

X CARREIRA POPULAR

Concello de Cambados

10K

GENERAL

Clit	Dor.	Apellidos y nombre	Categoría	Club	5k	(Clit)	Tiempo	Diferencia
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MASCULINA

1	29	CARRASCO NUÑEZ Jordi	Master 2 Masc	SD COMPOSTELA ATLETISMO	15:54.34	(1)	31:57.18	
2	50	ALVAREZ ALVAREZ Daniel	Master 2 Masc	SD COMPOSTELA ATLETISMO	16:44.77	(2)	33:43.04	1:45.86
3	87	SANTOS LOIS Sergio	Master 1 Masc	CLUB ATLETISMO CAMBADOS	16:52.91	(3)	33:46.72	1:49.54
4	131	SANTIAGO REY Diego	Senior Masc	CLUB TRIATLON COMPOSTELA	16:53.19	(4)	33:51.74	1:54.56
5	38	PEREZ PRIETO Gerardo	Master 2 Masc	CLUB ATLETISMO CAMBADOS	16:53.54	(5)	33:59.01	2:01.83
6	57	SUEIRO MENDEZ Andres	Master 2 Masc	CLUB ATLETISMO CAMBADOS	16:53.70	(6)	34:01.18	2:04.00
7	90	OUBIÑA FALCON Maxi	Master 1 Masc	CLUB ATLETISMO CAMBADOS	16:54.13	(7)	34:10.37	2:13.19
8	144	DOMINGUEZ GOMEZ David	Senior Masc	C.D BIOSBARDO	17:18.36	(9)	34:20.87	2:23.69
9	67	PEREIRA FARIÑA Piti	Master 2 Masc	SD COMPOSTELA ATLETISMO	17:27.92	(12)	34:44.22	2:47.04
10	66	FERNANDEZ OTERO Gonzalo	Master 2 Masc	TRIATLON VILAGARCIA	17:18.48	(10)	35:03.97	3:06.79
11	68	SANTOS NUÑEZ Pablo	Master 2 Masc	CLUB ATLETISMO CAMBADOS	17:17.98	(8)	35:17.54	3:20.36
12	70	MARZOA RUIZ Miguel	Master 1 Masc	C.A.R. MARISQUEIRO	17:35.21	(13)	35:29.66	3:32.48
13	138	BUGALLO CAMIÑA Ricardo	Senior Masc		17:50.54	(14)	35:42.90	3:45.72
14	27	OUBIÑA DIOS Francisco Ramon	Master 2 Masc	CLUB ATLETISMO CAMBADOS	17:51.45	(15)	36:02.97	4:05.79
15	154	BARREIRO PIÑEIRO Celso	Senior Masc	CLUB ATLETISMO CAMBADOS	18:17.42	(21)	36:04.26	4:07.08
16	115	MARTINEZ AGEITOS Manuel	Master 1 Masc	REAL CLUB CELTA ATLETISMO	17:27.41	(11)	36:18.46	4:21.28
17	136	SOMOZA Joni	Senior Masc	CAIMANES	17:53.80	(16)	36:21.27	4:24.09
18	179	ABAL OTERO Noe	Senior Masc		17:57.88	(17)	36:46.68	4:49.50
19	61	POUSO VIDAL Lucas	Master 2 Masc	CLUB ATLETISMO CAMBADOS	18:28.56	(23)	36:49.80	4:52.62
20	102	FERNANDEZ CASAIS Adrian	Master 1 Masc	CLUB ATLETISMO CAMBADOS	18:08.19	(18)	37:04.82	5:07.64
21	175	CAMARGO GOMEZ Cristian David	Senior Masc		18:08.31	(19)	37:04.94	5:07.76
22	85	SANTORUM GONZALEZ Jorge	Master 1 Masc	CLUB ATLETISMO CAMBADOS	18:23.77	(22)	37:09.37	5:12.19
23	107	MANSILLA BARREIRO Pepe	Master 1 Masc	CLUB DEPORTIVO INCLUSIVO ENKI	18:51.71	(24)	37:21.06	5:23.88
24	133	FERNANDEZ FERNANDEZ Hector	Senior Masc		18:56.61	(27)	37:31.56	5:34.38
25	40	REY PADIN Francisco J.	Master 2 Masc	TRIATLON VILAGARCIA	18:54.71	(26)	38:15.69	6:18.51
26	114	AGRA RIAL Carlos	Master 1 Masc	TRIATLON VILAGARCIA	18:54.50	(25)	38:15.70	6:18.52
27	124	VIDAL SUAREZ Javier	Senior Masc		19:01.51	(28)	38:38.76	6:41.58
28	89	BUSTELO CATOIRA Carlos	Master 1 Masc	SD COMPOSTELA ATLETISMO	19:24.48	(36)	38:41.93	6:44.75
29	51	TUBIO MUÑIZ Guillermo	Master 2 Masc		19:24.15	(34)	38:48.58	6:51.40
30	12	RIVAS CASTRO Juan	Master 3 Masc	CLUB ATLETISMO CAMBADOS	19:01.58	(29)	39:05.76	7:08.58
31	24	COSTA RODRIGUEZ Jose Antonio	Master 2 Masc	AGRUPACIÓN ATLÉTICA MAZÍ	19:24.60	(37)	39:16.54	7:19.36
32	52	SENDIN RAÑA Pablo	Master 2 Masc	CLUB ATLETISMO PORRIÑO	19:34.04	(39)	39:19.91	7:22.73
33	142	FEIJOO REY Adrian	Senior Masc	CAIMANES	19:24.45	(35)	39:23.66	7:26.48
34	64	NAVIA GIRALDEZ Segundo	Master 2 Masc	TRIATLON VILAGARCIA	19:33.24	(38)	39:32.64	7:35.46
35	77	RODRIGUEZ MARTINEZ Carlos	Master 1 Masc		18:11.40	(20)	39:36.93	7:39.75
36	88	ROSAL CHAVES Diego	Master 1 Masc	CLUB ATLETISMO CAMBADOS	19:23.91	(33)	39:44.05	7:46.87
37	100	CAMINA UCHA Basilio	Master 1 Masc	CLUB ATLETISMO CAMBADOS	19:23.85	(32)	39:45.97	7:48.79
38	22	DEL PALACIO SAN MIGUEL Raul	Master 2 Masc	CLUB ATLETISMO CAMBADOS	19:50.56	(41)	40:14.43	8:17.25
39	31	ZHINGRE Angel	Master 2 Masc		19:55.98	(45)	40:15.11	8:17.93
40	78	AROSA GONZALEZ Tomas	Master 1 Masc		19:50.19	(40)	40:17.01	8:19.83
41	58	CAROU GARCIA Alvaro	Master 2 Masc	CLUB ATLETISMO CAMBADOS	20:07.27	(46)	40:27.13	8:29.95

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42	75	JUNCAL CARRAGAL Jose Manuel	Master 1 Masc	MILER RUNNING CLUB	19:50.68	(43)	40:36.70	8:39.52
43	172	MARTINEZ ALVAREZ Emilio Jose	Senior Masc		19:20.70	(31)	40:39.62	8:42.44
44	39	CASTRO BALBOA Diego	Master 2 Masc		20:32.09	(51)	40:44.10	8:46.92
45	110	MARTINEZ VARELA Luis Manuel	Master 1 Masc	CLUB ATLETISMO CAMBADOS	20:18.45	(47)	40:53.99	8:56.81
46	35	DAPORTA Yayo	Master 2 Masc	CLUB ATLETISMO CAMBADOS	19:51.34	(44)	40:59.76	9:02.58
47	104	RODRIGUEZ FLORES Marco Antonio	Master 1 Masc	BEGOÑITA	20:26.59	(48)	41:09.11	9:11.93
48	81	FIETEN Bram	Master 1 Masc		20:27.24	(49)	41:22.21	9:25.03
49	41	DIZ CHAVES Manuel	Master 2 Masc	TRIATLON VILAGARCIA	21:21.99	(60)	41:34.91	9:37.73
50	112	BALBOA BESADA Edgar	Master 1 Masc	CLUB ATLETISMO CAMBADOS	19:04.56	(30)	41:53.80	9:56.62
51	53	FERREIRO DEAÑO Alfredo	Master 2 Masc	CLUB DEPORTIVO AURUM	20:43.37	(52)	41:56.80	9:59.62
52	105	TRONCOSO GOMEZ Hector	Master 1 Masc		21:15.60	(57)	42:02.10	10:04.92
53	98	MUR ISAIZ Javier	Master 1 Masc	CLUB ATLETISMO CAMBADOS	21:02.40	(55)	42:08.78	10:11.60
54	43	FANDIÑO GARCIA Oscar	Master 2 Masc	CLUB ATLETISMO CAMBADOS	21:28.95	(63)	42:08.97	10:11.79
55	141	PARADELA OUBIÑA Rodrigo	Senior Masc	CAIMANES	21:27.90	(62)	42:11.24	10:14.06
56	168	CARRO SERANTES Elias	Senior Masc		19:50.63	(42)	42:16.23	10:19.05
57	28	GRANDE VIÑAS Serafin	Master 2 Masc	CLUB ATLETISMO CAMBADOS	20:28.06	(50)	42:17.99	10:20.81
58	165	ALVAREZ FARIÑA Victor	Senior Masc		21:34.51	(64)	42:22.63	10:25.45
59	72	VARELA VALLADARES Alejandro	Master 1 Masc	CLUB ATLETISMO CAMBADOS	21:14.63	(56)	42:33.55	10:36.37
60	149	PAZ CORES Juan Carlos	Senior Masc		21:22.04	(61)	42:46.07	10:48.89
61	181	ARAGUNDE PEREZ Roi	Senior Masc	TRIATLON VILAGARCIA	21:36.90	(66)	42:49.75	10:52.57
62	30	ARAGUNDE DIESTE Jose Antonio	Master 2 Masc	TRIATLON VILAGARCIA	21:36.31	(65)	42:50.85	10:53.67
63	26	SOMOZA MUELLE Angel Ramon	Master 2 Masc		20:53.45	(53)	42:53.06	10:55.88
64	178	PRADO FONTAN Diego Ramon	Senior Masc	CLUBE ATLETISMO +9 MORAÑA	21:19.37	(59)	42:58.66	11:01.48
65	111	CRESPO GARCIA Cristian Jesus	Master 1 Masc		21:37.88	(67)	43:39.30	11:42.12
66	143	PAZOS RIVEIRO Ruben	Senior Masc		22:07.53	(75)	43:44.87	11:47.69
67	101	FERNANDEZ GONZALEZ Juan	Master 1 Masc	CAIMANES	22:42.13	(78)	43:45.32	11:48.14
68	65	SOTO BUCETA Sergio	Master 2 Masc	CLUB ATLETISMO CAMBADOS	21:00.99	(54)	43:50.20	11:53.02
69	7	RIOS VAZQUEZ Xose	Master 4 Masc	SOCIEDADE DEPORTIVA BARBANTIA	21:42.85	(68)	44:13.66	12:16.48
70	86	VAZQUEZ PADIN David	Master 1 Masc		21:15.76	(58)	44:19.96	12:22.78
71	48	LYNCH Barry	Master 2 Masc		22:02.68	(73)	44:28.77	12:31.59
72	120	LAREU CRESPO Diego	Senior Masc		21:53.42	(70)	44:50.66	12:53.48
73	9	FONTENLA MUIÑO Manuel	Master 3 Masc	ATLETAS ACEA DE AMA	21:59.84	(71)	44:52.42	12:55.24
74	126	FEIXO OTERO Felipe	Senior Masc		22:03.43	(74)	44:55.07	12:57.89
75	63	ANDRADE PADIN Damian	Master 2 Masc		21:52.11	(69)	44:56.81	12:59.63
76	71	VARELA VALLADARES Cesar	Master 1 Masc	CLUB ATLETISMO CAMBADOS	22:01.41	(72)	45:08.99	13:11.81
77	137	TRIGO BELOSO Jaime	Senior Masc		23:03.46	(84)	45:09.00	13:11.82
78	161	ARGIBAY AROSA Daniel	Senior Masc	CLUB ATLETISMO CAMBADOS	22:32.92	(76)	45:41.20	13:44.02
79	6	BETANZOS REGO Tobias	Master 4 Masc	BARBANTIA RODA	22:35.96	(77)	45:48.27	13:51.09
80	153	OTERO PAZ Miguel	Senior Masc	CAIMANES	22:57.20	(82)	46:04.61	14:07.43
81	21	LOIS ARAGUNDE Manuel Angel	Master 3 Masc		23:12.10	(86)	46:24.74	14:27.56
82	37	PEREZ OTERO Cesareo	Master 2 Masc	CLUB ATLETISMO CAMBADOS	23:55.70	(97)	46:33.79	14:36.61
83	130	OTERO TRIGO Alberto	Senior Masc		23:40.58	(94)	46:58.99	15:01.81
84	73	CAMIÑA MARTINEZ Rai	Master 1 Masc	CLUB ATLETISMO CAMBADOS	23:23.10	(90)	47:03.74	15:06.56

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85	16	SANCHEZ TORRES Jose Antonio	Master 3 Masc	TRIATLON VILAGARCIA	22:51.20	(79)	47:06.70	15:09.52
86	129	FEIJOO REY Roberto	Senior Masc	CAIMANES	23:02.99	(83)	47:08.50	15:11.32
87	127	OTERO PAZ Manu	Senior Masc	CAIMANES	23:03.64	(85)	47:08.78	15:11.60
88	18	FERNANDEZ PRIETO Jose	Master 3 Masc	MORAÑA EN RUTA	22:52.44	(81)	47:09.63	15:12.45
89	1	PADIN COUSIDO Jose Luis	Master 4 Masc	CLUB ATLETISMO CAMBADOS	22:52.11	(80)	47:13.09	15:15.91
90	69	CORTIÑAS CARBALLIDO Serxio	Master 1 Masc		23:57.81	(99)	47:20.31	15:23.13
91	10	PARADA SANTIAGO Carlos	Master 3 Masc		23:15.22	(87)	47:31.16	15:33.98
92	25	CHAZO VENTOSO Joaquin	Master 2 Masc		23:22.04	(88)	47:41.83	15:44.65
93	128	FONOLLA SOPENA Xavi	Senior Masc	CAIMANES	23:45.67	(96)	47:56.27	15:59.09
94	139	PREGO PRADO Yago	Senior Masc	CAIMANES	24:24.85	(107)	47:56.41	15:59.23
95	3	ACOSTA CRESPO Javier	Master 4 Masc	TRIATLON VILAGARCIA	24:04.41	(101)	48:01.35	16:04.17
96	11	ARES FONTENLA Rafael	Master 3 Masc	CLUB ATLETISMO CAMBADOS	23:55.74	(98)	48:01.66	16:04.48
97	5	PEREZ GARCIA Jesus	Master 4 Masc	CLUB ATLETISMO CAMBADOS	24:04.89	(102)	48:04.70	16:07.52
98	74	CORDAL BARREIRO Anton	Master 1 Masc	CLUB ATLETISMO CAMBADOS	23:23.00	(89)	48:06.88	16:09.70
99	118	GONZALEZ JABOIS Roberto	Senior Masc		23:26.30	(92)	48:28.21	16:31.03
100	15	FERNANDEZ PIÑEIRO Xoan Bautista	Master 3 Masc	CLUB ATLETISMO CAMBADOS	23:38.78	(93)	48:29.55	16:32.37
101	164	MARIÑO COSTA Dieg	Senior Masc		24:52.68	(110)	48:44.06	16:46.88
102	94	BOTANA ALVAREZ Borja	Master 1 Masc		24:07.93	(103)	49:01.47	17:04.29
103	151	GARCIA PONTE Pablo	Senior Masc	LASER GALICIA RANING	24:24.45	(106)	49:10.26	17:13.08
104	158	CASTELLANO GARCIA Martin	Senior Masc		25:13.06	(111)	49:31.12	17:33.94
105	42	PAZ Jose Luis	Master 2 Masc	CLUB ATLETISMO CAMBADOS	24:30.01	(108)	49:33.58	17:36.40
106	59	TRISTANY CLARET Xavier	Master 3 Masc		24:00.20	(100)	49:48.11	17:50.93
107	180	TORRES GONZALEZ Ignacio	Senior Masc		23:42.22	(95)	50:04.82	18:07.64
108	134	MARIÑO PAZ Samuel	Senior Masc	CAIMANES	24:30.36	(109)	50:05.52	18:08.34
109	170	CASTRO FALCON Martin	Senior Masc		25:17.38	(113)	50:39.04	18:41.86
110	91	FARIÑA GONZALEZ Manuel	Master 1 Masc		24:07.98	(104)	50:41.76	18:44.58
111	132	CASTRO MARTINEZ Jose Luis	Senior Masc		25:50.82	(116)	50:52.80	18:55.62
112	122	CASTRO FALCON Adrian	Senior Masc		25:16.96	(112)	50:52.87	18:55.69
113	176	BUGALLO PINTADO Pablo	Senior Masc		26:40.32	(120)	51:30.93	19:33.75
114	46	FARIÑA HERMIDA Juan	Master 2 Masc	CLUB ATLETISMO CAMBADOS	24:14.92	(105)	51:33.34	19:36.16
115	95	MARTINEZ FANDIÑO Diego	Master 1 Masc	CLUB ATLETISMO CAMBADOS	25:17.78	(114)	51:33.37	19:36.19
116	2	GOMEZ BIOQUE Jose	Master 4 Masc	CLUB ATLETISMO CAMBADOS	27:01.18	(125)	52:58.47	21:01.29
117	14	APARICIO GRANDE Felix	Master 3 Masc		27:00.97	(124)	53:20.41	21:23.23
118	56	FERNANDEZ IGLESIAS Jose	Master 2 Masc		25:50.03	(115)	53:22.24	21:25.06
119	135	PEÑA VILAS Oscar	Senior Masc		25:57.20	(117)	53:44.71	21:47.53
120	8	BURLIDO BORREGO Jose Isaías	Master 3 Masc	CLUB ATLETISMO PORRIÑO	26:33.36	(119)	53:47.67	21:50.49
121	45	DOMINGUEZ PEDREIRA Jacobo	Master 2 Masc		26:10.23	(118)	54:38.08	22:40.90
122	106	OUBIÑA CUÑARRO Aday	Senior Masc		26:41.19	(122)	55:01.71	23:04.53
123	92	PIÑEIRO FUENTES Daniel	Senior Masc	CLUB ATLETISMO CAMBADOS	26:41.10	(121)	55:01.73	23:04.55
124	159	PEREZ DOMINGUEZ Miguel Angel	Senior Masc		27:36.60	(126)	55:45.02	23:47.84
125	140	CONDE JAMARDO Pablo	Senior Masc		27:53.59	(127)	57:47.90	25:50.72
126	166	MARTINS CERQUEIRA Matheus	Senior Masc		29:34.54	(128)	59:45.63	27:48.45
127	160	DURAN SINEIRO Benito	Senior Masc		30:13.28	(129)	1h04:04.17	32:06.99

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FEMENINA

1	60	GARCIA LIGERO Silvia	Master 2 Fem	PONTE A CORRER	20:00.06	(1)	40:30.51	
2	33	PAZ VALLE Mercedes	Master 2 Fem	PONTE A CORRER	20:28.98	(2)	41:45.02	1:14.51
3	93	MONTOTO VAZQUEZ Patricia	Master 1 Fem	CLUBE ESCOLA DE ATLETISMO DEZA	21:02.17	(3)	42:24.51	1:54.00
4	155	VIDAL RODIÑO Merce	Senior Fem	CLUB ATLETISMO CAMBADOS	21:14.75	(4)	42:33.34	2:02.83
5	44	OTERO Chus	Master 2 Fem	CLUB ATLETISMO CAMBADOS	23:12.24	(6)	46:24.72	5:54.21
6	123	MACEIRA PENA Miriam	Senior Fem	TRIATLON VILAGARCIA	22:50.59	(5)	46:47.99	6:17.48
7	32	PAZ VALLE Carina	Master 2 Fem		23:22.02	(7)	47:41.71	7:11.20
8	80	SERANTES CUIÑAS Marta	Master 1 Fem	CLUB ATLETISMO CAMBADOS	23:46.93	(8)	48:05.95	7:35.44
9	55	PIÑEIRO SANTORUN Nesti	Master 2 Fem	CLUB ATLETISMO CAMBADOS	23:47.10	(9)	48:24.32	7:53.81
10	174	SANCHEZ BARCO Paula	Senior Fem		24:24.10	(10)	48:47.08	8:16.57
11	173	CAMBRE ALVAREZ Icia	Senior Fem		24:52.67	(13)	49:32.56	9:02.05
12	76	FERNANDEZ RODRIGUEZ Monica	Master 1 Fem	TRIATLON RIAS BAIXAS	24:44.19	(12)	49:32.59	9:02.08
13	157	PEREZ PEREZ Fatima	Senior Fem		24:25.30	(11)	51:09.74	10:39.23
14	146	DIOS Laura	Senior Fem		26:11.94	(17)	52:14.85	11:44.34
15	195	CHARLIN PIÑEIRO Mariña	Senior Fem		25:38.57	(14)	52:29.74	11:59.23
16	177	HERMIDA SOMOZA Sofia	Senior Fem		26:40.23	(19)	52:47.59	12:17.08
17	36	LEMONS CABRERA Sonia	Master 2 Fem		25:49.98	(15)	53:21.77	12:51.26
18	145	MARTINEZ VALLADARES Lidia	Senior Fem		25:57.05	(16)	53:44.69	13:14.18
19	163	SANCHEZ BARCO Alba	Senior Fem		26:29.99	(18)	54:26.81	13:56.30
20	4	VILAR SEREN Lupe	Master 4 Fem	CLUB ATLETISMO CAMBADOS	27:06.04	(20)	55:37.61	15:07.10
21	167	VENTOSO TRIGO Mariña	Senior Fem		27:36.67	(21)	55:44.88	15:14.37
22	119	ARIAS MATO Andrea	Senior Fem	CLUB ATLETISMO A ESTRADA	28:12.10	(23)	55:52.61	15:22.10
23	113	PIÑEIRO DIOS Andrea	Master 1 Fem		28:15.17	(24)	56:28.43	15:57.92
24	169	PEREZ MAQUIEIRA Angela	Senior Fem		27:53.45	(22)	57:07.54	16:37.03
25	171	FABRI ESTEVEZ Ilenia	Senior Fem		29:34.63	(26)	59:45.72	19:15.21
26	109	RUIBAL CASALDERREY Sonia	Master 1 Fem		28:58.11	(25)	1h03:55.13	23:24.62
27	121	DIOS VAZQUEZ Estefania	Senior Fem		30:13.32	(27)	1h04:04.40	23:33.89
28	125	PIÑEIRO SUAREZ Silvia	Senior Fem		31:47.49	(28)	1h04:52.60	24:22.09

JUVENIL

1	183	BESADA CASTRO Xabi	Juvenil Masc	CLUB ATLETISMO CAMBADOS	1.00	(1)	22:28.53	
2	182	SANTOS MANEIRO Breixo	Juvenil Masc		1.00	(1)	23:49.42	1:20.89

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