

VIII CARREIRA POPULAR VOLTA A OZA, A Coruña 08/09/2019

Prueba Absoluta. Distancia: 6.250 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Control (km 2,4)	Licenza	Club	Localidade
1	1	PABLO BOCELO BELLAS		SNM- 1	00:21:42	00:03:29	00:08:11	GA 765890	CLUB ATLETISMO NARÓN	A CORUÑA
2	74	JESÚS CORRAL MATO		SNM- 2	00:22:17	00:03:34	00:08:16		CLUB MONTEPENARUBIA LUGO	LUGO
3	78	ESTEBAN DIAZ PEREZ		VT1M- 1	00:22:52	00:03:40	00:08:33		CLUB TRIEUME AS PONTES	AS PONTES
4	263	JAVIER SEOANE PUGA		VT2M- 1	00:23:04	00:03:42	00:08:44			CARBALLO
5	40	ANGEL MACEIRAS LAGO		VT2M- 2	00:23:21	00:03:45	00:08:47	AG2014771	ATLETISMO SAR VERMU-PETRONI	O BURGO
6	30	FERNANDO VAZQUEZ ARES		VT2M- 3	00:23:33	00:03:46	00:08:48		ATLETAS DE ACEA DE AMA	CAMBRE
7	76	CARLOS IGLESIAS AREA		VT1M- 2	00:23:41	00:03:48	00:09:00	AG2015548	CLUB SAN MIGUEL DE MARÍN	MARIN
8	60	NICOLAS FERNANDO BAS ROTH		SNM- 3	00:23:42	00:03:48	00:09:03	AG2024034	CLUB ATLETISMO SADA	CULLEREDO
9	38	IVAN REGO POSE		SNM- 4	00:24:04	00:03:51	00:09:04		ATLETISMO MILLADOIRO	A CORUÑA
10	398	JORGE MARTÍNEZ GÓMEZ		SNM- 5	00:24:09	00:03:52	00:08:56			A CORUÑA
11	140	XAQUIN BUGALLO DEL PUERTO		VT1M- 3	00:24:17	00:03:54	00:09:13		RUNNING OLEIROS	O BURGO
12	72	DAVID FERNÁNDEZ ARGUL		SUB20M- 1	00:24:29	00:03:55	00:09:14		CLUB MARINEDA ATLETICO	A CORUÑA
13	8	JOSE MANUEL PENA SUAREZ		VT2M- 4	00:24:40	00:03:57	00:09:17		AD JARNACHAS	ARTEIXO
14	432	AARÓN CABADO VÁZQUEZ		SNM- 6	00:24:48	00:03:59	00:09:23			LUGO
15	29	SIMON LOPEZ EIROA		VT2M- 5	00:25:02	00:04:01	00:09:39		ATLETAS DE ACEA DE AMA	PERILLO OLEIROS
16	56	FERNANDO PEREZ HERNANDEZ		VT2M- 6	00:25:07	00:04:01	00:09:43	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
17	62	LUCIANO JESÚS CARRETERO SANCHEZ		VT1M- 4	00:25:09	00:04:02	00:09:26		CLUB CICLISTA CAMBRE	A CORUÑA
18	382	PEDRO PAN SUAREZ		SNM- 7	00:25:13	00:04:03	00:09:42			A CORUÑA
19	155	JORGE CARBALLEIRA AMARELO		SNM- 8	00:25:14	00:04:03	00:09:41		TRIEUME	AS PONTES
20	52	EMILIO MARTINEZ ANTA		VT3M- 1	00:25:19	00:04:03	00:09:45	GA20450	C.D.EGOVARROS-VIVEIRO	A CORUÑA
21	324	IAGO FERNÁNDEZ IGLESIAS		VT1M- 5	00:25:28	00:04:05	00:09:38			A CORUÑA
22	118	GABRIEL PIZARRO VARELA		VT1M- 6	00:25:30	00:04:05	00:09:43		NOSPORTLIMIT	A CORUÑA
23	146	JUAN MANUEL CEBEY RODRIGUEZ		SNM- 9	00:25:35	00:04:06	00:09:39		TAMBRE BIKE	A CORUÑA
24	295	FRANCO RAMOS CARBALLEDO		VT2M- 7	00:25:39	00:04:07	00:10:00			A CORUÑA
25	113	ANTONIO BAAMONDE SANDE		VT2M- 8	00:25:50	00:04:08	00:09:46		NOSPORTLIMIT	A CORUÑA
26	28	IVAN VARELA BARREIRO		VT2M- 9	00:25:51	00:04:09	00:09:56		ATLETAS DE ACEA DE AMA	CULLEREDO
27	336	ALEJANDRO SANCHEZ RAMOS		VT1M- 7	00:25:53	00:04:09	00:09:40			A CORUÑA
28	267	CARLOS SÁNCHEZ ROMERO		VT2M- 10	00:25:55	00:04:09	00:09:56			OLEIROS
29	24	RICARDO FIGUEIRAS NUÑEZ		VT3M- 2	00:25:56	00:04:09	00:09:50		ATLETAS DE ACEA DE AMA	CULLEREDO
30	284	RAMON EUGENIO MOSQUERA SILVA		VT2M- 11	00:26:01	00:04:10	00:09:53			LA CORUÑA
31	206	ALFONSO GARCÍA BELLO		VT3M- 3	00:26:08	00:04:11	00:09:48			CAMBRE
32	417	FERNANDO JOSE VARELA CASTRO		SNM- 10	00:26:16	00:04:13	00:09:56			A CORUÑA
33	149	FÉLIX ROGET PÉREZ		VT1M- 8	00:26:19	00:04:13	00:10:17		TERRA DE SONEIRA C.D.	VIMIANZO
34	137	FRANCISCO JAVIER GONZÁLEZ LEDO		VT2M- 12	00:26:22	00:04:14	00:09:54	AG2024183	RUNNING OLEIROS	CULLEREDO
35	142	ALEJANDRO FERNÁNDEZ RAMOS		VT2M- 13	00:26:22	00:04:14	00:09:55	TRIATLON	RUNNING OLEIROS Y NOSPORTLIMIT	Fonteculler -Culleredo
36	77	FEDERICO PORTO ARIAS		VT3M- 4	00:26:31	00:04:15	00:10:14		CLUB TRIATLON CORUÑA	A CORUÑA
37	144	MATEO CABODEVILA PIVIDAL		SNM- 11	00:26:31	00:04:15	00:09:38		SOCIEDADE DEPORTIVA ALBIONS	A CORUÑA
38	293	DIEGO TENREIRO PRADO		VT2M- 14	00:26:32	00:04:15	00:10:08			A CORUÑA
39	318	JOSÉ MANUEL CASÁS CASÁS		VT1M- 9	00:26:35	00:04:16	00:10:12			A CORUÑA
40	141	JUAN CARLOS CASTRO FERNANDEZ		VT1M- 10	00:26:42	00:04:17	00:10:04		RUNNING OLEIROS	OLEIROS
41	66	JUAN JOSE CASTEDO ALONSO		VT2M- 15	00:26:43	00:04:17	00:10:05	33339439L	CLUB HERCULES TERMARIA	LA CORUÑA
42	119	DANIEL NOGUEIRA CARRO		SNM- 12	00:26:45	00:04:17	00:10:09		NOSPORTLIMIT	A CORUÑA
43	154	DIEGO LUIS VILA BOURIO		SNM- 13	00:26:52	00:04:18	00:10:16		TRIATLON CIDADE DE LUGO FLUVIAL	LUGO
44	39	PEPE GUERRERO		VT2M- 16	00:26:52	00:04:18	00:10:06		ATLETISMO NOVO MESOIRO - A CORUÑA	A CORUÑA
45	9	RUBEN REBORIDO REBOREDO		VT1M- 11	00:26:55	00:04:19	00:10:21		AD JARNACHAS	ARTEIXO
46	152	SANTIAGO GARCIA BELLO		VT3M- 5	00:27:00	00:04:20	00:10:22		TRASNOS CORUÑA	CAMBRE

47	131 SAUL GOMEZ ARROJO		VT3M- 6	00:27:02	00:04:20	00:10:17		RUNNING OLEIROS	FURIS-CASTROVERDE
48	57 JUAN GALÁN PRESAS		VT2M- 17	00:27:02	00:04:20	00:10:28		CLUB ATLETISMO SADA	A CORUÑA
49	349 PABLO RIVAS OLIVEIRA		VT1M- 12	00:27:07	00:04:21	00:10:01			CULLEREDO
50	283 JOSÉ MANUEL ROCA RODRIGUEZ		VT2M- 18	00:27:07	00:04:21	00:10:21			ARANGA
51	68 ALBERTO PÉREZ MURADO		VT1M- 13	00:27:08	00:04:21	00:10:20		CLUB HÉRCULES TERMARIA	A CORUÑA
52	132 JULIAN JOSE GESTO CAABEIRO		VT3M- 7	00:27:09	00:04:21	00:10:31		RUNNING OLEIROS	OLEIROS
53	12 JAVIER LOURIDO MARTÍNEZ		SNM- 14	00:27:11	00:04:21	00:10:21		AS VELLAS NON PARAMOS	SADA
54	173 RAMÓN ANTONIO VARELA MÍGUEZ		VT4M- 1	00:27:13	00:04:22	00:10:27			A CORUÑA
55	286 FERNANDO ESCRIBANO SAÑUDO		VT2M- 19	00:27:14	00:04:22	00:10:16			SADA
56	138 IVÁN BUGALLO DEL PUERTO		VT2M- 20	00:27:15	00:04:22	00:10:22		RUNNING OLEIROS	OLEIROS
57	397 ALEXANDRE FIDALGO PÉREZ		SNM- 15	00:27:17	00:04:22	00:10:50			PIXEIROS
58	26 JESÚS ASTRAY CASTRO		VT2M- 21	00:27:18	00:04:23	00:10:19		ATLETAS DE ACEA DE AMA	A CORUÑA
59	458 INES PAPIN ESTEVEZ	F- 1	VT2F- 1	00:27:28	00:04:24	00:10:29	AG7658545	CLUB ATLETISMO SADA	CAMBRE
60	70 JAVIER VILLAMISAR VÁZQUEZ		SNM- 16	00:27:33	00:04:25	00:10:18		CLUB HÉRCULES TERMARIA	A CORUÑA
61	59 CRISTÓBAL BALSEIRO PITA		VT2M- 22	00:27:38	00:04:26	00:10:41	AG2024033	CLUB ATLETISMO SADA	BURELA
62	14 VICTOR CASTRO SEGADE		VT1M- 14	00:27:42	00:04:26	00:10:40		ASOCIACIÓN DEPORTIVA CERNE	A CORUÑA
63	394 JUAN CRUZ CARRETERO SÁNCHEZ		SNM- 17	00:27:44	00:04:27	00:10:30			CORUÑA
64	115 PEDRO PABLO LORENZO DIAZ		VT2M- 23	00:27:45	00:04:27	00:10:33		NOSPORTLIMIT	LA CORUÑA
65	257 JUAN JOSÉ GÓMEZ CORTÉS		VT2M- 24	00:27:47	00:04:27	00:10:53			A CORUÑA
66	359 DANIEL DOVAL VARELA		VT1M- 15	00:27:48	00:04:27	00:11:06			A CORUÑA
67	229 MANUEL REGUEIRA FERRO		VT2M- 25	00:27:48	00:04:27	00:10:51			LA CORUÑA
68	237 GIOVANNI QUINTANS MELÉNDEZ		VT2M- 26	00:27:50	00:04:28	00:10:50			LA CORUNA
69	350 JOSÉ PARÍS LÓPEZ		VT1M- 16	00:27:54	00:04:28	00:11:09			ABEGONDO
70	87 JUAN MEJUTO		VT1M- 17	00:27:59	00:04:29	00:11:55		FILLOS DE BREOGAN	A CORUÑA
71	340 JAVIER CANDAL FUENTES		VT1M- 18	00:28:04	00:04:30	00:11:08			ARTEIXO
72	3 MANUEL PUENTE VEIGA		VT2M- 27	00:28:09	00:04:31	00:10:53		0,0	A CORUÑA
73	25 MARCELO BELLO GOMEZ		VT3M- 8	00:28:13	00:04:31	00:10:44		ATLETAS DE ACEA DE AMA	VILABOA CULLEREDO
74	402 CIBRÁN CARBALLAS PÉREZ		SNM- 18	00:28:15	00:04:32	00:10:52			VILANOVA DE AROUSA
75	412 DANIEL MAYOR CAAMAÑO		SNM- 19	00:28:16	00:04:32	00:11:06			A CORUÑA
76	290 DOMINGO PRADO TEJEIRO		VT2M- 28	00:28:18	00:04:32	00:10:42			A CORUÑA
77	401 RUBEN FREIRE ROMANI		SNM- 20	00:28:21	00:04:33	00:11:02			NOIA
78	289 MARIO CANOSA GONZALEZ		VT2M- 29	00:28:21	00:04:33	00:11:09			LA CORUÑA
79	134 JUAN CARLOS BERGONDO BRANDARIZ		VT3M- 9	00:28:21	00:04:33	00:10:39		RUNNING OLEIROS	NOS (OLEIROS)
80	233 JAVIER CUPEIRO FRADE		VT2M- 30	00:28:23	00:04:33	00:11:04			OLEIROS
81	98 MIGUEL ÁNGEL VÁZQUEZ GONZÁLEZ		VT2M- 31	00:28:26	00:04:33	00:10:43		LA MOCHILA DEL DEPORTE	A CORUÑA
82	311 JOSE ANTONIO VIDAL RODRÍGUEZ		VT2M- 32	00:28:27	00:04:34	00:11:55			A CORUÑA
83	121 ALEJANDRO FORTES LOPES		SNM- 21	00:28:28	00:04:34	00:10:57		NOSPORTLIMIT	CULLEREDO
84	80 ADRIÁN LÓPEZ VILLAVERDE		SNM- 22	00:28:29	00:04:34	00:10:57		DIGITAL RUNNERS	A CORUÑA
85	353 ROBERTO GARCIA MARTINEZ		VT1M- 19	00:28:29	00:04:34	00:10:49			CURTIS
86	406 DIEGO DIOSNEL FRANCO RODRÍGUEZ		SNM- 23	00:28:29	00:04:34	00:11:03			A CORUÑA
87	299 HERNANDO SEIJAS MARTÍNEZ		VT2M- 33	00:28:30	00:04:34	00:11:01			A CORUÑA
88	291 JOSE ANTONIO FERNANDEZ VAZQUEZ		VT2M- 34	00:28:31	00:04:34	00:11:20			A CORUÑA
89	67 DAVID LADO GONZALEZ		VT1M- 20	00:28:33	00:04:34	00:10:37		CLUB HERCULES TERMARIA	A CORUÑA
90	352 JOAQUIN DOCAMPO GARCIA		VT1M- 21	00:28:34	00:04:35	00:10:57			BERGONDO
91	11 FRANCISCO SOTO GARCÍA		VT4M- 2	00:28:35	00:04:35	00:10:51		AMIG@S DE SAN DIEGO	A CORUÑA
92	364 IVAN FERREIRO ABELENDA		VT1M- 22	00:28:39	00:04:36	00:11:07			A CORUÑA
93	390 SERGIO DAVID GUTIÉRREZ NOGALES		SNM- 24	00:28:42	00:04:36	00:11:13			A CORUÑA
94	314 JOSE LUIS BERGONDO VÁZQUEZ		VT2M- 35	00:28:47	00:04:37	00:11:03			A CORUÑA
95	236 RAMON BARRAL PEREZ		VT2M- 36	00:28:49	00:04:37	00:10:58			A CORUÑA
96	104 DANIEL SÁNCHEZ ROMERO		VT2M- 37	00:28:49	00:04:37	00:10:59		METALICA HERCULINA	A CORUÑA

97	265	NACHO CAMPOS NIÑO		VT2M- 38	00:28:51	00:04:37	00:11:16			A CORUÑA
98	71	ALVARO LOPEZ JACOME		VT2M- 39	00:28:52	00:04:37	00:10:32		CLUB LEONES TEAM BEER RUNNERS!!!!!!	A CORUÑA
99	330	VICTOR MANUEL ALVAREZ TABOADA		VT1M- 23	00:28:53	00:04:38	00:11:08			A CORUÑA
100	239	ALFONSO SÁNCHEZ GARCÍA		VT2M- 40	00:28:54	00:04:38	00:11:09			A CORUÑA
101	21	TOMAS ABELEDO PATIÑO		VT3M- 10	00:28:55	00:04:38	00:11:15		ATLETAS DE ACEA DE AMA	VILABOA - CULLEREDO
102	309	ISIDRO SANCHEZ GONZALEZ		VT2M- 41	00:28:58	00:04:39	00:11:03			MESOIRO
103	374	DIEGO VÁZQUEZ PÉREZ		SNM- 25	00:29:00	00:04:39	00:11:25			A CORUÑA
104	256	JORGE BARATA MARTINEZ		VT2M- 42	00:29:00	00:04:39	00:11:39			A CORUÑA
105	368	ROBERTO REY LÓPEZ		SNM- 26	00:29:03	00:04:39	00:11:22			A CORUÑA
106	347	ROBERTO FRANCO VÁZQUEZ		VT1M- 24	00:29:05	00:04:40	00:11:17			A CORUÑA
107	81	RUBEN MARTINEZ DEL RIO		VT2M- 43	00:29:05	00:04:40	00:11:36		DREAM TEAM	O TEMPLE - CAMBRE
108	345	ROBERTO DOCAMPO SUÁREZ		VT1M- 25	00:29:05	00:04:40	00:11:08			A CORUÑA
109	224	FRANCISCO JAVIER MARTINEZ SANTOS		VT2M- 44	00:29:05	00:04:40	00:11:05			A CORUÑA
110	176	ENRIQUE GÓMEZ LÓPEZ		VT3M- 11	00:29:07	00:04:40	00:11:45			PONTEVEDRA
111	326	HÉCTOR FRAGA LÓPEZ		VT1M- 26	00:29:08	00:04:40	00:11:27			OLEIROS
112	371	MARTÍN GÓMEZ BERGONDO		SNM- 27	00:29:14	00:04:41	00:11:15			A CORUÑA
113	362	PERFECTO VÁZQUEZ RIVERA		VT1M- 27	00:29:15	00:04:41	00:10:56			A CORUÑA
114	125	JULIO SUAREZ VAZQUEZ		VT4M- 3	00:29:17	00:04:42	00:11:17		PARQUE RUNNERS	A CORUÑA
115	187	MANUEL LÓPEZ ROIBÁS		VT3M- 12	00:29:21	00:04:42	00:11:26			A CORUÑA
116	238	JAVIER PORTAS LEMUS		VT2M- 45	00:29:21	00:04:42	00:11:06			LA CORUÑA
117	439	PABLO BARREIRA VARELA		SUB23M- 1	00:29:24	00:04:43	00:11:28	GA765369		MALPICA
118	369	JAVIER ACCION		SNM- 28	00:29:25	00:04:43	00:11:11			A CORUNA
119	178	JESUS ÁNGEL SANTIUSTE INSUA		VT3M- 13	00:29:28	00:04:43	00:11:34			LA CORUÑA
120	83	JOSÉ MARÍA LEVOSO TOUCEDA		VT3M- 14	00:29:30	00:04:44	00:11:29	AG2026339	ESPRINTES OURENSE	A CORUÑA
121	196	JOSE MANUEL GARCIA GOMEZ		VT3M- 15	00:29:30	00:04:44	00:10:48			OLEIROS (ARILLO)
122	36	KEKI VÁZQUEZ BRAÑAS		VT2M- 46	00:29:33	00:04:44	00:11:41	AG-2015528	ATLETISMO CORUÑA COMARCA	LA CORUÑA
123	316	GERMAN GONZALEZ LOPEZ		VT1M- 28	00:29:33	00:04:44	00:12:07			CULLEREDO
124	315	MIGUEL MARROZOS LOPEZ		VT1M- 29	00:29:33	00:04:44	00:12:07			A CORUÑA
125	489	ISA DÍAZ PEREZ	F- 2	VT2F- 2	00:29:34	00:04:44	00:11:27		TRIEUME	AS PONTES
126	430	SERGIO PATIÑO RIVEIRO		SNM- 29	00:29:35	00:04:44	00:11:13			A CORUÑA
127	92	FRANCISCO JAVIER VILLAMISAR CALVIÑO		VT3M- 16	00:29:36	00:04:45	00:11:23		HERCULES TERMARIA	LA CORUÑA
128	216	LUIS VOCES REBORDINOS		VT3M- 17	00:29:45	00:04:46	00:11:56			OLEIROS
129	249	DAMIAN ABELLAN YEPES		VT2M- 47	00:29:48	00:04:46	00:11:36			A CORUÑA
130	50	DOMINGO ALVAREZ IGLESIAS		VT4M- 4	00:29:50	00:04:47	00:11:35	AG2022098	C.D.EGOVARROS-VIVEIRO	LA CORUÑA
131	243	JUAN CARLOS DIÉGUEZ TEIJEIRO		VT2M- 48	00:29:50	00:04:47	00:11:27			LA CORUÑA
132	245	JUAN CARLOS MEJUTO SEOANE		VT2M- 49	00:29:51	00:04:47	00:12:09			A CORUÑA
133	117	ALEJANDRO PÉREZ GIANNETTO		VT2M- 50	00:29:54	00:04:48	00:11:18		NOSPORTLIMIT	A CORUÑA
134	556	NEREA SANCHEZ ROCHA	F- 3	SNF- 1	00:29:58	00:04:48	00:12:01			A CORUÑA
135	109	DAVID ESCALANTE PÉREZ		SNM- 30	00:29:59	00:04:48	00:11:07	AG-2028310	NOITEBRA FC	A CORUÑA
136	27	RICARDO CALVO LÓPEZ		VT2M- 51	00:30:04	00:04:49	00:11:25		ATLETAS DE ACEA DE AMA	A CORUÑA
137	440	ALEJANDRO POMBO PERNAS		SUB23M- 2	00:30:05	00:04:49	00:12:14			A CORUÑA
138	419	PABLO SOLÁ RUMBO		SNM- 31	00:30:05	00:04:49	00:12:18			CULLEREDO
139	373	IAGO CRESPO TABOADA		SNM- 32	00:30:11	00:04:50	00:12:13			A CORUÑA
140	86	DANIEL VAZQUEZ RODRIGUEZ		SNM- 33	00:30:12	00:04:50	00:11:58		FILLO DE BREOGÁN	A CORUÑA
141	363	RAFAEL TOBA CASANOVA		VT1M- 30	00:30:13	00:04:50	00:12:00			A CORUÑA
142	274	CAMILO CARRAL RODRÍGUEZ		VT2M- 52	00:30:13	00:04:51	00:12:04			A CORUÑA
143	275	PABLO PEREDA FERNÁNDEZ		VT2M- 53	00:30:14	00:04:51	00:11:49			A CORUÑA
144	475	ESTEFANÍA HERNÁNDEZ GARCÍA	F- 4	SNF- 2	00:30:15	00:04:51	00:11:39	AG2026243	LA MOCHILA DEL DEPORTE	LA CORUÑA
145	317	JOSE MANUEL MARTINEZ LEMA		VT1M- 31	00:30:16	00:04:51	00:12:01			A CORUÑA
146	462	RAQUEL VÁZQUEZ	F- 5	SNF- 3	00:30:16	00:04:51	00:11:17	AG 2022007	CLUB ATLETISMO SADA	BETANZOS

147	172	VÍCTOR MANUEL VÁZQUEZ MOSTEIRO		VT4M- 5	00:30:18	00:04:51	00:11:35			A CORUÑA
148	90	ALEJANDRO GARCÍA PIÑEIRO		SNM- 34	00:30:18	00:04:51	00:11:42		GIMNASIO JK	A CORUÑA
149	53	DAVID GOMEZ FERNANDEZ		SNM- 35	00:30:18	00:04:51	00:11:20		CASINO	OURENSE
150	472	ELENA GONZÁLEZ FERNÁNDEZ	F- 6	VT2F- 3	00:30:18	00:04:51	00:11:45		LA MOCHILA DEL DEPORTE	A CORUÑA
151	484	TAMARA PACIOS RODRIGUEZ	F- 7	SNF- 4	00:30:20	00:04:52	00:11:46		RADIKAL BIERZO TEAM	PONFERRADA
152	180	MANUEL JULIO SUAREZ MARTIN		VT3M- 18	00:30:21	00:04:52	00:11:39			A CORUÑA
153	341	IAGO VARELA VÁZQUEZ		VT1M- 32	00:30:22	00:04:52	00:11:41			A CORUÑA
154	322	MANUEL LÓPEZ CASCALLAR		VT1M- 33	00:30:23	00:04:52	00:12:00			A CORUÑA
155	436	GUILLERMO VARELA CHOUCIÑO		SNM- 36	00:30:24	00:04:52	00:12:06			A CORUÑA
156	268	JUAN J. BARREIRO PEREZ		VT2M- 54	00:30:25	00:04:52	00:11:57			LA CORUÑA
157	470	MARIA DOLORES GONZÁLEZ FERNÁNDEZ	F- 8	VT2F- 4	00:30:26	00:04:53	00:11:37		LA MOCHILA DEL DEPORTE	GUISAMO-BERGONDO
158	209	MIGUEL ÁNGEL GARCÍA ÁLVAREZ		VT3M- 19	00:30:28	00:04:53	00:11:38			A CORUÑA
159	157	NACHO BECERRA CARRIL		VT2M- 55	00:30:29	00:04:53	00:11:46		ZAPATILLA VELOZ	A CORUÑA
160	306	JORGE JUAN TABOADA VÁZQUEZ		VT2M- 56	00:30:30	00:04:53	00:11:54			OLEIROS
161	548	BEATRIZ MUIÑO VIDAL	F- 9	VT1F- 1	00:30:32	00:04:53	00:11:28			A CORUÑA
162	547	MARTA MUIÑO VIDAL	F- 10	VT1F- 2	00:30:32	00:04:54	00:11:28			A CORUÑA
163	424	MANUEL RODRIGUEZ RODRIGUEZ		SNM- 37	00:30:32	00:04:54	00:12:08			SADA
164	435	DAVID VILA ÁLVAREZ		SNM- 38	00:30:34	00:04:54	00:11:22			LUGO
165	69	OSCAR DURO PAZOS		VT1M- 34	00:30:37	00:04:54	00:12:12		CLUB HÉRCULES TERMARIA	A CORUÑA
166	88	LIAM GROARKE		VT1M- 35	00:30:39	00:04:55	00:12:06		FILLOS DE BREOGAN	A CORUÑA
167	568	ANA BORT RESPINO	F- 11	SUB20F- 1	00:30:43	00:04:55	00:11:29			A CORUÑA
168	428	NICOLAS LOIS CANDA		SNM- 39	00:30:43	00:04:55	00:12:07			LA CORUÑA
169	259	LUIS ANTONIO VILELA VERGARA		VT2M- 57	00:30:46	00:04:56	00:12:10			A CORUÑA
170	325	JAVIER GANDROY		VT1M- 36	00:30:53	00:04:57	00:11:59			A CORUÑA
171	262	JUAN MARÍA FEAL VILLARREAL		VT2M- 58	00:30:55	00:04:57				OZACESURAS
172	48	JOSÉ FRANCISCO LODEIRO RODRÍGUEZ		VT1M- 37	00:30:55	00:04:57	00:11:37	NO	BTT OZACESURAS	A CORUÑA
173	127	OSCAR CASAL TARACIDO		VT1M- 38	00:30:56	00:04:57	00:12:08		PASA OU ENTORNA	SAN SADURNIÑO
174	383	ANTONIO JOSÉ LEIRAS MARTÍNEZ		SNM- 40	00:30:57	00:04:58	00:12:19			VIVEIRO
175	319	RUBEN RODRIGUEZ NEGRO		VT1M- 39	00:30:59	00:04:58	00:12:23			CORUÑA
176	379	JOSÉ LUIS LÓPEZ LÓPEZ		SNM- 41	00:31:00	00:04:58	00:12:05			A FONSAGRADA
177	20	JAVIER CORREA PIÑEIRO		VT3M- 20	00:31:08	00:04:59	00:13:02	AG-2018913	ATLETAS DE ACEA DE AMA	VILABOA-CULLEREDO
178	418	DANIEL POSE GARCÍA		SNM- 42	00:31:11	00:05:00	00:11:44			O TEMPLE - CAMBRE
179	269	JAVIER VILLAVERDE FERRO		VT2M- 59	00:31:12	00:05:00	00:11:51			OLEIROS
180	301	MIGUEL ANGEL LUCAS JUAN		VT2M- 60	00:31:14	00:05:00	00:12:16			CULLEREDO
181	130	JAVIER FERNÁNDEZ FRAGA		VT3M- 21	00:31:15	00:05:00	00:12:17		RUNNING ARTEIXO	ARTEIXO
182	329	MARCOS MÉNDEZ VÁZQUEZ		VT1M- 40	00:31:15	00:05:00	00:11:47			A CORUÑA
183	532	LAURA NÚÑEZ NAVEIRA	F- 12	VT2F- 5	00:31:16	00:05:01	00:13:05	AG 2018802		A CORUÑA
184	135	LUIS VALDÉS LÓPEZ		VT3M- 22	00:31:17	00:05:01	00:12:06		RUNNING OLEIROS	CAMBRE-
185	174	JUAN CARLOS MENÉNDEZ DOMINGUEZ		VT3M- 23	00:31:17	00:05:01	00:12:06			ARTEIXO
186	453	SUSANA PARGUIÑA FERNÁNDEZ	F- 13	VT3F- 1	00:31:21	00:05:01	00:11:56	GA 765964	C.D.EGOVARROS-VIVEIRO	CORUÑA
187	89	JOSÉ FERNANDO TRILLO CARLÍN		VT3M- 24	00:31:22	00:05:02	00:12:01	52434314	FOGAR TRIATLON CARBALLO	CARBALLO
188	251	FRANCISCO JOSÉ FERNÁNDEZ PÉREZ		VT2M- 61	00:31:22	00:05:02	00:11:59			A CORUÑA
189	442	FRAN CABANAS BARBEITO		SUB20M- 2	00:31:25	00:05:02	00:12:02			CARRAL
190	128	DANIEL CIUDAD CENDÁN		VT2M- 62	00:31:25	00:05:02	00:12:27		PATUKOS TIM RANIN	A CORUÑA
191	426	ALEJANDRO LUIS NOVOA		SNM- 43	00:31:33	00:05:03	00:12:07			A CORUÑA
192	358	IVAN CEIDE GAYOSO		VT1M- 41	00:31:33	00:05:03	00:12:30			EL TEMPLE - CAMBRE
193	167	JUAN JOSE REDONDO LAGO		VT4M- 6	00:31:36	00:05:04	00:12:09			A CORUÑA
194	55	AGOSTIÑO REIGOSA LOMBAO		SNM- 44	00:31:36	00:05:04	00:11:45	GA 717137	CLUB ATLETISMO AFFLELOU NARÓN	A CORUÑA
195	563	TERESA VEIGA RODRÍGUEZ	F- 14	SNF- 5	00:31:36	00:05:04	00:11:45			A CORUÑA
196	139	RAFAEL FERNÁNDEZ GÓMEZ		VT2M- 63	00:31:38	00:05:04	00:11:50		RUNNING OLEIROS	PERILLO-OLEIROS

197	247 DANIEL CRUCES		VT2M- 64	00:31:38	00:05:04	00:12:37			A CORUÑA
198	338 OSCAR VIDAL RODRIGUEZ		VT1M- 42	00:31:39	00:05:04	00:12:15			A CORUÑA
199	490 EUSEBIA MALDONADO	F- 15	VT1F- 3	00:31:39	00:05:04	00:12:08	NO TENGO	ZAPATILLA VELOZ	A CORUÑA
200	446 MARIA JOSÉ GROBAS GARABOA	F- 16	VT2F- 6	00:31:42	00:05:05	00:13:09		ATLETISMO BOIMORTO	MESÍA
201	285 ALEXIS FERNÁNDEZ FERRERA		VT2M- 65	00:31:52	00:05:06	00:12:43			A CORUÑA
202	225 MANUEL PAZ CARBON		VT2M- 66	00:31:53	00:05:07	00:12:15			A CORUÑA
203	294 VÍCTOR MANUEL LEDO LEMA		VT2M- 67	00:31:54	00:05:07	00:12:43			LA CORUÑA
204	202 RICARDO RUBIO ALAMEDA		VT3M- 25	00:31:57	00:05:07	00:11:58			LA CORUÑA
205	51 XOSÉ ANTONIO GÓMEZ BOTANA		VT4M- 7	00:31:58	00:05:07	00:12:21	A7440	C.D.EGOVARROS-VIVEIRO	A CORUÑA
206	370 MIGUEL RODRIGUEZ RODRIGUEZ		SNM- 45	00:31:59	00:05:07	00:12:44			BERGONDO
207	344 MIGUEL PARDO PEREIRA		VT1M- 43	00:31:59	00:05:08	00:12:43			A CORUÑA
208	346 RODRIGO MARINO TAIBO		VT1M- 44	00:32:02	00:05:08	00:13:38			MESOIRO
209	255 JUAN CARLOS VAZQUEZ GOMEZ		VT2M- 68	00:32:03	00:05:08	00:12:44			A CORUÑA
210	181 JUAN PAZOS COUTO		VT3M- 26	00:32:04	00:05:08	00:12:29			A CORUÑA
211	143 FRANCISCO PRIETO PERNAS		VT1M- 45	00:32:06	00:05:09	00:12:37		SÍGUEME SI PUEDES	CORUÑA
212	45 ADOLFO GARCÍA ALONSO		VT1M- 46	00:32:12	00:05:10	00:13:58		BEER RUNNERS CORUÑA	A CORUÑA
213	47 ALBERTO ARMAS POL		SNM- 46	00:32:13	00:05:10	00:12:33		BRIGANTIA AVENTURA	A CORUÑA
214	296 JOSE GERPE BARBEIRA		VT2M- 69	00:32:14	00:05:10	00:12:05			A CORUÑA
215	270 JAIME LÓPEZ CAINZOS		VT2M- 70	00:32:16	00:05:10	00:13:01			A CORUÑA
216	165 MANUEL OUTES PAZ		VT4M- 8	00:32:16	00:05:10	00:12:19			CARBALLO
217	207 EMILIO SANGIL DEL RIO		VT3M- 27	00:32:18	00:05:11	00:12:39			A CORUÑA
218	260 JOSÉ MANUEL OREIRO ABUELO		VT2M- 71	00:32:19	00:05:11	00:13:09			A CORUÑA
219	437 BRUNO PARDO GIL		SNM- 47	00:32:22	00:05:11	00:12:25			A CORUÑA
220	452 ELISA PAZ SOUTO	F- 17	VT3F- 2	00:32:23	00:05:11	00:12:15	AG2024832	C.D.EGOVARROS-VIVEIRO	A CORUÑA
221	5 SUSO RAMOS RODRIGUEZ		VT3M- 28	00:32:25	00:05:12	00:12:36	AG 2022293	A.D. DOWNHILL LARACHA	A LARACHA
222	441 SAMUEL GARCÍA MONTERO		SUB23M- 3	00:32:26	00:05:12	00:13:06			CAMBRE
223	342 FRANCISCO JOSÉ ROCHA GARCÍA		VT1M- 47	00:32:27	00:05:12	00:12:21			OZA DOS RIOS
224	10 ROGELIO GRANJA MENDEZ		VT4M- 9	00:32:27	00:05:12	00:12:32		AFICIONADO	CORUÑA
225	179 SANTIAGO SIMON CUADRADO		VT3M- 29	00:32:30	00:05:12	00:12:56			LA CORUÑA
226	200 ENRIQUE JORGE RAMA RODRÍGUEZ		VT3M- 30	00:32:32	00:05:13	00:12:35			A CORUÑA
227	73 NÉSTOR ARIAS PAZ		VT2M- 72	00:32:33	00:05:13	00:12:50		CLUB MONTEPENARUBIA LUGO	LUGO
228	226 ERNESTO GRAMCKO		VT2M- 73	00:32:34	00:05:13	00:12:51			OLEIROS
229	288 JOSÉ MANUEL SEIJO PÉREZ		VT2M- 74	00:32:34	00:05:13	00:13:45			A CORUÑA
230	339 MIGUEL SEIJO PÉREZ		VT1M- 48	00:32:35	00:05:13	00:13:46			A CORUÑA
231	16 MANUEL VAZQUEZ ALVEDRO		VT4M- 10	00:32:35	00:05:13	00:12:50		ATLETAS DE ACEA DE AMA	EL TEMPLE
232	281 PABLO CARPINTERO SEXTO		VT2M- 75	00:32:38	00:05:14	00:12:27			LA CORUÑA
233	464 VICTORIA LÓPEZ PERMUY	F- 18	VT2F- 7	00:32:40	00:05:14	00:12:49		CLUB HERCULES TERMARIA	LA CORUÑA
234	292 JORGE PAZ AMADO		VT2M- 76	00:32:40	00:05:14	00:12:47			A CORUÑA
235	218 JESÚS FRANCISCO SANCHEZ GÓMEZ		VT3M- 31	00:32:41	00:05:14	00:12:42			BETANZOS
236	557 IRIA ARES CAMPO	F- 19	SNF- 6	00:32:43	00:05:14	00:13:06			A CORUÑA
237	416 MARTÍN ADOLFO SANTOS ESPÍÑEIRA		SNM- 48	00:32:43	00:05:14	00:12:55			CULLEREDO
238	43 ROBERTO HERNANDO SANTALLA		VT2M- 77	00:32:50	00:05:16	00:13:27		BEER RUNNERS CORUÑA	A CORUÑA
239	334 MIGUEL IGLESIAS REBOREDO		VT1M- 49	00:32:53	00:05:16	00:12:47			A CORUÑA
240	194 CARLOS DE LUIS CARBALLADA		VT3M- 32	00:32:53	00:05:16	00:12:04			A CORUÑA
241	85 FERNANDO GARCÍA BARREIRO		VT3M- 33	00:32:54	00:05:16	00:12:48		FERNANDO	ARTEIXO
242	564 ALBA LOSADA DURAN	F- 20	SNF- 7	00:32:54	00:05:16	00:12:57			AS PONTES
243	277 CARLOS GONZALEZ CRIADO		VT2M- 78	00:32:55	00:05:16	00:12:57			CAMBRE
244	413 BRAULIO SUAREZ GARCIA		SNM- 49	00:32:55	00:05:16	00:12:29			A CORUÑA
245	93 JAVIER CUIÑA BALADO		VT2M- 79	00:32:57	00:05:17	00:13:05		INDRA RUNNERS	A CORUÑA
246	266 EMILIO FERNÁNDEZ SUÁREZ		VT2M- 80	00:32:57	00:05:17	00:13:05			LA CORUÑA

247	320	EDUARDO ALVAREZ MAGALHAES		VT1M- 50	00:32:59	00:05:17	00:12:40			O TEMPLE-CAMBRE
248	133	JOSÉ MANUEL RIOS GIBELLO		VT3M- 34	00:33:00	00:05:17	00:12:58			A CORUÑA
249	148	FRANCISCO JAVIER LEMA PEREZ		VT4M- 11	00:33:02	00:05:17	00:12:51	AG 2022396	TERRA DE SONEIRA C.D.	CORUÑA, A
250	438	ÁLVARO FERNÁNDEZ GÓMEZ		SNM- 50	00:33:05	00:05:18	00:12:31			A CORUÑA
251	429	MIGUEL PÉREZ REGO		SNM- 51	00:33:07	00:05:18	00:12:25			A CORUÑA
252	169	JOSE GRELA RODRÍGUEZ		VT4M- 12	00:33:10	00:05:19	00:13:00			LA CORUÑA
253	287	MARCOS ALVAREZ PATIÑO		VT2M- 81	00:33:11	00:05:19	00:12:23			A CORUÑA
254	106	JOSE PEREIRO TAIBO		VT2M- 82	00:33:14	00:05:19	00:13:35		MIXMASTER RUNNING	O BURGO-CULLEREDO
255	365	DAVID VÁZQUEZ REGUEIRO		VT1M- 51	00:33:15	00:05:20	00:13:09			A CORUÑA
256	357	DAVID CARDESÍN MOINELO		VT1M- 52	00:33:16	00:05:20	00:14:12			A CORUÑA
257	228	SANTIAGO BORT COUCEIRO		VT2M- 83	00:33:16	00:05:20	00:13:38			A CORUÑA
258	459	ÁNGELES CASTRO FERNÁNDEZ	F- 21	VT2F- 8	00:33:21	00:05:21	00:12:56		CLUB ATLETISMO SADA	A CORUÑA
259	184	JESÚS VAAMONDE RÚA		VT3M- 35	00:33:24	00:05:21	00:12:43			LA CORUÑA
260	495	SILVIA SÁNCHEZ BASCOY	F- 22	VT3F- 3	00:33:29	00:05:22	00:12:54			A CORUÑA
261	162	JOSE ANTONIO MENDEZ PAMPIN		VT4M- 13	00:33:30	00:05:22	00:13:33			LA CORUÑA
262	487	LOLY FERREIRO LÓPEZ	F- 23	VT1F- 4	00:33:30	00:05:22	00:13:19		TAMBRE BIKE & RUNNING	SANTIAGO
263	355	ANGEL PEREZ BURGOS		VT1M- 53	00:33:30	00:05:22	00:13:19			SANTIAGO DE COMPOSTELA
264	84	MAXIMINO LAGARES CARRO		VT2M- 84	00:33:31	00:05:22	00:13:17		ESPRINTES OURENSE	ORDES
265	400	VICTOR PEDREIRA LOPEZ		SNM- 52	00:33:31	00:05:22	00:12:48			A CORUÑA
266	403	DAVID RODRIGUEZ ALVAREZ		SNM- 53	00:33:31	00:05:22	00:12:48			A CORUÑA
267	514	NURIA ESTHER PALACIOS IBÁN	F- 24	VT2F- 9	00:33:32	00:05:22	00:12:38			A CORUÑA
268	527	MARTA RUA LOPEZ	F- 25	VT2F- 10	00:33:35	00:05:23	00:13:22			O BURGO - CULLEREDO
269	145	ALBERTO GATO REIGOSA		SNM- 54	00:33:35	00:05:23	00:12:41		SOFTTEK CORUÑA	A CORUÑA
270	457	PILAR MARQUIZ HERNANDEZ	F- 26	VT4F- 1	00:33:35	00:05:23	00:12:47	AG/769358	CLUB ATLETISMO SADA	A CORUÑA
271	377	RUBEN ROJO PARDIÑAS		SNM- 55	00:33:36	00:05:23	00:13:40			A CORUÑA, CAMBRE O TEMPLE
272	177	JOSÉ BESTILLEIRO CAMPOS		VT3M- 36	00:33:38	00:05:23	00:12:53			A CORUÑA
273	389	IVÁN BESTILLEIRO FERNÁNDEZ		SNM- 56	00:33:38	00:05:23	00:12:54			A CORUÑA
274	273	FERNANDO RODRIGUEZ ALFONSO		VT2M- 85	00:33:39	00:05:23	00:13:13			A CORUÑA
275	185	NATALIO LORENZO PINTOS		VT3M- 37	00:33:41	00:05:24	00:13:37			CULLEREDO
276	108	JUAN IGNACIO PALEO VIEITO		VT1M- 54	00:33:41	00:05:24	00:13:46		MIXMASTER RUNNING	A CORUÑA
277	123	CARLOS ÁLVAREZ FERNÁNDEZ		VT2M- 86	00:33:42	00:05:24	00:13:42		NSL	CULLEREDO
278	170	JOSE IGNACIO ARES FERREIRO		VT4M- 14	00:33:42	00:05:24	00:13:44			A CORUÑA
279	33	JAVIER LOPEZ MARTIN		VT3M- 38	00:33:43	00:05:24	00:12:35		ATLETISMO CLUB SOCIAL BANCO PASTOR	LA CORUÑA
280	223	ALBERTO PEREZ MIRAMONTES		VT2M- 87	00:33:44	00:05:24	00:13:28			A CORUÑA
281	17	ANTONIO GARCIA BELLO		VT3M- 39	00:33:47	00:05:25	00:13:25		ATLETAS DE ACEA DE AMA	EL TEMPLE
282	454	MARIA LUISA LOPEZ GARCIA	F- 27	VT2F- 11	00:33:48	00:05:25	00:13:13		C.D.EGOVARROS-VIVEIRO	A CORUÑA
283	531	MARÍA MARTÍNEZ MOSQUERA	F- 28	VT2F- 12	00:33:48	00:05:25	00:13:14			A CORUÑA
284	235	ROBERTO PICO POUSO		VT2M- 88	00:33:50	00:05:25	00:13:10			A CORUÑA
285	492	ARACELI VEIGA BERMEJO	F- 29	VT4F- 2	00:33:52	00:05:26	00:13:17			A CORUÑA
286	166	MARCELINO DE JUAN BARQUIN		VT4M- 15	00:33:54	00:05:26	00:13:33			LA CORUÑA
287	536	MARTA MELLA SEIJIDO	F- 30	VT1F- 5	00:33:58	00:05:27	00:13:51			EL TEMPLE, CAMBRE
288	331	JAVIER FERNÁNDEZ TRAVIESO		VT1M- 55	00:33:59	00:05:27	00:13:30			A CORUÑA
289	333	ANTONIO ADALID SANDE		VT1M- 56	00:33:59	00:05:27	00:13:23			NARÓN
290	183	FERNANDO RODRIGUEZ VAZQUEZ		VT3M- 40	00:34:02	00:05:27	00:13:16			ARANGA
291	323	IGNACIO FERREÑO MERLAN		VT1M- 57	00:34:02	00:05:27	00:13:29			FERROL
292	32	ALFONSO REMUIÑAN SANCHEZ		VT3M- 41	00:34:03	00:05:27	00:13:36	GA765469	ATLETISMO CARBALLO	A CORUÑA
293	380	ALEJANDRO PAZOS SÁNCHEZ		SNM- 57	00:34:07	00:05:28	00:12:49			A CORUÑA
294	246	JOSÉ MANUEL MOSQUERA NOVOA		VT2M- 89	00:34:08	00:05:28	00:13:47			CULLEREDO
295	203	ANGEL RAMON MARTINEZ CAMBON		VT3M- 42	00:34:09	00:05:28	00:13:09			A CORUÑA
296	511	BEGOÑA MARTINEZ LORENZO	F- 31	VT2F- 13	00:34:09	00:05:28	00:13:36			ARTEIXO

297	215	JAVIER GRUEIRO BOUZA		VT3M- 43	00:34:10	00:05:28	00:13:16		A CORUÑA
298	312	EDGAR ALBA BARRILE		VT2M- 90	00:34:12	00:05:29	00:12:52		LA CORUÑA
299	195	JAVIER RIO RODRIGUEZ		VT3M- 44	00:34:13	00:05:29	00:13:19		CARBALLO
300	220	JAVIER JIMÉNEZ BALLESTER		VT2M- 91	00:34:13	00:05:29	00:13:22		SADA
301	449	MARTA IGLESIAS GONZÁLEZ	F- 32	SUB20F- 2	00:34:14	00:05:29	00:13:08	ATLETISMO RIAZOR CORUÑA	A CORUÑA
302	150	FABIÁN SANTOS POSE		VT1M- 58	00:34:14	00:05:29	00:13:12	T AG 2022 664 TERRA DE SONEIRA C.D.	VIMIANZO
303	392	FRANCISCO JAVIER QUEIRUGA SOUTO		SNM- 58	00:34:14	00:05:29	00:14:58		CULLEREDO
304	96	JUAN CARLOS AREOSA LAGE		VT3M- 45	00:34:24	00:05:31	00:13:46	JHONY	A CORUÑA
305	198	NACHO MONTENEGRO REY		VT3M- 46	00:34:25	00:05:31	00:13:01		O GRAXAL (CAMBRE)
306	508	PILAR RAMOS SANCHEZ	F- 33	VT2F- 14	00:34:25	00:05:31	00:13:23		LA CORUÑA
307	335	RUBEN FOUZ ROUCO		VT1M- 59	00:34:26	00:05:31	00:13:18		A CORUÑA
308	469	MARIA DEL MAR BARCÓN SÁNCHEZ	F- 34	VT3F- 4	00:34:31	00:05:32	00:13:07	AG2026204 LA MOCHILA DEL DEPORTE	A CORUÑA
309	387	DIEGO RODRÍGUEZ CAPELET		SNM- 59	00:34:31	00:05:32	00:13:12		CARBALLO
310	250	JOSE ANGEL LORENZO RIVEIRO		VT2M- 92	00:34:32	00:05:32	00:13:31		CULLEREDO
311	204	SANTIAGO EIRIS LOPEZ		VT3M- 47	00:34:32	00:05:32	00:13:26		A CORUÑA
312	343	JOSE LUIS CEREJO BLANCO		VT1M- 60	00:34:35	00:05:32	00:12:55		CARBALLO
313	465	MARÍA CARREGAL SOMME	F- 35	SUB20F- 3	00:34:35	00:05:32	00:12:58	CLUB MARINEDA ATLETICO	LA CORUÑA
314	240	PABLO JOSÉ GARCÍA SUÁREZ		VT2M- 93	00:34:36	00:05:33	00:13:45		A CORUÑA
315	443	MARI CARMEN RODRIGUEZ GOLAN	F- 36	VT2F- 15	00:34:41	00:05:33	00:13:45	A. D. DOWNHILL	A LARACHA
316	199	FERNANDO SANDÁ MACHO		VT3M- 48	00:34:46	00:05:34	00:13:37		MONDEGO - SADA
317	208	ALEJANDRO CAÑADA MUÑOZ		VT3M- 49	00:34:51	00:05:35	00:13:37		A CORUÑA
318	210	GONZALO LOPEZ MARTÍN		VT3M- 50	00:34:53	00:05:35	00:14:03		A CORUÑA
319	168	BENIGNO GAREA CAO		VT4M- 16	00:34:55	00:05:36	00:13:34		A CORUÑA
320	164	LUIS ALVAREZ CAMARA		VT4M- 17	00:34:57	00:05:36	00:13:21		LA CORUÑA
321	300	SIMÓN NÚÑEZ VÁZQUEZ		VT2M- 94	00:35:04	00:05:37	00:13:08		LA CORUÑA
322	513	MARTA MUÑOZ PÉREZ	F- 37	VT2F- 16	00:35:07	00:05:38	00:13:26		A CORUÑA
323	512	CHARO SILVEIRA QUEIJAS	F- 38	VT2F- 17	00:35:13	00:05:39	00:13:36		LA CORUÑA
324	34	LUIS JOSE LOPEZ LOPEZ		VT3M- 51	00:35:15	00:05:39	00:14:10	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
325	414	ISMAEL ALBALÁ CALLEJAS		SNM- 60	00:35:17	00:05:39	00:14:09		VILLENA
326	520	GEMA MARTINEZ CARRERA	F- 39	VT2F- 18	00:35:17	00:05:39	00:13:44		A CORUÑA
327	308	JULIO JOSE GONZÁLEZ FERNÁNDEZ		VT2M- 95	00:35:18	00:05:39	00:14:19		LUGO
328	101	DAMIAN MARTÍNEZ LÓPEZ		SNM- 61	00:35:18	00:05:39	00:14:18	AG2025928 MARZO SAUDE	LUGO
329	182	JULEN BUENO IBARRONDO		VT3M- 52	00:35:20	00:05:40	00:13:41		JUAN MONTES 28
330	388	JUAN CARLOS GOMEZ JIMÉNEZ		SNM- 62	00:35:22	00:05:40	00:13:39		LA CORUÑA
331	405	JAIRO VACA PAGADOR		SNM- 63	00:35:23	00:05:40	00:14:17		LUGO
332	478	TANIA GARCÍA NOVO	F- 40	SNF- 8	00:35:23	00:05:40	00:14:19	MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO
333	82	SERXIO SOUTO		VT1M- 61	00:35:24	00:05:40	00:14:05	DRUNK RUNNERS	A CORUÑA
334	516	CARMEN SEOANE DUARTE	F- 41	VT2F- 19	00:35:26	00:05:41	00:14:01		CAMBRE
335	189	VICTOR COLLAZO LOPEZ		VT3M- 53	00:35:30	00:05:41	00:14:21		POIO
336	163	MANUEL JOSE REY PAULOS		VT4M- 18	00:35:30	00:05:41	00:13:57		CARBALLO
337	447	ANA VARELA REGUERA	F- 42	VT1F- 6	00:35:47	00:05:44	00:13:43	ATLETISMO CARBALLO	CARBALLO
338	197	ANTONIO COTARELO		VT3M- 54	00:35:47	00:05:44	00:14:11		LA CORUNA
339	54	JORGE CARLOS GONZÁLEZ GARCÍA		VT1M- 62	00:35:49	00:05:44	00:13:46	CCMESOIRO	A CORUÑA
340	433	DANIEL DOMINGUEZ		SNM- 64	00:35:51	00:05:45	00:13:30		A CORUÑA
341	348	RESTITUTO SIMÓN LAGO		VT1M- 63	00:35:53	00:05:45	00:13:55		FERROL
342	205	ANTONIO FERNÁNDEZ CARREIRA		VT3M- 55	00:35:53	00:05:45	00:13:56		FERROL
343	486	SARA BARREIRA BLANCO	F- 43	VT4F- 3	00:35:57	00:05:46	00:14:09	RUNNING OLEIROS	LA CORUÑA
344	483	CARLOTA FERREIRA LEIRAS	F- 44	VT1F- 7	00:35:59	00:05:46	00:14:00	PASA OU ENTORNA	FERROL
345	241	JAIME ESTÉVEZ VIDAL		VT2M- 96	00:36:04	00:05:47	00:14:17		A CORUÑA
346	541	PATRICIA RODRIGUEZ RAMA	F- 45	VT1F- 8	00:36:04	00:05:47	00:13:40		A CORUÑA

347	445 NADIA MRIMICHE	F- 46	VT1F- 9	00:36:08	00:05:47	00:14:16		ATLETAS DE ACEA DE AMA	O BURGO - CULLEREDO
348	193 JOSE ANTONIO BOCELO PRIETO		VT3M- 56	00:36:08	00:05:47	00:14:35			O TEMPLE
349	503 LYDIA MARTINEZ MOUTON	F- 47	VT3F- 5	00:36:10	00:05:48	00:14:03			ARTEIXO
350	122 JUAN FERNANDEZ LÓPEZ		VT2M- 97	00:36:19	00:05:49	00:14:25		NOSPORTLIMIT-TREK GALICIA	CAMBRE
351	190 MANUEL JAVIER MUÑIZ SEIJAS		VT3M- 57	00:36:20	00:05:49	00:14:33			A CORUÑA
352	242 PABLO CAÑÁS COUSELO		VT2M- 98	00:36:20	00:05:49	00:14:04			A CORUÑA
353	94 FRANCISCO JAVIER SALGADO BADÁS		VT2M- 99	00:36:20	00:05:49	00:14:46	AG-11168	INDRA RUNNERS	A CORUÑA
354	276 LUIS ANTONIO GARCIA		VT2M- 100	00:36:20	00:05:49	00:14:46	AG765560		CHANTADA
355	305 ALEJANDRO LOUREDA ALVAREZ		VT2M- 101	00:36:22	00:05:49	00:14:17			A CORUÑA
356	507 ANA LÓPEZ SUÁREZ	F- 48	VT3F- 6	00:36:23	00:05:50	00:14:28			A CORUÑA
357	129 JOSE CAMILO NIETO		VT3M- 58	00:36:30	00:05:51	00:13:59		QUINTENA ALTAIR	CORUÑA
358	528 GEMA GONZÁLEZ ANTELO	F- 49	VT2F- 20	00:36:34	00:05:51	00:14:45			LA CORUÑA
359	540 BERIT SOMMERFELT	F- 50	VT1F- 10	00:36:36	00:05:52	00:14:59			CORUÑA
360	95 JOSE CASIANO DIAZ BUSTELO		VT2M- 102	00:36:38	00:05:52	00:14:24		ITACA	CORUÑA
361	491 ROSA MARIA SANDES FERNÁNDEZ	F- 51	VT4F- 4	00:36:42	00:05:53	00:14:22			A CORUÑA
362	327 FELIX VARELA MARTINEZ		VT1M- 64	00:36:43	00:05:53	00:13:59			A CORUÑA
363	42 JOSÉ LUIS LÓPEZ RODRÍGUEZ		VT2M- 103	00:36:46	00:05:53	00:14:57		BEER RUNNERS CORUÑA	CULLEREDO
364	473 ANA BELEN HERMIDA CARBALLO	F- 52	VT2F- 21	00:36:50	00:05:54	00:13:49	AG2016960	LA MOCHILA DEL DEPORTE	A CORUÑA
365	280 SALVADOR SOUTO SANCHEZ		VT2M- 104	00:36:51	00:05:54	00:14:02			A CORUÑA
366	526 SONIA MARÍA CARRO RIOS	F- 53	VT2F- 22	00:36:53	00:05:54	00:14:18			A CORUÑA
367	519 NOEMÍ BOUZA ARECES	F- 54	VT2F- 23	00:36:54	00:05:55	00:14:37			A CORUÑA
368	565 MONTSERRAT CANOSA	F- 55	SNF- 9	00:36:54	00:05:55	00:13:45			LA CORUÑA
369	385 MARCOS IGLESIAS CASTRO		SNM- 65	00:36:54	00:05:55	00:14:42			A CORUÑA
370	395 JAVIER VIDAL PÉREZ		SNM- 66	00:36:54	00:05:55	00:14:42			A CORUÑA
371	192 PEDRO LUIS FERNÁNDEZ SUÁREZ		VT3M- 59	00:36:55	00:05:55	00:14:07			LA CORUÑA
372	307 CESAR DIEGO DURAN		VT2M- 105	00:36:59	00:05:55	00:14:53			LA CORUÑA
373	558 GLANA BACHIR	F- 56	SNF- 10	00:37:06	00:05:57	00:15:07			A CORUÑA
374	576 ANGEL JUVIÑO PREGO		VT2M- 106	00:37:06	00:05:57	00:15:07			ARTEIXO
375	451 PILAR VAZQUEZ FEBRERO	F- 57	VT1F- 11	00:37:07	00:05:57	00:14:43		BEER RUNNERS CORUÑA	A CORUÑA
376	360 LUIS GARCIA IGLESIAS		VT1M- 65	00:37:22	00:05:59	00:14:36			A CORUÑA
377	566 ANAHYL CAROLINA TORTOSA MENDOZA	F- 58	SNF- 11	00:37:25	00:06:00	00:14:30			A CORUÑA
378	517 MARINA RODRIGUEZ CARIDE	F- 59	VT2F- 24	00:37:30	00:06:00	00:15:05			A CORUÑA
379	524 MARIA TERESA SIERRA CABALLERO	F- 60	VT2F- 25	00:37:33	00:06:01	00:14:33			CORUÑA
380	171 IGNACIO GARCIA RAMOS		VT4M- 19	00:37:34	00:06:01	00:14:44			SANTIAGO DE COMPOSTELA
381	211 CARLOS ARES		VT3M- 60	00:37:35	00:06:01	00:15:12			A CORUÑA
382	455 LAURA LOPEZ CHAS	F- 61	SUB20F- 4	00:37:46	00:06:03	00:14:13		CASINO	CAMBRE
383	303 MANUEL LÓPEZ PETINAL		VT2M- 107	00:37:46	00:06:03	00:15:02			A CORUÑA
384	221 LUIS ALBERTO FERNÁNDEZ PARADA		VT2M- 108	00:37:50	00:06:04	00:14:57			CAMBRE
385	232 JOSÉ JAVIER MAYO FERNANDEZ		VT2M- 109	00:37:51	00:06:04	00:15:48			ARTEIXO
386	415 RUBÉN MOURE CAAMAÑO		SNM- 67	00:37:58	00:06:05	00:14:57			O TEMPLE - CAMBRE
387	537 BELEN F.C.	F- 62	VT1F- 12	00:38:00	00:06:05	00:14:32			A CORUÑA
388	529 PATRICIA BARREIRA RODRIGUEZ	F- 63	VT2F- 26	00:38:02	00:06:06	00:14:46			A CORUÑA
389	466 SUSANA SOMME LÓPEZ	F- 64	VT2F- 27	00:38:12	00:06:07	00:14:21		CLUB MOCHILA DEL DEPORTE	A CORUÑA
390	64 MONCHO MOSQUERA PAN		VT3M- 61	00:38:12	00:06:07	00:14:52		CLUB HERCULES TERMARIA	MIÑO
391	474 ADRIANA OTERO RODRÍGUEZ	F- 65	VT1F- 13	00:38:13	00:06:07	00:14:41		LA MOCHILA DEL DEPORTE	CULLEREDO
392	252 JOSÉ MANUEL LÓPEZ GARCÍA		VT2M- 110	00:38:15	00:06:08	00:12:52			LA CORUÑA
393	19 MIGUEL ANGEL GONZALEZ TALAVERO		VT3M- 62	00:38:17	00:06:08	00:14:42		ATLETAS DE ACEA DE AMA	CORUÑA
394	570 CRISTINA FERREIRO BRANDON	F- 66	VT1F- 14	00:38:22	00:06:09	00:14:47		RUNNING OLEIROS	OLEIROS
395	494 Mª DEL CARMEN MIRANDA AMADO	F- 67	VT3F- 7	00:38:24	00:06:09	00:14:57			A CORUÑA
396	498 MARIA ISABEL DOMÍNGUEZ GARCÍA	F- 68	VT3F- 8	00:38:24	00:06:09	00:14:57			LA CORUÑA

397	534	AURORA YENIL VARELA CABRERA	F- 69	VT1F- 15	00:38:30	00:06:10	00:15:11		LA CORUÑA
398	328	DAVID DARRIBA GONZÁLEZ		VT1M- 66	00:38:32	00:06:10	00:14:50		A CORUÑA
399	549	VANESSA PAZ ABRUÑEDO	F- 70	SNF- 12	00:38:34	00:06:11	00:14:51		A CORUÑA
400	356	ALBERTO MOREIRAS LORENZO		VT1M- 67	00:38:36	00:06:11	00:14:54		ARTEIXO
401	538	LUCÍA VÁZQUEZ	F- 71	VT1F- 16	00:38:39	00:06:11	00:15:00		A CORUÑA
402	463	NOELIA FUENTES VARA	F- 72	SNF- 13	00:38:47	00:06:13	00:14:55	CLUB ATLETISMO SADA	CARRAL
403	501	MARIA DEL ROSARIO CRESPO MERELAS	F- 73	VT3F- 9	00:38:56	00:06:14	00:15:30		A CORUÑA
404	497	BEGOÑA SÁNCHEZ ZABALA	F- 74	VT3F- 10	00:39:00	00:06:15	00:15:20		A CORUÑA
405	450	ROCÍO ALFONSO PITA	F- 75	VT2F- 28	00:39:07	00:06:16	00:15:18	BEER RUNNERS CORUÑA	CULLEREDO
406	160	MANUEL GONZALEZ PEREIRA		VT4M- 20	00:39:07	00:06:16	00:15:29		ARTEIXO
407	485	LARA PALLAS QUINTELA	F- 76	SUB23F- 1	00:39:07	00:06:16	00:15:23	RUNNERS CARBALLO	CARBALLO
408	553	LAURA FELISA LÓPEZ LÓPEZ	F- 77	SNF- 14	00:39:08	00:06:16	00:13:45		A CORUÑA
409	506	VIRGINIA RUEDA BADIOLA	F- 78	VT3F- 11	00:39:09	00:06:16	00:15:02		DURANGO
410	461	ANA LÓPEZ VEIGA	F- 79	VT2F- 29	00:39:13	00:06:17	00:15:17	CLUB ATLETISMO SADA	SADA
411	158	JESÚS BERNAL GÓMEZ		VT4M- 21	00:39:22	00:06:18	00:15:42		FERROL
412	372	JESÚS MANUEL COUSILLAS DOURADO		SNM- 68	00:39:23	00:06:18	00:15:11		LA CORUÑA
413	488	TANIA PAZOS FERNANDEZ	F- 80	SNF- 15	00:39:34	00:06:20	00:15:06	TERRA DE SONEIRA C.D.	VIMIANZO
414	15	VÍCTOR HUGO CONDE LÓPEZ		VT2M- 111	00:39:35	00:06:20	00:15:06	AG2025735 ASOCIACIÓN DEPORTIVA OLIMPIA	CEE
415	159	JORGE LOPEZ RODRIGUEZ		VT4M- 22	00:40:10	00:06:26	00:15:25		A CORUÑA
416	261	JAVIER FERNÁNDEZ MARTÍNEZ		VT2M- 112	00:40:17	00:06:27	00:15:43		EL TEMPLE - CAMBRE
417	378	DIEGO PAZOS PITA		SNM- 69	00:40:17	00:06:27	00:15:42		A CORUÑA
418	539	IRIA SUÁREZ DÍAZ	F- 81	VT1F- 17	00:40:18	00:06:27	00:15:31		A CORUÑA
419	227	ENRIQUE BARRAL ALVEDRO		VT2M- 113	00:40:24	00:06:28	00:15:45		A CORUÑA
420	175	RICHARD TORTOSA		VT3M- 63	00:40:28	00:06:29	00:15:41		A CORUÑA
421	509	CELIA GONZÁLEZ-ELIPE	F- 82	VT2F- 30	00:40:30	00:06:29	00:15:35		A CORUÑA
422	393	ANTONIO RAMOS ALONSO		SNM- 70	00:40:33	00:06:30	00:15:19		LA CORUÑA
423	496	PURI LÓPEZ FIDALGO	F- 83	VT3F- 12	00:40:44	00:06:32	00:15:33		CULLEREDO
424	523	M.CRUZ RODRIGUEZ SUAREZ	F- 84	VT2F- 31	00:40:45	00:06:32	00:15:50		A CORUÑA
425	510	ÁNGELES RESPINO SOUTO	F- 85	VT2F- 32	00:40:49	00:06:32	00:15:28		A CORUÑA
426	444	CRISTINA SANCHEZ LOPEZ	F- 86	VT2F- 33	00:41:01	00:06:34	00:16:15	AD DOWNHILL	A LARACHA
427	499	BIBIANA FLEMONS	F- 87	VT3F- 13	00:41:27	00:06:38	00:15:57		LA CORUNA
428	420	IGNACIO FRAGA RUSO		SNM- 71	00:41:30	00:06:39	00:15:14		A CORUÑA
429	468	ANDREA CABALEIRO VARELA	F- 88	SNF- 16	00:41:30	00:06:39	00:15:14	CORREDORA INDEPENDIENTE	OLEIROS
430	522	MARIA CRISTINA FERREIRO MUÑIZ	F- 89	VT2F- 34	00:41:41	00:06:41	00:16:00		A CORUÑA
431	542	SONIA MARCOS HERNÁNDEZ	F- 90	VT1F- 18	00:41:44	00:06:41	00:16:39		A CORUÑA
432	421	JAVIER VILLAVERDE DOVAL		SNM- 72	00:41:47	00:06:41	00:16:09		A CORUÑA
433	411	AITOR MALLO GARCIA		SNM- 73	00:41:47	00:06:42	00:16:11		A CORUÑA
434	515	MARÍA LUZ RODRÍGUEZ GARCÍA	F- 91	VT2F- 35	00:41:52	00:06:42	00:16:38		A CORUÑA
435	212	JOSÉ ALBERTO LODEIRO SÁNCHEZ		VT3M- 64	00:41:56	00:06:43	00:16:36		A CORUÑA
436	213	JOSE LUIS VILLAR MORCILLO		VT3M- 65	00:42:02	00:06:44	00:16:26		A CORUÑA
437	107	OSCAR BESTEIRO VAZQUEZ		VT2M- 114	00:42:09	00:06:45	00:16:17	MIXMASTER RUNNING	A CORUÑA
438	35	PABLO RAFAEL PRIETO CASAL		VT3M- 66	00:42:14	00:06:46	00:16:49	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
439	535	DORIS CAROLINA ESCALONA ESCALONA	F- 92	VT1F- 19	00:42:18	00:06:46	00:17:00		A CORUÑA
440	282	ANGEL HERMIDA OTERO		VT2M- 115	00:42:23	00:06:47	00:16:48		CULLEREDO
441	79	SERGIO CALVO		VT2M- 116	00:42:38	00:06:50	00:15:34	CLUBE ATLETISMO OUTES - JOHN TURKEY	CORUÑA
442	471	ROSI GÓMEZ PRIETO	F- 93	VT2F- 36	00:43:28	00:06:58	00:17:10	LA MOCHILA DEL DEPORTE	A CORUÑA
443	476	BEATRIZ GONZALEZ MACEIRA	F- 94	VT2F- 37	00:43:28	00:06:58	00:17:09	LA MOCHILADEL DEPORTE	A CORUÑA
444	559	YSIS REJANO CASTIÑEIRAS	F- 95	SNF- 17	00:43:43	00:07:00	00:17:12		A CORUÑA
445	391	DANIEL MOURIÑO ANDRADE		SNM- 74	00:43:43	00:07:00	00:17:12		A CORUÑA
446	530	MARÍA FÁTIMA BLANCO CANCELA	F- 96	VT2F- 38	00:43:47	00:07:01	00:17:00		A CORUÑA

447	230	JOSÉ MIGUEL GONZÁLEZ GONZÁLEZ	VT2M- 117	00:43:50	00:07:01	00:23:32		A CORUÑA
448	99	LUIS SÁNCHEZ SANTOS	VT2M- 118	00:43:55	00:07:02	00:16:18		A CORUÑA
449	569	JOSE PEDRO RODRÍGUEZ BARBA	VT4M- 23	00:44:30	00:07:08	00:16:57		A CORUÑA
450	504	JULIA ISABEL SAINZ VAQUERO	F- 97 VT3F- 14	00:44:30	00:07:08	00:17:07		A CORUÑA
451	521	LUISA MORANO LISTA	F- 98 VT2F- 39	00:44:34	00:07:08	00:17:24		ARTEIXO
452	502	MANUELA MACEIRAS OTERO	F- 99 VT3F- 15	00:44:35	00:07:08	00:17:11		CULLEREDO
453	161	MIGUEL ANGEL MOSQUERA ABAD	VT4M- 24	00:45:03	00:07:13	00:17:12		A CORUÑA
454	407	FELIPE ELENA RODRÍGUEZ	SNM- 75	00:45:51	00:07:21	00:17:31		A CORUÑA
455	567	LUCÍA PÉREZ TORRES	F- 100 SNF- 18	00:47:43	00:07:39	00:19:03		A CORUÑA
456	562	LAURA CASTIÑEIRA ROJO	F- 101 SNF- 19	00:48:25	00:07:45	00:19:03		A CORUÑA
457	111	JOAQUÍN DIAZ REDONDO	VT3M- 67	00:49:15	00:07:53	00:18:36	NOSPORTLIMIT	A CORUÑA
458	543	ROSA MARIA GARCÍA NOGAREDA	F- 102 VT1F- 20	00:49:59	00:08:00	00:19:24		A CORUÑA
459	304	ORLANDO BLANCO MUNIN	VT2M- 119	00:49:59	00:08:00	00:19:24		A CORUÑA
460	188	JOSE MANUEL GARCÍA CACABELOS	VT3M- 68	00:54:03	00:08:39	00:20:26		A CORUÑA
DSQ	337	SERGIO MARTINEZ GOMEZ						

VIII CARREIRA POPULAR VOLTA A OZA, A Coruña 08/09/2019

Sub 18 - Sub 16. Distancia: 2.430 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Paso Volta 1	Paso Volta 2	Licenza	Club	Localidade
1	809	CARLOS PERNAS BENITO		SUB18M- 1	00:07:54	00:03:15	00:02:36	00:05:22		CLUB MARINEDA ATLETICO	A CORUÑA
2	813	MARTIN BLANCO PREGO		SUB18M- 2	00:07:58	00:03:17	00:02:36	00:05:22			LA CORUÑA
3	808	MARIO GARCÍA PAPIN		SUB18M- 3	00:08:21	00:03:26	00:02:36	00:05:25	GA 769109	CLUB ATLETISMO SADA	CAMBRE
4	811	YAGO IGNACIO GARCIA SAINZ		SUB18M- 4	00:08:42	00:03:35	00:02:40	00:05:41	AG2024952	CLUB USC	SANTIAGO
5	818	JOSE FRANCISCO VIEIRA GÁRATE		SUB16M- 1	00:08:55	00:03:40	00:02:42	00:05:45			OLEIROS
6	810	PAULO FERNÁNDEZ MARTÍNEZ		SUB16M- 2	00:09:31	00:03:55	00:02:45	00:06:08		CLUB MARINEDA ATLETICO	A CORUÑA
7	817	YAGO DANIEL RIO PEREIRA		SUB16M- 3	00:09:57	00:04:06	00:06:22	00:09:57			FERROL
8	812	JOEL RAMOS CARRO		SUB16M- 4	00:10:15	00:04:13	00:03:09	00:06:43		CLUD ATLETICO BERGONDO	GUISAMO - BERGONDO
9	819	MARÍA FERNÁNDEZ BOUZA	F- 1	SUB18F- 1	00:10:19	00:04:15	00:03:09	00:06:52		ATLETISMO RIAZOR CORUÑA	CORUÑA
10	821	LUCIA VÁZQUEZ HERMIDA	F- 2	SUB18F- 2	00:10:45	00:04:26	00:03:11	00:07:01		CLUB MARINEDA ATLETICO	A CORUNA
11	820	INES VAZQUEZ SANCHEZ	F- 3	SUB16F- 1	00:10:51	00:04:28	00:03:17	00:07:07		CLUB ATLETISMO SADA	CULLEREDO
12	822	LUCÍA NISTAL PALACIOS	F- 4	SUB16F- 2	00:11:16	00:04:39	00:03:17	00:07:13		CLUB MARINEDA ATLETICO	LA CORUÑA
13	815	GERARDO ÁLVAREZ PORTELA		SUB16M- 5	00:11:21	00:04:41	00:03:10	00:07:12			A CORUÑA

VIII CARREIRA POPULAR VOLTA A OZA, A Coruña 08/09/2019

Sub 14. Distancia: 1.620 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Paso Volta 1	Licenza Club	Localidade
1	783	DANIEL SALGUEIRO UCEIRA		SUB14M- 1	00:05:44	00:03:33	00:02:53	ATLETISMO CORUÑA COMARCA	A CORUÑA
2	784	SAMUEL FRAGA RIOS		SUB14M- 2	00:05:49	00:03:35	00:02:52	CLUB ATLETISMO SADA	PERILLO-OLEIROS
3	785	DARÍO AMBITE SANTANA		SUB14M- 3	00:06:04	00:03:45	00:02:53	CLUB ATLETISMO SADA	CAMBRE
4	800	PAULA VÁZQUEZ HERMIDA	F- 1	SUB14F- 1	00:06:12	00:03:50	00:03:01	CLUB MARINEDA ATLETICO	A CORUÑA
5	797	IREA ADRIANA ALÉN FERNÁNDEZ	F- 2	SUB14F- 2	00:06:23	00:03:57	00:03:01	CLUB ATLETISMO SADA	LIANS (OLEIROS)
6	789	DIEGO PIÑEIRO CASTIÑEIRA		SUB14M- 4	00:06:25	00:03:58	00:03:09	CLUB MARINEDA ATLETICO	A CORUÑA
7	794	SUSANA AMOR CASTRO	F- 3	SUB14F- 3	00:06:27	00:03:59	00:03:08	CLUB ATLETISMO SADA	A CORUÑA
8	788	PELAYO BLANCO GARCIA		SUB14M- 5	00:06:29	00:04:00	00:03:08	CLUB ATLETISMO SADA	OLEIROS
9	802	MARÍA VÁZQUEZ FUENTES	F- 4	SUB14F- 4	00:06:42	00:04:08	00:03:16	CLUB MARINEDA ATLETICO	A CORUÑA
10	790	CARLOS JIMÉNEZ PONCE		SUB14M- 6	00:06:58	00:04:18	00:03:03		SADA
11	795	JULIA MESAS RODRIGO	F- 5	SUB14F- 5	00:07:00	00:04:19	00:03:22	CLUB ATLETISMO SADA	SADA
12	798	LAURA CUIÑA FERNÁNDEZ	F- 6	SUB14F- 6	00:07:02	00:04:21	00:03:22	CLUB MARINEDA ATLETICO	A CORUÑA
13	782	MATEO ROMERO SUAREZ		SUB14M- 7	00:07:09	00:04:25	00:03:18	ATLETISMO CORUÑA COMARCA	LA CORUÑA
14	791	PABLO CRUCES FERREIRA		SUB14M- 8	00:07:24	00:04:34	00:03:36		LA CORUÑA
15	787	LUCAS BUJÍA MÍGUEZ		SUB14M- 9	00:07:24	00:04:34	00:03:33	CLUB ATLETISMO SADA	OLEIROS
16	804	ALBA DÍAZ RUIZ	F- 7	SUB14F- 7	00:07:34	00:04:41	00:03:28		A CORUÑA
17	805	ANDREA CAINZOS GARCIA	F- 8	SUB14F- 8	00:07:54	00:04:53	00:03:41		LA CORUÑA
18	807	MARA BALAY MARTINEZ	F- 9	SUB14F- 9	00:08:50	00:05:28	00:04:07		A CORUÑA

VIII CARREIRA POPULAR VOLTA A OZA, A Coruña 08/09/2019

Sub 12. Distancia: 810 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade
1	769	CELIA FERNÁNDEZ BOUZA	F- 1	SUB12F- 1	00:02:45	00:03:24		ATLETISMO RIAZOR CORUÑA	CORUÑA
2	747	IKER LAVANDEIRA RODRIGUEZ		SUB12M- 1	00:02:50	00:03:29		ATLETISMO CORUÑA COMARCA	A CORUÑA
3	749	MARTÍN BAZÁN COBELO		SUB12M- 2	00:02:51	00:03:31		CLUB MARINEDA ATLETICO	SAN PEDRO DE NOS-OLEIROS
4	765	LEO SANCHEZ MUÑOZ		SUB12M- 3	00:02:53	00:03:33			A CORUÑA
5	767	JIMENA OUTES GRAIÑO	F- 2	SUB12F- 2	00:02:54	00:03:34		ATLETISMO CORUÑA COMARCA	CEE
6	766	ICIA ARES BETANZOS	F- 3	SUB12F- 3	00:02:55	00:03:37		ATLETICA A SILVA	A CORUÑA
7	753	ENRIQUE CUIÑA FERNÁNDEZ		SUB12M- 4	00:02:57	00:03:39		CLUB MARINEDA ATLETICO	A CORUÑA
8	764	MATEO HERMIDA GIL		SUB12M- 5	00:03:03	00:03:45			CULLEREDO
9	750	IGNACIO VILELA NÚÑEZ		SUB12M- 6	00:03:07	00:03:50		CLUB MARINEDA ATLETICO	A CORUÑA
10	763	GONZALO ASOREY TABOADA		SUB12M- 7	00:03:08	00:03:52			LA CORUÑA
11	759	DAVID HERNANDO ALVARIÑAS		SUB12M- 8	00:03:08	00:03:52			A CORUÑA
12	770	LUNA GUADALUPE PIZARRO	F- 4	SUB12F- 4	00:03:19	00:04:06		CLUB ATLETISMO SADA	CULLEREDO
13	758	VÍCTOR FARIÑA ROO		SUB12M- 9	00:03:24	00:04:11			BERGONDO
14	772	MARÍA CAMBA VÁZQUEZ	F- 5	SUB12F- 5	00:03:28	00:04:17		NATACIÓN LICEO	CULLEREDO
15	773	ENYA SANCHEZ MUÑOZ	F- 6	SUB12F- 6	00:03:35	00:04:25			A CORUÑA
16	757	BRUNO RIVEIRO ENGROBA		SUB12M- 10	00:03:39	00:04:30			OLEIROS
17	780	CLAUDIA REY LEMA	F- 7	SUB12F- 7	00:03:41	00:04:32			A CORUÑA
18	775	EVA SOUTO CONDE	F- 8	SUB12F- 8	00:03:42	00:04:34			A CORUÑA
19	748	DANIEL AMBITE SANTANA		SUB12M- 11	00:03:44	00:04:37		CLUB ATLETISMO SADA	CAMBRE
20	756	MIGUEL GONZÁLEZ VEIRA		SUB12M- 12	00:04:11	00:05:10			A CORUÑA
21	779	UXÍA MARTÍNEZ GARCÍA	F- 9	SUB12F- 9	00:04:20	00:05:21			A CORUÑA
22	778	CARMEN BENAVIDES SEOANE	F- 10	SUB12F- 10	00:04:30	00:05:34			CAMBRE

VIII CARREIRA POPULAR VOLTA A OZA, A Coruña 08/09/2019

Sub 10. Distancia: 810 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade
1	704	MAURO SEGUÍN GARCÍA		SUB10M- 1	00:03:01	00:03:43		CLUB MARINEDA ATLETICO	A CORUÑA
2	701	XABI CAMBA VÁZQUEZ		SUB10M- 2	00:03:04	00:03:48		ATLETISMO CORUÑA COMARCA	CULLEREDO
3	702	ADRIAN PAZ CELEIRO		SUB10M- 3	00:03:06	00:03:49		ATLETISMO RIAZOR CORUÑA	A CORUÑA
4	706	HUGO ZULUAGA LAMAZARES		SUB10M- 4	00:03:07	00:03:50		OZA JUVENIL	AHORA CORUÑA
5	705	XAQUIM CASAL GONZÁLEZ		SUB10M- 5	00:03:08	00:03:52		CLUB MARINEDA ATLETICO	CULLEREDO
6	730	UXÍA FARIÑA PENELAS	F- 1	SUB10F- 1	00:03:14	00:03:59		CLUB MARINEDA ATLETICO	CAMBRE
7	719	MARCO REY LEMA		SUB10M- 6	00:03:15	00:04:00			A CORUÑA
8	703	DIEGO AMBITE SANTANA		SUB10M- 7	00:03:18	00:04:05		CLUB ATLETISMO SADA	CAMBRE
9	708	DIEGO LOPEZ DE CRUZ		SUB10M- 8	00:03:21	00:04:08			A CORUÑA
10	727	VEGA REBOREDO PRADO	F- 2	SUB10F- 2	00:03:21	00:04:08		ATLETISMO CORUÑA COMARCA	A CORUÑA
11	736	NOA VÁZQUEZ FUENTES	F- 3	SUB10F- 3	00:03:21	00:04:08			A CORUÑA
12	738	VERA MARTÍNEZ RODRÍGUEZ	F- 4	SUB10F- 4	00:03:23	00:04:11			A CORUÑA
13	709	TEO JOURET ÁLVAREZ		SUB10M- 9	00:03:24	00:04:12			A CORUÑA
14	713	TEO GÓMEZ MEIJIDE		SUB10M- 10	00:03:27	00:04:15			CULLEREDO
15	710	GERARDO BALAY MARTINEZ		SUB10M- 11	00:03:28	00:04:17			A CORUÑA
16	723	ROI PALMEIRO RUA		SUB10M- 12	00:03:29	00:04:18			CULLEREDO
17	707	MARIO DOMENECH FERNANDEZ		SUB10M- 13	00:03:34	00:04:24			A CORUÑA
18	728	SARA DÍAZ RUIZ	F- 5	SUB10F- 5	00:03:34	00:04:24		ATLETISMO CORUÑA COMARCA	A CORUÑA
19	745	ALMA GANDOY CARMUEGA	F- 6	SUB10F- 6	00:03:36	00:04:27			A CORUÑA
20	715	BRUNO BLANCO GARCIA		SUB10M- 14	00:03:37	00:04:27			LA CORUÑA
21	711	JORGE TORREIRA FERNÁNDEZ		SUB10M- 15	00:03:37	00:04:28			A CORUÑA
22	721	DARÍO RIVAS REY		SUB10M- 16	00:03:42	00:04:34			CULLEREDO
23	712	MARTÍN HERNANDO ALVARIÑAS		SUB10M- 17	00:03:42	00:04:34			A CORUÑA
24	742	NEREA SOUTO CONDE	F- 7	SUB10F- 7	00:03:45	00:04:38			A CORUÑA
25	720	MATEO GARCÍA GARCÍA		SUB10M- 18	00:03:49	00:04:43			A CORUÑA
26	726	DIEGO FERNÁNDEZ LOPEZ		SUB10M- 19	00:03:52	00:04:47			PERILLO-OLEIROS
27	722	PABLO HERMIDA GIL		SUB10M- 20	00:03:52	00:04:47			CULLEREDO
28	744	MARTINA E.F.	F- 8	SUB10F- 8	00:03:55	00:04:50			A CORUÑA
29	743	MARTINA FARIÑA ROO	F- 9	SUB10F- 9	00:04:00	00:04:56			BERGONDO
30	729	MARTINA BUJÍA MÍGUEZ	F- 10	SUB10F- 10	00:04:00	00:04:57		CLUB ATLETISMO SADA	OLEIROS - A CORUÑA
31	718	ALEXANDRE VAZQUEZ FERNÁNDEZ		SUB10M- 21	00:04:04	00:05:02			CULLEREDO
32	725	BRUNO VÁZQUEZ IGLESIAS		SUB10M- 22	00:04:05	00:05:03			A CORUÑA
33	746	XIMENA PEREZ ALONSO	F- 11	SUB10F- 11	00:04:06	00:05:04			LA CORUÑA