



## CARREIRA TEIS 2025 CATEGORÍAS

Clc	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>10K F1</b>					
1	309	BREINHOLT MOESKJAER Lea	RUNYTRI	40:54.8	
2	331	ÁLVAREZ RODRÍGUEZ Noemi	CLUB DEPORTIVO DELIKIA	42:19.7	1:24.9
3	302	MIGUEZ LAGO Jessica		45:00.2	4:05.4
4	319	PEREZ MARIÑO Elena	RUNYTRI	49:26.2	8:31.4
5	303	MIRAZ FERNANDEZ Raquel	VIGOENTRENA	49:31.9	8:37.1
6	315	ANDRES PONTANILLA Rocio		49:49.6	8:54.8
7	330	SANCHEZ Laura	MAIS QUE AUGA	50:43.6	9:48.8
8	611	PACHON YAÑEZ Paula		52:18.2	11:23.4
9	311	RODRIGUEZ DA SILVA Sara	PORCOS CELTAS	54:49.4	13:54.6
10	326	DOMINGUEZ HERNANDEZ Alba	FACTORUN	56:24.9	15:30.1
11	324	FERNAGUT Camille		56:35.1	15:40.3
12	304	ESTEVEZ GARCIA Margarita		56:58.8	16:04.0
13	328	QUINTANA QUINTELA Carlota		57:27.5	16:32.7
14	316	CLEMENTE GUINARTE Aida	PORCOS CELTAS	58:55.4	18:00.6
15	317	UROZ VALVERDE Alicia		59:07.5	18:12.7
16	314	NERI MARQUEZ Andrea Marines		1h00:40.9	19:46.1
17	301	CASAL LORENZO Tania		1h03:19.4	22:24.6
18	305	FERNANDEZ BARREIRA Angeles		1h04:47.7	23:52.9
19	307	GARCIA NUÑEZ Alba Maria	FACTORUN	1h05:00.5	24:05.7
20	323	RODRIGUEZ FERNANDEZ Rita		1h06:29.5	25:34.7
21	310	ASENSIO VARELA Sara	MAIS QUE AUGA	1h08:27.2	27:32.4
22	376	GARCIA IGLESIAS Claudia		1h08:34.2	27:39.4
23	377	RODRIGUEZ FRANCISCO Uxia		1h08:34.3	27:39.5
24	312	ROSELLO CABELLO Beatriz	MAIS QUE AUGA	1h11:07.9	30:13.1
25	327	NERI MARQUEZ Adianez Paola		1h15:42.9	34:48.1
26	329	DOMINGUEZ HERNANDEZ Raquel	FACTORUN	1h16:43.9	35:49.1
27	313	BAEZ OTTO Rosa Lujan		1h17:10.4	36:15.6
<b>10K M1</b>					
1	79	PEREZ LOVACO Pablo		36:57.1	
2	32	MONTERO BUJAN Aitor	AVIVA SPORT CLUB	37:02.1	5.0
3	29	OTERO AMOEDO Anxo	CAD SERVISUB BUEU	37:03.1	6.0
4	12	MURIAS RODRIGUEZ Alejandro	ASOCIACION DEPORTIVA C.A.R.	39:14.9	2:17.8
5	6	GUERRA HERBELLO Diego	SOCIEDAD ATLÉTICA VAL MIÑOR	39:16.6	2:19.5
6	371	VELOSO LOURIDO Jorge		39:28.1	2:31.0
7	49	PINO MASID David	RUNNERS PV	40:12.5	3:15.4
8	35	BARGIELA MARTINEZ Jaime	CLUB DEPORTIVO DELIKIA	40:20.8	3:23.7
9	83	RIVERA GUILLADE Martin		40:34.6	3:37.5
10	15	MAQUIEIRA PEREIRA Adrian	CLUB DEPORTIVO DELIKIA	41:22.3	4:25.2
11	76	LOPEZ ALONSO Pablo		42:09.6	5:12.5
12	17	FERNANDEZ RODRIGUEZ David		42:22.6	5:25.5
13	3	RODRIGUEZ SANTISO Hugo	CLUB DEPORTIVO DELIKIA	42:34.8	5:37.7
14	7	SERGIENKO Aleksei		43:17.3	6:20.2
15	8	COSTAS BARCIA Diego	MAIS QUE AUGA	43:21.7	6:24.6
16	68	GONZALEZ MOURIÑO Iago		44:08.8	7:11.7
17	71	PEREZ BASTOS Eloy		44:18.2	7:21.1

**CARREIRA TEIS 2025  
CATEGORÍAS**

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
18	40	GONZALEZ ESTEVEZ Alexander		45:43.0	8:45.9
19	11	RODRIGUEZ FLORES Marco Antonio		46:03.2	9:06.1
20	81	LAMAS GARRALON Pablo		46:16.6	9:19.5
21	38	PEREZ COUÑAGO Adrian		46:26.1	9:29.0
22	5	TABOAS PAZOS Ruben	CLUB CICLISTA OLÍVICO	46:52.9	9:55.8
23	1	ALONSO MORA Eduardo		46:58.3	10:01.2
24	60	FERNANDEZ NOGUEIRA Hector		47:08.5	10:11.4
25	51	ROJO MARTINEZ Tomas		47:23.8	10:26.7
26	36	RODRIGUEZ DOMINGUEZ Miguel		47:31.6	10:34.5
27	37	FERNANDEZ MARTINEZ Sergio	PORCOS CELTAS	47:36.7	10:39.6
28	374	GUISANDE PEREIRA Eloy		48:17.0	11:19.9
29	4	ABAD Jacobo Abad		48:19.1	11:22.0
30	45	AMEZ SEGOVIA Martin	PORCOS CELTAS	49:03.2	12:06.1
31	18	ARIAS Manuel		49:15.6	12:18.5
32	53	MIGUEZ PEREZ Adrian		49:19.1	12:22.0
33	13	KIATOWSKY Xabier		49:36.6	12:39.5
34	2	SOTELO LORENZO Daniel		49:41.5	12:44.4
35	77	RASCADO NOVAS Xacobe		50:05.8	13:08.7
36	65	SANTIAGO PACHECO Jose Carlos		50:19.0	13:21.9
37	34	AMOEDO TABOAS Andres		50:30.9	13:33.8
38	27	SANCHEZ VEGA Juan Diego		50:36.8	13:39.7
39	26	VARELA COMESAÑA Adrian		50:40.6	13:43.5
40	47	MUÑOZ CHAS Alejandro		50:49.8	13:52.7
41	23	FERREIRA Pablo		51:51.2	14:54.1
42	50	PEREZ PEREZ Brais		51:58.0	15:00.9
43	33	PENAS GARCIA Oscar	PORCOS CELTAS	52:16.2	15:19.1
44	61	JUNCAL PEÑAS Guillermo		52:18.3	15:21.2
45	82	CASTRO COSTAS Anton		53:09.8	16:12.7
46	42	TIZON Juan	PORCOS CELTAS	53:36.0	16:38.9
47	67	COUTO MEIRIÑO Manuel		54:27.7	17:30.6
48	63	PER CONTRERAS Francisco		54:44.8	17:47.7
49	64	GONZALEZ SAMPERE Aaron		54:50.9	17:53.8
50	43	BARROS RODRIGUEZ Pedro		55:04.9	18:07.8
51	75	BALTAR LOSADA Miguel	MAIS QUE AUGA	55:10.4	18:13.3
52	30	LORENZO BLAS Lucas		55:11.0	18:13.9
53	9	RODRIGUEZ LAGO Yago		55:11.1	18:14.0
54	24	NOVAS CANABAL Diego		55:29.6	18:32.5
55	10	CARRERA RIVEIRO Francisco		55:47.0	18:49.9
56	54	FREIRIA MARTINEZ Luis		56:48.5	19:51.4
57	74	VALEIJE COVELO Samuel		56:49.2	19:52.1
58	72	MOREIRA RODRIGUEZ Diego		56:52.9	19:55.8
59	25	SIANI Francesco		56:59.0	20:01.9
60	39	GARCIA Dani		57:08.3	20:11.2
61	56	DE OLIVEIRA AVELINO Jose Higor		57:29.3	20:32.2
62	375	HERNANDEZ CERON Carlos		59:10.9	22:13.8
63	28	GUAMA HEREDIA Edwin	PADELEROS	59:44.1	22:47.0
64	52	VAZQUEZ CAMBEIRO David		59:49.3	22:52.2
65	55	TATAR Mert		59:52.8	22:55.7
66	48	IGLESIAS DORDA Manuel		59:57.1	23:00.0
67	69	LUMBRERAS DE LARA Diego		1h00:05.4	23:08.3
68	19	MARTINEZ NOVAS David	BORGWARNER	1h00:37.0	23:39.9



CARREIRA TEIS 2025  
CATEGORÍAS

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
69	70	MOSQUERA Diego		1h01:15.9	24:18.8
70	16	VIDE LINARES Antonio Jose	BORGWARNER	1h01:28.6	24:31.5
71	59	IGLESIAS DA COSTA Pablo Jose		1h02:06.6	25:09.5
72	21	MOLINA MATINEZ Jose Luis		1h02:42.0	25:44.9
73	57	RODRIGUEZ CARDENAS Carlos Mauricio		1h05:13.9	28:16.8
74	58	LAGO BUENESTADO Ignacio		1h06:29.1	29:32.0
75	20	VAZQUEZ MAYO Javier	MAIS QUE AUGA	1h08:27.2	31:30.1
76	370	CENTENO OSORIO Juan Pablo		1h15:15.1	38:18.0

## 10K F2

1	332	ESTEVEZ CRESPO Cristina		44:43.4	
2	341	RODRIGUEZ OLIVEIRA Rocio	ATHLETICS FISIOTERAPIA SAN LÁZARO	45:39.7	56.3
3	333	MOREU PEREIRA-BORRAJO Beatriz	CLUB DEPORTIVO DELIKIA	46:20.9	1:37.5
4	348	RODRIGUEZ GONZALEZ Nerea	CLUB ATLETISMO PORRIÑO	47:48.5	3:05.1
5	343	COMESAÑA AMBROSIO Noe		51:02.0	6:18.6
6	338	RODRIGUEZ LOPEZ Belen	CLUB DEPORTIVO DELIKIA	52:43.0	7:59.6
7	339	CID BARROS Eva		54:28.2	9:44.8
8	334	ROMERO MARTINEZ Monica	FRUTAS NIEVES	54:35.7	9:52.3
9	335	RODRIGUEZ ARCAJ Romina		55:38.2	10:54.8
10	347	VALCARCEL TOSCANO Isa		57:01.8	12:18.4
11	336	PEREZ PEREIRAS Victoria	VIGOENTRENA	1h02:59.5	18:16.1
12	345	REGO Esther		1h04:33.3	19:49.9

## 10K M2

1	99	BASTOS DASILVA Jose Alberto	ADN RUNNERS - TELMO PELUQUEROS F.C.	34:44.6	
2	115	MARZOA RUIZ Miguel	C.A.R. MARISQUEIRO	36:44.9	2:00.3
3	128	VAZQUEZ PAVON Roberto	TANINOS RUNNERS PONTEAREAS	37:15.6	2:31.0
4	107	FRANCO FREIJANES Pablo		38:28.6	3:44.0
5	133	NOGUEIRA FERNANDEZ Junior		40:47.6	6:03.0
6	93	GONZALEZ ALVAREZ Borja		41:11.7	6:27.1
7	101	PARRA GARCIA Eduardo		41:16.6	6:32.0
8	104	COSTAS VARELA David	AMIGOS DEPORTE E NATUREZA	41:41.7	6:57.1
9	86	PORTELA SANCHEZ Jorge Isaías		42:05.1	7:20.5
10	109	MARQUEZ MOO Manuel		42:26.9	7:42.3
11	105	DASILVA LORENZO Ruben		42:27.0	7:42.4
12	132	CAMPELO GONZALEZ Antonio	VIGOENTRENA	42:57.9	8:13.3
13	108	DOMINGUEZ CUQUEJO Rogelio		43:57.8	9:13.2
14	100	VILABOA SALGUEIRO Santi		44:13.0	9:28.4
15	373	FERNANDEZ GRADIN David	CIBUS TEAM	44:19.6	9:35.0
16	123	NAVIA IGLESIAS Ruben	BIKILA	44:21.3	9:36.7
17	85	BARCIELA CAMIÑA Manuel		45:26.4	10:41.8
18	138	NUÑEZ PARADA Sergio		45:28.2	10:43.6
19	137	ARADAS LESTON Bernardo	RAGNAROK OCR	46:11.9	11:27.3
20	121	MOLINERO MALVIDO Ruben	CLUB DEPORTIVO DELIKIA	46:16.1	11:31.5
21	120	ALONSO GOMEZ Ivan		46:29.8	11:45.2
22	92	MAYO RODRIGUEZ Marcos	RUNYTRI	46:57.8	12:13.2
23	88	LOZANO Roberto		47:11.8	12:27.2

CARREIRA TEIS 2025  
CATEGORÍAS

Clf	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
24	90	CABEZAS VILA Valerio	C.A.R. MARISQUEIRO	47:16.4	12:31.8
25	141	COSTAS RODRIGUEZ Marcos	C.D.RIAS DO SUR	47:21.6	12:37.0
26	103	GOBERNA COMESAÑA Ivan		47:50.2	13:05.6
27	127	CABACO CAMPOS Jose Manuel	TAKO TEAM	47:54.6	13:10.0
28	125	RODRIGUEZ FERNANDEZ Efren		48:32.5	13:47.9
29	96	VARA BLANCO Javier		48:36.6	13:52.0
30	119	ALONSO PEREIRA Marcos	O FUSCO	48:49.8	14:05.2
31	136	FREIRE CABALEIRO Carlos		49:19.2	14:34.6
32	134	VEGA GARCIA Antonio Manuel		49:40.4	14:55.8
33	98	DORADO FUENTE Iban		50:15.4	15:30.8
34	117	MARTIN PALLES Marco Alexio	VIGOENTRENA	50:28.1	15:43.5
35	111	LOPEZ PINO Javier	RUNYTRI	50:49.3	16:04.7
36	106	CRISTOBAL LIMES Iago		51:06.4	16:21.8
37	110	ARANGO GAYAR Saul	FRUTAS NIEVES	51:41.9	16:57.3
38	95	MACIAS NOGUEIRA Antonio	MAIS QUE AUGA	52:03.1	17:18.5
39	124	ACOSTA RENILLA Juan Pablo		52:16.9	17:32.3
40	139	PALOMEQUE TORRAS Jose Maria		53:18.0	18:33.4
41	131	CONDE PEREZ Celso	SAUDESSPORT	53:57.3	19:12.7
42	118	ALVAREZ ALONSO Ivan		54:08.7	19:24.1
43	116	MARTINEZ MARTIN Ivan	C.A.R. MARISQUEIRO	54:12.6	19:28.0
44	91	SANMARTIN GONZALEZ Victoriano	MAIS QUE AUGA	55:08.1	20:23.5
45	97	RODAL FRAGA Carlos		55:21.4	20:36.8
46	144	OSBORNE Steve		55:34.0	20:49.4
47	135	DEL CAÑO CASTRO Miguel		55:35.8	20:51.2
48	89	BERNARDEZ GARCIA Javier		56:16.4	21:31.8
49	114	PIÑEIRO AGULLA Isidro Jose		56:21.0	21:36.4
50	113	RESUA EIRAS David		57:39.4	22:54.8
51	94	HERNANDEZ GRAÑA Juan Carlos		59:21.1	24:36.5
52	130	BUXO SANCHEZ Gabriel		59:34.3	24:49.7
53	122	VERAZA Cristian	MAIS QUE AUGA	1h01:41.5	26:56.9
54	140	CANOSA MARTINEZ Oscar		1h02:24.2	27:39.6
55	142	GARCIA AVE Damian	FACTORUN	1h04:32.4	29:47.8
56	126	LAGO CERQUEIRA Javier		1h05:07.9	30:23.3
57	129	SALGUERO ALVAREZ Abraham		1h06:47.1	32:02.5

## 10K F3

1	352	VAQUERO SOUSA Julia		42:42.7	
2	355	LEMO SOAGE Ana	CORREDOIRAS DE BUEU	48:16.2	5:33.5
3	350	LEMAT CABRAL Maria Belen	CIDADE DE LUGO FLUVIAL	51:14.4	8:31.7
4	357	VAZQUEZ Pily	BIKILA	51:46.0	9:03.3
5	360	GONZALEZ CASAL Alejandra	VIGOENTRENA	52:51.5	10:08.8
6	362	BALIÑO GONZALEZ Ruth	RIZOS TEAM	54:04.6	11:21.9
7	359	LOPEZ REIS Julia	VIGOENTRENA	56:25.9	13:43.2
8	353	PAMPILLON SEIJO Veronica		57:12.0	14:29.3
9	349	PRIETO MORAIS Pili	TNT GHERRILLEIROS	57:34.3	14:51.6
10	358	NAVARRO SANCHEZ Maria Ascension		58:43.5	16:00.8
11	361	VAZQUEZ MAYO Monica	MAIS QUE AUGA	1h03:36.2	20:53.5
12	356	ALONSO MARTINEZ Beatriz		1h04:04.2	21:21.5
13	351	GONZALEZ DE LA CUESTA Sofia		1h06:30.8	23:48.1



CARREIRA TEIS 2025  
CATEGORÍAS

Clc	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
14	354	DIAZ-PACHE MACKINLAY Pilar		1h10:39.2	27:56.5

10K M3

1	179	BARGIELA ARAUJO Daniel	BIKILA	35:54.8	
2	369	DAVILA MARIÑO Oscar		39:34.5	3:39.7
3	173	BARREIRO PEREIRA Xose Anton	SD COMPOSTELA ATLETISMO	40:29.6	4:34.8
4	163	COSTAS COSTAS Miguel	MAIS QUE AUGA	41:51.3	5:56.5
5	161	TABOADA PAMPIN Alberto	C.A.R. MARISQUEIRO	43:20.6	7:25.8
6	183	ALONSO FDEZ Alberto	MAIS QUE AUGA	43:40.2	7:45.4
7	147	RODRIGUEZ BOLIBAR Ernesto	CLUB CASTRELOS 2:3	43:46.8	7:52.0
8	184	MONTENEGRO BALLESTEROS Diego		44:16.4	8:21.6
9	181	RODRIGUEZ CASTRO Javier		44:27.2	8:32.4
10	185	BARREIRO RUIBAL Matias	CLUB DEPORTIVO PINARIUM	44:46.1	8:51.3
11	175	FROIZ LAREU Andres	TNT GHERRILLEIROS	45:18.4	9:23.6
12	150	PAZ GONZALEZ Juan Carlos	C.A.R. MARISQUEIRO	45:45.8	9:51.0
13	172	LUCIA PAREDES Giovanni		46:12.0	10:17.2
14	162	PEREZ BLANCO Pablo	CLUB TRIATLON VAO	46:44.5	10:49.7
15	159	MARTINEZ ZUÑIGA Modesto		47:11.6	11:16.8
16	170	GONZALEZ MACIEL Jose Luis	RIZOS TEAM	47:42.7	11:47.9
17	167	BERMUDEZ FERREIRA Arturo		47:50.7	11:55.9
18	166	SANCHEZ OTERO Oswaldo	TNT GHERRILLEIROS	48:21.0	12:26.2
19	178	VIDAL GONZALEZ David		48:23.1	12:28.3
20	157	MARTINEZ PEREZ Jose Luis	TRIATLON MAR DE VIGO	49:40.7	13:45.9
21	152	BELOSO GONZALEZ Carlos		50:47.5	14:52.7
22	148	PIÑEIRO RODRIGUEZ Carlos	CIDADE DE LUGO FLUVIAL	51:11.3	15:16.5
23	154	VILLANUEVA AREAL Dito	RUNNING LUSEKELO	51:21.4	15:26.6
24	156	GONZALEZ MARTINEZ Fernando		52:20.6	16:25.8
25	182	MARTINEZ DOBALO David	CROSSBEERS	52:50.6	16:55.8
26	145	HERRERO MENAQ Gonzalo	VIGOENTRENA	53:27.0	17:32.2
27	149	YAÑEZ COIRA Avelino	RUNNING LUSEKELO	53:28.9	17:34.1
28	177	FREIRE PIÑEIRO Jose Manuel	MAIS QUE AUGA	53:37.2	17:42.4
29	174	PARDAVILA Miguel	CORRIDA DAS CABRAS	54:03.1	18:08.3
30	155	TABOAS SILVA Jose Antonio		54:09.0	18:14.2
31	151	GONCALVES ROLO Alvaro	MAIS QUE AUGA	55:36.3	19:41.5
32	176	BERNARDEZ GIL David		56:16.7	20:21.9
33	153	IGLESIAS RODRIGUEZ Carlos		57:55.2	22:00.4
34	146	GUAMA MENA Patricio	PADELEROS	58:09.3	22:14.5
35	169	VAZQUEZ VALLADARES Antonio		58:43.4	22:48.6
36	180	BLANCO HERMIDA Oscar		1h03:03.1	27:08.3
37	171	POUSA LUCIO Xoan Manuel	SAPOCONCHOS	1h05:26.0	29:31.2
38	160	VAZQUEZ Enrique		1h06:38.8	30:44.0

10K F4

1	363	GALLERO FERNANDEZ Mar		58:37.2	
2	366	RODRIGUEZ ALVAREZ Marta	BIKILA	1h05:58.6	7:21.4
3	365	ROCHA CRUCES Maria Carmen	C.A.R. MARISQUEIRO	1h07:33.5	8:56.3



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CATEGORÍAS

Clc	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>10K M4</b>					
1	197	PAZ RODRIGUEZ Juan	CLUB CASTRELOS 2:3	42:44.9	
2	192	GRAÑA ALONSO Jose Carlos	LODEIROS TRAIL	42:52.5	7.6
3	199	VAZQUEZ VIDAL Antonio		46:14.6	3:29.7
4	193	GALLIDORO DEL MONTE Jose Humberto	CLUB DEPORTIVO DELIKIA	49:05.4	6:20.5
5	190	VIDEIRA CORREA Alberto	RUNNING LUSEKELO	50:29.9	7:45.0
6	194	SANTIAGO CAMERON-WALKER Jose Carlos		51:56.4	9:11.5
7	198	BARREIRO BARREIRO Benigno	ATHLETICS AVENTURA XTREM	52:08.2	9:23.3
8	191	TABOADA GONZALEZ Ramiro	RUNNING LUSEKELO	53:10.7	10:25.8
9	188	FERNANDEZ CLEMENTE Carlos		53:28.6	10:43.7
10	187	MOREIRA CONDE Antonio		53:36.1	10:51.2
11	186	CABALEIRO HERNANDEZ Jesus		53:45.2	11:00.3
12	189	FIDALGO IGLESIAS Manuel		55:28.2	12:43.3
13	195	ESTEVEZ CERNADAS Ricardo	ATHLETICS AVENTURA XTREM	1h00:09.9	17:25.0

<b>10K F5</b>					
1	367	COSTAS RODRIGUEZ Carmen		1h00:30.1	
2	368	ALVAREZ DOMINGUEZ Rosa M <sup>a</sup>	MAIS QUE AUGA	1h11:58.9	11:28.8

<b>10K M5</b>					
1	209	RIVEIRO RODRIGUEZ Arlindo	CLUB CASTRELOS 2:3	39:37.4	
2	205	SUAREZ MARTINEZ Manuel	CLUB ATLETISMO VETERANOS DE SAMIL	41:47.2	2:09.8
3	202	JARDON LOPEZ Jose	CLUB ATLETISMO VETERANOS DE SAMIL	45:15.7	5:38.3
4	208	PEREZ PASCUAL Manuel	C.S.C.R. BEADE	47:55.8	8:18.4
5	207	VILLAR ALVAREZ Enrique		52:01.8	12:24.4
6	204	BLANCO GONZALEZ Alfonso		55:28.4	15:51.0
7	210	ROCA RODRIGUEZ Ramon		57:27.7	17:50.3
8	206	COVELO IGLESIAS Jose Miguel		57:43.6	18:06.2
9	203	GARABATOS CUADRADO Jose Antonio	C.A.R. MARISQUEIRO	59:19.9	19:42.5

<b>5K F1</b>					
1	616	DOMINGUEZ PEREZ Naomi	CLUB DEPORTIVO DELIKIA	27:04.0	
2	656	DA SILVA Maria Filipe		29:24.3	2:20.3
3	603	BRUZON BANDEIRA Maria		30:54.4	3:50.4
4	619	ARIAS TEJEDA Lidia		31:17.6	4:13.6
5	614	CASTRO GONZALEZ Isabel	CLUB DEPORTIVO DELIKIA	31:18.3	4:14.3
6	627	RODRIGUEZ BARROS Sara	CLUB DEPORTIVO DELIKIA	32:41.4	5:37.4
7	612	FUENTES CALDERON Cristina		34:37.0	7:33.0
8	625	ARENAS COSTAS Jimena	CLUB DEPORTIVO DELIKIA	35:06.0	8:02.0
8	623	GROBA COMESAÑA Lia	CLUB DEPORTIVO DELIKIA	35:06.0	8:02.0
10	605	ZUNZUNEGUI NAVIA Maria	MAIS QUE AUGA	35:40.0	8:36.0
11	626	GAMA Mercedes		35:48.0	8:44.0
12	622	MARTIS POUSO Helena		36:36.2	9:32.2
13	621	TRILLO DOMINGUEZ Marta		36:36.5	9:32.5

CARREIRA TEIS 2025  
CATEGORÍAS

Clc	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
14	610	RODRIGUEZ RODRIGUEZ Maria		37:14.0	10:10.0
15	624	IGLESIAS ALLICA Malena		38:09.6	11:05.6
16	620	PEREIRA FERNANDEZ Monica		38:14.3	11:10.3
17	607	GARCIA GARCIA Miriam		38:15.5	11:11.5
18	608	FRAILE PIÑEIRO Marta		38:19.8	11:15.8
19	601	RODRIGUEZ MISA Noelia		38:33.6	11:29.6
20	602	MARTIN CALOTO ZULUETA Maria		38:33.7	11:29.7
21	617	FERREIRA MARTINEZ Anabel		38:45.3	11:41.3
22	654	PRIETO LAGE Miriam		40:19.4	13:15.4
23	606	HERMIDA RODRIGUEZ Catarina		41:02.9	13:58.9
24	615	PEREIRA GIL Raquel		41:06.2	14:02.2
25	613	GARCIA BENITO Sabela		43:39.4	16:35.4

## 5K M1

1	502	DIEZ DIEZ Jorge	BAJO ZERO BURGOS	21:50.9	
2	512	VALENCIA RODRIGUEZ Cristian	C.A.R. MARISQUEIRO	22:11.2	20.3
3	503	LOPEZ FERNANDEZ Hugo	CIBUS SIRGON	22:44.8	53.9
4	505	RODRIGUEZ GALLEGO Alberto Jose	CLUB CASTRELOS 20:30	23:10.4	1:19.5
5	31	FRANCISCO CARNEIRO Sergio		26:54.3	5:03.4
6	509	MARTIN PALOMARES Ruben		27:04.2	5:13.3
7	506	COSTAS RODRIGUEZ Adrian		28:11.2	6:20.3
8	504	PEREIRA Ruben		28:53.9	7:03.0
9	651	PEREZ POLO Diego		28:56.2	7:05.3
10	511	FOUZ FERNANDEZ Alejandro		30:20.7	8:29.8
11	513	LEON LAGO Sergio	VIGOENTRENA	30:39.9	8:49.0
12	508	SANTACLARA VIDAL Ramon		32:05.0	10:14.1
13	514	VAZQUEZ VERISIMO Adrian		34:55.0	13:04.1
14	507	GOMEZ PEDRAZA Pedro Adrian		35:35.1	13:44.2
15	516	OTERO FREIRE Raul		35:48.0	13:57.1
16	510	CASTIÑEIRAS NARCISO Kevin		36:28.6	14:37.7
17	515	PEREZ HERVELLA Alberto		36:36.6	14:45.7
18	372	DIAZ SANDOVAL Gustavo Javier	MAIS QUE AUGA	38:15.8	16:24.9
19	501	FREIRE FERRADAS Sergio		39:11.4	17:20.5

## 5K F2

1	628	VIDAL LORENZO Emilia	MAIS QUE AUGA	28:26.0	
2	629	SORDO GARCIA Maria Teresa	METAS IMPOSIBLES	30:55.4	2:29.4
3	649	FERNANDEZ VARELA Maria Estefania		31:18.3	2:52.3
4	632	LEMONS LOPEZ Vanesa	MAIS QUE AUGA	35:02.8	6:36.8
5	633	FREIRE Lorena	MAIS QUE AUGA	35:17.7	6:51.7
6	635	PEREZ RODRIGUEZ Luz	MAIS QUE AUGA	36:38.4	8:12.4
7	631	RECAMAN MIGUEZ Shirley		36:50.5	8:24.5
8	630	CARNERO LLAUGER Maria	BIKILA	37:10.8	8:44.8
9	653	ALVES DASILVA Iris Van		41:28.7	13:02.7
10	637	VILA Fani		46:11.8	17:45.8
11	636	IGLESIAS RAMUDO Yolanda		56:44.8	28:18.8

CARREIRA TEIS 2025  
CATEGORÍAS

Clc	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
<b>5K M2</b>					
1	518	CABALEIRO GARCIA Jose Manuel	CIBUS SIRGON	23:31.6	
2	528	LOPEZ GARRIDO David		23:34.8	3.2
3	521	ALONSO ALVAREZ Jose Carlos	ATHLETICS FISIOTERAPIA SAN LÁZARO	24:38.1	1:06.5
4	648	LOPEZ FERNANDEZ Antonio Luis		25:43.1	2:11.5
4	523	GONZALEZ CASTRO Sindio	SD COMPOSTELA ATLETISMO	25:43.1	2:11.5
6	532	GIRALDEZ RIOS Jose		31:41.7	8:10.1
7	531	LOPEZ FERNANDEZ Ruben		33:48.7	10:17.1
8	652	VILLAR GARCIA Javier		34:13.8	10:42.2
9	530	ALONSO RODRIGUEZ Manuel Antonio	BEADE, AHI OS VAN!	34:43.3	11:11.7
10	526	GESTO Xoan	BEADE, AHI OS VAN!	34:43.5	11:11.9
11	102	GONZALEZ ABEIJON Fernando		40:20.3	16:48.7
12	525	RODRIGUEZ COLLAZO Raul		41:02.5	17:30.9

<b>5K F3</b>					
1	643	VILAR PALMA Ana Paula	SOCIEDAD ATLÉTICA VAL MIÑOR	26:46.6	
2	644	PAZ OLIVEIRA Natalia	MAIS QUE AUGA	33:44.9	6:58.3
3	641	VAZQUEZ Mariña		36:38.8	9:52.2
4	642	VIÑAS ROMERO Silvia	BIKILA	37:10.9	10:24.3
5	639	FERNANDEZ SUAREZ Carmen	MAIS QUE AUGA	42:40.8	15:54.2

<b>5K M3</b>					
1	548	ALVAREZ MIRANDA Jose Luis	CIBUS SIRGON	22:54.3	
2	545	ULLA REGA Manuel		22:56.5	2.2
3	544	FERNANDEZ Marcos	C.S.C.R. BEADE	23:14.7	20.4
4	539	AMOEDO AGULLA Carlos		26:12.3	3:18.0
5	534	ALVAREZ Andres	IMAXINATEA ESCOLA DE TEATRO	27:36.2	4:41.9
6	535	FERNANDEZ GARCIA Manuel	CLUB DEPORTIVO PINARIUM	27:36.4	4:42.1
7	540	FERREIRA ANTAS Victor		27:58.9	5:04.6
8	542	ALONSO COSTAS Oscar		28:34.4	5:40.1
9	547	ZUNZUNEGUI GARRIDO Noe		31:13.3	8:19.0
10	165	GONZALEZ LAGO Juan Carlos	PONTESECA TRAIL TEAM	33:09.5	10:15.2
11	543	ARAGUETE BARRIO Jose Luis		34:29.3	11:35.0
12	538	SAAVEDRA GONZALEZ Narciso	CLUB DEPORTIVO METAS IMPOSIBLES TRAIL TEAM	35:51.6	12:57.3
13	546	LOSADA LOSADA Fernando	C.D. ATLETAS POPULARES DE SORIA	41:45.6	18:51.3
14	537	GANDARA BOUZA Alejandro	CLUB CASTRELOS 20:30	49:17.5	26:23.2

<b>5K F4</b>					
1	364	CABALEIRO Mauxi		42:40.8	

<b>5K M4</b>					
1	553	PALMA ESPAÑA Eligio		27:54.4	



CARREIRA TEIS 2025  
CATEGORÍAS

Clit	Dor.	Apellidos y nombre	Equipo	Tiempo	Diferencia
2	549	RODRIGUEZ PANTIN Alberto	AGRUPACIÓN VIGUESA DE ATLETISMO	30:15.8	2:21.4
3	550	VILLAR SALGADO Jose Francisco	C.A.R. MARISQUEIRO	33:04.9	5:10.5
4	552	GONZALEZ GARCIA Luis	C.A.R. MARISQUEIRO	33:26.5	5:32.1
5	551	BARROS LORENZO Jose Manuel		35:05.1	7:10.7
6	650	DO CAMPO MILLOS Juan J.		58:32.9	30:38.5

## 5K F5

1	647	FERNANDEZ PAZOS Luz		32:18.8	
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## 5K M5

1	554	REY GONZALEZ J.Roberto	CLUB ATLETISMO VETERANOS DE SAMIL	29:53.7	
2	555	HERNANDEZ BORREGO Miguel	MAIS QUE AUGA	31:05.1	1:11.4
3	556	GARCIA FERNANDEZ Jose Manuel		39:28.6	9:34.9

## DISCAMINO

1	655	FERNANDEZ MARTINEZ Javichi	DISCAMINO	40:19.7	
2	519	GONZALEZ UCLES David	DISCAMINO	40:20.0	0.3