



CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**GENERAL 5K**

Cl't	Dor.	Apellidos y nombre	Tiempo	Diferencia
5K MASCULINO				
1	1697	OTERO AMOEDO Anxo	15:36.85	
2	1686	FERNANDEZ ENCINA Alberto	15:42.79	5.94
3	1528	RODRIGUEZ GALLEGUO Alberto Jose	16:06.75	29.90
4	1378	ALONSO GARRIDO Miguel	16:15.24	38.39
5	1696	RODRIGUEZ CASALMORTO Javier	16:23.72	46.87
6	1005	MARTINEZ VILLASUR David	16:24.60	47.75
7	1678	QUINTELA CEA Ruben	16:56.23	1:19.38
8	1672	RODRIGUEZ RODRIGUEZ Serafin	16:58.33	1:21.48
9	1560	ULLA REGA Manuel	17:14.82	1:37.97
10	1586	GARRIDO RUIZ Roberto	17:20.52	1:43.67
11	1140	RODRIGUEZ RIOS Alejandro	17:21.74	1:44.89
12	1469	RIVEIRO RODRIGUEZ Arlindo	17:27.98	1:51.13
13	1617	COSTAS COSTAS Miguel	17:38.26	2:01.41
14	1275	PEREZ VIEITES Diego	17:46.23	2:09.38
15	1015	NUÑEZ PARADA Sergio	17:51.17	2:14.32
16	1312	BAO FERNANDEZ Francisco	17:55.26	2:18.41
17	1398	CAMPOS CRESPO Alejandro	17:56.00	2:19.15
18	1027	LAMA POMBAR Jorge	18:00.60	2:23.75
19	1006	MIRANDA VIEITO Jose Manuel	18:08.74	2:31.89
20	1527	CABALEIRO GARCIA Jose Manuel	18:16.58	2:39.73
21	1083	IGLESIAS REY Miguel	18:17.34	2:40.49
22	1529	PAZ RODRIGUEZ Juan	18:18.60	2:41.75
23	1315	COUCE SENRA Oscar	18:22.13	2:45.28
24	1612	SOTO BAÑO Jorge	18:30.19	2:53.34
25	1606	FERNANDEZ MARTINEZ Angel	18:41.21	3:04.36
26	1162	BLANCO FUENTES Adrian	18:51.66	3:14.81
27	1411	CANOVAS GARCIA Alvaro	18:55.69	3:18.84
28	1431	GONZALEZ ALVAREZ Javier	18:59.37	3:22.52
29	1610	MIGUEZ PEREZ Adrian	19:15.40	3:38.55
30	1036	MONTEAGUDO DOMINGUEZ Gabriel	19:16.14	3:39.29
31	1532	FERNANDEZ LORENZO Alejandro	19:18.07	3:41.22
32	1571	DOMINGUEZ Santi	19:22.06	3:45.21
33	1551	CARRASCO Ruben	19:29.27	3:52.42
34	1384	JUSTE PEREZ Ricardo	19:30.37	3:53.52
35	1447	SERGIENKO Aleksei	19:31.24	3:54.39
36	1359	MARTIN RODRIGUEZ Fernando	19:32.20	3:55.35
37	1296	LISTE BASCOY Alejandro	19:36.59	3:59.74
38	1616	MACEIRA GRADIN Joaquin	19:57.67	4:20.82
39	1656	MARTIN PALOMARES Ruben	20:00.06	4:23.21
40	1536	AMOEDO AGULLA Carlos	20:02.06	4:25.21
41	1409	CIGARRAN OLMO Jorge	20:03.03	4:26.18
42	1033	ALVAREZ Andres	20:11.37	4:34.52

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Cl ^t	Dor.	Apellidos y nombre	Tiempo	Diferencia
43	1395	TIZON RODRIGUEZ Carlos	20:22.38	4:45.53
44	1700	SANCHEZ Anthony Alejandro	20:33.87	4:57.02
45	1675	LAFUENTE VIÑAS Pablo	20:34.08	4:57.23
46	1307	FERNANDEZ MARIÑO Oscar	20:36.02	4:59.17
47	1402	VARA Javier	20:41.26	5:04.41
48	1543	COVELO COSTAS Ivan	20:48.52	5:11.67
49	1424	FERNANDEZ PEREZ Jose	20:49.42	5:12.57
50	1430	FEIJOO MOREIRA Sergio	20:54.60	5:17.75
51	1313	ALVAREZ DIAZ Ismael	21:07.02	5:30.17
52	1400	REGLERO SEDANO Martin	21:14.52	5:37.67
52	1133	SANZ LUCOTTI Jose Javier	21:14.52	5:37.67
54	1041	ALVES FREIRE Daniel	21:23.49	5:46.64
55	1585	ALONSO LOPEZ Jonatan	21:31.69	5:54.84
56	1442	QUINTELA ALONSO Ivan	21:32.02	5:55.17
57	1436	GUIMERANS ALVAREZ Xoel	21:38.24	6:01.39
58	1393	DASILVA LORENZO Alvaro	21:50.33	6:13.48
59	1453	PEREIRAS VILA Damian	21:53.30	6:16.45
59	1115	PEITEADO RUIZ Guille	21:53.30	6:16.45
61	1391	LOPEZ CANTERO Francisco Javier	21:54.02	6:17.17
62	1088	VELAYOS MACKINLAY Santiago	21:55.13	6:18.28
63	1561	GARABATOS David	21:57.98	6:21.13
64	1620	SUAREZ OGANDO Adrian	21:59.32	6:22.47
65	1619	PEMAN GONZALEZ Gonzalo Jesus	21:59.48	6:22.63
66	1650	PEREZ LAMARCA David	22:07.28	6:30.43
67	1542	COVELO COSTAS Daniel	22:09.13	6:32.28
68	1146	RODRIGUEZ RODRIGUEZ Manuel	22:09.52	6:32.67
69	1422	RODRIGUEZ URUBURO Adolfo	22:16.54	6:39.69
70	1572	RODAL FRAGA Carlos	22:21.06	6:44.21
71	1503	CASAL CARREIRA Angel	22:24.33	6:47.48
72	1342	VILABOA ALVAREZ Hugo	22:31.80	6:54.95
73	1573	PEREZ PIÑEIRO Oscar	22:33.36	6:56.51
74	1627	GONZALEZ Enrique	22:34.34	6:57.49
75	1295	PEREZ YAÑEZ Javier	22:34.46	6:57.61
76	1038	CARBIA MATO Noel	22:36.60	6:59.75
77	1301	ARREDONDAS FERNANDEZ Sergio	22:42.90	7:06.05
78	1519	SALGADO MASIDE Antonio	22:52.80	7:15.95
79	1160	SANCHEZ ALVAREZ Fernando	22:55.70	7:18.85
80	1158	GARCIA CARBALLA Pablo	22:55.96	7:19.11
81	1466	ALVAREZ SIMON Alberto	23:09.22	7:32.37
82	1415	ALONSO CARRERA Daniel	23:10.15	7:33.30
83	1518	LOPEZ PEREZ Manuel	23:17.56	7:40.71
84	1186	BESTEIRO CADAVID Jesus	23:19.14	7:42.29
85	1327	FERNANDEZ GONZALEZ Jose Angel	23:23.30	7:46.45
86	1382	MARTINEZ SANTOS Pablo	23:27.37	7:50.52

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Cl ^t	Dor.	Apellidos y nombre	Tiempo	Diferencia
87	1190	FERNANDEZ BLANCO Cesar	23:27.64	7:50.79
88	1508	JIMENEZ Leroy	23:29.16	7:52.31
89	1701	SANCHEZ Jesus	23:30.02	7:53.17
90	1570	ZABALETA CASTRO Yago	23:32.20	7:55.35
91	1613	DOCET CAAMAÑO Francisco	23:34.77	7:57.92
92	1254	LOPEZ LOIRA Alberto	23:36.29	7:59.44
93	1562	GARCIA DE LA CRUZ Roberto	23:36.72	7:59.87
94	1462	LOPEZ RODRIGUEZ Duarte	23:44.92	8:08.07
95	1443	VELOSO DOMINGUEZ Iago	23:48.08	8:11.23
96	1451	VARA BLANCO Manuel	23:48.37	8:11.52
97	1490	ALVAREZ CARRACEDO Ruben	23:48.80	8:11.95
98	1530	CASAL DORADO Gonzalo	23:53.50	8:16.65
99	1434	FORTES MOSQUERA Diego	24:00.20	8:23.35
100	1441	GUIMERANS ALVAREZ Anxo	24:00.26	8:23.41
101	1287	DIAZ SANDOVAL Gustavo Javier	24:02.72	8:25.87
102	1183	CRESPO BELTRAN Daniel	24:06.83	8:29.98
103	1687	CASTIÑEIRAS Oscar	24:10.06	8:33.21
104	1084	VILLAR ENES Ruben	24:11.60	8:34.75
105	1516	MARTINEZ HERNANDEZ Joshua	24:13.75	8:36.90
106	1212	SALAZAR DURAES Felipe	24:16.46	8:39.61
107	1357	SEBASTIAN LAGO Alejandro	24:17.29	8:40.44
108	1199	CABRERA LAPAZ Julio	24:21.98	8:45.13
109	1013	VAZQUEZ VALLADARES Antonio	24:22.29	8:45.44
110	1047	VAZQUEZ CARAMES Marcos	24:25.27	8:48.42
111	1546	RODRIGUEZ COVELO Diego	24:25.57	8:48.72
112	1405	RODRIGUEZ VAZQUEZ Jose Ramon	24:27.12	8:50.27
113	1428	VAZQUEZ URCEIRA Miguel Angel	24:29.73	8:52.88
114	1145	POTTI LOPEZ Pablo	24:30.56	8:53.71
115	1380	JIMENEZ ORDOÑEZ Nicolas	24:32.63	8:55.78
116	1048	VAZQUEZ CARAMES Jose	24:33.39	8:56.54
117	1623	URBANO MARTINEZ Jorge	24:42.26	9:05.41
118	1537	FERNANDEZ COSTAS Javier	24:42.78	9:05.93
119	1134	IMBELLONI VAZQUEZ Adrian	24:46.27	9:09.42
120	1349	VILARIÑO GONZALEZ Hugo	24:47.04	9:10.19
121	1004	VILA FERNANDEZ Felix	24:49.44	9:12.59
122	1597	GUEVARA Miguel Angel	24:56.49	9:19.64
123	1352	MANEIRO OTERO Guillermo	25:04.42	9:27.57
124	1374	COLOMBINO NIEVAS Maxi	25:09.76	9:32.91
125	1049	VAZQUEZ GESTAL Marcos	25:13.63	9:36.78
126	1165	PARRADO RODRIGUEZ Ignacio	25:17.93	9:41.08
127	1677	ALONSO VAZQUEZ Dylan	25:18.26	9:41.41
128	1404	HERNANDEZ GRAÑA Juan Carlos	25:20.26	9:43.41
129	1679	VIEITEZ BLANCO Alejandro	25:23.31	9:46.46
130	1339	BUSTOS Santi	25:31.86	9:55.01

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**GENERAL 5K**

Cl ^t	Dor.	Apellidos y nombre	Tiempo	Diferencia
131	1637	SANTOS CABANELAS Alberto	25:34.22	9:57.37
132	1557	REGUERA FERREIRA Nicolas	25:38.38	10:01.53
133	1346	CARIDE COMESAÑA Miguel	25:40.65	10:03.80
134	1584	CASTILLO ALVARIN Carlos Luis	25:40.78	10:03.93
135	1664	PRIETO CHAPELLIN Jose Ramon	25:51.49	10:14.64
136	1373	NUÑEZ PHILIPPON Jorge	25:53.01	10:16.16
137	1685	FERNANDEZ VIDAL Jose Manuel	25:56.16	10:19.31
138	1104	PARRA Fran	26:03.26	10:26.41
139	1599	ARIAS BUJAN Gael	26:05.48	10:28.63
140	1598	ARIAS QUINTEIRO David	26:05.60	10:28.75
141	1491	ALVAREZ CARRACEDO Adrian	26:06.62	10:29.77
142	1026	LAMA CASAS Francisco	26:09.45	10:32.60
143	1329	VERA FERRERA Javier	26:10.90	10:34.05
144	1331	BARRAL CABEZAS Alex	26:11.02	10:34.17
145	1333	ABAL DOMINGUEZ Adrian	26:12.64	10:35.79
146	1577	RODRIGUEZ PLAZA Alvaro	26:17.66	10:40.81
147	1355	MARTINEZ AALONSO Daniel	26:18.55	10:41.70
148	1348	LAGO CERQUEIRA Javier	26:22.60	10:45.75
149	1364	ALVAREZ RODRIGUEZ Jesus	26:29.92	10:53.07
150	1358	FIDALGO IGLESIAS Manuel	26:30.00	10:53.15
150	1356	BLANCO SUÑER Alfredo	26:30.00	10:53.15
152	1360	PIÑEIRO DIAZ Victor	26:30.12	10:53.27
153	1379	RAMOS GONZALEZ Eduardo Jose	26:31.70	10:54.85
154	1521	COSTAS NOVAS Julio	26:32.17	10:55.32
155	1113	RODRIGUEZ Victor	26:34.86	10:58.01
156	1647	OTERO FERNANDEZ Damian	26:35.62	10:58.77
157	1420	HORNA FERNANDEZ Rodrigo	26:48.12	11:11.27
158	1127	DAVILA FERNANDEZ Juan	26:53.90	11:17.05
159	1385	EXPOSITO PEREIRA Felix	27:05.67	11:28.82
160	1494	LAGUNA Felipe Luis	27:05.72	11:28.87
161	1308	FRANCISCO RODRIGUEZ David	27:07.30	11:30.45
162	1371	GAGGIOLO Guillermo	27:15.67	11:38.82
163	1229	GONZALEZ RIVEIRO Fernando	27:17.40	11:40.55
164	1418	NEIRA MORAN Iago	27:17.93	11:41.08
165	1153	TIZON VAZQUEZ XoeI	27:19.43	11:42.58
166	1353	IGLESIAS BLANCO Jose	27:20.37	11:43.52
167	1595	FLORES GARCIA Fernando	27:26.32	11:49.47
168	1632	PIÑEIRO PEREZ Daniel	27:32.50	11:55.65
169	1242	GOMES ANTONIO Icaro	27:42.38	12:05.53
170	1634	ROLDAN RODRIGUEZ Fernando	27:44.72	12:07.87
171	1392	DOSIL Agustin	27:49.52	12:12.67
172	1471	CARRACEDO ALONSO Marcos	27:55.85	12:19.00
173	1196	RESUA David	28:07.87	12:31.02
174	1482	DE ANCA MASA Jose Maria	28:12.52	12:35.67

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**GENERAL 5K**

Cl	Dor.	Apellidos y nombre	Tiempo	Diferencia
175	1668	LOSADA VISPO Miguel	28:14.25	12:37.40
176	1622	ESTEVEZ VILLAR Hector	28:17.40	12:40.55
177	1184	MARTINEZ LAGO Adrian	28:19.83	12:42.98
178	1075	BRENLLA LENS Jose Alfonso	28:20.27	12:43.42
179	1288	LAGO LORENZO Ivan	28:26.85	12:50.00
180	1068	ANANIN FERNANDEZ Sergio	28:28.43	12:51.58
181	1538	FONTENLA RECAMAN Alberto	28:30.47	12:53.62
182	1556	NORIEGA BARRIOS Ruben Eduardo	28:34.24	12:57.39
183	1633	OLIVEIRA Damião	28:35.19	12:58.34
184	1669	CASTRO GUERREIRO David	28:48.21	13:11.36
185	1667	MUÑOZ PEREZ Antonio	28:48.53	13:11.68
186	1028	FERREIRA CHARRASQUIEL Marcial	28:51.74	13:14.89
187	1468	RUSSELLO Massimiliano	29:02.55	13:25.70
188	1340	LOPEZ RODRIGUEZ Angel	29:03.17	13:26.32
189	1341	CRESPO FREIRIA Antonio	29:03.27	13:26.42
190	1554	GARCIA HUERTA Pedro	29:13.33	13:36.48
191	1568	VIÑAS MARTINEZ Jose Luis	29:16.09	13:39.24
192	1106	LERGA Iñakii	29:27.29	13:50.44
193	1347	DIAZ DEL RIO David	29:31.97	13:55.12
194	1539	VAZQUEZ FERNANDEZ Victor	29:32.51	13:55.66
195	1497	KOBA Stanislav	29:36.19	13:59.34
196	1421	LOPEZ MARQUES Carlos	29:36.57	13:59.72
197	1042	POSADA ALONSO Jose Antonio	29:38.33	14:01.48
198	1603	DESTAR GONZALEZ Abel	29:42.90	14:06.05
199	1198	LOPEZ SIMON Manuel	29:46.65	14:09.80
200	1457	PAINCEIRA MACIÑEIRAS Jorge	30:05.10	14:28.25
201	1461	DURAN LAGO Fernando	30:05.15	14:28.30
202	1578	GOMEZ CABADAS Martin	30:05.70	14:28.85
203	1139	PARRA JIMENEZ David	30:06.01	14:29.16
204	1023	PEREIRO SANTIN Ramon	30:07.95	14:31.10
205	1176	DOMINGUEZ SERRANO Oscar	30:08.59	14:31.74
206	1305	ALVAREZ DOMINGUEZ Daniel	30:15.80	14:38.95
207	1034	VAZQUEZ MAYO Javier	30:19.50	14:42.65
208	1403	BARREIRO UZCATEGUI Juan Facundo	30:33.49	14:56.64
209	1132	ROMAN FERNANDEZ Alfonso	30:34.58	14:57.73
210	1630	RODRIGUEZ COLLAZO Raul	30:46.43	15:09.58
211	1109	GOMEZ Oscar	30:51.19	15:14.34
212	1534	MOSQUERA GARCIA Oscar	30:57.06	15:20.21
213	1073	ALONSO RODRIGUEZ Delfin	30:57.51	15:20.66
214	1475	GARCIA CARRERA Julio	31:04.31	15:27.46
215	1659	CANDIA Danilo	31:07.26	15:30.41
216	1593	RIVERA FIDALGO Alen	31:16.57	15:39.72
217	1555	BAUBETA FAJARDO Hector Alejandro	31:24.21	15:47.36
218	1344	PORTELA Luis	31:44.20	16:07.35

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**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Cl	Dor.	Apellidos y nombre	Tiempo	Diferencia
219	1454	SERANTES PIÑEIRO Xuian	31:55.36	16:18.51
220	1489	BETANCOURTH PATIÑO Manuel Fernandez	32:01.13	16:24.28
221	1216	BRION MORAL Alvaro	32:06.84	16:29.99
222	1241	GIRALDES BRAVO Manuel	32:06.90	16:30.05
223	1220	EGERIQUE MORAL Gonzalo	32:07.21	16:30.36
224	1531	VIERA FERNANDEZ Geremias	32:14.41	16:37.56
225	1654	FERNANDEZ CAMACHO Alberto	32:41.04	17:04.19
226	1092	FERNANDEZ RIOS Marcelo	32:44.73	17:07.88
227	1260	ALVAREZ SALGADO Javier	32:46.47	17:09.62
228	1509	SOLIÑO ALVAREZ Jose Ramon	32:46.64	17:09.79
229	1235	SILVA PEREIRA Ruben	32:57.71	17:20.86
230	1590	GONZALEZ FRAGUEIRO Fabian	33:10.51	17:33.66
231	1211	GARCIA CAMEAN Gael	33:23.24	17:46.39
232	1370	NUÑEZ LORENZO Paulo Cesar	33:25.15	17:48.30
233	1310	CONS GONZALEZ Enrique	33:25.16	17:48.31
234	1070	LOPEZ MOREIRAS Jose Luis	33:26.72	17:49.87
235	1142	PARRA JIMENEZ Francisco Javier	33:28.59	17:51.74
236	1057	PRADO ALONSO Angel	33:39.58	18:02.73
237	1699	TRONCOSO GARRIDO David	33:50.78	18:13.93
238	1440	AMAYA GONZALEZ Leandro Gonzalo	34:38.10	19:01.25
239	1018	MORELL GONZALEZ Pablo Maria	34:54.79	19:17.94
240	1397	RODRIGUEZ ESTEVEZ Fernando	35:14.87	19:38.02
241	1361	GARCIA ALBA Jaime	35:25.24	19:48.39
242	1138	VARELA MENDEZ Jacobo	35:36.21	19:59.36
243	1614	ZELAYA ALMENDAREZ Trinidad	35:55.28	20:18.43
244	1460	BERNARDEZ GARCIA Jorge	35:58.82	20:21.97
245	1156	FERNANDEZ IGLESIAS Ramon	35:59.09	20:22.24
246	1082	MEGINA RUBIO Daniel	36:13.55	20:36.70
247	1505	GARRIDO ALVAREZ Manuel Angel	36:13.70	20:36.85
248	1014	SANMARTIN FERNANDEZ Jose Maria	37:22.96	21:46.11
249	1039	GANDARA BOUZA Alejandro	37:27.76	21:50.91
250	1692	LAGO RODRIGUEZ Lucas	38:03.30	22:26.45
251	1326	HERNANDEZ SOUTO Miguel	39:11.36	23:34.51
252	1479	PEREIRA SANROMAN Alvaro	39:12.61	23:35.76
253	1478	GONZALEZ PEREZ Juan Jesus	39:12.69	23:35.84
254	1150	DOMINGUEZ Rory	42:28.07	26:51.22
255	1030	MORELL CASTRO Ander	43:01.27	27:24.42
256	1618	PEREZ CAMPO Jesus Maria	43:20.15	27:43.30
257	1693	GONZALEZ NOGUEIRA Brais	47:42.18	32:05.33
258	1324	MOURE Juan	48:58.82	33:21.97
259	1180	GRAÑA ROMERO Jorge	49:35.90	33:59.05

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**GENERAL 5K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
5K FEMENINO				
1	1148	DIZ DA ROCHA Sarah Cristina	18:20.19	
2	1655	ALVAREZ RODRIGUEZ Noemi	18:25.47	5.28
3	1673	ANEGAS FERNANDEZ Puri	18:57.76	37.57
4	1657	DOMINGUEZ PEREZ Naomi	20:00.13	1:39.94
5	1294	LISTE MOREU Sara	21:39.41	3:19.22
6	1090	ANDRES PONTANILLA Rocio	21:52.67	3:32.48
7	1319	HERNANDEZ BUGARIN Rosa	21:57.87	3:37.68
8	1286	GALLINAR FERNANDEZ Monica	22:01.80	3:41.61
9	1040	FERNANDEZ ALVAREZ Maria	22:17.97	3:57.78
10	1504	CABALEIRO CARREIRA Maria Teresa	22:18.96	3:58.77
11	1635	VIDAL LORENZO Emilia	22:24.96	4:04.77
12	1587	VIEITO PENA Irene	23:36.29	5:16.10
13	1222	MARTIN-CALOTO ZULUETA Maria	23:45.15	5:24.96
14	1094	ROSENDO GONZALEZ Iria	24:06.64	5:46.45
15	1520	MERENS VAZQUEZ Laura	24:08.00	5:47.81
16	1642	CASALES PEREZ Andrea	24:09.76	5:49.57
17	1662	NUÑEZ GONZALEZ Noa	24:21.93	6:01.74
18	1012	NAVARRO SANCHEZ Maria Ascension	24:22.84	6:02.65
19	1413	POSADA CASTRO Maria Dolores	24:24.37	6:04.18
20	1147	VELAZQUEZ GARCIA Maria	24:30.85	6:10.66
21	1350	SORDO GARCIA Maria Teresa	24:36.95	6:16.76
22	1050	JARDON JARDON Sabela	24:43.94	6:23.75
23	1394	RODRIGUEZ RIAL Iria	24:56.28	6:36.09
24	1438	ARCA ALVAREZ Maria	25:03.62	6:43.43
25	1464	GROBA COMESAÑA Lia	25:06.45	6:46.26
26	1694	ANDRES DE LA IGLESIA Ana	25:08.07	6:47.88
27	1456	MOREIRA GONZALEZ Maria	25:08.40	6:48.21
28	1688	CANABAL VILLAVERTDE Isa	25:16.42	6:56.23
29	1046	ESCOBAR REY Paula	25:25.17	7:04.98
30	1621	SANTANA CABRAL Pilar	25:30.38	7:10.19
31	1159	FERNANDEZ PAZOS Luz	25:40.25	7:20.06
32	1345	REY Alejandra	25:41.03	7:20.84
33	1458	FERNAGUT Camille	25:41.80	7:21.61
34	1304	RODAL MALVIDO Loli	25:47.72	7:27.53
35	1465	BONET FERNANDEZ Conchi	25:51.79	7:31.60
36	1663	MARTINEZ TABOAS Paula	25:53.30	7:33.11
37	1515	HURTADO NOCADA Karla	25:57.15	7:36.96
38	1433	OTERO CESPEDES Laura	26:02.25	7:42.06
39	1300	FONSECA GARCIA Beatriz	26:02.30	7:42.11
40	1563	ALVAREZ GOMEZ Adriana	26:10.44	7:50.25
41	1289	RAMOS PARADELO Tamara	26:11.54	7:51.35
42	1031	ZAMORANO GARCIA Elena	26:23.57	8:03.38

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
43	1582	COUTO CASTRO Marta	26:25.69	8:05.50
44	1251	DIZ ALFONSIN Lorena	26:26.64	8:06.45
45	1549	OYA VIDAL Diana	26:54.02	8:33.83
46	1636	DOMINGUEZ HERNANDEZ Alba	26:54.57	8:34.38
47	1178	ESTEVEZ Estefania	26:56.85	8:36.66
48	1137	PONS YAGÜE Idoia	27:05.72	8:45.53
49	1388	COUTO PEREZ Andrea	27:05.73	8:45.54
50	1191	REGO Esther	27:06.72	8:46.53
51	1128	NUÑEZ COSTAS Rebeca	27:15.13	8:54.94
52	1225	DE SANTOS TORRES Marta	27:24.91	9:04.72
53	1684	VAZQUEZ RIAL Ana Maria	27:34.52	9:14.33
54	1010	CARRASCO GUTIERREZ Eva	27:42.84	9:22.65
55	1167	MALLO FERRER Sonia	27:43.80	9:23.61
55	1087	ALVAREZ COMESAÑA Monica	27:43.80	9:23.61
57	1320	MATILLA OJEDA Silvia	27:53.00	9:32.81
58	1238	BEZERRA FIGUEIREDO Marina	27:54.97	9:34.78
59	1548	PEREZ RODRIGUEZ Luz	27:56.06	9:35.87
60	1130	SALAS Ana Vanesa	27:57.08	9:36.89
61	1119	IBARRETXE MARTINEZ Arantzazu	27:57.75	9:37.56
62	1009	ROSAL GOMEZ Rocio	27:58.54	9:38.35
63	1500	BUCETA CASTRO Marta	28:13.51	9:53.32
64	1579	PEREZ SANROMAN Ana	28:14.45	9:54.26
65	1525	PIÑUELA GAVIN Irene	28:16.65	9:56.46
66	1152	ZAMORA CASTRO Carmen	28:16.85	9:56.66
67	1594	GREGORES COTO Andrea	28:19.10	9:58.91
68	1072	VILAR ESTEVEZ Rebeca	28:20.27	10:00.08
69	1589	LISTE MARTINEZ Patricia	28:21.39	10:01.20
70	1135	REY PAZOS Paula	28:25.74	10:05.55
71	1427	ABUNDANCIA GONZALEZ Elena	28:27.55	10:07.36
72	1552	RECAMAN MIGUEZ Shirley	28:30.79	10:10.60
73	1432	MOSQUERA RODRIGUEZ Ana	28:32.31	10:12.12
74	1660	DIAZ-MELLA Jimena	28:42.97	10:22.78
75	1019	FERNANDEZ GONZALEZ Cristina	28:46.79	10:26.60
76	1626	OTERO GONDAR Marta	28:47.62	10:27.43
77	1455	MOREIRA GONZALEZ Carmen	28:48.44	10:28.25
78	1576	CABALEIRO GOMEZ Victoria	28:58.02	10:37.83
79	1163	ROMAN ABAD Soraya	29:07.82	10:47.63
80	1671	COSTAS LAGO Sabela	29:16.55	10:56.36
81	1446	SALINERO LORENZO Alba	29:18.14	10:57.95
82	1665	CARRERA SOUTELO Josefa	29:27.51	11:07.32
83	1161	LAGO REY Sabela	29:27.99	11:07.80
84	1044	PEREZ VILA Tamara	29:34.96	11:14.77
85	1495	KOBA Ruslana	29:35.68	11:15.49
86	1553	RODRIGUEZ FERNANDEZ Noelia	29:36.77	11:16.58

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Clit	Dor.	Apellidos y nombre	Tiempo	Diferencia
87	1144	BARGIELA MARTINEZ Cristina	29:37.49	11:17.30
88	1676	HIDALGO ALVAREZ Olalla	29:38.27	11:18.08
89	1185	MARTINEZ SANMARTIN Zaraida	29:41.13	11:20.94
90	1541	RODRIGUEZ VAZQUEZ Monica	29:44.95	11:24.76
91	1154	CALO MUÑIZ Silvia	29:47.67	11:27.48
92	1155	PIÑON VILLAR Iria	29:54.40	11:34.21
93	1290	GARCIA GARCIA Miriam	29:55.49	11:35.30
94	1343	PEREZ COUÑAGO Ines	29:58.84	11:38.65
95	1114	LUCIO RIOS Vane	29:59.35	11:39.16
96	1168	COSTA GARRIDO Alejandra	29:59.64	11:39.45
97	1025	PEREIRO SANTIN Elena	30:06.69	11:46.50
98	1270	ALBACETE ALCAÑIZ Rosana	30:12.99	11:52.80
99	1192	GARCIA NUÑEZ Alba Maria	30:14.83	11:54.64
100	1399	SOLLA GIL Elisa	30:15.67	11:55.48
101	1580	FERNANDEZ ALONSO Daniela	30:19.24	11:59.05
102	1245	RODRIGUEZ IGLESIAS Ana	30:19.30	11:59.11
103	1244	ALVAREZ DOMINGUEZ Rosa Mª	30:19.58	11:59.39
104	1444	MARTINEZ LORENZO Guadalupe	30:21.77	12:01.58
105	1292	LORENZO PICADO Leticia	30:31.89	12:11.70
106	1131	ROMAN RODRIGUEZ Ana	30:34.37	12:14.18
107	1419	TRIGO PEREZ Eva	30:36.21	12:16.02
108	1631	HERMIDA RODRIGUEZ Catarina	30:46.31	12:26.12
109	1271	GARCIA IGLESIAS Claudia	30:55.49	12:35.30
110	1274	RODRIGUEZ FRANCISCO Uxia	30:55.55	12:35.36
111	1008	LEBRERO ALVAREZ Carla	30:56.57	12:36.38
112	1401	VIDAL GARCIA Antia	30:57.85	12:37.66
113	1661	VERA Vanesa	31:07.23	12:47.04
114	1136	LARA DEL ROSARIO Irene	31:13.85	12:53.66
115	1463	ALONSO Cris	31:17.51	12:57.32
116	1284	PONTES CESAR Adjane Maria	31:21.35	13:01.16
117	1470	RODRIGUEZ MARTINEZ Natalia	31:37.03	13:16.84
118	1248	CASTRO MARTINEZ Teresa	32:06.70	13:46.51
119	1215	MORAL CEBRIAN Maria	32:06.98	13:46.79
120	1069	CIABATTARI PEREZ Marisa Ethel	32:11.38	13:51.19
121	1449	QUEIMADELOS Adela	32:22.66	14:02.47
121	1445	RODRIGUEZ SANTALICES Alba	32:22.66	14:02.47
123	1592	MARTINEZ BRENLLA Nuria	32:25.32	14:05.13
124	1001	DUQUE SOTO Erika Julieth	32:32.92	14:12.73
125	1256	GARCIA PEREZ Loli	32:46.48	14:26.29
126	1514	DARRIBA LOPEZ Maria	32:46.71	14:26.52
127	1670	LAGO CASTRO Monica	32:49.99	14:29.80
128	1544	VILLANUEVA Elena	32:50.18	14:29.99
129	1608	MARTIN LAMAS Ana	33:03.32	14:43.13
130	1354	LOPEZ PEREZ Almudena	33:07.41	14:47.22

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5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Cl	Dor.	Apellidos y nombre	Tiempo	Diferencia
131	1351	ARAUJO RUA Olalla	33:07.61	14:47.42
132	1189	SUAREZ MOSQUERA Cristina	33:08.06	14:47.87
133	1141	FANDIÑO POSADA Celia	33:08.12	14:47.93
134	1535	NERI MARQUEZ Adianez Paola	33:09.61	14:49.42
135	1267	LLUESMA ESCRIVA Ana	33:19.23	14:59.04
136	1272	COLLAZOS Milena	33:19.41	14:59.22
137	1209	CAMEAN OUBIÑA Jessica	33:23.18	15:02.99
138	1583	SOTO SALINAS Nikol	33:28.99	15:08.80
139	1407	MENDEZ SENLLE Carmen	33:31.43	15:11.24
140	1695	TRONCOSO GARRIDO Jennifer	33:48.53	15:28.34
141	1437	NISTAL ARIAS Marta	33:50.99	15:30.80
142	1173	SOAGE COSTAS Maite	34:01.76	15:41.57
143	1596	ALONSO PEREIRA Fatima	34:48.11	16:27.92
144	1317	PEREZ ROMERO Julia	35:19.50	16:59.31
145	1091	ALVAREZ CABRALES Concepcion	35:20.72	17:00.53
146	1645	REIGOSA RUGGIERO Iria	35:27.40	17:07.21
147	1166	VARELA CAMPO Iria	35:27.44	17:07.25
148	1501	CHOQUET DELAUX Fanny	35:37.50	17:17.31
149	1226	LAGO LORENZO Yolanda	35:38.08	17:17.89
150	1227	LAGO LORENZO Paula	35:38.66	17:18.47
151	1045	RICO NEIRA Maria Jose	35:40.50	17:20.31
152	1239	FIGUEIREDO ANTONIO Lara	35:47.23	17:27.04
153	1615	RODRIGUEZ REINA Maria Del Pilar	35:48.42	17:28.23
154	1187	DA SILVA Talita Grazielle	36:00.54	17:40.35
155	1611	PEREZ LOURIDO Leticia	36:13.59	17:53.40
156	1079	ESPIÑO VAZQUEZ Celeste	36:13.70	17:53.51
157	1690	RODRIGUEZ BRANDARIZ Mercedes Isaura	37:04.87	18:44.68
158	1591	GOMEZ PEREZ Claudia	37:05.19	18:45.00
159	1588	DOMINGUEZ Ana	37:05.50	18:45.31
160	1565	ALVAREZ RODRIGUEZ Ruth	37:08.57	18:48.38
161	1149	BARROSO SANCHEZ Aurora	37:12.96	18:52.77
162	1680	RODRIGUEZ RODRIGUEZ Veronica	37:13.26	18:53.07
163	1016	IGLESIAS BERNARDEZ Eva	37:23.52	19:03.33
164	1467	MARTIN RODRIGUEZ Lucia	38:05.06	19:44.87
165	1390	TREVIÑO CASTRO Estefania	38:16.04	19:55.85
166	1545	ADAME ALVAREZ Cristina	38:39.72	20:19.53
167	1064	CASTAÑEDA SUAREZ Maria Jose	38:51.00	20:30.81
168	1037	ULLA LORENZO Tahis	40:11.66	21:51.47
169	1032	LAMA POMBAR Ana	42:25.23	24:05.04
170	1029	POMBAR ALVARADO P. Olga	42:25.31	24:05.12
171	1067	SOLAR MIRANDA Cristina	43:49.69	25:29.50
172	1203	LOPEZ LADO Paula	43:54.65	25:34.46
173	1202	LADO POSE Leticia	43:55.51	25:35.32
174	1175	PASTORIZA GONZALEZ Maria Del Carmen	44:01.79	25:41.60

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FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 5K**

Clc	Dor.	Apellidos y nombre	Tiempo	Diferencia
175	1604	DIEGUEZ BALSA Isabel	44:08.12	25:47.93
176	1151	CARAMES Sandra	44:08.57	25:48.38
177	1066	CASTAÑEDA SUAREZ Antonia	44:12.59	25:52.40
178	1658	CASTRO GONZALEZ Isabel	46:36.04	28:15.85
179	1691	BAUMELA PUERTAS Julia	47:42.05	29:21.86
180	1207	ARIAS DIAZ Begoña	48:38.88	30:18.69
181	1280	GALAN TATO Natalia	48:39.02	30:18.83
182	1204	ARIAS DIAZ Cristina	48:39.52	30:19.33
183	1322	GONZALEZ MOREIRA Eva	48:58.93	30:38.74
184	1181	MERA ALVAREZ Paula	49:36.02	31:15.83
185	1177	RODRIGUEZ PEREZ Teresa	49:36.98	31:16.79
186	1278	FERRO VEIGA Ana Beatriz	49:46.22	31:26.03
187	1062	RODRIGUEZ VICENTE María Jose	52:21.15	34:00.96
188	1507	CARRERA Mayte	52:21.27	34:01.08
189	1506	FERNANDEZ ALONSO Lola	52:21.47	34:01.28
190	1522	PEREZ FERNANDEZ Cecilia Carmen	52:21.67	34:01.48

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