



absoluta

10/11/2019

Posto	Dorsal	Tempo	Ritmo	Neto	Nome	Categoría	P.cat	Sexo	P.sexo	Club	Localidade	Licenza
1	46	16:07	3:13	16:07	FERNÁNDEZ RÍOS Jonathan	SENIOR	1	M	1	PASA OU ENTORNA	NEDA	
2	23	16:11	3:14	16:11	PUNTES BARCIA Iván	SUB 20 - 23	1	M	2	CLUBE ATLETISMO FENE	FERROL	T AG 2023279
3	16	16:21	3:16	16:21	REJAS GABEIRAS Juan	SUB 20 - 23	2	M	3	CLUBE ATLETISMO FENE	SAN SADURNINO	
4	66	16:53	3:22	16:53	BOUZA CANOSA Carlos	MASTER A	1	M	4	ATLETISMO RIAZOR CORUNA	NARÓN	AG-2022636
5	70	16:58	3:23	16:58	CALVO MOA Carlos	SUB 16 - 18	1	M	5	RIA FERROL	FERROL	AG2019971
6	15	17:02	3:24	17:02	RUIZ BRAGE Marcos	SUB 20 - 23	3	M	6	CLUBE ATLETISMO FENE	FENE	32726189
7	78	17:20	3:28	17:20	VIGO LEAL Diego	SUB 20-23	4	M	7	RIA FERROL	FERROL	GA716927
8	57	17:32	3:30	17:32	RODRIGUEZ RILO Alejandro	SUB 16 - 18	2	M	8	TRIATLON FERROL	FERROL	
9	69	17:35	3:31	17:35	MARTINEZ CASTRO Roberto	MASTER A	2	M	9	CLUB DEPORTIVO PINARIUM	FERROL	AG 2025924
10	82	17:40	3:32	17:40	MENDEZ SANCHEZ Antonino	MASTER A	3	M	10		FERROL	
11	34	17:43	3:32	17:43	VASQUEZ CORTES Marcelo	MASTER B	1	M	11		FERROL	A11938
12	58	17:45	3:33	17:45	CAMPOS FERNANDEZ David	SUB 16 - 18	3	M	12		RUBI	
13	52	17:48	3:33	17:48	PEDROSA PAZ Pablo	SUB 20 - 23	5	M	13	TRIATLÓN FERROL	FERROL	
14	24	17:50	3:34	17:50	LÓPEZ ROMERO Adrián	SENIOR	2	M	14	CLUBE ATLETISMO FENE	FERROL	
15	68	17:51	3:34	17:51	VILLANUEVA RICO Eloy	SUB 20 - 23	6	M	15	AD NAUTICO NARON	NEDA	
16	797	17:52	3:34	17:52	RODRIGUEZ SERANTES Sergio	MASTER A	4	M	16		FERROL	
17	53	17:56	3:35	17:56	PRIDA LOBELOS Hugo	SUB 16 - 18	4	M	17	TRIATLON FERROL	FERROL	
18	80	18:01	3:36	18:01	SOUTO PRIETO Antonio	SUB 20 - 23	7	M	18		VILALBA	
19	99	18:03	3:36	18:03	RÚA CAAVEIRO David	MASTER A	5	M	19		FERROL	
20	63	18:06	3:37	18:06	GONZALEZ OROZCO Juan Carlos	MASTER B	2	M	20	TRIATLÓN FERROL	VALDOVINO	
21	72	18:12	3:38	18:12	HOYOS SILVA Fernando	MASTER B	3	M	21	CLUB DEPORTIVO PINARIUM	FERROL	AG-2025760
22	2	18:19	3:39	18:19	SENRA EIROA David	MASTER A	6	M	22	AD JARNACHAS	CARIÑO	
23	65	18:35	3:43	18:35	CANEIRO CANEIRO Alberto	MASTER A	7	M	23	TRIATLON FERROL	NARÓN	
24	73	18:39	3:43	18:39	GONZÁLEZ ÁLVAREZ José Felipe	MASTER A	8	M	24		AS NEVES	
25	75	18:42	3:44	18:42	CELIS FRESCO Alejandro	MASTER A	9	M	25	A.D NAUTICO DE NARÓN	NARÓN	
26	28	18:43	3:44	18:43	REY LÓPEZ Miguel	MASTER B	4	M	26	CORREDORES POPULARES ARM	NARÓN	
27	865	18:45	3:45	18:45	RÍOS GRANA Daniel	SUB 20 - 23	8	M	27		FERROL	
28	76	18:52	3:46	18:52	PARDO FONTICOBA Marcos	SENIOR	3	M	28		FERROL	
29	21	18:52	3:46	18:52	LEIRACHA VALENTIN Manuel	MASTER B	5	M	29	CLUB CASTRO DE LOBADIZ	FERROL	
30	5	18:55	3:47	18:55	GONZÁLEZ BANOBRE José	MASTER B	6	M	30	ATLETISMO NARON	NEDA	GA716922
31	376	18:57	3:47	18:57	MARTINEZ GARCIA Miguel	SUB 16 - 18	5	M	31	AD NAUTICO DE NARON	FENE	
32	900	19:02	3:48	18:53	CANTARINO TAJES Alvaro	MASTER A	10	M	32		MUROS	
33	96	19:02	3:48	19:02	SALGADO FILGUEIRA Manel	SENIOR	4	M	33	PASA OU ENTORNA		
34	17	19:05	3:49	19:05	BARRIO VILAR Pablo	MASTER A	11	M	34	CLUBE ATLETISMO FENE	FENE	
35	56	19:07	3:49	19:07	ARIAS David	MASTER A	12	M	35	TRIATLÓN FERROL	FERROL	
36	889	19:08	3:49	19:08	MUINO PINEIRO Abel	SENIOR	5	M	36		NARÓN	
37	11	19:12	3:50	19:12	SAEZ Jose	MASTER A	13	M	37	CLUB CASTRO DE LOBADIZ	NARÓN	
38	94	19:14	3:50	19:14	DIAZ GOMEZ David	MASTER A	14	M	38		FERROL	
39	27	19:14	3:50	19:14	GONZÁLEZ PEREIRA Javier	MASTER A	15	M	39	CORREDORES POPULARES ARM	FERROL	
40	55	19:18	3:51	19:18	SERANTES VARELA Jose Antonio	MASTER A	16	M	40	TRIATLON FERROL	NARÓN	
41	51	19:18	3:51	19:18	LONGARELA BARREIRO Jorge	SUB 20 - 23	9	M	41	RIA FERROL-CONCEPCION AREN	ARES	AG 2026855
42	963	19:20	3:52	19:20	MORENO BELLO Kevin	SUB 20 - 23	10	M	42		FERROL	
43	47	19:21	3:52	19:21	HERRERA BARBA Sergio	SENIOR	6	M	43	POPEYE'S TEAM	ROTA	
44	328	19:22	3:52	19:22	SIMON VERA Antonio	SENIOR	7	M	44	CLUB DEPORTIVO PINARIUM	FERROL	
45	38	19:23	3:52	19:23	CAAMANO VILLAR Jaime	MASTER A	17	M	45	NOETRAINERS FERROL	MOECHE	

46	1002	19:25	3:53	19:14	MARTINEZ FERNANDEZ Hector	MASTER A	18	M	46	NAUTICO NARON	FERROL	
47	74	19:29	3:53	19:29	RODRIGUEZ MEJIDO Lucas	MASTER B	7	M	47		ALLER	
48	84	19:31	3:54	19:31	SEIJO SAAVEDRA Xurxo	MASTER A	19	M	48		OUROL	
49	1	19:35	3:55	19:35	VENTUREIRA DOPICO Roberto	MASTER B	8	M	49	CLUB CASTRO DE LOBADIZ	FERROL	
50	41	19:36	3:55	19:36	TEIJEIRO FERNANDEZ Noé	MASTER A	20	M	50	NOETRAINERS FERROL	FERROL	
51	320	19:46	3:57	19:46	SÁNCHEZ MARTINEZ Juan José	SUB 20 - 23	11	M	51	REMO SAN FELIPE	NARÓN	
52	1060	19:47	3:57	19:47	GÓMEZ VARELA Rubén	SENIOR	8	M	52		FERROL	
53	234	19:47	3:57	19:47	LÓPEZ VEIGA José Mario	MASTER A	21	M	53		FERROL	
54	133	19:51	3:58	19:44	PENEDO DIAZ David José	MASTER B	9	M	54		SAN SADURNINO	
55	6	19:52	3:58	19:52	TUIMIL CALVO Javier	MASTER A	22	M	55	ATLETISMO NARON	NARÓN	GA 769405
56	77	19:53	3:58	19:53	BOUZA FREIRE Jose Luis	MASTER C	1	M	56	ATLETISMO NARON	FERROL	GA769411
57	87	19:54	3:58	19:54	GRUEIRO MENDEZ Miguel	MASTER A	23	M	57		NEDA	
58	103	19:54	3:58	19:42	PÉREZ RUIZ Marcos	SENIOR	9	M	58		FERROL	
59	88	19:55	3:59	19:55	GARCÍA RODRIGUEZ Ignacio	MASTER A	24	M	59		FERROL	
60	36	19:58	3:59	19:58	RODRIGUEZ GARCÍA Marcos	SUB 16 - 18	6	M	60	NAUTICO DE NARON	NARÓN	
61	200	20:02	4:00	19:55	PÉREZ VARGAS Francisco	MASTER A	25	M	61		NARÓN	
62	10	20:06	4:01	20:06	GARCÍA BARREIRO Andrés	MASTER A	26	M	62	ATLETISMO NARON	FERROL	GA769220
63	33	20:09	4:01	20:09	BELLAS RODRIGUEZ Juan	MASTER B	10	M	63	JOSITO'S RUNNERS CLUB	CEDEIRA	
64	91	20:11	4:02	20:11	DAPENA TEIJEIRO Francisco Javier	MASTER B	11	M	64		FERROL	
65	228	20:23	4:04	20:23	CASTRO PRIMROY Samuel	SUB 16 - 18	7	M	65	RIA FERROL	NARÓN	AG2023194
66	1035	20:23	4:04	20:23	SERRA ROCA Pablo	SENIOR	10	M	66		NARÓN	
67	860	20:26	4:05	18:25	GAREL RIOBO Yeraí	SENIOR	11	M	67		NARÓN	
68	104	20:27	4:05	20:27	TOJEIRO FERREIROA Miriam	SUB 20 - 23	1	F	1	RIA FERROL	NARÓN	GA765343
69	201	20:29	4:05	20:22	PITA MARTINEZ Eloy	SENIOR	12	M	68		FERROL	
70	199	20:31	4:06	20:24	PARDO CASTRO Victor	MASTER A	27	M	69		FERROL	
71	39	20:32	4:06	20:32	BELLAS BOUZA Francisco	MASTER A	28	M	70	NOETRAINERS FERROL	FERROL	
72	25	20:37	4:07	20:37	GARCIA LOPEZ Alexandre	MASTER A	29	M	71	CLUBE ATLETISMO FENE	FENE	AG2022929
73	229	20:42	4:08	20:36	RUIZ-MATAS GARCIA Celes	MASTER A	30	M	72	ALTAFIT	FERROL	
74	965	20:43	4:08	20:37	LOZANO IGLESIAS Miguel ángel	MASTER A	31	M	73		NARÓN	
75	325	20:43	4:08	20:43	VARELA LÓPEZ Miguel ángel	MASTER B	12	M	74	CLUB CASTRO DE LOBADIZ	NARÓN	
76	32	20:45	4:09	20:45	RIO PEREIRA Yago Daniel	SUB 16 - 18	8	M	75		FERROL	
77	203	20:46	4:09	20:46	HERMIDA RODRIGUEZ Agustin	MASTER A	32	M	76		FERROL	
78	109	20:47	4:09	20:47	REAL VALINO Marta	SENIOR	1	F	2	RUNNING ALTAFIT ODEON	FERROL	
79	219	20:48	4:09	20:39	GARROTE RAMIL José Luis	MASTER A	33	M	77		NARÓN	
80	209	20:49	4:09	20:49	MONTERO LÓPEZ Juan Manuel	SENIOR	13	M	78		FERROL	
81	795	20:50	4:10	20:39	CASAL PENA Manuel Angel	MASTER A	34	M	79		MUGARDOS	
82	48	20:51	4:10	20:51	HIDALGO IZQUIERDO Francisco Javier	SENIOR	14	M	80	POPEYE'S TEAM	CASTUERA	
83	389	20:52	4:10	20:52	PAREDES GARCIA Eloy	SUB 20 - 23	12	M	81	POPEYE'S TEAM	NARÓN	
84	263	20:55	4:11	20:43	GUTIÉRREZ BASANTA Jose	MASTER B	13	M	82		NARÓN	
85	90	20:58	4:11	20:58	DOPICO MARCELINO Marcelino	MASTER B	14	M	83		NARÓN	
86	210	21:01	4:12	20:52	VILARIÑO QUINTIA Marcos	MASTER A	35	M	84		FERROL	
87	143	21:01	4:12	20:44	SERANTES CASTRO Julio	MASTER A	36	M	85	CLUBE ATLETISMO FENE	FERROL	
88	441	21:02	4:12	20:55	CASTRO CARBALLEIRA Bruno	SUB 16 - 18	9	M	86	TRIATLÓN FERROL	NARÓN	32735493
89	198	21:02	4:12	20:55	PITA SERANTES Juan Francisco	MASTER B	15	M	87		FERROL	
90	226	21:03	4:12	20:56	VARELA SECO Marcos	MASTER A	37	M	88		AS PONTES DE GARCIA RODRI	
91	439	21:04	4:12	20:56	VIDAL MANSO José Antonio	MASTER B	16	M	89	TRIATLON FERROL	FERROL	
92	79	21:06	4:13	21:06	GONZALEZ CINZA Roberto Carlos	MASTER A	38	M	90	CLUB CASTRO DE LOBADIZ	NARÓN	
93	205	21:08	4:13	21:00	GUTIÉRREZ AMENEIRO Fernando	MASTER A	39	M	91		FERROL	
94	800	21:09	4:13	20:55	DE LA HUERTA FERNANDEZ Angel María	MASTER A	40	M	92		FERROL	
95	899	21:12	4:14	21:00	CIBREIRO CARBALLO Tomás	SUB 20 - 23	13	M	93		ARES	
96	402	21:12	4:14	21:12	IRLES CASTRO Carla	SUB 20 - 23	2	F	3		FERROL	
97	741	21:14	4:14	21:04	AGRAS PITA Edgar	SENIOR	15	M	94		NARÓN	
98	214	21:16	4:15	21:09	LOPEZ PAIS Norberto	SENIOR	16	M	95		FISTERRA	
99	212	21:16	4:15	21:10	VARELA VILA Manuel	MASTER B	17	M	96	CORREDORES POPULARES ARM	PONTEDEUME	
100	85	21:17	4:15	21:11	AMADO VÁZQUEZ Luis	MASTER A	41	M	97		PONTEDEUME	
101	216	21:17	4:15	21:11	BROZOS VÁZQUEZ Miguel	MASTER A	42	M	98	ESCOLA DE ATLETISMO PAULA M	PONTEDEUME	
102	221	21:18	4:15	21:12	DE LA VINA PITA Juan Carlos	MASTER A	43	M	99	XABARIS ARTABROS	FERROL	
103	962	21:20	4:16	21:12	LOPEZ GONZALEZ Diego	MASTER A	44	M	100		BETANZOS	
104	1010	21:20	4:16	21:20	PÉREZ NAVEIRA Diego	SUB 20 - 23	14	M	101	NAUTICO DE NARON	VALDOVINO	
105	26	21:22	4:16	21:22	REDONDA INSUA Manuel	MASTER B	18	M	102	CLUBE ATLETISMO FENE	FENE	
106	207	21:25	4:17	21:25	PINÓN SOTO Jose	MASTER A	45	M	103	JOSE	NARÓN	

107	807	21:26	4:17	21:20	GARCIA RODRIGUEZ Jose Luis	MASTER A	46	M	104	CLUB ATLETISMO SADA	FERROL	AG2017552
108	144	21:26	4:17	21:16	ALVAREZ IGLESIAS Domingo	MASTER D	1	M	105	EGOVARROS DE VIVEIRO	A CORUÑA	GA768958
109	40	21:28	4:17	21:28	COBA MARTINEZ Santi	MASTER A	47	M	106	NOETRAINERS FERROL	NARÓN	
110	948	21:28	4:17	21:28	AGRAFOJO VILLASUSO Jose	MASTER B	19	M	107	PASA OU ENTORNA	NARÓN	
111	121	21:29	4:17	21:29	ROJAS MEJOMIL Patricia	MASTER B	1	F	4	CLUB CASTRO DE LOBADIZ	FERROL	
112	14	21:29	4:17	21:29	FERNANDEZ LEIRA Juan José	MASTER C	2	M	108	CASTRO DE LOBADIZ	FERROL	
113	12	21:31	4:18	21:31	MONTEAGUDO SANCHEZ Benigno	MASTER B	20	M	109	CLUB CASTRO DE LOBADIZ	FERROL	
114	89	21:34	4:18	21:34	RODRIGUEZ FRAGUELA Tono	MASTER B	21	M	110		CEDEIRA	
115	313	21:36	4:19	21:28	MARTINEZ CHEDAS Suso	MASTER B	22	M	111	BE ONE A MALATA	FERROL	
116	967	21:39	4:19	21:26	FRAGA PENNA Carlos	SENIOR	17	M	112	CIFP FERROLTERRA	FERROL	
117	296	21:40	4:20	21:34	CAZON RODRIGUEZ Pablo Ruben	MASTER A	48	M	113		NARÓN	
118	83	21:42	4:20	21:42	GONTA NOVO Jorge	MASTER A	49	M	114		SANTIAGO DE COMPOSTELA	
119	903	21:44	4:20	21:37	FARALDO PURRINOS Pedro	MASTER B	23	M	115		NARÓN	
120	428	21:46	4:21	21:33	HERMIDA NARANJO Jose	SENIOR	18	M	116		FERROL	
121	432	21:46	4:21	21:33	REY CALVO Martin	SENIOR	19	M	117		FERROL	
122	444	21:48	4:21	21:41	VÁZQUEZ IZAGUIRRE Patxi	MASTER A	50	M	118	XABARIS ARTABROS	FERROL	
123	217	21:51	4:22	21:42	PEREZ QUIZA Victor	MASTER B	24	M	119		NARÓN	
124	142	21:54	4:22	21:47	ROMERO CABALEIRO Manuel	SUB 16 - 18	10	M	120	TRIATLON FERROL	FERROL	
125	245	21:55	4:23	21:46	CABANILLAS GONZALEZ Miguel	MASTER A	51	M	121		FERROL	
126	158	21:55	4:23	21:49	CASAL TARACIDO Oscar	MASTER A	52	M	122	PASA OU ENTORNA	SAN SADURNINO	
127	92	21:56	4:23	21:56	SABIO FERNANDEZ Rafael	MASTER B	25	M	123	INDEPENDIENTE	VALDOVINO	AG2027863
128	261	21:57	4:23	21:57	FERRENO MERLAN Ignacio	MASTER A	53	M	124		NARÓN	
129	208	21:59	4:23	21:51	PITA IGLESIAS Alberto	MASTER B	26	M	125		FERROL	
130	223	22:00	4:24	22:00	NAVEIRA CARRO Martín	SENIOR	20	M	126	AS VELLAS NON PARAMOS MULT	BETANZOS	
131	251	22:01	4:24	21:55	ZAVALA DIAZ Carlos	SENIOR	21	M	127			
132	249	22:02	4:24	21:55	ROSENDE AMOR Juan Ignacio	MASTER B	27	M	128		FERROL	
133	773	22:02	4:24	21:56	HERMIDA MERA Juan Carlos	MASTER B	28	M	129	CLUB CASTRO DE LOBADIZ	NARÓN	
134	847	22:03	4:24	21:52	LORENZO MUNOZ Diego	SENIOR	22	M	130		NARÓN	
135	93	22:03	4:24	22:03	BERNAL GÓMEZ Emilio	MASTER A	54	M	131		FERROL	
136	766	22:04	4:24	21:40	SANCHEZ VALES Benigno	MASTER A	55	M	132		FERROL	
137	982	22:05	4:25	21:53	CANOSA CASTRO Camilo	MASTER A	56	M	133		FERROL	
138	1012	22:06	4:25	22:06	DIAZ REY Francisco Javier	MASTER A	57	M	134		FERROL	
139	162	22:07	4:25	22:07	SIERRA TORRES Álvaro	SUB 20 - 23	15	M	135	POPEYE'S TEAM	SEVILLA	
140	161	22:07	4:25	22:07	PARDO Cristhian	SENIOR	23	M	136	POPEYE'S TEAM	AZUQUECA DE HENARES	
141	155	22:07	4:25	21:58	RODRIGUEZ GONZÁLEZ Antonio J.	SENIOR	24	M	137	INDEPENDIENTE	FERROL	
142	106	22:08	4:25	22:08	CERCIDO DIAZ Luz	MASTER B	2	F	5	EGOVARROS DE VIVEIRO	CABANAS	GA769441
143	884	22:10	4:26	21:59	VILLAR CARRERA Fernando	MASTER A	58	M	138		MUGARDOS	
144	396	22:10	4:26	22:04	LAFUENTE GARCIA Juan Ramón	SUB 16 - 18	11	M	139		FERROL	
145	81	22:11	4:26	22:11	SUÁREZ SANTIAGO Luis Enrique	SUB 16 - 18	12	M	140		FERROL	
146	204	22:12	4:26	22:12	ARMESTO FERNANDEZ Brais	MASTER A	59	M	141		FERROL	
147	341	22:13	4:26	22:13	VEIGA GARCÍA Alba	SUB 16 - 18	1	F	6	CLUB TRIATLON FERROL	FERROL	32735953
148	1021	22:13	4:26	22:13	GARCIA BARREIRO Benigno	MASTER A	60	M	142		FERROL	
149	224	22:14	4:26	22:14	ABELLA BOUZA Roman	MASTER A	61	M	143	PAP	NARÓN	
150	346	22:16	4:27	21:56	MIRABAL HERNANDEZ Manuel Ayose	MASTER A	62	M	144	CORREDORES POPULARES ARM	LAS PALMAS DE GRAN CANARI	
151	334	22:18	4:27	22:18	CASTRO GARCIA Marcos	SUB 16 - 18	13	M	145	REMO SAN FELIPE	FERROL	
152	907	22:19	4:27	22:10	ALONSO CABALEIRO Antonio	SENIOR	25	M	146		NARÓN	
153	390	22:19	4:27	22:19	JIMÉNEZ SUÁREZ Manuel Alejandro	SENIOR	26	M	147	POPEYE'S TEAM	JEREZ DE LA FRONTERA	
154	139	22:21	4:28	22:21	DELGADO AMOR Francisco	MASTER B	29	M	148	CLUB CASTRO DE LOBADIZ	FERROL	
155	723	22:22	4:28	22:15	LAMIGUEIRO FRANCO Jesus Miguel	MASTER A	63	M	149	NOE TRAINERS	NARÓN	
156	102	22:23	4:28	22:16	LÓPEZ PINTOS Xesús Anxo	MASTER C	3	M	150	PASA OU ENTORNA	NARÓN	
157	823	22:26	4:29	22:15	ZARAGOZA VÉREZ Alberto	MASTER B	30	M	151		FERROL	32670837
158	211	22:27	4:29	22:19	CARUNCHO ALVAREZ Jesús	MASTER A	64	M	152	NOETRAINERS FERROL	FERROL	
159	1008	22:28	4:29	22:10	VALENCIANO MARTINEZ Nacho	SUB 16 - 18	14	M	153		FERROL	
160	100	22:28	4:29	22:28	CASERO REBÉ Juan Pedro	MASTER B	31	M	154	CLUB CASTRO DE LOBADIZ	FERROL	
161	136	22:29	4:29	22:29	DOCE FREIRE José Manuel	MASTER B	32	M	155	CLUB CASTRO DE LOBADIZ	FERROL	
162	147	22:30	4:30	22:21	GARCIA POUSO Rafael	MASTER A	65	M	156		SAN SADURNINO	
163	886	22:32	4:30	22:22	REY CORTÉS Javier	MASTER A	66	M	157		CABANAS	
164	977	22:37	4:31	22:37	COBAS GUTIERREZ Moncho	MASTER C	4	M	158	CASTRO DE LOBADIZ	FERROL	
165	391	22:38	4:31	22:22	FERNÁNDEZ MORILLA David	SENIOR	27	M	159	POPEYE'S TEAM	SAN FERNANDO	
166	898	22:41	4:32	22:08	BARROS ARAUJO Alvaro	MASTER B	33	M	160	CORRECLUB	VIGO	
167	312	22:42	4:32	22:24	LAMAS MARTINEZ Alejandro	SUB 20 - 23	16	M	161		NARÓN	

168	233	22:44	4:32	22:37	VAL GUERREIRO Pablo	MASTER B	34	M	162	YO	FERROL	
169	921	22:44	4:32	22:16	DE JUAN FERNÁNDEZ Carlos	SENIOR	28	M	163		CABANAS	
170	880	22:44	4:32	22:32	GARCIA VENTOSO Dani	SUB 20 - 23	17	M	164		PORTO DO SON	
171	742	22:45	4:33	22:32	SANTE GUEIMONDE Ero	MASTER A	67	M	165	S.D. ALBIÓNS (A PONTENOVA)	NARÓN	
172	997	22:47	4:33	22:35	BILBAO GOLPE Eduardo	MASTER A	68	M	166		FERROL	
173	130	22:47	4:33	22:30	BELLAS BANOBRE Alvaro	SUB 16 - 18	15	M	167		FERROL	
174	235	22:48	4:33	22:38	GATO DOCE Santiago	SENIOR	29	M	168	RUNNING ALTAFIT ODEON	FERROL	
175	222	22:49	4:33	22:40	REGUEIRA MESIA Jose Ramon	MASTER B	35	M	169		NARÓN	
176	270	22:49	4:33	22:40	PÉREZ VAZQUEZ Angel	SENIOR	30	M	170		NARÓN	
177	250	22:53	4:34	22:46	SANGIL DEL RIO Emilio	MASTER B	36	M	171		A CORUNA	
178	18	22:53	4:34	22:53	LEIRA MARTIN Vicky	MASTER A	1	F	7	CLUBE ATLETISMO FENE	FENE	
179	97	22:54	4:34	22:46	CASTRO NAVEIRAS Oscar	MASTER A	69	M	172		NARÓN	
180	107	22:54	4:34	22:54	POMA CASTRO Eliana Gabriela	MASTER A	2	F	8	CLUB CASTRO DE LOBADIZ	FERROL	
181	431	22:55	4:35	22:42	VARELA ALVAREZ Yeray	SENIOR	31	M	173		FENE	
182	166	22:56	4:35	22:56	CASTRO REDONDO Manuel	MASTER A	70	M	174	RUNNING ALTAFIT ODEON	FERROL	
183	148	22:57	4:35	22:50	LOPEZ ANEIROS Jose	MASTER C	5	M	175	INDEPENDIENTE	FERROL	
184	67	22:57	4:35	22:57	SUÁREZ DÍAZ Enrique	MASTER A	71	M	176	CLUB CASTRO DE LOBADIZ	FERROL	
185	902	22:57	4:35	22:47	GONZÁLEZ LEAL Santiago	MASTER B	37	M	177		FERROL	
186	890	22:58	4:35	22:41	VAZQUEZ CASTRO Iván	MASTER A	72	M	178		VILARMAIOR	
187	124	23:00	4:36	22:53	RUIZ SEIJO Carlos	MASTER A	73	M	179	A.D.R. VARA E PEDAL	FERROL	
188	220	23:01	4:36	22:55	ESCARIZ DIAZ Francisco	MASTER A	74	M	180	BIELA E CHAVETA	FERROL	
189	794	23:02	4:36	22:44	MACEIRA MUINOS Diego	SENIOR	32	M	181		FERROL	
190	788	23:03	4:36	22:38	CALVO BARCIA Raul	MASTER A	75	M	182		FERROL	
191	887	23:07	4:37	22:59	TEIJEIRO GONZALEZ Javier	MASTER B	38	M	183	TRIATLÓN FERROL	FERROL	
192	861	23:07	4:37	22:53	SANCHEZ BARTOLOME Juan	SENIOR	33	M	184		FERROL	
193	125	23:10	4:38	23:10	GONZALEZ FREIRE Michelle	SUB 20 - 23	3	F	9	AD NAUTICO NARON	FERROL	32737186
194	956	23:10	4:38	23:10	GONZÁLEZ PÉREZ Ignacio	MASTER A	76	M	185			
195	110	23:11	4:38	23:11	ARTECHE CASTRO Susana	MASTER A	3	F	10	CLUBE ATLETISMO FENE	FENE	
196	856	23:14	4:38	22:59	JIMÉNEZ RAMIREZ Julián Leonardo	SENIOR	34	M	186		CARTAGENA	
197	964	23:15	4:39	23:05	GAREÁ ARES Jesus	MASTER B	39	M	187		FERROL	
198	832	23:16	4:39	23:16	CASAS CORBELLE Gonzalo	SENIOR	35	M	188		FERROL	
199	891	23:17	4:39	22:56	MARTÍNEZ GAYOSO Manuel ángel	MASTER B	40	M	189		NARÓN	
200	928	23:17	4:39	22:57	PADIN MÉNDEZ ángel	SENIOR	36	M	190		NARÓN	
201	1050	23:19	4:39	23:12	SICRE ROMERO Carlos	MASTER C	6	M	191		FERROL	
202	951	23:20	4:40	23:03	BRAVO DE PAZ José	SUB 16 - 18	16	M	192	JESUS MAESTRO	FERROL	
203	150	23:20	4:40	23:10	PAZ CABADA José Luis	MASTER A	77	M	193	JOSITOSRUNNERSCLUB	NARÓN	
204	340	23:21	4:40	23:15	QUINTANA SOTO Marcos	SUB 16 - 18	17	M	194	SAN FELIPE	FERROL	
205	395	23:21	4:40	23:15	SAAVEDRA CHAO Carlos	SUB 16 - 18	18	M	195		FERROL	
206	13	23:23	4:40	23:23	ANTÓN VAZQUEZ Paula	MASTER B	3	F	11	CLUB CASTRO DE LOBADIZ	FERROL	
207	105	23:26	4:41	23:26	GARCIA CASTRO Maria Silvia	MASTER B	4	F	12		ALLER	
208	960	23:28	4:41	23:14	CAJAMARCA RIVERA Carlos	SENIOR	37	M	196		FERROL	
209	159	23:28	4:41	23:21	VAZQUEZ RODRIGUEZ Francisco	SENIOR	38	M	197	PASA OU ENTORNA	NARÓN	
210	356	23:28	4:41	23:16	LEONARDO GARCIA Carlos	MASTER A	78	M	198		NARÓN	
211	140	23:29	4:41	23:22	CALVO FERNÁNDEZ Alberto	MASTER D	2	M	199	CLUB CASTRO DE LOBADIZ	FERROL	
212	22	23:29	4:41	23:22	MARTINEZ BREIJO Maria Teresa	MASTER B	5	F	13	CLUB CASTRO DE LOBADIZ	FERROL	
213	984	23:30	4:42	22:50	CABARCOS PENA Xurxo	MASTER A	79	M	200		FERROL	
214	835	23:32	4:42	23:01	VIEITO SANCHEZ Carlos	MASTER A	80	M	201	SIGUEME SI PUEDES	NARÓN	
215	381	23:33	4:42	23:21	VILASUSO PITA Jose Manuel	MASTER B	41	M	202		NARÓN	
216	273	23:36	4:43	23:02	SOLANO DIAZ DEL RIO Luis	MASTER A	81	M	203		FERROL	
217	254	23:37	4:43	23:25	PAREDES PITA Javier	SENIOR	39	M	204		FERROL	
218	926	23:38	4:43	23:10	ABRUNA MARTIN Javier	MASTER A	82	M	205		CAMBRE	
219	112	23:40	4:44	23:40	ALDAO PRADA Iri	MASTER A	4	F	14		A CORUNA	
220	809	23:40	4:44	23:27	COUCE RUA David	SENIOR	40	M	206		NARÓN	
221	231	23:42	4:44	23:42	OTERO DA ROCHA Jorge Luis	SENIOR	41	M	207		PTO.ORDAZ	
222	377	23:43	4:44	23:33	DIAZ MOSQUERA Javier Pastor	MASTER A	83	M	208	NOITEBRA	FERROL	2022781
223	909	23:44	4:44	23:33	FERNÁNDEZ MARTÍNEZ Manuel	MASTER A	84	M	209		FERROL	
224	218	23:47	4:45	23:35	VARELA PENEDO Jose Andrés	MASTER A	85	M	210		FERROL	
225	747	23:47	4:45	23:36	DOVAL IGLESIAS Marco Antonio	MASTER A	86	M	211		FERROL	
226	141	23:48	4:45	23:48	LOPEZ VAZQUEZ Jose Alfonso	MASTER C	7	M	212	CASTRO DE LOBADIZ	CARINO	
227	1055	23:48	4:45	23:26	SICRE MASIDE Carlos	SUB 20 - 23	18	M	213		FERROL	
228	986	23:49	4:45	23:41	CANOSA GUTIERREZ Marcos	SUB 16 - 18	19	M	214	RIA FERROL- CONCEPCION AREN	FERROL	TAG2025881

229	108	23:49	4:45	23:49	MARTINEZ NIETO Maria	MASTER A	5	F	15		ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA	
230	213	23:50	4:46	23:44	PRIETO CABRAL Moises	MASTER B	42	M	215	INDEPENDIENTE		NARÓN	
231	826	23:51	4:46	23:31	SUÁREZ Jose Manuel	MASTER A	87	M	216			FERROL	
232	1020	23:53	4:46	23:43	GONZALEZ CASAL Eusebio	MASTER B	43	M	217			FERROL	
233	999	23:53	4:46	23:36	VAZQUEZ PICALLO Iago	SENIOR	42	M	218			NARÓN	
234	288	23:54	4:46	23:54	CAINZOS CAGIAO David	MASTER A	88	M	219	SEMOS OU NON?!		NARÓN	
235	7	23:56	4:47	23:56	IGLESIAS GONZÁLEZ Marta	SUB 20 - 23	4	F	16		ATLETISMO RIAZOR CORUNA	A CORUNA	
236	501	23:59	4:47	23:40	CARDAMAS FREIRE Lidia	MASTER A	6	F	17			FERROL	
237	116	24:00	4:48	23:52	CRESPO ESTEBAN Raquel	MASTER A	7	F	18			NARÓN	
238	815	24:00	4:48	23:44	PENA FREIRE Marcos	MASTER A	89	M	220	CLASICOBIKEWORKS		FERROL	
239	247	24:00	4:48	23:54	PEREZ MONTERO Mario	MASTER C	8	M	221			FERROL	
240	969	24:02	4:48	23:23	BELLÓN FLORES Ricardo	MASTER A	90	M	222			FERROL	
241	170	24:03	4:48	23:57	TORRES CARBALLAL Virginia	MASTER A	8	F	19	SEMOS OU NON?!		NARÓN	
242	272	24:06	4:49	23:33	GAGO TEIJERIA Fernando	MASTER A	91	M	223			FERROL	
243	855	24:06	4:49	23:49	ARCINIEGAS CHAUX German Enrique	SENIOR	43	M	224			CARTAGENA	
244	1028	24:07	4:49	23:57	VARELA MARTINEZ Félix	MASTER A	92	M	225			A CORUNA	
245	587	24:09	4:49	24:00	VILLAR BECEIRO Alexia	SUB 16 - 18	2	F	20			MUGARDOS	
246	1000	24:09	4:49	23:48	TEIJO VARELA Santiago	MASTER A	93	M	226			BETANZOS	
247	60	24:09	4:49	24:09	BRAGE RAMOS Nuria	MASTER B	6	F	21	TRIATLÓN FERROL		FENE	
248	4	24:09	4:49	24:09	PÉREZ FERNÁNDEZ Eva	MASTER A	9	F	22	ATLETISMO NARON		FERROL	
249	61	24:11	4:50	24:11	BRAGE RAMOS Paula	MASTER A	10	F	23	BENY GYM		FENE	
250	371	24:11	4:50	24:11	RODRIGUEZ ARGIBAY Sara	SENIOR	2	F	24	AS VELLAS NON PARAMOS MULT		BETANZOS	
251	1034	24:12	4:50	23:57	FERNANDEZ LÓPEZ Carlos Miguel	SUB 16 - 18	20	M	227			A CORUÑA	
252	243	24:13	4:50	23:49	DOPICO BELLÓN Manuel	MASTER C	9	M	228			FERROL	
253	126	24:17	4:51	24:11	CARBALLO RODRIGUEZ Jose María	MASTER A	94	M	229	CLUB MARITIMO DE PERBES		FENE	
254	257	24:17	4:51	24:08	SOUTO REGO Antonio	MASTER C	10	M	230	CLUB ATLETISMO LUCUS CAIXA F		VILALBA	
255	118	24:17	4:51	24:17	FREIRE ARUFE Ana Margarita	MASTER B	7	F	25	CLUB MARITIMO DE PERBES		FERROL	
256	806	24:18	4:51	23:31	ARROYO CUNHA Nacho	MASTER A	95	M	231			FERROL	
257	3	24:19	4:51	24:19	SANTOS RODRÍGUEZ Marta	MASTER A	11	F	26	CLUB MARITIMO DE PERBES		FENE	
258	246	24:19	4:51	24:13	LAGO BREIJO Guillermo	MASTER B	44	M	232	CLUBE ATLETISMO FENE		FENE	AG2027925
259	153	24:19	4:51	23:38	ALTAMIRANDA BLANCO Jose Luis	MASTER B	45	M	233	NAUTICO NARÓN		MUGARDOS	46291648P
260	330	24:20	4:52	23:51	PENEDO FEIJÓO Avelino	MASTER B	46	M	234	CLUB CASTRO DE LOBADIZ		FERROL	
261	869	24:20	4:52	23:55	LOPEZ RODRIGUEZ Miguel	SUB 16 - 18	21	M	235			NEDA	
262	941	24:21	4:52	23:40	CHAO SANCHEZ Manuel	SENIOR	44	M	236			FENE	
263	729	24:21	4:52	23:58	CORRAL Carlos	MASTER A	96	M	237			FERROL	
264	151	24:21	4:52	24:11	PEREZ PEREZ Victor	SENIOR	45	M	238			CEDEIRA	
265	206	24:22	4:52	23:53	SOLARES ESPINAIRA Jose Juan	MASTER B	47	M	239			FERROL	
266	1047	24:24	4:52	24:15	MENDEZ BOUZA Alejandro	MASTER B	48	M	240			FERROL	
267	812	24:25	4:53	24:18	ÁLVEZ FERNÁNDEZ Julio	MASTER A	97	M	241			LUGO	
268	284	24:25	4:53	23:52	CUBREIRO FARINA ángel	SENIOR	46	M	242			FERROL	
269	870	24:25	4:53	24:01	RODRIGUEZ BERGARÁ Jose Andres	MASTER A	98	M	243			NEDA	
270	337	24:25	4:53	24:14	GONZALEZ REGUEIRO Juan Carlos	MASTER B	49	M	244	CLUB DEL.MAR FERROL		FERROL	
271	831	24:25	4:53	24:05	DOMINGUEZ GARCIA Jorge	MASTER B	50	M	245			NARÓN	
272	822	24:28	4:53	24:09	SOTO GONZALEZ Francisco	SUB 20 - 23	19	M	246			NARÓN	
273	364	24:30	4:54	24:19	ZAHRADNIKOVA Alice	MASTER A	12	F	27	LOBOS DE NARAIO		NARÓN	
274	363	24:30	4:54	24:18	CHAMORRO DIAZ Alberto	MASTER B	51	M	247	LOBOSDE NARAIO		FERROL	
275	365	24:30	4:54	24:19	RICOY MARTÍNEZ Yago	MASTER B	52	M	248	LOBOS DE NARAIO		SAN SADURNIÑO	
276	990	24:32	4:54	24:19	GARCIA FANDINO Jose Antonio	MASTER C	11	M	249			FERROL	
277	959	24:34	4:54	24:02	VALEA GONZALEZ Ignacio	MASTER B	53	M	250			FERROL	
278	236	24:40	4:56	24:30	ALONSO PINEIRO Rubén	SENIOR	47	M	251	RUNNING ALTAFIT ODEON		FERROL	
279	810	24:40	4:56	24:06	SANCHEZ FERNANDEZ Manuel	MASTER A	99	M	252			FERROL	
280	828	24:42	4:56	24:02	TORRENTE SANMARTIN Miguel	SUB 20 - 23	20	M	253			FERROL	
281	49	24:43	4:56	24:36	TAJUELO FERRER Alba	SENIOR	3	F	28			FERROL	
282	450	24:44	4:56	24:07	MORENO BOUZA Alberto	MASTER A	100	M	254			FERROL	
283	616	24:45	4:57	24:37	FRAGA GALDO Sofia María	SUB 16 - 18	3	F	29			FERROL	
284	265	24:46	4:57	24:23	RILO GONZALEZ-VALLES Juan	MASTER A	101	M	255			FERROL	
285	1045	24:46	4:57	24:23	RODRIGUEZ FERRENO Adrian	SENIOR	48	M	256			FERROL	
286	271	24:48	4:57	24:40	RODRIGUEZ SALORIO Aitor	MASTER A	102	M	257	RUNNING ALTAFIT ODEÓN		PONTEDEUME	
287	156	24:48	4:57	24:39	FREIRE LOPEZ Francisco	MASTER B	54	M	258			NARÓN	
288	955	24:49	4:57	24:36	RODRIGUEZ VAL Raúl	SUB 20 - 23	21	M	259			FERROL	
289	981	24:50	4:58	24:07	SOUTO CAL Jorge	MASTER A	103	M	260			FENE	

290	913	24:51	4:58	24:30	CASTRO RODRÍGUEZ José	MASTER C	12	M	261		NARÓN
291	912	24:53	4:58	24:30	CARNEIRO PRIMROY Lino	SUB 16 - 18	22	M	262		NEDA
292	299	24:54	4:58	24:41	RODRIGUEZ ORMAECHEA Iñaki	MASTER B	55	M	263		SANTIAGO DE COMPOSTELA
293	824	24:54	4:58	24:16	MARTINEZ FARINA Mario	SUB 20 - 23	22	M	264		FERROL
294	137	24:57	4:59	24:57	LEIRACHA MAHIA Bruno	SUB 20 - 23	23	M	265	CLUB CASTRO DE LOBADIZ	FERROL
295	349	24:57	4:59	24:49	MEIZOSO BASTIDA Jose Luis	MASTER C	13	M	266	EGOVARROS DE VIVEIRO	NARÓN
296	269	24:57	4:59	24:28	SÁNCHEZ FERNÁNDEZ Daniel	MASTER A	104	M	267		NARÓN
297	123	24:59	4:59	24:59	RILO FRANCO Maria	MASTER B	8	F	30	TRIATLÓN FERROL	FERROL
298	138	25:02	5:00	24:55	GONZALEZ GARCIA Andrés	MASTER C	14	M	268	CLUB CASTRO DE LOBADIZ	FERROL
299	225	25:04	5:00	24:54	GONZALEZ Pablo	MASTER C	15	M	269		A CORUNA
300	915	25:06	5:01	24:32	CASADO REY Pedro	MASTER A	105	M	270		FERROL
301	1005	25:06	5:01	24:59	PEDRE RANA Javier	SENIOR	49	M	271		FERROL
302	1041	25:09	5:01	24:26	FERREIRO ROSA Manuel	MASTER A	106	M	272	INDEPENDIENTE	VILALBA
303	45	25:11	5:02	25:03	FERREIRA LEIRAS Carlota	MASTER A	13	F	31	PASA OU ENTORNA	SAN SADURNINO
304	145	25:12	5:02	24:34	CARBALLO RODRIGUEZ David	MASTER A	107	M	273		FENE
305	1056	25:14	5:02	24:55	BALSA PADIN Alfonso	SUB 16 - 18	23	M	274		FERROL
306	701	25:26	5:05	25:15	MADRUGA CARRION Gloria	SENIOR	4	F	32		MÁLAGA
307	854	25:27	5:05	25:10	LARIOS FERNANDEZ Julian	SENIOR	50	M	275		LA UNION
308	738	25:27	5:05	25:07	PATINO JUNQUERA Felipe	MASTER C	16	M	276		FERROL
309	1063	25:28	5:05	25:08	PORTO LÓPEZ Juan Carlos	MASTER B	56	M	277		ARES
310	239	25:31	5:06	25:21	ROBLES Alberto	SENIOR	51	M	278		SAN FERNANDO
311	842	25:33	5:06	25:02	MANEIRO PAZOS Guillermo	MASTER C	17	M	279	COLEGIO JESUS MAESTRO	FERROL
312	626	25:34	5:06	24:59	VALINO REGUEIRO Rebeca	MASTER A	14	F	33		FERROL
313	197	25:35	5:07	25:24	PLOEGSTRA Hedi Anine	MASTER B	9	F	34		FERROL
314	954	25:36	5:07	25:26	VALINO GARCIA Uxio	SUB 16 - 18	24	M	280		FERROL
315	885	25:36	5:07	25:27	VALINO CELA Juan Carlos	MASTER B	57	M	281		FERROL
316	761	25:40	5:08	25:09	PÉREZ VILLAR Pablo	MASTER A	108	M	282		FERROL
317	829	25:40	5:08	25:10	RASCADO DOPICO David	SENIOR	52	M	283		A CORUNA
318	577	25:41	5:08	25:41	MACEIRAS NOVO Ana Maria	MASTER B	10	F	35		FERROL
319	333	25:41	5:08	25:20	CASTRO GARCIA Hugo	SUB 16 - 18	25	M	284		FERROL
320	943	25:44	5:08	25:14	BELLÓN MENDEZ Jorge	SENIOR	53	M	285		FERROL
321	152	25:44	5:08	25:34	PEREZ VILLAR Vicente	MASTER A	109	M	286		CEDEIRA
322	976	25:45	5:09	25:31	LOSADA PÉREZ Santiago	MASTER D	3	M	287		FERROL
323	120	25:45	5:09	25:36	SICRE ROMERO Maria	MASTER B	11	F	36		FERROL
324	317	25:46	5:09	25:14	ORALES BELLO José Manuel	MASTER A	110	M	288	BENI GYM SPORT	NARÓN
325	781	25:46	5:09	25:24	LOPEZ RODRIGUEZ José A.	MASTER B	58	M	289		FENE
326	532	25:50	5:10	25:22	BLANCO PENA Josefina	MASTER A	15	F	37		ORDES
327	244	25:50	5:10	25:03	PEREZ BLANCO Jose Alberto	MASTER B	59	M	290		FERROL
328	808	25:51	5:10	25:23	LOPEZ PICOS Vicente	MASTER B	60	M	291		VALDOVINO
329	373	25:55	5:11	25:45	ZAPATA PAZOS Manuel	MASTER C	18	M	292	MONTAÑA FERROL	FERROL
330	1003	25:56	5:11	25:16	SUAREZ GONZALEZ Jose Luis	MASTER A	111	M	293		NARÓN
331	834	25:57	5:11	25:15	PINON FREIRE Emilio José	MASTER A	112	M	294		NARÓN
332	908	25:58	5:11	25:44	VARELA GONZÁLEZ Samuel	MASTER B	61	M	295		FERROL
333	352	25:59	5:11	25:46	TOJEIRO VAZQUEZ Pilar	MASTER A	16	F	38		NARON
334	945	26:00	5:12	25:24	LOSADA HERVA Francisco	MASTER A	113	M	296	RUNNING ALTAFIT ODEON	FERROL
335	392	26:02	5:12	25:44	LUCENA CORTÉS Daniel	SENIOR	54	M	297	POPEYE'S TEAM	JEREZ DE LA FRONTERA
336	772	26:06	5:13	25:50	PORTOMENE MENOYO Jose	MASTER B	62	M	298		MUGARDOS
337	316	26:07	5:13	25:36	VIDAL GARCIA Veronica	MASTER A	17	F	39	BENI GYM SPORT	NARÓN
338	436	26:07	5:13	25:45	RUIZ PINEIRO Juan David	SENIOR	55	M	299	RUNNING OLEIROS	A CORUNA
339	168	26:08	5:13	25:39	LEIRA FERNÁNDEZ Uxia	MASTER A	18	F	40		FERROL
340	413	26:08	5:13	25:57	PENA VAZQUEZ Carmen	SENIOR	5	F	41		FERROL
341	274	26:09	5:13	25:40	LESTON CANOSA Juan Manuel	MASTER A	114	M	300		FERROL
342	1016	26:11	5:14	26:01	VAZQUEZ SEOANE Manuel	MASTER B	63	M	301		FERROL
343	1013	26:12	5:14	25:49	PEREZ CALVO Diego Enrique	MASTER A	115	M	302		FERROL
344	165	26:13	5:14	26:06	SUÁREZ BARREIRO Pablo	SUB 16 - 18	26	M	303	RIA FERROL-CONCEPCION AREN	FERROL
345	355	26:14	5:14	26:01	RODRIGUEZ FORMOSO Oscar	MASTER A	116	M	304		NARON
346	260	26:15	5:15	25:46	RASCADO SEDES Jose	MASTER A	117	M	305		CAMBRE
347	131	26:15	5:15	26:02	CASTELOS DÍAZ Sandra	MASTER A	19	F	42	BENI GYM	NEDA
348	35	26:15	5:15	26:01	MEIZOSO LÓPEZ Pablo	SENIOR	56	M	306	LOBOS DE NARAIO	NEDA
349	1049	26:16	5:15	26:00	FRAGA PENA Roberto	SENIOR	57	M	307		FERROL
350	825	26:16	5:15	25:48	LOUREIRO MIGUEZ Manuel	MASTER B	64	M	308		FERROL

351	732	26:18	5:15	26:07	MARTINEZ RODRIGUEZ Rolando	MASTER B	65	M	309		FERROL	
352	979	26:19	5:15	25:38	BARROS LAGO Joaquín	MASTER B	66	M	310		FERROL	
353	839	26:19	5:15	26:02	GARCIA MALVAR Paco	SUB 16 - 18	27	M	311		FERROL	
354	987	26:20	5:16	26:03	PITA MORALES Pablo	SUB 16 - 18	28	M	312		FERROL	
355	119	26:21	5:16	25:06	VILLAR VELLON Maria Del Pilar	SENIOR	6	F	43		NARÓN	
356	292	26:22	5:16	26:22	VÁZQUEZ LISTE José Antonio	MASTER A	118	M	313		A CORUNA	AG2027626
357	1004	26:23	5:16	26:05	HERMIDA FEAL Adrian	MASTER A	119	M	314	COLEGIO JESUS MAESTRO	NARÓN	
358	560	26:25	5:17	25:57	RODRIGUEZ BARROS Loreto	MASTER A	20	F	44	BENI GYM SPORT	NARÓN	
359	281	26:26	5:17	26:20	BARRIUSO SIMO Francisco Miguel	MASTER A	120	M	315		FENE	
360	426	26:29	5:17	26:13	GARROCHO DURAN Emilio	MASTER B	67	M	316		NARÓN	
361	1038	26:30	5:18	26:13	SEOANE SIEIRO Pablo	SUB 20 - 23	24	M	317		FERROL	
362	277	26:30	5:18	26:19	MACEIRAS BIDEGAIN Jaime	MASTER B	68	M	318	ALTAFIT	FERROL	
363	1039	26:31	5:18	26:16	CAAVEIRO VILABOY Alberto	SUB 20 - 23	25	M	319		FERROL	
364	561	26:31	5:18	26:16	PEREIRA BECEIRO Lourdes	MASTER B	12	F	45	PAP	FERROL	
365	983	26:32	5:18	25:53	COSTOLLA CALVO Diego	MASTER A	121	M	320		FERROL	
366	813	26:33	5:18	25:52	PIDAL LÓPEZ Juan Pablo	MASTER A	122	M	321		FERROL	
367	996	26:34	5:18	26:19	FERNANDEZ RODRIGUEZ Gonzalo	MASTER B	69	M	322		FERROL	
368	278	26:34	5:18	26:24	MACEIRAS BUENO Jaime	SUB 20 - 23	26	M	323	ALTAFIT	FERROL	
369	314	26:37	5:19	25:57	ORTIZ DE LEJARAZU SANCHEZ ángel	MASTER A	123	M	324	BEER RUNNERS FERROL	FERROL	
370	821	26:38	5:19	26:07	VILLARINO BEREÁ Nicolás	MASTER A	124	M	325		NARÓN	
371	1014	26:39	5:19	26:17	COUCE LÓPEZ Alfonso	MASTER A	125	M	326		CABANAS	
372	767	26:40	5:20	26:19	MARTINEZ GRANDAL Alfonso	SENIOR	58	M	327		FERROL	
373	1067	26:43	5:20	26:23	GARCIA MALVAR Juan	SUB 16 - 18	29	M	328		FERROL	
374	215	26:45	5:21	26:35	COUCE ANEIROS Pedro	MASTER B	70	M	329		SAN SADURNINO	
375	266	26:48	5:21	26:37	FERNÁNDEZ MARTÍNEZ ángel	MASTER A	126	M	330		NARÓN	
376	442	26:48	5:21	26:20	CASTRO ALONSO Oscar	MASTER A	127	M	331	TRIATLON FERROL	NARÓN	
377	157	26:48	5:21	26:41	GRUEIRO ACCIÓN Isabel	SENIOR	7	F	46	PASA OU ENTORNA	NARÓN	
378	905	26:49	5:21	26:18	SERANTES LÓPEZ Javier	SENIOR	59	M	332		FERROL	
379	927	26:49	5:21	26:19	MARTINEZ NOGUEIRA Francisco	SENIOR	60	M	333		FERROL	
380	733	26:50	5:22	26:07	CANTOS REY David	MASTER A	128	M	334		FERROL	
381	1022	26:50	5:22	26:15	MARTINEZ LOPEZ Oscar	SUB 20 - 23	27	M	335		FERROL	
382	290	26:50	5:22	26:36	FERRACES MORÁS David	MASTER A	129	M	336		PONTEDEUME	
383	995	26:53	5:22	26:37	LOPEZ ROCA Javier	SENIOR	61	M	337		NARÓN	
384	275	26:54	5:22	26:38	MONTES DE OCA ROMERO Fco Javier	MASTER B	71	M	338		CHICLANA DE LA FRONTERA	
385	1030	26:57	5:23	26:19	MOSQUERA FERRENO Javier	MASTER A	130	M	339		FERROL	
386	360	27:00	5:24	26:18	CABALO RILO Nicolás	MASTER B	72	M	340	SIGUEME SI PUEDES	FERROL	
387	297	27:03	5:24	26:57	BANOBRE RIOS Alberto	MASTER B	73	M	341		FERROL	
388	1017	27:06	5:25	26:56	SILVEIRA REY Jorge	MASTER B	74	M	342		FERROL	
389	751	27:06	5:25	26:31	PINON CARRO Francisco Javier	MASTER A	131	M	343		NARÓN	
390	283	27:07	5:25	26:55	DOMENECH GONZÁLEZ Pedro	MASTER B	75	M	344	NEO	CULLEREDO	
391	675	27:10	5:26	27:03	CAGIGAO MOREDA Sandra	MASTER B	13	F	47		FERROL	
392	708	27:14	5:26	26:41	PINON FRAGUELA Cristina	SUB 16 - 18	4	F	48		NARÓN	
393	342	27:17	5:27	27:10	BELLO QUINTÍA Jesús	SUB 20 - 23	28	M	345	RIA FERROL-CONCEPCION AREN	FERROL	
394	968	27:20	5:28	26:53	ALCALÁ MEDINA Jaime	MASTER A	132	M	346		FERROL	
395	1052	27:21	5:28	27:11	MODIA RODRIGUEZ Luis	MASTER A	133	M	347		NARÓN	
396	308	27:24	5:28	27:12	FREIRE CASTRO Nerea	SUB 16 - 18	5	F	49	ATLETISMO NARON	NARÓN	
397	307	27:24	5:28	27:12	RODRIGUEZ PAZ Laura	SUB 16 - 18	6	F	50	ATLETISMO NARON	FERROL	T AG 2020449
398	653	27:26	5:29	26:43	RODRIGUEZ RODRIGUEZ Zeltia	MASTER A	21	F	51		NARÓN	
399	992	27:27	5:29	27:08	RODRIGUEZ PENA Juan Carlos	MASTER C	19	M	348		PONTEDEUME	
400	101	27:27	5:29	27:09	BARROS FONTE Alejandro	SENIOR	62	M	349	PASA OU ENTORNA	PONTEDEUME	
401	651	27:28	5:29	27:12	BARROS FONTE Alba María	MASTER A	22	F	52		PONTEDEUME	
402	449	27:30	5:30	26:53	ARAUJO SOLOU Brandán	MASTER A	134	M	350		NARÓN	
403	491	27:32	5:30	27:25	CRiado SILVAR Paula	MASTER A	23	F	53		FERROL	
404	793	27:34	5:30	26:59	RODRIGUEZ PEREIRA Francisco	MASTER B	76	M	351		FERROL	
405	230	27:35	5:31	27:35	BERNAL GOMEZ Jesus	MASTER D	4	M	352		FERROL	
406	258	27:35	5:31	27:03	MARTÍNEZ CRUZ Jorge	MASTER A	135	M	353	CORRECLUB	FERROL	
407	918	27:38	5:31	27:29	CASTRO LÓPEZ Roberto	SENIOR	63	M	354		FERROL	
408	368	27:39	5:31	27:18	MARTINEZ AVILES Jose Antonio	SENIOR	64	M	355		FERROL	
409	367	27:39	5:31	27:20	MÁRMOL PAVÓN Samuel Del Carmen	SENIOR	65	M	356		SAN FERNANDO	
410	606	27:39	5:31	27:32	PARDO BUSTABAD Paula	SENIOR	8	F	54		VALDOVINO	
411	906	27:42	5:32	27:08	GALLEGO PETEIRO Lucas	MASTER A	136	M	357		LUGO	

412	358	27:45	5:33	27:07	MARTINEZ PAZ Begoña	MASTER C	1	F	55		FERROL	
413	451	27:54	5:34	27:17	LAMAS MENDOZ María Del Mar	MASTER B	14	F	56	YOGUI-RUNNERS	NARÓN	
414	180	27:54	5:34	27:47	TORRES GARCIA Laura	SENIOR	9	F	57		NEDA	
415	787	27:54	5:34	27:54	FANDINO MANTECA Manuel	MASTER D	5	M	358		FERROL	
416	837	27:55	5:35	27:33	GONZALEZ PARRAGA Benedicto	MASTER A	137	M	359		FERROL	
417	227	27:55	5:35	27:22	LORENZO DIAZ Manuel	MASTER B	77	M	360	CORRECLUB	NARÓN	
418	248	27:55	5:35	27:22	CANEIRO Ramiro	MASTER A	138	M	361	GENERAL MECHANICS	VALDOVINO	
419	1001	27:55	5:35	27:40	PICO MERA Elias	MASTER A	139	M	362		FERROL	
420	241	27:57	5:35	27:39	DIAZ-PACHE LOPEZ Carlos	SUB 16 - 18	30	M	363		FERROL	
421	833	27:58	5:35	27:33	ARES COUCEIRO Fernando	MASTER D	6	M	364		FENE	
422	1062	28:00	5:36	27:29	BOUZAMAYOR CHAS Tania	MASTER A	24	F	58	BENI GYM SPORT	NARÓN	
423	888	28:01	5:36	27:23	REY CANAY Raul	SUB 20 - 23	29	M	365		FERROL	
424	946	28:01	5:36	27:37	ROCA DAPENA Brais	SUB 20 - 23	30	M	366	REMO SAN FELIPE	FERROL	
425	42	28:02	5:36	27:52	RODRIGUEZ COUCE Laura	MASTER A	25	F	59	NOSPORTLIMIT	A CORUNA	
426	488	28:03	5:36	27:19	FORTUNA GÓMEZ Susana	MASTER B	15	F	60		NARÓN	
427	944	28:03	5:36	27:30	MARTINEZ PENA Roberto	MASTER A	140	M	367	PASA OU ENTORNA	NARÓN	
428	306	28:03	5:36	27:50	CREGO PÉREZ Sofia	SUB 16 - 18	7	F	61	ATLETISMO NARON	NARÓN	T AG 2015411
429	758	28:04	5:36	27:40	FEAL DIAZ David	MASTER A	141	M	368		FERROL	
430	633	28:06	5:37	27:30	PINEIRO LOZANO Beatriz	SUB 16 - 18	8	F	62	SENDERISTAS FERROLTERRA	FERROL	
431	724	28:06	5:37	27:34	LÓPEZ BERGANTINOS José Luis	MASTER B	78	M	369		FERROL	
432	838	28:09	5:37	27:50	ANEIROS REY Julian	MASTER A	142	M	370		FERROL	
433	393	28:10	5:38	27:46	RODRIGUEZ LÓPEZ Cristina	SUB 16 - 18	9	F	63		VALDOVINO	
434	818	28:11	5:38	27:41	PEREZ HERMIDA Pablo	MASTER B	79	M	371		NARÓN	
435	539	28:12	5:38	27:45	FERNÁNDEZ VIVERO Toñi	MASTER A	26	F	64		NARÓN	
436	549	28:12	5:38	27:57	LINOS CORRAL Carla	SUB 16 - 18	10	F	65		FERROL	
437	568	28:12	5:38	27:54	CORRAL ARES Almudena	SUB 20 - 23	5	F	66		FERROL	
438	329	28:14	5:38	28:02	HERAS JUSTO Maria	SUB 16 - 18	11	F	67	ATLETISMO NARON	NARÓN	AG 768044
439	777	28:15	5:39	27:30	PITA RODRIGUEZ Pablo	MASTER A	143	M	372	MTB BIELA E CHAVETA	NARÓN	
440	564	28:17	5:39	27:39	GARCÍA GIMÉNEZ Leticia	SENIOR	10	F	68		NARÓN	
441	531	28:18	5:39	28:05	OTERO NOGUEIRA Noelia	SUB 20 - 23	6	F	69		FERROL	
442	563	28:18	5:39	27:40	GIRALDO PINO Katherine	SENIOR	11	F	70		NARÓN	
443	386	28:19	5:39	28:00	SANTOS MARTINEZ David	MASTER A	144	M	373	PASA OU ENTORNA	FERROL	
444	557	28:19	5:39	28:01	GARCIA MORENO Olalla	MASTER A	27	F	71		FERROL	
445	632	28:21	5:40	27:45	LOZANO RODRIGUEZ Maria Dolores	MASTER B	16	F	72	SENDERISTAS FERROLTERRA	FERROL	
446	953	28:21	5:40	27:52	GRANDAL SANTIAGO Luis Alfonso	MASTER A	145	M	374		NARÓN	
447	637	28:22	5:40	27:53	LOPEZ LOPEZ Maria	MASTER A	28	F	73		FOZ	
448	879	28:22	5:40	27:40	CASAL LÓPEZ Fernando	MASTER A	146	M	375		FERROL	
449	780	28:24	5:40	28:02	VILLAR CRISTÓBAL Ricardo	MASTER B	80	M	376		A CORUNA	
450	289	28:26	5:41	27:50	LOPEZ MUINOS Manuel	MASTER D	7	M	377	ATLETISMO FENE	FENE	
451	184	28:28	5:41	28:22	FERNÁNDEZ CANTO Ana	SENIOR	12	F	74		FERROL	
452	171	28:30	5:42	28:07	LÓPEZ DE LA VEGA Teresa	MASTER B	17	F	75		FERROL	
453	1057	28:31	5:42	27:43	LARRANAGA CES Álvaro	MASTER B	81	M	378		FERROL	
454	291	28:31	5:42	28:20	FARIAS PÉREZ Fernando	MASTER A	147	M	379		FERROL	
455	446	28:31	5:42	27:56	ARNOSO ÁLVAREZ Blanca	MASTER A	29	F	76		FERROL	
456	814	28:32	5:42	27:46	LOPEZ TEIJEIRO Francisco	MASTER C	20	M	380	BEONE A MALATA		
457	552	28:34	5:42	27:48	FERNÁNDEZ CORRAL M Carmen	MASTER B	18	F	77	4X4 FERROL	FERROL	
458	339	28:37	5:43	28:26	VAZQUEZ LINOS Emma	SUB 16 - 18	12	F	78	CLUB REMO SAN FELIPE	FERROL	
459	858	28:38	5:43	28:17	FANEGO GÓMEZ José Manuel	MASTER A	148	M	381	MERCEDARIAS FERROL	NARÓN	
460	445	28:38	5:43	28:05	FILGUEIRA GARCIA Belén	MASTER B	19	F	79	GRUPO X	FERROL	
461	262	28:39	5:43	28:29	PARGUINA FERNANDEZ Pablo	MASTER C	21	M	382		A CORUNA	
462	583	28:40	5:44	27:59	ARIAS GUTIERREZ Beatriz	MASTER A	30	F	80		FERROL	
463	338	28:40	5:44	28:29	FRAGUELA TRASTOY Irene	SUB 16 - 18	13	F	81	REMO SAN FELIPE	FERROL	
464	756	28:42	5:44	28:05	AMADO LOPEZ Eloy	MASTER B	82	M	383		FERROL	
465	901	28:42	5:44	22:39	OTERO TEIXEIRA Jesús	MASTER A	149	M	384		NARÓN	
466	673	28:46	5:45	28:39	PÉREZ PITA Karen	SENIOR	13	F	82		SAN SADURNINO	
467	192	28:50	5:46	28:35	FERNANDEZ ZÚNIGA Gabriela Guadalupe	SENIOR	14	F	83		COLIMA	
468	859	28:51	5:46	28:10	LEIRA GONZALEZ Juan	MASTER A	150	M	385		NARÓN	
469	874	28:52	5:46	28:31	PEDREIRA DIAZ Alberto	SENIOR	66	M	386		BETANZOS	
470	467	28:55	5:47	28:15	RUIZ VILLARINO Andrea	SUB 16 - 18	14	F	84		NARÓN	
471	122	28:56	5:47	28:13	MARTINEZ RIVERA Paula	SUB 16 - 18	15	F	85		FERROL	
472	950	28:59	5:47	28:27	LÓPEZ VIDE Jose Manuel	MASTER A	151	M	387		MOECHE	

473	343	29:01	5:48	28:54	RUIZ LOPEZ Candela	SUB 16 - 18	16	F	86		RIA FERROL-CONCEPCION AREN	FERROL	6A-769300
474	895	29:01	5:48	28:40	CARNEIRO PÉREZ Javier	MASTER B	83	M	388			FERROL	
475	592	29:01	5:48	28:39	TELLA FERNANDEZ Montse	MASTER A	31	F	87			FERROL	
476	502	29:08	5:49	28:40	PITA GRANDAL Beatriz	MASTER A	32	F	88			FERROL	
477	957	29:09	5:49	28:55	RIVAS RIVAS Ivan	SENIOR	67	M	389			NARÓN	
478	801	29:09	5:49	28:33	VILACHA CARNEIRO Carlos	MASTER C	22	M	390			FERROL	
479	196	29:09	5:49	28:36	RAMOS REVIDIEGO Natalia	SENIOR	15	F	89			FERROL	
480	744	29:09	5:49	28:34	ALONSO MARIN Jorge Nicolas	SENIOR	68	M	391			FERROL	
481	958	29:09	5:49	28:56	ROMERO GONZALEZ Manuel	MASTER A	152	M	392			FERROL	
482	690	29:13	5:50	28:56	LOPEZ VIDAL Eva	MASTER A	33	F	90		AS VELLAS NON PARAMOS	ABEGONDO	
483	1054	29:13	5:50	28:58	BERNAL MOURE Antonio	MASTER C	23	M	393			FERROL	
484	129	29:14	5:50	28:57	MOURON FRAGA Ana María	MASTER A	34	F	91		AS VELLAS NON PARAMOS MULT	BETANZOS	
485	305	29:14	5:50	28:57	KUHN SOUZA Andreia	MASTER A	35	F	92		AS VELLAS NON PARAMOS MULT	BETANZOS	
486	128	29:14	5:50	28:57	CASTRO GÓMEZ Pílar	MASTER B	20	F	93		AS VELLAS NON PARAMOS MULT	BETANZOS	
487	176	29:18	5:51	29:03	VILCHEZ SIMO Rocio	MASTER A	36	F	94			FERROL	
488	974	29:19	5:51	28:57	DOPICO FUENTES Ricardo	MASTER B	84	M	394			FERROL	
489	682	29:20	5:52	29:11	ARROYO CUNHA Sílvia	MASTER B	21	F	95			NARÓN	
490	618	29:22	5:52	28:55	PÉREZ -LORENTE Bárbara	MASTER A	37	F	96			FERROL	
491	972	29:25	5:53	28:51	SEIJAS BALSEIRO Alberto	MASTER A	153	M	395			FERROL	
492	775	29:27	5:53	29:00	NAVAS RUIZ Alberto	MASTER A	154	M	396			FERROL	
493	607	29:27	5:53	29:04	GARCIA GARCIA Rita	MASTER C	2	F	97			NEDA	
494	714	29:30	5:54	29:10	IRAGO JUNCAL Susi	MASTER B	22	F	98			FERROL	
495	357	29:31	5:54	28:54	RIVERA RODRIGUEZ Francisco	MASTER A	155	M	397			FENE	
496	487	29:33	5:54	29:09	TORRES GARCÍA Marta	SENIOR	16	F	99			NEDA	
497	378	29:34	5:54	28:48	DURAN CASTRO Ivan	SUB 16 - 18	31	M	398			FERROL	
498	282	29:35	5:55	29:28	CASTRO LÓPEZ Daniel	MASTER B	85	M	399			ARES	
499	295	29:35	5:55	29:27	FERRO RODRIGUEZ Javier	MASTER D	8	M	400			FERROL	
500	867	29:36	5:55	29:00	TIZON PINEIRO Jose Antonio	MASTER B	86	M	401			FERROL	
501	175	29:36	5:55	29:28	FERRO ROMERO Leticia	MASTER A	38	F	100			FERROL	
502	1019	29:38	5:55	29:20	ALLER ARRIBAS Francisco	SENIOR	69	M	402			FERROL	
503	287	29:39	5:55	29:28	PANTÍN LÓPEZ José	MASTER D	9	M	403			NARÓN	
504	474	29:41	5:56	29:25	FUERTES DOPICO Eva	MASTER B	23	F	101			FERROL	
505	852	29:42	5:56	29:00	MÉNDEZ VELLÓN Agustín	MASTER A	156	M	404			NARÓN	
506	1043	29:44	5:56	29:27	DEL RIO YÁNEZ Antón	SUB 16 - 18	32	M	405			FERROL	
507	538	29:45	5:57	29:19	GÓMEZ RODRIGUEZ Teresa	MASTER A	39	F	102			CABANAS	
508	146	29:51	5:58	29:13	RICO FERNANDEZ Diego	MASTER A	157	M	406			FENE	
509	1011	29:53	5:58	29:42	LARANJEIRA Raúl	MASTER B	87	M	407			FENE	
510	689	29:53	5:58	29:19	QUINTELA Lara	SENIOR	17	F	103			FERROL	
511	680	29:53	5:58	29:42	VARELA Isabel	MASTER A	40	F	104			FENE	
512	688	29:53	5:58	29:21	NAVEIRA Uxia	SENIOR	18	F	105			NARÓN	
513	1006	29:56	5:59	29:35	LEIRA ESTRAVIZ Pablo	SUB 16 - 18	33	M	408			FERROL	
514	883	29:56	5:59	29:36	CASTELEIRO SOUTO Alberto	MASTER B	88	M	409			NARÓN	
515	580	29:56	5:59	29:27	GARCÍA TIZÓN Ana María	SENIOR	19	F	106			NARÓN	
516	554	29:59	5:59	29:31	RAMIL HERMIDA Raquel	MASTER D	1	F	107		SENDERISTAS FERROLTERRA	VALDOVINO	
517	940	30:00	6:00	23:57	BREIJO CARUNCHO Diego	SENIOR	70	M	410			A CORUNA	
518	694	30:01	6:00	29:42	RODRIGO ALVAREZ Ana	SENIOR	20	F	108			FERROL	
519	1029	30:01	6:00	29:44	RODRIGO ÁLVAREZ Nacho	SENIOR	71	M	411			FERROL	
520	1018	30:02	6:00	29:45	ALLER ARRIBAS Alejandro	MASTER A	158	M	412			A CORUNA	
521	989	30:04	6:00	29:41	PAINO MORADO Raul	MASTER A	159	M	413			NARÓN	
522	922	30:05	6:01	29:37	GONZÁLEZ SÁNCHEZ Joaquín	MASTER B	89	M	414			NEDA	
523	187	30:06	6:01	29:48	CHAO MARTINEZ María Isabel	SENIOR	21	F	109			AMES	
524	882	30:06	6:01	29:45	CASTELEIRO MENO Sergio	SUB 20 - 23	31	M	415			NARÓN	
525	734	30:06	6:01	29:49	SANTOS FERREIRO Oscar	SENIOR	72	M	416			AMES	
526	519	30:08	6:01	29:53	TORRENTE HERMANS Eva	SENIOR	22	F	110			FERROL	
527	615	30:08	6:01	29:52	FRAGA GALDO Elisa María	SUB 16 - 18	17	F	111			FERROL	
528	518	30:08	6:01	29:54	MARTINEZ LOURO Lilia	SENIOR	23	F	112			NARÓN	
529	798	30:08	6:01	29:56	GUTIERREZ SERANTES Manuel	MASTER A	160	M	417			NARÓN	
530	302	30:09	6:01	29:57	VÁZQUEZ PURRINOS Emma	SUB 16 - 18	18	F	113		CLUB REMO S. FELIPE	FERROL	
531	929	30:09	6:01	29:53	SANMARTIN GARCÍA Lucas	SUB 20 - 23	32	M	418			FERROL	
532	174	30:15	6:03	30:01	CASTRO SANCHEZ Loly	MASTER C	3	F	114			NARÓN	
533	242	30:16	6:03	30:01	REGUEIRA FACAL Jesus	MASTER C	24	M	419			CULLEREDO	

534	975	30:19	6:03	29:55	PEREIRA MUIÑO Jose Antonio	MASTER A	161	M	420		NARÓN	
535	240	30:20	6:04	30:11	DIAZ-PACHE MACKINLAY Carlos	MASTER B	90	M	421		FERROL	
536	722	30:21	6:04	29:39	RODRIGUEZ MOLINA Ivonne	MASTER A	41	F	115		FERROL	
537	351	30:25	6:05	29:45	LOPEZ MEDIN Tati	SENIOR	24	F	116		NARÓN	
538	937	30:29	6:05	30:00	GARCIA COUCE Enrique	SUB 16 - 18	34	M	422		FERROL	
539	971	30:30	6:06	29:56	MENDEZ GAYOSO Benjamin	MASTER A	162	M	423		NARÓN	
540	786	30:30	6:06	30:05	MOURINO CARBALLIDO Eladio	MASTER B	91	M	424		FERROL	
541	301	30:31	6:06	29:47	VÁZQUEZ LÓPEZ Juan Carlos	MASTER B	92	M	425		FENE	
542	643	30:31	6:06	30:06	LÓPEZ RAMUDO Icia	SUB 16 - 18	19	F	117		NARÓN	
543	717	30:31	6:06	30:06	PANTÍN MERINO Laura	SUB 16 - 18	20	F	118		FERROL	
544	696	30:37	6:07	30:01	FORMOSO GRAÑA Laura	SENIOR	25	F	119		FERROL	
545	699	30:38	6:07	30:11	COTELO RAMOS Sara	SUB 16 - 18	21	F	120		FERROL	
546	728	30:38	6:07	29:56	RUIZ DOPICO Antonio Jose	MASTER B	93	M	426		NARÓN	
547	934	30:39	6:07	30:21	PAJÓN LÓPEZ José Manuel	MASTER B	94	M	427		NARÓN	
548	737	30:39	6:07	30:09	SUÁREZ PENARANDA Vicente	MASTER C	25	M	428		FERROL	
549	177	30:40	6:08	30:24	PAJÓN AREA Marina	SUB 16 - 18	22	F	121	RIA FERROL	NARÓN	GA768866
550	193	30:40	6:08	30:33	SANABRIA DELGADO Marta	MASTER A	42	F	122		FERROL	
551	190	30:42	6:08	30:35	PAZOS Lucia	SUB 20 - 23	7	F	123		NARÓN	
552	443	30:43	6:08	30:00	DEIVE DIAZ Agustín	MASTER A	163	M	429	TROPA GUFY	FERROL	
553	584	30:47	6:09	30:26	ALVARINO RODRIGUEZ Iria	SUB 20 - 23	8	F	124		NARÓN	
554	739	30:49	6:09	30:05	GRUEIRO MENDEZ David	MASTER A	164	M	430		FERROL	
555	372	30:49	6:09	30:03	GARCIA JIMENEZ Antonio	MASTER C	26	M	431	MENISKO ROTO	HELLÍN	
556	748	30:50	6:10	30:06	ARES COUCEIRO José Ramón	MASTER C	27	M	432	LIBRE	FERROL	
557	894	30:59	6:11	30:27	GONZALEZ GONZALEZ Jose Angel	MASTER B	95	M	433		FERROL	
558	394	31:00	6:12	30:47	GUERRERO BOUZA Alba	SUB 16 - 18	23	F	125		NARÓN	
559	654	31:02	6:12	30:40	ABELLEIRA TENREIRO Lucia	MASTER A	43	F	126		FERROL	
560	384	31:08	6:13	30:53	SÁNCHEZ VIDAL Dolores	MASTER B	24	F	127	PAP	FERROL	
561	725	31:10	6:14	30:47	GUTIERREZ GOMEZ Fernando	MASTER C	28	M	434		FERROL	
562	293	31:11	6:14	30:57	GÓMEZ BUJÍA Adrián	SENIOR	73	M	435	BOXL61	FERROL	
563	608	31:14	6:14	30:50	CALVO PRIETO Angeles	MASTER A	44	F	128		AS PONTES DE GARCIA RODRI	
564	609	31:14	6:14	30:49	CARBALLEIRA RODRIGUEZ Pilar	MASTER A	45	F	129		AS PONTES DE GARCIA RODRI	
565	527	31:15	6:15	31:15	PAINCEIRA LOPEZ Desiree	SENIOR	26	F	130		FERROL	
566	1027	31:15	6:15	30:42	TENREIRO BERMUDEZ Adrian	MASTER A	165	M	436		FERROL	
567	627	31:15	6:15	30:59	SOMORROSTRO REAL Yaiza	SENIOR	27	F	131		FERROL	
568	691	31:15	6:15	30:42	LARANJO ESTEBANEZ Melisa	MASTER A	46	F	132		NARÓN	
569	1025	31:15	6:15	30:41	PITA BARCIA Javier	MASTER A	166	M	437		NARÓN	
570	671	31:15	6:15	30:52	FILGUEIRA HERMIDA María José	MASTER B	25	F	133		VALDOVINO	
571	942	31:15	6:15	30:58	DIAZ DOPICO Alejandro	SENIOR	74	M	438		FERROL	
572	303	31:16	6:15	30:40	LÓPEZ GONZÁLEZ Daniel	MASTER A	167	M	439	A.D. DOWNHILL	CARBALLO	
573	991	31:19	6:15	30:35	ABELLA BALDONI Elgar Claudio	MASTER C	29	M	440		POLLENÇA	
574	642	31:19	6:15	30:51	LOPEZ DACOSTA Cristina	MASTER A	47	F	134	CLUB MONTALA FERROL	FERROL	
575	911	31:21	6:16	30:42	FERNÁNDEZ ALLEGUE ángel	MASTER C	30	M	441		FENE	
576	782	31:24	6:16	31:04	ANEIROS LANDROVE José Manuel	MASTER A	168	M	442		NARÓN	
577	520	31:25	6:17	31:01	TENREIRO RODRIGUEZ Mari	MASTER A	48	F	135		FERROL	
578	521	31:26	6:17	31:02	VÁZQUEZ VÁZQUEZ Cristina	MASTER A	49	F	136		FERROL	
579	569	31:26	6:17	31:10	CORRAL ARES Marta	SUB 16 - 18	24	F	137		FERROL	
580	679	31:29	6:17	31:17	ROCA REY Nuria	MASTER A	50	F	138	INDEPENDIENTE	FERROL	
581	1009	31:29	6:17	31:17	GRIMAL CORRAL Mario	MASTER B	96	M	443	INDEPENDIENTE	FERROL	
582	904	31:29	6:17	30:57	ROMERO MARTINO Justo	MASTER C	31	M	444		FERROL	
583	546	31:30	6:18	30:58	CARRERA FERREIRO Andrea	SENIOR	28	F	139		PONTEDEUME	
584	873	31:30	6:18	31:22	BARRIO Luis	MASTER B	97	M	445	CLUB CASTRO DE LOBADIZ	FERROL	
585	179	31:30	6:18	31:23	GOMEZ PEREZ Amparo	MASTER D	2	F	140	CLUB CASTRO DE LOBADIZ	FERROL	
586	331	31:30	6:18	31:20	RODRIGUEZ SERANTES Felicidad	SENIOR	29	F	141	REMO SAN FELIPE	FERROL	
587	939	31:38	6:19	26:38	NOVO REQUEIJO Ivan	SENIOR	75	M	446		FERROL	
588	494	31:38	6:19	30:57	PITA DOPICO Patricia	MASTER A	51	F	142		AS PONTES DE GARCIA RODRI	
589	551	31:38	6:19	31:02	REIMUNDE PEREIRAS Sabela	SENIOR	30	F	143		FERROL	
590	361	31:40	6:20	31:21	COUCE FALCÓN Alicia Ana	MASTER B	26	F	144		ARES	
591	318	31:41	6:20	31:11	LÓPEZ FRANCO Mari Luz	MASTER C	4	F	145		NARÓN	
592	820	31:42	6:20	31:19	BÉRTALO LÓPEZ Gerardo	MASTER A	169	M	447		FERROL	
593	541	31:43	6:20	31:20	VÁZQUEZ MENDEZ Alicia	MASTER A	52	F	146		FERROL	
594	730	31:45	6:21	28:39	FREIRE GÓMEZ Jorge Juan	MASTER C	32	M	448		NARÓN	

595	804	31:47	6:21	31:06	GIL ARTABE Daniel	SENIOR	76	M	449			FERROL	
596	397	31:48	6:21	31:41	VILARO GUTIÉRREZ Sara	SUB 16 - 18	25	F	147		RIA FERROL-CONCEPCION AREN	FERROL	
597	585	31:50	6:22	31:30	HERAS JUSTO Lucia	SUB 20 - 23	9	F	148		ATLETISMO NARON	NARÓN	
598	268	31:51	6:22	30:39	LAGE PAZ Álvaro	MASTER A	170	M	450			NARÓN	
599	647	31:53	6:22	31:23	FERREIRO CALVO Laura	MASTER A	53	F	149			FERROL	
600	961	31:55	6:23	31:25	FERREIRO CASTRILLON Javier	MASTER D	10	M	451			FERROL	
601	1024	31:56	6:23	31:29	FOLGAR CATALAN Miguel	SENIOR	77	M	452			FERROL	
602	685	31:57	6:23	31:29	DIAZ FERNANDEZ Alba	SENIOR	31	F	150			FERROL	
603	490	31:58	6:23	31:34	GRUEIRO CHEDA Antía	SENIOR	32	F	151			NEDA	
604	650	31:59	6:23	31:28	SEOANE TORRENTE Lucia	MASTER A	54	F	152			ARES	
605	189	31:59	6:23	31:29	VARELA CAÍNZOS Paula	MASTER A	55	F	153			CABANAS	
606	778	32:00	6:24	31:34	GRUEIRO CHEDA Antonio	MASTER A	171	M	453			NEDA	
607	508	32:03	6:24	31:08	SANTANA GOMEZ Noelia	MASTER A	56	F	154			A CORUNA	
608	509	32:03	6:24	31:10	ÁLVAREZ VAZQUEZ Susana	MASTER A	57	F	155			CULLEREDO	
609	757	32:06	6:25	31:33	MANON VAZQUEZ Oscar	MASTER C	33	M	454			FERROL	
610	379	32:07	6:25	31:19	DURAN SERANTES Ricardo	MASTER A	172	M	455			FERROL	
611	579	32:08	6:25	31:53	GARCÍA ARAMBURU Laura	SENIOR	33	F	156			FERROL	
612	872	32:08	6:25	31:52	LLANO DIAZ David	SENIOR	78	M	456			NARÓN	
613	629	32:08	6:25	31:42	CRiado RODRIGUEZ Mercedes	MASTER A	58	F	157			MUGARDOS	
614	640	32:11	6:26	31:38	PIÑÓN Eva	SENIOR	34	F	158		CFP FERROLTERRA	FERROL	
615	459	32:14	6:26	31:47	LOPEZ LOPEZ Irene	MASTER A	59	F	159			NARÓN	
616	817	32:15	6:27	32:15	REY GOMEZ Aldo	SUB 20 - 23	33	M	457		RIA FERROL-CONCEPCION AREN	A CORUNA	GA765371
617	454	32:18	6:27	31:52	BOUZA GONZÁLEZ Rocío	MASTER B	27	F	160			LUGO	
618	923	32:18	6:27	31:37	LOPEZ SUAREZ Andres	MASTER B	98	M	458			NARÓN	
619	362	32:19	6:27	31:59	DIAZ ROGEL Araceli	MASTER A	60	F	161			VALDOVINO	
620	510	32:20	6:28	31:58	FERNANDEZ DIAZ María José	MASTER A	61	F	162			VALDOVINO	
621	470	32:22	6:28	31:51	PINEIRO FRAGA Esther	MASTER B	28	F	163			VALDOVINO	
622	893	32:22	6:28	31:49	MENDIZABAL DIEZ Fernando	MASTER B	99	M	459			FERROL	
623	181	32:22	6:28	32:06	SANCHEZ JIMENEZ Marta	MASTER A	62	F	164			FERROL	
624	935	32:24	6:28	31:45	BARO VILLA Miguel Ángel	MASTER B	100	M	460			FERROL	
625	678	32:25	6:29	31:43	ROMALDE CORRAL Susana	MASTER B	29	F	165			NARÓN	
626	610	32:28	6:29	32:00	COUCE ANEIROS Maite	MASTER A	63	F	166			A CORUÑA	
627	589	32:31	6:30	31:51	GUEDE RODRIGUEZ Ana	MASTER A	64	F	167			FERROL	
628	495	32:31	6:30	31:50	DOPICO RODRIGUEZ Teresa	MASTER C	5	F	168			NARÓN	
629	452	32:32	6:30	31:51	FERNANDEZ FERNÁNDEZ Janet	MASTER B	30	F	169			FERROL	
630	462	32:35	6:31	32:07	PRIETO CARBALLO Susana	MASTER A	65	F	170			NARÓN	
631	746	32:35	6:31	32:09	PÉREZ LEIRA Antonio Manuel	MASTER A	173	M	461			CEDEIRA	
632	186	32:36	6:31	31:54	ALVAREZ ALVAREZ Noemi	MASTER B	31	F	171		TRIATLÓN FERROL	FERROL	
633	588	32:40	6:32	32:00	TEIJEIRO NIEBLA Cristina	MASTER A	66	F	172			FERROL	
634	591	32:47	6:33	32:33	COBELO ANIDO Laura	SENIOR	35	F	173			PADERNE	
635	347	32:49	6:33	32:20	CABADAS JARABA Juan Ignacio	MASTER C	34	M	462			FERROL	
636	476	32:56	6:35	32:29	GOMEZ TOJEIRO Laura	MASTER A	67	F	174			FERROL	
637	605	32:59	6:35	32:19	FERNÁNDEZ LUACES Lorena	SENIOR	36	F	175			NARÓN	
638	350	33:00	6:36	32:20	ROMEU TEIJEIRO Mari Carmen	MASTER B	32	F	176			NARÓN	
639	353	33:01	6:36	32:19	PUENTES COUTO Javier	MASTER B	101	M	463			NARÓN	
640	536	33:02	6:36	32:54	LOPEZ MAIZTEGUI Carolina	MASTER A	68	F	177			FERROL	
641	484	33:03	6:36	32:14	CABANAS DÍAZ Silvia	SENIOR	37	F	178			FERROL	
642	620	33:05	6:37	32:24	RESTREPO RODRIGUEZ Luz Elena	MASTER A	69	F	179			NARÓN	
643	910	33:08	6:37	32:47	FERNÁNDEZ YÁNEZ Manuel	MASTER D	11	M	464			FERROL	
644	857	33:09	6:37	32:21	GONZALEZ Javier	SENIOR	79	M	465			LUGO	
645	600	33:10	6:38	32:33	FERNÁNDEZ MARTÍNEZ Mª Luz	MASTER B	33	F	180			FERROL	
646	178	33:12	6:38	32:43	ANEIROS REY Belen	MASTER B	34	F	181			NARÓN	
647	582	33:12	6:38	32:43	LOPEZ MARTINEZ Noemia Zeltia	MASTER A	70	F	182			NARÓN	
648	117	33:12	6:38	32:41	ANEIROS REY María	MASTER B	35	F	183		CORRECLUB	NARÓN	
649	435	33:12	6:38	32:35	DIAZ FERICHOLA Manuel	MASTER B	102	M	466			FERROL	
650	298	33:12	6:38	32:40	ANEIROS REY Antonio	MASTER D	12	M	467			FERROL	
651	593	33:13	6:38	32:42	SOBRIN SUEIRAS Maria Jose	MASTER B	36	F	184		REMO SAN FELIPE	FERROL	
652	167	33:13	6:38	32:36	HERRERO EVIA Mercedes	MASTER A	71	F	185		RUNNING ALTA FIT ODEON	FERROL	
653	663	33:14	6:38	33:01	GONZALEZ GATO Daniela	SUB 16 - 18	26	F	186			FERROL	
654	949	33:14	6:38	32:55	OLIVA MARINO Antonio	MASTER D	13	M	468		NO FEDERADA	FERROL	
655	631	33:19	6:39	32:53	FERNANDEZ ARGIBAY Patricia	MASTER A	72	F	187			NARÓN	

656	429	33:25	6:41	32:46	RODRIGUEZ MAHIA Ivan	SUB 16 - 18	35	M	469		FERROL	
657	385	33:31	6:42	33:18	FERNÁNDEZ GARCIA Rocio	MASTER A	73	F	188	PASA OU ENTORNA	FERROL	
658	160	33:32	6:42	33:18	CAGIAO BOUZA Juan	MASTER A	174	M	470	PASA OU EMTORNA		
659	779	33:36	6:43	32:54	RAMOS LÓPEZ Diego	SENIOR	80	M	471		FERROL	
660	276	33:42	6:44	33:01	MARTINEZ YAÑEZ Felix	MASTER B	103	M	472		FERROL	
661	774	33:44	6:44	32:58	ESTEBAN TAPIA Diego	MASTER A	175	M	473		MINO	
662	544	33:45	6:45	33:07	ROJO LÓPEZ Andrea	SUB 20 - 23	10	F	189		FERROL	
663	973	33:45	6:45	33:07	CASAL FERNANDEZ Diego	SUB 20 - 23	34	M	474		FERROL	
664	1061	33:48	6:45	33:22	GARCIA PAZOS Lorena	MASTER B	37	F	190	AD NAUTICO DE NARON	NARÓN	
665	380	33:50	6:46	33:00	OTERO RODRIGUEZ Marcos	MASTER A	176	M	475		FERROL	
666	438	33:56	6:47	33:40	ALONSO Fran	MASTER B	104	M	476		FERROL	
667	437	33:57	6:47	33:40	ALONSO Iria	SUB 16 - 18	27	F	191		FERROL	
668	853	33:59	6:47	33:10	CALVO DIAZ Daniel	SENIOR	81	M	477		FERROL	
669	455	34:01	6:48	33:33	LESTA BOEDO Rut	MASTER A	74	F	192		FENE	
670	448	34:14	6:50	33:37	SOLLOSO Antia	MASTER A	75	F	193	YOGUI RUNNERS	FERROL	
671	483	34:17	6:51	33:39	CEREIJO ROMERO Maria	MASTER A	76	F	194		FERROL	
672	492	34:21	6:52	33:59	FIGUEIRA IGNACIO Marga	MASTER D	3	F	195		FERROL	
673	796	34:22	6:52	34:01	BOUZA FERNÁNDEZ Miguel	MASTER A	177	M	478		FERROL	
674	523	34:25	6:53	33:41	BABIO GUTIÉRREZ Maria Dolores	MASTER B	38	F	196		NARÓN	
675	486	34:26	6:53	33:57	MARTINEZ GUTIÉRREZ Aida	MASTER A	77	F	197		NARÓN	
676	622	34:26	6:53	34:02	BERENGUEL MACEIRAS Gisela	SUB 16 - 18	28	F	198		FERROL	
677	497	34:27	6:53	33:50	CASTRO CORTINA Laura	SENIOR	38	F	199		FERROL	
678	496	34:28	6:53	33:49	TORRALVO REGOS Lucia	MASTER A	78	F	200		FERROL	
679	706	34:28	6:53	33:48	LIZ LÓPEZ Irene	SUB 16 - 18	29	F	201		FERROL	
680	783	34:30	6:54	33:51	DOCAMPO PARDO Alberto	SENIOR	82	M	479		FERROL	
681	784	34:30	6:54	33:52	CASTRO CORRAL David	MASTER A	178	M	480		FERROL	
682	628	34:34	6:54	34:12	MÉNDEZ DIAZ Maria Eugenia	MASTER A	79	F	202		NARÓN	
683	570	34:34	6:54	34:08	MARTINEZ RUBINOS Susana	MASTER A	80	F	203		FERROL	
684	875	34:42	6:56	33:45	LABORA GONZALEZ Oscar	MASTER B	105	M	481		FERROL	
685	1033	34:42	6:56	33:46	FERNÁNDEZ BLANCO Javier	SENIOR	83	M	482		ARTEIXO	
686	876	34:43	6:56	33:47	LABORA VEGA Iago	SUB 16 - 18	36	M	483		FERROL	
687	727	34:48	6:57	34:17	RODRIGUEZ BECEIRO Juan	MASTER D	14	M	484		FERROL	
688	648	34:51	6:58	34:25	GARCIA CASTRO Charo	MASTER C	6	F	204		NEDA	
689	736	34:51	6:58	34:31	OTERO SERANTES Nicolás Miguel	MASTER C	35	M	485		FERROL	
690	658	34:53	6:58	34:09	SANTOS DIAZ Mercedes	MASTER D	4	F	205		FERROL	
691	662	34:53	6:58	34:08	ABELLA MORALES Cristina	SENIOR	39	F	206		FERROL	
692	383	34:54	6:58	34:24	LÓPEZ MORADO José	MASTER A	179	M	486		FERROL	
693	750	34:56	6:59	34:21	TUIMIL MARTINEZ Ricardo	MASTER D	15	M	487		NARÓN	
694	985	34:57	6:59	34:13	VARONA BAYOLO Ruben	SENIOR	84	M	488		MADRID	
695	947	34:58	6:59	34:25	BECERRO DEL RIO Jorge Modesto	MASTER A	180	M	489		FERROL	
696	466	35:02	7:00	34:21	CEREBRO DOPICO Arantxa	MASTER A	81	F	207		FERROL	
697	566	35:03	7:00	34:20	CUNHA MERA Monica	MASTER A	82	F	208		NARÓN	
698	676	35:03	7:00	34:20	E T Cristina	SENIOR	40	F	209		FERROL	
699	661	35:06	7:01	34:43	YANEZ CELEIRO Cristina	MASTER A	83	F	210		NARÓN	
700	602	35:10	7:02	34:51	SANTOS PAZ Estefanía	MASTER A	84	F	211		FERROL	
701	936	35:21	7:04	34:36	ACCION ARMESTO Santiago	SENIOR	85	M	490		FERROL	
702	624	35:21	7:04	34:38	ACCION ARMESTO Ana	SENIOR	41	F	212		FERROL	
703	623	35:21	7:04	34:38	ARMESTO MAURIZ Manuela	MASTER C	7	F	213		FERROL	
704	635	35:23	7:04	34:56	LÓPEZ RODRIGUEZ Candela	SUB 20 - 23	11	F	214		FERROL	
705	634	35:25	7:05	34:58	CASTRO TRILLO Paula	SUB 20 - 23	12	F	215		FERROL	
706	700	35:38	7:07	35:13	COTELO RAMOS Antia	SUB 16 - 18	30	F	216		FERROL	
707	649	36:07	7:13	35:30	LOURIDO RODRIGUEZ María	SENIOR	42	F	217	RUGBI FERROL	VALDOVINO	
708	966	36:08	7:13	35:31	MARTINEZ FERNÁNDEZ David	SENIOR	86	M	491	RUGBI FERROL	VALDOVINO	
709	535	36:21	7:16	35:53	IORIO SAAVEDRA Julia	MASTER A	85	F	218		FERROL	
710	534	36:21	7:16	35:55	IORIO SAAVEDRA Palma Rosa	MASTER B	39	F	219		FERROL	
711	693	36:27	7:17	34:18	LOPEZ SANDOMINGO Laura	MASTER A	86	F	220		FERROL	
712	326	36:28	7:17	36:14	LEÓN GONZÁLEZ Juan Pedro	MASTER A	181	M	492	CLUB CASTRO DE LOBADIZ	MADRID	
713	687	36:37	7:19	36:04	SAN CLAUDIO Noelia	SENIOR	43	F	221		NEDA	
714	542	36:39	7:19	36:13	BOLANO BELLAS Beatriz	MASTER A	87	F	222		NARÓN	
715	366	37:07	7:25	36:41	REY SOLA Berta	SENIOR	44	F	223	LOBOS DE NARAIO	PONTEDEUME	
716	465	37:22	7:28	33:55	RIOS Noemi	MASTER A	88	F	224	BEER RUNNERS FERROL	FERROL	

717	315	37:22	7:28	36:41	PENA ALCALDE Jorge	MASTER A	182	M	493	BEER RUNNERS FERROL	NARÓN
718	718	37:23	7:28	36:41	HERNÁNDEZ GARCÍA Mirlandy Joelle	MASTER A	89	F	225		VILASANTAR
719	683	37:26	7:29	36:53	MARTINEZ LOPEZ Paula	SUB 16 - 18	31	F	226		FERROL
720	511	37:54	7:34	37:06	PRIETO CARRO Sandra	MASTER B	40	F	227	COLEGIO SAN ROSENDO	FERROL
721	469	37:55	7:35	37:07	PREGO BELLO Rebeca	MASTER A	90	F	228		A CORUÑA
722	545	38:08	7:37	37:37	LOPEZ DE PAZ Marta	SENIOR	45	F	229		A CORUÑA
723	416	38:10	7:38	37:19	PALMEIRO QUIRÓS Elena	SENIOR	46	F	230		NARÓN
724	721	38:13	7:38	37:54	ABELLA GRANDAL Brenda	SENIOR	47	F	231		NARÓN
725	1053	38:14	7:38	37:54	FEAL CANELON Oscar	MASTER A	183	M	494		NARÓN
726	382	38:15	7:39	37:45	LOPEZ MORADO María	SENIOR	48	F	232		FERROL
727	463	38:19	7:39	37:35	AMO PINEIRO Victoria	MASTER B	41	F	233		FERROL
728	656	38:22	7:40	37:32	PAREDES POLO Marian	MASTER A	91	F	234		MINO
729	576	38:23	7:40	38:07	CASTRO RIVEIROS Andrea	SUB 20 - 23	13	F	235		FERROL
730	559	38:29	7:41	37:52	LÓPEZ CARRO Inés	MASTER A	92	F	236		NARÓN
731	149	38:29	7:41	37:53	DIAZ BUSTELO Jose Casiano	MASTER B	106	M	495		A CORUNA
732	473	38:30	7:42	37:54	ALLEGUE RAMOS Marina	MASTER A	93	F	237	CORRECLUB	FERROL
733	670	38:55	7:47	38:16	DIAZ DE TUESTA Andrea	MASTER A	94	F	238		FERROL
734	993	38:56	7:47	38:19	SILVEIRA REY Borja	MASTER A	184	M	496		FERROL
735	931	38:56	7:47	38:29	MENDEZ OTERO David	MASTER A	185	M	497		FERROL
736	920	39:18	7:51	38:26	BRUQUETAS SERANTES Anton	MASTER A	186	M	498		FERROL
737	919	39:18	7:51	38:27	BRUQUETAS SERANTES Emilio	MASTER A	187	M	499		FERROL
738	540	39:19	7:51	38:26	SERANTES GONZÁLEZ Carmen	MASTER D	5	F	239		FERROL
739	819	39:19	7:51	38:24	BRUQUETAS SIERRA Jose	MASTER D	16	M	500		FERROL
740	645	39:28	7:53	38:28	RODRIGUEZ CANDAL Ana Maria	MASTER B	42	F	240	RUNNING ALTAFIT ODEON	FENE
741	468	39:43	7:56	39:21	DEL RIO RIOS Elena	MASTER C	8	F	241		A CORUNA
742	565	40:02	8:00	39:15	SÁNCHEZ PITA Ana	SENIOR	49	F	242		FERROL
743	638	40:05	8:01	39:19	SÁNCHEZ PITA Sara	SENIOR	50	F	243		FERROL
744	994	40:12	8:02	39:50	FILGUEIRA HERMIDA Arturo	MASTER C	36	M	501		VALDOVINO
745	300	40:17	8:03	39:34	DE ROSENDE GARCÍA Fernando	MASTER B	107	M	502		FERROL
746	514	40:20	8:04	39:46	SACRISTAN ORJALES Natalia	SENIOR	51	F	244		FERROL
747	410	40:39	8:07	38:42	MACEIRAS SEIJO Patry	SENIOR	52	F	245		FERROL
748	415	40:42	8:08	38:41	MACEIRAS SEIJO Paula	SUB 20 - 23	14	F	246		FERROL
749	408	40:44	8:08	38:44	MARTINEZ PENA Paula	SUB 20 - 23	15	F	247		FENE
750	464	40:55	8:11	40:11	HERMIDA AMO Nayra	SUB 16 - 18	32	F	248		FERROL
751	749	40:57	8:11	40:13	HERMIDA DIAZ Rafael	MASTER B	108	M	503		FERROL
752	447	41:15	8:15	40:38	CAMPO CABANA Ana Isabel	MASTER A	95	F	249	YOGUI RUNNERS	FERROL
753	558	41:16	8:15	40:45	MELLA Vanesa	SENIOR	53	F	250		NARÓN
754	639	41:16	8:15	40:43	PAZ CABADA Alexandra	MASTER A	96	F	251		NARÓN
755	388	41:46	8:21	41:25	PINEIRO DIAZ María	MASTER C	9	F	252		A CORUNA
756	387	41:47	8:21	41:27	DIAZ PINEIRO Aroa	MASTER A	97	F	253		NARÓN
757	530	41:51	8:22	41:10	CAAVEIRO JUSTO Verónica	SENIOR	54	F	254		NARÓN
758	472	42:37	8:31	42:26	MARTINEZ Rocio Pena	MASTER A	98	F	255		FENE
759	578	42:51	8:34	41:59	MOSTEIRYN SALGADO Pilar	MASTER C	10	F	256		FERROL
760	522	43:28	8:41	42:47	VÁZQUEZ FORTUNA Aitana	SENIOR	55	F	257		FERROL
761	134	43:35	8:43	42:49	SANCHEZ ZABALA Begoña	MASTER B	43	F	258		A CORUNA
762	533	43:37	8:43	42:57	GRANDAL BOTANA Teresa	MASTER C	11	F	259		FERROL
763	660	43:50	8:46	43:01	VAZQUEZ CAL Maria Eugenia	MASTER B	44	F	260		NARÓN
764	657	43:51	8:46	43:00	AMARELO FREIRE Maria Del Carmen	MASTER B	45	F	261		FERROL
765	327	44:30	8:54	43:55	VERDES ARES Carlos Andres	MASTER C	37	M	504	CLUB CASTRO DE LOBADIZ	FERROL
766	323	44:30	8:54	43:54	PEDREIRA FERNANDEZ Dolores	MASTER B	46	F	262	CLUB CASTRO DE LOBADIZ	FERROL
767	324	44:30	8:54	43:54	PEDREIRA FERNANDEZ Matilde	MASTER B	47	F	263	CLUB CASTRO DE LOBADIZ	FERROL
768	630	45:24	9:04	44:52	ALVAREZ PÉREZ Silvana	MASTER A	99	F	264		FERROL
769	612	45:44	9:08	44:58	LOPEZ FRIEIRO Isabel	SUB 20 - 23	16	F	265		NARÓN
770	611	45:44	9:08	44:59	FRIEIRO SOTO Teresa	MASTER B	48	F	266		NARÓN
771	594	46:35	9:19	46:18	CARNEIRO LOZANO Lola	SUB 16 - 18	33	F	267		FERROL
772	135	46:39	9:19	45:54	NAVARRO VAZQUEZ Fernando	MASTER B	109	M	505		A CORUÑA
773	321	46:39	9:19	45:56	NAVARRO VAZQUEZ Magdalena	MASTER C	12	F	268		FERROL
774	517	47:55	9:35	46:53	VAZQUEZ MONTERO Silvia	MASTER A	100	F	269		MUGARDOS
775	430	48:32	9:42	44:45	PICOS SEDES Vicente	MASTER C	38	M	506		FERROL
776	574	48:59	9:47	48:59	RODRIGUEZ ROMEU Sofia	SUB 16 - 18	34	F	270		FERROL
777	562	49:06	9:49	48:19	SALVADOR GUNDIN Sandra	SENIOR	56	F	271		NARÓN

778	575	49:16	9:51	49:00	PARADA LEIRA Helena	SUB 20 - 23	17	F	272		FERROL	
779	573	49:20	9:52	49:20	ROMEU CAL M Consuelo	MASTER B	49	F	273		NARON	
780	603	49:50	9:58	48:49	ALVAREZ PÉREZ Ana Emilia	MASTER B	50	F	274		FERROL	
781	420	50:17	10:03	49:15	SILVIA MACHADO María Eugenia	MASTER C	13	F	275		FERROL	
782	457	50:17	10:03	49:33	BURGUERA PROHENS Neus	SENIOR	57	F	276		FERROL	
783	458	50:18	10:03	49:34	SOUTO FERNANDEZ Concepcion	MASTER A	101	F	277		FERROL	
784	456	50:19	10:03	49:31	SOUTO FERNANDEZ Cecilia	MASTER A	102	F	278		FERROL	
785	702	50:30	10:06	49:02	FERREIRA LODEIRO Maria Jose	MASTER B	51	F	279		NARÓN	
786	461	51:01	10:12	49:22	LAMAS PENA Susana María	MASTER A	103	F	280		NARÓN	
787	710	51:03	10:12	50:03	PRIETO GONZÁLEZ Rocio	SENIOR	58	F	281		FERROL	
788	644	51:07	10:13	50:10	GONZÁLEZ GOMEZ Rogelia	MASTER C	14	F	282		RUNNING ALTAFIT ODEON	
789	336	51:33	10:18	51:11	NOCHE AROZAMENA Antón	SUB 16 - 18	37	M	507		FERROL	
790	335	51:34	10:18	51:11	LOURIDO IGLESIAS Pablo	SUB 16 - 18	38	M	508		FERROL	
791	409	52:03	10:24	48:14	FERNANDEZ HEVIA Azucena	MASTER C	15	F	283		FERROL	
792	655	52:55	10:35	51:17	RODRIGUEZ VARELA Angeles	MASTER B	52	F	284		NARÓN	
793	513	53:23	10:40	46:16	FREIRE MARQUES Eva	MASTER B	53	F	285		MUGARDOS	
794	424	54:13	10:50	53:05	BARRO PORTO Antonio	MASTER B	110	M	509		FENE	
795	421	54:14	10:50	53:08	CASTRILLON RODRIGUEZ María Jesús	MASTER C	16	F	286		NARÓN	
796	400	54:16	10:51	53:10	SENRA LAMELA Ana Beatriz	MASTER B	54	F	287		FENE	
797	586	56:03	11:12	54:42	CASTELEIRO MENO Nuria	SUB 16 - 18	35	F	288		NARÓN	
798	572	56:26	11:17	56:26	ROMEU CAL M Jose	MASTER C	17	F	289		FERROL	
799	571	56:27	11:17	56:27	SOLIS ROMEU Lucia	SENIOR	59	F	290		CORUNA	
800	864	56:28	11:17	56:28	RIVAS SILLERO Ricardo	MASTER D	17	M	510		FERROL	
801	399	56:31	11:18	53:50	ROCA Balsa Ana Maria	MASTER B	55	F	291		FERROL	
802	417	56:34	11:18	54:25	NARANJO DOMINGUEZ Yolanda	MASTER B	56	F	292		NARON	
803	419	56:35	11:19	54:26	HERMIDA FONTICOBA Cristina	MASTER A	104	F	293		NARON	
804	418	56:36	11:19	54:27	HERMIDA FONTICOBA Ariadna	SUB 20 - 23	18	F	294		NARON	
805	715	57:36	11:31	57:36	MONTERO GOMEZ Ana	SUB 16 - 18	36	F	295		FERROL	
806	505	57:39	11:31	53:15	RASCADO SUAREZ Maria Del Carmen	MASTER C	18	F	296		FERROL	
807	504	57:40	11:32	53:15	FERNANDEZ BECEIRO Maria Teresa	MASTER C	19	F	297		FERROL	
808	998	57:49	11:33	56:33	GONZALEZ VIDAL Alejandro	MASTER A	188	M	511		NARÓN	
809	543	58:39	11:43	54:56	PITA Martina	MASTER A	105	F	298		A CORUÑA	
810	460	58:40	11:44	54:56	CABARCOS REGALADO Rocio	MASTER A	106	F	299		FERROL	
811	547	59:33	11:54	58:08	FEAL LOPEZ Maria Carmen	MASTER D	6	F	300		FERROL	
812	493	1:00:21	12:04	57:50	RUANO MELÓN Rocio	MASTER A	107	F	301		SANXENXO	
813	485	1:00:23	12:04	58:17	MARTINEZ GOMEZ Puri	SENIOR	60	F	302		MINO	
814	805	1:00:24	12:04	58:18	TESTA GRANDAL Manu	MASTER A	189	M	512		VALDOVINO	
815	475	1:00:40	12:08	58:44	DERUNGS CACHAZA Mº Isabel	MASTER C	20	F	303		FERROL	
816	759	1:00:40	12:08	58:45	SOUTO DOPICO Celestino Javier	MASTER C	39	M	513		FERROL	
817	590	1:00:47	12:09	59:55	MERA VASCO María Isabel Otilia	MASTER C	21	F	304		FERROL	
818	636	1:00:54	12:10	59:42	DE PAZ Laura	MASTER B	57	F	305		JESUS MAESTRO	
819	952	1:00:56	12:11	59:44	BRAVO Agustin	MASTER C	40	M	514		FERROL	
820	404	1:01:09	12:13	59:53	MAHIA RIVAS Lucia	MASTER A	108	F	306		FERROL	
821	1046	1:01:56	12:23	1:01:56	SANCHEZ AMOR Walter	SENIOR	87	M	515		FERROL	
822	716	1:02:05	12:25	1:02:05	SOUTO GOMEZ Sheila	SENIOR	61	F	307		FERROL	
823	932	1:02:37	12:31	58:55	BARREIRA MENDEZ Joaquin	SUB 20 - 23	35	M	516		FERROL	
824	619	1:02:37	12:31	58:55	PEREIRA FERY Marta	SUB 20 - 23	19	F	308		FERROL	
825	489	1:03:53	12:46	1:01:52	BOUZAMAYOR CHAS Tania	MASTER A	109	F	309		BENI GYM SPORT	
826	596	1:03:55	12:47	1:02:16	LOPEZ GONZALEZ Zaida	MASTER A	110	F	310		LUGO	
827	597	1:03:56	12:47	1:02:19	GONZALEZ MARCO Marta	MASTER C	22	F	311			
828	595	1:03:57	12:47	1:02:15	LOPEZ GONZALEZ Jahel	SENIOR	62	F	312		LUGO	



SUB 14

10/11/2019

Posto	Dorsal	Tempo	Nome	Categoría	P.cat	Sexo	Club	Localidade	Licenza
1	2248	3:48	PORTOMENE FORMOSO Daniel	SUB 14	1	M	TRIATLÓN FERROL	MUGARDOS	
2	2010	4:13	PINÓN PEREIRA Lucía	SUB 14	1	F	AD NAÚTICO NARON	NARÓN	
3	2247	4:23	SANCHEZ ANEIROS Diego Benigno	SUB 14	2	M		FERROL	
4	2146	4:33	CANEIRO LORENZO Pablo	SUB 14	3	M	TRIATLÓN FERROL	NARÓN	
5	2015	4:38	TEIJEIRO ALVAREZ Rebeca	SUB 14	2	F	ATLETISMO NARON	FERROL	AG 2020450
6	2003	4:47	GRIMAL ROCA Lidia	SUB 14	3	F	A.D. NAÚTICO NARON	FERROL	AG2014460
7	2023	4:54	GARCIA LÓPEZ ángel	SUB 14	4	M	CLUB DE REMO SAN FELIPE	FERROL	
8	2249	5:00	AMADO PRIETO Aroa	SUB 14	4	F		FERROL	
9	2144	5:11	CAMPOS FERNÁNDEZ Marta	SUB 14	5	F	TRIATLÓN FERROL	FERROL	
10	2251	5:18	NUNEZ LOPEZ Adriana	SUB 14	6	F		NARÓN	
11	2253	5:22	GONZALEZ MORADO Lucas	SUB 14	5	M		FERROL	
12	2255	5:33	FERRENO GARCIA Helena	SUB 14	7	F		NARÓN	
13	2263	5:39	HERMIDA LLOVO Mariana	SUB 14	8	F		FERROL	
14	1065	5:51	RODRIGUEZ COUCEIRO David	SUB 14	6	M		NARON	
15	2259	6:01	ESPIÑEIRA NAVEIRA Daniel	SUB 14	7	M	A.D. NAUTICO DE NARON	VALDOVINO	32926515
16	2265	6:05	DEL RIO YANEZ Claudia	SUB 14	9	F		FERROL	
17	2261	6:27	DEL RIO SANCHEZ Marta	SUB 14	10	F		FERROL	
18	2047	6:54	ABELLA SANTOS Michelle	SUB 14	11	F	PAP	NARÓN	
19	2143	6:58	CASTRO CARBALLEIRA Ainhoa	SUB 14	12	F		NARÓN	

SUB 12

Posto	Dorsal	Tempo	Nome	Categoría	P.cat	Sexo	Club	Localidade	Licenza
1	2122	2:38	GAREA DORRIO Martin	SUB 12	1	M	TIRSO	FERROL	
2	2039	2:42	SANTOS LAGO Daniel	SUB 12	2	M	O FREIXO	NARON	
3	2219	3:01	DOPICO DOPICO Lucas	SUB 12	3	M		FERROL	
4	2127	3:03	PARDO GONZALEZ ACEVEDO Gor	SUB 12	4	M	TIRSO	FERROL	
5	2233	3:04	MANIN ABELLEIRA Diego	SUB 12	5	M		FERROL	
6	2037	3:05	OTERO PAZOS Ivan	SUB 12	6	M	O FREIXO	FERROL	
7	2006	3:06	CARRACEDO GARCIA Sila	SUB 12	1	F	AD NAUTICO DE NARON	NARÓN	
8	2123	3:10	CASTELOS IMAZ Javier	SUB 12	7	M	TIRSO	FERROL	
9	2223	3:10	LEIRA CUNHA Hugo	SUB 12	8	M		NARÓN	
10	2243	3:15	FERNANDEZ LOPEZ Martina	SUB 12	2	F		FERROL	
11	2140	3:16	LÓPEZ BELLÓN Elisa	SUB 12	3	F	TIRSO DE MOLINA	FERROL	
12	2135	3:16	PITA SOUTO Mencia	SUB 12	4	F	TIRSO	FERROL	
13	2239	3:21	VALENCIANO MARTINEZ Marta	SUB 12	5	F		FERROL	

14	2225	3:24	PARDO MARTINEZ Maria	SUB 12	6	F		FERROL	
15	2041	3:26	VEIGA LÓPEZ Naël	SUB 12	9	M	O FREIXO	NARÓN	
16	2007	3:26	RODRIGUEZ GARCIA Aurora	SUB 12	7	F	AD NAUTICO NARON	NARON	
17	2025	3:27	VEIGA GARCIA Carlota	SUB 12	8	F	CLUB TRIATLON FERROL	FERROL	32736562
18	2133	3:52	VEIGA REY Alicia	SUB 12	9	F	TIRSO	FERROL	
19	2134	3:58	BECEIRO ALVAREZ Lia	SUB 12	10	F	TIRSO	FERROL	
20	2130	4:03	PROL LORENZO Ariadna	SUB 12	11	F	TIRSO	RIBEIRA	
21	2237	4:20	DIAZ-PACHE LOPEZ Carmen	SUB 12	12	F		FERROL	
22	2139	4:43	BOUZA RIOBOO Maria	SUB 12	13	F	TIRSO	NARON	
23	2131	4:47	LOPEZ CAAVEIRO Irene	SUB 12	14	F	TIRSO	FERROL	
24	2224	5:32	PORTO RIVEIROS Ainhoa	SUB 12	15	F		FERROL	

SUB 10

10/11/2019

Posto	Dorsal	Tempo	Nome	Categoría	P.cat	Sexo	Club	Localidade	Licenza
1	2019	2:02	GARCIA LÓPEZ Enrique	SUB 10	1	M	ATLETISMO NARON	FERROL	AG2026024
2	2145	2:02	CANEIRO LORENZO Manuel	SUB 10	2	M	TRIATLON FERROL	NARÓN	
3	2119	2:07	CARVAJAL MOR Roque	SUB 10	3	M		FERROL	
4	2099	2:08	CAMPOS PACIO Javi	SUB 10	4	M		FERROL	
5	2033	2:13	VILASUSO DIAZ David	SUB 10	5	M		NARON	
6	2201	2:13	FERNANDEZ LOPEZ Lara	SUB 10	1	F	RIA FERROL-CONCEPCION	FERROL	
7	2208	2:13	JOVEN NOVO Alicia	SUB 10	2	F		FERROL	
8	2209	2:16	SEOANE RUBINOS Noa	SUB 10	3	F		FERROL	
9	2211	2:20	GÓMEZ CANDEDO Angela	SUB 10	4	F	CLUB ATLETISMO SADA	MINO	
10	2202	2:21	SEIJAS LOPEZ Leo	SUB 10	6	M		FERROL	
11	2206	2:26	HERMIDA PEREIRA Carmen	SUB 10	5	F		NARÓN	
12	2204	2:27	ALVAREZ GARCIA Gerardo	SUB 10	7	M		FERROL	
13	2014	2:27	RODRIGUEZ DIAZ Javier	SUB 10	8	M	ATLETISMO NARON	NARÓN	AG2026041
14	2210	2:28	TORRENTE FERREIRA Brais	SUB 10	9	M		NARON	
15	2188	2:30	CASAL VAZQUEZ Paula	SUB 10	6	F		MUGARDOS	
16	2096	2:30	RICO PARRÉS Pedro	SUB 10	10	M		FERROL	
17	2186	2:30	MARTINEZ CAMPOS Sara	SUB 10	7	F		FERROL	
18	2192	2:32	GONTA MARTINEZ Martina	SUB 10	8	F	ATLETISMO FONTES DO SA	SANTIAGO DE COMPOSTELA	
19	2093	2:34	ALVARINO VIEITEZ Xavier	SUB 10	11	M		FERROL	
20	2203	2:34	ALVAREZ GARCIA Guillermo	SUB 10	12	M		FERROL	
21	2111	2:35	PITA ROMERO BRAGE Elena	SUB 10	9	F		FERROL	
22	2195	2:36	CARNEIRO PRIMYO Sara	SUB 10	10	F		NEDA	
23	2115	2:38	GARCIA SOSA Martina	SUB 10	11	F		FERROL	
24	2109	2:44	LAMAS SANCHEZ Sofia	SUB 10	12	F		NARON	
25	2105	2:52	DIAZ MONTERO TORRES Adriana	SUB 10	13	F		FERROL	
26	2002	2:59	PARDO RODRÍGUEZ Hugo	SUB 10	13	M	O FREIXO NARÓN	NARÓN	
27	2214	3:00	DOPICO PÉREZ Nerea	SUB 10	14	F		NARÓN	
28	2107	3:01	BRUQUETAS FERNANDEZ Candela	SUB 10	15	F		FERROL	
29	2194	3:19	BERMUDEZ BLANCO Sofia	SUB 10	16	F		FERROL	
30	2191	3:31	TORRECILLA FERNANDEZ Paula	SUB 10	17	F		FERROL	