

# XII CARREIRA do COCIDO de LALÍN, Lalín 13/03/2022

10 KM. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	Tiempo	RitKm	kM 3,3	Licenza	Club	Localidade
1	145	NUNO COSTA		M+35- 1	00:31:50	00:03:11	00:10:23	GA765858	SD COMPOSTELA	OROSO
2	5	JOSE CANDA LOUZAQ		M+35- 2	00:31:57	00:03:12	00:10:23		ARENTEIRO	LALÍN
3	157	MARCOS ORO VENCE		SENM- 1	00:32:50	00:03:17	00:10:26	LO7566	TRITONES RIOJA	AGOLADA
4	70	DANIEL PAZ PARDO		M+35- 3	00:33:54	00:03:24	00:10:27	AG3529	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	AMES
5	8	JOSÉ MANUEL PENAS VARELA		M+35- 4	00:34:12	00:03:26	00:10:28	TGAL253	ASOCIACIÓN DEPORTIVA CERNE	SANTISO
6	40	MANUEL DOSIL LAGO		M+35- 5	00:34:21	00:03:27	00:10:27		C. C. MUROS TRIATLON	MUROS
7	51	PABLO SANTOS NUÑEZ		M+35- 6	00:35:24	00:03:33	00:10:56		CLUB ATLETISMO CAMBADOS- SEGUROS NOVAL	VILANOVA DE AROUSA
8	141	ALEJANDRO MONTERO LÓPEZ		SENM- 2	00:35:26	00:03:33	00:11:01	AG 769633	SD COMPOSTELA ATLETISMO	OURENSE
9	69	JUAN JESUS BARRAL VARELA		M+45- 1	00:35:51	00:03:36	00:10:57	AG3528	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	BRION
10	135	RAUL CORRALES MARCOS		M+35- 7	00:35:54	00:03:36	00:10:52		SAMERTOLOMEU	CANGAS
11	155	DANIEL RODRIGUEZ GARCÍA		M+35- 8	00:35:58	00:03:36	00:10:53	76934271	TRIATLON RÍAS BAIXAS	PONTEVEDRA
12	216	PABLO SEOANE AMOR		M+35- 9	00:36:03	00:03:37	00:11:16			BETANZOS
13	160	VÍCTOR GARCIA GOMEZ		M+35- 10	00:36:18	00:03:38	00:11:15	AG2023071	VII LEGIO QUERQUENNIS	BANDE
14	146	YAGO IGLESIAS TURNES		SUB18M- 1	00:36:20	00:03:38	00:10:55	GA519	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
15	16	MANUEL BESTEIRO RODRIGUEZ		SENM- 3	00:36:25	00:03:39	00:10:59	AG2019340	A GANDARA	MONFORTE DE LEMOS
16	134	MÍCHEL FERNÁNDEZ GARCÍA		SENM- 4	00:36:32	00:03:40	00:10:57		S.D.BARBANTIA RODA	BOIRO
17	35	SERGIO SANTOS LOIS		M+35- 11	00:36:33	00:03:40	00:11:52		C.A.CAMBADOS-SEGUROS NOVAL	CAMBADOS
18	211	RICARDO BUGALLO		SENM- 5	00:36:37	00:03:40	00:11:36		SACRIFICE IS THE SECRET	MORAÑA
19	48	JOSÉMANUEL GARCÍA PEREZ		M+45- 2	00:36:41	00:03:41	00:11:59	GA2023527	ADAS CUPA	O BARCO DE VALDEORRAS
20	4	RICARDO VÁZQUEZ VAAMONDE		M+45- 3	00:36:41	00:03:41	00:11:58	GA766141	ADAS O BARCO	LALÍN
21	29	JOSE SUAREZ LEIS		M+55- 1	00:36:53	00:03:42	00:11:05	AG-766580	ATLETISMO SAR	A BAÑA
22	72	JOSE ANTONIO VIDAL GONZÁLEZ		M+35- 12	00:36:54	00:03:42	00:11:12	AG2024431	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	BRION
23	173	FERNANDO FERNANDEZ DOMINGUEZ		M+35- 13	00:36:56	00:03:42	00:11:30			OURENSE
24	136	DIEGO SANTOS BLANCO		M+35- 14	00:37:01	00:03:43	00:11:11			A CORUÑA
25	209	JOSÉ LUIS GONZÁLEZ NUÑEZ		M+35- 15	00:37:19	00:03:44	00:11:11		INDEPENDIENTE	TEO
26	21	ADRIAN LIMIA QUINTAS		SENM- 6	00:37:23	00:03:45	00:11:28	AG2017217	ATLETISMO ARENTEIRO	OURENSE
27	80	ELISEO FABELLO CID		M+45- 4	00:37:27	00:03:45	00:11:41	2020489-	CLUB OURENSE ATLETISMO	OURENSE
28	181	DAVID CHAS ÁLVAREZ		SENM- 7	00:37:46	00:03:47	00:11:23			A CORUÑA
29	64	ARTURO MATA CASTRO		SENM- 8	00:37:50	00:03:47	00:12:10	AG2026769	CLUB ATLETISMO SANTIAGO	SANTIAGO
30	105	CRISTÓBAL DAFONTE DIÉGUEZ		M+45- 5	00:37:56	00:03:48	00:11:43		GTR GALAICO TRAIL RUN	LALIN
31	153	RUBÉN NEGREIRA MARTÍNEZ		SENM- 9	00:38:07	00:03:49	00:11:58			SANTIAGO DE COMPOSTELA
32	49	JUAN CARLOS MONTEAGUDO FERREIRA		M+35- 16	00:38:12	00:03:50	00:11:40	AG14574	RUNMANIAK BOX001 OURENSE	SAN CIBRAO DAS VIÑAS
33	65	AGAPITO BAAMONDE ARUFE		M+45- 6	00:38:25	00:03:51	00:11:54	AG-2023811	CLUB ATLETISMO SAR	NOIA
34	20	LUIS IGLESIAS RAÑA		M+35- 17	00:38:31	00:03:52	00:10:50	GA769438	ATLETISMO ARENTEIRO	LEIRO
35	129	RUBÉN MOSQUERA VARELA		M+35- 18	00:38:39	00:03:52	00:11:43		RUN RUN MONTERROSO	ANTAS DE ULLA
36	11	MANUEL MATO COUSO		SENM- 10	00:38:40	00:03:52	00:12:00	TGAL140	AD CERNE	SANTISO
37	215	JESÚS RODRÍGUEZ FERNÁNDEZ		M+35- 19	00:38:45	00:03:53	00:11:50		OOOOO	SANTIAGO
38	97	ROBERTO VALE GARCIA		M+45- 7	00:38:49	00:03:53	00:12:00	AG766063	FLUVIAL LUGO	LUGO
39	25	JOSE ANTONIO BURGOS REY		M+45- 8	00:39:05	00:03:55	00:11:43	AG766413	ATLETISMO PORRIÑO	TOMIÑO

40	73	MARCOS MAYO AGRAFOJO		M+35- 20	00:39:07	00:03:55	00:12:05	AG3619	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	ROIS
41	23	MIGUEL IGLESIAS AMORES		SEN- 11	00:39:07	00:03:55	00:12:06	AG2016188	ATLETISMO ARENTEIRO	VEDRA
42	33	HUGO DURAN ALVAREZ		M+35- 21	00:39:08	00:03:55	00:11:49		C.A.VETERANOS DE SAMIL	PONTEVEDRA
43	123	JOSÉ JULIÁN BELTRÁN TABOADA		M+45- 9	00:39:15	00:03:56	00:12:04		RUN PONTEVEDRA	PONTEVEDRA
44	92	FRAN OVIEDO BOUZAS		M+35- 22	00:39:16	00:03:56	00:11:57		DESGUACES FERREIRO	NOIA
45	104	MANUEL GONZÁLEZ ADÁN		M+45- 10	00:39:19	00:03:56	00:11:46		GTR GALAICO TRAIL RUN	LALIN
46	79	MARCOS VILA CID		SEN- 12	00:39:28	00:03:57	00:11:42		CLUB NATACIÓN PABELLÓN OURENSE	ALLARIZ
47	67	OSCAR FRESNEDO ARIAS		M+35- 23	00:39:30	00:03:57	00:12:13			VILABOA (CULLEREDO)
48	38	MÍCHEL REMIGIO LORENZO		M+45- 11	00:39:40	00:03:58	00:12:19		CABO DE PEÑAS	O CARBALLIÑO
49	74	FÉLIX QUINTELA PAIS		SEN- 13	00:39:41	00:03:59	00:12:00	AG10941	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	BRIÓN
50	50	ÁLVARO ZARAUZA BEIRAS		M+35- 24	00:39:42	00:03:59	00:12:05	AG11767	CLUBATLETISMOBRIONHYUPERSASANTIAGO	BERTAMIRANS
51	71	JOSÉ MANUEL VÁZQUEZ MATO		M+35- 25	00:39:45	00:03:59	00:12:06	AG3523	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	AMES
52	47	TIAGO NOGUEIRA		SUB18M- 2	00:39:46	00:03:59	00:12:22	FPA-136897	CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	PEREDES DE COURA
53	3	PATRICIA VARELA SANTISO	F- 1	SEN- 1	00:39:51	00:04:00	00:12:19	AG2604	ATLETISMO ARENTEIRO	
54	202	ADRIAN RODRIGUEZ CASTRO		SEN- 14	00:39:54	00:04:00	00:12:13	AG15050	A.D LIMIA ACTIVA	XINZO DE LIMIA
55	98	CAMILO FRAMIÑÁN LAMAZARES		SEN- 15	00:39:56	00:04:00	00:12:19			LALIN
56	62	PABLO FERNANDEZ DIAZ		SUB20M- 1	00:40:04	00:04:01	00:11:39	GA807	CLUB ATLETISMO RIBADEO	RIBADEO
57	119	JUAN MAYO BALDERRABANO		M+35- 26	00:40:14	00:04:02	00:12:03		PAVIMENTOS NOIA	NOIA
58	39	DIONISIO MUÑIZ GONZALEZ		M+35- 27	00:40:17	00:04:02	00:12:26	AG11197	C. A. CAMBADOS - SEGUROS NOVAL	CAMBADOS
59	117	JOSÉ ANTONIO VELOSO MIRANDA		M+45- 12	00:40:22	00:04:03	00:12:46		PATO BLANCO	OURENSE
60	31	JUAN RIVAS CASTRO		M+55- 2	00:40:23	00:04:03	00:12:04	AG2028281	C.A. CAMBADOS - SEGUROS NOVAL	CAMBADOS
61	148	MANUEL BARREIROS FORMOSO		M+35- 28	00:40:30	00:04:03	00:12:18		SERRES RUNNERS	MUROS
62	112	GERARDO RAPOSO BUJAN		M+45- 13	00:40:42	00:04:05	00:12:48	GA17643	LUCUS CAIXA RURAL	LUGO
63	171	SUSO GONZALEZ VAZQUEZ		M+45- 14	00:40:50	00:04:05	00:11:53			LALIN
64	154	MARTIN REGO POSE		SEN- 16	00:41:16	00:04:08	00:12:32			VIMIANZO
65	188	HÉCTOR CAJARAVILLE ARAÚJO		M+45- 15	00:41:39	00:04:10	00:12:41			SANTIAGO DE COMPOSTELA
66	7	JAVIER DIAZ CID		SEN- 17	00:41:42	00:04:11	00:12:23		A. D. LIMIACTIVA	ALLARIZ
67	213	JOSÉ VARELA PÁJARO		M+45- 16	00:41:42	00:04:11	00:13:15		RUNNERCRUCES	VILA DE CRUCES
68	206	JOSE LUIS CAGIDE FERNANDEZ		M+35- 29	00:41:53	00:04:12	00:13:11		MONTES DO DEZA	LALIN
69	180	ESTEBAN MIGUEZ REGUERA		M+45- 17	00:41:54	00:04:12	00:13:12			PONTEVEDRA
70	174	BORJA CID BORRAJO		M+35- 30	00:42:02	00:04:13	00:13:15			SEIXALBO
71	28	E. VANESA BLANCO REY	F- 2	W+35- 1	00:42:03	00:04:13	00:13:31	AG14672	ATLETISMO SAR	BERTAMIRANS
72	106	JUAN JESÚS VARELA AMIGO		M+35- 31	00:42:05	00:04:13	00:12:54			LALÍN
73	234	PEDRO RODRIGUEZ VELILLA		SUB18M- 3	00:42:17	00:04:14	00:13:01		C.A.VETERANOS DE SAMIL	VIGO
74	170	MODESTO NUÑEZ		M+55- 3	00:42:18	00:04:14	00:12:45			ORENSE
75	32	BASILIO CAMIÑA UCHA		M+35- 32	00:42:19	00:04:14	00:12:51	AG14781	C. A. CAMBADOS-SEGUROS NOVAL	MEAÑO
76	10	CLAUDIO SÁNCHEZ MOURAZOS		M+35- 33	00:42:27	00:04:15	00:13:12		A.D. CERNE	MELIDE
77	210	JAVIER SADA GONZALEZ		SEN- 18	00:42:31	00:04:16	00:13:41		ATLETISMO A ESTRADA	CUNTIS
78	128	OSKAR NOVO RODRÍGUEZ		SEN- 19	00:42:36	00:04:16	00:12:18		RUN RUN MONTERROSO	MONTERROSO
79	100	TAMARA GARCÍA RODRÍGUEZ	F- 3	SEN- 2	00:42:37	00:04:16	00:13:07		GTR- GALAICO TRAIL RUN	A LAMA
80	159	JAVIER TORO MONTERO		M+65- 1	00:42:38	00:04:16	00:13:16	GA 14096	VERXEL NUTRICION DEPORTIVA	LUGO
81	114	FRANCISCO JAVIER CEPEDA GACIO		M+55- 4	00:42:43	00:04:17	00:13:02	TAG2025051	NOITEBRA FC	VEDRA
82	166	JESUS QUINTELA VAZQUEZ		M+45- 18	00:42:44	00:04:17	00:13:10			AMES

83	172	HECTOR SOUTO PEREZ		M+35- 34	00:42:45	00:04:17	00:13:38	GA 865	INDEPENDIENTE	OURENSE
84	27	RAMIRO PEREZ PEREIRA		M+65- 2	00:42:46	00:04:17	00:13:12	2025888AG	ATLETISMO SAR	TEO
85	199	NACHO GARCIA VALLEJO		M+45- 19	00:42:50	00:04:17	00:13:15			OURENSE
86	89	ELIGIO JESUS LAMAS VILA		M+45- 20	00:42:56	00:04:18	00:13:08		CORREDORES DO MIÑO	OURENSE
87	125	MOISÉS CADAHÍA GARCÍA		M+45- 21	00:42:59	00:04:18	00:13:17		RUN RUN MONTERROSO	MONTERROSO
88	54	FRANCISCO J. GOMEZ CASTRO		M+55- 5	00:43:02	00:04:19	00:13:41	A6577	ATLETISMO NOIA	NOIA
89	81	JUAN MANUEL FERNANDEZ LANDEIRO		M+35- 35	00:43:06	00:04:19	00:13:40	TGAL35	TRIATLON POIO	POIO
90	127	SANTI QUINTÁS VÁZQUEZ		M+35- 36	00:43:09	00:04:19	00:13:31			PONTEVEDRA
91	329	ANTONIO RODRÍGUEZ GONZÁLEZ		M+35- 37	00:43:11	00:04:20	00:13:38			CARBALLIÑO (O)
92	182	EUGENIO FORTES OTERO		SENM- 20	00:43:14	00:04:20	00:13:52			A ESTRADA
93	107	MIGUEL FERNÁNDEZ SUÁREZ		SENM- 21	00:43:16	00:04:20	00:13:19		HOXE QUEIXOS	LALIN
94	108	TOÑO RODRIGUEZ CASAL		M+35- 38	00:43:19	00:04:20	00:13:51		HOXE QUEIXOS	SILLEDA
95	140	ELENA VERES OJEA	F- 4	SENF- 3	00:43:23	00:04:21	00:12:57	AG9432	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
96	17	MIGUEL ANGEL OCAMPO REY		M+45- 22	00:43:25	00:04:21	00:13:11			VILLAGARCIA DE AROSA
97	158	OSCAR VALBUENA CASAL		SENM- 22	00:43:25	00:04:21	00:14:14			OURENSE
98	86	MANUEL PÉREZ MOSQUERA		SUB23M- 1	00:43:27	00:04:21	00:13:19	AG12478		ARZÚA
99	6	MANUEL MILLARES JACOME		M+35- 39	00:43:29	00:04:21	00:13:07			LALÍN
100	77	CARLOS VAZQUEZ BRUZOS		SENM- 23	00:43:30	00:04:21	00:13:46		CLUB MONTEPENARUBIA	LUGO
101	183	MARINA LOSADA MIRANDA	F- 5	W+45- 1	00:43:38	00:04:22	00:13:51			OURENSE
102	260	EMILIO FERNÁNDEZ CIDRE		M+45- 23	00:43:46	00:04:23	00:12:56		ATLETISMO DEZA	DOZÓN
103	133	JUAN CARLOS BERGONDO BRANDARIZ		M+55- 6	00:44:00	00:04:24	00:13:05		RUNNING OLEIROS	NOS (OLEIROS)
104	168	MARCOS PENELA CASTIÑEIRA		SENM- 24	00:44:01	00:04:25	00:13:26			LUGO
105	189	JAVIER PONTE PINTOR		M+35- 40	00:44:07	00:04:25	00:13:59			SANTIAGO
106	165	ROGELIO JOSE VALBUENA ALVAREZ		M+55- 7	00:44:09	00:04:25	00:13:52			OURENSE
107	126	MARCOS VAZQUEZ PAMPIN		M+35- 41	00:44:14	00:04:26	00:13:49		RUN RUN MONTERROSO	LUGO
108	41	JOAQUIM SÁ		M+65- 3	00:44:17	00:04:26	00:13:24	161924-	CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	PAREDES DE COURA
109	150	ROBERTO CARLOS ESPINOSO VIDE		M+45- 24	00:44:20	00:04:26	00:13:56		TABOADELA RUNNING	OURENSE
110	109	JULIO LAMELA CASTRO		M+45- 25	00:44:21	00:04:27	00:13:25		HOXE QUEIXOS	LALIN
111	364	JAVIER AÑÓN GONZÁLEZ		M+55- 8	00:44:23	00:04:27	00:13:09			LALÍN
112	36	FELIPE CHOREN SANMARTIN		M+35- 42	00:44:24	00:04:27	00:12:45			SILLEDA
113	61	MARTA FERNANDEZ DIAZ	F- 6	SENF- 4	00:44:25	00:04:27	00:13:47	GA814	CLUB ATLETISMO RIBADEO	RINLO- RIBADEO
114	178	ALBERTO MONTOTO VARELA		M+35- 43	00:44:28	00:04:27	00:13:16		RUNNING OLEIROS	OLEIROS
115	121	LEANDRO EIRAS LUEIRO		M+35- 44	00:44:34	00:04:28	00:13:12		CLUB TRIATLÓN O COTÓN NEGREIRA	NEGREIRA
116	204	JAVIER GARCÍA GIL		M+45- 26	00:44:34	00:04:28	00:13:29			LALÍN
117	360	MANUEL ARIAS RODRÍGUEZ		M+45- 27	00:44:38	00:04:28	00:13:46			TABOADA
118	45	LUÍS FERNANDES		SUB23M- 2	00:44:41	00:04:29	00:13:17	151012-	CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	ARCOS DE VALDEVEZ
119	272	JOSÉ ANTONIO LORENZO RODRÍGUEZ		M+45- 28	00:44:41	00:04:29	00:15:08	AG2022490	CLUB ATLETISMO PORRIÑO	PONTEAREAS
120	244	ALEJANDRO OTERO SALGUEIRO		SENM- 25	00:44:47	00:04:29	00:14:22		ATLETISMO ESTRADA	A ESTRADA
121	131	MANUEL LEAL GOMEZ		M+45- 29	00:44:50	00:04:29	00:14:22			VILLA DE CRUCES
122	217	MARIO INSUA MUÑIZ		SUB18M- 4	00:45:03	00:04:31	00:13:47		CLUB ATLETISMO CAMBADOS NOVAL	CAMBADOS
123	193	ALBERTO LÓPEZ MARTÍNEZ		M+35- 45	00:45:06	00:04:31	00:14:31			A CORUÑA
124	214	JUAN CARLOS SANTOS BLANCO		M+45- 30	00:45:06	00:04:31	00:13:43			PADRON
125	30	JOSE LOSADA MARRA		M+65- 4	00:45:06	00:04:31	00:13:56		BURGAS OURENSE ATLETISMO	OURENSE

126	167	IVAN GUTIERREZ SOUTO		SENM- 26	00:45:07	00:04:31	00:14:09			LUGO
127	84	JORGE URBANO MARTÍNEZ		M+35- 46	00:45:16	00:04:32	00:13:53		CLUBE ATLETISMO BURELA	OURENSE
128	200	CONCHY PRADA HERNÁNDEZ	F- 7	W+45- 2	00:45:23	00:04:33	00:14:23			VEIGAMUIÑOS. O BARCO DE V.
129	195	PALOMA GÁNDARA SOLÓRZANO	F- 8	SENF- 5	00:45:36	00:04:34	00:14:32			A CORUÑA
130	162	ISMAEL MENÉNDEZ FERNÁNDEZ		M+45- 31	00:45:39	00:04:34	00:13:27			A RAMALLOSA -TEO-
131	118	JOSE LUIS RODRIGUEZ ORTEGA		M+55- 9	00:45:41	00:04:35	00:13:54		PATO BLANCO	RAMIRÁS
132	186	RENNY MAZAIIRA RODRÍGUEZ		SENM- 27	00:45:46	00:04:35	00:12:50			OURENSE
133	366	ANDRÉS LAREU RODRÍGUEZ		M+45- 32	00:46:01	00:04:37	00:13:57			LALIN
134	196	MIGUEL ÁNGEL BREA LÓPEZ		M+45- 33	00:46:05	00:04:37	00:14:34			VILA DE CRUCES
135	359	MARIANO NÚÑEZ ÁLVAREZ		M+45- 34	00:46:06	00:04:37	00:14:40			VILAGARCÍA DE AROUSA
136	208	RUBÉN PEÑA LÓPEZ		M+35- 47	00:46:08	00:04:37	00:14:36	AG10144	CA PINO	SANTIAGO DE COMPOSTELA
137	85	RAÚL TAJES CERNADAS		M+35- 48	00:46:09	00:04:37	00:14:14	AG15069	SERRES RUNNERS	MUROS
138	379	OSCAR MOSTEIRO REFOJO		SENM- 28	00:46:26	00:04:39	00:14:11			MELIDE
139	163	MANUEL GONZALEZ SANTAMARIA		M+65- 5	00:46:28	00:04:39	00:13:48			OURENSE
140	78	JUAN CARLOS FERRO FERNÁNDEZ		M+45- 35	00:46:28	00:04:39	00:13:47		CLUB MONTEPENARUBIA	LUGO
141	37	MARCOS PEREZ FORMIGO		M+35- 49	00:46:35	00:04:40	00:14:41		CABO DE PEÑAS	CARBALLIÑO (O)
142	277	ROBERTO VIDELA OUTEIRAL		SENM- 29	00:46:36	00:04:40	00:14:55		MILER RUNNING CLUB	PONTEVEDRA
143	375	ADRIÁN PENIDO NÚÑEZ		SENM- 30	00:46:38	00:04:40	00:15:28			ESCUADRO SILLEDA
144	103	XABIER GARCÍA RODRÍGUEZ		M+45- 36	00:46:49	00:04:41	00:14:16		GTR	LALÍN (CASCO URBANO)
145	44	VANESSA PEDREIRA	F- 9	SUB23F- 1	00:46:51	00:04:42	00:14:02	138274-	CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	ARCOS DE VALDEVEZ
146	130	MAURO COUCHEIRO RODAL		M+45- 37	00:46:52	00:04:42	00:14:42		RUN RUN MONTERROSO	MONTERROSO
147	175	JAVIER MARTIÑÁN CAMIÑO		M+45- 38	00:46:56	00:04:42	00:14:10	AG15314	ATLETISMO +9 MORAÑA	AMES
148	144	NURIA MEJUTO	F- 10	SENF- 6	00:46:59	00:04:42	00:14:11	AG9427	SDCOMPOSTELA ATLETISMO	SANTIAGO
149	335	MANUEL GONZALEZ CONDE		M+35- 50	00:47:00	00:04:42	00:14:20			SANTIAGO DE COMPOSTELA
150	76	SANTIAGO SOLLA CRESPO		M+35- 51	00:47:02	00:04:43	00:14:21	AG767945	CLUB DEPORTIVO PINARIUM	MARÍN
151	169	MARTA RODRÍGUEZ SOLLA	F- 11	W+35- 2	00:47:03	00:04:43	00:14:36			SAN CIBRAO DAS VIÑAS
152	56	JOSE MANUEL ALBORES DIAZ		M+65- 6	00:47:06	00:04:43	00:14:15	AG2027580	ATLETISMO NOIA	LOUSAME
153	91	ANTONIO FERNÁNDEZ RODRÍGUEZ		M+35- 52	00:47:10	00:04:43	00:14:37		CORREDORES DO MIÑO	REBOREDO - SAN CIBRAO DAS VIÑAS
154	371	ALBERTO COLMEIRO ECHEVERRÍA		M+35- 53	00:47:22	00:04:45	00:14:20			BANDEIRA
155	111	RODRIGO RUBIAL LALIN		M+35- 54	00:47:29	00:04:45	00:14:27			A CORUÑA
156	115	JOSE ANTONIO GIL BREA		M+55- 10	00:47:30	00:04:45	00:14:39	AG2028157	NOITEBRA F C	SANTIAGO DE COMPOSTELA
157	101	ANDREA ELIZABETH SAAVEDRA NOVOA	F- 12	SENF- 7	00:47:32	00:04:46	00:14:29		GTR GALAICO TRAIL RUN	LALIN
158	349	JOSÉ ANDRÉS DOMÍNGUEZ SÁNCHEZ		M+45- 39	00:47:32	00:04:46	00:15:17			PUEBLA DEL CARAMIÑAL
159	325	LUCIA ENRIQUEZ BALADO	F- 13	SENF- 8	00:47:39	00:04:46	00:14:36			LALÍN
160	334	MANUEL FANDIÑO RODRÍGUEZ		M+35- 55	00:47:45	00:04:47	00:14:38			O PINO
161	340	FERNANDO GONZÁLEZ		SENM- 31	00:47:46	00:04:47	00:15:53			SILLEDA
162	226	MODESTO GONZALEZ SENRA		M+35- 56	00:47:52	00:04:48	00:14:21	AG4033	ATLETISMO +9 MORAÑA	PONTEVEDRA
163	298	JOSÉ RIOS VAZQUEZ		M+55- 11	00:47:53	00:04:48	00:15:17			BOIRO
164	228	JUAN CARLOS FERNANDEZ CARIDE		M+45- 40	00:47:56	00:04:48	00:15:15		ATLETISMO ARENTEIRO	AMOEIRO
165	376	ARMANDO BROZ FIDALGO		M+45- 41	00:48:01	00:04:49	00:14:30			SANTIAGO
166	184	MARIA ELENA FERREIRO FERNÁNDEZ	F- 14	W+45- 3	00:48:02	00:04:49	00:14:38			OURENSE
167	338	VICTOR VEIGA AGUION		M+35- 57	00:48:10	00:04:49	00:14:29	AG3957	CLUB ATLETISMO BOIMORTO	BOIMORTO
168	26	FERNANDO SAINZ GARCIA		M+65- 7	00:48:12	00:04:50	00:15:05	2021150-	ATLETISMO SAR	AMES

169	164	FRANCISCO FERNÁNDEZ PRIETO		M+45- 42	00:48:12	00:04:50	00:14:56			OURENSE
170	227	JOSE AMABLE NUÑEZ GONZALEZ		M+45- 43	00:48:20	00:04:50	00:14:21	AG3997	ATLETISMO +9 MORAÑA	PONTEVEDRA
171	151	BENITO GONZÁLEZ VARELA		M+55- 12	00:48:27	00:04:51	00:15:00		TAMBRE	SANTIAGO
172	319	MARCOS ESTEVEZ MARTINEZ		SEN- 32	00:48:28	00:04:51	00:15:00			ILLA DE AROUSA
173	212	DIEGO GONZÁLEZ PEREIRA		M+45- 44	00:48:28	00:04:51	00:15:56			CANGAS
174	2	ANTONIO RIERA CACHERO		M+65- 8	00:48:32	00:04:52	00:14:26	AG764225	CLUB ESCOLA ATLETISMO DEZA	
175	225	JULIAN MAYOR BALVIS		M+45- 45	00:48:36	00:04:52	00:15:16		AD CERNE	LA CORUÑA
176	281	JOSE MANUEL PACÍN VÁZQUEZ		M+45- 46	00:48:46	00:04:53	00:15:18			MONTERROSO
177	368	ROBERTO MARTÍNEZ PADIN		M+45- 47	00:48:48	00:04:53	00:15:00			CAMBADOS
178	261	ISMAEL CONDE IGLESIAS		SEN- 33	00:48:51	00:04:54	00:15:12		CORREDORES DO MIÑO	OURENSE
179	90	PILAR IGLESIAS GONZÁLEZ	F- 15	W+45- 4	00:48:51	00:04:54	00:15:22		CORREDORES DO MIÑO	OURENSE
180	197	JOSÉ EDUARDO RODRÍGUEZ ALONSO		M+35- 58	00:49:04	00:04:55	00:15:32			VIGO
181	132	MONICA GARCÍA ASOREY	F- 16	W+35- 3	00:49:07	00:04:55	00:15:25			VILA DE CRUCES
182	83	MANUEL COUCEIRO MELLA		M+55- 13	00:49:19	00:04:56	00:14:27	AG3958	CLUB ATLETISMO BOIMORTO	A CORUÑA
183	301	EDER FERNANDEZ PEREZ		M+45- 48	00:49:21	00:04:57	00:14:50			MILLADOIRO-AMES
184	302	ALBERTO EDERALDO FERNANDEZ PEREZ		M+45- 49	00:49:21	00:04:57	00:14:34			A CORUÑA
185	42	DANI RHODES MENDONÇA DOS RAMOS		SEN- 34	00:49:25	00:04:57	00:14:22		CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	ARCOS DE VALDEVEZ
186	43	MARIANA PEDREIRA	F- 17	SUB23F- 2	00:49:26	00:04:57	00:14:23	138275-	CENTRO DE ATLETISMO DE ARCOS DE VALDEVEZ	ARCOS DE VALDEVEZ
187	276	JAVIER DE LA TORRE LÓPEZ		M+35- 59	00:49:29	00:04:57	00:15:35		JAVIROS TEAM	OURENSE
188	179	MARÍA TOBÍO DÓNEGA	F- 18	W+35- 4	00:49:30	00:04:57	00:15:52			PONTEVEDRA
189	224	RICARDO DOMÍNGUEZ GAGO		M+35- 60	00:49:30	00:04:57	00:15:43		FLOW PILATES & TRAINING	POBRA DO CARAMIÑAL
190	286	CRISTIAN RIOMAYOR RODRIGUEZ		SEN- 35	00:49:30	00:04:57	00:15:09		SERRES RUNNERS	MUROS
191	149	LETICIA PENA SANDE	F- 19	SENF- 9	00:49:31	00:04:58	00:15:10		SERRES RUNNERS	MUROS
192	257	MONCHO FERRACES VAZQUEZ		M+55- 14	00:49:37	00:04:58	00:15:02	AG2022428	CLUBE ATLETISMO BOIMORTO	TEO
193	240	RAMÓN DOMÍNGUEZ CASTRO		M+45- 50	00:49:39	00:04:58	00:15:34	76814371y	CAC CAMBADOS	MEAÑO
194	250	LARA CANCIO	F- 20	SENF- 10	00:49:41	00:04:59	00:15:13	34378725-	TERRAS DE BURON	A FONSAGRADA
195	233	JESUS ANTONIO VELLILLA CASTRO		M+65- 9	00:49:49	00:04:59	00:15:18		C.A. VETERANOS DE SAMIL	VIGO
196	230	ANXO LORENZO BAUTISTA		SUB20M- 2	00:50:03	00:05:01	00:15:15	AG2022489	ATLETISMO PORRIÑO	PONTEAREAS
197	263	KAREM ALEJANDRA SUAREZ MEDINA	F- 21	SENF- 11	00:50:10	00:05:01	00:15:46		CORREDORES DO MIÑO	OURENSE
198	381	MAURO EMILIANO FERRARA		M+35- 61	00:50:20	00:05:02	00:15:15			VILAGARCIA DE AROUSA
199	124	MARIA DEL CARMEN COTOVAD MALVAR	F- 22	W+45- 5	00:50:20	00:05:02	00:15:06		RUN PONTEVEDRA	PONTEVEDRA
200	278	JAVIER DOPAZO LOUZAN		M+45- 51	00:50:21	00:05:03	00:15:03	AG14876	RUN PONTEVEDRA	PONTEVEDRA
201	203	LUISA LALÍN LALÍN	F- 23	W+55- 1	00:50:25	00:05:03	00:15:28			LALÍN
202	344	ALEJANDRO DANIEL DORNEL MOLINA		M+45- 52	00:50:27	00:05:03	00:15:28			CULLEREDO.
203	24	MARIO ARUFE SANTAMARIA		M+55- 15	00:50:32	00:05:04	00:15:49	A6575	ATLETISMO NOIA	NOIA
204	241	JOSÉ MANUEL BAÑA MOLEDO		M+35- 62	00:50:33	00:05:04	00:15:56		CLUB ATLETISMO LOUSAME	LOUSAME
205	120	PABLO GOMEZ GOMEZ		M+35- 63	00:50:41	00:05:05	00:14:39		PAVIMENTOS NOIA	NOIA
206	305	JOSE ELIAS DIAZ GONZALEZ		M+35- 64	00:50:44	00:05:05	00:15:13			CHANTADA
207	314	JUAN ANTONIO CONDE TOURIÑO		M+45- 53	00:50:54	00:05:06	00:15:06			CAMBADOS
208	337	ALBERTO BLANCO VALLADARES		M+35- 65	00:51:00	00:05:06	00:15:23			RODEIRO
209	274	LUCIA GONZALEZ FERNANDEZ	F- 24	W+35- 5	00:51:03	00:05:07	00:16:05		GTR-GALAICO TRAIL RUM	LALÍN
210	265	MARIO MANUEL GARCÍA GONZALEZ		M+45- 54	00:51:04	00:05:07	00:15:28		EBOCAX	LALIN
211	245	ALFONSO RIVADULLA NEIRA		M+45- 55	00:51:06	00:05:07	00:14:56		CLUB ATLETISMO ESTRADA	A ESTRADA

212	14	MIGUEL MAROÑO		M+35- 66	00:51:06	00:05:07	00:14:58		ATLETISMO A ESTRADA	A ESTRADA
213	94	EMMA RODRIGUEZ RODRIGUEZ	F- 25	SENF- 12	00:51:11	00:05:08	00:15:43		ESPRINTES OURENSE	OURENSE
214	232	JAVIER GIL PEREIRA		M+45- 56	00:51:31	00:05:10	00:16:08			TEO
215	95	M GUADALUPE SANTOS LAMPON	F- 26	W+35- 6	00:51:33	00:05:10	00:15:44		FLOW PILATES & TRAINERG	POBRA DO CARAMIÑAL
216	342	PABLO CACHEDA SARMIENTO		SENM- 36	00:51:34	00:05:10	00:15:41		RUNNERS CRUCES	VILA DE CRUCES
217	351	CAROLINA BALADO LOPEZ	F- 27	W+55- 2	00:51:37	00:05:10	00:15:21			LALÍN
218	330	RAMON ALONSO ALONSO		M+45- 57	00:51:44	00:05:11	00:15:48			BOBORAS
219	294	JOSÉ LUIS GONZÁLEZ CARDALDA		M+45- 58	00:51:50	00:05:11	00:15:26		AD CERNE	A CORUÑA
220	223	RANIA GABRIELA YOUSEF MORENO	F- 28	SUB18F- 1	00:51:53	00:05:12	00:16:06	AG5837	VIGUESA DE ATLETISMO	VIGO
221	235	MARTA SERANTES CUIÑAS	F- 29	W+35- 7	00:51:54	00:05:12	00:15:57	AG14756	C.A.CAMBADOS SEGUROS NOVAL	CAMBADOS
222	348	LUIS CANDA TABOADA		M+35- 67	00:51:54	00:05:12	00:15:58			LALÍN
223	280	VICTOR VALIÑO LÓPEZ		SENM- 37	00:52:07	00:05:13	00:16:58		RUN RUN MONTERROSO	MONTERROSO
224	315	CESAR BAULO PIÑEIRO		M+45- 59	00:52:21	00:05:15				VILAGARCIA DE AROUSA
225	273	FRANCISCO MARTINEZ GOMEZ		M+45- 60	00:52:23	00:05:15	00:16:16		GALLEUSKA KORRIKOLARI ELKARTEA	VIGO
226	324	DIEGO CASTRO FANDIÑO		SENM- 38	00:52:29	00:05:15	00:15:16			LALÍN
227	318	ELAIDO OTREO GARICA		M+45- 61	00:52:32	00:05:16	00:15:05	Ag10142	C.A. O PINO	SANTIAGO DE COMPOSTELA
228	377	JOSE TURNES RAMA		M+35- 68	00:52:37	00:05:16	00:15:38			OUTES
229	289	JOSÉ JAVIER CALVIÑO CALVO		M+45- 62	00:52:38	00:05:16	00:15:13			LALÍN
230	205	MARÍA BEGOÑA CAJADE BLANCO	F- 30	W+35- 8	00:53:01	00:05:19	00:16:18	Ag-2020396	CLUB ATLETISMO BOIMORTO	A ESTRADA
231	361	VICTOR PEREZ		SENM- 39	00:53:05	00:05:19	00:15:34			LUGO
232	292	MARYEM SALI DUQUE	F- 31	W+35- 9	00:53:14	00:05:20	00:16:51			CORUÑA (A)
233	304	ALEJANDRO CAÑADA MUÑOZ		M+55- 16	00:53:21	00:05:21	00:15:39			A CORUÑA
234	323	MARIÁN RODRÍGUEZ	F- 32	W+35- 10	00:53:30	00:05:21	00:16:37			LALIN
235	283	MARY PENAS MENDEZ	F- 33	W+45- 6	00:53:39	00:05:22	00:15:47		RUNNERCRUCES	VILA DE CRUCES
236	249	PABLO PORTO SANCHEZ		SENM- 40	00:53:40	00:05:22	00:17:56	Ag10106	CLUB ATLETISMO O PINO	TRAZO
237	358	DAVID RAMOS CASTELLANO		M+35- 69	00:53:41	00:05:23	00:16:16			SILLEDA
238	350	ISOLINA BERNÁRDEZ	F- 34	W+55- 3	00:53:41	00:05:23	00:16:32			LALIN
239	353	JUAN MANUEL DOAMO LÓPEZ		M+45- 63	00:54:04	00:05:25	00:16:20			LALIN
240	363	JOSE MANUEL ALONSO RIVAS		SENM- 41	00:54:06	00:05:25	00:16:36			BEARIZ
241	279	DAVID RODRIGUEZ NOVO		M+35- 70	00:54:11	00:05:26	00:16:12		RUN RUN MONTERROSO	MONTERROSO
242	255	ALINE DEGOUY	F- 35	W+35- 11	00:54:13	00:05:26	00:16:57		CLUB NATACIÓN PABELLÓN OURENSE	ALLARIZ
243	333	OSCAR CASTRO ÁLVAREZ		M+35- 71	00:54:18	00:05:26	00:17:14			VILA DE CRUCES
244	88	LETICIA VILAR	F- 36	W+35- 12	00:54:18	00:05:26	00:17:01			LALÍN (CASCO URBANO)
245	322	DAVID DIÉGUEZ FERNÁNDEZ		M+35- 72	00:54:18	00:05:26	00:17:15			VILA DE CRUCES
246	336	ANXO FERRACES FRANCO		M+35- 73	00:54:25	00:05:27	00:17:16			TEO
247	187	SONIA OTERO GABIAN	F- 37	W+35- 13	00:54:35	00:05:28	00:16:38			CARBALLIÑO (O)
248	268	OSCAR GARRIDO RODRIGUEZ		M+45- 64	00:54:35	00:05:28	00:16:40		ESPRINTES OURENSE	OURENSE
249	262	LETICIA LORENZO TESOURO	F- 38	SENF- 13	00:54:42	00:05:29	00:17:32		CORREDORES DO MIÑO	OURENSE
250	102	ANDREA VÁZQUEZ ÁLVAREZ	F- 39	SENF- 14	00:54:46	00:05:29	00:16:07		GTR GALAICO TRAIL RUN	LALÍN
251	53	SERAFÍN FERNÁNDEZ VILLANUEVA		M+55- 17	00:54:54	00:05:30	00:15:47	AG 10484	CLUB ATLETISMO NOIA	NOIA
252	222	OVIDIO CALVO VÁZQUEZ		M+35- 74	00:54:56	00:05:30	00:16:47			VALGA
253	221	OSCAR OTERO CASAL		M+35- 75	00:54:56	00:05:30	00:16:46			VALGA
254	242	MARIA DEL MAR PÉREZ GARCÍA	F- 40	W+45- 7	00:54:59	00:05:30	00:16:39	AG12726	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	CAMBADOS

255	229	NOEMI SANMARTIN RODRIGUEZ	F- 41	W+35- 14	00:55:07	00:05:31	00:17:56	AG2018630	CLUB ATLETISMO O PINO	SANTIAGO
256	303	NOELIA PÉREZ FERNÁNDEZ	F- 42	W+35- 15	00:55:18	00:05:32	00:16:38			LUGO
257	266	MARÍA E GÓMEZ A	F- 43	W+55- 4	00:55:18	00:05:32	00:16:51		ESCOLA ATLÉTICA LUCENSE	LUGO
258	284	LOLECHA ASOREY SALGUEIRO	F- 44	W+55- 5	00:55:36	00:05:34	00:16:57			VILLA DE CRUCES
259	321	EVA GONZÁLEZ FERNÁNDEZ	F- 45	W+35- 16	00:55:41	00:05:35	00:17:01			LALIN
260	310	ALFONSO PEREZ CARRAZONI		M+45- 65	00:56:02	00:05:37	00:17:04			OURENSE
261	311	PILAR LOPEZ RODRÍGUEZ	F- 46	W+45- 8	00:56:03	00:05:37	00:17:07			OURENSE
262	287	JOSE FERNANDEZ BARRACEL		M+65- 10	00:56:03	00:05:37	00:16:51			OURENSE
263	355	RUBÉN GARCÍA GARCÍA		M+35- 76	00:56:43	00:05:41	00:16:56			CORUÑA (A)
264	307	MARÍA VARELA GARCÍA	F- 47	W+55- 6	00:57:00	00:05:42	00:17:57			MOREIRAS
265	373	ISABEL PEREIRA VILARIÑO	F- 48	W+35- 17	00:57:04	00:05:43	00:17:40			LALÍN
266	306	ELADIO MIRA DORADO		M+65- 11	00:57:06	00:05:43	00:17:37			OURENSE
267	299	MARIA CARMEN LEMA DEVESA	F- 49	W+55- 7	00:57:13	00:05:44	00:17:47			A CORUÑA
268	288	GONZALO VARELA DE LA TORRE		M+45- 66	00:57:23	00:05:45	00:16:56		TRIALON VILLALBA	BEGONTE
269	267	PAULA ROIS BRAÑA	F- 50	W+35- 18	00:57:30	00:05:45	00:17:35		ESCOLA ATLÉTICA LUCENSE	LUGO
270	326	CRISTINA VÁZQUEZ LÓPEZ	F- 51	W+35- 19	00:57:34	00:05:46	00:17:22			OURENSE
271	313	JOSE CARLOS GONZÁLEZ LÓPEZ		M+45- 67	00:57:34	00:05:46	00:17:09			OURENSE
272	317	FERNANDO CANO VIÑAS		M+45- 68	00:57:44	00:05:47	00:17:38			A GUARDA
273	362	ANTONIO VAZQUEZ FERNANDEZ		M+45- 69	00:58:04	00:05:49	00:17:50			CHANTADA
274	380	MARTA DE DIOS RECAMÁN	F- 52	W+45- 9	00:59:13	00:05:56	00:18:26		MILLARAI0	BRIÓN
275	357	YANIRA LEÓN CORREDOR	F- 53	W+35- 20	00:59:31	00:05:58	00:18:04			CANGAS DE MORRAZO
276	346	ISIDORO MIGUEL PÉREZ		M+45- 70	00:59:44	00:05:59	00:17:28			CAMBRE
277	248	ANA VÁZQUEZ FERNÁNDEZ	F- 54	W+45- 10	00:59:59	00:06:00	00:17:56	AG11716	CLUB ATLETISMO O PINO	AMES
278	370	PURIFICACIÓN VILASÓ MILLÁN	F- 55	W+45- 11	01:00:02	00:06:01	00:18:03			BOIRO
279	347	JAVIER MONTANÉ LÓPEZ		M+35- 77	01:00:03	00:06:01	00:18:05			BOIRO
280	291	GLORIA EDILIA RAMÍREZ MORA	F- 56	W+45- 12	01:00:09	00:06:01	00:17:45			LALIN
281	218	LAURA VELASCO FONDEVIL	F- 57	W+35- 21	01:00:19	00:06:02	00:17:55		LIMIACTIVA	PORQUEIRA
282	297	DANIEL OTERO CEPEDA		M+55- 18	01:00:36	00:06:04	00:18:33			SANTIAGO DE COMPOSTELA
283	270	ALBERTO FERNANDEZ RIVELA		M+55- 19	01:01:42	00:06:11	00:18:18		FLOW PILATES & TRINING	A CORUÑA
284	356	VICTOR FERNÁNDEZ		M+35- 78	01:01:50	00:06:11	00:16:50			A CORUÑA
285	290	MANUEL GONZALEZ PEREIRA		M+65- 12	01:01:53	00:06:12	00:18:51			ARTEIXO
286	256	BELÉN POSE GOMEZ	F- 58	W+45- 13	01:02:03	00:06:13	00:18:08	AG2028229	CLUB ATLETISMO BOIMORTO	A CORUÑA
287	253	CARLOS LAIÑO VIDAL		SENM- 42	01:02:53	00:06:18	00:18:19		FLOW PILATES&TRAINING	RIBEIRA
288	271	M JOSE PACHECO ETCHEVERS	F- 59	W+55- 8	01:03:51	00:06:24	00:19:11		FLOW PILATES & TRAINING	A POBRA DO CARAMIÑAL
289	275	SÉ SENANDE	F- 60	W+45- 14	01:03:54	00:06:24	00:19:56		GTR GALAICO TRAIL RUN	LALÍN
290	293	JOSÉ MANUEL LÓPEZ CASTROMÁN		M+45- 71	01:04:33	00:06:28	00:18:51			A CORUÑA
291	269	PATRICIA CANAVERI GUEVARA	F- 61	W+35- 22	01:04:40	00:06:28	00:19:11		FLOW PILATES & TRAINING	POBRA DO CARAMIÑAL
292	264	SABELA ROMAR PAIS	F- 62	W+35- 23	01:07:07	00:06:43	00:19:09			A CORUÑA
293	332	ANA BELÉN GONZÁLEZ LÓPEZ	F- 63	SENF- 15	01:08:50	00:06:53	00:20:26			OURENSE
294	220	FRANCISCO BAO ESTEVEZ		M+65- 13	01:10:47	00:07:05	00:22:16	GA-10966	ADAS-CUPA -O BARCO-	O BARCO DE VALDEORRAS

**XII CARREIRA do COCIDO de LALÍN, Lalín 13/03/2022**

5 KM. Distancia: 5.000 m

Pto	Dorsal	Nome	Sx	PtoCat	Tempo	RitKm	Licenza	Club	Localidade
1	401	JULIO NOVOA GUTIERREZ		ABSM- 1	00:17:50	00:03:34	GA769439	ATLETISMO ARENTEIRO	OURENSE
2	429	EFRÉN CAPELO VIEITES		ABSM- 2	00:18:07	00:03:38	AG2025990	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	AMES
3	466	IVÁN ABELEDO VARELA		ABSM- 3	00:18:07	00:03:38	GA 157	SD COMPOSTELA ATLETISMO	MELIDE
4	443	ROBERTO ROQUEIRO GALEGO		ABSM- 4	00:18:10	00:03:38			LALIN
5	454	BRAIS LUGRÍS MOSTEIRO		ABSM- 5	00:18:28	00:03:42	AG11726	LUCUS CAIXA RURAL GALEGA	MELIDE
6	433	GUILLELME DENÍS CASTILLO CARBALLA		ABSM- 6	00:18:28	00:03:42	AG14040	CLUB OURENSE ATLETISMO	OURENSE
7	565	FERNANDO REINO ALVAREZ		ABSM- 7	00:18:43	00:03:45		ATLETISMO ARENTEIRO	BARBADÁS
8	446	SERAFÍN RODRÍGUEZ RODRÍGUEZ		ABSM- 8	00:18:45	00:03:45	GA630	CORREDORES DO MIÑO	OURENSE
9	404	CARLOS ELISEO AÑON CEAN		ABSM- 9	00:18:56	00:03:48		AD MEDIA DUCIA	BUÑO
10	462	SINDO GONZALEZ CASTRO		ABSM- 10	00:19:02	00:03:49		SDCOMPOSTELA	VIGO
11	423	SERGIO PRIETO PAZOS		ABSM- 11	00:19:25	00:03:53	GA190	CLUB ATLETISMO ESTRADA	A ESTRADA
12	497	DAVID PEREIRA BELLO		ABSM- 12	00:19:50	00:03:58		CLUB ATLETISMO CORREDORES DO MIÑO	OURENSE
13	422	ESTEBAN GARCIA GOMEZ		ABSM- 13	00:19:52	00:03:59	AG3618	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	PADRÓN
14	494	DANIEL FERNANDEZ COSTA		ABSM- 14	00:20:27	00:04:06			AGOLADA
15	430	PABLO IGLESIAS COMOJO		ABSM- 15	00:20:33	00:04:07	AG3553	CLUB DEPORTIVO BRIÓN HYUPERSA SANTIAGO	BASTAVALIÑOS-BASTAVALES.
16	1	JULIA VAQUERO SOUSA	F- 1	ABSF- 1	00:20:40	00:04:08	GA 716983	SD COMPOSTELA ATLETISMO	
17	417	ALEX VAZQUEZ CARRAL		ABSM- 16	00:21:24	00:04:17		ATLETISMO ARENTEIRO	O CARBALLIÑO
18	456	OSCAR AMADO FONSECA		ABSM- 17	00:21:29	00:04:18		OPA FERROL TEAM RUNNING	A CORUÑA
19	500	ESTEBAN SENDE FERRO		ABSM- 18	00:21:29	00:04:18			SANTIAGO DE COMPOSTELA
20	421	LUIS MIGUEZ MIGUEZ		ABSM- 19	00:21:32	00:04:19		CASTROSUA TRAIL RUNNING	SANTIAGO DE COMPOSTELA
21	435	ARARAT PAZOS MEIXUS	F- 2	ABSF- 2	00:21:40	00:04:20	AG462453	SAN MIGUEL DE MARIN	PONTEVEDRA
22	492	ÁLEX MOURE		ABSM- 20	00:22:04	00:04:25			LALÍN
23	407	JOSÉ MANUEL MIRANDA VIEITO		ABSM- 21	00:22:14	00:04:27		ATHLETICS SAN LAZARO	PORRIÑO
24	428	AVELINO SOUTO ROZADOS		ABSM- 22	00:22:18	00:04:28		CLUB DE ATLETISMO DEZA	LALÍN
25	479	JUAN REBOREDO RODRIGUEZ		ABSM- 23	00:22:24	00:04:29		X	A CORUÑA
26	506	ADRIÁN CAMPAÑA BARROS		ABSM- 24	00:22:45	00:04:33			SANTIAGO DE COMPOSTELA
27	459	SUSO BARGADOS		ABSM- 25	00:22:53	00:04:35		RUN RUN MONTERROSO	MONTERROSO
28	403	RAQUEL CASTRO PÉREZ	F- 3	ABSF- 3	00:22:58	00:04:36		ATLETISMO ARENTEIRO	O CARBALLIÑO
29	521	BRUNO SANTEIRO PICÓN		ABSM- 26	00:23:16	00:04:40			LALIN
30	502	MARTIN COSTA RODRIGUEZ		ABSM- 27	00:23:17	00:04:40			VILA DE CRUCES
31	408	MIGUEL SOTO FERNANDEZ		ABSM- 28	00:23:20	00:04:40			BARBADAS
32	523	JACOBO TAIN		ABSM- 29	00:23:30	00:04:42			FORCAREI
33	455	DIEGO AGRA BARREIRO		ABSM- 30	00:23:33	00:04:43		GTR GALAICO TRAIL RUN	AGOLADA
34	517	DAVID MARIÑO CANABAL		ABSM- 31	00:23:37	00:04:44			FORCAREI
35	484	JAIRO VALEA LÓPEZ		ABSM- 32	00:23:38	00:04:44			RIBADEO
36	519	BÁRBARA SÁNCHEZ VARÓ	F- 4	ABSF- 4	00:23:43	00:04:45			LALIN



37	469	XIAN BARREIRO MARTINEZ		ABSM- 33	00:23:49	00:04:46		SERRES RUNNERS	MUROS
38	419	VICTOR CASTROAGUDIN RODRIGUEZ		ABSM- 34	00:24:04	00:04:49	AG13531	C.A CAMBADOS-SEGUROS NOVAL	PONTECESURES
39	504	CATUXA SEGADE CAAMAÑO	F- 5	ABSF- 5	00:24:24	00:04:53			NOIA
40	410	ROBERTO BARROS BARCALA		ABSM- 35	00:24:42	00:04:57	AG14008	ATLETISMO +9 MORAÑA	LEREZ
41	508	LAURA NERCELLAS GARCÍA	F- 6	ABSF- 6	00:24:42	00:04:57			SILLEDA
42	512	JOSE MANUEL GARRIDO BERTOLO		ABSM- 36	00:24:42	00:04:57			FORCAREI
43	409	JOSÉ CHAVES PEREIRA		ABSM- 37	00:25:06	00:05:02	AG2023315	ATLETISMO +9 MORAÑA	MORAÑA
44	515	DAVID MIGUEZ RODRÍGUEZ		ABSM- 38	00:25:27	00:05:06			LALÍN
45	467	IGNACIO DIEGUEZ GONZALEZ		ABSM- 39	00:25:28	00:05:06	AG14899	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
46	485	MIGUEL ANGEL SEARA MARTÍNEZ		ABSM- 40	00:25:30	00:05:06			OURENSE
47	431	MARÍA DEL MAR LÓPEZ FERNÁNDEZ	F- 7	ABSF- 7	00:25:35	00:05:07	AG 14989	CLUB ESCOLA ATLETISMO DEZA	LALÍN
48	452	MARIO FÉLEZ RODRIGUEZ		ABSM- 41	00:25:40	00:05:08		GTR GALAICO TRAIL RUN	LALIN
49	488	ANTONIO VIEITEZ VILLAVERDE		ABSM- 42	00:25:44	00:05:09			LALIN
50	442	GERALDINE GROVE	F- 8	ABSF- 8	00:25:47	00:05:10	AG2028132	CLUBE ESCOLA ATLETISMO DEZA	LALÍN
51	449	AMPARO SÁNCHEZ GARCÍA	F- 9	ABSF- 9	00:25:48	00:05:10			LALÍN
52	420	JOSÉ LUIS PADIN COUSIDO		ABSM- 43	00:25:57	00:05:12	11143-	C.A.CAMBADOS-NOVAL	SANXENXO
53	496	JOSÉ MANUEL JÁCOME GALVÁN		ABSM- 44	00:26:19	00:05:16			OURENSE
54	445	JUDIT DANIELA JÁCOME GALVÁN	F- 10	ABSF- 10	00:26:19	00:05:16			OURENSE
55	513	MARÍA INÉS LÓPEZ FERNÁNDEZ	F- 11	ABSF- 11	00:26:42	00:05:21		ATLETISMO DEZA	DOZÓN
56	413	JOSÉ LUIS CONSTENLA PEREZ		ABSM- 45	00:26:43	00:05:21	AG12431	ATLETISMO +9 MORAÑA	MORAÑA
57	437	FÉLIX REBOLLIDO FERNÁNDEZ		ABSM- 46	00:26:49	00:05:22	AG15047	CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
58	514	ADRIÁN LOPEZ RODRÍGUEZ		ABSM- 47	00:26:53	00:05:23			FORCAREI
59	516	SILVIA VAZQUEZ PRESAS	F- 12	ABSF- 12	00:27:01	00:05:25			LALIN
60	412	MERCEDES CAMPOS EIRÍN	F- 13	ABSF- 13	00:27:03	00:05:25	AG14613	ATLETISMO +9 MORAÑA	MORAÑA
61	528	JESSE GORDON STONE		ABSM- 48	00:27:03	00:05:25			CULLEREDO
62	411	ABEL BARROS GONZÁLEZ		ABSM- 49	00:27:04	00:05:25	AG6807	ATLETISMO +9 MORAÑA	MORAÑA
63	441	MARÍA TERESA SEOANE CASTRO	F- 14	ABSF- 14	00:27:09	00:05:26		CLUBE-ESCOLA ATLETISMO DEZA	SILLEDA
64	418	DANIEL VÁZQUEZ CALVAR		ABSM- 50	00:27:10	00:05:26	AG14764	C. A. CAMBADOS SEGUROS NOVAL	RIBADUMIA
65	444	CRISTINA BERMÚDEZ ÁLVAREZ	F- 15	ABSF- 15	00:27:14	00:05:27			OURENSE
66	447	CHANEL OUTERELO BACA		ABSM- 51	00:27:14	00:05:27			PUNXÍN
67	482	JORGE JOSÉ VILABOIA PITEIRA		ABSM- 52	00:27:15	00:05:27			LUGO
68	487	CONSTANTINO MEIN RODRÍGUEZ		ABSM- 53	00:27:23	00:05:29			LALÍN
69	518	RAQUEL RODRIGUEZ ROZAS	F- 16	ABSF- 16	00:27:35	00:05:31			LALIN
70	501	LIBIA FERNÁNDEZ	F- 17	ABSF- 17	00:27:47	00:05:34			MUROS
71	438	MÓNICA RODRÍGUEZ CAAMAÑO	F- 18	ABSF- 18	00:27:56	00:05:36		CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
72	507	CANDELA ALCARAZ MORÁN	F- 19	ABSF- 19	00:28:12	00:05:39			TEO
73	526	DIANA LOURO BLANCO	F- 20	ABSF- 20	00:28:20	00:05:40			MAZARICOS
74	414	CONSUELO LORENZO GARCIA	F- 21	ABSF- 21	00:28:39	00:05:44	AG2028177	ATLETISMO ARENTEIRO	BARBADÁS
75	527	JUSTINE KLARKE	F- 22	ABSF- 22	00:28:53	00:05:47			MONFORTE DE LEMOS
76	440	JAVIER POLA BALAYO		ABSM- 54	00:29:14	00:05:51		CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
77	495	MIGUEL ÁNGEL CABO BEN		ABSM- 55	00:29:31	00:05:55			BARBADÁS

78	491	NANCY RIBADAVIA ZAMAR	F- 23	ABSF- 23	00:29:33	00:05:55		A ESTRADA
79	520	SOFÍA MARÍA TILVE GARCÍA	F- 24	ABSF- 24	00:29:33	00:05:55		MEIS
80	470	JOSE ANTONIO GÓMEZ		ABSM- 56	00:29:42	00:05:57		A ESTRADA
81	468	FATIMA BARREIRO ABEIJON	F- 25	ABSF- 25	00:29:45	00:05:57	SERRES RUNNERS	MUROS
82	439	JOAQUINA LEÓN CAAMAÑO	F- 26	ABSF- 26	00:29:46	00:05:58	CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
83	490	HIGINIO ESTÉVEZ COUTO		ABSM- 57	00:30:14	00:06:03		LALÍN
84	415	NATIVIDAD ÁLVAREZ MATIAS	F- 27	ABSF- 27	00:30:30	00:06:06	ATLETISMO ARENTEIRO	OURENSE
85	505	ALBA FORNO CRESPO	F- 28	ABSF- 28	00:31:46	00:06:22		LALÍN
86	460	MOISÉS CALVO VITURRO		ABSM- 58	00:31:50	00:06:22	S.D. BARBANTIA RODA	BOIRO
87	511	CAROLINA GONZALEZ RAMA	F- 29	ABSF- 29	00:31:53	00:06:23		CORUÑA (A)
88	475	SEGUNDO GONZALEZ LIOPEZ		ABSM- 59	00:31:53	00:06:23		CORUÑA (A)
89	434	MARCOS RODRIGUEZ SANCHEZ		ABSM- 60	00:31:54	00:06:23	RIALTO	CORUÑA (A)
90	436	SANDRA CANEDA	F- 30	ABSF- 30	00:32:06	00:06:26	C. A. CAMBADOS - SEGUROS NOVAL	MEAÑO
91	477	Mª DEL CARMEN FERNÁNDEZ REY	F- 31	ABSF- 31	00:32:16	00:06:28		A CORUÑA
92	486	ROSA MARIA FERNANDEZ FREIRIA	F- 32	ABSF- 32	00:32:35	00:06:31		PORRIÑO (O)
93	448	IDALMIS GARCÍA LÓPEZ-BLANCO	F- 33	ABSF- 33	00:32:50	00:06:34	CLUBE DE ATLETISMO DEZA	LALÍN
94	474	PATRICIA CHESA TIERZ	F- 34	ABSF- 34	00:33:08	00:06:38		SANTIAGO DE COMPOSTELA
95	473	VIVIANA LEZCANO ARBOLEDA	F- 35	ABSF- 35	00:33:37	00:06:44		LALÍN
96	472	CLAUDIA LORENA QUAN RODAS	F- 36	ABSF- 36	00:34:34	00:06:55		LALÍN
97	458	JOSE LUIS MOURIÑO MIGUENS		ABSM- 61	00:34:40	00:06:56		BOIRO
98	499	SARA LÓPEZ SIERRA	F- 37	ABSF- 37	00:36:53	00:07:23		SANTIAGO DE COMPOSTELA
99	498	SALOMÉ MIRAMONTES MIRÁS	F- 38	ABSF- 38	00:36:55	00:07:23		SANTIAGO DE COMPOSTELA
100	231	ELVIRA TRESGUERRAS GONZÁLEZ	F- 39	ABSF- 39	00:37:50	00:07:34	2024118- ATLETISMO SAR	AMES
101	450	XEILA MUÑIZ ABRALDES	F- 40	ABSF- 40	00:38:42	00:07:45	FLOW PILATES&TRAINING	RIBEIRA
102	510	XIANA OTERO MERA	F- 41	ABSF- 41	00:56:59	00:11:24		SANTIAGO DE COMPOSTELA
103	509	CRISTINA CABARCOS REY	F- 42	ABSF- 42	00:56:59	00:11:24		SANTIAGO DE COMPOSTELA

**XII CARREIRA do COCIDO de LALÍN, Lalín 13/03/2022**

SUB14/SUB16. Distancia: 2.000 m

Pto	Dorsal	Nome	Sx	PtoCat	Tiempo	RitmoKm	PasoMeta	Licenza	Club	Localidade
1	857	IAGO RIVEIRO OUBIÑA		SUB16M- 1	00:06:52	00:03:26	00:03:30		ATLETISMO CAMBADOS SEG NOVAL	CAMBADOS
2	823	ADRIÁN RODRIGUEZ ANTÓN		SUB14M- 1	00:06:59	00:03:30	00:03:30	AG2023707	COMESAÑA SPORTING CLUB	VIGO
3	830	ENRIQUE MAGARIÑOS GAGO		SUB14M- 2	00:07:05	00:03:33	00:03:36	AG3981	MORAÑA EN RUTA	SANTA LUCIA DE MORAÑA - 36660
4	808	MATEO CRUJEIRAS VILLAR		SUB14M- 3	00:07:07	00:03:34	00:03:38		CLUB NATACIÓN RIVEIRA	RIBEIRA
5	872	BRANDAN CARREIRA CASTRO		SUB16M- 2	00:07:28	00:03:44	00:03:45			MELIDE
6	806	LUAM CHAZO RODRÍGUEZ		SUB14M- 4	00:07:31	00:03:46	00:03:42		CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
7	817	SANTIAGO SILVA FERREIROA		SUB14M- 5	00:07:32	00:03:46	00:03:51	AG5993	CLUBE ESCOLA DE ATLETISMO DEZA	LALIN
8	858	TEO SEREN OTERO		SUB16M- 3	00:07:39	00:03:50	00:03:45		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
9	805	CARMEN PAZ SANTAMARÍA	F- 1	SUB14F- 1	00:07:43	00:03:52	00:03:49	AG2025487	CLUB ATLETISMO NOIA	PORTO DO SON
10	822	BELTRÁN RIVAS MOSQUERA		SUB14M- 6	00:07:43	00:03:52	00:04:00		ATLETISMO DEZA	LALÍN
11	831	JESÚS PATIÑO RÍOS		SUB14M- 7	00:07:44	00:03:52	00:03:45			RIBEIRA
12	870	MATEO ÁLVAREZ CIVEIRA		SUB16M- 4	00:07:44	00:03:52	00:03:50	AG2025056	LUCUS CAIXA RURAL GALEGA	LUGO
13	813	XABIER SALGUEIRO LÓPEZ		SUB14M- 8	00:07:51	00:03:56	00:04:02	AG7742	CLUB ATLETISMO DEZA	LALIN
14	796	XABI CAMBA VÁZQUEZ		SUB14M- 9	00:07:53	00:03:57	00:03:53	GA778	CORUÑA COMARCA	CULLEREDO
15	859	HUGO RIVEIRO REBOLLIDO		SUB16M- 5	00:07:59	00:04:00	00:03:51		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
16	810	XABIER SANCHEZ ALBOR		SUB14M- 10	00:08:05	00:04:03	00:03:51		ATLETISMO DEZA	LALIN
17	860	JUAN RIAL RIVAS		SUB16M- 6	00:08:06	00:04:03	00:04:00		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
18	786	CLAUDIA CHAVES DURÁN	F- 2	SUB14F- 2	00:08:11	00:04:06	00:03:59	AG2021147	ATLETISMO +9 MORAÑA	MORAÑA
19	846	GONZALO JUNCAL IGLESIAS		SUB14M- 11	00:08:12	00:04:06	00:03:56	AG10612		SANTIAGO DE COMPOSTELA
20	847	MARTÍN CELA TEJIEIRO		SUB14M- 12	00:08:14	00:04:07	00:03:57			SANTIAGO
21	815	SANTIAGO TOUCEIRO LANDER		SUB14M- 13	00:08:15	00:04:08	00:04:03	AG 12051	ESCOLA ATLETISMO DEZA	LALIN
22	868	BROGAN GARCÍA FERNÁNDEZ		SUB16M- 7	00:08:16	00:04:08	00:04:11	AG 2023789	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
23	874	XABIER VERDE LOPEZ		SUB16M- 8	00:08:18	00:04:09	00:04:01	AG20183	ATLETISMO DEZA	LALIN
24	827	UXIA LÓPEZ SÁNCHEZ	F- 3	SUB14F- 3	00:08:20	00:04:10	00:04:00	AG2027746	ESCOLA ATLETICA PEREIRO DE AGUIAR BEN CHO SHEY	OURENSE
25	789	SOFÍA CALDAS BLANCO	F- 4	SUB14F- 4	00:08:28	00:04:14	00:04:06	AG3579	ATLETISMO +9 MORAÑA	MORAÑA
26	793	HUGO NOVOA ALVAREZ		SUB14M- 14	00:08:34	00:04:17	00:04:14		ATLETISMOARENTEIRO	OURENSE
27	809	MARTIÑO RIVAS ABELEDO		SUB14M- 15	00:08:40	00:04:20	00:04:22	2028133-	CLUBE - ESCOLA ATLETISMO -DEZA	LALÍN
28	837	IKER VELO BRANDÓN		SUB14M- 16	00:08:42	00:04:21	00:04:25			CARBALLO
29	801	SALETA PÉREZ FERNÁNDEZ	F- 5	SUB14F- 5	00:08:45	00:04:23	00:04:12		CD DELIKIA	O CARBALLIÑO
30	797	ÁLVARO SOTO DES		SUB14M- 17	00:08:48	00:04:24	00:04:28		CD DELIKIA	CARBALLIÑO
31	799	XABIER VALENCIA RODRIGUEZ		SUB14M- 18	00:08:55	00:04:28	00:04:28		DELIKIA	CARBALLIÑO, O
32	804	VALERIA PÁJARO SALGUEIRO	F- 6	SUB14F- 6	00:08:56	00:04:28	00:04:31	AG 13643	CLUB ATLETISMO DEZA	SILLEDA
33	839	MARTIN CARREIRA VARELA		SUB14M- 19	00:08:56	00:04:28	00:04:20			PALAS DE REI
34	816	ESTEBAN SILVA FERREIROA		SUB14M- 20	00:08:58	00:04:29	00:04:33	AG5992	CLUBE ESCOLA DE ATLETISMO DEZA	LALIN
35	855	AIALA GARCÍA FOJO	F- 7	SUB16F- 1	00:09:05	00:04:33	00:04:28	AG13630	ATLETISMO +9 MORAÑA	MORAÑA
36	845	BRAIS ALEGRE IGLESIAS		SUB14M- 21	00:09:07	00:04:34	00:04:26			SANTIAGO DE COMPOSTELA
37	840	DANIEL VARELA BURGOS		SUB14M- 22	00:09:08	00:04:34	00:04:42			PALAS DE REI
38	798	SECUNDINO GONZÁLEZ PANADEIROS		SUB14M- 23	00:09:10	00:04:35	00:04:28			CEA
39	812	ELOÍSA FERNÁNDEZ GARCÍA	F- 8	SUB14F- 7	00:09:10	00:04:35	00:04:28	AG 202378	CLUB-ESCOLA ATLETISMO DEZA	LALIN
40	865	BRÉTEMA NÚÑEZ GROVE	F- 9	SUB16F- 2	00:09:11	00:04:36	00:04:29	AG2018304	CLUBE ESCOLA ATLETISMO DEZA	LALIN
41	869	SARA FERNÁNDEZ SOTO	F- 10	SUB16F- 3	00:09:21	00:04:41	00:04:25	45164017-	DELIKIA	SAN AMARO
42	795	VEGA REBOREDO PRADO	F- 11	SUB14F- 8	00:09:24	00:04:42	00:04:37	GA780	CORUÑA COMARCA	A CORUÑA
43	861	MARIÑA DIZ RODRÍGUEZ	F- 12	SUB16F- 4	00:09:31	00:04:46	00:04:47		CA CAMBADOS	RIBADUMIA

44	787	CATUXA GARCÍA PIÑEIRO	F- 13	SUB14F- 9	00:09:38	00:04:49	00:04:42	AG6843	ATLETISMO +9 MORAÑA	MORAÑA
45	788	MATEO MIGUENS GÓMEZ		SUB14M- 24	00:09:39	00:04:50	00:04:29	AG13049	ATLETISMO +9 MORAÑA	MORAÑA
46	836	CAROLINA DOBARRO GONZÁLEZ	F- 14	SUB14F- 10	00:09:53	00:04:57	00:04:38			LALÍN
47	844	HUGO VIQUEIRA PICALLOS		SUB14M- 25	00:09:54	00:04:57	00:04:38			SANTIAGO
48	864	ANTONIO BECERRO DE LA FUENTE		SUB16M- 9	00:09:57	00:04:59	00:04:56	AG202267	ATLETISMO DEZA	LALIN
49	802	NUNO VARELA MARTÍNEZ		SUB14M- 26	00:09:57	00:04:59	00:04:56	AG 202679	CLUB ATLETISMO DEZA	LALIN
50	856	BIEITO CHAVES RODRÍGUEZ		SUB16M- 10	00:10:22	00:05:11	00:05:04		ATLETISMO CAMBADOS SEG NOVAL	CAMBADOS
51	820	GERMÁN CELA GARCÍA		SUB14M- 27	00:10:34	00:05:17	00:05:00	AG12053	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
52	814	MATEO FERNÁNDEZ CAMBEIRO		SUB14M- 28	00:10:35	00:05:18	00:05:09	AG13340	CLUBE ATLETISMO DEZA	LALIN
53	811	DIEGO JOSÉ RODRÍGUEZ VARELA		SUB14M- 29	00:10:52	00:05:26	00:05:17	AG 10836	CLUBE ESCOLA ATLETISMO DEZA	LALÍN
54	791	CARLA CEA VARELA	F- 15	SUB14F- 11	00:10:55	00:05:28	00:05:13	AG3579	ATLETISMO +9 MORAÑA	MORAÑA
55	848	ERIKA BOTANA BOTANA	F- 16	SUB14F- 12	00:11:25	00:05:43	00:05:15			PADRON
56	825	XACOBÉ GARCIA GARCIA		SUB14M- 30	00:12:35	00:06:18	00:05:56		EBOCAX	LALIN
57	818	ÁLEX GARCÍA INSAURRALDE		SUB14M- 31	00:12:37	00:06:19	00:05:52	AG14891	ATLETISMO DEZA	LALÍN
58	852	XIANA DELGADO AREÁN	F- 17	SUB14F- 13	00:12:48	00:06:24	00:06:02			LALÍN

## XII CARREIRA do COCIDO de LALÍN, Lalín 13/03/2022

SUB10. Distancia: 700 m

Pto	Dorsal	Nome	Sx	PtoCat	Tempo	RitmoKm	Licenza	Club	Localidade
1	608	HUGO CORDAL AMARELLE		SUB10M- 1	00:02:35	00:03:41	AG11535	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	CAMBADOS
2	611	NICOLÁS AMADO PREGO		SUB10M- 2	00:02:53	00:04:07		SADA	LA CORUÑA
3	614	ALBA SOLLA UCHA	F- 1	SUB10F- 1	00:02:54	00:04:09	AG5857	CLUB DEPORTIVO PINARIUM	MARÍN
4	697	MARTIÑO MATO LÓPEZ		SUB10M- 3	00:02:58	00:04:14			LALÍN
5	669	ANTÓN FERNÁNDEZ LOUZAO		SUB10M- 4	00:02:58	00:04:14			SILLEDA
6	626	XAVIER ALVARELLOS MONTOTO		SUB10M- 5	00:02:59	00:04:16	AG3443	ATLETISMO DEZA	LALIN
7	639	TEO REQUEJO GARCIA		SUB10M- 6	00:03:04	00:04:23			LALIN
8	672	MANUEL MAYO GONZÁLEZ		SUB10M- 7	00:03:04	00:04:23			PARADELA
9	607	ANDRÉ VALENCIA		SUB10M- 8	00:03:05	00:04:24		DELIKIA	O CARBALLIÑO
10	670	IVÁN DOAMO FUENTES		SUB10M- 9	00:03:11	00:04:33			LALIN
11	636	MARTÍN MARIÑO FERREIRO		SUB10M- 10	00:03:12	00:04:34	AG13298	CLUB ATLETISMO DEZA	LALÍN
12	606	SOFÍA CORRALES RIOBÓ	F- 2	SUB10F- 2	00:03:12	00:04:34	AG10506	ATLETISMO VILA DE CANGAS	CANGAS
13	667	MIGUEL ASOREY GONZÁLEZ		SUB10M- 11	00:03:13	00:04:36			LALÍN
14	617	LUCAS AGEITOS ROMERO		SUB10M- 12	00:03:14	00:04:37		NATACIÓN RIVEIRA	RIVEIRA
15	603	XIAN REY CABANELAS		SUB10M- 13	00:03:16	00:04:39	AG12285	ATLETISMO +9 MORAÑA	MORAÑA
16	627	THIAGO LORENZO QUINTEIRO		SUB10M- 14	00:03:16	00:04:40	AG 13891	CLUBE ATLETISMO DEZA	LALIN
17	623	ADÁN AGRA LIÑARES		SUB10M- 15	00:03:18	00:04:43	AG13293	CLUBE- ESCOLAR ATLETISMO DEZA	LALIN
18	646	DARIO MOLERO MOLINA		SUB10M- 16	00:03:18	00:04:43	L12000249	MULTIDEPORTE MASIDE	MASIDE
19	620	IZAN FERNÁNDEZ FUENTES		SUB10M- 17	00:03:20	00:04:46	AG5971	CLUBE ATLETISMO DEZA	LALÍN
20	632	ICÍA PENAS SANMARTÍN	F- 3	SUB10F- 3	00:03:20	00:04:46	AG13333	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
21	698	CRISTIAN OTERO NEIRA		SUB10M- 18	00:03:20	00:04:46			LALÍN
22	604	DANIELA SANTOS FERNÁNDEZ	F- 4	SUB10F- 4	00:03:20	00:04:46		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
23	625	TELMA SALGUEIRO LÓPEZ	F- 5	SUB10F- 5	00:03:21	00:04:46	Ag13328	CLUB ATLETISMO DEZA	LALIN
24	676	YOEL CASTRO LALIN		SUB10M- 19	00:03:23	00:04:50			LALIN
25	634	NORA GÓMEZ GARCÍA	F- 6	SUB10F- 6	00:03:25	00:04:52	AG 13330	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
26	605	THIAGO RESILLE PINHEIRO		SUB10M- 20	00:03:26	00:04:54		VILA DE CANGAS	CANGAS DEL MORRAZO
27	618	MARTINA GRANJA CASTRO	F- 7	SUB10F- 7	00:03:26	00:04:54	13335-	CLUBLE ATLETISMO DEZA	LALIN
28	641	DAVID GÓMEZ DA SILVA		SUB10M- 21	00:03:28	00:04:57		ESCUELA DE ATLETISMO DEZA	LALIN
29	648	NAYARA TABOADA MONTOTO	F- 8	SUB10F- 8	00:03:28	00:04:57			LALIN
30	666	SARA PORTAS CONDE	F- 9	SUB10F- 9	00:03:29	00:04:58			SILLEDA
31	633	JADE FÉLEZ GARCÍA	F- 10	SUB10F- 10	00:03:30	00:05:00	AG 5988	CLUB ATLETISMO DEZA	LALÍN
32	655	BRAIS PRIEGUE RODRÍGUEZ		SUB10M- 22	00:03:32	00:05:02	AG15099	SERRES RUNNERS BASE	MUROS
33	615	AITOR VÁZQUEZ RODRÍGUEZ		SUB10M- 23	00:03:33	00:05:04		CLUB MULTIDEPORTE MASIDE	CARBALLIÑO
34	621	VEGA FERRADÁS GONZÁLEZ	F- 11	SUB10F- 11	00:03:34	00:05:05			LALÍN

35	629	MATEO SUEIRO MATO		SUB10M- 24	00:03:35	00:05:06	AG5979	CLUBE-ESCOLA ATLETISMO DEZA	LALIN
36	624	LUIS GARCÍA FERRO		SUB10M- 25	00:03:36	00:05:08	AG13292	ESCOLA ATLETISMO DEZA	LALIN
37	671	YASSIN AMARANTE EL HAKIMY		SUB10M- 26	00:03:36	00:05:08			CHANTADA
38	602	URXA SECO CARAMÉS	F- 12	SUB10F- 12	00:03:36	00:05:08	AG13523	ATLETISMO +9 MORAÑA	MORAÑA
39	635	COSME TABOADA LÓPEZ		SUB10M- 27	00:03:38	00:05:12	AG 13296	ATLETISMO DEZA	LALÍN
40	661	MARTIÑO CANGADO RODRÍGUEZ		SUB10M- 28	00:03:40	00:05:14			LALÍN
41	688	HÉCTOR VIQUEIRA PICALLOS		SUB10M- 29	00:03:42	00:05:16			LALÍN
42	658	SARA ALVARELLOS BUGALLO	F- 13	SUB10F- 13	00:03:42	00:05:16			LALÍN
43	631	LAURA DONSION CUÑARRO	F- 14	SUB10F- 14	00:03:44	00:05:20	AG 5978	ATLETISMO DEZA	LALÍN
44	660	LARA CORRAL RAMOS	F- 15	SUB10F- 15	00:03:49	00:05:27			LALIN
45	681	ALEX MIGUEZ MEDELA		SUB10M- 30	00:03:50	00:05:28			VIGO
46	694	PEDRO RUIZ MUMANY		SUB10M- 31	00:03:50	00:05:29			LALÍN
47	619	FÉLIX REBOLLIDO CERNADAS		SUB10M- 32	00:03:50	00:05:29	AG11449	CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
48	687	ÁNGEL BADAS ESPÍÑO		SUB10M- 33	00:03:51	00:05:30			LALÍN
49	673	IZAN VÁZQUEZ VARELA		SUB10M- 34	00:03:51	00:05:30			LALÍN
50	692	ANA GARCÍA VASILE	F- 16	SUB10F- 16	00:03:52	00:05:32			CORUÑA (A)
51	664	CARLOTA TRABAZO IGLESIAS	F- 17	SUB10F- 17	00:03:53	00:05:32			LALÍN
52	644	JOSE MARIA DENGRA FERNANDEZ		SUB10M- 35	00:03:53	00:05:33			PORRIÑO
53	657	SARAY REBOREDO DATORRE	F- 18	SUB10F- 18	00:03:53	00:05:33			LALÍN
54	656	DIEGO PÉREZ GONZÁLEZ		SUB10M- 36	00:03:56	00:05:38			LALÍN
55	680	AFRICA MIGUEZ MEDELA	F- 19	SUB10F- 19	00:03:58	00:05:39			VIGO
56	663	HELENA BLANCO FDZ-JARDÓN	F- 20	SUB10F- 20	00:04:04	00:05:48			LALÍN
57	674	AROA GIL DE LA TORRE	F- 21	SUB10F- 21	00:04:05	00:05:49			LALÍN
58	678	VEGA DOCAMPO CAMPOS	F- 22	SUB10F- 22	00:04:06	00:05:51			LALÍN
59	651	ANTIA EIRAS RODRÍGUEZ	F- 23	SUB10F- 23	00:04:06	00:05:52		SERRES RUNNERS	MUROS
60	653	MARTINA BARBE MAYO	F- 24	SUB10F- 24	00:04:08	00:05:54		SERRES RUNNERS	MUROS
61	695	CARMEN MARQUEZ FERNÁNDEZ JARDON	F- 25	SUB10F- 25	00:04:12	00:06:00			LALÍN
62	643	SONIA GONZÁLEZ RODRÍGUEZ	F- 26	SUB10F- 26	00:04:15	00:06:04		MORAÑA EN RUTA	A ESTRADA
63	686	IAGO RODRÍGUEZ FONDEVILA		SUB10M- 37	00:04:15	00:06:04			LALIN
64	699	GADEA MIGUEL CARRIL	F- 27	SUB10F- 27	00:04:16	00:06:05			CAMBRE
65	668	ARTAI ÁLVAREZ LÓPEZ		SUB10M- 38	00:04:19	00:06:09			LALÍN
66	630	DANIELA RODRÍGUEZ FERNÁNDEZ	F- 28	SUB10F- 28	00:04:19	00:06:10	13332-	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
67	691	ANDER PÉREZ CALVO		SUB10M- 39	00:04:21	00:06:12			LALÍN
68	628	ANTÍA IGLESIAS TABOADA	F- 29	SUB10F- 29	00:04:24	00:06:17			LALIN
69	659	MARTIN ROZAS GONZALEZ		SUB10M- 40	00:04:31	00:06:27			LALÍN
70	638	MAURO SOTO OTERO		SUB10M- 41	00:04:32	00:06:28	AG12469	ATLETISMO DEZA	LALIN
71	675	XOÁN FEIJOÓ QUAN		SUB10M- 42	00:04:35	00:06:33			PRADO, LALÍN
72	613	LEIRE PIÑEIRO PARIS	F- 30	SUB10F- 30	00:05:11	00:07:24		CLUB ATLETISMO SERRES RUNNERS	MUROS

**XII CARREIRA do COCIDO de LALÍN, Lalín 13/03/2022**

SUB12. Distancia: 1.000 m

Pto	Dorsal	Nombre	Sx	PtoCat	Tiempo	RitmoKm	Licencia	Club	Localidade
1	775	JOSEP BASTOS DIZ		SUB12M- 1	00:03:33	00:03:33			VIGO
2	728	LUCÍA AGEITOS ROMERO	F- 1	SUB12F- 1	00:03:34	00:03:34		NATAACION RIVEIRA	SANTA UXIA DE RIBEIRA
3	708	CARLOS RIVEIRO OUBIÑA		SUB12M- 2	00:03:41	00:03:41		ATLETISMO CAMBADOS SEG NOVAL	PADRENDA-MEAÑO
4	711	MATEO SANTOS FERNÁNDEZ		SUB12M- 3	00:03:42	00:03:42		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
5	718	DAVID LÓPEZ ALAMANCOS		SUB12M- 4	00:03:42	00:03:42	AG14518	CD DELIKIA	O CARBALLIÑO
6	709	DANIELA BAYÓN DIZ	F- 2	SUB12F- 2	00:03:43	00:03:43		ATLETISMO CAMBADOS SEG NOVAL	CAMBADOS
7	705	AINOA GALÁN AMO	F- 3	SUB12F- 3	00:03:44	00:03:44	AG3998	ATLETISMO +9 MORAÑA	MORAÑA
8	745	LARA LÓPEZ SÁNCHEZ	F- 4	SUB12F- 4	00:03:49	00:03:49	AG44	ESCOLA ATLETICA PEREIRO DE AGUIAR BEN CHO SHEY	OURENSE
9	714	SAMUEL CORRALES RIOBÓ		SUB12M- 5	00:03:49	00:03:49	AG3431	ATLETISMO VILA DE CANGAS	CANGAS
10	723	SAMUEL VÁZQUEZ RODRÍGUEZ		SUB12M- 6	00:03:50	00:03:50		CLUB DELIKIA	CARBALLIÑO
11	749	JEYDEN J AEL SILVA GUERRERO		SUB12M- 7	00:03:56	00:03:56		NATACIÓN RIBEIRA	RIBEIRA
12	707	JUDIT BARROS CAMPOS	F- 5	SUB12F- 5	00:04:01	00:04:01	AG3260	ATLETISMO +9 MORAÑA	MORAÑA
13	770	ROI SÁNCHEZ PEREIRO		SUB12M- 8	00:04:02	00:04:02			LALÍN
14	727	ETHAN SOBRADELO PATIÑO		SUB12M- 9	00:04:07	00:04:07	54228481-	CLUB NATACIÓN RIBEIRA	RIBEIRA
15	720	CANDELA BAULO VIÑAS	F- 6	SUB12F- 6	00:04:10	00:04:10		CLUB ATLETISMO CAMBADOS	CAMBADOS
16	743	MARTÍN RODRIGUEZ ANTÓN		SUB12M- 10	00:04:11	00:04:11	AG11785	COMESAÑA SPORTING CLUB	VIGO
17	751	CLARA LÓPEZ RODRÍGUEZ	F- 7	SUB12F- 7	00:04:11	00:04:11	AG6916	SDCOMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
18	761	MARTÍN DOAMO FUENTES		SUB12M- 11	00:04:15	00:04:15			LALÍN
19	774	EDUARDO GONZÁLEZ CAMPOS		SUB12M- 12	00:04:16	00:04:16			VIGO
20	737	DUARTE GARCÍA FERNÁNDEZ		SUB12M- 13	00:04:18	00:04:18	AG 3452	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN (CASCO URBANO)
21	735	ALEJO GARCÍA PORRAL		SUB12M- 14	00:04:20	00:04:20	AG5982	ATLETISMO DEZA	LALÍN
22	758	ERIK CASTRO RODRÍGUEZ		SUB12M- 15	00:04:24	00:04:24			LALÍN
23	759	IVÁN MÉNDEZ RAMOS		SUB12M- 16	00:04:25	00:04:25	AG3448	ATLETISMO DEZA	LALÍN
24	710	BREIXO FERNANDEZ ACHA		SUB12M- 17	00:04:27	00:04:27		ATLETISMO CAMBADOS SEG.NOVAL	CAMBADOS
25	715	VALERIA GONZÁLEZ RODRÍGUEZ	F- 8	SUB12F- 8	00:04:27	00:04:27	44463401-	DELIKIA	CARBALLIÑO
26	754	CLARA LEIS MARGARETO	F- 9	SUB12F- 9	00:04:30	00:04:30	AG11840	S D COMPOSTELA	SANTIAGO DE COMPOSTELA
27	767	MANUEL MÉNDEZ PÉREZ		SUB12M- 18	00:04:30	00:04:30			LALÍN
28	773	UNAI MATO RAVIÑA		SUB12M- 19	00:04:30	00:04:30			LALÍN
29	763	CELIA MAYO GONZÁLEZ	F- 10	SUB12F- 10	00:04:30	00:04:30			PARADELA
30	733	IAGO RODRÍGUEZ FERNÁNDEZ		SUB12M- 20	00:04:35	00:04:35	7740-	CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
31	752	MARTINA RODRÍGUEZ CASTRO	F- 11	SUB12F- 11	00:04:36	00:04:36	AG 7287	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
32	769	PABLO CAMPOS PARDO		SUB12M- 21	00:04:37	00:04:37			LALÍN
33	726	NICOLÁS FUENTES GARCÍA		SUB12M- 22	00:04:43	00:04:43	3454-	CLUB ESCOLA ATLETISMO DEZA	LALÍN
34	750	ARIANA IGLESIAS TURNES	F- 12	SUB12F- 12	00:04:43	00:04:43	AG3538	SD COMPOSTELA ATLETISMO	SANTIAGO
35	766	NAIARA GIL DE LA TORRE	F- 13	SUB12F- 13	00:04:45	00:04:45			LALÍN
36	704	FABIO PARDO PORTA		SUB12M- 23	00:04:46	00:04:46	AG5876	ATLETISMO +9 MORAÑA	MORAÑA
37	776	SOFÍA SUÁREZ GÓMEZ	F- 14	SUB12F- 14	00:04:49	00:04:49	7622-	SD COMPOSTELA	SANTIAGO DE COMPOSTELA
38	731	LEÓN DIEGO FEIJOÓ QUAN		SUB12M- 24	00:04:49	00:04:49	AG 202678	ATLETISMO DEZA	LALÍN
39	747	ANXO LÓPEZ PALLARES		SUB12M- 25	00:04:50	00:04:50		LALIN	LALÍN
40	730	SAMUEL SABIN IGLESIAS		SUB12M- 26	00:04:51	00:04:51	Ag12206	ATLETISMO FENE	FENE

41	779	JERÓNIMO RIADIGOS ARDILA		SUB12M- 27	00:04:52	00:04:52			LALÍN
42	732	MARTINA ALVARELLOS MONTOTO	F- 15	SUB12F- 15	00:04:55	00:04:55	AG 13338	ATLETISMO DEZA	LALÍN
43	700	MARTÍN CID REBOLLO		SUB12M- 28	00:04:55	00:04:55	AG 11893	A.D. FOGAR	PERILLO
44	736	SARA RODRÍGUEZ SEOANE	F- 16	SUB12F- 16	00:04:59	00:04:59		ATLETISMO DEZA	LALÍN
45	722	BOEL RIVADULLA SUAREZ		SUB12M- 29	00:04:59	00:04:59		CLUB ATLETISMO ESTRADA	A ESTRADA
46	706	RITA CONSTENLA TABOADA	F- 17	SUB12F- 17	00:05:00	00:05:00	AG12103	ATLETISMO +9 MORAÑA	MORAÑA
47	734	MARÍA RIVERO ALLER	F- 18	SUB12F- 18	00:05:01	00:05:01	AG10835	CLUB ATLETISMO DEZA	LALÍN
48	762	IARA LALIN CUNHA	F- 19	SUB12F- 19	00:05:18	00:05:18			LALÍN
49	757	RAQUEL PORTAS CONDE	F- 20	SUB12F- 20	00:05:20	00:05:20			SILLEDA
50	738	MARIA GONZÁLEZ SAMPAYO	F- 21	SUB12F- 21	00:05:21	00:05:21		CLUBE-ESCOLA ATLETISMO DEZA	LALÍN
51	748	BREIXO MAGARIÑOS GAGO		SUB12M- 30	00:05:38	00:05:38	AG3982	MORAÑA EN RUTA	SANTA LUCIA DE MORAÑA - 36660
52	768	MANUEL TABOADA COUTO		SUB12M- 31	00:05:39	00:05:39			LALÍN
53	760	ADRIANA TABOADA MONTOTO	F- 22	SUB12F- 22	00:05:42	00:05:42			LALÍN
54	781	SERGIO MARQUEZ FERNÁNDEZ JARDON		SUB12M- 32	00:05:43	00:05:43			LALÍN
55	778	DAVID GARCÍA VASILE		SUB12M- 33	00:05:49	00:05:49			CORUÑA (A)
56	740	ROQUE SAMPAYO PIÑÓN		SUB12M- 34	00:05:50	00:05:50		ESCOLA ATLETISMO DEZA	LALÍN
57	721	LAURA RAMOS ROZAS	F- 23	SUB12F- 23	00:05:55	00:05:55	Ag 13339	CLUB ATLETISMO DEZA	LALÍN
58	772	CARMEN QUINTEIRO FACHAL	F- 24	SUB12F- 24	00:05:55	00:05:55			LALÍN
59	742	MARCO RIVAS MOSQUERA		SUB12M- 35	00:05:57	00:05:57		ATLETISMO DEZA	LALÍN
60	782	MIGUEL ABELEDO PEREZ		SUB12M- 36	00:06:35	00:06:35			LALÍN