

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA



XV CARREIRA POPULAR
CONCELLO DA POBRA DO CARAMIÑAL
(A Coruña)

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
1	578	FERNANDEZ RIVERA, ALEJANDRO	CLUB OURENSE ATLETISMO	00:23:55	2:59	00:11:49 (2)	M (1)	MASTER 1 M (1)
2	9	GARCÍA SOUTO, HUGO	ATLETISMO PORTUGALETE	00:23:58	2:59	00:11:49 (3)	M (2)	SUB 23 M (1)
3	27	OTERO FARIÑA, PABLO	ATLETISMO TORRELAVEGA	00:24:38	3:04	00:11:49 (1)	M (3)	SENIOR M (1)
4	560	CARNERO RODRÍGUEZ, PABLO	UNIÓ ATLÉTICA TERRASSA	00:26:23	3:17	00:12:59 (4)	M (4)	SENIOR M (2)
5	546	OCERIN, MIKEL	ATLETAS DE ACEA DE AMA	00:26:44	3:20	00:13:19 (6)	M (5)	SENIOR M (3)
6	549	JAMARDO ABOY, SERGIO	CLUB DEPORTIVO DELIKIA	00:26:52	3:21	00:13:19 (7)	M (6)	SENIOR M (4)
7	629	DÍAZ PÉREZ, ESTEBAN	ATLETISMO NARON	00:27:04	3:22	00:13:18 (5)	M (7)	MASTER 2 M (1)
8	598	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:27:08	3:23	00:13:25 (10)	M (8)	MASTER 2 M (2)
9	54	GONZÁLEZ HORTA, VICTOR	COMESAÑA SPORTING CLUB	00:27:12	3:23	00:13:25 (8)	M (9)	MASTER 1 M (2)
10	38	FONTÁN MARTÍNEZ, XACOBÉ	CLUB ATLETISMO SAR	00:27:29	3:26	00:13:25 (9)	M (10)	SENIOR M (5)
11	64	PÉREZ PRIETO, GERARDO	CLUB ATLETISMO CAMBADOS	00:27:43	3:27	00:13:27 (11)	M (11)	MASTER 2 M (3)
12	34	FOLGAR TORRES, PAULINO	EL CANARIO	00:27:46	3:28	00:13:28 (12)	M (12)	SENIOR M (6)
13	567	GONZÁLEZ HORTA, ELOY		00:27:49	3:28	00:13:53 (19)	M (13)	MASTER 1 M (3)
14	550	RODRÍGUEZ ÁLVAREZ, DIEGO	CLUB DEPORTIVO DELIKIA	00:27:50	3:28	00:13:52 (15)	M (14)	SENIOR M (7)
15	794	Castro Portela, Ruben		00:27:51	3:28	00:13:52 (17)	M (15)	MASTER 2 M (4)
16	71	TRABA CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES	00:27:56	3:29	00:13:52 (16)	M (16)	MASTER 2 M (5)
17	70	FERNANDEZ LIJÓ, JUAN FRANCISCO	POR AMOR AL ARTE	00:27:59	3:29	00:13:55 (22)	M (17)	MASTER 2 M (6)
18	596	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	00:28:02	3:30	00:13:53 (18)	M (18)	MASTER 2 M (7)
19	601	RODRÍGUEZ TORRES, JUAN CARLOS	S.D. BARBANTIA RODA	00:28:03	3:30	00:13:54 (21)	M (19)	MASTER 2 M (8)
20	132	SUAREZ LEIS, JOSE	SD COMPOSTELA ATLETISMO	00:28:04	3:30	00:13:53 (20)	M (20)	MASTER 4 M (1)
21	564	PARDO MONTERO, ALBERTO		00:28:08	3:30	00:13:55 (23)	M (21)	MASTER 1 M (4)
22	24	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	00:28:15	3:31	00:13:40 (13)	M (22)	SENIOR M (8)
23	108	OUBIÑA DIOS, FRANCISCO RAMÓN	CLUB ATLETISMO CAMBADOS	00:28:19	3:32	00:13:46 (14)	M (23)	MASTER 3 M (1)
24	16	IGLESIAS AMORES, MIGUEL	CLUB DEPORTIVO BRIÓN HYUPERSA	00:28:21	3:32	00:14:08 (34)	M (24)	SENIOR M (9)
25	804	Riveiro Lampon, Alberto		00:28:35	3:34	00:13:56 (24)	M (25)	SENIOR M (10)
26	10	AGRASO ALONSO, XABI		00:28:40	3:34	00:14:06 (32)	M (26)	SENIOR M (11)
27	29	TRIÑANES MARTINEZ, ERNESTO	S.D. BARBANTIA RODA	00:28:41	3:35	00:14:05 (29)	M (27)	SENIOR M (12)
28	120	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	00:28:45	3:35	00:14:05 (30)	M (28)	MASTER 3 M (2)
29	577	SILVA BRENLLA, GONZALO	NOITEBRA FC	00:28:53	3:36	00:14:17 (38)	M (29)	MASTER 1 M (5)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
30	28	GONZALEZ LOPEZ, JORGE	S.D. BARBANTIA RODA	00:28:56	3:36	00:14:06 (31)	M (30)	SENIOR M (13)
31	795	Mata Castro, Arturo		00:29:01	3:37	00:14:07 (33)	M (31)	SENIOR M (14)
32	5	MANEIRO TEIRA, DANIEL	CLUB ATLETISMO O PINO	00:29:04	3:37	00:14:05 (27)	M (32)	SUB 18 M (1)
33	23	TORRESCUSA MOURIÑO, RICARDO		00:29:05	3:38	00:14:11 (35)	M (33)	SENIOR M (15)
34	106	MORAN GONZÁLEZ, ENRIQUE	ATLETISMO PORRIÑO	00:29:07	3:38	00:14:17 (37)	M (34)	MASTER 2 M (9)
35	624	LOURIDO RIAL, LORENZO	CLUB ATLETISMO NEGREIRA	00:29:08	3:38	00:14:05 (25)	M (35)	MASTER 2 M (10)
36	8	BENITEZ PEREZ, SAUL	EL CANARIO	00:29:09	3:38	00:14:17 (39)	M (36)	SUB 20 M (1)
37	56	GARCIA MARTINEZ, JOSE	EL CANARIO	00:29:09	3:38	00:14:30 (47)	M (37)	MASTER 1 M (6)
38	94	MARTINEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	00:29:13	3:39	00:14:23 (44)	M (38)	MASTER 2 M (11)
39	613	ALVAREZ BENDAÑA, ALBERTO	CLUB ATLETISMO SAR	00:29:16	3:39	00:14:05 (26)	M (39)	MASTER 2 M (12)
40	66	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	00:29:19	3:39	00:14:46 (56)	M (40)	MASTER 2 M (13)
41	41	CACHAFEIRO GARCÍA, GERARDO	SD COMPOSTELA ATLETISMO	00:29:22	3:40	00:14:18 (40)	M (41)	MASTER 1 M (7)
42	4	MATEOS CALVIÑO, IAGO	SD COMPOSTELA ATLETISMO	00:29:25	3:40	00:14:05 (28)	M (42)	SUB 18 M (2)
43	530	SIEIRA HERMIDA, JORGE	CORUÑA COMARCA	00:29:28	3:40	00:14:24 (45)	M (43)	SENIOR M (16)
44	533	GENDRA SALVADO, HUGO	ENTRENARUNNING	00:29:30	3:41	00:14:37 (50)	M (44)	SENIOR M (17)
45	107	FERNÁNDEZ LAGO, JUAN CARLOS	SERRES RUNNERS	00:29:32	3:41	00:14:27 (46)	M (45)	MASTER 3 M (3)
46	83	ROMERO VAZQUEZ, NOLO		00:29:33	3:41	00:14:41 (55)	M (46)	MASTER 2 M (14)
47	658	RAMOS FERROL, ARTURO	CLUB TRIATLÓN COMPOSTELA	00:29:33	3:41	00:14:37 (51)	M (47)	MASTER 3 M (4)
48	682	IGLESIAS OTERO, JUAN		00:29:33	3:41	00:14:41 (54)	M (48)	MASTER 3 M (5)
49	59	LORES MEIS, JOSE MANUEL	CLUB ATLETISMO CAMBADOS	00:29:34	3:41	00:14:53 (62)	M (49)	MASTER 2 M (15)
50	18	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	00:29:34	3:41	00:14:40 (53)	M (50)	SENIOR M (18)
51	517	CAEIRO MARIÑO, ISABEL	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:29:40	3:42	00:14:31 (48)	F (1)	SUB 23 F (1)
52	554	ÁLVAREZ GUTIÉRREZ, DAMIAN	CASTRO TRAIL	00:29:43	3:42	00:14:21 (43)	M (51)	SENIOR M (19)
53	109	BUCETA POUSO, ERNESTO		00:29:53	3:44	00:14:34 (49)	M (52)	MASTER 3 M (6)
54	570	ARAÚJO PÉREZ, DAMIÁN		00:29:55	3:44	00:14:19 (42)	M (53)	MASTER 1 M (8)
55	1	FERREIRA AYBAR, BRANDOL	ATLETISMO ILLA DE TAMBO	00:30:06	3:45	00:14:19 (41)	M (54)	SUB 18 M (3)
56	521	PATIÑO VIEITES, RUBEN		00:30:12	3:46	00:14:47 (59)	M (55)	SENIOR M (20)
57	620	CALERO FERNANDEZ, JOSÉ MANUEL	CLUB ATLETISMO SAR	00:30:16	3:46	00:14:46 (57)	M (56)	MASTER 2 M (16)
58	49	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	00:30:16	3:46	00:15:25 (78)	M (57)	MASTER 1 M (9)

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59	650	PAREDES PARADA, MANUEL	S.D. BARBANTIA RODA	00:30:25	3:48	00:14:47 (58)	M (58)	MASTER 3 M (7)
60	125	FOLGAR POUSO, RAMON	EL CANARIO	00:30:28	3:48	00:15:01 (64)	M (59)	MASTER 3 M (8)
61	627	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:30:31	3:48	00:14:50 (60)	M (60)	MASTER 2 M (17)
62	566	MOURE VÁZQUEZ, MANUEL	CLUB TRIATLÓN CERVECERÍA O COTÓN	00:30:31	3:48	00:14:51 (61)	M (61)	MASTER 1 M (10)
63	101	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	00:30:32	3:48	00:14:40 (52)	M (62)	MASTER 2 M (18)
64	116	MARTÍNEZ NIETO, MICHEL	CLUB ATLETISMO OUTES	00:30:32	3:48	00:15:01 (65)	M (63)	MASTER 3 M (9)
65	35	FIGUEIRAS LORENZO, EDUARDO	EL CANARIO	00:30:39	3:49	00:15:25 (76)	M (64)	SENIOR M (21)
66	545	YEVTUSHENKO, KARYNA	ATLETAS DE ACEA DE AMA	00:30:41	3:50	00:14:58 (63)	F (2)	SENIOR F (1)
67	68	BAAMONDE ARUFE, AGAPITO	CLUB ATLETISMO SAR	00:30:41	3:50	00:15:42 (85)	M (65)	MASTER 2 M (19)
68	62	FANDIÑO GARCIA, OSCAR	CLUB ATLETISMO CAMBADOS	00:30:44	3:50	00:15:26 (79)	M (66)	MASTER 2 M (20)
69	65	AYASO ROMERO, JOSE LUIS		00:30:49	3:51	00:15:07 (68)	M (67)	MASTER 2 M (21)
70	67	ABALO CHOUZA, NARCISO	S.D. BARBANTIA RODA	00:30:53	3:51	00:15:40 (83)	M (68)	MASTER 2 M (22)
71	46	SANTOS FERNANDEZ, LUIS		00:30:59	3:52	00:15:10 (71)	M (69)	MASTER 1 M (11)
72	123	NAVARRO ANTON, JOSE	S.D. BARBANTIA RODA	00:30:59	3:52	00:15:06 (67)	M (70)	MASTER 3 M (10)
73	53	CAMIÑA UCHA, BASILIO	CLUB ATLETISMO CAMBADOS	00:31:02	3:52	00:15:14 (72)	M (71)	MASTER 1 M (12)
74	79	CUENCA GARCIA, FRANCISCO JOSE	CLUB ATLETISMO O PINO	00:31:03	3:52	00:15:08 (69)	M (72)	MASTER 2 M (23)
75	649	RODRIGUEZ LOPEZ, ANGEL JOSÉ	ATLETISMO MILLADOIRO	00:31:06	3:53	00:15:40 (84)	M (73)	MASTER 3 M (11)
76	52	BEIRO BRIÓN, JOSE	BRIONLE TEAM	00:31:09	3:53	00:15:22 (75)	M (74)	MASTER 1 M (13)
77	633	GARCÍA SANCHEZ, NATI	CLUB RUNING OLEIROS	00:31:20	3:54	00:15:04 (66)	F (3)	MASTER 2 F (1)
78	113	BOO FARIÑA, SALVADOR	TRIBU TRAIL	00:31:31	3:56	00:15:25 (77)	M (75)	MASTER 3 M (12)
79	626	GARCÍA ANTELO, JOSE MANUEL		00:31:31	3:56	00:15:08 (70)	M (76)	MASTER 2 M (24)
80	91	DOSIL RIVAS, JAVI	ATLETISMO FONTES DO SAR	00:31:34	3:56	00:15:44 (86)	M (77)	MASTER 2 M (25)
81	606	TRIÑANES, JAVIER	SERRES RUNNERS	00:31:39	3:57	00:15:40 (82)	M (78)	MASTER 2 M (26)
82	124	BRIÓN LEMA, JUAN CARLOS	BRIONLE TEAM	00:31:42	3:57	00:15:37 (81)	M (79)	MASTER 3 M (13)
83	114	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:31:43	3:57	00:15:46 (92)	M (80)	MASTER 3 M (14)
84	47	ROMAY RODRIGUEZ, RICARDO	CLUB ATLETISMO SAR	00:31:43	3:57	00:15:46 (91)	M (81)	MASTER 1 M (14)
85	112	JUANATEY PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	00:31:44	3:57	00:15:49 (97)	M (82)	MASTER 3 M (15)
86	87	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES	00:31:46	3:58	00:15:36 (80)	M (83)	MASTER 2 M (27)
87	612	PEREZ PORTELA, MARCOS		00:31:48	3:58	00:16:22 (117)	M (84)	MASTER 2 M (28)

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88	135	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:31:48	3:58	00:15:46 (90)	M (85)	MASTER 4 M (2)
89	95	VILA SIEIRA, RUBEN	EGOVARTOS DE VIVEIRO	00:31:49	3:58	00:15:47 (94)	M (86)	MASTER 2 M (29)
90	7	SANTOS VILLALÓN, CAROL	RÍA DE FERROL	00:31:50	3:58	00:15:22 (74)	F (4)	SUB 20 F (1)
91	103	VÁZQUEZ TUBIO, ALBERTO	S.D. BARBANTIA RODA	00:31:51	3:58	00:15:46 (93)	M (87)	MASTER 2 M (30)
92	90	HERNÁNDEZ NAVEIRO, RAFAEL	S.D. BARBANTIA RODA	00:31:55	3:59	00:15:47 (95)	M (88)	MASTER 2 M (31)
93	105	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	00:31:56	3:59	00:15:49 (98)	M (89)	MASTER 2 M (32)
94	75	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	00:32:02	4:00	00:16:00 (105)	M (90)	MASTER 2 M (33)
95	516	LIRES SABORIDO, ANDRÉS	MARINEDA ATLÉTICO	00:32:07	4:00	00:15:48 (96)	M (91)	SUB 23 M (2)
96	503	VARELA MORENO, GAEL	ATLETISMO NARON	00:32:08	4:00	00:14:14 (36)	M (92)	SUB 18 M (4)
97	621	SANLES PIÑEIRO, JOSE		00:32:11	4:01	00:15:51 (99)	M (93)	MASTER 2 M (34)
98	86	COUSO GARCÍA, JESÚS	CLUB ATLETISMO NEGREIRA	00:32:19	4:02	00:15:45 (88)	M (94)	MASTER 2 M (35)
99	638	CASÁS CASÁS, JOSÉ MANUEL		00:32:23	4:02	00:16:07 (107)	M (95)	MASTER 2 M (36)
100	661	MOREIRA, LUIS	ATLETISMO ESTRADA	00:32:27	4:03	00:15:45 (89)	M (96)	MASTER 3 M (16)
101	592	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:32:29	4:03	00:15:58 (103)	M (97)	MASTER 2 M (37)
102	126	PARADA GARCIAº, LUIS MIGUEL	EL CANARIO	00:32:30	4:03	00:15:45 (87)	M (98)	MASTER 3 M (17)
103	100	BENITEZ SOMOZA, ISRAEL	EL CANARIO	00:32:31	4:03	00:15:20 (73)	M (99)	MASTER 2 M (38)
104	607	ARES RIAL, MIGUEL		00:32:31	4:03	00:16:27 (118)	M (100)	MASTER 2 M (39)
105	121	FERNANDEZ REY, CHEMA	TRIATLÓN VILAGARCÍA	00:32:41	4:05	00:15:58 (104)	M (101)	MASTER 3 M (18)
106	591	VARELA ALVAREZ, LAUREANO	SD COMPOSTELA ATLETISMO	00:32:41	4:05	00:16:21 (115)	M (102)	MASTER 2 M (40)
107	82	FERNANDEZ, MARCOS	CLUB ATLETISMO SAR	00:32:49	4:06	00:15:58 (102)	M (103)	MASTER 2 M (41)
108	676	PIÑEIRO REY, ARTURO	S.D. BARBANTIA RODA	00:32:51	4:06	00:16:17 (111)	M (104)	MASTER 3 M (19)
109	640	CALVO CALVO, JUAN MANUEL	S.D. BARBANTIA RODA	00:33:08	4:08	00:16:28 (119)	M (105)	MASTER 2 M (42)
110	544	BOUZAS FERNANDEZ, MIGUEL		00:33:10	4:08	00:16:21 (114)	M (106)	SENIOR M (22)
111	73	QUINTELA VÁZQUEZ, SUSO	NOITEBRA CF	00:33:12	4:08	00:16:22 (116)	M (107)	MASTER 2 M (43)
112	665	MARIÑO CASAIS, MODESTO		00:33:15	4:09	00:16:21 (113)	M (108)	MASTER 3 M (20)
113	630	ROSAL CHAVES, DIEGO		00:33:23	4:10	00:16:29 (122)	M (109)	MASTER 2 M (44)
114	12	LÓPEZ OUJO, IVÁN	POR AMOR AL ARTE	00:33:23	4:10	00:16:29 (123)	M (110)	SENIOR M (23)
115	571	PALACIOS LADO, SERGIO	CLUB ATLETISMO PINO	00:33:25	4:10	00:16:03 (106)	M (111)	MASTER 1 M (15)
116	656	TORRES BAUTÍS, MANUEL	CLUB TRIATLÓN COMPOSTELA	00:33:27	4:10	00:16:29 (120)	M (112)	MASTER 3 M (21)

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117	111	TABOADA MILLAN, CESAR	CLUB ATLETISMO SAR	00:33:28	4:10	00:16:50 (131)	M (113)	MASTER 3 M (22)
118	585	MIRANDA VIEITO, JOSÉ MANUEL	ATHLETICS FISIOTERAPIA SAN LAZARO	00:33:30	4:11	00:15:57 (101)	M (114)	MASTER 2 M (45)
119	96	PARADA MINIÑO, JESUS	BRIONLE TEAM	00:33:30	4:11	00:16:30 (125)	M (115)	MASTER 2 M (46)
120	510	TAMAYO LAGO, PEDRO		00:33:33	4:11	00:16:12 (109)	M (116)	SUB 20 M (2)
121	663	FABIAN GONZALEZ, DIONISIO	A.D. OLIMPIA	00:33:35	4:11	00:16:31 (126)	M (117)	MASTER 3 M (23)
122	26	PORTEIRO DE LOÑO, MULLUNESH MARINA	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:33:39	4:12	00:16:18 (112)	F (5)	SENIOR F (2)
123	511	TAMAYO LAGO, FRANCISCO		00:33:53	4:14	00:16:12 (110)	M (118)	SUB 20 M (3)
124	614	RODRÍGUEZ DOMÍNGUEZ, JUAN ENRIQUE		00:33:56	4:14	00:16:33 (127)	M (119)	MASTER 2 M (47)
125	644	RIBEIRO DIAS, Mª CRISTINA		00:33:56	4:14	00:16:54 (133)	F (6)	MASTER 2 F (2)
126	110	ROMERO BUCETA, ANDRES		00:33:56	4:14	00:16:40 (129)	M (120)	MASTER 3 M (24)
127	509	SALVADO DIÉGUEZ, JULIA	SD COMPOSTELA ATLETISMO	00:34:00	4:14	00:16:30 (124)	F (7)	SUB 20 F (2)
128	660	SALVADO TEJEDOR, ROBERTO	SD COMPOSTELA ATLETISMO	00:34:02	4:15	00:16:29 (121)	M (121)	MASTER 3 M (25)
129	89	GIL FERNANDEZ, ISMSEL	TRIATLON RIANXO	00:34:14	4:16	00:16:57 (134)	M (122)	MASTER 2 M (48)
130	58	OLIVEIRA CASAIS, SUSO	S.D. BARBANTIA RODA	00:34:23	4:17	00:16:35 (128)	M (123)	MASTER 2 M (49)
131	141	ÁLVAREZ LODEIRO, SANTIAGO	ENTRENARUNNING	00:34:28	4:18	00:17:08 (136)	M (124)	MASTER 4 M (3)
132	634	REZA MIRANDA, GERMÁN		00:34:30	4:18	00:17:12 (139)	M (125)	MASTER 2 M (50)
133	641	GONZALEZ GRAIÑO, JAVIER		00:34:31	4:18	00:17:20 (145)	M (126)	MASTER 2 M (51)
134	604	MARTINEZ MARTINEZ, ANA	SERRES RUNNERS	00:34:46	4:20	00:17:08 (137)	F (8)	MASTER 2 F (3)
135	608	CAMBEIRO CAMBEIRO, FERMIN		00:34:48	4:20	00:17:23 (149)	M (127)	MASTER 2 M (52)
136	687	ARGIBAY PEREZ, JUAN ANTONIO		00:34:52	4:21	00:16:58 (135)	M (128)	MASTER 4 M (4)
137	43	GONZÁLEZ SÁNCHEZ, DIEGO		00:34:53	4:21	00:17:35 (153)	M (129)	MASTER 1 M (16)
138	504	CARREIRA SABORIDO, ÁLVARO	CLUB ATLETISMO NOIA	00:34:57	4:22	00:16:47 (130)	M (130)	SUB 18 M (5)
139	675	TRIGO BAO, MANUEL	CDM VERTICE	00:35:00	4:22	00:17:24 (151)	M (131)	MASTER 3 M (26)
140	586	RODRIGUEZ FRAMIL, ALFONSO	NOITEBRA FC	00:35:04	4:22	00:17:21 (147)	M (132)	MASTER 2 M (53)
141	61	MONTES TEIJIDO, ROBERTO	CLUB ATLETISMO OUTES	00:35:12	4:23	00:17:12 (140)	M (133)	MASTER 2 M (54)
142	643	FONTANS, MARCOS	ATLETISMO CUNTIS	00:35:16	4:24	00:18:03 (168)	M (134)	MASTER 2 M (55)
143	617	BASOA RODRIGUEZ, MANUEL	ESCOLA DE ATLETISMO PAULA MAYOBRE	00:35:20	4:24	00:17:16 (142)	M (135)	MASTER 2 M (56)
144	677	SABORIDO FERNANDEZ, LUIS MARIANO	S.D. BARBANTIA RODA	00:35:20	4:24	00:17:44 (156)	M (136)	MASTER 3 M (27)
145	506	ALCALDE RIAL, MARIO		00:35:22	4:25	00:17:11 (138)	M (137)	SUB 18 M (6)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
146	600	CAMBEIRO BLANCO, JUAN CARLOS		00:35:24	4:25	00:16:52 (132)	M (138)	MASTER 2 M (57)
147	527	FERNÁNDEZ-COUTO ÁLVAREZ, CLAUDIA		00:35:26	4:25	00:17:18 (144)	F (9)	SENIOR F (3)
148	40	BETANZOS FREIRE, ALDARA	S.D. BARBANTIA RODA	00:35:30	4:26	00:17:16 (141)	F (10)	SENIOR F (4)
149	81	CABACO CAMPOS, JOSÉ MANUEL		00:35:34	4:26	00:17:44 (155)	M (139)	MASTER 2 M (58)
150	668	BARREIRO, ABEL	CHORIMA	00:35:40	4:27	00:17:34 (152)	M (140)	MASTER 3 M (28)
151	50	SEOANE CEA, BRAIS		00:35:42	4:27	00:18:22 (180)	M (141)	MASTER 1 M (17)
152	88	LORENZO PÉREZ, NATALIA	NOITEBRA	00:35:42	4:27	00:17:50 (159)	F (11)	MASTER 2 F (4)
153	508	PAZOS MEIXUS, ARARAT	SAN MIGUEL DE MARIN	00:35:44	4:27	00:17:17 (143)	F (12)	SUB 20 F (3)
154	507	AMBITE SANTANA, DANIEL		00:35:48	4:28	00:16:12 (108)	M (142)	SUB 18 M (7)
155	605	MOREIRA GARCÍA, GILBERTO MIGUEL	FLOW PILATES & TRAINING	00:35:49	4:28	00:17:54 (162)	M (143)	MASTER 2 M (59)
156	628	TORRADO RIAL, RICARDO		00:35:53	4:29	00:17:23 (150)	M (144)	MASTER 2 M (60)
157	138	RÍOS VÁZQUEZ, JOSÉ	ITBS	00:35:53	4:29	00:17:37 (154)	M (145)	MASTER 4 M (5)
158	539	LOPEZ VITURRO, VICTOR	TRIBU TRAIL	00:35:56	4:29	00:18:04 (170)	M (146)	SENIOR M (24)
159	622	LORENZO ÁLVAREZ, DANIEL		00:36:05	4:30	00:18:05 (172)	M (147)	MASTER 2 M (61)
160	22	SIEIRA PEGO, ELIZABETH	ENTRENARUNNING	00:36:06	4:30	00:17:21 (146)	F (13)	SENIOR F (5)
161	78	PIÑEIRO ABEIJON, BENITO		00:36:07	4:30	00:18:39 (184)	M (148)	MASTER 2 M (62)
162	515	FERNÁNDEZ-COUTO ÁLVAREZ, MIGUEL		00:36:08	4:30	00:17:57 (165)	M (149)	SUB 23 M (3)
163	93	BAHAMONDE SUÁREZ, FRANCISCO	CLUB ATLETISMO TAMBRE	00:36:10	4:31	00:18:02 (167)	M (150)	MASTER 2 M (63)
164	117	PEREZ SUSAVILA, ANGEL		00:36:13	4:31	00:17:46 (157)	M (151)	MASTER 3 M (29)
165	696	POUSO MANEIRO, JOSÉ		00:36:20	4:32	00:18:20 (179)	M (152)	MASTER 4 M (6)
166	72	GARCIA LORENZO, DIEGO	ATLETISMO FONTES DO SAR	00:36:25	4:33	00:17:57 (164)	M (153)	MASTER 2 M (64)
167	520	RODRIGUEZ RE CAREY, JULIO		00:36:27	4:33	00:18:30 (182)	M (154)	SENIOR M (25)
168	33	FERNÁNDEZ BUCETA, PABLO		00:36:34	4:34	00:18:03 (169)	M (155)	SENIOR M (26)
169	666	VALIÑO CEREIJO, JOSE MANUEL		00:36:40	4:34	00:18:14 (178)	M (156)	MASTER 3 M (30)
170	525	GAÑETE MOUGÁN, MARCOS		00:36:46	4:35	00:18:00 (166)	M (157)	SENIOR M (27)
171	681	CADAVID NÚÑEZ, JOSÉ		00:36:47	4:35	00:18:11 (175)	M (158)	MASTER 3 M (31)
172	514	ASTRAY COSTAS, MANUEL		00:36:50	4:36	00:17:52 (161)	M (159)	SUB 23 M (4)
173	602	QUINTÁNS VÁZQUEZ, JOSÉ ANTONIO	CLUB TRIATLÓN COMPOSTELA	00:36:59	4:37	00:17:56 (163)	M (160)	MASTER 2 M (65)
174	2	PINEIRO GONZALEZ, RUBEN		00:37:01	4:37	00:17:23 (148)	M (161)	SUB 18 M (8)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
175	518	DOMÍNGUEZ TRIÑANES, ALBA		00:37:03	4:37	00:17:52 (160)	F (14)	SUB 23 F (2)
176	136	ALBORES DIAZ, JOSE MANUEL	CLUB ATLETISMO NOIA	00:37:08	4:38	00:18:11 (176)	M (162)	MASTER 4 M (7)
177	625	PARDO DIEGUEZ, MIGUEL		00:37:17	4:39	00:18:05 (171)	M (163)	MASTER 2 M (66)
178	559	VILLAVERDE PATIÑO, YAGO		00:37:21	4:40	00:18:56 (191)	M (164)	SENIOR M (28)
179	37	GONZÁLEZ BARGO, CARLA	CLUB ATLETISMO OUTES	00:37:33	4:41	00:18:11 (174)	F (15)	SENIOR F (6)
180	36	DEL RIO GONZÁLEZ, JORGE	CLUB ATLETISMO OUTES	00:37:33	4:41	00:18:11 (173)	M (165)	SENIOR M (29)
181	535	COUSO CASTRO, LUCÍA	CLUB DEPORTIVO PINARIUM	00:37:39	4:42	00:18:47 (186)	F (16)	SENIOR F (7)
182	652	BLANCO FIGUEIRIDO, MARCOS	CLUB ATLETISMO OUTES	00:37:51	4:43	00:19:21 (196)	M (166)	MASTER 3 M (32)
183	671	GIL BREA, JOSE ANTONIO	NOITEBRA FC	00:37:51	4:43	00:18:38 (183)	M (167)	MASTER 3 M (33)
184	543	GAÑETE MOUGÁN, RICARDO		00:38:07	4:45	00:18:13 (177)	M (168)	SENIOR M (30)
185	133	BETANZOS REGO, TOBÍAS	S.D. BARBANTIA RODA	00:38:07	4:45	00:18:51 (189)	M (169)	MASTER 4 M (8)
186	597	ARCO MARQUIZ, SERGIO	TRIATLON RIANXO	00:38:10	4:46	00:18:26 (181)	M (170)	MASTER 2 M (67)
187	128	FERNÁNDEZ, JOAQUÍN	SERRES RUNNERS	00:38:16	4:46	00:18:54 (190)	M (171)	MASTER 3 M (34)
188	680	PARDAVILA IGLESIAS, MIGUEL		00:38:22	4:47	00:19:16 (194)	M (172)	MASTER 3 M (35)
189	637	PÉREZ BOULLÓN, SERGIO		00:38:23	4:47	00:19:30 (199)	M (173)	MASTER 2 M (68)
190	20	FARIÑA PRADO, JAVIER	CLUB ATLETISMO CAMBADOS	00:38:24	4:47	00:18:48 (187)	M (174)	SENIOR M (31)
191	575	RODRÍGUEZ BUGALLO, ÁNGEL		00:38:25	4:48	00:19:07 (193)	M (175)	MASTER 1 M (18)
192	531	ARGIBAY AROSA, DANIEL	CLUB ATLETISMO CAMBADOS	00:38:28	4:48	00:19:25 (198)	M (176)	SENIOR M (32)
193	655	FERNANDEZ OLIVEIRA, JUAN CARLOS		00:38:37	4:49	00:18:47 (185)	M (177)	MASTER 3 M (36)
194	587	JUVIÑO, ANGEL		00:38:44	4:50	00:19:39 (204)	M (178)	MASTER 2 M (69)
195	45	CARREGAL, CRISTINA		00:38:48	4:50	00:19:18 (195)	F (17)	MASTER 1 F (1)
196	119	OCAMPO REY, MIGUEL ANGEL		00:39:01	4:52	00:19:34 (201)	M (179)	MASTER 3 M (37)
197	580	VIDAL RODRÍGUEZ, JOSÉ	AMEIXIDA	00:39:06	4:53	00:19:41 (206)	M (180)	MASTER 1 M (19)
198	584	NÚÑEZ NAVEIRA, LAURA		00:39:07	4:53	00:19:34 (202)	F (18)	MASTER 2 F (5)
199	657	PÉREZ BALIRAC, JESÚS	NOITEBRA FC	00:39:10	4:53	00:20:28 (228)	M (181)	MASTER 3 M (38)
200	645	CASAL DURAN, RUBEN		00:39:17	4:54	00:19:51 (212)	M (182)	MASTER 2 M (70)
201	673	YEBRA FUENTES, SOLE	TELENO -CECINAS PABLO	00:39:18	4:54	00:19:03 (192)	F (19)	MASTER 3 F (1)
202	522	FONTAN MONTEAGUDO, IVAN		00:39:20	4:54	00:20:47 (237)	M (183)	SENIOR M (33)
203	115	NOYA PÉREZ, BELÉN	TARTARUGAS	00:39:31	4:56	00:18:51 (188)	F (20)	MASTER 3 F (2)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
204	76	DOMÍNGUEZ GAGO, RICARDO	FLOW PILATES & TRAINING	00:39:43	4:57	00:19:52 (216)	M (184)	MASTER 2 M (71)
205	139	PÉREZ GARCÍA, JESÚS	CLUB ATLETISMO CAMBADOS	00:39:43	4:57	00:20:06 (223)	M (185)	MASTER 4 M (9)
206	97	SANTOS LAMPON, LUPE	FLOW PILATES & TRAINING	00:39:44	4:57	00:19:52 (215)	F (21)	MASTER 2 F (6)
207	565	MARCOS LORENZO, CARLOTA	CLUB TRIATLÓN CERVECERÍA O COTÓN	00:39:46	4:58	00:20:05 (222)	F (22)	MASTER 1 F (2)
208	618	COUTO MENDOZA, MAITE	CLUB ATLETISMO PINO	00:40:05	5:00	00:19:37 (203)	F (23)	MASTER 2 F (7)
209	568	ESPIÑA, MARIA	CDM XESTEIRAS	00:40:07	5:00	00:19:52 (214)	F (24)	MASTER 1 F (3)
210	572	TUBIO MARIÑO, DANIEL		00:40:08	5:00	00:19:58 (221)	M (186)	MASTER 1 M (20)
211	569	MOSQUERA VILLAVERDE, VALENTÍN	CDM XESTEIRAS	00:40:08	5:00	00:19:52 (213)	M (187)	MASTER 1 M (21)
212	593	RÍOS MILLÁN, JOSÉ FRANCISCO		00:40:09	5:01	00:19:52 (217)	M (188)	MASTER 2 M (72)
213	647	CAAMAÑO LAGO, NANSI VIVIANA	SERRES RUNNERS	00:40:09	5:01	00:19:51 (209)	F (25)	MASTER 3 F (3)
214	573	RODRÍGUEZ GONZÁLEZ, PABLO	CLUB ATLETISMO OUTES	00:40:10	5:01	00:19:50 (207)	M (189)	MASTER 1 M (22)
215	581	BUSTO SANTALLA, ANA		00:40:11	5:01	00:19:23 (197)	F (26)	MASTER 1 F (4)
216	552	MATÓ CAAMAÑO, LARA	DG RUN	00:40:12	5:01	00:19:51 (210)	F (27)	SENIOR F (8)
217	551	TOME CANCELA, SANTIAGO	DG RUN	00:40:13	5:01	00:19:51 (211)	M (190)	SENIOR M (34)
218	683	FRANCO VIDAL, JESUS		00:40:24	5:02	00:19:53 (218)	M (191)	MASTER 3 M (39)
219	534	LORENZO, SUSANA		00:40:31	5:03	00:19:58 (220)	F (28)	SENIOR F (9)
220	563	PEREIRA RAMOS, ALEJANDRO		00:40:44	5:05	00:20:50 (242)	M (192)	MASTER 1 M (23)
221	691	DIESTE FERNANDEZ, TOMAS		00:40:50	5:06	00:19:50 (208)	M (193)	MASTER 4 M (10)
222	659	CONDE SIEIRA, XURXO NANUEL	S.D. BARBANTIA RODA	00:40:52	5:06	00:20:47 (238)	M (194)	MASTER 3 M (40)
223	528	RODRIGUEZ GAGO, PAULA		00:41:10	5:08	00:20:48 (240)	F (29)	SENIOR F (10)
224	686	OTERO_CEPEDA_, DANIEL ANGEL		00:41:11	5:08	00:20:41 (234)	M (195)	MASTER 4 M (11)
225	14	GONZÁLEZ VIDAL, ALBA	PAULINO FISIOTERAPIA-REHABILITACIÓN	00:41:12	5:08	00:20:55 (245)	F (30)	SENIOR F (11)
226	674	LOPEZ REBOLLIDO, JORGE		00:41:13	5:09	00:20:47 (239)	M (196)	MASTER 3 M (41)
227	513	LIRES SABORIDO, XABIER	MARINEDA ATLÉTICO	00:41:17	5:09	00:20:28 (232)	M (197)	SUB 23 M (5)
228	39	BETANZOS, SARELA	S.D. BARBANTIA RODA	00:41:18	5:09	00:21:16 (254)	F (31)	SENIOR F (12)
229	19	GUERRERO, VANESSA	EL CANARIO	00:41:19	5:09	00:20:27 (227)	F (32)	SENIOR F (13)
230	502	GARCÍA FOJO, AIALA	ATLETISMO +9 MORAÑA	00:41:21	5:10	00:19:33 (200)	F (33)	SUB 18 F (1)
231	505	GESTO LÓPEZ, CRISTIAN	CLUB ATLETICO BERGONDO	00:41:30	5:11	00:21:45 (263)	M (198)	SUB 18 M (9)
232	55	MILLARES SIEIRA, CLARA MARÍA	EL CANARIO	00:41:32	5:11	00:20:27 (226)	F (34)	MASTER 1 F (5)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
233	669	NIETO GARCÍA, MANUEL		00:41:32	5:11	00:20:28 (229)	M (199)	MASTER 3 M (42)
234	98	VÁZQUEZ CASTRO, VIRGINIA	ATLETISMO FONTES DO SAR	00:41:33	5:11	00:20:28 (230)	F (35)	MASTER 2 F (8)
235	51	ESTÉVEZ CUBAS, ANA		00:41:34	5:11	00:20:40 (233)	F (36)	MASTER 1 F (6)
236	695	DOMINGUEZ GOMEZ, JESUS MATIAS		00:41:44	5:12	00:20:43 (235)	M (200)	MASTER 4 M (12)
237	679	BLANCO RODRÍGUEZ, EMILIO		00:41:49	5:13	00:19:57 (219)	M (201)	MASTER 3 M (43)
238	692	FERNANDEZ ROMERO, PILAR	LA MOCHILA DEL DEPORTE	00:41:49	5:13	00:20:09 (224)	F (37)	MASTER 4 F (1)
239	142	RIAL PAIS, JOSÉ	CLUB ATLETISMO OUTES	00:41:52	5:13	00:21:08 (248)	M (202)	MASTER 4 M (13)
240	130	BARREIRO CERNADAS, RAMON	CLUB ATLETISMO OUTES	00:41:53	5:14	00:21:08 (249)	M (203)	MASTER 4 M (14)
241	599	CASTRO LEMA, CARMEN		00:41:57	5:14	00:20:45 (236)	F (38)	MASTER 2 F (9)
242	127	VEIGA BLANCO, MONTSERRAT	ATLETISMO FONTES DO SAR	00:42:00	5:14	00:20:28 (231)	F (39)	MASTER 3 F (4)
243	611	GESTO LAGO, JULIÁN		00:42:06	5:15	00:21:45 (262)	M (204)	MASTER 2 M (73)
244	562	NÚÑEZ SANTIAGO, ALVARO		00:42:07	5:15	00:20:54 (244)	M (205)	MASTER 1 M (24)
245	610	LÓPEZ SERANTES, MARIA ALMUDENA		00:42:09	5:16	00:21:46 (264)	F (40)	MASTER 2 F (10)
246	512	AMBITE SANTANA, DARIO		00:42:11	5:16	00:19:40 (205)	M (206)	SUB 20 M (4)
247	574	MANTEIGA RODRÍGUEZ, SANDRA		00:42:11	5:16	00:20:50 (241)	F (41)	MASTER 1 F (7)
248	63	OTERO GÓMEZ, MAICA		00:42:19	5:17	00:20:55 (246)	F (42)	MASTER 2 F (11)
249	44	RIVEIRO GAGO, PATRICIA	FLOW PILATES & TRAINING	00:42:36	5:19	00:21:12 (253)	F (43)	MASTER 1 F (8)
250	653	HONORATO ALVAREZ, ALFREDO	EL ESCORPIÓN	00:42:40	5:19	00:21:09 (250)	M (207)	MASTER 3 M (44)
251	595	CAMPOS EIRÍN, MERCEDES	ATLETISMO +9 MORAÑA	00:42:46	5:20	00:21:12 (252)	F (44)	MASTER 2 F (12)
252	582	RAMOS OLVEIRA, ESTEFANÍA		00:42:58	5:22	00:21:06 (247)	F (45)	MASTER 1 F (9)
253	796	García Zurdo, Santiago		00:43:02	5:22	00:20:23 (225)	M (208)	MASTER 2 M (74)
254	21	RODRIGUEZ BERMUDEZ, TAMARA		00:43:04	5:22	00:20:51 (243)	F (46)	SENIOR F (14)
255	654	HONORATO ALVAREZ, ADOLFO	EL ESCORPIÓN	00:43:36	5:26	00:21:09 (251)	M (209)	MASTER 3 M (45)
256	670	TORRADO BEA, RAQUEL		00:43:45	5:28	00:22:28 (276)	F (47)	MASTER 3 F (5)
257	642	VARELA VARELA, SABELA		00:43:48	5:28	00:21:31 (261)	F (48)	MASTER 2 F (13)
258	540	GUILLAMETT FERNÁNDEZ, JORGE		00:43:49	5:28	00:21:24 (258)	M (210)	SENIOR M (35)
259	134	SÁNCHEZ BASCOY, SILVIA		00:44:12	5:31	00:21:23 (257)	F (49)	MASTER 4 F (2)
260	129	CORTÉS MARTÍNEZ, RAMÓN		00:44:20	5:32	00:24:13 (292)	M (211)	MASTER 3 M (46)
261	579	GÓMEZ COSTOYA, RAQUEL		00:44:25	5:33	00:21:21 (256)	F (50)	MASTER 1 F (10)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
262	137	GOMEZ GARCIA, GONZALO		00:44:34	5:34	00:21:30 (260)	M (212)	MASTER 4 M (15)
263	685	COSTA PRATS, PEDRO	U-RUN	00:44:55	5:36	00:21:50 (265)	M (213)	MASTER 4 M (16)
264	140	RAMOS SUÁREZ, Mª BEGOÑA	ENTRENARUNNING	00:44:59	5:37	00:22:11 (272)	F (51)	MASTER 4 F (3)
265	523	CREO SABORIDO, GONZALO		00:45:24	5:40	00:22:08 (271)	M (214)	SENIOR M (36)
266	524	DIOS OUJO, YOLANDA		00:45:30	5:41	00:22:22 (273)	F (52)	SENIOR F (15)
267	619	PEREZ GONZALEZ, BEATRIZ		00:45:39	5:42	00:22:25 (275)	F (53)	MASTER 2 F (14)
268	662	PAZ SILVA, ADÁN		00:45:39	5:42	00:22:24 (274)	M (215)	MASTER 3 M (47)
269	532	FONTENLA ROSENDE, IZAN		00:46:01	5:45	00:21:30 (259)	M (216)	SENIOR M (37)
270	542	VILLOCH NEIRA, MARTA		00:46:03	5:45	00:22:01 (270)	F (54)	SENIOR F (16)
271	541	GUILLAMETT FERNÁNDEZ, GUILLERMO		00:46:03	5:45	00:22:00 (269)	M (217)	SENIOR M (38)
272	122	ARES FONTENLA, RAFAEL		00:46:12	5:46	00:21:16 (255)	M (218)	MASTER 3 M (48)
273	102	CARAMES VILA, NOA	S.D. BARBANTIA RODA	00:46:15	5:46	00:21:51 (266)	F (55)	MASTER 2 F (15)
274	648	ESPASANDIN GESTODO, JOSÉ	FLOW PILATES & TRAINING	00:46:19	5:47	00:23:32 (286)	M (219)	MASTER 3 M (49)
275	667	CRUGEIRAS BARRAL, JOSÉ MANUEL		00:46:21	5:47	00:22:30 (277)	M (220)	MASTER 3 M (50)
276	32	ROO, SARA		00:46:40	5:49	00:22:32 (278)	F (56)	SENIOR F (17)
277	623	IGLESIAS LÓPEZ, JORGE		00:46:54	5:51	00:23:11 (284)	M (221)	MASTER 2 M (75)
278	589	PALLARES BASALO, MONTSERRAT		00:46:56	5:51	00:22:41 (279)	F (57)	MASTER 2 F (16)
279	536	LOSADA ARES, MIGUEL	FLOW PILATES & TRAINING	00:47:06	5:53	00:23:33 (287)	M (222)	SENIOR M (39)
280	635	GARCÍA HIDALGO, BELÉN		00:47:09	5:53	00:23:30 (285)	F (58)	MASTER 2 F (17)
281	501	PALACIOS BLANCO, DANIELA		00:47:13	5:54	00:21:58 (268)	F (59)	SUB 18 F (2)
282	632	PÉREZ REVUELTA, MANUEL ENRIQUE	CD CÁDIZ COSTA DE LA LUZ	00:47:50	5:58	00:23:59 (290)	M (223)	MASTER 2 M (76)
283	615	TORRADO ARES, DORES	S.D. BARBANTIA RODA	00:48:04	6:00	00:22:51 (280)	F (60)	MASTER 2 F (18)
284	583	ROSAL GÓMEZ, ROCÍO		00:48:05	6:00	00:23:10 (283)	F (61)	MASTER 2 F (19)
285	556	MOCIÑO GONZÁLEZ, MARÍA JOSÉ		00:48:10	6:01	00:23:42 (289)	F (62)	SENIOR F (18)
286	6	MÉNDEZ GONZÁLEZ, XOANA	ADAS CUPA	00:48:28	6:03	00:23:05 (281)	F (63)	SUB 18 F (3)
287	74	MÉNDEZ FROJAN, XAIÑO	CLUB ATLETISMO SAR	00:48:31	6:03	00:23:05 (282)	M (224)	MASTER 2 M (77)
288	678	LIÑARES MARTÍNEZ, JOSÉ IGNACIO		00:48:59	6:07	00:24:09 (291)	M (225)	MASTER 3 M (51)
289	25	SAMPEDRO GARCÍA, SARAI		00:49:54	6:14	00:24:52 (298)	F (64)	SENIOR F (19)
290	519	RAQUEL PALLARES, JESUS ALBERTO		00:50:01	6:15	00:24:54 (299)	M (226)	SENIOR M (40)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN ABSOLUTA

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITM	TVOLTA	SEXO	CATEGORÍA
291	526	FERNÁNDEZ-COUTO ÁLVAREZ, PAULA		00:50:42	6:20	00:24:51 (297)	F (65)	SENIOR F (20)
292	651	FERNÁNDEZ-COUTO GÓMEZ, LUIS		00:50:42	6:20	00:24:50 (296)	M (227)	MASTER 3 M (52)
293	131	TRESGUERRAS GONZÁLEZ, ELVIRA	CLUB ATLETISMO SAR	00:51:05	6:23	00:24:48 (295)	F (66)	MASTER 4 F (4)
294	588	VAZQUEZ REY, SERVANDO		00:52:10	6:31	00:24:59 (300)	M (228)	MASTER 2 M (78)
295	118	ANSEDES DOMINGUEZ, MARÍA LUCÍA	NOITEBRA	00:52:43	6:35	00:25:24 (301)	F (67)	MASTER 3 F (6)
296	77	CANAVERI GUEVARA, PATRICIA	FLOW PILATES & TRAINING	00:52:52	6:36	00:25:32 (302)	F (68)	MASTER 2 F (20)
297	576	RAMIREZ GARCIA, AMELIA PATRICIA		00:53:45	6:43	00:26:55 (307)	F (69)	MASTER 1 F (11)
298	693	TUBÍO SAAVEDRA, FELISA		00:53:48	6:43	00:26:08 (303)	F (70)	MASTER 4 F (5)
299	84	FERRARA, MAURO EMILIANO		00:54:15	6:46	00:24:26 (294)	M (229)	MASTER 2 M (79)
300	672	DI LELLA, VICENTE JORGE		00:54:15	6:46	00:24:21 (293)	M (230)	MASTER 3 M (53)
301	689	FRUTOS MARTÍNEZ, GRACIA		00:54:17	6:47	00:26:42 (305)	F (71)	MASTER 4 F (6)
302	684	FRUTOS MARTÍNEZ, MARIA		00:54:28	6:48	00:26:47 (306)	F (72)	MASTER 4 F (7)
303	616	MORA MARADIAGO, JHON JAIRO		00:54:34	6:49	00:26:34 (304)	M (231)	MASTER 2 M (80)

Total: 303

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN SAPATILLA INC

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO
1	699	PEREIRA CALVAR, CÉSAR		00:20:51	5:20	M (1)
2	143	CALVO VITURRO, MOISÉS	S.D. BARBANTIA RODA	00:22:31	5:46	M (2)
3	144	VIDAL SILVA, RAMON HECTOR	EL CANARIO	00:23:24	5:59	M (3)
4	698	ALONSO GARCÍA, MANUEL		00:23:47	6:05	M (4)

Total: 4

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 16

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	SEXO
SUB 16						
FEMENINO						
SUB 16 F (1)	703	PAZ SANTAMARÍA, CARMEN	CLUB ATLETISMO NOIA	00:15:39	4:00	F (1)
SUB 16 F (2)	222	LÓPEZ SÁNCHEZ, UXIA	ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN-CHO-SHEY	00:18:34	4:45	F (2)
MASCULINO						
SUB 16 M (1)	702	AMBITE SANTANA, DIEGO		00:14:18	3:39	M (1)
SUB 16 M (2)	213	RAMOS SAMBADE, GONZALO	TRIKITEAM	00:14:58	3:50	M (2)
SUB 16 M (3)	216	BAHAMONDE BARCALA, BRAIS	CLUB ATLETISMO TAMBRE	00:15:24	3:56	M (3)
SUB 16 M (4)	211	CAMBA VÁZQUEZ, XABI	CORUÑA COMARCA	00:16:51	4:19	M (4)
SUB 16 M (5)	225	CORTÉS MARTÍNEZ, LOIS	ATLETISMO FONTES DO SAR	00:24:18	6:13	M (5)

Total: 7

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 14

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	P. SEXO
FEMENINO						
SUB 14 F (1)	190	AGEITOS ROMERO, LUCÍA	CLUB NATACIÓN RIBEIRA	00:06:42	3:37	F (1)
SUB 14 F (2)	188	BAYÓN DIZ, DANIELA	CLUB ATLETISMO CAMBADOS	00:07:14	3:54	F (2)
SUB 14 F (3)	706	BARROS CAMPOS, JUDIT	ATLETISMO +9 MORAÑA	00:07:19	3:57	F (3)
SUB 14 F (4)	201	LÓPEZ SÁNCHEZ, LARA	ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN-CHO-SHEY	00:07:34	4:05	F (4)
SUB 14 F (5)	708	FILGUEIRA RASCADO, ALBA	CLUB FERROL ATLETISMO	00:07:48	4:12	F (5)
SUB 14 F (6)	197	CAO HERMO, CELIA		00:07:58	4:18	F (6)
SUB 14 F (7)	710	PALACIOS BLANCO, CLAUDIA		00:08:03	4:20	F (7)
SUB 14 F (8)	195	RODRÍGUEZ GONZÁLEZ, ADRIANA	CLUB ATLETISMO TAMBRE	00:08:21	4:30	F (8)
SUB 14 F (9)	187	DÍAZ GRAÑA, LEIRE	CLUB OURENSE ATLETISMO	00:08:27	4:33	F (9)
SUB 14 F (10)	198	CIBEIRA SANTOS, BIANCA	FLOW PILATES & TRAINING	00:08:56	4:49	F (10)
SUB 14 F (11)	199	REYNAERT VÁZQUEZ, JULIETTE	ATLETISMO FONTES DO SAR	00:09:26	5:05	F (11)
SUB 14 F (12)	801	Fernandez Marco, Elena		00:12:58	7:00	F (12)
MASCULINO						
SUB 14 M (1)	202	BASTOS DIZ, JOSEP	CSCR BEADE	00:06:47	3:39	M (1)
SUB 14 M (2)	203	OTERO RIAL, XOEL	CLUB ATLETISMO TAMBRE	00:06:55	3:44	M (2)
SUB 14 M (3)	711	VILLAR CAMPOS, MARTIN DEMETRIO		00:06:59	3:46	M (3)
SUB 14 M (4)	200	BARCALA LÓPEZ, MARCOS	CLUB ATLETISMO TAMBRE	00:07:13	3:53	M (4)
SUB 14 M (5)	204	LAGO FERNANDEZ, ALVARO	ATLETISMO FONTES DO SAR	00:08:11	4:25	M (5)
SUB 14 M (6)	705	GARCÍA NEIRA, XOEL		00:08:20	4:29	M (6)
SUB 14 M (7)	205	SENDÓN FERNÁNDEZ, ANXO		00:09:34	5:10	M (7)
SUB 14 M (8)	707	MORA RAMIREZ, JHONNY ANDRES		00:15:01	8:06	M (8)
SUB 14 M (9)	797	Martinez Piñeiro, Adrián		00:15:01	8:06	M (9)

Total: 21

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 12

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	P. SEXO
FEMENINO						
SUB 12 F (1)	180	REBOIRAS BUSTELO, AINHOA	SD COMPOSTELA ATLETISMO	00:04:36	3:49	F (1)
SUB 12 F (2)	183	SUÁREZ SUÁREZ, CARLA		00:04:38	3:51	F (2)
SUB 12 F (3)	729	LIJÓ AGRELO, CARLOTA	CLUB NATACIÓN RIBEIRA	00:04:48	3:59	F (3)
SUB 12 F (4)	721	ARES NIETO, ANTIA		00:04:50	4:01	F (4)
SUB 12 F (5)	730	LEAL LADO, PAULA		00:05:03	4:12	F (5)
SUB 12 F (6)	179	QUEIRUGA SILVA, HELENA	CLUB NATACIÓN RIBEIRA	00:05:04	4:12	F (6)
SUB 12 F (7)	731	HERMO CASTRO, AMAYA		00:05:16	4:23	F (7)
SUB 12 F (8)	722	BUSTELO BARBEITO, VERA		00:05:19	4:25	F (8)
SUB 12 F (9)	728	LOPEZ SANTOS, NOA	TRIBU TRAIL	00:05:40	4:42	F (9)
SUB 12 F (10)	186	VILELA RODRÍGUEZ, VALENTINA	ATLETISMO FONTES DO SAR	00:05:42	4:44	F (10)
SUB 12 F (11)	170	GIL CASTIÑEIRAS, DANIELA	SD COMPOSTELA ATLETISMO	00:05:45	4:47	F (11)
SUB 12 F (12)	184	CORTÉS MARTÍNEZ, ALDARA	ATLETISMO FONTES DO SAR	00:05:48	4:49	F (12)
SUB 12 F (13)	719	CAMBEIRO RILO, LAURA		00:05:56	4:56	F (13)
SUB 12 F (14)	720	PALACIOS PAMPIN, NEREA		00:06:41	5:33	F (14)
MASCULINO						
SUB 12 M (1)	185	CORDAL AMARELLE, HUGO	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:04:12	3:29	M (1)
SUB 12 M (2)	171	AGEITOS ROMERO, LUCAS	CLUB NATACIÓN RIBEIRA	00:04:26	3:40	M (2)
SUB 12 M (3)	175	RODRÍGUEZ GONZÁLEZ, ÁLVARO	CLUB ATLETISMO TAMBRE	00:04:27	3:42	M (3)
SUB 12 M (4)	177	MARTÍNEZ ALDARIZ, XIAN	SD COMPOSTELA ATLETISMO	00:04:27	3:42	M (4)
SUB 12 M (5)	726	OTERO BUCETA, ADRIÁN		00:04:30	3:44	M (5)
SUB 12 M (6)	172	SUAREZ FUENTES, IKER		00:04:35	3:48	M (6)
SUB 12 M (7)	724	VÁZQUEZ GARCÍA, PEDRO		00:04:46	3:57	M (7)
SUB 12 M (8)	725	VÁZQUEZ GARCÍA, JACOBO		00:04:50	4:01	M (8)
SUB 12 M (9)	181	LÓPEZ MILLARES, BREIXO	EL CANARIO	00:05:01	4:10	M (9)
SUB 12 M (10)	723	BUSTELO BARBEITO, TEO		00:05:36	4:39	M (10)
SUB 12 M (11)	176	REY BARREIRO, DARÍO		00:05:36	4:39	M (11)
SUB 12 M (12)	799	Rodriguez Mota, Carlos		00:05:52	4:52	M (12)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 12

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	P. SEXO
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Total: 26

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 10

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	P. SEXO
FEMENINO						
SUB 10 F (1)	155	VICENTE MUÑIZ, ALMA	S.D. BARBANTIA RODA	00:02:37	4:00	F (1)
SUB 10 F (2)	164	MELLA RAMA, CELIA	CLUB ATLETISMO MILLARAIO	00:02:39	4:03	F (2)
SUB 10 F (3)	748	VILLAR CAMPOS, NAGORE		00:02:41	4:06	F (3)
SUB 10 F (4)	743	DÍAZ LÓPEZ, MIREIA	OLYMPO AS PONTES	00:02:41	4:06	F (4)
SUB 10 F (5)	744	LIJÓ AGRELO, CELIA	CLUB NATACIÓN RIBEIRA	00:02:57	4:30	F (5)
SUB 10 F (6)	158	MATEOS CALVIÑO, XEILA	SD COMPOSTELA ATLETISMO	00:03:02	4:38	F (6)
SUB 10 F (7)	156	REY ESTÉVEZ, CARMEN		00:03:15	4:58	F (7)
SUB 10 F (8)	802	Mota Santos, Nerea		00:03:28	5:18	F (8)
SUB 10 F (9)	739	MORA RAMIREZ, EMILY SARAY		00:03:29	5:20	F (9)
SUB 10 F (10)	740	FERNÁNDEZ MUÑIZ, CELIA		00:03:32	5:25	F (10)
SUB 10 F (11)	736	DOMÍNGUEZ CANAVERI, IARA	FLOW PILATES & TRAINING	00:03:33	5:27	F (11)
SUB 10 F (12)	803	Sieira Guerrero, Maya		00:03:40	5:37	F (12)
SUB 10 F (13)	741	BARREIRO VILLAR, HAIZEA		00:03:52	5:56	F (13)

XV CARREIRA POPULAR CONCELLO DA POBRA DO CARAMIÑAL

CLASIFICACIÓN CATEGORÍAS SUB 10

P. CAT	DOR	NOMBRE	CLUB	T.OFICIAL	RITMO	P. SEXO
MASCULINO						
SUB 10 M (1)	746	VEGA MARTINEZ, ALEXANDRE	CORUÑA COMARCA	00:02:28	3:46	M (1)
SUB 10 M (2)	735	BARROS CAMPOS, ISMAEL	ATLETISMO +9 MORAÑA	00:02:34	3:56	M (2)
SUB 10 M (3)	149	DOMÍNGUEZ SANTIAGO, LOIS		00:02:44	4:11	M (3)
SUB 10 M (4)	160	MIRÁS NEIRA, XOEL	CLUB TRIATLÓN COMPOSTELA	00:02:47	4:16	M (4)
SUB 10 M (5)	798	Calafell Aizpurua, Ander		00:02:49	4:19	M (5)
SUB 10 M (6)	737	RILO RODRIGUEZ, NIKO	ATLETISMO GUITIRIZ	00:02:50	4:20	M (6)
SUB 10 M (7)	163	RODRIGUEZ BARRIL, ADRIAN	SD COMPOSTELA ATLETISMO	00:02:52	4:23	M (7)
SUB 10 M (8)	738	ALVAREZ VILAS, LUCAS	CLUB ATLETISMO SAR	00:02:58	4:32	M (8)
SUB 10 M (9)	742	BARRIUSO FERNÁNDEZ, MAEL		00:03:06	4:44	M (9)
SUB 10 M (10)	145	LIRES VIDAL, ARTAI		00:03:19	5:04	M (10)
SUB 10 M (11)	166	VILELA RODRÍGUEZ, SIMÓN		00:03:19	5:04	M (11)
SUB 10 M (12)	157	VÁZQUEZ DOMÍNGUEZ, HÉCTOR	CLUB ATLETISMO CAMBADOS	00:03:30	5:22	M (12)
SUB 10 M (13)	162	HERMO MILLARES, GABRIEL	EL CANARIO	00:03:36	5:31	M (13)
SUB 10 M (14)	800	Fernandez Marco, David		00:03:50	5:53	M (14)
SUB 10 M (15)	165	CORDAL AMARELLE, MARIO		00:03:52	5:55	M (15)

Total: 28