

V CARREIRA POLA ESCLEROSE MULTIPLE 2019

09 JUNIO 2019

- ABSOLUTA -

GALITIMING
DU!W!T!N!N

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
1	1	388	PENAS, AMADOR	MALE	VET-1-M		00:08:15	00:14:57		03:20 min/Km
2	1	101	INSUA DIAZ, RUBEN	MALE	SENIOR-M	CLUB ATLETISMO SAR VERMÚ PETRONI	00:08:04	00:14:59	+00:00:02	03:20 min/Km
3	2	110	LOPEZ FERNANDEZ, NEMESIO	MALE	VET-1-M	ATLETISMO FONTES DO SAR	00:08:15	00:15:05	+00:00:08	03:22 min/Km
4	2	174	PENAS OTERO, CRISTIAN	MALE	SENIOR-M	TRIATLON ARCADE INFORHOUSE	00:08:15	00:15:17	+00:00:20	03:24 min/Km
5	3	67	FRAGA ADRIO, CARLOS	MALE	SENIOR-M	CLUB ATLETISMO DE O PINO	00:08:17	00:15:20	+00:00:23	03:25 min/Km
6	4	64	FOLGUEIRA DÍAZ, MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:08:18	00:15:25	+00:00:28	03:26 min/Km
7	3	68	FRAGA DÍAZ, MANUEL	MALE	VET-1-M	TRIATLÓN COMPOSTELA	00:08:19	00:15:30	+00:00:33	03:27 min/Km
8	4	248	VIDAL GONZÁLEZ, JOSE ANTONIO	MALE	VET-1-M	NOITEBRA FC	00:08:20	00:15:38	+00:00:41	03:29 min/Km
9	1	21	BUJAN OTERO, JOSE CARLOS	MALE	VET-2-M	NOITREBRA FC	00:08:28	00:15:40	+00:00:43	03:29 min/Km
10	5	217	RUANOVA FERNANDEZ, ANXO	MALE	VET-1-M	CLUB ATLETISMO SAR VERMÚ PETRONI	00:08:28	00:15:44	+00:00:47	03:30 min/Km
11	6	39	CID GARCÍA, SANTIAGO	MALE	VET-1-M	NOITEBRA	00:08:34	00:15:46	+00:00:49	03:31 min/Km
12	5	56	FERNÁNDEZ TOJO, ALEXANDRE	MALE	SENIOR-M	TAMBRE BIKE & RUNNING	00:08:35	00:15:52	+00:00:55	03:32 min/Km
13	7	58	FERRADANS VALDES, JORGE	MALE	VET-1-M	TRIATLON VILAGARCIA	00:08:31	00:15:56	+00:00:59	03:33 min/Km
14	8	229	SENDÓN CAAMAÑO, DAVID	MALE	VET-1-M	CLUB ATLETISMO OUTES	00:08:39	00:16:02	+00:01:05	03:34 min/Km
15	9	242	VALLE LÓPEZ, ÓSCAR	MALE	VET-1-M	NOITEBRA	00:08:45	00:16:20	+00:01:23	03:38 min/Km
16	10	116	MALLO NIETO, JULIO	MALE	VET-1-M	NOITEBRA FC	00:09:00	00:16:34	+00:01:37	03:41 min/Km
17	2	11	BECERRA RODRÍGUEZ, DANIEL	MALE	VET-2-M	NOITEBRA	00:08:59	00:16:39	+00:01:42	03:42 min/Km
18	11	44	COSTA CASTRO, MANUEL	MALE	VET-1-M	INDEPENDIENTE	00:09:12	00:16:54	+00:01:57	03:46 min/Km
19	1	131	MATA CASTRO, ARTURO	MALE	SUB23-M	CLUB ATLETISMO SANTIAGO	00:08:52	00:16:58	+00:02:01	03:47 min/Km
20	12	53	ESPIÑO PEREIRA, FRAN	MALE	VET-1-M		00:09:16	00:17:04	+00:02:07	03:48 min/Km
21	13	98	IGLESIAS DOMINGUEZ, PABLO	MALE	VET-1-M	NOITEBRA	00:09:00	00:17:04	+00:02:07	03:48 min/Km
22	6	200	RIVERA SANCHEZ, DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:09:11	00:17:04	+00:02:07	03:48 min/Km
23	14	26	CASAL COUTO, FERNANDO	MALE	VET-1-M	INDEPENDIENTE	00:09:26	00:17:34	+00:02:37	03:55 min/Km
24	15	79	GARCÍA PREGO, JUAN CARLOS	MALE	VET-1-M		00:09:27	00:17:35	+00:02:38	03:55 min/Km
25	16	225	SANMARTIN VIGO, VICENTE	MALE	VET-1-M	VERXEL NUTRICIÓN DEPORTIVA	00:09:18	00:17:36	+00:02:39	03:55 min/Km
26	7	49	DOVAL SALGADO, GABRIEL	MALE	SENIOR-M		00:09:33	00:17:48	+00:02:51	03:58 min/Km
27	8	164	PARDAL COCA, IVÁN	MALE	SENIOR-M	CLUB ATLETISMO DE O PINO	00:09:35	00:17:48	+00:02:51	03:58 min/Km
28	3	38	CÉSAR VILA, ÁLVARO	MALE	VET-2-M	TAMBRE BIKE & RUNNING	00:09:43	00:17:54	+00:02:57	03:59 min/Km
29	4	199	RIVAS POSSE, XAIME	MALE	VET-2-M	INDEPENDIENTE	00:09:42	00:17:59	+00:03:02	03:60 min/Km
30	17	94	GUTIÉRREZ PIÑEIRO, ALBERTO	MALE	VET-1-M		00:09:50	00:18:02	+00:03:05	04:01 min/Km
31	18	84	GIL PEREIRA, JAVIER	MALE	VET-1-M	TARTARUGAS	00:09:43	00:18:07	+00:03:10	04:02 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
32	19	189	QUINTELA MARTÍNEX , IBÁN	MALE	VET-1-M	TARTARUGAS	00:09:43	00:18:08	+00:03:11	04:02 min/Km
33	9	154	OTERO SALGUEIRO , ALEX	MALE	SENIOR-M	CLUB ATLETISMO A ESTRADA	00:09:50	00:18:08	+00:03:11	04:02 min/Km
34	20	27	CASAS COUSELO , ÓSCAR	MALE	VET-1-M	TAMBRE BIKE&RUNNING	00:09:45	00:18:11	+00:03:14	04:03 min/Km
35	5	2	ABEL SUÁREZ , JOSÉ RAMÓN	MALE	VET-2-M	NOITEBRA FC	00:09:48	00:18:14	+00:03:17	04:04 min/Km
36	1	173	PENAS BLANCO , MARÍA CARMEN	FEMALE	VET-1-F	CLUB DEPORTIVO O PINO	00:09:48	00:18:14	+00:03:17	04:04 min/Km
37	6	243	VARELA NUÑEZ , ALBERTO	MALE	VET-2-M	ATLETISMO MILLADOIRO	00:09:47	00:18:14	+00:03:17	04:04 min/Km
38	10	35	CASTRO PRADO , FERNANDO	MALE	SENIOR-M	INDEPENDIENTE	00:09:53	00:18:15	+00:03:18	04:04 min/Km
39	21	207	RODRIGUEZ GOMEZ , MARTIN EUGENIO	MALE	VET-1-M	NOITEBRA	00:09:49	00:18:17	+00:03:20	04:04 min/Km
40	22	256	XUNCAL PEREIRA , LUÍS	MALE	VET-1-M	INDEPENDIENTE	00:09:56	00:18:31	+00:03:34	04:07 min/Km
41	7	90	GONZÁLEZ RÍOS , JUAN CARLOS	MALE	VET-2-M		00:10:00	00:18:32	+00:03:35	04:08 min/Km
42	23	19	BOTANA MOSQUERA , JUAN LUIS	MALE	VET-1-M	CLUB ATLETISMO DE O PINO	00:09:57	00:18:34	+00:03:37	04:08 min/Km
43	8	112	LÓPEZ PUGA , VÍCTOR M.	MALE	VET-2-M		00:10:25	00:18:58	+00:04:01	04:13 min/Km
44	9	83	GIL BREA , JOSE ANTONIO	MALE	VET-2-M	NOITEBRE, FC	00:10:01	00:18:58	+00:04:01	04:13 min/Km
45	11	105	LAMAS GONZALEZ , ANGEL	MALE	SENIOR-M	INDEPENDIENTE	00:10:11	00:19:01	+00:04:04	04:14 min/Km
46	12	253	VILAS PAZOS , MON	MALE	SENIOR-M		00:10:21	00:19:03	+00:04:06	04:14 min/Km
47	24	18	BLANCO SANTOS , ESTEBAN	MALE	VET-1-M	INDEPENDIENTE	00:10:23	00:19:03	+00:04:06	04:14 min/Km
48	25	166	PARDO SECO , FERNANDO RAFAEL	MALE	VET-1-M		00:10:09	00:19:05	+00:04:08	04:15 min/Km
49	10	10	BAUTIS OTERO , JUAN MANUEL	MALE	VET-2-M	UNIVERSIDAD DE SANTIAGO	00:10:31	00:19:29	+00:04:32	04:20 min/Km
50	2	126	MARTINEZ DEUS , PABLO	MALE	SUB23-M	INDEPENDIENTE	00:10:23	00:19:38	+00:04:41	04:22 min/Km
51	26	177	PEREZ LORENZO , BRUNO	MALE	VET-1-M	ATLETISMO BAIONA	00:10:48	00:19:44	+00:04:47	04:24 min/Km
52	1	46	DE LA FUENTE IGLESIAS , EVA	FEMALE	VET-2-F	CLUB ATLETISMO DE O PINO	00:10:33	00:19:45	+00:04:48	04:24 min/Km
53	11	167	PARRA RODRÍGUEZ , ROBERTO	MALE	VET-2-M		00:10:51	00:19:46	+00:04:49	04:24 min/Km
54	27	181	PIÑEIRO TERZADO , JOSE	MALE	VET-1-M	CLUB ATLETISMO A ESTRADA	00:10:49	00:19:49	+00:04:52	04:25 min/Km
55	12	87	GÓMEZ VIAÑO , JOSÉ	MALE	VET-2-M	INDEPENDIENTE	00:10:45	00:19:57	+00:05:00	04:26 min/Km
56	13	104	LAGOA GONZÁLEZ , LUÍS	MALE	VET-2-M	INDEPENDIENTE	00:11:00	00:20:00	+00:05:03	04:27 min/Km
57	14	170	PAZ TORRES , FERNANDO	MALE	VET-2-M	INDEPENDIENTE	00:10:37	00:20:01	+00:05:04	04:27 min/Km
58	15	210	RODRÍGUEZ RIVERA , LUIS JOSÉ	MALE	VET-2-M		00:11:07	00:20:04	+00:05:07	04:28 min/Km
59	28	24	CARBALLAL IGLESIAS , ALBERT	MALE	VET-1-M	A.D.MEDIADUCIA	00:10:54	00:20:12	+00:05:15	04:30 min/Km
60	1	119	MARCOS GÓMEZ , VICTORIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:11:12	00:20:17	+00:05:20	04:31 min/Km
61	13	149	OROSA RODRÍGUEZ , ÁNGEL	MALE	SENIOR-M	INDEPENDIENTE	00:11:12	00:20:17	+00:05:20	04:31 min/Km
62	16	95	HERNANDEZ FERNANDEZ DE ROJAS , AGUSTIN	MALE	VET-2-M		00:10:55	00:20:18	+00:05:21	04:31 min/Km

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63	3	144	NEIRA ARIAS , ALEJANDRO	MALE	SUB23-M		00:10:50	00:20:21	+00:05:24	04:32 min/Km
64	2	118	MANEIRO ROIG , MARÍA CONCEPCIÓN	FEMALE	VET-1-F	INDEPENDIENTE	00:11:04	00:20:31	+00:05:34	04:34 min/Km
65	2	385	VEIGA , MONTERRAT	FEMALE	VET-2-F		00:11:16	00:20:36	+00:05:39	04:35 min/Km
66	14	156	PAINCEIRA CABELLO , RODRIGO	MALE	SENIOR-M	INDEPENDIENTE	00:11:01	00:20:42	+00:05:45	04:36 min/Km
67	17	14	BLANCO BARREIRO , JOSE ANTONIO	MALE	VET-2-M	INDEPENDIENTE	00:11:25	00:20:43	+00:05:46	04:37 min/Km
68	15	8	ARUFE LÓPEZ , ALEJANDRO	MALE	SENIOR-M	INDEPENDIENTE	00:11:28	00:20:43	+00:05:46	04:37 min/Km
69	16	88	GÓMEZ VICENTE , MIGUEL ÁNGEL	MALE	SENIOR-M	INDEPENDIENTE	00:11:46	00:20:44	+00:05:47	04:37 min/Km
70	17	128	MARTINEZ IGLESIAS , ERIC	MALE	SENIOR-M	INDEPENDIENTE	00:11:46	00:20:44	+00:05:47	04:37 min/Km
71	4	12	BENAVENTE DÍAZ , MIGUEL	MALE	SUB23-M	INDEPENDIENTE	00:11:30	00:20:44	+00:05:47	04:37 min/Km
72	3	208	RODRÍGUEZ HERNÁNDEZ , LETICIA	FEMALE	VET-1-F	INDEPENDIENTE	00:11:01	00:20:54	+00:05:57	04:39 min/Km
73	29	31	CASTRO AMBOAGE , GUSTAVO	MALE	VET-1-M	INDEPENDIENTE	00:11:17	00:20:58	+00:06:01	04:40 min/Km
74	18	163	PANTIN REIGADA , ANGEL	MALE	VET-2-M	INDEPENDIENTE	00:11:42	00:21:07	+00:06:10	04:42 min/Km
75	4	17	BLANCO PÉREZ , ANA	FEMALE	VET-1-F	CDM VÉRTICE	00:11:13	00:21:14	+00:06:17	04:44 min/Km
76	5	13	BERMÚDEZ RIOS , BELI	FEMALE	VET-1-F		00:11:33	00:21:14	+00:06:17	04:44 min/Km
77	19	151	OTERO ECHART , MANUEL FRANCISCO	MALE	VET-2-M		00:11:41	00:21:15	+00:06:18	04:44 min/Km
78	18	230	SEOANE BASCOY , JAVIER	MALE	SENIOR-M		00:11:12	00:21:18	+00:06:21	04:44 min/Km
79	19	152	OTERO MARTÍNEZ , DAVID	MALE	SENIOR-M		00:11:40	00:21:23	+00:06:26	04:46 min/Km
80	20	48	DE MARTÍN VÁZQUEZ , MARCIAL	MALE	VET-2-M		00:11:22	00:21:26	+00:06:29	04:46 min/Km
81	30	43	COSTA CASTRO , FERNANDO	MALE	VET-1-M	INDEPENDIENTE	00:11:47	00:21:26	+00:06:29	04:46 min/Km
82	20	393	SANTOS PEREZ , JUAN	MALE	SENIOR-M		00:11:13	00:21:30	+00:06:33	04:47 min/Km
83	21	97	HERNÁNDEZ GIADÁNS , JORGE ALBERTO	MALE	VET-2-M		00:11:41	00:21:33	+00:06:36	04:48 min/Km
84	31	1	ABAD NOYA , ALEJANDRO	MALE	VET-1-M		00:11:16	00:21:46	+00:06:49	04:51 min/Km
85	6	16	BLANCO FIGUEIRAS , PAULA	FEMALE	VET-1-F	TARTARUGAS	00:12:16	00:21:49	+00:06:52	04:51 min/Km
86	21	86	GÓMEZ MARTÍNEZ , SERGIO	MALE	SENIOR-M		00:11:41	00:21:49	+00:06:52	04:51 min/Km
87	22	80	GARRIDO BERTOLO , JOSE MANUEL	MALE	VET-2-M		00:12:10	00:21:49	+00:06:52	04:51 min/Km
88	23	81	GENDRE FERNANDEZ , JAVIER	MALE	VET-2-M	TARTARUGAS	00:12:16	00:21:49	+00:06:52	04:51 min/Km
89	24	157	PAINCEIRA FERRACES , ALVARO	MALE	VET-2-M	INDEPENDIENTE	00:11:48	00:21:53	+00:06:56	04:52 min/Km
90	22	9	BACELAR , FRAN	MALE	SENIOR-M	INDEPENDIENTE	00:11:32	00:21:56	+00:06:59	04:53 min/Km
91	32	120	MARIÑO AÑON , MIGUEL ÁNGEL	MALE	VET-1-M	INDEPENDIENTE	00:12:14	00:22:07	+00:07:10	04:55 min/Km
92	33	233	SOUTO ABOY , ALBERTO	MALE	VET-1-M	INDEPENDIENTE	00:12:14	00:22:07	+00:07:10	04:55 min/Km
93	2	145	NIETO , IRIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:12:33	00:22:08	+00:07:11	04:56 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
94	34	252	VILANOVA TOMÉ , ANXO	MALE	VET-1-M	INDEPENDIENTE	00:12:33	00:22:09	+00:07:12	04:56 min/Km
95	3	180	PIÑEIRO ESPERANTE , MARI	FEMALE	VET-2-F		00:12:07	00:22:17	+00:07:20	04:58 min/Km
96	35	251	VIEITES NOVO , JOSE ÁLVARO	MALE	VET-1-M		00:12:00	00:22:18	+00:07:21	04:58 min/Km
97	23	36	CELDRÁN BOUZAS , DAVID	MALE	SENIOR-M		00:11:39	00:22:20	+00:07:23	04:58 min/Km
98	24	66	FONTECHA QUELLE , ANDER	MALE	SENIOR-M		00:12:35	00:22:22	+00:07:25	04:59 min/Km
99	36	124	MARTARELLI , LEANDRO LUIS	MALE	VET-1-M	INDEPENDIENTE	00:11:52	00:22:31	+00:07:34	05:01 min/Km
100	25	93	GUILLÉN CAMBA , FERNANDO	MALE	VET-2-M	CLUB MILLARAIO	00:11:56	00:22:35	+00:07:38	05:02 min/Km
101	37	155	OTERO SANTIAGO , MANUEL FRANCISCO	MALE	VET-1-M		00:11:41	00:22:35	+00:07:38	05:02 min/Km
102	25	42	COLLAZO , ALBERTO	MALE	SENIOR-M		00:12:37	00:22:41	+00:07:44	05:03 min/Km
103	7	176	PEREZ GARCIA , FATIMA	FEMALE	VET-1-F	INDEPENDIENTE	00:12:29	00:22:45	+00:07:48	05:04 min/Km
104	26	216	ROSENDE IGLESIAS , ADRIÁN	MALE	SENIOR-M		00:11:42	00:22:45	+00:07:48	05:04 min/Km
105	38	196	REINALDO CASTIÑEIRA , ALVARO JOSÉ	MALE	VET-1-M		00:12:11	00:22:47	+00:07:50	05:04 min/Km
106	39	52	ESPERANTE AGRA , JOSÉ MANUEL	MALE	VET-1-M	INDEPENDIENTE	00:12:00	00:22:49	+00:07:52	05:05 min/Km
107	40	209	RODRIGUEZ ORMAECHEA , JOSE IGNACIO	MALE	VET-1-M		00:12:40	00:22:58	+00:08:01	05:07 min/Km
108	8	212	RODRIGUEZ VEIGA , EVA	FEMALE	VET-1-F	INDEPENDIENTE	00:12:18	00:23:03	+00:08:06	05:08 min/Km
109	26	237	SUEIRAS FIEIRO , LUIS CARLOS	MALE	VET-2-M		00:12:41	00:23:04	+00:08:07	05:08 min/Km
110	27	236	SUEIRAS FIEIRO , JOSÉ IGNACIO	MALE	VET-2-M		00:12:41	00:23:05	+00:08:08	05:08 min/Km
111	28	150	OTER CEPEDA , DANIEL ANGEL	MALE	VET-2-M	INDEPENDIENTE	00:12:20	00:23:14	+00:08:17	05:10 min/Km
112	3	168	PARRADO PINAQUE , TERE	FEMALE	SENIOR-F	CLUB ATLETISMO DE O PINO	00:12:46	00:23:21	+00:08:24	05:12 min/Km
113	4	106	LEDESMA , MARGA	FEMALE	VET-2-F	CLUB ATLETISMO DE O PINO	00:12:46	00:23:26	+00:08:29	05:13 min/Km
114	5	147	NOGUEIRA PENAS , EDUARDO FILIPE	MALE	SUB23-M		00:11:50	00:23:27	+00:08:30	05:13 min/Km
115	27	77	GARCÍA LING , ÁLVARO	MALE	SENIOR-M	INDEPENDIENTE	00:12:24	00:23:35	+00:08:38	05:15 min/Km
116	4	125	MARTINEZ DEUS , LAURA NOELIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:12:21	00:23:39	+00:08:42	05:16 min/Km
117	28	22	CAAMAÑO FERREIRÓS , CARLOS	MALE	SENIOR-M		00:12:36	00:23:47	+00:08:50	05:18 min/Km
118	29	127	MARTINEZ GARCIA , JOSE MANUEL	MALE	SENIOR-M	INDEPENDIENTE	00:12:58	00:23:49	+00:08:52	05:18 min/Km
119	5	103	LAGOA CEREIJO , DIANA	FEMALE	SENIOR-F	INDEPENDIENTE	00:12:58	00:23:49	+00:08:52	05:18 min/Km
120	6	146	NOGUEIRA BALSEIROS , EVA MARIA	FEMALE	SENIOR-F	CLUB ATLETISMO A ESTRADA	00:12:59	00:23:55	+00:08:58	05:19 min/Km
121	7	132	MEJUTO FERNANDEZ , NURIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:12:54	00:24:01	+00:09:04	05:21 min/Km
122	8	219	RUSO GUNDIN , MARIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:12:54	00:24:01	+00:09:04	05:21 min/Km
123	5	96	HERNÁNDEZ GARCÍA , CRISTINA	FEMALE	VET-2-F		00:13:14	00:24:03	+00:09:06	05:21 min/Km
124	30	241	TUBÍO , ARTURO	MALE	SENIOR-M		00:13:17	00:24:14	+00:09:17	05:24 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	CONTROL	META	DIF 1º	RITMO
125	9	51	EGAN RODRIGUEZ , MELANY	FEMALE	SENIOR-F	INDEPENDIENTE	00:13:16	00:24:18	+00:09:21	05:24 min/Km
126	29	139	MOURE CAÑETE , FRANCISCO	MALE	VET-2-M	NOITEBRA	00:12:54	00:24:18	+00:09:21	05:24 min/Km
127	9	114	LORENZO ANICETO , VANESSA	FEMALE	VET-1-F	INDEPENDIENTE	00:12:54	00:24:18	+00:09:21	05:24 min/Km
128	10	193	RAMOS , MIRIAM	FEMALE	SENIOR-F		00:13:16	00:24:21	+00:09:24	05:25 min/Km
129	31	234	SUÁREZ BLANCO , XAIME	MALE	SENIOR-M	INDEPENDIENTE	00:12:39	00:24:22	+00:09:25	05:25 min/Km
130	11	54	FERNÁNDEZ BLANCO , SILVIA	FEMALE	SENIOR-F		00:13:05	00:24:23	+00:09:26	05:26 min/Km
131	32	203	RODRIGUEZ BUGALLO , MIGUEL	MALE	SENIOR-M	INDEPENDIENTE	00:15:40	00:24:24	+00:09:27	05:26 min/Km
132	10	41	CODESIDO MONTOIRO , MARIA	FEMALE	VET-1-F	NOITEBRA FC	00:13:15	00:24:24	+00:09:27	05:26 min/Km
133	41	232	SOBRINO VAZQUEZ , JULIAN	MALE	VET-1-M		00:13:41	00:24:26	+00:09:29	05:26 min/Km
134	12	198	RIVAS DE CASTRO , NAVIA	FEMALE	SENIOR-F		00:13:02	00:24:26	+00:09:29	05:26 min/Km
135	42	108	LEÓN REQUEIJO , DIEGO LUIS	MALE	VET-1-M	INDEPENDIENTE	00:13:12	00:24:29	+00:09:32	05:27 min/Km
136	33	205	RODRÍGUEZ ESPASANDÍN , JACOBO	MALE	SENIOR-M	INDEPENDIENTE	00:12:50	00:24:32	+00:09:35	05:28 min/Km
137	34	137	MOARES CALVO , BRAIS	MALE	SENIOR-M	INDEPENDIENTE	00:13:21	00:24:33	+00:09:36	05:28 min/Km
138	35	121	MAROÑAS MOURELOS , MIGUEL ÁNGEL	MALE	SENIOR-M		00:13:41	00:24:44	+00:09:47	05:30 min/Km
139	6	159	PAMPIN ALDREY , MARIO	MALE	SUB23-M	INDEPENDIENTE	00:13:37	00:24:49	+00:09:52	05:31 min/Km
140	30	160	PAMPIN MATO , MIGUEL RAMON	MALE	VET-2-M	INDEPENDIENTE	00:13:37	00:24:51	+00:09:54	05:32 min/Km
141	31	115	MACIAS LUACES , ALEJANDRO ALBERTO	MALE	VET-2-M		00:14:08	00:24:53	+00:09:56	05:32 min/Km
142	11	187	QUEIRUGA TRIÑANES , SUSANA	FEMALE	VET-1-F		00:13:22	00:25:00	+00:10:03	05:34 min/Km
143	36	100	INSUA , NOEL	MALE	SENIOR-M	INDEPENDIENTE	00:13:39	00:25:08	+00:10:11	05:36 min/Km
144	1	392	392	UNKNOW	NOCAT		00:13:53	00:25:17	+00:10:20	05:38 min/Km
145	43	183	PORTO CALVO , SERGIO	MALE	VET-1-M	CLUB ATLETISMO OUTES JONH TURKEY	00:13:50	00:25:20	+00:10:23	05:38 min/Km
146	6	71	GALEANO , NORMA BEATRIZ	FEMALE	VET-2-F	MIRCA SPORT	00:13:21	00:25:28	+00:10:31	05:40 min/Km
147	44	190	QUINTELA VÁZQUEZ , JESÚS MANUEL	MALE	VET-1-M		00:14:54	00:25:29	+00:10:32	05:40 min/Km
148	32	32	CASTRO CASTRO , MANUEL	MALE	VET-2-M		00:14:46	00:25:29	+00:10:32	05:40 min/Km
149	7	29	CASTELAO DE LA FUENTE , CRISTINA	FEMALE	VET-2-F		00:14:00	00:25:34	+00:10:37	05:41 min/Km
150	12	148	NORIEGA THERAN , EYESEL	FEMALE	VET-1-F	INDEPENDIENTE	00:13:35	00:25:51	+00:10:54	05:45 min/Km
151	13	15	BLANCO FERNÁNDEZ , CELIÑA	FEMALE	VET-1-F		00:13:53	00:25:58	+00:11:01	05:47 min/Km
152	45	78	GARCÍA PIÑEIRO , MARTIN	MALE	VET-1-M		00:14:32	00:26:07	+00:11:10	05:49 min/Km
153	14	218	RUBINES FERREIRA , MONICA	FEMALE	VET-1-F		00:14:15	00:26:12	+00:11:15	05:50 min/Km
154	8	47	DE LA FUENTE IGLESIAS , MERCEDES	FEMALE	VET-2-F	CLUB ATLETISMO DE O PINO	00:14:15	00:26:14	+00:11:17	05:50 min/Km
155	33	7	ARMADA OSORIO , ANDRÉS	MALE	VET-2-M	INDEPENDIENTE	00:14:06	00:26:18	+00:11:21	05:51 min/Km

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156	9	245	VAZQUEZ FERNÁNDEZ , ANA	FEMALE	VET-2-F		00:14:30	00:26:26	+00:11:29	05:53 min/Km
157	15	171	PENA BOQUETE , YOLANDA	FEMALE	VET-1-F	INDEPENDIENTE	00:14:28	00:26:27	+00:11:30	05:53 min/Km
158	10	235	SUÁREZ PIÑEIRO , ANA MARÍA	FEMALE	VET-2-F	INDEPENDIENTE	00:14:28	00:26:27	+00:11:30	05:53 min/Km
159	13	246	VÁZQUEZ MARABEL , ANDREA	FEMALE	SENIOR-F		00:14:28	00:26:32	+00:11:35	05:54 min/Km
160	14	73	GARCÍA CHENLO , ANDREA	FEMALE	SENIOR-F	CDM XESTEIRAS	00:14:14	00:26:41	+00:11:44	05:56 min/Km
161	37	69	FUENTES XESTEIRAS , ÒSCAR	MALE	SENIOR-M	CDM XESTEIRAS	00:14:14	00:26:41	+00:11:44	05:56 min/Km
162	16	129	MARTINEZ MARTINEZ , ANA MARIA	FEMALE	VET-1-F	INDEPENDIENTE	00:14:34	00:26:46	+00:11:49	05:57 min/Km
163	15	75	GARCÍA DOCAMPO , LAURA	FEMALE	SENIOR-F	INDEPENDIENTE	00:14:27	00:26:48	+00:11:51	05:58 min/Km
164	11	57	FERNÁNDEZ VILLAMIEL , MARÍA DEL CARMEN	FEMALE	VET-2-F	INDEPENDIENTE	00:14:22	00:26:51	+00:11:54	05:58 min/Km
165	12	191	RAÍCES , OLGA	FEMALE	VET-2-F	INDEPENDIENTE	00:14:36	00:27:10	+00:12:13	06:03 min/Km
166	46	62	FERRER LOJO , JAVIER	MALE	VET-1-M		00:14:56	00:27:17	+00:12:20	06:04 min/Km
167	38	182	PIÑEIRO VICENTE , JORGE	MALE	SENIOR-M		00:14:56	00:27:17	+00:12:20	06:04 min/Km
168	17	206	RODRIGUEZ FERNANDEZ , PATRICIA	FEMALE	VET-1-F		00:14:57	00:27:17	+00:12:20	06:04 min/Km
169	13	135	MIGUENS. LEIS , ROSA	FEMALE	VET-2-F	INDEPENDIENTE	00:14:46	00:27:20	+00:12:23	06:05 min/Km
170	14	3	ALBÁN SALGADO , ANA	FEMALE	VET-2-F	CLUB MILLARAI	00:14:58	00:27:35	+00:12:38	06:08 min/Km
171	15	91	GONZALEZ RODRIGUEZ , MARIA DOLORES	FEMALE	VET-2-F	CLUB MILLARAI	00:14:53	00:27:35	+00:12:38	06:08 min/Km
172	39	70	FUERTE LÓPEZ , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	00:15:21	00:27:35	+00:12:38	06:08 min/Km
173	16	184	PORTO REY , ANDREA	FEMALE	SENIOR-F	INDEPENDIENTE	00:14:55	00:27:49	+00:12:52	06:11 min/Km
174	47	76	GARCÍA FANDIÑO , JESÚS	MALE	VET-1-M	INDEPENDIENTE	00:13:56	00:28:02	+00:13:05	06:14 min/Km
175	16	175	PEREIRA COSTA , M.CARMEN	FEMALE	VET-2-F		00:14:52	00:28:07	+00:13:10	06:15 min/Km
176	48	4	ALBERTE WOODWARD , MIGUEL	MALE	VET-1-M	INDEPENDIENTE	00:14:35	00:28:10	+00:13:13	06:16 min/Km
177	18	250	VIEITES GONZALEZ , MARIA	FEMALE	VET-1-F		00:14:33	00:28:18	+00:13:21	06:18 min/Km
178	40	197	REY MOURELLE , JAVIER	MALE	SENIOR-M		00:14:41	00:28:18	+00:13:21	06:18 min/Km
179	49	28	CASTAÑO CASTAÑO , PABLO	MALE	VET-1-M		00:15:24	00:28:19	+00:13:22	06:18 min/Km
180	17	158	PAIS COMINO , MARÍA	FEMALE	VET-2-F	URBANSRUNNING SANTIAGO	00:15:47	00:28:21	+00:13:24	06:18 min/Km
181	17	133	MERA FERNÁNDEZ , NATALIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:14:40	00:28:32	+00:13:35	06:21 min/Km
182	50	178	PEREZ PAIS , JOSE MANUEL	MALE	VET-1-M	INDEPENDIENTE	00:13:45	00:29:06	+00:14:09	06:28 min/Km
183	18	165	PARDO MONTAÑA , MARÍA JOSEFINA	FEMALE	VET-2-F	CLUB MILLARAI	00:14:57	00:29:07	+00:14:10	06:29 min/Km
184	1	223	SÁNCHEZ PARDO , NATALIA	FEMALE	SUB23-F	CLUB MILLARAI	00:14:50	00:29:07	+00:14:10	06:29 min/Km
185	19	45	DACUÑA BLANCO , MARICARMEN	FEMALE	VET-2-F		00:14:55	00:29:08	+00:14:11	06:29 min/Km
186	18	20	BUITURÓN FERNÁNDEZ , LETICIA	FEMALE	SENIOR-F	CLUB ATLETISMO SAR VERMÚ PETRONI	00:15:02	00:29:15	+00:14:18	06:30 min/Km

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187	41	169	PAZ GUZMÁN , CÉSAR	MALE	SENIOR-M	INDEPENDIENTE	00:13:38	00:29:16	+00:14:19	06:31 min/Km
188	20	92	GONZÁLEZ SOTO , ANA MARÍA	FEMALE	VET-2-F		00:15:55	00:29:25	+00:14:28	06:33 min/Km
189	19	82	GENS MUÍÑOS , NATALIA	FEMALE	SENIOR-F		00:15:58	00:29:28	+00:14:31	06:33 min/Km
190	20	99	IGLESIAS FERNÁNDEZ , LAURA	FEMALE	SENIOR-F	INDEPENDIENTE	00:15:56	00:29:32	+00:14:35	06:34 min/Km
191	34	161	PAMPIN MATO , SANTIAGO	MALE	VET-2-M	INDEPENDIENTE	00:15:41	00:30:05	+00:15:08	06:42 min/Km
192	2	211	RODRIGUEZ SORIANO , ALBA	FEMALE	SUB23-F		00:15:09	00:30:09	+00:15:12	06:42 min/Km
193	21	25	CARRO MENDEZ , MARIA BEATRIZ	FEMALE	VET-2-F	INDEPENDIENTE	00:15:54	00:30:20	+00:15:23	06:45 min/Km
194	22	249	VIDAL VARELA , ANA ISABEL	FEMALE	VET-2-F	CLUB MILLARAIO	00:15:57	00:30:32	+00:15:35	06:48 min/Km
195	42	244	VÁZQUEZ BENDAÑA , DIEGO	MALE	SENIOR-M		00:15:43	00:30:33	+00:15:36	06:48 min/Km
196	21	136	MIGUEZ SALINA , GABRIELA	FEMALE	SENIOR-F		00:16:49	00:31:21	+00:16:24	06:58 min/Km
197	19	231	SIMÓN VÁZQUEZ , YOLANDA	FEMALE	VET-1-F	INDEPENDIENTE	00:15:59	00:31:23	+00:16:26	06:59 min/Km
198	20	60	FERREIRO BAÑOS , NOELIA	FEMALE	VET-1-F		00:15:56	00:31:25	+00:16:28	06:59 min/Km
199	21	72	GARCÍA ALONSO , MARÍA LUZ	FEMALE	VET-1-F		00:15:54	00:31:25	+00:16:28	06:59 min/Km
200	22	227	SANTOS , LORENA	FEMALE	SENIOR-F	URBANSRUNNING SANTIAGO	00:16:49	00:31:37	+00:16:40	07:02 min/Km
201	35	89	GONZÁLEZ , MAKHLOUF	MALE	VET-2-M	INDEPENDIENTE	00:16:49	00:31:37	+00:16:40	07:02 min/Km