

CATEGORÍAS 5K

Cit	Dor.	Apellidos y nombre	Tiempo	Diferencia
FÉMINAS SUB25				
1	798	GIRALDEZ OTERO Beatriz	27:37.730	
2	659	VIDAL FERNANDEZ Alexandra	27:51.211	13.481
3	726	CASTIÑEIRA LAMPON Susana	29:11.861	1:34.131
4	735	FARALDO MORAL Paula	29:28.549	1:50.819
5	504	COSTA GARRIDO Alejandra	32:22.917	4:45.187
6	621	ALVAREZ LOSADA Carmen	34:48.502	7:10.772
7	567	IGLESIAS ALLICA Malena	34:51.759	7:14.029
8	559	ABRIL GROBA Paula	50:05.123	22:27.393
FÉMINAS SENIOR				
1	770	VALVERDE COSTAS Soraya	23:49.942	
2	783	ESTEVEZ Estefania	26:19.726	2:29.784
3	673	LOUREIRO GARCIA Melanie	27:50.405	4:00.463
4	679	FERNANDEZ PEREZ Nuria	28:42.800	4:52.858
5	707	RIVEIRA BASANTA Andrea	28:54.241	5:04.299
6	750	ABALDE ORTEGA Iolanda	28:55.549	5:05.607
7	605	RODRIGUEZ RODRIGUEZ Maria	29:01.867	5:11.925
8	775	CASTROSEIROS GONZALEZ Natalia	29:15.639	5:25.697
9	560	CARRERA DE OLIVEIRA Ana Carolina	29:17.823	5:27.881
10	744	ACOSTA SORIA Antonela	29:23.769	5:33.827
11	606	BARRAL LLORENTE Desiree	29:26.508	5:36.566
12	754	RUA JUSTO Jenifer	29:39.647	5:49.705
13	601	FERNANDEZ VAZQUEZ-NOGUEROL Mar	29:51.908	6:01.966
14	602	GARCIA IGLESIAS Claudia	29:52.158	6:02.216
15	696	RODRIGUEZ RODRIGUEZ Laura	30:11.449	6:21.507
16	546	VAZQUEZ CAMPOS Eva María	30:18.488	6:28.546
17	566	FONTAN PEREZ Ana	30:20.339	6:30.397
18	544	OSORIO COUTO Carmen	30:28.921	6:38.979
19	638	TERUEL CARRERA Lara	30:30.947	6:41.005
20	603	RODRIGUEZ Uxia	30:44.827	6:54.885
21	769	REGUEIRO LEMOS Sonia	31:16.008	7:26.066
22	541	ROMERO ALVAREZ Sara	31:21.710	7:31.768
23	720	DE COO DIZ María	31:43.341	7:53.399
24	660	ALFAYA SANCHEZ - ESCOBERO Camino	32:04.768	8:14.826
25	568	PEREIRA FERNANDEZ Isabel	32:04.880	8:14.938
26	767	NAVONE Andelys	32:12.897	8:22.955
27	626	GARRIDO GULIAS Sara	32:20.707	8:30.765
28	793	GULDRIS COSTAS Carla	32:30.467	8:40.525
29	507	GONZALEZ COSTAS Nerea	32:36.087	8:46.145
30	658	DIAZ PRADO Xiana	32:47.460	8:57.518
31	758	CARRERA PRADA Andrea	32:56.747	9:06.805
32	757	MARTINEZ LAGO Ana	32:56.939	9:06.997
33	713	SOTO FORMIGO Raquel	33:00.221	9:10.279
34	671	GAITEIRO Ana	33:04.159	9:14.217
35	747	LOPEZ PIDRE Andrea	33:48.824	9:58.882
36	730	GONZALEZ-NOVO PEREZ Paloma	33:56.107	10:06.165
37	733	LEIROS GARCIA Carla	34:14.807	10:24.865

CATEGORÍAS

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
38	731	COMESAÑA PINTOS Tania	34:17.775	10:27.833
39	571	GONZALEZ OLIVEIRA Mirian	34:54.307	11:04.365
40	669	COUÑAGO BARREIRO Miriam	34:57.322	11:07.380
41	594	NUÑEZ CABALEIRO Patricia	35:40.586	11:50.644
42	668	ROSELLO CABELLO Beatriz	35:49.559	11:59.617
43	580	MARTINEZ MARIÑO Sandra	35:59.325	12:09.383
44	629	SUAREZ GONCALVES Ana Patricia	36:25.699	12:35.757
45	552	LONGUEIRA RODRIGUEZ Sabela	39:14.342	15:24.400
46	555	LESTON BAUTISTA Natalia	39:14.343	15:24.401
47	689	MIGUENS MARTINEZ Marta María	44:06.972	20:17.030
48	650	SUAREZ ESTEVEZ Esther	44:45.808	20:55.866
49	609	HERMIDA RODRIGUEZ Catarina	46:49.709	22:59.767

FÉMINAS VETERAN@ A

1	30	SABORIDO GIL Olalla	26:24.964	
2	526	CIMAS Pilar	26:50.530	25.566
3	721	LE MOS LOPEZ Vanesa	29:08.447	2:43.483
4	644	LOSADA COELLO Alicia	29:13.624	2:48.660
5	604	OYA COSTA Alba	29:40.608	3:15.644
6	592	MARTINEZ GONZALEZ Estefania	29:40.868	3:15.904
7	599	GANDARA RIAL Carlota	29:55.142	3:30.178
8	694	CARAMES PEREZ María	30:06.461	3:41.497
9	590	MUÑOZ Carmen	30:28.321	4:03.357
10	647	ALONSO Angela	30:30.107	4:05.143
11	620	COVELO DAVILA Eva María	31:12.784	4:47.820
12	531	GONZALEZ DAVILA Paula	31:25.438	5:00.474
13	667	ALVAREZ CIVEIRA Noemi	31:37.658	5:12.694
14	648	ARNOSO MOURE Lydia	31:42.006	5:17.042
15	664	LEMA VARELA Carmen	32:23.006	5:58.042
16	625	RIVERA IGLESIAS Susana	32:40.705	6:15.741
17	549	RECOUSO VIQUEIRA Tanya	32:45.408	6:20.444
18	600	RODRIGUEZ VAZQUEZ Maria	32:46.766	6:21.802
19	656	PIÑEIRO FERNANDEZ Diana	32:47.346	6:22.382
20	588	SANCHEZ LOZANO Marta	34:27.087	8:02.123
21	778	SONEIRA VILLARINO Xoana	35:12.168	8:47.204
22	764	GIL RODRIGUEZ Eva	35:31.386	9:06.422
23	513	CAMPOS PORTO María	36:33.064	10:08.100
24	574	GONZALEZ OTERO Lara	49:58.992	23:34.028

FÉMINAS VETERAN@ B

1	702	RIVAS SUAREZ Natalia	20:27.704	
2	765	ALONSO PARENTE Patricia	25:50.450	5:22.746
3	582	CANABAL VILLVERDE Isa	26:19.471	5:51.767
4	522	VILLAMOR PRIETO Inés	27:25.402	6:57.698
5	739	PIÑIERO BASTOS Bego	27:37.650	7:09.946
6	628	VIDAL LORENZO Emilia	27:51.133	7:23.429
7	740	FERNANDEZ VARELA María Estefanía	27:56.490	7:28.786

CATEGORÍAS

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
8	543	FERNANDEZ IGLESIAS Flora	28:06.089	7:38.385
9	564	FARO ESTEVEZ Cristina	28:30.929	8:03.225
10	181	PEREIRA RODRIGUEZ Mar	28:32.590	8:04.886
11	627	BADA MOREIRA Patricia	28:57.108	8:29.404
12	596	FERNANDEZ FERNANDEZ Raquel	29:07.011	8:39.307
13	684	RODRIGUEZ Ana	29:08.588	8:40.884
14	761	MENDEZ VARELA Ana	29:14.089	8:46.385
15	678	PEREZ VIDAL M ^a Beatriz	29:16.948	8:49.244
16	715	PEREZ RODAL Mercedes	29:17.728	8:50.024
17	512	FONSECA GARCIA Beatriz	29:44.860	9:17.156
18	686	FERNANDEZ GONZALEZ Cristina	30:05.160	9:37.456
19	705	IBARRETXE MARTINEZ Arantzazu	30:24.809	9:57.105
20	569	ZAMORA CASTRO Carmen	30:31.013	10:03.309
21	768	MOSQUERA RODRIGUEZ Ana	30:54.441	10:26.737
22	575	FEBRERO GONZALEZ Patricia	31:28.048	11:00.344
23	653	GUIMERANS SANTORIO Mar	31:30.890	11:03.186
24	584	ROCHA CRUCES Maria Carmen	31:44.097	11:16.393
25	773	PEREZ LORENZO Laura	32:01.400	11:33.696
26	646	LOSADA IGLESIAS Vanesa	32:32.547	12:04.843
27	682	CASTRO ESPINOZA Sarita Marisol	32:47.736	12:20.032
28	687	HERNANDEZ MANRIQUE M. Carmen	32:50.346	12:22.642
29	506	ALONSO BARBANCHO Vanessa	33:43.337	13:15.633
30	756	ALVAREZ DOMINGUEZ Rosa M ^a	34:16.489	13:48.785
31	717	FERNANDEZ SUAREZ María Del Carmen	34:16.806	13:49.102
32	760	FERNANDEZ SAEZ Julia	36:02.545	15:34.841
33	654	FERNANDEZ PAMPIN Silvia	37:04.115	16:36.411
34	533	PEREZ MILLARA Begoña	37:14.305	16:46.601
35	737	SOTO Mónica	38:16.262	17:48.558
36	795	MARIÑO VILA Magdalena	41:14.820	20:47.116
37	578	DOMINGUEZ BASTOS Beatriz	43:08.169	22:40.465
38	577	PAZO RICOY Teresa	43:08.560	22:40.856
39	728	MINGUEZ HERMIDA Angeles	43:09.938	22:42.234
40	622	RODRIGUEZ ARTEAGA Esperanza	45:10.198	24:42.494
41	677	COMEAÑA GARCIA Nani	47:41.035	27:13.331
42	729	COSTAS OTERO Rosa María	52:44.371	32:16.667
43	510	VIEITEZ PEREZ Rosa	59:38.759	39:11.055
44	753	FERNANDEZ RUIZ Maite	1h03:07.457	42:39.753

MASCULINA SUB25

1	704	BARCA RIVAS Asdrubal	19:46.955	
2	502	DOMINGUEZ PEREZ Juan	21:04.026	1:17.071
3	791	VEGA VALVERDE Mauro	21:06.044	1:19.089
4	675	CASTIÑEIRAS ROIG Unai	21:22.783	1:35.828
5	762	SANTIN MENDEZ Rubén	22:46.412	2:59.457
6	642	RAMIREZ ROMERO Javier	22:59.286	3:12.331
7	570	LORENZO COSTAS Francisco	23:00.273	3:13.318
8	547	VAZQUEZ NOVOA Iago	24:10.882	4:23.927
9	550	PINO MARIÑO Javier	24:11.064	4:24.109
10	508	PEREZ FUENTES Saul	25:19.950	5:32.995

CATEGORÍAS

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
11	800	IGLESIAS RIOS Martin	26:11.325	6:24.370
12	548	LEIS VILLAR Martín Yohanis	26:12.990	6:26.035
13	617	BEIRO SUSO Julen	27:08.085	7:21.130
14	545	LOPEZ MACHADO Adrián Rubén	27:26.089	7:39.134
15	752	SEIJO De Bernardo	28:17.484	8:30.529
16	711	CARRERA RIAL Ángel	29:40.811	9:53.856
17	586	MARTINEZ ZAMORA Lucas	30:31.527	10:44.572
18	144	FONTENLA DE PAZOS Juan	32:22.468	12:35.513

MASCULINA SENIOR

1	788	TIZON VALVERDE Emilio	16:25.326	
2	681	OTERO AMOEDO Anxo	17:22.261	56.935
3	779	SALGUEIRO TROITIÑO Santiago	17:59.004	1:33.678
4	528	REGADAS ROMAN Pablo	18:12.763	1:47.437
5	797	AIRA Adrián	18:18.964	1:53.638
6	556	FERRAZ CASTIÑEIRAS Rodrigo	19:45.706	3:20.380
7	598	CRICKMORE Sebastian	21:27.773	5:02.447
8	607	FERNANDEZ COSTAS Damián	21:48.673	5:23.347
9	616	FERNANDEZ CERZON Daniel	22:38.165	6:12.839
10	712	ROMERO Andrés	22:59.426	6:34.100
11	714	CASTRO PORTO Javier	23:27.444	7:02.118
12	527	RODRIGUEZ DOMINGUEZ Rubén	24:22.834	7:57.508
13	759	GONZALEZ OTERO Daniel	24:47.783	8:22.457
14	672	SANTOS COBO Pablo	27:51.212	11:25.886
15	618	ZAMBRANO ALVAREZ Jose	28:14.307	11:48.981
16	751	ROMERO Ruben	28:16.528	11:51.202
17	551	OTERO RIVAS Nicolás	28:20.622	11:55.296
18	732	PRADO PENA Daniel	29:03.020	12:37.694
19	532	GONZALEZ SAMPERE Aarón	29:30.469	13:05.143
20	655	DE LA PUERTA PUYO Santiago	30:20.007	13:54.681
21	25	LAGO Miguel	30:20.407	13:55.081
22	525	GOMEZ OTERO David	30:38.481	14:13.155
23	748	RUS BOUZON Alberto	32:30.620	16:05.294
24	670	BENJUMEA DIAZ Rafa	33:04.108	16:38.782
25	805	DEL RIO GARCÍA Ignacio	34:14.767	17:49.441
26	593	MARTINEZ MARTINEZ Stephan	35:35.115	19:09.789
27	649	GONZALEZ LUIS José Angel	36:22.779	19:57.453
28	610	FONTAN RODRIGUEZ Aarón	44:32.418	28:07.092
29	614	CARUNCHO PEREZ Pedro	59:20.014	42:54.688

MASCULINA VETERAN@ A

1	771	VAZQUEZ PAVON Roberto	17:24.963	
2	709	PAZ ALVAREZ Marcos	18:08.365	43.402
3	703	BARCA ESPAÑA Marcial Aníbal	18:17.774	52.811
4	710	ALVAREZ COSTAS Antonio	18:42.287	1:17.324
5	641	ARCA RODRIGUEZ Isaac	19:21.483	1:56.520
6	523	TINAQUERO Jorge	19:40.733	2:15.770

CATEGORÍAS

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
7	519	CORTIZO BOULLOSA Miguel	21:03.654	3:38.691
8	591	ALVAREZ FARIÑAS Carlos	21:35.814	4:10.851
9	661	DOMINGUEZ FERNANDEZ Simon	21:42.659	4:17.696
10	505	GARCIA PAZO Eduardo	22:39.075	5:14.112
11	520	ESTEVEZ Carlos	22:56.088	5:31.125
12	631	GONZALEZ BLANCO Cristian	23:23.225	5:58.262
13	802	COSTA PAZO Artur	23:31.334	6:06.371
14	780	IGLESIAS RODRIGUEZ Roberto	26:17.651	8:52.688
15	635	GONZALEZ ABELLEIRA Marcos	26:20.870	8:55.907
16	794	FERNANDEZ GOMEZ Ruben	26:24.064	8:59.101
17	792	RABELO LAPAZ Liber Denis	26:24.322	8:59.359
18	719	DE COO DIZ Diego	26:37.171	9:12.208
19	632	ALONSO CARRERA Daniel	27:04.681	9:39.718
20	666	CARRASCO VALLES Daniel	27:36.000	10:11.037
21	651	COBO DALMAU Alex	27:49.603	10:24.640
22	514	CASTRO BARREIRO Martín	27:52.385	10:27.422
23	633	IZQUIERDO MARTINEZ Francisco	28:41.905	11:16.942
24	573	QUINTELA ALONSO Ivan	29:33.124	12:08.161
25	755	AMOEDO CORREA Adrián	29:39.747	12:14.784
26	693	PERNAS GONZALEZ Jorge	30:06.844	12:41.881
27	741	MOULAKIS Dimitris	30:12.849	12:47.886
28	781	RODRIGUEZ ALEN Isaac	30:15.202	12:50.239
29	782	RODRIGUEZ QUINTAS Víctor	31:42.060	14:17.097
30	766	GONZALEZ Ernesto	32:12.645	14:47.682
31	777	DE COMINGES CACERES Javier	35:12.224	17:47.261
32	688	REY GOMEZ Óscar	44:07.111	26:42.148
33	608	RODRIGUEZ COLLAZO Raúl	46:49.356	29:24.393

MASCULINA VETERAN@ B

1	699	IGLESIAS Carlos	18:30.245	
2	572	MARTINEZ NIETO Ruben	18:48.963	18.718
3	772	MIRANDA VIEITO Jose Manuel	19:35.193	1:04.948
4	595	ALONSO FDEZ Alberto	20:02.386	1:32.141
5	796	GARCIA GARCIA Oscar	20:06.354	1:36.109
6	674	CASTIÑEIRAS BUJAN Adrián	21:48.866	3:18.621
7	615	GIL GONZALEZ Miguel Angel	23:03.487	4:33.242
8	540	PEREZ IGLESIAS Antonio	24:21.752	5:51.507
9	727	RODRIGUEZ VAZQUEZ Emilio	24:26.152	5:55.907
10	524	ACUÑA LOPEZ Iago	24:47.084	6:16.839
11	643	DASILVA LORENZO Álvaro	25:22.582	6:52.337
12	801	HERMIDA FERNANDEZ Manuel	25:25.523	6:55.278
13	665	TRIGO FERNANDEZ David	25:38.413	7:08.168
14	583	VILLAR SALGADO Jose Francisco	25:50.291	7:20.046
15	799	GONZALEZ RAMIREZ Juan	26:16.222	7:45.977
16	785	NAZ FERNANDEZ Xosé Alfredo	26:26.122	7:55.877
17	239	ESTEVEZ CERNADAS Ricardo	27:00.603	8:30.358
18	503	PEREZ MORENO Oscar M.	27:10.789	8:40.544
19	706	GIL Ricar	27:21.899	8:51.654
20	725	GARABATOS CUADRADO José Antonio	27:39.785	9:09.540

CATEGORÍAS

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
21	708	BOLAS CABALEIRO Xosé Manuel	28:09.261	9:39.016
22	685	AMOEDO AGULLA Jose Manuel	28:44.289	10:14.044
23	774	SOUTO RECUNA Yago	29:00.340	10:30.095
24	634	PRADO BELLO Emilio	29:02.080	10:31.835
25	587	PEREZ MONROY Jesús	29:03.731	10:33.486
26	790	VILLALON ABANDONADO Jose M.	29:03.883	10:33.638
27	597	OTERO FERNANDEZ Juan Pablo	29:06.948	10:36.703
28	722	LORENZO TOLEDO Santos Javier	29:15.614	10:45.369
29	718	BENACHES GROBAS Juan	29:33.147	11:02.902
30	132	GUERREIRO RODRIGUEZ Borja Servando	30:10.309	11:40.064
31	637	FERNANDEZ RODRIGUEZ David	30:16.764	11:46.519
32	738	GIL GOMEZ Jose Francisco	30:17.833	11:47.588
33	652	ALEN NORES Javier	31:30.547	13:00.302
34	542	PEREZ RODRIGUEZ Manuel	31:35.926	13:05.681
35	676	RODRIGUEZ BRAVO Juan Carlos	31:51.726	13:21.481
36	695	CORTES GONZALEZ Antonio	32:29.298	13:59.053
37	534	CONS GONZALEZ Enrique	33:13.132	14:42.887
38	581	SERANTES DOPICO Dani	33:27.083	14:56.838
39	589	IGLESIAS BLANCO Jose	34:47.438	16:17.193
40	623	ALVAREZ SILVA Juan Carlos	34:48.368	16:18.123
41	612	ALONSO VEIGA José	34:48.504	16:18.259
42	763	HERMELO ALONSO Jorge Manuel	35:27.727	16:57.482
43	742	FDEZ IGLESIAS Virgilio Ramón	37:30.415	19:00.170
44	645	IGLESIAS FERNANDEZ Juan Antonio	39:37.541	21:07.296
45	579	MARTINEZ BASTOD Julio	43:10.058	24:39.813
46	576	PEREZ CAMPO Jesus Maria	48:41.766	30:11.521
47	509	PIÑA TEIJEIRA Felipe	59:41.787	41:11.542
48	554	AMOEDO COLLAZO Marcos	1h11:17.172	52:46.927