

“A TRINTAEUNODOCE” (SAN SILVESTRE NARONESA) 2023

31/12/2023

- ABSOLUTA -

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
1	1	145	REJAS GABEIRAS , JUAN	MALE	SENIOR	TRIATLON FERROL	00:10:29	03:23 min/Km
2	2	13	BASANTA FOUZ , ESTEBAN	MALE	SENIOR	CIDADE DE LUGO FLUVIAL	00:10:38	03:26 min/Km
3	1	28	CANOSA FERNÁNDEZ , BRAIS	MALE	MASTER	A. D. NÁUTICO DE NARÓN	00:10:43	03:27 min/Km
4	3	181	VILLANUEVA RICO , ELOY BREGÁN	MALE	SENIOR	AD NAUTICO NARON	00:10:49	03:29 min/Km
5	4	67	GARCÍA RODRÍGUEZ , SANTIAGO	MALE	SENIOR	CLUB ATLETISMO NARON	00:11:05	03:34 min/Km
6	5	38	CORTIZAS BAÑOBRE , JUAN CARLOS	MALE	SENIOR	CC NARÓN	00:11:07	03:35 min/Km
7	2	141	POUPARIÑA CASTRO , RAFA	MALE	MASTER	NÁUTICO NARON	00:11:09	03:35 min/Km
8	3	156	SAAVEDRA , EDU	MALE	MASTER	A.D.NÁUTICO DE NARÓN	00:11:14	03:37 min/Km
9	6	151	ROCA RIVERA , ALEJANDRO	MALE	SENIOR	INDEPENDIENTE	00:11:18	03:38 min/Km
10	4	135	PIÑEIRO GARCIA , PABLO	MALE	MASTER		00:11:22	03:40 min/Km
11	7	165	SERANTES BOUZA , HUGO	MALE	SENIOR	INDEPENDIENTE	00:11:27	03:41 min/Km
12	8	77	GONZÁLEZ PERNAS , DIEGO	MALE	SENIOR	NÁUTICO NARÓN	00:11:38	03:45 min/Km
13	5	78	GONZALEZ REGUEIRO , JUAN CARLOS	MALE	MASTER	INDEPENDIENTE	00:11:45	03:47 min/Km
14	6	147	RILO GONZALEZ VALLES , LUIS	MALE	MASTER	TRIATLON FERROL	00:11:46	03:47 min/Km
15	1	70	GERRERO MANSO , SARA	FEMALE	SENIOR-F	AD NAUTICO NARON	00:12:10	03:55 min/Km
16	9	64	FREIRE GARCÍA , PABLO	MALE	SENIOR	AD NAUTICO NARON	00:12:10	03:55 min/Km
17	10	101	LÓPEZ PAZ , MARIO	MALE	SENIOR		00:12:13	03:56 min/Km
18	2	44	DÍAZ IGLESIAS , ANDREA	FEMALE	SENIOR-F	CLUB ATLETISMO NARON	00:12:20	03:58 min/Km
19	7	172	TUIMIL CALVO , JAVIER	MALE	MASTER	CLUB ATLETISMO NARON	00:12:22	03:59 min/Km
20	8	27	CANEIRO CANEIRO , MARCOS	MALE	MASTER	TRIATLÓN FERROL	00:12:31	04:02 min/Km
21	9	74	GONZÁLEZ CINZA , ROBERTO CARLOS	MALE	MASTER	CASTRO DE LOBADIZ	00:12:32	04:02 min/Km
22	10	18	BLANCO GUILLÉN , ENRIQUE	MALE	MASTER		00:12:41	04:05 min/Km
23	11	6	ALONSO FILGUEIRA , MARCOS	MALE	SENIOR	OS CORZOS DO ORTEGAL	00:12:47	04:07 min/Km
24	11	98	LÓPEZ FERNÁNDEZ , RUBÉN JOSÉ	MALE	MASTER	A. D. NÁUTICO DE NARÓN	00:12:51	04:08 min/Km
25	12	50	FERNANDEZ BALSEIRO , JOSE MANUEL	MALE	MASTER	CLUB ATLETISMO RIBADEO	00:13:02	04:12 min/Km
26	3	136	PIÑÓN PEREIRA , LUCÍA	FEMALE	SENIOR-F	AD NAUTICO NARON	00:13:08	04:14 min/Km
27	13	117	NOGUEIRA FANDIÑO , LUIS	MALE	MASTER	CLUB ATLETISMO CALCEATENSE	00:13:09	04:14 min/Km
28	14	125	PEÑA BLANCO , ANDRÉS	MALE	MASTER	CLUB DE REMO SAN FELIPE	00:13:18	04:17 min/Km
29	12	126	PEÑA BLANCO , MARCOS	MALE	SENIOR	CLUB DE REMO SAN FELIPE	00:13:18	04:17 min/Km

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30	15	140	POUPARIÑA CASTRO , JAVIER	MALE	MASTER		00:13:37	04:23 min/Km
31	16	8	AMENEDO GONZÁLEZ , RICARDO	MALE	MASTER	PASA OU ENTORNA	00:13:42	04:25 min/Km
32	13	61	FORMOSO CASTRO , JORGE	MALE	SENIOR	CASTRO DE LOBADIZ	00:13:43	04:25 min/Km
33	1	169	SOTO VIÑAS , REBECA	FEMALE	MASTER-F	CLUB ATLETISMO NARON	00:13:48	04:27 min/Km
34	17	14	BASOA RODRIGUEZ , MANUEL	MALE	MASTER	ESCOLA DE ATLETISMO PAULA MAYOBRE	00:13:57	04:29 min/Km
35	18	124	PAZ , JOSELE	MALE	MASTER	INDEPENDIENTE	00:14:13	04:35 min/Km
36	19	144	RAMOS GONZÁLEZ , CHRISTIAN	MALE	MASTER	INDEPENDIENTE	00:14:20	04:37 min/Km
37	20	96	LÓPEZ BARBEITO , PABLO	MALE	MASTER	INDEPENDIENTE	00:14:22	04:37 min/Km
38	21	166	SERANTES LÓPEZ , PABLO	MALE	MASTER	INDEPENDIENTE	00:14:37	04:42 min/Km
39	22	99	LÓPEZ LAGARES , RUBÉN	MALE	MASTER		00:14:41	04:44 min/Km
40	23	148	RIOBÓO LOIS , BREOGÁN	MALE	MASTER	INDEPENDIENTE	00:14:46	04:45 min/Km
41	24	1	ABEAL NAVARRO , FRANCISCO	MALE	MASTER	ADC MONTE BREAMO	00:14:57	04:49 min/Km
42	4	142	PRADERA CIBREIRO , SARA	FEMALE	SENIOR-F	XABARIS ÁRTABROS	00:15:01	04:50 min/Km
43	5	164	SERANTES BARREIRO , INÉS	FEMALE	SENIOR-F	AD NAUTICO NARON	00:15:05	04:51 min/Km
44	25	168	SIMÓN LAGO , RESTITUTO	MALE	MASTER		00:15:06	04:52 min/Km
45	14	42	CREGO GONZALEZ , JONATAN	MALE	SENIOR		00:15:07	04:52 min/Km
46	15	25	CALVO GONZÁLEZ , CRISTIAN	MALE	SENIOR	CLUBE ATLETISMO FENE	00:15:07	04:52 min/Km
47	26	182	YAÑEZ LOPEZ , DANIEL	MALE	MASTER	AD NAUTICO NARON	00:15:12	04:54 min/Km
48	27	107	MARTÍNEZ GAYOSO , MANUEL ÁNGEL	MALE	MASTER		00:15:15	04:55 min/Km
49	28	143	PRIETO PARDO , ALBERTO	MALE	MASTER	PASA OU ENTORNA	00:15:16	04:55 min/Km
50	29	35	CORRAL BAHAMONDE , ALBERTO	MALE	MASTER	INDEPENDIENTE	00:15:18	04:55 min/Km
51	30	40	COUCE VELLON , RAMIRO	MALE	MASTER		00:15:23	04:57 min/Km
52	31	20	BUSTABAD GARCIA , CESAR	MALE	MASTER	INDEPENDIENTE	00:15:40	05:03 min/Km
53	32	84	HERMIDA FEAL , ADRIÁN	MALE	MASTER	INDEPENDIENTE	00:15:42	05:03 min/Km
54	33	88	IGLESIAS LAPIDO , MIGUEL	MALE	MASTER	INDEPENDIENTE	00:15:44	05:04 min/Km
55	34	114	MONTERO LÓPEZ , MANUEL	MALE	MASTER		00:15:44	05:04 min/Km
56	35	115	MOSQUERA FERREÑO , JAVIER	MALE	MASTER	INDEPENDIENTE	00:15:44	05:04 min/Km
57	2	162	SEÑOR , LOLI	FEMALE	MASTER-F	CLUB BENI GYM SPORT	00:15:47	05:05 min/Km
58	3	97	LÓPEZ DIAZ , TAMARA	FEMALE	MASTER-F	CLUB BENI GYM SPORT	00:15:47	05:05 min/Km
59	36	37	CORRAL LÓPEZ , ALBERTO	MALE	MASTER		00:15:49	05:05 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
60	37	158	SANGUIAO PAULO , RAÚL	MALE	MASTER		00:15:53	05:07 min/Km
61	38	188	GARCIA ESCANELLAS , SAMUEL	MALE	MASTER		00:15:55	05:07 min/Km
62	16	100	LÓPEZ MARTÍNEZ , JESÚS MIGUEL	MALE	SENIOR	CD 21 LEGUAS	00:15:55	05:07 min/Km
63	39	72	GONZÁLEZ BARGAS , ROBERTO	MALE	MASTER	INDEPENDIENTE	00:16:06	05:11 min/Km
63	40	159	SANTIAGO ANEIROS , BRUNO	MALE	MASTER		00:16:06	05:11 min/Km
65	41	24	CAJAMARCA RIVERA , RODRIGO	MALE	MASTER		00:16:13	05:13 min/Km
66	4	175	VARELA FRANCO , ROCIO	FEMALE	MASTER-F	INDEPENDIENTE	00:16:14	05:13 min/Km
67	42	108	MARTÍNEZ RIVERA , DANIEL	MALE	MASTER	AD NAUTICO NARON	00:16:14	05:13 min/Km
68	43	2	ABELLA BOUZA , ROMÁN	MALE	MASTER	PAP	00:16:15	05:14 min/Km
69	17	153	RODRIGO ALVAREZ , NACHETE	MALE	SENIOR		00:16:21	05:16 min/Km
70	6	152	RODRIGO ALVAREZ , ANA	FEMALE	SENIOR-F		00:16:22	05:16 min/Km
71	44	56	FERNÁNDEZ MARTÍNEZ , ÁNGEL	MALE	MASTER		00:16:25	05:17 min/Km
72	45	95	LÓPEZ BARBEITO , MARCOS	MALE	MASTER		00:16:26	05:17 min/Km
73	7	21	BUSTABAD GARCIA , EUGENIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:16:29	05:18 min/Km
74	46	134	PIDAL LÓPEZ , JUAN PABLO	MALE	MASTER		00:16:30	05:19 min/Km
75	47	163	SERANTES , ALBERTO	MALE	MASTER		00:16:42	05:22 min/Km
76	8	82	GRUEIRO ACCION , ISABEL	FEMALE	SENIOR-F	PASA OU ENTORNA	00:16:44	05:23 min/Km
77	18	17	BLANCO , ALEJANDRO	MALE	SENIOR	INDEPENDIENTE	00:16:48	05:24 min/Km
78	48	19	BREIJO DA SILVA , ALEJANDRO	MALE	MASTER		00:16:54	05:26 min/Km
79	9	12	BARRANTES NIEBLA , SOFIA	FEMALE	SENIOR-F		00:16:58	05:28 min/Km
80	19	48	FACHAL ALDREY , JOSE LUIS	MALE	SENIOR	INDEPENDIENTE	00:17:07	05:31 min/Km
81	10	75	GONZÁLEZ FREIRE , MICHELLE	FEMALE	SENIOR-F	AD NAUTICO NARON	00:17:07	05:31 min/Km
82	20	85	HERMIDA MARTINEZ , XOEL	MALE	SENIOR	INDEPENDIENTE	00:17:09	05:31 min/Km
83	21	130	PEREDA , PABLO	MALE	SENIOR		00:17:10	05:31 min/Km
84	22	120	PAJON ALONSO , JOEL	MALE	SENIOR	CLUB DE MONTAÑA O CAXADO	00:17:14	05:33 min/Km
85	23	59	FERNÁNDEZ TEIJEIRO , MIGUEL	MALE	SENIOR	INDEPENDIENTE	00:17:17	05:34 min/Km
86	49	23	CAAVEIRO PICO , CLAUDIO	MALE	MASTER		00:17:17	05:34 min/Km
87	5	110	MENDEZ DIAZ , MARIA EUGENIA	FEMALE	MASTER-F		00:17:19	05:34 min/Km
88	6	16	BENASACH GARCIA , MONICA	FEMALE	MASTER-F		00:17:20	05:35 min/Km
89	24	150	ROCA DAPENA , BRAIS	MALE	SENIOR	INDEPENDIENTE	00:17:28	05:37 min/Km

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POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	CLUB	META	RITMO
90	11	154	RODRÍGUEZ LÓPEZ , CRISTINA	FEMALE	SENIOR-F	CLUB DE REMO SAN FELIPE	00:17:29	05:38 min/Km
91	12	157	SANCHO LÓPEZ , SOFÍA	FEMALE	SENIOR-F		00:17:36	05:40 min/Km
92	50	80	GRANDAL GRAÑA , DAVID	MALE	MASTER	INDEPENDIENTE	00:17:38	05:40 min/Km
93	13	92	LEIRA RIVERA , ANA	FEMALE	SENIOR-F	INDEPENDIENTE	00:17:45	05:43 min/Km
94	51	184	BASANTA TEIJEIRO , ESTEBAN R.	MALE	MASTER		00:17:49	05:44 min/Km
95	25	79	GRAÑA CARBALLAL , JAVIER	MALE	SENIOR	INDEPENDIENTE	00:18:00	05:48 min/Km
96	52	170	SUÁREZ GÓMEZ , FRANCISCO	MALE	MASTER		00:18:00	05:48 min/Km
97	53	128	PENABAD PENABAD , LUIS	MALE	MASTER	INDEPENDIENTE	00:18:00	05:48 min/Km
98	54	41	COUSELO BARRIO , FERNANDO	MALE	MASTER		00:18:05	05:49 min/Km
99	14	46	DÍAZ VARELA , PAULA	FEMALE	SENIOR-F	INDEPENDIENTE	00:18:17	05:53 min/Km
100	26	57	FERNÁNDEZ RÍOS , JONATHAN	MALE	SENIOR	A.D.NÁUTICO DE NARÓN	00:18:22	05:55 min/Km
101	7	186	PACIO , BEGOÑA	FEMALE	MASTER-F		00:18:22	05:55 min/Km
102	15	149	RIVAS TENREIRO , ARANTZA	FEMALE	SENIOR-F	PASA OU ENTORNA	00:18:22	05:55 min/Km
103	27	155	RODRIGUEZ VAL , RAUL	MALE	SENIOR	INDEPENDIENTE	00:18:23	05:55 min/Km
104	55	173	VAL GUERREIRO , PABLO	MALE	MASTER		00:18:24	05:55 min/Km
105	16	53	FERNANDEZ LOPEZ , EVA MARIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:18:36	05:59 min/Km
106	17	7	AMADO PRIETO , AROA	FEMALE	SENIOR-F	FERROL ATLETISMO	00:18:37	05:59 min/Km
107	56	127	PENABAD PENABAD , ANGEL	MALE	MASTER	INDEPENDIENTE	00:18:40	05:60 min/Km
108	28	54	FERNANDEZ LOPEZ , PABLO	MALE	SENIOR	INDEPENDIENTE	00:18:42	06:01 min/Km
109	29	178	VARELA OLMEDO , JOSÉ GUILLERMO	MALE	SENIOR		00:18:57	06:06 min/Km
110	30	177	VARELA OLMEDO , ALVARO	MALE	SENIOR	INDEPENDIENTE	00:18:58	06:06 min/Km
111	57	176	VARELA MOQUERA , JOSE GUILLERMO	MALE	MASTER		00:18:58	06:06 min/Km
112	58	83	GUERRERO ESPINOSA , ROBERTO DAVID	MALE	MASTER	PASA OU ENTORNA	00:18:59	06:07 min/Km
113	8	180	VILELA VÁZQUEZ , PAULA	FEMALE	MASTER-F		00:19:00	06:07 min/Km
114	9	66	GARCÍA GÓMEZ , RAQUEL	FEMALE	MASTER-F	INDEPENDIENTE	00:19:06	06:09 min/Km
115		187	.	.	.		00:19:13	06:11 min/Km
116	10	52	FERNÁNDEZ GARCIA , ROCIO	FEMALE	MASTER-F	PASA OU ENTORNA	00:19:18	06:13 min/Km
117	11	160	SEDES , HELGA	FEMALE	MASTER-F		00:19:20	06:13 min/Km
118	12	161	SEDES , MARIA	FEMALE	MASTER-F		00:19:20	06:13 min/Km
119	31	119	OTERO CARPENTE , PABLO	MALE	SENIOR	INDEPENDIENTE	00:19:31	06:17 min/Km

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120	13	86	HERMIDA RODRÍGUEZ , BLANCA	FEMALE	MASTER-F		00:19:38	06:19 min/Km
121	59	89	JOVE PORTO , MARCOS	MALE	MASTER	INDEPENDIENTE	00:19:43	06:21 min/Km
122	18	39	COUCE BACELO , SARA	FEMALE	SENIOR-F	INDEPENDIENTE	00:20:27	06:35 min/Km
123	14	10	BACELO FILGUEIRAS , ESTEFANÍA	FEMALE	MASTER-F	INDEPENDIENTE	00:20:27	06:35 min/Km
124	60	3	ACEDO DOPICO , IVÁN	MALE	MASTER	INDEPENDIENTE	00:20:28	06:35 min/Km
125	61	73	GONZÁLEZ CARBALLAL , JOSÉ MIGUEL	MALE	MASTER	INDEPENDIENTE	00:20:32	06:36 min/Km
126	19	111	MERELAS MAROÑO , NATALIA	FEMALE	SENIOR-F	INDEPENDIENTE	00:20:53	06:43 min/Km
127	62	113	MODIA RODRIGUEZ , LUIS	MALE	MASTER		00:20:53	06:43 min/Km
128	20	15	BELTRÁN LEÓN , TERESA	FEMALE	SENIOR-F	INDEPENDIENTE	00:20:53	06:43 min/Km
129	15	47	ESPIÑEIRA MAHO , ELISABET	FEMALE	MASTER-F	INDEPENDIENTE	00:20:53	06:43 min/Km
129	32	167	SIERRA RAÑA , JUAN ANTONIO	MALE	SENIOR	INDEPENDIENTE	00:20:53	06:43 min/Km
131	33	106	MARTÍNEZ ESPIÑEIRA , LEONARDO	MALE	SENIOR	CLUB ATLETISMO ALBACETE	00:21:06	06:47 min/Km
132	16	102	MAHO SHAW , VICTORIA	FEMALE	MASTER-F	INDEPENDIENTE	00:21:06	06:47 min/Km
133	21	121	PANTÍN MEIZOSO , NEREA	FEMALE	SENIOR-F	INDEPENDIENTE	00:21:14	06:50 min/Km
134	22	171	TEIJEIRO CHEDA , ANTÍA	FEMALE	SENIOR-F	INDEPENDIENTE	00:21:15	06:50 min/Km
135	17	60	FIDALGO PEREIRA , TAMARA	FEMALE	MASTER-F	INDEPENDIENTE	00:21:54	07:03 min/Km
136	23	132	PÉREZ , MARÍA	FEMALE	SENIOR-F	INDEPENDIENTE	00:21:54	07:03 min/Km
137	24	5	ACEITUNO CANEIRO , MARTA	FEMALE	SENIOR-F		00:23:14	07:28 min/Km
138	18	4	ACEITUNO CANEIRO , LAURA	FEMALE	MASTER-F		00:23:14	07:28 min/Km
139	19	103	MAIZTEGUI MARTÍNEZ , OLALLA	FEMALE	MASTER-F		00:23:31	07:34 min/Km
140	20	183	YÁÑEZ PITA , RITA	FEMALE	MASTER-F		00:24:12	07:47 min/Km
141	25	139	PONCE LEIRA , LAURA	FEMALE	SENIOR-F	INDEPENDIENTE	00:25:11	08:06 min/Km
142	63	133	PÉREZ VÁZQUEZ , BRUNO	MALE	MASTER	INDEPENDIENTE	00:25:30	08:12 min/Km
143	21	87	IGLESIA CORCUERA , ELISA	FEMALE	MASTER-F	INDEPENDIENTE	00:25:30	08:12 min/Km