

IX CARREIRA POPULAR NOVO MESOIRO, A Coruña 03/11/2019

Prueba Absoluta. Distancia: 5.535 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Licenza	Club	Localidade
1	1	ABDELAZIZ FATIHI CHHIMA		SNM- 1	00:18:34	00:03:22	00:18:34	00:03:22	00:10:58			LA CORUÑA
2	3	ESTEBAN DIAZ PEREZ		VT1M- 1	00:18:53	00:03:25	00:18:53	00:03:25	00:10:58		CLUB TRIEUME AS PONTES	AS PONTES
3	131	JOSE MARIA SANCHEZ SAN LUIS		VT1M- 2	00:19:00	00:03:26	00:19:00	00:03:26	00:11:09	AG-2027751	SAR-VERMU PETRONI	CULLEREDO
4	2	RUBÉN LIÑARES ARÁN		VT2M- 1	00:19:09	00:03:28	00:19:09	00:03:28	00:11:12			A CORUÑA
5	69	CARLOS IGLESIAS AREA		VT1M- 3	00:19:15	00:03:29	00:19:14	00:03:29	00:11:25	AG2015548	CLUB SAN MIGUEL DE MARÍN	MARIN
6	173	JORGE MARTÍNEZ GÓMEZ		SNM- 2	00:19:15	00:03:29	00:19:15	00:03:29	00:11:25			A CORUÑA
7	4	JAVIER SEOANE PUGA		VT2M- 2	00:19:18	00:03:30	00:19:18	00:03:30	00:11:16			CARBALLO
8	57	NICOLAS FERNANDO BAS ROTH		SNM- 3	00:19:22	00:03:30	00:19:22	00:03:30	00:11:29	AG2024034	CLUB ATLETISMO SADA	CULLEREDO
9	46	ANGEL MACEIRAS LAGO		VT2M- 3	00:19:39	00:03:33	00:19:39	00:03:33	00:11:25	AG2014771	ATLETISMO SAR VERMU-PETRONI	O BURGO
10	17	FERNANDO VAZQUEZ ARES		VT2M- 4	00:19:54	00:03:36	00:19:54	00:03:36	00:11:27		ATLETAS DE ACEA DE AMA	CAMBRE
11	276	DAVID CHAS ÁLVAREZ		SNM- 4	00:20:09	00:03:39	00:20:07	00:03:39	00:11:46			A CORUÑA
12	40	ANDRÉS FLÓREZ PÉREZ		VT1M- 4	00:20:10	00:03:39	00:20:08	00:03:39	00:11:59		ATLETISMO CORUÑA COMARCA	PONFERRADA
13	113	FERNANDO LOPEZ DE LAS HERAS		VT2M- 5	00:20:23	00:03:41	00:20:23	00:03:41		AG2019991	RUNAWAYS	CULLEREDO
14	120	XAQUIN BUGALLO DEL PUERTO		VT1M- 5	00:20:29	00:03:42	00:20:29	00:03:42	00:11:59		RUNNING OLEIROS	O BURGO
15	306	JAVIER PARADELA MARTICÓ		VT2M- 6	00:20:35	00:03:43	00:20:34	00:03:43	00:12:00			ARTEIXO
16	60	LUCIANO JESÚS CARRETERO SANCHEZ		VT1M- 6	00:20:37	00:03:44	00:20:36	00:03:44	00:12:07		CLUB CICLISTA CAMBRE	A CORUÑA
17	127	PABLO LEMA PEREZ		VT3M- 1	00:20:39	00:03:44	00:20:38	00:03:44	00:12:21	AG-2026832	RUNNING OLEIROS	CORUÑA
18	52	EMILIO MARTINEZ ANTA		VT3M- 2	00:20:41	00:03:45	00:20:40	00:03:44	00:12:08	GA20450	C.D.EGOVARROS-VIVEIRO	A CORUÑA
19	508	ALBERTO CASTEDO PERNAS		SNM- 5	00:20:43	00:03:45	00:20:40	00:03:45	00:12:16	AG2023227	CLUB MARINEDA ATLETICO	A CORUÑA
20	35	ALBERTO CASTRO SANCHEZ		VT1M- 7	00:20:47	00:03:46	00:20:46	00:03:45	00:12:10	AG 2021965	ATLETAS DE ACEA DE AMA	VILABOA-CULLEREDO
21	369	JOSE LOSADA PEREZ		VT1M- 8	00:20:51	00:03:46	00:20:49	00:03:46	00:12:11			A CORUÑA
22	628	ALVARO GOMEZ CARDESIN		SNM- 6	00:20:55	00:03:47	00:20:55	00:03:47	00:12:10		ATLETISMO CORUÑA COMARCA	A CORUÑA
23	30	SIMON LOPEZ EIROA		VT2M- 7	00:21:01	00:03:48	00:21:01	00:03:48	00:12:22		ATLETAS DE ACEA DE AMA	PERILLO OLEIROS
24	136	JUAN MANUEL CEBEY RODRIGUEZ		SNM- 7	00:21:18	00:03:51	00:21:16	00:03:51	00:12:37		TAMBRE BIKE	A CORUÑA
25	55	FERNANDO PEREZ HERNANDEZ		VT2M- 8	00:21:19	00:03:51	00:21:18	00:03:51	00:12:33	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
26	54	IVAN SEGADE CAROU		VT1M- 9	00:21:22	00:03:52	00:21:19	00:03:52	00:12:35	AG-766602	CLUB ATLETISMO BOIMORTO	A CORUÑA
27	114	JOSÉ CARLOS PEREIRA REY		VT3M- 3	00:21:22	00:03:52	00:21:20	00:03:52	00:12:40		RUNNIG ARTEIXO	ARTEIXO
28	552	MANUEL GAMALLO SANCHEZ		SNM- 8	00:21:26	00:03:53	00:21:09	00:03:50	00:13:07			FILGUEIRA DE TRABA
29	18	IVAN VARELA BARREIRO		VT2M- 9	00:21:30	00:03:53	00:21:29	00:03:53	00:12:36		ATLETAS DE ACEA DE AMA	CULLEREDO
30	122	JULIAN JOSE GESTO CAABEIRO		VT3M- 4	00:21:31	00:03:54	00:21:30	00:03:54	00:12:36		RUNNING OLEIROS	OLEIROS
31	350	JAVIER ARIAS DE LA VEGA		VT2M- 10	00:21:33	00:03:54	00:21:31	00:03:54	00:12:50			MONFORTE DE LEMOS
32	138	CARLOS ALBERTO GRACIA FERNÁNDEZ		VT2M- 11	00:21:37	00:03:55	00:21:35	00:03:54	00:12:41		TERMARIA RUNNING	A CORUÑA
33	141	FÉLIX ROGET PÉREZ		VT1M- 10	00:21:41	00:03:55	00:21:39	00:03:55	00:12:42		TERRA DE SONEIRA C.D.	VIMIANZO
34	332	ADRIÁN BAO LÓPEZ		SUB20M- 1	00:21:42	00:03:56	00:21:40	00:03:55	00:12:49			O BURGO
35	132	CARLOS SANTOS MARTINEZ		VT2M- 12	00:21:44	00:03:56	00:21:44	00:03:56	00:12:53		SIEIRO RUNNING	A CORUÑA
36	12	JOSE MANUEL PENA SUAREZ		VT2M- 13	00:21:45	00:03:56	00:21:43	00:03:56	00:12:35		AD JARNACHAS	ARTEIXO
37	206	RAMON EUGENIO MOSQUERA SILVA		VT2M- 14	00:21:46	00:03:56	00:21:43	00:03:56	00:12:43			LA CORUÑA
38	511	JUAN CARLOS VAZQUEZ GRELA		VT1M- 11	00:21:47	00:03:57	00:21:45	00:03:56	00:12:56		NOSPORTLIMIT	LA CORUÑA
39	103	ANTONIO BAAMONDE SANDE		VT2M- 15	00:21:48	00:03:57	00:21:45	00:03:56	00:12:52		NOSPORTLIMIT	A CORUÑA
40	64	ALBERTO PÉREZ MURADO		VT1M- 12	00:21:50	00:03:57	00:21:50	00:03:57			CLUB HÉRCULES TERMARIA	A CORUÑA
41	134	MATEO CABODEVILA PIVIDAL		SNM- 9	00:21:57	00:03:58	00:21:55	00:03:58	00:12:46		SOCIEDADE DEPORTIVA ALBIONS	A CORUÑA
42	356	SUSIÑO RODRÍGUEZ FERNÁNDEZ		SNM- 10	00:22:03	00:03:59	00:22:00	00:03:59	00:13:01			CEE
43	99	GABRIEL PIZARRO VARELA		VT1M- 13	00:22:06	00:04:00	00:22:03	00:03:59	00:13:13		NOSPORTLIMIT	A CORUÑA
44	119	SAUL GOMEZ ARROJO		VT3M- 5	00:22:07	00:04:00	00:22:06	00:04:00	00:12:53		RUNNING OLEIROS	FURIS-CASTROVERDE
45	326	JOSÉ PARÍS LÓPEZ		VT1M- 14	00:22:09	00:04:01	00:22:02	00:03:59	00:13:04			ABEGONDO
46	124	JUAN CARLOS CASTRO FERNANDEZ		VT1M- 15	00:22:15	00:04:02	00:22:12	00:04:01	00:13:10		RUNNING OLEIROS	OLEIROS
47	203	FERNANDO JOSE VARELA CASTRO		SNM- 11	00:22:16	00:04:02	00:22:14	00:04:01	00:12:59			A CORUÑA
48	66	JAVIER VILLAMISAR VÁZQUEZ		SNM- 12	00:22:17	00:04:02	00:22:12	00:04:01	00:13:12		CLUB HÉRCULES TERMARIA	A CORUÑA
49	166	ALFONSO GARCA BELLO		VT3M- 6	00:22:18	00:04:02	00:22:17	00:04:02	00:13:00			CAMBRE

50	62	JUAN JOSE CASTEDO ALONSO		VT2M- 16	00:22:19	00:04:02	00:22:13	00:04:01	00:13:20	33339439L	CLUB HERCULES TERMARIA	LA CORUÑA
51	100	MANUEL GAREA SUÁREZ		SNM- 13	00:22:20	00:04:02	00:22:17	00:04:02	00:13:13		NOSPORTLIMIT	A CORUÑA
52	230	JOSÉ MANUEL CASÁS CASÁS		VT1M- 16	00:22:22	00:04:03	00:22:21	00:04:03	00:13:10			A CORUÑA
53	44	ARTURO PASANTES VIDAL		VT3M- 7	00:22:24	00:04:03	00:22:21	00:04:03	00:13:04		ATLETISMO COSTA DA MORTE	BRENS
54	49	JOSÉ FRANCISCO LODEIRO RODRÍGUEZ		VT1M- 17	00:22:27	00:04:04	00:22:23	00:04:03	00:13:00	NO	BTT OZACESURAS	A CORUÑA
55	33	GONZALO MUIÑO CODESIDO		VT2M- 17	00:22:29	00:04:04	00:22:28	00:04:04	00:13:13		ATLETAS DE ACEA DE AMA	CAMBRE
56	367	JAVIER ALONSO REY		VT1M- 18	00:22:34	00:04:05	00:22:28	00:04:04	00:13:19			A CORUÑA
57	130	ELÍAS RIVERA TRIANA		SNM- 14	00:22:44	00:04:07	00:22:43	00:04:07	00:13:25		RUNNING SARRIA	SARRIA
58	7	MANUEL PUENTE VEIGA		VT2M- 18	00:22:47	00:04:07	00:22:43	00:04:07	00:13:32		0,0	A CORUÑA
59	142	SANTIAGO GARCIA BELLO		VT3M- 8	00:22:51	00:04:08	00:22:48	00:04:08	00:13:30		TRASNOS CORUÑA	CAMBRE
60	19	JESÚS ASTRAY CASTRO		VT2M- 19	00:22:52	00:04:08	00:22:50	00:04:08	00:13:21		ATLETAS DE ACEA DE AMA	A CORUÑA
61	198	FERNANDO ESCRIBANO SAÑUDO		VT2M- 20	00:22:54	00:04:09	00:22:52	00:04:08	00:13:22			SADA
62	302	RUBEN FREIRE ROMANI		SNM- 15	00:22:55	00:04:09	00:22:51	00:04:08	00:13:23			NOIA
63	264	ALEXANDRE FIDALGO PÉREZ		SNM- 16	00:22:55	00:04:09	00:22:49	00:04:08	00:13:32			PIXEIROS
64	56	JUAN GALÁN PRESAS		VT2M- 21	00:22:56	00:04:09	00:22:55	00:04:09	00:13:44		CLUB ATLETISMO SADA	A CORUÑA
65	283	JUAN JOSÉ GÓMEZ CORTÉS		VT2M- 22	00:22:57	00:04:09	00:22:54	00:04:09	00:13:38			A CORUÑA
66	29	TOMAS ABELEDO PATIÑO		VT3M- 9	00:22:59	00:04:10	00:22:57	00:04:09	00:13:37		ATLETAS DE ACEA DE AMA	VILABOA - CULLEREDO
67	25	PEDRO BARANGA ARES		VT2M- 23	00:23:00	00:04:10	00:22:58	00:04:09	00:13:37		ATLETAS DE ACEA DE AMA	A CORUÑA
68	560	ALEJANDRO GESTO LAGO		VT1M- 19	00:23:00	00:04:10	00:22:57	00:04:09	00:13:37			OLEIROS
69	237	MARCOS AMENEDO LAGO		VT1M- 20	00:23:01	00:04:10	00:22:59	00:04:10	00:13:19			GUITIRIZ
70	128	FRANCISCO JAVIER GONZÁLEZ LEDO		VT2M- 24	00:23:02	00:04:10	00:22:59	00:04:10	00:13:35	AG2024183	RUNNING OLEIROS	CULLEREDO
71	562	CARLOS MARTÍN LEMA		VT1M- 21	00:23:02	00:04:10	00:22:59	00:04:09	00:13:26			CARBALLO
72	267	PEPE GUERRERO CASTILLO		VT2M- 25	00:23:04	00:04:10	00:22:59	00:04:10	00:13:37			A CORUÑA
73	285	ALEJANDRO JOSÉ CASTRO ROMÁN		VT1M- 22	00:23:04	00:04:10	00:23:02	00:04:10	00:13:13			A CORUÑA
74	105	JESUS HEVIA GOMEZ		VT2M- 26	00:23:06	00:04:11	00:23:03	00:04:10	00:13:37		NOSPORTLIMIT	CULLEREDO
75	187	SERGIO MARTINEZ GOMEZ		VT1M- 23	00:23:07	00:04:11	00:23:03	00:04:10	00:13:42			A CORUÑA
76	626	JAVIER LOURIDO MARTÍNEZ		SNM- 17	00:23:15	00:04:13	00:23:11	00:04:12	00:13:37		AS VELLAS NON PARAMOS	SADA
77	502	EUGENIO LAMAS MOSTEIRO		VT1M- 24	00:23:18	00:04:13	00:23:14	00:04:12	00:13:37		AVE FÉNIX	A CORUÑA
78	5	TERESA CASTRO VILLAVERDE	F- 1	VT3F- 1	00:23:20	00:04:13	00:23:20	00:04:13	00:13:46		CLUB ATLETISMO NOIA	VIMIANSO
79	242	IVÁN MERA GARCÍA		VT1M- 25	00:23:29	00:04:15	00:23:17	00:04:13	00:13:45			A CORUÑA
80	280	PABLO BARREIRA VARELA		SUB23M- 1	00:23:33	00:04:16	00:23:29	00:04:15	00:13:50	GA765369		MALPICA
81	116	JUAN CARLOS BERGONDO BRANDARIZ		VT3M- 10	00:23:34	00:04:16	00:23:31	00:04:15	00:14:08		RUNNING OLEIROS	NOS (OLEIROS)
82	286	VICTOR FRANCOS VAZQUEZ		VT2M- 27	00:23:35	00:04:16	00:23:19	00:04:13	00:13:57			A CORUÑA
83	32	MIGUEL ANGEL GONZALEZ TALAVERO		VT3M- 11	00:23:39	00:04:17	00:23:33	00:04:16	00:13:57		ATLETAS DE ACEA DE AMA	CORUÑA
84	180	HERNANDO SEIJAS MARTÍNEZ		VT2M- 28	00:23:40	00:04:17	00:23:32	00:04:15	00:13:48			A CORUÑA
85	522	DANIEL MAYOR CAAMAÑO		SNM- 18	00:23:42	00:04:17	00:23:13	00:04:12	00:14:20			A CORUÑA
86	148	FRANCISCO JAVIER MARTINEZ SANTOS		VT2M- 29	00:23:43	00:04:17	00:23:39	00:04:17	00:14:05			A CORUÑA
87	258	JOSE ANTONIO FERNANDEZ VAZQUEZ		VT2M- 30	00:23:44	00:04:18	00:23:39	00:04:17	00:14:01			A CORUÑA
88	303	DOMINGO PRADO TEIJEIRO		VT2M- 31	00:23:46	00:04:18	00:23:41	00:04:17	00:14:01			A CORUÑA
89	260	DIEGO VÁZQUEZ PÉREZ		SNM- 19	00:23:47	00:04:18	00:23:37	00:04:16	00:13:56			A CORUÑA
90	365	ROBERTO GAYOSO		VT2M- 32	00:23:48	00:04:18	00:23:35	00:04:16	00:14:19			A CORUÑA
91	159	DAMIAN ABELLAN YEPES		VT2M- 33	00:23:49	00:04:19	00:23:42	00:04:17	00:14:11			A CORUÑA
92	363	ADRIÁN CONDE FRAGA		VT1M- 26	00:23:51	00:04:19	00:23:35	00:04:16	00:14:20			A CORUÑA
93	354	DAVID SOUTO SANCHEZ		VT2M- 34	00:23:52	00:04:19	00:23:43	00:04:18	00:13:59			LA CORUÑA
94	333	DANIEL DOMINGUEZ		SNM- 20	00:23:54	00:04:20	00:23:48	00:04:18	00:13:48			A CORUÑA
95	294	JUAN CRUZ CARRETERO SÁNCHEZ		SNM- 21	00:23:57	00:04:20	00:23:53	00:04:19	00:14:01			CORUÑA
96	243	JOSE LUIS BERGONDO VÁZQUEZ		VT2M- 35	00:23:59	00:04:20	00:23:49	00:04:19	00:14:14			A CORUÑA
97	284	ROBERTO DOCAMPO SUÁREZ		VT1M- 27	00:24:00	00:04:21	00:23:55	00:04:20	00:14:02			A CORUÑA
98	311	ENRIQUE GÓMEZ LÓPEZ		VT3M- 12	00:24:01	00:04:21	00:23:54	00:04:20	00:14:15			PONTEVEDRA
99	31	CARLOS ALLER FERNÁNDEZ		VT3M- 13	00:24:02	00:04:21	00:23:58	00:04:20	00:14:20	AG2018647	ATLETAS DE ACEA DE AMA	CULLEREDO
100	156	ALFONSO SÁNCHEZ GARCÍA		VT2M- 36	00:24:05	00:04:21	00:23:54	00:04:19	00:14:25			A CORUÑA
101	195	ROBERTO FRANCOS VÁZQUEZ		VT1M- 28	00:24:05	00:04:21	00:23:53	00:04:19	00:14:21			A CORUÑA
102	72	MANUEL VARELA VILA		VT3M- 14	00:24:07	00:04:22	00:24:01	00:04:21	00:14:17		CORREDORES POPULARES ARMADA FERROL	PONTEDEUME
103	572	ALEJANDRO GÓMEZ POSE		VT1M- 29	00:24:09	00:04:22	00:23:52	00:04:19	00:14:01			A CORUÑA

104	6	NOEMI MORAL NAVAZO	F- 2	VT2F- 1	00:24:11	00:04:23	00:24:11	00:04:23	00:14:16	GA 769056	CLUB ATLETISMO SADA	SADA
105	93	DAVID ESCALANTE PÉREZ		SNM- 22	00:24:12	00:04:23	00:24:08	00:04:22	00:13:55	AG-2028310	NOITEBRA FC	A CORUÑA
106	514	FERNANDO GARCÍA ENERO		VT2M- 37	00:24:16	00:04:23	00:24:02	00:04:21	00:14:24		ULTRATEAMESP	LA CORUÑA
107	702	MANUEL QUEIRO BLANCO		SUB23M- 2	00:24:16	00:04:23	00:24:04	00:04:21	00:14:10			BAIO
108	213	JESUS ÁNGEL SANTIUSTE INSUA		VT3M- 15	00:24:18	00:04:24	00:24:11	00:04:23	00:14:33			LA CORUÑA
109	272	VICTOR MANUEL ALVAREZ TABOADA		VT1M- 30	00:24:18	00:04:24	00:24:11	00:04:23	00:14:19			A CORUÑA
110	215	HECTOR FRAGA LÓPEZ		VT1M- 31	00:24:20	00:04:24	00:24:04	00:04:21	00:14:33			OLEIROS
111	360	ROBERTO REY LÓPEZ		SNM- 23	00:24:26	00:04:25	00:24:22	00:04:25	00:14:43			A CORUÑA
112	290	CARLOS GONZALEZ CRIADO		VT2M- 38	00:24:28	00:04:26	00:24:19	00:04:24	00:14:39			CAMBRE
113	292	LUIS VOCES REBORDINOS		VT3M- 16	00:24:28	00:04:26	00:24:19	00:04:24	00:14:39			OLEIROS
114	512	FRANCISCO CABANAS SANCHEZ		SNM- 24	00:24:28	00:04:26	00:24:25	00:04:25	00:14:20		NOSPORTLIMIT	A CORUÑA
115	520	BRAIS VELO GARCIA		SNM- 25	00:24:29	00:04:26	00:24:20	00:04:24	00:14:34			A CORUÑA
116	87	DANIEL SÁNCHEZ ROMERO		VT2M- 39	00:24:33	00:04:26	00:24:16	00:04:23	00:14:41		METALICA HERCULINA	A CORUÑA
117	21	MARCELO BELLO GOMEZ		VT3M- 17	00:24:33	00:04:27	00:24:28	00:04:26	00:14:20		ATLETAS DE ACEA DE AMA	VILABOA CULLEREDO
118	411	NEREA SANCHEZ ROCHA	F- 3	SNF- 1	00:24:33	00:04:27	00:24:25	00:04:25	00:14:24			A CORUÑA
119	545	GERMAN GONZALEZ LOPEZ		VT1M- 32	00:24:34	00:04:27	00:24:22	00:04:24	00:14:12			CULLEREDO
120	8	RUBEN MARCOS SUAREZ GUTIERREZ		SNM- 26	00:24:34	00:04:27	00:24:24	00:04:25	00:14:35			A CORUÑA
121	364	ENRIQUE ROEL FRAGA		SNM- 27	00:24:37	00:04:27	00:24:21	00:04:24	00:14:20			A CORUÑA
122	112	CARLOS DEZA RODRIGUEZ		VT2M- 40	00:24:38	00:04:28	00:24:28	00:04:26	00:14:37	AG 767351	PATUKOS TIM RANIN	CULLEREDO
123	23	DOMINGO MIGUEL ARIAS		VT3M- 18	00:24:39	00:04:28	00:24:33	00:04:27	00:14:42		ATLETAS DE ACEA DE AMA	CULLEREDO
124	51	DOMINGO ALVAREZ IGLESIAS		VT4M- 1	00:24:39	00:04:28	00:24:30	00:04:26	00:14:39	AG2022098	C.D.EGOVARROS-VIVEIRO	LA CORUÑA
125	168	DIEGO RODRÍGUEZ CAPELET		SNM- 28	00:24:40	00:04:28	00:20:43	00:03:45	00:12:58			CARBALLO
126	355	JUAN CARLOS DOMATO VERDÍA		VT1M- 33	00:24:43	00:04:28	00:24:33	00:04:27	00:14:41			ARTEIXO
127	107	CARLOS ALVAREZ FERNANDEZ		VT2M- 41	00:24:43	00:04:28	00:24:39	00:04:28	00:14:42		NSL	CULLEREDO
128	304	PABLO GARCIA BARBEIRA		VT2M- 42	00:24:44	00:04:29	00:24:34	00:04:27	00:14:37			AS PONTES
129	319	SERGIO ARES CHAO		VT1M- 34	00:24:48	00:04:29	00:24:29	00:04:26	00:14:54			A CORUÑA
130	74	RUBEN MARTINEZ DEL RIO		VT2M- 43	00:24:49	00:04:29	00:24:30	00:04:26	00:14:54		DREAM TEAM	O TEMPLE - CAMBRE
131	210	MANUEL LÓPEZ ROIBÁS		VT3M- 19	00:24:49	00:04:29	00:24:38	00:04:27	00:14:45			A CORUÑA
132	343	FERNANDO LEAL IRIMIA		VT1M- 35	00:24:55	00:04:30	00:24:52	00:04:30	00:14:50			MESOIRO
133	61	EDUARDO BARCOS PEREIRA		VT2M- 44	00:24:57	00:04:31	00:24:40	00:04:28	00:15:12		CLUB DEPORTIVO OS MUDITOS	CARBALLO
134	212	PERFECTO VÁZQUEZ RIVERA		VT1M- 36	00:25:00	00:04:31	00:24:45	00:04:29	00:14:33			A CORUÑA
135	235	CARLOS RIÁDIGOS MOSQUERA		VT1M- 37	00:25:03	00:04:32	00:24:52	00:04:30	00:14:40			A CORUÑA
136	98	ALEJANDRO FORTES LOPES		SNM- 29	00:25:07	00:04:33	00:25:01	00:04:32	00:14:52		NOSPORTLIMIT	CULLEREDO
137	295	JUAN CARLOS MEJUTO SEOANE		VT2M- 45	00:25:08	00:04:33	00:24:43	00:04:28	00:15:05			A CORUÑA
138	170	FRANCISCO JOSÉ ROCHA GARCÍA		VT1M- 38	00:25:11	00:04:33	00:25:04	00:04:32	00:14:47			OZA DOS RIOS
139	371	OSCAR NAVAS ARANDA		VT2M- 46	00:25:14	00:04:34	00:24:57	00:04:31	00:15:12			A CORUÑA
140	241	TOMÁS GONZÁLEZ VIDAL		SNM- 30	00:25:17	00:04:34	00:25:09	00:04:33	00:15:22			A CORUÑA
141	553	MARCOS MATA MARZOA		VT1M- 39	00:25:17	00:04:34	00:25:00	00:04:31	00:15:05			A CORUÑA
142	538	MARCOS NAVEIRA FANDIÑO		SNM- 31	00:25:19	00:04:35	00:24:54	00:04:30	00:15:11			CURTIS
143	108	JULIO SUAREZ VAZQUEZ		VT4M- 2	00:25:23	00:04:36	00:25:18	00:04:35	00:14:54		PARQUE RUNNERS	A CORUÑA
144	233	JORGE JUAN TABOADA VÁZQUEZ		VT2M- 47	00:25:23	00:04:36	00:25:16	00:04:34	00:14:55			OLEIROS
145	701	JOSÉ ANTONIO MARTÍNEZ RODRÍGUEZ		VT1M- 40	00:25:24	00:04:36	00:25:13	00:04:34	00:14:57			A CORUÑA
146	541	SERGIO PATIÑO RIVEIRO		SNM- 32	00:25:25	00:04:36	00:25:19	00:04:35	00:14:38			A CORUÑA
147	22	RICARDO CALVO LÓPEZ		VT2M- 48	00:25:28	00:04:37	00:25:21	00:04:35	00:14:55		ATLETAS DE ACEA DE AMA	A CORUÑA
148	320	DANIEL MEIZOSO FIGUEROA		SNM- 33	00:25:30	00:04:37	00:25:16	00:04:34	00:15:06			A CORUÑA
149	351	JULIO GARCÍA-NAVAS CORRALES		SNM- 34	00:25:31	00:04:37	00:25:24	00:04:36	00:14:40			A CORUÑA
150	101	DANIEL POSE GARCÍA		SNM- 35	00:25:33	00:04:37	00:25:27	00:04:36	00:15:16		NOSPORTLIMIT	O TEMPLE - CAMBRE
151	81	MIGUEL ÁNGEL VÁZQUEZ GONZÁLEZ		VT2M- 49	00:25:33	00:04:37	00:25:18	00:04:35	00:15:02		LA MOCHILA DEL DEPORTE	A CORUÑA
152	178	VÍCTOR MANUEL LEDO LEMA		VT2M- 50	00:25:35	00:04:38	00:25:19	00:04:35	00:15:26			LA CORUÑA
153	248	JAVIER VILLAVERDE FERRO		VT2M- 51	00:25:36	00:04:38	00:25:31	00:04:37	00:14:34			OLEIROS
154	65	OSCAR DURO PAZOS		VT1M- 41	00:25:37	00:04:38	00:25:15	00:04:34	00:15:25		CLUB HÉRCULES TERMARIA	A CORUÑA
155	165	ROBERTO PONTE NOYA		VT1M- 42	00:25:40	00:04:39	00:25:16	00:04:34	00:15:38			A CORUÑA
156	575	JOSE CARLOS PALLAS FIGUEROA		SNM- 36	00:25:40	00:04:39	00:25:26	00:04:36	00:15:22			A CORUÑA
157	78	MANUEL BOUZAS ESPASANDIN		VT1M- 43	00:25:41	00:04:39	00:25:32	00:04:37	00:15:15	AG 2025019	HERCULES ATLETISMO	A CORUÑA

158	547	JUAN CARLOS TABOADA SUAREZ		VT1M- 44	00:25:42	00:04:39	00:25:21	00:04:35	00:15:26			A CORUÑA
159	506	VICENTE FERNÁNDEZ BERMÚDEZ		VT2M- 52	00:25:43	00:04:39	00:25:30	00:04:37	00:15:20		CLUB HERCULES TERMARIA	A CORUÑA
160	592	Mª DOLORES GONZÁLEZ FERNÁNDEZ	F- 4	VT2F- 2	00:25:45	00:04:40	00:25:39	00:04:38	00:15:19		LA MOCHILA DEL DEPORTE	GUISAMO-BERGONDO
161	464	VANESSA RAMA	F- 5	VT2F- 3	00:25:45	00:04:40	00:25:34	00:04:38	00:15:28			A CORUÑA
162	20	ANTONIO GARCIA BELLO		VT3M- 20	00:25:51	00:04:41	00:25:46	00:04:40	00:15:21		ATLETAS DE ACEA DE AMA	EL TEMPLE
163	331	MANUEL LÓPEZ CASCALLAR		VT1M- 45	00:25:53	00:04:41	00:25:43	00:04:39	00:15:21			A CORUÑA
164	534	JOSÉ MANUEL OREIRO ABUELO		VT2M- 53	00:25:55	00:04:41	00:25:32	00:04:37	00:15:52			A CORUÑA
165	76	JOSÉ FERNANDO TRILLO CARLÍN		VT3M- 21	00:25:56	00:04:41	00:25:43	00:04:39	00:15:37	52434314	FOGAR TRIATLON CARBALLO	CARBALLO
166	266	MANUEL JULIO SUAREZ MARTIN		VT3M- 22	00:25:59	00:04:42	00:25:52	00:04:41	00:15:17			A CORUÑA
167	220	JAVIER BANDÍN MARENTES		VT2M- 54	00:26:02	00:04:43	00:25:40	00:04:39	00:15:35			A CORUÑA
168	111	DANIEL CIUDAD CENDÁN		VT2M- 55	00:26:04	00:04:43	00:25:51	00:04:41	00:15:28		PATUKOS TIM RANIN	A CORUÑA
169	325	RULLAR GARRIDO POSE		VT2M- 56	00:26:04	00:04:43	00:25:53	00:04:41	00:15:20			A CORUÑA
170	345	RUBÉN GARCÍA GARCÍA		VT1M- 46	00:26:06	00:04:43	00:25:57	00:04:42	00:15:37			A CORUÑA
171	36	ALFONSO REMUIÑAN SANCHEZ		VT3M- 23	00:26:10	00:04:44	00:26:00	00:04:42	00:15:21	GA765469	ATLETISMO CARBALLO	A CORUÑA
172	240	JOSÉ LUIS LÓPEZ LÓPEZ		SNM- 37	00:26:11	00:04:44	00:26:05	00:04:43	00:15:36			A FONSGRADA
173	596	ANA BORT RESPINO	F- 6	SUB20F- 1	00:26:12	00:04:45	00:26:10	00:04:44	00:15:34			A CORUÑA
174	395	ESTEFANÍA HERNÁNDEZ GARCÍA	F- 7	SNF- 2	00:26:13	00:04:45	00:26:07	00:04:44	00:15:22	AG2026243	LA MOCHILA DEL DEPORTE	LA CORUÑA
175	591	ELENA GONZÁLEZ FERNÁNDEZ	F- 8	VT2F- 4	00:26:13	00:04:45	00:26:07	00:04:44	00:15:23		LA MOCHILA DEL DEPORTE	A CORUÑA
176	274	ALBERTO LOPEZ FILGUEIRAS		VT1M- 47	00:26:14	00:04:45	00:25:46	00:04:40	00:16:10			VALLADOLID
177	184	JUAN CARLOS MENÉNDEZ DOMINGUEZ		VT3M- 24	00:26:14	00:04:45	00:26:09	00:04:44	00:15:33			ARTEIXO
178	348	RICARDO AREA TEJJEIRO		VT2M- 57	00:26:15	00:04:45	00:26:04	00:04:43	00:15:42			A CORUÑA
179	554	ISIDRO ALFARO BARBARÁ		SNM- 38	00:26:15	00:04:45	00:25:59	00:04:42	00:15:40			A CORUÑA
180	153	JUAN CARLOS VAZQUEZ GOMEZ		VT2M- 58	00:26:15	00:04:45	00:26:07	00:04:44	00:15:19			A CORUÑA
181	537	ALEXANDER JARA LOZANO		SNM- 39	00:26:21	00:04:46	00:25:51	00:04:41	00:16:28			CAMBRE
182	583	DANIEL CRUCES		VT2M- 59	00:26:25	00:04:47	00:25:59	00:04:42	00:16:12			A CORUÑA
183	448	ALBA LOSADA DURAN	F- 9	SNF- 3	00:26:26	00:04:47	00:26:17	00:04:45	00:15:34			AS PONTES
184	227	MANUEL RODRÍGUEZ RODRÍGUEZ		SNM- 40	00:26:28	00:04:47	00:26:09	00:04:44	00:15:29			SADA
185	452	JEANNETH PAOLA SILVA TALERO	F- 10	SNF- 4	00:26:29	00:04:48	00:26:24	00:04:47				LA CORUÑA
186	162	JAIME LÓPEZ CAINZOS		VT2M- 60	00:26:32	00:04:48	00:26:15	00:04:45	00:15:59			A CORUÑA
187	172	MANUEL OUTES PAZ		VT4M- 3	00:26:33	00:04:48	00:26:28	00:04:47	00:15:49			CARBALLO
188	226	MIGUEL RODRIGUEZ RODRIGUEZ		SNM- 41	00:26:33	00:04:48	00:26:14	00:04:45	00:15:49			BERGONDO
189	625	OSCAR VIDAL RODRIGUEZ		VT1M- 48	00:26:36	00:04:49	00:26:16	00:04:45	00:16:11			A CORUÑA
190	379	YAN LI CHEN LIN	F- 11	SNF- 5	00:26:36	00:04:49	00:26:09	00:04:44	00:16:21		BEER RUNNERS	A CORUÑA
191	140	FRANCISCO JAVIER LEMA PEREZ		VT4M- 4	00:26:37	00:04:49	00:26:31	00:04:48	00:15:38	AG 2022396	TERRA DE SONEIRA C.D.	CORUÑA, A
192	460	ZELTIA LANDEIRA PIQUÍN	F- 12	VT1F- 1	00:26:38	00:04:49	00:26:29	00:04:48	00:15:52			CULLEREDO
193	37	ANTONIO REMUIÑÁN SÁNCHEZ		VT4M- 5	00:26:39	00:04:49	00:26:29	00:04:47	00:15:49	GA765470	ATLETISMO CARBALLO	CARBALLO
194	88	FERNANDO MIGUEZ FERNANDEZ		VT1M- 49	00:26:41	00:04:50	00:26:14	00:04:45	00:16:04		MIERDA EMBOLSADA	A CORUÑA
195	270	MARTÍN BRAIS CRESPO RODRIGUEZ		VT1M- 50	00:26:42	00:04:50	00:26:31	00:04:48	00:15:45			A CORUÑA
196	509	ALEJANDRO GARCÍA PIÑEIRO		SNM- 42	00:26:47	00:04:51	00:26:12	00:04:44	00:15:46		GIMNASIO JK	A CORUÑA
197	133	FRANCISCO PRIETO PERNAS		VT1M- 51	00:26:47	00:04:51	00:26:38	00:04:49	00:15:37		SÍGUEME SI PUEDES	CORUÑA
198	193	JESÚS VAAMONDE RÚA		VT3M- 25	00:26:48	00:04:51	00:26:43	00:04:50	00:15:46			LA CORUÑA
199	291	VÍCTOR MANUEL VÁZQUEZ MOSTEIRO		VT4M- 6	00:26:48	00:04:51	00:26:37	00:04:49	00:15:47			A CORUÑA
200	589	MARIA CARREGAL SÖMME	F- 13	SUB20F- 2	00:26:50	00:04:51	00:26:47	00:04:51	00:16:00		CLUB MARINEDA ATLETICO	LA CORUÑA
201	322	MANUEL PAZ CARBON		VT2M- 61	00:26:53	00:04:52	00:26:46	00:04:51	00:15:56			A CORUÑA
202	389	VICTORIA EUGENIA LÓPEZ PERMUY	F- 14	VT2F- 5	00:26:55	00:04:52	00:26:50	00:04:51	00:15:47		CLUB HÉRCULES TERMARIS	LA CORUÑA
203	164	ANGEL RAMON MARTINEZ CAMBON		VT3M- 26	00:26:56	00:04:52	00:26:48	00:04:51	00:15:54			A CORUÑA
204	412	BEGOÑA MARTINEZ LORENZO	F- 15	VT2F- 6	00:26:56	00:04:52	00:26:48	00:04:51	00:16:09			ARTEIXO
205	229	JOSE GRELA RODRÍGUEZ		VT4M- 7	00:27:00	00:04:53	00:26:49	00:04:51	00:16:08			LA CORUÑA
206	75	MAXIMINO LAGARES CARRO		VT2M- 62	00:27:01	00:04:53	00:26:38	00:04:49	00:15:55		ESPRINTES OURENSE	ORDES
207	234	IVAN CEIDE GAYOSO		VT1M- 52	00:27:02	00:04:53	00:26:46	00:04:51	00:16:09			EL TEMPLE - CAMBRE
208	27	MANUEL VAZQUEZ ALVEDRO		VT4M- 8	00:27:04	00:04:54	00:27:00	00:04:53	00:16:03		ATLETAS DE ACEA DE AMA	EL TEMPLE
209	218	ENRIQUE JORGE RAMA RODRÍGUEZ		VT3M- 27	00:27:04	00:04:54	00:26:46	00:04:51	00:16:15			A CORUÑA
210	576	OSCAR PAZOS LOPEZ		VT1M- 53	00:27:07	00:04:54	00:26:47	00:04:51	00:16:33			A CORUNA
211	251	JOSÉ MANUEL LÓPEZ GARCÍA		VT2M- 63	00:27:08	00:04:55	00:26:45	00:04:50	00:16:25			LA CORUÑA

212	359	SANTIAGO SIMON CUADRADO		VT3M- 28	00:27:11	00:04:55	00:26:51	00:04:51	00:16:24		LA CORUÑA
213	10	CARLOS ADRIAN CARUSO TORRISI		VT3M- 29	00:27:12	00:04:55	00:26:56	00:04:52	00:16:17	A.D.MEDIADUCIA	CARBALLO
214	261	JUAN PAZOS COUTO		VT3M- 30	00:27:15	00:04:56	00:27:03	00:04:54	00:16:17		A CORUÑA
215	92	JOSE PEREIRO TAIBO		VT2M- 64	00:27:17	00:04:56	00:27:02	00:04:53	00:16:32	MIXMASTER RUNNING	O BURGO-CULLEREDO
216	200	ROGELIO MANUEL PEREZ MIÑONES		VT3M- 31	00:27:17	00:04:56	00:26:59	00:04:53	00:16:23		A CORUÑA
217	102	IVAN MIRANDA CAMBRE		VT1M- 54	00:27:18	00:04:56	00:26:54	00:04:52	00:16:32	NOSPORTLIMIT	A CORUÑA
218	245	MARIO CANOSA GONZALEZ		VT2M- 65	00:27:20	00:04:57	00:27:09	00:04:55	00:16:00		LA CORUÑA
219	189	FRANCISCO JOSÉ FERNÁNDEZ PÉREZ		VT2M- 66	00:27:22	00:04:57	00:26:56	00:04:52	00:16:13		A CORUÑA
220	613	CATUXA SEGAE CAAMAÑO	F- 16	SNF- 6	00:27:25	00:04:58	00:27:15	00:04:56	00:16:05		NOIA
221	362	MANUEL ANGEL MARTÍNEZ QUINTIANA		VT1M- 55	00:27:29	00:04:58	00:27:07	00:04:54	00:16:22		A CORUÑA
222	38	JAVIER LOPEZ MARTIN		VT3M- 32	00:27:31	00:04:59	00:27:12	00:04:55	00:16:23	ATLETISMO CLUB SOCIAL BANCO PASTOR	LA CORUÑA
223	528	DIEGO ÁLVAREZ GONZÁLEZ		VT1M- 56	00:27:31	00:04:59	00:27:05	00:04:54	00:16:37		LA CORUÑA
224	194	OSCAR FERNÁNDEZ PARDO		VT2M- 67	00:27:31	00:04:59	00:27:18	00:04:56	00:16:05		LA CORUÑA
225	377	CARMIÑA CASTRO SANTOS	F- 17	VT2F- 7	00:27:31	00:04:59	00:27:30	00:04:58		ATLETAS DE ACEA DE AMA	PONTEDEUME
226	574	ANGEL VIEITES ASENSIO		VT2M- 68	00:27:32	00:04:59	00:27:16	00:04:56	00:16:30		A LARACHA
227	610	SHIRLEY SOTO	F- 18	SNF- 7	00:27:37	00:05:00	00:27:29	00:04:58	00:16:26		A CORUÑA
228	263	MARCOS ALVAREZ PATIÑO		VT2M- 69	00:27:38	00:05:00	00:27:28	00:04:58	00:16:25		A CORUÑA
229	158	ROGELIO GRANJA MENDEZ		VT4M- 9	00:27:40	00:05:00	00:27:28	00:04:58	00:16:30		LA CORUÑA
230	580	MIGUEL VILLAVERDE JUANATEY		VT1M- 57	00:27:40	00:05:00	00:27:13	00:04:55	00:16:51		LA CORUÑA
231	627	JAVIER FERNÁNDEZ FRAGA		VT3M- 33	00:27:42	00:05:01	00:27:26	00:04:58	00:16:58	TALLERES FERBER	ARTEIXO
232	289	JORGE BARATA MARTINEZ		VT2M- 70	00:27:43	00:05:01	00:26:41	00:04:50	00:16:57		A CORUÑA
233	217	PABLO GONZALEZ GONZALEZ		VT3M- 34	00:27:43	00:05:01	00:27:31	00:04:59	00:16:19		A CORUÑA
234	629	SUSO RAMOS RODRIGUEZ		VT3M- 35	00:27:44	00:05:01	00:27:28	00:04:58	00:16:58	AG 2022293	A LARACHA
235	79	JAVIER CUIÑA BALADO		VT2M- 71	00:27:45	00:05:01	00:27:37	00:05:00	00:16:26	A.D. DOWNHILL LARACHA	A CORUÑA
236	282	EMILIO FERNÁNDEZ SUÁREZ		VT2M- 72	00:27:45	00:05:01	00:27:37	00:05:00	00:16:26	INDRA RUNNERS	A CORUÑA
237	431	GEMA MARTINEZ CARRERA	F- 19	VT2F- 8	00:27:47	00:05:02	00:27:37	00:05:00	00:16:27		A CORUÑA
238	275	JOSE LOPEZ SOTO		VT3M- 36	00:27:48	00:05:02	00:27:25	00:04:58	00:16:29		PERILLO-OLEIROS
239	539	MANUEL PIÑEIRO FREIRE		VT1M- 58	00:27:48	00:05:02	00:27:23	00:04:57	00:16:30		A CORUÑA
240	337	ALFONSO DÍAZ PÉREZ		VT2M- 73	00:27:48	00:05:02	00:27:31	00:04:59	00:16:27		A CORUÑA
241	82	ANTONIO HERNÁNDEZ BARREIRO		VT4M- 10	00:27:49	00:05:02	00:27:40	00:05:00	00:16:28	LA MOCHILA DEL DEPORTE	LA CORUÑA
242	50	FERMIN PAN OTERO		VT4M- 11	00:27:50	00:05:02	00:27:40	00:05:00	00:16:26	C.D. EGOVARROS-VIVEIRO	A CORUÑA
243	179	JAVIER FERNÁNDEZ TRAVIESO		VT1M- 59	00:27:52	00:05:03	00:27:37	00:05:00	00:16:27		A CORUÑA
244	536	SERGIO MORANDEIRA VARELA		SNM- 43	00:27:53	00:05:03	00:27:30	00:04:58	00:16:40		A CORUÑA
245	167	SAMUEL GARCÍA MONTERO		SUB23M- 3	00:27:54	00:05:03	00:27:29	00:04:58	00:16:51		CAMBRE
246	287	VICTOR PEDREIRA LOPEZ		SNM- 44	00:27:54	00:05:03	00:27:34	00:04:59	00:16:45		A CORUÑA
247	296	DAVID RODRIGUEZ ALVAREZ		SNM- 45	00:27:55	00:05:03	00:27:34	00:04:59	00:16:45		A CORUÑA
248	199	NICOLÁS MOLINA SANTIAGO		VT1M- 60	00:27:55	00:05:03	00:27:51	00:05:02	00:16:42		A CORUÑA
249	384	PILAR MARQUIZ HERNANDEZ	F- 20	VT4F- 1	00:27:59	00:05:04	00:27:56	00:05:03	00:16:28	AG/769358	A CORUÑA
250	28	FRANCISCO JAVIER RODRIGUEZ FERREIRO		VT3M- 37	00:27:59	00:05:04	00:27:42	00:05:01	00:16:39	CLUB ATLETISMO SADA	CULLEREDO
251	249	NATALIO LORENZO PINTOS		VT3M- 38	00:28:02	00:05:04	00:27:40	00:05:00	00:17:18	ATLETAS DE ACEA DE AMA	CULLEREDO
252	559	ERNESTO GRAMCKO		VT2M- 74	00:28:03	00:05:04	00:27:49	00:05:02	00:16:52		OLEIROS
253	246	EMILIO SANGIL DEL RIO		VT3M- 39	00:28:03	00:05:04	00:27:37	00:05:00	00:16:31		A CORUÑA
254	586	MARTA IGLESIAS GONZÁLEZ	F- 21	SUB20F- 3	00:28:03	00:05:04	00:27:59	00:05:04	00:16:25	ATLETISMO RIAZOR CORUÑA	A CORUÑA
255	225	LUIS ANTONIO GARCIA LINARES		VT2M- 75	00:28:03	00:05:05	00:27:39	00:05:00	00:16:48	AG765560	CHANTADA
256	342	ROBERTO FIGUEROA SUÁREZ		VT3M- 40	00:28:03	00:05:05	00:27:48	00:05:02	00:16:27		ARTEIXO
257	383	ÁNGELES CASTRO FERNÁNDEZ	F- 22	VT2F- 9	00:28:04	00:05:05	00:28:00	00:05:04	00:16:51	CLUB ATLETISMO SADA	A CORUÑA
258	278	DIEGO SÁNCHEZ CAL		SNM- 46	00:28:05	00:05:05	00:27:52	00:05:03	00:16:35		ABEGONDO
259	121	DANIEL VÁZQUEZ BRUÑA		VT2M- 76	00:28:06	00:05:05	00:27:48	00:05:02	00:16:56	RUNNING OLEIROS	EL BURGO - CULLEREDO
260	440	SUSANA MARÍA FERNÁNDEZ SANTOS	F- 23	VT2F- 10	00:28:07	00:05:05	00:27:49	00:05:02	00:16:56		A CORUÑA
261	310	ADRIAN ALAEZ AYAN		SNM- 47	00:28:07	00:05:05	00:27:59	00:05:04	00:16:25		A CORUÑA
262	439	PILAR RAMOS SANCHEZ	F- 24	VT2F- 11	00:28:08	00:05:05	00:27:59	00:05:04	00:16:38		LA CORUÑA
263	205	RICARDO FERNÁNDEZ GONZÁLEZ		VT3M- 41	00:28:10	00:05:06	00:27:49	00:05:02	00:16:49		A CORUÑA
264	315	FERNANDO RODRIGUEZ VAZQUEZ		VT3M- 42	00:28:11	00:05:06	00:27:53	00:05:03	00:17:16		ARANGA
265	181	JOSÉ MANUEL ROCA RODRIGUEZ		VT2M- 77	00:28:11	00:05:06	00:27:53	00:05:03	00:17:15		ARANGA

266	558	PABLO JOSÉ GARCÍA SUÁREZ	VT2M- 78	00:28:12	00:05:06	00:27:50	00:05:02	00:16:34		A CORUÑA	
267	568	MIGUEL ANGEL DOMINGUEZ MARTINEZ	VT2M- 79	00:28:13	00:05:06	00:27:56	00:05:03	00:16:49		A CORUÑA	
268	139	FABIÁN SANTOS POSE	VT1M- 61	00:28:13	00:05:06	00:28:07	00:05:05	00:16:59	T AG 2022 664	TERRA DE SONEIRA C.D.	VIMIANZO
269	271	NACHO MONTENEGRO REY	VT3M- 43	00:28:14	00:05:06	00:28:09	00:05:06	00:16:48			LA CORUÑA
270	317	MIGUEL PARDO PEREIRA	VT1M- 62	00:28:15	00:05:07	00:28:00	00:05:04	00:16:36			A CORUÑA
271	155	SANTIAGO BORT COUCEIRO	VT2M- 80	00:28:17	00:05:07	00:27:55	00:05:03	00:17:01			A CORUÑA
272	417	SILVIA SÁNCHEZ BASCOY	F- 25 VT3F- 2	00:28:20	00:05:08	00:28:16	00:05:07	00:16:37			A CORUÑA
273	449	IRIA ARES CAMPO	F- 26 SNF- 8	00:28:23	00:05:08	00:27:50	00:05:02	00:17:18			A CORUÑA
274	183	ALBERTO MOREIRAS LORENZO	VT1M- 63	00:28:24	00:05:08	00:28:07	00:05:05	00:17:12			ARTEIXO
275	421	CAROLINA MONTENEGRO DE RAMÓN	F- 27 VT1F- 2	00:28:29	00:05:09	00:28:21	00:05:08	00:16:47			LA CORUÑA
276	16	VÍCTOR HUGO CONDE LÓPEZ	VT2M- 81	00:28:29	00:05:09	00:28:27	00:05:09	00:16:43	AG2025735	ASOCIACIÓN DEPORTIVA OLIMPIA	CEE
277	378	FANNY MENDOZA	F- 28 VT2F- 12	00:28:30	00:05:09	00:28:23	00:05:08	00:17:00		ATLETAS DE ACEA DE AMA	SAN PEDRO DE NOS
278	257	MARCELINO DE JUAN BARQUIN	VT4M- 12	00:28:31	00:05:09	00:28:16	00:05:07	00:17:05			LA CORUÑA
279	34	JULIO BARRAL IGLESIAS	VT3M- 44	00:28:32	00:05:10	00:28:25	00:05:09	00:16:48		ATLETAS DE ACEA DE AMA	CAMBRE
280	424	TERESA RINCÓN SAAVEDRA	F- 29 VT2F- 13	00:28:32	00:05:10	00:28:24	00:05:08	00:16:47			A CORUÑA
281	224	FELIX VARELA MARTINEZ	VT1M- 64	00:28:33	00:05:10	00:28:21	00:05:08	00:17:02			A CORUÑA
282	581	RAMÓN COUCEIRO MARTÍNEZ	VT2M- 82	00:28:35	00:05:10	00:28:25	00:05:08	00:16:56			A CORUÑA
283	341	MANUEL JOSE REY PAULOS	VT4M- 13	00:28:35	00:05:10	00:28:25	00:05:08	00:16:56			CARBALLO
284	616	MARÍA JESÚS GARCÍA CAPARRÓS	F- 30 VT2F- 14	00:28:35	00:05:10	00:28:25	00:05:08	00:16:57			A CORUÑA
285	340	DIEGO PAZ MARTINEZ	VT2M- 83	00:28:36	00:05:11	00:28:30	00:05:09	00:17:00			A CORUÑA
286	231	AVELINO DOPAZO PONTE	VT3M- 45	00:28:36	00:05:11	00:28:21	00:05:08	00:16:53			SADA
287	254	FERNANDO SANDÁ MACHO	VT3M- 46	00:28:37	00:05:11	00:28:20	00:05:08	00:16:52			MONDEGO - SADA
288	353	JAVIER VILLAVERDE DOVAL	SNM- 48	00:28:38	00:05:11	00:28:20	00:05:08	00:17:01			A CORUÑA
289	328	ANGEL MANUEL MIGUEANS VAZQUEZ	VT2M- 84	00:28:38	00:05:11	00:28:09	00:05:05	00:17:22			A CORUÑA
290	63	FRANCISCO JAVIER VILLAMISAR CALVIÑO	VT3M- 47	00:28:38	00:05:11	00:28:22	00:05:08	00:16:34		CLUB HERCULES TERMARIA	LA CORUÑA
291	293	JOSE IGNACIO ARES FERREIRO	VT4M- 14	00:28:38	00:05:11	00:28:06	00:05:05	00:17:17			A CORUÑA
292	433	CHARO SILVEIRA QUEIJAS	F- 31 VT2F- 15	00:28:40	00:05:11	00:28:21	00:05:08	00:17:02			LA CORUÑA
293	376	NADIA MRIMICHE	F- 32 VT1F- 3	00:28:45	00:05:12	00:28:40	00:05:11	00:17:17		ATLETAS DE ACEA DE AMA	O BURGO - CULLEREDO
294	422	NURIA ESTHER PALACIOS IBÁN	F- 33 VT2F- 16	00:28:51	00:05:13	00:28:49	00:05:13	00:16:46			A CORUÑA
295	434	PILAR FERNANDEZ ROMERO	F- 34 VT3F- 3	00:28:53	00:05:14	00:28:41	00:05:11	00:17:03			A CORUÑA
296	202	SANTIAGO EIRIS LOPEZ	VT3M- 48	00:28:56	00:05:14	00:28:36	00:05:11	00:17:15			A CORUÑA
297	513	JOSE CAMILO NIETO	VT3M- 49	00:28:56	00:05:14	00:28:42	00:05:12	00:17:11		QUINTENA ALTAIR	CORUÑA
298	546	ALBERTO CASAL CASTRO	VT1M- 65	00:28:58	00:05:14	00:28:37	00:05:11	00:17:28			LA CORUÑA
299	126	PEDRO PETEIRO ROSENDE	VT2M- 85	00:28:59	00:05:15	00:28:41	00:05:11	00:17:22	AG 2016168	RUNNING OLEIROS	ARANGA
300	110	MIGUEL DEZA RODRÍGUEZ	VT2M- 86	00:29:08	00:05:16	00:28:55	00:05:14	00:17:25	AG 767352	PATUKOS TIM RANI	A CORUÑA
301	152	JAIME ESTÉVEZ VIDAL	VT2M- 87	00:29:17	00:05:18	00:28:53	00:05:13	00:17:37			A CORUÑA
302	154	JOSE ANTONIO MENDEZ PAMPIN	VT4M- 15	00:29:20	00:05:18	00:29:12	00:05:17	00:17:21			LA CORUÑA
303	298	ALEJANDRO PAZOS SÁNCHEZ	SNM- 49	00:29:22	00:05:19	00:29:08	00:05:16	00:17:37			A CORUÑA
304	556	MANUEL JUAN BLANCO GABIN	VT3M- 50	00:29:25	00:05:19	00:28:58	00:05:14	00:18:04			BETANZOS
305	94	PABLO RODRÍGUEZ CAPELET	SNM- 50	00:29:40	00:05:22	00:25:42	00:04:39	00:19:25		NORTH COAST	CARBALLO
306	549	MANUEL ANGEL RIAL BARRAL	VT4M- 16	00:29:40	00:05:22	00:29:18	00:05:18	00:18:07			A CORUÑA
307	219	JUSTO REAL IGLESIAS	VT3M- 51	00:29:42	00:05:22	00:23:54	00:04:20	00:19:55			A CORUÑA
308	451	MARTA MELLA SEIJIDO	F- 35 VT1F- 4	00:29:42	00:05:22	00:28:43	00:05:12	00:17:58			EL TEMPLE, CAMBRE
309	373	MARI CARMEN RODRIGUEZ GOLAN	F- 36 VT2F- 17	00:29:45	00:05:23	00:29:29	00:05:20	00:17:59		A. D. DOWNHILL	A LARACHA
310	398	MARÍA DEL MAR BARCON SÁNCHEZ	F- 37 VT3F- 4	00:29:47	00:05:23	00:29:38	00:05:22	00:17:47	AG2026204	LA MOCHILA DEL DEPORTE	A CORUÑA
311	47	JOSÉ LUIS LÓPEZ RODRÍGUEZ	VT2M- 88	00:29:48	00:05:23	00:29:35	00:05:21	00:18:02		BEER RUNNERS CORUÑA	CULLEREDO
312	582	RAÚL BLANCO RUBIO	VT1M- 66	00:29:50	00:05:24	00:29:26	00:05:19	00:17:45			MADRID
313	571	MIGUEL SEGADE ABAD	VT2M- 89	00:29:51	00:05:24	00:29:21	00:05:19	00:17:57			A CORUÑA
314	277	MANUEL JAVIER MUÑOZ SEIJAS	VT3M- 52	00:29:52	00:05:24	00:29:41	00:05:22	00:18:29			A CORUÑA
315	157	JAVIER FERNÁNDEZ MARTÍNEZ	VT2M- 90	00:29:58	00:05:25	00:29:39	00:05:22	00:18:09			EL TEMPLE - CAMBRE
316	443	MARTA MUÑOZ PÉREZ	F- 38 VT2F- 18	00:30:01	00:05:26	00:29:48	00:05:24	00:17:39			A CORUÑA
317	318	ÓSCAR PATAO LAMEIRO	VT2M- 91	00:30:02	00:05:26	00:29:38	00:05:22	00:17:52			LA CORUÑA
318	250	ALEJANDRO CAÑADA MUÑOZ	VT3M- 53	00:30:05	00:05:26	00:29:39	00:05:22	00:17:50			A CORUÑA
319	238	LUIS ALVAREZ CAMARA	VT4M- 17	00:30:08	00:05:27	00:29:52	00:05:24	00:17:58			LA CORUÑA

320	403	SARA BARREIRA BLANCO	F- 39	VT4F- 2	00:30:09	00:05:27	00:30:01	00:05:26	00:17:49		RUNNING OLEIROS	LA CORUÑA
321	535	JAVI POMBAR GUILLAN		SNM- 51	00:30:09	00:05:27	00:29:46	00:05:23	00:17:48			A CORUÑA
322	427	ARACELI VEIGA BERMEJO	F- 40	VT4F- 3	00:30:10	00:05:28	00:30:10	00:05:28				A CORUÑA
323	453	ANA AMIGO GONZÁLEZ	F- 41	VT2F- 19	00:30:12	00:05:28	00:29:52	00:05:24	00:18:15			A CORUÑA
324	584	JOSE ANTONIO IÑIGUEZ RODRÍGUEZ		VT2M- 92	00:30:13	00:05:28	00:29:55	00:05:25	00:18:13			LA CORUÑA
325	523	PEDRO LUIS FERNÁNDEZ SUÁREZ		VT3M- 54	00:30:15	00:05:28	00:29:56	00:05:25	00:18:06			LA CORUÑA
326	288	SANTIAGO ÁLVAREZ MARTÍNEZ		SNM- 52	00:30:16	00:05:28	00:30:02	00:05:26	00:18:10			A CORUÑA
327	402	LARA PALLAS QUINTELA	F- 42	SUB23F- 1	00:30:16	00:05:29	00:29:55	00:05:25	00:18:17		RUNNERS CARBALLO	CARBALLO
328	146	JESUS BERNAL GÓMEZ		VT4M- 18	00:30:22	00:05:30	00:30:17	00:05:29	00:18:23			FERROL
329	413	LYDIA MARTINEZ MOUTON	F- 43	VT3F- 5	00:30:22	00:05:30	00:30:14	00:05:28	00:17:55			ARTEIXO
330	588	PAULA CARREGAL SÖMME	F- 44	SUB23F- 2	00:30:23	00:05:30	00:30:14	00:05:28	00:18:22		CLUB LA MOCHILA DEL DEPORTE	A CORUÑA
331	394	ANA BELEN HERMIDA CARBALLO	F- 45	VT2F- 20	00:30:24	00:05:30	00:30:15	00:05:28	00:18:19	AG2016960	LA MOCHILA DEL DEPORTE	A CORUÑA
332	327	JOSE ANTONIO BOCELO PRIETO		VT3M- 55	00:30:29	00:05:31	00:30:06	00:05:27	00:18:18			O TEMPLE
333	569	DAVID GÓMEZ CRESPO		SNM- 53	00:30:30	00:05:31	00:30:05	00:05:27	00:18:05			A CORUÑA
334	352	GONZALO JOSÉ LÓPEZ MARTÍN		VT3M- 56	00:30:34	00:05:32	00:30:21	00:05:29	00:18:36			A CORUÑA
335	419	EVA LÓPEZ VIDAL	F- 46	SNF- 9	00:30:35	00:05:32	00:30:16	00:05:29	00:18:11			ABEGONDO
336	550	CARLOS ARES		VT3M- 57	00:30:40	00:05:33	00:30:15	00:05:28	00:18:40			A CORUÑA
337	160	BENIGNO GAREA CAO		VT4M- 19	00:30:40	00:05:33	00:30:27	00:05:30	00:18:09			A CORUÑA
338	447	MONTSERRAT CANOSA	F- 47	SNF- 10	00:30:41	00:05:33	00:30:34	00:05:32	00:17:51			LA CORUÑA
339	91	MARCELO GABRIEL TRIPODI		VT3M- 58	00:30:45	00:05:34	00:30:25	00:05:30	00:18:12		MIXMASTER RUNNING	A CORUÑA
340	510	TITO CARRIL		VT1M- 67	00:30:46	00:05:34	00:30:23	00:05:30	00:17:50		MESOIRO RUNNIG	LA CORUÑA
341	161	RODRIGO MARINO TAIBO		VT1M- 68	00:30:47	00:05:34	00:30:26	00:05:30	00:17:55			MESOIRO
342	53	JORGE CARLOS GONZÁLEZ GARCÍA		VT1M- 69	00:30:47	00:05:34	00:30:26	00:05:30	00:17:48		CCMESOIRO	A CORUÑA
343	97	ELADIO SALGUEIRO GARCIA		VT1M- 70	00:30:47	00:05:34	00:30:24	00:05:30	00:17:46		NOSPORTLIMIT	A CORUÑA
344	86	MIGUEL MATO OUTEIRO		SNM- 54	00:30:47	00:05:34	00:30:25	00:05:30	00:17:48		MESOIRO RUUNIG	A CORUÑA
345	504	MARCELO LUIS VEIRA PERDOMO		VT2M- 93	00:30:47	00:05:34	00:30:24	00:05:30	00:18:10		CC MESOIRO	ARTEIXO
346	85	JOSÉ LUIS LOMBAO NÚÑEZ		VT2M- 94	00:30:48	00:05:34	00:30:27	00:05:30	00:18:08		MESOIRO RUNNING	CAMBRE
347	430	SONIA MARÍA CARRO RIOS	F- 48	VT2F- 21	00:30:58	00:05:36	00:30:47	00:05:34	00:18:29			A CORUÑA
348	380	ROCÍO ALFONSO PITA	F- 49	VT2F- 22	00:30:59	00:05:36	00:30:46	00:05:34	00:18:25		BEER RUNNERS CORUÑA	CULLEREDO
349	533	DAVID ÁLVAREZ BARRAL		VT2M- 95	00:31:01	00:05:37	00:30:33	00:05:32	00:18:41			A CORUÑA
350	392	ANDREA CABALEIRO VARELA	F- 50	SNF- 11	00:31:14	00:05:39	00:31:01	00:05:37	00:18:32		CORREDORA INDEPENDIENTE	OLEIROS
351	314	IGNACIO FRAGA RUSO		SNM- 55	00:31:14	00:05:39	00:31:01	00:05:37	00:18:32			A CORUÑA
352	618	CELIA GONZALEZ-ELIPE LECHUGA	F- 51	VT2F- 23	00:31:16	00:05:39	00:30:48	00:05:34	00:19:08			A CORUÑA
353	567	DAVID TOJO RODRIGUEZ		VT2M- 96	00:31:16	00:05:39	00:30:48	00:05:34	00:19:08			A CORUÑA
354	330	IVÁN NOGUEROL DIZ		SNM- 56	00:31:16	00:05:39	00:31:04	00:05:37	00:18:13	FEDO		OZA-CESURAS
355	595	ENCARNA LÓPEZ	F- 52	VT2F- 24	00:31:19	00:05:40	00:31:08	00:05:38	00:18:45		PICOTOS	CARBALLO
356	531	JESÚS MANUEL COUSILLAS DOURADO		SNM- 57	00:31:20	00:05:40	00:30:59	00:05:36	00:19:06			LA CORUÑA
357	587	ANA LÓPEZ VEIGA	F- 53	VT2F- 25	00:31:20	00:05:40	00:31:03	00:05:37	00:18:29		CLUB ATLETISMO SADA	SADA
358	517	JOSE SUÁREZ NEIRA		SNM- 58	00:31:23	00:05:41	00:31:02	00:05:37	00:18:44			A CORUÑA
359	334	JOSÉ JAVIER MAYO FERNANDEZ		VT2M- 97	00:31:27	00:05:41	00:31:13	00:05:39	00:18:48			ARTEIXO
360	137	BLAS MIGUEL GARCÍA GARCÍA		SNM- 59	00:31:28	00:05:42	00:31:01	00:05:37	00:18:26		TEAM FINISHER	CARRAL
361	308	JUAN MANUEL PEREZ FERNÁNDEZ		VT3M- 59	00:31:30	00:05:42	00:31:01	00:05:37	00:18:49			A CORUÑA
362	524	ANTONIO RAMOS ALONSO		SNM- 60	00:31:40	00:05:44	00:31:14	00:05:39	00:19:07			LA CORUÑA
363	399	MANUELA FILGUEIRAS BARRO	F- 54	VT3F- 6	00:31:42	00:05:44	00:31:20	00:05:40	00:19:03		MFB	CULLEREDO
364	530	JOSE MANUEL ESMORÍS MARTA		SNM- 61	00:31:43	00:05:44	00:31:27	00:05:41	00:18:39			A CORUÑA
365	186	ÁNGEL JUVIÑO PREGO		VT2M- 98	00:31:43	00:05:44	00:31:25	00:05:41	00:18:40			ARTEIXO
366	390	SUSANA SÖMME LÓPEZ	F- 55	VT2F- 26	00:31:46	00:05:45	00:31:37	00:05:43	00:18:43		CLUB LA MOCHILA DEL DEPORTE	A CORUÑA
367	561	DIEGO GALDO RAMUDO		SNM- 62	00:31:53	00:05:46	00:31:26	00:05:41	00:19:17			MESOIRO
368	557	ELOY GÓMEZ ARMADA		VT1M- 71	00:31:54	00:05:46	00:31:27	00:05:41	00:19:17			A CORUÑA
369	446	LUCIA BUGALLO DEL PUERTO	F- 56	VT1F- 5	00:31:57	00:05:47	00:31:48	00:05:45	00:18:38			O BURGO
370	529	JUAN HERBELLO MILLÁN		SNM- 63	00:31:57	00:05:47	00:31:39	00:05:44	00:18:56			CANGAS DO MORRAZO
371	599	LILIANA RAMONA OCAMPO CÁCERES	F- 57	SNF- 12	00:31:57	00:05:47	00:31:50	00:05:46	00:18:39			A CORUÑA
372	297	PABLO CASTEDO LOPEZ		VT1M- 72	00:31:57	00:05:47	00:31:29	00:05:42	00:19:00			A CORUÑA
373	542	ALEJANDRO PARDO CASTRO		SNM- 64	00:31:57	00:05:47	00:31:47	00:05:45	00:19:10			OLEIROS

374	602	MARIA SANCHEZ FERNANDEZ	F- 58	SNF- 13	00:31:58	00:05:47	00:31:40	00:05:44	00:18:56		OLEIROS
375	385	NOELIA FUENTES VARA	F- 59	SNF- 14	00:32:08	00:05:49	00:31:42	00:05:44	00:19:12	CLUB ATLETISMO SADA	CARRAL
376	269	LUIS ANTONIO VILELA VERGARA		VT2M- 99	00:32:08	00:05:49	00:31:43	00:05:44	00:19:15		A CORUÑA
377	420	Mª DEL CARMEN MIRANDA AMADO	F- 60	VT3F- 7	00:32:10	00:05:49	00:31:57	00:05:47	00:19:17		A CORUÑA
378	441	MARIA ISABEL DOMÍNGUEZ GARCÍA	F- 61	VT3F- 8	00:32:10	00:05:49	00:31:57	00:05:47	00:19:17		LA CORUÑA
379	593	MARIA HERMIDA CARBALLO	F- 62	VT2F- 27	00:32:11	00:05:49	00:32:02	00:05:48	00:19:09	LA MOCHILA DEL DEPORTE	A CORUÑA
380	609	BEATRIZ SANTOS GARRIDO	F- 63	VT3F- 9	00:32:16	00:05:50	00:32:08	00:05:49	00:18:58		OLEIROS
381	703	ANGELES AREA TEIJEIRO	F- 64	VT3F- 10	00:32:22	00:05:51	00:32:11	00:05:49	00:19:03		A CORUÑA
382	527	CARLOS TORREIRO FERNANDEZ		VT2M- 100	00:32:24	00:05:52	00:31:59	00:05:47	00:19:43		LA CORUÑA
383	335	PEDRO DOMENECH GONZÁLEZ		VT2M- 101	00:32:29	00:05:52	00:32:03	00:05:48	00:19:15		CULLEREDO
384	429	CARLOTA ROCA FERNANDEZ	F- 65	SNF- 15	00:32:31	00:05:53	00:32:22	00:05:51	00:19:07		OLEIROS
385	223	ANGEL HERMIDA OTERO		VT2M- 102	00:32:36	00:05:54	00:32:04	00:05:48	00:20:08		CULLEREDO
386	426	BERIT SOMMERFELT	F- 66	VT1F- 6	00:32:39	00:05:54	00:32:12	00:05:49	00:20:08		CORUÑA
387	408	INES VALIÑO CALVIÑO	F- 67	VT1F- 7	00:32:44	00:05:55	00:32:36	00:05:54	00:18:56	TRIATLON ARTEIXO	SANTA CRUZ - OLEIROS
388	579	RICHARD PETER PAGAN		VT2M- 103	00:32:49	00:05:56	00:32:19	00:05:51	00:19:50		A CORUÑA
389	463	SONIA PÉREZ PARDO	F- 68	VT3F- 11	00:32:51	00:05:57	00:32:28	00:05:52	00:19:49		A CORUÑA
390	222	LUIS ALBERTO FERNÁNDEZ PARADA		VT2M- 104	00:32:54	00:05:57	00:32:32	00:05:53	00:19:32		CAMBRE
391	406	TANIA PAZOS FERNANDEZ	F- 69	SNF- 16	00:33:06	00:05:59	00:32:55	00:05:57	00:19:19	TERRA DE SONEIRA C.D.	VIMIANZO
392	396	BEATRIZ GONZÁLEZ MACEIRA	F- 70	VT2F- 28	00:33:07	00:05:59	00:32:55	00:05:57	00:19:31	LA MOCHILA DEL DEPORTE	A CORUÑA
393	409	ÁNGELES RESPINO SOUTO	F- 71	VT2F- 29	00:33:16	00:06:01	00:32:55	00:05:57	00:19:36		A CORUÑA
394	607	TANIA QUINTAS	F- 72	SNF- 17	00:33:28	00:06:03	00:32:58	00:05:58	00:19:47		CAMBRE
395	71	SERGIO CALVO		VT2M- 105	00:33:29	00:06:03	00:33:03	00:05:59	00:19:47	CLUBE ATLETISMO OUTES - JOHN TURKEY	CORUÑA
396	454	BELÉN FERREIRO GAREA	F- 73	VT2F- 30	00:33:31	00:06:04	00:33:10	00:06:00	00:20:00		A CORUÑA
397	594	ANA LÓPEZ GIAO	F- 74	VT2F- 31	00:33:40	00:06:05	00:33:30	00:06:04	00:19:51	LA MOCHILA DEL DEPORTE	A CORUÑA
398	273	ISIDORO MIGUEL PÉREZ		VT2M- 106	00:33:44	00:06:06	00:33:20	00:06:02	00:19:49		CAMBRE
399	603	ANA BLANCO SANMARTIN	F- 75	VT3F- 12	00:33:47	00:06:07	00:33:37	00:06:05	00:19:52		A CORUÑA
400	608	ELIENAY AULAR LÓPEZ	F- 76	SNF- 18	00:33:55	00:06:08	00:33:26	00:06:03	00:20:14		A CORUÑA
401	368	TXUS SAEZ VARELA		VT1M- 73	00:34:01	00:06:09	00:33:35	00:06:04	00:20:20		A CORUÑA
402	564	LUIS LOPEZ PEREZ		SNM- 65	00:34:04	00:06:10	00:33:39	00:06:05	00:20:53		A CORUÑA
403	606	ESTELA DIAZ VAZQUEZ	F- 77	VT2F- 32	00:34:10	00:06:11	00:33:36	00:06:05	00:20:50		LA CORUÑA
404	316	MANUEL GONZALEZ PEREIRA		VT4M- 20	00:34:33	00:06:15	00:34:03	00:06:10	00:20:43		ARTEIXO
405	247	DAVID DÍAZ PÉREZ		VT1M- 74	00:34:34	00:06:15	00:34:07	00:06:10	00:20:56		CORUÑA
406	26	RICARDO FIGUEIRAS NUÑEZ		VT3M- 60	00:34:36	00:06:15	00:34:35	00:06:15	00:17:06	ATLETAS DE ACEA DE AMA	FONTECULLER -CULLEREDO
407	456	M.CRUIZ RODRIGUEZ SUAREZ	F- 78	VT2F- 33	00:34:36	00:06:16	00:34:13	00:06:11	00:20:52		A CORUÑA
408	90	OSCAR BESTEIRO VAZQUEZ		VT2M- 107	00:34:40	00:06:16	00:34:20	00:06:13	00:20:39	MIXMASTER RUNNING	A CORUÑA
409	598	ANGÉLICA MARÍA SEGOVIA ESCOBAR	F- 79	SNF- 19	00:34:46	00:06:17	00:34:38	00:06:16	00:20:20		A CORUÑA
410	540	MARCOS ESPÍÑEIRA FIDALGO		VT1M- 75	00:34:47	00:06:17	00:34:22	00:06:13	00:20:51		A CORUÑA
411	566	FERNANDO MARTÍNEZ DUARTE		VT1M- 76	00:34:52	00:06:18	00:34:30	00:06:14	00:20:37		A CORUÑA
412	437	ISABEL PEREIRO PORTOS	F- 80	VT1F- 8	00:34:52	00:06:18	00:34:31	00:06:15	00:20:35		A CORUÑA
413	600	MIRTA GRACIELA VERGARA VERA	F- 81	VT1F- 9	00:34:56	00:06:19	00:34:48	00:06:18	00:20:32		A CORUÑA
414	515	MIGUEL DE SANTIAGO MARÍN		VT2M- 108	00:34:59	00:06:20	00:34:31	00:06:15	00:21:16		LA CORUÑA
415	374	CRISTINA SANCHEZ LOPEZ	F- 82	VT2F- 34	00:35:04	00:06:21	00:34:47	00:06:18	00:20:59	AD DIWNHILL	A LARACHA
416	190	JORGE JOSÉ MÉNDEZ HERRERA		VT2M- 109	00:35:04	00:06:21	00:34:36	00:06:15	00:20:57		A CORUÑA
417	605	YAJAIRA PARRALES FARIAS	F- 83	VT1F- 10	00:35:06	00:06:21	00:34:56	00:06:19	00:20:20		LA CORUÑA
418	526	CÉSAR CARRO		VT1M- 77	00:35:06	00:06:21	00:34:34	00:06:15	00:21:02		CORUÑA
419	450	LAURA AGUILERA QUINTEROS	F- 84	SNF- 20	00:35:07	00:06:21	00:34:35	00:06:15	00:21:00		A CORUÑA
420	615	ELENA SUÁREZ GESTO	F- 85	SNF- 21	00:35:14	00:06:22	00:34:47	00:06:18	00:20:46		LA CORUÑA
421	619	NURIA PÉREZ PARDO	F- 86	VT1F- 11	00:35:16	00:06:23	00:34:52	00:06:18	00:19:52		A CORUÑA
422	604	BELÉN TELLA REY	F- 87	VT2F- 35	00:35:19	00:06:23	00:35:09	00:06:21	00:20:46		LA CORUÑA
423	590	ADRIANA OTERO RODRÍGUEZ	F- 88	VT1F- 12	00:35:19	00:06:23	00:35:09	00:06:21	00:20:46	LA MOCHILA DEL DEPORTE	CULLEREDO
424	39	PABLO RAFAEL PRIETO CASAL		VT3M- 61	00:35:20	00:06:23	00:34:53	00:06:19	00:21:04	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
425	555	OSCAR MANRUBIA BALADO		VT2M- 110	00:35:22	00:06:24	00:34:53	00:06:19	00:21:16		A CORUÑA
426	565	MARCOS MOSTEIRO DIAZZ		SNM- 66	00:35:30	00:06:25	00:35:05	00:06:21	00:20:54		A CORUÑA
427	393	ROSI GÓMEZ PRIETO	F- 89	VT2F- 36	00:35:37	00:06:27	00:35:25	00:06:24	00:21:17	LA MOCHILA DE DEPORTE	A CORUÑA

428	397	ESTEFANÍA FERNÁNDEZ SOTO	F- 90	VT1F- 13	00:35:37	00:06:27	00:35:25	00:06:24	00:21:18	LA MOCHILA DEL DEPORTE	A CORUÑA
429	83	LUIS SÁNCHEZ SANTOS		VT2M- 111	00:35:56	00:06:30	00:35:43	00:06:28	00:21:01	LUIS	A CORUÑA
430	455	MERCEDES FIGUEROA SUAREZ	F- 91	VT3F- 13	00:36:01	00:06:31	00:35:46	00:06:28	00:21:30		A CORUÑA
431	563	CARLOS FERNANDEZ BREIJO		VT2M- 112	00:37:58	00:06:52	00:37:25	00:06:46	00:21:57		A CORUÑA
432	244	JOSE ANGEL LORENZO RIVEIRO		VT2M- 113	00:38:00	00:06:52	00:37:41	00:06:49	00:21:55		CULLEREDO
433	347	MIGUEL ANGEL MOSQUERA ABAD		VT4M- 21	00:38:16	00:06:55	00:38:04	00:06:53	00:22:06		A CORUÑA
434	611	MARÍA JOSÉ ÁLVAREZ BARRAL	F- 92	VT2F- 37	00:38:48	00:07:01	00:38:19	00:06:56	00:22:32		A CORUÑA
435	457	LUISA MORANO LISTA	F- 93	VT2F- 38	00:38:48	00:07:01	00:38:34	00:06:59	00:22:30		ARTEIXO
436	96	JOAQUÍN DIAZ REDONDO		VT3M- 62	00:43:24	00:07:51	00:43:10	00:07:48	00:25:20	NOSPORTLIMIT	A CORUÑA
437	612	PATRICIA FERNÁNDEZ SOILÁN	F- 94	VT2F- 39	00:46:12	00:08:21	00:45:45	00:08:16	00:26:33		A CORUÑA

CLASIFICACIÓN XERLA SUB 16 E SUB 18

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade
1	991	BRUNO SALIDO JOVE		SUB18M- 1	00:07:45	00:03:20		CLUB ATLETISMO SADA	OLEIROS
2	986	IVAN MAROÑO PASCALIN		SUB16M- 1	00:07:53	00:03:24		CLUB COMPAÑÍA DE MARÍA	A CORUÑA
3	993	MARTIN BLANCO PREGO		SUB18M- 2	00:08:11	00:03:31			LA CORUÑA
4	992	JORGE VÁZQUEZ PÉREZ		SUB16M- 2	00:08:19	00:03:35		CLUB MARINEDA ATLETICO	CORUÑA
5	988	YAGO DANIEL RIO PEREIRA		SUB16M- 3	00:08:21	00:03:36			FERROL
6	1003	SARA PRIETO LÓPEZ	F- 1	SUB18F- 1	00:08:54	00:03:50		CLUB MARINEDA ATLETICO	A CORUÑA
7	997	MARÍA FERNÁNDEZ BOUZA	F- 2	SUB18F- 2	00:09:02	00:03:54		ATLETISMO RIAZOR CORUÑA	CORUÑA
8	989	NICOLÁS FIGUEROA CARRIL		SUB16M- 4	00:09:16	00:03:59		ATLETISMO CORUÑA COMARCA	ARTEIXO
9	999	INÉS VÁZQUEZ SÁNCHEZ	F- 3	SUB16F- 1	00:10:43	00:04:37		CLUB ATLETISMO SADA	CULLEREDO
10	1000	ANE FERNANDEZ-PEITEADO ECHEVERRIA	F- 4	SUB16F- 2	00:11:03	00:04:45		CLUB COMPAÑÍA DE MARÍA	A CORUÑA
11	1001	LUCIA NISTAL PALACIOS	F- 5	SUB16F- 3	00:11:12	00:04:49		CLUB MARINEDA ATLETICO	LA CORUÑA

IX CARREIRA POPULAR NOVO MESOIRO, A Coruña 03/11/2019

Sub 14. Distancia: 1.600 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	PasoContrameta1	PasoMeta1	PasoContrameta2	Licenza	Club	Localidade
1	957	SAMUEL FRAGA RIOS		SUB14M- 1	00:05:47	00:03:37	0:01:08	0:02:47	0:04:15		CLUB ATLETISMO SADA	PERILLO-OLEIROS
2	952	DANIEL SALGUEIRO UCEIRA		SUB14M- 2	00:05:57	00:03:44	0:01:10	0:02:51	0:04:20		ATLETISMO CORUÑA COMARCA	A CORUÑA
3	949	MANUEL SOUTO RAMOS		SUB14M- 3	00:06:11	00:03:52	0:01:17	0:03:01	0:04:30		A D FOGAR	CARRAL
4	959	LUCAS HUERTAS GANDROY		SUB14M- 4	00:06:22	00:03:59	0:01:14	0:03:03	0:04:40		CLUB MARINEDA ATLETICO	NOVO MESOIRO A CORUÑA
5	960	DIEGO PIÑEIRO CASTIÑEIRA		SUB14M- 5	00:06:24	00:04:00	0:01:20	0:03:09	0:04:43		CLUB MARINEDA ATLETICO	A CORUÑA
6	963	DAVID PEREZ LONGUEIRA		SUB14M- 6	00:06:25	00:04:01	0:01:18	0:03:05	0:06:26		MARINEDA ATLETICO	CAMBRE
7	974	PAULA VÁZQUEZ HERMIDA	F- 1	SUB14F- 1	00:06:28	00:04:03	0:01:17	0:03:06	0:04:42		CLUB MARINEDA ATLETICO	A CORUÑA
8	955	DARÍO AMBITE SANTANA		SUB14M- 7	00:06:32	00:04:05	0:01:13	0:03:02	0:04:40		CLUB ATLETISMO SADA	CAMBRE
9	953	LEO LAVANDEIRA RODRIGUEZ		SUB14M- 8	00:06:36	00:04:07	0:01:18	0:03:08	0:04:48		ATLETISMO CORUÑA COMARCA	A CORUÑA
10	956	PELAYO BLANCO GARCIA		SUB14M- 9	00:06:39	00:04:09	0:01:19	0:03:08	0:04:48		CLUB ATLETISMO SADA	OLEIROS
11	969	SUSANA AMOR CASTRO	F- 2	SUB14F- 2	00:06:42	00:04:11	0:01:22	0:03:10	0:04:50		CLUB ATLETISMO SADA	A CORUÑA
12	971	MARÍA VÁZQUEZ FUENTES	F- 3	SUB14F- 3	00:06:46	00:04:14	0:01:23	0:03:10	0:04:56		CLUB MARINEDA ATLETICO	A CORUÑA
13	954	LUCAS BUJÍA MÍGUEZ		SUB14M- 10	00:07:13	00:04:31	0:01:26	0:03:21	0:05:10		CLUB ATLETISMO SADA	OLEIROS
14	976	LAURA CUIÑA FERNÁNDEZ	F- 4	SUB14F- 4	00:07:17	00:04:34	0:01:26	0:03:30	0:05:22		CLUB MARINEDA ATLETICO	A CORUÑA
15	985	ANDREA CAINZOS GARCIA	F- 5	SUB14F- 5	00:07:40	00:04:48	0:01:30	0:03:37	0:05:33			LA CORUÑA
16	972	ALBA DIAZ RUIZ	F- 6	SUB14F- 6	00:07:44	00:04:50	0:01:30	0:03:34	0:05:30		CLUB MARINEDA ATLETICO	A CORUÑA
17	982	CAROLINA DELIA MERA GINÉS	F- 7	SUB14F- 7	00:07:55	00:04:57	0:01:31	0:03:44	0:05:43			A CORUÑA
18	977	JULIA VARA LOPEZ	F- 8	SUB14F- 8	00:08:13	00:05:08	0:01:22	0:03:24	0:05:57		LA MOCHILA DEL DEPORTE	A CORUÑA
19	983	VALERIA ALEJANDRA PÉREZ RUIZ	F- 9	SUB14F- 9	00:08:15	00:05:10	0:01:27	0:04:12	0:06:44			CORUÑA, A
20	958	IÑIGO FERNANDEZ-PEITEADO ECHEVERRIA		SUB14M- 11	00:08:20	00:05:13	0:01:33	0:03:49	0:06:03		CLUB COMPAÑÍA DE MARÍA	A CORUÑA

IX CARREIRA POPULAR NOVO MESOIRO, A Coruña 03/11/2019

Sub 12 Masculino. Distancia: 800 m

PtoCat	Dorsal	Nome	T_Final	RitmoKm	PasoContrameta	Licenza	Club	Localidade
1	916	IKER LAVANDEIRA RODRIGUEZ	00:02:48	00:03:30	0:01:14		ATLETISMO CORUÑA COMARCA	A CORUÑA
2	920	MARTÍN BAZÁN COBELO	00:02:51	00:03:33	0:01:14		CLUB MARINEDA ATLETICO	SAN PEDRO DE NOS-OLEIROS
3	924	ADRIAN ZAS PEREZ	00:03:06	00:03:53	0:01:23		CLUB MARINEDA ATLETICO	A CORUNA
4	925	PAULO RIVAS TORRES	00:03:07	00:03:54	0:01:22		FOGAR TRIATLON CARBALLO	A CORUÑA
5	922	ENRIQUE CUIÑA FERNÁNDEZ	00:03:08	00:03:55	0:01:24		CLUB MARINEDA ATLETICO	A CORUÑA
6	934	MAURO TABOADA IGLESIAS	00:03:11	00:03:58	0:01:24			MESOIRO
7	928	IKER FERNÁNDEZ SEOANE	00:03:15	00:04:04	0:01:20		MESOIRO	LA CORUÑA
8	942	MARIO CANOSA ROMERO	00:03:17	00:04:06	0:01:21			A CORUÑA
9	929	ADRIÁN SÁNCHEZ MACEIRAS	00:03:18	00:04:08	0:01:24		METÁLICA HERCULINA	A CORUÑA
10	927	MATEO GARRIDO RODRÍGUEZ	00:03:19	00:04:09	0:01:28		MATE	CORUÑA
11	917	MARTIN TOJEIRO RAMOS	00:03:20	00:04:10	0:01:27		ATLETISMO CORUÑA COMARCA	A CORUÑA
12	941	ANXO SÁNCHEZ LEMA	00:03:21	00:04:12	0:01:30			A CORUÑA
13	939	GONZALO ASOREY TABOADA	00:03:23	00:04:13	0:01:26			LA CORUÑA
14	926	MARCOS GARCIA	00:03:31	00:04:23	0:01:29		GALLAECIA	A CORUÑA
15	945	IVAN GARCIA BARREIRO	00:03:43	00:04:39	0:01:35			LA CORUÑA
16	919	DANIEL AMBITE SANTANA	00:03:43	00:04:39	0:01:46		CLUB ATLETISMO SADA	CAMBRE
17	938	DANIEL DOMÍNGUEZ SEOANE	00:03:50	00:04:47	0:01:35			A CORUÑA
18	944	SAMUEL BOUZADA VARELA	00:03:52	00:04:50	0:01:31			A CORUÑA
19	947	MIGUEL GONZÁLEZ VEIRA	00:04:06	00:05:07	0:01:49			A CORUÑA
20	923	NICOLÁS PONS VILAR	00:04:07	00:05:09	0:01:47		CLUB MARINEDA ATLETICO	A CORUÑA
21	935	ANTÓN TERRÓN PÉREZ	00:04:07	00:05:09	0:01:42			A CORUÑA

IX CARREIRA POPULAR NOVO MESOIRO, A Coruña 03/11/2019

Sub 10 Femenino. Distancia: 800 m

Pto	Dorsal	Nome	T_Final	RitmoKm	PasoContrameta	Licenza	Club	Localidade
1	808	UXÍA FARIÑA PENELAS	00:03:23	00:04:14	0:01:31		CLUB MARINEDA ATLETICO	CAMBRE
2	801	VEGA REBOREDO PRADO	00:03:29	00:04:21	0:01:35		ATLETISMO CORUÑA COMARCA	A CORUÑA
3	802	SARA DIAZ RUIZ	00:03:31	00:04:23	0:01:38		ATLETISMO CORUÑA COMARCA	LA CORUÑA
4	805	LEIRE FERNANDEZ-PEITEADO ECHEVERRIA	00:03:32	00:04:25	0:01:31		CLUB COMPAÑÍA DE MARÍA	A CORUÑA
5	814	NOA VÁZQUEZ FUENTES	00:03:36	00:04:29	0:01:36			A CORUÑA
6	835	ADELA COUCEIRO GARCÍA	00:03:41	00:04:37	0:01:32			A CORUÑA
7	820	CLAUDIA SOTO GARCÍA	00:03:42	00:04:37	0:01:37			CULLEREDO
8	806	SOFÍA BAO RODRÍGUEZ	00:03:42	00:04:38	0:01:33		CLUB COMPAÑÍA DE MARÍA	LA CORUÑA
9	832	PAULA DRISCOLL NIEVES	00:03:44	00:04:40	0:01:30			CORUÑA (A)
10	817	NEREA SOUTO CONDE	00:03:47	00:04:43	0:01:34			A CORUÑA
11	834	DANIELA ALEJANDRA MARTÍNEZ GALCERÁN	00:03:51	00:04:49	0:01:44			LA CORUÑA
12	809	SARA GARCIA	00:03:55	00:04:53	0:01:40		GALLAECIA	A CORUÑA
13	807	EMMA CAMEAN HERMIDA	00:03:59	00:04:58	0:01:39		CLUB MARINEDA ATLETICO	A CORUÑA
14	803	MARTINA BUJÍA MÍGUEZ	00:04:13	00:05:17	0:01:51		CLUB ATLETISMO SADA	OLEIROS - A CORUÑA
15	827	SOFÍA CIBRÁN PÉREZ	00:04:14	00:05:18	0:01:52			A CORUÑA
16	829	ADRIANA GARRIDO RODRÍGUEZ	00:04:17	00:05:21	0:02:03			CORUÑA
17	818	LUNA ZARBO LAGO	00:04:24	00:05:30	0:01:47			A CORUÑA
18	819	CLAUDIA APARICIO RAMOS	00:04:26	00:05:32	0:01:53			ARTEIXO
19	830	ANTÍA GARCÍA RAMA	00:04:27	00:05:33	0:01:51			CULLEREDO
20	836	MARTINA IÑIGUEZ NUÑEZ	00:04:37	00:05:46	0:01:53			A CORUÑA
21	831	LARA BEADE HERMIDA	00:04:38	00:05:48	0:01:55			A CORUÑA
22	828	ROCIO MENDEZ BOTANA	00:04:54	00:06:08	0:01:51			A CORUÑA
23	826	SOFIA MANRUBIA CASTRO	00:05:03	00:06:18	0:01:51			A CORUÑA
24	822	EMMA GRELA GARCIA	00:05:03	00:06:19	0:02:03			A CORUÑA
25	811	SARA GARCIA ORIZALES	00:05:03	00:06:19	0:02:04		SARA'S TEAM	A CORUÑA

IX CARREIRA POPULAR NOVO MESOIRO, A Coruña 03/11/2019

Sub 10 Masculino. Distancia: 800 m

Pto	Dorsal	Nombre	T_Final	RitmoKm	PasoContrameta	Licenza	Club	Localidade
1	838	ADRIAN PAZ CELEIRO	00:03:07	00:03:53	0:01:26		ATLETISMO RIAZOR CORUÑA	A CORUÑA
2	849	HUGO ZULUAGA LAMAZARES	00:03:09	00:03:56	0:01:26		OZA JUVENIL	OLEIROS
3	837	XABI CAMBA VÁZQUEZ	00:03:10	00:03:57	0:01:27		ATLETISMO CORUÑA COMARCA	CULLEREDO
4	841	HUGO OUBEL LORENZO	00:03:14	00:04:03	0:01:27		CLUB MARINEDA ATLETICO	A CORUÑA
5	840	DIEGO AMBITE SANTANA	00:03:20	00:04:09	0:01:30		CLUB ATLETISMO SADA	CAMBRE
6	861	ALEJANDRO SOTO GARCÍA	00:03:20	00:04:10	0:01:31			CULLEREDO
7	875	TEO GÓMEZ MEIJIDE	00:03:23	00:04:13	0:01:32			CULLEREDO
8	850	FREED MARON LORENZO	00:03:29	00:04:21	0:01:28		TRINORTH	VIGO
9	866	DIEGO LOPEZ DE CRUZ	00:03:30	00:04:22	0:01:31			A CORUÑA
10	883	LUCAS JAGINO FERNÁNDEZ	00:03:31	00:04:24	0:01:30			A CORUÑA
11	862	JACOBO SOTO GARCÍA	00:03:32	00:04:25	0:01:33			CULLEREDO
12	848	DIEGO RODRÍGUEZ FERNÁNDEZ	00:03:36	00:04:30	0:01:33		OSEIRA ATLETISMO	A CORUÑA
13	868	MARTÍN KENNETH PAGAN ALVAREZ	00:03:42	00:04:37	0:01:37			A CORUÑA
14	842	ADRIÁN PATIÑO DORADO	00:03:45	00:04:41	0:01:39		CLUB MARINEDA ATLETICO	A CORUÑA
15	847	MATEO VELAY MARINO	00:03:45	00:04:41	0:01:40		MESOIRO	MESOIRO
16	878	JACOBO GARCÍA RAMA	00:03:45	00:04:41	0:01:31			CULLEREDO
17	871	HUGO LÓPEZ PEDRIDO	00:03:46	00:04:42	0:01:41			A CORUÑA
18	884	BRAIS MARTINEZ GONZALEZ	00:03:46	00:04:43	0:01:41			A CORUÑA
19	856	MARTIN GENDE CARRIL	00:03:52	00:04:50	0:01:44			A CORUÑA
20	885	RUBENS ALEJANDRO ÁLVAREZ GONZÁLEZ	00:03:53	00:04:51	0:01:40			CORUÑA
21	882	LUIS IBAÑEZ BANDE	00:03:58	00:04:57	0:01:36			A CORUÑA
22	865	MATEO LÓPEZ GÓMEZ	00:04:06	00:05:07	0:01:50			A CORUÑA
23	855	DARÍO RIVAS REY	00:04:11	00:05:13	0:01:37			CULLEREDO
24	859	MIGUEL SEOANE LOPEZ	00:04:17	00:05:21	0:01:54			A CORUÑA
25	843	ERIC YÁÑEZ LOUREIRO	00:04:23	00:05:28	0:01:44		CLUB TRIATLÓN CORUÑA	A CORUÑA
26	886	MALICK COSTOYA BA	00:04:27	00:05:34	0:01:44			CORUÑA
27	872	ALEJANDRO REGUEIRA VILAR	00:04:28	00:05:35	0:01:56			A CORUÑA
28	873	NICO VENTOSO MARTINEZ	00:04:39	00:05:49	0:01:57			A CORUÑA
29	844	JOSÉ ANTONIO SÁNCHEZ DOMÍNGUEZ	00:05:03	00:06:18	0:02:12		COLEGIO SAGRADO CORAZÓN FRANCISCANAS	A CORUÑA
30	869	LEO DANIEL LAGOA APONTE	00:05:17	00:06:36	0:02:27			LA CORUÑA
31	870	IZAN NAHUEL LAGOA APONTE	00:05:17	00:06:37	0:02:11			LA CORUÑA