

## 28 CARREIRA POPULAR DO GUNDIAN 2019

15 SETEMBRO 2019

- GENERAL -

GALITIMING  
DUWILIM

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
1	1	57	COSTA , NUNO	MALE	CAT - E - M		00:13:25		03:22 min/Km
2	2	170	PUIG MALVAR , JORGE	MALE	CAT - E - M	CAS	00:13:48	+00:00:23	03:27 min/Km
3	3	40	CANDA LOUZAO , JOSE	MALE	CAT - E - M	ATLETISMO ARENTEIRO	00:14:13	+00:00:48	03:34 min/Km
4	1	25	BARROS GONZÁLEZ , ABEL	MALE	CAT - F - M	ATLETISMO +9 MORAÑA	00:14:23	+00:00:58	03:36 min/Km
5	4	173	REQUEIJO REQUEIJO , SERGIO	MALE	CAT - E - M	ATLETISMO ARENTEIRO	00:14:47	+00:01:22	03:42 min/Km
6	1	164	PICÓN MONTERO , BRAIS	MALE	CAT - C - M	ATLETISMO FONTES DO SAR	00:14:50	+00:01:25	03:43 min/Km
7	2	225	VEIGA IGLESIAS , SAMUEL	MALE	CAT - F - M		00:14:54	+00:01:29	03:44 min/Km
8	3	228	VIEITES CARBALLO , MANUEL	MALE	CAT - F - M	CLUBE ATLETISMO CUNTIS	00:14:56	+00:01:31	03:44 min/Km
9	5	65	DOPAZO FERREIRO , JACOBO	MALE	CAT - E - M	CLUB ATLETISMO SANTIAGO	00:15:15	+00:01:50	03:49 min/Km
10	4	36	BUJAN OTERO , JOSE CARLOS	MALE	CAT - F - M	NOITEBRA FC	00:15:17	+00:01:52	03:50 min/Km
11	1	126	MAYOBRE GONZÁLEZ , PAULA	FEMALE	CAT - E - F	ESCOLA DE ATLETISMO PAULA MAYOBRE	00:15:23	+00:01:58	03:51 min/Km
12	6	78	FRAGA ADRIO , CARLOS	MALE	CAT - E - M	CLUB ATLETISMO O PINO	00:15:36	+00:02:11	03:54 min/Km
13	5	221	VALLE LÓPEZ , ÓSCAR	MALE	CAT - F - M	NOITEBRA	00:15:53	+00:02:28	03:59 min/Km
14	6	84	GARCIA RODRIGUEZ , JORGE MANUEL	MALE	CAT - F - M	NOITEBRA FC	00:15:55	+00:02:30	03:59 min/Km
15	7	229	VILLAR RODRIGUEZ , RICARDO	MALE	CAT - F - M	NOITEBRA	00:16:01	+00:02:36	04:01 min/Km
16	8	35	BROCOS MAREQUE , EDUARDO	MALE	CAT - F - M		00:16:16	+00:02:51	04:04 min/Km
17	2	131	MOSQUERA LOSADA , SANDRA	FEMALE	CAT - E - F	ADAS PROINOR	00:16:17	+00:02:52	04:05 min/Km
18	9	81	GARCIA IGLESIAS , JESUS	MALE	CAT - F - M	INDEPENDIENTE	00:16:19	+00:02:54	04:05 min/Km
19	7	119	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	CAT - E - M	CDM VÉRTICE	00:16:24	+00:02:59	04:06 min/Km
20	10	38	CAJARAVILLE ARAÚJO , HÉCTOR	MALE	CAT - F - M	INDEPENDIENTE	00:16:29	+00:03:04	04:08 min/Km
21	8	10	ÁLVAREZ JORGE , MOISÉS	MALE	CAT - E - M	CDM VÉRTICE	00:16:33	+00:03:08	04:09 min/Km
22	11	196	ROSENDE BREA , JOSE	MALE	CAT - F - M	CAI A ESTRADA	00:16:35	+00:03:10	04:09 min/Km
23	9	13	ARIAS ALVAREZ , HUGO	MALE	CAT - E - M	CDM VÉRTICE	00:16:41	+00:03:16	04:11 min/Km
24	10	43	CAPELO , EFRÉN	MALE	CAT - E - M	NOITEBRA FC	00:16:42	+00:03:17	04:11 min/Km
25	2	5	ALONSO REY , SEMAHEGN	MALE	CAT - C - M	CLUB ATLETISMO A ESTRADA	00:16:46	+00:03:21	04:12 min/Km
26	12	167	PORTO ÁLVAREZ , ANTONIO	MALE	CAT - F - M	INDEPENDIENTE	00:16:48	+00:03:23	04:12 min/Km
27	11	220	VALLE FREIRE , IVAN	MALE	CAT - E - M	INDEPENDIENTE	00:17:00	+00:03:35	04:15 min/Km
28	12	101	IGLESIAS LÓPEZ , CARLOS	MALE	CAT - E - M	CDM VÉRTICE	00:17:08	+00:03:43	04:17 min/Km
29	13	113	LUENGO DELGADO , PABLO	MALE	CAT - F - M		00:17:12	+00:03:47	04:18 min/Km
30	14	124	MARTINEZ RICO , ALBERTO	MALE	CAT - F - M	CDM VÉRTICE	00:17:16	+00:03:51	04:19 min/Km
31	13	97	IGLESIAS DOMINGUEZ , PABLO	MALE	CAT - E - M	NOITEBRA FC	00:17:19	+00:03:54	04:20 min/Km
32	14	79	GARCÍA , DIEGO	MALE	CAT - E - M	INDEPENDIENTE	00:17:21	+00:03:56	04:21 min/Km
33	15	7	ALVAREZ , MARCOS	MALE	CAT - F - M	CDM VÉRTICE	00:17:26	+00:04:01	04:22 min/Km

## - GENERAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
34	16	137	NEIRA BARRAL , DANIEL	MALE	CAT - F - M		00:17:28	+00:04:03	04:22 min/Km
35	17	77	FLORES GARCÍA , SUSO	MALE	CAT - F - M	CLUB ATLETISMO A ESTRADA	00:17:32	+00:04:07	04:23 min/Km
36	18	76	FIGUEIRA , TOÑO	MALE	CAT - F - M	SD BARBANTIA RODA	00:17:33	+00:04:08	04:24 min/Km
37	3	103	IGLESIAS TURNES , YAGO	MALE	CAT - C - M		00:17:35	+00:04:10	04:24 min/Km
38	19	26	BECERRA RODRIGUEZ , DANIËL	MALE	CAT - F - M	NOITEBRA FC	00:17:37	+00:04:12	04:25 min/Km
39	20	189	RODRÍGUEZ FERNÁNDEZ , JULIO	MALE	CAT - F - M	INDEPENDIENTE	00:17:38	+00:04:13	04:25 min/Km
40	15	145	OTERO SALGUEIRO , ALEX	MALE	CAT - E - M	CLUB ATLETISMO A ESTRADA	00:17:40	+00:04:15	04:25 min/Km
41	21	130	MOSQUERA CARBÓN , FRANCISCO JAVIER	MALE	CAT - F - M	CLUB ATLETISMO A ESTRADA	00:17:42	+00:04:17	04:26 min/Km
42	16	168	PORTO ÁLVAREZ , JACOBO	MALE	CAT - E - M		00:17:43	+00:04:18	04:26 min/Km
43	1	33	BREY COUTO , RODRIGO	MALE	CAT - D - M	CLUB ATLETISMO A ESTRADA	00:17:43	+00:04:18	04:26 min/Km
44	22	41	CANICOBA , SANTI	MALE	CAT - F - M	ATLETISMO FONTES DO SAR	00:17:46	+00:04:21	04:27 min/Km
45	17	109	LÓPEZ REY , ADRIAN	MALE	CAT - E - M	INDEPENDIENTE	00:17:47	+00:04:22	04:27 min/Km
46	4	18	BALSA MORENO , RUBÉN	MALE	CAT - C - M	CLUB TRIATLÓN COMPOSTELA	00:17:52	+00:04:27	04:28 min/Km
47	23	34	BREY MATO , ROBERTO	MALE	CAT - F - M	CAI A ESTRADA	00:17:57	+00:04:32	04:30 min/Km
48	24	207	SANMARCO SANTOS , FRANCISCO	MALE	CAT - F - M	ATLETISMO SAR VERMÚ PETRONI	00:17:58	+00:04:33	04:30 min/Km
49	18	206	SANÍN FANDIÑO , ADRIÁN	MALE	CAT - E - M	INDEPENDIENTE	00:17:59	+00:04:34	04:30 min/Km
50	5	201	RUIBAL ROSENDE , MARTÍN	MALE	CAT - C - M	CLUB ATLETISMO A ESTRADA	00:18:00	+00:04:35	04:30 min/Km
51	19	138	NEIRA BARRAL , MANUEL	MALE	CAT - E - M	INDEPENDIENTE	00:18:02	+00:04:37	04:31 min/Km
52	20	70	FEIJOO GARCIA , XURXO	MALE	CAT - E - M	TARTARUGAS	00:18:03	+00:04:38	04:31 min/Km
53	1	12	ARGIBAY DOMÍNGUEZ , ENMA	FEMALE	CAT - C - F	ATLETISMO SAR VERMÚ PETRONI	00:18:09	+00:04:44	04:33 min/Km
54	6	204	SANCHEZ CONDE , FRAN	MALE	CAT - C - M		00:18:10	+00:04:45	04:33 min/Km
55	7	94	GONZALEZ LUGO , ADAN	MALE	CAT - C - M		00:18:10	+00:04:45	04:33 min/Km
56	25	123	MARTINEZ HAYNES , ENRIQUE	MALE	CAT - F - M		00:18:17	+00:04:52	04:35 min/Km
57	26	87	GIL BREA , JOSE ANTONIO	MALE	CAT - F - M	NOITEBRA FC	00:18:25	+00:05:00	04:37 min/Km
58	27	74	FERRERO QUIÑOY , DAVID	MALE	CAT - F - M		00:18:32	+00:05:07	04:38 min/Km
59	21	52	CASTRO PRADO , FERNANDO	MALE	CAT - E - M	INDEPENDIENTE	00:18:35	+00:05:10	04:39 min/Km
60	1	202	SÁEZ BATALLAN , ISABEL	FEMALE	CAT - F - F	CAI A ESTRADA	00:18:37	+00:05:12	04:40 min/Km
61	22	59	DAPENA VILLAVERDE , SANTI	MALE	CAT - E - M		00:18:39	+00:05:14	04:40 min/Km
62	28	91	GONZÁLEZ ADÁN , MANUEL	MALE	CAT - F - M	ATLETISMO DEZA	00:18:40	+00:05:15	04:40 min/Km
63	23	233	ZAS SANDE , JOSE IGNACIO	MALE	CAT - E - M	TAMBRE BIKE&RUNNING	00:18:40	+00:05:15	04:40 min/Km
64	29	102	IGLESIAS SUAREZ , JUAN MIGUEL	MALE	CAT - F - M		00:18:45	+00:05:20	04:42 min/Km
65	8	198	ROSENDE PIÑEIRO , MARTÍN	MALE	CAT - C - M	ATLETISMO FONTES DO SAR	00:18:46	+00:05:21	04:42 min/Km
66	30	200	ROZAS , MARTIN	MALE	CAT - F - M	NOITEBRA FC	00:18:47	+00:05:22	04:42 min/Km

# 28 CARREIRA POPULAR DO GUNDIAN 2019

15 SETEMBRO 2019

- GENERAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
67	31	22	BARRAL LAGO , ANTONIO	MALE	CAT - F - M	RÁPIDO DE PONTEQUIETO	00:18:50	+00:05:25	04:43 min/Km
68	24	211	SOTO BUCETA , SERGIO	MALE	CAT - E - M	C.A.CAMBADOS - SEGUROS NOVAL	00:18:51	+00:05:26	04:43 min/Km
69	32	75	FERRO PISOS , ENRIQUE	MALE	CAT - F - M	INDEPENDIENTE	00:18:54	+00:05:29	04:44 min/Km
70	9	17	BALOIRA LÓPEZ , HUGO	MALE	CAT - C - M	CLUB ATLETISMO A ESTRADA	00:18:55	+00:05:30	04:44 min/Km
71	10	180	RÍO PEREIRA , YAGO DANIEL	MALE	CAT - C - M	INDEPENDIENTE	00:18:55	+00:05:30	04:44 min/Km
72	2	50	CARRACEDO FLORES , LAURA	FEMALE	CAT - C - F	CLUB ATLETISMO A ESTRADA	00:18:57	+00:05:32	04:45 min/Km
73	33	133	MUIÑO CODESIDO , GONZALO	MALE	CAT - F - M	ATLETAS DE ACEADAMA	00:18:59	+00:05:34	04:45 min/Km
74	25	63	DÍAZ PRIETO , DANIEL	MALE	CAT - E - M	ESCOLAR DE ATLETISMO PAULA MAYOBRE	00:18:59	+00:05:34	04:45 min/Km
75	11	64	DIÉGUEZ REY , ROI	MALE	CAT - C - M	CLUB ATLETISMO A ESTRADA	00:19:01	+00:05:36	04:46 min/Km
76	26	172	REDONDO REBOREDO , DANIEL	MALE	CAT - E - M	CDM VÉRTICE	00:19:04	+00:05:39	04:46 min/Km
77	34	108	LÓPEZ PUGA , VÍCTOR M.	MALE	CAT - F - M	INDEPENDIENTE	00:19:07	+00:05:42	04:47 min/Km
78	27	191	RODRÍGUEZ GÓMEZ , MARTIN EUGENIO	MALE	CAT - E - M	NOITEBRA FC	00:19:11	+00:05:46	04:48 min/Km
79	28	148	PARDAL COCA , IVÁN	MALE	CAT - E - M	CLUB ATLETISMO O PINO	00:19:15	+00:05:50	04:49 min/Km
80	29	156	PEDROUZO MATA , PABLO	MALE	CAT - E - M	INDEPENDIENTE	00:19:16	+00:05:51	04:49 min/Km
81	2	174	RETAMAL MUÑIZ , AUREA	FEMALE	CAT - F - F	NOITEBRA FC	00:19:25	+00:06:00	04:52 min/Km
82	35	182	RIVADULLA NEIRA , ALFONSO	MALE	CAT - F - M	CLUB ATLETISMO A ESTRADA	00:19:26	+00:06:01	04:52 min/Km
83	36	165	PIÑEIRO TERZADO , JOSE	MALE	CAT - F - M	CLUB ATLETISMO A ESTRADA	00:19:26	+00:06:01	04:52 min/Km
84	37	19	BALSERA PIECHO , MIGUEL ANGEL	MALE	CAT - F - M	INDEPENDIENTE	00:19:27	+00:06:02	04:52 min/Km
85	3	114	MAGARIÑOS LODEIRO , CARLA	FEMALE	CAT - C - F	ATLETISMO +9 MORAÑA	00:19:28	+00:06:03	04:52 min/Km
86	38	161	PEREIRAS COUTO , ALVARO	MALE	CAT - F - M		00:19:29	+00:06:04	04:53 min/Km
87	39	141	OROSA BAO , PABLO	MALE	CAT - F - M		00:19:31	+00:06:06	04:53 min/Km
88	40	219	VALIÑO CEREIJO , JOSÉ MANUEL	MALE	CAT - F - M		00:19:38	+00:06:13	04:55 min/Km
89	30	171	QUIÑOY VILARIÑO , RUBEN	MALE	CAT - E - M		00:19:38	+00:06:13	04:55 min/Km
90	3	48	CARDESÍN CORTEGOSO , LUCÍA	FEMALE	CAT - E - F	ATLETISMO FEMENINO CELTA	00:19:48	+00:06:23	04:57 min/Km
91	41	96	IGLESIAS CASAL , RICARDO	MALE	CAT - F - M	NOITEBRA FC	00:19:51	+00:06:26	04:58 min/Km
92	4	151	PARRADO PINAQUE , TERE	FEMALE	CAT - E - F	CLUB ATLETISMO O PINO	00:19:52	+00:06:27	04:58 min/Km
93	42	80	GARCÍA ANEIROS , RICARDO	MALE	CAT - F - M	INDEPENDIENTE	00:19:52	+00:06:27	04:58 min/Km
94	31	55	CONDE TABOADA , ADRIAN	MALE	CAT - E - M	INDEPENDIENTE	00:19:54	+00:06:29	04:59 min/Km
95	43	110	LÓPEZ VILLAVERDE , JESÚS	MALE	CAT - F - M	ATLETISMO A ESTRADA	00:19:55	+00:06:30	04:59 min/Km
96	44	72	FERNÁNDEZ OLIVEIRA , JUAN CARLOS	MALE	CAT - F - M	INDEPENDIENTE	00:19:56	+00:06:31	04:59 min/Km
97	45	27	BELMONTE POSE , CARLOS	MALE	CAT - F - M		00:19:59	+00:06:34	04:60 min/Km
98	5	49	CARNEIRO BARROSO , TERESA	FEMALE	CAT - E - F		00:20:02	+00:06:37	05:01 min/Km
99	32	136	NEBRA GONZALEZ , FERNANDO	MALE	CAT - E - M	INDEPENDIENTE	00:20:05	+00:06:40	05:02 min/Km

## - GENERAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
100	33	6	ALVARELLOS BARREIRO , JUAN JOSE	MALE	CAT - E - M	CLUB ATLETISMO O PINO	00:20:11	+00:06:46	05:03 min/Km
101	34	45	CARBALLAL IGLESIAS , ALBERT	MALE	CAT - E - M	A.D.MEDIADUCIA	00:20:12	+00:06:47	05:03 min/Km
102	46	92	GONZALEZ BUGALLO , JOSE ANGEL	MALE	CAT - F - M		00:20:16	+00:06:51	05:04 min/Km
103	47	183	RODIÑO REY , JOAQUIN	MALE	CAT - F - M	ATLETISMO CAMBADOS SEG.NOVAL	00:20:19	+00:06:54	05:05 min/Km
104	35	176	REY LAGO , JESUS	MALE	CAT - E - M	INDEPENDIENTE	00:20:27	+00:07:02	05:07 min/Km
105	48	61	DELGADO GARCÍA , MARCOS	MALE	CAT - F - M	INDEPENDIENTE	00:20:34	+00:07:09	05:09 min/Km
106	3	152	PAZ BERMÚDEZ , PAULA	FEMALE	CAT - F - F		00:20:34	+00:07:09	05:09 min/Km
107	49	186	RODRÍGUEZ COLLAZO , CRISTÓBAL	MALE	CAT - F - M		00:20:50	+00:07:25	05:13 min/Km
108	36	118	MARQUE GONZALEZ , JOSÉ ANTONIO	MALE	CAT - E - M		00:21:00	+00:07:35	05:15 min/Km
109	37	31	BLANCO VALLADARES , ALBERTO	MALE	CAT - E - M		00:21:01	+00:07:36	05:16 min/Km
110	38	99	IGLESIAS FERNÁNDEZ , GONZALO	MALE	CAT - E - M		00:21:04	+00:07:39	05:16 min/Km
111	2	192	RODRÍGUEZ IGLESIAS , MARIO	MALE	CAT - D - M		00:21:04	+00:07:39	05:16 min/Km
112	50	217	TRIGO BAO , MANUEL	MALE	CAT - F - M	INDEPENDIENTE	00:21:09	+00:07:44	05:18 min/Km
113	39	4	ALONSO NODAR , FERNANDO	MALE	CAT - E - M		00:21:11	+00:07:46	05:18 min/Km
114	51	190	RODRIGUEZ FRAMIL , ALFONSO	MALE	CAT - F - M	NOITEBRA	00:21:17	+00:07:52	05:20 min/Km
115	52	115	MALLO BALUJA , JUAN CARLOS	MALE	CAT - F - M	NOITEBRA FC	00:21:17	+00:07:52	05:20 min/Km
116	40	24	BARROS ARAUJO , MANOLO	MALE	CAT - E - M	INDEPENDIENTE	00:21:17	+00:07:52	05:20 min/Km
117	12	184	RODRÍGUEZ CABANA , SANTIAGO	MALE	CAT - C - M	INDEPENDIENTE	00:21:23	+00:07:58	05:21 min/Km
118	41	146	OTERO VILLAVARDE , MARCOS	MALE	CAT - E - M	INDEPENDIENTE	00:21:26	+00:08:01	05:22 min/Km
119	13	213	TOLEDANO GARCIA , AARON	MALE	CAT - C - M	ATLETISMO CAMBADOS SEG.NOVAL	00:21:28	+00:08:03	05:22 min/Km
120	42	47	CARBÓN SUEIRO , FELIPE	MALE	CAT - E - M	CAI A ESTRADA	00:21:28	+00:08:03	05:22 min/Km
121	53	142	OTERO ECHART , MANUEL FRANCISCO	MALE	CAT - F - M	INDEPENDIENTE	00:21:34	+00:08:09	05:24 min/Km
122	54	30	BLANCO BARREIRO , JOSE ANTONIO	MALE	CAT - F - M	INDEPENDIENTE	00:21:34	+00:08:09	05:24 min/Km
123	55	181	RÍOS GIMÉNEZ , ADOFO OMAR	MALE	CAT - F - M	CLUBE .ATLETISMO BOIMORTO	00:21:46	+00:08:21	05:27 min/Km
124	56	95	GONZALEZ ROMERO , MANUEL	MALE	CAT - F - M	INDEPENDIENTE	00:21:51	+00:08:26	05:28 min/Km
125	57	90	GÓMEZ VIAÑO , JOSÉ	MALE	CAT - F - M	INDEPENDIENTE	00:21:57	+00:08:32	05:30 min/Km
126	4	111	LORENZO CHAO , BEATRIZ	FEMALE	CAT - F - F	CAI A ESTRADA	00:22:19	+00:08:54	05:35 min/Km
127	43	169	PORTO CALVELO , BRUNO	MALE	CAT - E - M	INDEPENDIENTE	00:22:22	+00:08:57	05:36 min/Km
128	44	69	FEIJOO GARCIA , LUIS	MALE	CAT - E - M	TARTARUGAS	00:22:24	+00:08:59	05:36 min/Km
129	58	8	ÁLVAREZ CASTRO , XOHAN	MALE	CAT - F - M	INDEPENDIENTE	00:22:34	+00:09:09	05:39 min/Km
130	5	157	PENIDE ALLER , CELIA	FEMALE	CAT - F - F		00:22:53	+00:09:28	05:44 min/Km
131	6	88	GÓMEZ ALMEIDA , LILIANA	FEMALE	CAT - F - F	INDEPENDIENTE	00:22:54	+00:09:29	05:44 min/Km
132	45	51	CASTRO LAGO , MIGUEL	MALE	CAT - E - M		00:22:54	+00:09:29	05:44 min/Km



POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
133	7	54	CODESIDO MONTOIRO , MARIA	FEMALE	CAT - F - F	NOITEBRA FC	00:22:57	+00:09:32	05:45 min/Km
134	59	44	CARBAJALES FERNANDEZ , MANUEL	MALE	CAT - F - M		00:22:59	+00:09:34	05:45 min/Km
135	46	224	VÁZQUEZ VAAMONDE , ADRIÁN	MALE	CAT - E - M	INDEPENDIENTE	00:23:02	+00:09:37	05:46 min/Km
136	60	234	GARCIA RENDO , MANUEL	MALE	CAT - F - M		00:23:03	+00:09:38	05:46 min/Km
137	8	216	TORRES TATO , MARINA	FEMALE	CAT - F - F	INDEPENDIENTE	00:23:07	+00:09:42	05:47 min/Km
138	61	230	VINSEIRO MELLA , JUAN CARLOS	MALE	CAT - F - M	CLUB ATLETISMO A ESTRADA	00:23:16	+00:09:51	05:49 min/Km
139	4	160	PEREIRA TAIBO , MARIA	FEMALE	CAT - C - F		00:23:30	+00:10:05	05:53 min/Km
140	62	56	CONSTENLA JUNQUERA , ANTONIO OSCAR	MALE	CAT - F - M	ATLETISMO FONTES DO SAR	00:23:34	+00:10:09	05:54 min/Km
141	6	86	GESTOSO GAREA , SONIA	FEMALE	CAT - E - F	INDEPENDIENTE	00:23:39	+00:10:14	05:55 min/Km
142	9	106	LODEIRO MATALOBOS , MARISA	FEMALE	CAT - F - F	CAI	00:23:41	+00:10:16	05:56 min/Km
143	10	203	SALGUEIRO FERNÁNDEZ , RAQUEL	FEMALE	CAT - F - F	CAI A ESTRADA	00:23:43	+00:10:18	05:56 min/Km
144	14	60	DE LA TORRE MORUJA , MATEO	MALE	CAT - C - M		00:23:50	+00:10:25	05:58 min/Km
145	7	139	NOGUEIRA BALSEIROS , EVA MARIA	FEMALE	CAT - E - F	CLUB ATLETISMO A ESTRADA	00:23:50	+00:10:25	05:58 min/Km
146	11	194	RODRÍGUEZ ROZAS , RAQUEL	FEMALE	CAT - F - F		00:24:07	+00:10:42	06:02 min/Km
147	12	16	BALBOA CARBIA , MANUELA	FEMALE	CAT - F - F		00:24:17	+00:10:52	06:05 min/Km
148	63	15	ASENSIO RAMIL , JOSE LUIS	MALE	CAT - F - M		00:24:41	+00:11:16	06:11 min/Km
149	13	175	REY CANICOBA , MARÍA DE LAPAZ	FEMALE	CAT - F - F		00:25:01	+00:11:36	06:16 min/Km
150	64	132	MOURE SANDE , MANUEL	MALE	CAT - F - M	NOITEBRA FC	00:25:17	+00:11:52	06:20 min/Km
151	65	105	LIÑARES MARTINEZ , JOSE IGNACIO	MALE	CAT - F - M	INDEPENDIENTE	00:25:25	+00:12:00	06:22 min/Km
152	66	222	VARELA CALVELO , CARLOS	MALE	CAT - F - M	CLUB ATLETISMO DUBRA	00:25:32	+00:12:07	06:23 min/Km
153	8	116	MARCANO CABRERA , MARTA JOSEFINA	FEMALE	CAT - E - F		00:25:49	+00:12:24	06:28 min/Km
154	67	231	VISOS FIAÑO , ANTONIO	MALE	CAT - F - M	INDEPENDIENTE	00:25:55	+00:12:30	06:29 min/Km
155	9	120	MARTÍNEZ EIRÍS , UXIA	FEMALE	CAT - E - F		00:25:56	+00:12:31	06:29 min/Km
156	14	2	ALDREY FERREIRO , BEATRIZ	FEMALE	CAT - F - F	INDEPENDIENTE	00:25:58	+00:12:33	06:30 min/Km
157	15	227	VIEIRA LEITE DE LIMA , CECILIA	FEMALE	CAT - F - F	TARTARUGAS	00:26:24	+00:12:59	06:36 min/Km
158	68	29	BERNAL GOMEZ , JESUS	MALE	CAT - F - M	INDEPENDIENTE	00:26:37	+00:13:12	06:40 min/Km
159	10	68	ESTEVEZ BARROS , BELEN	FEMALE	CAT - E - F		00:27:28	+00:14:03	06:52 min/Km
160	15	159	PEREIRA REY , JAVIER	MALE	CAT - C - M		00:27:32	+00:14:07	06:53 min/Km
161	69	158	PEREIRA PAREDES , JOSÉ	MALE	CAT - F - M		00:27:33	+00:14:08	06:54 min/Km
162	70	125	MARTINEZ SUAREZ , XESUS	MALE	CAT - F - M	BUDOYAMA	00:28:11	+00:14:46	07:03 min/Km
163	71	122	MARTINEZ GARCIA , JUAN	MALE	CAT - F - M	BUDOYAMA	00:28:11	+00:14:46	07:03 min/Km
164	72	205	SANCHEZ LOPEZ , MARCOS	MALE	CAT - F - M		00:28:14	+00:14:49	07:04 min/Km
165	11	197	ROSENDE MARTÍNEZ , FÁTIMA	FEMALE	CAT - E - F		00:28:47	+00:15:22	07:12 min/Km

## - GENERAL -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEXO	CAT	CLUB	META	DIF 1º	RITMO
166	16	226	VELAZQUEZ , VIVIANA	FEMALE	CAT - F - F		00:28:49	+00:15:24	07:13 min/Km
167	73	155	PEDREIRA SINDE , CÉSAR	MALE	CAT - F - M	CDM VÉRTICE	00:28:55	+00:15:30	07:14 min/Km
168	12	82	GARCIA PEITEADO , NOA	FEMALE	CAT - E - F		00:29:03	+00:15:38	07:16 min/Km
169	17	83	GARCIA RENDO , MERCEDES	FEMALE	CAT - F - F		00:29:45	+00:16:20	07:27 min/Km
170	13	135	MUNIN GARCIA , LARA	FEMALE	CAT - E - F		00:29:46	+00:16:21	07:27 min/Km
171	14	37	CABO SINDE , VANESA	FEMALE	CAT - E - F		00:29:47	+00:16:22	07:27 min/Km
172	74	177	REY RODRÍGUEZ , JOSÉ MANUEL	MALE	CAT - F - M		00:29:57	+00:16:32	07:30 min/Km
173	75	66	DULGHERU , MIRCEA	MALE	CAT - F - M		00:30:07	+00:16:42	07:32 min/Km
174	18	67	DULGHERU , LUCIANA	FEMALE	CAT - F - F		00:30:07	+00:16:42	07:32 min/Km
175	19	9	ÁLVAREZ CASTRO , LUCÍA	FEMALE	CAT - F - F		00:30:29	+00:17:04	07:38 min/Km
176	47	134	MUNDO GARCÍA , DAVID	MALE	CAT - E - M		00:30:30	+00:17:05	07:38 min/Km
177	76	28	BENÍTEZ SOMOZA , ABRAHAM	MALE	CAT - F - M	AMBAR	00:31:52	+00:18:27	07:58 min/Km
178	20	93	GONZALEZ HERMO , Mª CARMEN	FEMALE	CAT - F - F		00:31:52	+00:18:27	07:58 min/Km
179	77	162	PEREZ LUSTRES , MANUEL	MALE	CAT - F - M	INDEPENDIENTE	00:33:56	+00:20:31	08:29 min/Km
180	15	166	PORTA COUTO , SARA	FEMALE	CAT - E - F		00:34:48	+00:21:23	08:42 min/Km