















# XIV CARRERA O PORRIÑO 10K

5KM

Clasificación Xeral

Posto	Dorsal	Nome	Apelidos	Xénero	Categoría	Club	Localidade	Licenza	T. Oficial	Ritmo	T. Neto	Ritmo Neto	T. KM 3,2
1	661	VÍCTOR	GARCIA GOMEZ	M-1	ABSM-1	ATLETISMO ARENTEIRO	OURENSE	AG2023071	00:16:48	00:03:22	00:16:45	00:03:21	00:10:48
2	663	DARIO	ARIAS COSTAS	M-2	ABSM-2	ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO		00:17:24	00:03:29	00:17:23	00:03:29	00:11:03
3	723	MARTIN	GONZALEZ RAMIREZ	M-3	ABSM-3	CASTRELOS 20:30	VIGO		00:17:27	00:03:30	00:17:24	00:03:29	00:10:57
4	724	CARLOS	DE LA TORRE ABOAL	M-4	JVNM-1	CLUB SAN MIGUEL DE MARÍN	MARÍN		00:17:33	00:03:31	00:17:30	00:03:30	00:11:08
5	666	SATURNINO	GONZALEZ NOVOA	M-5	ABSM-4	CLUB OURENSE ATLETISMO	OURENSE		00:17:34	00:03:31	00:17:32	00:03:31	00:11:11
6	667	CARLOS	IGLESIAS CARRERA	M-6	ABSM-5	ATHLETICS FISIOTERAPIA SAN LÁZARO	MONDARIZ		00:17:47	00:03:34	00:17:45	00:03:33	00:11:12
7	665	ANXO	OTERO AMOEDO	M-7	ABSM-6	GRUPO ROSLEV	REDONDELA		00:17:49	00:03:34	00:17:48	00:03:34	00:11:30
8	825	BEGOÑA	DOMINGUEZ MONTES	F-1	ABS-1	CLUB OURENSE ATLETISMO	OURENSE	GA 240	00:17:55	00:03:35	00:17:53	00:03:35	00:11:33
9	662	DAVID	PAZ SALGADO	M-8	ABSM-7	CLUB OURENSE ATLETISMO	LOBIOS	AG14465	00:17:56	00:03:36	00:17:54	00:03:35	00:11:23
10	675	CÁNDIDO	ACUÑA FERNÁNDEZ	M-9	ABSM-8	COMESAÑA SPORTING CLUB	VIGO		00:17:57	00:03:36	00:17:54	00:03:35	00:11:19
11	670	CARLOS	SEÑORANS TOBIO	M-10	ABSM-9	CAMBADOS			00:18:08	00:03:38	00:18:06	00:03:38	00:11:43
12	726	NOAH	OTERO PINO	M-11	ABSM-10	COMESAÑA SPORTING CLUB	VIGO	AG 764039	00:18:11	00:03:39	00:18:05	00:03:37	00:11:41
13	672	MIGUEL	COSTAS COSTAS	M-12	ABSM-11	MAIS QUE AUGA	VIGO		00:18:11	00:03:39	00:18:08	00:03:38	00:11:36
14	673	MANUEL JESÚS	RODRÍGUEZ FERNÁNDEZ	M-13	ABSM-12		VIGO		00:18:13	00:03:39	00:18:04	00:03:37	00:11:44
15	727	JOSÉ	CUNHA	M-14	JVNM-2	ARCOS DE VALDEVEZ	PAREDES DE COURA	PT171633	00:18:17	00:03:40	00:18:17	00:03:40	00:11:32
16	669	ALBERTO JOSÉ	RODRÍGUEZ GALLEGO	M-15	ABSM-13	CASTRELOS 20:30	VIGO		00:18:25	00:03:41	00:18:22	00:03:41	00:11:41
17	668	ANDRÉS	FERNÁNDEZ FERNÁNDEZ	M-16	ABSM-14	CIBUS	VIGO		00:18:28	00:03:42	00:18:22	00:03:41	00:11:46
18	720	ALEJANDRO	MERA SOTO	M-17	JVNM-3	ALEX	VIGO		00:18:36	00:03:44	00:18:29	00:03:42	00:11:56
19	731	ÓSCAR	SEVILLA PÉREZ	M-18	JVNM-4	COMESAÑA SPORTING CLUB	VIGO	AG 766780	00:18:38	00:03:44	00:18:31	00:03:43	00:11:58
20	729	ANTONIO MANUEL	BRANCO PALHARES	M-19	ABSM-15		VALENÇA		00:18:42	00:03:45	00:18:39	00:03:44	00:12:00
21	732	JOSÉ MANUEL	MIRANDA VIEITO	M-20	ABSM-16	ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	PORRIÑO (O)		00:18:45	00:03:45	00:18:42	00:03:45	00:11:52
22	730	MIGUEL	LÓPEZ ALONSO	M-21	ABSM-17	COMESAÑA SPORTING CLUB	VIGO	AG 17520	00:18:57	00:03:48	00:18:51	00:03:47	00:12:13
23	664	ADRIÁN	GONZÁLEZ BUEZAS	M-22	ABSM-18	ATLETISMO ILLA DE TAMBO	POIO		00:19:03	00:03:49	00:19:00	00:03:48	00:11:55
24	725	CARLOS	CAMPOS VÁZQUEZ	M-23	ABSM-19		TEO		00:19:07	00:03:50	00:19:03	00:03:49	00:12:10
25	671	MOISES	LORENZO ALONSO	M-24	ABSM-20	ATLETISMO PORRIÑO	MOS		00:19:14	00:03:51	00:19:09	00:03:50	00:12:11
26	734	VICTOR	SUAREZ RIVERO	M-25	ABSM-21	CLUB TRIATLÓN COMPOSTELA	SANTIAGO DE COMPOSTELA		00:19:25	00:03:53	00:19:21	00:03:53	00:12:21
27	738	SANTIAGO	SALGUEIRO TROITIÑO	M-26	ABSM-22		PORRIÑO (O)		00:19:28	00:03:54	00:19:16	00:03:52	00:12:42
28	735	EDUARDO	FUENTES	M-27	ABSM-23		GROVE (O)		00:19:44	00:03:57	00:19:36	00:03:56	00:12:47
29	736	JUAN MANUEL	GONZÁLEZ PÉREZ	M-28	ABSM-24	S.A. VAL MIÑOR	NIGRÁN		00:20:19	00:04:04	00:20:12	00:04:03	00:13:18
30	728	DIEGO	GARCÍA ABAD	M-29	JVNM-5	ATLETISMO PORRIÑO	PORRIÑO (O)		00:20:26	00:04:06	00:20:11	00:04:03	00:13:30
31	742	XAVIER LEIRO	MARTINEZ VENTIN	M-30	ABSM-25	C.A. VETERANOS DE SAMIL	VIGO		00:20:31	00:04:07	00:20:25	00:04:05	00:13:01
32	718	JUAN	BENEDIT PINTOS	M-31	JVNM-6		TOMIÑO		00:20:35	00:04:07	00:20:28	00:04:06	00:13:01
33	733	ANTIA	RODRIGUEZ OTERO	F-2	JVNF-1	SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO		00:20:50	00:04:10	00:20:47	00:04:10	00:13:00
34	679	JOSÉ ANTONIO	UCHA RODRÍGUEZ	M-32	ABSM-26		PORRIÑO (O)		00:20:54	00:04:11	00:20:48	00:04:10	00:13:22
35	681	JOSE MANUEL	SALGUEIRIÑO MACEIRA	M-33	ABSM-27	METAS IMPOSIBLES TRAIL TEAM	PORRIÑO (O)		00:21:10	00:04:14	00:20:56	00:04:12	00:13:25
36	741	XOEL	PIMENTEL ÁLVAREZ	M-34	JVNM-7	ATLETISMO PORRIÑO	COVELO		00:21:14	00:04:15	00:21:00	00:04:12	00:13:57
37	740	GONZALO	GONZÁLEZ GONÇALVES	M-35	ABSM-28	MAIS QUE AUGA	VIGO		00:21:32	00:04:19	00:21:26	00:04:18	00:13:30
38	678	ENRIQUE	GONZÁLEZ PÉREZ	M-36	ABSM-29	MAIS QUE AUGA	VIGO		00:21:32	00:04:19	00:21:26	00:04:18	00:13:24
39	778	JOSÉ MANUEL	MARTINEZ GARCIA	M-37	ABSM-30		CANGAS		00:21:39	00:04:20	00:21:30	00:04:18	00:13:28
40	821	ANTONIO	VÁZQUEZ VIDAL	M-38	ABSM-31		VIGO		00:21:49	00:04:22	00:21:43	00:04:21	00:13:51
41	737	MIGUEL ANGEL	AMOEDO COUÑAGO	M-39	ABSM-32	COMESAÑA SPORTING CLUB	REDONDELA	AG 2023548	00:21:59	00:04:24	00:21:55	00:04:23	00:13:51
42	739	VICTOR	FERREIRA ANTAS	M-40	ABSM-33		PONTE CALDELAS		00:22:14	00:04:27	00:22:02	00:04:25	00:14:12
43	706	NOE	ÁLVAREZ MOLARES	M-41	JVNM-8		CANGAS		00:22:24	00:04:29	00:22:02	00:04:25	00:14:02
44	680	ALEX	SALGUEIRIÑO ÁLVAREZ	M-42	ABSM-34	METAS IMPOSIBLES TRAIL TEAM	PORRIÑO (O)		00:22:28	00:04:30	00:22:14	00:04:27	00:14:06
45	682	PABLO	NIETO GONZALEZ	M-43	ABSM-35		OURENSE		00:22:29	00:04:30	00:22:10	00:04:26	00:14:32
46	755	DAVID	FRAGUAS GONZALEZ	M-44	ABSM-36		PORRIÑO (O)		00:23:04	00:04:37	00:22:55	00:04:35	00:14:47
47	813	PENÉLOPE	GONZÁLEZ CAMESELLE	F-3	ABS-2		PORRIÑO (O)		00:23:15	00:04:39	00:23:00	00:04:36	00:15:03
48	684	MIGUEL ANGEL	TOLEDANO GONZALEZ	M-45	ABSM-37		VILANOVA DE AROUSA		00:23:15	00:04:39	00:23:06	00:04:38	00:14:24
49	691	AARÓN	RODRÍGUEZ PEDROSO	M-46	ABSM-38		VIGO		00:23:23	00:04:41	00:22:53	00:04:35	00:15:35
50	707	VICTOR	SOUTO LUSQUÍÑOS	M-47	ABSM-39	O POSTE RUNNING CLUBE	PONTE CALDELAS		00:23:28	00:04:42	00:23:03	00:04:37	00:15:10
51	749	LUCIA	LLORENTE	F-4	ABS-3		VIGO		00:23:40	00:04:44	00:23:22	00:04:41	00:15:05
52	747	LUCAS	ARANGO ROMERO	M-48	JVNM-9	FRUTAS NIEVES	VIGO		00:23:42	00:04:45	00:23:25	00:04:41	00:15:02
53	685	JOSÉ LUIS	PADIN COUSIDO	M-49	ABSM-40	CACAMBADOS-NOVAL	SANXENXO		00:23:46	00:04:46	00:23:38	00:04:44	00:14:56
54	800	LUCAS	PACHECO LOPEZ	M-50	JVNM-10		PORRIÑO (O)		00:24:05	00:04:49	00:23:51	00:04:47	00:14:51
55	751	HERNÁN	NOVÁS ZARAUZA	M-51	JVNM-11		MOS		00:24:12	00:04:51	00:23:44	00:04:45	00:15:28





118	757	JOSE FRANCISCO	VILLAR SALGADO	M-75	ABSM-64	VIGO	00:30:33	00:06:07	00:30:20	00:06:04	00:19:04	
119	782	MARIA CARMEN	ROCHA CRUCES	F-44	ABS-39	VIGO	00:30:34	00:06:07	00:30:21	00:06:05	00:19:04	
120	774	ANA	GÓMEZ DÍAZ	F-45	ABS-40	SALCEDA DE CASELAS	00:30:37	00:06:08	00:30:25	00:06:05	00:18:53	
121	750	MARÍA	MARIÑO PARDO	F-46	JVNF-6	ATLETISMO PORRIÑO	VIGO	00:30:51	00:06:11	00:30:36	00:06:08	00:19:20
122	776	LARA	GONZÁLEZ IGLESIAS	F-47	ABS-41	PORRIÑO (O)	00:31:34	00:06:19	00:30:53	00:06:11	00:20:22	
123	794	TERE	COUÑAGO SOTO	F-48	ABS-42	REDONDELA	00:31:51	00:06:23	00:31:10	00:06:14	00:19:51	
124	758	DANIEL	RODRIGUEZ JORGE	M-76	ABSM-65	PORRIÑO (O)	00:31:57	00:06:24	00:31:14	00:06:15	00:20:24	
125	765	SARA	ALONSO	F-49	ABS-43	PORRIÑO	00:32:12	00:06:27	00:31:38	00:06:20	00:20:35	
126	805	LUCILA	DURÁN DOMÍNGUEZ	F-50	ABS-44	PORRIÑO (O)	00:32:36	00:06:32	00:32:05	00:06:25	00:20:40	
127	769	LUCIA	COSQUET ALONSO	F-51	ABS-45	GONDOMAR	00:32:41	00:06:33	00:32:15	00:06:27	00:20:41	
128	717	PATRICIA	LOUREIRO PIÑEIRO	F-52	ABS-46	VIGO	00:32:48	00:06:34	00:32:26	00:06:30	00:20:22	
129	793	SOL	ALONSO DOMINGUEZ	F-53	ABS-47	BAIONA	00:33:30	00:06:42	00:33:09	00:06:38	00:21:25	
130	814	MARTA	GOMEZ FORTES	F-54	ABS-48	VIGO	00:33:35	00:06:43	00:32:56	00:06:36	00:21:37	
131	815	NURIA	MÍGUEZ FERREIRA	F-55	ABS-49	PONTEVEDRA	00:33:35	00:06:43	00:32:56	00:06:36	00:21:37	
132	807	ISABEL	BESADA PÉREZ	F-56	ABS-50	SALCEDA DE CASELAS	00:33:35	00:06:43	00:32:57	00:06:36	00:21:37	
133	780	JULIA	PEDREIRA ALVAREZ	F-57	JVNF-7	ATLETISMO PORRIÑO	PORRIÑO (O)	00:33:37	00:06:44	00:33:17	00:06:40	00:20:51
134	804	BEATRIZ	VARELA BAR	F-58	ABS-51	VIGO	00:34:45	00:06:57	00:34:01	00:06:49	00:21:48	
135	721	TERESA	GONZÁLEZ GROBA	F-59	ABS-52	PONTEAREAS	00:34:52	00:06:59	00:34:16	00:06:52	00:22:21	
136	711	ELENA	PÉREZ GONZALEZ	F-60	ABS-53	PORRIÑO (O)	00:34:57	00:07:00	00:34:29	00:06:54	00:22:16	
137	830	ALEJANDRO	GANDARA BOUZA	M-77	ABSM-66	CASTRELOS 20:30	REDONDELA	00:35:40	00:07:08	00:35:15	00:07:03	00:22:35
138	787	CLAUDIA DEL CARMEN	SUÁREZ ROA	F-61	ABS-54	TRY FITNES	MOS	00:35:43	00:07:09	00:35:17	00:07:04	00:22:53
139	766	LOURDES	BANDERAS MORENO	F-62	ABS-55	VIGO	00:36:28	00:07:18	00:36:03	00:07:13	00:22:22	
140	764	SARA	REGUEIRA MARTÍNEZ	F-63	ABS-56	VIGO	00:36:29	00:07:18	00:36:04	00:07:13	00:22:22	
141	759	ANTONIO	BELLO REY	M-78	ABSM-67	ARCADE	00:36:29	00:07:18	00:36:05	00:07:13	00:22:27	
142	763	ANTÓN	PRIETO CARRERA	M-79	ABSM-68	VIGO	00:36:30	00:07:18	00:36:06	00:07:14	00:22:28	
143	715	BEATRIZ	MOLDES FERNÁNDEZ	F-64	ABS-57	TRIATLON POIO	PONTEVEDRA	00:37:31	00:07:31	00:37:04	00:07:25	00:22:59
144	803	AURORA	RODRÍGUEZ ESTRADA	F-65	ABS-58	PORRIÑO (O)	00:39:58	00:08:00	00:39:22	00:07:53	00:25:21	
145	811	RUTH	ÁLVAREZ RODRÍGUEZ	F-66	ABS-59	MAIS QUE AUGA	VIGO	00:41:42	00:08:21	00:41:14	00:08:15	00:26:16



# XIV CARRERA O PORRIÑO 10K

ALEVIN

Clasificación Xeral

Posto	Dorsal	Nome	Apelidos	Xénero	Categoría	Club	Localidade	Licenza	T. Oficial	Ritmo	T. 400m	T. 500m	T. 900m
1	1014	SERGIO	SILVA SOUTO	M-1	ALVM-1	SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO		00:03:28	00:03:28	00:01:24	00:01:45	00:03:09
2	996	ANGEL	RODRIGUEZ CARBALLO	M-2	ALVM-2	CSCR DE BEADE	VIGO		00:03:30	00:03:30	00:01:24	00:01:45	00:03:11
3	977	KAROL	RIVERA CORES	F-1	ALVF-1	ATLETISMO CAMBADOS	SANXENXO		00:03:43	00:03:43	00:01:25	00:01:46	00:03:21
4	1015	ALBA	VASCONCELLOS RODRÍGUEZ	F-2	ALVF-2	SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)		00:03:44	00:03:44	00:01:25	00:01:47	00:03:22
5	1022	DANIEL	AGUILERA CASTILLO	M-3	ALVM-3		MOS		00:03:45	00:03:45	00:01:28	00:01:52	00:03:26
6	1018	BRAIS	PAZ	M-4	ALVM-4	TRIATLÓN MAR DE VIGO	VIGO		00:03:47	00:03:47	00:01:31	00:01:50	00:03:27
7	1009	LENA	RIERA PÉREZ	F-3	ALVF-3	S.A. VAL MIÑOR	VIGO		00:03:48	00:03:48	00:01:27	00:01:50	00:03:27
8	1023	RAÚL	ALONSO FREIRE	M-5	ALVM-5		REDONDELA		00:03:53	00:03:53	00:01:32	00:01:55	00:03:34
9	997	AICHA	VILA MBAYE	F-4	ALVF-4	CSCR DE BEADE	VIGO		00:03:55	00:03:55	00:01:28	00:01:51	00:03:34
10	1004	NANDO	PINO PUGA	M-6	ALVM-6	NANDO	VIGO		00:03:58	00:03:58	00:01:38	00:02:01	00:03:40
11	1021	SAÚL	VARELA FERNÁNDEZ	M-7	ALVM-7	TRIATLÓN MAR DE VIGO	VIGO		00:03:59	00:03:59	00:01:36	00:02:00	00:03:40
12	1019	MARTÍN	RODRÍGUEZ ANTÓN	M-8	ALVM-8	TRIATLÓN MAR DE VIGO	VIGO		00:04:03	00:04:03	00:01:32	00:01:56	00:03:40
13	979	ADRIÁN	ARIAS ALONSO	M-9	ALVM-9	ATLETISMO PORRIÑO	PORRIÑO (O)		00:04:04	00:04:04	00:01:37	00:02:01	00:03:43
14	1020	ASTERIO	VARELA FERNÁNDEZ	M-10	ALVM-10	TRIATLÓN MAR DE VIGO	VIGO		00:04:05	00:04:05	00:01:40	00:02:04	00:03:47
15	976	NICOLAS	ARAGUNDE TOBIO	M-11	ALVM-11	ATLETISMO +9 MORAÑA	CALDAS DE REIS		00:04:05	00:04:05	00:01:35	00:01:59	00:03:43
16	1011	DANIELA	ASENSIO LORENZO	F-5	ALVF-5	SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)		00:04:06	00:04:06	00:01:28	00:01:52	00:03:41
17	988	IRIA	MOURIÑO PÉREZ	F-6	ALVF-6	CLUB ATLETISMO PORRIÑO	PORRIÑO (O)		00:04:08	00:04:08	00:01:36	00:02:01	00:03:45
18	1046	TOMÁS	SABORIDO CARDALDA	M-12	ALVM-12		VILAGARCÍA DE AROUSA		00:04:09	00:04:09	00:01:36	00:01:58	00:03:49
19	1012	MONCHO	CARREIRO PEREZ	M-13	ALVM-13	SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO		00:04:09	00:04:09	00:01:42	00:02:08	00:03:47
20	984	NOA	NÚÑEZ GONZALEZ	F-7	ALVF-7	ATLETISMO PORRIÑO	PORRIÑO		00:04:09	00:04:09	00:01:36	00:02:02	00:03:48
21	982	BRUNO	GARCÍA ABAD	M-14	ALVM-14	ATLETISMO PORRIÑO	PORRIÑO (O)		00:04:10	00:04:10	00:01:38	00:02:03	00:03:49
22	990	ALBA	SOLLA UCHA	F-8	ALVF-8	CLUB DEPORTIVO PINARIUM	MARÍN		00:04:11	00:04:11	00:01:40	00:02:06	00:03:51
23	1034	JORGE	FREIRE ARREGUI	M-15	ALVM-15		PORRIÑO (O)		00:04:12	00:04:12	00:01:38	00:02:04	00:03:50
24	995	CAMINO	GIL RODRÍGUEZ	F-9	ALVF-9	CSCR DE BEADE	VIGO		00:04:12	00:04:12	00:01:35	00:02:00	00:03:48
25	998	ALEX	ANGEL GIL	M-16	ALVM-16	DISCAMINO	VIGO		00:04:16	00:04:16	00:01:41	00:02:06	00:03:57
26	978	LAURA	ALONSO DOMINGUEZ	F-10	ALVF-10	ATLETISMO PORRIÑO	PONTEAREAS		00:04:17	00:04:17	00:01:39	00:02:06	00:03:55
27	1013	XOEL	PEREZ MONTERO	M-17	ALVM-17	SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO		00:04:17	00:04:17	00:01:35	00:02:01	00:03:54
28	1017	HUGO	GARCIA RODRIGUES	M-18	ALVM-18	TRIATLÓN MAR DE VIGO	VIGO		00:04:20	00:04:20	00:01:39	00:02:05	00:03:58
29	1051	CARLA	VIAÑO WALDRON	F-11	ALVF-11		REDONDELA		00:04:21	00:04:21	00:01:40	00:02:04	00:03:56
30	983	PAULA	MARTÍNEZ TÁBOAS	F-12	ALVF-12	ATLETISMO PORRIÑO	SALCEDA DE CASELAS		00:04:24	00:04:24	00:01:39	00:02:06	00:03:59
31	1040	ENZO	NOVÁS ZARAUZA	M-19	ALVM-19		MOS		00:04:29	00:04:29	00:01:42	00:02:10	00:04:05
32	1037	MARCO	IGLESIAS GONZÁLEZ	M-20	ALVM-20		PORRIÑO (O)		00:04:32	00:04:32	00:01:38	00:02:04	00:04:04
33	1001	LUCAS	ALVAREZ FERNANDEZ	M-21	ALVM-21	MUSKO RUNNERS	OURENSE		00:04:33	00:04:33	00:01:47	00:02:15	00:04:09
34	989	NORA	PÉREZ FERVENZA	F-13	ALVF-13	CLUB ATLETISMO SAMERTOLAMEU	MOAÑA		00:04:33	00:04:33	00:01:46	00:02:14	00:04:13
35	1039	ROQUE	MARTÍNEZ SALGADO	M-22	ALVM-22		PORRIÑO (O)		00:04:36	00:04:36	00:01:46	00:02:14	00:04:12
36	1044	NEREA	RODRÍGUEZ RODRÍGUEZ	F-14	ALVF-14		PORRIÑO (O)		00:04:39	00:04:39	00:01:44	00:02:13	00:04:12
37	980	DARÍO	CASAL BARRAL	M-23	ALVM-23	ATLETISMO PORRIÑO	PONTEAREAS		00:04:39	00:04:39	00:01:39	00:02:09	00:04:13
38	1003	NAIA	ALONSO RODRÍGUEZ	F-15	ALVF-15	NAIA	MOS		00:04:40	00:04:40	00:01:44	00:02:14	00:04:14
39	1027	NAHIA	CARNEIRO VIEITEZ	F-16	ALVF-16		BAIONA		00:04:40	00:04:40	00:01:50	00:02:19	00:04:16
40	1041	PAULA	PEREIRA BELMONTE	F-17	ALVF-17		OURENSE		00:04:42	00:04:42			
41	981	HUGO	FUENTESECA LÓPEZ	M-24	ALVM-24	ATLETISMO PORRIÑO	PORRIÑO (O)		00:04:47	00:04:47	00:01:37	00:02:09	00:04:22
42	991	AARÓN	BASALO GONZÁLEZ	M-25	ALVM-25	CLUB OURENSE ATLETISMO	OURENSE		00:04:57	00:04:57	00:01:56	00:02:25	00:04:29
43	1006	XULIA	BAR ESTEVEZ	F-18	ALVF-18	PORRIÑO	VIGO		00:05:00	00:05:00	00:02:02	00:02:31	00:04:28
44	1002	MATEO	ALVAREZ FERNANDEZ	M-26	ALVM-26	MUSKO RUNNERS	OURENSE		00:05:10	00:05:10	00:02:00	00:02:31	00:04:43
45	1043	DANIEL	PÉREZ SCHWARZ	M-27	ALVM-27		PORRIÑO (O)		00:05:38	00:05:38	00:02:07	00:02:39	00:05:08
46	1024	ERIKA	ALVAREZ BARROS	F-19	ALVF-19		PORRIÑO (O)		00:05:49	00:05:49	00:01:57	00:02:32	00:05:14

## XIV CARRERA O PORRIÑO 10K

BENJAMIN

Clasificación Xeral

Posto	Dorsal	Nome	Apelidos	Xénero	Categoría	Club	Localidade	Licenza	T. Oficial	Ritmo	T. 400m	T. 500m	T. 900m
1	1052	HÉCTOR	SOUTO PAZOS	M-1	BNJM-1	A. D. LIMIACTIVA	XINZO DE LIMIA		00:03:46	00:03:46	00:01:32	00:01:54	00:03:28
2	1053	DEVA	PALLÁS RODRÍGUEZ	F-1	BNJF-1	AGRUPACION VIGUESA DE ATLETISMO	VIGO		00:03:51	00:03:51	00:01:33	00:01:55	00:03:30
3	1069	NADIA	CONEJO BASCOY	F-2	BNJF-2	SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)		00:03:53	00:03:53	00:01:33	00:01:57	00:03:33
4	1071	GABRIEL	CALVAR FERNÁNDEZ	M-2	BNJM-2	TRIATLÓN MAR DE VIGO	MOS		00:04:12	00:04:12	00:01:43	00:02:05	00:03:51
5	1060	CARLOS	SOBREIRA GARCÍA	M-3	BNJM-3	CLUB DEPORTIVO DELIKIA	VIGO		00:04:13	00:04:13	00:01:38	00:02:03	00:03:52
6	1061	SOFIA	DIZ DA ROCHA	F-3	BNJF-3	CLUB SAN MIGUEL DE MARÍN	PONTEVEDRA		00:04:16	00:04:16	00:01:40	00:02:07	00:03:52
7	1104	BRUNO	SILVA MARTÍNEZ	M-4	BNJM-4		PORRIÑO (O)		00:04:19	00:04:19	00:01:33	00:02:00	00:03:52
8	1081	CARLA	DOCAMPO CARNEIRO	F-4	BNJF-4		BAIONA		00:04:22	00:04:22	00:01:34	00:02:02	00:03:53
9	1059	LIAM YOEL	GUTIÉRREZ FERNÁNDEZ	M-5	BNJM-5	CLUB DEPORTIVO DELIKIA	VIGO		00:04:22	00:04:22	00:01:39	00:02:05	00:03:58
10	1094	ÁNXELA	PÉREZ	F-5	BNJF-5		TUI		00:04:23	00:04:23	00:01:35	00:02:01	00:03:55
11	1063	MARIA	COSTAS DE FRANCISCO	F-6	BNJF-6	CSCR DE BEADE	VIGO		00:04:25	00:04:25	00:01:37	00:02:08	00:04:00
12	1109	GABRIEL	TABOADA VARELA	M-6	BNJM-6		MOS		00:04:25	00:04:25	00:01:41	00:02:08	00:04:02
13	1073	XOEL	ALONSO COTO	M-7	BNJM-7		PORRIÑO (O)		00:04:25	00:04:25	00:01:37	00:02:05	00:04:02
14	1087	ÁLEX	LAGO ALONSO	M-8	BNJM-8		PORRIÑO (O)		00:04:25	00:04:25	00:01:38	00:02:07	00:04:01
15	1085	YERÓN	GÓMEZ COSTAS	M-9	BNJM-9		MOS		00:04:28	00:04:28	00:01:42	00:02:09	00:04:03
16	1070	ADELA	VASCONCELLOS RODRÍGUEZ	F-7	BNJF-7	SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)		00:04:28	00:04:28	00:01:44	00:02:10	00:04:05
17	1101	GAEL	RODRÍGUEZ RODRÍGUEZ	M-10	BNJM-10		PORRIÑO (O)		00:04:32	00:04:32	00:01:44	00:02:10	00:04:03
18	1065	MARTÍN	DELGADO REGALADO	M-11	BNJM-11	REAL CLUB CELTA DE ATLETISMO	VIGO		00:04:34	00:04:34	00:01:49	00:02:15	00:04:06
19	1083	XOEL	ESTÉVEZ ALFAYA	M-12	BNJM-12		PORRIÑO (O)		00:04:37	00:04:37	00:01:52	00:02:18	00:04:13
20	1056	JOEL	FIGUEROA ROMERO	M-13	BNJM-13	ATLETISMO PORRIÑO	PORRIÑO (O)		00:04:38	00:04:38	00:01:50	00:02:16	00:04:11
21	1111	TOMAS	VIAÑO WALDRON	M-14	BNJM-14		REDONDELA		00:04:40	00:04:40	00:01:52	00:02:18	00:04:13
22	1093	VÍCTOR	PEREIRA CARRERA	M-15	BNJM-15		PORRIÑO (O)		00:04:49	00:04:49	00:01:46	00:02:16	00:04:16
23	1106	DIEGO	SOTO GOMEZ	M-16	BNJM-16		VIGO		00:04:51	00:04:51	00:01:59	00:02:25	00:04:24
24	1078	ADRIÁN	COSTAS COVELA	M-17	BNJM-17		VIGO		00:04:52	00:04:52	00:01:50	00:02:16	00:04:24
25	1092	YAGO	PANADERO MONTERO	M-18	BNJM-18		MOS		00:04:54	00:04:54	00:01:56	00:02:23	00:04:30
26	1091	TEO	OYA RODRÍGUEZ	M-19	BNJM-19		PORRIÑO (O)		00:04:58	00:04:58	00:02:00	00:02:30	00:04:30
27	1095	VERA	PÉREZ FERREIRA	F-8	BNJF-8		PORRIÑO (O)		00:04:59	00:04:59	00:01:54	00:02:21	00:04:33
28	1077	GABRIEL	BAÑOS ATANES	M-20	BNJM-20		PORRIÑO (O)		00:04:59	00:04:59	00:01:46	00:02:16	00:04:32
29	1102	MARIO	SAAVEDRA LIÑARES	M-21	BNJM-21		VIGO		00:05:06	00:05:06	00:01:59	00:02:29	00:04:36
30	1057	DANIELA	MORAIS DIAZ	F-9	BNJF-9	CLUB ATLETISMO PORRIÑO	SALCEDA DE CASELAS		00:05:16	00:05:16	00:01:56	00:02:29	00:04:47
31	1084	MATEO	FERNÁNDEZ SOUTULLO	M-22	BNJM-22		PEREIRO DE AGUIAR (O)		00:05:20	00:05:20	00:02:07	00:02:38	00:04:51
32	1066	ROI	ALONSO RODRÍGUEZ	M-23	BNJM-23	ROI	MOS		00:05:22	00:05:22	00:02:16	00:02:44	00:04:53
33	1054	MAR	BESADA ÁLVAREZ	F-10	BNJF-10	ATLETISMO PORRIÑO	SALCEDA DE CASELAS		00:05:23	00:05:23	00:02:01	00:02:34	00:04:50
34	1089	CÉSAR	MARTÍNEZ ARIAS	M-24	BNJM-24		PORRIÑO (O)		00:05:23	00:05:23	00:01:55	00:02:23	00:04:39
35	1080	CARLA	CUÑARRO COSTAS	F-11	BNJF-11		PORRIÑO (O)		00:05:25	00:05:25	00:02:04	00:02:37	00:04:55
36	1075	MARCOS	ALVAREZ BARROS	M-25	BNJM-25		PORRIÑO (O)		00:05:28	00:05:28	00:01:53	00:02:28	00:04:51
37	1090	ANA	MENDEZ SAA	F-12	BNJF-12		PORRIÑO (O)		00:05:32	00:05:32	00:01:51	00:02:27	00:04:57
38	1088	RAÚL	LORENZO TEIJEIRA	M-26	BNJM-26		VIGO		00:05:44	00:05:44	00:02:13	00:02:42	00:05:18
39	1068	NAIARA	FERVENZA	F-13	BNJF-13	SAMERTOLAMEU	MOAÑA		00:05:47	00:05:47	00:02:05	00:02:41	00:05:16