



I SAN SILVESTRE MURADANA



- ABSOLUTA 5K -

| POS. | P.CAT. | DORSAL | PARTICIPANTE | SEXO | CATEGORIA | CLUB | META | RITMO |
|------|--------|--------|------------------------------------|--------|-----------|-----------------------------------|----------|--------------|
| 1 | 1 | 34 | DOSIL LAGO , MANUEL | MALE | MALE | C.C.TRIATLÓN MUROS | 00:18:19 | 03:40 min/Km |
| 2 | 2 | 42 | FERNÁNDEZ GARCÍA , MICHEL | MALE | MALE | S. D. BARBANTIA RODA | 00:18:46 | 03:46 min/Km |
| 3 | 3 | 91 | PAIS TAJES , MANUEL | MALE | MALE | INDEPENDIENTE | 00:18:57 | 03:48 min/Km |
| 4 | 4 | 81 | MALVÁREZ LOURO , JESÚS | MALE | MALE | CLUB CICLISTA MUROS | 00:19:09 | 03:50 min/Km |
| 5 | 5 | 124 | TUÑAS GONZÁLEZ , ROBERTO | MALE | MALE | CLUB ATLETISMO NEGREIRA | 00:19:22 | 03:53 min/Km |
| 6 | 6 | 9 | BARRIENTOS OREIRO , JAVIER | MALE | MALE | INDEPENDIENTE | 00:20:05 | 04:01 min/Km |
| 7 | 7 | 98 | QUINTIÁN AGRAFOJO , CHEMA | MALE | MALE | INDEPENDIENTE | 00:20:17 | 04:04 min/Km |
| 8 | 8 | 26 | CONDE BARREIRO , DANIEL | MALE | MALE | OUTES | 00:20:18 | 04:04 min/Km |
| 9 | 9 | 21 | CASO BERNABE , CARLOS MIGUEL | MALE | MALE | SD BARBANTIA RODA | 00:20:26 | 04:06 min/Km |
| 10 | 10 | 16 | CANTARIÑO TAJES , ALVARO | MALE | MALE | SERRES RUNNERS | 00:20:57 | 04:12 min/Km |
| 11 | 11 | 6 | BARREIRO CORDEIRO , JAVI | MALE | MALE | NOSPORTLIMIT | 00:21:07 | 04:14 min/Km |
| 12 | 12 | 7 | BARREIRO FORMOSO , MANUEL | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:21:49 | 04:22 min/Km |
| 13 | 13 | 113 | SAMBADE VARA , PACO | MALE | MALE | INDEPENDIENTE | 00:22:25 | 04:29 min/Km |
| 14 | 1 | 50 | FORMOSO RE CAREY , EVA | FEMALE | FEMALE | TRIKI TEAM | 00:23:00 | 04:36 min/Km |
| 15 | 14 | 63 | LAGO FIGUEROA , SANTIAGO | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:23:02 | 04:37 min/Km |
| 16 | 15 | 104 | RIOMAYOR RODRIGUEZ , CRISTIAN | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:23:09 | 04:38 min/Km |
| 17 | 16 | 68 | LESTÓN FABEIRO , MIGUEL | MALE | MALE | TRIBU TRAIL | 00:23:14 | 04:39 min/Km |
| 18 | 17 | 67 | LESTÓN , ROBERTO | MALE | MALE | | 00:23:19 | 04:40 min/Km |
| 19 | 18 | 112 | SAMBADE SUAREZ , JESUS | MALE | MALE | INDEPENDIENTE | 00:23:22 | 04:41 min/Km |
| 20 | 19 | 38 | FERNÁNDEZ , ALEX | MALE | MALE | INDEPENDIENTE | 00:23:31 | 04:43 min/Km |
| 21 | 20 | 83 | MARTÍNEZ LAGO , NASO | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:23:44 | 04:45 min/Km |
| 22 | 21 | 417 | INSUA PEDROSA , PABLO | MALE | MALE | | 00:23:52 | 04:47 min/Km |
| 23 | 22 | 117 | SEIJAS BUA , DAVID | MALE | MALE | CLUBE ATLETISMO SERRES RUNNERS | 00:24:04 | 04:49 min/Km |
| 24 | 23 | 44 | FERNANDEZ MARTINEZ , LEO | MALE | MALE | CLUB SERRES RUNNING | 00:24:04 | 04:49 min/Km |
| 25 | 24 | 19 | CASO BERNABE , ANTONIO | MALE | MALE | | 00:24:08 | 04:50 min/Km |
| 26 | 25 | 114 | SANDE , FERNANDO | MALE | MALE | CLUBE ATLETISMO SERRES RUNNERS | 00:24:24 | 04:53 min/Km |
| 27 | 26 | 65 | LAGO MOLEDO , MANUEL | MALE | MALE | CLUB ATLETISMO OUTES | 00:24:30 | 04:54 min/Km |
| 28 | 27 | 45 | SANTOS , JOSÉ | MALE | MALE | | 00:24:32 | 04:55 min/Km |
| 29 | 28 | 10 | BAZARRA AGULLA , ANTONIO | MALE | MALE | C.A. OUTES | 00:24:33 | 04:55 min/Km |
| 30 | 29 | 108 | RODRÍGUEZ LESTÓN , YAGO | MALE | MALE | INDEPENDIENTE | 00:24:33 | 04:55 min/Km |
| 31 | 30 | 416 | ROMERO SENDON , SANTIAGO | MALE | MALE | | 00:24:40 | 04:56 min/Km |
| 32 | 31 | 12 | BLANCO FIGUEIRIDO , MARCOS ANTONIO | MALE | MALE | C.A. OUTES | 00:24:46 | 04:58 min/Km |



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|------|--------|--------|------------------------------------|--------|-----------|-----------------------------------|----------|--------------|
| 33 | 32 | 15 | CANDAMO FERNANDEZ , MARCOS | MALE | MALE | INDEPENDIENTE | 00:24:50 | 04:58 min/Km |
| 34 | 2 | 4 | ATÁN RODRÍGUEZ , BANESA | FEMALE | FEMALE | | 00:25:07 | 05:02 min/Km |
| 35 | 33 | 46 | FERNÁNDEZ NIMO , IVI | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:25:22 | 05:05 min/Km |
| 36 | 34 | 103 | REY MARTÍNEZ , VICTOR | MALE | MALE | | 00:25:25 | 05:05 min/Km |
| 37 | 3 | 111 | SAMBADE CAAMAÑO , BEGO | FEMALE | FEMALE | OLIMPIA | 00:25:27 | 05:06 min/Km |
| 38 | 35 | 47 | FIUZA DEL RÍO , ALFREDO | MALE | MALE | SERRES RUNNERS | 00:25:32 | 05:07 min/Km |
| 39 | 36 | 62 | LAGO FERNANDEZ , MANUEL JESÚS | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:25:39 | 05:08 min/Km |
| 40 | 37 | 121 | TAJES CERNADAS , RAUL | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:25:41 | 05:09 min/Km |
| 41 | 38 | 18 | CARBALLO MONTEAGUDO , XURXO | MALE | MALE | CLUB TRIATLÓNUROS | 00:26:03 | 05:13 min/Km |
| 42 | 39 | 48 | FIUZA DEL RÍO , JUAN MANUEL | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:26:09 | 05:14 min/Km |
| 43 | 40 | 43 | FERNÁNDEZ LARIÑO , JAVIER | MALE | MALE | INDEPENDIENTE | 00:26:11 | 05:15 min/Km |
| 44 | 41 | 86 | MAYO FERNÁNDEZ , JUAN MANUEL | MALE | MALE | CLUBE ATLETISMO SERRES RUNNERS | 00:26:11 | 05:15 min/Km |
| 45 | 4 | 57 | GONZÁLEZ LESTÓN , EVA | FEMALE | FEMALE | CLUBE ATLETISMO SERRES RUNNERS | 00:26:12 | 05:15 min/Km |
| 46 | 42 | 28 | DEL RIO GONZÁLEZ , JORGE | MALE | MALE | CLUB ATLETISMO OUTES | 00:26:16 | 05:16 min/Km |
| 47 | 43 | 123 | TIKO , ALEJANDRO | MALE | MALE | | 00:26:31 | 05:19 min/Km |
| 48 | 44 | 14 | CAAMAÑO SENDÓN , TOMÁS | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:26:44 | 05:21 min/Km |
| 49 | 5 | 8 | BARREIROS GONZÁLEZ , ALICIA | FEMALE | FEMALE | CLUB SERRES RUNNING | 00:26:44 | 05:21 min/Km |
| 50 | 45 | 125 | VALEST ROA , LUIS JUNIOR | MALE | MALE | PANTERAS TRAIL RUNING TENERIFE | 00:26:48 | 05:22 min/Km |
| 51 | 46 | 33 | DOSIL LAGO , ROGELIO | MALE | MALE | | 00:26:55 | 05:23 min/Km |
| 52 | 47 | 89 | OTERO RAMA , JUAN JOSE | MALE | MALE | TRIKI TEAM | 00:27:04 | 05:25 min/Km |
| 53 | 48 | 85 | MAYO CAAMAÑO , JOSÉ MANUEL | MALE | MALE | VENDAVAL ESTEIRO | 00:27:05 | 05:25 min/Km |
| 54 | 6 | 84 | MATOSIAN CARRERA , MARIA ALEJANDRA | FEMALE | FEMALE | INDEPENDIENTE | 00:27:20 | 05:28 min/Km |
| 55 | 7 | 110 | ROMERO SENDÓN , SARA | FEMALE | FEMALE | SERRES RUNNERS | 00:27:26 | 05:30 min/Km |
| 56 | 49 | 90 | PAIS FERNANDEZ , MANUEL | MALE | MALE | SERRES RUNNERS | 00:27:26 | 05:30 min/Km |
| 57 | 8 | 70 | LESTÓN RODRÍGUEZ , MARÍA | FEMALE | FEMALE | INDEPENDIENTE | 00:27:48 | 05:34 min/Km |
| 58 | 9 | 51 | GALIANO LEIS , BEATRIZ | FEMALE | FEMALE | CLUBE ATLETISMO SERRES RUNNERS | 00:27:55 | 05:35 min/Km |
| 59 | 50 | 100 | REBOLLIDO FERNÁNDEZ , FÉLIX | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:27:55 | 05:35 min/Km |
| 60 | 10 | 99 | RAMA MOLINOS , LAURA | FEMALE | FEMALE | | 00:27:58 | 05:36 min/Km |
| 61 | 11 | 54 | GONZÁLEZ BARGO , CARLA | FEMALE | FEMALE | CLUB ATLETISMO OUTES | 00:27:58 | 05:36 min/Km |
| 62 | 12 | 2 | AGUIAR NOCEDA , NAIARA | FEMALE | FEMALE | CLUBE ATLETISMO SERRES RUNNERS | 00:28:07 | 05:38 min/Km |
| 63 | 51 | 36 | FABEIRO MONTEAGUDO , MARTIN | MALE | MALE | INDEPENDIENTE | 00:28:09 | 05:38 min/Km |
| 64 | 52 | 1 | AGUIAR LORENZO , ARTURO | MALE | MALE | CLUBE ATLETISMO SERRES RUNNERS | 00:28:09 | 05:38 min/Km |
| 65 | 13 | 76 | LOJO LÓPEZ , NOELIA | FEMALE | FEMALE | S. D. BARBANTIA RODA | 00:28:25 | 05:41 min/Km |



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|------|--------|--------|-----------------------------|--------|-----------|-----------------------------------|----------|--------------|
| 66 | 14 | 109 | ROMERO ROMERO , MARI | FEMALE | FEMALE | CLUB CICLISTA MUROS | 00:28:38 | 05:44 min/Km |
| 67 | 53 | 52 | GARCIA DOSIL , MINGOTE | MALE | MALE | CLUB CICLISTA MUROS | 00:28:38 | 05:44 min/Km |
| 68 | 54 | 71 | LESTÓN RODRÍGUEZ , MIGUEL | MALE | MALE | INDEPENDIENTE | 00:28:39 | 05:44 min/Km |
| 69 | 15 | 3 | ALONSO FIGUEIRAS , MELODY | FEMALE | FEMALE | CLUBE ATLETISMO SERRES RUNNERS | 00:28:42 | 05:45 min/Km |
| 70 | 55 | 80 | LOURO SESTAYO , CHAKI | MALE | MALE | RENO SPORT | 00:28:47 | 05:46 min/Km |
| 71 | 16 | 25 | CERNADAS LAGO , PAULA | FEMALE | FEMALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:29:19 | 05:52 min/Km |
| 72 | 17 | 93 | PARIS LAGO , LAURA | FEMALE | FEMALE | CLUB SERRES RUNNING | 00:29:19 | 05:52 min/Km |
| 73 | 56 | 72 | LESTÓN VARA , SANTOS | MALE | MALE | INDEPENDIENTE | 00:29:44 | 05:57 min/Km |
| 74 | 18 | 116 | SEIJAS BUA , SILVIA | FEMALE | FEMALE | INDEPENDIENTE | 00:29:51 | 05:59 min/Km |
| 75 | 57 | 126 | VARELA BUGALLO , DIEGO | MALE | MALE | | 00:29:56 | 05:60 min/Km |
| 76 | 58 | 24 | CERNADAS LADO , CHISCO | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:30:06 | 06:02 min/Km |
| 77 | 19 | 75 | LESTÓN VARA , MANUELA | FEMALE | FEMALE | | 00:30:15 | 06:03 min/Km |
| 78 | 20 | 13 | CAAMAÑO FERNANDEZ , ROSALIA | FEMALE | FEMALE | SERRES RUNNERS | 00:30:27 | 06:06 min/Km |
| 79 | 59 | 102 | REY , FERNANDO | MALE | MALE | INDEPENDIENTE | 00:30:29 | 06:06 min/Km |
| 80 | 21 | 77 | LOURO BLANCO , SILVIA | FEMALE | FEMALE | CLUBE ATLETISMO SERRES RUNNERS | 00:30:34 | 06:07 min/Km |
| 81 | 22 | 40 | FERNÁNDEZ FREIRE , LIBIA | FEMALE | FEMALE | CLUB SERRES RUNNING | 00:30:44 | 06:09 min/Km |
| 82 | 60 | 66 | LAGO PARÍS , KIKO | MALE | MALE | CLUB SERRES RUNNING | 00:30:44 | 06:09 min/Km |
| 83 | 23 | 82 | MAROÑAS , MARÍA | FEMALE | FEMALE | SD COMPOSTELA ATLETISMO | 00:30:49 | 06:10 min/Km |
| 84 | 24 | 32 | DOSIL CONCHAS , MARÍA | FEMALE | FEMALE | CLUB SERRES RUNNING | 00:31:10 | 06:14 min/Km |
| 85 | 61 | 78 | LOURO LARIÑO , PESCO | MALE | MALE | CLUBE ATLETISMO SERRES RUNNERS | 00:31:10 | 06:14 min/Km |
| 86 | 25 | 122 | TIELES CASTRO , MARÍA JESÚS | FEMALE | FEMALE | | 00:31:21 | 06:17 min/Km |
| 87 | 62 | 60 | GONZÁLEZ SANTAMARÍA , JUAN | MALE | MALE | INDEPENDIENTE | 00:31:22 | 06:17 min/Km |
| 88 | 63 | 35 | EIRAS RIVADENEIRA , CARLOS | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:31:31 | 06:19 min/Km |
| 89 | 26 | 55 | GONZÁLEZ CONDE , IRENE | FEMALE | FEMALE | CLUB SERRES RUNNING | 00:31:42 | 06:21 min/Km |
| 90 | 64 | 96 | PIÑEIRO CANDAMO , AGUSTÍN | MALE | MALE | SERRES RUNNERS | 00:31:42 | 06:21 min/Km |
| 91 | 27 | 5 | BARREIRO ABEIJON , FATIMA | FEMALE | FEMALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:31:55 | 06:23 min/Km |
| 92 | 65 | 53 | GARCÍA TIRADO , PEDRO | MALE | MALE | INDEPENDIENTE | 00:32:52 | 06:35 min/Km |
| 93 | 66 | 127 | VILLANUSTRE ABUIN , GERMÁN | MALE | MALE | SD BARBANTIA RODA | 00:33:16 | 06:40 min/Km |
| 94 | 28 | 92 | PARIS FERNANDEZ , SILVIA | FEMALE | FEMALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:33:47 | 06:46 min/Km |
| 95 | 67 | 97 | PIÑEIRO MAYO , ALVARO | MALE | MALE | CLUBE DE ATLETISMO SERRES RUNNERS | 00:33:47 | 06:46 min/Km |
| 96 | 29 | 29 | DELAURENS GALLART , NATALIA | FEMALE | FEMALE | INDEPENDIENTE | 00:37:31 | 07:31 min/Km |