

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
1	39	SERBESSA, WORKNEH	ATLETISMO NARON	00:29:06	2:54	00:09:23 (2)	00:14:32 (2)	00:24:02 (2)	M (1)	M/F 35 M (1)		
2	4	KIPTOO, AMON	CA CALATAYUD	00:29:07	2:54	00:09:23 (1)	00:14:31 (1)	00:24:02 (1)	M (2)	M/F 35 M (2)		
3	3	KIPLAGAT, DAVID	CA CALATAYUD	00:29:44	2:58	00:09:25 (3)	00:14:48 (3)	00:24:32 (4)	M (3)	SÉNIOR M (1)		
4	1	WANJIRU, PETER	CA ALBACETE	00:29:48	2:58	00:09:33 (4)	00:14:51 (4)	00:24:30 (3)	M (4)	M/F40 M (1)		
5	10	CUESTA, NICOLAS	CA BIKILIA	00:30:42	3:04	00:09:51 (7)	00:15:20 (6)	00:25:22 (5)	M (5)	M/F 35 M (3)		
6	20	PUIG MALVAR, JORGE	INDEPENDIENTE	00:30:47	3:04	00:09:39 (5)	00:15:09 (5)	00:25:22 (6)	M (6)	SÉNIOR M (2)		M (1)
7	6	ETTALBI, HICHAM	INDEPENDIENTE	00:31:46	3:10	00:09:43 (6)	00:15:30 (7)	00:26:12 (7)	M (7)	SÉNIOR M (3)		
8	5	MERGOUGUI,	INDEPENDIENTE	00:32:15	3:13	00:10:11 (9)	00:15:58 (8)	00:26:34 (9)	M (8)	SÉNIOR M (4)		
9	26	ORO VENCE, MARCOS	ATLETISMO ARENTEIRO	00:32:26	3:14	00:10:04 (8)	00:16:04 (9)	00:26:25 (8)	M (9)	SÉNIOR M (5)		M (2)
10	21	ABAL CHAVES,	AMADEO ABAL	00:32:56	3:17	00:10:25 (11)	00:16:20 (12)	00:27:09 (10)	M (10)	SÉNIOR M (6)		
11	108	ALVAREZ FERREIRA,	ESPRINTES OURENSE	00:32:58	3:17	00:10:16 (10)	00:16:04 (10)	00:27:10 (11)	M (11)	SUB-23 M (1)		M (3)
12	29	PENA-MANSO	INDEPENDIENTE	00:32:59	3:17	00:10:26 (13)	00:16:20 (13)	00:27:10 (12)	M (12)	SÉNIOR M (7)		
13	100	CRESPO ARIAS,	CLUB ATLETISMO SAR	00:33:19	3:19	00:10:26 (12)	00:16:20 (11)	00:27:14 (13)	M (13)	M/F45 M (1)	M (1)	M (4)
14	74	CAAMAÑO NIETO,	CLUB ATLETISMO SAR	00:33:39	3:21	00:10:31 (14)	00:16:37 (14)	00:27:40 (15)	M (14)	M/F40 M (2)		M (5)
15	46	FERNÁNDEZ GARCÍA,	ATLETISMO ARENTEIRO	00:33:52	3:23	00:10:53 (17)	00:16:52 (16)	00:27:52 (16)	M (15)	M/F 35 M (4)		M (6)
16	32	GARCÍA CARBALLO,	CLUB ATLETISMO	00:34:04	3:24	00:10:31 (15)	00:16:37 (15)	00:27:40 (14)	M (16)	SÉNIOR M (8)		M (7)
17	408	CENDAN LLORENS,	CLUB TRIATLON	00:34:23	3:26	00:10:55 (19)	00:17:09 (18)	00:28:17 (17)	M (17)	SÉNIOR M (9)		M (8)
18	99	MELLO, JACI	INDEPENDIENTE	00:34:48	3:28	00:10:55 (18)	00:17:09 (17)	00:28:22 (18)	M (18)	M/F45 M (2)		
<b>19</b>	<b>7</b>	<b>LUNA SANBRAN,</b>	<b>INDEPENDIENTE</b>	<b>00:34:52</b>	<b>3:29</b>	<b>00:11:05 (24)</b>	<b>00:17:12 (20)</b>	<b>00:28:31 (19)</b>	<b>F (1)</b>	<b>SÉNIOR F (1)</b>		
20	116	CARRASCO NUÑEZ,	CLUB DEPORTIVO	00:34:59	3:29	00:11:00 (22)	00:17:11 (19)	00:28:41 (20)	M (19)	M/F50 M (1)		M (9)
21	47	GARCÍA GÓMEZ,	ATLETISMO ARENTEIRO	00:35:07	3:30	00:11:05 (25)	00:17:35 (26)	00:29:01 (22)	M (20)	M/F 35 M (5)		M
22	60	SOBRAL, MANU	CLUB DEPORTIVO	00:35:11	3:31	00:10:57 (21)	00:17:32 (23)	00:29:06 (23)	M (21)	M/F40 M (3)		M
23	40	RIADIGOS PIÑEIRO,	NO SPORT LIMIT	00:35:16	3:31	00:10:49 (16)	00:17:22 (21)	00:28:46 (21)	M (22)	M/F 35 M (6)		M
24	44	PARDIÑAS MALLÓN,	SD COMPOSTELA	00:35:32	3:33	00:11:13 (31)	00:17:35 (25)	00:29:17 (26)	M (23)	M/F 35 M (7)		M
25	102	FERNÁNDEZ	ATLETISMO ARENTEIRO	00:35:34	3:33	00:11:16 (32)	00:17:52 (35)	00:29:24 (27)	M (24)	M/F45 M (3)		M
26	67	NOVOA GUTIÉRREZ,	ATLETISMO ARENTEIRO	00:35:36	3:33	00:11:06 (27)	00:17:45 (27)	00:29:25 (29)	M (25)	M/F40 M (4)		M
27	37	RODRÍGUEZ LARIÑO,	ASOCIACIÓN DEPORTIVA	00:35:38	3:33	00:11:06 (26)	00:17:46 (30)	00:29:26 (31)	M (26)	M/F 35 M (8)		M
28	41	RODRIGUEZ	ATLETISMO ARENTEIRO	00:35:39	3:33	00:11:09 (29)	00:17:45 (28)	00:29:09 (24)	M (27)	M/F 35 M (9)		M
29	57	CALVO CASTRO, LUIS	INDEPENDIENTE	00:35:40	3:33	00:11:01 (23)	00:17:32 (22)	00:29:24 (28)	M (28)	M/F40 M (5)	M (2)	M

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
30	64	NOVO BUJEIRO,	ASOCIACIÓN DEPORTIVA	00:35:41	3:34	00:11:09 (30)	00:17:45 (29)	00:29:26 (30)	M (29)	M/F40 M (6)		M
31	136	RIVEIRO LAMPON,	CLUB ATLETISMO SAR	00:35:42	3:34	00:11:27 (38)	00:17:50 (33)	00:29:33 (32)	M (30)	SÉNIOR M		M
32	77	TRABA CAAMAÑO,	CLUB ATLETISMO	00:35:52	3:35	00:11:25 (35)	00:17:49 (31)	00:29:35 (33)	M (31)	M/F45 M (4)		M
33	93	VÁZQUEZ ARES,	CLUB ATLETISMO SAR	00:35:54	3:35	00:10:57 (20)	00:17:34 (24)	00:29:16 (25)	M (32)	M/F45 M (5)		M
34	66	SEIJAS FOLGUEIRA,	CD UAVA	00:36:01	3:36	00:11:25 (33)	00:17:51 (34)	00:29:42 (35)	M (33)	M/F40 M (7)		M
35	140	SANTIAGO REY,	CLUB TRIATLON	00:36:07	3:36	00:11:33 (39)	00:17:54 (36)	00:29:41 (34)	M (34)	SÉNIOR M		M
36	45	CORRO ROUFFET,	ATLETISMO ARENTEIRO	00:36:12	3:37	00:11:40 (46)	00:18:10 (41)	00:30:17 (42)	M (35)	M/F 35 M (10)		
37	105	GONZÁLEZ REY, BONI	O JERREIRO CARNOTA	00:36:18	3:37	00:11:40 (43)	00:18:10 (39)	00:29:44 (36)	M (36)	M/F45 M (6)		M
38	133	SUAREZ LEIS, JOSE	SD COMPOSTELA	00:36:23	3:38	00:11:25 (36)	00:17:50 (32)	00:29:52 (37)	M (37)	SUPERVETE		M
39	109	GONZÁLEZ PAIS,	CLUB ATLETISMO SAR	00:36:30	3:38	00:11:39 (41)	00:17:58 (38)	00:30:10 (39)	M (38)	SUB-23 M (2)		M
40	42	RODRÍGUEZ LEAL,	CLUB FERROL	00:36:32	3:39	00:11:42 (47)	00:18:11 (45)	00:29:54 (38)	M (39)	M/F 35 M (11)		M
41	526	MACEIRAS LAGO,	CLUB ATLETISMO SAR	00:36:42	3:40	00:11:36 (40)	00:18:11 (43)	00:30:10 (40)	M (40)	M/F50 M (2)		M
42	62	FERRADANS VALDES,	CLUB TRIATLON	00:36:44	3:40	00:11:40 (44)	00:18:10 (42)	00:30:11 (41)	M (41)	M/F40 M (8)		M
43	492	DOMINGUEZ SILVA,	CLUB TRIATLON	00:37:05	3:42	00:11:40 (45)	00:18:10 (40)	00:30:26 (43)	M (42)	M/F45 M (7)	M (3)	M
44	90	ÁLVAREZ ÁLVAREZ,	INDEPENDIENTE	00:37:06	3:42	00:12:13 (68)	00:18:52 (58)	00:30:53 (51)	M (43)	M/F45 M (8)		M
45	51	BELLO GARCÍA, JUAN	CLUB O COTÓN	00:37:06	3:42	00:11:42 (49)	00:18:11 (44)	00:30:26 (44)	M (44)	M/F40 M (9)	M (4)	M
46	25	BARREIRO	CLUB TRIATLON	00:37:08	3:42	00:11:42 (48)	00:18:19 (49)	00:30:31 (45)	M (45)	SÉNIOR M		M
47	137	MORAN GONZÁLEZ,	ATLETISMO PORRIÑO	00:37:09	3:42	00:11:44 (51)	00:18:23 (51)	00:30:39 (47)	M (46)	M/F45 M (9)		M
48	49	DEL RÍO MARTÍNEZ,	INDEPENDIENTE	00:37:12	3:43	00:11:39 (42)	00:18:16 (48)	00:30:35 (46)	M (47)	M/F 35 M (12)		
49	86	JUNCAL MAROÑAS,	MAYENCO	00:37:13	3:43	00:11:51 (55)	00:18:35 (52)	00:30:51 (50)	M (48)	M/F45 M (10)		M
50	38	CASTROAGUDIN	MORAÑA EN RUTA	00:37:15	3:43	00:11:25 (34)	00:18:15 (47)	00:30:41 (49)	M (49)	M/F 35 M (13)		M
51	117	NIETO GONZÁLEZ,	CLUB ATLETISMO SAR	00:37:18	3:43	00:11:43 (50)	00:18:22 (50)	00:30:40 (48)	M (50)	M/F50 M (3)		M
52	138	CALERO FERNANDEZ,	CLUB ATLETISMO SAR	00:37:19	3:43	00:11:48 (52)	00:18:44 (55)	00:30:54 (53)	M (51)	M/F40 M (10)		
53	61	PEREIRA FARIÑA, PITI	SD COMPOSTELA	00:37:19	3:43	00:12:14 (69)	00:18:52 (59)	00:30:53 (52)	M (52)	M/F40 M (11)		M
54	76	GONZÁLEZ REY,	O JERREIRO CARNOTA	00:37:38	3:45	00:12:02 (59)	00:18:40 (53)	00:30:56 (54)	M (53)	M/F40 M (12)		M
55	27	CORRAL SERTAL,	CLUB TRIATLON	00:37:57	3:47	00:12:22 (77)	00:19:17 (77)	00:31:20 (56)	M (54)	SÉNIOR M		M
56	337	ROMAY RODRIGUEZ,	CLUB ATLETISMO SAR	00:38:02	3:48	00:12:20 (74)	00:19:20 (79)	00:31:35 (69)	M (55)	M/F 35 M (14)		M
57	23	RODRIGUEZ	CLUB TRIATLON	00:38:05	3:48	00:12:08 (64)	00:18:59 (63)	00:31:22 (58)	M (56)	SÉNIOR M		M
58	85	VÁZQUEZ MATO, JOSÉ	CLUB DEPORTIVO BRION	00:38:06	3:48	00:12:09 (65)	00:18:57 (62)	00:31:29 (62)	M (57)	M/F45 M (11)		M

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
59	55	SANDÁ ARES, JOSE	SD COMPOSTELA	00:38:06	3:48	00:12:23 (79)	00:19:15 (71)	00:31:22 (57)	M (58)	M/F40 M (13)		M
60	84	VALLE LÓPEZ, ÓSCAR	NOITEBRA	00:38:12	3:49	00:11:49 (53)	00:18:42 (54)	00:31:24 (59)	M (59)	M/F45 M (12)		M
61	107	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:38:16	3:49	00:12:15 (71)	00:19:00 (65)	00:31:28 (61)	M (60)	M/F45 M (13)		M
62	43	RODRIGUEZ LIAS,	INDEPENDIENTE	00:38:16	3:49	00:12:02 (58)	00:18:48 (57)	00:31:27 (60)	M (61)	M/F 35 M (15)		M
63	95	GARCÍA ANTELO,	INDEPENDIENTE	00:38:17	3:49	00:12:08 (63)	00:18:52 (60)	00:31:31 (65)	M (62)	M/F45 M (14)	M (5)	M
64	54	CAMPOS LUERIO,	CLUB ATLETISMO	00:38:17	3:49	00:11:51 (54)	00:18:52 (61)	00:31:10 (55)	M (63)	M/F40 M (14)	M (6)	M
65	91	FRAGA DÍAZ, MANUEL	CLUB TRIATLON	00:38:20	3:49	00:12:10 (66)	00:18:59 (64)	00:31:31 (64)	M (64)	M/F45 M (15)		M
66	73	IGLESIAS SUAREZ,	CDM VÉRTICE	00:38:22	3:50	00:12:01 (57)	00:18:47 (56)	00:31:29 (63)	M (65)	M/F40 M (15)		M
67	70	PARCERO ESPÍÑO,	ATLETISMO ARENTEIRO	00:38:24	3:50	00:12:11 (67)	00:19:01 (66)	00:31:36 (71)	M (66)	M/F40 M (16)		M
68	134	FERNÁNDEZ LAGO,	SERRES RUNNERS	00:38:28	3:50	00:12:05 (60)	00:19:11 (69)	00:31:33 (67)	M (67)	SUPERVETE		M
69	58	SESAR SEGADE,	SD COMPOSTELA	00:38:33	3:51	00:12:05 (61)	00:19:16 (75)	00:31:37 (72)	M (68)	M/F40 M (17)		M
<b>70</b>	<b>11</b>	<b>MOSQUERA LOSADA,</b>	<b>COMESAÑA SPORTING</b>	<b>00:38:35</b>	<b>3:51</b>	<b>00:12:23 (81)</b>	<b>00:19:17 (76)</b>	<b>00:31:54 (79)</b>	<b>F (2)</b>	<b>SÉNIOR F (2)</b>		<b>F (1)</b>
71	104	PIÑEIRO GRAÑA,	SAMERTOLAMEU	00:38:37	3:51	00:12:15 (70)	00:19:05 (67)	00:31:48 (75)	M (69)	M/F45 M (16)		M
72	295	BARREIRO PEREIRA,	SD COMPOSTELA	00:38:37	3:51	00:12:25 (85)	00:19:15 (73)	00:31:36 (70)	M (70)	M/F50 M (4)		M
73	115	LAGO CES, JOSÉ	CLUB ATLETISMO SAR	00:38:40	3:51	00:11:59 (56)	00:19:08 (68)	00:31:34 (68)	M (71)	M/F50 M (5)		M
<b>74</b>	<b>106</b>	<b>GARCÍA SÁNCHEZ,</b>	<b>RUNING OLEIROS</b>	<b>00:38:46</b>	<b>3:52</b>	<b>00:12:26 (86)</b>	<b>00:19:18 (78)</b>	<b>00:31:54 (78)</b>	<b>F (3)</b>	<b>M/F45 F (1)</b>		<b>F (2)</b>
75	252	CALVELO CODESIDO,	A.D. MONTEBRONDO	00:38:52	3:53	00:12:24 (82)	00:19:23 (82)	00:31:47 (74)	M (72)	M/F40 M (18)		M
76	94	ZARAUZA BEIRAS,	CLUB DEPORTIVO BRION	00:38:53	3:53	00:12:21 (75)	00:19:15 (72)	00:31:52 (77)	M (73)	M/F45 M (17)		M
77	131	RODRÍGUEZ	ATLETISMO ARENTEIRO	00:38:57	3:53	00:12:21 (76)	00:19:16 (74)	00:31:47 (73)	M (74)	SUPERVETE		M
78	201	SENDÓN RODRÍGUEZ,	INDEPENDIENTE	00:39:06	3:54	00:12:34 (93)	00:19:30 (86)	00:32:11 (82)	M (75)	SÉNIOR M		M
79	59	MARTÍNEZ MELLADO,	SD COMPOSTELA	00:39:08	3:54	00:11:07 (28)	00:18:11 (46)	00:31:32 (66)	M (76)	M/F40 M (19)		M
<b>80</b>	<b>71</b>	<b>FREAZA OTERO,</b>	<b>COMESAÑA SPORTING</b>	<b>00:39:14</b>	<b>3:55</b>	<b>00:12:33 (92)</b>	<b>00:19:30 (87)</b>	<b>00:31:59 (80)</b>	<b>F (4)</b>	<b>M/F40 F (1)</b>		<b>F (3)</b>
<b>81</b>	<b>114</b>	<b>PAPÍN ESTÉVEZ, INES</b>	<b>DAWAKO</b>	<b>00:39:17</b>	<b>3:55</b>	<b>00:12:29 (89)</b>	<b>00:19:22 (81)</b>	<b>00:31:49 (76)</b>	<b>F (5)</b>	<b>M/F50 F (1)</b>		<b>F (4)</b>
82	50	FERNÁNDEZ	INDEPENDIENTE	00:39:21	3:56	00:12:15 (72)	00:19:12 (70)	00:32:01 (81)	M (77)	M/F 35 M (16)		M
83	65	PEREZ PORTELA,	INDEPENDIENTE	00:39:28	3:56	00:12:06 (62)	00:19:23 (83)	00:32:21 (83)	M (78)	M/F40 M (20)		M
84	118	FIGUEIRA PÉREZ,	CLUB ATLETISMO SAR	00:39:42	3:58	00:12:39 (95)	00:19:40 (92)	00:32:42 (86)	M (79)	M/F50 M (6)		M
85	52	NUÑEZ MUÑIZ, TONY	CLUB O COTÓN	00:39:42	3:58	00:12:29 (88)	00:19:32 (89)	00:32:46 (87)	M (80)	M/F40 M (21)	M (7)	M
86	126	GÓMEZ SUEIRAS,	INDEPENDIENTE	00:39:48	3:58	00:12:30 (91)	00:19:33 (90)	00:32:28 (84)	M (81)	SUPERVETE		M
87	69	GONZÁLEZ NÚÑEZ,	INDEPENDIENTE	00:39:48	3:58	00:12:18 (73)	00:19:22 (80)	00:32:40 (85)	M (82)	M/F40 M (22)		M

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
88	208	ROUCO ALMUÍÑA,	INDEPENDIENTE	00:39:52	3:59	00:12:59 (110)	00:20:00 (98)	00:33:02 (96)	M (83)	SÉNIOR M		M
89	13	BOULLÓN PÉREZ,	INDEPENDIENTE	00:39:53	3:59	00:12:48 (101)	00:19:51 (94)	00:32:57 (92)	M (84)	SÉNIOR M		M
90	72	GÓMEZ ROMERA,	TRIATLON VILLANUEVA	00:39:59	3:59	00:12:24 (83)	00:19:31 (88)	00:32:48 (88)	M (85)	M/F40 M (23)		
91	281	RIOBO ESTEVEZ,	CORREDOIRAS BUEU	00:40:07	4:00	00:12:55 (106)	00:20:00 (99)	00:33:06 (97)	M (86)	M/F45 M (18)		M
<b>92</b>	<b>17</b>	<b>SANTISO PRADO, ANA</b>	<b>RIA DE FOZ</b>	<b>00:40:08</b>	<b>4:00</b>	<b>00:12:23 (80)</b>	<b>00:19:29 (85)</b>	<b>00:32:55 (90)</b>	<b>F (6)</b>	<b>SÉNIOR F (3)</b>		<b>F (5)</b>
93	19	CENDAN LLORENS,	CLUB TRIATLON	00:40:09	4:00	00:12:23 (78)	00:19:29 (84)	00:32:55 (91)	M (87)	SÉNIOR M		
94	88	GARCIA GARCIA,	CD PINARIUM	00:40:09	4:00	00:12:45 (97)	00:19:57 (96)	00:33:01 (94)	M (88)	M/F45 M (19)		
95	139	PEREZ SANTAMARIA,	CLUB ATLETISMO SAR	00:40:12	4:01	00:12:57 (107)	00:20:05 (101)	00:32:52 (89)	M (89)	M/F50 M (7)		M
96	89	GUIMAREY SENIN,	CLUB ATLETISMO SAR	00:40:12	4:01	00:12:35 (94)	00:19:50 (93)	00:33:09 (98)	M (90)	M/F45 M (20)		M
97	101	CASTIÑEIRAS	SD COMPOSTELA	00:40:14	4:01	00:12:45 (99)	00:20:06 (102)	00:33:00 (93)	M (91)	M/F45 M (21)		M
98	30	SOUTO IGLESIAS,	AD FOGAR	00:40:19	4:01	00:13:14 (117)	00:20:21 (109)	00:33:01 (95)	M (92)	SÉNIOR M		
99	87	MENDEZ QUINTELA,	SD COMPOSTELA	00:40:21	4:02	00:12:59 (109)	00:20:07 (103)	00:33:16 (99)	M (93)	M/F45 M (22)		M
100	279	SIEIRO EIROA,	INDEPENDIENTE	00:40:27	4:02	00:12:29 (90)	00:19:58 (97)	00:33:25 (104)	M (94)	M/F45 M (23)		
101	97	PÉREZ SOTO, DIEGO	ATLETAS DE ACEA DE	00:40:28	4:02	00:12:45 (98)	00:19:54 (95)	00:33:18 (100)	M (95)	M/F45 M (24)		M
102	112	MARTÍNEZ NIETO,	CLUB ATLETISMO OUTES	00:40:40	4:03	00:13:01 (113)	00:20:27 (113)	00:33:30 (107)	M (96)	M/F50 M (8)		M
103	203	PÉREZ FERNÁNDEZ,	CLUB ATLETISMO O	00:40:52	4:05	00:12:53 (105)	00:20:07 (104)	00:33:30 (106)	M (97)	SÉNIOR M		M
104	82	LEMA FERNANDEZ,	CLUB ATLETISMO	00:40:53	4:05	00:12:49 (102)	00:20:14 (106)	00:33:23 (103)	M (98)	M/F45 M (25)	M (8)	M
105	135	PÉREZ PEREIRA,	CLUB ATLETISMO SAR	00:40:56	4:05	00:12:45 (100)	00:20:17 (107)	00:33:23 (102)	M (99)	SUPERVETE		M
106	24	GARABATO LAGARES,	CLUB ATLETISMO	00:40:59	4:05	00:13:19 (122)	00:20:35 (114)	00:33:39 (108)	M (100)	SÉNIOR M		M
107	206	PAMPIN RIOS, PABLO	BJ RUNNING TEAM	00:40:59	4:05	00:13:01 (112)	00:20:21 (108)	00:33:28 (105)	M (101)	SÉNIOR M		M
108	75	RODRIGUEZ MARTIN,	ATLETAS DE ACEA DE	00:41:07	4:06	00:12:28 (87)	00:19:38 (91)	00:33:19 (101)	M (102)	M/F40 M (24)		
109	79	TEMBRÁS ALONSO,	INDEPENDIENTE	00:41:17	4:07	00:13:24 (127)	00:20:44 (120)	00:34:10 (114)	M (103)	M/F45 M (26)		M
110	130	PÉREZ HERNÁNDEZ,	INDEPENDIENTE	00:41:20	4:07	00:13:03 (115)	00:20:23 (111)	00:33:45 (110)	M (104)	SUPERVETE		M
111	92	PEDROSA, JUAN	ASOCIACIÓN DEPORTIVA	00:41:23	4:08	00:13:00 (111)	00:20:23 (110)	00:34:02 (113)	M (105)	M/F45 M (27)		M
112	124	TAJES MAYO, JUAN	ATLETISMO FONTES DO	00:41:27	4:08	00:12:52 (104)	00:20:26 (112)	00:33:44 (109)	M (106)	M/F50 M (9)		M
113	80	PICÓN ESPINO,	CLUB O COTÓN	00:41:32	4:09	00:13:33 (138)	00:20:52 (125)	00:34:21 (116)	M (107)	M/F45 M (28)	M (9)	M
114	409	MOURE VAZQUEZ,	CLUB TRIATLON	00:41:33	4:09	00:13:33 (137)	00:20:52 (124)	00:34:21 (117)	M (108)	SÉNIOR M		
115	247	MALLO NIETO, JULIO	CLUB DEPORTIVO BRION	00:41:33	4:09	00:13:33 (139)	00:20:53 (126)	00:34:21 (118)	M (109)	M/F40 M (25)		M
116	98	MONTOTO	ATLETISMOARENTEIRO	00:41:35	4:09	00:13:29 (134)	00:20:51 (121)	00:34:24 (120)	M (110)	M/F45 M (29)		M

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
117	249	FREIRE SEXTO,	INDEPENDIENTE	00:41:37	4:09	00:13:35 (140)	00:20:52 (123)	00:34:18 (115)	M (111)	M/F40 M (26)		M
118	16	RAMOS VALE, LUIS	OS CORZOS DO	00:41:38	4:09	00:12:24 (84)	00:20:09 (105)	00:33:54 (112)	M (112)	SÉNIOR M		M
119	284	BUJÁN GONZÁLEZ,	CLUB ATLETISMO	00:41:47	4:10	00:13:13 (116)	00:20:36 (115)	00:34:22 (119)	M (113)	M/F45 M (30)		M
120	510	TORRES CASTRO,	CDM XESTEIRAS	00:41:59	4:11	00:13:14 (118)	00:20:36 (116)	00:34:35 (123)	M (114)	SUB-23 M (3)		M
121	263	VAZQUEZ FORJAN,	INDEPENDIENTE	00:42:03	4:12	00:13:37 (141)	00:20:54 (129)	00:34:44 (125)	M (115)	M/F40 M (27)	M (10)	M
122	412	SUAREZ CASTRO,	INDEPENDIENTE	00:42:05	4:12	00:13:39 (145)	00:21:11 (135)	00:34:33 (121)	M (116)	SÉNIOR M		
<b>123</b>	<b>12</b>	<b>MAYO CAAMAÑO,</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:42:05</b>	<b>4:12</b>	<b>00:13:57 (160)</b>	<b>00:21:29 (147)</b>	<b>00:34:59 (128)</b>	<b>F (7)</b>	<b>M/F40 F (2)</b>		<b>F (6)</b>
124	123	VAZQUEZ RAMOS,	VERXEL	00:42:09	4:12	00:13:24 (128)	00:21:11 (134)	00:34:47 (126)	M (117)	M/F50 M (10)		M
125	219	FERNANDEZ GARCÍA,	BETANZOS	00:42:12	4:13	00:12:58 (108)	00:20:41 (119)	00:34:35 (122)	M (118)	SÉNIOR M		M
126	33	SUSO SÁNCHEZ,	SONS OF POSEIDON	00:42:13	4:13	00:13:40 (146)	00:21:14 (138)	00:34:36 (124)	M (119)	SÉNIOR M		M
127	235	SOLIS POSE, IVAN	SD COMPOSTELA	00:42:14	4:13	00:13:43 (152)	00:21:14 (139)	00:35:02 (132)	M (120)	M/F 35 M (17)		M
128	277	VARELA ALVAREZ,	SD COMPOSTELA	00:42:27	4:14	00:13:42 (149)	00:21:31 (149)	00:35:10 (136)	M (121)	M/F45 M (31)		M
129	223	CRIADO, GONZALO	INDEPENDIENTE	00:42:30	4:14	00:13:38 (143)	00:21:18 (142)	00:35:09 (135)	M (122)	SÉNIOR M		M
130	243	RODRÍGUEZ CALVO,	INDEPENDIENTE	00:42:35	4:15	00:13:40 (147)	00:20:55 (130)	00:35:06 (133)	M (123)	M/F40 M (28)		M
131	215	FARIÑA AMADO,	INDEPENDIENTE	00:42:36	4:15	00:13:23 (126)	00:21:06 (132)	00:35:09 (134)	M (124)	SÉNIOR M		
132	488	BOQUETE CORNES,	INDEPENDIENTE	00:42:38	4:15	00:13:29 (133)	00:21:15 (140)	00:35:19 (137)	M (125)	M/F45 M (32)		M
133	210	BUSTO RIAL, JOSE	INDEPENDIENTE	00:42:41	4:16	00:13:17 (120)	00:20:59 (131)	00:35:01 (131)	M (126)	SÉNIOR M		M
134	129	CEPEDA GACIO,	SD COMPOSTELA	00:42:44	4:16	00:13:42 (151)	00:21:31 (148)	00:35:00 (130)	M (127)	SUPERVETE		M
135	242	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:51	4:17	00:13:42 (148)	00:21:10 (133)	00:34:59 (129)	M (128)	M/F40 M (29)		M
136	225	ÁLVAREZ BOUZAS,	CLUB ATLETISMO	00:42:53	4:17	00:13:15 (119)	00:20:52 (122)	00:34:52 (127)	M (129)	SÉNIOR M		M
137	212	BEIRO MOREDA,	INDEPENDIENTE	00:42:55	4:17	00:14:51 (217)	00:23:02 (204)	00:35:58 (149)	M (130)	SÉNIOR M		M
138	209	RIVAS PEREIRA,	INDEPENDIENTE	00:42:55	4:17	00:14:32 (198)	00:23:02 (203)	00:35:58 (150)	M (131)	SÉNIOR M		M
139	273	TRIÑANES VIDAL,	INDEPENDIENTE	00:43:11	4:19	00:13:32 (136)	00:21:32 (151)	00:35:41 (143)	M (132)	M/F45 M (33)		M
140	48	PALACIOS LADO,	CLUB ATLETISMO O	00:43:12	4:19	00:13:19 (121)	00:20:53 (127)	00:35:20 (138)	M (133)	M/F 35 M (18)		M
141	214	SEIJO NAVEIRA, HUGO	INDEPENDIENTE	00:43:15	4:19	00:13:23 (125)	00:21:17 (141)	00:35:40 (142)	M (134)	SÉNIOR M		M
<b>142</b>	<b>119</b>	<b>RAMOS SUÁREZ,</b>	<b>ASOCIACIÓN</b>	<b>00:43:21</b>	<b>4:20</b>	<b>00:13:28 (130)</b>	<b>00:21:22 (145)</b>	<b>00:35:39 (140)</b>	<b>F (8)</b>	<b>M/F50 F (2)</b>		<b>F (7)</b>
143	96	LAMAS PÉREZ,	ENTRENARUNNING	00:43:21	4:20	00:13:47 (157)	00:21:22 (144)	00:35:40 (141)	M (135)	M/F45 M (34)		M
144	127	FABIAN GONZALEZ,	ASOCIACIÓN DEPORTIVA	00:43:26	4:20	00:13:25 (129)	00:21:24 (146)	00:35:50 (146)	M (136)	SUPERVETE		
145	56	TRILLO CAAMAÑO,	INDEPENDIENTE	00:43:29	4:20	00:13:22 (124)	00:21:22 (143)	00:35:48 (144)	M (137)	M/F40 M (30)		M



# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
146	110	RIO PEREIRA, YAGO	INDEPENDIENTE	00:43:42	4:22	00:12:50 (103)	00:20:53 (128)	00:35:31 (139)	M (138)	SUB-23 M (4)		
147	253	RATÓN PARADELA,	ATLETISMO ARENTEIRO	00:43:43	4:22	00:13:28 (132)	00:21:13 (137)	00:35:49 (145)	M (139)	M/F40 M (31)		M
148	240	NIETO LOPEZ, IVAN	INDEPENDIENTE	00:43:47	4:22	00:13:44 (155)	00:21:13 (136)	00:35:55 (148)	M (140)	M/F 35 M (19)	M (11)	M
149	113	FERNANDEZ	INDEPENDIENTE	00:43:51	4:23	00:13:38 (142)	00:21:47 (155)	00:36:06 (153)	M (141)	M/F50 M (11)		M
150	297	TAJES CANOSA, LUIS	INDEPENDIENTE	00:43:54	4:23	00:14:13 (175)	00:21:55 (158)	00:36:10 (155)	M (142)	M/F50 M (12)		M
151	555	MOREIRA, LUIS	ATLETISMO ESTRADA	00:43:57	4:23	00:14:07 (171)	00:21:49 (157)	00:36:01 (151)	M (143)	SUPERVETE		M
152	211	GÓMEZ LAJOS, ALEX	INDEPENDIENTE	00:44:00	4:23	00:13:57 (161)	00:21:55 (159)	00:36:45 (168)	M (144)	SÉNIOR M		M
153	231	GARCIA CABEZA,	SD COMPOSTELA	00:44:04	4:24	00:13:42 (150)	00:21:32 (152)	00:35:52 (147)	M (145)	M/F 35 M (20)		M
154	244	SUÁREZ GIADÁS,	INDEPENDIENTE	00:44:05	4:24	00:13:58 (163)	00:22:06 (169)	00:36:11 (157)	M (146)	M/F40 M (32)		M
155	250	SUÁREZ, CÉSAR	BJ RUNNING TEAM	00:44:06	4:24	00:14:02 (168)	00:22:03 (165)	00:36:12 (158)	M (147)	M/F40 M (33)		
156	289	FONTANS SEBE,	ATLETISMO CUNTIS	00:44:08	4:24	00:14:28 (186)	00:22:16 (171)	00:36:30 (163)	M (148)	M/F45 M (35)		M
157	276	COSTOYA PRADO,	CLUB TRIATLON	00:44:12	4:25	00:13:44 (154)	00:21:49 (156)	00:36:03 (152)	M (149)	M/F45 M (36)		M
158	498	BARBEIRA, DAVID	CORREXALLAS	00:44:12	4:25	00:14:20 (179)	00:22:03 (164)	00:36:35 (164)	M (150)	M/F45 M (37)		M
159	305	VIDAL RODRIGUEZ,	CLUB O COTÓN	00:44:15	4:25	00:13:47 (156)	00:21:57 (161)	00:36:21 (160)	M (151)	M/F50 M (13)		M
160	251	VARELA CRESPO,	ATLETISMO ARENTEIRO	00:44:20	4:25	00:13:28 (131)	00:21:32 (150)	00:36:13 (159)	M (152)	M/F40 M (34)		M
161	274	MARTÍNEZ SOUTO,	INDEPENDIENTE	00:44:21	4:26	00:13:59 (164)	00:21:46 (154)	00:36:10 (156)	M (153)	M/F45 M (38)		M
<b>162</b>	<b>78</b>	<b>FRANCO, NIA</b>	<b>INDEPENDIENTE</b>	<b>00:44:25</b>	<b>4:26</b>	<b>00:14:00 (165)</b>	<b>00:21:56 (160)</b>	<b>00:36:42 (166)</b>	<b>F (9)</b>	<b>M/F45 F (2)</b>		<b>F (8)</b>
163	401	BARDANCA	TRIATLON COSTA DA	00:44:27	4:26	00:14:47 (212)	00:22:54 (199)	00:36:49 (170)	M (154)	SÉNIOR M		M
164	300	PIÑEIRO REY, ARTURO	S.D. BARBANTIA RODA	00:44:29	4:26	00:14:44 (206)	00:22:22 (176)	00:36:56 (171)	M (155)	M/F50 M (14)		M
<b>165</b>	<b>272</b>	<b>PAPÍN ESTÉVEZ,</b>	<b>DAWAKO</b>	<b>00:44:32</b>	<b>4:27</b>	<b>00:13:29 (135)</b>	<b>00:21:39 (153)</b>	<b>00:36:09 (154)</b>	<b>F (10)</b>	<b>M/F45 F (3)</b>		<b>F (9)</b>
<b>166</b>	<b>275</b>	<b>MRIMICHE MRIMICHE,</b>	<b>INDEPENDIENTE</b>	<b>00:44:36</b>	<b>4:27</b>	<b>00:14:09 (174)</b>	<b>00:22:05 (167)</b>	<b>00:36:23 (161)</b>	<b>F (11)</b>	<b>M/F45 F (4)</b>		
167	307	ÁLVAREZ LODEIRO,	ENTRENARUNNING	00:44:38	4:27	00:13:55 (159)	00:22:05 (168)	00:36:27 (162)	M (156)	SUPERVETE		
168	327	REY PAULOS, MANUEL	INDEPENDIENTE	00:44:43	4:28	00:14:27 (183)	00:22:38 (186)	00:37:05 (173)	M (157)	SUPERVETE		M
169	248	CAMBEIRO CAMBEIRO,	INDEPENDIENTE	00:44:52	4:29	00:14:02 (167)	00:21:57 (162)	00:36:47 (169)	M (158)	M/F40 M (35)		M
170	220	ZAS SANDE, JOSE	CLUB ATLETISMO	00:44:56	4:29	00:13:50 (158)	00:22:03 (166)	00:36:36 (165)	M (159)	SÉNIOR M		M
171	218	ARCA VÁZQUEZ, FRAN	INDEPENDIENTE	00:45:01	4:30	00:14:28 (185)	00:22:28 (179)	00:37:20 (179)	M (160)	SÉNIOR M	M (12)	M
172	494	SANGUIAO MIGUELEZ,	INDEPENDIENTE	00:45:05	4:30	00:14:01 (166)	00:22:18 (173)	00:37:07 (174)	M (161)	M/F45 M (39)		M
173	292	BARREIRO, ANTONIO	INDEPENDIENTE	00:45:14	4:31	00:14:56 (224)	00:23:03 (205)	00:37:38 (184)	M (162)	M/F50 M (15)		M
<b>174</b>	<b>216</b>	<b>SUSO SANCHEZ,</b>	<b>NO SPORT LIMIT</b>	<b>00:45:15</b>	<b>4:31</b>	<b>00:14:14 (177)</b>	<b>00:22:30 (182)</b>	<b>00:36:59 (172)</b>	<b>F (12)</b>	<b>SÉNIOR F (4)</b>		<b>F (10)</b>

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
175	469	RIVAS POMBO,	CORREXALLAS	00:45:26	4:32	00:13:57 (162)	00:22:03 (163)	00:36:43 (167)	M (163)	M/F40 M (36)		M
<b>176</b>	<b>302</b>	<b>MIGUENS OTERO,</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:45:28</b>	<b>4:32</b>	<b>00:14:30 (193)</b>	<b>00:22:29 (181)</b>	<b>00:37:18 (178)</b>	<b>F (13)</b>	<b>M/F50 F (3)</b>		<b>F (11)</b>
177	278	CASTRO CASTRO,	INDEPENDIENTE	00:45:37	4:33	00:14:30 (190)	00:22:28 (180)	00:37:13 (175)	M (164)	M/F45 M (40)		M
178	306	PEGITO POMBO,	CLUB ATLETISMO O	00:45:42	4:34	00:14:29 (188)	00:22:25 (177)	00:37:15 (176)	M (165)	M/F50 M (16)		M
179	268	CASAL SANTOS,	INDEPENDIENTE	00:45:42	4:34	00:14:50 (216)	00:22:53 (197)	00:37:43 (187)	M (166)	M/F45 M (41)		M
180	245	GARCIA LORENZO,	ATLETISMO FONTES DO	00:45:49	4:34	00:14:40 (204)	00:22:49 (194)	00:37:48 (190)	M (167)	M/F40 M (37)		M
181	518	SERRANO REMUIÑÁN,	INDEPENDIENTE	00:45:50	4:34	00:14:27 (184)	00:22:25 (178)	00:37:36 (183)	M (168)	M/F50 M (17)		M
182	262	BASOA RODRIGUEZ,	ESCOLA DE ATLETISMO	00:45:50	4:34	00:14:30 (191)	00:22:41 (188)	00:37:54 (194)	M (169)	M/F40 M (38)		M
183	217	LÓPEZ MAYO, BRAIS	INDEPENDIENTE	00:45:50	4:34	00:14:08 (173)	00:22:18 (172)	00:37:17 (177)	M (170)	SÉNIOR M	M (13)	M
184	311	BLANCO PÍAS,	CLUB ATLETISMO	00:45:53	4:35	00:14:31 (195)	00:22:38 (187)	00:37:26 (180)	M (171)	SUPERVETE		M
185	319	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA	00:45:55	4:35	00:14:33 (199)	00:23:05 (209)	00:37:47 (189)	M (172)	SUPERVETE		M
186	315	SAINZ GARCÍA,	CLUB ATLETISMO SAR	00:45:55	4:35	00:14:07 (172)	00:22:31 (184)	00:37:35 (182)	M (173)	SUPERVETE		M
187	270	RÁDEKE FARIÑS,	INDEPENDIENTE	00:45:58	4:35	00:14:45 (207)	00:22:51 (195)	00:37:53 (193)	M (174)	M/F45 M (42)		
188	288	TOMÉ LEIS, JUAN R	C.C REVOLTAS	00:45:59	4:35	00:14:06 (170)	00:22:21 (175)	00:37:31 (181)	M (175)	M/F45 M (43)	M (14)	M
189	257	NEGREIRA BARCIA,	ENTRENARUNNING	00:45:59	4:35	00:15:36 (261)	00:23:40 (233)	00:38:09 (202)	M (176)	M/F40 M (39)		M
190	230	LESTAYO GARCIA,	INDEPENDIENTE	00:46:03	4:36	00:14:22 (181)	00:22:53 (196)	00:37:41 (186)	M (177)	M/F 35 M (21)		M
191	228	CORA CAMPOS,	INDEPENDIENTE	00:46:11	4:37	00:14:27 (182)	00:22:34 (185)	00:38:02 (199)	M (178)	M/F 35 M (22)		M
192	258	BAHAMONDE SUÁREZ,	CLUB ATLETISMO	00:46:11	4:37	00:14:40 (205)	00:23:08 (213)	00:38:01 (198)	M (179)	M/F40 M (40)		M
193	261	BLANCO VÁZQUEZ,	INDEPENDIENTE	00:46:14	4:37	00:14:48 (213)	00:23:15 (217)	00:37:50 (191)	M (180)	M/F40 M (41)		
194	463	CAAMAÑO LIRA,	CLUB TRIATLON	00:46:18	4:37	00:15:02 (227)	00:23:22 (219)	00:38:25 (209)	M (181)	M/F40 M (42)		
195	446	GONZÁLEZ BUJÁN,	INDEPENDIENTE	00:46:19	4:37	00:15:03 (228)	00:22:57 (201)	00:38:12 (204)	M (182)	M/F 35 M (23)		
<b>196</b>	<b>283</b>	<b>SUÁREZ MARTÍNEZ,</b>	<b>INDEPENDIENTE</b>	<b>00:46:20</b>	<b>4:37</b>	<b>00:14:30 (192)</b>	<b>00:23:04 (207)</b>	<b>00:37:56 (195)</b>	<b>F (14)</b>	<b>M/F45 F (5)</b>		<b>F (12)</b>
197	402	FREIRE FONTENLA,	INDEPENDIENTE	00:46:22	4:38	00:14:46 (209)	00:22:45 (192)	00:38:07 (201)	M (183)	SÉNIOR M		M
198	299	COUCE BLANCO,	INDEPENDIENTE	00:46:24	4:38	00:14:13 (176)	00:22:43 (190)	00:37:45 (188)	M (184)	M/F50 M (18)		M
199	434	GUTIÉRREZ PRIETO,	INDEPENDIENTE	00:46:28	4:38	00:14:34 (200)	00:22:54 (198)	00:37:51 (192)	M (185)	M/F 35 M (24)		
<b>200</b>	<b>234</b>	<b>FERNÁNDEZ PÉREZ,</b>	<b>ATLETISMO ARENTEIRO</b>	<b>00:46:28</b>	<b>4:38</b>	<b>00:14:32 (197)</b>	<b>00:22:47 (193)</b>	<b>00:38:00 (197)</b>	<b>F (15)</b>	<b>M/F 35 F (1)</b>		<b>F (13)</b>
201	259	DACRUZ ÁLVAREZ,	INDEPENDIENTE	00:46:29	4:38	00:14:46 (208)	00:23:13 (216)	00:37:59 (196)	M (186)	M/F40 M (43)		M
202	532	PIÑEIRO ABEIJON,	INDEPENDIENTE	00:46:31	4:39	00:15:46 (266)	00:24:08 (249)	00:38:23 (208)	M (187)	M/F50 M (19)		
203	336	PARDIÑAS ALVITE,	INDEPENDIENTE	00:46:31	4:39	00:15:06 (230)	00:23:35 (227)	00:38:26 (210)	M (188)	SUPERVETE		M

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
204	204	OTERO FERNANDEZ,	SD COMPOSTELA	00:46:33	4:39	00:14:40 (203)	00:22:59 (202)	00:38:05 (200)	F (16)	SÉNIOR F (5)		F (14)
205	413	MODIA CARIDAD,	ATLETISMO RIAZOR	00:46:46	4:40	00:14:56 (222)	00:23:09 (214)	00:38:12 (203)	F (17)	SÉNIOR F (6)		F (15)
206	294	SOLETO CEREIJO,	CLUB TRIATLON	00:46:47	4:40	00:14:35 (202)	00:23:12 (215)	00:38:16 (205)	M (189)	M/F50 M (20)		M
207	132	GARCÍA BELLO,	INDEPENDIENTE	00:46:50	4:40	00:13:43 (153)	00:22:19 (174)	00:37:38 (185)	M (190)	SUPERVETE		M
208	490	VALIÑA BLANCO, JOSÉ	INDEPENDIENTE	00:46:52	4:41	00:14:30 (189)	00:23:06 (210)	00:38:33 (212)	M (191)	M/F45 M (44)		
209	293	BALADO MOSQUERA,	CLUB ATLETISMO SAR	00:46:59	4:41	00:15:21 (244)	00:23:42 (235)	00:38:31 (211)	M (192)	M/F50 M (21)		M
210	502	LEIS PUÑAL, JUAN	INDEPENDIENTE	00:46:59	4:41	00:15:33 (256)	00:23:45 (237)	00:38:36 (214)	M (193)	M/F45 M (45)		M
211	338	CORDEIRO, ELISABET		00:47:00	4:41	00:14:31 (194)	00:22:45 (191)	00:38:20 (206)	F (18)	M/F40 F (3)		
212	267	GIL VILLAVERDE, SITO	AKHESIS FISIOTERAPIA	00:47:00	4:41	00:15:00 (226)	00:23:08 (212)	00:38:36 (213)	M (194)	M/F45 M (46)		M
213	325	ALBORÉS DIAZ, JOSE	CLUB ATLETISMO	00:47:01	4:42	00:15:08 (232)	00:23:27 (221)	00:38:47 (218)	M (195)	SUPERVETE		M
214	317	COSTA LAGO, JUAN	PRAIA DE CARNOTA	00:47:02	4:42	00:15:15 (241)	00:23:50 (242)	00:39:01 (222)	M (196)	SUPERVETE		M
215	512	MUÑIZ LESTA, ALBA	CLUB ATLETISMO	00:47:03	4:42	00:15:13 (238)	00:23:27 (222)	00:38:42 (215)	F (19)	SUB-23 F (1)		F (16)
216	416	GARCÍA AGRA, RAÚL	INDEPENDIENTE	00:47:03	4:42	00:15:13 (237)	00:23:27 (223)	00:38:22 (207)	M (197)	SÉNIOR M		M
217	324	GONZÁLEZ	RUN CARBALLIÑO	00:47:09	4:42	00:14:53 (218)	00:23:28 (224)	00:39:00 (221)	M (198)	SUPERVETE		M
218	125	LIMENS PRADO,	CLUB ATLETISMO	00:47:10	4:42	00:15:09 (233)	00:23:35 (228)	00:38:59 (220)	M (199)	SUPERVETE	M (15)	M
219	224	BETANZOS FREIRE,	S.D. BARBANTIA RODA	00:47:13	4:43	00:15:23 (245)	00:23:49 (239)	00:39:13 (225)	F (20)	SÉNIOR F (7)		F (17)
220	451	BOUZAS TOMÉ,	REVOLTAS	00:47:16	4:43	00:15:15 (242)	00:23:49 (240)	00:38:44 (216)	M (200)	M/F 35 M (25)		M
221	487	POLO SÁNCHEZ,	FRESH LINGUAS	00:47:17	4:43	00:15:13 (239)	00:23:52 (245)	00:38:53 (219)	F (21)	M/F45 F (6)		
222	417	REY MONTALBAN,	INDEPENDIENTE	00:47:19	4:43	00:15:20 (243)	00:23:35 (229)	00:39:14 (226)	F (22)	SÉNIOR F (8)		
223	426	PENSADO ANTELO,	INDEPENDIENTE	00:47:29	4:44	00:15:36 (260)	00:23:51 (244)	00:39:33 (236)	M (201)	SÉNIOR M		M
224	226	MUÑOZ NAVARRO,	INDEPENDIENTE	00:47:31	4:45	00:14:34 (201)	00:23:04 (206)	00:39:06 (223)	M (202)	SÉNIOR M		
225	312	RIVEIRA MARTINEZ,	CLUB ATLETISMO O	00:47:31	4:45	00:14:29 (187)	00:22:43 (189)	00:38:45 (217)	M (203)	SUPERVETE		M
226	286	BLANCO PENA, FINA	C.D. 21 LEGUAS	00:47:46	4:46	00:15:11 (235)	00:23:36 (231)	00:39:23 (230)	F (23)	M/F45 F (7)		F (18)
227	14	ALSINA FORJAN,	CLUB ATLETISMO	00:47:49	4:46	00:15:06 (229)	00:23:24 (220)	00:39:22 (229)	F (24)	SÉNIOR F (9)	F (1)	F (19)
228	236	SAAVEDRA DELGADO,	BJ RUNNING TEAM	00:47:59	4:47	00:14:56 (223)	00:23:29 (225)	00:39:25 (232)	F (25)	M/F 35 F (2)		F (20)
229	459	MOUZO DOMINGUEZ,	INDEPENDIENTE	00:48:00	4:47	00:14:31 (196)	00:23:19 (218)	00:39:11 (224)	M (204)	M/F40 M (44)		M
230	545	SEÑOR, LOLI	BENI GYM SPORT	00:48:02	4:48	00:14:55 (221)	00:23:37 (232)	00:39:17 (227)	F (26)	SUPERVETE		F (21)
231	334	BARBOSA PEREZ,	INDEPENDIENTE	00:48:07	4:48	00:15:10 (234)	00:23:31 (226)	00:39:42 (237)	M (205)	SUPERVETE	M (16)	M
232	308	RODRÍGUEZ DEL RÍO,	SD COMPOSTELA	00:48:10	4:48	00:14:47 (211)	00:23:36 (230)	00:39:33 (234)	F (27)	SUPERVETE		F (22)



# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
233	304	ALVAREZ-PARDIÑAS	INDEPENDIENTE	00:48:12	4:49	00:15:12 (236)	00:23:49 (241)	00:39:33 (235)	M (206)	M/F50 M (22)		M
234	323	VALIÑO CEREIJO,	INDEPENDIENTE	00:48:12	4:49	00:14:59 (225)	00:23:51 (243)	00:39:19 (228)	M (207)	SUPERVETE		
235	422	PAZ VIÑAS, MARTIN	INDEPENDIENTE	00:48:20	4:49	00:16:40 (303)	00:25:35 (295)	00:41:13 (268)	M (208)	SÉNIOR M		M
236	303	CAMBEIRO BLANCO,	ASOCIACIÓN DEPORTIVA	00:48:32	4:51	00:14:20 (178)	00:22:56 (200)	00:39:24 (231)	M (209)	M/F50 M (23)		
237	264	DOMINGUEZ LOURIDO,	INDEPENDIENTE	00:48:34	4:51	00:15:14 (240)	00:23:53 (246)	00:39:56 (239)	M (210)	M/F40 M (45)	M (17)	M
<b>238</b>	<b>429</b>	<b>LÓPEZ LÓPEZ, LAURA</b>	<b>ADCMONTEBREAMO</b>	<b>00:48:36</b>	<b>4:51</b>	<b>00:14:54 (220)</b>	<b>00:24:00 (247)</b>	<b>00:40:08 (243)</b>	<b>F (28)</b>	<b>M/F 35 F (3)</b>		<b>F (23)</b>
239	329	ANDRADE LAGO,	ASOCIACIÓN DEPORTIVA	00:48:37	4:51	00:15:25 (248)	00:24:15 (254)	00:40:15 (248)	M (211)	SUPERVETE		M
<b>240</b>	<b>232</b>	<b>SIMÓN MARTÍNEZ,</b>	<b>SD COMPOSTELA</b>	<b>00:48:39</b>	<b>4:51</b>	<b>00:15:08 (231)</b>	<b>00:23:44 (236)</b>	<b>00:39:30 (233)</b>	<b>F (29)</b>	<b>M/F 35 F (4)</b>		<b>F (24)</b>
241	296	FERNANDEZ RIAL,	SERRES RUNNERS	00:48:40	4:51	00:15:24 (246)	00:24:19 (255)	00:40:01 (241)	M (212)	M/F50 M (24)		
242	418	TUBIO ORIA, GABRIEL	INDEPENDIENTE	00:48:41	4:52	00:14:49 (215)	00:23:48 (238)	00:40:11 (246)	M (213)	SÉNIOR M		
243	534	LUAÑA LOUZAO,	ENTRENARUNNING	00:48:43	4:52	00:15:30 (251)	00:24:25 (257)	00:39:59 (240)	M (214)	M/F50 M (25)		M
244	460	JUVIÑO, ANGEL	INDEPENDIENTE	00:48:45	4:52	00:15:35 (259)	00:24:12 (251)	00:40:10 (245)	M (215)	M/F40 M (46)		M
245	496	MIRA MAYO, JOSE	INDEPENDIENTE	00:48:46	4:52	00:16:38 (301)	00:25:07 (276)	00:40:39 (259)	M (216)	M/F45 M (47)		M
246	287	BARBEIRA	INDEPENDIENTE	00:48:47	4:52	00:16:11 (283)	00:24:39 (266)	00:40:14 (247)	M (217)	M/F45 M (48)		M
247	509	AMBITE SANTANA,	INDEPENDIENTE	00:48:47	4:52	00:15:31 (254)	00:24:08 (250)	00:40:27 (254)	M (218)	SUB-20 M (1)		M
<b>248</b>	<b>256</b>	<b>CAAMAÑO PÉREZ,</b>	<b>TERRA DE SONEIRA</b>	<b>00:48:47</b>	<b>4:52</b>	<b>00:16:03 (273)</b>	<b>00:24:39 (267)</b>	<b>00:40:22 (252)</b>	<b>F (30)</b>	<b>M/F40 F (4)</b>		<b>F (25)</b>
249	121	SANTOS LORENZO,	TERRA DE SONEIRA	00:48:51	4:53	00:13:02 (114)	00:20:40 (118)	00:40:22 (251)	M (219)	M/F50 M (26)		M
250	467	ROEL BARBEITO,	INDEPENDIENTE	00:48:53	4:53	00:16:10 (282)	00:24:47 (273)	00:40:37 (258)	M (220)	M/F40 M (47)		M
251	271	GUILLÍN GÓMEZ,	CLUB ATLETISMO SAR	00:48:55	4:53	00:14:48 (214)	00:23:41 (234)	00:40:10 (244)	M (221)	M/F45 M (49)		M
252	478	QUINDIMIL GARCÍA,	INDEPENDIENTE	00:48:58	4:53	00:15:35 (258)	00:24:04 (248)	00:40:07 (242)	M (222)	M/F40 M (48)		M
253	489	FREIRE BERMÚDEZ,	INDEPENDIENTE	00:48:59	4:53	00:15:24 (247)	00:24:20 (256)	00:40:36 (257)	M (223)	M/F45 M (50)		M
254	556	CARRASCO ITURRA,	CLUB ATLETISMO O	00:49:02	4:54	00:15:30 (252)	00:24:13 (252)	00:40:21 (250)	M (224)	SUPERVETE		
<b>255</b>	<b>298</b>	<b>CAAMAÑO LAGO,</b>	<b>SERRES RUNNERS</b>	<b>00:49:03</b>	<b>4:54</b>	<b>00:15:33 (255)</b>	<b>00:24:14 (253)</b>	<b>00:39:55 (238)</b>	<b>F (31)</b>	<b>M/F50 F (4)</b>		<b>F (26)</b>
256	318	OUTES PAZ, MANUEL	INDEPENDIENTE	00:49:13	4:55	00:15:39 (262)	00:24:38 (264)	00:40:19 (249)	M (225)	SUPERVETE		M
257	320	PEREZ SUSAVILA,	INDEPENDIENTE	00:49:14	4:55	00:16:06 (280)	00:25:13 (283)	00:40:29 (255)	M (226)	SUPERVETE		M
258	241	DIEGUEZ CARRIL,	INDEPENDIENTE	00:49:17	4:55	00:15:41 (263)	00:24:43 (270)	00:40:34 (256)	M (227)	M/F40 M (49)		M
259	333	RUBIO ALAMEDA,	INDEPENDIENTE	00:49:31	4:57	00:15:52 (267)	00:24:32 (262)	00:40:57 (264)	M (228)	SUPERVETE		M
260	321	GÓMEZ VIAÑO, JOSÉ	INDEPENDIENTE	00:49:40	4:57	00:15:27 (249)	00:24:38 (265)	00:40:25 (253)	M (229)	SUPERVETE		M
261	269	ALONSO VÁZQUEZ,	CLUB DEPORTIVO	00:49:40	4:57	00:15:35 (257)	00:24:27 (259)	00:40:54 (260)	M (230)	M/F45 M (51)		M

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
262	282	DIEZ RICO, EMILIO	INDEPENDIENTE	00:49:43	4:58	00:15:41 (265)	00:24:27 (260)	00:40:56 (261)	M (231)	M/F45 M (52)		M
263	255	TOBÍO SALGADO,	INDEPENDIENTE	00:49:46	4:58	00:15:41 (264)	00:24:31 (261)	00:40:57 (263)	M (232)	M/F40 M (50)		M
264	237	FERNANDEZ GARCÍA,	INDEPENDIENTE	00:49:47	4:58	00:16:15 (285)	00:25:06 (275)	00:41:05 (265)	M (233)	M/F 35 M (26)		M
265	309	LAMAS CANOSA,	INDEPENDIENTE	00:49:48	4:58	00:16:05 (277)	00:24:40 (268)	00:40:57 (262)	M (234)	SUPERVETE		
266	68	FERNANDEZ	INDEPENDIENTE	00:49:58	4:59	00:15:57 (271)	00:24:43 (271)	00:41:12 (267)	M (235)	M/F40 M (51)		M
267	507	LOP, MIGUEL	INDEPENDIENTE	00:50:06	5:00	00:16:33 (295)	00:25:10 (282)	00:41:19 (270)	M (236)	M/F45 M (53)		M
268	246	SARANDESES PAZOS,	AGOLADA RUNNING	00:50:21	5:02	00:16:24 (292)	00:25:09 (279)	00:41:31 (273)	M (237)	M/F40 M (52)		M
269	265	PIÑEIRO GARCÍA,	CLUB ATLETISMO	00:50:30	5:02	00:15:31 (253)	00:24:35 (263)	00:41:36 (274)	M (238)	M/F40 M (53)		M
270	519	CANO BELLIDO,	FRESH LINGUAS	00:50:33	5:03	00:16:12 (284)	00:25:09 (281)	00:41:26 (271)	M (239)	M/F50 M (27)		
271	472	MARTÍNEZ DE LA	INDEPENDIENTE	00:50:39	5:03	00:15:28 (250)	00:24:42 (269)	00:41:08 (266)	M (240)	M/F40 M (54)		
272	465	GÓMEZ ROMÁN,	INDEPENDIENTE	00:50:48	5:04	00:16:50 (311)	00:25:57 (304)	00:42:09 (280)	M (241)	M/F40 M (55)		M
<b>273</b>	<b>410</b>	<b>SUÁREZ CRESPO,</b>	<b>SD COMPOSTELA</b>	<b>00:50:53</b>	<b>5:05</b>	<b>00:16:22 (290)</b>	<b>00:25:21 (288)</b>	<b>00:42:04 (277)</b>	<b>F (32)</b>	<b>SÉNIOR F</b>		<b>F (27)</b>
274	266	VILAR REINA, VICTOR	INDEPENDIENTE	00:50:55	5:05	00:14:47 (210)	00:24:27 (258)	00:41:18 (269)	M (242)	M/F45 M (54)		
275	559	PEREZ CASAIS, JESUS	INDEPENDIENTE	00:50:56	5:05	00:16:21 (288)	00:25:14 (285)	00:42:00 (276)	M (243)	SUPERVETE		M
276	453	PIÑEIRO, PABLO	INDEPENDIENTE	00:50:57	5:05	00:17:11 (323)	00:26:01 (306)	00:42:10 (281)	M (244)	M/F40 M (56)		M
277	482	QUINTÁNS SUÁREZ,	INDEPENDIENTE	00:51:01	5:06	00:16:06 (279)	00:24:55 (274)	00:41:29 (272)	M (245)	M/F45 M (55)		M
278	495	TORRES ANTUNEZ,	INDEPENDIENTE	00:51:03	5:06	00:15:56 (270)	00:24:45 (272)	00:41:59 (275)	M (246)	M/F45 M (56)		M
<b>279</b>	<b>483</b>	<b>MARIÑO REY, SILVIA</b>	<b>CLUB ATLETISMO SAR</b>	<b>00:51:12</b>	<b>5:07</b>	<b>00:16:44 (305)</b>	<b>00:25:50 (301)</b>	<b>00:42:09 (279)</b>	<b>F (33)</b>	<b>M/F45 F (8)</b>		<b>F (28)</b>
<b>280</b>	<b>421</b>	<b>TUBIO TUBIO, VANESA</b>	<b>CLUB ATLETISMO</b>	<b>00:51:13</b>	<b>5:07</b>	<b>00:16:22 (291)</b>	<b>00:25:22 (289)</b>	<b>00:42:05 (278)</b>	<b>F (34)</b>	<b>SÉNIOR F</b>		<b>F (29)</b>
<b>281</b>	<b>485</b>	<b>MARIÑO REY, MARINA</b>	<b>AMES ATLETISMO SAR</b>	<b>00:51:16</b>	<b>5:07</b>	<b>00:16:44 (306)</b>	<b>00:25:50 (302)</b>	<b>00:42:31 (288)</b>	<b>F (35)</b>	<b>M/F45 F (9)</b>		<b>F (30)</b>
282	788	NOYA RODRÍGUEZ,	PEÑA CICLISTA JESÚS	00:51:26	5:08	00:15:55 (269)	00:25:16 (286)	00:42:25 (283)	M (247)	M/F40 M (57)	M (18)	
283	335	VILAR CAAMAÑO,	INDEPENDIENTE	00:51:33	5:09	00:16:05 (278)	00:25:09 (280)	00:42:29 (286)	M (248)	SUPERVETE		M
284	449	CASTRO ABUCIDE,	INDEPENDIENTE	00:51:35	5:09	00:16:39 (302)	00:25:28 (293)	00:42:30 (287)	M (249)	M/F 35 M (27)		
285	406	CAROLLO VARELA,	CLUB ATLETISMO	00:51:36	5:09	00:16:24 (293)	00:25:29 (294)	00:42:13 (282)	M (250)	SÉNIOR M		M
286	427	MÍGUEZ FORJÁN, IVÁN	INDEPENDIENTE	00:51:36	5:09	00:16:03 (274)	00:25:17 (287)	00:42:43 (292)	M (251)	SÉNIOR M	M (19)	M
287	444	MARTINEZ BARCA,	INDEPENDIENTE	00:51:38	5:09	00:17:05 (316)	00:26:19 (310)	00:43:24 (299)	M (252)	M/F 35 M (28)		
288	441	QUINTANS CASTRO,	INDEPENDIENTE	00:51:43	5:10	00:16:37 (298)	00:25:25 (291)	00:42:35 (289)	M (253)	M/F 35 M (29)	M (20)	M
289	461	MARIÑO LOIS,	INDEPENDIENTE	00:51:43	5:10	00:16:37 (299)	00:25:25 (290)	00:42:35 (290)	M (254)	M/F40 M (58)	M (21)	M
290	415	PITA DOPICO, JUAN	INDEPENDIENTE	00:51:47	5:10	00:17:14 (330)	00:26:20 (311)	00:43:24 (300)	M (255)	SÉNIOR M		

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
291	474	CARRIL BOO,	CLUB ATLETISMO O	00:51:49	5:10	00:16:03 (276)	00:25:08 (277)	00:42:29 (285)	F (36)	M/F40 F (5)		F (31)
292	504	SANCHEZ DURO,	CLUB ATLETISMO O	00:51:49	5:10	00:16:03 (275)	00:25:08 (278)	00:42:29 (284)	M (256)	M/F45 M (57)		M
293	435	BLANCO MOUGÁN,	INDEPENDIENTE	00:51:55	5:11	00:16:46 (308)	00:25:42 (299)	00:42:46 (294)	M (257)	M/F 35 M (30)		M
294	440	CEBEY LOPEZ,	INDEPENDIENTE	00:51:59	5:11	00:16:45 (307)	00:25:52 (303)	00:43:09 (297)	M (258)	M/F 35 M (31)		M
295	479	MIRA LLOPIS, MANUEL	ASOCIACIÓN DEPORTIVA	00:52:04	5:12	00:17:13 (325)	00:26:18 (309)	00:43:25 (301)	M (259)	M/F40 M (59)		M
296	313	GARCIA CRISTOBAL,	ENKI	00:52:14	5:13	00:16:00 (272)	00:25:39 (296)	00:42:37 (291)	M (260)	SUPERVETE		M
297	521	VAZQUEZ FERREIRO,	ASOCIACIÓN DEPORTIVA	00:52:15	5:13	00:17:13 (326)	00:26:18 (308)	00:43:30 (302)	M (261)	M/F50 M (28)		M
298	546	RODRIGUEZ, JOSE	INDEPENDIENTE	00:52:16	5:13	00:17:13 (329)	00:26:20 (312)	00:43:12 (298)	M (262)	SUPERVETE	M (22)	M
299	420	PENA TAIBO, ÁNGELA	CORREXALLAS	00:52:22	5:14	00:16:21 (289)	00:25:26 (292)	00:42:44 (293)	F (37)	SÉNIOR F		
300	470	AGRA LIÑARES,	INDEPENDIENTE	00:52:31	5:15	00:16:17 (286)	00:25:41 (297)	00:42:50 (295)	M (263)	M/F40 M (60)	M (23)	M
301	549	CAÑADA MUÑOZ,	INDEPENDIENTE	00:52:38	5:15	00:17:09 (321)	00:26:25 (317)	00:43:33 (304)	M (264)	SUPERVETE		M
302	221	CAÑADA HINOJOSA,	INDEPENDIENTE	00:52:38	5:15	00:16:47 (309)	00:26:25 (318)	00:43:33 (305)	M (265)	SÉNIOR M		M
303	301	DOMENECH	INDEPENDIENTE	00:52:43	5:16	00:17:26 (341)	00:26:55 (327)	00:43:43 (306)	M (266)	M/F50 M (29)		M
304	404	FERRO, JAVIER	INDEPENDIENTE	00:52:51	5:17	00:17:07 (318)	00:26:26 (319)	00:43:57 (310)	M (267)	SÉNIOR M		M
305	554	JIMÉNEZ GARCÍA,	INDEPENDIENTE	00:52:58	5:17	00:16:35 (296)	00:26:22 (315)	00:43:07 (296)	M (268)	SUPERVETE		
306	438	MARCOS LORENZO,	CLUB TRIATLON	00:53:10	5:18	00:17:14 (331)	00:26:49 (326)	00:44:10 (312)	F (38)	M/F 35 F (5)		
307	419	GARCÍA DEUS, YAIZA	INDEPENDIENTE	00:53:13	5:19	00:17:54 (349)	00:27:11 (338)	00:44:07 (311)	F (39)	SÉNIOR F		
308	501	CONDE SUÁREZ,	CLUB ATLETISMO O	00:53:17	5:19	00:16:18 (287)	00:25:43 (300)	00:43:53 (309)	F (40)	M/F45 F (10)		F (32)
309	430	TUÑÓN BLANCO,	INDEPENDIENTE	00:53:24	5:20	00:17:22 (338)	00:27:00 (332)	00:44:38 (323)	M (269)	M/F 35 M (32)		
310	523	ALEGRE VIGO,	INDEPENDIENTE	00:53:36	5:21	00:17:09 (320)	00:26:48 (325)	00:43:47 (307)	M (270)	M/F50 M (30)	M (24)	M
311	403	FERREIRO BASANTE,	INDEPENDIENTE	00:53:38	5:21	00:17:13 (328)	00:27:00 (331)	00:44:16 (317)	M (271)	SÉNIOR M		M
312	481	PORTAS GONZALEZ,	INDEPENDIENTE	00:53:38	5:21	00:16:48 (310)	00:26:22 (314)	00:44:14 (314)	M (272)	M/F40 M (61)		
313	433	GARCÍA GARCÍA,	CDM VÉRTICE	00:53:39	5:21	00:17:00 (315)	00:26:32 (321)	00:44:25 (319)	M (273)	M/F 35 M (33)		
314	414	MELLA MONTOUTO,	INDEPENDIENTE	00:53:40	5:21	00:16:53 (312)	00:26:16 (307)	00:44:12 (313)	F (41)	SÉNIOR F		F (33)
315	557	SÁNCHEZ BASCOY,	INDEPENDIENTE	00:53:52	5:23	00:16:56 (313)	00:26:21 (313)	00:43:48 (308)	F (42)	SUPERVETE		F (34)
316	456	BERDULLAS JORGE,	INDEPENDIENTE	00:53:55	5:23	00:16:06 (281)	00:25:13 (284)	00:43:33 (303)	M (274)	M/F40 M (62)		M
317	541	AMADO BOUZA, JOSÉ	ATLETAS DE ACEA DE	00:54:04	5:24	00:16:58 (314)	00:26:35 (323)	00:44:25 (320)	M (275)	SUPERVETE		M
318	476	CASTRO SANTOS,	INDEPENDIENTE	00:54:06	5:24	00:16:37 (297)	00:25:59 (305)	00:44:46 (324)	F (43)	M/F40 F (6)		F (35)
319	553	BETANZOS REGO,	S.D. BARBANTIA RODA	00:54:06	5:24	00:16:32 (294)	00:26:32 (322)	00:44:19 (318)	M (276)	SUPERVETE		

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
320	500	SUÁREZ CASAL,	INDEPENDIENTE	00:54:12	5:25	00:17:21 (337)	00:26:55 (328)	00:44:48 (325)	F (44)	M/F45 F (11)	F (2)	F (36)
321	550	DOMINGUEZ GOMEZ,	INDEPENDIENTE	00:54:24	5:26	00:17:10 (322)	00:27:03 (335)	00:44:33 (321)	M (277)	SUPERVETE		M
322	229	CANCELO ALFONSO,	CLUB DEPORTIVO BRION	00:54:25	5:26	00:18:27 (367)	00:28:28 (362)	00:46:15 (342)	M (278)	M/F 35 M (34)		M
323	539	ROUCO VILAR,	INDEPENDIENTE	00:54:44	5:28	00:17:25 (339)	00:27:34 (344)	00:44:51 (327)	M (279)	SUPERVETE		M
324	314	VILA BLANCO, JESUS	TABOADELA RUNNIG	00:54:45	5:28	00:17:19 (335)	00:26:56 (329)	00:44:59 (329)	M (280)	SUPERVETE		M
325	322	BLANCO GABIN,	INDEPENDIENTE	00:54:46	5:28	00:15:52 (268)	00:25:41 (298)	00:44:14 (315)	M (281)	SUPERVETE		M
326	431	RODRÍGUEZ	CLUB ATLETISMO	00:54:48	5:28	00:17:13 (327)	00:27:01 (333)	00:44:53 (328)	M (282)	M/F 35 M (35)		M
327	535	VILELA MONTERO,	INDEPENDIENTE	00:54:55	5:29	00:17:11 (324)	00:27:21 (340)	00:44:51 (326)	M (283)	SUPERVETE		M
328	497	MANEIRO LIÑARES,	SD COMPOSTELA	00:54:55	5:29	00:17:31 (344)	00:27:19 (339)	00:45:06 (331)	M (284)	M/F45 M (58)		M
329	475	HOMBRE CASTRO,	INDEPENDIENTE	00:54:56	5:29	00:17:28 (343)	00:27:01 (334)	00:45:25 (333)	M (285)	M/F40 M (63)		M
330	506	SUÁREZ GAREA,	INDEPENDIENTE	00:55:00	5:29	00:17:26 (342)	00:26:58 (330)	00:45:04 (330)	M (286)	M/F45 M (59)		M
331	529	CANOZO MARTÍNEZ,	INDEPENDIENTE	00:55:17	5:31	00:17:25 (340)	00:27:05 (336)	00:45:08 (332)	M (287)	M/F50 M (31)	M (25)	
332	443	CABADO MIGUELEZ,	INDEPENDIENTE	00:55:20	5:31	00:17:20 (336)	00:27:26 (341)	00:45:29 (336)	F (45)	M/F 35 F (6)		
333	560	PÉREZ LEIS, JESÚS	INDEPENDIENTE	00:55:29	5:32	00:16:42 (304)	00:26:27 (320)	00:44:15 (316)	M (288)	SUPERVETE		
334	522	ALONSO ALONSO,	CAZAFANTASMAS	00:55:30	5:32	00:18:16 (362)	00:28:06 (355)	00:45:37 (337)	M (289)	M/F50 M (32)		M
335	423	PRECEDO REY,	GLOBAL SPORT	00:55:32	5:33	00:17:06 (317)	00:27:08 (337)	00:45:27 (334)	M (290)	SÉNIOR M		
336	484	CARBALLEDO	INDEPENDIENTE	00:55:34	5:33	00:17:16 (332)	00:26:38 (324)	00:44:35 (322)	M (291)	M/F45 M (60)		M
337	280	VILLAR ÁLVAREZ,	ATLETISMO ARENTEIRO	00:55:40	5:33	00:16:37 (300)	00:26:23 (316)	00:45:38 (338)	M (292)	M/F45 M (61)		M
338	411	OTERO CORREA,	INDEPENDIENTE	00:55:43	5:34	00:17:36 (346)	00:27:41 (346)	00:45:28 (335)	F (46)	SÉNIOR F		F (37)
339	405	NIETO GARCÍA,	INDEPENDIENTE	00:56:05	5:36	00:18:12 (360)	00:28:03 (353)	00:46:20 (344)	F (47)	SÉNIOR F		F (38)
340	466	NOVO NÚÑEZ, DIEGO	INDEPENDIENTE	00:56:05	5:36	00:18:12 (361)	00:28:02 (352)	00:46:20 (343)	M (293)	M/F40 M (64)		
341	439	ROZAS MENDEZ,	INDEPENDIENTE	00:56:05	5:36	00:18:12 (359)	00:28:01 (351)	00:45:56 (341)	F (48)	M/F 35 F (7)		
342	561	SUÁREZ GESTAL,		00:56:13	5:37	00:17:18 (334)	00:27:33 (343)	00:45:39 (339)	M (294)	M/F45 M (62)		M
343	457	GONZÁLEZ, NIDIA	CLUB MONTE BREMO	00:56:25	5:38	00:17:16 (333)	00:27:37 (345)	00:45:44 (340)	F (49)	M/F40 F (7)		
344	515	VIA, TAMARA	ATLETISMO FONTES DO	00:56:39	5:39	00:18:01 (353)	00:27:51 (348)	00:46:37 (346)	F (50)	M/F50 F (5)		
345	471	BREA DUARTE,	INDEPENDIENTE	00:56:41	5:40	00:18:08 (357)	00:27:58 (349)	00:47:00 (351)	M (295)	M/F40 M (65)		
346	552	MAYO CAAMAÑO,	VENDAVAL ESTEIRO	00:56:47	5:40	00:18:25 (366)	00:28:07 (356)	00:46:52 (349)	M (296)	SUPERVETE		
347	425	FERREIRO	INDEPENDIENTE	00:56:55	5:41	00:17:33 (345)	00:27:50 (347)	00:46:29 (345)	M (297)	SÉNIOR M		M
348	332	PAMPÍN BOADO,	CLUB DEPORTIVO	00:57:20	5:43	00:18:24 (364)	00:28:43 (364)	00:46:47 (347)	M (298)	SUPERVETE		M

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
349	458	GARCÍA CASTELO,	CLUB ATLETISMO	00:57:20	5:43	00:18:48 (371)	00:28:44 (367)	00:47:22 (352)	F (51)	M/F40 F (8)		F (39)
350	542	FIGUEROA SUÁREZ,	INDEPENDIENTE	00:57:22	5:44	00:18:08 (356)	00:27:58 (350)	00:47:00 (350)	M (299)	SUPERVETE		M
351	524	CEREIJO ARIAS,	CORRE POR BEGONTE	00:57:41	5:46	00:17:53 (348)	00:28:28 (361)	00:46:48 (348)	F (52)	M/F50 F (6)		F (40)
352	407	PEREIRA MARZOA,	CLUB DEPORTIVO BRION	00:58:13	5:49	00:18:02 (354)	00:28:28 (363)	00:47:44 (356)	M (300)	SÉNIOR M		M
353	455	HENDRY, LOUISE	INDEPENDIENTE	00:58:13	5:49	00:18:10 (358)	00:28:15 (358)	00:47:59 (358)	F (53)	M/F40 F (9)		
354	454	PEDROSA MAYO,	INDEPENDIENTE	00:58:14	5:49	00:17:45 (347)	00:28:17 (359)	00:47:34 (353)	M (301)	M/F40 M (66)		M
355	477	CARBALLO	INDEPENDIENTE	00:58:17	5:49	00:17:58 (352)	00:28:27 (360)	00:47:41 (355)	F (54)	M/F40 F (10)		F (41)
356	517	NUÑEZ, SANTIAGO	INDEPENDIENTE	00:58:28	5:50	00:18:25 (365)	00:28:11 (357)	00:47:35 (354)	M (302)	M/F50 M (33)		M
357	505	GARCÍA HIDALGO,	INDEPENDIENTE	00:59:07	5:54	00:18:31 (368)	00:28:44 (366)	00:47:49 (357)	F (55)	M/F45 F (12)		F (42)
358	558	SANCHEZ LOUREDA,	INDEPENDIENTE	00:59:39	5:57	00:19:48 (378)	00:30:09 (375)	00:49:18 (360)	M (303)	SUPERVETE		M
359	331	FERREIRO CAMPOS,	INDEPENDIENTE	00:59:45	5:58	00:17:55 (351)	00:28:48 (368)	00:49:07 (359)	M (304)	SUPERVETE		M
360	486	GONZÁLEZ GARCÍA,	CLUB ATLETISMO SAR	01:00:31	6:03	00:19:02 (372)	00:29:58 (373)	00:49:37 (361)	F (56)	M/F45 F (13)		F (43)
361	122	CABO BLANCO,	INDEPENDIENTE	01:00:51	6:05	(-1)	(-1)	(-1)	M (305)	M/F50 M (34)		M
362	548	ANDRADE LAGO,	ASOCIACIÓN	01:01:03	6:06	00:19:17 (374)	00:29:57 (372)	00:49:55 (363)	F (57)	SUPERVETE		F (44)
363	468	DE LIMA, DAVID	INDEPENDIENTE	01:01:03	6:06	00:19:58 (380)	00:30:28 (379)	00:50:10 (364)	M (306)	M/F40 M (67)		
364	330	MENÉNDEZ	INDEPENDIENTE	01:01:34	6:09	00:18:35 (370)	00:29:51 (371)	00:49:54 (362)	M (307)	SUPERVETE		M
365	547	PUGA GONZÁLEZ,	INDEPENDIENTE	01:01:39	6:09	00:19:34 (375)	00:30:08 (374)	00:50:32 (365)	M (308)	SUPERVETE		M
366	442	CASTRO SENRA,	INDEPENDIENTE	01:01:45	6:10	00:19:38 (377)	00:30:27 (378)	00:50:41 (366)	F (58)	M/F 35 F (8)		F (45)
367	503	QUINTÁNS SUÁREZ,	INDEPENDIENTE	01:02:27	6:14	00:19:37 (376)	00:30:26 (377)	00:51:08 (368)	F (59)	M/F45 F (14)	F (3)	F (46)
368	544	GONZÁLEZ PEREIRA,	RUNNING ARTEIXO	01:02:42	6:16	00:19:56 (379)	00:31:14 (382)	00:51:20 (370)	M (309)	SUPERVETE		M
369	499	GONZÁLEZ	LA PURÍSIMA	01:02:43	6:16	00:20:27 (382)	00:31:05 (381)	00:51:43 (372)	F (60)	M/F45 F (15)		
370	530	SANTAS NOVOA,	LA PURÍSIMA	01:02:44	6:16	00:20:27 (381)	00:31:01 (380)	00:51:43 (371)	M (310)	M/F50 M (35)		M
371	310	LAGO MOLEDO,	CAO	01:03:06	6:18	00:18:05 (355)	00:29:14 (370)	00:50:56 (367)	M (311)	SUPERVETE	M (26)	M
372	536	CONSTENLA	ATLETISMO FONTES DO	01:03:19	6:19	00:18:21 (363)	00:29:13 (369)	00:51:11 (369)	M (312)	SUPERVETE		M
373	525	VARELA DE LA TORRE,	ATLETISMO GUITIRIZ	01:04:35	6:27	00:19:15 (373)	00:30:26 (376)	00:51:55 (373)	M (313)	M/F50 M (36)		M
374	538	TRESGUERRAS	CLUB ATLETISMO SAR	01:05:51	6:35	00:21:10 (383)	00:32:57 (383)	00:53:51 (374)	F (61)	SUPERVETE		F (47)
375	537	BERNAL GOMEZ,	INDEPENDIENTE	01:09:15	6:55	00:21:57 (385)	00:34:19 (385)	00:57:10 (375)	M (314)	SUPERVETE		M
376	9	HIMI, LAMYAE	ATLETISMO NARON	01:10:24	7:02	(-1)	(-1)	(-1)	F (62)	SÉNIOR F		
377	450	CAROLI TREZZA,	INDEPENDIENTE	01:12:33	7:15	00:21:15 (384)	00:33:34 (384)	00:58:31 (376)	F (63)	M/F 35 F (9)	F (4)	



# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 10K



PTO DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
DSQ 31	VIDAL LORENZO,	TRIATLON COSTA DA	00:40:45	4:04	00:13:20 (123)	00:20:40 (117)	00:33:47 (111)	M (-1)	SÉNIOR M		M

Total: 378

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
1	608	SESAR MÍGUEZ, ADRIÁN	CLUB ATLETISMO	00:16:52	3:2	00:10:51 (1)	M (1)	SUB-18 M (1)	
2	727	ALVAREZ TAJES, DAMIAN	TERRA DE SONEIRA	00:17:06	3:2	00:11:09 (7)	M (2)	ABSOLUTA-5K M (1)	
3	624	MARTINEZ MAYO, RUBEN	CLUB ATLETISMO	00:17:10	3:2	00:10:56 (2)	M (3)	ABSOLUTA-5K M (2)	ABSOLUTA-5K M (1)
4	1039	CARRASCO GARCÍA, ALEX	CLUB TRIATLÓN	00:17:18	3:2	00:11:03 (3)	M (4)	SUB-16 M (1)	
5	613	MATEOS CALVIÑO, IAGO	SD COMPOSTELA	00:17:27	3:2	00:11:09 (8)	M (5)	SUB-18 M (2)	
6	18	TOJO, ALEXANDRE	CLUB ATLETISMO	00:17:33	3:3	00:11:09 (6)	M (6)	ABSOLUTA-5K M (3)	
7	662	CAPELO VIEITES, EFRÉN	CLUB DEPORTIVO	00:17:34	3:3	00:11:06 (4)	M (7)	ABSOLUTA-5K M (4)	
8	820	AYASO PARADA, IKER	SANTA UXIA	00:17:37	3:3	00:11:08 (5)	M (8)	SUB-16 M (2)	
9	625	MARTINEZ MAYO, CARLOS	CLUB ATLETISMO	00:17:38	3:3	00:11:22 (9)	M (9)	ABSOLUTA-5K M (5)	ABSOLUTA-5K M (2)
10	602	SIEIRA GERPE, JUN	CLUB ATLETISMO	00:17:39	3:3	00:11:29 (11)	M (10)	SUB-16 M (3)	SUB-16 M (1)
11	1040	PAZ CELEIRO, ADRIÁN	ATLETISMO RIAZOR	00:17:41	3:3	00:11:29 (12)	M (11)	SUB-16 M (4)	
12	784	FRAGA ADRIO, CARLOS	CLUB ATLETISMO O	00:17:45	3:3	00:11:31 (16)	M (12)	ABSOLUTA-5K M (6)	
<b>13</b>	<b>607</b>	<b>PANIAGUA RODRI, DEBRIS</b>	<b>CLUB ATLETISMO O</b>	<b>00:17:46</b>	<b>3:3</b>	<b>00:11:30 (15)</b>	<b>F (1)</b>	<b>SUB-18 F (1)</b>	
14	626	LORENZO LOURIDO ROMAR, MANUEL	CLUB ATLETISMO	00:17:46	3:3	00:11:30 (14)	M (13)	ABSOLUTA-5K M (7)	ABSOLUTA-5K M (3)
<b>15</b>	<b>609</b>	<b>PANIAGUA RODRIGUEZ, DEMEKU</b>	<b>CLUB ATLETISMO O</b>	<b>00:18:09</b>	<b>3:3</b>	<b>00:11:28 (10)</b>	<b>F (2)</b>	<b>SUB-18 F (2)</b>	
16	1009	TORREIRA GONZÁLEZ, MAURO	INDEPENDIENTE	00:18:23	3:4	00:11:33 (17)	M (14)	SUB-16 M (5)	
17	1035	PEREIRA TAIBO, SERGIO	CLUB OLÍMPICO DE	00:18:29	3:4	00:11:30 (13)	M (15)	SUB-16 M (6)	
18	1028	FUENTES SOSA, MAURO	CLUB TRIATLÓN	00:18:35	3:4	00:11:59 (23)	M (16)	SUB-16 M (7)	
19	649	ROSENDE FUENTES, LUIS	CLUB ATLETISMO	00:18:37	3:4	00:11:42 (19)	M (17)	ABSOLUTA-5K M (8)	
20	789	FEITO MIRÁS, LUIS MIGUEL	ENTRENARUNNING	00:18:46	3:4	00:11:58 (22)	M (18)	ABSOLUTA-5K M (9)	
21	813	NOGUEIRA PÉREZ, MIGUEL ANXO	NOITEBRA	00:18:47	3:4	00:11:51 (21)	M (19)	ABSOLUTA-5K M (10)	
22	779	AMADO, OSCAR	OPA FERROL TEAM	00:18:51	3:4	00:11:50 (20)	M (20)	ABSOLUTA-5K M (11)	
23	1059	IGLESIAS FERREIRO, XOAN	ASOCIACIÓN	00:18:53	3:4	00:12:17 (27)	M (21)	SUB-16 M (8)	
24	783	MOREDA LEIRADO, RAMÓN ALBERTO	INDEPENDIENTE	00:18:56	3:4	00:12:19 (28)	M (22)	ABSOLUTA-5K M (12)	ABSOLUTA-5K M (4)
25	677	CANABAL GARCÍA, RAFAEL	INDEPENDIENTE	00:18:58	3:4	00:12:10 (26)	M (23)	ABSOLUTA-5K M (13)	
26	630	ARDIÓNS GOMEZ, DAVID	CLUB ATLETISMO	00:19:00	3:4	00:12:19 (29)	M (24)	ABSOLUTA-5K M (14)	ABSOLUTA-5K M (5)
27	1051	AMBITE SANTANA, DIEGO	INDEPENDIENTE	00:19:02	3:4	00:11:42 (18)	M (25)	SUB-16 M (9)	
28	612	CEA VAZQUEZ, HUGO	CLUB OLÍMPICO DE	00:19:05	3:4	00:12:01 (24)	M (26)	SUB-18 M (3)	
29	623	COUSO GARCIA, JESUS	CLUB ATLETISMO	00:19:11	3:5	00:12:21 (30)	M (27)	ABSOLUTA-5K M (15)	ABSOLUTA-5K M (6)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
30	814	AYASO ROMERO, JOSE LUIS		00:19:11	3:5	00:12:25 (31)	M (28)	ABSOLUTA-5K M (16)	
31	1058	MIGUÉNS SOLANA, MARTÍ	SD COMPOSTELA	00:19:14	3:5	00:12:09 (25)	M (29)	SUB-16 M (10)	
32	1011	RUDIÑO LORENZO, UXIO	AMES ATLETISMO	00:19:35	3:5	00:12:32 (32)	M (30)	SUB-16 M (11)	
33	760	CASTRO TIELES, ELOY	SERRES RUNNERS	00:19:43	3:5	00:12:33 (34)	M (31)	ABSOLUTA-5K M (17)	
34	690	VIEITO RAÑA, ROBERTO	INDEPENDIENTE	00:19:48	3:5	00:12:51 (36)	M (32)	ABSOLUTA-5K M (18)	
35	651	MIRANDA VIEITO, JOSE MANUEL	ATHLETICS	00:19:52	3:5	00:12:32 (33)	M (33)	ABSOLUTA-5K M (19)	
36	652	QUINTEIRO BALBOA, PEDRO	CDM VÉRTICE	00:19:56	3:5	00:12:44 (35)	M (34)	ABSOLUTA-5K M (20)	
37	726	VILLAMOR RIAL, NOEL	INDEPENDIENTE	00:20:05	4:0	00:13:22 (51)	M (35)	ABSOLUTA-5K M (21)	
38	616	AMBITE SANTANA, DANIEL	INDEPENDIENTE	00:20:07	4:0	00:13:03 (44)	M (36)	SUB-18 M (4)	
39	1024	LORENTE PAZ, ELOI	CLUB TRIATLÓN	00:20:12	4:0	00:13:00 (41)	M (37)	SUB-16 M (12)	
40	637	RIVAS RODÍS, GABRIEL	INDEPENDIENTE	00:20:16	4:0	00:13:01 (43)	M (38)	ABSOLUTA-5K M (22)	
41	787	PEREIRO RAMÓN, ALFREDO	ETP ENCUESTRA TU	00:20:21	4:0	00:13:01 (42)	M (39)	ABSOLUTA-5K M (23)	
42	634	TAIBO CASTRO, MARIO	CLUB ATLETISMO	00:20:23	4:0	00:12:56 (38)	M (40)	ABSOLUTA-5K M (24)	
43	736	MUNIN FRAGA, SEBAS	INDEPENDIENTE	00:20:26	4:0	00:12:59 (40)	M (41)	ABSOLUTA-5K M (25)	
44	745	MARQUE RUIBAL, JOSÉ ANTONIO	CDM VÉRTICE	00:20:36	4:0	00:13:13 (47)	M (42)	ABSOLUTA-5K M (26)	
45	646	MONTEAGUDO, JOSÉ M	CLUB TRIATLÓN	00:20:39	4:0	00:13:21 (50)	M (43)	ABSOLUTA-5K M (27)	
46	721	IGLESIAS BARREIRA, DAVID	CLUB TRIATLÓN	00:20:40	4:0	00:13:24 (53)	M (44)	ABSOLUTA-5K M (28)	
47	660	BAO FERNANDEZ, FRANCISCO	INDEPENDIENTE	00:20:41	4:0	00:12:57 (39)	M (45)	ABSOLUTA-5K M (29)	
48	685	RODRÍGUEZ GARCÍA, JERÓNIMO	INDEPENDIENTE	00:20:46	4:0	00:13:08 (45)	M (46)	ABSOLUTA-5K M (30)	
49	658	CASTRO FERNÁNDEZ, XABIER	CLUB ATLETISMO	00:20:47	4:0	00:13:41 (58)	M (47)	ABSOLUTA-5K M (31)	
<b>50</b>	<b>1036</b>	<b>LAGO CARBAJALES, CANDELA</b>	<b>CLUB ATLETISMO</b>	<b>00:20:50</b>	<b>4:0</b>	<b>00:13:17 (48)</b>	<b>F (3)</b>	<b>SUB-16 F (1)</b>	
51	791	CAMPAÑA BARROS, ADRIÁN	INDEPENDIENTE	00:20:51	4:1	00:13:31 (54)	M (48)	ABSOLUTA-5K M (32)	
52	812	FERNANDEZ TOME, JUAN	INDEPENDIENTE	00:20:52	4:1	00:13:31 (55)	M (49)	ABSOLUTA-5K M (33)	
53	698	FERNÁNDEZ GÓMEZ, MARCOS	INDEPENDIENTE	00:20:55	4:1	00:12:56 (37)	M (50)	ABSOLUTA-5K M (34)	
54	639	MOROÑO LOMBA, YAGO	INDEPENDIENTE	00:21:05	4:1	00:13:33 (56)	M (51)	ABSOLUTA-5K M (35)	
55	697	FUENTES NOYA, DAVID	INDEPENDIENTE	00:21:09	4:1	00:13:13 (46)	M (52)	ABSOLUTA-5K M (36)	
56	670	ABAD BLANCO, JAVIER	ATLETISMO NARON	00:21:19	4:1	00:13:24 (52)	M (53)	ABSOLUTA-5K M (37)	
57	666	ROMERO, RUBEN	INDEPENDIENTE	00:21:21	4:1	00:13:54 (64)	M (54)	ABSOLUTA-5K M (38)	
<b>58</b>	<b>782</b>	<b>CORES CANCELA, ANDREA</b>	<b>SD COMPOSTELA</b>	<b>00:21:22</b>	<b>4:1</b>	<b>00:13:59 (65)</b>	<b>F (4)</b>	<b>ABSOLUTA-5K F (1)</b>	

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
59	675	AMADO FERNÁNDEZ, LAURA	INDEPENDIENTE	00:21:24	4:1	00:14:09 (67)	F (5)	ABSOLUTA-5K F (2)	ABSOLUTA-5K F (1)
60	1017	VILLAVERDE DIAZ, LARA	USC	00:21:31	4:1	00:13:48 (61)	F (6)	SUB-16 F (2)	
61	628	ANDRES PEREZ RODRIGUEZ, RAMON	CLUB ATLETISMO	00:21:40	4:1	00:13:18 (49)	M (55)	ABSOLUTA-5K M (39)	ABSOLUTA-5K M (7)
62	715	LEIS REYNOSO, ÓSCAR	INDEPENDIENTE	00:21:44	4:2	00:13:53 (63)	M (56)	ABSOLUTA-5K M (40)	
63	740	CASTRO VILLAVERDE, TERESA	CLUB ATLETISMO	00:21:52	4:2	00:13:48 (62)	F (7)	ABSOLUTA-5K F (3)	
64	701	TRIGO BAO, MANUEL	CDM VÉRTICE	00:21:53	4:2	00:13:47 (60)	M (57)	ABSOLUTA-5K M (41)	
65	1019	RODRIGUEZ, XOEL	INDEPENDIENTE	00:21:54	4:2	00:13:59 (66)	M (58)	SUB-16 M (13)	
66	604	AGRA SANCHEZ, BRAIS	CLUB ATLETISMO	00:21:56	4:2	00:13:34 (57)	M (59)	SUB-16 M (14)	SUB-16 M (2)
67	674	LORENZO CALVIÑO, DANIEL	INDEPENDIENTE	00:21:58	4:2	00:14:28 (76)	M (60)	ABSOLUTA-5K M (42)	ABSOLUTA-5K M (8)
68	738	GARCÍA PENA, JESUS	CLUB ATLETISMO	00:22:03	4:2	00:13:44 (59)	M (61)	ABSOLUTA-5K M (43)	
69	748	PAREDES PARAJO, MARCOS	INDEPENDIENTE	00:22:13	4:2	00:14:40 (79)	M (62)	ABSOLUTA-5K M (44)	
70	800	LAREU RODRÍGUEZ, ANDRÉS	ETP ENCUESTRA TU	00:22:16	4:2	00:14:24 (73)	M (63)	ABSOLUTA-5K M (45)	
71	725	BRAÑA VILAR, MARCOS	INDEPENDIENTE	00:22:17	4:2	00:14:21 (71)	M (64)	ABSOLUTA-5K M (46)	
72	615	NIETO RODRIGUEZ, ANTÓN	INDEPENDIENTE	00:22:21	4:2	00:14:38 (78)	M (65)	SUB-18 M (5)	
73	1013	LAREO BARROSO, NEREA	CLUB ATLETISMO	00:22:21	4:2	00:14:12 (68)	F (8)	SUB-16 F (3)	
74	672	PÉREZ NIETO, ALBA	SOCIEDAD	00:22:24	4:2	00:14:41 (80)	F (9)	ABSOLUTA-5K F (4)	
75	633	MAYO TOUCEDA, DIEGO	INDEPENDIENTE	00:22:25	4:2	00:14:22 (72)	M (66)	ABSOLUTA-5K M (47)	ABSOLUTA-5K M (9)
76	655	VARELA PÉREZ, NACHO	CLUB TRIATLÓN	00:22:25	4:2	00:14:19 (70)	M (67)	ABSOLUTA-5K M (48)	
77	667	PRESAS VENCE, MANUEL	INDEPENDIENTE	00:22:27	4:2	00:14:24 (74)	M (68)	ABSOLUTA-5K M (49)	
78	643	LAREO CREO, DANIEL	CLUB ATLETISMO	00:22:30	4:2	00:14:12 (69)	M (69)	ABSOLUTA-5K M (50)	
79	708	GARCIA FUENTES, ROI	SD COMPOSTELA	00:22:41	4:3	00:14:28 (75)	M (70)	ABSOLUTA-5K M (51)	
80	1031	ANDRÉ DUARTE, RICARDO	INDEPENDIENTE	00:22:43	4:3	00:15:25 (94)	M (71)	SUB-16 M (15)	
81	790	LÓPEZ TEMES, MANUEL	CORREXALLAS	00:22:45	4:3	00:14:35 (77)	M (72)	ABSOLUTA-5K M (52)	
82	707	LEIS MOURIÑO, OSCAR	INDEPENDIENTE	00:23:00	4:3	00:14:41 (81)	M (73)	ABSOLUTA-5K M (53)	
83	669	COBAS CAMPOS, RAÚL	INDEPENDIENTE	00:23:13	4:3	00:15:25 (93)	M (74)	ABSOLUTA-5K M (54)	ABSOLUTA-5K M (10)
84	1022	VALES COUTO, OLIVER	INDEPENDIENTE	00:23:13	4:3	00:15:32 (102)	M (75)	SUB-16 M (16)	
85	810	CASAS RAMOS, LAURA	INDEPENDIENTE	00:23:28	4:4	00:15:29 (100)	F (10)	ABSOLUTA-5K F (5)	
86	681	ESPASANDÍN VÁZQUEZ, VÍCTOR MANUEL	CLUB DEPORTIVO	00:23:30	4:4	00:14:54 (82)	M (76)	ABSOLUTA-5K M (55)	ABSOLUTA-5K M (11)
87	636	FARO NEGREIRA, JUAN MANUEL	ADC MONTE BREAMO	00:23:34	4:4	00:15:12 (87)	M (77)	ABSOLUTA-5K M (56)	ABSOLUTA-5K M (12)

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
88	794	PEREIRAS COUTO, ALVARO	INDEPENDIENTE	00:23:34	4:4	00:15:13 (89)	M (78)	ABSOLUTA-5K M (57)	
<b>89</b>	<b>1033</b>	<b>AGUIAR NOCEDA, NAIARA</b>	<b>SERRES RUNNERS</b>	<b>00:23:35</b>	<b>4:4</b>	<b>00:15:00 (85)</b>	<b>F (11)</b>	<b>SUB-16 F (4)</b>	
90	688	FERNÁNDEZ GARCÍA, DAVID	CLUB ATLETISMO	00:23:36	4:4	00:15:17 (90)	M (79)	ABSOLUTA-5K M (58)	
91	815	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO	00:23:37	4:4	00:15:28 (98)	M (80)	ABSOLUTA-5K M (59)	
92	816	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO	00:23:37	4:4	00:15:28 (97)	M (81)	ABSOLUTA-5K M (60)	
93	712	FREIRE SEXTO, JULIO	INDEPENDIENTE	00:23:43	4:4	00:15:32 (101)	M (82)	ABSOLUTA-5K M (61)	
<b>94</b>	<b>817</b>	<b>GIL OTERO, LIDIA</b>		<b>00:23:45</b>	<b>4:4</b>	<b>00:15:19 (91)</b>	<b>F (12)</b>	<b>ABSOLUTA-5K F (6)</b>	
<b>95</b>	<b>1015</b>	<b>CASTRO FANDIÑO, ICÍA</b>	<b>CLUB ATLETISMO</b>	<b>00:23:46</b>	<b>4:4</b>	<b>00:14:56 (83)</b>	<b>F (13)</b>	<b>SUB-16 F (5)</b>	
96	818	GARCIA CASTRO, MARTIN		00:23:55	4:4	00:14:58 (84)	M (83)	ABSOLUTA-5K M (62)	
<b>97</b>	<b>622</b>	<b>ELIZABEHT OROÑA GONZALEZ, IRMA</b>	<b>CLUB ATLETISMO</b>	<b>00:23:57</b>	<b>4:4</b>	<b>00:15:28 (96)</b>	<b>F (14)</b>	<b>ABSOLUTA-5K F (7)</b>	<b>ABSOLUTA-5K F (2)</b>
98	1018	VAZQUEZ, DANILO	INDEPENDIENTE	00:24:09	4:4	00:15:19 (92)	M (84)	SUB-16 M (17)	
99	1034	PEREZ GARRIDO, MATEO	CORREXALLAS	00:24:24	4:5	00:15:13 (88)	M (85)	SUB-16 M (18)	
100	671	FREIRE GIL, ADRIÁN	INDEPENDIENTE	00:24:25	4:5	00:15:33 (103)	M (86)	ABSOLUTA-5K M (63)	ABSOLUTA-5K M (13)
101	1010	ALEGRE IGLESIAS, BRAIS	INDEPENDIENTE	00:24:26	4:5	00:15:28 (99)	M (87)	SUB-16 M (19)	
102	777	ALONSO VIEITO, JESÚS	INDEPENDIENTE	00:24:33	4:5	00:15:27 (95)	M (88)	ABSOLUTA-5K M (64)	ABSOLUTA-5K M (14)
103	709	VAZQUEZ FERNANDEZ, OSCAR	GTR- GALAICO TRAIL	00:24:37	4:5	00:15:46 (106)	M (89)	ABSOLUTA-5K M (65)	
104	614	NIETO RODRIGUEZ, LOIS	INDEPENDIENTE	00:24:41	4:5	00:15:49 (107)	M (90)	SUB-18 M (6)	
<b>105</b>	<b>1057</b>	<b>LÓPEZ LÓPEZ, MARTINA</b>	<b>SD COMPOSTELA</b>	<b>00:24:41</b>	<b>4:5</b>	<b>00:15:53 (115)</b>	<b>F (15)</b>	<b>SUB-16 F (6)</b>	
106	714	IGLESIAS ANDRADE, BRAIS	ASOCIACIÓN	00:24:42	4:5	00:15:36 (104)	M (91)	ABSOLUTA-5K M (66)	
<b>107</b>	<b>601</b>	<b>LISTA VIEITO, CELIA</b>	<b>CLUB ATLETISMO</b>	<b>00:24:45</b>	<b>4:5</b>	<b>00:15:01 (86)</b>	<b>F (16)</b>	<b>SUB-16 F (7)</b>	<b>SUB-16 F (1)</b>
108	761	AMADO CAAMAÑO, ESTEBAN	MALLADORES TEAM	00:24:47	4:5	00:16:18 (120)	M (92)	ABSOLUTA-5K M (67)	
109	754	RODRIGUEZ MARIÑO, CELESTINO	MALLADORES TEAM	00:24:47	4:5	00:16:18 (121)	M (93)	ABSOLUTA-5K M (68)	
110	729	LOPEZ DE CIORDIA DE LA ORDEN, ANGEL	MENDIKATE	00:24:51	4:5	00:16:32 (129)	M (94)	ABSOLUTA-5K M (69)	
111	664	REMUIÑÁN PENA, MANUEL	INDEPENDIENTE	00:24:52	4:5	00:15:50 (108)	M (95)	ABSOLUTA-5K M (70)	
112	750	CASAL PERNAS, JUAN ANTONIO	INDEPENDIENTE	00:24:53	4:5	00:15:51 (109)	M (96)	ABSOLUTA-5K M (71)	
113	668	ALLÓ IGLESIAS, ALEJANDRO	INDEPENDIENTE	00:24:54	4:5	00:15:57 (116)	M (97)	ABSOLUTA-5K M (72)	
114	654	PAZ CARBON, MANUEL	INDEPENDIENTE	00:24:55	4:5	00:16:15 (118)	M (98)	ABSOLUTA-5K M (73)	
<b>115</b>	<b>706</b>	<b>GOMEZ GOMEZ, ROSA</b>	<b>INDEPENDIENTE</b>	<b>00:24:56</b>	<b>4:5</b>	<b>00:15:52 (114)</b>	<b>F (17)</b>	<b>ABSOLUTA-5K F (8)</b>	
<b>116</b>	<b>663</b>	<b>GÓMEZ OVIEDO, LOLY</b>	<b>SD COMPOSTELA</b>	<b>00:24:57</b>	<b>4:5</b>	<b>00:16:11 (117)</b>	<b>F (18)</b>	<b>ABSOLUTA-5K F (9)</b>	



# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
117	809	CASAS PEREZ, JOSE MANUEL	INDEPENDIENTE	00:24:57	4:5	00:15:43 (105)	M (99)	ABSOLUTA-5K M (74)	
<b>118</b>	<b>1041</b>	<b>GIL LEIS, CARLA</b>	<b>CLUB TRIATLÓN</b>	<b>00:25:01</b>	<b>5:0</b>	<b>00:16:24 (126)</b>	<b>F (19)</b>	<b>SUB-16 F (8)</b>	
<b>119</b>	<b>617</b>	<b>TUÑAS PÉREZ, SABELA</b>	<b>SERRES RUNNERS</b>	<b>00:25:03</b>	<b>5:0</b>	<b>00:15:52 (113)</b>	<b>F (20)</b>	<b>SUB-18 F (3)</b>	<b>SUB-18 F (1)</b>
120	621	MOURELLE GARCIA, ANDRÉS	INDEPENDIENTE	00:25:05	5:0	00:17:03 (149)	M (100)	ABSOLUTA-5K M (75)	
121	691	ALVEZ FERNANDEZ, JULIO	INDEPENDIENTE	00:25:06	5:0	00:16:37 (130)	M (101)	ABSOLUTA-5K M (76)	
122	767	LORENZO PARAFITA, ANDRÉS	INDEPENDIENTE	00:25:10	5:0	00:16:53 (141)	M (102)	ABSOLUTA-5K M (77)	ABSOLUTA-5K M (15)
<b>123</b>	<b>603</b>	<b>RODRIGUEZ CRAVEN, ROSALIA</b>	<b>CLUB ATLETISMO</b>	<b>00:25:10</b>	<b>5:0</b>	<b>00:15:52 (111)</b>	<b>F (21)</b>	<b>SUB-18 F (4)</b>	<b>SUB-18 F (2)</b>
124	1038	LENS MARTÍNEZ, MATEO	INDEPENDIENTE	00:25:11	5:0	00:15:52 (112)	M (103)	SUB-16 M (20)	
125	780	MOURE CAÑETE, FRANCISCO	NOITEBRA	00:25:17	5:0	00:15:51 (110)	M (104)	ABSOLUTA-5K M (78)	
126	683	BLANCO GONZALEZ, JESUS MANUEL	INDEPENDIENTE	00:25:20	5:0	00:16:17 (119)	M (105)	ABSOLUTA-5K M (79)	
<b>127</b>	<b>723</b>	<b>BARBEIRA, ANGELA</b>	<b>CORREXALLAS</b>	<b>00:25:20</b>	<b>5:0</b>	<b>00:16:43 (135)</b>	<b>F (22)</b>	<b>ABSOLUTA-5K F (10)</b>	
128	770	BARBEIRA GALLARDO, EVARISTO DAVID	CORREXALLAS	00:25:21	5:0	00:16:43 (134)	M (106)	ABSOLUTA-5K M (80)	
<b>129</b>	<b>713</b>	<b>DOPAZO GOMEZ, LAURA</b>	<b>INDEPENDIENTE</b>	<b>00:25:24</b>	<b>5:0</b>	<b>00:16:39 (131)</b>	<b>F (23)</b>	<b>ABSOLUTA-5K F (11)</b>	<b>ABSOLUTA-5K F (3)</b>
130	1043	PÉREZ LÍAS, HUGO	INDEPENDIENTE	00:25:25	5:0	00:16:24 (124)	M (107)	SUB-16 M (21)	
131	629	PÉREZ LOURIDO, MARCOS	CLUB ATLETISMO	00:25:25	5:0	00:16:24 (125)	M (108)	ABSOLUTA-5K M (81)	ABSOLUTA-5K M (16)
132	699	VARELA ORDOÑEZ, JESUS	INDEPENDIENTE	00:25:29	5:0	00:16:43 (136)	M (109)	ABSOLUTA-5K M (82)	ABSOLUTA-5K M (17)
133	679	POSE NUÑEZ, AGUSTÍN	INDEPENDIENTE	00:25:30	5:0	00:16:28 (127)	M (110)	ABSOLUTA-5K M (83)	
<b>134</b>	<b>765</b>	<b>TABOADA GAGO, CRISTINA</b>	<b>INDEPENDIENTE</b>	<b>00:25:31</b>	<b>5:0</b>	<b>00:16:40 (132)</b>	<b>F (24)</b>	<b>ABSOLUTA-5K F (12)</b>	
135	627	FERREIRO LAMAS, VICTORIANO	CLUB ATLETISMO	00:25:32	5:0	00:16:21 (122)	M (111)	ABSOLUTA-5K M (84)	ABSOLUTA-5K M (18)
136	1007	VIEITO LOPEZ, YAGO	INDEPENDIENTE	00:25:35	5:0	00:16:45 (137)	M (112)	SUB-16 M (22)	
137	1002	LEMA ESPASANDIN, JAVIER	INDEPENDIENTE	00:25:38	5:0	00:16:46 (138)	M (113)	SUB-16 M (23)	
<b>138</b>	<b>778</b>	<b>BOQUETE GARCIA, TANIA</b>	<b>INDEPENDIENTE</b>	<b>00:25:39</b>	<b>5:0</b>	<b>00:17:03 (148)</b>	<b>F (25)</b>	<b>ABSOLUTA-5K F (13)</b>	<b>ABSOLUTA-5K F (4)</b>
139	730	RODRÍGUEZ, ELOY	INDEPENDIENTE	00:25:40	5:0	00:16:55 (142)	M (114)	ABSOLUTA-5K M (85)	
140	640	CALVIÑO, EDU	INDEPENDIENTE	00:25:47	5:0	00:16:23 (123)	M (115)	ABSOLUTA-5K M (86)	
141	692	NÚÑEZ SANTIAGO, ALVARO	INDEPENDIENTE	00:26:04	5:1	00:16:51 (140)	M (116)	ABSOLUTA-5K M (87)	
142	656	NEGREIRA VILAR, DANIEL	CORRE XALLAS	00:26:05	5:1	00:16:31 (128)	M (117)	ABSOLUTA-5K M (88)	
<b>143</b>	<b>1027</b>	<b>BARREIRO LOPEZ, ANA</b>	<b>CLUB ATLETISMO</b>	<b>00:26:12</b>	<b>5:1</b>	<b>00:16:47 (139)</b>	<b>F (26)</b>	<b>SUB-16 F (9)</b>	
144	785	RINCÓN CHAPARRO, BRANDON STEVEN	INDEPENDIENTE	00:26:13	5:1	00:17:14 (153)	M (118)	ABSOLUTA-5K M (89)	ABSOLUTA-5K M (19)
<b>145</b>	<b>704</b>	<b>GARCÍA CERVIÑO, LIDIA</b>	<b>CLUB ATLETISMO</b>	<b>00:26:13</b>	<b>5:1</b>	<b>00:17:14 (154)</b>	<b>F (27)</b>	<b>ABSOLUTA-5K F (14)</b>	<b>ABSOLUTA-5K F (5)</b>

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
146	774	MARTÍNEZ PARCERO, VERÓNICA	CLUB ATLETISMO O	00:26:19	5:1	00:17:02 (146)	F (28)	ABSOLUTA-5K F (15)	
147	811	GONZALEZ LAREU, ISABEL	GTR	00:26:23	5:1	00:16:42 (133)	F (29)	ABSOLUTA-5K F (16)	
148	673	MOURIÑO CASAL, JACOBO	INDEPENDIENTE	00:26:26	5:1	00:17:06 (150)	M (119)	ABSOLUTA-5K M (90)	ABSOLUTA-5K M (20)
149	1006	CASANOVA RAMOS, BRUNO	INDEPENDIENTE	00:26:28	5:1	00:17:02 (147)	M (120)	SUB-16 M (24)	
150	772	IGLESIAS VIGO, XOSE RAMON	INDEPENDIENTE	00:26:40	5:1	00:17:00 (145)	M (121)	ABSOLUTA-5K M (91)	
151	763	NIETO FIGUEIRAS, XOSÉ	INDEPENDIENTE	00:26:40	5:1	00:17:54 (172)	M (122)	ABSOLUTA-5K M (92)	
152	618	PEGITO PACHECO, LORENA	CLUB ATLETISMO O	00:26:47	5:2	00:16:59 (143)	F (30)	SUB-18 F (5)	
153	1021	RODRÍGUEZ VARELA, PAULA	INDEPENDIENTE	00:26:54	5:2	00:17:13 (151)	F (31)	SUB-16 F (10)	
154	682	RODRÍGUEZ NOYA, JOSÉ MANUEL	INDEPENDIENTE	00:26:55	5:2	00:17:13 (152)	M (123)	ABSOLUTA-5K M (93)	
155	611	BLANCO IGLESIAS, PABLO	INDEPENDIENTE	00:26:59	5:2	00:17:53 (168)	M (124)	SUB-18 M (7)	
156	756	SOLÍS POSE, NATALIA	INDEPENDIENTE	00:27:01	5:2	00:17:53 (169)	F (32)	ABSOLUTA-5K F (17)	
157	734	GARCÍA GONZÁLEZ, ÁNGEL	INDEPENDIENTE	00:27:06	5:2	00:17:22 (157)	M (125)	ABSOLUTA-5K M (94)	
158	735	AMIGO FERREIRO, MALENA	SD COMPOSTELA	00:27:07	5:2	00:17:22 (156)	F (33)	ABSOLUTA-5K F (18)	
159	665	VAZQUEZ, JUAN	INDEPENDIENTE	00:27:11	5:2	00:17:50 (167)	M (126)	ABSOLUTA-5K M (95)	
160	733	MAROÑAS ALLO, MARÍA	SD COMPOSTELA	00:27:24	5:2	00:17:19 (155)	F (34)	ABSOLUTA-5K F (19)	ABSOLUTA-5K F (6)
161	687	REY ALBARELLOS, FERNANDO	SD COMPOSTELA	00:27:24	5:2	00:17:43 (161)	M (127)	ABSOLUTA-5K M (96)	
162	724	FERNÁNDEZ QUIÑONES, MARÍA	INDEPENDIENTE	00:27:25	5:2	00:17:53 (171)	F (35)	ABSOLUTA-5K F (20)	
163	1050	CASARES PEDRIDE, NOEL	INDEPENDIENTE	00:27:32	5:3	00:18:30 (190)	M (128)	SUB-16 M (25)	
164	610	PORRÚA MARTINEZ, ALEJANDRO	INDEPENDIENTE	00:27:32	5:3	00:17:58 (175)	M (129)	SUB-18 M (8)	
165	1012	QUINTANS GONZALEZ, LUCIA	AMES ATLETISMO	00:27:36	5:3	00:17:35 (159)	F (36)	SUB-16 F (11)	
166	703	GÓMEZ PÉREZ, CRISTIAN JAVIER	INDEPENDIENTE	00:27:37	5:3	00:18:15 (180)	M (130)	ABSOLUTA-5K M (97)	
167	728	BERMEJO VARELA, CRISTINA	INDEPENDIENTE	00:27:39	5:3	00:17:49 (166)	F (37)	ABSOLUTA-5K F (21)	
168	1053	FARO PEILLET, RAÚL	INDEPENDIENTE	00:27:40	5:3	00:17:29 (158)	M (131)	SUB-16 M (26)	
169	605	RODRÍGUEZ PEILLET, LAURA	CLUB OLÍMPICO DE	00:27:41	5:3	00:17:39 (160)	F (38)	SUB-18 F (6)	
170	739	PÉREZ TRILLO, ISABEL	INDEPENDIENTE	00:27:44	5:3	00:17:53 (170)	F (39)	ABSOLUTA-5K F (22)	
171	705	NIETO BARREIRO, JESÚS ANTONIO	INDEPENDIENTE	00:27:46	5:3	00:17:56 (173)	M (132)	ABSOLUTA-5K M (98)	
172	642	CAMPOS RODRÍGUEZ, DANIEL	INDEPENDIENTE	00:27:51	5:3	00:16:59 (144)	M (133)	ABSOLUTA-5K M (99)	
173	678	PÉREZ RANDULFE, DIANA	BJ RUNNING TEAM	00:28:01	5:3	00:18:20 (182)	F (40)	ABSOLUTA-5K F (23)	
174	741	EIRAS CARLÍN, JUAN	INDEPENDIENTE	00:28:07	5:3	00:18:07 (177)	M (134)	ABSOLUTA-5K M (100)	

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## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
175	742	DÍAZ CANEIRO, CLAUDIA	INDEPENDIENTE	00:28:07	5:3	00:18:24 (185)	F (41)	ABSOLUTA-5K F (24)	
176	769	PUNTE ANTELO, MARTA	CORREXALLAS	00:28:11	5:3	00:17:44 (162)	F (42)	ABSOLUTA-5K F (25)	
177	1054	MESÍAS GARCÍA, FABIÁN	INDEPENDIENTE	00:28:14	5:3	00:18:39 (193)	M (135)	SUB-16 M (27)	
178	766	SUÁREZ VARELA, RICARDO	INDEPENDIENTE	00:28:17	5:3	00:18:03 (176)	M (136)	ABSOLUTA-5K M (101)	ABSOLUTA-5K M (21)
179	716	LÓPEZ CACHO, RAQUEL	INDEPENDIENTE	00:28:24	5:4	00:18:09 (178)	F (43)	ABSOLUTA-5K F (26)	
180	1055	TOME CASAL, HUGO	INDEPENDIENTE	00:28:24	5:4	00:17:47 (164)	M (137)	SUB-16 M (28)	
181	773	SALMONTE VARELA, ANGELES	CLUB ATLETISMO O	00:28:28	5:4	00:18:21 (183)	F (44)	ABSOLUTA-5K F (27)	
182	650	ROSAL GÓMEZ, ROCÍO	INDEPENDIENTE	00:28:31	5:4	00:17:57 (174)	F (45)	ABSOLUTA-5K F (28)	
183	804	GARCÍA DIESTE, MARÍA DEL CARMEN	INDEPENDIENTE	00:28:36	5:4	00:18:49 (195)	F (46)	ABSOLUTA-5K F (29)	ABSOLUTA-5K F (7)
184	644	SANCHEZ PAÑOS, MARIA	INDEPENDIENTE	00:28:39	5:4	00:17:45 (163)	F (47)	ABSOLUTA-5K F (30)	
185	619	FANDIÑO RODRÍGUEZ, MANUEL	INDEPENDIENTE	00:28:40	5:4	00:18:10 (179)	M (138)	ABSOLUTA-5K M (102)	
186	606	MÉNDEZ GONZÁLEZ, XOANA	ADAS CUPA -O	00:28:40	5:4	00:19:11 (205)	F (48)	SUB-18 F (7)	
187	1004	MARTÍN RODRÍGUEZ, HUGO	INDEPENDIENTE	00:28:42	5:4	(-1)	M (139)	SUB-16 M (29)	
188	641	CEBEY GARCÍA, LAURA	INDEPENDIENTE	00:28:45	5:4	00:18:24 (184)	F (49)	ABSOLUTA-5K F (31)	
189	717	GARRIDO DEL RIO, ALICIA	CORREXALLAS	00:28:46	5:4	00:18:52 (198)	F (50)	ABSOLUTA-5K F (32)	
190	700	RODRIGUEZ GONZALEZ, ALVARO	INDEPENDIENTE	00:28:47	5:4	00:18:52 (197)	M (140)	ABSOLUTA-5K M (103)	
191	793	LOPEZ TEMES, ROCIO	CORREXALLAS	00:28:48	5:4	00:18:28 (186)	F (51)	ABSOLUTA-5K F (33)	
192	796	COBAS CAJUSO, FERNANDO	INDEPENDIENTE	00:28:54	5:4	00:18:28 (187)	M (141)	ABSOLUTA-5K M (104)	ABSOLUTA-5K M (22)
193	757	CANCELA MATO, JOSÉ ANTONIO	MALLADORES TEAM	00:29:00	5:4	00:17:48 (165)	M (142)	ABSOLUTA-5K M (105)	
194	693	MIGUÉNS DOMÍNGUEZ, MELISA	INDEPENDIENTE	00:29:08	5:4	00:19:00 (201)	F (52)	ABSOLUTA-5K F (34)	
195	731	GOMEZ GARCIA, YESICA	INDEPENDIENTE	00:29:11	5:5	00:18:51 (196)	F (53)	ABSOLUTA-5K F (35)	ABSOLUTA-5K F (8)
196	1049	OTERO LENZOS, LUA	CLUB TRIATLÓN	00:29:12	5:5	00:18:44 (194)	F (54)	SUB-16 F (12)	
197	762	OTERO LÓPEZ DE REGO, JORGE	ARTROGAL TRI 498	00:29:12	5:5	00:18:18 (181)	M (143)	ABSOLUTA-5K M (106)	
198	1056	PEREIRAS VAZQUEZ, JULIA	CLUB OLÍMPICO DE	00:29:25	5:5	00:18:29 (188)	F (55)	SUB-16 F (13)	
199	1052	RODRIGUEZ VARELA, ALEJANDRA	CLUB OLÍMPICO DE	00:29:25	5:5	00:18:30 (189)	F (56)	SUB-16 F (14)	
200	755	BELLO NIETO, SILVIA	MALLADORES TEAM	00:29:29	5:5	00:18:32 (191)	F (57)	ABSOLUTA-5K F (36)	
201	759	PROL PEREIRA, PAMELA	INDEPENDIENTE	00:29:29	5:5	00:18:58 (199)	F (58)	ABSOLUTA-5K F (37)	
202	711	GARCÍA LADO, MARÍA DE LA JUNQUERA	INDEPENDIENTE	00:29:40	5:5	00:18:59 (200)	F (59)	ABSOLUTA-5K F (38)	
203	689	PEREIRAS VILLAMAYOR, ANTÍA	TRASDEZA	00:29:40	5:5	00:19:41 (211)	F (60)	ABSOLUTA-5K F (39)	

# XLIII CARREIRA INTERNACIONAL DE NEGREIRA

## CLASIFICACIÓN 5K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RI	TC1	SEXO	CATEGORÍA	LOCAL
204	743	MARTA, JUAN	INDEPENDIENTE	00:29:46	5:5	00:19:05 (202)	M (144)	ABSOLUTA-5K M (107)	
205	764	EIRIS CASTRO, ANDREA	INDEPENDIENTE	00:29:46	5:5	00:19:05 (203)	F (61)	ABSOLUTA-5K F (40)	
206	801	SÁNCHEZ VARÓ, BÁRBARA	ETP ENCUENTRA TU	00:29:50	5:5	00:18:36 (192)	F (62)	ABSOLUTA-5K F (41)	
207	807	FORJÁN TUÑAS, DAVID	INDEPENDIENTE	00:30:05	6:0	00:19:09 (204)	M (145)	ABSOLUTA-5K M (108)	
208	635	GONZÁLEZ SOUTO, ADRIANA	TRASDEZA	00:30:08	6:0	(-1)	F (63)	ABSOLUTA-5K F (42)	
209	696	SANTOS GRELA, LORENA	CLUB DE ATLETISMO	00:30:26	6:0	00:19:14 (206)	F (64)	ABSOLUTA-5K F (43)	
210	805	GARCÍA PÉREZ, MARÍA	INDEPENDIENTE	00:30:29	6:0	00:19:47 (213)	F (65)	ABSOLUTA-5K F (44)	
211	645	FORJAN VILACOBIA, SUSANA	INDEPENDIENTE	00:30:33	6:0	00:19:39 (210)	F (66)	ABSOLUTA-5K F (45)	
212	806	IGLESIAS FERNANDEZ, BEGOÑA	INDEPENDIENTE	00:30:33	6:0	00:19:39 (209)	F (67)	ABSOLUTA-5K F (46)	
213	747	CUNDÍNS VALIÑA, JUAN	CORREXALLAS	00:30:33	6:0	00:19:14 (207)	M (146)	ABSOLUTA-5K M (109)	
214	758	ALLO PEROL, IRENE	MALLADORES TEAM	00:30:55	6:1	00:19:30 (208)	F (68)	ABSOLUTA-5K F (47)	
215	722	ARANGUREN, GUSTAVO	INDEPENDIENTE	00:31:05	6:1	00:20:36 (218)	M (147)	ABSOLUTA-5K M (110)	
216	719	LEMA CAAMAÑO, GUADALUPE	ASOCIACIÓN	00:31:13	6:1	00:19:42 (212)	F (69)	ABSOLUTA-5K F (48)	
217	686	MARIÑO VENTOSO, LIDIA	INDEPENDIENTE	00:31:20	6:1	00:20:06 (215)	F (70)	ABSOLUTA-5K F (49)	
218	720	TORREIRA BRAÑA, AINHOA	INDEPENDIENTE	00:31:24	6:1	00:20:36 (217)	F (71)	ABSOLUTA-5K F (50)	
219	702	GERPE FREIRE, ARANCHA	INDEPENDIENTE	00:31:28	6:1	00:20:23 (216)	F (72)	ABSOLUTA-5K F (51)	
220	802	IGLESIAS TRILLO, JUAN	INDEPENDIENTE	00:31:32	6:1	00:19:58 (214)	M (148)	ABSOLUTA-5K M (111)	
221	746	SÁNCHEZ VILLARRUBIA, MARTA	INDEPENDIENTE	00:31:57	6:2	00:20:46 (220)	F (73)	ABSOLUTA-5K F (52)	
222	749	ANTELO ALVARELLOS, ADRIANA	INDEPENDIENTE	00:31:57	6:2	00:20:49 (222)	F (74)	ABSOLUTA-5K F (53)	
223	631	ROMERO INAREJO, HUGO	INDEPENDIENTE	00:32:11	6:2	00:21:20 (223)	M (149)	ABSOLUTA-5K M (112)	ABSOLUTA-5K M (23)
224	676	MARIN GARCIA, ELOY	INDEPENDIENTE	00:32:29	6:2	00:20:44 (219)	M (150)	ABSOLUTA-5K M (113)	ABSOLUTA-5K M (24)
225	684	ANDRADE LAGO, MARÍA	ASOCIACIÓN	00:33:07	6:3	00:20:48 (221)	F (75)	ABSOLUTA-5K F (54)	
226	776	MESÍAS BAEZA, BORJA	INDEPENDIENTE	00:33:24	6:4	00:21:23 (224)	M (151)	ABSOLUTA-5K M (114)	ABSOLUTA-5K M (25)
227	632	MIRAMONTES MIRÁS, SALOMÉ	INDEPENDIENTE	00:33:47	6:4	00:21:53 (226)	F (76)	ABSOLUTA-5K F (55)	
228	792	BERNAL GOMEZ, JESUS	INDEPENDIENTE	00:34:05	6:4	00:21:51 (225)	M (152)	ABSOLUTA-5K M (115)	
229	694	SANJIAO DEL RÍO, DAVID	INDEPENDIENTE	00:34:26	6:5	00:22:04 (227)	M (153)	ABSOLUTA-5K M (116)	
230	647	GARCIA FERNANDEZ, ANA	INDEPENDIENTE	00:34:42	6:5	00:22:24 (229)	F (77)	ABSOLUTA-5K F (56)	
231	648	ESNAOLA MOLANO, MIKEL	INDEPENDIENTE	00:34:42	6:5	00:22:52 (231)	M (154)	ABSOLUTA-5K M (117)	
232	659	POENAR, RALUCA	NOSPORTLIMIT	00:34:53	6:5	00:22:12 (228)	F (78)	ABSOLUTA-5K F (57)	

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN 5K**



<b>PTO</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RI</b>	<b>TC1</b>	<b>SEXO</b>	<b>CATEGORÍA</b>	<b>LOCAL</b>
233	710	DARRIBA DAPENA, LORENA	INDEPENDIENTE	00:36:07	7:1	00:22:50 (230)	F (79)	ABSOLUTA-5K F (58)	
234	803	DIESTE GARCIA, YOLANDA	INDEPENDIENTE	00:36:30	7:1	00:23:51 (232)	F (80)	ABSOLUTA-5K F (59)	ABSOLUTA-5K F (9)
235	695	REGUEIRO CRUZ, SUSANA	ATLETISMO GUITIRIZ	00:39:42	7:5	00:25:38 (233)	F (81)	ABSOLUTA-5K F (60)	
236	1032	LAGO ESPERANTE, SAMUEL	INDEPENDIENTE	00:39:45	7:5	00:25:45 (234)	M (155)	SUB-16 M (30)	
237	753	NIMO ARES, IRENE	INDEPENDIENTE	00:39:49	7:5	00:26:12 (236)	F (82)	ABSOLUTA-5K F (61)	
238	752	LEIS SOUTO, BRAIS	INDEPENDIENTE	00:39:49	7:5	00:26:12 (235)	M (156)	ABSOLUTA-5K M (118)	ABSOLUTA-5K M (26)
239	786	GARCIA TOURIÑAN, JESUS ANDRES	INDEPENDIENTE	00:41:57	8:2	00:27:09 (238)	M (157)	ABSOLUTA-5K M (119)	ABSOLUTA-5K M (27)
240	781	MOREJÓN DEL LLANO, OLGA ERENA	INDEPENDIENTE	00:42:14	8:2	00:27:32 (240)	F (83)	ABSOLUTA-5K F (62)	ABSOLUTA-5K F (10)
241	718	DELLA MONICA VILARIÑO, NATASHA	INDEPENDIENTE	00:42:22	8:2	00:27:24 (239)	F (84)	ABSOLUTA-5K F (63)	ABSOLUTA-5K F (11)
242	638	PAZ VILLAR, MARÍA AURORA	INDEPENDIENTE	00:42:22	8:2	00:26:56 (237)	F (85)	ABSOLUTA-5K F (64)	ABSOLUTA-5K F (12)

Total: 242



# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB14**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>FEMENINO</b>						
SUB-14 F (1)	1160	MALVAREZ SULBARAN, SOFÍA	INDEPENDIENTE	00:04:31	3:45	F (1)
SUB-14 F (2)	1158	LOPEZ RODRIGUEZ, CLARA	SD COMPOSTELA ATLETISMO	00:04:45	3:56	F (2)
SUB-14 F (3)	1121	CAO HERMO, CELIA	INDEPENDIENTE	00:04:47	3:58	F (3)
SUB-14 F (4)	1074	FREIRE OURO, LIA	INDEPENDIENTE	00:04:48	3:59	F (4)
SUB-14 F (5)	1134	GONZÁLEZ CORES, ADRIANA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:51	4:02	F (5)
SUB-14 F (6)	1131	BUJAN BARROS, LUCIA	CLUB ATLETISMO MILLARAIO	00:04:54	4:04	F (6)
SUB-14 F (7)	1069	SUAREZ SANTOS, LARA	AMES ATLETISMO	00:04:54	4:04	F (7)
SUB-14 F (8)	1060	DOPAZO NUÑEZ, CANDELA	CLUB TRIATLON COMPOSTELA	00:05:04	4:12	F (8)
SUB-14 F (9)	1070	CASTELOS KOHLHAAS, MARTINA	INDEPENDIENTE	00:05:09	4:17	F (9)
SUB-14 F (10)	1147	GARCÍA CERVIÑO, SOFÍA	CLUB ATLETISMO NEGREIRA	00:05:11	4:18	F (10)
SUB-14 F (11)	1155	RODRÍGUEZ GONZÁLEZ, ADRIANA	CLUB ATLETISMO TAMBRE	00:05:13	4:20	F (11)
SUB-14 F (12)	1104	RAÑA DEL RÍO, LAURA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:23	4:28	F (12)
SUB-14 F (13)	1113	MUIÑO DEUS, ESTELA	INDEPENDIENTE	00:05:28	4:32	F (13)
SUB-14 F (14)	1142	GARCÍA SANTISO, MINIA	INDEPENDIENTE	00:05:29	4:33	F (14)
SUB-14 F (15)	1061	PALMOU SOMOZA, UXIA	CLUB ATLETISMO MILLARAIO	00:05:31	4:35	F (15)
SUB-14 F (16)	1089	GARCÍA CAAMAÑO, MANUELA	INDEPENDIENTE	00:05:34	4:37	F (16)
SUB-14 F (17)	1079	VÁZQUEZ CASTRO, CLARA	ASOCIACIÓN DEPORTIVA OLIMPIA	00:05:40	4:42	F (17)
SUB-14 F (18)	1078	ZIMMERMANN, KELLY	INDEPENDIENTE	00:05:50	4:50	F (18)
SUB-14 F (19)	1105	POSE REMUIÑÁN, JULIA	INDEPENDIENTE	00:05:50	4:51	F (19)
SUB-14 F (20)	1064	SIEIRA DOSIL, NOA	AMES ATLETISMO	00:06:05	5:04	F (20)
SUB-14 F (21)	1080	IGLESIAS GOMEZ, ALBA	INDEPENDIENTE	00:06:27	5:21	F (21)
SUB-14 F (22)	1072	VIEITO ARADAS, LUCÍA	INDEPENDIENTE	00:06:29	5:23	F (22)
SUB-14 F (23)	1087	BARREIRO LOPEZ, SARA	CLUB ATLETISMO MILLARAIO	00:06:32	5:26	F (23)
SUB-14 F (24)	1081	CURES GOMES, DANIELA	ATLETISMO RÍAS BAIXAS	00:06:33	5:26	F (24)
SUB-14 F (25)	1144	CAPEÁNS SUÁREZ, PAULA	INDEPENDIENTE	00:06:36	5:29	F (25)
SUB-14 F (26)	1068	SUAREZ SANTOS, DIANA	AMES ATLETISMO	00:06:43	5:35	F (26)
SUB-14 F (27)	1152	PAREDES BLANCO, IRIA	INDEPENDIENTE	00:06:44	5:36	F (27)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB14**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-14 F (28)	1164	ALCALÁ ARTIGAS, LISCELIS	INDEPENDIENTE	00:07:00	5:49	F (28)
SUB-14 F (29)	1122	SILVA VARELA, LUCÍA	INDEPENDIENTE	00:07:05	5:53	F (29)
SUB-14 F (30)	1141	GONZÁLEZ LOURIDO, DANIELA	INDEPENDIENTE	00:07:12	5:59	F (30)
SUB-14 F (31)	1102	MIGUÉNS PARAMOS, LUCÍA	INDEPENDIENTE	00:07:22	6:07	F (31)
SUB-14 F (32)	1075	SÁNCHEZ DÍAZ, MARÍA ISABEL	INDEPENDIENTE	00:07:27	6:12	F (32)
SUB-14 F (33)	1063	BRANCO SILVA, ANGÉLICA	INDEPENDIENTE	00:07:29	6:13	F (33)
SUB-14 F (34)	1115	BOULLÓN FERNÁNDEZ, DANIELA	INDEPENDIENTE	00:07:38	6:20	F (34)
SUB-14 F (35)	1112	IGLESIAS DEL RIO, SARA	INDEPENDIENTE	00:07:40	6:22	F (35)
SUB-14 F (36)	1138	CASTRO GERPE, LAURA	INDEPENDIENTE	00:07:44	6:25	F (36)
SUB-14 F (37)	1082	GARCÍA PAZ, EMMA	INDEPENDIENTE	00:07:56	6:36	F (37)
SUB-14 F (38)	1096	CEBEY JIMENEZ, ASHLEY	INDEPENDIENTE	00:08:01	6:40	F (38)
SUB-14 F (39)	1123	PEREIRA CASAL, NOA	INDEPENDIENTE	00:08:36	7:09	F (39)
SUB-14 F (40)	1085	MIRAMONTES SANTIAGO, NOA	INDEPENDIENTE	00:08:37	7:10	F (40)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB14**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>MASCULINO</b>						
SUB-14 M (1)	1148	RENDO BARREIRO, BRAIS	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:11	3:28	M (1)
SUB-14 M (2)	1150	VIDAL EIRAS, LEANDRO	CLUB ATLETISMO NEGREIRA	00:04:12	3:29	M (2)
SUB-14 M (3)	1157	VILLAR CAMPOS, MARTÍN DEMETRIO	INDEPENDIENTE	00:04:21	3:37	M (3)
SUB-14 M (4)	1137	FIUZA RODRÍGUEZ, UXIO	CLUB ATLETISMO NEGREIRA	00:04:21	3:37	M (4)
SUB-14 M (5)	1125	VÁZQUEZ TRILLO, MATEO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:04:21	3:37	M (5)
SUB-14 M (6)	1086	CAAMAÑO FERNÁNDEZ, AIRAS	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:29	3:43	M (6)
SUB-14 M (7)	1092	ABRALDES TEJO, MIGUEL	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:33	3:47	M (7)
SUB-14 M (8)	1151	SIMIL PAZOS, BRAIS	INDEPENDIENTE	00:04:35	3:49	M (8)
SUB-14 M (9)	1167	LIRA BLANCO, ALVARO	INDEPENDIENTE	00:04:36	3:49	M (9)
SUB-14 M (10)	1084	MENDEZ MUÑIZ, PEDRO	SD COMPOSTELA ATLETISMO	00:04:37	3:50	M (10)
SUB-14 M (11)	1066	SIEIRA DOSIL, XABIER	AMES ATLETISMO	00:04:37	3:50	M (11)
SUB-14 M (12)	1071	ET-TAHERY, YOUSSEF	INDEPENDIENTE	00:04:38	3:51	M (12)
SUB-14 M (13)	1100	EZ ZOUITI, HAMZA	INDEPENDIENTE	00:04:38	3:51	M (13)
SUB-14 M (14)	1149	PÉREZ RUIZ, NICO	CLUB TRIATLÓN SANTIAGO	00:04:39	3:52	M (14)
SUB-14 M (15)	1093	EZAMA SEGARRA, BRAIS	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:40	3:52	M (15)
SUB-14 M (16)	1090	REY CARRICOPA, MAURO	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:40	3:53	M (16)
SUB-14 M (17)	1129	GONDELLE PEINÓ, LUCAS	CLUB ATLETISMO O PINO	00:04:41	3:53	M (17)
SUB-14 M (18)	1154	INSUA MARIANO, ALEJANDRO	INDEPENDIENTE	00:04:42	3:54	M (18)
SUB-14 M (19)	1065	CASAS GUERREIRO, NILO	AMES ATLETISMO	00:04:45	3:57	M (19)
SUB-14 M (20)	1077	SUÁREZ COSTA, DANI	INDEPENDIENTE	00:04:45	3:57	M (20)
SUB-14 M (21)	1108	DUARTE BELLO, IZAN	INDEPENDIENTE	00:04:50	4:01	M (21)
SUB-14 M (22)	1161	GARCÍA SANANDRÈS, PABLO	INDEPENDIENTE	00:05:00	4:09	M (22)
SUB-14 M (23)	1159	MALVAREZ SULBARAN, JOSÉ	INDEPENDIENTE	00:05:01	4:10	M (23)
SUB-14 M (24)	1853	GOMEZ FERNANDEZ, LEO	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:06	4:14	M (24)
SUB-14 M (25)	1076	GÓMEZ BOUZAS, DIEGO	INDEPENDIENTE	00:05:06	4:14	M (25)
SUB-14 M (26)	1143	LEMA SANTIAGO, DIEGO	CLUB ATLETISMO NEGREIRA	00:05:10	4:17	M (26)
SUB-14 M (27)	1132	CASTRO LÓPEZ, ÁLEX	INDEPENDIENTE	00:05:12	4:19	M (27)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB14**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-14 M (28)	1107	LEIS RUZA, ENZO	INDEPENDIENTE	00:05:14	4:21	M (28)
SUB-14 M (29)	1118	CANCELA CRUCES, IVAN	INDEPENDIENTE	00:05:21	4:26	M (29)
SUB-14 M (30)	1111	GÓMEZ ROMARÍS, MAELOC	INDEPENDIENTE	00:05:24	4:29	M (30)
SUB-14 M (31)	1083	BLANCO LAGO, ÁLVARO	INDEPENDIENTE	00:05:28	4:32	M (31)
SUB-14 M (32)	1145	RAMOS DIAZ, PABLO	INDEPENDIENTE	00:05:35	4:38	M (32)
SUB-14 M (33)	1153	ALONSO ANDÚJAR, MARTIÑO	CLUB ATLETISMO NEGREIRA	00:05:37	4:40	M (33)
SUB-14 M (34)	1140	SANDE SANANDRÉS, HADRIÁN	INDEPENDIENTE	00:05:42	4:44	M (34)
SUB-14 M (35)	1067	QUINTANS VILLAVERDE, BRAIS	AMES ATLETISMO	00:05:47	4:49	M (35)
SUB-14 M (36)	1091	ESPIÑO ESPARÍS, ALEJANDRO	INDEPENDIENTE	00:05:48	4:49	M (36)
SUB-14 M (37)	1133	GARCÍA BLANCO, DANIEL	INDEPENDIENTE	00:05:51	4:52	M (37)
SUB-14 M (38)	1110	FERROL PEREZ, IVÁN	INDEPENDIENTE	00:06:01	5:00	M (38)
SUB-14 M (39)	1103	NEGREIRA SANMARTIN, ADRIAN	INDEPENDIENTE	00:06:03	5:02	M (39)
SUB-14 M (40)	1094	CASTRO ABELENDIA, MARTÍN	INDEPENDIENTE	00:06:15	5:12	M (40)
SUB-14 M (41)	1126	SILVA NOYA, PEDRO	INDEPENDIENTE	00:06:26	5:21	M (41)
SUB-14 M (42)	1062	SALAZAR BENÍTEZ, DAMIAN	INDEPENDIENTE	00:06:36	5:29	M (42)
SUB-14 M (43)	1117	PAIS FUENTES, MARTÍN	INDEPENDIENTE	00:06:38	5:30	M (43)
SUB-14 M (44)	1156	GRILLE GARCÍA, SENÉN	INDEPENDIENTE	00:06:40	5:32	M (44)
SUB-14 M (45)	1095	MARTINEZ VILAS, DANIEL	INDEPENDIENTE	00:06:44	5:36	M (45)
SUB-14 M (46)	1120	BOUZON GONCALVES, ALEJANDRO	INDEPENDIENTE	00:07:01	5:50	M (46)
SUB-14 M (47)	1119	CARRASCO GARCÍA, DIEGO	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:07:02	5:51	M (47)
SUB-14 M (48)	1109	TUÑAS GRILLE, LUKA	CLUB ATLETISMO NEGREIRA	00:07:03	5:51	M (48)
SUB-14 M (49)	1146	LEIS SEIJAS, JUAN	INDEPENDIENTE	00:07:11	5:58	M (49)
SUB-14 M (50)	1162	ABELEDÓ PÉREZ, MIGUEL	ETP ENCUENTRA TU POTENCIAL	00:07:31	6:15	M (50)
SUB-14 M (51)	1124	LISTA GULDRIS, RAUL	INDEPENDIENTE	00:07:42	6:24	M (51)
SUB-14 M (52)	1128	VILLAVERDE PAZOS, MARKEL	INDEPENDIENTE	00:08:05	6:43	M (52)
SUB-14 M (53)	1073	PARAMOS FERNÁNDEZ, LEO	INDEPENDIENTE	00:08:25	7:00	M (53)
SUB-14 M (54)	1139	RODRÍGUEZ CAMIÑO, ÁLVARO	INDEPENDIENTE	00:08:46	7:17	M (54)

Total: 94

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>FEMENINO</b>						
SUB-12 F (1)	1233	LOPEZ OJEN, ICIA	CLUB ATLETISMO SADA	00:04:37	3:50	F (1)
SUB-12 F (2)	1291	SUÁREZ SUÁREZ, CARLA	INDEPENDIENTE	00:04:40	3:52	F (2)
SUB-12 F (3)	1306	REBOIRAS BUSTELO, AINHOA	SD COMPOSTELA ATLETISMO	00:04:46	3:57	F (3)
SUB-12 F (4)	1219	GARCÍA FADEVILLE, JIMENA	CLUB ATLETISMO NEGREIRA	00:04:55	4:05	F (4)
SUB-12 F (5)	1294	BARREIRO PEDRARES, MARTINA	CLUB ATLETISMO NEGREIRA	00:04:57	4:06	F (5)
SUB-12 F (6)	1286	VALES BOQUETE, NOA	CLUB ATLETISMO NEGREIRA	00:04:59	4:09	F (6)
SUB-12 F (7)	1284	LÓPEZ NOVO, NOA	SD COMPOSTELA ATLETISMO	00:05:00	4:09	F (7)
SUB-12 F (8)	1191	SESA MÍGUEZ, MARÍA	SD COMPOSTELA ATLETISMO	00:05:05	4:13	F (8)
SUB-12 F (9)	1173	CARRIL RIAL, OLAYA	INDEPENDIENTE	00:05:23	4:28	F (9)
SUB-12 F (10)	1258	RENDO BARREIRO, ANTÍA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:37	4:40	F (10)
SUB-12 F (11)	1174	CHICO SEOANE, CARMELA	CLUB ATLETISMO MILLARAIO	00:05:38	4:40	F (11)
SUB-12 F (12)	1180	RODRIGUEZ CAVERO, JULIETA	AMES ATLETISMO	00:05:43	4:45	F (12)
SUB-12 F (13)	1218	FERNÁNDEZ PORTELA, VERA	CLUB ATLETISMO MILLARAIO	00:05:43	4:45	F (13)
SUB-12 F (14)	1227	GARCÍA CAAMAÑO, OLIVIA	INDEPENDIENTE	00:05:44	4:46	F (14)
SUB-12 F (15)	1281	LEAL LADO, PAULA	INDEPENDIENTE	00:05:49	4:50	F (15)
SUB-12 F (16)	1207	VARELA COSTA, EMMA	INDEPENDIENTE	00:05:57	4:57	F (16)
SUB-12 F (17)	1319	VILELA RODRÍGUEZ, VALENTINA	ATLETISMO FONTES DO SAR	00:05:58	4:57	F (17)
SUB-12 F (18)	1264	SOLER NOYA, DANIELA	INDEPENDIENTE	00:06:01	5:00	F (18)
SUB-12 F (19)	1243	RODEIRO BARREIRO, AINOA	INDEPENDIENTE	00:06:06	5:04	F (19)
SUB-12 F (20)	1193	DÍAZ CONDE, ALEJANDRA	SD COMPOSTELA ATLETISMO	00:06:08	5:05	F (20)
SUB-12 F (21)	1224	BLANCO LAGO, SARA	CLUB ATLETISMO MILLARAIO	00:06:08	5:05	F (21)
SUB-12 F (22)	1296	ÁLVAREZ BARANDELA, NOA	INDEPENDIENTE	00:06:11	5:08	F (22)
SUB-12 F (23)	1208	RODRÍGUEZ ROMERO, ALBA	INDEPENDIENTE	00:06:16	5:13	F (23)
SUB-12 F (24)	1247	SANDÁ LEIS, ANA	INDEPENDIENTE	00:06:37	5:30	F (24)
SUB-12 F (25)	1237	GIL CASTIÑEIRAS, DANIELA	SD COMPOSTELA ATLETISMO	00:06:40	5:33	F (25)
SUB-12 F (26)	1196	VALIÑA LENS, MENCÍA	INDEPENDIENTE	00:06:41	5:33	F (26)
SUB-12 F (27)	1297	PAREDES BLANCO, CLAUDIA	INDEPENDIENTE	00:06:46	5:37	F (27)



# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-12 F (28)	1187	MUIÑO MOURULLO, SARA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:46	5:37	F (28)
SUB-12 F (29)	1309	LARROCA GARCÍA, MARINA	INDEPENDIENTE	00:06:47	5:38	F (29)
SUB-12 F (30)	1321	CARRIL ALVELA, NOA	INDEPENDIENTE	00:06:50	5:41	F (30)
SUB-12 F (31)	1300	VAZQUEZ TORREIRA, XIANA	INDEPENDIENTE	00:06:53	5:43	F (31)
SUB-12 F (32)	1228	FATHALLAH OUALID, MALAK	INDEPENDIENTE	00:06:55	5:45	F (32)
SUB-12 F (33)	1320	SUÁREZ MOYA, NOA	INDEPENDIENTE	00:06:55	5:45	F (33)
SUB-12 F (34)	1304	SANDE RUIZ, PAULA	INDEPENDIENTE	00:06:57	5:47	F (34)
SUB-12 F (35)	1295	VARELA ANTELO, PAULA	INDEPENDIENTE	00:07:01	5:50	F (35)
SUB-12 F (36)	1293	PÉREZ PENSADO, SARA	INDEPENDIENTE	00:07:03	5:52	F (36)
SUB-12 F (37)	1272	QUINTÁNS SUÁREZ, ENMA	INDEPENDIENTE	00:07:06	5:54	F (37)
SUB-12 F (38)	1305	ROMERO CAROU, UXIA	INDEPENDIENTE	00:07:06	5:54	F (38)
SUB-12 F (39)	1311	PÉREZ GRILLE, XIANA	INDEPENDIENTE	00:07:07	5:55	F (39)
SUB-12 F (40)	1222	SUÁREZ RODRÍGUEZ, INÉS	INDEPENDIENTE	00:07:11	5:58	F (40)
SUB-12 F (41)	1221	VILLAR CASTELO, ANDREA	INDEPENDIENTE	00:07:13	6:00	F (41)
SUB-12 F (42)	1257	SUÁREZ PÉREZ, CARLA	INDEPENDIENTE	00:07:16	6:03	F (42)
SUB-12 F (43)	1244	GRILLE TOMÉ, EMMA	INDEPENDIENTE	00:07:28	6:13	F (43)
SUB-12 F (44)	1198	CASTROAGUDIN RODRIGUEZ, ADRIANA	MORAÑA EN RUTA	00:07:29	6:13	F (44)
SUB-12 F (45)	1315	MATALOBOS OTERO, ANTÍA	INDEPENDIENTE	00:07:36	6:19	F (45)
SUB-12 F (46)	1231	LÓPEZ MOSQUERA, MARIÑA	INDEPENDIENTE	00:07:40	6:23	F (46)
SUB-12 F (47)	1308	MOURE BOUZADA, DANIELA	INDEPENDIENTE	00:07:48	6:29	F (47)
SUB-12 F (48)	1217	BLANCO ESPASANDÍN, NOA	INDEPENDIENTE	00:07:52	6:33	F (48)
SUB-12 F (49)	1213	NIETO LOPEZ, MARIA	INDEPENDIENTE	00:08:12	6:49	F (49)
SUB-12 F (50)	1197	CARBALLEDO GÓMEZ, LÍA	INDEPENDIENTE	00:08:12	6:49	F (50)
SUB-12 F (51)	1299	BOTANA MAYO, AINOHA	INDEPENDIENTE	00:08:14	6:50	F (51)
SUB-12 F (52)	1259	QUINTÁNS FREITA, MINIA	INDEPENDIENTE	00:08:25	7:00	F (52)
SUB-12 F (53)	1236	TOBÍO VEIGA, GRETA	INDEPENDIENTE	00:08:28	7:02	F (53)
SUB-12 F (54)	1267	ILLODO CANEDO, LUCÍA	INDEPENDIENTE	00:08:36	7:09	F (54)
SUB-12 F (55)	1290	RAMOS DIAZ, ANA	INDEPENDIENTE	00:08:40	7:13	F (55)
SUB-12 F (56)	1246	VIEITO MAGARIÑOS, ADRIANA	INDEPENDIENTE	00:08:41	7:14	F (56)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-12 F (57)	1177	BRANCO SILVA, RAFAELLA	INDEPENDIENTE	00:08:50	7:21	F (57)
SUB-12 F (58)	1203	FORMOSO GRACÍA, MARIÑA	INDEPENDIENTE	00:09:04	7:32	F (58)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>MASCULINO</b>						
SUB-12 M (1)	1252	RODIL ILLOBRE, XABIER	CLUB TRIATLON COMPOSTELA	00:04:02	3:21	M (1)
SUB-12 M (2)	1314	AMADO, NICOLAS	CLUB ATLETISMO SADA	00:04:27	3:41	M (2)
SUB-12 M (3)	1226	CAAMAÑO FERNÁNDEZ, GAEL	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:04:27	3:42	M (3)
SUB-12 M (4)	1235	SANMARTÍN TENREIRO, ANTONIO	CLUB ATLETISMO SADA	00:04:28	3:43	M (4)
SUB-12 M (5)	1292	PEDROSA GONZÁLEZ, BREOGÁN	ATLETISMO FONTES DO SAR	00:04:39	3:51	M (5)
SUB-12 M (6)	1192	MARTINEZ ALDARIZ, XIAN	SOCIEDADE DEPORTIVA COMPOSTELA ATLETISMO	00:04:41	3:53	M (6)
SUB-12 M (7)	1179	FERNANDEZ LOPEZ, HUGO OLAF	AMES ATLETISMO	00:04:44	3:56	M (7)
SUB-12 M (8)	1302	RODRÍGUEZ GONZÁLEZ, ÁLVARO	CLUB ATLETISMO TAMBRE	00:04:47	3:58	M (8)
SUB-12 M (9)	1201	SUÁREZ COSTA, MIGUEL	INDEPENDIENTE	00:04:50	4:01	M (9)
SUB-12 M (10)	1282	BLANCO ARÁN, ALEJANDRO	INDEPENDIENTE	00:04:55	4:05	M (10)
SUB-12 M (11)	1852	VILAS CAMPOS, XAN	SD COMPOSTELA ATLETISMO	00:04:58	4:08	M (11)
SUB-12 M (12)	1230	DIEZ ÁLVAREZ, ANTÓN	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:01	4:10	M (12)
SUB-12 M (13)	1250	GARCÍA LEIS, NICOLAS	INDEPENDIENTE	00:05:08	4:16	M (13)
SUB-12 M (14)	1223	LAMAS RAMOS, GAEL	ASOCIACIÓN DEPORTIVA OLIMPIA	00:05:09	4:17	M (14)
SUB-12 M (15)	1239	RIVEIRO ESTEVEZ, MARTÍN	ASOCIACIÓN DEPORTIVA OLIMPIA	00:05:12	4:19	M (15)
SUB-12 M (16)	1229	SUAREZ FUENTES, IKER	INDEPENDIENTE	00:05:18	4:24	M (16)
SUB-12 M (17)	1168	DOPAZO NUÑEZ, ROI	CLUB TRIATLON COMPOSTELA	00:05:23	4:28	M (17)
SUB-12 M (18)	1251	ABEIJON COSTOYA, MATEO	CLUB TRIATLON COMPOSTELA	00:05:26	4:31	M (18)
SUB-12 M (19)	1263	RODRIGUEZ LIÑARES, DIEGO	ATLETISMO FONTES DO SAR	00:05:35	4:38	M (19)
SUB-12 M (20)	1303	DORADO MUÍÑOS, YAIDEL	INDEPENDIENTE	00:05:36	4:39	M (20)
SUB-12 M (21)	1283	BOQUETE MASCARAQUE, IAGO	INDEPENDIENTE	00:05:38	4:40	M (21)
SUB-12 M (22)	1240	RIVEIRO ESTEVEZ, BRUNO	ASOCIACIÓN DEPORTIVA OLIMPIA	00:05:41	4:44	M (22)
SUB-12 M (23)	1253	CALO GORGAL, MANUEL	INDEPENDIENTE	00:05:42	4:44	M (23)
SUB-12 M (24)	1256	TAJES TRABA, XABIER	INDEPENDIENTE	00:05:47	4:48	M (24)
SUB-12 M (25)	1211	FERRER MONTERO, ABRAHAM	SD COMPOSTELA ATLETISMO	00:05:47	4:49	M (25)
SUB-12 M (26)	1269	MOLDES GORGAL, JESUS	INDEPENDIENTE	00:05:50	4:51	M (26)
SUB-12 M (27)	1245	FERNÁNDEZ DOMÍNGUEZ, LOIS	INDEPENDIENTE	00:05:51	4:51	M (27)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-12 M (28)	1195	VAZQUEZ, YOEL	INDEPENDIENTE	00:05:53	4:53	M (28)
SUB-12 M (29)	1254	SANJIAO DEL RÍO, NICOLÁS	INDEPENDIENTE	00:05:54	4:54	M (29)
SUB-12 M (30)	1279	CASARES PEDRIDE, UNAI	INDEPENDIENTE	00:05:54	4:54	M (30)
SUB-12 M (31)	1238	ZOUITI, BILAL	INDEPENDIENTE	00:05:55	4:55	M (31)
SUB-12 M (32)	1310	VILLAR MANTILLA, MARTÍN	INDEPENDIENTE	00:05:55	4:55	M (32)
SUB-12 M (33)	1189	PAZOS OTERO, ADRIÁN	CLUB ATLETISMO MILLARAIO	00:06:00	4:59	M (33)
SUB-12 M (34)	1318	SANTIAGO BERCERO, XAVI	INDEPENDIENTE	00:06:01	5:00	M (34)
SUB-12 M (35)	1199	FILLOI GARCÍA, ANTÓN	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:03	5:01	M (35)
SUB-12 M (36)	1209	RODRÍGUEZ ROMERO, DIAGO	INDEPENDIENTE	00:06:05	5:03	M (36)
SUB-12 M (37)	1194	FREIRE PIÑEIRO, SIMÓN	INDEPENDIENTE	00:06:08	5:06	M (37)
SUB-12 M (38)	1316	LONGUEIRA VIEITO, ALBERTO	INDEPENDIENTE	00:06:09	5:06	M (38)
SUB-12 M (39)	1278	MALLÓN FREITA, CIBRÁN	INDEPENDIENTE	00:06:09	5:07	M (39)
SUB-12 M (40)	1474	JEREZ MARTINEZ, TELMO	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:11	5:08	M (40)
SUB-12 M (41)	1280	LUEIRO CANCELA, GAEL	INDEPENDIENTE	00:06:12	5:09	M (41)
SUB-12 M (42)	1214	BUJAN GERPE, ASIER	INDEPENDIENTE	00:06:23	5:18	M (42)
SUB-12 M (43)	1268	LENS MARTÍNEZ, PABLO	INDEPENDIENTE	00:06:25	5:20	M (43)
SUB-12 M (44)	1171	MARTINEZ MARTINEZ, BRUNO	C.F.MAZARICOS	00:06:35	5:28	M (44)
SUB-12 M (45)	1273	CONDE BARCA, MAURO	INDEPENDIENTE	00:06:37	5:30	M (45)
SUB-12 M (46)	1317	FERNÁNDEZ PEDROSA, ALONSO	CLUB ATLETISMO MILLARAIO	00:06:38	5:30	M (46)
SUB-12 M (47)	1312	TUÑAS PEREZ, XOEL	INDEPENDIENTE	00:06:39	5:31	M (47)
SUB-12 M (48)	1178	GARCIA VILAR, LOIS	AMES ATLETISMO	00:06:40	5:32	M (48)
SUB-12 M (49)	1183	ARNEJO FORJÁN, TOMÁS	INDEPENDIENTE	00:06:42	5:34	M (49)
SUB-12 M (50)	1289	ROMARIS PEREZ, LUIS	INDEPENDIENTE	00:06:45	5:37	M (50)
SUB-12 M (51)	1301	INSUA MARIANO, DANIEL	INDEPENDIENTE	00:06:52	5:43	M (51)
SUB-12 M (52)	1234	SANMARTÍN TENREIRO, PEDRO	INDEPENDIENTE	00:06:53	5:43	M (52)
SUB-12 M (53)	1307	GIL RODRIGUEZ, ALVARO	INDEPENDIENTE	00:06:55	5:45	M (53)
SUB-12 M (54)	1200	GÓMEZ BOUZAS, XAVIER	INDEPENDIENTE	00:07:03	5:52	M (54)
SUB-12 M (55)	1202	MARIN GERPE, LEO	INDEPENDIENTE	00:07:10	5:57	M (55)
SUB-12 M (56)	1298	CASAL SANTOS, ADRIÁN	INDEPENDIENTE	00:07:11	5:58	M (56)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB12**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-12 M (57)	1186	ARCOS PAREDES, RODRIGO	C.F.MAZARICOS	00:07:12	5:59	M (57)
SUB-12 M (58)	1274	FERNÁNDEZ MÍGUEZ, ÁLVARO	INDEPENDIENTE	00:07:13	6:00	M (58)
SUB-12 M (59)	1241	SILVA ALBUQUERQUE, PEDRO ALBERTO	INDEPENDIENTE	00:07:18	6:04	M (59)
SUB-12 M (60)	1266	PÉREZ LÍAS, IAGO	INDEPENDIENTE	00:07:20	6:05	M (60)
SUB-12 M (61)	1215	BLANCO ESPASANDÍN, NICOLÁS	INDEPENDIENTE	00:07:26	6:11	M (61)
SUB-12 M (62)	1275	CASTELLANO, EZEQUIEL	INDEPENDIENTE	00:07:27	6:11	M (62)
SUB-12 M (63)	1262	PEDROUSO RIVEIRO, TEO	INDEPENDIENTE	00:07:30	6:14	M (63)
SUB-12 M (64)	1175	RODRÍGUEZ FERREIRO, ALEIXO	INDEPENDIENTE	00:07:32	6:15	M (64)
SUB-12 M (65)	1313	CAJARAVILLE REY, RODRIGO	INDEPENDIENTE	00:07:34	6:18	M (65)
SUB-12 M (66)	1190	VILARIÑO DA SILVA, ARTHUR	INDEPENDIENTE	00:07:35	6:18	M (66)
SUB-12 M (67)	1220	ROMERO CARBALLO, IVÁN	INDEPENDIENTE	00:07:38	6:21	M (67)
SUB-12 M (68)	1260	POCEIRO FERREIRA, XOEL	INDEPENDIENTE	00:07:46	6:27	M (68)
SUB-12 M (69)	1265	MEIJIDE LEIS, DIEGO	INDEPENDIENTE	00:08:00	6:39	M (69)
SUB-12 M (70)	1287	DOS SANTOS QUINTÁNS, NUNO	INDEPENDIENTE	00:08:28	7:02	M (70)
SUB-12 M (71)	1242	ANDRADE AGRA, RODRIGO	INDEPENDIENTE	00:08:33	7:06	M (71)
SUB-12 M (72)	1270	BLANCO HERNANDEZ, ALEJANDRO	INDEPENDIENTE	00:08:37	7:10	M (72)
SUB-12 M (73)	1248	RODRÍGUEZ GARCÍA, PAULO	INDEPENDIENTE	00:08:47	7:19	M (73)
SUB-12 M (74)	1176	EZ ZAQUI, HAMZA	INDEPENDIENTE	00:09:50	8:11	M (74)

Total: 132



# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB10**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>FEMENINO</b>						
SUB-10 F (1)	1458	VILLAR CAMPOS, NAGORE	INDEPENDIENTE	00:05:06	4:14	F (1)
SUB-10 F (2)	1385	CABO GARCÍA, SABELA	CLUB ATLETISMO MILLARAI0	00:05:18	4:24	F (2)
SUB-10 F (3)	1360	MATEOS CALVIÑO, XEILA	SD COMPOSTELA ATLETISMO	00:05:19	4:25	F (3)
SUB-10 F (4)	1342	PAZOS OTERO, OLAIA	CLUB ATLETISMO MILLARAI0	00:05:37	4:40	F (4)
SUB-10 F (5)	1343	BERNÁRDEZ HERMIDA, PEPA	SD COMPOSTELA ATLETISMO	00:05:40	4:43	F (5)
SUB-10 F (6)	1367	RIAL RAMOS, ARIADNA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:00	4:59	F (6)
SUB-10 F (7)	1387	RODEIRO BARREIRO, LARA	INDEPENDIENTE	00:06:01	5:00	F (7)
SUB-10 F (8)	1440	VAZQUEZ TORREIRA, ALEXANDRA	INDEPENDIENTE	00:06:03	5:01	F (8)
SUB-10 F (9)	1391	BARREIRO PÉREZ, MARTA	CLUB ATLETISMO MILLARAI0	00:06:08	5:05	F (9)
SUB-10 F (10)	1407	REGUEIRO OTERO, EMMA	CLUB ATLETISMO MILLARAI0	00:06:08	5:06	F (10)
SUB-10 F (11)	1400	REY SANVICENTE, PAOLA	CLUB ATLETISMO MILLARAI0	00:06:11	5:08	F (11)
SUB-10 F (12)	1362	CURES GOMES, MARTINA	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:06:12	5:09	F (12)
SUB-10 F (13)	1397	NOYA GONZALEZ, CARLA	CLUB ATLETISMO MILLARAI0	00:06:12	5:09	F (13)
SUB-10 F (14)	1376	VÁRELA SUÁREZ, NORA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:13	5:10	F (14)
SUB-10 F (15)	1345	FREIRE PIÑEIRO, OLIVIA	INDEPENDIENTE	00:06:14	5:11	F (15)
SUB-10 F (16)	1402	TUÑAS GRILLE, CATUXA	INDEPENDIENTE	00:06:16	5:13	F (16)
SUB-10 F (17)	1418	CASTRO LÓPEZ, IRIA	INDEPENDIENTE	00:06:18	5:14	F (17)
SUB-10 F (18)	1451	VIDAL EIRAS, CELIA	INDEPENDIENTE	00:06:20	5:16	F (18)
SUB-10 F (19)	1432	PÉREZ RUIZ, OLIVIA	CLUB TRIATLÓN SANTIAGO	00:06:26	5:21	F (19)
SUB-10 F (20)	1450	MESÍAS GARCÍA, CANDELA	INDEPENDIENTE	00:06:28	5:22	F (20)
SUB-10 F (21)	1358	REMUIÑÁN NIETO, MARTINA	INDEPENDIENTE	00:06:36	5:29	F (21)
SUB-10 F (22)	1448	CANTELAR CES, BLANCA	INDEPENDIENTE	00:06:52	5:42	F (22)
SUB-10 F (23)	1447	CATOIRA FERNANDEZ, ALBA	INDEPENDIENTE	00:06:55	5:45	F (23)
SUB-10 F (24)	1469	NOGUEIRA GONZÁLEZ, EMMA	NOITEBRA	00:06:56	5:46	F (24)
SUB-10 F (25)	1459	CANCELA ALLO, ALDARA	INDEPENDIENTE	00:06:56	5:46	F (25)
SUB-10 F (26)	1368	CALVELO VARELA, CATALINA	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:06:56	5:46	F (26)
SUB-10 F (27)	1412	PAREDES FERNÁNDEZ, XIARA	INDEPENDIENTE	00:07:02	5:51	F (27)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB10**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-10 F (28)	1332	CERQUEIRO SOUTO, LIA	AMES ATLETISMO	00:07:02	5:51	F (28)
SUB-10 F (29)	1356	MARIN GERPE, LIA	INDEPENDIENTE	00:07:03	5:52	F (29)
SUB-10 F (30)	1388	POSE REMUIÑÁN, PAULA	INDEPENDIENTE	00:07:07	5:55	F (30)
SUB-10 F (31)	1350	CARBALLEDO GÓMEZ, MARÉ	INDEPENDIENTE	00:07:08	5:56	F (31)
SUB-10 F (32)	1433	FARO PEILLET, LUCIA	INDEPENDIENTE	00:07:11	5:58	F (32)
SUB-10 F (33)	1322	BARRAL GARCÍA, MARTINA	SD COMPOSTELA ATLETISMO	00:07:16	6:02	F (33)
SUB-10 F (34)	1373	PARÍA MEIJIDE, CARLA	INDEPENDIENTE	00:07:23	6:08	F (34)
SUB-10 F (35)	1460	CAJARAVILLE REY, EMMA	INDEPENDIENTE	00:07:29	6:13	F (35)
SUB-10 F (36)	1465	ALCALÁ ARTIGAS, LILIANNY	INDEPENDIENTE	00:07:34	6:17	F (36)
SUB-10 F (37)	1420	FIUZA RODRÍGUEZ, ALINA	INDEPENDIENTE	00:07:35	6:18	F (37)
SUB-10 F (38)	1390	FERNÁNDEZ DOMÍNGUEZ, MARÍA	INDEPENDIENTE	00:07:43	6:25	F (38)
SUB-10 F (39)	1453	PARDO LORENZO, CAYETANA	INDEPENDIENTE	00:07:44	6:26	F (39)
SUB-10 F (40)	1466	LONGUEIRA VIEITO, ROSALIA	INDEPENDIENTE	00:07:50	6:30	F (40)
SUB-10 F (41)	1462	GALAVIZ LENS, AMAYA CAROLINA	INDEPENDIENTE	00:07:54	6:34	F (41)
SUB-10 F (42)	1415	SILVA NOYA, RITA	INDEPENDIENTE	00:08:09	6:47	F (42)
SUB-10 F (43)	1416	SOUTO FIUZA, VALERIA	INDEPENDIENTE	00:08:35	7:09	F (43)
SUB-10 F (44)	1436	MARTINEZ RODRIGUEZ, DANIELA	INDEPENDIENTE	00:08:36	7:09	F (44)
SUB-10 F (45)	1452	BOUZAS NUÑEZ, NOA	INDEPENDIENTE	00:09:00	7:29	F (45)
SUB-10 F (46)	1438	COBOS LIÑARES, NOA	INDEPENDIENTE	00:09:05	7:33	F (46)
SUB-10 F (47)	1417	BARCA CASALDOEIRO, SAÍNZ	INDEPENDIENTE	00:09:08	7:36	F (47)
SUB-10 F (48)	1382	MANCEBO ESPINAL, MARTINA	INDEPENDIENTE	00:09:14	7:41	F (48)
SUB-10 F (49)	1406	BRENLLA LEIS, LAILA	INDEPENDIENTE	00:09:43	8:05	F (49)
SUB-10 F (50)	1414	LISTA GULDRIS, UXIA	INDEPENDIENTE	00:09:44	8:06	F (50)
SUB-10 F (51)	1404	CAMPOS GARCÍA, ESTEFANIA	INDEPENDIENTE	00:09:45	8:07	F (51)
SUB-10 F (52)	1439	BOTANA MAYO, SANDRA	INDEPENDIENTE	00:09:50	8:11	F (52)
SUB-10 F (53)	1329	BRANCO SILVA, MANUELLA	INDEPENDIENTE	00:09:51	8:11	F (53)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB10**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
<b>MASCULINO</b>						
SUB-10 M (1)	1348	SUÁREZ PAZ, BORJA	ATLETISMO FONTES DO SAR	00:04:44	3:56	M (1)
SUB-10 M (2)	1431	LORENZO ARES, ENZO	CLUB ATLETISMO NEGREIRA	00:04:55	4:05	M (2)
SUB-10 M (3)	1429	MIRÁS NEIRA, XOEL	CLUB TRIATLON COMPOSTELA	00:04:58	4:08	M (3)
SUB-10 M (4)	1374	FUENTES SOSA, ANDRÉS	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:00	4:09	M (4)
SUB-10 M (5)	1426	RODRÍGUEZ BARRIL, ADRIAN	SD COMPOSTELA ATLETISMO	00:05:16	4:22	M (5)
SUB-10 M (6)	1395	IGLESIAS TURNES, ANDRÉ	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:16	4:22	M (6)
SUB-10 M (7)	1389	VIDAL VALIÑA, PABLO	INDEPENDIENTE	00:05:21	4:27	M (7)
SUB-10 M (8)	1401	VILELA MOSQUERA, MATEO	CLUB ATLETISMO MILLARAIO	00:05:24	4:29	M (8)
SUB-10 M (9)	1353	HERMIDA BLANCO, ÁLEX	INDEPENDIENTE	00:05:25	4:30	M (9)
SUB-10 M (10)	1347	FREIRE OURO, MARCOS	INDEPENDIENTE	00:05:25	4:30	M (10)
SUB-10 M (11)	1335	GARCIA CASAL, ADAN	AMES ATLETISMO	00:05:25	4:30	M (11)
SUB-10 M (12)	1394	IGLESIAS TURNES, MARCO	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:26	4:31	M (12)
SUB-10 M (13)	1384	PEREZ GARRIDO, JAIME	CORREXALLAS	00:05:35	4:39	M (13)
SUB-10 M (14)	1427	FURELOS RIOS, CÉSAR	INDEPENDIENTE	00:05:36	4:39	M (14)
SUB-10 M (15)	1361	RÍOS PROL, ÁLVARO	SD COMPOSTELA ATLETISMO	00:05:37	4:40	M (15)
SUB-10 M (16)	1381	BOUZAS BATISTA, SEBASTIÁN	INDEPENDIENTE	00:05:40	4:43	M (16)
SUB-10 M (17)	1363	CANEDA CALVIÑO, XOEL	SD COMPOSTELA ATLETISMO	00:05:43	4:45	M (17)
SUB-10 M (18)	1323	PALMOU SOMOZA, ADRIAN	INDEPENDIENTE	00:05:44	4:46	M (18)
SUB-10 M (19)	1339	MONTEAGUDO RODRÍGUEZ, MARTÍN	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:44	4:46	M (19)
SUB-10 M (20)	1352	FILLOI GARCÍA, COSME	CLUB TRIATLÓN INFORHOUSE SANTIAGO	00:05:45	4:47	M (20)
SUB-10 M (21)	1408	PÉREZ CASTRO, SAÚL	INDEPENDIENTE	00:05:48	4:49	M (21)
SUB-10 M (22)	1442	FONTENLA CABO, NOEL	INDEPENDIENTE	00:05:48	4:49	M (22)
SUB-10 M (23)	1380	ABEIJON COSTOYA, DIEGO	CLUB TRIATLON COMPOSTELA	00:05:49	4:50	M (23)
SUB-10 M (24)	1403	CALVO BUSTO, DAVID	INDEPENDIENTE	00:05:50	4:50	M (24)
SUB-10 M (25)	1364	MOSQUERA RODRÍGUEZ, LOIS	INDEPENDIENTE	00:05:50	4:51	M (25)
SUB-10 M (26)	1392	TUÑAS ANTELO, XOEL	INDEPENDIENTE	00:05:51	4:51	M (26)
SUB-10 M (27)	1371	PARRADO CARRACEDO, IZAN	INDEPENDIENTE	00:05:53	4:53	M (27)

# **XLIII CARREIRA INTERNACIONAL DE NEGREIRA**

## **CLASIFICACIÓN CATEGORÍAS SUB10**



<b>P. CAT</b>	<b>DOR</b>	<b>NOMBRE</b>	<b>CLUB</b>	<b>T.OFICIAL</b>	<b>RITMO</b>	<b>P. SEXO</b>
SUB-10 M (28)	1386	BARCIA NOYA, ADRIÁN	CLUB ATLETISMO MILLARAIO	00:05:53	4:54	M (28)
SUB-10 M (29)	1444	MOREDA QUINTÁNS, MARTÍN	INDEPENDIENTE	00:05:54	4:54	M (29)
SUB-10 M (30)	1446	CORZÓN VECIÑO, ANXO	INDEPENDIENTE	00:05:54	4:54	M (30)
SUB-10 M (31)	1344	FIGUEROA JESUS, RAÚL	INDEPENDIENTE	00:05:54	4:54	M (31)
SUB-10 M (32)	1355	RODRIGUEZ RIBEIRO, MAURO	CLUB DEPORTIVO DELIKIA	00:05:56	4:56	M (32)
SUB-10 M (33)	1457	PAZOS NIETO, HUGO	INDEPENDIENTE	00:05:59	4:58	M (33)
SUB-10 M (34)	1409	AROSA REDONDO, FABIÁN	INDEPENDIENTE	00:06:04	5:03	M (34)
SUB-10 M (35)	1372	CASTIÑEIRAS OTERO, HUGO	INDEPENDIENTE	00:06:09	5:07	M (35)
SUB-10 M (36)	1468	ROMERO VÁZQUEZ, ÁLEX	INDEPENDIENTE	00:06:15	5:12	M (36)
SUB-10 M (37)	1437	FERREIRO VILLAR, ROI	O COTO	00:06:16	5:12	M (37)
SUB-10 M (38)	1351	MOURIÑO CALVIÑO, ALÉN	INDEPENDIENTE	00:06:16	5:13	M (38)
SUB-10 M (39)	1330	DIEGUEZ FERNANDEZ, MATEO	AMES ATLETISMO	00:06:18	5:14	M (39)
SUB-10 M (40)	1383	REY CARRASCO, RAÚL	NEGREIRA	00:06:19	5:15	M (40)
SUB-10 M (41)	1341	ABEL MEIJOME, BREO	COMPOS ATLETISMO	00:06:21	5:17	M (41)
SUB-10 M (42)	1413	GOMEZ GULDRIS, MARTIN	INDEPENDIENTE	00:06:23	5:18	M (42)
SUB-10 M (43)	1331	SOBRAL DURO, MANUEL	AMES ATLETISMO	00:06:30	5:24	M (43)
SUB-10 M (44)	1443	NEGREIRA MORALES, ALEXANDRE	CLUB TRIATLÓN SANTIAGO	00:06:32	5:25	M (44)
SUB-10 M (45)	1334	VAZQUEZ ANDRADE, HUGO	AMES ATLETISMO	00:06:32	5:26	M (45)
SUB-10 M (46)	1475	VÁZQUEZ VARELA, XOEL	CLUB ATLETISMO MILLARAIO	00:06:45	5:36	M (46)
SUB-10 M (47)	1449	FREIRE VIEITO, LEO	INDEPENDIENTE	00:06:49	5:40	M (47)
SUB-10 M (48)	1434	ALONSO VILACOBIA, DANIEL	INDEPENDIENTE	00:06:49	5:40	M (48)
SUB-10 M (49)	1354	SUÁREZ COSTA, GUILLERMO	INDEPENDIENTE	00:06:49	5:40	M (49)
SUB-10 M (50)	1365	NÚÑEZ SAGASTA, XOEL	INDEPENDIENTE	00:06:50	5:41	M (50)
SUB-10 M (51)	1378	QUINTANS DELGADO, RAUL	INDEPENDIENTE	00:06:51	5:42	M (51)
SUB-10 M (52)	1393	PAIS SOUTO, FABIAN	INDEPENDIENTE	00:06:53	5:43	M (52)
SUB-10 M (53)	1377	SALAVERRY RIOBÓ, ANXO	INDEPENDIENTE	00:06:57	5:46	M (53)
SUB-10 M (54)	1455	ESPARIS PEREIRA, IKER	INDEPENDIENTE	00:06:58	5:48	M (54)
SUB-10 M (55)	1349	LESTAYO GARCIA, ADRIAN	INDEPENDIENTE	00:06:59	5:48	M (55)
SUB-10 M (56)	1399	BALOIRA RODRÍGUEZ, THIAGO	INDEPENDIENTE	00:07:06	5:54	M (56)

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SUB-10 M (57)	1467	VILELA RODRÍGUEZ, SIMÓN	INDEPENDIENTE	00:07:16	6:02	M (57)
SUB-10 M (58)	1340	GALLARDO MAYO, MANUEL	INDEPENDIENTE	00:07:20	6:06	M (58)
SUB-10 M (59)	1328	SERRANO LAGOA, MARK	INDEPENDIENTE	00:07:21	6:06	M (59)
SUB-10 M (60)	1396	VALES COUTO, LUCAS	INDEPENDIENTE	00:07:29	6:13	M (60)
SUB-10 M (61)	1472	PUÑAL BALBOA, MANUEL		00:07:29	6:13	M (61)
SUB-10 M (62)	1333	HOMBRE SÁNCHEZ, PEDRO	INDEPENDIENTE	00:07:34	6:17	M (62)
SUB-10 M (63)	1473	COUSO LOPEZ, ENZO		00:07:36	6:19	M (63)
SUB-10 M (64)	1428	VIEITO ARES, ANTON	INDEPENDIENTE	00:07:42	6:24	M (64)
SUB-10 M (65)	1366	YÁÑEZ CALVIÑO, ANDRÉS	INDEPENDIENTE	00:07:42	6:24	M (65)
SUB-10 M (66)	1398	FREITA CASTIÑEIRAS, SENÉN	INDEPENDIENTE	00:07:43	6:25	M (66)
SUB-10 M (67)	1422	BBAÑA PAIS, ANTÓN	INDEPENDIENTE	00:07:45	6:27	M (67)
SUB-10 M (68)	1375	MANRIQUE SOUTIÑO, ANDRÉS EDUARDO	INDEPENDIENTE	00:07:46	6:28	M (68)
SUB-10 M (69)	1411	DOMÍNGUEZ VIEITES, XAVI	INDEPENDIENTE	00:08:05	6:43	M (69)
SUB-10 M (70)	1423	GIRAUT WILHELM, DAVID	INDEPENDIENTE	00:08:50	7:20	M (70)
SUB-10 M (71)	1424	FERREIRA ITURRIA, FRANCISCO	INDEPENDIENTE	00:09:40	8:03	M (71)

Total: 124