

CATEGORÍAS 10K

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
FÉMINAS SUB25				
1	97	BAR IGLESIAS Aroha	56:19.905	
2	210	JIMENEZ JIMENEZ Aitana	57:49.157	1:29.252
3	226	ALONSO CARBALLO Marta	1h05:28.996	9:09.091
4	4	NEGREIRA MIGUELES María	1h11:31.652	15:11.747

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
FÉMINAS SENIOR				
1	109	PEREZ GARCIA-PICHER Ana	43:26.538	
2	258	PEREZ MARIÑO Elena	46:25.200	2:58.662
3	24	GALLEGO CANABAL Laura	47:16.205	3:49.667
4	99	LLORENTE Lucia	47:47.179	4:20.641
5	225	LLOVERA Carlota	50:00.963	6:34.425
6	172	SANTOS COBO Inés	54:32.288	11:05.750
7	54	MOSQUERA CASAS Paula	58:10.793	14:44.255
8	164	SANMARTIN ARBONES Sonsoles	59:10.642	15:44.104
9	218	MARQUEZ SALGADO Laura	59:28.211	16:01.673
10	263	CASTRO PARDAVILA Nerea	1h01:38.318	18:11.780

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
FÉMINAS VETERAN@ A				
1	98	SAMPEDRO Julia	45:45.711	
2	235	OLIVEIRA MELEIRO María	47:46.975	2:01.264
3	70	IGLESIAS DOSANTOS Patricia	51:08.590	5:22.879
4	188	RODRIGUEZ Isabel	51:58.629	6:12.918
5	243	CAMIÑA GOMES Sabina	53:52.990	8:07.279
6	77	PRIETO RODRIGUEZ Tahia	53:53.867	8:08.156
7	78	FERNANDEZ ALONSO Paula	56:22.949	10:37.238
8	143	MARTINEZ VIDAL Mirian	56:43.155	10:57.444
9	10	FERNANDEZ MOSQUERA Raquel	56:53.477	11:07.766
10	56	SOUTO MARTINEZ Isabel	57:59.237	12:13.526
11	202	RODRIGUEZ SANTOS Bibiana	1h01:28.519	15:42.808
12	86	CARRERA PEREIRA Patricia	1h03:05.319	17:19.608
13	187	VILLARONGA ARTEAGA Lourdes	1h03:19.152	17:33.441
14	230	COMESAÑA PIÑEIRO Noelia	1h03:39.358	17:53.647

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
FÉMINAS VETERAN@ B				
1	146	MOREU PEREIRA-BORRAJO Beatriz	47:39.414	
2	267	GALLINAR FERNANDEZ Mónica	48:19.704	40.290
3	166	LAMPON CARIDE Ana María	48:22.967	43.553
4	95	ANGEL CARRERAS Patricia	50:34.909	2:55.495
5	67	DOMINGUEZ MOURIÑO Nati	50:55.075	3:15.661
6	151	PRIETO MORAIS Pili	51:11.263	3:31.849
7	41	FONSECA GARCIA Lucia	52:44.227	5:04.813
8	265	CASTRO COLORADO Julia	53:10.467	5:31.053
9	87	VIEITEZ OITABEN María José	53:35.621	5:56.207

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
10	127	SAINZ FERNANDEZ Nuria	53:51.961	6:12.547
11	147	PEREZ RODRIGUEZ Elisa	56:20.476	8:41.062
12	8	MARTINEZ COMESAÑA Lucía	56:39.105	8:59.691
13	206	FERNANDEZ PAZO Paula	56:39.697	9:00.283
14	238	ALEJOS ALONSO Dolores	56:44.625	9:05.211
15	64	BALIÑO GONZALEZ Ruth	56:56.703	9:17.289
16	107	LOPEZ REIS Julia	56:57.917	9:18.503
17	9	MARTINEZ COMESAÑA Isabel	57:03.936	9:24.522
18	103	LOPEZ CASTRO Aurora	57:05.618	9:26.204
19	92	GONZALEZ DE LA CUESTA Sofia	57:44.132	10:04.718
20	112	ALVAREZ COMESAÑA Monika	57:45.053	10:05.639
21	190	LORENZO LEGEREN María	1h00:31.385	12:51.971
22	194	BERRIDE SOTO Lucia	1h00:36.353	12:56.939
23	247	ESTEVEZ FREIRE María Elena	1h00:51.613	13:12.199
24	153	VAZQUEZ NOVOA Nieves	1h01:54.561	14:15.147
25	129	PEREIRA DIOS María	1h03:11.332	15:31.918
26	138	OSSORIO Asuncion	1h03:13.879	15:34.465
27	234	SOUTO EYENDA Silvia	1h04:12.028	16:32.614
28	200	BLANCO LORENZO Sira	1h05:50.991	18:11.577
29	201	LORENZO PICADO Leticia	1h05:51.218	18:11.804
30	156	ESTEVEZ GIRALDEZ Eva Maria	1h06:23.827	18:44.413
31	157	PRESA CASTRO Paula	1h06:27.876	18:48.462
32	266	RIOS LOIRA Maria	1h06:38.616	18:59.202
33	17	RAMOS RODRIGUEZ Beatriz	1h08:41.394	21:01.980

MASCULINA SUB25

1	110	ALVAREZ GONZALEZ Pablo	45:36.627	
2	43	COSTAS Jose	45:47.456	10.829
3	51	VAZQUEZ RODRIGUEZ Pablo	47:27.764	1:51.137
4	264	RODRIGUEZ VILA Raúl	50:05.231	4:28.604
5	27	JORGE COSTAS Sergio	51:03.850	5:27.223
6	168	ENRIQUEZ RODRIGUEZ Roberto	55:56.498	10:19.871
7	38	IGLESIAS ALLICA Marcos	58:27.866	12:51.239
8	46	PALACIO Diego	1h01:34.133	15:57.506
9	227	DOMINGUEZ Matias	1h05:29.076	19:52.449
10	68	FERNANDEZ FERREIRO Cosme	1h11:20.807	25:44.180
11	2	PRADO LAGO Camilo	1h11:32.056	25:55.429

MASCULINA SENIOR

1	229	GUTIERREZ GONZALEZ Carlos Enrique	33:35.096	
2	204	RODRIGUEZ ALVAREZ Diego	35:21.145	1:46.049
3	108	TRONCOSO GARRIDO David	37:12.296	3:37.200
4	7	FERNANDEZ MONJE Gonzalo	37:45.545	4:10.449
5	61	PAREDES COSTA Aaron	42:21.992	8:46.896
6	254	PEREZ ALONSO Alberto	42:22.640	8:47.544
7	119	CRUZ DOMINGUEZ Aram	42:45.540	9:10.444
8	173	FERNANDEZ VEA Alberto	43:28.073	9:52.977

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
9	37	GONZALEZ MOURIÑO Iago	44:10.538	10:35.442
10	106	CARRERA RIAL Jesús	44:48.498	11:13.402
11	120	SANCHEZ Javier	46:10.036	12:34.940
12	116	VIERNES GONZALEZ Jorge	47:33.186	13:58.090
13	232	ESTEVEZ GONZALEZ Enoc	48:11.654	14:36.558
14	198	ALVAREZ CARRERA David	51:46.569	18:11.473
15	167	SUAREZ FERNANDEZ Esteban	52:24.899	18:49.803
16	11	VARELA COMESAÑA Adrian	52:50.899	19:15.803
17	33	PEREIRA Ismael	52:58.265	19:23.169
18	216	VILLAVERDE PATIÑO Yago	53:31.229	19:56.133
19	60	BALADO IGLESIAS Emilio	53:31.230	19:56.134
20	261	RODRIGUEZ-LOSADA TORRES César	53:49.360	20:14.264
21	215	ARMADA FERNANDEZ Boris	53:54.848	20:19.752
22	71	RODRIGUEZ SANTOS Enrique	54:21.469	20:46.373
23	72	RODRIGUEZ DE PRADO Antón	58:48.921	25:13.825
24	197	FERNANDEZ MARTINEZ Javier	58:59.096	25:24.000
25	145	LOMBARDIA ROCHA Yago	59:57.340	26:22.244
26	90	MARTINEZ AGEITOS Manuel	1h00:00.533	26:25.437
27	121	GARCIA Ricardo	1h03:28.079	29:52.983

MASCULINA VETERAN@ A

1	228	LAGO MONROY Ismael	35:09.357	
2	62	BASTOS DASILVA Jose Alberto	35:58.926	49.569
3	189	GARCIA QUEROL Pablo	36:09.585	1:00.228
4	183	MARZOA RUIZ Miguel	36:19.498	1:10.141
5	88	ALONSO André	37:42.114	2:32.757
6	257	GUERRA HERBELLO Diego	37:49.014	2:39.657
7	252	PIÑEIRO BUDIÑO José Javier	38:51.924	3:42.567
8	221	ORTIZ Guillermo	39:12.161	4:02.804
9	251	PIEDRAS PUIG Hipólito	40:41.211	5:31.854
10	102	LOPEZ COMESAÑA Oscar Manuel	42:06.414	6:57.057
11	59	COMESAÑA SAA Daniel	43:22.398	8:13.041
12	130	ALONSO ALVAREZ Jose Carlos	44:49.097	9:39.740
13	260	PEREZ Yago	44:58.973	9:49.616
14	176	CUNTIN GOMEZ Anton	45:48.317	10:38.960
15	248	MOREIRA RODAS Salvador	45:57.947	10:48.590
16	154	RODRIGUEZ GARCIA Álvaro	46:02.278	10:52.921
17	244	VEGA GARCIA Antonio Manuel	46:27.495	11:18.138
18	233	PILLADO AMORIN Eloy	47:21.118	12:11.761
19	191	PEREZ RIOBO Alex	47:44.074	12:34.717
20	5	GONZALEZ RODRIGUEZ Daniel	47:54.609	12:45.252
21	155	BENATTI Gustavo	48:25.715	13:16.358
22	94	GOMEZ LOPEZ Pablo	48:27.484	13:18.127
23	171	RODRIGUEZ NUÑEZ Isaac	48:29.249	13:19.892
24	113	HERNANDEZ LIMIA Miguel	48:58.025	13:48.668
25	211	LOPEZ PINO Javier	48:59.083	13:49.726
26	83	RIOS OYA Alejandro	49:10.691	14:01.334
27	241	I. AMOEDO Marcial	49:21.353	14:11.996
28	76	CAMPILLO GARCIA Fernando	49:55.013	14:45.656

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
29	52	CABACO CAMPOS José Manuel	49:55.014	14:45.657
30	81	RODRIGUEZ DOMINGUEZ Diego	50:07.484	14:58.127
31	131	ANGEL CARRERAS Juan Manuel	50:34.951	15:25.594
32	66	DIZ CARRERA José Benito	51:33.441	16:24.084
33	249	ARANGUREN SANCHEZ-OSTIZ Javier	51:51.604	16:42.247
34	124	MALVAR LEITE Manuel	53:10.868	18:01.511
35	242	SAVARINO Giorgio	53:26.347	18:16.990
36	212	COÑAGO CABALEIRO Jacobo	53:33.682	18:24.325
37	82	MIGUEZ SAN ISIDRO Benigno	55:28.017	20:18.660
38	13	VAZQUEZ GOMEZ Oscar	57:53.344	22:43.987
39	26	DIAZ CID Nicolás	58:35.234	23:25.877
40	163	LOMBARDERO PEDREGAL Juan	59:10.781	24:01.424
41	203	GUEDELLA Jose	1h00:31.332	25:21.975
42	195	RESUA David	1h00:44.599	25:35.242
43	128	ALONSO LORENZO Alberto	1h02:20.578	27:11.221

MASCULINA VETERAN@ B

1	179	RODRIGUEZ FERNANDEZ Iago	38:21.323	
2	170	FERREIRA LAREDO David	39:11.694	50.371
3	49	MAHOU LAGO Xosé M.	40:31.754	2:10.431
4	104	FERNANDEZ PEREZ Óscar Manuel	40:35.413	2:14.090
5	262	DAVILA BOVEDA Pablo	42:32.361	4:11.038
6	117	LORENZO UZ Alberto	43:00.498	4:39.175
7	28	GOMEZ ALVAREZ Javier	43:21.218	4:59.895
8	136	FERNANDEZ DA SILVA Marcial	43:26.459	5:05.136
9	148	FROIZ LAREU Andres	43:27.680	5:06.357
10	255	RODRIGUEZ CASTRO Javier	43:41.772	5:20.449
11	19	MALLO MARCOS Alberto	44:48.918	6:27.595
12	175	TIZON FREIRIA Germán	44:53.489	6:32.166
13	84	GALLIDORO DEL MONTE José Humberto	45:13.489	6:52.166
14	185	UBEIRA RICON Alberto	45:38.057	7:16.734
15	18	FERNANDEZ VAYO Rubén Francisco	46:34.775	8:13.452
16	152	SANCHEZ OTERO Oswaldo	46:46.727	8:25.404
17	259	DEL RIO GOMEZ Carlos	46:56.295	8:34.972
18	50	RODRIGUEZ BANDE Carlos	47:27.167	9:05.844
19	246	BARREIRO BARREIRO Benigno	47:39.115	9:17.792
20	269	ALONSO Iván	47:45.813	9:24.490
21	58	COMESAÑA DAVILA Miguel	47:55.265	9:33.942
22	105	VIDEIRA CORREA Alberto	48:04.684	9:43.361
23	199	LARA PEREZ José Gabino	48:18.671	9:57.348
24	169	LOPEZ FERNANDEZ Antonio Luis	48:32.087	10:10.764
25	160	LAGO FREIRIA Paco	48:47.055	10:25.732
26	192	FERNANDEZ BLANCO Cesar	48:48.046	10:26.723
27	96	RODRIGUEZ ROMAN Rubén	48:50.333	10:29.010
28	220	DAVILA ESTEVEZ Enrique	49:07.096	10:45.773
29	126	CHAMORRO RODRIGUEZ Daniel	49:08.411	10:47.088
30	91	PINO MAGALLANES Miguel	49:08.464	10:47.141
31	268	ESTEVEZ GARCIA Manuel	49:42.083	11:20.760
32	80	GARCIA MALGA Moncho	49:50.283	11:28.960

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
33	135	FIRVIDA DIZ Pedro Luís	49:59.850	11:38.527
34	93	MILLAN ALONSO Rubén	50:11.729	11:50.406
35	141	GARCIA Roberto	50:11.733	11:50.410
36	150	CAMBEIRO FERNANDEZ Manuel	50:15.243	11:53.920
37	69	CODON VEGA Alfonso	50:21.629	12:00.306
38	65	RAÑA GREGORIO Xan	50:21.743	12:00.420
39	1	CONGUTA IBARRA Darwin Joan Carlos	50:40.422	12:19.099
40	237	PEREZ RIAL Bernardo Miguel	51:05.651	12:44.328
41	23	IGLESIAS GROBAS Ignacio	51:05.750	12:44.427
42	139	GONZALEZ MARTINEZ Fernando	51:07.789	12:46.466
43	161	VELOSO ESPÍNEIRA Manuel	51:11.084	12:49.761
44	125	BRAÑA VIDAL Carlos	51:13.461	12:52.138
45	115	MAGDALENA VERA Javier	51:18.324	12:57.001
46	213	MARTINEZ COSTAS Diego	51:26.949	13:05.626
47	137	RODRIGUEZ FOLGAR Cesareo	51:52.387	13:31.064
48	48	LOPEZ RUIZ Carlos	52:05.478	13:44.155
49	214	FREIRE PIÑEIRO José Manuel	52:11.812	13:50.489
50	217	GONCALVES ROLO Alvaro	52:11.878	13:50.555
51	47	FERNANDEZ CLEMENTE Carlos	52:23.139	14:01.816
52	118	RODRIGUEZ PAZ Cesar	52:25.569	14:04.246
53	208	ACOSTA PADIN Gerardo	52:34.144	14:12.821
54	39	ROMAN LOSADA Carlos	52:41.182	14:19.859
55	40	MARTINEZ REQUEJO Carlos	52:44.289	14:22.966
56	240	ALONSO ABALO José Manuel	52:45.460	14:24.137
57	140	RODRIGUEZ VAZQUEZ Alberto	53:05.041	14:43.718
58	142	FENOLLERA BOLIBAR Santiago	53:10.553	14:49.230
59	193	OJEA CENDON Javier	53:26.468	15:05.145
60	205	GARCIA KIRSTEN Jorge	53:54.871	15:33.548
61	180	GONZALEZ MATOS Daniel	54:02.147	15:40.824
62	184	CARRERA CARRERA Xosé Manuel	54:02.204	15:40.881
63	42	PEREIRO SANTIN Ramon	54:15.557	15:54.234
64	174	SANTOS GARCIA Jose Manuel	54:32.206	16:10.883
65	134	CARPINTERO DOMINGUEZ Julio	54:33.367	16:12.044
66	111	MARTIN PEÑA Miguel	55:06.478	16:45.155
67	16	SILVA ESTEVEZ Anxo	55:33.738	17:12.415
68	34	OLLERO LORENZO Alberto	55:53.927	17:32.604
69	250	RIOS RODRIGUEZ Manuel	56:19.077	17:57.754
70	44	DOMINGUEZ BARCIA David	56:30.498	18:09.175
71	315	BENAVIDES ALONSO Daniel	56:33.276	18:11.953
72	122	DURAN LAGO Fernando	56:38.306	18:16.983
73	231	COIRA SANCHEZ Pedro	56:53.917	18:32.594
74	224	PEREZ RODAL Juan José	56:54.036	18:32.713
75	182	LEDO MARTINEZ Daniel	57:22.604	19:01.281
76	55	RADA SOTO Yago	57:43.790	19:22.467
77	3	FERNANDEZ NUÑEZ Jose Eusebio	57:49.303	19:27.980
78	165	CASTIÑEIRA GONZALEZ Francisco Javier	57:58.656	19:37.333
79	21	LIMA SUAREZ José	58:00.414	19:39.091
80	74	BLANCO GONZALEZ Alfonso	58:05.515	19:44.192
81	159	ALVAREZ PEREIRA Rober	58:14.955	19:53.632
82	12	LEIS PUGA Diego	58:31.997	20:10.674
83	236	DIAZ IGLESIAS Adolfo	58:33.561	20:12.238

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
84	207	RODRIGUEZ IGLESIAS Roberto	58:45.963	20:24.640
85	209	CERDEIRA PAZ César	58:49.222	20:27.899
86	149	AMOEDO COLLAZO Moisés	58:52.673	20:31.350
87	36	IGLESIAS RODRIGUEZ Carlos	59:12.775	20:51.452
88	114	GONZALEZ SAVIGNAT Daniel	59:40.712	21:19.389
89	57	ARZA TOUZON German	1h01:28.219	23:06.896
90	219	GOMEZ CELAYA Gabriel	1h01:29.590	23:08.267
91	45	PALACIO Armando Jose	1h01:34.059	23:12.736
92	177	MESIAS PEREZ Manuel Jose	1h01:46.700	23:25.377
93	186	DE LA FUENTE SANTOS Jorge	1h03:19.295	24:57.972
94	123	PAINCEIRA MACIÑEIRAS Jorge	1h09:20.527	30:59.204