

VI SAN SILVESTRE SOLIDARIA CAMBADOS 2019

31 DECEMBRO 2019

- ABSOLUTA -

GALITIMING
DU!W!L!N!S

CRONOMETRAXE

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	V1	V2	META	RITMO
1	1	55	CALVETE CARBALLA , DIEGO	MALE	ABS-M	SAN MIGUEL DE MARÍN	00:07:25	00:07:43	00:15:08	03:47 min/Km
2	2	383	TRIGO LORES , ROBERTO	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:07:33	00:08:00	00:15:33	03:54 min/Km
3	3	27	AMENEIROS GOMEZ , JOSE LUIS	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:07:40	00:07:55	00:15:34	03:54 min/Km
4	4	356	SANTOS NUÑEZ , PABLO	MALE	ABS-M	CLUB ATLETISMO CAMBADOS	00:07:39	00:08:06	00:15:44	03:56 min/Km
5	5	262	OUBIÑA DIOS , FRANCISCO RAMON	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:07:44	00:08:17	00:16:01	04:01 min/Km
6	6	358	SEÑORANS , CARLOS	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:07:45	00:08:31	00:16:16	04:04 min/Km
7	7	47	BÚA IGLESIAS , RAÚL	MALE	ABS-M	INDEPENDIENTE	00:08:20	00:08:28	00:16:47	04:12 min/Km
8	8	122	FALCÓN PÈREZ , SANTIAGO	MALE	ABS-M	C.D.RIA DE AROUSA	00:08:15	00:08:38	00:16:53	04:14 min/Km
9	9	35	BARRAL LIJÓ , JAVIER	MALE	ABS-M	INDEPENDIENTE	00:08:22	00:08:32	00:16:53	04:14 min/Km
10	10	115	DOS REIS GONZALEZ , ALBERTO	MALE	ABS-M	RUNGALICIA	00:09:32	00:07:22	00:16:53	04:14 min/Km
11	11	328	RODRIGUEZ FERNANDEZ , ROI	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:08:15	00:08:39	00:16:54	04:14 min/Km
12	12	242	NUÑEZ MOSTEIRO , RUBEN	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:08:24	00:08:42	00:17:05	04:17 min/Km
13	13	395	VÁZQUEZ REMIGIO , DIEGO	MALE	ABS-M	CLUB ATLETISMO RIA DE AROUSA	00:08:22	00:08:50	00:17:11	04:18 min/Km
14	14	222	MÉNDEZ TRONCOSO , DAMIÁN	MALE	ABS-M	AGRUPACIÓN ATLÉTICA MAZÍ	00:08:41	00:08:38	00:17:18	04:20 min/Km
15	15	331	RODRIGUEZ GONZALEZ , IVAN	MALE	ABS-M	INDEPENDIENTE	00:08:32	00:08:49	00:17:21	04:21 min/Km
16	16	149	FONTENLA BÚA , JAIRO	MALE	ABS-M	INDEPENDIENTE	00:08:33	00:09:05	00:17:38	04:25 min/Km
17	17	30	ARAGUNDE CALVO , DAVID	MALE	ABS-M	ARMENTEIRA E PUNTO	00:08:41	00:09:02	00:17:42	04:26 min/Km
18	18	238	MUÑOZ HERMIDA , VICENTE	MALE	ABS-M	INDEPENDIENTE	00:08:47	00:08:59	00:17:46	04:27 min/Km
19	19	49	BUGALLO , GONZALO	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:08:57	00:08:53	00:17:50	04:28 min/Km
20	20	353	SANTÓRUM GONZÁLEZ , JORGE	MALE	ABS-M	CLUBE ATLETISMO CAMBADOS	00:08:57	00:08:55	00:17:51	04:28 min/Km
21	21	91	COSTA CARDOSO , JOAQUIM MIGUEL	MALE	ABS-M	INDEPENDIENTE	00:08:41	00:09:20	00:18:00	04:30 min/Km
22	22	409	ZHINGRE , ANGEL	MALE	ABS-M	C.A.CAMBADOS-SEGUROS NOVAL	00:08:58	00:09:03	00:18:00	04:30 min/Km
23	23	170	GONZÁLEZ MARTÍNEZ , JOSE	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:08:56	00:09:08	00:18:03	04:31 min/Km
24	1	54	CAEIRO MARIÑO , ISABEL	FEMALE	ABS-F	CLUB FRANCISCANOS DE LUGO	00:08:45	00:09:23	00:18:08	04:32 min/Km
25	24	53	CAEIRO GONZÁLEZ , EUGENIO	MALE	ABS-M	CLUB MONTEPENARUBIA	00:08:44	00:09:26	00:18:10	04:33 min/Km
26	25	264	OUBIÑA PEREZ , VICTOR MANUEL	MALE	ABS-M	INDEPENDIENTE	00:09:24	00:09:00	00:18:23	04:36 min/Km
27	26	313	REMISEIRO RODRÍGUEZ , HÉCTOR	MALE	ABS-M	INDEPENDIENTE	00:09:14	00:09:17	00:18:31	04:38 min/Km
28	27	380	TORRESCUSA MOURIÑO , RICARDO	MALE	ABS-M	INDEPENDIENTE	00:09:00	00:09:33	00:18:33	04:39 min/Km
29	28	177	GONZÁLEZ SEÑORÁNS , SERGIO	MALE	ABS-M	INDEPENDIENTE	00:08:59	00:09:36	00:18:34	04:39 min/Km
30	29	324	RODIÑO CASTRO , BORJA	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:08:40	00:10:02	00:18:41	04:41 min/Km
31	30	12	AGRA RIAL , CARLOS	MALE	ABS-M	TRIATLON VILAGARCIA	00:10:17	00:08:27	00:18:43	04:41 min/Km
32	31	355	SANTOS LOIS , SERGIO	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:10:17	00:08:27	00:18:44	04:41 min/Km
33	32	94	COUSIDO RIAL , ARTURO	MALE	ABS-M	INDEPENDIENTE	00:10:17	00:08:30	00:18:46	04:42 min/Km
34	33	158	GARCIA IGLESIAS , LUCAS	MALE	ABS-M	TRIATLON VILAGARCIA	00:10:16	00:08:31	00:18:47	04:42 min/Km

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35	34	343	RUIBAL SANTOS , MARTIN	MALE	ABS-M		00:09:18	00:09:32	00:18:50	04:43 min/Km
36	35	287	PIÑEIRO ABALO , BERNARDO	MALE	ABS-M	TRIATLON VILAGARCIA	00:09:20	00:09:30	00:18:50	04:43 min/Km
37	36	400	VIDAL POUSO , MARCOS	MALE	ABS-M	TRIATLÓN VILAGARCIA	00:09:23	00:09:29	00:18:51	04:43 min/Km
38	37	257	OTERO UHIA , ANTONIO	MALE	ABS-M		00:09:19	00:09:40	00:18:58	04:45 min/Km
39	38	322	RIVAS FONDEVILA , TOMÁS	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:12	00:09:48	00:18:59	04:45 min/Km
40	39	379	TORRES CHAVES , ELOY	MALE	ABS-M		00:09:34	00:09:25	00:18:59	04:45 min/Km
41	40	408	WERNINK PORTAS , IAN	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:23	00:09:38	00:19:01	04:46 min/Km
42	41	396	VÁZQUEZ VÁZQUEZ , JOSÉ MANUEL	MALE	ABS-M	PUNTA CABALO AROUSA RUNNERS	00:09:34	00:09:28	00:19:02	04:46 min/Km
43	42	230	MOSTEIRO MARTÍNEZ , YAGO	MALE	ABS-M	INDEPENDIENTE	00:09:27	00:09:37	00:19:04	04:46 min/Km
44	43	50	CAAMAÑO , CARLOS	MALE	ABS-M	INDEPENDIENTE	00:09:10	00:09:58	00:19:07	04:47 min/Km
45	44	213	MARTÍNEZ LÓPEZ , GUILLERMO	MALE	ABS-M	INDEPENDIENTE	00:09:24	00:09:50	00:19:14	04:49 min/Km
46	45	205	MARIÑO COSTA , DIEGO	MALE	ABS-M		00:09:24	00:09:50	00:19:14	04:49 min/Km
47	46	44	BOTANA ALVAREZ , BORJA	MALE	ABS-M	CLUB PIRAGÜISMO CAMBADOS	00:09:45	00:09:31	00:19:15	04:49 min/Km
48	47	135	FERNANDEZ NOVAS , MIGUEL	MALE	ABS-M	INDEPENDIENTE	00:10:00	00:09:16	00:19:15	04:49 min/Km
49	2	17	AGUIÑO GUÍO , CARMEN	FEMALE	ABS-F	SAN MIGUEL DE MARÍN	00:09:24	00:09:52	00:19:16	04:49 min/Km
50	48	253	OTERO MOUGAN , IKER	MALE	ABS-M	INDEPENDIENTE	00:10:00	00:09:18	00:19:17	04:50 min/Km
51	49	388	VAZQUEZ BLANCO , AITOR	MALE	ABS-M	INDEPENDIENTE	00:10:00	00:09:20	00:19:19	04:50 min/Km
52	50	381	TOUCEDA MONTIAGUDO , RAÚL	MALE	ABS-M	ATLETISMO +9 MORAÑA	00:09:58	00:09:23	00:19:21	04:51 min/Km
53	51	369	SINEIRO FEIJOO , MARCO	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:09:19	00:10:07	00:19:26	04:52 min/Km
54	52	252	OTERO LEMA , ENRIQUE	MALE	ABS-M	INDEPENDIENTE	00:09:33	00:09:57	00:19:29	04:53 min/Km
55	3	352	SANTIAGO RODRIGUEZ , NURIA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:26	00:10:04	00:19:30	04:53 min/Km
56	53	61	CASAI BARRAL , DARÍO	MALE	ABS-M	CAC CAMBADOS	00:10:18	00:09:13	00:19:30	04:53 min/Km
57	4	192	LODEIRO NÚÑEZ , GUADALUPE	FEMALE	ABS-F	CLUB ATLETISMO SAR VERMÚ PETRONI	00:09:33	00:09:59	00:19:31	04:53 min/Km
58	54	246	OTERO ALVAREZ , AITOR	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:19	00:10:13	00:19:32	04:53 min/Km
59	55	386	VARELA VALLADARES , ALEJANDRO	MALE	ABS-M	CHISPAS	00:09:54	00:09:39	00:19:33	04:54 min/Km
60	56	309	PRIETO ALVAREZ , BORJA	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:25	00:10:17	00:19:42	04:56 min/Km
61	57	368	SINEIRO CASTRELO , RICARDO	MALE	ABS-M	INDEPENDIENTE	00:09:54	00:09:49	00:19:42	04:56 min/Km
62	58	166	GÓMEZ SOTO , JOSEP	MALE	ABS-M	CLUB ATLETISMO CAMBADOS	00:09:54	00:09:49	00:19:43	04:56 min/Km
63	59	52	CACHEDA BLANCO , ANDRÉS	MALE	ABS-M	INDEPENDIENTE	00:09:59	00:09:45	00:19:43	04:56 min/Km
64	60	207	MARTIN LOIS , XABIER	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:09:57	00:09:50	00:19:46	04:57 min/Km
65	61	174	GONZALEZ REY , OSCAR	MALE	ABS-M	INDEPENDIENTE	00:09:57	00:09:50	00:19:46	04:57 min/Km
66	62	372	SOTO BUCETA , SERGIO	MALE	ABS-M	C.A.CAMBADOS-SEGUROS NOVAL	00:10:09	00:09:39	00:19:47	04:57 min/Km
67	63	56	CALVO GERARDI , MANUEL	MALE	ABS-M	ATLETISMO +9 MORAÑA	00:09:49	00:10:13	00:20:02	05:01 min/Km
68	64	92	COSTA RODRIGUEZ , JOSE ANTONIO	MALE	ABS-M	AGRUPACIÓN ATLÉTICA MAZÍ	00:10:01	00:10:04	00:20:04	05:01 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	V1	V2	META	RITMO
69	65	209	MARTÍNEZ ABAL , ROI	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:09:56	00:10:11	00:20:07	05:02 min/Km
70	66	365	SEREN PORTAS , MANUEL	MALE	ABS-M	INDEPENDIENTE	00:10:16	00:09:55	00:20:10	05:03 min/Km
71	67	38	BARREIRO , DAVID	MALE	ABS-M		00:09:41	00:10:32	00:20:12	05:03 min/Km
72	5	267	PADIN FALCON , CARLA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:57	00:10:21	00:20:17	05:05 min/Km
73	68	377	TOLEDANO GARCIA , AARON	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:58	00:10:22	00:20:18	05:05 min/Km
74	69	392	VÁZQUEZ OSORIO , MANUEL	MALE	ABS-M	TRAN TRAN	00:10:38	00:09:43	00:20:20	05:05 min/Km
75	70	22	ALLO ARAGUNDE , FRANVISCO JAVIER	MALE	ABS-M	TRIATLON VILAGARCIA	00:10:31	00:09:51	00:20:21	05:06 min/Km
76	71	200	MAESTU FERNÁNDEZ , JUAN	MALE	ABS-M		00:10:15	00:10:10	00:20:24	05:06 min/Km
77	6	308	PREGO PADÍN , CRISTINA	FEMALE	ABS-F		00:09:45	00:10:41	00:20:26	05:07 min/Km
78	72	316	REY RESUA , JOSÉ BENITO	MALE	ABS-M		00:10:44	00:09:43	00:20:27	05:07 min/Km
79	73	314	REY , JOSE	MALE	ABS-M		00:10:44	00:09:43	00:20:27	05:07 min/Km
80	74	263	OUBIÑA OTERO , DIEGO	MALE	ABS-M	JUVENCIO CAMBADOS DE FUTBOL	00:10:44	00:09:43	00:20:27	05:07 min/Km
81	75	402	VILAR SARTAGES , OSCAR	MALE	ABS-M		00:10:05	00:10:30	00:20:34	05:09 min/Km
82	76	84	CID , VICTOR	MALE	ABS-M	INDEPENDIENTE	00:09:56	00:10:49	00:20:44	05:11 min/Km
83	77	73	CASTROGUDIN GÓMEZ , ADRIÁN	MALE	ABS-M	INDEPENDIENTE	00:10:02	00:10:44	00:20:46	05:12 min/Km
84	78	206	MARIÑO PRADO , EMILIO JOAQUIN	MALE	ABS-M	INDEPENDIENTE	00:09:55	00:10:54	00:20:48	05:12 min/Km
85	79	268	PADIN TRIÑANES , ALEJANDRO	MALE	ABS-M	C.D.RIA DE AROUSA	00:10:37	00:10:13	00:20:50	05:13 min/Km
86	80	185	JAMARDO ABOY , ESTEBAN	MALE	ABS-M		00:11:12	00:09:45	00:20:56	05:14 min/Km
87	81	68	CASTRO OTERO , BORJA	MALE	ABS-M	INDEPENDIENTE	00:10:11	00:10:48	00:20:58	05:15 min/Km
88	82	394	VÁZQUEZ PADÍN , JOSE	MALE	ABS-M	INDEPENDIENTE	00:10:26	00:10:36	00:21:02	05:16 min/Km
89	83	393	VÁZQUEZ PADÍN , DAVID	MALE	ABS-M	INDEPENDIENTE	00:10:27	00:10:35	00:21:02	05:16 min/Km
90	7	28	AMMARI MESSAOUDI , DOUAA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:09:58	00:11:09	00:21:06	05:17 min/Km
91	84	317	RIAL DOMINGUEZ , JOSE CARLOS	MALE	ABS-M	INDEPENDIENTE	00:10:46	00:10:25	00:21:11	05:18 min/Km
92	85	259	OUBIÑA ALVAREZ , ANGEL	MALE	ABS-M	INDEPENDIENTE	00:11:10	00:10:07	00:21:16	05:19 min/Km
93	86	134	FERNÁNDEZ MONTEAGUDO , RUBÉN	MALE	ABS-M	INDEPENDIENTE	00:10:05	00:11:15	00:21:19	05:20 min/Km
94	8	254	OTERO OTERO , CHUS	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:10:46	00:10:34	00:21:19	05:20 min/Km
95	87	193	LOIS ARAGUNDE , MANUEL	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:10:46	00:10:34	00:21:20	05:20 min/Km
96	88	260	OUBIÑA ARAGUNDE , MANU	MALE	ABS-M	INDEPENDIENTE	00:10:43	00:10:47	00:21:29	05:23 min/Km
97	89	133	FERNANDEZ GONZALEZ , SANTIAGO	MALE	ABS-M	CAMBADOS GAELICO	00:10:47	00:10:48	00:21:35	05:24 min/Km
98	90	8	ABAL VILAS , RUBÉN	MALE	ABS-M	INDEPENDIENTE	00:10:47	00:10:48	00:21:36	05:24 min/Km
99	91	357	SENIN DOMINGUEZ , ANDRES	MALE	ABS-M	JUDO CLUB SENIN	00:11:50	00:09:51	00:21:40	05:25 min/Km
100	92	148	FONTÁN CONDE , MARTIN	MALE	ABS-M		00:10:46	00:10:57	00:21:43	05:26 min/Km
101	93	225	MIRANDA , OSCAR	MALE	ABS-M	CLUB ATLETISMO BOIMORTO	00:10:40	00:11:07	00:21:47	05:27 min/Km
102	94	405	VILLANUEVA FARIÑA , DIEGO	MALE	ABS-M	INDEPENDIENTE	00:10:33	00:11:22	00:21:55	05:29 min/Km

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103	95	229	MONTOTO VAZQUEZ , JESUS	MALE	ABS-M	VENGADORES OCR	00:10:16	00:11:45	00:22:00	05:30 min/Km
104	96	279	PEITEADO SUAREZ , SANTIAGO	MALE	ABS-M	INDEPENDIENTE	00:11:01	00:11:02	00:22:03	05:31 min/Km
105	97	293	PINTADO COSTA , JUAN	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:12:09	00:09:56	00:22:04	05:31 min/Km
106	98	179	GUERRA MAGAN , OSCAR	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:12:09	00:09:56	00:22:04	05:31 min/Km
107	99	295	PINTOS GONZALEZ , RAFAEL	MALE	ABS-M		00:12:01	00:10:13	00:22:14	05:34 min/Km
108	9	42	BAYON DIZ , LORENA	FEMALE	ABS-F	INDEPENDIENTE	00:16:44	00:05:32	00:22:16	05:34 min/Km
109	10	90	CORES SUAREZ , ADRIANA	FEMALE	ABS-F	INDEPENDIENTE	00:16:45	00:05:31	00:22:16	05:34 min/Km
110	11	210	MARTINEZ ALFONSIN , LETICIA	FEMALE	ABS-F	INDEPENDIENTE	00:16:46	00:05:32	00:22:17	05:34 min/Km
111	12	169	GONZÁLEZ FERNÁNDEZ , LARA	FEMALE	ABS-F		00:16:47	00:05:33	00:22:18	05:34 min/Km
112	100	236	MUELLE GONZALEZ , JOSE RAMON	MALE	ABS-M	INDEPENDIENTE	00:11:54	00:10:31	00:22:24	05:36 min/Km
113	101	307	PRADO PREGO , CARLOS	MALE	ABS-M		00:11:33	00:10:53	00:22:25	05:37 min/Km
114	102	286	PEREZ PAZOS , YERAI	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:10:29	00:12:06	00:22:35	05:39 min/Km
115	103	289	PIÑEIRO CHAVES , ÁNGEL	MALE	ABS-M		00:11:35	00:11:12	00:22:47	05:42 min/Km
116	104	344	SALGUEIRO GONZÁLEZ , ANTONIO	MALE	ABS-M		00:11:13	00:11:46	00:22:58	05:45 min/Km
117	105	330	RODRÍGUEZ FRAGA , DAVID	MALE	ABS-M	INDEPENDIENTE	00:12:00	00:11:00	00:22:59	05:45 min/Km
118	106	95	CRESPO REY , MARCOS	MALE	ABS-M		00:10:59	00:12:06	00:23:04	05:46 min/Km
119	107	190	LLOVET CANALS , ALBERT	MALE	ABS-M	INDEPENDIENTE	00:11:08	00:11:58	00:23:06	05:47 min/Km
120	108	117	DUARTE MEIS , MIGUEL	MALE	ABS-M	INDEPENDIENTE	00:11:32	00:11:34	00:23:06	05:47 min/Km
121	109	125	FARIÑA HERMIDA , JUAN	MALE	ABS-M	INDEPENDIENTE	00:11:09	00:12:00	00:23:08	05:47 min/Km
122	110	248	OTERO CARBALLA , SERGIO	MALE	ABS-M	INDEPENDIENTE	00:11:47	00:11:24	00:23:10	05:48 min/Km
123	111	109	DOBARRO LÓPEZ , TOMÁS	MALE	ABS-M	INDEPENDIENTE	00:11:47	00:11:23	00:23:10	05:48 min/Km
124	112	112	DOMÍNGUEZ FAJARDO , ADRIÁN	MALE	ABS-M		00:12:10	00:11:06	00:23:16	05:49 min/Km
125	113	32	ARAGUNDE PAZOS , HUGO	MALE	ABS-M	CLUB DE TENIS CAMBADOS CTC	00:11:36	00:11:41	00:23:17	05:50 min/Km
126	114	108	DIZ CHAVES , MANUEL	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:19	00:10:58	00:23:17	05:50 min/Km
127	115	138	FERNANDEZ REY , CHEMA	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:18	00:11:02	00:23:19	05:50 min/Km
128	116	184	INSUA QUINTANS , JAVIER	MALE	ABS-M		00:12:02	00:11:19	00:23:20	05:50 min/Km
129	117	399	VERA SANMARTIN , CLAUDIO	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:12:13	00:11:07	00:23:20	05:50 min/Km
130	118	31	ARAGUNDE DIESTE , JOSÉ ANTONIO	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:18	00:11:02	00:23:20	05:50 min/Km
131	119	144	FERRÍN ESCARIZ , JORGE	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:17	00:11:04	00:23:21	05:51 min/Km
132	120	64	CASTRELO CONDE , FRANCISCO JAVIER	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:17	00:11:05	00:23:22	05:51 min/Km
133	121	390	VÁZQUEZ GARCÍA , IVÁN	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:18	00:11:05	00:23:22	05:51 min/Km
134	122	130	FERNÁNDEZ FERNÁNDEZ , JAVIER	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:18	00:11:05	00:23:23	05:51 min/Km
135	123	251	OTERO IGLESIAS , CARLOS	MALE	ABS-M	TRIATLÓN VILAGARCÍA	00:12:18	00:11:05	00:23:23	05:51 min/Km
136	124	103	DEL ARCO MARQUIZ , SERGIO	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:18	00:11:06	00:23:23	05:51 min/Km

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137	13	340	ROZADOS DA CONCEICAO , CRISTINA	FEMALE	ABS-F		00:12:23	00:11:01	00:23:24	05:51 min/Km
138	125	82	CHAVES SERANTES , JUAN CARLOS	MALE	ABS-M		00:12:51	00:10:37	00:23:28	05:52 min/Km
139	126	245	OTERO ABAL , MARTIN	MALE	ABS-M	INDEPENDIENTE	00:11:38	00:11:53	00:23:30	05:53 min/Km
140	14	256	OTERO PADIN , VIVIANA	FEMALE	ABS-F	INDEPENDIENTE	00:12:16	00:11:18	00:23:33	05:54 min/Km
141	127	255	OTERO OUBIÑA , JOSÉ LUIS	MALE	ABS-M		00:12:06	00:11:32	00:23:37	05:55 min/Km
142	15	3	ABAL DURÁN , ALBA	FEMALE	ABS-F		00:11:11	00:12:28	00:23:38	05:55 min/Km
143	16	4	ABAL DURÁN , ANTÍA	FEMALE	ABS-F		00:11:30	00:12:09	00:23:38	05:55 min/Km
144	128	243	NÚÑEZ OTERO , ERIC ADRIAN	MALE	ABS-M		00:12:07	00:11:32	00:23:38	05:55 min/Km
145	129	311	RAMOS FERRERO , RAUL	MALE	ABS-M		00:11:23	00:12:18	00:23:40	05:55 min/Km
146	130	1	8NSUA MUÑIZ , MARIO	MALE	ABS-M		00:11:42	00:12:04	00:23:46	05:57 min/Km
147	131	283	PÉREZ GARCÍA , JESÚS	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:12:22	00:11:26	00:23:48	05:57 min/Km
148	132	274	PAZOS MOHRI , JOSE	MALE	ABS-M		00:13:03	00:10:50	00:23:52	05:58 min/Km
149	133	131	FERNÁNDEZ GONDAR , ROBERTO	MALE	ABS-M	INDEPENDIENTE	00:13:04	00:10:49	00:23:52	05:58 min/Km
150	134	74	CEBRIÁN LÓPEZ , KIKO	MALE	ABS-M		00:11:55	00:12:13	00:24:08	06:02 min/Km
151	135	20	ALCOVER BUSQUETS , MIGUEL A	MALE	ABS-M		00:11:55	00:12:13	00:24:08	06:02 min/Km
152	136	160	GARCÍA PADÍN , ROBERTO	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:12:13	00:11:57	00:24:09	06:03 min/Km
153	17	69	CASTRO PADIN , CANDELA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:11:11	00:13:00	00:24:10	06:03 min/Km
154	137	45	BOUZÓN ABAL , RAÚL	MALE	ABS-M	INDEPENDIENTE	00:12:14	00:11:58	00:24:10	06:03 min/Km
155	18	327	RODRÍGUEZ CHORÉN , AIDA	FEMALE	ABS-F		00:12:54	00:11:19	00:24:12	06:03 min/Km
156	138	87	COIRA LOJO , CARLOS	MALE	ABS-M	TRIATLON VILAGARCIA	00:12:54	00:11:19	00:24:12	06:03 min/Km
157	139	326	RODRIGUEZ ALFONSO , ROBERTO	MALE	ABS-M		00:12:02	00:12:12	00:24:13	06:04 min/Km
158	140	237	MUÑIZ GONZALEZ , NIKO	MALE	ABS-M		00:12:01	00:12:13	00:24:14	06:04 min/Km
159	19	351	SANTIAGO GARRIDO , ROSA	FEMALE	ABS-F	INDEPENDIENTE	00:12:09	00:12:07	00:24:16	06:04 min/Km
160	141	180	HORRO GONZALEZ , AMANCIO	MALE	ABS-M	INDEPENDIENTE	00:11:44	00:12:35	00:24:19	06:05 min/Km
161	142	288	PIÑEIRO BUEZAS , MATEO	MALE	ABS-M		00:13:04	00:11:17	00:24:20	06:05 min/Km
162	143	299	PORTAS RIVAS , IAGO	MALE	ABS-M	INDEPENDIENTE	00:12:18	00:12:11	00:24:28	06:07 min/Km
163	144	121	FALCON MOLDES , IVAN	MALE	ABS-M	INDEPENDIENTE	00:12:18	00:12:11	00:24:28	06:07 min/Km
164	145	7	ABAL TORRES , CÁNDIDO	MALE	ABS-M	INDEPENDIENTE	00:12:41	00:11:55	00:24:35	06:09 min/Km
165	146	404	VILLALON CRUZ , PEDRO JAVIER	MALE	ABS-M	INDEPENDIENTE	00:12:23	00:12:16	00:24:38	06:10 min/Km
166	147	378	TORRADO REY , MARCOS	MALE	ABS-M		00:12:54	00:11:52	00:24:45	06:12 min/Km
167	20	320	RIAL RIVAS , PAULA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:11:37	00:13:12	00:24:49	06:13 min/Km
168	148	374	SUAREZ SANTOS , JULIO JOSÉ	MALE	ABS-M		00:13:00	00:11:55	00:24:54	06:14 min/Km
169	149	375	SUAREZ VIQUEIRA , JOSE MANUEL	MALE	ABS-M		00:13:01	00:11:54	00:24:55	06:14 min/Km
170	21	78	CHAVES ALFONSIN , SUSANA	FEMALE	ABS-F	C.A.CAMBADOS SEGUROS NOVAL	00:13:06	00:11:56	00:25:01	06:16 min/Km

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171	22	60	CARRERA FERNANDEZ , NEREA	FEMALE	ABS-F	C.A.CAMBADOS SEGUROS NOVAL	00:13:06	00:11:56	00:25:02	06:16 min/Km
172	150	265	PACHE HERMIDA , VÍCTOR	MALE	ABS-M	INDEPENDIENTE	00:13:07	00:11:56	00:25:02	06:16 min/Km
173	151	111	DOMINGUEZ , ELADIO	MALE	ABS-M		00:11:24	00:13:41	00:25:04	06:16 min/Km
174	152	151	FONTENLA PEDREIRA , MARCOS	MALE	ABS-M	INDEPENDIENTE	00:11:25	00:13:42	00:25:05	06:16 min/Km
175	153	334	RODRÍGUEZ VEIGA , RAFAEL	MALE	ABS-M	MONTEPENARUBIA	00:12:29	00:12:38	00:25:07	06:17 min/Km
176	23	270	PAZ SEÑORANS , OLGA	FEMALE	ABS-F	MONTEPENARUBIA	00:12:29	00:12:38	00:25:07	06:17 min/Km
177	154	194	LOIS FERNÁNDEZ , XOÁN	MALE	ABS-M		00:11:36	00:13:45	00:25:20	06:20 min/Km
178	155	113	DOMÍNGUEZ PEDREIRA , JACOBO	MALE	ABS-M		00:13:21	00:12:01	00:25:22	06:21 min/Km
179	156	5	ABAL LOBATO , SERGIO	MALE	ABS-M		00:13:21	00:12:02	00:25:22	06:21 min/Km
180	157	154	GALIÑANES FERNÁNDEZ , CARMELO	MALE	ABS-M	INDEPENDIENTE	00:13:37	00:11:45	00:25:22	06:21 min/Km
181	158	276	PAZOS RIVEIRO , RUBÉN	MALE	ABS-M	INDEPENDIENTE	00:13:04	00:12:22	00:25:25	06:22 min/Km
182	159	272	PAZOS GONZALEZ , JOSE MANUEL	MALE	ABS-M		00:13:19	00:12:25	00:25:44	06:26 min/Km
183	24	273	PAZOS MOHRI , ALBA	FEMALE	ABS-F		00:13:19	00:12:26	00:25:44	06:26 min/Km
184	160	232	MOSTEIRO PIÑEIRO , ROBERTO	MALE	ABS-M		00:12:47	00:13:06	00:25:53	06:29 min/Km
185	25	150	FONTENLA CALO , NURIA	FEMALE	ABS-F		00:12:47	00:13:07	00:25:53	06:29 min/Km
186	161	191	LOBATO , JOAQUIN	MALE	ABS-M	GALITAR RUNNERS	00:13:32	00:12:23	00:25:55	06:29 min/Km
187	162	18	ALBA SALGUEIRO , LUIS BENITO	MALE	ABS-M		00:12:51	00:13:20	00:26:11	06:33 min/Km
188	163	129	FERNANDEZ CORES , JUANJO	MALE	ABS-M		00:13:12	00:13:00	00:26:11	06:33 min/Km
189	164	298	PORTAS RICOY , NICOLÁS	MALE	ABS-M	INDEPENDIENTE	00:13:11	00:13:01	00:26:12	06:33 min/Km
190	165	337	ROMERO FERNANDEZ , JUAN ANGEL	MALE	ABS-M	INDEPENDIENTE	00:13:31	00:12:44	00:26:14	06:34 min/Km
191	166	338	ROMERO NOYA , JUAN PABLO	MALE	ABS-M	INDEPENDIENTE	00:13:31	00:12:44	00:26:15	06:34 min/Km
192	167	239	NIETO DIOS , CARMELO	MALE	ABS-M	INDEPENDIENTE	00:14:19	00:12:01	00:26:19	06:35 min/Km
193	168	107	DIOS SUAREZ , RICARDO	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:14:19	00:12:01	00:26:20	06:35 min/Km
194	169	58	CANCELO SEOANE , MARCOS	MALE	ABS-M		00:13:26	00:12:57	00:26:23	06:36 min/Km
195	170	156	GANDARA VIDAL , IVAN	MALE	ABS-M	INDEPENDIENTE	00:13:36	00:12:48	00:26:23	06:36 min/Km
196	171	63	CASTAÑO GARCÍA , ROI	MALE	ABS-M	INDEPENDIENTE	00:13:26	00:12:58	00:26:24	06:36 min/Km
197	172	72	CASTRO VILAS , FERNANDO	MALE	ABS-M	INDEPENDIENTE	00:13:33	00:12:56	00:26:29	06:38 min/Km
198	173	269	PATIÑO VENTOSO , ADRIAN	MALE	ABS-M	INDEPENDIENTE	00:13:33	00:12:56	00:26:29	06:38 min/Km
199	174	85	CID NUÑEZ , JOSÉ MARÍA	MALE	ABS-M	INDEPENDIENTE	00:13:19	00:13:16	00:26:34	06:39 min/Km
200	26	173	GONZALEZ REY , ENMA	FEMALE	ABS-F	INDEPENDIENTE	00:13:19	00:13:16	00:26:34	06:39 min/Km
201	175	294	PINTOS CARDALDA , DENÍS	MALE	ABS-M	INDEPENDIENTE	00:12:37	00:13:59	00:26:35	06:39 min/Km
202	176	77	CHARLIN ULLOA , FERNANDO	MALE	ABS-M	INDEPENDIENTE	00:13:34	00:13:03	00:26:36	06:39 min/Km
203	177	391	VÁZQUEZ LUCIO , ROBERTO	MALE	ABS-M	INDEPENDIENTE	00:13:35	00:13:03	00:26:37	06:40 min/Km
204	27	102	DE LA BARRERA MARTORELL , MARIA	FEMALE	ABS-F	INDEPENDIENTE	00:14:41	00:12:00	00:26:40	06:40 min/Km

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205	178	228	MONTANS ARGÜELLO , FERNANDO	MALE	ABS-M		00:14:41	00:12:00	00:26:41	06:41 min/Km
206	179	159	GARCIA OTERO , ALEX	MALE	ABS-M	INDEPENDIENTE	00:14:00	00:12:45	00:26:44	06:41 min/Km
207	180	146	FONTAN , GERARD	MALE	ABS-M	CLUBE CICLISTA ARMENTEIRA E PUNTO	00:13:44	00:13:01	00:26:45	06:42 min/Km
208	28	219	MARTINEZ VALLADARES , LIDIA	FEMALE	ABS-F	INDEPENDIENTE	00:14:01	00:12:46	00:26:45	06:41 min/Km
209	29	143	FERREIRO ANIL , BERTA	FEMALE	ABS-F		00:14:02	00:12:47	00:26:46	06:41 min/Km
210	30	195	LOIS PEREZ , ISABEL	FEMALE	ABS-F		00:13:14	00:13:48	00:27:02	06:46 min/Km
211	31	11	AGRA PADIN , SONIA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:12:19	00:14:52	00:27:10	06:48 min/Km
212	181	342	RUIBAL BASCUAS , MANUEL	MALE	ABS-M		00:12:53	00:14:23	00:27:16	06:49 min/Km
213	182	41	BAULO PIÑEIRO , CESAR	MALE	ABS-M		00:12:53	00:14:23	00:27:16	06:49 min/Km
214	32	79	CHAVES DURÁN , ALDARA	FEMALE	ABS-F	ATLETISMO +9 MORAÑA	00:13:05	00:14:11	00:27:16	06:49 min/Km
215	33	132	FERNANDEZ GONZALEZ , MARÍA CARMEN	FEMALE	ABS-F	INDEPENDIENTE	00:13:11	00:14:06	00:27:17	06:50 min/Km
216	183	80	CHAVES PEREIRA , JOSE	MALE	ABS-M	ATLETISMO +9 MORAÑA	00:13:05	00:14:14	00:27:19	06:50 min/Km
217	184	114	DOPAZO CHANTRERO , JAIME	MALE	ABS-M	INDEPENDIENTE	00:14:12	00:13:10	00:27:21	06:51 min/Km
218	34	176	GONZÁLEZ SEÑORÁNS , IRIA	FEMALE	ABS-F		00:13:27	00:13:57	00:27:23	06:51 min/Km
219	35	359	SEÑORÁNS RIVAS , MONTSERRAT	FEMALE	ABS-F		00:13:44	00:13:40	00:27:24	06:51 min/Km
220	36	235	MOUTA GONZALEZ , VANESA	FEMALE	ABS-F	INDEPENDIENTE	00:13:28	00:14:08	00:27:36	06:54 min/Km
221	185	10	AGRA MOURIÑO , CARLOS	MALE	ABS-M		00:13:30	00:14:08	00:27:37	06:55 min/Km
222	186	105	DÍAZ CANTO , RUBÉN	MALE	ABS-M	INDEPENDIENTE	00:13:38	00:14:01	00:27:38	06:55 min/Km
223	187	104	DÍAZ CANTO , IVAN	MALE	ABS-M	INDEPENDIENTE	00:13:46	00:13:56	00:27:42	06:56 min/Km
224	37	15	AGUÍN , SARA	FEMALE	ABS-F		00:13:10	00:14:34	00:27:43	06:56 min/Km
225	188	81	CHAVES RODRÍGUEZ , ADRIÁN	MALE	ABS-M	INDEPENDIENTE	00:13:31	00:14:13	00:27:43	06:56 min/Km
226	38	96	DADIN GARCIA , ARÁNZAZU	FEMALE	ABS-F		00:14:15	00:13:32	00:27:47	06:57 min/Km
227	39	165	GÓMEZ SINEIRO , NOEMI	FEMALE	ABS-F	INDEPENDIENTE	00:13:29	00:14:24	00:27:52	06:58 min/Km
228	40	97	DADIN GARCIA , ROCIO	FEMALE	ABS-F		00:14:14	00:13:40	00:27:54	06:59 min/Km
229	189	304	PRADO GARCÍA , ALEJANDRO	MALE	ABS-M	CLUB DE TENIS CAMBADOS A (OS BOS) CTC	00:12:37	00:15:41	00:28:17	07:05 min/Km
230	41	302	PORTO ABAL , RAQUEL	FEMALE	ABS-F		00:14:36	00:13:42	00:28:18	07:05 min/Km
231	190	127	FENTES PIÑEIRO , IVAN	MALE	ABS-M	INDEPENDIENTE	00:14:37	00:13:42	00:28:18	07:05 min/Km
232	42	167	GONZÁLEZ BETANZOS , JESSICA	FEMALE	ABS-F		00:14:37	00:13:43	00:28:19	07:05 min/Km
233	191	407	VILLAVEVERDE PADIN , MARCOS	MALE	ABS-M	INDEPENDIENTE	00:14:13	00:14:08	00:28:20	07:05 min/Km
234	192	51	CACABELOS BOTE , RAÚL	MALE	ABS-M	INDEPENDIENTE	00:14:25	00:14:03	00:28:28	07:07 min/Km
235	193	37	BARRAL RAÑA , DAVID	MALE	ABS-M		00:14:46	00:13:43	00:28:28	07:07 min/Km
236	43	186	JURJO COSTA , ANA	FEMALE	ABS-F	INDEPENDIENTE	00:13:48	00:14:43	00:28:31	07:08 min/Km
237	194	387	VARELA VALLADARES , CÉSAR	MALE	ABS-M	CHISPAS	00:13:48	00:14:43	00:28:31	07:08 min/Km
238	195	71	CASTRO RUIBAL , JOSE RAMON	MALE	ABS-M		00:14:46	00:13:47	00:28:32	07:08 min/Km

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239	44	346	SAN JUAN PEREZ , IRIA	FEMALE	ABS-F		00:13:44	00:14:49	00:28:33	07:09 min/Km
240	45	26	ALVAREZ FERNANDEZ , ARIANA	FEMALE	ABS-F		00:14:46	00:13:47	00:28:33	07:09 min/Km
241	196	110	DOCAMPO FUENTES , LUIS	MALE	ABS-M		00:13:33	00:15:05	00:28:38	07:10 min/Km
242	197	153	FUERTES CARBALLEIRA , MANUEL	MALE	ABS-M		00:13:34	00:15:05	00:28:38	07:10 min/Km
243	198	175	GONZÁLEZ SANTÓRUM , FRANCISCO	MALE	ABS-M	TEAM GOS	00:13:12	00:15:32	00:28:44	07:11 min/Km
244	46	189	LEDESMA DURÁN , ANDREA	FEMALE	ABS-F	TEAM GOS	00:13:12	00:15:32	00:28:44	07:11 min/Km
245	199	280	PEÑA VILAS , OSCAR	MALE	ABS-M	INDEPENDIENTE	00:13:42	00:15:06	00:28:48	07:12 min/Km
246	47	231	MOSTEIRO LOBATO , ALEJANDRA	FEMALE	ABS-F	INDEPENDIENTE	00:15:16	00:13:36	00:28:51	07:13 min/Km
247	200	23	ALONSO MARTÍNEZ , ELOY	MALE	ABS-M	INDEPENDIENTE	00:15:16	00:13:36	00:28:51	07:13 min/Km
248	48	161	GODOY GALEANO , MABEL	FEMALE	ABS-F	INDEPENDIENTE	00:15:16	00:13:36	00:28:51	07:13 min/Km
249	201	212	MARTINEZ CASTRO , JUAN	MALE	ABS-M	CELTIC BOX SANXENXO	00:14:12	00:14:42	00:28:53	07:14 min/Km
250	49	142	FERREIRO , EVA	FEMALE	ABS-F	CELTIC BOX SANXENXO	00:14:14	00:14:40	00:28:53	07:14 min/Km
251	50	336	ROMAN LUBIAN , SABELA	FEMALE	ABS-F	CELTIC BOX SANXENXO	00:14:14	00:14:40	00:28:53	07:14 min/Km
252	51	16	AGUÍN PORTABALES , MARIA JESÚS	FEMALE	ABS-F		00:14:12	00:14:42	00:28:54	07:14 min/Km
253	52	233	MOSTEIRO PIÑEIRO , SUSI	FEMALE	ABS-F	INDEPENDIENTE	00:16:13	00:12:42	00:28:54	07:14 min/Km
254	202	46	BRIONES GAMARRA , OSCAR	MALE	ABS-M	INDEPENDIENTE	00:14:54	00:14:06	00:28:59	07:15 min/Km
255	53	126	FARIÑA NOGUEIRA , ANTÍA	FEMALE	ABS-F	INDEPENDIENTE	00:15:27	00:13:32	00:28:59	07:15 min/Km
256	203	258	OUBIÑA ABAL , JOSE	MALE	ABS-M	YONKYESTRAIL	00:15:44	00:13:15	00:28:59	07:15 min/Km
257	54	384	TRIGO NUÑEZ , SILVIA	FEMALE	ABS-F		00:14:59	00:14:27	00:29:26	07:22 min/Km
258	55	93	COSTOYA , ANDREA	FEMALE	ABS-F	CLUB ATLETISMO BOIMORTO	00:15:19	00:14:27	00:29:46	07:27 min/Km
259	56	296	POMBO VILAS , SOFÍA	FEMALE	ABS-F		00:15:19	00:14:27	00:29:46	07:27 min/Km
260	57	285	PÉREZ MARIÑO , BEATRIZ	FEMALE	ABS-F	WHERE IS THE CHANDAL?	00:15:41	00:14:23	00:30:03	07:31 min/Km
261	204	373	SOTO LÓPEZ , MANUEL	MALE	ABS-M	WHERE IS THE CHANDAL?	00:15:41	00:14:22	00:30:03	07:31 min/Km
262	58	140	FERNÁNDEZ VIDAL , BEATRIZ	FEMALE	ABS-F	WHERE IS THE CHANDAL?	00:15:42	00:14:22	00:30:03	07:31 min/Km
263	205	116	DOZO VALLADARES , ISIDRO	MALE	ABS-M	INDEPENDIENTE	00:15:40	00:14:25	00:30:04	07:31 min/Km
264	59	291	PIÑEIRO SANTORUM , CANI	FEMALE	ABS-F	INDEPENDIENTE	00:15:40	00:14:25	00:30:05	07:32 min/Km
265	60	128	FERNANDEZ BUGALLO , CRISTINA	FEMALE	ABS-F	INDEPENDIENTE	00:14:35	00:15:47	00:30:21	07:36 min/Km
266	206	284	PÉREZ JIMÉNEZ , MIGUEL ÁNGEL	MALE	ABS-M	INDEPENDIENTE	00:15:50	00:14:50	00:30:40	07:40 min/Km
267	207	266	PADIN ABAL , JUANCA	MALE	ABS-M	JUDO CLUB SENIN	00:15:46	00:15:14	00:30:59	07:45 min/Km
268	61	118	EIRAS ESPIÑEIRA , ELENA	FEMALE	ABS-F		00:15:47	00:15:13	00:30:59	07:45 min/Km
269	62	83	CHAZO SILVA , LUCÍA	FEMALE	ABS-F		00:15:11	00:15:55	00:31:05	07:47 min/Km
270	208	218	MARTÍNEZ RUIZ , DAVID	MALE	ABS-M	INDEPENDIENTE	00:15:14	00:15:55	00:31:08	07:47 min/Km
271	63	227	MOLDES DOVAL , ROSA ANA	FEMALE	ABS-F	INDEPENDIENTE	00:15:15	00:15:54	00:31:09	07:48 min/Km
272	209	13	AGRASO OTERO , ADRIÁN	MALE	ABS-M		00:13:19	00:17:54	00:31:13	07:49 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	V1	V2	META	RITMO
273	210	226	MOLDES CARBALLAL , MIGUEL	MALE	ABS-M		00:13:20	00:17:54	00:31:13	07:49 min/Km
274	64	70	CASTRO PUGA , CARLA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:14:59	00:16:14	00:31:13	07:49 min/Km
275	65	241	NUÑEZ COSTA , ANDREA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:14:59	00:16:14	00:31:13	07:49 min/Km
276	66	217	MARTÍNEZ RUIZ , ANA MARÍA	FEMALE	ABS-F	INDEPENDIENTE	00:15:13	00:16:01	00:31:13	07:49 min/Km
277	211	318	RIAL GARCÍA , ANTÓN	MALE	ABS-M	INDEPENDIENTE	00:13:19	00:17:57	00:31:16	07:49 min/Km
278	212	333	RODRÍGUEZ MARTÍNEZ , BENITO	MALE	ABS-M	INDEPENDIENTE	00:15:51	00:15:34	00:31:25	07:52 min/Km
279	67	34	BARBA PAZOS , MARTA	FEMALE	ABS-F	INDEPENDIENTE	00:16:16	00:15:29	00:31:44	07:56 min/Km
280	68	216	MARTINEZ OTERO , UXIA	FEMALE	ABS-F		00:14:50	00:16:57	00:31:46	07:57 min/Km
281	69	319	RIAL RIVAS , MARÍA DEL CARMEN	FEMALE	ABS-F		00:15:40	00:16:07	00:31:47	07:57 min/Km
282	213	214	MARTINEZ LORES , BENITO	MALE	ABS-M	INDEPENDIENTE	00:14:50	00:17:04	00:31:53	07:59 min/Km
283	214	397	VECINO LOPEZ , ANTONIO	MALE	ABS-M	BTT TROTACUMES	00:16:15	00:15:44	00:31:59	07:60 min/Km
284	70	187	LAGO PÉREZ , SANDRA	FEMALE	ABS-F		00:16:16	00:15:44	00:31:59	07:60 min/Km
285	71	261	OUBIÑA ARÍS , LAURA	FEMALE	ABS-F	ATLETISMO MAZÍ	00:15:15	00:16:47	00:32:01	08:01 min/Km
286	72	182	IGLESIAS GUTIERREZ , MIRIAM	FEMALE	ABS-F	INDEPENDIENTE	00:16:25	00:15:39	00:32:04	08:01 min/Km
287	215	183	IGLESIAS SENIN , JOSE	MALE	ABS-M	INDEPENDIENTE	00:16:26	00:15:39	00:32:05	08:02 min/Km
288	73	204	MAQUIEIRA VILLANUEVA , INES	FEMALE	ABS-F	JUDO CLUB SENIN	00:16:26	00:15:39	00:32:05	08:02 min/Km
289	216	139	FERNANDEZ RODIÑO , SERGIO	MALE	ABS-M	INDEPENDIENTE	00:15:44	00:16:23	00:32:07	08:02 min/Km
290	74	281	PEREZ GARCIA , LUZ	FEMALE	ABS-F		00:16:02	00:16:09	00:32:11	08:03 min/Km
291	75	398	VENTOSO QUINTANS , ANA	FEMALE	ABS-F	INDEPENDIENTE	00:16:02	00:16:09	00:32:11	08:03 min/Km
292	76	86	COELLO MARTÍNEZ , SONIA	FEMALE	ABS-F	TRIATLON VILAGARCIA	00:16:02	00:16:09	00:32:11	08:03 min/Km
293	77	350	SÁNCHEZ NAVIA , MARÍA DE LOS ÁNGELES	FEMALE	ABS-F	INDEPENDIENTE	00:16:03	00:16:09	00:32:11	08:03 min/Km
294	78	19	ALCALDE BALADO , TANIA	FEMALE	ABS-F	CLUB TIRATLÓN ARCADE INFORHOUSE SANTIAGO	00:16:02	00:16:10	00:32:12	08:03 min/Km
295	79	234	MOURE COBOS , ANA	FEMALE	ABS-F	TRIATLON VILAGARCIA	00:16:03	00:16:09	00:32:12	08:03 min/Km
296	80	106	DIAZ CASTRO , JESSICA	FEMALE	ABS-F		00:16:04	00:16:09	00:32:12	08:03 min/Km
297	81	349	SÁNCHEZ BERNABÉ , LETICIA	FEMALE	ABS-F	INDEPENDIENTE	00:16:04	00:16:09	00:32:12	08:03 min/Km
298	82	401	VILA BABARRO , PEPA	FEMALE	ABS-F		00:16:04	00:16:09	00:32:12	08:03 min/Km
299	83	197	LOPEZ GESTAL , MARTINA	FEMALE	ABS-F		00:16:04	00:16:09	00:32:12	08:03 min/Km
300	84	389	VÁZQUEZ GARCÍA , ALEJANDRA	FEMALE	ABS-F		00:16:04	00:16:09	00:32:12	08:03 min/Km
301	85	57	CAMBA VIDAL , MARÍA ESTHER	FEMALE	ABS-F	INDEPENDIENTE	00:16:09	00:16:04	00:32:12	08:03 min/Km
302	217	152	FREIJEIRO OTERO , JOSE RAMON	MALE	ABS-M	INDEPENDIENTE	00:16:03	00:16:09	00:32:13	08:03 min/Km
303	218	198	LORENZO FRAGA , MARCOS	MALE	ABS-M	TRIATLON VILAGARCIA	00:16:09	00:16:06	00:32:15	08:04 min/Km
304	86	98	DADIN GARCIA , VANESA	FEMALE	ABS-F	INDEPENDIENTE	00:16:14	00:16:27	00:32:40	08:10 min/Km
305	87	136	FERNÁNDEZ PORTAS , MARÍA DOLORES	FEMALE	ABS-F		00:16:23	00:16:21	00:32:44	08:11 min/Km
306	88	277	PAZOS SOMOZA , ÁNGELA	FEMALE	ABS-F		00:15:35	00:17:20	00:32:54	08:14 min/Km

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POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	EQUIPO	V1	V2	META	RITMO
307	89	364	SERANTES SOMOZA , ROSA MARIA	FEMALE	ABS-F	JUDO CLUB SENIN	00:15:46	00:17:08	00:32:54	08:14 min/Km
308	219	275	PAZOS PASTORIZA , JAVIER	MALE	ABS-M		00:15:47	00:17:08	00:32:55	08:14 min/Km
309	90	21	ALFONSO CHANTADA , LUCÍA	FEMALE	ABS-F		00:15:51	00:17:05	00:32:55	08:14 min/Km
310	91	66	CASTRO MEIS , CRUZ	FEMALE	ABS-F		00:15:51	00:17:06	00:32:56	08:14 min/Km
311	92	62	CASAI GONZÁLEZ , SANDRA	FEMALE	ABS-F		00:15:59	00:17:29	00:33:28	08:22 min/Km
312	93	306	PRADO MERINI , MELANIA	FEMALE	ABS-F	INDEPENDIENTE	00:16:39	00:16:54	00:33:32	08:23 min/Km
313	94	101	DAPORTA HERMIDA , LAURA	FEMALE	ABS-F	INDEPENDIENTE	00:16:10	00:18:03	00:34:13	08:34 min/Km
314	220	6	ABAL ROMA , CARLOS	MALE	ABS-M	INDEPENDIENTE	00:16:11	00:18:03	00:34:13	08:34 min/Km
315	221	290	PIÑEIRO FIEL , MANUEL	MALE	ABS-M	PC RÍAS BAIXAS	00:16:10	00:18:04	00:34:14	08:34 min/Km
316	222	100	DAPORTA , RAMON	MALE	ABS-M	C. A. CAMBADOS SEGUROS NOVAL	00:16:11	00:18:03	00:34:14	08:34 min/Km
317	95	385	VARELA GARABÁN , NURIA	FEMALE	ABS-F		00:17:46	00:16:53	00:34:39	08:40 min/Km
318	96	99	DAPENA BARBA , LUCIA	FEMALE	ABS-F	INDEPENDIENTE	00:16:17	00:18:24	00:34:40	08:40 min/Km
319	97	310	QUERALT , LAIA	FEMALE	ABS-F	INDEPENDIENTE	00:18:05	00:16:37	00:34:41	08:41 min/Km
320	223	300	PORTO , ALEJANDRO	MALE	ABS-M	INDEPENDIENTE	00:18:05	00:16:38	00:34:42	08:41 min/Km
321	224	147	FONTAN ARRIBAS , ISAAC	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:16:43	00:18:52	00:35:34	08:54 min/Km
322	225	163	GOMEZ , MARCOS	MALE	ABS-M	INDEPENDIENTE	00:17:47	00:17:53	00:35:39	08:55 min/Km
323	226	312	REIGOSA GALÁNS , FRANCISCO	MALE	ABS-M		00:17:47	00:17:53	00:35:39	08:55 min/Km
324	227	39	BARREIRO FUENTES , RUBEN	MALE	ABS-M		00:17:45	00:18:10	00:35:54	08:59 min/Km
325	98	178	GONZALEZ VARELA , PAULA	FEMALE	ABS-F		00:17:45	00:18:10	00:35:54	08:59 min/Km
326	99	33	BARBA PAZOS , ANA	FEMALE	ABS-F	INDEPENDIENTE	00:17:46	00:18:10	00:35:55	08:59 min/Km
327	228	321	RIVAS CASTRO , JUAN	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:17:56	00:18:12	00:36:08	09:02 min/Km
328	100	403	VILAR SEREN , LUPE	FEMALE	ABS-F	C.A.CAMBADOS - SEG.NOVAL	00:17:57	00:18:12	00:36:08	09:02 min/Km
329	101	341	RUBIANES CARRO , GRACIA	FEMALE	ABS-F		00:17:57	00:18:13	00:36:09	09:03 min/Km
330	102	363	SERANTES CUIÑAS , MARTA	FEMALE	ABS-F	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:17:58	00:18:11	00:36:09	09:03 min/Km
331	103	59	CANEDA BESADA , SANDRA	FEMALE	ABS-F	C.A.CAMBADOS - SEG.NOVAL	00:17:59	00:18:11	00:36:10	09:03 min/Km
332	104	188	LAMELAS PRIETO , SILVIA	FEMALE	ABS-F	C.A.CAMBADOS-SEGUROS NOVAL	00:18:00	00:18:10	00:36:10	09:03 min/Km
333	229	141	FERNÁNDEZ VIDAL , PORFIRIO	MALE	ABS-M	C.A.CAMBADOS - SEG.NOVAL	00:18:03	00:18:12	00:36:14	09:04 min/Km
334	105	278	PEITEADO SUAREZ , MARÍA	FEMALE	ABS-F	C.A.CAMBADOS SEGUROS NOVAL	00:17:59	00:18:30	00:36:29	09:08 min/Km
335	230	124	FANDIÑO GARCIA , OSCAR	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:18:02	00:18:28	00:36:29	09:08 min/Km
336	231	29	APARICIO GRANDE , FELIX	MALE	ABS-M	C.A.CAMBADOS SEGUROS NOVAL	00:18:03	00:18:27	00:36:29	09:08 min/Km
337	106	120	ESTÉVEZ VÁZQUEZ , ROSA	FEMALE	ABS-F	C.A.CAMBADOS SEGUROS NOVAL	00:18:03	00:18:26	00:36:29	09:08 min/Km
338	107	292	PIÑEIRO SANTORUN , ERNESTINA	FEMALE	ABS-F	CLUBE ATLETISMO CAMBADOS	00:18:03	00:18:26	00:36:29	09:08 min/Km
339	232	315	REY AGUIAR , JOSE CARLOS	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:18:03	00:18:28	00:36:30	09:08 min/Km
340	233	376	SUEIRO MENDEZ , ANDRES	MALE	ABS-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	00:18:02	00:18:29	00:36:31	09:08 min/Km