

XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA



XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT | LOCAL |
|-----|-----|----------------------------------|------|-------------------------------|-------------|-------|-----------|--------|-------|-------|
| 1 | 36 | JUAN JOSE ÁLVAREZ CURES | m | ATLETISMO O PINO | 00:22:46,90 | 3:19 | MASTER 1 | 1 | 1 | No |
| 2 | 156 | ALEJANDRO PESADO FERNÁNDEZ | m | | 00:22:58,80 | 3:21 | MASTER 2 | 2 | 1 | No |
| 3 | 127 | JOSÉ CARLOS BUJAN OTERO | m | NOITEBRA | 00:23:40,90 | 3:27 | MASTER 2 | 3 | 2 | No |
| 4 | 66 | CONSTANTE LORENZO | m | OS MUDITOS | 00:23:44,30 | 3:27 | MASTER 1 | 4 | 2 | No |
| 5 | 59 | CARLOS IGLESIAS AREA | m | SAN MIGUEL DE MARÍN | 00:24:09,90 | 3:31 | MASTER 1 | 5 | 3 | No |
| 6 | 10 | BRAIS CUPEIRO PÉREZ | m | INDEPENDIENTE | 00:24:11,70 | 3:31 | SENIOR | 6 | 1 | No |
| 7 | 139 | JORGE MANUEL GARCIA RODRIGUEZ | m | NOITEBRA | 00:24:13,00 | 3:32 | MASTER 2 | 7 | 3 | No |
| 8 | 38 | NICOLÁS FERNANDO BAS ROTH | m | CLUB ATLETISMO SADA | 00:24:17,20 | 3:32 | MASTER 1 | 8 | 4 | No |
| 9 | 12 | MÍCHEL FERNÁNDEZ GARCÍA | m | S. D. BARBANTIA RODA | 00:24:35,70 | 3:35 | SENIOR | 9 | 2 | No |
| 10 | 208 | CARLOS REY PEREIRA | m | BOIMORTO | 00:24:39,30 | 3:35 | MASTER 3 | 10 | 1 | No |
| 11 | 15 | CARLOS FRAGA ADRIO | m | CLUB ATLETISMO O PINO | 00:24:54,10 | 3:38 | SENIOR | 11 | 3 | No |
| 12 | 95 | JOSÉ ANTONIO VIDAL GONZALEZ | m | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:24:55,30 | 3:38 | MASTER 1 | 12 | 5 | No |
| 13 | 62 | JOSE MANUEL IGLESIAS TORRES | m | CLUB DE MONTAÑA VERTICE | 00:25:05,90 | 3:39 | MASTER 1 | 13 | 6 | No |
| 14 | 161 | MANUEL RENDO PÉREZ | m | ECOPREVE | 00:25:11,40 | 3:40 | MASTER 2 | 14 | 4 | No |
| 15 | 41 | FRANCISCO JOSE BESADA FILGUEIRAS | m | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:25:14,60 | 3:41 | MASTER 1 | 15 | 7 | No |
| 16 | 23 | ANTONIO SOUTO PRIETO | m | TRIPENTAS TERRAS DE LUGO | 00:25:19,50 | 3:41 | SENIOR | 16 | 4 | No |
| 17 | 20 | BRAIS PEREZ | m | SD COMPOSTELA ATLETISMO | 00:25:20,90 | 3:42 | SENIOR | 17 | 5 | No |
| 18 | 91 | ÓSCAR VALLE LÓPEZ | m | NOITEBRA | 00:25:27,40 | 3:42 | MASTER 1 | 18 | 8 | No |
| 19 | 70 | JAVIER PARADELA MARTICO | m | | 00:25:28,90 | 3:43 | MASTER 1 | 19 | 9 | No |
| 20 | 51 | LUIS FEITO MIRÁS | m | FONTES DO SAR | 00:25:31,90 | 3:43 | MASTER 1 | 20 | 10 | No |
| 21 | 128 | MIGUEL CABO VILLAVERDE | m | CLUB ATLETISMO MILLADOIRO | 00:25:34,50 | 3:44 | MASTER 2 | 21 | 5 | No |
| 22 | 69 | DIEGO P. CASAS | m | | 00:25:37,40 | 3:44 | MASTER 1 | 22 | 11 | No |
| 23 | 7 | GERARDO CACHAFEIRO GARCÍA | m | SD COMPOSTELA ATLETISMO | 00:25:39,40 | 3:44 | SENIOR | 23 | 6 | No |
| 24 | 77 | FÉLIX QUINTELA PAIS | m | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:25:45,00 | 3:45 | MASTER 1 | 24 | 12 | No |
| 25 | 132 | MANUEL COSTA CASTRO | m | CLUB ATLETISMO TAMBRE | 00:25:46,60 | 3:45 | MASTER 2 | 25 | 6 | No |
| 26 | 9 | DAVID CHAS ÁLVAREZ | m | | 00:25:47,20 | 3:45 | SENIOR | 26 | 7 | No |
| 27 | 215 | JOSE SUAREZ LEIS | m | SAR VERMU PETRONI | 00:25:52,90 | 3:46 | MASTER 3 | 27 | 2 | No |
| 28 | 121 | JESUS ALVAREZ CHINCHILLA | m | | 00:26:07,20 | 3:48 | MASTER 2 | 28 | 7 | No |
| 29 | 84 | JOSÉ ANTONIO SEÑARIS PARDO | m | RUNNERS CARBALLO | 00:26:07,80 | 3:48 | MASTER 1 | 29 | 13 | No |
| 30 | 37 | MARCIAL ANIBAL BARCA ESPAÑA | m | ATLETISMO O PINO | 00:26:08,50 | 3:48 | MASTER 1 | 30 | 14 | No |
| 31 | 166 | JOSE LUIS ROIBAS FERNANDEZ | m | CLUB ATLETISMO SADA | 00:26:09,50 | 3:49 | MASTER 2 | 31 | 8 | No |
| 32 | 22 | JESÚS SAINZ TRESGUERRAS | m | CLUBE ATLETISMO SAR-PETRONI | 00:26:14,30 | 3:49 | SENIOR | 32 | 8 | No |
| 33 | 90 | FRANCISCO TOSAR ASOREY | m | INDEPENDIENTE | 00:26:15,50 | 3:49 | MASTER 1 | 33 | 15 | No |
| 34 | 48 | FRANCISCO JOSE CUENCA GARCIA | m | CLUB ATLETISMO O PINO | 00:26:20,90 | 3:50 | MASTER 1 | 34 | 16 | No |
| 35 | 34 | JUANKY AGEITOS SAMPEDRO | m | PELUQUERÍA EVA MÉNDEZ | 00:26:22,60 | 3:51 | MASTER 1 | 35 | 17 | No |
| 36 | 21 | MANUEL ANXO PINTOS LÓPEZ | m | | 00:26:33,50 | 3:52 | SENIOR | 36 | 9 | No |

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| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT | LOCAL |
|-----|-----|----------------------------------|------|-------------------------------|-------------|-------|-----------|--------|-------|-------|
| 37 | 8 | EFRÉN CAPELO VIEITES | m | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:26:33,60 | 3:52 | SENIOR | 37 | 10 | No |
| 38 | 169 | ROBERTO SENRA ALVAREZ | m | CLUB ATLETISMO TAMBRE | 00:26:35,00 | 3:52 | MASTER 2 | 38 | 9 | No |
| 39 | 5 | DAMIÁN BALEATO CALVIÑO | m | | 00:26:37,20 | 3:53 | SENIOR | 39 | 11 | Si |
| 40 | 27 | GABRIEL VIÁN | m | | 00:26:38,60 | 3:53 | SENIOR | 40 | 12 | No |
| 41 | 152 | BYRON OREJUELA REINO | m | | 00:26:41,80 | 3:53 | MASTER 2 | 41 | 10 | No |
| 42 | 210 | JOSÉ RÍO INSUA | m | RUNNERS CARBALLO | 00:26:45,80 | 3:54 | MASTER 3 | 42 | 3 | No |
| 43 | 94 | JOSÉ MANUEL VÁZQUEZ MATO | m | CLUB ATLETISMO BRIÓN HYUPERSA | 00:26:50,10 | 3:55 | MASTER 1 | 43 | 18 | No |
| 44 | 142 | FRANCISCO JAVIER GONZÁLEZ LEDO | m | RUNNING OLEIROS | 00:26:52,20 | 3:55 | MASTER 2 | 44 | 11 | No |
| 45 | 147 | JOSÉ MANUEL LUEIRO ABUIN | m | INDEPENDIENTE | 00:26:54,50 | 3:55 | MASTER 2 | 45 | 12 | No |
| 46 | 129 | SPIBY (RAMON) CANOSA CASTIÑEIRA | m | SAR VERMU PETRONI | 00:26:57,40 | 3:56 | MASTER 2 | 46 | 13 | No |
| 47 | 42 | SIMÓN CALVIÑO CALVIÑO | m | INDEPENDIENTE | 00:27:04,20 | 3:57 | MASTER 1 | 47 | 19 | No |
| 48 | 80 | FRANCISCO JOSE ROCHA GARCÍA | m | CLUBE DE ATLETISMO BOIMORTO | 00:27:08,60 | 3:57 | MASTER 1 | 48 | 20 | No |
| 49 | 65 | ALEJANDRO LÓPEZ LODEIRO | m | INDEPENDIENTE | 00:27:09,90 | 3:57 | MASTER 1 | 49 | 21 | No |
| 50 | 155 | FERNANDO PÉREZ HERNÁNDEZ | m | | 00:27:12,00 | 3:58 | MASTER 2 | 50 | 14 | No |
| 51 | 18 | ELOY MARIN CASTRO | m | INDEPENDIENTE | 00:27:13,50 | 3:58 | SENIOR | 51 | 13 | No |
| 52 | 60 | PABLO IGLESIAS DOMINGUEZ | m | NOITEBRA | 00:27:18,80 | 3:59 | MASTER 1 | 52 | 22 | No |
| 53 | 82 | JOSE ANTONIO ROMERO BARREIRO | m | CLUB ATLETISMO BOIMORTO | 00:27:28,30 | 4:00 | MASTER 1 | 53 | 23 | No |
| 54 | 26 | DANIEL SUSO SÁNCHEZ | m | INDEPENDIENTE | 00:27:44,40 | 4:02 | SENIOR | 54 | 14 | No |
| 55 | 52 | JOSE ANTONIO FERNÁNDEZ RODRÍGUEZ | m | RUNNING ARTEIXO | 00:27:46,30 | 4:03 | MASTER 1 | 55 | 24 | No |
| 56 | 131 | ÁLVARO CÉSAR VILA | m | CLUB ATLETISMO TAMBRE | 00:27:49,20 | 4:03 | MASTER 2 | 56 | 15 | No |
| 57 | 165 | CESAR RODRIGUEZ VENTUREIRA | m | RUNNING ARTEIXO | 00:27:50,10 | 4:03 | MASTER 2 | 57 | 16 | No |
| 58 | 55 | JOSE GARCÍA CANCELA | m | | 00:27:51,70 | 4:04 | MASTER 1 | 58 | 25 | No |
| 59 | 19 | DANIEL PEREIRA ALONSO | m | INDEPENDIENTE | 00:27:54,30 | 4:04 | SENIOR | 59 | 15 | No |
| 60 | 168 | ENRIQUE SANTOS LORENZO | m | TERRA DE SONEIRA | 00:27:57,40 | 4:04 | MASTER 2 | 60 | 17 | No |
| 61 | 11 | XOÁN FERNÁNDEZ CHOUZA | m | | 00:28:00,30 | 4:05 | SENIOR | 61 | 16 | No |
| 62 | 133 | JESUS MANUEL DARRIBA PENA | m | INDEPENDIENTE | 00:28:03,30 | 4:05 | MASTER 2 | 62 | 18 | No |
| 63 | 89 | ESTEBAN SUEIRO IGLESIAS | m | CLUB ATLETISMO BRIÓN HYUPERSA | 00:28:06,80 | 4:06 | MASTER 1 | 63 | 26 | No |
| 64 | 170 | SANTIAGO SOLETO CEREIJO | m | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:28:15,70 | 4:07 | MASTER 2 | 64 | 19 | No |
| 65 | 87 | CARLOS SUÁREZ GARCÍA | m | INDEPENDIENTE | 00:28:18,70 | 4:07 | MASTER 1 | 65 | 27 | No |
| 66 | 86 | MIGUEL ANGEL SOUTO RUMBO | m | | 00:28:23,20 | 4:08 | MASTER 1 | 66 | 28 | No |
| 67 | 17 | PABLO GARCIA OTERO | m | INDEPENDIENTE | 00:28:23,40 | 4:08 | SENIOR | 67 | 17 | No |
| 68 | 211 | XAIME RIVAS POSSE | m | VINCIT FISIOTERAPIA | 00:28:26,30 | 4:09 | MASTER 3 | 68 | 4 | No |
| 69 | 72 | DAVID PONTE IGLESIAS | m | | 00:28:27,10 | 4:09 | MASTER 1 | 69 | 29 | No |
| 70 | 138 | SANTIAGO GARCÍA BELLO | m | | 00:28:28,30 | 4:09 | MASTER 2 | 70 | 20 | No |
| 71 | 13 | ALEXANDRE FERNANDEZ TOJO | m | CLUB ATLETISMO TAMBRE | 00:28:30,50 | 4:09 | SENIOR | 71 | 18 | No |
| 72 | 108 | NATALIA LORENZO PEREZ | f | INDEPENDIENTE | 00:28:52,50 | 4:12 | MASTER 1 | 1 | 1 | No |

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|-----|-----|-----------------------------------|------|-----------------------------------|-------------|-------|-----------|--------|-------|-------|
| 73 | 123 | ANTONIO BARREIRO CORDEIRO | m | INDEPENDIENTE | 00:28:54,00 | 4:13 | MASTER 2 | 72 | 21 | No |
| 74 | 68 | ANTONIO MATALOBOS BUSTELO | m | CLUB ATLETISMO BRIÓN HYUPERSA | 00:29:05,70 | 4:14 | MASTER 1 | 73 | 30 | No |
| 75 | 6 | DAVID BOLON FIGUEIRAS | m | | 00:29:05,80 | 4:14 | SENIOR | 74 | 19 | No |
| 76 | 85 | SERGIO SOTO BUCETA | m | C.A.CAMBADOS - SEGUROS NOVAL | 00:29:08,20 | 4:15 | MASTER 1 | 75 | 31 | No |
| 77 | 1 | YAGO DANIEL RÍO PEREIRA | m | INDEPENDIENTE | 00:29:10,40 | 4:15 | SUB 18 | 76 | 1 | No |
| 78 | 140 | MIGUEL GÓMEZ C | m | INDEPENDIENTE | 00:29:14,10 | 4:16 | MASTER 2 | 77 | 22 | No |
| 79 | 98 | BELÉN BASCOY CAO | f | ADN RÍAS BAIXAS | 00:29:16,90 | 4:16 | MASTER 1 | 2 | 2 | No |
| 80 | 137 | ALFONSO GARCIA BELLO | m | INDEPENDIENTE | 00:29:17,10 | 4:16 | MASTER 2 | 78 | 23 | No |
| 81 | 49 | PABLO DELGADO GONZÁLEZ | m | INDEPENDIENTE | 00:29:24,50 | 4:17 | MASTER 1 | 79 | 32 | No |
| 82 | 182 | MARIA ELENA MIGUENS OTERO | f | CLUBE ATLETISMO SAR-PETRONI | 00:29:28,20 | 4:18 | MASTER 2 | 3 | 1 | No |
| 83 | 191 | JUAN CARLOS BERGONDO BRANDARIZ | m | RUNNING OLEIROS | 00:29:29,20 | 4:18 | MASTER 3 | 80 | 5 | No |
| 84 | 2 | ARARAT PAZOS MEIXUS | f | | 00:29:33,10 | 4:18 | SUB 18 | 4 | 1 | No |
| 85 | 103 | LAURA FELIPEZ RODRÍGUEZ | f | RUNNING ARTEIXO | 00:29:35,40 | 4:19 | MASTER 1 | 5 | 3 | No |
| 86 | 45 | ÓSCAR CASAS COUSELO | m | CLUB ATLETISMO TAMBRE | 00:29:40,10 | 4:19 | MASTER 1 | 81 | 33 | No |
| 87 | 78 | AMANCIO RAÑA RECOUSO | m | CLUB ATLETISMO TAMBRE | 00:29:42,70 | 4:20 | MASTER 1 | 82 | 34 | No |
| 88 | 32 | BERTA PAN VEIRAS | f | CORUÑA COMARCA | 00:29:44,10 | 4:20 | SENIOR | 6 | 1 | No |
| 89 | 83 | ISIDRO SANCHEZ GONZALEZ | m | | 00:29:47,60 | 4:20 | MASTER 1 | 83 | 35 | No |
| 90 | 134 | JUAN CARLOS FERNÁNDEZ LAGO | m | CLUBE DE ATLETISMO SERRES RUNNERS | 00:29:48,10 | 4:21 | MASTER 2 | 84 | 24 | No |
| 91 | 141 | JUANJO GÓMEZ CORTÉS | m | INDEPENDIENTE | 00:29:54,60 | 4:21 | MASTER 2 | 85 | 25 | No |
| 92 | 88 | JAVIER SUÁREZ GIADÁS | m | | 00:30:05,60 | 4:23 | MASTER 1 | 86 | 36 | No |
| 93 | 148 | FERNANDO MARTINEZ HERVES | m | | 00:30:06,90 | 4:23 | MASTER 2 | 87 | 26 | No |
| 94 | 150 | JUAN CARLOS MARTINEZ VALVERDE | m | ATLETISMO O PINO | 00:30:08,00 | 4:23 | MASTER 2 | 88 | 27 | No |
| 95 | 113 | LAURA NÚÑEZ NAVEIRA | f | INDEPENDIENTE | 00:30:17,00 | 4:25 | MASTER 1 | 7 | 4 | No |
| 96 | 57 | ALEJANDRO GESTO LAGO | m | INDEPENDIENTE | 00:30:23,70 | 4:26 | MASTER 1 | 89 | 37 | No |
| 97 | 56 | RAFAEL GARCIA PENA | m | INDEPENDIENTE | 00:30:33,80 | 4:27 | MASTER 1 | 90 | 38 | No |
| 98 | 174 | MANUEL JOSE VAZQUEZ SANJURJO | m | RUNNING ARTEIXO | 00:30:38,30 | 4:28 | MASTER 2 | 91 | 28 | No |
| 99 | 172 | FRANCISCO JAVIER VARELA RODRÍGUEZ | m | INDEPENDIENTE | 00:30:44,80 | 4:29 | MASTER 2 | 92 | 29 | No |
| 100 | 43 | JESUS CAMBA RIAL | m | INDEPENDIENTE | 00:30:50,10 | 4:30 | MASTER 1 | 93 | 39 | No |
| 101 | 177 | EVA DE LA FUENTE IGLESIAS | f | CLUB ATLETISMO BRIÓN HYUPERSA | 00:30:51,30 | 4:30 | MASTER 2 | 8 | 2 | No |
| 102 | 192 | JOSÉ ANTONIO BERMÚDEZ TURNES | m | INDEPENDIENTE | 00:30:52,60 | 4:30 | MASTER 3 | 94 | 6 | No |
| 103 | 163 | ADOLFO RIOBÓ MUIÑO | m | INDEPENDIENTE | 00:30:55,00 | 4:30 | MASTER 2 | 95 | 30 | No |
| 104 | 204 | JOSE MANUEL PETEIRO LOZANO | m | | 00:30:59,20 | 4:31 | MASTER 3 | 96 | 7 | No |
| 105 | 96 | ANA ACEVEDO GOMEZ | f | | 00:31:10,50 | 4:33 | MASTER 1 | 9 | 5 | No |
| 106 | 158 | SUSO RAMOS RODRIGUEZ | m | A.D. DOWNHILL | 00:31:20,20 | 4:34 | MASTER 2 | 97 | 31 | No |
| 107 | 135 | ÓSCAR FIGUEIRAS TOREA | m | | 00:31:28,50 | 4:35 | MASTER 2 | 98 | 32 | No |
| 108 | 194 | JOSE ANTONIO BLANCO BARREIRO | m | INDEPENDIENTE | 00:31:33,90 | 4:36 | MASTER 3 | 99 | 8 | No |

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|-----|-----|--------------------------------|------|-----------------------------------|-------------|-------|-----------|--------|-------|-------|
| 109 | 180 | GELY LÓPEZ VILAS | f | RUNNING ARTEIXO | 00:31:34,10 | 4:36 | MASTER 2 | 10 | 3 | No |
| 110 | 46 | JESÚS CASTRO GONZÁLEZ | m | INDEPENDIENTE | 00:31:43,50 | 4:37 | MASTER 1 | 100 | 40 | No |
| 111 | 179 | SILVIA GESTAL GOLÁN | f | CLUB DEPORTIVO ENKI | 00:31:44,80 | 4:38 | MASTER 2 | 11 | 4 | No |
| 112 | 24 | ALEJANDRO SUÁREZ GARCÍA | m | INDEPENDIENTE | 00:31:48,40 | 4:38 | SENIOR | 101 | 20 | Si |
| 113 | 102 | SILVIA DÍEZ BERMÚDEZ | f | EGOVARROS DE VIVEIRO | 00:32:12,90 | 4:42 | MASTER 1 | 12 | 6 | No |
| 114 | 159 | JOSE CARLOS REBOREDO FRAGA | m | INDEPENDIENTE | 00:32:16,30 | 4:42 | MASTER 2 | 102 | 33 | No |
| 115 | 212 | JOSÉ MANUEL ROMERO OLVEIRA | m | VETERANOS DE SAMIL | 00:32:18,60 | 4:42 | MASTER 3 | 103 | 9 | No |
| 116 | 16 | DANIEL FREIRE RUIBAL | m | INDEPENDIENTE | 00:32:23,40 | 4:43 | SENIOR | 104 | 21 | No |
| 117 | 199 | BENITO GONZÁLEZ VARELA | m | CLUB ATELISMO TAMBRE | 00:32:24,90 | 4:43 | MASTER 3 | 105 | 10 | No |
| 118 | 119 | ANA VARELA REGUERA | f | | 00:32:28,60 | 4:44 | MASTER 1 | 13 | 7 | No |
| 119 | 63 | JUAN LAMAS BELLO | m | | 00:32:31,80 | 4:44 | MASTER 1 | 106 | 41 | No |
| 120 | 47 | VICTOR CONEJO PENA | m | INDEPENDIENTE | 00:32:40,30 | 4:46 | MASTER 1 | 107 | 42 | No |
| 121 | 197 | JOSÉ GÓMEZ VIAÑO | m | INDEPENDIENTE | 00:32:48,90 | 4:47 | MASTER 3 | 108 | 11 | No |
| 122 | 115 | MAICA OTERO GOMEZ | f | INDEPENDIENTE | 00:32:50,60 | 4:47 | MASTER 1 | 14 | 8 | No |
| 123 | 40 | JAVIER BERMÚDEZ POMBO | m | ATLETAS ACEA DA MA | 00:32:51,90 | 4:47 | MASTER 1 | 109 | 43 | No |
| 124 | 54 | HECTOR FRAGA LOPEZ | m | | 00:32:55,40 | 4:48 | MASTER 1 | 110 | 44 | No |
| 125 | 144 | MAXIMINO LAGARES CARRO | m | ESPRINTES OURENSE | 00:32:56,00 | 4:48 | MASTER 2 | 111 | 34 | No |
| 126 | 112 | SUSANA NIETO PAZOS | f | INDEPENDIENTE | 00:32:56,30 | 4:48 | MASTER 1 | 15 | 9 | No |
| 127 | 153 | RAFAEL PAIS COMINO | m | | 00:33:02,30 | 4:49 | MASTER 2 | 112 | 35 | No |
| 128 | 97 | VANESSA BARREIRO GARCÍA | f | | 00:33:02,50 | 4:49 | MASTER 1 | 16 | 10 | No |
| 129 | 92 | FRANCISCO JAVIER VARELA GARCÍA | m | INDEPENDIENTE | 00:33:06,10 | 4:49 | MASTER 1 | 113 | 45 | No |
| 130 | 157 | AGUSTÍN JOSÉ PORRO CORREIRA | m | INDEPENDIENTE | 00:33:08,40 | 4:50 | MASTER 2 | 114 | 36 | No |
| 131 | 160 | ALFONSO REMUIÑÁN SÁNCHEZ | m | AD FOGAR | 00:33:08,60 | 4:50 | MASTER 2 | 115 | 37 | No |
| 132 | 33 | MARÍA SOUTO PRIETO | f | | 00:33:11,60 | 4:50 | SENIOR | 17 | 2 | No |
| 133 | 99 | FINA BLANCO PENA | f | INDEPENDIENTE | 00:33:14,90 | 4:51 | MASTER 1 | 18 | 11 | No |
| 134 | 143 | ÁNGEL JUVIÑO PREGO | m | INDEPENDIENTE | 00:33:15,70 | 4:51 | MASTER 2 | 116 | 38 | No |
| 135 | 173 | JUAN CARLOS VÁZQUEZ GOMEZ | m | INDEPENDIENTE | 00:33:19,10 | 4:51 | MASTER 2 | 117 | 39 | No |
| 136 | 216 | JESÚS VAAMONDE RÚA | m | INDEPENDIENTE | 00:33:21,20 | 4:52 | MASTER 3 | 118 | 12 | No |
| 137 | 151 | FRANCISCO MOURE CAÑETE | m | NOITEBRA | 00:33:24,50 | 4:52 | MASTER 2 | 119 | 40 | No |
| 138 | 181 | MARÍA ÁNGELES LORENZO BARRAL | f | INDEPENDIENTE | 00:33:31,20 | 4:53 | MASTER 2 | 19 | 5 | No |
| 139 | 213 | ANTONIO SANTOS MALLO | m | ATLETICA A SILVA | 00:33:39,20 | 4:54 | MASTER 3 | 120 | 13 | No |
| 140 | 125 | JOSE BERMUDEZ VARELA | m | AD MEDIADUCIA | 00:33:41,20 | 4:55 | MASTER 2 | 121 | 41 | No |
| 141 | 39 | MANUEL BASOA RODRIGUEZ | m | ESCOLA DE ATLETISMO PAULA MAYOBRE | 00:33:42,90 | 4:55 | MASTER 1 | 122 | 46 | No |
| 142 | 130 | CARLOS CARRASCO ITURRA | m | CLUB ATLETISMO O PINO | 00:33:54,50 | 4:57 | MASTER 2 | 123 | 42 | No |
| 143 | 50 | RAÚL DOVAL SANCHEZ | m | | 00:33:56,60 | 4:57 | MASTER 1 | 124 | 47 | No |
| 144 | 114 | MARÍA JESUS ORGEIRA REY | f | | 00:33:59,80 | 4:57 | MASTER 1 | 20 | 12 | Si |

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|-----|-----|----------------------------------|------|------------------------------------|-------------|-------|-----------|--------|-------|-------|
| 145 | 171 | FERNANDO TRILLO CARLÍN | m | AD FOGAR | 00:34:02,40 | 4:58 | MASTER 2 | 125 | 43 | No |
| 146 | 209 | JOSÉ RIAL PAIS | m | CLUB ATLETISMO OUTES | 00:34:20,80 | 5:00 | MASTER 3 | 126 | 14 | No |
| 147 | 207 | MANUEL JOSE REY PAULOS | m | INDEPENDIENTE | 00:34:24,60 | 5:01 | MASTER 3 | 127 | 15 | No |
| 148 | 25 | PABLO SUAREZ MARIÑO | m | INDEPENDIENTE | 00:34:33,30 | 5:02 | SENIOR | 128 | 22 | Si |
| 149 | 136 | IVAN FOLLA-CISNEROS VIDAL | m | INDEPENDIENTE | 00:34:34,30 | 5:02 | MASTER 2 | 129 | 44 | No |
| 150 | 58 | JORGE GÓMEZ CEBEY | m | C.A. TAMBRE | 00:34:41,70 | 5:03 | MASTER 1 | 130 | 48 | No |
| 151 | 195 | JAVIER FERNANDEZ FRAGA | m | INDEPENDIENTE | 00:34:43,50 | 5:04 | MASTER 3 | 131 | 16 | No |
| 152 | 202 | JOSÉ ANTONIO MÉNDEZ PAMPIN | m | | 00:34:48,00 | 5:04 | MASTER 3 | 132 | 17 | No |
| 153 | 28 | SABELA ABALO GARCÍA | f | | 00:34:54,40 | 5:05 | SENIOR | 21 | 3 | No |
| 154 | 100 | MARÍA BEGOÑA CAJADE BLANCO | f | CLUB ATLETISMO BOIMORTO | 00:34:57,10 | 5:06 | MASTER 1 | 22 | 13 | No |
| 155 | 203 | DANIEL ANGEL OTERO CEPEDA | m | INDEPENDIENTE | 00:35:04,80 | 5:07 | MASTER 3 | 133 | 18 | No |
| 156 | 109 | VERÓNICA MARTÍNEZ PARCERO | f | CLUB ATLETISMO O PINO | 00:35:10,30 | 5:08 | MASTER 1 | 23 | 14 | No |
| 157 | 75 | CÉSAR POSE MATO | m | AD FOGAR | 00:35:13,10 | 5:08 | MASTER 1 | 134 | 49 | No |
| 158 | 145 | MANUEL LAGO MOLEDO | m | CAO CLUB ATLETISMO OUTES | 00:35:26,60 | 5:10 | MASTER 2 | 135 | 45 | No |
| 159 | 67 | FRANCISCO MANUEL LOUREIRO CASTRO | m | INDEPENDIENTE | 00:35:29,10 | 5:10 | MASTER 1 | 136 | 50 | No |
| 160 | 110 | MARIA MARTÍNEZ SANCHEZ | f | INDEPENDIENTE | 00:35:52,30 | 5:14 | MASTER 1 | 24 | 15 | No |
| 161 | 201 | MARCOS MANEIRO CASTRO | m | INDEPENDIENTE | 00:36:08,20 | 5:16 | MASTER 3 | 137 | 19 | No |
| 162 | 105 | CHUS GARCIA PENA | f | CLUB ATLETISMO TAMBRE | 00:36:14,40 | 5:17 | MASTER 1 | 25 | 16 | No |
| 163 | 214 | ANTONIO SOUTO REGO | m | INDEPENDIENTE | 00:36:55,60 | 5:23 | MASTER 3 | 138 | 20 | No |
| 164 | 154 | ANTONIO PEREIRO LIÑARES | m | | 00:37:14,50 | 5:26 | MASTER 2 | 139 | 46 | Si |
| 165 | 149 | JOSE LUIS MARTINEZ ROMERO | m | | 00:37:19,30 | 5:26 | MASTER 2 | 140 | 47 | No |
| 166 | 53 | MANUEL FERREIRO OROSA | m | | 00:37:26,10 | 5:27 | MASTER 1 | 141 | 51 | No |
| 167 | 219 | SILVIA SÁNCHEZ BASCOY | f | INDEPENDIENTE | 00:37:30,40 | 5:28 | MASTER 3 | 26 | 1 | No |
| 168 | 205 | MANUEL RAÑA PREGO | m | INDEPENDIENTE | 00:37:48,10 | 5:31 | MASTER 3 | 142 | 21 | No |
| 169 | 184 | MAR PÉREZ GARCÍA | f | CLUB ATLETISMO CAMBADOS SEG. NOVAL | 00:37:50,90 | 5:31 | MASTER 2 | 27 | 6 | No |
| 170 | 101 | MARÍA CODESIDO MONTOIRO | f | INDEPENDIENTE | 00:37:59,90 | 5:32 | MASTER 1 | 28 | 17 | No |
| 171 | 120 | PILAR VAZQUEZ FEBRERO | f | INDEPENDIENTE | 00:38:01,20 | 5:33 | MASTER 1 | 29 | 18 | No |
| 172 | 175 | SUSANA BUJÁN OTERO | f | NOITEBRA | 00:38:27,60 | 5:36 | MASTER 2 | 30 | 7 | No |
| 173 | 3 | MANEL ABRUÑEDO FERNÁNDEZ | m | | 00:38:32,20 | 5:37 | MASTER 2 | 143 | 48 | No |
| 174 | 118 | BELÉN PÉREZ GRAÑA | f | | 00:38:32,50 | 5:37 | MASTER 1 | 31 | 19 | No |
| 175 | 217 | MARI PIÑEIRO ESPERANTE | f | INDEPENDIENTE | 00:38:34,60 | 5:37 | MASTER 3 | 32 | 2 | No |
| 176 | 162 | RAMON REY MIGUENS | m | CLUBE ATLETISMO SAR-PETRONI | 00:38:37,10 | 5:38 | MASTER 2 | 144 | 49 | No |
| 177 | 183 | EVA MARÍA PEREIRO GÓMEZ | f | CLUB ATLETISMO O PINO | 00:38:53,30 | 5:40 | MASTER 2 | 33 | 8 | No |
| 178 | 106 | PAULA GRELA DUBRA | f | INDEPENDIENTE | 00:38:56,20 | 5:41 | MASTER 1 | 34 | 20 | Si |
| 179 | 64 | FRANCISCO JAVIER LOPEZ CLEMENTE | m | SD COMPOSTELA ATLETISMO | 00:39:08,00 | 5:42 | MASTER 1 | 145 | 52 | No |
| 180 | 29 | ANA BELLO FRAGA | f | | 00:39:16,00 | 5:43 | SENIOR | 35 | 4 | No |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

ABSOLUTA

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT | LOCAL |
|-----|-----|-------------------------------|------|-------------------------------|-------------|-------|-----------|--------|-------|-------|
| 181 | 93 | JOSE VARELA VERDES | m | CLUB DEPORTIVO ENKI | 00:39:20,10 | 5:44 | MASTER 1 | 146 | 53 | No |
| 182 | 178 | LUCÍA DOVAL SANCHEZ | f | ATLETICA A SILVA | 00:39:22,10 | 5:44 | MASTER 2 | 36 | 9 | No |
| 183 | 200 | JOSE GRELA RODRIGUEZ | m | | 00:39:22,20 | 5:44 | MASTER 3 | 147 | 22 | No |
| 184 | 189 | ANA VÁZQUEZ FERNÁNDEZ | f | CLUB ATLETISMO O PINO | 00:39:33,40 | 5:46 | MASTER 2 | 37 | 10 | No |
| 185 | 31 | NOELIA LOJO LÓPEZ | f | | 00:39:40,30 | 5:47 | SENIOR | 38 | 5 | No |
| 186 | 116 | SUEVIA OTERO SOLAR | f | | 00:39:42,70 | 5:47 | MASTER 1 | 39 | 21 | No |
| 187 | 111 | MARTA MUIÑO BALSA | f | CLUB ATLETISMO TAMBRE | 00:39:42,70 | 5:47 | MASTER 1 | 40 | 22 | No |
| 188 | 107 | VANESSA LORENZO ANICETO | f | NOITEBRA | 00:40:03,40 | 5:50 | MASTER 1 | 41 | 23 | No |
| 189 | 198 | MANUEL GONZÁLEZ PEREIRA | m | INDEPENDIENTE | 00:40:15,30 | 5:52 | MASTER 3 | 148 | 23 | No |
| 190 | 206 | ANTONIO REMUIÑÁN SÁNCHEZ | m | AD FOGAR | 00:40:30,90 | 5:54 | MASTER 3 | 149 | 24 | No |
| 191 | 187 | ANA SAINZ DE LA TORRE VILALTA | f | CLUB ATLETISMO O PINO | 00:40:35,40 | 5:55 | MASTER 2 | 42 | 11 | No |
| 192 | 74 | SERGIO PORTO CALVO | m | CLUB ATLETISMO OUTES | 00:41:03,10 | 5:59 | MASTER 1 | 150 | 54 | No |
| 193 | 185 | MARÍA MERCEDES RAMOS FUENTES | f | INDEPENDIENTE | 00:41:19,60 | 6:01 | MASTER 2 | 43 | 12 | No |
| 194 | 14 | ANXO FERREIRA FRAGA | m | INDEPENDIENTE | 00:41:40,50 | 6:05 | SENIOR | 151 | 23 | Si |
| 195 | 193 | JESUS BERNAL GOMEZ | m | INDEPENDIENTE | 00:44:58,80 | 6:33 | MASTER 3 | 152 | 25 | No |
| 196 | 30 | MARTA CARRIL CAMINO | f | INDEPENDIENTE | 00:46:56,00 | 6:51 | SENIOR | 44 | 6 | No |
| 197 | 190 | GONZALO ÁLVAREZ PRADO | m | K2 ORDES | 00:47:53,80 | 6:59 | MASTER 3 | 153 | 26 | No |
| 198 | 176 | NURIA CIDONCHA MORAN | f | AD MEDIADUCIA | 00:48:00,00 | 7:00 | MASTER 2 | 45 | 13 | No |
| 199 | 117 | PATRICIA PEREZ GONZALEZ | f | INDEPENDIENTE | 00:51:08,80 | 7:27 | MASTER 1 | 46 | 24 | No |
| DNF | 35 | RICARDO ALONSO FERNÁNDEZ | m | RUNNING ARTEIXO | | | MASTER 1 | -1 | -1 | No |
| DNF | 81 | JORGE RODRIGUEZ LISTE | m | | | | MASTER 1 | -1 | -1 | No |
| DNF | 126 | ERNESTO BUCETA POUSO | m | INDEPENDIENTE | | | MASTER 2 | -1 | -1 | No |
| DNS | 4 | DANI ANDRADE RAMA | m | CLUB DEPORTIVO BRIÓN HYUPERSA | | | SENIOR | -1 | -1 | No |
| DNS | 44 | FERNANDO CASAS BELLO | m | | | | MASTER 1 | -1 | -1 | No |
| DNS | 61 | RAMÓN IGLESIAS REY | m | | | | MASTER 1 | -1 | -1 | No |
| DNS | 71 | CARLOS PEREIRO FRAGA | m | | | | MASTER 1 | -1 | -1 | No |
| DNS | 73 | BRUNO PORTO CALVELO | m | INDEPENDIENTE | | | MASTER 1 | -1 | -1 | No |
| DNS | 76 | MARCOS ANTONIO PRADO FANDIÑO | m | VERXEL | | | MASTER 1 | -1 | -1 | No |
| DNS | 79 | RUBEN REBORIDO REBOREDO | m | AD JARNACHAS | | | MASTER 1 | -1 | -1 | No |
| DNS | 104 | MARIA DEL MAR GARCIA GONZALEZ | f | | | | MASTER 1 | -1 | -1 | No |
| DNS | 122 | CRISTÓBAL BALSEIRO PITA | m | CLUB ATLETISMO SADA | | | MASTER 2 | -1 | -1 | No |
| DNS | 124 | DANIEL BECERRA RODRÍGUEZ | m | NOITEBRA | | | MASTER 2 | -1 | -1 | No |
| DNS | 146 | CARLOS LOPEZ DOMINGUEZ | m | AD FOGAR | | | MASTER 2 | -1 | -1 | No |
| DNS | 164 | CARLOS RODRIGUEZ CAAMAÑO | m | INDEPENDIENTE | | | MASTER 2 | -1 | -1 | No |
| DNS | 167 | IVÁN PABLO SANMARTIN CARREIRA | m | CLUB ATLETISMO O PINO | | | MASTER 2 | -1 | -1 | No |
| DNS | 186 | MARICARMEN RODRIGUEZ GOLAN | f | | | | MASTER 2 | -1 | -1 | No |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

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XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT | LOCAL |
|-----|-----|---------------------------|------|-----------------------|-----------|-------|-----------|--------|-------|-------|
| DNS | 188 | CRISTINA SANCHEZ LOPEZ | f | LARACHA EN DUAS RODAS | | | MASTER 2 | -1 | -1 | No |
| DNS | 196 | ARTURO GARCÍA BASALO | m | | | | MASTER 3 | -1 | -1 | No |
| DNS | 218 | ANGELES RODRIGUEZ DEL RIO | f | | | | MASTER 3 | -1 | -1 | No |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

SUB 14-16

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT |
|-----|-----|---------------------------------|------|-----------------------------------|-------------|-------|-----------|--------|-------|
| 1 | 330 | ANXO BELLO RODRÍGUEZ | m | | 00:05:33,50 | 3:05 | SUB 16 | 1 | 1 |
| 2 | 338 | JOSÉ MANUEL NEGREIRA ABELENDIA | m | AD FOGAR | 00:05:42,10 | 3:10 | SUB 16 | 2 | 2 |
| 3 | 337 | BERKET LÓPEZ DÍAZ | m | AD FOGAR | 00:05:42,70 | 3:10 | SUB 16 | 3 | 3 |
| 4 | 333 | SAMUEL FRAGA RÍOS | m | CLUB ATLETISMO SADA | 00:05:48,30 | 3:13 | SUB 16 | 4 | 4 |
| 5 | 328 | ALEX AYASO PARADA | m | SANTA UXIA ATLETISMO | 00:05:50,30 | 3:14 | SUB 16 | 5 | 5 |
| 6 | 303 | IVÁN CASAS FERNÁNDEZ | m | CLUB ATELISMO TAMBRE | 00:05:54,10 | 3:16 | SUB 14 | 6 | 1 |
| 7 | 307 | HUGO DOMÍNGUEZ JUNCAL | m | ATLETISMO VILA DE CANGAS | 00:05:56,40 | 3:17 | SUB 14 | 7 | 2 |
| 8 | 310 | MICHEL NÚÑEZ MUÑOZ | m | AD FOGAR | 00:05:58,30 | 3:19 | SUB 14 | 8 | 3 |
| 9 | 302 | IKER AYASO PARADA | m | SANTA UXIA ATLETISMO | 00:05:59,80 | 3:19 | SUB 14 | 9 | 4 |
| 10 | 340 | LUCAS RIBÓ MIGUEL | m | CLUB TRIATLÓN COMPOSTELA | 00:06:06,10 | 3:23 | SUB 16 | 10 | 6 |
| 11 | 329 | ASDRÚBAL BARCA RIVAS | m | ATLETISMO O PINO | 00:06:13,90 | 3:27 | SUB 16 | 11 | 7 |
| 12 | 341 | SERGIO SENRA BARRANTES | m | CLUB ATLETISMO TAMBRE | 00:06:22,10 | 3:32 | SUB 16 | 12 | 8 |
| 13 | 339 | LEO RIAL SIEIRA | m | CLUB NATACION RIVEIRA | 00:06:29,30 | 3:36 | SUB 16 | 13 | 9 |
| 14 | 318 | TANIA LOPEZ PAZOS | f | CLUB ATLETISMO NARÓN | 00:06:38,40 | 3:41 | SUB 14 | 1 | 1 |
| 15 | 321 | DEBRIS PANIAGUA RODRÍGUEZ | f | CLUB ATLETISMO O PINO | 00:06:45,40 | 3:45 | SUB 14 | 2 | 2 |
| 16 | 347 | DIANA MOSQUERA SUAREZ | f | | 00:06:47,40 | 3:46 | SUB 16 | 3 | 1 |
| 17 | 305 | TESFAYE CHAO RAMA | m | A.D. FOGAR | 00:06:53,70 | 3:49 | SUB 14 | 14 | 5 |
| 18 | 348 | JULIA SALVADO DIEGUEZ | f | COMPOSTELA ATLETISMO | 00:06:53,90 | 3:49 | SUB 16 | 4 | 2 |
| 19 | 332 | MATEO CASTRO SOUTO | m | A.D. FOGAR | 00:07:06,80 | 3:57 | SUB 16 | 15 | 10 |
| 20 | 316 | CARLA DOLDÁN VAZQUEZ | f | | 00:07:11,40 | 3:59 | SUB 14 | 5 | 3 |
| 21 | 301 | SAUL ABELENDIA SUAREZ | m | | 00:07:19,00 | 4:03 | SUB 14 | 16 | 6 |
| 22 | 345 | ANDREA LAMAS DOMÍNGUEZ | f | A.D. FOGAR | 00:07:20,70 | 4:04 | SUB 16 | 6 | 3 |
| 23 | 326 | MARÍA PUGA PUENTE | f | AD FOGAR | 00:07:28,60 | 4:09 | SUB 14 | 7 | 4 |
| 24 | 317 | VERA GARCÍA BLANCO | f | ATLETICA A SILVA | 00:07:30,70 | 4:10 | SUB 14 | 8 | 5 |
| 25 | 304 | GABRIEL CÉSAR RÚA | m | INDEPENDIENTE | 00:07:37,10 | 4:13 | SUB 14 | 17 | 7 |
| 26 | 311 | JESÚS PATIÑO RÍOS | m | NATACIÓN RIVEIRA | 00:07:37,50 | 4:14 | SUB 14 | 18 | 8 |
| 27 | 336 | ISMAEL LÓPEZ AMENEDO | m | | 00:07:39,20 | 4:15 | SUB 16 | 19 | 11 |
| 28 | 314 | SIRA AYASO PARADA | f | SANTA UXIA ATLETISMO | 00:07:42,40 | 4:16 | SUB 14 | 9 | 6 |
| 29 | 346 | XOANA MÉNDEZ GONZÁLEZ | f | ATLETISMO CUNTIS | 00:07:50,80 | 4:21 | SUB 16 | 10 | 4 |
| 30 | 325 | JULIA POSE CASTRO | f | A.D. FOGAR ATLETISMO | 00:07:55,70 | 4:24 | SUB 14 | 11 | 7 |
| 31 | 323 | CARMEN PÉREZ OTERO | f | CLUB ATLETISMO O PINO | 00:07:59,10 | 4:26 | SUB 14 | 12 | 8 |
| 32 | 313 | NAIARA AGUIAR NOCEDA | f | CLUBE DE ATLETISMO SERRES RUNNERS | 00:08:00,00 | 4:26 | SUB 14 | 13 | 9 |
| 33 | 322 | LORENA PEGITO PACHECO | f | CLUB ATLETISMO O PINO | 00:08:14,70 | 4:34 | SUB 14 | 14 | 10 |
| 34 | 315 | ELENA CARBALLO PAREDES | f | INDEPENDIENTE | 00:08:30,80 | 4:43 | SUB 14 | 15 | 11 |
| 35 | 324 | LUNA GUADALUPE PIZARRO | f | CLUB ATLETISMO SADA | 00:09:06,40 | 5:03 | SUB 14 | 16 | 12 |
| 36 | 308 | SANTIAGO FOLLA-CISNEROS VAZQUEZ | m | INDEPENDIENTE | 00:09:55,60 | 5:30 | SUB 14 | 20 | 9 |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

SUB 14-16

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT |
|-----|-----|------------------------|------|-----------------------|-------------|-------|-----------|--------|-------|
| 37 | 319 | DANIELA MAZAS OTERO | f | CLUB ATLETISMO O PINO | 00:09:59,10 | 5:32 | SUB 14 | 17 | 13 |
| 38 | 342 | DANIELA ESMORIS CASTRO | f | AD FOGAR | 00:19:12,30 | 10:40 | SUB 16 | 18 | 5 |
| 39 | 344 | UXIA FREIRE VILAR | f | AD FOGAR | 00:19:12,70 | 10:40 | SUB 16 | 19 | 6 |
| DNF | 343 | STELA FRAGA RÍOS | f | CLUB ATLETISMO SADA | | | SUB 16 | -1 | -1 |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

SUB10-12

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoia (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT |
|-----|-----|----------------------------|------|-------------------------------------|-------------|-------|-----------|--------|-------|
| 1 | 463 | CARMEN PAZ SANTAMARÍA | f | ATLETISMO NOIA | 00:02:11,90 | 3:08 | SUB 12 | 1 | 1 |
| 2 | 449 | MANUEL REINO BARREIRO | m | AD FOGAR | 00:02:12,40 | 3:09 | SUB 12 | 1 | 1 |
| 3 | 442 | BRUNO GARCÍA BLANCO | m | ATLETICA A SILVA | 00:02:13,70 | 3:10 | SUB 12 | 2 | 2 |
| 4 | 446 | IVÁN LÓPEZ CANO | m | CLUB ATLETISMO FONTES DO SAR | 00:02:13,80 | 3:11 | SUB 12 | 3 | 3 |
| 5 | 451 | JAVIER SEOANE SÁNCHEZ | m | CLUB ATLETISMO SADA | 00:02:15,50 | 3:13 | SUB 12 | 4 | 4 |
| 6 | 444 | SIMÒN GONZALEZ VÁZQUEZ | m | | 00:02:16,30 | 3:14 | SUB 12 | 5 | 5 |
| 7 | 454 | LUCÍA AGEITOS ROMERO | f | NATACIÓN RIVEIRA | 00:02:17,40 | 3:16 | SUB 12 | 2 | 2 |
| 8 | 438 | XABI CAMBA VÁZQUEZ | m | CORUÑA COMARCA | 00:02:17,60 | 3:16 | SUB 12 | 6 | 6 |
| 9 | 458 | LOLA FREIRE VILAR | f | AD FOGAR | 00:02:21,40 | 3:21 | SUB 12 | 3 | 3 |
| 10 | 455 | CARLOTA BLANCO FERREIRA | f | CLUB ATLETISMO O PINO | 00:02:22,90 | 3:24 | SUB 12 | 4 | 4 |
| 11 | 445 | MATEO LIÑARES GIGIREY | m | CLUB DE ATLETISMO FONTES DO SAR | 00:02:23,00 | 3:24 | SUB 12 | 7 | 7 |
| 12 | 410 | YAGO NÚÑEZ MUÑOZ | m | INDEPENDIENTE | 00:02:24,80 | 3:26 | SUB 10 | 8 | 1 |
| 13 | 469 | LUCIA TABOADA CODESIDO | f | SD COMPOSTELA ATLETISMO | 00:02:26,20 | 3:28 | SUB 12 | 5 | 5 |
| 14 | 453 | JOSE RAMON VEIGA VALES | m | ATLETISMO CUNTIS | 00:02:26,30 | 3:28 | SUB 12 | 9 | 8 |
| 15 | 467 | CARMEN SALVADO DIEGUEZ | f | ACADE (ASOCIACIÓN CANS DEPORTISTAS) | 00:02:26,70 | 3:29 | SUB 12 | 6 | 6 |
| 16 | 452 | JEYDEN JAEL SILVA GUERRERO | m | NATACION RIBEIRA | 00:02:27,60 | 3:30 | SUB 12 | 10 | 9 |
| 17 | 464 | SOFIA PÉREZ OTERO | f | CLUB ATLETISMO O PINO | 00:02:28,20 | 3:31 | SUB 12 | 7 | 7 |
| 18 | 437 | DANIEL JESÚS CAMBA RIAL | m | CLUB DE ATLETISMO O PINO | 00:02:29,40 | 3:33 | SUB 12 | 11 | 10 |
| 19 | 448 | XOEL OTERO RIAL | m | SD COMPOSTELA ATLETISMO | 00:02:29,50 | 3:33 | SUB 12 | 12 | 11 |
| 20 | 415 | SERGIO REINO BARREIRO | m | AD FOGAR | 00:02:30,00 | 3:34 | SUB 10 | 13 | 2 |
| 21 | 429 | XIANA REBOREDO DOSIL | f | INDEPENDIENTE | 00:02:30,50 | 3:34 | SUB 10 | 8 | 1 |
| 22 | 447 | MANUEL LÓPEZ CASTRO | m | | 00:02:31,10 | 3:35 | SUB 12 | 14 | 12 |
| 23 | 402 | IAGO BELLO RODRÍGUEZ | m | | 00:02:31,10 | 3:35 | SUB 10 | 15 | 3 |
| 24 | 406 | MARTIN COUSELO FERNANDEZ | m | | 00:02:33,90 | 3:39 | SUB 10 | 16 | 4 |
| 25 | 465 | VEGA REBOREDO PRADO | f | CORUÑA COMARCA | 00:02:34,30 | 3:40 | SUB 12 | 9 | 8 |
| 26 | 434 | GABRIEL ALÉN PEREIRO | m | RUNNERS CARBALLO | 00:02:35,20 | 3:41 | SUB 12 | 17 | 13 |
| 27 | 418 | CARLOS SUÁREZ VIEITES | m | | 00:02:36,50 | 3:43 | SUB 10 | 18 | 5 |
| 28 | 461 | MONTSE MARTINEZ PEREIRA | f | | 00:02:37,80 | 3:45 | SUB 12 | 10 | 9 |
| 29 | 417 | IVAN SUÁREZ MIRAMONTES | m | AMES ATLETISMO | 00:02:38,40 | 3:46 | SUB 10 | 19 | 6 |
| 30 | 471 | LOLA VILA NÚÑEZ | f | | 00:02:41,20 | 3:50 | SUB 12 | 11 | 10 |
| 31 | 421 | ALBA FILGUEIRA RASCADO | f | INDEPENDIENTE | 00:02:41,30 | 3:50 | SUB 10 | 12 | 2 |
| 32 | 466 | ADRIANA RODRÍGUEZ GONZÁLEZ | f | INDEPENDIENTE | 00:02:43,00 | 3:52 | SUB 12 | 13 | 11 |
| 33 | 408 | NICOLAS LIÑARES LIÑARES | m | | 00:02:43,70 | 3:53 | SUB 10 | 20 | 7 |
| 34 | 443 | HUGO GARCÍA MOLEDO | m | | 00:02:44,20 | 3:54 | SUB 12 | 21 | 14 |
| 35 | 430 | KAROL RIVERA CORES | f | CLUB ATLEISMO CAMBADOS SEG. NOVAL | 00:02:44,90 | 3:55 | SUB 10 | 14 | 3 |
| 36 | 456 | CLAUDIA CASTRO FANDIÑO | f | SD COMPOSTELA ATLETISMO | 00:02:45,30 | 3:56 | SUB 12 | 15 | 12 |

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XI CARREIRA POPULAR TORDOIA IN ESSENCE

SUB10-12

XI CARREIRA E ANDAINA POPULAR TORDOIA IN ESSENCE

en Tordoya (La Coruña), ESPAÑA



| PTO | DOR | NOMBRE | SEXO | CLUB | T.OFICIAL | RITMO | CATEGORÍA | P. SEX | P.CAT |
|-----|-----|--------------------------------|------|-----------------------------------|-------------|-------|-----------|--------|-------|
| 37 | 457 | ADRIANA FERREIRO GARCIA | f | | 00:02:46,10 | 3:57 | SUB 12 | 16 | 13 |
| 38 | 468 | JULIA SUAREZ GARCIA | f | | 00:02:47,40 | 3:59 | SUB 12 | 17 | 14 |
| 39 | 436 | MATEO CALVIÑO LANDEIRA | m | INDEPENDIENTE | 00:02:50,50 | 4:03 | SUB 12 | 22 | 15 |
| 40 | 423 | AITANA GARCIA PICON | f | NOITEBRA | 00:02:51,60 | 4:05 | SUB 10 | 18 | 4 |
| 41 | 462 | AMALIA MÉNDEZ GONZÁLEZ | f | ATLETISMO CUNTIS | 00:02:51,70 | 4:05 | SUB 12 | 19 | 15 |
| 42 | 416 | ANXO SILVEIRA QUINTELA | m | | 00:02:52,50 | 4:06 | SUB 10 | 23 | 8 |
| 43 | 450 | HUGO SEÑARÍS VILARIÑO | m | RUNNERS CARBALLO | 00:02:53,40 | 4:07 | SUB 12 | 24 | 16 |
| 44 | 470 | ANGELA VARELA PEREZ | f | INDEPENDIENTE | 00:02:53,50 | 4:07 | SUB 12 | 20 | 16 |
| 45 | 401 | ÁLVARO BALADO ROMERO | m | CLUBE DE ATLETISMO SERRES RUNNERS | 00:02:53,90 | 4:08 | SUB 10 | 25 | 9 |
| 46 | 409 | BRAIS LORENZO VARELA | m | CLUBE DE ATLETISMO FENE | 00:02:54,90 | 4:09 | SUB 10 | 26 | 10 |
| 47 | 425 | LUCIA IGLESIAS MOURE | f | NOITEBRA | 00:02:56,90 | 4:12 | SUB 10 | 21 | 5 |
| 48 | 427 | LAURA PEÑA DEL RÍO | f | CLUB ATLETISMO O PINO | 00:02:58,60 | 4:15 | SUB 10 | 22 | 6 |
| 49 | 428 | LEIRE PIÑEIRO PARÍS | f | CLUBE DE ATLETISMO SERRES RUNNERS | 00:03:06,20 | 4:25 | SUB 10 | 23 | 7 |
| 50 | 426 | VICTORIA MILANO VALLONE | f | INDEPENDIENTE | 00:03:06,50 | 4:26 | SUB 10 | 24 | 8 |
| 51 | 405 | PABLO CORTÉS OTERO | m | | 00:03:07,70 | 4:28 | SUB 10 | 27 | 11 |
| 52 | 424 | IRINA IGLESIAS MESEJO | f | INDEPENDIENTE | 00:03:07,80 | 4:28 | SUB 10 | 25 | 9 |
| 53 | 422 | ABRIL GARCÍA DEVESA | f | FONTES DO SAR | 00:03:09,20 | 4:30 | SUB 10 | 26 | 10 |
| 54 | 412 | FÉLIX REBOLLIDO CERNADAS | m | CLUBE DE ATLETISMO SERRES RUNNERS | 00:03:12,70 | 4:35 | SUB 10 | 28 | 12 |
| 55 | 404 | HUGO CASTRO TATO | m | CLUB ATLETISMO O PINO | 00:03:12,90 | 4:35 | SUB 10 | 29 | 13 |
| 56 | 420 | NOA CANEDO POMBO | f | | 00:03:14,20 | 4:37 | SUB 10 | 27 | 11 |
| 57 | 414 | HÉCTOR REGO GALLARDO | m | CLUBE DE ATLETISMO SERRES RUNNERS | 00:03:18,10 | 4:42 | SUB 10 | 30 | 14 |
| 58 | 407 | XOEL LIÑARES FIGUEROA | m | INDEPENDIENTE | 00:03:22,30 | 4:48 | SUB 10 | 31 | 15 |
| 59 | 403 | DANIEL BERMÚDEZ POMBO | m | | 00:03:22,70 | 4:49 | SUB 10 | 32 | 16 |
| 60 | 440 | GONZALO FOLLA-CISNEROS VAZQUEZ | m | INDEPENDIENTE | 00:03:25,10 | 4:52 | SUB 12 | 33 | 17 |
| 61 | 411 | MARTÍN PATIÑO RÍOS | m | NATACIÓN RIVEIRA | 00:03:29,20 | 4:58 | SUB 10 | 34 | 17 |

Finalizaron: 61

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