

XIX CARREIRA POPULAR VIRXE DA GUIA 2024

23/06/2024

- ABSOLUTA -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	34	MANEIRO TEIRA , DANIEL	MALE	SUB35	CLUB ATLETISMO O PINO	00:22:30	03:25 min/Km
2	2	25	FONTÁN MARTÍNEZ , XACOBÉ	MALE	SUB35	CLUB ATLETISMO SAR	00:22:44	03:27 min/Km
3	1	13	CASTROAGUDIN GOMEZ , ADRIAN	MALE	SUB45	MORAÑA EN RUTA	00:23:08	03:31 min/Km
4	1	21	FERNANDEZ LIJO , JUAN FRANCISCO	MALE	SUB55	POR AMOR AL ARTE	00:23:21	03:33 min/Km
5	3	2	AGRASO ALONSO , XABI	MALE	SUB35		00:23:36	03:35 min/Km
6	4	4	BENITEZ PEREZ , SAUL	MALE	SUB35	EL CANARIO	00:23:53	03:38 min/Km
7	5	63	TRIÑANES MARTINEZ , ERNESTO	MALE	SUB35	S.D.BARBANTIA RODA	00:24:04	03:39 min/Km
8	1	24	FOLGAR POUSO , RAMON	MALE	SUB +55	EL CANARIO	00:24:05	03:39 min/Km
9	6	26	GARCÍA MARTÍNEZ , JOSE	MALE	SUB35	EL CANARIO	00:24:27	03:43 min/Km
10	2	17	CUENCA GARCIA , FRANCISCO JOSE	MALE	SUB45	CLUB ATLETISMO O PINO	00:25:27	03:52 min/Km
11	3	30	IGLESIAS TORRES , JULIO	MALE	SUB45		00:25:52	03:56 min/Km
12	7	23	FIGUEIRAS LORENZO , EDUARDO	MALE	SUB35	EL CANARIO	00:27:02	04:06 min/Km
13	8	10	CADAVAL MARTINEZ , SERGIO	MALE	SUB35	CLUB DE BOXEO EL CANARIO	00:27:39	04:12 min/Km
14	2	35	MARIÑO CASAIS , MODESTO	MALE	SUB55		00:27:50	04:14 min/Km
15	4	27	GONZALEZ GRAIÑO , JAVIER	MALE	SUB45		00:28:11	04:17 min/Km
16	3	40	NOVO MARTÍNEZ , DAVID	MALE	SUB55		00:28:29	04:19 min/Km
17	9	22	FERRÓN MOURE , ADRIÁN	MALE	SUB35		00:28:33	04:20 min/Km
18	2	3	ARGIBAY PEREZ , JUAN ANTONIO	MALE	SUB +55		00:28:46	04:22 min/Km
19	10	32	LÓPEZ OUJO , IVÁN	MALE	SUB35	POR AMOR AL ARTE	00:28:49	04:22 min/Km
20	11	42	OUTEIRAL MIRON , GONZLAO	MALE	SUB35		00:29:14	04:26 min/Km
21	1	61	SIEIRA PEGO , ELIZABETH	FEMALE	SUB35-F		00:29:21	04:27 min/Km
22	5	28	GONZÁLEZ QUEIRUGA , ESPI	MALE	SUB45	ALBA SANTOS	00:29:28	04:28 min/Km
23	3	56	ROMERO OLVEIRA , JOSE MANUEL	MALE	SUB +55	VETERANOS DE SAMIL	00:29:37	04:30 min/Km
24	12	20	FERNÁNDEZ BUCETA , PABLO	MALE	SUB35		00:29:42	04:30 min/Km
25	4	48	PEREZ SUSAVILA , ANGEL	MALE	SUB +55		00:29:54	04:32 min/Km
26	5	45	PEREIRA REDONDO , JUAN CARLOS	MALE	SUB +55		00:30:07	04:34 min/Km
27	4	59	SAMPEDRO QUEIRUGA , JESÚS MANUEL	MALE	SUB55	EL CANARIO	00:30:41	04:39 min/Km
28	5	14	CIMADEVILLA , JUAN JOSÉ	MALE	SUB55	CLUB DE BOXEO EL CANARIO	00:30:41	04:39 min/Km

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29	6	44	PENA FRANCO , JOSE	MALE	SUB +55	EL CANARIO	00:31:09	04:44 min/Km
30	13	9	CADABAL GAGO , JUAN JOSÉ	MALE	SUB35		00:31:09	04:44 min/Km
31	6	50	PIÑEIRO , PABLO	MALE	SUB45		00:31:24	04:46 min/Km
32	1	55	RODRÍGUEZ DEL RÍO , MARÍA DEL CARMEN	FEMALE	SUB +55-F	SD COMPOSTELA ATLETISMO	00:31:53	04:50 min/Km
33	7	15	CORREDOIRA SANTOS , MANUEL	MALE	SUB45		00:32:23	04:55 min/Km
34	1	54	RIAL OTERO , LORENA	FEMALE	SUB45-F		00:33:55	05:09 min/Km
35	2	33	LORENZO , SUSANA	FEMALE	SUB35-F		00:34:16	05:12 min/Km
36	7	64	VIDAL FERNÁNDEZ , JUAN MANUEL	MALE	SUB +55		00:34:20	05:13 min/Km
37	2	38	MILLARES SIEIRA , CLARA MARÍA	FEMALE	SUB45-F	EL CANARIO	00:35:32	05:24 min/Km
38	6	6	BENITEZ SOMOZA , ISRAEL	MALE	SUB55	EL CANARIO	00:35:35	05:24 min/Km
39	7	5	BENITEZ SOMOZA , ABRAHAM	MALE	SUB55	EL CANARIO	00:35:35	05:24 min/Km
40	8	46	PEREZ BOULLON , SERGIO	MALE	SUB45		00:35:39	05:25 min/Km
41	8	36	MARTINEZ CALO , ANGEL	MALE	SUB +55	SACHACAMIÑOS	00:35:51	05:26 min/Km
42	9	51	PIÑEIRO PENA , JOSÉ ÁNGEL	MALE	SUB +55		00:37:38	05:43 min/Km
43	3	66	VILLAR LAMPÓN , CRISTINA	FEMALE	SUB35-F		00:38:16	05:48 min/Km
44	14	62	SOBRIDO GARCIA , BRIAN	MALE	SUB35		00:38:53	05:54 min/Km
45	4	18	DIOS OUJO , YOLANDA	FEMALE	SUB35-F		00:39:19	05:58 min/Km
46	5	47	PEREZ LUSTRES , ANABEL	FEMALE	SUB35-F		00:39:19	05:58 min/Km
47	8	16	CRUGEIRAS BARRAL , JOSÉ MANUEL	MALE	SUB55		00:39:34	05:60 min/Km
48	6	49	PICOS SANISIDRO , SANDRA	FEMALE	SUB35-F	SLAP TRAINING	00:40:04	06:05 min/Km
49	3	53	RAMOS OLVEIRA , ESTEFANÍA	FEMALE	SUB45-F		00:40:05	06:05 min/Km
50	15	19	FERNÁNDEZ AYASO , RUBÉN	MALE	SUB35		00:40:06	06:05 min/Km
51	7	58	SAMPEDRO GARCIA , SARAI	FEMALE	SUB35-F		00:41:00	06:13 min/Km
52	9	1	AGEITOS GARCIA , IGNACIO	MALE	SUB55	+ DE MONTE	00:42:12	06:24 min/Km
53	16	67	VIDAL , HECTOR	MALE	SUB35		00:43:26	06:35 min/Km
54	8	60	SIEIRA FERNANDEZ , MARIA	FEMALE	SUB35-F		00:44:15	06:43 min/Km
55	17	11	CALVO VITURRO , MOISÉS	MALE	SUB35	S. D. BARBANTIA RODA	00:46:18	07:01 min/Km