



III CARREIRA POPULAR PRAIA DE MIÑO

09/06/2019
NA PRAIA GRANDE DE MIÑO



10KM

Posto	Dorsal	Tempo	Nome	Sexo	Categoría	P Cat	Club	Licenza
1	136	34:00	FERNÁNDEZ Jonathan	M	SENIOR	1	PASA OU ENTORNA	
2	94	35:55	ESCOLANTE BILBAO Pedro	M	MASTER 1	1		
3	120	35:56	GOMEZ CARDESIN Alvaro	M	SENIOR	2	CLUB ATLETISMO CORUÑA COMARCA	AG-2024114
4	135	37:18	MOSQUERA GONZÁLEZ Luis	M	SENIOR	3	CLUB ATLETISMO BOIMORTO	
5	85	37:31	LADO FIGUEIRAS Abel	M	MASTER 2	1	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	AG 2020651
6	34	37:42	PALOMO CAMPOS Javier	M	MASTER 3	1	CLUB ATLETISMO SADA	AG767426
7	96	37:51	MONTEAGUDO Sergio	M	MASTER 1	2	CLUB TRIATLON CORUNA	
8	111	38:02	FRESNEDO ARIAS Oscar	M	MASTER 1	3		
9	97	38:14	GÓMEZ EDREIRA Juan Carlos	M	MASTER 1	4	VG RUNNING	
10	133	38:25	PIÑEIRO GARCÍA José Efrén	M	SENIOR	4	CLUBE ATLETISMO FENE	
11	82	38:34	FERNÁNDEZ IGLESIAS Iago	M	MASTER 2	2		
12	48	38:50	CAJARAVILLE ARAUJO Héctor	M	MASTER 2	3		
13	99	39:02	GONZÁLEZ NÚÑEZ Jose Luis	M	MASTER 1	5		
14	87	39:08	BREGUA CHAS Ruben	M	MASTER 1	6	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	
15	49	39:59	CABANA PEREZ Angel	M	MASTER 2	4	INDEPENDIENTE	
16	121	40:12	SALGADO FILGUEIRA Manel	M	SENIOR	5	PASA OU ENTORNA	
17	105	40:36	RIESTRA PRENDES Ignacio	M	MASTER 1	7		
18	123	40:55	WICHY Gerard	M	SENIOR	6	ATLETISME ROSES	
19	86	41:06	SAEZ Jose	M	MASTER 1	8	CLUB CASTRO DE LOBADIZ	
20	252	41:14	DÍAZ DE LA CUESTA Pablo	M	MASTER 2	5		
21	145	41:36	COSTA RODRIGUEZ Juan Ramon	M	SENIOR	7		
22	40	41:53	GONZÁLEZ LEDO Francisco Javier	M	MASTER 2	6	RUNNING OLEIROS	AG2024183
23	103	41:54	SANDA Jose	M	MASTER 1	9	CASTROSUA TRAIL RUNNING	
24	122	42:03	MORALES BEREMO Eduardo	M	SENIOR	8	TREN NAVAL	
25	253	42:06	MARTINEZ FREIRE Luis Jose	M	MASTER 1	10		
26	8	42:07	BOUZA FREIRE Jose Luis	M	MASTER 4	1	ATLETISMO NARON	GA769411
27	90	42:09	TEIJO LÓPEZ Pablo	M	MASTER 1	11	AS VELLAS NON PARAMOS MULTIDEPORTE	
28	61	42:11	PONCE Javier	M	MASTER 2	7	CLUB DE MONTAÑA FERROL	
29	4	42:16	VILARINO MOZO Jorge	M	MASTER 4	2	CLUB CASTRO DE LOBADIZ	
30	53	42:30	GONZÁLEZ BARROS Paco	M	MASTER 2	8	INDEPENDIENTE	
31	73	42:30	CASAS CASAS José Manuel	M	MASTER 2	9		

32	89	42:38	GARCIA GARCIA Isaac	M	MASTER 1	12		
33	78	42:43	FERNÁNDEZ MARTÍNEZ Ramón	M	MASTER 2	10		
34	23	42:54	VARELA VILA Manuel	M	MASTER 3	2	CORREDORES POPULARES ARMADA FERROL	
35	56	42:56	DIZ DIAZ Manuel	M	MASTER 2	11	CLUB ATLETISMO SADA	
36	33	42:56	RIVEIRA RUANOVA Daniel	M	MASTER 3	3		
37	54	43:09	GARCIA PAZ Jose Manuel	M	MASTER 2	12		
38	157	43:11	VEIGA AMOR Daniel	M	SENIOR	9		
39	116	43:23	SENDE FERRO Esteban	M	MASTER 1	13		
40	156	43:25	BARCIA CAMPANA Abel	M	SENIOR	10		
41	52	43:52	MORENO BODEGO Ana	F	MASTER 2	1	RUNNING ALTAFIT ODEON	
42	134	43:56	FORMOSO CASTRO Jorge	M	SENIOR	11	CLUBE ATLETISMO FENE	
43	17	44:01	VARELA LÓPEZ Miguel ángel	M	MASTER 3	4	CLUB CASTRO DE LOBADIZ	
44	13	44:04	BERGONDO BRANDARIZ Juan Ca	M	MASTER 3	5	RUNNING OLEIROS	
45	22	44:07	SABIO FERNÁNDEZ Rafael	M	MASTER 3	6	INDEPENDIENTE	AG 2027863
46	91	44:19	GARCIA POUSO Rafael	M	MASTER 1	14	IMOS CON CALMA	
47	36	44:25	MARTÍNEZ DEL RIO Rubén	M	MASTER 2	13	DREAM TEAM	
48	108	44:26	CUPEIRO CAGIAO Manuel	M	MASTER 1	15		
49	107	44:48	YÁNEZ MARTÍNEZ David	M	MASTER 1	16		
50	59	45:03	VELO VARELA Perfecto	M	MASTER 2	14		
51	19	45:16	VEIGA VAZQUEZ Jesus	M	MASTER 3	7		
52	125	45:18	LÓPEZ Adrián	M	SENIOR	12		
53	93	45:22	GARCIA RIAL Francisco	M	MASTER 1	17		
54	131	45:26	LEAL DÍAZ Roberto	M	SENIOR	13	CLUBE ATLETISMO FENE	
55	21	45:31	GARCIA ÁLVAREZ Miguel ángel	M	MASTER 3	8		TGAL38
56	254	45:53	GARCIA CASTRO Juan	M	SENIOR	14		
57	70	45:54	RAMA Vanessa	F	MASTER 2	2	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	GA769253
58	146	45:57	CAGIDE LEON Daniel	M	SENIOR	15		
59	124	45:58	FREIRE LAGE Lucas	M	SENIOR	16	GALLAECIA RAID	
60	28	45:58	PEREZ SUSAVILA Angel	M	MASTER 3	9		
61	119	45:59	CARUNCHO ÁLVAREZ Jesús	M	MASTER 1	18		
62	43	46:12	SAS GOLPE José	M	MASTER 2	15	AS MARINAS BETANZOS	
63	77	46:30	PÉREZ FERREIRO Juan	M	MASTER 2	16		
64	72	46:40	SALGADO Maite	F	MASTER 2	3	CLUB TRIATLON CORUNA	
65	45	47:00	PÉREZ ABOLI Alejandro	M	MASTER 2	17		
66	154	47:04	ALFONSO MÁRQUES Noelia	F	SENIOR	1		
67	132	47:10	NAVEIRA ESPINEIRA Carlos	M	SENIOR	17		
68	153	47:18	MECIAS URBIETA Marcos	M	SENIOR	18		
69	62	47:23	BLANCO RIVERA Pablo	M	MASTER 2	18		
70	30	47:24	VAL GUERREIRO Pablo	M	MASTER 3	10	YO	
71	58	47:27	DE LA VINA PITA Juan Carlos	M	MASTER 2	19	XABARIS ARTABROS	
72	25	47:42	MOSQUERA LOSADA Jose Luis	M	MASTER 3	11		

73	24	47:42	FREIRE ARUFE Ana Margarita	F	MASTER 3	1	CLUB MARITIMO DE PERBES	
74	126	47:44	LÓPEZ VÁZQUEZ José	M	SENIOR	19		
75	142	47:53	RODRIGUEZ RODRIGUEZ Manuel	M	SENIOR	20		
76	16	47:57	COIRA SÁNCHEZ DE TOCA Luis	M	MASTER 3	12	MARINEDA ATLÉTICO	
77	39	47:59	CARVALLO CAVERO Jose	M	MASTER 2	20		
78	6	48:01	MEIZOSO BASTIDA Jose Luis	M	MASTER 4	3	EGOVARROS DE VIVEIRO	GA768961
79	2	48:06	RODRIGUEZ DEL RÍO José Luis	M	MASTER 4	4	OLIMPICOS DE ORDES	
80	32	48:23	SANCHEZ GÓMEZ Jesús Francisco	M	MASTER 3	13		
81	141	48:29	NAVEIRA CARRO Martín	M	SENIOR	21	AS VELLAS NON PARAMOS MULTIDEPORTE	
82	50	48:40	RODILES RIOS Alberto	M	MASTER 2	21		
83	137	48:45	FRAGA ADRÁN Pablo	M	SENIOR	22		
84	95	48:46	REDONDO ANTIQUEIRA Manuel	M	MASTER 1	19		
85	250	48:46	SANTANA ARUFE Jesus	M	MASTER 3	14		
86	42	48:48	PITA IGLESIAS Alberto	M	MASTER 2	22		
87	18	48:59	LANDEIRA BRAGE Juan Carlos	M	MASTER 3	15	CLUBE ATLETISMO FENE	
88	76	49:08	QUINTELA DÍAZ César	M	MASTER 2	23		
89	9	49:17	MENENDEZ DOMÍNGUEZ Juan Ca	M	MASTER 4	5		
90	81	49:19	MIGUEZ MIGUEZ Luis	M	MASTER 2	24	CASTROSUA TRAIL RUNNING	
91	10	49:29	LOPEZ ANEIROS Jose	M	MASTER 3	16	INDEPENDIENTE	
92	44	49:40	FARINAS RIVERA Jorge	M	MASTER 2	25		
93	74	49:48	VILAR REINA Víctor Manuel	M	MASTER 2	26	AD NÁUTICO NARON	
94	35	50:12	PAZ CARBON Manuel	M	MASTER 3	17		
95	75	50:16	ALVAREZ MAGALHAES Eduardo	M	MASTER 2	27		
96	138	50:17	DORADO TRILLO Lázaro	M	SENIOR	23		
97	3	50:31	RODRIGUEZ PRADA Manuel Antor	M	MASTER 4	6		
98	101	50:37	CAMBA Juan	M	MASTER 1	20	GALEA SPORT	
99	112	50:39	BASOA RODRIGUEZ Manuel	M	MASTER 1	21	ESCUELA DE ALTLETISMO PAULA MAYOBRE	
100	64	50:57	MARTINEZ SUÁREZ José Emilio	M	MASTER 2	28		
101	68	50:58	SANCHEZ LORENZO Oscar	M	MASTER 2	29		
102	117	51:03	RIVERA SIXTO Luis	M	MASTER 1	22		
103	114	51:03	RODRIGUEZ RODRIGUEZ Miguel	M	MASTER 1	23		
104	144	51:04	AMADO CARTELLE Víctor ángel	M	SENIOR	24		
105	41	51:05	TENREIRO BECEIRO Lois	M	MASTER 2	30		
106	38	51:08	FERNANDEZ PEREZ Eder	M	MASTER 2	31		
107	65	51:13	KALBFLEISCH Christof	M	MASTER 2	32		
108	71	51:40	DASILVA GREGORIO Silvia	F	MASTER 2	4		
109	151	51:46	FRANCO CURROS Andres	M	SENIOR	25		
110	14	51:51	VARELA COUCE Jose Angel	M	MASTER 3	18		
111	63	52:06	SANCHEZ FERNÁNDEZ Daniel	M	MASTER 2	33		
112	55	52:10	RODILLA GÓMEZ Ramón	M	MASTER 2	34		
113	110	52:16	AMADO Miguel	M	MASTER 1	24		

114	26	52:44	LOUREIRO MIGUEZ Manuel	M	MASTER 3	19		
115	12	52:48	CASTRO FANDINO Jose Antonio	M	MASTER 3	20		
116	148	52:50	RODRIGUEZ ARGIBAY Sara	F	SENIOR	2	AS VELLAS NON PARAMOS MULTIDEPORTE	
117	115	52:52	GOMEZ LOURO Jose Manuel	M	MASTER 1	25		
118	29	53:05	GRUEIRO BOUZA Javier	M	MASTER 3	21		
119	109	53:50	PIDAL LÓPEZ Juan Pablo	M	MASTER 1	26		
120	11	53:58	SIERRA PALMEIRO Rosa	F	MASTER 3	2	CLUB ATLETISMO SADA	
121	92	54:12	GRUEIRO MENDEZ Miguel	M	MASTER 1	27		
122	113	54:13	AMADOR NEIRA Alberto	M	MASTER 1	28		
123	67	54:35	DIEGO Cesar	M	MASTER 2	35		
124	152	54:42	ALFONSO MÁRQUES Irene	F	SENIOR	3		
125	251	54:59	GIL GONZALO Diego	M	MASTER 2	36		
126	127	55:18	FELPETO BABIO Vanesa	F	SENIOR	4		
127	20	55:20	FERNANDEZ CARREIRA Antonio	M	MASTER 3	22		
128	98	55:20	SIMÓN LAGO Restituto	M	MASTER 1	29		
129	104	55:33	ZURIARRAIN MATEOS Fernando	M	MASTER 1	30		
130	149	55:38	TAJUELO FERRER Alba	F	SENIOR	5		
131	37	56:24	EIRAS SÁNCHEZ Segundo	M	MASTER 2	37		
132	139	56:46	BALADO CABANA Pablo	M	SENIOR	26		
133	51	56:46	HERNANDEZ CRESPO Luís Manuel	M	MASTER 2	38		
134	143	56:46	PEREZ PEREZ Marina	F	SENIOR	6		
135	15	56:56	FRANCO GONZALEZ Fj	M	MASTER 3	23		
136	46	57:07	FRANCISCO SANCHEZ Francisco	M	MASTER 2	39	MIÑO RUNNING CLUB	
137	106	57:11	RODRIGUEZ RODRÍGUEZ Sergio	M	MASTER 1	31		
138	150	57:36	BAAMONDE RAMONDE Cristina	F	SENIOR	7		
139	129	57:56	MARTINEZ Silvia	F	SENIOR	8	ATLETISME ROSES	
140	1	58:16	PANTÍN LÓPEZ José	M	MASTER 4	7		
141	60	58:19	FERREIRO GAREA Belen	F	MASTER 2	5		
142	247	58:59	PICOS VARELA Juan	M	SENIOR	27		
143	102	1:00:38	VIDAL MONASTERIO David	M	MASTER 1	32		
144	31	1:08:23	BLANCO MARONO Jesus	M	MASTER 3	24		
145	7	1:09:28	MANON VAZQUEZ Oscan	M	MASTER 4	8		
146	79	1:09:29	ANDRADE DUBRA Monica	F	MASTER 2	6		

SUB18-SUB16

Posto	Dorsal	Tempo	Nome	Sexo	Categoría	P Cat	Club	Licenza
1	161	12:25	RAMOS CARRO Joel	M	SUB 16	1	CLUB ATLETICO BERGONDO	AG2024052
2	158	13:45	GONZÁLEZ DIOS Iván	M	SUB 16	2		
3	159	16:18	LÓPEZ VAZQUEZ Mara	F	SUB 16	1		

SUB14

Posto	Dorsal	Tempo	Nome	Sexo	Categoría	P Cat	Club	Licenza
1	166	6:40	PORTOMENE FORMOSO Daniel	M	SUB 14	1	TRIATLÓN FERROL	
2	165	7:34	AMBITE SANTANA Darío	M	SUB 14	2	CLUB ATLETISMO SADA	
3	172	7:38	PÉREZ LONGUEIRA David	M	SUB 14	3	MARINEDA ATLETICO	AG2023362
4	167	8:50	PICO GONZÁLEZ Aleixo	M	SUB 14	4		
5	170	8:59	GRIMAL ROCA Lidia	F	SUB 14	1	A.D. NAÚTICO NARON	AG2014460
6	174	9:21	TENREIRO VILA Martin	M	SUB 14	5		
7	175	9:26	TENREIRO RIOS Luna	F	SUB 14	2		
8	173	9:29	PAZ GONZÁLEZ. Candela	F	SUB 14	3		
9	176	9:45	VEIGA AMOR Ana	F	SUB 14	4		
10	163	11:48	CAMBA VAZQUEZ Adrian	M	SUB 14	6		
	162	DNF	GALEGO BELLO Sofia	F	SUB 14			

SUB12

Posto	Dorsal	Tempo	Nome	Sexo	Categoría	P Cat	Club	Licenza
1	187	3:37	LAVANDEIRA RODRIGUEZ Iker	M	SUB 12	1	CLUB ATLETISMO CORUNA COMARCA	
2	202	3:56	LÓPEZ PAZOS Tania	F	SUB 12	1	ATLETISMO NARON	AG2026035
3	179	4:00	OTERO VILAR Antía	F	SUB 12	2	ATLETISMO NARON	AG2026036
4	185	4:09	DE SANTIAGO GRUEIRO Raquel	F	SUB 12	3	RUNNING OLEIROS	AG2024417
5	190	4:12	IGLESIAS GONZALEZ Marco	M	SUB 12	2	NO PERTENECE A NINGUN CLUB	
6	181	4:19	GARCIA DÍAZ Roi	M	SUB 12	3		
7	184	4:23	GARCIA BLANCO Vera	F	SUB 12	4	ATLETICA A SILVA	AG2024208
8	256	4:24	CASTRO PEREZ Lucas	M	SUB 12	4		
9	199	4:32	FRÍAS SEGURA Santiago	M	SUB 12	5		
10	186	4:33	FERNANDEZ AGRASO Lara	F	SUB 12	5		
11	183	4:38	AMBITE SANTANA Daniel	M	SUB 12	6	CLUB ATLETISMO SADA	
12	201	4:40	PENA FERNANDEZ Brais	M	SUB 12	7		
13	196	4:42	GARCIA DOS SANTOS Iago	M	SUB 12	8		
14	191	4:55	MORALES CRUZ Alexander	M	SUB 12	9	TREN NAVAL	
15	192	5:19	VEIGA LATA Javier	M	SUB 12	10		
16	197	5:19	SANCHEZ CORREA Marta	F	SUB 12	6		
17	194	5:37	LÓPEZ VÁZQUEZ Leo	M	SUB 12	11		
18	203	5:40	LAGE VAZQUEZ Irene	F	SUB 12	7		

SUB10

Posto	Dorsal	Tempo	Nome	Sexo	Categoría	P Cat	Club	Licenza
1	207	2:38	PAZ CELEIRO Adrian	M	SUB 10	1	ATLETISMO RIAZOR CORUNA	
2	243	2:38	TALLON BLANCO Samuel	M	SUB 10	2	CLUBE ATLETISMO FENE	
3	206	2:42	GARCIA BLANCO Bruno	M	SUB 10	3	ATLETICA A SILVA	AG2024205
4	346	2:48	MENDOZA ARRAIZ Abel Elías	M	SUB 10	4		
5	232	2:49	MARTINEZ RODRIGUEZ Anxo	M	SUB 10	5		
6	222	2:50	FERNANDEZ AGRASO Jaime	M	SUB 10	6		
7	216	2:59	AMBITE SANTANA Diego	M	SUB 10	7	CLUB ATLETISMO SADA	
8	211	3:03	LOPEZ DE CRUZ Diego	M	SUB 10	8		
9	213	3:06	GOMEZ CANDEDO ángela	F	SUB 10	1		
10	209	3:07	LÓPEZ ANDRADE Yohsan	M	SUB 10	9		
11	236	3:07	HERVA VARELA Sofia	F	SUB 10	2	MIÑO RUNNING CLUB	
12	235	3:08	ANIDO CASTRO Xabi	M	SUB 10	10		
13	227	3:16	FREIRE MOSQUERA Lola	F	SUB 10	3		
14	128	3:16	GARCIA DIAZ Noa	F	SUB 10	4		
14	223	3:20	ALVAREZ COUCE Marcos	M	SUB 10	11		
15	208	3:23	SINEIRO GAMARRA Matilde	F	SUB 10	5		
16	217	3:24	TENREIRO VILA Pablo	M	SUB 10	12		
17	230	3:26	LORENZO SUÁREZ Martina	F	SUB 10	6		
18	218	3:28	ATİYAT ABELLEIRA Teo	M	SUB 10	13		
19	237	3:30	RIVEIRO VILAS Sofia	F	SUB 10	7		
20	221	3:30	UCEIRA ROMEU Diego	M	SUB 10	14		
21	225	3:31	RODILLA MARTÍNEZ Iria	F	SUB 10	8		
22	361	3:32	GARCIA PREGO Xisco	M	SUB 10	15		
23	238	3:33	BALADO GARCÍA Dario	M	SUB 10	16		
24	219	3:39	TRIANNS Paula	F	SUB 10	9		
25	229	3:41	BARALLOBRE PRIMYOY Hugo	M	SUB 10	17		
26	239	3:42	CABANA RAMOS Lina	F	SUB 10	9		
27	226	3:43	LOSADA FERNANDEZ Manuela	F	SUB 10	11		
28	204	3:49	RAPOSO GARCIA Alba	F	SUB 10	12		
29	205	3:50	RAPOSO GARCIA Irene	F	SUB 10	13		
30	240	3:53	SORO ENRIQUEZ Candela	F	SUB 10	14		
31	245	3:56	SANCHEZ LODEIRO Alicia	F	SUB 10	15		
32	244	3:58	LORENZO URANGO Adriana	F	SUB 10	16	BOEBRE	
33	231	4:01	RECAMÁN VILLAMAR Jimena	F	SUB 10	17		
34	249	4:04	GARCIA VARELA Andrea	F	SUB 10	18		
35	212	4:09	VÁZQUEZ GONZÁLEZ Irati	F	SUB 10	19		
36	242	4:12	QUINTELA ANIDO Carolina	F	SUB 10	20		
37	241	4:13	QUINTELA ANIDO Lorena	F	SUB 10	21		