

XXI CARREIRA POPULAR FESTA DO MARISCO

13 OCTUBRE 2019

GALITIMING
DU!W!TIME

CRONOMETRAXE

- GENERAL 10K -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	RITMO
1	1	187	ROADE LAGO , IVAN	MALE	SENIOR-M	ADAS PROINOR	00:31:21		03:09 min/Km
2	1	226	FERNANDEZ RIVERA , ALEJANDRO	MALE	ABS-M		00:32:14	+00:00:53	03:14 min/Km
3	2	123	LORENZO LÓPEZ , MANUEL	MALE	SENIOR-M	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:33:58	+00:02:37	03:24 min/Km
4	3	50	CORRAL JUSTO , JOSÉ MANUEL	MALE	SENIOR-M	ATLETISMO ARENTEIRO	00:34:29	+00:03:08	03:27 min/Km
5	4	170	PEREZ GROBA , EMILIO	MALE	SENIOR-M	COMESAÑA	00:35:06	+00:03:45	03:31 min/Km
6	5	195	RODRÍGUEZ VIDAL , RUBÉN	MALE	SENIOR-M	C A RIA DE AROUSA O GROVE	00:35:16	+00:03:55	03:32 min/Km
7	1	155	OUBIÑA DIOS , FRANCISCO RAMON	MALE	VET-M	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:35:33	+00:04:12	03:34 min/Km
8	6	105	GUERRA MAGAN , OSCAR	MALE	SENIOR-M	C. A. CAMBADOS - SEGUROS NOVAL	00:36:13	+00:04:52	03:38 min/Km
9	7	82	FERNÁNDEZ SOENGAS , JESÚS	MALE	SENIOR-M	INDEPENDIENTE	00:36:20	+00:04:59	03:38 min/Km
10	8	76	FERNÁNDEZ ENRÍQUEZ , IVÁN	MALE	SENIOR-M	INDEPENDIENTE	00:36:34	+00:05:13	03:40 min/Km
11	9	237	VIDAL MORENO , FERNANDO	MALE	SENIOR-M	CLUB TRIATLÓN VILAGARCIA	00:36:45	+00:05:24	03:41 min/Km
12	10	6	ALARCÓN SABARÍS , GABRIEL	MALE	SENIOR-M	TRIDIOTAS	00:36:47	+00:05:26	03:41 min/Km
13	11	156	OUBIÑA FALCÓN , MAXI	MALE	SENIOR-M	C. A. CAMBADOS - SEGUROS NOVAL	00:37:11	+00:05:50	03:44 min/Km
14	2	24	BELTRÁN TABOADA , JOSÉ JULIÁN	MALE	VET-M	RUN PONTEVEDRA	00:37:27	+00:06:06	03:45 min/Km
15	12	9	ALONSO FIGUEROA , PABLO	MALE	SENIOR-M	TRIDIOTAS	00:37:28	+00:06:07	03:45 min/Km
16	3	72	FALCÓN PÉREZ , SANTIAGO	MALE	VET-M	C. D. RIA DE AROUSA	00:37:47	+00:06:26	03:47 min/Km
17	13	205	SEÑORANS TOBIO , CARLOS	MALE	SENIOR-M	C.A.CAMBADOS-SEG.NOVAL	00:38:17	+00:06:56	03:50 min/Km
18	14	144	NEIRA BARRAL , MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:38:45	+00:07:24	03:53 min/Km
19	15	204	SARDINERO GONZÁLEZ , ALAN	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:38:47	+00:07:26	03:53 min/Km
20	16	65	DIEGUEZ CARREIRA , CARLOS	MALE	SENIOR-M	CD SAN PAIO A ESTRADA	00:38:49	+00:07:28	03:53 min/Km
21	17	35	CACABELOS BEA , RAFAEL	MALE	SENIOR-M	C.D RIA DE AROUSA	00:39:17	+00:07:56	03:56 min/Km
22	18	62	DÍAZ JUEGUEN , DANIEL	MALE	SENIOR-M		00:39:34	+00:08:13	03:58 min/Km
23	1	73	FERNANDEZ BARBOSA , LETICIA	FEMALE	SENIOR-F	RUNGALICIA-INTERSPORT	00:39:41	+00:08:20	03:59 min/Km
24	4	145	NOGUEIRA OUBIÑA , CARLOS	MALE	VET-M		00:39:43	+00:08:22	03:59 min/Km
25	19	234	VEIGA RUBIROSA , PABLO	MALE	SENIOR-M	INDEPENDIENTE	00:39:53	+00:08:32	03:60 min/Km
26	20	83	FERREIRO DEAÑO , ALFREDO	MALE	SENIOR-M	CLUB DEPORTIVO AURUM	00:39:54	+00:08:33	03:60 min/Km
27	21	99	GONZÁLEZ MARTÍNEZ , JOSE	MALE	SENIOR-M	C.A.CAMBADOS-SEG.NOVAL	00:39:55	+00:08:34	03:60 min/Km
28	5	243	ZHINGRE BERMEO , ANGEL	MALE	VET-M	C. A. CAMBADOS - SEGUROS NOVAL	00:40:03	+00:08:42	04:01 min/Km
29	6	206	SEOANE MUÑIZ , TOMAS	MALE	VET-M	CD. RIA DE AROUSA O GROVE	00:40:06	+00:08:45	04:01 min/Km

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30	1	232	FUENTES PADIN , NICOLAS	MALE	SUB-17-22-M		00:40:13	+00:08:52	04:02 min/Km
31	22	168	PÉREZ FERNÁNDEZ , SALVADOR	MALE	SENIOR-M	ALDARA TEAM	00:40:15	+00:08:54	04:02 min/Km
32	7	233	VÁZQUEZ REMIGIO , DIEGO	MALE	VET-M	CLUB DEPORTIVO RIA DE AROUSA	00:40:21	+00:09:00	04:03 min/Km
33	23	153	OTERO GARRIDO , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	00:40:36	+00:09:15	04:04 min/Km
34	24	32	BRAVO CONDE , CARLOS	MALE	SENIOR-M	PEÑACORADA TRAIL	00:40:37	+00:09:16	04:04 min/Km
35	25	192	RODRIGUEZ GONZALEZ , IVAN	MALE	SENIOR-M	INDEPENDIENTE	00:40:38	+00:09:17	04:04 min/Km
36	26	42	CAO IGLESIAS , BORJA	MALE	SENIOR-M	INDEPENDIENTE	00:41:05	+00:09:44	04:07 min/Km
37	2	39	CAMPOS TRABAZO , IRIA	FEMALE	SENIOR-F	ATLETISMO DEZA	00:41:22	+00:10:01	04:09 min/Km
38	27	150	OTERO CRESPO , DAVID	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:41:23	+00:10:02	04:09 min/Km
39	28	104	GRAÑA SOUTO , JOSE LUIS	MALE	SENIOR-M	CLUB ATLETISMO VILALBA	00:41:33	+00:10:12	04:10 min/Km
40	29	74	FERNANDEZ DEVESA , JULIO	MALE	SENIOR-M	C. D. RIA DE AROUSA	00:41:41	+00:10:20	04:11 min/Km
41	30	41	CANEDA OTERO , MANUEL	MALE	SENIOR-M		00:41:43	+00:10:22	04:11 min/Km
42	31	216	TOMPSETT , ANDREW	MALE	SENIOR-M	INDEPENDENT	00:41:45	+00:10:24	04:11 min/Km
43	32	10	ÁLVAREZ ÁLVAREZ , DAVID	MALE	SENIOR-M	INDEPENDIENTE	00:41:58	+00:10:37	04:12 min/Km
44	8	167	PÉREZ FERNANDEZ , DAVID	MALE	VET-M		00:42:05	+00:10:44	04:13 min/Km
45	9	166	PÉREZ MEIS , FRANCISCO JOSE	MALE	VET-M	CD RIA DE AROUSA	00:42:05	+00:10:44	04:13 min/Km
46	33	132	MASCATO CORES , JUAN CARLOS	MALE	SENIOR-M	INDEPENDIENTE	00:42:15	+00:10:54	04:14 min/Km
47	34	146	NUÑEZ CASTRO , JACOBO	MALE	SENIOR-M		00:42:25	+00:11:04	04:15 min/Km
48	35	23	BEA SOUTULLO , J ANTONIO	MALE	SENIOR-M	CMDC BREOGAN O GROVE	00:42:29	+00:11:08	04:15 min/Km
49	36	85	FIGUEROA , PIRU	MALE	SENIOR-M	INDEPENDIENTE	00:42:31	+00:11:10	04:16 min/Km
50	10	130	MARTINEZ SILVA , JOSÉ MANUEL	MALE	VET-M	INDEPENDIENTE	00:42:40	+00:11:19	04:16 min/Km
51	37	142	NAVIA GIRALDEZ , SEGUNDO	MALE	SENIOR-M	C, T, VILLAGARCÍA	00:42:56	+00:11:35	04:18 min/Km
52	38	229	VARELA VALLADARES , ALEJANDRO	MALE	SENIOR-M	CHISPAS	00:43:09	+00:11:48	04:19 min/Km
53	39	21	BARREIRO RODRÍGUEZ , SEVERO	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	00:43:23	+00:12:02	04:21 min/Km
54	40	197	ROSAL CHAVES , DIEGO	MALE	SENIOR-M	TEAM CORBELO	00:43:29	+00:12:08	04:21 min/Km
55	41	95	GIRALT PARADELL , ORIOL	MALE	SENIOR-M	INDEPENDENT	00:43:30	+00:12:09	04:21 min/Km
56	42	212	SOTO BUCETA , SERGIO	MALE	SENIOR-M	C.A.CAMBADOS-SEGUROS NOVAL	00:43:40	+00:12:19	04:22 min/Km
57	11	135	MEIS VEIGA , FAUSTINO	MALE	VET-M	CLUB CICLISMO TRIATLÓN POIO	00:43:43	+00:12:22	04:23 min/Km
58	12	120	LISTE BASCOY , ALEJANDRO	MALE	VET-M	CLUB CICLISMO TRIATLÓN POIO	00:43:43	+00:12:22	04:23 min/Km

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59	43	78	FERNÁNDEZ LANDEIRO , JUAN MANUEL	MALE	SENIOR-M	CLUB CICLISMO TRIATLÓN POIO	00:43:43	+00:12:22	04:23 min/Km
60	44	141	MUÑOZ GONZALEZ , DIONISIO	MALE	SENIOR-M		00:43:51	+00:12:30	04:24 min/Km
61	45	127	MARTINEZ ABAL , ROI	MALE	SENIOR-M	C. A. CAMBADOS - SEGUROS NOVAL	00:44:08	+00:12:47	04:25 min/Km
62	46	108	IGLESIAS GONDAR , FRAN	MALE	SENIOR-M	INDEPENDIENTE	00:44:16	+00:12:55	04:26 min/Km
63	2	235	VICENTE SIMAL , IVÁN	MALE	SUB-17-22-M	RUNNING CCTPOIO	00:44:23	+00:13:02	04:27 min/Km
64	13	93	GARCIA MIÑAN , FAUSTINO	MALE	VET-M	CAR REDONDELA	00:44:25	+00:13:04	04:27 min/Km
65	47	131	MARTOS ROCA , MIGUEL ÁNGEL	MALE	SENIOR-M	MARATHON CARTAGENA	00:44:26	+00:13:05	04:27 min/Km
66	48	38	CAMIÑA UCHA , BASILIO	MALE	SENIOR-M	INDEPENDIENTE	00:44:33	+00:13:12	04:28 min/Km
67	49	17	BAEZA PENAS , JAIME	MALE	SENIOR-M	INDEPENDIENTE	00:44:42	+00:13:21	04:29 min/Km
68	14	191	RODRIGUEZ GARRIDO , MARCELINO	MALE	VET-M	INDEPENDIENTE	00:44:46	+00:13:25	04:29 min/Km
69	50	107	IGLESIAS GONDAR , DAVID	MALE	SENIOR-M		00:45:31	+00:14:10	04:34 min/Km
70	51	25	BENAVIDES FALCON , CESAR	MALE	SENIOR-M	INDEPENDIENTE	00:45:34	+00:14:13	04:34 min/Km
71	52	19	BARCA BRAVO , JOSE LUIS	MALE	SENIOR-M	WHERE IS THE CHANDAL?	00:45:39	+00:14:18	04:34 min/Km
72	53	213	SOTO LÓPEZ , MANUEL	MALE	SENIOR-M	WHERE IS THE CHANDAL?	00:45:39	+00:14:18	04:34 min/Km
73	54	15	ARIAS QUINTEIRO , DAVID	MALE	SENIOR-M	WHERE IS THE CHANDAL?	00:45:39	+00:14:18	04:34 min/Km
74	55	129	MARTÍNEZ LÓPEZ , GUILLERMO	MALE	SENIOR-M	INDEPENDIENTE	00:45:39	+00:14:18	04:34 min/Km
75	56	109	IGLESIAS GONDAR , RUBÉN	MALE	SENIOR-M		00:45:44	+00:14:23	04:35 min/Km
76	57	162	PARCERO , ALVARO	MALE	SENIOR-M	INDEPENDIENTE	00:45:45	+00:14:24	04:35 min/Km
77	15	176	PIÑEIRO PÉREZ , JUAN MIGUEL	MALE	VET-M		00:45:46	+00:14:25	04:35 min/Km
78	1	97	GONZÁLEZ FERNÁNDEZ , MARÍA AURORA	FEMALE	VET-F	CLUB DEPORTIVO PINARIUM	00:45:47	+00:14:26	04:35 min/Km
79	16	134	MEIS GARCÍA , FERNANDO M.	MALE	VET-M	CLUB CICLISTA O GROVE	00:45:49	+00:14:28	04:35 min/Km
80	3	118	LEAL FERNÁNDEZ , CIBRÁN	MALE	SUB-17-22-M	MOTOBIKE GALAICO PONTEVEDRA	00:45:57	+00:14:36	04:36 min/Km
81	17	77	FERNANDEZ GARCIA , MANUEL	MALE	VET-M	CLUB DEPORTIVO PINARIUM	00:46:09	+00:14:48	04:37 min/Km
82	58	180	PORTELA RODRÍGUEZ , ROBERTO	MALE	SENIOR-M		00:46:12	+00:14:51	04:38 min/Km
83	59	223	TROITIÑO LIMERES , LAUREANO	MALE	SENIOR-M		00:46:17	+00:14:56	04:38 min/Km
84	60	185	RIVAS BALIÑO , DAVID	MALE	SENIOR-M	INDEPENDIENTE	00:46:19	+00:14:58	04:38 min/Km
85	61	80	FERNÁNDEZ SALEGUI , BORJA	MALE	SENIOR-M	PEÑACORADA TRAIL	00:46:19	+00:14:58	04:38 min/Km
86	18	184	REQUEJO RODRÍGUEZ , JOSÉ LUÍS	MALE	VET-M	ATLETISMO ARENTEIRO	00:46:32	+00:15:11	04:40 min/Km
87	3	87	FRANCO RESÚA , PILI	FEMALE	SENIOR-F		00:46:35	+00:15:14	04:40 min/Km

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88	19	147	OCHOA VIDAL , FRANCISCO	MALE	VET-M	C.D RIA DE AROUSA	00:46:41	+00:15:20	04:41 min/Km
89	62	14	ANDRADE PADIN , DAMIÁN	MALE	SENIOR-M	CLUB CICLISMO TRIATLÓN POIO	00:46:44	+00:15:23	04:41 min/Km
90	20	102	GONZÁLEZ SOUTO , ANXO	MALE	VET-M	INDEPENDIENTE	00:46:45	+00:15:24	04:41 min/Km
91	63	160	PADIN VÁZQUEZ , BENITO ISIDORO	MALE	SENIOR-M	GALITAR RUNNERS	00:46:48	+00:15:27	04:41 min/Km
92	21	211	SIMOE FERNÁNDEZ , SIMOVI	MALE	VET-M	INDEPENDIENTE	00:46:50	+00:15:29	04:41 min/Km
93	22	44	CARDALDA FRSCO , LUIS	MALE	VET-M		00:46:51	+00:15:30	04:42 min/Km
94	4	198	ROSALES ROSALES , PAULA	FEMALE	SENIOR-F	CLUB DEPORTIVO PINARIUM	00:47:09	+00:15:48	04:43 min/Km
95	64	90	GARABATOS BARCIELA , DAVID	MALE	SENIOR-M	ASOCIACIÓN DEPORTIVA C.A.R REDONDELA	00:47:12	+00:15:51	04:44 min/Km
96	23	36	CACABELOS IGLESIAS , MANUEL	MALE	VET-M		00:47:14	+00:15:53	04:44 min/Km
97	24	110	IGLESIAS IGLESIAS , ISIDRO	MALE	VET-M	C.D .RIA DE AROUSA	00:47:16	+00:15:55	04:44 min/Km
98	2	220	TRABAZO GARCIA , JOSEFA	FEMALE	VET-F	PONTE A CORRER	00:47:19	+00:15:58	04:44 min/Km
99	25	61	DÍAZ FERNÁNDEZ , SIMÓN	MALE	VET-M	INDEPENDIENTE	00:47:28	+00:16:07	04:45 min/Km
100	26	163	PARDIÑAS FANDIÑO , JOSE	MALE	VET-M	VICHELAS-O	00:47:29	+00:16:08	04:45 min/Km
101	5	7	ALARCÓN SABARÍS , LETICIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:47:30	+00:16:09	04:45 min/Km
102	27	200	RUFINO GARRIDO , ALFREDO	MALE	VET-M	CMDC BREGAN O GROVE	00:47:31	+00:16:10	04:46 min/Km
103	28	164	PAULOS LOBATO , JOSE	MALE	VET-M	GALITAR RUNNERS	00:47:35	+00:16:14	04:46 min/Km
104	6	106	IGLESIAS AREA , MARÍA	FEMALE	SENIOR-F	CLUB DEPORTIVO PINARIUM	00:47:47	+00:16:26	04:47 min/Km
105	65	40	CANEDA LOIS , PABLO	MALE	SENIOR-M	OS CHACHIS	00:47:47	+00:16:26	04:47 min/Km
106	29	56	DAPORTA , RAMON	MALE	VET-M	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:47:50	+00:16:29	04:47 min/Km
107	66	4	AGUIN BASTOS , JUAN CARLOS	MALE	SENIOR-M	C.D RIA DE AROUSA	00:47:55	+00:16:34	04:48 min/Km
108	30	159	PADÍN TRIÑANES , ALEJANDRO	MALE	VET-M	C.D.RIA DE AROUSA	00:47:58	+00:16:37	04:48 min/Km
109	31	115	LAMELAS NOVAS , JOSÉ RAMÓN	MALE	VET-M	CLUB CICLISTA O GROVE	00:47:58	+00:16:37	04:48 min/Km
110	32	189	RODRIGUEZ CASTRO , MANUEL	MALE	VET-M	C.D. RÍA DE AROUSA.	00:48:00	+00:16:39	04:48 min/Km
111	33	188	RODIÑO REY , JOAQUIN	MALE	VET-M	C. A. CAMBADOS - SEGUROS NOVAL	00:48:02	+00:16:41	04:49 min/Km
112	67	47	CHAVES , ÁNGEL	MALE	SENIOR-M		00:48:02	+00:16:41	04:49 min/Km
113	34	27	BIOQUE , JOSE	MALE	VET-M	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:48:10	+00:16:49	04:49 min/Km
114	35	217	TORRES OTERO , ESTANISLAO	MALE	VET-M	CLUB CICLISTA O GROVE	00:48:10	+00:16:49	04:49 min/Km
115	7	179	PORTELA , CARINA	FEMALE	SENIOR-F	CLUB DEPORTIVO RIA DE AROUSA	00:48:23	+00:17:02	04:51 min/Km
116	36	13	ALVAREZ VIDAL , AURELIO	MALE	VET-M		00:48:23	+00:17:02	04:51 min/Km

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117	37	154	OTERO UHIA , ANTONIO	MALE	VET-M	INDEPENDIENTE	00:48:34	+00:17:13	04:52 min/Km
118	3	55	COTOVAD MALVAR , MARIA DEL CARMEN	FEMALE	VET-F	RUN PONTEVEDRA	00:48:44	+00:17:23	04:53 min/Km
119	68	209	SILVA ARAÚJO , IVO JERÓNIMO	MALE	SENIOR-M	INDEPENDIENTE	00:48:49	+00:17:28	04:53 min/Km
120	38	240	VILLAVERDE OTERO , CANDIDO	MALE	VET-M	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:48:53	+00:17:32	04:54 min/Km
121	69	210	SILVA FUENTES , GUILLERMO	MALE	SENIOR-M	INDEPENDIENTE	00:48:53	+00:17:32	04:54 min/Km
122	70	89	GARABATOS , JOSE	MALE	SENIOR-M	INDEPENDIENTE	00:48:57	+00:17:36	04:54 min/Km
123	39	67	DOMINGUEZ CASTRO , RAMON	MALE	VET-M		00:49:18	+00:17:57	04:56 min/Km
124	40	59	DEVEZA OTERO , DAVID	MALE	VET-M	C. D. RIA DE AROUSA	00:49:27	+00:18:06	04:57 min/Km
125	71	22	BEA CANO , JOSE MIGUEL	MALE	SENIOR-M		00:49:29	+00:18:08	04:57 min/Km
126	72	16	ARIAS RIAL , JORGE	MALE	SENIOR-M	INDEPENDIENTE	00:49:35	+00:18:14	04:58 min/Km
127	73	11	ÁLVAREZ BARROS , ADRIAN	MALE	SENIOR-M		00:49:40	+00:18:19	04:58 min/Km
128	41	152	OTERO DÍAZ , MARIO	MALE	VET-M	C.D. RÍA DE AROUSA	00:49:44	+00:18:23	04:59 min/Km
129	74	218	TORRES OTERO , MIGUEL	MALE	SENIOR-M		00:49:45	+00:18:24	04:59 min/Km
130	42	100	GONZÁLEZ MÉNDEZ , JAVIER	MALE	VET-M	OS CHACHIS	00:49:46	+00:18:25	04:59 min/Km
131	4	215	TABOADA VILLARAVID , AMPARO	FEMALE	VET-F	ASOCIACION DEPORTIVA CERNE	00:50:02	+00:18:41	05:01 min/Km
132	43	45	CASAL VAZQUEZ , ELADIO	MALE	VET-M	ASOCIACION DEPORTIVA CERNE	00:50:02	+00:18:41	05:01 min/Km
133	75	70	ESTÉVEZ VÁZQUEZ , DAVID	MALE	SENIOR-M	NOSPORTLIMIT	00:50:09	+00:18:48	05:01 min/Km
134	76	58	DE SAA BLANCO , IVAN	MALE	SENIOR-M		00:50:09	+00:18:48	05:01 min/Km
135	44	133	MATEOS GARCÍA , CRISTÓBAL	MALE	VET-M	INDEPENDIENTE	00:50:11	+00:18:50	05:02 min/Km
136	77	231	VARELA VALLADARES , CÉSAR	MALE	SENIOR-M	CHISPAS	00:50:16	+00:18:55	05:02 min/Km
137	78	178	PORROT , SYLVAIN	MALE	SENIOR-M	INDEPENDENT	00:50:20	+00:18:59	05:02 min/Km
138	79	230	VARELA VALLADARES , BRUNO	MALE	SENIOR-M	CHISPAS	00:50:25	+00:19:04	05:03 min/Km
139	45	222	TRIGO BAO , MANUEL	MALE	VET-M		00:50:32	+00:19:11	05:04 min/Km
140	80	26	BERRIDE AMENEIRO , EMILIO	MALE	SENIOR-M		00:50:33	+00:19:12	05:04 min/Km
141	81	236	VIDAL MARTINEZ , RUBÉN	MALE	SENIOR-M		00:50:40	+00:19:19	05:04 min/Km
142	46	173	PETEIRO ROSENDE , PEDRO	MALE	VET-M	RUNNING OLEIROS	00:50:45	+00:19:24	05:05 min/Km
143	47	158	PADIN COUSIDO , JOSE	MALE	VET-M	CAC CAMBADOS-NOVAL	00:50:50	+00:19:29	05:05 min/Km
144	8	92	GARCIA GARCIA , ESPERANZA	FEMALE	SENIOR-F		00:50:53	+00:19:32	05:06 min/Km
145	82	219	TORRES TORRES , JORGE	MALE	SENIOR-M	INDEPENDIENTE	00:50:53	+00:19:32	05:06 min/Km

XXI CARREIRA POPULAR FESTA DO MARISCO

13 OCTUBRE 2019

- GENERAL 10K -

GALITIMING
DU!W.I!NES

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	RITMO
146	48	69	ESTÉVEZ LÓPEZ , JOSE	MALE	VET-M	C. A. CAMBADOS - SEGUROS NOVAL	00:50:55	+00:19:34	05:06 min/Km
147	49	60	DEZA GOMEZ , ANDRES	MALE	VET-M	AGRUPACION ATLETICA MAZI	00:50:55	+00:19:34	05:06 min/Km
148	50	126	MARTINEZ GOMEZ , FRANCISCO	MALE	VET-M	TRES POEMAS	00:51:03	+00:19:42	05:07 min/Km
149	83	71	FONTAN CONDE , MARTÍN	MALE	SENIOR-M		00:51:15	+00:19:54	05:08 min/Km
150	51	175	PIÑEIRO GÓMEZ , JOSE MANUEL	MALE	VET-M		00:51:19	+00:19:58	05:08 min/Km
151	84	81	FERNÁNDEZ SANCHEZ , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:51:23	+00:20:02	05:09 min/Km
152	9	181	PORTO REGUEIRO , INES	FEMALE	SENIOR-F	CD SAN PAIO A ESTRADA	00:51:29	+00:20:08	05:09 min/Km
153	85	57	DE LA TORRE VAZQUEZ , DAVID	MALE	SENIOR-M		00:51:32	+00:20:11	05:10 min/Km
154	86	165	PAZ GONZALEZ , IVAN	MALE	SENIOR-M	INDEPENDIENTE	00:51:43	+00:20:22	05:11 min/Km
155	52	128	MARTÍNEZ DOMÍNGUEZ , ENRIQUE	MALE	VET-M	BEER RANNERS	00:52:02	+00:20:41	05:13 min/Km
156	53	28	BLANCO MAGDALENA , JAVI	MALE	VET-M		00:52:15	+00:20:54	05:14 min/Km
157	10	29	BLANCO MAGDALENA , ROSA	FEMALE	SENIOR-F		00:52:15	+00:20:54	05:14 min/Km
158	54	8	ALFONSO PÉREZ , ANTONIO	MALE	VET-M	CD RIA DE AROSA	00:52:15	+00:20:54	05:14 min/Km
159	5	242	YEBRA FUENTES , SOLE	FEMALE	VET-F	TELENO	00:52:17	+00:20:56	05:14 min/Km
160	6	161	PALACIOS IBÁN , NURIA ESTHER	FEMALE	VET-F		00:52:34	+00:21:13	05:16 min/Km
161	55	169	PÉREZ GARCÍA , JESÚS	MALE	VET-M	CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	00:52:38	+00:21:17	05:16 min/Km
162	56	96	GONZALEZ DOMINGUEZ , FRANCISCO JAVIER	MALE	VET-M	O GROVE	00:52:38	+00:21:17	05:16 min/Km
163	57	33	BRAVO PRIETO , MANUEL	MALE	VET-M	INDEPENDIENTE	00:52:53	+00:21:32	05:18 min/Km
164	87	177	PONCE GARCÍA , JUAN DIEGO	MALE	SENIOR-M		00:53:22	+00:22:01	05:21 min/Km
165	58	88	FUENTES MARTÍNEZ , MANUEL	MALE	VET-M	INDALSU	00:53:37	+00:22:16	05:22 min/Km
166	88	12	ÁLVAREZ LORENZO , OLIVIER	MALE	SENIOR-M		00:53:38	+00:22:17	05:22 min/Km
167	89	49	CONDE MOSQUERA , ADRIÁN	MALE	SENIOR-M		00:53:38	+00:22:17	05:22 min/Km
168	90	224	VALVERDE , IAGO	MALE	SENIOR-M	INDEPENDIENTE	00:54:05	+00:22:44	05:25 min/Km
169	91	43	CARBALLO PENAS , MAXIMINO	MALE	SENIOR-M	INDEPENDIENTE	00:54:08	+00:22:47	05:25 min/Km
170	11	157	OUTOMURO MORALES , SONIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:54:40	+00:23:19	05:28 min/Km
171	12	221	TREPAT , ANDREA	FEMALE	SENIOR-F		00:54:44	+00:23:23	05:29 min/Km
172	4	139	MONTERO TREPAT , MARTÍN	MALE	SUB-17-22-M		00:54:46	+00:23:25	05:29 min/Km
173	13	208	SIEIRO BERTOLO , SILVANA	FEMALE	SENIOR-F		00:55:04	+00:23:43	05:31 min/Km
174	92	140	MOURELOS GARRIDO , FRANCISCO	MALE	SENIOR-M	INDEPENDIENTE	00:55:05	+00:23:44	05:31 min/Km

XXI CARREIRA POPULAR FESTA DO MARISCO

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIFF.	RITMO
175	93	148	ORTIZ DE LA CRUZ , EDUARDO	MALE	SENIOR-M		00:55:05	+00:23:44	05:31 min/Km
176	14	116	LAMELAS PRIETO , SILVIA	FEMALE	SENIOR-F	C. A. CAMBADOS - SEGUROS NOVAL	00:55:10	+00:23:49	05:31 min/Km
177	59	122	LÓPEZ LOURO , JUAN	MALE	VET-M		00:55:43	+00:24:22	05:35 min/Km
178	94	182	POUSADA CASAL , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	00:55:54	+00:24:33	05:36 min/Km
179	15	203	SANMARTIN ALLINSON , KATIA	FEMALE	SENIOR-F		00:56:03	+00:24:42	05:37 min/Km
180	60	2	ABUIN GARCÍA , FRANCISCO	MALE	VET-M		00:56:28	+00:25:07	05:39 min/Km
181	61	186	RIVERO GALLEGO , JUAN LUIS	MALE	VET-M	AD RUNNING CLUBE VAL DE LAZA	00:57:05	+00:25:44	05:43 min/Km
182	62	119	LIMA , PAULO	MALE	VET-M		00:57:25	+00:26:04	05:45 min/Km
183	95	151	OTERO DÍAZ , LUIS	MALE	SENIOR-M	C.D.RIA DE AROUSA	00:57:42	+00:26:21	05:47 min/Km
184	16	225	VALVERDE POSADA , MONICA	FEMALE	SENIOR-F		00:57:45	+00:26:24	05:47 min/Km
185	17	149	OTERO , JULIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:57:49	+00:26:28	05:47 min/Km
186	18	54	COSTOYA VAZQUEZ , FLOR	FEMALE	SENIOR-F		00:58:29	+00:27:08	05:51 min/Km
187	7	199	RUBIANES CARRO , GRACIA	FEMALE	VET-F	C.A.CAMBADOS-SEG.NOVAL	01:00:19	+00:28:58	06:02 min/Km
188	8	238	VILAR SEREN , LUPE	FEMALE	VET-F	C.A.CAMBADOS-SEG.NOVAL	01:00:19	+00:28:58	06:02 min/Km
189	9	66	DOMINGUEZ BESADA , ANA	FEMALE	VET-F		01:00:38	+00:29:17	06:04 min/Km
190	96	101	GONZÁLEZ SANZ , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	01:00:41	+00:29:20	06:05 min/Km
191	19	174	PIÑEIRO GÓMEZ , DOROTEA	FEMALE	SENIOR-F		01:03:10	+00:31:49	06:19 min/Km
192	10	112	ILLANES PAREDES , ALICIA	FEMALE	VET-F	INDEPENDIENTE	01:03:12	+00:31:51	06:20 min/Km
193	97	228	VARELA MÉNDEZ , MARCOS	MALE	SENIOR-M		01:04:59	+00:33:38	06:30 min/Km
194	63	227	VARELA MENDEZ , JOSÉ ALBERTO	MALE	VET-M		01:04:59	+00:33:38	06:30 min/Km
195	98	51	CORRAL SANCHEZ , DAVID	MALE	SENIOR-M	OS ZOPILOTES	01:08:36	+00:37:15	06:52 min/Km
196	99	52	CORRAL SÁNCHEZ , VÍCTOR	MALE	SENIOR-M	INDEPENDIENTE	01:08:36	+00:37:15	06:52 min/Km
197	20	31	BRAVO BRAVO , SARA	FEMALE	SENIOR-F	INDEPENDIENTE	01:11:34	+00:40:13	07:10 min/Km
198	11	196	ROMAY COUSIDO , ELVIRA	FEMALE	VET-F	INDEPENDIENTE	01:16:09	+00:44:48	07:37 min/Km
199	100	207	SERRANO ARREBA , JOAQUÍN	MALE	SENIOR-M	INDEPENDIENTE	01:16:09	+00:44:48	07:37 min/Km
200	101	239	VILLAR VÁZQUEZ , EMILIO	MALE	SENIOR-M	VICHELAS-O	01:19:34	+00:48:13	07:58 min/Km
201	12	241	VIÑAS ÁLVAREZ , CARMEN	FEMALE	VET-F		01:22:17	+00:50:56	08:14 min/Km