



## IV 10K DE TEIS

### Clasificación General 10K

Clit	Dor.	Apellidos y nombre	Categoría	(Clit)	Club	Tiempo	Diferencia
<b>MASCULINA</b>							
1	298	GUTIERREZ GONZALEZ Carlos Enrique	M1	(1)	CLUB DEPORTIVO DELIKIA	35:43.789	
2	69	DOMINGUEZ CABRAL Elías	M3	(1)	ATHLETIS FISIOTERAPIA SAN LÁZA	36:11.390	27.601
3	144	FERNANDEZ SOENGAS Jesús	M2	(1)	C.A.R. MARISQUEIRO	36:20.917	37.128
4	128	GARCIA RODRIGUEZ Sergio	M2	(2)		36:41.035	57.246
5	103	BARREIRO GOMEZ Martín	M1	(2)	TRINORTH	37:01.055	1:17.266
6	240	DIEZ DIEZ Jorge Miguel	M1	(3)	TRAGALEGUAS BURGOS	37:06.369	1:22.580
7	153	PRIETO DE LA IGLESIA Manuel	M3	(2)		37:22.931	1:39.142
8	294	RODRIGUEZ ALVAREZ Diego	M1	(4)	CLUB DEPORTIVO DELIKIA	37:27.585	1:43.796
9	245	VAÑO PEIDRO Sergi	M1	(5)	CLUB DEPORTIVO DELIKIA	37:27.980	1:44.191
10	86	BARCALA MORA Víctor	M3	(3)	OTRO	37:46.364	2:02.575
11	196	ARIAS COSTAS Dario	M2	(3)	ATHLETIS FISIOTERAPIA SAN LÁZA	37:50.569	2:06.780
12	155	PARADA MONTOTO David	M2	(4)	MONTEPORREIRUNN	37:53.694	2:09.905
13	16	RODRIGUEZ DE LA CRUZ Juan Luis	M2	(5)	CLUB DEPORTIVO DELIKIA	39:02.393	3:18.604
14	189	POMBAL CORTEGOSO Vicente	M2	(6)	SAN MIGUEL DE MARIN	39:09.939	3:26.150
15	147	PAGNIER Théo	M1	(6)	C.A.R. MARISQUEIRO	39:11.884	3:28.095
16	260	PEREZ Rubén	M2	(7)	MARINA MEIRA	39:21.328	3:37.539
17	133	BERNARDEZ Dario	M2	(8)		39:21.868	3:38.079
18	17	ALONSO GONZALEZ André	M1	(7)		39:29.553	3:45.764
19	246	ULLA REGA Manuel	M2	(9)	ASOCIACIÓN DEPORTIVA C.A.R	39:38.632	3:54.843
20	286	SIERRA LOPEZ Rafael	M2	(10)	PC TRIATLON RÍAS BAIXAS	40:02.288	4:18.499
21	32	SUAREZ MARTINEZ Manuel	M5	(1)	C.A. VETERANOS DE SAMIL	40:11.805	4:28.016
22	231	PIÑEIRO LESTON Fernando	M1	(8)	ATLETISMO PORRIÑO	40:15.886	4:32.097
23	290	NOVOA PEREZ Jorge	M2	(11)	C.A.R. MARISQUEIRO	40:19.153	4:35.364
24	149	IGLESIAS AGULLA David	M1	(9)		40:20.109	4:36.320
25	148	LOUREIRO MONTENEGRO Pablo	M2	(12)	MONTEPORREIRUNN	40:31.754	4:47.965
26	241	BARREIRO PEREIRA Xosé Antón	M3	(4)	SD COMPOSTELA ATLETISMO	40:35.745	4:51.956
27	282	FERNADNES REY Leonado	M2	(13)	ATHLETIS FISIOTERAPIA SAN LÁZA	40:49.766	5:05.977
28	40	NOGUEIRA FERNANDEZ Junior	M2	(14)		41:05.472	5:21.683
29	3	PAZ GONZALEZ Juan Carlos	M3	(5)	C.A.R. MARISQUEIRO	41:13.387	5:29.598
30	233	AGREDA CASTRO Romel	M1	(10)		41:32.733	5:48.944
31	160	LEDO NOVOA José Eugenio	M3	(6)	CLUB DEPORTIVO DELIKIA	41:36.165	5:52.376
32	203	COMESAÑA SAA Daniel	M2	(15)	L@S INSENSAT@S	41:46.373	6:02.584
33	229	PEREZ CONDE Enrique	M2	(16)	TRAIL COMO CABRAS	41:49.367	6:05.578
34	265	SICILIA BARCI Juan	M3	(7)		41:57.514	6:13.725
35	272	MARTINEZ BARCIELA David	M3	(8)		42:02.172	6:18.383
36	234	COMESAÑA CHAVERT Dario	M1	(11)	ATHLETIS FISIOTERAPIA SAN LÁZA	42:02.653	6:18.864
37	99	FUERTES SAAVEDRA Antonio	M4	(1)	REAL CLUB CELTA ATLETISMO	42:05.972	6:22.183
38	26	DELGADO RAMOS José Carlos	M2	(17)		42:35.671	6:51.882
39	210	GOMEZ SENIN Miguel Angel	M2	(18)	RUNNING OLEIROS	42:35.732	6:51.943
40	291	CABO SANCHEZ Iago	M2	(19)		42:53.465	7:09.676
41	161	SOBRADO FERNANDEZ Antonio	M3	(9)		43:00.565	7:16.776
42	273	GONZALEZ MARTINEZ Roberto	M2	(20)		43:09.531	7:25.742
43	288	LOPEZ COMESAÑA Oscar Manuel	M2	(21)		43:13.922	7:30.133
44	299	PEREZ NOVAS Miguel	M3	(10)		43:30.243	7:46.454
45	91	RODRIGUEZ LOPEZ Gonzalo	M3	(11)	ASOCIACION DEPORTIVA C.A.R	43:37.563	7:53.774



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Cl	Dor.	Apellidos y nombre	Categoría	(Cl)	Club	Tiempo	Diferencia
46	126	PAZ RODRIGUEZ Juan	M3	(12)	CASTRELOS 20:30	43:40.331	7:56.542
47	102	FERNANDEZ GRADIN David	M2	(22)	CIBUS	43:46.571	8:02.782
48	98	ALVAREZ FIGUEROA Sabino	M2	(23)	ASOCIACION DEPORTIVA C.A.R	43:46.671	8:02.882
49	171	QUINTAIROS RIAL Gabriel	M1	(12)		43:48.513	8:04.724
50	191	RODRIGUEZ CASTRO Javier	M2	(24)		43:52.060	8:08.271
51	201	WATSON Tom	M1	(13)		43:56.930	8:13.141
52	156	PIÑA REFOJOS Luis	M3	(13)	CLUB DEPORTIVO DELIKIA	44:01.072	8:17.283
53	174	IGLESIAS David	M1	(14)		44:02.081	8:18.292
54	36	JARDON LOPEZ Jose	M5	(2)	C.A. VETERANOS DE SAMIL	44:16.072	8:32.283
55	50	ALVAREZ FERNANDEZ Francisco	M2	(25)		44:25.666	8:41.877
56	158	BLANCO MARTINEZ Diego	M1	(15)	CLUB DEPORTIVO DELIKIA	44:28.230	8:44.441
57	159	PEREZ BLANCO Pablo	M3	(14)	CLUB DEPORTIVO DELIKIA	44:28.770	8:44.981
58	224	OTERO GONZALEZ Dylan	M1	(16)		44:41.183	8:57.394
59	89	CABALEIRO ROCHA Daniel	M1	(17)	BIKILA	44:56.233	9:12.444
60	250	PIÑEIRO Arturo	M1	(18)	PORCOS CELTAS	45:00.730	9:16.941
61	166	CABALEIRO GARCIA Jose Manuel	M2	(26)		45:11.564	9:27.775
62	100	LUCIA PAREDES Giovanni	M3	(15)		45:16.959	9:33.170
63	170	ROMERO CAMPOS Fran	M3	(16)		45:21.547	9:37.758
64	200	DAVILA BOVEDA Pablo	M2	(27)		45:22.071	9:38.282
65	107	PEREIRA SALGUEIRO Ramon	M2	(28)		45:33.910	9:50.121
66	190	MARTINEZ ZUÑIGA Modesto	M3	(17)		45:35.008	9:51.219
67	6	NAVIA IGLESIAS Ruben	M2	(29)		45:35.011	9:51.222
68	180	FROIZ LAREU Andres	M3	(18)	TNT GHERRILLEIROS	45:36.510	9:52.721
69	70	LOUREIRO RODRIGUEZ Santiago	M2	(30)		45:44.149	10:00.360
70	217	MARTINEZ COSTAS Javier	M2	(31)	LASER GALICIA RANING	45:53.764	10:09.975
71	33	RODRIGUEZ DOVALE Antonio	M1	(19)		46:03.747	10:19.958
72	75	DIAZ SANTOS Juan Manuel	M1	(20)		46:09.569	10:25.780
73	248	ANDONEGUI FREIRE Juan	M2	(32)	FRUTAS NIEVES	46:13.470	10:29.681
74	25	CAMPELO GONZALEZ Antonio	M2	(33)		46:14.088	10:30.299
75	222	ALVAREZ GOMEZ Manuel	M2	(34)		46:17.090	10:33.301
76	62	PEREZ PASCUAL Manuel	M4	(2)	CSCD BEADE	46:18.331	10:34.542
77	109	SANZ LUCOTTI Javier	M4	(3)		46:25.703	10:41.914
78	300	PEREZ COUÑAGO Adrian	M1	(21)		46:29.150	10:45.361
79	289	MALLO MARCOS Alberto	M3	(19)		46:40.872	10:57.083
80	124	GOBERNA COMESAÑA Iván	M2	(35)		46:45.990	11:02.201
81	193	IGLESIAS DOMINGUEZ Francisco	M3	(20)		46:47.433	11:03.644
82	31	BARREIRO VALLS Pedro	M1	(22)	C.A. VETERANOS DE SAMIL	46:47.889	11:04.100
83	120	FERNANDEZ FRAGA Carlos	M1	(23)		47:06.561	11:22.772
84	71	VAZQUEZ FERNANDEZ Jacobo	M2	(36)		47:10.051	11:26.262
85	202	REY COSTA Miguel Angel	M3	(21)	BEER RUNNERS VIGO	47:53.888	12:10.099
86	305	ALONSO VALVERDE Antonio	M5	(3)	ATLETISMO BAIONA	48:00.558	12:16.769
87	34	TABOADA GONZALEZ Ramiro	M4	(4)	RUNNING LUSEKELO	48:02.512	12:18.723
88	93	DOMINGUEZ RODRIGUEZ Carlos	M5	(4)		48:06.872	12:23.083
89	242	BECEIRO CAMESELLE Dani	M1	(24)	MUÑECOSRUNNING	48:08.528	12:24.739
90	198	FONTAN GARRIDO David	M2	(37)	MUÑECOS RUNNING TEAM	48:08.606	12:24.817
91	44	LOPEZ REY Pino	M5	(5)		48:16.408	12:32.619
92	146	DIEZ POSTIGO Miguel Angel	M4	(5)		48:18.248	12:34.459



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93	219	DOMONTE PEREZ Victor	M1	(25)	GMTA CHUVONERS	48:20.538	12:36.749
94	182	SUAREZ OGANDO Adrián	M1	(26)	MAISQUEAUGA	48:25.350	12:41.561
95	213	SANCHEZ OTERO Oswaldo	M3	(22)		48:28.108	12:44.319
96	243	COSTA PAZO Artur	M1	(27)	VIGOENTRENA	48:33.268	12:49.479
97	51	HEREDIA David	M2	(38)	BORGWARNER	48:34.862	12:51.073
98	2	VAZQUEZ VIDAL Antonio	M3	(23)		48:36.262	12:52.473
99	283	BARREIRO Hugo	M1	(28)	@DECOSETEO	48:43.961	13:00.172
100	114	DIEGUEZ PAZO Emilio	M2	(39)	BEERRUNNERS VIGO	48:45.960	13:02.171
101	143	DIAZ JAMARDO Pablo	M2	(40)	ATLETISMO UNIVERSIDADE DE VIGO	48:56.848	13:13.059
102	115	RODRIGUEZ COLLAZO Raúl	M2	(41)	CAZAFANTASMAS TEAM	48:58.099	13:14.310
103	101	VIDEIRA CORREA Alberto	M4	(6)		49:01.203	13:17.414
104	127	CUETO FERNANDEZ David	M2	(42)	CERTA	49:02.858	13:19.069
105	275	SANCHEZ-MATEOS PANIAGUA Manuel	M1	(29)		49:05.348	13:21.559
106	264	CARRERA MORAÑA Carlos	M1	(30)		49:14.487	13:30.698
107	105	LLANO ATANES Ramón	M1	(31)		49:14.887	13:31.098
108	64	DAVILA BUGARIN Salva	M3	(24)		49:15.660	13:31.871
109	183	PEREZ DOS SANTOS Daniel	M1	(32)		49:26.421	13:42.632
110	254	GUISANDE PEREIRA Eloy	M1	(33)		49:30.719	13:46.930
111	29	RODRIGUEZ FERNANDEZ Efrén	M2	(43)	ALTAFIT VIGO	49:37.868	13:54.079
112	163	CARRERA RAFAEL Jaime	M2	(44)		49:40.328	13:56.539
113	82	PEITEADO RUIZ Guillermo	M3	(25)		49:45.946	14:02.157
114	152	LOPEZ LOPES Antonio Luis	M2	(45)		49:46.248	14:02.459
115	15	BENITEZ GOMEZ Francisco José	M2	(46)		49:47.160	14:03.371
116	216	SANMARTIN GONZALEZ Victoriano	M2	(47)	MAISQUEAUGA	49:53.999	14:10.210
117	108	BARREIRO BARREIRO Benigno	M3	(26)		49:56.437	14:12.648
118	287	PAZOS EIROA Juan	M1	(34)	PC TRIATLON RÍAS BAIXAS	50:00.521	14:16.732
119	176	LAMEIRO GONZALEZ Pablo	M1	(35)		50:06.339	14:22.550
120	118	FRAGA RODRIGUEZ Miguel	M2	(48)		50:08.045	14:24.256
121	9	GONZALEZ MARTINEZ Fernando	M3	(27)		50:19.186	14:35.397
122	236	PIÑEIRO RODRIGUEZ Carlos	M3	(28)	CLUB TRIATLON CIDADE DE LUGO F	50:21.039	14:37.250
123	302	GALLIDORO DEL MONTE Jose Humberto	M4	(7)	CLUB DEPORTIVO DELIKIA	50:23.967	14:40.178
124	122	RIVERA CANICOBA Alberto	M1	(36)		50:26.766	14:42.977
125	95	SANTAMARINA GONZALEZ David	M1	(37)	ORDINARIO	50:52.846	15:09.057
126	79	PEREIRA FERNANDEZ Daniel	M2	(49)	X-ONE	50:53.587	15:09.798
127	90	GUERRA PARADELO Juan Carlos	M1	(38)	ORDINARIO	50:54.117	15:10.328
128	249	ALONSO ALVAREZ Angel Santiago	M1	(39)		51:01.225	15:17.436
129	20	REBOREDA GRAÑA Amador	M3	(29)	CD PINARIUM	51:07.086	15:23.297
130	94	DOMINGUEZ VILLAVERDE Juan Carlos	M2	(50)		51:14.209	15:30.420
131	12	ESTEVEZ CERNADAS Ricardo	M4	(8)	ATHETICS AVENTURA XTREM	51:20.125	15:36.336
132	30	MUÑOZ CHAS Alejandro	M1	(40)		51:27.398	15:43.609
133	24	LOPEZ QUIROS Agustin	M2	(51)	EDI ABOGADOS RUNNING CLUB	51:29.795	15:46.006
134	1	GARCIA COSTAS Federico Amando	M5	(6)	C.A.R. MARISQUEIRO	51:39.278	15:55.489
135	78	MOYANO SABUCEDO Frederic	M1	(41)		51:46.925	16:03.136
136	296	VIDE LINARES Antonio Jose	M1	(42)	BORGWARNER	51:54.605	16:10.816
137	54	GODA Sebas	M4	(9)	C.C.RIA DE VIGO	51:56.245	16:12.456
138	238	IGLESIAS RODRIGUEZ Carlos	M3	(30)	TRIATLÓN MAR DE VIGO	52:07.364	16:23.575
139	84	LORENZO CONDE Yago	M1	(43)	BORGWARNER	52:22.834	16:39.045



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Cl	Dor.	Apellidos y nombre	Categoría	(Cl)	Club	Tiempo	Diferencia
140	4	PALOMEQUE TORRAS José Maria	M1	(44)		52:24.305	16:40.516
141	284	ALVAREZ CAMELO Javier	M1	(45)		52:37.260	16:53.471
142	208	RODRIGUEZ FERNANDEZ Tomás	M2	(52)	ATLETISMO PORRIÑO	52:38.895	16:55.106
143	211	DOMINGUEZ CABRAL Luis	M3	(31)		52:54.924	17:11.135
144	134	ROCA RODRIGUEZ Ramon	M4	(10)		53:08.523	17:24.734
145	63	ALONSO BASTOS Luis	M4	(11)		53:08.905	17:25.116
146	278	LAGO Javier	M2	(53)		53:10.054	17:26.265
147	38	CONDE PEREZ Celso	M2	(54)		53:11.925	17:28.136
148	175	NIETO LUNA Alessandro	M1	(46)	BORGWARNER	53:22.180	17:38.391
149	119	FERNANDEZ Carlos	M4	(12)		53:27.284	17:43.495
150	281	ARANGO GAYAR Saúl	M2	(55)	FRUTAS NIEVES	53:32.342	17:48.553
151	266	PEREZ FREIRIA Jose Ramón	M5	(7)	ATLETISMOTUI	53:34.709	17:50.920
152	293	RODRIGUEZ BERNARDEZ Alejandro	M2	(56)		53:38.496	17:54.707
153	269	GONZALEZ LAGO Juan Carlos	M3	(32)		53:47.459	18:03.670
154	306	MONTERO MARTINEZ Jaime	M2	(57)		53:49.104	18:05.315
155	178	VILLAR ALVAREZ Alberto	M2	(58)		54:14.243	18:30.454
156	252	CRESPO GLEZ Jacinto	M1	(47)		54:18.563	18:34.774
157	214	RODRIGUEZ FOLGAR Cesar	M3	(33)	NEW CURRELAS TEAM RUNNING	54:47.762	19:03.973
158	186	TIZON BARCIELA Francisco José	M3	(34)		54:47.965	19:04.176
159	247	VERDEAL GONZALEZ Basilio	M4	(13)		54:50.284	19:06.495
160	125	RODRIGUEZ PAZ Cesar	M2	(59)		54:57.176	19:13.387
161	230	MOREIRA CONDE Antonio	M4	(14)		55:06.203	19:22.414
162	223	GUERRA LOPEZ Eduardo	M2	(60)		55:18.581	19:34.792
163	228	PAN Diego	M1	(48)		55:27.843	19:44.054
164	256	CERDEIRA GREGORIO Francisco	M3	(35)		55:30.437	19:46.648
165	60	RELLO FERNANDEZ Pablo	M2	(61)	C.A. VETERANOS DE SAMIL	55:50.344	20:06.555
166	259	LAGO Javier	M2	(62)		55:58.441	20:14.652
167	131	BERNARDEZ GIL David	M2	(63)		56:06.497	20:22.708
168	221	FERMOSO DOMINGUEZ Tomás	M2	(64)	FRUTAS NIEVES	56:08.682	20:24.893
169	39	REY PAMPIN Javier	M2	(65)		56:13.639	20:29.850
170	304	MARTINEZ BARREIRO Emilio José	M2	(66)		56:26.524	20:42.735
171	268	SALO BENITO Javier	M2	(67)		56:48.186	21:04.397
172	212	ESTEVEZ BOUZA Borja	M2	(68)		56:50.578	21:06.789
173	168	HERMELO ALONSO Jorge Manuel	M2	(69)		56:56.722	21:12.933
174	58	REIGADA QUINTELA Fernando	M3	(36)	CHUZAS OLIMPICOS	56:57.475	21:13.686
175	184	GARCIA BESADA Daniel	M1	(49)	MAISQUEAUGA	57:01.832	21:18.043
176	226	ROBES CASTAÑEIRAS Javier	M3	(37)		57:13.513	21:29.724
177	132	BLANCO HERMIDA Óscar	M2	(70)		57:26.801	21:43.012
178	56	ARZA TOUZON German	M2	(71)	RAPIDODEPONTEQUIETO	57:39.536	21:55.747
179	164	GAGGILOLO Guillermo Ernesto	M3	(38)	MAISQUEAUGA	57:41.721	21:57.932
180	244	GARCIA BESADA Iván	M1	(50)		57:50.224	22:06.435
181	194	BLANCO GONZALEZ Alfonso	M5	(8)		57:53.257	22:09.468
182	61	VAZQUEZ GONZALEZ Javier	M1	(51)		58:10.631	22:26.842
183	139	GONZALEZ FERNANDEZ Jose	F2	(1)	MAISQUEAUGA	58:17.161	22:33.372
184	47	DURAN LAGO Fernando	M5	(9)		58:32.719	22:48.930
185	97	RODRIGUEZ TRONCOSO Juan	M2	(72)		58:57.520	23:13.731
186	37	PALMER Timothy	M1	(52)		59:21.819	23:38.030



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187	253	ALVAREZ VARGAS Jose Alberto	M2	(73)		59:24.391	23:40.602
188	177	LAMAS PEREZ Jose Eduardo	M3	(39)		59:32.894	23:49.105
189	220	GOMEZ MARTINEZ David	M1	(53)		59:35.301	23:51.512
190	285	PARADA GONZALEZ-ZAERA Ignacio	M1	(54)	BORGWARNER	59:50.300	24:06.511
191	130	DIAZ IGLESIAS Adolfo	M5	(10)	C.A. VETERANOS DE SAMIL	59:56.894	24:13.105
192	5	DE MIGUEL AMOEDO Pablo	M1	(55)		1h00:00.019	24:16.230
193	292	RIOS LAGO Martín	M1	(56)	BORGWARNER	1h00:15.920	24:32.131
194	8	CASTRO NAVIA Jose Antonio	M2	(74)		1h00:21.230	24:37.441
195	88	MARTIN PALOMARES Rubén	M1	(57)		1h00:49.159	25:05.370
196	179	VAZQUEZ ESTEVEZ Alberto	M1	(58)		1h00:52.954	25:09.165
197	263	DONAPETRY Juan	M1	(59)	APPTITUDINAL	1h01:13.939	25:30.150
198	251	MEIC SIDIC Ivan	M3	(40)		1h02:00.088	26:16.299
199	169	GARRIDO INSUA Ricardo	M3	(41)		1h02:05.617	26:21.828
200	255	RESUA EIRAS David	M2	(75)		1h02:07.077	26:23.288
201	181	BLANCO GONZALEZ Roberto	M1	(60)		1h02:33.155	26:49.366
202	257	ESPERON FONTAN David	M2	(76)		1h02:42.627	26:58.838
203	59	ALVAREZ SILVA José Rubén	M2	(77)		1h02:45.534	27:01.745
204	42	FEIJOO SUAREZ Marcos	M2	(78)	CHUZAS OLIMPICOS	1h02:57.844	27:14.055
205	187	TOLEDO MONTES Palynk	M3	(42)	CHUZAS OLIMPICOS	1h02:58.052	27:14.263
206	65	RODRIGUEZ PENA Jorge	M3	(43)	C.A.R. MARISQUEIRO	1h03:15.139	27:31.350
207	104	PEREZ MONROY Jesus	M3	(44)	BORGWARNER	1h03:19.435	27:35.646
208	262	MARTINEZ MARTINEZ Víctor	M2	(79)	XOANA	1h03:31.028	27:47.239
209	279	FERNANDEZ NUÑEZ Jose E	M3	(45)		1h03:55.733	28:11.944
210	45	BLANCO CARRASCO Marcos	M1	(61)		1h04:10.190	28:26.401
211	276	GIL OTERO Roberto	M2	(80)		1h04:23.270	28:39.481
212	277	FERREIRA CHARRASQUIEL Marcos	M2	(81)		1h04:23.358	28:39.569
213	72	DE LA FUENTE SANTOS Jorge	M3	(46)		1h04:29.055	28:45.266
214	85	MEDIERO VEIRA Jorge	M1	(62)	VIGOENTRENA	1h04:44.094	29:00.305
215	117	SILVA MARTINEZ Hector	M2	(82)		1h05:22.536	29:38.747
216	92	CONCHADO Anton	M1	(63)		1h06:51.182	31:07.393
217	116	LOPEZ GARCIA Bernabé	M1	(64)	BORGWARNER	1h06:51.479	31:07.690
218	18	CHLEBOWSKI Filip	M1	(65)		1h08:01.573	32:17.784
219	68	LOPEZ CARBALLO Álex	M3	(47)		1h11:09.470	35:25.681
220	185	PORTELA FERNANDEZ Luis	M3	(48)	MAISQUEAUGA	1h12:30.471	36:46.682
221	267	BUJAN VARELA Manuel	M5	(11)		1h13:55.847	38:12.058
222	49	PAINCEIRA MACIÑEIRAS Jorge	M4	(15)		1h17:39.563	41:55.774
223	209	ALONSO INSUA Alberto	M2	(83)		1h44:00.000	1h08:16.211

## FEMENINA

1	66	ALVAREZ RODRIGUEZ Noemí	F1	(1)	MAISQUEAUGA	43:48.312	
2	52	GALLEGO CANABAL Laura	F1	(2)	CLUB DEPORTIVO DELIKIA	44:27.530	39.218
3	197	RODRIGUEZ OLIVEIRA Rocio	F2	(1)	ATHLETIS FISIOTERAPIA SAN LÁZA	45:39.546	1:51.234
4	157	RODRIGUEZ GONZALEZ Nerea	F1	(3)	ATLETISMO PORRIÑO	46:34.640	2:46.328
5	113	LEMONS SOAGE Ana	F3	(1)	CORREDOIRAS BUEU	47:23.338	3:35.026
6	76	MOREU PEREIRA-BORRAJO Beatriz	F2	(2)	CLUB DEPORTIVO DELIKIA	49:20.297	5:31.985



## IV 10K DE TEIS Clasificación General 10K

Cl	Dor.	Apellidos y nombre	Categoría	(Cl)	Club	Tiempo	Diferencia
7	10	ARGUDIN ESTEVEZ Mónica	F2	(3)	C.A.R. MARISQUEIRO	50:07.227	6:18.915
8	140	POMBO LOPEZ Belén	F1	(4)		50:28.586	6:40.274
9	80	VERGARA VILLADA Andrea	F1	(5)	STRAHLKRAFT	50:29.997	6:41.685
10	295	GALEGO CASAS Maria	F2	(4)		51:24.984	7:36.672
11	270	NOVOA ALONSO Tamara	F1	(6)	VIGOENTRENA	51:31.748	7:43.436
12	195	GARCIA ABALO Mada	F3	(2)	CAO	51:45.560	7:57.248
13	206	SAMPEDRO GARRIDO Julia	F1	(7)	MAISQUEAUGA	51:55.748	8:07.436
14	207	LLORENTE Lucia	F1	(8)	MAISQUEAUGA	51:55.809	8:07.497
15	14	TOBIO DONEGA María	F2	(5)		52:29.244	8:40.932
16	235	LEMAT CABRAL María Belén	F3	(3)	CLUB TRIATLON CIDADE DE LUGO F	52:59.565	9:11.253
17	21	MARTINEZ COMESAÑA Lucía	F2	(6)	C.A.R. MARISQUEIRO	53:44.523	9:56.211
18	13	ZAPATA RODRIGUEZ Raquel	F2	(7)	C.A.R. MARISQUEIRO	54:31.733	10:43.421
19	35	RODRIGUEZ LOPEZ Belén	F2	(8)	CLUB DEPORTIVO DELIKIA	54:39.865	10:51.553
20	280	ROMERO MARTINEZ Mónica	F2	(9)	FRUTAS NIEVES	55:36.602	11:48.290
21	110	GARCIA DE PABLOS Beatriz	F2	(10)	CLUB DEPORTIVO DELIKIA	56:13.824	12:25.512
22	142	LOPEZ BOLAS Alba	F1	(9)	ATHLETIS FISIOTERAPIA SAN LÁZA	56:45.661	12:57.349
23	145	MARTINEZ COMESAÑA María Isabel	F2	(11)	C.A.R. MARISQUEIRO	56:50.382	13:02.070
24	11	COSTAS RODRIGUEZ Carmen	F5	(1)	ATLETISMO BAIONA	57:00.572	13:12.260
25	199	GRAÑA VIEITEZ Beatriz	F2	(12)		57:10.190	13:21.878
26	141	PEREZ PARCERO Elena	F1	(10)		57:41.082	13:52.770
27	83	CARRERA SOUTELO Josefa	F4	(1)	TALLERES EAUTO	58:00.887	14:12.575
28	172	MARTIN PALLES Andrea	F1	(11)	BROTHERS999	58:15.076	14:26.764
29	218	RODRIGUEZ SANTOS Bibiana	F2	(13)		58:17.500	14:29.188
30	53	GONZALEZB BELLO Concepcion	F3	(4)		58:20.761	14:32.449
31	106	PAZ OLIVEIRA Natalia	F2	(14)	MAISQUEAUGA	58:27.133	14:38.821
32	215	VAZQUEZ MAYO Mónica	F2	(15)	MAISQUEAUGA	59:35.380	15:47.068
33	301	LOPEZ COMESAÑA Alexandra	F1	(12)		59:43.033	15:54.721
34	136	RILO Maria	F1	(13)	BORGWARNER	1h00:15.801	16:27.489
35	239	LEMO LOPEZ Vanesa	F2	(16)	MAISQUEAUGA	1h00:34.540	16:46.228
36	87	DOMINGUEZ PEREZ Naomi	F1	(14)		1h00:49.220	17:00.908
37	154	CASTRO PARDAVILA Nerea	F1	(15)	SERVITALENT	1h01:13.818	17:25.506
38	261	REGUEIRO FERNANDEZ Xoana	F2	(17)	TRIATLÓN MAR DE VIGO	1h03:30.816	19:42.504
39	167	DE LA CAMPA CARRERA Diana	F2	(18)	C.D. VICUS	1h03:55.814	20:07.502
40	129	CARREIRA COSTAS Montserrat	F3	(5)	COMESAÑA SPORTING CLUB	1h03:57.186	20:08.874
41	73	VILLARONGA ARTEAGA Lourdes	F2	(19)		1h04:28.757	20:40.445
42	123	ALVAREZ DOMINGUEZ Rosa M <sup>a</sup>	F5	(2)	MAISQUEAUGA	1h08:08.372	24:20.060
43	19	CHERIER Sandrine	F2	(20)		1h09:19.870	25:31.558
44	67	CALVIÑO CANCELA Carola	F3	(6)		1h11:09.544	27:21.232
45	77	BARROS RIVEIRO Josefina	F5	(3)		1h17:39.842	33:51.530

cronometraje