

XXXIV CARREIRA POPULAR SAN XIAO (FERROL), Ferrol 08/01/2017

PROBA ABSOLUTA. Distancia: 10.000 m



Pto	Dorsal	Nombre	PtoCat	T_Oficial	RitmoKm	T_Real	Licencia	Club	Localidad
1	531	ERO DOCE GONZÁLEZ	PRM- 1	00:32:09	00:03:13	00:32:09		CA SANTIAGO	CABANAS
2	136	LEONARDO RODRIGUEZ PENA	SNM- 1	00:32:31	00:03:16	00:32:31	AG764399	MONUMENTAL-MTC-LOURES	LUGO
3	603	JONATHAN FERNÁNDEZ RIOS	SNM- 2	00:32:38	00:03:16	00:32:35		PASA OU ENTORNA	NEDA
4	87	JACOBO GESTO LAGO	SNM- 3	00:32:45	00:03:17	00:32:45		CLUB MARINEDA ATLETICO	OLEIROS
5	15	BRAIS CANOSA FERNÁNDEZ	SNM- 4	00:33:05	00:03:19	00:33:05		ARCADE INFORHOUSE SANTIAGO	NARÓN
6	378	LUIS PÉREZ VARELA	SNM- 5	00:33:22	00:03:21	00:33:21		PASA OU ENTORNA	PONTEDEUME
7	559	JULEN BASTERRETxea	SNM- 6	00:33:25	00:03:21	00:33:24		CLUB LA BLANCA	VITORIA
8	46	AITOR FRANCO BOUZA	SNM- 7	00:33:48	00:03:23	00:33:47		CC AS PONTES-VILALBA	AS PONTES
9	4	DAVID MÉNDEZ ARIAS	SNM- 8	00:34:03	00:03:25	00:34:02	AG2017828	3&RUN BY PEDRO NIMO	SARRIA
10	48	MIGUEL ÁNGEL ACOSTA ALCOBA	VT1M- 1	00:34:46	00:03:29	00:34:46		CIDADE DE LUGO FLUVIAL	LA CORUÑA
11	94	CARLOS GARCÍA PÉREZ	VT1M- 2	00:35:08	00:03:31	00:35:03		CLUB MONTEPENARUBIA LUGO	LUGO
12	118	DAVID CANO CONESA	VT2M- 1	00:35:33	00:03:34	00:35:30	AG-768596	CORREDORES POPULARES ARMADA FERROL	NARON
13	585	DANIEL FEIJOO FERREIRO	VT1M- 3	00:35:34	00:03:34	00:35:33		GRUPO XUVENIL PIRAGUISMO AS PONTES	AS PONTES
14	110	ESTEBAN DIAZ PEREZ	VT1M- 4	00:35:40	00:03:34	00:35:39		CLUB TRIEUME	AS PONTES
15	716	ELEUTERIO MANUEL COUCEIRO EIRÍS	VT3M- 1	00:35:44	00:03:35	00:35:42			CAMBRE
16	81	JOSE MANUEL TEIJEIRO IGLESIAS	VT2M- 2	00:35:47	00:03:35	00:35:45		CLUB CASTRO DE LOBADIZ	NARON
17	590	JESÚS BECEIRO NOVO	VT2M- 3	00:35:47	00:03:35	00:35:44		MASSALUD	FERROL
18	50	FERNANDO PEREZ HERNANDEZ	VT2M- 4	00:35:52	00:03:36	00:35:50	GA765039	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
19	31	OSCAR PENA RIVERA	SNM- 9	00:35:57	00:03:36	00:35:54		ATLETISMO OLYMPO	MONFERO
20	518	LUIS MAURICIO LOAIZA JARAMILLO	VT1M- 5	00:36:16	00:03:38	00:36:15		ATLETAS POPULARES ARMADA DE FERROL	FERROL
21	171	JOSE SUAREZ LEIS	VT3M- 2	00:36:17	00:03:38	00:36:15	AG-766580	SAR-VERMU PETRONI	A BAÑA
22	187	JUAN CARLOS GONZALEZ OROZCO	VT2M- 5	00:36:23	00:03:39	00:36:23		TRIATLÓN FERROL	VALDOVIÑO
23	878	ÓSCAR PÉREZ RICO	VT1M- 6	00:36:44	00:03:41	00:36:43			FENE
24	190	ROBERTO PEON COSTA	SNM- 10	00:36:46	00:03:41	00:36:45		TRIEUME	AS PONTES DE GARCIA ROD
25	109	PABLO PEDROSA PAZ	PRM- 2	00:36:48	00:03:41	00:36:47		CLUB TRIATLÓN FERROL	FERROL
26	61	JOSE LUIS ROIBAS FERNANDEZ	VT2M- 6	00:36:50	00:03:41	00:36:45		CLUB ATLETISMO SADA	CAMBRE
27	817	DANIEL LÓPEZ DÍAZ	VT1M- 7	00:36:52	00:03:42	00:36:49			FERROL
28	182	MARCOS CANEIRO CANEIRO	VT2M- 7	00:36:55	00:03:42	00:36:54		TRIATLON FERROL	NARON
29	259	LUIS GOMEZ AGRAS	VT2M- 8	00:37:02	00:03:43	00:37:02			NARÓN
30	857	HUGO NIDÁGUILA REMIS	VT1M- 8	00:37:08	00:03:43	00:37:02			FERROL
31	294	ROBERTO MARTINEZ CASTRO	SNM- 11	00:37:10	00:03:43	00:37:07			FERROL
32	85	ANTONIO DIAZ-MONTERO CARAMES	VT2M- 9	00:37:10	00:03:43	00:37:05		CLUB DEPORTIVO PINARIUM	FERROL
33	184	LUIS ANTONIO RILO GONZALEZ-VALLES	SNM- 12	00:37:13	00:03:44	00:37:09		TRIATLON FERROL	FERROL
34	56	ANTONIO ILLOBRE JIMENEZ	VT2M- 10	00:37:14	00:03:44	00:37:10		CLUB ATLETISMO SADA	SADA
35	549	ALEJANDRO LOMBAO DOMINGUEZ	VT1M- 9	00:37:19	00:03:44	00:37:15		CLUB CASTRO DE LOBADIZ	NARÓN
36	167	JULIAN JOSE GESTO CAABEIRO	VT3M- 3	00:37:29	00:03:45	00:37:28		RUNNING OLEIROS	OLEIROS
37	285	ALVARO LOPEZ JACOME	VT2M- 11	00:37:31	00:03:46	00:37:24			A CORUÑA

38	160	NICOLAS SEDES DOCE	VT2M- 12	00:37:32	00:03:46	00:37:27	G17185	RIA FERROL	FERROL
39	179	ALFONSO GARCIA BELLO	VT3M- 4	00:37:37	00:03:46	00:37:35		TRASNOS CORUÑA	CAMBRE
40	67	CARLOS JOSE CANDANO BELLO	SNM- 13	00:37:39	00:03:46	00:37:35		CLUB CASTRO DE LOBADIZ	NARON
41	939	IAGO SANMARTIN SEDES	SNM- 14	00:37:41	00:03:47	00:37:28			A CORUÑA
42	263	FRANCISCO JAVIER GONZÁLEZ LEDO	VT2M- 13	00:37:42	00:03:47	00:37:40			CULLEREDO
43	871	FRANCISCO JAVIER PENA SOUTO	SNM- 15	00:37:51	00:03:48	00:37:45			NEDA
44	189	JORGE CARBALLEIRA AMARELO	SNM- 16	00:37:55	00:03:48	00:37:52		TRIEUME	AS PONTES
45	137	HECTOR MARTÍNEZ FERNANDEZ	VT1M- 10	00:38:03	00:03:49	00:38:02		NÁUTICO NARÓN	NARON
46	910	JOSE LUIS RODRIGUEZ BRAÑAS	VT3M- 5	00:38:04	00:03:49	00:37:53			FERROL
47	290	JOSE LOSADA PEREZ	VT1M- 11	00:38:07	00:03:49	00:38:02			A CORUÑA
48	194	ANGEL GARCIA GARCIA	VT2M- 14	00:38:08	00:03:49	00:38:06		VERXEL NUTRICIÓN DEPORTIVA	ARANGA
49	233	MIGUEL DIAZ CARBALLO	VT3M- 6	00:38:11	00:03:50	00:38:08			BETANZOS
50	785	ALBERTO GOMEZ FERNANDEZ	VT1M- 12	00:38:12	00:03:50	00:38:08			NARON
51	132	MANUEL CARPENTE VAZQUEZ	VT1M- 13	00:38:13	00:03:50	00:38:07		MARRANERS	LUGO
52	232	IAGO DEL POZO SANCHEZ	VT1M- 14	00:38:21	00:03:51	00:38:15			A CORUÑA
53	178	FERNANDO DEL CORRAL REY	VT1M- 15	00:38:22	00:03:51	00:38:14		THE COBARDES TRACK CLUB	HOSPITALET DE LLOBREGAT
54	108	EDUARDO SAAVEDRA LAGARES	SNM- 17	00:38:23	00:03:51	00:38:21		CLUB TRIATLON FERROL	NARÓN
55	525	JAIME CARTELLE CUDILLEIRO	VT2M- 15	00:38:25	00:03:51	00:38:17		BESTARRUZA TRINITY TRAIL	MUGARDOS
56	698	ANTONIO JOSÉ CASTRO AREA	VT2M- 16	00:38:28	00:03:51	00:38:14			ORTIGUEIRA
57	188	ALEJANDRO CELIS FRESCO	VT1M- 16	00:38:28	00:03:51	00:38:25		TRIATLÓN NÁUTICO NARÓN	NARÓN
58	511	JOSE HERMIDA NARANJO	SNM- 18	00:38:29	00:03:51	00:38:24		ALTAFIT	FERROL
59	537	ADRIÁN BOUZA DÍAZ	PRM- 3	00:38:30	00:03:51	00:38:29		CLUB ATLETISMO FENE	NARÓN
60	576	MIGUEL REY LOPEZ	VT2M- 17	00:38:31	00:03:52	00:38:24		CORREDORES POPULARES ARMADA	NARON
61	272	FRANCISCO OSEAS JAVIER ALVAREZ	VT2M- 18	00:38:31	00:03:52	00:38:29			PERILLO OLEIROS
62	161	JAVI BREGUA	VT1M- 17	00:38:32	00:03:52	00:38:28	RUN4ONE	RUN4ONE	A CORUÑA
63	366	RAMÓN ANTONIO VARELA MÍGUEZ	VT3M- 7	00:38:36	00:03:52	00:38:35			A CORUÑA
64	215	JOSÉ MANUEL CANDALES DÍAZ	VT2M- 19	00:38:39	00:03:52	00:38:36			A CORUÑA
65	940	DAVID SANMARTIN SEDES	SNM- 19	00:38:43	00:03:53	00:38:29			FERROL
66	29	LORENZO GRAÑA MURADO	VT2M- 20	00:38:44	00:03:53	00:38:41		ATLETISMO OLYMPO	AS PONTES
67	854	ABEL MUÍÑO PIÑEIRO	SNM- 20	00:38:46	00:03:53	00:38:38			NARÓN
68	532	JORGE FELPETO RODRIGUEZ	VT2M- 21	00:38:52	00:03:54	00:38:43		CASTRO DE LOBADIZ	NARON
69	195	MANEL REDONDO SOL	SNM- 21	00:38:55	00:03:54	00:38:50		VERXEL NUTRICIÓN DEPORTIVA	LUGO
70	519	MARIO RODRÍGUEZ OTERO	VT1M- 18	00:38:56	00:03:54	00:38:53		ATLETISMO FONTES DO SAR	AMES
71	523	JOSE ANTONIO SERANTES VARELA	VT2M- 22	00:38:58	00:03:54	00:38:54		BE ONE A MALATA	NARON
72	80	JOSÉ R. SÁEZ SUÁREZ	VT1M- 19	00:38:59	00:03:54	00:38:53		CLUB CASTRO DE LOBADIZ	NARÓN
73	21	IVAN VARELA BARREIRO	VT2M- 23	00:39:00	00:03:54	00:38:57		ATLETAS DE ACEA DE AMA	CULLEREDO
74	898	ALDO REY GOMEZ	XVM- 1	00:39:05	00:03:55	00:39:04			CABAÑAS
75	205	SERGIO ARES CHAO	VT1M- 20	00:39:07	00:03:55	00:38:59			A CORUÑA
76	586	FRANCISCO JOSE BRAÑAS DE LOS MOZOS	VT1M- 21	00:39:09	00:03:55	00:39:03		I.M.	NARON
77	594	RUBEN PENA MUIÑO	SNM- 22	00:39:11	00:03:56	00:38:59		NOETRAINERS FERROL	NARÓN
78	53	ROBERTO GARCÍA PAZOS	SNM- 23	00:39:13	00:03:56	00:39:09	AG 2018439	CLUB ATLETISMO SADA	SADA
79	163	CARLOS LEMA PORTEIRO	VT2M- 24	00:39:14	00:03:56	00:39:09		RUN4ONE	CARBALLO

80	180 SANTIAGO GARCIA BELLO	VT3M- 8	00:39:16	00:03:56	00:39:11		TRASNOS CORUÑA	CAMBRE
81	134 DAVID PONTE IGLESIAS	VT1M- 22	00:39:16	00:03:56	00:39:09		MARRANERS	TRAZO
82	557 ALBERTO GÓMEZ GARCÍA	VT2M- 25	00:39:16	00:03:56	00:39:10		CLUB DEPORTIVO PINARIUM	FERROL
83	130 MANUEL FRANCISCO RODRIGUEZ FERNANDEZ	SNM- 24	00:39:19	00:03:56	00:39:18		KURAI	CEA
84	231 JAVIER CUPEIRO FRADE	VT2M- 26	00:39:19	00:03:56	00:39:14			A CORUÑA
85	724 OSCAR DE PERROY RUA	VT1M- 23	00:39:19	00:03:56	00:39:07			NARÓN
86	176 JULIAN PEREZ DURAN	VT2M- 27	00:39:20	00:03:56	00:39:13		SÍGUEME SI PUEDES	EL FERROL
87	712 JUAN CARLOS CORTIZAS BAÑOBRE	SNM- 25	00:39:21	00:03:57	00:39:16			FENE
88	731 DAVID DÍAZ GÓMEZ	VT2M- 28	00:39:21	00:03:57	00:39:06			FERROL
89	998 ROBERTO CID SANMARTIN	VT2M- 29	00:39:25	00:03:57	00:39:19		CLUB TRIATLON CORUÑA	PERILLO-OLEIROS
90	598 PABLO ANIDO COUCE	SNM- 26	00:39:28	00:03:57	00:39:22		NOSPORTLIMIT	FERROL
91	767 JOSE GARCIA DE LOS REYES	SNM- 27	00:39:29	00:03:57	00:39:16			NARON
92	885 JUAN MANUEL PITA PITA	VT3M- 9	00:39:30	00:03:57	00:39:24			FERROL
93	377 AGUSTIN SOUSA GONZALEZ	VT1M- 24	00:39:30	00:03:57	00:39:18		NOSPORTLIMIT	LA CORUÑA
94	526 PABLO LOPEZ CALAZA	VT2M- 30	00:39:39	00:03:58	00:39:37		BESTARRUZA TRINITY TRAIL	FERROL
95	148 DIEGO ÁLVAREZ SOTO	VT1M- 25	00:39:41	00:03:59	00:39:31		PASA OU ENTORNA	NARÓN
96	26 DIEGO TRIGO CASTEDO	SNM- 28	00:39:41	00:03:59	00:39:36		ATLETISMO FRIOL	LUGO
97	6 JOSU MIKEL GUTIÉRREZ RAMOS	VT1M- 26	00:39:42	00:03:59	00:39:41		A.D NÁUTICO DE NARÓN	NARÓN
98	732 FRANCISCO JAVIER DIAZ REY	VT1M- 27	00:39:45	00:03:59	00:39:30			FERROL
99	613 ALEJANDRO PÉREZ MARTÍNEZ	JNM- 1	00:39:50	00:03:59	00:39:49	AG2021157	SAR-VERMU PETRONI	ARES
100	618 JESUS SÁNCHEZ LÓPEZ	VT3M- 10	00:39:51	00:04:00	00:39:37		SÍGUEME SI PUEDES	FENE
101	595 NOÉ TEIJEIRO FERNANDEZ	VT1M- 28	00:39:53	00:04:00	00:39:40		NOETRAINERS FERROL	FERROL
102	102 MIGUEL PERNAS RIFÓN	SNM- 29	00:39:56	00:04:00	00:39:50		CLUB MONTEPENARUBIA LUGO	OUTEIRO DE REY
103	138 SIMÓN CALVIÑO CALVIÑO	VT1M- 29	00:39:56	00:04:00	00:39:48		NOSPORTLIMIT	A CORUÑA
104	528 JESUS MARTINEZ CHEDAS	VT2M- 31	00:39:59	00:04:00	00:39:49		BTT ESMELLE	FERROL
105	76 MANUEL LEIRACHA VALENTIN	VT2M- 32	00:40:05	00:04:01	00:39:53		CLUB CASTRO DE LOBADIZ	FERROL
106	786 ABEL GOMEZ PEREZ	VT3M- 11	00:40:06	00:04:01	00:39:54			FERROL
107	547 FRANCISCO DELGADO AMOR	VT2M- 33	00:40:07	00:04:01	00:39:55		CLUB CASTRO DE LOBADIZ	FERROL
108	111 JESUS ENRIQUE REY SOUTO	VT2M- 34	00:40:08	00:04:01	00:39:35	AG-764362	CLUBE ATLETISMO BOIMORTO	BOIMORTO
109	100 MANUEL PASTRANA CRUZ	VT3M- 12	00:40:12	00:04:02	00:40:05		CLUB MONTEPENARUBIA LUGO	LUGO
110	7 JORGE GARCIA CASTAÑÓN	VT4M- 1	00:40:12	00:04:02	00:40:09		A.D. SAN ROQUE -VIVEIRO	BETANZOS
111	14 FRANCISCO SOTO GARCÍA	VT4M- 2	00:40:15	00:04:02	00:40:07		AMIG@S DE SAN DIEGO	A CORUÑA
112	997 JOSÉ REY-SEIJO ALCALÁ	VT2M- 35	00:40:17	00:04:02	00:40:16		CORREDORES POPULARES ARMADA FERROL	PONTEDEUME
113	545 JUAN PEDRO CASERO REBE	VT2M- 36	00:40:19	00:04:02	00:40:01		CLUB CASTRO DE LOBADIZ	FERROL
114	578 MARIA CABADAS CANCELA	VT2F- 1	00:40:22	00:04:03	00:40:16		CORREDORES POPULARES DE LA ARMADA	MUGARDOS
115	353 DIEGO SOTO VIÑAS	VT1M- 30	00:40:25	00:04:03	00:40:21			CAMBRE
116	503 ELOY VILLANUEVA RICO	XVM- 2	00:40:32	00:04:04	00:40:28		AD NAUTICO DE NARON	NEDA
117	266 MIGUEL GRUEIRO MÉNDEZ	VT1M- 31	00:40:34	00:04:04	00:40:26			FERROL
118	39 ANDRÉS PIÑÓN LOUREIRO	VT2M- 37	00:40:35	00:04:04	00:40:35		C.D.EGOVARROS-VIVEIRO	CEDEIRA
119	44 BENIGNO MONTEAGUDO SÁNCHEZ	VT2M- 38	00:40:35	00:04:04	00:40:24		CASTRO DE LOBADIZ	FERROL
120	550 AVELINO PENEDO FEIJOO	VT2M- 39	00:40:37	00:04:04	00:40:29		CLUB CASTRO DE LOBADIZ	FERROL
121	345 JUAN ALBERTO SÁNCHEZ RAMÓN	VT2M- 40	00:40:38	00:04:04	00:40:24			FERROL

122	186	ALBERTO CANEIRO CANEIRO	VT1M- 32	00:40:40	00:04:04	00:40:37		TRIATLÓN FERROL	NARON
123	284	RUBEN JOSÉ LOPEZ FERNANDEZ	VT1M- 33	00:40:41	00:04:05	00:40:32			NARON
124	897	FRANCISCO REGUERO ORTEGA	SNM- 30	00:40:48	00:04:05	00:40:21			FERROL
125	78	CARLOS JAVIER PÉREZ MARTÍNEZ	VT2M- 41	00:40:50	00:04:05	00:40:35		CLUB CASTRO DE LOBADIZ	NARÓN
126	72	ROBERTO CARLOS GONZALEZ CINZA	VT2M- 42	00:40:50	00:04:05	00:40:36		CLUB CASTRO DE LOBADIZ	NARON
127	209	FRANCISCO JAVIER BELLAS BOUZA	VT2M- 43	00:40:53	00:04:06	00:40:38			NARON
128	219	JOSÉ MANUEL CASÁS CASÁS	VT1M- 34	00:40:54	00:04:06	00:40:50			A CORUÑA
129	906	JAVIER ROCA GARCIA	SNM- 31	00:40:55	00:04:06	00:40:37			FERROL
130	169	JOSÉ MANUEL PETEIRO LOZANO	VT3M- 13	00:40:55	00:04:06	00:40:49		RUNNING OLEIROS	OLEIROS
131	749	IAGO FERNANDEZ TRABA	VT1M- 35	00:40:58	00:04:06	00:40:48			FERROL
132	175	OSCAR DIAZ FORTUNA	VT2M- 44	00:40:58	00:04:06	00:40:42		SÍGUEME SI PUEDES	FERROL
133	177	MANUEL PUENTE VEIGA	VT2M- 45	00:40:59	00:04:06	00:40:52		SOLORUNNERS CORUÑA	A CORUÑA
134	129	LUIS FERNANDEZ ESPADA	VT2M- 46	00:41:01	00:04:07	00:40:51		KURAI	DORNEDA (OLEIROS)
135	310	ABEL PÉREZ CORRAL	VT1M- 36	00:41:07	00:04:07	00:40:41			XERMADE
136	47	IAGO CRESPO TABOADA	SNM- 32	00:41:14	00:04:08	00:41:06		CD GAS NATURAL FENOSA	A CORUÑA
137	172	FRANCISCO JAVIER JIMENEZ CIUDAD	VT2M- 47	00:41:15	00:04:08	00:41:02		SIGUEME SI PUEDES	FERROL
138	244	MANUEL FERRO DOPICO	VT1M- 37	00:41:18	00:04:08	00:40:58			AS PONTES
139	808	MANUEL ANGEL LAGE BOUZA	VT2M- 48	00:41:19	00:04:08	00:41:10			NARÓN
140	666	IAGO BLANCO CASAS	SNM- 33	00:41:27	00:04:09	00:41:24			MIÑO
141	806	JOSÉ JUNCOSA GARCÍA	JNM- 2	00:41:28	00:04:09	00:41:09			A CORUÑA
142	261	JOSE ENRIQUE GOMEZ LOPEZ	VT3M- 14	00:41:32	00:04:10	00:41:09			PONTEVEDRA
143	873	DAVID PENEDO DÍAZ	VT2M- 49	00:41:33	00:04:10	00:41:22			SAN SADURNIÑO
144	220	JUAN CASTEDO	VT1M- 38	00:41:35	00:04:10	00:41:15			LA CORUÑA
145	860	BEGOÑA PACIO LOPEZ	VT2F- 2	00:41:36	00:04:10	00:41:36			NARÓN
146	104	RAMON RODRIGUEZ BLANCO	VT2M- 50	00:41:37	00:04:10	00:41:27		CLUB MONTEPENARUBIA LUGO	LUGO
147	93	VÍCTOR FERNÁNDEZ VÁZQUEZ	VT2M- 51	00:41:38	00:04:10	00:41:28		CLUB MONTEPENARUBIA LUGO	LUGO
148	805	DANIEL JOVE MARTINEZ	VT1M- 39	00:41:38	00:04:10	00:41:26			FERROL
149	626	RICARDO AMENEDO GONZÁLEZ	VT2M- 52	00:41:39	00:04:10	00:41:30		VARA E PEDAL	NARÓN
150	275	IVAN LAMELA VALDOMAR	VT1M- 40	00:41:40	00:04:10	00:41:30			A CORUÑA
151	895	ALDO REGUEIRA MARTINEZ	VT1M- 41	00:41:40	00:04:10	00:41:15			FERROL
152	114	MARCOS ROUCO SOUTO	VT2M- 53	00:41:44	00:04:11	00:41:29		CLUBE ATLETISMO VILALBA	VILALBA
153	52	FRAN FERNÁNDEZ DE LA PRADILLA	VT2M- 54	00:41:49	00:04:11	00:41:17		CLUB ATLETISMO SADA	SADA
154	159	ALFONSO PEREZ SANFIZ	VT2M- 55	00:41:50	00:04:11	00:41:42		PORCOS BRAVOS	OUTEIRO DE REI
155	173	FRANCISCO PRIETO PERNAS	VT1M- 42	00:41:50	00:04:11	00:41:35		SIGUEME SI PUEDES	NARON
156	156	CARLOS DEZA RODRIGUEZ	VT2M- 56	00:41:50	00:04:11	00:41:20	AG 767351	PATUKOS TIM RANIN	CULLEREDO
157	193	ANA ABUÍN RODRÍGUEZ	VT1F- 1	00:41:51	00:04:12	00:41:45		VERXEL NUTRICIÓN DEPORTIVA	LUGO
158	257	SUSO GAREA ARES	VT2M- 57	00:41:52	00:04:12	00:41:38			FERROL
159	17	LUIS MARCELO BELLO GOMEZ	VT3M- 15	00:41:53	00:04:12	00:41:49		ATLETAS DE ACEA DE AMA	VILABOIA CULLEREDO
160	248	MIGUEL ÁNGEL GARCÍA ÁLVAREZ	VT3M- 16	00:41:54	00:04:12	00:41:47			A CORUÑA
161	917	RAFAEL RODRÍGUEZ PRIETO	SNM- 34	00:41:54	00:04:12	00:41:42			FERROL
162	902	OSCAR RIO BALSA	VT2M- 58	00:41:54	00:04:12	00:41:42			NARÓN
163	75	EMILIO JOVE CASTRO	VT2M- 59	00:41:57	00:04:12	00:41:47	AG-765697	CLUB CASTRO DE LOBADIZ	FERROL

164	577	MIGUEL ROMERO CONTRERAS	VT1M- 43	00:42:00	00:04:12	00:41:55	CORREDORES POPULARES ARMADA	FERROL
165	343	JUAN IGNACIO ROSENDE AMOR	VT2M- 60	00:42:04	00:04:13	00:41:32		FERROL
166	789	GILBERTO GONZÁLEZ GRUEIRO	VT1M- 44	00:42:06	00:04:13	00:41:57		SADA
167	135	JOSE MANUEL MARTINEZ LOUREIRO	VT1M- 45	00:42:06	00:04:13	00:41:46	MONUMENTAL MTC LOURES	LUGO
168	191	LUIS VILASUSO PITA	VT1M- 46	00:42:06	00:04:13	00:41:55	AG 2015739 TRIEUME	XERMADE
169	658	MARTÍN BELLAS GÓMEZ	SNM- 35	00:42:09	00:04:13	00:41:58		AS PONTES
170	141	PABLO RAMIL FREÁN	VT1M- 47	00:42:09	00:04:13	00:42:03	NOSPORTLIMIT	LA CORUÑA
171	224	GUILLERMO CONCHEIRO FERNÁNDEZ	VT3M- 17	00:42:11	00:04:14	00:41:42		CARRAL
172	192	FRANCISCO XOSÉ CANDIA DURÁN	VT2M- 61	00:42:14	00:04:14	00:42:11	UNIVERSIDADE DE SANTIAGO DE COMPOSTELA	LUGO
173	977	JORGE VILARIÑO MOZO	VT4M- 3	00:42:15	00:04:14	00:41:58		FERROL
174	128	JAVIER ESTÉVEZ RAMA	VT1M- 48	00:42:15	00:04:14	00:41:43	KURAI	A CORUÑA
175	5	MATIAS RODRIGUEZ GONZALEZ	VT1M- 49	00:42:16	00:04:14	00:42:00	A. C. E D. O CARBALLO	LUGO
176	150	MANUEL LUIS FERNANDEZ PENA	VT3M- 18	00:42:22	00:04:15	00:42:09	PASA OU ENTORNA	NARÓN
177	509	MARCOS ANTONIO BARRO SENRA	PRM- 4	00:42:25	00:04:15	00:42:18	ALTAFIT	FENE
178	992	SARA GUERRERO MANSO	PRF- 1	00:42:26	00:04:15	00:42:13	AD NAUTICO DE NARON	NARON
179	815	PABLO LIÑARES LÓPEZ	VT2M- 62	00:42:27	00:04:15	00:42:15		FERROL
180	74	DAVID ANTONIO JOVE CASTRO	VT2M- 63	00:42:27	00:04:15	00:42:18	CLUB CASTRO DE LOBADIZ	NEDA
181	920	ESTEBAN RODRIGUEZ VAZQUEZ	VT1M- 50	00:42:30	00:04:15	00:42:28		FENE
182	623	JOSÉ LUIS GONZÁLEZ MACEIRAS	VT3M- 19	00:42:34	00:04:16	00:42:12	TROTE COCHINERO	A CORUÑA
183	849	FRANCISCO JOSÉ MORA TORRALBA	VT2M- 64	00:42:35	00:04:16	00:42:05		FERROL
184	295	LUIS MARTINEZ FREIRE	VT1M- 51	00:42:39	00:04:16	00:42:21		NARÓN
185	201	IVAN ALVAREZ FERNANDEZ	VT1M- 52	00:42:45	00:04:17	00:42:27		PUEBLA DE SAN JULIAN
186	19	ANTONIO GARCIA BELLO	VT3M- 20	00:42:47	00:04:17	00:42:42	ATLETAS DE ACEA DE AMA	EL TEMPLE
187	639	LUIS ANGEL ALVARIÑO VEIGA	VT3M- 21	00:42:47	00:04:17	00:42:43		NARON
188	918	JOSÉ ANDRES RODRÍGUEZ PRIETO	JNM- 3	00:42:57	00:04:18	00:42:44		FERROL
189	562	DAVID DOCE CARBALLEIRA	VT1M- 53	00:42:57	00:04:18	00:42:46	CLUB TRIEUME	AS PONTES
190	82	JOSE ANTONIO TEMBRAS AMENEIRO	VT3M- 22	00:42:57	00:04:18	00:42:46	AG-765704 CLUB CASTRO DE LOBADIZ	AS PONTES
191	166	JUAN CARLOS BERGONDO BRANDARIZ	VT3M- 23	00:42:59	00:04:18	00:42:27	RUNNING OLEIROS	NOS (OLEIROS)
192	798	LUIS MANUEL HERNÁNDEZ CRESPO	VT2M- 65	00:43:00	00:04:18	00:42:51		BETANZOS
193	308	DIEGO ALBERTO PÉREZ AMOR	VT2M- 66	00:43:02	00:04:19	00:42:35		NARÓN
194	660	PEDRO BELLO GARCIA	VT2M- 67	00:43:03	00:04:19	00:42:37		FENE
195	367	MIGUEL ANGEL VARELA VÁZQUEZ	SNM- 36	00:43:03	00:04:19	00:42:42		LA CORUÑA
196	221	JUAN CASTRO PADIN	VT2M- 68	00:43:03	00:04:19	00:42:55		A CORUÑA
197	855	XOÁN MUÑIZ MUÑIZ	VT2M- 69	00:43:04	00:04:19	00:42:51		RIBEIRA
198	174	BERTO BAZ RODRIGUEZ	VT2M- 70	00:43:04	00:04:19	00:42:44	SÍGUEME SI PUEDES	NARON
199	286	MARIO LÓPEZ PAZ	VT1M- 54	00:43:06	00:04:19	00:42:48		FERROL
200	349	JOSE MANUEL SEOANE CHAS	VT3M- 24	00:43:07	00:04:19	00:42:40		O TEMPLE/CAMBRE
201	568	ÁLVARO BARROS ARAÚJO	VT2M- 71	00:43:08	00:04:19	00:42:45	CORRECLUB	VIGO
202	893	EUSEBIO RAMOS BÉRTOA	SNM- 37	00:43:12	00:04:20	00:42:23		LARACHA
203	984	ANGELA TORRENTE INSUA	VT1F- 2	00:43:12	00:04:20	00:43:12	A FUME DE CAROZO	NARÓN
204	958	LUIS ENRIQUE TEIJEIRO CASTRO	VT1M- 55	00:43:13	00:04:20	00:42:55		FERROL
205	995	GIOVANNI QUINTANS MELENDEZ	VT2M- 72	00:43:14	00:04:20	00:43:11		LA CORUNA

206	98 ALEJANDRO LOMBAO BLANCO	SNM- 38	00:43:14	00:04:20	00:43:03		CLUB MONTEPENARUBIA LUGO	OUTEIRO DE REI
207	96 JOSÉ CARLOS GONZÁLEZ MONTERO	VT1M- 56	00:43:15	00:04:20	00:43:06		CLUB MONTEPENARUBIA LUGO	LUGO
208	103 DIEGO PRADO BASANTA	VT2M- 73	00:43:15	00:04:20	00:43:04		CLUB MONTEPENARUBIA LUGO	LUGO
209	260 MIGUEL GOMEZ C.	VT2M- 74	00:43:15	00:04:20	00:42:55			O BURGO
210	303 JOSÉ PARÍS LÓPEZ	VT1M- 57	00:43:16	00:04:20	00:42:59			ABEGONDO
211	949 JOSE JUAN SOLARES ESPÍÑEIRA	VT2M- 75	00:43:16	00:04:20	00:42:46			FERROL
212	292 EUSEBIA MALDONADO	VT1F- 3	00:43:20	00:04:20	00:43:18			A CORUÑA
213	593 VÍCTOR MANUEL VILAR REINA	VT1M- 58	00:43:20	00:04:20	00:43:05		NAUTICO NARON	FERROL
214	616 PEDRO MEDIN SUAREZ	VT2M- 76	00:43:23	00:04:21	00:43:17		SERVICIO FERROL	FERROL
215	262 DIEGO GONZALEZ CAMARGO	VT2M- 77	00:43:25	00:04:21	00:42:55			FENE
216	83 ROBERTO VENTUREIRA DOPICO	VT2M- 78	00:43:26	00:04:21	00:43:13		CLUB CASTRO DE LOBADIZ	FERROL
217	32 JOSÉ LUIS MOSQUERA LOSADS	VT3M- 25	00:43:29	00:04:21	00:43:17		AVIVA SPORT CLUB	PONTEAREAS
218	329 LUIS RAMIL HERMIDA	VT4M- 4	00:43:30	00:04:21	00:43:22			FERROL
219	843 VICTOR MENDEZ DOPICO	VT1M- 59	00:43:31	00:04:22	00:43:18			NARON
220	956 JOSÉ ANTONIO SUÁREZ NOYA	VT1M- 60	00:43:35	00:04:22	00:43:18			SANTIAGO
221	35 JOSE MANUEL DOPICO SOTO	VT4M- 5	00:43:35	00:04:22	00:43:28	GA 765884	C.D.EGOVARROS-VIVEIRO	NEDA
222	934 RAMIRO SAN MARTÍN CANOSA	SNM- 39	00:43:36	00:04:22	00:43:31			FERROL
223	564 JOSE LUIS REGUEIRO REGUEIRA	VT2M- 79	00:43:38	00:04:22	00:43:16		CLUBE ATLETISMO BOIMORTO	BOIMORTO
224	799 DANIEL HERNANDEZ GARCIA	VT2M- 80	00:43:40	00:04:22	00:43:15			PUERTO REAL
225	565 RUBÉN SESAR VÁZQUEZ	SNM- 40	00:43:41	00:04:23	00:43:18	AG2020673	CLUBE ATLETISMO BOIMORTO	BOIMORTO
226	996 LUIS GAMUNDI MIRAZ	VT4M- 6	00:43:42	00:04:23	00:43:30		CASTRO DE LOBADIZ	FERROL
227	70 RICARDO DIAZ VARGAS	VT2M- 81	00:43:42	00:04:23	00:43:29		CLUB CASTRO DE LOBADIZ	FERROL
228	896 JOSE RAMON REGUEIRA MESIA	VT2M- 82	00:43:45	00:04:23	00:43:37			NARON
229	573 JUAN ANGEL REGO SEIJAS	VT1M- 61	00:43:47	00:04:23	00:43:09		CORRECLUBCAMPO	NARON
230	71 JOSÉ MANUEL DOCE FREIRE	VT3M- 26	00:43:47	00:04:23	00:43:34		CLUB CASTRO DE LOBADIZ	FERROL
231	610 MIGUEL CABANILLAS GONZALEZ	VT1M- 62	00:43:51	00:04:24	00:43:33		PISCINA MUNICIPAL A MALATA	FERROL
232	709 JAVIER CONCHEIRO CAO	VT1M- 63	00:43:51	00:04:24	00:43:43			SANTIAGO DE COMPOSTELA
233	728 ROBERTO ENRIQUE DIAZ DIAZ	VT2M- 83	00:43:55	00:04:24	00:43:51			FERROL
234	162 DAVID IGLESIAS RIGUEIRA	VT1M- 64	00:43:57	00:04:24	00:43:41		RUN4ONE	A CORUÑA
235	993 DIEGO ESPÍÑEIRA NAVEIRA	/- 0	00:43:58	00:04:24	00:43:54			VALDOVIÑO
236	881 JOSE MANUEL PIÑON REY	VT2M- 84	00:44:01	00:04:25	00:43:54			NEDA
237	942 ESTEBAN SANTIAGO ANEIROS	VT1M- 65	00:44:02	00:04:25	00:43:44			NARÓN
238	13 JUAN DAVID RUIZ PIÑEIRO	SNM- 41	00:44:03	00:04:25	00:43:45		ALFAFIT GYM CLUB	A CORUÑA
239	602 ISABEL FELGAR LOPEZ	VT2F- 3	00:44:04	00:04:25	00:43:40		PASA OU ENTORNA	VALDOVIÑO
240	376 DAVID YÁÑEZ MARTÍNEZ	VT1M- 66	00:44:09	00:04:25	00:43:33			NARÓN
241	164 IRIA SOTO IGLESIAS	SNF- 1	00:44:10	00:04:25	00:43:53		RUN4ONE	A CORUÑA
242	143 FEDERICO LÓPEZ FERREIRO	VT2M- 85	00:44:13	00:04:26	00:43:51		NSL	CULLEREDO
243	121 RUBEN MARTINEZ DEL RIO	VT2M- 86	00:44:23	00:04:27	00:44:00		DREAM TEAM	O TEMPLE - CAMBRE
244	753 ROBERTO FOJO DOPICO	VT1M- 67	00:44:23	00:04:27	00:43:55			FERROL
245	988 DAVID SANTOS MARTÍNEZ	VT1M- 68	00:44:25	00:04:27	00:43:54			FERROL
246	24 MARIA JOSÉ GROBAS GARABOA	VT2F- 4	00:44:25	00:04:27	00:44:01		ATLETISMO BOIMORTO	MESÍA
247	313 IBON PEREZ PIQUE	SNM- 42	00:44:31	00:04:28	00:44:02			AS SOMOZAS

248	970	LUIS VAZQUEZ SANESTEBAN	VT1M- 69	00:44:33	00:04:28	00:44:13		FERROL
249	206	DAVID BAENA RORIGUEZ	VT2M- 87	00:44:34	00:04:28	00:44:14		FERROL
250	848	JUAN ANTONIO MORA TORRALBA	VT2M- 88	00:44:35	00:04:28	00:44:04		FERROL
251	689	PABLO CARDENAL ECHEVARRÍA	JNM- 4	00:44:39	00:04:28	00:44:20		FERROL
252	54	JOSÉ LUIS GARCIA RODRIGUEZ	VT2M- 89	00:44:44	00:04:29	00:44:30	AG 2017552 CLUB ATLETISMO SADA	FERROL
253	761	BENIGNO GARCIA BARREIRO	VT2M- 90	00:44:44	00:04:29	00:44:05		FERROL
254	904	ALEJANDRO RIVERA MONTERO	VT2M- 91	00:44:47	00:04:29	00:43:55		FERROL
255	327	FELIX QUINTANS MELENDEZ	VT2M- 92	00:44:48	00:04:29	00:44:32		OLEIROS (SANTA CRUZ)
256	123	JESÚS RODRÍGUEZ TORRES	VT2M- 93	00:44:49	00:04:29	00:44:26	ERIKA PILATES TEAM	LUGO
257	730	JOSE DIAZ GARCIA	VT1M- 70	00:44:50	00:04:29	00:44:19		NARÓN
258	544	JOSE MARIA CARNERO GARCIA	VT4M- 7	00:44:52	00:04:30	00:44:40	CLUB CASTRO DE LOBADIZ	FERROL
259	245	IVAN FLORES VAZQUEZ	VT1M- 71	00:44:54	00:04:30	00:44:34		LUGO
260	890	EDUARDO RÁDEKE FARIÑA	VT2M- 94	00:44:56	00:04:30	00:44:30		SADA
261	373	JAVIER VILAR MARTÍNEZ	VT1M- 72	00:44:58	00:04:30	00:44:39		MUGARDOS
262	344	RAFAEL ROSENDO MOURIÑO	VT1M- 73	00:44:59	00:04:30	00:44:38		FERROL
263	365	JESÚS VAAMONDE RÚA	VT3M- 27	00:45:00	00:04:30	00:44:47		LA CORUÑA
264	55	MANUEL GONZALEZ ALVAREZ	VT2M- 95	00:45:01	00:04:31	00:44:29	CLUB ATLETISMO SADA	SADA
265	740	JAVIER ENRÍQUEZ ALLEGUE	SNM- 43	00:45:01	00:04:31	00:44:33		PONTEDEUME
266	659	DAVID BELLO BARROS	VT1M- 74	00:45:03	00:04:31	00:44:49		FERROL
267	954	JORGE SUÁREZ FERNÁNDEZ	VT2M- 96	00:45:04	00:04:31	00:44:29		FERROL
268	938	PABLO SANJOSE GATO	VT1M- 75	00:45:04	00:04:31	00:44:56		FENE
269	152	XURXO GÓMEZ VÁZQUEZ	VT2M- 97	00:45:05	00:04:31	00:44:55	PASA OU ENTORNA	NARÓN
270	812	JUAN CARLOS LANDEIRA BRAGE	VT3M- 28	00:45:12	00:04:32	00:44:41		FENE
271	908	ROBERTO RODRIGUEZ RODRIGUEZ	VT2M- 98	00:45:15	00:04:32	00:44:53		GIJON
272	729	ANGEL FERNANDO DIAZ DIAZ	VT3M- 29	00:45:16	00:04:32	00:45:12		FERROL
273	840	JUAN MARTÍNEZ CASTRO	VT2M- 99	00:45:18	00:04:32	00:45:01		FERROL
274	125	MAXIMINO LAGARES CARRO	VT2M- 100	00:45:20	00:04:32	00:44:55	ESPRINTES OURENSE	ORDES
275	279	JOSE JUAN LOPEZ BECERRA	VT2M- 101	00:45:20	00:04:32	00:44:58		A CORUÑA
276	820	JUAN JAVIER LOPEZ LOPEZ	VT2M- 102	00:45:22	00:04:33	00:45:02		FERROL
277	30	ROBERTO PARDO LÓPEZ	VT2M- 103	00:45:23	00:04:33	00:45:06	ATLETISMO OLYMPO	MURAS
278	216	IVÁN MANUEL CARMONA MIRANDA	VT2M- 104	00:45:24	00:04:33	00:44:55		A CORUÑA
279	751	FANI FERREIRO	VT2F- 5	00:45:26	00:04:33	00:45:07		FERROL
280	797	ANA LUISA HERNANDEZ CABRERA	VT2F- 6	00:45:29	00:04:33	00:45:28		BETANZOS
281	794	ROBERTO GRANDAL TEIJEIRO	SNM- 44	00:45:30	00:04:33	00:44:54		FERROL
282	662	VICTORINO BELLON ANEIROS	VT4M- 8	00:45:31	00:04:34	00:45:26		NARÓN
283	814	FERNANDO LEIRA IGLESIAS	VT3M- 30	00:45:33	00:04:34	00:45:18		PONTEDEUME
284	745	JOSE ORLANDO FARIÑA CASTILLO	VT2M- 105	00:45:34	00:04:34	00:45:18		PONTEDEUME
285	850	JOSE MANUEL MORENO VILARIÑO	SNM- 45	00:45:34	00:04:34	00:45:29		NARON
286	606	XESÚS ANXO LÓPEZ PINTOS	VT4M- 9	00:45:37	00:04:34	00:45:12	PASA OU ENTORNA	CEDEIRA
287	371	OSCAR VIDAL RODRIGUEZ	VT1M- 76	00:45:40	00:04:34	00:45:18		A CORUÑA
288	270	RAMÓN GUITIÁN FERNÁNDEZ	VT2M- 106	00:45:41	00:04:35	00:45:33		A CORUÑA
289	687	RAMIRO CANEIRO GRANULLAQUE	VT1M- 77	00:45:46	00:04:35	00:45:09		FERROL

290	218	BENIGNO CASAL PRIETO	VT3M- 31	00:45:47	00:04:35	00:45:23			FERROL
291	757	RUBÉN FREIRE BERMÚDEZ	VT1M- 78	00:45:49	00:04:35	00:45:25			SANTIAGO DE COMPOSTEL
292	516	MIGUEL ANGEL ARIAS CASTRO	VT1M- 79	00:45:51	00:04:36	00:45:45		ALTAFIT ODEON	FERROL
293	147	FRANCISCO FREIRE LOPEZ	VT2M- 107	00:45:52	00:04:36	00:45:19		PACO AUDI	NARÓN
294	779	FRANCISCO GARCIA RIAL	VT1M- 80	00:45:53	00:04:36	00:45:32			NARON
295	42	ALBERTO CALVOFERNANDEZ	VT4M- 10	00:45:54	00:04:36	00:45:43		CASTRO DE LOBADIZ	FERROL
296	527	ANTONIO GRANDAL FERNÁNDEZ	VT2M- 108	00:45:55	00:04:36	00:45:43		BTT ESMELLE	FERROL
297	826	ROBERTO LOPEZ VIGO	VT2M- 109	00:45:56	00:04:36	00:45:44			FERROL
298	889	MOISES PRIETO CABRAL	VT2M- 110	00:45:58	00:04:36	00:45:41			NARON
299	839	SERAFIN MARTINEZ BREIJO	VT2M- 111	00:46:00	00:04:36	00:45:20			FERROL
300	775	PEDRO GARCIA MORENO	SNM- 46	00:46:01	00:04:37	00:45:47			FERROL
301	733	DIEGO DIAZ RODRIGUEZ	VT1M- 81	00:46:01	00:04:37	00:45:46			MUGARDOS
302	84	CARLOS ANDRES VERDES ARES	VT4M- 11	00:46:05	00:04:37	00:45:54		CLUB CASTRO DE LOBADIZ	FERROL
303	566	JULIO SERANTES CASTRO	VT2M- 112	00:46:14	00:04:38	00:45:51		CLUBE ATLETISMO FENE	FERROL
304	793	JOSE ANTONIO GOYANES VAZQUEZ	VT3M- 32	00:46:18	00:04:38	00:46:01			FERROL
305	88	NESTOR ARIAS PAZ	VT2M- 113	00:46:21	00:04:39	00:46:00		CLUB MONTEPENARUBIA LUGO	LUGO
306	341	FERNANDO RODRÍGUEZ VÁZQUEZ	VT3M- 33	00:46:23	00:04:39	00:46:03			ARANGA
307	782	JOSE LUIS GARROTE RAMIL	VT2M- 114	00:46:28	00:04:39	00:45:48			NARÓN
308	512	PATRY MACEIRAS SEIJO	SNF- 2	00:46:28	00:04:39	00:46:23		ALTAFIT	FERROL
309	508	ALBERTO ARMADA VILLAR	VT3M- 34	00:46:28	00:04:39	00:46:13		ALTAFIT	NARON
310	12	JUANJO GALDO CAO	VT2M- 115	00:46:28	00:04:39	00:46:22		ALTAFIT	NARÓN
311	702	EDUARDO CERNADAS VAZQUEZ	VT2M- 116	00:46:28	00:04:39	00:46:23	GA-765815		PANTIN-VALDOVIÑO
312	631	JOSE ADOLFO AGRAFOJO VILLASUSO	VT3M- 35	00:46:29	00:04:39	00:46:21			NARÓN
313	278	JOSE LOPEZ ANEIROS	VT3M- 36	00:46:30	00:04:39	00:46:11			FERROL
314	112	JUAN MANUEL TABOADA BARREIRO	VT2M- 117	00:46:33	00:04:40	00:46:25	AG2017938	CLUBE ATLETISMO BOIMORTO	CURTIS
315	41	JOSE MARIA BREA SANCHEZ	VT3M- 37	00:46:34	00:04:40	00:46:12	AG-764347	CA BOIMORTO	A CORUÑA
316	339	JAVIER RODRÍGUEZ TORRES	SNM- 47	00:46:34	00:04:40	00:46:01			A CORUÑA
317	899	ALEJANDRO REY SEOANE	VT2M- 118	00:46:37	00:04:40	00:46:02			FERROL
318	158	QUIQUE PEÑA GONZÁLEZ	VT2M- 119	00:46:37	00:04:40	00:46:06	AG 767354	PATUKOS TIM RANIN	CAMBRE
319	655	ALBERTO BASTÓN DEL RIO	SNM- 48	00:46:38	00:04:40	00:46:12			A CORUÑA
320	589	SARA PITA GONZALEZ	SNF- 3	00:46:38	00:04:40	00:46:13		LA MOCHILA DEL DEPORTE	LA CORUÑA
321	210	RUBÉN BLANCO DIAZ	VT2M- 120	00:46:39	00:04:40	00:46:33			NARÓN
322	350	RUBÉN SERANTES LÓPEZ	VT1M- 82	00:46:42	00:04:41	00:46:11			FERROL
323	351	ROSA SIERRA PALMEIRO	VT3F- 1	00:46:43	00:04:41	00:46:33			MIÑO
324	300	DAVID NOVO VICOS	VT1M- 83	00:46:48	00:04:41	00:46:00			BETANZOS
325	710	FRAN CORDERO RODRIGUEZ	SNM- 49	00:46:49	00:04:41	00:46:40			NARÓN
326	933	DAVID SALVADOR GRAÑA	VT1M- 84	00:46:50	00:04:41	00:46:17			FENE
327	706	ENRIQUE PABLO COBELO GARCÍA	SNM- 50	00:46:50	00:04:41	00:46:07			FERROL
328	584	JOSE MANUEL PENA SALIDO	VT2M- 121	00:46:51	00:04:42	00:46:18		EUMENATURA MONTAÑA	O SEIXO
329	208	FRANCISCO BARREIRO GABEIRAS	VT2M- 122	00:46:53	00:04:42	00:46:19			FERROL
330	708	ADRIAN COBELO RODRIGUEZ	SNM- 51	00:46:57	00:04:42	00:46:25			NARON
331	801	ALFONSO IGLESIAS ALGUACIL	VT2M- 123	00:46:57	00:04:42	00:46:22			FEROL

332	614	MIGUEL ANTONIO GONZALEZ REY	VT2M- 124	00:46:58	00:04:42	00:46:26	SAUNIER DUVAL	BETANZOS
333	699	SANDRA CASTRO BOEDO	VT2F- 7	00:46:59	00:04:42	00:46:19		A CORUÑA
334	719	SALVADOR CRESPO OUTES	VT2M- 125	00:47:00	00:04:42	00:46:12		PERILLO-OLEIROS
335	307	JOSE ÁNGEL PEREIRA LÓPEZ	SNM- 52	00:47:00	00:04:42	00:46:41		FISTERRA
336	738	MANUEL ALEJANDRO DOPICO LÓPEZ	VT2M- 126	00:47:01	00:04:43	00:46:27		NARON
337	287	VICTORIA LOPEZ PERMUY	VT2F- 8	00:47:02	00:04:43	00:46:40		LA CORUÑA
338	402	ELENA SIERRA PALMEIRO	VT3F- 2	00:47:03	00:04:43	00:46:53		OLEIROS
339	601	MARCOS GALÁN PIÑEIRO	VT2M- 127	00:47:04	00:04:43	00:46:16	PARAPENTEFERROL	MUGARDOS
340	183	DANIEL NAVEIRAS OREONA	VT1M- 85	00:47:04	00:04:43	00:46:44	TRIATLON FERROL	NARON
341	821	ALEJANDRO LÓPEZ LÓPEZ	VT1M- 86	00:47:10	00:04:43	00:46:51		NARÓN
342	301	DAVID NÚÑEZ FERNÁNDEZ	VT2M- 128	00:47:11	00:04:44	00:46:21		FERROL
343	669	SEILA BLANCO VARELA	VT1F- 4	00:47:12	00:04:44	00:47:02		MIÑO
344	762	FRANCISCO JAVIER GARCIA BASTIDA	VT3M- 38	00:47:15	00:04:44	00:46:34		MUGARDOS
345	575	RAFAEL LANDERAS VÁZQUEZ	VT2M- 129	00:47:15	00:04:44	00:47:10	CORREDORES POPULARES ARMADA	NARON
346	92	CARLOS CORUJO CARBALLEDO	VT2M- 130	00:47:16	00:04:44	00:46:55	CLUB MONTEPENARUBIA LUGO	LUGO
347	722	FRANCISCO JAVIER DAPENA TEIJEIRO	VT2M- 131	00:47:16	00:04:44	00:46:46		FERROL
348	560	NOELIA SERANTES BARREIRO	XVF- 1	00:47:17	00:04:44	00:47:12	CLUB NATACION CEDEIRA MUEBLES GARCIA	CEDEIRA
349	73	ANDRÉS GONZÁLEZ GARCÍA	VT3M- 39	00:47:18	00:04:44	00:47:03	CLUB CASTRO DE LOBADIZ	FERROL
350	37	MARIA LUISA LOPEZ GARCIA	VT2F- 9	00:47:20	00:04:44	00:47:19	C.D.EGOVARROS-VIVEIRO	A CORUÑA
351	315	ROBERTO PICO POUSO	VT2M- 132	00:47:20	00:04:44	00:47:17		A CORUÑA
352	199	FERNANDO AGRAS PITA	SNM- 53	00:47:21	00:04:45	00:46:50		NARÓN
353	322	JUAN CARLOS PORTO LOPEZ	VT2M- 133	00:47:22	00:04:45	00:46:44		ARES
354	355	COSME SOUTO PICO	VT2M- 134	00:47:22	00:04:45	00:47:06		NARON
355	624	JOSE LUIS SUAREZ FARIÑAS	VT3M- 40	00:47:29	00:04:45	00:47:04	TROTE COCHINERO	OLEIROS
356	615	PABLO VAL GUERREIRO	VT2M- 135	00:47:33	00:04:46	00:47:24	SERVICIO A MALATA	FERROL
357	507	FRANCISCO BERMÚDEZ PRIETO	VT1M- 87	00:47:35	00:04:46	00:47:06	AGRUPACIÓN DEPORTIVA NÁUTICO DE NARÓN	SAN SADURNIÑO
358	773	JOSÉ LUIS GARCÍA IBÁÑEZ	SNM- 54	00:47:36	00:04:46	00:47:23		AS PONTES
359	58	LAURA NÚÑEZ NAVEIRA	VT1F- 5	00:47:36	00:04:46	00:47:05	AG 2018802 CLUB ATLETISMO SADA	A CORUÑA
360	985	SARA LOPEZ LOSADA	XVF- 2	00:47:46	00:04:47	00:47:41	AD NAUTICO DE NARON	FENE
361	600	DIEGO PÉREZ DOPICO	VT2M- 136	00:47:49	00:04:47	00:47:35	ORTIGUEIRA	ORTIGUEIRA
362	325	JOSE MANUEL PREGO LOPEZ	VT4M- 12	00:47:51	00:04:48	00:47:44		PONTEDEUME
363	196	MARIANO TOLOSANA LABARTA	VT1M- 88	00:47:52	00:04:48	00:47:38	ZAPETRÓN	ALMUDEVAR
364	888	ALFONSO DE PRADO FERNANDEZ-CANTELI	VT2M- 137	00:47:54	00:04:48	00:47:46		NARON
365	289	JOSE ANGEL LORENZO RIVEIRO	VT2M- 138	00:47:55	00:04:48	00:47:52		CULLEREDO
366	622	IGNACIO BURILLO TERRER	VT3M- 41	00:48:00	00:04:48	00:47:36	TROTE COCHINERO	CULLEREDO
367	905	LUIS RIVERA SIXTO	SNM- 55	00:48:00	00:04:48	00:47:19		NARON
368	638	NABOR ALVAREZ FERNANDEZ	VT2M- 139	00:48:01	00:04:49	00:47:33		FERROL
369	609	IGNACIO FERNÁNDEZ BELLAS	VT1M- 89	00:48:02	00:04:49	00:47:24	PEÑA LAR VIVEIRO	FERROL
370	829	CÉSAR LOUREIRO AMOR	VT1M- 90	00:48:02	00:04:49	00:47:21		FERROL
371	922	ROCIO ROLAN GARCIA	VT2F- 10	00:48:03	00:04:49	00:47:57		ARES
372	697	FRANCISCO JOSÉ CASTIÑEIRA VEIGA	VT1M- 91	00:48:03	00:04:49	00:47:22		FERROL
373	671	VICTOR BOGO LÓPEZ	VT1M- 92	00:48:05	00:04:49	00:47:26		VIVEIRO

374	957 ÓSCAR SUÁREZ PÉREZ	VT2M- 140	00:48:05	00:04:49	00:47:26			VALDOVIÑO
375	678 JAIME CAAMAÑO VILLAR	VT1M- 93	00:48:06	00:04:49	00:47:17			VALDOVIÑO
376	534 NEIL MCMAHON	VT2M- 141	00:48:10	00:04:49	00:47:56	AG-765700	CASTRO DE LOBADIZ	FERROL
377	264 BENJAMIN GORGULLO RIVERA	VT1M- 94	00:48:11	00:04:50	00:47:53			ARES
378	648 SERGIO BAÑOS GARCIA	SNM- 56	00:48:14	00:04:50	00:47:55			FERROL
379	869 CELERINO PEDREIRA COROAS	VT4M- 13	00:48:14	00:04:50	00:47:52			MOECHE
380	846 JUAN MANUEL MONTERO LÓPEZ	SNM- 57	00:48:15	00:04:50	00:47:47			FERROL
381	77 JOSE ALFONSO LOPEZ VAZQUEZ	VT3M- 42	00:48:17	00:04:50	00:48:03		CLUB CASTRO DE LOBADIZ	CARIÑO
382	651 ANGEL ENRIQUE BARRO PORTO	VT2M- 142	00:48:19	00:04:50	00:47:52			AS PONTES
383	211 JORGE BLANCO FERNÁNDEZ	VT2M- 143	00:48:23	00:04:51	00:47:59			A CORUÑA
384	976 JUAN MA. VILAR MOSQUERA	VT3M- 43	00:48:25	00:04:51	00:47:51			FERROL
385	574 JOSÉ ÁNGEL VÁZQUEZ FREIRE	VT2M- 144	00:48:26	00:04:51	00:47:52		CORREDORES A TOPE	NARON
386	969 ENRIQUE VAZQUEZ LATA	VT2M- 145	00:48:29	00:04:51	00:47:59			FENE
387	973 MIGUEL VEIGA GONZÁLEZ	VT2M- 146	00:48:32	00:04:52	00:47:43			ARES
388	681 JOSE MANUEL CAEIRO LOPEZ	VT1M- 95	00:48:40	00:04:52	00:48:02			FERROL
389	2 ANA FERNÁNDEZ GARCIA	SNF- 4	00:48:40	00:04:52	00:48:27	GA-717059	3&RUN BY PEDRO NIMO	FERROL
390	604 ADRI FERRER GARCIA	SNM- 58	00:48:41	00:04:53	00:48:31		PASA OU ENTORNA	FERROL
391	151 RUBÉN FREIRE CASAS	VT1M- 96	00:48:41	00:04:53	00:48:32		PASA OU ENTORNA	NARÓN
392	572 FELIX MARTINEZ YAÑEZ	VT2M- 147	00:48:43	00:04:53	00:48:05		CORRECLUBCAMPO	FERROL
393	656 GONZALO BECEIRO BELLAS	VT2M- 148	00:48:43	00:04:53	00:48:06			FENE
394	34 MANUEL REDONDA INSUA	VT2M- 149	00:48:43	00:04:53	00:48:07		BESTARRUZA TRINITY TRAIL	FENE
395	298 JOSÉ ANTONIO MASEDA DURÁN	VT2M- 150	00:48:44	00:04:53	00:48:36			PONTEVEDRA
396	133 RAFAEL PENA FERNANDEZ	VT2M- 151	00:48:49	00:04:53	00:48:22		MARRANERS	CULLEREDO
397	305 JOSÉ ANTONIO PENA ROS	VT2M- 152	00:48:50	00:04:53	00:48:23			FERROL
398	617 JOSÉ MANUEL CAMBA DEUS	VT2M- 153	00:48:50	00:04:53	00:48:24		SÍGUEME SI PUEDES	FENE
399	340 PABLO RODRÍGUEZ TORRES	SNM- 59	00:48:52	00:04:54	00:48:19			A CORUÑA
400	795 MARIO GRIMAL CORRAL	VT2M- 154	00:48:53	00:04:54	00:48:13			FERROL
401	960 JOSE MANUEL TROITIÑO BOUZA	VT2M- 155	00:48:53	00:04:54	00:48:26			FERROL
402	149 JOSE ALBERTO BARRAL ROMEO	VT2M- 156	00:48:57	00:04:54	00:48:02		PASA OU ENTORNA	FENE
403	234 JAVIER PASTOR DÍAZ MOSQUERA	SNM- 60	00:48:57	00:04:54	00:48:28			FERROL
404	720 JAVIER CRUZ RAMOS	VT3M- 44	00:48:59	00:04:54	00:48:16			FERROL
405	845 JAVIER MONTENEGRO VAZQUEZ	VT1M- 97	00:49:00	00:04:54	00:48:35			FERROL
406	701 LOIS CASTRO GÓMEZ	VT3M- 45	00:49:00	00:04:54	00:48:30			FERROL
407	548 JUAN CARLOS HERMIDA MERA	VT2M- 157	00:49:03	00:04:55	00:48:47		CLUB CASTRO DE LOBADIZ	NARÓN
408	346 JOSE M SANDE GIL	VT2M- 158	00:49:04	00:04:55	00:48:21			A CORUÑA
409	608 JUAN CAGIAO BOUZA	VT1M- 98	00:49:08	00:04:55	00:48:13		PASA OU ENTORNA!!	NARÓN
410	504 ÁNGEL M. ÁLVAREZ SOTO	VT3M- 46	00:49:09	00:04:55	00:48:26		ADR VARA E PEDAL	NARÓN
411	505 HECTOR FRAGA ARES	VT1M- 99	00:49:09	00:04:55	00:48:26		ADR VARA E PEDAL	FERROL
412	23 PABLO AMANCIO PARADELA FERNANDEZ	VT1M- 100	00:49:11	00:04:56	00:48:44		ATLETISMO A GÁNDARA MONFORTE	MONFORTE DE LEMOS
413	214 ELOY CALDERÓN FERNÁNDEZ	VT3M- 47	00:49:11	00:04:56	00:48:54			A CORUÑA
414	571 GABRIEL VEIGA GRAÑA	VT2M- 159	00:49:11	00:04:56	00:48:45		CORRECLUB	FERROL
415	570 FRANCISCO JAVIER RUIZ LÓPEZ	VT3M- 48	00:49:20	00:04:56	00:48:42		CORRECLUB	FERROL

416	833	ARTURO MANEIROS VICH	VT1M- 101	00:49:21	00:04:57	00:48:35			FERROL
417	401	ISABEL LORENZO LÓPEZ	VT1F- 6	00:49:22	00:04:57	00:49:05			CRECENTE
418	120	MANUEL VARELA VILA	VT3M- 49	00:49:23	00:04:57	00:48:54		CORREDORES POPULARES ARMADA FERROL	PONTEDEUME
419	126	OVIDIO SÁNCHEZ	VT1M- 102	00:49:24	00:04:57	00:48:47		FILLOAS TEAM	FERROL
420	581	JORGE LONGARELA BARREIRO	XVM- 3	00:49:29	00:04:57	00:49:20		ESCOLA DE ATLETISMO PAULA MAYOBRE	FERROL
421	685	JOSÉ ANTONIO CANAL SUARDIAZ	VT2M- 160	00:49:29	00:04:57	00:48:50			LA CORUÑA
422	718	RAQUEL CRESPO ESTEBAN	VT1F- 7	00:49:30	00:04:57	00:48:56			FERROL
423	517	MILA GARCIA PARDAL	VT2F- 11	00:49:39	00:04:58	00:49:25		ALTAFIT ODEON	FERROL
424	834	RUBÉN MARCOS VARELA	VT1M- 103	00:49:42	00:04:59	00:49:04			FERROL
425	735	CARLOS DIAZ-PACHE MACKINLAY	VT3M- 50	00:49:44	00:04:59	00:49:11			FERROL
426	994	JACINTO SOTILLO POTENTE	VT2M- 161	00:49:44	00:04:59	00:49:24		CLUB MONTEPENARUBIA LUGO	LUGO
427	335	OSCAR RODRIGUEZ FORMOSO	VT2M- 162	00:49:47	00:04:59	00:49:25			NARÓN
428	311	ROGELIO MANUEL PEREZ MIÑONES	VT3M- 51	00:49:48	00:04:59	00:49:22			A CORUÑA
429	961	SERGIO TROITIÑO MARTINEZ	XVM- 4	00:49:49	00:04:59	00:49:21			FERROL
430	824	MANUEL LÓPEZ PAZOS	VT2M- 163	00:49:51	00:05:00	00:49:02			CAAMOUCO
431	551	BORJA PICO FEAL	SNM- 61	00:49:52	00:05:00	00:49:00		CLUB CASTRO DE LOBADIZ	FERROL
432	542	JULIO CÉSAR ARNOSO DÍAZ	VT2M- 164	00:49:52	00:05:00	00:49:00		CLUB BTT FENE	NARON
433	907	ENRIQUE RODRÍGUEZ	VT1M- 104	00:49:53	00:05:00	00:49:02			NARÓN
434	943	MARINO SANTIAGO DIAZ	VT1M- 105	00:49:53	00:05:00	00:49:01			FERROL
435	543	JOSÉ ANTONIO GARCÍA PAZ	VT2M- 165	00:49:53	00:05:00	00:49:00		CLUB BTT FENE	FENE
436	919	AITOR RODRÍGUEZ SALORIO	VT1M- 106	00:49:53	00:05:00	00:49:24			FERROL
437	946	MARCOS SEOANE FERNANDEZ	VT1M- 107	00:49:53	00:05:00	00:49:07			FERROL
438	784	NATALIA GÓMEZ COUTO	SNF- 5	00:49:55	00:05:00	00:49:29			FERROL
439	640	VÍCTOR ÁNGEL AMADO CARTELLE	SNM- 62	00:49:55	00:05:00	00:49:14			FERROL
440	862	ALMUDENA PANTIN LOPEZ	VT1F- 8	00:49:56	00:05:00	00:49:30			NARON
441	780	ALEJANDRO GARCIA RODRIGUEZ	PRM- 5	00:49:59	00:05:00	00:49:48			FERROL
442	856	KIKO NAVEIRA GARCIA	VT1M- 108	00:50:00	00:05:00	00:49:28			FERROL
443	646	IGNACIO ARROYO CUNHA	SNM- 63	00:50:03	00:05:01	00:49:34			FERROL
444	621	BEGOÑA PERNAS	VT2F- 12	00:50:04	00:05:01	00:49:48		TRIATLON FERROL	VALDOVIÑO
445	861	JAVIER PAMPIN VILLAR	VT2M- 166	00:50:04	00:05:01	00:49:21			A CORUÑA
446	170	PEDRO PETEIRO ROSENDE	VT2M- 167	00:50:08	00:05:01	00:49:50	AG 2016168	RUNNING OLEIROS	ARANGA
447	827	CARLOS LÓPEZ VILARIÑO	VT2M- 168	00:50:10	00:05:01	00:49:30			FERROL
448	991	ALBERTO LÓPEZ POLO	VT1M- 109	00:50:11	00:05:02	00:49:26		A.D. JUDO FERROLTERRA	NARON
449	588	ALBERTO AMADOR NEIRA	SNM- 64	00:50:13	00:05:02	00:49:29		LA CAVERNA	FERROL
450	569	MÓNICA RODRÍGUEZ GARCÍA	VT2F- 13	00:50:15	00:05:02	00:49:50		CORRECLUB	FERROL
451	317	PILAR PINILLA LÓPEZ	VT2F- 14	00:50:15	00:05:02	00:49:39			FENE
452	240	JORGE FERNANDEZ LÓPEZ	VT3M- 52	00:50:15	00:05:02	00:49:39			FENE
453	657	JUAN CARLOS BEDIA VIDAL	VT2M- 169	00:50:21	00:05:03	00:49:45			NARON
454	876	MARINA PÉREZ PÉREZ	SNF- 6	00:50:25	00:05:03	00:50:14			MIÑO
455	69	JOSÉ MANUEL DEL TORO MINGUEZ	VT4M- 14	00:50:36	00:05:04	00:50:18	AG765692	CLUB CASTRO DE LOBADIZ	FERROL
456	546	PILAR CHARLÓN REDONDO	VT3F- 3	00:50:36	00:05:04	00:50:18		CLUB CASTRO DE LOBADIZ	NEDA
457	370	BORJA VENTURA RODRÍGUEZ	SNM- 65	00:50:39	00:05:04	00:49:47			FERROL

458	818	FRANCISCO JAVIER LOPEZ FREIJOMIL	VT1M- 110	00:50:49	00:05:05	00:50:40		ARES
459	688	JOSE ANGEL CANEIRO LOPEZ	VT3M- 53	00:50:53	00:05:06	00:50:18		FERROL
460	567	ANTONIO ANEIROS REY	VT4M- 15	00:50:55	00:05:06	00:50:26	CORRECLUB	FERROL
461	652	ALEJANDRO BARROS FONTE	SNM- 66	00:50:59	00:05:06	00:50:21		PONTEDEUME
462	972	JOSIMAR VEGA GARCIA	SNM- 67	00:50:59	00:05:06	00:50:09		NARÓN
463	828	DIEGO LORENZO MUÑOZ	SNM- 68	00:50:59	00:05:06	00:50:09		NARÓN
464	337	FRANCISCO RODRÍGUEZ PEREIRA	VT2M- 170	00:51:00	00:05:06	00:50:06		FERROL
465	316	JUAN PABLO PIDAL LÓPEZ	SNM- 69	00:51:04	00:05:07	00:50:26		FERROL
466	770	MARÍA GARCÍA FONTE	PRF- 2	00:51:08	00:05:07	00:50:30		MONFERO
467	202	JUAN ALVAREZ RODRIGUEZ	VT1M- 111	00:51:14	00:05:08	00:50:30		CORUÑA
468	771	OLALLA GARCÍA FONTE	SNF- 7	00:51:14	00:05:08	00:50:37		MONFERO
469	653	MANUEL BASOA RODRIGUEZ	SNM- 70	00:51:16	00:05:08	00:51:00		FENE
470	515	LORENA RODRIGUEZ FERNANDEZ	VT2F- 15	00:51:17	00:05:08	00:51:05	ALTAFIT GYM CLUB	FERROL
471	835	JOSE MANUEL MARCOTE LAGO	VT2M- 171	00:51:18	00:05:08	00:50:39		NARÓN
472	982	ALBERTO YAÑEZ COBELO	SNM- 71	00:51:18	00:05:08	00:50:58		A CAPELA
473	766	CARLOS GARCIA CORTIZAS	VT2M- 172	00:51:19	00:05:08	00:50:29		FERROL
474	714	ANTONIO CORTIZAS PICALLO	VT3M- 54	00:51:20	00:05:08	00:50:35		FENE
475	677	EMILIO BRUQUETAS SERANTES	VT2M- 173	00:51:21	00:05:09	00:51:02		FERROL
476	822	LAURA LÓPEZ MARTÍNEZ	SNF- 8	00:51:21	00:05:09	00:51:03		FERROL
477	707	ENRIQUE MANUEL COBELO LÓPEZ	VT3M- 55	00:51:30	00:05:09	00:50:46		FERROL
478	18	ENRIQUE GANDARA ULLOA	VT3M- 56	00:51:32	00:05:10	00:51:08	A-6320 ATLETAS DE ACEA DE AMA	EL TEMPLE
479	291	SANTIAGO LOSADA PEREZ	VT4M- 16	00:51:44	00:05:11	00:51:38		FERROL
480	990	RAÚL ANSEDES ANCA	DVM- 1	00:51:44	00:05:11	00:51:38		FENE
481	692	CÉSAR CARRACEDO POSE	VT2M- 174	00:51:48	00:05:11	00:51:02		FERROL
482	265	FRANCISCO JAVIER GRUEIRO LOPEZ	VT3M- 57	00:51:49	00:05:11	00:51:13		FERROL
483	501	PABLO RIVERA SOMORROSTRO	VT1M- 112	00:51:51	00:05:12	00:51:10	2KSYSTEMS	NARÓN
484	950	MARIO SOSA SANTIAGO	SNM- 72	00:51:57	00:05:12	00:51:24		FERROL
485	877	VICTOR PEREZ QUIZA	VT2M- 175	00:51:59	00:05:12	00:51:03		FERROL
486	553	MARIA IGLESIAS FERNANDEZ	VT2F- 16	00:51:59	00:05:12	00:51:34	CLUB DE ATLETISMO DE FENE	FENE
487	312	ALBERTO PEREZ PARDIÑAS	VT1M- 113	00:52:01	00:05:13	00:51:22		CARRAL
488	915	JUAN CARLOS RODRIGUEZ PENA	VT3M- 58	00:52:03	00:05:13	00:51:29		PONTEDEUMEKJH
489	979	JORGE VILLAR MIRANDA	VT2M- 176	00:52:04	00:05:13	00:51:17		SANTIAGO DE COMPOSTELA
490	791	MIGUEL GONZÁLEZ VAAMONDE	VT3M- 59	00:52:05	00:05:13	00:51:28		FERROL
491	783	ALVARO GIL CRIADO	VT1M- 114	00:52:11	00:05:14	00:51:25		NARÓN
492	369	MARIA VÁZQUEZ-GUNDÍN PAZ	SNF- 9	00:52:13	00:05:14	00:51:53		OLEIROS
493	306	PLACIDO PEÑA FERNANDEZ	VT1M- 115	00:52:13	00:05:14	00:51:54		MUGARDOS
494	867	LUCIA PAZOS RIVERA	VT1F- 9	00:52:13	00:05:14	00:51:55		SAN JUAN DE PIÑEIRO
495	154	ÁNGEL ORTIZ DE LEJARAZU SÁNCHEZ	VT1M- 116	00:52:15	00:05:14	00:51:45	PASTORES DE AUCHAN ATLETISMO	FERROL
496	276	MARIO LEDO FARIÑAS	VT2M- 177	00:52:33	00:05:16	00:51:52		SANTIAGO
497	760	SERGIO GALLEGO PIÑON	VT2M- 178	00:52:33	00:05:16	00:51:52		FERROL
498	932	CARLOS SALUTREGUI DARRIBA	VT2M- 179	00:52:33	00:05:16	00:51:51		FERROL
499	807	MONTSE JURJO GARCIA	VT1F- 10	00:52:34	00:05:16	00:52:07		A CORUÑA

500	723 PABLO DE DIOS CRESPO	VT1M- 117	00:52:34	00:05:16	00:52:07		A CORUÑA
501	858 ARACELIS ORTEGANO PÉREZ	VT2F- 17	00:52:38	00:05:16	00:51:55		O BURGO
502	155 MIGUEL DEZA RODRIGUEZ	VT2M- 180	00:52:48	00:05:17	00:52:18	AG 767352 PATUKOS	A CORUÑA
503	302 PABLO PARGUIÑA FERNANDEZ	VT3M- 60	00:52:48	00:05:17	00:52:16		A CORUÑA
504	635 ANTONIO ALONSO CABALEIRO	SNM- 73	00:52:57	00:05:18	00:52:06		NEDA
505	865 JOSE LUIS PAZ CABADA	VT1M- 118	00:52:57	00:05:18	00:52:06		NARÓN
506	645 LUIS ARMADA CASÁS	VT3M- 61	00:52:58	00:05:18	00:52:15		BERGONDO
507	695 ANTONIO JOSÉ CASANOVA DÍAZ	VT2M- 181	00:53:03	00:05:19	00:52:09		FERROL
508	983 ALBERTO ZARAGOZA VEREZ	VT2M- 182	00:53:03	00:05:19	00:52:09		FERROL
509	884 BEATRIZ PITA GRANDAL	VT1F- 11	00:53:05	00:05:19	00:52:27		FERROL
510	665 CARMELO BILBAO GOLPE	VT1M- 119	00:53:06	00:05:19	00:52:32		FERROL
511	664 EDUARDO BILBAO GOLPE	VT1M- 120	00:53:07	00:05:19	00:52:32		FERROL
512	879 JOSE PERNAS PERMUY	VT3M- 62	00:53:10	00:05:19	00:52:25		FERROL
513	736 VANESSA DIZ RAMIREZ	VT1F- 12	00:53:11	00:05:20	00:52:25		NARÓN
514	790 BRUNO GONZALEZ PLACER	SNM- 74	00:53:14	00:05:20	00:52:28		NARON
515	513 PAULA MACEIRAS SEIJO	PRF- 3	00:53:14	00:05:20	00:52:29	ALTAFIT	NARON
516	222 GABRIEL CERQUEIRO POMBO	VT2M- 183	00:53:15	00:05:20	00:52:41		A CORUÑA
517	524 ROSA VILLARINO GOLPE	VT2F- 18	00:53:15	00:05:20	00:52:49	BE ONE A MALATA	NARON
518	579 MARIA TERESA MARTINEZ BREIJO	VT3F- 4	00:53:16	00:05:20	00:52:35	ENERXICA	FERROL
519	916 DIEGO IVAN RODRIGUEZ PICOS	SNM- 75	00:53:29	00:05:21	00:53:18		NEDA
520	715 MARIA DEL MAR COUCE ALONSO	VT1F- 13	00:53:31	00:05:22	00:53:00		NARON
521	841 JOAUQIN MARTINEZ ROMERO	VT2M- 184	00:53:40	00:05:22	00:52:51		LA CORUÑA
522	900 DAVID RICO	SNM- 76	00:53:40	00:05:22	00:53:18		FERROL
523	945 ANDRÉS SEIJIDO CARBALLO	VT3M- 63	00:53:45	00:05:23	00:53:28		REDES-ARES
524	989 UXIA LEIRA FERNÁNDEZ	VT1F- 14	00:53:45	00:05:23	00:53:28	COMANDO KARACOLA	FERROL
525	926 JOSE MANUEL RUIBAL PANTIN	SNM- 77	00:53:48	00:05:23	00:53:02		FERROL
526	927 PAULA NIEVES RUIBAL PANTIN	VT2F- 19	00:53:48	00:05:23	00:53:02		FERROL
527	309 JESUS PEREZ BALIRAC	VT3M- 64	00:54:00	00:05:24	00:53:13		SANTIAGO DE COMPOSTELA
528	674 PAULA BRAGE RAMOS	VT2F- 20	00:54:01	00:05:25	00:53:45		FENE
529	675 NURIA BRAGE RAMOS	VT2F- 21	00:54:01	00:05:25	00:53:45		FENE
530	16 MANUEL GARCÍA GARCÍA	VT4M- 17	00:54:04	00:05:25	00:53:42	ATLETA PARTICULAR	A CORUÑA
531	853 PATRICIA MOURIZ FERNÁNDEZ	VT2F- 22	00:54:22	00:05:27	00:53:43		MOECHE
532	742 LUCÍA ESTÉVEZ TEIJIDO	VT1F- 15	00:54:22	00:05:27	00:53:43		CEDEIRA
533	901 MONTSE RICO FILGUEIRAS	VT1F- 16	00:54:23	00:05:27	00:54:06		MANIÑOS-FENE
534	59 ELENA PEREIRA BERNARDEZ	VT2F- 23	00:54:31	00:05:28	00:54:04	CLUB ATLETISMO SADA	OLEIROS
535	880 ESTHER PIÑON GONZALEZ	VT1F- 17	00:54:35	00:05:28	00:54:08		FERROL
536	764 VÍCTOR GARCÍA CASTRO	VT1M- 121	00:54:36	00:05:28	00:53:54		SAN SADURNIÑO
537	911 LOIS ANXO RODRIGUEZ CALVO	VT2M- 185	00:54:36	00:05:28	00:53:54		NEDA
538	778 RAFAEL GARCÍA ROUSO	VT1M- 122	00:54:36	00:05:28	00:53:54		SAN SADURNIÑO
539	752 JAVIER FERRO RODRIGUEZ	VT4M- 18	00:54:37	00:05:28	00:53:54		FERROL
540	641 ELOY AMADO LOPEZ	VT3M- 65	00:54:46	00:05:29	00:54:23		FERROL
541	914 VANESSA RODRÍGUEZ LUIS	VT1F- 18	00:54:46	00:05:29	00:54:01		FERROL

542	168	MANU MUIÑO MIRÓN	VT2M- 186	00:54:54	00:05:30	00:54:34		RUNNING OLEIROS	SADA
543	157	SERGIO LÓPEZ REY	VT1M- 123	00:54:55	00:05:30	00:54:25	AG 767348	PATUKOS TIM RANIN	A CORUÑA
544	256	OBDULIA GARCÍA PICALLO	VT2F- 24	00:55:04	00:05:31	00:54:49			AS PONTES
545	864	CARLOS PASTOR ESTEBAN	SNM- 78	00:55:05	00:05:31	00:54:13			ARES
546	676	JULIÁN CARLOS BREA SANCHEZ	VT3M- 66	00:55:09	00:05:31	00:54:40			BETANZOS
547	530	ANTONIO CARTELLE GÓMEZ	VT2M- 187	00:55:11	00:05:32	00:54:29		C.M.PULPEIROS BTT	MUGARDOS
548	558	DAVID TEIJO LISTA	VT1M- 124	00:55:11	00:05:32	00:54:30		CLUB DO MAR PULPEIROS BTT	MUGARDOS
549	875	PABLO PEREZ HERMIDA	VT2M- 188	00:55:13	00:05:32	00:54:20			NARÓN
550	929	JUAN SAAVEDRA HERMIDA	VT2M- 189	00:55:20	00:05:32	00:54:47			A CORUÑA
551	207	PATRICIA BARREIRA RODRIGUEZ	VT2F- 25	00:55:29	00:05:33	00:55:25			A CORUÑA
552	705	LETICIA CÍVICO HOLGUÍN	VT1F- 19	00:55:29	00:05:33	00:55:04			CEE
553	953	FERNANDO SUÁREZ CARRIL	VT3M- 67	00:55:31	00:05:34	00:54:37			BETANZOS
554	181	JESUS MONTERO LAGO	VT4M- 19	00:55:35	00:05:34	00:55:11		TRASNOS CORUÑA	CAMBRE
555	336	ALBA X RODRIGUEZ MARTINEZ	SNF- 10	00:55:41	00:05:35	00:55:07			OLEIROS
556	229	MARÍA DEL ROSARIO CRESPO MERELAS	VT3F- 5	00:55:57	00:05:36	00:55:32			A CORUÑA
557	57	JOSE MANUEL LÓPEZ LODEIRO	VT4M- 20	00:56:01	00:05:37	00:55:33		CLUB ATLETISMO SADA	BETANZOS
558	781	JOAQUÍN GARMA CASTRO	VT3M- 68	00:56:02	00:05:37	00:55:32			BETANZOS
559	591	ANTONIO GARCÍA JIMÉNEZ	VT4M- 21	00:56:04	00:05:37	00:55:13		MENISKO ROTO	FERROL
560	765	DAVID GARCIA CORTIZAS	VT2M- 190	00:56:08	00:05:37	00:55:19			FERROL
561	611	GUILLERMO LAGO BREIJO	VT2M- 191	00:56:10	00:05:37	00:55:46		ROTUL GRAFICAS FENE	FENE
562	847	ANDREA MONTERO MARTÍNEZ	SNF- 11	00:56:14	00:05:38	00:55:55	GA-17123		FERROL
563	691	PAULA CARNOTTO DIAZ	SNF- 12	00:56:14	00:05:38	00:55:55			FERROL
564	787	MARIA TERESA GOMEZ RODRIGUEZ	VT1F- 20	00:56:14	00:05:38	00:55:40			CABAÑAS
565	592	PABLO PITA RODRÍGUEZ	VT1M- 125	00:56:19	00:05:38	00:55:41		MTB BIELA E CHAVETA	NARÓN
566	756	SUSANA FORTUNA GÓMEZ	VT2F- 26	00:56:19	00:05:38	00:55:40			NARÓN
567	22	ABRAHAM LOPEZ FEIJOO	VT1M- 126	00:56:20	00:05:38	00:55:54		ATLETISMO A GÁNDARA MONFORTE	MONFORTE DE LEMOS
568	539	GUILLY GARCÍA IGLESIAS	VT2F- 27	00:56:25	00:05:39	00:55:57		CLUB ATLETISMO SADA	OLEIROS
569	541	MARCO POLO LAMAS	VT2M- 192	00:56:25	00:05:39	00:55:57		CLUB ATLETISMO SADA	CULLEREDO
570	836	MERCEDES MARGARETO NOYA	VT2F- 28	00:56:29	00:05:39	00:55:40			ARES
571	980	DANA VISPO RODRÍGUEZ	SNF- 13	00:56:29	00:05:39	00:55:45			FERROL
572	625	ANA Mª FERNÁNDEZ COSTOYAS	VT1F- 21	00:56:34	00:05:40	00:56:10		URBAN RUNNERS SANTIAGO	AMES
573	642	ANGELES AMOR GARCIA	VT2F- 29	00:56:40	00:05:40	00:56:19			SADA
574	823	MANUEL LÓPEZ MUIÑOS	VT4M- 22	00:56:46	00:05:41	00:55:58			FENE
575	654	PABLO BASTERRECHEA ROCA	XVM- 5	00:56:55	00:05:42	00:56:19			FERROL
576	679	ALBERTO CAAVEIRO VILABOY	XVM- 6	00:56:55	00:05:42	00:56:20			FERROL
577	866	DIEGO PAZ COTILLA	XVM- 7	00:56:55	00:05:42	00:56:21			FERROL
578	726	ANTONIA DEIVE REY	VT3F- 6	00:57:00	00:05:42	00:56:20			NARÓN
579	886	DIEGO PORTO MARGARIDE	VT1M- 127	00:57:02	00:05:43	00:56:39			FERROL
580	212	JOSE ANTONIO BOCELO PRIETO	VT3M- 69	00:57:07	00:05:43	00:56:33			O TEMPLE
581	863	JOSÉ PANTÍN LÓPEZ	VT4M- 23	00:57:11	00:05:44	00:56:47			NARÓN
582	352	MARIA ISABEL SISTO VAZQUEZ	VT2F- 30	00:57:19	00:05:44	00:57:10			OUTEIRO DE REI
583	661	ALEX BELLO MARTINEZ	VT1M- 128	00:57:21	00:05:45	00:56:43			FERROL

584	892	MARIA RAMIL HERMIDA	VT2F- 31	00:57:25	00:05:45	00:57:11			CULLEREDO
585	368	MARIA VAZQUEZ AVILES	VT1F- 22	00:57:25	00:05:45	00:57:12			A CORUÑA
586	831	MARIA DOLORES LOZANO RODRIGUEZ	VT2F- 32	00:57:25	00:05:45	00:57:11			FERROL
587	734	MANUEL JAVIER DIAZ VARELA	VT4M- 24	00:57:39	00:05:46	00:57:00			FERROL
588	851	BELÉN MOURIÑO CARBALLIDO	VT2F- 33	00:57:43	00:05:47	00:57:04			FERROL
589	874	LOURDES PEREIRA BECEIRO	VT2F- 34	00:57:45	00:05:47	00:57:17			FERROL
590	643	BELÉN ANEIROS REY	VT2F- 35	00:57:45	00:05:47	00:57:17			NARÓN
591	936	DOLORES SÁNCHEZ VIDAL	VT2F- 36	00:57:45	00:05:47	00:57:16			FERROL
592	725	FERNANDO DE ROSENDE GARCÍA	VT3M- 70	00:57:47	00:05:47	00:57:07			FERROL
593	296	TANIA MARTÍNEZ RAMILO	VT2F- 37	00:58:08	00:05:49	00:57:29			MIÑO
594	968	MERCEDES VAZQUEZ FREIRE	VT1F- 23	00:58:10	00:05:49	00:57:34			NEDA
595	870	LIDIA PENA MEDÍN	SNF- 14	00:58:13	00:05:50	00:57:30			FERROL
596	682	RODRIGO CAJAMARCA RIVERA	SNM- 79	00:58:15	00:05:50	00:57:53			FERROL
597	510	PAULA GAINZA DE JUAN	SNF- 15	00:58:23	00:05:51	00:57:38		ALTAFIT	FERROL
598	514	RUBÉN ROMERO SEQUEIRO	SNM- 80	00:58:23	00:05:51	00:57:38		ALTAFIT	FERROL
599	872	SUSO PENA SOUTO	VT3M- 71	00:58:25	00:05:51	00:57:43			FERROL
600	744	CRISTINA FACHAL PIÑEIRO	SNF- 16	00:58:42	00:05:53	00:57:56			PONTEDEUME
601	230	JORGE CRIADO PRIETO	VT2M- 193	00:58:46	00:05:53	00:57:59			FERROL
602	280	TERESA LÓPEZ DE LA VEGA	VT2F- 38	00:58:46	00:05:53	00:57:59			FERROL
603	321	RALUCA MIHAELA POENAR	SNF- 17	00:58:52	00:05:54	00:58:02			A CORUÑA
604	971	JOSE ANTONIO VEGA ARIAS	VT4M- 25	00:58:53	00:05:54	00:58:37			NEDA
605	28	ROCÍO FONTAO BARRO	VT2F- 39	00:59:07	00:05:55	00:58:35		ATLETISMO OLYMPO	NEDA
606	27	MODESTO BARRO ROCHELA	VT3M- 72	00:59:07	00:05:55	00:58:34	GA-19884	ATLETISMO OLYMPO	AS PONTES
607	554	MANUEL LUACES RODRIGUEZ	VT4M- 26	00:59:31	00:05:58	00:58:43		CLUB DE CAMPO	FERROL
608	650	NOA BARRO CALVO	XVF- 3	00:59:36	00:05:58	00:59:00			FERROL
609	225	MARTA MARÍA CONDE CHAO	VT2F- 40	00:59:54	00:06:00	00:59:17			NARÓN
610	750	ROSA FERNÁNDEZ VALDIVIESO	VT2F- 41	00:59:55	00:06:00	00:59:32			FERROL
611	887	MARÍA PRADO	XVF- 4	01:00:10	00:06:01	00:59:33			FERROL
612	629	ALEJANDRO ACEA BODELÓN	SNM- 81	01:00:11	00:06:02	00:59:27			FERROL
613	144	IAGO VEIGA LÓPEZ	SNM- 82	01:00:11	00:06:02	00:59:27		O SILBATO	A CORUÑA
614	630	NEREA ACEBO BUSTABAD	SNF- 18	01:00:11	00:06:02	00:59:27			A CORUÑA
615	924	JUSTO ROMERO MARTIÑO	VT3M- 73	01:00:28	00:06:03	00:59:57			FERROL
616	582	MODESTO LOPEZ ROSALES	VT3M- 74	01:00:58	00:06:06	01:00:05		ESCUELA ANTONIO DE ESCAÑO	NARÓN
617	802	XOSÉ ANTÓN IGLESIAS BROCOS	VT2M- 194	01:01:00	00:06:06	01:00:09			CEDEIRA
618	563	RAQUEL FREIRÍA	SNF- 19	01:01:09	00:06:07	01:00:21		CLUB TRIEUME	AS PONTES
619	935	CARLA SÁNCHEZ HONRUBIA	SNF- 20	01:01:13	00:06:08	01:00:50			PONFERRADA
620	974	ALEXANDRO VEIGA RAMOS	VT1M- 129	01:01:13	00:06:08	01:00:50			FERROL
621	912	FERNANDO RODRIGUEZ FERNANDEZ	SNM- 83	01:01:26	00:06:09	01:00:41			FERROL
622	921	ELISA ROJO LOPEZ	SNF- 21	01:01:26	00:06:09	01:00:41			FERROL
623	759	EVA FUERTES DOPICO	VT2F- 42	01:02:34	00:06:16	01:01:48			FERROL
624	540	AMELIA MEIJIDE MARTINEZ	VT3F- 7	01:02:35	00:06:16	01:02:08		CLUB ATLETISMO SADA	OLEIROS
625	844	SONIA MESÍA LÓPEZ	VT2F- 43	01:03:10	00:06:19	01:02:36			FERROL

626	717	FERNANDO COUSELO BARRIO	VT3M- 75	01:04:08	00:06:25	01:03:24	SANTIAGO DE COMPOSTEL
627	747	NOELIA FERNANDEZ FERNANDEZ	VT1F- 24	01:04:08	00:06:25	01:03:24	NARON
628	758	JORGE FREIRE GÓMEZ	VT3M- 76	01:04:41	00:06:29	01:03:55	NARÓN
629	9	CARMEN FERNÁNDEZ VILAR	VT1F- 25	01:04:48	00:06:29	01:03:59	ABRENTE LUGO LUGO
630	8	JOSE MANUEL EDROSA FOLGUEIRA	VT2M- 195	01:04:50	00:06:29	01:04:02	ABRENTE LUGO LUGO
631	375	LUCÍA M. VILLASENÍN VAAMONDE	VT1F- 26	01:05:12	00:06:32	01:04:36	A CORUÑA
632	694	SUSANA CARTELLE LOUREIRO	VT1F- 27	01:05:32	00:06:34	01:04:41	FERROL
633	632	EMILIO ALAGE CARBALLEIRA	VT3M- 77	01:05:35	00:06:34	01:05:11	MIÑO
634	931	JOSE LUIS SALORIO DERUNGS	VT1M- 130	01:05:39	00:06:34	01:05:15	FERROL
635	521	FRANCISCO JOSE LOPEZ TEIJEIRO	VT3M- 78	01:08:30	00:06:51	01:07:40	BE ONE A MALATA NARÓN
636	816	SILVANA LOPEZ CARBALLO	SNF- 22	01:12:17	00:07:14	01:11:45	ARES
Desc	810	MIGUEL ANGEL LAGO FERNÁNDEZ	VT1M-Desc	00:40:02	00:04:01	00:40:02	NARÓN
Desc	809	ROBERTO CARLOS LAGO FERNÁNDEZ	VT1M-Desc	00:42:51	00:04:18	00:42:51	NARÓN

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FERROL,08 DE ENERO DE 2017

Mañana

Ruta conxunta CADETE

CADETE Prueba - 10:00 Impresa: 08.01.2017 11:17

CADETE

Pto.	Dorsal	Licencia	Apelidos e nome / Clube	Ano	Marca	
1	516	DCF170502	DAVID CAMPOS FERNANDEZ TRIF - TRIATLON FERROL	CD 2002	8.01	0
2	551	JMR121202	JORGE MORADO RUIZ TRIF - TRIATLON FERROL	CD 2002	8.08	0
3	535	RDR040603	ROI DOPICO REY TRIF - TRIATLON FERROL	CD 2003	8.15	0
4	250	JBC300802	JAVIER BLAS CERNADAS RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2002	8.26	0
5	249	PLL101002	PABLO LAGOA LOUREIRO RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2002	8.36	0
6	247	mvr250802	MIGUEL VILARO RODRIGUEZ RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2002	8.38	0
7	954	NVF240802	NORDES VENTUREIRA FERNANDEZ TNNA - TRIATLON NAUTICO NARON	CD 2002	8.50	0
8	600	HPL040403	HUGO PRIDA LOBELOS TRIF - TRIATLON FERROL	CD 2003	8.51	0
9	445	IBL060702	IRENE BARREIRO LOPEZ RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2002	8.53	0
10	553	AOS200902	ALVARO ORDIALES SENDON TRIF - TRIATLON FERROL	CD 2002	8.55	0
11	452	SVR230903	SILVIA VARELA ROCA RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2003	8.55	0
12	544	MJE180203-1	MARIA DEL CARMEN JIMENEZ EZQUERRA TRIF - TRIATLON FERROL	CD 2003	9.03	0
13	443	NFF210602	NURIA FERNANDEZ FONTICOBIA RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2002	9.17	0
14	458	MRC130303	MARTA REY CASTRO RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2003	9.22	0
15	872	NLF021003	NATALIA LOPEZ FERNANDEZ RIAC - RIA FERROL-CONCEPCION ARENAL	CD 2003	9.24	0
16	613	ALL010103	ANDREA LOPEZ LOPEZ CNC - CLUB NATACION CEDEIRA	CD 2003	9.32	0
17	603	MRC070303	MANUEL ROMERO CABAILEIRO TRIF - TRIATLON FERROL	CD 2003	9.35	0
18	986	-	VICTOR ROCA RIVERA IND - INDEPENDIENTE	CD 2002	9.38	0
19	807	-	ALAN ROIBAS SANTOS CAS - C.A. SADA	CD 2002	9.58	0

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20	802	RBR261202	ROI BLANCO RODRIGUEZ <i>TNNA - TRIATLON NAUTICO NARON</i>	CD 2002	9.58	0
21	871	ALC220903	AINHOA LOPEZ CORDERO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	CD 2003	10.20	0
22	459	CMT080703	CHLOE MIGNOT TEIJEIRO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	CD 2003	10.32	0
23	704	LCP201203	LUCIA COUCEIRO POLO <i>EAPM - ESCUELAS A. PAULA MAYOBRE</i>	CD 2003	10.39	0
24	953	IOT200603	INES OVIES TESTA <i>TNNA - TRIATLON NAUTICO NARON</i>	CD 2003	11.08	0

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Ruta conxunta INFANTIL

Hora de la prueba - 10:25 Impresa: 08.01.2017 11:1€

Pto.	Dorsal	Licencia	Apellidos e nome / Clube	Ano	Marca	
1	601	ARR160104	ALEJANDRO RODRIGUEZ RILO TRIF - TRIATLON FERROL	IN 2004	5.45	0
2	478	AAM131205	ALVARO ARMENTEROS MUIÑO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.01	0
3	471	RGG041105	RAUL GIL GUNDIN RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.05	0
4	550	RMR301204	RUBEN MORADO RUIZ TRIF - TRIATLON FERROL	IN 2004	6.10	0
5	473	MPO040805	MARTIN PAZOS OCAMPO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.14	0
6	141	SSM080805	SERGIO SOTO MANTEIGA NARO - ATLETISMO NARON	IN 2005	6.20	0
7	477	MRT290405	MARTIN RODRIGUEZ TOJEIRO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.25	0
8	970	-	ENMA ARGIBAY DOMINGUEZ IND - INDEPENDIENTE	IN 2005	6.25	0
9	482	AVC171005	ANGEL VIDAL CIBREIRO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.29	0
10	522	SCH171005	SABELA CANEIRO HERMIDA TRIF - TRIATLON FERROL	IN 2005	6.32	0
11	507	LBM170505	LUCIA BLANCO MENDEZ RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.33	0
12	994	RCV080204	RAFAEL COUCE VAZQUEZ SXTM - SAN XOAN T.M.	IN 2004	6.40	0
13	607	CTA111104	CARLOTA TEIJEIRO ALVAREZ TRIF - TRIATLON FERROL	IN 2004	6.43	0
14	514	APB020804	AROA PERMUY BOUZA RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2004	6.45	0
15	510	ESA081005	EVA SERANTES ANTON RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.48	0
16	532	BCC050505	BRUNO CASTRO CARBALLEIRA TRIF - TRIATLON FERROL	IN 2005	6.52	0
17	608	AVG110705	ALBA VEIGA GARCIA TRIF - TRIATLON FERROL	IN 2005	6.54	0
18	724	pla091205	PALOMA LARRAÑAGA ALBERT RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	6.59	0
19	143	LRP220104	LAURA RODRIGUEZ PAZ NARO - ATLETISMO NARON	IN 2004	6.59	0
20	940	-	JUDITH LAGO VARELA CAS - C.A. SADA	IN 2004	7.00	0

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21	150	NFC250805	NEREA FREIRE CASTRO NARO - ATLETISMO NARON	IN 2005	7.02	0
22	149	MHJ060604	MARIA HERAS JUSTO NARO - ATLETISMO NARON	IN 2004	7.03	0
23	489	MPA270205	MARINA PAJON AREA RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	7.05	0
24	5	UMA291105	UNAI MARDARAZ ALVAREZ LUD - LUDY	IN 2005	7.08	0
25	997	PPO270604	PABLO PIÑEIRO OTERO SXTM - SAN XOAN T.M.	IN 2004	7.10	0
26	142	ALL050305	ADRIAN LOPEZ LOPEZ NARO - ATLETISMO NARON	IN 2005	7.13	0
27	491	LVR070604	LUCIA VAZQUEZ RAMIL RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2004	7.16	0
28	116	HFM140504	HUGO FRAGA MOSQUERA CCAB - CONCELLO DE CABAÑAS	IN 2004	7.19	0
29	503	ROU110204	ROSALINDA OGGIE UGO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2004	7.22	0
30	734	ABM101105	ANGEL BREIJO MARTINEZ CNC - CLUB NATACION CEDEIRA	IN 2005	7.23	0
31	512	CRL310105	CANDELA RUIZ LOPEZ RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	7.26	0
32	140	RDF010105	ROI DIAZ FONTICOBIA NARO - ATLETISMO NARON	IN 2005	7.30	0
33	760	-	PABLO GOMEZ PREGO IND - INDEPENDIENTE	IN 2005	7.30	0
34	605	LSG111104	LUCIA SANTALLA GARCIA TRIF - TRIATLON FERROL	IN 2004	7.35	0
35	505	DSF011105	DANIELA SOTO FIDALGO RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	7.40	0
36	966	-	AROA TEIJEIRO SEVILLA NTSF - NOE TRAINERS STUDIO FERROL	IN 2005	7.42	0
37	15	MGC010105	MANUELA GONZALEZ-AÑON CAGIGAO LUD - LUDY	IN 2005	7.51	0
38	604	IRS070604	INES ROSA SALGADO TRIF - TRIATLON FERROL	IN 2004	7.51	0
39	991	-	MARTINA SOTO FIDALGO IND - INDEPENDIENTE	IN 2005	8.39	0
40	494	ADM200605	ANGELA DIAZ MEDIN RIAC - RIA FERROL-CONCEPCION ARENAL	IN 2005	9.37	0
41	8	DFV090605	DAVID FEIJOO VILLAR LUD - LUDY	IN 2005	10.37	0

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Ruta conxunta ALEVIN

Hora de la prueba - 10:40 Impresa: 08.01.2017 11:20

Pto.	Dorsal	Licencia	Apelidos e nome / Clube	Ano	Marca	
1	676	DSC080207	DAMIAN SUAREZ COUTO CNC - CLUB NATACION CEDEIRA	AL 2007	3.15	0
2	159	ARA040506	ADRIAN RIVADULLA ALONSO RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.17	0
3	170	PNR160906	PAULA NIETO RUIZ RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.19	0
4	158	MPC120806	MARCOS PEREZ CALVO RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.22	0
5	190	ABL141006	ALICIA BARREIRO LOPEZ RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.22	0
6	166	NRC150207	NOEL RODRIGUEZ CRESPO RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	3.24	0
7	192	NVR220506	NATALIA VIGO RIVAS RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.26	0
8	956	JMR100306	JULIA MANEIROS RODRIGUEZ TNNA - TRIATLON NAUTICO NARON	AL 2006	3.27	0
9	538	IGR220306	INES GOMEZ RILO TRIF - TRIATLON FERROL	AL 2006	3.34	0
10	996	DBF290806	DANIEL BARRAN FRANCO SXTM - SAN XOAN T.M.	AL 2006	3.35	0
11	969	-	DARIO AMBITE SANTANA IND - INDEPENDIENTE	AL 2006	3.37	0
12	999	MPO260606	MARTIN PIÑEIRO OTERO SXTM - SAN XOAN T.M.	AL 2006	3.38	0
13	616	ARP161107	ALBERTO RODRIGUEZ PRIETO CNC - CLUB NATACION CEDEIRA	AL 2007	3.38	0
14	536	DGC290407	DAVID GARROTE CAMOIRA TRIF - TRIATLON FERROL	AL 2007	3.39	0
15	541	DGP120507	DIEGO GONZALEZ PERNAS TRIF - TRIATLON FERROL	AL 2007	3.39	0
16	606	RTA100507	REBECA TEIJEIRO ALVAREZ TRIF - TRIATLON FERROL	AL 2007	3.40	0
17	537	HGB170406	HUGO GOIRIZ BRAÑAS TRIF - TRIATLON FERROL	AL 2006	3.40	0
18	526	PCL111107	PABLO CANEIRO LORENZO TRIF - TRIATLON FERROL	AL 2007	3.41	0
19	162	LFV270506	LUIS FARALDO VICARIO RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	3.43	0
20	33	IPC290107	IKER PAREDES CASTRO MERF - COLEGIO MERCEDARIAS	AL 2007	3.46	0

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21	123	MVS250106	MARTA VENTURA SANTOS NARO - ATLETISMO NARON	AL 2006	3.46	0
22	814	-	ADRIAN CERNADAS VARELA CAS - C.A. SADA	AL 2006	3.48	0
23	546	BLG311207	BORJA LOPEZ GONZALEZ TRIF - TRIATLON FERROL	AL 2007	3.46	0
24	615	LRD090907	LUCAS RIOLA DELGADO CNC - CLUB NATACION CEDEIRA	AL 2007	3.49	0
25	743	AGM120107	ANTONIO GRAÑA MONTERO COAP - CLUB OLYMPO AS PONTES	AL 2007	3.51	0
26	599	APS231206	AINARA PITA SANCHEZ TRIF - TRIATLON FERROL	AL 2006	3.51	0
27	543	AJE191107	ANA MARIA JIMENEZ EZQUERRA TRIF - TRIATLON FERROL	AL 2007	3.53	0
28	674	SSG240807	SAMUEL SANCHEZ GRANDAL CNC - CLUB NATACION CEDEIRA	AL 2007	3.56	0
29	196	GSM200107	GABRIELA SERANTES MARTIN RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	3.56	0
30	195	AAP180107	AROA AMADO PRIETO RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	3.57	0
31	169	LGR170107	LIDIA GRIMAL ROCA RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	3.57	0
32	171	AMM110207	ARIANNA VICTORIA MUÑOZ MUJICA RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	3.58	0
33	726	MGR010106	MIGUEL GIL RAMOS LUD - LUDY	AL 2006	3.58	0
34	126	-	IRENE VAZQUEZ GARCIA NARO - ATLETISMO NARON	AL 2006	3.59	0
35	157	MCF121207	MANUEL CARRACEDO FERNANDEZ RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	4.00	0
36	964	-	HUGO TEIJEIRO SEVILLA NTSF - NOE TRAINERS STUDIO FERROL	AL 2007	4.01	0
37	29	MGR030107	MANUEL GOMEZ ROMEU MERF - COLEGIO MERCEDARIAS	AL 2007	4.04	0
38	182	PBL291207	CARLA BELLO LUGRIS RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2007	4.05	0
39	949	LBR030906	LUCAS BLANCO RODRIGUEZ TNNA - TRIATLON NAUTICO NARON	AL 2006	4.06	0
40	32	MGO111007	MARCOS GOMEZ OTERO MERF - COLEGIO MERCEDARIAS	AL 2007	4.07	0
41	187	NLB140106	NAIARA LOPEZ BOUZA RIAC - RIA FERROL-CONCEPCION ARENAL	AL 2006	4.08	0
42	81	XGL171207	XES GARCIA LOPEZ CCAB - CONCELLO DE CABAÑAS	AL 2007	4.08	0

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43	83	TFM250207	TEO FRAGA MOSQUERA CCAB - CONCELLO DE CABAÑAS	AL 2007	4.09	0
44	562	MPG200907	MANUEL PEDROSA GALAN TRIF - TRIATLON FERROL	AL 2007	4.10	0
45	985	-	LARA RIOS CALVO IND - INDEPENDIENTE	AL 2006	4.10	0
46	41	YLA081006	YASMIN LONGAS ARIAS MERF - COLEGIO MERCEDARIAS	AL 2006	4.13	0
47	518	MCF291207	MARTA CAMPOS FERNANDEZ TRIF - TRIATLON FERROL	AL 2007	4.13	0
48	959	RVV010207	RAUL VILLARES VAZQUEZ TNNA - TRIATLON NAUTICO NARON	AL 2007	4.15	0
49	121	J0DGJ080906	JUAN DANIEL GRANDAL JOHN NARO - ATLETISMO NARON	AL 2006	4.19	0
50	545	MLM180907	MARIO LEIRACHA MAHIA TRIF - TRIATLON FERROL	AL 2007	4.21	0
51	952	DEN050906	DANIEL ESPIÑEIRA NAVIERA TNNA - TRIATLON NAUTICO NARON	AL 2006	4.26	0
52	732	AFG050906	AISSA FUERTES GARCIA LUD - LUDY	AL 2006	4.41	0
53	958	SVF200907	SEREA VENTUREIRA FERNANDEZ TNNA - TRIATLON NAUTICO NARON	AL 2007	5.20	0

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Mañana

Ruta conxunta BENXAMIN

Hora de la prueba - 10:50 Impresa: 08.01.2017 11:20

Pto.	Dorsal	Licencia	Apellidos e nome / Clube	Ano	Marca	
1	749	MGD130208	MARTIN GAREA DORRIO <i>TIR - TIRSO DE MOLINA</i>	BN 2008	2.58	0
2	133	APS261108	ALBA PENA SOTO <i>NARO - ATLETISMO NARON</i>	BN 2008	3.00	0
3	723	GVM090108	GAEL VARELA MORENO <i>JJ - JORGE JUAN</i>	BN 2008	3.03	0
4	132	NBV180208	NADIA BRAÑAS VILLAR <i>NARO - ATLETISMO NARON</i>	BN 2008	3.06	0
5	521	DCH120808	DAVID CANEIRO HERMIDA <i>TRIF - TRIATLON FERROL</i>	BN 2008	3.06	0
6	49	PVM160309	PABLO VAZQUEZ MAIZTEGUI <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.09	0
7	134	NSD010908	NOA SOUTO DURAN <i>NARO - ATLETISMO NARON</i>	BN 2008	3.12	0
8	138	AAG170908	ANTIA ARNOSO GAMALLO <i>NARO - ATLETISMO NARON</i>	BN 2008	3.12	0
9	129	AOS210408	ANDRE ORDIALES SENDON <i>NARO - ATLETISMO NARON</i>	BN 2008	3.14	0
10	988	-	MATEO ROUCO ROUCO <i>IND - INDEPENDIENTE</i>	BN 2008	3.16	0
11	971	-	NATALIA ARGIBAY DOMINGUEZ <i>IND - INDEPENDIENTE</i>	BN 2008	3.18	0
12	198	ORC120708	OSCAR RODRIGUEZ CANEIRO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2008	3.18	0
13	967	-	PEPE ALONSO FERNANDEZ <i>IND - INDEPENDIENTE</i>	BN 2008	3.19	0
14	48	ARP280409	ADRIAN RODRIGUEZ PAZ <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.20	0
15	741	DGM240609	DAVID GRAÑA MONTERO <i>COAP - CLUB OLYMPO AS PONTES</i>	BN 2009	3.21	0
16	206	RRC060609	RAUL RODRIGUEZ CANEIRO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.22	0
17	3	ADRN140408	ALEJANDRO DIAZ-ROBLES PAZOS <i>LUD - LUDY</i>	BN 2008	3.23	0
18	27	ALL160908-1	AITANA LATA LORENZO <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2008	3.25	0
19	998	YPO010408	YAGO PIÑEIRO OTERO <i>SXTM - SAN XOAN T.M.</i>	BN 2008	3.26	0
20	207	BDL010109	BILLY DELGADO LOPEZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.27	0

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21	232	VVP230409	VARIK VARELA PICO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.27	0
22	238	OSR270709	OLGA SANCHEZ ROMAR <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.33	0
23	711	MAG060609	MANUEL AMORIN GOMEZ <i>EAPM - ESCUELAS A. PAULA MAYOBRE</i>	BN 2009	3.34	0
24	735	-	enma argibay dominguez <i>TNNA - TRIATLON NAUTICO NARON</i>	BN 2009	3.38	0
25	16	BLA150608	BRAIS LONGA ARIAS <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2008	3.39	0
26	26	ALL160908	ADRIAN LATA LORENZO <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2008	3.41	0
27	137	PMC070909	PAULA MOUZO CURRAS <i>NARO - ATLETISMO NARON</i>	BN 2009	3.46	0
28	738	CCF070909	CANDELA COUCE FERREIRO <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.51	0
29	719	PSP140509	PEDRO SEIJAS PELLON <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.51	0
30	705	CCP080909	CLARA COUCEIRO POLO <i>EAPM - ESCUELAS A. PAULA MAYOBRE</i>	BN 2008	3.53	0
31	43	LLA130609	LEO LONGA ARIAS <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.54	0
32	213	ITP120409	ISAAC TIERRA POUSADA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.54	0
33	209	ACM290409	ANTON CASANOVA MOSQUERA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	3.55	0
34	35	EBV080109	ELENA BALDONEDO VILA <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	3.57	0
35	799	DCC021208	DIEGO COUTO CHAVES <i>TNNA - TRIATLON NAUTICO NARON</i>	BN 2008	4.01	0
36	52	OGR230309	OSCAR GOMEZ ROMEU <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	4.03	0
37	977	-	PABLO HINOJO GARCIA <i>IND - INDEPENDIENTE</i>	BN 2008	4.04	0
38	245	IFT150909	ICIA FRAGUELA TRASTOY <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	4.06	0
39	979	-	IAGO MEDEL CENDAN <i>IND - INDEPENDIENTE</i>	BN 2009	4.06	0
40	968	-	DANIEL AMBITE SANTANA <i>IND - INDEPENDIENTE</i>	BN 2008	4.06	0
41	242	MGP170408	MARTA GOMEZ PICO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2008	4.08	0
42	24	IAR051109	IRIA ALLER REY <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2009	4.08	0

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43	993	-	CARLOTA VEIGA GARCIA <i>IND - INDEPENDIENTE</i>	BN 2009	4.10	0
44	210	JRM210508	JOSE ANTONIO RAMOS MARTINEZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2008	4.24	0
45	677	HCP061008	HUGO CORRAL PITA <i>JJ - JORGE JUAN</i>	BN 2008	4.29	0
46	751	AAA090409	ALBERTO ALONSO ALVAREZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i>	BN 2009	4.35	0
47	957	ARG240308	AURORA RODRIGUEZ GARCIA <i>TNNA - TRIATLON NAUTICO NARON</i>	BN 2008	4.35	0
48	23	CBL061208	CARLOS BOTANA LOPEZ <i>MERF - COLEGIO MERCEDARIAS</i>	BN 2008	5.06	0