

Holi Gaiás

Santiago de Compostela. Sábado, 8 de xuño de 2019

Carreira Absoluta (5 km aprox.)

Folla impresa ás 13:25

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
1	182		Carlos Fraga Adrio	0:18:18	09:07	3:40	1990	1 AM	1 M
2	233		Pablo Carnero	0:18:19	09:09	3:40	1994	2 AM	2 M
3	307	AG2025097	Ivan Abeledo Varela	0:18:19	09:09	3:40	2002 CA O Pino	3 AM	3 M
4	82	AG2027824	Saúl Cacharrón Carril	0:18:40	09:08	3:44	1979 CA O Pino	4 AM	4 M
5	104	AG2021111	Santiago Cid García	0:18:48	09:17	3:46	1982 Noitebra	5 AM	5 M
6	48		Manuel Costa Castro	0:18:57	09:24	3:47	1974	6 AM	6 M
7	211	AG2025990	Efrén Capelo Vieites	0:19:25	09:35	3:53	1992 Noitebra	7 AM	7 M
8	206		Jesus Cela Boisa	0:20:23	10:09	4:05	1992	8 AM	8 M
9	28		Giovanni Quintans Melendez	0:20:29	10:09	4:06	1971	9 AM	9 M
10	257		Manuel Mallo Magariños	0:20:44	10:03	4:09	1996	10 AM	10 M
11	216		Adrian Lopez Rey	0:20:52	10:09	4:10	1993	11 AM	11 M
12	193		Alberto Refojo Espasandin	0:21:57	10:29	4:23	1991	12 AM	12 M
13	72		Jorge Castro Maroño	0:22:35	11:07	4:31	1978	13 AM	13 M
14	46		Manuel Martinez Sestayo	0:23:23	12:08	4:41	1974	14 AM	14 M
15	101		Rafael Rey Barcala	0:23:28	11:22	4:42	1982	15 AM	15 M
16	581		Leo Gándara Guede	0:23:40	11:20	4:44	2007 CLUBE DE SANTIAGO	1 EM	16 M
17	219		Manuel Suárez Vidal	0:23:41	11:17	4:44	1993	16 AM	17 M
18	208		Adrián Cabarcos Rey	0:23:41	11:16	4:44	1992	17 AM	18 M
19	109		Andres Vaamonde Villar	0:23:46	11:28	4:45	1983 Clube Deportivo Arzúa	18 AM	19 M
20	188	AG2019471	Sergio Costoya Rodríguez	0:24:24	12:07	4:53	1991 CA O Pino	19 AM	20 M
21	249		Sara Carracedo Vicente	0:24:27	11:49	4:53	1996	1 AF	1 F
22	114		Bruno Piñeiro Leira	0:24:53	12:24	4:59	1984	20 AM	21 M
23	229		Carlos Rivas Gómez	0:25:20	11:49	5:04	1994	21 AM	22 M
24	1	AG2027708	María Rodríguez Del Río	0:25:21	12:13	5:04	1955 Atletismo Milladoiro	2 AF	2 F
25	512	AG2025899	Xiana Brea Veiga	0:25:23	12:34	5:05	2004 Atletismo Fontes do Sar	1 EF	3 F
26	18	AG2015297	Montse Veiga Blanco	0:25:46	13:35	5:09	1968 Atletismo Fontes do Sar	3 AF	4 F
27	204		Eligio Escalona	0:26:01	11:59	5:12	1992	22 AM	23 M
28	220		Cristina Blanco Suárez	0:26:03	13:25	5:13	1993	4 AF	5 F
29	196		Andrés José Duarte Pastoriza	0:26:06	12:49	5:13	1991	23 AM	24 M
30	108	AG2027626	José Antonio Vázquez Liste	0:26:12	13:11	5:14	1983	24 AM	25 M
31	110		Roldán Núñez	0:26:50	12:36	5:22	1983	25 AM	26 M
32	60		Tomás Vallejo	0:26:57	13:06	5:23	1977	26 AM	27 M

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
33	130		Ana Trabs	0:27:04	13:31	5:25	1986	5 AF	6 F
34	118		Maria Martinez Sanchez	0:27:07	14:04	5:25	1985	6 AF	7 F
35	178		Raluca Mihaela Poenar	0:27:14	13:59	5:27	1990 NOSPORTLIMIT	7 AF	8 F
36	69		David Rodríguez Bermúdez	0:27:27	18:26	5:29	1978	27 AM	28 M
37	119		Sandra Mariñas Berdomas	0:27:32	14:05	5:30	1985	8 AF	9 F
38	278		Alejandro Varela Sampedro	0:27:34	14:07	5:31	1999	28 AM	29 M
39	239		Jose Axel Cruz Hílares	0:27:46	12:23	5:33	1994	29 AM	30 M
40	588		Lois Nieto Rodríguez	0:27:53	13:55	5:35	2007	2 EM	31 M
41	286		Sergio Capeáns Antelo	0:28:03	14:07	5:37	1999	30 AM	32 M
42	198		Naybett Montero Lobo	0:28:04	13:09	5:37	1991	9 AF	10 F
43	243		Judith Lago Arobes	0:28:06	22:12	5:37	1995	10 AF	11 F
44	115		Veronica Doce Cebey	0:28:13	14:05	5:39	1984	11 AF	12 F
45	16		Jose Ignacio Liñares Martinez	0:28:19	13:39	5:40	1968	31 AM	33 M
46	111		Xiomara Peñaloza Gomez	0:28:37	14:59	5:43	1984	12 AF	13 F
47	245		Manuel Paz Castro	0:28:41	14:08	5:44	1995	32 AM	34 M
48	93		Simón Gasamáns García	0:28:41	14:52	5:44	1981	33 AM	35 M
49	207		Sandra Casas Almeida	0:28:46	14:55	5:45	1992	13 AF	14 F
50	310		Paula Mujico Corral	0:28:48	22:33	5:46	2003	14 AF	15 F
51	42		Guillermo Otero Piñeyro	0:28:53	14:22	5:47	1974	34 AM	36 M
52	145		Sonia Castro Alonso	0:28:53	14:58	5:47	1987	15 AF	16 F
53	21		Antonia Laura Fernandez Villsenin	0:28:57	14:48	5:47	1969	16 AF	17 F
54	5		Manuel Fernandez	0:29:20	14:47	5:52	1963	35 AM	37 M
55	6		Victor Blanco Santos	0:29:21	15:16	5:52	1965	36 AM	38 M
56	248		Petra Pavlikova	0:29:24	13:28	5:53	1996	17 AF	18 F
57	601		Marcos Gándara Agrasar	0:29:49	13:48	5:58	2007	3 EM	39 M
58	58		Zulema Rodriguez Spinelli	0:29:56	14:51	5:59	1977	18 AF	19 F
59	323		Francisco Javier Pazos Suárez	0:30:06	15:58	6:01	1967	37 AM	40 M
60	125		Julián López Moure	0:30:10	15:30	6:02	1986	38 AM	41 M
61	139		Marta Marcos Rodriguez	0:30:12	15:30	6:02	1987	19 AF	20 F
62	138		Carla Díaz	0:30:12	15:30	6:02	1987	20 AF	21 F
63	176		Daniel Arturo Duarte Pastoriza	0:30:40	13:59	6:08	1990	39 AM	42 M
64	95		Óscar Sisto Vaamonde	0:30:46	14:54	6:09	1981	40 AM	43 M
65	610		Sandra Reyes De La Cámara	0:31:03	16:03	6:13	2008	2 EF	22 F
66	107		Jaime Bello González	0:31:04	16:07	6:13	1983	41 AM	44 M
67	133		Tamara Cives Arias	0:31:05	16:02	6:13	1986	21 AF	23 F
68	40		Rosa De La Cámara	0:31:11	16:01	6:14	1974	22 AF	24 F
69	587		Antón Nieto Rodríguez	0:31:15	14:58	6:15	2007	4 EM	45 M
70	277		Veronica Matos	0:31:16	25:23	6:15	1999	23 AF	25 F

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71	166		Joaquín Martínez Diz	0:31:29	16:01	6:18	1989	42 AM	46 M
72	175		Brais Amo Seco	0:31:29	16:01	6:18	1990	43 AM	47 M
73	180		Verónica Casais Vila	0:31:29	16:01	6:18	1990	24 AF	26 F
74	215		Bárbara Abelenda	0:31:32	14:53	6:18	1993	25 AF	27 F
75	143		Raquel Enjo Antelo	0:31:33	14:58	6:19	1987	26 AF	28 F
76	87		Gonzalo Suárez Sobrino	0:31:43	15:32	6:21	1980	44 AM	48 M
77	314		Brais Mata Martínez	0:31:55	17:45	6:23	2003	45 AM	49 M
78	526		Valentín Rodríguez Pytel	0:31:58	15:20	6:24	2004 Club piragüismo Pontecesures	5 EM	50 M
79	200		Carolina Rodríguez Pytel	0:31:58	15:23	6:24	1992	27 AF	29 F
80	140		Azucena Bailón García	0:32:00	16:07	6:24	1987	28 AF	30 F
81	187		Ana María Barcia De La Iglesia	0:32:17	16:36	6:27	1991	29 AF	31 F
82	100		Alfredo López De La Iglesia	0:32:17	16:37	6:27	1982	46 AM	51 M
83	59		Patricia Fernández Dopazo	0:33:06	16:57	6:37	1977 lume de carozo	30 AF	32 F
84	322		Verónica Marcos Martínez	0:33:06	17:05	6:37	1994	31 AF	33 F
85	226		Pablo Otero Fernández	0:33:07	17:06	6:37	1994	47 AM	52 M
86	574		Maria Corzon Gomez	0:33:14	16:23	6:39	2006 tartarugas	3 EF	34 F
87	598		Alicia García-Rodeja Rey	0:33:15	17:19	6:39	2007	4 EF	35 F
88	156		Sofía Díaz	0:33:17	16:24	6:39	1989	32 AF	36 F
89	147		Nuria Deus Souto	0:33:21	16:21	6:40	1988	33 AF	37 F
90	57		Angel Costa Canedo	0:33:21	16:22	6:40	1976	48 AM	53 M
91	582 AG2020611		Claudia Beiras Veiga	0:33:26	16:48	6:41	2007 Atletismo Fontes do Sar	5 EF	38 F
92	9		Xose Nieto Figueiras	0:33:33	18:29	6:43	1966	49 AM	54 M
93	593		Matias Pampin Gontan	0:33:50	16:15	6:46	2007	6 EM	55 M
94	105		Paula Fernández Dopazo	0:33:55	17:13	6:47	1982 as chicas de pantin	34 AF	39 F
95	131		José Matos Zas	0:33:55	17:13	6:47	1986 o último non descansa	50 AM	56 M
96	300		Alesandra Nicol Larrauri Hernández	0:33:58	17:19	6:48	2002	35 AF	40 F
97	27		Viviana Velazquez	0:34:06	16:19	6:49	1970	36 AF	41 F
98	591		Alejandro Pardo Costas	0:34:16	16:22	6:51	2007	7 EM	57 M
99	603		Hugo Rodríguez Capeans	0:34:24	17:15	6:53	2008	8 EM	58 M
100	29		Maria Capeans Outeiro	0:34:25	17:24	6:53	1971	37 AF	42 F
101	10		José Rodriguez Lopez	0:34:25	17:16	6:53	1966	51 AM	59 M
102	256		Noelia Lojo López	0:34:33	16:58	6:55	1996	38 AF	43 F
103	250		Silvia Freire Alonso	0:34:34	18:25	6:55	1996	39 AF	44 F
104	255		Michel Fernández García	0:34:35	16:59	6:55	1996	52 AM	60 M
105	197		Leticia Rendo Souto	0:34:46	17:00	6:57	1991	40 AF	45 F
106	172		Sara Conde Benasach	0:34:55	18:25	6:59	1990	41 AF	46 F
107	589		Sara Noya Vidal	0:35:00	16:49	7:00	2007 FONTES DO SAR	6 EF	47 F
108	70		Paula Rey Iglesias	0:35:01	17:20	7:00	1978	42 AF	48 F

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109	309		Maria Pardo Ventureira	0:35:10	17:37	7:02	2003	43 AF	49 F
110	311		Antia Iglesias Balsa	0:35:11	17:37	7:02	2003	44 AF	50 F
111	45		Ana Martínez Martínez	0:35:15	20:10	7:03	1974	45 AF	51 F
112	576		Mateo Miranda	0:35:16	16:56	7:03	2007	9 EM	61 M
113	604		Marco Romero	0:35:16	16:56	7:03	2008	10 EM	62 M
114	580		Eva Rey Nieto	0:35:19	17:39	7:04	2007	7 EF	52 F
115	529		Laura Rodríguez Capeans	0:35:19	17:21	7:04	2005	8 EF	53 F
116	261		Ainhoa Agulleiro Beraza	0:35:22	18:36	7:04	1996	46 AF	54 F
117	287		Amaia Agulleiro Beraza	0:35:24	18:36	7:05	1999	47 AF	55 F
118	244		Marta Rodríguez Dopazo	0:35:24	18:37	7:05	1995	48 AF	56 F
119	262		Andrea Otero Ávila	0:35:24	18:35	7:05	1996	49 AF	57 F
120	258		Idoia Agulleiro Beraza	0:35:24	18:36	7:05	1996	50 AF	58 F
121	148		Mónica Corral Zas	0:35:31	18:16	7:06	1988	51 AF	59 F
122	235		Sara García Souto	0:35:31	18:16	7:06	1994	52 AF	60 F
123	271		Noelia Rodríguez Urdangaray	0:35:45	17:07	7:09	1998	53 AF	61 F
124	263		Marta Brea Martinez	0:35:47	17:26	7:09	1997	54 AF	62 F
125	159		Paula Gonzalez Pombo	0:35:47	17:26	7:09	1989	55 AF	63 F
126	212		Matilde Vázquez Peón	0:35:48	19:23	7:10	1992	56 AF	64 F
127	152		Ana Virrey Sanchez	0:35:49	16:33	7:10	1988	57 AF	65 F
128	177		Angel Diaz Fernández	0:35:51	19:23	7:10	1990	53 AM	63 M
129	177		Angel Diaz Fernández	0:35:51	19:23	7:10	1990	54 AM	64 M
130	177		Angel Diaz Fernández	0:35:51	19:23	7:10	1990	55 AM	65 M
131	94		Carlota Rivas López	0:35:58	17:44	7:12	1981	58 AF	66 F
132	91		José Antonio Suárez Noya	0:35:58	17:43	7:12	1981	56 AM	66 M
133	231		Martina Migliavacca	0:36:04	18:26	7:13	1994	59 AF	67 F
134	7		Chus Montero Luces	0:36:20	17:45	7:16	1965	60 AF	68 F
135	560		Anxo Vilariño Figueiras	0:36:48	17:52	7:22	2006	11 EM	67 M
136	566		Paula Gunche Bada	0:36:52	17:36	7:22	2006	9 EF	69 F
137	44		Patricia Bada Moreira	0:36:52	17:35	7:22	1974	61 AF	70 F
138	129		Cristina Nieto Cazalla	0:37:00	17:38	7:24	1986	62 AF	71 F
139	26		Ana Rodríguez Vilariño	0:37:01	18:29	7:24	1970	63 AF	72 F
140	545		Nuria Otero Roiloa	0:37:11	17:19	7:26	2006	10 EF	73 F
141	570		Diego Rouco Vázquez	0:37:13	18:44	7:27	2006	12 EM	68 M
142	547		Carmen Crecente Díaz	0:37:15	17:19	7:27	2006	11 EF	74 F
143	240		Alejandra Pérez Ares	0:37:27	18:28	7:29	1994	64 AF	75 F
144	605		Ángela López Mosquera	0:37:27	18:31	7:29	2008	12 EF	76 F
145	23		José Luis López Varela	0:37:34	18:33	7:31	1969	57 AM	69 M
146	194		Nathaly Vargas	0:37:42	17:52	7:32	1991	65 AF	77 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
147	122		Ximena Vilar	0:37:42	17:54	7:32	1985	66 AF	78 F
148	128		Edson Santander	0:37:44	17:56	7:33	1986	58 AM	70 M
149	65		Aniu Peñaloza	0:37:57	19:16	7:35	1977	67 AF	79 F
150	132		Ernesto Villar Baldera	0:38:01	17:04	7:36	1986	59 AM	71 M
151	234		Iria Pereira Vergara	0:38:04	18:04	7:37	1994	68 AF	80 F
152	135		Diego Figueira Rey	0:38:04	18:04	7:37	1987	60 AM	72 M
153	165		María Senín Boo	0:38:19	18:13	7:40	1989	69 AF	81 F
154	96		Noa Bouzón Taibo	0:38:20	18:06	7:40	1981	70 AF	82 F
155	530		Andrea Mene Vidal	0:38:24	27:30	7:41	2005	13 EF	83 F
156	541		Mencía Doñate Nieto	0:38:24	27:31	7:41	2005	14 EF	84 F
157	78		Guadalupe Conde Abelenda	0:38:46	19:18	7:45	1978	71 AF	85 F
158	606		Sara Crespo Conde	0:38:46	19:18	7:45	2008	15 EF	86 F
159	55		Manuel Maria Crespo Martinez	0:38:46	19:18	7:45	1976	61 AM	73 M
160	501		Nazaret Garcia Castro	0:39:00	32:10	7:48	2004	16 EF	87 F
161	8		Elena Villar Casal	0:39:08	21:10	7:50	1966	72 AF	88 F
162	121		Graciela Rodriguez Reboredo	0:39:11	21:10	7:50	1985	73 AF	89 F
163	562		Atena Otera Villar	0:39:11	20:45	7:50	2006	17 EF	90 F
164	67		Silvia Morenza Pérez	0:39:11	21:11	7:50	1977	74 AF	91 F
165	265		Sara Valdeon	0:39:21	16:56	7:52	1997	75 AF	92 F
166	266		Rosana Rey Montalbán	0:39:22	16:58	7:52	1997	76 AF	93 F
167	185		Raquel Martínez González	0:39:33	18:05	7:55	1991	77 AF	94 F
168	97		Katiusca Paliche Silva	0:39:34	19:13	7:55	1982	78 AF	95 F
169	209		Enrica Soprano	0:39:34	18:05	7:55	1992	79 AF	96 F
170	183		Clara Correa Paz	0:39:34	19:03	7:55	1990	80 AF	97 F
171	137		María Fernanda Navarro Poupard	0:39:34	18:25	7:55	1987	81 AF	98 F
172	102		Ester Polo Tobajas	0:39:34	18:23	7:55	1982	82 AF	99 F
173	564		Lucía Villarquide Pedre	0:39:38	17:48	7:56	2006	18 EF	100 F
174	553		Sara Carretero Cabrejas	0:39:39	17:49	7:56	2006	19 EF	101 F
175	15		Pablo Villarquide Vega	0:39:40	17:49	7:56	1968	62 AM	74 M
176	75		Juan Álvarez Villar	0:39:50	18:29	7:58	1978	63 AM	75 M
177	274		Antía Carneiro Nieto	0:39:54	18:48	7:59	1998	83 AF	102 F
178	167		Andrés Ponte	0:40:19	17:21	8:04	1989	64 AM	76 M
179	246		Xin Lai	0:40:56	21:24	8:11	1995	84 AF	103 F
180	68		Silvia Becerra	0:40:59	19:49	8:12	1978	85 AF	104 F
181	51		Javier Taboada García	0:41:07	19:43	8:13	1975	65 AM	77 M
182	63		Mónica González Outón	0:41:08	19:43	8:14	1977	86 AF	105 F
183	22		Anxo Vidal	0:41:09	22:24	8:14	1969	66 AM	78 M
184	52		Noemi Csaba	0:41:09	22:26	8:14	1975	87 AF	106 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª Ritmo		Ano Club	Cat	S
					volta	km			
185	151		Vanessa Marques Barbosa	0:41:22	20:25	8:16	1988	88 AF	107 F
186	161		Lydia Contreras Pérez- Freire	0:41:25	20:26	8:17	1989	89 AF	108 F
187	241		Sergio Del Ángel Monroy	0:41:25	20:29	8:17	1995	67 AM	79 M
188	127		Jorge Albella Martínez	0:41:26	20:28	8:17	1986	68 AM	80 M
189	170		Yina Balboa Siso	0:41:37	20:02	8:19	1990	69 AM	81 M
190	163		Raquel Ferreiro Conde	0:42:23	20:48	8:29	1989	90 AF	109 F
191	293		Martín Ruso Vigo	0:42:29	16:54	8:30	2000	70 AM	82 M
192	201		Ana Belén Pérez Ríos	0:42:47	21:21	8:33	1992	91 AF	110 F
193	141		Tania Soutullo Martínez	0:42:50	19:58	8:34	1987	92 AF	111 F
194	49		Natalia Ximenez Rodriguez	0:43:38	20:32	8:44	1975	93 AF	112 F
195	80		Carlos Garrido Yañez	0:43:38	20:34	8:44	1979	71 AM	83 M
196	56		Carmen Caamaño González	0:43:39	20:35	8:44	1976	94 AF	113 F
197	238		Jessica Moreira Azevedo	0:43:45	32:27	8:45	1994	95 AF	114 F
198	150		Caroline Lyrio	0:43:50	32:23	8:46	1988	96 AF	115 F
199	506		João Victor Lyrio	0:43:57	32:27	8:47	2004	13 EM	84 M
200	2 AG9800		Lourdes Prieto Vieites	0:44:06	22:27	8:49	1959 Atletismo Milladoiro	97 AF	116 F
201	84		Ana Seoane Cao	0:44:24	21:42	8:53	1979	98 AF	117 F
202	88		Beatriz Ferreiro Carril	0:44:24	21:44	8:53	1980	99 AF	118 F
203	123		Carolina Garcia	0:44:38	20:49	8:56	1985	100 AF	119 F
204	113		Nuria De La Fuente Cueto	0:44:39	20:49	8:56	1984	101 AF	120 F
205	592		Maria Feijoo Diaz	0:45:08	23:04	9:02	2007	20 EF	121 F
206	586		Julia Martínez Piñeiro	0:45:08	23:05	9:02	2007	21 EF	122 F
207	608		Miguel Alejandro Pumar Hurtado	0:45:09	21:33	9:02	2008	14 EM	85 M
208	237		Eloy Romero Martinez	0:45:13	32:26	9:03	1994	72 AM	86 M
209	203		Tania Rodríguez Calvo	0:45:33	21:23	9:07	1992	102 AF	123 F
210	106		Alejandro Nogueira Pérez	0:45:33	21:23	9:07	1982	73 AM	87 M
211	126		Tatiana Villar Rendo	0:45:33	21:23	9:07	1986	103 AF	124 F
212	618		Carlos García Csaba	0:45:41	22:26	9:08	2009	15 EM	88 M
213	24		Carmen Carneiro	0:45:45	22:24	9:09	1969	104 AF	125 F
214	567		Helena Fernández Vázquez	0:46:04	21:19	9:13	2006	22 EF	126 F
215	563		Claudia Fandiño Barreales	0:46:04	21:19	9:13	2006	23 EF	127 F
216	594		Lara Pantín Tonderlund	0:46:08	23:04	9:14	2007	24 EF	128 F
217	595		Claudia Cantón Armada	0:46:08	23:04	9:14	2007	25 EF	129 F
218	600		Martina Díaz Pazos	0:46:09	23:05	9:14	2007	26 EF	130 F
219	19		Armando Martínez Dosil	0:46:14	23:05	9:15	1968	74 AM	89 M
220	558		Ivan Ponte Garcia	0:46:20	20:59	9:16	2006	16 EM	90 M
221	89		José Luis Otero Bouzon	0:46:23	27:02	9:17	1980	75 AM	91 M
222	273		Jorge Paz Ares	0:46:26	27:03	9:17	1998	76 AM	92 M

Carreira Absoluta (5 km aprox.)

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
223	303		Nahuel Conde Cea	0:46:33	21:25	9:19	2002	77 AM	93 M
224	242		Adriana Estela Cea Cordero	0:46:34	21:26	9:19	1995	105 AF	131 F
225	517		Laura Lopez Cea	0:46:34	21:25	9:19	2004	27 EF	132 F
226	20		Manuel Carretero López	0:46:59	23:03	9:24	1969	78 AM	94 M
227	507	AG2023518	Ángela Noya Vidal	0:47:08	22:24	9:26	2004 Atletismo Fontes do Sar	28 EF	133 F
228	536	AG2023506	Candela César Rúa	0:47:08	22:25	9:26	2005 Atletismo Fontes do Sar	29 EF	134 F
229	523	AG2023519	Sara Li Pazos Barreiro	0:47:09	22:25	9:26	2004 Atletismo Fontes do Sar	30 EF	135 F
230	514		Candela Lorenzo Beiroa	0:47:12	22:24	9:26	2004	31 EF	136 F
231	308		Marina Gil Lueiro	0:47:24	22:36	9:29	2002	106 AF	137 F
232	162		Israa Allahham	0:47:26	23:17	9:29	1989	107 AF	138 F
233	597		Emma García Csaba	0:47:30	22:29	9:30	2007	32 EF	139 F
234	189		Vamnessa Eisig	0:47:31	22:23	9:30	1991	108 AF	140 F
235	54		Marcos García Fuentes	0:47:32	22:25	9:30	1975	79 AM	95 M
236	92		Nazaret Barreiro Salgueiro	0:47:33	23:35	9:31	1981 AD Montebrondo	109 AF	141 F
237	79		David Fernández Blanco	0:47:33	23:34	9:31	1978 AD Montebrondo	80 AM	96 M
238	11		Geli García Vaamonde	0:47:45	24:44	9:33	1966	110 AF	142 F
239	12		Yolanda Veiga Rodríguez	0:47:45	24:45	9:33	1966	111 AF	143 F
240	81		Fátima Neiro Míguez	0:47:45	24:45	9:33	1979	112 AF	144 F
241	296		Penélope Estefanía Pumar Valladares	0:48:13	24:22	9:39	2001	113 AF	145 F
242	76		Alejandro Pumar Valladares	0:48:14	24:26	9:39	1978	81 AM	97 M
243	533		Uxía Bouzas Fosado	0:48:32	24:15	9:42	2005	33 EF	146 F
244	313		Sofía Coello	0:48:33	24:14	9:43	2003	114 AF	147 F
245	535		Sara Prado Ramos	0:48:33	24:15	9:43	2005	34 EF	148 F
246	534		Marta Prado Ramos	0:48:33	24:15	9:43	2005	35 EF	149 F
247	30		Mercedes Pumar Valladares	0:48:36	24:23	9:43	1971	115 AF	150 F
248	251		Jingting Teng	0:48:42	21:26	9:44	1996	82 AM	98 M
249	609		Carla Fernández Quintáns	0:48:56	23:35	9:47	2008	36 EF	151 F
250	62		Belén Quintáns Berbia	0:48:56	23:40	9:47	1977	116 AF	152 F
251	546		Sergio Noya Mosquera	0:49:04	22:04	9:49	2006	17 EM	99 M
252	571		Oscar Gonzalez Noya	0:49:08	22:10	9:50	2006	18 EM	100 M
253	568		Hugo Del Río Martínez	0:49:46	24:44	9:57	2006	19 EM	101 M
254	99		Lourdes Nuñez Villar Novo	0:49:47	24:47	9:57	1982	117 AF	153 F
255	86		César García Gómez	0:49:50	24:48	9:58	1980	83 AM	102 M
256	319		Valentina Devonisch Bravo	0:50:06	24:05	10:01	2003	118 AF	154 F
257	304		Gloria Cernadas Cives	0:50:11	24:05	10:02	2002	119 AF	155 F
258	272		Rubén Gómez Pérez	0:50:23	23:44	10:05	1998	84 AM	103 M
259	282		Valeria García Lois	0:50:24	23:42	10:05	1999	120 AF	156 F
260	283		Uxía Landeira Vilariño	0:50:26	23:44	10:05	1999	121 AF	157 F

Carreira Absoluta (5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
261	276		Sonia Oreiro Biemmi	0:50:26	23:44	10:05	1998	122 AF	158 F
262	511		Alicia Carrillo Martinez	0:50:37	25:02	10:07	2004	37 EF	159 F
263	32		Obdulia Vazquez Mera	0:50:41	24:44	10:08	1972	123 AF	160 F
264	599		Nerea Mata Martinez	0:50:50	23:21	10:10	2007	38 EF	161 F
265	577		Maria Pérez Romero	0:50:50	23:21	10:10	2007	39 EF	162 F
266	210		Yolanda Fariñas Vázquez	0:50:52	24:44	10:10	1992	124 AF	163 F
267	301		Patricia Iglesias Rey	0:50:59	23:37	10:12	2002	125 AF	164 F
268	302		Alba Vázquez Pacheco	0:51:00	23:38	10:12	2002	126 AF	165 F
269	306		Sara Mosquera Mosquera	0:51:01	23:47	10:12	2002	127 AF	166 F
270	305		Inés Torres Iglesias	0:51:01	23:38	10:12	2002	128 AF	167 F
271	503		Alba Gándara Guede	0:51:01	18:30	10:12	2004 CLUBE OROSO	40 EF	168 F
272	505		Paula Rial Lista	0:51:01	18:29	10:12	2004	41 EF	169 F
273	550		Silvia Couto Martinez	0:51:08	25:04	10:14	2006	42 EF	170 F
274	619		Cami Lago Brion	0:51:10	25:05	10:14	2009	43 EF	171 F
275	66		Maria Brión Gonzalez	0:51:17	24:54	10:15	1977	129 AF	172 F
276	33		Ana Brión Gonzalez	0:51:19	25:06	10:16	1972	130 AF	173 F
277	543		Alicia Pena Tojo	0:51:20	24:21	10:16	2005	44 EF	174 F
278	504		Iria López Castro	0:51:35	26:53	10:19	2004	45 EF	175 F
279	525		Lucia Sieira Castiñeiras	0:51:35	26:53	10:19	2004	46 EF	176 F
280	521		Valentina Chávez Agüero	0:51:36	26:53	10:19	2004	47 EF	177 F
281	252		Silvia Blanco Saco	0:51:39	23:52	10:20	1996	131 AF	178 F
282	168		Laura Varela López	0:51:40	23:52	10:20	1989	132 AF	179 F
283	281		Lucía Méndez Ferreiro	0:51:42	23:50	10:20	1999	133 AF	180 F
284	154		Laura Vieites Novio	0:51:42	25:34	10:20	1988	134 AF	181 F
285	146		Noelia Ferreiro Couselo	0:51:43	25:33	10:21	1988	135 AF	182 F
286	279		Noa López Parrado	0:51:43	23:50	10:21	1999	136 AF	183 F
287	149		Angela Andrade Paderne	0:51:44	25:33	10:21	1988	137 AF	184 F
288	134		Susana Miguez Meijomil	0:51:45	26:02	10:21	1987	138 AF	185 F
289	13		Asuncion Pardo Costas	0:51:46	26:03	10:21	1967	139 AF	186 F
290	218		María Maneiro Mayo	0:51:49	32:28	10:22	1993	140 AF	187 F
291	615		Diego Rodríguez Garcia	0:52:18	24:18	10:28	2009	20 EM	104 M
292	284		Candela Rodríguez Cendón	0:52:21	23:51	10:28	1999	141 AF	188 F
293	280		Beatriz Pena Botana	0:52:21	23:50	10:28	1999	142 AF	189 F
294	174		Ana Cristina Monteagudo Roma	0:52:52	26:22	10:34	1990	143 AF	190 F
295	173		Iria Rey Remiseiro	0:52:53	26:22	10:35	1990	144 AF	191 F
296	584		Paula Rodríguez Garcia	0:52:56	24:16	10:35	2007	48 EF	192 F
297	171		Uxia Saraiva Esperon Moldes	0:53:06	26:48	10:37	1990	145 AF	193 F
298	103		Olivia Fuentes Rios	0:53:06	26:48	10:37	1982	146 AF	194 F

Carreira Absoluta (5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
299	217		Ana Simoes	0:53:10	26:48	10:38	1993	147 AF	195 F
300	223		Tiago Moreira	0:53:10	26:49	10:38	1993	85 AM	105 M
301	528		Lara Rodríguez Agrasar	0:53:17	27:23	10:39	2004	49 EF	196 F
302	540		Sofía Villar Mora	0:53:29	28:00	10:42	2005	50 EF	197 F
303	73		Warenka Mora Aponte	0:53:30	28:00	10:42	1978	148 AF	198 F
304	527		Sara Guitián Rilo	0:53:35	25:00	10:43	2004	51 EF	199 F
305	515		Paula Dacunha Quintáns	0:53:35	25:00	10:43	2004	52 EF	200 F
306	502		Enia Villaverde López	0:53:35	25:00	10:43	2004	53 EF	201 F
307	90		Ana Aboy Rodríguez	0:53:43	27:22	10:45	1980	149 AF	202 F
308	61		Marcos Blanco Blanco	0:53:43	27:19	10:45	1977	86 AM	106 M
309	542		Laura De Castro Edreira	0:54:03	24:35	10:49	2005	54 EF	203 F
310	539		Maria Martínez Rodríguez	0:54:04	24:35	10:49	2005	55 EF	204 F
311	532		Teresa Tato Cabaleiro	0:54:04	24:36	10:49	2005	56 EF	205 F
312	531		Marta Aldrey Cao	0:54:04	24:35	10:49	2005	57 EF	206 F
313	559		Sara Míguez Gesto	0:54:08	25:11	10:50	2006	58 EF	207 F
314	575		Xela Rodríguez Domínguez	0:54:08	25:11	10:50	2006	59 EF	208 F
315	613		Carmen Gunche Bada	0:54:10	28:41	10:50	2009	60 EF	209 F
316	620		Diego Rañó Myro	0:54:10	28:44	10:50	2009	21 EM	107 M
317	37		Fanny Massiel Mejuto Luna	0:54:25	27:01	10:53	1973	150 AF	210 F
318	83		Marcos Otero Bouzon	0:54:33	27:02	10:55	1979	87 AM	108 M
319	41		Ángel Romero Iglesias	0:54:42	28:59	10:56	1974	88 AM	109 M
320	537		Emma García Lopez	0:54:59	24:29	11:00	2005	61 EF	211 F
321	520		Noa Ben Gomez	0:55:00	24:29	11:00	2004	62 EF	212 F
322	169		Uxía Regueiro Lorenzo	0:55:04	25:03	11:01	1990	151 AF	213 F
323	142		Andres Da Silva Candal	0:55:06	25:03	11:01	1987	89 AM	110 M
324	199		Ana Isabel Bugallo Casal	0:55:07	25:03	11:01	1992	152 AF	214 F
325	508		Sofía Gonzalez Mahía	0:55:22	32:23	11:04	2004	63 EF	215 F
326	522		Uxía Lapidó Sampedro	0:55:34	24:59	11:07	2004	64 EF	216 F
327	519		Ana Varela Rey	0:55:34	24:59	11:07	2004	65 EF	217 F
328	510		Laura Zas Varela	0:55:40	27:23	11:08	2004	66 EF	218 F
329	518		Irene Pampin Mourazos	0:55:40	27:28	11:08	2004	67 EF	219 F
330	230		Nazare Otero Castro	0:56:43	27:05	11:21	1994	153 AF	220 F
331	236		Noemi Anido Lopez	0:56:47	27:05	11:21	1994	154 AF	221 F
332	259		Candela Landín Moreno	0:59:19	27:18	11:52	1996	155 AF	222 F
333	260		Lorena Gonzalez Chapela	0:59:21	27:18	11:52	1996	156 AF	223 F
334	254		Alejandra Garcia Pazos	0:59:21	27:19	11:52	1996	157 AF	224 F
335	621		Sofía Troitiño Reboredo	0:59:33	30:03	11:55	2009	68 EF	225 F
336	612		Antía Rei Rubio	0:59:33	29:59	11:55	2009	69 EF	226 F

Carreira Absoluta (5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
337	39		Cristina Rubio Bermejo	1:00:41	31:49	12:08	1974	158 AF	227 F
338	544		Xoel Rei Rubio	1:00:47	31:51	12:09	2005	22 EM	111 M
339	116		Cristina Pousada	1:00:48	32:57	12:10	1985	159 AF	228 F
340	77		Daniel Castro Castro	1:00:50	33:04	12:10	1978	90 AM	112 M
341	552		Arancha Lopez Lopez	1:00:57	28:35	12:11	2006	70 EF	229 F
342	549		Carla Lagares Rey	1:00:57	28:49	12:11	2006	71 EF	230 F
343	590		Marta Villaverde Vieitez	1:00:59	28:24	12:12	2007	72 EF	231 F
344	548		Nerea Casas Juncal	1:01:03	28:45	12:13	2006	73 EF	232 F
345	583		Elba Blanco Martinez	1:01:05	28:25	12:13	2007	74 EF	233 F
346	578		Iago Pazos Bernal	1:02:17	27:31	12:27	2007	23 EM	113 M
347	572		Martin Garcia Doval	1:02:17	27:27	12:27	2006	24 EM	114 M
348	611		Joaquín Villar Mora	1:02:17	32:35	12:27	2009	25 EM	115 M
349	25		Manuel Villar Diéguez	1:02:17	32:39	12:27	1969	91 AM	116 M
350	596		Martina Amor Bermudez	1:02:20	27:31	12:28	2007	75 EF	234 F
351	291		Daniel Perez Pereira	1:02:59	31:25	12:36	2000	92 AM	117 M
352	181		Ana Martinez Moya	1:02:59	31:25	12:36	1990	160 AF	235 F
353	294		Javier Ousmane Bah Castro	1:03:45	31:25	12:45	2000	93 AM	118 M
354	298		Ismael Garcia Rodriguez	1:03:45	31:25	12:45	2001	94 AM	119 M
355	153		Luis Ogando Des	1:03:47	32:26	12:45	1988	95 AM	120 M
	38		Santiago Amor Barreiro	DNF			1973	AM	M
	585		Sergio Sánchez Rey	DNF			2007	EM	M
	14		Alfredo Fandiño Ares	DNF			1968	AM	M
	320		Anais Pereiro Pombo	DNF			2003	AF	F
	509		Emmanuel Santana Villaran	DNF			2004	EM	M
	3		Elizabeth Virrey	DNF	23:47		1962	AF	F
	4		Luis Eduardo Larrauri Núñez	DNF	18:39		1962	AM	M
	34		Nilda Hernández Hernández	DNF	33:33		1972	AF	F
	36		Eva Bernal Modia	DNF	27:30		1972	AF	F
	47		Héctor Cajaraville Araújo	DNF	09:09		1974	AM	M
	53		Roberto García Silva	DNF	27:25		1975	AM	M
	64		Mónica Reboredo Velo	DNF	29:59		1977	AF	F
	71		Karina Iglesias Vieito	DNF	14:17		1978	AF	F
	85		María Agrasar De Villanueva	DNF	27:22		1979	AF	F
	124		Andrezza Monique De Souza	DNF	27:18		1986	AF	F
	158		Marta Liñares Cambon	DNF	26:43		1989	AF	F
	160		Cristina Cives Pastoriza	DNF	26:42		1989	AF	F
	179		Ana Bermudez Gonzalez	DNF	36:33		1990	AF	F
	186		Rebeca Moledo Moledo	DNF	36:36		1991	AF	F

Carreira Absoluta (5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
	190		Jenifer Silva Outeiral	DNF	36:35		1991	AF	F
	205		Tamara García Díaz	DNF	26:43		1992	AF	F
	213		Jason Bruno Da Silva	DNF	27:24		1992	AM	M
	214		Javier Alejandro Ramírez Gutierrez	DNF	36:07		1992	AM	M
	228		Agustin Salgado De Sanctis	DNF	36:09		1994	AM	M
	285		Lua Santamaria Boado	DNF	25:25		1999	AF	F
	289		Marta Vieiro Abraldes	DNF	36:45		2000	AF	F
	290		Cristina Otero Calvo	DNF	36:45		2000	AF	F
	297		Lucas Mendonça	DNF	31:23		2001	AM	M
	312		Eva Del Río Martínez	DNF	33:32		2003	AF	F
	315		Fatima Vilar Fraga	DNF	29:02		2003	AF	F
	316		Carmen Vilar Fraga	DNF	28:59		2003	AF	F
	317		Antia Rouco Vázquez	DNF	33:33		2003	AF	F
	516		Andrea Villaravid Leis	DNF	33:31		2004	EF	F
	524		Alba Pazos Bernal	DNF	29:03		2004	EF	F
	538		Nerea Miguelez Tejo	DNF	33:31		2005	EF	F
	551		Julia Ínsua Gómez	DNF	33:54		2006	EF	F
	554		Sandra Calviño Seoane	DNF	33:27		2006	EF	F
	557		Noa Novio Vilariño	DNF	33:27		2006	EF	F
	561		Uxía Quintáns Vicente	DNF	23:35		2006	EF	F
	565		Noelia Losada Vicente	DNF	23:35		2006	EF	F
	569		Inés Montero Expósito	DNF	33:30		2006	EF	F
	573		Maria Rañó Myro	DNF	33:54		2006	EF	F
	607		Manuel Cajaraville Martinez	DNF	17:44		2008	EM	M
	616		Martina Montero Expósito	DNF	29:57		2009	EF	F
	617		Andrea Calviño Seoane	DNF	30:00		2009	EF	F
	299		Alesandra Nicol Larrauri Hernández	DNS			2002	AF	F
	295		Ainhoa Albarrán Araújo	DNS			2000	AF	F
	292		Alejandra Millán Nogueira	DNS			2000	AF	F
	195		Patricia Fernández Palleiro	DNS			1991	AF	F
	191		Marta Aramburu Núñez	DNS			1991	AF	F
	192		Uxía Souto Alonso	DNS			1991	AF	F
	270		Angel Collazo Garcia	DNS			1998	AM	M
	275		Andrea Suárez Gómez	DNS			1998	AF	F
	31		Iván Pinero	DNS			1972	AM	M
	35		Nilda Hernández Hernández	DNS			1972	AF	F
	98		Katiusca Paliche Silva	DNS			1982	AF	F
	555		Rodrigo Fandiño Rey	DNS			2006	EM	M

Carreira Absoluta (5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	1ª volta	Ritmo km	Ano Club	Cat	S
	556		Fátima Vaamonde Oca	DNS			2006	EF	F
	232		Marta Blanco Pardo	DNS			1994	AF	F
	614		Beatriz Hernández Fernandez	DNS			2009	EF	F
	144		Agueda Silva Seoane	DNS			1987	AF	F
	136		Cris Andión	DNS			1987	AF	F
	247		Oriana Uva Segade	DNS			1995	AF	F
	513		Maria Miranda	DNS			2004	EF	F
	253		Julia García Curras	DNS			1996	AF	F
	184		José María Martínón Martínez	DNS			1990	AM	M
	17		Eva Cabrejas Barba	DNS			1968	AF	F
	321		Óscar Maya Fariñas	DNS			1979	AM	M
	202		Lucas Sanjuan Riera	DNS			1992	AM	M
	74		Alfonso Reimúndez Dubra	DNS			1978	AM	M
	120		Ruben Bouso Alvite	DNS			1985	AM	M
	318		Carla Ferrera Conde	DNS			2003	AF	F
	579		Marcos Picon Iglesias	DNS			2007	EM	M
	602		Julia Fuentes Ferro	DNS			2008	EF	F
	164		Diego Montes Novio	DNS			1989	AM	M
	288		Jesús Souto Rial	DNS			2000	AM	M
	267		Sergio Fernandez Neira	DNS			1997	AM	M
	264		Lorena Iglesias Vazquez	DNS			1997	AF	F
	269		Sergio Fernandez Neira	DNS			1998	AM	M
	268		Maria Rodriguez Alvariño	DNS			1997	AF	F
	50		Oscar Soneira Reboredo	DNS			1975	AM	M
	117		David Martinez Gomez	DNS			1985	AM	M
	112		Ana Berta Domínguez Merelles	DNS			1984	AF	F
	227		Verónica Marcos Martínez	DNS			1994	AF	F
	225		Julia Arca Suárez	DNS			1994	AF	F
	224		Yago Peleteiro Pérez	DNS			1994	AM	M
	222		Paulo Ávila Gómez	DNS			1993	AM	M
	221		Eva Porto González	DNS			1993	AF	F
	155		Óscar A. Otero Zarraquiños	DNS			1988	AM	M
	157		Sara Iglesias Fernandez	DNS			1989	AF	F
	43		Patricia Roiloa Rodriguez	DNS			1974	AF	F