

XV CARREIRA DE O PORRIÑO 10K, O Porriño 28/04/2024

ABSOLUTA 10 KM. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 3,25	Pa. Volta 1	Km 8,25	Licenza	Club	Localidade
1	1	EL MEHDI EL NABAOUI		SUB23M-1	00:29:52	00:03:00	00:29:52	00:03:00	00:09:43	00:15:02	00:24:42	GA 765907		A ESTRADA
2	75	DAVID DE LA FUENTE		/M-1	00:31:20	00:03:08	00:31:20	00:03:08	00:09:59	00:15:36	00:25:56			MARÍN
3	5	HUGO GARCÍA SOUTO		SUB23M-2	00:31:20	00:03:08	00:31:20	00:03:08	00:09:59	00:15:35	00:25:56	GA768594	REAL CLUB CELTA DE ATLETISMO	PONTEVEDRA
4	6	MANUEL LORENZO LOPEZ		/M-2	00:31:29	00:03:09	00:31:29	00:03:09	00:09:59	00:15:35	00:25:56	AG 2017012	CLUB DEPORTIVO PINARIUM	MARÍN
5	34	ALEJANDRO MARTÍNEZ FERNÁNDEZ		VTM-1	00:31:40	00:03:10	00:31:39	00:03:10	00:09:59	00:15:36	00:26:02	L-4218	C.D RUNNINGPARATODOS	PONFERRADA
6	7	EMILIO PEREZ GROBA		VTM-2	00:31:50	00:03:11	00:31:49	00:03:11	00:10:03	00:15:42	00:26:05			TUI
7	48	JAVIER PAREDES GONZÁLEZ		VTM-3	00:32:01	00:03:13	00:32:00	00:03:12	00:10:07	00:15:49	00:26:14	GA2023504	CLUB OURENSE ATLETISMO	OURENSE
8	8	DANIEL BARGIELA ARAUJO		VTM-4	00:32:45	00:03:17	00:32:44	00:03:17	00:10:15	00:16:03	00:26:44	GA 717025	BIKILA	PONTEAREAS
9	44	JORDI CARRASCO NUÑEZ		VTM-5	00:32:53	00:03:18	00:32:52	00:03:18	00:10:27	00:16:20	00:27:02	GA83	CLUB DEPORTIVO PINARIUM	MORAÑA
10	56	ERIK WIDMARK		/M-3	00:32:59	00:03:18	00:32:58	00:03:18	00:10:36	00:16:27	00:27:09		IF MANTRA SPORT	VIGO
11	31	HUGO RODRIGUEZ GONZALEZ		VTM-6	00:33:11	00:03:20	00:33:10	00:03:19	00:10:15	00:16:08	00:27:08		BARBANTIA RODA	SANXENXO
12	51	DANIEL ESTÉVEZ PÉREZ		/M-4	00:33:18	00:03:20	00:33:16	00:03:20	00:10:41	00:16:38	00:27:24		CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	BUEU
13	2	ESTER NAVARRETE SANTANA	F-1	/F-1	00:33:18	00:03:20	00:33:18	00:03:20	00:10:41	00:16:38	00:27:24	GA-766169	CLUB ATLETISMO FEMENINO CELTA	VIGO
14	62	DANIEL PEREZ LORENZO		VTM-7	00:33:19	00:03:20	00:33:18	00:03:20	00:10:41	00:16:38	00:27:24	GA765536	REAL CLUB CELTA DE ATLETISMO	BAIONA
15	43	DAVID TRONCOSO GARRIDO		/M-5	00:33:30	00:03:21	00:33:29	00:03:21	00:10:41	00:16:38	00:27:28		CLUB DEPORTIVO DELIKIA	VIGO
16	24	XOSÉ PÉREZ BLANCO		SUB23M-3	00:34:23	00:03:27	00:34:22	00:03:27	00:10:29	00:16:41	00:28:05	AG2027391	ATLETISMO ARENTEIRO	SAN CRISTOVO DE CEA
17	47	ENRIQUE MARTÍNEZ MARTÍNEZ		/M-6	00:34:23	00:03:27	00:34:22	00:03:27	00:10:58	00:17:14	00:28:27		CLUB OURENSE ATLETISMO	VIGO
18	21	FERNANDO FERNANDEZ DOMINGUEZ		VTM-8	00:34:24	00:03:27	00:34:22	00:03:27	00:11:04	00:17:14	00:28:21	AG17403	ATLETISMO ARENTEIRO	OURENSE
19	22	VÍCTOR GARCIA GOMEZ		VTM-9	00:34:28	00:03:27	00:34:26	00:03:27	00:11:04	00:17:14	00:28:21	AG2023071	ATLETISMO ARENTEIRO	OURENSE
20	69	RICARDO FORTES MONTENEGRO		VTM-10	00:34:37	00:03:28	00:34:34	00:03:28	00:11:07	00:17:19	00:28:29		TANINOS RUNNERS PONTEAREAS	PONTEAREAS
21	18	RAFAEL FUENTES LUBIAN		VTM-11	00:34:37	00:03:28	00:34:37	00:03:28	00:11:06	00:17:20	00:28:30		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	POIO
22	26	DAVID ÁLVAREZ LORENZO		VTM-12	00:34:39	00:03:28	00:34:36	00:03:28	00:11:05	00:17:14	00:28:30		ATLETISMO PORRIÑO	PONTEAREAS
23	58	XABIER DÍAZ FERNÁNDEZ		VTM-13	00:34:41	00:03:29	00:34:39	00:03:28	00:10:58	00:17:10	00:28:26	GA-17661	LUCUS CAIXA RURAL GALEGA	LUGO
24	9	UXÍA PÉREZ BUGARÍN	F-2	/F-2	00:34:45	00:03:29	00:34:45	00:03:29	00:11:15	00:17:29	00:28:40		CLUB ATLETISMO FEMENINO CELTA	TUI
25	29	ISMAEL TÁBOAS CARRERA		/M-7	00:34:56	00:03:30	00:34:54	00:03:30	00:11:15	00:17:30	00:28:46	AG2026529	ATLETISMO PORRIÑO	SALCEDA DE CASELAS
26	28	DIEGO PEREIRO ALONSO		VTM-14	00:34:57	00:03:30	00:34:55	00:03:30	00:11:18	00:17:37	00:28:53		ATLETISMO PORRIÑO	PORRIÑO (O)
27	61	DAVID PARADA MONTOTO		VTM-15	00:35:02	00:03:31	00:34:59	00:03:30	00:11:08	00:17:24	00:28:48		MONTEPORREIRUNN	PONTEVEDRA
28	70	ROBERTO VÁZQUEZ PAVÓN		VTM-16	00:35:11	00:03:32	00:35:10	00:03:31	00:10:57	00:17:16	00:28:51		TANINOS RUNNERS PONTEAREAS	PEROXA (A)
29	15	MANUEL ENRIQUE ESTEVEZ GARCIA		VTM-17	00:35:17	00:03:32	00:35:15	00:03:32	00:11:16	00:17:30	00:28:53	T AG 2019147	ADAS-PROINOR	TUI
30	35	EMILIO MONTILLA FERNÁNDEZ		VTM-18	00:35:19	00:03:32	00:35:18	00:03:32	00:11:06	00:17:21	00:29:02		C.D. BIOSBARDO	VILA DE CRUCES
31	64	BRUNO MARTINEZ BARGIELA		VTM-19	00:35:30	00:03:33	00:35:28	00:03:33	00:11:18	00:17:37	00:29:12		RUNNERS PV	PONTEAREAS
32	55	RAMÓN TRONCOSO SOBRINO		VTM-20	00:35:31	00:03:34	00:35:29	00:03:33	00:11:19	00:17:38	00:29:12		GRUPO DEPORTIVO DELIKIA	VIGO
33	74	MIGUEL ANGEL ÁLVAREZ FERNÁNDEZ		VTM-21	00:35:36	00:03:34	00:35:35	00:03:34	00:11:14	00:17:33	00:29:04			OURENSE
34	63	JOSE VILLAR CORRRALES		/M-8	00:35:50	00:03:35	00:35:48	00:03:35	00:11:20	00:17:46	00:29:26		REAL CLUB CELTA DE ATLETISMO	VIGO
35	19	RUBEN PEREIRA CARDALDA		VTM-22	00:35:56	00:03:36	00:35:55	00:03:36	00:11:15	00:17:42	00:29:31	GA-764245	ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	GONDOMAR
36	36	IVAN SANGIAO DARRIBA		VTM-23	00:36:03	00:03:37	00:36:01	00:03:37	00:11:07	00:17:30	00:29:24	TGAL27	C.D. BIOSBARDO	RÁBADE
37	52	VITA MARTÍNEZ		/M-9	00:36:09	00:03:37	00:36:07	00:03:37	00:11:27	00:17:53	00:29:40		CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	BUEU
38	42	MARTÍN CAÑAL MOURELOS		/M-10	00:36:21	00:03:39	00:36:19	00:03:38	00:11:18	00:17:46	00:29:41		CLUB ATLETISMO TAMBRE	SANTIAGO DE COMPOSTELA
39	23	VÍCTOR LÓPEZ FERNÁNDEZ		/M-11	00:36:29	00:03:39	00:36:27	00:03:39	00:11:30	00:18:00	00:29:57	AG 14226	ATLETISMO ARENTEIRO	OURENSE
40	40	SANTIAGO PIÑEIRO GRAÑA		VTM-24	00:36:30	00:03:39	00:36:26	00:03:39	00:11:51	00:18:21	00:30:06		CLUB ATLETISMO SAMERTOLAMEU	MOAÑA
41	229	CARLOS OTERO VARELA		VTM-25	00:36:39	00:03:40	00:36:31	00:03:40	00:11:49	00:18:19	00:30:06		NOSPORTLIMIT	CARRAL
42	27	ENRIQUE MORAN GONZALEZ		VTM-26	00:36:47	00:03:41	00:36:45	00:03:41	00:11:32	00:18:06	00:30:08		ATLETISMO PORRIÑO	PORRIÑO (O)
43	46	RUBEN BREGUA CHAS		VTM-27	00:36:48	00:03:41	00:36:45	00:03:41	00:11:26	00:17:58	00:30:05		CLUB MARINEDA ATLETICO	CULLEREDO
44	135	FERNANDO POMBO FERREIRA		/M-12	00:36:52	00:03:42	00:36:48	00:03:41	00:11:46	00:18:20	00:30:20	AG11507	C.A.R. MARISQUEIRO	VIGO
45	262	JORGE ALBORES MIGUEZ		VTM-28	00:36:59	00:03:42	00:36:56	00:03:42	00:11:35	00:18:09	00:30:18			GONDOMAR
46	33	CRISTIAN VALENCIA RODRÍGUEZ		/M-13	00:37:02	00:03:43	00:36:58	00:03:42	00:11:48	00:18:21	00:30:25		C.A.R. MARISQUEIRO	VIGO
47	83	DAVID PORTO PEREZ		VTM-29	00:37:07	00:03:43	00:37:03	00:03:43	00:11:59	00:18:37	00:30:41		AC CASTELOS TRAIL CLUB	PORRIÑO (O)
48	96	MIGUEL PARCERO ESPÍÑO		VTM-30	00:37:08	00:03:43	00:37:04	00:03:43	00:11:54	00:18:33	00:30:40	AG17405	ATLETISMO ARENTERIO	SILLEDA
49	38	CARLOS GONZÁLEZ PIÑEIRO		/M-14	00:37:12	00:03:44	00:37:10	00:03:43	00:11:36	00:18:19	00:30:30		CLUB ATLETISMO CAMBADOS	SANXENXO
50	234	JESÚS CARBALLIDO MÉNDEZ		/M-15	00:37:14	00:03:44	00:37:11	00:03:44	00:11:48	00:18:20	00:30:27		RPV	PONTEAREAS
51	77	MARCOS PAZ ALVAREZ		VTM-31	00:37:16	00:03:44	00:37:14	00:03:44	00:11:42	00:18:24	00:30:41			VIGO
52	156	DARIO BERNARDEZ RODRIGUEZ		VTM-32	00:37:18	00:03:44	00:37:14	00:03:44	00:12:02	00:18:36	00:30:46		CIBUS	VIGO
53	263	ANDRÉ ALONSO		VTM-33	00:37:23	00:03:45	00:37:18	00:03:44	00:12:03	00:18:38	00:30:46			VIGO

54	65	JAVIER VILA PORTO	/M- 16	00:37:28	00:03:45	00:37:26	00:03:45	00:11:33	00:18:05	00:30:40		RUNNERS PV	PONTEAREAS	
55	161	RICARDO SANCHEZ MOREIRA	VTM- 34	00:37:33	00:03:46	00:37:28	00:03:45	00:12:04	00:18:36	00:30:59	AG17438	CIBUS	VIGO	
56	142	MÍCHEL REMIGIO LORENZO	VTM- 35	00:37:34	00:03:46	00:37:29	00:03:45	00:11:59	00:18:42	00:30:48		CABO DE PEÑAS	CARBALLIÑO (O)	
57	252	JESÚS PARDO JORGE	VTM- 36	00:37:35	00:03:46	00:37:32	00:03:46	00:12:05	00:18:44	00:30:57		TRINORTH	VIGO	
58	103	JOSE ANTONIO BURGOS REY	VTM- 37	00:37:42	00:03:47	00:37:40	00:03:46	00:12:25	00:19:09	00:31:16		ATLETISMO PORRIÑO	TOMIÑO	
59	761	ADRIÁN AIRA	/M- 17	00:37:54	00:03:48	00:37:50	00:03:47	00:11:50	00:18:32	00:30:59			VIGO	
60	68	SONIA ABAD MARTINEZ	F- 3	VTF- 1	00:37:58	00:03:48	00:37:55	00:03:48	00:12:02	00:18:44	00:31:10		TANINOS RUNNERS PONTEAREAS	MONDARIZ
61	182	ADRIÁN PREGO NOVAS	VTM- 38	00:37:58	00:03:48	00:37:54	00:03:48	00:11:50	00:18:38	00:31:07		CLUB DEPORTIVO DELIKIA	PONTEAREAS	
62	89	MANUEL ULLA REGA	VTM- 39	00:38:00	00:03:48	00:37:55	00:03:48	00:12:00	00:18:43	00:31:11		ASOCIACION DEPORTIVA CAR	REDONDELA	
63	158	ANDRÉS FERNÁNDEZ FERNÁNDEZ	VTM- 40	00:38:05	00:03:49	00:37:59	00:03:48	00:12:05	00:18:49	00:31:17		CIBUS	VIGO	
64	454	ISMAEL TEIJIZ VEIGA	VTM- 41	00:38:12	00:03:50	00:38:08	00:03:49	00:11:57	00:18:44	00:31:06			VIGO	
65	82	DAVID OUTERELO PUMARES	VTM- 42	00:38:14	00:03:50	00:38:09	00:03:49	00:12:00	00:18:47	00:31:17	76909471R	AC CASTELOS TRAIL CLUB	PORRIÑO (O)	
66	470	JORGE VELOSO LOURIDO	/M- 18	00:38:17	00:03:50	00:38:11	00:03:50	00:12:36	00:19:24	00:31:37			PORRIÑO (O)	
67	260	JOSÉ LÓPEZ MARTÍNEZ	VTM- 43	00:38:19	00:03:50	00:38:17	00:03:50	00:12:13	00:19:08	00:31:39		X-ONE	VIGO	
68	67	ALBERTO GARCIA GACIÑO	/M- 19	00:38:19	00:03:50	00:38:18	00:03:50	00:10:28	00:16:38	00:31:38		SAUDE SPORT	PORTO DO SON	
69	239	DAVID MANEIRO TORRES	VTM- 44	00:38:19	00:03:50	00:38:14	00:03:50	00:12:24	00:19:13	00:31:39		SAUDE SPORT	PORTO DO SON	
70	172	EDUARDO PINO PORTO	VTM- 45	00:38:23	00:03:51	00:38:18	00:03:50	00:12:26	00:19:16	00:31:44	76893934N	CLUB ATLETISMO PORRIÑO	MONDARIZ	
71	223	PABLO LOUREIRO MONTENEGRO	VTM- 46	00:38:24	00:03:51	00:38:13	00:03:50	00:12:03	00:18:46	00:31:35		MONTEPORREIRUNN	PONTEVEDRA	
72	392	JUNIOR NOGUEIRA FERNÁNDEZ	VTM- 47	00:38:26	00:03:51	00:38:20	00:03:50	00:12:01	00:18:46	00:31:30			SALCEDA DE CASELAS	
73	174	MANUEL FIGUEIRA PEREZ	VTM- 48	00:38:27	00:03:51	00:38:24	00:03:51	00:12:05	00:18:56	00:31:34	AG-2015895	CLUB ATLETISMO SAR	PONTECURES	
74	350	BRAIS GOLMAR GOMEZ	SUB23M- 4	00:38:29	00:03:51	00:38:22	00:03:51	00:12:06	00:18:50	00:31:36			LALÍN	
75	72	LUCAS GARCIA IGLESIAS	VTM- 49	00:38:36	00:03:52	00:38:32	00:03:52	00:12:10	00:19:00	00:31:38		TRIATLÓN VILAGARCÍA	ILLA DE AROUSA (A)	
76	445	JONATHAN SANTIAGO IRAGO	/M- 20	00:38:42	00:03:53	00:38:38	00:03:52	00:12:00	00:18:50	00:31:44			PORRIÑO (O)	
77	242	SIMON CALVIÑO CALVIÑO	VTM- 50	00:38:51	00:03:54	00:38:46	00:03:53	00:12:13	00:19:07	00:31:56		TRAILEROS TOXOS&BIRRAS	CORUÑA (A)	
78	49	UXÍA RODRÍGUEZ NEGREIRA	F- 4	/F- 3	00:38:51	00:03:54	00:38:48	00:03:53	00:12:24	00:19:15	AG201957	CLUB OURENSE ATLETISMO	OURENSE	
79	16	PATRICIA VARELA SANTISO	F- 5	/F- 4	00:38:54	00:03:54	00:38:51	00:03:54	00:12:21	00:19:15	AG2604	ASOCIACIÓN DEPORTIVA CERNE	VILA DE CRUCES	
80	180	ADRIÁN MAQUIEIRA PEREIRA	VTM- 51	00:38:59	00:03:54	00:38:56	00:03:54	00:12:16	00:19:12	00:31:52	AG19643	CLUB DEPORTIVO DELIKIA	GUARDA (A)	
81	238	JESUS MARIA SANROMAN MARCOTE	VTM- 52	00:39:02	00:03:55	00:38:57	00:03:54	00:12:30	00:19:28	00:32:17		RUNGALICIA	NIGRÁN	
82	192	ANGEL ALVAREZ PEREZ	VTM- 53	00:39:02	00:03:55	00:38:54	00:03:54	00:12:20	00:19:16	00:31:57		CORNELIOS	ROSAL (O)	
83	10	SOFIA FREAZA OTERO	F- 6	VTF- 2	00:39:03	00:03:55	00:38:59	00:03:54	00:12:16	00:19:12	00:31:59	COMESAÑA SPORTING CLUB	REDONDELA	
84	460	HECTOR TRONCOSO GOMEZ	VTM- 54	00:39:07	00:03:55	00:39:02	00:03:55	00:12:34	00:19:36	00:32:16			SALCEDA DE CASELAS	
85	147	DAVID FERREIRA LAREDO	VTM- 55	00:39:12	00:03:56	00:39:07	00:03:55	00:12:25	00:19:28	00:32:12		CASTRELOS KM.0	VIGO	
86	66	REBECA MARIÑO TORRADO	F- 7	VTF- 3	00:39:20	00:03:56	00:39:19	00:03:56	00:12:17	00:19:20	00:32:12	S.D BARBANTIA RODA	BOIRO	
87	100	JAVIER GIRALDEZ PIÑEIRO	/M- 21	00:39:22	00:03:57	00:39:19	00:03:56	00:12:18	00:19:24	00:32:16		ATLETISMO BAIONA	NIGRÁN	
88	144	SANTIAGO BERNARDEZ MACIA	VTM- 56	00:39:26	00:03:57	00:39:22	00:03:57	00:12:27	00:19:26	00:32:15		CAMPESTRE RUNNING CLUB	VIGO	
89	250	SEGUNDO NAVIA GIRALDEZ	VTM- 57	00:39:28	00:03:57	00:39:20	00:03:56	00:12:48	00:19:49	00:32:28		TRIATLON VILAGARCÍA	VILAGARCÍA DE AROUSA	
90	193	ABRAHAM SANROMAN GARCIA	VTM- 58	00:39:29	00:03:57	00:39:21	00:03:57	00:12:23	00:19:29	00:32:26	77001156P	CORNELIOS	NIGRÁN	
91	107	MOISES LORENZO ALONSO	VTM- 59	00:39:29	00:03:57	00:39:23	00:03:57	00:12:40	00:19:42	00:32:34		ATLETISMO PORRIÑO	MOS	
92	153	MOISÉS ÁLVAREZ JORGE	VTM- 60	00:39:32	00:03:58	00:39:25	00:03:57	00:12:15	00:19:16	00:32:25		CDM VÉRTICE	VEDRA	
93	81	VICTOR MANUEL CASTRO RODRIGUEZ	/M- 22	00:39:33	00:03:58	00:39:30	00:03:57	00:12:50	00:19:57	00:32:41		AC CASTELOS TRAIL CLUB	PORRIÑO (O)	
94	340	DANIEL FERNÁNDEZ PUMAR	VTM- 61	00:39:40	00:03:58	00:39:34	00:03:58	00:12:31	00:19:30	00:32:20			TUI	
95	76	MARÍA MARTÍNEZ GONZÁLEZ	F- 8	/F- 5	00:39:41	00:03:59	00:39:38	00:03:58	00:12:35	00:19:41	00:32:34			PORRIÑO (O)
96	90	ÓSCAR BERNARDEZ CARBALLO	VTM- 62	00:39:45	00:03:59	00:39:43	00:03:59	00:12:54	00:19:55	00:32:48	GA765291	ATHLETIC FISIOTERAPIA SAN LAZARO TEAM	SALVATERRA DE MIÑO	
97	17	ELÍAS SALVADOR DOMÍNGUEZ CABRAL	VTM- 63	00:39:46	00:03:59	00:39:43	00:03:59	00:12:54	00:19:55	00:32:47		ATHLETIC FISIOTERAPIA SAN LAZARO TEAM	PONTEVEDRA	
98	432	PABLO RODRÍGUEZ GARCÍA	VTM- 64	00:39:46	00:03:59	00:39:36	00:03:58	00:12:48	00:19:50	00:32:42			VIGO	
99	124	ANDRÉS GARCÍA FERNÁNDEZ-ARRUTI	VTM- 65	00:39:47	00:03:59	00:39:44	00:03:59	00:12:54	00:19:56	00:32:48		BIKILA	PONTEVEDRA	
100	173	DAVID ABAD GREGORIO	VTM- 66	00:39:48	00:03:59	00:39:41	00:03:59	00:12:47	00:19:56	00:32:56		CLUB ATLETISMO SAMERTOLAMEU	MOAÑA	
101	159	GONZALO GONZÁLEZ GONZÁLEZ	VTM- 67	00:39:54	00:04:00	00:39:47	00:03:59	00:12:55	00:20:00	00:32:55		CIBUS	VIGO	
102	251	CHRISTIAN BESADA IGLESIAS	VTM- 68	00:39:57	00:04:00	00:39:52	00:04:00	00:12:11	00:19:05	00:32:59		TRIATLÓN VILAGARCIA	ILLA DE AROUSA (A)	
103	381	DAVID MAQUIEIRA TEJEIRA	SUB23M- 5	00:39:57	00:04:00	00:39:45	00:03:59	00:12:57	00:20:10	00:33:12			PORRIÑO (O)	
104	105	JOSÉ MIGUEL FERNÁNDEZ CRUZ	VTM- 69	00:39:58	00:04:00	00:39:51	00:04:00	00:12:28	00:19:38	00:32:51		ATLETISMO PORRIÑO	SALCEDA DE CASELAS	
105	157	JOSE MANUEL CABALEIRO GARCIA	VTM- 70	00:39:59	00:04:00	00:39:52	00:04:00	00:12:51	00:19:56	00:32:49		CIBUS	VIGO	
106	286	JACOBO ARMADA DIAZ	VTM- 71	00:40:04	00:04:01	00:39:55	00:04:00	00:13:05	00:20:14	00:33:10			PONTEAREAS	
107	368	JESUS DANIEL IGLESIAS CAMPOS	VTM- 72	00:40:06	00:04:01	00:39:54	00:04:00	00:13:03	00:20:17	00:33:05			SAN CIBRAO DAS VIÑAS	
108	146	JOSE LUIS PICO PITA	VTM- 73	00:40:08	00:04:01	00:40:04	00:04:01	00:12:54	00:19:56	00:32:48		CASTRELOS 20:30	VIGO	
109	183	ANTONIO CARBALLAL GONZALEZ	VTM- 74	00:40:12	00:04:02	00:40:04	00:04:01	00:13:14	00:20:28	00:33:11		CLUB DEPORTIVO PINARIUM	MARÍN	
110	220	PEDRO AFONSO	VTM- 75	00:40:13	00:04:02	00:40:10	00:04:01	00:12:11	00:19:33	00:33:01		METAS IMPOSIBLES TRAIL TEAM	PORRIÑO (O)	
111	78	ANA PÉREZ GARCÍA-PICHER	F- 9	/F- 6	00:40:19	00:04:02	00:40:17	00:04:02	00:12:57	00:20:07	00:33:04		VIGO	

112	221	RUBÉN DARÍO GONZÁLEZ ALONSO		VTM- 76	00:40:21	00:04:03	00:40:16	00:04:02	00:12:52	00:20:06	00:33:16		METAS IMPOSIBLES TRAIL TEAM	TUI
113	395	DAVID NUNEZ CASTRO		VTM- 77	00:40:28	00:04:03	00:40:19	00:04:02	00:12:57	00:20:00	00:33:04			RIBADUMIA
114	138	TAMARA GARCÍA RODRÍGUEZ	F- 10	/F- 7	00:40:33	00:04:04	00:40:27	00:04:03	00:12:56	00:20:11	00:33:24		C.D. BIOSBARDO	DOZÓN
115	466	PABLO VAZQUEZ CORREDERA		/M- 23	00:40:34	00:04:04	00:40:28	00:04:03	00:12:32	00:19:56	00:33:24			CAMOS-NIGRAN
116	373	CARLOS LEMA PORTEIRO		VTM- 78	00:40:37	00:04:04	00:40:34	00:04:04	00:12:29	00:19:48	00:33:08			CARBALLO
117	253	BRUNO GONZÁLEZ TEJIDO		/M- 24	00:40:38	00:04:04	00:40:30	00:04:03	00:12:54	00:20:13	00:33:38		TROTACAMIÑOS RUNNING CLUB	TUI
118	14	MARTINA TASENDE ANDRADE	F- 11	VTF- 4	00:40:38	00:04:04	00:40:36	00:04:04	00:12:49	00:20:05	00:33:19		ADAS O BARCO	CARBALLO
119	345	ANTOLÍN GAGO SÁNCHEZ		VTM- 79	00:40:39	00:04:04	00:40:34	00:04:04	00:12:28	00:19:48	00:33:09			VIGO
120	333	ROGELIO DOMÍNGUEZ CUQUEJO		VTM- 80	00:40:41	00:04:05	00:40:31	00:04:04	00:13:11	00:20:29	00:33:43			RIBADAVIA
121	120	EMILIO PAZO NÚÑEZ		VTM- 81	00:40:41	00:04:05	00:40:36	00:04:04	00:12:53	00:20:01	00:33:13	A8977	ATLETISMO TUI- ACTIVAMOSTUCASA	TUI
122	344	DAVID FRAGUAS GONZALEZ		/M- 25	00:40:46	00:04:05	00:40:40	00:04:04	00:12:57	00:20:12	00:33:34			PORRIÑO (O)
123	73	MARCIAL ANIBAL BARCA ESPAÑA		VTM- 82	00:40:47	00:04:05	00:40:44	00:04:05	00:13:10	00:20:30	00:33:43	AG2027739	VOU POR LIBRE	CORISTANCO
124	32	NATALIA RIVAS SUAREZ	F- 12	VTF- 5	00:40:48	00:04:05	00:40:44	00:04:05	00:13:10	00:20:30	00:33:43	AG2027731	BATHCO	CARBALLO
125	186	FRAN SOBRAL ROSALES		VTM- 83	00:40:48	00:04:05	00:40:40	00:04:04	00:13:26	00:20:47	00:33:50		CLUB DEPORTIVO PINARIUM	MARÍN
126	11	ANA ISABEL SOUTULLO PARADELA	F- 13	VTF- 6	00:40:49	00:04:05	00:40:46	00:04:05	00:12:49	00:20:10	00:33:29		CLUB OURENSE ATLETISMO	PEREIRO DE AGUIAR (O)
127	108	JOSÉ ANTONIO MARTÍNEZ PÉREZ		VTM- 84	00:40:52	00:04:06	00:40:49	00:04:05	00:12:54	00:19:56	00:33:25		ATLETISMO PORRIÑO	PORRIÑO (O)
128	237	PABLO DÍAZ LÓPEZ		VTM- 85	00:40:55	00:04:06	00:40:51	00:04:06	00:12:31	00:19:29	00:32:48		RUNGALICIA	NIGRÁN
129	39	LETICIA BARBOSA FERNANDEZ	F- 14	/F- 8	00:40:56	00:04:06	00:40:52	00:04:06	00:12:31	00:19:29	00:32:49	GA16556	CLUB ATLETISMO FEMENINO CELTA	NIGRÁN
130	244	JOSE MANUEL MISA GOMEZ		VTM- 86	00:40:58	00:04:06	00:40:54	00:04:06	00:13:07	00:20:26	00:33:41		TRIATLÓN OUTES	BAIONA
131	411	MIGUEL PEREZ NOVÁS		VTM- 87	00:41:04	00:04:07	00:41:00	00:04:06	00:12:45	00:20:05	00:33:32			REDONDELA
132	300	ALEJANDRO CAMBRA DOMINGUEZ		VTM- 88	00:41:06	00:04:07	00:41:00	00:04:06	00:13:10	00:20:29	00:33:43			PONTEAREAS
133	354	ÓSCAR GONZÁLEZ		SUB23M- 6	00:41:11	00:04:08	00:41:03	00:04:07	00:13:17	00:20:34	00:33:58			SALCEDA DE CASELAS
134	255	DANIEL PAZ OTERO		VTM- 89	00:41:12	00:04:08	00:41:04	00:04:07	00:12:55	00:20:06	00:33:40		VETERAN@S DE GALICIA	PONTEVEDRA
135	185	MIGUEL SANTIAGO PEREIRA		VTM- 90	00:41:14	00:04:08	00:41:05	00:04:07	00:13:25	00:20:47	00:33:54		CLUB DEPORTIVO PINARIUM	MARÍN
136	54	DELIA VILLALBA BARRIOS	F- 15	VTF- 7	00:41:15	00:04:08	00:41:11	00:04:08	00:13:11	00:20:31	00:33:49		COMESAÑA SPORTING CLUB	ROSARIO
137	328	JOSÉ CARLOS DELGADO RAMOS		VTM- 91	00:41:17	00:04:08	00:41:10	00:04:07	00:12:40	00:20:11	00:33:47			PORRIÑO (O)
138	195	JUAN CARLOS CARRILLO CLARO		VTM- 92	00:41:20	00:04:08	00:41:11	00:04:08	00:13:07	00:20:24	00:33:53		CORREDORES FESTEIROS	PONTEAREAS
139	84	BELÉN BASCOY CAO	F- 16	VTF- 8	00:41:31	00:04:10	00:41:26	00:04:09	00:12:56	00:20:20	00:33:59		ADN RIAS BAIXAS	GUARDA (A)
140	246	RUBEN SIO FERNANDEZ		VTM- 93	00:41:40	00:04:10	00:41:34	00:04:10	00:12:44	00:20:13	00:34:02		TRIATLÓN PORRIÑO	PORRIÑO (O)
141	169	GONZALO MARIÑO GRANJA		/M- 26	00:41:42	00:04:11	00:41:36	00:04:10	00:12:59	00:20:21	00:34:08	GA16371	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	LALÍN
142	80	CÉSAR VÁZQUEZ MÁRQUEZ		VTM- 94	00:41:46	00:04:11	00:41:43	00:04:11	00:12:56	00:20:26	00:34:25			PONTEAREAS
143	181	RUBÉN MOLINERO MALVIDO		VTM- 95	00:41:50	00:04:11	00:41:40	00:04:10	00:13:35	00:21:23	00:34:30	CD DELIKIA	CLUB DEPORTIVO DELIKIA	VIGO
144	338	RICARDO ESTÉVEZ COSTA		VTM- 96	00:41:57	00:04:12	00:41:38	00:04:10	00:13:31	00:20:57	00:34:31			CAÑIZA (A)
145	132	LUIS BAR PEREZ		VTM- 97	00:42:01	00:04:13	00:41:54	00:04:12	00:13:05	00:20:25	00:34:11		C.A.R. MARISQUEIRO	VIGO
146	374	FRANCISCO JAVIER LEMOS BOUBETA		VTM- 98	00:42:07	00:04:13	00:42:00	00:04:12	00:13:26	00:20:57	00:34:37			MOAÑA
147	370	RUBÉN LAGO LORENZO		VTM- 99	00:42:09	00:04:13	00:41:54	00:04:12	00:13:28	00:20:52	00:34:32			MOS
148	762	M. DE LOS ANGELES DOMINGUEZ JORGE	F- 17	VTF- 9	00:42:10	00:04:13	00:42:04	00:04:13	00:13:28	00:20:57	00:34:38		ATLETISMO TUI	VIGO
149	119	RAFAEL PEREZ REGO		VTM- 100	00:42:10	00:04:13	00:42:04	00:04:13	00:13:28	00:20:57	00:34:38		ATLETISMO TUI	TUI
150	191	PEDRO ANTONIO SEVILLA SUBIELA		VTM- 101	00:42:16	00:04:14	00:42:13	00:04:14	00:13:41	00:21:18	00:34:58	GA-1135	COMESAÑA SPORTING CLUB	VIGO
151	168	EUGENIO PICHEL FERNANDEZ		VTM- 102	00:42:19	00:04:14	00:42:10	00:04:13	00:13:16	00:20:46	00:34:42		CLUB ATLETISMO BAIONA	MOS
152	3	FRAN BARROS CORDO		VTM- 103	00:42:21	00:04:15	00:42:15	00:04:14	00:13:36	00:21:06	00:34:44			VIGO
153	127	SANTIAGO ALONSO MARTINEZ		VTM- 104	00:42:27	00:04:15	00:42:11	00:04:14	00:13:55	00:21:34	00:35:13		BOXX004 VIGO	VIGO
154	188	MARINA LOSADA MIRANDA	F- 18	VTF- 10	00:42:29	00:04:15	00:42:21	00:04:15	00:13:35	00:21:06	00:34:47	TAG2017133	CLUB OURENSE ATLETISMO	OURENSE
155	450	MARCOS SOLLEIRO		VTM- 105	00:42:41	00:04:17	00:42:35	00:04:16	00:13:42	00:21:18	00:35:09			PORRIÑO (O)
156	437	SAMUEL ROMERO FERNÁNDEZ		VTM- 106	00:42:49	00:04:17	00:42:40	00:04:16	00:13:58	00:21:36	00:35:26			SANT QUIRZE DEL VALLÈS
157	170	RAUL GOMEZ BELLO		VTM- 107	00:42:51	00:04:18	00:42:40	00:04:16	00:13:25	00:21:02	00:35:04		CLUB ATLETISMO PORRIÑO	PONTEAREAS
158	194	ISMAEL CONDE IGLESIAS		/M- 27	00:42:56	00:04:18	00:42:45	00:04:17	00:13:55	00:21:37	00:35:34	AG3924	CORREDORES DO MIÑO	AMOEOIRO
159	198	PAULINO AFONSO LUIS		VTM- 108	00:42:56	00:04:18	00:42:50	00:04:17	00:12:57	00:20:33	00:35:01		CROSS VALLEY	PORRIÑO (O)
160	225	JOSE LUIS ALVAREZ VAZQUEZ		VTM- 109	00:42:59	00:04:18	00:42:52	00:04:18	00:14:01	00:21:44	00:35:33	NO	MUSKO RUNNERS OURENSE	OURENSE
161	196	MARCOS MAYO RODRIGUEZ		VTM- 110	00:43:01	00:04:19	00:42:45	00:04:17	00:14:10	00:21:47	00:35:33		CQC - CORREQUECHEGAS	VIGO
162	178	PABLO BLANCO		VTM- 111	00:43:07	00:04:19	00:42:58	00:04:18	00:13:46	00:21:33	00:35:32		CLUB DEPORTIVO DELIKIA	VIGO
163	298	VALERIANO CABEZAS VILA		VTM- 112	00:43:08	00:04:19	00:43:01	00:04:19	00:13:45	00:21:33	00:35:32			VIGO
164	93	MONICA GALLINAR FERNANDEZ	F- 19	VTF- 11	00:43:09	00:04:19	00:42:55	00:04:18	00:13:53	00:21:31	00:35:27		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO
165	160	ALBERTO LORENZO UZ		VTM- 113	00:43:14	00:04:20	00:43:06	00:04:19	00:13:40	00:21:30	00:35:33		CIBUS	VIGO
166	233	JUAN SICILIA BARCI		VTM- 114	00:43:15	00:04:20	00:43:03	00:04:19	00:13:09	00:20:08	00:35:56	GA364	RANING CLUB	CANGAS
167	206	ALEXANDER RODA COSTAS		/M- 28	00:43:16	00:04:20	00:42:52	00:04:18	00:14:05	00:22:02	00:35:58		FROIZ	VIGO
168	123	MARIO TEIJEIRO OTERO		VTM- 115	00:43:23	00:04:21	00:43:15	00:04:20	00:13:15	00:21:04	00:35:25		BALTO MUSHING TEAM	PORRIÑO (O)
169	416	ROBERTO POLO COUCE		VTM- 116	00:43:27	00:04:21	00:43:17	00:04:20	00:13:38	00:21:20	00:35:29	CARNE CICLISTA		PONTEAREAS

170	114	MANUEL RUIZ DEL OLMO VEIGA	VTM- 117	00:43:28	00:04:21	00:43:16	00:04:20	00:13:42	00:21:20	00:35:35		ATLETISMO PORRIÑO	PONTEVEDRA	
171	435	ALEJANDRO RODRÍGUEZ RODRÍGUEZ	/M- 29	00:43:30	00:04:21	00:43:09	00:04:19	00:14:21	00:22:06	00:35:59			VIGO	
172	404	JUSTI PEIXOTO ANDRÉS	VTM- 118	00:43:31	00:04:22	00:43:20	00:04:20	00:14:11	00:21:57	00:35:59	T AG 8979		TUI	
173	163	ALBERTO TILVES	VTM- 119	00:43:32	00:04:22	00:43:24	00:04:21	00:13:35	00:21:22	00:35:38		CIBUS	VIGO	
174	325	ALFONSO DAVILA MIGUEZ	VTM- 120	00:43:32	00:04:22	00:43:24	00:04:21	00:13:07	00:21:02	00:35:29			BAIONA	
175	288	HUGO BARGIELA GONZÁLEZ	VTM- 121	00:43:36	00:04:22	00:43:17	00:04:20	00:14:19	00:22:05	00:35:57			CANDELARIA	
176	248	DIEGO PADIN GONZALEZ	/M- 30	00:43:37	00:04:22	00:43:27	00:04:21	00:13:47	00:21:30	00:35:40		TRIATLON VILAGARCIA	SANXENXO	
177	204	JOSÉ ANTONIO LORENZO RODRÍGUEZ	VTM- 122	00:43:40	00:04:22	00:43:28	00:04:21	00:13:30	00:21:04	00:35:33		FORENSIANS	PONTEAREAS	
178	420	MANUEL QUINTEIRO COTELO	/M- 31	00:43:41	00:04:23	00:43:16	00:04:20	00:15:04	00:22:46	00:36:16			PORRIÑO (O)	
179	407	MIGUEL PEREIRO PEREIRO	VTM- 123	00:43:42	00:04:23	00:43:33	00:04:22	00:14:17	00:22:05	00:36:02			MOS	
180	97	BORJA CONEJERO JORDAN	VTM- 124	00:43:46	00:04:23	00:43:35	00:04:22	00:13:57	00:21:36	00:35:52		ATLETISMO BAIONA	NIGRÁN	
181	442	ALFONSO SABINO PORTO	VTM- 125	00:43:48	00:04:23	00:43:31	00:04:22	00:13:54	00:21:32	00:35:39			PONTEAREAS	
182	102	ROBERTO CARNEIRO GONZALEZ	VTM- 126	00:43:51	00:04:24	00:43:44	00:04:23	00:13:46	00:21:36	00:36:00		ATLETISMO BAYONA	BAIONA	
183	297	JOSÉ MANUEL CABACO CAMPOS	VTM- 127	00:43:53	00:04:24	00:43:38	00:04:22	00:13:57	00:21:47	00:36:02			VIGO	
184	113	NEREA RODRÍGUEZ GONZÁLEZ	F- 20	VTF- 12	00:44:00	00:04:24	00:43:51	00:04:24	00:13:46	00:21:36	00:36:00	AG2018255	ATLETISMO PORRIÑO	PORRIÑO (O)
185	214	ANTONIO JOSÉ MARINO CAMPOS	VTM- 128	00:44:08	00:04:25	00:43:35	00:04:22	00:15:29	00:23:10	00:36:47		LOMBIS	VIGO	
186	763	JESÚS GÓMEZ IGLESIAS	VTM- 129	00:44:08	00:04:25	00:44:02	00:04:25	00:13:35	00:21:33	00:36:07		ATLETISMO TUI- ACTIVAMOSTUCASA	TUI	
187	417	ANTONIO POSADA LORENZO	VTM- 130	00:44:08	00:04:25	00:43:44	00:04:23	00:14:20	00:22:07	00:36:24			SALCEDA DE CASELAS	
188	184	DAVID OTERO CRESPO	VTM- 131	00:44:11	00:04:26	00:44:03	00:04:25	00:13:15	00:20:34	00:34:35		CLUB DEPORTIVO PINARIUM	MARÍN	
189	12	PAULA ROSALES ROSALES	F- 21	VTF- 13	00:44:13	00:04:26	00:44:09	00:04:25	00:13:53	00:21:41	00:36:17		CLUB DEPORTIVO PINARIUM	MARÍN
190	210	PABLO GÓMEZ LOPEZ	VTM- 132	00:44:16	00:04:26	00:44:03	00:04:25	00:13:52	00:21:34	00:36:16	NO	INSENS@TOS	MOS	
191	232	RAÚL RODRÍGUEZ COLLAZO	VTM- 133	00:44:18	00:04:26	00:44:00	00:04:24	00:14:34	00:22:34	00:36:38		RAGNAROK OCR	VIGO	
192	165	LUIS GUERRERO MÉNDEZ	/M- 32	00:44:24	00:04:27	00:44:03	00:04:25	00:14:36	00:22:37	00:36:57		CLUB AJEDREZ LORCA	LORCA	
193	208	JOSUE GARCÍA SIO	VTM- 134	00:44:25	00:04:27	00:44:13	00:04:26	00:14:08	00:22:01	00:36:31		GF RACING	PORRIÑO (O)	
194	456	ALINA TOKARENKO	F- 22	VTF- 14	00:44:25	00:04:27	00:44:09	00:04:25	00:14:04	00:22:05	00:36:34			VIGO
195	37	MARCO ANTONIO RODRIGUEZ FLORES	VTM- 135	00:44:26	00:04:27	00:44:26	00:04:27	00:13:18	00:21:14	00:36:20		CARROZAS	CAÑIZA (A)	
196	201	ANDRÉS PÉREZ VAZ	VTM- 136	00:44:28	00:04:27	00:44:20	00:04:26	00:14:15	00:22:05	00:36:41		CROSS VALLEY	TUI	
197	428	BRAIS RODRIGUEZ	SUB23M- 7	00:44:29	00:04:27	00:44:21	00:04:27	00:13:37	00:21:43	00:36:39			SALCEDA DE CASELAS	
198	189	MARTA FERNÁNDEZ OTERO	F- 23	VTF- 15	00:44:30	00:04:27	00:44:24	00:04:27	00:14:10	00:22:10	00:36:39		COMESAÑA SPORTING CLUB	GONDOMAR
199	141	MARCOS PEREZ FORMIGO	VTM- 137	00:44:31	00:04:28	00:44:18	00:04:26	00:13:56	00:21:58	00:36:23		CABO DE PEÑAS	CARBALLIÑO (O)	
200	175	IGNACIO AREAL ABALLE	VTM- 138	00:44:36	00:04:28	00:44:25	00:04:27	00:14:23	00:22:24	00:36:50		CLUB ATLETISMO TUI	TUI	
201	118	FRANCISCO JOSÉ PEIXOTO ANDRÉS	VTM- 139	00:44:36	00:04:28	00:44:25	00:04:27	00:14:23	00:22:24	00:36:50	A8978	ATLETISMO TUI	TUI	
202	413	ISAAC PÉREZ RODRIGUEZ	VTM- 140	00:44:37	00:04:28	00:44:22	00:04:27	00:14:14	00:22:13	00:36:48			MOS	
203	166	ROBERTO PRIEGO RAMOS	VTM- 141	00:44:39	00:04:28	00:44:29	00:04:27	00:13:48	00:21:48	00:36:34		CLUB ALEJANDRO GOMEZ	PORRIÑO (O)	
204	363	GUSTAVO GUDE GRANDE	VTM- 142	00:44:39	00:04:28	00:44:30	00:04:27	00:14:34	00:22:37	00:36:50			SALCEDA DE CASELAS	
205	280	ALDARA ÁLVAREZ SUÁREZ	F- 24	/F- 9	00:44:39	00:04:28	00:44:32	00:04:28	00:14:02	00:22:00	00:36:45			ALLARIZ
206	164	ALBERTO MALLO MARCOS	VTM- 143	00:44:46	00:04:29	00:44:38	00:04:28	00:13:52	00:21:53	00:36:30		CIBUS TEAM	VIGO	
207	365	ALEJANDRO HERMIDA RODRIGUEZ	VTM- 144	00:44:51	00:04:30	00:44:41	00:04:29	00:14:14	00:22:20	00:36:56			PONTEVEDRA	
208	116	IRENE TÁBOAS CARRERA	F- 25	VTF- 16	00:44:56	00:04:30	00:44:43	00:04:29	00:14:37	00:22:38	00:37:08		ATLETISMO PORRIÑO	SALCEDA DE CASELAS
209	187	JERÓNIMO VEIGA GARCÍA	VTM- 145	00:44:57	00:04:30	00:44:49	00:04:29	00:13:54	00:21:46	00:36:36		CLUB DEPORTIVO PINARIUM	MARÍN	
210	235	ELENA PÉREZ MARIÑO	F- 26	/F- 10	00:44:57	00:04:30	00:44:42	00:04:29	00:14:07	00:22:15	00:37:02		RUN&TRI	VIGO
211	205	BRAIS PÉREZ PÉREZ	/M- 33	00:44:58	00:04:30	00:44:34	00:04:28	00:14:06	00:22:05	00:36:49		FROIZ	MOS	
212	314	UXIA COSTA POSADA	F- 27	/F- 11	00:45:00	00:04:30	00:44:44	00:04:29	00:14:37	00:22:38	00:37:08			VIGO
213	339	EVARISTO ESTÉVEZ ESTÉVEZ	VTM- 146	00:45:13	00:04:32	00:44:58	00:04:30	00:13:58	00:22:04	00:36:52			SALCEDA DE CASELAS	
214	403	GUILLERMO PEITEADO RUIZ	VTM- 147	00:45:18	00:04:32	00:45:06	00:04:31	00:13:59	00:22:03	00:37:01			VIGO	
215	326	MIGUEL ANGEL DE ANTA ALVAREZ	VTM- 148	00:45:19	00:04:32	00:44:55	00:04:30	00:14:27	00:22:36	00:37:26			VIGO	
216	342	ELISEO FERNANDEZ ROMERO	VTM- 149	00:45:23	00:04:33	00:44:52	00:04:30	00:15:16	00:23:13	00:37:40			PORRIÑO (O)	
217	770	MIGUEL ÁNGEL GIL GONZÁLEZ	VTM- 150	00:45:27	00:04:33	00:45:13	00:04:32	00:14:09	00:22:12	00:37:06			VIGO	
218	202	AGUSTÍN POSADA LORENZO	VTM- 151	00:45:36	00:04:34	00:45:12	00:04:32	00:14:52	00:22:47	00:37:41		DALPHI METAL ESPAÑA, S.A.U.	MOS	
219	294	XOSE BUGARIN GARCIA	VTM- 152	00:45:38	00:04:34	00:45:20	00:04:32	00:14:46	00:22:55	00:37:39			HOSPITALET DE LLOBREGAT (L')	
220	92	LUIS COMESAÑA	VTM- 153	00:45:43	00:04:35	00:45:30	00:04:33	00:14:10	00:22:29	00:37:28		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO	
221	241	JOSE ANTONIO VARELA BARRERA	VTM- 154	00:45:46	00:04:35	00:45:37	00:04:34	00:14:47	00:22:58	00:37:39		TANINOS RUNNERS PONTEAREAS	PONTEAREAS	
222	57	JESÚS RODRÍGUEZ	VTM- 155	00:45:46	00:04:35	00:45:27	00:04:33	00:15:13	00:23:12	00:38:08		LA COLONIA CROSSFIT	CAÑIZA (A)	
223	322	JUAN DALMEIDA MONTES	VTM- 156	00:45:56	00:04:36	00:45:36	00:04:34	00:14:50	00:22:54	00:38:07			VIGO	
224	109	MIGUEL ANGEL MIRAS CALVO	VTM- 157	00:46:00	00:04:36	00:45:41	00:04:35	00:15:12	00:23:27	00:38:10		ATLETISMO PORRIÑO	TUI	
225	259	DAVID FERNANDEZ GUEDES	VTM- 158	00:46:04	00:04:37	00:45:44	00:04:35	00:15:13	00:23:14	00:38:10		WILD BOARS OCR	PORRIÑO (O)	
226	335	IAGO DOVAL IGLESIAS	/M- 34	00:46:06	00:04:37	00:45:54	00:04:36	00:14:29	00:22:52	00:38:07			OURENSE	
227	415	MARCOS PIRES FILGUEIRA	/M- 35	00:46:13	00:04:38	00:45:47	00:04:35	00:14:30	00:22:39	00:37:43			VIGO	

228	176	MARINA ALONSO ROMERO	F- 28	VTF- 17	00:46:13	00:04:38	00:46:01	00:04:37	00:14:54	00:23:07	00:38:08	CLUB DE ATLETISMO SALVATERRA	TUI
229	126	MANUEL CAMBEIRO FERNÁNDEZ		VTM- 159	00:46:17	00:04:38	00:45:42	00:04:35	00:15:24	00:23:33	00:38:16	BORGWARNER	VIGO
230	152	SARA VILLAR GONZÁLEZ	F- 29	SUB23F- 1	00:46:20	00:04:38	00:46:09	00:04:37	00:14:28	00:22:52	00:38:07	CD LA PURISIMA	OURENSE
231	267	OSCAR ALONSO COSTAS		VTM- 160	00:46:21	00:04:39	00:46:17	00:04:38	00:14:35	00:22:49	00:37:51		VIGO
232	310	GUSTAVO CB		VTM- 161	00:46:22	00:04:39	00:46:14	00:04:38	00:14:33	00:22:53	00:38:01		VIGO
233	271	SERGIO ALONSO LÓPEZ		/M- 36	00:46:22	00:04:39	00:46:04	00:04:37	00:15:11	00:23:38	00:38:29		VIGO
234	222	ANDREA LÓPEZ PIÑEIRO	F- 30	VTF- 18	00:46:25	00:04:39	00:46:19	00:04:38	00:14:03	00:22:30	00:37:55	METAS IMPOSIBLES TRAIL TEAM	PORRIÑO (O)
235	121	PABLO DIAZ JAMARDO		VTM- 162	00:46:25	00:04:39	00:46:09	00:04:37	00:15:11	00:23:26	00:38:20	ATLETISMO UNIVERSIDADE DE VIGO	VIGO
236	307	JORGE CASALES LOUREIRO		VTM- 163	00:46:25	00:04:39	00:46:02	00:04:37	00:15:28	00:23:45	00:38:22		MOS
237	268	ALEXANDRA ALONSO GÓMEZ	F- 31	/F- 12	00:46:26	00:04:39	00:46:03	00:04:37	00:14:33	00:23:09	00:38:12		TUI
238	465	DAVID VÁZQUEZ CAÑOTO		VTM- 164	00:46:27	00:04:39	00:46:08	00:04:37	00:15:27	00:23:41	00:38:30		VIGO
239	305	VICTOR CAROU COVELO		VTM- 165	00:46:34	00:04:40	00:46:16	00:04:38	00:15:15	00:23:39	00:38:32		VIGO
240	765	MARCOS SUCASAS MEJUTO		VTM- 166	00:46:38	00:04:40	00:46:26	00:04:39	00:14:26	00:22:54	00:38:07		A CORUÑA
241	349	LUCAS GARCÍA VÁZQUEZ		VTM- 167	00:46:49	00:04:41	00:46:29	00:04:39	00:15:10	00:23:29	00:38:34		PORRIÑO (O)
242	324	SALVADOR DÁVILA BUGARIN		VTM- 168	00:46:49	00:04:41	00:46:41	00:04:41	00:15:32	00:23:52	00:38:53		PORRIÑO (O)
243	86	ANA MARIA LAMPON CARIDE	F- 32	VTF- 19	00:46:51	00:04:42	00:46:38	00:04:40	00:14:55	00:23:13	00:38:29	ADN RUNNERS-TELMO PELUQUEROS F.C.	VIGO
244	414	ANA BELEN PIÑEIRO BARGIELA	F- 33	/F- 13	00:47:00	00:04:42	00:46:48	00:04:41	00:14:44	00:23:08	00:38:32		SALCEDA DE CASELAS
245	327	MAURICIUS DE SOUZA FALKEMBACH		VTM- 169	00:47:06	00:04:43	00:46:51	00:04:42	00:14:01	00:21:57	00:38:29		PORRIÑO
246	364	BORJA S. GUERREIRO RODRÍGUEZ		VTM- 170	00:47:07	00:04:43	00:46:32	00:04:40	00:15:20	00:23:29	00:38:45		PORRIÑO (O)
247	427	IVÁN RODILLA		VTM- 171	00:47:08	00:04:43	00:46:54	00:04:42	00:15:08	00:23:37	00:39:00		VIGO
248	441	IVAN SABAJANES PALLARES		VTM- 172	00:47:16	00:04:44	00:46:57	00:04:42	00:15:58	00:24:21	00:39:11		PONTEVEDRA
249	217	JOSE MANUEL FREIRE PIÑEIRO		VTM- 173	00:47:16	00:04:44	00:47:02	00:04:43	00:15:26	00:23:52	00:39:02	MAIS QUE AUGA	VIGO
250	332	JOSÉ BENITO DIZ CARRERA		VTM- 174	00:47:17	00:04:44	00:47:02	00:04:43	00:14:45	00:23:11	00:38:44		TUI
251	148	MANUEL CASALEIRO FERNÁNDEZ		VTM- 175	00:47:22	00:04:45	00:47:07	00:04:43	00:15:10	00:23:39	00:39:03	CAZAFANTASMAS TEAM	TOMIÑO
252	256	ALEJANDRA GONZÁLEZ CASAL	F- 34	VTF- 20	00:47:23	00:04:45	00:47:12	00:04:44	00:15:06	00:23:40	00:39:01	VIGOENTRENA	VIGO
253	321	EDUARDO DA CONCEPCIÓN VICENTE		/M- 37	00:47:24	00:04:45	00:47:08	00:04:43	00:14:42	00:23:05	00:38:40		MOS
254	212	EMILIO CABO ALVAREZ		VTM- 176	00:47:27	00:04:45	00:46:52	00:04:42	00:15:29	00:23:45	00:38:56	LOMBIS	VIGO
255	104	JUAN CARLOS DOMÍNGUEZ FARO		VTM- 177	00:47:31	00:04:46	00:47:25	00:04:45	00:15:24	00:23:51	00:39:24	ATLETISMO PORRIÑO	PORRIÑO (O)
256	451	DANIEL SOTELO LORENZO		VTM- 178	00:47:31	00:04:46	00:47:18	00:04:44	00:14:08	00:22:25	00:38:38		BAIONA
257	130	JOSÉ LUIS SIMOES FERNÁNDEZ		VTM- 179	00:47:34	00:04:46	00:47:17	00:04:44	00:15:14	00:23:35	00:38:50	C.A.R MARISQUEIRO	VIGO
258	87	VICENT HERNANDEZ RAMIREZ		VTM- 180	00:47:34	00:04:46	00:47:06	00:04:43	00:16:01	00:24:27	00:39:31	ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
259	425	GABRIEL RIVADA RODRIGUEZ		VTM- 181	00:47:37	00:04:46	00:47:25	00:04:45	00:15:23	00:23:53	00:39:16		MOS
260	315	JOSE COSTAS		/M- 38	00:47:39	00:04:46	00:47:18	00:04:44	00:15:35	00:24:06	00:39:17		PORRIÑO (O)
261	400	ÓSCAR PANADERO BLANCO		VTM- 182	00:47:39	00:04:46	00:47:34	00:04:46	00:15:06	00:23:44	00:39:09		MOS
262	391	MARTA MUIÑO VIDAL	F- 35	VTF- 21	00:47:40	00:04:46	00:47:32	00:04:46	00:14:09	00:22:39	00:38:46		MOAÑA
263	247	MIRIAM MACEIRA PENA	F- 36	/F- 14	00:47:45	00:04:47	00:47:34	00:04:46	00:14:51	00:23:26	00:39:03	TRIATLON VILAGARCIA	VILAGARCÍA DE AROUSA
264	302	JOSE CAMPOS LORENZO		/M- 39	00:47:56	00:04:48	00:47:48	00:04:47	00:14:29	00:23:23	00:39:28		PORRIÑO (O)
265	292	PABLO BLANCO ABOLLO		/M- 40	00:47:58	00:04:48	00:47:33	00:04:46	00:15:13	00:23:38	00:39:12		VIGO
266	243	CARLOS IGLESIAS RODRIGUEZ		VTM- 183	00:47:59	00:04:48	00:47:49	00:04:47	00:15:23	00:23:47	00:39:21	TRIATLÓN MAR DE VIGO	VIGO
267	231	FELIPE SANTOS FERREIRA		VTM- 184	00:48:00	00:04:48	00:47:48	00:04:47	00:14:37	00:23:10	00:39:04	PEDRA DO ACORDO	TUI
268	438	RUBEN ROSADA TEJA		VTM- 185	00:48:01	00:04:49	00:47:49	00:04:47	00:15:01	00:23:43	00:39:31		TUI
269	379	ANTONIO MACIAS NOGUEIRA		VTM- 186	00:48:03	00:04:49	00:47:34	00:04:46	00:16:03	00:24:23	00:39:41		VIGO
270	117	NATALIA ALONSO PEREZ	F- 37	/F- 15	00:48:06	00:04:49	00:47:55	00:04:48	00:15:03	00:23:37	00:39:31	ATLETISMO TUI	TUI
271	448	SERGIO SIO FIGUEROA		VTM- 187	00:48:08	00:04:49	00:47:56	00:04:48	00:15:19	00:23:59	00:39:53		MOS
272	457	MANUEL TORRES TABOAS		VTM- 188	00:48:10	00:04:49	00:48:03	00:04:49	00:14:50	00:23:25	00:39:15		PONTEAREAS
273	397	JOSÉ MARÍA PALOMEQUE TORRAS		VTM- 189	00:48:15	00:04:50	00:48:00	00:04:48	00:15:20	00:23:56	00:39:35		VIGO
274	367	MARCOS IGLESIAS ALLICA		SUB23M- 8	00:48:17	00:04:50	00:48:07	00:04:49	00:15:23	00:23:47	00:39:19		VIGO
275	272	ALFONSO ALONSO PRADO		VTM- 190	00:48:22	00:04:51	00:47:59	00:04:48	00:14:50	00:23:26	00:39:26		BAIONA
276	275	DAVID ALONSO ROUCO		VTM- 191	00:48:28	00:04:51	00:48:03	00:04:49	00:16:28	00:25:07	00:40:19		PORRIÑO (O)
277	402	MIGUEL PARDAVILA IGLESIAS		VTM- 192	00:48:32	00:04:52	00:48:18	00:04:50	00:15:43	00:24:23	00:40:09		OURENSE
278	360	JENNIFER GONZÁLEZ RODRÍGUEZ	F- 38	VTF- 22	00:48:36	00:04:52	00:48:00	00:04:48	00:15:50	00:24:23	00:40:01		SALVATERRA DE MIÑO
279	199	GUILLERMO APONTE		VTM- 193	00:48:38	00:04:52	00:48:13	00:04:50	00:16:02	00:24:44	00:40:26	CROSS VALLEY	PORRIÑO (O)
280	337	DANIEL ESPERÓN BELLO		/M- 41	00:48:38	00:04:52	00:48:13	00:04:50	00:16:01	00:24:44	00:40:26		PORRIÑO (O)
281	179	NAOMI DOMÍNGUEZ PÉREZ	F- 39	/F- 16	00:48:41	00:04:53	00:48:30	00:04:51	00:16:07	00:24:47	00:40:17	CLUB DEPORTIVO DELIKIA	VIGO
282	382	RUBÉN MARTÍN PALOMARES		/M- 42	00:48:41	00:04:53	00:48:30	00:04:51	00:16:06	00:24:47	00:40:17		VIGO
283	433	ALBERTO RODRÍGUEZ PEDREIRA		VTM- 194	00:48:47	00:04:53	00:48:16	00:04:50	00:16:27	00:25:07	00:40:49		PORRIÑO (O)
284	472	BERTO VEIETO QUINTAS		VTM- 195	00:48:48	00:04:53	00:48:40	00:04:52	00:15:35	00:24:39	00:40:18		PORRIÑO (O)
285	171	ROMÁN PEREIRA PIÑEIRO		VTM- 196	00:48:49	00:04:53	00:48:32	00:04:52	00:15:14	00:23:46	00:39:54	CLUB ATLETISMO PORRIÑO	PORRIÑO (O)

286	394	ROBERTO NOVAS RODRIGUEZ	VTM- 197	00:48:55	00:04:54	00:48:28	00:04:51	00:16:43	00:25:52	00:40:34		PORRIÑO (O)
287	111	LUCIA NOVOA GONZÁLEZ	F- 40 VTF- 23	00:49:01	00:04:55	00:48:45	00:04:53	00:15:32	00:24:15	00:40:11	ATLETISMO PORRIÑO	PONTEAREAS
288	455	ROBERTO TERRADO RODRIGUEZ	/M- 43	00:49:07	00:04:55	00:48:47	00:04:53	00:15:49	00:24:16	00:40:24		PONTEVEDRA
289	287	LAURA BARBOSA FERNÁNDEZ	F- 41 VTF- 24	00:49:09	00:04:55	00:49:02	00:04:55	00:15:06	00:23:55	00:40:16		PONTEAREAS
290	266	LUIS ALONSO BASTOS	VTM- 198	00:49:11	00:04:56	00:49:03	00:04:55	00:15:53	00:24:50	00:40:40		PORRIÑO (O)
291	372	IVÁN LEIRÓS IGLESIAS	/M- 44	00:49:11	00:04:56	00:48:56	00:04:54	00:15:05	00:23:43	00:40:10		PONTEAREAS
292	139	CARLA GUISANDE VIEITO	F- 42 SUB23F- 2	00:49:12	00:04:56	00:48:49	00:04:53	00:15:40	00:24:18	00:40:27	C.S.C.R. BEADE	PORRIÑO (O)
293	471	EDILBERTO VIEITO GIRALDEZ	VTM- 199	00:49:12	00:04:56	00:48:50	00:04:53	00:15:40	00:24:18	00:40:27		SANTIAGO DE COMPOSTELA
294	200	DAVID LAGO ALONSO	/M- 45	00:49:19	00:04:56	00:48:55	00:04:54	00:16:06	00:24:58	00:40:51	CROSS VALLEY	TUI
295	226	SECUNDINO BASALO FERNANDEZ	VTM- 200	00:49:20	00:04:56	00:49:13	00:04:56	00:16:00	00:24:58	00:41:02	MUSKO RUNNERS OURENSE	OURENSE
296	219	VICTORIANO SANMARTÍN GONZÁLEZ	VTM- 201	00:49:25	00:04:57	00:49:11	00:04:56	00:15:30	00:24:12	00:40:34	MAIS QUE AUGA	PORRIÑO (O)
297	359	IVÁN GONZALEZ RAMIREZ	VTM- 202	00:49:25	00:04:57	00:49:09	00:04:55	00:16:58	00:25:24	00:41:09		SALCEDA DE CASELAS
298	137	RAQUEL ZAPATA RODRIGUEZ	F- 43 VTF- 25	00:49:30	00:04:57	00:49:13	00:04:56	00:16:07	00:24:47	00:40:40	C.A.R. MARISQUEIRO	VIGO
299	145	EUGENIO CHAMORRO RODRÍGUEZ	VTM- 203	00:49:32	00:04:58	00:49:16	00:04:56	00:15:59	00:24:47	00:40:40	CAR MARISQUEIRO	VIGO
300	477	JAVIER VILLAR PÉREZ	/M- 46	00:49:39	00:04:58	00:49:05	00:04:55	00:16:13	00:25:04	00:41:09		VIGO
301	378	ALBERTO LOSADA SAMPAYO	VTM- 204	00:49:41	00:04:59	00:49:16	00:04:56	00:16:04	00:24:51	00:40:52		PORRIÑO (O)
302	384	FÉLIX MARTÍNEZ MEIS	VTM- 205	00:49:43	00:04:59	00:49:07	00:04:55	00:16:02	00:24:51	00:41:11		NIGRÁN
303	358	JAVIER GONZÁLEZ PAZ	VTM- 206	00:49:43	00:04:59	00:49:23	00:04:57	00:16:14	00:25:01	00:40:59		POIO
304	304	CARLOS ALBERTO CARBALLO PÉREZ	VTM- 207	00:49:50	00:04:59	00:49:20	00:04:56	00:16:17	00:24:54	00:40:55		PORRIÑO (O)
305	143	JOSÉ LUIS PADIN COUSIDO	VTM- 208	00:49:51	00:05:00	00:49:45	00:04:59	00:15:34	00:24:40	00:40:53	CAC.CAMBADOS-NOVAL	MEAÑO
306	388	DAVID MIRANDA FARIÑA	VTM- 209	00:49:52	00:05:00	00:49:21	00:04:57	00:16:17	00:24:54	00:40:57		PORRIÑO (O)
307	211	SONIA ALONSO MIGUEZ	F- 44 VTF- 26	00:49:54	00:05:00	00:49:20	00:04:56	00:16:11	00:25:07	00:41:07	LOMBIS	VIGO
308	348	ROBERTO GARCÍA FRAGUEIRO	VTM- 210	00:49:55	00:05:00	00:49:27	00:04:57	00:17:15	00:26:19	00:41:35		PAZOS DE BORBÉN
309	281	OLALLA ANTONIO MARTÍNEZ	F- 45 VTF- 27	00:50:02	00:05:01	00:49:30	00:04:57	00:16:04	00:24:53	00:41:04		VIGO
310	122	JOSE RAMÓN PEREZ FREIRIA	VTM- 211	00:50:09	00:05:01	00:50:01	00:05:01	00:15:36	00:24:41	00:41:00	ATLETISMOTUI	TUI
311	453	JORGE TEIJEIRO ALVAREZ	/M- 47	00:50:12	00:05:02	00:49:35	00:04:58	00:17:11	00:25:55	00:41:44		TUI
312	290	MIRYAM BELTRÁN CANCELAS	F- 46 /F- 17	00:50:15	00:05:02	00:50:04	00:05:01	00:15:23	00:24:24	00:41:07		VIGO
313	291	JAVIER BELTRÁN SEGUIN	VTM- 212	00:50:26	00:05:03	00:50:12	00:05:02	00:15:42	00:24:26	00:41:04		VIGO
314	393	PAULA NOVAL GARRIDO	F- 47 VTF- 28	00:50:27	00:05:03	00:50:12	00:05:02	00:15:43	00:24:27	00:41:05		PORRIÑO (O)
315	317	SECUNDINO COSTAS SANZ	VTM- 213	00:50:33	00:05:04	00:49:58	00:05:00	00:16:49	00:25:46	00:42:09		VIGO
316	264	EDU ALONSO	VTM- 214	00:50:41	00:05:05	00:50:12	00:05:02	00:16:35	00:25:30	00:41:51		VIGO
317	431	TOMÁS RODRÍGUEZ FERNÁNDEZ	VTM- 215	00:50:47	00:05:05	00:50:11	00:05:02	00:17:11	00:25:55	00:42:06		PORRIÑO (O)
318	459	SHEILA TRONCOSO DOMÍNGUEZ	F- 48 /F- 18	00:50:51	00:05:06	00:50:27	00:05:03	00:16:25	00:25:14	00:41:49		MOS
319	128	JOSE LUIS CABO BEN	VTM- 216	00:50:56	00:05:06	00:50:44	00:05:05	00:16:27	00:25:35	00:42:07	BURGAS ATLETISMO OURENSE	OURENSE
320	129	MANUEL SOUTO CORTIZO	VTM- 217	00:50:57	00:05:06	00:50:45	00:05:05	00:16:27	00:25:36	00:42:08	A-6369 BURGAS ATLETISMO OURENSE	OURENSE
321	295	MANUEL BUGARIN RORIS	VTM- 218	00:51:04	00:05:07	00:50:53	00:05:06	00:15:38	00:24:40	00:41:43		PORRIÑO (O)
322	353	YONAY GÓMEZ MEIRA	/M- 48	00:51:06	00:05:07	00:50:50	00:05:05	00:15:04	00:23:51	00:41:36		PORRIÑO (O)
323	85	FCO JAVIER CASTIÑEIRA GONZALEZ	VTM- 219	00:51:15	00:05:08	00:51:01	00:05:07	00:16:00	00:25:01	00:41:50	ADN RUNNERS-TELMO PELUQUEROS F.C.	VIGO
324	245	CARMEN TEMPERAN ISORNA	F- 49 VTF- 29	00:51:22	00:05:09	00:50:54	00:05:06	00:17:16	00:26:24	00:42:43	TRIATLÓN OUTES	VIGO
325	449	JAVIER SOBRINO REY	VTM- 220	00:51:23	00:05:09	00:51:01	00:05:07	00:17:05	00:26:16	00:42:37		PORRIÑO (O)
326	352	JULIO GÓMEZ LÓPEZ	VTM- 221	00:51:27	00:05:09	00:51:09	00:05:07	00:16:31	00:25:43	00:42:28		VIGO
327	426	RAMON ROCA RODRÍGUEZ	VTM- 222	00:51:30	00:05:09	00:51:19	00:05:08	00:16:01	00:25:07	00:41:58		VIGO
328	227	CESAR RODRIGUEZ FOLGAR	VTM- 223	00:51:45	00:05:11	00:51:17	00:05:08	00:15:56	00:25:03	00:42:05	NEW CURRELAS TEAM RUNNING	PORRIÑO (O)
329	91	ROBERTO BESADA MONTENEGRO	VTM- 224	00:51:47	00:05:11	00:51:20	00:05:08	00:17:16	00:26:24	00:42:43	GA766651 ATHLETIC FISIOTERAPIA SAN LAZARO TEAM	VIGO
330	320	ENRIQUE CUÑARRO ROMERO	VTM- 225	00:51:52	00:05:12	00:51:16	00:05:08	00:16:22	00:25:35	00:42:46		PORRIÑO (O)
331	236	BEATRIZ ÁLVAREZ LOPEZ	F- 50 VTF- 30	00:51:55	00:05:12	00:51:47	00:05:11	00:16:10	00:25:28	00:42:30	RUNGALICIA	VIGO
332	355	PATRICIA GONZÁLEZ DA SILVA	F- 51 /F- 19	00:51:57	00:05:12	00:51:31	00:05:10	00:17:14	00:26:28	00:43:19		PORRIÑO (O)
333	419	YAGO PUNTES FERNÁNDEZ	VTM- 226	00:51:58	00:05:12	00:51:29	00:05:09	00:16:43	00:26:08	00:43:00		PORRIÑO (O)
334	377	JOSE GUILLERMO LOPEZ FUENTES	VTM- 227	00:51:59	00:05:12	00:51:33	00:05:10	00:16:50	00:26:02	00:42:47		VIGO
335	401	ALVARO PARCERO NOVAS	VTM- 228	00:52:04	00:05:13	00:51:48	00:05:11	00:16:15	00:25:43	00:42:52		VIGO
336	299	GABRIEL CAMACHO CASCAJO	VTM- 229	00:52:11	00:05:14	00:51:43	00:05:11	00:16:10	00:25:27	00:42:43		PORRIÑO (O)
337	269	DIANA ALONSO GONZÁLEZ	F- 52 VTF- 31	00:52:13	00:05:14	00:51:56	00:05:12	00:16:50	00:26:16	00:43:13		VIGO
338	112	NOELIA PARADA RODRÍGUEZ	F- 53 VTF- 32	00:52:14	00:05:14	00:51:55	00:05:12	00:17:13	00:26:31	00:43:21	ATLETISMO PORRIÑO	MOS
339	273	RUBÉN ALONSO RAMÍREZ	VTM- 230	00:52:15	00:05:14	00:51:52	00:05:12	00:17:13	00:26:32	00:43:22		MOS
340	386	ANTÍA MÉNDEZ	F- 54 /F- 20	00:52:18	00:05:14	00:51:52	00:05:12	00:17:14	00:26:28	00:43:20		PORRIÑO (O)
341	303	TANIA CANCELAS RODRIGUEZ	F- 55 /F- 21	00:52:18	00:05:14	00:51:58	00:05:12	00:16:49	00:26:05	00:43:10		TUI
342	408	VICTOR PEREZ BUGARIN	VTM- 231	00:52:26	00:05:15	00:52:12	00:05:14	00:17:32	00:27:05	00:43:46		TUI
343	462	ISA VALCARCEL TOSCANO	F- 56 VTF- 33	00:52:38	00:05:16	00:52:08	00:05:13	00:16:47	00:26:14	00:43:20		VIGO

344	410	ALFREDO PÉREZ FRANCISCO	VTM- 232	00:52:38	00:05:16	00:52:06	00:05:13	00:16:50	00:26:08	00:43:09		VIGO
345	274	JOSÉ MANUEL ALONSO RIVAS	/M- 49	00:52:41	00:05:17	00:52:09	00:05:13	00:17:17	00:26:28	00:43:27		BEARIZ
346	140	JOHANNA MOGUEL PEDRAZA	F- 57 /F- 22	00:52:50	00:05:17	00:52:33	00:05:16	00:16:42	00:26:18	00:43:33	CABO DE PEÑAS	CARBALLIÑO (O)
347	265	RAMON ALONSO ALONSO	VTM- 233	00:52:51	00:05:18	00:52:34	00:05:16	00:16:29	00:26:16	00:43:28		BOBORÁS
348	356	JAVIER GONZÁLEZ MARTÍNEZ	VTM- 234	00:52:52	00:05:18	00:52:37	00:05:16	00:16:45	00:26:15	00:43:30		GUARDA (A)
349	133	DAVID DOMÍNGUEZ BARCIA	VTM- 235	00:52:56	00:05:18	00:52:36	00:05:16	00:16:38	00:25:58	00:43:16	C.A.R. MARISQUEIRO	MONDARIZ
350	177	LARA CANCIO	F- 58 /F- 23	00:53:06	00:05:19	00:52:55	00:05:18	00:16:54	00:26:17	00:43:38	CLUB DE MONTAÑA TERRAS DE BURON	FONSAGRADA (A)
351	463	FRANCISCO JOSÉ VARA PEREZ	VTM- 236	00:53:10	00:05:19	00:52:51	00:05:18	00:15:20	00:24:29	00:43:21		PONTEVEDRA
352	261	JUAN ANTONIO ABALDE ESTEVEZ	VTM- 237	00:53:16	00:05:20	00:53:05	00:05:19	00:16:57	00:26:09	00:43:34		PORRIÑO (O)
353	207	MONICA ROMERO MARTINEZ	F- 59 VTF- 34	00:53:16	00:05:20	00:52:57	00:05:18	00:17:05	00:26:34	00:43:44	FRUTAS NIEVES	VIGO
354	444	MARÍA SAN MIGUEL PEREZ	F- 60 /F- 24	00:53:18	00:05:20	00:52:56	00:05:18	00:17:23	00:26:54	00:44:06		CAMBADOS
355	136	JOSE FRANCISCO VILLAR SALGADO	VTM- 238	00:53:27	00:05:21	00:53:17	00:05:20	00:16:14	00:25:58	00:43:44	C.A.R. MARISQUEIRO	VIGO
356	446	GIORGIO SAVARINO	VTM- 239	00:53:35	00:05:22	00:53:05	00:05:19	00:16:59	00:26:27	00:44:30		COLLEGNO
357	312	JEAN-PAUL CHARVIN	VTM- 240	00:53:35	00:05:22	00:53:14	00:05:20	00:17:09	00:26:34	00:43:52		TOMIÑO
358	371	MARCOS LEGAZPI	VTM- 241	00:53:57	00:05:24	00:53:26	00:05:21	00:18:09	00:27:35	00:44:37		PORRIÑO (O)
359	452	LETICIA TAXEIRO	F- 61 VTF- 35	00:54:03	00:05:25	00:53:50	00:05:23	00:17:27	00:27:01	00:44:27		REDONDELA
360	389	SERGIO MISA SOTO	VTM- 242	00:54:04	00:05:25	00:53:50	00:05:23	00:17:27	00:27:01	00:44:27		REDONDELA
361	301	SABINA CAMIÑA GOMES	F- 62 VTF- 36	00:54:09	00:05:25	00:53:38	00:05:22	00:17:00	00:26:27	00:44:30		VIGO
362	258	ANDREA ALONSO CABALEIRO	F- 63 VTF- 37	00:54:13	00:05:26	00:53:56	00:05:24	00:16:48	00:26:35	00:44:35	WILD BOARS OCR	PORRIÑO (O)
363	467	CARLOS VÁZQUEZ DELGADO	VTM- 243	00:54:13	00:05:26	00:53:56	00:05:24	00:16:48	00:26:35	00:44:34	AG27700	PORRIÑO (O)
364	277	ROBUSTIANO ÁLVAREZ CONDE	VTM- 244	00:54:16	00:05:26	00:53:53	00:05:24	00:17:57	00:27:31	00:44:38		ALLARIZ
365	475	MARIANELA VILLANUEVA PONCE	F- 64 VTF- 38	00:54:17	00:05:26	00:54:08	00:05:25	00:17:03	00:26:52	00:44:37		SAN LUIS POTOSÍ
366	296	CARLOS ALBERTO BURLIDO PERALTA	VTM- 245	00:54:20	00:05:26	00:53:43	00:05:23	00:17:43	00:27:03	00:44:53		TUI
367	110	ROSANA S. NOGUERAS MEDIAVILLA	F- 65 VTF- 39	00:54:23	00:05:27	00:54:05	00:05:25	00:16:41	00:26:15	00:44:29	ATLETISMO PORRIÑO	PORRIÑO (O)
368	203	DIAMANTINO COELHO	VTM- 246	00:54:24	00:05:27	00:54:17	00:05:26	00:17:15	00:27:07	00:44:51	DCR RUNNER	ARCOS DE VALDEVEZ
369	362	DIEGO GONZALEZ VICENTE	VTM- 247	00:54:34	00:05:28	00:54:14	00:05:26	00:17:03	00:26:33	00:44:22		PONTEVEDRA
370	330	JOSE LUIS DIAZ MATEO	VTM- 248	00:54:37	00:05:28	00:54:12	00:05:26	00:17:36	00:27:19	00:44:58		PONTEVEDRA
371	313	EVA CID	F- 66 VTF- 40	00:54:38	00:05:28	00:54:04	00:05:25	00:18:36	00:28:36	00:45:32		PONTE CALDELAS
372	131	AROHA BAR IGLESIAS	F- 67 SUB23F- 3	00:54:52	00:05:30	00:54:32	00:05:28	00:17:09	00:27:05	00:45:07	C.A.R. MARISQUEIRO	VIGO
373	409	JUAN PEREZ FERNANDEZ	VTM- 249	00:54:55	00:05:30	00:54:28	00:05:27	00:17:36	00:27:15	00:44:56		PIÑOR
374	464	SABELA VARELA VARELA	F- 68 VTF- 41	00:54:56	00:05:30	00:54:43	00:05:29	00:17:13	00:27:02	00:44:56		OURENSE
375	283	ROCÍO ARIAS	F- 69 VTF- 42	00:54:57	00:05:30	00:54:32	00:05:28	00:17:34	00:27:11	00:44:59		VIGO
376	469	ANDRÉ VÁZQUEZ RIVEIRO	VTM- 250	00:55:07	00:05:31	00:54:40	00:05:28	00:17:59	00:28:06	00:45:38		PORRIÑO (O)
377	276	IVÁN ÁLVAREZ ALONSO	VTM- 251	00:55:12	00:05:32	00:54:52	00:05:30	00:18:08	00:28:23	00:46:34		PORRIÑO (O)
378	429	PABLO RODRIGUEZ ALONSO	VTM- 252	00:55:19	00:05:32	00:54:44	00:05:29	00:17:44	00:27:19	00:45:02		PORRIÑO (O)
379	473	ROBERTO VILA OYA	VTM- 253	00:55:19	00:05:32	00:54:55	00:05:30	00:18:39	00:28:24	00:45:55		PORRIÑO (O)
380	347	RICARDO GARCÍA FERNÁNDEZ	VTM- 254	00:55:19	00:05:32	00:54:45	00:05:29	00:17:47	00:27:18	00:45:01		MOS
381	101	VERONICA IGLESIAS CASAL	F- 70 VTF- 43	00:55:19	00:05:32	00:54:56	00:05:30	00:18:39	00:28:24	00:45:55	ATLETISMO BAIONA	BAIONA
382	458	BEGOÑA TOUCEDO RODRÍGUEZ	F- 71 /F- 25	00:55:21	00:05:33	00:54:59	00:05:30	00:17:05	00:27:04	00:45:55		MOS
383	316	SARA COSTAS ROMERO	F- 72 /F- 26	00:55:21	00:05:33	00:54:59	00:05:30	00:17:05	00:27:03	00:45:54		MOS
384	434	VÍCTOR RODRÍGUEZ QUINTAS	VTM- 255	00:55:22	00:05:33	00:54:47	00:05:29	00:17:48	00:27:19	00:45:01		BANDE
385	399	VERÓNICA PAMPILLÓN SEJO	F- 73 VTF- 44	00:55:22	00:05:33	00:55:12	00:05:32	00:16:41	00:26:26	00:44:54		MOS
386	150	CRISTOBAL PATIÑO RODRIGUEZ	VTM- 256	00:55:25	00:05:33	00:54:48	00:05:29	00:18:54	00:28:39	00:45:57	CAZAFANTASMAS TEAM	PORRIÑO (O)
387	240	JOSEFA CARRERA SOUTELO	F- 74 VTF- 45	00:56:00	00:05:36	00:55:48	00:05:35	00:18:16	00:28:16	00:46:07	TALLERES EAUTO	SALCEDA DE CASELAS
388	284	PAULINO ARIAS DIZ	VTM- 257	00:56:18	00:05:38	00:55:58	00:05:36	00:17:41	00:27:49	00:45:54		SANXENXO
389	423	SANTIAGO REGO LAIÑO	VTM- 258	00:56:18	00:05:38	00:55:57	00:05:36	00:17:41	00:27:49	00:45:54		PONTEVEDRA
390	468	ANTONIO VAZQUEZ FERNANDEZ	VTM- 259	00:56:32	00:05:40	00:56:03	00:05:37	00:18:18	00:28:14	00:46:24		TABOADA
391	106	ANTIA FERNANDEZ LOPEZ	F- 75 VTF- 46	00:56:58	00:05:42	00:56:40	00:05:40	00:17:31	00:27:29	00:46:24	ATLETISMO PORRIÑO	PORRIÑO (O)
392	311	F JAVIER CERDÁN GONZÁLEZ	VTM- 260	00:57:07	00:05:43	00:56:41	00:05:41	00:19:15	00:29:33	00:47:38		SALCEDA DE CASELAS
393	289	JOSE BARROS FERNANDEZ	VTM- 261	00:57:17	00:05:44	00:56:51	00:05:42	00:17:18	00:27:24	00:46:39		CALDAS DE REIS
394	366	MÓNICA HOMBREIRO PÉREZ	F- 76 VTF- 47	00:57:32	00:05:46	00:57:18	00:05:44	00:17:52	00:28:04	00:47:06		PONTEAREAS
395	421	FERNANDO RAMA GONZÁLEZ	VTM- 262	00:57:32	00:05:46	00:57:18	00:05:44	00:17:52	00:28:04	00:47:06		PONTEAREAS
396	197	FAUSTINO LAGE REGO	VTM- 263	00:57:33	00:05:46	00:57:16	00:05:44	00:17:08	00:27:23	00:46:53	CRISIS 34	VIGO
397	443	ALEJANDRO SALGUEIRO FUENTES	VTM- 264	00:57:38	00:05:46	00:57:15	00:05:44	00:19:04	00:29:30	00:48:02		VIGO
398	760	MARIA CARNERO LLAGUER	F- 77 VTF- 48	00:57:41	00:05:47	00:57:18	00:05:44	00:18:37	00:28:36	00:47:39	BIKILA	VIGO
399	125	SILVIA VIÑAS ROMERO	F- 78 VTF- 49	00:57:41	00:05:47	00:57:18	00:05:44	00:18:38	00:28:38	00:47:46	BIKILA	VIGO
400	270	MARIA ALONSO LOPEZ	F- 79 VTF- 50	00:57:55	00:05:48	00:57:42	00:05:47	00:18:28	00:28:35	00:47:41		SAN CIBRAO DAS VIÑAS
401	341	CARLOS FERNANDEZ RODRIGUEZ	VTM- 265	00:58:08	00:05:49	00:57:34	00:05:46	00:18:39	00:29:10	00:47:57		BAIONA

402	461	PEDRO TUBÍO FIGUEIRA	/M- 50	00:58:09	00:05:49	00:05:36	00:05:46	00:19:03	00:29:21	00:48:01		PORRIÑO (O)
403	155	DAVID RESÚA EIRAS	VTM- 266	00:58:15	00:05:50	00:05:45	00:05:47	00:18:32	00:28:36	00:47:41	CHUZAS OLIMPICOS	VIGO
404	405	ESTRELLA PEREIRA RODRÍGUEZ	F- 80 VTF- 51	00:58:37	00:05:52	00:05:15	00:05:50	00:18:07	00:28:25	00:47:32		PORRIÑO (O)
405	396	IAGO ORGE VALVERDE	VTM- 267	00:58:56	00:05:54	00:05:31	00:05:52	00:18:03	00:28:23	00:47:45		MOS
406	323	ESTRELLA DAVID DOMÍNGUEZ	F- 81 VTF- 52	00:59:09	00:05:55	00:05:33	00:05:52	00:19:38	00:30:15	00:48:59		SALVATERRA DE MIÑO
407	357	VÍCTOR MANUEL GONZÁLEZ MARTÍNEZ	VTM- 268	00:59:09	00:05:55	00:05:33	00:05:52	00:19:37	00:30:14	00:48:59		SALVATERRA DE MIÑO
408	306	LUCÍA CARRILLO LORENZO	F- 82 VTF- 53	00:59:46	00:05:59	00:05:20	00:05:56	00:19:13	00:29:49	00:49:12		PONTEVEDRA
409	418	ANA PRADO	F- 83 /F- 27	01:00:01	00:06:01	00:05:35	00:05:58	00:19:25	00:30:06	00:49:20		VIGO
410	88	MERCEDES RUÍZ CAMIÑA	F- 84 VTF- 54	01:00:04	00:06:01	00:05:35	00:05:58	00:19:54	00:30:40	00:49:57	ASOCIACIÓN DEPORTIVA C.A.R	MOS
411	440	ALBERTO RUIZ MARTINEZ	/M- 51	01:00:12	00:06:02	00:05:41	00:05:59	00:20:19	00:31:33	00:50:52		PORRIÑO (O)
412	430	OSCAR RODRIGUEZ CUERDO	VTM- 269	01:00:13	00:06:02	00:05:40	00:05:58	00:23:25	00:36:15	00:51:55		PORRIÑO (O)
413	278	JOSE RUBÉN ÁLVAREZ SILVA	VTM- 270	01:01:41	00:06:11	01:01:11	00:06:08	00:20:19	00:31:33	00:51:06		PORRIÑO (O)
414	422	MARGA RAPOSO TOUZON	F- 85 VTF- 55	01:01:50	00:06:11	01:01:21	00:06:09	00:18:44	00:29:28	00:50:03		COTOBADÉ
415	447	RUBEN SIMEÓ GIJON	/M- 52	01:02:05	00:06:13	01:01:38	00:06:10	00:18:00	00:29:00	00:50:11		PORRIÑO (O)
416	149	PAULA MOLDES OJEA	F- 86 /F- 28	01:02:24	00:06:15	01:02:06	00:06:13	00:19:13	00:30:15	00:50:46	CAZAFANTASMAS TEAM	SALVATERRA DE MIÑO
417	151	DIEGO VÁZQUEZ PUGA	/M- 53	01:02:24	00:06:15	01:02:06	00:06:13	00:19:13	00:30:15	00:50:45	CAZAFANTASMAS TEAM	SALVATERRA DE MIÑO
418	436	MARILÓ RODRÍGUEZ SALAS	F- 87 VTF- 56	01:02:34	00:06:16	01:02:11	00:06:14	00:19:18	00:30:34	00:51:21		PONTEVEDRA
419	154	MARCOS FEIJOO SUAREZ	VTM- 271	01:02:57	00:06:18	01:02:27	00:06:15	00:18:56	00:29:54	00:51:14	CHUZAS OLIMPICOS	MOS
420	390	FÁTIMA MARÍA MOYANO DE BEÇA	F- 88 VTF- 57	01:05:37	00:06:34	01:05:08	00:06:31	00:20:20	00:31:37	00:53:23		PORRIÑO (O)
421	167	DOMINGO GONZÁLEZ GIRÁLDEZ	VTM- 272	01:05:37	00:06:34	01:05:33	00:06:34	00:19:48	00:31:33	00:53:24	CLUB AMIL SESTELO	PONTEAREAS
422	213	ROBERTO GONZÁLEZ BLANCO	VTM- 273	01:06:01	00:06:37	01:05:34	00:06:34	00:19:11	00:29:37	00:53:54		VIGO
423	216	XULIO TEIXEIRA RODRIGUEZ	VTM- 274	01:06:01	00:06:37	01:05:31	00:06:34	00:19:10	00:29:37	00:53:48	LOMBIS	PONTEVEDRA
424	215	NDELITUNGAPO SHILUWA	F- 89 VTF- 58	01:06:01	00:06:37	01:05:29	00:06:33	00:21:00	00:32:45	00:53:55	LOMBIS	VIGO
425	398	SILVIA PAMPILLON ESTÉVEZ	F- 90 VTF- 59	01:06:37	00:06:40	01:06:14	00:06:38	00:20:02	00:31:44	00:54:34		VIGO
426	385	VANESSA MENDES ALONSO	F- 91 VTF- 60	01:07:20	00:06:44	01:07:05	00:06:43	00:19:41	00:32:10	00:54:44		SALCEDA DE CASELAS
427	351	ANA GÓMEZ DÍAZ	F- 92 VTF- 61	01:07:21	00:06:45	01:06:57	00:06:42	00:21:05	00:33:18	00:54:42		SALCEDA DE CASELAS
428	218	BEATRIZ ROSELLÓ	F- 93 /F- 29	01:09:05	00:06:55	01:08:50	00:06:53	00:21:10	00:33:24	00:56:15	MAIS QUE AUGA	VIGO
429	369	LULA IGNACIO PEREZ	F- 94 VTF- 62	01:12:23	00:07:15	01:11:59	00:07:12	00:22:00	00:34:49	00:58:11		PONTEVEDRA
DQ	94	ROCÍO RODRÍGUEZ OLIVEIRA	Art. 125.5								ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	PORRIÑO (O)

XV CARREIRA DE O PORRIÑO 10K, O Porriño 28/04/2024

ABSOLUTA 5 KM. Distancia: 5.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 3,25	Licenza	Club	Localidade
1	544	MARIO RODRÍGUEZ COSTAS		/M- 1	00:15:38	00:03:08	00:15:38	00:03:08	00:10:04		REAL CLUB CELTA DE ATLETISMO	VIGO
2	510	CARLOS GUTIERREZ		/M- 2	00:15:50	00:03:10	00:15:50	00:03:10	00:09:59	AG2026778	CLUB DEPORTIVO DELIKIA	VIGO
3	519	IVAN VÁZQUEZ FERNÁNDEZ		/M- 3	00:16:00	00:03:12	00:16:00	00:03:12	00:10:15		CLUB SAN MIGUEL DE MARÍN	PONTEVEDRA
4	495	RAÚL RIAL LEMOS		SUB18M- 1	00:16:17	00:03:16	00:16:15	00:03:15	00:10:18		ATLETISMO VILA DE CANGAS	CANGAS
5	502	ANXO OTERO AMOEDO		/M- 4	00:16:34	00:03:19	00:16:32	00:03:19	00:10:34		CAD SERVISUB BUEU	REDONDELA
6	507	LUCAS PENA CARRACEDO		SUB18M- 2	00:16:58	00:03:24	00:16:56	00:03:24	00:10:28		CLUB ATLETISMO MILLARAIO	AMES
7	482	DARIO ARIAS COSTAS		/M- 5	00:17:16	00:03:28	00:17:15	00:03:27	00:11:10		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO
8	478	HUGO MORAIS RODRÍGUEZ		SUB18M- 3	00:17:17	00:03:28	00:17:14	00:03:27	00:11:11		AGRUPACION VIGUESA DE ATLETISMO	VIGO
9	538	JUAN CARLOS SANDE PRESA		/M- 6	00:17:29	00:03:30	00:17:26	00:03:30	00:11:15		MILER CLUB	PORRIÑO (O)
10	521	ANTONIO ÁLVAREZ COSTAS		/M- 7	00:17:31	00:03:31	00:17:28	00:03:30	00:11:16	GA 25438	COMESAÑA SPORTING CLUB	VIGO
11	492	PABLO REGUEIRA MARTÍNEZ		/M- 8	00:17:41	00:03:33	00:17:38	00:03:32	00:11:18		ATLETISMO PORRIÑO	BARBADÁS
12	498	MANUEL CARBALLO		/M- 9	00:17:56	00:03:36	00:17:52	00:03:35	00:11:21		C.A.R. MARISQUEIRO	NIGRÁN
13	588	EDUARDO GARCÍA FERNÁNDEZ		/M- 10	00:18:04	00:03:37	00:17:58	00:03:36	00:11:35			LA GUARDIA
14	612	DAVID LÓPEZ GARRIDO		/M- 11	00:18:23	00:03:41	00:18:20	00:03:40	00:11:50			VIGO
15	635	MARIO RAFAEL BALSA		/M- 12	00:18:25	00:03:41	00:18:22	00:03:41	00:11:55			PONTEVEDRA
16	506	JOSE LUIS ALVAREZ MIRANDA		/M- 13	00:18:36	00:03:44	00:18:29	00:03:42	00:12:04		CIBUS	VIGO
17	648	JORGE TINAQUERO		/M- 14	00:18:43	00:03:45	00:18:39	00:03:44	00:12:03			VIGO
18	543	MANUEL MÁRQUEZ MARTÍNEZ		/M- 15	00:18:46	00:03:46	00:18:44	00:03:45	00:11:48		RC CELTA	PONTEAREAS
19	511	JOSE EUGENIO LEDO NOVOA		/M- 16	00:18:49	00:03:46	00:18:38	00:03:44	00:12:05		CLUB DEPORTIVO DELIKIA	VIGO
20	480	MIGUEL CORTIZO BOULLOSA		/M- 17	00:18:52	00:03:47	00:18:46	00:03:46	00:12:06		ASOCIACION DEPORTIVA C.A.R.	REDONDELA
21	563	ANTONIO MANUEL BRANCO PALHARES		/M- 18	00:18:54	00:03:47	00:18:47	00:03:46	00:12:22			VALENÇA
22	504	KIKE PÉREZ CONDE		/M- 19	00:18:59	00:03:48	00:18:52	00:03:47	00:12:12		CARMARISQUEIRO	VIGO
23	529	MATIAS BARREIRO RUIBAL		/M- 20	00:19:05	00:03:49	00:19:02	00:03:49	00:12:06		GRUPO ROSLEV	BUEU
24	539	GUSTAVO JAVIER DÍAZ SANDOVAL		/M- 21	00:19:07	00:03:50	00:18:56	00:03:48	00:12:06		MQA	VIGO
25	481	JOSE MANUEL MIRANDA VIEITO		/M- 22	00:19:24	00:03:53	00:19:18	00:03:52	00:12:18		ATHLETICS FISIOTERAPIA SAN LAZARO	PORRIÑO (O)
26	513	ALEJANDRO LISTE BASCOY		/M- 23	00:19:53	00:03:59	00:19:47	00:03:58	00:12:38		CLUB DEPORTIVO DELIKIA	VIGO
27	620	CARLOS MONTES ESTEVÉZ		/M- 24	00:20:02	00:04:01	00:19:59	00:04:00	00:12:30			SALCEDA DE CASELAS
28	561	JAVIER BAÑÓN NORES		/M- 25	00:20:08	00:04:02	00:19:56	00:04:00	00:13:09			CANGAS
29	528	SEBASTIAN CRICKMORE		/M- 26	00:20:10	00:04:02	00:20:06	00:04:02	00:12:49		GMTA&CHUVONERS	VIGO
30	585	ANTÓN FREIRÍA MARTÍNEZ		SUB18M- 4	00:20:17	00:04:04	00:20:14	00:04:03	00:12:42			PORRIÑO (O)
31	522	LUCAS ARANGO ROMERO		SUB18M- 5	00:20:19	00:04:04	00:20:13	00:04:03	00:12:59		COMESAÑA SPORTING CLUB	VIGO
32	547	JOAQUÍN MACEIRA GRADIN		/M- 27	00:20:21	00:04:05	00:20:14	00:04:03	00:12:39		SERVICIO	FORNELOS DE MONTES
33	619	JESSICA MIGUEZ LAGO	F- 1	/F- 1	00:20:33	00:04:07	00:20:27	00:04:06	00:12:57			PONTEVEDRA
34	618	IGNACIO MENDUIÑA PEREZ		/M- 28	00:20:48	00:04:10	00:20:40	00:04:08	00:13:22			MARÍN
35	614	LAUREANO MARIÑO PARDO		SUB18M- 6	00:21:01	00:04:13	00:20:40	00:04:08	00:13:23			VIGO
36	609	CLAUDIA LEDO BARRIOS	F- 2	/F- 2	00:21:23	00:04:17	00:21:11	00:04:15	00:13:35			VIGO
37	517	MANUEL FERNANDEZ GARCIA		/M- 29	00:21:31	00:04:19	00:21:21	00:04:17	00:13:34	AG2020921	CLUB DEPORTIVO PINARIUM	PONTEVEDRA
38	514	BEATRIZ MOREU	F- 3	/F- 3	00:21:34	00:04:19	00:21:24	00:04:17	00:13:56		CLUB DEPORTIVO DELIKIA	VIGO
39	509	JOSÉ HUMBERTO GALLIDORO DEL M.		/M- 30	00:21:35	00:04:19	00:21:24	00:04:17	00:13:57	DELIKIA	CLUB DEPORTIVO DELIKIA	VIGO
40	518	LAURA PÉREZ TRABAZO	F- 4	/F- 4	00:21:35	00:04:19	00:21:18	00:04:16	00:13:58		CLUB SAN MIGUEL DE MARÍN	MARÍN
41	552	TANIA ALONSO MIGUEZ	F- 5	/F- 5	00:21:47	00:04:22	00:21:30	00:04:18	00:14:03			PORRIÑO (O)
42	615	DIANA MARTINEZ BURGO	F- 6	/F- 6	00:21:48	00:04:22	00:21:29	00:04:18	00:14:03			PORRIÑO (O)

43	532 ELOY GONZÁLEZ BARBOSA	/M- 31	00:21:50	00:04:22	00:21:32	00:04:19	00:14:15	LA COLONIA CROSSFIT	PORRIÑO (O)
44	621 MIGUEL MORONA MÍNGUEZ	/M- 32	00:22:14	00:04:27	00:21:45	00:04:21	00:14:20		VIGO
45	582 VICTOR FERREIRA ANTAS	/M- 33	00:22:17	00:04:28	00:22:06	00:04:26	00:14:24		PONTE CALDELAS
46	541 ADRIÁN ALONSO MIGUEZ	/M- 34	00:22:24	00:04:29	00:21:59	00:04:24	00:15:00	O XANTAR DE PEPA	PORRIÑO (O)
47	602 DANIEL ILLADE CASTRO	/M- 35	00:22:49	00:04:34	00:22:43	00:04:33	00:14:15		PORRIÑO (O)
48	537 EMILIA VIDAL LORENZO	F- 7 /F- 7	00:22:51	00:04:35	00:22:39	00:04:32	00:14:43	MAIS QUE AUGA	VIGO
49	535 ANTON RAMA HOMBREIRO	/M- 36	00:22:53	00:04:35	00:22:44	00:04:33	00:14:21	LYNALFA - CLUB CICLISTA PONTEAREAS	PONTEAREAS
50	553 PATRICIA ALONSO PARENTE	F- 8 /F- 8	00:23:17	00:04:40	00:23:00	00:04:36	00:14:50		VIGO
51	483 SORAYA VALVERDE COSTAS	F- 9 /F- 9	00:23:23	00:04:41	00:23:09	00:04:38	00:15:04	ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO
52	636 ADRIAN ALEXANDER RANGEL RIVERA	SUB18M- 7	00:23:33	00:04:43	00:23:23	00:04:41	00:14:08		PORRIÑO (O)
53	565 CELESTE CABANELAS	F- 10 /F- 10	00:23:42	00:04:45	00:23:31	00:04:43	00:15:05		VIGO
54	489 ANXO LORENZO BAUTISTA	/M- 37	00:23:51	00:04:47	00:23:46	00:04:46	00:15:10	ATLETISMO PORRIÑO	PONTEAREAS
55	631 ANTONIO PEREZ IGLESIAS	/M- 38	00:23:58	00:04:48	00:23:36	00:04:44	00:15:28		MOS
56	625 ADRIÁN PAZOS SANTOMÉ	/M- 39	00:24:12	00:04:51	00:23:59	00:04:48	00:15:42		BUEU
57	479 ESTEFANÍA MONTES ESTÉVEZ	F- 11 /F- 11	00:24:13	00:04:51	00:23:51	00:04:47	00:15:24	ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
58	587 CAROLINA GARCÍA COSTA	F- 12 /F- 12	00:24:17	00:04:52	00:24:00	00:04:48	00:15:42		MOS
59	564 ALDO BUGARIN SANCHEZ	/M- 40	00:24:27	00:04:54	00:23:58	00:04:48	00:16:10		MOS
60	579 IVAN FERNÁNDEZ RODRIGUEZ	/M- 41	00:24:27	00:04:54	00:23:59	00:04:48	00:16:10		MONDARIZ-BALNEARIO
61	571 ALVARO DASILVA LORENZO	/M- 42	00:24:31	00:04:55	00:24:03	00:04:49	00:15:42		MOS
62	523 DAVID CONDE ALONSO	/M- 43	00:24:32	00:04:55	00:24:16	00:04:52	00:15:55	AG 11996 COMESAÑA SPORTING CLUB	VIGO
63	637 DUBERNEY RAYO LÓPEZ	/M- 44	00:25:18	00:05:04	00:25:03	00:05:01	00:16:01		PORRIÑO (O)
64	633 DAVID QUINTAS BOENTE	/M- 45	00:25:18	00:05:04	00:25:03	00:05:01	00:15:57		PORRIÑO (O)
65	589 DIEGO GARCÍA FRAGUEIRO	/M- 46	00:25:28	00:05:06	00:25:01	00:05:01	00:16:28		VIGO
66	608 CAROLINA LAMAS	F- 13 /F- 13	00:25:35	00:05:07	00:25:05	00:05:01	00:16:37		PORRIÑO (O)
67	603 MÓNICA JORGE ALVAREZ	F- 14 /F- 14	00:25:43	00:05:09	00:25:29	00:05:06	00:16:15		VIGO
68	549 JUAN CARLOS LÓPEZ DÍAZ	/M- 47	00:25:45	00:05:09	00:25:30	00:05:06	00:16:35	X-ONE	MOS
69	558 MARCOS AMEIJERAS MARIÑO	/M- 48	00:25:55	00:05:11	00:25:18	00:05:04	00:17:26		ESTRADA, A
70	560 PABLO AMOEDO PAZ	/M- 49	00:25:55	00:05:11	00:25:24	00:05:05	00:17:19		PONTEAREAS
71	512 SARA LISTE	F- 15 SUB18F- 1	00:26:01	00:05:13	00:25:49	00:05:10	00:16:04	CLUB DEPORTIVO DELIKIA	VIGO
72	613 ALEJANDRO LORENZO ALONSO	/M- 50	00:26:06	00:05:14	00:25:34	00:05:07	00:17:25		PORRIÑO (O)
73	580 ANA FERNÁNDEZ VÁZQUEZ	F- 16 /F- 15	00:26:07	00:05:14	00:25:48	00:05:10	00:16:49		PORRIÑO (O)
74	643 XAVIER RODRIGUEZ GARCIA	/M- 51	00:26:09	00:05:14	00:25:35	00:05:07	00:17:44		PORRIÑO (O)
75	515 ALEXANDRA VIDAL FERNANDEZ	F- 17 SUB18F- 2	00:26:12	00:05:15	00:26:00	00:05:12	00:16:43	CLUB DEPORTIVO DELIKIA	VIGO
76	488 BELÉN FREIJEIRO FERNÁNDEZ	F- 18 /F- 16	00:26:18	00:05:16	00:26:03	00:05:13	00:16:40	ATLETISMO PORRIÑO	PORRIÑO (O)
77	525 BASILIO VERDEAL GONZALEZ	/M- 52	00:26:34	00:05:19	00:26:06	00:05:14	00:17:31	CURRELAS TEMA RUNING	PORRIÑO (O)
78	627 MAR PEREIRA RODRIGUEZ	F- 19 /F- 17	00:26:40	00:05:20	00:26:10	00:05:14	00:16:56		VIGO
79	626 CARLOS PEREIRA RODRIGUEZ	/M- 53	00:26:41	00:05:21	00:26:10	00:05:14	00:16:55		VIGO
80	596 DANIEL GONZALEZ MATOS	/M- 54	00:26:41	00:05:21	00:26:10	00:05:14	00:16:56		VIGO
81	622 JOEL MOURIÑO BLANCO	SUB18M- 8	00:26:52	00:05:23	00:26:16	00:05:16	00:17:45		TOMIÑO
82	562 ADRIÁN BLANCO ARAGUNDE	/M- 55	00:26:52	00:05:23	00:26:16	00:05:16	00:17:45		TOMIÑO
83	490 ALEJANDRO OCAMPO CARDALDA	/M- 56	00:26:59	00:05:24	00:26:34	00:05:19	00:17:44	ATLETISMO PORRIÑO	O PORRIÑO
84	557 RUBEN ALVAREZ VAZQUEZ	/M- 57	00:27:03	00:05:25	00:26:38	00:05:20	00:17:43		VIGO
85	644 DIANA RODRIGUEZ VAQUEIRO	F- 20 /F- 18	00:27:09	00:05:26	00:27:00	00:05:24	00:17:29		SALCEDA DE CASELAS
86	617 JOSÉ MARTÍNEZ REIS	/M- 58	00:27:13	00:05:27	00:27:00	00:05:24	00:17:03		PORRIÑO (O)
87	530 ANDREA MIRANDA GUIANCE	F- 21 /F- 19	00:27:16	00:05:28	00:27:07	00:05:26	00:17:30	LA COLONIA	PORRIÑO (O)
88	616 ANDRÉS MARTÍNEZ LIMÉNS	/M- 59	00:27:33	00:05:31	00:27:11	00:05:27	00:17:39		CUNTIS
89	594 NURIA GONZÁLEZ ÁLVAREZ	F- 22 /F- 20	00:27:33	00:05:31	00:27:10	00:05:26	00:17:39		TOMIÑO

90	593 BEATRIZ GIRÁLDEZ OTERO	F- 23 /F- 21	00:27:41	00:05:33	00:27:20	00:05:28	00:17:43		PORRIÑO (O)
91	508 ALBERTO ALONSO LORENZO	/M- 60	00:27:44	00:05:33	00:27:13	00:05:27	00:17:51	CLUB ATLETISMO SALVATERRA	SALVATERRA DE MIÑO
92	536 MONICA VAZQUEZ MAYO	F- 24 /F- 22	00:27:52	00:05:35	00:27:37	00:05:32	00:17:43	MAIS QUE AUGA	PORRIÑO (O)
93	624 MIGUEL OTERO AVENDAÑO	/M- 61	00:28:00	00:05:36	00:27:55	00:05:35	00:17:18		PORRIÑO (O)
94	598 TAMARA GUISANDE PÉREZ	F- 25 /F- 23	00:28:05	00:05:37	00:27:39	00:05:32	00:18:13		VIGO
95	586 JOSE GARCÍA	/M- 62	00:28:15	00:05:39	00:27:56	00:05:36	00:17:41		PORRIÑO (O)
96	578 ANDREA FERNÁNDEZ RAMILO	F- 26 /F- 24	00:28:16	00:05:40	00:27:45	00:05:33	00:18:16		PORRIÑO (O)
97	559 ALEJANDRO AMOEDO PAZ	/M- 63	00:28:22	00:05:41	00:27:52	00:05:35	00:18:57		PONTEAREAS
98	573 LUCILA DURÁN DOMÍNGUEZ	F- 27 /F- 25	00:28:42	00:05:45	00:28:27	00:05:42	00:18:12		PORRIÑO (O)
99	493 NEREA ZÚÑIGA LORENZO	F- 28 SUB18F- 3	00:28:52	00:05:47	00:28:36	00:05:44	00:18:45	ATLETISMO PORRIÑO	PONTEAREAS
100	485 NOA DELGADO DURÁN	F- 29 SUB18F- 4	00:28:53	00:05:47	00:28:37	00:05:44	00:18:45	ATLETISMO PORRIÑO	PORRIÑO (O)
101	570 JUAN CARLOS DA FORTUNA VÁZQUEZ	/M- 64	00:28:59	00:05:48	00:28:37	00:05:44	00:18:49		VIGO
102	484 JOSE ISAÍAS BURLIDO BORREGO	/M- 65	00:29:14	00:05:51	00:28:41	00:05:45	00:19:19	ATLETISMO PORRIÑO	PORRIÑO (O)
103	569 ANA COUTO PEREIRO	F- 30 /F- 26	00:29:42	00:05:57	00:29:11	00:05:51	00:18:47		PORRIÑO (O)
104	567 GAËLLE CHARVIN	F- 31 /F- 27	00:29:42	00:05:57	00:29:21	00:05:53	00:19:00		TOMIÑO
105	584 LORENA FREIRE	F- 32 /F- 28	00:29:43	00:05:57	00:29:20	00:05:52	00:19:23		VIGO
106	526 MARIA DORINDA CARBALLO BARREIRO	F- 33 /F- 29	00:29:43	00:05:57	00:29:21	00:05:53	00:19:04	AG/6819 DORI	PONTEVEDRA
107	649 ROBERTO VAZQUEZ RODRIGUEZ	/M- 66	00:29:44	00:05:57	00:29:24	00:05:53	00:19:09		PORRIÑO (O)
108	550 BRUNA FERNANDA ABREU DE SOUZA	F- 34 /F- 30	00:29:44	00:05:57	00:29:25	00:05:53	00:19:09		O PORRIÑO
109	574 ALEJANDRA ELEXPURU BOULLOSA	F- 35 /F- 31	00:29:53	00:05:59	00:29:43	00:05:57	00:19:33		PORRIÑO (O)
110	623 MERY MUÑIZ GONZÁLEZ	F- 36 /F- 32	00:29:55	00:05:59	00:29:37	00:05:56	00:19:12		BOIRO
111	645 MARIA DEL ROCIO ROSAL GOMEZ	F- 37 /F- 33	00:29:57	00:06:00	00:29:41	00:05:57	00:19:19		PORRIÑO (O)
112	590 SANDRA GARCIA ROMERO	F- 38 /F- 34	00:30:02	00:06:01	00:29:52	00:05:59	00:19:35		MOS
113	572 IAGO DE COS - ESTRADA FERNÁNDEZ	/M- 67	00:30:10	00:06:02	00:29:45	00:05:57	00:19:31		VIGO
114	486 CLARA DOMÍNGUEZ FERREIRA	F- 39 /F- 35	00:30:18	00:06:04	00:30:03	00:06:01	00:19:12	ATLETISMO PORRIÑO	PONTEAREAS
115	491 CRISTINA PIÑEIRO ORTIGUEIRA	F- 40 /F- 36	00:30:18	00:06:04	00:30:03	00:06:01	00:19:12	ATLETISMO PORRIÑO	PORRIÑO (O)
116	606 JENIFFER KNIAZEWSKI OLIVEIRA	F- 41 /F- 37	00:30:20	00:06:04	00:30:02	00:06:01	00:18:59		SÃO PAULO
117	501 MARIA CARMEN ROCHA CRUCES	F- 42 /F- 38	00:30:39	00:06:08	00:30:29	00:06:06	00:19:10	C.A.R. MARISQUEIRO	VIGO
118	497 MARTA RODRIGUEZ ALVAREZ	F- 43 /F- 39	00:30:45	00:06:09	00:30:23	00:06:05	00:19:34	C.A. BIKILA	VIGO
119	494 CELIA BUGARÍN PEREIRA	F- 44 /F- 40	00:30:54	00:06:11	00:30:39	00:06:08	00:19:37	ATLETISMO TUI	TUI
120	599 RUBEN GUTIERREZ LOPEZ	/M- 68	00:30:57	00:06:12	00:30:32	00:06:07	00:18:55		PORRIÑO (O)
121	604 ALICIA JUSTE VILLAR	F- 45 /F- 41	00:31:04	00:06:13	00:30:38	00:06:08	00:19:36		VIGO
122	575 OSCAR ESCRICH GONZÁLEZ	/M- 69	00:31:06	00:06:14	00:30:39	00:06:08	00:19:36		VIGO
123	531 PAULA PALMERO CAAMAÑO	F- 46 /F- 42	00:31:19	00:06:16	00:31:10	00:06:14	00:19:54	LA COLONIA	PORRIÑO (O)
124	487 TANIA ESTÉVEZ LORENZO	F- 47 SUB18F- 5	00:31:42	00:06:21	00:31:25	00:06:17	00:19:53	ATLETISMO PORRIÑO	PORRIÑO (O)
125	634 NOA QUINTAS GRANJA	F- 48 /F- 43	00:31:42	00:06:21	00:31:25	00:06:17	00:19:50		PORRIÑO (O)
126	597 SARA GONZÁLEZ ORENGA	F- 49 /F- 44	00:32:04	00:06:25	00:31:45	00:06:21	00:19:59		VIGO
127	551 ANDREU AGUILAR BOCHONS	/M- 70	00:32:04	00:06:25	00:31:45	00:06:21	00:19:59		VIGO
128	496 SOFIA FRANCISCO MARTÍNEZ	F- 50 /F- 45	00:32:05	00:06:25	00:31:48	00:06:22	00:20:39	BOOX004 VIGO	VIGO
129	638 ANDREA REPRESAS PIÑEIRO	F- 51 /F- 46	00:32:09	00:06:26	00:31:59	00:06:24	00:19:59		PORRIÑO (O)
130	533 TUNGEUMBO PEREPETUWA POHAMBÁ	F- 52 /F- 47	00:32:19	00:06:28	00:31:46	00:06:22	00:20:39	LOMBIS	WALVIS BAY
131	647 ANDREA TEJEIRA SAN-MARTÍN	F- 53 /F- 48	00:32:50	00:06:34	00:32:37	00:06:32	00:20:55		PORRIÑO (O)
132	505 ALEJANDRO GANDARA BOUZA	/M- 71	00:32:57	00:06:36	00:32:46	00:06:34	00:20:41	CASTRELOS 20:30	REDONDELA
133	605 JAQUELINE KESSLER SLONGO	F- 54 /F- 49	00:33:14	00:06:39	00:33:00	00:06:36	00:21:04		VIGO
134	583 MARIA FRANCISCO	F- 55 /F- 50	00:33:17	00:06:40	00:32:54	00:06:35	00:20:32		VIGO
135	527 DIANA FONTENLA IGLESIAS	F- 56 /F- 51	00:33:20	00:06:40	00:32:56	00:06:36	00:21:05	GF RACING	PORRIÑO (O)
136	632 PAULA PORTO CAMBEIRO	F- 57 /F- 52	00:33:24	00:06:41	00:33:04	00:06:37	00:20:53		RODEIRO

137	607 AITOR LAGO COMESAÑA	/M- 72	00:33:25	00:06:41	00:33:05	00:06:37	00:20:53		VIGO
138	542 CATARINA HERMIDA RODRÍGUEZ	F- 58 /F- 53	00:34:02	00:06:49	00:33:43	00:06:45	00:22:05	RAGNAROK OCR	VIGO
139	640 MARIA RODRÍGUEZ CAL	F- 59 /F- 54	00:34:39	00:06:56	00:34:13	00:06:51	00:21:50		VIGO
140	556 RAQUEL ÁLVAREZ AMBROSIO	F- 60 /F- 55	00:35:11	00:07:03	00:34:40	00:06:56	00:22:08		PORRIÑO (O)
141	577 BELÉN FERNÁNDEZ	F- 61 /F- 56	00:35:32	00:07:07	00:35:03	00:07:01	00:22:26		PORRIÑO (O)
142	629 GAEL PEREZ ALONSO	/M- 73	00:36:09	00:07:14	00:35:35	00:07:07	00:23:24		VIGO
143	555 TERESA ALONSO UCHA	F- 62 /F- 57	00:36:09	00:07:14	00:35:34	00:07:07	00:23:24		VIGO
144	628 NICOLÁS PÉREZ	/M- 74	00:36:10	00:07:14	00:35:35	00:07:07	00:23:25		VIGO
145	591 PABLO GARCIA VELASCO	/M- 75	00:36:10	00:07:14	00:35:35	00:07:07	00:23:24		VIGO
146	639 MIRIAN RODRIGUEZ	F- 63 /F- 58	00:36:32	00:07:19	00:35:59	00:07:12	00:23:26		MOS
147	600 JUAN CARLOS HERNANDEZ GRAÑA	/M- 76	00:37:31	00:07:31	00:36:57	00:07:24	00:24:21		VIGO
148	601 MARTA HERNÁNDEZ GRAÑA	F- 64 /F- 59	00:37:31	00:07:31	00:36:58	00:07:24	00:24:22		VIGO
149	595 SAMUEL GONZALEZ ESTEVEZ	/M- 77	00:38:02	00:07:37	00:37:33	00:07:31	00:24:11		CAÑIZA (A)
150	566 VANESA CASTRO GIL	F- 65 /F- 60	00:38:02	00:07:37	00:37:33	00:07:31	00:24:12		CAÑIZA (A)
151	503 MARÍA OTERO AMOEDO	F- 66 /F- 61	00:39:00	00:07:48	00:38:55	00:07:47	00:24:54	CAD SERVISUB BUEU	PONTEVEDRA
152	592 LIDIA GIL RIVERA	F- 67 /F- 62	00:39:03	00:07:49	00:38:35	00:07:43	00:24:51		VIGO
153	641 AURORA RODRÍGUEZ ESTRADA	F- 68 /F- 63	00:40:32	00:08:07	00:40:00	00:08:00	00:25:48		PORRIÑO (O)

XV CARREIRA DE O PORRIÑO 10K, O Porriño 28/04/2024

SUB14 / SUB16. Distancia: 2.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	P. Volta 1	P. Volta 2	P. Volta 3	P. Volta 4	P. Volta 5	P. Volta 6	P. Volta 7	Licenza	Club	Localidade
1	687	ALEJANDRO SANTOS ADROVER		SUB16M- 1	00:06:40	00:03:20	00:01:08	00:01:29	00:02:49	00:03:12	00:04:34	00:04:57	00:06:18		SOCIEDADE ATLÉTICA DO TREGA	ROSAL (O)
2	670	MARTÍN OTERO ROSALES		SUB14M- 1	00:07:08	00:03:34	00:01:18	00:01:41	00:03:08	00:03:32	00:04:59	00:05:24	00:06:47		CLUB DEPORTIVO PINARIUM	MARÍN
3	688	SERGIO SILVA SOUTO		SUB14M- 2	00:07:09	00:03:35	00:01:19	00:01:41	00:03:08	00:03:32	00:05:00	00:05:24	00:06:48		SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO
4	654	TOMAS BAUTISTA BUGARIN		SUB16M- 2	00:07:10	00:03:35	00:01:16	00:01:40	00:03:04	00:03:29	00:04:57	00:05:21	00:06:47		ATLETISMO PORRIÑO	PONTEAREAS
5	694	ADRIÁN ESTÉVEZ ESTÉVEZ		SUB16M- 3	00:07:11	00:03:36	00:01:10	00:01:32	00:03:01	00:03:26	00:04:55	00:05:21	00:06:48			SALCEDA DE CASELAS
6	655	HUGO BERNARDEZ SABORIDO		SUB16M- 4	00:07:29	00:03:45	00:01:16	00:01:40	00:03:08	00:03:33	00:05:05	00:05:30	00:07:03		ATLETISMO PORRIÑO	SALVATERRA DE MIÑO
7	684	HUGO BOENTE TOUZA		SUB16M- 5	00:07:34	00:03:47	00:01:18	00:01:42	00:03:12	00:03:37	00:05:11	00:05:37	00:07:11		SOCIEDAD GIMNASTICA DE PONTEVEDRA	MARÍN
8	677	DANIEL CURRAS RAMOS		SUB16M- 6	00:07:51	00:03:56	00:01:17	00:01:41	00:03:15	00:03:41	00:05:22	00:05:50	00:07:26		CSCR DE BEADE	VIGO
9	685	MARTINA YUBERO SANMARTÍN	F- 1	SUB14F- 1	00:08:00	00:04:00	00:01:26	00:01:53	00:03:30	00:03:55	00:05:31	00:05:57	00:07:34		SOCIEDAD GIMNASTICA DE PONTEVEDRA	MARÍN
10	686	PAULA ROCHA BAUTISTA	F- 2	SUB16F- 1	00:08:13	00:04:07	00:01:24	00:01:51	00:03:29	00:03:57	00:05:38	00:06:06	00:07:46		SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO
11	673	ALMA PEREIRA FERNÁNDEZ	F- 3	SUB16F- 2	00:08:19	00:04:10	00:01:27	00:01:53	00:03:36	00:04:03	00:05:48	00:06:16	00:07:54		COMESAÑA SPORTING CLUB	VIGO
12	672	LAURA MEIRA FERNÁNDEZ	F- 4	SUB14F- 2	00:08:26	00:04:13	00:01:31	00:01:58	00:03:39	00:04:08	00:05:52	00:06:21	00:08:02		COMESAÑA SPORTING CLUB	GONDOMAR
13	689	ANXO DÍAZ CAMPOS		SUB14M- 3	00:08:26	00:04:13	00:01:21	00:01:48	00:03:31	00:04:00	00:05:46	00:06:17	00:07:58		TRIATLÓN MAR DE VIGO	VIGO
14	701	BÁRBARA QUINTANA GARCÍA	F- 5	SUB14F- 3	00:08:26	00:04:13	00:01:30	00:01:57	00:03:40	00:04:09	00:05:54	00:06:22	00:08:00			PONTEVEDRA
15	671	ANTONIA ARANGO ROMERO	F- 6	SUB16F- 3	00:08:36	00:04:18	00:01:30	00:01:58	00:03:40	00:04:09	00:05:53	00:06:22	00:08:07		COMESAÑA SPORTING CLUB	VIGO
16	650	SARA MESTAWET GARRALON VILA	F- 7	SUB16F- 4	00:08:45	00:04:23	00:01:24	00:01:49	00:03:28	00:04:00	00:05:53	00:06:25	00:08:15		AGRUPACION VIGUESA DE ATLETISMO	VIGO
17	656	FRANCISCO CUBERO		SUB14M- 4	00:08:50	00:04:25	00:01:29	00:01:59	00:03:47	00:04:18	00:06:07	00:06:37	00:08:26		ATLETISMO PORRIÑO	PORRIÑO (O)
18	653	DANIEL AGUILERA CASTILLO		SUB14M- 5	00:08:50	00:04:25	00:01:39	00:02:09	00:03:56	00:04:25	00:06:17	00:06:48	00:08:29		ATLETISMO PORRIÑO	MOS
19	651	VICTORIA PAMPILLON FERNANDEZ	F- 8	SUB16F- 5	00:08:59	00:04:30	00:01:24	00:01:50	00:03:39	00:04:09	00:06:04	00:06:35	00:08:30		AGRUPACION VIGUESA DE ATLETISMO	VIGO
20	702	XOEL SENDIN SOTO		SUB16M- 7	00:09:02	00:04:31	00:01:26	00:01:56	00:03:44	00:04:16	00:06:07	00:06:39	00:08:30			CAÑIZA (A)
21	698	ARIADNA MARTÍNEZ AVENDAÑO	F- 9	SUB14F- 4	00:09:05	00:04:33	00:01:34	00:02:03	00:03:53	00:04:24	00:06:18	00:06:49	00:08:37			PORRIÑO (O)
22	659	BRUNO GARCÍA ABAD		SUB14M- 6	00:09:16	00:04:38	00:01:40	00:02:11	00:04:01	00:04:31	00:06:24	00:06:55	00:08:47		ATLETISMO PORRIÑO	PORRIÑO (O)
23	665	NOA NÚÑEZ GONZALEZ	F- 10	SUB14F- 5	00:09:21	00:04:41	00:01:39	00:02:11	00:04:04	00:04:36	00:06:31	00:07:02	00:08:55		ATLETISMO PORRIÑO	SALCEDA DE CASELAS
24	682	MADDEX MARINO SHILUWA		SUB14M- 7	00:09:27	00:04:44	00:01:39	00:02:10	00:04:07	00:04:42	00:06:41	00:07:12	00:09:03		LOMBIS	VIGO
25	693	ALEXANDRE ARIAS ALONSO		SUB14M- 8	00:09:27	00:04:44	00:01:36	00:02:08	00:04:08	00:04:39	00:06:38	00:07:10	00:09:04			PORRIÑO (O)
26	661	CATALINA GONZALEZ MARTINEZ	F- 11	SUB14F- 6	00:09:45	00:04:53	00:01:40	00:02:13	00:04:07	00:04:39	00:06:42	00:07:15	00:09:18		ATLETISMO PORRIÑO	PORRIÑO (O)
27	664	PAULA MARTÍNEZ TÁBOAS	F- 12	SUB14F- 7	00:09:54	00:04:57	00:01:40	00:02:11	00:04:06	00:04:40	00:06:44	00:07:20	00:09:25		ATLETISMO PORRIÑO	SALCEDA DE CASELAS
28	683	MALACHI SERAFIM MARINO SHILUWA		SUB16M- 8	00:09:56	00:04:58	00:01:41	00:02:14	00:04:18	00:04:51	00:06:50	00:07:24	00:09:29		LOMBIS	VIGO
29	690	NICOLÁS ALONSO FERNÁNDEZ		SUB14M- 9	00:09:56	00:04:58	00:01:41	00:02:14	00:04:18	00:04:50	00:06:50	00:07:24	00:09:30			MOS
30	658	ANTÍA ESTEVEZ SORRIBAS	F- 13	SUB16F- 6	00:10:07	00:05:04	00:01:34	00:02:03	00:04:08	00:04:43	00:06:50	00:07:28	00:09:39		ATLETISMO PORRIÑO	PONTEAREAS
31	681	DANI GARCÍA FONTENLA		SUB16M- 9	00:10:17	00:05:09	00:01:46	00:02:20	00:04:24	00:04:59	00:07:05	00:07:40	00:09:44		GF RACING	PORRIÑO (O)
32	657	MARIA DELGADO DURÁN	F- 14	SUB14F- 8	00:10:49	00:05:25	00:01:45	00:02:19	00:04:29	00:05:06	00:07:25	00:08:03	00:10:19		ATLETISMO PORRIÑO	PORRIÑO (O)
33	668	DANIELA CURES GOMES	F- 15	SUB14F- 9	00:10:50	00:05:25	00:01:58	00:02:33	00:04:47	00:05:23	00:07:37	00:08:15	00:10:24		CLUB ATLETISMO RÍAS BAIXAS	PONTEVEDRA
34	666	NAIARA ZÚÑIGA LORENZO	F- 16	SUB16F- 7	00:10:55	00:05:28	00:01:41	00:02:15	00:04:28	00:05:06	00:07:25	00:08:05	00:10:22		ATLETISMO PORRIÑO	PONTEAREAS
35	766	CARMEN NUÑEZ GUTIERREZ	F- 17	SUB14F- 10	00:10:58	00:05:29	00:01:44	00:02:18	00:04:29	00:05:06	00:07:25	00:08:04	00:10:22			

XV CARREIRA DE O PORRIÑO 10K, O Porriño 28/04/2024

SUB12. Distancia: 1.000 m

Pto	Dorsal	Nombre	Sx	PtoCat	T_Oficial	RitmoKm	Paso Volta 1	Paso Volta 2	Paso Volta 3	Licenza	Club	Localidade
1	722	NADIA CONEJO BASCOY	F- 1	SUB12F- 1	00:03:49	00:03:49	00:01:23	00:01:49	00:03:26		SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)
2	737	BRUNO PICHEL GROBA		SUB12M- 1	00:03:52	00:03:52	00:01:29	00:01:57	00:03:30			MOS
3	721	MONCHO CARREIRO PÉREZ		SUB12M- 2	00:03:58	00:03:58	00:01:28	00:01:57	00:03:33		SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO
4	723	XOEL PEREZ MONTERO		SUB12M- 3	00:04:03	00:04:03	00:01:31	00:01:59	00:03:36		SOCIEDADE ATLÉTICA DO TREGA	TOMIÑO
5	733	NOAH GUERREIRO ALONSO		SUB12M- 4	00:04:04	00:04:04	00:01:29	00:01:58	00:03:37			PORRIÑO (O)
6	741	IAGO RODRÍGUEZ GRELA		SUB12M- 5	00:04:11	00:04:11	00:01:33	00:02:02	00:03:44			PORRIÑO (O)
7	703	LAURA ALONSO DOMÍNGUEZ	F- 2	SUB12F- 2	00:04:13	00:04:13	00:01:31	00:02:00	00:03:46		ATLETISMO PORRIÑO	PONTEAREAS
8	740	NICOLÁS RAMILO GIRÁLDEZ		SUB12M- 6	00:04:19	00:04:19	00:01:35	00:02:05	00:03:50			PORRIÑO (O)
9	742	GAEL RODRÍGUEZ RODRÍGUEZ		SUB12M- 7	00:04:20	00:04:20	00:01:40	00:02:11	00:03:55			PORRIÑO (O)
10	726	AROA BERNARDEZ SABORIDO	F- 3	SUB12F- 3	00:04:21	00:04:21	00:01:38	00:02:08	00:03:54			SALVATERRA DE MIÑO
11	704	BREIXO ÁLVAREZ MOLDES		SUB12M- 8	00:04:21	00:04:21	00:01:37	00:02:07	00:03:51		ATLETISMO PORRIÑO	PONTEAREAS
12	707	TERESA GARCÍA AMOEDO	F- 4	SUB12F- 4	00:04:25	00:04:25	00:01:35	00:02:02	00:03:51		ATLETISMO PORRIÑO	PORRIÑO (O)
13	719	LUNA RIVEIRA IGLESIAS	F- 5	SUB12F- 5	00:04:25	00:04:25	00:01:39	00:02:11	00:04:00		PORRIÑO	SALCEDA DE CASELAS
14	724	ROI ALONSO RODRÍGUEZ		SUB12M- 9	00:04:26	00:04:26	00:01:40	00:02:12	00:03:59			MOS
15	734	ÁLEX LAGO ALONSO		SUB12M- 10	00:04:28	00:04:28	00:01:36	00:02:09	00:03:59			PORRIÑO (O)
16	711	ANTÍA ADÁN BESADA	F- 6	SUB12F- 6	00:04:28	00:04:28	00:01:40	00:02:11	00:04:00		CLUB ATLETISMO PORRIÑO	PORRIÑO (O)
17	739	LUCAS QUINTANA GARCÍA		SUB12M- 11	00:04:30	00:04:30	00:01:38	00:02:08	00:03:59			PONTEVEDRA
18	706	IRÍA GÁNDARA DIZ	F- 7	SUB12F- 7	00:04:33	00:04:33	00:01:42	00:02:13	00:04:04		ATLETISMO PORRIÑO	PORRIÑO (O)
19	714	MATEO DOPICO DOMÍNGUEZ		SUB12M- 12	00:04:37	00:04:37	00:01:37	00:02:11	00:04:08		CLUB DEPORTIVO DELIKIA	VIGO
20	712	CLARA SILVA CAMPOS	F- 8	SUB12F- 8	00:04:46	00:04:46	00:01:41	00:02:13	00:04:14		CLUB ATLETISMO PORRIÑO	MOS
21	738	NAIA PORTO GONZÁLEZ	F- 9	SUB12F- 9	00:04:52	00:04:52	00:01:44	00:02:18	00:04:24			PONTEAREAS
22	705	SABINA CILADI	F- 10	SUB12F- 10	00:04:54	00:04:54	00:01:34	00:02:07	00:04:22		ATLETISMO PORRIÑO	MOS
23	708	CANDELA MARTINEZ PIÑEIRO	F- 11	SUB12F- 11	00:04:57	00:04:57	00:01:44	00:02:16	00:04:25		ATLETISMO PORRIÑO	PORRIÑO (O)
24	716	SARA ESSAADAQUI BENALLA	F- 12	SUB12F- 12	00:05:01	00:05:01	00:01:48	00:02:21	00:04:24		INDEPENDIENTEMENTE	SALCEDA DE CASELAS
25	713	MARTINA VÁZQUEZ CAMPOS	F- 13	SUB12F- 13	00:05:11	00:05:11	00:01:49	00:02:25	00:04:34		CLUB ATLETISMO PORRIÑO	PORRIÑO (O)
26	709	DANIELA MORAIS DIAZ	F- 14	SUB12F- 14	00:05:11	00:05:11	00:02:00	00:02:34	00:04:44		ATLETISMO PORRIÑO	SALCEDA DE CASELAS
27	744	ICÍA SOUTELO GÓMEZ	F- 15	SUB12F- 15	00:05:47	00:05:47	00:02:04	00:02:41	00:05:09			SALCEDA DE CASELAS

XV CARREIRA DE O PORRIÑO 10K, O Porriño 28/04/2024

SUB10. Distancia: 1.000 m

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	P. Volta 1	P. Volta 2	P. Volta 3	Licenza	Club	Localidade
1	750	NICO CAMINO DIAZ		SUB10M- 1	00:04:04	00:04:04	00:01:29	00:01:57	00:03:39		CLUB DEPORTIVO PINARIUM	MARÍN
2	752	GABRIELA LÓPEZ CADILLA	F- 1	SUB10F- 1	00:04:08	00:04:08	00:01:33	00:02:01	00:03:39		SOCIEDADE ATLÉTICA DO TREGA	GUARDA (A)
3	746	SABELA GÁNDARA IGLESIAS	F- 2	SUB10F- 2	00:04:13	00:04:13	00:01:32	00:02:01	00:03:43		ATLETISMO PORRIÑO	SALCEDA DE CASELAS
4	749	CARLOS JOSÉ SOBREIRA GARCÍA		SUB10M- 2	00:04:26	00:04:26	00:01:40	00:02:10	00:03:57		CLUB DEPORTIVO DELIKIA	VIGO
5	747	IRENE RODRÍGUEZ COMESAÑA	F- 3	SUB10F- 3	00:04:35	00:04:35	00:01:36	00:02:07	00:04:00		ATLETISMO PORRIÑO	PORRIÑO (O)
6	768	TELMA RODRIGUEZ MANTIÑAN PUNZON	F- 4	SUB10F- 4	00:04:35	00:04:35	00:01:40	00:02:11	00:04:05			PORRIÑO (O)
7	751	SARA CAMINO DIAZ	F- 5	SUB10F- 5	00:04:37	00:04:37	00:01:41	00:02:12	00:04:07		CLUB DEPORTIVO PINARIUM	MARÍN
8	757	ENZO CLAUDIO SORRIBAS		SUB10M- 3	00:04:51	00:04:51	00:01:45	00:02:19	00:04:19			PONTEAREAS
9	748	MARTINA CURES GOMES	F- 6	SUB10F- 6	00:04:52	00:04:52	00:01:43	00:02:19	00:04:22		CLUB ATLETISMO RÍAS BAIXAS	PONTEVEDRA
10	754	GABRIEL BAÑOS ATANES		SUB10M- 4	00:04:56	00:04:56	00:01:39	00:02:13	00:04:27			PORRIÑO (O)
11	764	OLIVIA SUCASAS VARELA	F- 7	SUB10F- 7	00:05:01	00:05:01	00:01:52	00:02:27	00:04:25			A CORUÑA
12	772	NINA MENDEZ GONZALEZ	F- 8	SUB10F- 8	00:05:03	00:05:03	00:01:51	00:02:24	00:04:26			PORRIÑO (O)
13	745	ANTON DACAL FERNANDEZ		SUB10M- 5	00:05:09	00:05:09	00:01:55	00:02:29	00:04:34		ATLETISMO PORRIÑO	PORRIÑO (O)
14	769	NOA PUNZÓN ALONSO	F- 9	SUB10F- 9	00:05:09	00:05:09	00:01:50	00:02:26	00:04:38			PORRIÑO (O)
15	756	GENARO CILADI PEREYRA		SUB10M- 6	00:05:24	00:05:24	00:01:50	00:02:31	00:04:46			MOS
16	773	NOA RODRIGUEZ VALIÑO	F- 10	SUB10F- 10	00:05:29	00:05:29	00:02:05	00:02:43	00:04:54			
17	758	NAIARA GONZÁLEZ JUSTE	F- 11	SUB10F- 11	00:05:51	00:05:51	00:02:02	00:02:41	00:05:08			PORRIÑO (O)
18	759	IRIA SOUELO GÓMEZ	F- 12	SUB10F- 12	00:06:00	00:06:00	00:01:59	00:02:39	00:05:18			SALCEDA DE CASELAS
19	753	CATALINA CONEJERO GAINZARAIN	F- 13	SUB10F- 13	00:06:00	00:06:00	00:02:08	00:02:49	00:05:20		TRIATLÓN MAR DE VIGO	NIGRÁN