

III SAN SILVESTRE SOLIDARIA CONCELLO DE CAMBADOS

31 DECEMBRO 2016

- 5K -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
1	1	337	RODRIGUEZ GONZALEZ , HUGO	MALE	ABSOLUTA MASCULINO	GARDEN HOTELS	00:07:14.107	00:07:13.250	00:14:27.357		02:54 min/Km
2	2	121	ESSAADAOUI , AKKA	MALE	ABSOLUTA MASCULINO	SG PONTEVEDRA	00:07:12.257	00:07:15.540	00:14:27.797	+00:00:00.440	02:54 min/Km
3	3	1	ABAL CHAVES , AMADEO	MALE	ABSOLUTA MASCULINO	ATHLETICS	00:07:12.117	00:07:15.900	00:14:28.017	+00:00:00.660	02:54 min/Km
4	4	152	FUENTES LUBIAN , RAFAEL	MALE	ABSOLUTA MASCULINO	ATHLETIC SMOOY TEAM	00:07:23.937	00:07:41.330	00:15:05.267	+00:00:37.910	03:02 min/Km
5	5	122	ESTÉVEZ JUEGUEN , ROI	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO SANTIAGO	00:07:32.537	00:07:51.440	00:15:23.977	+00:00:56.620	03:05 min/Km
6	6	27	ALVAREZ FARIÑA , VICTOR	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:07:32.127	00:07:54.620	00:15:26.747	+00:00:59.390	03:06 min/Km
7	7	46	BARROS GONZÁLEZ , ABEL	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:07:35.107	00:08:05.000	00:15:40.107	+00:01:12.750	03:09 min/Km
8	8	81	CEPEDA REBOIRAS , JUAN	MALE	ABSOLUTA MASCULINO	SD BARBANTARODA ATLETISMO	00:07:39.607	00:08:01.690	00:15:41.297	+00:01:13.940	03:09 min/Km
9	9	213	MARTINEZ COSTA , DAVID	MALE	ABSOLUTA MASCULINO	C.ACAMBADOS SEGUROS NOVAL	00:07:44.557	00:08:07.290	00:15:51.847	+00:01:24.490	03:11 min/Km
10	10	316	RAMALLO REBOREDO , JOSE ANTONIO	MALE	ABSOLUTA MASCULINO	ATHLETICS	00:07:45.027	00:08:08.860	00:15:53.887	+00:01:26.530	03:11 min/Km
11	11	136	FERNÁNDEZ FERNÁNDEZ , JAVIER	MALE	ABSOLUTA MASCULINO	CLUB ATENAS RUNNING VDA	00:07:44.627	00:08:28.340	00:16:12.967	+00:01:45.610	03:15 min/Km
12	12	410	VIDAL MORENO , FERNANDO	MALE	ABSOLUTA MASCULINO	ATENAS RUNNING VDA	00:08:09.087	00:08:08.960	00:16:18.047	+00:01:50.690	03:16 min/Km
13	13	237	NÚÑEZ ALENDE , ADRIÁN	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:07:58.437	00:08:21.200	00:16:19.637	+00:01:52.280	03:16 min/Km
14	14	110	DIOS OUBIÑA , RAMÓN	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:07:54.677	00:08:30.120	00:16:24.797	+00:01:57.440	03:17 min/Km
15	15	364	SANTOS NUÑEZ , PABLO	MALE	ABSOLUTA MASCULINO	CLUB DE ATLETISMO DE CAMBADOS	00:08:12.497	00:08:20.570	00:16:33.067	+00:02:05.710	03:19 min/Km
16	16	392	TRIGO LORES , ROBERTO	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:07:54.577	00:08:44.270	00:16:38.847	+00:02:11.490	03:20 min/Km
17	17	363	SANTOS LOIS , SERGIO	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:08:12.927	00:08:26.440	00:16:39.367	+00:02:12.010	03:20 min/Km
18	18	72	CASAL REY , ANTONIO	MALE	ABSOLUTA MASCULINO		00:08:19.657	00:08:21.630	00:16:41.287	+00:02:13.930	03:21 min/Km
19	19	45	BARREIRO PEREIRA , JOSÉ ANTÓN	MALE	ABSOLUTA MASCULINO	CLUB OLÍMPICO DE VEDRA	00:08:21.647	00:08:27.970	00:16:49.617	+00:02:22.260	03:22 min/Km
19	19	346	RODRIGUEZ VIDAL , RUBEN	MALE	ABSOLUTA MASCULINO	C. D. RIA DE AROUSA	00:08:09.827	00:08:39.790	00:16:49.617	+00:02:22.260	03:22 min/Km
21	21	156	GARCÍA IGLESIAS , LUCAS	MALE	ABSOLUTA MASCULINO	PUNTACABALO AROUSA RUNNERS	00:08:15.717	00:08:34.010	00:16:49.727	+00:02:22.370	03:22 min/Km
22	22	126	FALCÓN PÉREZ , SANTIAGO	MALE	ABSOLUTA MASCULINO	C.D RIA DE AROUSA	00:08:24.757	00:08:27.140	00:16:51.897	+00:02:24.540	03:23 min/Km
23	23	51	BESADA IGLESIAS , CHRISTIAN	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:08:08.297	00:08:54.290	00:17:02.587	+00:02:35.230	03:25 min/Km
24	24	362	SANTOS GARCÍA , MARIO	MALE	ABSOLUTA MASCULINO	ATLETISMO MAZI	00:08:23.127	00:08:42.050	00:17:05.177	+00:02:37.820	03:26 min/Km
25	25	99	DAPENA CORES , VICENTE	MALE	ABSOLUTA MASCULINO	ACADEMIA CIVIL-CLUB NATACIÓN SANTA OLAYA	00:08:27.037	00:08:38.900	00:17:05.937	+00:02:38.580	03:26 min/Km
26	26	137	FERNÁNDEZ FERNÁNDEZ , ÓSCAR	MALE	ABSOLUTA MASCULINO	CUCHIPANDI	00:08:30.397	00:08:37.220	00:17:07.617	+00:02:40.260	03:26 min/Km
27	27	19	AGRA RIAL , CARLOS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:08:20.807	00:08:54.080	00:17:14.887	+00:02:47.530	03:27 min/Km
28	28	161	GARCÍA MENIÑO , JUAN LUIS	MALE	ABSOLUTA MASCULINO	C.A CAMBADOS-SEG.NOVAL	00:08:24.737	00:08:51.420	00:17:16.157	+00:02:48.800	03:28 min/Km
29	29	176	GONZALEZ MARTINEZ , JOSE ANTONIO	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:08:28.647	00:08:47.550	00:17:16.197	+00:02:48.840	03:28 min/Km
30	30	54	BÚA IGLESIAS , RAÚL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:08:39.647	00:08:37.820	00:17:17.467	+00:02:50.110	03:28 min/Km
31	31	30	AMEAL LORENZO , EDUARDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:08:37.617	00:08:44.320	00:17:21.937	+00:02:54.580	03:29 min/Km
32	32	36	ASPEREZ DOPAZO , DAVID	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:08:30.247	00:08:52.320	00:17:22.567	+00:02:55.210	03:29 min/Km
33	33	145	FERNANDEZ VIDAL , PORFIRIO	MALE	ABSOLUTA MASCULINO	ARMENTEIRA E PUNTO	00:08:23.137	00:08:59.550	00:17:22.687	+00:02:55.330	03:29 min/Km
34	34	164	GARCÍA PADIN , DAVID	MALE	ABSOLUTA MASCULINO	C.D RIA DE AROUSA	00:08:37.897	00:08:45.700	00:17:23.597	+00:02:56.240	03:29 min/Km
35	35	261	OUBIÑA DIOS , JORGE	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:08:37.847	00:08:48.220	00:17:26.067	+00:02:58.710	03:30 min/Km
36	36	60	CALLON CAMEAN , JUAN LUIS	MALE	ABSOLUTA MASCULINO	C.D. RIA DE AROUSA DO GROVE	00:08:44.197	00:08:48.040	00:17:32.237	+00:03:04.880	03:31 min/Km
37	37	95	COSTA RODRIGUEZ , JOSE ANTONIO	MALE	ABSOLUTA MASCULINO	AGRUPACIÓN ATLÉTICA MAZÍ	00:08:30.847	00:09:04.190	00:17:35.037	+00:03:07.680	03:32 min/Km
38	38	276	PAZ OTERO , KEVIN	MALE	ABSOLUTA MASCULINO	CLUBE ATLETISMO CAMBADOS	00:08:23.727	00:09:18.250	00:17:41.977	+00:03:14.620	03:33 min/Km
39	39	418	GARCÍA PADIN , DANI	MALE	ABSOLUTA MASCULINO	C.D. RIA DE AROUSA DO GROVE	00:08:31.647	00:09:13.550	00:17:45.197	+00:03:17.840	03:34 min/Km
40	40	87	CHAVES PIÑEIRO , MARTIN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:08:42.357	00:09:06.490	00:17:48.847	+00:03:21.490	03:34 min/Km
41	41	344	RODRIGUEZ RODRIGUEZ , PABLO	MALE	ABSOLUTA MASCULINO	TEAM CORBELO	00:09:06.047	00:08:46.400	00:17:52.447	+00:03:25.090	03:35 min/Km

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42	42	14	ABAL SUAREZ , SERGIO	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:08:39.107	00:09:19.510	00:17:58.617	+00:03:31.260	03:36 min/Km
43	1	218	MEAÑOS ASENSI , RAQUEL	FEMALE	ABSOLUTA FEMENINO	AGRUPACIÓN ATLÉTICA MAZÍ	00:08:54.857	00:09:04.000	00:17:58.857	+00:03:31.500	03:36 min/Km
43	43	61	CALVETE CARBALLA , DIEGO	MALE	ABSOLUTA MASCULINO	SAN MIGUEL DE MARIN	00:08:54.587	00:09:04.270	00:17:58.857	+00:03:31.500	03:36 min/Km
45	44	319	REY AGUIAR , CARLOS	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:08:58.987	00:09:08.320	00:18:07.307	+00:03:39.950	03:38 min/Km
46	45	333	RODRÍGUEZ FERNÁNDEZ , TEO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:08:59.407	00:09:15.010	00:18:14.417	+00:03:47.060	03:39 min/Km
47	46	26	ALVAREZ CORES , RUBEN	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:08:59.767	00:09:14.860	00:18:14.627	+00:03:47.270	03:39 min/Km
48	47	128	FANDIÑO GARCIA , OSCAR	MALE	ABSOLUTA MASCULINO	C.A. CAMBADOS - SEG. NOVAL	00:08:59.167	00:09:15.890	00:18:15.057	+00:03:47.700	03:40 min/Km
49	48	325	REY SILVA , JAVIER	MALE	ABSOLUTA MASCULINO	ATENAS RUNNING VDA	00:08:59.757	00:09:15.930	00:18:15.687	+00:03:48.330	03:40 min/Km
50	49	169	GEY BELLO , ISMAEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:06.017	00:09:29.970	00:18:35.987	+00:04:08.630	03:44 min/Km
51	50	305	PIÑEIRO PÉREZ , PABLO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:14.227	00:09:34.760	00:18:48.987	+00:04:21.630	03:46 min/Km
52	2	208	MARIÑO TORRADO , REBECA	FEMALE	ABSOLUTA FEMENINO	MALLORCATRAIL	00:09:14.577	00:09:38.240	00:18:52.817	+00:04:25.460	03:47 min/Km
53	51	53	BÓVEDA CASTRO , JOSÉ LUIS	MALE	ABSOLUTA MASCULINO	CLUB DEPORTIVO RÍA DE AROUSA	00:09:37.587	00:09:23.890	00:19:01.477	+00:04:34.120	03:49 min/Km
54	52	18	ABUIN GEY , JOSE ENRIQUE	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:09:33.927	00:09:33.800	00:19:07.727	+00:04:40.370	03:50 min/Km
55	53	206	MARIÑO PRADO , EMILIO JOAQUÍN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:24.717	00:09:43.150	00:19:07.867	+00:04:40.510	03:50 min/Km
56	54	171	GÓNZALEZ BERMUDEZ , MARTÍN	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:09:20.167	00:09:54.370	00:19:14.537	+00:04:47.180	03:51 min/Km
57	55	105	DIOS FERNÁNDEZ , FRANCISCO	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:09:20.277	00:09:55.120	00:19:15.397	+00:04:48.040	03:52 min/Km
58	56	143	FERNANDEZ REY , CHEMA	MALE	ABSOLUTA MASCULINO		00:09:41.677	00:09:40.860	00:19:22.537	+00:04:55.180	03:53 min/Km
59	57	358	SANTIAGO RODRÍGUEZ , FERNANDO	MALE	ABSOLUTA MASCULINO	CD PUNTA CABALO AROUSA RUNNERS	00:09:40.217	00:09:43.840	00:19:24.057	+00:04:56.700	03:53 min/Km
60	58	341	RODRIGUEZ MOSTEIRO , BENITO	MALE	ABSOLUTA MASCULINO		00:09:49.617	00:09:34.600	00:19:24.217	+00:04:56.860	03:53 min/Km
61	3	109	DIOS NIETO , EVA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:09:38.747	00:09:46.210	00:19:24.957	+00:04:57.600	03:53 min/Km
62	59	304	PIÑEIRO PÉREZ , JUAN MIGUEL	MALE	ABSOLUTA MASCULINO		00:09:35.307	00:09:50.300	00:19:25.607	+00:04:58.250	03:54 min/Km
63	60	108	DIOS NIETO , ADRIAN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:39.077	00:09:50.270	00:19:29.347	+00:05:01.990	03:54 min/Km
64	61	302	PIÑEIRO DEL MAR , LIMÓN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:29.367	00:10:00.230	00:19:29.597	+00:05:02.240	03:54 min/Km
65	62	239	NÚÑEZ MOSTEIRO , RUBÉN	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:10:17.337	00:09:24.500	00:19:41.837	+00:05:14.480	03:57 min/Km
66	63	404	VÁZQUEZ PADÍN , DAVID	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:09:31.627	00:10:11.140	00:19:42.767	+00:05:15.410	03:57 min/Km
67	64	403	VÁZQUEZ OSORIO , MANUEL	MALE	ABSOLUTA MASCULINO	TRAN-TRAN	00:10:09.637	00:09:34.080	00:19:43.717	+00:05:16.360	03:57 min/Km
68	65	417	CANEDA PIÑEIRO , JOSE MANUEL	MALE	ABSOLUTA MASCULINO	CD RIA DE AROUSA O GROVE	00:09:56.803	00:09:48.427	00:19:45.230	+00:05:17.873	03:58 min/Km
69	66	67	CARBALLAS , SERGIO	MALE	ABSOLUTA MASCULINO	CD PUNTA CABALO AROUSA RUNNERS	00:10:02.257	00:09:44.160	00:19:46.417	+00:05:19.060	03:58 min/Km
70	67	318	REBOEIRAS PAZ , SERGIO	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:09:14.987	00:10:32.080	00:19:47.067	+00:05:19.710	03:58 min/Km
71	68	240	NUÑEZ OTERO , ERIC ADRIAN	MALE	ABSOLUTA MASCULINO		00:10:33.267	00:09:23.080	00:19:56.347	+00:05:28.990	03:60 min/Km
72	69	209	MARTÍNEZ ABAL , ROI	MALE	ABSOLUTA MASCULINO	CLUBE NAUTICO O MUIÑO	00:09:26.567	00:10:30.890	00:19:57.457	+00:05:30.100	03:60 min/Km
73	70	307	POMARES FERNANDEZ , JOSE MARIA	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNER'S	00:09:54.797	00:10:04.610	00:19:59.407	+00:05:32.050	03:60 min/Km
74	71	43	BARREIRO PADIN , ALFONSO	MALE	ABSOLUTA MASCULINO	C.D. RIA DE AROUSA DO GROVE	00:10:01.877	00:10:00.730	00:20:02.607	+00:05:35.250	04:01 min/Km
75	72	25	ALLO ARAGUNDE , FRANCISCO JAVIER	MALE	ABSOLUTA MASCULINO	CD PUNTA CABALO AROUSA RUNNERS	00:09:59.307	00:10:09.050	00:20:08.357	+00:05:41.000	04:02 min/Km
76	73	368	SERÉN PORTAS , MANUEL	MALE	ABSOLUTA MASCULINO		00:10:03.307	00:10:06.910	00:20:10.217	+00:05:42.860	04:03 min/Km
77	74	360	SANTÓRUM GONZÁLEZ , JORGE	MALE	ABSOLUTA MASCULINO	AVA VIGO	00:09:44.847	00:10:25.380	00:20:10.227	+00:05:42.870	04:03 min/Km
78	4	334	RODRIGUEZ FERREÑO , INMA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:10:09.317	00:10:05.930	00:20:15.247	+00:05:47.890	04:04 min/Km
79	5	168	GARCIA-TUÑON TRASANDE , LAURA	FEMALE	ABSOLUTA FEMENINO	RTEAM	00:10:08.497	00:10:07.060	00:20:15.557	+00:05:48.200	04:04 min/Km
80	75	273	PAULOS LOBATO , JOSÉ	MALE	ABSOLUTA MASCULINO	GALITAR RUNNERS	00:09:47.907	00:10:28.430	00:20:16.337	+00:05:48.980	04:04 min/Km
81	76	229	MONTES MARTÍN , CRISTIAN	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:09:27.927	00:10:50.630	00:20:18.557	+00:05:51.200	04:04 min/Km
82	6	291	PEREZ FERNANDEZ , PILAR	FEMALE	ABSOLUTA FEMENINO	CD RIA DE AROUSA O GROVE	00:09:58.427	00:10:21.920	00:20:20.347	+00:05:52.990	04:05 min/Km
83	7	48	BAÚLO ESCUDEIRO , ANDREA	FEMALE	ABSOLUTA FEMENINO	CLUBE ATLETISMO CAMBADOS	00:09:53.307	00:10:27.510	00:20:20.817	+00:05:53.460	04:05 min/Km

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84	77	388	TORUIÑO , MANUEL	MALE	ABSOLUTA MASCULINO		00:11:04.597	00:09:19.020	00:20:23.617	+00:05:56.260	04:05 min/Km
85	78	142	FERNANDEZ PIÑEIRO , ROBERTO	MALE	ABSOLUTA MASCULINO		00:10:37.977	00:09:51.120	00:20:29.097	+00:06:01.740	04:06 min/Km
86	79	195	LOPEZ HERRERO , PEDRO MIGUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:50.297	00:09:41.210	00:20:31.507	+00:06:04.150	04:07 min/Km
87	80	59	CALDAS LOPEZ , MARIO	MALE	ABSOLUTA MASCULINO	CICLISMO TRIATLON POIO	00:09:39.107	00:10:52.680	00:20:31.787	+00:06:04.430	04:07 min/Km
88	81	347	ROMERO VILLANUEVA , LUIS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:29.457	00:10:07.210	00:20:36.667	+00:06:09.310	04:08 min/Km
89	82	98	CURRO MOREIRA , RAFAEL	MALE	ABSOLUTA MASCULINO		00:10:30.287	00:10:08.390	00:20:38.677	+00:06:11.320	04:08 min/Km
90	83	338	RODRIGUEZ GONZALEZ , IVÁN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:41.847	00:09:58.160	00:20:40.007	+00:06:12.650	04:09 min/Km
91	8	359	SANTIAGO RODRÍGUEZ , NURIA	FEMALE	ABSOLUTA FEMENINO	PUNTA CABALO AROUSA RUNNERS	00:10:09.147	00:10:40.570	00:20:49.717	+00:06:22.360	04:10 min/Km
92	84	63	CAMPOS LIJO , DANIEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:32.917	00:10:20.480	00:20:53.397	+00:06:26.040	04:11 min/Km
93	9	397	VALVERDE ANDRE , IRENE	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:10:36.557	00:10:18.320	00:20:54.877	+00:06:27.520	04:11 min/Km
94	85	101	DENGRÁ RICO , JOSÉ RAMON	MALE	ABSOLUTA MASCULINO	MTB RUNNERS LEON	00:10:37.947	00:10:17.080	00:20:55.027	+00:06:27.670	04:12 min/Km
95	86	413	VILAS OTERO , ÓSCAR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:09.207	00:10:46.310	00:20:55.517	+00:06:28.160	04:12 min/Km
96	87	296	PEREZ PAZOS , YERAI	MALE	ABSOLUTA MASCULINO	CAC S.NOVAL	00:09:50.117	00:11:06.930	00:20:57.047	+00:06:29.690	04:12 min/Km
97	88	387	TORRES REGO , OSCAR	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:10:32.267	00:10:24.830	00:20:57.097	+00:06:29.740	04:12 min/Km
98	89	377	SOTO BUCETA , SERGIO	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:10:47.697	00:10:09.690	00:20:57.387	+00:06:30.030	04:12 min/Km
99	90	332	RODRÍGUEZ CRESPO , PABLO	MALE	ABSOLUTA MASCULINO		00:10:30.967	00:10:29.350	00:21:00.317	+00:06:32.960	04:13 min/Km
100	91	297	PEREZ RODRIGUEZ , IAGO	MALE	ABSOLUTA MASCULINO		00:09:55.797	00:11:04.610	00:21:00.407	+00:06:33.050	04:13 min/Km
101	92	130	FARIÑA HERMIDA , JUAN	MALE	ABSOLUTA MASCULINO	C.A. CAMBADOS - SEG. NOVAL	00:10:29.747	00:10:30.890	00:21:00.637	+00:06:33.280	04:13 min/Km
102	93	180	GONZÁLEZ PRADO , ADRIÁN	MALE	ABSOLUTA MASCULINO		00:10:48.917	00:10:12.290	00:21:01.207	+00:06:33.850	04:13 min/Km
103	94	52	TACÓN BOUZADA , RODRIGO	MALE	ABSOLUTA MASCULINO		00:09:57.617	00:11:03.980	00:21:01.597	+00:06:34.240	04:13 min/Km
104	95	113	DOBARRO LÓPEZ , TOMÁS	MALE	ABSOLUTA MASCULINO		00:10:45.837	00:10:19.630	00:21:05.467	+00:06:38.110	04:14 min/Km
105	96	190	LASTRES BALBOA , JAVIER	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:10:46.117	00:10:19.500	00:21:05.617	+00:06:38.260	04:14 min/Km
106	97	330	RODIÑO BALBOA , RICARDO	MALE	ABSOLUTA MASCULINO		00:10:46.447	00:10:22.510	00:21:08.957	+00:06:41.600	04:14 min/Km
107	98	103	DÍAZ DÍAZ , IAGO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:46.337	00:10:22.720	00:21:09.057	+00:06:41.700	04:14 min/Km
108	99	139	FERNÁNDEZ GONDAR , ROBERTO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:49.727	00:10:20.760	00:21:10.487	+00:06:43.130	04:15 min/Km
109	100	408	VICENTE GARCÍA , JOSÉ ANTONIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:25.987	00:10:50.730	00:21:16.717	+00:06:49.360	04:16 min/Km
110	101	258	OUBIÑA ABAL , JOSE	MALE	ABSOLUTA MASCULINO	YONKISTRAIL	00:10:25.727	00:10:51.020	00:21:16.747	+00:06:49.390	04:16 min/Km
111	102	157	GARCIA , CESAR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:37.747	00:10:39.820	00:21:17.567	+00:06:50.210	04:16 min/Km
112	103	398	VARELA ROMA , PABLO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:32.587	00:10:47.030	00:21:19.617	+00:06:52.260	04:16 min/Km
113	104	286	PEÑA LORENZO , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:53.817	00:10:33.860	00:21:27.677	+00:07:00.320	04:18 min/Km
114	105	355	SANTAMARIA VARELA , ALBERTO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:38.587	00:10:50.950	00:21:29.537	+00:07:02.180	04:18 min/Km
115	106	233	NALGO SANCHEZ , JOSE M.	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:53.007	00:10:40.610	00:21:33.617	+00:07:06.260	04:19 min/Km
116	107	172	GONZALEZ BUSA , DAVID	MALE	ABSOLUTA MASCULINO		00:11:06.197	00:10:29.620	00:21:35.817	+00:07:08.460	04:20 min/Km
117	108	33	ARAGUNDE , HUGO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:18.977	00:10:19.690	00:21:38.667	+00:07:11.310	04:20 min/Km
118	109	285	PENA SILVA , DAVID	MALE	ABSOLUTA MASCULINO	TRAN TRAN	00:11:08.827	00:10:33.310	00:21:42.137	+00:07:14.780	04:21 min/Km
119	110	323	REY GEY , RAMON	MALE	ABSOLUTA MASCULINO	TRAN TRAN	00:11:08.357	00:10:34.070	00:21:42.427	+00:07:15.070	04:21 min/Km
120	111	154	GALIÑANES FERNÁNDEZ , MANÉ	MALE	ABSOLUTA MASCULINO		00:11:14.687	00:10:31.240	00:21:45.927	+00:07:18.570	04:22 min/Km
121	112	260	OUBIÑA ARAGUNDE , MANU	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:15.327	00:10:30.970	00:21:46.297	+00:07:18.940	04:22 min/Km
122	10	3	ABAL DURÁN , ALBA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:10:46.877	00:11:00.100	00:21:46.977	+00:07:19.620	04:22 min/Km
123	113	102	DEZA GOMEZ , ANDRES	MALE	ABSOLUTA MASCULINO	AGRUPACIÓN ATLÉTICA MAZÍ	00:10:52.817	00:10:54.520	00:21:47.337	+00:07:19.980	04:22 min/Km
124	114	127	FANDIÑO BARBEITO , ISIDORO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:36.467	00:11:14.220	00:21:50.687	+00:07:23.330	04:23 min/Km
125	11	288	PEREIRA CARRERA , GLORIA MARIA	FEMALE	ABSOLUTA FEMENINO		00:10:45.477	00:11:06.020	00:21:51.497	+00:07:24.140	04:23 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
126	115	198	LUBIAN GONZALEZ , JOSÉ MARÍA	MALE	ABSOLUTA MASCULINO		00:10:27.187	00:11:24.670	00:21:51.857	+00:07:24.500	04:23 min/Km
127	116	262	OUBIÑA FERNANDEZ , ABEL	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:10:45.837	00:11:07.280	00:21:53.117	+00:07:25.760	04:23 min/Km
128	117	389	TOURIÑO VÁZQUEZ , JAIME	MALE	ABSOLUTA MASCULINO		00:11:06.397	00:10:48.060	00:21:54.457	+00:07:27.100	04:23 min/Km
129	118	379	SOTO RAMOS , JORGE	MALE	ABSOLUTA MASCULINO	GALITAR RUNNERS	00:10:29.407	00:11:26.000	00:21:55.407	+00:07:28.050	04:24 min/Km
130	119	253	OTERO OUBIÑA , JOSE LUIS	MALE	ABSOLUTA MASCULINO		00:10:57.847	00:10:59.980	00:21:57.827	+00:07:30.470	04:24 min/Km
131	120	301	PIÑEIRO CHAVES , ÁNGEL	MALE	ABSOLUTA MASCULINO	PUNTA CABALO AROUSA RUNNERS	00:11:26.877	00:10:36.960	00:22:03.837	+00:07:36.480	04:25 min/Km
132	12	11	ABAL MAGARIÑOS , LAURA	FEMALE	ABSOLUTA FEMENINO	ATLETISMO +9 MORAÑA	00:11:17.817	00:10:49.620	00:22:07.437	+00:07:40.080	04:26 min/Km
133	121	62	CALVO GERARDI , MANUEL	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:11:20.497	00:10:48.610	00:22:09.107	+00:07:41.750	04:26 min/Km
134	122	246	OTERO CARBALLA , SERGIO	MALE	ABSOLUTA MASCULINO		00:10:49.187	00:11:21.080	00:22:10.267	+00:07:42.910	04:27 min/Km
135	123	192	LOIS ARAGUNDE , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:15.417	00:10:56.550	00:22:11.967	+00:07:44.610	04:27 min/Km
136	124	313	PRIETO ALVAREZ , SERGIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:55.597	00:11:23.050	00:22:18.647	+00:07:51.290	04:28 min/Km
137	125	132	FARIÑA PRADO , JAVIER	MALE	ABSOLUTA MASCULINO		00:11:07.097	00:11:15.830	00:22:22.927	+00:07:55.570	04:29 min/Km
138	126	269	PADIN PADIN , BERNARDINO	MALE	ABSOLUTA MASCULINO		00:11:47.857	00:10:39.020	00:22:26.877	+00:07:59.520	04:30 min/Km
139	127	149	FRANCO TORRADO , ERIC	MALE	ABSOLUTA MASCULINO		00:12:08.677	00:10:25.290	00:22:33.967	+00:08:06.610	04:31 min/Km
140	128	259	OUBIÑA ALVAREZ , ANGEL	MALE	ABSOLUTA MASCULINO		00:11:15.417	00:10:25.810	00:22:35.597	+00:08:08.240	04:32 min/Km
141	129	348	ROSAL CHAVES , DIEGO	MALE	ABSOLUTA MASCULINO		00:12:26.927	00:10:14.590	00:22:41.517	+00:08:14.160	04:33 min/Km
142	130	41	BARREIRO FELPETO , BRUNO	MALE	ABSOLUTA MASCULINO	CA CAMBADOS - SEG. NOVAL	00:11:08.067	00:11:34.510	00:22:42.577	+00:08:15.220	04:33 min/Km
143	131	9	ABAL MAGARIÑOS , DANIEL	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:11:18.847	00:11:26.500	00:22:45.347	+00:08:17.990	04:34 min/Km
144	132	50	BESADA GONZÁLEZ , CARLOS	MALE	ABSOLUTA MASCULINO		00:10:56.117	00:11:49.550	00:22:45.667	+00:08:18.310	04:34 min/Km
145	133	177	GONZÁLEZ MÍGUEZ , ALBERTO JESÚS	MALE	ABSOLUTA MASCULINO		00:11:17.307	00:11:29.040	00:22:46.347	+00:08:18.990	04:34 min/Km
146	134	220	MOLDES CARBALLAL , MIGUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:55.847	00:11:50.590	00:22:46.437	+00:08:19.080	04:34 min/Km
147	135	406	VAZQUEZ REMIGIO , JUAN DIEGO	MALE	ABSOLUTA MASCULINO	C.D RIA DE AROUSA	00:13:33.697	00:09:13.680	00:22:47.377	+00:08:20.020	04:34 min/Km
148	136	310	POSE MARTÍNEZ , FERNANDO	MALE	ABSOLUTA MASCULINO		00:11:40.347	00:11:09.050	00:22:49.397	+00:08:22.040	04:34 min/Km
149	137	84	CHARLÍN PIÑEIRO , XAQUÍN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:28.967	00:11:24.680	00:22:53.647	+00:08:26.290	04:35 min/Km
150	138	97	CRESPO PADIN , MARCO	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:11:54.507	00:11:01.640	00:22:56.147	+00:08:28.790	04:36 min/Km
151	139	148	FONTAN PEREZ , GERARDO MIGUEL	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:11:54.717	00:11:06.340	00:23:01.057	+00:08:33.700	04:37 min/Km
152	140	373	SINEIRO FERNANDEZ , EMILIO	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:10:55.377	00:12:05.760	00:23:01.137	+00:08:33.780	04:37 min/Km
153	141	231	MUELLE GONZALEZ , JOSE RAMON	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:11:15.847	00:11:58.730	00:23:14.577	+00:08:47.220	04:39 min/Km
154	142	79	CASTRO VILAS , FERNANDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:51.307	00:11:25.600	00:23:16.907	+00:08:49.550	04:40 min/Km
155	13	405	VAZQUEZ PARDAL , BEATRIZ	FEMALE	ABSOLUTA FEMENINO	CAC CAMBADOS SEGUROS NOVAL	00:11:52.317	00:11:24.930	00:23:17.247	+00:08:49.890	04:40 min/Km
156	143	214	MARTÍNEZ GONZÁLEZ , SERGIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:20.447	00:11:57.620	00:23:18.067	+00:08:50.710	04:40 min/Km
157	144	2	ABAL CORES , RUBEN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:35.937	00:12:48.120	00:23:24.057	+00:08:56.700	04:41 min/Km
158	145	155	GÁNDARA VIDAL , IVÁN	MALE	ABSOLUTA MASCULINO		00:12:13.127	00:11:15.770	00:23:28.897	+00:09:01.540	04:42 min/Km
159	146	150	FREIJEIRO OTERO , JOSE RAMON	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:59.857	00:11:30.310	00:23:30.167	+00:09:02.810	04:43 min/Km
160	14	4	ABAL DURÁN , ANTÍA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:11:39.187	00:11:53.180	00:23:32.367	+00:09:05.010	04:43 min/Km
161	147	6	ABAL FONTAN , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:22.747	00:12:10.240	00:23:32.987	+00:09:05.630	04:43 min/Km
162	148	351	SALGUEIRO GONZALEZ , ANTONIO	MALE	ABSOLUTA MASCULINO		00:11:53.497	00:11:43.540	00:23:37.037	+00:09:09.680	04:44 min/Km
163	149	277	PAZ PARADA , JOSE LUIS	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:11:52.537	00:11:44.830	00:23:37.367	+00:09:10.010	04:44 min/Km
164	150	182	GUIMAREY TOURIÑO , IVÁN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:46.807	00:11:53.170	00:23:39.977	+00:09:12.620	04:44 min/Km
165	15	207	MARIÑO TORRADO , LORENA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:12:12.887	00:11:27.180	00:23:40.067	+00:09:12.710	04:45 min/Km
166	16	211	MARTÍNEZ ÁLVAREZ , MARÍA	FEMALE	ABSOLUTA FEMENINO	ARMENTEIRA E PUNTO	00:11:55.267	00:11:46.620	00:23:41.887	+00:09:14.530	04:45 min/Km
167	151	49	BERNÁRDEZ FERREIRÓS , PEDRO PABLO	MALE	ABSOLUTA MASCULINO	ATENAS RUNNING	00:11:46.847	00:11:55.930	00:23:42.777	+00:09:15.420	04:45 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
168	152	215	MARTINEZ MARCH , ALEJANDRO	MALE	ABSOLUTA MASCULINO		00:10:55.877	00:12:48.760	00:23:44.637	+00:09:17.280	04:45 min/Km
169	153	90	CORDAL BARREIRO , ANTÓN	MALE	ABSOLUTA MASCULINO		00:12:07.937	00:11:38.140	00:23:46.077	+00:09:18.720	04:46 min/Km
170	17	252	OTERO OTERO , CHUS	FEMALE	ABSOLUTA FEMENINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:11:17.267	00:12:33.590	00:23:50.857	+00:09:23.500	04:47 min/Km
171	154	235	NOYA PADÍN , JAVIER	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:27.707	00:12:23.180	00:23:50.887	+00:09:23.530	04:47 min/Km
172	155	371	SILVA RUIZ DE LA PEÑA , IGNACIO	MALE	ABSOLUTA MASCULINO		00:11:27.627	00:12:23.690	00:23:51.317	+00:09:23.960	04:47 min/Km
173	156	212	MARTINEZ COMOJO , ALEJANDRO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:16.977	00:12:34.670	00:23:51.647	+00:09:24.290	04:47 min/Km
174	157	228	MONTES BLANCO , EDUARDO	MALE	ABSOLUTA MASCULINO	ATLETISMO +9 MORAÑA	00:11:57.587	00:11:56.720	00:23:54.307	+00:09:26.950	04:47 min/Km
175	158	401	VAZQUEZ DASILVA , BRAIS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:18.497	00:12:37.140	00:23:55.637	+00:09:28.280	04:48 min/Km
176	159	268	PADIN CHAVES , BENITO ISIDORO	MALE	ABSOLUTA MASCULINO		00:12:40.327	00:11:15.540	00:23:55.867	+00:09:28.510	04:48 min/Km
177	160	216	MARTINEZ MONTANS , MIGUEL	MALE	ABSOLUTA MASCULINO		00:11:53.187	00:12:03.350	00:23:56.537	+00:09:29.180	04:48 min/Km
178	18	327	RIAL DOMINGUEZ , SILVIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:12:10.477	00:11:47.290	00:23:57.767	+00:09:30.410	04:48 min/Km
179	19	306	PIÑEIRO SANTORUM , NESTI	FEMALE	ABSOLUTA FEMENINO	C.A.CAMBADOS-SEG.NOVAL	00:12:49.087	00:11:09.550	00:23:58.637	+00:09:31.280	04:48 min/Km
180	161	245	OTERO BOUZADA , FERNANDO	MALE	ABSOLUTA MASCULINO		00:12:29.857	00:11:30.920	00:24:00.777	+00:09:33.420	04:49 min/Km
181	162	242	OTERO ABAL , MARTIN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:02.077	00:12:07.980	00:24:10.057	+00:09:42.700	04:51 min/Km
182	163	64	CAMPOS SÁNCHEZ , FRANCISCO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:53.637	00:12:17.460	00:24:11.097	+00:09:43.740	04:51 min/Km
183	20	250	OTERO LORES , ANA CELIA	FEMALE	ABSOLUTA FEMENINO		00:12:51.087	00:11:30.460	00:24:21.547	+00:09:54.190	04:53 min/Km
184	164	370	SILVA PEÑA , JOSE IGNACIO	MALE	ABSOLUTA MASCULINO		00:12:20.807	00:12:04.140	00:24:24.947	+00:09:57.590	04:53 min/Km
185	165	331	RODIÑO GUZMÁN , JUAN	MALE	ABSOLUTA MASCULINO		00:12:40.107	00:11:51.910	00:24:32.017	+00:10:04.660	04:55 min/Km
186	166	201	MARÍN MARCOS , FRANCISCO JOSÉ	MALE	ABSOLUTA MASCULINO	GALITAR RUNNERS	00:11:57.377	00:12:34.850	00:24:32.227	+00:10:04.870	04:55 min/Km
187	21	293	PEREZ GARCIA , LUZ	FEMALE	ABSOLUTA FEMENINO		00:12:12.477	00:12:26.690	00:24:39.167	+00:10:11.810	04:56 min/Km
188	22	57	CACABELOS PADIN , ROSA	FEMALE	ABSOLUTA FEMENINO		00:12:22.287	00:12:22.380	00:24:44.667	+00:10:17.310	04:57 min/Km
189	167	32	APARICIO GRANDE , FÉLIX	MALE	ABSOLUTA MASCULINO		00:12:22.627	00:12:22.240	00:24:44.867	+00:10:17.510	04:57 min/Km
190	168	267	PACHE HERMIDA , VÍCTOR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:31.567	00:12:16.130	00:24:47.697	+00:10:20.340	04:58 min/Km
191	169	312	PRADO ROMAY , MIGUEL	MALE	ABSOLUTA MASCULINO		00:12:39.247	00:12:15.280	00:24:54.527	+00:10:27.170	04:59 min/Km
192	170	114	DOMÍNGUEZ GÓMEZ - DÍAZ , JUAN CARLOS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:01.997	00:12:54.990	00:24:56.987	+00:10:29.630	04:60 min/Km
193	171	226	MONTENEGRO TOURIS , JAVIER	MALE	ABSOLUTA MASCULINO		00:12:02.177	00:12:54.950	00:24:57.127	+00:10:29.770	04:60 min/Km
194	172	5	ABAL EIRAS , AARON	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:15.627	00:11:44.640	00:25:00.267	+00:10:32.910	05:01 min/Km
195	173	200	MAGDALENA ARIAS , DAVID	MALE	ABSOLUTA MASCULINO		00:12:10.857	00:12:49.870	00:25:00.727	+00:10:33.370	05:01 min/Km
196	174	361	SANTÓRUM GONZÁLEZ , JUAN PABLO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:36.787	00:13:26.700	00:25:03.487	+00:10:36.130	05:01 min/Km
197	175	350	SALGADO TOURIÑO , MIGUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:21.257	00:12:44.300	00:25:05.557	+00:10:38.200	05:02 min/Km
198	176	162	GARCIA OTERO , ALEJANDRO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:32.097	00:12:37.890	00:25:09.987	+00:10:42.630	05:02 min/Km
199	177	196	LOZANO UCETA , CESAR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:21.507	00:12:49.480	00:25:10.987	+00:10:43.630	05:03 min/Km
200	23	147	FERRÍN NOVO , EVA	FEMALE	ABSOLUTA FEMENINO	ATLETISMO +9 MORAÑA	00:12:34.227	00:12:37.060	00:25:11.287	+00:10:43.930	05:03 min/Km
200	178	281	PAZOS MOHRI , JOSE	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:34.257	00:11:37.030	00:25:11.287	+00:10:43.930	05:03 min/Km
202	24	303	PIÑEIRO DIOS , ANDREA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:12:34.627	00:12:36.930	00:25:11.557	+00:10:44.200	05:03 min/Km
203	25	83	CHARLIN PADIN , PAULA	FEMALE	ABSOLUTA FEMENINO		00:11:24.077	00:13:48.680	00:25:12.757	+00:10:45.400	05:03 min/Km
204	179	91	CORDAL BARREIRO , IVAN	MALE	ABSOLUTA MASCULINO	C.A. CAMBADOS - SEG. NOVAL	00:12:58.517	00:12:15.400	00:25:13.917	+00:10:46.560	05:03 min/Km
205	180	167	GARCÍA PIÑEIRO , SERGIO	MALE	ABSOLUTA MASCULINO		00:12:39.297	00:12:34.720	00:25:14.017	+00:10:46.660	05:03 min/Km
206	26	270	PADÍN REY , ANA	FEMALE	ABSOLUTA FEMENINO		00:12:42.337	00:12:31.910	00:25:14.247	+00:10:46.890	05:03 min/Km
207	181	372	SILVA SANTOS , CÉSAR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:58.577	00:12:15.690	00:25:14.267	+00:10:46.910	05:03 min/Km
208	182	199	MAESTU FERNÁNDEZ , JUAN	MALE	ABSOLUTA MASCULINO	CD PUNTA CABALO AROUSA RUNNERS	00:11:39.997	00:13:36.510	00:25:16.507	+00:10:49.150	05:04 min/Km
209	183	357	SANTIAGO CASTRO , JUAN FRANCISCO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:39.867	00:13:36.690	00:25:16.557	+00:10:49.200	05:04 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
210	27	232	MUÑIZ GONZÁLEZ , ALDARA	FEMALE	ABSOLUTA FEMENINO		00:11:48.947	00:13:31.230	00:25:20.177	+00:10:52.820	05:05 min/Km
211	184	134	FERNÁNDEZ ESCARIZ , ALBERTO	MALE	ABSOLUTA MASCULINO		00:12:26.877	00:12:55.290	00:25:22.167	+00:10:54.810	05:05 min/Km
212	185	266	OUBIÑA SOMOZA , FERNANDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:59.417	00:13:22.960	00:25:22.377	+00:10:55.020	05:05 min/Km
213	186	181	GONZÁLEZ RESUA , VICENTE	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:11:59.547	00:13:23.450	00:25:22.997	+00:10:55.640	05:05 min/Km
214	28	279	PAZOS MOHRI , ALBA	FEMALE	ABSOLUTA FEMENINO	C.A. CAMBADOS - SEG. NOVAL	00:13:34.037	00:11:49.850	00:25:23.887	+00:10:56.530	05:05 min/Km
215	29	280	PAZOS MOHRI , ALBA	FEMALE	ABSOLUTA FEMENINO	C.A. CAMBADOS - SEG. NOVAL	00:13:33.867	00:11:50.260	00:25:24.127	+00:10:56.770	05:05 min/Km
216	187	376	SONEIRA REBOREDO , FERNANDO	MALE	ABSOLUTA MASCULINO		00:12:38.567	00:12:49.660	00:25:28.227	+00:11:00.870	05:06 min/Km
217	30	188	LAGO FERNÁNDEZ , ELENA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:05.067	00:12:24.070	00:25:29.137	+00:11:01.780	05:06 min/Km
218	188	138	FERNÁNDEZ FERNÁNDEZ , RAÚL	MALE	ABSOLUTA MASCULINO		00:13:54.237	00:11:35.600	00:25:29.837	+00:11:02.480	05:06 min/Km
219	189	22	ALFOÑO AGRA , SERGIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:18.157	00:12:12.220	00:25:30.377	+00:11:03.020	05:07 min/Km
220	31	278	PAZOS CARBON , MARIA	FEMALE	ABSOLUTA FEMENINO		00:12:30.867	00:13:00.030	00:25:30.897	+00:11:03.540	05:07 min/Km
221	190	158	GARCIA ALONSO , IAGO	MALE	ABSOLUTA MASCULINO	C.A. CAMBADOS - SEG. NOVAL	00:12:16.167	00:13:17.290	00:25:33.457	+00:11:06.100	05:07 min/Km
222	191	85	CHARLIN ULLOA , FERNANDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:04.017	00:12:29.660	00:25:33.677	+00:11:06.320	05:07 min/Km
223	32	254	OTERO OUBIÑA , NATALIA	FEMALE	ABSOLUTA FEMENINO	PUNTA CABALO AROUSA RUNNERS	00:13:14.867	00:12:19.090	00:25:33.957	+00:11:06.600	05:07 min/Km
224	192	375	SINEIRO OUBIÑA , JUAN MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:15.037	00:12:19.140	00:25:34.177	+00:11:06.820	05:07 min/Km
225	193	115	DOMINGUEZ SUAREZ , DANIEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:15.047	00:12:19.250	00:25:34.297	+00:11:06.940	05:07 min/Km
226	33	412	VILAR SEREN , GUADALUPE	FEMALE	ABSOLUTA FEMENINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:13:10.257	00:12:25.110	00:25:35.367	+00:11:08.010	05:08 min/Km
227	194	58	CAEIRO CASÁS , EMILIO ANTONIO	MALE	ABSOLUTA MASCULINO	TRAN-TRAN	00:12:52.947	00:12:45.990	00:25:38.937	+00:11:11.580	05:08 min/Km
228	34	74	CASTRO ARAGUNDE , LORENA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:12:10.687	00:13:28.290	00:25:38.977	+00:11:11.620	05:08 min/Km
229	35	354	SANCHEZ NAVIA , ANGELES	FEMALE	ABSOLUTA FEMENINO	TRAN-TRAN	00:12:53.847	00:12:45.140	00:25:38.987	+00:11:11.630	05:08 min/Km
230	195	120	ESCUDEIRO VIEITES , ANDRES	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:03.167	00:13:42.190	00:25:45.357	+00:11:18.000	05:10 min/Km
231	196	308	PORTAS GÓMEZ , FRANCISCO JAVIER	MALE	ABSOLUTA MASCULINO		00:12:13.307	00:13:45.270	00:25:58.577	+00:11:31.220	05:12 min/Km
232	197	300	PIÑEIRO BUEZAS , MATEO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:34.197	00:12:24.470	00:25:58.667	+00:11:31.310	05:12 min/Km
233	36	77	CASTRO NINE , MARIA	FEMALE	ABSOLUTA FEMENINO		00:13:13.097	00:12:48.320	00:26:01.417	+00:11:34.060	05:13 min/Km
234	37	203	MARIÑO CORES , FÁTIMA	FEMALE	ABSOLUTA FEMENINO		00:12:47.717	00:13:14.980	00:26:02.697	+00:11:35.340	05:13 min/Km
235	38	309	PORTO FRAGA , MAYRA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:12:55.667	00:13:11.150	00:26:06.817	+00:11:39.460	05:14 min/Km
236	198	20	ALBA OUBIÑA , DAVID	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:12:32.757	00:13:34.170	00:26:06.927	+00:11:39.570	05:14 min/Km
237	199	230	MOUGAN RODRIGUEZ , SEGUNDO	MALE	ABSOLUTA MASCULINO		00:13:47.107	00:12:25.100	00:26:12.207	+00:11:44.850	05:15 min/Km
238	200	170	GOMEZ SEIJAS , JAVIER	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:01.367	00:12:21.350	00:26:22.717	+00:11:55.360	05:17 min/Km
239	201	290	PEREZ CONDE , ALEJANDRO	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:13:48.927	00:12:35.370	00:26:24.297	+00:11:56.940	05:17 min/Km
240	39	187	JABOIS SUEIRO , ELENA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:58.417	00:12:41.990	00:26:40.407	+00:12:13.050	05:21 min/Km
241	202	381	SUEIRO MÉNDEZ , MIGUEL	MALE	ABSOLUTA MASCULINO		00:13:59.247	00:12:41.230	00:26:40.477	+00:12:13.120	05:21 min/Km
242	203	380	SUEIRO MENDEZ , ANDRÉS	MALE	ABSOLUTA MASCULINO	C.A.CAMBADOS-SEG.NOVAL	00:13:58.827	00:12:41.670	00:26:40.497	+00:12:13.140	05:21 min/Km
243	40	385	TORRES FONTÁN , ALMUDENA	FEMALE	ABSOLUTA FEMENINO		00:13:59.367	00:12:41.630	00:26:40.997	+00:12:13.640	05:21 min/Km
244	204	133	FERNÁNDEZ ALENDE , IVÁN	MALE	ABSOLUTA MASCULINO		00:14:13.537	00:12:38.980	00:26:52.517	+00:12:25.160	05:23 min/Km
245	41	326	RIAL ABAL , YUMAYRA	FEMALE	ABSOLUTA FEMENINO	C.A.CAMBADOS-SEG.NOVAL	00:12:54.007	00:13:58.900	00:26:52.907	+00:12:25.550	05:23 min/Km
246	205	265	OUBIÑA OTERO , OMAR	MALE	ABSOLUTA MASCULINO		00:12:22.837	00:14:35.500	00:26:58.337	+00:12:30.980	05:24 min/Km
247	206	257	OTERO TRIGO , ALBERTO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:55.687	00:13:08.330	00:27:04.017	+00:12:36.660	05:25 min/Km
248	207	205	MARIÑO PAZ , SAMUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:56.467	00:13:08.000	00:27:04.467	+00:12:37.110	05:25 min/Km
249	208	256	OTERO PAZ , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:55.617	00:13:09.220	00:27:04.837	+00:12:37.480	05:25 min/Km
250	209	299	PIÑEIRO , IVÁN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:55.557	00:13:09.550	00:27:05.107	+00:12:37.750	05:26 min/Km
251	42	329	RICO PADIN , BEA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:53.947	00:13:12.250	00:27:06.197	+00:12:38.840	05:26 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
252	43	343	RODRIGUEZ RICO , NIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:54.587	00:13:11.690	00:27:06.277	+00:12:38.920	05:26 min/Km
253	210	287	PEÑA VILAS , ÓSCAR	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:11.417	00:13:57.140	00:27:08.557	+00:12:41.200	05:26 min/Km
254	211	153	GALIÑANES FERNÁNDEZ , CARMELO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:07.737	00:13:02.790	00:27:10.527	+00:12:43.170	05:27 min/Km
255	44	349	RUBIANES CARRO , GRACIA	FEMALE	ABSOLUTA FEMENINO	CAC CAMBADOS SEGUROS NOVAL	00:17:49.847	00:09:20.730	00:27:10.577	+00:12:43.220	05:27 min/Km
256	212	411	VILA DACAL , ADRIAN	MALE	ABSOLUTA MASCULINO		00:13:03.387	00:14:09.050	00:27:12.437	+00:12:45.080	05:27 min/Km
257	45	374	SINEIRO GALIÑANES , ANA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:03.167	00:14:09.300	00:27:12.467	+00:12:45.110	05:27 min/Km
258	213	178	GONZALEZ OZORES , MARCELINO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:54.717	00:13:18.530	00:27:13.247	+00:12:45.890	05:27 min/Km
259	46	210	MARTÍNEZ ABELLA , MAR	FEMALE	ABSOLUTA FEMENINO		00:14:10.947	00:13:03.380	00:27:14.327	+00:12:46.970	05:27 min/Km
260	214	225	MONTENEGRO MISER , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:52.497	00:13:21.950	00:27:14.447	+00:12:47.090	05:27 min/Km
261	215	227	MONTENEGRO ZURITA , MIGUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:51.357	00:13:23.310	00:27:14.667	+00:12:47.310	05:27 min/Km
262	216	224	MONTENEGRO MISER , BORJA	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:52.797	00:13:21.900	00:27:14.697	+00:12:47.340	05:27 min/Km
263	47	71	CARRERA FERNANDEZ , NEREA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:01.777	00:13:12.930	00:27:14.707	+00:12:47.350	05:27 min/Km
264	217	324	REY RESUA , JOSÉ BENITO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:51.077	00:13:23.820	00:27:14.897	+00:12:47.540	05:27 min/Km
265	218	241	OLIVEIRA PRADO , RUBÉN	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:53.547	00:13:21.420	00:27:14.967	+00:12:47.610	05:27 min/Km
266	219	390	TRIGO LEMETRE , MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:50.687	00:13:24.800	00:27:15.487	+00:12:48.130	05:28 min/Km
267	220	328	RIAL GARCÍA , ANTÓN	MALE	ABSOLUTA MASCULINO		00:11:20.057	00:16:07.650	00:27:27.707	+00:13:00.350	05:30 min/Km
268	221	12	ABAL PADÍN , CAMILO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:10.057	00:13:18.290	00:27:28.347	+00:13:00.990	05:30 min/Km
269	222	13	ABAL PADÍN , PABLO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:09.777	00:13:18.800	00:27:28.577	+00:13:01.220	05:30 min/Km
270	48	191	LEMA ACHA , LUCÍA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:57.937	00:13:48.640	00:27:46.577	+00:13:19.220	05:34 min/Km
271	49	219	MELÓN MENDEZ , BEATRIZ	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:52.197	00:13:56.970	00:27:49.167	+00:13:21.810	05:34 min/Km
272	223	44	BARREIRO PEREIRA , LAUREANO MANUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:58.537	00:13:53.080	00:27:51.617	+00:13:24.260	05:35 min/Km
273	50	284	PEITEADO SUAREZ , Mª DOLORES	FEMALE	ABSOLUTA FEMENINO	C.A.CAMBADOS-SEG.NOVAL	00:13:58.537	00:13:53.360	00:27:51.897	+00:13:24.540	05:35 min/Km
274	51	135	FERNÁNDEZ ESCARIZ , MARIÑA	FEMALE	ABSOLUTA FEMENINO		00:13:35.787	00:14:18.140	00:27:53.927	+00:13:26.570	05:35 min/Km
275	224	271	PADIN TRIÑANES , ALEJANDRO	MALE	ABSOLUTA MASCULINO	C.D RIA DE AROUSA	00:13:47.037	00:14:10.710	00:27:57.747	+00:13:30.390	05:36 min/Km
276	52	70	CARRAMAL BUSTO , MARÍA	FEMALE	ABSOLUTA FEMENINO		00:12:57.037	00:15:05.600	00:28:02.637	+00:13:35.280	05:37 min/Km
277	225	223	MONTANS ARGÜELLO , FERNANDO	MALE	ABSOLUTA MASCULINO		00:15:58.657	00:12:05.760	00:28:04.417	+00:13:37.060	05:37 min/Km
278	53	251	OTERO LORES , NURIA	FEMALE	ABSOLUTA FEMENINO		00:14:10.367	00:13:55.100	00:28:05.467	+00:13:38.110	05:38 min/Km
279	54	298	PINTOS LEIRO , Mª FERNANDA	FEMALE	ABSOLUTA FEMENINO	C.A.CAMBADOS-SEG.NOVAL	00:16:22.327	00:11:43.420	00:28:05.747	+00:13:38.390	05:38 min/Km
280	226	8	ABAL LOBATO , SERGIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:29.767	00:13:39.690	00:28:09.457	+00:13:42.100	05:38 min/Km
281	227	116	DUARTE MEIS , MIGUEL	MALE	ABSOLUTA MASCULINO	TEAM CORBELO	00:13:52.447	00:14:33.730	00:28:26.177	+00:13:58.820	05:42 min/Km
282	55	111	DIOS SANTIAGO , ALICIA	FEMALE	ABSOLUTA FEMENINO	C.A. CAMBADOS - SEG. NOVAL	00:14:33.807	00:13:56.160	00:28:29.967	+00:14:02.610	05:42 min/Km
283	56	104	DIOS BESADA , GABRIELA	FEMALE	ABSOLUTA FEMENINO		00:13:45.957	00:14:49.970	00:28:35.927	+00:14:08.570	05:44 min/Km
284	228	407	VERA SANMARTÍN , CLAUDIO	MALE	ABSOLUTA MASCULINO	CLUB CICLISTA TRIATLÓN POIO	00:14:41.477	00:13:55.290	00:28:36.767	+00:14:09.410	05:44 min/Km
285	229	292	PÉREZ GARCÍA , JESÚS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:42.317	00:13:54.780	00:28:37.097	+00:14:09.740	05:44 min/Km
286	230	31	ANDRÉS CAMIÑA , JOSÉ CARLOS	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:52.087	00:13:59.690	00:28:51.777	+00:14:24.420	05:47 min/Km
287	231	315	RADÍO VILAS , FELIPE	MALE	ABSOLUTA MASCULINO		00:15:13.007	00:13:45.460	00:28:58.467	+00:14:31.110	05:48 min/Km
288	232	322	REY GARCÍA , ENRIQUE	MALE	ABSOLUTA MASCULINO		00:15:13.007	00:13:45.520	00:28:58.527	+00:14:31.170	05:48 min/Km
289	57	415	VILLAMEDIANA PEREZ , ANTIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:10.997	00:14:53.730	00:29:04.727	+00:14:37.370	05:49 min/Km
290	58	289	PÉREZ ARAGUNDE , MARÍA	FEMALE	ABSOLUTA FEMENINO	CLUBE NAUTICO O MUIÑO	00:14:11.317	00:14:53.450	00:29:04.767	+00:14:37.410	05:49 min/Km
291	59	238	NÚÑEZ CORES , CÁNDIDA	FEMALE	ABSOLUTA FEMENINO	C.A.CAMBADOS-SEG.NOVAL	00:14:49.197	00:14:18.760	00:29:07.957	+00:14:40.600	05:50 min/Km
292	60	255	OTERO PADIN , VIVIANA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:13.287	00:15:26.990	00:29:40.277	+00:15:12.920	05:57 min/Km
293	61	119	DURAN SINEIRO , ESTHER	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:13.097	00:15:27.240	00:29:40.337	+00:15:12.980	05:57 min/Km

III SAN SILVESTRE SOLIDARIA CONCELLO DE CAMBADOS

31 DECEMBRO 2016

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GALITIMING
DUWIL.INEP

CRONOMETRAXE

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
294	233	16	ABAL VARELA , JOSE RAMON	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:10.677	00:15:39.810	00:29:50.487	+00:15:23.130	05:59 min/Km
295	62	131	FARIÑA PADIN , VANESSA	FEMALE	ABSOLUTA FEMENINO		00:13:45.427	00:16:05.090	00:29:50.517	+00:15:23.160	05:59 min/Km
296	63	384	TORRES CHAVES , SANDRA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:40.687	00:15:22.640	00:30:03.327	+00:15:35.970	06:01 min/Km
297	234	17	ABUIN CHAVES , CARLOS	MALE	ABSOLUTA MASCULINO	CD RIA DE AROUSA O GROVE	00:14:40.247	00:15:23.650	00:30:03.897	+00:15:36.540	06:01 min/Km
298	64	414	VILLALÓN COSTA , NURIA	FEMALE	ABSOLUTA FEMENINO		00:15:25.527	00:14:38.400	00:30:03.927	+00:15:36.570	06:01 min/Km
299	235	73	CASTRO ARAGUNDE , ELOY	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:46.747	00:15:27.100	00:30:13.847	+00:15:46.490	06:03 min/Km
300	236	236	NOYA SINEIRO , ROBERTO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:47.177	00:15:26.700	00:30:13.877	+00:15:46.520	06:03 min/Km
301	65	283	PAZOS NOYA , MARÍA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:49.067	00:15:25.170	00:30:14.237	+00:15:46.880	06:03 min/Km
302	237	320	REY ARAGUNDE , DANIEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:47.017	00:15:27.360	00:30:14.377	+00:15:47.020	06:03 min/Km
303	66	282	PAZOS NOYA , IRIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:14:49.547	00:15:24.860	00:30:14.407	+00:15:47.050	06:03 min/Km
304	238	264	OUBIÑA FRAGA , PABLO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:47.237	00:15:27.310	00:30:14.547	+00:15:47.190	06:03 min/Km
305	67	78	CASTRO PINTOS , MARTA	FEMALE	ABSOLUTA FEMENINO	RUN COBAS RUN	00:15:02.477	00:15:12.420	00:30:14.897	+00:15:47.540	06:03 min/Km
306	239	76	CASTRO FOJO , LUIS MIGUEL	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:15:02.227	00:15:13.100	00:30:15.327	+00:15:47.970	06:04 min/Km
307	68	146	FERRÍN CASTRO , REBECA	FEMALE	ABSOLUTA FEMENINO		00:14:15.257	00:16:00.410	00:30:15.667	+00:15:48.310	06:04 min/Km
308	240	396	VALLECILLOS GÓMEZ , JOAQUÍN	MALE	ABSOLUTA MASCULINO		00:17:19.727	00:12:59.900	00:30:19.627	+00:15:52.270	06:04 min/Km
309	241	263	OUBIÑA FERNÁNDEZ , LUCAS	MALE	ABSOLUTA MASCULINO		00:14:09.237	00:16:22.610	00:30:31.847	+00:16:04.490	06:07 min/Km
310	69	244	OTERO ALVAREZ , AIDA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:13:40.397	00:16:52.830	00:30:33.227	+00:16:05.870	06:07 min/Km
311	70	295	PEREZ MAYAN , LETICIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:15:25.567	00:15:12.630	00:30:38.197	+00:16:10.840	06:08 min/Km
312	71	339	RODRÍGUEZ MALGA , ALICIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:16:55.947	00:14:06.220	00:31:02.167	+00:16:34.810	06:13 min/Km
312	242	96	CRESPO OTERO , MANUEL	MALE	ABSOLUTA MASCULINO		00:16:55.407	00:14:06.760	00:31:02.167	+00:16:34.810	06:13 min/Km
314	72	125	FALCÓN ORTEGA , ANA	FEMALE	ABSOLUTA FEMENINO	CUCHIPANDI	00:15:03.557	00:16:02.880	00:31:06.437	+00:16:39.080	06:14 min/Km
315	73	234	NIETO NINE , BEA	FEMALE	ABSOLUTA FEMENINO	PUNTA CABALO AROUSA RUNNERS	00:15:35.097	00:15:35.140	00:31:10.237	+00:16:42.880	06:15 min/Km
316	74	21	ALFONSIN DEVESA , INÉS	FEMALE	ABSOLUTA FEMENINO		00:14:36.847	00:17:02.570	00:31:39.417	+00:17:12.060	06:20 min/Km
317	75	65	CANEDA OTERO , CLARA	FEMALE	ABSOLUTA FEMENINO		00:14:37.077	00:17:02.690	00:31:39.767	+00:17:12.410	06:20 min/Km
318	76	174	GONZALEZ FERNANDEZ , MARIA DEL CARMEN	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:15:07.917	00:16:46.640	00:31:54.557	+00:17:27.200	06:23 min/Km
319	243	391	TRIGO LORES , DIEGO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:16:56.587	00:15:08.830	00:32:05.417	+00:17:38.060	06:26 min/Km
320	77	342	RODRIGUEZ PIÑEIRO , AMELIA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:17:18.117	00:14:52.020	00:32:10.137	+00:17:42.780	06:27 min/Km
321	244	93	COSTA OUBIÑA , ANTONIO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:17:18.297	00:14:51.910	00:32:10.207	+00:17:42.850	06:27 min/Km
322	78	175	GONZÁLEZ IGLESIAS , MAYCA	FEMALE	ABSOLUTA FEMENINO		00:15:34.057	00:16:54.630	00:32:28.687	+00:18:01.330	06:30 min/Km
323	79	23	ALFONSO LAYA , PAULA	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:15:44.157	00:16:44.730	00:32:28.887	+00:18:01.530	06:30 min/Km
324	80	394	TRIGO NUÑEZ , SILVIA	FEMALE	ABSOLUTA FEMENINO		00:15:43.717	00:16:45.510	00:32:29.227	+00:18:01.870	06:30 min/Km
325	81	399	VÁZQUEZ , MARÍA	FEMALE	ABSOLUTA FEMENINO		00:15:34.377	00:16:55.820	00:32:30.197	+00:18:02.840	06:31 min/Km
326	82	386	TORRES PRADO , CRISTINA	FEMALE	ABSOLUTA FEMENINO		00:15:44.557	00:17:00.360	00:32:44.917	+00:18:17.560	06:33 min/Km
327	245	378	SOTO LOPEZ , MANUEL	MALE	ABSOLUTA MASCULINO	WHERE IS THE CHANDAL?	00:15:30.197	00:17:15.180	00:32:45.377	+00:18:18.020	06:34 min/Km
328	246	38	BARCA BRAVO , JOSE LUIS	MALE	ABSOLUTA MASCULINO	WHERE IS THE CHANDAL?	00:15:28.957	00:17:17.010	00:32:45.967	+00:18:18.610	06:34 min/Km
329	83	336	RODRÍGUEZ GÓMEZ. , MARÍA JOSÉ	FEMALE	ABSOLUTA FEMENINO	ATENAS RUNNIG.	00:15:29.297	00:17:19.210	00:32:48.507	+00:18:21.150	06:34 min/Km
330	247	35	ARIAS QUINTEIRO , DAVID	MALE	ABSOLUTA MASCULINO	WHERE IS THE CHANDAL?	00:15:29.297	00:17:20.380	00:32:49.677	+00:18:22.320	06:34 min/Km
331	84	40	BARRAL NUÑEZ , MAR	FEMALE	ABSOLUTA FEMENINO	ARTENAS RUNNIG	00:15:29.297	00:17:20.400	00:32:49.697	+00:18:22.340	06:34 min/Km
332	85	369	SIENES BRAVO , MARIA EUGENIA	FEMALE	ABSOLUTA FEMENINO	WHERE IS THE CHANDAL?	00:15:29.447	00:17:22.410	00:32:51.857	+00:18:24.500	06:35 min/Km
333	86	294	PEREZ MARIÑO , BEATRIZ	FEMALE	ABSOLUTA FEMENINO	WHERE IS THE CHANDAL?	00:15:29.817	00:17:22.730	00:32:52.547	+00:18:25.190	06:35 min/Km
334	87	37	BARBA PAZOS , MARTA	FEMALE	ABSOLUTA FEMENINO	ATENAS RUNNING VDA	00:15:29.637	00:17:23.200	00:32:52.837	+00:18:25.480	06:35 min/Km
335	88	124	FABREGAS , VANESA	FEMALE	ABSOLUTA FEMENINO	CLUB ATENAS RUNNING VDA	00:15:30.337	00:17:23.880	00:32:54.217	+00:18:26.860	06:35 min/Km

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	V1	V2	META	DIF 1º	RITMO
336	89	221	MOLDES MUÑOZ , MARIA JOSE	FEMALE	ABSOLUTA FEMENINO		00:16:07.437	00:17:11.110	00:33:18.547	+00:18:51.190	06:40 min/Km
337	248	173	GONZALEZ CASAL , FRANCISCO J.	MALE	ABSOLUTA MASCULINO		00:16:01.467	00:17:18.810	00:33:20.277	+00:18:52.920	06:41 min/Km
338	90	194	LOPEZ FOLGAR , PAZ	FEMALE	ABSOLUTA FEMENINO	INDEPENDIENTE	00:16:01.497	00:17:18.910	00:33:20.407	+00:18:53.050	06:41 min/Km
339	91	141	FERNANDEZ PEREZ , Mª NELLY	FEMALE	ABSOLUTA FEMENINO	C.ACAMBADOS SEGUROS NOVAL	00:16:07.377	00:17:32.550	00:33:39.927	+00:19:12.570	06:44 min/Km
340	249	183	GUTIERREZ PALAZUELOS , CARLOS	MALE	ABSOLUTA MASCULINO		00:18:07.377	00:18:42.080	00:36:49.457	+00:22:22.100	07:22 min/Km
341	250	184	GUTIERREZ PESTANO , FABIO	MALE	ABSOLUTA MASCULINO		00:18:50.100	00:18:02.677	00:36:52.777	+00:22:25.420	07:23 min/Km
342	92	400	VÁZQUEZ COSTA , EMMA	FEMALE	ABSOLUTA FEMENINO		00:21:25.883	00:19:04.063	00:40:29.947	+00:26:02.590	08:06 min/Km
343	93	402	VÁZQUEZ FARIÑA , SARA	FEMALE	ABSOLUTA FEMENINO		00:17:44.367	00:22:49.330	00:40:33.697	+00:26:06.340	08:07 min/Km
DNF		100	DAPORTA CASTRO , EDUARDO	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:08:22.257				
DNF		34	ARAGUNDE CALVO , DAVID	MALE	ABSOLUTA MASCULINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:09:16.047				
DNF		186	ILLAN LOPEZ , PEPE	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:10:22.107				
DNF		82	CHARLIN PADIN , LUIS EDUARDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:13:35.407				
DNF		416	VILLANUEVA GÓMEZ , JOSÉ RAMÓN	MALE	ABSOLUTA MASCULINO	ARMENTEIRA E PUNTO	00:13:51.617				
DNF		15	ABAL TORRES , CÁNDIDO	MALE	ABSOLUTA MASCULINO	INDEPENDIENTE	00:14:02.637				
DNF		352	SAN MARTÍN CARRAMAL , SONIA	FEMALE	ABSOLUTA FEMENINO		00:15:07.357				
DNF		179	GONZALEZ PADIN , SAGRARIO	FEMALE	ABSOLUTA FEMENINO	CLUB ATLETISMO CAMBADOS -SEGUROS NOVAL	00:17:50.317				