

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA    | CLUBE                     | SEXO | CATEGORÍA   |
|-----|-----|-------------------------------|------|--------------|-------|--------|------------|---------------------------|------|-------------|
| 1   | 751 | ELOY BREOGÁN VILLANUEVA RICO  | 2000 | <b>33:04</b> | 03:18 | 33:04  |            | A.D. NAUTICO NARÓN        | M-1  | Senior-1    |
| 2   | 673 | DAVID ALONSO NOGUEIRA         | 1994 | <b>33:26</b> | 03:20 | 33:25  | GA3807421  | ATACEA DE AMA TRI ARTEIXO | M-2  | Senior-2    |
| 3   | 783 | MOHAMMED KASSIMI IDRISSE      | 2005 | <b>34:08</b> | 03:24 | 34:08  |            | CLUB ATLETISMO SADA       | M-3  | Sub 23-1    |
| 4   | 540 | NICOLAS DOMINGUEZ GARCIA      | 1983 | <b>34:14</b> | 03:25 | 34:13  | GA3773670A | CLUB ATLETISMO SAR        | M-4  | Máster B-1  |
| 5   | 418 | JESÚS BECEIRO NOVO            | 1976 | <b>34:17</b> | 03:25 | 34:16  |            |                           | M-5  | Máster B-2  |
| 6   | 647 | XABIER RODRIGUEZ MARTINEZ     | 1992 | <b>34:18</b> | 03:25 | 34:17  |            |                           | M-6  | Senior-3    |
| 7   | 789 | HUGO SERANTES BOUZA           | 2006 | <b>34:29</b> | 03:26 | 34:28  |            | A.D. NAUTICO NARÓN        | M-7  | Sub 23-2    |
| 8   | 475 | DANIEL FEIJOO FERREIRO        | 1979 | <b>34:41</b> | 03:28 | 34:41  |            | TRIEUME AS PONTES CLUB    | M-8  | Máster B-3  |
| 9   | 467 | DANI MARTÍNEZ RIVERA          | 1979 | <b>34:41</b> | 03:28 | 34:40  |            |                           | M-9  | Máster B-4  |
| 10  | 566 | RAFA POUPARIÑA CASTRO         | 1985 | <b>34:41</b> | 03:28 | 34:41  |            | PASA OU ENTORNA           | M-10 | Máster A-1  |
| 11  | 509 | FERNANDO LORENZO PÉREZ        | 1981 | <b>34:42</b> | 03:28 | 34:42  |            | A.D. NAUTICO NARÓN        | M-11 | Máster B-5  |
| 12  | 671 | ÁNGEL BUGALLO LÓPEZ           | 1994 | <b>34:58</b> | 03:29 | 34:56  |            |                           | M-12 | Senior-4    |
| 13  | 605 | JONATHAN FERNÁNDEZ RIOS       | 1988 | <b>35:05</b> | 03:30 | 35:05  |            | A.D. NAUTICO NARÓN        | M-13 | Máster A-2  |
| 14  | 626 | JUAN CARLOS CORTIZAS BAÑOBRE  | 1990 | <b>35:21</b> | 03:32 | 35:20  |            | A.D. NAUTICO NARÓN        | M-14 | Máster A-3  |
| 15  | 766 | PEDRO PITA ROMERO             | 2002 | <b>35:43</b> | 03:34 | 35:42  | GA3947544A | ATENTRENARUNNING          | M-15 | Senior-5    |
| 16  | 618 | PEDRO MACIA RIVAS             | 1990 | <b>35:45</b> | 03:34 | 35:44  |            | NOE TRAINERS FERROL       | M-16 | Máster A-4  |
| 17  | 251 | JOSE SUÁREZ LEIS              | 1963 | <b>35:49</b> | 03:34 | 35:49  | GA1424     | SOCIEDAD DEPORTIVA COMPC  | M-17 | Máster D-1  |
| 18  | 616 | ALEJANDRO VIZOSO HERMIDA      | 1990 | <b>35:58</b> | 03:35 | 35:57  |            | A.D. NAUTICO NARÓN        | M-18 | Máster A-5  |
| 19  | 462 | AGUSTÍN HERMIDA RODRÍGUEZ     | 1978 | <b>36:18</b> | 03:37 | 36:17  | AG20454    | A.D. NAUTICO NARÓN        | M-19 | Máster B-6  |
| 20  | 184 | LUCÍA SICRE MASIDE            | 2001 | <b>36:27</b> | 03:38 | 36:26  | GA765342   | RIA FERROL-CONCEPCION ARE | F-1  | Senior-1    |
| 21  | 773 | IAGO NEIRA DÍAZ               | 2002 | <b>36:27</b> | 03:38 | 36:27  |            |                           | M-20 | Senior-6    |
| 22  | 548 | LUIS RILO GONZALEZ VALLES     | 1983 | <b>36:33</b> | 03:39 | 36:31  |            | TRIATLON FERROL           | M-21 | Máster B-7  |
| 23  | 724 | MIGUEL GARCIA MARTIN          | 1998 | <b>36:43</b> | 03:40 | 36:38  |            |                           | M-22 | Senior-7    |
| 24  | 347 | JUANTXI GONZÁLEZ OROZCO       | 1972 | <b>36:46</b> | 03:40 | 36:45  |            | TRIFERROL                 | M-23 | Máster C-1  |
| 25  | 642 | ALEJANDRO ROCA RIVERA         | 1992 | <b>36:55</b> | 03:41 | 36:54  |            |                           | M-24 | Senior-8    |
| 26  | 667 | VICTOR SANTILLANA GARABANA    | 1994 | <b>37:00</b> | 03:42 | 36:59  |            | TRIATLON FERROL           | M-25 | Senior-9    |
| 27  | 547 | LUIS CABANAS BOCIJA           | 1983 | <b>37:07</b> | 03:42 | 37:03  |            |                           | M-26 | Máster B-8  |
| 28  | 491 | MARIO LÓPEZ PAZ               | 1980 | <b>37:09</b> | 03:42 | 37:07  |            | TRIATLÓN FERROL           | M-27 | Máster B-9  |
| 29  | 310 | MIGUEL FREIRE VÁZQUEZ         | 1970 | <b>37:18</b> | 03:43 | 37:17  |            | PASA OU ENTORNA           | M-28 | Máster C-2  |
| 30  | 680 | SERGIO RODRÍGUEZ QUINTANA     | 1994 | <b>37:20</b> | 03:44 | 37:17  |            | CLUB ATLETISMO CORUÑA CO  | M-29 | Senior-10   |
| 31  | 622 | MARCOS PARDO FONTICOBIA       | 1990 | <b>37:25</b> | 03:44 | 37:24  |            |                           | M-30 | Máster A-6  |
| 32  | 687 | VÍCTOR SIXTO COSTOYA          | 1995 | <b>37:30</b> | 03:45 | 37:29  |            |                           | M-31 | Senior-11   |
| 33  | 778 | AARON ROMÁN CALERO            | 2004 | <b>37:30</b> | 03:45 | 37:29  |            | A.D. NAUTICO NARÓN        | M-32 | Sub 23-3    |
| 34  | 582 | BORJA PICO FEAL               | 1986 | <b>37:36</b> | 03:45 | 37:35  |            |                           | M-33 | Máster A-7  |
| 35  | 392 | ÓSCAR GAREL PORTA             | 1975 | <b>37:52</b> | 03:47 | 37:51  | 32679487   | A.D. NAUTICO NARÓN        | M-34 | Máster C-3  |
| 36  | 695 | DOSI REMESEIRO ABELEIRA       | 1995 | <b>37:57</b> | 03:47 | 37:52  |            |                           | M-35 | Senior-12   |
| 37  | 793 | DIEGO GONZÁLEZ PERNAS         | 2007 | <b>38:14</b> | 03:49 | 38:12  |            | TRIFERROL                 | M-36 | Sub 20-1    |
| 38  | 503 | MARIANO CASAIS GONZÁLEZ       | 1980 | <b>38:16</b> | 03:49 | 38:10  |            | ASOCIACION DEPORTIVA OLIM | M-37 | Máster B-10 |
| 39  | 281 | FRANCISCO GÓMEZ SUEIRAS       | 1967 | <b>38:17</b> | 03:49 | 38:15  |            |                           | M-38 | Máster C-4  |
| 40  | 577 | VÍCTOR BALADO                 | 1985 | <b>38:20</b> | 03:50 | 38:15  |            |                           | M-39 | Máster A-8  |
| 41  | 497 | JOSE CHUECOS                  | 1980 | <b>38:24</b> | 03:50 | 38:22  |            | PASA OU ENTORNA           | M-40 | Máster B-11 |
| 42  | 557 | ALEJANDRO RODRIGUEZ FRAGUELA  | 1984 | <b>38:30</b> | 03:51 | 38:28  |            | ACD PL CORUÑA             | M-41 | Máster B-12 |
| 43  | 326 | JOSE LUIS ROIBÁS FERNÁNDEZ    | 1971 | <b>38:31</b> | 03:51 | 38:25  |            | ACEA DE AMA TRI ARTEIXO   | M-42 | Máster C-5  |
| 44  | 477 | JOSE ANTONIO FERNÁNDEZ RODRÍG | 1979 | <b>38:32</b> | 03:51 | 38:32  | GA3939910  | SOCIEDAD DEPORTIVA COMPC  | M-43 | Máster B-13 |
| 45  | 434 | IVAN D                        | 1977 | <b>38:35</b> | 03:51 | 38:33  | 76578747   | CLUB ATLETISMO LOURENZA   | M-44 | Máster B-14 |
| 46  | 524 | ANXO MEIZOSO PERMUI           | 1981 | <b>38:39</b> | 03:51 | 38:39  |            | C.D. 21 LEGUAS            | M-45 | Máster B-15 |
| 47  | 415 | DIEGO PÉREZ SOTO              | 1976 | <b>38:41</b> | 03:52 | 38:36  |            |                           | M-46 | Máster B-16 |
| 48  | 621 | MARCOS ALONSO FILGUEIRA       | 1990 | <b>38:42</b> | 03:52 | 38:39  |            | OS CORZOS DO ORTEGAL      | M-47 | Máster A-9  |
| 49  | 308 | ÁLVARO CÉSAR VILA             | 1970 | <b>38:46</b> | 03:52 | 38:40  | AG15131    | CLUB ATLETISMO TAMBRE     | M-48 | Máster C-6  |
| 50  | 403 | JAVIER TUIMIL CALVO           | 1976 | <b>38:51</b> | 03:53 | 38:48  | AG2023538  | ATLETISMO NARON           | M-49 | Máster B-17 |
| 51  | 464 | ÓSCAR MANUEL COUTO PÉREZ      | 1978 | <b>39:00</b> | 03:54 | 38:54  |            |                           | M-50 | Máster B-18 |
| 52  | 562 | ALBERTO GERVENO CASTRO        | 1985 | <b>39:03</b> | 03:54 | 39:00  |            | PASA OU ENTORNA           | M-51 | Máster A-10 |
| 53  | 591 | DIEGO GÓMEZ LEGASPI           | 1987 | <b>39:04</b> | 03:54 | 39:01  |            |                           | M-52 | Máster A-11 |
| 54  | 485 | PASCUAL FERNÁNDEZ ALBORNOS    | 1979 | <b>39:07</b> | 03:54 | 39:02  |            | A.D. NAUTICO NARÓN        | M-53 | Máster B-19 |
| 55  | 469 | JOSE SÁEZ SUÁREZ              | 1979 | <b>39:08</b> | 03:54 | 39:03  |            |                           | M-54 | Máster B-20 |
| 56  | 394 | MARCOS CANEIRO CANEIRO        | 1975 | <b>39:08</b> | 03:54 | 39:05  |            | TRIATLON FERROL           | M-55 | Máster C-7  |
| 57  | 538 | SIMÓN CALVIÑO CALVIÑO         | 1982 | <b>39:12</b> | 03:55 | 39:07  |            | TRAILEROS TOXOS E BIRRAS  | M-56 | Máster B-21 |
| 58  | 765 | JORGE IGLESIAS SUEIRO         | 2001 | <b>39:13</b> | 03:55 | 39:05  |            |                           | M-57 | Senior-13   |
| 59  | 674 | PABLO FERNÁNDEZ ROCA          | 1994 | <b>39:14</b> | 03:55 | 39:09  |            |                           | M-58 | Senior-14   |
| 60  | 411 | MICHELE SPINAZZOLA            | 1976 | <b>39:19</b> | 03:55 | 39:15  |            |                           | M-59 | Máster B-22 |

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| PTO | DOR | NOME                         | ANO  | TEMPO | RITMO | T.NETO | LICENZA   | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|-----|------------------------------|------|-------|-------|--------|-----------|---------------------------|-------|-------------|
| 61  | 470 | SERGIO NOGUEIRA MIÑÁN        | 1979 | 39:30 | 03:57 | 39:27  |           |                           | M-60  | Máster B-23 |
| 62  | 575 | CHESPI PENA                  | 1985 | 39:40 | 03:58 | 39:37  |           | PASA OU ENTORNA           | M-61  | Máster A-12 |
| 63  | 592 | SERGIO ACCIÓN CORRAL         | 1987 | 39:42 | 03:58 | 39:23  |           |                           | M-62  | Máster A-13 |
| 64  | 771 | DANIEL ARES FERREIRO         | 2002 | 39:44 | 03:58 | 39:39  |           |                           | M-63  | Senior-15   |
| 65  | 769 | ALVARO CARRILLO GARCÍA       | 2002 | 39:45 | 03:58 | 39:42  |           |                           | M-64  | Senior-16   |
| 66  | 327 | CARLOS SALUTREGUI            | 1971 | 39:51 | 03:59 | 39:46  |           |                           | M-65  | Máster C-8  |
| 67  | 484 | DAVID MARTÍNEZ MILLÁN        | 1979 | 39:57 | 03:59 | 39:48  |           |                           | M-66  | Máster B-24 |
| 68  | 619 | HECTOR DUARTE BOUZAS         | 1990 | 39:58 | 03:59 | 39:51  |           |                           | M-67  | Máster A-14 |
| 69  | 637 | PEDRO FERNÁNDEZ LÓPEZ        | 1991 | 39:59 | 03:59 | 39:53  |           |                           | M-68  | Senior-17   |
| 70  | 435 | MARCOS LEMA RODRÍGUEZ        | 1977 | 40:00 | 04:00 | 39:55  |           | CLUB DALLE GAS RUNNING TE | M-69  | Máster B-25 |
| 71  | 583 | PABLO LÓPEZ BARBEITO         | 1986 | 40:04 | 04:00 | 39:59  |           |                           | M-70  | Máster A-15 |
| 72  | 797 | HUGO ALONSO LÓPEZ            | 2008 | 40:06 | 04:00 | 40:03  | GA3815849 |                           | M-71  | Sub 20-2    |
| 73  | 638 | DAVID CABANAS BOCIJA         | 1991 | 40:06 | 04:00 | 40:03  |           |                           | M-72  | Senior-18   |
| 74  | 593 | JOSE LUIS ALONSO RAMUDO      | 1987 | 40:10 | 04:01 | 39:54  |           | CLUBE ATLETISMO VILALBA   | M-73  | Máster A-16 |
| 75  | 444 | GILBERTO GONZALEZ GRUEIRO    | 1977 | 40:17 | 04:01 | 40:14  |           | CLUB ATLETISMO SADA       | M-74  | Máster B-26 |
| 76  | 694 | ALVARO PLATERO ALONSO        | 1995 | 40:20 | 04:02 | 40:16  |           |                           | M-75  | Senior-19   |
| 77  | 146 | ELIA DE ESTEBAN MACIÑEIRA    | 1995 | 40:21 | 04:02 | 40:17  |           |                           | F-2   | Senior-2    |
| 78  | 662 | PABLO MOSQUERA GARCÍA        | 1993 | 40:24 | 04:02 | 40:17  |           |                           | M-76  | Senior-20   |
| 79  | 156 | CARLA IRLES                  | 1997 | 40:26 | 04:02 | 40:22  |           |                           | F-3   | Senior-3    |
| 80  | 330 | JULIÁN PÉREZ DURÁN           | 1971 | 40:30 | 04:03 | 40:27  |           | SIGUEME SI PUEDES         | M-77  | Máster C-9  |
| 81  | 644 | HUGO IGLESIAS RODRÍGUEZ      | 1992 | 40:31 | 04:03 | 40:27  |           |                           | M-78  | Senior-21   |
| 82  | 465 | JOSE MARTINEZ DOPAZO         | 1978 | 40:36 | 04:03 | 40:30  |           | TRAILEROS TOXOS E BIRRAS  | M-79  | Máster B-27 |
| 83  | 657 | CESAR SENDON BAÑA            | 1993 | 40:45 | 04:04 | 40:37  |           |                           | M-80  | Senior-22   |
| 84  | 389 | JUAN JOSE VIEITES PONTE      | 1975 | 40:54 | 04:05 | 40:50  |           | SIGUEME SI PUEDES         | M-81  | Máster C-10 |
| 85  | 498 | FRANCISCO GARCÍA RIAL        | 1980 | 40:57 | 04:05 | 40:45  |           |                           | M-82  | Máster B-28 |
| 86  | 454 | FRANCISCO FERNÁNDEZ BOUZA    | 1978 | 40:58 | 04:05 | 40:46  |           |                           | M-83  | Máster B-29 |
| 87  | 399 | SERGIO JESÚS BECEIRO LODEIGO | 1975 | 40:59 | 04:05 | 40:54  |           | NOETRAINERS               | M-84  | Máster C-11 |
| 88  | 518 | MARCOS VARELA SECO           | 1981 | 41:00 | 04:06 | 40:55  |           |                           | M-85  | Máster B-30 |
| 89  | 720 | PABLO PEDROSA PAZ            | 1997 | 41:05 | 04:06 | 41:03  |           | TRIATLON FERROL           | M-86  | Senior-23   |
| 90  | 304 | MANUEL VAZQUEZ RAMOS         | 1970 | 41:14 | 04:07 | 41:09  |           |                           | M-87  | Máster C-12 |
| 91  | 302 | JUAN AMIGO FERREIRO          | 1969 | 41:15 | 04:07 | 41:10  | GA758     | SOCIEDAD DEPORTIVA COMPC  | M-88  | Máster C-13 |
| 92  | 604 | DARIO NOYA CEREIJO           | 1988 | 41:16 | 04:07 | 41:11  |           |                           | M-89  | Máster A-17 |
| 93  | 260 | GONZALO TRIUNFO DELGADO      | 1965 | 41:17 | 04:07 | 41:04  |           |                           | M-90  | Máster D-2  |
| 94  | 378 | MIGUEL ÁNGEL VIDAL REIGOSA   | 1974 | 41:18 | 04:07 | 41:15  |           | CLUB ATLETISMO LOURENZA   | M-91  | Máster C-14 |
| 95  | 701 | ALEJANDRO GONZALEZ CASAL     | 1996 | 41:21 | 04:08 | 41:10  |           |                           | M-92  | Senior-24   |
| 96  | 587 | EDUARDO POZUELO MARTÍNEZ     | 1987 | 41:23 | 04:08 | 41:14  |           |                           | M-93  | Máster A-18 |
| 97  | 252 | JUAN FERNANDEZ TOME          | 1964 | 41:28 | 04:08 | 41:26  |           |                           | M-94  | Máster D-3  |
| 98  | 451 | JOSÉ MANUEL CASÁS CASÁS      | 1978 | 41:32 | 04:09 | 41:20  |           |                           | M-95  | Máster B-31 |
| 99  | 560 | RUBÉN VARELA MARTÍNEZ        | 1984 | 41:33 | 04:09 | 41:26  |           |                           | M-96  | Máster B-32 |
| 100 | 280 | SANTIAGO GARCÍA BELLO        | 1967 | 41:38 | 04:09 | 41:36  |           |                           | M-97  | Máster C-15 |
| 101 | 363 | JUAN REBOREDO RODRIGUEZ      | 1973 | 41:38 | 04:09 | 41:33  |           |                           | M-98  | Máster C-16 |
| 102 | 711 | CHRISTIAN DOCAL FERNÁNDEZ    | 1997 | 41:40 | 04:10 | 41:35  |           |                           | M-99  | Senior-25   |
| 103 | 421 | ANDRÉS GARCIA BARREIRO       | 1976 | 41:41 | 04:10 | 41:32  |           | ATLETISMO NARON           | M-100 | Máster B-33 |
| 104 | 757 | ANTONIO VIVERO MENÉNDEZ      | 2001 | 41:42 | 04:10 | 41:21  |           |                           | M-101 | Senior-26   |
| 105 | 268 | JOSE LUIS RIO SILVA          | 1966 | 41:43 | 04:10 | 41:40  | GA3756153 | RUNNING OLEIROS           | M-102 | Máster C-17 |
| 106 | 640 | TOM RODRÍGUEZ GONZÁLEZ       | 1991 | 41:46 | 04:10 | 41:43  |           | TRIATLÓN FERROL           | M-103 | Senior-27   |
| 107 | 253 | JUAN CARLOS BERGONDO BRANDAF | 1964 | 41:49 | 04:10 | 41:44  |           | RUNNING OLEIROS           | M-104 | Máster D-4  |
| 108 | 313 | ANDRÉS PIÑÓN LOUREIRO        | 1970 | 41:51 | 04:11 | 41:39  | GA19860   | CD EGOVARROS VIVEIRO      | M-105 | Máster C-18 |
| 109 | 580 | FERNANDO PENA DURÁN          | 1986 | 41:51 | 04:11 | 41:40  |           |                           | M-106 | Máster A-19 |
| 110 | 523 | MIGUEL ÁNGEL LOZANO IGLESIAS | 1981 | 41:54 | 04:11 | 41:48  |           | TRIEUME AS PONTES CLUB    | M-107 | Máster B-34 |
| 111 | 602 | NOEL SOTO RODRIGUEZ          | 1988 | 41:57 | 04:11 | 41:24  |           |                           | M-108 | Máster A-20 |
| 112 | 242 | JOSE MANUEL SEOANE CHAS      | 1962 | 41:58 | 04:11 | 41:54  | GAL650    | ACEA DE AMA TRI ARTEIXO   | M-109 | Máster D-5  |
| 113 | 70  | VANESSA HERVADA LÓPEZ        | 1981 | 41:59 | 04:11 | 41:56  |           |                           | F-4   | Máster B-1  |
| 114 | 114 | SARA PRADERA CIBREIRO        | 1990 | 41:59 | 04:11 | 41:55  |           | XABARÍS ÁRTABROS          | F-5   | Máster A-1  |
| 115 | 369 | ALBERTO GÓMEZ GARCÍA         | 1974 | 42:00 | 04:12 | 41:49  |           |                           | M-110 | Máster C-19 |
| 116 | 423 | RICARDO AMENEDO GONZÁLEZ     | 1976 | 42:01 | 04:12 | 41:54  |           | PASA OU ENTORNA           | M-111 | Máster B-35 |
| 117 | 481 | DANIEL JOVE MARTINEZ         | 1979 | 42:03 | 04:12 | 41:54  |           |                           | M-112 | Máster B-36 |
| 118 | 796 | CRISTIAN GESTO LÓPEZ         | 2008 | 42:07 | 04:12 | 42:04  | AG18459   | CLUB ATLETICO BERGONDO    | M-113 | Sub 20-3    |
| 119 | 648 | ADRIÁN BOUZA CORREA          | 1992 | 42:10 | 04:13 | 41:59  |           |                           | M-114 | Senior-28   |
| 120 | 468 | RUBÉN VÁZQUEZ GÓMEZ          | 1979 | 42:12 | 04:13 | 42:09  |           |                           | M-115 | Máster B-37 |

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| PTO | DOR | NOME                            | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                     | SEXO  | CATEGORÍA   |
|-----|-----|---------------------------------|------|-------|-------|--------|-------------|---------------------------|-------|-------------|
| 121 | 405 | EDUARDO RÁDEKE FARIÑA           | 1976 | 42:13 | 04:13 | 42:13  |             |                           | M-116 | Máster B-38 |
| 122 | 230 | JOSÉ LUIS BOUZA FREIRE          | 1959 | 42:19 | 04:13 | 42:13  |             |                           | M-117 | Máster D-6  |
| 123 | 521 | MONTXO LAMEIRO POUFARIÑA        | 1981 | 42:24 | 04:14 | 42:08  |             | TOUCIÑO TEAM              | M-118 | Máster B-39 |
| 124 | 726 | GUSTAVO MAISON NAYA             | 1998 | 42:25 | 04:14 | 42:18  |             |                           | M-119 | Senior-29   |
| 125 | 277 | MANUEL ROUCO VILLARES           | 1967 | 42:26 | 04:14 | 42:09  |             | CLUBE ATLETISMO VILALBA   | M-120 | Máster C-20 |
| 126 | 39  | REBECA SOTO VIÑAS               | 1976 | 42:28 | 04:14 | 42:24  | 2019794     | CLUB ATLETISMO SADA       | F-6   | Máster B-2  |
| 127 | 401 | OSCAR RÍO Balsa                 | 1976 | 42:31 | 04:15 | 42:20  |             | C.D. 21LEGUAS             | M-121 | Máster B-40 |
| 128 | 531 | CARLOS MARTINEZ LOURO           | 1982 | 42:32 | 04:15 | 42:31  |             |                           | M-122 | Máster B-41 |
| 129 | 267 | ALFONSO GARCÍA BELLO            | 1966 | 42:34 | 04:15 | 42:32  |             |                           | M-123 | Máster C-21 |
| 130 | 431 | MARCOS RODRÍGUEZ DÍAZ           | 1977 | 42:36 | 04:15 | 42:29  |             |                           | M-124 | Máster B-42 |
| 131 | 195 | AINARA RODRÍGUEZ ARES           | 2003 | 42:36 | 04:15 | 42:29  |             |                           | F-7   | Senior-4    |
| 132 | 257 | JERO LOPEZ PRIETO               | 1964 | 42:45 | 04:16 | 42:38  |             | PASA OU ENTORNA           | M-125 | Máster D-7  |
| 133 | 297 | EMILIO PAZ GIAO                 | 1969 | 42:52 | 04:17 | 42:45  |             | ACEA DE AMA TRI ARTEIXO   | M-126 | Máster C-22 |
| 134 | 351 | PABLO RODRIGUEZ ALVAREZ         | 1972 | 42:53 | 04:17 | 42:47  |             |                           | M-127 | Máster C-23 |
| 135 | 747 | ANTONIO SOUTO PRIETO            | 1999 | 42:55 | 04:17 | 42:51  |             |                           | M-128 | Senior-30   |
| 136 | 630 | CARLOS GÓMEZ VILLALBA           | 1990 | 42:58 | 04:17 | 42:36  |             |                           | M-129 | Máster A-21 |
| 137 | 655 | VICTOR NOVO GARCIA              | 1993 | 42:59 | 04:17 | 42:37  |             |                           | M-130 | Senior-31   |
| 138 | 238 | JUAN JOSE FERNÁNDEZ LEIRA       | 1961 | 43:02 | 04:18 | 42:57  |             |                           | M-131 | Máster D-8  |
| 139 | 768 | MARCOS JUSTO                    | 2002 | 43:02 | 04:18 | 42:52  |             |                           | M-132 | Senior-32   |
| 140 | 791 | HUGO TEJEIRO SEVILLA            | 2007 | 43:09 | 04:18 | 43:02  |             | NOETRAINERS FERROL        | M-133 | Sub 20-4    |
| 141 | 246 | JESÚS CRIBEIRO                  | 1963 | 43:09 | 04:18 | 43:00  |             |                           | M-134 | Máster D-9  |
| 142 | 439 | NOÉ TEJEIRO FERNANDEZ           | 1977 | 43:10 | 04:19 | 43:04  |             | NOETRAINERS FERROL        | M-135 | Máster B-43 |
| 143 | 131 | ANDREA RICO LÓPEZ               | 1993 | 43:15 | 04:19 | 43:02  |             |                           | F-8   | Senior-5    |
| 144 | 624 | ABEL MAYOBRE VARELA             | 1990 | 43:17 | 04:19 | 43:07  |             |                           | M-136 | Máster A-22 |
| 145 | 286 | DOMINGO ALBERTO GONZÁLEZ GAR    | 1968 | 43:19 | 04:19 | 43:09  |             |                           | M-137 | Máster C-24 |
| 146 | 516 | JAVIER SUÁREZ GIADÁS            | 1981 | 43:23 | 04:20 | 43:17  | GA3748772AT |                           | M-138 | Máster B-44 |
| 147 | 669 | DIEGO ESPADA PENA               | 1994 | 43:29 | 04:20 | 43:13  |             |                           | M-139 | Senior-33   |
| 148 | 752 | JOSE CARLOS TORREJON VALLE      | 2000 | 43:32 | 04:21 | 43:11  |             |                           | M-140 | Senior-34   |
| 149 | 474 | LUIZ PEDRO DE SOUZA LEITE       | 1979 | 43:40 | 04:22 | 43:19  |             |                           | M-141 | Máster B-45 |
| 150 | 62  | ISA CABANAS CAMPELO             | 1979 | 43:41 | 04:22 | 43:38  |             | ACEA DE AMA TRI ARTEIXO   | F-9   | Máster B-3  |
| 151 | 568 | DANIEL VAZQUEZ RODRIGUEZ        | 1985 | 43:43 | 04:22 | 43:35  |             | FILLOS DE BREOGAN         | M-142 | Máster A-23 |
| 152 | 71  | ALMUDENA LÓPEZ SERANTES         | 1981 | 43:45 | 04:22 | 43:42  | GA3768083   | CLUB ATLETICO BERGONDO    | F-10  | Máster B-4  |
| 153 | 223 | JOSE ANGEL PITA TORRES          | 1957 | 43:46 | 04:22 | 43:34  |             |                           | M-143 | Máster D-10 |
| 154 | 794 | CARLOS BRAVO HERNÁNDEZ          | 2007 | 43:51 | 04:23 | 43:40  |             |                           | M-144 | Sub 20-5    |
| 155 | 111 | MARTA REAL VALIÑO               | 1990 | 43:54 | 04:23 | 43:49  |             |                           | F-11  | Máster A-2  |
| 156 | 31  | ELENA GONZÁLEZ FERNÁNDEZ        | 1974 | 44:05 | 04:24 | 43:57  | AG2017736   | LA MOCHILA DEL DEPORTE    | F-12  | Máster C-1  |
| 157 | 545 | SANTIAGO RIVERO DE AGUILAR ALOI | 1983 | 44:05 | 04:24 | 43:52  |             |                           | M-145 | Máster B-46 |
| 158 | 301 | EMILIO JOSE JOVE CASTRO         | 1969 | 44:20 | 04:26 | 44:01  |             | CLUB CASTRO DE LOBADIZ    | M-146 | Máster C-25 |
| 159 | 492 | MON LOUREIRO                    | 1980 | 44:25 | 04:26 | 44:07  |             | CLUB DALLE GAS RUNNING TE | M-147 | Máster B-47 |
| 160 | 441 | SAMUEL RAMÍREZ RODRÍGUEZ        | 1977 | 44:28 | 04:26 | 44:21  |             | CLUBE ATLETISMO FENE      | M-148 | Máster B-48 |
| 161 | 732 | SERGIO CARBAJO MATEOS           | 1998 | 44:31 | 04:27 | 44:13  |             | CLUB DALLE GAS RUNNING TE | M-149 | Senior-35   |
| 162 | 118 | LAURA RODRÍGUEZ GÓMEZ           | 1991 | 44:40 | 04:28 | 44:31  |             |                           | F-13  | Senior-6    |
| 163 | 556 | LUIS RIVERA SIXTO               | 1984 | 44:41 | 04:28 | 44:20  |             |                           | M-150 | Máster B-49 |
| 164 | 586 | PABLO J. FRIEIRO GOMIS          | 1987 | 44:48 | 04:28 | 44:17  |             |                           | M-151 | Máster A-24 |
| 165 | 457 | IGNACIO FERREÑO MERLÁN          | 1978 | 44:48 | 04:28 | 44:37  |             |                           | M-152 | Máster B-50 |
| 166 | 543 | JOSE GARCÍA DE LOS REYES LUQUE  | 1983 | 44:50 | 04:29 | 44:35  |             |                           | M-153 | Máster B-51 |
| 167 | 635 | ANTÓN BELLAS LÓPEZ              | 1991 | 44:52 | 04:29 | 44:36  |             |                           | M-154 | Senior-36   |
| 168 | 745 | PABLO GARCÍA TEBAR              | 1999 | 44:56 | 04:29 | 44:31  |             |                           | M-155 | Senior-37   |
| 169 | 762 | EMILIO GÓMEZ MARISCAL           | 2001 | 44:56 | 04:29 | 44:30  |             |                           | M-156 | Senior-38   |
| 170 | 704 | DANI ARAGON CALLEALTA           | 1996 | 44:56 | 04:29 | 44:32  |             |                           | M-157 | Senior-39   |
| 171 | 269 | JESÚS VÁZQUEZ GARCÍA            | 1966 | 44:59 | 04:29 | 44:57  |             |                           | M-158 | Máster C-26 |
| 172 | 448 | IGNACIO GONZÁLEZ PÉREZ          | 1978 | 45:04 | 04:30 | 44:53  |             |                           | M-159 | Máster B-52 |
| 173 | 264 | JESÚS SÁNCHEZ LÓPEZ             | 1965 | 45:07 | 04:30 | 44:37  |             | SIGUEME SI PUEDES         | M-160 | Máster D-11 |
| 174 | 433 | MARCOS PÉREZ GARCÍA             | 1977 | 45:08 | 04:30 | 44:50  |             | PASA OU ENTORNA           | M-161 | Máster B-53 |
| 175 | 425 | JOSÉ LUIS AMADO RODRÍGUEZ       | 1976 | 45:09 | 04:30 | 44:24  |             | ATLETISMO NARON           | M-162 | Máster B-54 |
| 176 | 779 | PABLO BARRÁN FRANCO             | 2004 | 45:11 | 04:31 | 44:55  |             |                           | M-163 | Sub 23-4    |
| 177 | 307 | CARLOS LÓPEZ VILARIÑO           | 1970 | 45:13 | 04:31 | 44:52  |             |                           | M-164 | Máster C-27 |
| 178 | 590 | JACOBO GESTO LAGO               | 1987 | 45:15 | 04:31 | 45:05  |             |                           | M-165 | Máster A-25 |
| 179 | 670 | MARCOS RÍOS MÍGUEZ              | 1994 | 45:17 | 04:31 | 44:51  |             |                           | M-166 | Senior-40   |
| 180 | 124 | CLAUDIA VILLAR CAINZOS          | 1992 | 45:18 | 04:31 | 45:04  |             |                           | F-14  | Senior-7    |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA   | CLUBE                       | SEXO  | CATEGORÍA   |
|-----|-----|--------------------------------|------|-------|-------|--------|-----------|-----------------------------|-------|-------------|
| 181 | 450 | MARCO ANTONIO DOVAL IGLESIAS   | 1978 | 45:19 | 04:31 | 45:01  |           |                             | M-167 | Máster B-55 |
| 182 | 332 | RAFAEL GARCIA VEIGUELA         | 1971 | 45:21 | 04:32 | 45:16  |           | CLUB ATLETISMO LOURENZA     | M-168 | Máster C-28 |
| 183 | 255 | MIGUEL DÍAZ CARBALLO           | 1964 | 45:22 | 04:32 | 45:04  |           |                             | M-169 | Máster D-12 |
| 184 | 426 | JUAN CARLOS DE LA VIÑA PITA    | 1976 | 45:23 | 04:32 | 44:57  | TGAL607   | XABARÍS ÁRTABROS            | M-170 | Máster B-56 |
| 185 | 424 | JULIO SERANTES CASTRO          | 1976 | 45:23 | 04:32 | 45:05  |           | CLUB DALLE GAS RUNNING TE   | M-171 | Máster B-57 |
| 186 | 365 | ROBERTO BRUNO AMOR GÓMEZ       | 1973 | 45:26 | 04:32 | 45:11  |           |                             | M-172 | Máster C-29 |
| 187 | 348 | ALBERTO CHAMORRO DIAZ          | 1972 | 45:28 | 04:32 | 45:28  |           |                             | M-173 | Máster C-30 |
| 188 | 319 | RAFA RODRÍGUEZ RIVAS           | 1971 | 45:30 | 04:33 | 45:17  |           |                             | M-174 | Máster C-31 |
| 189 | 400 | JORGE SUÁREZ FERNÁNDEZ         | 1975 | 45:31 | 04:33 | 45:14  |           |                             | M-175 | Máster C-32 |
| 190 | 100 | DANEL DE VRIES LOUREIRO        | 1988 | 45:34 | 04:33 | 45:28  | GA3940370 | ATLETISMO OBRADOIRO         | F-15  | Máster A-3  |
| 191 | 59  | TEREZA CTVRTNICKOVA            | 1979 | 45:35 | 04:33 | 44:57  | X6325221Z | TRIEUME AS PONTES CLUB      | F-16  | Máster B-5  |
| 192 | 361 | URBANO LANDROVE RODRIGUEZ      | 1973 | 45:35 | 04:33 | 45:03  |           | TRIEUME AS PONTES CLUB      | M-176 | Máster C-33 |
| 193 | 172 | PAULA SALUTREGUI LÓPEZ         | 1999 | 45:37 | 04:33 | 45:31  |           |                             | F-17  | Senior-8    |
| 194 | 318 | JAVIER PORTAS LEMUS            | 1971 | 45:39 | 04:33 | 45:27  |           |                             | M-177 | Máster C-34 |
| 195 | 181 | ANDREA SUAREZ GORDILLO         | 2000 | 45:42 | 04:34 | 45:37  |           |                             | F-18  | Senior-9    |
| 196 | 471 | CARLOS RIADIGOS MOSQUERA       | 1979 | 45:43 | 04:34 | 45:28  |           |                             | M-178 | Máster B-58 |
| 197 | 410 | FRANCISCO JAVIER MASEDA CARBAL | 1976 | 45:43 | 04:34 | 45:41  | GA205     | MARINEDA ATLETICO           | M-179 | Máster B-59 |
| 198 | 710 | MARCOS FILGUEIRAS ALLEGUE      | 1997 | 45:44 | 04:34 | 45:35  |           |                             | M-180 | Senior-41   |
| 199 | 287 | JUAN FRANCISCO PITA SERANTES   | 1968 | 45:47 | 04:34 | 45:40  |           | OPA FERROL TEAM RUNNING     | M-181 | Máster C-35 |
| 200 | 36  | LIDIA CARDAMAS FREIRE          | 1975 | 45:47 | 04:34 | 45:40  | TGAL489   | OPA FERROL TEAM RUNNING     | F-19  | Máster C-2  |
| 201 | 513 | NATANAEL HUGO CAMPOS PERNAS    | 1981 | 45:54 | 04:35 | 45:15  | TRIATLÓN  | TRIEUME AS PONTES CLUB      | M-182 | Máster B-60 |
| 202 | 406 | EMILIO SILVA                   | 1976 | 46:01 | 04:36 | 45:36  |           |                             | M-183 | Máster B-61 |
| 203 | 422 | STEVEN NIEDERLE                | 1976 | 46:01 | 04:36 | 45:37  |           |                             | M-184 | Máster B-62 |
| 204 | 340 | JAVIER ARNOSO DIAZ             | 1972 | 46:02 | 04:36 | 45:41  |           | VIKINGO S                   | M-185 | Máster C-36 |
| 205 | 437 | CESAR DIEGO DURAN              | 1977 | 46:05 | 04:36 | 45:59  | AG18502   |                             | M-186 | Máster B-63 |
| 206 | 571 | CELSO ARMENDARIZ               | 1985 | 46:12 | 04:37 | 46:02  |           |                             | M-187 | Máster A-26 |
| 207 | 753 | BRAHIM BEN KACEM               | 2001 | 46:14 | 04:37 | 45:41  |           |                             | M-188 | Senior-42   |
| 208 | 356 | DANIEL AGULLÓ LÓPEZ            | 1973 | 46:19 | 04:37 | 46:09  |           | BENY GYM                    | M-189 | Máster C-37 |
| 209 | 63  | OMAIRA SANGUINO FORMOSO        | 1979 | 46:20 | 04:38 | 46:20  |           | CLUB ATLETISMO SADA         | F-20  | Máster B-6  |
| 210 | 631 | BORJA PÉREZ VEIGA              | 1991 | 46:24 | 04:38 | 46:07  |           |                             | M-190 | Senior-43   |
| 211 | 512 | ALBERTO CASTELEIRO             | 1981 | 46:25 | 04:38 | 46:05  |           |                             | M-191 | Máster B-64 |
| 212 | 339 | MICHAEL WILSON                 | 1972 | 46:26 | 04:38 | 46:14  |           |                             | M-192 | Máster C-38 |
| 213 | 164 | INÉS VÁZQUEZ RAMIL             | 1997 | 46:26 | 04:38 | 46:23  |           |                             | F-21  | Senior-10   |
| 214 | 398 | JOSÉ ÁNGEL VÁZQUEZ FREIRE      | 1975 | 46:26 | 04:38 | 45:55  |           | SIGUEME SI PUEDES           | M-193 | Máster C-39 |
| 215 | 536 | SANTIAGO PÉREZ TORRES          | 1982 | 46:27 | 04:38 | 46:13  |           |                             | M-194 | Máster B-65 |
| 216 | 227 | JOSE ANDRES FREIRE GATO        | 1958 | 46:28 | 04:38 | 46:20  |           |                             | M-195 | Máster D-13 |
| 217 | 520 | IAGO GARCÍA PATIÑO             | 1981 | 46:28 | 04:38 | 45:42  |           |                             | M-196 | Máster B-66 |
| 218 | 234 | DIONISIO JOSE BUENO GARCIA     | 1960 | 46:34 | 04:39 | 46:21  |           |                             | M-197 | Máster D-14 |
| 219 | 74  | PILI GARCIA PRADOS             | 1982 | 46:36 | 04:39 | 46:19  |           |                             | F-22  | Máster B-7  |
| 220 | 576 | ADRIAN VILLAR FERNÁNDEZ        | 1985 | 46:36 | 04:39 | 46:21  |           | MIÑOK                       | M-198 | Máster A-27 |
| 221 | 574 | ALFONSO JAVIER CASTRO SOUTO    | 1985 | 46:36 | 04:39 | 46:24  |           | CHUVONERS                   | M-199 | Máster A-28 |
| 222 | 430 | LUIS VÁZQUEZ SANESTEBAN        | 1977 | 46:39 | 04:39 | 46:01  |           | TRIEUME AS PONTES CLUB      | M-200 | Máster B-67 |
| 223 | 551 | MANUEL BASOA RODRIGUEZ         | 1983 | 46:53 | 04:41 | 46:48  |           | ESCOLA DE ATLETISMO PAULA   | M-201 | Máster B-68 |
| 224 | 708 | BRAIS IGLESIAS ANDRADE         | 1997 | 46:53 | 04:41 | 46:41  | GA3781228 | ATASOCIACION DEPORTIVA OLIM | M-202 | Senior-44   |
| 225 | 429 | ROBERTO FOJO DOPICO            | 1977 | 46:54 | 04:41 | 46:09  |           |                             | M-203 | Máster B-69 |
| 226 | 501 | MARCOS SEOANE FERNANDEZ        | 1980 | 47:01 | 04:42 | 46:50  |           |                             | M-204 | Máster B-70 |
| 227 | 41  | AURORA CARRACEDO ALBACETE      | 1976 | 47:03 | 04:42 | 46:44  |           |                             | F-23  | Máster B-8  |
| 228 | 66  | ELENA MAISON DÍAZ DE LA ROCHA  | 1980 | 47:04 | 04:42 | 46:47  |           | CLUB ATLETISMO SADA         | F-24  | Máster B-9  |
| 229 | 388 | JOSÉ ANGEL ADEGA MEIZOSO       | 1975 | 47:06 | 04:42 | 47:00  |           | TRAILEROS TOXOS & BIRRAS    | M-205 | Máster C-40 |
| 230 | 432 | ALEJANDRO FERNÁNDEZ RAMOS      | 1977 | 47:06 | 04:42 | 47:02  |           | TRAILEROS TOXOS E BIRRAS    | M-206 | Máster B-71 |
| 231 | 456 | CARLOS GONZÁLEZ CALVO          | 1978 | 47:08 | 04:42 | 46:59  |           | CLUB BENI GYM SPORT         | M-207 | Máster B-72 |
| 232 | 698 | BRAIS MARTINEZ VILLALOBOS      | 1996 | 47:10 | 04:43 | 46:58  |           |                             | M-208 | Senior-45   |
| 233 | 459 | RUBEN CAINZOS                  | 1978 | 47:11 | 04:43 | 46:38  |           |                             | M-209 | Máster B-73 |
| 234 | 534 | LUIS PENABAD PENABAD           | 1982 | 47:12 | 04:43 | 46:49  |           |                             | M-210 | Máster B-74 |
| 235 | 384 | JOSÉ MANUEL TEJEIRO IGLESIAS   | 1975 | 47:15 | 04:43 | 46:53  |           |                             | M-211 | Máster C-41 |
| 236 | 539 | LIAM GROARKE                   | 1983 | 47:17 | 04:43 | 47:08  |           |                             | M-212 | Máster B-75 |
| 237 | 627 | ALEJANDRO YÁÑEZ CASTRO         | 1990 | 47:21 | 04:44 | 47:12  |           |                             | M-213 | Máster A-29 |
| 238 | 86  | MARÍA CARPENTE BOSCH           | 1984 | 47:22 | 04:44 | 47:15  |           |                             | F-25  | Máster B-10 |
| 239 | 493 | PEDRO LOIS SUÁREZ GARCÍA       | 1980 | 47:23 | 04:44 | 47:13  |           |                             | M-214 | Máster B-76 |
| 240 | 717 | EDU AMENEIRO RODRIGUEZ         | 1997 | 47:29 | 04:44 | 47:22  |           |                             | M-215 | Senior-46   |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA  | CLUBE                  | SEXO  | CATEGORÍA   |
|-----|-----|-------------------------------|------|-------|-------|--------|----------|------------------------|-------|-------------|
| 241 | 681 | DANIEL IGLESIAS GIAO          | 1994 | 47:30 | 04:45 | 47:09  |          |                        | M-216 | Senior-47   |
| 242 | 528 | RAMÓN IGLESIAS REY            | 1982 | 47:30 | 04:45 | 47:20  |          |                        | M-217 | Máster B-77 |
| 243 | 614 | CRISTIAN CALVO GONZÁLEZ       | 1990 | 47:31 | 04:45 | 47:02  |          | CLUBE ATLETISMO FENE   | M-218 | Máster A-30 |
| 244 | 58  | IRIA ALDAO PRADA              | 1979 | 47:31 | 04:45 | 47:19  |          |                        | F-26  | Máster B-11 |
| 245 | 446 | MANUEL SANCHEZ FERNANDEZ      | 1977 | 47:32 | 04:45 | 47:10  |          |                        | M-219 | Máster B-78 |
| 246 | 376 | MIGUEL ANGEL FERNANDEZ AMENEI | 1974 | 47:36 | 04:45 | 47:23  |          |                        | M-220 | Máster C-42 |
| 247 | 360 | JUAN MANUEL CAMPOS MIGUEZ     | 1973 | 47:44 | 04:46 | 47:09  |          |                        | M-221 | Máster C-43 |
| 248 | 699 | IVAN SUAREZ BARCA             | 1996 | 47:47 | 04:46 | 47:39  |          |                        | M-222 | Senior-48   |
| 249 | 104 | TERESA BENGOCHEA CIMADEVILA   | 1988 | 47:51 | 04:47 | 47:40  |          |                        | F-27  | Máster A-4  |
| 250 | 584 | DIEGO LORENZO MUÑOZ           | 1986 | 47:54 | 04:47 | 47:24  |          |                        | M-223 | Máster A-31 |
| 251 | 359 | PEDRO DOMENECH GONZÁLEZ       | 1973 | 47:55 | 04:47 | 47:39  |          |                        | M-224 | Máster C-44 |
| 252 | 546 | MANUEL FUERTES CARBALLEIRA    | 1983 | 47:56 | 04:47 | 47:41  |          |                        | M-225 | Máster B-79 |
| 253 | 463 | JAVIER AGRA CABODEVILA        | 1978 | 47:56 | 04:47 | 47:18  |          |                        | M-226 | Máster B-80 |
| 254 | 367 | ALFONSO VILAR CREGO           | 1973 | 47:57 | 04:47 | 47:35  |          |                        | M-227 | Máster C-45 |
| 255 | 85  | ALICIA BENITO ESCRIBANO       | 1984 | 47:58 | 04:47 | 47:45  |          |                        | F-28  | Máster B-12 |
| 256 | 780 | JUAN PENA GARCÍA              | 2004 | 48:02 | 04:48 | 47:39  |          | OSEIXOFOREVER          | M-228 | Sub 23-5    |
| 257 | 5   | TERESA MARTINEZ BREIJO        | 1966 | 48:04 | 04:48 | 47:44  |          | CLUB CASTRO DE LOBADIZ | F-29  | Máster C-3  |
| 258 | 275 | MANUEL ÁNGEL PITA PEREIRA     | 1967 | 48:07 | 04:48 | 47:55  | 32649953 |                        | M-229 | Máster C-46 |
| 259 | 300 | ANDRÉS ROMERO BUSTABAD        | 1969 | 48:11 | 04:49 | 47:45  |          | PASA OU ENTORNA        | M-230 | Máster C-47 |
| 260 | 183 | SARA LOPEZ LOSADA             | 2001 | 48:12 | 04:49 | 47:57  |          |                        | F-30  | Senior-11   |
| 261 | 312 | FRANCISCO XOSÉ CANDIA DURÁN   | 1970 | 48:13 | 04:49 | 48:10  |          | VIKINGOS               | M-231 | Máster C-48 |
| 262 | 788 | ALEJANDRO VARELA FREIRE       | 2006 | 48:16 | 04:49 | 47:39  |          |                        | M-232 | Sub 23-6    |
| 263 | 499 | PATRICIO ASTUDILLO DONOSO     | 1980 | 48:22 | 04:50 | 47:46  |          | SEMOS OU NON?!         | M-233 | Máster B-81 |
| 264 | 781 | RUBÉN MORADO RUIZ             | 2004 | 48:24 | 04:50 | 48:17  |          |                        | M-234 | Sub 23-7    |
| 265 | 641 | JONATAN CREGO GONZÁLEZ        | 1992 | 48:29 | 04:50 | 48:00  |          |                        | M-235 | Senior-49   |
| 266 | 391 | JORGE JUAN ÁLVAREZ CASTRILLÓN | 1975 | 48:30 | 04:51 | 48:08  |          |                        | M-236 | Máster C-49 |
| 267 | 505 | JUAN DAVID PEREIRA BÁRCENAS   | 1980 | 48:33 | 04:51 | 48:04  |          |                        | M-237 | Máster B-82 |
| 268 | 222 | MANUEL OUTES PAZ              | 1956 | 48:35 | 04:51 | 48:20  |          |                        | M-238 | Máster D-15 |
| 269 | 665 | RAÚL GARCÍA LEÓN              | 1993 | 48:35 | 04:51 | 48:12  |          |                        | M-239 | Senior-50   |
| 270 | 83  | LAURA PICO PICO               | 1984 | 48:37 | 04:51 | 48:30  |          |                        | F-31  | Máster B-13 |
| 271 | 387 | JOSE A SAAVEDRA               | 1975 | 48:38 | 04:51 | 48:30  |          |                        | M-240 | Máster C-50 |
| 272 | 700 | JAVIER LOPEZ MONTES           | 1996 | 48:38 | 04:51 | 48:13  |          |                        | M-241 | Senior-51   |
| 273 | 333 | FERNANDO MAYOBRE REY          | 1971 | 48:50 | 04:53 | 48:17  |          |                        | M-242 | Máster C-51 |
| 274 | 94  | FELISA LÓPEZ                  | 1986 | 48:50 | 04:53 | 48:42  |          |                        | F-32  | Máster A-5  |
| 275 | 428 | JOSE ANGEL ROCA VÁZQUEZ       | 1977 | 48:55 | 04:53 | 48:33  |          |                        | M-243 | Máster B-83 |
| 276 | 219 | FRANCISCO NIETO PAZOS         | 1955 | 48:56 | 04:53 | 48:28  |          |                        | M-244 | Máster D-16 |
| 277 | 12  | NURIA BRAGE RAMOS             | 1969 | 48:57 | 04:53 | 48:44  |          |                        | F-33  | Máster C-4  |
| 278 | 102 | LUZ EVELIN FERNÁNDEZ RIVERA   | 1988 | 48:58 | 04:53 | 48:49  |          | ATLETISMO NARON        | F-34  | Máster A-6  |
| 279 | 57  | ALMUDENA PANTIN LOPEZ         | 1978 | 48:58 | 04:53 | 48:33  |          |                        | F-35  | Máster B-14 |
| 280 | 703 | JORGE GONZÁLEZ LOREDO         | 1996 | 49:01 | 04:54 | 48:40  |          |                        | M-245 | Senior-52   |
| 281 | 563 | JAVIER MARTINEZ-RAPOSO VILLAR | 1985 | 49:05 | 04:54 | 48:52  |          |                        | M-246 | Máster A-32 |
| 282 | 599 | BRUNO LÓPEZ VELLON            | 1988 | 49:07 | 04:54 | 48:46  |          | OS CORZOS DO ORTEGAL   | M-247 | Máster A-33 |
| 283 | 147 | PILAR COTELO REY              | 1996 | 49:09 | 04:54 | 48:54  |          |                        | F-36  | Senior-12   |
| 284 | 603 | IAGO BARRO SANCHEZ            | 1988 | 49:09 | 04:54 | 48:54  |          | PEÑA LAR VIVEIRO       | M-248 | Máster A-34 |
| 285 | 48  | MÓNICA BENASACH LÓPEZ         | 1977 | 49:11 | 04:55 | 48:57  |          |                        | F-37  | Máster B-15 |
| 286 | 47  | MARISA ARES REIGOSA           | 1977 | 49:11 | 04:55 | 49:04  |          |                        | F-38  | Máster B-16 |
| 287 | 13  | Mª DOLORES GONZÁLEZ FERNÁNDEZ | 1969 | 49:12 | 04:55 | 49:04  | AG       | LA MOCHILA DEL DEPORTE | F-39  | Máster C-5  |
| 288 | 245 | JUAN MANUEL DIAZ VIDAL        | 1962 | 49:12 | 04:55 | 48:46  |          |                        | M-249 | Máster D-17 |
| 289 | 249 | JUAN RODRÍGUEZ CALLEJÓN       | 1963 | 49:15 | 04:55 | 48:55  |          |                        | M-250 | Máster D-18 |
| 290 | 541 | JUAN PABLO PIDAL LÓPEZ        | 1983 | 49:15 | 04:55 | 48:49  |          |                        | M-251 | Máster B-84 |
| 291 | 496 | PABLO MONTERO MALVAR          | 1980 | 49:16 | 04:55 | 48:36  |          | MESOIRO CD             | M-252 | Máster B-85 |
| 292 | 334 | JUAN ALBERTO SÁNCHEZ RAMÓN    | 1971 | 49:16 | 04:55 | 48:46  |          | SIGUEME SI PUEDES      | M-253 | Máster C-52 |
| 293 | 159 | MARIA VICTORIA STRATE         | 1997 | 49:17 | 04:55 | 49:09  |          |                        | F-40  | Senior-13   |
| 294 | 480 | DAVID SANTOS MARTÍNEZ         | 1979 | 49:18 | 04:55 | 49:08  |          | PASA OU ENTORNA        | M-254 | Máster B-86 |
| 295 | 371 | ALFONSO GONZÁLEZ PENDÁS       | 1974 | 49:19 | 04:55 | 49:10  | AG17143  | ATLETISMO NARON        | M-255 | Máster C-53 |
| 296 | 67  | SILVIA LÓPEZ GARCÍA           | 1981 | 49:20 | 04:56 | 49:11  |          | ATLETISMO NARON        | F-41  | Máster B-17 |
| 297 | 278 | MANUEL JUAN BLANCO GABIN      | 1967 | 49:21 | 04:56 | 49:07  |          |                        | M-256 | Máster C-54 |
| 298 | 741 | DAVID DÍAZ-ROBLES DÍAZ        | 1999 | 49:23 | 04:56 | 49:23  |          |                        | M-257 | Senior-53   |
| 299 | 785 | UNAI MARDARAZ ALVAREZ         | 2005 | 49:23 | 04:56 | 48:41  |          |                        | M-258 | Sub 23-8    |
| 300 | 515 | EDUARDO BILBAO GOLPE          | 1981 | 49:24 | 04:56 | 48:59  |          |                        | M-259 | Máster B-87 |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                           | ANO  | TEMPO | RITMO | T.NETO | LICENZA | CLUBE                     | SEXO  | CATEGORÍA    |
|-----|-----|--------------------------------|------|-------|-------|--------|---------|---------------------------|-------|--------------|
| 301 | 8   | ISABEL LÓPEZ ÁLVAREZ           | 1968 | 49:25 | 04:56 | 49:07  |         |                           | F-42  | Máster C-6   |
| 302 | 787 | DAVID GÓMEZ LORENZO            | 2006 | 49:28 | 04:56 | 48:48  |         |                           | M-260 | Sub 23-9     |
| 303 | 715 | ANXO TAJUELO FERRER            | 1997 | 49:31 | 04:57 | 49:03  |         |                           | M-261 | Senior-54    |
| 304 | 555 | DAVID FERRACES MORÁS           | 1984 | 49:32 | 04:57 | 48:54  |         |                           | M-262 | Máster B-88  |
| 305 | 176 | ANA RAÑAL ESCALONA             | 2000 | 49:36 | 04:57 | 49:32  |         |                           | F-43  | Senior-14    |
| 306 | 141 | ÁLIDA YAGO MENA                | 1995 | 49:41 | 04:58 | 49:30  |         |                           | F-44  | Senior-15    |
| 307 | 288 | ALFONSO TAJUELO GIL            | 1968 | 49:42 | 04:58 | 49:15  |         |                           | M-263 | Máster C-55  |
| 308 | 24  | SANDRA CAGIGAO MOREDA          | 1971 | 49:44 | 04:58 | 49:31  |         |                           | F-45  | Máster C-7   |
| 309 | 660 | ALEX ROZADOS LAGO              | 1993 | 49:46 | 04:58 | 49:08  |         |                           | M-264 | Senior-55    |
| 310 | 393 | DIEGO GONZALEZ                 | 1975 | 49:47 | 04:58 | 49:13  |         | CLUBE ATLETISMO FENE      | M-265 | Máster C-56  |
| 311 | 413 | JESUS ARDAO                    | 1976 | 49:48 | 04:58 | 49:28  |         |                           | M-266 | Máster B-89  |
| 312 | 615 | JAVIER CARBALLAL               | 1990 | 49:48 | 04:58 | 49:21  |         |                           | M-267 | Máster A-35  |
| 313 | 383 | PABLO SANJURJO POVEDA          | 1974 | 49:52 | 04:59 | 49:38  |         |                           | M-268 | Máster C-57  |
| 314 | 322 | PABLO PEREZ HERMIDA            | 1971 | 49:54 | 04:59 | 49:18  |         |                           | M-269 | Máster C-58  |
| 315 | 490 | PABLO CORDAL SÁNCHEZ           | 1980 | 50:00 | 05:00 | 49:31  |         |                           | M-270 | Máster B-90  |
| 316 | 537 | RAMIRO PEREZ MACIAS            | 1982 | 50:01 | 05:00 | 49:24  |         | SEMOS OU NON?!            | M-271 | Máster B-91  |
| 317 | 79  | BARBARA PEREZ-LORENTE          | 1983 | 50:02 | 05:00 | 49:46  |         | CLUB DALLE GAS RUNNING TE | F-46  | Máster B-18  |
| 318 | 106 | NATALIA MONTERO BOUZA          | 1988 | 50:07 | 05:00 | 49:56  |         | CLUB BENI GYM SPORT       | F-47  | Máster A-7   |
| 319 | 90  | TAMARA LÓPEZ DIAZ              | 1985 | 50:07 | 05:00 | 49:56  |         | CLUB BENI GYM SPORT       | F-48  | Máster A-8   |
| 320 | 588 | FELIX OTERO BERMUDEZ           | 1987 | 50:08 | 05:00 | 49:37  |         |                           | M-272 | Máster A-36  |
| 321 | 109 | NATALIA PEREZ SANTOS           | 1989 | 50:13 | 05:01 | 49:51  |         |                           | F-49  | Máster A-9   |
| 322 | 232 | JOSÉ ENRIQUE GÓMEZ LÓPEZ       | 1960 | 50:13 | 05:01 | 49:59  |         |                           | M-273 | Máster D-19  |
| 323 | 510 | XOÁN TOJEIRO FERNÁNDEZ         | 1981 | 50:14 | 05:01 | 49:49  |         |                           | M-274 | Máster B-92  |
| 324 | 502 | RAFA MARTINEZ SANDE            | 1980 | 50:30 | 05:03 | 49:57  |         | SÍGUEME SI PUEDES         | M-275 | Máster B-93  |
| 325 | 478 | RUBÉN TORRES GÓMEZ             | 1979 | 50:30 | 05:03 | 49:56  |         | SIGUEME SI PUEDES         | M-276 | Máster B-94  |
| 326 | 416 | GUILLERMO GUTIERREZ ESCAGEDO   | 1976 | 50:31 | 05:03 | 50:21  | AG00078 | CLUB FERROL ATLETISMO     | M-277 | Máster B-95  |
| 327 | 526 | CHRISTIAN RAMOS GONZÁLEZ       | 1982 | 50:43 | 05:04 | 50:13  |         |                           | M-278 | Máster B-96  |
| 328 | 298 | GUILLERMO RAMON LAGO BREJO     | 1969 | 50:47 | 05:04 | 50:15  |         | CLUBE ATLETISMO FENE      | M-279 | Máster C-59  |
| 329 | 171 | ALMUDENA PÉREZ AZCÁRRAGA       | 1999 | 50:51 | 05:05 | 50:40  |         | ACEA DE AMA TRI ARTEIXO   | F-50  | Senior-16    |
| 330 | 460 | ROMÁN ABELLA BOUZA             | 1978 | 50:54 | 05:05 | 50:48  |         |                           | M-280 | Máster B-97  |
| 331 | 685 | MANUEL AMADO DOPICO            | 1995 | 50:57 | 05:05 | 50:47  |         |                           | M-281 | Senior-56    |
| 332 | 742 | ANTÓN KALINDA MARTÍNEZ DÍAZ    | 1999 | 50:58 | 05:05 | 50:41  |         |                           | M-282 | Senior-57    |
| 333 | 427 | JAVIER ECHEVARRIA BARRENECHEA  | 1976 | 51:02 | 05:06 | 50:31  |         |                           | M-283 | Máster B-98  |
| 334 | 294 | MANUEL ÁNGEL MARTÍNEZ GAYOSO   | 1969 | 51:06 | 05:06 | 50:52  |         |                           | M-284 | Máster C-60  |
| 335 | 295 | LUIS MANUEL GRANDE CASADO      | 1969 | 51:07 | 05:06 | 50:53  |         | CLUB DALLE GAS RUNNING TE | M-285 | Máster C-61  |
| 336 | 87  | ALICIA CALLEJA FERNÁNDEZ       | 1984 | 51:08 | 05:06 | 50:59  |         |                           | F-51  | Máster B-19  |
| 337 | 4   | LOLI SEÑOR                     | 1965 | 51:10 | 05:07 | 50:58  |         | CLUB BENI GYM SPORT       | F-52  | Máster D-1   |
| 338 | 476 | LUIS VIÑA DOMÍNGUEZ            | 1979 | 51:11 | 05:07 | 50:59  |         | BEER RUNNERS CORUÑA       | M-286 | Máster B-99  |
| 339 | 800 | DAVID RODRÍGUEZ MARTÍNEZ       | 2008 | 51:14 | 05:07 | 51:07  |         |                           | M-287 | Sub 20-6     |
| 340 | 266 | ANGEL TURRIÓN PEREIRO          | 1966 | 51:16 | 05:07 | 50:50  |         |                           | M-288 | Máster C-62  |
| 341 | 306 | JOSÉ MARIA RIVAS MOAR          | 1970 | 51:19 | 05:07 | 50:51  |         |                           | M-289 | Máster C-63  |
| 342 | 127 | LIDIA GONZALEZ PEÑAS           | 1993 | 51:24 | 05:08 | 51:01  |         |                           | F-53  | Senior-17    |
| 343 | 623 | JORGE MEJUTO                   | 1990 | 51:28 | 05:08 | 50:58  |         |                           | M-290 | Máster A-37  |
| 344 | 598 | JACOBO LÓPEZ ARIAS             | 1988 | 51:29 | 05:08 | 51:15  |         |                           | M-291 | Máster A-38  |
| 345 | 438 | JUAN MANUEL RAMOS BARRO        | 1977 | 51:31 | 05:09 | 50:50  |         |                           | M-292 | Máster B-100 |
| 346 | 258 | MANUEL RAMIRO RODRÍGUEZ RODR   | 1964 | 51:40 | 05:10 | 51:16  |         |                           | M-293 | Máster D-20  |
| 347 | 377 | ÁNGEL MANUEL MIGUÉNS VÁZQUEZ   | 1974 | 51:42 | 05:10 | 50:59  |         |                           | M-294 | Máster C-64  |
| 348 | 761 | BREOGÁN LAGO LÓPEZ             | 2001 | 51:46 | 05:10 | 51:13  |         |                           | M-295 | Senior-58    |
| 349 | 407 | ALBERTO SUÁREZ QUINTIA         | 1976 | 51:50 | 05:11 | 51:09  |         |                           | M-296 | Máster B-101 |
| 350 | 495 | RAMIRO CANEIRO GRANULLAQUE     | 1980 | 51:51 | 05:11 | 51:20  |         | CORRECLUB                 | M-297 | Máster B-102 |
| 351 | 390 | FERNANDO DE LA PUENTE LÓPEZ    | 1975 | 51:51 | 05:11 | 51:09  |         |                           | M-298 | Máster C-65  |
| 352 | 658 | ROSENDO IGLESIAS GONZÁLEZ      | 1993 | 51:54 | 05:11 | 51:48  |         | CLUB MONTEPENARUBIA LUGI  | M-299 | Senior-59    |
| 353 | 561 | KIKE FANDIÑO                   | 1984 | 51:54 | 05:11 | 51:19  |         |                           | M-300 | Máster B-103 |
| 354 | 259 | JESÚS CASTRO LÓPEZ             | 1965 | 52:02 | 05:12 | 51:39  |         | VIKINGOS                  | M-301 | Máster D-21  |
| 355 | 22  | MARÍA JOSE LÓPEZ SILVA         | 1971 | 52:03 | 05:12 | 51:40  |         | VIKINGOS                  | F-54  | Máster C-8   |
| 356 | 902 | SANTIAGO RUBIO ARBOLÍ          | 1998 | 52:05 | 05:12 | 51:49  |         |                           | M-302 | Senior-60    |
| 357 | 901 | VICENTE RUBIO BOLIVAR          | 1969 | 52:05 | 05:12 | 51:50  |         |                           | M-303 | Máster C-66  |
| 358 | 91  | BEA GARCÍA MARTÍNEZ            | 1985 | 52:06 | 05:12 | 51:42  |         | MIÑOK                     | F-55  | Máster A-10  |
| 359 | 613 | CARLOS GARCIA-PICCOLI GONZALEZ | 1990 | 52:06 | 05:12 | 51:52  |         |                           | M-304 | Máster A-39  |
| 360 | 374 | PABLO CASAL LAMAS              | 1974 | 52:08 | 05:12 | 51:57  |         | CLUB BENI GYM SPORT       | M-305 | Máster C-67  |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                          | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                     | SEXO  | CATEGORÍA    |
|-----|-----|-------------------------------|------|-------|-------|--------|-------------|---------------------------|-------|--------------|
| 361 | 201 | LAURA CASAL MONTES            | 2005 | 52:08 | 05:12 | 51:56  |             | CLUB BENI GYM SPORT       | F-56  | Sub 23-1     |
| 362 | 449 | ALBERTO CANEIRO CANEIRO       | 1978 | 52:10 | 05:13 | 51:54  |             |                           | M-306 | Máster B-104 |
| 363 | 395 | JUAN ANTONIO CASTRO DOPICO    | 1975 | 52:11 | 05:13 | 51:53  |             | TRIATLÓN FERROL           | M-307 | Máster C-68  |
| 364 | 355 | JAVIER TEJEIRO GONZÁLEZ       | 1973 | 52:11 | 05:13 | 51:54  |             |                           | M-308 | Máster C-69  |
| 365 | 261 | CARLOS DÍAZ-PACHE MACKINLAY   | 1965 | 52:12 | 05:13 | 51:45  |             |                           | M-309 | Máster D-22  |
| 366 | 372 | DAVID RODRIGUEZ GOMEZ         | 1974 | 52:13 | 05:13 | 51:42  |             |                           | M-310 | Máster C-70  |
| 367 | 689 | MATIAS JORGE MELON RAMIREZ    | 1995 | 52:15 | 05:13 | 51:45  |             |                           | M-311 | Senior-61    |
| 368 | 461 | ANGEL JUVIÑO                  | 1978 | 52:15 | 05:13 | 52:00  |             |                           | M-312 | Máster B-105 |
| 369 | 903 | MARINA PAJÓN ARÉA             | 2005 | 52:17 | 05:13 | 51:49  |             | RIA FERROL-CONCEPCION ARE | F-57  | Sub 23-2     |
| 370 | 504 | ALEJANDRO MARTÍNEZ LORENZO    | 1980 | 52:19 | 05:13 | 51:44  |             |                           | M-313 | Máster B-106 |
| 371 | 207 | IRIA AULLON                   | 2007 | 52:24 | 05:14 | 51:59  |             |                           | F-58  | Sub 20-1     |
| 372 | 200 | MANUELA GONZÁLEZ-AÑÓN CAGIG   | 2005 | 52:30 | 05:15 | 52:02  |             |                           | F-59  | Sub 23-3     |
| 373 | 37  | VIRGINIA TORRES CARBALLAL     | 1975 | 52:40 | 05:16 | 52:16  |             | SEMOS OU NON?!            | F-60  | Máster C-9   |
| 374 | 799 | IVÁN RODRÍGUEZ MARTÍNEZ       | 2008 | 52:43 | 05:16 | 52:36  |             |                           | M-314 | Sub 20-7     |
| 375 | 82  | LUCIA TORRALBA REGOS          | 1983 | 52:43 | 05:16 | 52:21  |             |                           | F-61  | Máster B-20  |
| 376 | 653 | DAVID CABELLO OQUENDO         | 1993 | 52:44 | 05:16 | 52:18  |             |                           | M-315 | Senior-62    |
| 377 | 199 | EMMA VÁZQUEZ PURRIÑOS         | 2005 | 52:50 | 05:17 | 52:28  |             | CLUB DE REMO SAN FELIPE   | F-62  | Sub 23-4     |
| 378 | 696 | MARCOS ROZAS VÁZQUEZ          | 1996 | 53:01 | 05:18 | 52:33  |             |                           | M-316 | Senior-63    |
| 379 | 707 | PABLO MUÑOZ VAZQUEZ           | 1997 | 53:01 | 05:18 | 52:33  |             |                           | M-317 | Senior-64    |
| 380 | 417 | PATXI VÁZQUEZ IZAGUIRRE       | 1976 | 53:09 | 05:18 | 52:44  |             | XABARÍS ÁRTABROS          | M-318 | Máster B-107 |
| 381 | 628 | OSCAR LAGARES REAL            | 1990 | 53:15 | 05:19 | 52:44  |             |                           | M-319 | Máster A-40  |
| 382 | 116 | ISABEL GRUEIRO ACCIÓN         | 1991 | 53:19 | 05:19 | 52:54  |             | PASA OU ENTORNA           | F-63  | Senior-18    |
| 383 | 337 | FRANCISCO RODRÍGUEZ PEREIRA   | 1972 | 53:19 | 05:19 | 52:40  |             |                           | M-320 | Máster C-71  |
| 384 | 247 | JOSÉ ALFONSO LÓPEZ VÁZQUEZ    | 1963 | 53:20 | 05:20 | 52:57  |             | CLUB CASTRO DE LOBADIZ    | M-321 | Máster D-23  |
| 385 | 483 | CESAR TORRECILLA MARTÍNEZ     | 1979 | 53:20 | 05:20 | 52:44  |             |                           | M-322 | Máster B-108 |
| 386 | 375 | ADOLFO VICARIO ECHEVARRIA     | 1974 | 53:21 | 05:20 | 52:49  |             |                           | M-323 | Máster C-72  |
| 387 | 186 | MICHELLE GONZÁLEZ             | 2001 | 53:21 | 05:20 | 53:03  |             | A.D. NAUTICO NARÓN        | F-64  | Senior-19    |
| 388 | 138 | IRENE GARI GILABERT           | 1994 | 53:37 | 05:21 | 53:16  |             |                           | F-65  | Senior-20    |
| 389 | 165 | LAURA LEIRA CARBALLO          | 1998 | 53:37 | 05:21 | 53:17  |             |                           | F-66  | Senior-21    |
| 390 | 65  | ANA GOAS FERNANDEZ            | 1980 | 53:37 | 05:21 | 53:17  |             |                           | F-67  | Máster B-21  |
| 391 | 272 | FERNANDO LEIRA IGLESIAS       | 1966 | 53:37 | 05:21 | 53:18  |             |                           | M-324 | Máster C-73  |
| 392 | 132 | LETICIA LÓPEZ BALSEIRO        | 1993 | 53:40 | 05:22 | 53:07  |             |                           | F-68  | Senior-22    |
| 393 | 237 | JOSE LOPEZ ANEIROS            | 1961 | 53:41 | 05:22 | 53:14  |             |                           | M-325 | Máster D-24  |
| 394 | 656 | JOSÉ ADRIÁN PUENTES TORRENTE  | 1993 | 53:48 | 05:22 | 53:17  |             |                           | M-326 | Senior-65    |
| 395 | 112 | LARA LOUZÁN QUINTELA          | 1990 | 53:48 | 05:22 | 53:16  |             |                           | F-69  | Máster A-11  |
| 396 | 341 | MIGUEL ANGEL CEBREIRO DURÁN   | 1972 | 53:50 | 05:23 | 53:12  |             |                           | M-327 | Máster C-74  |
| 397 | 140 | ANA ISABEL LÓPEZ VILLASENIN   | 1994 | 53:50 | 05:23 | 53:19  | GA3782815AT | BRUTANZOS TEAM            | F-70  | Senior-23    |
| 398 | 445 | OSCAR CEBREIRO DURAN          | 1977 | 53:51 | 05:23 | 53:13  |             |                           | M-328 | Máster B-109 |
| 399 | 218 | EMILIO JOSÉ TORAL ROMERO      | 1955 | 53:51 | 05:23 | 53:32  |             |                           | M-329 | Máster D-25  |
| 400 | 1   | M. MANUELA GUIASOLA ESCUDERC  | 1960 | 53:52 | 05:23 | 53:33  |             |                           | F-71  | Máster D-2   |
| 401 | 713 | ALFREDO MAZA LÓPEZ            | 1997 | 53:55 | 05:23 | 53:30  |             |                           | M-330 | Senior-66    |
| 402 | 749 | ALEJANDRO RIVAS DÍAZ          | 2000 | 53:58 | 05:23 | 53:17  |             |                           | M-331 | Senior-67    |
| 403 | 265 | ANTONIO FERNÁNDEZ CARREIRA    | 1966 | 54:03 | 05:24 | 53:22  |             |                           | M-332 | Máster C-75  |
| 404 | 508 | RESTITUTO SIMÓN LAGO          | 1981 | 54:03 | 05:24 | 53:24  |             |                           | M-333 | Máster B-110 |
| 405 | 3   | BEGOÑA MARTÍNEZ PAZ           | 1964 | 54:05 | 05:24 | 53:51  |             | CLUB DALLE GAS RUNNING TE | F-72  | Máster D-3   |
| 406 | 364 | RUBÉN IGLESIAS PAYO           | 1973 | 54:06 | 05:24 | 53:57  |             |                           | M-334 | Máster C-76  |
| 407 | 409 | JOSE CARLOS CABRERA CORDERO   | 1976 | 54:11 | 05:25 | 53:46  |             |                           | M-335 | Máster B-111 |
| 408 | 290 | JUAN CARLOS PORTO LÓPEZ       | 1969 | 54:11 | 05:25 | 53:41  |             |                           | M-336 | Máster C-77  |
| 409 | 309 | JOSE VEIGA DOPICO             | 1970 | 54:15 | 05:25 | 53:38  |             |                           | M-337 | Máster C-78  |
| 410 | 284 | FERNANDO VEIGA DOPICO         | 1968 | 54:15 | 05:25 | 53:38  |             |                           | M-338 | Máster C-79  |
| 411 | 532 | JUANJO CORBACHO               | 1982 | 54:15 | 05:25 | 53:40  |             |                           | M-339 | Máster B-112 |
| 412 | 160 | LAURA SANTIN LOURENCO         | 1997 | 54:16 | 05:25 | 54:06  |             |                           | F-73  | Senior-24    |
| 413 | 652 | NOEL ARMAS LOSADA             | 1993 | 54:17 | 05:25 | 53:46  |             |                           | M-340 | Senior-68    |
| 414 | 203 | DANIELA SOTO FIDALGO          | 2005 | 54:28 | 05:26 | 54:17  |             |                           | F-74  | Sub 23-5     |
| 415 | 396 | MANUEL RAMÓN RÍOS SUÁREZ      | 1975 | 54:28 | 05:26 | 54:04  |             |                           | M-341 | Máster C-80  |
| 416 | 217 | JUAN MANUEL VIDAL FERNÁNDEZ   | 1954 | 54:35 | 05:27 | 54:00  |             |                           | M-342 | Máster D-26  |
| 417 | 659 | VÍCTOR SANTIAGO RODRÍGUEZ RAM | 1993 | 54:38 | 05:27 | 53:58  |             | MEGALOFES RUNNING CLUB    | M-343 | Senior-69    |
| 418 | 738 | SANTIAGO GIL MORENO           | 1999 | 54:38 | 05:27 | 54:11  |             |                           | M-344 | Senior-70    |
| 419 | 634 | SALVI ROJAS CORTES            | 1991 | 54:39 | 05:27 | 54:12  |             |                           | M-345 | Senior-71    |
| 420 | 522 | DAVID CAINZOS CAGIAO          | 1981 | 54:40 | 05:28 | 54:14  |             | SEMOS OU NON?!            | M-346 | Máster B-113 |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                            | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                     | SEXO  | CATEGORÍA    |
|-----|-----|---------------------------------|------|-------|-------|--------|-------------|---------------------------|-------|--------------|
| 421 | 443 | JUAN RILO GONZÁLEZ -VALLÉS      | 1977 | 54:43 | 05:28 | 54:11  |             |                           | M-347 | Máster B-114 |
| 422 | 349 | JOSE MANUEL CAMBA DEUS          | 1972 | 54:44 | 05:28 | 54:08  |             | SIGUEME SI PUEDES         | M-348 | Máster C-81  |
| 423 | 473 | MANUEL ÁNGEL CASAL PENA         | 1979 | 54:44 | 05:28 | 54:03  |             | ESCOLA ATLETISMO PAULA M/ | M-349 | Máster B-115 |
| 424 | 352 | ÓSCAR DÍAZ FORTUNA              | 1973 | 54:45 | 05:28 | 54:09  |             | SIGUEME SI PUEDES         | M-350 | Máster C-82  |
| 425 | 589 | JORGE CASAL PENA                | 1987 | 54:45 | 05:28 | 54:03  |             |                           | M-351 | Máster A-41  |
| 426 | 75  | ANABEL CAAMAÑO BERMÚDEZ         | 1982 | 54:51 | 05:29 | 54:33  | AG16951     | CLUBE ATLETISMO BOIMORTO  | F-75  | Máster B-22  |
| 427 | 173 | MARTA FERNÁNDEZ ARIAS           | 1999 | 54:52 | 05:29 | 54:35  |             |                           | F-76  | Senior-25    |
| 428 | 758 | DANIEL RODRÍGUEZ FUERTES        | 2001 | 54:57 | 05:29 | 54:15  |             |                           | M-352 | Senior-72    |
| 429 | 730 | JORGE JUAN RAMOS                | 1998 | 54:58 | 05:29 | 54:17  |             |                           | M-353 | Senior-73    |
| 430 | 691 | DAVID REY FERNANDEZ             | 1995 | 54:59 | 05:29 | 54:59  |             |                           | M-354 | Senior-74    |
| 431 | 366 | JOSE PORTOMEÑE MENOYO           | 1973 | 55:07 | 05:30 | 54:32  | AG20063     | CLUB FERROL ATLETISMO     | M-355 | Máster C-83  |
| 432 | 101 | LUISA ANIDO                     | 1988 | 55:07 | 05:30 | 54:40  |             | PROAM                     | F-77  | Máster A-12  |
| 433 | 117 | LILIANA RAMONA OCAMPOS CÁCER    | 1991 | 55:08 | 05:30 | 54:47  |             |                           | F-78  | Senior-26    |
| 434 | 529 | SERGIO RODRÍGUEZ JUSTO          | 1982 | 55:18 | 05:31 | 54:42  |             |                           | M-356 | Máster B-116 |
| 435 | 323 | ÁNGEL GARCÍA GONZÁLEZ           | 1971 | 55:30 | 05:33 | 55:01  |             |                           | M-357 | Máster C-84  |
| 436 | 7   | MALENA AMIGO FERREIRO           | 1968 | 55:30 | 05:33 | 55:01  | GA3941132   | ATLETISMO OBRADOIRO       | F-79  | Máster C-10  |
| 437 | 440 | MARCOS A. CASTRO VIGO           | 1977 | 55:31 | 05:33 | 54:52  |             |                           | M-358 | Máster B-117 |
| 438 | 404 | RUBEN VÁZQUEZ CABARCOS          | 1976 | 55:31 | 05:33 | 55:21  |             | CLUB BENI GYM SPORT       | M-359 | Máster B-118 |
| 439 | 373 | JOSE ALBERTO BARRAL ROMEO       | 1974 | 55:33 | 05:33 | 54:59  |             | PASA OU ENTORNA           | M-360 | Máster C-85  |
| 440 | 331 | ROBERTO DAVID GUERRERO ESPINOSA | 1971 | 55:34 | 05:33 | 54:54  |             | PASA OU ENTORNA           | M-361 | Máster C-86  |
| 441 | 684 | DIEGO RAMOS LÓPEZ               | 1995 | 55:35 | 05:33 | 55:25  |             |                           | M-362 | Senior-75    |
| 442 | 315 | JUAN CARLOS HERMIDA MERA        | 1971 | 55:37 | 05:33 | 54:59  | GA37558503A | CLUB CASTRO DE LOBADIZ    | M-363 | Máster C-87  |
| 443 | 214 | ELISEO LÓPEZ RIO                | 1951 | 55:38 | 05:33 | 55:19  | AG2026273   |                           | M-364 | Máster D-27  |
| 444 | 285 | ANGEL PENA LÓPEZ                | 1968 | 55:43 | 05:34 | 55:20  |             | VIKINGOS                  | M-365 | Máster C-88  |
| 445 | 293 | MAGÍN LÓPEZ FREIRE              | 1969 | 55:43 | 05:34 | 55:21  |             | VIKINGOS                  | M-366 | Máster C-89  |
| 446 | 92  | MARTA GARCÍA MARTÍNEZ           | 1985 | 55:46 | 05:34 | 55:22  |             | MIÑOK                     | F-80  | Máster A-13  |
| 447 | 213 | ALBERTO CALVO FERNÁNDEZ         | 1950 | 55:46 | 05:34 | 55:23  |             |                           | M-367 | Máster D-28  |
| 448 | 225 | CARLOS ANDRES VERDES ARES       | 1957 | 55:47 | 05:34 | 55:24  |             |                           | M-368 | Máster D-29  |
| 449 | 643 | ADRIÁN PAZ COUCE                | 1992 | 55:47 | 05:34 | 55:24  |             |                           | M-369 | Senior-76    |
| 450 | 231 | JULIO NOVOA GONZALEZ            | 1960 | 55:47 | 05:34 | 55:27  |             |                           | M-370 | Máster D-30  |
| 451 | 226 | JOSE MANUEL DEL TORO MINGUEZ    | 1957 | 55:49 | 05:34 | 55:25  |             |                           | M-371 | Máster D-31  |
| 452 | 291 | JOSÉ ÁNGEL BORREGÁN TARANILLA   | 1969 | 55:49 | 05:34 | 55:16  |             |                           | M-372 | Máster C-90  |
| 453 | 240 | ANTONIO SOUTO REGO              | 1961 | 55:50 | 05:35 | 55:27  |             |                           | M-373 | Máster D-32  |
| 454 | 209 | ALICIA ISABELLY JESÚS PORTELA   | 2008 | 55:51 | 05:35 | 55:47  |             |                           | F-81  | Sub 20-2     |
| 455 | 419 | PABLO GONZÁLEZ BECEIRO          | 1976 | 55:52 | 05:35 | 55:17  |             |                           | M-374 | Máster B-119 |
| 456 | 299 | MAURICIO BONOME                 | 1969 | 55:56 | 05:35 | 55:29  |             |                           | M-375 | Máster C-91  |
| 457 | 567 | ADRIÁN GARCÍA MATA              | 1985 | 55:57 | 05:35 | 55:45  |             |                           | M-376 | Máster A-42  |
| 458 | 125 | LARA MEJUTO TORREIRO            | 1992 | 55:58 | 05:35 | 55:35  |             |                           | F-82  | Senior-27    |
| 459 | 358 | RAUL LARANJEIRA LORENZO         | 1973 | 55:59 | 05:35 | 55:25  |             | PASA OU ENTORNA           | M-377 | Máster C-92  |
| 460 | 35  | ISABEL VARELA PEREIRA           | 1975 | 56:01 | 05:36 | 55:28  |             | PASA OU ENTORNA           | F-83  | Máster C-11  |
| 461 | 472 | FRANCISCO CASTIÑEIRA VEIGA      | 1979 | 56:03 | 05:36 | 55:44  |             |                           | M-378 | Máster B-120 |
| 462 | 123 | ANA VARELA                      | 1992 | 56:03 | 05:36 | 55:44  |             |                           | F-84  | Senior-28    |
| 463 | 420 | CARLOS RODRIGUEZ RODRIGUEZ      | 1976 | 56:09 | 05:36 | 56:01  |             |                           | M-379 | Máster B-121 |
| 464 | 46  | LAURA MARTÍN CASTILLA           | 1976 | 56:14 | 05:37 | 56:09  |             | TRAILEROSTOXOSEBIRRAS     | F-85  | Máster B-23  |
| 465 | 49  | OLGA DASILVA FERNÁNDEZ          | 1977 | 56:14 | 05:37 | 56:09  |             | TRAILEROS TOXOS & BIRRAS  | F-86  | Máster B-24  |
| 466 | 256 | LUIS ARMADA CASÁS               | 1964 | 56:20 | 05:38 | 55:46  |             |                           | M-380 | Máster D-33  |
| 467 | 382 | TONI FERRERO REY                | 1974 | 56:23 | 05:38 | 55:56  |             | SEMOS OU NON?!            | M-381 | Máster C-93  |
| 468 | 570 | JUAN MANUEL CAINZOS PINTO       | 1985 | 56:29 | 05:38 | 55:56  |             |                           | M-382 | Máster A-43  |
| 469 | 134 | EVA ALEXANDRA FERNÁNDEZ CÁMA    | 1993 | 56:38 | 05:39 | 55:57  |             |                           | F-87  | Senior-29    |
| 470 | 759 | DANIEL GARCÍA ESPASANDÍN        | 2001 | 56:39 | 05:39 | 55:58  |             |                           | M-383 | Senior-77    |
| 471 | 682 | MANU GUERRERO                   | 1995 | 56:40 | 05:40 | 55:59  |             |                           | M-384 | Senior-78    |
| 472 | 228 | JESUS MATIAS DOMINGUEZ GOMEZ    | 1959 | 56:46 | 05:40 | 56:09  |             |                           | M-385 | Máster D-34  |
| 473 | 629 | FERNANDO LUNA FERNANDEZ         | 1990 | 56:47 | 05:40 | 56:28  |             |                           | M-386 | Máster A-44  |
| 474 | 215 | SANTIAGO LOSADA PÉREZ           | 1952 | 56:48 | 05:40 | 56:41  |             |                           | M-387 | Máster D-35  |
| 475 | 276 | JESÚS PÉREZ BALIRAC             | 1967 | 56:49 | 05:40 | 56:21  | GA3777261A  | TNOITEBRA F.C.            | M-388 | Máster C-94  |
| 476 | 338 | JOSÉ ÁNGEL LORENZO RIVEIRO      | 1972 | 56:50 | 05:41 | 56:38  |             |                           | M-389 | Máster C-95  |
| 477 | 53  | MARÍA BEGOÑA CAJADE BLANCO      | 1978 | 56:50 | 05:41 | 56:31  | AG2020396   | CLUBE ATLETISMO BOIMORTO  | F-88  | Máster B-25  |
| 478 | 216 | JOSÉ MANUEL PREGO LÓPEZ         | 1952 | 56:51 | 05:41 | 56:48  |             |                           | M-390 | Máster D-36  |
| 479 | 210 | ANTONIO CABANA OROSA            | 1940 | 56:53 | 05:41 | 56:12  |             |                           | M-391 | Máster D-37  |
| 480 | 233 | JOSÉ ANTONIO GARCÍA FANDIÑO     | 1960 | 56:54 | 05:41 | 56:47  |             |                           | M-392 | Máster D-38  |

**RESULTADOS OFICIAIS**
**ABSOLUTA 10K**
**11:00**

| PTO | DOR | NOME                            | ANO  | TEMPO    | RITMO | T.NETO   | LICENZA   | CLUBE                    | SEXO  | CATEGORÍA    |
|-----|-----|---------------------------------|------|----------|-------|----------|-----------|--------------------------|-------|--------------|
| 481 | 763 | ANTÓN GINZO                     | 2001 | 56:55    | 05:41 | 55:12    |           |                          | M-393 | Senior-79    |
| 482 | 182 | SANDRA MIRAZ                    | 2001 | 56:55    | 05:41 | 55:12    |           |                          | F-89  | Senior-30    |
| 483 | 89  | ROCÍO BARRO CASAL               | 1985 | 56:58    | 05:41 | 56:44    |           |                          | F-90  | Máster A-14  |
| 484 | 33  | NOELIA VÁZQUEZ CALVO            | 1975 | 56:59    | 05:41 | 56:51    | AG10425   |                          | F-91  | Máster C-12  |
| 485 | 93  | ESTHER MANIVESA BLANCO          | 1986 | 56:59    | 05:41 | 56:27    |           | BRUTANZOS TEAM           | F-92  | Máster A-15  |
| 486 | 572 | MIGUEL ÁNGEL SÁNCHEZ DOPICO     | 1985 | 56:59    | 05:41 | 56:27    |           |                          | M-394 | Máster A-45  |
| 487 | 29  | LOURDES PEREIRA BECEIRO         | 1973 | 56:59    | 05:41 | 56:42    |           |                          | F-93  | Máster C-13  |
| 488 | 10  | MONTERRAT VEIGA BLANCO          | 1968 | 57:00    | 05:42 | 56:32    | GA3784464 | ATLETISMO FONTES DO SAR  | F-94  | Máster C-14  |
| 489 | 14  | BELÉN FILGUEIRA GARCÍA          | 1969 | 57:00    | 05:42 | 56:42    |           |                          | F-95  | Máster C-15  |
| 490 | 51  | ANA BELEN HERMIDA CARBALLO      | 1977 | 57:00    | 05:42 | 56:51    | AG2016960 | LA MOCHILA DEL DEPORTE   | F-96  | Máster B-26  |
| 491 | 20  | MONICA ABAD NAVEIRAS            | 1971 | 57:00    | 05:42 | 56:33    |           | CLUB CASTRO DE LOBADIZ   | F-97  | Máster C-16  |
| 492 | 196 | LÚA FIGUEROA LAGO               | 2004 | 57:01    | 05:42 | 56:32    |           |                          | F-98  | Sub 23-6     |
| 493 | 150 | LUCÍA BAAMONDE GUTIÉRREZ        | 1996 | 57:03    | 05:42 | 56:49    |           |                          | F-99  | Senior-31    |
| 494 | 76  | NATALIA NOGUEIRA FANDIÑO        | 1982 | 57:03    | 05:42 | 56:32    |           |                          | F-100 | Máster B-27  |
| 495 | 353 | ELADIO JOSÉ MOURIÑO CARBALLIDO  | 1973 | 57:05    | 05:42 | 56:24    |           |                          | M-395 | Máster C-96  |
| 496 | 677 | LUIS GALDO SEARA                | 1994 | 57:05    | 05:42 | 56:52    |           |                          | M-396 | Senior-80    |
| 497 | 161 | ALBA MARÍA MARTÍNEZ VILABOY     | 1997 | 57:07    | 05:42 | 56:30    |           |                          | F-101 | Senior-32    |
| 498 | 345 | JACOBO CHAO VIEITES             | 1972 | 57:09    | 05:42 | 56:33    |           |                          | M-397 | Máster C-97  |
| 499 | 190 | ANDREA HERRERA MARTINEZ         | 2003 | 57:13    | 05:43 | 57:00    |           |                          | F-102 | Senior-33    |
| 500 | 193 | LORE LOPEZ                      | 2003 | 57:14    | 05:43 | 57:01    |           |                          | F-103 | Senior-34    |
| 501 | 506 | ALBERTO JAVIER HERMIDA SUEIRAS  | 1980 | 57:33    | 05:45 | 57:18    |           |                          | M-398 | Máster B-122 |
| 502 | 316 | ALFREDO DOMINGUEZ VELO          | 1971 | 57:33    | 05:45 | 56:57    |           |                          | M-399 | Máster C-98  |
| 503 | 533 | DANIEL VAZUEZ FREIRE            | 1982 | 57:35    | 05:45 | 57:25    |           |                          | M-400 | Máster B-123 |
| 504 | 43  | BELEN REIMONDO FERNANDEZ        | 1976 | 57:36    | 05:45 | 57:25    |           |                          | F-104 | Máster B-28  |
| 505 | 174 | LAURA PAZOS FERNÁNDEZ           | 1999 | 57:54    | 05:47 | 57:40    |           |                          | F-105 | Senior-35    |
| 506 | 739 | DANIEL CENALMOR PÉREZ-LAGO      | 1999 | 57:54    | 05:47 | 57:39    |           |                          | M-401 | Senior-81    |
| 507 | 744 | JAVIER AULET MARTÍNEZ-ESPARZA   | 1999 | 57:54    | 05:47 | 57:39    |           |                          | M-402 | Senior-82    |
| 508 | 56  | ANA RODRÍGUEZ FREIRE            | 1978 | 58:01    | 05:48 | 57:43    | AG16950   | CLUBE ATLETISMO BOIMORTO | F-106 | Máster B-29  |
| 509 | 494 | JAVIER MONTENEGRO VÁZQUEZ       | 1980 | 58:02    | 05:48 | 57:27    |           | CLUB CASTRO DE LOBADIZ   | M-403 | Máster B-124 |
| 510 | 607 | JORGE JOSÉ VILABOA PITEIRA      | 1989 | 58:13    | 05:49 | 57:51    |           |                          | M-404 | Máster A-46  |
| 511 | 110 | CRISTINA PIÑEIRO FRAGA          | 1989 | 58:14    | 05:49 | 57:50    |           |                          | F-107 | Máster A-16  |
| 512 | 507 | JACOBO PELETEIRO SUÁREZ         | 1981 | 58:14    | 05:49 | 57:49    |           |                          | M-405 | Máster B-125 |
| 513 | 254 | ANTONIO CORTIZAS PICALLO        | 1964 | 58:15    | 05:49 | 57:32    |           | PUKI RUNNERS             | M-406 | Máster D-39  |
| 514 | 113 | MARÍA ELENA LAGO PÉREZ          | 1990 | 58:17    | 05:49 | 57:59    |           |                          | F-108 | Máster A-17  |
| 515 | 346 | FRANCISCO VIDAL PÉREZ           | 1972 | 58:22    | 05:50 | 57:38    |           |                          | M-407 | Máster C-99  |
| 516 | 241 | ANDRÉS GONZÁLEZ GARCÍA          | 1961 | 58:28    | 05:50 | 58:05    |           |                          | M-408 | Máster D-40  |
| 517 | 733 | PABLO SÁNCHEZ DE BUSTAMANTE A   | 1998 | 58:35    | 05:51 | 57:57    |           |                          | M-409 | Senior-83    |
| 518 | 697 | ADRIÁN CORA SIERRA              | 1996 | 58:37    | 05:51 | 57:53    |           |                          | M-410 | Senior-84    |
| 519 | 30  | MÓNICA FERNÁNDEZ ALBORNOS       | 1973 | 58:37    | 05:51 | 58:20    |           |                          | F-109 | Máster C-17  |
| 520 | 273 | JOSÉ ANTONIO CARTELLE CUDILLEIR | 1966 | 58:51    | 05:53 | 58:27    |           |                          | M-411 | Máster C-100 |
| 521 | 175 | ELENA MASSA TEIJEIRO            | 1999 | 58:54    | 05:53 | 58:38    |           |                          | F-110 | Senior-36    |
| 522 | 154 | JAVIERA BRAVO CORDERO           | 1997 | 59:05    | 05:54 | 58:48    |           |                          | F-111 | Senior-37    |
| 523 | 565 | GONZALO CASÁS CORBELLE          | 1985 | 59:10    | 05:55 | 58:34    |           |                          | M-412 | Máster A-47  |
| 524 | 151 | SILVIA GORDILLO VAN GILS        | 1996 | 59:36    | 05:57 | 59:01    |           |                          | F-112 | Senior-38    |
| 525 | 544 | RUBEN LAGO COSTOYA              | 1983 | 59:59    | 05:59 | 59:22    |           |                          | M-413 | Máster B-126 |
| 526 | 617 | JACOBO IRBARNEGARAY RODRÍGUEZ   | 1990 | 59:59    | 05:59 | 59:44    |           |                          | M-414 | Máster A-48  |
| 527 | 343 | JUAN CARLOS BEDIA VIDAL         | 1972 | 01:00:03 | 06:00 | 01:00:03 |           |                          | M-415 | Máster C-101 |
| 528 | 27  | MARÍA DEL MAR NEIRO RODRÍGUEZ   | 1972 | 01:00:03 | 06:00 | 01:00:03 |           |                          | F-113 | Máster C-18  |
| 529 | 764 | CEO RODRÍGUEZ TEIJEIRO          | 2001 | 01:00:04 | 06:00 | 01:00:04 |           |                          | M-416 | Senior-85    |
| 530 | 139 | SILVIA LÓPEZ VILLASENIN         | 1994 | 01:00:05 | 06:00 | 01:00:05 |           | BRUTANZOS TEAM           | F-114 | Senior-39    |
| 531 | 121 | CRISTINA LAGO PÉREZ             | 1992 | 01:00:13 | 06:01 | 01:00:13 |           |                          | F-115 | Senior-40    |
| 532 | 17  | SIMONE CARRO ERIAS              | 1970 | 01:00:19 | 06:01 | 01:00:19 |           |                          | F-116 | Máster C-19  |
| 533 | 108 | ISABEL ESCUDERO GONZÁLEZ        | 1989 | 01:00:20 | 06:02 | 01:00:20 |           |                          | F-117 | Máster A-18  |
| 534 | 152 | NAOMI PIÑEIRO AVENDAÑO          | 1997 | 01:00:42 | 06:04 | 01:00:14 |           |                          | F-118 | Senior-41    |
| 535 | 282 | MARCELO BATISTA CONDE           | 1967 | 01:00:45 | 06:04 | 01:00:31 |           |                          | M-417 | Máster C-102 |
| 536 | 723 | DAMIÁN CAAMAÑO                  | 1997 | 01:00:49 | 06:04 | 01:00:42 |           |                          | M-418 | Senior-86    |
| 537 | 760 | MARIO GARCÍA CHAO               | 2001 | 01:00:57 | 06:05 | 01:00:19 |           |                          | M-419 | Senior-87    |
| 538 | 750 | NASR AKEB DAOUD                 | 2000 | 01:01:02 | 06:06 | 01:00:25 |           |                          | M-420 | Senior-88    |
| 539 | 40  | MARIA JESÚS LÓPEZ REGUEIRO      | 1976 | 01:01:09 | 06:06 | 01:00:36 |           |                          | F-119 | Máster B-30  |
| 540 | 6   | VIRGINIA VILA MARTÍNEZ          | 1967 | 01:01:22 | 06:08 | 01:00:54 |           | CLUB CASTRO DE LOBADIZ   | F-120 | Máster C-20  |

**RESULTADOS OFICIAIS****ABSOLUTA 10K****11:00**

| PTO | DOR | NOME                           | ANO  | TEMPO    | RITMO | T.NETO   | LICENZA | CLUBE                    | SEXO  | CATEGORÍA    |
|-----|-----|--------------------------------|------|----------|-------|----------|---------|--------------------------|-------|--------------|
| 541 | 262 | FERNANDO SUÁREZ CARRIL         | 1965 | 01:01:30 | 06:09 | 01:00:46 |         |                          | M-421 | Máster D-41  |
| 542 | 235 | JUAN CARLOS MENÉNDEZ DOMINGL   | 1960 | 01:01:30 | 06:09 | 01:01:04 |         |                          | M-422 | Máster D-42  |
| 543 | 9   | ANA SABÍN VILARIÑO             | 1968 | 01:01:33 | 06:09 | 01:00:58 |         | CLUB CASTRO DE LOBADIZ   | F-121 | Máster C-21  |
| 544 | 61  | PAZ CUERPO GARCÍA DE LOS REYES | 1979 | 01:01:38 | 06:09 | 01:01:25 |         |                          | F-122 | Máster B-31  |
| 545 | 98  | ANGÉLICA MARIA SEGOVIA ESCOBAR | 1987 | 01:01:40 | 06:10 | 01:01:19 |         |                          | F-123 | Máster A-19  |
| 546 | 716 | ANTONIO CARRODEGUAS            | 1997 | 01:01:43 | 06:10 | 01:01:03 |         |                          | M-423 | Senior-89    |
| 547 | 54  | EUGENIA MÉNDEZ DÍAZ            | 1978 | 01:01:44 | 06:10 | 01:01:15 |         |                          | F-124 | Máster B-32  |
| 548 | 26  | IPICONCE NOYA MIRÁS            | 1972 | 01:01:59 | 06:11 | 01:01:28 | AG20073 | SOCIEDAD DEPORTIVA COMPC | F-125 | Máster C-22  |
| 549 | 163 | JENNIFER GARCIA ROMALDE        | 1997 | 01:02:19 | 06:13 | 01:01:41 |         |                          | F-126 | Senior-42    |
| 550 | 50  | TAMARA GARCÍA GRANDAL          | 1977 | 01:02:53 | 06:17 | 01:02:15 |         | BEER RUNNERS FERROL      | F-127 | Máster B-33  |
| 551 | 782 | PABLO SANTALLA CASTELO         | 2005 | 01:02:58 | 06:17 | 01:02:17 |         |                          | M-424 | Sub 23-10    |
| 552 | 198 | ALBA FERNÁNDEZ VÁZQUEZ         | 2005 | 01:02:59 | 06:17 | 01:02:18 |         |                          | F-128 | Sub 23-7     |
| 553 | 55  | LAURA MEIZOSO FERNÁNDEZ        | 1978 | 01:03:04 | 06:18 | 01:02:46 |         |                          | F-129 | Máster B-34  |
| 554 | 229 | ALVARO PEREZ DEL VALLE         | 1959 | 01:03:07 | 06:18 | 01:02:23 |         |                          | M-425 | Máster D-43  |
| 555 | 84  | CARMEN FEAL PORTERO            | 1984 | 01:03:19 | 06:19 | 01:02:49 |         |                          | F-130 | Máster B-35  |
| 556 | 609 | PABLO FERNANDEZ LOPEZ          | 1989 | 01:03:22 | 06:20 | 01:03:01 |         |                          | M-426 | Máster A-49  |
| 557 | 206 | CANDELA GONZÁLEZ ALVES         | 2007 | 01:03:39 | 06:21 | 01:03:14 |         |                          | F-131 | Sub 20-3     |
| 558 | 792 | MANUEL MARTÍN LÓPEZ            | 2007 | 01:03:40 | 06:22 | 01:03:15 |         |                          | M-427 | Sub 20-8     |
| 559 | 208 | BLANCA JIMÉNEZ LÓPEZ           | 2007 | 01:03:52 | 06:23 | 01:03:23 |         |                          | F-132 | Sub 20-4     |
| 560 | 168 | LUCIA PAZOS FOLLA              | 1998 | 01:04:28 | 06:26 | 01:03:49 |         |                          | F-133 | Senior-43    |
| 561 | 600 | SERGIO MANUEL MARTINEZ VIZCAÍN | 1988 | 01:04:40 | 06:28 | 01:04:33 |         |                          | M-428 | Máster A-50  |
| 562 | 735 | DANIEL GARCÍA VENTOSO          | 1999 | 01:04:50 | 06:29 | 01:04:09 |         |                          | M-429 | Senior-90    |
| 563 | 188 | ZAIRA GARCÍA YEPES             | 2001 | 01:04:50 | 06:29 | 01:04:10 |         |                          | F-134 | Senior-44    |
| 564 | 211 | JOSÉ PANTÍN LÓPEZ              | 1946 | 01:05:03 | 06:30 | 01:04:46 | AG20081 | ATLETISMO NARON          | M-430 | Máster D-44  |
| 565 | 774 | JORGE VEIGA RODEIRO            | 2003 | 01:05:12 | 06:31 | 01:04:30 |         |                          | M-431 | Senior-91    |
| 566 | 719 | ALEXANDER RODRIGUEZ SENANDE    | 1997 | 01:06:06 | 06:36 | 01:05:25 |         |                          | M-432 | Senior-92    |
| 567 | 248 | XULIAN CARLOS BREA SANCHEZ     | 1963 | 01:07:23 | 06:44 | 01:07:05 |         |                          | M-433 | Máster D-45  |
| 568 | 542 | MIGUEL AMADO VILLAR            | 1983 | 01:08:09 | 06:48 | 01:07:40 |         |                          | M-434 | Máster B-127 |

**Chegados: 568****DNS** 798 MANUEL ALEJANDRO GALLARDO PO 2008 M Sub 20**Non presentados: 1****DQ** 60 LUCÍA VÁZQUEZ SALVADORES 1979 BRUTANZOS TEAM F Máster B**Descalificados: 1****SUB 12****10:05**

| PTO | DOR  | NOME                         | ANO  | TEMPO | RITMO | T.NETO | LICENZA     | CLUBE                     | SEXO | CATEGORÍA |
|-----|------|------------------------------|------|-------|-------|--------|-------------|---------------------------|------|-----------|
| 1   | 1159 | RAÚL ALVITE LÓPEZ            | 2016 | 03:11 | 03:11 | 03:11  |             |                           | M-1  | Sub 12-1  |
| 2   | 1161 | ROI AGRA PITA                | 2016 | 03:12 | 03:12 | 03:12  | 32927348    | TRIATLON FERROL           | M-2  | Sub 12-2  |
| 3   | 1150 | ANTÓN ÁLVAREZ RODRÍGUEZ      | 2015 | 03:12 | 03:12 | 03:12  |             |                           | M-3  | Sub 12-3  |
| 4   | 1158 | SAMUEL ISAAC TORRECILLAS     | 2016 | 03:16 | 03:16 | 03:16  | AG21250     | CLUB ATLETISMO MILLARAIO  | M-4  | Sub 12-4  |
| 5   | 1157 | ROI SEOANE ARES              | 2016 | 03:19 | 03:19 | 03:19  |             |                           | M-5  | Sub 12-5  |
| 6   | 1176 | ROI MARCAL RODRÍGUEZ         | 2015 | 03:25 | 03:25 | 03:25  |             |                           | M-6  | Sub 12-6  |
| 7   | 1173 | LUNA SEOANE RUBIÑOS          | 2015 | 03:25 | 03:25 | 03:25  | AG9399      | CLUB FERROL ATLETISMO     | F-1  | Sub 12-1  |
| 8   | 1154 | IÑIGO MARTINEZ-RAPOSO VILLAR | 2015 | 03:29 | 03:29 | 03:29  | 12489909    | CLUB TRIATLON FERROL      | M-7  | Sub 12-7  |
| 9   | 1165 | ROMÁN VILABOY SANTOS         | 2016 | 03:30 | 03:30 | 03:30  | 17602326    | CLUB TRITÓN FERROL        | M-8  | Sub 12-8  |
| 10  | 1167 | ALEX VILLAR CAAMAÑO          | 2016 | 03:31 | 03:31 | 03:30  |             |                           | M-9  | Sub 12-9  |
| 11  | 1151 | DANIEL SÁNCHEZ YÁÑEZ         | 2015 | 03:32 | 03:32 | 03:32  |             | TRIATLÓN FERROOL          | M-10 | Sub 12-10 |
| 12  | 1131 | MARIA BENASACH LÓPEZ         | 2016 | 03:32 | 03:32 | 03:32  |             | TRIATLÓN FERROL           | F-2  | Sub 12-2  |
| 13  | 1175 | CLARA SOLLA TIZÓN            | 2015 | 03:33 | 03:33 | 03:33  | GA3786116AT | CLUB FERROL ATLETISMO     | F-3  | Sub 12-3  |
| 14  | 1126 | BLANCA ROCES SEÑOR           | 2016 | 03:36 | 03:36 | 03:36  |             |                           | F-4  | Sub 12-4  |
| 15  | 1125 | LÍA SANCHO FERNÁNDEZ         | 2016 | 03:38 | 03:38 | 03:38  |             | ATLETISMO NARON           | F-5  | Sub 12-5  |
| 16  | 1123 | ALBA JIMÉNEZ VILCHEZ         | 2016 | 03:39 | 03:39 | 03:39  | AG19475     | RIA FERROL-CONCEPCION ARE | F-6  | Sub 12-6  |
| 17  | 1156 | ÁLVARO GARCÍA BARROS         | 2016 | 03:44 | 03:44 | 03:44  | GA3827933AT | CLUB FERROL ATLETISMO     | M-11 | Sub 12-11 |
| 18  | 904  | DANIELA FERNÁNDEZ ROMEU      | 2016 | 03:44 | 03:44 | 03:44  |             |                           | F-7  | Sub 12-7  |
| 19  | 1166 | DIEGO PAZ VAZQUEZ            | 2016 | 03:45 | 03:45 | 03:45  |             |                           | M-12 | Sub 12-12 |
| 20  | 1162 | ERIC GONZÁLEZ LÓPEZ          | 2016 | 03:50 | 03:50 | 03:50  |             |                           | M-13 | Sub 12-13 |
| 21  | 1120 | LAURA TORRECILLA CASTRO      | 2015 | 03:50 | 03:50 | 03:50  |             |                           | F-8  | Sub 12-8  |

**RESULTADOS OFICIAIS**
**SUB 12**
**10:05**

| PTO | DOR  | NOME                      | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                   | SEXO | CATEGORÍA |
|-----|------|---------------------------|------|--------------|-------|--------|-----------|-------------------------|------|-----------|
| 22  | 1163 | IBAI GONZÁLEZ LÓPEZ       | 2016 | <b>03:54</b> | 03:54 | 03:54  |           |                         | M-14 | Sub 12-14 |
| 23  | 1140 | INÉS MOREIRA VÁZQUEZ      | 2016 | <b>03:54</b> | 03:54 | 03:54  | GA3819614 | ATCLUB FERROL ATLETISMO | F-9  | Sub 12-9  |
| 24  | 1133 | AINARA CANEIRO SORIANO    | 2016 | <b>04:03</b> | 04:03 | 04:03  |           | CLUB FERROL ATLETISMO   | F-10 | Sub 12-10 |
| 25  | 1153 | ANXO AGUILAR DIAZ         | 2015 | <b>04:06</b> | 04:06 | 04:06  |           |                         | M-15 | Sub 12-15 |
| 26  | 1164 | MANUEL GONZÁLEZ MARTÍNEZ  | 2016 | <b>04:09</b> | 04:09 | 04:09  |           |                         | M-16 | Sub 12-16 |
| 27  | 1122 | AINÉ GUTIÉRREZ ARES       | 2016 | <b>04:09</b> | 04:09 | 04:09  | AG00078   | CLUB FERROL ATLETISMO   | F-11 | Sub 12-11 |
| 28  | 1139 | EREA MARCAL CENDAN        | 2016 | <b>04:10</b> | 04:10 | 04:10  | GA3718187 | ATCLUB FERROL ATLETISMO | F-12 | Sub 12-12 |
| 29  | 1132 | ALICIA RODRÍGUEZ BUSTABAD | 2016 | <b>04:30</b> | 04:30 | 04:30  |           |                         | F-13 | Sub 12-13 |
| 30  | 1174 | XOEL ANTELO BARROS        | 2015 | <b>04:30</b> | 04:30 | 04:30  |           |                         | M-17 | Sub 12-17 |
| 31  | 1134 | PAULA RILO ALLEGUE        | 2016 | <b>04:30</b> | 04:30 | 04:30  |           | TRIATLON FERROL         | F-14 | Sub 12-14 |
| 32  | 1119 | ANXELA REGAL RICO         | 2015 | <b>04:38</b> | 04:38 | 04:37  |           |                         | F-15 | Sub 12-15 |
| 33  | 1118 | ELENA RILO VILAR          | 2015 | <b>04:48</b> | 04:48 | 04:47  |           |                         | F-16 | Sub 12-16 |
| 34  | 1124 | ANTÍA OLIVEIRA ÀLVAREZ    | 2016 | <b>04:52</b> | 04:52 | 04:52  |           | TRIATHLON FERROL        | F-17 | Sub 12-17 |
| 35  | 1121 | LARA BOUZA NOVO           | 2015 | <b>04:58</b> | 04:58 | 04:58  |           |                         | F-18 | Sub 12-18 |

**Chegados: 35**

|            |      |                      |      |  |  |  |  |            |   |        |
|------------|------|----------------------|------|--|--|--|--|------------|---|--------|
| <b>DNF</b> | 1136 | ELIA MONTERO BARCELÓ | 2016 |  |  |  |  | MESOIRO CD | F | Sub 12 |
| <b>DNF</b> | 1137 | ALBA MONTERO BARCELÓ | 2016 |  |  |  |  | MESOIRO CD | F | Sub 12 |
| <b>DNF</b> | 1142 | AINA ENCINAS VELLON  | 2016 |  |  |  |  |            | F | Sub 12 |

**Abandonos: 3**
**SUB 10**
**10:15**

| PTO | DOR  | NOME                       | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                         | SEXO | CATEGORÍA |
|-----|------|----------------------------|------|--------------|-------|--------|-----------|-------------------------------|------|-----------|
| 1   | 1019 | DIEGO FRAGA DURÁN          | 2017 | <b>02:06</b> | 03:30 | 02:05  | GA3707734 | ATCLUB ATLETISMO EQUILIBRIO I | M-1  | Sub 10-1  |
| 2   | 1031 | EZEQUIEL OTERO MENDEZ      | 2018 | <b>02:17</b> | 03:48 | 02:16  | GA3854191 | Atria FERROL-CONCEPCION ARE   | M-2  | Sub 10-2  |
| 3   | 1020 | PABLO CASTELEIRO           | 2017 | <b>02:20</b> | 03:53 | 02:20  |           |                               | M-3  | Sub 10-3  |
| 4   | 1027 | HUGO ALAGE GARCÍA          | 2018 | <b>02:25</b> | 04:01 | 02:24  |           | A.D. NAUTICO NARÓN            | M-4  | Sub 10-4  |
| 5   | 1038 | CELTIA LÓPEZ OJÉN          | 2017 | <b>02:25</b> | 04:01 | 02:25  | AG18829   | CLUB ATLETISMO SADA           | F-1  | Sub 10-1  |
| 6   | 1011 | ALOIA VIGO AMENEIRO        | 2018 | <b>02:27</b> | 04:05 | 02:26  | GA3837683 | ATCLUB ATLETISMO EQUILIBRIO I | F-2  | Sub 10-2  |
| 7   | 1024 | ALEJANDRO MORÁN FERNÁNDEZ  | 2017 | <b>02:29</b> | 04:08 | 02:29  |           |                               | M-5  | Sub 10-5  |
| 8   | 1033 | GONZALO DIAZ PRADOS        | 2018 | <b>02:29</b> | 04:08 | 02:27  |           |                               | M-6  | Sub 10-6  |
| 9   | 1028 | MARIO BENASACH LÓPEZ       | 2018 | <b>02:32</b> | 04:13 | 02:30  |           | TRIATLÓN FERROL               | M-7  | Sub 10-7  |
| 10  | 1002 | MENCÍA VIGO AMENEIRO       | 2017 | <b>02:33</b> | 04:15 | 02:32  | GA3771189 | ATCLUB ATLETISMO EQUILIBRIO I | F-3  | Sub 10-3  |
| 11  | 1025 | ALEX PEÑAS MORICEAU        | 2017 | <b>02:35</b> | 04:18 | 02:34  |           | CLUB ATLETISMO EQUILIBRIO I   | M-8  | Sub 10-8  |
| 12  | 1010 | LEIRE RAMOS LOPEZ          | 2018 | <b>02:36</b> | 04:20 | 02:34  |           | TRIATLON FERROL               | F-4  | Sub 10-4  |
| 13  | 1007 | SARA FREIRE RODRIGUEZ      | 2018 | <b>02:36</b> | 04:20 | 02:35  | GA3854194 | Atria FERROL-CONCEPCION ARE   | F-5  | Sub 10-5  |
| 14  | 1009 | LOLA PEDRE LÓPEZ           | 2018 | <b>02:39</b> | 04:25 | 02:39  |           | RIA FERROL-CONCEPCION ARE     | F-6  | Sub 10-6  |
| 15  | 1015 | ANTÍA SÁNCHEZ YÁÑEZ        | 2018 | <b>02:40</b> | 04:26 | 02:40  |           | TRIATLÓN FERROOL              | F-7  | Sub 10-7  |
| 16  | 1021 | OLIVER POUPARIÑA RIVAS     | 2017 | <b>02:44</b> | 04:33 | 02:43  |           |                               | M-9  | Sub 10-9  |
| 17  | 1003 | JANNETTA LOUREIRO DE VRIES | 2017 | <b>02:56</b> | 04:53 | 02:54  | GA3940462 | ATLETISMO OBRADOIRO           | F-8  | Sub 10-8  |
| 18  | 1016 | AMALIA DIAZ-ROBLES FONTES  | 2018 | <b>02:56</b> | 04:53 | 02:56  |           |                               | F-9  | Sub 10-9  |
| 19  | 1008 | MARTINA BARRO VÁZQUEZ      | 2018 | <b>02:58</b> | 04:56 | 02:56  | GA3854197 | RIA FERROL-CONCEPCION ARE     | F-10 | Sub 10-10 |
| 20  | 1029 | ANTÒN VILAR TEIJEIRO       | 2018 | <b>03:04</b> | 05:06 | 03:02  | GA3950191 | RIA FERROL-CONCEPCION ARE     | M-10 | Sub 10-10 |
| 21  | 1012 | VEGA MARTINEZ PRIETO       | 2018 | <b>03:14</b> | 05:23 | 03:12  |           |                               | F-11 | Sub 10-11 |
| 22  | 1041 | VEGA RODRÍGUEZ SOBREVIELA  | 2018 | <b>03:19</b> | 05:31 | 03:19  |           |                               | F-12 | Sub 10-12 |
| 23  | 1001 | DANIELA CABANAS VARGAS     | 2017 | <b>03:20</b> | 05:33 | 03:18  |           |                               | F-13 | Sub 10-13 |
| 24  | 1018 | ANTÍA FIDALGO DÍAZ         | 2018 | <b>03:32</b> | 05:53 | 03:30  |           |                               | F-14 | Sub 10-14 |
| 25  | 1040 | LUKA GAGO                  | 2018 | <b>04:44</b> | 07:53 | 02:47  |           |                               | M-11 | Sub 10-11 |
| 26  | 1030 | FABIO FREIRE COSTA         | 2018 | <b>04:44</b> | 07:53 | 02:52  |           |                               | M-12 | Sub 10-12 |
| 27  | 1017 | VEGA COLMENERO FERNÁNDEZ   | 2018 | <b>04:45</b> | 07:55 | 02:46  | 32929973  | TRIATLON FERROL               | F-15 | Sub 10-15 |
| 28  | 1039 | MARTINA MARTIN LAGO        | 2018 | <b>04:46</b> | 07:56 | 02:47  |           | A.D. NAUTICO NARÓN            | F-16 | Sub 10-16 |
| 29  | 1023 | ÁLVARO TENREIRO MEIZOSO    | 2017 | <b>04:46</b> | 07:56 | 02:47  |           |                               | M-13 | Sub 10-13 |
| 30  | 1034 | ISCO CORDAL BECERRA        | 2018 | <b>04:49</b> | 08:01 | 02:50  |           |                               | M-14 | Sub 10-14 |
| 31  | 1035 | GABRIEL ENCINAS VELLON     | 2018 | <b>04:50</b> | 08:03 | 02:52  |           |                               | M-15 | Sub 10-15 |
| 32  | 1004 | LÚA DÍAZ TRANCÓN           | 2017 | <b>05:03</b> | 08:25 | 03:04  | GA3707805 | ATATLETISMO EQUILIBRIO FERRO  | F-17 | Sub 10-17 |
| 33  | 1014 | NORA FREIRE PIÑEIRO        | 2018 | <b>05:03</b> | 08:25 | 03:04  | GA3854193 | Atria FERROL-CONCEPCION ARE   | F-18 | Sub 10-18 |
| 34  | 1036 | ANTON ENCINAS VELLON       | 2018 | <b>05:08</b> | 08:33 | 05:08  |           |                               | M-16 | Sub 10-16 |
| 35  | 1032 | FIZ AGUILAR DIAZ           | 2018 | <b>05:08</b> | 08:33 | 03:09  |           |                               | M-17 | Sub 10-17 |

**RESULTADOS OFICIAIS****SUB 10****10:15**

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|------|-----|-------|-------|--------|---------|-------|------|-----------|
|-----|-----|------|-----|-------|-------|--------|---------|-------|------|-----------|

**Chegados:** 35**SUB 14****10:00**

| PTO | DOR  | NOME                      | ANO  | TEMPO        | RITMO | T.NETO | LICENZA    | CLUBE                     | SEXO | CATEGORÍA |
|-----|------|---------------------------|------|--------------|-------|--------|------------|---------------------------|------|-----------|
| 1   | 1170 | NICOLAS AMADO PREGO       | 2014 | <b>02:55</b> | 02:55 | 02:55  |            | CLUB ATLETISMO SADA       | M-1  | Sub 14-1  |
| 2   | 1171 | ICÍA LÓPEZ OJÉN           | 2014 | <b>03:07</b> | 03:07 | 03:07  | AG17524    | CLUB ATLETISMO SADA       | F-1  | Sub 14-1  |
| 3   | 1143 | LUCAS JIMÉNEZ VILCHEZ     | 2013 | <b>03:10</b> | 03:10 | 03:10  | AG7319     | RIA FERROL-CONCEPCION ARE | M-2  | Sub 14-2  |
| 4   | 1144 | JOSE RILO VILAR           | 2013 | <b>03:11</b> | 03:11 | 03:10  |            | RIA FERROL-CONCEPCION ARE | M-3  | Sub 14-3  |
| 5   | 1109 | LUCÍA ALVITE LÓPEZ        | 2014 | <b>03:11</b> | 03:11 | 03:11  |            |                           | F-2  | Sub 14-2  |
| 6   | 1101 | LUCÍA GUNDÍN RODRÍGUEZ    | 2013 | <b>03:13</b> | 03:13 | 03:13  | AG12775    | LA MOCHILA DEL DEPORTE    | F-3  | Sub 14-3  |
| 7   | 1112 | CECILIA BENASACH LÓPEZ    | 2014 | <b>03:15</b> | 03:15 | 03:15  |            | TRIATLÓN FERROL           | F-4  | Sub 14-4  |
| 8   | 1103 | SARAH LEMA GOSSET         | 2013 | <b>03:16</b> | 03:16 | 03:16  |            | RIA FERROL-CONCEPCION ARE | F-5  | Sub 14-5  |
| 9   | 1108 | CARLA COLMENERO FERNÁNDEZ | 2014 | <b>03:17</b> | 03:17 | 03:17  | 32925428   | TRIATLON FERROL           | F-6  | Sub 14-6  |
| 10  | 1146 | ANTÓN DIEZ ÁLVAREZ        | 2013 | <b>03:19</b> | 03:19 | 03:18  |            | TRIATLÓN INFORHOUSE SANT  | M-4  | Sub 14-4  |
| 11  | 1114 | LEIRE CASTRO LUQUE        | 2014 | <b>03:23</b> | 03:23 | 03:22  | 32963939V  | TRIATLÓN FERROL           | F-7  | Sub 14-7  |
| 12  | 1149 | IAGO GOIRIZ BRAÑAS        | 2013 | <b>03:31</b> | 03:31 | 03:31  |            | TRIATLÓN FERROL           | M-5  | Sub 14-5  |
| 13  | 1168 | INÉS SOLLÁ TIZÓN          | 2013 | <b>03:31</b> | 03:31 | 03:31  | GA3819615A | CLUB FERROL ATLETISMO     | F-8  | Sub 14-8  |
| 14  | 1147 | ROI CREGO                 | 2013 | <b>03:33</b> | 03:33 | 03:32  |            | TRIATLON FERROL           | M-6  | Sub 14-6  |
| 15  | 1169 | OTTO PARÉ DE LA TORRE     | 2013 | <b>03:34</b> | 03:34 | 03:33  | NOLASE     | RIA FERROL-CONCEPCION ARE | M-7  | Sub 14-7  |
| 16  | 1105 | NEREA RAMOS LOPEZ         | 2013 | <b>03:34</b> | 03:34 | 03:34  |            | TRIATLON FERROL           | F-9  | Sub 14-9  |
| 17  | 1102 | IRENE RIOSECO CUERPO      | 2013 | <b>03:45</b> | 03:45 | 03:45  |            |                           | F-10 | Sub 14-10 |
| 18  | 1106 | LAURA FERNÁNDEZ PÉREZ     | 2013 | <b>03:45</b> | 03:45 | 03:45  | AG7361     | RIA FERROL-CONCEPCION ARE | F-11 | Sub 14-11 |
| 19  | 1110 | EMMA FREIRE RODRIGUEZ     | 2014 | <b>03:51</b> | 03:51 | 03:50  |            | CLUB FERROL ATLETISMO     | F-12 | Sub 14-12 |
| 20  | 1111 | NOA FILGUEIRAS PÉREZ      | 2014 | <b>04:28</b> | 04:28 | 04:27  | AG17056    | CLUB FERROL ATLETISMO     | F-13 | Sub 14-13 |
| 21  | 1113 | OLIVIA BLANCO VIDAL       | 2014 | <b>04:29</b> | 04:29 | 04:28  | 32928946   | CLUB FERROL ATLETISMO     | F-14 | Sub 14-14 |
| 22  | 1107 | CHLOE FERNÁNDEZ FELGAR    | 2013 | <b>05:01</b> | 05:01 | 05:00  | GA3827475A | CLUB FERROL ATLETISMO     | F-15 | Sub 14-15 |

**Chegados:** 22**SUB 18 E SUB 16****11:04**

| PTO | DOR | NOME                     | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                     | SEXO | CATEGORÍA |
|-----|-----|--------------------------|------|--------------|-------|--------|-----------|---------------------------|------|-----------|
| 1   | 817 | IVÁN LÓPEZ CANO          | 2010 | <b>06:03</b> | 03:01 | 06:03  | 49401468  | TRIATLÓN INFORHOUSE SANT  | M-1  | Sub 18-1  |
| 2   | 818 | ADRIAN CANOSA FIDALGO    | 2011 | <b>06:06</b> | 03:03 | 06:06  | 32926647  | TRIATLON FERROL           | M-2  | Sub 16-1  |
| 3   | 815 | MARIO CUPEIRO TEMBRÁS    | 2009 | <b>06:20</b> | 03:10 | 06:20  |           | ATLETISMO NARON           | M-3  | Sub 18-2  |
| 4   | 812 | IAGO ÁLVAREZ RODRÍGUEZ   | 2009 | <b>06:21</b> | 03:10 | 06:21  | 32728601  | A.D. NAUTICO NARÓN        | M-4  | Sub 18-3  |
| 5   | 825 | MIGUEL BENASACH LÓPEZ    | 2012 | <b>06:26</b> | 03:13 | 06:26  |           | TRIATLÓN FERROL           | M-5  | Sub 16-2  |
| 6   | 811 | MARTÍN BECEIRO CELEIRO   | 2009 | <b>07:13</b> | 03:36 | 07:13  |           |                           | M-6  | Sub 18-4  |
| 7   | 805 | BERTA CAMESELLE JUIZ     | 2011 | <b>07:51</b> | 03:55 | 07:51  | AG8144    | LA MOCHILA DEL DEPORTE    | F-1  | Sub 16-1  |
| 8   | 802 | DANIELA BEIRAS VEIGA     | 2010 | <b>07:53</b> | 03:56 | 07:53  | AG2023536 | ATLETISMO FONTES DO SAR   | F-2  | Sub 18-1  |
| 9   | 823 | LEO ÁLVAREZ              | 2012 | <b>07:54</b> | 03:57 | 07:54  |           | RIA FERROL-CONCEPCION ARE | M-7  | Sub 16-3  |
| 10  | 816 | XOEL MANTEIGA CASTRO     | 2010 | <b>08:21</b> | 04:10 | 08:21  | AG19420   | LA MOCHILA DEL DEPORTE    | M-8  | Sub 18-5  |
| 11  | 827 | CAROLINA HERRERA ALVAREZ | 2012 | <b>08:36</b> | 04:18 | 08:35  | M731730   | A.D. NAUTICO NARÓN        | F-3  | Sub 16-2  |
| 12  | 808 | CANDELA SERANTES BOUZA   | 2012 | <b>09:29</b> | 04:44 | 09:29  |           | ATLETISMO NARON           | F-4  | Sub 16-3  |
| 13  | 824 | MATEO VILAR DASILVA      | 2012 | <b>09:37</b> | 04:48 | 09:36  |           | TRAILEROSTOXOSEBIRRAS     | M-9  | Sub 16-4  |

**Chegados:** 13**SUB 8 Masc****09:00**

| PTO | DOR  | NOME                   | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE                     | SEXO | CATEGORÍA |
|-----|------|------------------------|------|--------------|-------|--------|----------|---------------------------|------|-----------|
| 1   | 1222 | NICOLÁS VILARO SUÁREZ  | 2019 | <b>01:08</b> | 05:40 | 01:07  |          |                           | M-1  | Sub 8-1   |
| 2   | 1227 | ANTON FREIRE COBA      | 2019 | <b>01:08</b> | 05:40 | 01:08  |          | CLUB TRIATLÓN FERROL      | M-2  | Sub 8-2   |
| 3   | 1223 | MATEO VILARO SUÁREZ    | 2019 | <b>01:08</b> | 05:40 | 01:06  |          |                           | M-3  | Sub 8-3   |
| 4   | 1229 | CARLOS BENASACH GARCÍA | 2019 | <b>01:08</b> | 05:40 | 01:07  |          | TRIATLÓN FERROL           | M-4  | Sub 8-4   |
| 5   | 1247 | ANXO ANTELO BARROS     | 2019 | <b>01:10</b> | 05:50 | 01:09  |          |                           | M-5  | Sub 8-5   |
| 6   | 1226 | TEO AGRA PITA          | 2019 | <b>01:10</b> | 05:50 | 01:09  | 17602139 | TRIATLON FERROL           | M-6  | Sub 8-6   |
| 7   | 1236 | ANTON FERNÁNDEZ ROMEU  | 2020 | <b>01:13</b> | 06:05 | 01:12  |          | RIA FERROL-CONCEPCION ARE | M-7  | Sub 8-7   |

**RESULTADOS OFICIAIS**
**SUB 8 Masc**
**09:00**

| PTO | DOR  | NOME                        | ANO  | TEMPO        | RITMO | T.NETO | LICENZA  | CLUBE                     | SEXO | CATEGORÍA |
|-----|------|-----------------------------|------|--------------|-------|--------|----------|---------------------------|------|-----------|
| 8   | 1233 | DIEGO AMIGO FERNÁNDEZ       | 2020 | <b>01:13</b> | 06:05 | 01:13  |          | CLUB FERROL ATLETISMO     | M-8  | Sub 8-8   |
| 9   | 1234 | ROQUE VILAS NOGUEIRA        | 2020 | <b>01:16</b> | 06:20 | 01:14  |          | MARINEDA ATLETICO         | M-9  | Sub 8-9   |
| 10  | 1235 | PABLO VARELA SÁNCHEZ        | 2020 | <b>01:20</b> | 06:40 | 01:18  |          |                           | M-10 | Sub 8-10  |
| 11  | 1230 | RAÚL LORENTE ALAMANCOS      | 2019 | <b>01:21</b> | 06:45 | 01:21  |          | RIA FERROL-CONCEPCION ARE | M-11 | Sub 8-11  |
| 12  | 1225 | FRANCISCO SESELLE FERNÁNDEZ | 2019 | <b>01:21</b> | 06:45 | 01:18  |          |                           | M-12 | Sub 8-12  |
| 13  | 1254 | MARCO PRADA ANGUITA         | 2021 | <b>01:31</b> | 07:35 | 01:30  |          |                           | M-13 | Sub 8-13  |
| 14  | 1238 | TEO AHEDO SOTO              | 2020 | <b>01:31</b> | 07:35 | 01:29  |          |                           | M-14 | Sub 8-14  |
| 15  | 1241 | CARLITOS AGUILAR GARCÍA     | 2021 | <b>01:36</b> | 08:00 | 01:35  |          |                           | M-15 | Sub 8-15  |
| 16  | 1244 | RODRIGO DIAZ PRADOS         | 2021 | <b>01:39</b> | 08:15 | 01:37  |          |                           | M-16 | Sub 8-16  |
| 17  | 1243 | MANUEL NEILA PUENTE         | 2021 | <b>02:00</b> | 10:00 | 01:59  | 12488396 | TRIATLÓN FERROL           | M-17 | Sub 8-17  |
| 18  | 1245 | JUAN ADÁN MÉNDEZ            | 2021 | <b>02:05</b> | 10:25 | 02:03  |          |                           | M-18 | Sub 8-18  |

**Chegados:** 18

**Sub 8 Fem**
**09:00**

| PTO | DOR  | NOME                          | ANO  | TEMPO        | RITMO | T.NETO | LICENZA   | CLUBE                 | SEXO | CATEGORÍA |
|-----|------|-------------------------------|------|--------------|-------|--------|-----------|-----------------------|------|-----------|
| 1   | 1202 | MARINA MARTINEZ-RAPOSO DE AYM | 2019 | <b>01:04</b> | 05:20 | 01:03  | 12489912  | CLUB TRIATLON FERROL  | F-1  | Sub 8-1   |
| 2   | 1203 | CARMEN NORIKO OSHIKATA SOUTO  | 2019 | <b>01:12</b> | 06:00 | 01:11  |           | CLUB FERROL ATLETISMO | F-2  | Sub 8-2   |
| 3   | 1205 | LUCIA ALAGE GARCÍA            | 2019 | <b>01:14</b> | 06:10 | 01:13  |           | A.D. NAUTICO NARÓN    | F-3  | Sub 8-3   |
| 4   | 1213 | VALERIA ROCES SEÑOR           | 2020 | <b>01:17</b> | 06:25 | 01:15  |           |                       | F-4  | Sub 8-4   |
| 5   | 1206 | CLAUDIA FERNÁNDEZ RIVAS       | 2019 | <b>01:18</b> | 06:30 | 01:17  |           | A.D. NAUTICO NARÓN    | F-5  | Sub 8-5   |
| 6   | 1212 | CARMEN TUSET OTERO            | 2020 | <b>01:24</b> | 07:00 | 01:22  |           |                       | F-6  | Sub 8-6   |
| 7   | 1211 | VALENTINA TUSET OTERO         | 2020 | <b>01:26</b> | 07:10 | 01:26  |           |                       | F-7  | Sub 8-7   |
| 8   | 1216 | CARMEN LOUREIRO DE VRIES      | 2021 | <b>01:30</b> | 07:30 | 01:28  | GA3940469 | ATLETISMO OBRADOIRO   | F-8  | Sub 8-8   |
| 9   | 1209 | XANA CREGO FILGUEIRAS         | 2020 | <b>01:31</b> | 07:35 | 01:29  |           |                       | F-9  | Sub 8-9   |
| 10  | 1210 | LAURA SÁNCHEZ PORTO           | 2020 | <b>01:32</b> | 07:40 | 01:30  |           |                       | F-10 | Sub 8-10  |
| 11  | 1218 | SOFÍA POZUELO MUÑIZ           | 2021 | <b>01:35</b> | 07:55 | 01:33  |           |                       | F-11 | Sub 8-11  |
| 12  | 1248 | LUCÍA REY DÍAZ                | 2019 | <b>01:37</b> | 08:05 | 01:35  |           |                       | F-12 | Sub 8-12  |
| 13  | 1214 | GARA PÉREZ CASAL              | 2021 | <b>01:38</b> | 08:10 | 01:33  |           |                       | F-13 | Sub 8-13  |
| 14  | 1215 | AMI TENREIRO MUIÑO            | 2021 | <b>01:44</b> | 08:40 | 01:42  |           |                       | F-14 | Sub 8-14  |
| 15  | 1255 | CELIA CERRATO FERNÁNDEZ       | 2021 | <b>01:47</b> | 08:55 | 01:47  |           |                       | F-15 | Sub 8-15  |
| 16  | 1219 | ALICIA DIAZ PRADOS            | 2021 | <b>01:57</b> | 09:45 | 01:54  |           |                       | F-16 | Sub 8-16  |
| 17  | 1220 | CAMILA ROMERO FERNANDEZ       | 2021 | <b>02:00</b> | 10:00 | 01:58  |           |                       | F-17 | Sub 8-17  |
| 18  | 1217 | LOLA LOPEZ PEREZ              | 2021 | <b>02:05</b> | 10:25 | 02:03  |           |                       | F-18 | Sub 8-18  |
| 19  | 1221 | LARA CORDAL CALVO             | 2021 | <b>02:08</b> | 10:40 | 02:06  |           |                       | F-19 | Sub 8-19  |
| 20  | 1256 | OHANA PEDREIRA                | 2021 | <b>02:13</b> | 11:05 | 02:11  |           |                       | F-20 | Sub 8-20  |

**Chegados:** 20

**DNF** 1257 NEREA AMADO SANDE 2021 F Sub 8

**Abandonos:** 1

**HandBike**
**09:00**

| PTO | DOR | NOME                       | ANO  | TEMPO        | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA  |
|-----|-----|----------------------------|------|--------------|--------|---------|-------|------|------------|
| 1   | 549 | JOSE MANUEL BARROSO SEOANE | 1983 | <b>56:55</b> | 56:24  |         |       | M-1  | Máster B-1 |

**Chegados:** 1