

CATEGORÍAS 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
F1							
1.	376	PAZOS GARCIA, Antia	CLUB TRIATLÓN MAR DE VIGO	00:38:51,6	--	--	3:53 min/km
2.	363	MARCOTE LESTON, Iria		00:39:50,8	+59,1	+59,1	3:59 min/km
3.	351	ANDRES PONTANILLA, Rocio	SHAKA CLUB	00:40:24,3	+1:32,6	+1:32,6	4:02 min/km
4.	314	ALONSO HERRERO, Ana		00:40:53,6	+2:01,9	+2:01,9	4:05 min/km
5.	331	SENRA CAMPOS, Martina		00:42:58,1	+4:06,5	+4:06,5	4:17 min/km
6.	388	FARO, Maria		00:43:58,5	+5:06,8	+5:06,8	4:23 min/km
7.	372	PICO GARCIA, Uxia		00:44:57,2	+6:05,6	+6:05,6	4:29 min/km
8.	353	MARTINEZ PRIETO, Paula	SHAKA CLUB	00:45:22,3	+6:30,6	+6:30,6	4:32 min/km
9.	307	VIEIRA, Raquel		00:45:34,2	+6:42,6	+6:42,6	4:33 min/km
10.	375	SOUSA, Fabiola		00:46:15,0	+7:23,3	+7:23,3	4:37 min/km
11.	360	REYES RODRIGUEZ, Alicia		00:46:31,3	+7:39,7	+7:39,7	4:39 min/km
12.	327	NUÑEZ CASTRO, Maria		00:49:08,8	+10:17,2	+10:17,2	4:54 min/km
13.	328	NUÑEZ CASTRO, Alexandra	SAÚDESPORT	00:49:09,1	+10:17,4	+10:17,4	4:54 min/km
14.	386	BRUZON BANDEIRA, Maria		00:50:21,6	+11:29,9	+11:29,9	5:02 min/km
15.	326	DIAZ GONZALEZ, Laura		00:50:45,3	+11:53,6	+11:53,6	5:04 min/km
16.	347	GONZALEZ FRANCO, Montserrat		00:51:15,4	+12:23,7	+12:23,7	5:07 min/km
17.	369	FERNANDEZ, Silvia		00:51:26,8	+12:35,1	+12:35,1	5:08 min/km
18.	378	DIAZ LOPEZ, Rose Mary	SHAKA CLUB	00:51:57,3	+13:05,7	+13:05,7	5:11 min/km
19.	358	GRAÑA SOTO, Andrea		00:52:16,0	+13:24,3	+13:24,3	5:13 min/km
20.	348	GONZALEZ PEREZ, Jessica		00:52:21,2	+13:29,6	+13:29,6	5:14 min/km
21.	359	YÁÑEZ VICENTE, Marta		00:53:44,2	+14:52,6	+14:52,6	5:22 min/km
22.	368	DE ARAUJO PEREZ, Lia		00:53:55,0	+15:03,3	+15:03,3	5:23 min/km
23.	379	CUARTIELLA VIZCARRO, Vanessa		00:54:18,2	+15:26,5	+15:26,5	5:25 min/km
24.	336	VAZQUEZ SOTO, Isabel	CLUB ATLETISMO PORRIÑO	00:54:44,5	+15:52,8	+15:52,8	5:28 min/km
25.	325	GONZALEZ SOMOZA, Noe		00:55:37,6	+16:45,9	+16:45,9	5:33 min/km
26.	320	COSTAS MAÑA, Silvia		00:56:08,6	+17:17,0	+17:17,0	5:36 min/km
27.	310	SANCHEZ RODRIGUEZ, Irene		00:56:25,8	+17:34,1	+17:34,1	5:38 min/km
28.	323	BLANCO RIO, Tatiana		00:57:06,7	+18:15,0	+18:15,0	5:42 min/km

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29.	337	NAVARRO MARTINEZ, Maria	TRIATLON INFORHOUSE SANTIAGO	00:57:09,3	+18:17,7	+18:17,7	5:42 min/km
30.	318	PUMAR, Sofia		00:57:09,5	+18:17,8	+18:17,8	5:42 min/km
31.	333	VAZQUEZ DUARTE, Cristina		00:57:23,6	+18:32,0	+18:32,0	5:44 min/km
32.	302	CORDOBA PEREZ, Victoria		00:58:26,1	+19:34,4	+19:34,4	5:50 min/km
33.	370	CASAL LORENZO, Tania		00:58:27,6	+19:35,9	+19:35,9	5:50 min/km
34.	305	MARTINEZ PLUMED, Estela		00:58:42,2	+19:50,6	+19:50,6	5:52 min/km
35.	352	SANCHEZ RODRIGUEZ, Elena		00:58:45,5	+19:53,9	+19:53,9	5:52 min/km
36.	303	TORRES, Cecilia		01:00:26,5	+21:34,8	+21:34,8	6:02 min/km
37.	365	VARELA LOPEZ, Andrea		01:00:33,7	+21:42,0	+21:42,0	6:03 min/km
38.	321	GALVAN FERNANDEZ, Lucia		01:01:07,3	+22:15,6	+22:15,6	6:06 min/km
39.	311	RUIBAL CASALDERREY, Sonia		01:01:45,3	+22:53,6	+22:53,6	6:10 min/km
40.	332	CODIAS GARCIA, Lidia		01:05:39,3	+26:47,6	+26:47,6	6:33 min/km

F2

1.	322	MOREU PEREIRA-BORRAJO, Beatriz	CLUB DEPORTIVO DELIKIA	00:41:39,3	+2:47,6	--	4:09 min/km
2.	324	ALONSO CARIDE, Nerea		00:44:18,3	+5:26,6	+2:39,0	4:25 min/km
3.	354	HERNANDEZ BUGARIN, Rosa		00:45:21,0	+6:29,3	+3:41,7	4:32 min/km
4.	362	VALCARCEL TOSCANO, Isa		00:45:24,2	+6:32,6	+3:44,9	4:32 min/km
5.	313	TENORIO DEL RIO, Maria Jose		00:47:27,1	+8:35,5	+5:47,8	4:44 min/km
6.	341	RODRIGUEZ ARCAJ, Romina		00:47:47,0	+8:55,3	+6:07,6	4:46 min/km
7.	343	FONSECA GARCIA, Lucia		00:47:49,6	+8:57,9	+6:10,3	4:46 min/km
8.	346	GARCIA TORRICO, Dolly	MAIS QUE AUGA	00:48:25,9	+9:34,3	+6:46,6	4:50 min/km
9.	385	ROMERO MARTINEZ, Monica	FRUTAS NIEVES	00:48:33,0	+9:41,3	+6:53,7	4:51 min/km
10.	709	ALVAREZ, Maruxa	ME & MOM	00:51:11,0	+12:19,4	+9:31,7	5:07 min/km
11.	317	BRITO ALONSO, Paula		00:51:31,1	+12:39,5	+9:51,8	5:09 min/km
12.	374	PEREZ RODRIGUEZ, Elisa		00:51:54,4	+13:02,7	+10:15,1	5:11 min/km
13.	319	ARNOSO MOURE, Lydia		00:52:32,3	+13:40,6	+10:53,0	5:15 min/km
14.	371	SOTELO ALVAREZ, Maria Jose		01:05:28,9	+26:37,3	+23:49,6	6:32 min/km

F3

1.	334	LAMPON CARIDE, Ana	MAIS QUE AUGA	00:40:51,0	+1:59,3	--	4:05 min/km
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Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
2.	377	GALLINAR FERNANDEZ, Monica	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:43:51,2	+4:59,5	+3:00,1	4:23 min/km
3.	356	AMOEDO LUSQUIÑOS, Marta Maria	TRINORTH	00:49:33,6	+10:42,0	+8:42,6	4:57 min/km
4.	312	MIRAS CALVO, Adela		00:50:16,8	+11:25,2	+9:25,8	5:01 min/km
5.	355	GOICOECHEA CASTAÑO, Iciar	TRINORTH	00:51:32,8	+12:41,2	+10:41,8	5:09 min/km
6.	350	PAMPILLON SEIJO, Veronica		00:51:51,6	+12:59,9	+11:00,5	5:11 min/km
7.	373	GONZALEZ DE LA CUESTA, Sofia		00:55:37,0	+16:45,3	+14:45,9	5:33 min/km
8.	309	ALVAREZ RODRIGUEZ, Rosana		00:56:23,4	+17:31,8	+15:32,4	5:38 min/km
9.	1	FERNANDEZ CARRERA, Sandra	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+17:52,0	+15:52,6	5:40 min/km
10.	344	ALFONSO PITA, Rocio	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+17:52,1	+15:52,7	5:40 min/km
F4							
1.	357	ROCHA CRUCES, Maria Carmen	C.A.R. MARISQUEIRO	00:57:17,3	+18:25,6	--	5:43 min/km
2.	301	RODRIGUEZ ALVAREZ, Marta	BIKILA	00:59:18,3	+20:26,6	+2:00,9	5:55 min/km
3.	367	MALLO FERRER, Sonia	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:59:30,3	+20:38,7	+2:13,0	5:57 min/km
F5							
1.	339	FERNANDEZ PAZOS, Luz		00:50:15,2	+11:23,6	--	5:01 min/km
2.	335	COSTAS RODRIGUEZ, Carmen	SOCIEDAD ATLÉTICA VAL MIÑOR	00:56:04,8	+17:13,1	+5:49,5	5:36 min/km
SUB19 FEM							
1.	384	LAMROTH, Kukka-Maaria Aleksandra		00:54:22,9	+15:31,3	--	5:26 min/km
2.	345	LOPEZ ALFONSO, Ines	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:38,5	+17:46,9	+2:15,5	5:39 min/km
M1							
1.	237	TIZON VALVERDE, Emilio	CLUB DEPORTIVO DELIKIA	00:30:51,7	--	--	3:05 min/km
2.	206	PEREZ LOVACO, Pablo		00:32:28,1	+1:36,3	+1:36,3	3:14 min/km
3.	27	RODRIGUEZ GALLEG0, Alberto Jose	CLUB CASTRELOS 20:30	00:32:46,4	+1:54,6	+1:54,6	3:16 min/km
4.	96	MONTERO BUJAN, Aitor	AVIVA SPORT CLUB	00:33:02,4	+2:10,6	+2:10,6	3:18 min/km
5.	167	GARCIA QUEROL, Pablo	CLUB DEPORTIVO DELIKIA	00:33:33,4	+2:41,6	+2:41,6	3:21 min/km
6.	165	ARMADA DIAZ, Jacobo		00:35:01,5	+4:09,7	+4:09,7	3:30 min/km
7.	4	BARGIELA MARTINEZ, Jaime	CLUB DEPORTIVO DELIKIA	00:35:27,5	+4:35,7	+4:35,7	3:32 min/km
8.	5	RIVERA GUILLADE, Martin		00:36:26,4	+5:34,6	+5:34,6	3:38 min/km
9.	146	ENTENZA MARTINEZ, Anton	SHAKA CLUB	00:36:29,8	+5:38,0	+5:38,0	3:38 min/km

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10.	247	LOPEZ MUÑOZ, Manuel		00:36:34,5	+5:42,7	+5:42,7	3:39 min/km
11.	137	GONZALEZ NUÑEZ, Luis		00:36:42,1	+5:50,3	+5:50,3	3:40 min/km
12.	108	PEREZ DE OYA, Guillermo		00:37:11,5	+6:19,7	+6:19,7	3:43 min/km
13.	127	LOPEZ ALONSO, Pablo		00:37:51,3	+6:59,5	+6:59,5	3:47 min/km
14.	205	PINEIRO RODRIGUEZ, Arturo	PORCOS CELTAS	00:38:05,8	+7:14,0	+7:14,0	3:48 min/km
15.	170	LECHLEITER, Hugo	SHAKA CLUB	00:38:22,9	+7:31,1	+7:31,1	3:50 min/km
16.	201	CASTRO OLIVEIRA, Javier	TRIATLON FERROL	00:38:52,7	+8:00,9	+8:00,9	3:53 min/km
17.	6	RODRIGUEZ FLORES, Marco Antonio	BEGOÑITA	00:38:57,4	+8:05,6	+8:05,6	3:53 min/km
18.	48	SAMPAIO BARBOSA, Nuno Miguel		00:38:58,1	+8:06,3	+8:06,3	3:53 min/km
19.	252	MORAIS ALONSO, David		00:39:21,0	+8:29,2	+8:29,2	3:56 min/km
20.	138	PEIXOTO, Brais		00:39:27,4	+8:35,6	+8:35,6	3:56 min/km
21.	66	SERGIENKO, Aleksei		00:39:29,3	+8:37,5	+8:37,5	3:56 min/km
22.	58	SOMOZA, Daniel	X-ONE	00:39:34,8	+8:43,1	+8:43,1	3:57 min/km
23.	195	BRAGADO COUTO, Daniel		00:40:40,0	+9:48,2	+9:48,2	4:04 min/km
24.	151	ZABALETA REIMUNDEZ, Roman		00:41:08,4	+10:16,6	+10:16,6	4:06 min/km
25.	23	BARCELO GREGORIANO, Adrià	S'PACE RUN	00:41:08,7	+10:16,9	+10:16,9	4:06 min/km
26.	71	VIDAL PEREZ, Brais		00:42:00,0	+11:08,2	+11:08,2	4:12 min/km
27.	180	ALONSO MORA, Edu		00:42:00,4	+11:08,6	+11:08,6	4:12 min/km
28.	148	FERNANDEZ, Jose		00:42:06,8	+11:15,0	+11:15,0	4:12 min/km
29.	114	FERNANDEZ MARTINEZ, Sergio	PORCOS CELTAS	00:42:10,5	+11:18,7	+11:18,7	4:13 min/km
30.	81	AMEZ SEGOVIA, Martin	PORCOS CELTAS	00:42:13,8	+11:22,0	+11:22,0	4:13 min/km
31.	59	FERNANDEZ DIAZ, David		00:42:23,2	+11:31,4	+11:31,4	4:14 min/km
32.	83	MARTINEZ, Alejandro		00:42:28,8	+11:37,0	+11:37,0	4:14 min/km
33.	125	GIL PEREZ, Sergio	MAIS QUE AUGA	00:42:37,1	+11:45,3	+11:45,3	4:15 min/km
34.	218	CRUZ VALDES, Javi		00:42:38,8	+11:47,0	+11:47,0	4:15 min/km
35.	240	MARQUEZ MONTEAGUDO, Francisco Daniel		00:43:37,3	+12:45,5	+12:45,5	4:21 min/km
36.	54	LOUZAO, Eric		00:43:45,6	+12:53,8	+12:53,8	4:22 min/km
37.	123	LAGO FUENTES, Alberto	SAÚDESPORT	00:43:49,3	+12:57,5	+12:57,5	4:22 min/km
38.	175	DOMINGUEZ ESTEVEZ, Santiago		00:44:37,8	+13:46,0	+13:46,0	4:27 min/km

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39.	39	ARAUJO MOSQUERA, Martin		00:44:46,4	+13:54,6	+13:54,6	4:28 min/km
40.	106	FERREIRA MORAIS, Pablo		00:45:11,8	+14:20,0	+14:20,0	4:31 min/km
41.	182	SANTIAGO PACHECO, Jose Carlos		00:45:15,2	+14:23,4	+14:23,4	4:31 min/km
42.	68	GARCIA GONZALEZ, Pablo		00:45:47,3	+14:55,5	+14:55,5	4:34 min/km
43.	224	MARTIN RUBIO, Juan Vicente		00:46:07,0	+15:15,2	+15:15,2	4:36 min/km
44.	103	CASAL DORADO, Gonzalo		00:46:15,9	+15:24,1	+15:24,1	4:37 min/km
45.	168	SANTOS DIZ, Borja		00:46:31,2	+15:39,4	+15:39,4	4:39 min/km
46.	113	GUAMA HEREDIA, Edwin	PADELEROS	00:46:48,4	+15:56,6	+15:56,6	4:40 min/km
47.	197	SANCHEZ VEGA, Juan Diego	ALBOIRA RUNNING CLUB	00:46:54,2	+16:02,4	+16:02,4	4:41 min/km
48.	234	CARMONA RINCON, Miguel Angel		00:46:57,3	+16:05,5	+16:05,5	4:41 min/km
49.	34	DIAZ MARRA, Izham		00:47:08,7	+16:16,9	+16:16,9	4:42 min/km
50.	133	CORTEGOSO RIUS, Agustin		00:47:17,2	+16:25,4	+16:25,4	4:43 min/km
51.	257	FERNANDEZ CARDOSO, Borja		00:47:24,1	+16:32,3	+16:32,3	4:44 min/km
52.	191	GARCIA DOPICO, Guillermo		00:47:32,6	+16:40,8	+16:40,8	4:45 min/km
53.	144	TIZON, Juan	PORCOS CELTAS	00:47:47,5	+16:55,7	+16:55,7	4:46 min/km
54.	74	MENDEZ, Abraham		00:47:53,7	+17:01,9	+17:01,9	4:47 min/km
55.	255	CARPIO LOPEZ DE GUEREÑU, Nicolas		00:49:09,2	+18:17,4	+18:17,4	4:54 min/km
56.	26	COSTAS NOVAS, Julio		00:49:46,1	+18:54,3	+18:54,3	4:58 min/km
57.	21	TATAR, Mert		00:50:01,3	+19:09,5	+19:09,5	5:00 min/km
58.	38	FERNANDEZ CARO, Hector		00:50:07,8	+19:16,0	+19:16,0	5:00 min/km
59.	196	BARRIOS, Habraham		00:50:16,0	+19:24,2	+19:24,2	5:01 min/km
60.	242	BARROS RODRIGUEZ, Pedro		00:50:23,6	+19:31,8	+19:31,8	5:02 min/km
61.	248	PIÑEIRO DIAZ, Victor		00:50:53,0	+20:01,2	+20:01,2	5:05 min/km
62.	93	BARBOSA ARAUJO, Rômulo		00:51:04,3	+20:12,5	+20:12,5	5:06 min/km
63.	258	PABON, Andres		00:51:14,3	+20:22,5	+20:22,5	5:07 min/km
64.	184	FERNANDEZ DARRIBA, Raul		00:51:35,9	+20:44,1	+20:44,1	5:09 min/km
65.	77	POUSADA MAGDALENO, Serafin		00:51:39,6	+20:47,8	+20:47,8	5:09 min/km
66.	178	ARTIME MARTINEZ, Eloy		00:51:54,0	+21:02,2	+21:02,2	5:11 min/km
67.	89	DOMINGUEZ GUERRA, Mario		00:52:39,6	+21:47,8	+21:47,8	5:15 min/km

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68.	88	GARCIA, Carlos		00:53:05,0	+22:13,2	+22:13,2	5:18 min/km
69.	111	PEREIRA PIÑEIRO, Jose Manuel	CLUB ATLETISMO PORRIÑO	00:54:44,7	+23:52,9	+23:52,9	5:28 min/km
70.	179	PEREZ, Alberto		00:55:55,1	+25:03,3	+25:03,3	5:35 min/km
71.	192	MADARNAS LOPEZ, Emilio		00:56:38,4	+25:46,6	+25:46,6	5:39 min/km
72.	132	LOPEZ ALFONSO, Hector	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+25:51,9	+25:51,9	5:40 min/km
73.	11	OSA FERNANDEZ, Jorge	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,9	+25:52,1	+25:52,1	5:40 min/km
74.	212	VIDE LINARES, Antonio Jose	BORGWARNER	00:56:56,2	+26:04,4	+26:04,4	5:41 min/km
75.	235	FRANQUEIRA CARRERA, Bruno		00:57:35,2	+26:43,4	+26:43,4	5:45 min/km
76.	9	FOUZ FERNANDEZ, Alejandro		00:58:42,6	+27:50,8	+27:50,8	5:52 min/km
77.	73	DENTI, Felipe		00:59:32,2	+28:40,4	+28:40,4	5:57 min/km
78.	78	SOUSA BLANCO, Carlos		01:00:42,4	+29:50,6	+29:50,6	6:04 min/km
M2							
1.	199	BASTOS DASILVA, Jose Alberto	ADN RUNNERS – TELMO PELUQUEROS F.C.	00:31:05,2	+13,4	--	3:06 min/km
2.	186	FERNANDEZ SOENGAS, Jesus	CLUB DEPORTIVO DELIKIA	00:31:32,3	+40,6	+27,1	3:09 min/km
3.	250	ARAUJO, Miguel	LODEIROS TRAIL	00:31:53,8	+1:02,0	+48,5	3:11 min/km
4.	154	VAZQUEZ PAVON, Roberto	TANINOS RUNNERS PONTEAREAS	00:33:42,7	+2:50,9	+2:37,5	3:22 min/km
5.	171	ARTHAUD ALVAREZ, Alejandro		00:34:05,4	+3:13,6	+3:00,1	3:24 min/km
6.	241	MARZOA RUIZ, Miguel	C.A.R. MARISQUEIRO	00:34:07,1	+3:15,3	+3:01,8	3:24 min/km
7.	60	PEREZ, Ruben	MARINA MEIRA	00:34:07,9	+3:16,1	+3:02,6	3:24 min/km
8.	152	CABO SANCHEZ, Iago		00:34:18,7	+3:26,9	+3:13,5	3:25 min/km
9.	3	NUÑEZ PARADA, Sergio		00:34:55,3	+4:03,5	+3:50,0	3:29 min/km
10.	109	CASTRO LAGO, Raul	NUTRIBIOTICA	00:36:45,7	+5:53,9	+5:40,4	3:40 min/km
11.	70	GONZALEZ ALVAREZ, Luis Borja		00:36:58,5	+6:06,7	+5:53,3	3:41 min/km
12.	25	FERREIRA LAREDO, David	CASTRELOS KM.0	00:37:02,1	+6:10,3	+5:56,8	3:42 min/km
13.	124	COMESAÑA SAA, Daniel	L@S INSENSAT@S	00:37:12,1	+6:20,3	+6:06,8	3:43 min/km
14.	32	NOVO FERNANDEZ, Miguel		00:37:17,6	+6:25,8	+6:12,3	3:43 min/km
15.	94	DELGADO RAMOS, Jose Carlos		00:37:21,7	+6:29,9	+6:16,5	3:44 min/km
16.	49	CABALEIRO GARCIA, Jose Manuel	CIBUS SIRGON	00:37:30,9	+6:39,1	+6:25,6	3:45 min/km
17.	157	CASAL IGLESIAS, Marco		00:38:11,9	+7:20,2	+7:06,7	3:49 min/km

CATEGORÍAS 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
18.	35	NAVIA IGLESIAS, Ruben	BIKILA	00:39:03,5	+8:11,7	+7:58,2	3:54 min/km
19.	189	DAVILA BOVEDA, Pablo		00:39:28,4	+8:36,7	+8:23,2	3:56 min/km
20.	243	BARCIELA CAMIÑA, Manuel		00:39:34,4	+8:42,7	+8:29,2	3:57 min/km
21.	172	PEREZ MOREJON, Rafael		00:39:54,6	+9:02,8	+8:49,3	3:59 min/km
22.	194	RODRIGUEZ BERNARDEZ, Alejandro	FROIZ	00:40:10,0	+9:18,2	+9:04,7	4:01 min/km
23.	204	FONTAN GARRIDO, David	MUÑECOS RUNNING	00:40:47,1	+9:55,3	+9:41,8	4:04 min/km
24.	16	RODRIGUEZ MARTINEZ, Jorge	TANINOS RUNNERS PONTEAREAS	00:40:49,4	+9:57,6	+9:44,1	4:04 min/km
25.	2	CABACO CAMPOS, Jose Manuel	TAKO TEAM	00:41:09,0	+10:17,2	+10:03,7	4:06 min/km
26.	72	GOMEZ LOPEZ, Pablo	L@S INSENSAT@S	00:42:09,9	+11:18,1	+11:04,6	4:12 min/km
27.	79	RIVERA CANICOBA, Alberto		00:42:35,7	+11:43,9	+11:30,5	4:15 min/km
28.	210	CAMBEIRO FERNANDEZ, Manuel	BORGWARNER	00:42:45,2	+11:53,4	+11:39,9	4:16 min/km
29.	200	CABEZAS VILA, Valeriano	C.A.R. MARISQUEIRO	00:42:48,7	+11:56,9	+11:43,4	4:16 min/km
30.	239	ARANGO GAYAR, Saul	FRUTAS NIEVES	00:42:52,7	+12:00,9	+11:47,5	4:17 min/km
31.	155	GESTO, Xoan	BEADE, AHI OS VAN!	00:42:55,4	+12:03,6	+11:50,2	4:17 min/km
32.	29	RODRIGUEZ FERNANDEZ, Efren		00:43:00,6	+12:08,8	+11:55,4	4:18 min/km
33.	126	GUERRA LOPEZ, Eduardo	VIGOENTRENA	00:43:06,2	+12:14,4	+12:00,9	4:18 min/km
34.	95	DIAZ FERNANDEZ, Diego		00:43:23,7	+12:31,9	+12:18,4	4:20 min/km
35.	213	ALONSO GOMEZ, Jose Lorenzo		00:44:26,4	+13:34,6	+13:21,1	4:26 min/km
36.	251	RODRIGUEZ PEREIRO, Jose Javier	MAIS QUE AUGA	00:44:45,0	+13:53,2	+13:39,7	4:28 min/km
37.	166	RODAL FRAGA, Carlos		00:44:47,4	+13:55,6	+13:42,2	4:28 min/km
38.	176	GONZALEZ ULLA, Diego		00:45:22,2	+14:30,4	+14:16,9	4:32 min/km
39.	37	BARRAL BARREIRO, Pablo		00:45:30,2	+14:38,4	+14:24,9	4:33 min/km
40.	162	FERREIRA CHARRASQUIEL, Marcos		00:45:56,0	+15:04,2	+14:50,8	4:35 min/km
41.	28	RODRIGUEZ IGLESIAS, Luis Manuel		00:45:57,5	+15:05,7	+14:52,2	4:35 min/km
42.	183	COYA NOVAS, Alberto		00:46:00,1	+15:08,3	+14:54,8	4:36 min/km
43.	57	RIOS CERVANTES, Fernando		00:46:02,2	+15:10,4	+14:56,9	4:36 min/km
44.	61	LAGO HIGOS, Miguel Angel		00:46:15,6	+15:23,8	+15:10,3	4:37 min/km
45.	190	DEL CAÑO CASTRO, Miguel		00:46:24,1	+15:32,3	+15:18,8	4:38 min/km
46.	233	DOMINGUEZ. VILLAVARDE, Juan Carlos		00:46:27,7	+15:35,9	+15:22,4	4:38 min/km

CATEGORÍAS 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
47.	102	GONZALEZ PARDIÑAS, Aleixandre	MERAKI FISIOTERAPIA VIGO	00:46:29,3	+15:37,5	+15:24,1	4:38 min/km
48.	249	DIAZ JAMARDO, Pablo		00:46:29,4	+15:37,6	+15:24,1	4:38 min/km
49.	209	BORRAJO LEIROS, Alberto		00:46:48,0	+15:56,2	+15:42,8	4:40 min/km
50.	211	DIOS VIDAL, Javier	BORGWARNER	00:46:58,9	+16:07,1	+15:53,6	4:41 min/km
51.	92	AMOEDO COLLAZO, Moises	ESPARTAN@S CHIFLAD@S	00:47:00,5	+16:08,7	+15:55,3	4:42 min/km
52.	82	GARCIA RODRIGUEZ, Jose		00:47:05,0	+16:13,2	+15:59,7	4:42 min/km
53.	173	COTOBAD DARRIBA, Andres		00:47:06,8	+16:15,0	+16:01,6	4:42 min/km
54.	193	GOMEZ LOPEZ, Julio		00:47:28,4	+16:36,6	+16:23,2	4:44 min/km
55.	134	CORTEGOSO SOUTO, Rodrigo		00:47:45,3	+16:53,6	+16:40,1	4:46 min/km
56.	85	MIRANDA, Rolan		00:47:50,7	+16:58,9	+16:45,5	4:47 min/km
57.	163	RODRIGUEZ ALONSO, Benjamin		00:48:44,6	+17:52,8	+17:39,3	4:52 min/km
58.	36	CONDE PEREZ, Celso	SAÚDESPORT	00:49:08,6	+18:16,8	+18:03,3	4:54 min/km
59.	119	VAZQUEZ FERNANDEZ, Victor		00:50:25,6	+19:33,8	+19:20,4	5:02 min/km
60.	65	SOUZA ALONSO, Daniel		00:50:27,7	+19:35,9	+19:22,5	5:02 min/km
61.	121	ESTEVEZ PEREZ, Miguel Angel		00:50:28,1	+19:36,3	+19:22,8	5:02 min/km
62.	207	SEGURA ESPINOSA, Carlos		00:50:30,5	+19:38,7	+19:25,3	5:03 min/km
63.	7	CERDAN GONZALEZ, Javier		00:50:43,7	+19:51,9	+19:38,4	5:04 min/km
64.	141	NAVAZAS DURO, Kiko		00:51:15,2	+20:23,4	+20:10,0	5:07 min/km
65.	47	GARCIA FERNANDEZ, Jose Luis		00:51:31,2	+20:39,4	+20:25,9	5:09 min/km
66.	110	PEREZ MALLO, Jacobo		00:51:57,3	+21:05,5	+20:52,0	5:11 min/km
67.	118	PIÑEIRO AGULLA, Isidro Jose		00:51:59,7	+21:07,9	+20:54,5	5:11 min/km
68.	129	RESUA EIRAS, David	CHUZAS OLIMPICOS	00:52:08,2	+21:16,4	+21:03,0	5:12 min/km
69.	90	FERNANDEZ PIÑEIRO, Cesar		00:53:31,3	+22:39,5	+22:26,0	5:21 min/km
70.	14	ALONSO CARRERA, Daniel		00:53:35,9	+22:44,2	+22:30,7	5:21 min/km
71.	136	LOPEZ BERGA, Jordi		00:54:18,7	+23:26,9	+23:13,4	5:25 min/km
72.	62	GONZALEZ CABALEIRO, Marcos		00:55:07,7	+24:15,9	+24:02,4	5:30 min/km
73.	40	DIAZ MATEO, Jose Luis		00:55:26,6	+24:34,8	+24:21,3	5:32 min/km
74.	13	GONZALEZ ABEIJON, Fernando		00:56:38,2	+25:46,4	+25:32,9	5:39 min/km
75.	128	MOSTEIRO GARCIA, Brais	CLUB INCLUSIVO ENKI	00:56:38,3	+25:46,5	+25:33,0	5:39 min/km

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Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
76.	130	GRAZIANI FONTICIELHA, Rodrigo		01:00:25,3	+29:33,5	+29:20,1	6:02 min/km
M3							
1.	177	BARGIELA ARAUJO, Daniel	BIKILA	00:32:19,9	+1:28,1	--	3:13 min/km
2.	149	PRIETO DE LA IGLESIA, Manuel	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:33:30,4	+2:38,6	+1:10,4	3:21 min/km
3.	52	BARREIRO PEREIRA, Xose Anton	SD COMPOSTELA ATLETISMO	00:35:21,7	+4:29,9	+3:01,7	3:32 min/km
4.	161	COSTAS COSTAS, Miguel	MAIS QUE AUGA	00:36:47,8	+5:56,0	+4:27,8	3:40 min/km
5.	156	GAGO SANCHEZ, Antolin	VETERANOS DE SAMIL	00:37:08,1	+6:16,3	+4:48,1	3:42 min/km
6.	169	LUCIA PAREDES, Giovanni		00:39:38,8	+8:47,0	+7:18,8	3:57 min/km
7.	56	RODRIGUEZ MARTINEZ, Modesto	TEAM LAKE	00:39:45,2	+8:53,4	+7:25,2	3:58 min/km
8.	75	ALONSO FERNANDEZ, Antonio		00:42:11,9	+11:20,1	+9:51,9	4:13 min/km
9.	160	MONTENEGRO BALLESTEROS, Diego	CHUZAS OLIMPICOS	00:42:24,6	+11:32,8	+10:04,6	4:14 min/km
10.	188	DOMINGUEZ EDREIRA, Julio		00:42:47,0	+11:55,2	+10:27,0	4:16 min/km
11.	101	BLANCO CALDAS, Ivan Diego		00:43:31,2	+12:39,4	+11:11,2	4:21 min/km
12.	185	RODILLA, Ivan		00:44:02,2	+13:10,4	+11:42,2	4:24 min/km
13.	8	PARDAVILA, Miguel	CORRIDA DAS CABRAS	00:44:31,9	+13:40,1	+12:11,9	4:27 min/km
14.	63	FREIRE PIÑEIRO, Jose Manuel	MAIS QUE AUGA	00:45:24,4	+14:32,6	+13:04,4	4:32 min/km
15.	105	VILLANUEVA AREAL, Dito	RUNNING LUSEKELO	00:45:37,6	+14:45,8	+13:17,6	4:33 min/km
16.	150	CRUCES ALVAREZ, Daniel		00:45:44,0	+14:52,2	+13:24,0	4:34 min/km
17.	45	FERNANDZ VAYO, Ruben Francisco	GRIMO	00:46:33,3	+15:41,5	+14:13,3	4:39 min/km
18.	159	HERRERO, Gonzalo	VIGOENTRENA	00:46:35,6	+15:43,8	+14:15,7	4:39 min/km
19.	256	QUINTANILLA MARFUL, Alvaro	VIGXIADOR	00:47:37,2	+16:45,4	+15:17,2	4:45 min/km
20.	51	MARTINEZ DOBALO, David	CROSSBEERS	00:47:55,1	+17:03,3	+15:35,1	4:47 min/km
21.	112	GUAMA MENA, Patricio	PADELEROS	00:48:28,1	+17:36,3	+16:08,1	4:50 min/km
22.	46	POUSA LUCIO, Xoan Manuel	SAPOCONCHOS	00:48:38,9	+17:47,2	+16:19,0	4:51 min/km
23.	120	LEGEREN RIAL, Rafa		00:49:08,8	+18:17,0	+16:48,8	4:54 min/km
24.	208	DE LA PEÑA ZARATE, Enrique		00:49:20,3	+18:28,5	+17:00,3	4:56 min/km
25.	115	RUIBAL ARGIBAY, Alberto		00:49:35,6	+18:43,8	+17:15,6	4:57 min/km
26.	153	GONZALEZ RODRIGUEZ, Manu	ADN RUNNERS – TELMO PELUQUEROS F.C.	00:49:45,4	+18:53,6	+17:25,4	4:58 min/km
27.	140	ESTEBAN, Silvio Esteban		00:50:01,7	+19:09,9	+17:41,7	5:00 min/km

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Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
28.	246	CODON VEGA, Alfonso	C.A.R. MARISQUEIRO	00:50:05,5	+19:13,7	+17:45,5	5:00 min/km
29.	53	PEREIRO SANTIN, Ramon	GRIMO	00:50:24,1	+19:32,3	+18:04,1	5:02 min/km
30.	254	LARA PEREZ, Jose Gabino		00:50:54,0	+20:02,2	+18:34,0	5:05 min/km
31.	158	VALEBONA REFOJOS, Manuel	TRINORTH	00:51:33,3	+20:41,6	+19:13,4	5:09 min/km
32.	80	TOLEDO MONTES, Pablo	CHUZAS OLIMPICOS	00:52:02,9	+21:11,1	+19:42,9	5:12 min/km
33.	253	GARCIA QUEIJAS, Miguel	VIGOENTRENA	00:53:08,5	+22:16,7	+20:48,5	5:18 min/km
34.	104	BAUBETA FAJARDO, Hector Alejandro		00:57:17,5	+26:25,7	+24:57,5	5:43 min/km
35.	86	REIGADA QUINTELA, Fernando	CHUZAS OLIMPICOS	01:00:21,7	+29:29,9	+28:01,7	6:02 min/km
36.	99	FEIJOO SUAREZ, Marcos	CHUZAS OLIMPICOS	01:00:21,9	+29:30,1	+28:01,9	6:02 min/km
M4							
1.	214	GRAÑA ALONSO, Jose Carlos	LODEIROS TRAIL	00:37:40,1	+6:48,3	--	3:46 min/km
2.	64	PALMA ESPAÑA, Eligio Jose		00:39:36,9	+8:45,1	+1:56,8	3:57 min/km
3.	145	PAZ RODRIGUEZ, Juan	CLUB CASTRELOS 20:30	00:40:35,5	+9:43,7	+2:55,4	4:03 min/km
4.	41	VAZQUEZ VIDAL, Antonio		00:41:39,3	+10:47,5	+3:59,2	4:09 min/km
5.	198	FIDALGO IGLESIAS, Manuel		00:41:59,9	+11:08,1	+4:19,8	4:11 min/km
6.	19	TABOADA GONZALEZ, Ramiro	RUNNING LUSEKELO	00:42:42,6	+11:50,8	+5:02,5	4:16 min/km
7.	91	PEREZ LOSADA, Mario	BIKILA	00:44:39,1	+13:47,3	+6:59,0	4:27 min/km
8.	139	SIMOEES FERNANDEZ, Jose Luis	C.A.R. MARISQUEIRO	00:48:15,5	+17:23,7	+10:35,4	4:49 min/km
9.	12	OJEA RODRIGUEZ, Gonzalo	FRUTAS NIEVES	00:48:39,0	+17:47,2	+10:58,9	4:51 min/km
10.	181	SANTIAGO CAMERON-WALKER, Jose Carlos		00:49:36,7	+18:44,9	+11:56,6	4:57 min/km
11.	98	DEL OLMO, Miguel	RUNNING LUSEKELO	00:50:43,2	+19:51,4	+13:03,1	5:04 min/km
12.	30	RUIBAL ARGIBAY, Jose Ramon		00:51:54,2	+21:02,4	+14:14,1	5:11 min/km
13.	107	MENDEZ RODRIGUEZ, Gori	RUNNING LUSEKELO	00:54:47,6	+23:55,8	+17:07,5	5:28 min/km
M5							
1.	42	RIVEIRO RODRIGUEZ, Arlindo	CLUB CASTRELOS 20:30	00:35:48,3	+4:56,5	--	3:34 min/km
2.	203	SUAREZ MARTINEZ, Manuel	CLUB ATLETISMO VETERANOS DE SAMIL	00:37:24,0	+6:32,2	+1:35,7	3:44 min/km
3.	97	PEREZ PASCUAL, Manuel	C.S.C.R. BEADE	00:42:17,1	+11:25,3	+6:28,8	4:13 min/km
4.	20	VILLAR ALVAREZ, Enrique	CLUB ATLETISMO VETERANOS DE SAMIL	00:43:47,0	+12:55,2	+7:58,7	4:22 min/km
5.	84	ROCA RODRIGUEZ, Ramon		00:47:14,0	+16:22,2	+11:25,7	4:43 min/km

CATEGORÍAS 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsal	Nome	Club	Tiempo	Gap Xer.	Gap Cat.	Ritmo
6.	143	BLANCO GONZALEZ, Alfonso		00:51:35,1	+20:43,3	+15:46,8	5:09 min/km
M6							
1.	244	KARAMES, Manuel	CLUB ATLETISMO PORRIÑO	00:44:09,3	+13:17,5	--	4:24 min/km
2.	55	PADIN COUSIDO, Jose Luis	CLUB ATLETISMO CAMBADOS – SEGUROS NOVAL	00:45:18,7	+14:26,9	+1:09,4	4:31 min/km
3.	232	DOMINGUEZ RODRIGUEZ, Carlos		00:46:13,7	+15:21,9	+2:04,3	4:37 min/km
4.	187	REY GONZALEZ, Roberto	CLUB ATLETISMO VETERANOS DE SAMIL	00:46:14,6	+15:22,8	+2:05,3	4:37 min/km
5.	135	RAMOS VIGO, Sergio	CLUB ATLETISMO VETERANOS DE SAMIL	00:58:41,1	+27:49,3	+14:31,7	5:52 min/km
SUB19 MASC							
1.	87	JAMARDO CAPELO, Anxo	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:37:42,2	+6:50,4	--	3:46 min/km
2.	202	Rivas Vila, Lois		00:38:24,8	+7:33,0	+42,5	3:50 min/km
3.	117	TAMAYO LAGO, Francisco		00:41:09,1	+10:17,3	+3:26,9	4:06 min/km
4.	238	TORRES, Valentin	CLUB TRIATLÓN MAR DE VIGO	00:44:21,0	+13:29,2	+6:38,7	4:26 min/km
5.	164	MALLON MARTINEZ, Juan		00:44:37,5	+13:45,7	+6:55,2	4:27 min/km
6.	236	HERMELO CARRERA, Yeraí		00:46:57,3	+16:05,6	+9:15,1	4:41 min/km
7.	15	ALONSO VALOIS, Joel		00:53:34,4	+22:42,6	+15:52,1	5:21 min/km