

Manga 1

XERAL

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	403	22:23	MUIÑO VARELA Cristian	PROMESA - SENIOR	M	22/09/1991	C.D. OS MUDITOS
2	188	22:28	PEREZ LOPEZ Manuel Oliver	VET A	M	29/05/1971	CLUB ATLETISMO CORUÑA COMAR
3	216	22:43	SEOANE PUGA Javier	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
4	210	23:06	MACEIRAS LAGO Angel	VET A	M	27/06/1973	CLUB ATLETISMO SAR
5	388	23:11	GESTO LAGO Jacobo	PROMESA - SENIOR	M	02/07/1987	MARINEDA ATLETICO
6	295	23:28	VAZQUEZ AGRA Cesar	VET A	M	05/12/1978	ATLETISMO MILLADOIRO
7	364	23:32	DÍAZ CERVIÑO Oscar	PROMESA - SENIOR	M	18/06/1984	A.D. JARNACHAS
8	372	23:48	RUIZ BREIJO Diego	PROMESA - SENIOR	M	07/06/1985	C.D. SAN PAIO A ESTRADA
9	136	24:02	SUAREZ LEIS Jose	VET B	M	23/12/1963	CLUB ATLETISMO BOIMORTO
10	263	24:04	LORENZO SANTOS Constante	VET A	M	18/07/1977	C.D. OS MUDITOS
11	423	24:19	PARDO BELLO Alejandro	JUVENIL - JUNIOR	M	29/06/1998	AD.FOGAR
12	219	24:21	RAMOS FERROL Arturo	VET A	M	26/11/1973	ATLETISMO MILLADOIRO
13	237	24:23	COUSILLAS DIEGUEZ Victor	VET A	M	03/11/1975	AD.JARNACHAS
14	421	24:38	SOUTO RAMOS Víctor	JUVENIL - JUNIOR	M	16/01/1998	A D FOGAR
15	296	24:40	BARALLOBRE PANTIN Jacobo	VET A	M	13/12/1978	
16	418	24:45	BARREIRA VARELA Pablo	JUVENIL - JUNIOR	M	16/03/1997	ATLETISMO RIAZOR CORUÑA
17	373	24:47	GONZÁLEZ HORTA Eloy	PROMESA - SENIOR	M	12/06/1985	ARTROGAL TRI 498
18	393	24:57	RODRÍGUEZ CAMBÓN Adrián	PROMESA - SENIOR	M	20/11/1988	A.D. DOWNHILL LARACHA
19	338	25:02	CERQUEIRO BARREIRO Victor Man	PROMESA - SENIOR	M	19/05/1982	
20	282	25:10	RAMOS BANEIRA David	VET A	M	29/03/1978	
21	164	25:40	MALPICA GONTAD Luis	VET A	M	11/05/1968	
22	430	25:42	INSUA REGUEIRA Brais	JUVENIL - JUNIOR	M	04/09/1999	CLUB ATLETISMO NOIA
23	122	25:44	MARTÍNEZ GARCÍA José Antonio	VET B	M	26/02/1961	CLUB ATLETISMO SADA
24	150	25:50	RÍO INSUA José	VET A	M	19/12/1965	
25	375	25:55	CASAS BELLO Fernando	PROMESA - SENIOR	M	05/09/1985	
26	431	25:58	SOUTO PRIETO Antonio	JUVENIL - JUNIOR	M	18/10/1999	CLUB ATLETISMO LUCUS CAIXA RU
27	392	26:02	SANTIAGO MARIÑO David	PROMESA - SENIOR	M	04/09/1988	
28	401	26:05	DOMINGUEZ MANTEIGA Bernardo	PROMESA - SENIOR	M	26/06/1991	
29	217	26:06	SEOANE PUGA Enrique	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
30	322	26:11	PEÑA ALVAREZ Marcos	PROMESA - SENIOR	M	20/09/1980	
31	191	26:28	SANTOS LORENZO Enrique	VET A	M	17/10/1971	C.D. OS MUDITOS
32	333	26:28	PARDO REY Mario	PROMESA - SENIOR	M	25/11/1981	A.D DOWNHILL LARACHA
33	236	26:29	LÓPEZ JÁCOME Alvaro	VET A	M	24/09/1975	
34	279	26:32	LOSADA PÉREZ José	VET A	M	07/03/1978	
35	312	26:37	EIRÍS BARCA Alejandro	VET A	M	06/11/1979	C.D. OS MUDITOS
36	355	26:40	MÉNDEZ CASAS Rodrigo	PROMESA - SENIOR	M	09/01/1984	CLUB ATLETISMO CORUÑA COMAR
37	303	26:42	ARES CHAO Sergio	VET A	M	11/05/1979	
38	253	26:43	LEMA PÉREZ Víctor Daniel	VET A	M	21/11/1976	C.D. OS MUDITOS
39	350	26:44	AMARELLE Manuel	PROMESA - SENIOR	M	03/06/1983	
40	307	26:47	VAZQUEZ ESMORIS Pablo	VET A	M	17/07/1979	
41	277	26:52	SEÑARÍS PARDO Jose Antonio	VET A	M	13/02/1978	C.D. OS MUDITOS
42	174	26:52	GARCIA PARDO Marcos	VET A	M	27/11/1969	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
43	138	26:54	BERGONDO BRANDARIZ Juan Carl	VET B	M	28/01/1964	
44	8	27:01	CASTRO VILLAVERDE Teresa	VET A	F	04/07/1968	CLUB ATLETISMO NOIA
45	157	27:09	BELLO GOMEZ Marcelo	VET A	M	03/05/1967	EGOVARROS DE VIVEIRO
46	383	27:11	LEMA MARTINEZ Cristian	PROMESA - SENIOR	M	18/12/1986	
47	166	27:11	GONZALEZ LAGO Pedro Pacho	VET A	M	19/11/1968	
48	374	27:11	FRAGA VIAÑO Alvaro	PROMESA - SENIOR	M	31/08/1985	
49	235	27:13	GARCIA GARCIA Angel	VET A	M	10/09/1975	CLUBE DE ATLETISMO VERXEL NU
50	40	27:14	MAYO CAAMAÑO Marinela	PROMESA - SENIOR	F	10/01/1980	CLUB ATLETISMO SAR
51	305	27:18	TASENDE GENDE Victor Mauel	VET A	M	29/06/1979	
52	278	27:21	VALES LÓPEZ Roberto Carlos	VET A	M	01/03/1978	CLUB ATLETISMO CORUÑA COMAR
53	256	27:22	VARELA GARCIA Javier	VET A	M	20/01/1977	
54	190	27:28	DEL RIO NOYA Jose Manuel	VET A	M	28/09/1971	
55	211	27:32	MIRA PÉREZ Pablo	VET A	M	29/07/1973	
56	284	27:35	CARRACEDO REGUEIRA óscar	VET A	M	10/05/1978	
57	197	27:38	JUVIÑO PREGO Angel	VET A	M	27/05/1972	DREAM TEAM
58	276	27:38	CASÁS CASÁS José Manuel	VET A	M	06/02/1978	
59	177	27:42	PENA NÚÑEZ Jesús Manuel	VET A	M	25/01/1970	ATLETISMO CARBALLO
60	231	27:42	CARREIRA GARCIA Miguel Angel	VET A	M	20/04/1975	
61	178	27:43	VAZQUEZ RAMOS Manuel	VET A	M	30/01/1970	A FUME DE CAROZO
62	410	27:46	REY AMARELLE Miguel ángel	PROMESA - SENIOR	M	09/12/1993	CLUB ATLETISMO NOIA
63	311	27:50	SEOANE COLLAZO Juan Manuel	VET A	M	29/10/1979	CLUB CICLISTA CARBALLO
64	116	27:57	CASTRO CUERVO Ramón	VET B	M	21/08/1959	
65	77	27:57	SUAREZ CRESPO Lucia	JUVENIL - JUNIOR	F	01/11/1999	CLUB ATLETISMO NOIA
66	201	28:02	PEÑARANDA MENDOZA Jhon Jairo	VET A	M	10/10/1972	
67	141	28:03	MEDINA JIMÉNEZ Emilio	VET B	M	28/08/1964	
68	321	28:06	URES SOUTO Efren	PROMESA - SENIOR	M	18/09/1980	C.D. OS MUDITOS
69	313	28:07	GONZALEZ BLANCO Pablo	VET A	M	06/12/1979	
70	377	28:14	RODRIGUEZ PALLAS Marcos	PROMESA - SENIOR	M	13/01/1986	
71	301	28:16	MARTIN LEMA Carlos	VET A	M	27/03/1979	
72	382	28:18	PENSADO TASENDE David	PROMESA - SENIOR	M	16/10/1986	
73	167	28:23	DOMINGUEZ REY Manuel	VET A	M	11/02/1969	
74	204	28:24	GARCIA REGUEIRO Jose Maria	VET A	M	29/01/1973	
75	132	28:25	RIVAS ROMERO Juan Antonio	VET B	M	16/05/1963	
76	288	28:26	COUTO COSTA Francisco Javier	VET A	M	14/07/1978	
77	337	28:33	BLANCO VÁZQUEZ ángel	PROMESA - SENIOR	M	18/05/1982	
78	207	28:36	PRESEDO MARTINEZ Suso	VET A	M	05/04/1973	
79	149	28:46	MAYO CAAMAÑO José Antonio	VET A	M	24/10/1965	
80	275	28:50	VARELA VERDES Jose	VET A	M	21/01/1978	
81	411	28:53	GARCÍA ROMERO Jose Manuel	PROMESA - SENIOR	M	05/01/1994	
82	327	28:54	DA SILVA BRANDÃO Zeus Enmanue	PROMESA - SENIOR	M	26/03/1981	
83	62	28:57	LAFUENTE VARELA Vanessa	PROMESA - SENIOR	F	22/12/1986	
84	143	29:02	VAZQUEZ OREJAS Javier Angel	VET B	M	24/11/1964	
85	183	29:02	MARTÍNEZ DEL RIO Rubén	VET A	M	30/10/1970	
86	330	29:05	ÁLVAREZ DOALLO Jose F.	PROMESA - SENIOR	M	01/06/1981	
87	198	29:06	PARDIÑO BUSTO Jose Fernando	VET A	M	23/07/1972	
88	180	29:09	DEL BUSTO GONZÁLEZ Francisco	VET A	M	02/09/1970	
89	108	29:09	ALVAREZ IGLESIAS Domingo	VET B	M	26/08/1951	INDEPENDIENTE
90	266	29:19	GARCIA PENA Rafael	VET A	M	10/09/1977	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
91	412	29:22	CIVES BARBEIRA Noel	PROMESA - SENIOR	M	23/11/1995	CLUB ATLETISMO NEGREIRA
92	269	29:22	SÁNCHEZ LÓPEZ Alberto	VET A	M	18/09/1977	
93	171	29:24	MARTÍNEZ POMBO José Laureano	VET A	M	03/10/1969	
94	315	29:27	LAMAS VALEIJE Roi	PROMESA - SENIOR	M	24/03/1980	
95	265	29:29	PARDO REY Oscar	VET A	M	19/08/1977	
96	323	29:32	FERREIRO CANCELA Diego	PROMESA - SENIOR	M	25/09/1980	ATLETISMO CARBALLO
97	241	29:32	ALVAREZ PATIÑO Marcos	VET A	M	18/11/1975	
98	134	29:37	REMUIÑÁN SÁNCHEZ Carlos	VET B	M	21/07/1963	
99	146	29:43	RAMA RODRIGUEZ Enrique Jorge	VET A	M	15/07/1965	
100	223	29:48	RODRIGUEZ GARRIDO David	VET A	M	28/03/1974	
101	228	29:51	EIRÍS ESPAÑA Carlos	VET A	M	27/09/1974	CLUB ATLETISMO CORUÑA COMAR
102	324	29:53	VAZQUEZ CALVO Oscar	PROMESA - SENIOR	M	27/10/1980	
103	232	29:56	ORDOÑEZ Marcos	VET A	M	24/04/1975	
104	413	29:59	ANTELO NOYA David	JUVENIL - JUNIOR	M	21/04/1996	
105	186	29:59	GONZÁLEZ GARCÍA Emilio	VET A	M	09/02/1971	
106	390	30:06	LEMA NANTON Victor	PROMESA - SENIOR	M	04/12/1987	C.D. OS MUDITOS
107	380	30:09	A. ROQUE Adán	PROMESA - SENIOR	M	19/04/1986	DESERTORES DEL CRONO
108	140	30:10	EIRIS PONTE Jesus	VET B	M	01/07/1964	MEDIA DUCEA
109	226	30:17	CASTRO RODRÍGUEZ Carlos	VET A	M	19/08/1974	NOSPORTLIMIT
110	427	30:19	ANGÜES ROGRÍGUEZ Alberto	JUVENIL - JUNIOR	M	08/03/1999	EGOVARROS DE VIVEIRO
111	133	30:24	MENENDEZ ARBESU Juan	VET B	M	29/05/1963	
112	358	30:24	BUJAN LOURIDO Sergio	PROMESA - SENIOR	M	12/02/1984	
113	261	30:27	LAGO NEIRA Enrique	VET A	M	10/04/1977	
114	75	30:29	SEOANE LOUREDA Ruth	JUVENIL - JUNIOR	F	04/08/1996	
115	326	30:30	GARCIA GOMEZ Sergio	PROMESA - SENIOR	M	15/02/1981	CLUB ATLETISMO EL PATIO
116	161	30:36	RAMOS RODRIGUEZ Suso	VET A	M	28/02/1968	CLUB ATLETISMO SADA
117	156	30:40	REMUIÑÁN SÁNCHEZ Alfonso	VET A	M	22/01/1967	A.D. DOWNHILL LARACHA
118	119	30:42	FERREIRA VARELA Manuel	VET B	M	10/05/1960	ATLETISMO CARBALLO
119	349	30:43	PORTEIRO MILLE Javier	PROMESA - SENIOR	M	07/04/1983	CLUB ATLETISMO SADA
120	419	30:48	ABUELO SUAREZ Diego Javier	JUVENIL - JUNIOR	M	30/09/1997	A.D. DOWNHILL A LARACHA
121	348	30:50	MARTÍNEZ PENA Adrian	PROMESA - SENIOR	M	20/02/1983	
122	420	30:51	BERMÚDEZ DE LA FUENTE Cristia	JUVENIL - JUNIOR	M	15/12/1997	
123	378	30:51	MATOS COTELO Abel	PROMESA - SENIOR	M	01/02/1986	
124	234	30:54	RAMOS LAMAS Juan Manuel	VET A	M	21/08/1975	
125	243	30:57	AMADO RODRIGUEZ Manuel	VET A	M	02/02/1976	
126	260	30:59	POMBO REY Fabian	VET A	M	29/03/1977	C.D. OS MUDITOS
127	227	31:01	CONDE LÓPEZ Víctor Hugo	VET A	M	31/08/1974	C.D. OS MUDITOS
128	160	31:06	QUINTELA JULIÁN José Luis	VET A	M	15/01/1968	
129	344	31:08	RAMA ESTRAMIL Juan Carlos	PROMESA - SENIOR	M	01/10/1982	
130	154	31:09	DARRIBA GONZÁLEZ Jose Manuel	VET A	M	07/01/1971	
131	31	31:16	REY DA SILVA Dolores	VET A	F	14/11/1977	
132	287	31:18	VARELA LISTA Juan Jose	VET A	M	13/07/1978	CLUB ATLETISMO MILLARAIO
133	354	31:24	REY AÑÓN Sergio	PROMESA - SENIOR	M	27/12/1983	
134	366	31:26	GONZÁLEZ BLANCO José Manuel	PROMESA - SENIOR	M	05/09/1984	
135	407	31:32	RODRÍGUEZ DÍAZ Pablo	PROMESA - SENIOR	M	17/10/1992	
136	145	31:39	AMARELLE DOLDAN Jose Antonio	VET B	M	27/12/1964	
137	126	31:41	RODRÍGUEZ VÁZQUEZ Fernando	VET B	M	20/02/1962	A FUME DE CAROZO-ALFA FISIOTER
138	414	31:41	RECAREY Kevin	JUVENIL - JUNIOR	M	13/07/1996	CLUB CLICLISTA CARBALLO

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
139	406	31:42	CANEDO PRIETO Rubèn	PROMESA - SENIOR	M	13/10/1992	
140	402	31:45	LIÑARES AMOR David	PROMESA - SENIOR	M	18/07/1991	
141	335	31:49	BARREIRO AÑÓN Adrián	PROMESA - SENIOR	M	29/03/1982	
142	417	31:51	SEÑARÍS BALSAS Carlos	JUVENIL - JUNIOR	M	06/03/1997	
143	386	31:52	VARELA GARCIA Javier	PROMESA - SENIOR	M	03/03/1987	
144	429	31:55	FERREIRO PEREZ Eloy	JUVENIL - JUNIOR	M	15/05/1999	CLUB CICLISTA CARBALLO
145	209	31:57	PEREIRA NAVAZA Jose Ignacio	VET A	M	08/06/1973	
146	67	31:57	SOUTO PRIETO María	PROMESA - SENIOR	F	09/05/1991	CLUB ATLETISMO LUCUS CAIXA RU
147	379	31:58	REMUIÑÁN HERRERA Marcial	PROMESA - SENIOR	M	20/03/1986	
148	107	32:03	REMUIÑÁN SÁNCHEZ Antonio	VET B	M	21/07/1950	ATLETISMO CARBALLO
149	26	32:11	VÁZQUEZ SUÁREZ ángeles	VET A	F	04/10/1975	NOITEBRA
150	218	32:11	QUINTELA GARCIA Miguel	VET A	M	26/10/1973	MADURIÑOS BTT
151	202	32:11	GARCÍA HERNANZ Juanra	VET A	M	01/11/1972	A.D FOGAR CARBALLO-OLEIROS
152	125	32:13	SOUTO REGO Antonio	VET B	M	20/09/1961	CLUB ATLETISMO LUCUS CAIXA RU
153	195	32:17	SÁNCHEZ LÓPEZ Jose Antonio	VET A	M	27/01/1972	
154	342	32:22	DOMATO VERDÍA Juan Carlos	PROMESA - SENIOR	M	04/09/1982	ESQULTURE RUNNING CARBALLO
155	153	32:24	VIÑUELAS AGRA Gregorio Jose	VET A	M	17/08/1966	TRASNOS CORUÑA
156	179	32:25	PENA CARRIL Enrique Fernando	VET A	M	16/08/1970	
157	395	32:27	PEREIRA ÁLVAREZ Rubén	PROMESA - SENIOR	M	17/05/1989	
158	370	32:27	RODRÍGUEZ LISTA Alberto	PROMESA - SENIOR	M	20/12/1984	A.D DOWNHILL - LARACHA
159	302	32:28	BOLON BARGO Toni	VET A	M	22/04/1979	A.D. DOWNHILL LARACHA
160	415	32:29	DIEZ GARCIA Borja	JUVENIL - JUNIOR	M	14/11/1996	
161	113	32:40	OUTES PAZ Manuel	VET B	M	02/12/1956	
162	328	32:40	ABELENDIA TRIGO Jorge Luis	PROMESA - SENIOR	M	06/04/1981	
163	391	32:40	PARDIÑAS GONZÁLEZ Marcos	PROMESA - SENIOR	M	24/03/1988	
164	229	32:41	OUTEIRAL CASAL Jesus Verisimo	VET A	M	27/11/1974	CROSSCAÑAS
165	428	32:42	FERNANDEZ GARDA Raúl	JUVENIL - JUNIOR	M	02/05/1999	
166	271	32:43	PARADELA MARTICO Javier	VET A	M	25/09/1977	NO TENGO
167	137	32:44	FUENTES BERMEJO Francisco	VET B	M	18/01/1964	LEONES RUNNING TEAM
168	359	32:44	ALVAREZ RODRIGUEZ Alejandro	PROMESA - SENIOR	M	18/03/1984	LEONES RUNNING TEAM
169	286	32:47	IGLESIAS PIÑEIRO Alberto	VET A	M	22/06/1978	
170	142	32:48	FERNANDEZ FRAGA Javier	VET B	M	21/09/1964	
171	199	32:50	DAVIÑA ASTRAY Fernando Luis	VET A	M	08/08/1972	
172	267	32:55	REY VÁZQUEZ Roberto	VET A	M	17/09/1977	MEDIA DUCEA
173	25	32:57	ORGEIRA REY Maria Del Pilar	VET A	F	10/07/1975	ATLETICA A SILVA
174	73	32:57	TARRIO MANGAS Balbina	PROMESA - SENIOR	F	01/01/1994	AD. FOGAR
175	76	32:58	CARNOTA FANDIÑO Rebeca	JUVENIL - JUNIOR	F	02/10/1998	AD.FOGAR
176	332	32:59	PONTE GARCÍA Nicolas	PROMESA - SENIOR	M	29/10/1981	
177	224	33:12	MIGUENS VAZQUEZ Angel Manuel	VET A	M	07/08/1974	
178	147	33:15	CAMBÓN ARCEO Xosé Manuel	VET A	M	02/09/1965	ADC BOMBEIROS A CORUÑA
179	120	33:17	ALVAREZ VIDAL Jose Luis	VET B	M	24/09/1960	
180	117	33:28	LEMA MOUZO Gumersindo	VET B	M	26/08/1959	
181	310	33:30	VILLAR VILLAR David	VET A	M	03/10/1979	
182	314	33:31	ESPIÑEIRA ESMORIS Jose Angel	PROMESA - SENIOR	M	05/02/1980	
183	351	33:37	POSE MATO César	PROMESA - SENIOR	M	07/07/1983	A.D. FOGAR
184	205	33:42	CHAO GARCIA Xabier	VET A	M	20/02/1973	ATLETISMO CARBALLO
185	200	33:50	CIUDAD CENDÁN Daniel	VET A	M	26/08/1972	PATUKOS TIM RANIN
186	285	33:51	RAMOS VÁZQUEZ Jorge	VET A	M	30/05/1978	

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187	72	33:54	SERRAMITO BLANCO María	PROMESA - SENIOR	F	09/10/1992	ATHLETIC CORUÑA HOCKEY CLUB
188	343	33:54	TASENDE CANCELA Manu	PROMESA - SENIOR	M	11/09/1982	
189	32	33:58	DELGADO REGUEIRA Estefanía	VET A	F	11/03/1978	
190	238	34:02	GOMEZ DÍAZ Jorge J.	VET A	M	06/11/1975	
191	369	34:04	VARELA FUENTES Alejandro	PROMESA - SENIOR	M	30/11/1984	
192	12	34:12	CASAL LLORENTE Carmen	VET A	F	26/02/1971	
193	165	34:15	POZO CUEVAS Federico	VET A	M	23/09/1968	
194	159	34:16	FIGUEROA SUÁREZ Roberto	VET A	M	06/08/1967	
195	181	34:27	IGLESIAS MARIÑO Jesús Manuel	VET A	M	19/10/1970	
196	290	34:30	VILLAR CANCELA José Manuel	VET A	M	23/08/1978	
197	409	34:33	RAMA ÁLVAREZ Samuel	PROMESA - SENIOR	M	10/07/1993	ATLETISMO CARBALLO
198	233	34:37	NUÑEZ CARBALLO Jesús David	VET A	M	08/07/1975	
199	52	34:52	FERNANDEZ BLANCO Lorena	PROMESA - SENIOR	F	13/09/1983	
200	29	35:01	MANTIÑAN PAREDES Maria	VET A	F	17/07/1977	
201	220	35:02	DÍAZ VARELA Miguel	VET A	M	07/12/1973	
202	251	35:03	LAMAS BELLO Juan M.	VET A	M	19/08/1976	
203	304	35:04	BUENDIA GONZALEZ Carlos	VET A	M	17/05/1979	
204	293	35:05	ALVAREZ TABOADA Víctor	VET A	M	28/11/1978	
205	422	35:13	REMUIÑÁN CAAMAÑO Adrián	JUVENIL - JUNIOR	M	14/05/1998	
206	30	35:16	NÚÑEZ NAVEIRA Laura	VET A	F	01/11/1977	
207	214	35:23	MIGUENS VAZQUEZ Miguel	VET A	M	31/08/1973	ATLETISMO FONTES DO SAR
208	46	35:30	VARELA VAZQUEZ Janette	PROMESA - SENIOR	F	17/06/1982	
209	1	35:33	VEIGA BERMEJO Araceli	VET B	F	18/03/1956	
210	416	35:33	CARRACEDO LAMAS Rodrigo	JUVENIL - JUNIOR	M	18/01/1997	
211	346	35:41	RODRIGUEZ SUAREZ Juan Antonio	PROMESA - SENIOR	M	11/01/1983	
212	352	35:46	GARCIA SANCHEZ Emilio	PROMESA - SENIOR	M	07/11/1983	
213	19	35:47	LOUREDA RILO Mónica	VET A	F	02/10/1972	
214	399	35:49	LEMA NANTON Ivan	PROMESA - SENIOR	M	03/04/1991	
215	254	35:53	PUENTE AÑON Jose Ramon	VET A	M	10/12/1976	
216	60	35:59	BRANDARIZ PEREIRA Rebeca	PROMESA - SENIOR	F	18/05/1986	
217	11	36:02	CANEDO AÑON Rosana	VET A	F	29/06/1969	BARCELONA ATLETISME CLUB
218	329	36:02	SÁNCHEZ NOVO Angel	PROMESA - SENIOR	M	14/05/1981	
219	58	36:03	CAAMAÑO MARTÍNEZ Laura	PROMESA - SENIOR	F	26/03/1985	
220	361	36:17	SILVERA CARDEZO Martín Andrés	PROMESA - SENIOR	M	19/04/1984	
221	387	36:17	QUINTANA CONTI Federico Gabriel	PROMESA - SENIOR	M	14/04/1987	
222	163	36:21	TRILLO CARLÍN José Fernando	VET A	M	11/04/1968	
223	162	36:28	LÓPEZ PARDO José Antonio	VET A	M	24/03/1968	
224	13	36:31	RODRÍGUEZ GARCÍA Luz	VET A	F	08/04/1971	
225	270	36:31	VIÑA David	VET A	M	23/09/1977	
226	124	36:32	NÚÑEZ MÉNDEZ Juan Ignacio	VET B	M	07/06/1961	
227	281	36:32	MARTÍNEZ FERNANDEZ Antonio	VET A	M	25/03/1978	BARCELONA ATLETISME CLUB
228	325	36:35	EIRÍS BARCA Antonio	PROMESA - SENIOR	M	13/02/1981	
229	22	36:36	PARDO LEIS María	VET A	F	01/04/1974	
230	212	36:41	PONTE TATO Oscar	VET A	M	21/08/1973	
231	381	36:51	ANTELO Víctor	PROMESA - SENIOR	M	20/08/1986	
232	16	36:51	GARCIA RODRIGUEZ Isabel	VET A	F	09/03/1972	
233	221	36:52	ESMORIS AMADO Victor	VET A	M	27/12/1973	
234	71	36:59	PACE MARZORATTI Paty	PROMESA - SENIOR	F	11/07/1992	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
235	48	37:17	GONZÁLEZ RODRÍGUEZ María	PROMESA - SENIOR	F	16/10/1982	
236	283	37:17	RAPOSO MERA David	VET A	M	09/05/1978	
237	394	37:19	BARREIRO GUILLAMET Jorge	PROMESA - SENIOR	M	23/03/1989	
238	50	37:27	LANDEIRA PÉREZ Patricia	PROMESA - SENIOR	F	05/02/1983	
239	308	37:35	FACAL FRAGA Paulo	VET A	M	22/08/1979	
240	289	37:38	CALDAS MOSQUERA Alberto M.	VET A	M	03/08/1978	
241	300	38:31	TAIBO REY Carlos	VET A	M	22/03/1979	
242	44	38:31	BARRERA PAEZ Lucia	PROMESA - SENIOR	F	25/04/1982	
243	272	38:31	PERISCAL REY Marcos	VET A	M	10/11/1977	A.D.MEDIADUCIA
244	320	38:31	VARELA VARELA Javier	PROMESA - SENIOR	M	31/08/1980	
245	292	38:32	ESMORIS ESMORIS Marcelino	VET A	M	18/11/1978	
246	115	38:35	VALDÉS LÓPEZ Carlos	VET B	M	04/02/1958	
247	49	38:43	VAZQUEZ FEBRERO Pilar	PROMESA - SENIOR	F	18/12/1982	
248	15	38:49	CASTRO VILLAVERDE Julia	VET A	F	22/10/1971	
249	306	39:03	VARELA VARELA Carlos	VET A	M	11/07/1979	A.D DOWNHILL LARACHA
250	42	39:04	FERNANDEZ LOUREIRO Loly	PROMESA - SENIOR	F	10/08/1980	AD DOWNHILL LARACHA
251	68	39:12	RÍO FERNÁNDEZ Paula	PROMESA - SENIOR	F	18/06/1991	
252	55	39:19	VÁZQUEZ SANTOS María José	PROMESA - SENIOR	F	20/12/1983	NOSPORTLIMIT
253	106	39:23	CALVO VARELA Cándido	VET B	M	23/05/1948	ATLETISMO FONTES DO SAR
254	45	39:29	NAYA MANCEBO Paula	PROMESA - SENIOR	F	10/06/1982	
255	405	39:31	CASTRO SOUTO Oliver	PROMESA - SENIOR	M	27/04/1992	
256	249	39:36	REGALADO URBINA Carlos	VET A	M	27/07/1976	
257	252	40:22	LÓPEZ GONZÁLEZ Diego	VET A	M	10/09/1976	
258	21	40:22	LÓPEZ DE LA VEGA Teresa	VET A	F	04/11/1973	
259	38	40:45	VARELA BARDANCA Silvia	VET A	F	05/11/1979	
260	51	40:45	RIVERA HAZ Maria	PROMESA - SENIOR	F	29/08/1983	
261	17	41:00	DEL OLMO IZQUIERDO Nuria	VET A	F	03/07/1972	
262	36	41:00	FARIÑA Balsa Sandra	VET A	F	03/04/1979	NO SPORT LIMIT
263	104	41:16	PARDO SEOANE Emilio	VET B	M	06/12/1942	
264	109	41:37	MÉNDEZ GÓMEZ Florentino	VET B	M	08/07/1952	
265	2	41:37	CASAS PÉREZ Carmen	VET B	F	19/02/1959	CLUB ATLETISMO SADA
266	105	42:27	CIUDAD PEREIRA Antonio	VET B	M	25/01/1945	PATUKOS TIM RANIN
267	297	43:06	DÍAZ MOLK Marcos	VET A	M	26/01/1979	
268	69	44:36	VÁZQUEZ FRAGA Natalia	PROMESA - SENIOR	F	18/09/1991	
269	14	45:02	GÓMEZ CERQUEIRO María Rosa	VET A	F	08/09/1971	
270	70	45:37	GARCÍA GÓMEZ Noelia	PROMESA - SENIOR	F	25/06/1992	
271	24	46:14	QUINTELA RAMOS Ana	VET A	F	27/07/1974	MADURIÑ@S BTT (COSTA DA MORT
272	23	46:14	VARELA VALIÑO Conchi	VET A	F	18/07/1974	MADURIÑ@S BTT (COSTA DA MORT
273	9	46:19	LAMAS SENRA Silvia	VET A	F	04/04/1969	

JUVENIL - JUNIOR - M

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	423	24:19	PARDO BELLO Alejandro	JUVENIL - JUNIOR	M	29/06/1998	AD.FOGAR
2	421	24:38	SOUTO RAMOS Víctor	JUVENIL - JUNIOR	M	16/01/1998	A D FOGAR
3	418	24:45	BARREIRA VARELA Pablo	JUVENIL - JUNIOR	M	16/03/1997	ATLETISMO RIAZOR CORUÑA
4	430	25:42	INSUA REGUEIRA Brais	JUVENIL - JUNIOR	M	04/09/1999	CLUB ATLETISMO NOIA
5	431	25:58	SOUTO PRIETO Antonio	JUVENIL - JUNIOR	M	18/10/1999	CLUB ATLETISMO LUCUS CAIXA RU

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
6	413	29:59	ANTELO NOYA David	JUVENIL - JUNIOR	M	21/04/1996	
7	427	30:19	ANGÜES ROGRÍGUEZ Alberto	JUVENIL - JUNIOR	M	08/03/1999	
8	419	30:48	ABUELO SUAREZ Diego Javier	JUVENIL - JUNIOR	M	30/09/1997	
9	420	30:51	BERMÚDEZ DE LA FUENTE Cristia	JUVENIL - JUNIOR	M	15/12/1997	
10	414	31:41	RECAREY Kevin	JUVENIL - JUNIOR	M	13/07/1996	CLUB CLICLISTA CARBALLO
11	417	31:51	SEÑARÍS BALSAS Carlos	JUVENIL - JUNIOR	M	06/03/1997	
12	429	31:55	FERREIRO PEREZ Eloy	JUVENIL - JUNIOR	M	15/05/1999	CLUB CICLISTA CARBALLO
13	415	32:29	DIEZ GARCIA Borja	JUVENIL - JUNIOR	M	14/11/1996	
14	428	32:42	FERNANDEZ GARDA Raúl	JUVENIL - JUNIOR	M	02/05/1999	
15	422	35:13	REMUIÑÁN CAAMAÑO Adrián	JUVENIL - JUNIOR	M	14/05/1998	ATLETISMO CARBALLO
16	416	35:33	CARRACEDO LAMAS Rodrigo	JUVENIL - JUNIOR	M	18/01/1997	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
1	8	27:01	CASTRO VILLAVERDE Teresa	VET A	F	04/07/1968	CLUB ATLETISMO NOIA
2	40	27:14	MAYO CAAMAÑO Marinela	PROMESA - SENIOR	F	10/01/1980	CLUB ATLETISMO SAR
3	77	27:57	SUAREZ CRESPO Lucia	JUVENIL - JUNIOR	F	01/11/1999	CLUB ATLETISMO NOIA
4	62	28:57	LAFUENTE VARELA Vanessa	PROMESA - SENIOR	F	22/12/1986	
5	75	30:29	SEOANE LOUREDA Ruth	JUVENIL - JUNIOR	F	04/08/1996	CLUB ATLETISMO SADA
6	31	31:16	REY DA SILVA Dolores	VET A	F	14/11/1977	CLUB ATLETISMO MILLARAIO
7	67	31:57	SOUTO PRIETO María	PROMESA - SENIOR	F	09/05/1991	CLUB ATLETISMO LUCUS CAIXA RU
8	26	32:11	VÁZQUEZ SUÁREZ ángeles	VET A	F	04/10/1975	NOITEBRA
9	25	32:57	ORGEIRA REY Maria Del Pilar	VET A	F	10/07/1975	ATLETICA A SILVA
10	73	32:57	TARRIO MANGAS Balbina	PROMESA - SENIOR	F	01/01/1994	AD. FOGAR
11	76	32:58	CARNOTA FANDIÑO Rebeca	JUVENIL - JUNIOR	F	02/10/1998	AD.FOGAR
12	72	33:54	SERRAMITO BLANCO María	PROMESA - SENIOR	F	09/10/1992	
13	32	33:58	DELGADO REGUEIRA Estefanía	VET A	F	11/03/1978	
14	12	34:12	CASAL LLORENTE Carmen	VET A	F	26/02/1971	
15	52	34:52	FERNANDEZ BLANCO Lorena	PROMESA - SENIOR	F	13/09/1983	
16	29	35:01	MANTIÑAN PAREDES Maria	VET A	F	17/07/1977	
17	30	35:16	NÚÑEZ NAVEIRA Laura	VET A	F	01/11/1977	
18	46	35:30	VARELA VAZQUEZ Janette	PROMESA - SENIOR	F	17/06/1982	
19	1	35:33	VEIGA BERMEJO Araceli	VET B	F	18/03/1956	
20	19	35:47	LOUREDA RILO Mónica	VET A	F	02/10/1972	
21	60	35:59	BRANDARIZ PEREIRA Rebeca	PROMESA - SENIOR	F	18/05/1986	
22	11	36:02	CANEDO AÑON Rosana	VET A	F	29/06/1969	
23	58	36:03	CAAMAÑO MARTÍNEZ Laura	PROMESA - SENIOR	F	26/03/1985	
24	13	36:31	RODRÍGUEZ GARCÍA Luz	VET A	F	08/04/1971	
25	22	36:36	PARDO LEIS María	VET A	F	01/04/1974	
26	16	36:51	GARCIA RODRIGUEZ Isabel	VET A	F	09/03/1972	
27	71	36:59	PACE MARZORATTI Paty	PROMESA - SENIOR	F	11/07/1992	
28	48	37:17	GONZÁLEZ RODRÍGUEZ María	PROMESA - SENIOR	F	16/10/1982	
29	50	37:27	LANDEIRA PÉREZ Patricia	PROMESA - SENIOR	F	05/02/1983	
30	44	38:31	BARRERA PAEZ Lucia	PROMESA - SENIOR	F	25/04/1982	
31	49	38:43	VAZQUEZ FEBRERO Pilar	PROMESA - SENIOR	F	18/12/1982	
32	15	38:49	CASTRO VILLAVERDE Julia	VET A	F	22/10/1971	
33	42	39:04	FERNANDEZ LOUREIRO Loly	PROMESA - SENIOR	F	10/08/1980	AD DOWNHILL LARACHA
34	68	39:12	RÍO FERNÁNDEZ Paula	PROMESA - SENIOR	F	18/06/1991	
35	55	39:19	VÁZQUEZ SANTOS María José	PROMESA - SENIOR	F	20/12/1983	NOSPORTLIMIT
36	45	39:29	NAYA MANCEBO Paula	PROMESA - SENIOR	F	10/06/1982	
37	21	40:22	LÓPEZ DE LA VEGA Teresa	VET A	F	04/11/1973	
38	38	40:45	VARELA BARDANCA Silvia	VET A	F	05/11/1979	
39	51	40:45	RIVERA HAZ Maria	PROMESA - SENIOR	F	29/08/1983	
40	17	41:00	DEL OLMO IZQUIERDO Nuria	VET A	F	03/07/1972	
41	36	41:00	FARIÑA Balsa Sandra	VET A	F	03/04/1979	NO SPORT LIMIT
42	2	41:37	CASAS PÉREZ Carmen	VET B	F	19/02/1959	CLUB ATLETISMO SADA
43	69	44:36	VÁZQUEZ FRAGA Natalia	PROMESA - SENIOR	F	18/09/1991	
44	14	45:02	GÓMEZ CERQUEIRO María Rosa	VET A	F	08/09/1971	
45	70	45:37	GARCÍA GÓMEZ Noelia	PROMESA - SENIOR	F	25/06/1992	
46	24	46:14	QUINTELA RAMOS Ana	VET A	F	27/07/1974	MADURIÑ@S BTT (COSTA DA MORT
47	23	46:14	VARELA VALIÑO Conchi	VET A	F	18/07/1974	MADURIÑ@S BTT (COSTA DA MORT
48	9	46:19	LAMAS SENRA Silvia	VET A	F	04/04/1969	

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	77	27:57	SUAREZ CRESPO Lucia	JUVENIL - JUNIOR	F	01/11/1999	CLUB ATLETISMO NOIA
2	75	30:29	SEOANE LOUREDA Ruth	JUVENIL - JUNIOR	F	04/08/1996	CLUB ATLETISMO SADA
3	76	32:58	CARNOTA FANDIÑO Rebeca	JUVENIL - JUNIOR	F	02/10/1998	AD.FOGAR

PROMESA - SENIOR - F

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	40	27:14	MAYO CAAMAÑO Marinela	PROMESA - SENIOR	F	10/01/1980	CLUB ATLETISMO SAR
2	62	28:57	LAFUENTE VARELA Vanessa	PROMESA - SENIOR	F	22/12/1986	
3	67	31:57	SOUTO PRIETO María	PROMESA - SENIOR	F	09/05/1991	CLUB ATLETISMO LUCUS CAIXA RU
4	73	32:57	TARRIO MANGAS Balbina	PROMESA - SENIOR	F	01/01/1994	AD. FOGAR
5	72	33:54	SERRAMITO BLANCO María	PROMESA - SENIOR	F	09/10/1992	
6	52	34:52	FERNANDEZ BLANCO Lorena	PROMESA - SENIOR	F	13/09/1983	
7	46	35:30	VARELA VAZQUEZ Janette	PROMESA - SENIOR	F	17/06/1982	
8	60	35:59	BRANDARIZ PEREIRA Rebeca	PROMESA - SENIOR	F	18/05/1986	
9	58	36:03	CAAMAÑO MARTÍNEZ Laura	PROMESA - SENIOR	F	26/03/1985	
10	71	36:59	PACE MARZORATTI Paty	PROMESA - SENIOR	F	11/07/1992	
11	48	37:17	GONZÁLEZ RODRÍGUEZ María	PROMESA - SENIOR	F	16/10/1982	
12	50	37:27	LANDEIRA PÉREZ Patricia	PROMESA - SENIOR	F	05/02/1983	
13	44	38:31	BARRERA PAEZ Lucia	PROMESA - SENIOR	F	25/04/1982	
14	49	38:43	VAZQUEZ FEBRERO Pilar	PROMESA - SENIOR	F	18/12/1982	
15	42	39:04	FERNANDEZ LOUREIRO Loly	PROMESA - SENIOR	F	10/08/1980	AD DOWNHILL LARACHA
16	68	39:12	RÍO FERNÁNDEZ Paula	PROMESA - SENIOR	F	18/06/1991	
17	55	39:19	VÁZQUEZ SANTOS María José	PROMESA - SENIOR	F	20/12/1983	NOSPORTLIMIT
18	45	39:29	NAYA MANCEBO Paula	PROMESA - SENIOR	F	10/06/1982	
19	51	40:45	RIVERA HAZ Maria	PROMESA - SENIOR	F	29/08/1983	
20	69	44:36	VÁZQUEZ FRAGA Natalia	PROMESA - SENIOR	F	18/09/1991	
21	70	45:37	GARCÍA GÓMEZ Noelia	PROMESA - SENIOR	F	25/06/1992	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
1	403	22:23	MUIÑO VARELA Cristian	PROMESA - SENIOR	M	22/09/1991	C.D. OS MUDITOS
2	388	23:11	GESTO LAGO Jacobo	PROMESA - SENIOR	M	02/07/1987	MARINEDA ATLETICO
3	364	23:32	DÍAZ CERVIÑO Oscar	PROMESA - SENIOR	M	18/06/1984	A.D. JARNACHAS
4	372	23:48	RUIZ BREIJO Diego	PROMESA - SENIOR	M	07/06/1985	C.D. SAN PAIO A ESTRADA
5	373	24:47	GONZÁLEZ HORTA Eloy	PROMESA - SENIOR	M	12/06/1985	ARTROGAL TRI 498
6	393	24:57	RODRÍGUEZ CAMBÓN Adrián	PROMESA - SENIOR	M	20/11/1988	A.D. DOWNHILL LARACHA
7	338	25:02	CERQUEIRO BARREIRO Victor Man	PROMESA - SENIOR	M	19/05/1982	
8	375	25:55	CASAS BELLO Fernando	PROMESA - SENIOR	M	05/09/1985	
9	392	26:02	SANTIAGO MARIÑO David	PROMESA - SENIOR	M	04/09/1988	
10	401	26:05	DOMINGUEZ MANTEIGA Bernardo	PROMESA - SENIOR	M	26/06/1991	
11	322	26:11	PEÑA ALVAREZ Marcos	PROMESA - SENIOR	M	20/09/1980	
12	333	26:28	PARDO REY Mario	PROMESA - SENIOR	M	25/11/1981	A.D DOWNHILL LARACHA
13	355	26:40	MÉNDEZ CASAS Rodrigo	PROMESA - SENIOR	M	09/01/1984	CLUB ATLETISMO CORUÑA COMAR
14	350	26:44	AMARELLE Manuel	PROMESA - SENIOR	M	03/06/1983	
15	383	27:11	LEMA MARTINEZ Cristian	PROMESA - SENIOR	M	18/12/1986	
16	374	27:11	FRAGA VIAÑO Alvaro	PROMESA - SENIOR	M	31/08/1985	
17	410	27:46	REY AMARELLE Miguel ángel	PROMESA - SENIOR	M	09/12/1993	CLUB ATLETISMO NOIA
18	321	28:06	URES SOUTO Efren	PROMESA - SENIOR	M	18/09/1980	C.D. OS MUDITOS
19	377	28:14	RODRIGUEZ PALLAS Marcos	PROMESA - SENIOR	M	13/01/1986	
20	382	28:18	PENSADO TASENDE David	PROMESA - SENIOR	M	16/10/1986	
21	337	28:33	BLANCO VÁZQUEZ ángel	PROMESA - SENIOR	M	18/05/1982	
22	411	28:53	GARCÍA ROMERO Jose Manuel	PROMESA - SENIOR	M	05/01/1994	
23	327	28:54	DA SILVA BRANDÃO Zeus Enmanue	PROMESA - SENIOR	M	26/03/1981	
24	330	29:05	ÁLVAREZ DOALLO Jose F.	PROMESA - SENIOR	M	01/06/1981	
25	412	29:22	CIVES BARBEIRA Noel	PROMESA - SENIOR	M	23/11/1995	CLUB ATLETISMO NEGREIRA
26	315	29:27	LAMAS VALEIJE Roi	PROMESA - SENIOR	M	24/03/1980	
27	323	29:32	FERREIRO CANCELA Diego	PROMESA - SENIOR	M	25/09/1980	
28	324	29:53	VAZQUEZ CALVO Oscar	PROMESA - SENIOR	M	27/10/1980	
29	390	30:06	LEMA NANTON Victor	PROMESA - SENIOR	M	04/12/1987	
30	380	30:09	A. ROQUE Adán	PROMESA - SENIOR	M	19/04/1986	DESERTORES DEL CRONO
31	358	30:24	BUJAN LOURIDO Sergio	PROMESA - SENIOR	M	12/02/1984	
32	326	30:30	GARCIA GOMEZ Sergio	PROMESA - SENIOR	M	15/02/1981	
33	349	30:43	PORTEIRO MILLE Javier	PROMESA - SENIOR	M	07/04/1983	A.D. DOWNHILL A LARACHA
34	348	30:50	MARTÍNEZ PENA Adrian	PROMESA - SENIOR	M	20/02/1983	
35	378	30:51	MATOS COTELO Abel	PROMESA - SENIOR	M	01/02/1986	
36	344	31:08	RAMA ESTRAMIL Juan Carlos	PROMESA - SENIOR	M	01/10/1982	
37	354	31:24	REY AÑÓN Sergio	PROMESA - SENIOR	M	27/12/1983	
38	366	31:26	GONZÁLEZ BLANCO José Manuel	PROMESA - SENIOR	M	05/09/1984	
39	407	31:32	RODRÍGUEZ DÍAZ Pablo	PROMESA - SENIOR	M	17/10/1992	
40	406	31:42	CANEDO PRIETO Rubèn	PROMESA - SENIOR	M	13/10/1992	
41	402	31:45	LIÑARES AMOR David	PROMESA - SENIOR	M	18/07/1991	
42	335	31:49	BARREIRO AÑÓN Adrián	PROMESA - SENIOR	M	29/03/1982	
43	386	31:52	VARELA GARCIA Javier	PROMESA - SENIOR	M	03/03/1987	
44	379	31:58	REMUIÑÁN HERRERA Marcial	PROMESA - SENIOR	M	20/03/1986	
45	342	32:22	DOMATO VERDÍA Juan Carlos	PROMESA - SENIOR	M	04/09/1982	ESQULTURE RUNNING CARBALLO
46	395	32:27	PEREIRA ÁLVAREZ Rubén	PROMESA - SENIOR	M	17/05/1989	
47	370	32:27	RODRÍGUEZ LISTA Alberto	PROMESA - SENIOR	M	20/12/1984	A.D DOWNHILL - LARACHA
48	328	32:40	ABELENDA TRIGO Jorge Luis	PROMESA - SENIOR	M	06/04/1981	

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
49	391	32:40	PARDIÑAS GONZÁLEZ Marcos	PROMESA - SENIOR	M	24/03/1988	LEONES RUNNING TEAM
50	359	32:44	ALVAREZ RODRIGUEZ Alejandro	PROMESA - SENIOR	M	18/03/1984	
51	332	32:59	PONTE GARCÍA Nicolas	PROMESA - SENIOR	M	29/10/1981	
52	314	33:31	ESPIÑEIRA ESMORIS Jose Angel	PROMESA - SENIOR	M	05/02/1980	A.D. FOGAR
53	351	33:37	POSE MATO César	PROMESA - SENIOR	M	07/07/1983	
54	343	33:54	TASENDE CANCELA Manu	PROMESA - SENIOR	M	11/09/1982	
55	369	34:04	VARELA FUENTES Alejandro	PROMESA - SENIOR	M	30/11/1984	ATHLETIC CORUÑA HOCKEY CLUB
56	409	34:33	RAMA ÁLVAREZ Samuel	PROMESA - SENIOR	M	10/07/1993	
57	346	35:41	RODRIGUEZ SUAREZ Juan Antonio	PROMESA - SENIOR	M	11/01/1983	
58	352	35:46	GARCIA SANCHEZ Emilio	PROMESA - SENIOR	M	07/11/1983	BARCELONA ATLETISME CLUB
59	399	35:49	LEMA NANTON Ivan	PROMESA - SENIOR	M	03/04/1991	
60	329	36:02	SÁNCHEZ NOVO Angel	PROMESA - SENIOR	M	14/05/1981	
61	361	36:17	SILVERA CARDEZO Martín Andrés	PROMESA - SENIOR	M	19/04/1984	
62	387	36:17	QUINTANA CONTI Federico Gabriel	PROMESA - SENIOR	M	14/04/1987	
63	325	36:35	EIRÍS BARCA Antonio	PROMESA - SENIOR	M	13/02/1981	
64	381	36:51	ANTELO Víctor	PROMESA - SENIOR	M	20/08/1986	BARCELONA ATLETISME CLUB
65	394	37:19	BARREIRO GUILLAMET Jorge	PROMESA - SENIOR	M	23/03/1989	
66	320	38:31	VARELA VARELA Javier	PROMESA - SENIOR	M	31/08/1980	
67	405	39:31	CASTRO SOUTO Oliver	PROMESA - SENIOR	M	27/04/1992	

VET A - F

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	8	27:01	CASTRO VILLAVARDE Teresa	VET A	F	04/07/1968	CLUB ATLETISMO NOIA
2	31	31:16	REY DA SILVA Dolores	VET A	F	14/11/1977	CLUB ATLETISMO MILLARAIO
3	26	32:11	VÁZQUEZ SUÁREZ ángeles	VET A	F	04/10/1975	NOITEBRA
4	25	32:57	ORGEIRA REY Maria Del Pilar	VET A	F	10/07/1975	ATLETICA A SILVA
5	32	33:58	DELGADO REGUEIRA Estefanía	VET A	F	11/03/1978	
6	12	34:12	CASAL LLORENTE Carmen	VET A	F	26/02/1971	
7	29	35:01	MANTIÑAN PAREDES Maria	VET A	F	17/07/1977	
8	30	35:16	NÚÑEZ NAVEIRA Laura	VET A	F	01/11/1977	
9	19	35:47	LOUREDA RILO Mónica	VET A	F	02/10/1972	
10	11	36:02	CANEDO AÑON Rosana	VET A	F	29/06/1969	
11	13	36:31	RODRÍGUEZ GARCÍA Luz	VET A	F	08/04/1971	
12	22	36:36	PARDO LEIS María	VET A	F	01/04/1974	
13	16	36:51	GARCIA RODRIGUEZ Isabel	VET A	F	09/03/1972	
14	15	38:49	CASTRO VILLAVARDE Julia	VET A	F	22/10/1971	
15	21	40:22	LÓPEZ DE LA VEGA Teresa	VET A	F	04/11/1973	
16	38	40:45	VARELA BARDANCA Silvia	VET A	F	05/11/1979	
17	17	41:00	DEL OLMO IZQUIERDO Nuria	VET A	F	03/07/1972	
18	36	41:00	FARIÑA Balsa Sandra	VET A	F	03/04/1979	NO SPORT LIMIT
19	14	45:02	GÓMEZ CERQUEIRO María Rosa	VET A	F	08/09/1971	
20	24	46:14	QUINTELA RAMOS Ana	VET A	F	27/07/1974	MADURIÑ@S BTT (COSTA DA MORT
21	23	46:14	VARELA VALIÑO Conchi	VET A	F	18/07/1974	MADURIÑ@S BTT (COSTA DA MORT
22	9	46:19	LAMAS SENRA Silvia	VET A	F	04/04/1969	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
1	188	22:28	PEREZ LOPEZ Manuel Oliver	VET A	M	29/05/1971	CLUB ATLETISMO CORUÑA COMAR
2	216	22:43	SEOANE PUGA Javier	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
3	210	23:06	MACEIRAS LAGO Angel	VET A	M	27/06/1973	CLUB ATLETISMO SAR
4	295	23:28	VAZQUEZ AGRA Cesar	VET A	M	05/12/1978	ATLETISMO MILLADOIRO
5	263	24:04	LORENZO SANTOS Constante	VET A	M	18/07/1977	C.D. OS MUDITOS
6	219	24:21	RAMOS FERROL Arturo	VET A	M	26/11/1973	ATLETISMO MILLADOIRO
7	237	24:23	COUSILLAS DIEGUEZ Victor	VET A	M	03/11/1975	AD.JARNACHAS
8	296	24:40	BARALLOBRE PANTIN Jacobo	VET A	M	13/12/1978	
9	282	25:10	RAMOS BANEIRA David	VET A	M	29/03/1978	
10	164	25:40	MALPICA GONTAD Luis	VET A	M	11/05/1968	
11	150	25:50	RÍO INSUA José	VET A	M	19/12/1965	
12	217	26:06	SEOANE PUGA Enrique	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
13	191	26:28	SANTOS LORENZO Enrique	VET A	M	17/10/1971	C.D. OS MUDITOS
14	236	26:29	LÓPEZ JÁCOME Alvaro	VET A	M	24/09/1975	
15	279	26:32	LOSADA PÉREZ José	VET A	M	07/03/1978	
16	312	26:37	EIRÍS BARCA Alejandro	VET A	M	06/11/1979	C.D. OS MUDITOS
17	303	26:42	ARES CHAO Sergio	VET A	M	11/05/1979	
18	253	26:43	LEMA PÉREZ Victor Daniel	VET A	M	21/11/1976	C.D. OS MUDITOS
19	307	26:47	VAZQUEZ ESMORIS Pablo	VET A	M	17/07/1979	
20	277	26:52	SEÑARÍS PARDO Jose Antonio	VET A	M	13/02/1978	C.D. OS MUDITOS
21	174	26:52	GARCIA PARDO Marcos	VET A	M	27/11/1969	
22	157	27:09	BELLO GOMEZ Marcelo	VET A	M	03/05/1967	EGOVARROS DE VIVEIRO
23	166	27:11	GONZALEZ LAGO Pedro Pacho	VET A	M	19/11/1968	
24	235	27:13	GARCIA GARCIA Angel	VET A	M	10/09/1975	CLUBE DE ATLETISMO VERXEL NU
25	305	27:18	TASENDE GENDE Victor Mauel	VET A	M	29/06/1979	
26	278	27:21	VALES LÓPEZ Roberto Carlos	VET A	M	01/03/1978	CLUB ATLETISMO CORUÑA COMAR
27	256	27:22	VARELA GARCIA Javier	VET A	M	20/01/1977	
28	190	27:28	DEL RIO NOYA Jose Manuel	VET A	M	28/09/1971	
29	211	27:32	MIRA PÉREZ Pablo	VET A	M	29/07/1973	
30	284	27:35	CARRACEDO REGUEIRA óscar	VET A	M	10/05/1978	
31	197	27:38	JUVIÑO PREGO Angel	VET A	M	27/05/1972	DREAM TEAM
32	276	27:38	CASÁS CASÁS José Manuel	VET A	M	06/02/1978	
33	177	27:42	PENA NÚÑEZ Jesús Manuel	VET A	M	25/01/1970	ATLETISMO CARBALLO
34	231	27:42	CARREIRA GARCIA Miguel Angel	VET A	M	20/04/1975	
35	178	27:43	VAZQUEZ RAMOS Manuel	VET A	M	30/01/1970	A FUME DE CAROZO
36	311	27:50	SEOANE COLLAZO Juan Manuel	VET A	M	29/10/1979	CLUB CICLISTA CARBALLO
37	201	28:02	PEÑARANDA MENDOZA Jhon Jairo	VET A	M	10/10/1972	
38	313	28:07	GONZALEZ BLANCO Pablo	VET A	M	06/12/1979	
39	301	28:16	MARTIN LEMA Carlos	VET A	M	27/03/1979	
40	167	28:23	DOMINGUEZ REY Manuel	VET A	M	11/02/1969	
41	204	28:24	GARCIA REGUEIRO Jose Maria	VET A	M	29/01/1973	
42	288	28:26	COUTO COSTA Francisco Javier	VET A	M	14/07/1978	
43	207	28:36	PRESEDO MARTINEZ Suso	VET A	M	05/04/1973	
44	149	28:46	MAYO CAAMAÑO José Antonio	VET A	M	24/10/1965	
45	275	28:50	VARELA VERDES Jose	VET A	M	21/01/1978	
46	183	29:02	MARTÍNEZ DEL RIO Rubén	VET A	M	30/10/1970	
47	198	29:06	PARDIÑO BUSTO Jose Fernando	VET A	M	23/07/1972	
48	180	29:09	DEL BUSTO GONZÁLEZ Francisco	VET A	M	02/09/1970	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
49	266	29:19	GARCIA PENA Rafael	VET A	M	10/09/1977	
50	269	29:22	SÁNCHEZ LÓPEZ Alberto	VET A	M	18/09/1977	
51	171	29:24	MARTÍNEZ POMBO José Laureano	VET A	M	03/10/1969	
52	265	29:29	PARDO REY Oscar	VET A	M	19/08/1977	
53	241	29:32	ALVAREZ PATIÑO Marcos	VET A	M	18/11/1975	
54	146	29:43	RAMA RODRIGUEZ Enrique Jorge	VET A	M	15/07/1965	
55	223	29:48	RODRIGUEZ GARRIDO David	VET A	M	28/03/1974	
56	228	29:51	EIRÍS ESPAÑA Carlos	VET A	M	27/09/1974	
57	232	29:56	ORDOÑEZ Marcos	VET A	M	24/04/1975	CLUB ATLETISMO CORUÑA COMAR
58	186	29:59	GONZÁLEZ GARCÍA Emilio	VET A	M	09/02/1971	C.D. OS MUDITOS
59	226	30:17	CASTRO RODRÍGUEZ Carlos	VET A	M	19/08/1974	NOSPORTLIMIT
60	261	30:27	LAGO NEIRA Enrique	VET A	M	10/04/1977	CLUB ATLETISMO EL PATIO
61	161	30:36	RAMOS RODRIGUEZ Suso	VET A	M	28/02/1968	A.D. DOWNHILL LARACHA
62	156	30:40	REMUIÑÁN SÁNCHEZ Alfonso	VET A	M	22/01/1967	ATLETISMO CARBALLO
63	234	30:54	RAMOS LAMAS Juan Manuel	VET A	M	21/08/1975	
64	243	30:57	AMADO RODRIGUEZ Manuel	VET A	M	02/02/1976	C.D. OS MUDITOS
65	260	30:59	POMBO REY Fabian	VET A	M	29/03/1977	C.D. OS MUDITOS
66	227	31:01	CONDE LÓPEZ Víctor Hugo	VET A	M	31/08/1974	
67	160	31:06	QUINTELA JULIÁN José Luis	VET A	M	15/01/1968	
68	154	31:09	DARRIBA GONZÁLEZ Jose Manuel	VET A	M	07/01/1971	TRASNOS CORUÑA
69	287	31:18	VARELA LISTA Juan Jose	VET A	M	13/07/1978	
70	209	31:57	PEREIRA NAVAZA Jose Ignacio	VET A	M	08/06/1973	
71	218	32:11	QUINTELA GARCIA Miguel	VET A	M	26/10/1973	MADURIÑOS BTT
72	202	32:11	GARCÍA HERNANZ Juanra	VET A	M	01/11/1972	A.D FOGAR CARBALLO-OLEIROS
73	195	32:17	SÁNCHEZ LÓPEZ Jose Antonio	VET A	M	27/01/1972	
74	153	32:24	VIÑUELAS AGRA Gregorio Jose	VET A	M	17/08/1966	TRASNOS CORUÑA
75	179	32:25	PENA CARRIL Enrique Fernando	VET A	M	16/08/1970	
76	302	32:28	BOLON BARGO Toni	VET A	M	22/04/1979	A.D. DOWNHILL LARACHA
77	229	32:41	OUTEIRAL CASAL Jesus Verisimo	VET A	M	27/11/1974	CROSSCAÑAS
78	271	32:43	PARADELA MARTICO Javier	VET A	M	25/09/1977	NO TENGO
79	286	32:47	IGLESIAS PIÑEIRO Alberto	VET A	M	22/06/1978	
80	199	32:50	DAVIÑA ASTRAY Fernando Luis	VET A	M	08/08/1972	
81	267	32:55	REY VÁZQUEZ Roberto	VET A	M	17/09/1977	MEDIA DUCEA
82	224	33:12	MIGUENS VAZQUEZ Angel Manuel	VET A	M	07/08/1974	
83	147	33:15	CAMBÓN ARCEO Xosé Manuel	VET A	M	02/09/1965	ADC BOMBEIROS A CORUÑA
84	310	33:30	VILLAR VILLAR David	VET A	M	03/10/1979	
85	205	33:42	CHAO GARCIA Xabier	VET A	M	20/02/1973	ATLETISMO CARBALLO
86	200	33:50	CIUDAD CENDÁN Daniel	VET A	M	26/08/1972	PATUKOS TIM RANIN
87	285	33:51	RAMOS VÁZQUEZ Jorge	VET A	M	30/05/1978	
88	238	34:02	GOMEZ DÍAZ Jorge J.	VET A	M	06/11/1975	
89	165	34:15	POZO CUEVAS Federico	VET A	M	23/09/1968	
90	159	34:16	FIGUEROA SUÁREZ Roberto	VET A	M	06/08/1967	
91	181	34:27	IGLESIAS MARIÑO Jesús Manuel	VET A	M	19/10/1970	
92	290	34:30	VILLAR CANCELA José Manuel	VET A	M	23/08/1978	
93	233	34:37	NUÑEZ CARBALLO Jesús David	VET A	M	08/07/1975	
94	220	35:02	DÍAZ VARELA Miguel	VET A	M	07/12/1973	
95	251	35:03	LAMAS BELLO Juan M.	VET A	M	19/08/1976	
96	304	35:04	BUENDIA GONZALEZ Carlos	VET A	M	17/05/1979	

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
97	293	35:05	ALVAREZ TABOADA Victor	VET A	M	28/11/1978	
98	214	35:23	MIGUENS VAZQUEZ Miguel	VET A	M	31/08/1973	
99	254	35:53	PUENTE AÑON Jose Ramon	VET A	M	10/12/1976	
100	163	36:21	TRILLO CARLÍN José Fernando	VET A	M	11/04/1968	
101	162	36:28	LÓPEZ PARDO José Antonio	VET A	M	24/03/1968	
102	270	36:31	VIÑA David	VET A	M	23/09/1977	
103	281	36:32	MARTÍNEZ FERNANDEZ Antonio	VET A	M	25/03/1978	ATLETISMO FONTES DO SAR
104	212	36:41	PONTE TATO Oscar	VET A	M	21/08/1973	
105	221	36:52	ESMORIS AMADO Victor	VET A	M	27/12/1973	
106	283	37:17	RAPOSO MERA David	VET A	M	09/05/1978	
107	308	37:35	FACAL FRAGA Paulo	VET A	M	22/08/1979	
108	289	37:38	CALDAS MOSQUERA Alberto M.	VET A	M	03/08/1978	
109	300	38:31	TAIBO REY Carlos	VET A	M	22/03/1979	
110	272	38:31	PERISCAL REY Marcos	VET A	M	10/11/1977	A.D.MEDIADUCIA
111	292	38:32	ESMORIS ESMORIS Marcelino	VET A	M	18/11/1978	
112	306	39:03	VARELA VARELA Carlos	VET A	M	11/07/1979	A.D DOWNHILL LARACHA
113	249	39:36	REGALADO URBINA Carlos	VET A	M	27/07/1976	
114	252	40:22	LÓPEZ GONZÁLEZ Diego	VET A	M	10/09/1976	
115	297	43:06	DÍAZ MOLK Marcos	VET A	M	26/01/1979	

VET B - F

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	1	35:33	VEIGA BERMEJO Araceli	VET B	F	18/03/1956	
2	2	41:37	CASAS PÉREZ Carmen	VET B	F	19/02/1959	CLUB ATLETISMO SADA

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	136	24:02	SUAREZ LEIS Jose	VET B	M	23/12/1963	CLUB ATLETISMO BOIMORTO
2	122	25:44	MARTÍNEZ GARCÍA José Antonio	VET B	M	26/02/1961	CLUB ATLETISMO SADA
3	138	26:54	BERGONDO BRANDARIZ Juan Carl	VET B	M	28/01/1964	
4	116	27:57	CASTRO CUERVO Ramón	VET B	M	21/08/1959	
5	141	28:03	MEDINA JIMÉNEZ Emilio	VET B	M	28/08/1964	
6	132	28:25	RIVAS ROMERO Juan Antonio	VET B	M	16/05/1963	
7	143	29:02	VAZQUEZ OREJAS Javier Angel	VET B	M	24/11/1964	
8	108	29:09	ALVAREZ IGLESIAS Domingo	VET B	M	26/08/1951	INDEPENDIENTE
9	134	29:37	REMUIÑÁN SÁNCHEZ Carlos	VET B	M	21/07/1963	ATLETISMO CARBALLO
10	140	30:10	EIRIS PONTE Jesus	VET B	M	01/07/1964	MEDIA DUCEA
11	133	30:24	MENENDEZ ARBESU Juan	VET B	M	29/05/1963	EGOVARROS DE VIVEIRO
12	119	30:42	FERREIRA VARELA Manuel	VET B	M	10/05/1960	CLUB ATLETISMO SADA
13	145	31:39	AMARELLE DOLDAN Jose Antonio	VET B	M	27/12/1964	
14	126	31:41	RODRÍGUEZ VÁZQUEZ Fernando	VET B	M	20/02/1962	A FUME DE CAROZO-ALFA FISIOTER
15	107	32:03	REMUIÑÁN SÁNCHEZ Antonio	VET B	M	21/07/1950	ATLETISMO CARBALLO
16	125	32:13	SOUTO REGO Antonio	VET B	M	20/09/1961	CLUB ATLETISMO LUCUS CAIXA RU
17	113	32:40	OUTES PAZ Manuel	VET B	M	02/12/1956	
18	137	32:44	FUENTES BERMEJO Francisco	VET B	M	18/01/1964	LEONES RUNNING TEAM
19	142	32:48	FERNANDEZ FRAGA Javier	VET B	M	21/09/1964	
20	120	33:17	ALVAREZ VIDAL Jose Luis	VET B	M	24/09/1960	
21	117	33:28	LEMA MOUZO Gumersindo	VET B	M	26/08/1959	
22	124	36:32	NÚÑEZ MÉNDEZ Juan Ignacio	VET B	M	07/06/1961	
23	115	38:35	VALDÉS LÓPEZ Carlos	VET B	M	04/02/1958	
24	106	39:23	CALVO VARELA Cándido	VET B	M	23/05/1948	ATLETISMO FONTES DO SAR
25	104	41:16	PARDO SEOANE Emilio	VET B	M	06/12/1942	
26	109	41:37	MÉNDEZ GÓMEZ Florentino	VET B	M	08/07/1952	
27	105	42:27	CIUDAD PEREIRA Antonio	VET B	M	25/01/1945	PATUKOS TIM RANIN

27 DE DECEMBRO 2014

Manga 1

INFANTIL CADETE

INF-CAD

Rank	Num	Time	Gap	NOME	CATGORIA	SEXO	ANO	Club
1	433	6:40	0	RAMOS REY Arturo	CADETE	M	05/05/2000	CLUB ATLETISMO MILLARAIO
2	436	7:19	+39	RODRIGUEZ CASTRO Javier	CADETE	M	15/03/2001	ASOCIACION DEPORTIVA OLIMPIA
3	441	7:35	+55	JOPIA ASTRAY Iago	INFANTIL	M	10/10/2002	ATLETISMO RIAZOR CORUÑA
4	435	7:41	+1:01	PEREIRA RODRIGUEZ Pedro	CADETE	M	02/01/2001	ATLETISMO CARBALLO
5	79	8:13	+1:33	GARCIA VAZQUEZ Ana	CADETE	F	04/04/2001	ATLETISMO CARBALLO
6	446	8:23	+1:43	PEREIRA RODRIGUEZ Juan	INFANTIL	M	20/07/2003	ATLETISMO CARBALLO
7	78	8:25	+1:45	CARREIRA SANTABAYA Elena	CADETE	F	04/01/2001	ASOCIACION DEPORTIVA OLIMPIA
8	445	8:31	+1:51	FERREIRA MELÉNDREZ Alejandro	INFANTIL	M	17/07/2003	CLUB ATLETISMO SADA
9	432	8:36	+1:56	FIGUEROA CARRIL óscar	CADETE	M	19/04/2000	
10	86	8:41	+2:01	VILAS MARTÍNEZ Marta	INFANTIL	F	25/10/2002	ATLETISMO RIAZOR CORUÑA
11	434	8:45	+2:05	VERDES COLLAZO Manuel	CADETE	M	14/10/2000	AD .FOGAR
12	83	9:06	+2:26	GOMEZ ALVAREZ Valeria	INFANTIL	F	06/05/2002	ATLETISMO CARBALLO
13	82	9:15	+2:35	SEOANE LOUREDA Lucía	INFANTIL	F	20/01/2002	CLUB ATLETISMO SADA
14	81	9:40	+3:00	FERREIRA MELENDREZ Marta	CADETE	F	12/11/2001	CLUB ATLETISMO SADA
15	84	10:04	+3:24	MEDINA CARRIL Alicia	INFANTIL	F	10/07/2002	

CADETE - F

Rank	Num	Time	Gap	NOME	CATGORIA	SEXO	ANO	Club
1	79	8:13	0	GARCIA VAZQUEZ Ana	CADETE	F	04/04/2001	ATLETISMO CARBALLO
2	78	8:25	+12	CARREIRA SANTABAYA Elena	CADETE	F	04/01/2001	ASOCIACION DEPORTIVA OLIMPIA
3	81	9:40	+1:27	FERREIRA MELENDREZ Marta	CADETE	F	12/11/2001	CLUB ATLETISMO SADA

CADETE - M

Rank	Num	Time	Gap	NOME	CATGORIA	SEXO	ANO	Club
1	433	6:40	0	RAMOS REY Arturo	CADETE	M	05/05/2000	CLUB ATLETISMO MILLARAIO
2	436	7:19	+39	RODRIGUEZ CASTRO Javier	CADETE	M	15/03/2001	ASOCIACION DEPORTIVA OLIMPIA
3	435	7:41	+1:01	PEREIRA RODRIGUEZ Pedro	CADETE	M	02/01/2001	ATLETISMO CARBALLO
4	432	8:36	+1:56	FIGUEROA CARRIL óscar	CADETE	M	19/04/2000	
5	434	8:45	+2:05	VERDES COLLAZO Manuel	CADETE	M	14/10/2000	AD .FOGAR

INFANTIL - F

Rank	Num	Time	Gap	NOME	CATGORIA	SEXO	ANO	Club
1	86	8:41	0	VILAS MARTÍNEZ Marta	INFANTIL	F	25/10/2002	ATLETISMO RIAZOR CORUÑA
2	83	9:06	+25	GOMEZ ALVAREZ Valeria	INFANTIL	F	06/05/2002	ATLETISMO CARBALLO
3	82	9:15	+34	SEOANE LOUREDA Lucía	INFANTIL	F	20/01/2002	CLUB ATLETISMO SADA
4	84	10:04	+1:23	MEDINA CARRIL Alicia	INFANTIL	F	10/07/2002	

Manga 1

XERAL

Rank	Num	Time	NOME	CATGORIA	SEX	ANO	Club
1	403	22:23	MUIÑO VARELA Cristian	PROMESA - SENIOR	M	22/09/1991	C.D. OS MUDITOS
2	188	22:28	PEREZ LOPEZ Manuel Oliver	VET A	M	29/05/1971	CLUB ATLETISMO CORUÑA COMAR
3	216	22:43	SEOANE PUGA Javier	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
4	210	23:06	MACEIRAS LAGO Angel	VET A	M	27/06/1973	CLUB ATLETISMO SAR
5	388	23:11	GESTO LAGO Jacobo	PROMESA - SENIOR	M	02/07/1987	MARINEDA ATLETICO
6	295	23:28	VAZQUEZ AGRA Cesar	VET A	M	05/12/1978	ATLETISMO MILLADOIRO
7	364	23:32	DÍAZ CERVIÑO Oscar	PROMESA - SENIOR	M	18/06/1984	A.D. JARNACHAS
8	372	23:48	RUIZ BREIJO Diego	PROMESA - SENIOR	M	07/06/1985	C.D. SAN PAIO A ESTRADA
9	136	24:02	SUAREZ LEIS Jose	VET B	M	23/12/1963	CLUB ATLETISMO BOIMORTO
10	263	24:04	LORENZO SANTOS Constante	VET A	M	18/07/1977	C.D. OS MUDITOS
11	423	24:19	PARDO BELLO Alejandro	JUVENIL - JUNIOR	M	29/06/1998	AD.FOGAR
12	219	24:21	RAMOS FERROL Arturo	VET A	M	26/11/1973	ATLETISMO MILLADOIRO
13	237	24:23	COUSILLAS DIEGUEZ Victor	VET A	M	03/11/1975	AD.JARNACHAS
14	421	24:38	SOUTO RAMOS Víctor	JUVENIL - JUNIOR	M	16/01/1998	A D FOGAR
15	296	24:40	BARALLOBRE PANTIN Jacobo	VET A	M	13/12/1978	
16	418	24:45	BARREIRA VARELA Pablo	JUVENIL - JUNIOR	M	16/03/1997	ATLETISMO RIAZOR CORUÑA
17	373	24:47	GONZÁLEZ HORTA Eloy	PROMESA - SENIOR	M	12/06/1985	ARTROGAL TRI 498
18	393	24:57	RODRÍGUEZ CAMBÓN Adrián	PROMESA - SENIOR	M	20/11/1988	A.D. DOWNHILL LARACHA
19	338	25:02	CERQUEIRO BARREIRO Victor Man	PROMESA - SENIOR	M	19/05/1982	
20	282	25:10	RAMOS BANEIRA David	VET A	M	29/03/1978	
21	164	25:40	MALPICA GONTAD Luis	VET A	M	11/05/1968	
22	430	25:42	INSUA REGUEIRA Brais	JUVENIL - JUNIOR	M	04/09/1999	CLUB ATLETISMO NOIA
23	122	25:44	MARTÍNEZ GARCÍA José Antonio	VET B	M	26/02/1961	CLUB ATLETISMO SADA
24	150	25:50	RÍO INSUA José	VET A	M	19/12/1965	
25	375	25:55	CASAS BELLO Fernando	PROMESA - SENIOR	M	05/09/1985	
26	431	25:58	SOUTO PRIETO Antonio	JUVENIL - JUNIOR	M	18/10/1999	CLUB ATLETISMO LUCUS CAIXA RU
27	392	26:02	SANTIAGO MARIÑO David	PROMESA - SENIOR	M	04/09/1988	
28	401	26:05	DOMINGUEZ MANTEIGA Bernardo	PROMESA - SENIOR	M	26/06/1991	
29	217	26:06	SEOANE PUGA Enrique	VET A	M	23/09/1973	ADC BOMBEIROS A CORUÑA
30	322	26:11	PEÑA ALVAREZ Marcos	PROMESA - SENIOR	M	20/09/1980	
31	191	26:28	SANTOS LORENZO Enrique	VET A	M	17/10/1971	C.D. OS MUDITOS
32	333	26:28	PARDO REY Mario	PROMESA - SENIOR	M	25/11/1981	A.D DOWNHILL LARACHA
33	236	26:29	LÓPEZ JÁCOME Alvaro	VET A	M	24/09/1975	
34	279	26:32	LOSADA PÉREZ José	VET A	M	07/03/1978	
35	312	26:37	EIRÍS BARCA Alejandro	VET A	M	06/11/1979	C.D. OS MUDITOS
36	355	26:40	MÉNDEZ CASAS Rodrigo	PROMESA - SENIOR	M	09/01/1984	CLUB ATLETISMO CORUÑA COMAR
37	303	26:42	ARES CHAO Sergio	VET A	M	11/05/1979	
38	253	26:43	LEMA PÉREZ Victor Daniel	VET A	M	21/11/1976	C.D. OS MUDITOS
39	350	26:44	AMARELLE Manuel	PROMESA - SENIOR	M	03/06/1983	
40	307	26:47	VAZQUEZ ESMORIS Pablo	VET A	M	17/07/1979	
41	277	26:52	SEÑARÍS PARDO Jose Antonio	VET A	M	13/02/1978	C.D. OS MUDITOS
42	174	26:52	GARCIA PARDO Marcos	VET A	M	27/11/1969	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
43	138	26:54	BERGONDO BRANDARIZ Juan Carl	VET B	M	28/01/1964	
44	8	27:01	CASTRO VILLAVERDE Teresa	VET A	F	04/07/1968	CLUB ATLETISMO NOIA
45	157	27:09	BELLO GOMEZ Marcelo	VET A	M	03/05/1967	EGOVARROS DE VIVEIRO
46	383	27:11	LEMA MARTINEZ Cristian	PROMESA - SENIOR	M	18/12/1986	
47	166	27:11	GONZALEZ LAGO Pedro Pacho	VET A	M	19/11/1968	
48	374	27:11	FRAGA VIAÑO Alvaro	PROMESA - SENIOR	M	31/08/1985	
49	235	27:13	GARCIA GARCIA Angel	VET A	M	10/09/1975	CLUBE DE ATLETISMO VERXEL NU
50	40	27:14	MAYO CAAMAÑO Marinela	PROMESA - SENIOR	F	10/01/1980	CLUB ATLETISMO SAR
51	305	27:18	TASENDE GENDE Víctor Mauel	VET A	M	29/06/1979	
52	278	27:21	VALES LÓPEZ Roberto Carlos	VET A	M	01/03/1978	CLUB ATLETISMO CORUÑA COMAR
53	256	27:22	VARELA GARCIA Javier	VET A	M	20/01/1977	
54	190	27:28	DEL RIO NOYA Jose Manuel	VET A	M	28/09/1971	
55	211	27:32	MIRA PÉREZ Pablo	VET A	M	29/07/1973	
56	284	27:35	CARRACEDO REGUEIRA óscar	VET A	M	10/05/1978	
57	197	27:38	JUVIÑO PREGO Angel	VET A	M	27/05/1972	DREAM TEAM
58	276	27:38	CASÁS CASÁS José Manuel	VET A	M	06/02/1978	
59	177	27:42	PENA NÚÑEZ Jesús Manuel	VET A	M	25/01/1970	ATLETISMO CARBALLO
60	231	27:42	CARREIRA GARCIA Miguel Angel	VET A	M	20/04/1975	
61	178	27:43	VAZQUEZ RAMOS Manuel	VET A	M	30/01/1970	A FUME DE CAROZO
62	410	27:46	REY AMARELLE Miguel ángel	PROMESA - SENIOR	M	09/12/1993	CLUB ATLETISMO NOIA
63	311	27:50	SEOANE COLLAZO Juan Manuel	VET A	M	29/10/1979	CLUB CICLISTA CARBALLO
64	116	27:57	CASTRO CUERVO Ramón	VET B	M	21/08/1959	
65	77	27:57	SUAREZ CRESPO Lucía	JUVENIL - JUNIOR	F	01/11/1999	CLUB ATLETISMO NOIA
66	201	28:02	PEÑARANDA MENDOZA Jhon Jairo	VET A	M	10/10/1972	
67	141	28:03	MEDINA JIMÉNEZ Emilio	VET B	M	28/08/1964	
68	321	28:06	URES SOUTO Efren	PROMESA - SENIOR	M	18/09/1980	C.D. OS MUDITOS
69	313	28:07	GONZALEZ BLANCO Pablo	VET A	M	06/12/1979	
70	377	28:14	RODRIGUEZ PALLAS Marcos	PROMESA - SENIOR	M	13/01/1986	
71	301	28:16	MARTIN LEMA Carlos	VET A	M	27/03/1979	
72	382	28:18	PENSADO TASENDE David	PROMESA - SENIOR	M	16/10/1986	
73	167	28:23	DOMINGUEZ REY Manuel	VET A	M	11/02/1969	
74	204	28:24	GARCIA REGUEIRO Jose Maria	VET A	M	29/01/1973	
75	132	28:25	RIVAS ROMERO Juan Antonio	VET B	M	16/05/1963	
76	288	28:26	COUTO COSTA Francisco Javier	VET A	M	14/07/1978	
77	337	28:33	BLANCO VÁZQUEZ ángel	PROMESA - SENIOR	M	18/05/1982	
78	207	28:36	PRESEDO MARTINEZ Suso	VET A	M	05/04/1973	
79	149	28:46	MAYO CAAMAÑO José Antonio	VET A	M	24/10/1965	
80	275	28:50	VARELA VERDES Jose	VET A	M	21/01/1978	
81	411	28:53	GARCÍA ROMERO Jose Manuel	PROMESA - SENIOR	M	05/01/1994	
82	327	28:54	DA SILVA BRANDÃO Zeus Enmanuel	PROMESA - SENIOR	M	26/03/1981	
83	62	28:57	LAFUENTE VARELA Vanessa	PROMESA - SENIOR	F	22/12/1986	
84	143	29:02	VAZQUEZ OREJAS Javier Angel	VET B	M	24/11/1964	
85	183	29:02	MARTÍNEZ DEL RIO Rubén	VET A	M	30/10/1970	
86	330	29:05	ÁLVAREZ DOALLO Jose F.	PROMESA - SENIOR	M	01/06/1981	
87	198	29:06	PARDIÑO BUSTO Jose Fernando	VET A	M	23/07/1972	
88	180	29:09	DEL BUSTO GONZÁLEZ Francisco	VET A	M	02/09/1970	
89	108	29:09	ALVAREZ IGLESIAS Domingo	VET B	M	26/08/1951	INDEPENDIENTE
90	266	29:19	GARCIA PENA Rafael	VET A	M	10/09/1977	

Rank	Num	Time	NOME	CATEGORIA	SEX	ANO	Club
91	412	29:22	CIVES BARBEIRA Noel	PROMESA - SENIOR	M	23/11/1995	CLUB ATLETISMO NEGREIRA
92	269	29:22	SÁNCHEZ LÓPEZ Alberto	VET A	M	18/09/1977	
93	171	29:24	MARTÍNEZ POMBO José Laureano	VET A	M	03/10/1969	
94	315	29:27	LAMAS VALEIJE Roi	PROMESA - SENIOR	M	24/03/1980	
95	265	29:29	PARDO REY Oscar	VET A	M	19/08/1977	
96	323	29:32	FERREIRO CANCELA Diego	PROMESA - SENIOR	M	25/09/1980	ATLETISMO CARBALLO
97	241	29:32	ALVAREZ PATIÑO Marcos	VET A	M	18/11/1975	
98	134	29:37	REMUIÑÁN SÁNCHEZ Carlos	VET B	M	21/07/1963	
99	146	29:43	RAMA RODRIGUEZ Enrique Jorge	VET A	M	15/07/1965	
100	223	29:48	RODRIGUEZ GARRIDO David	VET A	M	28/03/1974	
101	228	29:51	EIRÍS ESPAÑA Carlos	VET A	M	27/09/1974	CLUB ATLETISMO CORUÑA COMAR
102	324	29:53	VAZQUEZ CALVO Oscar	PROMESA - SENIOR	M	27/10/1980	
103	232	29:56	ORDOÑEZ Marcos	VET A	M	24/04/1975	
104	413	29:59	ANTELO NOYA David	JUVENIL - JUNIOR	M	21/04/1996	
105	186	29:59	GONZÁLEZ GARCÍA Emilio	VET A	M	09/02/1971	
106	390	30:06	LEMA NANTON Víctor	PROMESA - SENIOR	M	04/12/1987	C.D. OS MUDITOS
107	380	30:09	A. ROQUE Adán	PROMESA - SENIOR	M	19/04/1986	DESERTORES DEL CRONO
108	140	30:10	EIRIS PONTE Jesus	VET B	M	01/07/1964	MEDIA DUCEA
109	226	30:17	CASTRO RODRÍGUEZ Carlos	VET A	M	19/08/1974	NOSPORTLIMIT
110	427	30:19	ANGÜES ROGRÍGUEZ Alberto	JUVENIL - JUNIOR	M	08/03/1999	EGOVARROS DE VIVEIRO
111	133	30:24	MENENDEZ ARBESU Juan	VET B	M	29/05/1963	
112	358	30:24	BUJAN LOURIDO Sergio	PROMESA - SENIOR	M	12/02/1984	
113	261	30:27	LAGO NEIRA Enrique	VET A	M	10/04/1977	
114	75	30:29	SEOANE LOUREDA Ruth	JUVENIL - JUNIOR	F	04/08/1996	
115	326	30:30	GARCIA GOMEZ Sergio	PROMESA - SENIOR	M	15/02/1981	CLUB ATLETISMO EL PATIO
116	161	30:36	RAMOS RODRIGUEZ Suso	VET A	M	28/02/1968	CLUB ATLETISMO SADA
117	156	30:40	REMUIÑÁN SÁNCHEZ Alfonso	VET A	M	22/01/1967	A.D. DOWNHILL LARACHA
118	119	30:42	FERREIRA VARELA Manuel	VET B	M	10/05/1960	ATLETISMO CARBALLO
119	349	30:43	PORTEIRO MILLE Javier	PROMESA - SENIOR	M	07/04/1983	CLUB ATLETISMO SADA
120	419	30:48	ABUELO SUAREZ Diego Javier	JUVENIL - JUNIOR	M	30/09/1997	A.D. DOWNHILL A LARACHA
121	348	30:50	MARTÍNEZ PENA Adrian	PROMESA - SENIOR	M	20/02/1983	C.D. OS MUDITOS
122	420	30:51	BERMÚDEZ DE LA FUENTE Cristia	JUVENIL - JUNIOR	M	15/12/1997	
123	378	30:51	MATOS COTELO Abel	PROMESA - SENIOR	M	01/02/1986	
124	234	30:54	RAMOS LAMAS Juan Manuel	VET A	M	21/08/1975	
125	243	30:57	AMADO RODRIGUEZ Manuel	VET A	M	02/02/1976	
126	260	30:59	POMBO REY Fabian	VET A	M	29/03/1977	C.D. OS MUDITOS
127	227	31:01	CONDE LÓPEZ Víctor Hugo	VET A	M	31/08/1974	CLUB ATLETISMO MILLARAIO
128	160	31:06	QUINTELA JULIÁN José Luis	VET A	M	15/01/1968	
129	344	31:08	RAMA ESTRAMIL Juan Carlos	PROMESA - SENIOR	M	01/10/1982	
130	154	31:09	DARRIBA GONZÁLEZ Jose Manuel	VET A	M	07/01/1971	
131	31	31:16	REY DA SILVA Dolores	VET A	F	14/11/1977	
132	287	31:18	VARELA LISTA Juan Jose	VET A	M	13/07/1978	A FUME DE CAROZO-ALFA FISIOTER
133	354	31:24	REY AÑÓN Sergio	PROMESA - SENIOR	M	27/12/1983	
134	366	31:26	GONZÁLEZ BLANCO José Manuel	PROMESA - SENIOR	M	05/09/1984	
135	407	31:32	RODRÍGUEZ DÍAZ Pablo	PROMESA - SENIOR	M	17/10/1992	
136	145	31:39	AMARELLE DOLDAN Jose Antonio	VET B	M	27/12/1964	
137	126	31:41	RODRÍGUEZ VÁZQUEZ Fernando	VET B	M	20/02/1962	CLUB CLICLISTA CARBALLO
138	414	31:41	RECAREY Kevin	JUVENIL - JUNIOR	M	13/07/1996	