

X CARREIRA POPULAR

Concello de Cambados

10K

CATEGORÍAS

Clit	Dor.	Apellidos y nombre	Club	5k	(Clit)	Tiempo	Diferencia
SENIOR MASCULINO							
1	131	SANTIAGO REY Diego	CLUB TRIATLON COMPOSTELA	16:53.19	(1)	33:51.74	
2	144	DOMINGUEZ GOMEZ David	C.D BIOSBARDO	17:18.36	(2)	34:20.87	29.13
3	138	BUGALLO CAMIÑA Ricardo		17:50.54	(3)	35:42.90	1:51.16
4	154	BARREIRO PIÑEIRO Celso	CLUB ATLETISMO CAMBADOS	18:17.42	(7)	36:04.26	2:12.52
5	136	SOMOZA Joni	CAIMANES	17:53.80	(4)	36:21.27	2:29.53
6	179	ABAL OTERO Noe		17:57.88	(5)	36:46.68	2:54.94
7	175	CAMARGO GOMEZ Cristian David		18:08.31	(6)	37:04.94	3:13.20
8	133	FERNANDEZ FERNANDEZ Hector		18:56.61	(8)	37:31.56	3:39.82
9	124	VIDAL SUAREZ Javier		19:01.51	(9)	38:38.76	4:47.02
10	142	FEIJOO REY Adrian	CAIMANES	19:24.45	(11)	39:23.66	5:31.92
11	172	MARTINEZ ALVAREZ Emilio Jose		19:20.70	(10)	40:39.62	6:47.88
12	141	PARADELA OUBIÑA Rodrigo	CAIMANES	21:27.90	(15)	42:11.24	8:19.50
13	168	CARRO SERANTES Elias		19:50.63	(12)	42:16.23	8:24.49
14	165	ALVAREZ FARIÑA Victor		21:34.51	(16)	42:22.63	8:30.89
15	149	PAZ CORES Juan Carlos		21:22.04	(14)	42:46.07	8:54.33
16	181	ARAGUNDE PEREZ Roi	TRIATLON VILAGARCIA	21:36.90	(17)	42:49.75	8:58.01
17	178	PRADO FONTAN Diego Ramon	CLUBE ATLETISMO +9 MORAÑA	21:19.37	(13)	42:58.66	9:06.92
18	143	PAZOS RIVEIRO Ruben		22:07.53	(20)	43:44.87	9:53.13
19	120	LAREU CRESPO Diego		21:53.42	(18)	44:50.66	10:58.92
20	126	FEIXO OTERO Felipe		22:03.43	(19)	44:55.07	11:03.33
21	137	TRIGO BELOSO Jaime		23:03.46	(24)	45:09.00	11:17.26
22	161	ARGIBAY AROSA Daniel	CLUB ATLETISMO CAMBADOS	22:32.92	(21)	45:41.20	11:49.46
23	153	OTERO PAZ Miguel	CAIMANES	22:57.20	(22)	46:04.61	12:12.87
24	130	OTERO TRIGO Alberto		23:40.58	(27)	46:58.99	13:07.25
25	129	FEIJOO REY Roberto	CAIMANES	23:02.99	(23)	47:08.50	13:16.76
26	127	OTERO PAZ Manu	CAIMANES	23:03.64	(25)	47:08.78	13:17.04
27	128	FONOLLA SOPENA Xavi	CAIMANES	23:45.67	(29)	47:56.27	14:04.53
28	139	PREGO PRADO Yago	CAIMANES	24:24.85	(31)	47:56.41	14:04.67
29	118	GONZALEZ JABOIS Roberto		23:26.30	(26)	48:28.21	14:36.47
30	164	MARIÑO COSTA Dieg		24:52.68	(33)	48:44.06	14:52.32
31	151	GARCIA PONTE Pablo	LASER GALICIA RANING	24:24.45	(30)	49:10.26	15:18.52
32	158	CASTELLANO GARCIA Martin		25:13.06	(34)	49:31.12	15:39.38
33	180	TORRES GONZALEZ Ignacio		23:42.22	(28)	50:04.82	16:13.08
34	134	MARIÑO PAZ Samuel	CAIMANES	24:30.36	(32)	50:05.52	16:13.78
35	170	CASTRO FALCON Martin		25:17.38	(36)	50:39.04	16:47.30
36	132	CASTRO MARTINEZ Jose Luis		25:50.82	(37)	50:52.80	17:01.06
37	122	CASTRO FALCON Adrian		25:16.96	(35)	50:52.87	17:01.13
38	176	BUGALLO PINTADO Pablo		26:40.32	(39)	51:30.93	17:39.19
39	135	PEÑA VILAS Oscar		25:57.20	(38)	53:44.71	19:52.97
40	106	OUBIÑA CUÑARRO Aday		26:41.19	(41)	55:01.71	21:09.97
41	92	PIÑEIRO FUENTES Daniel	CLUB ATLETISMO CAMBADOS	26:41.10	(40)	55:01.73	21:09.99

28/09/2025

El 28/09/2025 a 11:08 / Página 1/5

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42	159	PEREZ DOMINGUEZ Miguel Angel		27:36.60	(42)	55:45.02	21:53.28
43	140	CONDE JAMARDO Pablo		27:53.59	(43)	57:47.90	23:56.16
44	166	MARTINS CERQUEIRA Matheus		29:34.54	(44)	59:45.63	25:53.89
45	160	DURAN SINEIRO Benito		30:13.28	(45)	1h04:04.17	30:12.43

SENIOR FEMENINO

1	155	VIDAL RODIÑO Merce	CLUB ATLETISMO CAMBADOS	21:14.75	(1)	42:33.34	
2	123	MACEIRA PENA Miriam	TRIATLON VILAGARCIA	22:50.59	(2)	46:47.99	4:14.65
3	174	SANCHEZ BARCO Paula		24:24.10	(3)	48:47.08	6:13.74
4	173	CAMBRE ALVAREZ Icia		24:52.67	(5)	49:32.56	6:59.22
5	157	PEREZ PEREZ Fatima		24:25.30	(4)	51:09.74	8:36.40
6	146	DIOS Laura		26:11.94	(8)	52:14.85	9:41.51
7	195	CHARLIN PIÑEIRO Mariña		25:38.57	(6)	52:29.74	9:56.40
8	177	HERMIDA SOMOZA Sofia		26:40.23	(10)	52:47.59	10:14.25
9	145	MARTINEZ VALLADARES Lidia		25:57.05	(7)	53:44.69	11:11.35
10	163	SANCHEZ BARCO Alba		26:29.99	(9)	54:26.81	11:53.47
11	167	VENTOSO TRIGO Mariña		27:36.67	(11)	55:44.88	13:11.54
12	119	ARIAS MATO Andrea	CLUB ATLETISMO A ESTRADA	28:12.10	(13)	55:52.61	13:19.27
13	169	PEREZ MAQUIEIRA Angela		27:53.45	(12)	57:07.54	14:34.20
14	171	FABRI ESTEVEZ Ilenia		29:34.63	(14)	59:45.72	17:12.38
15	121	DIOS VAZQUEZ Estefania		30:13.32	(15)	1h04:04.40	21:31.06
16	125	PIÑEIRO SUAREZ Silvia		31:47.49	(16)	1h04:52.60	22:19.26

MASTER 1 MASCULINO

1	87	SANTOS LOIS Sergio	CLUB ATLETISMO CAMBADOS	16:52.91	(1)	33:46.72	
2	90	OUBIÑA FALCON Maxi	CLUB ATLETISMO CAMBADOS	16:54.13	(2)	34:10.37	23.65
3	70	MARZOA RUIZ Miguel	C.A.R. MARISQUEIRO	17:35.21	(4)	35:29.66	1:42.94
4	115	MARTINEZ AGEITOS Manuel	REAL CLUB CELTA ATLETISMO	17:27.41	(3)	36:18.46	2:31.74
5	102	FERNANDEZ CASAIS Adrian	CLUB ATLETISMO CAMBADOS	18:08.19	(5)	37:04.82	3:18.10
6	85	SANTORUM GONZALEZ Jorge	CLUB ATLETISMO CAMBADOS	18:23.77	(7)	37:09.37	3:22.65
7	107	MANSILLA BARREIRO Pepe	CLUB DEPORTIVO INCLUSIVO ENKI	18:51.71	(8)	37:21.06	3:34.34
8	114	AGRA RIAL Carlos	TRIATLON VILAGARCIA	18:54.50	(9)	38:15.70	4:28.98
9	89	BUSTELO CATOIRA Carlos	SD COMPOSTELA ATLETISMO	19:24.48	(13)	38:41.93	4:55.21
10	77	RODRIGUEZ MARTINEZ Carlos		18:11.40	(6)	39:36.93	5:50.21
11	88	ROSAL CHAVES Diego	CLUB ATLETISMO CAMBADOS	19:23.91	(12)	39:44.05	5:57.33
12	100	CAMINA UCHA Basilio	CLUB ATLETISMO CAMBADOS	19:23.85	(11)	39:45.97	5:59.25
13	78	AROSA GONZALEZ Tomas		19:50.19	(14)	40:17.01	6:30.29
14	75	JUNCAL CARRAGAL Jose Manuel	MILER RUNNING CLUB	19:50.68	(15)	40:36.70	6:49.98
15	110	MARTINEZ VARELA Luis Manuel	CLUB ATLETISMO CAMBADOS	20:18.45	(16)	40:53.99	7:07.27

28/09/2025

El 28/09/2025 a 11:08 / Página 2/5

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16	104	RODRIGUEZ FLORES Marco Antonio	BEGOÑITA	20:26.59	(17)	41:09.11	7:22.39
17	81	FIETEN Bram		20:27.24	(18)	41:22.21	7:35.49
18	112	BALBOA BESADA Edgar	CLUB ATLETISMO CAMBADOS	19:04.56	(10)	41:53.80	8:07.08
19	105	TRONCOSO GOMEZ Hector		21:15.60	(21)	42:02.10	8:15.38
20	98	MUR ISAIZ Javier	CLUB ATLETISMO CAMBADOS	21:02.40	(19)	42:08.78	8:22.06
21	72	VARELA VALLADARES Alejandro	CLUB ATLETISMO CAMBADOS	21:14.63	(20)	42:33.55	8:46.83
22	111	CRESPO GARCIA Cristian Jesus		21:37.88	(23)	43:39.30	9:52.58
23	101	FERNANDEZ GONZALEZ Juan	CAIMANES	22:42.13	(25)	43:45.32	9:58.60
24	86	VAZQUEZ PADIN David		21:15.76	(22)	44:19.96	10:33.24
25	71	VARELA VALLADARES Cesar	CLUB ATLETISMO CAMBADOS	22:01.41	(24)	45:08.99	11:22.27
26	73	CAMIÑA MARTINEZ Rai	CLUB ATLETISMO CAMBADOS	23:23.10	(27)	47:03.74	13:17.02
27	69	CORTIÑAS CARBALLIDO Serxio		23:57.81	(28)	47:20.31	13:33.59
28	74	CORDAL BARREIRO Anton	CLUB ATLETISMO CAMBADOS	23:23.00	(26)	48:06.88	14:20.16
29	94	BOTANA ALVAREZ Borja		24:07.93	(29)	49:01.47	15:14.75
30	91	FARIÑA GONZALEZ Manuel		24:07.98	(30)	50:41.76	16:55.04
31	95	MARTINEZ FANDIÑO Diego	CLUB ATLETISMO CAMBADOS	25:17.78	(31)	51:33.37	17:46.65

MASTER 1 FEMENINO

1	93	MONTOTO VAZQUEZ Patricia	CLUBE ESCOLA DE ATLETISMO DEZA	21:02.17	(1)	42:24.51	
2	80	SERANTES CUIÑAS Marta	CLUB ATLETISMO CAMBADOS	23:46.93	(2)	48:05.95	5:41.44
3	76	FERNANDEZ RODRIGUEZ Monica	TRIATLON RIAS BAIXAS	24:44.19	(3)	49:32.59	7:08.08
4	113	PIÑEIRO DIOS Andrea		28:15.17	(4)	56:28.43	14:03.92
5	109	RUIBAL CASALDERREY Sonia		28:58.11	(5)	1h03:55.13	21:30.62

MASTER 2 MASCULINO

1	29	CARRASCO NUÑEZ Jordi	SD COMPOSTELA ATLETISMO	15:54.34	(1)	31:57.18	
2	50	ALVAREZ ALVAREZ Daniel	SD COMPOSTELA ATLETISMO	16:44.77	(2)	33:43.04	1:45.86
3	38	PEREZ PRIETO Gerardo	CLUB ATLETISMO CAMBADOS	16:53.54	(3)	33:59.01	2:01.83
4	57	SUEIRO MENDEZ Andres	CLUB ATLETISMO CAMBADOS	16:53.70	(4)	34:01.18	2:04.00
5	67	PEREIRA FARIÑA Piti	SD COMPOSTELA ATLETISMO	17:27.92	(7)	34:44.22	2:47.04
6	66	FERNANDEZ OTERO Gonzalo	TRIATLON VILAGARCIA	17:18.48	(6)	35:03.97	3:06.79
7	68	SANTOS NUÑEZ Pablo	CLUB ATLETISMO CAMBADOS	17:17.98	(5)	35:17.54	3:20.36
8	27	OUBIÑA DIOS Francisco Ramon	CLUB ATLETISMO CAMBADOS	17:51.45	(8)	36:02.97	4:05.79
9	61	POUSO VIDAL Lucas	CLUB ATLETISMO CAMBADOS	18:28.56	(9)	36:49.80	4:52.62
10	40	REY PADIN Francisco J.	TRIATLON VILAGARCIA	18:54.71	(10)	38:15.69	6:18.51
11	51	TUBIO MUÑIZ Guillermo		19:24.15	(11)	38:48.58	6:51.40
12	24	COSTA RODRIGUEZ Jose Antonio	AGRUPACIÓN ATLÉTICA MAZÍ	19:24.60	(12)	39:16.54	7:19.36
13	52	SENDIN RAÑA Pablo	CLUB ATLETISMO PORRIÑO	19:34.04	(14)	39:19.91	7:22.73
14	64	NAVIA GIRALDEZ Segundo	TRIATLON VILAGARCIA	19:33.24	(13)	39:32.64	7:35.46

28/09/2025

El 28/09/2025 a 11:08 / Página 3/5

Vola Timing (www.vola.fr) / Msports Pro 6.1.18

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15	22	DEL PALACIO SAN MIGUEL Raul	CLUB ATLETISMO CAMBADOS	19:50.56	(15)	40:14.43	8:17.25
16	31	ZHINGRE Angel		19:55.98	(17)	40:15.11	8:17.93
17	58	CAROU GARCIA Alvaro	CLUB ATLETISMO CAMBADOS	20:07.27	(18)	40:27.13	8:29.95
18	39	CASTRO BALBOA Diego		20:32.09	(20)	40:44.10	8:46.92
19	35	DAPORTA Yayo	CLUB ATLETISMO CAMBADOS	19:51.34	(16)	40:59.76	9:02.58
20	41	DIZ CHAVES Manuel	TRIATLON VILAGARCIA	21:21.99	(24)	41:34.91	9:37.73
21	53	FERREIRO DEAÑO Alfredo	CLUB DEPORTIVO AURUM	20:43.37	(21)	41:56.80	9:59.62
22	43	FANDIÑO GARCIA Oscar	CLUB ATLETISMO CAMBADOS	21:28.95	(25)	42:08.97	10:11.79
23	28	GRANDE VIÑAS Serafin	CLUB ATLETISMO CAMBADOS	20:28.06	(19)	42:17.99	10:20.81
24	30	ARAGUNDE DIESTE Jose Antonio	TRIATLON VILAGARCIA	21:36.31	(26)	42:50.85	10:53.67
25	26	SOMOZA MUELLE Angel Ramon		20:53.45	(22)	42:53.06	10:55.88
26	65	SOTO BUCETA Sergio	CLUB ATLETISMO CAMBADOS	21:00.99	(23)	43:50.20	11:53.02
27	48	LYNCH Barry		22:02.68	(28)	44:28.77	12:31.59
28	63	ANDRADE PADIN Damian		21:52.11	(27)	44:56.81	12:59.63
29	37	PEREZ OTERO Cesareo	CLUB ATLETISMO CAMBADOS	23:55.70	(31)	46:33.79	14:36.61
30	25	CHAZO VENTOSO Joaquin		23:22.04	(29)	47:41.83	15:44.65
31	42	PAZ Jose Luis	CLUB ATLETISMO CAMBADOS	24:30.01	(33)	49:33.58	17:36.40
32	46	FARIÑA HERMIDA Juan	CLUB ATLETISMO CAMBADOS	24:14.92	(32)	51:33.34	19:36.16
33	56	FERNANDEZ IGLESIAS Jose		25:50.03	(34)	53:22.24	21:25.06
34	45	DOMINGUEZ PEDREIRA Jacobo		26:10.23	(35)	54:38.08	22:40.90

MASTER 2 FEMENINO

1	60	GARCIA LIGERO Silvia	PONTE A CORRER	20:00.06	(1)	40:30.51	
2	33	PAZ VALLE Mercedes	PONTE A CORRER	20:28.98	(2)	41:45.02	1:14.51
3	44	OTERO Chus	CLUB ATLETISMO CAMBADOS	23:12.24	(3)	46:24.72	5:54.21
4	32	PAZ VALLE Carina		23:22.02	(4)	47:41.71	7:11.20
5	55	PIÑEIRO SANTORUN Nesti	CLUB ATLETISMO CAMBADOS	23:47.10	(5)	48:24.32	7:53.81
6	36	LEMON CABRERA Sonia		25:49.98	(6)	53:21.77	12:51.26

MASTER 3 MASCULINO

1	12	RIVAS CASTRO Juan	CLUB ATLETISMO CAMBADOS	19:01.58	(1)	39:05.76	
2	9	FONTENLA MUIÑO Manuel	ATLETAS ACEA DE AMA	21:59.84	(2)	44:52.42	5:46.66
3	21	LOIS ARAGUNDE Manuel Angel		23:12.10	(5)	46:24.74	7:18.98
4	16	SANCHEZ TORRES Jose Antonio	TRIATLON VILAGARCIA	22:51.20	(3)	47:06.70	8:00.94
5	18	FERNANDEZ PRIETO Jose	MORAÑA EN RUTA	22:52.44	(4)	47:09.63	8:03.87
6	10	PARADA SANTIAGO Carlos		23:15.22	(6)	47:31.16	8:25.40
7	11	ARES FONTENLA Rafael	CLUB ATLETISMO CAMBADOS	23:55.74	(8)	48:01.66	8:55.90
8	15	FERNANDEZ PIÑEIRO XoaN Bautista	CLUB ATLETISMO CAMBADOS	23:38.78	(7)	48:29.55	9:23.79
9	59	TRISTANY CLARET Xavier		24:00.20	(9)	49:48.11	10:42.35

28/09/2025

El 28/09/2025 a 11:08 / Página 4/5

Vola Timing (www.vola.fr) / Msports Pro 6.1.18

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10	14	APARICIO GRANDE Felix		27:00.97	(12)	53:20.41	14:14.65
11	8	BURLIDO BORREGO Jose Isaías	CLUB ATLETISMO PORRIÑO	26:33.36	(10)	53:47.67	14:41.91

MASTER 4 MASCULINO

1	7	RIOS VAZQUEZ Xose	SOCIEDADE DEPORTIVA BARBANTIA	21:42.85	(1)	44:13.66	
2	6	BETANZOS REGO Tobias	BARBANTIA RODA	22:35.96	(2)	45:48.27	1:34.61
3	1	PADIN COUSIDO Jose Luis	CLUB ATLETISMO CAMBADOS	22:52.11	(3)	47:13.09	2:59.43
4	3	ACOSTA CRESPO Javier	TRIATLON VILAGARCIA	24:04.41	(4)	48:01.35	3:47.69
5	5	PEREZ GARCIA Jesus	CLUB ATLETISMO CAMBADOS	24:04.89	(5)	48:04.70	3:51.04
6	2	GOMEZ BIOQUE Jose	CLUB ATLETISMO CAMBADOS	27:01.18	(6)	52:58.47	8:44.81

MASTER 4 FEMENINO

1	4	VILAR SEREN Lupe	CLUB ATLETISMO CAMBADOS	27:06.04	(1)	55:37.61	
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JUVENIL MASCULINO

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