

RESULTADOS OFICIAIS
CARREIRA 5K
11:05

PTO	DOR	NOME	ANO	TEMPO	RITMO	T.NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1	353	ELOY BREGOÁN VILLANUEVA RICO	2000	15:34	03:06	15:34		A.D. NAUTICO NARÓN	M-1	Senior-1
2	291	JONATHAN FERNÁNDEZ RIOS	1988	15:49	03:09	15:49		A.D. NAUTICO NARÓN	M-2	Senior-2
3	369	AARON ROMÁN CALERO	2004	15:50	03:10	15:50		A.D. NAUTICO NARÓN	M-3	Xóvenes-1
4	281	RAFA POUPARIÑA CASTRO	1985	15:51	03:10	15:51		PASA OU ENTORNA	M-4	Senior-3
5	300	PEDRO MACIA RIVAS	1990	16:42	03:20	16:42		NOE TRAINERS	M-5	Senior-4
6	299	ALEJANDRO VIZOSO HERMIDA	1990	16:57	03:23	16:57		A.D. NAUTICO NARÓN	M-6	Senior-5
7	235	AGUSTÍN HERMIDA RODRÍGUEZ	1978	16:59	03:23	16:59	AG20454	A.D. NAUTICO NARÓN	M-7	Senior-6
8	325	MARC PENELA CASTIÑEIRA	1995	17:01	03:24	17:01		CLUB FLUVIAL DE LUGO MONTI	M-8	Senior-7
9	406	JOSE ANGEL LOPEZ VILLAR	1974	17:07	03:25	17:07	GA19395	EGOVARROS DE VIVEIRO	M-9	Senior-8
10	433	DAVID AHIJADO FERNANDEZ	1984	17:10	03:26	17:10			M-10	Senior-9
11	373	ADRIAN GALIANO MARTIN-NIÑO	2006	17:13	03:26	17:13			M-11	Xóvenes-2
12	212	JAVIER TUIMIL CALVO	1976	17:14	03:26	17:14	AG2023538	ATLETISMO NARON	M-12	Senior-10
13	447	EDGAR MOURELLE DOMINGUEZ	1994	17:19	03:27	17:19		PASA OU ENTORNA	M-13	Senior-11
14	178	MIGUEL FREIRE VÁZQUEZ	1970	17:28	03:29	17:28		PASA OU ENTORNA	M-14	Senior-12
15	297	ADRIAN CARNEIRO	1989	17:37	03:31	17:37	LZ30	CAVELANZ	M-15	Senior-13
16	256	CHARLY AMADO	1980	17:54	03:34	17:54			M-16	Senior-14
17	359	ALVARO CARRILLO GARCÍA	2002	17:54	03:34	17:54			M-17	Senior-15
18	330	PABLO RAMOS MORALES	1995	17:59	03:35	17:59			M-18	Senior-16
19	229	OSCAR AMADO	1978	18:01	03:36	18:01			M-19	Senior-17
20	237	JOSE SÁEZ SUÁREZ	1979	18:03	03:36	18:03			M-20	Senior-18
21	245	PASCUAL FERNÁNDEZ ALBORNOS	1979	18:04	03:36	18:04		A.D. NAUTICO NARÓN	M-21	Senior-19
22	181	MARCELO VÁZQUEZ CORTÉS	1971	18:07	03:37	18:07		EGOVARROS DE VIVEIRO	M-22	Senior-20
23	407	JAVIER GONZÁLEZ PEREIRA	1974	18:11	03:38	18:11			M-23	Senior-21
24	282	JAVIER POUPARIÑA CASTRO	1985	18:19	03:39	18:19			M-24	Senior-22
25	375	HUGO ALONSO LÓPEZ	2008	18:23	03:40	18:23	GA3815849		M-25	Xóvenes-3
26	201	RAUL LARANJEIRA LORENZO	1973	18:32	03:42	18:32		PASA OU ENTORNA	M-26	Senior-23
27	316	ARÓN GRANDAL SIXTO	1993	18:35	03:43	18:35			M-27	Senior-24
28	176	MANUEL VAZQUEZ RAMOS	1970	18:37	03:43	18:37			M-28	Senior-25
29	286	FERNANDO PENA DURÁN	1986	18:54	03:46	18:54			M-29	Senior-26
30	217	SERGIO ENRIQUE RODRÍGUEZ SERAN	1976	18:58	03:47	18:57			M-30	Senior-27
31	255	RUBÉN LÓPEZ FERNÁNDEZ	1980	19:05	03:49	19:05		A.D. NAUTICO NARÓN	M-31	Senior-28
32	220	ANDRÉS GARCÍA BARREIRO	1976	19:09	03:49	19:09		ATLETISMO NARON	M-32	Senior-29
33	335	MARCELO COUCE BARBEITO	1997	19:10	03:50	19:09			M-33	Senior-30
34	230	FRANCISCO FERNÁNDEZ BOUZA	1978	19:11	03:50	19:05			M-34	Senior-31
35	424	DANIEL JOVE MARTINEZ	1979	19:12	03:50	19:12			M-35	Senior-32
36	314	VICTOR NOVO GARCIA	1993	19:13	03:50	19:05			M-36	Senior-33
37	311	ADRIÁN BOUZA CORREA	1992	19:17	03:51	19:15			M-37	Senior-34
38	35	REBECA SOTO VIÑAS	1976	19:18	03:51	19:18	2019794	ATLETISMO NARON	F-1	Senior-1
39	355	IVÁN FERNÁNDEZ GARCÍA	2001	19:18	03:51	19:18			M-38	Senior-35
40	328	FRANCISCO JAVIER CASTRO SEQUEIR	1995	19:27	03:53	19:26			M-39	Senior-36
41	214	CARLOS RUIZ SEIJO	1976	19:28	03:53	19:28			M-40	Senior-37
42	326	JAVIER PAZOS GARCÍA	1995	19:29	03:53	19:15			M-41	Senior-38
43	165	JERO LOPEZ PRIETO	1964	19:31	03:54	19:30		PASA OU ENTORNA	M-42	Senior-39
44	435	ALBERTO GERVENO CASTRO	1985	19:37	03:55	19:36		PASA OU ENTORNA	M-43	Senior-40
45	238	LUIZ PEDRO DE SOUZA LEITE	1979	19:39	03:55	19:39			M-44	Senior-41
46	168	LUIS ÁNGEL ALVARIÑO VEIGA	1965	19:42	03:56	19:35			M-45	Senior-42
47	228	IGNACIO GONZÁLEZ PÉREZ	1978	19:47	03:57	19:47			M-46	Senior-43
48	347	DANIEL CREGO LOPEZ	1999	19:49	03:57	19:47			M-47	Senior-44
49	368	PACO GARCÍA MALVAR	2004	19:50	03:58	19:38			M-48	Xóvenes-4
50	102	RAQUEL MARTÍNEZ DE CASTRO	1995	19:50	03:58	19:50		C.D. 21 LEGUAS	F-2	Senior-2
51	358	BORJA DIAZ FONTENLA	2002	20:02	04:00	20:02		ESCOLA DE ATLETISMO PAULA	M-49	Senior-45
52	180	ANDRÉS PIÑÓN LOUREIRO	1970	20:03	04:00	20:03	GA19860	CD EGOVARROS VIVEIRO	M-50	Senior-46
53	456	MANUEL OLIVA ARROJO	1999	20:05	04:01	19:53			M-51	Senior-47
54	197	ANGEL DEL RÍO CORREA	1973	20:06	04:01	20:06			M-52	Senior-48
55	445	ÁNGEL CUBREIRO	1994	20:08	04:01	20:08			M-53	Senior-49
56	86	SARA PRADERA CIBREIRO	1990	20:09	04:01	20:09		XABARÍS ÁRTABROS	F-3	Senior-3
57	191	ALBERTO CHAMORRO DIAZ	1972	20:14	04:02	20:11			M-54	Senior-50
58	222	JOSÉ LUIS AMADO RODRÍGUEZ	1976	20:16	04:03	20:07			M-55	Senior-51
59	82	MARTA REAL VALIÑO	1990	20:16	04:03	20:16			F-4	Senior-4
60	279	IVÁN GOMEZ RIVERA	1984	20:20	04:04	20:18			M-56	Senior-52

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61	332	CRISTÓBAL QUINTERO GONZÁLEZ	1997	20:22	04:04	20:14			M-57	Senior-53
62	377	MARIO CUPEIRO TEMBRÁS	2008	20:22	04:04	20:22		ATLETISMO NARON	M-58	Xóvenes-5
63	303	RICARDO CASTAÑO RODRÍGUEZ	1990	20:23	04:04	20:21			M-59	Senior-54
64	221	JULIO SERANTES CASTRO	1976	20:24	04:04	20:21		CLUB DALLE GAS RUNNING TE	M-60	Senior-55
65	95	ADRIANA MODIA CARIDAD	1992	20:31	04:06	20:31	GA1433	ATLETISMO RIAZOR CORUÑA	F-5	Senior-5
66	275	ALEX DEVESA	1984	20:38	04:07	20:37			M-61	Senior-56
67	420	ALEJANDRO CELIS FRESCO	1978	20:46	04:09	20:40			M-62	Senior-57
68	356	XOEL AMIL	2001	20:47	04:09	20:45			M-63	Senior-58
69	199	DANIEL AGULLÓ LÓPEZ	1973	20:50	04:10	20:47			M-64	Senior-59
70	296	HUGO GÓMEZ RIVERA	1989	20:50	04:10	20:49			M-65	Senior-60
71	274	MANUEL BASOA RODRIGUEZ	1983	20:51	04:10	20:51		ESCOLA DE ATLETISMO PAULA	M-66	Senior-61
72	260	EDUARDO BILBAO GOLPE	1981	20:52	04:10	20:48			M-67	Senior-62
73	177	CARLOS LÓPEZ VILARIÑO	1970	20:52	04:10	20:44			M-68	Senior-63
74	225	ROBERTO FOJO DOPICO	1977	20:56	04:11	20:54			M-69	Senior-64
75	258	RESTITUTO SIMÓN LAGO	1981	20:58	04:11	20:43			M-70	Senior-65
76	276	ARTUR SALORIO FEAL	1984	20:59	04:11	20:57			M-71	Senior-66
77	243	DAVID SANTOS	1979	20:59	04:11	20:56		PASA OU ENTORNA	M-72	Senior-67
78	159	JUAN JOSÉ FERNÁNDEZ LEIRA	1961	21:01	04:12	20:54			M-73	Senior-68
79	425	ÁNGEL PICO VILLARES	1979	21:07	04:13	21:02			M-74	Senior-69
80	414	MARCOS PÉREZ GARCÍA	1977	21:09	04:13	21:08		PASA OU ENTORNA	M-75	Senior-70
81	241	FERNANDO GUTIÉRREZ AMENEIRO	1979	21:12	04:14	21:05			M-76	Senior-71
82	490	ESTEBAN RIVEIRO LÓPEZ	2005	21:13	04:14	21:13			M-77	Xóvenes-6
83	185	JULILÁN PÉREZ DURÁN	1971	21:17	04:15	20:59		SIGUEME SI PUEDES	M-78	Senior-72
84	350	JOSÉ MARÍA LOPEZ IBAÑEZ	2000	21:19	04:15	21:19			M-79	Senior-73
85	415	CESAR DIEGO DURAN	1977	21:19	04:15	21:18	AG18502		M-80	Senior-74
86	298	CRISTIAN CALVO GONZÁLEZ	1990	21:19	04:15	21:13		CLUBE ATLETISMO FENE	M-81	Senior-75
87	150	ITZIAR FERNÁNDEZ RIVAS	2008	21:23	04:16	21:23		A.D. NAUTICO NARÓN	F-6	Xóvenes-1
88	117	PAULA SALUTREGUI LÓPEZ	1999	21:26	04:17	21:21			F-7	Senior-6
89	183	CARLOS SALUTREGUI DARRIBA	1971	21:29	04:17	21:23			M-82	Senior-76
90	364	FRANCISCO RODRÍGUEZ VEIGA	2003	21:45	04:21	21:40			M-83	Xóvenes-7
91	78	LUZ EVELIN FERNÁNDEZ RIVERA	1988	21:49	04:21	21:49		ATLETISMO NARON	F-8	Senior-7
92	329	ALEJANDRO NAVEIRA LOPEZ	1995	21:50	04:22	21:42			M-84	Senior-77
93	367	JAVIER PIÑÓN GONZÁLEZ	2003	21:51	04:22	21:45			M-85	Xóvenes-8
94	240	CAMILO CANOSA CASTRO	1979	21:53	04:22	21:38			M-86	Senior-78
95	352	DAVID VALLE YAÑEZ	2000	21:54	04:22	21:50			M-87	Senior-79
96	203	ALFONSO GONZÁLEZ PENDÁS	1974	21:57	04:23	21:57	AG17143	ATLETISMO NARON	M-88	Senior-80
97	254	RAFA MARTINEZ SANDE	1980	21:59	04:23	21:41		SIGUEME SI PUEDES	M-89	Senior-81
98	259	XOÁN TOJEIRO FERNÁNDEZ	1981	22:00	04:24	21:57			M-90	Senior-82
99	423	ANGEL DE LA HUERTA FERNANDEZ	1979	22:02	04:24	21:58		DALLE GAS RUNNING TEAM	M-91	Senior-83
100	449	MARTIN BOUZA SEIJO	1994	22:12	04:26	22:05			M-92	Senior-84
101	361	MIGUEL PICOS SEOANE	2002	22:12	04:26	21:57			M-93	Senior-85
102	232	CARLOS GONZÁLEZ CALVO	1978	22:13	04:26	22:09		CLUB BENI GYM SPORT	M-94	Senior-86
103	55	PILI GARCÍA PRADOS	1982	22:14	04:26	22:09			F-9	Senior-8
104	448	HUGO FERNÁNDEZ VEIGA	1994	22:15	04:27	22:13			M-95	Senior-87
105	205	DAVID BAENA RODRÍGUEZ	1974	22:16	04:27	21:57		SIGUEME SI PUEDES	M-96	Senior-88
106	210	JOSÉ ÁNGEL VAZQUEZ FREIRE	1975	22:16	04:27	21:57		SIGUEME SI PUEDES	M-97	Senior-89
107	322	DANIEL IGLESIAS GIAO	1994	22:17	04:27	22:05			M-98	Senior-90
108	312	SERGIO ALVARIÑO PENA	1992	22:17	04:27	22:05		ATLETISMO NARON	M-99	Senior-91
109	135	EVELYN MARTÍNEZ MARTÍNEZ	2003	22:20	04:28	22:06			F-10	Xóvenes-2
110	459	YARÉ GARCÍA PITA	2001	22:23	04:28	22:08			M-100	Senior-92
111	307	JONATAN CREGO GONZALEZ	1992	22:24	04:28	22:17			M-101	Senior-93
112	273	JUAN PABLO PIDAL LÓPEZ	1983	22:26	04:29	22:18			M-102	Senior-94
113	320	SERGIO HERRERA BARBA	1994	22:27	04:29	22:27			M-103	Senior-95
114	174	GUILLERMO RAMON LAGO BREIJO	1969	22:27	04:29	22:21		CLUBE ATLETISMO FENE	M-104	Senior-96
115	351	SAULO JOSE LÓPEZ SUÁREZ	2000	22:27	04:29	22:27			M-105	Senior-97
116	283	RAFAEL GÓMEZ PARDO	1986	22:29	04:29	22:16		XABARÍS ÁRTABROS	M-106	Senior-98
117	463	DANIEL DEL POZO	2002	22:30	04:30	22:25			M-107	Senior-99
118	403	JESÚS VALERO PÉREZ	1973	22:40	04:32	22:40			M-108	Senior-100
119	79	TERESA BENGOCHEA CIMADEVILA	1988	22:41	04:32	22:39			F-11	Senior-9
120	47	ALMUDENA PANTIN LOPEZ	1978	22:41	04:32	22:37			F-12	Senior-10

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121	264	CHRISTIAN RAMOS GONZALEZ	1982	22:42	04:32	22:38			M-109	Senior-101
122	398	JUAN IGNACIO ROSENDE AMOR	1971	22:43	04:32	22:39			M-110	Senior-102
123	421	ANGEL JUVIÑO	1978	22:46	04:33	22:37			M-111	Senior-103
124	468	AROA TEJEIRO SEVILLA	2005	22:49	04:33	22:48		NOETRAINERS FERROL	F-13	Xóvenes-3
125	226	NOÉ TEJEIRO FERNÁNDEZ	1977	22:49	04:33	22:48		NOETRAINERS FERROL	M-112	Senior-104
126	83	LARA LOUZAN QUINTELA	1990	22:54	04:34	22:49			F-14	Senior-11
127	89	ISABEL GRUEIRO ACCIÓN	1991	22:54	04:34	22:50		PASA OU ENTORNA	F-15	Senior-12
128	362	PABLO BARBEITO ESTÉVEZ	2003	23:04	04:36	22:56			M-113	Xóvenes-9
129	365	DANIEL CARRASCO	2003	23:05	04:37	22:57			M-114	Xóvenes-10
130	248	LUIS MIGUEL DE JESÚS BREA	1980	23:06	04:37	23:06			M-115	Senior-105
131	139	LAURA CASAL MONTES	2005	23:08	04:37	23:05		CLUB BENI GYM SPORT	F-16	Xóvenes-4
132	204	PABLO CASAL LAMAS	1974	23:08	04:37	23:06		CLUB BENI GYM SPORT	M-116	Senior-106
133	193	ANGEL PEDREIRA FERNÁNDEZ	1972	23:13	04:38	23:00			M-117	Senior-107
134	128	ALBA NAVARRETE BERNET	2001	23:14	04:38	23:06			F-17	Senior-13
135	278	RAÚL SANGUIAO PAULO	1984	23:16	04:39	23:00			M-118	Senior-108
136	189	MIGUEL ANGEL CEBREIRO DURÁN	1972	23:21	04:40	23:15			M-119	Senior-109
137	60	MAYELA DE CERVANTES BRANDT	1983	23:21	04:40	23:18			F-18	Senior-14
138	143	RUTH ROBLEDO SANCHO	2006	23:21	04:40	23:19			F-19	Xóvenes-5
139	371	PEDRO MOLINA BARRANCOS	2004	23:24	04:40	23:21			M-120	Xóvenes-11
140	219	PATXI VÁZQUEZ IZAGUIRRE	1976	23:24	04:40	23:17		XABARÍS ÁRTABROS	M-121	Senior-110
141	374	HUGO RODRÍGUEZ PÉREZ	2006	23:26	04:41	23:26			M-122	Xóvenes-12
142	63	LUCIA TORRALBA REGOS	1983	23:27	04:41	23:18			F-20	Senior-15
143	313	DAVID CABELLO OQUENDO	1993	23:28	04:41	23:20			M-123	Senior-111
144	408	MARINA PELETEIRO ÁLVAREZ	1975	23:29	04:41	23:25		CLUB DALLE GAS RUNNING TE	F-21	Senior-16
145	432	BÁRBARA PÉREZ LORENTE	1983	23:29	04:41	23:24		CLUB DALLE GAS RUNNING TE	F-22	Senior-17
146	246	PABLO CORDAL SÁNCHEZ	1980	23:34	04:42	23:25			M-124	Senior-112
147	42	MÓNICA BENASACH LÓPEZ	1977	23:39	04:43	23:32			F-23	Senior-18
148	25	YEANETH CERRÓN GONZÁLEZ	1972	23:40	04:44	23:39			F-24	Senior-19
149	363	TEO COSTOYA JULÍAS	2003	23:41	04:44	23:37			M-125	Xóvenes-13
150	288	DANIEL TURIENZO FRAILE	1987	23:52	04:46	23:36			M-126	Senior-113
151	417	OSCAR CEBREIRO DURAN	1977	24:01	04:48	24:01			M-127	Senior-114
152	118	MARTA FERNÁNDEZ ARIAS	1999	24:07	04:49	23:57			F-25	Senior-20
153	132	PAULA PARADA RODRÍGUEZ	2002	24:12	04:50	24:03			F-26	Senior-21
154	348	DAVID VIDAL SERANTES	2000	24:13	04:50	24:03			M-128	Senior-115
155	324	DIEGO RAMOS LÓPEZ	1995	24:14	04:50	24:03			M-129	Senior-116
156	171	ROBERTO SANJUAN SANCHEZ	1968	24:16	04:51	24:09		ESCOLA DE ATLETISMO PAULA	M-130	Senior-117
157	253	MARCOS SEOANE FERNANDEZ	1980	24:22	04:52	24:08			M-131	Senior-118
158	148	ALICIA ISABELLY JESÚS PORTELA	2008	24:28	04:53	24:28			F-27	Xóvenes-6
159	454	ADRIÁN CALVO ALVARIÑO	1997	24:28	04:53	24:17			M-132	Senior-119
160	111	ÁNGELA BARBEIRA GALLARDO	1997	24:29	04:53	24:13	AG20528	CORREXALLAS	F-28	Senior-22
161	233	DAVID BARBEIRA GARCIA	1978	24:29	04:53	24:12	AG3310	CORREXALLAS	M-133	Senior-120
162	460	IAGO ANIDO CASTRO	2001	24:30	04:54	24:14			M-134	Senior-121
163	416	JUAN RILO GONZÁLEZ -VALLÉS	1977	24:31	04:54	24:20			M-135	Senior-122
164	173	JOSE MANUEL TEJEIRO FERNANDEZ	1969	24:32	04:54	24:23			M-136	Senior-123
165	152	ALBERTO CALVO FERNÁNDEZ	1950	24:32	04:54	24:24			M-137	Senior-124
166	157	CARLOS ANDRÉS VERDES ARES	1957	24:32	04:54	24:20			M-138	Senior-125
167	419	MANOLO REGUEIRO	1978	24:33	04:54	24:25		PASA OU ENTORNA	M-139	Senior-126
168	140	DANIELA SOTO FIDALGO	2005	24:35	04:55	24:35			F-29	Xóvenes-7
169	196	JOSE JULIO DÍAZ LAFUENTE	1973	24:36	04:55	24:23			M-140	Senior-127
170	195	ELADIO JOSÉ MOURIÑO CARBALLIDC	1973	24:36	04:55	24:23			M-141	Senior-128
171	215	JOSE CARLOS CABRERA CORDERO	1976	24:37	04:55	24:26			M-142	Senior-129
172	81	MONICA ASPRILLA	1989	24:43	04:56	24:41			F-30	Senior-23
173	392	MANUEL ZAPATA PAZOS	1957	24:46	04:57	24:29			M-143	Senior-130
174	142	SARA VILARO GUTIERREZ	2005	24:48	04:57	24:34			F-31	Xóvenes-8
175	133	BELEN MALLO PENA	2003	24:49	04:57	24:46			F-32	Xóvenes-9
176	317	SAMUEL RIVAS PENA	1993	24:54	04:58	24:51			M-144	Senior-131
177	293	SERGIO DIAZ VILLARNOVO	1989	24:55	04:59	24:51			M-145	Senior-132
178	305	DIEGO LÓPEZ LÓPEZ	1991	24:57	04:59	24:44			M-146	Senior-133
179	76	CINTIA MARIA VILLAR DIAZ	1988	25:05	05:01	24:49			F-33	Senior-24
180	429	NIDIA GONZÁLEZ	1981	25:10	05:02	25:01			F-34	Senior-25

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PTO	DOR	NOME	ANO	TEMPO	RITMO	T.NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
181	213	RICARDO DURÁN SERANTES	1976	25:17	05:03	25:01			M-147	Senior-134
182	85	MARÍA ELENA LAGO PÉREZ	1990	25:18	05:03	25:16			F-35	Senior-26
183	292	DANIEL CASTELAO PEREIRA	1989	25:21	05:04	25:03			M-148	Senior-135
184	198	JUAN JOSÉ MIGUEZ CASAS	1973	25:23	05:04	25:22			M-149	Senior-136
185	172	JAVIER JIMÉNEZ BALLESTER	1968	25:37	05:07	25:21			M-150	Senior-137
186	164	ANTONIO CORTIZAS PICALLO	1964	25:38	05:07	25:26			M-151	Senior-138
187	91	IRENE MANEIROS CARNEIRO	1991	25:38	05:07	25:25			F-36	Senior-27
188	306	JAVIER VIDAL PUMAR	1991	25:38	05:07	25:24			M-152	Senior-139
189	285	ALBERTO VASCÓS SERANTES	1986	25:48	05:09	25:31			M-153	Senior-140
190	108	ANGELA ALAGE RODRIGUEZ	1997	25:55	05:11	25:49			F-37	Senior-28
191	80	CRISTINA PIÑEIRO FRAGA	1989	25:56	05:11	25:48			F-38	Senior-29
192	257	JACOBO PELETEIRO SUAREZ	1981	25:56	05:11	25:48			M-154	Senior-141
193	342	PABLO SÁNCHEZ DE BUSTAMANTE A	1998	26:00	05:12	25:49			M-155	Senior-142
194	155	XESÚS ANXO LÓPEZ PINTOS	1955	26:01	05:12	25:41		PASA OU ENTORNA	M-156	Senior-143
195	236	RUBEN SANTAMARTA VICENTE	1978	26:02	05:12	25:46			M-157	Senior-144
196	234	WENCESLAO GARCÍA ZAPATA	1978	26:02	05:12	25:47			M-158	Senior-145
197	8	MARIA MANUELA GUIASOLA ESCUI	1960	26:06	05:13	26:02			F-39	Senior-30
198	154	EMILIO JOSE TORAL ROMERO	1955	26:06	05:13	26:02			M-159	Senior-146
199	327	DAVID REY FERNANDEZ	1995	26:09	05:13	26:09			M-160	Senior-147
200	94	PAULA MARTÍNEZ CALERA	1992	26:09	05:13	25:54			F-40	Senior-31
201	458	MICHELLE GONZÁLEZ FREIRE	2001	26:12	05:14	26:08		A.D. NAUTICO NARÓN	F-41	Senior-32
202	244	CÉSAR TORRECILLA MARTINEZ	1979	26:15	05:15	25:56			M-161	Senior-148
203	99	EVA ALEXANDRA FERNÁNDEZ CÁMA	1993	26:16	05:15	26:00			F-42	Senior-33
204	170	ANTONIO FERNÁNDEZ CARREIRA	1966	26:17	05:15	26:01			M-162	Senior-149
205	399	FERNANDO MAYOBRE REY	1971	26:23	05:16	26:04		SIGUEME SI PUEDES	M-163	Senior-150
206	182	BERTO BAZ RODRIGUEZ	1971	26:24	05:16	26:07		SIGUEME SI PUEDES	M-164	Senior-151
207	192	JOSE CAMBA DEUS	1972	26:24	05:16	26:05		SIGUEME SI PUEDES	M-165	Senior-152
208	194	ÓSCAR DÍAZ FORTUNA	1973	26:25	05:17	26:07		SIGUEME SI PUEDES	M-166	Senior-153
209	169	SUSO SÁNCHEZ LÓPEZ	1965	26:25	05:17	26:07		SIGUEME SI PUEDES	M-167	Senior-154
210	187	FRANCISCO RODRÍGUEZ PEREIRA	1972	26:30	05:18	26:16			M-168	Senior-155
211	110	JENNIFER GARCÍA ROMALDE	1997	26:35	05:19	26:20			F-43	Senior-34
212	160	ANDRÉS GONZÁLEZ GARCÍA	1961	26:40	05:20	26:31			M-169	Senior-156
213	40	MATILDE PEDREIRA FERNÁNDEZ	1976	26:47	05:21	26:13		CLUB CASTRO DE LOBADIZ	F-44	Senior-35
214	158	JOSÉ MANUEL DEL TORO MINGUEZ	1957	26:48	05:21	26:17			M-170	Senior-157
215	44	MARÍA BEATRIZ PITA GRANDAL	1977	26:56	05:23	26:44			F-45	Senior-36
216	166	JUAN CARLOS MARTÍNEZ MONTERO	1965	26:57	05:23	26:40			M-171	Senior-158
217	345	ÓSCAR MARTÍNEZ LÓPEZ	1999	26:57	05:23	26:40			M-172	Senior-159
218	431	LUCIA FERNÁNDEZ ÁLVAREZ	1982	26:58	05:23	26:58			F-46	Senior-37
219	321	RUBÉN VARGAS FRAGA	1994	27:00	05:24	26:53			M-173	Senior-160
220	71	INES ALVAREZ GOBERNADO	1987	27:00	05:24	26:52			F-47	Senior-38
221	124	MIRIAM RODRÍGUEZ	2000	27:02	05:24	27:01			F-48	Senior-39
222	114	BEATRIZ FERNÁNDEZ DEL CAMPO BA	1998	27:03	05:24	27:01			F-49	Senior-40
223	455	CARMEN MERINO CURRÁS	1999	27:08	05:25	26:56			F-50	Senior-41
224	465	ALEJANDRA FREIRE RESTREBADA	2002	27:09	05:25	26:54			F-51	Senior-42
225	153	DARÍO BAAMONDE INSUA	1952	27:11	05:26	27:07		CLUB DALLE GAS RUNNING TE	M-174	Senior-161
226	107	NAOMI PIÑEIRO AVENDAÑO	1997	27:20	05:28	27:07			F-52	Senior-43
227	104	DORA AMENEIRO HERMIDA	1996	27:21	05:28	27:08			F-53	Senior-44
228	301	ALBERTO ÁLVAREZ LORENZO	1990	27:25	05:29	27:14			M-175	Senior-162
229	231	ALEJANDRO LLORENTE MONTES	1978	27:25	05:29	27:18			M-176	Senior-163
230	84	ROCÍO BOTANA GARCÍA	1990	27:26	05:29	27:15			F-54	Senior-45
231	92	CRISTINA LAGO PÉREZ	1992	27:33	05:30	27:31			F-55	Senior-46
232	129	ZAIRA GARCÍA YEPES	2001	27:37	05:31	27:26			F-56	Senior-47
233	346	DANIEL GARCÍA VENTOSO	1999	27:37	05:31	27:27			M-177	Senior-164
234	56	VICTORIA PITA ESTÉVEZ	1982	27:43	05:32	27:34			F-57	Senior-48
235	265	AITOR RODRÍGUEZ SALORIO	1982	27:47	05:33	27:33			M-178	Senior-165
236	103	CRISTINA SÁNCHEZ BENITO	1995	27:48	05:33	27:44			F-58	Senior-49
237	272	JESUS FALCÓN CAZÁS	1983	27:52	05:34	27:37			M-179	Senior-166
238	131	PAULA PADÍN FERNÁNDEZ	2002	27:55	05:35	27:40			F-59	Senior-50
239	147	IRIA AULLON PÉREZ	2007	27:57	05:35	27:45			F-60	Xóvenes-10
240	145	MARTINA GÓMEZ MORI	2007	27:57	05:35	27:44			F-61	Xóvenes-11

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PTO	DOR	NOME	ANO	TEMPO	RITMO	T.NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
241	46	EUGENIA MÉNDEZ DÍAZ	1978	28:00	05:36	27:47			F-62	Senior-51
242	161	JORGE JUAN FREIRE GÓMEZ	1962	28:04	05:36	27:58			M-180	Senior-167
243	93	IRIA GONZALEZ CASTRO	1992	28:08	05:37	28:06			F-63	Senior-52
244	125	CARLOTA DOPICO VIDAL	2000	28:11	05:38	27:51			F-64	Senior-53
245	457	DANIEL RODRÍGUEZ FUERTES	2001	28:16	05:39	27:59			M-181	Senior-168
246	318	ISMAEL FERNÁNDEZ ESPANTOSO	1993	28:17	05:39	28:00			M-182	Senior-169
247	67	DANIA CALVO RODRÍGUEZ	1985	28:48	05:45	28:42		NOE TRAINERS	F-65	Senior-54
248	308	RUBÉN FERNÁNDEZ PARDO	1992	28:49	05:45	28:49		NOE TRAINERS	M-183	Senior-170
249	151	AINARA MARTÍN PEREIRA	2008	28:52	05:46	28:45			F-66	Xóvenes-12
250	216	RAFAEL ESLAVA GOMEZ	1976	28:52	05:46	28:45			M-184	Senior-171
251	156	ANTONIO GARCIA JIMENEZ	1957	28:57	05:47	28:37		MENISKO ROTO	M-185	Senior-172
252	106	NOELIA BATISTA FERREIRA	1996	28:58	05:47	28:53			F-67	Senior-55
253	29	MÓNICA FERNÁNDEZ ALBORNOS	1973	28:59	05:47	28:58			F-68	Senior-56
254	121	ELENA MASSA TEJEIRO	1999	29:05	05:49	28:59			F-69	Senior-57
255	401	CONCHI CAMBEIRO LÓPEZ	1972	29:25	05:53	29:19			F-70	Senior-58
256	146	LAURA RODRÍGUEZ PENA	2007	29:30	05:54	29:27			F-71	Xóvenes-13
257	97	DANIELA ALEXANDRA MUÑOZ	1993	29:35	05:55	29:30			F-72	Senior-59
258	473	ADAIA FILGUEIRA SÁNCHEZ	2008	29:53	05:58	29:42			F-73	Xóvenes-14
259	411	VANESA SÁNCHEZ FILGUEIRA	1976	29:53	05:58	29:43		CLUB BENI GYM SPORT	F-74	Senior-60
260	15	LOLI SEÑOR GONZÁLEZ	1965	29:53	05:58	29:44		CLUB BENI GYM SPORT	F-75	Senior-61
261	74	LAURA ACEITUNO CANEIRO	1987	29:59	05:59	29:41			F-76	Senior-62
262	72	DIANA LOPEZ MORENO	1987	29:59	05:59	29:44			F-77	Senior-63
263	30	HILDA NILDA CESAR NUÑEZ	1974	29:59	05:59	29:55			F-78	Senior-64
264	96	MARTA ACEITUNO CANEIRO	1993	29:59	05:59	29:41			F-79	Senior-65
265	188	PEDRO BAAMONDE SÁNCHEZ	1972	30:02	06:00	29:45			M-186	Senior-173
266	59	TAMARA ARIAS SILVAR	1983	30:37	06:07	30:35			F-80	Senior-66
267	439	LILIANA LARA	1987	30:38	06:07	30:35			F-81	Senior-67
268	251	DAVID VEIGA PITA	1980	30:38	06:07	30:36			M-187	Senior-174
269	405	ANDRÉS DEL RIO RODRIGUEZ	1974	30:40	06:08	30:35			M-188	Senior-175
270	400	DOLORES SÁNCHEZ VIDAL	1972	30:40	06:08	30:36			F-82	Senior-68
271	466	ROI BLANCO RODRÍGUEZ	2002	31:54	06:22	31:43			M-189	Senior-176
272	461	KEILA FILGUEIRA SÁNCHEZ	2002	31:55	06:23	31:44			F-83	Senior-69
273	22	EVA FUERTES	1971	32:09	06:25	31:53			F-84	Senior-70
274	26	MARTA VÁZQUEZ DOPICO	1973	32:17	06:27	32:09		NOE TRAINERS FERRL	F-85	Senior-71
275	149	CARMEN GÓMEZ MORI	2008	32:18	06:27	32:06			F-86	Xóvenes-15
276	179	MIGUEL VEIGA GONZÁLEZ	1970	32:48	06:33	32:35		MONTEFARO TRAIL	M-190	Senior-177
277	20	MERCEDES MARGARETO NOYA	1971	32:48	06:33	32:34		MONTEFARO TRAIL	F-87	Senior-72
278	34	TANIA MARTÍNEZ RAMILO	1976	32:49	06:33	32:35		PASA OU ENTORNA	F-88	Senior-73
279	144	MIRIAM SANTIAGO BALLINA	2006	33:23	06:40	33:23			F-89	Xóvenes-16
280	64	ERICA PINTO DE ALMEIDA FORNOS	1984	33:27	06:41	33:08			F-90	Senior-74
281	50	ROCIO CASTRO RODRIGUEZ	1979	33:27	06:41	33:07			F-91	Senior-75
282	45	NATALIA PEREZ MARTÍNEZ	1978	33:44	06:44	33:35			F-92	Senior-76
283	28	MARIA RODRÍGUEZ BARROS	1973	47:17	09:27	45:53			F-93	Senior-77
284	12	FLORA TEJEIRO	1962	49:33	09:54	48:22			F-94	Senior-78
285	36	ELLEN RAMOS	1976	50:20	10:04	50:15			F-95	Senior-79
286	391	RAFAEL LÓPEZ LACAMARA	1952	50:23	10:04	48:36			M-191	Senior-178
287	9	ADELAIDA CAAMAÑO DOMÍNGUEZ	1960	50:24	10:04	50:24			F-96	Senior-80
288	18	GEMMA GARCÍA RIVERA	1968	50:25	10:05	50:25			F-97	Senior-81
289	17	YOLANDA GERICÓ SUBIAS	1967	50:26	10:05	50:26			F-98	Senior-82
290	395	BEGOÑA MARTÍNEZ PAZ	1964	50:28	10:05	48:38			F-99	Senior-83
291	394	IRENE DURÁN ANEIROS	1964	53:21	10:40	52:28			F-100	Senior-84

Chegados: 291