

V CARREIRA POPULAR VOLTA AS FORCADAS

- ABSOLUTA -

POS.	P.SEX.	NUMBER	PARTICIPANT	SEX	CAT	CLUB	META	RITMO
1	1	25	CUPEIRO PÉREZ , BRAIS	MALE	SENIOR		00:27:33	03:32 min/Km
2	1	87	RÍOS NÚÑEZ , CARLOS	MALE	VET-A	CLUB ATLETISMO SUBARREIROS NEDA	00:28:22	03:39 min/Km
3	2	79	PENA SOUTO , FRANCISCO JAVIER	MALE	VET-A	PASA OU ENTORNA	00:28:30	03:40 min/Km
4	2	2	ALONSO FERNÁNDEZ , ISIDRO	MALE	SENIOR		00:29:43	03:49 min/Km
5	3	77	PARDO FONTICOBA , MARCOS	MALE	SENIOR		00:30:00	03:51 min/Km
6	4	70	MARTÍNEZ SENRA , DANIEL	MALE	SENIOR	A.D.NÁUTICO NARON	00:31:09	03:60 min/Km
7	3	106	TEIJEIRO FERNANDEZ , NOÉ	MALE	VET-A	NOETRAINERS FERROL	00:31:15	04:01 min/Km
8	5	36	FORMOSO , JORGE	MALE	SENIOR	CLUB CASTRO DE LOBADIZ	00:31:52	04:06 min/Km
9	1	5	ALVARIÑO VEIGA , LUIS ÁNGEL	MALE	VET-B	INDEPENDIENTE	00:32:42	04:12 min/Km
10	2	91	SABIO FERNÁNDEZ , RAFAEL	MALE	VET-B	OS CORZOS DO ORTEGAL	00:32:58	04:14 min/Km
11	4	85	PRIETO PARDO , ALBERTO	MALE	VET-A	PASA OU ENTORNA	00:33:10	04:16 min/Km
12	5	68	MARTINEZ LOURO , CARLOS	MALE	VET-A	INDEPENDIENTE	00:33:22	04:17 min/Km
13	6	62	LÓPEZ PAZ , MARIO	MALE	VET-A		00:33:38	04:19 min/Km
14	1	102	SOTO VIÑAS , REBECA	FEMALE	VET-A-F	CLUB ATLETISMO NARÓN	00:33:43	04:20 min/Km
15	6	256	CALVO GONZALEZ , CRISTIAN	MALE	SENIOR	CLUB ATLETISMO FENE	00:33:47	04:20 min/Km
16	7	41	GARCÍA BARREIRO , ANDRÉS	MALE	VET-A	ATLETISMO NARÓN	00:33:50	04:21 min/Km
17	8	67	LOUREIRO REDONDO , RAMON ÁNGEL	MALE	VET-A	DALLE GAS RUNNING TEAM	00:33:59	04:22 min/Km
18	9	99	SANTOS MARTINEZ , DAVID	MALE	VET-A	PASA OU ENTORNA	00:34:04	04:23 min/Km
19	10	17	CARQUIJERO RAMOS , JAIME	MALE	VET-A	INDEPENDIENTE	00:34:40	04:27 min/Km
20	7	111	VILELA VILELA , MARCOS	MALE	SENIOR	INDEPENDIENTE	00:34:42	04:27 min/Km
21	11	19	CASTELEIRO LAREO , ALBERTO	MALE	VET-A		00:34:48	04:28 min/Km
22	12	47	GÓMEZ VÁZQUEZ , XURXO	MALE	VET-A	PASA OU ENTORNA	00:35:08	04:31 min/Km
23	3	56	JERONIMO , LOPEZ PRIETO	MALE	VET-B		00:35:21	04:32 min/Km
24	4	27	DIAZ CORRAL , CARLOS	MALE	VET-B		00:35:33	04:34 min/Km
25	13	43	GARCÍA POUSO , RAFA	MALE	VET-A	IMOS CON CALMA	00:36:02	04:38 min/Km
26	8	254	RAMIL RAMIL, XULIAN	MALE	SENIOR	O CAXADO	00:36:06	04:38 min/Km
27	5	34	FERNÁNDEZ TRASANCOS , RUFINO	MALE	VET-B	EGOVARROS VIVEIRO	00:36:11	04:39 min/Km
28	9	10	BRITO REGADERA , DAVID	MALE	SENIOR	PASA OU ENTORNA	00:36:19	04:40 min/Km
29	6	65	LÓPEZ VILARIÑO , CARLOS	MALE	VET-B	INDEPENDIENTE	00:36:53	04:44 min/Km
30	1	30	FELGAR LOPEZ , ISABEL	FEMALE	VET-B-F	PASA OU ENTORNA	00:37:29	04:49 min/Km
31	14	37	FREIRE CASAS , RUBÉN	MALE	VET-A	PASA OU ENTORNA	00:37:32	04:49 min/Km
32	7	38	FREIRE GATO , JOSE ANDRES	MALE	VET-B	INDEPENDIENTE	00:38:03	04:53 min/Km
33	15	9	BOUZA BELLÓN , CÉSAR	MALE	VET-A	ATLETISMO NARÓN	00:38:15	04:55 min/Km
34	8	23	COUCE BELLON , RAMIRO	MALE	VET-B		00:38:37	04:58 min/Km
35	9	94	SANTAYA ARUFE , JESUS	MALE	VET-B	CLUB ATLETISMO SADA	00:38:41	04:58 min/Km

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36	1	103	SOUTO PRIETO , MARÍA	FEMALE	SENIOR-F	INDEPENDIENTE	00:39:02	05:01 min/Km
37	16	109	VÁZQUEZ IZAGUIRRE , ANGEL	MALE	VET-A	XABARÍS ÁRTABROS	00:39:10	05:02 min/Km
38	10	4	ÁLVAREZ DIAZ , ALFONSO	MALE	VET-B	PASA OU ENTORNA	00:39:16	05:03 min/Km
39	11	29	DOPICO BELLON , MANUEL	MALE	VET-B		00:40:24	05:11 min/Km
40	10	16	CARNEIRO PRIMROY , LINO	MALE	SENIOR	INDEPENDIENTE	00:40:35	05:13 min/Km
41	12	12	CALVIÑO BUGUEIRO , LOLO	MALE	VET-B		00:40:50	05:15 min/Km
42	17	51	GONZALEZ PITA , JAVIER	MALE	VET-A		00:40:50	05:15 min/Km
43	13	64	LÓPEZ PINTOS , XESÚS ANXO	MALE	VET-B	PASA OU ENTORNA	00:40:56	05:15 min/Km
44	11	20	CASTRO DÍAZ , IMAR	MALE	SENIOR	INDEPENDIENTE	00:41:06	05:17 min/Km
45	18	76	OTERO FOLGUEIRA , JESUS	MALE	VET-A		00:41:11	05:17 min/Km
46	19	108	URIA REY , DIEGO	MALE	VET-A	DALLE GAS RUNNING TEAM	00:41:14	05:18 min/Km
47	20	42	GARCÍA COBELO , ALBERTO	MALE	VET-A	INDEPENDIENTE	00:41:21	05:19 min/Km
48	2	92	SANCHEZ VAZQUEZ , FINA	FEMALE	VET-A-F	CLUB ATLETISMO SADA	00:41:23	05:19 min/Km
49	3	35	FERNANDEZ VIVERO , TOÑI	FEMALE	VET-A-F		00:41:27	05:19 min/Km
50	21	80	PEREZ HERMIDA , PABLO	MALE	VET-A		00:41:27	05:19 min/Km
51	22	61	LOPEZ LORENZO , ROBERTO	MALE	VET-A	INDEPENDIENTE	00:41:33	05:20 min/Km
52	23	40	GARCÍA ANEIROS , RICARDO	MALE	VET-A	INDEPENDIENTE	00:41:34	05:20 min/Km
53	14	63	LÓPEZ PICOS , VICENTE	MALE	VET-B	INDEPENDIENTE	00:41:47	05:22 min/Km
54	2	31	FERNÁNDEZ BASANTA , SARA	FEMALE	SENIOR-F	DALLE GAS RUNNING TEAM	00:41:54	05:23 min/Km
55	4	22	CHAO LÓPEZ , SAILA	FEMALE	VET-A-F	DALLE GAS RUNNING TEAM	00:42:22	05:26 min/Km
56	3	54	GRUEIRO ACCIÓN , ISABEL	FEMALE	SENIOR-F	PASA OU ENTORNA	00:42:44	05:29 min/Km
57	15	60	LOPEZ ANEIROS , JOSE	MALE	VET-B	INDEPENDIENTE	00:43:11	05:33 min/Km
58	16	50	GONZÁLEZ GARCÍA , ANDRÉS	MALE	VET-B	CLUB CASTRO DE LOBADIZ	00:44:13	05:41 min/Km
59	17	78	PEDREIRA COROAS , CELERINO	MALE	VET-B	OLYMPO	00:44:21	05:42 min/Km
60	2	69	MARTÍNEZ PAZ , BEGOÑA	FEMALE	VET-B-F	INDEPENDIENTE	00:44:22	05:42 min/Km
61	5	97	SANTIAGO YÁÑEZ , BEATRIZ	FEMALE	VET-A-F	ATLETISMO NARÓN	00:44:22	05:42 min/Km
62	6	72	MENDEZ DIAZ , EUGENIA	FEMALE	VET-A-F		00:44:27	05:42 min/Km
63	12	13	CALVO GONZÁLEZ , CRISTIAN	MALE	SENIOR	CLUB ATLETISMO FENE	00:45:11	05:48 min/Km
64	3	253	DIAZ BLANCO, ELENA	FEMALE	VET-B-F	ARTABROS	00:45:47	05:53 min/Km
65	7	66	LOUREIRO REDONDO , JESSICA	FEMALE	VET-A-F	DALLE GAS RUNNING TEAM	00:46:40	05:59 min/Km
66	4	88	RODRÍGUEZ , TERESA	FEMALE	VET-B-F	OS CORZOS DO ORTEGAL	00:46:43	05:60 min/Km
67	24	89	RUFANCOS RECIO , VALENTIN	MALE	VET-A	INDEPENDIENTE	00:50:09	06:26 min/Km
68	25	45	GOMEZ BUJIA , ADRIAN	MALE	VET-A	DALLE GAS RUNNING TEAM	00:50:28	06:29 min/Km
69	8	32	FERNÁNDEZ DÍAZ , MARÍA JOSÉ	FEMALE	VET-A-F		00:50:38	06:30 min/Km
70	9	74	MUIÑO CANEIRO , ANA VANESA	FEMALE	VET-A-F	INDEPENDIENTE	00:51:01	06:33 min/Km

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71	26	75	MUÍÑO CANEIRO , ROBERTO	MALE	VET-A	INDEPENDIENTE	00:51:01	06:33 min/Km
72	5	110	VERGARA TEJEIRO , M. PILAR	FEMALE	VET-B-F		00:51:53	06:40 min/Km