

# VII CARREIRA VIKINGA 2019

## - ABSOLUTA 10KM-

21 ABRIL 2019

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	META		
1	1	397	REQUEIJO REQUEIJO , SERGIO	MALE	SENIOR	ATLETISMOARENTEIRO	01:35:08.623		05:01 min/Km
2	1	408	RODRIGUEZ QUEJAS , JUAN CARLOS	MALE	M50	AMI	01:38:20.553	+00:03:11.930	05:11 min/Km
3	2	326	CAROU CARRIL , ALBERTO	MALE	SENIOR	CLUB ATLETISMO O PINO	01:39:37.173	+00:04:28.550	05:15 min/Km
4	3	425	TUÑAS GONZÁLEZ , ROBERTO	MALE	SENIOR	CLUB ATLETISMO NEGREIRA	01:39:58.873	+00:04:50.250	05:16 min/Km
5	4	335	COUSILLAS DIEGUEZ , VICTOR	MALE	SENIOR	AD JARNACHAS	01:44:06.213	+00:08:57.590	05:29 min/Km
6	5	418	SANTOS POSE , JOSÉ MANUEL	MALE	SENIOR	TERRA DE SONEIRA	01:45:28.273	+00:10:19.650	05:34 min/Km
7	6	407	RODRIGUEZ LOPEZ , GONZALO	MALE	SENIOR		01:46:18.513	+00:11:09.890	05:36 min/Km
8	7	347	FORMOSO LEIS , MARKO ANTONIO	MALE	SENIOR		01:46:35.613	+00:11:26.990	05:37 min/Km
9	8	361	LESTÓN AGULLEIRO , MARTIN	MALE	SENIOR	AD JARNACHAS	01:48:10.803	+00:13:02.180	05:42 min/Km
10	9	419	SENRA EIROA , DAVID	MALE	SENIOR	AD JARNACHAS	01:48:31.803	+00:13:23.180	05:43 min/Km
11	10	341	FERNANDEZ GARCIA , JOSE MANUEL	MALE	SENIOR	CDM VERTICE	01:50:29.603	+00:15:20.980	05:49 min/Km
12	2	401	RIVAS CASTRO , JUAN	MALE	M50	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:50:48.433	+00:15:39.810	05:50 min/Km
13	11	323	CANDAL VIQUEIRA , ALBERTO	MALE	SENIOR	INDEPENDIENTE	01:51:01.663	+00:15:53.040	05:51 min/Km
14	12	330	CASTRO HERMIDA , JUAN JOSE	MALE	SENIOR	TRIBU TRAIL	01:51:21.273	+00:16:12.650	05:52 min/Km
15	13	371	MONTEAGUDO RODRIGUEZ , SERGIO	MALE	SENIOR	TRIATLON CORUÑA	01:52:38.013	+00:17:29.390	05:56 min/Km
16	3	382	PASANTES VIDAL , ARTURO	MALE	M50		01:53:02.753	+00:17:54.130	05:57 min/Km
17	14	336	DAFONTE DIEGUEZ , CRISTÓBAL	MALE	SENIOR		01:53:21.533	+00:18:12.910	05:58 min/Km
18	15	316	BERMUDEZ ALVAREZ , DANIEL	MALE	SENIOR	INDEPENDIENTE	01:53:52.693	+00:18:44.070	05:60 min/Km
19	16	312	BARREIRO PÉREZ , IVAN	MALE	SENIOR	XESTEIRAS	01:54:17.443	+00:19:08.820	06:01 min/Km
20	17	339	ESPASANDIN , JULIO	MALE	SENIOR	INDEPENDIENTE	01:55:08.453	+00:19:59.830	06:04 min/Km
21	18	342	FERNÁNDEZ NÚÑEZ , DANIEL	MALE	SENIOR	AD JARNACHAS	01:55:13.653	+00:20:05.030	06:04 min/Km
22	19	413	ROMERO AGRA , NESTOR	MALE	SENIOR	LOUSAME DEPORTE TRAIL	01:56:30.683	+00:21:22.060	06:08 min/Km
23	20	334	CORDOVILLA GONZÁLEZ , MARIO	MALE	SENIOR	AD JARNACHAS	01:57:10.993	+00:22:02.370	06:11 min/Km
24	21	344	FERNÁNDEZ TORRES , OLIVIER	MALE	SENIOR	AD JARNACHAS	01:58:37.903	+00:23:29.280	06:15 min/Km
25	4	367	MARIÑO GARCIA , JOSE MANUEL	MALE	M50	INDEPENDIENTE	01:58:44.713	+00:23:36.090	06:15 min/Km
26	22	338	DIESTE REGADES , SERGIO	MALE	SENIOR	TRIBU TRAIL	01:59:24.613	+00:24:15.990	06:18 min/Km
27	23	360	LAGO SABORIDO , FRAN	MALE	SENIOR		02:00:01.253	+00:24:52.630	06:20 min/Km
28	24	311	BARREIRO CORDEIRO , F. JAVIER	MALE	SENIOR	NOSPORTLIMIT	02:00:03.373	+00:24:54.750	06:20 min/Km
29	25	422	TAJES PÉREZ , JESÚS MANUEL	MALE	SENIOR	TRIBU TRAIL	02:00:05.143	+00:24:56.520	06:20 min/Km
30	26	399	REY SOUTO , JESÚS ENRIQUE	MALE	SENIOR	TRAIL BOIMORTO-GMTA&CHUVONERS	02:00:05.293	+00:24:56.670	06:20 min/Km
31	27	351	FREIRE OTERO , DAVID	MALE	SENIOR		02:01:15.003	+00:26:06.380	06:23 min/Km
32	28	377	PARCERO ESPÍÑO , MIGUEL	MALE	SENIOR	AZERVAÑAN	02:01:30.533	+00:26:21.910	06:24 min/Km
33	29	424	TORRES GIMÉMEZ , MIGUEL ÁNGEL	MALE	SENIOR	CABUXAS TOLAS	02:02:38.823	+00:27:30.200	06:28 min/Km
34	30	307	ALONSO PEREIRA , YAGO	MALE	SENIOR	OBJETIVO TRAIL	02:02:46.403	+00:27:37.780	06:28 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	META		
35	31	430	XUNCAL PEREIRA , LUÍS	MALE	SENIOR	INDEPENDIENTE	02:02:48.863	+00:27:40.240	06:28 min/Km
36	32	313	BARREIRO VÁZQUEZ , RAMÓN	MALE	SENIOR	CASTROSUA TRAIL RUNNING	02:03:42.153	+00:28:33.530	06:31 min/Km
37	33	402	RODRIGEZ FERREIRO , LUIS	MALE	SENIOR	TRAILEROS TOXOS&BIRRAS	02:03:52.423	+00:28:43.800	06:32 min/Km
38	1	340	FABEIRO ROMERO , MARIA	FEMALE	M50-F	CDM VERTICE	02:03:56.423	+00:28:47.800	06:32 min/Km
39	34	369	MELLA SANCHEZ , PABLO	MALE	SENIOR	AD JARNACHAS	02:04:12.483	+00:29:03.860	06:33 min/Km
40	35	358	IGLESIAS DE LA IGLESIA , FRANCISCO JAVIER	MALE	SENIOR	RUNGALICIA-INTERSPORT	02:06:07.833	+00:30:59.210	06:39 min/Km
41	5	301	ABAL , EMILIO	MALE	M50	INDEPENDIENTE	02:06:47.533	+00:31:38.910	06:41 min/Km
42	1	332	CONDE SEOANE , OLALLA	FEMALE	SENIOR-F	CASTRO TRAIL	02:06:54.283	+00:31:45.660	06:41 min/Km
43	6	394	REBOREDA , AMADOR	MALE	M50	PINARIUM	02:09:07.203	+00:33:58.580	06:48 min/Km
44	36	403	RODRIGUEZ GONZÁLEZ , ALBERTO	MALE	SENIOR	TRIATLON COSTA COSTA DA MORTE	02:09:20.183	+00:34:11.560	06:49 min/Km
45	7	423	TOBA QUINTÁNS , DOSITEO	MALE	M50	INDEPENDIENTE	02:09:26.333	+00:34:17.710	06:49 min/Km
46	37	305	ALDREY RAICES , JOSE MANUEL	MALE	SENIOR	PRAIA DE CARNOTA RUNNERS	02:09:48.013	+00:34:39.390	06:50 min/Km
47	38	315	BELLO MARIÑO , MANUEL JESUS	MALE	SENIOR		02:10:51.843	+00:35:43.220	06:54 min/Km
48	39	308	ARIAS LÓPEZ , JAIME	MALE	SENIOR	TRAILEROS TOXOS&BIRRAS	02:12:19.273	+00:37:10.650	06:58 min/Km
49	40	309	BARBOSA GONZALEZ , RODRIGO	MALE	SENIOR	XISTRA	02:13:50.793	+00:38:42.170	07:03 min/Km
49	40	404	RODRIGUEZ GONZALEZ , IVAN	MALE	SENIOR	INDEPENDIENTE	02:13:50.793	+00:38:42.170	07:03 min/Km
51	42	331	CASTRO SOUTO , ALFONSO JAVIER	MALE	SENIOR	GMTA&CHUVONERS	02:14:18.333	+00:39:09.710	07:05 min/Km
52	43	356	GONZALEZ , SUSIÑO	MALE	SENIOR	XESTEIRAS	02:14:40.083	+00:39:31.460	07:06 min/Km
53	8	398	REY GARCÍA , JUANILLO	MALE	M50	AVIVA SPORT CLUB	02:14:44.573	+00:39:35.950	07:06 min/Km
54	2	392	PRADO SÁNCHEZ , PAULA	FEMALE	SENIOR-F	TRAILEROS	02:14:48.783	+00:39:40.160	07:06 min/Km
55	44	325	CARBALLAL IGLESIAS , ALBERT	MALE	SENIOR	A.D.MEDIADUCIA	02:16:39.603	+00:41:30.980	07:12 min/Km
56	45	428	VEREA VÁZQUEZ , LUIS	MALE	SENIOR	TRAIL BOIMORTO-GMTA&CHUVONERS	02:17:43.263	+00:42:34.640	07:15 min/Km
57	46	343	FERNÁNDEZ RIAL , SANTIAGO	MALE	SENIOR	MARISCOS RECIO	02:19:30.043	+00:44:21.420	07:21 min/Km
58	3	314	BARREIROS ARNOSO , JUANA	FEMALE	SENIOR-F	AD JARNACHAS	02:20:09.803	+00:45:01.180	07:23 min/Km
59	9	387	PÉREZ NOVOA , ANTONIO	MALE	M50	VIGOENTRENA	02:20:09.833	+00:45:01.210	07:23 min/Km
60	47	431	ZAPATA VAZQUEZ , TATI	MALE	SENIOR	TRAILEROS TOXOS&BIRRAS	02:20:30.063	+00:45:21.440	07:24 min/Km
61	48	375	MUÑIZ SANVICENTE , MIGUEL	MALE	SENIOR	BARBANTIA RODA	02:21:10.343	+00:46:01.720	07:26 min/Km
62	49	318	BRENLLA FAJIN , SATIRO	MALE	SENIOR	TARTARUGAS	02:21:15.163	+00:46:06.540	07:27 min/Km
63	50	376	OTERO VARELA , CARLOS	MALE	SENIOR	INDEPENDIENTE	02:21:49.853	+00:46:41.230	07:28 min/Km
64	51	350	FRANCO CAAMAÑO , FRANCISCO MANUEL	MALE	SENIOR	TRAIL TEAM BIZKAIA	02:22:11.883	+00:47:03.260	07:30 min/Km
65	10	429	VILLAR RUIBAL , RAMON	MALE	M50	VERXEL N.D.	02:22:48.783	+00:47:40.160	07:31 min/Km
66	4	348	FORMOSO NOCEDA , TINA	FEMALE	SENIOR-F	TRIBU TRAIL	02:23:09.413	+00:48:00.790	07:33 min/Km
67	52	353	GARCIA ARES , JOSE MANUEL	MALE	SENIOR	PRAIA CARNOTA RUNNERS	02:23:16.683	+00:48:08.060	07:33 min/Km
68	53	373	MOREIRAS GONZÁLEZ , DIEGO	MALE	SENIOR	INDEPENDIENTE	02:23:41.203	+00:48:32.580	07:34 min/Km

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69	5	384	PEREIRA GIRALDEZ , SERAFINA	FEMALE	SENIOR-F	XISTRA	02:23:42.133	+00:48:33.510	07:34 min/Km
70	54	354	GARCIA BLANCO , DIEGO	MALE	SENIOR	LOUSAME DEPORTES	02:24:32.473	+00:49:23.850	07:37 min/Km
71	6	368	MARTINEZ ARIAS , NATALIA	FEMALE	SENIOR-F	LOUSAME TRAIL	02:24:32.493	+00:49:23.870	07:37 min/Km
72	11	389	PEREZ TRILLO , JESUS	MALE	M50	PRAIA DE CARNOTA RUNNERS	02:25:19.683	+00:50:11.060	07:39 min/Km
73	55	320	CAAMAÑO LADO , TINO	MALE	SENIOR	INDEPENDIENTE	02:25:25.113	+00:50:16.490	07:40 min/Km
74	12	405	RODRIGUEZ JURJO , VITOR MANUEL	MALE	M50		02:26:33.303	+00:51:24.680	07:43 min/Km
75	2	345	FERNANDEZ VALENCIA , MERCEDES	FEMALE	M50-F	ATHLOS	02:26:47.153	+00:51:38.530	07:44 min/Km
76	56	322	CAJARAVILLE DAPENA , PABLO	MALE	SENIOR	INDEPENDIENTE	02:27:53.473	+00:52:44.850	07:48 min/Km
77	57	410	RODRIGUEZ SEOANE , DAVID	MALE	SENIOR	INDEPENDIENTE	02:30:05.873	+00:54:57.250	07:54 min/Km
78	7	321	CABALLERO , LIZA	FEMALE	SENIOR-F	NORINVER	02:31:28.103	+00:56:19.480	07:59 min/Km
79	13	396	RECOUSO GARCIA , JUAN CARLOS	MALE	M50	INDEPENDIENTE	02:32:47.253	+00:57:38.630	08:03 min/Km
80	58	352	GABIN CALVO , JAVIER	MALE	SENIOR		02:34:04.213	+00:58:55.590	08:07 min/Km
81	8	383	PAZ FRAGA , SABELA	FEMALE	SENIOR-F	A. D. JARNACHAS	02:34:31.403	+00:59:22.780	08:08 min/Km
82	9	328	CASAL LLORENTE , CARMEN	FEMALE	SENIOR-F	INDEPENDIENTE	02:35:32.813	+01:00:24.190	08:12 min/Km
83	14	378	PARDIÑAS ALVITE , JOSÉ	MALE	M50		02:35:37.923	+01:00:29.300	08:12 min/Km
84	15	304	AGULLEIRO DÍAZ , JESÚS	MALE	M50	INDEPENDIENTE	02:36:23.453	+01:01:14.830	08:14 min/Km
85	59	365	LOURIDO MARTÍNEZ , JAVIER	MALE	SENIOR	AS VELLAS NON PARAMOS	02:37:04.583	+01:01:55.960	08:17 min/Km
86	16	400	RÍOS GIMENEZ , ADOLFO OMAR	MALE	M50	CLUBE ATLETISMO BOIMORTO	02:37:15.843	+01:02:07.220	08:17 min/Km
87	60	379	PARDIÑAS GONZALEZ , MARCOS	MALE	SENIOR	AD MONTEBRONDO	02:37:26.693	+01:02:18.070	08:18 min/Km
88	61	324	CAO BOEDO , MARCOS	MALE	SENIOR	TRAILEROS TOXOS&BIRRAS	02:40:51.073	+01:05:42.450	08:28 min/Km
89	17	346	FERNÁNDEZ VALENCIA , PABLO	MALE	M50	BOX 001 OURENSE	02:42:02.093	+01:06:53.470	08:32 min/Km
90	10	364	LOIS , BEGO	FEMALE	SENIOR-F	RUNNING OLEIROS	02:43:00.463	+01:07:51.840	08:35 min/Km
91	3	349	FRAGA MARTÍNEZ , MONTSERRAT	FEMALE	M50-F	AD JARNACHAS	02:43:00.623	+01:07:52.000	08:35 min/Km
92	18	417	SANTOS , NICOLÁS	MALE	M50		02:43:49.843	+01:08:41.220	08:38 min/Km
93	62	303	AGUIAR CARREIRA , JOSE FRANCISCO	MALE	SENIOR		02:43:53.483	+01:08:44.860	08:38 min/Km
94	19	302	ABATI GÓMEZ , QUIQUE	MALE	M50	PRAIA DE CARNOTA RUNNERS	02:44:59.703	+01:09:51.080	08:42 min/Km
95	63	319	BRETAL BAZARRA , VENTURA	MALE	SENIOR	AUTOESCOLA MIGUEL	02:45:47.783	+01:10:39.160	08:44 min/Km
96	64	393	QUERENTES SANTOS , JORGE	MALE	SENIOR	ABRAKDABRA	02:45:48.063	+01:10:39.440	08:44 min/Km
97	65	432	BESADA WALDOMAR , ALEX	MALE	SENIOR	TRIBU TRAIL	02:49:01.703	+01:13:53.080	08:54 min/Km
98	66	327	CARREIRA NODAR , JORGE	MALE	SENIOR	CLUB DEPORTIVO SAN PAIO	02:52:16.993	+01:17:08.370	09:05 min/Km
99	20	395	RECAROLO , MANOLO	MALE	M50		02:53:39.363	+01:18:30.740	09:09 min/Km
100	4	357	GOYANES MARTÍNEZ , SUSANA	FEMALE	M50-F	RUNNING OLEIROS	03:01:15.653	+01:26:07.030	09:33 min/Km
101	5	380	PARDO CID , EDUARDA	FEMALE	M50-F	AD JARNACHAS	03:05:29.803	+01:30:21.180	09:46 min/Km
102	21	359	LAGE CAO , ANTONIO	MALE	M50	AD JARNACHAS	03:05:30.533	+01:30:21.910	09:46 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	META		
103	11	370	MEZA CABAÑAS , LAURA MABEL	FEMALE	SENIOR-F		<b>03:08:17.793</b>	+01:33:09.170	09:55 min/Km
104	67	391	PORTO CALVO , SERGIO	MALE	SENIOR	CLUB ATLETISMO OUTES JONH TURKEY	<b>03:24:12.313</b>	+01:49:03.690	10:45 min/Km
105	12	337	DÍAZ PORTAS , ANA	FEMALE	SENIOR-F	INDEPENDIENTE	<b>03:24:18.993</b>	+01:49:10.370	10:46 min/Km
106	13	386	PEREZ MARTINEZ , BELEN	FEMALE	SENIOR-F	AGRUPACION DEPORTIVA OLIMPIA	<b>03:24:19.293</b>	+01:49:10.670	10:46 min/Km