

# A trinta e undoce

## San Silvestre Naronesa

### -PROMOCION-

| POS. | P.CAT. | DORSAL | PARTICIPANTE                | SEXO   | CATEGORIA   | CLUB                  | META     | RITMO        |
|------|--------|--------|-----------------------------|--------|-------------|-----------------------|----------|--------------|
| 1    | 1      | 163    | NOVOA GAYOSO , YOEL         | MALE   | PROMOCION-M |                       | 00:05:15 | 03:12 min/Km |
| 2    | 2      | 165    | PEREZ CALVO , MARCOS        | MALE   | PROMOCION-M |                       | 00:05:24 | 03:21 min/Km |
| 3    | 3      | 146    | RIOLA DELGADO , LUCAS       | MALE   | PROMOCION-M | NATACIÓN CEDEIRA      | 00:05:25 | 03:23 min/Km |
| 4    | 4      | 129    | GONZÁLEZ PERNAS , DIEGO     | MALE   | PROMOCION-M | TRIATLÓN FERROL       | 00:05:37 | 03:30 min/Km |
| 5    | 5      | 162    | BENIGNO SANCHEZ , DIEGO     | MALE   | PROMOCION-M |                       | 00:05:42 | 03:32 min/Km |
| 6    | 6      | 125    | GARROTE CAMOIRA , DAVID     | MALE   | PROMOCION-M | TRIATLÓN FERROL       | 00:05:43 | 03:34 min/Km |
| 7    | 7      | 164    | FERNANDEZ RAFALES , SERGIO  | MALE   | PROMOCION-M |                       | 00:05:51 | 03:34 min/Km |
| 8    | 8      | 145    | RICO FERNÁNDEZ , PABLO      | MALE   | PROMOCION-M | INDEPENDIENTE         | 00:05:58 | 03:35 min/Km |
| 9    | 1      | 153    | SERANTES BARREIRO , INÉS    | FEMALE | PROMOCION-F | AD NAUTICO DE NARON   | 00:06:03 | 03:38 min/Km |
| 10   | 9      | 107    | CANEIRO LORENZO , PABLO     | MALE   | PROMOCION-M | TRIATLÓN FERROL       | 00:06:06 | 03:40 min/Km |
| 11   | 10     | 152    | SANTOS LAGO , DANIEL        | MALE   | PROMOCION-M | INDEPENDIENTE         | 00:06:07 | 03:41 min/Km |
| 12   | 11     | 157    | TALLÓN BLANCO , SAMUEL      | MALE   | PROMOCION-M | CLUB ATLETISMO FENE   | 00:06:10 | 03:43 min/Km |
| 13   | 12     | 136    | MARTÍNEZ MONTEAGUDO , BRAIS | MALE   | PROMOCION-M | CLUB ATLETISMO FENE   | 00:06:22 | 03:43 min/Km |
| 14   | 13     | 147    | RODRÍGUEZ MARTÍNEZ , IVAN   | MALE   | PROMOCION-M |                       | 00:06:25 | 03:44 min/Km |
| 15   | 14     | 121    | FERRACES GÓMEZ , XABIER     | MALE   | PROMOCION-M | TRIATLÓN FERROL       | 00:06:26 | 03:46 min/Km |
| 16   | 15     | 149    | ROUCO ROMERO , ALEJANDRO    | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:06:27 | 03:47 min/Km |
| 17   | 16     | 132    | LÓPEZ BAÑOBRE , IAGO        | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:06:29 | 03:50 min/Km |
| 18   | 17     | 104    | BERMUDEZ NOVO , HECTOR      | MALE   | PROMOCION-M |                       | 00:06:37 | 03:50 min/Km |
| 19   | 18     | 159    | VILARIÑO BASOA , MARTIN     | MALE   | PROMOCION-M |                       | 00:06:43 | 03:51 min/Km |
| 20   | 19     | 106    | CAMPOS PACIO , JAVI         | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:06:43 | 03:53 min/Km |
| 21   | 20     | 150    | ROUCO ROMERO , ESTEBAN      | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:06:56 | 03:53 min/Km |
| 22   | 21     | 142    | OROSA ROCA , DAVID          | MALE   | PROMOCION-M | CLUBE ATLETISMO NARÓN | 00:06:59 | 03:59 min/Km |
| 23   | 22     | 127    | GONZÁLEZ MARTÍNEZ , ANDRÉS  | MALE   | PROMOCION-M |                       | 00:07:06 | 04:02 min/Km |
| 24   | 23     | 112    | CASAL SANCHEZ , FRAN        | MALE   | PROMOCION-M | CLUBE ATLETISMO NARÓN | 00:07:23 | 04:03 min/Km |
| 25   | 2      | 118    | FERNÁNDEZ CORES , ANDREA    | FEMALE | PROMOCION-F | AD NAUTICO DE NARON   | 00:07:27 | 04:06 min/Km |
| 26   | 3      | 102    | ANSEDE NOVO , MARTHA        | FEMALE | PROMOCION-F | AD NAUTICO DE NARON   | 00:07:31 | 04:08 min/Km |
| 27   | 24     | 161    | SAAVEDRA VIZCAÍNO , MARTÍN  | MALE   | PROMOCION-M | CLUB ATLETISMO NARÓN  | 00:07:32 | 04:08 min/Km |
| 28   | 25     | 122    | FERRACES GÓMEZ , TOMÁS      | MALE   | PROMOCION-M | TRIATLÓN FERROL       | 00:07:36 | 04:08 min/Km |
| 29   | 4      | 117    | FERNÁNDEZ CASTRO , GALA     | FEMALE | PROMOCION-F |                       | 00:07:40 | 04:12 min/Km |

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|------|--------|--------|-----------------------------|--------|-------------|-----------------------|----------|--------------|
| 30   | 26     | 101    | AMENEDO MARTÍNEZ , ANDER    | MALE   | PROMOCION-M | INDEPENDIENTE         | 00:07:42 | 04:16 min/Km |
| 31   | 27     | 134    | MARTINEZ LESTA , ANGEL      | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:07:44 | 04:17 min/Km |
| 32   | 5      | 156    | SUÁREZ MEITÍN , ANTÍA       | FEMALE | PROMOCION-F | CLUB ATLETISMO NARÓN  | 00:07:47 | 04:20 min/Km |
| 33   | 28     | 158    | VILAR MÉNDEZ , PABLO        | MALE   | PROMOCION-M | INDEPENDIENTE         | 00:07:59 | 04:24 min/Km |
| 34   | 29     | 148    | RODRÍGUEZ MARTÍNEZ , DAVID  | MALE   | PROMOCION-M |                       | 00:07:59 | 04:25 min/Km |
| 35   | 30     | 131    | HERMIDA VALLEDOR , PEDRO    | MALE   | PROMOCION-M | CLUB ATLETISMO NARÓN  | 00:08:01 | 04:25 min/Km |
| 36   | 6      | 151    | SAAVEDRA PÉREZ , AITANA     | FEMALE | PROMOCION-F |                       | 00:08:05 | 04:27 min/Km |
| 37   | 7      | 113    | COUCE BACELO , ALEJANDRA    | FEMALE | PROMOCION-F | INDEPENDIENTE         | 00:08:24 | 04:29 min/Km |
| 38   | 31     | 128    | GONZÁLEZ BLANCO , ALEJANDRO | MALE   | PROMOCION-M | AD NAUTICO DE NARON   | 00:08:30 | 04:29 min/Km |
| 39   | 8      | 111    | CARRACEDO GARCÍA , SILA     | FEMALE | PROMOCION-F | AD NAUTICO DE NARON   | 00:08:32 | 04:30 min/Km |
| 40   | 32     | 135    | MARTÍNEZ MARTÍNEZ , BRUNO   | MALE   | PROMOCION-M | A.D. NÁUTICO DE NARÓN | 00:08:38 | 04:30 min/Km |
| 41   | 9      | 120    | FERNÁNDEZ RIVAS , ITZIAR    | FEMALE | PROMOCION-F | A.D. NÁUTICO DE NARÓN | 00:08:42 | 04:30 min/Km |
| 42   | 10     | 109    | CARNEIRO PRIMROY , SARA     | FEMALE | PROMOCION-F |                       | 00:08:49 | 04:34 min/Km |
| 43   | 11     | 124    | GARCÍA CASTRO , SARA        | FEMALE | PROMOCION-F | CLUBE ATLETISMO FENE  | 00:09:18 | 04:34 min/Km |