

**RESULTADOS OFICIAIS****Adultos****11:00**

| PTO | DOR  | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                       | SEXO | CATEGORÍA   |
|-----|------|-------------------------------|------|-------|-------|--------|------------|-----------------------------|------|-------------|
| 1   | 411  | YAGO IGNACIO GARCÍA SAINZ     | 2003 | 16:52 | 03:04 | 16:52  | GA3715866A | CLUB ATLETISMO PINO         | M-1  | Sub 23-1    |
| 2   | 437  | ALEJANDRO COUSELO FERNÁNDEZ   | 2008 | 17:06 | 03:06 | 17:04  | GA1506     | CLUB ATLETISMO TAMBRE       | M-2  | Sub 18-1    |
| 3   | 432  | DANIEL MANEIRO TEIRA          | 2007 | 17:20 | 03:09 | 17:19  | AG13361    | CLUB ATLETISMO PINO         | M-3  | Sub 20-1    |
| 4   | 434  | ADRIÁN SESAR MIGUEZ           | 2007 | 17:28 | 03:10 | 17:28  | AG2017478  | CLUB ATLETISMO SANTIAGO     | M-4  | Sub 20-2    |
| 5   | 9020 | AMADOR PENA TORREIRA          | 1981 | 17:57 | 03:15 | 17:57  |            |                             | M-5  | Máster 1-1  |
| 6   | 187  | JORGE OTERO LÓPEZ DE REGO     | 1981 | 18:08 | 03:17 | 18:06  |            | ATLETISMO FONTES DO SAR     | M-6  | Máster 1-2  |
| 7   | 431  | ARTURO PONTE ALVAREZ          | 2006 | 18:09 | 03:18 | 18:09  | TAG2021733 | CLUB ATLETISMO SANTIAGO     | M-7  | Sub 20-3    |
| 8   | 251  | ALBERTO GONZÁLEZ              | 1986 | 18:19 | 03:19 | 18:18  | AG20225    | ENTRENARUNNING              | M-8  | Máster 1-3  |
| 9   | 404  | PEDRO PITA ROMERO             | 2002 | 18:23 | 03:20 | 18:22  |            |                             | M-9  | Senior-1    |
| 10  | 9014 | ELOI COUSO MARTÍNEZ           | 1990 | 18:23 | 03:20 | 18:22  | GA3820797  | REAL CLUB CELTA DE ATLETISM | M-10 | Senior-2    |
| 11  | 159  | ALBERTO CAROU CARRIL          | 1979 | 18:29 | 03:21 | 18:27  | GA3781640  | CLUB ATLETISMO PINO         | M-11 | Máster 2-1  |
| 12  | 5173 | ALEJANDRO CREO SABORIDO       | 1991 | 18:35 | 03:22 | 18:27  |            | TRIATLON RIANXO             | M-12 | Senior-3    |
| 13  | 317  | DIEGO SANTIAGO REY            | 1993 | 18:40 | 03:23 | 18:38  | AG19983    | CLUB TRIATLON COMPOSTELA    | M-13 | Senior-4    |
| 14  | 169  | DAVID MARTÍNEZ MELLADO        | 1980 | 18:42 | 03:24 | 18:39  | GA1467     | SOCIEDAD DEPORTIVA COMPC    | M-14 | Máster 2-2  |
| 15  | 430  | DAVID TOIMIL PLAZA            | 2006 | 18:43 | 03:24 | 18:42  | GA3768174A | CLUB ATLETISMO SANTIAGO     | M-15 | Sub 20-4    |
| 16  | 5004 | TONO GOMEZ RIOS               | 1977 | 18:44 | 03:24 | 18:42  | AG768418   | CLUB ATLETISMO SAR          | M-16 | Máster 2-3  |
| 17  | 267  | GERARDO CACHAFEIRO GARCÍA     | 1989 | 18:46 | 03:24 | 18:44  | GA3782567  | CLUB TRIATLON COMPOSTELA    | M-17 | Máster 1-4  |
| 18  | 155  | MARCIAL CANITROT OTERO        | 1979 | 18:53 | 03:26 | 18:50  | GA3785071A | ENTRENARUNNING              | M-18 | Máster 2-4  |
| 19  | 348  | MIGUEL MONTERO NOYA           | 1996 | 18:55 | 03:26 | 18:54  |            | ATLETISMO PULIDOS SUSO      | M-19 | Senior-5    |
| 20  | 303  | EFRÉN CAPELO VIEITES          | 1992 | 18:57 | 03:26 | 18:55  | AG2025990  | CLUB DEPORTIVO BRIÓN HYUF   | M-20 | Senior-6    |
| 21  | 248  | LUIS MIGUEL FEITO MIRÁS       | 1986 | 18:58 | 03:26 | 18:56  | AG768985   | ENTRENARUNNING              | M-21 | Máster 1-5  |
| 22  | 389  | ALESSANDRO BERTUSSI LORENZO   | 2000 | 19:09 | 03:28 | 19:07  |            |                             | M-22 | Senior-7    |
| 23  | 38   | SAMUEL VEIGA                  | 1967 | 19:16 | 03:30 | 19:11  | AG9798     | CLUB TRIATLON COMPOSTELA    | M-23 | Máster 3-1  |
| 24  | 9017 | BRAIS PÉREZ FERNÁNDEZ         | 2002 | 19:19 | 03:30 | 19:18  | AG2026780  | CLUB ATLETISMO TAMBRE       | M-24 | Senior-8    |
| 25  | 197  | MARCOS PEREZ PORTELA          | 1981 | 19:22 | 03:31 | 19:20  |            |                             | M-25 | Máster 1-6  |
| 26  | 5093 | JORGE FERRADANS VALDES        | 1982 | 19:31 | 03:32 | 19:29  | GA3782390A | CLUB TRIATLON COMPOSTELA    | M-26 | Máster 1-7  |
| 27  | 242  | MANUEL FOLGUEIRA DÍAZ         | 1986 | 19:35 | 03:33 | 19:33  | AG12897    | MADERAS BARCIA LOURENZA     | M-27 | Máster 1-8  |
| 28  | 406  | DANIEL CASTRO GOMEZ           | 2002 | 19:38 | 03:34 | 19:35  | AG2026779  | CLUB ATLETISMO TAMBRE       | M-28 | Senior-9    |
| 29  | 5003 | DAVID CUTRÍN LÓPEZ            | 1983 | 19:40 | 03:34 | 19:40  | AG15022    | CLUB TRIATLON COMPOSTELA    | M-29 | Máster 1-9  |
| 30  | 9010 | PABLO CAMINO VELASCO          | 1989 | 19:47 | 03:35 | 19:45  | 76824334   | ENTRENARUNNING              | M-30 | Máster 1-10 |
| 31  | 304  | JAVIER ALEGRE LEIRA           | 1992 | 19:47 | 03:35 | 19:43  |            |                             | M-31 | Senior-10   |
| 32  | 94   | JOSE DOMINGO SENDON RODRIGUE  | 1974 | 19:49 | 03:36 | 19:45  | AG2020847  | ATLETISMO FONTES DO SAR     | M-32 | Máster 2-5  |
| 33  | 116  | DAVID LOPEZ SANCHEZ           | 1976 | 19:49 | 03:36 | 19:45  | AG12590    | ENTRENARUNNING              | M-33 | Máster 2-6  |
| 34  | 61   | RICARDO VILLAR RODRÍGUEZ      | 1970 | 19:50 | 03:36 | 19:47  | AG         | NOITEBRA F.C.               | M-34 | Máster 2-7  |
| 35  | 166  | EMILIO JOSE GARRIDO SOBRINO   | 1980 | 19:53 | 03:36 | 19:51  |            | CLUB DEPORTIVO LA PURISIMA  | M-35 | Máster 2-8  |
| 36  | 327  | ALEXANDRE FERNÁNDEZ TOJO      | 1994 | 19:54 | 03:37 | 19:53  | AG2026759  | CLUB ATLETISMO TAMBRE       | M-36 | Senior-11   |
| 37  | 349  | ARTURO MATA CASTRO            | 1996 | 20:00 | 03:38 | 19:59  | AG2026769  | CLUB ATLETISMO SANTIAGO     | M-37 | Senior-12   |
| 38  | 5062 | DIEGO ALONSO PABLOS           | 1982 | 20:07 | 03:39 | 20:04  |            |                             | M-38 | Máster 1-11 |
| 39  | 236  | DANIEL RIVERA SÁNCHEZ         | 1985 | 20:11 | 03:40 | 20:09  |            |                             | M-39 | Máster 1-12 |
| 40  | 154  | JAVI DOSIL RIVAS              | 1979 | 20:13 | 03:40 | 20:10  | AG768760   | ATLETISMO FONTES DO SAR     | M-40 | Máster 2-9  |
| 41  | 152  | MIGUEL ANXO NOGUEIRA PEREZ    | 1979 | 20:17 | 03:41 | 20:15  | GA3776995A | NOITEBRA F.C.               | M-41 | Máster 2-10 |
| 42  | 60   | ANTONIO VÁZQUEZ TOURÓN        | 1970 | 20:19 | 03:41 | 20:17  | GA1148     | SOCIEDAD DEPORTIVA COMPC    | M-42 | Máster 2-11 |
| 43  | 426  | AINOA GONTAN IGLESIAS         | 2005 | 20:22 | 03:42 | 20:20  | AG2027781  | SOCIEDAD DEPORTIVA COMPC    | F-1  | Sub 23-1    |
| 44  | 341  | DANIEL SUSSMAN VILLAVERDE     | 1995 | 20:23 | 03:42 | 20:20  |            | CLUB ATLETISMO SANTIAGO     | M-43 | Senior-13   |
| 45  | 193  | JOSE SANDÁ ARES               | 1981 | 20:30 | 03:43 | 20:25  | GA790      | SOCIEDAD DEPORTIVA COMPC    | M-44 | Máster 1-13 |
| 46  | 400  | DIEGO ALONSO CAMPO            | 2001 | 20:33 | 03:44 | 20:32  |            |                             | M-45 | Senior-14   |
| 47  | 398  | NICOLÁS MANUEL BOTANA PRINI   | 2000 | 20:35 | 03:44 | 20:33  | GA3784625  | CLUB TRIATLON COMPOSTELA    | M-46 | Senior-15   |
| 48  | 151  | JOSÉ LUIS PANIAGUA FERNÁNDEZ  | 1979 | 20:40 | 03:45 | 20:37  | GA3783683A | ATLETISMO FONTES DO SAR     | M-47 | Máster 2-12 |
| 49  | 472  | JOSÉ ANTONIO JUANATEY PÉREZ   | 1971 | 20:43 | 03:46 | 20:40  | AG987      | ATLETISMO FONTES DO SAR     | M-48 | Máster 2-13 |
| 50  | 229  | DAVID IGLESIAS                | 1985 | 20:47 | 03:46 | 20:45  |            | TRAIN2GO                    | M-49 | Máster 1-14 |
| 51  | 5216 | MANUEL ADRIÁN PÉREZ TABOADA   | 1984 | 20:47 | 03:46 | 20:44  |            |                             | M-50 | Máster 1-15 |
| 52  | 37   | MANUEL JORGE TORRES BAUTÍS    | 1967 | 20:47 | 03:46 | 20:43  | AG3394     | CLUB TRIATLON COMPOSTELA    | M-51 | Máster 3-2  |
| 53  | 5043 | MARTÍN CELA TEJUIRO           | 2009 | 20:47 | 03:46 | 20:44  |            |                             | M-52 | Sub 18-2    |
| 54  | 82   | JORGE MANUEL GARCÍA RODRIGUEZ | 1973 | 20:47 | 03:46 | 20:44  | 35324482   | NOITEBRA F.C.               | M-53 | Máster 2-14 |
| 55  | 202  | PABLO IGLESIAS DOMINGUEZ      | 1982 | 20:49 | 03:47 | 20:45  | GA3777231A | NOITEBRA F.C.               | M-54 | Máster 1-16 |
| 56  | 5034 | ALBERTO DOPAZO MÍGUEZ         | 1976 | 20:52 | 03:47 | 20:49  | GA3783460A | CLUB TRIATLON COMPOSTELA    | M-55 | Máster 2-15 |
| 57  | 132  | JOSÉ IGNACIO CIGÜENZA GESTOSO | 1977 | 21:02 | 03:49 | 20:55  | GA3784129  | CLUB DEPORTIVO BRIÓN HYUF   | M-56 | Máster 2-16 |
| 58  | 181  | MIGUEL GARCÍA DURO            | 1981 | 21:05 | 03:50 | 21:02  | GA3791753A | CLUB ATLETISMO PINO         | M-57 | Máster 1-17 |
| 59  | 320  | ANTONIO CASTRO FILGUEIRA      | 1993 | 21:06 | 03:50 | 20:44  |            |                             | M-58 | Senior-16   |
| 60  | 5202 | DIEGO MARIÑO NOYA             | 2000 | 21:06 | 03:50 | 20:50  |            |                             | M-59 | Senior-17   |

**RESULTADOS OFICIAIS**
**Adultos**
**11:00**

| PTO | DOR  | NOME                         | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|------|------------------------------|------|-------|-------|--------|-------------|---------------------------|-------|-------------|
| 61  | 5086 | FERNANDO JOSE DE ALMEIDA REY | 1978 | 21:06 | 03:50 | 20:59  |             | TRAN-TRAN                 | M-60  | Máster 2-17 |
| 62  | 399  | DIEGO DURO IGLESIAS          | 2000 | 21:11 | 03:51 | 21:01  |             |                           | M-61  | Senior-18   |
| 63  | 45   | ANGEL FERNANDEZ VIDAL        | 1968 | 21:12 | 03:51 | 21:06  | GA3771067   | SOCIEDAD DEPORTIVA COMPC  | M-62  | Máster 3-3  |
| 64  | 188  | RAMÓN NOYA ORDÓÑEZ           | 1981 | 21:13 | 03:51 | 21:03  |             |                           | M-63  | Máster 1-18 |
| 65  | 95   | MANUEL COSTA CASTRO          | 1974 | 21:14 | 03:51 | 21:06  | AG2028397   | CLUB ATLETISMO TAMBRE     | M-64  | Máster 2-18 |
| 66  | 43   | ROBERTO SENRA ALVAREZ        | 1968 | 21:15 | 03:51 | 21:08  | AG2022542   | CLUB ATLETISMO TAMBRE     | M-65  | Máster 3-4  |
| 67  | 260  | SERGIO FERNÁNDEZ OTERO       | 1988 | 21:16 | 03:52 | 21:12  | GA3802388AT |                           | M-66  | Máster 1-19 |
| 68  | 440  | UXÍO RUDIÑO LORENZO          | 2009 | 21:18 | 03:52 | 21:16  | GA3754406AT | CLUB ATLETISMO NEGREIRA   | M-67  | Sub 18-3    |
| 69  | 5075 | HOUSSEIN SACKO               | 2006 | 21:20 | 03:52 | 21:15  |             |                           | M-68  | Sub 20-5    |
| 70  | 234  | ALEJANDRO GOMEZ PARRADO      | 1985 | 21:20 | 03:52 | 21:16  | GA3818318AT | ATLETISMO FONTES DO SAR   | M-69  | Máster 1-20 |
| 71  | 264  | BRAIS SEOANE CEA             | 1988 | 21:23 | 03:53 | 21:19  |             |                           | M-70  | Máster 1-21 |
| 72  | 92   | HÉCTOR CAJARAVILLE ARAÚJO    | 1974 | 21:24 | 03:53 | 21:15  |             |                           | M-71  | Máster 2-19 |
| 73  | 84   | JAVIER GENDRE FERNANDEZ      | 1974 | 21:25 | 03:53 | 21:18  | AG20297     | CLUB DEPORTIVO BRIÓN HYUF | M-72  | Máster 2-20 |
| 74  | 275  | MANUEL MOURE VÁZQUEZ         | 1989 | 21:26 | 03:53 | 21:17  |             |                           | M-73  | Máster 1-22 |
| 75  | 196  | DAVID FERNÁNDEZ GARCÍA       | 1981 | 21:30 | 03:54 | 21:24  | GA3739803AT | CLUB ATLETISMO MILLARAIO  | M-74  | Máster 1-23 |
| 76  | 5009 | BANCE ISSOUF                 | 2002 | 21:31 | 03:54 | 21:16  |             |                           | M-75  | Senior-19   |
| 77  | 102  | LAUREANO VARELA              | 1975 | 21:32 | 03:54 | 21:28  | TGAL709     | SOCIEDAD DEPORTIVA COMPC  | M-76  | Máster 2-21 |
| 78  | 502  | SERGIO OTERO CARBALLA        | 1996 | 21:36 | 03:55 | 21:31  |             |                           | M-77  | Senior-20   |
| 79  | 482  | JOSÉ ANTONIO NOYA PEREZ      | 1970 | 21:40 | 03:56 | 21:38  | AG2019228   | ATLETISMO FONTES DO SAR   | M-78  | Máster 3-5  |
| 80  | 407  | DIEGO MEJUTO SÁNCHEZ         | 2002 | 21:45 | 03:57 | 21:38  |             |                           | M-79  | Senior-21   |
| 81  | 371  | MANUEL COLLAZO OTERO         | 1999 | 21:45 | 03:57 | 21:43  |             | ASTILLEROS CATOIRA        | M-80  | Senior-22   |
| 82  | 253  | MANUEL SUAREZ TABOADA        | 1987 | 21:50 | 03:58 | 21:41  |             |                           | M-81  | Máster 1-24 |
| 83  | 359  | MARTÍN FANDIÑO VIDAL         | 1998 | 21:51 | 03:58 | 21:49  |             |                           | M-82  | Senior-23   |
| 84  | 5102 | MARÍA TARRIO MARTÍNEZ        | 1977 | 22:00 | 04:00 | 21:55  | GA709       | SOCIEDAD DEPORTIVA COMPC  | F-2   | Máster 2-1  |
| 85  | 6    | SANTIAGO ÁLVAREZ LODEIRO     | 1958 | 22:03 | 04:00 | 22:00  | AG20166     | ENTRENARUNNING            | M-83  | Máster 3-6  |
| 86  | 5002 | SEGUNDO RIVEIRO MOLEDO       | 1971 | 22:09 | 04:01 | 22:01  | AG17311     | CLUB ATLETISMO NOIA       | M-84  | Máster 2-22 |
| 87  | 498  | JAVIER DOMÍNGUEZ NEGREIRA    | 1996 | 22:10 | 04:01 | 22:01  |             |                           | M-85  | Senior-24   |
| 88  | 211  | FRANCISCO JOSE CUENCA GARCIA | 1983 | 22:12 | 04:02 | 22:08  | AG21085     | CLUB ATLETISMO PINO       | M-86  | Máster 1-25 |
| 89  | 129  | ÓSCAR VALLE LÓPEZ            | 1977 | 22:12 | 04:02 | 22:05  | A1336       | NOITEBRA F.C.             | M-87  | Máster 2-23 |
| 90  | 138  | JORGE CASTRO MAROÑO          | 1978 | 22:15 | 04:02 | 22:10  | AG9482      | SOCIEDAD DEPORTIVA COMPC  | M-88  | Máster 2-24 |
| 91  | 277  | BRUNO DIÉGUEZ GONZÁLEZ       | 1990 | 22:16 | 04:02 | 22:08  |             |                           | M-89  | Máster 1-26 |
| 92  | 5084 | PEDRO LORENZO                | 1976 | 22:18 | 04:03 | 22:14  |             |                           | M-90  | Máster 2-25 |
| 93  | 165  | JULIO MALLO NIETO            | 1980 | 22:19 | 04:03 | 22:11  | AG2026558   | CLUB DEPORTIVO BRIÓN HYUF | M-91  | Máster 2-26 |
| 94  | 338  | HÉCTOR NOVO PIÑÓN            | 1995 | 22:21 | 04:03 | 22:14  |             |                           | M-92  | Senior-25   |
| 95  | 288  | MIGUEL IGLESIAS AMORES       | 1991 | 22:22 | 04:04 | 22:13  | AG2016188   | CLUB DEPORTIVO BRIÓN HYUF | M-93  | Senior-26   |
| 96  | 497  | ÁLEX PEREIRA CASTILLO        | 2000 | 22:24 | 04:04 | 22:14  |             |                           | M-94  | Senior-27   |
| 97  | 449  | LARA CASTRO LÓPEZ            | 2005 | 22:25 | 04:04 | 22:24  | GA3773285AT | CLUB ATLETISMO TAMBRE     | F-3   | Sub 23-2    |
| 98  | 120  | FERNANDO RAFAEL PARDO SECO   | 1976 | 22:27 | 04:04 | 22:18  |             |                           | M-95  | Máster 2-27 |
| 99  | 121  | JOSE DOMÍNGUEZ OTERO         | 1976 | 22:28 | 04:05 | 22:24  | GA3783681AT | ATLETISMO FONTES DO SAR   | M-96  | Máster 2-28 |
| 100 | 134  | ANDREIA RAMOS LEIS           | 1977 | 22:28 | 04:05 | 22:25  | GA3783669AT | ATLETISMO FONTES DO SAR   | F-4   | Máster 2-2  |
| 101 | 178  | ALEX MÉNDEZ SANTOS           | 1980 | 22:29 | 04:05 | 22:26  |             |                           | M-97  | Máster 1-27 |
| 102 | 378  | YAGO RAMOS ALDREY            | 1999 | 22:30 | 04:05 | 22:25  |             |                           | M-98  | Senior-28   |
| 103 | 257  | MARCOS FERNÁNDEZ GÓMEZ       | 1988 | 22:31 | 04:05 | 22:21  |             |                           | M-99  | Máster 1-28 |
| 104 | 446  | XAQUÍN OTERO DOMÍNGUEZ       | 2002 | 22:32 | 04:05 | 22:24  |             |                           | M-100 | Senior-29   |
| 105 | 126  | FERNANDO NIETO DIZ           | 1977 | 22:33 | 04:06 | 22:23  | AG20307     | CLUB DEPORTIVO BRIÓN HYUF | M-101 | Máster 2-29 |
| 106 | 262  | ADRIAN GOYANES SOUTO         | 1988 | 22:35 | 04:06 | 22:29  | AG1959      | CLUB ATLETISMO TAMBRE     | M-102 | Máster 1-29 |
| 107 | 5165 | TICO COLMEIRO ECHEVERRÍA     | 1980 | 22:36 | 04:06 | 22:23  |             |                           | M-103 | Máster 2-30 |
| 108 | 5104 | PEDRO SANTOS ALONSO          | 1982 | 22:51 | 04:09 | 22:45  |             |                           | M-104 | Máster 1-30 |
| 109 | 160  | IRMA GARCIA CAINZOS          | 1979 | 22:51 | 04:09 | 22:47  | GA3782659AT | CLUB TRIATLON COMPOSTELA  | F-5   | Máster 2-3  |
| 110 | 5021 | WILFRIED BÜRGE               | 1960 | 22:51 | 04:09 | 22:49  |             | ST. GALLEN TRACK CLUB     | M-105 | Máster 3-7  |
| 111 | 163  | FRANCISCO BAHAMONDE SUÁREZ   | 1979 | 22:52 | 04:09 | 22:47  | AG20891     | CLUB ATLETISMO TAMBRE     | M-106 | Máster 2-31 |
| 112 | 273  | BEATRIZ GONZÁLEZ CHOMÓN      | 1989 | 22:53 | 04:09 | 22:35  | AG17862     | ENTRENARUNNING            | F-6   | Máster 1-1  |
| 113 | 287  | RODRIGO DE DIOS MIGUÉNS      | 1991 | 22:55 | 04:10 | 22:48  |             |                           | M-107 | Senior-30   |
| 114 | 319  | DAVID BEIS SILVA             | 1993 | 22:55 | 04:10 | 22:45  | GA3817370AT |                           | M-108 | Senior-31   |
| 115 | 52   | JAVIER TABOADA GARCÍA        | 1969 | 22:56 | 04:10 | 22:47  |             |                           | M-109 | Máster 3-8  |
| 116 | 5145 | CARLOS FERNANDEZ SANCHEZ     | 1972 | 23:02 | 04:11 | 22:58  |             |                           | M-110 | Máster 2-32 |
| 117 | 230  | ADRIÁN DARRIBA DAPENA        | 1985 | 23:06 | 04:12 | 22:52  |             |                           | M-111 | Máster 1-31 |
| 118 | 375  | DIEGO FRAGA PALLAS           | 1999 | 23:07 | 04:12 | 22:45  |             |                           | M-112 | Senior-32   |
| 119 | 5036 | DANIEL CARIÑENA LÓPEZ        | 2005 | 23:08 | 04:12 | 22:54  | GA3697252AT | CLUB ATLETISMO SADA       | M-113 | Sub 23-2    |
| 120 | 11   | JOSÉ RAMÓN ABEL SUÁREZ       | 1962 | 23:11 | 04:12 | 23:03  | GA3777072AT | NOITEBRA F.C.             | M-114 | Máster 3-9  |

**RESULTADOS OFICIAIS****Adultos****11:00**

| PTO | DOR  | NOME                            | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|------|---------------------------------|------|-------|-------|--------|------------|---------------------------|-------|-------------|
| 121 | 5047 | SANTIAGO VIDAL FREIRE           | 1994 | 23:12 | 04:13 | 22:43  |            |                           | M-115 | Senior-33   |
| 122 | 72   | MANUEL RENDO [XACO]             | 1972 | 23:13 | 04:13 | 23:07  |            |                           | M-116 | Máster 2-33 |
| 123 | 111  | NATALIA LORENZO PÉREZ           | 1976 | 23:14 | 04:13 | 23:07  | 11090      | ENTRENARUNNING            | F-7   | Máster 2-4  |
| 124 | 369  | PEDRO RIAL ÁLVAREZ              | 1999 | 23:18 | 04:14 | 23:07  |            |                           | M-117 | Senior-34   |
| 125 | 5040 | VICTOR MANUEL SIGNIORINI MONTI  | 2006 | 23:19 | 04:14 | 23:09  |            |                           | M-118 | Sub 20-6    |
| 126 | 247  | CARMEN QUINTAS GARCÍA           | 1986 | 23:22 | 04:14 | 23:06  | AG18540    | ENTRENARUNNING            | F-8   | Máster 1-2  |
| 127 | 5057 | LINO ESPÍÑEIRA CASTRO           | 1974 | 23:23 | 04:15 | 23:08  |            |                           | M-119 | Máster 2-34 |
| 128 | 109  | ALEJANDRO CEREIJO GAGO          | 1976 | 23:27 | 04:15 | 23:16  |            |                           | M-120 | Máster 2-35 |
| 129 | 162  | ÓSCAR CASAS COUSELO             | 1979 | 23:30 | 04:16 | 23:25  | AG2028259  | CLUB ATLETISMO TAMBRE     | M-121 | Máster 2-36 |
| 130 | 207  | MARGA VILLAYERDE ROSALES        | 1982 | 23:31 | 04:16 | 23:27  |            | ATLETISMO FONTES DO SAR   | F-9   | Máster 1-3  |
| 131 | 173  | ÁNGELES VAL DEL RÍO             | 1980 | 23:37 | 04:17 | 23:32  | AG20294    | CLUB ATLETISMO MILLARAIO  | F-10  | Máster 1-4  |
| 132 | 5118 | GONZALO CAO ESPIDO              | 1976 | 23:42 | 04:18 | 23:31  |            | CLUB TRIATLÓN INFORHOUSE  | M-122 | Máster 2-37 |
| 133 | 5013 | MAURO ROUCO RODRÍGUEZ           | 2009 | 23:49 | 04:19 | 23:32  |            |                           | M-123 | Sub 18-4    |
| 134 | 9018 | JOSÉ ANTONIO VIDAL GONZÁLEZ     | 1978 | 23:49 | 04:19 | 23:39  | AG2024431  | CLUB DEPORTIVO BRION HYUF | M-124 | Máster 2-38 |
| 135 | 412  | MARTIN VIEITO YEBRA             | 2003 | 23:50 | 04:20 | 23:44  | GA3813907A | ENTRENARUNNING            | M-125 | Sub 23-3    |
| 136 | 5012 | JUAN ROUCO                      | 1974 | 23:53 | 04:20 | 23:36  |            |                           | M-126 | Máster 2-39 |
| 137 | 213  | F.JAVIER GARCIA CASAL           | 1983 | 23:56 | 04:21 | 23:51  |            |                           | M-127 | Máster 1-32 |
| 138 | 128  | ÁNGEL LISTE ASTRAY              | 1977 | 23:56 | 04:21 | 23:49  |            |                           | M-128 | Máster 2-40 |
| 139 | 293  | STEPHAN TRIGO REY               | 1991 | 23:57 | 04:21 | 23:45  | GA3783670A | ENTRENARUNNING            | M-129 | Senior-35   |
| 140 | 5122 | ANDREA CORES CANCELA            | 1995 | 23:58 | 04:21 | 23:53  | GA3776847  | SOCIEDAD DEPORTIVA COMPC  | F-11  | Senior-1    |
| 141 | 5184 | ALBERTO LIÑARES ARÁN            | 1974 | 23:58 | 04:21 | 23:51  |            |                           | M-130 | Máster 2-41 |
| 142 | 5049 | PABLO CEPEDA ILLOBRE            | 1991 | 23:58 | 04:21 | 23:34  |            |                           | M-131 | Senior-36   |
| 143 | 279  | ADRIÁN CAROLLO VARELA           | 1990 | 24:00 | 04:21 | 23:54  | GA3773299A | CLUB ATLETISMO TAMBRE     | M-132 | Senior-37   |
| 144 | 5164 | CARLOS VARELA BAÑOS             | 1995 | 24:00 | 04:21 | 23:39  |            |                           | M-133 | Senior-38   |
| 145 | 5142 | OSCAR LEIS MOURIÑO              | 1969 | 24:02 | 04:22 | 23:49  |            |                           | M-134 | Máster 3-10 |
| 146 | 136  | JUAN LUIS BOTANA MOSQUERA       | 1977 | 24:02 | 04:22 | 23:47  | AG2025691  | SOCIEDAD DEPORTIVA COMPC  | M-135 | Máster 2-42 |
| 147 | 34   | ANTONIO RIVEIRA MARTINEZ        | 1967 | 24:03 | 04:22 | 23:49  | AG2018657  | CLUB ATLETISMO O PINO     | M-136 | Máster 3-11 |
| 148 | 174  | CARLOS GARCÍA VÁZQUEZ           | 1980 | 24:07 | 04:23 | 23:59  |            |                           | M-137 | Máster 1-33 |
| 149 | 372  | MARTÍN RODRÍGUEZ GARCÍA         | 1999 | 24:11 | 04:23 | 23:48  |            |                           | M-138 | Senior-39   |
| 150 | 271  | LAURA RODRÍGUEZ PEREIRA         | 1989 | 24:16 | 04:24 | 24:08  | AG20756    | ENTRENARUNNING            | F-12  | Máster 1-5  |
| 151 | 112  | SANTI CANICOBIA                 | 1976 | 24:17 | 04:24 | 24:07  | AG11123    | ENTRENARUNNING            | M-139 | Máster 2-43 |
| 152 | 27   | XOSÉ RAMÓN PALLARES LEAL        | 1965 | 24:24 | 04:26 | 24:17  |            |                           | M-140 | Máster 3-12 |
| 153 | 114  | JESUS ( ZUBI ) GARCÍA PENA      | 1976 | 24:29 | 04:27 | 24:15  | AG2028252  | CLUB ATLETISMO TAMBRE     | M-141 | Máster 2-44 |
| 154 | 5199 | ALBERTO DOMÍNGUEZ NOAL          | 1979 | 24:31 | 04:27 | 24:25  |            |                           | M-142 | Máster 2-45 |
| 155 | 137  | LITO VILA BALEATO               | 1978 | 24:32 | 04:27 | 24:19  |            |                           | M-143 | Máster 2-46 |
| 156 | 442  | BRAIS BAHAMONDE BARCALA         | 2009 | 24:35 | 04:28 | 24:32  | AG19025    | CLUB ATLETISMO TAMBRE     | M-144 | Sub 18-5    |
| 157 | 5116 | MANUEL VIEITES RODRÍGUEZ        | 1973 | 24:36 | 04:28 | 24:20  | GA3793597A | NOITEBRA F.C.             | M-145 | Máster 2-47 |
| 158 | 333  | DARIO GARCIA RENDO              | 1994 | 24:38 | 04:28 | 24:26  | GA3818589A |                           | M-146 | Senior-40   |
| 159 | 9019 | CANDELA NEGREIRA SÁNCHEZ        | 2003 | 24:40 | 04:29 | 24:35  |            |                           | F-13  | Sub 23-3    |
| 160 | 64   | MANUEL PEGITO POMBO             | 1971 | 24:45 | 04:30 | 24:31  | GA3776205A | CLUB ATLETISMO PINO       | M-147 | Máster 2-48 |
| 161 | 58   | FELIPE SANTIAGO TORRES CEBREIRO | 1970 | 24:46 | 04:30 | 24:24  |            |                           | M-148 | Máster 2-49 |
| 162 | 5126 | CRISTIAN ZAS SANDE              | 1989 | 24:47 | 04:30 | 24:30  |            |                           | M-149 | Máster 1-34 |
| 163 | 80   | JOSE Mª FERNÁNDEZ               | 1973 | 24:49 | 04:30 | 24:43  |            |                           | M-150 | Máster 2-50 |
| 164 | 5061 | PEDRO LÓPEZ RIVAS               | 1980 | 24:50 | 04:30 | 24:42  |            |                           | M-151 | Máster 2-51 |
| 165 | 56   | PEDRO LUAÑA LOUZAO              | 1970 | 24:50 | 04:30 | 24:43  | AG20727    | ENTRENARUNNING            | M-152 | Máster 2-52 |
| 166 | 326  | HUGO FILIPE ALVES GOMES         | 1994 | 24:50 | 04:30 | 24:23  |            |                           | M-153 | Senior-41   |
| 167 | 255  | CARLOS REY QUINTELA             | 1987 | 24:50 | 04:30 | 24:30  | AG18414    | CLUB ATLETISMO PINO       | M-154 | Máster 1-35 |
| 168 | 107  | BORJA SUÁREZ FUENTES            | 1975 | 24:50 | 04:30 | 24:46  | 3783727A   | ATLETISMO FONTES DO SAR   | M-155 | Máster 2-53 |
| 169 | 464  | ANTONIO ROMERO BELLO            | 2003 | 24:51 | 04:31 | 24:39  |            |                           | M-156 | Sub 23-4    |
| 170 | 483  | RODRIGO ESPAÑA PETEIRO          | 2003 | 24:51 | 04:31 | 24:39  |            |                           | M-157 | Sub 23-5    |
| 171 | 5215 | GABRIEL AMOEDO CASTRO           | 1993 | 24:53 | 04:31 | 24:35  |            |                           | M-158 | Senior-42   |
| 172 | 5162 | BRAN LÓPEZ LUENGO               | 1992 | 24:55 | 04:31 | 24:41  |            |                           | M-159 | Senior-43   |
| 173 | 5132 | FELIPE CAMBÓN SUÁREZ            | 1992 | 24:57 | 04:32 | 24:51  |            |                           | M-160 | Senior-44   |
| 174 | 5030 | JAVIER CASTRO LAGO              | 2005 | 25:01 | 04:32 | 24:46  |            | FEARLESS WARRIOR          | M-161 | Sub 23-6    |
| 175 | 222  | PABLO SEOANE RAMAS              | 1983 | 25:02 | 04:33 | 24:57  |            |                           | M-162 | Máster 1-36 |
| 176 | 5185 | MANUEL SEIJO PEREIRA            | 1973 | 25:03 | 04:33 | 24:47  |            | CHUSAUDE                  | M-163 | Máster 2-54 |
| 177 | 5016 | LUIS MIGUEL RIVEIRO CIMADEVILA  | 1986 | 25:03 | 04:33 | 24:48  |            |                           | M-164 | Máster 1-37 |
| 178 | 221  | FRANCISCO FERREIRO SILVA        | 1983 | 25:05 | 04:33 | 24:59  | GA3739842  | CLUB ATLETISMO MILLARAIO  | M-165 | Máster 1-38 |
| 179 | 227  | CHUS GARCIA PENA                | 1984 | 25:06 | 04:33 | 25:00  | AG2023639  | CLUB ATLETISMO TAMBRE     | F-14  | Máster 1-6  |
| 180 | 9003 | MIGUEL A. MORATA AGUILERA       | 1958 | 25:08 | 04:34 | 24:49  |            |                           | M-166 | Máster 3-13 |



**RESULTADOS OFICIAIS****Adultos****11:00**

| PTO | DOR  | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|------|--------------------------------|------|-------|-------|--------|------------|---------------------------|-------|-------------|
| 181 | 5137 | RAMÓN RAMOS RÍOS               | 1980 | 25:12 | 04:34 | 24:57  |            |                           | M-167 | Máster 1-39 |
| 182 | 427  | MARIA FERNANDEZ MARTINEZ       | 2006 | 25:14 | 04:35 | 25:11  | AG2027775  | SOCIEDAD DEPORTIVA COMPC  | F-15  | Sub 20-1    |
| 183 | 5105 | MARCOS DOVAL                   | 1981 | 25:16 | 04:35 | 24:47  |            |                           | M-168 | Máster 1-40 |
| 184 | 5150 | DANI CALVO                     | 1983 | 25:17 | 04:35 | 24:44  |            |                           | M-169 | Máster 1-41 |
| 185 | 5097 | PABLO BLANCO SILVA             | 1980 | 25:17 | 04:35 | 24:49  |            |                           | M-170 | Máster 1-42 |
| 186 | 130  | MANUEL ANXO SUAREZ COLLANTES   | 1977 | 25:22 | 04:36 | 25:01  |            |                           | M-171 | Máster 2-55 |
| 187 | 496  | SARA MONTERO FERNÁNDEZ         | 2001 | 25:23 | 04:36 | 25:14  |            |                           | F-16  | Senior-2    |
| 188 | 9001 | DAVID MERA SÁNCHEZ             | 1985 | 25:24 | 04:37 | 25:12  |            |                           | M-172 | Máster 1-43 |
| 189 | 5063 | DANIEL BARROS ALZATE           | 1993 | 25:25 | 04:37 | 25:01  |            |                           | M-173 | Senior-45   |
| 190 | 323  | DAVID ÁLVAREZ CASTRO           | 1994 | 25:26 | 04:37 | 25:09  | GA3791751A | CLUB ATLETISMO PINO       | M-174 | Senior-46   |
| 191 | 210  | ANA BELÉN DÁVILA IBÁÑEZ        | 1983 | 25:28 | 04:37 | 25:18  |            |                           | F-17  | Máster 1-7  |
| 192 | 9015 | JUAN CARLOS ZAMAR ALAMANCOS    | 1977 | 25:31 | 04:38 | 25:24  |            |                           | M-175 | Máster 2-56 |
| 193 | 2    | MARÍA DEL CARMEN RODRÍGUEZ DE  | 1955 | 25:31 | 04:38 | 25:20  | GA1526     |                           | F-18  | Máster 3-1  |
| 194 | 119  | JOSÉ ÁNGEL GONZÁLEZ REBOREDO   | 1976 | 25:34 | 04:38 | 25:23  |            | AMES ATLETISMO            | M-176 | Máster 2-57 |
| 195 | 5065 | LOIS SOTO LOPEZ                | 1996 | 25:35 | 04:39 | 25:05  |            |                           | M-177 | Senior-47   |
| 196 | 9013 | IVAN FIGUEIRAS ZARAUZA         | 1978 | 25:36 | 04:39 | 25:31  |            |                           | M-178 | Máster 2-58 |
| 197 | 445  | SANTIAGO DIAZ CONDE            | 2009 | 25:37 | 04:39 | 25:23  | AG2026746  | MARINEDA ATLETICO         | M-179 | Sub 18-6    |
| 198 | 5163 | LARA ÁLVAREZ NAYA              | 1995 | 25:38 | 04:39 | 25:18  |            |                           | F-19  | Senior-3    |
| 199 | 198  | OSCAR SÁNCHEZ CANEDA           | 1981 | 25:38 | 04:39 | 25:29  |            |                           | M-180 | Máster 1-44 |
| 200 | 283  | TAMARA RODRIGUEZ BERMUDEZ      | 1990 | 25:40 | 04:40 | 25:37  |            |                           | F-20  | Senior-4    |
| 201 | 460  | CAMILO BLANCO PAMPÍN           | 1985 | 25:45 | 04:40 | 25:07  |            | TRAIN2GO                  | M-181 | Máster 1-45 |
| 202 | 184  | JAVIER SUÁREZ GIADÁS           | 1981 | 25:45 | 04:40 | 25:33  | GA3748772A | TATLETISMO ARENTEIRO      | M-182 | Máster 1-46 |
| 203 | 217  | TONI PEREIRO ARES              | 1983 | 25:45 | 04:40 | 25:33  |            |                           | M-183 | Máster 1-47 |
| 204 | 5196 | MARCELO STEVEN HERNÁNDEZ VALE  | 1992 | 25:46 | 04:41 | 25:26  |            |                           | M-184 | Senior-48   |
| 205 | 191  | FERNANDO ANTUNES VARELA        | 1981 | 25:46 | 04:41 | 25:42  |            |                           | M-185 | Máster 1-48 |
| 206 | 461  | PAULA SÁNCHEZ BARCO            | 2000 | 25:46 | 04:41 | 25:28  |            |                           | F-21  | Senior-5    |
| 207 | 5139 | LUIS ÁNGEL AMENEIRO IGLESIAS   | 1986 | 25:46 | 04:41 | 25:33  |            |                           | M-186 | Máster 1-49 |
| 208 | 199  | JOSE IGNACIO CALVO FERNANDEZ   | 1981 | 25:46 | 04:41 | 25:39  |            |                           | M-187 | Máster 1-50 |
| 209 | 5090 | MARIA VICTORIA GRUEIRO HERMIDA | 1969 | 25:47 | 04:41 | 25:39  | AG17465    | ATLETISMO NARON           | F-22  | Máster 3-2  |
| 210 | 21   | GONZALO ALFONSIN SOLIÑO        | 1964 | 25:49 | 04:41 | 25:31  |            | TARTARUGAS                | M-188 | Máster 3-14 |
| 211 | 5027 | ALBERTO SALMONTE RODRIGUEZ     | 1995 | 25:56 | 04:42 | 25:39  | GA3776434A | CLUB ATLETISMO PINO       | M-189 | Senior-49   |
| 212 | 125  | GABRIEL ÁLVAREZ CASTRO         | 1977 | 25:59 | 04:43 | 25:40  |            |                           | M-190 | Máster 2-59 |
| 213 | 23   | MANUEL FRAGA PEREIRO           | 1964 | 26:02 | 04:44 | 25:54  |            |                           | M-191 | Máster 3-15 |
| 214 | 337  | MARTA PÉREZ MASEDA             | 1995 | 26:03 | 04:44 | 25:50  |            |                           | F-23  | Senior-6    |
| 215 | 325  | MIGUEL TRIGO BAULO             | 1994 | 26:03 | 04:44 | 25:41  |            |                           | M-192 | Senior-50   |
| 216 | 413  | ANTÓN FIGUEROA MARTÍNEZ        | 2003 | 26:04 | 04:44 | 25:50  |            |                           | M-193 | Sub 23-7    |
| 217 | 474  | MAURO DURÁN CARLÍN             | 1994 | 26:05 | 04:44 | 25:39  |            |                           | M-194 | Senior-51   |
| 218 | 5141 | ROSA GOMEZ GOMEZ               | 1971 | 26:07 | 04:44 | 25:55  |            |                           | F-24  | Máster 2-5  |
| 219 | 161  | VIRGINIA VÁZQUEZ               | 1979 | 26:07 | 04:44 | 26:01  | GA3783674A | TATLETISMO FONTES DO SAR  | F-25  | Máster 2-6  |
| 220 | 13   | FERNANDO SUÁREZ SANDOMINGO     | 1963 | 26:08 | 04:45 | 25:59  |            |                           | M-195 | Máster 3-16 |
| 221 | 5113 | CARLOS LORENZO                 | 1984 | 26:08 | 04:45 | 25:54  |            |                           | M-196 | Máster 1-51 |
| 222 | 351  | CARLOS ÁLVAREZ                 | 1997 | 26:09 | 04:45 | 25:52  | GA3776218A | CLUB ATLETISMO PINO       | M-197 | Senior-52   |
| 223 | 170  | ARACELI MARTÍNEZ RIVADEMAR     | 1980 | 26:09 | 04:45 | 26:02  | GA3783671  | ATLETISMO FONTES DO SAR   | F-26  | Máster 2-7  |
| 224 | 78   | BELÉN NOYA PÉREZ               | 1973 | 26:11 | 04:45 | 26:05  | AG763760   | ATLETISMO FONTES DO SAR   | F-27  | Máster 2-8  |
| 225 | 32   | CONCEPCION GONZÁLEZ BELLO      | 1966 | 26:13 | 04:46 | 26:03  |            |                           | F-28  | Máster 3-3  |
| 226 | 5044 | LEO CENDAN MALINGRET           | 2000 | 26:15 | 04:46 | 26:08  |            |                           | M-198 | Senior-53   |
| 227 | 9002 | JUAN C. CASTRO SUÁREZ          | 1965 | 26:21 | 04:47 | 26:01  |            |                           | M-199 | Máster 3-17 |
| 228 | 66   | ISABEL GARCÍA FERNANDEZ        | 1971 | 26:25 | 04:48 | 26:19  | AG2024159  | ATLETISMO FONTES DO SAR   | F-29  | Máster 2-9  |
| 229 | 416  | BRAIS PIÑEIRO MONTOIRO         | 2003 | 26:25 | 04:48 | 26:09  |            |                           | M-200 | Sub 23-8    |
| 230 | 5147 | ADRIÁN ALVITE PÍAS             | 2006 | 26:27 | 04:48 | 26:10  |            |                           | M-201 | Sub 20-7    |
| 231 | 5214 | ANTONIO SALGADO MASIDE         | 1973 | 26:27 | 04:48 | 26:06  |            |                           | M-202 | Máster 2-60 |
| 232 | 368  | MARTÍN GÓMEZ MARTÍNEZ          | 1999 | 26:27 | 04:48 | 26:13  |            |                           | M-203 | Senior-54   |
| 233 | 350  | MARGAUX GARCIA                 | 1996 | 26:27 | 04:48 | 26:05  |            |                           | F-30  | Senior-7    |
| 234 | 33   | FRANCISCO MOURE CAÑETE         | 1966 | 26:32 | 04:49 | 26:24  | AG2020367  | NOITEBRA F.C.             | M-204 | Máster 3-18 |
| 235 | 471  | JOSE BERNÁNDEZ AGRAFOJO        | 1973 | 26:37 | 04:50 | 26:07  | GA3801111A | TSOCIEDAD DEPORTIVA COMPC | M-205 | Máster 2-61 |
| 236 | 5106 | VERÓNICA PÉREZ ANDRADE         | 2000 | 26:37 | 04:50 | 26:13  |            |                           | F-31  | Senior-8    |
| 237 | 5157 | REBECA LOPEZ MACIA             | 1991 | 26:38 | 04:50 | 26:25  | GA3825100A | CLUB DEPORTIVO BRIÓN HYUF | F-32  | Senior-9    |
| 238 | 5007 | MARCOS CARRIL CARRILLO         | 1978 | 26:38 | 04:50 | 26:17  |            |                           | M-206 | Máster 2-62 |
| 239 | 362  | ANTIA CABO RODRÍGUEZ           | 1998 | 26:39 | 04:50 | 26:15  |            |                           | F-33  | Senior-10   |
| 240 | 157  | LITO CALVIÑO BAUTÍS            | 1979 | 26:40 | 04:50 | 26:23  |            |                           | M-207 | Máster 2-63 |

**RESULTADOS OFICIAIS**
**Adultos**
**11:00**

| PTO | DOR  | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                      | SEXO  | CATEGORÍA   |
|-----|------|-------------------------------|------|-------|-------|--------|-------------|----------------------------|-------|-------------|
| 241 | 124  | JORGE TUÑAS ARGIBAY           | 1977 | 26:41 | 04:51 | 26:15  |             |                            | M-208 | Máster 2-64 |
| 242 | 5029 | PABLO BLANCO MIGUENS          | 1991 | 26:44 | 04:51 | 26:08  |             |                            | M-209 | Senior-55   |
| 243 | 299  | MIGUEL CASTRO LAGO            | 1992 | 26:45 | 04:51 | 26:30  |             |                            | M-210 | Senior-56   |
| 244 | 5051 | ANDRÉ ORTIZ ALONSO            | 1991 | 26:47 | 04:52 | 26:34  | GA3819378AT | CLUB DEPORTIVO BRIÓN HYUF  | M-211 | Senior-57   |
| 245 | 215  | SERGIO SIXTO MONTERO          | 1983 | 26:48 | 04:52 | 26:35  |             |                            | M-212 | Máster 1-52 |
| 246 | 175  | MANUEL RODRÍGUEZ QUINTÁNS     | 1980 | 26:50 | 04:52 | 26:35  |             |                            | M-213 | Máster 1-53 |
| 247 | 296  | NAYBETT MONTERO LOBO          | 1991 | 26:50 | 04:52 | 26:39  |             |                            | F-34  | Senior-11   |
| 248 | 40   | LUIS SUEIRAS FIEIRO           | 1968 | 26:51 | 04:52 | 26:29  |             |                            | M-214 | Máster 3-19 |
| 249 | 5114 | ANA MACEIRA ERIAS             | 1982 | 26:52 | 04:53 | 26:38  |             |                            | F-35  | Máster 1-8  |
| 250 | 311  | ALBERTO VEIGA RODRÍGUEZ       | 1993 | 26:53 | 04:53 | 26:40  |             |                            | M-215 | Senior-58   |
| 251 | 5091 | MARTA GARCÍA GONZÁLEZ         | 1975 | 26:54 | 04:53 | 26:25  |             |                            | F-36  | Máster 2-10 |
| 252 | 96   | LOLY GÓMEZ OVIEDO             | 1975 | 26:55 | 04:53 | 26:43  | GA3790626AT |                            | F-37  | Máster 2-11 |
| 253 | 5172 | IVÁN SUÁREZ BARCA             | 1996 | 26:57 | 04:54 | 26:36  |             |                            | M-216 | Senior-59   |
| 254 | 88   | TAMARA CECILIA VIA            | 1974 | 26:58 | 04:54 | 26:52  | GA3783673AT | ATLETISMO FONTES DO SAR    | F-38  | Máster 2-12 |
| 255 | 5035 | LORENA LAMAS SÓÑORA           | 2000 | 26:59 | 04:54 | 26:32  |             | RUN SLOW CLUB              | F-39  | Senior-12   |
| 256 | 192  | MAITE COUTO MENDOZA           | 1981 | 27:01 | 04:54 | 26:45  | AG2023259   | CLUB ATLETISMO PINO        | F-40  | Máster 1-9  |
| 257 | 185  | ANA LEYES BASTIDA             | 1981 | 27:05 | 04:55 | 26:57  | GA3777939   | ATLETISMO FONTES DO SAR    | F-41  | Máster 1-10 |
| 258 | 150  | MARCOS RIAL TABOADA           | 1979 | 27:08 | 04:56 | 26:51  |             |                            | M-217 | Máster 2-65 |
| 259 | 5201 | JUAN CAMBEIRO FORMOSO         | 1984 | 27:10 | 04:56 | 26:33  |             |                            | M-218 | Máster 1-54 |
| 260 | 5197 | CAMILO ROMERO CADENA          | 1994 | 27:12 | 04:56 | 26:53  |             |                            | M-219 | Senior-60   |
| 261 | 75   | ROBERTO ALONSO IGLESIAS       | 1973 | 27:13 | 04:56 | 26:53  | GA3781649AT | CLUB ATLETISMO PINO        | M-220 | Máster 2-66 |
| 262 | 328  | RICARDO GÓMEZ BEADE           | 1994 | 27:15 | 04:57 | 26:54  |             |                            | M-221 | Senior-61   |
| 263 | 5188 | EDUARDO SOAGE PRECIADO        | 1974 | 27:18 | 04:57 | 27:03  |             |                            | M-222 | Máster 2-67 |
| 264 | 5195 | JACOBO ARES RODRÍGUEZ         | 1978 | 27:23 | 04:58 | 27:02  |             |                            | M-223 | Máster 2-68 |
| 265 | 147  | ALFONSO RODRIGUEZ FRAMIL      | 1978 | 27:26 | 04:59 | 27:18  | GA3777031AT | NOITEBRA F.C.              | M-224 | Máster 2-69 |
| 266 | 91   | SUSO QUINTELA VÁZQUEZ         | 1974 | 27:26 | 04:59 | 27:18  | GA3777263AT |                            | M-225 | Máster 2-70 |
| 267 | 20   | JOSE ANTONIO GIL BREA         | 1964 | 27:27 | 04:59 | 27:19  | AG2028157   | NOITEBRA F.C.              | M-226 | Máster 3-20 |
| 268 | 73   | JESÚS AMADO PÉREZ             | 1972 | 27:27 | 04:59 | 27:12  |             |                            | M-227 | Máster 2-71 |
| 269 | 487  | BRAIS VAZQUEZ SESAR           | 1997 | 27:29 | 04:59 | 27:02  |             |                            | M-228 | Senior-62   |
| 270 | 5015 | MARTA MACEIRAS GUIMAREY       | 1999 | 27:31 | 05:00 | 27:13  |             |                            | F-42  | Senior-13   |
| 271 | 31   | JOAQUÍN SÁNCHEZ LEIRA         | 1966 | 27:35 | 05:00 | 27:25  | AG768724    | CLUB ATLETISMO SANTIAGO    | M-229 | Máster 3-21 |
| 272 | 5107 | RAUL CAMBEIRO FORMOSO         | 1994 | 27:37 | 05:01 | 27:01  |             |                            | M-230 | Senior-63   |
| 273 | 86   | SILVIA DEIRA BARCALA          | 1974 | 27:40 | 05:01 | 27:12  | AG9542      | ENTRENARUNNING             | F-43  | Máster 2-13 |
| 274 | 321  | DORIS IGLESIAS AMORES         | 1993 | 27:45 | 05:02 | 27:33  | GA3784137   | CLUB DEPORTIVO BRION HYUF  | F-44  | Senior-14   |
| 275 | 5110 | PABLO MOSQUERA MARTÍNEZ       | 1985 | 27:46 | 05:02 | 27:11  |             | TRAIN2GO.COM               | M-231 | Máster 1-55 |
| 276 | 5020 | ARACELI FACHAL QUINTELA       | 2000 | 27:53 | 05:04 | 27:22  |             |                            | F-45  | Senior-15   |
| 277 | 343  | ADRIAN GARABATO LAGARES       | 1995 | 27:54 | 05:04 | 27:23  | AG17911     | CLUB ATLETISMO SANTIAGO    | M-232 | Senior-64   |
| 278 | 223  | ANDRÉS PAZOS TRONCEDA         | 1984 | 27:56 | 05:04 | 27:24  |             |                            | M-233 | Máster 1-56 |
| 279 | 5001 | GELY LEÓN VIÑAS               | 1974 | 27:57 | 05:04 | 27:33  | AG17311     | CLUB ATLETISMO NOIA        | F-46  | Máster 2-14 |
| 280 | 443  | RAÚL COLLAZO OTERO            | 2009 | 27:57 | 05:04 | 27:49  |             |                            | M-234 | Sub 18-7    |
| 281 | 19   | RAMÓN COLLAZO MOSQUERA        | 1964 | 27:58 | 05:05 | 27:50  |             |                            | M-235 | Máster 3-22 |
| 282 | 5134 | SABINA GARCÍA ABALO           | 1980 | 27:58 | 05:05 | 27:46  |             |                            | F-47  | Máster 1-11 |
| 283 | 117  | MIGUEL CHANS GARCÍA           | 1976 | 27:59 | 05:05 | 27:44  |             |                            | M-236 | Máster 2-72 |
| 284 | 354  | ALVARO NEIRA MOURULLO         | 1997 | 28:01 | 05:05 | 27:29  |             |                            | M-237 | Senior-65   |
| 285 | 65   | MARIA ESTRELLA FERRO IGLESIAS | 1971 | 28:02 | 05:05 | 27:37  |             | CLUB DEPORTIVO LA PURISIMA | F-48  | Máster 2-15 |
| 286 | 243  | MARCOS DACOSTA BALBOA         | 1986 | 28:02 | 05:05 | 27:49  |             |                            | M-238 | Máster 1-57 |
| 287 | 9016 | ALVARO ROIG TORRES            | 2005 | 28:04 | 05:06 | 27:41  |             |                            | M-239 | Sub 23-9    |
| 288 | 158  | MARGARITA MILAGROS GONZÁLEZ C | 1979 | 28:08 | 05:06 | 28:00  | GA3777969   | ATLETISMO FONTES DO SAR    | F-49  | Máster 2-16 |
| 289 | 5098 | PABLO CAJARAVILLE ARES        | 1980 | 28:12 | 05:07 | 27:54  |             |                            | M-240 | Máster 2-73 |
| 290 | 28   | NACHO SUEIRAS FIEIRO          | 1966 | 28:12 | 05:07 | 27:51  |             |                            | M-241 | Máster 3-23 |
| 291 | 25   | XOSÉ MARÍA FERNÁNDEZ MAGARIÑO | 1965 | 28:12 | 05:07 | 27:58  |             |                            | M-242 | Máster 3-24 |
| 292 | 12   | Mª BEGOÑA RAMOS SUÁREZ        | 1962 | 28:14 | 05:08 | 28:11  | AG18250     | ENTRENARUNNING             | F-50  | Máster 3-4  |
| 293 | 139  | DAVID RAPOSO MERA             | 1978 | 28:14 | 05:08 | 27:59  |             |                            | M-243 | Máster 2-74 |
| 294 | 5096 | ALBERTO BELLO                 | 1990 | 28:15 | 05:08 | 27:43  |             |                            | M-244 | Máster 1-58 |
| 295 | 5006 | ALFREDO FANDIÑO ARES          | 1968 | 28:20 | 05:09 | 28:02  |             |                            | M-245 | Máster 3-25 |
| 296 | 5069 | ANTONIO VÁZQUEZ               | 1969 | 28:21 | 05:09 | 27:59  |             |                            | M-246 | Máster 3-26 |
| 297 | 5028 | JOSE MANUEL RODRIGUEZ CID     | 1972 | 28:24 | 05:09 | 28:02  |             | ASALTAMONTES TRAIL         | M-247 | Máster 2-75 |
| 298 | 205  | ANTONIO BLANCO GOMEZ          | 1982 | 28:25 | 05:10 | 28:04  |             |                            | M-248 | Máster 1-59 |
| 299 | 26   | MARI PIÑEIRO ESPERANTE        | 1965 | 28:25 | 05:10 | 28:13  |             |                            | F-51  | Máster 3-5  |
| 300 | 5005 | MARIA VANESSA LEÓN VIÑAS      | 1981 | 28:27 | 05:10 | 28:04  | AG          | CLUB ATLETISMO SAR         | F-52  | Máster 1-12 |

**RESULTADOS OFICIAIS**
**Adultos**
**11:00**

| PTO | DOR  | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                    | SEXO  | CATEGORÍA   |
|-----|------|--------------------------------|------|-------|-------|--------|------------|--------------------------|-------|-------------|
| 301 | 463  | JORGE VÁZQUEZ CANCELA          | 1982 | 28:27 | 05:10 | 28:07  |            |                          | M-249 | Máster 1-60 |
| 302 | 5060 | PLACERES CONDE SUÁREZ          | 1975 | 28:30 | 05:10 | 28:13  | GA3776203  | CLUB ATLETISMO PINO      | F-53  | Máster 2-17 |
| 303 | 5054 | CARLOS PEITEADO ASOREY         | 1984 | 28:34 | 05:11 | 28:19  |            | CLUB DEPORTIVO PINARIUM  | M-250 | Máster 1-61 |
| 304 | 421  | SHEILA BALADO TABOADA          | 2004 | 28:35 | 05:11 | 28:27  | AG17126    | ENTRENARUNNING           | F-54  | Sub 23-4    |
| 305 | 5117 | MARÍA ISABEL LÓPEZ GARCÍA      | 1975 | 28:38 | 05:12 | 28:26  | 76928533L  | GTR_GALAICO TRAIL RUN    | F-55  | Máster 2-18 |
| 306 | 77   | SONIA RODRÍGUEZ                | 1973 | 28:41 | 05:12 | 28:22  | AG9429     | ENTRENARUNNING           | F-56  | Máster 2-19 |
| 307 | 74   | HELENA GARCÍA GONZÁLEZ         | 1972 | 28:42 | 05:13 | 28:16  | AG3551     | CLUB ATLETISMO MILLARAIO | F-57  | Máster 2-20 |
| 308 | 5052 | MARCOS MORENO PEREZ            | 1984 | 28:44 | 05:13 | 28:08  |            |                          | M-251 | Máster 1-62 |
| 309 | 5055 | MIGUEL OTERO GARCÍA            | 1993 | 28:44 | 05:13 | 28:07  |            |                          | M-252 | Senior-66   |
| 310 | 347  | ALEJANDRA MELLISH PICÓN        | 1996 | 28:45 | 05:13 | 28:31  |            |                          | F-58  | Senior-16   |
| 311 | 5211 | SARA PENA TORRES               | 1999 | 28:47 | 05:14 | 28:23  |            |                          | F-59  | Senior-17   |
| 312 | 9    | DANIEL ANGEL OTERO_CEPEDA_     | 1960 | 28:47 | 05:14 | 28:34  |            |                          | M-253 | Máster 3-27 |
| 313 | 5038 | MARCOS COUCEIRO ALLER          | 2001 | 28:48 | 05:14 | 28:15  |            |                          | M-254 | Senior-67   |
| 314 | 5018 | DAVID FERNÁNDEZ CERDEIRA       | 1993 | 28:48 | 05:14 | 28:19  |            |                          | M-255 | Senior-68   |
| 315 | 5089 | PEDRO NAVAZA SA                | 1989 | 28:49 | 05:14 | 28:19  |            |                          | M-256 | Máster 1-63 |
| 316 | 5160 | CATUXA CODESIDO PÉREZ          | 1994 | 28:56 | 05:15 | 28:35  |            |                          | F-60  | Senior-18   |
| 317 | 492  | MONTSERRAT FERRACES VAZQUEZ    | 1972 | 29:01 | 05:16 | 28:31  |            |                          | F-61  | Máster 2-21 |
| 318 | 5023 | ANGELA BARBEIRA GALLARDO       | 1997 | 29:01 | 05:16 | 28:35  | AG20528    | CORREXALLAS              | F-62  | Senior-19   |
| 319 | 5022 | DAVID BARBEIRA                 | 1978 | 29:02 | 05:16 | 28:36  | AG3310     | CORREXALLAS              | M-257 | Máster 2-76 |
| 320 | 5078 | DAOUDA SOW                     | 1999 | 29:03 | 05:16 | 28:40  |            |                          | M-258 | Senior-69   |
| 321 | 5008 | SERGIO PÉREZ CASTRO            | 1979 | 29:05 | 05:17 | 28:47  |            |                          | M-259 | Máster 2-77 |
| 322 | 256  | CARLA DÍAZ LÓPEZ               | 1988 | 29:07 | 05:17 | 28:35  |            |                          | F-63  | Máster 1-13 |
| 323 | 143  | CARLOS LOPEZ PLATAS            | 1978 | 29:07 | 05:17 | 28:36  |            |                          | M-260 | Máster 2-78 |
| 324 | 5166 | BELÉN GARCÍA FERNÁNDEZ         | 1986 | 29:13 | 05:18 | 28:50  |            |                          | F-64  | Máster 1-14 |
| 325 | 5112 | ANNE MAY FORRYAN SECCOMBE      | 1966 | 29:17 | 05:19 | 28:56  |            |                          | F-65  | Máster 3-6  |
| 326 | 419  | CHLOÉ BOTANA PRINI             | 2003 | 29:17 | 05:19 | 29:11  | 49668819   | CLUB TRIATLÓN INFORHOUSE | F-66  | Sub 23-5    |
| 327 | 5059 | LOLA CORDERO                   | 2005 | 29:18 | 05:19 | 29:02  |            |                          | F-67  | Sub 23-6    |
| 328 | 5193 | JOSÉ ANTONIO RODRÍGUEZ TRINIDA | 1961 | 29:25 | 05:20 | 29:00  |            |                          | M-261 | Máster 3-28 |
| 329 | 5095 | NEREA VILARIÑO LAMAS           | 1996 | 29:27 | 05:21 | 28:55  |            |                          | F-68  | Senior-20   |
| 330 | 176  | FRAN C FERNÁNDEZ               | 1980 | 29:35 | 05:22 | 28:57  |            |                          | M-262 | Máster 1-64 |
| 331 | 16   | JUAN RIAL GALLEGO              | 1963 | 29:42 | 05:24 | 29:35  |            | ATLETISMO FONTES DO SAR  | M-263 | Máster 3-29 |
| 332 | 5099 | ANDREA CACHEDA                 | 1992 | 29:43 | 05:24 | 29:18  |            |                          | F-69  | Senior-21   |
| 333 | 5100 | XANDRA QUIROGA ÁLVAREZ         | 1995 | 29:43 | 05:24 | 29:16  |            |                          | F-70  | Senior-22   |
| 334 | 57   | CHELO VIGO LIÑARES             | 1970 | 29:51 | 05:25 | 29:24  | AG15078    | ENTRENARUNNING           | F-71  | Máster 2-22 |
| 335 | 468  | ABEL FERNÁNDEZ PÉREZ           | 1976 | 29:56 | 05:26 | 29:21  |            |                          | M-264 | Máster 2-79 |
| 336 | 5174 | MÓNICA SÁNCHEZ TRAVESÍ         | 1999 | 29:57 | 05:26 | 29:30  |            |                          | F-72  | Senior-23   |
| 337 | 475  | ISABEL VALIÑAS CONDE           | 1992 | 29:58 | 05:26 | 29:38  |            |                          | F-73  | Senior-24   |
| 338 | 5101 | MANUEL RAÑA PREGO              | 1950 | 29:59 | 05:27 | 29:50  |            |                          | M-265 | Máster 3-30 |
| 339 | 76   | MARTA DE DIOS RECAMÁN          | 1973 | 30:00 | 05:27 | 29:32  | GA3777324A | ENTRENARUNNING           | F-74  | Máster 2-23 |
| 340 | 266  | INMACULADA BREY CAMINO         | 1989 | 30:01 | 05:27 | 29:48  |            |                          | F-75  | Máster 1-15 |
| 341 | 403  | MARTA CABO RODRÍGUEZ           | 2001 | 30:02 | 05:27 | 29:37  |            |                          | F-76  | Senior-25   |
| 342 | 5156 | NURIA ESPAÑA PETEIRO           | 2001 | 30:03 | 05:27 | 29:37  |            |                          | F-77  | Senior-26   |
| 343 | 42   | RAFAEL CABO                    | 1968 | 30:03 | 05:27 | 29:39  |            |                          | M-266 | Máster 3-31 |
| 344 | 123  | RAQUEL BLANCO SILVA            | 1976 | 30:04 | 05:28 | 29:34  |            |                          | F-78  | Máster 2-24 |
| 345 | 79   | XOSÉ RAMÓN CORTÉS MARTÍNEZ     | 1973 | 30:05 | 05:28 | 29:35  |            |                          | M-267 | Máster 2-80 |
| 346 | 5048 | IVÁN CALVELO VILLAR            | 1998 | 30:08 | 05:28 | 29:36  |            |                          | M-268 | Senior-70   |
| 347 | 5176 | REBECA ALDAZ MARTÍNEZ          | 1999 | 30:10 | 05:29 | 29:43  |            |                          | F-79  | Senior-27   |
| 348 | 395  | SAMUEL CELA                    | 2000 | 30:10 | 05:29 | 29:37  |            |                          | M-269 | Senior-71   |
| 349 | 97   | MARTIN DIAZ PEREIRA            | 1975 | 30:10 | 05:29 | 29:44  | AG2016705  | MARINEDA ATLETICO        | M-270 | Máster 2-81 |
| 350 | 5014 | MARÍA TORRES BARREIRO          | 2000 | 30:11 | 05:29 | 29:54  |            |                          | F-80  | Senior-28   |
| 351 | 156  | JAVIER FERNANDEZ CALVO         | 1979 | 30:12 | 05:29 | 29:37  |            |                          | M-271 | Máster 2-82 |
| 352 | 429  | MARÍA VILLAVERDE CASAL         | 2006 | 30:12 | 05:29 | 30:00  |            |                          | F-81  | Sub 20-2    |
| 353 | 5024 | ANA MARÍA FANDIÑO VILACIDE     | 1972 | 30:14 | 05:29 | 30:03  |            |                          | F-82  | Máster 2-25 |
| 354 | 148  | PILAR MARTÍNEZ FERNÁNDEZ       | 1978 | 30:18 | 05:30 | 29:46  |            |                          | F-83  | Máster 2-26 |
| 355 | 367  | ALBA SÁNCHEZ BARCO             | 1999 | 30:18 | 05:30 | 30:02  |            |                          | F-84  | Senior-29   |
| 356 | 5213 | NOA BALIRAC LAGO               | 2004 | 30:20 | 05:30 | 29:53  |            |                          | F-85  | Sub 23-7    |
| 357 | 396  | MARINA FERRADÁS RODRÍGUEZ      | 2000 | 30:24 | 05:31 | 30:06  |            |                          | F-86  | Senior-30   |
| 358 | 5079 | ELÍAS EIRIS                    | 1978 | 30:26 | 05:32 | 30:04  |            |                          | M-272 | Máster 2-83 |
| 359 | 5169 | ANDREA POLO RODRÍGUEZ          | 2001 | 30:33 | 05:33 | 30:05  |            |                          | F-87  | Senior-31   |
| 360 | 5182 | XIANA RIVAS                    | 1995 | 30:34 | 05:33 | 30:04  |            |                          | F-88  | Senior-32   |



**RESULTADOS OFICIAIS**
**Adultos**
**11:00**

| PTO | DOR  | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|------|--------------------------------|------|-------|-------|--------|------------|---------------------------|-------|-------------|
| 361 | 5170 | SILVIA LOBATO RÍOS             | 2001 | 30:38 | 05:34 | 30:14  |            |                           | F-89  | Senior-33   |
| 362 | 370  | LAURA NOVOA OTERO              | 1999 | 30:39 | 05:34 | 30:13  |            |                           | F-90  | Senior-34   |
| 363 | 115  | MARÍA JESÚS MILLÁN AGRASAR     | 1976 | 30:41 | 05:34 | 30:27  |            |                           | F-91  | Máster 2-27 |
| 364 | 5025 | ANTONIO PAZOS ALVAREZ          | 1967 | 30:42 | 05:34 | 30:35  |            |                           | M-273 | Máster 3-32 |
| 365 | 5501 | CARMEN CASTRO CORES            | 1973 | 30:50 | 05:36 | 30:32  |            |                           | F-92  | Máster 2-28 |
| 366 | 98   | JOSE VARELA GAGO               | 1975 | 30:50 | 05:36 | 30:31  |            |                           | M-274 | Máster 2-84 |
| 367 | 5092 | ÀNXELES SAMONTE VARELA         | 1967 | 30:50 | 05:36 | 30:31  | GA3784715A | CLUB ATLETISMO PINO       | F-93  | Máster 3-7  |
| 368 | 59   | JOSÉ RICARDO SENRA SONEIRA     | 1970 | 30:54 | 05:37 | 30:30  |            |                           | M-275 | Máster 2-85 |
| 369 | 103  | MAICA MÉNDEZ IGLESIAS          | 1975 | 30:55 | 05:37 | 30:21  |            | TARTARUGAS                | F-94  | Máster 2-29 |
| 370 | 438  | LORENA PEGITO PACHECO          | 2008 | 30:56 | 05:37 | 30:43  | TAG2021274 | CLUB ATLETISMO PINO       | F-95  | Sub 18-1    |
| 371 | 203  | NOEMI SANMARTÍN RODRÍGUEZ      | 1982 | 30:57 | 05:37 | 30:38  | AG2018630  | CLUB ATLETISMO PINO       | F-96  | Máster 1-16 |
| 372 | 285  | LUCÍA OTERO FERNÁNDEZ          | 1990 | 30:59 | 05:38 | 30:36  |            |                           | F-97  | Senior-35   |
| 373 | 5076 | BRAIS PONTE                    | 1986 | 31:02 | 05:38 | 30:37  |            |                           | M-276 | Máster 1-65 |
| 374 | 5066 | ANA CAO CAO                    | 1999 | 31:04 | 05:38 | 30:34  |            |                           | F-98  | Senior-36   |
| 375 | 5067 | LUIS FERNANDO CRUZ RAMOS       | 1995 | 31:05 | 05:39 | 30:35  |            |                           | M-277 | Senior-72   |
| 376 | 5168 | CAMILA SANGIOVANNI LORENZO     | 1993 | 31:08 | 05:39 | 30:56  |            |                           | F-99  | Senior-37   |
| 377 | 5140 | MUNYUMA DÉVORA WADE            | 2005 | 31:12 | 05:40 | 30:42  |            |                           | F-100 | Sub 23-8    |
| 378 | 5127 | MARCOS ROZAS VÁZQUEZ           | 1996 | 31:17 | 05:41 | 30:43  |            |                           | M-278 | Senior-73   |
| 379 | 5094 | ALBA GARCÍA MARZOA             | 1988 | 31:22 | 05:42 | 30:50  |            |                           | F-101 | Máster 1-17 |
| 380 | 5180 | OLALLA CORTIZAS VARELA         | 1985 | 31:24 | 05:42 | 30:58  |            |                           | F-102 | Máster 1-18 |
| 381 | 204  | MONTSERRAT VIGO PARDAL         | 1982 | 31:28 | 05:43 | 31:14  |            |                           | F-103 | Máster 1-19 |
| 382 | 47   | SUSANA MARTÍNEZ SALCES         | 1969 | 31:28 | 05:43 | 31:14  |            |                           | F-104 | Máster 3-8  |
| 383 | 481  | LORENA COSTOYA LOPEZ           | 1991 | 31:29 | 05:43 | 31:01  |            |                           | F-105 | Senior-38   |
| 384 | 5058 | ALOIA ÁLVAREZ MONTOIRO         | 2000 | 31:29 | 05:43 | 31:02  |            |                           | F-106 | Senior-39   |
| 385 | 220  | BEATRIZ MIRANDA BORRAJO        | 1983 | 31:39 | 05:45 | 31:07  | GA3788776A | ATENTRENARUNNING          | F-107 | Máster 1-20 |
| 386 | 5072 | RUBÉN BENDAÑA                  | 1987 | 31:41 | 05:45 | 31:23  |            |                           | M-279 | Máster 1-66 |
| 387 | 5129 | ADRIANA SOÑORA BUSTELO         | 1987 | 31:45 | 05:46 | 31:10  |            |                           | F-108 | Máster 1-21 |
| 388 | 149  | MARTINA TURNES COUSELO         | 1978 | 31:45 | 05:46 | 31:26  |            |                           | F-109 | Máster 2-30 |
| 389 | 89   | JOSE IGNACIO RODRIGUEZ ORMAECI | 1974 | 31:46 | 05:46 | 31:09  |            |                           | M-280 | Máster 2-86 |
| 390 | 5128 | PABLO MUÑOZ VAZQUEZ            | 1997 | 31:55 | 05:48 | 31:21  |            |                           | M-281 | Senior-74   |
| 391 | 5064 | ADRIÁN MARIÑO CASTRO           | 1987 | 31:56 | 05:48 | 31:30  |            |                           | M-282 | Máster 1-67 |
| 392 | 297  | AIDA LORENZO CAMPOS            | 1992 | 31:59 | 05:48 | 31:32  | GA3783474A | ATENTRENARUNNING          | F-110 | Senior-40   |
| 393 | 90   | SUSANA BUJÁN OTERO             | 1974 | 31:59 | 05:48 | 31:29  |            | ENTRENARUNNING            | F-111 | Máster 2-31 |
| 394 | 122  | MANUEL RAMOS DEL POZO          | 1976 | 32:07 | 05:50 | 31:33  |            |                           | M-283 | Máster 2-87 |
| 395 | 5154 | XOSÉ ANTONIO RODRÍGUEZ ÁLVAREZ | 1978 | 32:10 | 05:50 | 31:36  |            |                           | M-284 | Máster 2-88 |
| 396 | 5194 | JOSÉ MANUEL GÓMEZ FERNÁNDEZ    | 1978 | 32:10 | 05:50 | 31:48  |            |                           | M-285 | Máster 2-89 |
| 397 | 5155 | GADEA GONZÁLEZ                 | 1994 | 32:10 | 05:50 | 31:37  |            | RUN SLOW CLUB             | F-112 | Senior-41   |
| 398 | 5146 | ELENA GÓMEZ MARÍN              | 1992 | 32:15 | 05:51 | 31:49  |            |                           | F-113 | Senior-42   |
| 399 | 295  | ANDREA ARIAS MATO              | 1991 | 32:22 | 05:53 | 32:05  |            | CLUB ATLETISMO A ESTRADA  | F-114 | Senior-43   |
| 400 | 5130 | ELENA ALLER CODESIDO           | 1985 | 32:22 | 05:53 | 32:06  |            |                           | F-115 | Máster 1-22 |
| 401 | 5131 | JOSÉ IGNACIO LIÑARES MARTÍNEZ  | 1968 | 32:23 | 05:53 | 32:07  |            |                           | M-286 | Máster 3-33 |
| 402 | 5198 | LAURA RIOPA                    | 1994 | 32:25 | 05:53 | 31:59  |            | RUN SLOW CLUB             | F-116 | Senior-44   |
| 403 | 5041 | LIDIA MERA DURO                | 1986 | 32:26 | 05:53 | 32:01  |            |                           | F-117 | Máster 1-23 |
| 404 | 5133 | CECILIA GARCIA VILLARONGA      | 1992 | 32:35 | 05:55 | 32:03  |            |                           | F-118 | Senior-45   |
| 405 | 8    | LOURDES PRIETO VIEITES         | 1959 | 32:39 | 05:56 | 32:19  |            |                           | F-119 | Máster 3-9  |
| 406 | 5200 | ANTÍA GONZÁLEZ RODRÍGUEZ       | 1994 | 32:39 | 05:56 | 32:14  |            | RUN SLOW CLUB             | F-120 | Senior-46   |
| 407 | 334  | DANIEL RECAREY LIÑARES         | 1994 | 32:51 | 05:58 | 32:40  |            |                           | M-287 | Senior-75   |
| 408 | 420  | CARLA ESPAÑA PETEIRO           | 2003 | 32:51 | 05:58 | 32:41  | GA3792547A | ATATLETISMO FONTES DO SAR | F-121 | Sub 23-9    |
| 409 | 5159 | PABLO TOSAR FRAGÍO             | 1992 | 32:58 | 05:59 | 32:34  |            |                           | M-288 | Senior-76   |
| 410 | 5109 | MARINA RODRIGUEZ HIDALGO       | 1987 | 33:13 | 06:02 | 33:02  |            |                           | F-122 | Máster 1-24 |
| 411 | 5167 | MARTA NÚÑEZ DA TORRE           | 1995 | 33:23 | 06:04 | 32:59  |            |                           | F-123 | Senior-47   |
| 412 | 5037 | MARTA TEIRA CANCELO            | 1996 | 33:27 | 06:04 | 32:58  |            |                           | F-124 | Senior-48   |
| 413 | 5017 | MANUELA CAMPOS VRUCINIC        | 1991 | 33:30 | 06:05 | 33:14  |            |                           | F-125 | Senior-49   |
| 414 | 100  | OLGA LISTE CAO                 | 1975 | 33:42 | 06:07 | 33:22  |            |                           | F-126 | Máster 2-32 |
| 415 | 71   | MARCOS ALDAO PEREIRA           | 1972 | 33:46 | 06:08 | 33:09  |            |                           | M-289 | Máster 2-90 |
| 416 | 340  | NATALIA PEREZ PENA             | 1995 | 33:48 | 06:08 | 33:35  |            |                           | F-127 | Senior-50   |
| 417 | 307  | MARCOS RUIBAL JIMÉNEZ          | 1993 | 33:49 | 06:08 | 33:22  |            |                           | M-290 | Senior-77   |
| 418 | 5190 | IRIA IGLESIAS GENDE            | 2001 | 33:50 | 06:09 | 33:22  |            |                           | F-128 | Senior-51   |
| 419 | 5151 | PABLO FERRADÁS RODRÍGUEZ       | 1998 | 34:00 | 06:10 | 33:37  |            |                           | M-291 | Senior-78   |
| 420 | 172  | LORENA RODRIGUEZ PEREIRO       | 1980 | 34:00 | 06:10 | 33:38  |            |                           | F-129 | Máster 1-25 |

**RESULTADOS OFICIAIS****Adultos****11:00**

| PTO | DOR  | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                    | SEXO  | CATEGORÍA   |
|-----|------|-------------------------------|------|-------|-------|--------|------------|--------------------------|-------|-------------|
| 421 | 5087 | MARIQUIÑA MARTIN VILA         | 1979 | 34:07 | 06:12 | 33:39  |            |                          | F-130 | Máster 2-33 |
| 422 | 5045 | PATRICIA FERNANDEZ GARCIA     | 1994 | 34:40 | 06:18 | 34:09  |            |                          | F-131 | Senior-52   |
| 423 | 171  | DAVID CASASNOVAS FERNÁNDEZ    | 1980 | 34:43 | 06:18 | 34:26  |            |                          | M-292 | Máster 1-68 |
| 424 | 5074 | MARCOS CORZÓN                 | 1984 | 34:54 | 06:20 | 34:30  |            |                          | M-293 | Máster 1-69 |
| 425 | 5046 | ANTÍA SAÁ DEL RÍO             | 1992 | 34:57 | 06:21 | 34:26  |            |                          | F-132 | Senior-53   |
| 426 | 5056 | VANDA NOGUEIRA                | 1986 | 35:03 | 06:22 | 34:38  |            |                          | F-133 | Máster 1-26 |
| 427 | 5050 | IRIS LALE MONTOTO             | 1998 | 35:11 | 06:23 | 34:37  |            |                          | F-134 | Senior-54   |
| 428 | 22   | MARÍA JOSEFINA PARDO MONTAÑA  | 1964 | 35:11 | 06:23 | 34:45  | AG9872     | CLUB ATLETISMO MILLARAIO | F-135 | Máster 3-10 |
| 429 | 17   | PEPE BEIRAS PADELLA           | 1963 | 35:18 | 06:25 | 34:44  |            | TARTARUGAS               | M-294 | Máster 3-34 |
| 430 | 5171 | OLALLA BEIROA RODRIGUEZ       | 1997 | 35:26 | 06:26 | 35:05  |            |                          | F-136 | Senior-55   |
| 431 | 5217 | LORENA DARRIBA DAPENA         | 1992 | 35:28 | 06:26 | 35:14  |            |                          | F-137 | Senior-56   |
| 432 | 135  | MARIA CRUZ BERGMANS MUÑIZ     | 1977 | 35:39 | 06:28 | 35:05  | GA3788650  | SOCIEDAD DEPORTIVA COMPC | F-138 | Máster 2-34 |
| 433 | 29   | ANA ALBÁN SALGADO             | 1966 | 35:39 | 06:28 | 35:14  | AG2024935  | CLUB ATLETISMO MILLARAIO | F-139 | Máster 3-11 |
| 434 | 5138 | CARLA TABOADA GÓMEZ           | 1988 | 35:40 | 06:29 | 35:27  |            |                          | F-140 | Máster 1-27 |
| 435 | 39   | M. DOLORES GONZÁLEZ RODRÍGUEZ | 1967 | 35:56 | 06:32 | 35:32  |            |                          | F-141 | Máster 3-12 |
| 436 | 240  | EVA MARIA NOGUEIRA BALSEIROS  | 1986 | 36:02 | 06:33 | 35:45  |            |                          | F-142 | Máster 1-28 |
| 437 | 5175 | SABELA ALDREY CABEZAL         | 1997 | 36:05 | 06:33 | 35:39  |            |                          | F-143 | Senior-57   |
| 438 | 5103 | MONCHA CASTRO BLANCO          | 1971 | 36:27 | 06:37 | 36:00  | AG20167    | ENTRENARUNNING           | F-144 | Máster 2-35 |
| 439 | 50   | ANA VIGO LIÑARES              | 1969 | 36:27 | 06:37 | 36:00  | AG2014921  | ENTRENARUNNING           | F-145 | Máster 3-13 |
| 440 | 5148 | JOSÉ MANUEL REY RODRÍGUEZ     | 1960 | 36:27 | 06:37 | 35:55  | 3782656ATS | CLUB TRIATLON COMPOSTELA | M-295 | Máster 3-35 |
| 441 | 5082 | RAÚL PÉREZ                    | 1985 | 36:36 | 06:39 | 36:16  |            |                          | M-296 | Máster 1-70 |
| 442 | 5068 | GEERT DAUDEY                  | 1998 | 36:49 | 06:41 | 36:31  |            |                          | M-297 | Senior-79   |
| 443 | 5071 | MARIETTE DAUDEY               | 1989 | 36:49 | 06:41 | 36:30  |            |                          | F-146 | Máster 1-29 |
| 444 | 5203 | CONCHI ROEL BARONA            | 1971 | 37:05 | 06:44 | 36:34  |            |                          | F-147 | Máster 2-36 |
| 445 | 5204 | LAURA SANCHEZ VILAS           | 1992 | 37:05 | 06:44 | 36:34  |            |                          | F-148 | Senior-58   |
| 446 | 5186 | ALBA NOYA BLANCO              | 1997 | 37:21 | 06:47 | 37:04  |            |                          | F-149 | Senior-59   |
| 447 | 5187 | LUCÍA LAREO PENA              | 1997 | 37:21 | 06:47 | 37:03  |            |                          | F-150 | Senior-60   |
| 448 | 5210 | NOELIA VEIGA MAYO             | 1983 | 37:47 | 06:52 | 37:16  |            |                          | F-151 | Máster 1-30 |
| 449 | 470  | LIDIA CANABAL SANMARTIN       | 1986 | 38:11 | 06:56 | 37:47  |            |                          | F-152 | Máster 1-31 |
| 450 | 469  | ALEJANDRO OTERO GULDRIS       | 1979 | 38:13 | 06:56 | 37:50  |            |                          | M-298 | Máster 2-91 |
| 451 | 5039 | ALBA PISO MIGUÉLEZ            | 1998 | 39:02 | 07:05 | 38:27  |            |                          | F-153 | Senior-61   |
| 452 | 5085 | XAN REY                       | 1977 | 40:59 | 07:27 | 40:37  |            |                          | M-299 | Máster 2-92 |
| 453 | 5083 | ANA FERREÑO                   | 1972 | 41:00 | 07:27 | 40:43  |            |                          | F-154 | Máster 2-37 |
| 454 | 5073 | JAVIER BEIROA                 | 1977 | 41:00 | 07:27 | 40:37  |            |                          | M-300 | Máster 2-93 |
| 455 | 5077 | SARA SOUTO                    | 1998 | 45:54 | 08:20 | 45:35  |            |                          | F-155 | Senior-62   |
| 456 | 5080 | DALIA ESCUDERO                | 1998 | 45:54 | 08:20 | 45:36  |            |                          | F-156 | Senior-63   |
| 457 | 5081 | ADRIÁN RODRÍGUEZ              | 1996 | 45:57 | 08:21 | 45:37  |            |                          | M-301 | Senior-80   |
| 458 | 5070 | MARÍA PUGA                    | 1990 | 46:01 | 08:22 | 45:42  |            |                          | F-157 | Máster 1-32 |

**Llegados: 458**

|    |     |                        |      |  |  |  |  |  |   |          |
|----|-----|------------------------|------|--|--|--|--|--|---|----------|
| DQ | 214 | BERNI PICALLO          | 1983 |  |  |  |  |  | M | Máster 1 |
| DQ | 384 | MARTA TRILLO DOMÍNGUEZ | 2000 |  |  |  |  |  | F | Senior   |

**Descalificados: 2****Escolares 1****12:00**

| PTO | DOR  | NOME                      | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                    | SEXO | CATEGORÍA |
|-----|------|---------------------------|------|-------|-------|--------|-------------|--------------------------|------|-----------|
| 1   | 1023 | GABRIEL NOGUEIRA QUIÑOY   | 2014 | 03:36 | 03:16 | 03:36  | AG20141     | CLUB TRIATLON COMPOSTELA | M-1  | Sub 12-1  |
| 2   | 1075 | MATEO VILELA MOSQUERA     | 2016 | 03:53 | 03:31 | 03:52  | AG19940     | CLUB ATLETISMO MILLARAIO | M-2  | Sub 10-1  |
| 3   | 1019 | AINHOA REBOIRAS BUSTELO   | 2014 | 03:53 | 03:31 | 03:52  | GA377546    | ATLETISMO OBRADOIRO      | F-1  | Sub 12-1  |
| 4   | 1079 | ADRIÁN RODRÍGUEZ BARRIL   | 2016 | 03:54 | 03:32 | 03:53  | GA3787578AT | ATLETISMO OBRADOIRO      | M-3  | Sub 10-2  |
| 5   | 1020 | XIÁN MARTÍNEZ ALDARIZ     | 2014 | 03:54 | 03:32 | 03:53  | GA3773725AT | ATLETISMO OBRADOIRO      | M-4  | Sub 12-2  |
| 6   | 9021 | ALEX PENA GOMEZ           | 2015 | 03:55 | 03:33 | 03:53  | GA769185    | ATLETISMO OBRADOIRO      | M-5  | Sub 12-3  |
| 7   | 1024 | BROGÁN PEDROSA GONZÁLEZ   | 2014 | 04:01 | 03:39 | 04:01  | GA3780379A  | ATLETISMO FONTES DO SAR  | M-6  | Sub 12-4  |
| 8   | 1005 | ÁLVARO RODRÍGUEZ GONZÁLEZ | 2014 | 04:05 | 03:42 | 04:05  | AG19904     | CLUB ATLETISMO TAMBRE    | M-7  | Sub 12-5  |
| 9   | 9023 | MÍA LAGO LAGO             | 2014 | 04:06 | 03:43 | 04:06  | GA37775218A |                          | F-2  | Sub 12-2  |
| 10  | 1052 | BORJA SUÁREZ PAZ          | 2015 | 04:08 | 03:45 | 04:08  | 3784491ATS  | ATLETISMO FONTES DO SAR  | M-8  | Sub 12-6  |
| 11  | 1017 | ROI DOPAZO NÚÑEZ          | 2014 | 04:15 | 03:51 | 04:15  | AG20138     | CLUB TRIATLON COMPOSTELA | M-9  | Sub 12-7  |
| 12  | 1016 | NOA LÓPEZ NOVO            | 2014 | 04:16 | 03:52 | 04:14  | GA3775748AT | ATLETISMO OBRADOIRO      | F-3  | Sub 12-3  |



**RESULTADOS OFICIAIS****Escolares 1****12:00**

| PTO | DOR  | NOME                      | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                    | SEXO | CATEGORÍA |
|-----|------|---------------------------|------|-------|-------|--------|------------|--------------------------|------|-----------|
| 13  | 1098 | DANIEL CUTRÍN BERDEAL     | 2016 | 04:16 | 03:52 | 04:15  |            | CLUB TRIATLON COMPOSTELA | M-10 | Sub 10-3  |
| 14  | 1011 | DANIELA VÁZQUEZ GARCÍA    | 2014 | 04:17 | 03:53 | 04:16  | AG20145    | CLUB TRIATLON COMPOSTELA | F-4  | Sub 12-4  |
| 15  | 1076 | ANDRÉS FUENTES SOSA       | 2016 | 04:19 | 03:55 | 04:18  |            |                          | M-11 | Sub 10-4  |
| 16  | 5301 | OTTO COBELO               | 2016 | 04:19 | 03:55 | 04:18  |            | INFORHOUSE               | M-12 | Sub 10-5  |
| 17  | 5303 | ANDRÉ IGLESIAS TURNES     | 2016 | 04:21 | 03:57 | 04:19  |            | TRIATLON INFORHOUSE      | M-13 | Sub 10-6  |
| 18  | 5302 | MARCO IGLESIAS TURNES     | 2016 | 04:23 | 03:59 | 04:21  |            | TRIATLON INFORHOUSE      | M-14 | Sub 10-7  |
| 19  | 1067 | PEPA BERNÁNDEZ HERMIDA    | 2016 | 04:33 | 04:08 | 04:32  | GA3775745  | ATLETISMO OBRADOIRO      | F-5  | Sub 10-1  |
| 20  | 1025 | LIA ROUCO GARCIA          | 2014 | 04:34 | 04:09 | 04:34  | AG13360    | CLUB ATLETISMO MILLARAI  | F-6  | Sub 12-5  |
| 21  | 1002 | EREA MACEIRA CORRAL       | 2014 | 04:35 | 04:10 | 04:34  | GA3777063A | ATLETISMO FONTES DO SAR  | F-7  | Sub 12-6  |
| 22  | 1035 | DANI CODESIDO GONZÁLEZ    | 2015 | 04:36 | 04:10 | 04:35  | AG20133    | CLUB TRIATLON COMPOSTELA | M-15 | Sub 12-8  |
| 23  | 1007 | EMMA GARRIDO CORTIZAS     | 2014 | 04:39 | 04:13 | 04:37  | GA3784496A | ATLETISMO FONTES DO SAR  | F-8  | Sub 12-7  |
| 24  | 1063 | SAMUEL ISAAC TORRECILLAS  | 2016 | 04:39 | 04:13 | 04:39  | AG21250    | CLUB ATLETISMO MILLARAI  | M-16 | Sub 10-8  |
| 25  | 1030 | DIEGO RODRIGUEZ LIÑARES   | 2014 | 04:42 | 04:16 | 04:41  | GA3784492A | ATLETISMO FONTES DO SAR  | M-17 | Sub 12-9  |
| 26  | 1069 | COSME FILLOI GARCIA       | 2016 | 04:47 | 04:20 | 04:46  | 55042558   | TRIATLON INFORHOUSE      | M-18 | Sub 10-9  |
| 27  | 5306 | ÁLVARO GAGO MARTÍN        | 2016 | 04:49 | 04:22 | 04:44  |            |                          | M-19 | Sub 10-10 |
| 28  | 1010 | EMMA MENDAÑA BLANCO       | 2014 | 04:49 | 04:22 | 04:47  | GA3784500A | ATLETISMO FONTES DO SAR  | F-9  | Sub 12-8  |
| 29  | 1095 | MATEO CODESIDO GONZÁLEZ   | 2017 | 04:51 | 04:24 | 04:50  | AG20134    | CLUB TRIATLON COMPOSTELA | M-20 | Sub 10-11 |
| 30  | 1049 | CELIA LIJÓ AGRELO         | 2015 | 04:51 | 04:24 | 04:51  | GA3766131A | CLUB NATACION RIVEIRA    | F-10 | Sub 12-9  |
| 31  | 1080 | VEGA GIANZO GONZÁLEZ      | 2016 | 04:52 | 04:25 | 04:50  | AG20148    | CLUB TRIATLON COMPOSTELA | F-11 | Sub 10-2  |
| 32  | 1036 | LUCIA FAGILDE LEYES       | 2015 | 04:52 | 04:25 | 04:51  | GA3777104A | ATLETISMO FONTES DO SAR  | F-12 | Sub 12-10 |
| 33  | 1084 | ELENA VEIGA ÁLVAREZ       | 2017 | 04:53 | 04:26 | 04:51  | 55345871   | CLUB TRIATLON COMPOSTELA | F-13 | Sub 10-3  |
| 34  | 1031 | ENZO CARRIL CEPEDA        | 2014 | 04:53 | 04:26 | 04:53  | GA3784502A | ATLETISMO FONTES DO SAR  | M-21 | Sub 12-10 |
| 35  | 1051 | TEO VARELA GAGO           | 2015 | 04:56 | 04:29 | 04:53  |            |                          | M-22 | Sub 12-11 |
| 36  | 1077 | SOFIA IGLESIAS MOURE      | 2016 | 04:57 | 04:30 | 04:55  | GA3777232A | ATLETISMO FONTES DO SAR  | F-14 | Sub 10-4  |
| 37  | 1012 | MARIO OTERO FREIRE        | 2014 | 04:57 | 04:30 | 04:55  | GA3784514A | ATLETISMO FONTES DO SAR  | M-23 | Sub 12-12 |
| 38  | 1061 | RAÚL ROUCO GARCIA         | 2016 | 04:57 | 04:30 | 04:57  | AG21152    | CLUB ATLETISMO MILLARAI  | M-24 | Sub 10-12 |
| 39  | 1013 | DANIELA GIL CASTIÑEIRAS   | 2014 | 04:57 | 04:30 | 04:56  | AG6978     | SOCIEDAD DEPORTIVA COMPC | F-15 | Sub 12-11 |
| 40  | 1059 | DIEGO PEREIRO CAROLLO     | 2016 | 04:58 | 04:30 | 04:55  |            |                          | M-25 | Sub 10-13 |
| 41  | 1014 | MARTÍN CAMPOS MARTÍNEZ    | 2014 | 04:59 | 04:31 | 04:58  | AG18755    | ATLETISMO FONTES DO SAR  | M-26 | Sub 12-13 |
| 42  | 1001 | VERA FERNÁNDEZ PORTELA    | 2014 | 05:00 | 04:32 | 04:59  | AG13356    | CLUB ATLETISMO MILLARAI  | F-16 | Sub 12-12 |
| 43  | 5305 | ALEJANDRA DÍAZ CONDE      | 2014 | 05:00 | 04:32 | 04:58  | GA3787588  | ATLETISMO OBRADOIRO      | F-17 | Sub 12-13 |
| 44  | 9022 | SARA CONDE ANDÚJAR        | 2014 | 05:00 | 04:32 | 05:00  | GA3775215A |                          | F-18 | Sub 12-14 |
| 45  | 1033 | ISABEL FRANCO TURNES      | 2014 | 05:07 | 04:39 | 05:05  |            |                          | F-19 | Sub 12-15 |
| 46  | 1003 | MARIO PAZOS MUNÍN         | 2014 | 05:07 | 04:39 | 05:05  | AG13418    | ATLETISMO FONTES DO SAR  | M-27 | Sub 12-14 |
| 47  | 1056 | IAGO VILA SANTAMARÍA      | 2015 | 05:09 | 04:40 | 05:08  |            |                          | M-28 | Sub 12-15 |
| 48  | 5308 | ENZO LÓPEZ GOYANES        | 2016 | 05:09 | 04:40 | 05:09  |            |                          | M-29 | Sub 10-14 |
| 49  | 1088 | MATÍAS GARRIDO CORTIZAS   | 2017 | 05:13 | 04:44 | 05:11  | GA3784527A | ATLETISMO FONTES DO SAR  | M-30 | Sub 10-15 |
| 50  | 1087 | IZAN CONDE SÁNCHEZ        | 2017 | 05:13 | 04:44 | 05:10  | GA3791754A | CLUB ATLETISMO PINO      | M-31 | Sub 10-16 |
| 51  | 5310 | LUCAS GRANDAS LAMELAS     | 2017 | 05:16 | 04:47 | 05:15  |            |                          | M-32 | Sub 10-17 |
| 52  | 1094 | SOFÍA BARREIRO LLOPIS     | 2017 | 05:20 | 04:50 | 05:18  | GA3777086A | ATLETISMO FONTES DO SAR  | F-20 | Sub 10-5  |
| 53  | 1082 | SIMÓN VILELA RODRÍGUEZ    | 2016 | 05:20 | 04:50 | 05:17  | GA3784480A | ATLETISMO FONTES DO SAR  | M-33 | Sub 10-18 |
| 54  | 1092 | GABRIEL BARRIO MONTERO    | 2017 | 05:23 | 04:53 | 05:21  | AG19979    | CLUB ATLETISMO PINO      | M-34 | Sub 10-19 |
| 55  | 1044 | CARLA NOYA GONZALEZ       | 2015 | 05:30 | 05:00 | 05:29  | 98BA4F1056 | CLUB ATLETISMO MILLARAI  | F-21 | Sub 12-16 |
| 56  | 1107 | MARTÍN RODRÍGUEZ LATA     | 2016 | 05:34 | 05:03 | 05:32  |            |                          | M-35 | Sub 10-20 |
| 57  | 1085 | MARTÍN FERNÁNDEZ SILVEIRA | 2017 | 05:51 | 05:19 | 05:47  |            |                          | M-36 | Sub 10-21 |
| 58  | 1055 | ANA VILA SANTAMARÍA       | 2015 | 05:51 | 05:19 | 05:48  |            |                          | F-22 | Sub 12-17 |
| 59  | 1106 | MARTA NOYA FERNÁNDEZ      | 2017 | 05:54 | 05:21 | 05:53  | GA3781732A | SOCIEDAD DEPORTIVA COMPC | F-23 | Sub 10-6  |
| 60  | 1053 | ELISA MUIÑO SHOMBERT      | 2015 | 05:55 | 05:22 | 05:53  | AG21275    | ATLETISMO FONTES DO SAR  | F-24 | Sub 12-18 |
| 61  | 1037 | CLARA FAGILDE LEYES       | 2015 | 05:56 | 05:23 | 05:54  | GA3777101A | ATLETISMO FONTES DO SAR  | F-25 | Sub 12-19 |
| 62  | 1046 | MARTINA VARELA NEIRA      | 2015 | 05:56 | 05:23 | 05:54  | GA3784585  | ATLETISMO FONTES DO SAR  | F-26 | Sub 12-20 |
| 63  | 1043 | LÉONIE REYNAERT VÁZQUEZ   | 2015 | 05:57 | 05:24 | 05:55  | GA3784509A | ATLETISMO FONTES DO SAR  | F-27 | Sub 12-21 |
| 64  | 1004 | SARA RAVIÑA NIETO         | 2014 | 05:57 | 05:24 | 05:55  |            |                          | F-28 | Sub 12-22 |
| 65  | 1099 | LARA FERNÁNDEZ FERRO      | 2014 | 06:02 | 05:29 | 05:59  |            |                          | F-29 | Sub 12-23 |
| 66  | 1066 | BREO ABEL MEIJOME         | 2016 | 06:02 | 05:29 | 06:00  | GA3780379A | ATLETISMO FONTES DO SAR  | M-37 | Sub 10-22 |
| 67  | 1081 | TELMO PANIAGUA PISO       | 2016 | 06:17 | 05:42 | 06:13  | GA3784538A | ATLETISMO FONTES DO SAR  | M-38 | Sub 10-23 |
| 68  | 5307 | HUGO AMENEIRO TABOADA     | 2016 | 06:43 | 06:06 | 06:40  |            |                          | M-39 | Sub 10-24 |

**Llegados: 68**

**RESULTADOS OFICIAIS****Escolares 2****12:15**

| PTO | DOR  | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                     | SEXO | CATEGORÍA |
|-----|------|-------------------------------|------|--------------|-------|--------|-----------|---------------------------|------|-----------|
| 1   | 2086 | XABIER RODIL ILLOBRE          | 2013 | <b>07:08</b> | 03:23 | 07:08  | AG20172   | CLUB TRIATLON COMPOSTELA  | M-1  | Sub 14-1  |
| 2   | 5409 | BRAIS REY                     | 2011 | <b>07:18</b> | 03:28 | 07:18  | AG17036   | CLUB ATLETISMO A ESTRADA  | M-2  | Sub 16-1  |
| 3   | 2056 | JAIRO GONTAN IGLESIAS         | 2012 | <b>07:19</b> | 03:29 | 07:18  |           | TRIATLON INFORHOUSE SANT  | M-3  | Sub 14-2  |
| 4   | 2105 | IAGO PICÓN MONTERO            | 2010 | <b>07:35</b> | 03:36 | 07:33  |           |                           | M-4  | Sub 16-2  |
| 5   | 2103 | GONZALO PÉREZ PASTUR          | 2010 | <b>07:43</b> | 03:40 | 07:43  | GA3780787 | ATLETISMO OBRADOIRO       | M-5  | Sub 16-3  |
| 6   | 2051 | RAÚL MATA PORTOS              | 2012 | <b>07:44</b> | 03:40 | 07:43  | GA3816101 | ATLETISMO FONTES DO SAR   | M-6  | Sub 14-3  |
| 7   | 2050 | DANIEL GIANZO GONZÁLEZ        | 2012 | <b>07:54</b> | 03:45 | 07:52  | AG20149   | CLUB TRIATLON COMPOSTELA  | M-7  | Sub 14-4  |
| 8   | 2013 | LUCÍA TABOADA CODESIDO        | 2010 | <b>07:56</b> | 03:46 | 07:54  | AG2024957 | SOCIEDAD DEPORTIVA COMPC  | F-1  | Sub 16-1  |
| 9   | 2066 | CARLA SUÁREZ SUÁREZ           | 2013 | <b>08:00</b> | 03:48 | 07:58  |           |                           | F-2  | Sub 14-1  |
| 10  | 2026 | LUCAS GONDELLE PEINÓ          | 2011 | <b>08:09</b> | 03:52 | 08:08  | AG15739   | CLUB ATLETISMO PINO       | M-8  | Sub 16-4  |
| 11  | 2070 | AITANA GARCIA PICON           | 2013 | <b>08:09</b> | 03:52 | 08:08  | 55043843  | NOITEBRA F.C.             | F-3  | Sub 14-2  |
| 12  | 2052 | BILAL HAMDAOUI CACHÁN         | 2012 | <b>08:12</b> | 03:54 | 08:11  | GA3781192 | ATLETISMO OBRADOIRO       | M-9  | Sub 14-5  |
| 13  | 5412 | MARTINA YUBERO SANMARTÍN      | 2012 | <b>08:13</b> | 03:54 | 08:11  | AG14440   | SOCIEDAD GIMNASTICA DE PC | F-4  | Sub 14-3  |
| 14  | 2096 | JULIA FAGILDE SANDE           | 2013 | <b>08:15</b> | 03:55 | 08:14  | AG21004   | CLUB TRIATLON COMPOSTELA  | F-5  | Sub 14-4  |
| 15  | 2080 | CARLOTA LIJÓ AGRELO           | 2013 | <b>08:19</b> | 03:57 | 08:17  | GA3766048 | ATLCLUB NATACION RIVEIRA  | F-6  | Sub 14-5  |
| 16  | 2081 | IVÁN SUÁREZ MIRAMONTES        | 2013 | <b>08:22</b> | 03:59 | 08:22  | GA3775747 | ATLETISMO OBRADOIRO       | M-10 | Sub 14-6  |
| 17  | 2048 | ALBA BACARIZA RAMOS           | 2012 | <b>08:24</b> | 04:00 | 08:23  | GA3780369 | ATLETISMO FONTES DO SAR   | F-7  | Sub 14-6  |
| 18  | 2093 | SIMÓN ROMARÍS GARCÍA          | 2013 | <b>08:29</b> | 04:02 | 08:29  | GA3793627 | ATLCLUB ATLETISMO TAMBRE  | M-11 | Sub 14-7  |
| 19  | 2047 | NOA BACARIZA RAMOS            | 2012 | <b>08:30</b> | 04:02 | 08:29  | GA3780375 | ATLETISMO FONTES DO SAR   | F-8  | Sub 14-7  |
| 20  | 2015 | LOIS CORTÉS MARTÍNEZ          | 2010 | <b>08:34</b> | 04:04 | 08:34  | AG18746   | ATLETISMO FONTES DO SAR   | M-12 | Sub 16-5  |
| 21  | 2041 | HUGO RIÁDIGOS AGUIAR          | 2011 | <b>08:35</b> | 04:05 | 08:33  | 55040636  | ATLETISMO FONTES DO SAR   | M-13 | Sub 16-6  |
| 22  | 2018 | MARTINA LÓPEZ LÓPEZ           | 2010 | <b>08:37</b> | 04:06 | 08:35  | GA3777010 | ATLCLUB DEPORTIVA COMPC   | F-9  | Sub 16-2  |
| 23  | 2088 | ANTÓN DIEZ ÁLVAREZ            | 2013 | <b>08:41</b> | 04:08 | 08:39  |           | TRIATLÓN INFORHOUSE SANT  | M-14 | Sub 14-8  |
| 24  | 5402 | DANIEL FERNÁNDEZ FERNÁNDEZ    | 2010 | <b>08:47</b> | 04:10 | 08:42  |           |                           | M-15 | Sub 16-7  |
| 25  | 2021 | DAMIÁN ÁLVAREZ GOLÁN          | 2010 | <b>08:50</b> | 04:12 | 08:46  |           |                           | M-16 | Sub 16-8  |
| 26  | 2107 | ALVARO LAGO FERNANDEZ         | 2012 | <b>08:55</b> | 04:14 | 08:54  | AG16353   | ATLETISMO FONTES DO SAR   | M-17 | Sub 14-9  |
| 27  | 2104 | VEGA PÉREZ PASTUR             | 2012 | <b>09:00</b> | 04:17 | 09:00  | GA3781052 | ATLETISMO OBRADOIRO       | F-10 | Sub 14-8  |
| 28  | 2062 | MARÍA SESAR MIGUEZ            | 2013 | <b>09:07</b> | 04:20 | 09:05  | AG17681   | SOCIEDAD DEPORTIVA COMPC  | F-11 | Sub 14-9  |
| 29  | 2094 | ALDÁN ROMARÍS                 | 2013 | <b>09:19</b> | 04:26 | 09:16  | GA3793628 | ATLCLUB ATLETISMO TAMBRE  | M-18 | Sub 14-10 |
| 30  | 2075 | IAGO RILO HERMIDA             | 2013 | <b>09:20</b> | 04:26 | 09:17  | GA3793623 | ATLCLUB ATLETISMO TAMBRE  | M-19 | Sub 14-11 |
| 31  | 5411 | SANTIAGO ARIAS FERREIRO       | 2012 | <b>09:21</b> | 04:27 | 09:18  |           |                           | M-20 | Sub 14-12 |
| 32  | 2058 | YANG TORRES SÁNCHEZ           | 2012 | <b>09:22</b> | 04:27 | 09:22  | AG20146   | CLUB TRIATLON COMPOSTELA  | M-21 | Sub 14-13 |
| 33  | 2049 | LEO PAZOS MUNÍN               | 2012 | <b>09:24</b> | 04:28 | 09:24  | AG13417   | ATLETISMO FONTES DO SAR   | M-22 | Sub 14-14 |
| 34  | 2060 | HUGO SANCHEZ CARRIL           | 2013 | <b>09:25</b> | 04:29 | 09:23  | AG19418   | CLUB ATLETISMO O PINO     | M-23 | Sub 14-15 |
| 35  | 2006 | DANIELA BEIRAS VEIGA          | 2010 | <b>09:28</b> | 04:30 | 09:27  | AG2023536 | ATLETISMO FONTES DO SAR   | F-12 | Sub 16-3  |
| 36  | 5401 | JACOBO FANDIÑO REY            | 2013 | <b>09:33</b> | 04:32 | 09:33  |           |                           | M-24 | Sub 14-16 |
| 37  | 9024 | CARLA IGLESIAS PEGO           | 2012 | <b>09:34</b> | 04:33 | 09:33  | AG20611   | CLUB TRIATLÓN COMPOSTELA  | F-13 | Sub 14-10 |
| 38  | 5407 | BRUNO BERMEJO ROEL            | 2012 | <b>09:36</b> | 04:34 | 09:33  |           |                           | M-25 | Sub 14-17 |
| 39  | 2027 | ADRIANA RODRÍGUEZ GONZÁLEZ    | 2011 | <b>09:39</b> | 04:35 | 09:37  | AG17080   | CLUB ATLETISMO TAMBRE     | F-14 | Sub 16-4  |
| 40  | 2034 | ESTELA CHENEL MARIÑO          | 2011 | <b>09:41</b> | 04:36 | 09:39  | GA3785609 | ATLETISMO OBRADOIRO       | F-15 | Sub 16-5  |
| 41  | 2036 | LUCÍA BREA FERNÁNDEZ          | 2011 | <b>09:41</b> | 04:36 | 09:39  | AG17079   | CLUB ATLETISMO TAMBRE     | F-16 | Sub 16-6  |
| 42  | 2040 | CLAUDIA CASTRO FANDIÑO        | 2011 | <b>10:07</b> | 04:49 | 10:05  | GA3776920 | ATLCLUB DEPORTIVA COMPC   | F-17 | Sub 16-7  |
| 43  | 2090 | ALEXANDRE SILVA SEOANE        | 2013 | <b>10:10</b> | 04:50 | 10:07  |           |                           | M-26 | Sub 14-18 |
| 44  | 2065 | SABELA BERMÚDEZ COMBARRO      | 2013 | <b>10:14</b> | 04:52 | 10:12  | AG18736   | ATLETISMO FONTES DO SAR   | F-18 | Sub 14-11 |
| 45  | 2072 | VALENTINA VILELA RODRÍGUEZ    | 2013 | <b>10:15</b> | 04:52 | 10:13  | GA3784486 | ATLETISMO FONTES DO SAR   | F-19 | Sub 14-12 |
| 46  | 2092 | SILVIA SOUTO SEOANE           | 2013 | <b>10:16</b> | 04:53 | 10:13  | GA3793625 | ATLCLUB ATLETISMO TAMBRE  | F-20 | Sub 14-13 |
| 47  | 2097 | GUILLERMO GONZALEZ PAZOS      | 2013 | <b>10:16</b> | 04:53 | 10:13  |           |                           | M-27 | Sub 14-19 |
| 48  | 2059 | ANDREA VEIGA ALVAREZ          | 2012 | <b>10:20</b> | 04:55 | 10:18  | 49670711  | CLUB TRIATLON COMPOSTELA  | F-21 | Sub 14-14 |
| 49  | 2005 | ALEJANDRA POSE AMADO          | 2010 | <b>10:23</b> | 04:56 | 10:21  | AG19232   | ATLETISMO FONTES DO SAR   | F-22 | Sub 16-8  |
| 50  | 5404 | TEO BUSTELO BARBEITO          | 2013 | <b>10:25</b> | 04:57 | 10:23  |           |                           | M-28 | Sub 14-20 |
| 51  | 2078 | TEO FERNÁNDEZ SILVEIRA        | 2013 | <b>10:29</b> | 04:59 | 10:26  |           |                           | M-29 | Sub 14-21 |
| 52  | 2091 | NOELIA SOUTO SEOANE           | 2013 | <b>10:31</b> | 05:00 | 10:29  | GA3793626 | ATLCLUB ATLETISMO TAMBRE  | F-23 | Sub 14-15 |
| 53  | 2108 | ANXO SENDÓN FERNÁNDEZ         | 2011 | <b>10:33</b> | 05:01 | 10:31  |           |                           | M-30 | Sub 16-9  |
| 54  | 2087 | MANUEL AMENEIRO GONZÁLEZ      | 2013 | <b>10:39</b> | 05:04 | 10:37  |           |                           | M-31 | Sub 14-22 |
| 55  | 2067 | CHANEL PENAS GARCÍA           | 2013 | <b>10:48</b> | 05:08 | 10:46  | AG12927   | CLUB ATLETISMO TAMBRE     | F-24 | Sub 14-16 |
| 56  | 2073 | THIAGO RODRIGO GARCIA- CIUDAD | 2013 | <b>11:01</b> | 05:14 | 10:59  | GA3810796 | ATLCLUB ATLETISMO PINO    | M-32 | Sub 14-23 |
| 57  | 2076 | BRUNO GARCÍA VILAS            | 2013 | <b>11:04</b> | 05:16 | 11:01  |           |                           | M-33 | Sub 14-24 |
| 58  | 2017 | ALEXIA NARANJO JORGE          | 2010 | <b>11:07</b> | 05:17 | 11:05  | AG21000   | ATLETISMO FONTES DO SAR   | F-25 | Sub 16-9  |
| 59  | 2064 | ANTIA MASEDA SAN JOSE         | 2013 | <b>11:07</b> | 05:17 | 11:07  | AG16443   | ATLETISMO FONTES DO SAR   | F-26 | Sub 14-17 |
| 60  | 2063 | LOIS DOMÍNGUEZ PENA           | 2013 | <b>11:15</b> | 05:21 | 11:12  | GA3784512 | ATLETISMO FONTES DO SAR   | M-34 | Sub 14-25 |

**RESULTADOS OFICIAIS****Escolares 2****12:15**

| PTO | DOR  | NOME                    | ANO  | TEMPO | RITMO | T.NETO | LICENZA    | CLUBE                    | SEXO | CATEGORÍA |
|-----|------|-------------------------|------|-------|-------|--------|------------|--------------------------|------|-----------|
| 61  | 2083 | NOA VEIRAS BELLO        | 2013 | 11:22 | 05:24 | 11:20  | GA3793641A | CLUB ATLETISMO TAMBRE    | F-27 | Sub 14-18 |
| 62  | 2095 | MATEO BÁRCENA FERNÁNDEZ | 2013 | 11:32 | 05:29 | 11:32  | GA3793615A | CLUB ATLETISMO TAMBRE    | M-35 | Sub 14-26 |
| 63  | 2057 | ANDREA RAVIÑA NIETO     | 2012 | 11:40 | 05:33 | 11:37  | AG21274    | ATLETISMO FONTES DO SAR  | F-28 | Sub 14-19 |
| 64  | 2004 | NOA SUÁREZ MARTÍNEZ     | 2010 | 11:59 | 05:42 | 11:57  | AG19026    | CLUB ATLETISMO TAMBRE    | F-29 | Sub 16-10 |
| 65  | 2055 | MARÍA PINTOS SALGUEIRO  | 2012 | 12:07 | 05:46 | 12:04  | AG21281    | ATLETISMO FONTES DO SAR  | F-30 | Sub 14-20 |
| 66  | 2071 | ALDARA CORTÉS MARTÍNEZ  | 2013 | 12:16 | 05:50 | 12:13  | GA3784487A | ATLETISMO FONTES DO SAR  | F-31 | Sub 14-21 |
| 67  | 2054 | VERA SAAVEDRA JUNCAL    | 2012 | 12:26 | 05:55 | 12:24  | AG21284    | FONTES DO SAR            | F-32 | Sub 14-22 |
| 68  | 5408 | DIEGO CARRASCO GARCÍA   | 2012 | 12:36 | 06:00 | 12:34  |            | CLUB TRIATLÓN INFORHOUSE | M-36 | Sub 14-27 |
| 69  | 5403 | VERA BUSTELO BARBEITO   | 2013 | 16:21 | 07:47 | 16:21  |            |                          | F-33 | Sub 14-23 |

**Llegados: 69**