

X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020

10 KM. Distancia: 10.000 m

# X CARREIRA DO COCIDO DE LALÍN



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Licenza	Club	Localidade	Equipo
1	3	JOSE CANDA LOUZAO		MSAM- 1	00:33:43	00:03:23	00:33:43	00:03:23	00:16:31		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	ATLETISMO DEZA 10K
2	4	RICARDO VÁZQUEZ VAAMONDE		MSBM- 1	00:34:28	00:03:27	00:34:28	00:03:27	00:16:33		ADAS-PROINOR	LALÍN	ATLETISMO DEZA 10K
3	40	MANUEL OLIVER PÉREZ LÓPEZ		MSBM- 2	00:34:57	00:03:30	00:34:57	00:03:30	00:16:31	GA 768549	SAR-VERMU PETRONI	EL BURGO	
4	5	SERGIO REQUEJO REQUEJO		SENM- 1	00:35:04	00:03:31	00:35:04	00:03:31	00:16:36		CLUBE-ESCOLA ATLETISMO DEZA	SILLEDA	ATLETISMO DEZA 10K
5	22	ABEL BARROS GONZÁLEZ		MSAM- 2	00:35:07	00:03:31	00:35:07	00:03:31	00:16:36	GA 765719	ATLETISMO +9 MORAÑA	MORAÑA	
6	15	CRISTIAN DIAZ LORENZO		MSAM- 3	00:35:26	00:03:33	00:35:26	00:03:33	00:16:36	GA764912	ADAS-PROINOR	ORENSE	
7	26	ALBINO FERNÁNDEZ GARCÍA		SENM- 2	00:35:40	00:03:34	00:35:39	00:03:34	00:17:07	AG 2017215	ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
8	164	ADRIÁN ROJO LUACES		SENM- 3	00:35:46	00:03:35	00:35:46	00:03:35	00:16:57		SAR-VERMU PETRONI	CAMARIÑAS	
9	521	PABLO CARNERO		SENM- 4	00:35:49	00:03:35	00:35:49	00:03:35	00:17:15	AG2028403	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA	
10	54	FEDERICO LOSADA CONDE		MSAM- 4	00:35:54	00:03:36	00:35:54	00:03:36	00:17:08	44456565A	CASTRO-TRAIL	OURENSE	
11	174	CRISTIAN PENAS OTERO		SENM- 5	00:36:21	00:03:39	00:36:21	00:03:39	00:16:43		TRIATLON ARCADE INFORHOUSE SANTIAGO	SANTIAGO DE COMPOSTELA	
12	18	FERNANDO VÁZQUEZ ARES		MSAM- 5	00:36:33	00:03:40	00:36:32	00:03:40	00:17:08		ATLETAS DE ACEA DE AMA	CULLEREDO	
13	61	JUAN JESUS BARRAL VARELA		MSBM- 3	00:36:39	00:03:40	00:36:38	00:03:40	00:17:34		CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	BRION	BRION-NOITEBRA
14	47	JOSE LUIS AMENEIROS GOMEZ		SENM- 6	00:37:10	00:03:43	00:37:10	00:03:43	00:17:27		C.A.CAMBADOS - SEG.NOVAL	SANXENXO	
15	329	ALEXANDRE FERNÁNDEZ TOJO		SENM- 7	00:37:16	00:03:44	00:37:16	00:03:44	00:17:28		CLUB ATLETISMO TAMBRE	POTOMOURO	
16	325	MARCOS CAMPOS LUEIRO		MSAM- 6	00:37:18	00:03:44	00:37:17	00:03:44	00:17:41	AG2021217	CLUB ATLETISMO NEGREIRA	NEGREIRA	
17	69	MIGUEL CABO VILLAVEDE		MSBM- 4	00:37:19	00:03:44	00:37:18	00:03:44	00:17:30	AG 763812	CLUB ATLETISMO MILLADOIRO	SANTIAGO DE COMPOSTELA	
18	518	ÁNGEL CONDE VALLADARES		MSAM- 7	00:37:20	00:03:44	00:37:20	00:03:44	00:17:27		LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
19	336	LUIS MOSQUERA GONZALEZ		SENM- 8	00:37:33	00:03:46	00:37:30	00:03:45	00:18:11		CLUBE ATLETISMO BOIMORTO	BOIMORTO	
20	37	OSCAR PENA RIVERA		MSAM- 8	00:37:37	00:03:46	00:37:33	00:03:46	00:17:54		ATLETISMO OLYMPO	MONFERO	
21	162	JUAN RODRIGUEZ PINAL		MSBM- 5	00:37:44	00:03:47	00:37:42	00:03:47	00:17:53		RUN CARBALLIÑO	O CARBALLIÑO	RUNNERS DO COCIDO
22	35	RAMÓN RODRÍGUEZ GONZALEZ		MSBM- 6	00:37:52	00:03:48	00:37:50	00:03:47	00:17:57	34970149Y	ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
23	68	ARTURO RAMOS FERROL		MSBM- 7	00:37:54	00:03:48	00:37:53	00:03:48	00:17:42	A-9509	CLUB ATLETISMO MILLADOIRO	SANTA COMBA	
24	60	JOSE ANTONIO VIDAL GONZALEZ		MSAM- 9	00:37:57	00:03:48	00:37:57	00:03:48	00:17:49	GA9053	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	BRION	BRION-NOITEBRA
25	23	XOSÉ PÉREZ BLANCO		SUB20M- 1	00:38:00	00:03:48	00:38:00	00:03:48	00:18:05		ATLETISMO ARENTEIRO	SAN CRISTOVO DE CEA	ATLETISMO ARENTEIRO
26	80	JESUS ALVAREZ CHINCHILLA		MSBM- 8	00:38:02	00:03:49	00:38:00	00:03:48	00:18:10		CLUB ATLETISMO SADA	SADA	
27	43	RUBEN AIRAS COTA		MSAM- 10	00:38:13	00:03:50	00:37:59	00:03:48	00:18:20	AG2018125	BURGAS ATLETISMO OURENSE	MUIÑOS	
28	29	GONZALO FERNÁNDEZ ALBERTE		MSAM- 11	00:38:15	00:03:50	00:38:14	00:03:50	00:18:06		ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
29	463	MARTIN FRAGA CHAN		SENM- 9	00:38:18	00:03:50	00:38:16	00:03:50	00:18:27			A BAÑA	
30	348	JAVIER DIEGUEZ FERNÁNDEZ		MSAM- 12	00:38:28	00:03:51	00:38:26	00:03:51	00:18:10		GTR GALAICO TRAIL RUN	LALIN	ATLETISMO DEZA 10K
31	20	OSCAR PAZOS BARBEITO		MSAM- 13	00:38:29	00:03:51	00:38:28	00:03:51	00:18:23		ATLETAS DE ACEA DE AMA	CAMBRE	
32	146	ÓSCAR VALLE LOPEZ		MSAM- 14	00:38:33	00:03:52	00:38:32	00:03:52	00:18:08		NOITEBRA FC	TEO	BRION-NOITEBRA
33	374	JAVIER CASTRO		SENM- 10	00:38:36	00:03:52	00:38:33	00:03:52	00:18:23		TRIATLON BOIRO	RIBEIRA AGUIÑO	
34	44	CHEMA FEIJOO TIZON		MSAM- 15	00:38:37	00:03:52	00:38:23	00:03:51	00:18:22		BURGAS ATLETISMO OURENSE	VERIN	
35	85	CARLOS GARCÍA CARAMÉS		MSAM- 16	00:38:40	00:03:52	00:38:35	00:03:52	00:18:58		CLUB DEPORTIVO SAN PAIO	PONTEVEDRA	RUNNERS DO COCIDO
36	97	ROBERTO ESPÍÑA FERNANDEZ		MSAM- 17	00:38:45	00:03:53	00:38:41	00:03:53	00:18:41	AG 2020057	CLUB OURENSE ATLETISMO	OURENSE	
37	38	DAVID ALONSO PREGAL		SENM- 11	00:39:04	00:03:55	00:39:03	00:03:55	00:18:23		ATLETISMO PORRIÑO	O PORRIÑO	
38	241	FRANCISCO JAVIER ESPÍÑA FERNANDEZ		MSBM- 9	00:39:05	00:03:55	00:39:00	00:03:54	00:18:42			OURENSE	
39	272	RUBÉN DOMÍNGUEZ GÓMEZ		MSAM- 18	00:39:07	00:03:55	00:39:05	00:03:55	00:18:36			OURENSE	
40	459	IBAI MARCOS LOPEZ		SENM- 12	00:39:19	00:03:56	00:39:15	00:03:56	00:18:54			VIGO	
41	163	JOSE LOPEZ FERNÁNDEZ		MSBM- 10	00:39:20	00:03:56	00:39:18	00:03:56	00:18:25		RUN CARBALLIÑO	CARBALLIÑO	
42	98	ELISEO FABELLO CID		MSAM- 19	00:39:25	00:03:57	00:39:24	00:03:57	00:19:08		CLUB OURENSE ATLETISMO	OURENSE	
43	102	JOSE BUJAN GONZALEZ		MSAM- 20	00:39:26	00:03:57	00:39:20	00:03:56	00:18:36		CAO (CLUBE ATLETISMO OUTES)	OUTES	
44	101	JOSE ANTONIO ROMERO BARREIRO		SENM- 13	00:39:27	00:03:57	00:39:24	00:03:57	00:19:02	AG768910	CLUBE ATLETISMO BOIMORTO	MESIA	
45	132	DAVID RODRÍGUEZ HIERRO		MSAM- 21	00:39:43	00:03:59	00:39:35	00:03:58	00:19:07		KURAI	VIGO	
46	306	MIGUEL IGLESIAS AMORES		SENM- 14	00:39:45	00:03:59	00:39:41	00:03:59	00:18:12		ATLETISMO ARENTEIRO	VEDRA	ATLETISMO ARENTEIRO
47	286	JUAN CARLOS MONTEAGUDO		MSAM- 22	00:39:49	00:03:59	00:39:47	00:03:59	00:19:09			SAN CIBRAO DAS VIÑAS	
48	365	RAMIRO PÉREZ PEREIRA		MSCM- 1	00:39:52	00:04:00	00:39:52	00:04:00	00:19:09		SAR-VERMU PETRONI	TEO	
49	92	ALEJANDRO GONZALEZ MONTERO		MSAM- 23	00:39:53	00:04:00	00:39:41	00:03:59	00:19:16		CLUB MONTEPENARUBIA LUGO	LUGO	
50	320	ESTEBAN GARCIA GOMEZ		MSAM- 24	00:39:53	00:04:00	00:39:52	00:04:00	00:18:47	AG3618	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	VALGA	
51	42	JORGE VELEIRO		MSCM- 2	00:39:54	00:04:00	00:39:52	00:04:00	00:18:49		BURGAS ATLETISMO OURENSE	BARBADAS	
52	64	JULIO MALLO NIETO		MSAM- 25	00:39:58	00:04:00	00:39:56	00:04:00	00:18:47	GA9052	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	SANTIAGO DE COMPOSTELA	BRION-NOITEBRA
53	96	RAFAEL ANTAS CANNAS		MSBM- 11	00:40:07	00:04:01	00:40:03	00:04:01	00:19:17		CLUB NATACION PABELLON OURENSE TRIATLON	OURENSE	
54	147	DANIEL BECERRA RODRIGUEZ		MSBM- 12	00:40:07	00:04:01	00:40:05	00:04:01	00:18:53		NOITEBRA FC	SANTIAGO DE COMPOSTELA	BRION-NOITEBRA
55	49	SECHO FIGUEIRAS BLANCO		MSAM- 26	00:40:18	00:04:02	00:40:13	00:04:02	00:19:15	AG-2020398	CAI A ESTRADA	A POBRA DO CARAMIÑAL	
56	103	MICHEL MARTINEZ NIETO		MSBM- 13	00:40:21	00:04:03	00:40:15	00:04:02	00:19:01		CAO (CLUBE ATLETISMO OUTES)	OUTES	
57	110	MARCOS BLANCO FARIÑAS		SENM- 15	00:40:23	00:04:03	00:40:14	00:04:02	00:19:39	AG2022076	CORREDORES DO MIÑO	OURENSE	
58	116	LUIS FORNOS GALLEGO		MSAM- 27	00:40:28	00:04:03	00:40:15	00:04:02	00:19:55	AG2014557	ESPRINTS OURENSE	A VALENZA - BARBADÁS	
59	57	ROI CUBA DORADO		SENM- 16	00:40:29	00:04:03	00:40:25	00:04:03	00:19:33		CIDADE DE LUGO FLUVIAL	LUGO	
60	158	JOSE MANUEL TOLEDO ESTEVEZ		MSBM- 14	00:40:30	00:04:03	00:40:28	00:04:03	00:19:27		PATO BLANCO CELANOVA	CELANOVA	
61	274	ANTONIO SOUTO PRIETO		SUB23M- 1	00:40:34	00:04:04	00:40:33	00:04:04	00:18:42			VILALBA	RUNNERS DO COCIDO
62	337	IVÁN LEÓN VÁZQUEZ		SENM- 17	00:40:35	00:04:04	00:40:32	00:04:04	00:19:22		CLUBE ATLETISMO BOIMORTO	FOLGOSO	

63	87	ALVARO LOPEZ JACOME	MSAM- 28	00:40:44	00:04:05	00:40:40	00:04:04	00:20:10		CLUB LEONES TEAM BEER RUNNERS!!!!!!	A CORUÑA	
64	65	JESÚS CELA BOISA	SEN- 18	00:40:45	00:04:05	00:40:42	00:04:05	00:19:43	AG3522	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	BRIÓN	
65	333	DANIEL RODRIGUEZ GARCIA	SEN- 19	00:40:46	00:04:05	00:40:42	00:04:05	00:19:16		CLUB CICLISMO TRIATLON POIO	PONTEVEDRA	RUNNERS DO COCIDO
66	70	ALBERTO VARELA NUÑEZ	MSBM- 15	00:40:48	00:04:05	00:40:45	00:04:05	00:19:34	AG763830	CLUB ATLETISMO MILLADOIRO	SANTIAGO DE COMPOSTELA	
67	346	MANUEL TATO ESPINO	MSAM- 29	00:40:52	00:04:06	00:40:43	00:04:05	00:19:51		GTR GALAICO TRAIL RUN	VILA DE CRUCES	ATLETISMO DEZA 10K
68	460	HUGO GENDRA SALVADO	SEN- 20	00:40:53	00:04:06	00:40:50	00:04:05	00:19:48			SANTIAGO DE COMPOSTELA	
69	182	JOSÉ JARDÓN LÓPEZ	MSCM- 3	00:40:53	00:04:06	00:40:51	00:04:06	00:19:47	AG9217	VETERANOS DE SAMIL	VIGO	
70	212	HUGO DURAN ALVAREZ	MSAM- 30	00:41:05	00:04:07	00:40:57	00:04:06	00:19:22			PONTEVEDRA	
71	83	ALFREDO FERREIRO DEAÑO	MSAM- 31	00:41:09	00:04:07	00:41:05	00:04:07	00:19:43	A-10629	CLUB DEPORTIVO AURUM	TRIBADAVIA	
72	63	FERNANDO FERNANDEZ MARTINEZ	MSAM- 32	00:41:12	00:04:08	00:41:09	00:04:07	00:20:00	GA9054	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	MILLADOIRO AMES	BRION-NOITEBRA
73	113	JOSÉ MANUEL MONTOTO AREÁN	MSAM- 33	00:41:13	00:04:08	00:41:10	00:04:07	00:19:34		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	ATLETISMO DEZA 10K
74	33	IVAN LOPEZ AMBROSIO	SEN- 21	00:41:21	00:04:09	00:41:20	00:04:08	00:19:28		ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
75	322	MARCOS MAYO AGRAFOJO	MSAM- 34	00:41:25	00:04:09	00:41:22	00:04:09	00:19:33	AG3619	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	ROIS	
76	166	EMILIO DOMINGUEZ RODRIGUEZ	MSDM- 1	00:41:31	00:04:10	00:41:22	00:04:09	00:19:51	A-10038	TABOADELA RUNNING	OURENSE	
77	472	CELSE ARAUJO PAZOS	MSBM- 16	00:41:34	00:04:10	00:41:31	00:04:10	00:20:27			OURENSE	
78	131	MANUEL FRANCISCO RODRIGUEZ FERNANDEZ	MSAM- 35	00:41:36	00:04:10	00:41:29	00:04:09	00:19:56		KURAI	CEA	
79	287	ÓSCAR GONZÁLEZ GOMEZ	MSAM- 36	00:41:36	00:04:10	00:40:45	00:04:05	00:20:31			O CARBALLIÑO	
80	218	HIGINIO RODRIGUEZ PEREZ	MSCM- 4	00:41:39	00:04:10	00:41:36	00:04:10	00:20:26			OURENSE	
81	321	JOSÉ MANUEL VÁZQUEZ MATO	MSAM- 37	00:41:41	00:04:11	00:41:40	00:04:10	00:19:33	AG 3523	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	AMES	BRION-NOITEBRA
82	242	JOSÉ ÁNGEL GARCÍA EXPÓSITO	SEN- 22	00:41:46	00:04:11	00:41:25	00:04:09	00:20:40			MONTERROSO	
83	171	FRANCISCO JOSÉ IGLESIAS VILA	MSAM- 38	00:41:47	00:04:11	00:41:42	00:04:11	00:20:14		TABOADELA RUNNING	TABOADELA	
84	62	JAIME TIZÓN DAVILA	MSAM- 39	00:41:50	00:04:11	00:41:38	00:04:10	00:20:21		CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	BRIÓN	BRION-NOITEBRA
85	223	ANTONIO GONZALEZ DATORRE	SEN- 23	00:42:01	00:04:13	00:41:52	00:04:12	00:20:20			LALIN	
86	52	ROBERTO ARAUJO CAMBESOS	MSBM- 17	00:42:03	00:04:13	00:41:19	00:04:08	00:20:54		CASTRO-TRAIL	OURENSE	RUNNERS DO COCIDO
87	359	JOSE MANUEL GARCIA VUELTA	SEN- 24	00:42:09	00:04:13	00:42:00	00:04:12	00:20:06		LUKE ATHLETICS	A CORUÑA	CORRECALLOS
88	234	DAVID VÁZQUEZ GARCÍA	SEN- 25	00:42:11	00:04:14	00:42:01	00:04:13	00:20:06			MUÍÑOS	
89	176	JUAN MANUEL FERNANDEZ LANDEIRO	MSAM- 40	00:42:16	00:04:14	00:42:11	00:04:14	00:20:18		TRIATLÓN MOTOBIKE POIO GALAICO	POIO	
90	206	XAIME RIVAS POSSE	MSCM- 5	00:42:18	00:04:14	00:42:12	00:04:14	00:20:16			SANTIAGO DE COMPOSTELA	
91	271	YAGO DANIEL RIO PEREIRA	SUB18M- 1	00:42:20	00:04:14	00:42:20	00:04:14	00:19:19			FERROL	
92	133	MIGUEL ANGEL LORENZO ALVAREZ	SEN- 26	00:42:23	00:04:15	00:42:00	00:04:12	00:20:44		LAMARGHA-AUTOTODO	CARBALLIÑO	LAMARGHA-AUTOTODO
93	138	MARCOS FERNANDEZ	MSAM- 41	00:42:23	00:04:15	00:42:01	00:04:13	00:20:27		LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
94	386	JOSE LUIS CAGIDE FERNANDEZ	MSAM- 42	00:42:24	00:04:15	00:42:13	00:04:14	00:20:22			LALIN	ATLETISMO DEZA 10K
95	256	GERMAN GARCIA AMEIJIDE	SEN- 27	00:42:29	00:04:15	00:42:19	00:04:14	00:20:29			A CORUÑA	CORRECALLOS
96	480	FABIÁN GÓMEZ CES	SEN- 28	00:42:31	00:04:16	00:42:22	00:04:15	00:20:14			PADRÓN	
97	55	JUAN CARLOS MARTUL HERNÁNDEZ	MSBM- 18	00:42:33	00:04:16	00:42:33	00:04:16			CDM XESTEIRAS	VILAGARCÍA DE AROUSA	
98	45	JOSE LOSADA MARRA	MSCM- 6	00:42:34	00:04:16	00:42:32	00:04:16	00:20:28		BURGAS ATLETISMO OURENSE	OURENSE	
99	338	MANUEL GONZÁLEZ ADÁN	MSBM- 19	00:42:36	00:04:16	00:42:27	00:04:15	00:20:27		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	ATLETISMO DEZA 10K
100	493	FELIPE ALVARADO RODRÍGUEZ	SEN- 29	00:42:40	00:04:16	00:42:20	00:04:14	00:20:41			MONTERROSO	RUN RUN MONTERROSO
101	510	ALEXANDRE MAZAIRO RODRÍGUEZ	SEN- 30	00:42:41	00:04:17	00:42:24	00:04:15	00:20:35			OURENSE	
102	392	JUAN RAMÓN GÓMEZ NOVOA	SEN- 31	00:42:44	00:04:17	00:42:40	00:04:16	00:20:45			LALIN	
103	523	RENNY MAZAIRO RODRÍGUEZ	SEN- 32	00:42:47	00:04:17	00:42:30	00:04:15	00:20:34			OURENSE	
104	339	AVELINO SOUTO ROZADOS	SUB23M- 2	00:42:49	00:04:17	00:42:49	00:04:17	00:20:29		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	ATLETISMO DEZA 10K
105	465	XENXO LASO VÁZQUEZ	SEN- 33	00:42:50	00:04:17	00:42:41	00:04:17	00:20:17			OURENSE	
106	299	MANUEL MILLARES JACOME	MSAM- 43	00:42:51	00:04:18	00:42:41	00:04:17	00:20:47		--	LALÍN	
107	173	FRANCISCO IGLESIAS	MSAM- 44	00:42:51	00:04:18	00:42:47	00:04:17	00:20:32		TRIATLON ARCADE INFORHOUSE SANTIAGO	SANTIAGO DE COMPOSTELA	
108	344	CARLOS FERNANDEZ VAZQUEZ	MSAM- 45	00:42:53	00:04:18	00:42:43	00:04:17	00:20:42	76717833E	GTR GALAICO TRAIL RUN	O BARCO DE VALDEORRAS	ATLETISMO DEZA 10K
109	342	JUAN JESÚS VARELA AMIGO	MSAM- 46	00:42:54	00:04:18	00:42:45	00:04:17	00:20:38	77403690L	GTR GALAICO TRAIL RUN	LALÍN	ATLETISMO DEZA 10K
110	2	COVADONGA VÁZQUEZ SANCHEZ	F- 1	MSAF- 1	00:42:58	00:04:18	00:42:56	00:04:18	00:21:01		VILA DE CRUCES	
111	48	MARCOS PEREZ FORMIGO	MSAM- 47	00:42:59	00:04:18	00:42:32	00:04:16	00:20:56		CABO DE PEÑAS	CARBALLIÑO	CABO DE PEÑAS
112	157	MANUEL VICENTE RODRIGUEZ ALVAREZ	MSAM- 48	00:43:00	00:04:18	00:42:49	00:04:17	00:20:51		PATO BLANCO CELANOVA	OURENSE	
113	497	MOISES CADAHIA GARCIA	MSAM- 49	00:43:00	00:04:18	00:42:40	00:04:16	00:20:50			MONTERROSO	RUN RUN MONTERROSO
114	387	CARLOS ARIAS ARCOS	SEN- 34	00:43:01	00:04:19	00:42:58	00:04:18	00:21:02			PONTEVEDRA	
115	121	FELIPE IGLESIAS MIRA	MSBM- 20	00:43:03	00:04:19	00:42:50	00:04:17	00:21:15	AG11001	ESPRINTS OURENSE	OURENSE	
116	106	MANUEL ARGIBAY PÉREZ	MSBM- 21	00:43:04	00:04:19	00:42:56	00:04:18	00:20:27		CLUBE-ESCOLA ATLETISMO DEZA	SILLEDA	ATLETISMO DEZA 10K
117	319	MIGUEL MAROÑO DOMINGUEZ	MSAM- 50	00:43:11	00:04:20	00:42:58	00:04:18	00:21:14	T AG 2018585	CLUB ATLETISMO ESTRADA	A ESTRADA	
118	284	JAVIER GARCÍA GIL	MSAM- 51	00:43:17	00:04:20	00:42:35	00:04:16	00:21:16			LALIN	
119	130	AURELIO VERGARA CASTRO	MSBM- 22	00:43:20	00:04:20	00:42:58	00:04:18	00:20:44		KORPORE ARENTEIRO TRAIL	CARBALLIÑO	
120	25	CAMILO CASTRO FERNANDEZ	MSCM- 7	00:43:22	00:04:21	00:43:16	00:04:20	00:20:14	AG2025708	ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
121	172	FÉLIX ROGET PÉREZ	MSAM- 52	00:43:24	00:04:21	00:43:23	00:04:21	00:21:26		TERRA DE SONEIRA C.D.	VIMIANZO	
122	99	LEANDRO EIRAS LUEIRO	SEN- 35	00:43:25	00:04:21	00:43:11	00:04:20	00:20:44		CLUB TRIATLON CERVECERIA O COTON NEGREIRA	NEGREIRA	
123	109	LINO VÁZQUEZ GONZALEZ	MSAM- 53	00:43:25	00:04:21	00:43:15	00:04:20	00:20:07		CORREDORES DO MIÑO	OURENSE	
124	369	ÁLVARO PIÑEIRO MAYO	MSAM- 54	00:43:29	00:04:21	00:43:22	00:04:21	00:20:47		SERRES RUNNERS	MUROS	
125	481	JOSE ANTONIO SOTO VÁZQUEZ	MSAM- 55	00:43:32	00:04:22	00:43:27	00:04:21	00:21:09			LALÍN	
126	105	SANTIAGO GNZÁLEZ GUTIERREZ	MSBM- 23	00:43:50	00:04:23	00:43:50	00:04:23			CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	
127	230	MARCOS GOBERNA COMESAÑA	MSAM- 56	00:43:59	00:04:24	00:43:47	00:04:23	00:21:00			SOUTOMAIOR	ATLETISMO DEZA 10K
128	444	ANTONIO OTERO UHIA	MSBM- 24	00:44:00	00:04:24	00:44:00	00:04:24	00:20:33			PORTONOVO	

129	352	GUSTAVO GONZALEZ VILAR		MSAM- 57	00:44:01	00:04:25	00:43:47	00:04:23	00:21:28		GTR GALAICO TRAIL RUN	SILLEDA	
130	483	ALBERTO MOURIÑO CABALEIRO		SENM- 36	00:44:02	00:04:25	00:43:52	00:04:24	00:21:15			LALÍN	
131	27	ELADIO DIZ GARCÍA		MSBM- 25	00:44:04	00:04:25	00:43:51	00:04:24	00:21:17		ATLETISMO ARENTEIRO	O CARBALLIÑO	ATLETISMO ARENTEIRO
132	79	NATI GARCÍA SANCHEZ	F- 2	MSAF- 2	00:44:17	00:04:26	00:44:17	00:04:26	00:21:02		CLUB ATLETISMO SADA	LA CORUÑA	
133	289	NESTOR TOREA MOLEDO		MSAM- 58	00:44:23	00:04:27	00:44:05	00:04:25	00:21:20			ESTEIRO	
134	360	FRANCISCO JAVIER CEPEDA GACIO		MSCM- 8	00:44:24	00:04:27	00:44:18	00:04:26	00:20:45		NOITEBRA FC	VEDRA	
135	297	ANGEL BELLO CID		SENM- 37	00:44:25	00:04:27	00:43:54	00:04:24	00:21:35			OURENSE	
136	324	ALFONSO RIVADULLA NEIRA		MSAM- 59	00:44:28	00:04:27	00:44:15	00:04:26	00:20:58		CLUB ATLETISMO ESTRADA	A ESTRADA	
137	524	JOSE ANTONIO BERMUDEZ TURNES		MSCM- 9	00:44:34	00:04:28	00:44:23	00:04:27	00:21:43		NOITEBRA FC	SANTIAGO	
138	258	JONATAN RIVAS PEREZ		MSAM- 60	00:44:37	00:04:28	00:44:16	00:04:26	00:21:49			ALLARIZ	
139	156	JOSE VÁZQUEZ FERNÁNDEZ		MSBM- 26	00:44:39	00:04:28	00:44:28	00:04:27	00:21:40		PATO BLANCO CELANOVA	VEREA	
140	123	SANDRA FERNÁNDEZ YÁÑEZ	F- 3	MSAF- 3	00:44:40	00:04:28	00:44:31	00:04:28	00:21:31		FLUVIAL DE LUGO MONTE SEGADE	BALEIRA	
141	486	MANUEL LEAL GOMEZ		MSBM- 27	00:44:41	00:04:29	00:44:23	00:04:27	00:22:13			VILLA DE CRUCES	
142	316	JAVIER PITARQUE VALERO		MSBM- 28	00:44:45	00:04:29	00:44:20	00:04:26	00:21:33		CAZAFANTASMAS TEAM	VERIN	
143	303	LYDIA RODRÍGUEZ CARRACEDO	F- 4	MSAF- 4	00:44:47	00:04:29	00:44:43	00:04:29	00:21:09		ASOCIACIÓN DEPORTIVA CERNE	PEDROUZOS	
144	111	EDUARDO JOSE ESTEVEZ ULLOA		MSBM- 29	00:44:54	00:04:30	00:44:43	00:04:29	00:21:30		CORREDORES DO MIÑO	OURENSE	
145	425	MANUEL MARIÑO MOREIRA		MSBM- 30	00:44:54	00:04:30	00:44:48	00:04:29	00:21:23			LALIN	
146	227	ANTONIO RODRIGUEZ TERRADO		SENM- 38	00:44:55	00:04:30	00:44:31	00:04:28	00:22:28			PERILLO	
147	180	ADRIÁN ÁLVAREZ MOSQUERA		SENM- 39	00:44:56	00:04:30	00:44:52	00:04:30	00:21:32		VERXEL NUTRICIÓN DEPORTIVA	LUGO	
148	181	JOSÉ ÁLVAREZ LENCE		MSBM- 31	00:44:56	00:04:30	00:44:52	00:04:30	00:21:32		VERXEL NUTRICIÓN DEPORTIVA	LUGO	
149	46	EVA IGLESIAS GONZALEZ	F- 5	SENF- 1	00:44:57	00:04:30	00:44:48	00:04:29	00:21:03		BURGAS ATLETISMO OURENSE	OURENSE	RUNNERS DO COCIDO
150	122	JORGE CID PEREZ		MSAM- 61	00:44:58	00:04:30	00:44:45	00:04:29	00:21:59	AG 2014550	ESPRINTES OURENSE	OURENSE	
151	469	ROBERTO CID VAZQUEZ		MSAM- 62	00:44:59	00:04:30	00:44:54	00:04:30	00:21:34			OURENSE	
152	32	PATRICIA VARELA SANTISO	F- 6	SENF- 2	00:45:00	00:04:30	00:44:44	00:04:29	00:21:49		ATLETISMO ARENTEIRO	VILA DE CRUCES	ATLETISMO DEZA 10K
153	148	MARTIN ROZAS RAMOS		MSBM- 32	00:45:03	00:04:31	00:44:51	00:04:30	00:21:33	AG2016584	NOITEBRA FC	SANTIAGO DE COMPOSTELA	BRION-NOITEBRA
154	355	TOÑO RODRIGUEZ CASAL		MSAM- 63	00:45:04	00:04:31	00:44:49	00:04:29	00:22:17		HOXE QUEIXOS	SILLEDA	
155	405	SERGIO ARES NOGUEIRA		SENM- 40	00:45:05	00:04:31	00:44:58	00:04:30	00:22:05			TEIXEIRO	
156	220	FERNANDO MARTÍNEZ RODRÍGUEZ		MSAM- 64	00:45:09	00:04:31	00:44:49	00:04:29	00:21:43			LUGO	
157	204	MARTIN PRADO CARBAJALES		SUB20M- 2	00:45:09	00:04:31	00:45:05	00:04:31	00:21:04			OLEIROS	
158	139	SANTIAGO LAMAS CRUZ		MSAM- 65	00:45:13	00:04:32	00:44:51	00:04:30	00:21:43		LAMARGHA-AUTOTODO	CARBALLIÑO	LAMARGHA-AUTOTODO
159	67	CÉSAR GONZALEZ LOPEZ		MSAM- 66	00:45:17	00:04:32	00:44:52	00:04:30	00:23:17		ATLETISMO CHANTADA	CHANTADA	
160	358	JAVIER ALVAREZ FERNANDEZ		MSAM- 67	00:45:20	00:04:32	00:44:58	00:04:30	00:22:16		LITTLE GALICIA	MASIDE	
161	28	JOSÉ MANUEL PORRAL FRAMIÑÁN		MSAM- 68	00:45:25	00:04:33	00:45:14	00:04:32	00:21:40		ATLETISMO ARENTEIRO	LALÍN	ATLETISMO ARENTEIRO
162	277	CARLOS SUÁREZ GARCÍA		MSAM- 69	00:45:26	00:04:33	00:45:13	00:04:32	00:21:37			SANTIAGO DE COMPOSTELA	
163	269	MARCOS BARANDELA CID		SENM- 41	00:45:31	00:04:34	00:45:03	00:04:31	00:22:08			OURENSE	
164	248	JOSÉ GILBERTO CID PEREIRA		SENM- 42	00:45:33	00:04:34	00:45:08	00:04:31	00:22:06			OURENSE PEREIRO DE AGUIAR	RUNNERS DO COCIDO
165	205	DIEGO DANIEL FERNANDEZ BORRAJO		MSAM- 70	00:45:36	00:04:34	00:45:04	00:04:31	00:22:27			OURENSE	
166	434	MANUEL SANTEIRO PAZ		MSAM- 71	00:45:38	00:04:34	00:45:10	00:04:31	00:22:27			O CARBALLIÑO	CABO DE PEÑAS
167	117	JOSÉ BENITO ABELLÁS OTERO		MSBM- 33	00:45:41	00:04:35	00:45:27	00:04:33	00:21:41	AG 764797	ESPRINTES OURENSE	OURENSE	
168	452	ENRIQUE FERRO PISOS		MSBM- 34	00:45:45	00:04:35	00:45:20	00:04:32	00:22:49			SANTA MARÍA DE TEO	
169	412	EDUARDO RÁDEKE FARIÑA		MSAM- 72	00:45:47	00:04:35	00:45:29	00:04:33	00:22:13			SADA	
170	479	EMILIO CALVO DOLDAN		MSAM- 73	00:45:48	00:04:35	00:45:32	00:04:34	00:22:05			BUÑO	
171	455	DIEGO GARCIA PEREZ		MSAM- 74	00:45:48	00:04:35	00:45:29	00:04:33	00:22:04			AGOLADA	
172	91	CARLOS VAZQUEZ BRUZOS		SENM- 43	00:45:50	00:04:35	00:45:21	00:04:33	00:23:00		CLUB MONTEPENARUBIA LUGO	LUGO	
173	51	MADA GARCÍA ABALO	F- 7	MSBF- 1	00:45:50	00:04:35	00:45:45	00:04:35	00:21:56		CAO (CLUBE ATLETISMO OUTES)	PONTECESURES	
174	88	JUAN CARLOS FERRO FERNÁNDEZ		MSBM- 35	00:45:51	00:04:36	00:45:22	00:04:33	00:23:00		CLUB MONTEPENARUBIA LUGO	LUGO	
175	341	CAMILO FRAMIÑÁN LAMAZARES		SENM- 44	00:45:53	00:04:36	00:45:30	00:04:33	00:21:51		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	ATLETISMO DEZA 10K
176	441	MANUEL GARCIA ALVARELLOS		MSAM- 75	00:45:53	00:04:36	00:45:41	00:04:35	00:22:41			LALIN	
177	152	MARINA LOSADA MIRANDA	F- 8	MSBF- 2	00:45:55	00:04:36	00:45:42	00:04:35	00:22:12	AG2017133	OURENRUNNING	OURENSE	
178	250	JUAN CARLOS LOPEZ YÁÑEZ		MSAM- 76	00:46:00	00:04:36	00:45:52	00:04:36	00:22:16			OURENSE	
179	403	MANUEL PÉREZ MOSQUERA		SUB23M- 3	00:46:01	00:04:37	00:45:54	00:04:36	00:22:05			ARZÚA	
180	169	NINO SAAVEDRA GAYOSO		MSCM- 10	00:46:02	00:04:37	00:45:47	00:04:35	00:21:54	A-10031	TABOADELA RUNNING	OURENSE	
181	424	ALBERTO ALVAREZ BOUZAS		SENM- 45	00:46:04	00:04:37	00:45:42	00:04:35	00:23:16			SANTIAGO DE COMPOSTELA	
182	268	MANUEL RODRIGUEZ RODRÍGUEZ		MSDM- 2	00:46:06	00:04:37	00:45:57	00:04:36	00:21:42			LALIN	ATLETISMO DEZA 10K
183	383	HECTOR FRAGA LOPEZ		MSAM- 77	00:46:07	00:04:37	00:45:44	00:04:35	00:22:27			OLEIROS	ARIETE RUNNERS
184	487	RAÚL BLANCO VICENTE		SENM- 46	00:46:07	00:04:37	00:45:40	00:04:34	00:21:47			SAN CIBRAO DAS VIÑAS	
185	373	IAGO SACO ESTÉVEZ		SENM- 47	00:46:08	00:04:37	00:45:38	00:04:34	00:22:51		TECNÓPOLE SPORT CENTER	OURENSE	
186	137	MARTIN FERNANDEZ LOPEZ		MSCM- 11	00:46:09	00:04:37	00:45:48	00:04:35	00:22:27		LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
187	436	EMILIO MERIDA		SENM- 48	00:46:10	00:04:37	00:46:03	00:04:37	00:21:59			CIÑERA	
188	6	LORETO RODRIGUEZ MARTINEZ	F- 9	MSAF- 5	00:46:14	00:04:38	00:46:06	00:04:37	00:21:38		MULLER EN FORMA	BAIONA	
189	209	RODRIGO RUBIAL LALIN		SENM- 49	00:46:14	00:04:38	00:46:07	00:04:37	00:21:40			A CORUÑA	
190	384	FRANCISCO DAVID CHAPELA DOCIO		MSAM- 78	00:46:16	00:04:38	00:45:56	00:04:36	00:22:33			HIO.CANGAS	
191	416	XURXO OJEA		MSAM- 79	00:46:16	00:04:38	00:46:06	00:04:37	00:21:44		GTR GALAICO TRAIL RUN	SILLEDA	
192	471	JAVIER AÑÓN GONZÁLEZ		MSCM- 12	00:46:18	00:04:38	00:46:10	00:04:37	00:21:33			LALÍN	
193	151	ALBERTO FEAL SALIDO		MSBM- 36	00:46:18	00:04:38	00:46:00	00:04:36	00:22:21		O REGATO	BARBADAS	
194	19	MARCELO BELLO GOMEZ		MSBM- 37	00:46:18	00:04:38	00:46:10	00:04:37	00:22:01		ATLETAS DE ACEA DE AMA	VILABOA CULLEREDO	

195	349	TAMARA GARCÍA RODRÍGUEZ	F- 10	SENF- 3	00:46:18	00:04:38	00:46:08	00:04:37	00:21:46		GTR GALAICO TRAIL RUN	A LAMA	ATLETISMO DEZA 10K
196	149	ALFONSO RODRIGUEZ FRAMIL		MSAM- 80	00:46:19	00:04:38	00:46:06	00:04:37	00:21:43	AG-2020368	NOITEBRA FC	AMES	BRION-NOITEBRA
197	427	ANTONIO BARROS JEREMÍAS		SUB23M- 4	00:46:23	00:04:39	00:45:52	00:04:36	00:22:22			LALIN	
198	372	RAUL PAZOS SALGADO		SENM- 50	00:46:25	00:04:39	00:45:54	00:04:36	00:22:52		TECNÓPOLE SPORT CENTER	OURENE	
199	178	OSCAR BLANCO BLANCO		MSBM- 38	00:46:26	00:04:39	00:46:12	00:04:38	00:22:38		TROPA DO CARALLO	OURENSE	
200	251	JOSÉ ALBERTO GIRONDO VILLAR		MSBM- 39	00:46:29	00:04:39	00:45:55	00:04:36	00:22:56			CARBALLIÑO	
201	196	LAUREANO TROITIÑO LIMERES		MSAM- 81	00:46:31	00:04:40	00:46:25	00:04:39	00:21:55			PONTEVEDRA	RUNNERS DO COCIDO
202	393	RUBÉN PRESAS RIVEIRO		SENM- 51	00:46:32	00:04:40	00:46:27	00:04:39	00:21:24			DOZÓN	
203	144	AILA FERNÁNDEZ FENTE	F- 11	SENF- 4	00:46:33	00:04:40	00:46:32	00:04:40	00:22:08	MARZO SAUDE	MARZO SAUDE S.L. WWW.SAFMMARZO.COM	ANTAS DE ULLA	
204	237	PABLO FERNANDEZ ARAUJO		MSAM- 82	00:46:34	00:04:40	00:46:07	00:04:37	00:22:18			LUGO	
205	294	PEDRO OCTAVIO FERNANDEZ ARAUJO		MSAM- 83	00:46:34	00:04:40	00:46:08	00:04:37	00:22:18			LUGO	
206	343	ALINA CIMPEAN	F- 12	MSAF- 6	00:46:35	00:04:40	00:46:25	00:04:39	00:22:18		GTR GALAICO TRAIL RUN	LALIN	ATLETISMO DEZA 10K
207	136	LOLA RODRÍGUEZ GONZÁLEZ	F- 13	MSAF- 7	00:46:35	00:04:40	00:46:14	00:04:38	00:22:33		LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
208	453	MANUEL GONZÁLEZ SANTAMARIA		MSDM- 3	00:46:37	00:04:40	00:46:32	00:04:40	00:21:50			OURENSE	
209	188	MODESTO NÚÑEZ BOIMORTO		MSCM- 13	00:46:52	00:04:42	00:46:42	00:04:41	00:21:52			OURENSE	
210	377	MARIO SÁNCHEZ PRADA		MSAM- 84	00:46:55	00:04:42	00:46:45	00:04:41	00:22:35	NO		LALIN	
211	433	JOSE MANUEL JUNCAL SANTOS		MSBM- 40	00:46:58	00:04:42	00:46:36	00:04:40	00:22:25			SANTIAGO	
212	141	JAQUELINA GONZALEZ VAZQUEZ	F- 14	MSBF- 3	00:47:07	00:04:43	00:47:01	00:04:43	00:22:31		A. D. LIMIACTIVA	BARBADAS	
213	362	MANUEL GONZÁLEZ GONZÁLEZ		MSCM- 14	00:47:13	00:04:44	00:46:49	00:04:41	00:22:59		RUN CARBALLIÑO	O CARBALLIÑO	
214	142	JULIO GONZÁLEZ LOPEZ		MSDM- 4	00:47:14	00:04:44	00:47:04	00:04:43	00:23:04		MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO	
215	332	ELIANA GABRIELA POMA CASTRO	F- 15	MSAF- 8	00:47:22	00:04:45	00:47:16	00:04:44	00:22:22		CLUB CASTRO DE LOBADIZ	FERROL	
216	231	ISIDRO NÓVOA CASTRO		MSAM- 85	00:47:28	00:04:45	00:47:21	00:04:45	00:22:10			OURENSE	RUNNERS DO COCIDO
217	354	JULIO LAMELA CASTRO		MSAM- 86	00:47:29	00:04:45	00:47:13	00:04:44	00:22:19		HOXE QUEIXOS	LALIN	
218	331	ENRIQUE SUÁREZ DÍAZ		MSAM- 87	00:47:31	00:04:46	00:47:24	00:04:45	00:22:23		CLUB CASTRO DE LOBADIZ	FERROL	
219	153	MIGUEL ANGEL SEARA MARTINEZ		MSBM- 41	00:47:38	00:04:46	00:47:25	00:04:45	00:22:28	AG2017134	OURENRUNNING	OURENSE	
220	423	SANTIAGO VALLE MONTEAGUDO		SENM- 52	00:47:40	00:04:46	00:47:18	00:04:44	00:23:46			SANTIAGO DE COMPOSTELA	
221	347	FÁTIMA NOGUEIRA GONZÁLEZ	F- 16	SENF- 5	00:47:42	00:04:47	00:47:25	00:04:45	00:22:51		GTR GALAICO TRAIL RUN	SILLEDA	ATLETISMO DEZA 10K
222	327	EVA ISABEL BABIANO GARCÍA	F- 17	MSBF- 4	00:47:45	00:04:47	00:47:43	00:04:47	00:22:18		CLUB ATLETISMO SADA	LA CORUÑA	ATLETISMO DEZA 10K
223	24	LOLO GARCIA		MSAM- 88	00:47:49	00:04:47	00:47:33	00:04:46	00:22:07	2020AG	ATLETISMO ARENTEIRO	ALLARIZ	ATLETISMO ARENTEIRO
224	380	OLIVIER MUNIN PRESAS		MSAM- 89	00:47:51	00:04:48	00:47:27	00:04:45	00:23:38			LALIN	ATLETISMO DEZA 10K
225	215	PABLO RODRÍGUEZ LÓPEZ		MSBM- 42	00:47:55	00:04:48	00:47:33	00:04:46	00:22:57			PERILLO	ARIETE RUNNERS
226	214	OSCAR VAZQUEZ BORRAJO		SENM- 53	00:47:58	00:04:48	00:47:21	00:04:45	00:22:55			CARBALLIÑO	
227	334	MARTÍN MEJUTO SOBRADO		SENM- 54	00:47:58	00:04:48	00:47:51	00:04:48	00:22:37		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	ATLETISMO DEZA 10K
228	170	ROBERTO CARLOS ESPINOSO VIDE		MSBM- 43	00:47:59	00:04:48	00:47:43	00:04:47	00:23:23		TABOADELA RUNNING	OURENSE	
229	440	SUSO BARGADOS		MSBM- 44	00:48:00	00:04:48	00:47:31	00:04:46	00:23:39			MONTERROSO	RUN RUN MONTERROSO
230	239	JOSÉ MANUEL PÉREZ CIBEIRA		MSAM- 90	00:48:06	00:04:49	00:47:58	00:04:48	00:22:50			PIÑOR	
231	143	MARCIAL FOLGUEIRA ABRARA		MSDM- 5	00:48:08	00:04:49	00:47:58	00:04:48	00:22:56		MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO	
232	385	ANTONIO LOPEZ ARAUJO		MSAM- 91	00:48:13	00:04:50	00:47:49	00:04:47	00:23:52			OURENSE	
233	398	JOSE LUIS GONZALEZ PÈREZ		MSBM- 45	00:48:13	00:04:50	00:47:53	00:04:48	00:23:32			LUGO	
234	194	VICTOR VEIGA AGUIÓN		MSAM- 92	00:48:14	00:04:50	00:48:00	00:04:48	00:22:55			BOIMORTO	
235	107	HUGO LÓPEZ FERNÁNDEZ		SENM- 55	00:48:15	00:04:50	00:47:55	00:04:48	00:24:05		CORREDORES DO MIÑO	OURENSE	
236	30	ANGEL DES GONZÁLEZ		MSBM- 46	00:48:17	00:04:50	00:47:43	00:04:47	00:23:56		ATLETISMO ARENTEIRO	CARBALLIÑO	ATLETISMO ARENTEIRO
237	451	ÓSCAR MOSTEIRO REFOJO		SENM- 56	00:48:18	00:04:50	00:47:47	00:04:47	00:24:36			MELIDE	
238	93	LALI IGLESIAS LOPEZ	F- 18	MSAF- 9	00:48:19	00:04:50	00:47:50	00:04:47	00:23:54		CLUB MONTEPENARUBIA LUGO	LUGO	
239	225	PAOLA FERNÁNDEZ CARDO	F- 19	MSAF- 10	00:48:22	00:04:51	00:48:10	00:04:49	00:23:45			BARCELONA	
240	391	ISAÍAS CALVO DE LA UZ		MSBM- 47	00:48:22	00:04:51	00:47:45	00:04:47	00:23:15			TEO	
241	356	FRANCISCO JAVIER PEREIRA GONZÁLEZ		MSBM- 48	00:48:22	00:04:51	00:48:00	00:04:48	00:23:19		KORPORE ARENTEIRO TRAIL	O CARBALLIÑO	
242	443	JOSE ANTONIO FIGUEIRAS OTERO		MSAM- 93	00:48:24	00:04:51	00:48:18	00:04:50	00:22:03			OURENSE	
243	402	CRISTINA CARRIL BOO	F- 20	MSAF- 11	00:48:30	00:04:51	00:48:06	00:04:49	00:23:16			O PINO	
244	473	RUBÉN CERVIÑO FERNÁNDEZ		SENM- 57	00:48:33	00:04:52	00:48:02	00:04:49	00:23:44			A CORUÑA	CORRECALLOS
245	435	CÉSAR MERA PAZO		MSAM- 94	00:48:37	00:04:52	00:48:12	00:04:50	00:22:24			PONTEAREAS	
246	345	ELOY FERNÁNDEZ VAZQUEZ		MSBM- 49	00:48:38	00:04:52	00:48:28	00:04:51	00:22:55	76717832K	GTR GALAICO TRAIL RUN	O BARCO DE VALDEORRAS	ATLETISMO DEZA 10K
247	300	ALBERTO LÓPEZ ARAÚJO		MSAM- 95	00:48:39	00:04:52	00:48:13	00:04:50	00:23:52		ANUKY TEAM FATTY ZOO	OURENSE	
248	296	ISMAEL CONDE IGLESIAS		SENM- 58	00:48:39	00:04:52	00:48:29	00:04:51	00:24:01			OURENSE	
249	411	CARLOS SANTOS FERRADAS		MSBM- 50	00:48:39	00:04:52	00:48:24	00:04:51	00:22:53			BRION	RUNNERS DO COCIDO
250	175	DAVID GÓMEZ AGRAS		MSAM- 96	00:48:39	00:04:52	00:48:36	00:04:52	00:22:35		TRIATLÓN FERROL	NARÓN	
251	302	PAOLO DESTITO		SENM- 59	00:48:40	00:04:52	00:48:40	00:04:52	00:24:28		ARCA DE NOE	SANTIAGO DE COMPOSTELA	
252	276	CRISTÓBAL MATTEOS GARCÍA		MSBM- 51	00:48:41	00:04:53	00:48:22	00:04:51	00:24:04			OURENSE	
253	361	PABLO ABRALDES VALEIRAS		MSAM- 97	00:48:42	00:04:53	00:48:27	00:04:51	00:23:38		PIDECHAS O CORPO	O CARBALLIÑO	
254	192	ANDRÉS LÓPEZ RODRÍGUEZ		MSAM- 98	00:48:47	00:04:53	00:48:14	00:04:50	00:24:21			OURENSE	
255	201	JESÚS VAAMONDE RÚA		MSCM- 15	00:48:49	00:04:53	00:48:40	00:04:52	00:22:48			LA CORUÑA	
256	254	ROBERTO COYA FERNÁNDEZ		MSAM- 99	00:48:51	00:04:54	00:48:42	00:04:53	00:23:22			OURENSE	
257	177	ARANTXA PÉREZ GARCÍA	F- 21	MSAF- 12	00:48:52	00:04:54	00:48:37	00:04:52	00:23:34		TROPA DO CARALLO	OURENSE	
258	517	IRENE MIRÁS VÁZQUEZ	F- 22	SENF- 6	00:48:53	00:04:54	00:48:39	00:04:52	00:23:38		CLUB DE TRIATLÓN CERVECERÍA O COTÓN	AMES	
259	295	LORENA FREIRE FERNÁNDEZ	F- 23	SENF- 7	00:48:54	00:04:54	00:48:52	00:04:54	00:22:47			OURENSE	
260	58	JUAN RODRÍGUEZ ARIAS		MSCM- 16	00:48:54	00:04:54	00:48:37	00:04:52	00:23:42		CIE GALFOR	OURENSE	

261	17	JOSÉ LUIS REQUEJO RODRÍGUEZ		MSBM- 52	00:48:54	00:04:54	00:48:50	00:04:53	00:23:31	AG 2023503	ATLETISMO ARENTEIRO	OURENSE	ATLETISMO ARENTEIRO
262	16	NURIA VAZ URBANO	F- 24	MSAF- 13	00:48:55	00:04:54	00:48:50	00:04:53	00:23:32		ADNRUNNERS-TELMO PELUQUEROS F.C	OURENSE	CABO DE PEÑAS
263	34	MARTA MOJON BENAVIDES	F- 25	SENF- 8	00:48:58	00:04:54	00:48:41	00:04:53	00:23:28		ATLETISMO ARENTEIRO	BARBADAS	ATLETISMO ARENTEIRO
264	249	MARCOS SENANDE SÁNCHEZ		SENM- 60	00:49:02	00:04:55	00:48:33	00:04:52	00:23:54			LUGO	
265	224	DIONISIO JOSE BUENO GARCIA		MSCM- 17	00:49:03	00:04:55	00:48:36	00:04:52	00:23:20			BERGONDO	
266	280	LUIS RODRIGUEZ REBORED		MSBM- 53	00:49:03	00:04:55	00:48:55	00:04:54	00:23:15			OURENSE	
267	222	ISABEL CARBAJALES CASAL	F- 26	MSBF- 5	00:49:04	00:04:55	00:48:59	00:04:54	00:23:47			OLEIROS	
268	119	ÓSCAR GARRIDO RODRÍGUEZ		MSBM- 54	00:49:07	00:04:55	00:48:37	00:04:52	00:24:12		ESPRINTES OURENSE	OURENSE	
269	179	MARIA DEL CARMEN ALVAREZ SIERRA	F- 27	MSBF- 6	00:49:09	00:04:55	00:48:54	00:04:54	00:23:46		TROPA DO CARALLO	OURENSE	
270	350	MAR DELGADO GONZÁLEZ	F- 28	SENF- 9	00:49:10	00:04:55	00:49:03	00:04:55	00:22:54		GTR GALAICO TRAIL RUN	BETANZOS	ATLETISMO DEZA 10K
271	445	GERALDINE GROVE	F- 29	MSBF- 7	00:49:18	00:04:56	00:48:55	00:04:54	00:23:39			LALÍN	ATLETISMO DEZA 10K
272	335	MARGARITA BLANCO DIEGUEZ	F- 30	MSBF- 8	00:49:23	00:04:57	00:49:17	00:04:56	00:23:36		GTR GALAICO TRAIL RUN	LALIN	ATLETISMO DEZA 10K
273	10	LUIS OTERO		SENM- 61	00:49:29	00:04:57	00:49:11	00:04:56	00:22:36		A BANDA	MONDARIZ	RUNNERS DO COCIDO
274	485	MANUEL DEVESA SUAREZ		SENM- 62	00:49:36	00:04:58	00:49:04	00:04:55	00:24:10			A CORUÑA	CORRECALLOS
275	490	ALFREDO RODRIGUEZ LAMEIRO		MSBM- 55	00:49:40	00:04:58	00:49:25	00:04:57	00:23:30			CARBALLIÑO	
276	112	JOSÉ SANTOS FERNÁNDEZ VÁZQUEZ		MSBM- 56	00:49:48	00:04:59	00:49:19	00:04:56	00:24:26	AG2026153	ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN CHO SHEY	LA CORUÑA	
277	501	JUAN ALONSO ALONSO		MSBM- 57	00:49:51	00:05:00	00:49:11	00:04:56	00:24:04			MOS	
278	56	AITOR SUAREZ ALBERDI		MSAM- 100	00:49:56	00:05:00	00:49:30	00:04:57	00:23:45		CENTRO DEPORTIVO ARENA CHANTADA	CASTRO DE CARBALLEDO	RUNNERS DO COCIDO
279	100	MONCHO FERRACES VAZQUEZ		MSCM- 18	00:50:01	00:05:01	00:49:38	00:04:58	00:22:42	AG 2022428	CLUBE ATLETISMO BOIMORTO	TEO	
280	513	SERGIO COSTOYA RODRIGUEZ		SENM- 63	00:50:02	00:05:01	00:49:33	00:04:58	00:24:15	AG2019471	CLUB ATLETISMO O PINO	SILLEDA	
281	364	XOAN DEVESA RODRÍGUEZ		SENM- 64	00:50:02	00:05:01	00:49:34	00:04:58	00:24:08		RUNNING MODE ON	VILA DE CRUCES	
282	84	CARLOS PAMPÍN BOADO		MSCM- 19	00:50:09	00:05:01	00:49:42	00:04:59	00:24:16		CLUB DEPORTIVO PINARIUM	VILA DE CRUCES	
283	422	JUAN CARLOS ALFARO CEBRIÁN		MSBM- 58	00:50:11	00:05:02	00:49:35	00:04:58	00:24:02			PONTEVEDRA	
284	450	JUAN CARLOS ALADRO		MSCM- 20	00:50:13	00:05:02	00:49:37	00:04:58	00:24:05			VIGO	
285	114	FELIX DE CASTRO RODRIGUEZ		MSBM- 59	00:50:15	00:05:02	00:49:58	00:05:00	00:24:31	AG763651	CLUBE-ESCOLA ATLETISMO DEZA	A CORUÑA	
286	389	JOSÉ ENRIQUE ROZAS VARELA		SENM- 65	00:50:26	00:05:03	00:50:25	00:05:03	00:23:48			LALÍN	
287	509	OSCAR COUTO PRESAS		SENM- 66	00:50:31	00:05:04	00:49:57	00:05:00	00:25:27			LALIN	
288	309	MIGUEL CIBREIRO MÉNDEZ		MSAM- 101	00:50:31	00:05:04	00:50:08	00:05:01	00:24:33		AZERBAÑAN	SILLEDA	
289	420	DANIEL DOCASAR RODRIGUEZ		SUB23M- 5	00:50:37	00:05:04	00:50:04	00:05:01	00:26:33			LALIN	
290	454	JESÚS NÚÑEZ MERA		MSCM- 21	00:50:44	00:05:05	00:50:18	00:05:02	00:24:41			SANTA MARÍA DE TEO	
291	498	LUCIA ENRIQUEZ BALADO	F- 31	SENF- 10	00:50:45	00:05:05	00:50:38	00:05:04	00:24:01			LALIN	ATLETISMO DEZA 10K
292	419	DIEGO NUÑEZ		MSBM- 60	00:50:50	00:05:05	00:50:15	00:05:02	00:24:28			VIGO	
293	273	MIGUEL PEREZ DE JUAN BURGOS		MSAM- 102	00:50:52	00:05:06	00:50:18	00:05:02	00:24:38			OURENSE	
294	207	ALEX SENANDE SÁNCHEZ		SENM- 67	00:50:54	00:05:06	00:50:25	00:05:03	00:23:54			LUGO	
295	125	CAROLINA BALADO LÓPEZ	F- 32	MSCF- 1	00:50:55	00:05:06	00:50:48	00:05:05	00:24:00		GTR GALAICO TRAIL RUN	LALIN	ATLETISMO DEZA 10K
296	508	JOSÉ MANUEL TORREIRO MOURE		MSAM- 103	00:50:57	00:05:06	00:50:27	00:05:03	00:24:31			ANTAS DE ULLA	RUN RUN MONTERROSO
297	89	JOSÉ ANGEL GONZÁLEZ LUCAS		MSAM- 104	00:50:58	00:05:06	00:50:29	00:05:03	00:24:39		CLUB MONTEPENARUBIA LUGO	LUGO	
298	400	CARLOS PEITEADO ASOREY		MSAM- 105	00:51:00	00:05:06	00:50:35	00:05:04	00:24:37			MARIN	
299	50	RAMÓN ALONSO ALONSO		MSAM- 106	00:51:01	00:05:07	00:50:28	00:05:03	00:24:27		CALDELAO	BOBORAS	
300	448	MANUEL GALIÑANES FERNANDEZ		MSAM- 107	00:51:03	00:05:07	00:50:20	00:05:02	00:25:10			CAMBADOS	
301	449	ALFONSO RUEDA		MSBM- 61	00:51:03	00:05:07	00:50:20	00:05:02	00:25:09			PONTEVEDRA	
302	401	DAVID DIÉGUEZ FERNÁNDEZ		MSAM- 108	00:51:03	00:05:07	00:50:28	00:05:03	00:25:35			VILA DE CRUCES	
303	438	LUIS LOPEZ DIEGUEZ		MSAM- 109	00:51:03	00:05:07	00:50:20	00:05:02	00:25:09			RODEIRO	
304	128	JAVIER PÉREZ-CID REBOLLEDA		MSAM- 110	00:51:04	00:05:07	00:50:31	00:05:04	00:24:55		JAVIROS TEAM	OURENSE	
305	259	MANUEL FERREIRO ROSA		MSAM- 111	00:51:05	00:05:07	00:50:45	00:05:05	00:24:10			VILALBA	
306	431	CARLOS GONZALEZ RODRIGUEZ		MSAM- 112	00:51:05	00:05:07	00:50:21	00:05:03	00:27:04			O IRIXO	
307	432	ALBERTO GONZALEZ		MSAM- 113	00:51:06	00:05:07	00:50:22	00:05:03	00:27:05			O IRIXO	
308	95	JOSÉ CARLOS GONZÁLEZ MONTERO		MSAM- 114	00:51:09	00:05:07	00:50:40	00:05:04	00:24:37		CLUB MONTEPENARUBIA LUGO	LUGO	
309	301	PABLO PORTO SANCHEZ		SENM- 68	00:51:09	00:05:07	00:50:51	00:05:06	00:25:03		ARCA DE NOE	TRAZO	
310	357	JOSÉ SANTIAGO		MSBM- 62	00:51:10	00:05:07	00:50:38	00:05:04	00:25:16		KORPORE ARENTEIRO TRAIL	O CARBALLIÑO	
311	476	JOSE GRELA PORTAS		MSBM- 63	00:51:11	00:05:08	00:50:52	00:05:06	00:25:03			PADRON	
312	161	ROBERTO GONZALEZ RODRIGUEZ		MSAM- 115	00:51:11	00:05:08	00:51:04	00:05:07	00:25:07		ROBERLUOS	OURENSE	
313	437	ANDREA SAAVEDRA NOVOA	F- 33	SENF- 11	00:51:12	00:05:08	00:51:04	00:05:07	00:24:43			LALIN	ATLETISMO DEZA 10K
314	488	MONICA GARCIA ASOREY	F- 34	MSAF- 14	00:51:15	00:05:08	00:50:57	00:05:06	00:24:57			VILA DE CRUCES	
315	72	DOLORES REY DA SILVA	F- 35	MSAF- 15	00:51:20	00:05:08	00:50:59	00:05:06	00:25:21	AG 769744	CLUB ATLETISMO O PINO	SANTA COMBA	
316	317	ÓSCAR VARELA SANTISO		SENM- 69	00:51:23	00:05:09	00:51:07	00:05:07	00:24:09		CC MONTES DO DEZA	LALIN	
317	283	RAUL LEGASPI ABELAIRA		MSAM- 116	00:51:24	00:05:09	00:51:05	00:05:07	00:24:58			CASTRO DE REY	
318	203	JESUS FREIRE COBELO		MSAM- 117	00:51:28	00:05:09	00:50:44	00:05:05	00:25:07			PONTEVEDRA	
319	326	BARBARA SANZ MENDIGUCHIA	F- 36	MSAF- 16	00:51:29	00:05:09	00:51:10	00:05:07	00:26:08		CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA	
320	217	ANTONIO SOUTO REGO		MSCM- 22	00:51:34	00:05:10	00:51:26	00:05:09	00:24:01			VILALBA	RUNNERS DO COCIDO
321	375	JAVIER BARCA CANTORNA		SENM- 70	00:51:44	00:05:11	00:51:30	00:05:09	00:24:50		TRIATLÓN CERVECERÍA O COTÓN NEGREIRA	NEGREIRA	
322	395	BRUNO VIANA LORENZO		SENM- 71	00:51:55	00:05:12	00:51:48	00:05:11	00:25:00			DOZÓN	
323	430	MIGUEL FERNANDEZ CARRAL		MSAM- 118	00:51:56	00:05:12	00:51:22	00:05:09	00:24:42			PIÑOR	
324	495	LAURA PRADO GONZÁLEZ	F- 37	SENF- 12	00:51:58	00:05:12	00:51:41	00:05:11	00:25:41			OURENSE	
325	155	JOSÉ ELIAS FERNÁNDEZ BLANCO		MSAM- 119	00:51:58	00:05:12	00:51:40	00:05:10	00:25:41		PATO BLANCO CELANOVA	VEREA	
326	260	JAVIER TATO LOPEZ		MSAM- 120	00:51:59	00:05:12	00:51:29	00:05:09	00:24:40			SILLEDA	RUNNERS DO COCIDO



327	127	JAVIER DE LA TORRE LÓPEZ		MSAM- 121	00:52:02	00:05:13	00:51:28	00:05:09	00:24:56	JAVIROS TEAM	OURENSE	
328	503	ROI DIEGUEZ EIRIZ		SUB23M- 6	00:52:02	00:05:13	00:51:29	00:05:09	00:26:38		RODEIRO	
329	202	JULIO PABLO VAZQUEZ ALONSO		MSAM- 122	00:52:04	00:05:13	00:51:36	00:05:10	00:26:51		ORENSE	
330	75	REBECA CASTIÑEIRAS GALLEGO	F- 38	MSBF- 9	00:52:06	00:05:13	00:51:59	00:05:12	00:24:07	CLUB ATLETISMO OURENSE	OURENSE	RUNNERS DO COCIDO
331	505	ALEJANDRO GUTIÉRREZ OJEA		SENM- 72	00:52:07	00:05:13	00:51:29	00:05:09	00:26:08		LALIN	
332	504	EMILIO PALEO BARREIRA		SENM- 73	00:52:07	00:05:13	00:51:29	00:05:09	00:26:07		LALÍN	
333	240	JOSE MANUEL BABARRO RODRIGUEZ		MSCM- 23	00:52:07	00:05:13	00:51:38	00:05:10	00:25:17		OURENSE	
334	507	JOSE CESAR FERNÁNDEZ FERNÁNDEZ		MSBM- 64	00:52:08	00:05:13	00:51:44	00:05:11	00:25:11		MASIDE	
335	12	ÁNGEL NÚÑEZ LOSADA		MSBM- 65	00:52:10	00:05:13	00:51:56	00:05:12	00:24:37	A. D. LIMIACTIVA	XINZO DE LIMIA	
336	168	JESUS J VILA BLANCO		MSCM- 24	00:52:23	00:05:15	00:51:52	00:05:12	00:24:24	TABOADELA RUNNING	TABOADELA	
337	330	MARÍA TERESA MARTINEZ BREIJO	F- 39	MSBF- 10	00:52:26	00:05:15	00:52:10	00:05:13	00:24:47	CLUB CASTRO DE LOBADIZ	FERROL	
338	82	JOSE ALFONSO LOPEZ VAZQUEZ		MSCM- 25	00:52:26	00:05:15	00:52:10	00:05:13	00:24:47	CLUB CASTRO DE LOBADIZ	CARIÑO	
339	219	MARÍA TOBIÓ DÓNEGA	F- 40	MSAF- 17	00:52:36	00:05:16	00:52:11	00:05:14	00:26:16		PONTEVEDRA	
340	129	ROSENDO PEREZ FEJOO		MSBM- 66	00:52:51	00:05:18	00:52:16	00:05:14	00:25:09	JAVIROS TEAM	CELANOVA	
341	76	MANUEL LAGO MOLEDO		MSBM- 67	00:52:59	00:05:18	00:52:41	00:05:17	00:25:15	CAO (CLUBE ATLETISMO OUTES)	SIERRA DE OUTES	
342	264	SILVIA SÁNCHEZ BASCOY	F- 41	MSCF- 2	00:53:04	00:05:19	00:52:54	00:05:18	00:24:46		A CORUÑA	
343	233	ENRIQUE RODRÍGUEZ ALEJOS		MSAM- 123	00:53:05	00:05:19	00:52:33	00:05:16	00:26:16		RIBADAVIA	
344	94	NESTOR ARIAS PAZ		MSBM- 68	00:53:09	00:05:19	00:52:39	00:05:16	00:24:37	CLUB MONTEPENARUBIA LUGO	LUGO	
345	519	JULEN MAYOR BALVÍS		MSBM- 69	00:53:11	00:05:20	00:52:32	00:05:16	00:25:37	ASOCIACIÓN DEPORTIVA CERNE	LA CORUÑA	
346	457	DAVID MIGUEZ RODRÍGUEZ		MSAM- 124	00:53:15	00:05:20	00:52:36	00:05:16	00:26:13		LALIN	
347	304	PATRICIA SIMÓN FERRO	F- 42	MSAF- 18	00:53:18	00:05:20	00:52:53	00:05:18	00:26:11	ATLETISMO +9 MORAÑA	MORAÑA	
348	305	CÉSAR FERRIN NOVO		MSAM- 125	00:53:19	00:05:20	00:52:53	00:05:18	00:26:06	AG 2023508 ATLETISMO +9 MORAÑA	MORAÑA	
349	39	JOSE CHAVES PEREIRA		MSBM- 70	00:53:19	00:05:20	00:52:53	00:05:18	00:26:11	ATLETISMO +9 MORAÑA	MORAÑA	
350	466	PABLO JORDEDO FRADE		SENM- 74	00:53:27	00:05:21	00:53:16	00:05:20	00:25:47		LALIN	ATLETISMO DEZA 10K
351	439	ANDRÉS FERNÁNDEZ SÁNCHEZ		MSAM- 126	00:53:30	00:05:21	00:53:05	00:05:19	00:25:26		LALIN	
352	458	MAURO COUCHEIRO RODAL		MSAM- 127	00:53:30	00:05:21	00:53:00	00:05:18	00:25:45		MONTERROSO	RUN RUN MONTERROSO
353	442	GABRIEL CAO SÁNCHEZ		MSAM- 128	00:53:30	00:05:21	00:53:13	00:05:20	00:25:02		A CORUÑA	
354	145	BETHAN AMI HALL	F- 43	MSAF- 19	00:53:35	00:05:22	00:53:23	00:05:21	00:24:29	MOTOBIKE GALAICO PONTEVEDRA	PONTEVEDRA	
355	475	MIGUEL PARDO PENA		SENM- 75	00:53:37	00:05:22	00:53:05	00:05:19	00:24:38		A CORUÑA	CORRECALLOS
356	255	JUAN MANUEL CID GRANDE		MSAM- 129	00:53:43	00:05:23	00:53:21	00:05:21	00:25:21		ALLARIZ	
357	108	PILAR IGLESIAS GONZÁLEZ	F- 44	MSBF- 11	00:53:44	00:05:23	00:53:34	00:05:22	00:25:37	CORREDORES DO MIÑO	OURENSE	
358	120	JOSÉ MANUEL PÉREZ RODRÍGUEZ		MSCM- 26	00:53:45	00:05:23	00:53:12	00:05:20	00:26:43	ESPRINTES OURENSE	PUNXÍN	
359	13	MARTA FERREIRO OPAZO	F- 45	SENF- 13	00:53:47	00:05:23	00:53:33	00:05:22	00:25:58	A. D. LIMIACTIVA	XINZO DE LIMIA	
360	41	TOÑO LÓPEZ FERNÁNDEZ		MSBM- 71	00:54:04	00:05:25	00:53:27	00:05:21	00:25:02	0 BEER TEAM	CARBALLIÑO	
361	140	CARLOS ALFONSO PEREZ VAZQUEZ		MSBM- 72	00:54:04	00:05:25	00:53:41	00:05:23	00:24:28	LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
362	447	DIEGO NESPEREIRA VALE		SENM- 76	00:54:11	00:05:26	00:53:51	00:05:24	00:26:54		OURENSE	
363	428	MANUEL PÉREZ		SUB23M- 7	00:54:18	00:05:26	00:53:44	00:05:23	00:27:50		LALIN	
364	78	MARYEM SALI DUQUE	F- 46	MSAF- 20	00:54:21	00:05:27	00:53:43	00:05:23	00:26:40	CLUB ATLETISMO SADA	A CORUÑA	
365	313	LUISA IGLESIAS VILLANUEVA	F- 47	MSAF- 21	00:54:23	00:05:27	00:54:08	00:05:25	00:25:59	AG2020399 CAI A ESTRADA	A POBRA DO CARAMIÑAL	
366	244	JOSÉ RAMÓN SIERRA FERNÁNDEZ		MSBM- 73	00:54:24	00:05:27	00:54:00	00:05:24	00:24:57		A VALENZA	
367	414	TAMARA RAMOS BARRIONUEVO	F- 48	SENF- 14	00:54:27	00:05:27	00:54:00	00:05:24	00:26:15		OURENSE	
368	208	HÉCTOR EXPÓSITO JUSTO		SENM- 77	00:54:28	00:05:27	00:54:00	00:05:24	00:26:15		OURENSE	
369	191	JAVIER NOGUEIRA		MSAM- 130	00:54:30	00:05:27	00:53:45	00:05:23	00:27:11		O IRIXO	
370	418	LILIANA GÓMEZ ALMEIDA	F- 49	MSAF- 22	00:54:34	00:05:28	00:54:20	00:05:26	00:26:37		SANTIAGO DE COMPOSTELA	
371	308	NOEMI SANMARTIN RODRIGUEZ	F- 50	MSAF- 23	00:54:41	00:05:29	00:54:22	00:05:27	00:26:24	ATLETISMO O PINO	SANTIAGO	
372	66	ZAYDA GONZÁLEZ VÁZQUEZ	F- 51	SENF- 15	00:54:43	00:05:29	00:54:18	00:05:26	00:25:44	ATLETISMO CHANTADA	CHANTADA	
373	478	RUBÉN FERNANDEZ VAZQUEZ		SENM- 78	00:54:43	00:05:29	00:53:56	00:05:24	00:28:11		CARBALLEDO	
374	461	JOSE MANUEL ALONSO RIVAS		SENM- 79	00:54:44	00:05:29	00:53:58	00:05:24	00:27:20		BEARIZ	
375	421	MARIO MANUEL GARCIA GONZALEZ		MSBM- 74	00:54:44	00:05:29	00:54:13	00:05:26	00:26:34	NO	LALIN	
376	53	NÉLIDA VARELA GARCÍA	F- 52	MSAF- 24	00:54:44	00:05:29	00:54:21	00:05:27	00:25:44	CASTRO-TRAIL	A VALENZÁ- BARBADÁS	
377	467	SANDRA VÁZQUEZ OTERO	F- 53	MSAF- 25	00:54:54	00:05:30	00:54:24	00:05:27	00:26:29		O CARBALLIÑO	
378	312	DIANA FERNANDEZ SOTELO	F- 54	MSAF- 26	00:54:54	00:05:30	00:54:25	00:05:27	00:26:32	CABO DE PEÑAS	O CARBALLIÑO	CABO DE PEÑAS
379	135	OLALLA FERNÁNDEZ VALEIRAS	F- 55	MSAF- 27	00:54:54	00:05:30	00:54:32	00:05:28	00:26:23	LAMARGHA-AUTOTODO	O CARBALLIÑO	LAMARGHA-AUTOTODO
380	506	ROBERTO CORBAL GONZALEZ		MSBM- 75	00:54:58	00:05:30	00:54:18	00:05:26	00:25:43		O MILLADOIRO	
381	86	JORGE CARREIRA NODAR		MSBM- 76	00:55:03	00:05:31	00:54:26	00:05:27	00:25:44	AG2022646 CLUB DEPORTIVO SAN PAIO	A ESTRADA	RUNNERS DO COCIDO
382	462	JOSÉ RAMÓN SEÑARÍS BOO		MSAM- 131	00:55:07	00:05:31	00:54:41	00:05:29	00:25:09		PUEBLA DO CARAMIÑAL	
383	468	YOLANDA SANTIAGO GARCIA	F- 56	MSCF- 3	00:55:10	00:05:31	00:54:33	00:05:28	00:27:11		PONTEVEDRA	
384	446	ADELA PAZ FERNANDEZ	F- 57	SENF- 16	00:55:12	00:05:32	00:54:52	00:05:30	00:26:55		A CORUÑA	
385	390	JESUS AMADO PEREZ		MSBM- 77	00:55:15	00:05:32	00:54:48	00:05:29	00:26:51		MARIN	
386	190	GUILLERMO MANUEL SILVA FUENTES		MSAM- 132	00:55:15	00:05:32	00:54:50	00:05:29	00:26:50	NO	MARIN	
387	238	GONZALO VARELA DE LA TORRE		MSBM- 78	00:55:28	00:05:33	00:55:05	00:05:31	00:25:47		BEGONTE	
388	502	DANIEL FERNÁNDEZ PAZ		SUB23M- 8	00:55:32	00:05:34	00:54:59	00:05:30	00:26:33		LALÍN	
389	371	SILVIA FERNÁNDEZ BLANCO	F- 58	MSAF- 28	00:55:34	00:05:34	00:55:19	00:05:32	00:26:23	SOCIEDAD DEPORTIVA COMPOSTELA ATLETISMO	VEDRA	
390	429	JAVIER GONZALEZ SORRIBAS		SENM- 80	00:55:39	00:05:34	00:54:52	00:05:30	00:28:12		CARBALLEDO	
391	307	LOLI CAPON DOVAL	F- 59	MSAF- 29	00:55:41	00:05:35	00:55:17	00:05:32	00:26:45	ATLETISMO CHANTADA	CHANTADA	
392	252	SONIA OTERO GABIÁN	F- 60	MSAF- 30	00:55:48	00:05:35	00:55:18	00:05:32	00:26:34		O CARBALLIÑO	

393	522	MARÍA BEGOÑA CAJADE BLANCO	F- 61	MSAF- 31	00:55:48	00:05:35	00:55:27	00:05:33	00:26:58	A ESTRADA	RUNNERS DO COCIDO	
394	245	RAQUEL LAREO RODRIGUEZ	F- 62	MSAF- 32	00:55:58	00:05:36	00:55:16	00:05:32	00:28:02	LALIN	ATLETISMO DEZA 10K	
395	198	GONZALO BREA LOPEZ		MSBM- 79	00:55:58	00:05:36	00:55:16	00:05:32	00:28:02	VILA DE CRUCES		
396	318	DAVID MENDEZ MARTINEZ		SENM- 81	00:56:09	00:05:37	00:55:29	00:05:33	00:27:33	CENTRO DEPORTIVO ARENA CHANTADA	CHANTADA	
397	492	BEGOÑA GIL OTERO	F- 63	MSAF- 33	00:56:09	00:05:37	00:55:56	00:05:36	00:26:20	LALIN		
398	376	MANOLO GONZALEZ PRADO		MSBM- 80	00:56:17	00:05:38	00:55:39	00:05:34	00:28:14	VII LEGIO GEMINA	BANDE	
399	525	RICARDO GOMEZ RAMOS		MSBM- 81	00:56:18	00:05:38	00:55:44	00:05:35	00:26:26	OURENSE		
400	213	MAR SAINZ-AJA MAZA	F- 64	MSBF- 12	00:56:18	00:05:38	00:55:44	00:05:35	00:26:40	OURENSE		
401	351	PATRICIA MONTOTO VAZQUEZ	F- 65	MSAF- 34	00:56:23	00:05:39	00:56:08	00:05:37	00:27:28	GTR GALAICO TRAIL RUN	LALIN	ATLETISMO DEZA 10K
402	340	EVA GONZÁLEZ FERNÁNDEZ	F- 66	MSAF- 35	00:56:23	00:05:39	00:56:07	00:05:37	00:27:28	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	ATLETISMO DEZA 10K
403	159	JOSE ANTONIO FRAGA MOREIRO		MSBM- 82	00:56:29	00:05:39	00:55:47	00:05:35	00:28:16	PATO BLANCO CELANOVA	OURENSE	
404	396	NURIA MEJUTO FERNÁNDEZ	F- 67	SENF- 17	00:56:33	00:05:40	00:55:52	00:05:36	00:27:35	SANTIAGO		
405	229	JESUS BERNAL GÓMEZ		MSDM- 6	00:56:42	00:05:41	00:56:39	00:05:40	00:27:15	FERROL		
406	484	LOLECHA ASOREY SALGUEIRO	F- 68	MSCF- 4	00:56:52	00:05:42	00:56:33	00:05:40	00:27:04	VILLA DE CRUCES		
407	232	ANTONIO VAZQUEZ FERNANDEZ		MSBM- 83	00:57:02	00:05:43	00:56:22	00:05:39	00:28:01	CHANTADA		
408	310	ELENA ESTEVEZ FREIRE	F- 69	MSBF- 13	00:57:05	00:05:43	00:56:45	00:05:41	00:26:44	C.A.CORREDOIRAS BUEU	BUEU	
409	520	MARÍA DOLORES GONZÁLEZ VÁZQUEZ	F- 70	MSCF- 5	00:57:12	00:05:44	00:56:43	00:05:41	00:27:07	OURENSE		
410	499	DANIEL BENAVIDES ALONSO		MSBM- 84	00:57:23	00:05:45	00:57:11	00:05:44	00:25:16	PONTEVEDRA		
411	193	LUIS ESTEBAN FETEIRIA CARABELOS		MSAM- 133	00:57:30	00:05:45	00:57:17	00:05:44	00:25:36	PONTEVEDRA		
412	370	FÉLIX REBOLLIDO FERNÁNDEZ		MSAM- 134	00:57:38	00:05:46	00:57:29	00:05:45	00:26:51	SERRES RUNNERS	MUROS	
413	409	ALEX PORTELA		MSBM- 85	00:57:44	00:05:47	00:57:20	00:05:44	00:25:09	OURENSE		
414	160	MONICA ALVAREZ PEREZ	F- 71	MSAF- 36	00:57:46	00:05:47	00:57:25	00:05:45	00:27:27	PATO BLANCO CELANOVA	CELANOVA	
415	413	FRANCISCO ABUIN GARCIA		MSBM- 86	00:58:02	00:05:49	00:57:18	00:05:44	00:28:44	SANTIAGO DE COMPOSTELA		
416	291	MONICA LEMOS JORGE	F- 72	MSAF- 37	00:58:04	00:05:49	00:57:35	00:05:46	00:28:48	CANGAS DE MORRAZO		
417	270	JOSÉ LUIS GONZÁLEZ CARDALDA		MSBM- 87	00:58:16	00:05:50	00:57:36	00:05:46	00:28:15	A CORUÑA		
418	382	MARIA HERMITAS CARABELOS ACUÑA	F- 73	MSBF- 14	00:58:17	00:05:50	00:57:48	00:05:47	00:28:19	PONTEVEDRA		
419	426	JOSÉ MANUEL LÓPEZ CASTROMÁN		MSBM- 88	00:58:34	00:05:52	00:57:55	00:05:48	00:28:15	A CORUÑA		
420	489	CRUZ FERNANDEZ TORRES	F- 74	MSBF- 15	00:58:48	00:05:53	00:58:29	00:05:51	00:27:14	VILA DE CRUCES		
421	11	IVÁN PÉREZ BRANDÓN		SENM- 82	00:58:51	00:05:54	00:58:34	00:05:52	00:27:24	A BANDA	PONTEAREAS	RUNNERS DO COCIDO
422	211	CÉSAR GIL BERNÁNDEZ		SENM- 83	00:58:52	00:05:54	00:58:33	00:05:52	00:27:24	MONDARIZ BALNEARIO	RUNNERS DO COCIDO	
423	511	ISABEL PEREIRA	F- 75	MSAF- 38	00:59:03	00:05:55	00:58:46	00:05:53	00:28:10	LALIN		
424	266	MONSE ARIAS SILVARREY	F- 76	MSBF- 16	00:59:23	00:05:57	00:58:48	00:05:53	00:29:09	LUGO		
425	195	LAURA LOPEZ GOMEZ	F- 77	MSBF- 17	00:59:25	00:05:57	00:58:49	00:05:53	00:29:09	LUGO		
426	406	ANTONIO TELO EIROS		MSAM- 135	00:59:30	00:05:57	00:58:55	00:05:54	00:29:09	BECKEREÁ		
427	500	JOSE RAMON GOMEZ VENCE		SUB23M- 9	00:59:38	00:05:58	00:59:06	00:05:55	00:27:49	RODEIRO		
428	394	VÍCTOR MANUEL RODRÍGUEZ PEREIRA		SENM- 84	01:00:16	00:06:02	00:59:28	00:05:57	00:29:12	CARBALLEDO		
429	315	MARÍA JOSÉ BRAGAÑA MIGUENS	F- 78	MSBF- 18	01:00:25	00:06:03	00:59:49	00:05:59	00:27:37	CAO (CLUBE ATLETISMO OUTES)	BRION	
430	314	RICARDO JULIO RODRÍGUEZ FERNÁNDEZ		MSCM- 27	01:00:25	00:06:03	00:59:49	00:05:59	00:27:38	CAO (CLUBE ATLETISMO OUTES)	BRIÓN	
431	104	YOLANDA GONZÁLEZ VILLAR	F- 79	MSAF- 39	01:00:26	00:06:03	00:59:49	00:05:59	00:27:37	CAO (CLUBE ATLETISMO OUTES)	BRIÓN	
432	235	MARÍA VARELA GARCÍA	F- 80	MSCF- 6	01:00:53	00:06:06	01:00:26	00:06:03	00:29:50	MOREIRAS		
433	515	ANA FERNANDEZ GONZALEZ	F- 81	MSCF- 7	01:00:58	00:06:06	01:00:13	00:06:02	00:29:57	CLUB ATLETISMO MILLARAIO	BRION	
434	516	VICTOR PARRA CUELLAR		MSBM- 89	01:00:58	00:06:06	01:00:14	00:06:02	00:29:57	ATLETISMO ENCHENTAS ALICIA	BRION	
435	311	CRISTINA RODRIGUEZ PEREZ	F- 82	MSAF- 40	01:01:10	00:06:07	01:00:41	00:06:05	00:29:16	CABO DE PEÑAS	CARBALLINO	CABO DE PEÑAS
436	323	ANDREA ARIAS MATO	F- 83	SENF- 18	01:01:29	00:06:09	01:01:09	00:06:07	00:28:28	CLUB ATLETISMO ESTRADA	A ESTRADA	
437	186	JUAN CARLOS FORMOSO GONZALEZ		MSBM- 90	01:01:30	00:06:09	01:00:49	00:06:05	00:29:48	VII LEGIO GEMINA	LOBIOS	
438	279	DAVID SÁNCHEZ GONZÁLEZ		SENM- 85	01:01:30	00:06:09	01:00:50	00:06:05	00:29:46	BANDE		
439	187	VANESA COUTO CACHEIRO	F- 84	MSAF- 41	01:01:30	00:06:09	01:00:51	00:06:06	00:28:27	VII LEGIO GEMINA	CARTELLE	
440	210	MANUEL GONZALEZ PEREIRA		MSDM- 7	01:01:30	00:06:09	01:00:43	00:06:05	00:29:36	ARTEIXO		
441	184	PABLO ANTONIO ALVAREZ MARTINEZ		MSCM- 28	01:01:31	00:06:10	01:00:51	00:06:06	00:29:49	VII LEGIO GEMINA	LOBIOS	RUNNERS DO COCIDO
442	477	ISA LOPEZ	F- 85	MSBF- 19	01:01:40	00:06:10	01:01:20	00:06:08	00:29:42	PADRON		
443	379	FRANCISCO JAVIER CASTRO AMEIJERAS		MSBM- 91	01:01:51	00:06:12	01:01:08	00:06:07	00:29:52	O CARBALLIÑO		
444	73	MERCEDES DE LA FUENTE IGLESIAS	F- 86	MSCF- 8	01:01:56	00:06:12	01:01:26	00:06:09	00:29:18	CLUB ATLETISMO O PINO	SANTIAGO	
445	257	ISIDORO MIGUEL PÉREZ		MSAM- 136	01:01:59	00:06:12	01:01:28	00:06:09	00:29:10	CAMBRE		
446	388	MARTA DE DIOS RECAMÁN	F- 87	MSBF- 20	01:02:07	00:06:13	01:01:30	00:06:09	00:29:50	BRION		
447	496	DALIA MOREIRA RODRÍGUEZ	F- 88	SENF- 19	01:02:11	00:06:14	01:01:48	00:06:11	00:28:46	OURENSE		
448	243	LOURDES TABOADA VAZQUEZ	F- 89	MSAF- 42	01:02:11	00:06:14	01:01:49	00:06:11	00:27:28	OURENSE		
449	263	BENITO NORES GOMEZ		MSBM- 92	01:02:11	00:06:14	01:01:49	00:06:11	00:27:27	OURENSE		
450	407	RAQUEL DOALLO	F- 90	MSAF- 43	01:02:12	00:06:14	01:01:47	00:06:11	00:31:06	LALÍN		
451	183	RAUL VAZQUEZ ALVAREZ		MSAM- 137	01:02:13	00:06:14	01:01:34	00:06:10	00:29:48	VII LEGIO GEMINA	CARTELLE	RUNNERS DO COCIDO
452	36	OLGA LOPEZ VIANA	F- 91	MSBF- 21	01:02:19	00:06:14	01:01:54	00:06:12	00:30:03	ATLETISMO CHANTADA	LUGO	
453	290	ANA VÁZQUEZ FERNÁNDEZ	F- 92	MSBF- 22	01:02:25	00:06:15	01:01:39	00:06:10	00:29:57	AMES		
454	9	MARÍA JESÚS RODRÍGUEZ GULÍAS	F- 93	MSAF- 44	01:02:29	00:06:15	01:01:44	00:06:11	00:29:50	30 LOS NUEVOS 20	MASIDE	
455	167	JORGE PUGA GONZALEZ		MSCM- 29	01:02:49	00:06:17	01:02:17	00:06:14	00:27:56	TABOADELA RUNNING	OURENSE	
456	491	ANGY OJEA VILLEGAS	F- 94	MSAF- 45	01:03:12	00:06:20	01:02:35	00:06:16	00:30:47	LALÍN		
457	253	MARIA CONCEPCION LORENZO GIL	F- 95	MSBF- 23	01:03:16	00:06:20	01:03:10	00:06:19	00:29:02	OURENSE	RUNNERS DO COCIDO	
458	397	MIGUEL GARCIA CODESIDO		SENM- 86	01:03:45	00:06:23	01:03:04	00:06:19	00:30:22	SANTISO		

459	236	SALOMÉ MIRAMONTES MIRÁS	F- 96	MSAF- 46	01:04:03	00:06:25	01:03:49	00:06:23	00:30:47	SANTIAGO DE COMPOSTELA
460	474	HIGINIO ESTEVEZ COUTO		MSAM- 138	01:04:28	00:06:27	01:03:49	00:06:23	00:29:36	LALIN
461	482	JOSE DAMIAN VILLANUEVA MEDA		MSAM- 139	01:04:44	00:06:29	01:04:09	00:06:25	00:30:05	SILLEDA
462	267	JULIO ALVAREZ GÓMEZ		MSCM- 30	01:06:23	00:06:39	01:05:47	00:06:35	00:33:21	PIÑOR. BARBADÁS
463	417	Mª CELESTE IGLESIAS NÚÑEZ	F- 97	MSAF- 47	01:08:59	00:06:54	01:08:34	00:06:52	00:33:27	VALENZA
464	228	CONCEPCIÓN FERNÁNDEZ ÁLVAREZ	F- 98	MSBF- 24	01:08:59	00:06:54	01:08:34	00:06:52	00:33:28	BARBADAS
DSQ	378	DIANA LOPEZ CUÑARRO	F-Desc	MSAF-Desc						OURENSE



**X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020**

5 KM. Distancia: 5.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Licenza	Club	Localidade
1	605	JULIO NOVOA GUTIERREZ		ABSM- 1	00:18:37	00:03:44	00:18:37	00:03:44		ATLETISMO ARENTEIRO	OURENSE
2	768	ALVARO GIL GONZÁLEZ		ABSM- 2	00:18:38	00:03:44	00:18:38	00:03:44			OURENSE
3	615	SATURNINO GONZALEZ NOVOA		ABSM- 3	00:18:50	00:03:46	00:18:50	00:03:46		CLUB OURENSE ATLETISMO	OURENSE
4	613	ALBERTO RODRÍGUEZ GONZÁLEZ		ABSM- 4	00:19:12	00:03:51	00:19:12	00:03:51	76721251J	ATLETISMO ARENTEIRO	OURENSE
5	7	CRISTÓBAL DAFONTE DIEGUEZ		ABSM- 5	00:19:16	00:03:52	00:19:13	00:03:51		GTR GALAICO TRAIL RUN	LALIN
6	601	CRISTIAN DALAMA DIEGUEZ		ABSM- 6	00:19:16	00:03:52	00:19:14	00:03:51		A. D. LIMIACTIVA	XINZO DE LIMIA
7	627	MARTÍN ABELENDA LÓPEZ		ABSM- 7	00:19:29	00:03:54	00:19:29	00:03:54	AG2026734	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
8	760	JOSE RODRÍGUEZ REY		ABSM- 8	00:19:40	00:03:56	00:19:40	00:03:56			ARZUA
9	608	BEGOÑA DOMINGUEZ MONTES	F- 1	ABSF- 1	00:20:07	00:04:02	00:20:07	00:04:02	AG 2023098	ATLETISMO ARENTEIRO	SAN CIBRAO DAS VIÑAS
10	660	EFRÉN CAPELO VIEITES		ABSM- 9	00:20:15	00:04:03	00:20:15	00:04:03		CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	AMES
11	612	JOSE RAMON RODRÍGUEZ GONZALEZ		ABSM- 10	00:20:31	00:04:07	00:20:30	00:04:06	AG769143	ATLETISMO ARENTEIRO	OURENSE
12	618	SERAFÍN RODRÍGUEZ RODRÍGUEZ		ABSM- 11	00:20:58	00:04:12	00:20:56	00:04:12		CORREDORES DO MIÑO	OURENSE
13	695	RUBEN PENAS GARCÍA		ABSM- 12	00:21:08	00:04:14	00:21:06	00:04:14	AG2028379	TAMBRE BIKE&RUNNING	OROSO
14	668	BORJA CASTRO HERMIDA		ABSM- 13	00:21:16	00:04:16	00:21:16	00:04:16		CLUB ATLETISMO SANTIAGO	PINO O
15	769	JAIRO FONTENLA BUA		ABSM- 14	00:21:20	00:04:16	00:21:18	00:04:16	AG 2025363	ATLETISMO +9 MORAÑA	MORAÑA
16	761	MICHEL REMIGIO LORENZO		ABSM- 15	00:21:21	00:04:17	00:21:08	00:04:14			O CARBALLIÑO
17	697	LUIS ANTONIO MATO GIL		ABSM- 16	00:21:23	00:04:17	00:21:18	00:04:16			LALÍN
18	604	ALEX VAZQUEZ CARRAL		ABSM- 17	00:21:34	00:04:19	00:21:28	00:04:18	T AG 2020191	ATLETISMO ARENTEIRO	O CARBALLIÑO
19	725	CARLOS LÓPEZ BUENO		ABSM- 18	00:21:35	00:04:19	00:21:31	00:04:19			SANTIAGO DE COMPOSTELA
20	759	CÉSAR LÓPEZ SERNA		ABSM- 19	00:21:37	00:04:20	00:21:34	00:04:19			PALENCIA
21	641	JULIO DIAZ DIAZ		ABSM- 20	00:21:48	00:04:22	00:21:38	00:04:20			MURAS
22	724	DANIEL BUENO GARCÍA		ABSM- 21	00:21:49	00:04:22	00:21:44	00:04:21			BOQUEIXÓN
23	774	MARTIN EUGENIO RODRIGUEZ GOMEZ		ABSM- 22	00:22:01	00:04:25	00:21:55	00:04:23		NOITEBRA FC	SANTIAGO DE COMPOSTELA
24	607	BRAIS MOSQUERA ALVARADO		ABSM- 23	00:22:03	00:04:25	00:21:53	00:04:23		ATLETISMO ARENTEIRO	O CARBALLIÑO
25	628	FERNANDO CASAL COUTO		ABSM- 24	00:22:13	00:04:27	00:22:10	00:04:26	AG-1690	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
26	630	MANUEL VÁZQUEZ RAMOS		ABSM- 25	00:22:13	00:04:27	00:22:04	00:04:25		VERXEL NUTRICIÓN DEPORTIVA	ARANGA
27	669	JOSÉ IGNACIO ZAS SANDE		ABSM- 26	00:22:19	00:04:28	00:22:04	00:04:25		CLUB ATLETISMO TAMBRE	SANTIAGO DE COMPOSTELA
28	616	VANESA INSAURRALDE RAMIREZ	F- 2	ABSF- 2	00:22:40	00:04:32	00:22:33	00:04:31	AG 2026350	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
29	729	JOSE MANUEL BOQUETE CORNES		ABSM- 27	00:22:49	00:04:34	00:22:45	00:04:33			BERTAMIRANS
30	656	SUSO FLORES GARCIA		ABSM- 28	00:22:53	00:04:35	00:22:40	00:04:32	AG2020969	CLUB ATLETISMO ESTRADA	A ESTRADA
31	682	UXÍO MUÑOZ RIELO		ABSM- 29	00:22:55	00:04:35	00:22:43	00:04:33	AG 763993	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
32	614	ALEJANDRO OTERO SALGUEIRO		ABSM- 30	00:22:55	00:04:35	00:22:41	00:04:33	AG 2016152	CLUB ATLETISMO ESTRADA	A ESTRADA
33	703	ELIAS IGLESIAS VILANOVA		ABSM- 31	00:23:38	00:04:44	00:23:20	00:04:40			VILA DE CRUCES
34	694	JOSÉ ISIDRO LOURO LARIÑO		ABSM- 32	00:23:41	00:04:45	00:23:32	00:04:43		SERRES RUNNERS	MUROS
35	623	MARIO FOLGUEIRA RODRIGUEZ		ABSM- 33	00:23:52	00:04:47	00:23:44	00:04:45		MARZO SAUDE S.L. WWW.SAFMMARZO.COM	LUGO
36	666	OSCAR SANCHEZ CANEDA		ABSM- 34	00:23:54	00:04:47	00:23:31	00:04:43		CLUB ATLETISMO O PINO	O PINO
37	690	JOSE ANTONIO ALVARELLOS CAMPOS		ABSM- 35	00:23:55	00:04:47	00:23:46	00:04:46		GTR GALAICO TRAIL RUN	LALIN
38	8	RAQUEL CASTRO PEREZ	F- 3	ABSF- 3	00:24:02	00:04:49	00:23:49	00:04:46		ATLETISMO ARENTEIRO	O CARBALLIÑO
39	746	ROBERTO PEDREIRA ULLOA		ABSM- 36	00:24:04	00:04:49	00:23:49	00:04:46			CESURAS
40	740	ELOY FUENTES MOSTEIRO		ABSM- 37	00:24:12	00:04:51	00:24:01	00:04:49			CALDAS DE REIS
41	686	MANUEL PRESAS VENCE		ABSM- 38	00:24:19	00:04:52	00:24:01	00:04:49		CLUBE-ESCOLA ATLETISMO DEZA	DOZÓN
42	692	FRANCISCO MOURE CAÑETE		ABSM- 39	00:24:41	00:04:57	00:24:35	00:04:55		NOITEBRA FC	SANTIAGO DE COMPOSTELA
43	753	ADRIÁN VÁZQUEZ VAAMONDE		ABSM- 40	00:24:44	00:04:57	00:24:20	00:04:52			O PINO
44	675	FEDERICO GARCÍA INSAURRALDE		ABSM- 41	00:24:50	00:04:58	00:24:38	00:04:56	AG2018302	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
45	1	ANTONIO RIERA CACHERO		ABSM- 42	00:24:54	00:04:59	00:24:51	00:04:59		CLUBE-ESCOLA ATLETISMO DEZA	LALIN
46	763	JOSE MANUEL RATÓN PARADELA		ABSM- 43	00:24:58	00:05:00	00:24:40	00:04:56			BARBADAS

47	661	EMILIO FERNÁNDEZ CIDRE		ABSM- 44	00:24:59	00:05:00	00:24:36	00:04:56	CLUB ATLETISMO DEZA	DOZÓN	
48	657	LUCIA PEON SANTOME	F- 4	ABSF- 4	00:25:00	00:05:00	00:24:56	00:05:00	ATLETISMO ARENTEIRO	LALIN	
49	677	XABIER GARCÍA RODRÍGUEZ		ABSM- 45	00:25:06	00:05:02	00:24:52	00:04:59	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN (CASCO URBANO)	
50	762	NOELIA GONZÁLEZ VENTOSELA	F- 5	ABSF- 5	00:25:27	00:05:06	00:25:11	00:05:03		PEREIRO DE AGUIAR	
51	624	ALEJANDRO VIÑAS ROMERO		ABSM- 46	00:25:31	00:05:07	00:25:18	00:05:04	MURUM ATHLETICA	LUGO	
52	758	MANUEL GARCÍA VÁZQUEZ		ABSM- 47	00:25:37	00:05:08	00:25:18	00:05:04		ARZÚA	
53	667	ANTONIO RIVEIRA MARTINEZ		ABSM- 48	00:25:50	00:05:10	00:25:27	00:05:06	CLUB ATLETISMO O PINO	O PINO	
54	685	PABLO FERNÁNDEZ VILLAMARÍN		ABSM- 49	00:25:50	00:05:10	00:25:34	00:05:07	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
55	749	CESAR REBOREDO ROZAS		ABSM- 50	00:26:03	00:05:13	00:25:49	00:05:10		LALIN	
56	739	JACOBO TAIN SENRA		ABSM- 51	00:26:04	00:05:13	00:25:53	00:05:11		FORCAREI	
57	741	RUBEN POL		ABSM- 52	00:26:12	00:05:15	00:25:45	00:05:09		LALIN	
58	742	CARLOS CORRAL		ABSM- 53	00:26:12	00:05:15	00:25:44	00:05:09		LALIN	
59	673	CORAL NÚÑEZ JORDEDO	F- 6	ABSF- 6	00:26:21	00:05:17	00:26:15	00:05:15	CLUBE DE RUGBI CORETI LALIN (ABELLONAS)	VILA DE CRUCES	
60	683	AMPARO SANCHEZ GARCÍA	F- 7	ABSF- 7	00:26:23	00:05:17	00:26:06	00:05:14	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
61	687	VICENTE AGULLÓ DE LA FURNTE		ABSM- 54	00:26:28	00:05:18	00:26:17	00:05:16	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	
62	716	GUSTAVO COUTO RODRÍGUEZ		ABSM- 55	00:26:31	00:05:19	00:26:26	00:05:18		SANTIAGO DE COMPOSTELA	
63	702	MARTIN COSTA RODRIGUEZ		ABSM- 56	00:26:32	00:05:19	00:26:13	00:05:15		VILA DE CRUCES	
64	684	ALBERTO FRADE AGRA		ABSM- 57	00:26:50	00:05:22	00:26:32	00:05:19	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	
65	679	OSCAR FEIJOO MARTINEZ		ABSM- 58	00:26:53	00:05:23	00:26:14	00:05:15	CLUBE-ESCOLA ATLETISMO DEZA	PRADO, LALIN	
66	674	HERNÁN G GARCÍA AMELIO		ABSM- 59	00:26:54	00:05:23	00:26:39	00:05:20	AG2028131	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
67	726	BELEN RIADIGOS CARDIGONDE	F- 8	ABSF- 8	00:27:07	00:05:26	00:26:51	00:05:23		SILLEDA	
68	689	MILIN ROMERO TRABAZO		ABSM- 60	00:27:12	00:05:27	00:27:02	00:05:25	GTR GALAICO TRAIL RUN	LALIN	
69	632	JOSÉ MANUEL JÁCOME GALVÁN		ABSM- 61	00:27:24	00:05:29	00:26:52	00:05:23		OURENSE	
70	693	ANXO LUCES VÁZQUEZ		ABSM- 62	00:27:42	00:05:33	00:27:33	00:05:31	SERRES RUNNERS	MUROS	
71	732	CARLOS SÁNCHEZ NEGRO		ABSM- 63	00:27:44	00:05:33	00:27:30	00:05:30		LALIN	
72	658	LAURA AGRA MARTINEZ	F- 9	ABSF- 9	00:27:47	00:05:34	00:27:31	00:05:31	ATLETISMO DEZA	LALIN	
73	713	BORJA FRANCO SANDAR		ABSM- 64	00:27:56	00:05:36	00:27:33	00:05:31		LUGO	
74	708	HEDBER OTERO UBEIRA		ABSM- 65	00:28:15	00:05:39	00:27:34	00:05:31		MOS	
75	634	OSCAR CAMBA CONDE		ABSM- 66	00:28:20	00:05:40	00:28:20	00:05:40		OURENSE	
76	644	ANABEL VIANA FERNANDEZ	F- 10	ABSF- 10	00:28:26	00:05:42	00:28:21	00:05:41	ABELLONAS	LALÍN	
77	672	LAURA LÓPEZ BÉRTOLO	F- 11	ABSF- 11	00:28:26	00:05:42	00:28:20	00:05:40	CLUBE DE RUGBI CORETI LALIN (ABELLONAS)	LALIN	
78	676	IRIA VILARIÑO COEGO	F- 12	ABSF- 12	00:28:35	00:05:43	00:28:10	00:05:38	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
79	647	VICENTE JOSE MOSQUERA VALERO		ABSM- 67	00:28:45	00:05:45	00:28:24	00:05:41	ALEVIN	LALIN	
80	720	ELENA ROMÁN HERNÁNDEZ	F- 13	ABSF- 13	00:29:17	00:05:52	00:28:56	00:05:48		SANTIAGO	
81	638	LORENA FERNÁNDEZ RIVERA	F- 14	ABSF- 14	00:29:34	00:05:55	00:29:06	00:05:50		A VALENZÁ	
82	678	SANDRA VALES VARELA	F- 15	ABSF- 15	00:29:47	00:05:58	00:29:29	00:05:54	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
83	698	ANA SOTO VÁZQUEZ	F- 16	ABSF- 16	00:29:47	00:05:58	00:29:30	00:05:54		LALIN	
84	757	INES FERRANDANS RENDO	F- 17	ABSF- 17	00:29:57	00:06:00	00:29:43	00:05:57		VEDRA	
85	620	EUGENIA GÓMEZ A.	F- 18	ABSF- 18	00:30:10	00:06:02	00:29:55	00:05:59	ESCOLA ATLÉTICA LUCENSE	LUGO	
86	662	EVIÑA NOGUEIRA BALSEIROS	F- 19	ABSF- 19	00:30:16	00:06:04	00:29:56	00:06:00	CLUB ATLETISMO ESTRADA	A ESTRADA	
87	715	ISABEL PEREIRA	F- 20	ABSF- 20	00:30:30	00:06:06	00:30:05	00:06:01		SANTA CRUZ-OLEIROS	
88	754	JORGE IGLESIAS LÓPEZ		ABSM- 68	00:30:40	00:06:08	00:30:02	00:06:01		SANTIAGO DE COMPOSTELA	
89	659	CONCHY FERNÁNDEZ BONET	F- 21	ABSF- 21	00:30:58	00:06:12	00:30:37	00:06:08	BONET	CANGAS DE MORRAZO	
90	767	MIGUEL ÁNGEL CABO BEN		ABSM- 69	00:31:01	00:06:13	00:30:29	00:06:06		BARBADÁS	
91	765	ALBA MUÑIZ SANMARTIN	F- 22	ABSF- 22	00:31:06	00:06:14	00:30:46	00:06:10		A ESTRADA	
92	766	ALDILSON ALVES LEITE	F- 23	ABSF- 23	00:31:06	00:06:14	00:30:45	00:06:09		A ESTRADA	
93	775	LOURDES PRIETO VIEITES	F- 24	ABSF- 24	00:31:08	00:06:14	00:30:55	00:06:11	ATLETISMO MILLADOIRO	SANTIAGO DE COMPOSTELA	
94	665	CARMEN CASTRO CORES	F- 25	ABSF- 25	00:31:09	00:06:14	00:30:39	00:06:08	CLUB ATLETISMO O PINO	O PINO	
95	752	ANA BELEN VARELA SOTO	F- 26	ABSF- 26	00:31:09	00:06:14	00:30:53	00:06:11		LALIN	
96	664	ÁNGELES SALMONTE VARELA	F- 27	ABSF- 27	00:31:17	00:06:16	00:30:49	00:06:10	CLUB ATLETISMO O PINO	O PINO	

97	646	BEA LEDO DIÉGUEZ	F- 28	ABSF- 28	00:31:17	00:06:16	00:31:11	00:06:15	ABELLONAS	LALÍN
98	611	ÓSCAR FUENTES MOSTEIRO		ABSM- 70	00:31:33	00:06:19	00:31:21	00:06:17	CDM XESTEIRAS	CALDAS DE REIS
99	610	ANDREA GARCÍA CHENLO	F- 29	ABSF- 29	00:31:33	00:06:19	00:31:21	00:06:17	CDM XESTEIRAS	PONTECESURES
100	655	ALDARA CHAVES DURAN	F- 30	ABSF- 30	00:31:42	00:06:21	00:31:16	00:06:16	AG 2021145	MORAÑA
101	710	NOELIA LORENZO DIAZ	F- 31	ABSF- 31	00:31:59	00:06:24	00:31:37	00:06:20		PONTEVEDRA
102	709	SANDRA IGLESIAS RODRÍGUEZ	F- 32	ABSF- 32	00:32:00	00:06:24	00:31:19	00:06:16		MOS
103	626	JOSE LUIS MOURIÑO MIGUENS		ABSM- 71	00:32:00	00:06:24	00:31:23	00:06:17	POUSADA DAS ÁNIMAS	BOIRO
104	721	MAR TEIJEIRO VARELA	F- 33	ABSF- 33	00:32:02	00:06:25	00:31:32	00:06:19		SANTIAGO DE COMPOSTELA
105	750	JUAN CASAL		ABSM- 72	00:32:04	00:06:25	00:31:22	00:06:17		SANTIAGO
106	743	GLORIA MARIA PRADA HERVELLA	F- 34	ABSF- 34	00:32:19	00:06:28	00:31:38	00:06:20		SANTIAGO DE COMPOSTELA
107	744	LORENA CAO FERNANDEZ	F- 35	ABSF- 35	00:32:24	00:06:29	00:31:57	00:06:24		SAN CIBRAO
108	734	BEGOÑA IGLESIAS FERNANDEZ	F- 36	ABSF- 36	00:32:25	00:06:29	00:31:54	00:06:23		SANTIAGO DE COMPOSTELA
109	654	CONCHI MELLA PIÑEIRO	F- 37	ABSF- 37	00:32:26	00:06:30	00:32:07	00:06:26	ASOCIACIÓN DEPORTIVA CERNE	MELIDE
110	731	BEGOÑA LEIVA BALBOA	F- 38	ABSF- 38	00:32:26	00:06:30	00:32:07	00:06:26		MELIDE
111	602	DAVID BENITO CUÉLLAR		ABSM- 73	00:32:26	00:06:30	00:32:07	00:06:26	ASOCIACIÓN DEPORTIVA CERNE	MELIDE
112	688	IDALMIS GARCÍA LÓPEZ-BLANCO	F- 39	ABSF- 39	00:32:26	00:06:30	00:32:21	00:06:29	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
113	622	JOSE FERNANDEZ RODRIGUEZ		ABSM- 74	00:32:44	00:06:33	00:32:16	00:06:28	KORPORE	CARBALLIÑO
114	751	TANIA JORDEDADO FRADE	F- 40	ABSF- 40	00:33:02	00:06:37	00:32:32	00:06:31		LALIN
115	621	SÉ SENANDE	F- 41	ABSF- 41	00:33:09	00:06:38	00:32:32	00:06:31	GTR GALAICO TRAIL RUN	LALÍN
116	747	JULIA REQUENA FERNÁNDEZ	F- 42	ABSF- 42	00:33:14	00:06:39	00:32:52	00:06:35		LALIN
117	635	ALBA GÓMEZ CASTELAO	F- 43	ABSF- 43	00:33:15	00:06:39	00:32:33	00:06:31		OURENSE
118	735	AIDA TABOADA MARTINEZ	F- 44	ABSF- 44	00:33:18	00:06:40	00:32:46	00:06:34		ORENSE
119	770	ARÁNZAZU GONZÁLEZ ALONSO	F- 45	ABSF- 45	00:33:44	00:06:45	00:33:30	00:06:42	ESCOLA ATLÉTICA LUCENSE	LUGO
120	670	NURIA GARCÍA COUCEIRO	F- 46	ABSF- 46	00:33:48	00:06:46	00:33:07	00:06:38	CLUB CERVECERÍA O COTÓN NEGREIRA	SANTIAGO DE COMPOSTELA
121	745	TERESA FERNANDEZ HOMBRE	F- 47	ABSF- 47	00:33:48	00:06:46	00:33:07	00:06:38		SANTIAGO
122	704	MARÍA JESÚS SÁNCHEZ FERNÁNDEZ	F- 48	ABSF- 48	00:34:06	00:06:50	00:34:00	00:06:48		LALÍN
123	712	MARTA AYUDE PUMAR	F- 49	ABSF- 49	00:34:21	00:06:53	00:33:59	00:06:48		PONTEVEDRA
124	706	Mª DEL CARMEN FERNÁNDEZ REY	F- 50	ABSF- 50	00:34:34	00:06:55	00:33:56	00:06:48		A CORUÑA
125	719	JAVIER GARCÍA DEL RÍO		ABSM- 75	00:34:57	00:07:00	00:34:16	00:06:52		RIBEIRA
126	652	ABRAHAM BENÍTEZ SOMOZA		ABSM- 76	00:35:00	00:07:00	00:34:18	00:06:52	AMBAR	RIBEIRA
127	653	FATIMA RAMOS REY	F- 51	ABSF- 51	00:35:08	00:07:02	00:34:23	00:06:53	ARCA DE NOE	SANTIAGO DE COMPOSTELA
128	723	PAULA SOENGAS SANTOS	F- 52	ABSF- 52	00:36:13	00:07:15	00:35:44	00:07:09		PORTOMARÍN
129	701	ANTONIO VIEITEZ VILLAVERDE		ABSM- 77	00:36:47	00:07:22	00:36:02	00:07:13		LALIN
130	700	FRANCISCO JAVIER FETEIRA CARABELOS		ABSM- 78	00:36:47	00:07:22	00:36:02	00:07:13		PONTEVEDRA
131	764	ANA GÓMEZ OUTOMURO	F- 53	ABSF- 53	00:38:04	00:07:37	00:37:23	00:07:29		OURENSE
132	705	ALBA MOSQUERA RODRIGUEZ	F- 54	ABSF- 54	00:38:04	00:07:37	00:37:22	00:07:29		OURENSE
133	722	SARA LÓPEZ SIERRA	F- 55	ABSF- 55	00:38:13	00:07:39	00:37:28	00:07:30		SANTIAGO DE COMPOSTELA
134	633	SUSANA REGUEIRO CRUZ	F- 56	ABSF- 56	00:40:33	00:08:07	00:39:48	00:07:58		BEGONTE
135	730	SANDRA DOCAMPO CALVO	F- 57	ABSF- 57	00:40:34	00:08:07	00:40:25	00:08:05		LALIN
136	738	MARÍA DOLORES VIANA FERNANDEZ	F- 58	ABSF- 58	00:43:23	00:08:41	00:43:16	00:08:40		LALÍN
137	736	PATRICIA LAMAS DE LA TORRE	F- 59	ABSF- 59	00:43:23	00:08:41	00:43:16	00:08:40		LALIN
138	737	LETICIA GONZALEZ PISOS	F- 60	ABSF- 60	00:43:23	00:08:41	00:43:15	00:08:39		A ESTRADA
139	645	EVA FERNANDEZ BLANCO	F- 61	ABSF- 61	00:43:23	00:08:41	00:43:14	00:08:39	ABELLONAS	AGOLADA
140	707	IRENE BOYANO LÓPEZ	F- 62	ABSF- 62	00:51:28	00:10:18	00:50:46	00:10:10		PONTEVEDRA
141	696	ALBERTO PEREZ RODRIGUEZ		ABSM- 79	00:55:00	00:11:00	00:54:21	00:10:53	VII LEGIO GEMINA	OURENSE

**X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020**

SUB14 / SUB16. Distancia: 2.200 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	PasoMeta (1100 m)	Licenza	Club	Localidade	Centro Educativo
1	832	RAUL TOUCEDA MONTEAGUDO		SUB16M- 1	00:07:32	00:03:26	00:07:32		MORAÑA EN RUTA	SANTA LUCIA DE MORAÑA - 36660	MORAÑA EN RUTA
2	806	ARON LORENZO GONZÁLEZ		SUB14M- 1	00:07:34	00:03:27	00:07:34		CCESTRADENSE	LA ESTRADA	CCESTRADENSE
3	838	MATEO SILVA SUAREZ		SUB14M- 2	00:07:35	00:03:27	00:07:35		TRIATLON BOIRO	BOIRO	IES ESPÍNEIRA
4	813	CAROL SANTOS VILLALON	F- 1	SUB16F- 1	00:07:49	00:03:34	00:07:49	AG766397	CLUB OURENSE ATLETISMO	POIO	DIVINO MAESTRO SANTIAGO DE COMPOSTELA
5	835	LUCAS PÉREZ CHAPARRO		SUB14M- 3	00:08:01	00:03:39	00:08:01		REAL CLUB CELTA DE ATLETISMO	MONDARIZ	COLEGIO CEMAR
6	833	DAVID PIÑEIRO ACEVEDO		SUB14M- 4	00:08:06	00:03:41	00:08:06		MORAÑA EN RUTA	AS CASILLAS SANTA XUSTA 8 MORAÑA	MORAÑA EN RUTA
7	855	MARCOS GONZÁLEZ VÁZQUEZ		SUB14M- 5	00:08:20	00:03:48	00:08:20			LALIN	IES RAMÓN ALLER ULLOA
8	831	HUGO FORNOS FERNANDEZ		SUB16M- 2	00:08:21	00:03:48	00:08:21		ESPRINTES OURENSE	A VALENZA	IES COUTO
9	804	PABLO BREY ARCA		SUB16M- 3	00:08:23	00:03:49	00:08:23		CCESTRADENSE	A ESTRADA	IES Nº1
10	834	ANDREA DAPIA RODRIGUEZ	F- 2	SUB14F- 1	00:08:24	00:03:49	00:08:24		PATO BLANCO CELANOVA	CELANOVA	CEIP CURROS ENRIQUEZ CELANOVA
11	802	IRENE AGUIRRE BERNARDEZ	F- 3	SUB16F- 2	00:08:25	00:03:50	00:08:25		CCESTRADENSE	A ESTRADA	IES Nº1
12	812	SAMUEL BANGA ARANCEY		SUB14M- 6	00:08:38	00:03:56	00:08:38		CLUB OURENSE ATLETISMO	CARBALLIÑO	INSTITUTO CHISMOSO LAMAS
13	856	YERAY VALLE MIGUEZ		SUB14M- 7	00:08:47	00:04:00	00:08:47			TEO	OLIMPICO DE VEDRA
14	824	ÁNGEL MEDINA LÓPEZ		SUB16M- 4	00:08:48	00:04:00	00:08:48	AG 2023765	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	INSTITUTO
15	823	XAVIER VERDE LOPEZ		SUB14M- 8	00:08:54	00:04:03	00:08:54	AG 2018311	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XOAQUIN LORIGA - PRADO
16	849	EFRÉN LORENZO		SUB16M- 5	00:08:59	00:04:05	00:08:59			LALÍN	IES LAXEIRO
17	837	ARARAT PAZOS MEIXUS	F- 4	SUB16F- 3	00:08:59	00:04:05	00:08:59		SAM	PONTEVEDRA	RUBIANS
18	844	YAGO BENDAÑA VIDAL		SUB14M- 9	00:09:02	00:04:06	00:09:02			TEO	IES ARCEBISPO XELMIREZ I
19	818	BREOGAN GARCÍA FERNÁNDEZ		SUB14M- 10	00:09:13	00:04:12	00:09:13	AG 2023789	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
20	817	XIANA CORREDOIRA OTERO	F- 5	SUB14F- 2	00:09:14	00:04:12	00:09:14	AG 2020595	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP MANUEL RIVERO
21	808	ANXO DELGADO LORENZO		SUB14M- 11	00:09:27	00:04:18	00:09:27		CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	SANTIAGO DE COMPOSTELA	CEIP PEDROUZOS BRIÓN
22	850	CARMELO COUSO JURADO		SUB14M- 12	00:09:29	00:04:19	00:09:29			LALIN	CEIP XESUS GOLMAR
23	807	NEREA IGLESIAS DOMINGUEZ	F- 6	SUB14F- 3	00:09:37	00:04:23	00:09:37		CD LA PURISIMA	TABOADELA	CEIP SEIXALVO
24	821	BRÉTEMA NÚÑEZ GROVE	F- 7	SUB14F- 4	00:09:50	00:04:29	00:09:50	AG 2018304	CLUBE-ESCOLA ATLETISMO DEZA	HAILSHAM	CEIP XOAQUIN LORIGA - PRADO
25	822	CORAL NÚÑEZ GROVE	F- 8	SUB14F- 5	00:09:50	00:04:29	00:09:50	AG 2018305	CLUBE-ESCOLA ATLETISMO DEZA	HAILSHAM	CEIP XOAQUIN LORIGA - PRADO
26	857	SAMUEL FERRO SUÁREZ		SUB14M- 13	00:10:01	00:04:34	00:10:01			LUGO	IES LEIRAS PULPEIRO
27	805	CARLOTA CARAMES VIDAL	F- 9	SUB16F- 4	00:10:07	00:04:36	00:10:07		CCESTRADENSE	A ESTRADA	IES Nº1
28	830	SARA FERNÁNDEZ SOTO	F- 10	SUB14F- 6	00:10:12	00:04:39	00:10:12		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	SAN AMARO	CEIP EULOGIO GOMEZ FRANQUEIRA
29	842	PAULA LOPEZ MEMBIELA	F- 11	SUB16F- 5	00:10:39	00:04:51	00:10:39			LALIN PONTEVEDRA	IES RAMÓN ALLER ULLOA
30	841	NOELA MATO LÓPEZ	F- 12	SUB16F- 6	00:10:43	00:04:52	00:10:43			LALÍN	IES RAMÓN ALLER ULLOA
31	825	ADÁN OJEA SEOANE		SUB14M- 14	00:10:55	00:04:58	00:10:55	AG 2018307	CLUBE-ESCOLA ATLETISMO DEZA	SILLEDA	CEIP XOAQUIN LORIGA - PRADO
32	819	NAIA GARCIA RODRIGUEZ	F- 13	SUB14F- 7	00:11:02	00:05:01	00:11:02	76829115F	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	PRADO
33	815	CHRISTIAN DOS ANJOS LÓPEZ		SUB14M- 15	00:12:03	00:05:29	00:12:03		CLUBE-ESCOLA ATLETISMO DEZA	DOZÓN	CEIP PÍO CABANILLAS GALLAS
34	811	LEIRE FERNÁNDEZ LEIS	F- 14	SUB14F- 8	00:12:35	00:05:44	00:12:35		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	MASIDD	CPR VILA DO ARENTEIRO
35	803	PAULA SILVA FUENTES	F- 15	SUB16F- 7	00:12:36	00:05:44	00:12:36		CCESTRADENSE	A ESTRADA	IES Nº1
36	853	XIANA MOSQUERA VALERO	F- 16	SUB14F- 9	00:12:47	00:05:49	00:12:47			LALÍN	CEIP XESUS GOLMAR
37	847	MARIÑA NERCELLAS GÓMEZ	F- 17	SUB14F- 10	00:12:48	00:05:49	00:12:48			LALÍN	CEIP XESUS GOLMAR
38	851	ALEX MOSQUERA ALVARADO		SUB16M- 6	00:13:04	00:05:57	00:13:04			O CARBALLIÑO	CPI TERRAS DE MASIDE
39	820	ERIKA GIADÁS IGLESIAS	F- 18	SUB14F- 11	00:15:35	00:07:05	00:15:35	AG 2023780	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
40	843	IRIA LOPES PAJARO	F- 19	SUB14F- 12	00:15:36	00:07:06	00:15:36			LALIN	CEIP XESUS GOLMAR

# X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020

SUB12. Distancia: 800 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade	Centro Educativo
1	890	ENRIQUE MAGARIÑOS GAGO		SUB12M- 1	00:02:49	00:03:31		MORAÑA EN RUTA	SANTA LUCIA DE MORAÑA - 36660	MORAÑA EN RUTA
2	883	SANTIAGO SILVA FERREIROA		SUB12M- 2	00:02:51	00:03:33		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
3	877	BELTRAN RIVAS MOSQUERA		SUB12M- 3	00:02:53	00:03:36	AG 2023767	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP SAGRADO CORAZON DE LALIN
4	886	UXIA LOPEZ SANCHEZ	F- 1	SUB12F- 1	00:02:54	00:03:38		ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN CHO SHEY	OURENSE	CEIP A PONTE OURENSE
5	866	LUCAS MONTOTO VAZQUEZ		SUB12M- 4	00:03:00	00:03:45		ATLETISMO ARENTEIRO	CARBALLINO	COLEXIO DE MASIDE
6	892	XABIER SANCHEZ ALBOR		SUB12M- 5	00:03:03	00:03:49			LALIN	CEIP MANUEL RIVERO
7	876	MARTIÑO RIVAS ABELEDO		SUB12M- 6	00:03:03	00:03:49		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN (PONTEVEDRA)	CEIP XESUS GOLMAR
8	938	ENZO NOVOA MARIÑO		SUB12M- 7	00:03:05	00:03:51			LALÍN	CEIP XESUS GOLMAR
9	880	JULIETA OJEA SEOANE	F- 2	SUB12F- 2	00:03:06	00:03:52	AG 2026285	CLUBE-ESCOLA ATLETISMO DEZA	SILLEDA	CEIP XOAQUIN LORIGA - PRADO
10	906	PABLO PEREZ GIL		SUB12M- 8	00:03:06	00:03:52			LALIN	CEIP XESUS GOLMAR
11	864	XABI CAMBA VÁZQUEZ		SUB12M- 9	00:03:07	00:03:54		ATLETISMO CORUÑA COMARCA	CULLEREDO	CULLEREDO
12	869	ANA VIDAL BOUZAS	F- 3	SUB12F- 3	00:03:10	00:03:58		CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	BRIÓN	CEIP PEDROUZOS BRIÓN
13	903	XABIER SALGUEIRO LOPEZ		SUB12M- 10	00:03:11	00:03:58			LALIN	CEIP XESUS GOLMAR
14	933	XABIER CORRAL SANTÍN		SUB12M- 11	00:03:11	00:03:58			MELIDE	COLEXIO PÚBLICO N°1 DE MELIDE
15	946	ADRIÁN CARBALLAL PENAS		SUB12M- 12	00:03:12	00:04:00			LALÍN	COLEXIO DE SANTISO
16	896	JOSE ENRIQUE PORTAS VARELA		SUB12M- 13	00:03:13	00:04:01			LALÍN	CEIP XESUS GOLMAR
17	882	ESTEBAN SILVA FERREIROA		SUB12M- 14	00:03:14	00:04:03		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
18	889	TOMÁS FERNÁNDEZ OTERO		SUB12M- 15	00:03:15	00:04:04		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	MASIDE	CEIP PLURILINGÜE CALVO SOTELO( O CARBALLIÑO)
19	941	IKER VELO BRANDÓN		SUB12M- 16	00:03:15	00:04:04			CARBALLO	CEIP CANOSA-RUS
20	887	ÁLVARO SOTO DES		SUB12M- 17	00:03:17	00:04:06		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	CARBALLIÑO	ESCOLA MULTIDEPORTE CONCELLO DE MASIDE
21	865	CLAUDIA CHAVES DURAN	F- 4	SUB12F- 4	00:03:17	00:04:06		ATLETISMO +9 MORAÑA	MORAÑA	CPI SANTA LUCÍA
22	888	XABIER VALENCIA RODRÍGUEZ		SUB12M- 18	00:03:17	00:04:07		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	O CARBALLIÑO	CEIP NOSA SEÑORA DE XUVENCOS
23	861	XIANA FERRIN SIMON	F- 5	SUB12F- 5	00:03:18	00:04:07		ATLETISMO +9 MORAÑA	MORAÑA	CPI SANTA LUCÍA
24	884	SANTIAGO TOUCEIRO LANDER		SUB12M- 19	00:03:19	00:04:08		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
25	951	XOEL SENRA LAMAS		SUB12M- 20	00:03:19	00:04:08			LALÍN	CEIP MANUEL RIVERO
26	939	ARTURO COUSO JURADO		SUB12M- 21	00:03:20	00:04:10			LALIN	CEIP XESUS GOLMAR
27	917	HUGO CORRAL RAMOS		SUB12M- 22	00:03:21	00:04:11			LALIN	CEIP MANUEL RIVERO
28	931	MARTIN CELA TEIJEIRO		SUB12M- 23	00:03:23	00:04:14			SANTIAGO	CEIP MONTE DOS POSTES
29	929	IZAN OTERO SILVA		SUB12M- 24	00:03:24	00:04:15			LALIN	CEIP XESUS GOLMAR
30	945	HUGO SAAVEDRA CARBALLAL		SUB12M- 25	00:03:24	00:04:15			LALÍN	CEIP XESUS GOLMAR
31	930	IKER LAMAS DIAZ		SUB12M- 26	00:03:28	00:04:20			LALÍN	CEIP XOAQUIN LORIGA - PRADO
32	921	MANUELA TACÓN ROMÁN	F- 6	SUB12F- 6	00:03:28	00:04:20			SANTIAGO	LAMAS DE ABADE
33	922	MATILDE TACÓN ROMÁN	F- 7	SUB12F- 7	00:03:28	00:04:20			SANTIAGO	LAMAS DE ABADE
34	898	ALBERTO CARBALLO TABOADA		SUB12M- 27	00:03:29	00:04:21			LALIN	MARIA INMACULADA DE SILLEDA
35	879	MARTIN CAMBA FERNANDEZ		SUB12M- 28	00:03:30	00:04:22	AG 3463	CLUBE-ESCOLA ATLETISMO DEZA	OURENSE	
36	900	MANUEL MONTOTO MADRIÑÁN		SUB12M- 29	00:03:30	00:04:23			LALÍN	CEIP XESUS GOLMAR
37	894	XOEL PRESAS BLANCO		SUB12M- 30	00:03:32	00:04:25			LALÍN	CEIP SAGRADO CORAZON DE LALIN
38	936	CARLA MON	F- 8	SUB12F- 8	00:03:35	00:04:29			LALIN	CEIP XESUS GOLMAR
39	934	SOFÍA TABOADA PAYO	F- 9	SUB12F- 9	00:03:35	00:04:29			LALÍN	CEIP XESUS GOLMAR
40	859	NOA VIÑAS LÓPEZ	F- 10	SUB12F- 10	00:03:36	00:04:29		CEIP A PONTE	LUGO	CEIP A PONTE OURENSE
41	873	ELOÍSA FERNÁNDEZ GARCÍA	F- 11	SUB12F- 11	00:03:37	00:04:31		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP MANUEL RIVERO
42	893	BRAIS ALEGRE IGLESIAS		SUB12M- 31	00:03:38	00:04:32			SANTIAGO DE COMPOSTELA	CEIP MONTE DOS POSTES
43	904	LAURA DOVAL DÍAZ	F- 12	SUB12F- 12	00:03:38	00:04:33			O CARBALLIÑO	CLUB ESCOLLA MULTIDEPORTE CONCELLO DE MASIDE
44	944	MATEO LOPEZ RODRIGUEZ		SUB12M- 32	00:03:39	00:04:33			SANTIAGO DE COMPOSTELA	COLEXIO LA SALLE SANTIAGO
45	885	PABLO VALES BLANCO		SUB12M- 33	00:03:39	00:04:33		E.D. LALIN F.S.	LALIN	CEIP SAGRADO CORAZON DE LALIN
46	895	LUIS VALES BLANCO		SUB12M- 34	00:03:39	00:04:33			LALIN	CEIP SAGRADO CORAZON DE LALIN
47	943	MATEO FERNANDEZ CAMBEIRO		SUB12M- 35	00:03:43	00:04:38			LALIN	CEIP XESUS GOLMAR
48	918	DANIELA PÉREZ DIEGUEZ	F- 13	SUB12F- 13	00:03:46	00:04:42			LALÍN	CEIP XESUS GOLMAR
49	915	SANTIAGO VÁZQUEZ COUTO		SUB12M- 36	00:03:47	00:04:43			LALIN	CEIP XESUS GOLMAR
50	937	EDUARD IGLESIAS PÉREZ		SUB12M- 37	00:03:50	00:04:47			LALIN	CEIP XESUS GOLMAR
51	897	MICAELA DÍAZ MUIÑO	F- 14	SUB12F- 14	00:03:51	00:04:48			SANTIAGO DE COMPOSELA	CEIP MONTE DOS POSTES
52	858	CELIA SOMOZA ALVAREZ	F- 15	SUB12F- 15	00:03:51	00:04:49		CEIP A PONTE	LUGO	CEIP A PONTE OURENSE
53	874	NOA BLANCO SANTISO	F- 16	SUB12F- 16	00:04:04	00:05:04	AG 2026351	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	CEIP XESUS GOLMAR
54	914	VICTORIA CACHEDA RUBIO	F- 17	SUB12F- 17	00:04:07	00:05:08			LALIN	CEIP XESUS GOLMAR



55	905	ALBA NOGUEIRA MARUGAN	F- 18	SUB12F- 18	00:04:15	00:05:19		LALIN	CEIP XESUS GOLMAR
56	925	ARIADNA OTERO LOPEZ	F- 19	SUB12F- 19	00:04:16	00:05:20		SANTIAGO DE COMPOSTELA	CEIP FONTIÑAS
57	913	YAIZA DIÉGUEZ REY	F- 20	SUB12F- 20	00:04:19	00:05:24		VILA DE CRUCES	NOSA SEÑORA DA PIADEDE
58	867	XACOBÉ GARCIA GARCIA		SUB12M- 38	00:04:21	00:05:26	BEXOXA	LALIN	CEIP XESUS GOLMAR
59	878	NUNO VARELA MARTINEZ		SUB12M- 39	00:04:21	00:05:27	AG 2026792 CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XOAQUIN LORIGA - PRADO
60	908	CARMEN DE PRADO ETCHEVERRY	F- 21	SUB12F- 21	00:04:24	00:05:30		SANTIAGO	CEIP MONTE DOS POSTES
61	901	AMELIA ARNEJO FORJÁN	F- 22	SUB12F- 22	00:04:24	00:05:30		VAL DO DUBRA	CEIP MONTE DOS POSTES
62	940	NEREA CASTRO LALIN	F- 23	SUB12F- 23	00:04:35	00:05:43		LALIN	CEIP XESUS GOLMAR
63	875	ALEX GARCIA INSAURRALDE		SUB12M- 40	00:04:47	00:05:58	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	CEIP MANUEL RIVERO
64	872	HELIA FERNÁNDEZ LEIS	F- 24	SUB12F- 24	00:05:24	00:06:45	ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	MASIDE	VILA DOARENTEIRO - CARBALLIÑO
65	924	IRIA FERNANDEZ FERNANDEZ	F- 25	SUB12F- 25	00:05:36	00:07:00		PIÑOR DE BARRAN	VIRXE DA SALETA DE CEA
66	881	SANTIAGO RUIZ BARDELAS		SUB12M- 41	00:06:01	00:07:31	AG 3464 CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR

**X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020**

SUB10. Distancia: 800 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade	Centro Educativo
1	986	JOSEP BASTOS DIZ		SUB10M- 1	00:02:55	00:03:39		ONEPOLLITO	VIGO	COUTADA
2	962	PABLO SANCHEZ MELLA		SUB10M- 2	00:02:57	00:03:42		CLUB ATLETISMO O PINO	O PINO	CPI CAMIÑO DE SANTIAGO
3	956	JOSÉ RAMON VEIGA VALES		SUB10M- 3	00:02:59	00:03:43		ATLETISMO CUNTIS	SALCEDO	SAGRADO CORAZON DE PLACERES
4	985	LUCÍA AGEITOS ROMERO	F- 1	SUB10F- 1	00:02:59	00:03:43		NATACIÓN RIVEIRA	RIVEIRA	COLEXIO GALAXIA
5	977	LARA LOPEZ SANCHEZ	F- 2	SUB10F- 2	00:03:09	00:03:56		ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN CHO SHEY	OURENSE	CEIP A PONTE OURENSE
6	988	ROI SÁNCHEZ PEREIRO		SUB10M- 4	00:03:12	00:04:00			LALIN	CEIP MANUEL RIVERO
7	1025	NOA SEOANE RUBIÑOS	F- 3	SUB10F- 3	00:03:15	00:04:03			FERROL	CEIP PONZOS
8	983	LAURA CASTRO CERVELA	F- 4	SUB10F- 4	00:03:17	00:04:06		MORAÑA EN RUTA	SAIANS (RESTO PARROQUIA) - 36660	MORAÑA EN RUTA
9	978	SAMUEL VÁZQUEZ RODRÍGUEZ		SUB10M- 5	00:03:17	00:04:07		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	CARBALLIÑO	COLEGIO SAGRADO CORAZÓN DE CARBALLIÑO
10	1020	CLARA LOPEZ RODRIGUEZ	F- 5	SUB10F- 5	00:03:18	00:04:08			SANTIAGO DE COMPOSTELA	COLEXIO LA SALLE SANTIAGO
11	975	JACOBO SILVA SOTO		SUB10M- 6	00:03:19	00:04:08		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
12	994	ROI GARCIA FERREIRO		SUB10M- 7	00:03:21	00:04:11			LALIN	CEIP XESUS GOLMAR
13	972	ANTONIO VERDE LOPEZ		SUB10M- 8	00:03:21	00:04:11		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XOAQUIN LORIGA - PRADO
14	973	HUGO MOSQUERA LORENZO		SUB10M- 9	00:03:34	00:04:27	AG 3449	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
15	1002	MANUEL VÁZQUEZ CAMPOS		SUB10M- 10	00:03:34	00:04:27			LALIN	CEIP MANUEL RIVERO
16	1022	IAGO RODRÍGUEZ FERNÁNDEZ		SUB10M- 11	00:03:34	00:04:27			LALÍN	CEIP SAGRADO CORAZON DE LALIN
17	959	ANXO IGLESIAS DOMINGUEZ		SUB10M- 12	00:03:37	00:04:31	AG2026068	CD LA PURISIMA	TABOADELA	CEIP SEIXALVO
18	967	PABLO FRADE MOURE		SUB10M- 13	00:03:39	00:04:33		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	CEIP MANUEL RIVERO
19	999	ALBA CAGIDE POL	F- 6	SUB10F- 6	00:03:40	00:04:35			LALIN	CEIP MANUEL RIVERO
20	1017	LEANDRO VIDAL EIRAS		SUB10M- 14	00:03:45	00:04:41			NEGREIRA	O COTO
21	992	AITOR GARCÍA PIÑERO		SUB10M- 15	00:03:47	00:04:43			O CARBALLIÑO	CEIP PLURLINGÜE CALVO SOTELO( O CARBALLIÑO)
22	1008	RODRIGO CORREDOIRA NOVO		SUB10M- 16	00:03:47	00:04:43			MONTERROSO	BARRIO DOS PINOS
23	1028	IAGO PENAS VILAR		SUB10M- 17	00:03:53	00:04:51			LALIN	CEIP SAGRADO CORAZON DE LALIN
24	957	SARA RODRIGUEZ SEOANE	F- 7	SUB10F- 7	00:03:53	00:04:51		ATLETISMO DEZA	LALIN	COLEXIO PLURLINGUE DE SILLEDA
25	969	DUARTE GARCÍA FERNÁNDEZ		SUB10M- 18	00:03:54	00:04:52		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN (CASCO URBANO)	CEIP XESUS GOLMAR
26	960	BOEL RIVADULLA SUÁREZ		SUB10M- 19	00:03:54	00:04:52		CLUB ATLETISMO ESTRADA	A ESTRADA	CEIP PÉREZ VIONDI, A ESTRADA
27	982	BREIXO MAGARIÑOS GAGO		SUB10M- 20	00:03:56	00:04:55		MORAÑA EN RUTA	SANTA LUCIA DE MORAÑA - 36660	MORAÑA EN RUTA
28	1000	JERÓNIMO RIADIGOS ARDILA		SUB10M- 21	00:03:59	00:04:59			LALÍN	ASOCIACION CARABELO
29	981	MAURO PÉREZ GONZÁLEZ		SUB10M- 22	00:04:01	00:05:01		LAMARGHA-AUTOTODO	O CARBALLIÑO	CEIP NOSA SEÑORA DE XUVENCOS
30	1024	ROQUE SAMPAYO PIÑÓN		SUB10M- 23	00:04:03	00:05:04			LALIN	CLUBE ESCOLA ATLETISMO DEZA
31	968	NICOLÁS FUENTES GARCÍA		SUB10M- 24	00:04:05	00:05:06		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	PRADO
32	979	VALERIA GONZÁLEZ RODRÍGUEZ	F- 8	SUB10F- 8	00:04:06	00:05:07		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	O CARBALLIÑO	SAGRADO CORAZÓN CARBALLIÑO
33	990	ALEJO GARCÍA PORRAL		SUB10M- 25	00:04:07	00:05:09			LALIN	CEIP XESUS GOLMAR
34	1004	ARIADNA LÓPEZ ÁLVAREZ	F- 9	SUB10F- 9	00:04:07	00:05:09			LALIN	CEIP MANUEL RIVERO
35	964	IVÁN MÉNDEZ RAMOS		SUB10M- 26	00:04:08	00:05:10		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN	CEIP XESUS GOLMAR
36	987	NAIARA GIL DE LA TORRE	F- 10	SUB10F- 10	00:04:09	00:05:11			LALÍN	CEIP XOAQUIN LORIGA - PRADO
37	966	LEÓN DIEGO FEJOO QUAN		SUB10M- 27	00:04:11	00:05:14	AG 2026789	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	PRADO
38	1018	BRAIS SAL FERNANDEZ		SUB10M- 28	00:04:15	00:05:18			LUGO	LUIS PIMENTEL
39	1014	SABELA NERCILLAS GÓMEZ	F- 11	SUB10F- 11	00:04:15	00:05:18			LALÍN	CEIP XESUS GOLMAR
40	965	MARTINA ALVARELLOS MONTOTO	F- 12	SUB10F- 12	00:04:15	00:05:18		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
41	1027	ELIAN VAZQUEZ GONZALEZ		SUB10M- 29	00:04:16	00:05:20			OURENSE	CEIP MANUEL RIVERO
42	974	JESUS SILVA FERREIROA		SUB10M- 30	00:04:19	00:05:24		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
43	1029	LILIANG MARTÍNEZ	F- 13	SUB10F- 13	00:04:21	00:05:26			LALIN	CEIP MANUEL RIVERO
44	963	ALBA GONZÁLEZ SALCEDA	F- 14	SUB10F- 14	00:04:22	00:05:28		CLUB DE TRIATHLON MASIDE	O CARBALLIÑO	VILA DO ARENTEIRO - CARBALLIÑO
45	1001	SERGIO MÁRQUEZ FERNÁNDEZ JARDON		SUB10M- 31	00:04:23	00:05:28			LALIN	CEIP XESUS GOLMAR
46	1007	MARTIN FERREIRO ALONSO		SUB10M- 32	00:04:28	00:05:34			LALÍN	CEIP XESUS GOLMAR
47	991	DANIELLA LAGO IGLESIAS	F- 15	SUB10F- 15	00:04:30	00:05:38			LALIN	CEIP MANUEL RIVERO
48	993	SERGIO CALVIÑO FREIGEDO		SUB10M- 33	00:04:35	00:05:44			O CARBALLIÑO	CEIP PLURLINGÜE CALVO SOTELO( O CARBALLIÑO)
49	1015	NOA GONZÁLEZ ENRÍQUEZ	F- 16	SUB10F- 16	00:04:46	00:05:57			LALÍN	CEIP XESUS GOLMAR
50	1010	MANUEL TABOADA COUTO		SUB10M- 34	00:04:46	00:05:57			LALÍN	CEIP SAGRADO CORAZON DE LALIN
51	970	MARCO RIVAS MOSQUERA		SUB10M- 35	00:04:50	00:06:03		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP SAGRADO CORAZON DE LALIN
52	998	MANUELA FERREIROA COUTO	F- 17	SUB10F- 17	00:04:52	00:06:05			LALIN	CEIP XESUS GOLMAR
53	1003	IRIS MARTÍN TABOADA	F- 18	SUB10F- 18	00:04:53	00:06:06			LALIN	CEIP XESUS GOLMAR
54	1019	XIANA FERNANDEZ MARTINEZ	F- 19	SUB10F- 19	00:04:56	00:06:10			LALIN	CEIP XESUS GOLMAR
55	1009	ANXO LAMAS DIAZ		SUB10M- 36	00:05:06	00:06:22			PONTEVEDRA	CEIP XOAQUIN LORIGA - PRADO
56	971	NICANOR RODRIGUEZ PEREIRO		SUB10M- 37	00:05:26	00:06:47		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP SAGRADO CORAZON DE LALIN
57	980	VALERIA RIVEIRO HERMIDA	F- 20	SUB10F- 20	00:05:26	00:06:48		ESCOLA MULTIDEPORTE CONCELLO DE MASIDE	MASIDE	ESCOLA MULTIDEPORTE CONCELLO DE MASIDE
58	976	HUGO RUIZ		SUB10M- 38	00:05:27	00:06:49		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR

**X CARREIRA do COCIDO de LALÍN, Lalín 09/02/2020**

PREBENXAMÍN DO 2014. Distancia: 200 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade	Centro Educativo
1	1084	XAVIER ALVARELLOS MONTOTO		2014M- 1	00:00:38	00:03:06		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
2	1100	ANTÓN FERNÁNDEZ LOUZAO		2014M- 2	00:00:41	00:03:25			SILLEDA	CEIP SAGRADO CORAZON DE LALIN
3	1095	IZAN FERNÁNDEZ FUENTES		2014M- 3	00:00:43	00:03:34			LALÍN	CEIP XESUS GOLMAR
4	1099	ROSALÍA OJEA SEOANE	F- 1	2014F- 1	00:00:44	00:03:40			SILLEDA	CEIP XOAQUIN LORIGA - PRADO
5	1091	LOIS LAMAS TABOADA		2014M- 4	00:00:45	00:03:41			LALÍN	CEIP XOAQUIN LORIGA - PRADO
6	1083	DIEGO SANCHEZ MELLA		2014M- 5	00:00:45	00:03:45		CLUB ATLETISMO O PINO	O PINO	CPI CAMIÑO DE SANTIAGO
7	1112	IRENE LAMAS RODRÍGUEZ	F- 2	2014F- 2	00:00:46	00:03:50			LALIN	CEIP MANUEL RIVERO
8	1089	MARTÍN ROZAS GONZÁLEZ		2014M- 6	00:00:47	00:03:55			LALIN	CEIP XESUS GOLMAR
9	1086	XOAN PEON PORTAS		2014M- 7	00:00:48	00:03:58	AG 3455	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	
10	1094	TELMA SALGUEIRO LOPEZ	F- 3	2014F- 3	00:00:48	00:04:00			LALIN	CEIP XESUS GOLMAR
11	1088	LUCAS AGEITOS ROMERO		2014M- 8	00:00:49	00:04:04		NATACIÓN RIVEIRA	RIVEIRA	COLEXIO GALAXIA
12	1108	JOSE FERRADAS FUENTES		2014M- 9	00:00:51	00:04:15			LALIN	CEIP XESUS GOLMAR
13	1109	VALENTINA RODRÍGUEZ VALDÉS	F- 4	2014F- 4	00:00:52	00:04:17			LALÍN	CEIP MANUEL RIVERO
14	1111	ANTON PENAS VILAR		2014M- 10	00:00:54	00:04:29			LALIN	CEIP SAGRADO CORAZON DE LALIN
15	1085	XOÁN FEIJOO QUAN		2014M- 11	00:00:54	00:04:30		CLUBE-ESCOLA ATLETISMO DEZA	LALIN	PRADO
16	1103	DIEGO PÉREZ GONZÁLEZ		2014M- 12	00:00:55	00:04:35			LALÍN	CEIP MANUEL RIVERO
17	1092	MARTINA SÁNCHEZ GONZÁLEZ	F- 5	2014F- 5	00:00:56	00:04:40			ARTEIXO	PONTE DOS BROZOS, ARTEIXO
18	1110	MARCO VAZQUEZ BENDOIRO		2014M- 13	00:04:17	00:21:24			O CARBALLIÑO	CEIP MANUEL RIVERO
19	1090	XABI ALEGRE IGLESIAS		2014M- 14	00:04:24	00:22:00			SANTIAGO DE COMPOSTELA	CEIP MONTE DOS POSTES

PREBENXAMÍN DO 2013. Distancia: 200 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	Licenza	Club	Localidade	Centro Educativo
1	1065	ALEX CORREDOIRA NOVO		2013M- 1	00:00:35	00:02:52			MONTERROSO	BARRIO DOS PINOS
2	1041	ANTÓN DE LAS HERAS RODRÍGUEZ		2013M- 2	00:00:37	00:03:04		MARISTAS LUGO	BAIONA	MARISTAS INMACULADA LUGO
3	1059	MARTIÑO MATO LÓPEZ		2013M- 3	00:00:40	00:03:16			LALÍN	CEIP XESUS GOLMAR
4	1042	ERIC IGLESIAS JATO		2013M- 4	00:00:41	00:03:21		SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA	CEIP RAMON CABANILLAS
5	1044	MARTINA GRANJA CASTRO	F- 1	2013F- 1	00:00:41	00:03:23			LALIN	CEIP MANUEL RIVERO
6	1047	CARLA GONZÁLEZ ANTOÑANZAS	F- 2	2013F- 2	00:00:41	00:03:23			LALÍN	CEIP XESUS GOLMAR
7	1063	VALENTINA FERREIRO ALONSO	F- 3	2013F- 3	00:00:42	00:03:29			LALÍN	CEIP XESUS GOLMAR
8	1052	IZAN VÁZQUEZ VARELA		2013M- 5	00:00:42	00:03:30			LALÍN	CEIP PLURILINGÜE "VICENTE ARIAS DE LA MAZA"
9	1073	YOEL CASTRO LALIN		2013M- 6	00:00:42	00:03:30			LALIN	CEIP XESUS GOLMAR
10	1046	OLAYA GIL LÓPEZ	F- 4	2013F- 4	00:00:43	00:03:31			LALÍN (CASCO URBANO)	CEIP XESUS GOLMAR
11	1069	XAVIER IGLESIAS PÉREZ		2013M- 7	00:00:43	00:03:33			LALIN	CEIP XESUS GOLMAR
12	1066	VEGA FERRADÁS GONZÁLEZ	F- 5	2013F- 5	00:00:43	00:03:35			LALÍN	CEIP XESUS GOLMAR
13	1054	MATEO SUEIRO MATO		2013M- 8	00:00:44	00:03:36			LALIN	CEIP XESUS GOLMAR
14	1039	HUGO VARELA GRANJA		2013M- 9	00:00:44	00:03:37		HUGO	LALIN	CEIP XESUS GOLMAR
15	1068	MIGUEL ASOREY GONZÁLEZ		2013M- 10	00:00:44	00:03:38			LALÍN	CEIP XESUS GOLMAR
16	1078	LUCAS GONZALEZ FAILDE		2013M- 11	00:00:44	00:03:40			LALIN	CEIP XESUS GOLMAR
17	1060	LARA CORRAL RAMOS	F- 6	2013F- 6	00:00:46	00:03:46			LALIN	CEIP. MANUEL RIVERO
18	1062	SABELA MATO PICALLO	F- 7	2013F- 7	00:00:46	00:03:49			LALIN	CEIP MANUEL RIVERO
19	1040	TEO LAMAS VARELA		2013M- 12	00:00:47	00:03:51		LAMARGHA-AUTOTODO	CARBALLIÑO	CEIP EULOGIO GOMEZ FRANQUEIRA
20	1057	SARAY REBOREDO DATORRE	F- 8	2013F- 8	00:00:47	00:03:51			LALIN	CEIP MANUEL RIVERO
21	1071	IAGO GONZÁLEZ ENRÍQUEZ		2013M- 13	00:00:47	00:03:52			LALIN	CEIP XESUS GOLMAR
22	1053	BRAIS CALVIÑO GARCÍA		2013M- 14	00:00:47	00:03:55			LALÍN	CEIP PLURILINGÜE "VICENTE ARIAS DE LA MAZA"
23	1061	YASSIN AMARANTE EL HAKIMY		2013M- 15	00:00:47	00:03:55			CHANTADA	CEIP.ELOISA RIVADULLA
24	1056	CARLOTA TRABAZO IGLESIAS	F- 9	2013F- 9	00:00:48	00:03:57			LALIN	CEIP MANUEL RIVERO

25	1055	HELENA BLANCO FDZ-JARDON	F- 10	2013F-	10	00:00:48	00:03:58		LALIN	CEIP MANUEL RIVERO
26	1045	AROA GIL DE LA TORRE	F- 11	2013F-	11	00:00:49	00:04:01		LALÍN	CEIP XOAQUIN LORIGA - PRADO
27	1079	ICÍA SENRA LAMAS	F- 12	2013F-	12	00:00:49	00:04:02		LALÍN	CEIP MANUEL RIVERO
28	1076	CLAUDIA FERNÁNDEZ CALVIÑO	F- 13	2013F-	13	00:00:49	00:04:03		LALÍN	CEIP MANUEL RIVERO
29	1074	SARA ALVARELLOS BUGALLO	F- 14	2013F-	14	00:00:51	00:04:11		LALÍN	CEIP MANUEL RIVERO
30	1049	IDAIRA CASTRO RODRÍGUEZ	F- 15	2013F-	15	00:00:52	00:04:17		MASIDE	VILA DO ARENTEIRO - CARBALLIÑO
31	1038	ARTURO RODULFO	2013M-		16	00:00:52	00:04:19	CLUBE-ESCOLA ATLETISMO DEZA	LALIN	CEIP XESUS GOLMAR
32	1058	CARMEN MÁRQUEZ FERNÁNDEZ JAF	F- 16	2013F-	16	00:00:53	00:04:23		LALIN	CEIP XESUS GOLMAR
33	1080	ANTÓN RIVERA VÁZQUEZ	2013M-		17	00:01:08	00:05:36		OURENSE	VILA DO ARENTEIRO - CARBALLIÑO
34	1081	MATEO RIVERA VÁZQUEZ	2013M-		18	00:01:10	00:05:48		O CARBALLINO	VILA DO ARENTEIRO - CARBALLIÑO