO O PINO		CARBALLO
158	98	ADRIAN GOMEZ FERNANDEZ	MAST1M- 40	00:42:56	00:04:18	00:42:53	00:04:18	00:15:04	00:20:57	00:37:28	GA769397	CLUB ATLETISMO O PINO		SANTIAGO DE COMPOSTELA
159	230	DIEGO BELLO GRAIÑO	MAST1M- 41	00:43:00	00:04:18	00:42:24	00:04:15	00:15:21	00:21:00	00:37:20				NEGREIRA
160	209	RUBÉN PENAS GARCÍA	MAST2M- 61	00:43:02	00:04:19	00:42:56	00:04:18	00:14:37	00:20:24	00:37:16		TAMBRE BIKE & RUNNING		OROSO
161	210	SATIRO BRENLLA FAJÍN	SNM- 29	00:43:03	00:04:19	00:42:56	00:04:18	00:15:01	00:20:50	00:37:31		TARTARUGAS		SANTIAGO DE COMPOSTELA
162	42	ANGELA TORRENTE INSUA	F- 6 MAST1F- 3	00:43:04	00:04:19	00:43:04	00:04:19	00:14:59	00:20:47	00:37:23	GA2023397	KIRÓS		NARÓN
163	172	LUIS PRIETO DÍAZ	MAST3M- 24	00:43:05	00:04:19	00:42:57	00:04:18	00:14:41	00:20:30	00:37:11		ATLETAS DE ACEA DE AMA		A CORUÑA
164	70	ANA MORENO BODEGO	F- 7 MAST2F- 2	00:43:06	00:04:19	00:43:03	00:04:19	00:15:05	00:20:57	00:37:29				NARON
165	216	JOSE MANUEL SEOANE CHAS	MAST3M- 25	00:43:06	00:04:19	00:42:56	00:04:18	00:14:57	00:20:46	00:37:25				CAMBRE
166	43	SARA PITA GONZALEZ	F- 8 SNF- 2	00:43:06	00:04:19	00:43:02	00:04:19	00:14:40	00:20:24	00:37:15		LA MOCHILA DEL DEPORTE		LA CORUÑA
167	641	MIGUEL ANGEL ÁLVAREZ CURES	MAST2M- 62	00:43:11	00:04:20	00:42:57	00:04:18	00:14:51	00:20:46	00:37:25				CARBALLO
168	274	RUBEN REY PENA	MAST2M- 63	00:43:14	00:04:20	00:43:07	00:04:19	00:14:36	00:20:24	00:37:27				CARBALLO
169	636	ADRIAN CORTÉS CARRO	SNM- 30	00:43:15	00:04:20	00:42:56	00:04:18	00:15:49	00:21:45	00:37:36				CARBALLO
170	280	MANUEL DOMINGUEZ CANO	MAST2M- 64	00:43:19	00:04:20	00:43:10	00:04:19	00:15:03	00:20:51	00:37:33		A.D.MEDIADUCIA		CARBALLO
171	465	MANUEL MARTINEZ SESTAYO	MAST2M- 65	00:43:21	00:04:21	00:43:13	00:04:20	00:15:03	00:20:52	00:37:45		TARTARUGAS		SANTIAGO
172	257	RAFAEL CARRASCO DEL POZO	MAST2M- 66	00:43:22	00:04:21	00:43:13	00:04:20	00:15:09	00:20:59	00:37:32				NOIA
173	117	PEDRO PACHO GONZALEZ LAGO	MAST3M- 26	00:43:22	00:04:21	00:43:15	00:04:20	00:15:08	00:20:59	00:37:37		RUN4ONE		CARBALLO
174	198	DAMIÁN MARTINEZ LOPEZ	SNM- 31	00:43:23	00:04:21	00:43:15	00:04:20	00:15:01	00:20:48	00:37:32	AG2025928	MARZO SAUDE S.L. WWW.SAFMMARZO.COM		LUGO
175	186	ADRIÁN LÓPEZ VILLAVERDE	SNM- 32	00:43:39	00:04:22	00:43:32	00:04:22	00:15:04	00:20:59	00:37:40		DIGITAL RUNNERS		A CORUÑA
176	182	OSCAR FIGUEIRAS TOREA	MAST2M- 67	00:43:44	00:04:23	00:43:36	00:04:22	00:15:22	00:21:15	00:37:56		CLUBE ATLETISMO OUTES - JOHN TURKEY		ESTEIRO

237	659	ALEJANDRO PÉREZ ABOLI		MAST2M- 90	00:46:25	00:04:39	00:46:06	00:04:37	00:16:28	00:22:37	00:40:31				CAMBRE
238	303	MANUEL OUTES PAZ		MAST4M- 4	00:46:25	00:04:39	00:46:12	00:04:38	00:16:20	00:22:37	00:40:27				CARBALLO
239	279	BEATRIZ OLIVEIRA TRABA	F- 11	MAST2F- 3	00:46:28	00:04:39	00:46:24	00:04:39	00:16:12	00:22:32	00:40:22		ASOCIACIÓN DEPORTIVA OLIMPIA		CORCUBION
240	431	PEDRO CASTRO VEIRA		SNM- 45	00:46:32	00:04:40	00:46:21	00:04:39	00:15:56	00:22:11	00:40:28		DONWHILL LARACHA		NOICELA
241	635	JOSE LUIS BARREIRO GUILLAMET		MAST2M- 91	00:46:40	00:04:40	00:46:19	00:04:38	00:16:26	00:22:28	00:40:44				CARBALLO
242	644	ANTONIO GIL BLANCO		MAST2M- 92	00:46:41	00:04:41	00:46:19	00:04:38	00:16:25	00:22:40	00:40:38				MARÍN
243	558	SANTIAGO REY GARCIA		MAST2M- 93	00:46:44	00:04:41	00:46:16	00:04:38	00:16:52	00:23:08	00:40:44				CARBALLO
244	433	JOSÉ FERNANDO TRILLO CARLÍN		MAST3M- 38	00:46:45	00:04:41	00:46:27	00:04:39	00:16:22	00:22:42	00:40:48	52434314	FOGAR TRIATLON CARBALLO		CARBALLO
245	582	VÍCTOR RODRIGUEZ ABELENDA		SNM- 46	00:46:47	00:04:41	00:46:33	00:04:40	00:17:00	00:23:27	00:40:59				CARBALLO
246	71	MARÍA FRAGA RIVAS	F- 12	SNF- 3	00:46:48	00:04:41	00:46:44	00:04:41	00:16:11	00:22:34	00:40:39				A CORUÑA
247	164	DAVID VIÑA RODRIGUEZ		MAST2M- 94	00:46:49	00:04:41	00:46:39	00:04:40	00:16:21	00:22:46	00:40:47		A.D.MEDIADUCIA		CARBALLO
248	631	ANTONIO IGLESIAS NOGUEIRA		MAST2M- 95	00:46:49	00:04:41	00:46:39	00:04:40	00:16:25	00:22:48	00:40:48				MILLADOIRO
249	266	JOSÉ GÓMEZ VIAÑO		MAST3M- 39	00:46:52	00:04:42	00:46:41	00:04:41	00:16:09	00:22:25	00:40:27				AMES
250	680	MIGUEL AÑON DOCAMPO		MAST2M- 96	00:46:54	00:04:42	00:46:29	00:04:39	00:16:58	00:23:12	00:40:57				CARBALLO
251	264	ALBERT CARBALLAL IGLESIAS		MAST1M- 52	00:47:01	00:04:43	00:46:53	00:04:42	00:15:51	00:22:22	00:40:42				LALIN
252	325	JUAN MANUEL RODRIGUEZ PUGA		MAST1M- 53	00:47:01	00:04:43	00:46:48	00:04:41	00:15:45	00:21:56	00:40:35				OURENSE
253	402	SUSO RODRÍGUEZ		MAST3M- 40	00:47:03	00:04:43	00:46:41	00:04:41	00:16:37	00:23:08	00:41:05		ATLETISMO FRIOL		AMES
254	108	XOSÉ MANUEL LAMAS POSE		MAST2M- 97	00:47:04	00:04:43	00:46:33	00:04:40	00:17:29	00:23:49	00:41:14				BURELA
255	187	RUBEN MARTINEZ DEL RIO		MAST2M- 98	00:47:06	00:04:43	00:46:51	00:04:42	00:16:52	00:23:12	00:41:07		DREAM TEAM		O TEMPLE - CAMBRE
256	612	JORGE JUAN TABOADA VÁZQUEZ		MAST2M- 99	00:47:10	00:04:43	00:46:51	00:04:42	00:16:29	00:22:44	00:40:47				OLEIROS
257	194	NESTOR TOREA MOLEDO		MAST2M- 100	00:47:11	00:04:44	00:46:57	00:04:42	00:16:31	00:22:43	00:40:46				ESTEIRO
258	192	ROGELIO MANUEL PEREZ MIÑONES		MAST3M- 41	00:47:14	00:04:44	00:46:58	00:04:42	00:16:52	00:23:12	00:41:07				A CORUÑA
259	356	JUAN CARLOS VAZQUEZ GOMEZ		MAST2M- 101	00:47:14	00:04:44	00:46:59	00:04:42	00:16:59	00:23:18	00:41:07				A CORUÑA
260	415	MARY MIRAS CASTRO	F- 13	MAST1F- 6	00:47:18	00:04:44	00:46:54	00:04:42	00:16:29	00:22:44	00:40:54		CLUB ATLETISMO O PINO		O PINO
261	668	MARCOS MESEJO QUEIJO		SNM- 47	00:47:28	00:04:45	00:47:00	00:04:42	00:16:23	00:22:36	00:41:02				CARBALLO
262	229	JOSÉ ANTONIO BLANCO BARREIRO		MAST4M- 5	00:47:30	00:04:45	00:47:22	00:04:45	00:16:20	00:22:37	00:41:12				SANTIAGO DE COMPOSTELA
263	357	FRANCISCO GABRIEL AGRELO RODRIGUEZ		MAST1M- 54	00:47:32	00:04:46	00:47:18	00:04:44	00:16:13	00:22:25	00:40:55				CARBALLO
264	627	MARCOS LÓPEZ RODRÍGUEZ		SNM- 48	00:47:33	00:04:46	00:47:07	00:04:43	00:17:00	00:23:16	00:41:21				LA CORUÑA
265	199	ALFONSO RODRIGUEZ FRAMIL		MAST2M- 102	00:47:33	00:04:46	00:47:27	00:04:45	00:16:15	00:22:43	00:41:11	AG-2020368	NOITEBRA FC		AMES
266	611	OSCAR ROMERO LAGO		SNM- 49	00:47:35	00:04:46	00:47:17	00:04:44	00:16:44	00:23:04	00:41:17				A CORUÑA
267	60	PAULA TRILLO CALO	F- 14	SNF- 4	00:47:35	00:04:46	00:47:25	00:04:45	00:16:11	00:22:31	00:41:02	AG 2022634	TERRA DE SONEIRA C.D.		VIMIANZO
268	637	ALEJANDRO GARCIA RAMOS		SNM- 50	00:47:35	00:04:46	00:47:16	00:04:44	00:15:49	00:22:02	00:41:01				BETANZOS
269	586	DIEGO EIRIS ALVAREZ		SNM- 51	00:47:37	00:04:46	00:47:11	00:04:44	00:16:38	00:22:59	00:41:13				CARBALLO
270	414	CRISTINA CARRIL BOO	F- 15	MAST1F- 7	00:47:39	00:04:46	00:47:17	00:04:44	00:16:34	00:22:51	00:41:10		CLUB ATLETISMO O PINO		O PINO
271	619	OSCAR LAMAS		MAST2M- 103	00:47:43	00:04:47	00:47:34	00:04:46	00:16:14	00:22:43	00:41:17				CARBALLO
272	49	BELÉN PEREZ MARTINEZ	F- 16	MAST2F- 4	00:47:49	00:04:47	00:47:33	00:04:46	00:16:40	00:23:09	00:41:36		OLIMPIA CEE		CEE
273	337	JUAN CARLOS RODRÍGUEZ PERNIA		MAST2M- 104	00:47:50	00:04:47	00:47:38	00:04:46	00:16:37	00:23:03	00:41:31				SANTIAGO DE COMPOSTELA
274	471	ANGEL MANUEL CAAMAÑO GONZALEZ		MAST1M- 55	00:47:52	00:04:48	00:47:27	00:04:45	00:16:45	00:23:01	00:41:30		TUMBA TOXOS TRAIL TEAM		CARBALLO
275	529	NURIA PASTOR AMOROS	F- 17	MAST3F- 2	00:47:55	00:04:48	00:47:40	00:04:46	00:16:58	00:23:13	00:41:20				SUEGOS-POL
276	651	JUAN CARLOS LÓPEZ PAZOS		MAST2M- 105	00:47:56	00:04:48	00:47:37	00:04:46	00:16:31	00:22:55	00:41:28				TUI
277	682	JUAN MANUEL VEGAS BARBERO		MAST3M- 42	00:47:57	00:04:48	00:47:29	00:04:45	00:17:02	00:23:25	00:41:33				MILLADOIRO-AMES
278	561	JOSÉ ANTONIO MOREIRA VEIGA		MAST2M- 106	00:47:59	00:04:48	00:47:45	00:04:47	00:17:06	00:23:39	00:42:05				CARBALLO
279	297	ANA PUIME MIGUEZ	F- 18	MAST2F- 5	00:48:02	00:04:49	00:47:48	00:04:47	00:16:28	00:22:54	00:41:29		GLOBAL SPORT CLUB		VIGO
280	608	JORGE BARREIRO MALLON		SNM- 52	00:48:04	00:04:49	00:47:38	00:04:46	00:16:57	00:23:22	00:41:56				CARBALLO
281	276	MARTÍN DOMÍNGUEZ BRENLLA		MAST1M- 56	00:48:04	00:04:49	00:47:33	00:04:46	00:17:11	00:23:26	00:41:38				ZAS
282	403	MANUEL CEIDE SANTOS		MAST4M- 6	00:48:05	00:04:49	00:47:33	00:04:46	00:18:20	00:24:39	00:42:09		ATLETISMO FRIOL		FRIOL
283	628	JOSÉ ENRIQUE SOUTO FACAL		MAST4M- 7	00:48:06	00:04:49	00:47:48	00:04:47	00:16:26	00:22:49	00:41:37				A CORUÑA
284	497	ALFONSO PREGO		MAST2M- 107	00:48:08	00:04:49	00:47:47	00:04:47	00:16:42	00:23:13	00:41:47				CERCEDA
285	692	GERMÁN FARIÑA REIMUNDEZ		MAST1M- 57	00:48:12	00:04:50	00:47:58	00:04:48	00:16:56	00:23:26	00:41:57				CARBALLO
286	302	JOSE ANTONIO PENEDO RODRIGUEZ		MAST2M- 108	00:48:14	00:04:50	00:48:01	00:04:49	00:16:41	00:23:17	00:41:47				CARBALLO
287	492	MANUEL LAMAS BELLO		MAST4M- 8	00:48:16	00:04:50	00:47:55	00:04:48	00:17:19	00:23:40	00:41:57				CARBALLO
288	348	JOSE LUIS ROEL MIRANDA		MAST2M- 109	00:48:18	00:04:50	00:48:06	00:04:49	00:17:10	00:23:40	00:41:55				ABEGONDO
289	63	EUSEBIA MALDONADO	F- 19	MAST1F- 8	00:48:18	00:04:50	00:48:18	00:04:50	00:16:19	00:23:03	00:41:51	NO TENGO	ZAPATILLA VELOZ		A CORUÑA
290	175	ALEJANDRO VÁZQUEZ GARCÍA		MAST1M- 58	00:48:20	00:04:50	00:48:10	00:04:49	00:16:27	00:22:56	00:41:40		ATLETISMO RIAZOR CORUÑA		CAMBRE
291	454	JUAN CASTRO SUÁREZ		MAST3M- 43	00:48:21	00:04:51	00:47:58	00:04:48	00:16:23	00:22:42	00:41:48		CLUB ATLETISMO O PINO		O PINO
292	667	PABLO MAÑANA DANS		MAST2M- 110	00:48:24	00:04:51	00:48:04	00:04:49	00:17:19	00:23:47	00:41:59				ARTEIXO
293	606	FRANCISCO JOSÉ ROCHA GARCÍA		MAST1M- 59	00:48:27	00:04:51	00:48:10	00:04:49	00:16:35	00:22:59	00:41:50				OZA DOS RIOS
294	286	FERMIN PAN OTERO		MAST4M- 9	00:48:28	00:04:51	00:48:17	00:04:50	00:16:32	00:23:07	00:41:59		C.D. EGOVARROS-VIVEIRO		A CORUÑA
295	353	EDUARDO DANIEL FERNANDEZ SANCHEZ		MAST3M- 44	00:48:31	00:04:52	00:48:19	00:04:50	00:16:39	00:23:14	00:42:02				LA CORUÑA
296	601	ROGELIO GRANJA MENDEZ		MAST4M- 10	00:48:32	00:04:52	00:48:16	00:04:50	00:16:55	00:23:25	00:42:00				CORUÑA

357	452	MANUEL JOSE REY PAULOS		MAST4M- 18	00:50:37	00:05:04	00:50:13	00:05:02	00:18:16	00:25:02	00:44:06		NINGUHO	CARBALLO
358	296	MAXIMINO LAGARES CARRO		MAST2M- 127	00:50:47	00:05:05	00:50:30	00:05:03	00:17:53	00:24:42	00:43:58		ESPRINTES OURENSE	ORDES
359	385	LUIS A. GOMEZ		SNM- 63	00:50:55	00:05:06	00:50:26	00:05:03	00:17:49	00:24:35	00:43:57		A.D.MEDIADUCIA	CARBALLO
360	287	CARLOS CARRASCO ITURRA		MAST3M- 55	00:50:56	00:05:06	00:50:46	00:05:05	00:17:11	00:24:01	00:43:49		CLUB ATLETISMO O PINO	VAL DO DUBRA
361	299	CARLOS SALVADO BERMUDEZ		MAST1M- 67	00:51:03	00:05:07	00:50:33	00:05:04	00:17:50	00:24:39	00:44:14			AMES
362	557	MANUEL JESUS MUÑIZ POSE		MAST1M- 68	00:51:04	00:05:07	00:50:38	00:05:04	00:18:12	00:24:56	00:44:07			CARBALLO
363	290	ANDRÉS GONZÁLEZ GARCÍA		MAST3M- 56	00:51:04	00:05:07	00:50:49	00:05:05	00:17:54	00:24:43	00:44:11		CLUB CASTRO DE LOBADIZ	FERROL
364	190	FRANCISCO JAVIER SUAREZ BERMUDEZ		MAST2M- 128	00:51:06	00:05:07	00:50:36	00:05:04	00:17:51	00:24:40	00:44:14			SANTIAGO DE COMPOSTELA
365	397	REBECA RIVAS SAMPAYO	F- 28	MAST2F- 9	00:51:07	00:05:07	00:50:50	00:05:05	00:17:27	00:24:22	00:44:16		AGMAR RUNNERS	ARTEIXO
366	358	JOSE LUIS CEREIJO BLANCO		MAST1M- 69	00:51:09	00:05:07	00:50:54	00:05:06	00:16:54	00:23:50	00:43:54			CARBALLO
367	288	ANTONIO RIVEIRA MARTINEZ		MAST3M- 57	00:51:11	00:05:08	00:50:46	00:05:05	00:17:08	00:24:01	00:44:12		CLUB ATLETISMO O PINO	O PINO
368	269	MARCO LEMA GARCIA		MAST2M- 129	00:51:14	00:05:08	00:50:58	00:05:06	00:18:28	00:25:26	00:44:51			CARBALLO
369	456	ROI VEGA TORREIRA		MAST1M- 70	00:51:15	00:05:08	00:50:47	00:05:05	00:17:42	00:24:34	00:43:57		ROI VEGA	CARBALLO
370	377	VANESA ANIDO NIETO	F- 29	SNF- 6	00:51:20	00:05:08	00:51:07	00:05:07	00:17:06	00:23:45	00:44:21		A.D.MEDIADUCIA	CARBALLO
371	313	MARIA JESUS (CHUS) GARCIA PENA	F- 30	MAST1F- 12	00:51:20	00:05:08	00:50:58	00:05:06	00:18:06	00:24:54	00:44:28		TAMBRE BIKE & RUNNING	TRAZO
372	384	ADRIAN VARELA PUÑAL		SNM- 64	00:51:20	00:05:08	00:51:07	00:05:07	00:17:09	00:23:48	00:44:22		A.D.MEDIADUCIA	CARBALLO
373	620	JOSE MANUEL FERNANDEZ PARDO		MAST2M- 130	00:51:21	00:05:09	00:50:57	00:05:06	00:17:36	00:24:10	00:44:24			CARBALLO
374	374	ISMAEL ROJO LEMA		MAST2M- 131	00:51:22	00:05:09	00:50:51	00:05:06	00:18:29	00:24:56	00:44:06		A. D. MONTEBRONDO	ZAS
375	624	PEDRO RIVAS SOUTO		SNM- 65	00:51:23	00:05:09	00:50:54	00:05:06	00:18:36	00:25:26	00:44:51			SANTA COMBA
376	51	GELI LÓPEZ VILAS	F- 31	MAST3F- 4	00:51:25	00:05:09	00:51:13	00:05:08	00:17:43	00:24:36	00:44:22		RUNNING ARTEIXO	ARTEIXO
377	142	SERGIO ARES CHAO		MAST1M- 71	00:51:25	00:05:09	00:51:19	00:05:08	00:14:12	00:19:34	00:44:38			A CORUÑA
378	387	PILAR VILLAR RECAREY	F- 32	MAST1F- 13	00:51:32	00:05:10	00:51:10	00:05:07	00:18:09	00:24:52	00:44:53		A. D. DOWNHILL	A LARACHA
379	584	JOSE ANTONIO GARCIA MARTINEZ		MAST3M- 58	00:51:35	00:05:10	00:51:16	00:05:08	00:17:39	00:24:38	00:44:32			CARBALLO
380	400	JULIO BARRAL IGLESIAS		MAST3M- 59	00:51:35	00:05:10	00:51:20	00:05:08	00:17:47	00:24:43	00:44:50		ATLETAS DE ACEA DE AMA	CAMBRE
381	289	ALICIA MUIÑO POSE	F- 33	MAST2F- 10	00:51:36	00:05:10	00:51:12	00:05:08	00:17:48	00:24:45	00:44:49		CLUB ATLETISMO O PINO	SANTIAGO
382	524	PATRICIA GARCÍA VECINO	F- 34	SNF- 7	00:51:37	00:05:10	00:51:07	00:05:07	00:18:33	00:25:26	00:44:56			CARBALLO
383	362	ROBERTO GARCÍA PAZOS		MAST2M- 132	00:51:37	00:05:10	00:51:21	00:05:09	00:18:28	00:25:27	00:44:56			CARBALLO
384	661	FCO JAVIER FRAGA PIÑEIRO		MAST2M- 133	00:51:37	00:05:10	00:51:18	00:05:08	00:18:29	00:25:27	00:45:01			CARBALLO
385	382	JAIME TRIGO CAMBÓN		MAST4M- 19	00:51:37	00:05:10	00:51:15	00:05:08	00:18:04	00:24:57	00:44:35		A.D.MEDIADUCIA	CARBALLO
386	335	ANA AMIGO GONZÁLEZ	F- 35	MAST2F- 11	00:51:43	00:05:11	00:51:29	00:05:09	00:18:01	00:24:48	00:44:39			A CORUÑA
387	685	OSCAR ALDAO COUTO		SNM- 66	00:51:44	00:05:11	00:51:17	00:05:08	00:19:02	00:26:22	00:45:34			CARBALLO
388	649	FRANCISCO JAVIER CHOUZA FERREIRO		MAST2M- 134	00:51:47	00:05:11	00:51:18	00:05:08	00:18:20	00:25:18	00:44:52			MILLADOIRO - AMES
389	643	SANTIAGO SÁNCHEZ BELLO		MAST1M- 72	00:51:52	00:05:12	00:51:44	00:05:11	00:17:14	00:24:13	00:44:36			ARTEIXO
390	441	DIEGO TARRIO MIGUEZ		MAST2M- 135	00:51:52	00:05:12	00:51:28	00:05:09	00:17:57	00:24:49	00:44:44		K2ORDES	ORDES
391	569	VÍCTOR MANUEL LAVANDEIRA GARCÍA		MAST1M- 73	00:51:58	00:05:12	00:51:38	00:05:10	00:18:34	00:25:46	00:45:49			CARBALLO
392	483	JUAN LUIS ROMASANTA PUGA		MAST2M- 136	00:51:59	00:05:12	00:51:37	00:05:10	00:18:00	00:25:17	00:45:18			OURENSE
393	474	CARLOS COTELO LAFUENTE		MAST1M- 74	00:52:01	00:05:13	00:51:45	00:05:11	00:17:15	00:24:25	00:44:48			CARBALLO
394	350	JOSE ANGEL LORENZO RIVEIRO		MAST2M- 137	00:52:04	00:05:13	00:51:53	00:05:12	00:17:49	00:24:52	00:45:13			CULLEREDO
395	366	JOSE FIGUEIRAS MARTÍNEZ		S23M- 4	00:52:06	00:05:13	00:51:53	00:05:12	00:17:41	00:24:38	00:45:09			BAIO
396	678	FELIX ALONSO CID		MAST1M- 75	00:52:07	00:05:13	00:51:36	00:05:10	00:18:46	00:25:24	00:44:59			FERROL
397	328	ALBERTO HERRERO GARCÍA		MAST2M- 138	00:52:08	00:05:13	00:51:52	00:05:12	00:18:10	00:25:09	00:45:27			A CORUÑA
398	370	MARI CARMEN RODRIGUEZ GOLAN	F- 36	MAST2F- 12	00:52:13	00:05:14	00:51:56	00:05:12	00:18:32	00:25:35	00:45:28		A. D. DOWNHILL	A LARACHA
399	161	SUSO RAMOS RODRIGUEZ		MAST3M- 60	00:52:13	00:05:14	00:51:50	00:05:11	00:18:33	00:25:35	00:45:28	AG 2022293	A. D. DOWNHILL	A LARACHA
400	622	EMMANUEL PONTE VARELA		SNM- 67	00:52:14	00:05:14	00:51:43	00:05:11	00:18:56	00:26:06	00:45:48			A CORUÑA
401	423	VICTOR CEBEY CANCELA		MAST3M- 61	00:52:14	00:05:14	00:51:53	00:05:12	00:18:29	00:25:30	00:45:30		CLUB DEPORTIVO OS MUDITOS	CARBALLO
402	462	MIGUEL ANTONIO GONZALEZ REY		MAST2M- 139	00:52:20	00:05:14	00:52:06	00:05:13	00:17:56	00:24:59	00:44:56		SAUNIER DUVAL	BETANZOS
403	476	MARCOS TEDIN		MAST2M- 140	00:52:21	00:05:15	00:52:00	00:05:12	00:18:04	00:25:07	00:45:27			VIMIANZO
404	330	ALEJANDRO CAÑADA MUÑOZ		MAST3M- 62	00:52:21	00:05:15	00:52:06	00:05:13	00:17:50	00:24:47	00:45:03			A CORUÑA
405	499	GABRIEL CAO SÁNCHEZ		MAST2M- 141	00:52:23	00:05:15	00:52:04	00:05:13	00:18:34	00:25:42	00:45:36			A CORUÑA
406	332	SILVIA SÁNCHEZ BASCOY	F- 37	MAST3F- 5	00:52:24	00:05:15	00:52:13	00:05:14	00:17:58	00:24:54	00:45:24			A CORUÑA
407	284	MANUEL ANGEL COBAS OTERO		MAST3M- 63	00:52:24	00:05:15	00:52:08	00:05:13	00:18:26	00:25:28	00:45:35	AG769997	ATLETISMO FONTES DO SAR	BERTAMIRANS-AMES
408	528	SORAYA MARROZOS NOGAREDA	F- 38	SNF- 8	00:52:27	00:05:15	00:52:10	00:05:13	00:16:58	00:23:51	00:44:52			LA CORUÑA
409	573	JAVIER LOPEZ PARDO		S20M- 2	00:52:29	00:05:15	00:51:54	00:05:12	00:19:48	00:26:40	00:46:05			CARBALLO
410	372	SABINO MENÉNDEZ VARELA		MAST1M- 76	00:52:31	00:05:16	00:52:01	00:05:13	00:18:57	00:25:51	00:45:43		A.C.D. BOMBEIROS BERGANTIÑOS	CARBALLO
411	408	ANDRES CASTRO		SNM- 68	00:52:31	00:05:16	00:52:01	00:05:13	00:18:39	00:25:38	00:45:30		CARBALLIÑO TRIATLON	BALDAO
412	300	MANUEL JAVIER MUÑIZ SEIJAS		MAST3M- 64	00:52:37	00:05:16	00:52:25	00:05:15	00:18:47	00:26:01	00:46:11			A CORUÑA
413	605	FELIX VARELA MARTINEZ		MAST2M- 142	00:52:40	00:05:16	00:52:22	00:05:15	00:18:24	00:25:28	00:45:43			A CORUÑA
414	488	CRISTIAN PACE MARZORATTI		SNM- 69	00:52:44	00:05:17	00:52:22	00:05:15	00:18:57	00:26:08	00:46:18			CARBALLO
415	455	JAVIER BLANCO CAAMAÑO		MAST2M- 143	00:52:44	00:05:17	00:52:13	00:05:14	00:19:46	00:26:46	00:46:32		REIVAJBC	CARBALLO
416	416	MARGA LEDESMA	F- 39	MAST3F- 6	00:52:54	00:05:18	00:52:30	00:05:15	00:18:39	00:25:45	00:45:50	AG2020352	CLUB ATLETISMO O PINO	TEO

417	380	MARIA DOLORES PORTEIRO VARELA	F- 40	SNF- 9	00:53:04	00:05:19	00:52:50	00:05:17	00:17:41	00:24:44	00:45:41	A.D.MEDIADUCIA	CARBALLO
418	338	JESUS MATIAS DOMINGUEZ GOMEZ		MAST4M- 20	00:53:09	00:05:19	00:52:35	00:05:16	00:18:59	00:25:55	00:46:14		A LARACHA
419	479	ROBERTO LOPEZ SOUTULLO		MAST1M- 77	00:53:09	00:05:19	00:52:49	00:05:17	00:18:23	00:25:37	00:46:05		CARBALLO
420	404	ESTEBAN CASTROMIL SUAREZ		MAST1M- 78	00:53:19	00:05:20	00:53:02	00:05:19	00:17:33	00:24:29	00:45:40	ATLETISMO ORDES	OROSO
421	575	CARLOS ALBERTO PENA PUGA		MAST1M- 79	00:53:21	00:05:21	00:52:54	00:05:18	00:18:48	00:25:54	00:46:29		CARBALLO
422	574	ESTEBAN GONZALEZ LAGE		MAST1M- 80	00:53:24	00:05:21	00:53:03	00:05:19	00:18:35	00:25:46	00:46:15		CARBALLO
423	532	PATRICIA BASANTA NUÑEZ	F- 41	MAST1F- 14	00:53:28	00:05:21	00:53:09	00:05:19	00:18:52	00:26:01	00:46:19		OLEIROS
424	321	DAVID DARRIBA GONZÁLEZ		MAST2M- 144	00:53:33	00:05:22	00:53:19	00:05:20	00:17:39	00:24:37	00:45:27		A CORUÑA
425	567	ABRAHAM PARCERO BASCUAS		SNM- 70	00:53:51	00:05:24	00:53:17	00:05:20	00:19:58	00:27:01	00:47:00		CARBALLO
426	316	FABIÁN SANTOS POSE		MAST1M- 81	00:53:53	00:05:24	00:53:40	00:05:22	00:18:05	00:25:13	00:46:23	AG 2022 664 TERRA DE SONEIRA C.D.	VIMIANZO
427	498	MANUEL JUAN BLANCO GABIN		MAST3M- 65	00:53:54	00:05:24	00:53:33	00:05:22	00:18:35	00:25:42	00:46:24		BETANZOS
428	615	MARTIN CASTIÑEIRA LADO		MAST1M- 82	00:53:59	00:05:24	00:53:33	00:05:22	00:19:09	00:26:26	00:47:09		CARBALLO
429	256	EMILIO FERRO VIQUEIRA		MAST1M- 83	00:54:00	00:05:24	00:53:33	00:05:22	00:19:10	00:26:27	00:47:09		OROSO
430	334	LUIS PITA ANDREU		MAST3M- 66	00:54:02	00:05:25	00:53:47	00:05:23	00:18:20	00:25:46	00:46:59		A CORUÑA
431	317	JOSE MANUEL DARRIBA GONZÁLEZ		MAST2M- 145	00:54:08	00:05:25	00:53:53	00:05:24	00:18:25	00:25:45	00:46:58	TRASNOS CORUÑA	CARBALLO
432	510	BRAIS BRAGAÑA		SNM- 71	00:54:15	00:05:26	00:53:42	00:05:23	00:19:59	00:27:20	00:47:36		LAÑAS
433	331	JOSE MANUEL GARCIA CASTRO		MAST3M- 67	00:54:26	00:05:27	00:53:56	00:05:24	00:18:47	00:26:15	00:47:10		CULLEREDO
434	572	MARCOS CASTRO BEIZANA		MAST2M- 146	00:54:29	00:05:27	00:54:10	00:05:25	00:17:37	00:24:47	00:46:34		CARBALLO
435	598	SAMUEL GESTO DOMINGUEZ		SNM- 72	00:54:34	00:05:28	00:54:18	00:05:26	00:17:07	00:24:04	00:46:46		CARBALLO
436	473	ANGELA RAMILO	F- 42	MAST1F- 15	00:54:40	00:05:28	00:54:13	00:05:26	00:19:02	00:26:22	00:47:20	VITAL FITNESS 2.0	CARBALLO
437	484	ROBERTO FIGUEROA SUÁREZ		MAST3M- 68	00:54:42	00:05:29	00:54:08	00:05:25	00:18:58	00:26:12	00:47:22		ARTEIXO
438	508	ISABEL PEREZ TRILLO	F- 43	MAST2F- 13	00:54:43	00:05:29	00:54:16	00:05:26	00:19:52	00:27:18	00:47:42		VIMIANZO
439	560	MICHEL JOSÉ ODREMAN MENDOZA		MAST1M- 84	00:54:48	00:05:29	00:54:30	00:05:27	00:18:04	00:25:46	00:47:28		CARBALLO
440	534	MARTA MUÑOZ PÉREZ	F- 44	MAST2F- 14	00:54:56	00:05:30	00:54:37	00:05:28	00:18:38	00:26:03	00:47:29		A CORUÑA
441	650	DAVID FERNÁNDEZ LÓPEZ		SNM- 73	00:55:07	00:05:31	00:54:33	00:05:28	00:19:24	00:26:53	00:47:59		VIVEIRO
442	301	JOSÉ MANUEL PREGO LÓPEZ		MAST4M- 21	00:55:11	00:05:32	00:54:59	00:05:30	00:18:39	00:25:53	00:47:45		PONTEDEUME
443	677	ABEL BOVEDA GAY		MAST2M- 147	00:55:13	00:05:32	00:54:48	00:05:29	00:19:59	00:27:35	00:48:27		OROSO
444	477	ANA DUBRA GARCIA	F- 45	MAST2F- 15	00:55:20	00:05:32	00:54:59	00:05:30	00:19:06	00:26:44	00:47:47		CARBALLO
445	314	GONZALO ALFONSÍN SOLIÑO		MAST3M- 69	00:55:22	00:05:33	00:55:05	00:05:31	00:19:19	00:26:50	00:48:12	TARTARUGAS	SANTIAGO DE COMPOSTELA
446	494	SORAYA ALVIAEZ MILANO	F- 46	MAST4F- 1	00:55:32	00:05:34	00:55:00	00:05:30	00:19:58	00:27:15	00:48:14		CULLEREDO
447	609	JOSE RIVEIROS ANEGON		SNM- 74	00:55:36	00:05:34	00:55:07	00:05:31	00:18:38	00:25:57	00:47:55		CORUÑA
448	686	JACOBO PÉREZ		SNM- 75	00:55:37	00:05:34	00:55:08	00:05:31	00:18:39	00:25:57	00:47:56		BERGONDO
449	556	LUCÍA VÁZQUEZ	F- 47	MAST1F- 16	00:55:38	00:05:34	00:55:12	00:05:32	00:20:23	00:27:40	00:48:24		A CORUÑA
450	504	ANA LÓPEZ SUÁREZ	F- 48	MAST3F- 7	00:55:44	00:05:35	00:55:29	00:05:33	00:19:00	00:26:30	00:48:18		A CORUÑA
451	66	LETICIA BAÑA CALVO	F- 49	SNF- 10	00:55:44	00:05:35	00:55:41	00:05:35	00:18:03	00:25:46	00:47:59		CARBALLO
452	512	MARIA CARMEN LEMA DEVESA	F- 50	MAST3F- 8	00:56:01	00:05:37	00:55:40	00:05:34	00:19:15	00:26:44	00:48:11		A CORUÑA
453	193	JESÚS BERNAL GÓMEZ		MAST4M- 22	00:56:01	00:05:37	00:55:54	00:05:36	00:19:44	00:27:29	00:49:04		FERROL
454	381	MARIA MARTÍNEZ FIDALGO	F- 51	MAST2F- 16	00:56:02	00:05:37	00:55:33	00:05:34	00:19:45	00:27:05	00:48:28	A.D.MEDIADUCIA	CARBALLO
455	600	MANUEL PEREZ PENSADO		MAST1M- 85	00:56:03	00:05:37	00:55:39	00:05:34	00:19:04	00:26:44	00:48:31		CARBALLO
456	367	LOLI RIAL CARBALLA	F- 52	MAST2F- 17	00:56:04	00:05:37	00:55:35	00:05:34	00:20:01	00:27:30	00:48:45		A CORUÑA
457	520	ANABEL CAAMAÑO BERMÚDEZ	F- 53	MAST1F- 17	00:56:05	00:05:37	00:55:35	00:05:34	00:19:46	00:27:18	00:48:31		ARTEIXO
458	458	LARA PALLAS QUINTELA	F- 54	S23F- 1	00:56:09	00:05:37	00:55:49	00:05:35	00:19:26	00:26:57	00:48:36	RUNNERS CARBALLO	CARBALLO
459	270	JOSE ANTONIO VARELA ARANTON		MAST1M- 86	00:56:09	00:05:37	00:56:02	00:05:37	00:17:33	00:26:57	00:48:36		CARBALLO
460	594	GABRIEL MARTIN MORALES		MAST4M- 23	00:56:13	00:05:38	00:55:53	00:05:36	00:19:06	00:26:40	00:48:21		A CORUÑA
461	555	YOLANDA BOLON RODRIGUEZ	F- 55	MAST1F- 18	00:56:33	00:05:40	00:56:05	00:05:37	00:19:37	00:27:12	00:48:58		CARBALLO
462	445	MARTA VIZCAINO ABELEDO	F- 56	SNF- 11	00:56:43	00:05:41	00:56:22	00:05:39	00:20:25	00:28:09	00:49:56	LA MOCHILA DEL DEPORTE	CORUÑA
463	505	PATRICIA BARREIRA RODRIGUEZ	F- 57	MAST2F- 18	00:56:58	00:05:42	00:56:52	00:05:42	00:19:24	00:26:56	00:49:08		A CORUÑA
464	589	MANUEL VILAS SANCHEZ		MAST3M- 70	00:56:59	00:05:42	00:56:45	00:05:41	00:19:15	00:26:44	00:48:52		A CORUÑA
465	373	YOLANDA POMBO VARELA	F- 58	MAST1F- 19	00:57:06	00:05:43	00:56:36	00:05:40	00:19:40	00:27:17	00:49:18	A.C.D. BOMBEIROS BERGANTIÑOS	CARBALLO
466	514	EDUARDO GARCIA SANTIAGO		MAST3M- 71	00:57:12	00:05:44	00:56:38	00:05:40	00:20:22	00:27:44	00:49:46		A LARACHA
467	1026	ROGELIO VAZQUEZ EIRIS		MAST4M- 24	00:57:12	00:05:44	00:56:45	00:05:41	00:20:22	00:28:04	00:50:02		CARBALLO
468	522	CRISTINA MUÑIZ CIVES	F- 59	SNF- 12	00:57:17	00:05:44	00:56:49	00:05:41	00:19:48	00:27:32	00:49:36		CORISTANCO
469	1025	JOSE MANUEL LOPEZ REGUEIRO		MAST2M- 148	00:57:18	00:05:44	00:56:50	00:05:41	00:20:23	00:28:03	00:50:03		CARBALLO
470	645	DIEGO ROSTRO SOUTULLO		SNM- 76	00:57:19	00:05:44	00:56:51	00:05:42	00:20:14	00:27:51	00:49:59		CARBALLO
471	546	INMACULADA COLLAZO COSTA	F- 60	SNF- 13	00:57:22	00:05:45	00:56:58	00:05:42	00:19:42	00:27:32	00:49:57		CABANA DE BERGANTIÑOS
472	542	SHEILA RECAREY VARELA	F- 61	SNF- 14	00:57:22	00:05:45	00:56:59	00:05:42	00:19:42	00:27:32	00:49:58		CABANA DE BERGANTIÑOS
473	361	RAQUEL GAGO FUENTES	F- 62	SNF- 15	00:57:29	00:05:45	00:57:15	00:05:44	00:20:30	00:28:23	00:50:15		CARBALLO
474	223	ARTURO RABUÑAL VAZQEZ		MAST4M- 25	00:57:38	00:05:46	00:57:22	00:05:45	00:20:12	00:28:11	00:50:14		MEICENDE
475	333	CARMEN GARCIA GARCIA	F- 63	MAST3F- 9	00:57:38	00:05:46	00:57:23	00:05:45	00:20:12	00:28:11	00:50:14		A CORUÑA
476	603	SERGIO VARELA FUENTES		MAST2M- 149	00:57:39	00:05:46	00:57:04	00:05:43	00:20:40	00:28:05	00:50:05		CARBALLO

477	588	JOSÉ MANUEL LÓPEZ PALLAS		MAST2M- 150	00:57:49	00:05:47	00:57:16	00:05:44	00:20:13	00:28:07	00:50:16					CERCEDA
478	503	PATRICIA IGLESIAS VIEITES	F- 64	MAST1F- 20	00:57:49	00:05:47	00:57:16	00:05:44	00:20:33	00:28:11	00:50:05					LA CORUÑA
479	687	DIEGO PONTE REY		SNM- 77	00:57:51	00:05:48	00:57:19	00:05:44	00:20:31	00:28:23	00:50:19					ARTEIXO
480	517	PABLO ALDAO		SNM- 78	00:57:51	00:05:48	00:57:19	00:05:44	00:20:30	00:28:22	00:50:18					LARACHA
481	486	IGNACIO ABELENDA EIROA		MAST2M- 151	00:57:52	00:05:48	00:57:06	00:05:43	00:20:14	00:27:41	00:49:45					CARBALLO
482	444	MARÍA HERMIDA CARBALLO	F- 65	MAST2F- 19	00:57:56	00:05:48	00:57:36	00:05:46	00:20:24	00:28:09	00:50:21				LA MOCHILA DEL DEPORTE	A CORUÑA
483	626	JUAN CARLOS BARBEITO IGLESIAS		MAST3M- 72	00:58:04	00:05:49	00:57:39	00:05:46	00:19:56	00:27:51	00:50:20					A CORUÑA
484	506	BERTA SUAREZ	F- 66	MAST1F- 21	00:58:06	00:05:49	00:57:47	00:05:47	00:20:42	00:28:15	00:50:22					CARBALLO
485	294	GONZALO ALVAREZ PRADO		MAST3M- 73	00:58:14	00:05:50	00:57:57	00:05:48	00:20:13	00:27:55	00:50:21				CORRECAMINOS COYOTE ORDES RUNNING TEAM	ORDES
486	434	MARIA CEAN	F- 67	SNF- 16	00:58:16	00:05:50	00:57:50	00:05:47	00:20:45	00:28:33	00:50:42				GLOBAL SPORT CLUB	CULLEREDO
487	438	JOSE ANTONIO BOCELO PRIETO		MAST3M- 74	00:58:16	00:05:50	00:57:57	00:05:48	00:20:41	00:28:21	00:50:22	NO				O TEMPLE
488	176	JOSE MARIA BREA SANCHEZ		MAST4M- 26	00:58:19	00:05:50	00:57:43	00:05:47	00:20:42	00:28:28	00:50:44	AG-764347	CA BOIMORTO			A CORUÑA
489	549	PATRICIA REYES	F- 68	MAST1F- 22	00:58:35	00:05:52	00:58:14	00:05:50	00:21:05	00:28:49	00:50:59					CARBALLO
490	550	SILVIA MARTINEZ CARPIO	F- 69	MAST1F- 23	00:58:35	00:05:52	00:58:14	00:05:50	00:21:05	00:28:49	00:50:59					PONTEVEDRA
491	688	PEDRO POMBO FUENTES		MAST4M- 27	00:58:50	00:05:53	00:58:34	00:05:52	00:18:47	00:26:59	00:50:18					CARBALLO
492	425	SERGIO CALVO		MAST2M- 152	00:58:51	00:05:54	00:58:19	00:05:50	00:20:45	00:28:41	00:51:11				CLUBE ATLETISMO OUTES - JOHN TURKEY	CORUÑA
493	539	VERÓNICA FEÁS SAAVEDRA	F- 70	MAST3F- 10	00:59:16	00:05:56	00:58:44	00:05:53	00:20:34	00:28:20	00:51:12					A CORUÑA
494	515	MARCELA RINALDI GONZALEZ	F- 71	MAST2F- 20	00:59:21	00:05:57	00:58:59	00:05:54	00:20:25	00:28:17	00:51:14					ARTEIXO
495	507	LYDIA DE LA FUENTE ESTEVEZ	F- 72	MAST2F- 21	00:59:49	00:05:59	00:59:20	00:05:56	00:20:38	00:28:43	00:51:46					SANTIAGO DE COMPOSTELA
496	554	CARMEN RAMOS FERNANDEZ	F- 73	MAST3F- 11	00:59:51	00:06:00	00:59:33	00:05:58	00:20:55	00:28:58	00:52:08					A LARACHA
497	490	JOSE MANUEL NAYA MATA		MAST3M- 75	00:59:52	00:06:00	00:59:31	00:05:58	00:18:43	00:26:30	00:51:56					CARBALLO
498	527	SANDRA GONZALEZ	F- 74	MAST2F- 22	00:59:59	00:06:00	00:59:31	00:05:58	00:20:44	00:28:43	00:52:06					CARBALLO
499	235	JUAN DAVID RUIZ PIÑEIRO		SNM- 79	01:00:05	00:06:01	00:59:34	00:05:58	00:19:47	00:27:54	00:52:42					A CORUÑA
500	394	JOSE JAVIER POMBO BRANDON		MAST1M- 87	01:00:06	00:06:01	00:59:39	00:05:58	00:19:41	00:27:31	00:51:44				A.D.MEDIADUCIA	CARBALLO
501	410	CARLOS VARELA CALVELO		MAST2M- 153	01:00:28	00:06:03	01:00:06	00:06:01	00:21:00	00:29:11	00:52:39				CLUB ATLETISMO DUBRA	VAL DO DUBRA
502	543	IRENE REGA SANDE	F- 75	SNF- 17	01:00:33	00:06:04	01:00:16	00:06:02	00:21:31	00:29:43	00:52:41					A LARACHA
503	639	JUAN CARLOS AMADO COLLAZO		MAST2M- 154	01:00:33	00:06:04	01:00:16	00:06:02	00:21:32	00:29:43	00:52:41					LARACHA
504	406	MANUEL RAÑA PREGO		MAST4M- 28	01:00:42	00:06:05	01:00:26	00:06:03	00:19:58	00:28:09	00:52:21				ATLETISMO ORDES	ORDES
505	405	LINA FUENTES NOYA	F- 76	MAST4F- 2	01:00:42	00:06:05	01:00:27	00:06:03	00:19:58	00:28:09	00:52:19				ATLETISMO ORDES	ORDES
506	519	MAR PARAFITA DOCAMPO	F- 77	MAST2F- 23	01:01:13	00:06:08	01:00:52	00:06:06	00:21:32	00:29:42	00:53:04					CARBALLO
507	491	XULIAN CARLOS BREA SÁNCHEZ		MAST3M- 76	01:01:17	00:06:08	01:00:59	00:06:06	00:20:20	00:28:28	00:52:40					BETANZOS
508	435	CARMEN PENIN ALVAREZ	F- 78	MAST1F- 24	01:01:19	00:06:08	01:00:52	00:06:06	00:21:14	00:29:19	00:53:12				GLOBAL SPORT CLUB	A CORUÑA
509	552	BELÉN POSE GOMEZ	F- 79	MAST2F- 24	01:01:25	00:06:09	01:00:59	00:06:06	00:20:53	00:29:10	00:53:04					A CORUÑA
510	485	CARMEN BELEN PÉREZ GRAÑA	F- 80	MAST2F- 25	01:01:26	00:06:09	01:00:56	00:06:06	00:21:36	00:29:52	00:53:12	AG-765292				A LARACHA
511	548	ISABEL RODRÍGUEZ COTELO	F- 81	MAST1F- 25	01:01:31	00:06:10	01:01:13	00:06:08	00:21:32	00:29:44	00:53:11					A LARACHA
512	540	PATRICIA GARCIA MATO	F- 82	SNF- 18	01:01:31	00:06:10	01:01:14	00:06:08	00:21:32	00:29:45	00:53:11					MALPICA DE BERGANTIÑOS
513	165	ANXO GARCIA VARELA		SNM- 80	01:01:31	00:06:10	01:01:15	00:06:08	00:21:32	00:29:45	00:53:11				A. D. DOWNHILL	A LARACHA
514	541	CHUS RODRIGUEZ PENA	F- 83	MAST1F- 26	01:01:31	00:06:10	01:01:13	00:06:08	00:21:32	00:29:44	00:53:11					PAIOSACO
515	371	DANIEL LÓPEZ GONZÁLEZ		MAST2M- 155	01:01:32	00:06:10	01:01:09	00:06:07	00:21:34	00:29:41	00:53:12				A. D. DOWNHILL	CARBALLO
516	566	RAÚL EIRÍN NEMIÑA		MAST3M- 77	01:01:40	00:06:10	01:01:18	00:06:08	00:19:30	00:28:14	00:52:39					CARBALLO
517	487	JUAN CARLOS LISTA VELO		MAST3M- 78	01:01:59	00:06:12	01:01:26	00:06:09	00:21:41	00:29:57	00:53:50					A CORUÑA
518	437	FRANCISCO VILA BALEATO		MAST2M- 156	01:02:08	00:06:13	01:01:35	00:06:10	00:22:42	00:31:10	00:54:14					A CORUÑA
519	432	VANESA BLANCO BARCA	F- 84	MAST1F- 27	01:02:14	00:06:14	01:01:50	00:06:11	00:21:03	00:29:17	00:53:46				DUBRA TEAM	VAL DO DUBRA
520	457	ROSA ANA JORGE GUILLE	F- 85	SNF- 19	01:02:16	00:06:14	01:01:51	00:06:12	00:22:19	00:30:41	00:54:25				RUNEIROS DO SUR	VIGO
521	613	JOSE SANTIAGO CAMBON PEREIRO		MAST1M- 88	01:02:32	00:06:16	01:02:08	00:06:13	00:21:44	00:29:52	00:53:59					CARBALLO
522	690	EMILIO CARBAJALES QUINTANA		MAST2M- 157	01:02:56	00:06:18	01:02:25	00:06:15	00:22:26	00:31:04	00:54:52					A BOLA
523	683	MIGUEL DE SANTIAGO MARÍN		MAST2M- 158	01:03:26	00:06:21	01:03:05	00:06:19	00:21:16	00:29:49	00:54:49					LA CORUÑA
524	538	MARÍA JESÚS MÉNDEZ VIÑA	F- 86	MAST3F- 12	01:03:45	00:06:23	01:03:15	00:06:20	00:22:55	00:32:07						CARBALLO
525	526	BEGOÑA GENDE GOMEZ	F- 87	MAST2F- 26	01:04:01	00:06:25	01:03:37	00:06:22	00:21:22	00:29:53	00:55:09					CARBALLO
526	392	MARIA TERESA LISTA CASTRO	F- 88	MAST3F- 13	01:04:01	00:06:25	01:03:39	00:06:22	00:21:19	00:29:52	00:55:08				A.D.MEDIADUCIA	LA CORUÑA
527	516	PATRICIA CASTRO VILA	F- 89	MAST1F- 28	01:04:33	00:06:28	01:04:14	00:06:26	00:22:46	00:31:28	00:56:00					A CORUÑA
528	329	MANUEL LÓPEZ CASCALLAR		MAST2M- 159	01:04:34	00:06:28	01:04:14	00:06:26	00:22:46	00:31:28	00:56:00					A CORUÑA
529	536	MIRIAM CASTRO BALSÁ	F- 90	SNF- 20	01:04:38	00:06:28	01:04:05	00:06:25	00:22:14	00:30:57	00:55:54					CARBALLO
530	576	FERNANDO REY SÁNCHEZ		MAST2M- 160	01:05:13	00:06:32	01:04:49	00:06:29	00:22:25	00:31:03	00:56:10					LEIOLLO
531	592	JULIO BELLO CASTRO		MAST3M- 79	01:05:13	00:06:32	01:04:49	00:06:29	00:22:26	00:31:04	00:56:10					CARBALLO
532	419	BEGOÑA MANTEIGA URBÓN	F- 91	MAST2F- 27	01:06:05	00:06:37	01:05:40	00:06:34	00:22:22	00:31:00	00:56:52				CLUB ATLETISMO SADA	CAMBRE
533	418	MELY MEIJIDE MARTINEZ	F- 92	MAST3F- 14	01:06:05	00:06:37	01:05:40	00:06:34	00:22:21	00:31:01	00:56:52				CLUB ATLETISMO SADA	OLEIROS
534	378	NURIA CIDONCHA MORAN	F- 93	MAST2F- 28	01:06:08	00:06:37	01:05:54	00:06:36	00:22:07	00:30:59	00:56:54				A.D.MEDIADUCIA	CARBALLO
535	395	ROCIO SANTOS VARELA	F- 94	MAST1F- 29	01:06:38	00:06:40	01:06:06	00:06:37	00:22:40	00:31:29	00:57:19				A. D. MONTEBRONDO	ZAS
536	450	ANGELES PEREIRA COTELO	F- 95	MAST3F- 15	01:06:49	00:06:41	01:06:30	00:06:39	00:23:12	00:32:09	00:58:03				LARACHA EN DUAS RODAS	A LARACHA

10K CARBALLO. IX Carreira Popular Concello de Carballo, Carballo 16/06/2019

Carreira Xuvenil e Cadete. Distancia: 3.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Km 1	Km 2	Licenza	Club	Localidade
1	990	IVÁN ABELEDO VARELA		S18M- 1	00:10:14	00:03:25	00:03:26	00:06:56	AG 2025097	CLUB ATLETISMO O PINO	MELIDE
2	997	BRAIS PEREZ FERNÁNDEZ		S18M- 2	00:10:35	00:03:32	00:03:25	00:07:01		TAMBRE BIKE & RUNNING	AMES
3	989	PABLO REY ANSEMIL		S18M- 3	00:10:44	00:03:35	00:03:25	00:07:01		ATLETISMO FONTES DO SAR	SANTIAGO
4	1007	SAMUEL LODEIRO VARELA		S18M- 4	00:10:46	00:03:36	00:03:24	00:07:10			CARBALLO
5	1009	ALEJANDRO GÓMEZ AGRA		S18M- 5	00:10:48	00:03:36	00:03:22	00:07:09			CARBALLO
6	1002	VICTOR RAMOS SAMBADE		S16M- 1	00:11:04	00:03:42	00:03:35	00:07:17		TRIKITEAM	MUROS
7	1003	YAGO DANIEL RÍO PEREIRA		S16M- 2	00:11:21	00:03:47	00:03:34	00:07:22			FERROL
8	1011	FERNANDO FRANCO GARCÍA		S16M- 3	00:11:29	00:03:50	00:03:39	00:07:35			O PINO
9	1010	DIEGO GRILLE LANDEIRA		S16M- 4	00:11:33	00:03:51	00:03:22	00:07:22			CARBALLO
10	998	AINOA GONTAN IGLESIAS	F- 1	S16F- 1	00:11:34	00:03:52	00:03:38	00:07:34		TRIATLON ARCADE INFORHOUSE SANTIAGO	SANTIAGO DE COMPOSTELA
11	1001	ALEJANDRA FORMOSO RE CAREY	F- 2	S16F- 2	00:12:10	00:04:04	00:03:49	00:08:08		TRIKI TEAM	MUROS
12	996	ENMA ARGIBAY DOMÍNGUEZ	F- 3	S16F- 3	00:12:20	00:04:07	00:03:49	00:08:08		SAR-VERMU PETRONI	O PINO
13	988	NICOLÁS FIGUEROA CARRIL		S16M- 5	00:12:37	00:04:13	00:04:00	00:08:23		ATLETISMO CORUÑA COMARCA	ARTEIXO
14	1008	JUAN ABELEDA PALLAS		S18M- 6	00:12:51	00:04:17	00:03:57	00:08:24			CARBALLO
15	1000	ROSANA FERNANDEZ MARTINEZ	F- 4	S16F- 4	00:13:11	00:04:24	00:03:54	00:08:28		TRIKI TEAM	MUROS
16	1016	ARARAT PAZOS MEIXUS	F- 5	S16F- 5	00:13:27	00:04:29	00:04:05	00:08:47			PONTEVEDRA
17	1004	DAVID FERNANDEZ CALVELO		S18M- 7	00:14:07	00:04:43	00:04:04	00:09:00			CARBALLO
18	995	SAMUEL REGUEIRA GARCÍA		S16M- 6	00:14:34	00:04:52	00:04:10	00:09:10		INDIVIDUAL	CARBALLO
19	1017	MANUELA BRAVO VILAS	F- 6	S16F- 6	00:16:55	00:05:39	00:05:00	00:10:59			CARBALLO
20	1019	NEREA BLANCO DUBRA	F- 7	S16F- 7	00:17:12	00:05:44	00:05:02	00:11:01			CARBALLO
21	987	LUCÍA SÁNCHEZ SEOANE	F- 8	S18F- 1	00:20:29	00:06:50	00:05:27	00:12:58		ATLETISMO CARBALLO	CARBALLO

10K CARBALLO. IX Carreira Popular Concello de Carballo, Carballo 16/06/2019

Carreira Sub 12 e Sub 14. Distancia: 2.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Km 1	Licenza	Club	Localidade
1	901	HUGO MARTÍNEZ SUÁREZ		S14M- 1	00:07:05	00:03:33	00:03:26			A CORUÑA
2	886	HUGO FERNÁNDEZ REIMUNDEZ		S14M- 2	00:07:14	00:03:37	00:03:29			CARBALLO
3	918	ALEX AYASO PARADA		S14M- 3	00:07:18	00:03:39	00:03:31			RIVEIRA
4	848	JOSÉ MANUEL NEGREIRA ABELENDA		S14M- 4	00:07:22	00:03:41	00:03:38		ATLETISMO CARBALLO	CARBALLO
5	859	AINARA FERNÁNDEZ RIVADENEIRA	F- 1	S14F- 1	00:07:27	00:03:44	00:03:38		CLUB ATLETISMO NOIA	MUROS
6	860	DARÍO AMBITE SANTANA		S14M- 5	00:07:42	00:03:51	00:03:39		CLUB ATLETISMO SADA	CAMBRE
7	879	ALEJANDRO COUSELO FERNÁNDEZ		S12M- 1	00:07:42	00:03:51	00:03:40		TAMBRE BIKE & RUNNING	ORDES
8	871	IRENE FERNANDEZ SOTELO	F- 2	S14F- 2	00:07:47	00:03:54	00:03:42		IRENE	MUROS
9	876	NATALIA ARGIBAY DOMÍNGUEZ	F- 3	S12F- 1	00:07:50	00:03:55	00:03:51		SAR-VERMU PETRONI	O PINO
10	856	BERKET LÓPEZ		S14M- 6	00:07:54	00:03:57	00:03:56		ATLETISMO CARBALLO	CARBALLO
11	910	DIEGO VEIGA SUAREZ		S12M- 2	00:07:58	00:03:59	00:03:45			CARBALLO
12	883	ALEXIA RAMA LADO	F- 4	S14F- 3	00:07:59	00:04:00	00:03:43		TRIKI TEAM	MUROS
13	862	LUCÍA ÁLVAREZ TOURIÑÁN	F- 5	S12F- 2	00:08:00	00:04:00	00:03:55		CLUB ATLETISMO SADA	OLEIROS
14	967	PAULA AMADO SUAREZ	F- 6	S14F- 4	00:08:05	00:04:03	00:03:56			CARBALLO
15	849	ANDREA DOMÍNGUEZ	F- 7	S14F- 5	00:08:05	00:04:03	00:03:56		ATLETISMO CARBALLO	CARBALLO
16	978	NEREA MALLO MARTÍNEZ	F- 8	S14F- 6	00:08:07	00:04:04	00:03:57			LARACHA
17	913	BRAIS PENSADO ALBERTÍ		S12M- 3	00:08:07	00:04:04	00:03:56			CARBALLO
18	1034	XURXO CAMPOS QUINTELA		S14M- 7	00:08:08	00:04:04	00:03:56			
19	878	SARAI PUGA BERTOIA	F- 9	S12F- 3	00:08:08	00:04:04	00:03:58		SYSCA	CORISTANCO
20	919	IKER AYASO PARADA		S12M- 4	00:08:10	00:04:05	00:04:04			RIVEIRA
21	854	MATEO CASTRO SOUTO		S14M- 8	00:08:17	00:04:09	00:03:55		CARBALLO	CARBALLO
22	851	PAULO RIVAS TORRES		S12M- 5	00:08:17	00:04:09	00:04:08		ATLETISMO CORUÑA COMARCA	A CORUÑA
23	881	MARIA FERNANDEZ MARTINEZ	F- 10	S14F- 7	00:08:18	00:04:09	00:04:01		TRIKI TEAM	MUROS
24	888	JACOBO DÍAZ REY		S14M- 9	00:08:21	00:04:11	00:04:00			CARBALLO
25	853	ALDARA CEIDE COUCE	F- 11	S12F- 4	00:08:22	00:04:11	00:04:01		ATLETISMO FRIOL	FRIOL
26	880	IVÁN CASAS FERNÁNDEZ		S12M- 6	00:08:27	00:04:14	00:04:10		TAMBRE BIKE & RUNNING	OROSO
27	890	IKER VELO BRANDÓN		S12M- 7	00:08:29	00:04:15	00:04:17			CARBALLO
28	858	TANIA LÓPEZ PAZOS	F- 12	S12F- 5	00:08:33	00:04:17	00:04:12		CLUB ATLETISMO NARÓN	NARÓN
29	923	SERGIO SUÁREZ CERQUEIRO		S14M- 10	00:08:35	00:04:18	00:04:03			CARBALLO
30	875	ANXO DELGADO LORENZO		S12M- 8	00:08:37	00:04:19	00:04:22		NOITEBRA FC	SANTIAGO DE COMPOSTELA
31	922	TIAGO TOREA TAJES		S12M- 9	00:08:38	00:04:19	00:04:12			A CORUÑA
32	874	MARÍA CAMBA VÁZQUEZ	F- 13	S12F- 6	00:08:41	00:04:21	00:04:13		NATACIÓN LICEO	CULLEREDO

33	981	SARA MENDEZ POMBO	F- 14	S14F- 8	00:08:54	00:04:27	00:04:00		CARBALLO
34	897	XES REGUEIRA SILVEIRA		S14M- 11	00:08:54	00:04:27	00:04:21		CARBALLO
35	882	EVA FORMOSO RE CAREY	F- 15	S12F- 7	00:08:57	00:04:29	00:04:15	TRIKI TEAM	MUROS
36	902	ARTAI ANTELO FERNANDEZ		S12M- 10	00:08:59	00:04:30	00:04:21		SANTIAGO
37	900	DIEGO BARBEIRA OTERO		S14M- 12	00:09:06	00:04:33	00:04:30		CARBALLO
38	914	MARTÍN LODEIRO VARELA		S14M- 13	00:09:08	00:04:34	00:04:30		CARBALLO
39	866	JESÚS PATIÑO RÍOS		S12M- 11	00:09:15	00:04:38	00:04:39	CLUB NATACION RIVEIRA	RIVEIRA
40	972	MARTINA FRAGA VILAS	F- 16	S14F- 9	00:09:17	00:04:39	00:04:59		CARBALLO
41	909	BRAIS PARDIÑAS MUÑIZ		S12M- 12	00:09:21	00:04:41	00:04:41		CORISTANCO
42	850	IRENE VALES RODRIGUEZ	F- 17	S14F- 10	00:09:21	00:04:41	00:04:22	ATLETISMO CARBALLO	CARBALLO
43	915	ALVARO CRISTOBO TRABA		S12M- 13	00:09:22	00:04:41	00:04:35		CARBALLO
44	894	LEON COSTA ENRIQUEZ		S12M- 14	00:09:23	00:04:42	00:04:54		CARBALLO
45	891	LIAM HERNANDEZ RAMA		S12M- 15	00:09:32	00:04:46	00:04:46		CARBALLO
46	934	PABLO SUÁREZ BARREIRO		S14M- 14	00:09:33	00:04:47	00:04:23		CARBALLO
47	889	MARCOS VARELA VARELA		S12M- 16	00:09:39	00:04:50	00:04:57		CARBALLO
48	857	JULIA POSE CASTRO	F- 18	S12F- 8	00:09:40	00:04:50	00:04:36	ATLETISMO CARBALLO	CARBALLO
49	954	ESTELA SOUTO RE CAREY	F- 19	S14F- 11	00:09:45	00:04:53	00:04:32		CARBALLO
50	863	LUNA GUADALUPE PIZARRO	F- 20	S12F- 9	00:09:45	00:04:53	00:04:42	CLUB ATLETISMO SADA	CULLEREDO
51	847	CARLA RODRIGUEZ OLVEIRA	F- 21	S14F- 12	00:09:52	00:04:56	00:04:37	ASOCIACIÓN DEPORTIVA OLIMPIA	CORCUBIÓN
52	885	ASDRUBAL BARCA RIVAS		S14M- 15	00:09:56	00:04:58	00:04:50		CARBALLO
53	846	RAMIRO QUEIJEIRO CASTRO		S14M- 16	00:09:56	00:04:58	00:04:33	ARTAI	CARBALLO
54	935	RUBÉN SUÁREZ BARREIRO		S12M- 17	00:09:56	00:04:58	00:05:02		CARBALLO
55	868	MARÍA PUGA PUENTE	F- 22	S12F- 10	00:09:56	00:04:58	00:04:42	FOGAR TRIATLON CARBALLO	CARBALLO
56	898	XOEL COLLAZO COUTO		S12M- 18	00:10:04	00:05:02	00:04:54		CARBALLO
57	905	BRAIS LEMA DIAZ		S12M- 19	00:10:07	00:05:04	00:04:58		CARBALLO
58	917	YAGO IGLESIAS TURNES		S14M- 17	00:10:09	00:05:05	00:03:36		SANTIAGO DE COMPOSTELA
59	939	LAURA MOURO	F- 23	S14F- 13	00:10:12	00:05:06	00:04:59		CARBALLO
60	947	AROA SEQUEIRO ARNAL	F- 24	S12F- 11	00:10:13	00:05:07	00:04:45		CARBALLO
61	945	AINARA CANCELA VARELA	F- 25	S14F- 14	00:10:24	00:05:12	00:05:12		CARBALLO
62	941	CARLA MOURELLE PENA	F- 26	S12F- 12	00:10:25	00:05:13	00:05:04		CARBALLO
63	924	PABLO FRAGA GARCIA		S12M- 20	00:10:31	00:05:16	00:05:18		CARBALLO
64	932	CARLOS PALLAS CANCELA		S12M- 21	00:10:40	00:05:20	00:05:08		CARBALLO
65	952	CARLA DOLDAN VAZQUEZ	F- 27	S12F- 13	00:10:41	00:05:21	00:05:04		CARBALLO
66	928	ANDRES PEDREIRA VARELA		S12M- 22	00:10:42	00:05:21	00:05:01		CARBALLO
67	887	IKER CASTRO MARTÍNEZ		S14M- 18	00:10:44	00:05:22	00:04:52		CARBALLO
68	867	UXIA PEREIRA FRAGA	F- 28	S12F- 14	00:10:46	00:05:23	00:05:15	FOGAR TRIATLON CARBALLO	CARBALLO

69	977	NEREA VARELA RAMA	F- 29	S12F- 15	00:10:54	00:05:27	00:05:15		LARACHA
70	861	DANIEL AMBITE SANTANA		S12M- 23	00:11:02	00:05:31	00:05:14	CLUB ATLETISMO SADA	CAMBRE
71	852	UXÍA LÓPEZ SUÁREZ	F- 30	S14F- 15	00:11:06	00:05:33	00:05:30	ATLETISMO CORUÑA COMARCA	ARTEIXO
72	957	ALBA LAMAS SUAREZ	F- 31	S12F- 16	00:11:08	00:05:34	00:05:27		CARBALLO
73	958	PAULA LOPEZ MALLO	F- 32	S12F- 17	00:11:10	00:05:35	00:05:01		CARBALLO
74	944	DALIA LÓPEZ CASAS	F- 33	S14F- 16	00:11:13	00:05:37	00:05:24		CERCEDA
75	908	ALEJANDRO GARCIA		S14M- 19	00:11:15	00:05:38	00:05:33		CARBALLO
76	940	SASHA HERNANDEZ RAMA	F- 34	S14F- 17	00:11:15	00:05:38	00:05:34		CARBALLO
77	877	NICOLE ARELLANO DAVILA	F- 35	S14F- 18	00:11:20	00:05:40	00:05:09	SUB14, SUB12	CARBALLO
78	946	SARA XIAN BLANCO	F- 36	S14F- 19	00:11:23	00:05:42	00:05:41		CARBALLO
79	960	VALERIA RODRIGUEZ COLFERAI	F- 37	S14F- 20	00:11:35	00:05:48	00:05:15		CARBALLO
80	970	JULIA AGRELO CANEDO	F- 38	S14F- 21	00:11:35	00:05:48	00:05:15		CARBALLO
81	982	ENOLA VILANOVA RECAREY	F- 39	S12F- 18	00:11:39	00:05:50	00:05:15		CARBALLO
82	966	SABELA TUÑAS	F- 40	S12F- 19	00:11:41	00:05:51	00:05:35		NEGREIRA
83	921	MATEO RODRÍGUEZ REGUEIRA		S12M- 24	00:11:49	00:05:55	00:05:16		CARBALLO
84	912	AIRAS XUNCAL MARTÍNEZ		S12M- 25	00:11:50	00:05:55	00:05:37		AMES
85	870	IRENE REGUEIRA GARCÍA	F- 41	S12F- 20	00:11:53	00:05:57	00:05:26	INDIVIDUAL	CARBALLO
86	964	SABELA FAYA QUEIJO	F- 42	S12F- 21	00:12:13	00:06:07	00:05:53		CARBALLO
87	979	HELENA RODRIGUEZ MARTINEZ	F- 43	S12F- 22	00:12:13	00:06:07	00:05:52		CARBALLO
88	948	SALMA LAMAS LAGOA	F- 44	S12F- 23	00:12:13	00:06:07	00:05:41		CARBALLO
89	956	AINOA GIL GARCÍA	F- 45	S12F- 24	00:12:17	00:06:09	00:05:42		MARÍN
90	855	NOA PENA VÁZQUEZ	F- 46	S14F- 22	00:12:21	00:06:11	00:05:57	CEIP. A CRISTINA	CARBALLO
91	971	AINARA PALLAS POMBO	F- 47	S12F- 25	00:12:25	00:06:13	00:05:38		CARBALLO
92	973	SABELA BLANCO CAAMAÑO	F- 48	S14F- 23	00:12:32	00:06:16	00:04:59		CARBALLO
93	927	PABLO AÑÓN CASÁS		S12M- 26	00:12:37	00:06:19	00:05:47		CARBALLO
94	896	MARCOS VARELA TASENDE		S12M- 27	00:12:51	00:06:26	00:05:50		CARBALLO
95	911	PEDRO VILAS REY		S12M- 28	00:12:58	00:06:29	00:05:40		SANTIAGO DE COMPOSTELA
96	931	DIEGO PALLAS CANCELA		S12M- 29	00:13:07	00:06:34	00:06:16		CARBALLO
97	906	ANXO BARREIRO SUÁREZ		S12M- 30	00:13:23	00:06:42	00:05:38		CARBALLO
98	974	SORAYA CABEZA SOUTO	F- 49	S14F- 24	00:14:16	00:07:08	00:06:20		CARBALLO
99	938	BLANCA DIAZ	F- 50	S12F- 26	00:14:23	00:07:12	00:06:20		CARBALLO
100	936	PABLO MATA CASTRO		S12M- 31	00:15:17	00:07:39	00:06:47		SANTIAGO DE COMPOSTELA
101	892	HUGO ALMEIDA COUSILLAS		S12M- 32	00:15:25	00:07:43	00:06:39		CARBALLO

10K CARBALLO. IX Carreira Popular Concello de Carballo, Carballo 16/06/2019

Carreira SUB 10. Distancia: 950 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	450m	Licenza	Club	Localidade
1	709	LUCIA AGEITOS ROMERO	F- 1	S10F- 1	00:03:33	00:03:44	00:01:41		CLUB NATACION RIVEIRA	RIVEIRA
2	753	IVAN PORTEIRO SOUTO		S10M- 1	00:03:44	00:03:56	00:01:59			NANTON
3	825	JULIA VARELA SÁNCHEZ	F- 2	S10F- 2	00:03:49	00:04:01	00:01:50			CARBALLO
4	801	SABELA VILLAR CASTRO	F- 3	S10F- 3	00:03:51	00:04:03	00:01:46			CORISTANCO
5	820	NOA SUAREZ RODRIGUEZ	F- 4	S10F- 4	00:03:53	00:04:05	00:01:50			CARBALLO
6	705	PABLO SANCHEZ MELLA		S10M- 2	00:03:54	00:04:06	00:02:08		CLUB ATLETISMO O PINO	O PINO
7	697	XABI CAMBA VÁZQUEZ		S10M- 3	00:03:56	00:04:08	00:02:09		ATLETISMO CORUÑA COMARCA	CULLEREDO
8	775	MATEO CERNADAS LOPEZ		S10M- 4	00:04:01	00:04:13	00:02:09			ARTEIXO
9	777	MANUEL REINO BARREIRO		S10M- 5	00:04:03	00:04:16	00:02:07			CARBALLO
10	759	LLUC PENSADO ALBERTÍ		S10M- 6	00:04:03	00:04:16	00:02:07			CARBALLO
11	700	VEGA REBOREDO PRADO	F- 5	S10F- 5	00:04:05	00:04:17	00:02:01		ATLETISMO CORUÑA COMARCA	A CORUÑA
12	701	ADRIAN PAZ CELEIRO		S10M- 7	00:04:05	00:04:18	00:02:10		ATLETISMO RIAZOR CORUÑA	A CORUÑA
13	840	ÁNGELA GÓMEZ CANDEDO	F- 6	S10F- 6	00:04:06	00:04:19	00:02:07			MIÑO
14	791	NATALIA VARELA VARELA	F- 7	S10F- 7	00:04:08	00:04:21	00:01:58			CARBALLO
15	729	AARON BELLO LISTA		S10M- 8	00:04:14	00:04:27	00:02:18			CARBALLO
16	756	ALEJANDRO AREOSA OREIRO		S10M- 9	00:04:17	00:04:30	00:02:16			ARTEIXO
17	696	NEREA DOMINGUEZ AMEIJERAS	F- 8	S10F- 8	00:04:21	00:04:34	00:02:04		A.D.MEDIADUCIA	CARBALLO
18	749	MATEO VIÑA Balsa		S10M- 10	00:04:21	00:04:35	00:02:15			CARBALLO
19	780	ÁLVARO COTELO SILES		S10M- 11	00:04:22	00:04:35	00:02:12			CARBALLO
20	754	MATEO LEMA ESMORIS		S10M- 12	00:04:24	00:04:38	00:02:11			CARBALLO
21	802	LAURA VARELA TASENDE	F- 9	S10F- 9	00:04:24	00:04:38	00:02:01			CARBALLO
22	826	ARIANA IGLESIAS TURNES	F- 10	S10F- 10	00:04:25	00:04:39	00:02:03			SANTIAGO
23	711	RAQUEL SERRANO SUAREZ	F- 11	S10F- 11	00:04:25	00:04:39	00:01:55		DUBRA TEAM	CARBALLO
24	783	GABRIEL ALÉN PEREIRO		S10M- 13	00:04:26	00:04:40	00:02:18			CARBALLO
25	837	LOLA FREIRE VILAR	F- 12	S10F- 12	00:04:28	00:04:42	00:01:56			CARBALLO
26	792	AFRICA GOMEZ ROLAN	F- 13	S10F- 13	00:04:28	00:04:42	00:02:00			CARBALLO
27	790	ZELTIA DUBRA TRIGO	F- 14	S10F- 14	00:04:31	00:04:45	00:02:10			CARBALLO
28	841	DANIELA IGLESIAS PAREDES	F- 15	S10F- 15	00:04:31	00:04:45	00:02:08			CARBALLO
29	769	ALEX CALVETE		S10M- 14	00:04:31	00:04:45	00:02:17			CARBALLO
30	839	ISABEL FRAGA COTELO	F- 16	S10F- 16	00:04:32	00:04:46	00:02:00			CARBALLO
31	830	CAYETANA RODRÍGUEZ FACAL	F- 17	S10F- 17	00:04:33	00:04:48	00:01:59			CARBALLO
32	1035	IVAN REY AÑON		S10M- 15	00:04:34	00:04:48	00:02:20			
33	740	MAURO FILGUEIRA QUEIRO		S10M- 16	00:04:35	00:04:50	00:02:23			CARBALLLO
34	763	JOSÉ COLLAZO SÁNCHEZ		S10M- 17	00:04:37	00:04:51	00:02:19			CARBALLO
35	703	GABRIEL POSE CASTRO		S10M- 18	00:04:37	00:04:51	00:02:28		ATLETISMO CARBALLO	CARBALLO
36	761	SERGIO CANCELA FIGUEIRAS		S10M- 19	00:04:39	00:04:53	00:02:24			CARBALLO

37	732	GAEL ROMERO VARELA		S10M- 20	00:04:39	00:04:54	00:02:27	CARBALLO
38	819	JIMENA SÁNCHEZ SUÁREZ	F- 18	S10F- 18	00:04:40	00:04:54	00:02:19	ARTEIXO
39	713	ANDRÉS GÓMEZ VARELA		S10M- 21	00:04:40	00:04:54	00:02:31	CARBALLO
40	809	NEREA BRANDON LAGE	F- 19	S10F- 19	00:04:41	00:04:55	00:02:04	CARBALLO
41	746	LUCAS ROJO SOLLOSO		S10M- 22	00:04:41	00:04:56	00:02:27	CARBALLO
42	829	SANDRA REGUEIRO RUIZ	F- 20	S10F- 20	00:04:42	00:04:56	00:01:53	CARBALLO
43	768	GERMÁN GARCÍA BELLO		S10M- 23	00:04:43	00:04:58	00:02:34	CARBALLO
44	747	BRAIS FERNANDEZ BLANCO		S10M- 24	00:04:43	00:04:58	00:02:21	CARBALLO
45	836	TERESA POMBO VILAS	F- 21	S10F- 21	00:04:44	00:04:59	00:02:12	CARBALLO
46	737	XOEL ABELEIRA LOPEZ		S10M- 25	00:04:45	00:05:00	00:02:33	CARBALLO
47	767	MANUEL POMBO MIRA		S10M- 26	00:04:45	00:05:00	00:02:27	CARBALLO
48	724	MATEO GARCIA CASTRO		S10M- 27	00:04:47	00:05:02	00:02:22	CARBALLO
49	771	DANIEL GARCIA ESPASANDIN		S10M- 28	00:04:47	00:05:02	00:02:26	CARBALLO
50	731	DANIEL VALENCIA RAMOS		S10M- 29	00:04:48	00:05:03	00:02:25	CARBALLO
51	827	LARA TATO RODRIGUEZ	F- 22	S10F- 22	00:04:48	00:05:04	00:02:10	A CORUÑA
52	797	DANIELA REY MIGUEZ	F- 23	S10F- 23	00:04:48	00:05:04	00:02:05	CARBALLO
53	779	SAMUEL MUÑIZ PAZOS		S10M- 30	00:04:49	00:05:04	00:02:27	CARBALLO
54	776	ANTON CORTES SERRANO		S10M- 31	00:04:50	00:05:05	00:02:32	CARBALLO
55	751	PEDRO BARREIRO CAAMAÑO		S10M- 32	00:04:51	00:05:07	00:02:31	CARBALLO
56	823	MARTINA TEIXEIRA LEON	F- 24	S10F- 24	00:04:53	00:05:08	00:02:21	CARBALLO
57	718	PABLO AMARELLE MARTINEZ		S10M- 33	00:04:55	00:05:10	00:02:35	CARBALLO
58	800	NATALIA FELÍPEZ PASTORIZA	F- 25	S10F- 25	00:04:56	00:05:12	00:02:18	CARBALLO
59	834	CANDELA EIRIS BLANCO	F- 26	S10F- 26	00:04:57	00:05:12	00:02:14	CARBALLO
60	750	NICOLÁS POSE MÉNDEZ		S10M- 34	00:04:58	00:05:14	00:02:40	CARBALLO
61	796	AMELIA MOURÓN COUTO	F- 27	S10F- 27	00:04:59	00:05:15	00:02:13	CARBALLO
62	739	ALEJANDRO CANOSA EIRIS		S10M- 35	00:05:00	00:05:16	00:02:32	CARBALLO
63	773	HUGO BARDANCA VILLAVERDE		S10M- 36	00:05:01	00:05:17	00:02:33	CARBALLO
64	805	ANDREA ALLO CASTRO	F- 28	S10F- 28	00:05:02	00:05:18	00:02:15	CARBALLO
65	822	CELIA FERNÁNDEZ MONTERO	F- 29	S10F- 29	00:05:02	00:05:18	00:02:15	CARBALLO
66	708	PABLO SEOANE LOUREIRO		S10M- 37	00:05:02	00:05:18	00:02:40	CLUB CICLISTA CARBALLO
67	725	ADRIAN GARCIA CASTRO		S10M- 38	00:05:05	00:05:21	00:02:30	CARBALLO
68	786	ROMAN PEREZ BALBOA		S10M- 39	00:05:05	00:05:21	00:02:38	CARBALLO
69	788	MAURO REY SILVEIRA		S10M- 40	00:05:06	00:05:22	00:02:39	CARBALLO
70	736	DAVID PEREZ VAZQUEZ		S10M- 41	00:05:06	00:05:22	00:02:14	CARBALLO
71	803	ALDARA LÓPEZ CARRACEDO	F- 30	S10F- 30	00:05:06	00:05:22	00:02:18	CARBALLO
72	772	EFREN TASENDE FRAGA		S10M- 42	00:05:07	00:05:23	00:02:40	CARBALLO
73	762	ANGEL RODRÍGUEZ MARTIN		S10M- 43	00:05:07	00:05:23	00:02:35	LARACHA
74	765	ANTÓN QUINTELA GARCIA		S10M- 44	00:05:07	00:05:24	00:02:18	CARBALLO
75	745	MATEO DOLDAN VAZQUEZ		S10M- 45	00:05:08	00:05:25	00:02:26	CARBALLO
76	1036	ALDAN VALIÑA SANCHEZ		S10M- 46	00:05:10	00:05:26	00:02:29	CARBALLO

77	719	IKER SOUTO SOUTO		S10M- 47	00:05:10	00:05:27	00:02:46		MALPICA
78	694	DIEGO VARELA ANDRADE		S10M- 48	00:05:11	00:05:27	00:02:34	A.D.MEDIADUCIA	CARBALLO
79	764	MIGUEL MUÑOZ VAZQUEZ		S10M- 49	00:05:12	00:05:28	00:02:40		CARBALLO
80	818	SABELA VILLAR CAMIÑO	F- 31	S10F- 31	00:05:14	00:05:30	00:02:20		CARBALLO
81	838	AITANA REY SILVEIRA	F- 32	S10F- 32	00:05:14	00:05:31	00:02:29		CARBALLO
82	714	BRAIS SANCHEZ CASTRO		S10M- 50	00:05:15	00:05:32	00:02:38		CARBALLO
83	778	ALEJO VÁZQUEZ RODRÍGUEZ		S10M- 51	00:05:16	00:05:32	00:02:32		CARBALLO (A CORUÑA)
84	835	JULIA LADO LOPEZ	F- 33	S10F- 33	00:05:18	00:05:35	00:02:31		CARBALLO
85	752	BREOGAN SOUTO VARELA		S10M- 52	00:05:20	00:05:37	00:02:20		CARBALLO
86	758	ANDRÉS COTELO SÁNCHEZ		S10M- 53	00:05:21	00:05:38	00:02:27		CARBALLO
87	807	NATALIA VAZQUEZ MORIS	F- 34	S10F- 34	00:05:22	00:05:38	00:02:22		CARBALLO
88	721	NOEL QINCHAO LEMA NEGREIRA		S10M- 54	00:05:24	00:05:41	00:02:30		CARBALLO
89	717	DANIEL GIL BRANDON		S10M- 55	00:05:25	00:05:42	00:02:50		A CORUÑA
90	702	BRUNO FERNANDEZ RODRIGUEZ		S10M- 56	00:05:25	00:05:43	00:02:42	BRUNETE	CARBALLO
91	789	MATIAS OROSA ZAS		S10M- 57	00:05:26	00:05:43	00:02:44		CARBALLO
92	793	LUCIA TASENDE FERNANDEZ	F- 35	S10F- 35	00:05:26	00:05:43	00:02:29		CARBALLO
93	744	JORGE NIELSEN TEJIDO		S10M- 58	00:05:29	00:05:46	00:02:48		CARBALLO
94	782	SAMUEL FERREIRA MUIÑO		S10M- 59	00:05:30	00:05:48	00:02:52		CARBALLO
95	795	DANIELA SUAREZ ÁLVAREZ	F- 36	S10F- 36	00:05:34	00:05:52	00:02:36		CARBALLO
96	699	ICÍA LÓPEZ SUÁREZ	F- 37	S10F- 37	00:05:35	00:05:52	00:02:50	ATLETISMO CORUÑA COMARCA	ARTEIXO
97	794	PAULA PERISCAL MARTINA	F- 38	S10F- 38	00:05:36	00:05:53	00:02:34		CARBALLO
98	784	MARTIN MACÍAS LAMAS		S10M- 60	00:05:36	00:05:53	00:02:48		CARBALLO
99	811	INÉS CABEZA MARTÍNEZ	F- 39	S10F- 39	00:05:36	00:05:54	00:02:37		CARBALLO
100	817	SOFÍA SOUTO BARREIRO	F- 40	S10F- 40	00:05:37	00:05:54	00:02:48		CORISTANCO
101	755	MATEO SÁNCHEZ GARCÍA		S10M- 61	00:05:41	00:05:59	00:02:58		CARBALLO
102	785	OSWALDO BOSCHETTI		S10M- 62	00:05:45	00:06:04	00:02:51		CARBALLO
103	757	ROI PÉREZ MARIÑO		S10M- 63	00:05:51	00:06:09	00:02:56		CARBALLO
104	813	MARÌA BARREIRA MARIÑO	F- 41	S10F- 41	00:05:52	00:06:10	00:02:46		CARBALLO
105	816	ALEJANDRA RODRÍGUEZ VILLAR	F- 42	S10F- 42	00:05:53	00:06:11	00:02:47		CARBALLO
106	804	ADELA BALDOMIR MOREIRA	F- 43	S10F- 43	00:05:53	00:06:12	00:02:34		CARBALLO
107	821	ZOE QUINTELA VIÑA	F- 44	S10F- 44	00:05:56	00:06:15	00:02:24		CARBALLO
108	742	YOEL MOREIRA LORENZO		S10M- 64	00:05:59	00:06:18	00:02:55		CARBALLO
109	1022	YOEL ANTONIO NIETO MEDINA		S10M- 65	00:06:03	00:06:22	00:03:01		