

## RESULTADOS OFICIAIS

SUB 12- 14

10:08

| PTO | DOR | NOME                       | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                      | SEXO | CATEGORÍA |
|-----|-----|----------------------------|------|-------|-------|--------|------------|----------------------------|------|-----------|
| 1   | 802 | MARTÍN OTERO VILLADÓNIGA   | 2011 | 03:06 | 03:06 | 03:05  | MOV3273800 | CLUB NATACION CEDEIRA MUE  | M-1  | Sub 14-1  |
| 2   | 805 | ADRIAN CANOSA FIDALGO      | 2011 | 03:07 | 03:07 | 03:06  |            |                            | M-2  | Sub 14-2  |
| 3   | 839 | IRENE GARCÍA NEBRIL        | 2012 | 03:12 | 03:12 | 03:11  | 32741898H  | CLUB NATACION CEDEIRA MUE  | F-1  | Sub 14-1  |
| 4   | 831 | ROQUE CANEIRO FONTICOBA    | 2012 | 03:14 | 03:14 | 03:13  | 32741931   | CLUB NATACION CEDEIRA MUE  | M-3  | Sub 14-3  |
| 5   | 841 | MIGUEL BENASACH LÓPEZ      | 2012 | 03:15 | 03:15 | 03:13  |            | TRIATLÓN FERROL            | M-4  | Sub 14-4  |
| 6   | 862 | SERGIO COIRA PIER          | 2013 | 03:23 | 03:23 | 03:21  | AG-12747   | MARINEDA ATLETICO          | M-5  | Sub 12-1  |
| 7   | 816 | NOA VILLADÓNIGA SANESTEBAN | 2012 | 03:23 | 03:23 | 03:21  | 32741706   | CLUB NATACION CEDEIRA MUE  | F-2  | Sub 14-2  |
| 8   | 834 | JORGE RODRÍGUEZ COTROFE    | 2012 | 03:27 | 03:27 | 03:26  | 58036809   | A.D. FOGAR                 | M-6  | Sub 14-5  |
| 9   | 807 | NOA SEOANE RUBIÑOS         | 2011 | 03:27 | 03:27 | 03:26  | GA1210     | CLUB FERROL ATLETISMO      | F-3  | Sub 14-3  |
| 10  | 881 | IVÁN GÓMEZ CANEIRO         | 2014 | 03:27 | 03:27 | 03:25  | 32919820N  | CLUB NATACION CEDEIRA MUE  | M-7  | Sub 12-2  |
| 11  | 877 | NICOLAS AMADO PREGO        | 2014 | 03:28 | 03:28 | 03:27  |            | CLUB ATLETISMO SADA        | M-8  | Sub 12-3  |
| 12  | 810 | LEIRE DIAZ GRAÑA           | 2011 | 03:31 | 03:31 | 03:28  | AG13952    | CLUB OURENSE ATLETISMO     | F-4  | Sub 14-4  |
| 13  | 808 | ALICIA JOVE NOVO           | 2011 | 03:34 | 03:34 | 03:32  |            | CLUB FERROL ATLETISMO      | F-5  | Sub 14-5  |
| 14  | 829 | ALBA FILGUEIRA RASCADO     | 2012 | 03:34 | 03:34 | 03:33  | AG17058    | CLUB FERROL ATLETISMO      | F-6  | Sub 14-6  |
| 15  | 848 | LUCAS JIMÉNEZ VILCHEZ      | 2013 | 03:35 | 03:35 | 03:33  | AG7319     | RIA FERROL-CONCEPCION AREI | M-9  | Sub 12-4  |
| 16  | 836 | CARLA RODRÍGUEZ PENA       | 2012 | 03:36 | 03:36 | 03:35  | CRP281012  | CLUB FERROL ATLETISMO      | F-7  | Sub 14-7  |
| 17  | 859 | VEGA YAÑEZ AMENEIRO        | 2013 | 03:42 | 03:42 | 03:39  |            | A.D. NAUTICO NARÓN         | F-8  | Sub 12-1  |
| 18  | 801 | ADRIANA SEDES MONTERO      | 2011 | 03:45 | 03:45 | 03:43  | AG-2025839 | CLUB FERROL ATLETISMO      | F-9  | Sub 14-8  |
| 19  | 804 | GALA FERNÁNDEZ CASTRO      | 2011 | 03:47 | 03:47 | 03:45  |            | CLUB FERROL ATLETISMO      | F-10 | Sub 14-9  |
| 20  | 874 | IAGO GOIRIZ BRAÑAS         | 2013 | 03:49 | 03:49 | 03:47  |            | TRIATLÓN FERROL            | M-10 | Sub 12-5  |
| 21  | 803 | CLOE YAÑEZ AMENEIRO        | 2011 | 03:50 | 03:50 | 03:47  |            | A.D. NAUTICO NARÓN         | F-11 | Sub 14-10 |
| 22  | 879 | LUCÍA ALVITE LÓPEZ         | 2014 | 03:52 | 03:52 | 03:52  | 32918213   |                            | F-12 | Sub 12-2  |
| 23  | 830 | AINHOA DOPICO PENA         | 2012 | 03:56 | 03:56 | 03:54  | 32925248N  | CLUB NATACION CEDEIRA MUE  | F-13 | Sub 14-11 |
| 24  | 857 | ANTON CASTRO FREIRE        | 2013 | 03:57 | 03:57 | 03:55  | 49914600T  | CLUB NATACION CEDEIRA MUE  | M-11 | Sub 12-6  |
| 25  | 890 | CECILIA BENASACH LÓPEZ     | 2014 | 03:57 | 03:57 | 03:55  |            | TRIATLÓN FERROL            | F-14 | Sub 12-3  |
| 26  | 815 | ANTÍA SUÁREZ MEITÍN        | 2012 | 03:58 | 03:58 | 03:58  | AG12504    | ATLETISMO NARON            | F-15 | Sub 14-12 |
| 27  | 822 | SARA MAURIZ BARRO          | 2012 | 04:01 | 04:01 | 03:58  | AG15001    | ATLETISMO NARON            | F-16 | Sub 14-13 |
| 28  | 833 | ITZIAR FERNÁNDEZ RÍOS      | 2012 | 04:02 | 04:02 | 03:59  |            | A.D. NAUTICO NARÓN         | F-17 | Sub 14-14 |
| 29  | 878 | MAIA PARDO BARRETO         | 2014 | 04:05 | 04:05 | 04:03  | 49916117E  | CLUB NATACION CEDEIRA MUE  | F-18 | Sub 12-4  |
| 30  | 889 | LAURA RIVERA MONTERO       | 2014 | 04:07 | 04:07 | 04:05  |            |                            | F-19 | Sub 12-5  |
| 31  | 845 | LEO RODRÍGUEZ RAMA         | 2013 | 04:08 | 04:08 | 04:05  |            |                            | M-12 | Sub 12-7  |
| 32  | 876 | CARLA COLMENERO FERNANDEZ  | 2014 | 04:09 | 04:09 | 04:07  | 32925428P  |                            | F-20 | Sub 12-6  |
| 33  | 842 | AILA SÁNCHEZ SÁNCHEZ       | 2012 | 04:10 | 04:10 | 04:08  | AG20069    | CLUB FERROL ATLETISMO      | F-21 | Sub 14-15 |
| 34  | 863 | PABLO MOLINA DEIBE         | 2013 | 04:11 | 04:11 | 04:07  | AG19465    | RIA FERROL-CONCEPCION AREI | M-13 | Sub 12-8  |
| 35  | 837 | NOA CARRACEDO GARCÍA       | 2012 | 04:11 | 04:11 | 04:09  | AG19718    | ATLETISMO NARON            | F-22 | Sub 14-16 |
| 36  | 852 | CAYETANA REY DOBARRO       | 2013 | 04:15 | 04:15 | 04:13  | AG7324     | RIA FERROL-CONCEPCION AREI | F-23 | Sub 12-7  |
| 37  | 873 | LAURA FERNÁNDEZ PÉREZ      | 2013 | 04:17 | 04:17 | 04:14  | AG7361     | RIA FERROL-CONCEPCION AREI | F-24 | Sub 12-8  |
| 38  | 894 | CARLA ROMERO TEIJEIRO      | 2014 | 04:17 | 04:17 | 04:13  | CRT051114  | CLUB NATACION CEDEIRA MUE  | F-25 | Sub 12-9  |
| 39  | 892 | LEIRE CASTRO LUQUE         | 2014 | 04:17 | 04:17 | 04:14  | 32963939   | TRIATLÓN FERROL            | F-26 | Sub 12-10 |
| 40  | 832 | CANDELA SERANTES BOUZA     | 2012 | 04:18 | 04:18 | 04:18  |            | ATLETISMO NARON            | F-27 | Sub 14-17 |
| 41  | 865 | SABELA MARTÍNEZ MONTEAGUDO | 2013 | 04:21 | 04:21 | 04:17  |            | 100% TRAIL MURCIA          | F-28 | Sub 12-11 |
| 42  | 882 | DIEGO BEREIJO LOUREIRO     | 2014 | 04:24 | 04:24 | 04:23  | DBL240414  | CLUB NATACION CEDEIRA MUE  | M-14 | Sub 12-9  |
| 43  | 887 | NOA FILGUEIRAS PÉREZ       | 2014 | 04:32 | 04:32 | 04:28  | AG10595    | CLUB FERROL ATLETISMO      | F-29 | Sub 12-12 |
| 44  | 849 | ANTONELLA BELLON GARCIA    | 2013 | 04:33 | 04:33 | 04:33  |            | CLUB FERROL ATLETISMO      | F-30 | Sub 12-13 |
| 45  | 885 | MARTIÑO GÓMEZ ORTEGA       | 2014 | 04:34 | 04:34 | 04:31  |            |                            | M-15 | Sub 12-10 |
| 46  | 851 | AROA GOTI VIDAL            | 2013 | 04:34 | 04:34 | 04:32  | AG17051    | RIA FERROL-CONCEPCION AREI | F-31 | Sub 12-14 |
| 47  | 813 | NAIARA PLANA DELGADO       | 2011 | 04:39 | 04:39 | 04:37  | AG17072    | CLUB FERROL ATLETISMO      | F-32 | Sub 14-18 |
| 48  | 825 | ITHAISA BATISTA MACEIRAS   | 2012 | 18:28 |       | 18:28  |            |                            | F-33 | Sub 14-19 |

Llegados: 48

DNF 860 IRENE RIOSECO CUERPO 2013 F Sub 12

Abandonos: 1

**RESULTADOS OFICIAIS**
**SUB 10**
**10:15**

| PTO | DOR | NOME                           | ANO  | TEMPO        | RITMO | T.NETO | LICENZA     | CLUBE                      | SEXO | CATEGORÍA |
|-----|-----|--------------------------------|------|--------------|-------|--------|-------------|----------------------------|------|-----------|
| 1   | 911 | LEO PEÑAS MORICEAU             | 2015 | <b>03:40</b> | 04:35 | 03:40  | AG17159     | ATLETISMO NARON            | M-1  | Sub 10-1  |
| 2   | 916 | IÑIGO MARTINEZ-RAPOSO DE AYMEI | 2015 | <b>03:41</b> | 04:36 | 03:41  | IMRDA281015 |                            | M-2  | Sub 10-2  |
| 3   | 920 | Gael SEJIDO FERNÁNDEZ          | 2015 | <b>03:43</b> | 04:38 | 03:43  | AG-17167    | ATLETISMO NARON            | M-3  | Sub 10-3  |
| 4   | 912 | DANIEL CORRAL GOMEZ            | 2015 | <b>03:47</b> | 04:43 | 03:47  | AG-17872    | ATLETISMO NARON            | M-4  | Sub 10-4  |
| 5   | 918 | MIGUEL RIOSECO CUERPO          | 2015 | <b>03:47</b> | 04:43 | 03:47  |             |                            | M-5  | Sub 10-5  |
| 6   | 903 | LUNA SEOANE RUBIÑOS            | 2015 | <b>03:48</b> | 04:45 | 03:48  | AG 9399     | CLUB FERROL ATLETISMO      | F-1  | Sub 10-1  |
| 7   | 917 | IAGO SUÁREZ MEITÍN             | 2015 | <b>03:50</b> | 04:47 | 03:50  | AG9234      | ATLETISMO NARON            | M-6  | Sub 10-6  |
| 8   | 901 | XANDRE DOPICO MARTÍNEZ         | 2015 | <b>03:50</b> | 04:47 | 03:50  |             |                            | M-7  | Sub 10-7  |
| 9   | 930 | RAÚL ALVITE LÓPEZ              | 2016 | <b>03:53</b> | 04:51 | 03:53  | 32926922    |                            | M-8  | Sub 10-8  |
| 10  | 922 | ALBA JIMÉNEZ VILCHEZ           | 2016 | <b>03:57</b> | 04:56 | 03:57  |             | RIA FERROL-CONCEPCION AREI | F-2  | Sub 10-2  |
| 11  | 929 | HUGO DE HOMBRE ARENAS          | 2016 | <b>04:00</b> | 05:00 | 04:00  | AG20062     | CLUB FERROL ATLETISMO      | M-9  | Sub 10-9  |
| 12  | 907 | SERGIO RAMA GONZÁLEZ           | 2015 | <b>04:00</b> | 05:00 | 04:00  | SRG170615   | ATLETISMO NARON            | M-10 | Sub 10-10 |
| 13  | 932 | LÍA SANCHO FERNÁNDEZ           | 2016 | <b>04:00</b> | 05:00 | 04:00  |             | ATLETISMO NARON            | F-3  | Sub 10-3  |
| 14  | 947 | EYDEN GRANDAL SANMARTÍN        | 2016 | <b>04:05</b> | 05:06 | 04:05  | AG19477     | RIA FERROL-CONCEPCION AREI | M-11 | Sub 10-11 |
| 15  | 936 | ROI AGRA PITA                  | 2016 | <b>04:08</b> | 05:10 | 04:08  | RAP010816   | TRIATLÓN FERROL            | M-12 | Sub 10-12 |
| 16  | 938 | MARIA BENASACH LÓPEZ           | 2016 | <b>04:15</b> | 05:18 | 04:15  |             | TRIATLÓN FERROL            | F-4  | Sub 10-4  |
| 17  | 946 | CARME LORENZO TEIJEIRO         | 2016 | <b>04:26</b> | 05:32 | 04:26  |             | CLUB NATACION CEDEIRA MUE  | F-5  | Sub 10-5  |
| 18  | 921 | AINÉ GUTIÉRREZ ARES            | 2016 | <b>04:31</b> | 05:38 | 04:31  |             | CLUB FERROL ATLETISMO      | F-6  | Sub 10-6  |
| 19  | 925 | ÁLEX RAMÍREZ MOMÁN             | 2016 | <b>04:38</b> | 05:47 | 04:38  |             |                            | M-13 | Sub 10-13 |
| 20  | 950 | DANIEL CHAMOSA LEÓN            | 2016 | <b>04:38</b> | 05:47 | 04:38  | DCL161216   | CLUB FERROL ATLETISMO      | M-14 | Sub 10-14 |
| 21  | 884 | NOA FEAL CARREGAL              | 2015 | <b>04:40</b> | 05:50 | 04:40  |             |                            | F-7  | Sub 10-7  |
| 22  | 943 | MARÍA MENÉNDEZ POZO            | 2016 | <b>04:44</b> | 05:55 | 04:44  |             | RIA FERROL-CONCEPCION AREI | F-8  | Sub 10-8  |
| 23  | 940 | OLALLA CALVO PAZ               | 2016 | <b>04:44</b> | 05:55 | 04:44  | AG19720     | ATLETISMO NARON            | F-9  | Sub 10-9  |
| 24  | 915 | NOA LOPEZ FERNANDEZ            | 2015 | <b>04:56</b> | 06:10 | 04:56  |             |                            | F-10 | Sub 10-10 |
| 25  | 751 | GABRIELA GALLEGU WIELBOWICZ    | 2015 | <b>05:06</b> | 06:22 | 05:06  |             | RIA FERROL-CONCEPCION AREI | F-11 | Sub 10-11 |
| 26  | 931 | SOFÍA REY LÓPEZ                | 2016 | <b>05:08</b> | 06:25 | 05:08  |             | RIA FERROL-CONCEPCION AREI | F-12 | Sub 10-12 |
| 27  | 910 | JOSÉ CARRO DÍAZ                | 2015 | <b>05:23</b> | 06:43 | 05:23  | JCD260715   | CLUB NATACION CEDEIRA MUE  | M-15 | Sub 10-15 |
| 28  | 928 | ANTÍA OLIVEIRA ÁLVAREZ         | 2016 | <b>05:32</b> | 06:55 | 05:32  | AOA040516   |                            | F-13 | Sub 10-13 |

**Llegados: 28**

|            |     |                      |      |  |  |  |  |                 |   |        |
|------------|-----|----------------------|------|--|--|--|--|-----------------|---|--------|
| <b>DNF</b> | 924 | MARIO FERNÁNDEZ PENA | 2016 |  |  |  |  | ATLETISMO NARON | M | Sub 10 |
|------------|-----|----------------------|------|--|--|--|--|-----------------|---|--------|

**Abandonos: 1**
**SUB 8**
**10:30**

| PTO | DOR  | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                       | SEXO | CATEGORÍA |
|-----|------|-------------------------------|------|--------------|-------|--------|-----------|-----------------------------|------|-----------|
| 1   | 1004 | PABLO CASTELEIRO              | 2017 | <b>00:47</b> | 03:55 | 00:47  |           |                             | M-1  | Sub 8-1   |
| 2   | 1023 | JIMENA CAL MENDEZ             | 2017 | <b>00:49</b> | 04:05 | 00:49  | AG20048   | CLUB FERROL ATLETISMO       | F-1  | Sub 8-1   |
| 3   | 1007 | IKER SILVA PARAMA             | 2017 | <b>00:49</b> | 04:05 | 00:49  |           | ATLETISMO CUNTIS (ADM)      | M-2  | Sub 8-2   |
| 4   | 1032 | AITOR PIÑEIRO MELENDEZ        | 2018 | <b>00:50</b> | 04:10 | 00:50  |           |                             | M-3  | Sub 8-3   |
| 5   | 1002 | ROSALÍA CID REBOLLO           | 2017 | <b>00:51</b> | 04:15 | 00:51  |           | A.D. FOGAR                  | F-2  | Sub 8-2   |
| 6   | 1016 | CANDELA MARTINEZ-RAPOSO DE AY | 2017 | <b>00:53</b> | 04:25 | 00:53  |           |                             | F-3  | Sub 8-3   |
| 7   | 1037 | DIEGO RODRIGUEZ REINOSO       | 2018 | <b>00:54</b> | 04:30 | 00:54  |           |                             | M-4  | Sub 8-4   |
| 8   | 1046 | EZEQUIEL OTERO MENDEZ         | 2018 | <b>00:55</b> | 04:35 | 00:55  |           | RIA FERROL-CONCEPCION AREI  | M-5  | Sub 8-5   |
| 9   | 1017 | ÁNGEL MERA BASANTA            | 2017 | <b>00:55</b> | 04:35 | 00:55  |           | CLUB NATACION CEDEIRA MUE   | M-6  | Sub 8-6   |
| 10  | 1005 | IRIS BREIJO FUNCASTA          | 2017 | <b>00:55</b> | 04:35 | 00:55  |           |                             | F-4  | Sub 8-4   |
| 11  | 1030 | LOLA PEDRE LÓPEZ              | 2018 | <b>00:57</b> | 04:45 | 00:57  |           | RIA FERROL-CONCEPCION AREI  | F-5  | Sub 8-5   |
| 12  | 1019 | ANTÓN SÁNCHEZ SÁNCHEZ         | 2017 | <b>00:59</b> | 04:55 | 00:58  | AG20070   | CLUB FERROL ATLETISMO       | M-7  | Sub 8-7   |
| 13  | 1026 | ENZO COUCEIRO GONZALEZ        | 2018 | <b>00:59</b> | 04:55 | 00:59  |           |                             | M-8  | Sub 8-8   |
| 14  | 1059 | ARITZ DOPICO ANEIROS          | 2019 | <b>00:59</b> | 04:55 | 00:58  |           |                             | M-9  | Sub 8-9   |
| 15  | 1056 | NICO LAMA DOPICO              | 2019 | <b>00:59</b> | 04:55 | 00:57  |           |                             | M-10 | Sub 8-10  |
| 16  | 1063 | MARINA MARTINEZ-RAPOSO DE AYM | 2019 | <b>00:59</b> | 04:55 | 00:59  |           |                             | F-6  | Sub 8-6   |
| 17  | 1028 | MATEO RODRÍGUEZ RAMA          | 2018 | <b>01:01</b> | 05:05 | 01:01  |           |                             | M-11 | Sub 8-11  |
| 18  | 1038 | ALIN JAIR BULAI ORTIZ         | 2018 | <b>01:01</b> | 05:05 | 01:01  |           | COLEGIO MERCEDARIAS         | M-12 | Sub 8-12  |
| 19  | 1003 | ISMAEL DÍAZ NODAR             | 2017 | <b>01:01</b> | 05:05 | 01:00  | 32927211C | CLUB NATACION CEDEIRA MUE   | M-13 | Sub 8-13  |
| 20  | 1051 | RAÚL RAMA GONZÁLEZ            | 2018 | <b>01:02</b> | 05:10 | 01:02  |           | ATLETISMO NARON             | M-14 | Sub 8-14  |
| 21  | 1040 | FABIO FREIRE COSTA            | 2018 | <b>01:02</b> | 05:10 | 01:02  |           |                             | M-15 | Sub 8-15  |
| 22  | 1044 | LÍA SIXTO FERNÁNDEZ           | 2018 | <b>01:02</b> | 05:10 | 01:02  |           | A.D. NAUTICO NARÓN          | F-7  | Sub 8-7   |
| 23  | 1029 | SARA FREIRE RODRIGUEZ         | 2018 | <b>01:03</b> | 05:15 | 01:03  |           | CLUB ATLETISMO RIA DE FERRC | F-8  | Sub 8-8   |

**RESULTADOS OFICIAIS**
**SUB 8**
**10:30**

| PTO | DOR  | NOME                         | ANO  | TEMPO        | RITMO | T.NETO | LICENZA | CLUBE                      | SEXO | CATEGORÍA |
|-----|------|------------------------------|------|--------------|-------|--------|---------|----------------------------|------|-----------|
| 24  | 1049 | ANDRÉS TSAI REY              | 2018 | <b>01:06</b> | 05:30 | 01:06  |         |                            | M-16 | Sub 8-16  |
| 25  | 1052 | HÉCTOR EDUARDO QUISPE QUISPE | 2018 | <b>01:09</b> | 05:45 | 01:08  |         |                            | M-17 | Sub 8-17  |
| 26  | 1041 | NORA FREIRE PIÑEIRO          | 2018 | <b>01:10</b> | 05:50 | 01:10  |         | RIA FERROL-CONCEPCION AREI | F-9  | Sub 8-9   |
| 27  | 1034 | MARIO BENASACH LÓPEZ         | 2018 | <b>01:10</b> | 05:50 | 01:08  |         |                            | M-18 | Sub 8-18  |
| 28  | 1042 | MAEL FERREIRA MONTERO        | 2018 | <b>01:14</b> | 06:10 | 01:11  |         |                            | M-19 | Sub 8-19  |
| 29  | 1043 | ENZO MATÍAS PEREIRA QUERALES | 2018 | <b>01:14</b> | 06:10 | 01:14  |         |                            | M-20 | Sub 8-20  |
| 30  | 1070 | CARLOS BENASACH LÓPEZ        | 2019 | <b>01:15</b> | 06:15 | 01:15  |         |                            | M-21 | Sub 8-21  |
| 31  | 1010 | DAIRA CASTRO CASTRO          | 2017 | <b>01:18</b> | 06:30 | 01:17  |         |                            | F-10 | Sub 8-10  |
| 32  | 1068 | ROI FERNÁNDEZ                | 2019 | <b>01:19</b> | 06:35 | 01:15  |         |                            | M-22 | Sub 8-22  |
| 33  | 1069 | CLAUDIA FERNÁNDEZ RÍVAS      | 2019 | <b>01:20</b> | 06:40 | 01:19  |         | A.D. NAUTICO NARÓN         | F-11 | Sub 8-11  |
| 34  | 1054 | ANTÍA FIDALGO DÍAZ           | 2018 | <b>01:23</b> | 06:55 | 01:22  |         |                            | F-12 | Sub 8-12  |

**Llegados: 34**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                           | ANO  | TEMPO        | RITMO | T.NETO | LICENZA      | CLUBE                      | SEXO | CATEGORÍA   |
|-----|-----|--------------------------------|------|--------------|-------|--------|--------------|----------------------------|------|-------------|
| 1   | 674 | JUAN REJAS GABEIRAS            | 2000 | <b>32:15</b> | 03:13 | 32:15  |              | TRIATLON FERROL            | M-1  | Senior-1    |
| 2   | 694 | ALEJANDRO RODRÍGUEZ RILO       | 2004 | <b>32:45</b> | 03:16 | 32:45  |              | TRIATLÓN FERROL            | M-2  | Sub 23-1    |
| 3   | 567 | JONATHAN FERNÁNDEZ RÍOS        | 1988 | <b>32:56</b> | 03:17 | 32:56  |              | CERVECERÍA O LAGAR NEDA    | M-3  | Máster A-1  |
| 4   | 652 | MARCOS RUIZ BRAGE              | 1998 | <b>33:10</b> | 03:19 | 33:10  |              | TRIATLÓN FERROL            | M-4  | Senior-2    |
| 5   | 675 | ELOY BREGOÁN VILLANUEVA RICO   | 2000 | <b>33:11</b> | 03:19 | 33:11  |              | A.D. NAUTICO NARÓN         | M-5  | Senior-3    |
| 6   | 520 | ANTONINO MÉNDEZ SÁNCHEZ        | 1984 | <b>33:13</b> | 03:19 | 33:13  | GA1161       | CLUB DALLE GAS RUNNING TE/ | M-6  | Máster A-2  |
| 7   | 689 | HUGO PRIDA LOBELOS             | 2003 | <b>33:14</b> | 03:19 | 33:14  |              |                            | M-7  | Sub 23-2    |
| 8   | 526 | RAFA POUPARIÑA CASTRO          | 1985 | <b>33:23</b> | 03:20 | 33:23  |              | PASA OU ENTORNA            | M-8  | Máster A-3  |
| 9   | 464 | FERNANDO LORENZO PÉREZ         | 1981 | <b>33:28</b> | 03:20 | 33:28  | AG4122       | PASA OU ENTORNA            | M-9  | Máster B-1  |
| 10  | 602 | ALEJANDRO ROCA RIVERA          | 1992 | <b>33:55</b> | 03:23 | 33:55  |              |                            | M-10 | Senior-4    |
| 11  | 584 | JUAN CARLOS CORTIZAS BAÑOBRE   | 1990 | <b>34:08</b> | 03:24 | 34:08  |              | CLUBE ATLETISMO FENE       | M-11 | Senior-5    |
| 12  | 432 | DANIEL MARTÍNEZ RIVERA         | 1979 | <b>34:20</b> | 03:26 | 34:20  |              |                            | M-12 | Máster B-2  |
| 13  | 548 | AITOR FRANCO BOUZA             | 1986 | <b>34:26</b> | 03:26 | 34:26  |              | TRIEUME AS PONTES CLUB     | M-13 | Máster A-4  |
| 14  | 283 | BRUNO GARCIA CERDEIRAS         | 1972 | <b>34:28</b> | 03:26 | 34:28  | T AG 2018883 | ATLETAS DE ACEA DE AMA     | M-14 | Máster C-1  |
| 15  | 186 | JOSE SUÁREZ LEIS               | 1963 | <b>34:38</b> | 03:27 | 34:38  | A G_776580   | SOCIEDAD DEPORTIVA COMPO   | M-15 | Máster D-1  |
| 16  | 538 | BRUNO RIADIGOS PIÑEIRO         | 1986 | <b>34:57</b> | 03:29 | 34:57  | TGAL521      | NOSPORTLIMIT               | M-16 | Máster A-5  |
| 17  | 408 | AGUSTIN P. HERMIDA RODRÍGUEZ   | 1978 | <b>35:13</b> | 03:31 | 35:13  |              |                            | M-17 | Máster B-3  |
| 18  | 499 | JUAN CARLOS VAZQUEZ GRELA      | 1983 | <b>35:18</b> | 03:31 | 35:18  | TGAL534      | NOSPORTLIMIT               | M-18 | Máster A-6  |
| 19  | 687 | CARLOS BARBOSA KEPKA           | 2002 | <b>35:21</b> | 03:32 | 35:21  | GA1184       | CLUB FERROL ATLETISMO      | M-19 | Sub 23-3    |
| 20  | 312 | CARLOS ÁLVAREZ PAREDES         | 1973 | <b>35:23</b> | 03:32 | 35:23  | TGAL513      | NOSPORTLIMIT               | M-20 | Máster C-2  |
| 21  | 702 | HUGO SERANTES BOUZA            | 2006 | <b>35:24</b> | 03:32 | 35:24  | AG2024227    |                            | M-21 | Sub 20-1    |
| 22  | 623 | PASTOR ADRIAN POSE REGUEIRO    | 1994 | <b>35:26</b> | 03:32 | 35:26  | 54153644     | CIDADE DE LUGO FLUVIAL     | M-22 | Senior-6    |
| 23  | 527 | DIEGO RUIZ BREIJO              | 1985 | <b>35:34</b> | 03:33 | 35:34  |              |                            | M-23 | Máster A-7  |
| 24  | 291 | JUAN CARLOS GONZÁLEZ OROZCO    | 1972 | <b>35:43</b> | 03:34 | 35:43  |              |                            | M-24 | Máster C-3  |
| 25  | 396 | OSCAR FERNANDEZ OTERO          | 1978 | <b>35:51</b> | 03:35 | 35:51  | AG18400      | CLUB FERROL ATLETISMO      | M-25 | Máster B-4  |
| 26  | 325 | JOSE ANGEL LOPEZ VILLAR        | 1974 | <b>36:04</b> | 03:36 | 36:04  | GA-19395     | EGOVARROS DE VIVEIRO       | M-26 | Máster B-5  |
| 27  | 593 | MARTÍN BELLAS GÓMEZ            | 1991 | <b>36:06</b> | 03:36 | 36:06  |              |                            | M-27 | Senior-7    |
| 28  | 506 | LUIS RILO GONZALEZ VALLES      | 1983 | <b>36:06</b> | 03:36 | 36:06  |              | TRIATLON FERROL            | M-28 | Máster A-8  |
| 29  | 583 | ARTURO PAZ GÓMEZ               | 1990 | <b>36:08</b> | 03:36 | 36:08  |              | ATLETAS DE ACEA DE AMA     | M-29 | Senior-8    |
| 30  | 507 | ADRIÁN CONDE FRAGA             | 1983 | <b>36:14</b> | 03:37 | 36:14  |              |                            | M-30 | Máster A-9  |
| 31  | 216 | FERNANDO HOYOS SILVA           | 1967 | <b>36:24</b> | 03:38 | 36:24  |              | CLUB DEPORTIVO PINARIUM    | M-31 | Máster C-4  |
| 32  | 701 | HUGO GOIRIZ BRAÑAS             | 2006 | <b>36:24</b> | 03:38 | 36:24  |              | TRIATLÓN FERROL            | M-32 | Sub 20-2    |
| 33  | 469 | JOSÉ LUIS GONZÁLEZ NÚÑEZ       | 1981 | <b>36:25</b> | 03:38 | 36:25  |              |                            | M-33 | Máster B-6  |
| 34  | 625 | EDGAR MOURELLE DOMINGUEZ       | 1994 | <b>36:27</b> | 03:38 | 36:27  |              | PASA OU ENTORNA            | M-34 | Senior-9    |
| 35  | 299 | ELADIO JOSÉ MOURIÑO CARBALLIDC | 1973 | <b>36:32</b> | 03:39 | 36:03  |              |                            | M-35 | Máster C-5  |
| 36  | 256 | MARCELO VASQUES CORTES         | 1971 | <b>36:32</b> | 03:39 | 36:11  |              |                            | M-36 | Máster C-6  |
| 37  | 511 | PABLO PIÑEIRO                  | 1984 | <b>36:40</b> | 03:40 | 36:40  |              |                            | M-37 | Máster A-10 |
| 38  | 444 | MARIO LÓPEZ PAZ                | 1980 | <b>36:41</b> | 03:40 | 36:41  |              | TRIATLÓN FERROL            | M-38 | Máster B-7  |
| 39  | 621 | ÁNGEL MANUEL BUGALLO LÓPEZ     | 1994 | <b>36:45</b> | 03:40 | 36:45  |              |                            | M-39 | Senior-10   |
| 40  | 575 | DAVID LÓPEZ FILGUEIRA          | 1990 | <b>36:47</b> | 03:40 | 36:47  |              |                            | M-40 | Senior-11   |
| 41  | 650 | PABLO PEDROSA PAZ              | 1997 | <b>37:12</b> | 03:43 | 37:12  |              | TRIATLON FERROL            | M-41 | Senior-12   |
| 42  | 315 | DAVID JOSÉ PENEDO DIAZ         | 1974 | <b>37:45</b> | 03:46 | 37:45  | TGAL300      | OPA FERROL TEAM RUNNING    | M-42 | Máster B-8  |
| 43  | 410 | ÓSCAR MANUEL COUTO PÉREZ       | 1978 | <b>37:45</b> | 03:46 | 37:45  |              |                            | M-43 | Máster B-9  |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                       | SEXO  | CATEGORÍA   |
|-----|-----|-------------------------------|------|--------------|-------|--------|-----------|-----------------------------|-------|-------------|
| 44  | 439 | DIEGO SALGADO CARTELLE        | 1980 | <b>37:47</b> | 03:46 | 37:47  |           |                             | M-44  | Máster B-10 |
| 45  | 346 | ROBERTO CARLOS GONZÁLEZ CINZA | 1975 | <b>37:51</b> | 03:47 | 37:51  |           | CLUB CASTRO DE LOBADIZ      | M-45  | Máster B-11 |
| 46  | 343 | MARCOS CANEIRO CANEIRO        | 1975 | <b>37:58</b> | 03:47 | 37:58  |           | TRIATLÓN FERROL             | M-46  | Máster B-12 |
| 47  | 700 | JOEL NOVOA GAYOSO             | 2006 | <b>38:00</b> | 03:48 | 38:00  | GA1068    | CLUB FERROL ATLETISMO       | M-47  | Sub 20-3    |
| 48  | 280 | CHEMA ERAÑA CABALLERO         | 1972 | <b>38:05</b> | 03:48 | 38:05  | TGAL296   | OPA FERROL TEAM RUNNING     | M-48  | Máster C-7  |
| 49  | 544 | DAMIAN ARAUJO PEREZ           | 1986 | <b>38:08</b> | 03:48 | 38:08  | AG17949   |                             | M-49  | Máster A-11 |
| 50  | 651 | MIGUEL GARCIA MARTIN          | 1998 | <b>38:17</b> | 03:49 | 38:17  |           |                             | M-50  | Senior-13   |
| 51  | 434 | DAVID MARTÍNEZ MILLÁN         | 1979 | <b>38:21</b> | 03:50 | 38:21  |           |                             | M-51  | Máster B-13 |
| 52  | 364 | DIEGO PÉREZ SOTO              | 1976 | <b>38:23</b> | 03:50 | 38:23  |           |                             | M-52  | Máster B-14 |
| 53  | 619 | JOSE LUIS GONZALEZ BARRETO    | 1993 | <b>38:26</b> | 03:50 | 38:26  |           |                             | M-53  | Senior-14   |
| 54  | 655 | MANUEL SUÁREZ SÁNCHEZ         | 1998 | <b>38:30</b> | 03:51 | 38:30  |           |                             | M-54  | Senior-15   |
| 55  | 266 | JULIÁN PÉREZ DURÁN            | 1971 | <b>38:32</b> | 03:51 | 38:32  |           | SIGUEME SI PUEDES           | M-55  | Máster C-8  |
| 56  | 659 | LUIS DÍAZ SARDIÑA             | 1998 | <b>38:44</b> | 03:52 | 38:44  |           |                             | M-56  | Senior-16   |
| 57  | 547 | BRUNO OTERO PEREZ             | 1986 | <b>38:46</b> | 03:52 | 38:46  |           |                             | M-57  | Máster A-12 |
| 58  | 579 | PEDRO MACÍA RIVAS             | 1990 | <b>38:47</b> | 03:52 | 38:47  |           |                             | M-58  | Senior-17   |
| 59  | 421 | MANUEL ÁNGEL CASAL PENA       | 1979 | <b>38:52</b> | 03:53 | 38:52  |           | ESCOLA ATLETISMO PAULA MA   | M-59  | Máster B-15 |
| 60  | 478 | ANDRÉS GABRIEL PIZARRO VARELA | 1982 | <b>38:55</b> | 03:53 | 38:55  | 509       | NOSPORTLIMIT                | M-60  | Máster B-16 |
| 61  | 628 | JUAN CARLOS LÓPEZ HIDALGO     | 1995 | <b>38:56</b> | 03:53 | 38:56  |           | CLUB ATLETISMO LEBRIJA      | M-61  | Senior-18   |
| 62  | 253 | CARLOS BOUZA PIÑERO           | 1971 | <b>38:58</b> | 03:53 | 38:58  |           |                             | M-62  | Máster C-9  |
| 63  | 128 | SARA GUERRERO MANSO           | 1997 | <b>39:00</b> | 03:54 | 39:00  | GA17279   | A.D. NAUTICO NARÓN          | F-1   | Senior-1    |
| 64  | 135 | RAQUEL ALZAGA CRIADO          | 2002 | <b>39:00</b> | 03:54 | 39:00  |           | A.D. NAUTICO NARÓN          | F-2   | Sub 23-1    |
| 65  | 412 | JOSE MARTINEZ DOPAZO          | 1978 | <b>39:02</b> | 03:54 | 39:02  |           |                             | M-63  | Máster B-17 |
| 66  | 669 | FRAN GALINDO                  | 1999 | <b>39:11</b> | 03:55 | 39:11  |           |                             | M-64  | Senior-19   |
| 67  | 246 | ANDRÉS PIÑÓN LOUREIRO         | 1970 | <b>39:21</b> | 03:56 | 39:21  | GA19860   |                             | M-65  | Máster C-10 |
| 68  | 458 | ALDO REGUEIRA MARTINEZ        | 1980 | <b>39:25</b> | 03:56 | 39:25  |           |                             | M-66  | Máster B-18 |
| 69  | 680 | JUAN RODRÍGUEZ PÉREZ          | 2002 | <b>39:33</b> | 03:57 | 39:33  | 71038545D |                             | M-67  | Sub 23-4    |
| 70  | 61  | HELENA PEÑAS GONZÁLEZ         | 1981 | <b>39:38</b> | 03:57 | 39:38  | TGAL375   | OPA FERROL TEAM RUNNING     | F-3   | Máster B-1  |
| 71  | 691 | ABDELLAH HACHEM               | 2003 | <b>39:39</b> | 03:57 | 39:39  |           |                             | M-68  | Sub 23-5    |
| 72  | 415 | JOSE SAEZ                     | 1979 | <b>39:42</b> | 03:58 | 39:42  |           |                             | M-69  | Máster B-19 |
| 73  | 436 | DAVID GÓMEZ AGRAS             | 1979 | <b>39:44</b> | 03:58 | 39:44  |           |                             | M-70  | Máster B-20 |
| 74  | 337 | ANTONIO JOSÉ CASTRO AREA      | 1975 | <b>39:45</b> | 03:58 | 39:45  |           |                             | M-71  | Máster B-21 |
| 75  | 413 | RAÚL BARBEITO GESTAL          | 1979 | <b>39:45</b> | 03:58 | 39:45  |           | NOSPORTLIMIT                | M-72  | Máster B-22 |
| 76  | 418 | JAVIER VILAR MARTÍNEZ         | 1979 | <b>39:48</b> | 03:58 | 39:48  |           | ESCOLA DE ATLETISMO PAULA   | M-73  | Máster B-23 |
| 77  | 279 | NICOLAS SEDES DOCE            | 1972 | <b>39:49</b> | 03:58 | 39:49  |           |                             | M-74  | Máster C-11 |
| 78  | 685 | PABLO BASTARDIN MARMOLEJO     | 2002 | <b>39:49</b> | 03:58 | 39:49  |           | TRAILRUNNER                 | M-75  | Sub 23-6    |
| 79  | 629 | NACHO MOREIRA SILVA           | 1995 | <b>39:52</b> | 03:59 | 39:52  |           |                             | M-76  | Senior-20   |
| 80  | 365 | CARLOS LEMA PORTEIRO          | 1976 | <b>39:55</b> | 03:59 | 39:55  |           |                             | M-77  | Máster B-24 |
| 81  | 580 | HECTOR DUARTE BOUZAS          | 1990 | <b>40:03</b> | 04:00 | 40:03  |           |                             | M-78  | Senior-21   |
| 82  | 510 | ENRIQUE BLANCO GUILLÉN        | 1983 | <b>40:06</b> | 04:00 | 40:06  |           |                             | M-79  | Máster A-13 |
| 83  | 634 | SERGIO BARREIRO GONZÁLEZ      | 1995 | <b>40:10</b> | 04:01 | 40:10  |           | A.D. NAUTICO NARÓN          | M-80  | Senior-22   |
| 84  | 391 | JOSÉ MANUEL CASÁS CASÁS       | 1978 | <b>40:17</b> | 04:01 | 40:17  |           |                             | M-81  | Máster B-25 |
| 85  | 600 | TOM RODRÍGUEZ GONZÁLEZ        | 1991 | <b>40:18</b> | 04:01 | 40:18  |           | TRIATLÓN FERROL             | M-82  | Senior-23   |
| 86  | 239 | MANUEL VAZQUEZ RAMOS          | 1970 | <b>40:19</b> | 04:01 | 40:19  | AG2024664 | CLUBE DE ATLETISMO VERXEL N | M-83  | Máster C-12 |
| 87  | 238 | JOSÉ ANTONIO NOYA PÉREZ       | 1970 | <b>40:27</b> | 04:02 | 40:27  | AG2019228 | ATLETISMO FONTES DO SAR     | M-84  | Máster C-13 |
| 88  | 455 | FIFTY LÓPEZ FERNÁNDEZ         | 1980 | <b>40:32</b> | 04:03 | 40:32  | FG748     | A.D. NAUTICO NARÓN          | M-85  | Máster B-26 |
| 89  | 284 | FRANCISCO TORRADO ARES        | 1972 | <b>40:39</b> | 04:03 | 40:12  |           |                             | M-86  | Máster C-14 |
| 90  | 200 | LUIS ÁNGEL ALVARIÑO VEIGA     | 1965 | <b>40:42</b> | 04:04 | 40:42  |           |                             | M-87  | Máster C-15 |
| 91  | 192 | JOSE MARIA PEREZ VARELA       | 1964 | <b>40:43</b> | 04:04 | 40:43  |           |                             | M-88  | Máster C-16 |
| 92  | 424 | JOSÉ ANTONIO ALVITE FERNÁNDEZ | 1979 | <b>40:47</b> | 04:04 | 40:47  | 33349503  |                             | M-89  | Máster B-27 |
| 93  | 372 | RAFAEL CARRASCO DEL POZO      | 1977 | <b>40:47</b> | 04:04 | 40:47  |           |                             | M-90  | Máster B-28 |
| 94  | 339 | JUAN JOSE VIEITES PONTE       | 1975 | <b>40:50</b> | 04:05 | 40:50  |           | SIGUEME SI PUEDES           | M-91  | Máster B-29 |
| 95  | 449 | PATRICIO ASTUDILLO            | 1980 | <b>40:51</b> | 04:05 | 40:51  |           | SEMOS OU NON?!              | M-92  | Máster B-30 |
| 96  | 453 | RAFA MARTINEZ                 | 1980 | <b>40:51</b> | 04:05 | 40:51  |           | SIGUEME SI PUEDES           | M-93  | Máster B-31 |
| 97  | 298 | OSCAR DIAZ FORTUNA            | 1973 | <b>40:52</b> | 04:05 | 40:52  |           |                             | M-94  | Máster C-17 |
| 98  | 206 | RAFAEL SABIO FERNÁNDEZ        | 1966 | <b>40:53</b> | 04:05 | 40:53  | TGAL130   | OS CORZOS DO ORTEGAL        | M-95  | Máster C-18 |
| 99  | 666 | MIGUEL CARREIRA PENADO        | 1999 | <b>40:54</b> | 04:05 | 40:54  |           |                             | M-96  | Senior-24   |
| 100 | 609 | JUAN MANUEL MONTERO LÓPEZ     | 1993 | <b>40:54</b> | 04:05 | 40:54  |           | CLUB ATLETISMO LUCUS CAIXA  | M-97  | Senior-25   |
| 101 | 187 | MIGUEL DÍAZ CARBALLO          | 1964 | <b>41:01</b> | 04:06 | 41:01  |           |                             | M-98  | Máster C-19 |
| 102 | 223 | FERNANDO PÉREZ HERNÁNDEZ      | 1969 | <b>41:06</b> | 04:06 | 41:06  |           |                             | M-99  | Máster C-20 |
| 103 | 236 | JUAN AMIGO FERREIRO           | 1969 | <b>41:06</b> | 04:06 | 41:06  | GA758     | SOCIEDAD DEPORTIVA COMPO    | M-100 | Máster C-21 |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                           | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                      | SEXO  | CATEGORÍA   |
|-----|-----|--------------------------------|------|--------------|-------|--------|-----------|----------------------------|-------|-------------|
| 104 | 447 | JOSÉ CHUECOS                   | 1980 | <b>41:08</b> | 04:06 | 41:08  |           | PASA OU ENTORNA            | M-101 | Máster B-32 |
| 105 | 435 | PASCUAL FERNÁNDEZ ALBORNOS     | 1979 | <b>41:10</b> | 04:07 | 41:10  |           |                            | M-102 | Máster B-33 |
| 106 | 431 | DANIEL JOVE MARTINEZ           | 1979 | <b>41:13</b> | 04:07 | 41:13  |           |                            | M-103 | Máster B-34 |
| 107 | 261 | BERTO BAZ RODRIGUEZ            | 1971 | <b>41:13</b> | 04:07 | 41:13  |           | SIGUEME SI PUEDES          | M-104 | Máster C-22 |
| 108 | 585 | AGOSTIÑO REIGOSA LOMBAO        | 1990 | <b>41:14</b> | 04:07 | 41:14  |           | NOSPORTLIMIT               | M-105 | Senior-26   |
| 109 | 556 | DIEGO GÓMEZ LEGASPI            | 1987 | <b>41:20</b> | 04:08 | 41:20  |           |                            | M-106 | Máster A-14 |
| 110 | 471 | MIGUEL ÁNGEL LAGO FERNÁNDEZ    | 1981 | <b>41:22</b> | 04:08 | 41:22  |           | PASA OU ENTORNA            | M-107 | Máster B-35 |
| 111 | 400 | DAVID TEMBRÁS ALONSO           | 1978 | <b>41:23</b> | 04:08 | 41:23  |           | CLUB DALLE GAS RUNNING TEA | M-108 | Máster B-36 |
| 112 | 173 | JOSE MANUEL SEOANE CHAS        | 1962 | <b>41:25</b> | 04:08 | 41:25  |           |                            | M-109 | Máster D-2  |
| 113 | 379 | JUAN ENRIQUE RODRÍGUEZ DOMÍNGO | 1977 | <b>41:29</b> | 04:08 | 41:29  |           |                            | M-110 | Máster B-37 |
| 114 | 345 | ALVARO LÓPEZ JÁCOME            | 1975 | <b>41:36</b> | 04:09 | 41:36  |           |                            | M-111 | Máster B-38 |
| 115 | 342 | ROBERTO CID SANMARTÍN          | 1975 | <b>41:37</b> | 04:09 | 41:37  |           | CLUB TRIATLÓN CORUÑA       | M-112 | Máster B-39 |
| 116 | 558 | DIEGO BARCIA PAZ               | 1987 | <b>41:39</b> | 04:09 | 41:39  |           |                            | M-113 | Máster A-15 |
| 117 | 690 | JAVIER REGUEIRO PRADO          | 2003 | <b>41:45</b> | 04:10 | 41:45  |           |                            | M-114 | Sub 23-7    |
| 118 | 237 | JAIME RUIZ DEL GANSO           | 1969 | <b>41:47</b> | 04:10 | 41:21  |           | TRIATLÓN FERROL            | M-115 | Máster C-23 |
| 119 | 477 | MIGUEL ÁNGEL LOZANO IGLESIAS   | 1981 | <b>41:53</b> | 04:11 | 41:53  |           |                            | M-116 | Máster B-40 |
| 120 | 295 | JUANJO GOMEZ CORTES            | 1973 | <b>41:56</b> | 04:11 | 41:56  |           |                            | M-117 | Máster C-24 |
| 121 | 622 | JUAN ROMERO ROQUETTE           | 1994 | <b>42:03</b> | 04:12 | 42:03  |           |                            | M-118 | Senior-27   |
| 122 | 35  | REBECA SOTO VIÑAS              | 1976 | <b>42:09</b> | 04:12 | 42:09  | 2019794   | ATLETISMO NARON            | F-4   | Máster B-2  |
| 123 | 456 | RUBEN GONZÁLEZ VILAR           | 1980 | <b>42:13</b> | 04:13 | 42:13  |           |                            | M-119 | Máster B-41 |
| 124 | 204 | ALFONSO GARCÍA BELLO           | 1966 | <b>42:14</b> | 04:13 | 42:14  |           |                            | M-120 | Máster C-25 |
| 125 | 504 | ALEJANDRO GESTO LAGO           | 1983 | <b>42:16</b> | 04:13 | 42:16  |           |                            | M-121 | Máster A-16 |
| 126 | 466 | ALBERTO CASTELEIRO             | 1981 | <b>42:18</b> | 04:13 | 42:18  |           |                            | M-122 | Máster B-42 |
| 127 | 165 | ANTONIO GARCÍA BELLO           | 1959 | <b>42:19</b> | 04:13 | 42:19  |           | ATLETAS DE ACEA DE AMA     | M-123 | Máster D-3  |
| 128 | 512 | ALEXANDRE CAMEAN BAO           | 1984 | <b>42:22</b> | 04:14 | 42:22  |           |                            | M-124 | Máster A-17 |
| 129 | 330 | JOSE MANUEL TEIJEIRO IGLESIAS  | 1975 | <b>42:24</b> | 04:14 | 42:24  |           |                            | M-125 | Máster B-43 |
| 130 | 361 | MICHELE SPINAZZOLA             | 1976 | <b>42:29</b> | 04:14 | 42:29  |           |                            | M-126 | Máster B-44 |
| 131 | 656 | CARLOS GATO MARTÍNEZ           | 1998 | <b>42:33</b> | 04:15 | 42:10  |           |                            | M-127 | Senior-28   |
| 132 | 324 | PABLO CASAL LAMAS              | 1974 | <b>42:36</b> | 04:15 | 42:36  |           | CLUB BENI GYM SPORT        | M-128 | Máster B-45 |
| 133 | 88  | NATALIA MONTERO BOUZA          | 1988 | <b>42:36</b> | 04:15 | 42:36  |           | CLUB BENI GYM SPORT        | F-5   | Máster A-1  |
| 134 | 296 | MARCOS GALÁN PIÑEIRO           | 1973 | <b>42:37</b> | 04:15 | 42:37  |           |                            | M-129 | Máster C-26 |
| 135 | 422 | LUIZ PEDRO DE SOUZA LEITE      | 1979 | <b>42:38</b> | 04:15 | 42:17  |           |                            | M-130 | Máster B-46 |
| 136 | 164 | JOSE LUIS BOUZA FREIRE         | 1959 | <b>42:40</b> | 04:16 | 42:40  |           |                            | M-131 | Máster D-4  |
| 137 | 518 | DIEGO URÍA REY                 | 1984 | <b>42:50</b> | 04:17 | 42:50  |           | CLUB DALLE GAS RUNNING TEA | M-132 | Máster A-18 |
| 138 | 508 | MANUEL BASOA RODRIGUEZ         | 1983 | <b>42:56</b> | 04:17 | 42:56  |           | ESCOLA DE ATLETISMO PAULA  | M-133 | Máster A-19 |
| 139 | 351 | JESUS HEVIA GOMEZ              | 1975 | <b>43:01</b> | 04:18 | 43:01  |           |                            | M-134 | Máster B-47 |
| 140 | 370 | JOSÉ LUIS AMADO RODRÍGUEZ      | 1976 | <b>43:05</b> | 04:18 | 42:41  |           | CLUBE ATLETISMO FENE       | M-135 | Máster B-48 |
| 141 | 468 | LUIS MARTÍNEZ FREIRE           | 1981 | <b>43:06</b> | 04:18 | 43:06  |           | PASA OU ENTORNA            | M-136 | Máster B-49 |
| 142 | 654 | BENITO ESPINAR MORALES         | 1998 | <b>43:09</b> | 04:18 | 43:09  |           |                            | M-137 | Senior-29   |
| 143 | 450 | RUBEN LOPEZ LAGARES            | 1980 | <b>43:12</b> | 04:19 | 43:12  |           |                            | M-138 | Máster B-50 |
| 144 | 22  | MARIA ISABEL GONZÁLEZ BERMÚDEZ | 1972 | <b>43:14</b> | 04:19 | 43:14  |           | ATLETAS DE ACEA DE AMA     | F-6   | Máster C-1  |
| 145 | 353 | FERNANDO NÚÑEZ POL             | 1975 | <b>43:18</b> | 04:19 | 43:18  |           |                            | M-139 | Máster B-51 |
| 146 | 695 | YAGO DANIEL RIO PEREIRA        | 2004 | <b>43:18</b> | 04:19 | 43:18  |           |                            | M-140 | Sub 23-8    |
| 147 | 305 | MANUEL LEYVA IGLESIAS          | 1973 | <b>43:22</b> | 04:20 | 43:22  |           |                            | M-141 | Máster C-27 |
| 148 | 697 | RODRIGO FERNANDEZ PENA         | 2005 | <b>43:27</b> | 04:20 | 43:27  |           |                            | M-142 | Sub 20-4    |
| 149 | 483 | CHRISTIAN RAMOS GONZALEZ       | 1982 | <b>43:27</b> | 04:20 | 43:27  |           |                            | M-143 | Máster B-52 |
| 150 | 630 | ADRIÁN BOUZA DÍAZ              | 1995 | <b>43:33</b> | 04:21 | 43:33  |           |                            | M-144 | Senior-30   |
| 151 | 591 | FRANCISCO MARÍN JIMÉNEZ        | 1991 | <b>43:36</b> | 04:21 | 43:36  |           |                            | M-145 | Senior-31   |
| 152 | 193 | ALBERTO FEAL                   | 1965 | <b>43:38</b> | 04:21 | 43:38  |           |                            | M-146 | Máster C-28 |
| 153 | 271 | JUAN CARLOS GILDA RODRIGUEZ    | 1971 | <b>43:42</b> | 04:22 | 43:42  | TGAL303   |                            | M-147 | Máster C-29 |
| 154 | 429 | JAVIER LÓPEZ VILA              | 1979 | <b>43:44</b> | 04:22 | 43:44  |           |                            | M-148 | Máster B-53 |
| 155 | 205 | JESÚS VÁZQUEZ GARCÍA           | 1966 | <b>43:45</b> | 04:22 | 43:45  |           | ATLETAS DE ACEA DE AMA     | M-149 | Máster C-30 |
| 156 | 319 | JUAN CARLOS CAMBEIRO BLANCO    | 1974 | <b>43:46</b> | 04:22 | 43:46  | AG15027   | A.D.OLIMPIA                | M-150 | Máster B-54 |
| 157 | 369 | JULIO SERANTES CASTRO          | 1976 | <b>43:47</b> | 04:22 | 43:47  |           | CLUB DALLE GAS RUNNING TEA | M-151 | Máster B-55 |
| 158 | 441 | MIGUEL GRUEIRO MENDEZ          | 1980 | <b>43:48</b> | 04:22 | 43:48  |           |                            | M-152 | Máster B-56 |
| 159 | 392 | VÍCTOR MANUEL VILAR REINA      | 1978 | <b>43:52</b> | 04:23 | 43:52  |           | AD NÁUTICO NARON           | M-153 | Máster B-57 |
| 160 | 54  | ISA CABANAS CAMPELO            | 1979 | <b>43:54</b> | 04:23 | 43:54  | TRIATHLON | ATLETAS DE ACEA DE AMA     | F-7   | Máster B-3  |
| 161 | 497 | MARCOS CASTRO CABEZA           | 1983 | <b>43:56</b> | 04:23 | 43:56  |           | ATLETAS DE ACEA DE AMA     | M-154 | Máster A-20 |
| 162 | 535 | LUIS ALBERTO PEREZ QUIJADA     | 1985 | <b>43:57</b> | 04:23 | 43:57  |           |                            | M-155 | Máster A-21 |
| 163 | 294 | PABLO RODRIGUEZ ALVAREZ        | 1972 | <b>43:57</b> | 04:23 | 43:57  |           |                            | M-156 | Máster C-31 |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                         | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE                      | SEXO  | CATEGORÍA   |
|-----|-----|------------------------------|------|--------------|-------|--------|----------|----------------------------|-------|-------------|
| 164 | 270 | JUAN ALBERTO SÁNCHEZ RAMÓN   | 1971 | <b>44:00</b> | 04:24 | 44:00  |          | SIGUEME SI PUEDES          | M-157 | Máster C-32 |
| 165 | 157 | JOSE ANGEL PITA TORRES       | 1957 | <b>44:04</b> | 04:24 | 44:04  | GA9392   | INDEPENDIENTE              | M-158 | Máster D-5  |
| 166 | 665 | JOSÉ MANUEL VEGA FAJARDO     | 1999 | <b>44:11</b> | 04:25 | 44:11  |          |                            | M-159 | Senior-32   |
| 167 | 557 | ALBERTO CORRAL BAHAMONDE     | 1987 | <b>44:18</b> | 04:25 | 43:54  |          |                            | M-160 | Máster A-22 |
| 168 | 626 | CARLOS CAJAMARCA RIVERA      | 1994 | <b>44:18</b> | 04:25 | 44:18  |          |                            | M-161 | Senior-33   |
| 169 | 150 | JOSE VARELA MARTÍNEZ         | 1953 | <b>44:19</b> | 04:25 | 44:19  |          |                            | M-162 | Máster D-6  |
| 170 | 163 | RAMÓN CASTRO CUERVO          | 1959 | <b>44:19</b> | 04:25 | 44:19  |          |                            | M-163 | Máster D-7  |
| 171 | 642 | ALEJANDRO ALÉ FERNÁNDEZ      | 1996 | <b>44:24</b> | 04:26 | 44:24  |          | UNION ATLETICA SAN FERNAN  | M-164 | Senior-34   |
| 172 | 423 | ADOLFO GARCÍA ALONSO         | 1979 | <b>44:25</b> | 04:26 | 44:25  | TGAL-306 | CLUB DEPORTIVO INCLUSIVO E | M-165 | Máster B-58 |
| 173 | 676 | BRAHIM BEN KACEM             | 2001 | <b>44:34</b> | 04:27 | 44:34  |          |                            | M-166 | Senior-35   |
| 174 | 308 | JUAN JOSÉ RAMOS BLANCO       | 1973 | <b>44:34</b> | 04:27 | 44:34  |          | RAMBLER RUNNER             | M-167 | Máster C-33 |
| 175 | 398 | DANIEL YAÑEZ LOPEZ           | 1978 | <b>44:39</b> | 04:27 | 44:39  |          |                            | M-168 | Máster B-59 |
| 176 | 433 | ÓSCAR VIDAL RODRÍGUEZ        | 1979 | <b>44:44</b> | 04:28 | 44:44  |          |                            | M-169 | Máster B-60 |
| 177 | 658 | ALEJANDRO PONCE MORADO       | 1998 | <b>44:45</b> | 04:28 | 44:25  |          |                            | M-170 | Senior-36   |
| 178 | 181 | JESUS CRIBEIRO BARCON        | 1963 | <b>44:53</b> | 04:29 | 44:53  |          |                            | M-171 | Máster D-8  |
| 179 | 356 | JOSE LUIS GARCIA RODRIGUEZ   | 1976 | <b>44:54</b> | 04:29 | 44:54  |          | CLUB ATLETISMO SADA        | M-172 | Máster B-61 |
| 180 | 612 | FERNANDO BOUZA FERNÁNDEZ     | 1993 | <b>45:02</b> | 04:30 | 45:02  |          |                            | M-173 | Senior-37   |
| 181 | 304 | GABI VEIGA GRAÑA             | 1973 | <b>45:05</b> | 04:30 | 44:44  |          | SIGUEME SI PUEDES          | M-174 | Máster C-34 |
| 182 | 604 | PABLO RIVERA GARCÍA          | 1992 | <b>45:08</b> | 04:30 | 45:08  |          |                            | M-175 | Senior-38   |
| 183 | 334 | PABLO SERANTES LOPEZ         | 1975 | <b>45:17</b> | 04:31 | 45:17  |          |                            | M-176 | Máster B-62 |
| 184 | 39  | SILVIA DÍEZ BERMÚDEZ         | 1977 | <b>45:19</b> | 04:31 | 44:55  | GA8998   | EGOVARROS DE VIVEIRO       | F-8   | Máster B-4  |
| 185 | 30  | LIDIA CARDAMAS FREIRE        | 1975 | <b>45:24</b> | 04:32 | 45:24  |          | OPA FERROL TEAM RUNNING    | F-9   | Máster B-5  |
| 186 | 678 | MARTÍN VILLAR LÓPEZ          | 2001 | <b>45:25</b> | 04:32 | 45:25  |          |                            | M-177 | Senior-39   |
| 187 | 92  | ADRIANA MODIA CARIDAD        | 1992 | <b>45:25</b> | 04:32 | 45:25  | GA1433   | ATLETISMO RIAZOR CORUÑA    | F-10  | Senior-2    |
| 188 | 41  | CRISTINA LOPEZ DACOSTA       | 1978 | <b>45:26</b> | 04:32 | 45:26  |          | CLUB FERROL ATLETISMO      | F-11  | Máster B-6  |
| 189 | 179 | PABLO VIDAL FERREÑO          | 1962 | <b>45:27</b> | 04:32 | 45:27  |          | BRUTANZOS TEAM             | M-178 | Máster D-9  |
| 190 | 386 | IGNACIO GONZÁLEZ PÉREZ       | 1978 | <b>45:32</b> | 04:33 | 45:32  |          |                            | M-179 | Máster B-63 |
| 191 | 553 | JOSUE GARCIA ALVAREZ         | 1987 | <b>45:35</b> | 04:33 | 45:35  |          |                            | M-180 | Máster A-23 |
| 192 | 155 | MANUEL OUTES PAZ             | 1956 | <b>45:36</b> | 04:33 | 45:36  |          |                            | M-181 | Máster D-10 |
| 193 | 359 | RAFAEL PENA FERNANDEZ        | 1976 | <b>45:47</b> | 04:34 | 45:47  |          |                            | M-182 | Máster B-64 |
| 194 | 414 | LUIS VIÑA DOMÍNGUEZ          | 1979 | <b>45:56</b> | 04:35 | 45:56  |          |                            | M-183 | Máster B-65 |
| 195 | 581 | ABEL MAYOBRE VARELA          | 1990 | <b>46:02</b> | 04:36 | 46:02  |          |                            | M-184 | Senior-40   |
| 196 | 462 | RESTITUTO SIMÓN LAGO         | 1981 | <b>46:02</b> | 04:36 | 45:35  |          |                            | M-185 | Máster B-66 |
| 197 | 637 | LORENZO REBOLLO MATEOS       | 1996 | <b>46:03</b> | 04:36 | 46:03  |          |                            | M-186 | Senior-41   |
| 198 | 644 | SANTIAGO CUARTERO MARIÑO     | 1996 | <b>46:04</b> | 04:36 | 46:04  |          |                            | M-187 | Senior-42   |
| 199 | 380 | NOÉ TEJEIRO FERNÁNDEZ        | 1977 | <b>46:09</b> | 04:36 | 46:09  |          | NOETRAINERS FERROL         | M-188 | Máster B-67 |
| 200 | 635 | RICARDO SALAS CASAL          | 1995 | <b>46:09</b> | 04:36 | 46:09  |          |                            | M-189 | Senior-43   |
| 201 | 292 | ALBERTO CHAMORRO DIAZ        | 1972 | <b>46:10</b> | 04:37 | 45:48  |          |                            | M-190 | Máster C-35 |
| 202 | 446 | DIEGO DIAZ RODRIGUEZ         | 1980 | <b>46:15</b> | 04:37 | 46:15  |          |                            | M-191 | Máster B-68 |
| 203 | 430 | ANGEL DE LA HUERTA FERNANDEZ | 1979 | <b>46:16</b> | 04:37 | 46:16  |          | CLUB DALLE GAS RUNNING TE/ | M-192 | Máster B-69 |
| 204 | 323 | JOSÉ MANUEL MALLO NIEVES     | 1974 | <b>46:18</b> | 04:37 | 46:18  |          | TARTARUGAS                 | M-193 | Máster B-70 |
| 205 | 166 | DIONISIO JOSÉ BUENO GARCÍA   | 1960 | <b>46:21</b> | 04:38 | 46:21  |          |                            | M-194 | Máster D-11 |
| 206 | 272 | ALBERTO PITA IGLESIAS        | 1972 | <b>46:23</b> | 04:38 | 46:23  |          |                            | M-195 | Máster C-36 |
| 207 | 78  | LAURA FELISA LÓPEZ LÓPEZ     | 1986 | <b>46:25</b> | 04:38 | 46:25  |          |                            | F-12  | Máster A-2  |
| 208 | 309 | JOSÉ PORTOMEÑE MENOYO        | 1973 | <b>46:32</b> | 04:39 | 46:32  |          | CLUB FERROL ATLETISMO      | M-196 | Máster C-37 |
| 209 | 189 | JERONIMO LOPEZ PRIETO        | 1964 | <b>46:37</b> | 04:39 | 46:37  |          | PASA OU ENTORNA            | M-197 | Máster C-38 |
| 210 | 387 | MANOLO REGUEIRO              | 1978 | <b>46:39</b> | 04:39 | 46:39  |          | PASA OU ENTORNA            | M-198 | Máster B-71 |
| 211 | 541 | DAVID COUCE RÚA              | 1986 | <b>46:42</b> | 04:40 | 46:42  |          | CLUB DALLE GAS RUNNING TE/ | M-199 | Máster A-24 |
| 212 | 543 | BORJA PICO FEAL              | 1986 | <b>46:50</b> | 04:41 | 46:50  |          | CLUB CASTRO DE LOBADIZ     | M-200 | Máster A-25 |
| 213 | 194 | MIGUEL ÁNGEL VARELA LÓPEZ    | 1965 | <b>46:50</b> | 04:41 | 46:50  |          | CLUB CASTRO DE LOBADIZ     | M-201 | Máster C-39 |
| 214 | 14  | BEGOÑA RODRÍGUEZ             | 1970 | <b>47:02</b> | 04:42 | 47:02  |          | NO SPORT LIMIT             | F-13  | Máster C-2  |
| 215 | 554 | DAVID PENEDO PEDREIRA        | 1987 | <b>47:04</b> | 04:42 | 46:29  |          |                            | M-202 | Máster A-26 |
| 216 | 437 | RAFAEL GARCÍA POUSO          | 1980 | <b>47:04</b> | 04:42 | 47:04  |          | TRAIL RUNNING GALEA SPORT  | M-203 | Máster B-72 |
| 217 | 388 | JAVIER AGENJO PORTILLO       | 1978 | <b>47:07</b> | 04:42 | 46:39  |          |                            | M-204 | Máster B-73 |
| 218 | 244 | MIGUEL VEIGA GONZÁLEZ        | 1970 | <b>47:10</b> | 04:43 | 46:45  |          | MONTEFARO TRAIL            | M-205 | Máster C-40 |
| 219 | 539 | ABEL MUÍÑO PIÑEIRO           | 1986 | <b>47:13</b> | 04:43 | 46:50  |          | CD 21 LEGUAS               | M-206 | Máster A-27 |
| 220 | 560 | ANGEL PEREZ VAZQUEZ          | 1987 | <b>47:13</b> | 04:43 | 46:50  |          | CD.21LEGUAS                | M-207 | Máster A-28 |
| 221 | 545 | DIEGO LORENZO MUÑOZ          | 1986 | <b>47:15</b> | 04:43 | 46:53  |          | OS KARAKOIS                | M-208 | Máster A-29 |
| 222 | 492 | JAIME MORADO PAREDES         | 1982 | <b>47:17</b> | 04:43 | 47:17  |          |                            | M-209 | Máster B-74 |
| 223 | 599 | MANUEL JESÚS VIRUÉS SÁNCHEZ  | 1991 | <b>47:18</b> | 04:43 | 47:18  |          |                            | M-210 | Senior-44   |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA | CLUBE                      | SEXO  | CATEGORÍA   |
|-----|-----|-------------------------------|------|-------|-------|--------|---------|----------------------------|-------|-------------|
| 224 | 5   | MARIA TERESA MARTINEZ BREIJO  | 1966 | 47:18 | 04:43 | 47:18  |         | CLUB CASTRO DE LOBADIZ     | F-14  | Máster C-3  |
| 225 | 235 | EMILIO JOSE JOVE CASTRO       | 1969 | 47:19 | 04:43 | 46:52  |         | CLUB CASTRO DE LOBADIZ     | M-211 | Máster C-41 |
| 226 | 381 | ALBERTO GOMEZ FERNANDEZ       | 1977 | 47:26 | 04:44 | 47:26  |         | A.D. NAUTICO NARÓN         | M-212 | Máster B-75 |
| 227 | 24  | BELÉN NOYA PÉREZ              | 1973 | 47:28 | 04:44 | 47:28  |         | TARTARUGAS                 | F-15  | Máster C-4  |
| 228 | 107 | PATRICIA LENDOIRO CAGIAO      | 1993 | 47:28 | 04:44 | 47:28  |         |                            | F-16  | Senior-3    |
| 229 | 485 | RAMÓN IGLESIAS REY            | 1982 | 47:33 | 04:45 | 47:33  |         |                            | M-213 | Máster B-76 |
| 230 | 297 | EDUARDO GARCIA DACOSTA        | 1973 | 47:40 | 04:46 | 47:40  |         | CLUB ATLETISMO SADA        | M-214 | Máster C-42 |
| 231 | 443 | PABLO CORDAL SÁNCHEZ          | 1980 | 47:43 | 04:46 | 47:43  |         |                            | M-215 | Máster B-77 |
| 232 | 257 | RAFAEL LANDERAS VÁZQUEZ       | 1971 | 47:45 | 04:46 | 47:45  | TGAL492 | OPA FERROL TEAM RUNNING    | M-216 | Máster C-43 |
| 233 | 495 | RAMIRO PEREZ MACIAS           | 1982 | 47:46 | 04:46 | 47:46  |         | SEMOS OU NON?!             | M-217 | Máster B-78 |
| 234 | 645 | JOSÉ LUIS MANZANARES MATESANZ | 1997 | 47:47 | 04:46 | 47:47  |         |                            | M-218 | Senior-45   |
| 235 | 349 | JOSÉ ÁNGEL VAZQUEZ FREIRE     | 1975 | 47:47 | 04:46 | 47:27  |         |                            | M-219 | Máster B-79 |
| 236 | 479 | DAVID YÁÑEZ MARTÍNEZ          | 1982 | 47:47 | 04:46 | 47:47  |         | AV2                        | M-220 | Máster B-80 |
| 237 | 90  | SOFÍA SANESTEBAN BECEIRO      | 1988 | 47:55 | 04:47 | 47:55  |         |                            | F-17  | Máster A-3  |
| 238 | 242 | CARLOS ROURA DOVAL            | 1970 | 47:56 | 04:47 | 47:35  |         |                            | M-221 | Máster C-44 |
| 239 | 248 | PABLO ORTIZ                   | 1971 | 47:57 | 04:47 | 47:35  |         |                            | M-222 | Máster C-45 |
| 240 | 397 | FERNANDO GAGO TEIJEIRA        | 1978 | 47:57 | 04:47 | 47:57  |         |                            | M-223 | Máster B-81 |
| 241 | 207 | CÉSAR PAINCEIRAS CASTRO       | 1967 | 47:58 | 04:47 | 47:28  |         |                            | M-224 | Máster C-46 |
| 242 | 243 | CARLOS LÓPEZ VILARIÑO         | 1970 | 48:06 | 04:48 | 48:06  |         |                            | M-225 | Máster C-47 |
| 243 | 653 | ALEJANDRO BARROSO ROMAN       | 1998 | 48:08 | 04:48 | 48:08  |         |                            | M-226 | Senior-46   |
| 244 | 249 | JUAN CARLOS HERMIDA MERA      | 1971 | 48:16 | 04:49 | 48:16  | AG4297  | CLUB CASTRO DE LOBADIZ     | M-227 | Máster C-48 |
| 245 | 195 | ROGELIO MANUEL PÉREZ MIÑONES  | 1965 | 48:17 | 04:49 | 48:17  |         |                            | M-228 | Máster C-49 |
| 246 | 457 | JUAN PEREIRA BÁRCENAS         | 1980 | 48:19 | 04:49 | 48:19  |         |                            | M-229 | Máster B-82 |
| 247 | 528 | MARCOS GARCÍA ÁLVAREZ         | 1985 | 48:19 | 04:49 | 48:19  |         |                            | M-230 | Máster A-30 |
| 248 | 613 | RICARDO MARTÍN                | 1993 | 48:23 | 04:50 | 48:02  |         |                            | M-231 | Senior-47   |
| 249 | 285 | ANTONIO GRANDAL FERNANDEZ     | 1972 | 48:27 | 04:50 | 48:27  |         | OPA FERROL TEAM RUNNING    | M-232 | Máster C-50 |
| 250 | 12  | NURIA BRAGE RAMOS             | 1969 | 48:30 | 04:51 | 48:30  |         | TRIATLÓN FERROL            | F-18  | Máster C-5  |
| 251 | 363 | GUILLERMO GUTIÉRREZ ESCAGEDO  | 1976 | 48:31 | 04:51 | 48:31  |         | CLUB FERROL ATLETISMO      | M-233 | Máster B-83 |
| 252 | 48  | IRIA ALDAO PRADA              | 1979 | 48:32 | 04:51 | 48:32  |         | CLUB HÉRCULES TERMARIA     | F-19  | Máster B-7  |
| 253 | 509 | JOSÉ ÁNGEL DÍAZ AGULLÓ        | 1983 | 48:38 | 04:51 | 48:38  |         | CLUB DALLE GAS RUNNING TE/ | M-234 | Máster A-31 |
| 254 | 97  | MARÍA CARRETERO RIVAS         | 1990 | 48:39 | 04:51 | 48:15  |         |                            | F-20  | Senior-4    |
| 255 | 197 | JOSÉ MANUEL DOCE FREIRE       | 1965 | 48:40 | 04:52 | 48:40  |         | CLUB CASTRO DE LOBADIZ     | M-235 | Máster C-51 |
| 256 | 69  | MARÍA CARPENTE BOSCH          | 1984 | 48:42 | 04:52 | 48:42  |         | ESCOLA DE ATLETISMO DE PAU | F-21  | Máster A-4  |
| 257 | 671 | JORGE CANDAL GONZALEZ         | 1999 | 48:42 | 04:52 | 48:42  |         | SPEEDY PARRILLADA          | M-236 | Senior-48   |
| 258 | 667 | GONZALO CORCHERO CABO         | 1999 | 48:42 | 04:52 | 48:42  |         | SPEEDY PARRILADA           | M-237 | Senior-49   |
| 259 | 27  | MARINA PELETEIRO ÁLVAREZ      | 1975 | 48:45 | 04:52 | 48:45  |         | CLUB DALLE GAS RUNNING TE/ | F-22  | Máster B-8  |
| 260 | 196 | ENRIQUE JORGE RAMA RODRÍGUEZ  | 1965 | 48:49 | 04:52 | 48:49  |         |                            | M-238 | Máster C-52 |
| 261 | 425 | CAMILO CANOSA CASTRO          | 1979 | 48:52 | 04:53 | 48:28  |         |                            | M-239 | Máster B-84 |
| 262 | 573 | JAVIER SERANTES LÓPEZ         | 1989 | 48:52 | 04:53 | 48:52  |         |                            | M-240 | Senior-50   |
| 263 | 451 | VICENTE SUÁREZ SANJUÁS        | 1980 | 48:58 | 04:53 | 48:35  |         |                            | M-241 | Máster B-85 |
| 264 | 19  | SANDRA CAGIGAO MOREDA         | 1971 | 49:02 | 04:54 | 49:02  |         | OPA FERROL TEAM RUNNING    | F-23  | Máster C-6  |
| 265 | 287 | ALVARO BARROS ARAUJO          | 1972 | 49:03 | 04:54 | 49:03  |         |                            | M-242 | Máster C-53 |
| 266 | 289 | JUAN SANTIAGO PARÍS TAJES     | 1972 | 49:11 | 04:55 | 49:11  |         |                            | M-243 | Máster C-54 |
| 267 | 67  | LAURA MÉNDEZ BELLÓN           | 1983 | 49:15 | 04:55 | 48:54  |         |                            | F-24  | Máster A-5  |
| 268 | 269 | FERNANDO MAYOBRE REY          | 1971 | 49:15 | 04:55 | 48:54  |         |                            | M-244 | Máster C-55 |
| 269 | 574 | SAMUEL RODRÍGUEZ              | 1989 | 49:17 | 04:55 | 49:17  |         |                            | M-245 | Senior-51   |
| 270 | 383 | JUAN RILO GONZÁLEZ -VALLÉS    | 1977 | 49:21 | 04:56 | 48:57  |         |                            | M-246 | Máster B-86 |
| 271 | 390 | RODOLFO FERNÁNDEZ VÁZQUEZ     | 1978 | 49:22 | 04:56 | 48:56  |         |                            | M-247 | Máster B-87 |
| 272 | 570 | CARLOS FERNANDEZ AVILA        | 1989 | 49:25 | 04:56 | 49:25  |         |                            | M-248 | Senior-52   |
| 273 | 368 | CARLOS RODRIGUEZ RODRIGUEZ    | 1976 | 49:30 | 04:57 | 49:30  |         |                            | M-249 | Máster B-88 |
| 274 | 152 | MANUEL ANTONIO RODRIGUEZ PRAI | 1954 | 49:47 | 04:58 | 49:47  |         |                            | M-250 | Máster D-12 |
| 275 | 683 | DANIEL VIDAL GONZÁLEZ         | 2002 | 49:47 | 04:58 | 49:47  |         |                            | M-251 | Sub 23-9    |
| 276 | 461 | IAGO SEIJO RAMOS              | 1981 | 49:49 | 04:58 | 49:26  |         |                            | M-252 | Máster B-89 |
| 277 | 360 | CARLOS RUIZ SEIJO             | 1976 | 49:50 | 04:59 | 49:50  |         |                            | M-253 | Máster B-90 |
| 278 | 618 | ALBERTO TRIJUEQUE SÁNCHEZ     | 1993 | 49:50 | 04:59 | 49:50  |         |                            | M-254 | Senior-53   |
| 279 | 371 | JUAN CARLOS DE LA VIÑA PITA   | 1976 | 49:53 | 04:59 | 49:29  | AG11296 | XABARÍS ÁRTABROS           | M-255 | Máster B-91 |
| 280 | 231 | GUILLERMO LAGO BREIJO         | 1969 | 49:54 | 04:59 | 49:54  |         | CLUBE ATLETISMO FENE       | M-256 | Máster C-56 |
| 281 | 438 | MANEL LOPEZ TEIJEIRO          | 1980 | 49:54 | 04:59 | 49:20  |         |                            | M-257 | Máster B-92 |
| 282 | 362 | MOISES RATEIRA BASANTA        | 1976 | 49:55 | 04:59 | 49:34  |         | SEMOS OU NON?!             | M-258 | Máster B-93 |
| 283 | 31  | VIRGINIA TORRES CARBALLAL     | 1975 | 49:55 | 04:59 | 49:35  |         | SEMOS OU NON?!             | F-25  | Máster B-9  |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA    | CLUBE                      | SEXO  | CATEGORÍA    |
|-----|-----|-------------------------------|------|--------------|-------|--------|------------|----------------------------|-------|--------------|
| 284 | 307 | JESÚS GAREA ARES              | 1973 | <b>49:56</b> | 04:59 | 49:34  |            |                            | M-259 | Máster C-57  |
| 285 | 476 | DAVID CAINZOS CAGIAO          | 1981 | <b>50:01</b> | 05:00 | 49:40  |            | SEMOS OU NON?!             | M-260 | Máster B-94  |
| 286 | 496 | IVÁN CERNADAS                 | 1983 | <b>50:03</b> | 05:00 | 50:03  |            | CLUB DEPORTIVO PINARIUM    | M-261 | Máster A-32  |
| 287 | 6   | ANA MARIA MACEIRAS            | 1966 | <b>50:08</b> | 05:00 | 50:08  |            |                            | F-26  | Máster C-7   |
| 288 | 174 | JAIME ROCA AVILA              | 1962 | <b>50:08</b> | 05:00 | 50:08  |            |                            | M-262 | Máster D-13  |
| 289 | 373 | ROBERTO FOJO DOPICO           | 1977 | <b>50:10</b> | 05:01 | 49:45  |            |                            | M-263 | Máster B-95  |
| 290 | 684 | BORJA DÍAZ FONTENLA           | 2002 | <b>50:13</b> | 05:01 | 49:46  |            |                            | M-264 | Sub 23-10    |
| 291 | 640 | AITOR FERNÁNDEZ GARCÍA        | 1996 | <b>50:13</b> | 05:01 | 49:47  |            |                            | M-265 | Senior-54    |
| 292 | 442 | MOSTAFA RESSAMI HACHEM        | 1980 | <b>50:14</b> | 05:01 | 50:14  |            |                            | M-266 | Máster B-96  |
| 293 | 551 | RODRIGO CAJAMARCA             | 1987 | <b>50:15</b> | 05:01 | 50:15  |            |                            | M-267 | Máster A-33  |
| 294 | 273 | FRANCISCO RODRÍGUEZ PEREIRA   | 1972 | <b>50:29</b> | 05:02 | 49:58  |            |                            | M-268 | Máster C-58  |
| 295 | 673 | ALEJANDRO PÉREZ TORRES        | 2000 | <b>50:30</b> | 05:03 | 50:30  |            |                            | M-269 | Senior-55    |
| 296 | 639 | KEVIN GARRI CAMPELLO          | 1996 | <b>50:30</b> | 05:03 | 50:30  |            |                            | M-270 | Senior-56    |
| 297 | 45  | SEILA BLANCO VARELA           | 1978 | <b>50:39</b> | 05:03 | 50:39  |            |                            | F-27  | Máster B-10  |
| 298 | 172 | ANDRÉS GONZÁLEZ GARCÍA        | 1961 | <b>50:43</b> | 05:04 | 50:20  |            | CLUB CASTRO DE LOBADIZ     | M-271 | Máster D-14  |
| 299 | 117 | SOFIA BARRANTES NIEBLA        | 1994 | <b>50:46</b> | 05:04 | 50:46  |            |                            | F-28  | Senior-5     |
| 300 | 1   | M. MANUELA GUIASOLA ESCUDERC  | 1960 | <b>50:54</b> | 05:05 | 50:54  |            |                            | F-29  | Máster D-1   |
| 301 | 153 | EMILIO TORAL ROMERO           | 1955 | <b>50:55</b> | 05:05 | 50:55  |            |                            | M-272 | Máster D-15  |
| 302 | 338 | PABLO LIÑARES LOPEZ           | 1975 | <b>51:01</b> | 05:06 | 50:30  |            |                            | M-273 | Máster B-97  |
| 303 | 161 | XOAN LOPEZ ESTRAVIZ           | 1958 | <b>51:02</b> | 05:06 | 51:02  |            | CLUBE ATLETISMO FENE       | M-274 | Máster D-16  |
| 304 | 217 | PABLO VAL GUERREIRO           | 1968 | <b>51:08</b> | 05:06 | 51:08  |            |                            | M-275 | Máster C-59  |
| 305 | 406 | GABRIEL ANGEL GARCÍA LÓPEZ    | 1978 | <b>51:10</b> | 05:07 | 51:10  |            | OPA FERROL TEAM RUNNING    | M-276 | Máster B-98  |
| 306 | 121 | ANDREA CORES CANCELA          | 1995 | <b>51:15</b> | 05:07 | 51:15  | AG 18569   | SOCIEDAD DEPORTIVA COMPO   | F-30  | Senior-6     |
| 307 | 633 | MANUEL ALEJANDRO JIMÉNEZ SUÁR | 1995 | <b>51:16</b> | 05:07 | 51:16  |            |                            | M-277 | Senior-57    |
| 308 | 201 | JUAN CARLOS LANDEIRA BRAGE    | 1965 | <b>51:20</b> | 05:08 | 50:55  |            | CD 21LEGUAS                | M-278 | Máster C-60  |
| 309 | 465 | XOÁN TOJEIRO FERNÁNDEZ        | 1981 | <b>51:39</b> | 05:09 | 51:16  |            |                            | M-279 | Máster B-99  |
| 310 | 395 | DIEGO MARTÍN ARES             | 1978 | <b>51:44</b> | 05:10 | 51:20  |            |                            | M-280 | Máster B-100 |
| 311 | 182 | JOSÉ ALFONSO LÓPEZ VÁZQUEZ    | 1963 | <b>51:58</b> | 05:11 | 51:58  |            | CLUB CASTRO DE LOBADIZ     | M-281 | Máster D-17  |
| 312 | 329 | PABLO SANJURJO POVEDA         | 1974 | <b>52:01</b> | 05:12 | 51:34  |            |                            | M-282 | Máster B-101 |
| 313 | 225 | LUIS MANUEL GRANDE CASADO     | 1969 | <b>52:06</b> | 05:12 | 52:06  |            | CLUB DALLE GAS RUNNING TEA | M-283 | Máster C-61  |
| 314 | 326 | CARLOS CASTRO RODRÍGUEZ       | 1974 | <b>52:07</b> | 05:12 | 52:07  |            |                            | M-284 | Máster B-102 |
| 315 | 500 | JUAN PABLO PIDAL LÓPEZ        | 1983 | <b>52:12</b> | 05:13 | 51:46  |            |                            | M-285 | Máster A-34  |
| 316 | 29  | SONIA MAURIZ PEREIRA          | 1975 | <b>52:14</b> | 05:13 | 51:52  | 32676428Y  | C.D 21 LEGUAS              | F-31  | Máster B-11  |
| 317 | 403 | RUBEN CAINZOS RODRIGUEZ       | 1978 | <b>52:19</b> | 05:13 | 51:49  |            |                            | M-286 | Máster B-103 |
| 318 | 178 | JUANMA VILAR                  | 1962 | <b>52:19</b> | 05:13 | 51:55  |            |                            | M-287 | Máster D-18  |
| 319 | 519 | JAVIER PASTOR DÍAZ MOSQUERA   | 1984 | <b>52:20</b> | 05:14 | 52:20  | 2022781    | NOITEBRA F.C.              | M-288 | Máster A-35  |
| 320 | 158 | JOSÉ MANUEL DOPICO SOTO       | 1957 | <b>52:21</b> | 05:14 | 52:21  | AG 2020205 | EGOVARROS DE VIVEIRO       | M-289 | Máster D-19  |
| 321 | 487 | JOSÉ MANUEL CAEIRO LOPEZ      | 1982 | <b>52:21</b> | 05:14 | 51:53  |            |                            | M-290 | Máster B-104 |
| 322 | 154 | XESÚS ANXO LÓPEZ PINTOS       | 1955 | <b>52:21</b> | 05:14 | 51:58  |            | PASA OU ENTORNA            | M-291 | Máster D-20  |
| 323 | 610 | NOEL ARMAS LOSADA             | 1993 | <b>52:24</b> | 05:14 | 52:24  |            |                            | M-292 | Senior-58    |
| 324 | 3   | BEGOÑA MARTÍNEZ PAZ           | 1964 | <b>52:38</b> | 05:15 | 52:38  |            |                            | F-32  | Máster C-8   |
| 325 | 331 | JOSE LUIS GARROTE RAMIL       | 1975 | <b>52:43</b> | 05:16 | 52:14  | 32675706   |                            | M-293 | Máster B-105 |
| 326 | 303 | JAVIER TEIJEIRO GONZÁLEZ      | 1973 | <b>52:44</b> | 05:16 | 52:16  |            |                            | M-294 | Máster C-62  |
| 327 | 219 | SANTIAGO SANTALLA LOURIDO     | 1968 | <b>52:45</b> | 05:16 | 52:19  |            |                            | M-295 | Máster C-63  |
| 328 | 209 | LUC HAASNOOT                  | 1967 | <b>52:50</b> | 05:17 | 52:50  |            | BEER RUNNERS FERROL        | M-296 | Máster C-64  |
| 329 | 129 | SOFÍA BARCIA MEJÍA            | 1998 | <b>52:59</b> | 05:17 | 52:59  |            |                            | F-33  | Senior-7     |
| 330 | 57  | SILVIA VAZQUEZ MONTERO        | 1980 | <b>53:00</b> | 05:18 | 53:00  |            | ESCOLA ATLETISMO PAULA MA  | F-34  | Máster B-12  |
| 331 | 220 | ROBERTO SANJUÁN SÁNCHEZ       | 1968 | <b>53:02</b> | 05:18 | 53:02  |            | ESCOLA DE ATLETISMO PAULA  | M-297 | Máster C-65  |
| 332 | 47  | ALMUDENA PANTIN LOPEZ         | 1978 | <b>53:04</b> | 05:18 | 52:37  |            |                            | F-35  | Máster B-13  |
| 333 | 84  | NATALIA GÓMEZ COUTO           | 1987 | <b>53:05</b> | 05:18 | 52:38  |            |                            | F-36  | Máster A-6   |
| 334 | 98  | MARÍA SOUTO PRIETO            | 1991 | <b>53:14</b> | 05:19 | 53:14  |            |                            | F-37  | Senior-8     |
| 335 | 149 | JOSÉ MANUEL PREGO LÓPEZ       | 1952 | <b>53:16</b> | 05:19 | 53:16  |            |                            | M-298 | Máster D-21  |
| 336 | 268 | JOSÉ MANUEL BLANCO NOVO       | 1971 | <b>53:18</b> | 05:19 | 53:18  | AG15021    | ASOCIACION DEPORTIVA OLIMI | M-299 | Máster C-66  |
| 337 | 26  | MARÍA RILO FRANCO             | 1974 | <b>53:20</b> | 05:20 | 53:20  |            |                            | F-38  | Máster B-14  |
| 338 | 62  | NIDIA GONZÁLEZ                | 1981 | <b>53:21</b> | 05:20 | 53:21  |            | MONTE BREAMO               | F-39  | Máster B-15  |
| 339 | 36  | VANESA SÁNCHEZ FILGUEIRA      | 1976 | <b>53:25</b> | 05:20 | 53:25  |            | CLUB BENI GYM SPORT        | F-40  | Máster B-16  |
| 340 | 352 | JOSE A VILARIÑO PITA          | 1975 | <b>53:25</b> | 05:20 | 53:25  |            |                            | M-300 | Máster B-106 |
| 341 | 407 | ROMÁN ABELLA BOUZA            | 1978 | <b>53:27</b> | 05:20 | 53:27  |            |                            | M-301 | Máster B-107 |
| 342 | 631 | DANIEL LUCENA CORTES          | 1995 | <b>53:28</b> | 05:20 | 53:28  |            |                            | M-302 | Senior-59    |
| 343 | 540 | ALBERTO VASCÓS SERANTES       | 1986 | <b>53:28</b> | 05:20 | 53:06  |            |                            | M-303 | Máster A-36  |



**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                      | SEXO  | CATEGORÍA    |
|-----|-----|-------------------------------|------|--------------|-------|--------|-----------|----------------------------|-------|--------------|
| 344 | 188 | LUIS ARMADA CASÁS             | 1964 | <b>53:35</b> | 05:21 | 53:35  |           |                            | M-304 | Máster C-67  |
| 345 | 428 | DAVID AREA VILACHA            | 1979 | <b>53:45</b> | 05:22 | 53:23  | AG18429   | CLUB ATLETISMO SANTIAGO    | M-305 | Máster B-108 |
| 346 | 354 | JOSE ANTONIO SERANTES VARELA  | 1976 | <b>53:50</b> | 05:23 | 53:50  |           | OPA FERROL TEAM RUNNING    | M-306 | Máster B-109 |
| 347 | 58  | SUSANA CARTELLE LOUREIRO      | 1981 | <b>53:51</b> | 05:23 | 53:51  |           |                            | F-41  | Máster B-17  |
| 348 | 367 | FRAN GUILLÁN                  | 1976 | <b>53:52</b> | 05:23 | 53:22  |           |                            | M-307 | Máster B-110 |
| 349 | 378 | MARCOS LEMA RODRIGUEZ         | 1977 | <b>53:57</b> | 05:23 | 53:57  |           | CLUB DALLE GAS RUNNING TEA | M-308 | Máster B-111 |
| 350 | 169 | JOSE LOPEZ ANEIROS            | 1961 | <b>53:59</b> | 05:23 | 53:59  |           |                            | M-309 | Máster D-22  |
| 351 | 168 | JOSE MIGUEL PRADERA SANCHEZ   | 1960 | <b>54:04</b> | 05:24 | 54:04  |           |                            | M-310 | Máster D-23  |
| 352 | 63  | ROCIO VILCHEZ SIMO            | 1982 | <b>54:05</b> | 05:24 | 54:05  |           |                            | F-42  | Máster B-18  |
| 353 | 218 | JAVIER CARNEIRO PÉREZ         | 1968 | <b>54:06</b> | 05:24 | 53:42  |           |                            | M-311 | Máster C-68  |
| 354 | 564 | PABLO GARCÍA MARTÍNEZ         | 1988 | <b>54:10</b> | 05:25 | 53:43  |           |                            | M-312 | Máster A-37  |
| 355 | 399 | PABLO RIERA FERNÁNDEZ         | 1978 | <b>54:12</b> | 05:25 | 54:12  |           |                            | M-313 | Máster B-112 |
| 356 | 100 | GEMA FERNÁNDEZ MORENO         | 1992 | <b>54:24</b> | 05:26 | 54:24  |           |                            | F-43  | Senior-9     |
| 357 | 123 | ANA MATEOS GONZALEZ           | 1996 | <b>54:29</b> | 05:26 | 54:29  |           |                            | F-44  | Senior-10    |
| 358 | 96  | PAULA ARIAS RODRÍGUEZ         | 1990 | <b>54:30</b> | 05:27 | 54:30  |           |                            | F-45  | Senior-11    |
| 359 | 607 | JOSE CARLOS BEY RUIZ          | 1992 | <b>54:30</b> | 05:27 | 54:30  |           |                            | M-314 | Senior-60    |
| 360 | 140 | AROJA TEJEIRO SEVILLA         | 2005 | <b>54:33</b> | 05:27 | 54:33  |           | NOETRAINERS FERROL         | F-46  | Sub 20-1     |
| 361 | 42  | BEATRIZ SANTIAGO YÁÑEZ        | 1978 | <b>54:36</b> | 05:27 | 54:36  | AG12480   | ATLETISMO NARON            | F-47  | Máster B-19  |
| 362 | 56  | ANTIA CORTIZAS LEIRA          | 1980 | <b>54:38</b> | 05:27 | 54:38  |           |                            | F-48  | Máster B-20  |
| 363 | 221 | ALFONSO TAJUELO GIL           | 1968 | <b>54:39</b> | 05:27 | 54:08  |           |                            | M-315 | Máster C-69  |
| 364 | 374 | MARTÍN REY CUBERO             | 1977 | <b>54:40</b> | 05:28 | 54:12  |           |                            | M-316 | Máster B-113 |
| 365 | 108 | ALBA TAJUELO FERRER           | 1993 | <b>54:40</b> | 05:28 | 54:10  |           |                            | F-49  | Senior-12    |
| 366 | 2   | SILVIA SÁNCHEZ BASCOY         | 1962 | <b>54:44</b> | 05:28 | 54:44  |           |                            | F-50  | Máster D-2   |
| 367 | 254 | IÑIGO DE MOLINÍ LASCASAS      | 1971 | <b>54:49</b> | 05:28 | 54:21  |           |                            | M-317 | Máster C-70  |
| 368 | 33  | RITA YÁÑEZ PITA               | 1975 | <b>54:49</b> | 05:28 | 54:49  |           |                            | F-51  | Máster B-21  |
| 369 | 162 | JESUS MATIAS DOMINGUEZ GOMEZ  | 1959 | <b>54:52</b> | 05:29 | 54:19  |           |                            | M-318 | Máster D-24  |
| 370 | 147 | CELERINO PEDREIRA RODRÍGUEZ   | 1950 | <b>54:52</b> | 05:29 | 54:22  | AG2022916 | CLUB ATLETISMO LOURENZA    | M-319 | Máster D-25  |
| 371 | 142 | CARMEN PENA GARCÍA            | 2006 | <b>55:01</b> | 05:30 | 55:01  |           |                            | F-52  | Sub 20-2     |
| 372 | 282 | JOSE MANUEL PENA SALIDO       | 1972 | <b>55:01</b> | 05:30 | 55:01  |           | OSEIXOFOREVER              | M-320 | Máster C-71  |
| 373 | 65  | BARBARA PEREZ-LORENTE         | 1983 | <b>55:02</b> | 05:30 | 55:02  |           | CLUB DALLE GAS RUNNING TEA | F-53  | Máster A-7   |
| 374 | 122 | BLANCA MARTINEZ JUNQUERA      | 1995 | <b>55:13</b> | 05:31 | 54:45  |           |                            | F-54  | Senior-13    |
| 375 | 588 | JOAQUÍN PAZOS PADILLA         | 1990 | <b>55:13</b> | 05:31 | 55:13  |           |                            | M-321 | Senior-61    |
| 376 | 320 | PEDRO JOSE BARO VILLA         | 1974 | <b>55:16</b> | 05:31 | 55:16  |           |                            | M-322 | Máster B-114 |
| 377 | 321 | MIGUEL ÁNGEL BARO VILLA       | 1974 | <b>55:17</b> | 05:31 | 55:17  |           |                            | M-323 | Máster B-115 |
| 378 | 648 | ANXO TAJUELO FERRER           | 1997 | <b>55:27</b> | 05:32 | 54:56  |           |                            | M-324 | Senior-62    |
| 379 | 649 | MANUEL GONZÁLEZ DE CANALES M  | 1997 | <b>55:27</b> | 05:32 | 54:57  |           |                            | M-325 | Senior-63    |
| 380 | 17  | MARÍA JOSE LÓPEZ SILVA        | 1971 | <b>55:27</b> | 05:32 | 55:27  |           |                            | F-55  | Máster C-9   |
| 381 | 276 | JAVIER ARNOSO DIAZ            | 1972 | <b>55:28</b> | 05:32 | 55:28  |           |                            | M-326 | Máster C-72  |
| 382 | 232 | FRANCISCO ALONSO CUEVAS       | 1969 | <b>55:33</b> | 05:33 | 55:33  | AG 764081 | C.A.R. MARISQUEIRO         | M-327 | Máster C-73  |
| 383 | 15  | MERCEDES MARGARETO NOYA       | 1971 | <b>55:33</b> | 05:33 | 55:10  |           | C.D 21 LEGUAS              | F-56  | Máster C-10  |
| 384 | 301 | JOSÉ JULIO DÍAZ LAFUENTE      | 1973 | <b>55:37</b> | 05:33 | 55:08  |           |                            | M-328 | Máster C-74  |
| 385 | 318 | ALFONSO GONZÁLEZ PENDÁS       | 1974 | <b>55:49</b> | 05:34 | 55:49  | AG17143   | ATLETISMO NARON            | M-329 | Máster B-116 |
| 386 | 159 | MANUEL ZAPATA PAZOS           | 1957 | <b>55:50</b> | 05:35 | 55:22  |           |                            | M-330 | Máster D-26  |
| 387 | 241 | JOSE MARIA RIVA MOAR          | 1970 | <b>56:00</b> | 05:36 | 55:33  |           |                            | M-331 | Máster C-75  |
| 388 | 394 | CÉSAR THEMUDO GODAY           | 1978 | <b>56:01</b> | 05:36 | 55:32  |           |                            | M-332 | Máster B-117 |
| 389 | 171 | ANTONIO SOUTO REGO            | 1961 | <b>56:06</b> | 05:36 | 55:43  |           |                            | M-333 | Máster D-27  |
| 390 | 213 | JOSÉ MARÍA AMADO BOUZA        | 1967 | <b>56:20</b> | 05:38 | 55:56  |           | ATLETAS DE ACEA DE AMA     | M-334 | Máster C-76  |
| 391 | 350 | JESÚS MARÍA GARCÍA BLANCO     | 1975 | <b>56:22</b> | 05:38 | 55:51  |           |                            | M-335 | Máster B-118 |
| 392 | 160 | JOSÉ MANUEL DEL TORO MINGUEZ  | 1957 | <b>56:37</b> | 05:39 | 56:37  |           | CLUB CASTRO DE LOBADIZ     | M-336 | Máster D-28  |
| 393 | 148 | ALBERTO CALVO FERNÁNDEZ       | 1950 | <b>56:39</b> | 05:39 | 56:39  |           | CLUB CASTRO DE LOBADIZ     | M-337 | Máster D-29  |
| 394 | 229 | SANTIAGO BORES BERMEJO        | 1969 | <b>56:40</b> | 05:40 | 56:40  |           | CENTRAL RUNNERS            | M-338 | Máster C-77  |
| 395 | 109 | PALOMA COUTO                  | 1993 | <b>56:46</b> | 05:40 | 56:23  |           |                            | F-57  | Senior-14    |
| 396 | 127 | UXÍA CASAL BALDOMIR           | 1996 | <b>56:48</b> | 05:40 | 56:23  |           |                            | F-58  | Senior-15    |
| 397 | 355 | RUBEN VÁZQUEZ CABARCOS        | 1976 | <b>56:49</b> | 05:40 | 56:17  |           |                            | M-339 | Máster B-119 |
| 398 | 94  | MARÍA URÍA ÁLVAREZ            | 1990 | <b>56:54</b> | 05:41 | 56:54  |           |                            | F-59  | Senior-16    |
| 399 | 70  | ESTEFANÍA HERNÁNDEZ GARCÍA    | 1985 | <b>56:54</b> | 05:41 | 56:54  |           |                            | F-60  | Máster A-8   |
| 400 | 230 | ANTONIO JAVIER HERNÁNDEZ GARC | 1969 | <b>56:55</b> | 05:41 | 56:55  |           |                            | M-340 | Máster C-78  |
| 401 | 143 | ANTONIO HERNÁNDEZ BARREIRO    | 1946 | <b>56:55</b> | 05:41 | 56:55  | AG2027785 | LA MOCHILA DEL DEPORTE     | M-341 | Máster D-30  |
| 402 | 73  | REME GARCÍA                   | 1985 | <b>57:06</b> | 05:42 | 56:44  | 32710724D |                            | F-61  | Máster A-9   |
| 403 | 617 | HÉCTOR PÉREZ PÉREZ            | 1993 | <b>57:08</b> | 05:42 | 57:08  |           |                            | M-342 | Senior-64    |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                               | ANO  | TEMPO           | RITMO | T.NETO   | LICENZA | CLUBE                       | SEXO  | CATEGORÍA    |
|-----|-----|------------------------------------|------|-----------------|-------|----------|---------|-----------------------------|-------|--------------|
| 404 | 692 | JOSE LUIS FACHAL ALDREY            | 2003 | <b>57:13</b>    | 05:43 | 57:13    |         |                             | M-343 | Sub 23-11    |
| 405 | 215 | ROBERTO FIGUEROA SUÁREZ            | 1967 | <b>57:15</b>    | 05:43 | 56:45    |         |                             | M-344 | Máster C-79  |
| 406 | 358 | CARLOS MARTINEZ MARIN              | 1976 | <b>57:16</b>    | 05:43 | 56:46    |         |                             | M-345 | Máster B-120 |
| 407 | 281 | OSCAR MATE MATE                    | 1972 | <b>57:17</b>    | 05:43 | 56:45    |         |                             | M-346 | Máster C-80  |
| 408 | 137 | SARA LÓPEZ YÁÑEZ                   | 2002 | <b>57:19</b>    | 05:43 | 57:19    |         |                             | F-62  | Sub 23-2     |
| 409 | 288 | JACOBO CHAO VIEITES                | 1972 | <b>57:21</b>    | 05:44 | 56:54    |         |                             | M-347 | Máster C-81  |
| 410 | 677 | BRAIS ROCA DAPENA                  | 2001 | <b>57:50</b>    | 05:47 | 57:18    |         |                             | M-348 | Senior-65    |
| 411 | 138 | CRISTINA RODRÍGUEZ LÓPEZ           | 2002 | <b>57:51</b>    | 05:47 | 57:19    |         |                             | F-63  | Sub 23-3     |
| 412 | 275 | JOSE ÁNGEL LORENZO RIVEIRO         | 1972 | <b>57:57</b>    | 05:47 | 57:35    |         |                             | M-349 | Máster C-82  |
| 413 | 409 | LUIS MIGUEL BERMÚDEZ PENA          | 1978 | <b>57:57</b>    | 05:47 | 57:57    |         |                             | M-350 | Máster B-121 |
| 414 | 191 | JAVIER FERNÁNDEZ FRAGA             | 1964 | <b>57:59</b>    | 05:47 | 57:36    | AG20106 | CLUBE ATLETISMO BOIMORTO    | M-351 | Máster C-83  |
| 415 | 44  | AURORA YENIL VARELA CABRERA        | 1978 | <b>58:04</b>    | 05:48 | 57:42    |         |                             | F-64  | Máster B-22  |
| 416 | 167 | JUAN CARLOS MENENDEZ DOMINGO       | 1960 | <b>58:14</b>    | 05:49 | 57:42    |         |                             | M-352 | Máster D-31  |
| 417 | 72  | MARTA GARCÍA MARTÍNEZ              | 1985 | <b>58:21</b>    | 05:50 | 57:55    |         |                             | F-65  | Máster A-10  |
| 418 | 534 | ADRIÁN VILLAR FERNÁNDEZ            | 1985 | <b>58:22</b>    | 05:50 | 57:56    |         |                             | M-353 | Máster A-38  |
| 419 | 111 | EVA ALEXANDRA FERNÁNDEZ CÁMA       | 1993 | <b>58:22</b>    | 05:50 | 57:52    |         |                             | F-66  | Senior-17    |
| 420 | 203 | ANTONIO FERNÁNDEZ CARREIRA         | 1966 | <b>58:23</b>    | 05:50 | 57:54    |         |                             | M-354 | Máster C-84  |
| 421 | 385 | RICARDO SALUTREGUI DARRIBA         | 1977 | <b>58:25</b>    | 05:50 | 57:52    |         |                             | M-355 | Máster B-122 |
| 422 | 263 | CLAUDE SALUTREGUI DARRIBA          | 1971 | <b>58:26</b>    | 05:50 | 57:51    |         |                             | M-356 | Máster C-85  |
| 423 | 126 | CLAUDIA PAZ                        | 1996 | <b>58:28</b>    | 05:50 | 58:05    |         |                             | F-67  | Senior-18    |
| 424 | 91  | ISABEL ESCUDERO GONZÁLEZ           | 1989 | <b>58:29</b>    | 05:50 | 58:04    |         |                             | F-68  | Senior-19    |
| 425 | 550 | LUCAS FERREIRO VILA                | 1986 | <b>58:36</b>    | 05:51 | 58:12    |         |                             | M-357 | Máster A-39  |
| 426 | 125 | ANA GEMA FORERO BERNAL             | 1996 | <b>58:36</b>    | 05:51 | 58:36    |         |                             | F-69  | Senior-20    |
| 427 | 131 | ISABEL PIÑEIRO GONDELL             | 1999 | <b>58:38</b>    | 05:51 | 58:38    |         |                             | F-70  | Senior-21    |
| 428 | 340 | JORGE JUAN ALVAREZ CASTRILLÓN      | 1975 | <b>58:40</b>    | 05:52 | 58:40    |         | OPA FERROL TEAM RUNNING     | M-358 | Máster B-123 |
| 429 | 81  | INES ALVAREZ GOBERNADO             | 1987 | <b>58:51</b>    | 05:53 | 58:25    |         |                             | F-71  | Máster A-11  |
| 430 | 250 | ALFREDO MANUEL DOMINGUEZ VELAZQUEZ | 1971 | <b>58:56</b>    | 05:53 | 58:24    |         |                             | M-359 | Máster C-86  |
| 431 | 316 | DARIO GARCIA TRINIDAD              | 1974 | <b>59:26</b>    | 05:56 | 59:26    |         | BEER RUNNERS FERROL         | M-360 | Máster B-124 |
| 432 | 177 | JOSÉ MANUEL SÁNCHEZ LOUREDA        | 1962 | <b>59:28</b>    | 05:56 | 58:55    |         |                             | M-361 | Máster D-32  |
| 433 | 494 | ALBERTO CINZA SEOANE               | 1982 | <b>01:00:08</b> | 06:00 | 01:00:08 |         | CLUB DALLE GAS RUNNING TEAM | M-362 | Máster B-125 |
| 434 | 274 | JOACO MARTÍNEZ ROMERO              | 1972 | <b>01:00:08</b> | 06:00 | 01:00:08 |         |                             | M-363 | Máster C-87  |
| 435 | 139 | PAULA DÍAZ VARELA                  | 2005 | <b>01:00:30</b> | 06:03 | 01:00:10 |         |                             | F-72  | Sub 20-3     |
| 436 | 562 | ALEJANDRO BREIJO DA SILVA          | 1987 | <b>01:00:52</b> | 06:05 | 01:00:52 |         |                             | M-364 | Máster A-40  |
| 437 | 75  | JACQUELINE MENDES                  | 1986 | <b>01:01:04</b> | 06:06 | 01:00:37 |         |                             | F-73  | Máster A-12  |
| 438 | 411 | EDUARDO GÓMEZ RAMOS                | 1978 | <b>01:01:06</b> | 06:06 | 01:00:38 |         |                             | M-365 | Máster B-126 |
| 439 | 53  | PAZ CUERPO GARCÍA DE LOS REYES     | 1979 | <b>01:01:23</b> | 06:08 | 01:00:52 |         |                             | F-74  | Máster B-23  |
| 440 | 7   | ANA MARÍA SABÍN VILARIÑO           | 1968 | <b>01:01:41</b> | 06:10 | 01:01:16 |         | CLUB CASTRO DE LOBADIZ      | F-75  | Máster C-11  |
| 441 | 144 | JOSÉ PANTÍN LÓPEZ                  | 1946 | <b>01:03:11</b> | 06:19 | 01:03:11 | GA-628  | ATLETISMO NARON             | M-366 | Máster D-33  |
| 442 | 267 | ROBERTO DAVID GUERRERO ESPINOSA    | 1971 | <b>01:03:13</b> | 06:19 | 01:02:49 |         | PASA OU ENTORNA             | M-367 | Máster C-88  |
| 443 | 641 | SANTIAGO FERNANDEZ- COUTO ROMERO   | 1996 | <b>01:03:17</b> | 06:19 | 01:02:57 |         |                             | M-368 | Senior-66    |
| 444 | 184 | XULIAN CARLOS BREA SÁNCHEZ         | 1963 | <b>01:03:39</b> | 06:21 | 01:03:39 |         |                             | M-369 | Máster D-34  |
| 445 | 21  | CONCE NOYA MIRÁS                   | 1972 | <b>01:03:51</b> | 06:23 | 01:03:27 |         | SOCIEDAD DEPORTIVA COMPO    | F-76  | Máster C-12  |
| 446 | 25  | TERESA LÓPEZ DE LA VEGA            | 1973 | <b>01:03:56</b> | 06:23 | 01:03:26 |         |                             | F-77  | Máster C-13  |
| 447 | 293 | JOSE MANUEL CAMBA DEUS             | 1972 | <b>01:05:55</b> | 06:35 | 01:05:31 |         | SIGUEME SI PUEDES           | M-370 | Máster C-89  |
| 448 | 145 | JESUS BERNAL GOMEZ                 | 1947 | <b>01:06:24</b> | 06:38 | 01:06:24 | AG17152 |                             | M-371 | Máster D-35  |
| 449 | 74  | ANDREA PICALLO NOGUEIRA            | 1986 | <b>01:06:40</b> | 06:40 | 01:06:08 |         |                             | F-78  | Máster A-13  |
| 450 | 34  | TANIA MARTÍNEZ RAMILO              | 1976 | <b>01:07:34</b> | 06:45 | 01:07:10 |         | PASA OU ENTORNA             | F-79  | Máster B-24  |
| 451 | 486 | SERGIO RODRÍGUEZ JUSTO             | 1982 | <b>01:08:00</b> | 06:48 | 01:07:30 |         |                             | M-372 | Máster B-127 |
| 452 | 523 | ADRIAN AMADO BARRENA               | 1985 | <b>01:08:00</b> | 06:48 | 01:07:30 |         |                             | M-373 | Máster A-41  |

**Llegados: 452**
**DNF** 668 ANTONIO SOUTO PRIETO 1999 M Senior

**Abandonos: 1**
**SUB 18 E SUB 16**
**11:02**

| PTO | DOR | NOME                      | ANO  | TEMPO        | RITMO | T.NETO | LICENZA | CLUBE                 | SEXO | CATEGORÍA |
|-----|-----|---------------------------|------|--------------|-------|--------|---------|-----------------------|------|-----------|
| 1   | 705 | DIEGO GONZÁLEZ PERNAS     | 2007 | <b>06:46</b> | 03:23 | 06:45  |         | A.D. NAUTICO NARÓN    | M-1  | Sub 18-1  |
| 2   | 723 | BRAIS MARTÍNEZ MONTEAGUDO | 2010 | <b>07:31</b> | 03:45 | 07:30  | AG559   | CLUB FERROL ATLETISMO | M-2  | Sub 16-1  |

## RESULTADOS OFICIAIS

SUB 18 E SUB 16

11:02

| PTO | DOR | NOME                     | ANO  | TEMPO        | RITMO | T.NETO | LICENZA    | CLUBE                        | SEXO | CATEGORÍA |
|-----|-----|--------------------------|------|--------------|-------|--------|------------|------------------------------|------|-----------|
| 3   | 714 | DANIEL CARID GONZÁLEZ    | 2008 | <b>07:33</b> | 03:46 | 07:33  | AG2023457  | ESCOLA ATLETICA PEREIRO DE / | M-3  | Sub 18-2  |
| 4   | 706 | INÉS SERANTES BARREIRO   | 2007 | <b>07:44</b> | 03:52 | 07:43  | 32728978   | A.D. NAUTICO NARÓN           | F-1  | Sub 18-1  |
| 5   | 722 | CRISTINA MARTÍNEZ SENRA  | 2010 | <b>07:46</b> | 03:53 | 07:46  |            |                              | F-2  | Sub 16-1  |
| 6   | 716 | MARIO CUPEIRO TEMBRÁS    | 2009 | <b>08:01</b> | 04:00 | 08:01  | AG15627    | OLYMPO                       | M-4  | Sub 16-2  |
| 7   | 704 | REBECA TEJEIRO ALVAREZ   | 2007 | <b>08:09</b> | 04:04 | 08:08  | AG2020450  | A.D. NAUTICO NARÓN           | F-3  | Sub 18-2  |
| 8   | 721 | BRAIS TROITIÑO DÍAZ      | 2010 | <b>08:10</b> | 04:05 | 08:09  | AG14025    | CLUB FERROL ATLETISMO        | M-5  | Sub 16-3  |
| 9   | 707 | CRISTINA MATO DIAZ       | 2007 | <b>08:24</b> | 04:12 | 08:24  | AG 2020248 | RIA FERROL-CONCEPCION AREI   | F-4  | Sub 18-3  |
| 10  | 712 | DAVID RODRÍGUEZ MARTÍNEZ | 2008 | <b>08:25</b> | 04:12 | 08:24  |            |                              | M-6  | Sub 18-3  |
| 11  | 724 | CARMEN DÍAZ PARDAVILA    | 2010 | <b>08:56</b> | 04:28 | 08:56  | A6202849   | CLUB FERROL ATLETISMO        | F-5  | Sub 16-2  |

**Llegados: 11**