

IX CARREIRA POPULAR CONCELLO DE MOECHE 2024

02/06/2024

- ABSOLUTA -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	LOCAL	META	RITMO
1	1	22	FERNÁNDEZ RÍOS , JONATHAN	MALE	SENIOR	A.D. NÁUTICO NARON	NO	00:23:40	03:32 min/Km
2	2	59	SANTIAGO VILLAR , JOSE	MALE	SENIOR	OS CORZOS DO ORTEGAL	NO	00:24:57	03:44 min/Km
3	1	49	PÉREZ FERNÁNDEZ , FERNANDO	MALE	VET-A		NO	00:25:34	03:49 min/Km
4	1	58	SAIZ , JOSE	MALE	VET-B	OPA FERROL TEAM RUNNING	NO	00:26:02	03:54 min/Km
5	3	61	SERANTES BOUZA , HUGO	MALE	SENIOR	ATLETISMO NARÓN	NO	00:26:02	03:54 min/Km
6	2	32	LÓPEZ PAZ , MARIO	MALE	VET-A	TRIATLÓN FERROL	NO	00:26:29	03:58 min/Km
7	2	48	PÉREZ DURÁN , JULIÁN	MALE	VET-B	SIGUEME SI PUEDES	NO	00:26:42	03:60 min/Km
8	4	9	BUGLIOT FERNÁNDEZ , RUBÉN	MALE	SENIOR	OS CORZOS DO ORTEGAL	NO	00:27:17	04:05 min/Km
9	5	41	MOURIZ , BRUNO	MALE	SENIOR	BENI GYM	NO	00:27:26	04:06 min/Km
10	3	14	CASAL LAMAS , PABLO	MALE	VET-B	CLUB BENI GYM SPORT	NO	00:27:39	04:08 min/Km
11	4	28	HERMIDA BOUZA , MANUEL	MALE	VET-B	M. RAJOY TEAM	SI	00:27:39	04:08 min/Km
12	6	52	PITA PEGO , ADÁN	MALE	SENIOR	OS CORZOS DO ORTEGAL	NO	00:27:44	04:09 min/Km
13	3	47	PENA , RUBÉN	MALE	VET-A	CD21LEGUAS	SI	00:27:47	04:09 min/Km
14	4	66	VIEITES PONTE , JUAN JOSE	MALE	VET-A	SIGUEME SI PUEDES	NO	00:27:53	04:10 min/Km
15	7	44	MUÍÑO PIÑEIRO , ABEL	MALE	SENIOR	C.D. 21 LEGUAS	NO	00:27:54	04:10 min/Km
16	8	16	COLORADO PÉREZ , LUIS MIGUEL	MALE	SENIOR	A.D. OS CORZOS DO ORTEGAL	NO	00:28:11	04:13 min/Km
17	5	3	ALVELO FRAGUELA , MIGUEL	MALE	VET-A	OS CORZOS DO ORTEGAL	NO	00:28:12	04:13 min/Km
18	9	18	ENCINAS BENITO , MANUEL	MALE	SENIOR		NO	00:28:30	04:16 min/Km
19	5	6	BAZ RODRIGUEZ , BERTO	MALE	VET-B	SIGUEME SI PUEDES	NO	00:28:37	04:17 min/Km
20	6	56	RÍO Balsa , OSCAR	MALE	VET-A	C.D. 21 LEGUAS	NO	00:29:32	04:25 min/Km
21		146	146	MALE	.			00:30:04	04:30 min/Km
22	7	65	URIA REY , DIEGO	MALE	VET-A	CLUB DALLE GAS RUNNINNG TEAM	NO	00:30:11	04:31 min/Km
23	1	64	TOJEIRO FERREIROA , MIRIAM	FEMALE	SENIOR-F		NO	00:30:22	04:32 min/Km
24	10	12	CAINZOS CASTIÑEIRA , JUAN	MALE	SENIOR		NO	00:30:23	04:33 min/Km
25	11	35	LORENZO , DIEGO	MALE	SENIOR	C.D. 21 LEGUAS	NO	00:30:28	04:33 min/Km
26	8	11	CABANAS ORIZALES , ROBERTO	MALE	VET-A		NO	00:30:28	04:33 min/Km
27	6	20	FEAL , ALBERTO	MALE	VET-B		NO	00:30:30	04:34 min/Km
28	9	45	PAZ , JOSELE	MALE	VET-A	OS KARAKOIS	NO	00:30:32	04:34 min/Km
29	2	31	LÓPEZ DIAZ , TAMARA	FEMALE	SENIOR-F	CLUB BENI GYM SPORT	NO	00:30:33	04:34 min/Km
30	10	63	SUÁREZ FERNÁNDEZ , JORGE	MALE	VET-A	PASA OU ENTORNA	NO	00:30:46	04:36 min/Km

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31	11	5	BASOA RODRIGUEZ , MANUEL	MALE	VET-A	ESCOLA DE ATLETISMO PAULA MAYOBRE	NO	00:30:52	04:37 min/Km
32	12	53	PONCE MORADO , ALEJANDRO	MALE	SENIOR		NO	00:31:03	04:39 min/Km
33	13	68	VILLAR LÓPEZ , MARTÍN	MALE	SENIOR		NO	00:31:03	04:39 min/Km
34	14	36	LUACES RODRÍGUEZ , IVÁN	MALE	SENIOR		NO	00:31:03	04:39 min/Km
35	7	43	MUÍÑO MONTERO , JOSÉ MANUEL	MALE	VET-B		NO	00:31:36	04:43 min/Km
36	1	13	CARDAMAS FREIRE , LIDIA	FEMALE	VET-A-F	OPA FERROL TEAM	NO	00:31:53	04:46 min/Km
37	8	39	MARTÍNEZ GAYOSO , MANUEL ÁNGEL	MALE	VET-B		NO	00:31:53	04:46 min/Km
38	9	15	CASAS DURÁN , RAFAEL	MALE	VET-B		SI	00:31:57	04:47 min/Km
39	12	4	BARRAL ROMEO , CARLOS	MALE	VET-A	PASA OU ENTORNA	NO	00:32:01	04:47 min/Km
40	1	60	SEÑOR , LOLI	FEMALE	VET-B-F	CLUB BENI GYM SPORT	NO	00:33:00	04:56 min/Km
41	15	55	RAMIL , JULIÁN	MALE	SENIOR		NO	00:33:31	05:01 min/Km
42	16	69	VIZOSO HERMIDA , ALEJANDRO	MALE	SENIOR		NO	00:33:32	05:01 min/Km
43	3	54	PRADERA CIBREIRO , SARA	FEMALE	SENIOR-F	XABARÍS ÁRTABROS	NO	00:33:41	05:02 min/Km
44	2	40	MÉNDEZ BELLÓN , LAURA	FEMALE	VET-A-F		NO	00:34:05	05:06 min/Km
45	17	19	FACHAL ALDREY , JOSÉ LUIS	MALE	SENIOR		NO	00:35:27	05:18 min/Km
46	13	51	PIDAL LÓPEZ , JUAN PABLO	MALE	VET-A		NO	00:35:32	05:19 min/Km
47	10	33	LÓPEZ PINTOS , XESUS ANXO	MALE	VET-B	PASA OU ENTORNA	NO	00:35:42	05:20 min/Km
48	3	42	MOURIZ FERNÁNDEZ , PATY	FEMALE	VET-A-F	NOETRAINERS	SI	00:35:42	05:20 min/Km
49	18	25	GÓMEZ PARDO , RAFAEL	MALE	SENIOR	XABARÍS ÁRTABROS	NO	00:35:50	05:21 min/Km
50	2	37	MACEIRAS NOVO , ANA MARIA	FEMALE	VET-B-F		NO	00:36:11	05:25 min/Km
51	3	24	GARCIA GARCIA , MARIA RITA	FEMALE	VET-B-F		NO	00:36:38	05:29 min/Km
52	14	1	ABELLA BOUZA , ROMÁN	MALE	VET-A		NO	00:37:03	05:32 min/Km
53	11	46	PEDREIRA COROAS , CELERINO	MALE	VET-B	ATLETISMO LOURENZA	SI	00:37:40	05:38 min/Km
54	4	17	CUERPO GARCÍA DE LOS REYES , PAZ	FEMALE	VET-A-F		NO	00:37:48	05:39 min/Km
55	15	34	LOPEZ VIDE , JOSE MANUEL	MALE	VET-A		SI	00:38:16	05:43 min/Km
56	12	30	LOPEZ ANEIROS , JOSE	MALE	VET-B		NO	00:38:22	05:44 min/Km
57	19	38	MARTINEZ ANEIROS , ROMAN	MALE	SENIOR		NO	00:39:32	05:55 min/Km
58	4	57	RODRIGUEZ LOPEZ , BLANCA	FEMALE	SENIOR-F		NO	00:39:35	05:55 min/Km
59	5	27	GRUEIRO ACCIÓN , ISABEL	FEMALE	SENIOR-F	PASA OU ENTORNA	NO	00:40:11	05:60 min/Km