

XXXIII CARREIRA POPULAR - VOLTA Á RÍA "MEMORIAL ADOLFO ROS"
Resultados

Dorsal	Apelidos, nombre	Club	Licenza	Sx	P.I.	Por cat.	Tempo	Ritmo
220	FERNÁNDEZ RÍOS JONATHAN	PASA OU ENTORNA		M	0:28:45 (2)	1° SENIOR M-M	1:12:29	03:27
94	CANOSA FERNÁNDEZ BRAIS	CLUBE ATLETISMO FENE	GA769460	M	0:28:45 (2)	2° SENIOR M-M	1:13:46	03:31
608	RUIZ BREIJO DIEGO	CLUB ATLETISMO SADA	AG2027034	M	0:28:41 (1)	3° SENIOR M-M	1:14:13	03:32
506	PEREZ VARELA LUIS	CLUBE ATLETISMO FENE	GA769462	M	0:29:14 (4)	4° SENIOR M-M	1:15:07	03:35
384	LORENZO PÉREZ FERNANDO			M	0:30:07 (5)	1° MASTER A M-M	1:15:15	03:35
50	BASTERRETxea SAENZ DE VALLUERCA JULEN	HYUNDAI CA LA BLANCA	VI3589	M	0:30:21 (8)	5° SENIOR M-M	1:15:40	03:36
349	LIÑARES ARÁN RUBÉN			M	0:30:22 (9)	1° MASTER B M-M	1:15:45	03:37
165	DÍAZ PÉREZ ESTEBAN	TRIEUME AS PONTES CLUB		M		2° MASTER A M-M	1:15:51	03:37
237	FRANCO BOUZA AITOR	C.C. VILALBA-AS PONTES		M	0:30:23 (10)	6° SENIOR M-M	1:16:13	03:38
12	ALVAREZ AMOR RICARDO			M	0:30:08 (6)	1° MASTER C M-M	1:16:36	03:39
213	FERNANDEZ MARCOS NOEL	RUNAWAYS	GA1234	M	0:31:02 (12)	2° MASTER B M-M	1:17:06	03:40
675	TOURÍS FORNOS JAVIER	MARINEDA		M	0:30:23 (10)	3° MASTER B M-M	1:17:51	03:43
286	GENS LÓPEZ NICOLÁS PABLO	PAMPLONA ATLETICO	NA15767	M	0:30:17 (7)	1° SUB 20 M-M	1:17:58	03:43
534	POUPARINA CASTRO RAFA	PASA OU ENTORNA		M	0:32:01 (14)	7° SENIOR M-M	1:19:17	03:47
558	REGUEIRA MARTINEZ ALDO	ESCOLA DE ATLETISMO PAULA MAYOBRE		M	0:32:02 (16)	3° MASTER A M-M	1:19:46	03:48
21	ANDRÉS ALMENDÁRIZ VÍCTOR	NOSPORTLIMIT		M	0:32:53 (26)	8° SENIOR M-M	1:19:54	03:48
158	DIAZ ENRIQUE	ATLETAS DE ACEA DE AMA		M	0:39:39 (259)	4° MASTER B M-M	1:19:56	03:49
416	MARTINEZ ROCA EDELMIRO	CLUBE ATLETISMO VILALBA		M	0:32:21 (19)	5° MASTER B M-M	1:20:04	03:49
238	FRANCO BOUZA EDGAR			M	0:32:22 (20)	9° SENIOR M-M	1:20:10	03:49
405	MARTÍNEZ ANTA EMILIO	EGOVARROS	GA20450	M	0:32:23 (21)	2° MASTER C M-M	1:20:15	03:49
407	MARTINEZ CASTRO ROBERTO	C.D. PINARIUM		M	0:31:39 (13)	4° MASTER A M-M	1:20:38	03:50
415	MARTÍNEZ RIVERA DANIEL	AD NAUTICO DE NARON		M	0:32:01 (14)	5° MASTER A M-M	1:20:45	03:51
43	BARRAL ASTRAY JESÚS MANUEL	RUNNING ARTEIXO		M	0:33:23 (38)	6° MASTER A M-M	1:21:16	03:52
28	ARIAS DAVID	TRIATLÓN FERROL		M	0:32:36 (23)	6° MASTER B M-M	1:21:16	03:52
386	LOSADA PÉREZ JOSÉ	DREAM TEAM		M	0:33:10 (35)	7° MASTER A M-M	1:21:39	03:53
707	VILLANUEVA RICO ELOY	AD NÁUTICO NARÓN		M	0:32:02 (16)	2° SUB 20 M-M	1:21:43	03:53
634	SANTOS MARTÍNEZ CARLOS	SIEIRO RUNNING		M	0:33:09 (34)	7° MASTER B M-M	1:21:53	03:54
340	LAGO CES JOSÉ MANUEL	SAR-VERMÚ PETRONI	AG763847	M	0:33:10 (35)	8° MASTER B M-M	1:22:06	03:55
329	HOYOS SILVA FERNANDO	C. D. PINARIUM	AG2025760	M	0:33:01 (29)	3° MASTER C M-M	1:22:27	03:56
169	DIAZ-MONTERO CARAMÉS ANTONIO	C.D.PINARIUM		M	0:32:59 (28)	9° MASTER B M-M	1:22:28	03:56
666	TEIJEIRO IGLESIAS JOSE MANUEL	CASTRO DE LOBADIZ		M	0:33:08 (33)	10° MASTER B M-M	1:22:29	03:56
366	LÓPEZ JÁCOME ALVARO			M	0:33:32 (40)	11° MASTER B M-M	1:22:30	03:56
337	LADRA SANMARTIN FRANCISCO			M	0:33:02 (31)	12° MASTER B M-M	1:22:53	03:57
141	CORTIZAS BAÑOBRE JUAN CARLOS	CLUBE ATLETISMO FENE		M	0:33:31 (39)	10° SENIOR M-M	1:22:54	03:57
636	SEGADE CAROU IVAN	CLUB ATLETISMO BOIMORTO	AG766602	M	0:32:50 (24)	8° MASTER A M-M	1:22:58	03:57
640	SEOANE AMOR PABLO	CLUBE ATLETISMO SADA		M	0:33:01 (29)	9° MASTER A M-M	1:23:01	03:57
421	MARTINEZ VALVERDE JUAN CARLOS	CLUB ATLETISMO O PINO	AG2026278	M	0:33:20 (37)	13° MASTER B M-M	1:23:02	03:57
9	ALONSO FERNANDEZ RICARDO	RUNNING ARTEIXO		M	0:32:50 (24)	10° MASTER A M-M	1:23:04	03:58

274	GARCIA PEREZ DAVID			M	0:32:16 (18)	14° MASTER B M-M	1:23:16	03:58
708	VILLAR PÉREZ GUSTAVO			M	0:33:40 (42)	15° MASTER B M-M	1:23:38	03:59
142	COSTA RIVAS ÁLVARO	AD NÁUTICO NARÓN		M	0:32:33 (22)	11° SENIOR M-M	1:23:47	03:59
427	MEIZOSO PERMUI ANXO	TRIATLÓN ARTEIXO	32697389	M	0:34:00 (45)	11° MASTER A M-M	1:24:18	04:01
597	RODRIGUEZ SERANTES SERGIO			M	0:33:50 (43)	16° MASTER B M-M	1:24:31	04:01
519	PIÑEIRO GARCÍA JOSÉ EFRÉN	CLUBE ATLETISMO FENE		M	0:34:10 (49)	12° SENIOR M-M	1:24:35	04:02
579	RODRÍGUEZ BRAÑAS JOSÉ LUIS			M	0:33:37 (41)	4° MASTER C M-M	1:24:36	04:02
281	GARCIA-ANLLO MATIAS	CLUBE ATLETISMO VILALBA		M	0:34:11 (52)	17° MASTER B M-M	1:24:44	04:02
632	SANTIAGO VILLAR JOSE			M	0:34:12 (54)	13° SENIOR M-M	1:24:48	04:02
1022	REY LÓPEZ MIGUEL ANGEL	CORREDORES POPULARES ARMADA FERROL		M		18° MASTER B M-M	1:25:03	04:03
98	CARPENTE VAZQUEZ MANUEL	MARRANERS -EN BOAS MANS		M	0:34:12 (54)	19° MASTER B M-M	1:25:07	04:03
334	JIMENEZ MARTIN GONZALO	PINARIUM		M	0:34:05 (46)	12° MASTER A M-M	1:25:11	04:04
299	GONZÁLEZ BAÑOBRE JOSÉ	CLUB ATLETISMO NARÓN	GA716922	M	0:34:10 (49)	5° MASTER C M-M	1:25:15	04:04
111	CASTRO AREA ANTONIO JOSE			M	0:34:52 (63)	20° MASTER B M-M	1:25:20	04:04
14	ÁLVAREZ SOTO DIEGO	PASA OU ENTORNA		M	0:34:30 (58)	13° MASTER A M-M	1:25:22	04:04
446	MOSQUERA SILVA RAMON EUGENIO			M	0:33:55 (44)	21° MASTER B M-M	1:25:32	04:04
646	SIERRA GARCÍA FERNANDO	NOSPORTLIMIT		M	0:36:04 (97)	14° MASTER A M-M	1:25:32	04:04
404	MARTINEZ RICARDO	RICARDO REY MARTINEZ		M	0:36:04 (97)	22° MASTER B M-M	1:25:32	04:04
563	REY QUINTELA EDUARDO	ATLETAS ACEA DE AMA	AG2018642	M	0:35:04 (68)	23° MASTER B M-M	1:25:34	04:04
442	MONTES SANCHEZ CESAR	TRIATLON ARTEIXO		M	0:32:55 (27)	15° MASTER A M-M	1:25:35	04:05
350	LOAIZA JARAMILLO MAURICIO	CORREDORES POPULARES ARMADA FERROL		M	0:36:06 (108)	16° MASTER A M-M	1:25:38	04:05
69	BOUZA FREIRE JOSE LUIS	ATLETISMO NARON	AG2017110	M	0:34:09 (48)	6° MASTER C M-M	1:25:38	04:05
51	BECEIRO NOVO JESÚS	BENOVO VIAJES		M	0:34:12 (54)	24° MASTER B M-M	1:25:38	04:05
422	MASEDA CARBALLO FRANCISCO JAVIER	NOSPORTLIMIT		M	0:36:05 (101)	25° MASTER B M-M	1:25:42	04:05
611	RUIZ-GIMÉNEZ IGLESIAS SAM			M	0:35:09 (70)	14° SENIOR M-M	1:25:45	04:05
451	NOGUEIRA FANDIÑO LUIS	AGRUPACIÓN DEPORTIVA HARO	LO7305	M	0:34:11 (52)	26° MASTER B M-M	1:25:51	04:05
513	PERNAS PARAPAR CARLOS MANUEL	PEÑA LAR VIVEIRO		M	0:34:51 (62)	15° SENIOR M-M	1:25:54	04:05
492	PEREIRA GUTIÉRREZ EMILIO JOSÉ			M	0:34:53 (64)	17° MASTER A M-M	1:26:27	04:07
533	POSE COSTA IVAN			M	0:35:12 (72)	18° MASTER A M-M	1:26:29	04:07
177	DOMINGUEZ RODRIGUEZ OSCAR	MTC LOURES		M	0:35:20 (79)	27° MASTER B M-M	1:26:33	04:07
10	ALONSO FILGUEIRA MARCOS	CLUB TRESLUNAS		M	0:34:05 (46)	16° SENIOR M-M	1:26:34	04:07
361	LÓPEZ EIROA SIMON			M	0:35:12 (72)	28° MASTER B M-M	1:26:36	04:07
100	CARTELLE CUDILLEIRO JAIME			M	0:34:57 (66)	29° MASTER B M-M	1:26:39	04:08
92	CANEIRO CANEIRO ALBERTO	TRIATLÓN FERROL		M	0:35:12 (72)	19° MASTER A M-M	1:26:40	04:08
537	PRESAS FARALDO DOMINGO	BRUTANZOS TEAM		M	0:35:12 (72)	20° MASTER A M-M	1:26:46	04:08
472	PASTORIZA MIRANDA MANUEL ABEL			M	0:35:06 (69)	30° MASTER B M-M	1:26:47	04:08
112	CASTRO FERNÁNDEZ XABIER	TAMBREBIKE & RUNNING	AG2023619	M	0:34:59 (67)	21° MASTER A M-M	1:26:48	04:08
526	PITA TORRES JOSE ANGEL		GA7693925	M	0:34:10 (49)	1° MASTER D M-M	1:26:55	04:08
527	PIZARRO VARELA ANDRÉS GABRIEL	NOSPORTLIMIT		M	0:36:05 (101)	22° MASTER A M-M	1:26:56	04:08
197	FERNANDEZ JORGE	CLUBE ATLETISMO FENE		M	0:36:06 (108)	7° MASTER C M-M	1:27:01	04:08
305	GONZÁLEZ LEDO FRANCISCO JAVIER	RUNNING OLEIROS	AG2024183	M	0:34:25 (57)	31° MASTER B M-M	1:27:29	04:10
26	ARES JOSÉ MANUEL			M	0:36:04 (97)	23° MASTER A M-M	1:27:36	04:10
210	FERNÁNDEZ IGLESIAS IAGO			M	0:35:12 (72)	24° MASTER A M-M	1:27:42	04:11

185	ERAÑA CABALLERO JOSÉ MARÍA	BEONE A MALATA		M	0:36:25 (122)	32° MASTER B M-M	1:27:52	04:11
131	CODESAL JUL MARCOS	MARZO SAÚDE		M	0:35:17 (78)	17° SENIOR M-M	1:27:59	04:11
218	FERNANDEZ RAMOS ALEJANDRO	RUNNING OLEIROS Y NOSPORTLIMIT		M	0:36:05 (101)	33° MASTER B M-M	1:28:00	04:11
73	CAAMAÑO VILLAR JAIME	NOETRAINERS FERROL		M	0:35:36 (83)	25° MASTER A M-M	1:28:00	04:11
518	PINTADO DEL CAMPO RODRIGO	NOSPORTLIMIT		M	0:36:05 (101)	26° MASTER A M-M	1:28:02	04:11
328	HEVIA GOMEZ JESUS	NOSPORTLIMIT		M	0:35:57 (93)	34° MASTER B M-M	1:28:02	04:11
187	ESMORIS FERNANDEZ JULIO	CLUB ATLETISMO FENE		M	0:33:02 (31)	27° MASTER A M-M	1:28:13	04:12
647	SILVARREY REDONDO FERNANDO	NOSPORTLIMIT		M	0:36:05 (101)	35° MASTER B M-M	1:28:14	04:12
260	GARCÍA ESTÉVEZ GIOVANI	NOSPORTLIMIT		M	0:36:05 (101)	18° SENIOR M-M	1:28:15	04:12
64	BLANCO LÓPEZ MIGUEL			M	0:36:52 (133)	36° MASTER B M-M	1:28:25	04:13
672	TOJEIRO ARES FRAN			M	0:37:07 (144)	28° MASTER A M-M	1:28:29	04:13
559	REY CAMPELO MARCOS			M	0:35:26 (80)	19° SENIOR M-M	1:28:39	04:13
19	AMENEDO GONZÁLEZ RICARDO	PASA OU ENTORNA	AG2026047	M	0:36:05 (101)	37° MASTER B M-M	1:28:41	04:13
290	GÓMEZ AGRAS DAVID	PASA OU ENTORNA		M	0:35:34 (82)	29° MASTER A M-M	1:28:43	04:13
490	PENA SOUTO FRANCISCO JAVIER	PASA OU ENTORNA		M	0:35:37 (84)	20° SENIOR M-M	1:28:43	04:13
462	PACIO LOPEZ BEGOÑA	PASA OU ENTORNA		F	0:35:37 (84)	1° MASTER B F-F	1:28:45	04:14
206	FERNANDEZ FONTECOBA EMILIO JOSE	PASA OU ENTORNA		M	0:35:42 (88)	30° MASTER A M-M	1:28:46	04:14
46	BARRIO DIAZ JOSE LUIS	CLUBE ATLETISMO VILALBA		M	0:36:04 (97)	38° MASTER B M-M	1:28:54	04:14
267	GARCIA GOMEZ SERGIO			M	0:35:58 (95)	31° MASTER A M-M	1:29:05	04:14
332	ILLOBRE JIMÉNEZ ANTONIO	CLUB ATLETISMO SADA		M	0:36:07 (112)	39° MASTER B M-M	1:29:07	04:14
109	CASTRILLON CRESPO JUAN CARLOS			M	0:36:00 (96)	40° MASTER B M-M	1:29:23	04:16
351	LOEDA SOTO CRISTINA			F	0:35:42 (88)	2° MASTER B F-F	1:29:24	04:16
125	CERNADAS TRILLO JOSE M.			M	0:37:03 (142)	8° MASTER C M-M	1:29:24	04:16
90	CANDALES DIAZ JOSE MANUEL			M	0:35:37 (84)	9° MASTER C M-M	1:29:30	04:16
609	RUIZ DEL GANSO JAIME	CLUB ATLETISMO FENE		M	0:38:04 (184)	41° MASTER B M-M	1:29:30	04:16
40	BALAY LOSADA GONZALO	NOSPORTLIMIT		M	0:35:11 (71)	21° SENIOR M-M	1:29:35	04:16
215	FERNÁNDEZ NÓVOA MIGUEL ÁNGEL	MARINEDA ATLÉTICO	AG765456	M	0:35:30 (81)	10° MASTER C M-M	1:29:35	04:16
326	HERMIDA NARANJO JOSE	RUNNING ALTAFIT ODEON		M	0:37:17 (154)	22° SENIOR M-M	1:29:42	04:16
531	PORTAS LEMUS JAVIER			M	0:35:53 (91)	42° MASTER B M-M	1:29:45	04:16
149	CUPEIRO FRADE JAVIER			M	0:35:37 (84)	43° MASTER B M-M	1:29:56	04:17
15	ALVELO FRAGUELA MIGUEL			M	0:36:19 (115)	44° MASTER B M-M	1:30:00	04:17
211	FERNÁNDEZ LEIRA JUAN JOSÉ	CASTRO LOBADIZ		M	0:35:57 (93)	11° MASTER C M-M	1:30:06	04:17
459	ORTIZ GONZALO	NOSPORTLIMIT		M	0:36:06 (108)	45° MASTER B M-M	1:30:17	04:18
653	SOTO CASTIÑEIRA MIGUEL	CLUB ATLETISMO NARÓN	GA768781	M	0:37:30 (158)	23° SENIOR M-M	1:30:19	04:18
435	MIGUEL LÓPEZ PABLO	PEÑA LAR VIVEIRO		M	0:36:51 (132)	46° MASTER B M-M	1:30:33	04:19
501	PEREZ MARTINEZ CARLOS JAVIER	CASTRO DE LOBADIZ		M	0:36:08 (114)	47° MASTER B M-M	1:30:34	04:19
42	BARDANCA SANJURJO JUAN CARLOS	CLUB ATLETISMO SADA	AG2014300	M	0:36:54 (135)	48° MASTER B M-M	1:30:40	04:19
54	BELLAS GÓMEZ MARTÍN	BEONE		M	0:36:24 (120)	24° SENIOR M-M	1:30:43	04:19
242	FRESNEDO ARIAS ÓSCAR			M	0:37:16 (152)	32° MASTER A M-M	1:30:44	04:19
426	MEIZOSO LÓPEZ PABLO			M	0:36:56 (138)	25° SENIOR M-M	1:30:45	04:19
362	LOPEZ FERNANDEZ RUBEN JOSE	PASA OU ENTORNA		M	0:37:11 (146)	33° MASTER A M-M	1:30:55	04:20
638	SEIJO SAAVEDRA XURXO			M	0:37:22 (156)	34° MASTER A M-M	1:30:55	04:20
390	LOUREIRO IGLESIAS PABLO	BEONE A MALATA		M	0:36:24 (120)	26° SENIOR M-M	1:31:07	04:20

342	LAGO FERNÁNDEZ ROBERTO CARLOS	PASA OU ENTORNA		M	0:37:31 (159)	49° MASTER B M-M	1:31:10	04:20
491	PENEDO DÍAZ DAVID JOSÉ			M	0:36:21 (118)	50° MASTER B M-M	1:31:16	04:21
279	GARCIA RUIZ MANUEL			M	0:37:42 (166)	51° MASTER B M-M	1:31:18	04:21
147	CUDILLEIRO TRINIDAD EMILIO	CLUB ATLETISMO FENE		M	0:37:34 (163)	52° MASTER B M-M	1:31:25	04:21
569	RILO RODRÍGUEZ DAVID	NOSPORTLIMIT		M	0:35:56 (92)	35° MASTER A M-M	1:31:26	04:21
551	RAMÍREZ RODRÍGUEZ SAMUEL	CLUBE ATLETISMO FENE	AG2022697	M	0:36:40 (129)	53° MASTER B M-M	1:31:26	04:21
471	PARÍS LÓPEZ JOSÉ			M	0:38:20 (201)	36° MASTER A M-M	1:31:32	04:22
214	FERNÁNDEZ MARTÍNEZ ALEJANDRO			M	0:38:04 (184)	37° MASTER A M-M	1:31:32	04:22
252	GARCÍA BARREIRO BENIGNO			M	0:36:28 (124)	54° MASTER B M-M	1:31:44	04:22
145	CRESPO IAGO			M	0:36:50 (131)	27° SENIOR M-M	1:31:45	04:22
567	RILO GONZÁLEZ-VALLÉS LUIS	TRIATLON FERROL		M	0:34:30 (58)	38° MASTER A M-M	1:31:51	04:22
270	GARCÍA GONZÁLEZ ALBERTO			M	0:37:54 (181)	55° MASTER B M-M	1:31:52	04:22
496	PEREZ DURAN JULIAN	SUÍGUEME SI PUEDES		M	0:34:32 (60)	56° MASTER B M-M	1:31:55	04:23
432	MENENDEZ ARBESU JUA	EGOVARROS VIVEIRO	GA768962	M	0:37:47 (169)	12° MASTER C M-M	1:31:55	04:23
624	SÁNCHEZ RAMÓN JUAN ALBERTO	SÍGUEME SI PUEDES		M	0:36:21 (118)	57° MASTER B M-M	1:32:10	04:23
598	RODRÍGUEZ VALDEAVERO GONZALO			M	0:37:33 (162)	28° SENIOR M-M	1:32:10	04:23
524	PITA POLO ROBERTO	PASA OU ENTORNA		M	0:37:12 (149)	39° MASTER A M-M	1:32:15	04:23
25	ARAUJO MESA JOSE MANUEL			M	0:37:00 (141)	13° MASTER C M-M	1:32:17	04:23
117	CASTRO SOUSA OSCAR			M	0:37:50 (176)	58° MASTER B M-M	1:32:19	04:24
452	NOGUEIRA MIÑAN SERGIO			M	0:36:20 (116)	40° MASTER A M-M	1:32:26	04:24
296	GÓMEZ VÁZQUEZ XURXO	PASA OU ENTORNA		M	0:37:12 (149)	59° MASTER B M-M	1:32:39	04:25
623	SÁNCHEZ LÓPEZ SUSO	SÍGUEME SI PUEDES		M	0:37:12 (149)	14° MASTER C M-M	1:32:39	04:25
677	TUIMIL CALVO JAVIER	ATLETISMO NARÓN	GA769450	M	0:36:29 (125)	60° MASTER B M-M	1:32:42	04:25
75	CABANA PEREZ ANGEL			M	0:37:16 (152)	61° MASTER B M-M	1:32:43	04:25
564	REY SOUTO JESUS ENRIQUE	CLUBE ATLETISMO BOIMORTO	AG764362	M	0:38:40 (213)	62° MASTER B M-M	1:32:45	04:25
138	CORRAL BAHAMONDE ALBERTO			M	0:37:47 (169)	29° SENIOR M-M	1:32:46	04:25
448	MUÍÑO PIÑEIRO ABEL			M	0:37:52 (177)	30° SENIOR M-M	1:32:46	04:25
661	SUEIRAS ANSEDE SERGIO			M	0:36:30 (127)	63° MASTER B M-M	1:32:46	04:25
254	GARCÍA BELLO ALFONSO			M	0:36:54 (135)	15° MASTER C M-M	1:32:48	04:25
654	SOUTO GONZÁLEZ JOSÉ ANTONIO	TRIATLON OLEIROS		M	0:37:32 (160)	64° MASTER B M-M	1:32:52	04:25
568	RILO LÓPEZ JOSÉ	NOSPORTLIMIT		M	0:38:15 (192)	16° MASTER C M-M	1:32:54	04:25
335	JOVE CASTRO EMILIO JOSE	CASTRO DE LOBADIZ		M	0:37:27 (157)	65° MASTER B M-M	1:32:55	04:25
582	RODRIGUEZ DOPICO JOSE OSCAR	PASA OU ENTORNA		M	0:38:10 (188)	41° MASTER A M-M	1:33:01	04:26
374	LOPEZ PRADO ALBERTO	CORRE POR BEGONTE		M	0:37:54 (181)	66° MASTER B M-M	1:33:02	04:26
20	AMOR GÓMEZ CARLOS	C.A. SADA		M	0:36:53 (134)	67° MASTER B M-M	1:33:07	04:26
307	GONZALEZ MACEIRAS JOSE LUIS			M	0:38:16 (197)	17° MASTER C M-M	1:33:09	04:26
255	GARCÍA BELLO SANTIAGO			M	0:37:06 (143)	18° MASTER C M-M	1:33:26	04:27
587	RODRÍGUEZ GARCÍA ANTONIO	CLUBE ATLETISMO FENE	AG2023282	M	0:39:00 (223)	42° MASTER A M-M	1:33:26	04:27
543	PUENTE VEIGA MANUEL			M	0:39:21 (250)	68° MASTER B M-M	1:33:27	04:27
545	QUINTERO BECEIRO ALBERTO			M	0:36:59 (140)	31° SENIOR M-M	1:33:29	04:27
284	GAREA SUÁREZ MANUEL	NOSPORTLIMIT		M	0:38:16 (197)	32° SENIOR M-M	1:33:29	04:27
561	REY IGLESIAS JOSÉ ROBERTO	ESCUELA DE ATLETISMO PAULA MAYOBRE		M	0:38:12 (189)	19° MASTER C M-M	1:33:31	04:27
291	GÓMEZ CORTÉS JUAN JOSÉ			M	0:38:15 (192)	69° MASTER B M-M	1:33:39	04:28

79	CADENAS TORRÓN DANIEL			M	0:38:21 (202)	43° MASTER A M-M	1:33:40	04:28
30	ARIAS DE LA VEGA JAVIER			M	0:36:55 (137)	70° MASTER B M-M	1:33:46	04:28
313	GONZÁLEZ VÁZQUEZ MARTÍN	NOSPORTLIMIT		M	0:38:15 (192)	33° SENIOR M-M	1:34:04	04:29
13	ALVAREZ GARCÍA JORGE			M	0:39:11 (243)	71° MASTER B M-M	1:34:10	04:29
627	SANCHEZ VAZQUEZ RUBEN	NOSPORTLIMIT		M	0:38:28 (205)	44° MASTER A M-M	1:34:11	04:29
698	VIDAL GARCÍA ERNESTO			M	0:37:11 (146)	20° MASTER C M-M	1:34:17	04:29
154	DE PRADO VÁZQUEZ ÁLVARO			M	0:38:12 (189)	21° MASTER C M-M	1:34:20	04:29
133	COLLADO PAMPÍN FRANCISCO			M	0:38:35 (210)	72° MASTER B M-M	1:34:24	04:30
35	ARNOSO GIAO HERMES	NOSPORTLIMIT		M	0:38:15 (192)	34° SENIOR M-M	1:34:31	04:30
606	RÚA CAAVEIRO DAVID			M	0:37:43 (167)	35° SENIOR M-M	1:34:32	04:30
194	FEAL RIVERA JUAN CARLOS			M	0:39:00 (223)	22° MASTER C M-M	1:34:35	04:30
689	VAZQUEZ REY HECTOR			M	0:37:47 (169)	45° MASTER A M-M	1:34:40	04:31
434	MEZQUITA VÁZQUEZ MÓNICA	NOSPORTLIMIT		F	0:38:17 (199)	1° SENIOR F-F	1:34:44	04:31
553	RAMOS LOPEZ ANGEL	RUNNING ALTAFIT ODEON		M	0:38:46 (216)	46° MASTER A M-M	1:34:47	04:31
253	GARCÍA BARREIRO ANDRÉS	ATLETISMO NARÓN	GA769220	M	0:36:29 (125)	73° MASTER B M-M	1:34:50	04:31
665	TEIJEIRO FERNANDEZ NOÉ	NOETRAINERS FERROL		M	0:36:07 (112)	74° MASTER B M-M	1:34:51	04:31
295	GOMEZ PEREZ ABELARDO			M	0:36:48 (130)	23° MASTER C M-M	1:34:56	04:31
89	CAMPOS MIGUEZ JUAN MANUEL			M	0:39:08 (241)	75° MASTER B M-M	1:34:56	04:31
57	BELLO GÓMEZ MARCELO	ATLETAS DE ACEA DE AMA		M	0:37:49 (175)	24° MASTER C M-M	1:35:00	04:31
235	FRAGA DOPICO ÁLVARO			M	0:39:05 (232)	76° MASTER B M-M	1:35:02	04:32
150	DARRIBA BARBA A DEL	ASOCIACION DEPORTIVA CAR	AG2025879	M	0:39:33 (258)	36° SENIOR M-M	1:35:02	04:32
339	LAGE BOUZA MANUEL ANGEL	CORREDORES POPULARES DE LA ARMADA		M	0:38:08 (186)	77° MASTER B M-M	1:35:03	04:32
479	PAZOS RODRÍGUEZ RICARDO			M	0:39:06 (233)	47° MASTER A M-M	1:35:05	04:32
272	GARCÍA PARDO MARCOS			M	0:39:39 (259)	78° MASTER B M-M	1:35:05	04:32
580	RODRIGUEZ DOMINGUEZ JUAN			M	0:37:55 (183)	79° MASTER B M-M	1:35:06	04:32
151	DE DIEGO VEGA DAVID			M	0:38:28 (205)	80° MASTER B M-M	1:35:10	04:32
383	LORENZO DÍAZ PEDRO PABLO	NOSPORTLIMIT		M	0:39:11 (243)	81° MASTER B M-M	1:35:12	04:32
711	YÁÑEZ MARTÍNEZ DAVID			M	0:37:53 (179)	48° MASTER A M-M	1:35:13	04:32
312	GONZÁLEZ VAZQUEZ JORGE	NOSPORTLIMIT		M	0:39:11 (243)	37° SENIOR M-M	1:35:13	04:32
293	GÓMEZ GARCÍA ALBERTO	CLUB DEPORTIVO PINARIUM		M	0:37:45 (168)	82° MASTER B M-M	1:35:14	04:32
167	DÍAZ SEOANE JORGE			M	0:38:12 (189)	49° MASTER A M-M	1:35:17	04:32
96	CAO DE LA SIERRA ÁNGEL			M	0:37:32 (160)	38° SENIOR M-M	1:35:27	04:33
119	CASTRO VAZQUEZ MANUEL			M		2° MASTER D M-M	1:35:27	04:33
450	NIETO FEAL RICARDO	BE ONE		M	0:39:06 (233)	83° MASTER B M-M	1:35:32	04:33
239	FRANCO FOJO JOSÉ RAMÓN			M	0:36:34 (128)	50° MASTER A M-M	1:35:33	04:33
668	TEIJO LOPEZ PABLO			M	0:37:48 (173)	51° MASTER A M-M	1:35:36	04:33
330	IGLESIAS ALONSO PEDRO			M	0:35:13 (77)	39° SENIOR M-M	1:35:38	04:33
408	MARTÍNEZ CHEDAS SUSO	BE ONE A MALATA		M	0:38:29 (208)	84° MASTER B M-M	1:35:38	04:33
316	GRANDA NIETO JOSÉ ANGEL			M	0:39:08 (241)	85° MASTER B M-M	1:35:41	04:34
200	FERNÁNDEZ BERINI JOSÉ LUIS			M	0:38:58 (221)	86° MASTER B M-M	1:35:57	04:34
159	DIAZ FORTUNA OSCAR	SÍQUEME SI PUEDES		M	0:38:59 (222)	87° MASTER B M-M	1:36:04	04:34
289	GOMEZ AGRAS LUIS	PASA OU ENTORNA		M	0:35:43 (90)	88° MASTER B M-M	1:36:05	04:35
298	GONZÁLEZ ÁLVAREZ MARCOS			M	0:41:16 (334)	40° SENIOR M-M	1:36:06	04:35

108	CASÁS CASÁS JOSÉ MANUEL			M	0:39:03 (228)	52° MASTER A M-M	1:36:08	04:35
574	RIVERA MÁRQUEZ FRANCISCO JAVIER	RUNNING ALTAFIT ODEON		M	0:37:18 (155)	89° MASTER B M-M	1:36:08	04:35
412	MARTINEZ MARTINEZ PEDRO			M	0:38:39 (212)	90° MASTER B M-M	1:36:19	04:35
515	PICADO RIVEIRA BERNARDO			M	0:38:08 (186)	25° MASTER C M-M	1:36:21	04:35
55	BELLAS RODRÍGUEZ JUAN			M	0:39:01 (226)	26° MASTER C M-M	1:36:27	04:35
303	GONZÁLEZ GARCÍA DOMINGO ALBERTO	C.C. AMBROA		M	0:39:40 (263)	27° MASTER C M-M	1:36:27	04:35
205	FERNÁNDEZ EXPÓSITO CARLOS	ATLETAS ACEA DE AMA		M	0:39:39 (259)	91° MASTER B M-M	1:36:37	04:36
657	SÚAREZ FERNÁNDEZ JORGE	PASA OU ENTORNA		M	0:39:06 (233)	92° MASTER B M-M	1:36:37	04:36
696	VENTUREIRA DOPICO ROBERTO	CLUB CASTRO DE LOBADIZ		M	0:36:56 (138)	93° MASTER B M-M	1:36:40	04:36
217	FERNÁNDEZ PÉREZ FRANCISCO JAVIER	NOSPORTLIMIT		M	0:38:25 (203)	53° MASTER A M-M	1:36:47	04:37
603	ROJO MARTÍNEZ RAÚL	CLUBE ATLETISMO VILALBA		M	0:39:03 (228)	41° SENIOR M-M	1:36:51	04:37
417	MARTINEZ RODRIGUEZ FERNANDO			M	0:38:41 (215)	94° MASTER B M-M	1:36:55	04:37
166	DÍAZ RODRÍGUEZ SERGIO	ESCOLA PAULA MAYOBRE		M	0:38:56 (219)	54° MASTER A M-M	1:36:56	04:37
549	RAMIL FREÁN PABLO			M	0:39:06 (233)	55° MASTER A M-M	1:37:01	04:37
27	ARES CHAO SERGIO			M	0:40:08 (292)	56° MASTER A M-M	1:37:02	04:37
671	TENREIRO SOUTO DANIEL			M	0:40:31 (300)	42° SENIOR M-M	1:37:02	04:37
550	RAMIL HERMIDA LUIS			M	0:39:07 (239)	3° MASTER D M-M	1:37:04	04:37
710	VILLARINO PAZ SENEN RODRIGO	CLUBE ATLETISMO VILALBA		M	0:39:03 (228)	95° MASTER B M-M	1:37:04	04:37
702	VILAR CREGO ALFONSO			M	0:36:20 (116)	96° MASTER B M-M	1:37:04	04:37
637	SEIJO ALLEGUE EMILIO			M	0:40:04 (286)	97° MASTER B M-M	1:37:05	04:37
681	VARELA SECO MARCOS			M	0:39:07 (239)	57° MASTER A M-M	1:37:07	04:37
684	VÁZQUEZ FERNÁNDEZ JOSÉ ANTONIO	A.D.CERNE		M	0:40:46 (310)	98° MASTER B M-M	1:37:23	04:38
47	BARRIO VILAR PABLO	CLUB ATLETISMO FENE		M	0:37:34 (163)	99° MASTER B M-M	1:37:26	04:38
186	ESCOLANTE BILBAO PEDRO			M	0:37:34 (163)	58° MASTER A M-M	1:37:27	04:38
578	RODRÍGUEZ BLANCO RAMON	MONTEPENARUBIA RUNNING LUGO		M	0:40:32 (303)	100° MASTER B M-M	1:37:33	04:39
505	PEREZ SANFIZ ALFONSO			M	0:38:57 (220)	101° MASTER B M-M	1:37:34	04:39
423	MATO ARMAS GONZALO	CERNE MELIDE		M	0:40:47 (311)	28° MASTER C M-M	1:37:34	04:39
70	BRAVO CEREIJO ELOY			M	0:40:09 (293)	43° SENIOR M-M	1:37:37	04:39
476	PAZ GOMEZ ARTURO			M	0:39:59 (282)	44° SENIOR M-M	1:37:38	04:39
208	FERNÁNDEZ GARCÍA ADRIÁN			M	0:38:35 (210)	45° SENIOR M-M	1:37:44	04:39
224	FERNANDEZ VÁZQUEZ VÍCTOR	CLUB MONTEPENARUBIA LUGO		M	0:40:32 (303)	102° MASTER B M-M	1:37:45	04:39
633	SANTOS DOCAL MANUEL	MONTEPENARUBIA LUGO		M	0:40:31 (300)	59° MASTER A M-M	1:37:45	04:39
673	TOREA MOLEDO NESTOR			M	0:38:47 (217)	103° MASTER B M-M	1:37:47	04:40
709	VILLAR RUIBAL RAMON	VERXEL N.D.	GA76600	M	0:37:09 (145)	29° MASTER C M-M	1:37:57	04:40
445	MOSQUERA LOSADA JOSE LUIS			M	0:39:48 (279)	30° MASTER C M-M	1:37:57	04:40
655	SPUCH SANCHEZ CARLOS			M	0:40:10 (295)	104° MASTER B M-M	1:37:59	04:40
181	DOURAL GÓMEZ JORGE	TOXIZA CLUB DE MONTAÑA		M	0:40:23 (297)	105° MASTER B M-M	1:38:04	04:40
300	GONZÁLEZ BARROS PACO			M	0:36:27 (123)	60° MASTER A M-M	1:38:07	04:40
294	GÓMEZ LÓPEZ JOSÉ ENRIQUE			M	0:39:40 (263)	31° MASTER C M-M	1:38:13	04:41
278	GARCÍA RODRIGUEZ JOSE LUIS	CLUB ATLETISMO SADA	AG2017552	M	0:40:54 (318)	106° MASTER B M-M	1:38:18	04:41
683	VARELA VILA MANUEL	CORREDORES POPULARES ARMADA FERROL		M	0:39:20 (248)	32° MASTER C M-M	1:38:20	04:41
571	RIOS GIBELLO JOSE MANUEL	RUNNING OLEIROS	AG2020962	M	0:39:01 (226)	33° MASTER C M-M	1:38:21	04:41
613	SABIO FERNANDEZ RAFAEL			M	0:39:40 (263)	34° MASTER C M-M	1:38:22	04:41

250	GARCIA RAFAEL	IMOS CON CALMA		M	0:41:01 (324)	61° MASTER A M-M	1:38:25	04:41
440	MONTERO LÓPEZ JUAN MANUEL			M	0:39:47 (277)	46° SENIOR M-M	1:38:29	04:41
643	SERANTES CASTRO JULIO	CLUBE ATLETISMO FENE		M	0:40:04 (286)	107° MASTER B M-M	1:38:31	04:41
529	PONTE IGLESIAS DAVID	MARRANERS - EN BOAS MANS		M	0:40:54 (318)	62° MASTER A M-M	1:38:31	04:41
	2 ABELLAN YEPES DAMIAN			M	0:39:22 (252)	108° MASTER B M-M	1:38:31	04:41
680	VARELA LÓPEZ MIGUEL ÁNGEL	CLUB CASTRO DE LOBADIZ		M	0:39:00 (223)	35° MASTER C M-M	1:38:34	04:41
	76 CABARCOS BARRO LAURA	AD NÁUTICO NARÓN		F	0:39:21 (250)	2° SENIOR F-F	1:38:35	04:41
246	GALDO CAO JUANJO	RUNNING ALTAFIT ODEON		M	0:38:47 (217)	109° MASTER B M-M	1:38:36	04:42
570	RÍO BALSA OSCAR			M	0:39:46 (272)	110° MASTER B M-M	1:38:39	04:42
	32 ARIAS GARCIA ALFONSO	FONTES DO SAR	AG9907	M	0:41:33 (347)	63° MASTER A M-M	1:38:46	04:42
	78 CABARCOS ROUCO MIGUEL	AD NÁUTICO NARÓN		M	0:39:20 (248)	47° SENIOR M-M	1:38:46	04:42
198	FERNÁNDEZ BARCIA ALBERTO			M	0:40:07 (291)	111° MASTER B M-M	1:38:48	04:42
457	OCHOA ENRIQUE	ENRIQUE OCHOA		M	0:40:35 (305)	36° MASTER C M-M	1:38:49	04:43
685	VAZQUEZ FERREIRO GONZALO ALBERTO	ATLETAS VETERANOS OURENSE		M	0:41:04 (326)	4° MASTER D M-M	1:38:50	04:43
621	SANCHEZ GOMEZ ALBERTO			M	0:40:39 (308)	64° MASTER A M-M	1:38:51	04:43
182	DUARTE BOUZAS HECTOR			M	0:39:06 (233)	48° SENIOR M-M	1:38:52	04:43
173	DIEZ BERMUDEZ SILVIA	EGOVARROS DE VIVEIRO	GA768998	F	0:40:47 (311)	3° MASTER B F-F	1:39:00	04:43
	71 BRUN VAZQUEZ EMILIO	CLUB ATLETISMO O PINO	AG2026276	M	0:39:39 (259)	37° MASTER C M-M	1:39:00	04:43
620	SANCHEZ GARCIA ALFONSO			M	0:40:37 (306)	112° MASTER B M-M	1:39:01	04:43
304	GONZALEZ GRUEIRO GILBERTO	CLUB ATLETISMO SADA		M	0:38:40 (213)	113° MASTER B M-M	1:39:06	04:43
155	DELGADO AMOR FRANCISCO	CLUB CASTRO DE LOBADIZ		M	0:40:06 (288)	38° MASTER C M-M	1:39:07	04:43
602	ROJAS MEIJOMIL PATRICIA	CASTRO DE LOBADIZ		F	0:40:06 (288)	4° MASTER B F-F	1:39:07	04:43
443	MORALES ENRIQUEZ ADRIAN	NOSPORTLIMIT		M	0:38:19 (200)	49° SENIOR M-M	1:39:08	04:43
372	LÓPEZ PAZ MARIO			M	0:39:04 (231)	65° MASTER A M-M	1:39:11	04:43
586	RODRIGUEZ FRAMIL ALFONSO	NOITEBRA	AG2020368	M	0:39:40 (263)	66° MASTER A M-M	1:39:14	04:44
134	CONCHEIRO FERNÁNDEZ GUILLERMO			M	0:41:03 (325)	39° MASTER C M-M	1:39:14	04:44
456	NÚÑEZ NAVEIRA LAURA			F	0:39:40 (263)	5° MASTER B F-F	1:39:23	04:44
382	LÓPEZ VILAS GELI	RUNNING ARTEIXO		F	0:39:40 (263)	1° MASTER C F-F	1:39:24	04:44
399	MARCOS MARTÍNEZ MANUEL			M	0:40:30 (298)	50° SENIOR M-M	1:39:26	04:44
	44 BARREIRO CERNADAS RAMÓN	CLUB ATLETISMO OUTES- JOHN TURKEY		M	0:41:28 (343)	40° MASTER C M-M	1:39:27	04:44
601	RODRÍGUEZ VICENTE IVÁN			M	0:40:31 (300)	51° SENIOR M-M	1:39:28	04:44
327	HERNÁNDEZ DARIAS CARLOS			M	0:37:48 (173)	52° SENIOR M-M	1:39:31	04:44
464	PAMPÍN FUCIÑOS JOSÉ MANUEL	ASOCIACIÓN DEPORTIVA CERNE		M	0:41:16 (334)	41° MASTER C M-M	1:39:31	04:44
455	NUÑEZ FARIÑAS JOSE MANUEL	HOSPITAL POLUSA		M	0:40:30 (298)	42° MASTER C M-M	1:39:32	04:44
358	LÓPEZ BLANCO XABIER			M	0:39:44 (269)	67° MASTER A M-M	1:39:33	04:44
649	SINES CRESPO FERNANDO	CLUB SOCIAL BANCO PASTOR		M	0:41:33 (347)	114° MASTER B M-M	1:39:33	04:44
373	LÓPEZ PINTOS XESÚS ANXO	PASA OU ENTORNA		M	0:39:45 (270)	5° MASTER D M-M	1:39:33	04:44
699	VIEITES PONTE JUAN JOSE			M	0:41:47 (371)	115° MASTER B M-M	1:39:36	04:44
	34 ARMESTO FERNÁNDEZ BRAIS			M	0:40:39 (308)	68° MASTER A M-M	1:39:47	04:45
336	JUVIÑO PREGO ANGEL			M	0:40:09 (293)	116° MASTER B M-M	1:39:47	04:45
101	CARUNCHO ÁLVAREZ JESÚS			M	0:41:34 (353)	53° SENIOR M-M	1:39:54	04:46
193	FEAL GARCÍA JORGE			M	0:38:28 (205)	54° SENIOR M-M	1:40:05	04:46
188	EXPÓSITO JUSTO HÉCTOR			M	0:43:12 (438)	55° SENIOR M-M	1:40:11	04:46

581	RODRIGUEZ DOPICO JOSE ALEJANDRO			M	0:41:16 (334)	56° SENIOR M-M	1:40:13	04:46
276	GARCIA REGUEIRA FERNANDO			M	0:38:33 (209)	117° MASTER B M-M	1:40:16	04:46
704	VILAR REINA VICTOR MANUEL	AD NAUTICO NARON		M	0:38:27 (204)	69° MASTER A M-M	1:40:35	04:47
225	FERNÁNDEZ VÁZQUEZ JOSÉ SANTOS	ESCOLA ATLÉTICA PEREIRO DE AGUIAR BEN CHO SHEY	AG2026153	M	0:40:54 (318)	118° MASTER B M-M	1:40:41	04:47
398	MAQUIEIRA BORRAJO JOSE MIGUEL	CLUB ATLETISMO SADA	AG2025457	M	0:39:13 (246)	43° MASTER C M-M	1:40:43	04:48
320	GRUEIRO MENDEZ MIGUEL			M	0:39:46 (272)	70° MASTER A M-M	1:40:45	04:48
41	BARCIA CAMPAÑA ABEL			M	0:39:46 (272)	3° SUB 20 M-M	1:40:45	04:48
428	MENDEZ DOPICO VICTOR	BE ONE		M	0:39:59 (282)	119° MASTER B M-M	1:40:47	04:48
525	PITA SERANTES JUAN FRANCISCO			M	0:37:47 (169)	44° MASTER C M-M	1:40:53	04:48
641	SEOANE CHAS JOSE MANUEL			M	0:39:26 (254)	45° MASTER C M-M	1:40:57	04:49
195	FELGAR LOPEZ ISABEL	PASA OU ENTORNA		F	0:39:47 (277)	6° MASTER B F-F	1:40:57	04:49
652	SOLARES ESPÍÑEIRA JOSE JUAN			M	0:39:22 (252)	46° MASTER C M-M	1:40:57	04:49
397	MALLO NIEVES JOSE MANUEL	CHOTACABRAS 21K		M	0:41:37 (358)	120° MASTER B M-M	1:40:57	04:49
403	MARTÍN ARES DIEGO			M	0:41:42 (364)	71° MASTER A M-M	1:41:03	04:49
106	CASANOVA VEIGA ALEJANDRO			M	0:39:46 (272)	57° SENIOR M-M	1:41:06	04:49
240	FREIRE CASAS RUBEN	PASA OU ENTORNA		M	0:39:45 (270)	72° MASTER A M-M	1:41:11	04:49
676	TUBÍO MARTÍNEZ JOSELO	CLUBE ATLETISMO NOIA		M	0:43:00 (429)	121° MASTER B M-M	1:41:15	04:49
411	MARTINEZ LOPEZ DAMIAN	MARZO SAUDE	AG2025928	M	0:44:02 (477)	58° SENIOR M-M	1:41:15	04:49
573	RIVAS ROMERO JUAN ANTONIO			M	0:39:27 (256)	47° MASTER C M-M	1:41:19	04:49
58	BERGONDO BRANDARIZ JUAN CARLOS	RUNNING OLEIROS		M	0:37:53 (179)	48° MASTER C M-M	1:41:20	04:50
682	VARELA VERDES JOSE			M	0:41:31 (345)	73° MASTER A M-M	1:41:24	04:50
347	LEDO FARIÑAS MARIO			M	0:42:25 (401)	122° MASTER B M-M	1:41:24	04:50
62	BLANCO FERNÁNDEZ JORGE			M	0:39:26 (254)	123° MASTER B M-M	1:41:25	04:50
453	NOVO CARBALLEIRA VÍCTOR			M	0:42:37 (409)	124° MASTER B M-M	1:41:26	04:50
363	LOPEZ FERNANDEZ ANTONIO			M	0:40:55 (321)	125° MASTER B M-M	1:41:43	04:50
93	CANOSA CASTRO CAMILO			M	0:41:42 (364)	74° MASTER A M-M	1:41:46	04:51
324	HAASNOOT LUC	BEER RUNNERS FERROL		M	0:41:45 (368)	49° MASTER C M-M	1:41:50	04:51
283	GAREA QUINTELA FERNANDO	CLUBE ATLETISMO FENE	AG2024077	M	0:41:35 (355)	75° MASTER A M-M	1:41:54	04:51
575	RIVERA SIXTO LUIS			M	0:42:18 (396)	59° SENIOR M-M	1:41:54	04:51
227	FERRACES VAZQUEZ MONCHO	CLUBE ATLETISMO BOIMORTO	AG2022428	M	0:39:51 (280)	50° MASTER C M-M	1:41:57	04:51
123	CELIS FRESCO ALEJANDRO			M		76° MASTER A M-M	1:42:01	04:52
693	VEIGA GONZALEZ MIGUEL			M	0:40:22 (296)	126° MASTER B M-M	1:42:03	04:52
628	SANDOMINGO LOPEZ MANUEL			M	0:40:57 (322)	77° MASTER A M-M	1:42:03	04:52
419	MARTÍNEZ RODRÍGUEZ FERNANDO			M	0:42:16 (389)	127° MASTER B M-M	1:42:04	04:52
282	GAREA QUINTELA MARCOS	CLUBE ATLETISMO FENE		M	0:41:34 (353)	78° MASTER A M-M	1:42:07	04:52
56	BELLO BARROS DAVID			M	0:41:40 (362)	79° MASTER A M-M	1:42:09	04:52
577	ROCA CANZOBRE SONIA MARÍA	NOSPORTLIMIT		F	0:42:47 (417)	7° MASTER B F-F	1:42:13	04:52
402	MARIÑO VILLAR IBÁN			M	0:41:30 (344)	80° MASTER A M-M	1:42:13	04:52
129	COBA MARTINEZ SANTI	NOETRAINERS FERROL		M	0:42:52 (427)	81° MASTER A M-M	1:42:14	04:52
49	BASCOY AMENEDO ANTONIO			M	0:39:46 (272)	128° MASTER B M-M	1:42:19	04:52
348	LEIRA IGLESIAS FERNANDO			M	0:41:21 (337)	51° MASTER C M-M	1:42:30	04:53
189	FARIÑA CASTILLO JOSE ORLANDO			M	0:41:22 (338)	52° MASTER C M-M	1:42:31	04:53
6	ALBORES DIAZ JOSE MANUEL			M	0:41:39 (359)	6° MASTER D M-M	1:42:35	04:53

705	VILELA VERGARA LUIS			M	0:42:17 (394)	129° MASTER B M-M	1:42:35	04:53
4	AGRAS PITA FERNANDO	PASA OU ENTORNA		M	0:40:48 (315)	60° SENIOR M-M	1:42:36	04:53
487	PENA LAGE CÁNDIDO GIL	P.C. SANTA MARTA		M	0:41:13 (333)	130° MASTER B M-M	1:42:37	04:53
163	DÍAZ PARDO JUAN	TRIATLON FERROL		M	0:41:00 (323)	82° MASTER A M-M	1:42:39	04:53
391	LOURIDO MARTÍNEZ JAVIER	AS VELLAS NON PARAMOS		M	0:42:51 (425)	61° SENIOR M-M	1:42:45	04:53
190	FARIÑAS DIAZ PEDRO	ERIKA PILATES TEAM		M	0:41:53 (376)	83° MASTER A M-M	1:42:50	04:54
585	RODRIGUEZ FRAGUELA TONO			M	0:41:48 (372)	53° MASTER C M-M	1:42:50	04:54
437	MIRANDA CAMBRE IVÁN	NOSPORTLIMIT		M	0:41:45 (368)	84° MASTER A M-M	1:42:51	04:54
232	FILGUEIRA CHAO ROBERTO			M	0:42:25 (401)	131° MASTER B M-M	1:42:53	04:54
317	GRANDAL FERNÁNDEZ ANTONIO	BE ONE A MALATA		M	0:39:51 (280)	132° MASTER B M-M	1:42:56	04:54
463	PALMEIRO QUELLE MIGUEL ANGEL			M	0:42:40 (411)	133° MASTER B M-M	1:42:57	04:54
99	CARREIRA PEREIRA IVAN			M	0:41:41 (363)	62° SENIOR M-M	1:43:02	04:55
31	ARIAS FRANCO IBAN	CORREDORES POPULARES DE LA ARMADA		M	0:41:53 (376)	63° SENIOR M-M	1:43:04	04:55
360	LOPEZ DIAZ TAMARA	CLUB BENI GYM SPORT		F	0:41:43 (366)	3° SENIOR F-F	1:43:04	04:55
268	GARCÍA GÓMEZ JOSÉ MANUEL			M	0:41:36 (357)	85° MASTER A M-M	1:43:06	04:55
458	OLVEIRA TRABA BEATRIZ	A.D OLIMPIA		F	0:42:06 (382)	8° MASTER B F-F	1:43:07	04:55
590	RODRÍGUEZ LORENZO ALEJANDRO	NOSPORTLIMIT		M	0:41:46 (370)	134° MASTER B M-M	1:43:08	04:55
535	PRADO BASANTA DIEGO	CLUB MONTEPENARUBIA LUGO		M	0:42:16 (389)	135° MASTER B M-M	1:43:11	04:55
229	FERREIRO DIAZ DOMINGO	CLUB MONTE PENARUBIA RUNNING LUGO		M	0:42:16 (389)	136° MASTER B M-M	1:43:11	04:55
36	ARROYO CUNHA NACHO			M	0:41:43 (366)	64° SENIOR M-M	1:43:14	04:55
97	CARBALLEIRA AMADO JOSE JUAN			M	0:42:16 (389)	54° MASTER C M-M	1:43:15	04:55
353	LONGUEIRA SOLANO ROBERTO			M	0:40:47 (311)	137° MASTER B M-M	1:43:29	04:56
594	RODRÍGUEZ PRIETO RAFAEL	PASA OU ENTORNA		M	0:40:03 (285)	65° SENIOR M-M	1:43:32	04:56
478	PAZ SOUTO ELISA	EGOVARROS VIVEIRO	AG2024832	F	0:41:54 (378)	2° MASTER C F-F	1:43:33	04:56
80	CAGIAO BOUZA JUAN			M	0:43:13 (439)	86° MASTER A M-M	1:43:35	04:56
687	VÁZQUEZ IZAGUIRRE PATXI	XABARÍS ÁRTABROS		M	0:41:09 (328)	138° MASTER B M-M	1:43:44	04:56
510	PEREZ VEIGA JOSE MANUEL			M	0:43:01 (430)	87° MASTER A M-M	1:43:50	04:56
24	ANTÓN VÁZQUEZ PAULA	CASTRO DE LOBADIZ		F	0:41:10 (330)	3° MASTER C F-F	1:43:50	04:56
486	PENA GARCÍA XURXO			M	0:42:49 (419)	139° MASTER B M-M	1:43:53	04:57
691	VAZQUEZ VAZQUEZ MANUEL			M	0:39:59 (282)	55° MASTER C M-M	1:44:08	04:58
164	DIAZ PEREZ ISA	TRIEUME		F	0:40:52 (317)	9° MASTER B F-F	1:44:08	04:58
514	PETEIRO ROSENDE PEDRO	RUNNING OLEIROS	AG2016168	M	0:41:39 (359)	140° MASTER B M-M	1:44:21	04:58
660	SUÁREZ VALDERREY FERNANDO			M	0:42:16 (389)	88° MASTER A M-M	1:44:26	04:58
3	AGRAFOJO VILLASUSO JOSE ADOLFO	PASA OU ENTORNA		M	0:41:39 (359)	56° MASTER C M-M	1:44:26	04:58
271	GARCIA LÓPEZ-BLANCO IGNACIO			M	0:41:26 (340)	57° MASTER C M-M	1:44:36	04:59
509	PEREZ VAZQUEZ ANGEL			M	0:43:35 (457)	66° SENIOR M-M	1:44:36	04:59
485	PENA FERNANDEZ RAFAEL	MARRANERS-EN BOAS MANS		M	0:41:24 (339)	141° MASTER B M-M	1:44:42	04:59
344	LANDEIRA BRAGE JUAN CARLOS	FENE		M	0:42:46 (414)	58° MASTER C M-M	1:44:43	04:59
425	MEIZOSO BASTIDA JOSE LUIS	EGOVARROS VIVEIRO	GA768961	M	0:41:32 (346)	7° MASTER D M-M	1:44:44	04:59
322	GUISASOLA ESCUDERO M.MANUELA	EGOVARROS	GA768959	F	0:41:33 (347)	4° MASTER C F-F	1:44:56	05:00
614	SABUCEDO MARTINEZ RAFAEL			M	0:43:25 (449)	89° MASTER A M-M	1:45:15	05:01
354	LOPEZ AMOR ALVARO	NOSPORTLIMIT		M	0:42:49 (419)	90° MASTER A M-M	1:45:23	05:01
113	CASTRO FRAGA FELIPE	CLUB MONTEPENARUBIA	32706460T	M	0:41:52 (375)	67° SENIOR M-M	1:45:27	05:01

648	SIMÓN MARTINEZ AMIR	NOSPORTLIMIT		F	0:42:49 (419)	4° SENIOR F-F	1:45:37	05:02
504	PÉREZ QUIZA VÍCTOR			M	0:43:14 (441)	142° MASTER B M-M	1:45:43	05:02
542	PRIETO RIVAS JAVIER	CLUBE ATLETISMO FENE	AG2025289	M	0:41:26 (340)	91° MASTER A M-M	1:45:44	05:02
132	COIRA SÁNCHEZ DE TOCA LUIS			M	0:43:29 (454)	59° MASTER C M-M	1:45:54	05:02
277	GARCIA RIAL FRANCISCO			M	0:42:35 (408)	92° MASTER A M-M	1:45:54	05:02
493	PEREIRA REY JOSÉ CARLOS			M		60° MASTER C M-M	1:45:55	05:02
541	PRIETO RÍO CAMILO			M	0:41:27 (342)	93° MASTER A M-M	1:45:55	05:02
66	BOO ACUÑA BELARMINO			M	0:42:52 (427)	61° MASTER C M-M	1:46:02	05:03
477	PAZ MIRAGAYA XOSE LOIS	CLUBE ATLETISMO VILALBA		M	0:41:05 (327)	143° MASTER B M-M	1:46:02	05:03
29	ARIAS CASTRO MIGUEL ÁNGEL	RUNINNG ALTAFIT ODEON		M	0:41:10 (330)	94° MASTER A M-M	1:46:05	05:03
645	SICRE ROMERO CARLOS			M	0:40:47 (311)	62° MASTER C M-M	1:46:08	05:03
662	TABOADA BARREIRO JUAN MANUEL	CLUBE ATLETISMO BOIMORTO	AG2017938	M	0:42:13 (385)	144° MASTER B M-M	1:46:09	05:03
355	LOPEZ ANEIROS JOSE			M	0:42:28 (405)	63° MASTER C M-M	1:46:13	05:04
385	LOSADA PÉREZ SANTIAGO			M	0:42:46 (414)	8° MASTER D M-M	1:46:17	05:04
39	BAENA RODRÍGUEZ DAVID	SÍGUEME SI PUEDES		M	0:43:31 (455)	145° MASTER B M-M	1:46:21	05:04
86	CALVO ROO PRIMITIVO			M	0:42:24 (399)	146° MASTER B M-M	1:46:23	05:04
686	VÁZQUEZ FREIRE JOSÉ ANGEL	SÍGUEME SI PUEDES		M	0:43:25 (449)	147° MASTER B M-M	1:46:26	05:04
688	VÁZQUEZ MARTÍNEZ FERNANDO			M	0:42:50 (423)	64° MASTER C M-M	1:46:35	05:05
356	LOPEZ ARAUJO ANTONIO			M	0:43:05 (434)	95° MASTER A M-M	1:46:36	05:05
357	LOPEZ ARAUJO ALBERTO			M	0:43:13 (439)	96° MASTER A M-M	1:46:36	05:05
148	CUNS CARREIRA JUAN JOSE			M	0:41:54 (378)	97° MASTER A M-M	1:46:41	05:05
207	FERNÁNDEZ FRAGA JAVIER	RUNNING ARTEIXO		M	0:42:13 (385)	65° MASTER C M-M	1:46:48	05:05
454	NOVO CICOS DAVID			M	0:39:13 (246)	98° MASTER A M-M	1:46:49	05:05
461	OTERO PÉREZ MANUEL	C.A. CORREDOIRAS-BUEU	TAG2016489	M	0:44:02 (477)	9° MASTER D M-M	1:46:51	05:05
343	LAMIGUEIRO FRANCO JESUS MIGUEL	NOETRAINERS		M	0:41:33 (347)	148° MASTER B M-M	1:46:51	05:05
475	PAZ CARREIRA JOSE MANUEL	RUNNING OLEIROS		M	0:41:35 (355)	66° MASTER C M-M	1:46:52	05:05
261	GARCÍA FANDIÑO JOSÉ ANTONIO			M	0:42:46 (414)	67° MASTER C M-M	1:46:52	05:05
494	PEREIRA ROIBAL FELPE			M	0:45:12 (516)	68° MASTER C M-M	1:46:53	05:05
48	BARROS FONTE ALEJANDRO	PASA OU ENTORNA		M	0:47:02 (555)	68° SENIOR M-M	1:47:04	05:06
1	ABELENDIA RODRÍGUEZ IAGO			M	0:37:52 (177)	4° SUB 20 M-M	1:47:11	05:06
616	SALGUEIRO ALONSO PABLO			M	0:44:28 (491)	99° MASTER A M-M	1:47:12	05:06
410	MARTÍNEZ GAYOSO MANUEL ÁNGEL			M	0:43:02 (431)	149° MASTER B M-M	1:47:13	05:07
121	CAZON RODRIGUEZ PABLO RUBEN			M	0:42:41 (412)	150° MASTER B M-M	1:47:17	05:07
392	LOZANO IGLESIAS MIGUEL ÁNGEL			M	0:40:49 (316)	100° MASTER A M-M	1:47:17	05:07
241	FREIRE LOPEZ FRANCISCO			M	0:43:23 (446)	69° MASTER C M-M	1:47:19	05:07
536	PRADOS LÓPEZ ALBERTO JOSÉ			M	0:42:28 (405)	101° MASTER A M-M	1:47:22	05:07
183	DULSAT ORTIZ CARLES			M	0:43:23 (446)	151° MASTER B M-M	1:47:22	05:07
172	DIEZ BARREIRO JORGE			M	0:42:47 (417)	69° SENIOR M-M	1:47:22	05:07
690	VAZQUEZ RODRIGUEZ FRANCISCO	PASA OU ENTORNA		M	0:43:16 (444)	70° SENIOR M-M	1:47:23	05:07
315	GOYANES VAZQUEZ JOSE ANTONIO			M	0:42:13 (385)	70° MASTER C M-M	1:47:26	05:07
68	BOUZA ARIAS MANUEL	OLYMPO AS PONTES		M	0:44:18 (489)	152° MASTER B M-M	1:47:27	05:07
409	MARTINEZ DEL RIO RUBEN	DREAM TEAM		M	0:41:11 (332)	153° MASTER B M-M	1:47:31	05:07
615	SALGADO FILGUEIRA MANEL	PASA OU ENTORNA		M	0:34:34 (61)	71° SENIOR M-M	1:47:33	05:07

114	CASTRO NAVEIRAS OSCAR			M	0:40:37 (306)	102° MASTER A M-M	1:47:33	05:07
557	REGO GARATE JORGE			M	0:43:52 (471)	10° MASTER D M-M	1:47:35	05:07
626	SANCHEZ VALES BENIGNO			M	0:41:33 (347)	103° MASTER A M-M	1:47:36	05:07
103	CASAL PRIETO BENIGNO	BE ONE A MALATA		M	0:42:12 (383)	71° MASTER C M-M	1:47:37	05:07
694	VEIGA GRAÑA GABRIEL	PAP		M	0:44:33 (495)	154° MASTER B M-M	1:47:42	05:08
161	DIAZ GARCIA FRANCISCO ELADIO	GRASIAS		M	0:43:20 (445)	72° MASTER C M-M	1:47:43	05:08
338	LAGARES CARRO MAXIMINO	ESPRINES OURENSE		M	0:43:50 (469)	155° MASTER B M-M	1:47:44	05:08
157	DEUS PALLARES YOLANDA			F	0:43:15 (442)	10° MASTER B F-F	1:47:50	05:08
617	SALUTREGUI DARRIBA CARLOS			M	0:42:25 (401)	156° MASTER B M-M	1:47:51	05:08
622	SÁNCHEZ LÓPEZ JOSÉ ANTONIO			M	0:42:03 (381)	157° MASTER B M-M	1:47:51	05:08
33	ARMENTAL PÉREZ VICENTE			M	0:43:36 (458)	104° MASTER A M-M	1:47:52	05:08
74	CABANA OROSA ANTONIO	EGOVARROS VIVEIRO	GA716928	M	0:43:56 (473)	11° MASTER D M-M	1:47:53	05:08
470	PARGUIÑA FERNÁNDEZ SUSANA	EGOVARROS DE VIVEIRO	GA765964	F	0:43:58 (474)	5° MASTER C F-F	1:47:53	05:08
530	PONTE MARTÍNEZ JOSÉ MANUEL			M	0:43:37 (459)	158° MASTER B M-M	1:47:59	05:08
87	CAMBA DEUS JOSE	SÍGUEME SI PUEDES		M	0:43:25 (449)	159° MASTER B M-M	1:48:02	05:08
152	DE LA VIÑA PITA JUAN CARLOS			M	0:44:35 (496)	160° MASTER B M-M	1:48:11	05:09
659	SUÁREZ PÉREZ OSCAR			M	0:44:59 (512)	161° MASTER B M-M	1:48:21	05:10
431	MENDEZ PAMPIN JOSE ANTONIO			M	0:41:49 (374)	12° MASTER D M-M	1:48:24	05:10
375	LOPEZ PRIETO JERONIMO			M	0:41:33 (347)	73° MASTER C M-M	1:48:26	05:10
137	CORDERO RODRIGUEZ FRAN	PASA OU ENTORNA		M	0:42:12 (383)	72° SENIOR M-M	1:48:36	05:10
395	MAGDALENO LOURIDO PABLO	C.A. CORREDOIRAS BUEU	AG2016487	M	0:44:11 (486)	13° MASTER D M-M	1:48:41	05:11
171	DIÉGUEZ CASTRILLÓN JOSÉ ANGEL			M	0:42:50 (423)	162° MASTER B M-M	1:48:42	05:11
311	GONZALEZ RODRIGUEZ ERIC			M	0:42:49 (419)	5° SUB 20 M-M	1:48:43	05:11
243	FUENTES ESCUDERO PABLO	C.A. QUART DE POBLET		M	0:43:27 (452)	105° MASTER A M-M	1:48:45	05:11
521	PIÑEIROA REGO CRISTINA	CORREDORES POPULARES DE LA ARMADA		F	0:43:27 (452)	5° SENIOR F-F	1:48:45	05:11
1021	BERMUDEZ RICO JOSE MANUEL			M		14° MASTER D M-M	1:48:47	05:11
584	RODRÍGUEZ FORMOSO OSCAR			M	0:44:10 (484)	163° MASTER B M-M	1:48:52	05:11
460	OTERO GARCÍA FRANCISCO	C.A.CORREDOIRAS BUEU		M	0:43:38 (461)	15° MASTER D M-M	1:48:53	05:11
522	PIÑOL CHAS JOAQUIN	NOSPORTLIMIT		M	0:42:34 (407)	164° MASTER B M-M	1:49:03	05:11
498	PEREZ BALIRAC JESUS	NOITEBRA FC	AG2020370	M	0:44:24 (490)	74° MASTER C M-M	1:49:03	05:11
523	PIÑOL CHAS CHRISTIAN			M	0:42:17 (394)	106° MASTER A M-M	1:49:03	05:11
77	CABARCOS CABARCOS JORGE	CLUBE ATLETISMO VILALBA		M	0:41:58 (380)	165° MASTER B M-M	1:49:03	05:11
83	CALDERÓN FERNÁNDEZ ELOY			M	0:43:50 (469)	75° MASTER C M-M	1:49:08	05:12
325	HERMIDA MERA JUAN CARLOS	CASTRO DE LOBADIZ		M	0:43:43 (464)	166° MASTER B M-M	1:49:09	05:12
482	PEDRE LOUREIRO DAVID			M	0:42:27 (404)	167° MASTER B M-M	1:49:16	05:12
511	PEREZ VILLAR PABLO			M	0:44:58 (511)	107° MASTER A M-M	1:49:18	05:12
497	PEREZ ALVAREZ JUAN VIDAL			M	0:44:28 (491)	168° MASTER B M-M	1:49:20	05:13
556	REDONDA INSUA MANUEL JAVIER	CLUBE ATLETISMO FENE		M	0:43:02 (431)	169° MASTER B M-M	1:49:29	05:13
72	BURILLO TERRER IGNACIO			M	0:44:10 (484)	76° MASTER C M-M	1:49:30	05:13
484	PEDREIRAS PARDO JAVIER	PAP RUNNING CLUB		M	0:42:41 (412)	108° MASTER A M-M	1:49:32	05:13
444	MORENO BODEGO ANA	RUNNING ALTAFIT ODEON		F	0:43:42 (463)	11° MASTER B F-F	1:49:34	05:13
122	CEBALLOS ROMERO PURI			F	0:45:39 (519)	1° MASTER A F-F	1:49:35	05:13
678	VAL GUERREIRO PABLO			M	0:43:44 (466)	77° MASTER C M-M	1:49:46	05:14

216	FERNÁNDEZ PÉREZ EDER		M	0:43:58 (474)	170° MASTER B M-M	1:49:55	05:14	
8	ALONSO CABALEIRO ANTONIO		M	0:45:43 (521)	73° SENIOR M-M	1:50:05	05:14	
474	PAZ CABADA JOSÉ LUIS		M	0:45:45 (522)	109° MASTER A M-M	1:50:05	05:14	
554	RAMUDO RIVAS XOSE		M	0:44:32 (494)	78° MASTER C M-M	1:50:15	05:15	
516	PICO POUOSO ROBERTO	WWW.ROBERTOPICO.COM	M	0:44:08 (480)	171° MASTER B M-M	1:50:21	05:15	
656	STOCKHEIM GÓMEZ MICHAEL	MILER RUNNING CLUB	M	0:49:38 (607)	172° MASTER B M-M	1:50:31	05:16	
610	RUIZ SEIJO CARLOS	A.D.R. VARA E PEDAL	M	0:42:21 (398)	173° MASTER B M-M	1:50:32	05:16	
364	LOPEZ GARCIA MARIA LUISA		F	0:44:08 (480)	12° MASTER B F-F	1:50:41	05:16	
367	LOPEZ LAGO ARTURO	CLUB TRIATLON CORUÑA	32759099S	M	0:42:51 (425)	79° MASTER C M-M	1:50:42	05:16
222	FERNANDEZ SANCHEZ RAMIRO		M	0:41:09 (328)	174° MASTER B M-M	1:50:44	05:16	
212	FERNÁNDEZ LÓPEZ JUAN ANTONIO	NOSPORTLIMIT	M	0:46:48 (554)	175° MASTER B M-M	1:50:54	05:17	
263	GARCÍA FERREIRO CARLA	NOSPORTLIMIT	F	0:45:01 (513)	6° SENIOR F-F	1:51:06	05:17	
538	PRIETO CABRAL MOISES		M	0:44:01 (476)	176° MASTER B M-M	1:51:07	05:17	
548	RAMAS FIUSA CARLOS		M	0:47:09 (557)	177° MASTER B M-M	1:51:07	05:17	
667	TEIJEIRO LAMAS DIEGO		M	0:44:12 (487)	74° SENIOR M-M	1:51:13	05:18	
592	RODRÍGUEZ PEREIRA FRANCISCO		M	0:44:51 (506)	178° MASTER B M-M	1:51:25	05:19	
170	DIAZ-PACHE MACKINLAY CARLOS		M	0:44:38 (498)	80° MASTER C M-M	1:51:30	05:19	
532	PORTO LOPEZ JUAN CARLOS		M	0:44:31 (493)	179° MASTER B M-M	1:51:33	05:19	
258	GARCIA CORTIZAS CARLOS		M	0:45:38 (518)	180° MASTER B M-M	1:51:46	05:19	
306	GONZÁLEZ LLANOS MIGUEL	KURAI	M	0:43:37 (459)	181° MASTER B M-M	1:51:46	05:19	
429	MENDEZ LOPEZ VICTOR		M	0:41:48 (372)	75° SENIOR M-M	1:51:47	05:19	
503	PEREZ PEREZ VICTOR		M	0:46:38 (549)	76° SENIOR M-M	1:51:49	05:19	
712	ZARAGOZA VEREZ ALBERTO		M	0:44:09 (483)	182° MASTER B M-M	1:51:52	05:20	
664	TEIJEIRO COUCE ANGEL		M	0:47:26 (562)	81° MASTER C M-M	1:51:52	05:20	
140	CORRALES ARIAS ANDRÉS FELIPE		M	0:42:18 (396)	1° SUB 23 M-M	1:51:57	05:20	
226	FERNANDEZ VILLAMARIN JOSE MANUEL		M	0:45:39 (519)	183° MASTER B M-M	1:52:03	05:20	
105	CASANOVA DÍAZ ANTONIO JOSÉ		M	0:44:08 (480)	184° MASTER B M-M	1:52:04	05:20	
630	SANTE GUEIMONDE ERO		M	0:46:23 (544)	110° MASTER A M-M	1:52:05	05:20	
612	SAAVEDRA PÉREZ ALBERTO	CLUB DE REMO A CABANA	M	0:43:09 (436)	2° SUB 23 M-M	1:52:08	05:20	
209	FERNANDEZ HORJALES HADRIAN		M	0:43:09 (436)	77° SENIOR M-M	1:52:24	05:21	
489	PENA SALIDO JOSE MANUEL	EUMENATURA MONTAÑA	M	0:44:04 (479)	185° MASTER B M-M	1:52:27	05:21	
5	AGRELO RODRIGUEZ FRANCISCO GABRIEL		M	0:46:14 (537)	111° MASTER A M-M	1:52:36	05:22	
589	RODRÍGUEZ GONZÁLEZ ANTONIO JOAQUÍN		M	0:43:03 (433)	78° SENIOR M-M	1:52:43	05:22	
130	COBELO MARTÍNEZ PAULA MARIA	RUNNIG ALTAFIT ODEON	F	0:43:43 (464)	2° MASTER A F-F	1:52:43	05:22	
483	PEDREIRA COROAS CELERINO	OLYMPO AS PONTES	AG2022916	M	0:45:13 (517)	16° MASTER D M-M	1:52:56	05:23
604	ROMERO BUSTABAD ANDRÉS	PASA OU ENTORNA	M	0:44:43 (499)	186° MASTER B M-M	1:53:01	05:23	
104	CASAL TARACIDO OSCAR	PASA OU ENTORNA	M	0:43:23 (446)	112° MASTER A M-M	1:53:12	05:23	
365	LÓPEZ GÓMEZ MARCOS	GAS SPORT	M	0:44:46 (501)	82° MASTER C M-M	1:53:13	05:23	
7	ALCALA-ZAMORA CANEL EMILIO		M	0:46:18 (539)	83° MASTER C M-M	1:53:13	05:23	
583	RODRIGUEZ FERNANDEZ JOSE MANUEL	CLUB ATLETISMO NARON	M	0:45:06 (514)	187° MASTER B M-M	1:53:20	05:24	
595	RODRÍGUEZ PUGA JUAN MANUEL		M	0:46:15 (538)	113° MASTER A M-M	1:53:25	05:24	
507	PEREZ VARELA JOSE MARIA		M	0:45:47 (524)	84° MASTER C M-M	1:53:27	05:24	
223	FERNÁNDEZ SANCHEZ-ROLDAN PEDRO	SÍGUEME SI PUEDES	M	0:43:31 (455)	188° MASTER B M-M	1:53:32	05:25	

81	CAINZOS RODRIGUEZ RUBEN			M	0:44:52 (507)	114° MASTER A M-M	1:53:45	05:25
203	FERNANDEZ DIAZ JAVIER			M	0:46:25 (546)	115° MASTER A M-M	1:53:51	05:25
184	DURAN FORMOSO MARIA JESUS			F	0:48:09 (582)	13° MASTER B F-F	1:53:59	05:26
625	SÁNCHEZ VALENZUELA JOSÉ			M	0:46:12 (534)	189° MASTER B M-M	1:54:00	05:26
59	BERMUDEZ RODRIGUEZ MIGUEL ANGEL	NOSPORTLIMIT		M	0:46:20 (542)	85° MASTER C M-M	1:54:07	05:26
644	SICRE ROMERO BEGOÑA			F	0:43:54 (472)	6° MASTER C F-F	1:54:21	05:27
663	TABORDA ARANGO BLAKE			M	0:48:57 (600)	79° SENIOR M-M	1:54:27	05:27
116	CASTRO RIVAS ÁNGELA MARÍA	BE ONE MALATA		F	0:43:38 (461)	3° MASTER A F-F	1:54:27	05:27
466	PANTIN LÓPEZ ALMUDENA	BE ONE A MALATA		F	0:43:44 (466)	4° MASTER A F-F	1:54:27	05:27
703	VILAR GONZALEZ ALEJANDRA	MTC LOURES		F	0:46:00 (531)	14° MASTER B F-F	1:54:29	05:27
297	GONZÁLEZ NOELIA			F	0:44:17 (488)	15° MASTER B F-F	1:54:39	05:28
376	LOPEZ RIO ELISEO	EGOVARROS-VIVERO	19958	M	0:46:19 (541)	17° MASTER D M-M	1:54:50	05:28
369	LOPEZ MARTIN GONZALO			M	0:46:10 (533)	86° MASTER C M-M	1:54:53	05:28
480	PAZOS ROMERO MAITE	PAP		F	0:46:05 (532)	16° MASTER B F-F	1:54:53	05:28
287	GIL CRIADO ALVARO			M	0:48:11 (583)	116° MASTER A M-M	1:54:59	05:29
257	GARCÍA CASTRO VÍCTOR M.			M	0:47:39 (566)	117° MASTER A M-M	1:55:03	05:29
565	RGUEZ LOIS			M	0:47:39 (566)	190° MASTER B M-M	1:55:16	05:29
618	SANCHEZ CASAL JOSÉ MANUEL			M	0:46:12 (534)	18° MASTER D M-M	1:55:47	05:31
301	GONZALEZ FREIRE MICHELLE	AD NAUTICO NARON	32737186	F	0:46:43 (550)	1° SUB 20 F-F	1:55:50	05:31
593	RODRÍGUEZ PRADA MANUEL ANTONIO			M	0:48:04 (580)	19° MASTER D M-M	1:55:55	05:31
447	MUIÑO PEGO ANA BELÉN			F	0:48:31 (589)	5° MASTER A F-F	1:56:02	05:32
23	ANIDO RODRÍGUEZ LUISA	URBAN RUNNERS CLUB SANTIAGO		F	0:48:32 (591)	7° SENIOR F-F	1:56:15	05:32
591	RODRÍGUEZ OTERO MICHAEL DAMIÁN			M	0:44:49 (503)	80° SENIOR M-M	1:56:28	05:33
414	MARTÍNEZ RIVAS JAVIER			M	0:48:36 (592)	87° MASTER C M-M	1:56:33	05:33
127	CHEN LIN YAN QING			M	0:42:14 (388)	81° SENIOR M-M	1:56:35	05:33
264	GARCIA GARCIA MANUEL JOSE	NOSPORTLIMIT		M	0:47:47 (571)	88° MASTER C M-M	1:56:36	05:33
221	FERNANDEZ RODRIGUEZ FRANCISCO JAVIER			M	0:48:54 (599)	191° MASTER B M-M	1:56:37	05:33
16	AMADO MIGUEL			M	0:48:59 (601)	118° MASTER A M-M	1:56:38	05:33
236	FRAGA PERNAS MIGUEL			M	0:46:31 (547)	82° SENIOR M-M	1:56:43	05:34
107	CASAR DIAZ PATRICIA			F	0:47:07 (556)	6° MASTER A F-F	1:56:55	05:34
245	GALÁN GONZÁLEZ ANTONIO			M	0:47:49 (572)	192° MASTER B M-M	1:57:19	05:35
302	GONZÁLEZ GARCÍA ANDRÉS	CLUB CASTRO DE LOBADIZ (FERROL)		M	0:47:43 (569)	89° MASTER C M-M	1:57:25	05:35
394	MACEIRAS SEOANE ROSA M	RUNNING ARTEIXO		F	0:48:14 (584)	17° MASTER B F-F	1:57:29	05:35
280	GARCÍA SAS JUAN JOSÉ			M	0:44:48 (502)	119° MASTER A M-M	1:57:55	05:37
248	GALLEGO PIÑON SERGIO			M	0:48:04 (580)	193° MASTER B M-M	1:57:57	05:37
508	PEREZ VAZQUEZ ANTON			M	0:47:57 (578)	90° MASTER C M-M	1:57:59	05:37
413	MARTÍNEZ RAMILO TANIA			F	0:44:45 (500)	18° MASTER B F-F	1:58:02	05:37
406	MARTINEZ BREIJO MARIA TERESA	CASTRO DE LOBADIZ		F	0:47:26 (562)	7° MASTER C F-F	1:58:04	05:37
380	LÓPEZ VÁZQUEZ JOSÉ ALFONSO	CASTRO DE LOBADIZ		M	0:47:27 (565)	91° MASTER C M-M	1:58:04	05:37
196	FERNANDEZ ALBERTO	CASTRO DE LOBADIZ		M	0:49:47 (608)	20° MASTER D M-M	1:58:04	05:37
473	PAZ ARZUAGA DANIEL			M	0:47:57 (578)	120° MASTER A M-M	1:58:24	05:38
233	FIUZA TRILLO EMILIO			M	0:48:38 (596)	92° MASTER C M-M	1:58:26	05:38
120	CAZÓN PIÑÓN ANTONIO CAZÓN PIÑÓN	CLUBE ATLETISMO VILALBA		M	0:44:37 (497)	194° MASTER B M-M	1:58:30	05:38

560	REY CASTELO VÍCTOR MANUEL	CLUB ATLETISMO BOIMORTO	AG2017937	M	0:46:44 (552)	93° MASTER C M-M	1:58:48	05:40
180	DOPICO BELLÓN MANUEL			M	0:45:51 (527)	94° MASTER C M-M	1:58:52	05:40
512	PÉREZ VILLAR VICENTE			M	0:46:37 (548)	195° MASTER B M-M	1:58:54	05:40
377	LOPEZ SANTIAGO CESAR			M	0:43:15 (442)	83° SENIOR M-M	1:59:00	05:40
333	JIMÉNEZ JIMÉNEZ VIRGINIA	A.D. SAN ROQUE		F	0:46:46 (553)	8° MASTER C F-F	1:59:07	05:40
540	PRIETO PERNAS FRANCISCO	SÍGUEME SI PUEDES		M	0:43:05 (434)	121° MASTER A M-M	1:59:20	05:41
468	PARDO LOPEZ ANTONIO	NOSPORTLIMIT		M	0:48:37 (593)	95° MASTER C M-M	1:59:25	05:41
387	LOSADA SANZ JAIME			M	0:47:25 (561)	96° MASTER C M-M	1:59:25	05:41
576	RIVERA SOMORROSTRO PABLO	2KSYSTEMS		M	0:45:59 (530)	196° MASTER B M-M	1:59:33	05:41
393	MACEIRAS BIDEGAIN JAIME	RUNNING ALTAFIT ODEON		M	0:47:26 (562)	97° MASTER C M-M	1:59:34	05:41
401	MARGARETO NOYA MERCEDES			F	0:47:16 (559)	19° MASTER B F-F	1:59:39	05:42
368	LOPEZ MARTIN JAVIER			M	0:44:49 (503)	98° MASTER C M-M	1:59:40	05:42
162	DÍAZ MOSQUERA JAVIER PASTOR	NOITEBRA	2022781	M	0:45:55 (529)	84° SENIOR M-M	1:59:42	05:42
469	PARGUIÑA FERNANDEZ PABLO			M	0:46:20 (542)	21° MASTER D M-M	1:59:46	05:42
700	VIEITO SANCHEZ CARLOS	SIGUEME SI PUEDES		M	0:45:06 (514)	122° MASTER A M-M	2:00:03	05:43
63	BLANCO GABIN MANUEL JUAN			M	0:48:23 (586)	99° MASTER C M-M	2:00:07	05:43
345	LANDERAS VAZQUEZ RAFAEL	CORREDORES POPULARES ARMADA FERROL		M	0:44:56 (509)	197° MASTER B M-M	2:00:08	05:43
331	IGLESIAS FERNÁNDEZ RICARDO			M	0:48:31 (589)	198° MASTER B M-M	2:00:36	05:44
400	MARCOTE LAGO JOSÉ MANUEL	PAP		M	0:46:12 (534)	199° MASTER B M-M	2:00:43	05:45
449	MUIÑOS MAURIZ SANTIAGO	CORREDORES POPULARES ARMADA FERROL		M	0:44:56 (509)	200° MASTER B M-M	2:00:53	05:46
658	SUAREZ GARCÍA BRAULIO			M	0:49:12 (606)	85° SENIOR M-M	2:01:15	05:46
288	GINZO CALOTO ALBA			F	0:48:14 (584)	7° MASTER A F-F	2:02:09	05:49
588	RODRIGUEZ GONZALEZ ROBERTO			M	0:48:38 (596)	86° SENIOR M-M	2:02:18	05:49
629	SANJUAN SANCHEZ ROBERTO	ESCOLA DE ATLETISMO PAULA MAYOBRE		M	0:45:45 (522)	100° MASTER C M-M	2:02:20	05:50
85	CALVO GONZALEZ CRISTIAN	CLUBE ATLETISMO FENE	AG2023276	M	0:43:45 (468)	87° SENIOR M-M	2:02:24	05:50
82	CAJAMARCA RIVERA R			M	0:44:55 (508)	88° SENIOR M-M	2:02:44	05:50
18	AMADOR NEIRA ALBERTO			M	0:46:18 (539)	123° MASTER A M-M	2:03:03	05:52
244	FUENTES GONZÁLEZ CONSTANTINO			M	0:45:49 (526)	101° MASTER C M-M	2:03:18	05:52
674	TORRES GÓMEZ RUBÉN			M	0:48:29 (587)	124° MASTER A M-M	2:03:21	05:52
433	MEÍA FRAGA JORGE			M	0:48:37 (593)	125° MASTER A M-M	2:03:22	05:52
418	MARTÍNEZ RODRIGUEZ ROLANDO			M	0:47:49 (572)	201° MASTER B M-M	2:03:42	05:53
321	GUILLÁN FRAN			M	0:48:45 (598)	202° MASTER B M-M	2:03:58	05:54
314	GORGULLO RIVERA BENJAMIN			M	0:50:42 (615)	126° MASTER A M-M	2:04:02	05:55
11	ALONSO FREIRE MARCO			M	0:42:24 (399)	6° SUB 20 M-M	2:04:22	05:55
234	FORTUNA GALANTE IVÁN			M	0:45:47 (524)	127° MASTER A M-M	2:04:33	05:56
441	MONTES MARTÍNEZ JUAN			M	0:47:43 (569)	22° MASTER D M-M	2:04:45	05:56
292	GÓMEZ COUTO NATALIA	BE ONE		F	0:49:10 (602)	8° SENIOR F-F	2:04:52	05:57
379	LÓPEZ TEIJEIRO FRANCISCO			M	0:47:16 (559)	102° MASTER C M-M	2:05:03	05:57
22	ANEIROS REY BELEN	BEONE A MALATA		F	0:49:10 (602)	20° MASTER B F-F	2:05:03	05:57
669	TEIJO LÓPEZ JOSÉ ANGEL	AS VELLAS NON PARAN		M	0:46:43 (550)	203° MASTER B M-M	2:05:26	05:58
378	LOPEZ SOBRADO ROBERTO	NOSPORTLIMIT		M	0:38:15 (192)	204° MASTER B M-M	2:05:35	05:59
488	PENA PUGA CARLOS ALBERTO			M	0:49:52 (609)	128° MASTER A M-M	2:06:15	06:01
517	PIDAL LÓPEZ JUAN PABLO			M	0:48:30 (588)	129° MASTER A M-M	2:06:21	06:01

265	GARCIA GARCIA CARMEN		F	0:49:11 (604)	9° MASTER C F-F	2:06:40	06:02
546	RABUÑAL VÁZQUEZ ARTURO		M	0:49:11 (604)	23° MASTER D M-M	2:06:40	06:02
45	BARRIO CASAS LUIS	CASTRO DE LOBADIZ	M	0:50:14 (613)	205° MASTER B M-M	2:06:46	06:02
605	ROMERO MARTIÑO JUSTO		M	0:50:15 (614)	103° MASTER C M-M	2:06:59	06:03
596	RODRÍGUEZ REY SERGIO		M	0:51:00 (618)	130° MASTER A M-M	2:07:00	06:03
219	FERNÁNDEZ RILO JUAN		M	0:50:43 (616)	104° MASTER C M-M	2:07:00	06:03
528	POENAR RALUCA MIHAELA	NOSPORTLIMIT	F	0:51:03 (619)	9° SENIOR F-F	2:07:09	06:03
381	LÓPEZ VILARIÑO CARLOS		M	0:47:50 (574)	206° MASTER B M-M	2:07:11	06:04
310	GONZÁLEZ PÉREZ IGNACIO		M	0:51:41 (626)	131° MASTER A M-M	2:07:12	06:04
126	CHAO VIEITES JACOBO		M		207° MASTER B M-M	2:07:19	06:04
144	COUCEIRO MAGAN FRANCISCO	ADOLFO COUCEIRO SEGUROS SL	M	0:47:51 (575)	105° MASTER C M-M	2:07:19	06:04
179	DOMÍNGUEZ VALCARRERAS FÉLIX		M	0:47:12 (558)	208° MASTER B M-M	2:08:06	06:06
319	GRUEIRO ACCIÓN ISABEL		F	0:51:39 (622)	10° SENIOR F-F	2:08:21	06:07
84	CALDERÓN LOURIDO MIRIAM		F	0:51:40 (625)	11° SENIOR F-F	2:08:21	06:07
692	VEIGA GARCIA PABLO		M	0:48:37 (593)	209° MASTER B M-M	2:09:22	06:10
201	FERNÁNDEZ COSTOYAS ANA MARÍA	IMOS CON CALMA	F	0:50:09 (612)	8° MASTER A F-F	2:10:17	06:12
701	VIGO FERNANDEZ JOSE MANUEL		M	0:45:54 (528)	132° MASTER A M-M	2:10:25	06:13
465	PANTÍN JOSÉ		M	0:50:08 (610)	24° MASTER D M-M	2:10:54	06:14
467	PANTÍN LÓPEZ ROI	IMOS CON CALMA	M	0:50:08 (610)	133° MASTER A M-M	2:10:54	06:14
135	CONDE BERMEJO MARIANO		M	0:47:39 (566)	89° SENIOR M-M	2:11:28	06:16
266	GARCÍA GARCÍA MANUEL		M	0:52:55 (631)	25° MASTER D M-M	2:13:37	06:22
539	PRIETO CARRO SANDRA		F	0:53:18 (633)	21° MASTER B F-F	2:13:43	06:22
52	BECERRA PARAFITA GONZALO		M	0:46:24 (545)	90° SENIOR M-M	2:13:45	06:22
600	RODRÍGUEZ VÁZQUEZ ESTEBAN	CLUBE ATLETISMO FENE	M	0:53:17 (632)	134° MASTER A M-M	2:13:48	06:22
65	BOCELO PRIETO JOSE ANTONIO		M	0:53:18 (633)	106° MASTER C M-M	2:13:59	06:23
359	LÓPEZ DE LA VEGA TERESA		F	0:52:35 (628)	22° MASTER B F-F	2:14:37	06:25
146	CRIADO PRIETO JORGE		M	0:52:36 (629)	210° MASTER B M-M	2:14:38	06:25
199	FERNANDEZ BELLO FRANCISCO MANUEL		M	0:50:57 (617)	211° MASTER B M-M	2:15:51	06:28
309	GONZÁLEZ PENDAS ALFONSO		M	0:54:43 (638)	212° MASTER B M-M	2:16:20	06:29
230	FERREIRO MUÑIZ CRISTINA		F	0:51:28 (620)	23° MASTER B F-F	2:17:12	06:32
642	SERANTES NICOLAS		M	0:52:44 (630)	107° MASTER C M-M	2:18:00	06:34
436	MIRA LIÑEIRO XOAN CARLOS		M	0:47:53 (577)	213° MASTER B M-M	2:19:20	06:38
143	COUCE FALCÓN ALICIA ANA		M	0:53:20 (635)	108° MASTER C M-M	2:19:33	06:39
136	CONDE CHAO MARTA MARIA		F	0:54:02 (637)	24° MASTER B F-F	2:19:58	06:40
679	VARELA DE LA TORRE GONZALO		M	0:52:11 (627)	214° MASTER B M-M	2:21:09	06:43
156	DEUS PALLARES MIGUEL		M	0:54:55 (639)	109° MASTER C M-M	2:21:17	06:44
228	FERREIRA LEIRAS CARLOTA		F	0:51:39 (622)	9° MASTER A F-F	2:23:20	06:50
192	FEAL DÍAZ DAVID		M	0:51:39 (622)	135° MASTER A M-M	2:23:20	06:50
251	GARCIA JORGE		M	0:53:30 (636)	91° SENIOR M-M	2:24:12	06:52
202	FERNANDEZ COUCE ELADIO		M	0:47:51 (575)	215° MASTER B M-M	2:24:47	06:53
308	GONZALEZ MANCEBO IVAN		M	0:55:08 (641)	92° SENIOR M-M	2:25:24	06:55
371	LOPEZ PALLAS ANA KARINA		F	0:54:59 (640)	12° SENIOR F-F	2:25:38	06:56
352	LOMBAO DOMINGUEZ ALEJANDRO	CASTRO DE LOBADIZ	M	0:34:53 (64)			

323	GUTIÉRREZ RAMOS JOSU MIKEL	A.D. NÁUTICO DE NARÓN	M	0:36:06 (108)
128	CHUECOS ESCALONA JOSÉ ANTONIO	CASTRO DE LOBADIZ	M	0:37:11 (146)
346	LANDROVE RODRIGUEZ URBANO		M	0:39:06 (233)
124	CENDÓN SAMPEDRO MANUEL		M	0:39:28 (257)
160	DÍAZ DE LA CUESTA PABLO		M	0:40:06 (288)
53	BEDIA VIDAL JUAN CARLOS		M	0:42:39 (410)
262	GARCIA FERREIRA TINO		M	0:44:49 (503)
670	TELLADO ARIAS JUAN		M	0:51:38 (621)
