



XERAL LONGO

| Clt | Dor. | Apellidos y nombre | Categoría | (Clt) Equipo | Tiempo | Diferencia |
|------------------|------|---------------------------------|--------------|-------------------------------|-------------|-------------|
| Masculino | | | | | | |
| 1 | 147 | LIEBANAS MENDEZ Antonio | Veterano Mas | (1) ATLETISMO BAIONA | 2h01:31.726 | |
| 2 | 137 | ALONSO NOGUEIRA David | Absoluta Mas | (1) AD JARNACHAS | 2h04:20.225 | 2:48.499 |
| 3 | 103 | GARCIA GONZALEZ Jaime | Absoluta Mas | (2) ADC MONTE BREAMO | 2h04:27.896 | 2:56.170 |
| 4 | 153 | PORTAL LOSADA Miguel | Absoluta Mas | (3) AME BESTARRUZA | 2h09:11.290 | 7:39.564 |
| 5 | 142 | MARTINEZ Daniel | Absoluta Mas | (4) AD NÁUTICO NARON | 2h12:41.898 | 11:10.172 |
| 6 | 68 | CABANAS BOCIJA Luis | Absoluta Mas | (5) | 2h14:14.208 | 12:42.482 |
| 7 | 28 | BARRIOS GONZALEZ Julio César | Veterano Mas | (2) ATLETAS ACEA DE AMA | 2h14:40.633 | 13:08.907 |
| 8 | 133 | BARBOSA KEPKA Carlos | Absoluta Mas | (6) | 2h14:50.495 | 13:18.769 |
| 9 | 158 | CALVO MOA Carlos | Absoluta Mas | (7) ATLETISMO NARÓN | 2h19:34.752 | 18:03.026 |
| 10 | 16 | PENEDO DIAZ David José | Veterano Mas | (3) OPA FERROL TEAM RUNNING | 2h20:01.695 | 18:29.969 |
| 11 | 31 | MORADO ROIS José Antonio | Absoluta Mas | (8) | 2h20:22.184 | 18:50.458 |
| 12 | 53 | GONZALEZ NOVOA Manuel | Absoluta Mas | (9) TRAILEROS TOXOS&BIRRAS | 2h21:38.143 | 20:06.417 |
| 13 | 2 | PARDO MAZAS Martín | Absoluta Mas | (10) CLUB MONTAÑA FERROL | 2h24:15.249 | 22:43.523 |
| 14 | 148 | ROUCO REY Mario | Absoluta Mas | (11) CLUB DE MONTAÑA O CAXADO | 2h24:47.000 | 23:15.274 |
| 15 | 9 | URIA SANJURJO Alejandro | Absoluta Mas | (12) DALLE GAS RUNNING TEAM | 2h27:21.601 | 25:49.875 |
| 16 | 20 | GILDA RODRIGUEZ Juan Carlos | Veterano Mas | (4) OPA FERROL TEAM RUNNING | 2h27:25.068 | 25:53.342 |
| 17 | 11 | ERAÑA CABALLERO José María | Veterano Mas | (5) OPA FERROL TEAM RUNNING | 2h27:49.679 | 26:17.953 |
| 18 | 22 | BAAMONDE LOPEZ Sergio | Absoluta Mas | (13) DALLE GAS RUNNING TEAM | 2h30:24.567 | 28:52.841 |
| 19 | 12 | SANTILLANA GARABANA Victor | Absoluta Mas | (14) NOSPORTLIMIT | 2h33:29.798 | 31:58.072 |
| 20 | 85 | GARCIA RIAL Francisco | Absoluta Mas | (15) CLUB BENIGYM SPORT | 2h37:24.463 | 35:52.737 |
| 21 | 150 | GONZALEZ BARROS Francisco | Absoluta Mas | (16) | 2h37:24.466 | 35:52.740 |
| 22 | 145 | ABELEDI TARRIO Jose | Absoluta Mas | (17) TRAILEROS TOXOS E BIRRAS | 2h37:24.594 | 35:52.868 |
| 23 | 116 | IGLESIAS COTELO Borja | Absoluta Mas | (18) | 2h38:42.234 | 37:10.508 |
| 24 | 30 | PENA MUIÑO Rubén | Absoluta Mas | (19) NOETRAINERS FERROL | 2h40:34.554 | 39:02.828 |
| 25 | 29 | SANTISO LOPEZ Francisco | Absoluta Mas | (20) | 2h42:47.780 | 41:16.054 |
| 26 | 17 | VENTUREIRA DOPICO Roberto | Veterano Mas | (6) CASTRO DE LOBADIZ | 2h43:02.015 | 41:30.289 |
| 27 | 23 | DOVAL IGLESIAS Marco Antonio | Absoluta Mas | (21) PAPANOTAS TEAM | 2h45:39.600 | 44:07.874 |
| 28 | 41 | RIVERA MARQUEZ Francisco Javier | Veterano Mas | (7) PASA OU ENTORNA | 2h46:01.151 | 44:29.425 |
| 29 | 157 | LOPEZ FERNANDEZ Rubén José | Absoluta Mas | (22) PASA OU ENTORNA | 2h46:28.787 | 44:57.061 |
| 30 | 15 | MARTINEZ CHEDAS Suso | Veterano Mas | (8) OPA FERROL TEAM RUNNING | 2h48:40.189 | 47:08.463 |
| 31 | 74 | FERNANDEZ IGLESIAS Iago | Absoluta Mas | (23) | 2h51:37.997 | 50:06.271 |
| 32 | 42 | PITA BARROS Gonzalo | Absoluta Mas | (24) | 2h52:51.768 | 51:20.042 |
| 33 | 101 | LOPEZ PAZ Mario | Absoluta Mas | (25) | 2h53:26.106 | 51:54.380 |
| 34 | 19 | EDROSA FOLGUEIRA José Manuel | Veterano Mas | (9) ABRENTE LUGO | 2h53:26.628 | 51:54.902 |
| 35 | 93 | MOURELLE DOMINGUEZ Edgar | Absoluta Mas | (26) | 2h54:43.148 | 53:11.422 |
| 36 | 160 | CONCHEIRO FERNANDEZ Guillermo | Veterano Mas | (10) | 2h54:44.493 | 53:12.767 |
| 37 | 131 | GOMEZ GARCIA Alberto | Veterano Mas | (11) | 2h54:44.705 | 53:12.979 |
| 38 | 6 | SUAREZ VALDERREY Fernando | Absoluta Mas | (27) CLUB TRIATLON CORUÑA | 2h56:18.072 | 54:46.346 |
| 39 | 8 | LANDERAS VAZQUEZ Rafael | Veterano Mas | (12) PASA OU ENTORNA | 2h57:15.273 | 55:43.547 |
| 40 | 54 | LOZANO IGLESIAS Miguel Ángel | Absoluta Mas | (28) | 3h00:12.600 | 58:40.874 |
| 41 | 40 | BELLAS CAAVEIRO Ramon | Veterano Mas | (13) CLUB O CAXADO | 3h00:12.780 | 58:41.054 |
| 42 | 141 | FERNANDEZ CORRAL Angel | Veterano Mas | (14) | 3h01:40.701 | 1h00:08.975 |
| 43 | 13 | JUNQUERA PAREDES Amandino | Absoluta Mas | (29) MONTAÑA FERROL | 3h02:05.846 | 1h00:34.120 |
| 44 | 49 | VEIGA GONZALEZ Miguel | Veterano Mas | (15) | 3h09:41.261 | 1h08:09.535 |
| 45 | 154 | PITA PITA Felipe | Veterano Mas | (16) | 3h10:23.822 | 1h08:52.096 |
| 46 | 143 | PEREZ VARGAS Francisco | Veterano Mas | (17) TRIATLON FERROL | 3h12:37.866 | 1h11:06.140 |

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| 47 | 132 | VILLARINO BEREÁ Nicolás | Absoluta Mas | (30) | 3h12:37.867 | 1h11:06.141 |
| 48 | 151 | CASTRO PORTA Mario | Absoluta Mas | (31) | 3h14:50.791 | 1h13:19.065 |
| 49 | 144 | PEREZ MACIAS Ramiro | Absoluta Mas | (32) PASA OU ENTORNA | 3h18:03.588 | 1h16:31.862 |
| 50 | 135 | ESPINAR MORALES Benito | Absoluta Mas | (33) | 3h18:10.220 | 1h16:38.494 |
| 51 | 136 | RAMOS REVIDIEGO Pablo | Absoluta Mas | (34) | 3h18:10.296 | 1h16:38.570 |
| 52 | 134 | RODRIGUEZ-BARBERO MERLO Ramón | Absoluta Mas | (35) | 3h18:10.300 | 1h16:38.574 |
| 53 | 159 | TAJUELO GIL Alfonso | Veterano Mas | (18) PULPEIROS MUGARDOS | 3h21:34.735 | 1h20:03.009 |
| 54 | 34 | MARCOS GOMEZ Miguel Ángel | Veterano Mas | (19) CLUB MONTE PENARUBIA | 3h32:22.328 | 1h30:50.602 |
| 55 | 124 | CALDERON Francisco | Absoluta Mas | (36) | 3h33:42.477 | 1h32:10.751 |
| 56 | 146 | GONZALEZ FERNANDEZ Antonio | Veterano Mas | (20) ITB | 3h36:22.801 | 1h34:51.075 |
| 57 | 25 | BARREIRO SUAREZ Sergio | Absoluta Mas | (37) | 3h37:20.522 | 1h35:48.796 |
| 58 | 55 | COUTO ARNAIZ Luis | Veterano Mas | (21) CLUB DE MONTAÑA O CAXADO | 3h44:09.657 | 1h42:37.931 |
| 59 | 139 | VILLANUSTRE ABUIN Germán | Veterano Mas | (22) SD BARBANTIA RODA | 4h04:13.017 | 2h02:41.291 |
| 60 | 140 | P.PONCE Juan | Veterano Mas | (23) | 4h12:08.809 | 2h10:37.083 |

Ausentes

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| 14 | NIETO FEAL Ricardo | Veterano Mas | OPA FERROL TEAM RUNING |
| 21 | LAGO FERNANDEZ Roberto Carlos | Veterano Mas | PASA OU ENTORNA |
| 24 | SERANTES VARELA Jose Antonio | Veterano Mas | OPA FERROL |
| 27 | CAAMAÑO VILLAR Jaime | Absoluta Mas | |
| 37 | GARCIA ALONSO Oscar | Absoluta Mas | |
| 46 | MUÑOZ ESPASANDIN Julio | Absoluta Mas | |
| 67 | FERNANDEZ PADIN Javier | Veterano Mas | TOXOS & BIRRAS |
| 119 | NOVO FERREIRO Diego | Absoluta Mas | OS CORZOS DO ORTEGAL |
| 130 | ALPERI HUERGO Ivan | Veterano Mas | TOXOS |
| 156 | LOPEZ Domingo | Veterano Mas | CLUB ATLETISMO BOIMORTO |

Femenino

| | | | | | | |
|---|-----|------------------------------|--------------|--------------------------|-------------|-------------|
| 1 | 167 | BUGLIOT FERNANDEZ Veronica | Absoluta Fem | (1) OS CORZOS DO ORTEGAL | 2h16:17.608 | |
| 2 | 155 | PACIO LOPEZ Begoña | Veterano Fem | (1) | 2h26:17.520 | 9:59.912 |
| 3 | 36 | LOPEZ SERANTES María Ángeles | Veterano Fem | (2) MOI DE MONTE | 3h02:30.347 | 46:12.739 |
| 4 | 138 | ARTECHE CASTRO Susana | Veterano Fem | (3) | 3h02:31.487 | 46:13.879 |
| 5 | 100 | VAZQUEZ NUÑEZ María Luz | Absoluta Fem | (2) | 3h12:47.780 | 56:30.172 |
| 6 | 152 | TAJUELO FERRER Alba | Absoluta Fem | (3) | 3h14:50.473 | 58:32.865 |
| 7 | 73 | PRIETO NOVO Laura | Absoluta Fem | (4) | 3h18:10.274 | 1h01:52.666 |
| 8 | 149 | CABALLERO Liza | Absoluta Fem | (5) ADC BREAMO | 3h21:40.147 | 1h05:22.539 |
| 9 | 35 | MAURIZ PEREIRA Sonia | Veterano Fem | (4) | 4h17:57.015 | 2h01:39.407 |

Abandonos

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| 75 | MARTINEZ RAMILO Tania | Veterano Fem | |
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