



V CARREIRA CALVARIO 5+5

Clasificación General

Clit	Dor.	Apellidos y nombre	Categoría	(Clit)	Equipo	Inter 1	(Clit)	Tiempo	Diferencia
10K MASCULINO									
1	398	GUTIERREZ GONZALEZ Carlos Enrique	M1	(1)	CLUB DEPORTIVO DELIKIA	15:53.986	(1)	31:53.883	
2	1	BARGIELA ARAUJO Daniel	M2	(1)	BIKILA	16:04.879	(2)	32:45.724	51.841
3	282	COMESAÑA PEREIRA Celso	M1	(2)	CLUB DEPORTIVO DELIKIA	16:07.538	(3)	33:24.631	1:30.748
4	331	PEREZ BLANCO Xosé	M1	(3)	ATLETISMO ARENTEIRO	16:44.517	(4)	33:44.884	1:51.001
5	216	GARCIA RODRIGUEZ Sergio	M2	(2)		16:45.303	(5)	34:19.999	2:26.116
6	361	SOBRAL GONZALEZ Manu	M2	(3)	CLUB DEPORTIVO PINARIUM	17:22.803	(7)	35:00.584	3:06.701
7	131	BARREIRO GOMEZ Martin	M1	(4)	TRINORTH	17:07.604	(6)	35:11.490	3:17.607
8	424	PRIETO DE LA IGLESIA Manuel	M3	(1)		17:27.704	(8)	35:19.817	3:25.934
9	77	GARCIA QUEROL Pablo	M1	(5)	CLUB DEPORTIVO DELIKIA	17:27.797	(9)	35:21.022	3:27.139
10	328	VAÑO PEIDRO Sergi	M1	(6)	CLUB DEPORTIVO DELIKIA	17:29.722	(11)	35:38.822	3:44.939
11	226	PARADA MONTOTO David	M2	(4)	MONTEPORREIRUNN	17:30.237	(13)	35:42.621	3:48.738
12	291	OTERO RAMIREZ Alejandro	M1	(7)	ATHLETIS FISIOTERAPIA SAN LÁZA	17:51.722	(16)	35:48.149	3:54.266
13	261	ARIAS COSTAS Dario	M2	(5)	ATHLETIS FISIOTERAPIA SAN LÁZA	17:40.682	(14)	36:01.702	4:07.819
14	105	CADAVID VILLANUEVA Héctor	M2	(6)		17:51.661	(15)	36:11.563	4:17.680
15	213	BARCALA MORA Víctor	M3	(2)	PONTEVEDRA	17:29.899	(12)	36:12.775	4:18.892
16	141	DAVILA MARIÑO Óscar	M3	(3)	EQUIPO A	17:54.836	(17)	36:14.589	4:20.706
17	292	FERNANDEZ DE TORO Manuel	M3	(4)	C.A. VETERANOS DE SAMIL	17:55.254	(18)	36:15.749	4:21.866
18	36	MONTOTO PEREIRA German	M2	(7)	C.A.R. MARISQUEIRO	17:29.563	(10)	36:22.120	4:28.237
19	258	MURIAS RODRIGUEZ Alejandro	M1	(8)	LASER GALICIA RANING	18:13.574	(22)	36:40.283	4:46.400
20	364	GONZALEZ NUÑEZ José Luis	M2	(8)		17:59.016	(19)	36:42.380	4:48.497
21	94	ALONSO GONZALEZ André	M1	(9)		18:16.344	(26)	36:44.001	4:50.118
22	217	FERNANDEZ FERNANDEZ Christian	M1	(10)		18:14.912	(23)	36:44.770	4:50.887
23	222	CARBALLO GARCIA Marcos	M2	(9)		18:15.374	(24)	36:52.488	4:58.605
24	456	GOMEZ ALONSO Manuel	M3	(5)	GMTA CHUVONERS	18:28.034	(29)	37:01.245	5:07.362
25	204	BERNARDEZ Dario	M2	(10)	CIBUS	18:19.455	(27)	37:14.404	5:20.521
26	298	COSTAS COSTAS Miguel	M3	(6)	MAISQUEAUGA	18:12.721	(21)	37:16.702	5:22.819
27	248	PIÑEIRO LESTON Fernando	M1	(11)	ATLETISMO PORRIÑO	18:28.171	(30)	37:18.968	5:25.085
28	15	SUAREZ MARTINEZ Manuel	M5	(1)	C.A. VETERANOS DE SAMIL	18:32.055	(36)	37:21.483	5:27.600
29	114	DOMINGUEZ DOMINGUEZ Daniel	M2	(11)		18:16.161	(25)	37:31.309	5:37.426
30	289	DOMINGUEZ VILA Pablo	M1	(12)	VIGOENTRENA	18:07.741	(20)	37:31.607	5:37.724
31	61	DAFONTE MARTINEZ Miguel	M1	(13)	VIGOENTRENA	18:39.480	(37)	37:34.920	5:41.037
32	121	ULLA REGA Manuel	M2	(12)	ASOCIACIÓN DEPORTIVA CAR	18:30.101	(31)	37:37.289	5:43.406
33	393	ALVAREZ OTERO José Antonio	M2	(13)		18:22.601	(28)	37:46.018	5:52.135
34	210	RIVEIRO RODRIGUEZ Arlindo	M4	(1)	CASTRELOS 20:30	18:31.782	(34)	37:54.901	6:01.018
35	171	FERNANDEZ MONZON Marcos	M2	(14)	CSCR BEADE	18:31.079	(32)	37:57.444	6:03.561
36	330	PEREZ RODAS Daniel	M2	(15)		18:31.855	(35)	38:02.849	6:08.966
37	399	CORRAL SERTAL Javier	M1	(14)	TRIATLÓN COMPOSTELA	18:31.161	(33)	38:07.703	6:13.820
38	172	POUSO VIDAL Lucas	M2	(16)	C.A. CAMBADOS - SEGUROS NOVAL	19:07.019	(43)	38:11.958	6:18.075
39	146	BESADA BRUNET Santiago	M3	(7)	TRINORTH	18:50.494	(38)	38:20.741	6:26.858
40	181	IGLESIAS AGULLA David	M1	(15)		18:56.131	(40)	38:36.139	6:42.256
41	142	NOGUEIRA FERNANDEZ Junior	M2	(17)		18:58.000	(41)	38:38.467	6:44.584
42	407	RODRIGUEZ FERREIRO Miguel	M1	(16)	BURGAS OURENSE	19:07.154	(44)	38:42.827	6:48.944

26/02/2023

El 26/02/2023 a 19:54 / Página 1/10

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Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
43	229	MARTINEZ BARCIELA David	M3	(8)		19:22.156	(47)	38:47.927	6:54.044
44	404	GONZALEZ ALVAREZ Luis Borja	M2	(18)		18:54.380	(39)	38:53.477	6:59.594
45	227	LOUREIRO MONTENEGRO Pablo	M2	(19)	MONTEPORREIRUN	19:13.311	(45)	39:13.299	7:19.416
46	158	CARRERA José	M3	(9)		19:22.988	(48)	39:17.900	7:24.017
47	108	PENAS GARCIA Rubén	M2	(20)	CLUB ATLETISMO TAMBRE	19:17.202	(46)	39:24.357	7:30.474
48	334	NOGUEIRA Tiago	DM	(1)	CENTRO DE ATLETISMO DE ARCOS D	19:02.053	(42)	39:31.159	7:37.276
49	92	FERNANDEZ RODRIGUEZ David	M1	(17)		19:58.620	(56)	39:44.244	7:50.361
50	278	PUIME COMESAÑA Jonathan	M1	(18)		20:22.079	(68)	39:45.006	7:51.123
51	256	LEDO NOVOA José Eugenio	M3	(10)	CLUB DEPORTIVO DELIKIA	19:53.431	(55)	39:46.943	7:53.060
52	247	OTERO TABOADA Eloy	M1	(19)		20:06.081	(60)	39:51.206	7:57.323
53	447	MARTINEZ PEREZ David	M2	(21)		19:37.014	(51)	39:52.707	7:58.824
54	228	ALVAREZ-BUYLLA DE LA UZ Julio	M3	(11)	VELAS MARATON	19:27.670	(49)	39:58.036	8:04.153
55	191	GARCIA DE L IGLESIA Alberto	M3	(12)	C.A. VETERANOS DE SAMIL	20:11.480	(63)	40:01.780	8:07.897
56	352	PEREZ CONDE Kike	M2	(22)	TRAIL COMO CABRAS	19:28.570	(50)	40:01.945	8:08.062
57	25	LOUREIRO NIETO Gustavo	M2	(23)		19:49.472	(53)	40:09.866	8:15.983
58	362	MORENZA DOFORNO Germán	M4	(2)		20:10.958	(62)	40:12.620	8:18.737
59	179	FUERTES SAAVEDRA Antonio	M4	(3)	REAL CLUB CELTA ATLETISMO	20:03.139	(57)	40:13.266	8:19.383
60	277	CONEJERO JORDAN Borja	M2	(24)	MORDESTE	20:03.430	(58)	40:17.138	8:23.255
61	323	GARCIA GARCIA Oscar	M2	(25)	CD PINARIUM	20:12.132	(64)	40:20.059	8:26.176
62	327	LORENZO RODRIGUEZ José Antonio	M3	(13)	FORESJANS RUNNERS	20:38.708	(78)	40:21.807	8:27.924
63	287	PAZ RODRIGUEZ Juan	M3	(14)	CASTRELOS 20:30	19:40.780	(52)	40:27.665	8:33.782
64	333	ALVES Carlos	M3	(15)	CENTRO DE ATLETISMO DE ARCOS D	20:13.501	(66)	40:37.266	8:43.383
65	98	DIAZ CID Javi	M1	(20)		20:07.391	(61)	40:41.466	8:47.583
66	89	MAHOU Xosé	M3	(16)	FITGAL	20:22.848	(69)	40:49.378	8:55.495
67	397	GARCIA FERNANDEZ ARRUTI Andrés	M2	(26)	BIKILA	20:04.299	(59)	40:49.379	8:55.496
68	80	ALONSO Alberto	M2	(27)	ATHETIC CLUB	20:12.771	(65)	40:49.466	8:55.583
69	39	DELGADO RAMOS José Carlos	M2	(28)		20:28.978	(73)	40:52.860	8:58.977
70	319	DOPAZO Javier	M3	(17)	RUN PONTEVEDRA	20:29.733	(74)	40:53.625	8:59.742
71	310	LOPEZ COMASAÑA Oscar Manuel	M2	(29)		20:28.130	(72)	40:54.100	9:00.217
72	233	CABALEIRO ROCHA Daniel	M1	(21)	BIKILA	20:17.094	(67)	40:54.225	9:00.342
73	16	JARDON LOPEZ José	M5	(2)	C.A. VETERANOS DE SAMIL	20:33.734	(76)	41:24.200	9:30.317
74	324	LEMONS FERNANDEZ Casiano	M2	(30)		21:08.428	(103)	41:25.396	9:31.513
75	42	NIÑO MEDA Óliver Nahum	M2	(31)		20:45.299	(79)	41:29.244	9:35.361
76	138	OTERO GONZALEZ Dylan	M1	(22)		20:47.813	(83)	41:32.244	9:38.361
77	177	PIÑA REFOJOS Luis	M3	(18)	CLUB DEPORTIVO DELIKIA	21:03.498	(95)	41:32.245	9:38.362
78	400	PORTO PEDROSA Daniel	M2	(32)	TANINOS RUNNERS	20:58.236	(90)	41:33.207	9:39.324
79	97	FERNANDEZ GRADIN David	M2	(33)	CIBUS	20:24.179	(70)	41:34.564	9:40.681
80	87	LAGADEC Christophe	M2	(34)		20:47.659	(82)	41:37.357	9:43.474
81	236	RODRIGUEZ MATA Daniel	M2	(35)		20:24.712	(71)	41:37.676	9:43.793
82	103	OREJAS MARTINEZ Hernán	M2	(36)		21:02.732	(93)	41:42.588	9:48.705
83	426	AGREDA CASTRO Alex	M1	(23)		20:34.669	(77)	41:46.945	9:53.062
84	286	FERVENZA ENTENZA Pablo	M5	(3)	SAMERTOLAMEU	20:54.879	(87)	41:50.630	9:56.747
85	370	COSTAS BARCIA Diego	M1	(24)	MAISQUEAUGA	20:55.860	(88)	42:01.700	10:07.817
86	156	CABO SANCHEZ Iago	M2	(37)		21:19.991	(114)	42:02.846	10:08.963





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Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
87	275	COSTAS PEREIRA Alberto	M3	(19)	C.S.R. BEADE	20:54.418	(86)	42:11.036	10:17.153
88	91	GONZALEZ PEREZ Enrique	M2	(38)	MAISQUEAUGA	20:55.919	(89)	42:11.481	10:17.598
89	396	URBANO MARTINEZ Jorge	M1	(25)	CLUBE ATLETISMO BURELA	20:53.072	(85)	42:13.259	10:19.376
90	218	BAUTISTA GONCALVES Damián Borja	M2	(39)	ATLETISMO PORRIÑO	20:29.819	(75)	42:18.289	10:24.406
91	27	SANZ LUCOTTI José Javier	M4	(4)		21:15.339	(106)	42:20.277	10:26.394
92	437	DOMINGUEZ MARIÑO Felipe	M2	(40)		21:29.638	(119)	42:25.643	10:31.760
93	381	LAFUENTE VIÑAS Pablo	M1	(26)		21:07.728	(102)	42:27.921	10:34.038
94	345	TABOAS SILVA Jose	M3	(20)	C.A.R. MARISQUEIRO	21:19.621	(113)	42:28.246	10:34.363
95	57	NAVIA IGLESIAS Ruben	M2	(41)		20:45.470	(80)	42:30.526	10:36.643
96	435	VAZQUEZ CORREA Alfonso	M4	(5)	CASTRELOS 2030	21:25.810	(116)	42:34.384	10:40.501
97	79	LUCIA PAREDES Giovanni	M3	(21)		21:01.793	(92)	42:37.984	10:44.101
98	48	CUETO FERNANDEZ David	M2	(42)	CERTA	21:17.468	(110)	42:39.304	10:45.421
99	311	SOTO OTERO Fco. Xabier	M4	(6)	RUN PONTEVEDRA	21:06.918	(99)	42:41.917	10:48.034
100	384	LORENZO RIVEIRO Diego	M2	(43)		20:50.809	(84)	42:44.824	10:50.941
101	250	ALVAREZ GOMEZ Manuel	M2	(44)		21:04.694	(97)	42:45.777	10:51.894
102	414	LORENZO UZ Alberto	M3	(22)	CIBUS	21:18.348	(111)	42:48.304	10:54.421
103	457	FERNANDEZ PASCUAL Adrián	M1	(27)	CLUB DEPORTIVO DELIKIA	21:15.861	(107)	42:51.542	10:57.659
104	182	BAR PEREZ Luis	M2	(45)		21:03.618	(96)	42:52.251	10:58.368
105	74	ESTEVEZ CERNADAS Ricardo	M4	(7)	ATHETIC AVENTURA XTREM	21:15.989	(108)	42:52.514	10:58.631
106	355	PEREZ BLANCO Pablo	M3	(23)	CLUB DEPORTIVO DELIKIA	21:32.398	(121)	42:52.954	10:59.071
107	341	BLANCO MARTINEZ Diego	M1	(28)	CLUB DEPORTIVO DELIKIA	21:16.130	(109)	42:53.093	10:59.210
108	430	DENIZ GRAÑA Jose	M2	(46)		21:01.758	(91)	42:54.739	11:00.856
109	173	ARIAS Manuel	M1	(29)		21:07.514	(100)	42:56.255	11:02.372
110	144	IGLESIAS DOMINGUEZ Francisco	M3	(24)		21:19.552	(112)	42:57.716	11:03.833
111	354	MARTINEZ COSTAS Javier	M2	(47)	LASER GALICIA RANING	21:31.339	(120)	42:59.266	11:05.383
112	382	QUIROGA FERNANDEZ Iago	M2	(48)	TRINORTH	21:07.517	(101)	43:01.943	11:08.060
113	117	PEREZ PASCUAL Manuel	M4	(8)	BEADE	21:06.330	(98)	43:06.703	11:12.820
114	67	DIAZ SANTOS Juan Manuel	M1	(30)		20:46.169	(81)	43:07.261	11:13.378
115	90	ALVAREZ FERNANDEZ Francisco	M2	(49)		21:20.939	(115)	43:14.364	11:20.481
116	402	ROMERO CAMPOS Fran	M3	(25)		21:46.149	(130)	43:17.379	11:23.496
117	325	SOTO BUCETA Sergio	M2	(50)	C.A.CAMBADOS - SEGUROS NOVAL	21:13.980	(105)	43:18.529	11:24.646
118	245	SABINO PORTO Alfonso	M3	(26)		21:33.740	(122)	43:21.124	11:27.241
119	119	CABALEIRO GARCIA Jose Manuel	M2	(51)		22:12.517	(144)	43:24.257	11:30.374
120	422	ALFAYA Jose	M2	(52)	C.D DELIKIA	21:36.279	(126)	43:26.656	11:32.773
121	110	PEREIRA SALGUEIRO Ramon	M2	(53)	LODEIROS TRAIL	21:26.477	(117)	43:27.859	11:33.976
122	102	LOUREIRO RODRIGUEZ Santiago	M2	(54)		21:50.617	(133)	43:28.103	11:34.220
123	314	ALEN CASTELAIN Eusebio	M3	(27)	CASTRELOS 20:30	22:03.197	(139)	43:28.106	11:34.223
124	145	LEITE Pablo	M2	(55)		21:47.960	(132)	43:29.204	11:35.321
125	401	BERTOMEU CAPELAN Francisco Javier	M2	(56)		22:16.707	(146)	43:39.238	11:45.355
126	321	LOPEZ RODRIGUEZ Daniel	M2	(57)	CLUB DEPORTIVO DELIKIA	21:44.347	(129)	43:42.337	11:48.454
127	81	ESTEVEZ COMINGES Alejandro	M2	(58)	HACCE	22:04.319	(141)	43:59.706	12:05.823
128	162	LOPEZ DE LERMA CASAS Miguel Ángel	M2	(59)	PONTE A CORRER	21:41.498	(127)	44:04.724	12:10.841
129	290	BAO FERNANDEZ Francisco	M1	(31)		21:34.841	(124)	44:07.486	12:13.603
130	438	PEREZ COUÑAGO Adrian	M1	(32)	QUE BICI MARCISPORT	21:35.697	(125)	44:08.005	12:14.122

26/02/2023

El 26/02/2023 a 19:54 / Página 3/10

Vola Timing (www.vola.fr) / Msports Pro 6.1.07

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Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
131	419	MERA RODRIGUEZ Jose Carlos	M3	(28)	PONTE A CORRER	21:34.781	(123)	44:10.634	12:16.751
132	234	LOPEZ RODRIGUEZ David	M1	(33)		21:03.378	(94)	44:13.058	12:19.175
133	198	FERNANDEZ FERNANDES Miguel	M2	(60)	RUNYTRI	21:08.787	(104)	44:14.383	12:20.500
134	83	VAZQUEZ FERNANDEZ Jacobo	M2	(61)		22:03.708	(140)	44:18.417	12:24.534
135	389	ALONSO VALVERDE Antonio	M5	(4)	ATLETISMO BAIONA	21:43.878	(128)	44:19.216	12:25.333
136	56	CAMPELO GONZALEZ Antonio	M2	(62)		22:08.898	(143)	44:24.554	12:30.671
137	440	MANSO MORADILLO Diego	M1	(34)		22:39.877	(160)	44:26.654	12:32.771
138	378	VILLANUEVA AREAL Francisco	M2	(63)		22:06.170	(142)	44:28.634	12:34.751
139	306	RODRIGUEZ GIL Diego	M2	(64)		22:22.031	(151)	44:32.384	12:38.501
140	265	SUAREZ OGANDO Adrián	M1	(35)	MAISQUEAUGA	21:47.269	(131)	44:34.003	12:40.120
141	358	MALLO MARCOS Alberto	M3	(29)		21:52.876	(134)	44:35.999	12:42.116
142	411	HUERTAS MENOR Jorge	DM	(2)	KOP DE VIGO	22:02.827	(138)	44:36.456	12:42.573
143	202	BARREIRO VALLS Pedro	M1	(36)	MAISQUEAUGA	21:58.087	(136)	44:38.122	12:44.239
144	259	VARELA BARRERA Jose Antonio	M5	(5)	TANINOS RUNNERS	22:15.531	(145)	44:50.862	12:56.979
145	84	DOMINGUEZ RODRIGUEZ Carlos	M5	(6)		21:59.727	(137)	44:58.157	13:04.274
146	113	SOBRADO FERNANDEZ Antonio	M3	(30)		22:18.063	(147)	45:01.281	13:07.398
147	448	DEL RIO GOMEZ Carlos	M3	(31)		22:18.976	(149)	45:01.661	13:07.778
148	366	SULBARAN VIDAL Jesús Manuel	M1	(37)	CERTA	21:26.689	(118)	45:01.983	13:08.100
149	155	RODRIGUEZ LAGO Miguel	M1	(38)		21:53.718	(135)	45:20.694	13:26.811
150	106	REBORDA GRAÑA Amador	M3	(32)	PINARIUM	23:29.147	(184)	45:30.081	13:36.198
151	118	VIDEIRA CORREA Alberto	M4	(9)		22:23.076	(152)	45:32.026	13:38.143
152	348	COSTAS PEREZ Marcos	M2	(65)		23:41.135	(195)	45:34.521	13:40.638
153	313	PEREZ SANTOS Avelino	M4	(10)	CASTRELOS 20:30	22:44.507	(163)	45:36.322	13:42.439
154	10	ALONSO CONDE Javier	M2	(66)	BTX RUNNING TEAM	22:18.521	(148)	45:40.642	13:46.759
155	78	TABOADA GONZALEZ Ramiro	M4	(11)	RUNNING LUSEKELO	22:34.553	(155)	45:41.755	13:47.872
156	205	DOMINGUEZ COUÑAGO José Manuel	M3	(33)		22:31.449	(154)	45:43.012	13:49.129
157	200	ALVAREZ LORENZO Jose Justo	M3	(34)		22:31.397	(153)	45:43.072	13:49.189
158	75	PEITEADO RUIZ Guillermo	M3	(35)		22:37.978	(158)	45:46.041	13:52.158
159	272	CUADRADO FARIÑA Carlos	M2	(67)		23:01.916	(174)	45:51.580	13:57.697
160	7	VILLAR ALVAREZ Enrique	M4	(12)		22:22.030	(150)	45:58.694	14:04.811
161	274	RODILLA Iván	M2	(68)		22:44.226	(162)	45:58.763	14:04.880
162	8	VAZQUEZ RODRIGUEZ Anxo	M3	(36)		22:39.156	(159)	45:58.765	14:04.882
163	356	FONTAN FRAGA Emilio	M2	(69)		22:58.947	(170)	45:59.665	14:05.782
164	244	COSTA PAZO Artur	M1	(39)	VIGOENTRENA	22:48.889	(167)	46:00.721	14:06.838
165	29	CALVO Brais	M1	(40)		23:31.899	(188)	46:04.040	14:10.157
166	88	LOPEZ REY Pino	M5	(7)		22:42.679	(161)	46:04.662	14:10.779
167	295	SANCHEZ VAZQUEZ Alejandro	M1	(41)	UVU BRODIS	24:11.349	(215)	46:04.801	14:10.918
168	303	SAMOELLE ABALDE Oscar	M1	(42)		22:44.981	(164)	46:04.923	14:11.040
169	405	ANDONEGUI FREIRE Juan	M2	(70)	FRUTAS NIEVES	22:49.157	(168)	46:04.941	14:11.058
170	420	DOMINGUEZ Omar	M1	(43)		22:47.500	(165)	46:06.321	14:12.438
171	66	RODRIGUEZ COLLAZO Raúl	M2	(71)	TRAIL COMO CABRAS	23:27.098	(183)	46:14.481	14:20.598
172	22	SANCHEZ OTERO Oswaldo	M3	(37)	TNT GHERRILLEIROS	22:53.237	(169)	46:14.684	14:20.801
173	433	GONZALEZ RODRIGUEZ Daniel	M2	(72)		22:48.560	(166)	46:17.960	14:24.077
174	116	BARRAL BARREIRO Pablo	M2	(73)		23:31.691	(186)	46:18.102	14:24.219

26/02/2023

El 26/02/2023 a 19:54 / Página 4/10

Vola Timing (www.vola.fr) / Msports Pro 6.1.07

MagmaSports





V CARREIRA CALVARIO 5+5 Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
175	353	GALLIDORO DEL MONTE José Humberto	M4	(13)	CLUB DEPORTIVO DELIKIA	22:59.817	(171)	46:23.010	14:29.127
176	184	GONZALEZ ABRIL Román	M2	(74)		23:39.570	(192)	46:26.075	14:32.192
177	349	MIRANDA CORTES Rolando	M2	(75)		23:41.607	(198)	46:26.283	14:32.400
178	224	VEGA GARCIA Antonio Manuel	M2	(76)		22:36.996	(156)	46:27.736	14:33.853
179	385	RAÑA GREGORIO Xan	M3	(38)	C.A.R. MARISQUEIRO	23:29.496	(185)	46:29.040	14:35.157
180	192	CARRERA CARRERA Xose Manuel	M3	(39)	TANINOS RUNNERS	23:13.356	(178)	46:29.300	14:35.417
181	365	ALEGRE REIGOSA Fran	M1	(44)		23:13.238	(177)	46:31.478	14:37.595
182	301	DAVILA BUGARIN Salvador	M3	(40)		23:48.551	(202)	46:31.482	14:37.599
183	308	MENDEZ BREA Santiago	M3	(41)	PONTE A CORRER	23:10.236	(176)	46:38.913	14:45.030
184	50	BARREIRO BARREIRO Benigno	M3	(42)	ATHLETICS AVENTURA XTREM	23:26.129	(182)	46:42.564	14:48.681
185	373	RODRIGUEZ FLORES Marco Antonio	M1	(45)	CARROZAS	22:37.836	(157)	46:43.732	14:49.849
186	96	SOUSA RIBEIRO Eduardo	M1	(46)		23:59.434	(207)	46:43.733	14:49.850
187	17	HEREDIA David	M2	(77)	BORGWARNER	23:00.114	(172)	46:44.702	14:50.819
188	235	SANCHEZ-MATEOS PANIAGUA Manuel	M1	(47)		23:37.828	(190)	46:49.715	14:55.832
189	47	GARALOCES FERNANDEZ Xabier	M2	(78)	CLUB DEPORTIVO DELIKIA	23:20.907	(181)	46:58.817	15:04.934
190	76	FERNANDEZ VAYO Ruben Francisco	M3	(43)	GRIMO	23:47.946	(201)	46:59.160	15:05.277
191	174	MIRANDA ACUÑA Javier	M1	(48)	ATLETISMO ESTRADA	26:05.453	(271)	47:01.131	15:07.248
192	69	FONTAN GARRIDO David	M2	(79)	MUÑECOS RUNNING	23:41.515	(197)	47:03.956	15:10.073
193	270	CONDE GONZALEZ Jose Carlos	M2	(80)		23:40.214	(193)	47:12.580	15:18.697
194	372	FERNANDEZ PORTAS Alejandro	M2	(81)		23:44.916	(200)	47:13.621	15:19.738
195	186	SANMARTIN GONZALEZ Victoriano	M2	(82)	MAISQUEAUGA	23:53.387	(204)	47:15.960	15:22.077
196	212	PAZOS GONZALEZ Gonzalo	M4	(14)	PONTE A CORRER	23:02.641	(175)	47:18.937	15:25.054
197	346	SUAREZ GARRIDO Moncho	M3	(44)	CLUB DEPORTIVO DELIKIA	23:41.975	(199)	47:19.003	15:25.120
198	442	REY COSTA Miguel Angel	M3	(45)	BEER RUNERS VIGO	23:59.951	(208)	47:19.740	15:25.857
199	359	DIEGUEZ PAZO Emilio	M2	(83)	BEER RUNERS VIGO	24:01.576	(210)	47:19.833	15:25.950
200	163	RIVERA CANICOBA Alberto	M1	(49)		24:16.731	(218)	47:35.653	15:41.770
201	41	RODRIGUEZ FERNANDEZ Efrén	M2	(84)	ALTAFIT	23:41.375	(196)	47:36.680	15:42.797
202	21	GARCIA COTAS Federico Amando	M5	(8)	C.A.R. MARISQUEIRO	23:36.688	(189)	47:38.239	15:44.356
203	294	SANCHEZ VAZQUEZ Fernando	M1	(50)	UVU BRODIS	24:12.076	(216)	47:47.712	15:53.829
204	104	DAPENA TENORIO José Luis	M3	(46)		23:59.370	(206)	47:52.291	15:58.408
205	312	DIAZ JAMARDO Pablo	M2	(85)	ATLETISMO UNIVERSIDADE DE VIGO	24:35.876	(223)	47:54.179	16:00.296
206	31	PALOMEQUE TORRAS José Maria	M1	(51)		23:38.497	(191)	47:57.541	16:03.658
207	14	HERNANDEZ BORREGO Miguel	M5	(9)	MAISQUEAUGA	23:40.478	(194)	48:00.804	16:06.921
208	187	COMESAÑA FIGUEROA Carlos	M1	(52)		24:00.596	(209)	48:05.101	16:11.218
209	332	FEIJOO REDONDO Guillermo	M1	(53)		24:17.490	(219)	48:06.138	16:12.255
210	446	CASADO Gustavo	M2	(86)		23:54.035	(205)	48:06.518	16:12.635
211	264	ARCE CONDE Javier	M3	(47)	VEDRUNAVIGO RUNNERS	25:25.125	(254)	48:14.018	16:20.135
212	304	DOMINGUEZ SIMONS Jaime	M2	(87)		24:05.349	(212)	48:17.412	16:23.529
213	443	LOPEZ FERNANDEZ Antonio Luis	M2	(88)		24:49.635	(234)	48:21.439	16:27.556
214	336	BARREIRO Hugo	M1	(54)	@DECOSETEO	23:00.451	(173)	48:22.292	16:28.409
215	60	SIMOES FERNANDEZ José Luis	M4	(15)	C.A.R. MARISQUEIRO	24:51.914	(236)	48:23.460	16:29.577
216	360	BAAMONDE GONZALEZ Antonio	M3	(48)	ESPARTAN@S CHIFLAD@S	24:15.432	(217)	48:27.969	16:34.086
217	112	DACAL DEZA Daniel	M1	(55)		24:04.830	(211)	48:46.620	16:52.737
218	34	GARRIDO GONZALEZ Iván	M1	(56)		24:09.393	(213)	48:49.800	16:55.917

26/02/2023

El 26/02/2023 a 19:54 / Página 5/10

Vola Timing (www.vola.fr) / Msports Pro 6.1.07

MagmaSports





V CARREIRA CALVARIO 5+5
Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
219	85	DOMINGUEZ VILLAVARDE Juan Carlos	M2	(89)		23:31.835	(187)	48:52.392	16:58.509
220	38	PENEDO PEREZ Jose Humberto	M3	(49)		24:37.226	(225)	48:54.378	17:00.495
221	11	GONZALEZ MARTINEZ Fernando	M3	(50)		25:05.976	(245)	49:00.063	17:06.180
222	206	VILLARRUEL Rodrigo Nicolas	M1	(57)		24:53.986	(238)	49:14.730	17:20.847
223	374	GARCIA Francisco	M2	(90)		23:17.285	(180)	49:16.150	17:22.267
224	305	CANTARERO ALONSO Alberto	M1	(58)		23:51.490	(203)	49:17.133	17:23.250
225	421	MARTINEZ PEREZ Jose Luis	M3	(51)		26:24.173	(287)	49:31.874	17:37.991
226	18	FERNANDEZ CLEMENTE Carlos	M4	(16)		24:59.687	(241)	49:36.312	17:42.429
227	19	FERNANDEZ FRAGA Carlos	M1	(59)		24:59.507	(240)	49:36.634	17:42.751
228	300	ALONSO BASTOS Luis	M4	(17)		24:48.919	(233)	49:37.731	17:43.848
229	350	CABEZAS REPRESAS Sergio	M1	(60)		26:06.713	(273)	49:43.007	17:49.124
230	267	MARNE ALVAREZ Angel	M1	(61)		24:44.608	(229)	49:44.799	17:50.916
231	273	ROMAN COMESAÑA Diego	M1	(62)		24:43.449	(227)	49:44.977	17:51.094
232	148	TORRES TABOAS Manuel	M2	(91)		24:09.535	(214)	49:47.773	17:53.890
233	223	MOREIRA CONDE Antonio	M4	(18)		25:34.354	(257)	49:49.798	17:55.915
234	4	GODA Sebas	M4	(19)	C.C.RIA DE VIGO	24:45.796	(232)	49:50.637	17:56.754
235	93	MUÑOZ PEREZ Antonio	M1	(63)	LOS PANAS	24:51.749	(235)	49:57.419	18:03.536
236	100	PEREZ FREIRIA Jose Ramón	M5	(10)	ATLETISMOTUI	25:05.337	(243)	50:01.907	18:08.024
237	128	PEREIRA FERNANDEZ Daniel	M2	(92)	X-ONE	26:15.013	(280)	50:02.167	18:08.284
238	357	PEREZ DOS SANTOS Daniel	M1	(64)		26:21.395	(285)	50:04.172	18:10.289
239	342	NUÑEZ PARADA Sergio	M1	(65)		25:05.597	(244)	50:05.768	18:11.885
240	391	PIÑEIRO RODRIGUEZ Carlos	M3	(52)	CLUB TRIATLON CIDADE DE LUGO F	24:23.695	(220)	50:08.162	18:14.279
241	380	FIDALGO IGLESIAS Manuel	M4	(20)		24:45.654	(230)	50:08.681	18:14.798
242	161	LAGO ARENAS Javier	M2	(93)		24:43.474	(228)	50:11.740	18:17.857
243	157	BARROSO GONZALEZ Antonio	M3	(53)	C.A.R. MARISQUEIRO	25:22.977	(252)	50:17.249	18:23.366
244	134	PADIAL NOVOA Jose Jaime	M1	(66)		24:45.655	(231)	50:18.100	18:24.217
245	288	ROCA RODRIGUEZ Ramon	M4	(21)		25:17.347	(249)	50:18.757	18:24.874
246	30	LOPEZ LOPEZ Jacobo	M3	(54)	LASER GALICIA RANING	26:25.336	(289)	50:20.958	18:27.075
247	37	PEREZ DE LIS GOMEZ Luis	M3	(55)		25:55.106	(264)	50:24.471	18:30.588
248	175	RODRIGUEZ RODRIGUEZ Adolfo	M2	(94)		25:02.639	(242)	50:44.977	18:51.094
249	176	TORRE Luis	M1	(67)	BORGWARNER	26:09.527	(277)	50:52.988	18:59.105
250	167	FERRARA Mauro Emiliano	M2	(95)		25:50.147	(261)	50:55.756	19:01.873
251	55	RODRIGUEZ LOPEZ Belen	M2	(96)	CLUB DEPORTIVO DELIKIA	25:11.054	(247)	50:56.530	19:02.647
252	284	FERNANDEZ FERNANDEZ Rafael	M2	(97)		24:36.232	(224)	50:57.759	19:03.876
253	115	FERNANDEZ CAGIGAS Pablo	M1	(68)	ATLETISMO UNIVERSIDADE DE VIGO	25:43.594	(258)	50:58.627	19:04.744
254	340	FERREIRA CHARRASQUIEL Marcos	M2	(98)		25:19.348	(250)	50:59.172	19:05.289
255	376	VAZQUEZ TRONCOSO Carlos	M2	(99)		25:57.432	(265)	51:00.318	19:06.435
256	169	MARTINEZ DOBALO David	M2	(100)		25:07.454	(246)	51:02.838	19:08.955
257	193	BAQUERO LOPEZ Javier	M3	(56)		26:05.254	(270)	51:07.196	19:13.313
258	68	MARTINEZ Benjamín	M2	(101)	R&K PROJECT	24:51.990	(237)	51:08.953	19:15.070
259	316	ALONSO PRADO Alfonso	M2	(102)		24:30.395	(221)	51:14.212	19:20.329
260	451	SEÑARIS BOO José Ramón	M2	(103)		25:50.613	(262)	51:14.853	19:20.970
261	164	ARIAS PERNAS José Manuel	M5	(11)		24:58.947	(239)	51:15.196	19:21.313
262	429	GARCIA QUEIJAS Miguel	M3	(57)	VIGOENTRENA	25:52.889	(263)	51:20.297	19:26.414

26/02/2023

El 26/02/2023 a 19:54 / Página 6/10

Vola Timing (www.vola.fr) / Msports Pro 6.1.07

MagmaSports





V CARREIRA CALVARIO 5+5
Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
263	452	LOPEZ PEREZ Ramiro Alfonso	M3	(58)		25:16.487	(248)	51:23.968	19:30.085
264	280	GUAMA MENA Patricio	M3	(59)	PADELEROS	24:39.110	(226)	51:30.133	19:36.250
265	317	MIGUEZ SAN ISIDRO Benigno	M1	(69)	KELTIC VIGO	25:45.994	(259)	51:34.936	19:41.053
266	45	LARA PEREZ José Gabino	M3	(60)		26:06.550	(272)	51:36.921	19:43.038
267	71	LORENZO CONDE Yago	M1	(70)	BORGWARNER	25:59.637	(267)	51:45.007	19:51.124
268	307	GARCIA KIRSTEN Jorge	M2	(104)	CD NIETO	25:23.690	(253)	51:46.457	19:52.574
269	377	NIETO LUNA Alessandro	M1	(71)	BORGWARNER	26:00.562	(268)	51:48.467	19:54.584
270	35	MIGUEZ SOTO Pablo	M2	(105)		26:08.683	(276)	51:50.635	19:56.752
271	269	MARTINEZ GOMEZ Pakinho	M3	(61)	GALLAECIA JASTANDOSAPATILLA	26:16.663	(282)	51:50.749	19:56.866
272	454	NOBLESSE Thierry	M3	(62)		26:06.893	(274)	51:53.531	19:59.648
273	351	CALDERON BURON Samuel	M1	(72)		26:24.734	(288)	51:54.370	20:00.487
274	279	RODRIGUEZ Cesar	M2	(106)		26:36.097	(294)	51:59.297	20:05.414
275	394	ALONSO ABALO José Manuel	M2	(107)		26:15.837	(281)	52:18.735	20:24.852
276	383	RIOS CERVANTES Fernando	M2	(108)		26:35.716	(293)	52:22.771	20:28.888
277	199	DOMINGUEZ GROBA Javier	M2	(109)		25:32.547	(256)	52:26.070	20:32.187
278	343	MARTINEZ REQUEJO Carlos	M4	(22)		26:23.793	(286)	52:30.050	20:36.167
279	266	ALVAREZ RODRIGUEZ Manuel	M4	(23)		26:58.205	(299)	52:31.530	20:37.647
280	432	VAZQUEZ GONZALEZ Javier	M1	(73)		26:33.253	(291)	52:33.268	20:39.385
281	241	GARCIA BESADA Daniel	M1	(74)		26:13.203	(278)	52:49.449	20:55.566
282	445	LAGO CERQUEIRA Javier	M2	(110)		25:22.534	(251)	52:52.351	20:58.468
283	132	SILVA ESTEVEZ Anxo	M3	(63)		26:34.273	(292)	53:17.470	21:23.587
284	203	REY PAMPIN Javier	M2	(111)		26:49.866	(296)	53:21.607	21:27.724
285	9	GONZALEZ FERNANDEZ Jose	M2	(112)	MAISQUEAUGA	26:18.034	(283)	53:24.755	21:30.872
286	159	RELLO FERNANDEZ Pablo	M2	(113)	C.A. VETERANOS DE SAMIL	26:00.858	(269)	53:26.816	21:32.933
287	249	DEL CAÑO CASTRO Miguel	M1	(75)		25:30.609	(255)	53:34.435	21:40.552
288	444	GONZALEZ PARDIÑAS Aleixandre	M2	(114)		26:47.352	(295)	53:39.274	21:45.391
289	28	REIGADA QUINTELA Fernando	M3	(64)	CHUZAS OLÍMPICOS	27:07.665	(300)	53:43.124	21:49.241
290	149	MARTIN PALLES Marco Alexio	M2	(115)	BROTHERS55	25:49.855	(260)	53:46.676	21:52.793
291	406	FERMOSO DOMINGUEZ Tomás	M2	(116)	FRUTAS NIEVES	26:33.113	(290)	53:47.274	21:53.391
292	221	GUISANDE ALONSO Oscar	M2	(117)		27:18.151	(302)	53:54.812	22:00.929
293	363	AMOEDO COLLAZO Moisés	M2	(118)	ESPARTAN@S CHIFLAD@S	29:13.653	(333)	54:02.865	22:08.982
294	413	DOMINGUEZ BARCIA David	M2	(119)	C.A.R. MARISQUEIRO	26:08.325	(275)	54:22.615	22:28.732
295	72	SOLER VIDAL Ricardo	M3	(65)		27:26.872	(306)	54:34.274	22:40.391
296	189	ARZA TOUZON German	M2	(120)	RAPIDODEPONTEQUIETO	26:55.527	(298)	54:37.614	22:43.731
297	23	MARTINEZ BARREIRO Emilio José	M2	(121)		26:20.152	(284)	54:42.537	22:48.654
298	242	SALO BENITO Javier	M2	(122)	RUNNING SOLITA	27:26.414	(305)	54:57.290	23:03.407
299	431	DEVESA MEIJIDE Miguel	M1	(76)		26:52.275	(297)	54:58.536	23:04.653
300	428	PAT ROD Cristovo	M1	(77)		28:04.386	(313)	54:58.895	23:05.012
301	410	BOIX CLIMENT Vicente	M1	(78)	FRUTAS NIEVES	25:59.550	(266)	55:15.167	23:21.284
302	129	RODRIGUEZ TRONCOSO Juan	M2	(123)		27:59.154	(312)	55:17.153	23:23.270
303	285	BLANCO GONZALEZ Alfonso	M5	(12)		27:53.712	(310)	55:23.087	23:29.204
304	387	AMOEDO COLLAZO David	M3	(66)	ESPARTAN@S CHIFLAD@S	27:55.376	(311)	55:26.114	23:32.231
305	170	LAMAS PEREZ Jose Eduardo	M3	(67)		28:14.972	(315)	55:27.106	23:33.223
306	238	ROBES CASTAÑEIRAS Javier	M3	(68)		28:37.667	(322)	55:28.474	23:34.591





V CARREIRA CALVARIO 5+5
Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Clt)	Equipo	Inter 1	(Clt)	Tiempo	Diferencia
307	449	POUSA PORTO Fernando	M2	(124)	LASER GALICIA RANING	28:29.626	(318)	55:31.266	23:37.383
308	369	VIDE LINARES Antonio Jose	M1	(79)	BORGWARNER	32:59.051	(343)	55:34.633	23:40.750
309	231	SASTRE ALDECOA Guillermo	M2	(125)		27:22.914	(304)	55:39.974	23:46.091
310	283	DIAZ IGLESIAS Adolfo	M5	(13)	C.A. VETERANOS DE SAMIL	27:19.409	(303)	55:51.194	23:57.311
311	70	BECEIRO CAMESELLE Dani	M1	(80)	MUÑECOS RUNNING	26:14.404	(279)	56:10.674	24:16.791
312	180	GONZALEZ GIRALDEZ Enrique	M1	(81)		28:39.605	(324)	56:34.693	24:40.810
313	281	GUAMA HEREDIA Edwin	M1	(82)	PADELEROS	28:05.371	(314)	56:51.795	24:57.912
314	3	DE MIGUEL AMOEDO Pablo	M1	(83)		28:42.946	(325)	56:54.373	25:00.490
315	13	RAMOS VIGO Sergio	M5	(14)	C.A. VETERANOS DE SAMIL	28:28.986	(317)	57:22.073	25:28.190
316	439	MARTINEZ MARTINEZ Víctor	M2	(126)	XOANA	27:44.794	(309)	57:39.907	25:46.024
317	137	GARRIDO INSUA Ricardo	M3	(69)		28:19.652	(316)	57:46.753	25:52.870
318	251	DURAN LAGO Fernando	M5	(15)		27:09.023	(301)	57:54.292	26:00.409
319	65	MARTIN PALOMARES Rubén	M1	(84)		28:36.752	(321)	57:54.926	26:01.043
320	120	MARTINEZ MEIS Félix	M3	(70)		28:31.066	(319)	57:56.465	26:02.582
321	371	FIGUEROA COSTAS Santiago	M3	(71)		29:28.411	(335)	58:01.316	26:07.433
322	425	LORENZO ESTEVEZ Ruben	M1	(85)		28:35.133	(320)	58:02.258	26:08.375
323	367	BURLIDO BORREGO José Isaías	M4	(24)		28:37.851	(323)	58:08.541	26:14.658
324	33	LEDO MARTINEZ Daniel	M2	(127)		28:55.672	(329)	58:28.872	26:34.989
325	260	FERNANDEZ NUÑEZ Jose E	M3	(72)		29:04.356	(331)	58:53.531	26:59.648
326	178	BLANCO GONZALEZ Roberto	M1	(86)		29:41.093	(338)	59:26.733	27:32.850
327	417	TOLEDO MONTES Palynk	M3	(73)	CHUZAS OLÍMPICOS	29:36.215	(337)	59:34.672	27:40.789
328	418	ALVAREZ SILVA José Rubén	M2	(128)		29:11.208	(332)	59:35.930	27:42.047
329	32	FEIJOO SUAREZ Marcos	M2	(129)	CHUZAS OLÍMPICOS	28:58.745	(330)	59:39.087	27:45.204
330	239	RODRIGUEZ PENA Jorge	M3	(74)	C.A.R. MARISQUEIRO	29:26.813	(334)	1h00:09.343	28:15.460
331	318	LOPEZ FUENTES Jose Guillermo	M2	(130)	SIN EQUIPO	29:35.962	(336)	1h00:17.700	28:23.817
332	441	JOHANNES KONING Christiaan	M1	(87)		28:46.905	(326)	1h00:44.492	28:50.609
333	53	BLANCO CARRASCO Marcos	M1	(88)		27:36.606	(308)	1h01:25.032	29:31.149
334	196	LOPEZ CARBALLO Álex	M3	(75)		31:27.171	(341)	1h02:03.650	30:09.767
335	43	DE LA FUENTE SANTOS Jorge	M3	(76)		30:12.721	(339)	1h02:52.261	30:58.378
336	388	AGREDA CASTRO Romel	M1	(89)	X-ONE	19:50.221	(54)	1h04:05.787	32:11.904
337	427	CALANI AGREDA Jose Felix	M1	(90)		28:48.627	(327)	1h04:12.887	32:19.004
338	253	PAINCEIRA MACIÑEIRAS Jorge	M4	(25)		32:02.282	(342)	1h04:24.726	32:30.843
339	46	FERNANDEZ FERREIRO Cosme	DM	(3)		33:52.235	(344)	1h10:34.776	38:40.893

10K FEMENINO

1	2	IGLESIAS CARBALLIDO Andrea	F1	(1)	ATHLETIS FISIOTERAPIA SAN LÁZA	18:38.613	(1)	38:28.128	
2	254	FIGUEROA FIGUEROA Maria Del Rosario	F2	(1)		20:10.832	(2)	41:12.236	2:44.108
3	54	ALVAREZ RODRIGUEZ Noemí	F1	(2)	MAISQUEAUGA	20:26.918	(3)	41:20.118	2:51.990
4	262	RODRIGUEZ OLIVEIRA Rocio	F2	(2)	ATHLETIS FISIOTERAPIA SAN LÁZA	20:58.917	(5)	42:30.699	4:02.571
5	133	CALVO SERRANO Marta	F2	(3)	VIGOENTRENA	21:07.458	(7)	42:34.724	4:06.596
6	207	RODRIGUEZ GONZALEZ Nerea	F1	(3)	ATLETISMO PORRIÑO	20:50.053	(4)	42:36.019	4:07.891
7	86	GALLEGO CANABAL Laura	F1	(4)	CLUB DEPORTIVO DELIKIA	21:16.239	(8)	42:51.664	4:23.536

26/02/2023

El 26/02/2023 a 19:54 / Página 8/10

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V CARREIRA CALVARIO 5+5
Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría (Cl)	Equipo	Inter 1 (Cl)	Tiempo	Diferencia
8	296	ARRANZ GONZALEZ Begoña	F2	(4) TRINORTH	21:07.077 (6)	43:00.924	4:32.796
9	195	ASTORGA SOMOZA Marisé	F3	(1) PONTE A CORRER	22:01.387 (9)	44:51.302	6:23.174
10	211	LEMONS SOAGE Ana	F3	(2) CLUB CORREDOIRAS BUEU	22:16.408 (10)	44:57.953	6:29.825
11	337	DOMINGUEZ FERREIRA Tania	F2	(5) PONTE A CORRER	22:19.797 (11)	45:56.262	7:28.134
12	408	PEREZ GONZALEZ Helena	F2	(6) BURGAS OURENSE	22:40.550 (12)	46:17.096	7:48.968
13	276	OLIVEIRA MELEIRO Maria	F2	(7)	23:15.177 (14)	46:35.734	8:07.606
14	63	POMBO LOPEZ Belén	F1	(5)	23:38.895 (18)	46:45.180	8:17.052
15	5	MOREU Beatriz	F2	(8) CLUB DEPORTIVO DELIKIA	23:42.058 (21)	47:19.080	8:50.952
16	335	SOUSA Anabela	DF	(1) CENTRO DE ATLETISMO DE ARCOS D	22:50.668 (13)	47:28.750	9:00.622
17	58	ABELEIRA CARBALLO Irene	F1	(6)	23:15.351 (15)	47:39.214	9:11.086
18	214	SAMPEDRO GARRIDO Julia	F1	(7) MAISQUEAUGA	23:40.636 (20)	47:44.261	9:16.133
19	215	LLORENTE MARTINEZ Lucia	F1	(8) MAISQUEAUGA	23:40.557 (19)	47:44.479	9:16.351
20	271	NOVOA ALONSO Tamara	F1	(9) VIGOENTRENA	23:37.534 (17)	48:07.562	9:39.434
21	188	VERGARA VILLADA Andrea Yeritza	F1	(10)	24:07.849 (22)	48:16.772	9:48.644
22	392	LEMAT CABRAL María Belén	F3	(3) CLUB TRIATLON CIDADE DE LUGO F	23:33.260 (16)	48:41.190	10:13.062
23	329	CASAS SANTOME Raquel	F1	(11)	24:49.774 (25)	49:04.954	10:36.826
24	320	VAZQUEZ DOPAZO Pily	F3	(4)	24:38.556 (24)	49:19.400	10:51.272
25	450	SANTOME RIOBO Alejandra	F1	(12)	25:04.515 (30)	49:58.001	11:29.873
26	147	GALEGO CASAS Maria	F2	(9)	24:29.555 (23)	49:58.978	11:30.850
27	240	FILLOY PEREIRA Rocío	F2	(10)	24:59.171 (28)	50:24.097	11:55.969
28	123	GONZALEZ CASAL Alejandra	F2	(11) VIGOENTRENA	24:58.034 (26)	50:29.028	12:00.900
29	136	PERNIA GONZALEZ Raquel	F2	(12) EXACTFITNESS	25:02.034 (29)	50:30.199	12:02.071
30	326	CASAL GARCIA Montserrat	F2	(13)	24:58.115 (27)	50:47.049	12:18.921
31	338	COMESAÑA FOJO Olalla	F1	(13)	25:57.703 (33)	51:00.320	12:32.192
32	62	CEBREIROS IGLESIAS Sira	F1	(14) A.D. LIMIACTIVA	26:02.602 (34)	51:56.020	13:27.892
33	24	COSTAS RODRIGUEZ Carmen	F5	(1) ATLETISMO BAIONA	25:33.795 (31)	51:58.696	13:30.568
34	297	MORENO LOBARIÑAS Rita Anaís	F1	(15)	26:42.657 (39)	52:13.996	13:45.868
35	20	ZAPATA RODRIGUEZ Raquel	F2	(14) C.A.R. MARISQUEIRO	26:21.006 (36)	52:30.196	14:02.068
36	344	FONSECA GARCIA Lucia	F2	(15)	26:23.856 (37)	52:30.394	14:02.266
37	107	LOPEZ BOLAS Alba	F1	(16) ATHLETICS	26:24.814 (38)	52:32.195	14:04.067
38	375	DOMINGUEZ MOURIÑO Natividad	F2	(16) ESPARTAN@S CHIFLAD@S	26:52.593 (43)	52:35.975	14:07.847
39	409	ROMERO MARTINEZ Monica	F2	(17) FRUTAS NIEVES	26:13.018 (35)	52:42.236	14:14.108
40	150	MARTIN PALLES Andrea	F1	(17) BROTHERS55	25:49.671 (32)	53:46.456	15:18.328
41	101	CARRERA LAGO Vanesa	F2	(18) CAZAFANTASMAS TEAM	26:53.532 (44)	53:57.525	15:29.397
42	109	PEREZ PARCERO Elena	F1	(18)	26:44.594 (40)	54:12.976	15:44.848
43	165	ORTIZ CIDRE Andrea	F1	(19)	27:01.332 (46)	54:39.897	16:11.769
44	185	FEBREIRO COSTAS Andrea	F1	(20)	26:48.093 (42)	54:45.155	16:17.027
45	246	RODRIGUEZ SANTOS Bibiana	F2	(19) RÁPIDO DE PONTEQUIETO	26:55.492 (45)	54:54.909	16:26.781
46	243	MOLES CUBEDO Anna	F2	(20) RUNNING SOLITA	27:26.545 (52)	54:57.567	16:29.439
47	168	BAR IGLESIAS Aroha	DF	(2)	27:19.654 (48)	54:58.496	16:30.368
48	220	BAUTISTA ESTEVEZ Uxía	DF	(3) ATLETISMO PORRIÑO	27:19.964 (50)	54:58.707	16:30.579
49	237	GONZALEZ BELLO Concepcion	F3	(5)	27:35.826 (53)	55:35.595	17:07.467
50	232	MARIÑO PIÑEIRO Maria	F2	(21)	27:22.832 (51)	55:40.068	17:11.940
51	73	PAZ OLIVEIRA Natalia	F2	(22)	27:57.156 (56)	55:52.573	17:24.445





V CARREIRA CALVARIO 5+5
Clasificación General

Clt	Dor.	Apellidos y nombre	Categoría	(Cl)	Equipo	Inter 1	(Cl)	Tiempo	Diferencia
52	209	CARRERA SOUTELO Josefa	F4	(1)	TALLERES EAUTO	27:06.592	(47)	56:09.633	17:41.505
53	99	VELASCO FONDEVILA Laura	F1	(21)		27:44.082	(55)	56:23.055	17:54.927
54	315	LEMOS LOPEZ Vanesa	F2	(23)	MAISQUEAUGA	27:19.854	(49)	56:27.053	17:58.925
55	6	GARCIA DE PABLOS Beatriz	F2	(24)	CLUB DEPORTIVO DELIKIA	26:46.896	(41)	56:32.066	18:03.938
56	293	CASTRO PARDAVILA Nerea	F1	(22)		28:12.802	(57)	56:47.643	18:19.515
57	135	GOMEZ ALONSO Laura	F2	(25)		30:09.165	(66)	57:02.972	18:34.844
58	208	VIÑAS ROMERO Silvia	F2	(26)	BIKILA	28:27.193	(58)	57:41.793	19:13.665
59	455	CARNERO LLAUGER María	F2	(27)	BIKILA	28:31.393	(59)	57:50.473	19:22.345
60	143	INSUA RODRIGUEZ-VILA María	F2	(28)		29:03.341	(62)	57:52.631	19:24.503
61	64	DOMINGUEZ PEREZ Naomi	F1	(23)		28:36.285	(60)	57:54.555	19:26.427
62	52	BERRIDE SOTO Lucia	F2	(29)		28:52.853	(61)	57:56.384	19:28.256
63	225	CARREIRA COSTAS Montserrat	F3	(6)	COMESAÑA SPORTING CLUB	27:43.548	(54)	58:20.884	19:52.756
64	403	REGUEIRO FERNANDEZ Xoana	F2	(30)	TRIATLON MAR DE VIGO	29:18.274	(64)	59:14.890	20:46.762
65	434	PEREIRA DIOS María	F2	(31)	ESPARTAN@S CHIFLAD@S	29:13.651	(63)	59:18.804	20:50.676
66	436	SOUTO LEYENDA Silvia	F2	(32)		29:34.592	(65)	1h00:56.771	22:28.643
67	416	VAZQUEZ NOVOA Nieves	F2	(33)		30:59.151	(69)	1h01:28.410	23:00.282
68	197	CALVIÑO CANCELA Carolina	F3	(7)		31:27.502	(72)	1h02:03.630	23:35.502
69	44	VILLARONGA ARTEAGA Lourdes	F2	(34)		30:25.844	(67)	1h02:51.789	24:23.661
70	49	HERNANDEZ MORALES Marcia	F3	(8)		31:11.392	(70)	1h04:39.908	26:11.780
71	183	ESTEVEZ ARAUJO Lorena	F2	(35)		30:58.264	(68)	1h05:21.082	26:52.954
72	219	ESTEVEZ ARAUJO Patricia	F2	(36)	ATLETISMO PORRIÑO	31:26.022	(71)	1h05:36.167	27:08.039
73	257	ALVAREZ DOMINGUEZ Rosa M ^a	F5	(2)	MAISQUEAUGA	33:55.330	(73)	1h10:06.384	31:38.256
74	51	BARROS RIVEIRO Josefina	F5	(3)		33:56.380	(74)	1h10:08.654	31:40.526

