

# VI LEGUA IRMANDIÑA 2022

## - ABSOLUTA-

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
1	1	99	REGUEIRA RELLAN , MARTIN	MALE	ABSOLUTA	INDEPENDIENTE	00:19:41	03:35 min/Km
2	2	80	PAIS FONDO , FRANCISCO	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:19:59	03:38 min/Km
3	3	48	INSUA DIAZ , RUBEN	MALE	ABSOLUTA	CLUB ATLETISMO SAR	00:20:09	03:40 min/Km
4	4	61	LORENZO SANTOS , CONSTANTE	MALE	ABSOLUTA	INDEPENDIENTE	00:20:21	03:42 min/Km
5	5	46	IGLESIAS AREA , CARLOS	MALE	ABSOLUTA	SAN MIGUEL DE MARÍN	00:20:29	03:44 min/Km
6	6	113	ROJO LUACES , ADRIAN	MALE	ABSOLUTA	CLUB ATLETISMO SAR	00:21:24	03:54 min/Km
7	7	6	ÁLVAREZ TAJES , DAMIÁN	MALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:21:44	03:58 min/Km
8	8	8	BARCA ESPAÑA , MARCIAL ANIBAL	MALE	ABSOLUTA	CLUB ATLETISMO O PINO	00:21:44	03:58 min/Km
9	9	85	PENA SUÁREZ , JOSE MANUEL	MALE	ABSOLUTA	RUNNING ARTEIXO	00:21:50	03:59 min/Km
10	10	128	VÁZQUEZ MATO , JOSÉ MANUEL	MALE	ABSOLUTA	CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	00:21:54	03:59 min/Km
11	11	90	PEREIRA REY , JOSE CARLOS	MALE	ABSOLUTA	ATLETISMO BOIMORTO	00:22:21	04:04 min/Km
12	12	118	SENDÓN CAAMAÑO , DAVID	MALE	ABSOLUTA	CLUB ATLETISMO OUTES	00:22:28	04:06 min/Km
13	13	83	PAZ TRILLO , FRANCISCO	MALE	ABSOLUTA	INDEPENDIENTE	00:23:04	04:12 min/Km
14	14	116	SANTOS SUAREZ , MARTIN	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:23:17	04:14 min/Km
15	15	65	LUACES PAZ , ANTONIO	MALE	ABSOLUTA	ATLETISMO SAR VERMÚ PETRONI	00:23:21	04:15 min/Km
16	16	18	BUJÁN GONZÁLEZ , JOSÉ	MALE	ABSOLUTA	CLUB ATLETISMO OUTES	00:23:34	04:18 min/Km
17	17	64	LUACES PAZ , ENRIQUE	MALE	ABSOLUTA		00:23:35	04:18 min/Km
18	18	111	ROGET PEREZ , FELIX	MALE	ABSOLUTA		00:23:39	04:18 min/Km
19	19	70	MIRA PÉREZ , PABLO	MALE	ABSOLUTA	INDEPENDIENTE	00:23:42	04:19 min/Km
20	20	37	FERNÁNDEZ RODRÍGUEZ , JOSE ANTONIO	MALE	ABSOLUTA	INDEPENDIENTE	00:23:45	04:20 min/Km
21	21	39	FUENTE FERNANDEZ , ALBERTO	MALE	ABSOLUTA	INDEPENDIENTE	00:23:48	04:20 min/Km
22	22	47	INFESTA SAR , IGNACIO	MALE	ABSOLUTA		00:23:56	04:22 min/Km
23	23	53	LADO LOPEZ , ANXO	MALE	ABSOLUTA	INDEPENDIENTE	00:23:56	04:22 min/Km
24	24	9	BARDANCA PALLAS , JOSE	MALE	ABSOLUTA	INDEPENDIENTE	00:24:08	04:24 min/Km
25	25	25	CASTRO ROMÁN , ALEJANDRO JOSÉ	MALE	ABSOLUTA	INDEPENDIENTE	00:24:14	04:25 min/Km
26	1	11	BERMÚDEZ CANOSA , APOLONIA	FEMALE	ABSOLUTA-F	FURANCHO	00:24:45	04:30 min/Km
27	26	62	LOURIDO RIAL , LORENZO	MALE	ABSOLUTA	INDEPENDIENTE	00:24:45	04:30 min/Km
28	27	45	GÜETO RIAL , FERNANDO	MALE	ABSOLUTA	C.D. EGOVARROS	00:24:57	04:33 min/Km
29	28	20	CAAMAÑO CARREIRA , IVÁN	MALE	ABSOLUTA	INDEPENDIENTE	00:25:09	04:35 min/Km
30	29	122	TAJES MAS , CARLOS	MALE	ABSOLUTA	INDEPENDIENTE	00:25:27	04:38 min/Km
31	30	96	RAMOS LAMAS , JUAN MANUEL	MALE	ABSOLUTA	RUN4ONE	00:25:29	04:38 min/Km
32	31	43	GONZALEZ LAGO , PEDRO	MALE	ABSOLUTA		00:25:29	04:38 min/Km
33	2	105	RIVAS SUÁREZ , NATALIA	FEMALE	ABSOLUTA-F	CLUB DE ATLETISMO O PINO	00:25:30	04:39 min/Km
34	32	72	MOREIRA VEIGA , JOSE ANTONIO	MALE	ABSOLUTA		00:25:31	04:39 min/Km
35	33	30	COUSO GARCÍA , JESÚS	MALE	ABSOLUTA	CLUB ATLETISMO NEGREIRA	00:25:32	04:39 min/Km

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36	34	108	RODRIGUEZ FRAMIL , ALFONSO	MALE	ABSOLUTA	NOITEBRA	00:25:37	04:40 min/Km
37	35	121	TAJES CANOSA , LUIS	MALE	ABSOLUTA	INDEPENDIENTE	00:25:59	04:44 min/Km
38	36	87	PEREIRA BELLO , VÍCTOR	MALE	ABSOLUTA	INDEPENDIENTE	00:26:03	04:45 min/Km
39	37	93	PICON RIVAS , BRAULIO	MALE	ABSOLUTA	INDEPENDIENTE	00:26:20	04:48 min/Km
40	38	124	TRIGO , IVAN	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:26:30	04:50 min/Km
41	39	2	ANDRADE LAGO , ALBERTO	MALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA	00:26:30	04:50 min/Km
42	40	21	CAMBEIRO BLANCO , JUAN CARLOS	MALE	ABSOLUTA	OLIMPIA	00:26:30	04:50 min/Km
43	3	79	NÚÑEZ NAVEIRA , LAURA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:26:49	04:53 min/Km
44	41	35	FERNÁNDEZ CARBALLO , JUAN JOSÉ	MALE	ABSOLUTA	INDEPENDIENTE	00:26:57	04:54 min/Km
45	42	75	NOGUEIRA FORNEIRO , PÍO	MALE	ABSOLUTA	INDEPENDIENTE	00:26:59	04:55 min/Km
46	43	77	NOVO BUJEIRO , JAVIER	MALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA	00:26:59	04:55 min/Km
47	44	112	ROJO LEMA , ISMAEL	MALE	ABSOLUTA	A.D. MONTE BRONDO	00:27:11	04:57 min/Km
48	45	57	LIRES CALO , JAVIER	MALE	ABSOLUTA	INDEPENDIENTE	00:27:15	04:58 min/Km
49	4	84	PAZOS SUENA , CARLOTA	FEMALE	ABSOLUTA-F	TRIATLON COSTA DA MORTE	00:27:25	04:60 min/Km
50	46	12	BERMÚDEZ VARELA , JOSÉ	MALE	ABSOLUTA	ADMEDIADUCIA	00:27:39	05:02 min/Km
51	47	32	DE VERA CASTAÑO , FERNANDO	MALE	ABSOLUTA		00:27:48	05:04 min/Km
52	48	24	CASTRO MOUZO , MANUEL	MALE	ABSOLUTA		00:27:55	05:05 min/Km
53	49	49	INSUA INSUA , MANUEL	MALE	ABSOLUTA	CLUB ATLETISMO SAR	00:28:05	05:07 min/Km
54	50	126	TRILLO RAMA , SERGIO	MALE	ABSOLUTA		00:28:10	05:08 min/Km
55	51	38	FIDALGO BLANCO , NESTOR	MALE	ABSOLUTA	CAÑA AQUÍ	00:28:11	05:08 min/Km
56	52	66	LUACES VIDAL , ALBERTO	MALE	ABSOLUTA		00:28:13	05:08 min/Km
57	53	110	ROGET PEREZ , LUIS	MALE	ABSOLUTA	FURANCHO	00:28:15	05:09 min/Km
58	54	51	JUVIÑO PREGO , ÁNGEL	MALE	ABSOLUTA		00:28:21	05:10 min/Km
59	55	52	LADO CASTIÑEIRA , ESTEBAN	MALE	ABSOLUTA	INDEPENDIENTE	00:28:21	05:10 min/Km
60	56	31	DE LA SIERRA SUÁREZ , JOSÉ MARÍA	MALE	ABSOLUTA		00:28:25	05:10 min/Km
61	57	16	BLANCO NOVO , JOSÉ MANUEL	MALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA	00:28:30	05:11 min/Km
62	58	127	VÁZQUEZ CALVO , DAVID	MALE	ABSOLUTA		00:28:59	05:17 min/Km
63	59	41	GIL COSTA , DANIEL	MALE	ABSOLUTA	INDEPENDIENTE	00:28:59	05:17 min/Km
64	60	89	PEREIRA BLANCO , RAMIRO	MALE	ABSOLUTA	INDEPENDIENTE	00:29:00	05:17 min/Km
65	61	101	REY CAMIÑO , RAMON	MALE	ABSOLUTA	INDEPENDIENTE	00:29:01	05:17 min/Km
66	62	130	VÁZQUEZ PARDIÑAS , MANUEL	MALE	ABSOLUTA		00:29:01	05:17 min/Km
67	63	100	REY CAMIÑO , JOSE	MALE	ABSOLUTA	INDEPENDIENTE	00:29:02	05:17 min/Km
68	5	88	PEREIRA BELLO , MARTA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:29:06	05:18 min/Km
69	64	27	CHANS CARRIL , IVAN	MALE	ABSOLUTA		00:29:30	05:22 min/Km
70	65	56	LEMA POSE , SERGIO	MALE	ABSOLUTA	INDEPENDIENTE	00:29:34	05:23 min/Km
71	66	102	REY ESPASANDIN , MAIKOL	MALE	ABSOLUTA		00:29:34	05:23 min/Km
72	67	69	MIÑONES OANES , SERGIO	MALE	ABSOLUTA	INDEPENDIENTE	00:29:47	05:25 min/Km

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73	68	14	BLANCO GONZALEZ , JESÚS MANUEL	MALE	ABSOLUTA		00:29:58	05:27 min/Km
74	69	68	MÉNDEZ SUÁREZ , SUSO	MALE	ABSOLUTA	ABELLARIZA	00:30:13	05:30 min/Km
75	6	94	POSE CHOUCIÑO , OLGA	FEMALE	ABSOLUTA-F	ABELLARIZA	00:30:14	05:30 min/Km
76	7	7	ATÁN RODRÍGUEZ , BANESA	FEMALE	ABSOLUTA-F		00:30:27	05:33 min/Km
77	70	91	PÉREZ FIDALGO , ADÁN	MALE	ABSOLUTA		00:30:51	05:37 min/Km
78	8	74	MUÑOZ VILCHEZ , VERÓNICA	FEMALE	ABSOLUTA-F		00:30:56	05:38 min/Km
79	71	34	FACAL , MIGUEL	MALE	ABSOLUTA	A.D. MEDIA DUCIA	00:30:58	05:38 min/Km
80	72	81	PALOMERO ALBA , FRANCISCO JAVIER	MALE	ABSOLUTA	A.D. MEDIA DUCIA	00:31:02	05:39 min/Km
81	73	40	GERPE PÉREZ , JESÚS MANUEL	MALE	ABSOLUTA	CORREXALLAS	00:31:04	05:39 min/Km
82	9	86	PENA TAIBO , ÁNGELA	FEMALE	ABSOLUTA-F	CORREXALLAS	00:31:04	05:39 min/Km
83	10	42	GONZÁLEZ GARCÍA , ANA LORENA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:31:31	05:44 min/Km
84	74	117	SENDON , FELIX	MALE	ABSOLUTA		00:31:33	05:45 min/Km
85	11	54	LAGO ANDRADE , IRIA	FEMALE	ABSOLUTA-F	ASOCIACIÓN DEPORTIVA OLIMPIA	00:31:33	05:45 min/Km
86	12	131	VÁZQUEZ VIDAL , EVA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:31:54	05:48 min/Km
87	13	92	PERMUI FACHAL , LIDIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:31:57	05:49 min/Km
88	75	98	REGO POSE , MARTIN	MALE	ABSOLUTA	TRIATLON COSTA DA MORTE	00:32:03	05:50 min/Km
89	14	63	LOURO BLANCO , DIANA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:32:04	05:50 min/Km
90	15	71	MOLEDO PARIS , JENNY	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:32:20	05:53 min/Km
91	76	103	RIEIRO GARCÍA , MANUEL	MALE	ABSOLUTA	CORREXALLAS	00:32:34	05:56 min/Km
92	77	119	SENDÓN VILLAR , ADRIÁN	MALE	ABSOLUTA	INDEPENDIENTE	00:32:41	05:57 min/Km
93	78	73	MOUZO PAZOS , ALBERTO	MALE	ABSOLUTA	INDEPENDIENTE	00:32:43	05:57 min/Km
94	79	22	CARBALLO RODRÍGUEZ , ANTONIO	MALE	ABSOLUTA	INDEPENDIENTE	00:32:43	05:57 min/Km
95	80	17	BORRAZAS ZAS , SUSO	MALE	ABSOLUTA		00:32:50	05:59 min/Km
96	16	5	AÑÓN GONZÁLEZ , CRIS	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:32:55	05:60 min/Km
97	81	55	LEMA POSE , MARTÍN	MALE	ABSOLUTA		00:32:55	05:60 min/Km
98	17	114	ROJO MARTÍNEZ , VANESA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:33:15	06:03 min/Km
99	82	15	BLANCO LÓPEZ , ANTONIO	MALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:34:07	06:13 min/Km
100	83	50	INSUA LOURO , JUAN JOSÉ	MALE	ABSOLUTA	DUBRA TEAM	00:34:09	06:13 min/Km
101	18	125	TRILLO CALO , PAULA	FEMALE	ABSOLUTA-F		00:34:16	06:14 min/Km
102	19	123	TOJA GARCÍA , NURIA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:34:28	06:16 min/Km
103	20	78	NOVOA ESPASANDIN , MARÍA FE	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:35:07	06:24 min/Km
104	84	59	LÓPEZ TEMES , MANUEL	MALE	ABSOLUTA	CORREXALLAS	00:37:26	06:49 min/Km
105	21	58	LÓPEZ TEMES , ROCIO	FEMALE	ABSOLUTA-F	CORREXALLAS	00:37:26	06:49 min/Km
106	85	44	GONZÁLEZ PEREIRA , MANUEL	MALE	ABSOLUTA	INDEPENDIENTE	00:37:29	06:49 min/Km
107	22	3	ANDRADE LAGO , AMELIA	FEMALE	ABSOLUTA-F	ASOCIACIÓN DEPORTIVA OLIMPIA	00:38:28	06:60 min/Km
108	23	4	ANDRADE LAGO , MARIA	FEMALE	ABSOLUTA-F	ASOCIACIÓN DEPORTIVA OLIMPIA	00:38:32	07:01 min/Km
109	86	19	CAAMAÑO CAAMAÑO , DARÍO	MALE	ABSOLUTA		00:38:42	07:03 min/Km

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110	24	109	RODRÍGUEZ ROMAR , ANDREA	FEMALE	ABSOLUTA-F		00:38:42	07:03 min/Km
111	25	29	CONDE CASTRO , AINHOA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:40:25	07:21 min/Km
112	26	28	CIDONCHA MORÁN , NURIA	FEMALE	ABSOLUTA-F	ADMEDIADUCIA	00:40:56	07:27 min/Km
113	87	106	RIVEIRO LEMA , MARTIN	MALE	ABSOLUTA		00:41:42	07:35 min/Km
114	27	60	LOPEZ VIDAL , BIBIANA	FEMALE	ABSOLUTA-F		00:41:42	07:35 min/Km
115	88	104	RÍO PEREIRA , YAGO DANIEL	MALE	ABSOLUTA	INDEPENDIENTE	00:42:31	07:44 min/Km
116	89	13	BERNAL GOMEZ , JESUS	MALE	ABSOLUTA	INDEPENDIENTE	00:42:39	07:46 min/Km
117	28	1	AGUSTÍN ABELEDA , NOELIA	FEMALE	ABSOLUTA-F		00:42:49	07:48 min/Km
118	29	129	VÁZQUEZ MIRA , SANDRA	FEMALE	ABSOLUTA-F	INDEPENDIENTE	00:47:39	08:40 min/Km
119	30	132	VIDAL DOMÍNGUEZ , IVANNA	FEMALE	ABSOLUTA-F		00:47:40	08:40 min/Km