

IX CARREIRA POPULAR CONCELLO DE CAMBADOS, Cambados 07/07/2019

Proba Absoluta. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	PasoMeta1	PasoMeta2	Licenza	Club	Localidade
1	159	NUNO COSTA		SM- 1	00:30:34	00:03:04	00:30:34	00:03:04	00:10:04	00:20:16		TAMBRE BIKE&RUNNING	OROSO
2	181	DAVID SANTOS DOMINGUEZ		SM- 2	00:30:45	00:03:05	00:30:45	00:03:05	00:10:04	00:20:17		VERXEL NUTRICIÓN DEPORTIVA	ORDES
3	175	AMADEO ABAL CHAVES		SM- 3	00:31:47	00:03:11	00:31:47	00:03:11	00:10:18	00:21:01	GA768991	VERXEL NUTRICIÓN DEPORTIVA	CAMBADOS
4	76	PABLO BOCELO BELLAS		SM- 4	00:32:42	00:03:17	00:32:42	00:03:17	00:10:14	00:21:14	GA 765890	CLUB ATLETISMO NARÓN	A CORUÑA
5	165	FACUNDO MEDARD		SM- 5	00:32:44	00:03:17	00:32:44	00:03:17	00:10:42	00:21:43		TRIATLON ARTEIXO	CULLEREDO
6	157	MANUEL LORENZO LOPEZ		SM- 6	00:32:47	00:03:17	00:32:47	00:03:17	00:10:49	00:21:43	GA- 769011	SOCIEDAD GIMNASTICA DE PONTEVEDRA	MARIN
7	166	SEBASTIAN RIVERA DEL HIERRO		SM- 7	00:33:20	00:03:20	00:33:20	00:03:20	00:10:43	00:21:53		TRIATLON ARTEIXO	CULLEREDO
8	81	MIGUEL ANGEL ARECES ARBOLEYA		SM- 8	00:33:39	00:03:22	00:33:39	00:03:22	00:11:06	00:22:27		CLUB ATLETISMO PRAVIA	PRAVIA
9	97	ANTON GOMEZ GONZALEZ		SM- 9	00:33:54	00:03:24	00:33:54	00:03:24	00:10:50	00:22:28		CLUB DEPORTIVO SAN PAIO	SANTIAGO DE COMPOSTELA
10	4	MARCOS ALMOZARA MAYO		SM- 10	00:34:38	00:03:28	00:34:38	00:03:28	00:11:07	00:22:54		3&RUN BY PEDRO NIMO	A BAÑA
11	28	ABEL BARROS GONZÁLEZ		VAM- 1	00:34:45	00:03:29	00:34:45	00:03:29	00:11:31	00:23:11	GA 765719	ATLETISMO +9 MORAÑA	MORAÑA
12	191	DANI GARCÍA PADÍN		SM- 11	00:34:56	00:03:30	00:34:56	00:03:30	00:11:32	00:23:13			O GROVE
13	72	PABLO SANTOS NUÑEZ		VAM- 2	00:35:00	00:03:30	00:35:00	00:03:30	00:11:22	00:23:19		CLUB ATLETISMO CAMBADOS	VILANOVA DE AROUSA
14	308	RICARDO FORTES MONTENEGRO		VAM- 3	00:35:02	00:03:31	00:35:01	00:03:31	00:11:32	00:23:18			PONTEAREAS
15	74	OSCAR GUERRA MAGAN		VAM- 4	00:35:20	00:03:32	00:35:20	00:03:32	00:11:22	00:23:19		CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	CAMBADOS
16	62	PABLO OTERO FARIÑA		SM- 12	00:35:20	00:03:32	00:35:20	00:03:32	00:11:22	00:23:19		CAC SEG.NOVAL	ILLA DE AROUSA
17	44	PABLO CARRERA BLANCO		VAM- 5	00:35:35	00:03:34	00:35:35	00:03:34	00:11:35	00:23:37	AG2015012	C.A. CÁRNICAS SERRANO	VIGO
18	167	ADRIAN ABOAL LOSADA		SM- 13	00:35:52	00:03:36	00:35:52	00:03:36	00:11:54	00:23:53		TRIATLON RÍAS BAIXAS	PONTEVEDRA
19	222	DIEGO P. CASAS		VAM- 6	00:35:54	00:03:36	00:35:53	00:03:36	00:11:55	00:23:53			A RÚA
20	151	JORDI CARRASCO NUÑEZ		VAM- 7	00:35:57	00:03:36	00:35:57	00:03:36	00:11:54	00:23:54	AG2017401	RUNGALICIA	MORAÑA
21	200	MARCOS PAZ ALVAREZ		SM- 14	00:35:58	00:03:36	00:35:58	00:03:36	00:11:51	00:23:54			VIGO
22	135	JOSE CARLOS BUJAN OTERO		VBM- 1	00:35:59	00:03:36	00:35:59	00:03:36	00:11:43	00:23:48	AG 11135	NOITEBRA FC	SANTIAGO
23	128	VICTOR RIOBO VILLANUEVA		VAM- 8	00:36:06	00:03:37	00:36:06	00:03:37	00:11:54	00:23:53	13461-GA	MILER RUNNING CLUB	MARIN
24	50	SERGIO SANTOS LOIS		VAM- 9	00:36:13	00:03:38	00:36:13	00:03:38	00:11:32	00:23:35		C.A.CAMBADOS SEGUROS NOVAL	CAMBADOS
25	17	ERNESTO BUCETA-POUSO		VBM- 2	00:36:20	00:03:38	00:36:20	00:03:38	00:11:33	00:23:50		AAD BARBANZA	PUEBLA-DEL-CARAMIÑAL
26	7	LUIS ALBERTO VILLAVEVERDE VÁZQUEZ		VAM- 10	00:36:22	00:03:39	00:36:22	00:03:39	00:11:53	00:24:00	AG2019232	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	SANTIAGO DE COMPOSTELA
27	253	PABLO BEIRO GONZALEZ		SM- 15	00:36:25	00:03:39	00:36:24	00:03:39	00:11:58	00:24:10			SANXENXO
28	41	MAXI OUBIÑA FALCON		VAM- 11	00:36:27	00:03:39	00:36:27	00:03:39	00:11:39	00:24:01		C.A. CAMBADOS - SEGUROS NOVAL	CAMBADOS
29	1	MIGUEL PENEDO TABOADA		SM- 16	00:36:28	00:03:39	00:36:28	00:03:39	00:11:52	00:23:53	AG2020629	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	BRION
30	71	FRANCISCO RAMÓN OUBIÑA DIOS		VBM- 3	00:36:30	00:03:39	00:36:30	00:03:39	00:11:52	00:24:10		CLUB ATLETISMO CAMBADOS	ILLA DE AROUSA
31	13	JOSE MANUEL SEOANE POMBO		VAM- 12	00:36:32	00:03:40	00:36:31	00:03:40	00:11:53	00:24:10	AG2022509	3&RUN PEDRO NIMO	AMES
32	197	ALEJANDRO OTERO RAMÍREZ		SM- 17	00:36:33	00:03:40	00:36:32	00:03:40	00:11:57	00:24:15			VIGO
33	9	DAVID HERRERA GARCÍA		VAM- 13	00:36:50	00:03:41	00:36:50	00:03:41	00:12:15	00:24:36	AG2018877	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	A CORUÑA
34	162	UNAI SAINZ-EZQUERRA GALARRAGA		VAM- 14	00:37:03	00:03:43	00:37:03	00:03:43	00:11:56	00:24:11		TRAINING OSCAR	ZALLA
35	129	GONZALO GONZÁLEZ PIÑEIRO		VBM- 4	00:37:11	00:03:44	00:37:11	00:03:44	00:12:02	00:24:36		MILER RUNNING CLUB	PONTEVEDRA
36	19	EDYMAR BREA ABREU	F- 1	SF- 1	00:37:11	00:03:44	00:37:11	00:03:44	00:11:55	00:23:59		ADA CALVIÁ	PONTEVEDRA
37	77	ROBERTO TUÑAS GONZÁLEZ		VAM- 15	00:37:13	00:03:44	00:37:13	00:03:44	00:12:06	00:24:47		CLUB ATLETISMO NEGREIRA	NEGREIRA
38	148	JOSÉ JULIÁN BELTRÁN TABOADA		VAM- 16	00:37:13	00:03:44	00:37:12	00:03:44	00:12:11	00:24:38		RUN PONTEVEDRA	PONTEVEDRA
39	131	ÁLVARO PRIETO FERVENZA		VAM- 17	00:37:15	00:03:44	00:37:15	00:03:44	00:10:49	00:23:59	GA-766117	MILER RUNNING CLUB	CANGAS
40	63	CARLOS SEÑORANS TOBIO		VAM- 18	00:37:22	00:03:45	00:37:22	00:03:45	00:12:23	00:24:55		CAMBADOS	PORTONOVO
41	231	GERMÁN RODAL CARAMÉS		SM- 18	00:37:25	00:03:45	00:37:24	00:03:45	00:12:12	00:24:46			VIGO
42	132	JUAN CARLOS SANDE PRESA		VBM- 5	00:37:27	00:03:45	00:37:27	00:03:45	00:12:03	00:24:47		MILER RUNNING CLUB	PORRIÑO
43	112	DARÍO VÁZQUEZ BOULLOSA		VBM- 6	00:37:28	00:03:45	00:37:28	00:03:45	00:11:55	00:24:36		CONCELLO DE AVIÓN	OURENSE
44	209	VICTOR ÁLVAREZ GASCA		SM- 19	00:37:30	00:03:45	00:37:29	00:03:45	00:12:16	00:24:46			OURENSE
45	40	SANTIAGO FALCÓN PÉREZ		VBM- 7	00:37:34	00:03:46	00:37:32	00:03:46	00:12:21	00:24:55	AG 2018451	C. D. RIA DE AROUSA	O GROVE
46	168	LITO RODRIGUEZ POUSO		VAM- 19	00:37:36	00:03:46	00:37:33	00:03:46	00:12:14	00:24:43		TRIATLON VILAGARCIA	PORTO DO SON
47	30	DIEGO TRIGO CASTEDO		SM- 20	00:37:50	00:03:47	00:37:49	00:03:47	00:12:02	00:24:44		ATLETISMO FRIOL	LUGO
48	67	ÁLVARO MANUEL BARRAL RUBIROSA		VBM- 8	00:38:00	00:03:48	00:37:59	00:03:48	00:12:21	00:25:09		CC RÍA DE VIGO	O GROVE
49	124	DARIO COMESAÑA CHAVERT		SM- 21	00:38:01	00:03:49	00:38:00	00:03:48	00:12:19	00:25:12		LÓSTREGOS COIA	VIGO
50	42	LUCAS POUSO VIDAL		VAM- 20	00:38:03	00:03:49	00:38:03	00:03:49	00:12:00	00:24:44		C.A. CAMBADOS - SEGUROS NOVAL	VILANOVA DE AROUSA
51	80	MARTÍN ABELENDA LÓPEZ		VAM- 21	00:38:07	00:03:49	00:38:06	00:03:49	00:12:36	00:25:21		CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
52	199	MANUEL AMARELLE		VAM- 22	00:38:16	00:03:50	00:38:15	00:03:50	00:12:44	00:25:31			CARBALLO
53	144	ANTONIO FUERTES SAAVEDRA		VCM- 1	00:38:21	00:03:51	00:38:20	00:03:50	00:12:32	00:25:32	GA16019	REAL CLUB CELTA DE ATLETISMO	VIGO

54	156	JOSELYN BREA ABREU	F- 2	SF- 2	00:38:28	00:03:51	00:38:28	00:03:51	00:12:32	00:25:32	GA765594	SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
55	108	JUAN FERNÁNDEZ COMESAÑA		SM- 22	00:38:34	00:03:52	00:38:32	00:03:52	00:13:18	00:26:06	AG - 765857	COMESAÑA SPORTING CLUB	VIGO
56	174	SANTIAGO RAMOS IGLESIAS		VAM- 23	00:38:34	00:03:52	00:38:33	00:03:52	00:13:03	00:26:06		URBAN RUNNERS SANTIAGO	SANTIAGO
57	55	ANDRES SUEIRO MENDEZ		VAM- 24	00:38:35	00:03:52	00:38:35	00:03:52	00:12:54	00:25:51		C.A.CAMBADOS-SEG.NOVAL	MEAÑO
58	176	JOSE MANUEL FERNANDEZ SANGIAO		VCM- 2	00:38:35	00:03:52	00:38:35	00:03:52	00:12:35	00:25:32		VERXEL NUTRICIÓN DEPORTIVA	LUGO
59	185	JOSÉ LUIS MUJERIEGO GOMEZ		VBM- 9	00:38:46	00:03:53	00:38:43	00:03:53	00:12:59	00:26:01			VIGO
60	100	JOSÉ BENITO GÓMEZ LÓPEZ		VCM- 3	00:38:54	00:03:54	00:38:53	00:03:54	00:12:42	00:25:46	GA 765008	CLUB OURENSE ATLETISMO	OURENSE
61	3	PEDRO PAZOS CARBÓN		VBM- 10	00:38:57	00:03:54	00:38:56	00:03:54	00:12:54	00:25:58		3& RUN	SANTIAGO
62	154	DAVID PÉREZ SANTAMARÍA		VBM- 11	00:39:00	00:03:54	00:39:00	00:03:54	00:12:52	00:25:58	AG2014735	SAR-VERMU PETRONI	PADRÓN
63	86	ARTURO MATA CASTRO		SM- 23	00:39:11	00:03:56	00:39:11	00:03:56	00:12:50	00:26:02		CLUB ATLETISMO SANTIAGO	SANTIAGO
64	98	DIEGO GODOY BARROS		SM- 24	00:39:12	00:03:56	00:39:11	00:03:56	00:13:10	00:26:26		CLUB DEPORTIVO SAN PAIO	A ESTRADA
65	130	JOSE MANUEL JUNCAL CARRAGAL		VAM- 25	00:39:14	00:03:56	00:39:12	00:03:56	00:12:55	00:26:03		MILER RUNNING CLUB	PONTEVEDRA
66	29	OSCAR FANDIÑO GARCIA		VAM- 26	00:39:18	00:03:56	00:39:17	00:03:56	00:12:54	00:26:05		ATLETISMO C.A CAMBADOS SEGUROS NOVAL	MEAÑO
67	91	JOSE MANUEL OMIL IGLESIAS		VAM- 27	00:39:18	00:03:56	00:39:16	00:03:56	00:13:08	00:26:29	AG 765338	CLUB DEPORTIVO PINARIUM	MARIN
68	145	SUSO GARCÍA CÓRDOBA		VAM- 28	00:39:19	00:03:56	00:39:16	00:03:56	00:13:12	00:26:29		RUN PONTEVEDRA	MARÍN
69	169	FRANCISCO JAVIER CASTRELO CONDE		VAM- 29	00:39:32	00:03:58	00:39:29	00:03:57	00:13:14	00:26:28		TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA
70	172	JESÚS PARDO JORGE		SM- 25	00:39:33	00:03:58	00:39:32	00:03:58	00:13:10	00:26:26		TRINORTH	VIGO
71	46	RUBEN NUÑEZ MOSTEIRO		VAM- 30	00:39:33	00:03:58	00:39:30	00:03:57	00:13:19	00:26:39		C.A.C.SEGUROS NOVAL	CAMBADOS
72	126	RAPHAEL PAZOS		VAM- 31	00:39:37	00:03:58	00:39:34	00:03:58	00:13:09	00:26:26		MARCIA FERREIRA TRIATHLON BRASIL	RIO DE JANEIRO
73	84	EUGENIO ALBERTO COSTA MARTÍNEZ		VAM- 32	00:39:38	00:03:58	00:39:36	00:03:58	00:13:11	00:26:27		CLUB ATLETISMO SAMERTOLAMEU	MOAÑA
74	268	RICARDO BUGALLO		SM- 26	00:39:40	00:03:58	00:39:36	00:03:58	00:13:36	00:26:54			MORAÑA
75	101	JOSE ANTONIO PAZ SUAREZ		VBM- 12	00:39:44	00:03:59	00:39:44	00:03:59	00:12:33	00:26:05		CLUB OURENSE ATLETISMO	OURENSE
76	155	ALBERTO REBOREDO DURÁN		SM- 27	00:39:45	00:03:59	00:39:44	00:03:59	00:13:10	00:26:27	AG 2026552	SAR-VERMU PETRONI	A ESTRADA
77	221	ESTHER VALIÑO GÓMEZ	F- 3	SF- 3	00:39:45	00:03:59	00:39:43	00:03:59	00:13:05	00:26:17			VIGO
78	173	JUAN CARLOS LÓPEZ FERNÁNDEZ		VAM- 33	00:39:51	00:04:00	00:39:50	00:03:59	00:12:51	00:26:14	AG2018788	TROPA DO CARALLO	OURENSE
79	153	PABLO OJEA CAMIÑA		VAM- 34	00:39:53	00:04:00	00:39:49	00:03:59	00:13:35	00:26:54		SACRIFICE IS THE SECRET TEAM	PONTEVEDRA
80	150	JAVIER DOPAZO LOUZAN		VBM- 13	00:39:53	00:04:00	00:39:50	00:03:59	00:13:14	00:26:44		RUN PONTEVEDRA	PONTEVEDRA
81	56	DARÍO CASAS BARRAL		VAM- 35	00:39:56	00:04:00	00:39:55	00:04:00	00:13:09	00:26:39		C.A.CAMBADOS-SEG.NOVAL	CAMBADOS
82	147	FCO. XABIER SOTO OTERO		VCM- 4	00:39:57	00:04:00	00:39:56	00:04:00	00:13:32	00:26:48		RUN PONTEVEDRA	PONTEVEDRA
83	286	VICENTE MUÑOZ HERMIDA		VAM- 36	00:40:03	00:04:01	00:39:53	00:04:00	00:13:21	00:26:49			A CORUÑA
84	61	PORFIRIO FERNÁNDEZ VIDAL		VAM- 37	00:40:07	00:04:01	00:40:07	00:04:01	00:12:10	00:25:11		CA CAMBADOS - SEG. NOVAL	SANXENXO
85	18	JAVIER TAIBO GARCÍA		SM- 28	00:40:14	00:04:02	00:40:09	00:04:01	00:13:11	00:26:33		ABANCA	CATOIRA
86	99	REBECA MARIÑO TORRADO	F- 4	VAF- 1	00:40:14	00:04:02	00:40:14	00:04:02	00:13:12	00:26:39		CLUB MALLORCA TRAIL	PALMA DE MALLORCA
87	247	DAVID VÁZQUEZ PADÍN		VAM- 38	00:40:17	00:04:02	00:40:14	00:04:02	00:12:54	00:26:27			CAMBADOS
88	316	JUAN SÁNCHEZ		VAM- 39	00:40:18	00:04:02	00:40:15	00:04:02	00:13:13	00:26:49			MEAÑO
89	146	JAIME PEREZ ALVAREZ		VBM- 14	00:40:25	00:04:03	00:40:23	00:04:03	00:13:32	00:26:50		RUN PONTEVEDRA	PONTEVEDRA
90	290	PABLO VEIGA RUBIROSA		SM- 29	00:40:28	00:04:03	00:40:26	00:04:03	00:13:01	00:26:51			O GROVE
91	205	JONATAN SOMOZA MARTI		SM- 30	00:40:28	00:04:03	00:40:15	00:04:02	00:13:47	00:26:55			VILANOVA DE AROUSA
92	192	XAIME RIVAS POSSE		VCM- 5	00:40:32	00:04:04	00:40:29	00:04:03	00:13:18	00:26:50			SANTIAGO DE COMPOSTELA
93	10	JAVIER VARELA GOMEZ		VAM- 40	00:40:33	00:04:04	00:40:31	00:04:04	00:13:13	00:26:48	GA 768930	3&RUN CLUB DE CORREDORES BY PEDRO NIMO	BRIÓN
94	246	DIONISIO MUÑOZ GONZALEZ		VAM- 41	00:40:34	00:04:04	00:40:32	00:04:04	00:13:22	00:26:57			CAMBADOS
95	51	JOSE ANTONIO GONZALEZ MARTINEZ		VAM- 42	00:40:37	00:04:04	00:40:33	00:04:04	00:13:19	00:26:48		C.A.CAMBADOS Y SEGUROS NOVAL	PORTONOVO
96	262	SEGUNDO NAVIA GIRALDEZ		VAM- 43	00:40:38	00:04:04	00:40:33	00:04:04	00:13:24	00:26:59			VILAGARCÍA DE AROUSA
97	68	TOMAS SEOANE MUÑOZ		VAM- 44	00:40:45	00:04:05	00:40:44	00:04:05	00:13:14	00:27:02		CD RIA DE AROUSA	O GROVE
98	65	GINÉS ROSA COSTA		VBM- 15	00:40:48	00:04:05	00:40:46	00:04:05	00:13:03	00:26:41		CAT HORADADA	ORIHUELA COSTA
99	33	MANUEL FIGUEIRA PEREZ		VBM- 16	00:40:49	00:04:05	00:40:48	00:04:05	00:13:20	00:26:56	AG-2015895	ATLETISMO SAR-VERMU PETRONI	PONTECESURES
100	204	ADRIÁN MAQUEIRA PEREIRA		SM- 31	00:40:50	00:04:05	00:40:47	00:04:05	00:13:04	00:26:41			A GUARDA
101	244	DANIEL ESTRAVIZ PARDO		SM- 32	00:40:51	00:04:06	00:40:47	00:04:05	00:12:49	00:27:05			CAMBRE
102	183	CARLOS SANTOS TEJELO		VAM- 45	00:40:52	00:04:06	00:40:47	00:04:05	00:13:21	00:27:01		VGARUNNERS	VILAGARCIA
103	314	ÁNGEL VILANOVA TOMÉ		VAM- 46	00:40:55	00:04:06	00:40:45	00:04:05	00:14:28	00:27:50			SANTIAGO DE COMPOSTELA
104	119	JOSÉ LUIS GONZÁLEZ FERNÁNDEZ		VAM- 47	00:40:57	00:04:06	00:40:54	00:04:06	00:13:24	00:27:12	AG2026337	ESPRINTES OURENSE	OURENSE
105	27	JAIRO FONTENLA BUA		SM- 33	00:40:59	00:04:06	00:40:57	00:04:06	00:13:17	00:27:03	AG 2025363	ATLETISMO +9 MORAÑA	MORAÑA
106	35	ROBERTO ALBERTI GONZÁLEZ		SM- 34	00:41:01	00:04:07	00:40:58	00:04:06	00:13:37	00:27:13	AG 2021582	ATLETISMO UNIVERSIDADE DE VIGO	VIGO
107	83	GIORGIO BELFIORE		VAM- 48	00:41:02	00:04:07	00:41:00	00:04:06	00:13:19	00:27:09		CLUB ATLETISMO SAMERTOLAMEU	MOAÑA
108	138	MANUEL DIAZ NOVO		SM- 35	00:41:02	00:04:07	00:41:01	00:04:07	00:13:30	00:27:11		OS CORZOS DO ORTEGAL	CARIÑO
109	109	PATRICIA FEIJÓO REGUEIRO	F- 5	VAF- 2	00:41:11	00:04:08	00:41:10	00:04:07	00:13:31	00:27:20	GA 15985	COMESAÑA SPORTING CLUB	VIGO
110	217	JULIO FERNANDEZ DEVESA		SM- 36	00:41:23	00:04:09	00:41:21	00:04:09	00:13:09	00:27:01			O GROVE
111	304	TOÑO GARCIA		VBM- 17	00:41:28	00:04:09	00:41:22	00:04:09	00:13:48	00:27:33			MEAÑO

112	127	MARIA ANGELES CASTRO ROSALES	F- 6	VAF- 3	00:41:33	00:04:10	00:41:31	00:04:10	00:14:29	00:27:58	MILER RUNING VINTAGE	BUEU
113	234	GERMÁN A. TIZÓN FREIRÍA		VAM- 49	00:41:46	00:04:11	00:41:45	00:04:11	00:13:17	00:27:15		VIGO
114	225	JAVIER DOMINGUEZ ABAL		SM- 37	00:41:55	00:04:12	00:41:50	00:04:11	00:13:24	00:27:11		RIBADUMIA
115	160	JOSE ANTONIO VARELA BARRERA		VCM- 6	00:41:58	00:04:12	00:41:56	00:04:12	00:13:40	00:27:47	TANINOS RUNNERS PONTEAREAS	PONTEAREAS
116	190	ADRIÁN CASTROAGUDÍN GÓMEZ		SM- 38	00:41:58	00:04:12	00:41:57	00:04:12	00:13:31	00:27:44		PONTECESURES
117	34	JOSÉ ALONSO VEIGA		VBM- 18	00:42:05	00:04:13	00:42:00	00:04:12	00:13:53	00:28:10	ATLETISMO UNIVERSIDADE DE VIGO	VIGO
118	298	ALEJANDRO DURAN CASTRELO		VAM- 50	00:42:06	00:04:13	00:42:00	00:04:12	00:13:31	00:27:47		VILLAGARCIA DE AROSA
119	281	ALFONSO GARCIA DOMINGUEZ		VAM- 51	00:42:11	00:04:14	00:42:06	00:04:13	00:13:56	00:27:55		DENA
120	269	RUBEN VIEITES MENDEZ		VAM- 52	00:42:11	00:04:14	00:42:08	00:04:13	00:14:11	00:28:21		CAMBADOS
121	323	LAURA PÉREZ TRABAZO	F- 7	SF- 4	00:42:16	00:04:14	00:42:13	00:04:14	00:13:54	00:27:57	CLUB SAN MIGUEL DE MARÍN	MARÍN
122	85	ISMAEL ANTEPAZO GIL		VBM- 19	00:42:26	00:04:15	00:42:24	00:04:15	00:14:01	00:28:12	CLUB ATLETISMO SAMERTOLAMEU	MOAÑA
123	102	ANTONIO VARELA CACHAFEIRO		VCM- 7	00:42:29	00:04:15	00:42:25	00:04:15	00:13:55	00:28:17	CLUB POMASA	BARRO
124	54	SERGIO SOTO BUCETA		VAM- 53	00:42:30	00:04:15	00:42:23	00:04:15	00:14:08	00:28:22	C.A.CAMBADOS-SEG.NOVAL	RIBADUMIA
125	69	FRANCISCO JOSE PEREZ MEIS		VBM- 20	00:42:44	00:04:17	00:42:40	00:04:16	00:14:31	00:28:52	CD RIA DE AROUSA	O GROVE
126	180	RAMÓN VILLAR RUIBAL		VBM- 21	00:42:44	00:04:17	00:42:34	00:04:16	00:14:07	00:28:10	GA766004 VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA
127	49	DAVID MARTÍNEZ COSTA		VAM- 54	00:42:44	00:04:17	00:42:43	00:04:17	00:15:30	00:29:36	C.A.CAMBADOS SEGUROS NOVAL	CAMBADOS
128	38	GONZALO BUGALLO GONZALEZ		VBM- 22	00:42:48	00:04:17	00:42:41	00:04:17	00:15:39	00:29:36	C A CAMBADOS	VILLANUEVA DE AROSA
129	211	IÑIGO FERNÁNDEZ FOMBELLIDA		SM- 39	00:42:49	00:04:17	00:42:46	00:04:17	00:13:42	00:28:28		VIGO
130	20	ABEL DARRIBA BARBA		VAM- 55	00:42:52	00:04:18	00:42:49	00:04:17	00:14:22	00:28:54	AG 2025879 ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
131	94	MARCY CALERO		VAM- 56	00:42:57	00:04:18	00:42:51	00:04:18	00:14:17	00:28:10	CLUB DEPORTIVO PINARIUM	ALBACETE
132	2	SEGUNDO DOMINGUEZ ALSINA		VBM- 23	00:42:58	00:04:18	00:42:55	00:04:18	00:13:58	00:28:25	AG2022599 3 AND RUN BY PEDRO NIMO	OROSO
133	21	JOSÉ ANTONIO VÁZQUEZ FERNÁNDEZ		VBM- 24	00:43:08	00:04:19	00:42:57	00:04:18	00:15:06	00:29:22	AG2016314 ASOCIACION DEPORTIVA CERNE	MELIDE
134	31	CARLOS SANTOS ARGIBAY		VCM- 8	00:43:13	00:04:20	00:43:10	00:04:19	00:14:18	00:28:55	AG766545 ATLETISMO PORRIÑO	O PORRIÑO
135	114	JOSE LUIS SERRANO FERNANDEZ		VBM- 25	00:43:14	00:04:20	00:43:02	00:04:19	00:14:25	00:28:52	CORRESIERO	GIJON
136	36	JUAN LUIS RAMIRO GOMEZ		SM- 40	00:43:15	00:04:20	00:43:09	00:04:19	00:14:56	00:29:26	ATLETISMO UNIVERSIDADE DE VIGO	VIGO
137	254	JOSÉ MANUEL MARTINEZ SILVA		VBM- 26	00:43:17	00:04:20	00:43:11	00:04:20	00:14:04	00:28:41		PORTONOVO
138	273	JOSE B REY RESUA		VBM- 27	00:43:21	00:04:21	00:43:07	00:04:19	00:14:32	00:29:01		CAMBADOS
139	282	JACOBO NUÑEZ CASTRO		SM- 41	00:43:29	00:04:21	00:43:24	00:04:21	00:13:23	00:27:48		RIBADUMIA
140	303	ADRIÁN FEJOO REY		SM- 42	00:43:34	00:04:22	00:43:22	00:04:21	00:14:58	00:29:11		CAMBADOS
141	275	RICARDO TORRESCUSA MOURIÑO		SM- 43	00:43:35	00:04:22	00:43:33	00:04:22	00:14:22	00:28:55		MEIS
142	309	JOSÉ MARÍA DURÁN CASAS		VBM- 28	00:43:37	00:04:22	00:43:35	00:04:22	00:14:24	00:29:01		MILLADOIRO
143	228	SANTIAGO CARIDAD DOMINGUEZ		VAM- 57	00:43:45	00:04:23	00:43:39	00:04:22	00:13:59	00:28:53		SANTIAGO DE COMPOSTELA
144	16	GONZALO MATO ARMAS		VBM- 29	00:43:53	00:04:24	00:43:41	00:04:23	00:15:16	00:29:43	A.D.CERNE	PALAS DE REI
145	229	JESÚS LÓPEZ COELLO		VBM- 30	00:43:53	00:04:24	00:43:45	00:04:23	00:14:34	00:29:28		PONTEVEDRA
146	78	JESÚS COUSO GARCIA		VAM- 58	00:43:54	00:04:24	00:43:50	00:04:23	00:13:49	00:28:38	CLUB ATLETISMO NEGREIRA	NEGREIRA
147	170	JOSÉ ANTONIO ARAGUNDE DIESTE		VAM- 59	00:43:59	00:04:24	00:43:56	00:04:24	00:14:23	00:29:01	TRIATLON VILAGARCÍA/ATENAS RUNNING VDA	VILAGARCÍA DE AROUSA
148	133	FERNANDO JOSE BARAHONA MARTINEZ		VAM- 60	00:44:00	00:04:24	00:43:49	00:04:23	00:14:52	00:29:32	MILER VINTAGE RUNNING CLUB	PORTONOVO
149	26	MANUEL CALVO GERARDI		VCM- 9	00:44:09	00:04:25	00:44:04	00:04:25	00:14:51	00:29:28	GA 765833 ATLETISMO +9 MORAÑA	MORAÑA
150	238	RUBEN MILLAN		VBM- 31	00:44:12	00:04:26	00:44:09	00:04:25	00:14:36	00:29:29		GONDOMAR
151	207	JUAN ANTONIO RODRIGUEZ BACARIZA		VBM- 32	00:44:37	00:04:28	00:44:35	00:04:28	00:14:22	00:29:25		PONTEVEDRA
152	263	CARLOS DIAZ CORRAL		VBM- 33	00:44:43	00:04:29	00:44:36	00:04:28	00:14:56	00:29:53		FERROL
153	188	ANGEL JOSE TURRION PEREIRO		VBM- 34	00:44:48	00:04:29	00:44:42	00:04:29	00:14:52	00:29:48		A CORUÑA
154	25	ANGELES IGLESIAS SANTIAGO	F- 8	VB- 1	00:44:53	00:04:30	00:44:51	00:04:30	00:14:23	00:29:31	ATLETISMO +9 MORAÑA	PONTEVEDRA
155	266	AITOR PAZOS GÓMEZ		VAM- 61	00:44:59	00:04:30	00:44:55	00:04:30	00:14:53	00:29:55		PONTEVEDRA
156	5	ALVARO RODRIGUEZ GONZALEZ		VBM- 35	00:45:01	00:04:31	00:44:57	00:04:30	00:15:05	00:29:59	GA-768931 3&RUN BY PEDRO NIMO	SANTIAGO
157	235	ÁLVARO DE PRADO VÁZQUEZ		VBM- 36	00:45:02	00:04:31	00:44:57	00:04:30	00:14:37	00:29:58		VIGO
158	66	JOSE LUIS DAPENA TENORIO		VBM- 37	00:45:03	00:04:31	00:45:00	00:04:30	00:14:41	00:29:47	CAZAFANTASMAS TEAM	PONTEVEDRA
159	110	IRENE GUERRA	F- 9	SF- 5	00:45:06	00:04:31	00:45:04	00:04:31	00:15:06	00:30:01	COMESAÑA SPORTING CLUB	VIGO
160	182	MARIO PEREZ LOSADA		VBM- 38	00:45:15	00:04:32	00:45:09	00:04:31	00:14:45	00:30:02	AG2027739 VETERANOS DE SAMIL	VIGO
161	22	LUÍS PEREIRO GÓMEZ		VCM- 10	00:45:18	00:04:32	00:45:17	00:04:32	00:15:26	00:30:36	AG2019262T ASOCIACIÓN DEPORTIVA CERNE	PONTEVEDRA
162	105	DANIEL CASTRO CASTRO		SM- 44	00:45:20	00:04:32	00:45:12	00:04:32	00:15:20	00:30:27	CLUB TRIATLÓN ARCADEINFORHOUSE SANTIAGO	MILLADOIRO AMES
163	104	RUBÉN NEGREIRA MARTÍNEZ		SM- 45	00:45:20	00:04:32	00:45:19	00:04:32	00:12:40	00:29:26	CLUB TRIATLÓN ARCADEINFORHOUSE SANTIAGO	SANTIAGO DE COMPOSTELA
164	122	EUGENIO CHAMORRO RODRÍGUEZ		VCM- 11	00:45:31	00:04:34	00:45:21	00:04:33	00:15:20	00:30:29	JACKBAUERS	VIGO
165	295	ANGEL RAMÓN SOMOZA MUELLE		VBM- 39	00:45:38	00:04:34	00:45:25	00:04:33	00:15:17	00:30:24		VILANOVA DE AROUSA
166	248	EMILIO OTERO MAYORAL		VAM- 62	00:45:43	00:04:35	00:45:38	00:04:34	00:14:41	00:30:10		VILANOVA DE AROUSA
167	223	JOSÉ MARIA FERNANDEZ REY		VBM- 40	00:45:53	00:04:36	00:45:44	00:04:35	00:15:09	00:30:19		VILAGARCÍA DE AROUSA
168	230	HUGO DOVAL BARREIRO		SM- 46	00:45:53	00:04:36	00:45:44	00:04:35	00:15:09	00:30:19		VILAGARCIA DE AROUSA
169	171	RICARDO RODRÍGUEZ PIÑEIRO		VBM- 41	00:46:00	00:04:36	00:45:56	00:04:36	00:15:14	00:30:49	TRINORTH	VIGO

170	285	LUIS MIGUEL PAZOS AGRA	SM- 47	00:46:02	00:04:37	00:45:53	00:04:36	00:15:17	00:30:32			VILLAGARCIA
171	6	ENRIQUE REBOREDO DURÁN	SM- 48	00:46:03	00:04:37	00:45:59	00:04:36	00:15:06	00:30:24	GA 768939	3&RUN BY PEDRO NIMO	A ESTRADA
172	187	INDALECIO VIÑAS CAMBA	VBM- 42	00:46:05	00:04:37	00:46:04	00:04:37	00:15:19	00:30:53			PONTEVEDRA
173	313	IRIA NIETO ROMERO	F- 10 SF- 6	00:46:06	00:04:37	00:45:56	00:04:36	00:15:31	00:30:47			BEMBIBRE-VAL DO DUBRA
174	271	MARTIN CANCELA MAQUIEIRA	SM- 49	00:46:07	00:04:37	00:46:02	00:04:37	00:14:14	00:30:20			BARRO
175	318	CLAUDIO VERA SANMARTIN	VBM- 43	00:46:08	00:04:37	00:46:07	00:04:37	00:15:19	00:30:53		C.A. CAMBADOS - SEG. NOVAL	DENA-MEAÑO
176	220	FERNANDO CALVO BERNARDEZ	VBM- 44	00:46:10	00:04:37	00:46:02	00:04:37	00:15:19	00:30:51			PONTEVEDRA
177	141	GONZALO PAZOS GONZALEZ	VCM- 12	00:46:11	00:04:38	00:46:01	00:04:37	00:15:20	00:30:37		PONTE A CORRER	PONTEVEDRA
178	24	XOSE MANUEL PAMPIN FUCIÑOS	VCM- 13	00:46:13	00:04:38	00:46:00	00:04:36	00:16:30	00:31:24		ASOCIACIÓN DEPORTIVA CERNE	MELIDE
179	321	LORENZO MARCOS MATO ARMAS	VCM- 14	00:46:14	00:04:38	00:46:00	00:04:36	00:16:29	00:31:23			PALAS DE REI
180	233	MICHAEL STOCKHEIM GOMEZ	VAM- 63	00:46:14	00:04:38	00:46:06	00:04:37	00:15:52	00:31:13			POIO
181	195	JOSE LUIS SIMOES FERNANDEZ	VCM- 15	00:46:21	00:04:39	00:46:11	00:04:38	00:15:18	00:30:33			VIGO
182	305	PEDRO DIZ DIOS	VCM- 16	00:46:24	00:04:39	00:46:14	00:04:38	00:15:15	00:30:51			CANGAS
183	96	PEDRO ALONSO VÁZQUEZ	VAM- 64	00:46:28	00:04:39	00:46:24	00:04:39	00:14:38	00:30:27		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
184	257	ALBERTO RODILES RIOS	VAM- 65	00:46:49	00:04:41	00:46:38	00:04:40	00:15:19	00:30:39			SANTIAGO DE COMPOSTELA
185	196	IGNACIO VARELA GÓMEZ	VAM- 66	00:46:51	00:04:42	00:46:47	00:04:41	00:15:26	00:31:08			SANTIAGO
186	255	PABLO RAÑA DIEZ	VAM- 67	00:46:52	00:04:42	00:46:45	00:04:41	00:15:18	00:31:05			SANTIAGO DE COMPOSTELA
187	265	ROBERTO PORTELA RODRÍGUEZ	SM- 50	00:46:55	00:04:42	00:46:47	00:04:41	00:15:29	00:30:58			CATOIRA
188	142	JOSEFA TRABAZO GARCIA	F- 11 VBF- 2	00:46:56	00:04:42	00:46:46	00:04:41	00:15:21	00:31:07		PONTE A CORRER	PONTEVEDRA
189	206	LETICIA ALARCÓN SABARÍS	F- 12 SF- 7	00:46:58	00:04:42	00:46:55	00:04:42	00:15:19	00:31:07			PORTONOVO
190	219	CARLOS REGUEIRA DE LA IGLESIA	SM- 51	00:47:06	00:04:43	00:46:53	00:04:42	00:16:39	00:32:23			PONTEVEDRA
191	189	ALBERTO MARTICORENA RODRIGUEZ	VAM- 68	00:47:06	00:04:43	00:46:53	00:04:42	00:16:38	00:32:23			PONTEVEDRA
192	59	FRANCISCO OCHOA VIDAL	VCM- 17	00:47:07	00:04:43	00:47:02	00:04:43	00:15:34	00:31:29		C.D. RIA DE AROUSA O GROVE	O GROVE
193	47	CHUS OTERO OTERO	F- 13 VAF- 4	00:47:12	00:04:44	00:47:09	00:04:43	00:15:15	00:31:08		C.A.CAMBADOS - SEGUROS NOVAL	CAMBADOS
194	48	GERARDO PEREZ PRIETO	VAM- 69	00:47:12	00:04:44	00:47:09	00:04:43	00:15:15	00:31:08		C.A.CAMBADOS S.NOVAL	CAMBADOS
195	39	JUAN JOSE MAQUIEIRA CACABELOS	VBM- 45	00:47:16	00:04:44	00:47:09	00:04:43	00:15:53	00:31:54		C. A. CAMBADOS-SEGUROS NOVAL	PORTONOVO
196	261	ALFREDO DORRIBO ARES	VAM- 70	00:47:20	00:04:44	00:47:10	00:04:43	00:15:59	00:31:55			XINZO DE LIMIA
197	322	OSCAR TORRES REGO	VAM- 71	00:47:32	00:04:46	00:47:27	00:04:45	00:15:09	00:31:01			MORAÑA
198	242	JERONIMO GOMEZ MOURIÑO	VAM- 72	00:47:33	00:04:46	00:47:22	00:04:45	00:15:15	00:31:13			SANXENXO
199	299	JORGE CALVO CASTRO	XM- 1	00:47:33	00:04:46	00:47:25	00:04:45	00:15:29	00:31:39			PONTEVEDRA
200	14	FERNANDO OTERO RAMIREZ	VBM- 46	00:47:33	00:04:46	00:47:24	00:04:45	00:15:49	00:31:44		A BOUZA SPRINT	VIGO
201	140	MANUEL PAZOS MARTINEZ	VBM- 47	00:47:38	00:04:46	00:47:28	00:04:45	00:15:53	00:32:01		PONTE A CORRER	PONTEVEDRA
202	75	JOSE GOMEZ BIOQUE	VCM- 18	00:47:39	00:04:46	00:47:33	00:04:46	00:16:06	00:32:06		CLUB ATLETISMO CAMBADOS-SEGUROS NOVAL	CAMBADOS
203	212	BASILIO CAMIÑA UCHA	SM- 52	00:47:40	00:04:46	00:47:31	00:04:46	00:15:51	00:31:51			MEAÑO
204	193	RAMÓN DOMÍNGUEZ CASTRO	VBM- 48	00:47:40	00:04:46	00:47:31	00:04:46	00:15:51	00:31:52			MEAÑO
205	252	LUIS CARDALDA FRESCO	VBM- 49	00:47:41	00:04:47	00:47:26	00:04:45	00:16:17	00:32:00			VILLARGARCIA
206	120	JOSE PAULOS LOBATO	VBM- 50	00:47:41	00:04:47	00:47:27	00:04:45	00:16:17	00:32:00		GALITAR RUNNERS	VILAGARCÍA DE AROUSA
207	216	JOSE LUIS PADIN COUSIDO	VCM- 19	00:47:43	00:04:47	00:47:35	00:04:46	00:16:06	00:32:06			SANXENXO
208	125	DANIEL RICARTE CARBALLO	SM- 53	00:47:49	00:04:47	00:47:41	00:04:47	00:16:36	00:32:24		MAIS QUE AUGA	PONTEVEDRA
209	293	ALEJANDRO PÉREZ ABOLI	VBM- 51	00:47:54	00:04:48	00:47:44	00:04:47	00:15:24	00:31:08			CAMBRE
210	115	JOSE ALBERTO PEREZ DIAZ	VCM- 20	00:48:01	00:04:49	00:47:50	00:04:47	00:16:16	00:32:14		CORRESIERO ATLETISMO	EL BERRON
211	57	JOSE RAMON MUELLE GONZALEZ	VAM- 73	00:48:07	00:04:49	00:48:01	00:04:49	00:15:18	00:31:33		C.A.CAMBADOS-SEG.NOVAL	CAMBADOS
212	307	ÁNGEL PANTÍN REIGADA	VCM- 21	00:48:09	00:04:49	00:47:58	00:04:48	00:16:30	00:32:18			SANTIAGO DE COMPOSTELA
213	210	MARÍA FRAGA RIVAS	F- 14 SF- 8	00:48:15	00:04:50	00:48:07	00:04:49	00:16:00	00:32:07			A CORUÑA
214	45	RAMON DAPORTA FERNANDEZ	VCM- 22	00:48:22	00:04:51	00:48:14	00:04:50	00:16:09	00:32:10		C.A.C.CAMBADOS-SEG.NOVAL	CAMBADOS
215	8	MARIA CORREDOIRA BALEATO	F- 15 VAF- 5	00:48:23	00:04:51	00:48:16	00:04:50	00:15:59	00:32:10	AG768081	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A CORUÑA
216	117	JESÚS RODRÍGUEZ TORRES	VAM- 74	00:48:25	00:04:51	00:48:20	00:04:50	00:15:26	00:31:51		ERIKA PILATES TEAM	LUGO
217	249	RAMÓN FERNANDEZ DACAL	VBM- 52	00:48:30	00:04:51	00:48:19	00:04:50	00:16:27	00:32:38			LUGO
218	143	ANGEL PIÑEIRO CHAVES	VAM- 75	00:48:33	00:04:52	00:48:28	00:04:51	00:15:58	00:32:14		PUNTA CABALO	VILALONGA
219	53	NESTI PIÑEIRO SANTORUN	F- 16 VAF- 6	00:48:45	00:04:53	00:48:38	00:04:52	00:16:05	00:32:08		C.A.CAMBADOS-SEG. NOVAL	CAMBADOS
220	306	ENRIQUE DIZ DIOS	VBM- 53	00:48:52	00:04:54	00:48:39	00:04:52	00:15:56	00:32:25			VIGO
221	88	JOSÉ RAMÓN LAMELAS NOVAS	VBM- 54	00:49:13	00:04:56	00:49:08	00:04:55	00:15:51	00:32:22		CLUB CICLISTA O GROVE	O GROVE
222	198	JULIO CORDONIÉ PORTO	VBM- 55	00:49:22	00:04:57	00:49:15	00:04:56	00:15:48	00:32:20			A CORUÑA
223	256	JUAN CARLOS ALFARO CEBRIÁN	VBM- 56	00:49:24	00:04:57	00:49:07	00:04:55	00:16:37	00:33:02			PONTEVEDRA
224	245	ADRIAN NAVIA GIRALDEZ	SM- 54	00:49:25	00:04:57	00:49:16	00:04:56	00:15:52	00:32:42			VILAGARCÍA DE AROUSA
225	121	MANUEL FUENTES MARTINEZ	VBM- 57	00:49:37	00:04:58	00:49:21	00:04:57	00:16:59	00:33:32		INDALSU	PORTAS
226	302	ROBERTO FEIJOO REY	SM- 55	00:49:46	00:04:59	00:49:33	00:04:58	00:16:42	00:33:12			CAMBADOS
227	317	JOSÉ ANTONIO ARMINIO GOMEZ	VCM- 23	00:49:48	00:04:59	00:49:39	00:04:58	00:16:34	00:32:54			ARANJUEZ

