

XIX CARREIRA POPULAR FESTA DO MARISCO

-GENERAL 10K-

08 OCTUBRE 2017

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	96	ESSAADAOUI , AKKA	MALE	SENIOR-M	SG PONTEVEDRA	00:31:37	03:10 min/Km
2	2	245	PUIG MALVAR , JORGE	MALE	SENIOR-M	SOCIEDAD GIMNÁSTICA PONTEVEDRA	00:32:21	03:15 min/Km
3	1	88	DOMÍNGUEZ CABRAL , ELÍAS	MALE	VETERANO-M	BARCELÓ TEAM	00:32:37	03:16 min/Km
4	3	75	CORRAL JUSTO , JOSE MANUEL	MALE	SENIOR-M	ATLETISMO ARENTEIRO	00:33:16	03:20 min/Km
5	4	178	MARCHENA ROMÁN , MANUEL	MALE	SENIOR-M	MILER VINTAGE RUNNING CLUB	00:33:35	03:22 min/Km
6	5	211	PACHECO MARTINEZ , VICTOR HUGO	MALE	SENIOR-M	3&RUN BY PEDRO NIMO	00:33:45	03:23 min/Km
7	6	306	TORRES TORRES , JORGE	MALE	SENIOR-M	PROHIBIDO RENDIRSE	00:33:45	03:23 min/Km
8	7	273	RODRÍGUEZ VIDAL , RUBÉN	MALE	SENIOR-M	C.D. RIA DE AROUSA	00:34:32	03:28 min/Km
9	8	174	LORENZO LOPEZ , MANUEL	MALE	SENIOR-M	C.D. PINARIUM	00:34:35	03:28 min/Km
10	9	162	JANEIRO LORENZO , JORGE	MALE	SENIOR-M	CD PINARIUM	00:34:39	03:28 min/Km
11	2	41	BUCETA POUSO , ERNESTO	MALE	VETERANO-M	INDEPENDIENTE	00:35:00	03:30 min/Km
12	10	331	VIDAL MORENO , FERNANDO	MALE	SENIOR-M	ATENAS RUNNING VDA	00:35:12	03:32 min/Km
13	11	229	PÉREZ GROBA , EMILIO	MALE	SENIOR-M		00:35:18	03:32 min/Km
14	12	238	PIÑEIRO GRAÑA , SANTIAGO	MALE	SENIOR-M	CLUB ATLETISMO SAMERTOLAMEU	00:35:19	03:32 min/Km
15	13	232	PÉREZ MISA , JOSÉ ANTONIO	MALE	SENIOR-M	ATHLETICS FISOTERAPIA SAN LAZARO	00:35:21	03:33 min/Km
16	14	115	FERNÁNDEZ SOENGAS , JESÚS	MALE	SENIOR-M	INDEPENDIENTE	00:35:28	03:33 min/Km
17	3	149	GONZÁLEZ PIÑEIRO , GONZALO	MALE	VETERANO-M	TRIATLÓN RÍAS BAIXAS	00:35:32	03:34 min/Km
18	4	222	PEÓN PEREA , RAMÓN	MALE	VETERANO-M	ATHLETICS FISOTERAPIA SAN LÁZARO	00:35:36	03:34 min/Km
19	15	12	ALONSO FIGUEROA , PABLO	MALE	SENIOR-M	CLUB TRIATLON MORRAZO	00:35:44	03:35 min/Km
20	16	134	GARCÍA PADÍN , DANI	MALE	SENIOR-M	C.D. RIA DE AROUSA	00:35:49	03:35 min/Km
21	17	208	OUBIÑA DURAN , CARMELO	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:36:10	03:37 min/Km
22	18	29	BATISTA FERREIRA , CARLOS MANUEL	MALE	SENIOR-M	CHAVES RUNNING TEAM	00:36:18	03:38 min/Km
23	19	288	SANTOS LOIS , SERGIO	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:36:21	03:39 min/Km
24	20	295	SOBRADO GONZÁLEZ , JAIME	MALE	SENIOR-M		00:36:27	03:39 min/Km
25	21	205	OMIL IGLESIAS , JOSE MANUEL	MALE	SENIOR-M	C.D. PINARIUM	00:36:30	03:39 min/Km
26	5	172	LOPEZ TORRES , ANDRES	MALE	VETERANO-M	ATENAS RUNNIG	00:36:40	03:40 min/Km
27	22	154	GUERRA MAGAN , OSCAR	MALE	SENIOR-M		00:36:46	03:41 min/Km
28	23	193	MORENZA PEREZ , IAGO	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:36:48	03:41 min/Km
29	24	289	SANTOS NUÑEZ , PABLO	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:36:52	03:42 min/Km
30	25	186	MEIS DOMÍNGUEZ , ANXO	MALE	SENIOR-M	CD RÍA DE AROUSA-O GROVE	00:36:53	03:42 min/Km
31	26	129	GARCÍA CASTRO , MARCOS	MALE	SENIOR-M		00:37:02	03:43 min/Km
32	27	105	FERNÁNDEZ CAMBADOS , JOAQUÍN	MALE	SENIOR-M	CLUB DEPORTIVO RÍA DE AROUSA	00:37:06	03:43 min/Km
33	6	98	FALCÓN PÉREZ , SANTIAGO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:37:12	03:44 min/Km
34	28	90	DOMÍNGUEZ FARO , JUAN CARLOS	MALE	SENIOR-M	PORRIÑO	00:37:30	03:45 min/Km
35	29	93	DOMÍNGUEZ OTERO , JACOBO	MALE	SENIOR-M	INDEPENDIENTE	00:37:33	03:46 min/Km

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36	7	322	VÁZQUEZ REMIGIO , JUAN DIEGO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:37:36	03:46 min/Km
37	8	333	VILELA PEREZ , ALFONSO	MALE	VETERANO-M	AVIVA SPORT CLUB	00:37:43	03:47 min/Km
38	9	76	COSTA RODRIGUEZ , JOSE ANTONIO	MALE	VETERANO-M	AGRUPACIÓN ATLÉTICA MAZÍ	00:37:57	03:48 min/Km
39	30	46	CACHAFEIRO IBARGUREN , JORGE	MALE	SENIOR-M		00:37:59	03:48 min/Km
40	1	301	SUÁREZ PEDROSA , RAQUEL	FEMALE	SENIOR-F	RIA DE FERROL-CONCEPCION ARENAL	00:38:09	03:49 min/Km
41	31	227	PEREZ FERNANDEZ , SALVADOR	MALE	SENIOR-M	ALDARA TEAM	00:38:22	03:51 min/Km
42	10	192	MORENZA DOFORNO , GERMAN	MALE	VETERANO-M	CLUB DEPORTIVO PINARIUM	00:38:39	03:52 min/Km
43	32	292	SEÑORANS TOBIO , CARLOS	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:38:43	03:53 min/Km
44	33	206	OTERO GARRIDO , JAVIER	MALE	SENIOR-M	CD RÍA DE AROUSA-O GROVE	00:38:44	03:53 min/Km
45	11	252	REY JACOME , VICENTE	MALE	VETERANO-M	INDEPENDIENTE	00:38:48	03:53 min/Km
46	34	21	ARUFE SANTAMARIA , JUAN	MALE	SENIOR-M	TRIBU TRAIL	00:38:49	03:53 min/Km
47	35	190	MIRANDA VIEITO , JOSE MANUEL	MALE	SENIOR-M	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:38:50	03:53 min/Km
48	36	144	GONZALEZ MARTINEZ , JOSE ANTONIO	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:38:54	03:54 min/Km
49	12	150	GOY , EDUARDO	MALE	VETERANO-M	ASOCIACIÓN DEPORTIVA C.A.R	00:38:57	03:54 min/Km
50	37	226	PEREZ FERNANDEZ , DAVID	MALE	SENIOR-M	C D RÍA DE AROUSA	00:38:58	03:54 min/Km
51	38	99	FANDIÑO GARCIA , OSCAR	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:39:00	03:54 min/Km
52	13	37	BÓVEDA CASTRO , JOSÉ LUIS	MALE	VETERANO-M	CLUB DEPORTIVO RÍA DE AROUSA	00:39:03	03:55 min/Km
53	39	116	FERREIRO DEAÑO , ALFREDO	MALE	SENIOR-M	CLUB DEPORTIVO AURUM	00:39:06	03:55 min/Km
54	40	65	CARREIRA OUBIÑA , MANUEL	MALE	SENIOR-M		00:39:11	03:56 min/Km
55	41	24	BALBOA PADÍN , JOSE MANUEL	MALE	SENIOR-M	GALAEKIA	00:39:16	03:56 min/Km
56	42	168	LÓPEZ FEIJÓO , JUAN PABLO	MALE	SENIOR-M	GALAEKIA	00:39:16	03:56 min/Km
57	14	123	FUENTES SAYAR , JOSE A	MALE	VETERANO-M	CLUB DEPORTIVO PINARIUM	00:39:17	03:56 min/Km
58	43	107	FERNÁNDEZ DEVESA , JULIO	MALE	SENIOR-M	CD RÍA DE AROUSA-O GROVE	00:39:18	03:56 min/Km
59	44	177	MANUEL JUNCAL CARRAGAL , JOSE MANUEL	MALE	SENIOR-M	MILER VINTAGE RUNNING CLUB	00:39:18	03:56 min/Km
60	15	282	SANCHEZ MURCIA , JOSE ALFREDO	MALE	VETERANO-M	VETERANOS DE GALICIA	00:39:27	03:57 min/Km
61	16	248	REQUEJO RODRÍGUEZ , JOSÉ LUÍS	MALE	VETERANO-M	ATLETISMO ARENTEIRO	00:39:41	03:59 min/Km
62	45	166	LIMERES POSSE , JACOBO	MALE	SENIOR-M	CLUB DEPORTIVO UNIVERSIDADE DE SANTIAGO	00:39:42	03:59 min/Km
63	46	59	CAO IGLESIAS , BORJA	MALE	SENIOR-M	CA SANTIAGO	00:39:44	03:59 min/Km
64	47	217	PAZ CARRAMAL , MANUEL	MALE	SENIOR-M	RACHAMONTES BTT	00:39:49	03:59 min/Km
65	17	255	RIVAS CASTRO , JUAN	MALE	VETERANO-M	C.A. CAMBADOS-SEG. NOVAL	00:39:54	03:60 min/Km
66	48	36	BOTANA NOVILLO-FERTRELL , GUILLERMO	MALE	SENIOR-M		00:39:55	03:60 min/Km
67	18	128	GARCIA CACABELOS , JOSE ANTONIO	MALE	VETERANO-M		00:40:08	04:01 min/Km
68	49	305	TORRES OTERO , ESTANISLAO	MALE	SENIOR-M		00:40:14	04:02 min/Km
69	50	58	CANEDA OTERO , MANUEL	MALE	SENIOR-M	CLUB DE REMO MECOS	00:40:22	04:03 min/Km
70	51	136	GARCÍA PEREIRA , DARÍO	MALE	SENIOR-M	CHESS TEAM	00:40:28	04:03 min/Km

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71	19	300	SUAREZ COSTA , JUAN J	MALE	VETERANO-M	USBA GENERAL MORILLO	00:40:29	04:03 min/Km
72	20	214	PARADA SANTIAGO , CARLOS	MALE	VETERANO-M	PUNTA CABALO AROUSA RUNNERS	00:40:32	04:04 min/Km
73	52	120	FRAGUAS CADAVID , BRUNO	MALE	SENIOR-M	INDEPENDIENTE	00:40:33	04:04 min/Km
74	53	42	CABALEIRO DOMINGUEZ , DIEGO	MALE	SENIOR-M	AMEGROVE C.R	00:40:34	04:04 min/Km
75	54	181	MASCATO CORES , JUAN CARLOS	MALE	SENIOR-M	INDEPENDIENTE	00:40:35	04:04 min/Km
76	55	254	REY POMBO , ANTONIO	MALE	SENIOR-M	RUINNERS COMPOSTELA	00:40:37	04:04 min/Km
77	56	260	RODRIGUES FRIEIRO , OLIVIER	MALE	SENIOR-M		00:40:37	04:04 min/Km
78	21	50	CALLON CAMEAN , JUAN LUIS	MALE	VETERANO-M	C.D RIA DE AROUSA DO GROVE	00:40:41	04:05 min/Km
79	57	287	SANTIAGO PEREIRA , MIGUEL ANGEL	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:40:44	04:05 min/Km
80	58	151	GRAÑA DOMÍNGUEZ , ADRIÁN	MALE	SENIOR-M	INDEPENDIENTE	00:40:45	04:05 min/Km
81	59	293	SEOANE MUÑIZ , TOMAS	MALE	SENIOR-M	INDEPENDIENTE	00:40:46	04:05 min/Km
82	22	231	PÉREZ MEIS , FRANCISCO JOSÉ	MALE	VETERANO-M	CD RÍA DE AROUSA-O GROVE	00:40:46	04:05 min/Km
83	60	195	MUÑIZ CAO , CÁNDIDO	MALE	SENIOR-M	C D RÍA DE AROUSA	00:40:52	04:06 min/Km
84	61	194	MUÑIZ ALVAREZ , JUAN JOSE	MALE	SENIOR-M		00:40:55	04:06 min/Km
85	62	210	OUTEDA GARRIDO , HECTOR	MALE	SENIOR-M	OGROBE TROTTER'S	00:41:01	04:07 min/Km
86	23	133	GARCIA MIÑAN , FAUSTINO	MALE	VETERANO-M	REDONDELA	00:41:06	04:07 min/Km
87	63	198	NAVIA IGLESIAS , RUBEN	MALE	SENIOR-M	KELTIC VIGO	00:41:08	04:07 min/Km
88	64	224	PEREZ BLANCO , ALVARO	MALE	SENIOR-M	RUINERS	00:41:08	04:07 min/Km
89	65	94	DOMINGUEZ VENTOSO , ESTEBAN	MALE	SENIOR-M	C.D. RIA DE AROUSA	00:41:09	04:07 min/Km
90	24	215	PARDIÑO BUSTO , FERNANDO	MALE	VETERANO-M	A.D.MEDIA DUCIA	00:41:13	04:08 min/Km
91	66	95	ESPANTOSO REQUEIJO , SAÚL	MALE	SENIOR-M	INDEPENDIENTE	00:41:15	04:08 min/Km
92	67	73	CHAVES PIÑEIRO , MARTIN	MALE	SENIOR-M	INDEPENDIENTE	00:41:18	04:08 min/Km
93	2	55	CAMPOS RIVAS , YOLANDA	FEMALE	SENIOR-F	INDEPENDIENTE	00:41:19	04:08 min/Km
94	25	122	FUENTES FERNANDEZ , JOSE BENITO	MALE	VETERANO-M		00:41:26	04:09 min/Km
95	68	119	FONTAN TRONCOSO , ROBERTO	MALE	SENIOR-M	INDEPENDIENTE	00:41:28	04:09 min/Km
96	69	247	RAYA MORALES , JOSE ANTONIO	MALE	SENIOR-M	CD BIKILA GRANADA	00:41:30	04:09 min/Km
97	70	25	BARAHONA MARTINEZ , FERNANDO	MALE	SENIOR-M	MILER VINTAGE RUNNING CLUB	00:41:32	04:10 min/Km
98	71	197	NAVIA GIRALDEZ , SEGUNDO	MALE	SENIOR-M	INDEPENDIENTE	00:41:35	04:10 min/Km
99	26	60	CAPA CASTIÑEIRAS , CARLOS	MALE	VETERANO-M	C.D. PINARIUM	00:41:35	04:10 min/Km
100	72	334	VILLAVERDE POMBO , MARCOS	MALE	SENIOR-M	RUINNERS COMPOSTELA	00:41:40	04:10 min/Km
101	73	83	DIOS SUAREZ , JOSE RICARDO	MALE	SENIOR-M	PUNTA CABALO AROUSA RUNNERS	00:41:43	04:11 min/Km
102	27	77	COSTAS VILA , EDUARDO	MALE	VETERANO-M	INDEPENDIENTE	00:41:48	04:11 min/Km
103	28	101	FERNANDEZ , BRUNO	MALE	VETERANO-M	CD RÍA DE AROUSA-O GROVE	00:41:49	04:11 min/Km
104	74	302	SUEIRO MÉNDEZ , MIGUEL	MALE	SENIOR-M	INDEPENDIENTE	00:41:50	04:11 min/Km
105	75	281	SÁNCHEZ FREIRIA , JUAN	MALE	SENIOR-M		00:41:52	04:12 min/Km

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106	76	131	GARCIA DA CUÑA , RUBEN	MALE	SENIOR-M	CD RÍA DE AROUSA-O GROVE	00:42:03	04:13 min/Km
107	29	117	FIGUEIRO ALFONSO , ALBERTO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:42:15	04:14 min/Km
108	77	146	GONZÁLEZ NEGRO , PEDRO JAVIER	MALE	SENIOR-M		00:42:17	04:14 min/Km
109	78	132	GARCÍA MARÍN , PABLO	MALE	SENIOR-M	CLUB DEPORTIVO UNIVERSIDADE DE SANTIAGO	00:42:18	04:14 min/Km
110	30	321	VAZQUEZ MEIJIDE , JOSE LUIS	MALE	VETERANO-M	TRAN TRAN	00:42:19	04:14 min/Km
111	31	104	FERNANDEZ BALBOA , MANUEL	MALE	VETERANO-M	PONTE A CORRER	00:42:22	04:15 min/Km
112	79	84	DIZ CHAVES , MANUEL	MALE	SENIOR-M	ARMENTEIRA E PUNTO	00:42:22	04:15 min/Km
113	32	26	BARREIRO PADIN , FONSO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:42:28	04:15 min/Km
114	80	296	SOTO BUCETA , SERGIO	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:42:33	04:16 min/Km
115	33	233	PEREZ REGO , RAFAEL	MALE	VETERANO-M	ATLETISMO TUI-THERMALIA	00:42:39	04:16 min/Km
116	81	265	RODRIGUEZ GONZALEZ , IVAN	MALE	SENIOR-M	INDEPENDIENTE	00:42:50	04:17 min/Km
117	82	264	RODRÍGUEZ GARCÍA , CARLOS	MALE	SENIOR-M	LOS CHAVALS	00:42:53	04:18 min/Km
118	34	319	VAZQUEZ FERREIRO , GONZALO ALBERTO	MALE	VETERANO-M	ATL VETERANOS OURENSE	00:42:54	04:18 min/Km
119	83	111	FERNÁNDEZ LANDEIRO , JUAN MANUEL	MALE	SENIOR-M	FAST-RUNNING	00:42:56	04:18 min/Km
120	84	10	ALFONSO LOIS , BRUNO	MALE	SENIOR-M	ALDARA TEAM	00:42:56	04:18 min/Km
121	85	170	LOPEZ MOLDES , ISAAC	MALE	SENIOR-M	INDEPENDIENTE	00:42:57	04:18 min/Km
122	35	204	OCHOA VIDAL , FRANCISCO	MALE	VETERANO-M	CD RÍA DE AROUSA-O GROVE	00:43:02	04:19 min/Km
123	36	271	RODRIGUEZ RODRIGUEZ , ADOLFO	MALE	VETERANO-M	ATENAS RUNNIG	00:43:04	04:19 min/Km
124	37	276	RUIZ GARCÍA , CARLOS	MALE	VETERANO-M	PONTE A CORRER	00:43:09	04:19 min/Km
125	86	102	FERNÁNDEZ ACUÑA , JOSÉ	MALE	SENIOR-M	INDEPENDIENTE	00:43:11	04:20 min/Km
126	87	286	SANTIAGO PAZÓ , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:43:14	04:20 min/Km
127	3	2	AGRASAR BARRAL , SONIA	FEMALE	SENIOR-F	SAR - VERMÚ PETRONI	00:43:17	04:20 min/Km
128	88	326	VELAY VIVEL , LUIS MIGUEL	MALE	SENIOR-M		00:43:27	04:21 min/Km
129	89	113	FERNANDEZ NUÑEZ , JOSE ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	00:43:29	04:21 min/Km
130	38	61	CAPELO GARCIA , ANTONIO	MALE	VETERANO-M		00:43:30	04:21 min/Km
131	39	47	CACHEDA BLANCO , ANDRÉS	MALE	VETERANO-M		00:43:36	04:22 min/Km
132	40	81	DEVESA OTERO , DAVID	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:43:41	04:23 min/Km
133	4	17	ALVAREZ YATES , TANIA	FEMALE	SENIOR-F	CMDC BREGÁN DO GROVE	00:43:42	04:23 min/Km
134	90	18	ANDRADE PADIN , DAMIÁN	MALE	SENIOR-M	GALAEKIA	00:43:42	04:23 min/Km
135	91	274	ROSALES PAZOS , MANUEL	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:43:43	04:23 min/Km
136	41	313	VARELA CACHAFEIRO , ANTONIO	MALE	VETERANO-M	POMASA	00:43:58	04:24 min/Km
137	42	242	POSADA VILA , JOSÉ MANUEL	MALE	VETERANO-M	VETERANOS DE GALICIA	00:43:58	04:24 min/Km
138	43	32	BÉRTOLO , JUAN	MALE	VETERANO-M	PINARIUM	00:44:02	04:25 min/Km
139	44	39	BREA LÓPEZ , MIGUEL ÁNGEL	MALE	VETERANO-M	TOLEMIA BIKE	00:44:02	04:25 min/Km
140	92	30	BENAVIDES FALCON , CESAR	MALE	SENIOR-M		00:44:03	04:25 min/Km

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141	45	262	RODRIGUEZ CASTRO , MANUEL	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:44:04	04:25 min/Km
142	46	329	VICENTE ALVAREZ , GUILLERMO JOSE	MALE	VETERANO-M		00:44:04	04:25 min/Km
143	47	169	LÓPEZ MARÍN , RAMÓN	MALE	VETERANO-M	CLUB DEPORTIVO RÍA DE AROUSA	00:44:06	04:25 min/Km
144	93	147	GONZALEZ PEREZ , MARTIN	MALE	SENIOR-M		00:44:13	04:26 min/Km
145	48	161	IRAGO RODRIGUEZ , JOSÉ CARLOS	MALE	VETERANO-M	INDEPENDIENTE	00:44:15	04:26 min/Km
146	49	212	PADIN TRIÑANES , ALEJANDRO	MALE	VETERANO-M	CLUBE DEPORTIVI RÍA DE AROUSA O GROVE	00:44:17	04:26 min/Km
147	50	187	MEIS GARCIA , FERNANDO MANUEL	MALE	VETERANO-M	C. C. O GROVE	00:44:19	04:26 min/Km
148	94	35	BLANCO MEIS , AARON	MALE	SENIOR-M	INDEPENDIENTE	00:44:19	04:26 min/Km
149	95	312	TROITIÑO LIMERES , LAUREN	MALE	SENIOR-M		00:44:28	04:27 min/Km
150	96	143	GONZALEZ GONZALEZ , ALBERTO	MALE	SENIOR-M	CD RÍA DE AROUSA-O GROVE	00:44:35	04:28 min/Km
151	51	89	DOMÍNGUEZ CASTRO , RAMON	MALE	VETERANO-M		00:44:37	04:28 min/Km
151	51	219	PAZOS GONZALEZ , GONZALO	MALE	VETERANO-M	PONTE A CORRER	00:44:37	04:28 min/Km
153	97	259	RODIÑO REY , JOAQUIN	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:44:39	04:28 min/Km
154	98	110	FERNANDEZ GOMEZ , DAMIAN	MALE	SENIOR-M	OS RACHAMONTES	00:44:40	04:28 min/Km
155	53	109	FERNANDEZ GARCIA , MANUEL	MALE	VETERANO-M	CLUB DEPORTIVO PINARIUM	00:44:42	04:29 min/Km
156	5	235	PÉREZ TRABAZO , LAURA	FEMALE	SENIOR-F	SAN MIGUEL DE MARÍN	00:44:43	04:29 min/Km
157	99	237	PIÑEIRO CHAVES , ÁNGEL	MALE	SENIOR-M	PUNTA CABALO AROUSA RUNNERS	00:44:45	04:29 min/Km
158	54	164	LAREU GUTIERREZ , JOSÉ MANUEL	MALE	VETERANO-M	CLUB ATLETISMO CAMBADOS-S.NOVAL	00:44:47	04:29 min/Km
159	100	184	MAYO LAGE , GERARDO	MALE	SENIOR-M		00:44:48	04:29 min/Km
160	101	49	CALERO , MARCY	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:44:49	04:29 min/Km
161	102	91	DOMÍNGUEZ GARCIA , RUBEN	MALE	SENIOR-M		00:44:51	04:30 min/Km
162	6	258	RIZKI , RAJA	FEMALE	SENIOR-F		00:45:00	04:30 min/Km
163	103	213	PAIS TRIGO , FRANCISCO	MALE	SENIOR-M		00:45:07	04:31 min/Km
164	104	23	BAHAMONDE GONZÁLEZ , RAMÓN	MALE	SENIOR-M	INDEPENDIENTE	00:45:10	04:31 min/Km
165	105	228	PÉREZ GONZÁLEZ , ALFREDO	MALE	SENIOR-M		00:45:10	04:31 min/Km
166	55	1	ABUIN CHAVES , CARLOS	MALE	VETERANO-M	CLUB DEPORTIVO RÍA DE AROUSA	00:45:13	04:32 min/Km
167	7	137	GARRIDO MIGUEZ , MARA	FEMALE	SENIOR-F	CD RÍA DE AROUSA-O GROVE	00:45:13	04:32 min/Km
168	56	141	GONZALEZ COSTA , FRANCISCO	MALE	VETERANO-M	TIRILLAS	00:45:23	04:33 min/Km
169	57	106	FERNÁNDEZ CONDE , LUÍS	MALE	VETERANO-M	INDEPENDIENTE	00:45:28	04:33 min/Km
170	106	108	FERNANDEZ DOMINGUEZ , ALFONSO	MALE	SENIOR-M	CC RIA DE VIGO	00:45:31	04:34 min/Km
171	107	310	TRELLES CAO , PABLO	MALE	SENIOR-M	INDEPENDIENTE	00:45:35	04:34 min/Km
172	58	85	DIZ DIOS , ENRIQUE	MALE	VETERANO-M	INDEPENDIENTE	00:45:37	04:34 min/Km
173	108	16	ALVAREZ PEREZ , ANTONIO	MALE	SENIOR-M		00:45:39	04:34 min/Km
174	109	100	FARIÑA PRADO , JAVIER	MALE	SENIOR-M	C.A. CAMBADOS-SEG. NOVAL	00:45:44	04:35 min/Km
175	110	243	PRIETO PÉREZ , DANIEL	MALE	SENIOR-M	AMEGROVE C.R.	00:45:50	04:35 min/Km

XIX CARREIRA POPULAR FESTA DO MARISCO

-GENERAL 10K-

08 OCTUBRE 2017

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
176	111	182	MASO OTERO , RAUL	MALE	SENIOR-M	INDEPENDIENTE	00:45:55	04:36 min/Km
177	8	185	MEDRAÑO PORTO , OLGA	FEMALE	SENIOR-F	INDEPENDIENTE	00:46:00	04:36 min/Km
178	112	152	GRANDE REY , IVAN	MALE	SENIOR-M		00:46:03	04:37 min/Km
179	113	138	GIL PEREIRA , JAVIER	MALE	SENIOR-M	BTERRA GALICIA	00:46:03	04:37 min/Km
180	114	317	VARELA VALLADARES , CÉSAR	MALE	SENIOR-M	CHISPAS	00:46:15	04:38 min/Km
181	59	158	IGLESIAS IGLESIAS , ISIDRO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:46:21	04:39 min/Km
182	115	56	CAMUÑAS CARRASCOSA , JOSÉ ANTONIO	MALE	SENIOR-M		00:46:23	04:39 min/Km
183	60	14	ALVAREZ CACABELOS , DIEGO	MALE	VETERANO-M	AMEGROVE C.R	00:46:25	04:39 min/Km
184	61	51	CALVO BERNÁRDEZ , FERNANDO	MALE	VETERANO-M		00:46:29	04:39 min/Km
185	116	196	NAVEIRO CACABELOS , BASILIO	MALE	SENIOR-M		00:46:30	04:39 min/Km
186	62	294	SIMOEZ FERNÁNDEZ , JOSÉ LUIS	MALE	VETERANO-M	INDEPENDIENTE	00:46:32	04:40 min/Km
187	63	189	MIGUENS CHAZO , HERMINIO JOSE	MALE	VETERANO-M	ESUBO	00:46:36	04:40 min/Km
188	117	298	SUÁREZ AGRA , SANTIAGO	MALE	SENIOR-M	RUNNING OLEIROS	00:46:39	04:40 min/Km
189	64	236	PIÑEIRO , ARTURO	MALE	VETERANO-M	BARBANTIA RODA	00:46:50	04:41 min/Km
190	65	130	GARCIA CUEVAS , ANGEL	MALE	VETERANO-M		00:46:55	04:42 min/Km
191	66	44	CACABELOS IGLESIAS , MANUEL	MALE	VETERANO-M	INDEPENDIENTE	00:47:10	04:43 min/Km
192	118	5	AGUIN BASTOS , JUAN CARLOS	MALE	SENIOR-M	C.D RIA DE AROUSA	00:47:12	04:44 min/Km
193	67	223	PEREIRA ESTEVEZ , JOSE LUIS	MALE	VETERANO-M	INDEPENDIENTE	00:47:16	04:44 min/Km
194	119	6	AGUÍN FERNÁNDEZ , LUIS	MALE	SENIOR-M	ARMENTEIRAEPUNTO	00:47:29	04:45 min/Km
195	120	221	PENA SILVA , DAVID	MALE	SENIOR-M	TRAN-TRAN	00:47:29	04:45 min/Km
196	68	145	GONZÁLEZ MARTÍNEZ , JOSÉ CARLOS	MALE	VETERANO-M	RUNNXXE RUNNXXE	00:47:32	04:46 min/Km
197	121	330	VIDAL MARTINEZ , RUBEN	MALE	SENIOR-M	LOS CHAVALS	00:47:37	04:46 min/Km
198	122	34	BLANCO MARTÍNEZ , DIEGO	MALE	SENIOR-M	CLUB TRIATLON MAR DE VIGO	00:47:37	04:46 min/Km
199	9	304	TORRES HERVÉS , CRISTINA	FEMALE	SENIOR-F	CLUB TRIATLON MAR DE VIGO	00:47:38	04:46 min/Km
200	1	127	GARCÍA ABALO , MADA	FEMALE	VETERANO-F	INDEPENDIENTE	00:47:44	04:47 min/Km
201	123	316	VARELA VALLADARES , BRUNO	MALE	SENIOR-M	CHISPAS	00:47:45	04:47 min/Km
202	124	284	SÁNCHEZ VEGA , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:47:46	04:47 min/Km
203	125	323	VEGA GARCÍA , ANTONIO MANUEL	MALE	SENIOR-M		00:47:46	04:47 min/Km
204	126	148	GONZALEZ PEREZ , OSCAR	MALE	SENIOR-M	INDEPENDIENTE	00:47:46	04:47 min/Km
205	127	156	HERMELO CALVAR , ANDRES	MALE	SENIOR-M	INDEPENDIENTE	00:47:59	04:48 min/Km
206	128	270	RODRIGUEZ RIOS , JORGE	MALE	SENIOR-M		00:48:00	04:48 min/Km
207	129	268	RODRIGUEZ MALLO , BENJAMIN	MALE	SENIOR-M	INDEPENDIENTE	00:48:02	04:49 min/Km
208	130	118	FONTAN CONDE , MARTÍN	MALE	SENIOR-M		00:48:04	04:49 min/Km
209	2	309	TRABAZO GARCIA , JOSEFA	FEMALE	VETERANO-F	PONTE A CORRER	00:48:08	04:49 min/Km
210	69	230	PEREZ LOSADA , MARIO	MALE	VETERANO-M	ROMPEVELLOS	00:48:13	04:50 min/Km

XIX CARREIRA POPULAR FESTA DO MARISCO

08 OCTUBRE 2017

-GENERAL 10K-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
211	131	251	REY GÓMEZ , ROBERTO	MALE	SENIOR-M	C.D. SAN PAIO	00:48:18	04:50 min/Km
212	132	275	ROZAS ABELLA , XAIME	MALE	SENIOR-M	CORBELO	00:48:21	04:51 min/Km
213	10	171	LÓPEZ SANMARCO , MARIA JOSÉ	FEMALE	SENIOR-F		00:48:24	04:51 min/Km
214	133	314	VARELA RODRIGUEZ , RICARDO	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:48:25	04:51 min/Km
215	11	163	LAGO CERZON , ESTELA	FEMALE	SENIOR-F	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:48:35	04:52 min/Km
216	134	191	MORENO HERNANDEZ , ISRAEL	MALE	SENIOR-M	INDEPENDIENTE	00:48:35	04:52 min/Km
217	135	290	SAYANS REY , JOAQUÍN	MALE	SENIOR-M	INDEPENDIENTE	00:48:42	04:53 min/Km
218	136	285	SANTAMARINA NÚÑEZ , CARLOS	MALE	SENIOR-M	INDEPENDIENTE	00:48:44	04:53 min/Km
219	12	256	RIVAS IGLESIAS , MARIA	FEMALE	SENIOR-F		00:48:51	04:54 min/Km
220	70	328	VERDEAL GONZALEZ , BASILIO	MALE	VETERANO-M		00:48:52	04:54 min/Km
221	71	80	DAPORTA FERNÁNDEZ , RAMON	MALE	VETERANO-M	CLUB ATLETISMO CAMBADOS-S.NOVAL	00:48:52	04:54 min/Km
222	3	7	AGUIN TRELLES , MARGARITA	FEMALE	VETERANO-F	CD RÍA DE AROUSA-O GROVE	00:49:18	04:56 min/Km
223	13	69	CASTRO COLORADO , JULIA	FEMALE	SENIOR-F	BIKILA	00:49:20	04:56 min/Km
224	137	246	QUINTIANA REIMUNDE , ALBERTO	MALE	SENIOR-M	INDEPENDIENTE	00:49:23	04:57 min/Km
225	138	308	TRABA MIÑONES , JAVIER	MALE	SENIOR-M	DOMINGHEROS	00:49:26	04:57 min/Km
226	72	234	PEREZ TORREIRA , JOSE MANUEL	MALE	VETERANO-M	CLUB DEPORTIVO PINARIUM	00:49:26	04:57 min/Km
227	73	241	PORTO DIOS , ROGELIO	MALE	VETERANO-M	INDEPENDIENTE	00:49:27	04:57 min/Km
228	139	209	OUBIÑA FERNANDEZ , ABEL	MALE	SENIOR-M	PUNTA CABALO AROUSA RUNNERS	00:49:33	04:58 min/Km
229	140	277	SABARIS REMISEIRO , ISIDORO	MALE	SENIOR-M	INDEPENDIENTE	00:49:36	04:58 min/Km
230	141	278	SABARÍS REMISEIRO , JONATHAN	MALE	SENIOR-M	INDEPENDIENTE	00:49:36	04:58 min/Km
231	74	19	APARICIO GRANDE , FÉLIX	MALE	VETERANO-M	CLUB ATLETISMO CAMBADOS-S.NOVAL	00:49:41	04:59 min/Km
232	142	140	GONZALEZ ABALO , JOSE LUIS	MALE	SENIOR-M		00:49:43	04:59 min/Km
233	14	283	SANCHEZ NAVIA , ANGELES	FEMALE	SENIOR-F	TRAN-TRAN	00:49:46	04:59 min/Km
234	75	250	REY GEY , RAMON	MALE	VETERANO-M	TRAN TRAN	00:49:46	04:59 min/Km
235	143	40	BREY QUINTELA , FERNANDO	MALE	SENIOR-M		00:49:46	04:59 min/Km
236	76	244	PUGA GONZALEZ , JORGE	MALE	VETERANO-M	CD VAL DE RABEDA TABOADELA OURENSE	00:49:47	04:59 min/Km
237	144	311	TRELLES FERREÑO , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	00:49:51	04:60 min/Km
238	4	87	DOMINGUEZ BESADA , ANA	FEMALE	VETERANO-F		00:49:52	04:60 min/Km
239	145	179	MARTÍNEZ PÉREZ , ALEJANDRO	MALE	SENIOR-M	INDEPENDIENTE	00:49:53	04:60 min/Km
240	146	92	DOMINGUEZ MOREIRAS , SEGUNDO	MALE	SENIOR-M		00:49:54	04:60 min/Km
241	147	126	GARABATOS FREIRIA , JOSE MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:50:01	05:01 min/Km
242	15	327	VENTOSO BARRAL , VICKY	FEMALE	SENIOR-F	INDEPENDIENTE	00:50:01	05:01 min/Km
243	148	315	VARELA VALLADARES , ALEJANDRO	MALE	SENIOR-M	CHISPAS	00:50:04	05:01 min/Km
244	149	202	NÚÑEZ PAMPÍN , RUBÉN	MALE	SENIOR-M	BTERRA GALICIA	00:50:05	05:01 min/Km
245	150	82	DIOS COCHON , MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:50:11	05:02 min/Km

XIX CARREIRA POPULAR FESTA DO MARISCO

-GENERAL 10K-

08 OCTUBRE 2017

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
246	16	67	CASTIÑEIRA LORES , BEATRIZ	FEMALE	SENIOR-F	INDEPENDIENTE	00:50:11	05:02 min/Km
247	151	135	GARCIA PALLEIRO , JUAN	MALE	SENIOR-M	BTERRA GALICIA	00:50:14	05:02 min/Km
248	152	183	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR-M	INDEPENDIENTE	00:50:26	05:03 min/Km
249	17	225	PÉREZ CASTRO , NOELIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:50:33	05:04 min/Km
250	18	66	CASAL OUTÓN , CARLA	FEMALE	SENIOR-F	INDEPENDIENTE	00:50:33	05:04 min/Km
251	153	297	SOUTO ALLENDE , PEDRO	MALE	SENIOR-M		00:50:50	05:05 min/Km
252	19	68	CASTRELOS RUA , EVA MARIA	FEMALE	SENIOR-F		00:50:50	05:05 min/Km
253	154	121	FRANCO PEREZ , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:50:55	05:06 min/Km
254	5	112	FERNANDEZ MUIÑOS , MARTA	FEMALE	VETERANO-F	INDEPENDIENTE	00:51:18	05:08 min/Km
255	155	203	OBAMA RUTIGANDA , KIZITO	MALE	SENIOR-M		00:51:19	05:08 min/Km
256	156	48	CADAYA CANAL , EDUARDO	MALE	SENIOR-M	INDEPENDIENTE	00:51:23	05:09 min/Km
257	77	3	AGUETE JUNCAL , JOSE MANUEL	MALE	VETERANO-M	INDEPENDIENTE	00:51:24	05:09 min/Km
258	6	43	CACABELOS PADIN , MARISA	FEMALE	VETERANO-F		00:51:24	05:09 min/Km
259	78	11	ALFONSO PEREZ , MANUEL ANTONIO	MALE	VETERANO-M	C.D. RIA DE AROUSA	00:51:27	05:09 min/Km
260	157	201	NUÑEZ COUSIDO , ANTONIO	MALE	SENIOR-M	PINARIUM	00:51:27	05:09 min/Km
261	7	325	VEIGA BLANCO , MONTSE	FEMALE	VETERANO-F	ATLETISMO FONTES DO SAR	00:51:30	05:09 min/Km
262	8	52	CALVO MARTA , SILVIA	FEMALE	VETERANO-F		00:51:38	05:10 min/Km
263	158	261	RODRIGUEZ BARREIRO , JESUS MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:52:10	05:13 min/Km
264	159	220	PEÑA LÓPEZ , RUBÉN	MALE	SENIOR-M		00:52:22	05:15 min/Km
265	79	239	PONCE BENITEZ , JUAN JOSE	MALE	VETERANO-M	INDEPENDIENTE	00:52:25	05:15 min/Km
266	160	240	PONCE GARCIA , JUAN DIEGO	MALE	SENIOR-M	INDEPENDIENTE	00:52:25	05:15 min/Km
267	161	62	CARAMES REY , MARCOS	MALE	SENIOR-M		00:52:25	05:15 min/Km
268	20	303	TORRES FERNÁNDEZ , SARA	FEMALE	SENIOR-F		00:52:26	05:15 min/Km
269	162	78	COUSIDO GARCIA , ROMAN	MALE	SENIOR-M		00:52:31	05:16 min/Km
270	163	299	SUAREZ BERMUDEZ , FRANCISCO JAVIER	MALE	SENIOR-M	INDEPENDIENTE	00:52:36	05:16 min/Km
271	164	13	ALVAREZ BARROS , ADRIAN	MALE	SENIOR-M		00:52:42	05:17 min/Km
272	165	253	REY PARADA , IVAN	MALE	SENIOR-M		00:52:51	05:18 min/Km
273	80	86	DIZ DIOS , PEDRO	MALE	VETERANO-M	INDEPENDIENTE	00:52:55	05:18 min/Km
274	81	167	LIRES BLANCO , FRANCISCO	MALE	VETERANO-M	INDEPENDIENTE	00:53:21	05:21 min/Km
275	9	188	MEIS OTERO , ANA CRISTINA	FEMALE	VETERANO-F	INDEPENDIENTE	00:53:22	05:21 min/Km
276	10	324	VEIGA BLANCO , EMMA	FEMALE	VETERANO-F	ATLETISMO FONTES DO SAR	00:53:23	05:21 min/Km
277	82	160	IGLESIAS SEAGE , JUAN VENTURA	MALE	VETERANO-M	INDEPENDIENTE	00:53:34	05:22 min/Km
278	83	216	PARGA RILO , MANUEL	MALE	VETERANO-M	INDEPENDIENTE	00:53:34	05:22 min/Km
279	84	9	ALFONSIN SOLIÑO , GONZALO	MALE	VETERANO-M	TARTARUGAS	00:53:49	05:23 min/Km
280	166	15	ALVAREZ CARBALLA , JUAN MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:53:51	05:24 min/Km

XIX CARREIRA POPULAR FESTA DO MARISCO

-GENERAL 10K-

08 OCTUBRE 2017

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
281	167	63	CARBALLO PENAS , MAXIMINO	MALE	SENIOR-M	INDEPENDIENTE	00:53:59	05:24 min/Km
282	85	173	LORENZO ÁLVAREZ , XOÁN CARLOS	MALE	VETERANO-M		00:54:04	05:25 min/Km
283	21	97	ESTÉVEZ VÁZQUEZ , ROSA	FEMALE	SENIOR-F	C.A. CAMBADOS-SEG. NOVAL	00:54:11	05:26 min/Km
284	168	280	SÁNCHEZ CANDAL , JOSÉ LUIS	MALE	SENIOR-M	INDEPENDIENTE	00:54:27	05:27 min/Km
285	22	207	OTERO OUBIÑA , NATALIA	FEMALE	SENIOR-F	PUNTA CABALO AROUSA RUNNERS	00:55:02	05:31 min/Km
286	11	332	VILAR SEREN , GUADALUPE	FEMALE	VETERANO-F	C.A. CAMBADOS-SEG. NOVAL	00:55:30	05:33 min/Km
287	169	8	ALCONADA GARCÍA , RAÚL	MALE	SENIOR-M	INDEPENDIENTE	00:56:09	05:37 min/Km
288	23	307	TOUCEDA MONTAÑA , ROSA MARIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:56:09	05:37 min/Km
289	170	249	REY BOUZAS , FRANCISCO JAVIER	MALE	SENIOR-M	INDEPENDIENTE	00:56:09	05:37 min/Km
290	24	267	RODRIGUEZ LAGO , BEGOÑA	FEMALE	SENIOR-F		00:56:24	05:39 min/Km
291	25	199	NOVELLAS JULIA , CRISTINA	FEMALE	SENIOR-F	BATHCO RUNNING TEAM	00:56:29	05:39 min/Km
292	26	279	SÁNCHEZ GARCÍA , OLALLA	FEMALE	SENIOR-F	BATHCO RUNNING TEAM	00:56:29	05:39 min/Km
293	86	124	GANDARA BOUZA , JOSE ALEJANDRO	MALE	VETERANO-M	CASTRELOS 20:30	00:58:35	05:52 min/Km
294	27	20	AROSA GOMEZ , BEATRIZ	FEMALE	SENIOR-F		00:58:59	05:54 min/Km
295	87	320	VAZQUEZ GUERRA , JOSE LUIS	MALE	VETERANO-M	TRAN TRAN	01:00:08	06:01 min/Km
296	28	72	CESAR OUBIÑA , MARIA LUISA	FEMALE	SENIOR-F	INDEPENDIENTE	01:00:13	06:02 min/Km
297	171	318	BOUSADA , JAVIER	MALE	SENIOR-M		01:01:27	06:09 min/Km
298	172	70	CASTRO DOMÍNGUEZ , FABIAN	MALE	SENIOR-M	INDEPENDIENTE	01:03:58	06:24 min/Km
299	88	31	BERMÚDEZ BILBAO , ANTONIO	MALE	VETERANO-M		01:03:58	06:24 min/Km
300	29	155	GUISANDE PEREIRA , LUCÍA	FEMALE	SENIOR-F		01:03:58	06:24 min/Km
301	30	165	LEMA VERDIA , LAURA	FEMALE	SENIOR-F	A.D.MEDIA DUCIA	01:08:06	06:49 min/Km
302	12	153	GUARIN REYES , ZANDRA YANIRE	FEMALE	VETERANO-F		01:17:09	07:43 min/Km