

VII CARREIRA POPULAR CONCELLO DE FRIOL, Friol 27/04/2019

Proba Absoluta. Distancia: 5.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Licenza	Club	Localidade
1	77	JUAN A. GUDE VILA		BM- 1	00:15:44	00:03:09	00:15:44	00:03:09		MONTEPENARRUBIA LUGO MASCH	LUGO
2	23	ADRIÁN LAGE		S20/23M- 1	00:16:00	00:03:12	00:16:00	00:03:12		Atletismo FriolH	FRIOL
3	49	ANTON RODRIGUEZ GONZALEZ		AM- 1	00:16:27	00:03:18	00:16:27	00:03:18	FEDERADO	Compitrueno teamH	CASTRO RIBERAS DE LEA
4	151	PEDRO ESCOLANTE BILBAO		AM- 2	00:16:37	00:03:20	00:16:37	00:03:20			GUITIRIZ
5	118	JOSÉ MARÍA DÍAZ DÍAZ		AM- 3	00:16:44	00:03:21	00:16:44	00:03:21	GA-20469		LUGO
6	68	JESUS CORRAL MATO		AM- 4	00:17:03	00:03:25	00:17:03	00:03:25		MONTEPENARRUBIA LUGO MASCH	LUGO
7	81	RUBÉN VÁZQUEZ VÁZQUEZ		AM- 5	00:17:26	00:03:30	00:17:25	00:03:29		MONTEPENARRUBIA LUGO MASCH	OUTEIRO DE REI
8	63	DAVID CRUZ SOTO		AM- 6	00:17:31	00:03:31	00:17:30	00:03:30			GUITIRIZ
9	139	XIÁN RODRÍGUEZ PUENTE		AM- 7	00:17:35	00:03:31	00:17:35	00:03:31	GA766171		A PONTENOVA
10	92	MANUEL MARTINEZ FERNANDEZ		BM- 2	00:17:35	00:03:31	00:17:33	00:03:31		CORRE POR BEGONTEH	RABADE
11	403	CARLOS LÓPEZ MORAL		S18M- 1	00:17:37	00:03:32	00:17:36	00:03:32	T AG 770041		MONFORTE DE LEMOS
12	141	ALVARO COSTA RIVAS		AM- 8	00:17:40	00:03:32	00:17:40	00:03:32			LUGO
13	58	MANUEL EIRAS RODRÍGUEZ		AM- 9	00:17:46	00:03:34	00:17:46	00:03:34			FOZ
14	124	PABLO CAMPO BAAMONDE		AM- 10	00:17:48	00:03:34	00:17:47	00:03:34			LUGO
15	61	PABLO FERNÁNDEZ GARCÍA		CM- 1	00:17:48	00:03:34	00:17:46	00:03:34			RIBADEO
16	127	FRANCISCO ANTONIO CABANAS ARGEREY		CM- 2	00:17:51	00:03:35	00:17:50	00:03:34			LUGO
17	198	JOSÉ MANUEL IGLESIAS LOURÉS		AM- 11	00:17:53	00:03:35	00:17:50	00:03:34			LUGO
18	94	JOSE ULLA ROCHA		BM- 3	00:17:53	00:03:35	00:17:53	00:03:35		CORRE POR BEGONTEH	BEGONTE
19	137	PABLO DIAZ ATANES		AM- 12	00:17:54	00:03:35	00:17:53	00:03:35			RÁBADE
20	14	DAVID PÁJARO VARELA		AM- 13	00:17:57	00:03:36	00:17:53	00:03:35	AG2027135		MELIDE
21	117	KEVIN DARRIBA CORRAL		S20/23M- 2	00:17:57	00:03:36	00:17:56	00:03:36			LUGO
22	326	EMILIO GARCÍA VÁZQUEZ		BM- 4	00:17:59	00:03:36	00:17:58	00:03:36			ARZUA
23	39	JESÚS RIVAS PRADO		BM- 5	00:18:00	00:03:36	00:17:58	00:03:36		Atletismo FriolH	LUGO
24	115	HIGINIO RODRÍGUEZ SOUTO		CM- 3	00:18:03	00:03:37	00:18:02	00:03:37			LUGO
25	13	JOSÉ MANUEL PENA SUÁREZ		BM- 6	00:18:05	00:03:37	00:18:05	00:03:37			ARTEIXO
26	50	MARCO FERREIRO OTERO		AM- 14	00:18:06	00:03:38	00:18:04	00:03:37	M2670		GUITIRIZ
27	193	CRISTÓBAL DAFONTE DIEGUEZ		BM- 7	00:18:07	00:03:38	00:18:03	00:03:37			LALIN
28	140	DAVID VEIGA ARROJO		AM- 15	00:18:08	00:03:38	00:18:07	00:03:38	GA765524		LUGO
29	155	SAÚL VALCARCEL NOVO		CM- 4	00:18:08	00:03:38	00:18:07	00:03:38			CASTROVERDE
30	4	ANTONIO SOUTO PRIETO		S20/23M- 3	00:18:13	00:03:39	00:18:13	00:03:39			VILALBA
31	331	CARLOS CAMPOS VÁZQUEZ		BM- 8	00:18:14	00:03:39	00:18:12	00:03:39			SANTIAGO DE COMPOSTELA
32	197	ADRIÁN CORRAL MATO		AM- 16	00:18:14	00:03:39	00:18:12	00:03:39			LUGO
33	128	ANTONIO CABADO LOURES		BM- 9	00:18:20	00:03:40	00:18:19	00:03:40			LUGO
34	60	IVAN SEGADÉ CAROU		AM- 17	00:18:29	00:03:42	00:18:26	00:03:42	AG-766602		A CORUÑA
35	405	JOSE CARLOS PEREIRA REY		CM- 5	00:18:29	00:03:42	00:18:26	00:03:42			ARTEIXO
36	167	MARCOS CARRAL SUÁREZ		AM- 18	00:18:31	00:03:43	00:18:29	00:03:42			SAAVEDRA
37	103	EDUARDO OTERO SALGADO		CM- 6	00:18:32	00:03:43	00:18:30	00:03:42			LUGO
38	11	JUAN PABLO LÓPEZ VÁZQUEZ		BM- 10	00:18:34	00:03:43	00:18:31	00:03:43		Abrente LugoH	LUGO

39	99 JOSE MANUEL ALVAREZ RIVAS		CM- 7	00:18:35	00:03:43	00:18:34	00:03:43			LUGO
40	145 VICTOR LÓPEZ BELLO		AM- 19	00:18:36	00:03:44	00:18:35	00:03:43		VERXEL Nutrición DeportivaH	GUITIRIZ
41	101 TITO GALLEGO MOURE		CM- 8	00:18:38	00:03:44	00:18:37	00:03:44			LUGO
42	121 JORGE VEIGA CARBALLED0		BM- 11	00:18:40	00:03:44	00:18:40	00:03:44			CASTROVERDE
43	22 JOSE ANTONIO OROZCO VAZQUEZ		BM- 12	00:18:44	00:03:45	00:18:42	00:03:45			MONFORTE DE LEMOS
44	75 ALEJANDRO GONZALEZ MONTERO		AM- 20	00:18:47	00:03:46	00:18:43	00:03:45		MONTEPENARRUBIA LUGO MASCH	LUGO
45	152 LUIS LOPEZ VAZQUEZ		BM- 13	00:18:50	00:03:46	00:18:48	00:03:46		VERXEL Nutrición DeportivaH	GUITIRIZ
46	34 SAMUEL CASTEDO HERMIDA		S18M- 2	00:18:53	00:03:47	00:18:51	00:03:47		Atletismo FriolH	FRIOL
47	113 ANA BELEN GONZALEZ MARGARIDE	F- 1	BF- 1	00:18:57	00:03:48	00:18:57	00:03:48			A PONTENOVA
48	138 JOSE LUIS CARRAL GARCIA		BM- 14	00:18:59	00:03:48	00:18:56	00:03:48		Atletismo FriolH	LUGO
49	122 ÁLVARO VALÍN GONZÁLEZ		AM- 21	00:19:03	00:03:49	00:19:01	00:03:49			GUNTIN
50	31 NEMESIO GUTIÉRREZ GONZÁLEZ		DM- 1	00:19:05	00:03:49	00:19:03	00:03:49	AG 2025144	Atletismo FriolH	LUGO
51	144 JOSE MARIA PÉREZ OTERO		CM- 9	00:19:06	00:03:50	00:19:06	00:03:50		VERXEL Nutrición DeportivaH	LUGO
52	40 MARCOS LAGE ARES		BM- 15	00:19:07	00:03:50	00:19:04	00:03:49			FRIOL
53	158 IVÁN DIÉGUEZ BALADRÓN		BM- 16	00:19:08	00:03:50	00:19:05	00:03:49			OURENSE
54	149 ABRAHAM TORRE SOENGAS		AM- 22	00:19:09	00:03:50	00:19:08	00:03:50	AG 610768	VERXEL Nutrición DeportivaH	LUGO
55	114 VICTOR MANUEL ALVAREZ PRIEGUE		CM- 10	00:19:11	00:03:51	00:19:11	00:03:51			LUGO
56	312 LUIS MOSQUERA GONZÁLEZ		AM- 23	00:19:12	00:03:51	00:19:02	00:03:49			BOIMORTO
57	89 JOSE ANTONIO LOPEZ PUENTE		BM- 17	00:19:12	00:03:51	00:19:09	00:03:50		CORRE POR BEGONTEH	BEGONTE
58	21 MÓNICA NIEVES FERNANDEZ	F- 2	AF- 1	00:19:13	00:03:51	00:19:08	00:03:50			ESCAIRON
59	307 MARCOS BURGO LÁZARE		S18M- 3	00:19:16	00:03:52	00:19:12	00:03:51			FRIOL
60	323 ANTONIO REY GRAÑA		CM- 11	00:19:19	00:03:52	00:19:09	00:03:50			TEIXEIRO, CURTIS
61	341 JOSÉ ÁNGEL GARCÍA EXPÓSITO		AM- 24	00:19:28	00:03:54	00:19:25	00:03:53			MONTERROSO
62	125 CARLOS GARCIA LOPEZ		BM- 18	00:19:32	00:03:55	00:19:27	00:03:54			LUGO
63	189 CARLOS NIEVES FERNANDEZ		AM- 25	00:19:32	00:03:55	00:19:29	00:03:54			MONFORTE DE LEMOS
64	150 MANUEL VÁZQUEZ RAMOS		BM- 19	00:19:33	00:03:55	00:19:30	00:03:54		VERXEL Nutrición DeportivaH	ARANGA
65	90 JOSE LUIS FREIRE REGUEIRO		BM- 20	00:19:41	00:03:57	00:19:40	00:03:56		CORRE POR BEGONTEH	RABADE
66	106 EMILIO VEIGA PIÑEIRO		CM- 12	00:19:44	00:03:57	00:19:41	00:03:57			LUGO
67	19 JESÚS ASTRAY CASTRO		CM- 13	00:19:45	00:03:57	00:19:38	00:03:56			A CORUÑA
68	1 ANA ABUÍN RODRÍGUEZ	F- 3	AF- 2	00:19:47	00:03:58	00:19:45	00:03:57			LUGO
69	153 MARCOS ANTONIO PRADO FANDIÑO		AM- 26	00:19:55	00:03:59	00:19:54	00:03:59			LUGO
70	52 JOSE LUIS FONTAO GARCIA		BM- 21	00:20:01	00:04:01	00:19:59	00:04:00			LUGO
71	102 JOSÉ ANTONIO REY FERNÁNDEZ		CM- 14	00:20:03	00:04:01	00:19:58	00:04:00			LUGO
72	26 FIDEL ERNESTO ARES SOLLA		S18M- 4	00:20:07	00:04:02	00:20:03	00:04:01			LUGO
73	143 VICENTE SANMARTIN VIGO		BM- 22	00:20:11	00:04:03	00:20:09	00:04:02	AG2016720	VERXEL Nutrición DeportivaH	GUITIRIZ
74	91 ALBERTO LOPEZ PRADO		BM- 23	00:20:18	00:04:04	00:20:13	00:04:03		CORRE POR BEGONTEH	RABADE
75	308 RAMON GONZÁLEZ VAZQUEZ		S18M- 5	00:20:24	00:04:05	00:20:21	00:04:05			MONFORTE DE LEMOS
76	107 ADRIÁN VILELA DARRIBA		AM- 27	00:20:27	00:04:06	00:20:27	00:04:06			LUGO
77	353 BRAIS GARCIA VALIN		S20/23M- 4	00:20:31	00:04:07	00:20:29	00:04:06			GUNTIN
78	187 ARMANDO RODRIGUEZ MARTINEZ		CM- 15	00:20:32	00:04:07	00:20:27	00:04:06			MONFORTE DE LEMOS
79	69 ADRIÁN BARRERA GONZÁLEZ		AM- 28	00:20:33	00:04:07	00:20:29	00:04:06		MONTEPENARRUBIA LUGO MASCH	BEGONTE
80	164 JAVIER FERNANDEZ GARCIA		BM- 24	00:20:34	00:04:07	00:20:30	00:04:06			LUGO
81	120 ANA VALLINES FERNÁNDEZ	F- 4	S18F- 1	00:20:36	00:04:08	00:20:35	00:04:07			LOURENZÁ

82	332	RAFAEL CASANOVA PETEIRO		AM- 29	00:20:37	00:04:08	00:20:32	00:04:07			FRIOL
83	171	JOSÉ MANUEL NÚÑEZ NÚÑEZ		AM- 30	00:20:39	00:04:08	00:20:28	00:04:06			SANTA MARÍA ALTA
84	188	JULIO DIAZ DIAZ		AM- 31	00:20:39	00:04:08	00:20:35	00:04:07			MURAS
85	18	MANUEL FONTENLA MUIÑO		CM- 16	00:20:40	00:04:08	00:20:33	00:04:07			CAMBRE
86	15	XABIER VARELA LOPEZ		BM- 25	00:20:42	00:04:09	00:20:37	00:04:08	AG 2016307		MELIDE
87	62	JOSE MANUEL CARREIRA NÚÑEZ		CM- 17	00:20:43	00:04:09	00:20:39	00:04:08			OUTERO DE REI
88	8	CARLOS BREIJO TEIXEIRA		BM- 26	00:20:45	00:04:09	00:20:42	00:04:09	Abrente LugoH		LUGO
89	185	JAVIER CASTRO PUMARES		BM- 27	00:20:47	00:04:10	00:20:42	00:04:09			CASTRO RIBERAS DE LEA
90	347	LUIS CASTRO CUPEIRO		BM- 28	00:20:53	00:04:11	00:20:52	00:04:11			LUGO
91	10	JESÚS REY GRAÑA		BM- 29	00:20:56	00:04:12	00:20:52	00:04:11	Abrente LugoH		LUGO
92	17	PEDRO BARANGA ARES		BM- 30	00:21:01	00:04:13	00:20:54	00:04:11			A CORUÑA
93	186	JAVIER FERNÁNDEZ CASTIÑEIRA		AM- 32	00:21:03	00:04:13	00:20:55	00:04:11			LUGO
94	351	MIGUEL DIAZ BOTANA		AM- 33	00:21:03	00:04:13	00:21:01	00:04:13			LUGO
95	7	MANUEL LÓPEZ LODEIRO		BM- 31	00:21:07	00:04:14	00:21:04	00:04:13	Abrente LugoH		FRIOL
96	59	MARÍA CEDRÓN	F- 5	S20/23F- 1	00:21:12	00:04:15	00:21:10	00:04:14			MONFORTE DE LEMOS
97	56	MARCELINO MANEIRO MANEIRO		BM- 32	00:21:13	00:04:15	00:21:11	00:04:15			FRIOL
98	301	LUIS GAREA PAMPIN		BM- 33	00:21:15	00:04:15	00:21:12	00:04:15			MELIDE
99	20	RAMIRO MENDEZ RODRIGUEZ		DM- 2	00:21:16	00:04:16	00:21:11	00:04:15	GA 764308		MONFORTE DE LEMOS
100	16	MARCELO BELLO GOMEZ		CM- 18	00:21:19	00:04:16	00:21:13	00:04:15			VILABOA CULLEREDO
101	174	ASIER NAVIA CONDE		AM- 34	00:21:20	00:04:16	00:21:20	00:04:16			LUGO
102	74	TONI BLANCO GONZALEZ		AM- 35	00:21:26	00:04:18	00:21:23	00:04:17	AG769153	MONTEPENARRUBIA LUGO MASCH	LUGO
103	348	FRANCISCO XOSE CANDIA DURAN		BM- 34	00:21:28	00:04:18	00:21:25	00:04:17			LUGO
104	157	MANUEL VILA CARBALLEDO		DM- 3	00:21:30	00:04:18	00:21:28	00:04:18			LUGO
105	42	ALVARO CASTEDO GONZALEZ		BM- 35	00:21:32	00:04:19	00:21:28	00:04:18	Atletismo FriolH		FRIOL
106	105	JOSE LUIS GARCIA INGERTO		AM- 36	00:21:33	00:04:19	00:21:30	00:04:18			LUGO
107	2	KARINA PASARIN MON	F- 6	BF- 2	00:21:33	00:04:19	00:21:31	00:04:19			LUGO
108	154	JOSE MANUEL FERNANDEZ SANGIAO		CM- 19	00:21:34	00:04:19	00:21:33	00:04:19			LUGO
109	182	JOSE QUIROGA GARCÍA		AM- 37	00:21:36	00:04:20	00:21:26	00:04:18			LUGO
110	401	SUSO RODRÍGUEZ		CM- 20	00:21:37	00:04:20	00:21:33	00:04:19	Atletismo FriolH		AMES
111	196	TERESA CORRAL MARCOS	F- 7	CF- 1	00:21:41	00:04:21	00:21:38	00:04:20			LUGO
112	179	RICARDO CASANOVA DÍAZ		AM- 38	00:21:55	00:04:23	00:21:51	00:04:23			LUGO
113	315	FRANCISCO NÚÑEZ SOUSA		DM- 4	00:22:01	00:04:25	00:21:55	00:04:23			MADRID
114	104	JOSE MANUEL ALONSO PEREZ		DM- 5	00:22:01	00:04:25	00:21:57	00:04:24			LUGO
115	53	IRIA RANCAÑO OTERO	F- 8	AF- 3	00:22:07	00:04:26	00:22:03	00:04:25			LUGO
116	170	JOSÉ MANUEL PORRAL FRAMIÑÁN		AM- 39	00:22:14	00:04:27	00:22:08	00:04:26			LALÍN
117	54	GONZALO PARDEIRO AMIL		AM- 40	00:22:14	00:04:27	00:22:06	00:04:26			LUGO
118	334	NICOLÁS SÁNCHEZ		S20/23M- 5	00:22:17	00:04:28	00:22:13	00:04:27			PALAS DE REI
119	195	JESUS VARELA ROIBAS		BM- 36	00:22:18	00:04:28	00:22:13	00:04:27			LUGO
120	311	IVAN BUSTO CARRETE		BM- 37	00:22:21	00:04:29	00:22:20	00:04:28	MONTEPENARRUBIA LUGO MASCH		LUGO
121	325	PABLO VIDAL FERREÑO		CM- 21	00:22:22	00:04:29	00:22:13	00:04:27			BETANZOS
122	168	ALFONSO CARRERA VILLASANTE		BM- 38	00:22:24	00:04:29	00:22:18	00:04:28			LUGO
123	87	LUIS ILLÁN GAY		AM- 41	00:22:26	00:04:30	00:22:20	00:04:28	CORRE POR BEGONTEH		OUTEIRO DE REI
124	129	ANGEL CARREIRA SOMOZA		BM- 39	00:22:29	00:04:30	00:22:27	00:04:30			LUGO

125	76 LETICIA VIZCAÍNO CELA	F- 9	AF- 4	00:22:30	00:04:30	00:22:25	00:04:29	MONTEPENARRUBIA LUGO FEMF	LUGO
126	80 ENRIQUE LOPEZ FOLGUEIRAS		DM- 6	00:22:30	00:04:30	00:22:24	00:04:29	MONTEPENARRUBIA LUGO MASCH	LUGO
127	337 XESUS REBOLO TABOADA		S20/23M- 6	00:22:31	00:04:31	00:22:27	00:04:30		PALAS DE REI
128	183 JUAN CARLOS DOVAL QUIÑONES		AM- 42	00:22:42	00:04:33	00:22:37	00:04:32		VALDORREGUEIRO
129	5 JOSÉ FILGUEIRA MELÉNDEZ		CM- 22	00:22:46	00:04:34	00:22:42	00:04:33		MELIDE
130	9 ALBERTO LÓPEZ VÁZQUEZ		BM- 40	00:22:50	00:04:34	00:22:47	00:04:34	Abrente LugoH	LUGO
131	163 JUAN CARLOS FERRO FERNÁNDEZ		BM- 41	00:22:54	00:04:35	00:22:47	00:04:34		LUGO
132	110 MARÍA JESÚS CONDE RODRÍGUEZ	F- 10	AF- 5	00:22:56	00:04:36	00:22:52	00:04:35		LUGO
133	98 JESÚS RODRÍGUEZ TORRES		BM- 42	00:23:05	00:04:37	00:22:59	00:04:36		LUGO
134	159 RAQUEL GUIZAN CASTRO	F- 11	AF- 6	00:23:09	00:04:38	00:23:03	00:04:37		VILALBA
135	352 JOSE CARLOS CARREGAL SANCHEZ		CM- 23	00:23:14	00:04:39	00:23:09	00:04:38		LUGO
136	350 JOSE CARLOS GONZALEZ MONTERO		BM- 43	00:23:19	00:04:40	00:23:13	00:04:39		LUGO
137	67 PABLO FLORES OBARRIO		BM- 44	00:23:20	00:04:40	00:23:15	00:04:39	MONTEPENARRUBIA LUGO MASCH	LUGO
138	66 FRANCISCO GONZALEZ GONZALEZ		BM- 45	00:23:23	00:04:41	00:23:16	00:04:40		LUGO
139	178 ROCÍO RODRÍGUEZ ARES	F- 12	AF- 7	00:23:34	00:04:43	00:23:31	00:04:43		CURTIS
140	345 VANESA BLANCO CRUZ	F- 13	S18F- 2	00:23:41	00:04:45	00:23:36	00:04:44		FRIOL
141	354 JOSE ANGEL GONZALEZ LUCAS		BM- 46	00:23:42	00:04:45	00:23:42	00:04:45		LUGO
142	310 LUCÍA PEON SANTOME	F- 14	AF- 8	00:23:44	00:04:45	00:23:37	00:04:44		LALIN
143	192 MARÍA SOUTO PRIETO	F- 15	AF- 9	00:23:47	00:04:46	00:23:46	00:04:46		VILALBA
144	317 ALBERTO FIDALGO PESQUERA		AM- 43	00:23:49	00:04:46	00:23:42	00:04:45		PERILLO
145	161 ALEJANDRO VIÑAS ROMERO		BM- 47	00:23:54	00:04:47	00:23:48	00:04:46		LUGO
146	79 NESTOR ARIAS PAZ		BM- 48	00:24:00	00:04:48	00:23:50	00:04:46	MONTEPENARRUBIA LUGO MASCH	LUGO
147	336 JOSE MANUEL IGLESIAS PENA		CM- 24	00:24:06	00:04:50	00:24:00	00:04:48		LUGO
148	57 EUGENIO RODRÍGUEZ NÚÑEZ		DM- 7	00:24:07	00:04:50	00:23:58	00:04:48		LUGO
149	340 CARLOS LÓPEZ ROIBÁS		DM- 8	00:24:07	00:04:50	00:24:00	00:04:48		LUGO
150	108 ELISEO CORRAL VEIGA		DM- 9	00:24:08	00:04:50	00:24:02	00:04:49	AG 767011	LUGO
151	136 JUAN JOSE ORTEGA ORTEGA		BM- 49	00:24:18	00:04:52	00:24:12	00:04:51		LUGO
152	126 JOSE ANGEL VAZQUEZ REY		CM- 25	00:24:19	00:04:52	00:24:13	00:04:51		LUGO
153	147 ANTONIO TORRE MEJÍA		DM- 10	00:24:32	00:04:55	00:24:28	00:04:54	VERXEL Nutrición DeportivaH	LUGO
154	123 OLGA PAZ SEÑORANS	F- 16	AF- 10	00:24:34	00:04:55	00:24:28	00:04:54	MONTEPENARRUBIA LUGO FEMF	LUGO
155	73 RUBÉN POSE		AM- 44	00:24:37	00:04:56	00:24:32	00:04:55	MONTEPENARRUBIA LUGO MASCH	LUGO
156	84 MANUEL RAMIRO RODRÍGUEZ RODRÍGUEZ		CM- 26	00:24:37	00:04:56	00:24:25	00:04:53		LUGO
157	314 LUISA RODRIGUEZ PARRA	F- 17	DF- 1	00:24:39	00:04:56	00:24:36	00:04:56		MADRID
158	318 MANUEL BASOA RODRIGUEZ		AM- 45	00:24:43	00:04:57	00:24:40	00:04:56		FENE
159	180 LUIS HERRERO LÓPEZ		CM- 27	00:24:43	00:04:57	00:24:37	00:04:56		LUGO
160	24 MANUEL CEIDE SANTOS		DM- 11	00:24:44	00:04:57	00:24:40	00:04:56		FRIOL
161	313 PABLO FERNANDEZ VILLAMARIN		BM- 50	00:24:46	00:04:58	00:24:38	00:04:56		LALIN
162	327 MARCOS LÓPEZ CORREDOIRA		BM- 51	00:24:46	00:04:58	00:24:35	00:04:55		LUGO
163	201 JUAN GORGOSO FERNÁNDEZ		CM- 28	00:24:50	00:04:58	00:24:40	00:04:56		LUGO
164	119 ROSALÍA LÓPEZ LÓPEZ	F- 18	AF- 11	00:24:50	00:04:58	00:24:43	00:04:57		SANTALLA DE LAMAS
165	191 ANTONIO SOUTO REGO		CM- 29	00:25:00	00:05:00	00:24:54	00:04:59		VILALBA
166	97 EMILIO GONTA PEREIRO		DM- 12	00:25:00	00:05:00	00:24:56	00:05:00		LUGO
167	175 PAULA PALMEIRO IGLESIAS	F- 19	AF- 12	00:25:01	00:05:01	00:24:57	00:05:00		LUGO

168	82	ISABEL MARGARITA DIAZ DOMÍNGUEZ	F- 20	CF- 2	00:25:18	00:05:04	00:25:08	00:05:02	AG2022418	MONTEPENARRUBIA LUGO FEMF	OTERO DE REY
169	156	CRISTINA GUIZAN CASTRO	F- 21	BF- 3	00:25:21	00:05:05	00:25:14	00:05:03			LUGO
170	176	JESÚS BERNAL GÓMEZ		DM- 13	00:25:37	00:05:08	00:25:35	00:05:07			FERROL
171	32	JOSE ANGEL VAZQUEZ MARTINEZ		CM- 30	00:25:37	00:05:08	00:25:24	00:05:05			FRIOL
172	65	RAFAEL RODRÍGUEZ VEIGA		BM- 52	00:25:42	00:05:09	00:25:36	00:05:08		MONTEPENARRUBIA LUGO MASCH	LUGO
173	135	CARLOS SOENGAS LOPEZ		DM- 14	00:25:47	00:05:10	00:25:38	00:05:08			LUGO
174	96	CARMEN NOVO VARELA	F- 22	DF- 2	00:25:51	00:05:11	00:25:46	00:05:10			LUGO
175	404	ISABEL RIO BRAÑA	F- 23	BF- 4	00:25:57	00:05:12	00:25:53	00:05:11			LUGO
176	202	Mª JOSÉ LOPEZ SILVA	F- 24	BF- 5	00:26:02	00:05:13	00:25:53	00:05:11			VILALBA
177	35	REBECA CORRAL RODRÍGUEZ	F- 25	BF- 6	00:26:14	00:05:15	00:26:07	00:05:14		Atletismo Friol RapazasF	FRIOL
178	177	PATRICIA LÓPEZ LOPEZ	F- 26	AF- 13	00:26:16	00:05:16	00:26:07	00:05:14			LUGO
179	85	RAFAEL DIZ VEIGA		CM- 31	00:26:17	00:05:16	00:26:10	00:05:14			LUGO
180	38	LILIANA CASTIÑEIRA SANTOS	F- 27	AF- 14	00:26:25	00:05:17	00:26:17	00:05:16		Atletismo Friol RapazasF	FRIOL
181	109	RAMIRO LOPEZ SOUTO		CM- 32	00:26:25	00:05:17	00:26:18	00:05:16			LUGO
182	339	JAVIER FRANCOS CHAO		CM- 33	00:26:29	00:05:18	00:26:17	00:05:16			VILALBA
183	30	ANA MARIA HERMIDA MEILAN	F- 28	AF- 15	00:26:35	00:05:19	00:26:28	00:05:18		Atletismo Friol RapazasF	FRIOL
184	302	FRANCISCO-JAVIER MONTES SANTOS		BM- 53	00:26:36	00:05:20	00:26:23	00:05:17			FRIOL
185	133	ROCÍO GANDOY SOENGAS	F- 29	AF- 16	00:26:45	00:05:21	00:26:40	00:05:20			LUGO
186	78	NATALIA FERNÁNDEZ LÓPEZ	F- 30	AF- 17	00:26:47	00:05:22	00:26:41	00:05:21		MONTEPENARRUBIA LUGO FEMF	O CORGO
187	64	ABEL AMIGO DIGON		CM- 34	00:27:10	00:05:26	00:26:59	00:05:24			BECERREÁ
188	324	MARIA JOSE SANCHEZ VAZQUEZ	F- 31	CF- 3	00:27:11	00:05:27	00:27:01	00:05:25			BETANZOS
189	132	MARÍA PILAR CAROT LIDÓN	F- 32	BF- 7	00:27:15	00:05:27	00:27:06	00:05:26			GUITIRIZ
190	43	PAULA GARCÍA REBOREDO	F- 33	AF- 18	00:27:27	00:05:30	00:27:18	00:05:28		Atletismo Friol RapazasF	LUGO
191	406	MARIA EUGENIA GOMEZ A	F- 34	CF- 4	00:27:27	00:05:30	00:27:16	00:05:28			LUGO
192	329	MARGARITA BLANCO DIEGUEZ	F- 35	BF- 8	00:27:32	00:05:31	00:27:24	00:05:29			LALIN
193	46	EVA FREIRE FERNÁNDEZ	F- 36	S18F- 3	00:27:52	00:05:35	00:27:47	00:05:34			CASTRO DE REI
194	45	LUIS FREIRE CASTRO		BM- 54	00:27:56	00:05:36	00:27:45	00:05:33			LUGO
195	321	SANDRA ARIAS DIAZ	F- 37	AF- 19	00:27:57	00:05:36	00:27:44	00:05:33			LUGO
196	72	ALMU OTERO CASTRO	F- 38	AF- 20	00:28:01	00:05:37	00:27:54	00:05:35		MONTEPENARRUBIA LUGO FEMF	LUGO
197	95	SONIA AMPARO ARIAS REGUEIRO	F- 39	BF- 9	00:28:05	00:05:37	00:27:55	00:05:35			BEGONTE
198	86	PILI ROZAS VEIGA	F- 40	BF- 10	00:28:05	00:05:37	00:27:55	00:05:35			BEGONTE
199	328	JOSÉ PANTÍN LÓPEZ		DM- 15	00:28:07	00:05:38	00:27:59	00:05:36			NARÓN
200	3	ISABEL RAMOS SEOANE	F- 41	AF- 21	00:28:24	00:05:41	00:28:16	00:05:40			LUGO
201	402	RUBEN FONTAO GARCÍA		AM- 46	00:28:25	00:05:41	00:28:17	00:05:40			MONTERROSO
202	51	LUIS PEREZ CAPON		CM- 35	00:28:40	00:05:44	00:28:28	00:05:42		TGAL30	LUGO
203	160	PAULA LÓPEZ BELLO	F- 42	AF- 22	00:28:40	00:05:44	00:28:30	00:05:42			GUITIRIZ
204	330	MARIA BEGOÑA VAZQUEZ FERNANDEZ	F- 43	CF- 5	00:28:41	00:05:45	00:28:31	00:05:43			ARTEIXO
205	333	ALFONSO MARTIN IGLESIAS		DM- 16	00:29:06	00:05:50	00:29:00	00:05:48			FRIOL
206	131	ESTHER CARRÍN MÉNDEZ	F- 44	AF- 23	00:29:36	00:05:56	00:29:27	00:05:54			LUGO
207	165	SILVIA BLANCO FERNANDEZ	F- 45	AF- 24	00:29:36	00:05:56	00:29:27	00:05:54			LUGO
208	199	SÉ SENANDE	F- 46	BF- 11	00:30:01	00:06:01	00:29:53	00:05:59			LALÍN
209	83	MIGUEL FOLGUEIRA GARCIA		BM- 55	00:30:10	00:06:02	00:30:01	00:06:01	AG2022417	MONTEPENARRUBIA LUGO MASCH	OTERO DE REY
210	335	MARISOL BALTAR SUÁREZ	F- 47	CF- 6	00:30:18	00:06:04	00:30:10	00:06:02			CHANTADA

211	200	ADRIAN LÓPEZ BALTAR		AM- 47	00:30:18	00:06:04	00:30:10	00:06:02	AG2023012	CHANTADA
212	184	MARIA ELENA MONTES LOPEZ	F- 48	BF- 12	00:30:41	00:06:09	00:30:29	00:06:06		LUGO
213	70	ANDREA OTERO ARIAS	F- 49	AF- 25	00:31:14	00:06:15	00:31:04	00:06:13	MONTEPENARRUBIA LUGO FEMF	LUGO
214	28	ESTER MOURENZA FERNANDEZ	F- 50	BF- 13	00:31:38	00:06:20	00:31:28	00:06:18	Atletismo Friol RapazasF	LUGO
215	29	REMEDIOS VIDAL SEOANE	F- 51	DF- 3	00:32:33	00:06:31	00:32:25	00:06:29	Atletismo Friol RapazasF	VILLALVITE
216	304	MARÍA JOSÉ CARBALLIDO SÁNCHEZ	F- 52	DF- 4	00:32:39	00:06:32	00:32:29	00:06:30		FRIOL
217	309	ROCÍO LOUREIRO FRAGA	F- 53	S20/23F- 2	00:33:13	00:06:39	00:33:04	00:06:37		FRIOL
218	6	JOSÉ MANUEL EDROSA FOLGUEIRA		BM- 56	00:33:25	00:06:41	00:33:14	00:06:39	Abrente LugoH	LUGO
219	12	CARMEN FERNÁNDEZ VILAR	F- 54	AF- 26	00:33:25	00:06:41	00:33:15	00:06:39		LUGO
220	306	NOELIA SÁNCHEZ LORENZO	F- 55	AF- 27	00:33:33	00:06:43	00:33:24	00:06:41		FRIOL
221	47	MARI CARMEN AMOR GARCIA	F- 56	CF- 7	00:35:18	00:07:04	00:35:07	00:07:02		FOZ
222	342	EVA MOREIRA RODRÍGUEZ	F- 57	AF- 28	00:35:20	00:07:04	00:35:11	00:07:03		LUGO
223	343	JUAN CARLOS FERREIRO LAMAS		BM- 57	00:35:20	00:07:04	00:35:12	00:07:03		LUGO
224	37	ANA BLANCO	F- 58	BF- 14	00:35:55	00:07:11	00:35:46	00:07:10	Atletismo Friol RapazasF	FRIOL
225	27	VERONICA HERMIDA VIDAL	F- 59	AF- 29	00:36:31	00:07:19	00:36:21	00:07:17	Atletismo Friol RapazasF	FRIOL
226	41	ANA ISABEL CASTRO RODRÍGUEZ	F- 60	BF- 15	00:38:15	00:07:39	00:38:07	00:07:38	Atletismo Friol RapazasF	FRIOL
227	172	FINA VAZQUEZ VILLARABIDE	F- 61	CF- 8	00:39:04	00:07:49	00:38:59	00:07:48		LUGO
228	33	MARÍA DEL CARMEN OTERO DÍAZ	F- 62	DF- 5	00:39:13	00:07:51	00:39:05	00:07:49	Atletismo Friol RapazasF	FRIOL
229	190	SUSANA REGUEIRO CRUZ	F- 63	BF- 16	00:39:22	00:07:53	00:39:09	00:07:50		BEGONTE

7ª Carreira Popular Concello de Friol

Friol. Sábado, 27 de abril de 2019

Carreira Sub14-16 y Sub12 (1,4 km ap)

Folla impresa ás 20:45

CLASIFICACIÓN XERAL

Posto	Dorsal	Nome e Apelidos	Tempo	AnoClub	Cat	S
1	905	Ruben Darriba Corral	SM	2005 Zeppelin Torguesa Finfloor	1 16M	1 M
2	910	Yago Daniel Río Pereira	SM	2004	2 16M	2 M
3	939	Ángel Herrero Pérez	SM	2006 Lucus Caixa Rural Galega	1 14M	3 M
4	937	Paula Rodríguez Veiga	SM	2004 Escola Atlética Lucense	1 16F	1 F
5	902	Estela Diaz Diaz	SM	2006 Lucus Caixa Rural Galega	1 14F	2 F
6	901	Paloma Lopez Moral	SM	2007 Atletismo A Gándara Monforte	2 14F	3 F
7	913	Mateo Aguiar Del Rio	SM	2007 Atletismo Friol	2 14M	4 M
8	925	Héctor Trabado Velo	SM	2006 Atletismo Friol	3 14M	5 M
9	935	Brian Rico Nuño	SM	2004 Colexio Cervantes	3 16M	6 M
10	915	Mario Campo Ramos	SM	2006 Atletismo Friol	4 14M	7 M
11	941	Uxía Herrero Pérez	SM	2006 Lucus Caixa Rural Galega	3 14F	4 F
12	940	Cristina Herrero Pérez	SM	2006 Lucus Caixa Rural Galega	4 14F	5 F
13	914	Rebeca Arias Vizcaino	SM	2006 Atletismo Friol	5 14F	6 F
14	904	Miguel Folgueira Díaz	SM	2005 Montepenaarubia Running	4 16M	8 M
15	916	Alexis Castedo Hermida	SM	2007 Atletismo Friol	5 14M	9 M
16	929	Raúl Gavieiro Montero	SM	2007 Colexio Cervantes	6 14M	10 M
17	917	Xoel Castiñeira Varela	SM	2006 Atletismo Friol	7 14M	11 M
18	928	Hugo García Rodriguez	SM	2007 Colexio Cervantes	8 14M	12 M
19	920	Manuela Gil Wubreski	SM	2006 Atletismo Friol	6 14F	7 F
20	912	Martín Pena García	SM	2007 Ad Jarnachas	9 14M	13 M
21	909	Raúl Freire Fernández	SM	2006	10 14M	14 M
22	923	Anxela Maneiro Pérez	SM	2007 Atletismo Friol	7 14F	8 F
23	911	Lua Varela Pardo	SM	2007 A.D. Cerne	8 14F	9 F
24	936	Álex Vilar Torres	SM	2007 Colexio Cervantes	11 14M	15 M
25	945	Rocío Madarro Gómez	SM	2007	9 14F	10 F
26	931	Antía Iglesias López	SM	2007 Colexio Cervantes	10 14F	11 F
27	926	Yessica Rodríguez Paz	SM	2005 Club Montepenaarubia Lugo	2 16F	12 F

7ª Carreira Popular Concello de Friol

Friol. Sábado, 27 de abril de 2019

Carreira Sub12 (1,4 km aprox.)

Hoja impresa a las 20:46

CLASIFICACIÓN GENERAL

Puesto	Dorsal	Nombre y Apellidos	Tiempo	Año Club	Cat	S
1	809	Ramón Loureiro Fraga	SM	2008 Atletismo Friol	1 12M	1 M
2	830	Anes El Merini	SM	2009	2 12M	2 M
3	819	Mateo Villar Miragaya	SM	2009 Atletismo Friol	3 12M	3 M
4	818	Samuel Villar Miragaya	SM	2008 Atletismo Friol	4 12M	4 M
5	824	Safya Moumni Rico	SM	2008 Colexio Cervantes	1 12F	1 F
6	817	Marcos Varela Villamor	SM	2008 Atletismo Friol	5 12M	5 M
7	816	Mateo Sánchez López	SM	2008 Atletismo Friol	6 12M	6 M
8	831	Ilse Prado Camba	SM	2008	2 12F	2 F
9	833	Iker Velo Brandón	SM	2009	7 12M	7 M
10	803	Fabio Expósito Rio	SM	2008 Lucus Caixa Rural Galega	8 12M	8 M
11	802	Brais Ulla Rozas	SM	2009 Corre Por Begonte	9 12M	9 M
12	834	Jana Selene Veiga Novo	SM	2009	3 12F	3 F
13	807	Abel Fagil Rueda	SM	2008 Atletismo Friol	10 12M	10 M
14	813	Iván Neira Simón	SM	2008 Atletismo Friol	11 12M	11 M
15	811	Mara Montes Blanco	SM	2008 Atletismo Friol	4 12F	4 F
16	812	Noa Mouriz Pena	SM	2008 Atletismo Friol	5 12F	5 F
17	808	Oiahane Gómez Ruíz	SM	2009 Atletismo Friol	6 12F	6 F
18	814	Ariadna Paz Álvarez	SM	2009 Atletismo Friol	7 12F	7 F
19	815	Uxia Platero Varela	SM	2009 Atletismo Friol	8 12F	8 F
20	810	Paulo Maneiro Pérez	SM	2008 Atletismo Friol	12 12M	12 M
21	832	Zeltia Antia Magide Sainz-Ma	SM	2009	9 12F	9 F
22	821	Sergio Gavieiro Montero	SM	2009 Colexio Cervantes	13 12M	13 M
23	823	Amir Mandujano Vila	SM	2009 Colexio Cervantes	14 12M	14 M
24	820	Lucía García Rivas	SM	2009 Colexio Cervantes	10 12F	10 F

7ª Carreira Popular Concello de Friol

Friol. Sábado, 27 de abril de 2019

Carreira Sub10 (0,7 km aprox.)

Hoja impresa a las 20:48

CLASIFICACIÓN GENERAL

Puesto	Dorsal	Nombre y Apellidos	Tiempo	Año Club	Cat	S
1	708	Borja Arias Modia	SM	2010 Atletismo Friol	1 10M	1 M
2	709	Martín Díaz Iglesias	SM	2010 Atletismo Friol	2 10M	2 M
3	714	Rebeca Vázquez Miragaya	SM	2010 Atletismo Friol	1 10F	1 F
4	731	Lucas Roca López	SM	2011	3 10M	3 M
5	732	Pablo Fernández Liñeira	SM	2011	4 10M	4 M
6	712	Grace Merchant Gainsford	SM	2010 Atletismo Friol	2 10F	2 F
7	703	David Enriquez Corton	SM	2010	5 10M	5 M
8	702	Roi Penin Vázquez	SM	2010 Dwogchb	6 10M	6 M
9	738	Xián Hermida Rio	SM	2010	7 10M	7 M
10	724	Gabriel García Varela	SM	2011	8 10M	8 M
11	707	Roi Andón Alonso	SM	2010 Atletismo Friol	9 10M	9 M
12	736	André López Vázquez	SM	2010	10 10M	10 M
13	710	Sofía López Varela	SM	2011 Atletismo Friol	3 10F	3 F
14	711	Alba Menán Quiñoa	SM	2010 Atletismo Friol	4 10F	4 F
15	727	Alán García Valcarce	SM	2011	11 10M	11 M
16	715	Yasser Moumni Rico	SM	2011 Colegio Cervantes	12 10M	12 M
17	733	Mateo Lopez Bujan	SM	2011	13 10M	13 M
18	705	Noa Viñas López	SM	2010	5 10F	5 F
19	704	Lía Carrera Quintás	SM	2010	6 10F	6 F
20	726	Iván Jesús Rio Pernas	SM	2011	14 10M	14 M
21	713	Anxo Moreno Pena	SM	2011 Atletismo Friol	15 10M	15 M
22	725	Martina Ares Rubinos	SM	2011	7 10F	7 F
23	729	Mariña Aguiar Del Río	SM	2011	8 10F	8 F
24	953	Ainhoa Otero Castro	SM	2010	1 PrF	9 F
25	706	Alex Rodriguez Coedo	SM	2010	16 10M	16 M
26	735	Andrea Vázquez Lamas	SM	2010	9 10F	10 F
27	728	Emma Martínez Hermida	SM	2011	10 10F	11 F
28	701	Celia Somoza Alvarez	SM	2010 Ceip A Ponte	11 10F	12 F
29	730	Hugo Castro Corral	SM	2011	17 10M	17 M

7ª Carreira Popular Concello de Friol

Friol. Sábado, 27 de abril de 2019

Carreira Prebenxamin Femenino

(0,3 km aprox.)

CLASIFICACIÓN GENERAL

Puesto	Dorsal	Nombre y Apellidos	Tempo	Año Club	Cat	S
1	648	Xiana Castro Campos	SM	2012	1 PrF	1 F
2	629	Uxía Cela Carnero	SM	2012	2 PrF	2 F
3	615	Carlota González Fernández	SM	2012 Colexio Cervantes	3 PrF	3 F
4	653	Martina Gomez Pedrouzo	SM	2012	4 PrF	4 F
5	628	Matilda Barata Fernández	SM	2013	5 PrF	5 F
6	645	Iria Pacin Jul	SM	2012	6 PrF	6 F
7	649	Lara López Vázquez	SM	2013	7 PrF	7 F
8	603	Deva Fernández Novo	SM	2013 Atletismo Friol	8 PrF	8 F
9	651	Aroa Ferreiro Moreira	SM	2013	9 PrF	9 F
10	625	Maria Veiga Rasilla	SM	2013 Marzo Saude	10 PrF	10 F
11	656	Ariadna Rodriguez Conde	SM	2013	11 PrF	11 F
12	616	Sofía Hortas Malumbres	SM	2013 Colexio Cervantes	12 PrF	12 F
13	612	Daniela García Rodriguez	SM	2013 Colexio Cervantes	13 PrF	13 F
14	622	Amanda Rubinos Álvarez	SM	2013 Colexio Cervantes	14 PrF	14 F

7ª Carreira Popular Concello de Friol

Friol. Sábado, 27 de abril de 2019

Carreira Prebenxamin masculina

(0,3km aprox)

CLASIFICACIÓN GENERAL

Puesto	Dorsal	Nombre y Apellidos	Tiempo	Año Club	Cat	S
1	624	Samuel Pérez Edrosa	SM	2012 Escola Atlética Lucense	1 PrM	1 M
2	601	Manuel Lage Villamor	SM	2012 Atletismo Friol	2 PrM	2 M
3	650	Daniel Villamor Vázquez	SM	2012	3 PrM	3 M
4	643	Martín Seijas Bugallo	SM	2012	4 PrM	4 M
5	640	Mohamed El Merini	SM	2012	5 PrM	5 M
6	658	Emmanuel Torres Tafur	SM	2012	6 PrM	6 M
7	641	Iker Ramos Iglesias	SM	2012	7 PrM	7 M
8	659	Saturnino Penín Serén	SM	2012	8 PrM	8 M
9	635	Lucas Cortiña López	SM	2012	9 PrM	9 M
10	626	Víctor Rouco Rubín	SM	2012	10 PrM	10 M
11	657	Sebastián García Rodríguez	SM	2012	11 PrM	11 M
12	652	Bruno Varela Roibas	SM	2012	12 PrM	12 M
13	614	Pedro González Fernández	SM	2013 Colexio Cervantes	13 PrM	13 M
14	642	Adrián Marqués Méndez	SM	2012	14 PrM	14 M
15	630	Brais Couso Díaz	SM	2013	15 PrM	15 M
16	627	Alexandre Vidal	SM	2013	16 PrM	16 M
17	618	Diego Montaña López	SM	2013 Colexio Cervantes	17 PrM	17 M
18	956	Francisco Cez Torrejos	SM	2012	18 PrM	18 M
19	954	Adrián Rubinos Álvarez	SM	2012	19 PrM	19 M