

## 7K CATEGORIAS

Cl	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>Sub 20 Masculino</b>					
1	436	LAFUENTE VIÑAS Pablo		31:12.259	
2	463	BILBAO LIMA Javier		36:11.994	4:59.735
3	497	PEDRIDO SANJUAS Brais		43:55.203	12:42.944
4	189	AMORÍN CABEDA Miguel	UBON SIGIT TEAM VIGO	59:31.014	28:18.755
5	192	COSTAS LLINARES Christopher	UBON SIGIT TEAM VIGO	59:31.297	28:19.038

**Sub 23 Femenino**

1	77	CONDE PAZOS Elena	TRI-PENTA TERRAS DE LUGO	32:33.744	
2	70	CORTIÑAS LORENZO Betty		40:36.181	8:02.437
3	67	CRESPO GONZÁLEZ Lucía	KIVA	46:31.578	13:57.834
4	88	RONDON PEREZ Valentina	CELTA	59:32.662	26:58.918

**Senior Masculino**

1	452	COMESAÑA PEREIRA Celso		23:41.301	
2	333	MORENO LIRA Josue	CAR MARISQUEIRO	23:49.810	8.509
3	266	CARRERA BLANCO Pablo	C.A. CARNICAS SERRANO	25:05.302	1:24.001
4	426	OTERO RAMIREZ Alejandro		25:18.830	1:37.529
5	498	TABOAS CARRERA Ismael		25:47.833	2:06.532
6	391	OTERO AMOEDO Anxo	CAFÉ BAR PARAÍSO	26:35.983	2:54.682
7	351	COMESAÑA CHAVERT Dario	ATHLETICS FISIOTERAPIA SAN LÁZ	26:40.765	2:59.464
8	460	GUERRA HERBELLO Diego		26:41.451	3:00.150
9	494	PADIN DIAS Ivan	QUE BIEN VAS	26:50.512	3:09.211
10	277	DAFONTE MARTÍNEZ Miguel	VIGOENTRENA	27:03.624	3:22.323
11	347	LÓPEZ COMESAÑA Oscar Manuel		28:23.092	4:41.791
12	344	BRU VAZQUEZ Ricardo	LÓSTREGOS COIA	28:50.043	5:08.742
13	409	MARTINEZ ESTEVEZ Seve		28:53.322	5:12.021
14	274	GIL MARTÍNEZ Marcos	RUNEIROS DO SUR	29:11.563	5:30.262
15	402	BALBOA BESADA Edgar	CLUB ATLETISMO CAMBADOS	29:25.762	5:44.461
16	257	REY MALLO Jose Daniel	VIGOENTRENA	29:36.163	5:54.862
17	388	OTERO SALGUEIRO Alejandro	ATLETISMO ESTRADA	29:42.203	6:00.902
18	446	RODRÍGUEZ OTERO Óscar	CAZAFANTASMAS	29:52.634	6:11.333
19	356	PEREIRA IGLESIAS Jose Fernando	NANDO	29:53.153	6:11.852
20	360	BERNARDEZ CAO Daniel	BIKESTRADA	30:01.113	6:19.812
21	453	ARDANAZ ZAMORA Ander		30:02.694	6:21.393
22	201	CARBAJAL PÉREZ Miguel Angel		30:06.913	6:25.612
23	324	VILAR MIJÓN Miguel		30:41.995	7:00.694
24	359	GARCIA CARRO Alvaro		30:41.996	7:00.695
25	352	ANDRADE FERNANDEZ Iñaki	TRINORTH	30:49.690	7:08.389
26	299	PÉREZ CONDE Enrique		30:51.696	7:10.395
27	323	FERNÁNDEZ LORENZO Alejandro	ATHLETICS FISIOTERAPIA SAN LÁZ	31:00.231	7:18.930

## 7K CATEGORIAS

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
28	256	COMESAÑA SAA Daniel	LOS INSENSATOS	31:20.351	7:39.050
29	267	CHAN SADA Ruben	PSEUDORUNNERS	31:35.180	7:53.879
30	337	IGLESIAS RODRÍGUEZ Fabio		31:36.558	7:55.257
31	421	GONZÁLEZ RODRÍGUEZ Daniel		31:43.739	8:02.438
32	331	JORGE CAO Juan José		31:53.381	8:12.080
33	306	GUAMÁ HEREDIA Edwin Patricio	MAISQUEAUGA	32:09.273	8:27.972
34	486	AFONSO LUIS Paulino Miguel		32:09.860	8:28.559
35	339	DELFIN SANTOS Ivan		32:14.951	8:33.650
36	398	PAZ GESTOSO Jose Angel		32:19.959	8:38.658
37	375	PÉREZ COUÑAGO Adrian	INDEPENDIENTE	32:29.080	8:47.779
38	332	MOLARES Miguel		32:31.583	8:50.282
39	213	PARAMOS VELOSO Antonio		32:32.450	8:51.149
40	390	RODRÍGUEZ FLORES Marco Antonio	CARROZAS	32:45.220	9:03.919
41	190	RODRÍGUEZ MONTERO Victor		32:47.375	9:06.074
42	330	DE LA IGLESIA Jose Manuel	CARREIRAS E SOBREMESAS	32:48.464	9:07.163
43	338	CARNEIRO GONZALEZ Roberto		32:49.177	9:07.876
44	366	MOURIÑO REGUERA Fermín		32:50.920	9:09.619
45	208	COSTAS RODRÍGUEZ Adrián		32:51.580	9:10.279
46	312	GESTEIRO REMON Carlos	RUNNERS PONTAKAS VIGO	33:23.978	9:42.677
47	441	MÁRQUEZ MONTEAGUDO Francisco Daniel	RUNEIROS DO SUR	33:23.979	9:42.678
48	232	DE SAA BLANCO Ivan		33:28.902	9:47.601
49	464	MURIAS RODRIGUEZ Alex		33:30.924	9:49.623
50	361	FERNANDEZ LOPEZ Juan Antonio	RC CELTA	33:40.254	9:58.953
51	292	ALONSO PAJARES Ruben	CONEJOS	33:41.473	10:00.172
52	427	CIMADEVILA LOBEIRAS Manuel		33:47.713	10:06.412
53	250	DOMINGUEZ VILLAVERDE Juan Carlos		33:47.842	10:06.541
54	434	VILA LÓPEZ Ibra		33:50.162	10:08.861
55	230	RIVEIRO FERNÁNDEZ Enrique		34:27.498	10:46.197
56	467	VÁZQUEZ BOUZON Abel		34:28.664	10:47.363
57	245	SAAVEDRA GONZALEZ Juan Carlos	RAYO	34:36.775	10:55.474
58	405	LAPIDO FIGUEIRA Yago		34:38.334	10:57.033
59	478	GONZALEZ-ALEGRE Fran	CF L	34:49.785	11:08.484
60	287	COELLO CAMIÑA Ivan		34:54.033	11:12.732
61	322	PEREZ FRANCO Santiago	CELTA	35:00.366	11:19.065
62	389	GONZALEZ OTERL Jose Luis		35:05.544	11:24.243
63	212	FERNANDEZ GUEDES David		35:06.915	11:25.614
64	444		ATLETISMO PORRIÑO	35:12.445	11:31.144
65	450	GÓMEZ LÓPEZ Julio	CD NIETO	35:16.423	11:35.122
66	235	JIMÉNEZ SANDE Jose Ignacio	CALDEIRADA SIDERAL	35:22.703	11:41.402
67	261	UBEIRA PEREZ Jose Antonio	MAIS QUE AUGA	35:34.674	11:53.373
68	413	RUIZ LOMBERA Rubén		35:42.234	12:00.933
69	194	MOLOWNY GONZÁLEZ Santiago	L@S INSENSAT@S	35:43.104	12:01.803
70	313	CUESTRA SAGRADO Alberto	MAIS QUE AUGA	35:50.966	12:09.665
71	218	BOA MOUCO Alberto		35:53.663	12:12.362
72	205	RODRÍGUEZ ALONSO Jose Eduardo		35:53.877	12:12.576
73	484	RODRIGUEZ GOMEZ David		36:08.885	12:27.584
74	195	ZOVOILIS Nikolaos	ZOV	36:12.327	12:31.026

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Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
75	303	DÍAZ GARCÍA Angel	RCCV	36:42.985	13:01.684
76	472	BARREIRO SANTANA Esteban		36:53.525	13:12.224
77	468	CASTIÑEIRAS NARCISO Kevin		36:56.445	13:15.144
78	372	ESTÉVEZ PÉREZ Adrián	VIGOENTRENA	36:59.318	13:18.017
79	289	BAÑÓN GIRÓN Roi	VIGOENTRENA	37:05.235	13:23.934
80	221	RIVERA CANICOBA Alberto	BWM SWAP	37:07.937	13:26.636
81	280	GARCÍA DOCAMPO Javier	PACHITAS FAMILY	37:15.898	13:34.597
82	408	DOMÍNGUEZ VILA Pablo	VIGOENTRENA	37:17.997	13:36.696
83	222	GONZÁLEZ FERNÁNDEZ Jose	MAIS QUE AUGA	37:28.421	13:47.120
84	440	OLIVERA GONZALEZ Diego		37:57.479	14:16.178
85	418	BARJA FERNANDEZ Andrés		38:19.479	14:38.178
86	271	MUÑOZ ALVAREZ Gabriel		38:30.669	14:49.368
87	268	SEOANE GIL Adrian		38:37.870	14:56.569
88	226	MARTÍNEZ PIÑEIRO Angel		38:43.333	15:02.032
89	358	IGLESIAS MOSQUERA Yago	MEU TEAM	39:05.122	15:23.821
90	258	PAEZ RODIÑO Limberg Javier		39:07.560	15:26.259
91	455	VILLAFINES FERNANDEZ Victor Hugo	VILLA	39:30.987	15:49.686
92	432	ÁLVAREZ LAGO Borja		39:40.551	15:59.250
93	316	OSBORNE Steven		40:00.323	16:19.022
94	457	MELEIRO ARAUJO César		40:08.900	16:27.599
95	491	ROMÁN COSTAS David	ROMAN	40:24.184	16:42.883
96	488	GARGAMALA PIÑEIRO Manuel Herald		40:29.846	16:48.545
97	482	MISA PÉREZ Yago		40:30.109	16:48.808
98	487	DIAZ DIAZ Alejandro		40:35.389	16:54.088
99	465	FERNÁNDEZ PEREZ Daniel	VERMELLO	40:39.309	16:58.008
100	336	ROUSSEAU Laurent	ROSALÍA DE CASTRO	40:54.629	17:13.328
101	443	REY CARAMES Jose Martin		40:57.280	17:15.979
102	401	BARROS PEDREIRA Patxi	BIKESTRADA	40:57.602	17:16.301
103	442	NODAR ARCA Diego		40:58.073	17:16.772
104	349	SEOANE DIAZ Luis	LUCATINA	40:58.851	17:17.550
105	197	FEIJOO REGUEIRO Antonio	QUEIMANDO KMS	41:14.341	17:33.040
106	396	ALVAREZ VAZQUEZ Juan	CALDEIRADA SIDERAL	41:21.460	17:40.159
107	353	PALOMEQUE TORRAS José Maria		41:38.864	17:57.563
108	410	ALONSO PENA Alcides		42:08.363	18:27.062
109	294	CUÑARRO ROMERO Enrique		42:19.324	18:38.023
110	296	GARCIA CARRERA Julio Cesar	ARBIQUEPITAS	42:32.131	18:50.830
111	438	GONZALEZ Fernando		42:59.001	19:17.700
112	400	PEREZ BRANDON Ivan	A BANDA	43:31.444	19:50.143
113	251	GIL BERNÁNDEZ César	A BANDA	43:34.444	19:53.143
114	496	GONZÁLEZ PÉREZ Enrique		43:52.868	20:11.567
115	395	ROL BENITO Antonio	CALDEIRADA SIDERAL	44:00.755	20:19.454
116	364	CABANELAS ORGE Adrian		45:19.148	21:37.847
117	393	TIZÓN RODRÍGUEZ Carlos	KIVA	46:31.191	22:49.890
118	477	HERRANZ MEIJIDE Pedro	PREFERENCIA CELESTE	46:50.957	23:09.656
119	394	PENA ARCA Paulo	CALDEIRADA SIDERAL	51:18.732	27:37.431
120	206	NÚÑEZ LAGO Alexandre		56:50.950	33:09.649

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Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>Senior Femenino</b>					
1	49	GÓMEZ MARTÍN Noemí	MAIS QUE AUGA	32:02.622	
2	78	TÁBOAS CARRERA Irene	ATLETISMO PORRIÑO	34:46.244	2:43.622
3	20	CID Eva	MILET	35:12.374	3:09.752
4	50	GÓMEZ MARTÍN Silvia	MAIS QUE AUGA	35:50.723	3:48.101
5	90	FRANQUEIRA FONTÁN Ana		35:56.096	3:53.474
6	84	VAQUEIRO RODRIGUEZ Andrea		36:18.693	4:16.071
7	71	AGÜERA GONZALEZ Cristina	COLISEUM	36:24.264	4:21.642
8	76	MÁRQUEZ MONTEAGUDO Cristina	RUNEIROS DO SUR	36:54.839	4:52.217
9	7	MIRAZ FERNANDEZ Raquel		37:05.555	5:02.933
10	55	BAQUERO MARTIN Elizabeth	TROTAVENTEÑOS	37:40.723	5:38.101
11	23	VALVERDE POSADA Mónica		38:19.081	6:16.459
12	3	SARRIÁ ARTOLA Desirée	L@S INSENSAT@S	38:20.183	6:17.561
13	26	GOMEZ RIVERA Elena	INDIVIDUAL	38:20.428	6:17.806
14	34	GALVÁN FERNÁNDEZ Vanesa	NINGUNO	38:29.419	6:26.797
15	53	LÓPEZ COMESAÑA Alexandra		38:53.739	6:51.117
16	5	TOURIÑO SILVEIRA Marta	TOU	39:24.729	7:22.107
17	8	MOLÉS CUBEDO Ana		39:36.881	7:34.259
18	36	CEBREIROS IGLESIAS Sira	A.D. LIMIACTIVA	39:49.160	7:46.538
19	81	RODRIGUES BRANDAO Ana		40:08.814	8:06.192
20	82	BARREIRO MARTINEZ Ana	ATLETISMO BAIONA	40:13.963	8:11.341
21	45	POMBAR GRAÑA Sabela		40:46.391	8:43.769
22	30	LEIROS GIRALDAS Carla	L@S INSENSAT@S	41:47.090	9:44.468
23	64	GONZALEZ BARBOSA Marta		42:02.593	9:59.971
24	60	BARROS VILA Ana		42:03.431	10:00.809
25	65	ARIAS MATO Andrea	ATLETISMO ESTRADA	42:06.092	10:03.470
26	46	MONTES ÁLVAREZ Lucía	MAISQUEAUGA	43:10.961	11:08.339
27	38	GARCÍA DOCAMPO Laura	PACHITAS FAMILY	44:14.294	12:11.672
28	61	MARTINEZ FERNANDEZ Betina		45:19.323	13:16.701
29	59	VARELA REDONDO Eva		45:39.910	13:37.288
30	57	CEREIJO CRESPO Teresa	MATIMOLA	47:50.630	15:48.008
31	12	OTERO LAGO Ana		56:50.363	24:47.741

**Veteranos A**

1	369	GROBA BARGIELA Marcos	TANINOS RUNNERS PONTEAREAS	25:33.710	
2	357	COSTAS COSTAS Miguel	MAIS QUE AUGA	26:22.352	48.642
3	290	RODRÍGUEZ DE OLIVERA Ubaldo	LA GUIA	26:56.926	1:23.216
4	329	GONZALEZ REY Diego	ADN RUNNERS	27:05.572	1:31.862
5	382	ALONSO Rodrigo	NANDESPORT	27:39.542	2:05.832
6	425	FERNÁNDEZ FEIJOO José		28:41.452	3:07.742
7	424	LORENZO COLINAS Carlos	NEW RUNNERS	29:02.512	3:28.802
8	225	ROMERO ANTON David	ALERTANAVIA	29:47.000	4:13.290
9	248	FERNÁNDEZ DA SILVA Marcial	L@S INSENSAT@S	29:49.072	4:15.362
10	377	CAROU COVELO Víctor		30:06.213	4:32.503



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Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
11	414	MONTERO PATIÑO Sinuhe	O CASTRO	30:14.378	4:40.668
12	392	GARCÍA MIÑAN Faustino		30:48.646	5:14.936
13	462	MIRANDA VIEITO José Manuel	ATHLETICS SAN LÁZARO	30:52.110	5:18.400
14	403	DÍAZ SEOANE Jorge	FERROLMOLA	31:05.658	5:31.948
15	191	CEA RODRIGUEZ Xose Alberte		31:18.799	5:45.089
16	216	RODRIGUEZ BANDE Carlos		31:20.592	5:46.882
17	386	BAQUERO MARTIN Jose	CORRIENDO POR PALENCIA	31:31.939	5:58.229
18	397	VARELA REDONDO Angel Julian	TANINOS RUNNERS	31:31.999	5:58.289
19	311	DÁVILA ESTÉVEZ Enrique	ATHLETICS FISIOTERAPIA SAN LÁZ	31:45.419	6:11.709
20	298	ALONSO PRADO Alfonso	CELTA	31:51.239	6:17.529
21	215	FERNÁNDEZ TRONCOSO Antonio	ANTONIO	31:53.132	6:19.422
22	310	FERRO PEREIRA Marcos	QUEIMANDO KMS	31:59.152	6:25.442
23	483	LOWE Brendan		32:11.900	6:38.190
24	362	ARÁN BARROS José Ramón		32:12.320	6:38.610
25	380	SUAREZ RODRIGUEZ Marco	INDEPENDIENTE	32:25.780	6:52.070
26	422	RODRÍGUEZ VÁZQUEZ Emilio		32:28.740	6:55.030
27	182	CAO PEREZ Carlos		32:33.033	6:59.323
28	228	FERREIRA Víctor	MILER	32:49.821	7:16.111
29	448	BAAMONDE GONZALEZ Antonio	ESPARTAN@S CHIFLAD@S	32:55.080	7:21.370
30	241	COMESAÑA PEDRIDO Modesto	VETERANOS DE SAMIL	33:03.002	7:29.292
31	262	ALONSO CONDE Javier	RUNNERS VIGO	33:08.173	7:34.463
32	481	PEITEADO RUIZ Guillermo		33:10.523	7:36.813
33	295	ALONSO BALAÑAC Jose Manuel		33:26.851	7:53.141
34	371	BARCIA TABOADA Pedro	CD NIETO	33:33.821	8:00.111
35	72	RODILLA ÁLVAREZ Iván		33:36.882	8:03.172
36	334	PEREIRA VISO Marco		33:50.798	8:17.088
37	470	DA SILVA MARTINS Jorge Miguel		33:53.322	8:19.612
38	415	PEREIRA AMOEDO Ricardo	BEERS RUNNERS VIGO	34:00.233	8:26.523
39	304	RODRIGUEZ HERRERO Antonio		34:17.237	8:43.527
40	239	DELGADO VAZQUEZ Juan	REAL MADRID	34:39.444	9:05.734
41	354	PÉREZ FIGUEROA Andrés		34:40.136	9:06.426
42	238	SOUTO LEYENDA Juan José		34:40.976	9:07.266
43	327	CARRERA COSTAS Diego		34:42.084	9:08.374
44	219	MÉNDEZ LAGO José Manuel		35:07.677	9:33.967
45	416	RODRIGUEZ ESPAÑOL Juanjose		35:10.275	9:36.565
46	300	LAGO FREIRÍA Francisco Jose	OS PELIQUEIROS	35:13.903	9:40.193
47	489	BOUZO Gustavo		35:27.258	9:53.548
48	240	LAGO GARCÍA Juan		35:31.685	9:57.975
49	429	GARCÍA KIRSTEN Jorge	CD NIETO	35:48.664	10:14.954
50	479	VÁZQUEZ GESTAL Marcos	BIKILA	35:50.059	10:16.349
51	320	IGLESIAS VAZQUEZ Julio Javier	EDI ABOGADOS RUNNING CLUB	36:20.794	10:47.084
52	437	ALVAREZ GARCIA Ivan		36:30.725	10:57.015
53	308	MENDEZ TRIGO Victor		36:55.145	11:21.435
54	435	POUSA BLANCO Miguel Angel		37:20.206	11:46.496
55	381	PÉREZ RODRÍGUEZ Pablo		37:20.487	11:46.777
56	321	PARGA LAGO Alberto	CELTISTA	37:33.406	11:59.696
57	376	CUELLO ZARITA Juan Carlos	NO	37:35.398	12:01.688

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Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
58	224	CALVO RODRÍGUEZ Iñigo		37:36.920	12:03.210
59	233	CAMPUZANO MARTÍN Samuel Héctor		37:55.440	12:21.730
60	217	GROBA GONZALEZ Roi	PICHIPIS	38:23.463	12:49.753
61	196	GROBA GONZALEZ Chema	MYST GYM CLUB	38:23.527	12:49.817
62	288	RODRIGUEZ CORUJEIRA Oscar	INSENSAT@S	38:23.528	12:49.818
63	387	ALFAYA MASSÓ David		38:32.000	12:58.290
64	284	COVELO COMESAÑA Angel		38:34.303	13:00.593
65	260	PEREZ BARREIRO Antonio	AS	38:58.473	13:24.763
66	314	MARTÍNEZ DOBALO David		39:15.203	13:41.493
67	305	GONZALEZ PARRA Oscar		39:19.228	13:45.518
68	492	SANTY Turienzo		39:34.322	14:00.612
69	412	MÉNDEZ SUÁREZ Severino J	SCD RIBADESELLA	39:36.245	14:02.535
70	348	CAEIRO RODRIGUEZ Manuel		40:00.182	14:26.472
71	445	JIMÉNEZ ESTRADA Antonio		40:35.375	15:01.665
72	485	TRONCOSO DOMÍNGUEZ José Antonio	TRONCOSO	40:38.261	15:04.551
73	244	RODRÍGUEZ TRONCOSO Juan		40:39.550	15:05.840
74	269	BARROS FERNANDEZ Jose		40:46.840	15:13.130
75	363	CADAYA CANAL Eduardo		40:54.422	15:20.712
76	318	FERREIRO GALLEGUO Jesus Luis	EDI ABOGADOS RUNNING CLUB	41:01.450	15:27.740
77	207	CARRASCO CARRASCO Dimas		41:05.731	15:32.021
78	188	MO FERNANDEZ Kike	KIKE RUN !	41:56.510	16:22.800
79	186	MO FERNANDEZ Felipe	FABULASTICOS !	41:57.025	16:23.315
80	247	MO FERNANDEZ Damian	DAMI RUN !	41:57.164	16:23.454
81	490	SANTISO MÉNDEZ Miguel		42:22.123	16:48.413
82	254	GÓMEZ CABANELAS Simon	CABANELAS	42:48.443	17:14.733
83	302	VILLALÓN ABANDONADO José Manuel	OS PELIQUEIROS	43:35.543	18:01.833
84	183	VIDAL SAMPEDRO Ricardo	QUEIMANDO KMS	43:38.532	18:04.822
85	378	COSTA MONTENEGRO Alberto	FRUITIS	44:14.613	18:40.903
86	193	VICENTE GARCIA Robert		45:02.130	19:28.420
87	211	ALONSO GÓMEZ Sergio		45:07.383	19:33.673
88	209	TEIJEIRO PEREZ Iban		46:12.892	20:39.182
89	297	BALLESTEROS LÓPEZ Danielb		46:31.813	20:58.103
90	253	CONS FERREIRO Antonio	COCOFANTE	51:09.977	25:36.267

## Veteranas A

1	52	OTERO RAMIREZ Maria		35:12.103	
2	11	RAMOS MARTINEZ Patricia	700 CAMISETAS	36:07.395	55.292
3	25	ZAPATA RODRÍGUEZ Raquel	TRIATLÓN MAR DE VIGO	36:09.276	57.173
4	85	FERNANDEZ BESADA Fco Javier		36:18.693	1:06.590
5	44	CRESPO ALONSO María	MAISQUEAUGA	36:54.589	1:42.486
6	14	PAZ OLIVEIRA Natalia		37:01.848	1:49.745
7	16	PARAMOS VELOSO Paula		38:05.388	2:53.285
8	68	GIL VÁZQUEZ Almudena		38:14.148	3:02.045
9	63	FERNÁNDEZ PAZÓ Paula		39:05.521	3:53.418
10	73	GARCÍA FERNÁNDEZ Silvia Mª	SCD RIBADESELLA	39:36.053	4:23.950

08/12/2019

El 09/12/2019 a 12:09 / Página 6/8

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IVOLA  
SOFT CONTROL

## 7K CATEGORIAS

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
11	83	MINIÑO PIÑEIRO Cris	ATLETISMO BAIONA	40:13.860	5:01.757
12	80	COMESAÑA RIVERA Mar		40:35.263	5:23.160
13	19	SOLA BRAVO Ángela Isabel		40:41.869	5:29.766
14	93	RODRIGUEZ BLANCO María eugenia		40:58.191	5:46.088
15	4	FERNÁNDEZ BONET Conchy	YO	41:05.732	5:53.629
16	6	ZAMORA CASTRO Carmen		41:38.675	6:26.572
17	27	IBARRETXE MARTÍNEZ Arantzazu	L@S INSENSAT@S	41:47.779	6:35.676
18	13	SOUSA MOREIRA Emma		42:48.391	7:36.288
19	74	ÁLVAREZ ÁLVAREZ Ariane		43:52.605	8:40.502
20	1	GOMEZ LOPEZ Isabel Maria		45:02.016	9:49.913
21	22	RIVEIRO RODRIGUEZ Mercedes		45:36.206	10:24.103
22	29	SOUTO LEYENDA Silvia	COCOFANTE	46:04.897	10:52.794
23	66	MARTÍNEZ-HERRERA Belén	NJP	47:32.530	12:20.427
24	2	CABREIRA CARNEIRO Sandra María		48:22.251	13:10.148

## Veteranos B

1	374	FERNANDEZ ALVAREZ Rafael	CASTRELOS 20:30	27:00.305	
2	433	RODRIGUES VAZQUEZ Alberto	CD NIETO	30:03.126	3:02.821
3	200	DE PRADO VÁZQUEZ Álvaro	THE BORREIRERS	30:55.496	3:55.191
4	471	MIRANDA GONZÁLEZ Francisco	ATLETISMO UNIVERSIDAD DE VIGO	31:24.320	4:24.015
5	379	ALONSO MARTÍNEZ Victoriano	MAIS QUE AUGA	31:50.532	4:50.227
6	385	GONZALEZ RAMIREZ Juan	A	32:09.072	5:08.767
7	279	GARCÍA CURROS David	PACHITAS FAMILY	32:11.899	5:11.594
8	346	COMESAÑA DAVILA Miguel		32:18.111	5:17.806
9	335	SIMOES FERNÁNDEZ José Luis		32:19.019	5:18.714
10	350	TABOADA GONZÁLEZ Ramiro	RUNNING LUSEKELO	32:26.419	5:26.114
11	474	YAÑEZ COIRA Avelino	RUNNING LUSEKELO	33:00.833	6:00.528
12	204	GARCÍA GONZALEZ David	700 CAMISETAS	33:15.132	6:14.827
13	493	PÉREZ JUSTE Ignacio		33:39.401	6:39.096
14	309	SALGUEIRO FUENTES Alejandro		33:46.523	6:46.218
15	231	PEREZ LOSADA Mario	VETERANOS DE SAMIL	33:57.032	6:56.727
16	307	GUAMÁ MENA Patricio Isidro		33:59.177	6:58.872
17	406	COSTA FERRER Luis	SOCIEDAD ATLÉTICA VAL MIÑOR	34:03.422	7:03.117
18	454	GONZÁLEZ MIGUÉNS Juan Enrique		34:40.543	7:40.238
19	283	CALDERÓN FERNÁNDEZ Eloy		34:41.635	7:41.330
20	456	TESOURO ALVAREZ Manuel		34:56.027	7:55.722
21	343	MARTÍNEZ DOMÍNGUEZ Enrique	BEER RUNNERS	35:02.045	8:01.740
22	202	GÓMEZ DAFONTE Sebastian	C.C.RIA DE VIGO	36:08.038	9:07.733
23	275	ROCA RODRIGUEZ Ramon		36:21.623	9:21.318
24	301	ÁLVAREZ PEREIRA Roberto	OS PELIQUEIROS	37:04.376	10:04.071
25	428	GARCÍA QUEIJAS Miguel	VIGOENTRENA	37:17.893	10:17.588
26	243	LOPEZ Carlos		37:39.277	10:38.972
27	399	ÁLVAREZ CASTRO Xohán		38:22.168	11:21.863
28	264	GARCÍA MALGA Ramón	ATHLETICS FISIOTERAPIA SAN LÁZ	39:07.600	12:07.295
29	459	COLLAZO LAGO Jose Guillermo	QUEIMANDO KMS	39:13.761	12:13.456

## 7K CATEGORIAS

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
30	475	COSTAS COSTAS Rafael		41:05.508	14:05.203
31	384	RIBÁ GARCÍA Miguel	NINGUNO	41:14.920	14:14.615
32	404	ALENDE MACEIRA Manuel		41:59.970	14:59.665
33	214	ENCISA DE SÁ Javier	SIAREIROS.NET	42:22.581	15:22.276
34	480	BURLIDO BORREGO Jose Isaías		42:29.085	15:28.780
35	203	PEREZ RODRÍGUEZ Manuel		42:33.242	15:32.937
36	278	CAMBÓN ARCEO Xosé Manuel		42:34.942	15:34.637
37	263	GANDARA BOUZA Jose Alejandro	CASTRELOS 20:30	45:52.755	18:52.450
38	286	MARTÍNEZ REQUEJO Javier		47:33.235	20:32.930
39	285	BAUTISTA HEREDIA Sergio		49:32.341	22:32.036
40	328	CAMARERO SUANZES Antonio	TRIVIGO	58:40.484	31:40.179

## Veteranas B

1	75	MARTIN AMOEDO Maria Fernanda	S.A.VAL MIÑOR	31:55.119	
2	47	FERNÁNDEZ LORENZO María Isabel	VETERANOS DE SAMIL	37:46.967	5:51.848
3	79	CARRERA SOUTELO Josefa	TALLERES EAUTO	37:49.606	5:54.487
4	48	ORTIZ FERNÁNDEZ Eva	ATHLETICS FISIOTERAPIA SAN LÁZ	40:14.688	8:19.569
5	89	SALGUEIRO VARELA Maria Teresa	ATLETISMO DAMERTOLAMEU	40:49.381	8:54.262
6	9	FONSECA GARCÍA Beatriz		42:33.302	10:38.183
7	41	OSSORIO TERRON Asuncion	ATHLETICS SAN LAZARO	45:00.587	13:05.468
8	37	DOCAMPO ARIAS M <sup>a</sup> Patricia	PACHITAS FAMILY	48:30.717	16:35.598

## Veteranos C

1	187	SUAREZ MARTINEZ Manuel	VETERANOS DE SAMIL	27:17.892	
2	365	VARELA BARRERA José Antonio	TANINOS RUNNERS	30:02.865	2:44.973
3	461	CARAMÈS Manuel	TRIGAL MARISQUEIRO	31:46.259	4:28.367
4	340	SOTO AMIL Jose Florencio	XISTRA	42:18.105	15:00.213

## Veteranos D

1	249	DOMINGUEZ RODRIGUEZ Carlos		31:52.994	
2	281	HERNÁNDEZ BORREGO Miguel		35:11.378	3:18.384
3	273	CONDE GONZALEZ Jose Manuel	AT. BAIONA	35:54.397	4:01.403
4	451	SANCHEZ GESTIDO Ceferino	VETERANOS DE SAMIL	38:12.085	6:19.091
5	419	PAZ ANTÓN Daniel	KARAMAZOV	39:21.483	7:28.489
6	466	FERNÁNDEZ QUINTANA Iker	VERMELLO	40:39.141	8:46.147
7	326	VAZQUEZ VILAS Bernardo		42:44.769	10:51.775
8	237	SOUTO DOMINGUEZ Juan Carlos		44:48.976	12:55.982
9	355	RUIZ BLANCO Jose		44:51.474	12:58.480
10	423	BARJA GALVÁN Emilio		1h00:27.763	28:34.769