

## 16KM

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	POS.	P.CAT.	META
1	1	106	BELLO GARCIA , JUAN JOSE	MALE	ABS	CLUB CERVECERÍA O COTÓN NEGREIRA	1	1	01:30:11
2	1	114	CANOURA ABEIJON , MANUEL	MALE	VET-1	PONTETRAIL	2	1	01:30:11
3	2	180	SEÑARÍS PARDO , JOSÉ ANTONIO	MALE	VET-1	RUNNERS CARBALLO	3	2	01:37:02
4	3	121	DOMÍNGUEZ SILVA , ANDRÉS	MALE	VET-1	CLUB CERVECERÍA O COTÓN NEGREIRA	4	3	01:37:46
5	4	128	FERNANDEZ PAZ , ÓSCAR	MALE	VET-1	AVELAINHAS	5	4	01:37:54
6	2	155	OVIEDO BOUZAS , FRANCISCO	MALE	ABS	INDEPENDIENTE	6	2	01:40:54
7	5	130	FIGUEIRAS NÚÑEZ , EDUARDO	MALE	VET-1		7	5	01:40:54
8	6	177	ROMERO LEMA , PABLO	MALE	VET-1	TABEIRON DEPORTIVO	8	6	01:41:32
9	3	169	REGO POSE , MARTIN	MALE	ABS	TRIATLÓN COSTA DA MORTE	9	3	01:41:32
10	7	150	MIRA PÉREZ , PABLO	MALE	VET-1		10	7	01:41:32
11	8	120	CERNADAS CREO , SALVADOR	MALE	VET-1	CLUB CERVECERÍA O COTÓN NEGREIRA	11	8	01:41:38
12	4	161	PÉREZ MUROS , SEBASTIAN	MALE	ABS	INDEPENDIENTE	12	4	01:41:38
13	5	104	BARGO PEREZ , JOSÉ MANUEL	MALE	ABS	CLD LOUSAME TRAIL	13	5	01:42:45
14	9	151	MUÑOZ ESPASANDIN , JULIO	MALE	VET-1	INDEPENDIENTE	14	9	01:43:05
15	6	103	BARCIA FERNÁNDEZ , IVÁN	MALE	ABS	DUBRA TEAM	15	6	01:44:43
16	1	174	RIVAS CASTRO , JUAN	MALE	VET-2	.C.A. CAMBADOS - SEG. NOVAL	16	1	01:45:34
17	10	173	RIVAS BEIS , JAVIER	MALE	VET-1	INDEPENDIENTE	17	10	01:45:35
18	7	156	PAZOS VAZQUEZ , SANTI	MALE	ABS	CLUB ATLETISMO LOUSAME	18	7	01:47:24
19	8	145	MANSILLA BARREIRO , PEPE	MALE	ABS	CLUB DEPORTIVO INCLUSIVO ENKI	19	8	01:50:35
20	11	171	REY POMBO , ANTONIO	MALE	VET-1	CASTROSUA	20	11	01:50:52
21	12	105	BARREIRO CORDEIRO , ANTONIO	MALE	VET-1	INDEPENDIENTE	21	12	01:51:42
22	9	110	CAAMAÑO LIRA , ALEJANDRO	MALE	ABS	CLUB CERVECERÍA O COTÓN NEGREIRA	22	9	01:53:12
23	10	102	BALEATO IGLESIAS , GONZALO	MALE	ABS	DUBRA TEAM	23	10	01:55:57
24	11	131	FORJAN MARTINEZ , XOEL	MALE	ABS	TRIATLÓN COSTA DA MORTE	24	11	01:56:06
25	13	126	FERNANDEZ DURAN , ANTONIO	MALE	VET-1	TRIATLÓN COSTA DA MORTE	25	13	01:56:21
26	14	146	MARTINEZ DOPAZO , JOSE	MALE	VET-1	INDEPENDIENTE	26	14	01:56:32
27	2	142	JUNCAL COSTA , ANTON	MALE	VET-2	ATLETISMO TAMBRE	27	2	01:56:42
28	15	152	NOYA RODRÍGUEZ , JUAN JOSÉ	MALE	VET-1		28	15	01:58:01
29	16	140	IGLESIAS VIGO , JESUS	MALE	VET-1	INDEPENDIENTE	29	16	01:58:16
30	17	129	FERNANDEZ RIAL , SANTIAGO	MALE	VET-1	INDEPENDIENTE	30	17	01:58:38
31	18	158	PEREIRAS COUTO , ÁLVARO	MALE	VET-1	PEREIRAS CONGELADOS	31	18	01:58:44
32	12	181	SESTAYO Balsa , MANUEL	MALE	ABS	INDEPENDIENTE	32	12	01:58:45
33	13	101	ARES CANCELA , ALEJANDRO	MALE	ABS	INDEPENDIENTE	33	13	01:58:46
34	19	147	MARTÍNEZ NOGUEIRA , JORGE	MALE	VET-1	INDEPENDIENTE	34	19	01:58:47
35	14	186	VARELA VALLADARES , CÉSAR	MALE	ABS	.C.A. CAMBADOS - SEG. NOVAL	35	14	01:58:55
36	20	127	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	VET-1	INDEPENDIENTE	36	20	02:00:13
37	21	116	CARREIRA CAROLLO , JESÚS	MALE	VET-1	INDEPENDIENTE	37	21	02:03:32
38	1	117	CARRIL BOO , CRISTINA	FEMALE	VET-1-F	CLUB ATLETISMO O PINO	38	1	02:03:35
39	22	179	SANCHEZ DURO , JESUS	MALE	VET-1		39	22	02:03:37
40	1	133	GARCÍA GARCÍA , CARMEN	FEMALE	VET-2-F	ENTRENARUNNING - TARTARUGAS	40	1	02:08:29
41	23	185	TRIGO BAO , MANUEL	MALE	VET-1	INDEPENDIENTE	41	23	02:09:35
42	3	172	RIAL OTERO , JOSE LUIS	MALE	VET-2	ENTRENARUNNING - TARTARUGAS	42	3	02:10:06
43	24	170	REGUEIRO BELLO , JESÚS	MALE	VET-1		43	24	02:10:54
44	15	123	ESCUDEIRO VIVERO , CARLOS	MALE	ABS	INDEPENDIENTE	44	15	02:11:10
45	16	166	QUINTANS CASTRO , JOSE	MALE	ABS		45	16	02:11:21
46	25	144	MALLO NIEVES , JOSÉ MANUEL	MALE	VET-1	TARTARUGAS	46	25	02:11:26
47	26	160	PEREZ LOURIDO , MARCOS	MALE	VET-1	CLUBE ATLETISMO NEGREIRA	47	26	02:12:06
48	1	136	GONZÁLEZ GARCÍA , ANA LORENA	FEMALE	ABS-F		48	1	02:13:08
49	2	168	RAMOS SUÁREZ , RAQUEL	FEMALE	VET-1-F	A.D. OLIMPIA	49	2	02:15:21
50	27	175	RODRIGUEZ LAGARES , JOSÉ RAMÓN	MALE	VET-1		50	27	02:15:36
51	3	107	BERMÚDEZ RÍOS , BELI	FEMALE	VET-1-F		51	3	02:15:40
52	4	167	RAMOS ONS , ANA	FEMALE	VET-1-F	CLUB TRIATLON CERVECERIA O COTON NEGREIRA	52	4	02:15:57
53	5	149	MARTÍNEZ PARCERO , VERÓNICA	FEMALE	VET-1-F	DUBRA TEAM	53	5	02:17:35
54	2	165	POSE ALMALLO , MARÍA	FEMALE	ABS-F	INDEPENDIENTE	54	2	02:18:17
55	3	119	CASTRO GARCÍA , PATRICIA	FEMALE	ABS-F	INDEPENDIENTE	55	3	02:20:10
56	6	187	VÁZQUEZ CAAMAÑO , MATILDE	FEMALE	VET-1-F		56	6	02:20:20
57	28	115	CARRASCO ITURRA , CARLOS	MALE	VET-1	DUBRA TEAM	57	28	02:20:38
58	7	148	MARTÍNEZ PARCERO , MELINA	FEMALE	VET-1-F	DUBRA TEAM	58	7	02:20:38
59	8	139	GUARDADO CALVO , MÓNICA	FEMALE	VET-1-F	BJ RUNNING TEAM	59	8	02:20:41
60	4	122	EAPASANDIN DUARTE , NOELIA	FEMALE	ABS-F	CORREXALLAS	60	4	02:22:01
61	17	138	GRILLE RIAL , DAVID	MALE	ABS	INDEPENDIENTE	61	17	02:22:39
62	9	184	TRABA LÓPEZ , MARÍA JOSÉ	FEMALE	VET-1-F	A.D. OLIMPIA	62	9	02:23:26
63	18	124	FACHAL RIAL , ROI	MALE	ABS	INDEPENDIENTE	63	18	02:27:05
64	10	111	CAJADE BLANCO , MARÍA BEGOÑA	FEMALE	VET-1-F	CAR MARISQUEIRO	64	10	02:28:54
65	19	183	TARRÍO REY , ANXO	MALE	ABS	DUBRA TEAM	65	19	02:32:58
66	5	163	PEREZ VILAS , ALBA MARIA	FEMALE	ABS-F	INDEPENDIENTE	66	5	02:34:22
67	2	178	SALMONTE VARELA , ANGELES	FEMALE	VET-2-F	CLUB ATLETISMO O PINO	67	2	02:35:06
68	6	108	CAAMAÑO GARCÍA , LIDIA	FEMALE	ABS-F		68	6	02:35:12
69	11	118	CASTRO CORES , CARMEN	FEMALE	VET-1-F	CLUB ATLETISMO O PINO	69	11	02:36:37
70	3	112	CAJUSO BARBAZAN , CHEFA	FEMALE	VET-2-F	ATLETISMO NEGREIRA	70	3	02:36:37
71	7	141	JANEIRO MOAS , LUISA	FEMALE	ABS-F	INDEPENDIENTE	71	7	02:45:06
72	12	109	CAAMAÑO LADO , CARINA	FEMALE	VET-1-F	INDEPENDIENTE	72	12	02:45:06
73	20	135	GERPE PEREZ , JESÚS MANUEL	MALE	ABS	CORREXALLAS	73	20	02:51:10
74	21	162	PÉREZ RODRÍGUEZ , RAMÓN ANDRÉS	MALE	ABS	ATLETISMO NEGREIRA	74	21	02:51:10
75	8	157	PENA TAIBO , ÁNGELA	FEMALE	ABS-F	CORREXALLAS	75	8	02:57:01
76	29	164	PINTOS MIRANDA , JOSÉ MANUEL	MALE	VET-1		76	29	03:00:01
77	13	137	GONZÁLEZ ROCHA , RITA MARIA	FEMALE	VET-1-F		77	13	03:00:56
78	14	188	VIGO LIÑARES , ANA	FEMALE	VET-1-F	CLUB ENTRENARUNNING	78	14	03:16:23
79	15	189	VIGO LIÑARES , CHELO	FEMALE	VET-1-F	CLUB ENTRENARUNNING	79	15	03:16:23
80	22	159	PEREIRO BLANCO , JAVIER	MALE	ABS		80	22	03:17:04
81	30	176	RODRIGUEZ LÓPEZ , ÓSCAR	MALE	VET-1		81	30	03:17:05
82	31	125	FARO NEGREIRA , JUAN MANUEL	MALE	VET-1	ADC MONTE BREAMO	82	31	04:07:40
ABD		132	GARCIA ESTÉVEX , JOSE MANUELA	MALE	VET-1				
ABD		134	GARCIA MENENDEZ , SUSANA	FEMALE	VET-1-F	INDEPENDIENTE			
ABD		143	LADO CASTIÑEIRA , ESTEBAN	MALE	ABS				
ABD		153	OTERO GARCÍA , ELADIO	MALE	VET-1	C.A. O PINO			
ABD		154	OUTEIRAL BAR , JUAN	MALE	ABS	BJ RUNNING TEAM			
ABD		182	SUAREZ CASTIÑEIRA , ÁLVARO	MALE	ABS	A.D. MONTE BRONDO			
DNS		113	CANOSA BLANCO , DOMINGO DANIEL	MALE	ABS	INDEPENDIENTE			