

# A TRINTAEUNDOCE SAN SILVESTRE NARONESA

- ABSOLUTA -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	103	GARCÍA GONZÁLEZ, JAIME	MALE	SENIOR	CLUB ATLETISMO NARÓN	00:10:18	01:40 min/Km
2	2	44	CANOSA FERNÁNDEZ, BRAIS	MALE	SENIOR	A.D NAUTICO DE NARON	00:10:25	01:41 min/Km
3	3	84	FERNÁNDEZ RÍOS, JONATHAN	MALE	SENIOR	A.D NAUTICO DE NARON	00:10:49	01:45 min/Km
4	4	212	PITA LÓPEZ, ANXO	MALE	SENIOR	AD NAUTICO DE NARON	00:11:06	01:48 min/Km
5	1	214	POUPARIÑA CASTRO, RAFA	MALE	MASTER	AD NÁUTICO NARÓN	00:11:07	01:48 min/Km
6	5	168	MARTÍNEZ SENRA, DANIEL	MALE	SENIOR	AD NAUTICO DE NARON	00:11:08	01:48 min/Km
7	2	254	SAAVEDRA, EDU	MALE	MASTER	A.D NAUTICO DE NARON	00:11:19	01:50 min/Km
8	3	163	MARTÍNEZ CASTRO, ROBERTO	MALE	MASTER	C.D. PINARIUM	00:11:27	01:51 min/Km
9	6	238	ROCA RIVERA, ALEJANDRO	MALE	SENIOR	INDEPENDIENTE	00:11:31	01:52 min/Km
10	7	42	CALVO MOA, CARLOS	MALE	SENIOR	CLUB ATLETISMO NARÓN	00:11:32	01:52 min/Km
11	4	107	GONZÁLEZ, JUAN CARLOS	MALE	MASTER	TRIATLÓN FERROL	00:11:39	01:53 min/Km
12	8	266	SERANTES BOUZA, HUGO	MALE	SENIOR	ATLETISMO NARON	00:11:44	01:54 min/Km
13	5	232	RÍOS NÚÑEZ, CARLOS	MALE	MASTER	CLUB DALLE GAS RUNNING TEAM	00:11:51	01:55 min/Km
14	6	219	REGUEIRA MARTINEZ, ALDO	MALE	MASTER	PASA OU ENTORNA	00:11:53	01:55 min/Km
15	7	130	JIMENEZ MARTIN, GONZALO	MALE	MASTER	TRIATLÓN FERROL	00:11:53	01:55 min/Km
16	8	97	FROIZ FONTENLA, PEDRO	MALE	MASTER		00:11:55	01:55 min/Km
17	9	280	TUIMIL CALVO, JAVIER	MALE	MASTER	ATLETISMO NARON	00:11:59	01:56 min/Km
18	9	11	AMADO ÁLVAREZ, ADRIAN	MALE	SENIOR	OPA FERROL TEAM RUNNING	00:12:13	01:58 min/Km
19	1	117	GUERRERO MANDO, SARA	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:12:13	01:58 min/Km
20	10	229	RILO GONZALEZ VALLES, LUIS	MALE	MASTER	TRIATLÓN FERROL	00:12:13	01:58 min/Km
21	10	95	FREIRE GARCÍA, PABLO	MALE	SENIOR	AD NAUTICO DE NARON	00:12:13	01:58 min/Km
22	11	5	ALONSO FILGUEIRA, MARCOS	MALE	SENIOR	OS CORZOS DO ORTEGAL	00:12:17	01:59 min/Km
23	12	194	PEÑA BLANCO, ANDRÉS	MALE	SENIOR	REMO SAN FELIPE	00:12:22	01:60 min/Km
24	11	43	CANEIRO CANEIRO, MARCOS	MALE	MASTER	TRIATLÓN FERROL	00:12:27	02:01 min/Km
25	12	145	LÓPEZ FERNÁNDEZ, RUBÉN JOSÉ	MALE	MASTER	PASA OU ENTORNA	00:12:28	02:01 min/Km
26	13	90	FORMOSO CASTRO, JORGE	MALE	SENIOR	CASTRO DE LOBADIZ	00:12:32	02:01 min/Km
27	2	209	PIÑÓN PEREIRA, LUCÍA	FEMALE	SENIOR-F	A.D NAUTICO DE NARON	00:12:34	02:02 min/Km
28	14	195	PEÑA BLANCO, MARCOS	MALE	SENIOR	REMO SAN FELIPE	00:12:35	02:02 min/Km
29	13	167	MARTÍNEZ RODRÍGUEZ, FERNANDO	MALE	MASTER		00:12:37	02:02 min/Km
30	14	204	PICO FEAL, BORJA	MALE	MASTER	CASTRO DE LOBADIZ	00:12:39	02:02 min/Km
31	15	29	BLANCO GUILLÉN, QUIQUE	MALE	MASTER		00:12:39	02:02 min/Km
32	16	200	PEREZ GARCIA, MARCOS	MALE	MASTER	PASA OU ENTORNA	00:12:54	02:05 min/Km
33	17	274	TEIJEIRO FERNÁNDEZ, NOÉ	MALE	MASTER	NOETRAINERS FERROL	00:12:55	02:05 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
34	1	272	SOTO VIÑAS , REBECA	FEMALE	MASTER-F	ATLETISMO NARON	00:13:08	02:07 min/Km
35	18	181	ORGEIRA-CRESPO , PEDRO	MALE	MASTER	INDEPENDIENTE	00:13:18	02:09 min/Km
36	19	132	LAGO FERNANDEZ , ROBERTO CARLOS	MALE	MASTER	PASA OU ENTORNA	00:13:20	02:09 min/Km
37	20	217	RAMÍREZ RODRÍGUEZ , SAMUEL	MALE	MASTER	CLUBE ATLETISMO FENE	00:13:32	02:11 min/Km
38	21	101	GARCÍA BARREIRO , ANDRÉS	MALE	MASTER	ATLETISMO NARON	00:13:35	02:11 min/Km
39	22	223	REY FRAGA , MIGUEL	MALE	MASTER	INDEPENDIENTE	00:13:35	02:11 min/Km
40	23	47	CASAL LAMAS , PABLO	MALE	MASTER	BENI GYM SPORT	00:13:45	02:13 min/Km
41	24	80	FERNÁNDEZ MARTÍNEZ , ÁNGEL	MALE	MASTER		00:13:53	02:14 min/Km
42	25	268	SERANTES LÓPEZ , PABLO	MALE	MASTER	INDEPENDIENTE	00:13:55	02:15 min/Km
43	26	14	ARDAO RODEIRO , JESÚS	MALE	MASTER	ATLETISMO NARON	00:13:56	02:15 min/Km
44	27	264	SEGADIEZ , ENRIQUE	MALE	MASTER	INDEPENDIENTE	00:14:10	02:17 min/Km
45	15	157	LOURIDO VALVERDE , ANDRES	MALE	SENIOR		00:14:14	02:18 min/Km
46	28	221	REGUEIRO LAGE , MANOLO	MALE	MASTER	PASA OU ENTORNA	00:14:14	02:18 min/Km
47	29	270	SIMÓN LAGO , RESTITUTO	MALE	MASTER		00:14:18	02:18 min/Km
48	30	186	PAZ CABADA , JOSÉLE	MALE	MASTER	C.C.NARON	00:14:24	02:19 min/Km
49	2	142	LOPEZ DIAZ , TAMARA	FEMALE	MASTER-F	BENI GYM SPORT	00:14:39	02:22 min/Km
50	31	165	MARTINEZ LOURO , CARLOS	MALE	MASTER	AD NÁUTICO NARÓN	00:14:42	02:22 min/Km
51	32	1	ABELLA BOUZA , ROMÁN	MALE	MASTER	PAP	00:14:45	02:23 min/Km
52	33	100	GARCÍA ANEIROS , RICARDO	MALE	MASTER	INDEPENDIENTE	00:14:49	02:23 min/Km
53	34	61	COUCE VELLON , RAMIRO	MALE	MASTER		00:14:57	02:25 min/Km
54	3	28	BLANCO FERRO , FATIMA	FEMALE	MASTER-F		00:15:05	02:26 min/Km
55	16	261	SANTALLA RIVERA , ADRIAN	MALE	SENIOR	INDEPENDIENTE	00:15:06	02:26 min/Km
56	17	128	JARAMA DÍAZ , JOSÉ ÁNGEL	MALE	SENIOR	CLUB DE REMO SAN FELIPE	00:15:14	02:27 min/Km
57	35	282	VAL GUERREIRO , PABLO	MALE	MASTER		00:15:20	02:28 min/Km
58	36	293	VIEITO SÁNCHEZ , CARLOS	MALE	MASTER	INDEPENDIENTE	00:15:28	02:30 min/Km
59	18	39	CAJAMARCA RIVERA , CARLOS	MALE	SENIOR		00:15:28	02:30 min/Km
60	37	60	COUCE RÚA , DAVID	MALE	MASTER	CLUB DALLE GAS RUNNING TEAM	00:15:32	02:30 min/Km
61	4	265	SEÑOR GONZÁLEZ , LOLI	FEMALE	MASTER-F	BENI GYM SPORT	00:15:34	02:31 min/Km
62	3	129	JARAMA DÍAZ , IRIA	FEMALE	SENIOR-F	CLUB DE REMO SAN FELIPE	00:15:37	02:31 min/Km
63	4	298	VILLAR CAINZOS , CLAUDIA	FEMALE	SENIOR-F	WOLVES FACTORY	00:15:38	02:31 min/Km
64	5	276	TEUJEIRO SEVILLA , AROA	FEMALE	SENIOR-F	CLUB FERROL ATLETISMO	00:15:46	02:32 min/Km
65	19	38	CAJAMARCA RIVERA , RODRIGO	MALE	SENIOR		00:15:47	02:33 min/Km
66	38	299	VILLARINO BEREÁ , NICOLÁS	MALE	MASTER		00:15:47	02:33 min/Km
67	39	300	YAÑEZ LOPEZ , DANIEL	MALE	MASTER	INDEPENDIENTE	00:15:48	02:33 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
68	40	120	HERMIDA FEAL , ADRIÁN	MALE	MASTER		00:15:59	02:35 min/Km
69	6	115	GRUEIRO ACCIÓN , ISABEL	FEMALE	SENIOR-F	PASA OU ENTORNA	00:16:09	02:36 min/Km
70	20	191	PENA LÓPEZ , CRISTIAN	MALE	SENIOR	INDEPENDIENTE	00:16:16	02:37 min/Km
71	41	62	COUSELO BARRIO , FERNANDO	MALE	MASTER		00:16:20	02:38 min/Km
72	5	262	SANTIAGO YÁÑEZ , BEATRIZ	FEMALE	MASTER-F	ATLETISMO NARON	00:16:22	02:38 min/Km
73	6	283	VARELA FRANCO , ROCIO	FEMALE	MASTER-F		00:16:24	02:39 min/Km
74	7	146	LÓPEZ GARCÍA , SILVIA	FEMALE	MASTER-F	ATLETISMO NARON	00:16:29	02:39 min/Km
75	7	156	LOURIDO VALVERDE , SARA	FEMALE	SENIOR-F		00:16:31	02:40 min/Km
76	21	245	RODRÍGUEZ PIÑEIRO , ALEJANDRO	MALE	SENIOR		00:16:34	02:40 min/Km
77	42	149	LÓPEZ PINTOS , XESÚS ANXO	MALE	MASTER	PASA OU ENTORNA	00:16:34	02:40 min/Km
78	43	207	PIÑEIRO VIZOSO , HUGO	MALE	MASTER	CD 21 LEGUAS	00:16:35	02:40 min/Km
79	44	152	LORENZO MUÑOZ , DIEGO	MALE	MASTER	CD 21 LEGUAS	00:16:35	02:40 min/Km
80	45	18	BARREDO ARMADA , MANUEL	MALE	MASTER	ATLETISMO NARON	00:16:45	02:42 min/Km
81	8	31	BOUZA BELLÓN , CRISTINA	FEMALE	MASTER-F	ATLETISMO NARÓN	00:16:55	02:44 min/Km
82	46	124	HERRANZ LORENTE , JAVIER	MALE	MASTER		00:16:57	02:44 min/Km
83	9	76	FERNANDEZ GONZALEZ , ALBA	FEMALE	MASTER-F	INDEPENDIENTE	00:17:03	02:45 min/Km
84	47	8	ALVAREZ PIÑEIRO , SANTIAGO	MALE	MASTER	PIRAGUISMO NARON	00:17:03	02:45 min/Km
85	22	6	ALONSO FILGUEIRA , ÁLVARO	MALE	SENIOR	INDEPENDIENTE	00:17:04	02:45 min/Km
86	10	173	MENDEZ DÍAZ , EUGENIA	FEMALE	MASTER-F		00:17:07	02:46 min/Km
87	23	294	VIEITO VÁZQUEZ , IVÁN	MALE	SENIOR	INDEPENDIENTE	00:17:08	02:46 min/Km
88	48	112	GONZALEZ REGUEIRO , JUAN CARLOS	MALE	MASTER	CLUB DO MAR FERROL	00:17:08	02:46 min/Km
89	49	55	CHAMORRO DIAZ , ALBERTO	MALE	MASTER	LOBOS DE NARAÍO	00:17:08	02:46 min/Km
90	50	292	VIEITO PICALLO , JOSE CARLOS	MALE	MASTER	INDEPENDIENTE	00:17:08	02:46 min/Km
91	51	216	RAMA CASTRO , MARCOS	MALE	MASTER		00:17:09	02:46 min/Km
92	52	91	FORMOSO DÍAZ , MIGUEL ÁNGEL	MALE	MASTER	INDEPENDIENTE	00:17:14	02:47 min/Km
93	53	57	CHUECOS , JOSE	MALE	MASTER	PASA OU ENTORNA	00:17:17	02:47 min/Km
94	11	131	LAGO BELLAS , LUCIA	FEMALE	MASTER-F		00:17:30	02:49 min/Km
95	54	233	RIVAS LÓPEZ , JOSE CARLOS	MALE	MASTER	INDEPENDIENTE	00:17:40	02:51 min/Km
96	8	59	COTOVAD MARTINEZ , CRISTINA	FEMALE	SENIOR-F	INDEPENDIENTE	00:17:46	02:52 min/Km
97	24	45	CARNEIRO LORENZO , ADRIAN	MALE	SENIOR	CAVELANZ	00:17:46	02:52 min/Km
98	55	210	PITA BARCIA , JAVIER	MALE	MASTER	INDEPENDIENTE	00:17:54	02:53 min/Km
99	56	277	TENREIRO BERMUDEZ , ADRIAN	MALE	MASTER	INDEPENDIENTE	00:17:55	02:53 min/Km
100	57	116	GUERRERO ESPINOSA , ROBERTO DAVID	MALE	MASTER	INDEPENDIENTE	00:18:02	02:54 min/Km
101	12	166	MARTÍNEZ LOURO , LILIA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:05	02:55 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
102	13	190	PELETEIRO ÁLVAREZ , MARINA	FEMALE	MASTER-F	CLUB DALLE GAS RUNNING TEAM	00:18:09	02:55 min/Km
103	58	155	LOUREIRO REDONDO , RAMON	MALE	MASTER	CLUB DALLE GAS RUNNING TEAM	00:18:09	02:55 min/Km
104	59	267	SERANTES CASTRO , JULIO	MALE	MASTER		00:18:09	02:55 min/Km
105	14	56	CHAO LOPEZ , SAILA	FEMALE	MASTER-F	CLUB DALLE GAS RUNNING TEAM	00:18:10	02:56 min/Km
106	60	114	GRANDE CASADO , LUIS MANUEL	MALE	MASTER	CLUB DALLE GAS RUNNING TEAM	00:18:22	02:58 min/Km
107	61	153	LORENZO VILAR , JOSÉ MANUEL	MALE	MASTER	CD 21 LEGUAS	00:18:28	02:59 min/Km
108	15	122	HERMIDA RODRÍGUEZ , CRISTINA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:53	03:03 min/Km
109	16	121	HERMIDA RODRIGUEZ , BLANCA	FEMALE	MASTER-F	INDEPENDIENTE	00:18:53	03:03 min/Km
110	9	243	RODRÍGUEZ LÓPEZ , CRISTINA	FEMALE	SENIOR-F	CLUB DE REMO SAN FELIPE	00:19:02	03:04 min/Km
111	25	291	VERGARA FERNANDEZ , IKER	MALE	SENIOR	PIRAGUIMO NARON	00:19:10	03:05 min/Km
112	62	92	FRAGA ARES , HECTOR	MALE	MASTER	INDEPENDIENTE	00:19:10	03:05 min/Km
113	63	176	MOURIZ CANEIRO , JOSE MANUEL	MALE	MASTER		00:19:10	03:05 min/Km
114	26	193	PENABAD PENABAD , ANGEL	MALE	SENIOR		00:19:28	03:08 min/Km
115	10	234	RIVAS TENREIRO , ARANTZA	FEMALE	SENIOR-F	A.D NAUTICO DE NARON	00:19:28	03:08 min/Km
116	17	94	FREIRE CALVO , ANA MARIA	FEMALE	MASTER-F	INDEPENDIENTE	00:19:28	03:08 min/Km
117	11	154	LOUREIRO AMOR , BELÉN MARTINA	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:19:29	03:08 min/Km
118	18	259	SÁNCHEZ FILGUEIRA , MARÍA VANESA	FEMALE	MASTER-F	BENI GYM SPORT	00:19:43	03:11 min/Km
119	19	99	GAGO EXPÓSITO , DÁMARIS	FEMALE	MASTER-F		00:19:43	03:11 min/Km
120	64	26	BELLIDO RODRÍGUEZ , ALBERTO	MALE	MASTER		00:19:56	03:13 min/Km
121	20	82	FERNÁNDEZ NOVO , AROA	FEMALE	MASTER-F		00:19:56	03:13 min/Km
122	21	21	BECEIRO , LOURDES	FEMALE	MASTER-F	INDEPENDIENTE	00:20:18	03:16 min/Km
123	22	260	SÁNCHEZ VIDAL , DOLORES	FEMALE	MASTER-F		00:20:18	03:16 min/Km
124	65	288	VEIGA GRAÑA , GABI	MALE	MASTER	INDEPENDIENTE	00:20:18	03:16 min/Km
125	66	159	MARCOTE LAGO , JOSE MANUEL	MALE	MASTER	PAP	00:20:18	03:16 min/Km
126	67	189	PEDREIRAS , FRANCISCO	MALE	MASTER		00:20:18	03:16 min/Km
127	68	183	PANTÍN LÓPEZ , JOSÉ	MALE	MASTER	ATLETISMO NARON	00:20:34	03:19 min/Km
128	23	296	VILELA VÁZQUEZ , PAULA	FEMALE	MASTER-F		00:20:34	03:19 min/Km
129	24	133	LECHUGA ZAPATA , PATRI	FEMALE	MASTER-F		00:20:40	03:20 min/Km
130	27	224	REY FRAGA , JAIME	MALE	SENIOR	INDEPENDIENTE	00:20:45	03:21 min/Km
131	69	4	ALONSO CONCHOUSO , DANIEL	MALE	MASTER	INDEPENDIENTE	00:20:59	03:23 min/Km
132	25	180	ORGEIRA CRESPHO , RAQUEL	FEMALE	MASTER-F		00:21:00	03:23 min/Km
133	26	179	NOVO SAAVEDRA , MARÍA CRISTINA	FEMALE	MASTER-F	INDEPENDIENTE	00:21:01	03:23 min/Km
134	70	285	VARELA MOSQUERA , JOSE GUILLERMO	MALE	MASTER		00:21:22	03:26 min/Km
135	28	286	VARELA OLMEDO , GUILLERMO	MALE	SENIOR	INDEPENDIENTE	00:21:23	03:27 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
136	71	198	PEREIRA FONTICOPA , JOSE	MALE	MASTER		00:21:35	03:29 min/Km
137	27	17	BAILEY , EMILY	FEMALE	MASTER-F		00:21:52	03:31 min/Km
138	72	36	CAAMANO SOBRINO , JOSE RAMON	MALE	MASTER		00:21:52	03:31 min/Km
139	12	111	GONZÁLEZ FREIRE , MICHELLE	FEMALE	SENIOR-F	AD NAUTICO DE NARON	00:22:16	03:35 min/Km
140	13	83	FERNÁNDEZ PORTELA , SILVIA	FEMALE	SENIOR-F		00:22:16	03:35 min/Km
141	28	102	GARCÍA GONZÁLEZ , EVA	FEMALE	MASTER-F		00:22:18	03:35 min/Km
142	14	7	ALONSO LÓPEZ , LUCÍA	FEMALE	SENIOR-F		00:22:18	03:35 min/Km
143	73	87	FERREÑO MERLÁN , IGNACIO	MALE	MASTER	INDEPENDIENTE	00:22:32	03:38 min/Km
144	29	123	HERNÁNDEZ LÓPEZ , ANA MARÍA	FEMALE	MASTER-F	INDEPENDIENTE	00:22:32	03:38 min/Km
145	30	235	RIVEIROS LOPEZ , MARGARITA	FEMALE	MASTER-F		00:23:34	03:48 min/Km
146	74	127	ILLOBRE SAAVEDRA , ALVARO	MALE	MASTER	ADM FERROL	00:23:35	03:48 min/Km
147	75	150	LÓPEZ RODRÍGUEZ , DIEGO	MALE	MASTER	INDEPENDIENTE	00:24:00	03:52 min/Km
148	15	249	ROJO CORRAL , ALBA	FEMALE	SENIOR-F	DOCE	00:24:12	03:54 min/Km
149	16	54	CEBREIRO CASTRO , SARA	FEMALE	SENIOR-F	INDEPENDIENTE	00:24:12	03:54 min/Km
150	17	151	LÓPEZ YÁÑEZ , SARA	FEMALE	SENIOR-F	INDEPENDIENTE	00:24:15	03:54 min/Km
151	76	247	RODRÍGUEZ VARGAS , MIGUEL ÁNGEL	MALE	MASTER	INDEPENDIENTE	00:24:45	03:59 min/Km
152	31	213	PONTE PITA , MARTINA	FEMALE	MASTER-F	INDEPENDIENTE	00:24:45	03:59 min/Km
153	29	141	LOPEZ CASTRO , ALBERTO	MALE	SENIOR	PIRAGUIMO NARON	00:24:52	03:60 min/Km
154	32	89	FERRO SABIO , DELIA	FEMALE	MASTER-F		00:24:52	03:60 min/Km
155	30	147	LOPEZ MARTÍNEZ , ARAN	MALE	SENIOR	PIRSGUISMONARON	00:24:54	04:01 min/Km
156	77	178	NIEBLA GALLEGO , OSCAR	MALE	MASTER	PIRAGUIMO NARON	00:24:54	04:01 min/Km
157	33	64	DACAL PEDREIRO , EVA	FEMALE	MASTER-F	INDEPENDIENTE	00:25:00	04:02 min/Km
158	18	63	DACAL , LAURA	FEMALE	SENIOR-F		00:25:00	04:02 min/Km
159	78	177	MUÍÑO PIÑEIRO , ABEL	MALE	MASTER	CD 21 LEGUAS	00:25:01	04:02 min/Km
160	79	244	RODRIGUEZ LOSADA , CASIMIRO	MALE	MASTER		00:27:00	04:21 min/Km
161	19	240	RODRIGUEZ FERNADEZ , CANDELA	FEMALE	SENIOR-F	PIRAGUISMO NARON	00:27:58	04:30 min/Km
162	20	136	LEMA FERNANDEZ , SARAY	FEMALE	SENIOR-F	PIRAGUIMO NARON	00:27:58	04:30 min/Km