

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
Femenino										
1.	376	PAZOS GARCIA, Antia	F1□1	CLUB TRIATLÓN MAR DE VIGO	00:38:51,6	--	--	--		3:53 min/km
2.	363	MARCOTE LESTON, Iria	F1□2		00:39:50,8	+59,1	+59,1	+59,1		3:59 min/km
3.	351	ANDRES PONTANILLA, Rocio	F1□3	SHAKA CLUB	00:40:24,3	+1:32,6	+1:32,6	+1:32,6		4:02 min/km
4.	334	LAMPON CARIDE, Ana	F3□1	MAIS QUE AUGA	00:40:51,0	+1:59,3	--	--		4:05 min/km
5.	314	ALONSO HERRERO, Ana	F1□4		00:40:53,6	+2:01,9	+2:01,9	+2:01,9		4:05 min/km
6.	322	MOREU PEREIRA-BORRAJO, Beatriz	F2□1	CLUB DEPORTIVO DELIKIA	00:41:39,3	+2:47,6	--	--		4:09 min/km
7.	331	SENRA CAMPOS, Martina	F1□5		00:42:58,1	+4:06,5	+4:06,5	+4:06,5		4:17 min/km
8.	377	GALLINAR FERNANDEZ, Monica	F3□2	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:43:51,2	+4:59,5	+3:00,1	+3:00,1		4:23 min/km
9.	388	FARO, Maria	F1□6		00:43:58,5	+5:06,8	+5:06,8	+5:06,8		4:23 min/km
10.	324	ALONSO CARIDE, Nerea	F2□2		00:44:18,3	+5:26,6	+2:39,0	+2:39,0		4:25 min/km
11.	372	PICO GARCIA, Uxia	F1□7		00:44:57,2	+6:05,6	+6:05,6	+6:05,6		4:29 min/km
12.	354	HERNANDEZ BUGARIN, Rosa	F2□3		00:45:21,0	+6:29,3	+3:41,7	+3:41,7		4:32 min/km
13.	353	MARTINEZ PRIETO, Paula	F1□8	SHAKA CLUB	00:45:22,3	+6:30,6	+6:30,6	+6:30,6		4:32 min/km
14.	362	VALCARCEL TOSCANO, Isa	F2□4		00:45:24,2	+6:32,6	+3:44,9	+3:44,9		4:32 min/km
15.	307	VIEIRA, Raquel	F1□9		00:45:34,2	+6:42,6	+6:42,6	+6:42,6		4:33 min/km
16.	375	SOUSA, Fabiola	F1□10		00:46:15,0	+7:23,3	+7:23,3	+7:23,3		4:37 min/km
17.	360	REYES RODRIGUEZ, Alicia	F1□11		00:46:31,3	+7:39,7	+7:39,7	+7:39,7		4:39 min/km
18.	313	TENORIO DEL RIO, Maria Jose	F2□5		00:47:27,1	+8:35,5	+5:47,8	+5:47,8		4:44 min/km
19.	341	RODRIGUEZ ARCAY, Romina	F2□6		00:47:47,0	+8:55,3	+6:07,6	+6:07,6		4:46 min/km
20.	343	FONSECA GARCIA, Lucia	F2□7		00:47:49,6	+8:57,9	+6:10,3	+6:10,3		4:46 min/km
21.	346	GARCIA TORRICO, Dolly	F2□8	MAIS QUE AUGA	00:48:25,9	+9:34,3	+6:46,6	+6:46,6		4:50 min/km
22.	385	ROMERO MARTINEZ, Monica	F2□9	FRUTAS NIEVES	00:48:33,0	+9:41,3	+6:53,7	+6:53,7		4:51 min/km
23.	327	NUÑEZ CASTRO, Maria	F1□12		00:49:08,8	+10:17,2	+10:17,2	+10:17,2		4:54 min/km
24.	328	NUÑEZ CASTRO, Alexandra	F1□13	SAÚDESPORT	00:49:09,1	+10:17,4	+10:17,4	+10:17,4		4:54 min/km
25.	356	AMOEDO LUSQUIÑOS, Marta Maria	F3□3	TRINORTH	00:49:33,6	+10:42,0	+8:42,6	+8:42,6		4:57 min/km
26.	339	FERNANDEZ PAZOS, Luz	F5□1		00:50:15,2	+11:23,6	--	--		5:01 min/km
27.	312	MIRAS CALVO, Adela	F3□4		00:50:16,8	+11:25,2	+9:25,8	+9:25,8		5:01 min/km
28.	386	BRUZON BANDEIRA, Maria	F1□14		00:50:21,6	+11:29,9	+11:29,9	+11:29,9		5:02 min/km

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Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
29.	326	DIAZ GONZALEZ, Laura	F1□15		00:50:45,3	+11:53,6	+11:53,6			5:04 min/km
30.	709	ALVAREZ, Maruxa	F2□10	ME & MOM	00:51:11,0	+12:19,4	+9:31,7			5:07 min/km
31.	347	GONZALEZ FRANCO, Montserrat	F1□16		00:51:15,4	+12:23,7	+12:23,7			5:07 min/km
32.	369	FERNANDEZ, Silvia	F1□17		00:51:26,8	+12:35,1	+12:35,1			5:08 min/km
33.	317	BRITO ALONSO, Paula	F2□11		00:51:31,1	+12:39,5	+9:51,8			5:09 min/km
34.	355	GOICOECHEA CASTAÑO, Iciar	F3□5	TRINORTH	00:51:32,8	+12:41,2	+10:41,8			5:09 min/km
35.	350	PAMPILLON SEIJO, Veronica	F3□6		00:51:51,6	+12:59,9	+11:00,5			5:11 min/km
36.	374	PEREZ RODRIGUEZ, Elisa	F2□12		00:51:54,4	+13:02,7	+10:15,1			5:11 min/km
37.	378	DIAZ LOPEZ, Rose Mary	F1□18	SHAKA CLUB	00:51:57,3	+13:05,7	+13:05,7			5:11 min/km
38.	358	GRAÑA SOTO, Andrea	F1□19		00:52:16,0	+13:24,3	+13:24,3			5:13 min/km
39.	348	GONZALEZ PEREZ, Jessica	F1□20		00:52:21,2	+13:29,6	+13:29,6			5:14 min/km
40.	319	ARNOSO MOURE, Lydia	F2□13		00:52:32,3	+13:40,6	+10:53,0			5:15 min/km
41.	359	YAÑEZ VICENTE, Marta	F1□21		00:53:44,2	+14:52,6	+14:52,6			5:22 min/km
42.	368	DE ARAUJO PEREZ, Lia	F1□22		00:53:55,0	+15:03,3	+15:03,3			5:23 min/km
43.	379	CUARTIELLA VIZCARRO, Vanessa	F1□23		00:54:18,2	+15:26,5	+15:26,5			5:25 min/km
44.	384	LAMROTH, Kukka-Maaria Aleksandra	SUB19 FEM□1		00:54:22,9	+15:31,3	--			5:26 min/km
45.	336	VAZQUEZ SOTO, Isabel	F1□24	CLUB ATLETISMO PORRIÑO	00:54:44,5	+15:52,8	+15:52,8			5:28 min/km
46.	373	GONZALEZ DE LA CUESTA, Sofia	F3□7		00:55:37,0	+16:45,3	+14:45,9			5:33 min/km
47.	325	GONZALEZ SOMOZA, Noe	F1□25		00:55:37,6	+16:45,9	+16:45,9			5:33 min/km
48.	335	COSTAS RODRIGUEZ, Carmen	F5□2	SOCIEDAD ATLÉTICA VAL MIÑOR	00:56:04,8	+17:13,1	+5:49,5			5:36 min/km
49.	320	COSTAS MAÑA, Silvia	F1□26		00:56:08,6	+17:17,0	+17:17,0			5:36 min/km
50.	309	ALVAREZ RODRIGUEZ, Rosana	F3□8		00:56:23,4	+17:31,8	+15:32,4			5:38 min/km
51.	310	SANCHEZ RODRIGUEZ, Irene	F1□27		00:56:25,8	+17:34,1	+17:34,1			5:38 min/km
52.	345	LOPEZ ALFONSO, Ines	SUB19 FEM□2	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:38,5	+17:46,9	+2:15,5			5:39 min/km
53.	1	FERNANDEZ CARRERA, Sandra	F3□9	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+17:52,0	+15:52,6			5:40 min/km
54.	344	ALFONSO PITA, Rocio	F3□10	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+17:52,1	+15:52,7			5:40 min/km
55.	323	BLANCO RIO, Tatiana	F1□28		00:57:06,7	+18:15,0	+18:15,0			5:42 min/km
56.	337	NAVARRO MARTINEZ, Maria	F1□29	TRIATLON INFORHOUSE SANTIAGO	00:57:09,3	+18:17,7	+18:17,7			5:42 min/km
57.	318	PUMAR, Sofia	F1□30		00:57:09,5	+18:17,8	+18:17,8			5:42 min/km

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Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
58.	357	ROCHA CRUCES, Maria Carmen	F4□1	C.A.R. MARISQUEIRO	00:57:17,3	+18:25,6	--			5:43 min/km
59.	333	VAZQUEZ DUARTE, Cristina	F1□31		00:57:23,6	+18:32,0	+18:32,0			5:44 min/km
60.	302	CORDOBA PEREZ, Victoria	F1□32		00:58:26,1	+19:34,4	+19:34,4			5:50 min/km
61.	370	CASAL LORENZO, Tania	F1□33		00:58:27,6	+19:35,9	+19:35,9			5:50 min/km
62.	305	MARTINEZ PLUMED, Estela	F1□34		00:58:42,2	+19:50,6	+19:50,6			5:52 min/km
63.	352	SANCHEZ RODRIGUEZ, Elena	F1□35		00:58:45,5	+19:53,9	+19:53,9			5:52 min/km
64.	301	RODRIGUEZ ALVAREZ, Marta	F4□2	BIKILA	00:59:18,3	+20:26,6	+2:00,9			5:55 min/km
65.	367	MALLO FERRER, Sonia	F4□3	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:59:30,3	+20:38,7	+2:13,0			5:57 min/km
66.	303	TORRES, Cecilia	F1□36		01:00:26,5	+21:34,8	+21:34,8			6:02 min/km
67.	365	VARELA LOPEZ, Andrea	F1□37		01:00:33,7	+21:42,0	+21:42,0			6:03 min/km
68.	321	GALVAN FERNANDEZ, Lucia	F1□38		01:01:07,3	+22:15,6	+22:15,6			6:06 min/km
69.	311	RUIBAL CASALDERREY, Sonia	F1□39		01:01:45,3	+22:53,6	+22:53,6			6:10 min/km
70.	371	SOTELO ALVAREZ, Maria Jose	F2□14		01:05:28,9	+26:37,3	+23:49,6			6:32 min/km
71.	332	CODIAS GARCIA, Lidia	F1□40		01:05:39,3	+26:47,6	+26:47,6			6:33 min/km

Masculino

1.	237	TIZON VALVERDE, Emilio	M1□1	CLUB DEPORTIVO DELIKIA	00:30:51,7	--	--			3:05 min/km
2.	199	BASTOS DASILVA, Jose Alberto	M2□1	ADN RUNNERS – TELMO PELUQUEROS F.C.	00:31:05,2	+13,4	--			3:06 min/km
3.	186	FERNANDEZ SOENGAS, Jesus	M2□2	CLUB DEPORTIVO DELIKIA	00:31:32,3	+40,6	+27,1			3:09 min/km
4.	250	ARAUJO, Miguel	M2□3	LODEIROS TRAIL	00:31:53,8	+1:02,0	+48,5			3:11 min/km
5.	177	BARGIELA ARAUJO, Daniel	M3□1	BIKILA	00:32:19,9	+1:28,1	--			3:13 min/km
6.	206	PEREZ LOVACO, Pablo	M1□2		00:32:28,1	+1:36,3	+1:36,3			3:14 min/km
7.	27	RODRIGUEZ GALLEGGO, Alberto Jose	M1□3	CLUB CASTRELOS 20:30	00:32:46,4	+1:54,6	+1:54,6			3:16 min/km
8.	96	MONTERO BUJAN, Aitor	M1□4	AVIVA SPORT CLUB	00:33:02,4	+2:10,6	+2:10,6			3:18 min/km
9.	149	PRIETO DE LA IGLESIA, Manuel	M3□2	ATHLETICS FISIOTERAPIA SAN LÁZARO	00:33:30,4	+2:38,6	+1:10,4			3:21 min/km
10.	167	GARCIA QUEROL, Pablo	M1□5	CLUB DEPORTIVO DELIKIA	00:33:33,4	+2:41,6	+2:41,6			3:21 min/km
11.	154	VAZQUEZ PAVON, Roberto	M2□4	TANINOS RUNNERS PONTEAREAS	00:33:42,7	+2:50,9	+2:37,5			3:22 min/km
12.	171	ARTHAUD ALVAREZ, Alejandro	M2□5		00:34:05,4	+3:13,6	+3:00,1			3:24 min/km
13.	241	MARZOA RUIZ, Miguel	M2□6	C.A.R. MARISQUEIRO	00:34:07,1	+3:15,3	+3:01,8			3:24 min/km
14.	60	PEREZ, Ruben	M2□7	MARINA MEIRA	00:34:07,9	+3:16,1	+3:02,6			3:24 min/km

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15.	152	CABO SANCHEZ, Iago	M2□8		00:34:18,7	+3:26,9	+3:13,5			3:25 min/km
16.	3	NUÑEZ PARADA, Sergio	M2□9		00:34:55,3	+4:03,5	+3:50,0			3:29 min/km
17.	165	ARMADA DIAZ, Jacobo	M1□6		00:35:01,5	+4:09,7	+4:09,7			3:30 min/km
18.	52	BARREIRO PEREIRA, Xose Anton	M3□3	SD COMPOSTELA ATLETISMO	00:35:21,7	+4:29,9	+3:01,7			3:32 min/km
19.	4	BARGIELA MARTINEZ, Jaime	M1□7	CLUB DEPORTIVO DELIKIA	00:35:27,5	+4:35,7	+4:35,7			3:32 min/km
20.	42	RIVEIRO RODRIGUEZ, Arlindo	M5□1	CLUB CASTRELOS 20:30	00:35:48,3	+4:56,5	--			3:34 min/km
21.	5	RIVERA GUILLADE, Martin	M1□8		00:36:26,4	+5:34,6	+5:34,6			3:38 min/km
22.	146	ENTENZA MARTINEZ, Anton	M1□9	SHAKA CLUB	00:36:29,8	+5:38,0	+5:38,0			3:38 min/km
23.	247	LOPEZ MUÑIZ, Manuel	M1□10		00:36:34,5	+5:42,7	+5:42,7			3:39 min/km
24.	137	GONZALEZ NUÑEZ, Luis	M1□11		00:36:42,1	+5:50,3	+5:50,3			3:40 min/km
25.	109	CASTRO LAGO, Raul	M2□10	NUTRIBIOTICA	00:36:45,7	+5:53,9	+5:40,4			3:40 min/km
26.	161	COSTAS COSTAS, Miguel	M3□4	MAIS QUE AUGA	00:36:47,8	+5:56,0	+4:27,8			3:40 min/km
27.	70	GONZALEZ ALVAREZ, Luis Borja	M2□11		00:36:58,5	+6:06,7	+5:53,3			3:41 min/km
28.	25	FERREIRA LAREDO, David	M2□12	CASTRELOS KM.0	00:37:02,1	+6:10,3	+5:56,8			3:42 min/km
29.	156	GAGO SANCHEZ, Antolin	M3□5	VETERANOS DE SAMIL	00:37:08,1	+6:16,3	+4:48,1			3:42 min/km
30.	108	PEREZ DE OYA, Guillermo	M1□12		00:37:11,5	+6:19,7	+6:19,7			3:43 min/km
31.	124	COMESAÑA SAA, Daniel	M2□13	L@S INSENSAT@S	00:37:12,1	+6:20,3	+6:06,8			3:43 min/km
32.	32	NOVO FERNANDEZ, Miguel	M2□14		00:37:17,6	+6:25,8	+6:12,3			3:43 min/km
33.	94	DELGADO RAMOS, Jose Carlos	M2□15		00:37:21,7	+6:29,9	+6:16,5			3:44 min/km
34.	203	SUAREZ MARTINEZ, Manuel	M5□2	CLUB ATLETISMO VETERANOS DE SAMIL	00:37:24,0	+6:32,2	+1:35,7			3:44 min/km
35.	49	CABALEIRO GARCIA, Jose Manuel	M2□16	CIBUS SIRGON	00:37:30,9	+6:39,1	+6:25,6			3:45 min/km
36.	214	GRAÑA ALONSO, Jose Carlos	M4□1	LODEIROS TRAIL	00:37:40,1	+6:48,3	--			3:46 min/km
37.	87	JAMARDO CAPELO, Anxo	SUB19	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	00:37:42,2	+6:50,4	--			3:46 min/km
38.	127	LOPEZ ALONSO, Pablo	M1□13		00:37:51,3	+6:59,5	+6:59,5			3:47 min/km
39.	205	PINEIRO RODRIGUEZ, Arturo	M1□14	PORCOS CELTAS	00:38:05,8	+7:14,0	+7:14,0			3:48 min/km
40.	157	CASAL IGLESIAS, Marco	M2□17		00:38:11,9	+7:20,2	+7:06,7			3:49 min/km
41.	170	LECHLEITER, Hugo	M1□15	SHAKA CLUB	00:38:22,9	+7:31,1	+7:31,1			3:50 min/km
42.	202	Rivas Vila, Lois	SUB19		00:38:24,8	+7:33,0	+42,5			3:50 min/km
43.	201	CASTRO OLIVEIRA, Javier	M1□16	TRIATLON FERROL	00:38:52,7	+8:00,9	+8:00,9			3:53 min/km

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44.	6	RODRIGUEZ FLORES, Marco Antonio	M1□17	BEGOÑITA	00:38:57,4	+8:05,6		+8:05,6		3:53 min/km
45.	48	SAMPAIO BARBOSA, Nuno Miguel	M1□18		00:38:58,1	+8:06,3		+8:06,3		3:53 min/km
46.	35	NAVIA IGLESIAS, Ruben	M2□18	BIKILA	00:39:03,5	+8:11,7		+7:58,2		3:54 min/km
47.	252	MORAIS ALONSO, David	M1□19		00:39:21,0	+8:29,2		+8:29,2		3:56 min/km
48.	138	PEIXOTO, Brais	M1□20		00:39:27,4	+8:35,6		+8:35,6		3:56 min/km
49.	189	DAVILA BOVEDA, Pablo	M2□19		00:39:28,4	+8:36,7		+8:23,2		3:56 min/km
50.	66	SERGIENKO, Aleksei	M1□21		00:39:29,3	+8:37,5		+8:37,5		3:56 min/km
51.	243	BARCIELA CAMIÑA, Manuel	M2□20		00:39:34,4	+8:42,7		+8:29,2		3:57 min/km
52.	58	SOMOZA, Daniel	M1□22	X-ONE	00:39:34,8	+8:43,1		+8:43,1		3:57 min/km
53.	64	PALMA ESPAÑA, Eligio Jose	M4□2		00:39:36,9	+8:45,1		+1:56,8		3:57 min/km
54.	169	LUCIA PAREDES, Giovanni	M3□6		00:39:38,8	+8:47,0		+7:18,8		3:57 min/km
55.	56	RODRIGUEZ MARTINEZ, Modesto	M3□7	TEAM LAKE	00:39:45,2	+8:53,4		+7:25,2		3:58 min/km
56.	172	PEREZ MOREJON, Rafael	M2□21		00:39:54,6	+9:02,8		+8:49,3		3:59 min/km
57.	194	RODRIGUEZ BERNARDEZ, Alejandro	M2□22	FROIZ	00:40:10,0	+9:18,2		+9:04,7		4:01 min/km
58.	145	PAZ RODRIGUEZ, Juan	M4□3	CLUB CASTRELOS 20:30	00:40:35,5	+9:43,7		+2:55,4		4:03 min/km
59.	195	BRAGADO COUTO, Daniel	M1□23		00:40:40,0	+9:48,2		+9:48,2		4:04 min/km
60.	204	FONTAN GARRIDO, David	M2□23	MUÑECOS RUNNING	00:40:47,1	+9:55,3		+9:41,8		4:04 min/km
61.	16	RODRIGUEZ MARTINEZ, Jorge	M2□24	TANINOS RUNNERS PONTEAREAS	00:40:49,4	+9:57,6		+9:44,1		4:04 min/km
62.	151	ZABALETA REIMUNDEZ, Roman	M1□24		00:41:08,4	+10:16,6		+10:16,6		4:06 min/km
63.	23	BARCELO GREGORIANO, Adrià	M1□25	S'PACE RUN	00:41:08,7	+10:16,9		+10:16,9		4:06 min/km
64.	2	CABACO CAMPOS, Jose Manuel	M2□25	TAKO TEAM	00:41:09,0	+10:17,2		+10:03,7		4:06 min/km
65.	117	TAMAYO LAGO, Francisco	SUB19		00:41:09,1	+10:17,3		+3:26,9		4:06 min/km
66.	41	VAZQUEZ VIDAL, Antonio	M4□4		00:41:39,3	+10:47,5		+3:59,2		4:09 min/km
67.	198	FIDALGO IGLESIAS, Manuel	M4□5		00:41:59,9	+11:08,1		+4:19,8		4:11 min/km
68.	71	VIDAL PEREZ, Brais	M1□26		00:42:00,0	+11:08,2		+11:08,2		4:12 min/km
69.	180	ALONSO MORA, Edu	M1□27		00:42:00,4	+11:08,6		+11:08,6		4:12 min/km
70.	148	FERNANDEZ, Jose	M1□28		00:42:06,8	+11:15,0		+11:15,0		4:12 min/km
71.	72	GOMEZ LOPEZ, Pablo	M2□26	L@S INSENSAT@S	00:42:09,9	+11:18,1		+11:04,6		4:12 min/km
72.	114	FERNANDEZ MARTINEZ, Sergio	M1□29	PORCOS CELTAS	00:42:10,5	+11:18,7		+11:18,7		4:13 min/km

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
73.	75	ALONSO FERNANDEZ, Antonio	M3□8		00:42:11,9	+11:20,1	+9:51,9			4:13 min/km
74.	81	AMEZ SEGOVIA, Martin	M1□30	PORCOS CELTAS	00:42:13,8	+11:22,0	+11:22,0			4:13 min/km
75.	97	PEREZ PASCUAL, Manuel	M5□3	C.S.C.R. BEADE	00:42:17,1	+11:25,3	+6:28,8			4:13 min/km
76.	59	FERNANDEZ DIAZ, David	M1□31		00:42:23,2	+11:31,4	+11:31,4			4:14 min/km
77.	160	MONTENEGRO BALLESTEROS, Diego	M3□9	CHUZAS OLIMPICOS	00:42:24,6	+11:32,8	+10:04,6			4:14 min/km
78.	83	MARTINEZ, Alejandro	M1□32		00:42:28,8	+11:37,0	+11:37,0			4:14 min/km
79.	79	RIVERA CANICOBA, Alberto	M2□27		00:42:35,7	+11:43,9	+11:30,5			4:15 min/km
80.	125	GIL PEREZ, Sergio	M1□33	MAIS QUE AUGA	00:42:37,1	+11:45,3	+11:45,3			4:15 min/km
81.	218	CRUZ VALDES, Javi	M1□34		00:42:38,8	+11:47,0	+11:47,0			4:15 min/km
82.	19	TABOADA GONZALEZ, Ramiro	M4□6	RUNNING LUSEKELO	00:42:42,6	+11:50,8	+5:02,5			4:16 min/km
83.	210	CAMBEIRO FERNANDEZ, Manuel	M2□28	BORGWARNER	00:42:45,2	+11:53,4	+11:39,9			4:16 min/km
84.	188	DOMINGUEZ EDREIRA, Julio	M3□10		00:42:47,0	+11:55,2	+10:27,0			4:16 min/km
85.	200	CABEZAS VILA, Valeriano	M2□29	C.A.R. MARISQUEIRO	00:42:48,7	+11:56,9	+11:43,4			4:16 min/km
86.	239	ARANGO GAYAR, Saul	M2□30	FRUTAS NIEVES	00:42:52,7	+12:00,9	+11:47,5			4:17 min/km
87.	155	GESTO, Xoan	M2□31	BEADE, AHI OS VAN!	00:42:55,4	+12:03,6	+11:50,2			4:17 min/km
88.	29	RODRIGUEZ FERNANDEZ, Efren	M2□32		00:43:00,6	+12:08,8	+11:55,4			4:18 min/km
89.	126	GUERRA LOPEZ, Eduardo	M2□33	VIGOENTRENA	00:43:06,2	+12:14,4	+12:00,9			4:18 min/km
90.	95	DIAZ FERNANDEZ, Diego	M2□34		00:43:23,7	+12:31,9	+12:18,4			4:20 min/km
91.	101	BLANCO CALDAS, Ivan Diego	M3□11		00:43:31,2	+12:39,4	+11:11,2			4:21 min/km
92.	240	MARQUEZ MONTEAGUDO, Francisco	M1□35		00:43:37,3	+12:45,5	+12:45,5			4:21 min/km
93.	54	LOUZAO, Eric	M1□36		00:43:45,6	+12:53,8	+12:53,8			4:22 min/km
94.	20	VILLAR ALVAREZ, Enrique	M5□4	CLUB ATLETISMO VETERANOS DE SAMIL	00:43:47,0	+12:55,2	+7:58,7			4:22 min/km
95.	123	LAGO FUENTES, Alberto	M1□37	SAÚDESPORT	00:43:49,3	+12:57,5	+12:57,5			4:22 min/km
96.	185	RODILLA, Ivan	M3□12		00:44:02,2	+13:10,4	+11:42,2			4:24 min/km
97.	244	KARAMES, Manuel	M6□1	CLUB ATLETISMO PORRIÑO	00:44:09,3	+13:17,5	--			4:24 min/km
98.	238	TORRES, Valentin	SUB19	CLUB TRIATLÓN MAR DE VIGO	00:44:21,0	+13:29,2	+6:38,7			4:26 min/km
99.	213	ALONSO GOMEZ, Jose Lorenzo	M2□35		00:44:26,4	+13:34,6	+13:21,1			4:26 min/km
100.	8	PARDAVILA, Miguel	M3□13	CORRIDA DAS CABRAS	00:44:31,9	+13:40,1	+12:11,9			4:27 min/km
101.	164	MALLON MARTINEZ, Juan	SUB19		00:44:37,5	+13:45,7	+6:55,2			4:27 min/km

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
102.	175	DOMINGUEZ ESTEVEZ, Santiago	M1□38		00:44:37,8	+13:46,0		+13:46,0		4:27 min/km
103.	91	PEREZ LOSADA, Mario	M4□7	BIKILA	00:44:39,1	+13:47,3		+6:59,0		4:27 min/km
104.	251	RODRIGUEZ PEREIRO, Jose Javier	M2□36	MAIS QUE AUGA	00:44:45,0	+13:53,2		+13:39,7		4:28 min/km
105.	39	ARAUJO MOSQUERA, Martin	M1□39		00:44:46,4	+13:54,6		+13:54,6		4:28 min/km
106.	166	RODAL FRAGA, Carlos	M2□37		00:44:47,4	+13:55,6		+13:42,2		4:28 min/km
107.	106	FERREIRA MORAIS, Pablo	M1□40		00:45:11,8	+14:20,0		+14:20,0		4:31 min/km
108.	182	SANTIAGO PACHECO, Jose Carlos	M1□41		00:45:15,2	+14:23,4		+14:23,4		4:31 min/km
109.	55	PADIN COUSIDO, Jose Luis	M6□2	CLUB ATLETISMO CAMBADOS – SEGUROS	00:45:18,7	+14:26,9		+1:09,4		4:31 min/km
110.	176	GONZALEZ ULLA, Diego	M2□38		00:45:22,2	+14:30,4		+14:16,9		4:32 min/km
111.	63	FREIRE PIÑEIRO, Jose Manuel	M3□14	MAIS QUE AUGA	00:45:24,4	+14:32,6		+13:04,4		4:32 min/km
112.	37	BARRAL BARREIRO, Pablo	M2□39		00:45:30,2	+14:38,4		+14:24,9		4:33 min/km
113.	105	VILLANUEVA AREAL, Dito	M3□15	RUNNING LUSEKELO	00:45:37,6	+14:45,8		+13:17,6		4:33 min/km
114.	150	CRUCES ALVAREZ, Daniel	M3□16		00:45:44,0	+14:52,2		+13:24,0		4:34 min/km
115.	68	GARCIA GONZALEZ, Pablo	M1□42		00:45:47,3	+14:55,5		+14:55,5		4:34 min/km
116.	162	FERREIRA CHARRASQUIEL, Marcos	M2□40		00:45:56,0	+15:04,2		+14:50,8		4:35 min/km
117.	28	RODRIGUEZ IGLESIAS, Luis Manuel	M2□41		00:45:57,5	+15:05,7		+14:52,2		4:35 min/km
118.	183	COYA NOVAS, Alberto	M2□42		00:46:00,1	+15:08,3		+14:54,8		4:36 min/km
119.	57	RIOS CERVANTES, Fernando	M2□43		00:46:02,2	+15:10,4		+14:56,9		4:36 min/km
120.	224	MARTIN RUBIO, Juan Vicente	M1□43		00:46:07,0	+15:15,2		+15:15,2		4:36 min/km
121.	232	DOMINGUEZ RODRIGUEZ, Carlos	M6□3		00:46:13,7	+15:21,9		+2:04,3		4:37 min/km
122.	187	REY GONZALEZ, Roberto	M6□4	CLUB ATLETISMO VETERANOS DE SAMIL	00:46:14,6	+15:22,8		+2:05,3		4:37 min/km
123.	61	LAGO HIGOS, Miguel Angel	M2□44		00:46:15,6	+15:23,8		+15:10,3		4:37 min/km
124.	103	CASAL DORADO, Gonzalo	M1□44		00:46:15,9	+15:24,1		+15:24,1		4:37 min/km
125.	190	DEL CAÑO CASTRO, Miguel	M2□45		00:46:24,1	+15:32,3		+15:18,8		4:38 min/km
126.	233	DOMINGUEZ. VILLAVARDE, Juan Carlos	M2□46		00:46:27,7	+15:35,9		+15:22,4		4:38 min/km
127.	102	GONZALEZ PARDIÑAS, Aleixandre	M2□47	MERAKI FISIOTERAPIA VIGO	00:46:29,3	+15:37,5		+15:24,1		4:38 min/km
128.	249	DIAZ JAMARDO, Pablo	M2□48		00:46:29,4	+15:37,6		+15:24,1		4:38 min/km
129.	168	SANTOS DIZ, Borja	M1□45		00:46:31,2	+15:39,4		+15:39,4		4:39 min/km
130.	45	FERNANDZ VAYO, Ruben Francisco	M3□17	GRIMO	00:46:33,3	+15:41,5		+14:13,3		4:39 min/km

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
131.	159	HERRERO, Gonzalo	M3□18	VIGOENTRENA	00:46:35,6	+15:43,8	+14:15,7			4:39 min/km
132.	209	BORRAJO LEIROS, Alberto	M2□49		00:46:48,0	+15:56,2	+15:42,8			4:40 min/km
133.	113	GUAMA HEREDIA, Edwin	M1□46	PADELEROS	00:46:48,4	+15:56,6	+15:56,6			4:40 min/km
134.	197	SANCHEZ VEGA, Juan Diego	M1□47	ALBOIRA RUNNING CLUB	00:46:54,2	+16:02,4	+16:02,4			4:41 min/km
135.	234	CARMONA RINCON, Miguel Angel	M1□48		00:46:57,3	+16:05,5	+16:05,5			4:41 min/km
136.	236	HERMELO CARRERA, Yeraí	SUB19		00:46:57,3	+16:05,6	+9:15,1			4:41 min/km
137.	211	DIOS VIDAL, Javier	M2□50	BORGWARNER	00:46:58,9	+16:07,1	+15:53,6			4:41 min/km
138.	92	AMOEDO COLLAZO, Moises	M2□51	ESPARTAN@S CHIFLAD@S	00:47:00,5	+16:08,7	+15:55,3			4:42 min/km
139.	82	GARCIA RODRIGUEZ, Jose	M2□52		00:47:05,0	+16:13,2	+15:59,7			4:42 min/km
140.	173	COTOBAD DARRIBA, Andres	M2□53		00:47:06,8	+16:15,0	+16:01,6			4:42 min/km
141.	34	DIAZ MARRA, Izham	M1□49		00:47:08,7	+16:16,9	+16:16,9			4:42 min/km
142.	84	ROCA RODRIGUEZ, Ramon	M5□5		00:47:14,0	+16:22,2	+11:25,7			4:43 min/km
143.	133	CORTEGOSO RIUS, Agustin	M1□50		00:47:17,2	+16:25,4	+16:25,4			4:43 min/km
144.	257	FERNANDEZ CARDOSO, Borja	M1□51		00:47:24,1	+16:32,3	+16:32,3			4:44 min/km
145.	193	GOMEZ LOPEZ, Julio	M2□54		00:47:28,4	+16:36,6	+16:23,2			4:44 min/km
146.	191	GARCIA DOPICO, Guillermo	M1□52		00:47:32,6	+16:40,8	+16:40,8			4:45 min/km
147.	256	QUINTANILLA MARFUL, Alvaro	M3□19	VIGXIADOR	00:47:37,2	+16:45,4	+15:17,2			4:45 min/km
148.	134	CORTEGOSO SOUTO, Rodrigo	M2□55		00:47:45,3	+16:53,6	+16:40,1			4:46 min/km
149.	144	TIZON, Juan	M1□53	PORCOS CELTAS	00:47:47,5	+16:55,7	+16:55,7			4:46 min/km
150.	85	MIRANDA, Rolan	M2□56		00:47:50,7	+16:58,9	+16:45,5			4:47 min/km
151.	74	MENDEZ, Abraham	M1□54		00:47:53,7	+17:01,9	+17:01,9			4:47 min/km
152.	51	MARTINEZ DOBALO, David	M3□20	CROSSBEERS	00:47:55,1	+17:03,3	+15:35,1			4:47 min/km
153.	139	SIMOES FERNANDEZ, Jose Luis	M4□8	C.A.R. MARISQUEIRO	00:48:15,5	+17:23,7	+10:35,4			4:49 min/km
154.	112	GUAMA MENA, Patricio	M3□21	PADELEROS	00:48:28,1	+17:36,3	+16:08,1			4:50 min/km
155.	46	POUSA LUCIO, Xoan Manuel	M3□22	SAPOCONCHOS	00:48:38,9	+17:47,2	+16:19,0			4:51 min/km
156.	12	OJEA RODRIGUEZ, Gonzalo	M4□9	FRUTAS NIEVES	00:48:39,0	+17:47,2	+10:58,9			4:51 min/km
157.	163	RODRIGUEZ ALONSO, Benjamin	M2□57		00:48:44,6	+17:52,8	+17:39,3			4:52 min/km
158.	36	CONDE PEREZ, Celso	M2□58	SAÚDESPORT	00:49:08,6	+18:16,8	+18:03,3			4:54 min/km
159.	120	LEGEREN RIAL, Rafa	M3□23		00:49:08,8	+18:17,0	+16:48,8			4:54 min/km

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Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
160.	255	CARPIO LOPEZ DE GUERENU, Nicolas	M1□55		00:49:09,2	+18:17,4	+18:17,4			4:54 min/km
161.	208	DE LA PEÑA ZARATE, Enrique	M3□24		00:49:20,3	+18:28,5	+17:00,3			4:56 min/km
162.	115	RUIBAL ARGIBAY, Alberto	M3□25		00:49:35,6	+18:43,8	+17:15,6			4:57 min/km
163.	181	SANTIAGO CAMERON-WALKER, Jose	M4□10		00:49:36,7	+18:44,9	+11:56,6			4:57 min/km
164.	153	GONZALEZ RODRIGUEZ, Manu	M3□26	ADN RUNNERS – TELMO PELUQUEROS F.C.	00:49:45,4	+18:53,6	+17:25,4			4:58 min/km
165.	26	COSTAS NOVAS, Julio	M1□56		00:49:46,1	+18:54,3	+18:54,3			4:58 min/km
166.	21	TATAR, Mert	M1□57		00:50:01,3	+19:09,5	+19:09,5			5:00 min/km
167.	140	ESTEBAN, Silvio Esteban	M3□27		00:50:01,7	+19:09,9	+17:41,7			5:00 min/km
168.	246	CODON VEGA, Alfonso	M3□28	C.A.R. MARISQUEIRO	00:50:05,5	+19:13,7	+17:45,5			5:00 min/km
169.	38	FERNANDEZ CARO, Hector	M1□58		00:50:07,8	+19:16,0	+19:16,0			5:00 min/km
170.	196	BARRIOS, Habraham	M1□59		00:50:16,0	+19:24,2	+19:24,2			5:01 min/km
171.	242	BARROS RODRIGUEZ, Pedro	M1□60		00:50:23,6	+19:31,8	+19:31,8			5:02 min/km
172.	53	PEREIRO SANTIN, Ramon	M3□29	GRIMO	00:50:24,1	+19:32,3	+18:04,1			5:02 min/km
173.	119	VAZQUEZ FERNANDEZ, Victor	M2□59		00:50:25,6	+19:33,8	+19:20,4			5:02 min/km
174.	65	SOUZA ALONSO, Daniel	M2□60		00:50:27,7	+19:35,9	+19:22,5			5:02 min/km
175.	121	ESTEVEZ PEREZ, Miguel Angel	M2□61		00:50:28,1	+19:36,3	+19:22,8			5:02 min/km
176.	207	SEGURA ESPINOSA, Carlos	M2□62		00:50:30,5	+19:38,7	+19:25,3			5:03 min/km
177.	98	DEL OLMO, Miguel	M4□11	RUNNING LUSEKELO	00:50:43,2	+19:51,4	+13:03,1			5:04 min/km
178.	7	CERDAN GONZALEZ, Javier	M2□63		00:50:43,7	+19:51,9	+19:38,4			5:04 min/km
179.	248	PIÑEIRO DIAZ, Victor	M1□61		00:50:53,0	+20:01,2	+20:01,2			5:05 min/km
180.	254	LARA PEREZ, Jose Gabino	M3□30		00:50:54,0	+20:02,2	+18:34,0			5:05 min/km
181.	93	BARBOSA ARAUJO, Rômulo	M1□62		00:51:04,3	+20:12,5	+20:12,5			5:06 min/km
182.	258	PABON, Andres	M1□63		00:51:14,3	+20:22,5	+20:22,5			5:07 min/km
183.	141	NAVAZAS DURO, Kiko	M2□64		00:51:15,2	+20:23,4	+20:10,0			5:07 min/km
184.	47	GARCIA FERNANDEZ, Jose Luis	M2□65		00:51:31,2	+20:39,4	+20:25,9			5:09 min/km
185.	158	VALEBONA REFOJOS, Manuel	M3□31	TRINORTH	00:51:33,3	+20:41,6	+19:13,4			5:09 min/km
186.	143	BLANCO GONZALEZ, Alfonso	M5□6		00:51:35,1	+20:43,3	+15:46,8			5:09 min/km
187.	184	FERNANDEZ DARRIBA, Raul	M1□64		00:51:35,9	+20:44,1	+20:44,1			5:09 min/km
188.	77	POUSADA MAGDALENO, Serafin	M1□65		00:51:39,6	+20:47,8	+20:47,8			5:09 min/km

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
189.	178	ARTIME MARTINEZ, Eloy	M1□66		00:51:54,0	+21:02,2		+21:02,2		5:11 min/km
190.	30	RUIBAL ARGIBAY, Jose Ramon	M4□12		00:51:54,2	+21:02,4		+14:14,1		5:11 min/km
191.	110	PEREZ MALLO, Jacobo	M2□66		00:51:57,3	+21:05,5		+20:52,0		5:11 min/km
192.	118	PIÑEIRO AGULLA, Isidro Jose	M2□67		00:51:59,7	+21:07,9		+20:54,5		5:11 min/km
193.	80	TOLEDO MONTES, Pablo	M3□32	CHUZAS OLIMPICOS	00:52:02,9	+21:11,1		+19:42,9		5:12 min/km
194.	129	RESUA EIRAS, David	M2□68	CHUZAS OLIMPICOS	00:52:08,2	+21:16,4		+21:03,0		5:12 min/km
195.	89	DOMINGUEZ GUERRA, Mario	M1□67		00:52:39,6	+21:47,8		+21:47,8		5:15 min/km
196.	88	GARCIA, Carlos	M1□68		00:53:05,0	+22:13,2		+22:13,2		5:18 min/km
197.	253	GARCIA QUEIJAS, Miguel	M3□33	VIGOENTRENA	00:53:08,5	+22:16,7		+20:48,5		5:18 min/km
198.	90	FERNANDEZ PIÑEIRO, Cesar	M2□69		00:53:31,3	+22:39,5		+22:26,0		5:21 min/km
199.	15	ALONSO VALOIS, Joel	SUB19		00:53:34,4	+22:42,6		+15:52,1		5:21 min/km
200.	14	ALONSO CARRERA, Daniel	M2□70		00:53:35,9	+22:44,2		+22:30,7		5:21 min/km
201.	136	LOPEZ BERGA, Jordi	M2□71		00:54:18,7	+23:26,9		+23:13,4		5:25 min/km
202.	111	PEREIRA PIÑEIRO, Jose Manuel	M1□69	CLUB ATLETISMO PORRIÑO	00:54:44,7	+23:52,9		+23:52,9		5:28 min/km
203.	107	MENDEZ RODRIGUEZ, Gori	M4□13	RUNNING LUSEKELO	00:54:47,6	+23:55,8		+17:07,5		5:28 min/km
204.	62	GONZALEZ CABALEIRO, Marcos	M2□72		00:55:07,7	+24:15,9		+24:02,4		5:30 min/km
205.	40	DIAZ MATEO, Jose Luis	M2□73		00:55:26,6	+24:34,8		+24:21,3		5:32 min/km
206.	179	PEREZ, Alberto	M1□70		00:55:55,1	+25:03,3		+25:03,3		5:35 min/km
207.	13	GONZALEZ ABEIJON, Fernando	M2□74		00:56:38,2	+25:46,4		+25:32,9		5:39 min/km
208.	128	MOSTEIRO GARCIA, Brais	M2□75	CLUB INCLUSIVO ENKI	00:56:38,3	+25:46,5		+25:33,0		5:39 min/km
209.	192	MADARNAS LOPEZ, Emilio	M1□71		00:56:38,4	+25:46,6		+25:46,6		5:39 min/km
210.	132	LOPEZ ALFONSO, Hector	M1□72	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,7	+25:51,9		+25:51,9		5:40 min/km
211.	11	OSA FERNANDEZ, Jorge	M1□73	CLUB DEPORTIVO INCLUSIVO ENKI	00:56:43,9	+25:52,1		+25:52,1		5:40 min/km
212.	212	VIDE LINARES, Antonio Jose	M1□74	BORGWARNER	00:56:56,2	+26:04,4		+26:04,4		5:41 min/km
213.	104	BAUBETA FAJARDO, Hector Alejandro	M3□34		00:57:17,5	+26:25,7		+24:57,5		5:43 min/km
214.	235	FRANQUEIRA CARRERA, Bruno	M1□75		00:57:35,2	+26:43,4		+26:43,4		5:45 min/km
215.	135	RAMOS VIGO, Sergio	M6□5	CLUB ATLETISMO VETERANOS DE SAMIL	00:58:41,1	+27:49,3		+14:31,7		5:52 min/km
216.	9	FOUZ FERNANDEZ, Alejandro	M1□76		00:58:42,6	+27:50,8		+27:50,8		5:52 min/km
217.	73	DENTI, Felipe	M1□77		00:59:32,2	+28:40,4		+28:40,4		5:57 min/km

GENERAL 10K ÉRGUETE E CORRE

Resultados

Pl.	Dorsa	Nome	Cat.	Club	Tiempo	Gap	Xer.	Gap	Cat.	Ritmo
218.	86	REIGADA QUINTELA, Fernando	M3□35	CHUZAS OLIMPICOS	01:00:21,7	+29:29,9		+28:01,7		6:02 min/km
219.	99	FEIJOO SUAREZ, Marcos	M3□36	CHUZAS OLIMPICOS	01:00:21,9	+29:30,1		+28:01,9		6:02 min/km
220.	130	GRAZIANI FONTICIELHA, Rodrigo	M2□76		01:00:25,3	+29:33,5		+29:20,1		6:02 min/km
221.	78	SOUSA BLANCO, Carlos	M1□78		01:00:42,4	+29:50,6		+29:50,6		6:04 min/km