

A trinta e undoe

San Silvestre Naronesa



-ABSOLUTA-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
1	1	231	CANOSA FERNÁNDEZ , BRAIS	MALE	SENIOR-M	A.D. NÁUTICO DE NARÓN	00:09:56	03:12 min/Km
2	2	243	FREIRE GARCÍA , PABLO	MALE	SENIOR-M	AD NAUTICO DE NARON	00:10:24	03:21 min/Km
3	3	238	FERNÁNDEZ RÍOS , JONATHAN	MALE	SENIOR-M	PASA OU ENTORNA	00:10:29	03:23 min/Km
4	4	233	CORES VAZQUEZ , RICARDO	MALE	SENIOR-M	AD NAUTICO DE NARON	00:10:53	03:30 min/Km
5	1	403	MARTÍNEZ CASTRO , ROBERTO	MALE	MASTER-M	CD PINARIUM	00:10:57	03:32 min/Km
6	5	262	PITA LÓPEZ , ANXO	MALE	SENIOR-M	AD NAUTICO DE NARON	00:11:03	03:34 min/Km
7	2	446	SAAVEDRA LAGARES , EDUARDO	MALE	MASTER-M	NÁUTICA DE NARÓN	00:11:05	03:34 min/Km
8	3	386	GONZÁLEZ OROZCO , JUAN CARLOS	MALE	MASTER-M		00:11:06	03:35 min/Km
9	4	435	REGUEIRA MARTINEZ , ALDO	MALE	MASTER-M	PASA OU ENTORNA	00:11:16	03:38 min/Km
10	6	270	VILLANUEVA RICO , ELOY	MALE	SENIOR-M	AD NAUTICO DE NARON	00:11:22	03:40 min/Km
11	7	272	RIOS , DANIEL	MALE	SENIOR-M	CLUB AD NAUTICO DE NARON	00:11:27	03:41 min/Km
12	8	263	RIOS LOPEZ , SERGIO	MALE	SENIOR-M	INDEPENDIENTE	00:11:31	03:43 min/Km
13	5	379	GOMEZ AGRAS , LUIS	MALE	MASTER-M	PASA OU ENTORNA	00:11:33	03:43 min/Km
14	1	212	GUERRERO MANSO , SARA	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:11:35	03:44 min/Km
15	6	365	CANEIRO CANEIRO , ALBERTO	MALE	MASTER-M	TRIATLÓN FERROL	00:11:42	03:46 min/Km
16	7	395	LÓPEZ FERNÁNDEZ , RUBEN JOSÉ	MALE	MASTER-M	PASA OU ENTORNA	00:11:46	03:47 min/Km
17	9	256	PARDO FONTICOBA , MARCOS	MALE	SENIOR-M		00:11:55	03:50 min/Km
18	8	419	NOGUEIRA FANDIÑO , LUIS	MALE	MASTER-M	CLUB ATLETISMO CALCEATENSE	00:11:55	03:50 min/Km
19	10	260	PEÑA BLANCO , MARCOS	MALE	SENIOR-M	CLUB DE REMO SAN FELIPE	00:11:56	03:51 min/Km
20	11	242	FORMOSO , JORGE	MALE	SENIOR-M	CLUB CASTRO DE LOBADIZ	00:12:03	03:53 min/Km
21	9	362	AMENEDO GONZÁLEZ , RICARDO	MALE	MASTER-M	PASA OU ENTORNA	00:12:05	03:53 min/Km
22	12	259	PEÑA BLANCO , ANDRÉS	MALE	SENIOR-M	CLUB DE REMO SAN FELIPE	00:12:23	03:59 min/Km
23	1	355	TORRENTE INSUA , ÁNGELA	FEMALE	MASTER-F		00:12:31	04:02 min/Km
24	10	380	GÓMEZ AGRAS , DAVID	MALE	MASTER-M		00:12:34	04:03 min/Km
25	11	383	GONZALEZ CINZA , ROBERTO CARLOS	MALE	MASTER-M	CASTRO DE LOBADIZ	00:12:45	04:06 min/Km
26	12	451	VARELA LÓPEZ , MIGUEL ÁNGEL	MALE	MASTER-M	CLUB CASTRO DE LOBADIZ	00:12:51	04:08 min/Km
27	13	445	RUIZ BAÑOBRE , PABLO	MALE	MASTER-M		00:12:51	04:08 min/Km
28	13	268	SIERRA RAÑA , JUAN ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	00:12:51	04:08 min/Km
29	14	384	GONZÁLEZ COTO , MANUEL	MALE	MASTER-M		00:13:04	04:12 min/Km

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-ABSOLUTA-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
30	15	405	MARTÍNEZ LEIRAS , DAVID	MALE	MASTER-M	A.D. NÁUTICO DE NARÓN	00:13:16	04:16 min/Km
31	16	415	MONTERO VEIGA , JESÚS	MALE	MASTER-M	INDEPENDIENTE	00:13:19	04:17 min/Km
32	17	404	MARTÍNEZ FREIRÉ , LUIS	MALE	MASTER-M	PASA OU ENTORNA	00:13:29	04:20 min/Km
33	18	431	PRIETO PARDO , ALBERTO	MALE	MASTER-M	PASA OU ENTORNA	00:13:40	04:24 min/Km
34	14	235	DÍAZ MARIN , ANTONIO	MALE	SENIOR-M	CLUB DE REMO SAN FELIPE	00:13:43	04:25 min/Km
35	19	424	PAZ CABADA , JOSÉ LUIS	MALE	MASTER-M	OS KARAKOIS	00:13:43	04:25 min/Km
36	20	413	MONTENEGRO VÁZQUEZ , JAVIER	MALE	MASTER-M	CLUB CASTRO DE LOBADIZ	00:13:49	04:27 min/Km
37	15	246	GRAÑA CARBALLAL , JABIER	MALE	SENIOR-M	INDEPENDIENTE	00:13:55	04:29 min/Km
38	21	377	GARCÍA RIAL , FRANCISCO	MALE	MASTER-M	CLUB BENY GYM SPORT	00:13:55	04:29 min/Km
39	22	406	MARTINEZ LOURO , CARLOS	MALE	MASTER-M	INDEPENDIENTE	00:13:58	04:30 min/Km
40	16	267	SANGIAO GOMEZ , ANXO	MALE	SENIOR-M		00:13:59	04:30 min/Km
41	23	399	LOPEZ SANTISO , ALEJANDRO	MALE	MASTER-M		00:14:00	04:30 min/Km
42	24	427	PEREZ GARCIA , MARCOS	MALE	MASTER-M	INDEPENDIENTE	00:14:10	04:34 min/Km
43	17	232	CARNEIRO PRIMROY , LINO	MALE	SENIOR-M		00:14:12	04:34 min/Km
44	18	245	GONZÁLEZ CARBALLAL , PABLO	MALE	SENIOR-M	INDEPENDIENTE	00:14:19	04:37 min/Km
45	25	444	RUA RODRÍGUEZ , JOSÉ MARCOS	MALE	MASTER-M	LOS CAMALEONES NARON BIKE	00:14:23	04:38 min/Km
46	26	370	COUCE SÁNCHEZ , JOSE MANUEL	MALE	MASTER-M	CAMALEONES NARON- BIKE	00:14:24	04:38 min/Km
47	27	360	ABELLABOUZA , ROMAN	MALE	MASTER-M		00:14:28	04:39 min/Km
48	28	375	FERREÑO MERLÁN , IGNACIO	MALE	MASTER-M	INDEPENDIENTE	00:14:28	04:39 min/Km
49	29	438	RICO AMADO , ENRIQUE JAVIER	MALE	MASTER-M	INDEPENDIENTE	00:14:35	04:42 min/Km
50	30	436	REGUEIRO LAGE , MANUEL	MALE	MASTER-M	INDEPENDIENTE	00:14:41	04:44 min/Km
51	31	390	HERMIDA MERA , JUAN CARLOS	MALE	MASTER-M	CASTRO DE LOBADIZ	00:14:52	04:47 min/Km
52	32	367	CELIS FRESCO , ALEJANDRO	MALE	MASTER-M		00:15:01	04:50 min/Km
53	19	240	FERREIRA BERMÚDEZ , ADRIÁN	MALE	SENIOR-M	INDEPENDIENTE	00:15:04	04:51 min/Km
54	33	447	SANGUIAO PAULO , RAÚL	MALE	MASTER-M		00:15:11	04:53 min/Km
55	34	452	VASCÓS SERANTES , ALBERTO	MALE	MASTER-M		00:15:21	04:56 min/Km
56	35	450	SIMÓN LAGO , RESTITUTO	MALE	MASTER-M		00:15:24	04:57 min/Km
57	36	373	FERNÁNDEZ CARREIRA , ANTONIO	MALE	MASTER-M		00:15:24	04:57 min/Km
58	2	213	HERRERO DOMÍNGUEZ , EVA	FEMALE	SENIOR-F	CLUB NATACIÓN FERROL	00:15:27	04:58 min/Km
59	20	251	LÓPEZ ANIDO , NELSON ANDRÉS	MALE	SENIOR-M	CLUB NATACIÓN FERROL	00:15:27	04:58 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
60	21	255	MARTÍNEZ GRANDAL , ALFONSO	MALE	SENIOR-M		00:15:28	04:59 min/Km
61	37	397	LÓPEZ PINTOS , XESÚS ANXO	MALE	MASTER-M	PASA OU ENTORNA	00:15:40	05:03 min/Km
62	22	250	LEIRA REY , RUBÉN	MALE	SENIOR-M	ADC MONTEBREAMO	00:15:42	05:03 min/Km
63	23	230	BARROS FONTE , ALEJANDRO	MALE	SENIOR-M	PASA OU ENTORNA	00:15:42	05:03 min/Km
64	38	387	GONZALEZ REGUEIRO , JUAN CARLOS	MALE	MASTER-M	INDEPENDIENTE	00:15:47	05:05 min/Km
65	24	249	LEIRA DIAZ , OSCAR	MALE	SENIOR-M	INDEPENDIENTE	00:15:57	05:08 min/Km
66	2	334	NIETO PÉREZ , REBECA	FEMALE	MASTER-F	INDEPENDIENTE	00:15:57	05:08 min/Km
67	3	346	REIMONDO FERNANDEZ , BELÉN	FEMALE	MASTER-F		00:16:07	05:11 min/Km
68	3	206	CABADAS BERMÚDEZ , LAURA MARÍA	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:16:13	05:13 min/Km
69	39	407	MARTÍNEZ RIVERA , DANIEL	MALE	MASTER-M	AD NAUTICO DE NARON	00:16:15	05:14 min/Km
70	4	335	PACIO LOPEZ , BEGOÑA	FEMALE	MASTER-F	AD NAUTICO DE NARON	00:16:15	05:14 min/Km
71	5	357	VARELA FRANCO , ROCÍO	FEMALE	MASTER-F	INDEPENDIENTE	00:16:15	05:14 min/Km
72	6	308	CASTELOS DÍAZ , SANDRA	FEMALE	MASTER-F	BENI GYM SPORT	00:16:22	05:16 min/Km
73	40	363	BOUZAMAYOR PITA , JOSÉ LUIS	MALE	MASTER-M	INDEPENDIENTE	00:16:26	05:17 min/Km
74	41	428	PIDAL LÓPEZ , JUAN PABLO	MALE	MASTER-M		00:16:26	05:17 min/Km
75	42	391	IRONS COLUMBIE , FRANCISCO	MALE	MASTER-M	INDEPENDIENTE	00:16:33	05:20 min/Km
76	25	229	ALONSO FILGUEIRA , ÁLVARO	MALE	SENIOR-M		00:16:33	05:20 min/Km
77	7	337	PANTIN LOPEZ , ALMUDENA	FEMALE	MASTER-F		00:16:48	05:24 min/Km
78	4	211	GRUEIRO ACCIÓN , ISABEL	FEMALE	SENIOR-F	PASA OU ENTORNA	00:16:48	05:24 min/Km
79	8	358	VILCHEZ SIMÓ , ROCIO	FEMALE	MASTER-F	INDEPENDIENTE	00:16:52	05:26 min/Km
80	9	324	LEIRA FERNÁNDEZ , UXIA	FEMALE	MASTER-F		00:16:54	05:26 min/Km
80	43	393	LESTON CANOSA , JUAN MANUEL	MALE	MASTER-M		00:16:54	05:26 min/Km
82	26	274	REY SANCHEZ , JUAN	MALE	SENIOR-M		00:17:00	05:28 min/Km
83	5	458	SANCHEZ LOPEZ , LUISA	FEMALE	SENIOR-F		00:17:00	05:28 min/Km
84	10	318	GONZÁLEZ , LLANÉ	FEMALE	MASTER-F	INDEPENDIENTE	00:17:02	05:29 min/Km
85	11	332	MENDEZ , EUGENIA	FEMALE	MASTER-F	INDEPENDIENTE	00:17:06	05:30 min/Km
86	27	239	FERNÁNDEZ ZAS , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	00:17:24	05:36 min/Km
87	44	441	RODRÍGUEZ TENREIRO , KIKE	MALE	MASTER-M	OS CORZOS DO ORTEGAL	00:17:24	05:36 min/Km
88	12	301	ANEIROS REY , BELÉN	FEMALE	MASTER-F	INDEPENDIENTE	00:17:25	05:36 min/Km
89	45	443	ROZADOS LÓPEZ , ALBERTO	MALE	MASTER-M		00:17:29	05:38 min/Km

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-ABSOLUTA-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
90	13	321	GRACIA CARBAJO , SARA	FEMALE	MASTER-F	INDEPENDIENTE	00:17:48	05:44 min/Km
91	6	214	IÑIGUEZ URIA , MARIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:17:50	05:44 min/Km
92	7	219	MONELOS VARELA , MÓNICA	FEMALE	SENIOR-F	INDEPENDIENTE	00:17:50	05:44 min/Km
93	8	217	MEDRANO CANTILLO , INDIRA	FEMALE	SENIOR-F	INDEPENDIENTE	00:17:50	05:44 min/Km
94	28	241	FLORES AVILA , JOSE	MALE	SENIOR-M		00:17:50	05:44 min/Km
95	46	372	FERNÁNDEZ ALVAREZ , MARCOS	MALE	MASTER-M	INDEPENDIENTE	00:18:06	05:49 min/Km
96	47	454	VILARIÑO PITA , JOSÉ ANTONIO	MALE	MASTER-M		00:18:10	05:51 min/Km
97	14	354	SEÑOR GONZÁLEZ , LOLI	FEMALE	MASTER-F	BENI GYM SPORT	00:18:10	05:51 min/Km
98	15	328	LOPEZ DIAZ , TAMARA	FEMALE	MASTER-F	BENI GYM SPORT	00:18:10	05:51 min/Km
99	16	304	BOUZAMAYOR CHAS , TANIA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:10	05:51 min/Km
100	17	310	DE PAZ DIAZ , MARÍA ELENA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:10	05:51 min/Km
101	18	343	PITA SOUTO , MARIA ELENA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:17	05:53 min/Km
102	19	340	PEREIRA BECEIRO , LOURDES	FEMALE	MASTER-F	INDEPENDIENTE	00:18:18	05:53 min/Km
103	48	418	NIETO RICO , IBAN	MALE	MASTER-M	INDEPENDIENTE	00:18:20	05:54 min/Km
104	49	376	FOJO , ROBERTO	MALE	MASTER-M		00:18:23	05:55 min/Km
105	29	269	VEGA GARCÍA , JOSIMAR	MALE	SENIOR-M		00:18:23	05:55 min/Km
106	50	394	LOPEZ , IVAN	MALE	MASTER-M	INDEPENDIENTE	00:18:24	05:55 min/Km
107	51	416	MUÍÑO PIÑEIRO , ABEL	MALE	MASTER-M		00:18:24	05:55 min/Km
108	30	254	LÓPEZ ROMERO , ADRIÁN	MALE	SENIOR-M	CLUBE ATLETISMO FENE	00:18:26	05:56 min/Km
109	9	220	PERMUY TEMBRÁS , ANA	FEMALE	SENIOR-F	INDEPENDIENTE	00:18:26	05:56 min/Km
110	20	352	SEDES FERREIRO , MARIA JOSE	FEMALE	MASTER-F		00:18:35	05:59 min/Km
111	10	221	RIVAS TENREIRO , ARANTZA	FEMALE	SENIOR-F	PASA OU ENTORNA	00:18:35	05:59 min/Km
112	21	347	REY RODRÍGUEZ , TERESA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:40	05:60 min/Km
113	11	228	TORRENTE HERMANS , EVA	FEMALE	SENIOR-F		00:18:48	06:03 min/Km
114	22	331	MARTÍNEZ LOURO , LILIA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:49	06:03 min/Km
115	23	315	GARCIA GONZALEZ , ESTHER	FEMALE	MASTER-F	INDEPENDIENTE	00:19:05	06:08 min/Km
116	52	429	PIÑEIRO CANEIRO , JOSE ANTONIO	MALE	MASTER-M		00:19:07	06:09 min/Km
117	53	382	GONZÁLEZ CARBALLAL , JOSÉ MIGUEL	MALE	MASTER-M	INDEPENDIENTE	00:19:18	06:13 min/Km
118	24	349	RODRÍGUEZ RODRÍGUEZ , ZELTIA	FEMALE	MASTER-F	A.D. NÁUTICO DE NARÓN	00:19:26	06:15 min/Km
119	54	433	RAJO TOYOS , GUSTAVO DANIEL	MALE	MASTER-M	A.D.NAUTICO DE NARÓN	00:19:26	06:15 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
120	25	341	PEREZ CASTRILLÓN , EVA MARÍA	FEMALE	MASTER-F	A.D.NAUTICO DE NARÓN	00:19:26	06:15 min/Km
121	12	204	AVENDAÑO PEREZ , PAULA	FEMALE	SENIOR-F		00:19:29	06:16 min/Km
122	13	215	LOUREIRO AMOR , BELÉN MARTINA	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:19:30	06:16 min/Km
123	55	385	GONZALEZ FERNANDEZ , RUBEN	MALE	MASTER-M		00:19:30	06:16 min/Km
124	31	266	SABIO REY , ALEJANDRO	MALE	SENIOR-M		00:19:43	06:21 min/Km
125	56	449	SERANTES LOPEZ , RUBÉN	MALE	MASTER-M	INDEPENDIENTE	00:19:52	06:24 min/Km
126	57	442	ROMERO MARTIÑO , JUSTO	MALE	MASTER-M		00:19:54	06:24 min/Km
127	58	417	NEIRA GARCÍA , SIMÓN	MALE	MASTER-M	INDEPENDIENTE	00:19:59	06:26 min/Km
128	26	306	CAMPOS PIÑEIRO , LORENA	FEMALE	MASTER-F		00:19:59	06:26 min/Km
129	59	402	MARCOTE LAGO , JOSE MANUEL	MALE	MASTER-M	PAP	00:20:14	06:31 min/Km
130	27	351	SÁNCHEZ VIDAL , DOLORES	FEMALE	MASTER-F		00:20:15	06:31 min/Km
131	28	325	LESTA BOEDO , RUT	FEMALE	MASTER-F	INDEPENDIENTE	00:21:17	06:51 min/Km
132	60	408	MARTINEZ RODRIGUEZ , FERNANDO	MALE	MASTER-M	AD NAUTICO DE NARON	00:21:17	06:51 min/Km
133	29	339	PAZOS POSSES , ANA	FEMALE	MASTER-F		00:21:37	06:57 min/Km
134	61	388	GRANADA SALGADO , CARLOS ANDRES	MALE	MASTER-M	INDEPENDIENTE	00:21:44	06:60 min/Km
135	62	398	LÓPEZ ROSALES , MODESTO	MALE	MASTER-M		00:22:09	07:08 min/Km
136	30	345	REDONDO RODRÍGUEZ , MARIA JOSÉ	FEMALE	MASTER-F		00:22:26	07:13 min/Km
137	14	205	BACELO FILGUEIRAS , ESTEFANIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:22:27	07:13 min/Km
138	15	224	SABUZ VIDAL , YOLANDA	FEMALE	SENIOR-F		00:22:28	07:14 min/Km
DSQ		208	FERNANDEZ LOPEZ , EVA MARIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:11:33	03:43 min/Km
DSQ		327	LOPEZ CASTRO , ANA MARIA	FEMALE	MASTER-F	INDEPENDIENTE	00:11:35	03:44 min/Km
DSQ		302	BARCIA GARCÍA , NOEMI	FEMALE	MASTER-F		00:11:38	03:45 min/Km
DSQ		319	GONZÁLEZ CARBALLAL , ANA BELÉN	FEMALE	MASTER-F	INDEPENDIENTE	00:11:46	03:47 min/Km
DSQ		207	CARBALLAL BUGALLO , NEREA	FEMALE	SENIOR-F	INDEPENDIENTE	00:11:46	03:47 min/Km
DSQ		320	GONZALEZ DIAZ , FÁTIMA	FEMALE	MASTER-F	PASA OU ENTORNA	00:11:52	03:49 min/Km
DSQ		368	CORDERO RODRIGUEZ , FRAN	MALE	MASTER-M	PASA OU ENTORNA	00:11:53	03:50 min/Km
DSQ		359	YÁÑEZ PITA , RITA	FEMALE	MASTER-F		00:11:57	03:51 min/Km
DSQ		222	RODRÍGUEZ MEIZOSO , CATALINA	FEMALE	SENIOR-F		00:12:07	03:54 min/Km
DSQ		344	RAMOS SOTO , BEATRIZ	FEMALE	MASTER-F		00:12:10	03:55 min/Km
DSQ		265	RODRÍGUEZ FERREIRA , ALEJANDRO	MALE	SENIOR-M	INDEPENDIENTE	00:12:26	03:60 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
DSQ		366	CARBALLAL VARELA , JOSÉ AMADOR	MALE	MASTER-M	INDEPENDIENTE	00:13:52	04:28 min/Km
DSQ		244	GARCÍA DEL POZO , SAMUEL	MALE	SENIOR-M	INDEPENDIENTE		

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-PROMOCION-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	163	NOVOA GAYOSO , YOEL	MALE	PROMOCION-M		00:05:15	03:12 min/Km
2	2	165	PEREZ CALVO , MARCOS	MALE	PROMOCION-M		00:05:24	03:21 min/Km
3	3	146	RIOLA DELGADO , LUCAS	MALE	PROMOCION-M	NATACIÓN CEDEIRA	00:05:25	03:23 min/Km
4	4	129	GONZÁLEZ PERNAS , DIEGO	MALE	PROMOCION-M	TRIATLÓN FERROL	00:05:37	03:30 min/Km
5	5	162	BENIGNO SANCHEZ , DIEGO	MALE	PROMOCION-M		00:05:42	03:32 min/Km
6	6	125	GARROTE CAMOIRA , DAVID	MALE	PROMOCION-M	TRIATLÓN FERROL	00:05:43	03:34 min/Km
7	7	164	FERNANDEZ RAFALES , SERGIO	MALE	PROMOCION-M		00:05:51	03:34 min/Km
8	8	145	RICO FERNÁNDEZ , PABLO	MALE	PROMOCION-M	INDEPENDIENTE	00:05:58	03:35 min/Km
9	1	153	SERANTES BARREIRO , INÉS	FEMALE	PROMOCION-F	AD NAUTICO DE NARON	00:06:03	03:38 min/Km
10	9	107	CANEIRO LORENZO , PABLO	MALE	PROMOCION-M	TRIATLÓN FERROL	00:06:06	03:40 min/Km
11	10	152	SANTOS LAGO , DANIEL	MALE	PROMOCION-M	INDEPENDIENTE	00:06:07	03:41 min/Km
12	11	157	TALLÓN BLANCO , SAMUEL	MALE	PROMOCION-M	CLUB ATLETISMO FENE	00:06:10	03:43 min/Km
13	12	136	MARTÍNEZ MONTEAGUDO , BRAIS	MALE	PROMOCION-M	CLUB ATLETISMO FENE	00:06:22	03:43 min/Km
14	13	147	RODRÍGUEZ MARTÍNEZ , IVAN	MALE	PROMOCION-M		00:06:25	03:44 min/Km
15	14	121	FERRACES GÓMEZ , XABIER	MALE	PROMOCION-M	TRIATLÓN FERROL	00:06:26	03:46 min/Km
16	15	149	ROUCO ROMERO , ALEJANDRO	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:06:27	03:47 min/Km
17	16	132	LÓPEZ BAÑOBRE , IAGO	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:06:29	03:50 min/Km
18	17	104	BERMUDEZ NOVO , HECTOR	MALE	PROMOCION-M		00:06:37	03:50 min/Km
19	18	159	VILARIÑO BASOA , MARTIN	MALE	PROMOCION-M		00:06:43	03:51 min/Km
20	19	106	CAMPOS PACIO , JAVI	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:06:43	03:53 min/Km
21	20	150	ROUCO ROMERO , ESTEBAN	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:06:56	03:53 min/Km
22	21	142	OROSA ROCA , DAVID	MALE	PROMOCION-M	CLUBE ATLETISMO NARÓN	00:06:59	03:59 min/Km
23	22	127	GONZÁLEZ MARTÍNEZ , ANDRÉS	MALE	PROMOCION-M		00:07:06	04:02 min/Km
24	23	112	CASAL SANCHEZ , FRAN	MALE	PROMOCION-M	CLUBE ATLETISMO NARÓN	00:07:23	04:03 min/Km
25	2	118	FERNÁNDEZ CORES , ANDREA	FEMALE	PROMOCION-F	AD NAUTICO DE NARON	00:07:27	04:06 min/Km
26	3	102	ANSEDE NOVO , MARTHA	FEMALE	PROMOCION-F	AD NAUTICO DE NARON	00:07:31	04:08 min/Km
27	24	161	SAAVEDRA VIZCAÍNO , MARTÍN	MALE	PROMOCION-M	CLUB ATLETISMO NARÓN	00:07:32	04:08 min/Km
28	25	122	FERRACES GÓMEZ , TOMÁS	MALE	PROMOCION-M	TRIATLÓN FERROL	00:07:36	04:08 min/Km
29	4	117	FERNÁNDEZ CASTRO , GALA	FEMALE	PROMOCION-F		00:07:40	04:12 min/Km

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-PROMOCION-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
30	26	101	AMENEDO MARTÍNEZ , ANDER	MALE	PROMOCION-M	INDEPENDIENTE	00:07:42	04:16 min/Km
31	27	134	MARTINEZ LESTA , ANGEL	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:07:44	04:17 min/Km
32	5	156	SUÁREZ MEITÍN , ANTÍA	FEMALE	PROMOCION-F	CLUB ATLETISMO NARÓN	00:07:47	04:20 min/Km
33	28	158	VILAR MÉNDEZ , PABLO	MALE	PROMOCION-M	INDEPENDIENTE	00:07:59	04:24 min/Km
34	29	148	RODRÍGUEZ MARTÍNEZ , DAVID	MALE	PROMOCION-M		00:07:59	04:25 min/Km
35	30	131	HERMIDA VALLEDOR , PEDRO	MALE	PROMOCION-M	CLUB ATLETISMO NARÓN	00:08:01	04:25 min/Km
36	6	151	SAAVEDRA PÉREZ , AITANA	FEMALE	PROMOCION-F		00:08:05	04:27 min/Km
37	7	113	COUCE BACELO , ALEJANDRA	FEMALE	PROMOCION-F	INDEPENDIENTE	00:08:24	04:29 min/Km
38	31	128	GONZÁLEZ BLANCO , ALEJANDRO	MALE	PROMOCION-M	AD NAUTICO DE NARON	00:08:30	04:29 min/Km
39	8	111	CARRACEDO GARCÍA , SILA	FEMALE	PROMOCION-F	AD NAUTICO DE NARON	00:08:32	04:30 min/Km
40	32	135	MARTÍNEZ MARTÍNEZ , BRUNO	MALE	PROMOCION-M	A.D. NÁUTICO DE NARÓN	00:08:38	04:30 min/Km
41	9	120	FERNÁNDEZ RIVAS , ITZIAR	FEMALE	PROMOCION-F	A.D. NÁUTICO DE NARÓN	00:08:42	04:30 min/Km
42	10	109	CARNEIRO PRIMROY , SARA	FEMALE	PROMOCION-F		00:08:49	04:34 min/Km
43	11	124	GARCÍA CASTRO , SARA	FEMALE	PROMOCION-F	CLUBE ATLETISMO FENE	00:09:18	04:34 min/Km