

I MILLA HEROINAS DE SALVORA

- MASTER -

05 ENERO 2020

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	DIF 1º	RITMO
1	1	93	LOJO , JOSE	MALE	MASTER-1	SAN MIGUEL DE MARIN	00:04:43		02:56 min/Km
2	2	117	FERNANDEZ LIJÓ , JUAN FRANCISCO	MALE	MASTER-1	POR AMOR AL ARTE	00:05:02	+00:00:19	03:08 min/Km
3	3	92	SANDEZ SOBRIDO , VICTOR	MALE	MASTER-1	ESCUELA BOXEO EL CANARIO	00:05:16	+00:00:33	03:17 min/Km
5	4	103	NOGUEIRA PÉREZ , MIGUEL ANXO	MALE	MASTER-1	NOITEBRA	00:05:18	+00:00:35	03:18 min/Km
7	5	90	VIDAL MARTÍNEZ , HECTOR	MALE	MASTER-1	LOS CHAVALES	00:05:24	+00:00:41	03:22 min/Km
9	6	102	VILASOA SILVA , JOSE FRANCISCO	MALE	MASTER-1	S.D. BARBANTIA RODA	00:05:38	+00:00:55	03:31 min/Km
10	7	118	BENÍTEZ SOMOZA , ISRAEL	MALE	MASTER-1	ESCUELA BOXEO EL CANARIO	00:05:41	+00:00:58	03:32 min/Km
12	8	108	SAMPEDRO GUDE , JOSÉ	MALE	MASTER-1		00:05:44	+00:01:01	03:34 min/Km
15	9	91	MARTÍNEZ PAZ , MANUEL	MALE	MASTER-1		00:05:55	+00:01:12	03:41 min/Km
16	10	116	NOVO MARTÍNEZ , DAVID	MALE	MASTER-1	ARTROGAL-TRI4989	00:05:58	+00:01:15	03:43 min/Km
17	11	96	AGEITOS SAMPEDRO , JUANKY	MALE	MASTER-1	INDEPENDIENTE	00:06:00	+00:01:17	03:44 min/Km
18	12	89	ORELLAN FERNANDEZ , ANXO	MALE	MASTER-1	INDEPENDIENTE	00:06:10	+00:01:27	03:50 min/Km
21	13	120	CIMADEVILLA CRUGEIRAS , JUAN JOSÉ	MALE	MASTER-1	INDEPENDIENTE	00:06:31	+00:01:48	04:04 min/Km
22	14	129	AGEITOS GARCÍA , IGNACIO MANUEL	MALE	MASTER-1	INDEPENDIENTE	00:06:38	+00:01:55	04:08 min/Km
35	15	115	ROMAY SIEIRA , FRANCISCO	MALE	MASTER-1		00:07:48	+00:03:05	04:51 min/Km
36	16	110	TOUZÓN LIJÓ , IGNACIO	MALE	MASTER-1	BAJANDODE40.COM	00:07:48	+00:03:05	04:51 min/Km
39	17	123	PENA MANEIRO , MANUEL ANTONIO	MALE	MASTER-1	INDEPENDIENTE	00:08:24	+00:03:41	05:14 min/Km
42	18	114	CASTIÑEIRAS AYASO , MANUEL RAMÓN	MALE	MASTER-1	SACHACAMIÑOS - VIRXIGUIANOS TF	00:09:01	+00:04:18	05:37 min/Km
25	1	113	CIMADEVILLA CRUJEIRAS , MARIA TERESA	FEMALE	MASTER-1-F	ESCUELA BOXEO EL CANARIO	00:06:54	+00:02:11	04:18 min/Km
26	2	128	MÍGUEZ SAMPEDRO , SUSANA	FEMALE	MASTER-1-F		00:06:59	+00:02:16	04:21 min/Km
27	3	97	RIOS LUSTRES , SENDY	FEMALE	MASTER-1-F	INDEPENDIENTE	00:07:00	+00:02:17	04:22 min/Km
31	4	94	ROMERO MENDEZ , SARA	FEMALE	MASTER-1-F	PELUQUERÍA EVA MÉNDEZ	00:07:18	+00:02:35	04:33 min/Km
38	5	109	REY OLVEIRA , MAR	FEMALE	MASTER-1-F	INDEPENDIENTE	00:08:23	+00:03:40	05:13 min/Km
43	6	107	POUSO HERMO , MARIA MANUELA	FEMALE	MASTER-1-F		00:09:08	+00:04:25	05:41 min/Km
49	7	122	GARCIA CASCASCALLAR , MARIA DEL PILAR	FEMALE	MASTER-1-F		00:10:01	+00:05:18	06:14 min/Km
50	8	119	GONZÁLEZ HERMO , MARI CARMEN	FEMALE	MASTER-1-F	AMBAR	00:10:14	+00:05:31	06:22 min/Km
4	1	141	CABADO CASTRO , XOSÉ	MALE	MASTER-2	CLUB ATLETISMO SANTIAGO	00:05:17	+00:00:34	03:18 min/Km
6	2	133	NAVARRO ANTON , JOSE	MALE	MASTER-2	S.D. BARBANTIA RODA	00:05:22	+00:00:39	03:21 min/Km
8	3	136	BUCETA POUSO , ERNESTO	MALE	MASTER-2	INDEPENDIENTE	00:05:29	+00:00:46	03:25 min/Km
11	4	147	PEREIRA REDONDO , JUAN CARLOS	MALE	MASTER-2	INDEPENDIENTE	00:05:43	+00:01:00	03:34 min/Km
13	5	144	BRIÓN LEMA , JUAN CARLOS	MALE	MASTER-2	BARBANTIA RODA BOIRO	00:05:48	+00:01:05	03:37 min/Km
14	6	130	PARADA GARCIA , LUIS	MALE	MASTER-2	ESCUELA DE BOXEO EL CANARIO	00:05:52	+00:01:09	03:39 min/Km
19	7	157	PENA FRANCO , JOSÉ	MALE	MASTER-2		00:06:20	+00:01:37	03:57 min/Km
20	8	155	MILLET AYASO , FRANCISCO	MALE	MASTER-2	INDEPENDIENTE	00:06:25	+00:01:42	03:60 min/Km

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23	9	142	GARCÍA PÉREZ , MANUEL RAMÓN	MALE	MASTER-2	PANADERÍA DO BARBANZA	00:06:48	+00:02:05	04:14 min/Km	
24	10	143	VINAGRE MARIÑO , ROGELIO	MALE	MASTER-2		00:06:52	+00:02:09	04:17 min/Km	
28	11	132	GONZÁLEZ MARIÑO , JORGE	MALE	MASTER-2	INDEPENDIENTE	00:07:02	+00:02:19	04:23 min/Km	
29	12	140	SANTOS , FRAN	MALE	MASTER-2		00:07:08	+00:02:25	04:27 min/Km	
30	13	156	RUIZ RIVAS , MANUEL	MALE	MASTER-2		00:07:16	+00:02:33	04:31 min/Km	
32	14	149	FIGUEIRAS MARCOS , JOSE RAMON	MALE	MASTER-2		00:07:30	+00:02:47	04:40 min/Km	
33	15	148	MIGUEZ FIGUEIRIDO , JAIME	MALE	MASTER-2	INDEPENDIENTE	00:07:32	+00:02:49	04:41 min/Km	
40	16	154	ABELLEIRA , CARLOS	MALE	MASTER-2	INDEPENDIENTE	00:08:27	+00:03:44	05:16 min/Km	
41	17	139	LAGES ARGIBAY , GONZALO	MALE	MASTER-2	CLUBE CATRO VENTOS	00:08:43	+00:04:00	05:26 min/Km	
48	18	158	DOVAL SAMPEDRO , RAMÓN	MALE	MASTER-2	INDEPENDIENTE	00:09:43	+00:05:00	06:03 min/Km	
DSQ		135	MARIÑO CASAIS , MODESTO	MALE	MASTER-2	INDEPENDIENTE				CORRE EN MASTER 1
34	1	146	SOLLA FONTÁN , ANA MARÍA	FEMALE	MASTER-2-F		00:07:44	+00:03:01	04:49 min/Km	
37	2	138	RUIZ , ANA	FEMALE	MASTER-2-F		00:08:09	+00:03:26	05:04 min/Km	
44	3	137	PAZ GONZÁLEZ , LOLA	FEMALE	MASTER-2-F		00:09:09	+00:04:26	05:42 min/Km	
45	4	134	PAZ GONZÁLEZ , ANA	FEMALE	MASTER-2-F		00:09:15	+00:04:32	05:45 min/Km	
46	5	150	MOURE PRADO , SARA	FEMALE	MASTER-2-F		00:09:34	+00:04:51	05:57 min/Km	
47	6	131	BARREIRO REGO , ANA	FEMALE	MASTER-2-F	INDEPENDIENTE	00:09:37	+00:04:54	05:59 min/Km	