

# X CARREIRA POPULAR DO ESPIRITO SANTO

## - GENERAL 8K -

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
1	1	28	DOSIL LAGO , MANUEL	MALE	VET-A-M	CLUB TRIATLON MUROS	00:28:36
2	2	104	VIEITES CARBALLO , MANUEL	MALE	VET-A-M	CLUBE ATLETISMO CUNTIS	00:28:43
3	1	75	REQUEIJO REQUEIJO , SERGIO	MALE	ABSOLUTA-M	ATLETISMO ARENTEIRO	00:28:54
4	3	101	TRABA CAAMAÑO , PEDRO	MALE	VET-A-M	CLB ATLETISMO OUTES-JOHN TURKEY	00:28:56
5	2	45	GONZALEZ HORTA , ELOY	MALE	ABSOLUTA-M	TRIATLON BOIRO	00:30:52
6	3	46	IGLESIAS AMORES , MIGUEL	MALE	ABSOLUTA-M	CLUB DEPORTIVO PINARIUM	00:31:30
7	4	12	BERMUDEZ ALVAREZ , DANIEL	MALE	VET-A-M	INDEPENDIENTE	00:31:34
8	5	21	CARBALLO MONTEAGUDO , XURXO	MALE	VET-A-M	CLUB TRIATLON MUROS	00:31:59
9	1	99	SUAREZ LEIS , JOSE	MALE	VET-B-M	SAR-VERMU PETRONI	00:32:10
10	2	31	FERNANDEZ GARCIA , JOSE MANUEL	MALE	VET-B-M	CDM VERTICE	00:32:14
11	4	6	BALAYO GARCIA , ALBERTO	MALE	ABSOLUTA-M	CLUB DE REMO MUROS	00:32:24
12	1	30	FERNÁNDEZ BARREIROS , TINA	FEMALE	ABSOLUTA-F	ATLETISMO SAR VERMÚ PETRONI	00:32:29
13	3	20	CANOSA CASTIÑEIRA , RAMON	MALE	VET-B-M		00:32:44
14	4	57	MARTINEZ NIETO , MICHEL	MALE	VET-B-M	CLUB ATLETISMO OUTES. JOHN TURKEY	00:33:55
15	6	53	LAMELA MARTINEZ , IVAN	MALE	VET-A-M	ATLETISMO OUTES	00:34:30
16	5	9	BARREIRO CORDEIRO , JAVIER	MALE	VET-B-M	NOSPORTLIMIT	00:34:36
17	7	59	MARTINEZ SESTAYO , SAUL	MALE	VET-A-M	INDEPENDIENTE	00:34:55
18	6	95	SERRANO REMUIÑAN , JOSE ANTONIO	MALE	VET-B-M		00:34:58
19	5	43	GÓMEZ GARCÍA , RAFAEL SENÉN	MALE	ABSOLUTA-M	CLUB ATLETISMO OUTES. JOHN TURKEY	00:35:02
20	7	8	BARREIRO CORDEIRO , ANTONIO	MALE	VET-B-M	INDEPENDIENTE	00:35:31
21	8	51	LAGO SABORIDO , FRAN	MALE	VET-A-M		00:35:59
22	6	10	BELLO GRAIÑO , DIEGO	MALE	ABSOLUTA-M	INDEPENDIENTE	00:36:14
23	7	86	ROMERO CHOUZA , ÓSCAR	MALE	ABSOLUTA-M	CLUB TRIATLON MUROS	00:36:15
24	8	64	MONTOUTO REQUEIJO , DIEGO	MALE	ABSOLUTA-M		00:36:49
25	8	39	FREIRE ESPARÍS , BENIGNO	MALE	VET-B-M	INDEPENDIENTE	00:36:50
26	1	81	RODRIGUEZ DEL RIO RIO , JOSE LUIS	MALE	VET-C-M	ATLETISMO ORDEA	00:36:52
27	9	83	RODRIGUEZ DOMINGUEZ , JUAN ENRIQUE	MALE	VET-A-M	INDEPENDIENTE	00:37:27
28	9	80	RIVADENEIRA MARTÍNEZ , MIGUEL	MALE	ABSOLUTA-M	INDEPENDIENTE	00:37:37
29	2	87	ROMERO OLVEIRA , JOSÉ MANUEL	MALE	VET-C-M	VETERANOS DE SAMIL	00:37:42
30	10	100	TAJES PÉREZ , JESÚS MANUEL	MALE	VET-A-M	TRIBU TRAIL	00:37:45
31	11	92	SEIJAS BUA , DAVID	MALE	VET-A-M	C.C.MUROS	00:37:49
32	12	67	OTERO RAMA , JUAN JOSE	MALE	VET-A-M		00:37:56

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33	9	68	PARÍS TAJES , SANTIAGO	MALE	VET-B-M	PRAIA DE CARNOTA RUNNERS	00:37:59
34	3	7	BARREIRO CERNADAS , MONCHO	MALE	VET-C-M	CLUB ATLETISMO OUTES. JOHN TURKEY	00:38:22
35	10	34	FERNÁNDEZ LUCES , CASTOR	MALE	VET-B-M	CLUB DE REMO MUROS	00:38:27
36	13	33	FERNÁNDEZ LAMELA , SERAFÍN	MALE	VET-A-M		00:38:27
37	1	40	GARCÍA ABALO , MADA	FEMALE	VET-B-F	C.A.O. (CLUBE ATLETISMO OUTES)	00:38:30
38	11	13	BLANCO FIGUEIRIDO , MARCOS ANTONIO	MALE	VET-B-M	C.A.O. (CLUBE ATLETISMO OUTES)	00:38:32
39	14	48	LAGO FIGUEROA , XABIER	MALE	VET-A-M		00:38:34
40	1	66	OLVEIRA TRABA , BEATRIZ	FEMALE	VET-A-F	A.D OLIMPIA	00:38:37
41	15	18	CAAMAÑO SIMIL , JUAN MANUEL	MALE	VET-A-M	CLUB DE REMO MUROS	00:38:42
42	16	52	LAMAS , OSCAR	MALE	VET-A-M		00:39:02
43	17	23	CARREIRA CERNADAS , JOSE IGNACIO	MALE	VET-A-M	CLUB CICLISTA MUROS	00:40:24
44	18	11	BELLO SÁNCHEZ , MONCHO	MALE	VET-A-M	INDEPENDIENTE	00:40:25
45	4	69	PEREZ TRILLO , JESUS	MALE	VET-C-M	PRAIA DE CARNOTA RUNNERS	00:40:29
46	19	84	RODRIGUEZ FRAMIL , ALFONSO	MALE	VET-A-M	NOITEBRA FC	00:40:31
47	2	22	CARNEIRO BARROSO , TERESA	FEMALE	ABSOLUTA-F	ATLETISMO SANTIAGO	00:40:32
48	20	71	PUÑAL , FERNANDO	MALE	VET-A-M		00:40:38
49	12	19	CANDAMO FERNANDEZ , MARCOS	MALE	VET-B-M	INDEPENDIENTE	00:40:49
50	10	72	QUIÑOY VILARIÑO , RUBÉN	MALE	ABSOLUTA-M	TRIATLÓN ARCADE INFORHOUSE	00:41:28
51	21	93	SENADE , JOSE	MALE	VET-A-M	PRAIA DE CARNOTA RUNNERS	00:41:36
52	22	76	REY GOMEZ , ROBERTO	MALE	VET-A-M	C.D. SAN PAIO	00:41:36
53	3	14	BREA SANTIAGO , LOLA	FEMALE	ABSOLUTA-F	CCMUROS	00:41:48
54	1	82	RODRIGUEZ DEL RIO RIO , MARIA DEL CARMEN	FEMALE	VET-C-F	ATLETISMO MILLADOIRO	00:42:06
55	2	41	GARCÍA CRUZ , ALICIA	FEMALE	VET-A-F	A.D OLIMPIA	00:42:56
56	13	29	FERNANDEZ MARTINEZ , JOAQUIN	MALE	VET-B-M		00:43:28
57	14	61	MAYO CAAMAÑO , JOSE	MALE	VET-B-M	VENDAVAL ESTEIRO	00:43:36
58	15	50	LAGO MOLEDO , MANUEL	MALE	VET-B-M	ATLETISMO OUTES	00:43:43
59	23	3	AGEITOS SAMPEDRO , JUANKY	MALE	VET-A-M		00:44:29
60	3	79	RIOS LUSTRES , SENDY	FEMALE	VET-A-F		00:44:30
61	16	73	RAMOS ARCOS , JULIÁN	MALE	VET-B-M	INDEPENDIENTE	00:44:45
62	11	60	MAYÁN MARTÍNEZ , MIGUEL	MALE	ABSOLUTA-M	TRIBU TRAIL	00:45:02
63	24	44	GÓMEZ REIRIS , RAFAEL SENÉN	MALE	VET-A-M	CLUB ATLETISMO OUTES. JOHN TURKEY	00:45:09
64	5	1	ABATI GOMEZ , QUIQUE	MALE	VET-C-M	PRAIA DE CARNOTA RUNNERS	00:45:28

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65	2	27	DO RECAREO , MANOLI	FEMALE	VET-C-F	PRAIA DE CARNOTA RUNNERS	00:45:44
66	4	15	BUITURÓN MEIJIDE , ANA ISABEL	FEMALE	VET-A-F	A.D OLIMPIA	00:45:51
67	5	88	ROMERO ROMERO , MARI	FEMALE	VET-A-F	CLUB CICLISTA MUROS	00:45:54
68	25	42	GARCIA DOSIL , MINGOTE	MALE	VET-A-M	CLUB CICLISTA MUROS	00:45:55
69	6	85	RODRÍGUEZ RUIZ , RAQUEL	FEMALE	VET-A-F		00:45:59
70	6	78	RIAL PAIS , JOSÉ	MALE	VET-C-M	CLUB ATLETISMO OUTES. JOHN TURKEY	00:46:28
71	4	77	RIAL GARCÍA , ROSANA	FEMALE	ABSOLUTA-F	CLUB ATLETISMO OUTES. JOHN TURKEY	00:46:28
72	26	102	VARELA CALVELO , CARLOS	MALE	VET-A-M	CLUB ATLETISMO DUBRA	00:51:22
73	7	63	MIRAMONTES MIRÁS , SALOMÉ	FEMALE	VET-A-F		00:52:57