

II CARRERA NOCTURNA COFC - 5K

13 JULIO 2019

- GENERAL -

GALITIMING
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CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CONTROL	META	RITMO
1	1	203	PÉREZ LÓPEZ , MANUEL OLIVER	MALE	VETERAN-M	CLUB ATLETISMO SAR VERMU PETRONI	00:08:00	00:15:53	03:11 min/Km
2	1	65	DÍAZ PÉREZ , ESTEBAN	MALE	ABSOLUTA-M	TRIEUME AS PONTES CLUB	00:08:15	00:16:14	03:15 min/Km
3	2	61	DAPORTA MÉNDEZ , MIGUEL	MALE	ABSOLUTA-M	OLÍMPICO DE VEDRA	00:08:23	00:16:24	03:17 min/Km
4	3	251	SEOANE PUGA , JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	00:08:29	00:16:43	03:21 min/Km
5	4	180	MUIÑOS COTELO , RAMÓN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:08:47	00:16:58	03:24 min/Km
6	5	264	VÁZQUEZ ARES , FERNANDO	MALE	ABSOLUTA-M	ATLETAS DE ACEA DE AMA	00:08:40	00:17:02	03:25 min/Km
7	6	254	SISO GARCÍA , JAVIER	MALE	ABSOLUTA-M		00:08:45	00:17:08	03:26 min/Km
8	7	155	MARTINEZ CASTRO , ROBERTO	MALE	ABSOLUTA-M	C. D. PINARIUM	00:08:46	00:17:09	03:26 min/Km
9	8	219	REGÓ POSE , IVAN	MALE	ABSOLUTA-M	ATLETISMO MILLADOIRO	00:08:49	00:17:15	03:27 min/Km
10	9	231	RODRÍGUEZ PAZ , ALEXANDRE	MALE	ABSOLUTA-M	INDEPENDIENTE	00:09:03	00:17:49	03:34 min/Km
11	10	24	BOUZÓN OTERO , FERNANDO	MALE	ABSOLUTA-M	CLUB ATLETISMO SADA	00:09:14	00:18:00	03:36 min/Km
12	11	39	CANDAL FUENTES , JAVIER	MALE	ABSOLUTA-M		00:09:22	00:18:34	03:43 min/Km
13	12	189	PAN SUÁREZ , PEDRO	MALE	ABSOLUTA-M		00:09:43	00:18:54	03:47 min/Km
14	13	134	LÓPEZ JACOME , ALVARO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:09:44	00:18:58	03:48 min/Km
15	14	132	LOPEZ GONZALEZ , IVAN	MALE	ABSOLUTA-M	ATLETAS DE ACEADAMA	00:09:45	00:19:01	03:49 min/Km
16	15	144	LÓPEZ VIZCAÍNO , TOMÁS	MALE	ABSOLUTA-M	CLUB ATLETISMO SADA MONTAÑA	00:08:47	00:19:01	03:49 min/Km
17	2	162	MÉNDEZ LÓPEZ , JUAN	MALE	VETERAN-M	TRISADA	00:09:49	00:19:04	03:49 min/Km
18	16	16	BARBEITO , MARTIN	MALE	ABSOLUTA-M		00:09:55	00:19:07	03:50 min/Km
19	17	53	CASTRO MIRA , ADRIÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:09:53	00:19:07	03:50 min/Km
20	18	174	MORANO PEREZ , MARCOS	MALE	ABSOLUTA-M	INDEPENDIENTE	00:10:03	00:19:12	03:51 min/Km
21	3	152	MARTINEZ ABAD , JOSE ANGEL	MALE	VETERAN-M	INDEPENDIENTE	00:09:46	00:19:29	03:54 min/Km
22	19	157	FERNANDEZ RAMOS , ALEJANDRO	MALE	ABSOLUTA-M		00:09:58	00:19:30	03:54 min/Km
23	20	43	CARNOTA MENDEZ , RAMON	MALE	ABSOLUTA-M	NOSPORTLIMIT	00:09:58	00:19:30	03:54 min/Km
24	4	13	ASTRAY CASTRO , JESÚS	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	00:09:57	00:19:31	03:55 min/Km
25	5	161	MEJUTO SEOANE , JUAN CARLOS	MALE	VETERAN-M	INDEPENDIENTE	00:10:18	00:19:44	03:57 min/Km
26	6	98	GALÁN PRESAS , XOÁN	MALE	VETERAN-M	CLUB ATLETISMO SADA	00:10:10	00:19:47	03:58 min/Km
27	21	130	LOPEZ , ADRIAN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:10:18	00:19:59	03:60 min/Km
28	22	27	BUGLIOT GUISANDE , DAVID	MALE	ABSOLUTA-M		00:10:04	00:20:07	04:02 min/Km
29	23	195	PAZ SÁNCEHZ , ALBERTO	MALE	ABSOLUTA-M		00:10:31	00:20:22	04:05 min/Km
30	24	186	PALLEIRO PÉREZ , IVÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:10:21	00:20:27	04:06 min/Km
31	7	239	SABIO FERNÁNDEZ , RAFAEL	MALE	VETERAN-M	INDEPENDIENTE	00:10:27	00:20:39	04:08 min/Km
32	25	268	VAZQUEZ RODRIGUEZ , DANIEL	MALE	ABSOLUTA-M		00:10:49	00:20:55	04:11 min/Km

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33	26	127	LEAL DÍAZ , ROBERTO	MALE	ABSOLUTA-M	CLUBE ATLETISMO FENE	00:10:19	00:21:01	04:13 min/Km
34	8	167	MIGUEL ARIAS , DOMINGO	MALE	VETERAN-M	ATLETAS DE ACEADAMA	00:11:04	00:21:08	04:14 min/Km
34	27	271	VÁZQUEZ SOBRINO , CÉSAR	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:11	00:21:08	04:14 min/Km
36	9	250	SANTIUSTE INSUA , JESÚS ÁNGEL	MALE	VETERAN-M		00:11:07	00:21:09	04:14 min/Km
37	10	255	SOTO GARCÍA , FRANCISCO	MALE	VETERAN-M	AMIGOS DE SAN DIEGO	00:10:56	00:21:09	04:14 min/Km
38	28	204	PÉREZ MOSQUERA , DIEGO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:25	00:21:11	04:15 min/Km
39	29	120	GROARKE , LIAM	MALE	ABSOLUTA-M	INDEPENDIENTE	00:10:47	00:21:12	04:15 min/Km
40	30	5	ALVAREZ FERNANDEZ , CARLOS	MALE	ABSOLUTA-M	NSL	00:11:16	00:21:19	04:16 min/Km
41	31	270	VAZQUEZ SEOANE , FRAN	MALE	ABSOLUTA-M		00:11:17	00:21:20	04:16 min/Km
42	11	123	IGLESIAS ALONSO , FCO JAVIER	MALE	VETERAN-M	AS VELLAS NON PARAMOS	00:11:01	00:21:21	04:17 min/Km
43	32	92	FORTES , ALEJANDRO	MALE	ABSOLUTA-M	NOSPORTLIMIT	00:11:06	00:21:27	04:18 min/Km
44	1	23	BORT RESPINO , ANA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:11:05	00:21:33	04:19 min/Km
45	2	225	ROCA CANZOBRE , OTERO	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:11:00	00:21:42	04:21 min/Km
46	33	90	FIGUEREDO CEDRES , VICTOR	MALE	ABSOLUTA-M	INDEPENDIENTE	00:10:54	00:21:44	04:21 min/Km
47	12	99	GARCÍA ÁLVAREZ , MIGUEL ÁNGEL	MALE	VETERAN-M	INDEPENDIENTE	00:11:12	00:21:47	04:22 min/Km
48	34	224	RIVAS LOPEZ , RENATO	MALE	ABSOLUTA-M	CLUB ATLETISMO SADA	00:11:02	00:21:49	04:22 min/Km
49	35	249	SANTEIRO VARELA , RUBÉN	MALE	ABSOLUTA-M		00:11:18	00:21:54	04:23 min/Km
50	36	129	LOIS CANDA , NICOLAS	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:17	00:21:54	04:23 min/Km
51	3	248	SANTEIRO VARELA , BELÉN	FEMALE	ABSOLUTA-F		00:11:18	00:21:54	04:23 min/Km
52	37	172	MONTOTO VARELA , ALBERTO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:13	00:21:56	04:24 min/Km
53	13	73	DORNEL MOLINA , ALEJANDRO DANIEL	MALE	VETERAN-M		00:11:25	00:21:57	04:24 min/Km
54	14	201	PEREIRA GONZÁLEZ , JAVIER	MALE	VETERAN-M	CLUB ATLETISMO SADA	00:11:29	00:21:57	04:24 min/Km
55	38	191	PARDO FARIÑA , CARLOS	MALE	ABSOLUTA-M	ATLETAS DE ACEADAMA	00:11:21	00:22:09	04:26 min/Km
56	4	36	CAMINO CREGO , MARIA ISABEL	FEMALE	ABSOLUTA-F	ATLETAS DE ACEADAMA	00:11:22	00:22:12	04:27 min/Km
56	15	216	RAMOS , JOSEMA	MALE	VETERAN-M		00:11:10	00:22:12	04:27 min/Km
58	39	89	FERNÁNDEZ RODRÍGUEZ , ROLAND	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:37	00:22:14	04:27 min/Km
59	40	60	CRUCES , DANIEL	MALE	ABSOLUTA-M		00:11:21	00:22:16	04:28 min/Km
60	5	253	SIMON MARTINEZ , AMIRA	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:11:17	00:22:20	04:28 min/Km
60	41	276	VIDAL RODRÍGUEZ , OSCAR	MALE	ABSOLUTA-M		00:11:47	00:22:20	04:28 min/Km
62	16	58	CORREA PIÑEIRO , FCO JAVIER	MALE	VETERAN-M	INDEPENDIENTE	00:11:35	00:22:25	04:29 min/Km
63	6	176	MOSQUERA CASTRO , NAYEM	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:12:19	00:22:26	04:30 min/Km
64	42	183	ORDOÑEZ RODRIGUEZ , MARCOS	MALE	ABSOLUTA-M		00:11:39	00:22:28	04:30 min/Km

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65	43	266	VÁZQUEZ GARCÍA , ALEJANDRO	MALE	ABSOLUTA-M		00:11:27	00:22:28	04:30 min/Km
66	17	107	GARCIA VIVANCO , PABLO	MALE	VETERAN-M		00:11:15	00:22:32	04:31 min/Km
67	7	93	FRAGA RIVAS , MARÍA	FEMALE	ABSOLUTA-F	3&RUN CLUB DE CORREDORES	00:11:16	00:22:39	04:32 min/Km
68	44	106	GARCIA VILLAVERDE , DANIEL	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:34	00:22:39	04:32 min/Km
69	45	259	TOBA , RAFAEL	MALE	ABSOLUTA-M		00:12:00	00:22:47	04:34 min/Km
70	18	80	FERNÁNDEZ FRAGA , JAVIER	MALE	VETERAN-M	RUNNING ARTEIXO	00:11:50	00:22:48	04:34 min/Km
71	46	149	LUIS NOVOA , ALEJANDRO	MALE	ABSOLUTA-M		00:11:23	00:22:48	04:34 min/Km
72	47	124	INFANTE FERNANDEZ , AGUSTÍN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:07	00:22:58	04:36 min/Km
73	48	159	MAYOL LÓPEZ , ADRIÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:00	00:22:58	04:36 min/Km
74	49	236	ROJO PARDIÑAS , RUBEN	MALE	ABSOLUTA-M		00:11:42	00:23:03	04:37 min/Km
75	50	223	RIÁDIGOS MOSQUERA , CARLOS	MALE	ABSOLUTA-M	INDEPENDIENTE	00:11:32	00:23:08	04:38 min/Km
76	19	252	SIMON CUADRADO , SANTIAGO	MALE	VETERAN-M		00:11:38	00:23:10	04:38 min/Km
77	51	145	LORENZO RIVEIRO , JOSE ANGEL	MALE	ABSOLUTA-M		00:12:12	00:23:12	04:39 min/Km
78	52	113	GONZÁLEZ CANCELAS , RUBÉN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:13	00:23:12	04:39 min/Km
79	8	78	FARIAS DOS SANTOS , AMANDA	FEMALE	ABSOLUTA-F		00:11:28	00:23:23	04:41 min/Km
80	53	57	CORRAL FRAGA , CARLOS	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:33	00:23:24	04:41 min/Km
81	54	42	CARDESIN MOINELO , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:30	00:23:26	04:42 min/Km
82	20	22	BORT COUCEIRO , SANTIAGO	MALE	VETERAN-M	INDEPENDIENTE	00:11:55	00:23:26	04:42 min/Km
83	55	242	SALGADO BADÁS , FRANCISCO JAVIER	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:40	00:23:27	04:42 min/Km
84	21	119	GRELA RODRIGUEZ , JOSE	MALE	VETERAN-M	INDEPENDIENTE	00:12:10	00:23:36	04:44 min/Km
85	56	20	BELLO VIDAL , JORGE	MALE	ABSOLUTA-M		00:12:17	00:23:40	04:44 min/Km
86	57	15	BANDIN MARENTES , JAVIER	MALE	ABSOLUTA-M		00:11:39	00:23:41	04:45 min/Km
87	22	114	GONZÁLEZ DANS , JUAN	MALE	VETERAN-M		00:12:28	00:23:45	04:45 min/Km
88	23	11	ARES FERREIRO , JOSÉ IGNACIO	MALE	VETERAN-M	INDEPENDIENTE	00:12:20	00:23:46	04:46 min/Km
89	9	10	ARES CAMPO , IRIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:12:21	00:23:46	04:46 min/Km
90	58	83	FERNÁNDEZ PÉREZ , FRANCISCO JAVIER	MALE	ABSOLUTA-M	NOSPORTLIMIT	00:12:18	00:23:50	04:46 min/Km
91	24	3	ALMIDÓN ALONSO , JOSÉ RAMÓN	MALE	VETERAN-M	INDEPENDIENTE	00:12:06	00:23:54	04:47 min/Km
92	10	30	CABALLERO , LIZA	FEMALE	ABSOLUTA-F	NÁUTICA NARON	00:11:58	00:23:55	04:47 min/Km
93	11	116	GONZÁLEZ PENA , BEGO	FEMALE	ABSOLUTA-F		00:12:22	00:24:03	04:49 min/Km
94	12	37	CAMPOS BREA , ROCIO	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:12:14	00:24:09	04:50 min/Km
95	13	182	NOVO QUIZA , NATALIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:12:43	00:24:09	04:50 min/Km
96	59	34	CALZAS SUAREZ , JOSE	MALE	ABSOLUTA-M		00:12:13	00:24:12	04:51 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	CONTROL	META	RITMO
97	14	184	OREIRO CHAPELA , CLAUDIA	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:12:19	00:24:13	04:51 min/Km
98	60	154	MARTINEZ BARROS , MANUEL	MALE	ABSOLUTA-M		00:12:12	00:24:23	04:53 min/Km
99	61	26	BUGÍA , KIKO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:20	00:24:24	04:53 min/Km
100	15	218	REDRUELLO MARTÍN , MARTA	FEMALE	ABSOLUTA-F	CCT POIO	00:12:14	00:24:24	04:53 min/Km
101	1	196	PAZOS MALLO , LOLA	FEMALE	VETERAN-F	CLUB ATLETISMO SADA	00:12:15	00:24:36	04:56 min/Km
102	62	137	LÓPEZ RIAL , ADRIÁN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:12:45	00:24:38	04:56 min/Km
103	25	32	CALDERÓN FERNÁNDEZ , ELOY	MALE	VETERAN-M	INDEPENDIENTE	00:12:33	00:24:39	04:56 min/Km
104	63	272	VEIGA VIDAL , ALBERTO	MALE	ABSOLUTA-M		00:12:26	00:24:44	04:57 min/Km
105	16	141	LOPEZ SERANTES , MARIA ALMUDENA	FEMALE	ABSOLUTA-F		00:12:59	00:24:48	04:58 min/Km
106	64	70	DIAZ-MERRY LOPEZ-ACEVEDO , MANUEL	MALE	ABSOLUTA-M		00:12:49	00:24:57	04:60 min/Km
107	65	194	PAZ MARTÍNEZ , DIEGO	MALE	ABSOLUTA-M	ATLETAS DE ACEA DE AMA	00:12:53	00:24:59	04:60 min/Km
108	26	38	CAÑADA MUÑOZ , ALEJANDRO	MALE	VETERAN-M		00:12:42	00:25:04	05:01 min/Km
109	66	240	SÁEZ PÉREZ , RAMON	MALE	ABSOLUTA-M		00:12:50	00:25:11	05:03 min/Km
110	27	234	RODRIGUEZ SUAREZ , MANU	MALE	VETERAN-M		00:12:45	00:25:11	05:03 min/Km
111	17	31	CAJADE BLANCO , MARÍA BEGOÑA	FEMALE	ABSOLUTA-F	CLUB MANDEO MULTISPORT " AS VELLAS NON PARAMOS "	00:12:48	00:25:15	05:03 min/Km
112	67	49	CASAL PAZOS , BRUNO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:09	00:25:24	05:05 min/Km
113	18	263	VAZQUEZ , LUCIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:13:30	00:25:28	05:06 min/Km
114	19	210	PREGO RODRIGUEZ , SONIA	FEMALE	ABSOLUTA-F		00:12:51	00:25:30	05:06 min/Km
115	20	179	MRIMICHE , NADIA	FEMALE	ABSOLUTA-F	ATLETAS DE ACEA DE AMA	00:12:52	00:25:32	05:07 min/Km
116	68	71	DIEGO DURAN , CESAR	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:29	00:25:35	05:07 min/Km
117	69	102	GARCIA LINARES , LUIS ANTONIO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:15	00:25:36	05:08 min/Km
118	70	163	MÉNDEZ PÉREZ , PABLO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:36	00:25:43	05:09 min/Km
119	21	238	RÚA PRIETO , MARISA	FEMALE	ABSOLUTA-F	TRISADA	00:13:01	00:25:56	05:12 min/Km
120	28	21	BOCELO PRIETO , JOSE ANTONIO	MALE	VETERAN-M		00:13:23	00:25:58	05:12 min/Km
121	22	35	CAMBON COTELO , FÁTIMA	FEMALE	ABSOLUTA-F		00:13:32	00:25:59	05:12 min/Km
122	71	275	VIDAL RODRIGUEZ , ISMA	MALE	ABSOLUTA-M		00:13:50	00:26:01	05:13 min/Km
123	23	187	PAN , MICHELLE	FEMALE	ABSOLUTA-F		00:13:50	00:26:01	05:13 min/Km
124	72	139	LÓPEZ RODRÍGUEZ , JOSÉ ANTONIO	MALE	ABSOLUTA-M		00:14:08	00:26:01	05:13 min/Km
125	73	72	DOMINGUEZ RODRIGUEZ , FRANCISCO	MALE	ABSOLUTA-M		00:13:51	00:26:02	05:13 min/Km
126	2	246	SÁNCHEZ MÉNDEZ , LUISA ÁNGELES	FEMALE	VETERAN-F		00:13:52	00:26:03	05:13 min/Km
127	3	156	MARTÍNEZ FERNÁNDEZ , CRISTINA	FEMALE	VETERAN-F		00:13:24	00:26:05	05:13 min/Km
128	74	148	LOZANO PLAZA , JULIO	MALE	ABSOLUTA-M		00:13:22	00:26:08	05:14 min/Km

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129	75	81	FERNÁNDEZ LÓPEZ , DAVID	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:55	00:26:10	05:14 min/Km
130	76	12	ARZUA PIÑEIRO , DAVID	MALE	ABSOLUTA-M		00:13:19	00:26:15	05:15 min/Km
131	77	125	JUVIÑO PREGO , ANGEL	MALE	ABSOLUTA-M		00:13:35	00:26:17	05:16 min/Km
132	78	208	PORTO CALVO , SERGIO	MALE	ABSOLUTA-M	CLUB ATLETISMO OUTES JONH TURKEY	00:13:07	00:26:19	05:16 min/Km
133	29	17	BARBEITO IGLESIAS , JUAN CARLOS	MALE	VETERAN-M		00:13:22	00:26:23	05:17 min/Km
134	24	85	FERNÁNDEZ REDONDO , SUSANA	FEMALE	ABSOLUTA-F		00:13:22	00:26:25	05:17 min/Km
135	30	213	QUINTAS VILA , CARLOS	MALE	VETERAN-M	INDEPENDIENTE	00:14:02	00:26:39	05:20 min/Km
136	25	279	VIZCAINO ABELEDO , MARTA	FEMALE	ABSOLUTA-F		00:13:42	00:26:42	05:21 min/Km
137	79	226	RODRÍGUEZ ARMADA , MARCOS	MALE	ABSOLUTA-M		00:13:56	00:26:48	05:22 min/Km
138	80	68	DIAZ-MERRY LOPEZ-ACEVEDO , CARLOS	MALE	ABSOLUTA-M		00:13:57	00:26:59	05:24 min/Km
139	4	206	PICATOSTE MATEU , MARIA	FEMALE	VETERAN-F		00:13:40	00:27:03	05:25 min/Km
140	81	171	MONTAÑES FERNÁNDEZ , PABLO	MALE	ABSOLUTA-M		00:13:44	00:27:04	05:25 min/Km
141	31	118	GONZALEZ TALAVERO , MIGUEL ANGEL	MALE	VETERAN-M	ATLETAS DE ACEA DE AMA	00:13:30	00:27:05	05:25 min/Km
142	5	112	GÓMEZ PUENTE , CARMEN AMERICA	FEMALE	VETERAN-F		00:14:17	00:27:12	05:27 min/Km
143	32	136	LÓPEZ PÉREZ , FELIPE	MALE	VETERAN-M	CLUB ATLETISMO SADA MONTAÑA	00:14:17	00:27:13	05:27 min/Km
144	82	7	ALVAREZ UDE , FERNANDO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:13:34	00:27:13	05:27 min/Km
145	83	9	ANEIROS LANDROVE , JOSÉ MANUEL	MALE	ABSOLUTA-M		00:14:34	00:27:28	05:30 min/Km
146	84	94	FRANCO OTERO , PABLO ANTONIO	MALE	ABSOLUTA-M		00:14:35	00:27:36	05:32 min/Km
147	85	28	BUSTO CUIÑAS , ANTONIO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:14:19	00:27:37	05:32 min/Km
148	26	33	CALVO BARRIO , BLANCA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:13:35	00:27:38	05:32 min/Km
149	27	241	SAIZ BRIONES , IRENE	FEMALE	ABSOLUTA-F	RIAZOR CORUÑA ATLETISMO	00:13:36	00:27:38	05:32 min/Km
150	33	95	FRANCO RUIZ , ANTONIO	MALE	VETERAN-M	CLUB ATLETISMO SADA	00:14:04	00:27:48	05:34 min/Km
151	28	2	ALDIR GARCÍA , PALOMA	FEMALE	ABSOLUTA-F		00:14:42	00:27:50	05:34 min/Km
152	34	273	VEIRA PERDOMO , MARCELO LUIS	MALE	VETERAN-M	MESOIRO	00:14:37	00:28:00	05:36 min/Km
153	6	88	FERNÁNDEZ RODRIGUEZ , ELVA	FEMALE	VETERAN-F	CLUB ATLETISMO SADA	00:14:04	00:28:09	05:38 min/Km
154	29	258	SYSA , JOLANTA	FEMALE	ABSOLUTA-F	INDEPENDENT	00:14:37	00:28:09	05:38 min/Km
155	30	192	PASTORIZA SANCHEZ , CHELO	FEMALE	ABSOLUTA-F		00:14:12	00:28:10	05:38 min/Km
156	35	230	RODRIGUEZ MACIA , OSCAR	MALE	VETERAN-M	INDEPENDIENTE	00:14:05	00:28:27	05:42 min/Km
157	86	170	MOLINA MEDINA , SEBASTIAN	MALE	ABSOLUTA-M	INDEPENDIENTE	00:14:06	00:28:29	05:42 min/Km
158	31	185	PALATINSKI , LEIDE	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:13:19	00:28:29	05:42 min/Km
159	7	108	GARMA CASTRO , CARMEN	FEMALE	VETERAN-F		00:14:38	00:28:44	05:45 min/Km
160	36	126	LAGO GONZALEZ , JOSE MANUEL	MALE	VETERAN-M	INDEPENDIENTE	00:14:39	00:28:45	05:45 min/Km

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161	32	233	RODRIGUEZ SUAREZ , CRUZ	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:14:42	00:28:50	05:46 min/Km
162	33	135	LÓPEZ PARADA , ELSA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO SADA	00:14:40	00:29:00	05:48 min/Km
163	87	76	ESMORIS MARTA , JOSE MANUEL	MALE	ABSOLUTA-M		00:14:47	00:29:06	05:50 min/Km
164	34	232	RODRIGUEZ PIRIS , LORENA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:00	00:29:08	05:50 min/Km
165	8	91	FOLGAR FARIÑA , MARIA LOURDES	FEMALE	VETERAN-F		00:15:01	00:29:10	05:50 min/Km
166	88	269	VÁZQUEZ RODRÍGUEZ , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	00:15:17	00:29:17	05:52 min/Km
167	35	169	MODIA YAÑEZ , PATRICIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:20	00:29:17	05:52 min/Km
168	89	19	BARBEITO VILARIÑO , PABLO	MALE	ABSOLUTA-M	ORENES GRUPO	00:14:59	00:29:18	05:52 min/Km
169	9	48	CASAL DOPAZO , PILAR	FEMALE	VETERAN-F	LARACHA EN DUAS RODAS	00:15:19	00:29:39	05:56 min/Km
170	36	245	SANCHEZ LOPEZ , CRISTINA	FEMALE	ABSOLUTA-F	AD DOWNHILL	00:15:20	00:29:39	05:56 min/Km
171	10	217	RAMOS FERNANDEZ , CARMEN	FEMALE	VETERAN-F	LARACHA EN DUAS RODAS	00:15:19	00:29:40	05:56 min/Km
172	37	105	GARCIA MATO , PATRICIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:20	00:29:40	05:56 min/Km
173	90	229	RODRIGUEZ LORENZO , ALEJANDRO	MALE	ABSOLUTA-M	NOSPORTLIMIT	00:14:56	00:29:41	05:57 min/Km
174	38	261	VARELA CABRERA , AURORA YENIL	FEMALE	ABSOLUTA-F		00:15:03	00:29:43	05:57 min/Km
175	37	262	VARELA VARELA , JOSE ANTONIO	MALE	VETERAN-M	INDEPENDIENTE	00:15:36	00:29:45	05:57 min/Km
176	91	97	GALAN GONZALEZ , ANTONIO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:15:36	00:29:45	05:57 min/Km
177	39	1	ABELLEIRA FERNÁNDEZ , PAULA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:37	00:29:50	05:58 min/Km
178	40	150	MARCOS HERNANDEZ , SONIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:45	00:29:52	05:59 min/Km
179	92	190	PARADA TAIBO , GONZALO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:14:31	00:29:54	05:59 min/Km
180	41	177	MOURON FRAGA , ANA MARÍA	FEMALE	ABSOLUTA-F		00:15:32	00:29:58	05:60 min/Km
181	42	29	CAAMAÑO BERMUDEZ , ANABEL	FEMALE	ABSOLUTA-F		00:15:03	00:29:59	05:60 min/Km
182	93	46	CASADO REY , JORGE	MALE	ABSOLUTA-M	INDEPENDIENTE	00:15:06	00:29:59	05:60 min/Km
183	11	222	REY RODRÍGUEZ , TERESA	FEMALE	VETERAN-F	INDEPENDIENTE	00:15:12	00:30:30	06:06 min/Km
184	43	86	FERNÁNDEZ RIAL , MARTA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:15:39	00:30:31	06:07 min/Km
185	94	117	GONZÁLEZ REY , MIGUEL ANTONIO	MALE	ABSOLUTA-M		00:15:32	00:30:31	06:07 min/Km
186	44	115	GONZALEZ HERRERO , BLANCA	FEMALE	ABSOLUTA-F		00:15:41	00:30:36	06:08 min/Km
187	95	84	FERNANDEZ PILLADO , BORJA	MALE	ABSOLUTA-M		00:15:41	00:30:37	06:08 min/Km
188	45	188	PAN BERMÚDEZ , NATALIA	FEMALE	ABSOLUTA-F	GLOBAL SPORT CLUB	00:15:40	00:30:40	06:08 min/Km
189	46	104	GARCÍA MARTÍNEZ , MAGDALENA	FEMALE	ABSOLUTA-F		00:15:33	00:30:58	06:12 min/Km
190	47	131	LÓPEZ AMENEDO , ELENA	FEMALE	ABSOLUTA-F	MESOIRO RUNNING	00:15:24	00:31:00	06:12 min/Km
191	96	205	PESATE , JIM	MALE	ABSOLUTA-M	INDEPENDIENTE	00:16:28	00:31:08	06:14 min/Km
192	97	100	GARCIA CARNICERO , JUVENAL	MALE	ABSOLUTA-M		00:16:26	00:31:46	06:22 min/Km

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193	48	74	DORNEL RAMALLO , ZOE DANIELA	FEMALE	ABSOLUTA-F		00:15:37	00:31:54	06:23 min/Km
194	49	147	LOURO BARREIRO , SARA	FEMALE	ABSOLUTA-F		00:16:27	00:32:04	06:25 min/Km
195	98	146	LOURIDO MARTÍNEZ , JAVIER	MALE	ABSOLUTA-M	AS VELLAS NON PARAMOS	00:16:27	00:32:05	06:25 min/Km
196	50	50	CASTIÑEIRA PEREIRA , SUSANA	FEMALE	ABSOLUTA-F		00:16:19	00:32:36	06:32 min/Km
197	51	166	MG , REBECA	FEMALE	ABSOLUTA-F		00:16:26	00:32:41	06:33 min/Km
198	52	173	MORAN FERNANDEZ , RUTH	FEMALE	ABSOLUTA-F		00:16:27	00:32:42	06:33 min/Km
199	99	142	LÓPEZ SUAREZ , MARCOS	MALE	ABSOLUTA-M		00:15:53	00:32:51	06:35 min/Km
200	53	280	ZARRA FERRO , IRENE	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:16:42	00:32:51	06:35 min/Km
201	54	200	PENIN ÁLVAREZ , MARTA	FEMALE	ABSOLUTA-F		00:15:53	00:32:52	06:35 min/Km
202	55	25	BRIONES , PAULA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:16:42	00:32:52	06:35 min/Km
203	56	237	ROVERES , ANDREA MARIA	FEMALE	ABSOLUTA-F		00:16:28	00:32:54	06:35 min/Km
204	57	214	RAMALLO , NIEVES	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:16:29	00:32:57	06:36 min/Km
205	58	220	REGUEIRA VEIGA , PATRICIA	FEMALE	ABSOLUTA-F		00:16:42	00:33:50	06:46 min/Km
206	100	235	RODRIGUEZ VEIRAS , FRANCISCO JAVIER	MALE	ABSOLUTA-M		00:16:09	00:33:54	06:47 min/Km
207	59	56	CHAO RIÁDIGOS , PAULA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:17:03	00:33:58	06:48 min/Km
208	60	40	CANO CHAVEZ , TANIA ALEIDA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:16:59	00:34:58	06:60 min/Km
209	61	51	CASTRO , CRISTINA	FEMALE	ABSOLUTA-F	NOSPORTLIMIT	00:16:60	00:35:01	07:01 min/Km
210	38	67	DIAZ REDONDO , JOAQUIN	MALE	VETERAN-M	NOSPORTLIMIT	00:17:18	00:35:27	07:06 min/Km
211	62	278	VILLAR FERRER , MARIA MONTSERRAT	FEMALE	ABSOLUTA-F		00:17:39	00:35:51	07:11 min/Km
212	101	109	GARRIDO CONCHADO , DAVID	MALE	ABSOLUTA-M		00:17:39	00:35:51	07:11 min/Km
213	63	202	PEREIRA MUÑOZ , LAURA	FEMALE	ABSOLUTA-F		00:18:29	00:36:07	07:14 min/Km
214	64	18	BARBEITO STOCK , SOFIA	FEMALE	ABSOLUTA-F		00:18:30	00:36:16	07:16 min/Km
215	65	52	CASTRO FERNÁNDEZ , ANDREA	FEMALE	ABSOLUTA-F		00:18:31	00:36:17	07:16 min/Km
216	66	55	CHAO RIÁDIGOS , ANA	FEMALE	ABSOLUTA-F		00:17:57	00:36:29	07:18 min/Km
217	67	140	LÓPEZ SANZ , ANA MARÍA	FEMALE	ABSOLUTA-F		00:18:06	00:36:33	07:19 min/Km
218	68	66	DÍAZ PÉREZ , MARTA	FEMALE	ABSOLUTA-F		00:18:16	00:37:09	07:26 min/Km
219	69	211	PUENTE PÉREZ , CRISTINA	FEMALE	ABSOLUTA-F		00:18:15	00:37:10	07:26 min/Km
220	39	138	LÓPEZ ROCA , RUBÉN	MALE	VETERAN-M		00:18:18	00:38:16	07:40 min/Km
221	12	41	CARBALLIDO MÍGUEZ , CARMEN	FEMALE	VETERAN-F		00:18:19	00:38:16	07:40 min/Km
222	70	111	GÓMEZ PÉREZ , ALÍCIA ELENA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:18:49	00:38:35	07:43 min/Km
223	71	175	MOREIRA , LETICIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:18:49	00:38:35	07:43 min/Km
224	13	215	RAMALLO MACHÍN , ANDREA CRISTINA	FEMALE	VETERAN-F		00:18:57	00:38:54	07:47 min/Km