

**RESULTADOS OFICIAIS**
**ABSOLUTA 5K**
**21:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                       | SEXO | CATEGORÍA   |
|-----|-----|-------------------------------|------|--------------|-------|--------|-----------|-----------------------------|------|-------------|
| 1   | 162 | ELOY BREOGÁN VILLANUEVA RICO  | 2000 | <b>16:40</b> | 03:20 | 16:27  |           | A.D. NAUTICO NARÓN          | M-1  | Senior-1    |
| 2   | 99  | ESTEBAN DÍAZ PÉREZ            | 1981 | <b>16:49</b> | 03:21 | 16:36  | GA34      | ATLETISMO NARON             | M-2  | Máster B-1  |
| 3   | 111 | RAFA POUFARIÑA CASTRO         | 1985 | <b>17:26</b> | 03:29 | 17:14  |           | PASA OU ENTORNA             | M-3  | Máster A-1  |
| 4   | 130 | JUAN CARLOS CORTIZAS BAÑOBRE  | 1990 | <b>17:34</b> | 03:30 | 17:22  |           |                             | M-4  | Senior-2    |
| 5   | 146 | ADRIÁN LÓPEZ ROMERO           | 1994 | <b>17:46</b> | 03:33 | 17:34  |           | C.T. CANDETLÓN              | M-5  | Senior-3    |
| 6   | 171 | HUGO SERANTES BOUZA           | 2006 | <b>17:50</b> | 03:34 | 17:38  | GA1139    | ATLETISMO NARON             | M-6  | Sub 20-1    |
| 7   | 137 | ALEJANDRO ROCA RIVERA         | 1992 | <b>17:56</b> | 03:35 | 17:43  |           |                             | M-7  | Senior-4    |
| 8   | 53  | JOSE ANGEL LOPEZ VILLAR       | 1974 | <b>17:58</b> | 03:35 | 17:46  | GA-19395  | EGOVARROS DE VIVEIRO        | M-8  | Máster B-2  |
| 9   | 76  | AGUSTÍN P. HERMIDA RODRÍGUEZ  | 1978 | <b>18:18</b> | 03:39 | 18:06  | AG-20454  | A.D. NAUTICO NARÓN          | M-9  | Máster B-3  |
| 10  | 154 | PABLO PEDROSA PAZ             | 1997 | <b>18:30</b> | 03:42 | 18:17  |           | TRIATLON FERROL             | M-10 | Senior-5    |
| 11  | 144 | PABLO ESPÍNEIRA CORTIZAS      | 1993 | <b>18:37</b> | 03:43 | 18:24  |           |                             | M-11 | Senior-6    |
| 12  | 135 | MARTÍN BELLAS GÓMEZ           | 1991 | <b>18:40</b> | 03:44 | 18:27  |           | TRIATLÓN FERROL             | M-12 | Senior-7    |
| 13  | 35  | JOSE SAIZ                     | 1971 | <b>18:43</b> | 03:44 | 18:30  |           | OPA FERROL TEAM RUNNING     | M-13 | Máster C-1  |
| 14  | 87  | MARIO LÓPEZ PAZ               | 1980 | <b>18:48</b> | 03:45 | 18:35  |           | TRIATLÓN FERROL             | M-14 | Máster B-4  |
| 15  | 155 | MIGUEL GARCIA MARTIN          | 1998 | <b>18:53</b> | 03:46 | 18:42  |           |                             | M-15 | Senior-8    |
| 16  | 41  | CHEMA ERAÑA CABALLERO         | 1972 | <b>18:55</b> | 03:47 | 18:42  | TGAL296   | OPA FERROL TEAM RUNNING     | M-16 | Máster C-2  |
| 17  | 109 | DAVID AHIJADO FERNÁNDEZ       | 1984 | <b>19:08</b> | 03:49 | 18:55  |           |                             | M-17 | Máster A-2  |
| 18  | 75  | OSCAR AMADO                   | 1978 | <b>19:26</b> | 03:53 | 19:11  |           | OPA FERROL TEAM RUNNING     | M-18 | Máster B-5  |
| 19  | 157 | MANUEL SUÁREZ SÁNCHEZ         | 1998 | <b>19:30</b> | 03:54 | 19:17  |           |                             | M-19 | Senior-9    |
| 20  | 89  | JOSE CHUECOS                  | 1980 | <b>19:33</b> | 03:54 | 19:19  |           | PASA OU ENTORNA             | M-20 | Máster B-6  |
| 21  | 34  | JULIÁN PÉREZ DURÁN            | 1971 | <b>19:39</b> | 03:55 | 19:26  |           | SIGUEME SI PUEDES           | M-21 | Máster C-3  |
| 22  | 77  | ÓSCAR MANUEL COUTO PÉREZ      | 1978 | <b>19:47</b> | 03:57 | 19:32  |           |                             | M-22 | Máster B-7  |
| 23  | 33  | CARLOS SALUTREGUI DARRIBA     | 1971 | <b>19:56</b> | 03:59 | 19:41  |           |                             | M-23 | Máster C-4  |
| 24  | 170 | LUCÍA PIÑÓN PEREIRA           | 2006 | <b>20:01</b> | 04:00 | 19:48  | 32727744D | A.D. NAUTICO NARÓN          | F-1  | Sub 20-1    |
| 25  | 602 | JAVIER PAZOS GARCÍA           | 1995 | <b>20:06</b> | 04:01 | 19:47  |           |                             | M-24 | Senior-10   |
| 26  | 26  | ANDRES PIÑÓN LOUREIRO         | 1970 | <b>20:08</b> | 04:01 | 19:55  |           | EGOVARROS DE VIVEIRO        | M-25 | Máster C-5  |
| 27  | 100 | HELENA PEÑAS                  | 1981 | <b>20:10</b> | 04:02 | 19:57  | TGAL375   | OPA FERROL TEAM RUNNING     | F-2  | Máster B-1  |
| 28  | 25  | JUAN SICILIA BARCI            | 1970 | <b>20:11</b> | 04:02 | 19:59  | AG17259   |                             | M-26 | Máster C-6  |
| 29  | 56  | JUAN JOSE VIEITES PONTE       | 1975 | <b>20:13</b> | 04:02 | 19:57  |           | SIGUEME SI PUEDES           | M-27 | Máster B-8  |
| 30  | 54  | JAVIER GONZÁLEZ PEREIRA       | 1974 | <b>20:19</b> | 04:03 | 20:06  |           |                             | M-28 | Máster B-9  |
| 31  | 22  | JUAN AMIGO FERREIRO           | 1969 | <b>20:30</b> | 04:06 | 20:13  | GA758     | SOCIEDAD DEPORTIVA COMPO    | M-29 | Máster C-7  |
| 32  | 117 | BORJA PICO FEAL               | 1986 | <b>20:33</b> | 04:06 | 20:17  |           | CLUB CASTRO DE LOBADIZ      | M-30 | Máster A-3  |
| 33  | 80  | JOSÉ ANTONIO ALVITE FERNÁNDEZ | 1979 | <b>20:39</b> | 04:07 | 20:24  |           |                             | M-31 | Máster B-10 |
| 34  | 92  | RUBÉN LÓPEZ LAGARES           | 1980 | <b>20:43</b> | 04:08 | 20:25  |           |                             | M-32 | Máster B-11 |
| 35  | 23  | MANUEL VAZQUEZ RAMOS          | 1970 | <b>20:50</b> | 04:10 | 20:37  | AG2024664 | CLUBE DE ATLETISMO VERXEL N | M-33 | Máster C-8  |
| 36  | 78  | JOSE SÁEZ SUÁREZ              | 1979 | <b>21:06</b> | 04:13 | 20:49  |           |                             | M-34 | Máster B-12 |
| 37  | 5   | JOSÉ MANUEL INSUA RODRÍGUEZ   | 1958 | <b>21:11</b> | 04:14 | 20:58  | AG2019299 | RIA FERROL-CONCEPCION AREI  | M-35 | Máster D-1  |
| 38  | 141 | JUAN MANUEL MONTERO LÓPEZ     | 1993 | <b>21:12</b> | 04:14 | 20:57  | AG20543   | CLUB FERROL ATLETISMO       | M-36 | Senior-11   |
| 39  | 128 | ABEL MAYOBRE VARELA           | 1990 | <b>21:17</b> | 04:15 | 21:00  |           |                             | M-37 | Senior-12   |
| 40  | 32  | BERTO BAZ RODRIGUEZ           | 1971 | <b>21:23</b> | 04:16 | 21:07  |           | SIGUEME SI PUEDES           | M-38 | Máster C-9  |
| 41  | 110 | DIEGO URIA REY                | 1984 | <b>21:24</b> | 04:16 | 21:11  |           | CLUB DALLE GAS RUNNING TE/  | M-39 | Máster A-4  |
| 42  | 83  | PASCUAL FERNÁNDEZ ALBORNOS    | 1979 | <b>21:27</b> | 04:17 | 21:14  |           |                             | M-40 | Máster B-13 |
| 43  | 13  | RAFAEL SABIO FERNÁNDEZ        | 1966 | <b>21:39</b> | 04:19 | 21:24  | TGAL130   |                             | M-41 | Máster C-10 |
| 44  | 167 | YAGO DANIEL RIO PEREIRA       | 2004 | <b>21:58</b> | 04:23 | 21:45  |           |                             | M-42 | Sub 23-1    |
| 45  | 74  | VÍCTOR MANUEL VILAR REINA     | 1978 | <b>22:05</b> | 04:25 | 21:50  |           |                             | M-43 | Máster B-14 |
| 46  | 143 | FERNANDO BOUZA FERNÁNDEZ      | 1993 | <b>22:07</b> | 04:25 | 21:50  |           |                             | M-44 | Senior-13   |
| 47  | 603 | ANDRÉS GARCÍA BARREIRO        | 1976 | <b>22:11</b> | 04:26 | 21:56  |           |                             | M-45 | Máster B-15 |
| 48  | 63  | MARÍA LOPEZ SERANTES          | 1975 | <b>22:23</b> | 04:28 | 22:08  | TGAL-374  | OPA FERROL TEAM RUNNING     | F-3  | Máster B-2  |
| 49  | 61  | JOSÉ ÁNGEL VÁZQUEZ FREIRE     | 1975 | <b>22:32</b> | 04:30 | 22:15  |           | SÍGUEME SI PUEDES           | M-46 | Máster B-16 |
| 50  | 103 | ÁNGEL BLANCO VÁZQUEZ          | 1982 | <b>22:33</b> | 04:30 | 22:18  |           |                             | M-47 | Máster B-17 |
| 51  | 156 | AROIA PICOS LEÓN              | 1998 | <b>22:41</b> | 04:32 | 22:23  |           |                             | F-4  | Senior-1    |
| 52  | 52  | SUSO MARTÍNEZ CHEDAS          | 1974 | <b>22:54</b> | 04:34 | 22:39  | TGAL298   | OPA FERROL TEAM RUNNING     | M-48 | Máster B-18 |
| 53  | 95  | MARCOS SEOANE FERNANDEZ       | 1980 | <b>22:55</b> | 04:35 | 22:39  |           | CLUB FERROL ATLETISMO       | M-49 | Máster B-19 |
| 54  | 70  | NOÉ TEIJEIRO FERNANDEZ        | 1977 | <b>23:00</b> | 04:36 | 22:47  |           | NOETRAINERS FERROL          | M-50 | Máster B-20 |
| 55  | 66  | DIEGO RODRÍGUEZ LÓPEZ         | 1976 | <b>23:03</b> | 04:36 | 22:45  |           |                             | M-51 | Máster B-21 |
| 56  | 138 | JULIAN LOPEZ VILLAMAR         | 1992 | <b>23:04</b> | 04:36 | 22:45  |           |                             | M-52 | Senior-14   |
| 57  | 64  | ROBERTO TENREIRO ANIDO        | 1976 | <b>23:05</b> | 04:37 | 22:50  |           | OPA FERROL TEAM RUNNING     | M-53 | Máster B-22 |
| 58  | 119 | DANIEL SUÁREZ PITA            | 1986 | <b>23:15</b> | 04:39 | 22:58  |           |                             | M-54 | Máster A-5  |
| 59  | 60  | CARLOS GARCÍA CORTIZAS        | 1975 | <b>23:18</b> | 04:39 | 22:55  |           |                             | M-55 | Máster B-23 |
| 60  | 79  | NACHO GARCÍA RODRÍGUEZ        | 1979 | <b>23:18</b> | 04:39 | 22:57  |           |                             | M-56 | Máster B-24 |

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| PTO | DOR | NOME                            | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE                      | SEXO | CATEGORÍA   |
|-----|-----|---------------------------------|------|--------------|-------|--------|----------|----------------------------|------|-------------|
| 61  | 59  | JUAN ANTONIO CASTRO DOPICO      | 1975 | <b>23:23</b> | 04:40 | 23:02  | 32676066 | TRIATLÓN FERROL            | M-57 | Máster B-25 |
| 62  | 129 | SARA PRADERA CIBREIRO           | 1990 | <b>23:24</b> | 04:40 | 23:10  |          | XABARÍS ÁRTABROS           | F-5  | Senior-2    |
| 63  | 82  | ANGEL DE LA HUERTA FERNANDEZ    | 1979 | <b>23:24</b> | 04:40 | 23:09  |          | CLUB DALLE GAS RUNNING TE/ | M-58 | Máster B-26 |
| 64  | 51  | JOSE PORTOMEÑE MENOYO           | 1973 | <b>23:26</b> | 04:41 | 23:10  | AG-20063 | CLUB FERROL ATLETISMO      | M-59 | Máster C-11 |
| 65  | 43  | ÁNGEL CASAS POLO                | 1972 | <b>23:29</b> | 04:41 | 23:09  |          |                            | M-60 | Máster C-12 |
| 66  | 42  | ALBERTO PÉREZ AMOR              | 1972 | <b>23:30</b> | 04:42 | 23:14  |          | OPA FERROL TEAM RUNNING    | M-61 | Máster C-13 |
| 67  | 40  | JOSE ANTONIO NOVOA SÁNCHEZ      | 1972 | <b>23:36</b> | 04:43 | 23:19  | AG-20191 | CLUB FERROL ATLETISMO      | M-62 | Máster C-14 |
| 68  | 18  | MARIA VICTORIA GRUEIRO HERMIDA  | 1969 | <b>23:37</b> | 04:43 | 23:22  | AG17465  | ATLETISMO NARON            | F-6  | Máster C-1  |
| 69  | 122 | EUGENIO FREIRE BUYO             | 1987 | <b>23:57</b> | 04:47 | 23:35  |          |                            | M-63 | Máster A-6  |
| 70  | 102 | SERGIO RODRÍGUEZ JUSTO          | 1982 | <b>23:57</b> | 04:47 | 23:38  |          |                            | M-64 | Máster B-27 |
| 71  | 49  | GABI VEIGA GRAÑA                | 1973 | <b>24:01</b> | 04:48 | 23:44  |          | SIGUEME SI PUEDES          | M-65 | Máster C-15 |
| 72  | 96  | RAFA MARTINEZ SANDE             | 1980 | <b>24:01</b> | 04:48 | 23:44  |          | SÍGUEME SI PUEDES          | M-66 | Máster B-28 |
| 73  | 94  | CÉSAR MANUEL LOUREIRO AMOR      | 1980 | <b>24:01</b> | 04:48 | 23:40  |          |                            | M-67 | Máster B-29 |
| 74  | 105 | SANTIAGO RIVERO DE AGUILAR ALOI | 1983 | <b>24:05</b> | 04:49 | 23:42  |          |                            | M-68 | Máster A-7  |
| 75  | 85  | IVÁN CERNADAS                   | 1980 | <b>24:12</b> | 04:50 | 23:52  |          | CLUB DEPORTIVO PINARIUM    | M-69 | Máster B-30 |
| 76  | 62  | JESÚS MARÍA GARCÍA BLANCO       | 1975 | <b>24:18</b> | 04:51 | 23:55  |          |                            | M-70 | Máster B-31 |
| 77  | 16  | PAULA ANTON VAZQUEZ             | 1968 | <b>24:28</b> | 04:53 | 24:11  |          | OPA FERROL TEAM RUNNING    | F-7  | Máster C-2  |
| 78  | 142 | NOEL ARMAS LOSADA               | 1993 | <b>24:35</b> | 04:55 | 24:17  |          |                            | M-71 | Senior-15   |
| 79  | 20  | GUILLERMO RAMÓN LAGO BREIJO     | 1969 | <b>24:37</b> | 04:55 | 24:18  |          | CLUBE ATLETISMO FENE       | M-72 | Máster C-16 |
| 80  | 106 | LAURA MÉNDEZ BELLÓN             | 1983 | <b>24:39</b> | 04:55 | 24:21  |          |                            | F-8  | Máster A-1  |
| 81  | 57  | JORGE JUAN ÁLVAREZ CASTRILLÓN   | 1975 | <b>24:43</b> | 04:56 | 24:27  |          | OPA FERROL TEAM RUNNING    | M-73 | Máster B-32 |
| 82  | 36  | SANDRA CAGIGAO MOREDA           | 1971 | <b>24:48</b> | 04:57 | 24:32  |          | OPA FERROL TEAM RUNNING    | F-9  | Máster C-3  |
| 83  | 108 | DIEGO SARMIENTO CALVO           | 1984 | <b>24:54</b> | 04:58 | 24:33  |          | OS KARAKOIS                | M-74 | Máster A-8  |
| 84  | 160 | RAÚL REY CANAY                  | 1999 | <b>25:02</b> | 05:00 | 24:41  |          |                            | M-75 | Senior-16   |
| 85  | 27  | JUAN CARLOS HERMIDA MERA        | 1971 | <b>25:04</b> | 05:00 | 24:43  | AG4297   | CLUB CASTRO DE LOBADIZ     | M-76 | Máster C-17 |
| 86  | 73  | BEATRIZ SANTIAGO YÁÑEZ          | 1978 | <b>25:04</b> | 05:00 | 24:50  | AG12480  | ATLETISMO NARON            | F-10 | Máster B-3  |
| 87  | 133 | ISABEL GRUEIRO ACCIÓN           | 1991 | <b>25:09</b> | 05:01 | 24:54  |          | PASA OU ENTORNA            | F-11 | Senior-3    |
| 88  | 84  | CÉSAR BOUZA BELLÓN              | 1979 | <b>25:14</b> | 05:02 | 24:59  |          |                            | M-77 | Máster B-33 |
| 89  | 124 | PABLO GARCÍA MARTÍNEZ           | 1988 | <b>25:14</b> | 05:02 | 24:57  |          |                            | M-78 | Máster A-9  |
| 90  | 163 | ANA LEIRA RIVERA                | 2001 | <b>25:16</b> | 05:03 | 24:55  |          |                            | F-12 | Senior-4    |
| 91  | 123 | LUISA ANIDO RODRÍGUEZ           | 1988 | <b>25:18</b> | 05:03 | 25:01  |          | PROAM                      | F-13 | Máster A-2  |
| 92  | 120 | RODRIGO CAJAMARCA RIVERA        | 1987 | <b>25:20</b> | 05:04 | 25:02  |          |                            | M-79 | Máster A-10 |
| 93  | 131 | PAULA ARIAS RODRÍGUEZ           | 1990 | <b>25:23</b> | 05:04 | 25:10  |          |                            | F-14 | Senior-5    |
| 94  | 107 | JOSÉ ANGEL DÍAZ AGULLÓ          | 1983 | <b>25:31</b> | 05:06 | 25:13  |          | CLUB DALLE GAS RUNNING TE/ | M-80 | Máster A-11 |
| 95  | 101 | MARCOS RAMA CASTRO              | 1982 | <b>25:47</b> | 05:09 | 25:25  |          |                            | M-81 | Máster B-34 |
| 96  | 39  | ALBERTO PITA IGLESIAS           | 1972 | <b>25:50</b> | 05:10 | 25:30  |          |                            | M-82 | Máster C-18 |
| 97  | 98  | XOÁN TOJEIRO FERNÁNDEZ          | 1981 | <b>25:51</b> | 05:10 | 25:30  |          |                            | M-83 | Máster B-35 |
| 98  | 147 | LUCÍA ABEAL NAVARRO             | 1995 | <b>25:52</b> | 05:10 | 25:33  |          |                            | F-15 | Senior-6    |
| 99  | 169 | ARO A TEIJEIRO SEVILLA          | 2005 | <b>25:59</b> | 05:11 | 25:42  |          | NOETRAINERS FERROL         | F-16 | Sub 20-2    |
| 100 | 12  | ANA MACEIRAS                    | 1966 | <b>26:03</b> | 05:12 | 25:48  |          |                            | F-17 | Máster C-4  |
| 101 | 7   | JOSÉ MIGUEL POLO CARREIRAS      | 1958 | <b>26:07</b> | 05:13 | 25:51  |          | CLUB FERROL ATLETISMO      | M-84 | Máster D-2  |
| 102 | 127 | JACQUELIN CASTILLO TELLO        | 1989 | <b>26:11</b> | 05:14 | 25:46  |          |                            | F-18 | Senior-7    |
| 103 | 47  | JOSÉ JULIO DIAZ LAFUENTE        | 1973 | <b>26:31</b> | 05:18 | 26:07  |          |                            | M-85 | Máster C-19 |
| 104 | 116 | RAFAEL GÓMEZ PARDO              | 1986 | <b>26:54</b> | 05:22 | 26:30  |          | XABARÍS ÁRTABROS           | M-86 | Máster A-12 |
| 105 | 72  | OSCAR CEBREIRO DURAN            | 1977 | <b>27:00</b> | 05:24 | 26:41  |          |                            | M-87 | Máster B-36 |
| 106 | 114 | ADRIÁN VILLAR FERNÁNDEZ         | 1985 | <b>27:01</b> | 05:24 | 26:43  |          |                            | M-88 | Máster A-13 |
| 107 | 69  | MONICA BENASACH GARCIA          | 1977 | <b>27:04</b> | 05:24 | 26:43  |          |                            | F-19 | Máster B-4  |
| 108 | 8   | JOSE LOPEZ ANEIROS              | 1961 | <b>27:04</b> | 05:24 | 26:44  |          |                            | M-89 | Máster D-3  |
| 109 | 118 | JORDI PUIG MATEO                | 1986 | <b>27:29</b> | 05:29 | 27:13  |          |                            | M-90 | Máster A-14 |
| 110 | 115 | LAURA CASTRO REYES              | 1986 | <b>27:31</b> | 05:30 | 27:13  |          |                            | F-20 | Máster A-3  |
| 111 | 150 | RAQUEL LORENZO CASTRO           | 1995 | <b>27:32</b> | 05:30 | 27:18  |          |                            | F-21 | Senior-8    |
| 112 | 93  | JOSE MANUEL PAINCEIRAS FEAL     | 1980 | <b>27:32</b> | 05:30 | 27:19  |          |                            | M-91 | Máster B-37 |
| 113 | 46  | ELADIO JOSÉ MOURIÑO CARBALLIDC  | 1973 | <b>27:35</b> | 05:31 | 27:13  |          |                            | M-92 | Máster C-20 |
| 114 | 3   | ALBERTO CALVO FERNÁNDEZ         | 1950 | <b>27:40</b> | 05:32 | 27:19  |          | CLUB CASTRO DE LOBADIZ     | M-93 | Máster D-4  |
| 115 | 4   | JOSÉ MANUEL DEL TORO MINGUEZ    | 1957 | <b>27:40</b> | 05:32 | 27:20  |          | CLUB CASTRO DE LOBADIZ     | M-94 | Máster D-5  |
| 116 | 81  | PAZ CUERPO GARCÍA DE LOS REYES  | 1979 | <b>28:03</b> | 05:36 | 27:38  |          |                            | F-22 | Máster B-5  |
| 117 | 28  | IÑIGO DE MOLINÍ LASCASAS        | 1971 | <b>28:04</b> | 05:36 | 27:41  |          |                            | M-95 | Máster C-21 |
| 118 | 14  | MALENA AMIGO FERREIRO           | 1968 | <b>28:33</b> | 05:42 | 28:13  | GA1149   | SOCIEDAD DEPORTIVA COMPO   | F-23 | Máster C-5  |
| 119 | 168 | PAULA DÍAZ VARELA               | 2005 | <b>28:34</b> | 05:42 | 28:15  |          |                            | F-24 | Sub 20-3    |
| 120 | 90  | JOSÉ MANUEL VIGO FERNÁNDEZ      | 1980 | <b>29:09</b> | 05:49 | 28:50  | AG15826  | NOITEBRA F.C.              | M-96 | Máster B-38 |

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| PTO | DOR | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA  | CLUBE                    | SEXO  | CATEGORÍA   |
|-----|-----|--------------------------------|------|-------|-------|--------|----------|--------------------------|-------|-------------|
| 121 | 38  | CONCE NOYA MIRÁS               | 1972 | 29:26 | 05:53 | 29:07  | AG20073  | SOCIEDAD DEPORTIVA COMPO | F-25  | Máster C-6  |
| 122 | 48  | SUSI IRAGO JUNCAL              | 1973 | 29:30 | 05:54 | 29:07  |          |                          | F-26  | Máster C-7  |
| 123 | 19  | MONICA RODRÍGUEZ GARCIA        | 1969 | 29:30 | 05:54 | 29:09  |          | CORRECLUB                | F-27  | Máster C-8  |
| 124 | 71  | MONSE BOUZA ARIAS              | 1977 | 29:37 | 05:55 | 29:17  |          | OPA FERROL TEAM RUNNING  | F-28  | Máster B-6  |
| 125 | 68  | AURORA ROMAR GASALLA           | 1977 | 29:43 | 05:56 | 29:23  |          |                          | F-29  | Máster B-7  |
| 126 | 113 | MARTA GARCÍA MARTÍNEZ          | 1985 | 29:48 | 05:57 | 29:30  |          |                          | F-30  | Máster A-4  |
| 127 | 112 | BEATRIZ GARCÍA MARTÍNEZ        | 1985 | 29:48 | 05:57 | 29:31  |          |                          | F-31  | Máster A-5  |
| 128 | 161 | ELENA MASSA TEIJEIRO           | 1999 | 30:23 | 06:04 | 30:02  |          |                          | F-32  | Senior-9    |
| 129 | 601 | ALBERTO LINZA SEOANE           | 1982 | 30:45 | 06:09 | 30:26  |          |                          | M-97  | Máster B-39 |
| 130 | 45  | LOURDES PEREIRA BECEIRO        | 1973 | 31:26 | 06:17 | 31:05  |          |                          | F-33  | Máster C-9  |
| 131 | 24  | BLANCA BURGOS REY              | 1970 | 31:27 | 06:17 | 31:05  |          |                          | F-34  | Máster C-10 |
| 132 | 1   | JOSÉ PANTÍN LÓPEZ              | 1946 | 31:54 | 06:22 | 31:38  | AG-20081 | ATLETISMO NARON          | M-98  | Máster D-6  |
| 133 | 30  | JUAN MANUEL VÁZQUEZ NEIRA      | 1971 | 32:15 | 06:27 | 31:55  |          |                          | M-99  | Máster C-22 |
| 134 | 15  | MARLENE ANABEL MANTUANO ANC    | 1968 | 32:16 | 06:27 | 32:02  |          |                          | F-35  | Máster C-11 |
| 135 | 140 | CAROL RODRÍGUEZ IGLESIAS       | 1992 | 32:20 | 06:28 | 31:59  |          |                          | F-36  | Senior-10   |
| 136 | 134 | CRISTIAN PENA LÓPEZ            | 1991 | 32:20 | 06:28 | 31:59  |          |                          | M-100 | Senior-17   |
| 137 | 149 | KRISTHELL DORIELYS VASQUEZ GUE | 1995 | 33:30 | 06:42 | 33:11  |          |                          | F-37  | Senior-11   |
| 138 | 151 | FIO ROBERTSON                  | 1995 | 33:34 | 06:42 | 33:10  |          |                          | F-38  | Senior-12   |
| 139 | 2   | JESUS BERNAL GOMEZ             | 1947 | 34:24 | 06:52 | 34:09  |          |                          | M-101 | Máster D-7  |
| 140 | 37  | EVA GARCÍA GONZÁLEZ            | 1971 | 34:59 | 06:59 | 34:39  |          |                          | F-39  | Máster C-12 |
| 141 | 31  | ANA CARRACEDO GARCÍA           | 1971 | 36:52 | 07:22 | 36:29  |          |                          | F-40  | Máster C-13 |
| 142 | 126 | LYVIA SILVA CARDOSO            | 1989 | 38:27 | 07:41 | 38:03  |          |                          | F-41  | Senior-13   |

**Llegados: 142**
**DNF** 88 PEDRO LOIS SUÁREZ GARCÍA 1980 ATLETISMO PORRIÑO M Máster B

**Abandonos: 1**
**SUB 10**
**20:15**

| PTO | DOR | NOME                        | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                      | SEXO | CATEGORÍA |
|-----|-----|-----------------------------|------|-------|-------|--------|-------------|----------------------------|------|-----------|
| 1   | 206 | LEO PEÑAS                   | 2015 | 02:36 | 03:15 | 02:36  |             | ATLETISMO NARON            | M-1  | Sub 10-1  |
| 2   | 202 | LUNA SEOANE RUBIÑOS         | 2015 | 02:41 | 03:21 | 02:41  | AG 9399     | CLUB FERROL ATLETISMO      | F-1  | Sub 10-1  |
| 3   | 216 | RAÚL ALVITE LÓPEZ           | 2016 | 02:43 | 03:23 | 02:43  |             |                            | M-2  | Sub 10-2  |
| 4   | 209 | AINARA RIVAS GRUEIRO        | 2015 | 02:46 | 03:27 | 02:46  |             |                            | F-2  | Sub 10-2  |
| 5   | 222 | MIREIA DÍAZ LÓPEZ           | 2016 | 02:47 | 03:28 | 02:46  |             |                            | F-3  | Sub 10-3  |
| 6   | 211 | DYLAN ALARCÓN POSE          | 2015 | 02:51 | 03:33 | 02:49  | AG20123     | OLYMPO                     | M-3  | Sub 10-3  |
| 7   | 218 | MARIA BENASACH LÓPEZ        | 2016 | 03:08 | 03:55 | 03:07  |             | TRIATLÓN FERROL            | F-4  | Sub 10-4  |
| 8   | 214 | AINÉ GUTIÉRREZ ARES         | 2016 | 03:16 | 04:05 | 03:15  | AG20064     | CLUB FERROL ATLETISMO      | F-5  | Sub 10-5  |
| 9   | 208 | NOA LOPEZ FERNANDEZ         | 2015 | 03:36 | 04:30 | 03:36  |             |                            | F-6  | Sub 10-6  |
| 10  | 204 | XOEL ANTELO BARROS          | 2015 | 03:41 | 04:36 | 03:41  | XAB08052015 | SANTA MARÍA DEL MAR (A COF | M-4  | Sub 10-4  |
| 11  | 215 | DANIEL LÓPEZ RAMÍREZ        | 2016 | 03:53 | 04:51 | 03:53  |             |                            | M-5  | Sub 10-5  |
| 12  | 217 | TERESA CASTRO PÉREZ-PARALLÉ | 2016 | 03:54 | 04:52 | 03:53  |             |                            | F-7  | Sub 10-7  |

**Llegados: 12**
**SUB 14 E SUB 12**
**20:30**

| PTO | DOR | NOME                   | ANO  | TEMPO | RITMO | T.NETO | LICENZA | CLUBE                      | SEXO | CATEGORÍA |
|-----|-----|------------------------|------|-------|-------|--------|---------|----------------------------|------|-----------|
| 1   | 310 | MIGUEL BENASACH LÓPEZ  | 2012 | 03:51 | 03:51 | 03:51  |         | TRIATLÓN FERROL            | M-1  | Sub 14-1  |
| 2   | 305 | ALBA FILGUEIRA RASCADO | 2012 | 03:57 | 03:57 | 03:57  | AG17058 | CLUB FERROL ATLETISMO      | F-1  | Sub 14-1  |
| 3   | 318 | NICOLAS AMADO          | 2014 | 04:05 | 04:05 | 04:05  |         | CLUB ATLETISMO SADA        | M-2  | Sub 12-1  |
| 4   | 311 | NOA MARIA AMADO SOUTO  | 2013 | 04:07 | 04:07 | 04:07  |         | NRT                        | F-2  | Sub 12-1  |
| 5   | 321 | ICIA LOPEZ OJEN        | 2014 | 04:11 | 04:11 | 04:11  | AG17524 | CLUB ATLETISMO SADA        | F-3  | Sub 12-2  |
| 6   | 319 | LUCÍA ALVITE LÓPEZ     | 2014 | 04:13 | 04:13 | 04:13  |         |                            | F-4  | Sub 12-3  |
| 7   | 304 | SAMUEL SABIN IGLESIAS  | 2012 | 04:15 | 04:15 | 04:15  | AG12206 | CLUB FERROL ATLETISMO      | M-3  | Sub 14-2  |
| 8   | 312 | JULIA PEÑAS            | 2013 | 04:16 | 04:16 | 04:16  |         | ATLETISMO NARON            | F-5  | Sub 12-4  |
| 9   | 309 | LEO ÁLVAREZ VÁZQUEZ    | 2012 | 04:17 | 04:17 | 04:17  |         | RIA FERROL-CONCEPCION AREI | M-4  | Sub 14-3  |
| 10  | 302 | XENXO CAAVEIRO ALMEIDA | 2011 | 04:25 | 04:25 | 04:25  |         | OLYMPO                     | M-5  | Sub 14-4  |
| 11  | 323 | CECILIA BENASACH LÓPEZ | 2014 | 04:28 | 04:28 | 04:28  |         | TRIATLÓN FERROL            | F-6  | Sub 12-5  |
| 12  | 308 | ITZIAR FERNÁNDEZ RIVAS | 2012 | 04:28 | 04:28 | 04:27  |         | A.D. NAUTICO NARÓN         | F-7  | Sub 14-2  |

**RESULTADOS OFICIAIS**
**SUB 14 E SUB 12**
**20:30**

| PTO | DOR | NOME                 | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE              | SEXO | CATEGORÍA |
|-----|-----|----------------------|------|--------------|-------|--------|----------|--------------------|------|-----------|
| 13  | 315 | IRENE RIOSECO CUERPO | 2013 | <b>04:45</b> | 04:45 | 04:45  |          |                    | F-8  | Sub 12-6  |
| 14  | 324 | LEIRE CASTRO LUQUE   | 2014 | <b>04:49</b> | 04:49 | 04:47  | 32963939 | TRIATLÓN FERROL    | F-9  | Sub 12-7  |
| 15  | 316 | NEREA RAMOS LOPEZ    | 2013 | <b>04:50</b> | 04:50 | 04:50  |          | A.D. NAUTICO NARÓN | F-10 | Sub 12-8  |

**Llegados:** 15

**SUB 18 E SUB 16**
**20:45**

| PTO | DOR | NOME                    | ANO  | TEMPO        | RITMO | T.NETO | LICENZA | CLUBE              | SEXO | CATEGORÍA |
|-----|-----|-------------------------|------|--------------|-------|--------|---------|--------------------|------|-----------|
| 1   | 404 | PABLO VAZQUEZ MAIZTEGUI | 2009 | <b>06:46</b> | 03:23 | 06:45  | AG3472  | ATLETISMO NARON    | M-1  | Sub 16-1  |
| 2   | 401 | HUGO TEIJEIRO SEVILLA   | 2007 | <b>06:54</b> | 03:27 | 06:54  |         | NOETRAINERS FERROL | M-2  | Sub 18-1  |
| 3   | 406 | DIEGO AMBITE SANTANA    | 2010 | <b>06:55</b> | 03:27 | 06:55  |         |                    | M-3  | Sub 16-2  |
| 4   | 407 | CRISTINA MARTÍNEZ SENRA | 2010 | <b>07:31</b> | 03:45 | 07:30  |         | AD NÁUTICO NARON   | F-1  | Sub 16-1  |
| 5   | 405 | MARIO CUPEIRO TEMBRÁS   | 2009 | <b>07:36</b> | 03:48 | 07:36  | AG15627 | OLYMPO             | M-4  | Sub 16-3  |

**Llegados:** 5

**SUB 8**
**20:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE                      | SEXO | CATEGORÍA |
|-----|-----|-------------------------------|------|--------------|-------|--------|----------|----------------------------|------|-----------|
| 1   | 501 | IKER SILVA PARAMA             | 2017 | <b>00:51</b> | 03:24 | 00:51  | AG-19995 | ATLETISMO CUNTIS (ADM)     | M-1  | Sub 8-1   |
| 2   | 505 | ADRIÁN ALARCÓN POSE           | 2017 | <b>00:52</b> | 03:28 | 00:52  |          | OLYMPO                     | M-2  | Sub 8-2   |
| 3   | 506 | JIMENA CAL MENDEZ             | 2017 | <b>00:54</b> | 03:36 | 00:54  | AG20048  | CLUB FERROL ATLETISMO      | F-1  | Sub 8-1   |
| 4   | 503 | CELTIA LOPEZ OJEN             | 2017 | <b>00:54</b> | 03:36 | 00:54  | AG18829  | CLUB ATLETISMO SADA        | F-2  | Sub 8-2   |
| 5   | 507 | ALEX PEÑAS                    | 2017 | <b>00:55</b> | 03:40 | 00:54  |          | ATLETISMO NARON            | M-3  | Sub 8-3   |
| 6   | 502 | MARTINA URIA PITA             | 2017 | <b>00:59</b> | 03:56 | 00:59  |          | CLUB DALLE GAS RUNNING TE/ | F-3  | Sub 8-3   |
| 7   | 509 | LEIRE RAMOS LOPEZ             | 2018 | <b>01:02</b> | 04:08 | 01:02  |          | A.D. NAUTICO NARÓN         | F-4  | Sub 8-4   |
| 8   | 513 | ABRAHAM RAÑALES VERDUGO       | 2018 | <b>01:02</b> | 04:08 | 01:02  |          |                            | M-4  | Sub 8-4   |
| 9   | 517 | NOA DÍAZ PÉREZ                | 2018 | <b>01:04</b> | 04:16 | 01:01  |          |                            | F-5  | Sub 8-5   |
| 10  | 504 | JACOBO RAMA RIVERO DE AGUILAR | 2017 | <b>01:05</b> | 04:20 | 01:04  |          |                            | M-5  | Sub 8-5   |
| 11  | 511 | ANXO ANTELO BARROS            | 2018 | <b>01:06</b> | 04:24 | 01:06  |          | SANTA MARÍA DEL MAR (A COF | M-6  | Sub 8-6   |
| 12  | 514 | MAEL FERREIRA MONTERO         | 2018 | <b>01:07</b> | 04:28 | 01:06  |          |                            | M-7  | Sub 8-7   |
| 13  | 512 | MARIO BENASACH LÓPEZ          | 2018 | <b>01:08</b> | 04:32 | 01:07  |          | TRIATLÓN FERROL            | M-8  | Sub 8-8   |
| 14  | 515 | MARTIN CINZA FILGUEIRAS       | 2018 | <b>01:11</b> | 04:44 | 01:11  |          | CLUB DALLE GAS RUNNING TE/ | M-9  | Sub 8-9   |

**Llegados:** 14